

IRONMAN®

EXPLOIT

Owner's Manual

Exploit Cycle Trainer

Customer Service

(800) 750-4766

Manufactured By:

Ironman Fitness

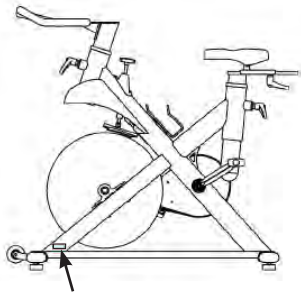
4009 Distribution Drive

Suite 250

Garland, TX 75041

⚠ CAUTION

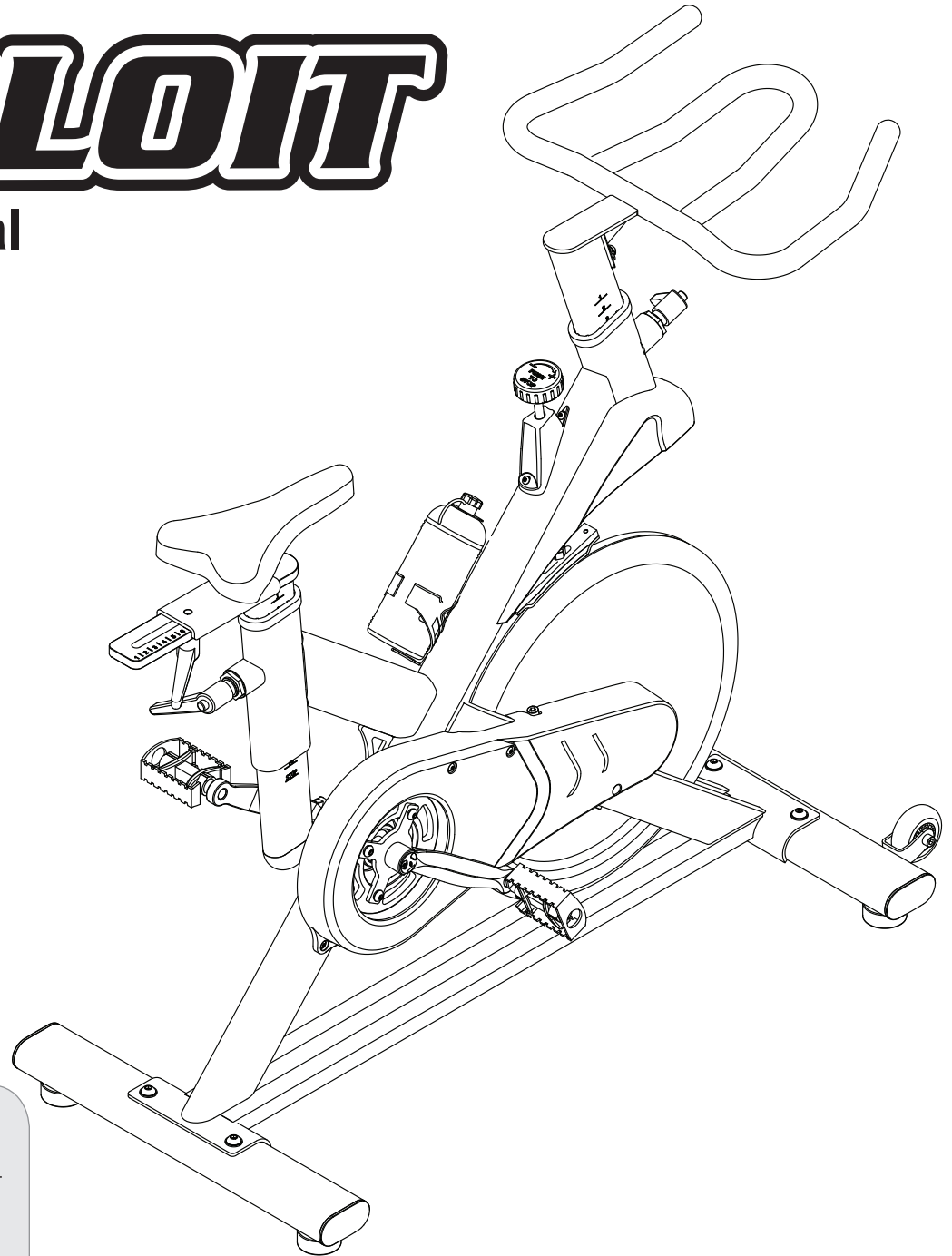
Read all precautions and instructions in this manual before using this equipment.



Model Name : Exploit

Serial Number : _____

Serial number can be found at the location specified above.



100125
08/29 Rev 4.0

TABLE OF CONTENTS

Table of Contents	2
Important Safety Information	3
Assembly	4
Workout Information	13
Parts Information	17
Warranty	19

Ironman series
MODEL: EXPLOIT
QUESTIONS?

CALL

800-750-4766

Monday - Friday

8:30 am -5:30 pm Central Time

THANK YOU

THANK YOU for making this unit a part of your exercise program. Ironman Fitness assures the very best in value, appearance, durability and biomechanics.

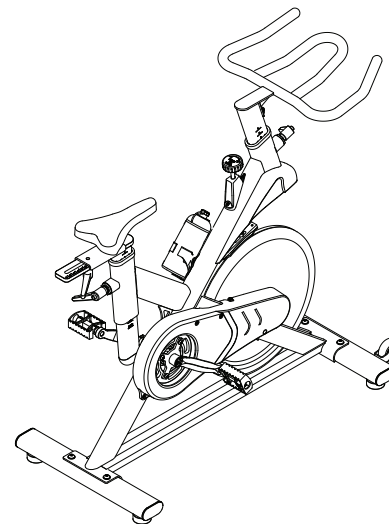
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Ironman Fitness Help line. We have trained service technicians on site to take care of you, our valued customer.

DISCLAIMER:

Ironman Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any Ironman Fitness product. The consumer uses any or all of Ironman Fitness Products at their own risk.

REGISTRATION CARD:

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register on-line at www.ironmanfitness.com within 10 days of purchase.



WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

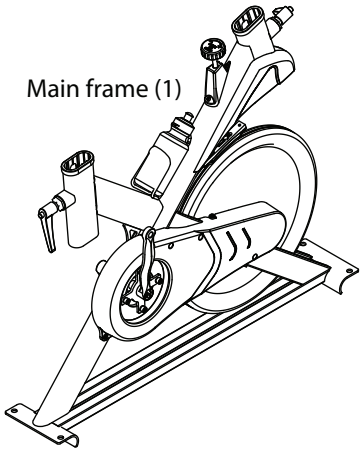
SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never insert any object or body parts into any opening.
10. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
11. Failure to follow these instructions will void the unit warranty.

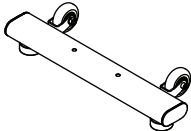
Thank you for purchasing the Ironman Fitness **Exploit!** The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury. If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate. If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician. To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.



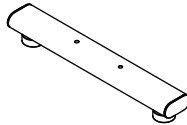
Main frame (1)



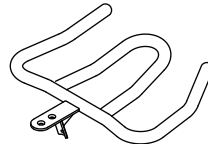
Front base (2)



Rear base (3)



Handle (7)



Support tube handlebar (6)



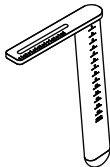
Seat (38)



Seat slide (5)



Seat support post (4)



Pedal left (18L)



Pedal right (18R)

Plastic washer (37)



Knob (36)



Allen Screws (48)



Flat Washer (61)



Lock nut (80)



Shoulder bolt (42)



Allen bolt (71)



Spring washer (53)



Arc Washer (64)



TOOLS



6mm

5mm



Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

1

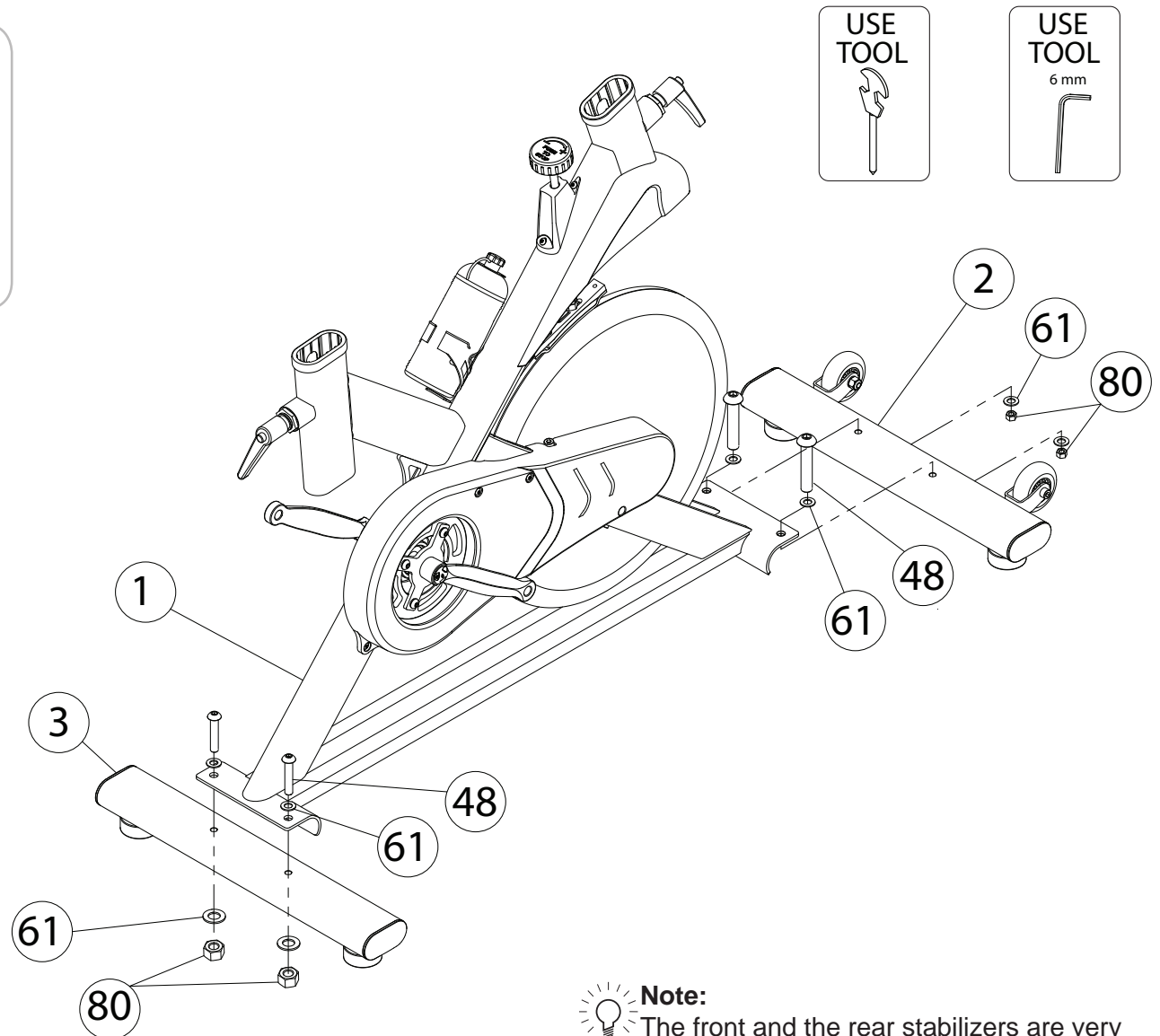
ASSEMBLY FOR FRONT AND REAR STABILIZER

Step 1:

Attach the front stabilizer (2) to the main frame (1) using 2 allen bolts (48) and 2 flat washers (61). From underneath the front stabilizer (2), you will use 2 flat washers (61) and 2 nuts (80) to secure it.

Step 2:

Assemble the rear stabilizer (3) to the main frame (1) using 2 allen bolts (48) and 2 flat washers (61). From underneath the rear stabilizer (3) you will use 2 flat washers (61) and 2 nuts (80) to secure it.



Note:

The front and the rear stabilizers are very similar, but the front stabilizer has transport wheels.

2

ASSEMBLY FOR HANDLEBAR

Step 1:

Loosen the knob (36) and slide the handlebar support tube (6).

Step 2:

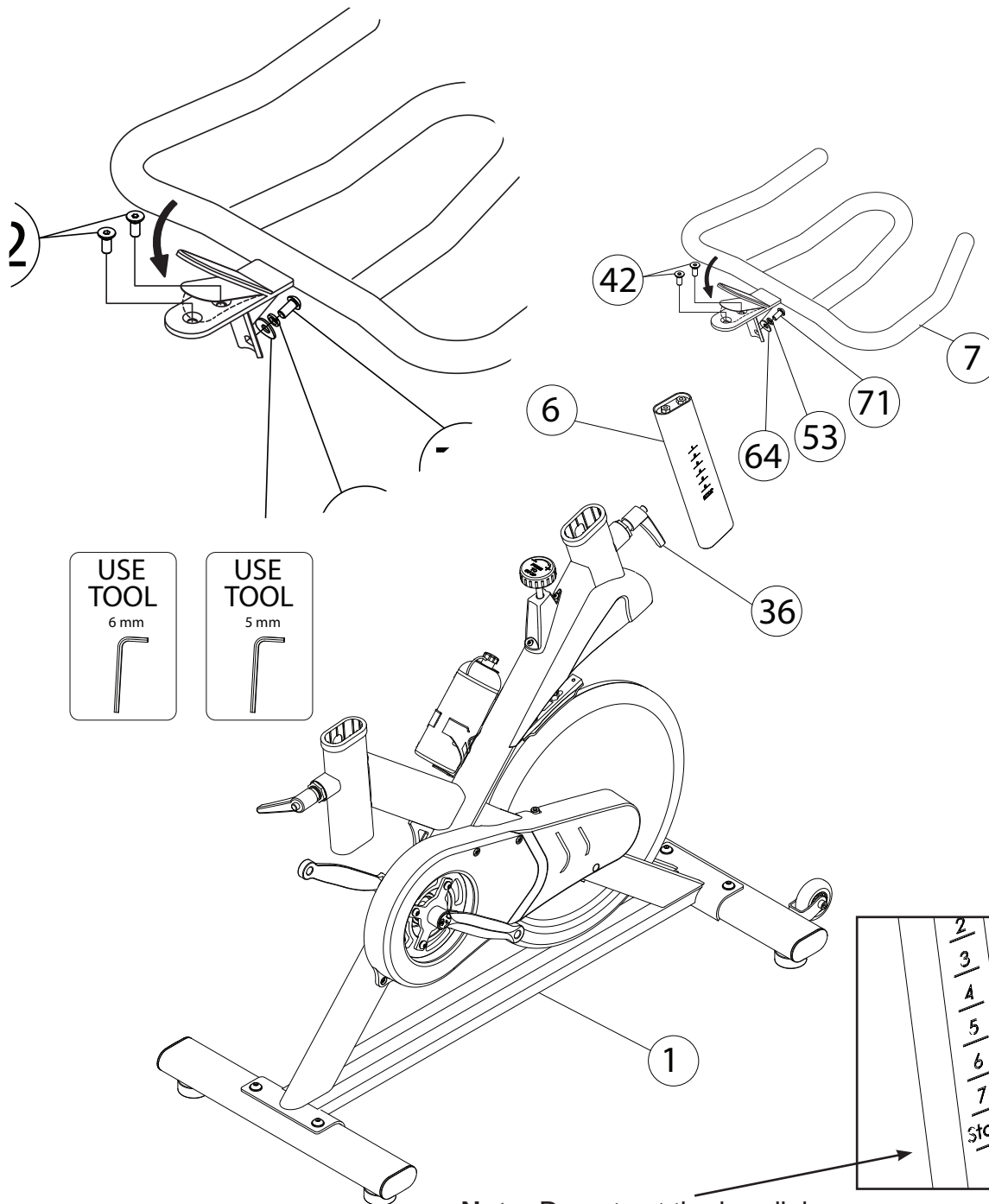
Attach the handlebar (7) onto the handlebar support tube (6) and secure the top by using 2 shoulder bolts (42). Next, secure the front of the handlebar using allen bolt (71), spring washer (53) and arc washer (64).

Step 3:

Remove the protective cover from the backside of the adhesive tape that is located beneath the handlebar foam tab. Position tab over flat section of handlebar bracket and press down to cover the 2 shoulder bolts (42).

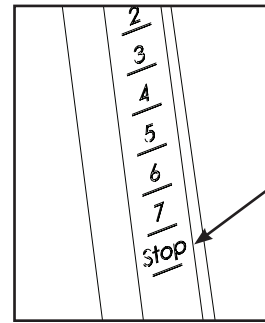
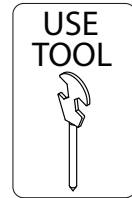
Step 4:

Adjust the position of the handlebar to your preference and tighten the knob (36).



Note: Do not set the handlebar post height any higher than the "STOP" line.

3



Note: Do not set the seat support post height any higher than the "STOP" line.

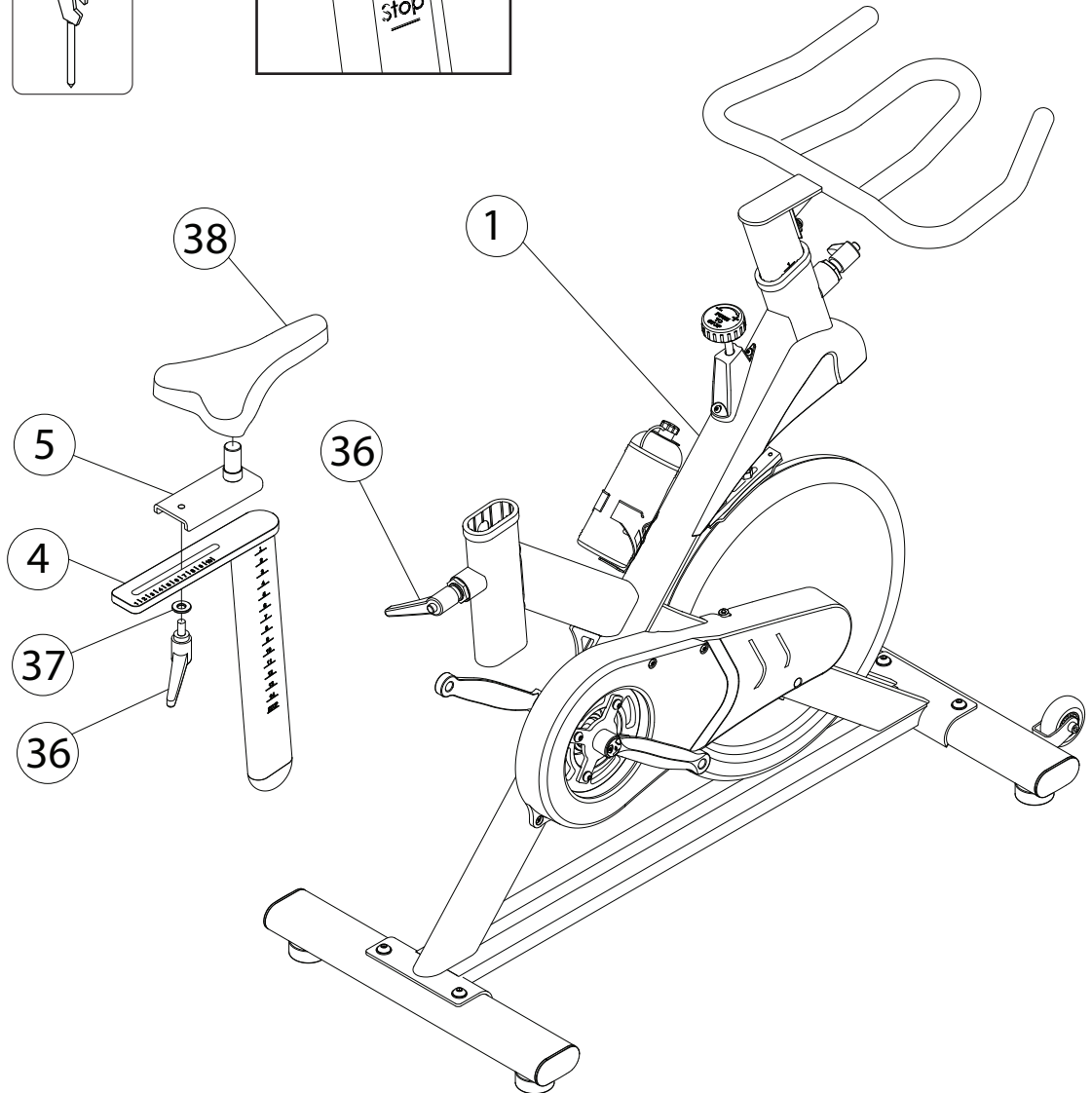
ASSEMBLY FOR SEAT

Step 1:

Attach the seat (38) onto the seat slide (5) and tighten using tool.

Step 2:

Attach the seat slide assembly onto the seat support post and tighten using plastic washer (37) and knob (36).



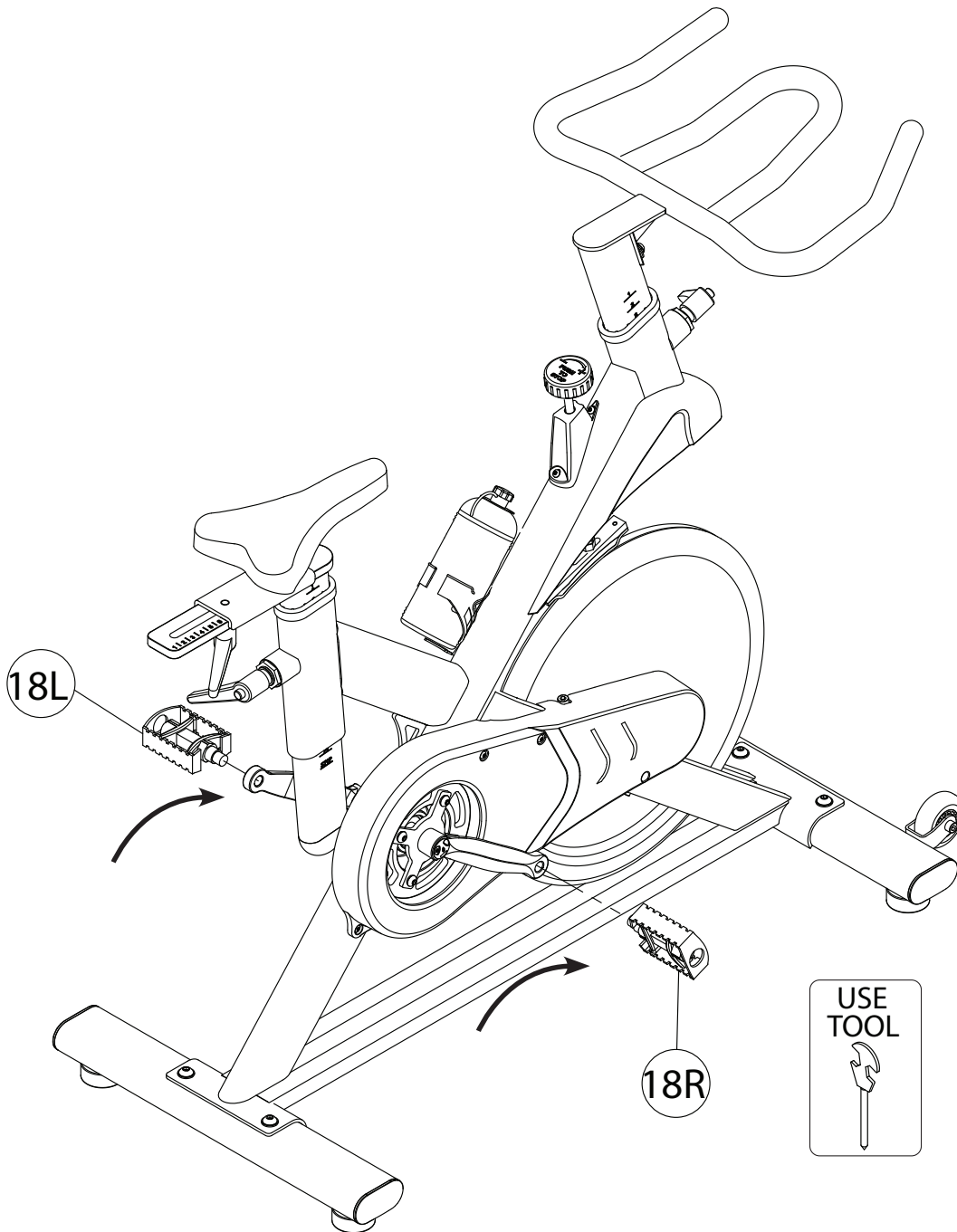
Note:

To adjust the seat slide assembly up/down, simply loosen the rear knob, slide the seat up/down and tighten the knob back after it is set in your desired position.



Note:

To adjust the seat slide assembly fore/aft, simply loosen the knob underneath the seat slide, slide the seat forward/backward and tighten the knob back after it's set in your desired position.



4

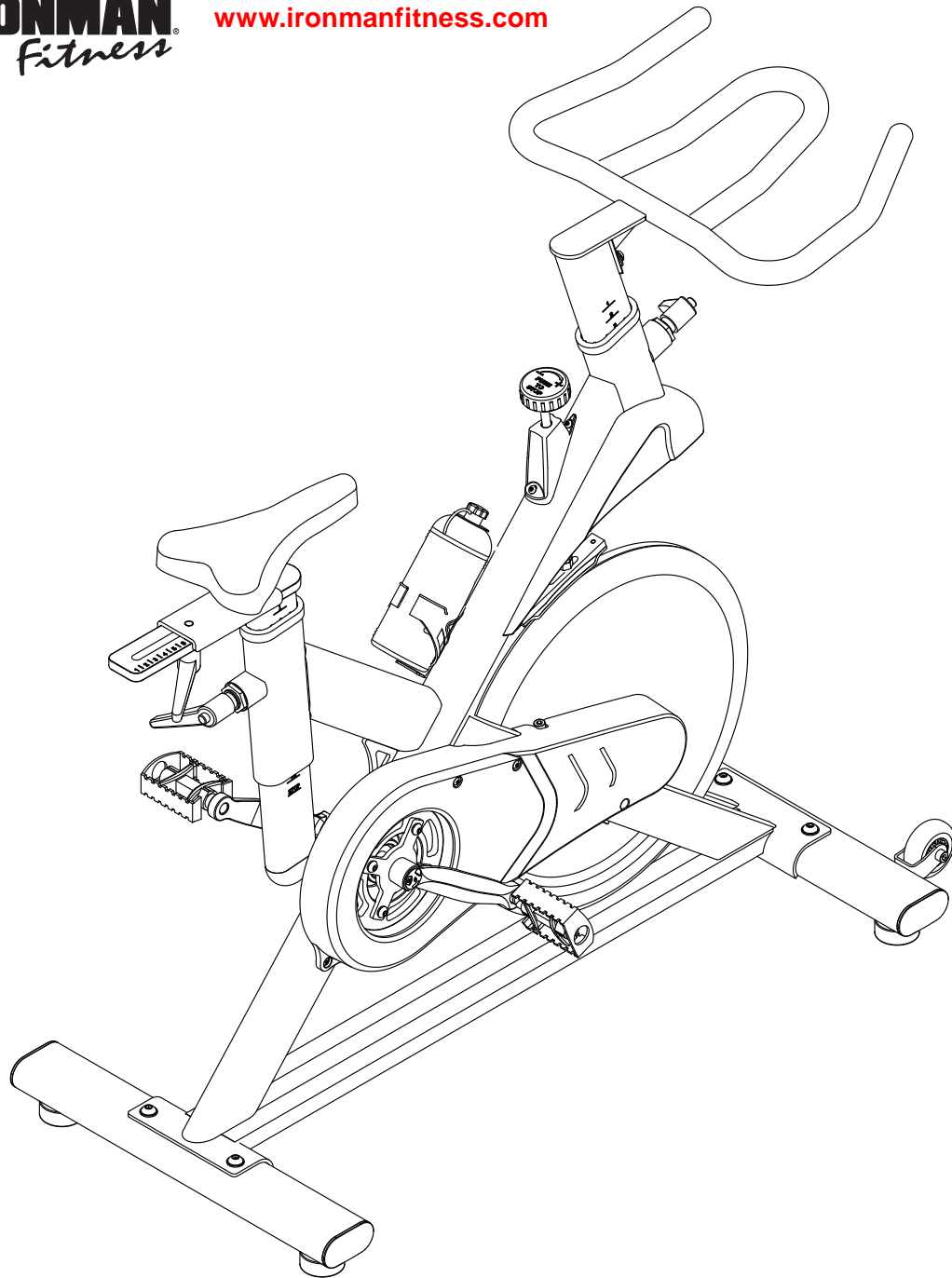
ASSEMBLY FOR PEDALS

Step 1:

Thread the left pedal (18L) into the pedal crankshaft in the **counter-clockwise** direction.

Step 2:

Thread the right pedal (18R) into the pedal crankshaft into the **clockwise** direction.

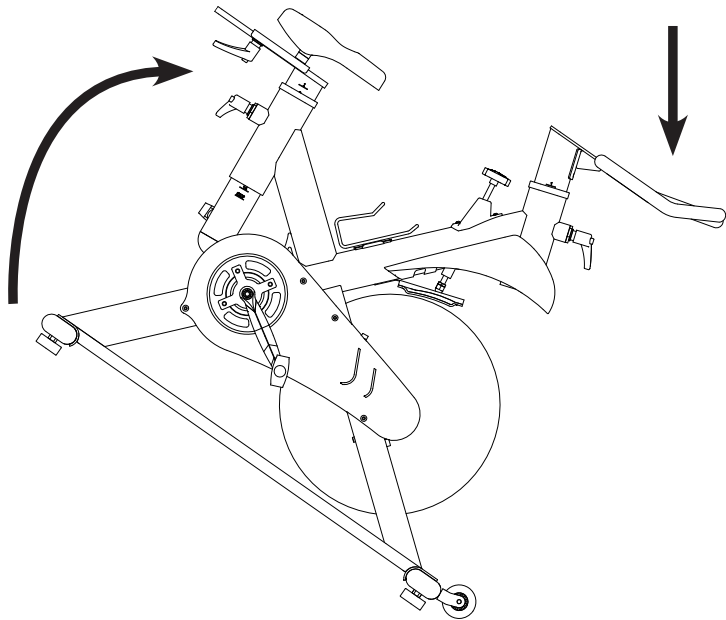


EXPLOIT

Congratulations!
You have completed the assembly of your
new Ironman Exploit!

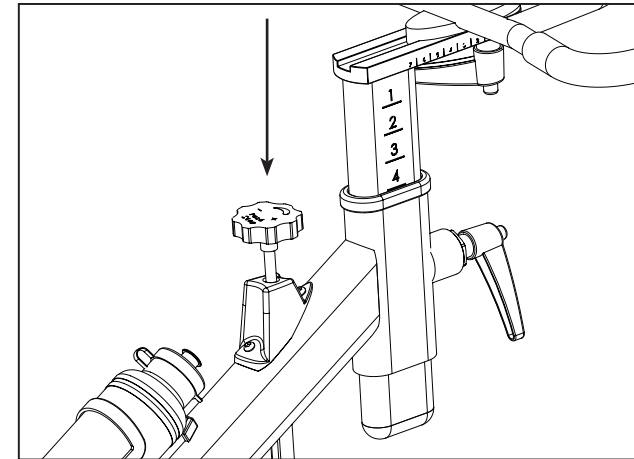
Moving Instructions

To move the bike, start by carefully pushing down on the front handlebars until the rear end of the bike lifts in the air. Steer the bike to another location. Do not attempt to move the unit over an uneven or rough surface. Be gentle while moving the unit as any sharp impact can affect the operation.



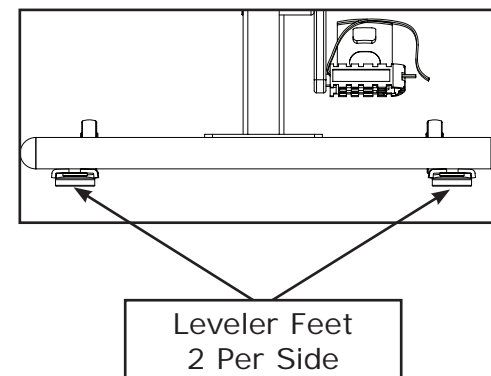
EMERGENCY STOP

There is an emergency stop safety feature built into this unit. To use this feature, press firmly down onto the brake knob labeled "Press To Stop". Continue holding the brake knob down until the flywheel comes to a complete stop.



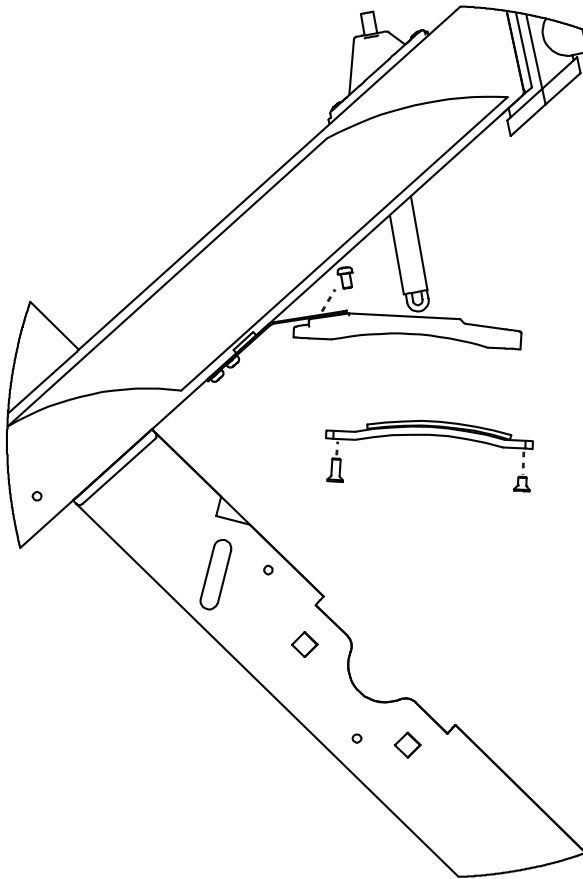
Leveling Your Unit

The bike can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the four leveling feet located on the underside of the front and rear stabilizers by screwing them in or out as needed.



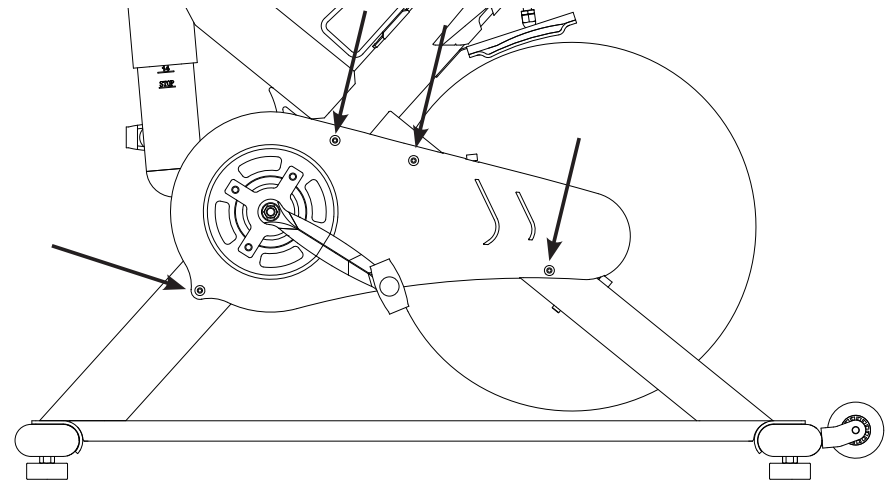
How to change brake pad

To change the brake pad you must firmly hold the brake pad holder in order to unscrew. **Attempting to unscrew or shift the holder may result in harmfully bending of the brake spring bar.** While holding the bar, use your allen wrench and a regular wrench to unscrew bolts. Replace brake pad. Secure bolts tightly again.

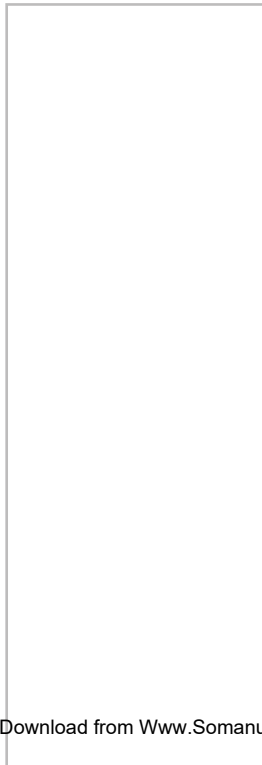


Maintenance

1. After every use of your Ironman bike, use a damp cloth to wipe your unit free from sweat. You can use soap and water, or a diluted non-abrasive cleaner. Remove residue and then dry.
2. Inspect the brake pad for excessive wear and replace the pad if necessary. If you need replacement, please contact Ironman Customer Service at 1-800-750-4766.
3. Inspect the drive belt for correct alignment, tension, or excessive wear. If you experience any slipping while pedaling, it is possible there is not enough tension on the belt. You will need to remove the plastic cover to inspect the belt. This is done by removing the 4 screws that secure the cover to the frame.



IRONMAN **Workout Information**
Fitness www.ironmanfitness.com



EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.

Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



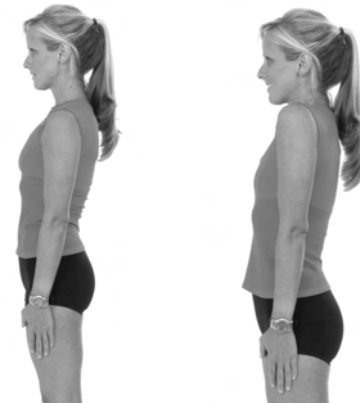
Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.



Supine Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.

Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

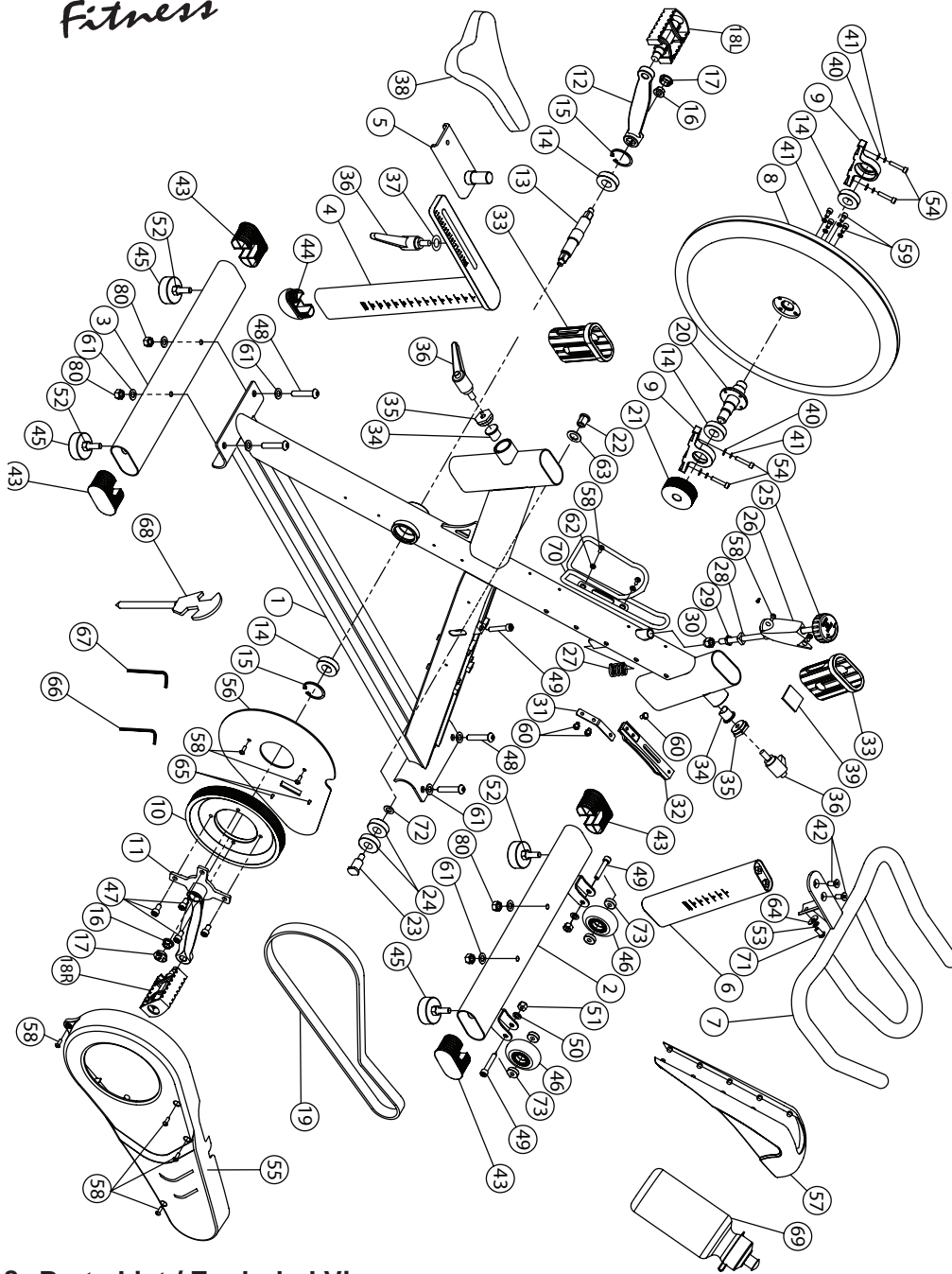


Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.

IRONMAN **Parts Information**
Fitness www.ironmanfitness.com





Ref #	Part #	Description	Qty
1	-	MAIN FRAME, BLACK	1
2	100203	STABILIZER, FRONT BLACK	1
3	100204	STABILIZER, REAR BLACK	1
4	100132	POST, SEAT	1
5	100205	SLIDE, SEAT BLACK	1
6	100134	POST, HANDLEBAR	1
7	100135	HANDLEBAR, FRONT	1
8	100206	FLYWHEEL, W/ EXPLOIT DECAL 314-00205	1
9	100137	PILLOW BLOCK, ALUMINUM	2
10	100138	PULLEY, CRANK 198X88X23	1
11	100139	CRANK ARM, RIGHT	1
12	100140	CRANK ARM, LEFT	1
13	100141	SHAFT, CRANK	1
14	100142	BEARING, 6004ZZ	4
15	100143	C-CLIP, C42	2
16	100144	JAM NUT, M10X1.25	2
17	100145	CAP, CRANK ARM	2
18L	100146	PEDAL, LEFT	1
18R	100202	PEDAL, RIGHT	1
19	100147	BELT, POLY-V 470K6	1
20	100148	SHAFT, FLYWHEEL	1
21	100149	PULLEY, FLYWHEEL 64X17.5X23	1
22	100150	JAM NUT, 20X10X20.5	1
23	100151	SHAFT, IDLER PULLEY 22X44	1
24	100152	BEARING, 6203ZZ	2
25	100153	HANDLE, BRAKE 60X275	1
26	100154	COVER, BRAKE HANDLE 84.5X38X96.5	1
27	100155	SPRING, 15.5X1.5X36	1
28	100156	SQUARE NUT,	1
29	100157	HEX NUT, M10	1
30	100158	NUT, M10	5
31	100159	BRACKET, BRAKE	1
32	100206	PAD, BRAKE BLACK	1
33	100161	SLEEVE, 40X80 BLACK	2
34	100162	BLOCK, TAPER 26X22.3	2
35	100163	JAM NUT, 32X32X12	2
36	100164	KNOB, L SHAPED	3
37	100165	WASHER, PLASTIC 25X11X3	1
38	100166	SEAT, 270X150	1
39	100167	PAD, RUBBER 35X38X3	1
40	100168	WASHER, 6.5X12X1.6	4
41	100169	SPRING WASHER, M6	8
42	100170	SHOULDER BOLT, M8X20	2
43	100171	END CAP, OBLONG 40X80 BLACK	4
44	100172	END CAP, OBLONG 30X70 BLACK	1
45	100173	LEVELER	4
46	100060	WHEEL, PU / TRANSPORT	2
47	100174	SHOULDER BOLT, M8X16	4
48	100175	ALLEN BOLT, M10X60	4
49	100176	SHOULDER BOLT, M8X45	3
50	100177	WASHER, 9X16X1.6	2
51	100178	LOCK NUT, M8	2
52	100179	JAM NUT, M10	4
53	100180	SPRING WASHER, M8	1
54	100181	SHOULDER BOLT, M6X30	4
55	100182	HOUSING, OUTER 250X575X54	1
56	100183	HOUSING, INNER 242X338.6X3	1
57	100184	HOUSING, OUTER 250X575X54 W/ 514-00036	1
58	100185	ALLEN BOLT, M5X15	10
59	100186	SHOULDER BOLT, M6X12	4
60	100187	HEX BOLT, M5X10	3
61	100188	WASHER, 11X20X2	8
62	100189	WASHER, 5.5X10X1	2
63	100190	WASHER, 16.5X28X2	1
64	100191	CURVED WASHER, M8	1
65	100192	PHILLIPS SCREW, ST3.5X12	2
66	100193	WRENCH, ALLEN S=5	1
67	100194	WRENCH, ALLEN S=6	1
68	100195	WRENCH, 13-14-15	1
69	100196	WATER BOTTLE	1
70	100197	HOLDER, WATER BOTTLE	1
71	100198	ALLEN BOLT, M8X16	1
72	100199	WASHER, 11X25X2	1
73	100088	SHAFT, PU / TRANSPORT WHEEL	4
80	100200	LOCK NUT, M10	4
#	100201	BOLT PACK, SPINNER BIKES INRAY	1

18 Parts List / Exploded View

Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Residential Warranty

Frame: Lifetime

Parts: 1 Year

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by IRONMAN Fitness under the IRONMAN Fitness ("IRONMAN") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by IRONMAN. IRONMAN warrants that the Product purchased from IRONMAN or from an authorized IRONMAN Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by IRONMAN in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at initial startup, under normal use, and during the applicable warranty period, unless otherwise determined by IRONMAN.

This warranty excludes expendable parts if primary cause for warranty claim is wear. Expendable parts pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by IRONMAN. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by IRONMAN any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, IRONMAN will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, IRONMAN may replace the parts (with new parts or at the option of IRONMAN, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required past the warranty period listed above, shall be subject to purchase a retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, IRONMAN (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

IRONMAN may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, IRONMAN can furnish contact information for local (to your area) IRONMAN authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. IRONMAN is not responsible for any service repair costs accrued through the use of authorized IRONMAN service providers at your request or out of the limited warranty period (without written consent from IRONMAN), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by IRONMAN technical service and support staff), IRONMAN, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. IRONMAN, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product. The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by IRONMAN.

Conditions and Restrictions

This warranty DOES NOT (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from IRONMAN or from an authorized IRONMAN reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by IRONMAN in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms,

homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by IRONMAN in writing or otherwise stated on this warranty.

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