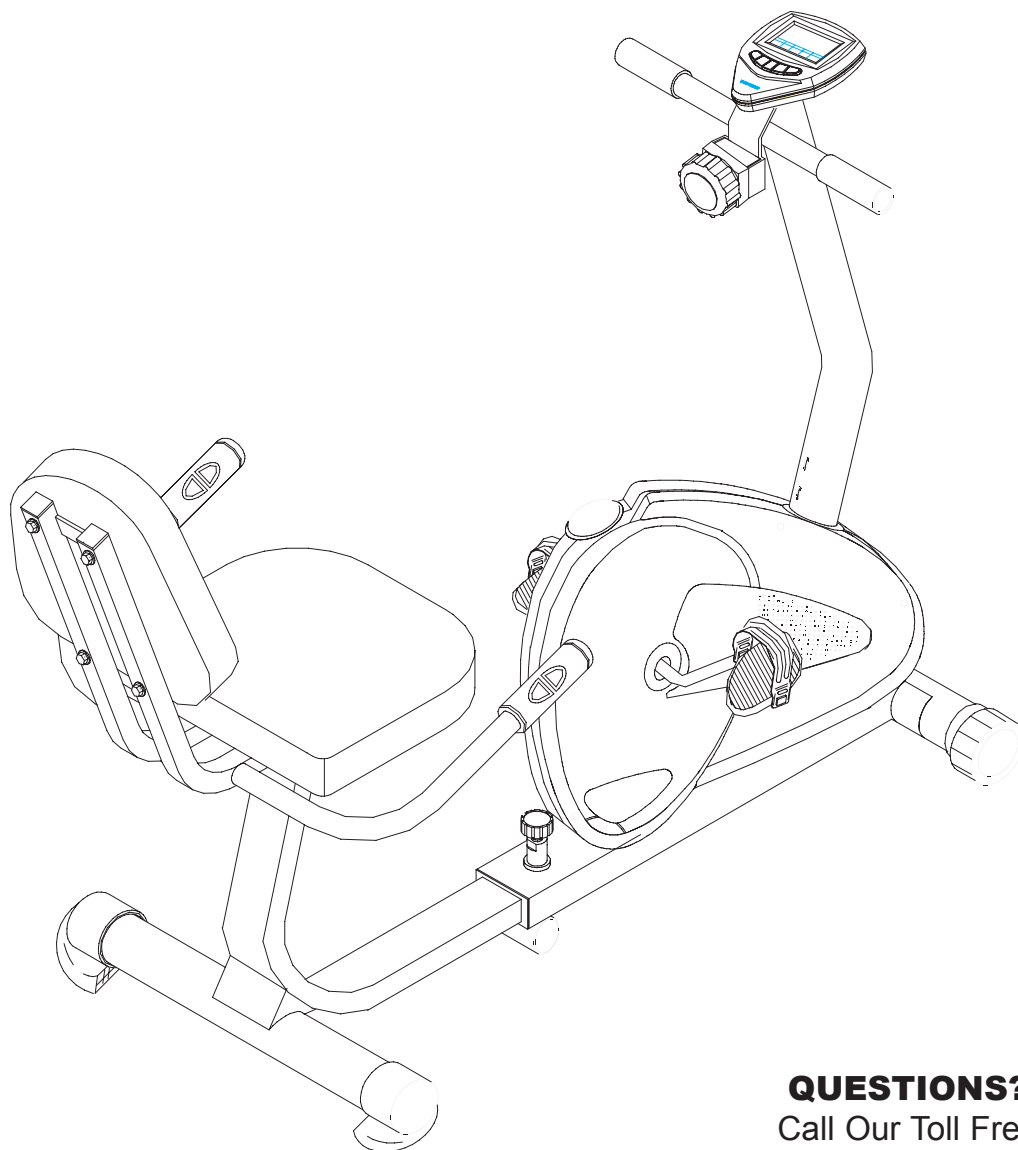


Discovery

5.2 RECUMBENT OWNER'S MANUAL



QUESTIONS?
Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



keysfitness.com

CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

**DISCOVERY RECUMBENT
Model: DCV5.2R**

Questions?

Please call if:

- you need assistance about operating your exercise bike
- parts are missing
- parts become worn or need to be replaced

**1-888-340-0482
Monday-Friday
8:30-5:30 Central Time**

When requesting information please have the following available:

- Name
- Model
- Part Number
- Description

Before You Start

Thank you for purchasing a DISCOVERY exercise unit! This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

Important Safety Information WARNING!

- 1) Before using this exercise bicycle 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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

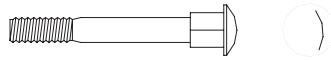
- This exercise bike has a maximum user capacity of 250 pounds.
- The Discovery exercise unit should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise unit.
- Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your Discovery unit should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

Assembly of DISCOVERY

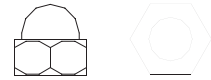
5.2 Recumbent



M8 Nylon Locknut (60)-4



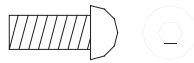
M8X40mm Carriage Bolt (48)-4



M8 Cap nut (37)-2



M6x40 Hex Head Screw (50)-8



M8x15mm Screw (49)-8



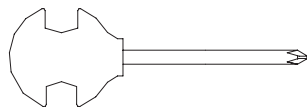
8X19 Arc washer (36)-6



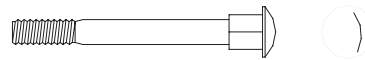
8X19 Washer (63)-8



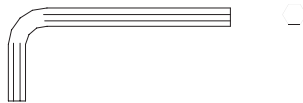
6X13 Washer (62)-8



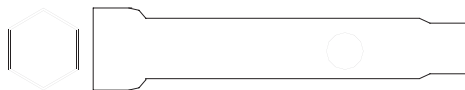
Screw Driver



M8X70mm Carriage Bolt (35)-2

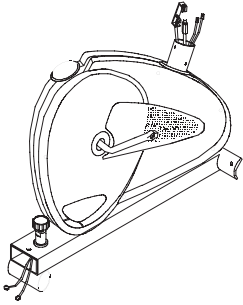
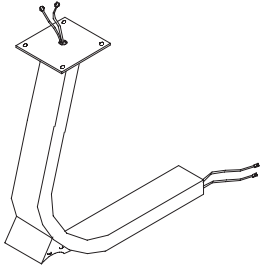
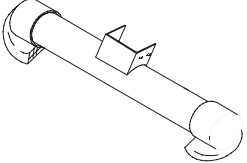
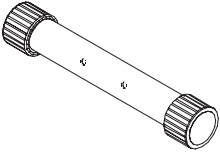
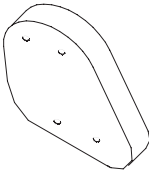
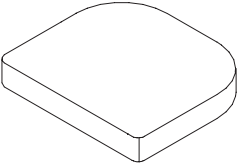
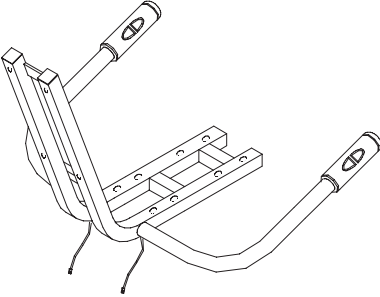
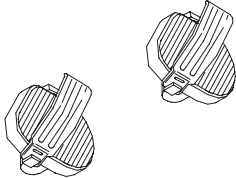
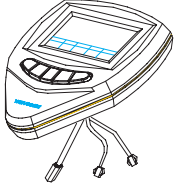


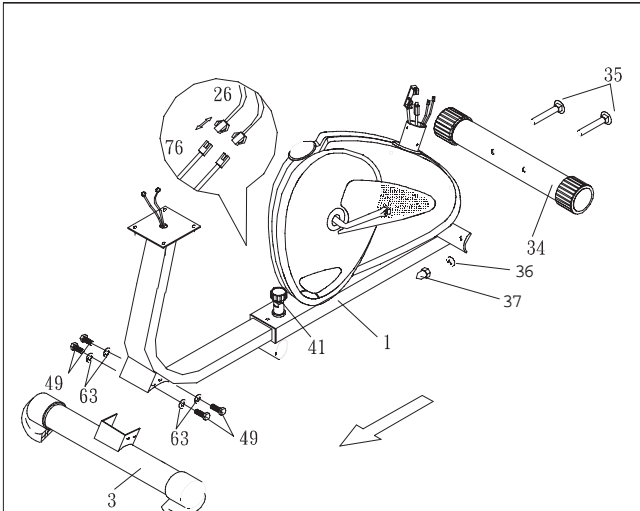
Allen Wrench



Hexa-tube Wrench

ASSEMBLY PART LIST

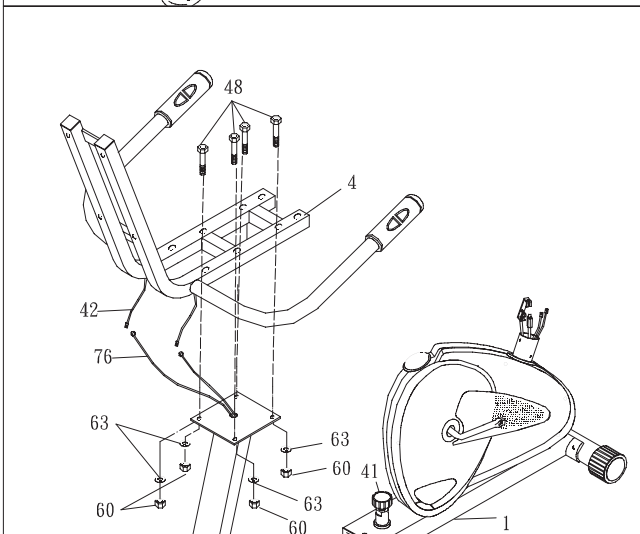
 <p>MAIN FRAME(1)</p>	 <p>SEAT POST (2)</p>	 <p>REAR STABILIZER (3)</p>
 <p>FRONT STABILIZER (34)</p>	 <p>HANDLEBAR POST (6)</p>	 <p>SEAT (5)</p>
 <p>PLASTIC BELLOWS (4)</p>	 <p>PEDAL(L,R) (38,39)</p>	 <p>COMPUTER (33)</p>



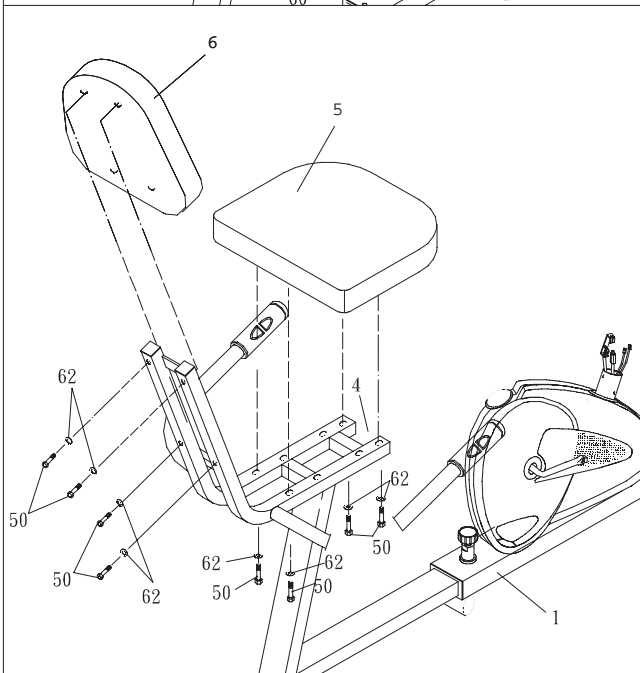
1) Loosen the adjustment knob (41) on the front frame (1). Slide the rear frame backward and secure with the adjustment knob (41).

Attach the rear stabilizer (3) onto the rear frame with screws (49) and washers (63).

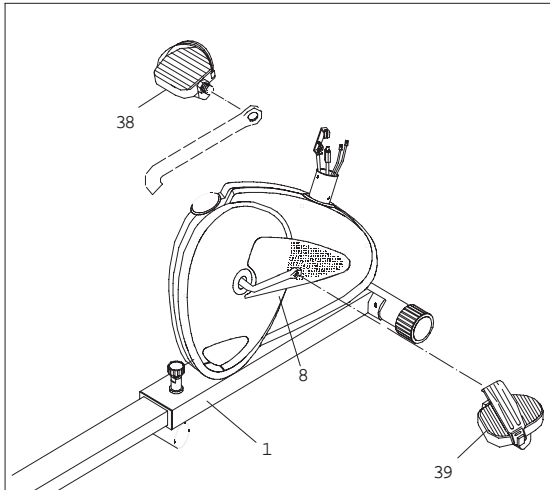
Attach the front stabilizer (34) onto the rear frame with carriage bolts (35), cap nuts (37) and washers (36).



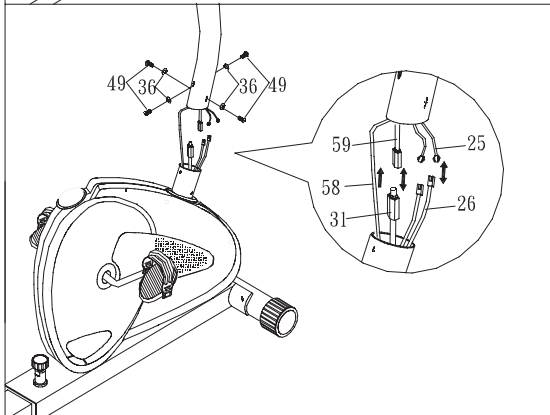
2) Attach the seat frame (4) onto the rear frame with carriage bolts (48), nylon lock nuts (60) and washers (63).



3) Attach the seat (5) onto the seat frame (4) with bolts (50) and washers (62). Attach the back cushion (6) onto the seat frame (4) with bolts (50) and washers (62).

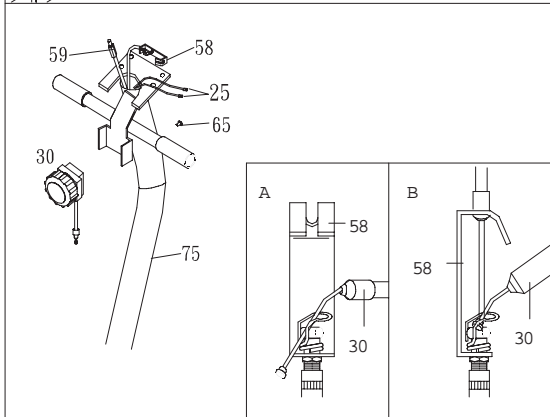


4) Thread the right pedal (39) onto the right side of the crank (8) as shown. Tighten the pedal securely. Select the right pedal strap which has "R" marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the right pedal (39). Snap the other three hole end onto the outside edge of the right pedal (39). Select adjustment holes which allow your foot to be easily removed from the pedals. Repeat with the left pedal and strap.



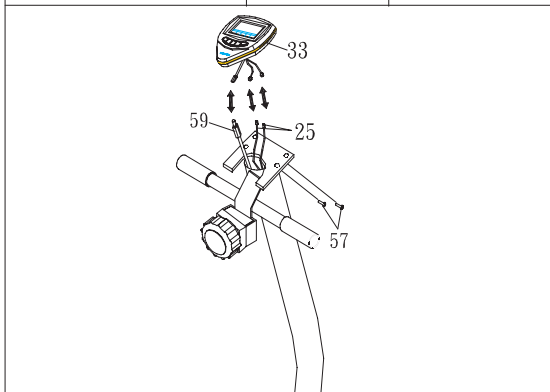
5) Insert the sensor wire (packed with tension controller) from the top of the handlebar post (75). Connect the sensor wire to the one on the main frame, and insert the sensor wire up into the handlebar post.

Fix the handlebar post (75) onto the main frame (1) with screws (49) and arc washers (36).



6) Install the tension controller (30).

- Step 1: Put the tension controller's cable end into the spring hook.
- Step 2: Pull and force the cable into the gap of the plate.
- Step 3: Insert the tension controller into the "A" hole of handlebar post and attach it with the screw (65) attached

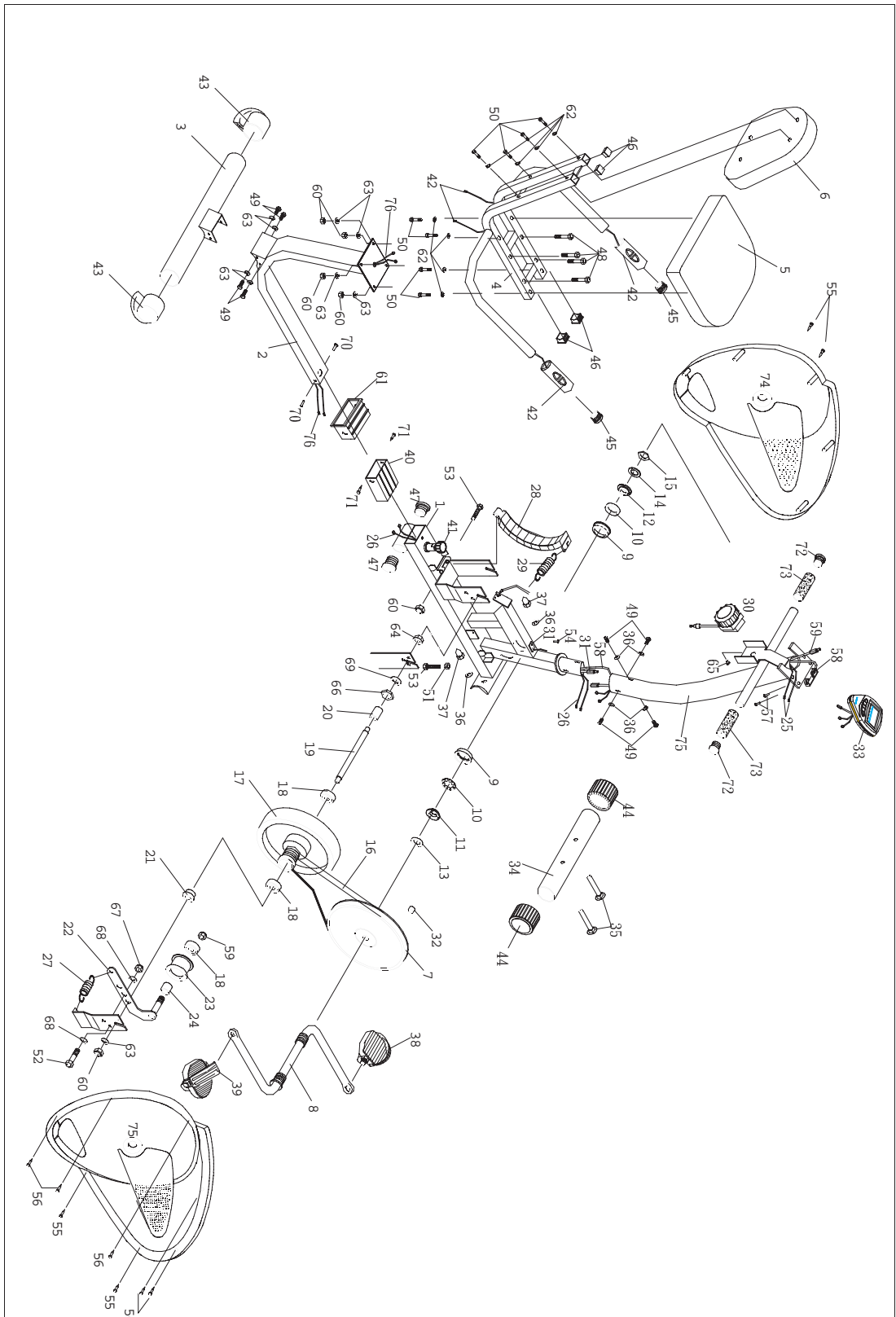


7) Connect the sensor wire to the computer (33) and fix it on the top of the handlebar post by the screws (57) attached.

DCV 5.2R PARTS LIST

#	PART	QTY	#	PART	QTY
1	MAIN FRAME	1	40	BUSHING OF MAIN FRAME	1
2	RAIL TUBE	1	41	BLACK KNOB	1
3	REAR STABILIZER	1	42	PULSE	2
4	SEAR FRAME	1	43	REAR STABILIZER ENDCAP	2
5	SEAT	1	44	FRONT STABILIZER ENDCAP	2
6	BACK CUSHION	1	45	HANDLEBAR TUBE CAP	2
7	PULLEY 270	1	46	SEAT FRAME TUBE CAP	4
8	CRANK 1/2" ONE PC	1	47	CAP	2
9	BALL BEARING HOUSING	2	48	CARRIAGE SCREW M8*40	4
10	BALL BEARING	2	49	SCREW M8*15	8
11	OUTSIDE BEARING COLLAR	1	50	HEX HEAD SCREW M6*40	8
12	INSIDE BEARING COLLAR	1	51	SCREW M8	1
13	WASHER	1	52	HEX HEAD SCREW 3/8"*26	1
14	CURVE WASHER	1	53	HEX HEAD SCREW M8*60	2
15	HEX HEAD SCREW	1	54	SCREW M3*8	1
16	BELT J6*430	1	55	SCREW	4
17	FLY WHEEL	1	56	SCREW	5
18	BEARING 6000ZZ	3	57	SCREW M5*10	2
19	AXLE OF FLY WHEEL	1	58	EXTENSION WIRE	1
20	SPACER OF FLY WHEEL	1	59	NYLOCK NUT M10	1
21	GREASED WHEEL	1	60	NYLOCK NUT M8	6
22	IDLER WHEEL PLATE	1	61	RAIL TUBE CAP	1
23	IDLERWHEEL	1	62	WASHER	8
24	SPACER OF IDLER WHEEL	1	63	WASHER	9
25	PULSE WIRE 1	1	64	SCREW 3/8"	1
26	PULSE WIRE 2	1	65	SCREW M5*10	1
27	SPRING OF IDLER WHEEL	1	66	BC NUT 3/8"	1
28	ARC MAGNET PLATE	1	67	NYLOCK NUT 3/8"	1
29	SPRING OF ARC MAGNET	1	68	WASHER	2
30	TENSION KNOB	1	69	WASHER	1
31	SENSORWIRE	1	70	SCREW M4*16	2
32	MAGNET	1	71	SCREW M4/8	2
33	COMPUTER	1	72	HANDLEBAR TUBE CAP	2
34	FRONT STABILIZER	1	73	FOAM GRIP	2
35	CARRIAGE SCREW M8*70	2	74	COVER (L)	1
36	ARC WASHER	6	75	COVER (R)	1
37	NUT M8	2	76	PULSE 3	1
38	PEDAL (L)	1			
39	PEDAL (R)	1			

DCV 5.2R EXPLODED VIEW



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

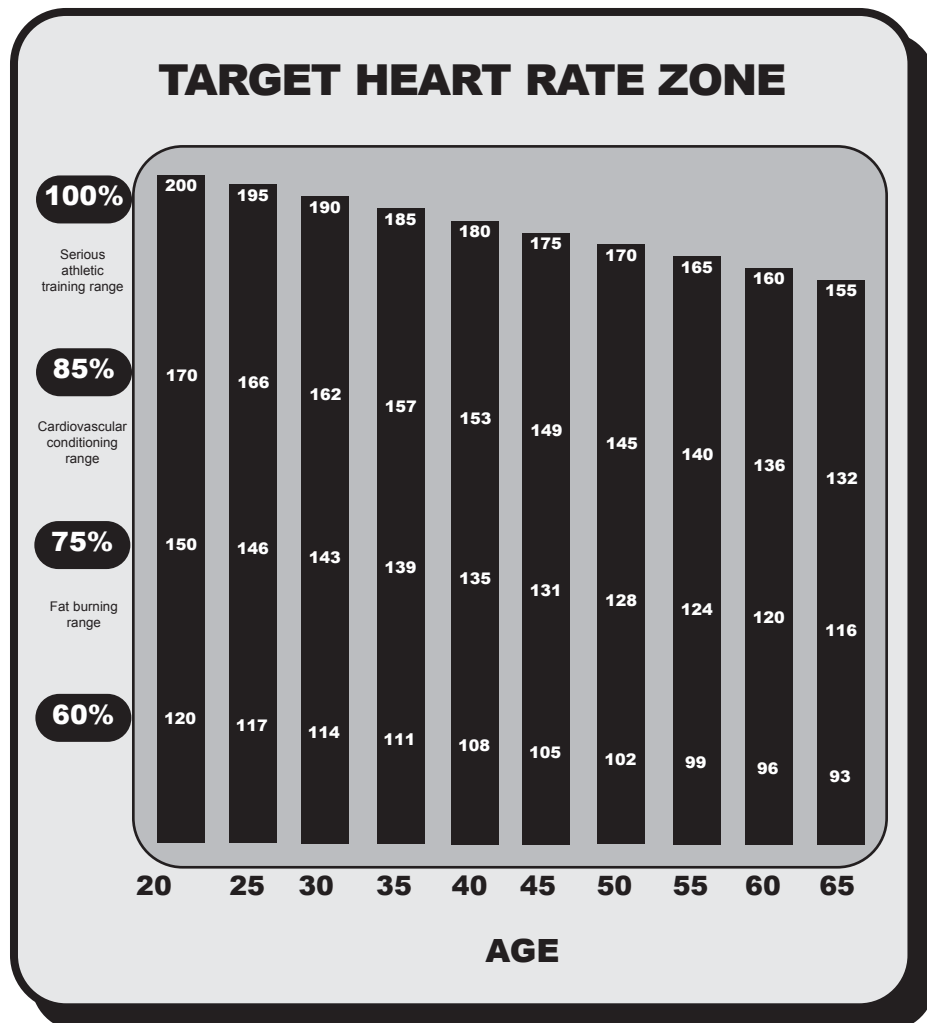
$$220 - 30 = 190$$

$$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$$

30 year-old (THR) Target Heart Rate would be 114-142.

See Table for additional calculations.



KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: DISCOVERY 5.2 RECUMBENT
HOME USE WARRANTY: 1 Year Parts

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Discovery

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