

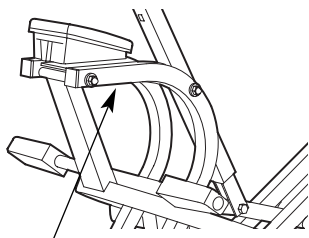
aeROBIC RiderTM 2

BY HEALTH RIDER[®]

Model No. 831.287940

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal

QUESTIONS?

PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-999-3756

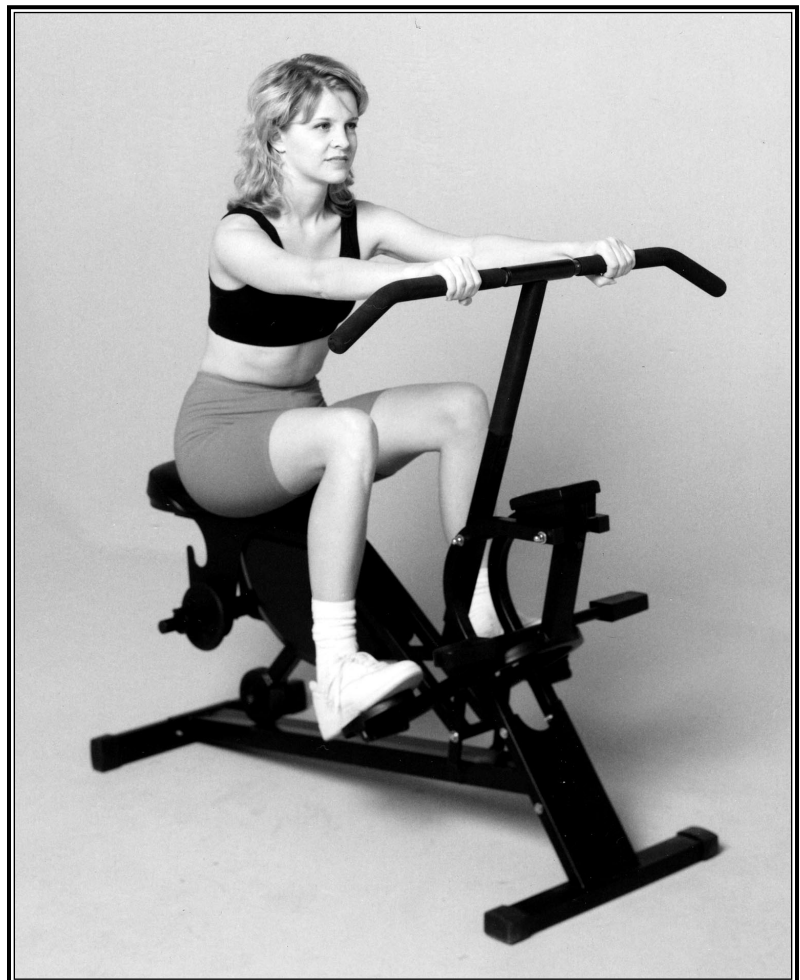
Mon.–Fri., 6 a.m.–6 p.m. MST

Patent Pending

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the AEROBIC RIDER 2® by HEALTHRIDER®.

1. Read all instructions in this manual before using the AEROBIC RIDER 2®.
2. It is the responsibility of the owner to ensure that all users of the AEROBIC RIDER 2® are adequately informed of all precautions.
3. The AEROBIC RIDER 2® should not be used by persons weighing more than 250 pounds.
4. Keep children and pets away from the AEROBIC RIDER 2® at all times.
5. Place the AEROBIC RIDER 2® on a level surface during use. Cover the floor beneath the AEROBIC RIDER 2® to protect it.
6. Regularly inspect and tighten all parts of the AEROBIC RIDER 2®.
7. When exercising, do not wear loose clothing that could become caught on the AEROBIC RIDER 2®. Always wear athletic shoes.
8. The total weight of the user and the added weights should not exceed 300 pounds.
9. Use the AEROBIC RIDER 2® only as described in this manual.
10. The AEROBIC RIDER 2® is intended for home use only. Do not use the AEROBIC RIDER 2® in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

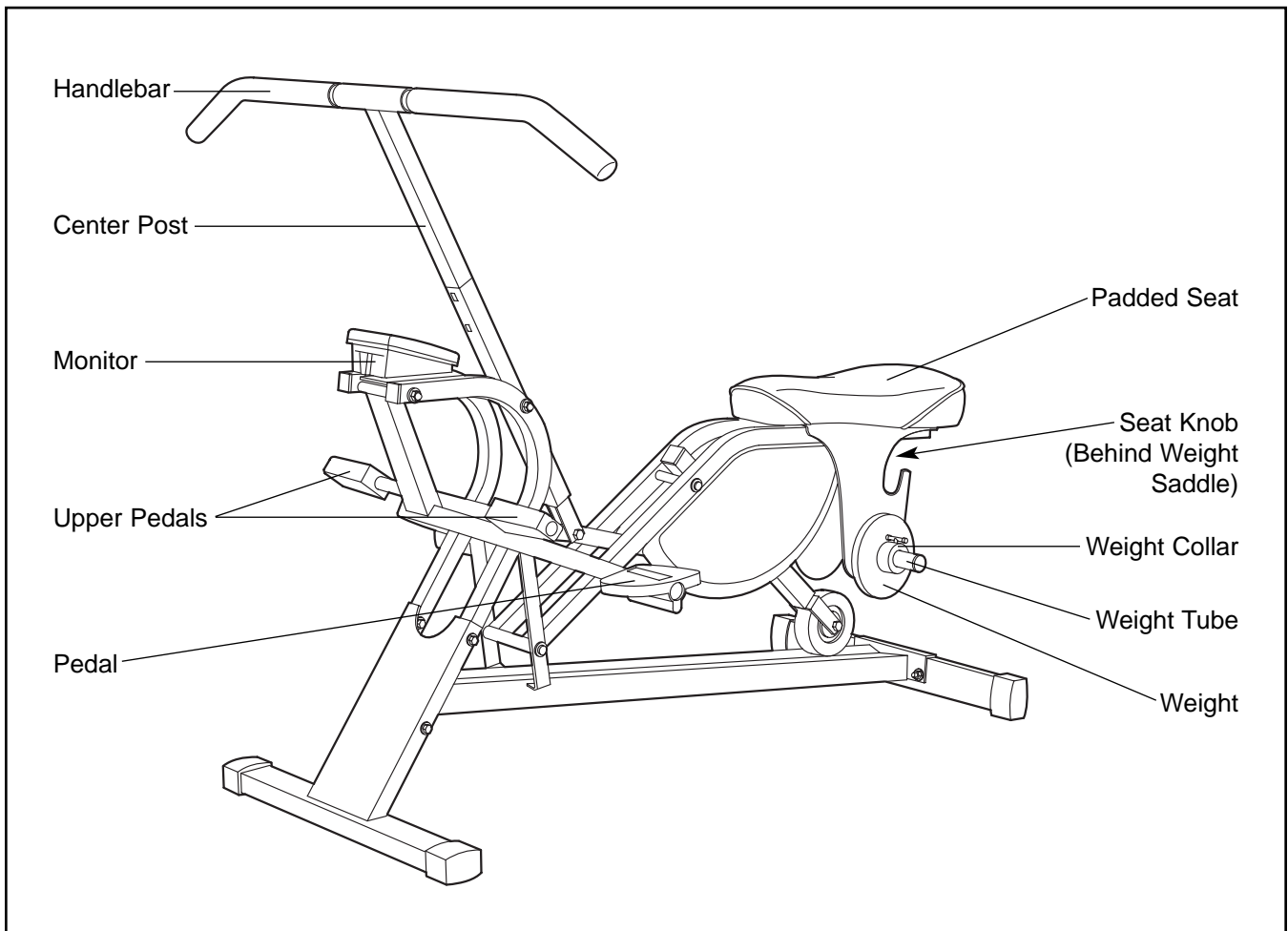
BEFORE YOU BEGIN

Thank you for selecting the new AEROBIC RIDER 2[®] by HEALTHRIDER[®]. The AEROBIC RIDER 2[®] offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, please read this manual carefully before using the AEROBIC RIDER 2[®] by HEALTHRIDER[®]. If you have additional questions, please call our toll-free HELPLINE at 1-800-999-3756, Monday through Saturday, 7 a.m. until 7 p.m. Central

Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.287940. The serial number can be found on a decal attached to the AEROBIC RIDER 2[®] (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.





ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

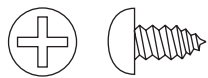
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the part identification chart below.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

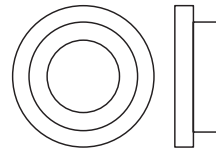
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches** 
- **One (1) phillips screwdriver** 
- **You will also need some lubricant, such as petroleum jelly or grease.**

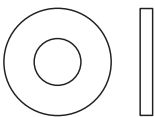
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.



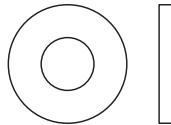
Weight Tube Screw (54)-1



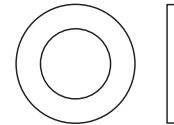
3/8" Pivot Bushing (41)-1



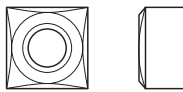
1/4" Flat Washer (57)-14



3/8" Flat Washer (55)-4



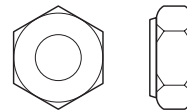
M9 Rubber Shield Washer (58)-4



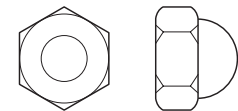
M6 Square Nut (4)-2



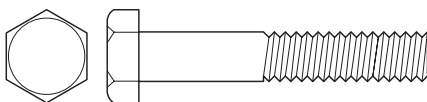
M6 Hex Nut (2)-6



3/8" Nylon Lock Nut (31)-1



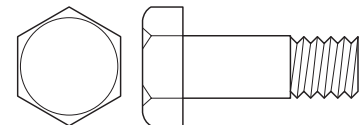
M8 Acorn Nut (56)-4



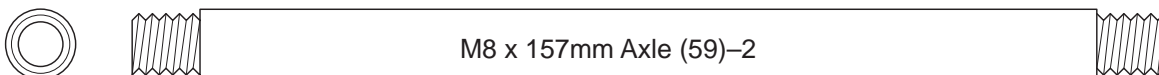
M6 x 35mm Bolt (3)-2



M6 x 40mm Bolt (60)-6



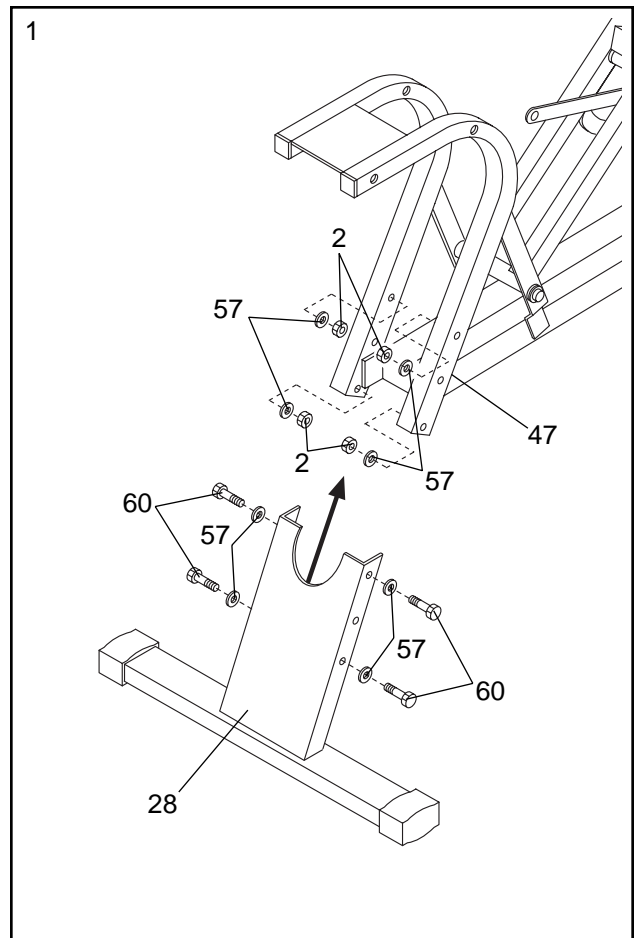
3/8" x 1 3/8" Shoulder Bolt (61)-1



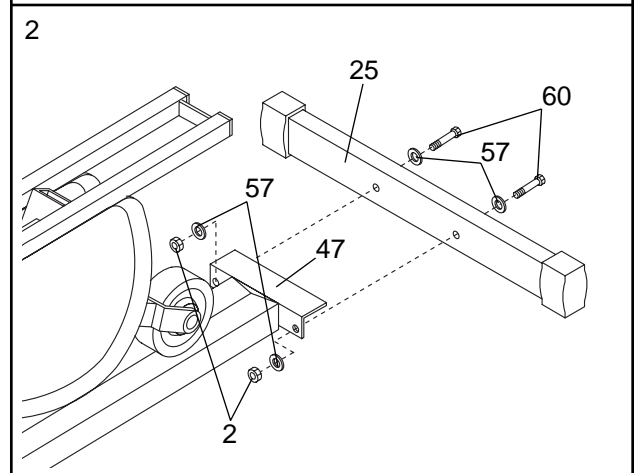
M8 x 157mm Axle (59)-2

1. **Before beginning assembly, be sure that you have read and understand the information on the previous page.**

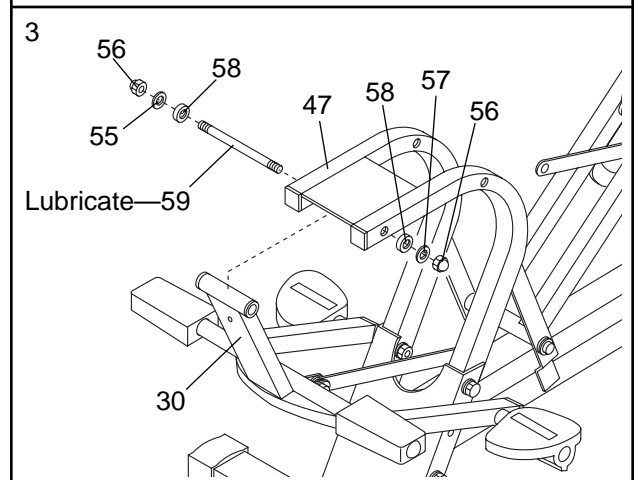
Attach the Front Stabilizer (28) to the Main Frame (47) with four M6 X 40mm Bolts (60), eight 1/4" Flat Washers (57), and four M6 Hex Nuts (2).



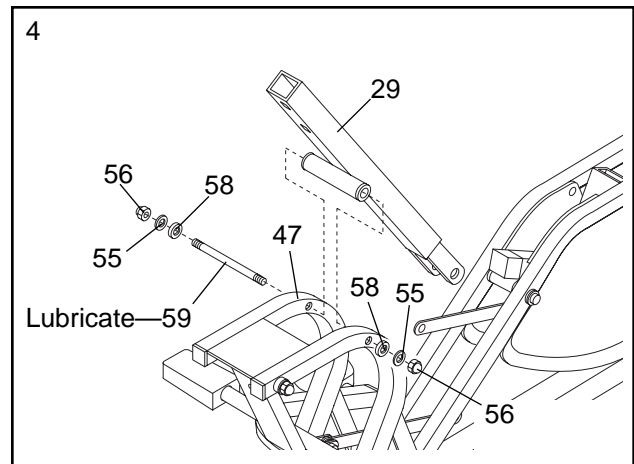
2. Attach the Rear Stabilizer (25) to the Main Frame (47) with two M6 X 40mm Bolts (60), four 1/4" Flat Washers (57), and two M6 Hex Nuts (2).



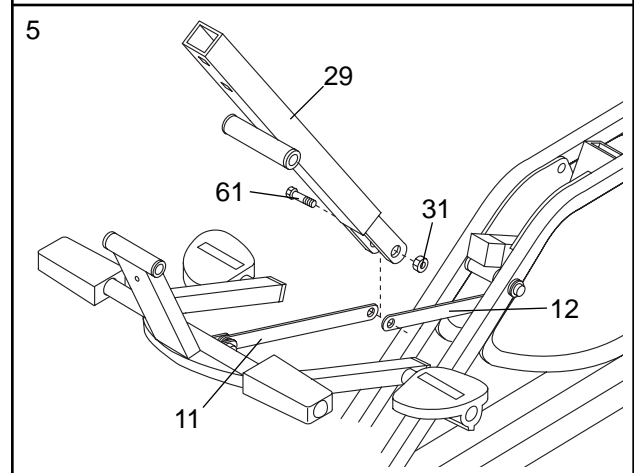
3. Lubricate a M8 x 157mm Axle (59). Attach the Pedal Frame (30) to the Main Frame (47) with the M8 x 157mm Axle, two M9 Rubber Shield Washers (58), two 5/16" Washers (55), and two M8 Acorn Nuts (56).



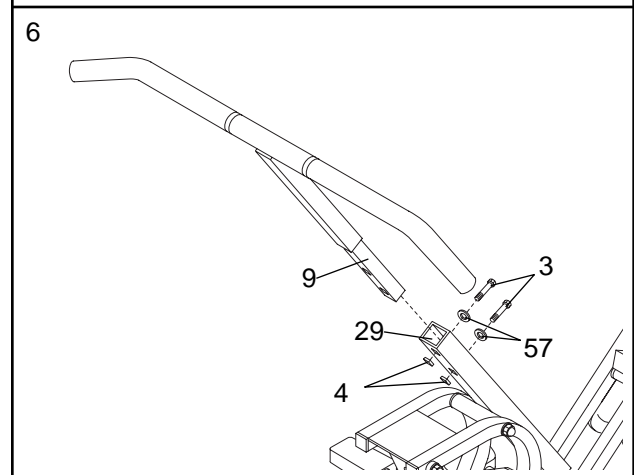
4. Lubricate a M8 x 157mm Axle (59). Attach the Handlebar Swing Arm (29) to the Main Frame (47) with the M8 x 157mm Axle, two M9 Rubber Shield Washers (58), two 5/16" Washers (55), and two M8 Acorn Nuts (56).



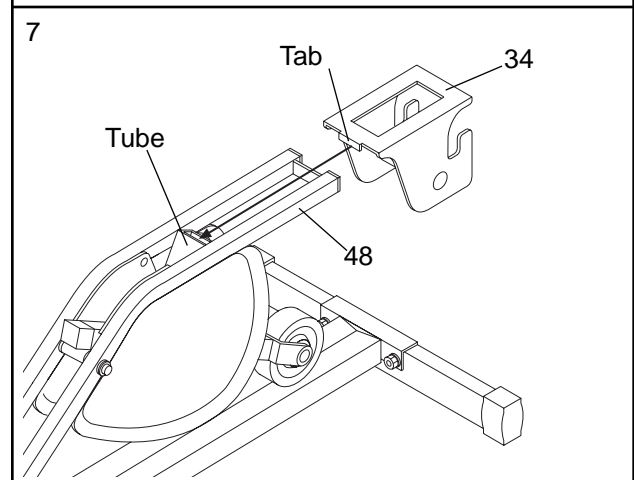
5. Attach the Short and Long Link Arms (11, 12) to the Handlebar Swing Arm (29) with the 3/8" x 1 3/8" Shoulder Bolt (61), and the M8 Nylon Lock Nut (31). **Note: Part of the Main Frame is not shown in this drawing for easier part identification.**



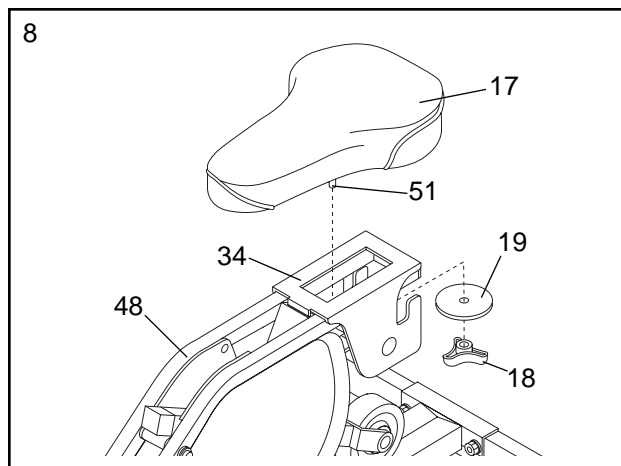
6. Attach the Handlebar (9) to the Handlebar Swing Arm (29) with two M6 x 35mm Bolts (3), two 1/4" Flat Washers (57), and two M6 Square Nuts (4).



7. Slide the Weight Saddle (34) onto the Seat Frame (48). **The indicated tab on the Weight Saddle must be inserted into the tube on the Seat Frame.**

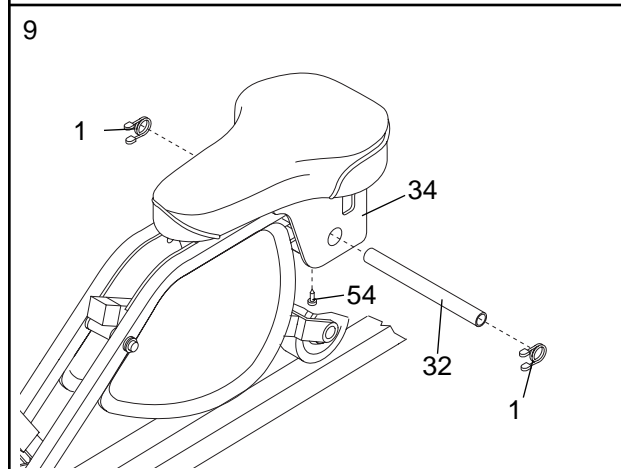


- Insert the Seat (17) into the Weight Saddle (34). Slide the Large Washer (19) onto the Seat Bolt (51). Tighten the Seat Knob (18) onto the Seat Bolt until the Washer is secure against the Seat Frame (48).



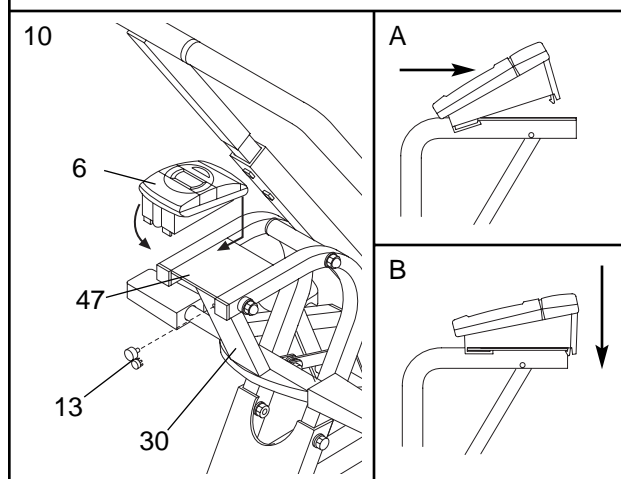
- Insert the Weight Bar (32) through the Weight Saddle (34). Center the Weight Bar in the Weight Saddle. Thread the Weight Bar Screw (54) fully into the drilled hole in the Weight Saddle to secure the Weight Bar.

Slide a Weight Clip (1) onto each side of the Weight Bar.

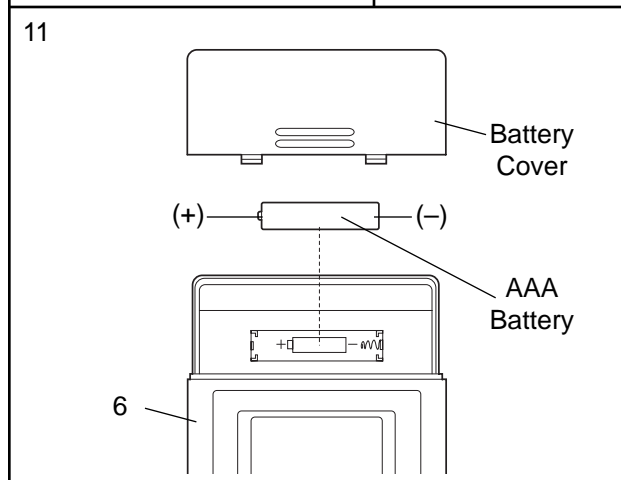


- Press the Magnet w/Bracket (13) onto the Pedal Frame (30) as shown.

Slide the Monitor (6) fully onto the Main Frame (47) as shown in inset drawing A. Press down on the Monitor as shown in inset drawing B until it snaps into place.



- Remove the battery cover from the Monitor (6). Insert a new AAA battery into the Monitor. Identify the negative (-) and positive (+) ends of the battery. The spring in the battery compartment should touch the negative end of the battery.

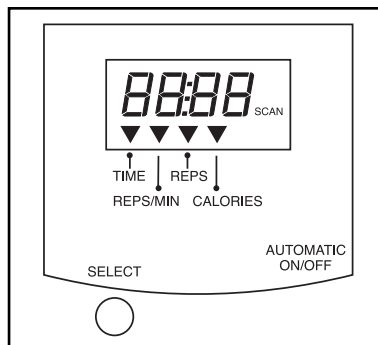


ADJUSTMENT AND OPERATION

DESCRIPTION OF THE MONITOR

The monitor offers five modes to provide you with instant exercise feedback:

- **Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.



- **Reps/Min**—Displays your repetitions per minute.
- **Reps**—Displays the total number of repetitions you have completed, up to 3999. The display will then reset to zero and continue counting.
- **Calories**—Displays the approximate number of Calories you have burned.
- **Scan**—Displays all of the above modes, for approximately 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE MONITOR

1. To turn on the power, press the select button or simply begin exercising. When the power is turned on, the time mode will automatically be selected.
2. Select the desired mode:

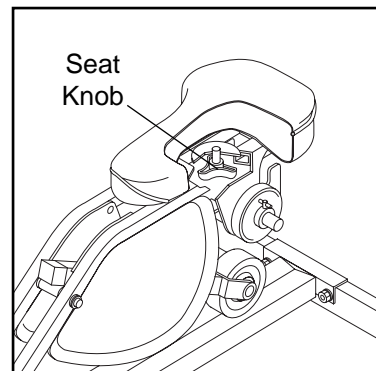
Time, reps/min, reps, or calories mode—These modes can be selected by repeatedly pressing the select button. The mode indicators will show which mode has been selected. Make sure that the scan indicator does not appear.

Scan mode—When the scan mode is selected, the scan indicator will appear and a mode indicator will show which mode is currently displayed. The scan mode can be selected by repeatedly pressing the select button.

3. **The monitor has an “auto-off” feature.** If the pedals are not moved and the select button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

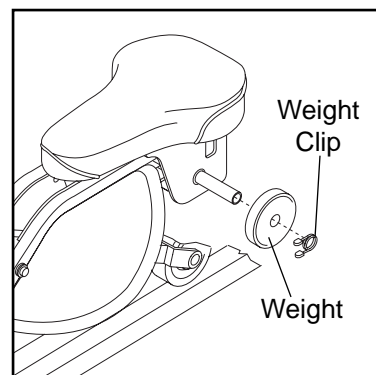
ADJUSTING THE SEAT

The position of the seat can be adjusted to accommodate different users. To adjust the seat, loosen the knob under the seat, move the seat to the desired position, and retighten the knob. To determine if the seat is properly adjusted, sit on the seat and pull the handlebar as close as possible to your stomach. Your legs should be almost straight, but your knees should not be locked.



ADDING AND REMOVING WEIGHT FROM THE WEIGHT TUBE

The AEROBIC RIDER 2® features a weight bar that lets you intensify your exercise by adding weights. To add weights, first remove the weight collars from the weight bar. Slide the desired amount of weight onto the weight bar. Secure the weights with the weight clips.



Secure the weights with the weight clips. **Note: Place an equal amount of weight on each side of the weight bar. The total combined weight of the user and added weights should not exceed 300 pounds.**

PROPER EXERCISE FORM

Learning how to properly use the AEROBIC RIDER 2® is vital to the success of your exercise program. On the following pages are photographs of the positions that you can use to get the maximum benefit from the AEROBIC RIDER 2®.

In addition, we offer the following tips to help you get the most from your exercise routine:

- Always start each exercise session in the standard workout position to warm up.

- You should be able to feel yourself pivot or bend from the hip, not from the back. Don't round your back as the bar moves forward.
- Always place the ball of each foot in the center of each pedal.
- Always bring the handlebar as close to your stomach or rib cage as possible. If you are new to exercise, don't extend the bar too far forward for the first few weeks of your exercise program. As

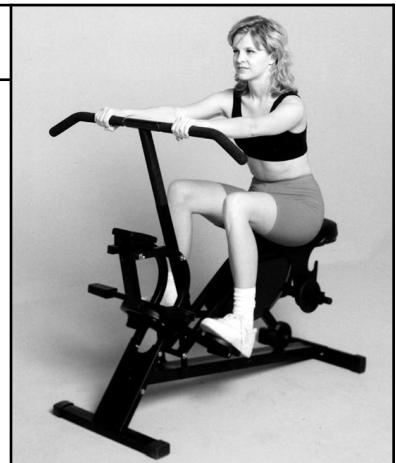
your back becomes stronger and more flexible, allow the handlebar to travel farther forward for increased range-of-motion.

- Change grip positions and toe positions often to add variety and balance to each workout.
- Thumbs can be placed next to the first finger or wrapped around the handlebar. Use these thumb positions interchangeably during each workout session for greater forearm endurance.

1 STANDARD WORKOUT POSITION

We strongly recommend that you begin every exercise session in this position. As a warm-up, it provides a balanced workout, distributing the emphasis between upper and lower body. Vary emphasis by pulling more with the arms or pushing more with the legs. Keep your back vertical and upright at all times. You should also vary your hand grip to target certain muscle groups. For example, a wide overhand grip will target your shoulders; a close overhand grip (shown) will target your triceps; and a close underhand grip will target your biceps.

Muscles affected: All Major Muscle Groups



2 WRIST ROLL

As your strength increases, you'll want to challenge yourself by toning your forearms even more. Use the wrist roll with either the close or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles forward in a smooth motion.

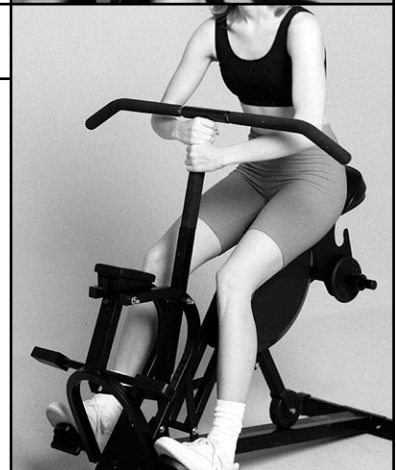
Muscles affected: Forearm Flexors



3 CENTER POST GRIP

Grip the center post high with one hand above the other. Perform ten repetitions. Change your hand positions and perform the same number of repetitions. For greater emphasis try one hand at a time.

Muscles affected: Biceps and Chest



4 TOES STRAIGHT

Place the ball of each foot in the middle of each pedal. Push with your toes pointed forward, then pull your feet back with toes up and heels down. This tones the lower legs. Start with just a few minutes per session and gradually increase with each workout.

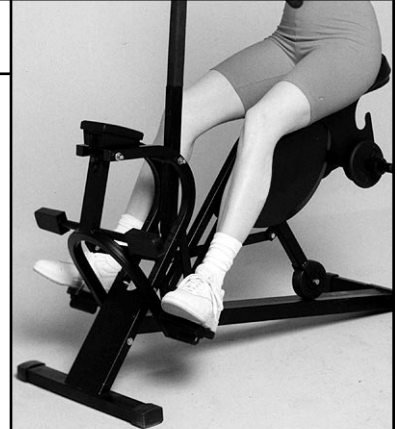
Muscles affected: Shins and Calves



5 TOES TURNED

The direction which your toes are turned will vary the effect of your workout. If your toes are turned slightly in while pointing and flexing, this emphasizes the outer calves. If your toes are turned slightly out while pointing and flexing, this emphasizes the inner calves. You can also turn your toes out and open your knees to tone your inner thighs. Regardless of which toe position you choose, always keep your kneecap in line with your toes.

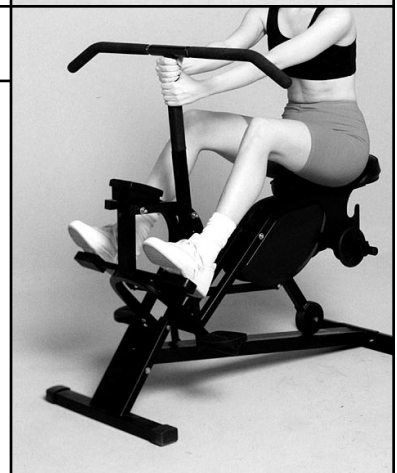
Muscles affected: Calves and Thighs



6 UPPER BODY EMPHASIS

Place your feet on the upper pedals and choose any grip.

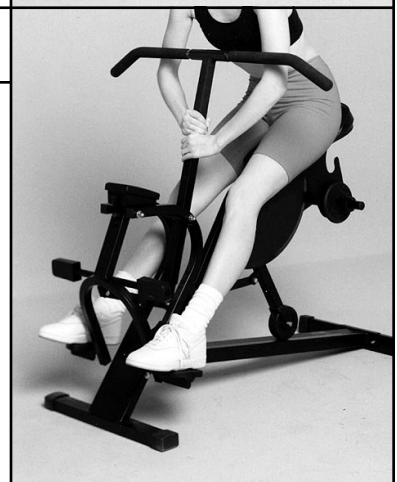
Muscles affected: Arms, Upper Back, and Chest



7 LOWER BODY EMPHASIS

Grip the center post low and place your feet on the lower pedals. For more emphasis on the stomach, tighten your abs and pull them in.

Muscles affected: Abdomen, Legs, and Lower Back



MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AEROBIC RIDER 2[®] by HEALTHRIDER[®] regularly. Keep the monitor out of direct sunlight or the display may be damaged. The AEROBIC RIDER 2[®] can be cleaned with a soft, damp cloth. Do not use solvents. Keep liquid away from the monitor. When storing the AEROBIC RIDER 2[®], remove the battery from the monitor.

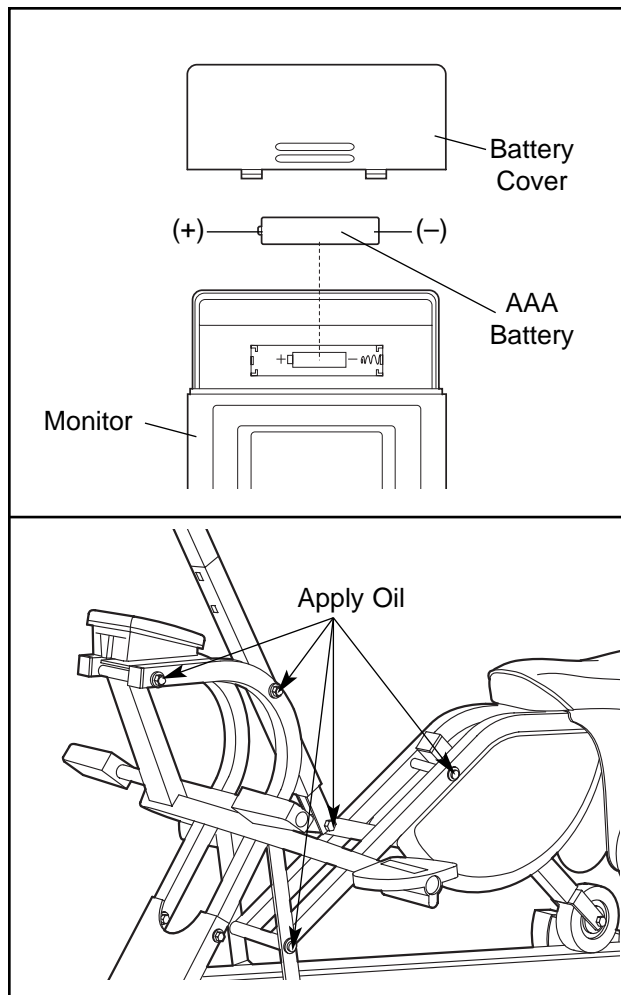
HOW TO REPLACE THE BATTERIES

If the display of the monitor becomes dim, the **AAA battery** should be replaced. Remove the battery cover from the monitor. Remove the old battery. Insert a new battery into the monitor. Identify the negative (-) and positive (+) ends of the battery. The spring in the battery compartment should touch the negative end of the battery.

Re-attach the battery cover to the monitor.

HOW TO LUBRICATE THE AEROBIC RIDER 2[®]

Every three months, a small amount of light multi-purpose oil should be applied to the AEROBIC RIDER 2[®]. Apply a few drops of oil between the axle caps or acorn nuts and the frame in the locations shown at the right. Make sure to apply oil to both sides of the AEROBIC RIDER 2[®].



CONDITIONING GUIDELINES

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide.

The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

BPM	HEART RATE TRAINING ZONES						
165						Aerobic	
145	155					Max Fat Burn	
125	138	145				Fat Burn	
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	
					95	103	
						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for ener-

gy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust your pace until your heart rate is near the lowest number in your training zone as you exercise.

Maximum Fat Burning

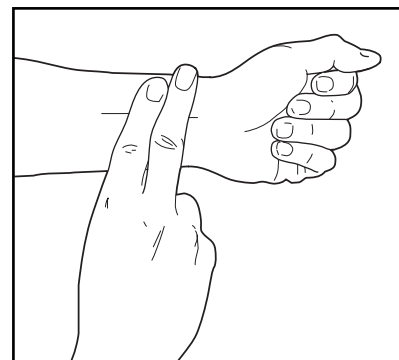
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust your pace until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise. (Refer to SUGGESTED STRETCHES on page 13.)

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 12 to find your training zone.)

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should

leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

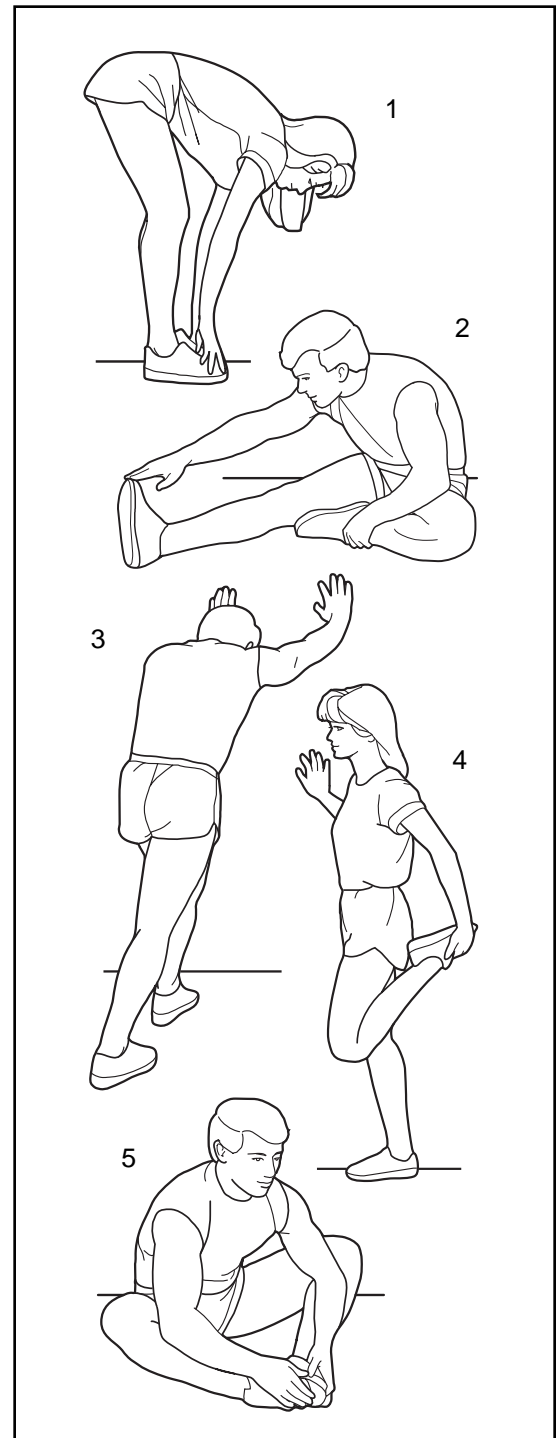
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. 831.287940

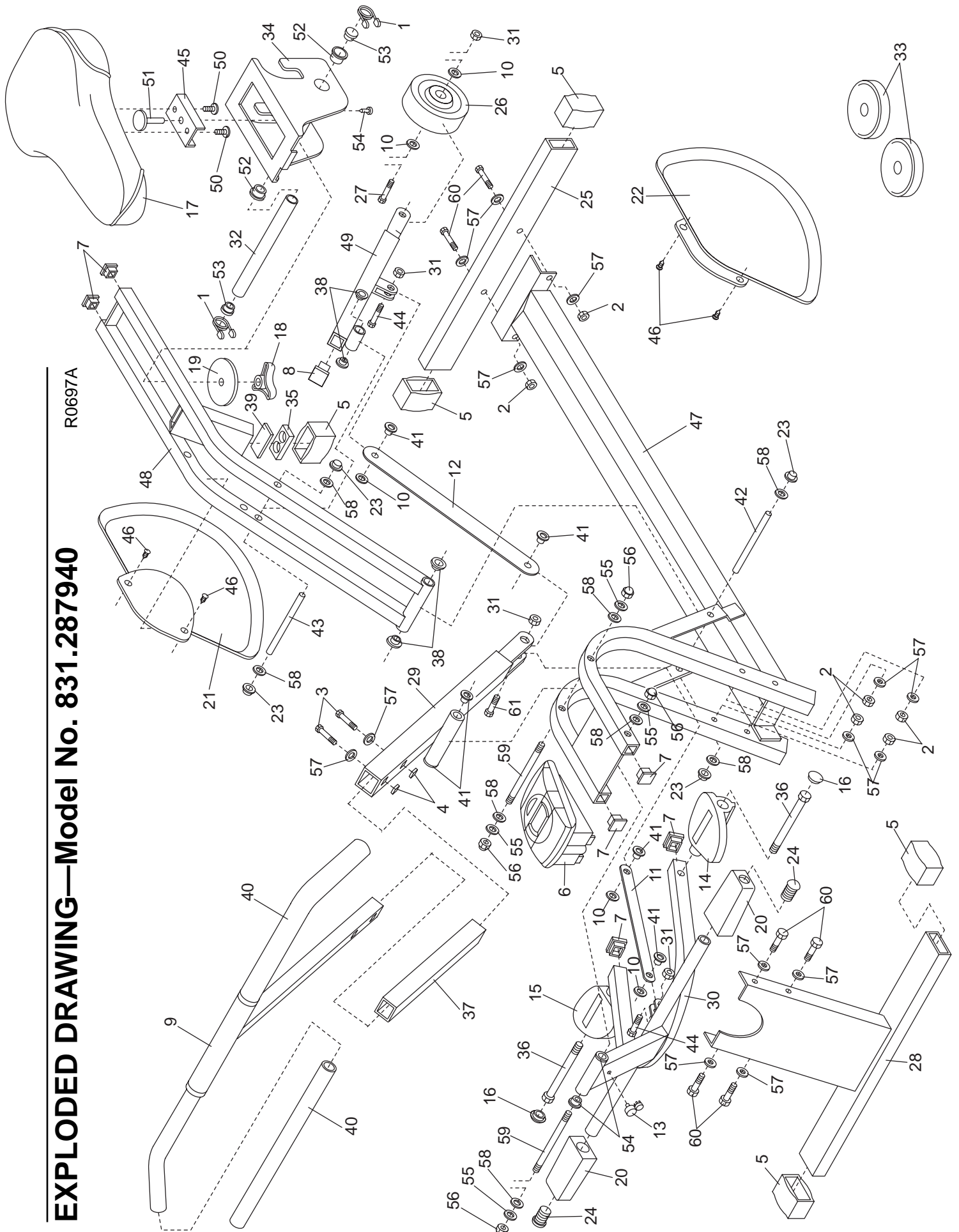
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Key No.	Part No.	Qty.	Description	Key No.	Part No.	Qty.	Description
1	130312	2	Weight Clip	32	134946	1	Weight Bar
2	012006	6	M6 Hex Nut	33	133898	2	5# Weight
3	133719	2	M6 x 35mm Bolt	34	135013	1	Weight Saddle
4	133720	2	M6 Square Nut	35	133577	1	Spacer
5	133579	5	Stabilizer Endcap	36	133669	2	Pedal Bolt
6	133704	1	Monitor	37	133576	1	Center Post Grip
7	133616	6	1" Square Endcap	38	133824	2	Wheel Frame Bushing
8	133957	1	Wheel Frame	39	133578	1	Bumper Pad Plate
9	133819	1	Handlebar w/Foam	40	133575	2	Hand Grip
10	133581	5	Large Plastic Washer	41	133580	12	3/8" Pivot Bushing
11	133823	1	Short Link Arm w/Bushings	42	133820	1	Seat Frame Axle
12	133822	1	Long Link Arm w/Bushings	43	133821	1	Wheel Frame Axle
13	133703	1	Magnet w/Bracket	44	133230	2	Short Shoulder Bolt
14	133931	1	Left Foot Pedal	45	133614	1	Seat Bracket
15	133932	1	Right Foot Pedal	46	133828	4	Sideshield Fastener
16	133636	2	Foot Pedal Plug	47	NSP	1	Main Frame
17	133702	1	Seat	48	NSP	1	Seat Frame
18	133699	1	Seat Knob	49	133829	1	Wheel Frame w/Bushings
19	133615	1	Large Washer	50	013118	2	M8 x 16mm Seat Bolt
20	133633	2	Upper Pedal	51	013011	1	Seat Bolt
21	133827	1	Right Sideshield w/Fasteners	52	123131	2	Weight Bar Bushing
22	133826	1	Left Sideshield w/Fasteners	53	125022	2	1" Weight Bar Endcap
23	103957	4	Axle Cap	54	130659	1	Weight Bar Screw
24	133634	2	Upper Pedal Endcap	55	014041	4	5/16" Washer
25	133667	1	Rear Stabilizer	56	133837	4	M8 Acorn Nut
26	133834	1	Wheel	57	014127	14	1/4" Flat Washer
27	133233	1	Wheel Bolt	58	014025	8	M9 Rubber Shield Washer
28	133715	1	Front Stabilizer	59	133838	2	M8 x 157mm Axle
29	133831	1	Handlebar Swing Arm	60	133718	6	M6 x 40mm Bolt
30	133830	1	Pedal Frame	61	133996	1	3/8" x 1 3/8" Shoulder Bolt
31	012002	4	M8 Nylon Lock Nut	#	139856	1	User's Manual
				#	134662	2	Tool

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. For information about ordering replacement parts, refer to the back page of this manual.

EXPLODED DRAWING—Model No. 831.287940

R0697A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (831.287940).
- The NAME of the product (AEROBIC RIDER 2® by HEALTHRIDER®).
- The PART NUMBER of the PART (see pages 14 and 15 of this manual).
- The DESCRIPTION of the PART (see pages 14 and 15 of this manual).

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