HEALTHRIDER®

ELLIPTICAL CROSSTRAINER

E530

Model No. HREL07980
**Serial No. _____**
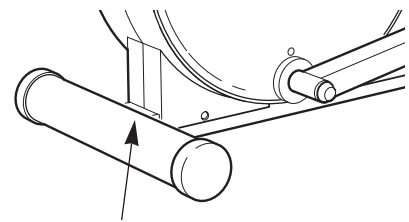
Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, 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 to you.

CUSTOMER HOT LINE:
1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST
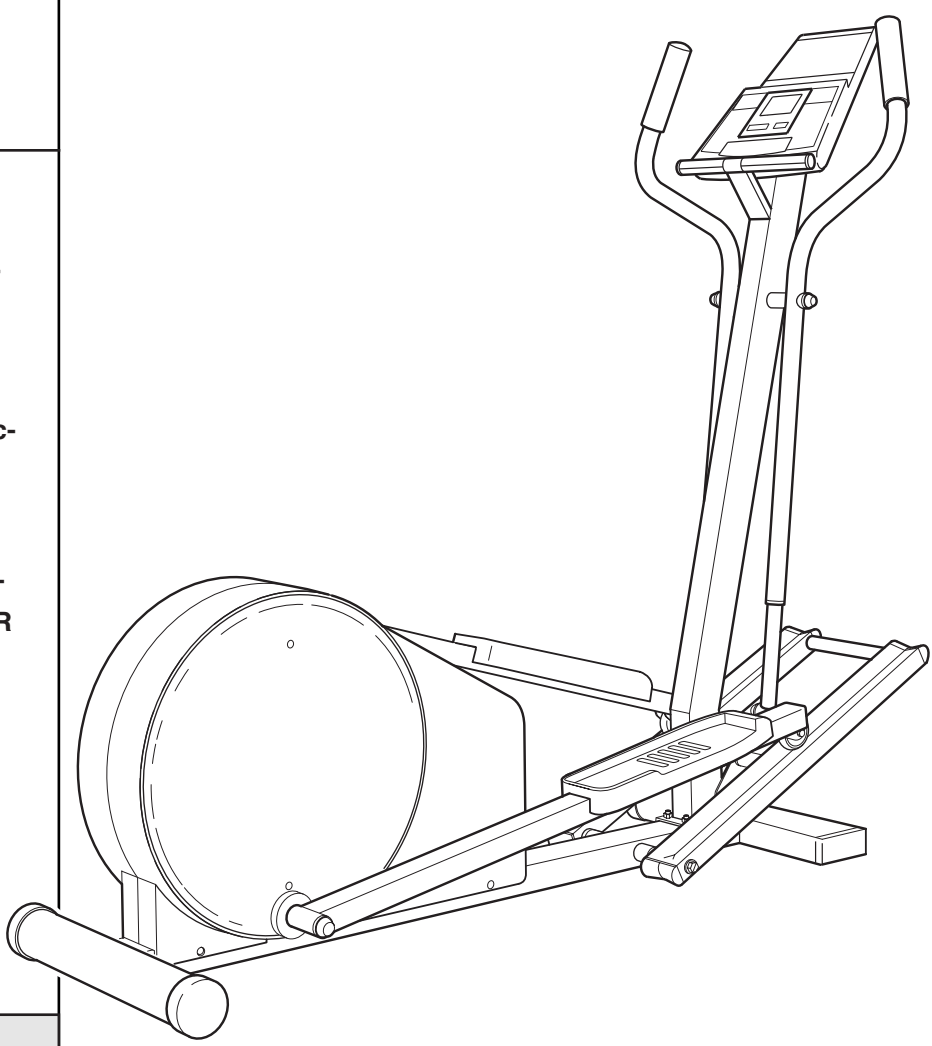
⚠ CAUTION

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

Visit our website at

www.healthrider.com

new products, prizes, fitness tips, and much more!

HEALTHRIDER
ELLIPTICAL CROSSTRAINER
E530

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.

2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.

3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.

4. Inspect and tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.

6. Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.

7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.

8. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.

9. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

10. When you stop exercising, allow the pedals to slowly come to a stop.

11. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately.

13. The elliptical crosstrainer is intended for in-home use only. Do not use it 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.
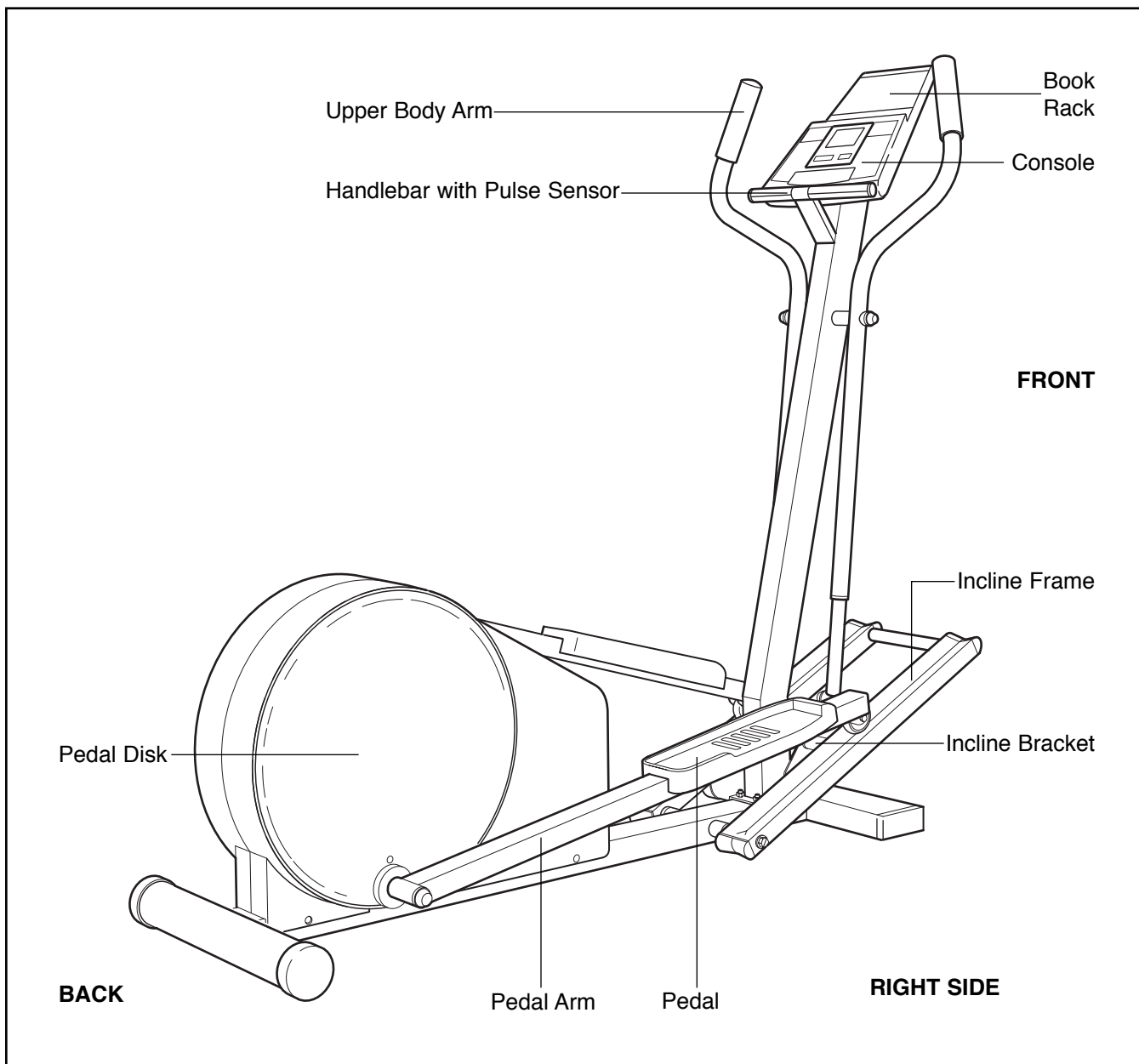
3

BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider® E530 elliptical crosstrainer. The HealthRider® E530 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique E530 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

For your benefit, read this manual carefully before you use the HealthRider® E530. If you have additional questions, please 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 note the product model number and serial number before calling. The model number is HREL07980. The serial number can be found on a decal attached to the HealthRider® E530 (see the front cover of this manual for the location of the decal).

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

Upper Body Arm

Handlebar with Pulse Sensor

Book Rack

Console

FRONT

Incline Frame

Pedal Disk

Incline Bracket

BACK

Pedal Arm

Pedal

RIGHT SIDE

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

The following tools (not included) are required for assembly: a phillips screwdriver ⬖═══════➤ **, an adjustable wrench** ◯═══◁ **, and a rubber mallet** ▭══▭ **.**

1. Lay a cloth over the front of the Frame (1) to protect it. Lay the Upright (2) in the position shown. Connect the Extension Wire (51) to the Wire Harness (57).
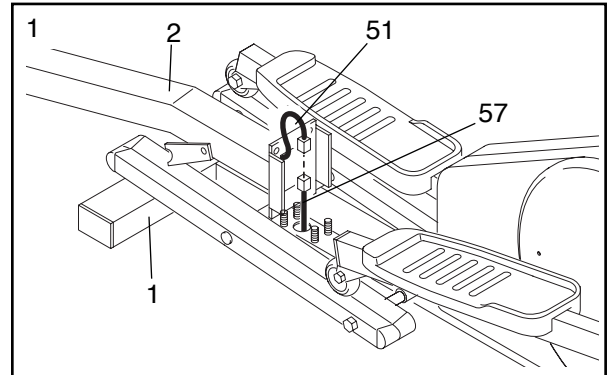

2. Align the two holes in the front of the Upright (2) with the two welded bolts on the front of the Frame (1). Carefully push the Wire Harness (not shown) into the Upright until there is no slack.
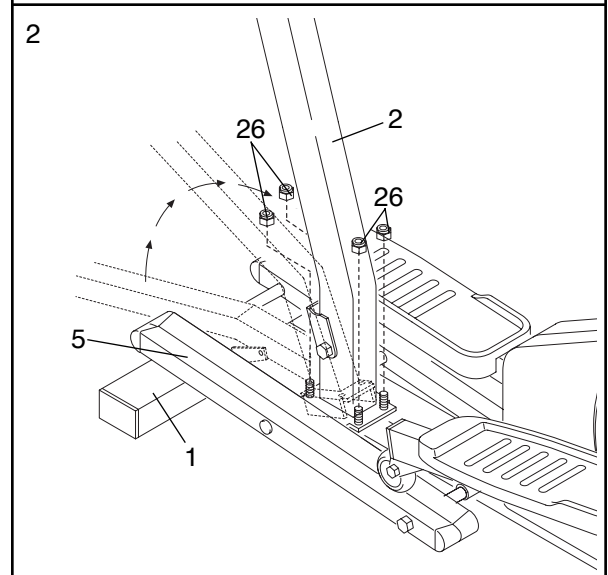
   Next, pivot the Upright (2) about halfway to the vertical position while guiding the Wire Harness (not shown) into the Upright. Pivot the Upright to the vertical position so it rests on the four welded bolts on the Frame (1). **Be careful to avoid pinching the wires.**

   Lift the front of the Incline Frame (5). Tighten a 3/8" Nylon Locknut (26) onto each welded bolt.

3. Attach the Console (87) to the Console Base (49) with four Zinc #8 x 1/2" Screws (35), making sure that the indicated wires are extending from the Console Base (49). **Be careful not to pinch the wires.**


5
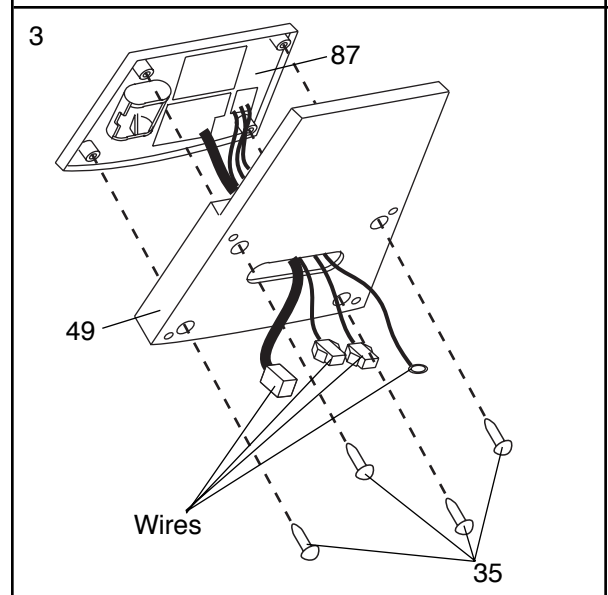
4. Connect the Extension Wire (51) to the corresponding wire on the Console (87).

   Next, connect the two Pulse Wires (86) to the two remaining wires on the Console (87). Note: Either Pulse Wire can be attached to either wire on the Console.

   Next, connect the ground wire to the indicated hole in the Upright (2) with a Zinc #8 x 1/2" Screw (35) and the #8 Star Washer (53).

   Carefully feed the wires down into the Upright (2). Attach the Console Base (49) to the Upright with four Zinc #8 x 1/2" Screws (35). **Be careful to avoid pinching the wires.**
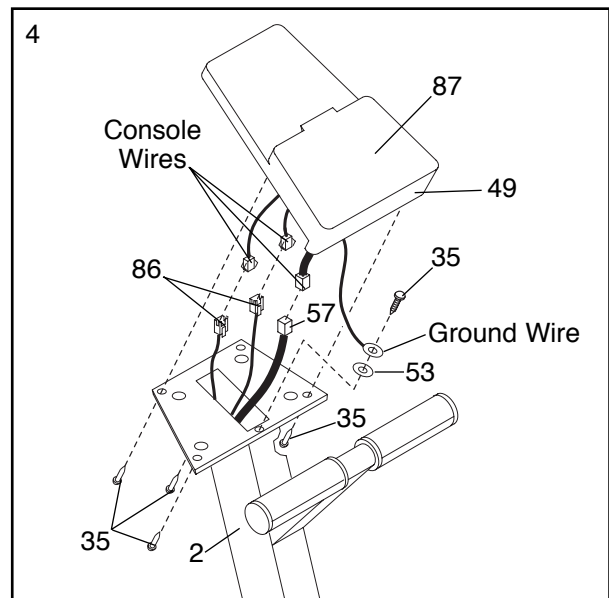
5. Refer to the inset drawing. Apply a small amount of the included lubricant to a paper towel; rub a thin film of lubricant onto the Chrome Extension Tube (21) on the Right Pedal Arm (4). Slide the Chrome Extension Tube into one of the Upper Body Arms (7).

   Slide the other Chrome Extension Tube (21) into the other Upper Body Arm (7) in the same way.

   Tap a 5/8" Axle Cap (85) onto one end of the Axle (19). Insert the Axle through one of the Upper Body Arms (7) and then through the Upright (2). It may be helpful to tap the Axle with a rubber mallet. Slide the other Upper Body Arm (7) onto the Axle. **Make sure that the Upper Body Arms are turned as shown.** Tap another 5/8" Axle Cap (85) onto the Axle.
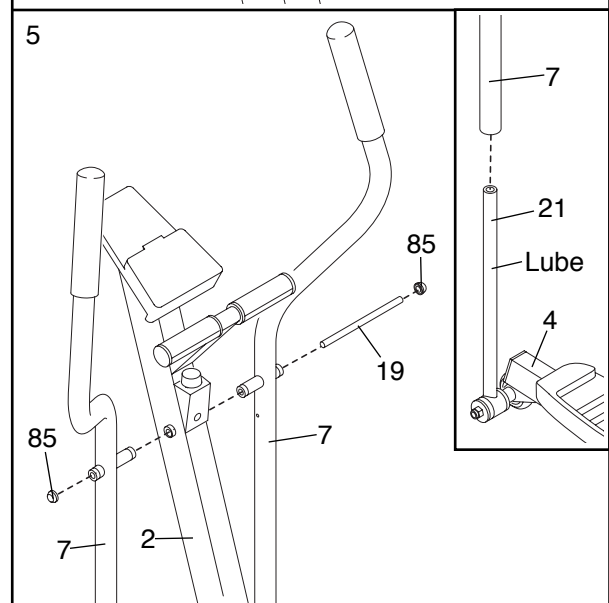
6. Plug the Power Supply (96) into the jack at the rear of the elliptical crosstrainer. **Note: Your Power Supply may look different from the one pictured.**
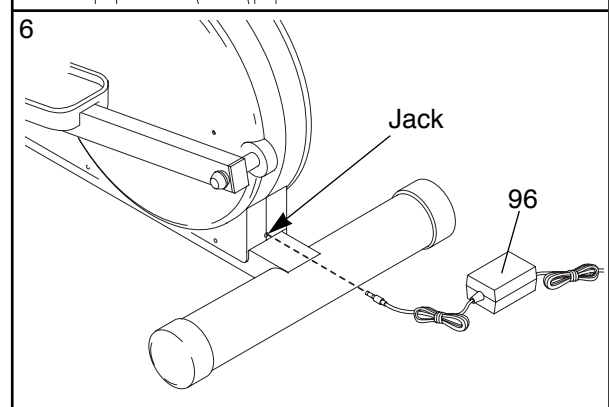
7. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: There may be some hardware left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

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HOW TO USE THE ELLIPTICAL CROSSTRAINER

HOW TO PLUG IN THE POWER SUPPLY

Make sure that the power supply is plugged into the elliptical crosstrainer (see step 6 on page 6). Next, plug the power supply into an electrical outlet.

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**
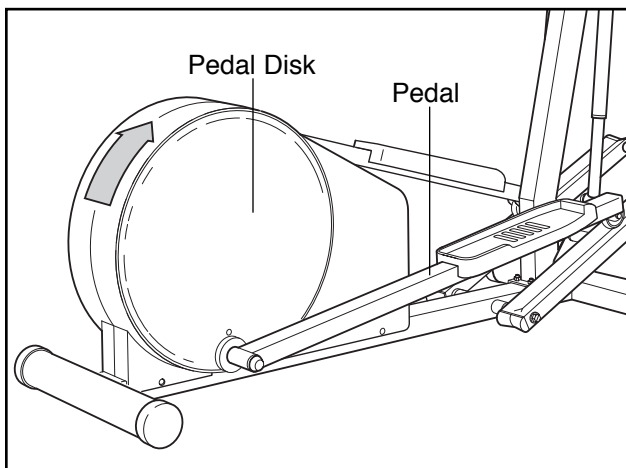
To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **CAUTION: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

USING THE UPPER BODY ARMS

The upper body arms are designed to give you a total body workout. As you exercise, hold the upper body arms and move your arms forward and back in order to work your arms, back, and shoulders.
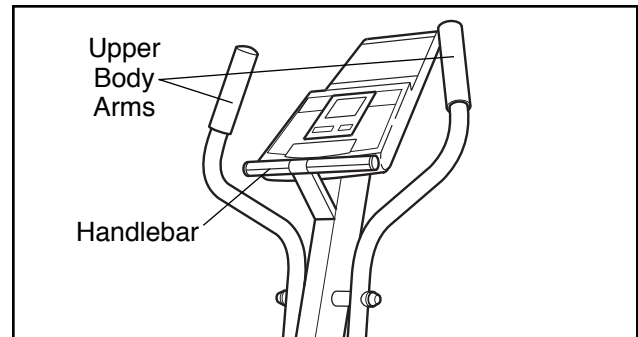
If you want to exercise only your lower body, hold the handlebar as you exercise.

INCLINE ADJUSTMENT

The incline frame can be raised or lowered to vary the intensity of your exercise. To raise the incline frame, lift the end of the incline frame until the crossbar is on top of the incline bracket. **Make sure that the incline frame is resting securely upon the incline bracket.** To lower the incline frame, first lift the incline frame slightly. Next, push the incline bracket toward the upright and lower the incline frame onto the stabilizer.

7
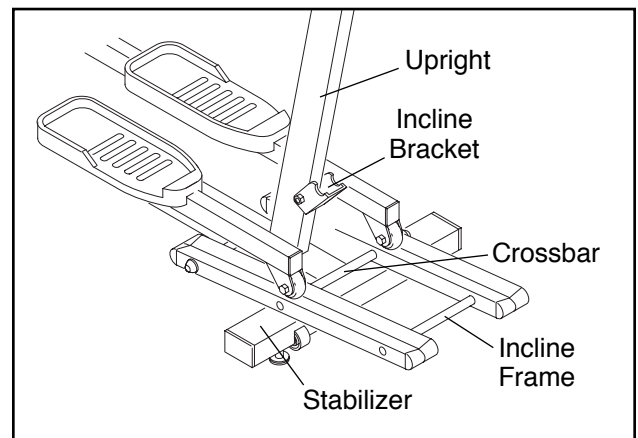
CONSOLE DIAGRAM
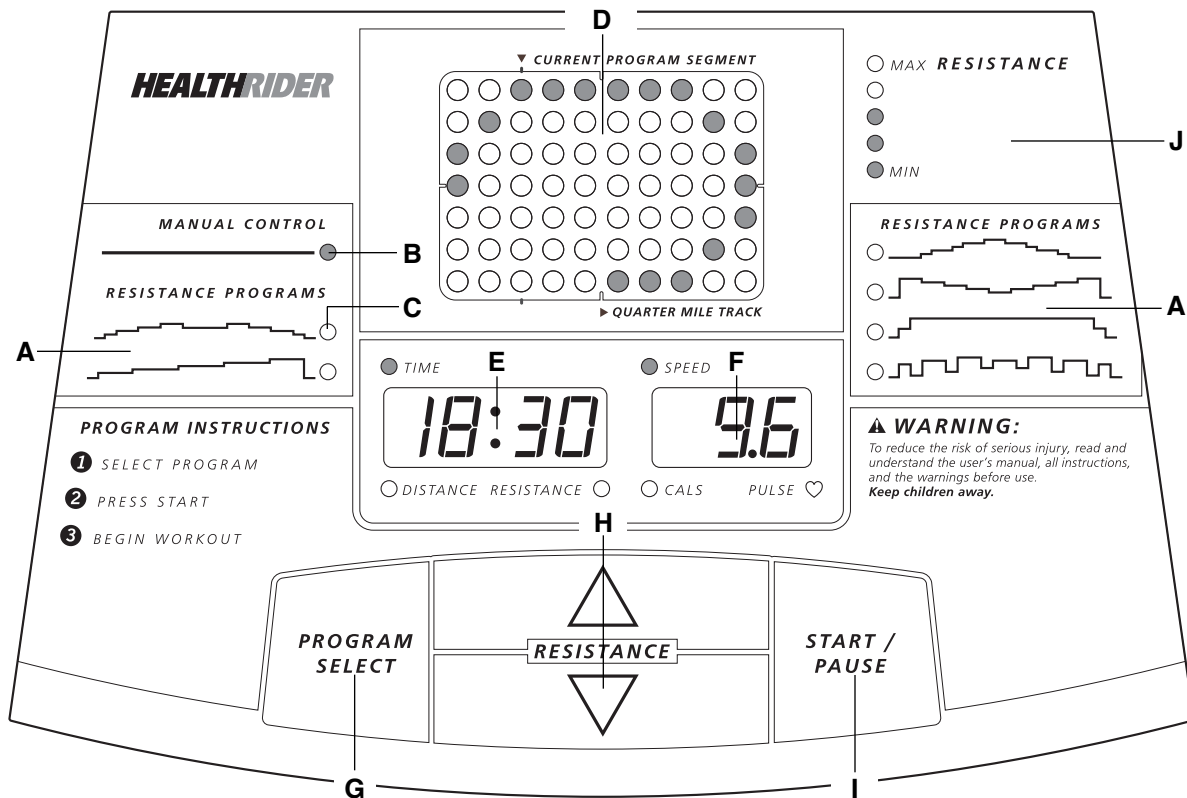
Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Program Profiles—These profiles show how the resistance of the elliptical crosstrainer will change during resistance programs. During the first program, for example, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half.

B. MANUAL CONTROL Indicator—This indicator will light to show when the manual mode is selected.

C. Program Indicators—These indicators light when a resistance program is selected.

D. LED Matrix—When the manual mode is selected, the LED matrix will show your progress on an LED track. When a resistance program is selected, the matrix will show your progress and upcoming resistance settings.

E. TIME/DISTANCE/RESISTANCE/LAPS Display—This display shows the elapsed time (or the remaining time in a resistance program), total distance, the resistance level, and the number of 1/4-mile laps you have completed. The display will change modes every five seconds. Note: The number of laps will be displayed only when the manual mode is selected. The letter "L" will appear in the display when the number of laps is shown.

F. SPEED/CALORIES/PULSE Display— This display shows your current speed and the approximate number of calories you have burned. The display will change modes every five seconds. When the pulse sensor is used, the display will also show your heart rate.

G. PROGRAM SELECT Button—This button is used to select the manual mode and the resistance programs.

H. RESISTANCE Buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels.

I. START/PAUSE Button—This button is used to start and pause the console.

J. RESISTANCE Display—This display shows the resistance level of the elliptical crosstrainer.

HOW TO USE THE MANUAL MODE

1 **Turn on the power**

Make sure that the power supply is properly plugged in (see page 7). To turn on the power, press the START/PAUSE button or simply begin exercising. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

2 **Select the manual mode**

Each time the power is turned on, the manual mode will be selected and the MANUAL CONTROL indicator will light. If a resistance program has been selected, press the PROGRAM SELECT button repeatedly to scroll through the programs and select the manual mode.

```
MANUAL CONTROL              ●

RESISTANCE PROGRAMS
                            ○
```
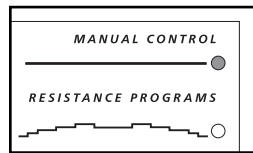
3 **Begin exercising and adjust the resistance**

As you exercise, adjust the resistance as desired by pressing the RESISTANCE buttons. Note: After the buttons are pressed, it may take a few seconds for the selected setting to be reached.

**4** **Follow your progress with the console displays**

As you exercise, the LED matrix will display the distance you have traveled on a quarter-mile track. The indicators around the track will light one at a time until the entire track is lit. A new lap will then begin.

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
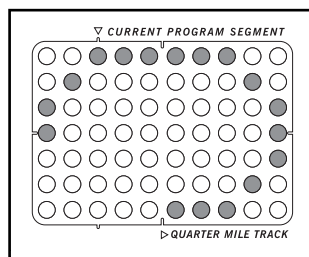
In addition, the two displays will show the elapsed time, total distance, resistance level, laps completed, current speed, and calories burned, in five-second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5).
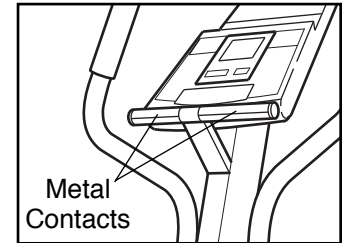
Note: The console can display speed in either miles per hour or kilometers per hour. When the power is first turned on, the letters "M" or "K" will appear in the LED matrix to show which measurement is selected. To change the measurement, simultaneously press the PROGRAM

SELECT button and the START/PAUSE button until the console sounds a tone and the new measurement appears. Note: If you select miles per hour, distance will be displayed in miles. If you select kilometers per hour, distance will be displayed in kilometers.

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
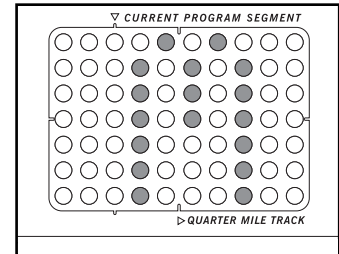
5 **Measure your heart rate if desired**

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator below the right display will flash each time your heart beats. After a moment, three dashes (– – –) will appear and your heart rate will be shown.

Metal Contacts

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. The display will show your heart rate for up to two minutes; the display will then show your current speed, calories burned, and your heart rate, in five-second intervals. **Note: Your heart rate will be shown only when the pulse sensor is used.**

⚠ **WARNING:** **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

6 **When you are finished exercising, the console will automatically turn off after ten minutes**

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the console will automatically switch into a "sleep" mode. Note: Unplug the power cord following each use.**

HOW TO USE A RESISTANCE PROGRAM

1 **Turn on the power**

Make sure that the power supply is properly plugged in (see page 7). To turn on the power, press the START/PAUSE button. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

2 **Select one of the six resistance programs**

Each time the power is turned on, the manual mode will be selected and the MANUAL CONTROL indicator will light. To select one of the resistance programs, press the PROGRAM SELECT button repeatedly until one of the six resistance program indicators lights.

RESISTANCE PROGRAMS
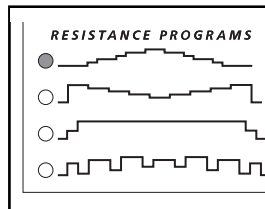
As you select each program, the LED matrix will show the first eight settings of the program you have selected (see step 3).

3 **Start the program**

To start the program, press the START/PAUSE button or simply begin exercising.

Each program is divided into twenty, one-minute segments. One resistance setting is programmed for each segment. The setting for the first segment is shown in the flashing CURRENT SEGMENT column of the LED matrix. The settings for the next seven segments are shown in the seven columns to the right.

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
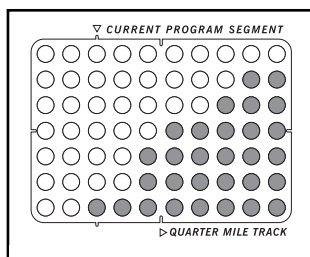
When only three seconds remain in the first segment, three tones will sound. All resistance settings will then move one column to the left. The resistance setting for the second segment will then be shown in the CURRENT SEGMENT column and the resistance will automatically adjust to the second setting.

The program will continue until the resistance setting for the twentieth segment is shown in the CURRENT SEGMENT column and the TIME display counts down to zero. The console will then sound a tone and the two displays will pause. The console will remain in this state until the START/ PAUSE button or the PROGRAM SELECT button is pressed.

If the program is too easy or too difficult, the difficulty level of the program can be adjusted. There are five "fitness levels" (fitness level 5 is the most difficult). To change the fitness level, press the RESISTANCE buttons repeatedly. An "F 1," "F 2," "F 3," "F 4," or "F 5" will appear in the left display to show which fitness level you have selected.

○ *TIME*

F 3

○ *DISTANCE   RESISTANCE* ○
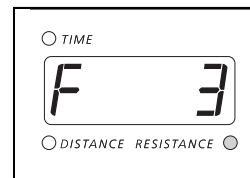
To pause the program before it is completed, press the START/PAUSE button or allow the pedals to come to a stop and step off the pedals. A tone will sound and the two displays will pause and flash. To restart the program, simply begin exercising again. **Note: The console will automatically switch into the sleep mode if the pedals are not moved for ten minutes or longer.**

4 **Follow your progress with the console displays**

As you exercise, the two displays will show the elapsed time, total distance, resistance level, current speed, and calories burned, in five-second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5).

5 **Measure your heart rate if desired**

See step 5 on page 9.

6 **When the program is completed, the console will automatically turn off after ten minutes**

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the console will automatically switch into a "sleep" mode**. The incline frame will then rise to facilitate moving the elliptical crosstrainer. **Note: Unplug the power cord following each use.**

10

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**
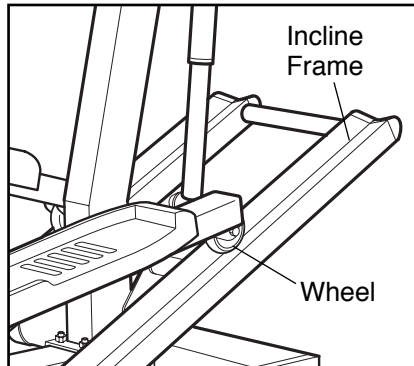
LUBRICATING THE INCLINE BRACKET

The incline bracket and the bolt on which it pivots should be regularly lubricated. Apply a small amount of the included lubricant to the bolt and between the bracket and the upright.
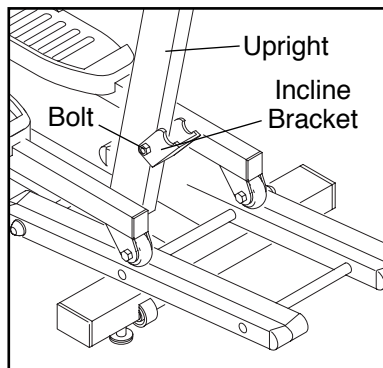
HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

If the elliptical crosstrainer does not sit flat on the floor, one or both of the leveling pads should be adjusted. First, loosen the jam nut on each leveling pad. Next, turn the leveling pads as needed until the elliptical crosstrainer is level. When the leveling pads are properly adjusted, firmly retighten the jam nuts.
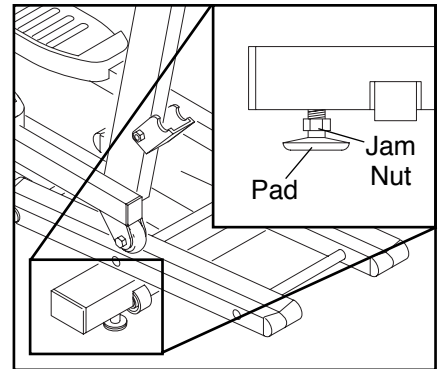
PULSE SENSOR TROUBLE-SHOOTING

• Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.

• Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.

• For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

• For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet 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.

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. 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 the intensity of your exercise until your heart rate is near the low end of 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 the intensity of your exercise until your heart rate is near the middle of your training zone.

WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems.

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.

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 each leg. 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 each leg. 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 each leg. 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.


13
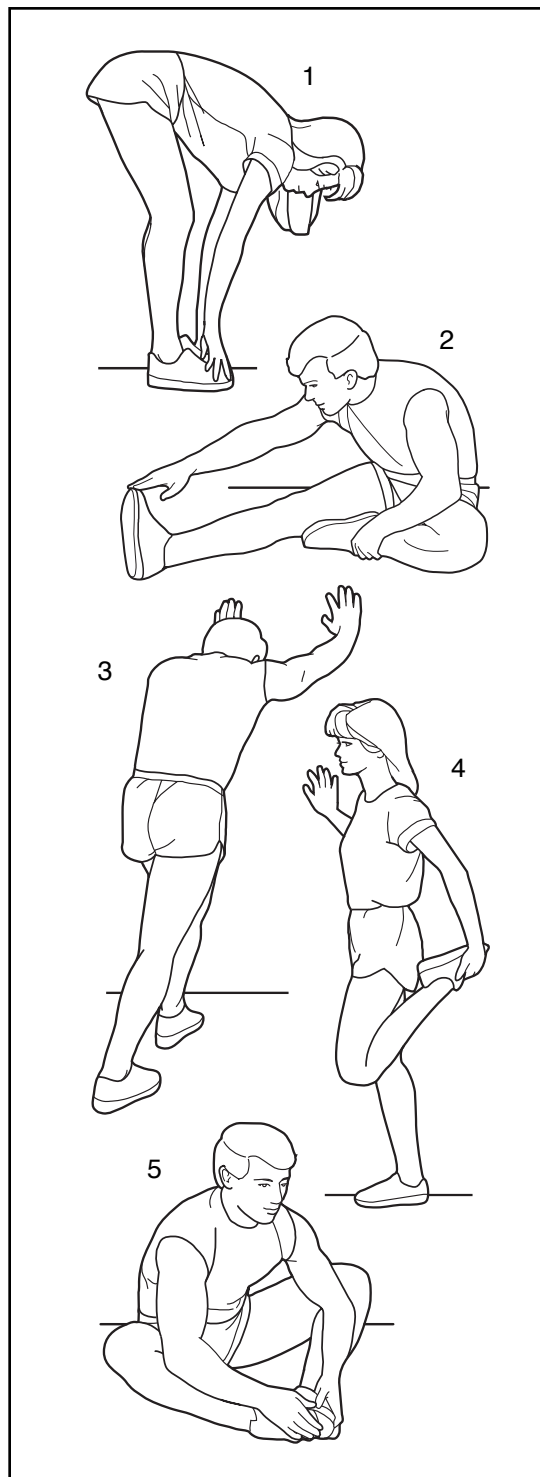
PART LIST—Model No. HREL07980

R1199A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	1	Reed Switch Bracket
2	1	Upright	53	1	#8 Star Washer
3	1	Left Pedal Arm	54	1	Reed Switch Clamp
4	1	Right Pedal Arm	55	1	Magnet
5	1	Incline Frame	56	2	Pulse Grip
6	2	Crank Arm	57	1	Wire Harness
7	2	Upper Body Arm	58	2	Black Lock Washer
8	1	Large Pulley	59	2	Bumper
9	2	Frame Bearing	60	1	Upright Cap
10	1	3/4" x 1 1/4" Plastic Spacer	61	2	3/4" Axle Cap
11	1	Flat Delrin Washer	62	2	2" x 3" Cap
12	1	Idler Bracket	63	4	1" x 2" Cap
13	1	Pulley	64	2	3 1/2" Round Cap
14	2	Idler Bearing	65	1	5/16" Jam Nut
15	1	3/8" Push Nut	66	1	Hook
16	1	3/8" x 1" Screw	67	3	3/8" Nylon Jam Nut
17	6	3/8" Flat Washer	68	1	1/4" Eyebolt
18	2	Grip	69	1	1/4" Nylon Locknut
19	1	5/8" x 10" Rod	70	1	Adjustment Bracket
20	2	Plastic Handlebar Sleeve	71	1	#8 x 2 1/2" Screw
21	2	Chrome Extension Tube	72	8	#8 x 3/4" Screw
22	4	Extension Tube Bushing	73	18	#10 x 3/4" Screw
23	6	Handlebar Bushing	74	3	5/16" Zinc Washer
24	1	Incline Bracket	75	2	Leveling Pad
25	1	3/8" x 3 1/2" Bolt	76	4	Pedal Bushing
26	5	3/8" Nylon Locknut	77	2	Pedal Wheel
27	2	3/8" Washer	78	4	Pedal Wheel Bearing
28	1	Belt	79	2	5/16" x 4" Bolt
29	1	Incline Axle	80	3	5/16" Nylon Locknut
30	3	5/16" x 1" Button Head Screw	81	10	5/16" Black Washer
31	6	Incline Bushing	82	2	Extension Tube Spacer
32	4	Incline Frame Cap	83	2	5/16" x 3/4" Nylon Lock Bolt
33	1	Adjustment Cable	84	2	5/16" Lock Washer
34	1	Eddy Bracket	85	2	5/8" Axle Cap
35	9	Zinc #8 x 1/2" Screw	86	2	Pulse Wire
36	1	Spring	87	1	Console
37	1	Flywheel	88	1	#8 x 1/2" Screw
38	2	Flywheel Bearing	89	1	5/16" Nut
39	1	Flywheel Axle	90	6	Plastic Tie
40	2	Pedal Disk	91	1	Side Shield Support Strip
41	1	Left Pedal Cover	92	1	5/16" Shoulder Bolt
42	1	Right Pedal Cover	93	1	Resistance Motor
43	6	#8 x 1 1/2" Screw	94	1	Spring Bracket
44	6	#10 Washer	95	1	Motor Mount
45	2	Wheel	96	1	Power Supply
46	2	3/8" x 1 3/4" Button Head Screw	97	2	#10 Bolt
47	1	Left Side Shield	98	2	3/16" Grommet
48	1	Right Side Shield	99	2	#10 Washer
49	1	Console Base	100	2	#10 Nut
50	1	Reed Switch/Wire	#	1	Lubricant
51	1	Extension Wire	#	1	User's Manual

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

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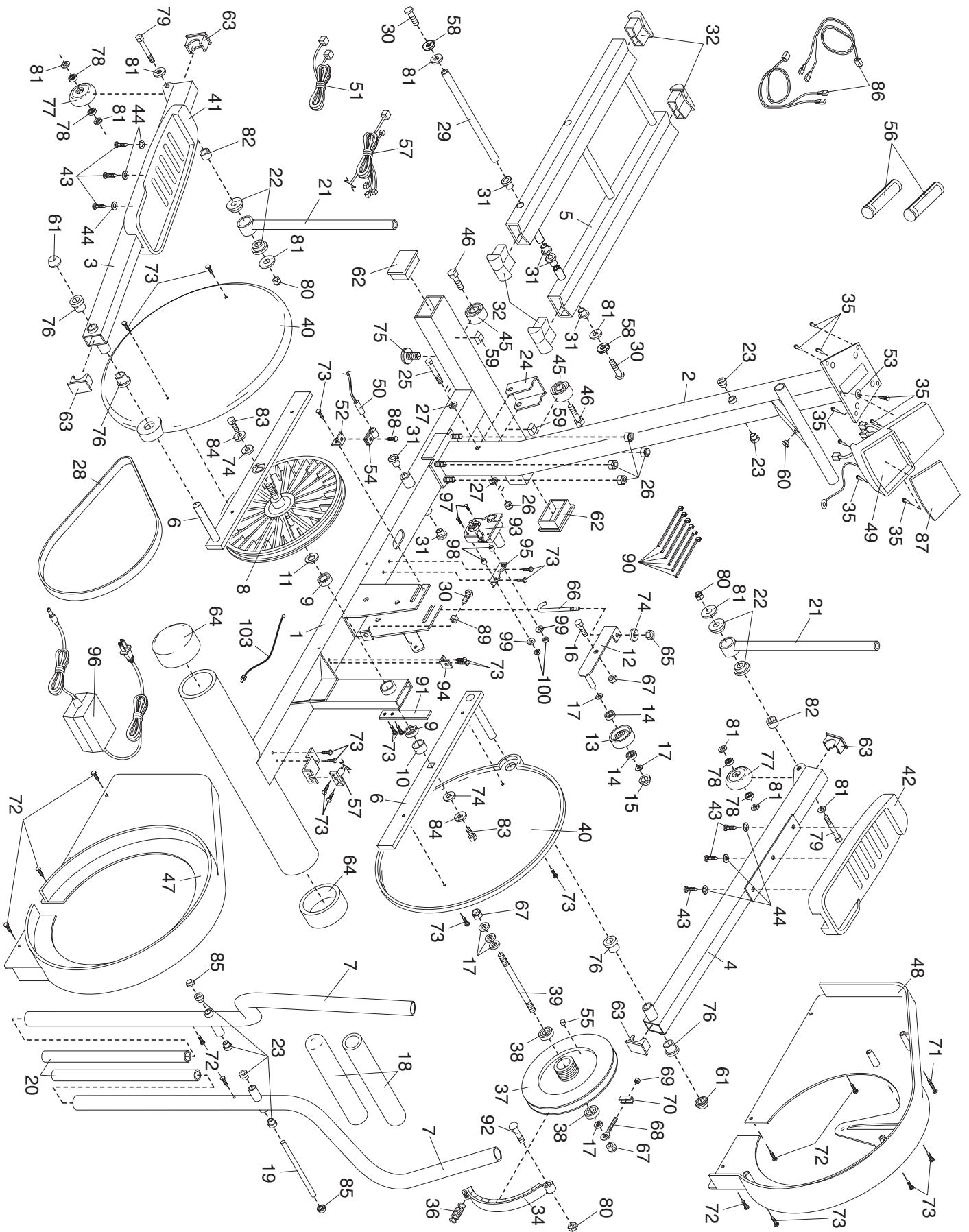
HOW TO ORDER REPLACEMENT PARTS

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 (HREL07980).

• The NAME of the product (HealthRider® E530 Elliptical Crosstrainer).

• The SERIAL NUMBER of the product (see the front cover of this manual).

• The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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