

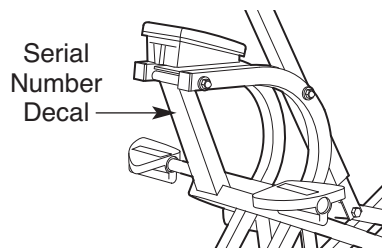
# HEALTHRIDER

THE TOTAL BODY FITNESS MACHINE

Model No. HRCR9155.0

Serial No. \_\_\_\_\_

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



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

**1-888-922-4222**

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

[www.healthriderservice.com](http://www.healthriderservice.com)

## USER'S MANUAL



Note: Weights are not included

## ⚠ 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](http://www.healthrider.com)

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

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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the HealthRider exerciser before using the HealthRider exerciser.
2. It is the responsibility of the owner to ensure that all users of the HealthRider exerciser are adequately informed of all precautions.
3. The HealthRider exerciser is intended for home use only. Do not use the HealthRider exerciser in a commercial, rental, or institutional setting.
4. Keep the HealthRider exerciser indoors, away from moisture and dust. Place the HealthRider exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the HealthRider exerciser to mount, dismount, and use it.
5. Regularly inspect and tighten all parts of the HealthRider exerciser.
6. The HealthRider exerciser should not be used by persons weighing more than 250 pounds. The total weight of the user and added weights (not included) should not exceed 300 pounds.
7. Keep children under the age of 12 and pets away from the HealthRider exerciser at all times.
8. When exercising, do not wear loose clothes that could become caught on the HealthRider exerciser. Always wear athletic shoes to protect your feet.
9. Use the HealthRider exerciser only as described in this manual.
10. The decal shown on page 3 has been placed on the HealthRider exerciser. If the decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ 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

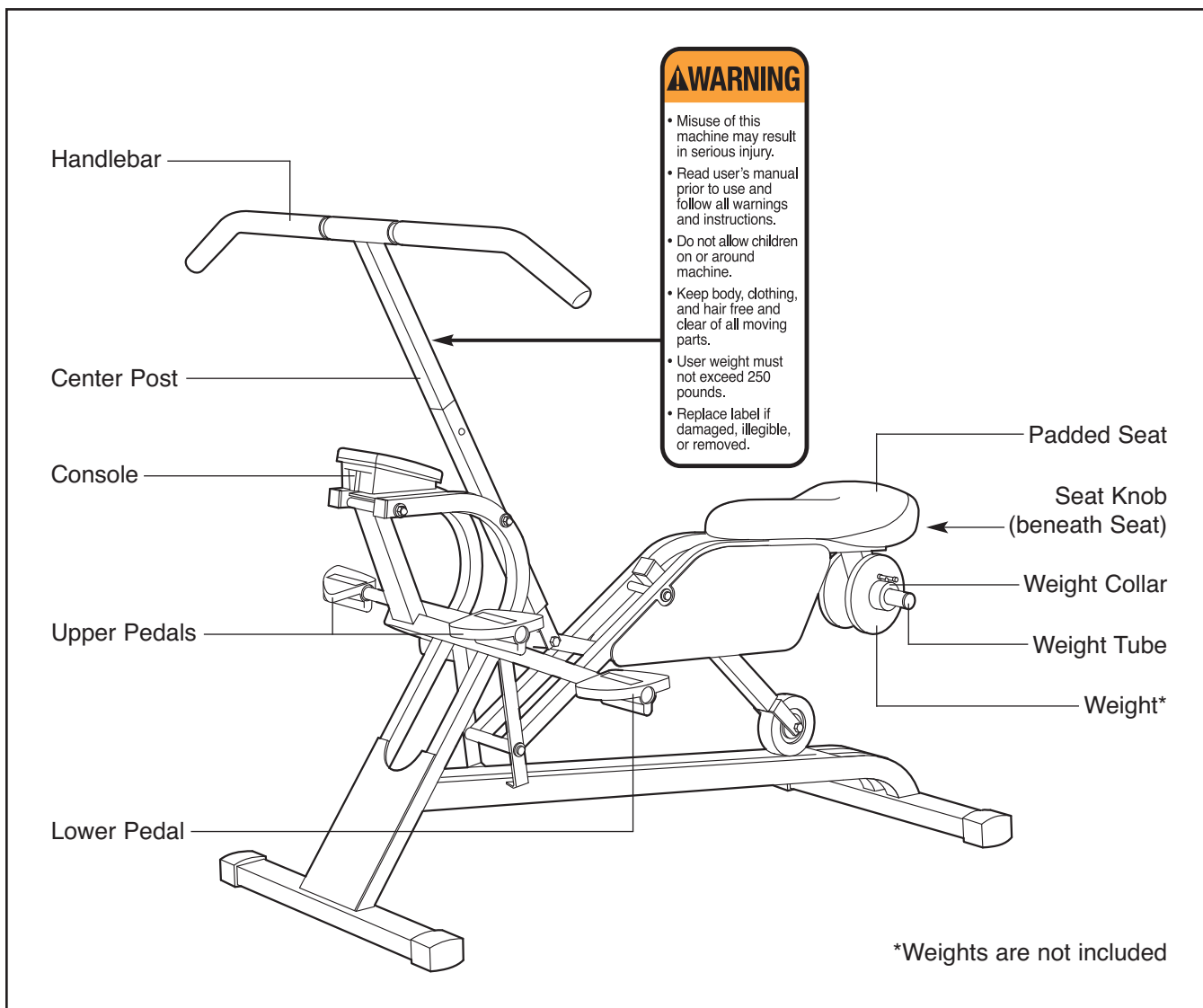
Thank you for selecting the new HealthRider® exerciser. The HealthRider exerciser offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

**For your benefit, read this manual carefully before you use the HealthRider exerciser.** If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is HRCR9155.0.

The serial number can be found on a decal attached to the HealthRider exerciser (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the HealthRider exerciser at [www.healthriderservice.com/registration](http://www.healthriderservice.com/registration).**

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




# ASSEMBLY

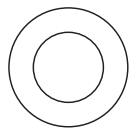
To hire an authorized service technician to assemble the HealthRider exerciser, call toll-free 1-800-445-2480.

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

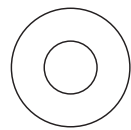
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- To identify small parts, see the part identification drawings below. The number in parentheses below each drawing is the key number of the

part, from the PART LIST on page 14. The number after the parentheses is the quantity needed for assembly. **Note: Some parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

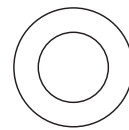
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Make sure that all parts are oriented as shown in the drawings.
- **Assembly requires two adjustable wrenches (not included).** 
- Assembly will be more convenient if you have a rubber mallet and a socket set or a set of open-end or closed-end wrenches.



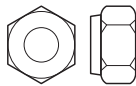
Plastic Washer (49)–2



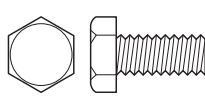
M6 Flat Washer (55)–4



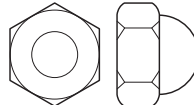
Rubber Washer (51)–4



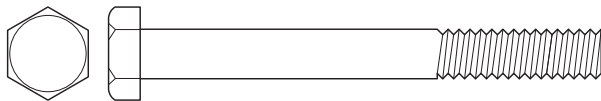
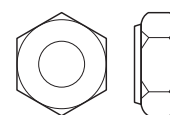
M6 Nylon Locknut (54)–4



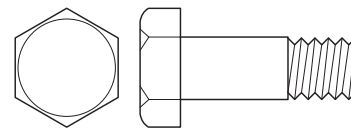
Axle Fastener (56)–4  
(either Bolts OR Acorn Nuts)



M8 Nylon Jam Nut (7)–2



M6 x 62mm Bolt (53)–4



M8 x 35mm Bolt (17)–1

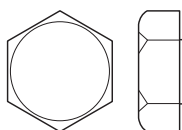


Frame Axle (13)–2 (Internal Thread)

OR



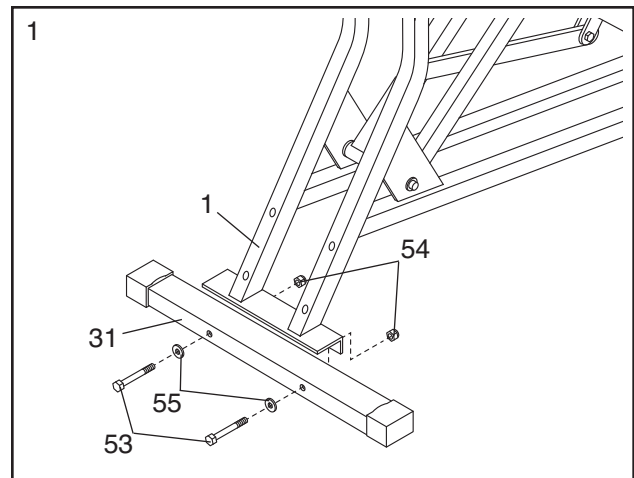
Frame Axle (13)–2 (External Thread)



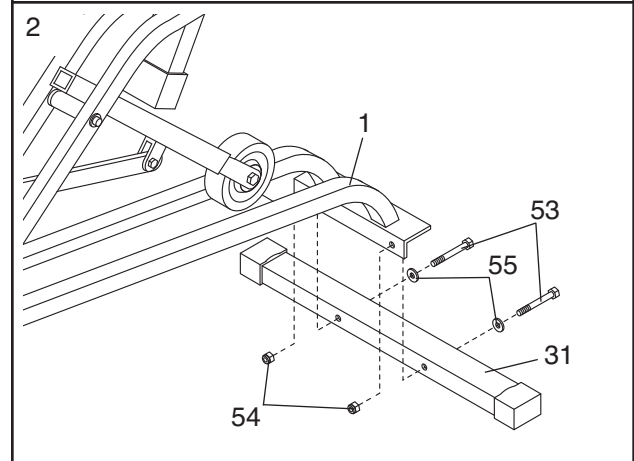
M8 x 120mm Bolt (52)–1

1. **Before beginning assembly, make sure that you have read and understand the information on page 4.**

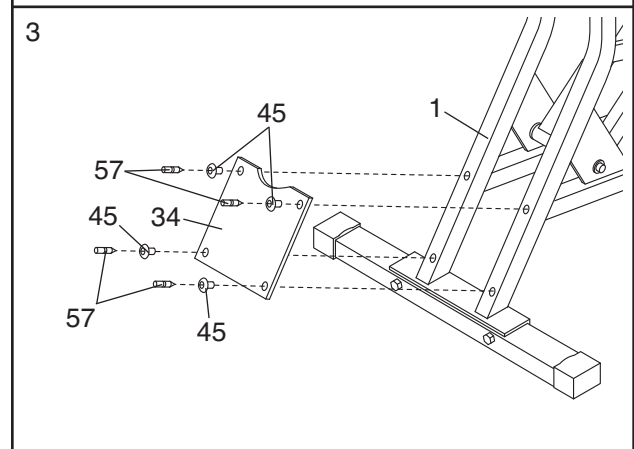
Attach one of the Stabilizers (31) to the Main Frame (1) with two M6 x 62mm Bolts (53), two M6 Flat Washers (55), and two M6 Nylon Locknuts (54). **Do not tighten the Nylon Locknuts yet.**



2. Attach the other Stabilizer (31) to the Main Frame (1) with two M6 x 62mm Bolts (53), two M6 Flat Washers (55), and two M6 Nylon Locknuts (54). **Tighten the four Nylon Locknuts used in steps 1 and 2.**

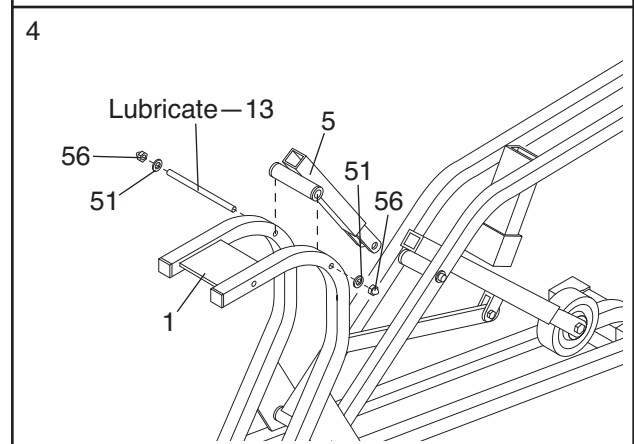


3. Hold the Front Cover Panel (34) against the Main Frame (1) in the indicated location. Press four Fastener Bases (45) and four Fastener Pins (57) into the Front Cover Panel and the Main Frame.



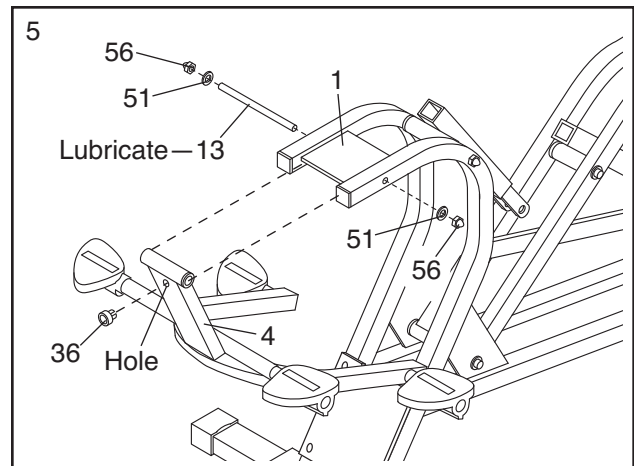
4. Lubricate a Frame Axle (13). Attach the Handlebar Swing Arm (5) to the Main Frame (1) with the Frame Axle, two Rubber Washers (51), and two Axle Fasteners (56).

**Note: If the ends of the Frame Axles (13) are internally threaded, the Axle Fasteners (56) will be bolts; if the ends are externally threaded, the Axle Fasteners will be acorn nuts (see the part identification chart on page 4).**



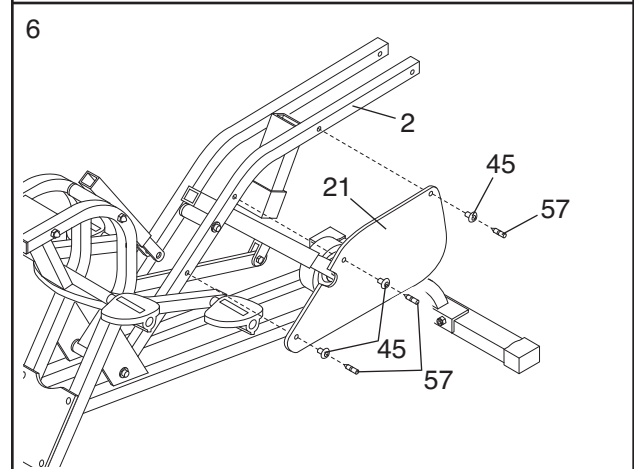
5. Push the Magnet Bracket (36) into the hole in the Pedal Frame (4).

Lubricate a Frame Axle (13). Attach the Pedal Frame (4) to the Main Frame (1) with the Frame Axle (13), two Rubber Washers (51), and two Axle Fasteners (56).



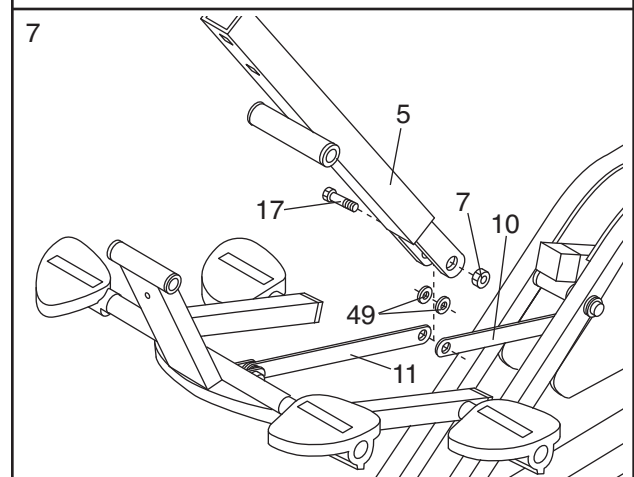
6. Hold the Left Side Shield (21) against the left side of the Seat Frame (2) in the indicated location. Press three Fastener Bases (45) and three Fastener Pins (57) into the Left Side Shield and the Seat Frame.

Attach the Right Side Shield (22, not shown) in the same way.



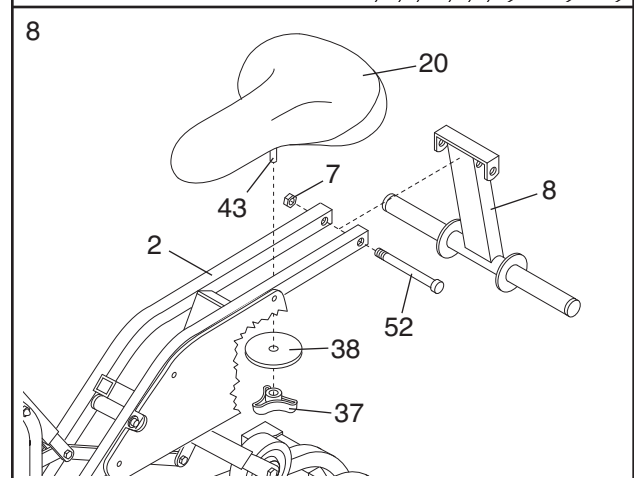
7. Have another person hold the Long Link Arm (10) and the Short Link Arm (11) and align the holes near the ends of the Link Arms. Place two Plastic Washers (49) between the holes in the Link Arms.

Attach the Seat Swing Arm (5) to the Long Link Arm (10) and the Short Link Arm (11) with an M8 x 35mm Bolt (17) and an M8 Nylon Jam Nut (7).

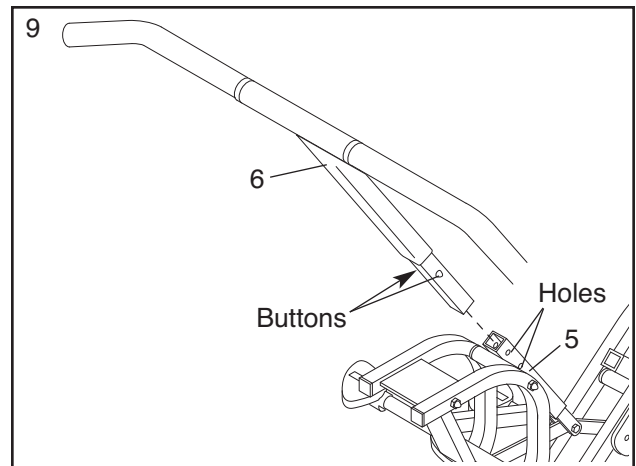


8. Place the Seat (20) on the Frame (2). Slide the Seat Washer (38) onto the Seat Knob Bolt (43) and then tighten the Seat Knob (37) onto it.

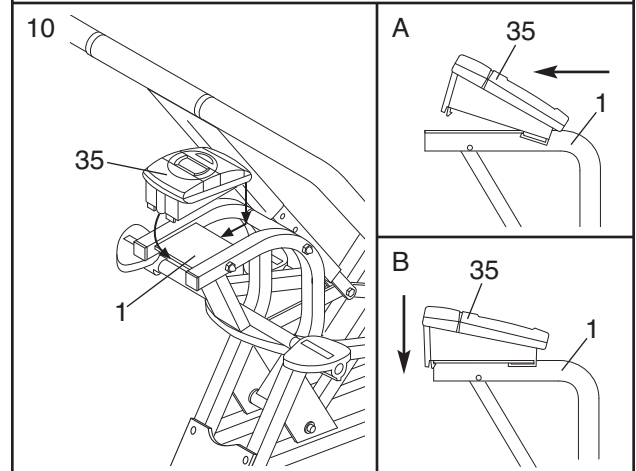
Slide the Weight Bracket (8) onto the Seat Frame (2) so that it slants away from the HealthRider exerciser. Align the holes in the Weight Bracket with the ones in the end of the Frame. Insert the M8 x 120mm Bolt (52) through the Weight Bracket and the Frame, and secure it with an M8 Nylon Jam Nut (7).



9. Depress the two buttons on the sides of the Handlebar Assembly (6) with your thumb and forefinger. Insert the Handlebar Assembly (6) into the Handlebar Swing Arm (5). Make sure that the buttons protrude through one of the two sets of holes in the Handlebar Swing Arm. Note: The upper holes offer lower workout resistance; the lower holes offer higher resistance.

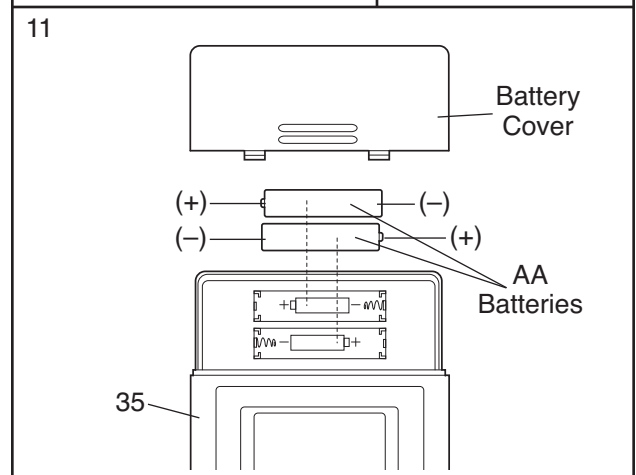


10. Slide the Console (35) fully onto the Main Frame (1) as shown in inset drawing A. Press down on the Console as shown in inset drawing B until it snaps into place.



11. Remove the battery cover from the Console (35). Insert two AA batteries into the Console, making sure that the negative ends of the batteries (marked -) are touching the springs in the battery compartment. Note: Alkaline batteries are recommended.

Reattach the battery cover to the Console (35).



12. **Make sure that all parts are properly tightened.** To protect the floor or carpet from damage, place a mat under the HealthRider exerciser.



# ADJUSTMENT AND OPERATION

## DESCRIPTION OF THE CONSOLE

The console offers five modes that provide instant exercise feedback:

- **Time**—This mode displays the elapsed time. Note: If you stop exercising for a few seconds, the Time mode will pause.
- **Reps/Min**—This mode displays your exercise pace, in repetitions per minute.
- **Reps**—This mode displays the total number of repetitions you have completed, up to 9,999.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Scan**—This mode displays the Time, Reps/Min, Reps, and Calories modes, for a few seconds each, in a repeating cycle.

## HOW TO OPERATE THE CONSOLE

1. To turn on the power, press the console button or simply begin exercising.

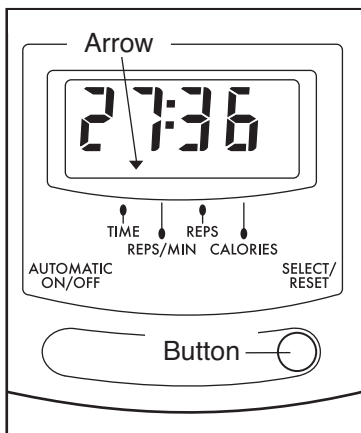
2. Select the desired mode:

To select the Time, Reps/Min, Reps, or Calories mode, press the console button repeatedly until an arrow points to the name of the desired mode. Make sure that the Scan mode is not selected.

To select the Scan mode, press the console button repeatedly. While the Scan mode is selected, an arrow will show which mode is currently displayed.

To reset the Time, Reps, and Calories modes to zero, hold down the console button for a few seconds.

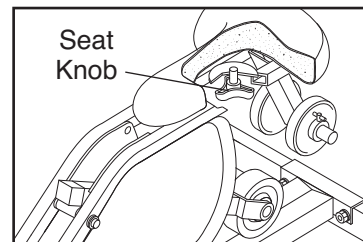
3. **The console has an “auto-off” feature.** If the pedals are not moved and the console button is not pressed for a few minutes, the power will turn off automatically to conserve the batteries.



## ADJUSTING THE SEAT

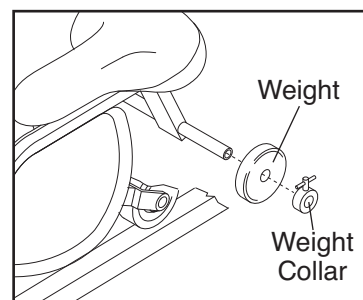
To adjust the position of the seat, loosen the knob under the seat, move the seat to the desired position, and then retighten the knob.

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, with your knees bent slightly.



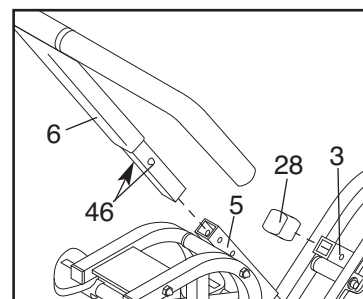
## ADDING AND REMOVING WEIGHT

The HealthRider exerciser features a weight bar that lets you increase the intensity of your exercise by adding weights (not included). To add weights, first remove the weight collars from the weight bar. Slide the desired amount of weight onto the weight bar and reattach the weight collars. **Note: Place equal amounts of weight on both sides of the weight bar. The combined weight of the user and added weights should not exceed 300 pounds.**



## CHANGING THE POSITION OF THE HANDLEBAR

To exercise the muscles of the lower body, the position of the handlebar can be changed. Remove the Swing Arm Cap (28) from the Wheel Swing Arm (3). Next, press the Snap Buttons (46) and slide the Handlebar Assembly (6) out of the Handlebar Swing Arm (5). Press the Snap Buttons again and insert the Handlebar Assembly into the Wheel Swing Arm (3). **Make sure that the Snap Buttons snap into the holes in the Wheel Swing Arm.** Press the Swing Arm Cap (28) onto the Handlebar Swing Arm (5).





## PROPER EXERCISE FORM

The following tips are provided 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 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, thumb positions, and toe positions often to add variety, endurance, and balance to each workout.
- Always place the balls of your feet in the centers of the pedals.

### 1 STANDARD WORKOUT POSITION

We recommend that you begin every exercise session in this position. As a warm-up, it provides a balanced workout, emphasizing both your upper body and your lower body. Vary the emphasis by pulling more with your arms or pushing more with your legs. Keep your back vertical and straight at all times. You can 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 a close or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles forward with 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 balls of your feet in the centers of the pedals. Push with your toes pointed forward, and then pull your feet back with your toes up and your heels down. This tones your 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 that your toes are turned will vary the effect of your workout. If your toes are turned slightly inward while pointing and flexing, this will emphasize your outer calves. If your toes are turned slightly outward while pointing and flexing, this will emphasize your inner calves. You can also turn your toes outward and open your knees to tone your inner thighs. Regardless of which toe position you choose, always keep your kneecaps 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**



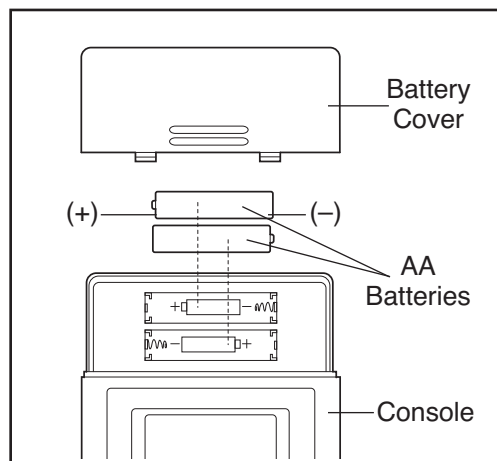
# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the HealthRider exerciser regularly. The HealthRider exerciser can be cleaned with a soft, damp cloth; do not use solvents. To prevent damage to the console, keep liquid away from the console and keep the console out of direct sunlight. When storing the HealthRider exerciser, remove the batteries from the console.

## HOW TO REPLACE THE BATTERIES

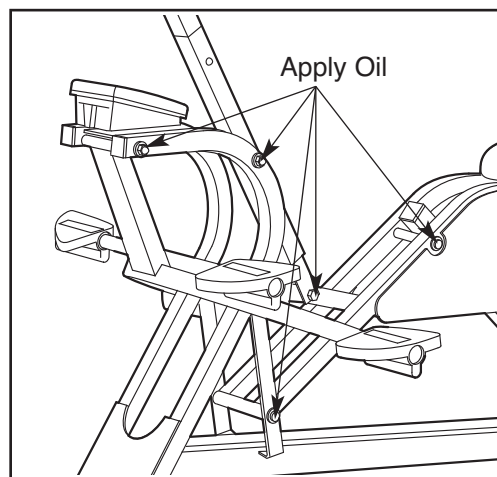
If the display of the console becomes dim, the AA batteries should be replaced. Remove the battery cover from the console, and remove the old batteries. Insert two AA batteries into the console, making sure that the negative ends of the batteries (marked -) are touching the springs in the battery compartment. Note: Alkaline batteries are recommended.

Reattach the battery cover to the console.



## HOW TO LUBRICATE THE HEALTHRIDER EXERCISER

Every three months, a small amount of light multi-purpose oil should be applied to the HealthRider exerciser. Apply a few drops of oil between the axle caps or axle fasteners and the frame in the locations shown at the right. Make sure to apply oil to both sides of the HealthRider exerciser.



# CONDITIONING GUIDELINES




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

### 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.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for 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 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

### Maximum Fat Burning

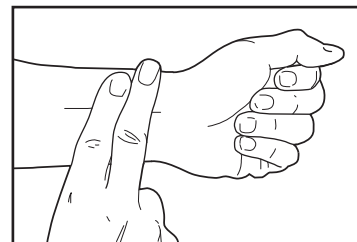
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

### 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. (See 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).

**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

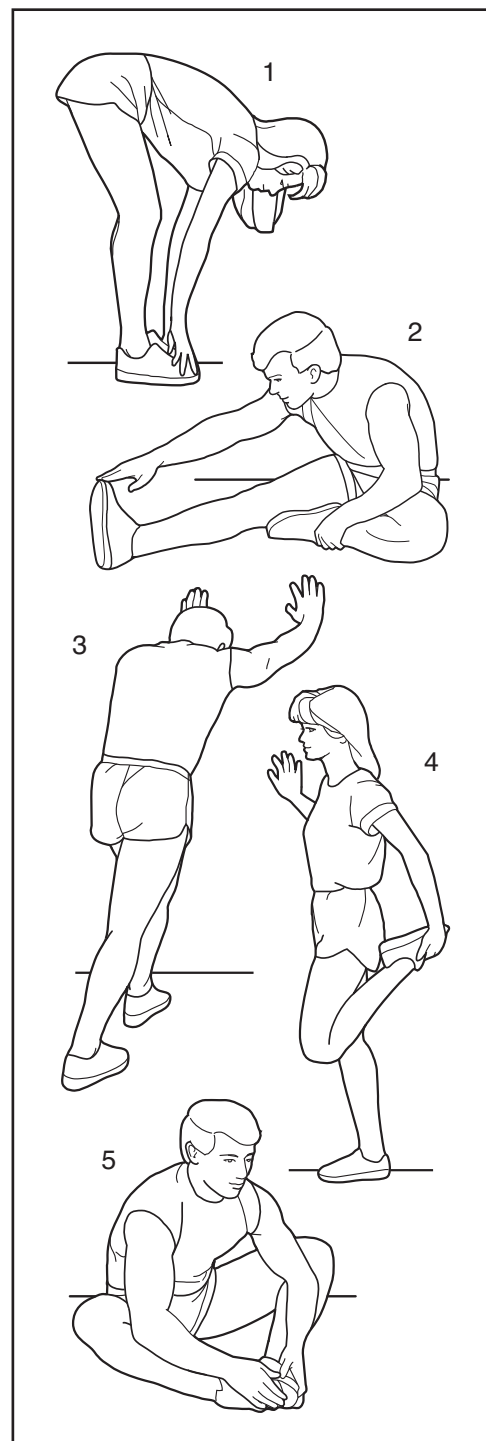
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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. HRCR9155.0

R0505B

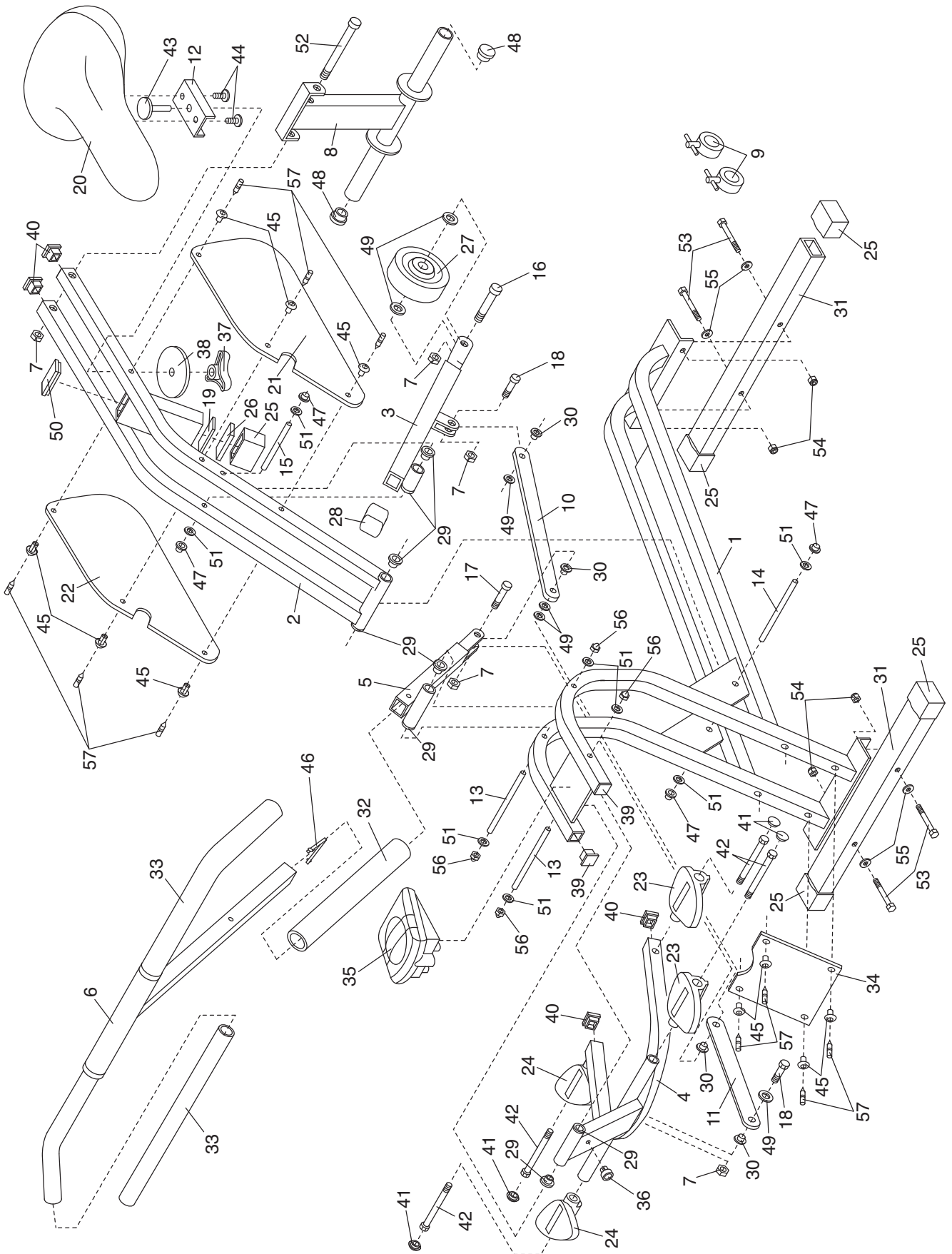
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	23	2	Left Pedal	45	10	Fastener Base
2	1	Seat Frame	24	2	Right Pedal	46	1	Dual-end Snap Button
3	1	Wheel Swing Arm	25	5	Stabilizer Endcap	47	4	M8 Hat Cap
4	1	Pedal Frame	26	1	Bumper Spacer	48	2	25mm Round Endcap
5	1	Handlebar Swing Arm	27	1	Rubber Wheel	49	6	Plastic Washer
6	1	Handlebar Assembly w/Foam Grip	28	1	Swing Arm Cap	50	1	25mm x 50mm Endcap
7	5	M8 Nylon Jam Nut	29	8	Medium Bushing	51	8	Rubber Washer
8	1	Weight Bracket	30	4	Short Bushing	52	1	M8 x 120mm Bolt
9	2	Weight Collar	31	2	Stabilizer	53	4	M6 x 62mm Bolt
10	1	Long Link Arm	32	1	Middle Foam Grip	54	4	M6 Nylon Locknut
11	1	Short Link Arm	33	2	Foam Grip	55	4	M6 Flat Washer
12	1	Seat Bracket	34	1	Front Cover Panel	56	4	Axle Fastener
13	2	Frame Axle	35	1	Console	57	10	Fastener Pin
14	1	Seat Axle	36	1	Magnet w/Bracket	#	1	Grease
15	1	Wheel Mount Axle Assembly	37	1	Seat Knob	#	1	User's Manual
16	1	M8 x 60mm Wheel Bolt	38	1	Seat Washer			
17	1	M8 x 35mm Bolt	39	2	32mm Square Endcap			
18	2	M8 x 25mm Bolt	40	4	25mm Square Endcap			
19	1	Bumper Plate	41	4	Pedal Cap			
20	1	Seat	42	4	M12 x 127mm Bolt			
21	1	Left Side Shield	43	1	Seat Knob Bolt			
22	1	Right Side Shield	44	2	M8 x 16mm Seat Bolt			

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



# EXPLODED DRAWING—Model No. HRCR9155.0

R0505B



# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (HRCR9155.0)
- the NAME of the product (HealthRider exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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