


1260Ef

**Diamondback**

f i t n e s s 

# 1260EF OWNER'S MANUAL





### PURCHASER'S REFERENCE INFORMATION



SERIAL NUMBER  
 T0409370001  
 |||| ||| ||||| |||||  
 WARNING REMOVING OR ALTERATION  
 OF THIS LABEL VOIDS WARRANTY



Serial No. Sticker

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 1260Ef Elliptical

Serial Number: T \_\_\_\_\_

**To Activate Warranty:**

**REGISTER YOUR WARRANTY AT**

**[www.diamondbackfitness.com](http://www.diamondbackfitness.com)**

**OR COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.**

Dealer Name: \_\_\_\_\_

Dealer Address: \_\_\_\_\_

Dealer Telephone Number: (     ) \_\_\_\_\_

Dealer Contact Name: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

**Shipping Materials:**

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.



## TABLE OF CONTENTS

<b>Purchaser's reference information</b>	<b>Inside Front Cover</b>
<b>Introduction</b>	<b>2</b>
<b>Safety Instructions and Warnings</b>	<b>3</b>
<b>Assembly Drawing</b>	<b>4</b>
<b>Assembly Instructions</b>	<b>5</b>
<b>Workout Guidelines</b>	<b>6</b>
Maximum Heart Rate & Training Zone	7
Quantity & Quality	7
<i>Heart Rate Monitoring Devices</i>	<b>8</b>
Pulse hand grips	8
Chest strap	8
<b>Console</b>	<b>9</b>
Glossary of Terms	9
Default Values	9
Operating Tips	9
Console Layout	11
Displays	12
Function Keys	13
<b>Workout Programs</b>	<b>15</b>
Warm Up	15
Cool Down	15
Workout Summary	16
Quick Start	17
Classic programs	18
Manual	18
Random Cross	20
Interval	21
Hill Climb	22
Sprint	23
HR Interactive Programs	25
Target HR	25
HR Interval	27
Fat Burner	29
HR Hill	30
Cardio	32
Cross Training Programs	33
Glute Burner	33
Quad Builder	35
Total Trainer	36
Personal Trainer	37
HR Lock	38
User 1 & User 2	40
<b>Maintenance</b>	<b>42</b>
<b>Domestic Warranty Information</b>	<b>43</b>
<b>Warranty Card</b>	<b>Inside Back Cover</b>





## INTRODUCTION

Congratulations on your 1260Ef elliptical trainer. You are about to experience one of the most effective and technically advanced methods of low-impact, cardiovascular exercise available today. Your 1260Ef elliptical trainer was created by Diamondback Fitness, the innovative value leaders in fitness and bicycle equipment for nearly three decades.

Your 1260Ef has every possible feature to make your workout extremely efficient, productive and comfortable. Your console offers 4 display windows with easy to select programming buttons, plus a heart rate bar graph, a Polar® Compatible Heart Rate Receiver and Hand Held Pulse Sensors. You can choose from 20 levels of intensity and 10 levels of incline, including classic Quick Start options, Heart Rate interactive programs, Cross Training programs, and Personal Trainer function for customized workouts. We paid attention to every detail that would make this machine a work of art and a fierce competitor.

You can count on your Diamondback Elliptical trainers to provide years of pleasure and fitness. The solid steel frame, quality construction and techno-savvy electronics are guaranteed to provide you with the ultimate workout experience. Congratulations on choosing an elliptical from America's premier name in light institutional and home exercising equipment.

For more information or questions regarding your 1260Ef, please go to our website at [www.diamondbackfitness.com](http://www.diamondbackfitness.com). Or please contact us:

Diamondback Fitness  
300 Camarillo Ranch Road,  
Camarillo, CA 93012  
Ph. 1.800.776.7642  
Fax: 1.805.388.5890

## SAFETY INSTRUCTIONS AND WARNINGS

The 1260Ef is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 1260EF UNIT.

### CAUTION – FOR SAFE OPERATION

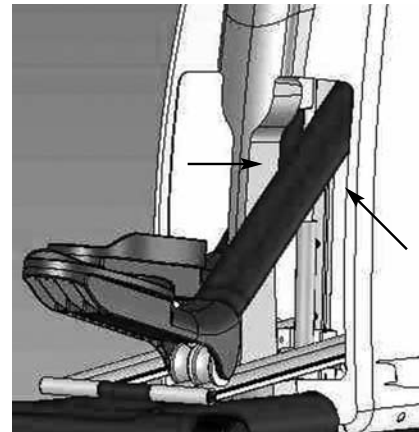
1. Keep your hands and feet away from all moving parts and pinch points. See figure A for possible pinch points.
2. Before beginning any exercise program on the 1260Ef equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes on any 1260Ef unit.

### WARNING – TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

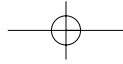
1. To ensure proper functioning of your 1260Ef equipment, do not install attachments or accessories not provided or recommended by Diamondback.
2. Do not use this equipment if it has a damaged/frayed cord or plug, if it is not working properly, if it has been damaged/broken, or immersed in water. Contact your local authorized Diamondback fitness dealer for service.
3. Always wear proper clothing and shoes when exercising on your 1260Ef unit.
4. User weight is not to exceed 325lbs / 148kgs for 1260Ef.
5. Keep children and pets away from 1260Ef equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. Place the 1260Ef unit in an area that will meet minimum clearance requirements: *Front & Sides: 2 feet / 60cm, Back: 3feet/90cm.*
7. Keep 1260Ef equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust. Never insert anything into openings.
8. The 1260Ef is intended for indoor use in the home environment. It is not intended for outdoor use.
9. Place your 1260Ef unit on a solid, level surface when in use.
10. Use the handlebar when getting on and off your 1260Ef unit.
11. Make sure all components are fastened securely (i.e. handlebars, handrails, steparms, footpads) at all times.
12. Always turn your 1260Ef unit OFF when you finish exercise. The ON/OFF switch is located at the front of the unit, near the front stabilizer.
13. Unplug the 1260Ef from the outlet before moving it or servicing it.
14. Do not remove the covers or other components. Only an authorized Diamondback fitness dealer should perform the service.
15. SAVE THIS OPERATING INSTRUCTIONS MANUAL FOR YOUR REFERENCE.



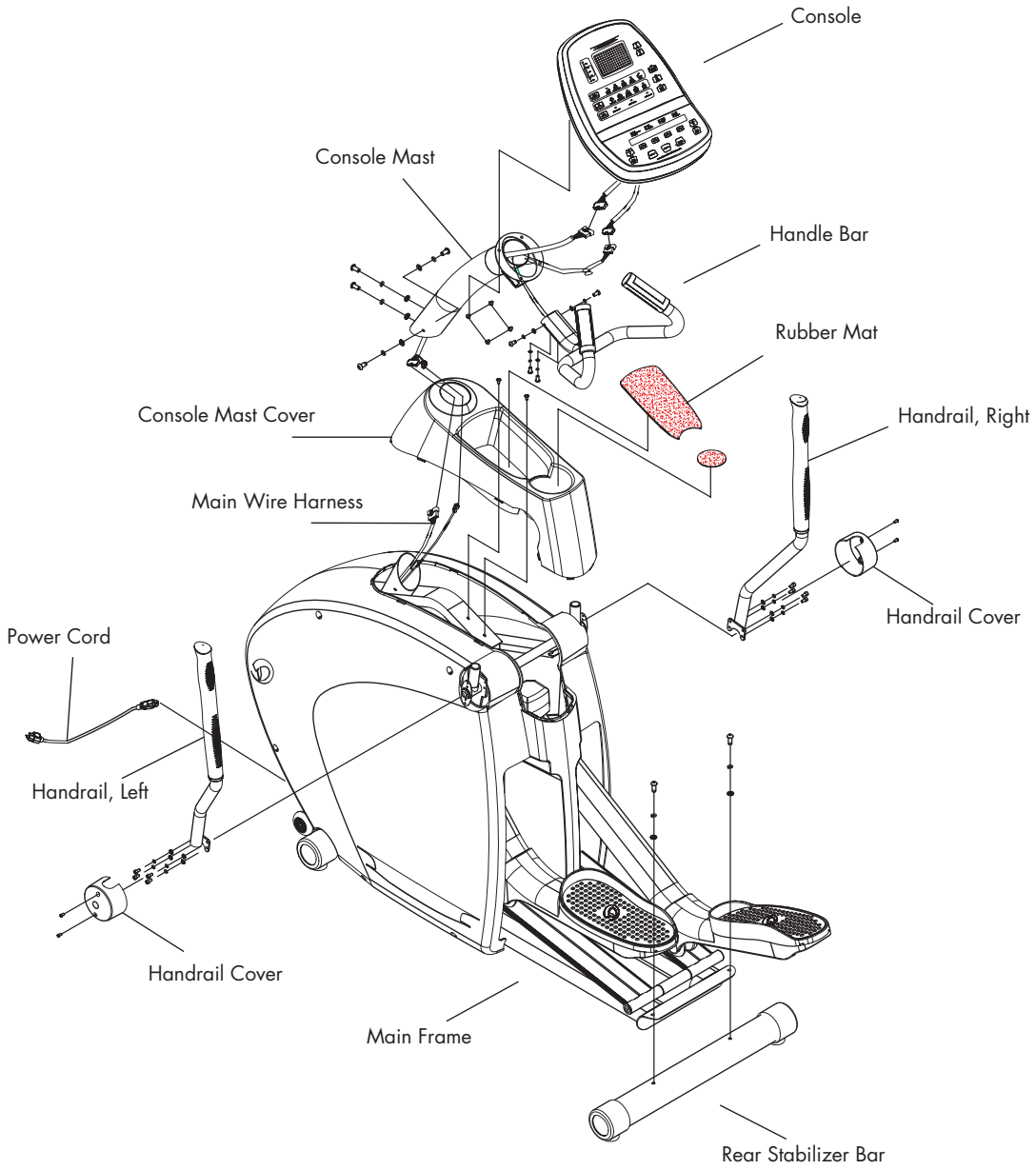
Figure A



- The areas around the steparms and side case openings.
- The area below the incline ramp structures.



# ASSEMBLY DRAWING



## ASSEMBLY INSTRUCTIONS

### Step 1: Rear Stabilizer Bar

1. Place rear stabilizer bar under rear mainframe and align the screw holes.
2. Insert and tighten these two (M8 x 16mm) screws, split lock washer and flat washers using 6mm Allen wrench.

### Step 2: Console Mast Assembly

1. Slide console mast cover onto console mast, making sure it is facing the right direction.
2. Connect the plug to the plug receptor of the main wire harness inside the console mast, taking care to install correctly. (See plug alignment marks)
3. Install the console mast by carefully sliding it onto the console mast receptor while pulling the wire harness. This will keep the slack out of the harness so that the wires will not be pinched and short out.  
*HINT: Pay attention to the wire harness while sliding the console mast and do not pinch the wire harness. Failing to do so will result in a void warranty.*
4. Insert the four screws (M8 x 16mm), spring washer and washers into console mast and hand tighten them. Note: do not tighten them until you have all 4 sets of screws, split lock washers and flat washers inserted. Finally, tighten all of them with attached 6mm Allen wrench.
5. Place console mast cover in place and align it with snap holes. Snap the console mast cover into main side cases, making sure all snaps are in place.
6. Insert and tighten console mast cover with two screws (M5 x 12mm) using a Phillips screwdriver.
7. Peel the rubber mats and place them on the accessory trays.

### Step 3: Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten four screws (M6 x 12mm), split lock washers and flat washers using 4mm Allen wrench. Be sure not to pinch the hand pulse wire harness during this procedure, as this will damage the electronic console.

### Step 4: Console Assembly

1. Un-tighten the main wire harness on the console mast. Connect both plugs to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).  
WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted (stored) back into console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with four (M5 x 12mm) screws using a Phillips screwdriver.

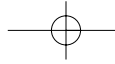
### Step 5: Handrail Assembly

1. Insert Right handrail (See "R" mark on the mounting plate) into handrail receptor and align the screw holes of two mounting plates.
2. Insert and tighten four (M6 x 12mm) screws, split lock washers and flat washers with attached 4mm Allen wrench.
3. Install the handrail cover by tighten two (M5 x 8mm) screws using a Phillips screwdriver. Make sure the oblong opening is facing up and on the handrail side.
4. Repeat this assembling process for the Left handrail and its cover.

### Step 6: Power Cord

1. Place the elliptical equipment on a solid, leveled floor.
2. Plug the power cord into a wall outlet and turn the power switch ON.





## WORKOUT GUIDELINES



### Good health is an exercise in common sense.

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. The story states that overweight increases the risk of health problems, such as heart disease, certain types of cancer, type 2 diabetes, etc. It further points out that overweight needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

$$\text{BMI} = (\text{weight (lb)} \div \text{height}^2 \text{ (in)}) \times 703$$

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Height in Feet and Inches

Healthy Weight
  Overweight
  Obese

Note: This chart is for adults (aged 20 years and older).

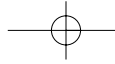
### Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 1260Ef is designed to include heart rate monitoring features.







## WORKOUT GUIDELINES (CONTINUED)

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 1260Ef is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital read-out. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

### Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based for a 35-year-old person:

220 – Age = Maximum Heart Rate	(220 – 35 = 185)
60% of Maximum Heart Rate	(60% x 185 = 111bpm)
85% of Maximum Heart Rate	(85% x 185 = 157bpm)
Training Zone:	111bpm – 157bpm

### Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

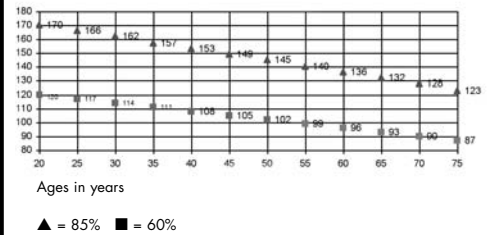
- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

### Get a smart start on exercising.

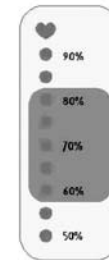
Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a health-care professional.



### Heart Rate Guidelines 60% - 85% Maximum Target

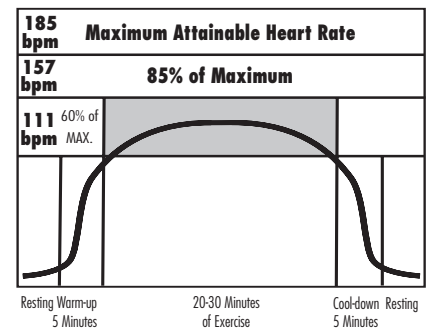


### Heart rate bar graph



Always enter your age into the console before you exercise to keep the % of your maximum heart rate accurate. Use the heart rate bar graph to better monitor your maximum heart rate during workout.

### Typical Target Zone Exercise Patterns for 35 year-old





## WORKOUT GUIDELINES (CONTINUED)

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

*Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.*

### HEART RATE MONITORING DEVICES

#### Pulse Hand Grips (Standard)

The 1260Ef unit is heart rate controlled and comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

*(Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)*

#### Operating Tips:

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

#### Chest Strap (Standard)

The 1260Ef is equipped a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

*(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)*

The receiver of the wireless ECG system is built into the console unit of the Diamondback 1260Ef equipment. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity of the heart. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.

#### How to Wear Your Sensor/ Transmitter

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

*(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)*

## CONSOLE

### Glossary of Terms

- Idle mode = Console is reset and waiting for an entry. The message display window will flash a message of "Select a program".
- LED = The lights on the face of the console.
- Watts = The rate of energy currently being expended.
- Work = The amount of energy expended during exercise.
- Intensity level = The resistance provided by this elliptical. The resistance gradually increases as the level goes up.
- Intensity difficulty level = In the preset programs, the intensity of the program is designed into an intensity hill profile with default difficulty level 1. You may select a different difficulty level to increase or decrease the hill profile.
- Incline level = The ramp angle of this elliptical. The range is from 7° to 28° and divided into 10 levels. You could change the form of exercises you are doing by change the incline level. The higher incline, the more stepping exercising you are doing.
  - L1 – L3: Similar to Skiing/Jogging exercise
  - L4 – L7: Similar to Hill Climbing exercise
  - L8 – L10: Similar to Stepping exercise
- Incline difficulty level = In the preset programs, the incline of the program is designed into an incline hill profile with default difficulty level 1. You may select a different difficulty level to increase or decrease the incline hill profile.

### Default values

- Age = 35 years
  - Weight = 155 lb or 70kg for Metric system
  - Time = 30 minutes; Segment time = 30/14 minutes.
  - Intensity level: Level 1.
  - Incline level: Level 1.
  - Difficulty level for intensity and incline: Level 1
- Note: Every time age or weight is changed, the default value setting will be updated to the last modification.*

### Operating Tips

*This console is designed to prompt instructional messages during each phase of a program to guide you through the setup, the executing as well the ending. Follow these instructions, you will find that they are extremely helpful and this console is very simple to use.*

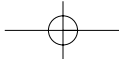
- **Power On and Off:** Turn the power on prior to your workout and turn it off when you finish working out. The On/Off switch is located on the bottom and in the front of the elliptical.
- **Reset:** To reset a program during its operation, press and hold the "Stop/Reset" key for 2 seconds. When the program resets, the console returns to idle mode.
- **Pause and Resume:** You may interrupt or pause a program for up to 5 minutes during a workout before the console resets. To pause a program, simply stop pedaling. To resume the program back to the point of where you left off, simply start pedaling.
- **Save a program:** The save a program during anytime of a program into USER 1 program, press and hold USER 1 key for 2 seconds. To save a program into USER 2 program, press and hold USER 2 key for 2 seconds. When the program is saved successfully, the message display will scroll a message of "YOUR PROGRAM HAS BEEN SAVED". By saving a program, all the setting of this program will be saved into the selected User program.
- **Switching a program:** The user may switch from current operating program to another program by pressing a new program key and then Enter key to accept the new program. Calories and distance will continue accumulating from previous program.





## CONSOLE (CONTINUED)

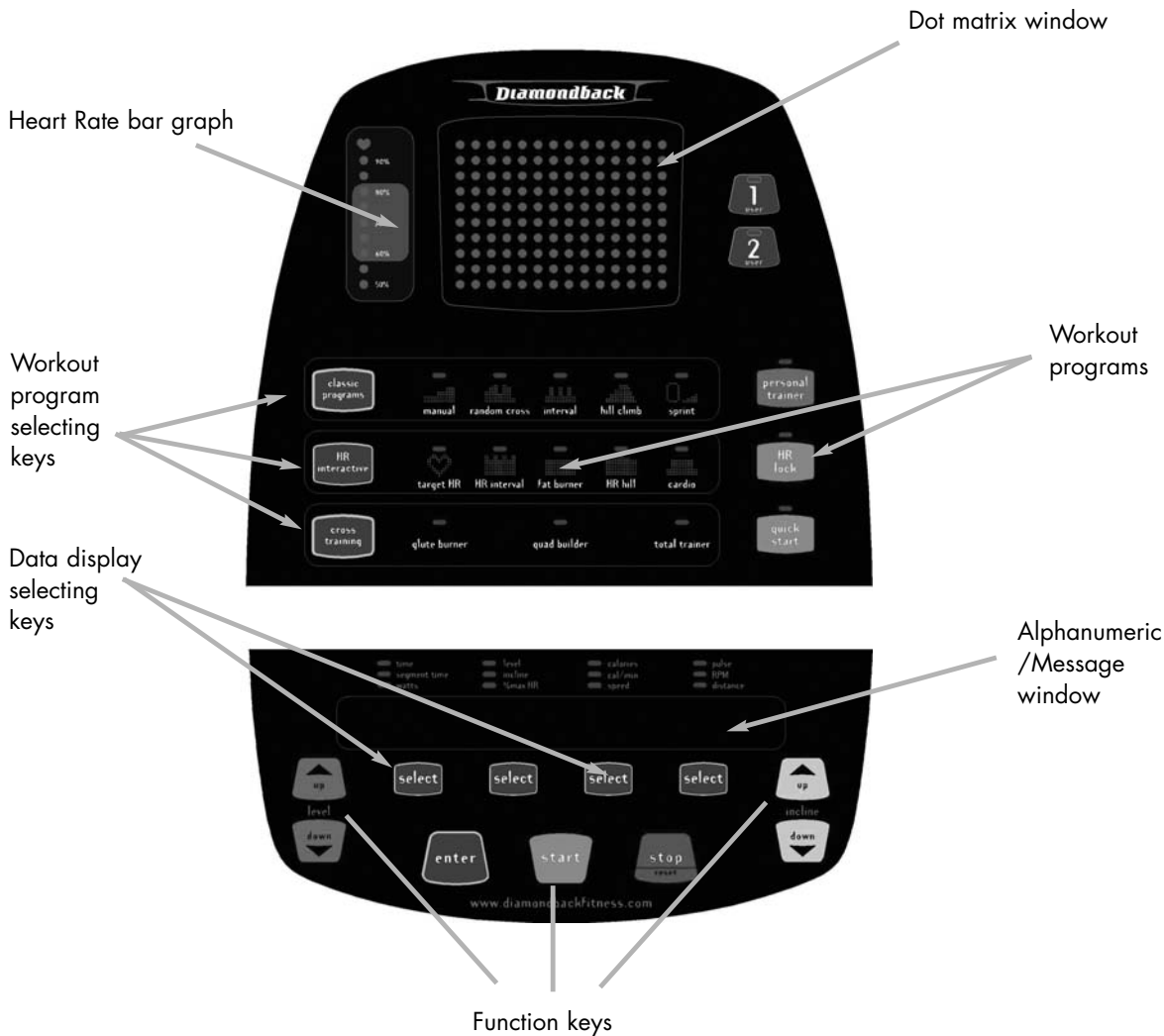
- If "Classic Program" or "HR Interactive" or "Cross Training" program key is pressed during a program-executing mode or Cool Down mode, it will enter program-switching mode. The message display will flash "Program Name" once and then scroll "PRESS ENTER TO ADJUST OR START TO BEGIN"
    - \* If Enter key is pressed, it will enter this program setup mode. The message display will prompt the next setting message for your instruction.
    - \* If Start key is pressed, the new program will begin, but Warm Up mode will be skipped.
    - \* If 3 seconds passes the message scrolling and no other key is pressed, the program will resume back to previous activities.
  - Switching a program during a program-executing mode: The new program time will be the remaining time of previous program.
  - Switching a program during program-ending mode (Cool Down and Workout Summary): The message display will prompt a message for time setting.
  - Switching a program function could not be active during Warm Up mode.
- **Re-start a program:** The user may re-start a program after the program ends. Simply press "Start" key during Cool Down or Workout Summary mode. The program will be started right immediately without Warm up. The program default will remain the same as previous program; the calories and distance will continue accumulating.
  - **Intensity adjustment:** During a program, the user may press Level Up/Down key to adjust the resistance level. (Note: Resistance adjustments are not allowed in any Heart rate interactive program).
    - If Level Up/Down key is pressed, the message display will show "INTENSITY = 1" to indicate the current level and updates accordingly.
  - **Intensity difficulty adjustment:** During a preset profile program, the user may press Level Up/Down key to adjust the intensity difficulty level from L1 to L10.
    - If Level Up/Down key is pressed, the message display will show "INT DIFF LEVL = 1" to indicate the current level and update accordingly.
  - **Incline adjustment:** During a program, the user may press Incline Up/Down key to adjust the incline level.
    - If Incline Up/Down key is pressed, the message display will show "INCLINE = 1" to indicate the current incline level and update accordingly.
  - **Incline difficulty adjustment:** During a preset profile program, the user may press Incline Up/Down key to adjust the incline difficulty level from L1 - L10.
    - If Incline Up/Down key is pressed, the message display will show "INC DIFF LEVL = 1" to indicate the current incline level and update accordingly.
  - **% MAX HR:** Age ÷ (220 minus age).  
It is recommended to control your % Max heart rate within 60% - 85% for the most effective workout. It is also unsafe to exceed 90% and above. This elliptical is equipped with a safety shut off function.
    - First, there is a warning for exceeding 90%, the message display will scroll "SLOW DOWN" & "HR TOO HIGH".
    - Second, if the heart rate continues going up and reaches 95% for 3 seconds, the message display will scroll "LOWER YOUR HR OR CONSOLE WILL RESET". The console will reset if the heart rate stays 95% or above for 5 seconds.
  - **English/Metric setting:** The default Units is English system. To enter the system-switching mode, press "Start" & "Stop" keys at the same time for 2 seconds during idle mode. The message display will show "SELECT UNITS" and "ENGLISH UNITS" or "METRIC UNITS". To change it, press "Level Up/Down" key to switch the current Units. After the setup is completed, press "Stop" key for 2 seconds to reset the console and return to the idle mode.

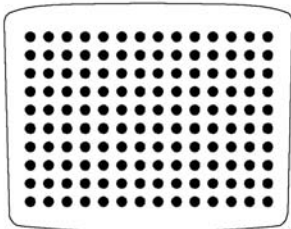


# CONSOLE (CONTINUED)

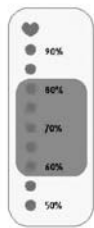


## CONSOLE LAYOUT





**Dot Matrix/Profile display**

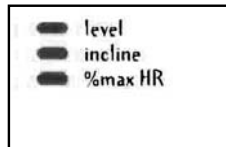
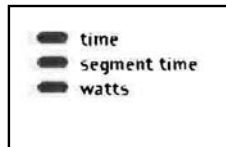


**Heart Rate Bar Graph display**

The most effective Heart rate zone: 60%-85%



**Message/Workout data display**



## CONSOLE (CONTINUED)

### DISPLAYS

#### a. Dot Matrix /Profile display

- It displays the program profile during the program setup and executing modes.
  - Display the Intensity profile & incline profile during the Classic & Cross training programs.
  - Display the % Max HR profile & incline profile during the HR interactive programs
- Profile definitions:
  - Intensity profile – The LED represents the resistance level, L1- L20; the higher LED lights up, the higher resistance it is on. The LED will blink to indicate the current workout segment.
  - Incline profile – The LED represents the incline level, L1 - L10. The top LED will blink to indicate the current workout segment.
  - % Max HR profile – The LED represents the % Max HR: 0-100%
- If you choose the incline as the data display, it will switch the default intensity pro file display or % Max HR profile display into Incline profile display as well.
- If Incline UP/DOWN key is pressed to adjust the incline, the profile display will be switched to "Incline profile" and shows the adjustment until the adjustment is done.

#### b. Heart rate bar graph display

- The ♥ will light up and blink once there is a valid pulse detected.
- It will light up the % Max HR during a program, if there is a valid pulse detected.
- It will use the default age for % calculation unless there is an age entry during setup.

#### c. Message/Workout data display

- During a program setup, this display will scroll the messages to guide you through the setup process.
- In the Cross Training and Personal Trainer programs, it will display additional messages to focus on your total body workout.
- During workout, it also acts as data display window and display four data at the same time. You may select your favorite 4 displays by pressing the "SELECT" button under each group at any time.

- Time (hr: min or min: sec): The remaining of current program time.
- Segment time (min: sec): The remaining of current segment time.
- Watts (watt): Current workout wattage.

- Intensity (level 1-20): Current workout intensity level.
- Incline (level 1-10): Current workout incline level.
- % Max HR (%): Current workout % Max HR. If there is no pulse, it will display " - - - " instead.

## CONSOLE (CONTINUED)

- Calories (kcal): Total workout calories.
- Cal/min (kcal/min): Current workout calories per minute.
- Speed (mile/hr or km/hr): Current workout speed. It simulates as a jogging exercise.

- Pulse (bpm): Your current heart rate. If there is no pulse detected, it will display " - - - " instead.
- RPM: Resolution per minute.
- Distance (mile or km): Total workout distance. It simulates as a jogging exercise.

### FUNCTION KEYS

#### a. Level Up/Down keys:

1. During program setup, press "Level Up/Down key" to adjust the following – age, weight, time, intensity level, intensity difficulty level & HR setting.
2. After program started, press "Level Up/Down key" to adjust the intensity level, intensity difficulty level or HR setting during exercising.

#### b. Incline Up/Down keys:

1. During program setup, press "Incline Up/Down key" to adjust the Incline level or incline difficulty level.
2. After program started, press "Incline Up/Down key" to adjust the Incline setting during exercising.

#### c. Enter key:

1. After program selecting, press "Enter" to accept the program and enter its setup mode.
2. After age, weight, intensity level..... adjustment, press "Enter" key to accept your entry.

#### d. Start key:

1. Press "Start" to start a program during program setup.
2. Press "Start" to end Warm up and start program immediately.
3. Press "Start" to re-start a program during Cool Down.



level



**Level Up/Down keys**



incline



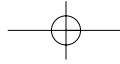
**Incline Up/Down keys**



**Enter key**



**Start key**



## CONSOLE (CONTINUED)



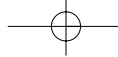
**Stop/Reset key**

**e. Stop/Reset key:**

1. Press and hold "Stop" button for 2 seconds to reset the console.
2. Press "Stop" to end program and enter Cool Down.
3. Press "Stop" to enter workout summary during Cool Down.
4. Press "Stop" to reset the console during workout summary.







## WORKOUT PROGRAMS

### WARM UP

#### Getting Started

1260Ef automatically initiates a 3-minute Warm Up mode in the beginning of each program. It is designed to prepare your body for an intensive workout and to reduce the possibility of injury during workout.

*Note: Warm Up is skipped for the Quick Start or Manual programs.*

#### Beginning the Program

Warm Up is active as soon as a "Start" key is pressed and a program is executed. The message window will flash a message of "WARM UP" and this mode will be started.

#### During the Program

##### Display

- Once it is started, the message window will display the default workout data of "time, level, calories & pulse".
- Press "Select" buttons to select the desired data displays.

##### Adjustment

- Intensity level = L1. Press "Level Up/Down" key to adjust the intensity level from L1- L5 only.
- Incline level = L1. Press "Incline Up/Down" key to adjust the incline level from L1- L5 only.
- "Start" key could be pressed to skip the warm up and execute the program immediately.

#### Ending the Program

- When 3-minute duration is up or Start key is pressed, Warm Up will end and the program will execute.
- The message display will flash a message "PROGRAM BEGIN" and the selected program will be started.
- The calories and distance will be carried over into the program-executing mode.

#### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

### COOL DOWN

#### Getting Started

1260Ef is equipped with a 3-minute Cool Down in the end of each program. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

#### Beginning the Program

Cool Down is active as soon as a program ends or Stop key is pressed during program executing. The message window will flash a message of "PROGRAM ENDED" "COOL DOWN" and this mode will be started.





## WORKOUT PROGRAMS (CONTINUED)

### During the Program

#### Display

- Once it is started, the message window will display the default workout data of "time, level, calories & pulse".
- Press "Select" buttons to select the desired data displays.

#### Adjustment

- Intensity level = L1. Press "Level Up/Down" key to adjust the intensity level from L1- L5 only.
- Incline level = L1. Press "Incline Up/Down" key to adjust the incline level from L1- L5 only.
- "Start" key could be pressed to re-start the previous program again.
- "Stop" key could be pressed to skip the cool down mode and active the Workout Summary immediately.

### Ending the Program

- When 3-minute duration is up or Stop key is pressed, Cool Down will end and enter Workout Summary.
- The message display will flash a message "WORKOUT", "COMPLETED" & "REVIEW SUMMARY" and the Summary will be displayed.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## WORKOUT SUMMARY

### Getting Started

For your convenience, the 1260Ef incorporates a Workout Summary right after the completion of the Cool Down. It will display the total workout data for your review and repeat for 1 minute before the Console resets.

### Beginning the Program

Workout Summary appears as soon as the Cool Down mode ends or a "Stop" key is pressed during Cool Down mode. The message window will flash a message of "WORKOUT COMPLETED" & "REVIEW SUMMARY" and the Summary will be displayed.

### During the Program

#### Display

- Once this summary is started, the message window will display each summary for 3 seconds as following:
  - TOL TIME as total time.
  - TOL DIS as total distance.
  - TOL CAL as total calories burned.
  - AVG HR as average heart rate over the program period.
  - MIN HR as minimum heart rate during this program.

## WORKOUT PROGRAMS (CONTINUED)

- MAX HR as maximum heart rate during this program.  
(There is no AVG HR, MIN HE or MAX HR displayed if there was no heart rate detected during the program.)
- Press "Level Down" key to jump to the next summary display.
- Press "Incline Up/Down" key to switch the default profile to the incline profile.

### Adjustment

- Intensity and Incline cannot be adjusted during this time.

### **Ending the Program**

- When 1-minute duration is up or Stop key is pressed, Workout Summary will end and console will reset.
- The message display will flash a message "CONSOLE WILL RESET". Console will reset and return to idle mode.

### **Pause, Reset, Switch or Save a program**

See Console Operating Tips section for details, pages 9 & 10.

## QUICK START

### **Getting Started**

A Quick Start program is for someone who wants to bypass the setup mode and start their workouts right away. By picking Quick Start program, you are accepting the default values for calculations. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped at Quick Start program.

### **Beginning the Program**

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Quick Start" key once or continue to pedal and press no key for 30 seconds.

### **Program Default Values**

- Time = 30 minutes
- Intensity level = L1.
- Incline level = L1.

### **During the Program**

#### Display

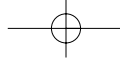
- As soon as the "Quick Start" button is pressed, this program will begin. The message display will turn into workout data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity level from L1 to L20. The dot matrix window will update the intensity profile accordingly.



**Quick Start  
key**



## WORKOUT PROGRAMS (CONTINUED)

- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Quick Start program will start this program on top of Quick Start program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When 30-minute duration is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END" & "COOL DOWN". See Cool Down for details.
- "Start" key could be pressed to re-start the Quick Start program again. "Stop" key could be pressed to skip the cool down mode and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## CLASSIC PROGRAMS

### MANUAL

#### Getting Started

You could build your own profile with Manual program. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped at Manual program.

#### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Classic Programs" key until "Manual" program LED indicator lights up.

#### Accepting default values or Entering the program setup mode

When the message display flashes, "MANUAL", it indicates you are about to select the Manual program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Manual program workout.
  - Default Time = 30 minutes
  - Default Intensity level = L1.
  - Default Incline level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:

#### Entering Age

1. If Enter key is pressed, the message window will flash a message of "ENTER AGE", then "AGE = XX" will be blinking.
2. You may press "Level Up/Down" key to adjust the age.



Classic Programs display



## WORKOUT PROGRAMS (CONTINUED)

3. After age adjustment, the message display will switch to display "PRESS ENTER" to indicate next step. Press "Enter" to accept and enter Weight adjustment.

### Entering Weight

1. If Enter key is pressed, the message window will flash a message of "ENTER WEIGHT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "Level Up/Down" key to adjust the weight.
3. After weight adjustment, the message display will switch to display "PRESS ENTER" to indicate next step. Press "Enter" to accept and enter Time adjustment.

### Entering Time

1. If Enter key is pressed, the message window will flash a message of "ENTER TIME", then "TIME = 30 MIN" will be blinking.
2. You may press "Level Up/Down" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1 HR 00MIN" instead.
3. After time adjustment, the message display will switch to display "SET UP COMPLETED", then flashes " PESS START" to indicate next step. You may press, "Start" to begin this program. (Note: you may press Start key any time to skip the setup and begin the workout immediately.)

### During the Program

#### Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity level from L1 to L20. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Manual program will start this program on top of Manual program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down for details.
- "Start" key could be pressed to re-start the Manual program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.





## WORKOUT PROGRAMS (CONTINUED)

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## **R A N D O M   C R O S S**

### Getting Started

The Random Cross program is designed to allow the user to choose from an unlimited number of computer generated profiles, both intensity and incline.

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Classic Programs" key until "Random Cross" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "RANDOM CROSS", it indicates you are about to select the Random Cross program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Random Cross program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a computer generated intensity profile with default Intensity difficulty level = L1.
  - Default Incline level = a computer generated incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When Warm Up mode is completed, the message display will turn into work out data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Random Cross program will start this program on top of Random Cross program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

## WORKOUT PROGRAMS (CONTINUED)

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down for details.
- "Start" key could be pressed to re-start the Random Cross program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## INTERVAL

### Getting Started

The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Classic Programs" key until "Interval" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "INTERVAL", it indicates you are about to select the Interval program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Interval program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a default intensity profile alternates Rest: L2 and Work level: L10.
  - Default Incline level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When Warm Up mode is completed, the message display will turn into work out data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.





## WORKOUT PROGRAMS (CONTINUED)

### Adjustment

- Press "Level Up/Down" key during Rest segment to adjust the intensity level from L2. The message display will display "RS INTENSITY = 2" and adjust accordingly. The dot matrix window will update the intensity profile accordingly as well.
- Press "Level Up/Down" key during Work segment to adjust the intensity level from L10. The message display will display "WR INTENSITY = 10" and adjust accordingly. The dot matrix window will update the intensity profile accordingly as well.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Interval program will start this program on top of Interval program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### **Ending the Program**

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Interval program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### **Pause, Reset, Switch or Save a program**

See Console Operating Tips section for details, pages 9 & 10.

## **HILL CLIMB**

### **Getting Started**

The Hill Climb program simulates a hill climb exercise with a preset incline hill; the dot matrix display is default at displaying incline profile instead of usual intensity profile. Throughout this program, you will experience several different forms of workout all together.

### **Beginning the Program**

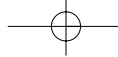
During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Classic Programs" key until "Hill Climb" program LED indicator lights up.

### **Accepting default values or Entering the program setup mode**

When the message display flashes, "HILL CLIMB", it indicates you are about to select the Hill Climb program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Hill Climb program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a preset intensity profile with default Intensity difficulty level = L1.





## WORKOUT PROGRAMS (CONTINUED)

- Default Incline level = a preset incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When Warm Up mode is completed, the message display will turn into work out data display and display four default data: time, Incline, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Hill Climb program will start this program on top of Hill Climb program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Hill Climb program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## **SPRINT**

### Getting Started

The Sprint program is designed with a preset low incline profile simulates a running exercise. Dot matrix display also displays a running track to indicate how close you are to the finish line. With the special designed Dot matrix display, you will know your goal and your intensity at the same time. It is a great sprint-training program.





## WORKOUT PROGRAMS (CONTINUED)

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Classic Programs" key until "Sprint" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "SPRINT", it indicates you are about to select the Sprint program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Sprint program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a preset intensity profile with default Intensity
  - difficulty level = L1.
  - Default Incline level = a preset incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

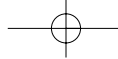
- When Warm Up mode is completed, the message display will turn into work out data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – press "Personal Trainer" key anytime during Sprint program will start this program on top of Sprint program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Sprint program again.



## WORKOUT PROGRAMS (CONTINUED)

- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## HR INTERACTIVE PROGRAMS

### TARGET HR

#### Getting Started

The Target Heart Rate program is designed to keep you training at your chosen heart rate level. Computer will adjust the intensity level automatically to ensure the target heart rate is achieved and maintained during the entire program.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

**IMPORTANT:** It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

#### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "HR Interactive" key until "Target HR" program LED indicator lights up.

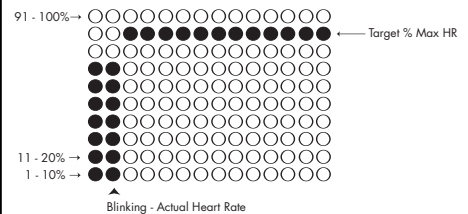
#### Accepting default values or Entering the program setup mode

When the message display flashes, "TARGET HR", it indicates you are about to select the Target HR program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Target HR program workout.
  - Default Time = 30 minutes
  - Default Incline level = L1.
  - Default Target HR = 65% of Max HR.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:
  - Entering Age
  - Entering Weight
  - Entering Time
  - Entering Target HR
    1. If Enter key is pressed, the message window will flash a message of "SELECT TARGET HR", then "TARGET HR = XXX" will be blinking. Note: XXX is the number of 65% of Max HR; the console calculates your target HR with your age entry. (If the age remains the default 35, then the target HR = 120bpm.)
    2. You may press "Level Up/Down" key to adjust the Target HR from 60% to 85% of your max HR.



### HR Interactive programs



Dot matrix display during HR Interactive programs – The dot matrix display will display program % Max HR profile, not level profile. The row of target % Max HR LEDs will light up to indicate your goal; then the current segment LEDs will light up and blink to show your actual heart rate. You could compare your actual heart rate against your goal while exercising.





## WORKOUT PROGRAMS (CONTINUED)

If the entry reaches 85% of Max HR, the message display will flash a message of "HR = 85 PERCENT" to indicate that the adjustment is at its maximum.

3. After HR adjustment, the message display will switch to display "SET UP COMPLETED", then flashes "PRESS START" to indicate next step. You may press, "Start" to begin this program. (Note: you may press Start key anytime to skip the setup and begin the workout immediately.)

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program.
  - If there is none, this program will not be started. The messages display will scroll "NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is valid pulse.
  - If there is a valid pulse, this program will be active. The message display will turn into workout data display and display four default data: time, % Max HR, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

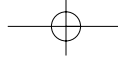
- Press "Level Up/Down" key to adjust the Target HR. The dot matrix window will update the % Max HR profile accordingly.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Target HR program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to a new target HR program with current HR. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END" & "COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Target HR program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.



## WORKOUT PROGRAMS (CONTINUED)

### HR INTERVAL

#### Getting Started

The Heart Rate Interval program is designed to alternate periods of hard work (Work phase) with periods of easy work (Rest phase). The console will adjust the resistance level up to meet your Work heart rate goal and adjust it down to recover.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM.  
FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

**IMPORTANT:** It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

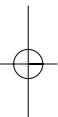
#### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "HR Interactive" key until "HR Interval" program LED indicator lights up.

#### Accepting default values or Entering the program setup mode

When the message display flashes, "HR INTERVAL", it indicates you are about to select the HR Interval program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin HR Interval program workout.
  - Default Time = 30 minutes.
  - Default Incline level = L1.
  - Default Work HR = 80% of Max HR, Rest HR = 65% of Max HR.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:
  - Entering Age
  - Entering Weight
  - Entering Time
  - Entering Rest HR
    1. If Enter key is pressed, the message window will flash a message of "SELECT REST HR", then "REST HR = XXXBPM" will be blinking.  
Note: XXX is the number of 65% of Max HR; the console calculates your Rest HR with your age entry.
    2. You may press "Level Up/Down" key to adjust the HR from 60% to 80% of your max HR'. If the entry reaches 80% of Max HR, the message display will flash a message of "HR = 80 PERCENT" to indicate that the adjustment is at its maximum.
    3. After Rest HR adjustment, the message display will switch to display "PRESS ENTER" to indicate next step. Press "Enter" to accept the Rest HR adjustment.
  - Entering Work HR
    1. If Enter key is pressed, the message window will flash a message of "SELECT WORK HR", then "WORK HR = XXXBPM" will be blinking.  
Note: XXX is the number of 80% of Max HR; the console calculates your Work HR with your age entry.
    2. You may press "Level Up/Down" key to adjust the HR from 'Rest HR to





## WORKOUT PROGRAMS (CONTINUED)

85% of your max HR'. If the entry reaches 85% of Max HR, the message display will flash a message of "HR = 85 PERCENT" to indicate that the adjustment is at its maximum.

3. After Work HR adjustment, the message display will switch to display "SET UP COMPLETED", then flashes "PRESS START" to indicate next step. You may press, "Start" to begin this program. (Note: you may press Start key anytime to skip the setup and begin the workout immediately.)

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program.
  - If there is none, this program will not be started. The messages display will scroll "NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is valid pulse.
  - If there is a valid pulse, this program will be active; the message display will flash, "TRAINING START" then "GO". The message display will turn into workout data display and display four default data: time, % Max HR, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key during Rest HR segment to adjust the Rest HR setting of the remaining program. The message display will display "REST HR = XXXBPM" and adjust accordingly. The dot matrix window will update the % Max HR of Rest phase profile accordingly.
- Press "Level Up/Down" key during Work HR segment to adjust the Work HR setting of the remaining program. The message display will display "WORK HR = XXXBPM" and adjust accordingly. The dot matrix window will update the % Max HR of Work phase profile accordingly.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Target HR program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to a new target HR program. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the HR Interval program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

## WORKOUT PROGRAMS (CONTINUED)

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

### **FAT BURNER**

#### Getting Started

The Fat Burner program is designed to keep your heart rate at your maximum aerobic stage. The heart rate is maintained at 65% of Max heart rate to burn fat most effectively.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

#### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "HR Interactive" key until "Fat Burner" program LED indicator lights up.

#### Accepting default values or Entering the program setup mode

When the message display flashes, "FAT BURNER", it indicates you are about to select the Fat Burner program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Fat Burner program workout.
  - Default Time = 30 minutes
  - Default Incline level = L1.
  - Default % Max HR = 65%.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (Same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

#### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program.
  - If there is none, this program will not be started. The messages display will scroll "NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is valid pulse.
  - If there is a valid pulse, this program will be active. The message display





## WORKOUT PROGRAMS (CONTINUED)

will turn into workout data display and display four default data: time, % Max HR, calories & pulse.

- Press "Select" button under each group to select your desired data display.

### Adjustment

- Press "Level Up/Down" key will do nothing to this program since the % Max HR is set at 65%; and this program automatically controls the resistance.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Fat Burner program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to a new target HR program. See HR Lock program section for details.

### **Ending the Program**

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END" & "COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Fat Burner program again. "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### **Pause, Reset, Switch or Save a program**

See Console Operating Tips section for details, pages 9 & 10.

## **HR HILL**

### **Getting Started**

The HR Hill program is based on a percentage (%) of your maximum heart rate (220 minus your age). Within each training zone subtle physiological effects take place to enhance your fitness status.

- The energy efficient or Recovery zone – 60% to 70%  
Training within this zone develops basic endurance and aerobic capacity.
- The Aerobic zone – 70% to 80%  
Training within this zone to develop your cardiovascular system.
- The Anaerobic zone – 80% to 90%  
Training within this zone will develop your lactic acid system.

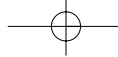
A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

### **Beginning the Program**

During idle mode, the message window displays a message "SELECT A PROGRAM".





## WORKOUT PROGRAMS (CONTINUED)

To begin this program, press "HR Interactive" key until "HR Hill" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "HR HILL", it indicates you are about to select the HR Hill program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin HR Hill program workout.
  - Default Time = 30 minutes
  - Default Incline level = L1.
  - Default % Max HR = as below chart.

Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14
% HR	65%	65%	65%	75%	75%	75%	85%	85%	75%	75%	75%	65%	65%	65%

- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (Same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program.
  - If there is none, this program will not be started. The messages display will scroll "NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is valid pulse.
  - If there is a valid pulse, this program will be active. The message display will turn into workout data display and display four default data: time, % Max HR, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the % Max HR setting. The message display will show "HR = XX PERCENT" and adjust accordingly. Every key press equals 5% increment and the adjustment is limited within 60% to 85% only.
- The dot matrix window will update the % Max HR profile accordingly.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during HR Hill program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to a new target HR program. See HR Lock program section for details.





## WORKOUT PROGRAMS (CONTINUED)

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the HR Hill program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## CARDIO

### Getting Started

The Cardio program is designed to keep you heart rate at your anaerobic stage. The heart rate is maintained at 80% of Max heart rate to develop your lactic acid system and build your strength most effectively.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "HR Interactive" key until "Cardio" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "CARDIO", it indicates you are about to select the Cardio program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Cardio program workout.
  - Default Time = 30 minutes
  - Default Incline level = L1.
  - Default % Max HR = 80%.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (Same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

## WORKOUT PROGRAMS (CONTINUED)

### Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program.
  - If there is none, this program will not be started. The messages display will scroll "NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is valid pulse.
  - If there is a valid pulse, this program will be active. The message display will turn into workout data display and display four default data: time, % Max HR, calories & pulse.
- Press "Select" button under each group to select your desired data display.

### Adjustment

- Press "Level Up/Down" key will do nothing to this program since the % Max HR is set at 80%; and this program automatically controls the resistance.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Cardio program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to a new target HR program. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Cardio program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## CROSS TRAINING PROGRAMS

*Cross Training programs are designed to train your upper body and focus on a specific muscle group using message display. There will be prompts showing on the message display to instruct you with different body movements to target your glute, quads or total body. Take advantage of these workouts; they will help tone your body & build your cardiovascular system at the same time!*

### GLUTE BURNER

#### Getting Started

The program is designed to tone your Gluts; it includes a preset intensity profile and a preset incline profile, plus message display prompts indicate when to pedal forward and backward. Follow the instructions, and you will see the result in no time.



### Cross Training programs



## WORKOUT PROGRAMS (CONTINUED)

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Cross Training" key until "Glute Burner" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "GLUTE BURNER", it indicates you are about to select the Glute Burner program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Glute Burner program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a preset intensity profile with default Intensity difficulty level = L1.
  - Default Incline level = a preset incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

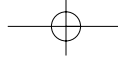
- When Warm Up is completed, the message display will turn into workout data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Glute Burner program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"& "COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Glute Burner program again.



## WORKOUT PROGRAMS (CONTINUED)

- "Stop" key could be pressed to skip the cool down mode and active the Workout Summary immediately.

### **Pause, Reset, Switch or Save a program**

See Console Operating Tips section for details, pages 9 & 10.

## **QUAD BUILDER**

### **Getting Started**

The program is targeted at your quads; it includes a preset intensity profile and incline profile, plus message display prompts indicate when to change your body position. Focus on your Quad muscles while exercising and you will see the benefit of this program.

### **Beginning the Program**

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Cross Training" key until "Quad Builder" program LED indicator lights up.

### **Accepting default values or Entering the program setup mode**

When the message display flashes, "QUAD BUILDER", it indicates you are about to select the Quad builder program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Quad Builder program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a preset intensity profile with default Intensity difficulty level = L1.
  - Default Incline level = a preset incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

### **During the Program**

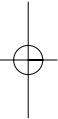
Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When the Warm Up is completed, the message display will turn into workout data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.





## WORKOUT PROGRAMS (CONTINUED)

- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Quad Builder program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Quad Builder program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## **TOTAL TRAINER**

### Getting Started

The program is designed to be a Total Body workout. It includes a preset intensity profile and incline profile targeting your lower body; plus message display prompts to emphasize your upper body workout. Using this program will show you that your elliptical is not just for cardiovascular exercise, it will achieve your cross training goal, too!

### Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "Cross Training" key until "Total Trainer" program LED indicator lights up.

### Accepting default values or Entering the program setup mode

When the message display flashes, "TOTAL TRAINER", it indicates you are about to select the Total Trainer program. It then scrolls "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "Start" key to accept current default values and begin Total Trainer program workout.
  - Default Time = 30 minutes
  - Default Intensity level = a preset intensity profile with default Intensity difficulty level = L1.
  - Default Incline level = a preset incline profile with default Incline difficulty level = L1.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

## WORKOUT PROGRAMS (CONTINUED)

### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display

- When Warm Up is completed, the message display will turn into workout data display and display four default data: time, level, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the intensity difficulty level from L1 to L10. The dot matrix window will update the intensity profile accordingly.
- Press "Incline Up/Down" key to adjust the incline difficulty level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Total Trainer program. See Personal Trainer program section for details.
- HR Lock program – Press "HR Lock" key to switch to target HR program if there is a valid pulse. See HR Lock program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the Total Trainer program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## PERSONAL TRAINER

### Getting Started

The program is an extra function added onto your Classic program exercise; it is like having a personal trainer by your side every minute of your workout. When this program is active, message displays will prompt a message per minute for 20 minutes to change your body position. It is designed to get a total body workout on a cardio exercise.

Press "Personal Trainer" key during following condition:

- Idle mode & Pause mode – Personal Trainer will not be active and nothing will change.
- Warm Up, Cool Down & Workout Summary – Personal Trainer will not be active and nothing will change.
- Quick Start & Any Classic programs – Personal Trainer will be turned on.
- HR Interactive programs, Cross Training programs & HR Lock program –



**Personal Trainer  
key**



## WORKOUT PROGRAMS (CONTINUED)

Personal Trainer will not be active; the current program will be continuing with nothing changed.

- USER program –
  - If user program is a Classic program or a Quick start, then Personal Trainer will be active.
  - For every other program, Personal Trainer will not be active.

### Beginning the Program

To begin this function during a Classic program-executing mode, press “Personal Trainer” key once. Its LED indicator will turn on and the messages display will flash a message “TRAINER ON”. This function will be active immediately.

When this function is active, the original Classic program will be continuing its activities and the message display will show the Personal Trainer messages additionally.

### During the Program

#### Display

- Once the function is turned on and started:
  - The message display will start showing a message every minute and resume back to data displays.
  - Dot matrix display will remain the same as the Classic program profile display.
  - HR bar graph will remain the same of displaying % Max HR.
- Switching to another program or reset a problem, the Personal Trainer program will be turned off.
- Restart a program while Personal Trainer is turned on, then the next program will start with Personal Trainer On.

### Ending the Program

To turn off this function, press “Personal Trainer” key again. The message display will flash “TRAINER OFF” and this function will be off.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.

## HR LOCK

### Getting Started

The program is an on the fly Target HR program. Anytime during your workout, if there is a valid heart rate, pressing the HR Lock key will switch your workout to a Target HR workout with current heart rate as your target HR setting. It also allows you to change your target HR setting during exercise; it is a quick and easy way to start your target HR workout.

Since this program is designed to take your valid pulse as the Target HR setting, pressing this key during Warm up, Idle or Pause modes will be invalid.

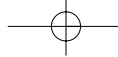
A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR A BETTER RESULT, CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

**IMPORTANT:** It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.



**HR Lock  
key**





## WORKOUT PROGRAMS (CONTINUED)

### Beginning the Program

To begin this program, press "HR Lock" key once anytime during a program executing or ending. Its LED indicator will turn on and the messages display will flash a message "HR LOCK" and "PRESS START TO BEGIN".

- Press "Start" key to accept current default values and begin Target HR program workout.
  - Default Time = 30 minutes
  - Default Incline level = L1
  - Default Target HR = current actual heart rate

### During the Program

Since it happens only at the program-executing mode or ending mode; therefore Warm Up is skipped. When the Start key is pressed, the console will detect if there is a valid pulse before starting this program.

#### Display

- If there is no valid pulse or below a pulse below 90BPM, this program will not be started. The messages display will scroll " NO VALID PULSE", and "CHECK YOUR PULSE SENSOR" until there is pulse greater than 90BPM.
- If there is a valid pulse, this program will take this pulse as target HR setting and start this program immediately. The message display will turn into workout data display and display four default data: time, % Max HR, calories & pulse.
- Press "Select" button under each group to select your desired data display.

#### Adjustment

- Press "Level Up/Down" key to adjust the Target HR. The dot matrix window will update the % Max HR profile accordingly.
- Press "Incline Up/Down" key to adjust the incline level from L1 to L10. The dot matrix window will update the incline profile accordingly.
- Personal Trainer program – Personal Trainer program cannot be active during Target HR program. See Personal Trainer program section for details.

### Ending the Program

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start this program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, pages 9 & 10.





**User 1 & User 2  
key**

## WORKOUT PROGRAMS (CONTINUED)

### USER 1 & USER 2

#### Getting Started

These programs are designed to be user-friendly tools. You can build your own programs and save them for later workout. With this function, you will be able to call up your favorite program, which stores all of your accurate user information, and begin your exercise right away.

#### Save a program into User 1 or User 2

To save your favorite program into User 1 or User 2, press & hold "User 1" or "User 2" for 2 seconds during anytime of a program.

- The message display will scroll a message of "YOUR PROGRAM HAS BEEN SAVED" to indicate the success of saving the program. After this message, the console will resume to previous activities.
- Following information of this program will be saved:
  - Age & Weight
  - Program time
  - Intensity & incline, difficulty level, profile
  - HR setting if it is a HR Interactive program
- If there was a program saved in the User 1 or User 2 before, the new program will overwrite the pervious program.

#### Select User Program and Beginning the Program

To select a User program, press "User 1" or "User 2" key once anytime during idle mode. Its LED indicator will turn on.

- If there was no saved program, the message display will scroll, "NO SAVED PROGRAM, SELECT ANOTHR PROGRAM" and wait for an instruction.
- If there was a saved program, the dot matrix will display the program profile; the messages display will flash a message "USER 1" or "USER 2" and scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "Start" key to accept current default values and begin Interval program workout.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:
  - Entering Time
  - Other entry if necessary.

#### During the Program

Once Start key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Display:

When warm up is completed, the console will start program-executing mode, depending on what program is saved.



## WORKOUT PROGRAMS (CONTINUED)

### Adjustment:

It depends on the individual program; see the each program section for details.

### **Ending the Program**

- When program time is up or Stop key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message "PROGRAM END"&"COOL DOWN". See Cool Down mode for details.
- "Start" key could be pressed to re-start the User program again.
- "Stop" key could be pressed to skip the cool down and active the Workout Summary immediately.

### **Pause, Reset, Switch or Save a program**

See Console Operating Tips section for details, pages 9 & 10.





## MAINTENANCE

### CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose handrails, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

After workout, always wipe down your 1260Ef unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback fitness dealer.

## DOMESTIC WARRANTY INFORMATION

**(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)**

### Effective: June 2006

Diamondback warrants its 1260EF to be free from defects in material and workmanship under normal use in the home and light instructional environments. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

### Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity.

### To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

### Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

## WHAT IS COVERED

### Home

*Maximum Usage: 14 Hours per week*

Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Parts & Electronics:	3 years for parts; 4 years for Brake
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year

### Light Institutional

*Maximum Usage: 21 Hours per week*

Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Parts & Electronics:	2 years
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year





## DOMESTIC WARRANTY INFORMATION (CONTINUED)

### **Warranty voided if:**

The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

Damaged wire harness.  
Stripped crank arms and/or pedals.  
Bolts used in the wrong location.

### **Parts & Service:**

Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at [www.diamondbackfitness.com](http://www.diamondbackfitness.com) to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

### **Exclusions:**

Warranty is void if the 1260Ef unit is placed in a commercial or light commercial environment, such as health club, school, or correctional facility.

### **Additional Rights:**

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondbackfitness, Inc. products are not authorized to modify this Warranty in any way.

This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

### **Diamondback Fitness, Inc.**

300 Camarillo Ranch Road  
Camarillo, CA 93012

800-776-7642

### WARRANTY CARD



**Important! • Important! • Important! • Important! • Important! • Important!**

Warranty card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone No.: \_\_\_\_\_ Evening phone No.: \_\_\_\_\_

Dealer Store Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Model: \_\_\_\_\_ Serial No.: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Environment Unit Placed:

- Home
- Light Institutional, i.e. Hotel, Business Center...

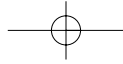
Mail completed form to:

**Diamondback Fitness - Warranty Card**

300 Camarillo Ranch Road

Camarillo, CA 93012

**1260EF OWNER'S MANUAL**



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



**Diamondback Fitness**  
300 Camarillo Ranch Road  
Camarillo, CA 93012  
T 800-776-7642  
F 805-388-5890

well equipped for success

**Part no. 22-96-127**





## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>