



EXERCISE BIKE GUIDE



Read this EXERCISE BIKE GUIDE before using the OWNER'S MANUAL.

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

Read this EXERCISE BIKE GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this exercise bike. It is the responsibility of the owner to ensure that all users of this exercise bike are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Your local dealer.



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the exercise bike from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not wear clothes that might catch on any part of the exercise bike.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not jump on the exercise bike.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- At no time should more than one person be on the exercise bike while in operation.
- This exercise bike should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- This exercise bike is intended for in-home use only. Do not use this exercise bike in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- The exerciser complies with the EN957-1/-5 standard, class of exerciser: HA; braking system is adjustable.
- Do not use exercise bike in any location that is not temperature controlled, such as but not limited to porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Connect this exercise product to a properly grounded outlet only.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the exercise bike only as described in the exercise bike guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The exercise bike should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should children under the age of 13 or pets be within 3m /10 feet of the machine.
- At NO time should children under the age of 13 use the exercise bike.
- Children over the age of 13 or disabled persons should not use the exercise bike without adult supervision.
- Never operate the exercise bike if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the exercise bike to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Your local dealer. Service should only be done by an authorized service technician



GROUNDING INSTRUCTIONS

If an exercise bike should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

It is essential that your exercise bike is used only indoors, in a climate controlled room. If your exercise bike has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the exercise bike is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

BASIC OPERATION

CONGRATULATIONS ON CHOOSING YOUR EXERCISE BIKE!

You've taken an important step in developing and sustaining an exercise program! Your exercise bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your exercise bike can improve the quality of your life in so many ways.

Here are just a few of the health benefits of exercise:

- Weight loss
- A healthier heart
- Improved muscle tone
- Increased daily energy levels

The key to reaping these benefits is to develop an exercise habit. Your new exercise bike will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your exercise bike in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.





LOCATION OF THE EXERCISE BIKE

Place the exercise bike on a level surface. There should be 3 feet of clearance behind the exercise bike, 3 feet on each side and one foot in front for the power cord. Do not place the exercise bike in any area that will block any vent or air openings. The exercise bike should not be located in a garage, covered patio, near water or outdoors.

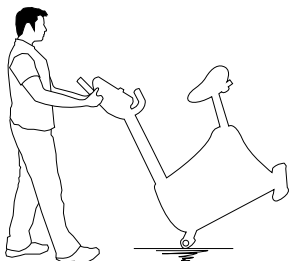
MOVING THE EXERCISE BIKE

Your exercise bike has a pair of transport wheels built into the front stabilizer tube. Remove the power supply before attempting to move the bike.

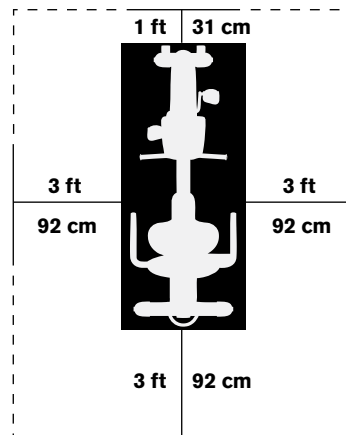
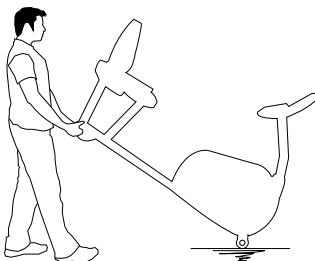
WARNING

Our exercise bikes are heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

UPRIGHT BIKES: firmly grasp the handlebars, carefully tip toward you, and roll on the transport wheels.



RECUMBENT BIKES: firmly grasp the steel portion of the rear stabilizer tube, carefully lift and roll on the transport wheels.



LEVELING THE EXERCISE BIKE

Your exercise bike should be level for optimum use. Place your exercise bike where you intend to use it. Adjust the two rear levelers so that the bike is level on the floor. Then adjust the third leveler located under the base frame tube just so it is snug with the floor. Once you have leveled your exercise bike, lock the levelers in place by tightening the nuts against the frame. Actual levelers may differ from image below and may not include the lock.



SEAT POSITIONING

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side.

NOTE: It is recommended that you do not sit on the seat while adjusting its position.

UPRIGHT BIKES - SEAT ADJUSTMENT

Upright Bikes feature a locking seat adjustment pin to easily and safely adjust the seat height. To adjust, get off the bike seat and loosen the adjustment knob by turning it two half turns counter-clockwise. Pull out the knob to unlock the post, and adjust the post up or down to the desired setting. Release the knob to lock in place. Turn the knob clockwise until tightened. Please check to be sure seat post is locked in place before each use.

RECUMBENT BIKES - SEAT ADJUSTMENT

Turn the handle up into its middle position making the handle feel loose. Then, slide the seat to a position that puts you in a comfortable pedaling range (one that keeps a slight bend in your knee while your legs are in the extended position). Lock the mechanism by rotating it down until handle tightens.

RECUMBENT BIKES - MESH SEAT BACK ADJUSTMENT

Some Recumbent Bikes are equipped with a tilting mesh seat back. Tilt adjustments are made with a rotating lever on the user's right side, located slightly behind the handlebar. Not all mesh seat backs have an adjustment lever so check the assembly section in the Owner's Manual.

To adjust the tilt angle of the seat, rotate the lever down (counter-clock wise) and lean back on the mesh seat until the desired position is achieved. When the position is set, rotate the lever upward (clock wise) until it is snug. The seat comes equipped with a spring return system to return the seat back to its original position when the friction lever is released and the user is not leaning against the backrest.



POWER

Your exercise bike is powered by a power supply. The power must be plugged into the power jack, which is located in the front of the machine near the stabilizer tube. Unplug cord when not in use.

WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Your local dealer for examination and repair.

USING THE HEART RATE FUNCTION

Your exercise bike could be equipped with either heart rate pulse grips or a thumb pulse sensor. To find out what your model has, refer to the beginning of the ASSEMBLY section of your OWNER'S MANUAL.

The heart rate function on this product is not a medical device. While heart rate grips or a thumb pulse sensor can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

PULSE GRIPS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

THUMB PULSE

Place and hold your thumb LIGHTLY over the thumb sensor. The sensor may not work properly if you press too hard. The sensor window should be completely covered by your finger. Wait for a few seconds, and your heart rate will show in the heart rate window. The thumb sensor can also read a pulse from your index finger.

CAUTION

Do not press excessively hard on the sensor as this may cause damage.

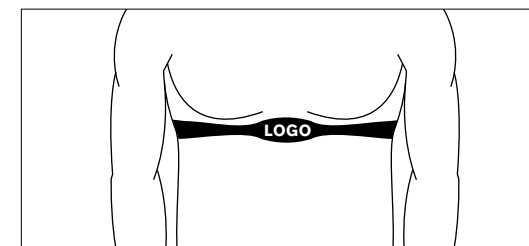
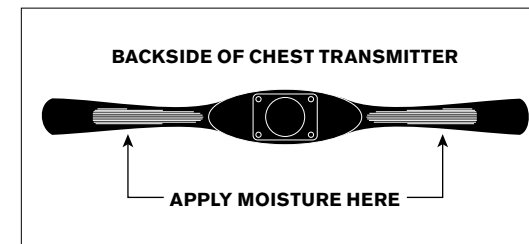
WIRELESS HEART RATE RECEIVER (apply to models with telemetric heart rate only)

Some exercise bikes also include a built-in wireless heart rate receiver. When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the exercise bike and displayed on the console. Your exercise bike may or may not include a wireless chest transmitter (see the beginning of the ASSEMBLY section of your OWNER'S MANUAL).

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

WARNING

The heart rate reading is intended only as an exercise aid and not for medical purpose. Your heart rate monitoring systems may be inaccurate. Various factors may affect the accuracy of your heart rate reading. Over exercise may result in serious injury or death. If you feel faint stop exercise immediately.



CONDITIONING GUIDELINES



ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

TIPS



STRETCHING

STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.

3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

TIPS



THE IMPORTANCE OF A WARM-UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed previously to loosen and relax your muscles.



ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages.

As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					



WEEKLY LOG SHEETS

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

WEEK # _____		WEEKLY GOAL _____			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS:					

MONTHLY LOG SHEETS

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			



MONTHLY LOG SHEETS



MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTH _____		MONTHLY GOAL _____	
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

TROUBLESHOOTING & MAINTENANCE



NOTE: Following instructions might vary according to the model you buy. Please contact your local dealer for further information.

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY EXERCISE BIKE MAKES NORMAL?

Our exercise bikes are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our exercise bikes. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE EXERCISE BIKE I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. You should not have to replace the belt as long as you have the exercise bike.

CAN I MOVE THE EXERCISE BIKE EASILY ONCE IT IS ASSEMBLED?

Your exercise bike has a pair of transport wheels built into the front stabilizer tube. Please follow the MOVING THE EXERCISE BIKE section to transport your exercise bike. It is important that you place your exercise bike in a comfortable and inviting room. Your exercise bike is designed to use minimal floor space. Many people will place their exercise bikes facing the TV or a picture window. If at all possible, avoid putting your exercise bike in an unfinished basement. To make exercise a desirable daily activity for you, the exercise bike should be in a comfortable setting.

BASIC TROUBLESHOOTING

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

- The outlet the machine is plugged into is functional. Double check that the breaker has not tripped.
- The correct power cord is being used. Only use the power cord included or provided by Your local dealer.
- The power cord is not pinched or damaged and is properly plugged into the outlet AND the machine.
- Unplug power cord, remove the console and check that all connections to the console are secure and not damaged or pinched.

PROBLEM: The console lights up but the Distance/Watts/RPMs do not count.

SOLUTION: Verify the following:

- Unplug power cord, remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.

SOLUTION: Verify the following:

- The correct power cord is being used. Only use the power cord provided or authorized by Your local dealer.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The exercise bike makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The exercise bike is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.



PROBLEM: When MP3 player is connected there is no sound coming from the speakers or the speakers sound fuzzy.

SOLUTION: Make sure audio cable is plugged in securely to both the console and MP3 Player jacks.

TROUBLESHOOTING HEART RATE

Check your exercise environment for sources of interference such as fluorescent lights, computers, underground fencing, home security systems or appliances containing large motors. These items may cause erratic heart rate readouts.

You may experience an erratic readout under the following conditions:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate handlebars while exercising. If you are receiving erratic heart rate readouts, try to only hold the grips long enough to monitor your heart rate.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try to moisten your palms by rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palm is especially thick.

If this troubleshooting section does not remedy the problem, discontinue use and turn the power off.

PLEASE CALL YOUR LOCAL DEALER.



The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Proof of Purchase (receipt or credit card statement)

In order for Your local dealer to service your exercise bike they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front or the back? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- Has the machine been lubricated and maintained per the MAINTENANCE schedule?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your exercise bike running again!



MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the bike after each use.

HOW DO I CLEAN MY BIKE?

Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, we recommend that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

- Turn off the bike by unplugging the power cord from the wall outlet
- Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike.
- Inspect the power cord. If the power cord is damaged, contact Your local dealer.
- Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut.



WARNING

To remove power from the exercise bike, the power cord must be disconnected from the wall outlet.

EVERY WEEK

Clean underneath the bike, following these steps:

- Turn off the bike.
- Move the bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
- Return the bike to its previous position.

EVERY MONTH

- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the seat guide rail.

D: Entsorgungshinweis

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness- Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness products are recyclable.

At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Les produits VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

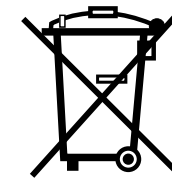
Los productos de VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy VISION Fitness / HORIZON Fitness / TEMPO Fitness / TREO Fitness / LIVESTRONG Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).



EXERCISE BIKE GUIDE

Exercise Bike Guide 0625'12' Rev. 1.4