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2012.06.18
REV1.2

VISION FITNESS

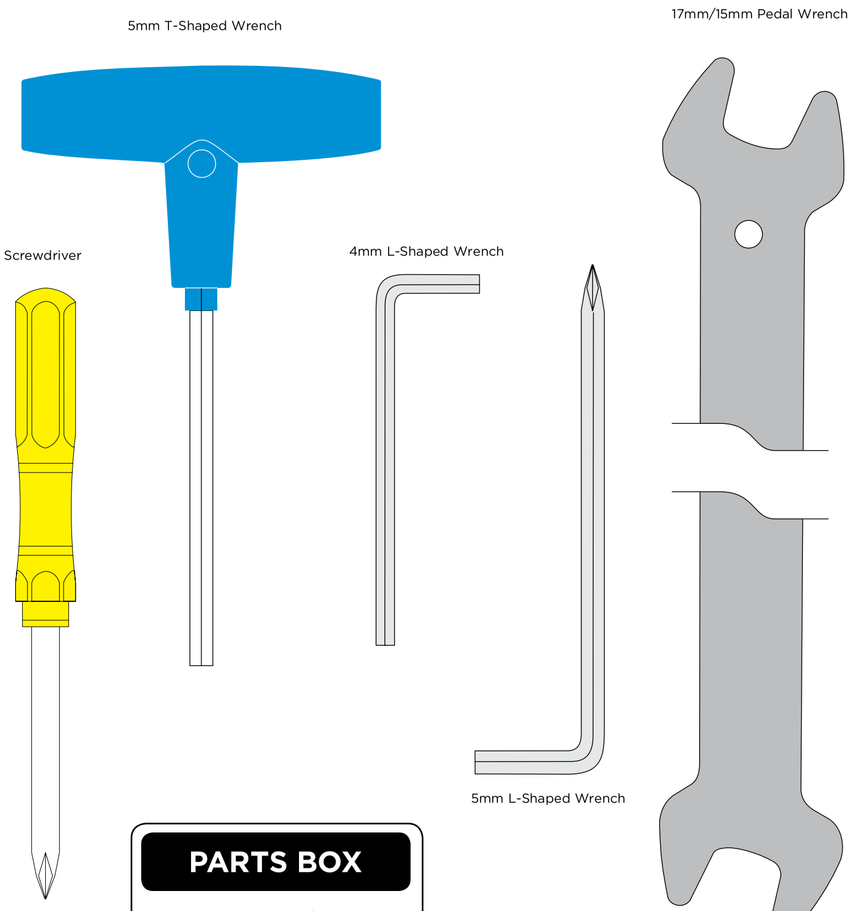
R10 ASSEMBLY GUIDE

R10
Semi-Recumbent Fitness Bike

VISION FITNESS

ASSEMBLY GUIDE

TOOLS & PARTS INCLUDED



PARTS BOX

Power Supply
Water Bottle Cage
Color Coded Hardware Bags
Assembly Guide

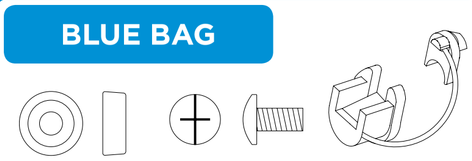
HARDWARE INCLUDED

ORANGE BAG

M8 x 15L Bolt
Quantity: 2

SW8 Lock Washer
Quantity: 2

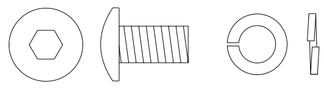
BLUE BAG



Rubber Stopper
Quantity: 1

M5 x 10L Bolt
Quantity: 1

Wire Grip
Quantity: 1



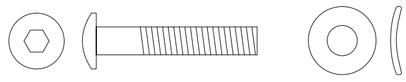
M8 x 15L Bolt
Quantity: 4

SW8 Lock Washer
Quantity: 4

BLACK BAG

M8 x 15L Bolt
Quantity: 4

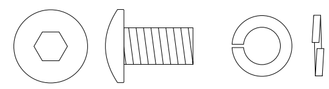
SW8 Lock Washer
Quantity: 4



M6 x 35L Bolt
Quantity: 8

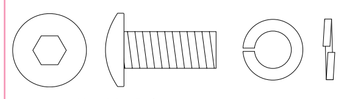
M6 Arc Washer
Quantity: 8

PINK BAG



M8 x 15L Bolt
Quantity: 3

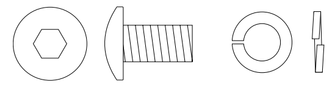
SW8 Lock Washer
Quantity: 3



M8 x 20L Bolt
Quantity: 2

SW8 Lock Washer
Quantity: 2

GREEN BAG



M8 x 15L Bolt
Quantity: 4

SW8 Lock Washer
Quantity: 4

M8 x 10L Set Screw
Quantity:1

Assembly Guide

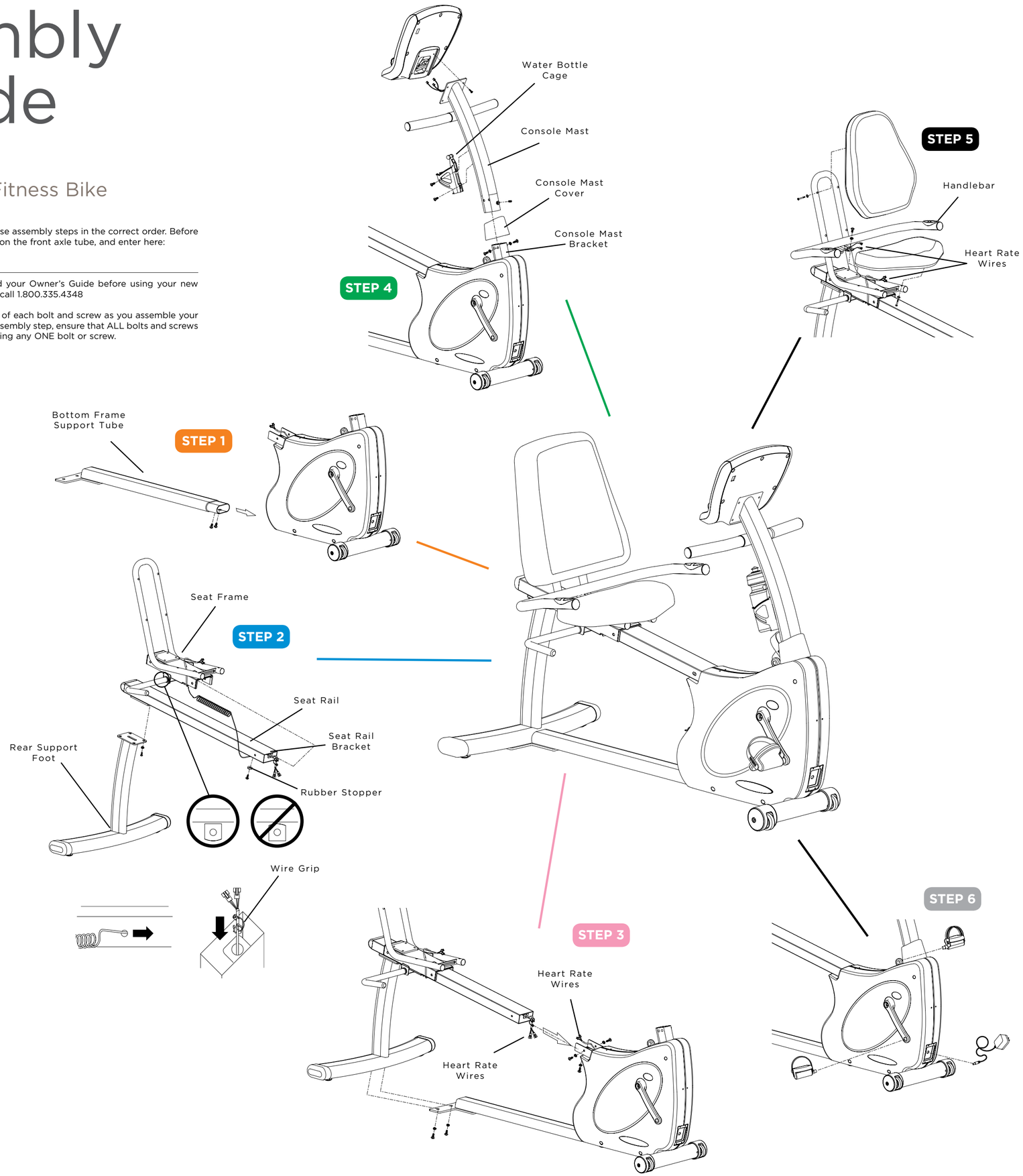
R10
Semi-Recumbent Fitness Bike

To avoid possible damage to this Fitness Bike, please follow these assembly steps in the correct order. Before proceeding, find your new Fitness Bike's serial number located on the front axle tube, and enter here:

_____

Refer to this number when calling for service. Be sure to read your Owner's Guide before using your new Fitness Bike. If any parts, hardware or tools are missing, please call 1.800.335.4348

NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Fitness Bike to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt or screw.



STEP 1 ORANGE BAG

- Connect bottom frame support tube to main frame with two (M8x15L) bolts and two (SW8) lock washers. Tighten with the 5mm T-handle wrench.

STEP 2 BLUE BAG

- Attach rear support foot to the bottom of the seat rail with four (M8x15L) bolts and four (SW8) lock washers. Do not tighten completely.
- Slide the seat frame onto the seat rail. Make sure the flat side of the clamp block rests against the bottom of the seat rail. Also make sure the adjustment handle is facing forward.
- Insert the heart rate wires located under the seat frame through the hole on the bottom of the seat rail and push them toward the front of the rail. Take the end of the heart rate wires that run through the seat rail and insert them through the hole in the bracket at the end of the rail. Snap the wire grip around the end of the heart rate wires and snap it into place in the bracket.
- Attach the rubber stopper to the bottom of the seat rail with the (M5x10L) bolt. Tighten with the screwdriver.

STEP 3 PINK BAG

- Connect the heart rate wires coming from the seat rail to the heart rate wires coming from the main frame.
- As you slide the seat rail onto the seat rail bracket, slide any excess heart rate wire into the seat rail bracket. Slide the seat rail on so the holes on the bottom of the bracket are in line with the frame. Insert three (M8x15L) bolts with three (SW8) lock washers into the holes for support. Do not tighten completely.
- Connect the bottom frame support tube to the bottom of the rear support foot with two (M8x20L) bolts and two (SW8) lock washers. Tighten with the 5mm T-handle wrench.
- Go back and tighten all bolts with the 5mm T-handle or 5mm L-shaped wrench.

STEP 4 GREEN BAG

- Slide the console mast cover onto the console mast.
- Wrap the wire tie that comes from the bottom of the console mast around the end of console cable and around the heart rate wires that are sitting in the frame console mast bracket. Slowly pull the wire tie up through the console mast until the cable and wires come through the top of the mast. Slide the bottom of the console mast over the frame mast bracket. Attach the mast to the frame with four (M8x15L) bolts, four (SW8) lock washers and one (M8x10L) set screw and slide the console mast grommet down over the bike frame.
- Remove the four bolts from the back side of the console. Plug the console cable and heart rate wires into the back side of the console. Place the console onto the mounting plate of the console mast and re-insert the four mounting bolts. Tighten with the screwdriver.
- Remove the two bolts from the backside of the console mast. Attach the water bottle cage to the mast with these two bolts. Tighten with the screwdriver.

STEP 5 BLACK BAG

- Connect the Heart Rate wires from the seat handlebar to the heart rate wires from the seat frame. Attach seat handlebar to seat frame with four (M8x15L) bolts and four (SW8) lock washers. Tighten with 5mm T-shaped wrench.
- Attach seat bottom cushion to seat frame with four (M6x35L) bolts and four (M6) arc washers. Tighten with the 4mm L-shaped wrench.
- Attach the seat back cushion to the seat frame with four (M6x35L) bolts and four (M6) arc washers. Tighten with the 4mm L-shaped wrench.

STEP 6 PEDALS

- Attach left and right pedal straps to left and right pedals.
- Attach left and right pedals to left and right crank arms. NOTE: both pedals and crank arms should be labeled left or right. Tighten with the included pedal wrench.
- Plug in power supply to power socket on the front side of the bike.

STEP 7 CONSOLE

- Refer to **Product Selection and Model Configuration** decal on console or follow these steps.
- Once the product is plugged in turn on the console
- Select bike (**BK**) using the resistance arrow keys. Press ENTER to select.
- Select model (**R10**) using the RESISTANCE arrow keys. Press ENTER to select. Console will reset to start-up screen.
- The product selection and model configuration is now complete.