

FitnessQuest
Inc.[®]
Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

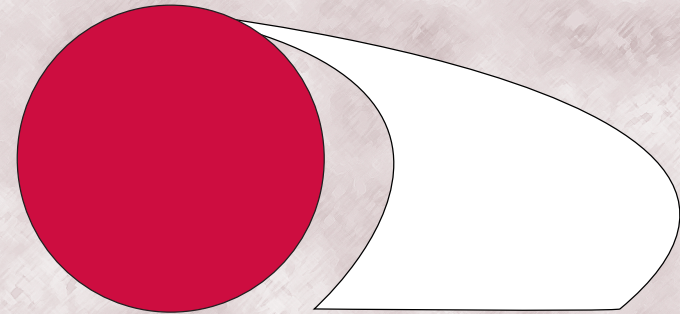
If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, Eastern Time.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)



ECLIPSE[®]

4100HR/A

Owner's Manual

***For Maximum Effectiveness
and Safety, Please Read This
Owner's Manual Before Using
Your Eclipse 4100HR/A***

ADDITIONAL WORKOUT PROGRESS CHARTS

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

IMPORTANT SAFETY TIPS

Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

Start out slowly and progress sensibly.

Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on page 19 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

Do not over exert yourself with this or any other exercise program. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.

Remember to breathe. Do not hold your breath while exercising. If, during the course of exercising, you become so breathless that you cannot hold a short conversation, slow down.

Use care when stepping on and off the equipment. Set up and use your Eclipse 4100HR/A on a solid, level surface. Follow the instructions found on page 13 of this manual for proper entry and exit techniques.

Check all moving parts before each use. Do not use the equipment unless all moving parts are working correctly.

Keep fingers and limbs, loose clothing and hair away from all moving parts.

Wear appropriate clothing when exercising. Workout clothing should be comfortable and lightweight. Wear athletic shoes, such as running or aerobic shoes. Do not use this product with bare feet or when wearing only socks or stockings.

The Eclipse 4100HR/A is not intended for use by children. Keep this and all fitness equipment out of the reach of children.

Unplug your unit when it is not in use.



CAUTION: RISK OF ELECTRICAL SHOCK. The Eclipse 4100HR/A is to be used ONLY indoors and in a dry location.

REMEMBER - REVIEW THIS OWNER'S MANUAL THOROUGHLY BEFORE STARTING YOUR WORKOUT!

YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than exercise and more than eating right. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups and exercise, now and for the rest of your life.

Your total fitness program consists of three parts:

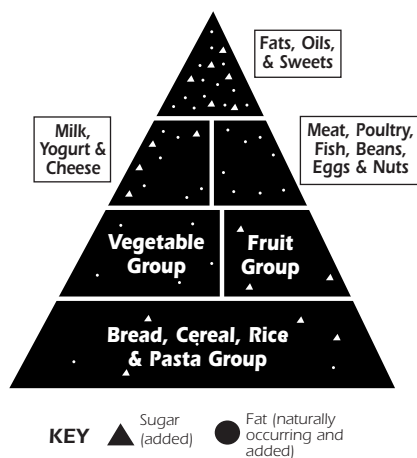
- Aerobic exercise to burn calories.
- Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate, and strengthen your bones.
- A diet that is safe, sensible and healthy.

Today, all fitness research recommends both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight loss. Strength conditioning adds lean muscle to your body, increasing your body's metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, as you will with your Eclipse® 4100HR/A, you can burn more fat and calories than with just aerobic exercise alone.

The Eclipse® 4100HR/A workout will help with the first two parts of your Total Fitness Program, but you need to make healthy, low-fat eating a big priority as well.

Consult with your physician about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. These guidelines are contained in the Food Guide Pyramid.

Starting at the base of the pyramid, you should strive for 6 - 11 servings a day from the Bread, Cereal, Rice and Pasta food group. You should eat 3 - 5 servings a day from the Vegetable group, and 2 - 4 servings from the Fruit group. You should also eat 2 - 3 servings a day from the Milk, Yogurt and Cheese group, and from the Meat, Poultry, Fish, Beans, Eggs and Nuts food group. Lastly, use Fats, Oils and Sweets sparingly.



EXERCISE GUIDELINES

If you are just starting an exercise program, choose a time of day that's good for you and stick to it closely. Try to do your Eclipse® 4100HR/A workout three times per week at first and then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions and when you have not eaten a heavy meal for approximately two hours.

Motivational Tips

Keep your motivation and interest high by remembering these simple tips:

- **Set goals for yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily or to see changes in your weight or fitness levels. Just five minutes of exercise, done several times per day, can change your health. Break your overall fitness goals down into small, reasonable goals.
- **Record your progress** by using the charts provided at the end of this booklet.
- **Celebrate your successes** - even the small ones! Give yourself incentives for reaching each of your goals and reward yourself often.
- **Place your elliptical trainer where you can easily watch TV** or listen to music as many people find that makes your workout more enjoyable.
- **Take your setbacks in stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them and make sure they are realistic. Make adjustments as you think they are needed.

Your Eclipse® 4100HR/A Workout Will Consist of Three Phases:

Warm-Up

To prevent injury and maximize performance, we recommend that each workout period should start with a warm-up. Your warm-up should gently prepare your muscles for the coming exertion. Start by doing the stretches found on pages 7-9 of this manual. Follow your stretches with 5 to 10 minutes of gentle exercise that gradually increases your heart rate and loosens up your muscles. You can do this by using your elliptical trainer at a slow tempo or by simply walking in place before starting your workout.

Aerobic and Muscle Toning Workout

To gain the health and fitness benefits that you seek, your warm-up should be followed by a 20 minute workout on your elliptical trainer. Build up to this amount as your current fitness level allows and progress at a rate that is comfortable to you. As your fitness level increases, you may want to gradually increase the length of your

workouts to a total of 30 minutes most days of the week. If losing weight is one of your goals, you may want to gradually increase your workouts to 5 or 6 days per week. More frequent workouts at longer durations require the body to burn more calories and use stored fat for energy.

For the first week or so, you may feel some muscle soreness. This is quite normal and will disappear in a matter of days. If you experience major discomfort, you may be on a regimen that is too advanced for you or you may have increased your program too rapidly.

Once the basic elliptical workout is comfortable to you, interval training offers the opportunity for greater workout variety, cardiovascular benefits and increased fat and calorie burning. Interval training means alternating short periods of higher intensity striding with periods of lower intensity striding. When you perform the high intensity periods, you may be working at a level that is at the high end or may exceed your Target Heart Rate Zone. The lower intensity exercises are at the lower end of your Target Heart Rate.

Beginners can also use interval training by simply alternating periods of moderate striding with rest periods of easy striding. If you are having difficulty completing 20 minutes of non-stop striding, work for 3 to 4 minutes then rest with a slower pace for one minute. Repeat this pattern until your twenty minutes are up.

Remember to monitor your estimated heart rate throughout your workout. It can help you determine the level of exertion that may be most appropriate for you and serve as a good measure of your progress toward improved fitness.

There are four variables that will help you control the intensity of your workout and keep your heart rate at a safe and appropriate level.

- **The position of your feet.** The further back on the foot pedals you place your feet, the harder the workout since the elliptical path is larger.
- **Your hand position.** Using the dual action handlebars takes more effort than simply using the stationary handlebar.
- **Your speed.** The faster your workout tempo, the greater the effort. Slowing down your tempo at any time will make your workout easier.
- **Adjusting the resistance.** Once you are able to easily complete an entire workout at a fast tempo, you may want to increase the resistance to make the workout more challenging.

Cool Down

Towards the end of the aerobic and muscle toning phase of your workout, gradually slow your tempo down and switch your hands to the stationary handlebar. Your goal is to bring your heart rate down to within its normal resting rate. Complete your workout with the series of stretches shown on pages 7-9 of this manual. Stretching at the end of your workout will help prevent muscle cramps or injury.

Target Heart Rate Zone		
Age	Minimum (50%)	Maximum (80%)
20	100	160
22	99	158
24	98	157
26	97	155
28	96	154
30	95	152
32	94	150
34	93	149
36	92	147
38	91	146
40	90	144
45	87	140
50	85	136
55	83	132
60	80	128
65+	77	124

Age adjusted heart rate (beats per minute).

Effective aerobic training to improve your fitness and health requires working out at an exercise intensity that raises your pulse to a level that safely challenges your heart and lungs. This level can range between 50% - 80% of your maximum heart rate and is called your **Target Heart Rate Zone**. If you are new to exercise or out of shape, 50% - 60% may be adequate to promote good cardiovascular conditioning. A well conditioned athlete may prefer to work up to an 80% - 85% rate.

Using your estimated heart rate as an indicator of your fitness level provides a built-in work intensifier. If you're untrained, you'll require less effort to reach your target heart rate zone. As your cardiovascular fitness improves and you become stronger, it will require more effort for you to reach your target heart rate zone.

The chart illustrates the predicted minimum and maximum target heart rate zones for cardiovascular fitness for the average individual in good health. To use the chart, find your age and the corresponding minimum and maximum target heart rate zones.

DETERMINING YOUR ESTIMATED HEART RATE

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

- ♥ Pause just long enough from your exercise to take your pulse.
 - a) Push the button on your electronics computer until the heart icon appears on the display screen.
 - b) Gently grab both metal pulse sensors on both handlebars. Wait 6 seconds.
 - c) Your estimated heart rate range will be displayed on screen. Check the chart above to see if you are within your range according to your age.

Remember that training heart rate ranges are predictions and based on averages. Regardless of your estimated heart rate readout, you should slow down if you are breathless and cannot carry on a short conversation.

Also remember that during interval training your estimated heart rate may exceed the 80% maximum rate. This is normal, and when you resume aerobic training your estimated heart rate will adjust back to the normal target heart rate.

- Frequency:** 3 - 4 times per week
- Duration:** 20 - 30 minutes
- Intensity:** 60 - 70% of age predicted maximum heart rate
- Stepping speed:** Less than 50 strides per minute

PROGRAM TWO

Intermediate Conditioning Program

In most cases, this program will produce results consistent with the fitness goals for the majority of the general fitness population.

- Exercises:** Do any combinations of all the exercises or simply focus on the exercises 1 & 2 for the entire exercise period.
- Frequency:** 3 - 5 times per week
- Duration:** 20 - 45 minutes
- Intensity:** 70 - 80% of age predicted maximum heart rate
- Stepping Speed:** 50 - 60 strides per minute

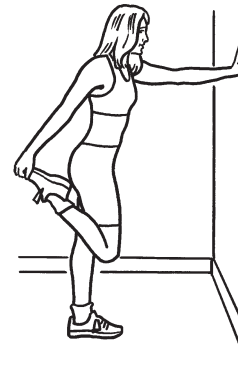
TARGET HEART RATE ZONE

Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

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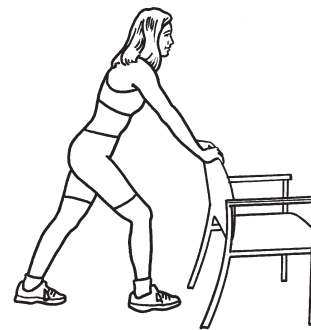
WARM UP & COOL DOWN STRETCHES

Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion, like elliptical striding. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. **(Do not let the lifted knee swing outward.)** Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles. Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow. Hold for 20 to 30 seconds. Repeat for the opposite arm.



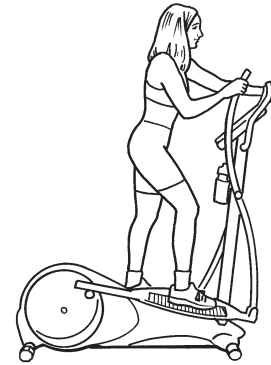
4. Back Stretch

Stand with your legs shoulder length apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go. Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist. Hold for 20 to 30 seconds. Repeat for the opposite leg.



8. Upper body pull

In this exercise, you will be using only your arms. Your legs should remain stationary throughout the exercise. Stand upright on the foot pedals with your hands on the dual action handlebars. Lean back slightly with a "full body lean" from the ankles. Reverse your normal handlebar motion and **pull back and then push forward** on the handlebars. Make sure that you do not round your back while doing this exercise. You should feel the action in your upper arms and back muscles. Increase the tension as necessary so that you are getting a full upper body workout. In this exercise, you will feel your biceps, the back of your shoulders and your lats working.

SUGGESTED WORKOUT PROGRAMS

Below and on the following page, you will find two workout programs. The program that you follow should be determined by your fitness level, available time and goals. It is highly recommended that you understand your capabilities and the intensity that best suits you and your goals. In doing either of the programs listed, try and incorporate the various different exercises described on pages 14 through 17. First time exercisers should follow Program #1 and gradually build up both the time and intensity of your workout. If you are already a regular exerciser, you may wish to follow Program #2.

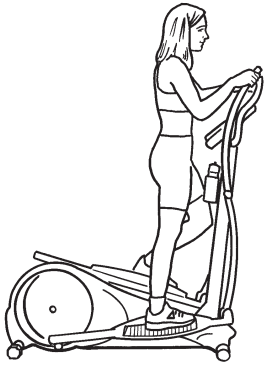
- Always remember to warm up and cool down.
- Never try to overdo it; moderation and consistency are the keys to long term results.
- Remember to drink lots of water.
- Remember to breathe normally. If you become so breathless that you cannot hold a short conversation, slow down.

PROGRAM ONE

Initial Conditioning Program

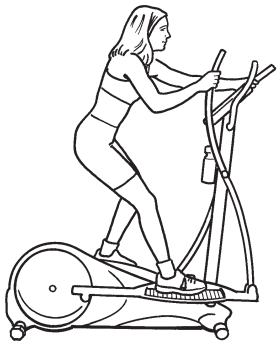
When first beginning your Eclipse® 4100HR/A exercise program, the emphasis should be placed on gradually building up to 20 - 30 minutes of continuous activity. Once you can perform 20 to 30 minutes of continuous exercise, the emphasis can be moved to gradually building up your intensity levels. This program should be followed for the first 6 to 8 weeks of training.

Exercises: Do exercises 1 & 2 (only) for the entire exercise period or any combination of exercises 1, 2, 4, 5, 6, & 7 for the duration of the exercise period.



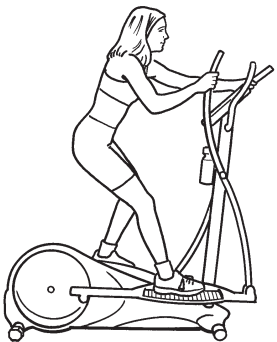
5. Reverse forward lean position

Stand upright on the foot pedals with your hands on either the stationary or dual action handlebars. Lean forward slightly with a “full body lean” as described in #4. **Move your legs backward in a smooth, elliptical motion.** This exercise reverses the direction of the previous exercise. Avoid leaning or pulling back on the handlebars. You will feel more emphasis in the muscles in the front of your thighs.



6. Backward lean position

Stand upright on the foot pedals with your hands on either the stationary or dual action handlebars. Lean back slightly with a “full body lean” from the ankles. Do not round your back. **Move your legs forward.** Your legs will be moving slightly in front of your body as if you were cycling. Keep your shoulders aligned over your hips. In this exercise, you will feel more emphasis in the muscles in the back of your hips and thighs.



7. Reverse backward lean position

Stand upright on the foot pedals with your hands on either the stationary or dual action handlebars. Lean back slightly with a “full body lean” from the ankles. Do not round your back. **Move your legs backward in a smooth, elliptical motion.** Your legs will be moving slightly in front of your body as if you were cycling backwards. This exercise reverses the direction of the previous exercise. Keep your shoulders aligned over your hips. In this exercise, you will feel more emphasis in the muscles in the back of your hips and thighs.

6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back. Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your hands on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



8. Arm Pullback

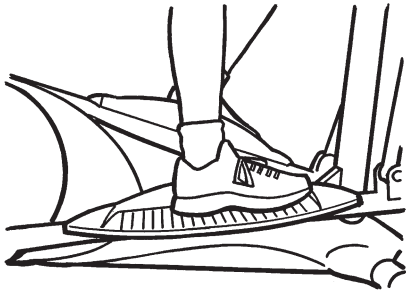
Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region. Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.



The Eclipse 4100HR/A, with its patented Orbital Linkage System, provides a completely smooth and natural feeling, elliptical path that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout. The durable steel frame and streamlined look make the Eclipse 4100HR/A easy to use and easy to store, no matter what your space limitations.

Changing foot positions

The generously sized foot platforms are 7" x 16" inches long which provides workout stability and allows you to vary your foot position for different workout intensities. Begin with your feet in the most forward position and then move your feet to the position that feels most comfortable to you while striding. The further back your feet are placed on the foot pedals, the greater the vertical height of the elliptical motion and therefore, the harder the workout.



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