

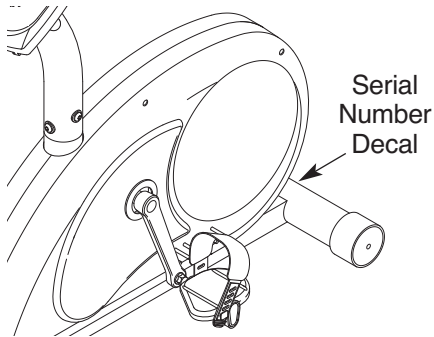
HEALTHRIDER®

N25

USER'S MANUAL

Model No. HREX1395.0

Serial No. _____



QUESTIONS?

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

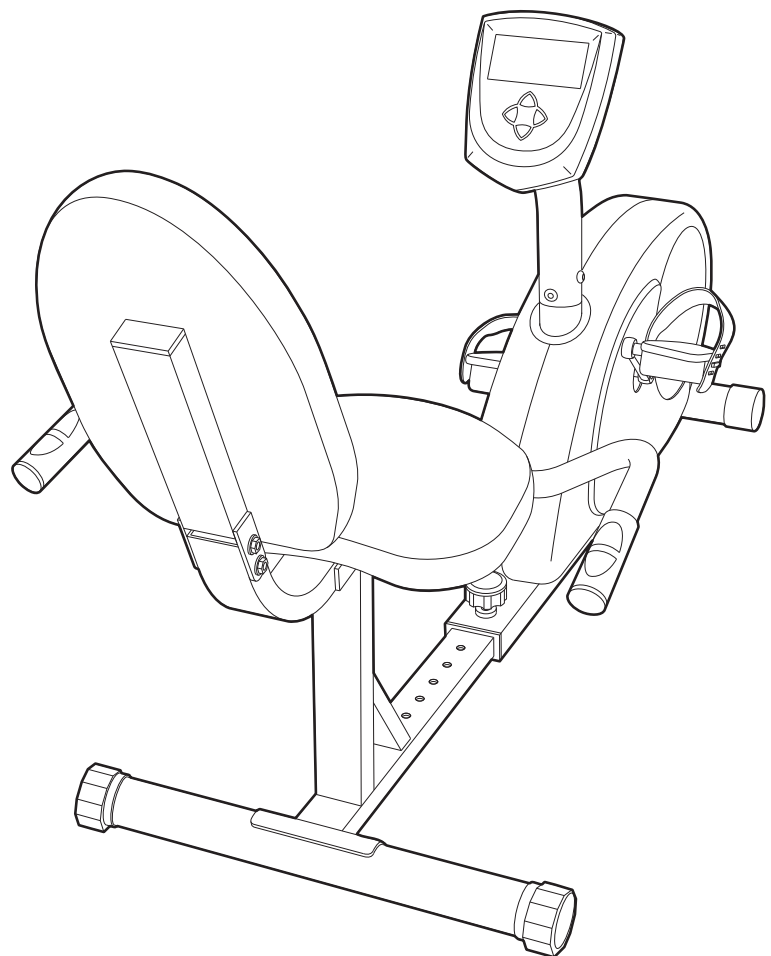
CALL TOLL-FREE:

1-888-922-4222

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.healthriderservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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www.healthrider.com

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

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection while using the exercise cycle.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight when using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

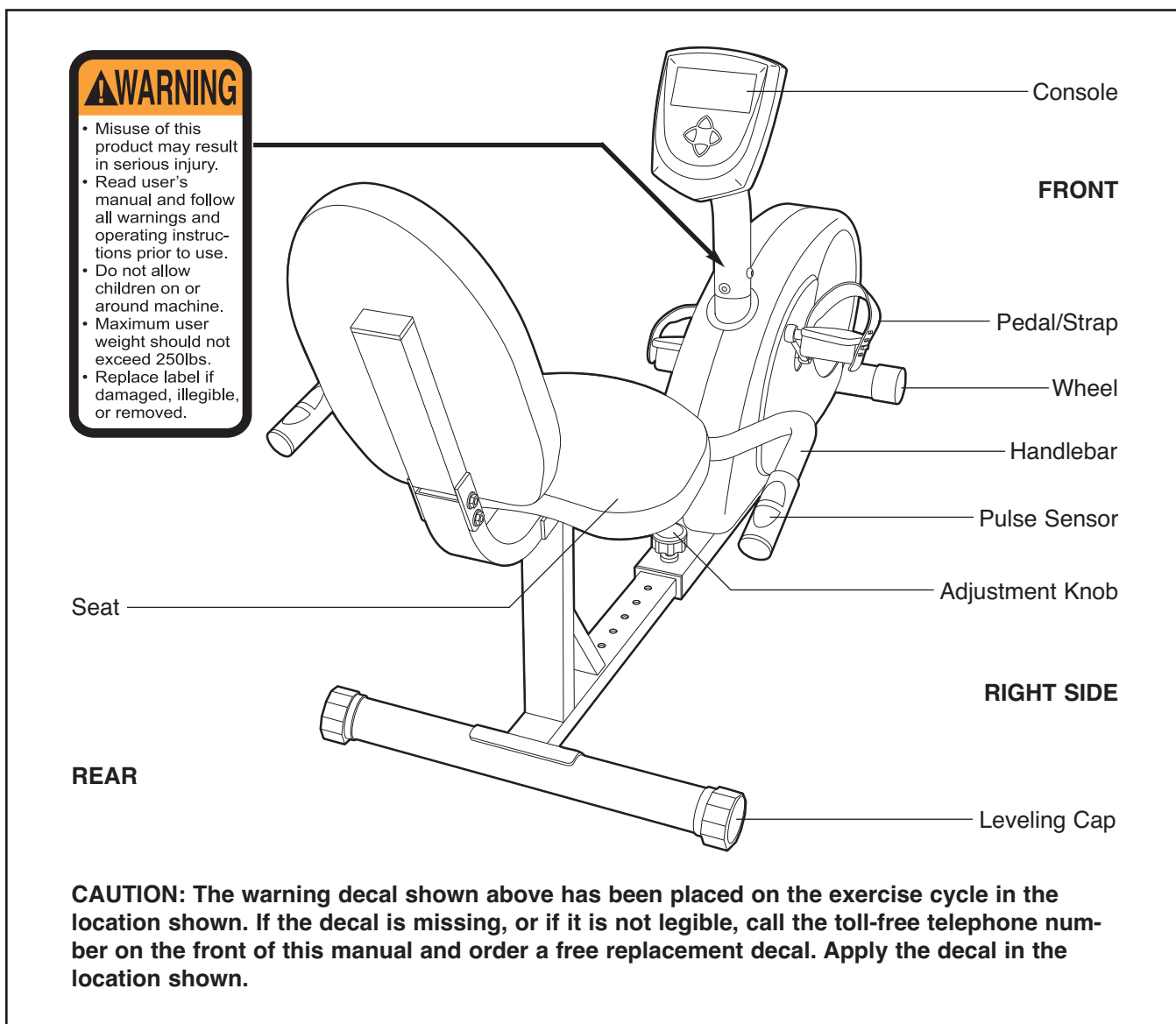
Thank you for selecting the new HEALTHRIDER® N25 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The N25 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product

model number and serial number before calling. The model number is HREX1395.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

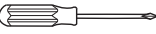

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.healthriderservice.com/registration.

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

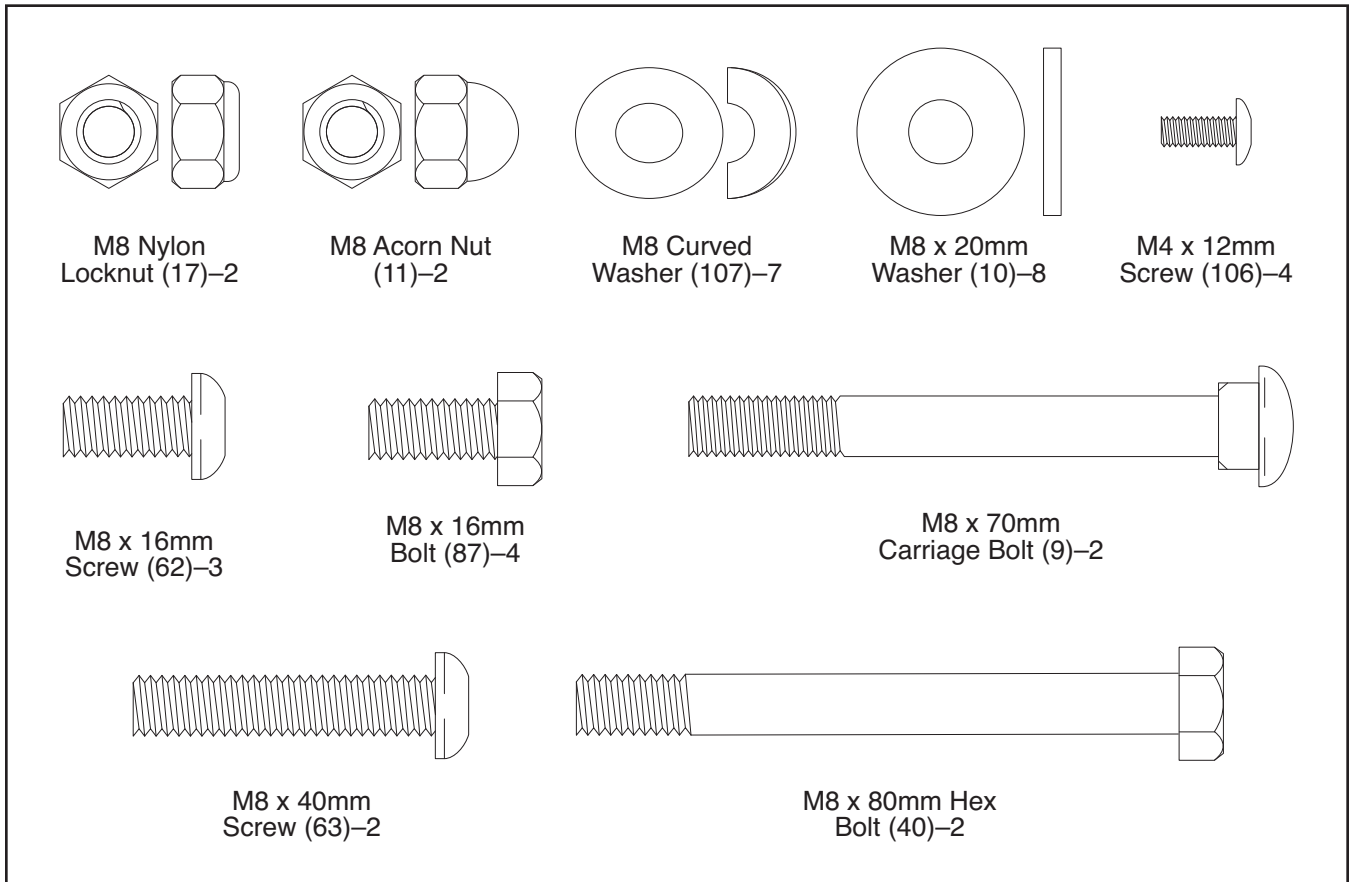


ASSEMBLY

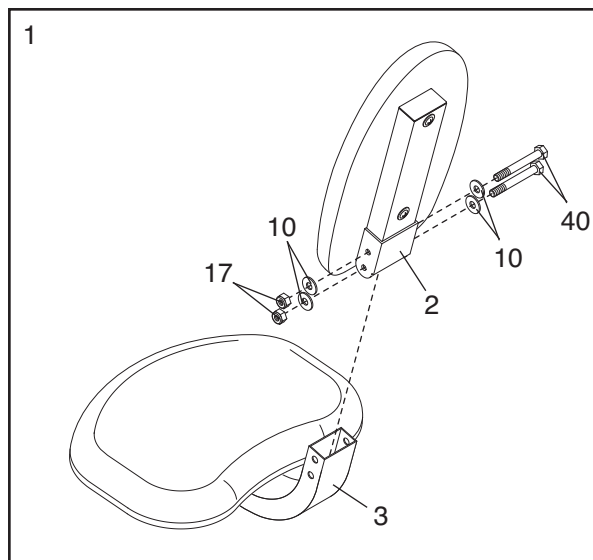
To hire an authorized service technician to assemble the exercise cycle, call toll-free 1-800-445-2480.

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a phillips screwdriver**  **and an adjustable wrench** .

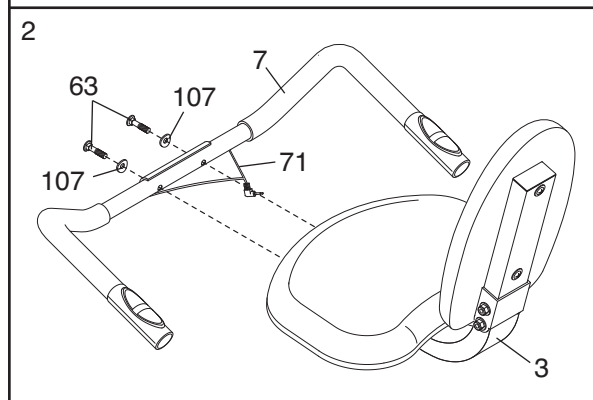
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Insert the Seat Back Support (2) into the Seat Bracket (3). Attach the Seat Back Support with two M8 x 80mm Hex Bolts (40), four M8 x 20mm Washers (10), and two M8 Nylon Locknuts (17).



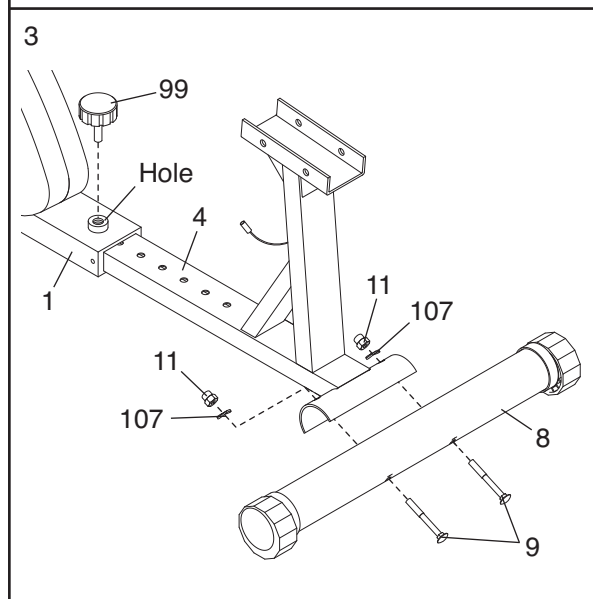
2. Attach the Handlebar (7) to the Seat Bracket (3) with two M8 x 40mm Screws (63) and two M8 Curved Washers (107). **Be careful to avoid pinching the Pulse Wire (71).**



3. Slide the Seat Frame (4) partially out of the Frame (1), and align one of the adjustment holes in the Seat Frame with the indicated hole in the Frame. Next, tighten the Adjustment Knob (99) into the Frame.

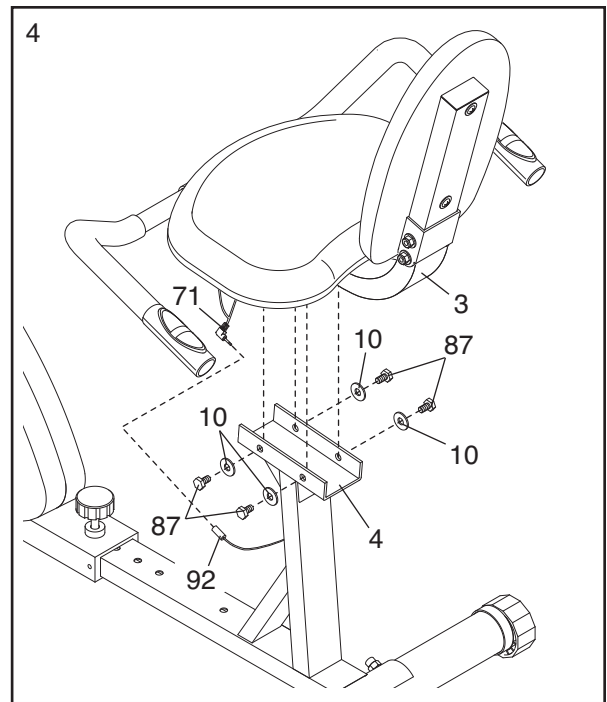
Attach the Rear Stabilizer (8) to the Seat Frame (4) with two M8 x 70mm Carriage Bolts (9), two M8 Curved Washers (107), and two M8 Acorn Nuts (11).

Note: After the exercise cycle is assembled, the position of the Seat (not shown) should be adjusted; as you pedal, there should be a slight bend in your knees when the pedals are in the farthest forward position. To adjust the Seat, first turn the Adjustment Knob (99) counterclockwise two or three turns to loosen it. Next, lift the Knob, slide the Seat Frame (4) to the desired position, and then release the Knob. **Slide the Seat Frame in and out slightly until the pin on the Knob engages one of the adjustment holes in the Seat Frame.** Then, retighten the Knob.



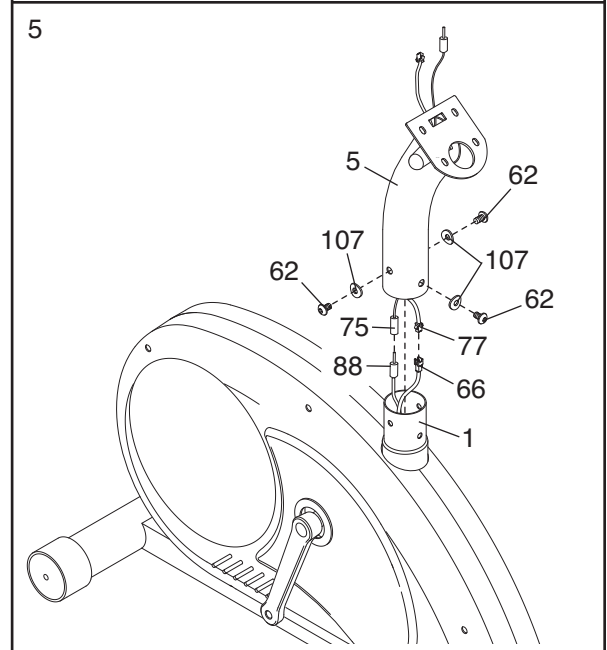
- Set the Seat Bracket (3) in the Seat Frame (4), and align the holes. Attach the Seat Bracket with four M8 x 16mm Bolts (87) and four M8 x 20mm Washers (10). **Be careful to avoid pinching the Pulse Wire (71).**

Connect the Pulse Wire (71) to the Lower Pulse Wire (92).



- While another person holds the Upright (5) near the Frame (1), connect the Upper Wire Harness (77) to the Lower Wire Harness (66). Next, connect the Upper Pulse Wire (75) to the Center Pulse Wire (88). Insert the excess wire into the Frame.

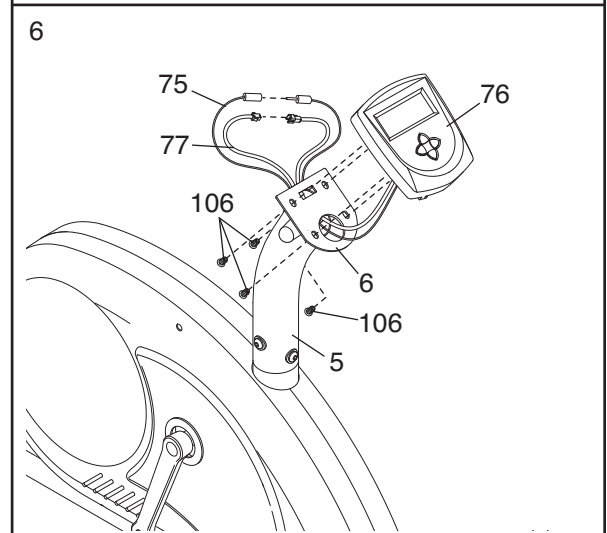
Slide the Upright (5) onto the Frame (1). Attach the Upright with three M8 x 16mm Screws (62) and three M8 Curved Washers (107). **Be careful to avoid pinching the wires.**



- The Console (76) requires four "C" batteries (not included); alkaline batteries are recommended. Insert four batteries into the back of the Console. **Make sure that the batteries are oriented as shown by the markings inside the Console.**

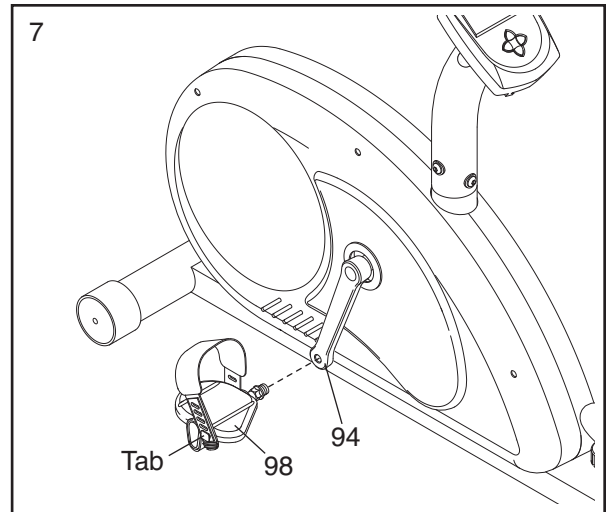
While another person holds the Console (76) near the Console Bracket (6), feed the console wires through the large hole in the Console Bracket. Next, connect the console wires to the Upper Wire Harness (77) and the Upper Pulse Wire (75). Then, insert all wires into the top of the Upright (5).

Attach the Console (76) to the Console Bracket (6) with four M4 x 12mm Screws (106).



7. Identify the Left Pedal (98), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (94). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the pedal straps to the desired position by pressing the end of each pedal strap onto the tab on each pedal.



8. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE



The advanced console offers a selection of features designed to make your workouts more effective. During each workout, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback—you can even measure your heart rate using the built-in handgrip pulse sensor.

The console also features five preset workout programs and a heart rate program. Each program automatically changes the resistance of the pedals as it guides you through an effective workout.

Note: The console requires four “C” batteries. If batteries have not been installed, see assembly step 6 on page 6. If there is a sheet of clear plastic on the face of the console, remove it.

HOW TO USE THE MANUAL MODE

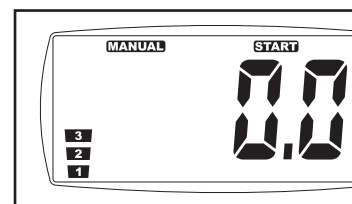
1 Turn on the console.

To turn on the console, press any button.

2 Select the manual mode.

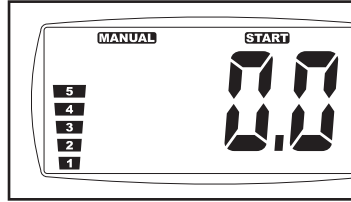
Each time the console is turned on, the manual mode will be selected. If you have selected a program, select the manual mode

by pressing the Up or Down button repeatedly until the word “Manual” appears in the display.



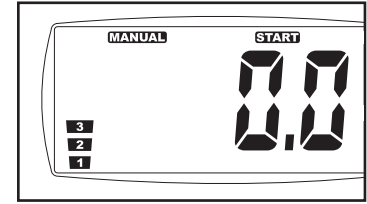
3 Start your workout and adjust the resistance of the pedals.

Press the Program Start/Stop button and then begin pedaling. As you pedal, adjust the resistance of the pedals as desired by pressing the Up and Down buttons. There are eight resistance levels. Note: After the buttons are pressed, it will take a few seconds for the pedals to reach the selected resistance setting.



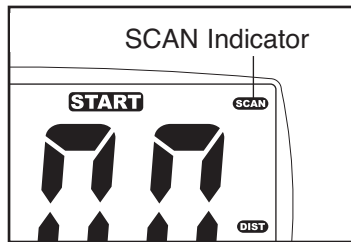
repeatedly until only the TIME, DIST., or CAL. indicator appears in the display. Make sure that the SCAN indicator does not appear.

The resistance bar on the left part of the display will show the resistance level of the pedals.



4 Follow your progress with the display.

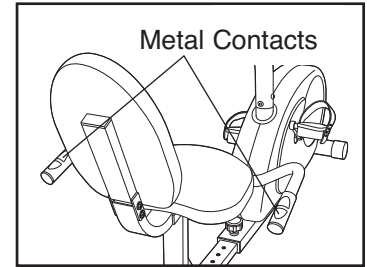
After you start your workout, you can select a display mode. To view all modes, press the Mode/Enter button repeatedly until the SCAN indicator appears. As you pedal, the console will display several different modes: the elapsed time, your pedaling speed, the distance that you have pedaled, and the approximate number of calories you have burned. In addition, the console will display a heart symbol when you use the handgrip pulse sensor and it detects your pulse.



If desired, you can select a single mode for continuous display. Press the Mode/Enter button

5 Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands on the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.



6 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will automatically turn off to conserve the batteries.

HOW TO USE A WORKOUT PROGRAM

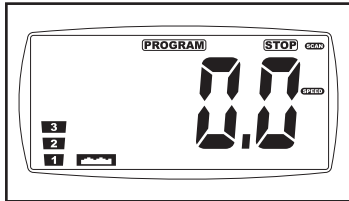
1 Turn on the console.

See step 1 on page 8.

2 Select a workout program.

Each time the console is turned on, the manual mode will be selected. To select a workout program,

first make sure that the word Stop is shown in the display. If it is not shown, press the Program Start/Stop button so the word Stop appears. Then, press the Up or Down button repeatedly until the word Program and the desired resistance profile appear in the display.

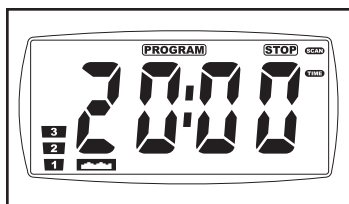


The resistance profiles across the bottom of the display show how the resistance level will change during the workout programs. For example, the third profile shows that when the third program is selected, the resistance will gradually increase during the first half of the program and then decrease during the last half.

After you have selected a workout program, press the Mode/Enter button.

3 Set your workout goals.

Once you have selected a workout program, you will be prompted to set workout goals. Press the Up and Down buttons to select the number of minutes that you plan to exercise, the number of miles that you plan to pedal, the approximate number of calories you want to burn, and/or a target heart rate (see EXERCISE INTENSITY on page 13). After each selection, press the Mode/Enter button.



Note: You can set one, two, three, or four goals (or no goals). For example, if you want to set only a time goal and a distance goal, select the number of minutes that you plan to exercise and then press the Mode/Enter button. Next, select the distance that you plan to pedal and then press the Mode/Enter button. Then, start the program (see step 4).

4 Start the program.

To start the program, press the Program Start/Stop button and begin pedaling. Each workout program is divided into ten periods. One resistance setting is programmed for each period. (The same resistance setting may be programmed for two or more consecutive periods.) Note: The amount of time in each period depends on the time goal that you set for the program. For example, if you set a 20-minute time goal, each period will last for two minutes.

At the end of each period, the resistance of the pedals will automatically change if a different resistance setting is programmed for the next period. Note: If the resistance level is too high or too low, you can change the resistance level by pressing the Up or Down button. However, when the current period ends, the resistance level will automatically change if a different resistance setting is programmed for the next period.

Note: During the program, the console will display the time remaining in the program if you have set a time goal. If you have not set a time goal, the time will count up in the same way that it does when the manual mode is selected.

5 Follow your progress with the display.

See step 4 on page 9.

6 Measure your heart rate if desired.

See step 5 on page 9.

7 When you are finished exercising, the console will automatically turn off.

See step 6 on page 9.

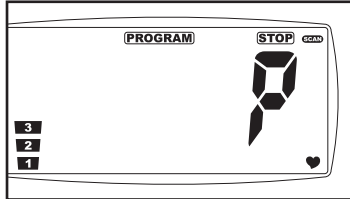
HOW TO USE THE HEART RATE PROGRAM

1 Turn on the console.

See step 1 on page 8.

2 Select the heart rate program.

Each time the console is turned on, the manual mode will be selected. To select the heart rate program, first make



sure that the word Stop is shown in the display. If it is not shown, press the Program Start/Stop button so the word Stop appears. Then, press the Up or Down button repeatedly until the heart symbol begins to flash in the lower right part of the display. Then, press the Mode/Enter button.

3 Set a target heart rate.

The display will show a "P," for Pulse. Press the Up and Down buttons to select a target heart rate goal (see EXERCISE INTENSITY on page 13). Then, press the Mode/Enter button to confirm your goal.

4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you must hold the handgrip pulse sensor frequently for the program to function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5 Start the program.

To start the program, press the Program Start/Stop button and begin pedaling. When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the resistance of the pedals will automatically change to keep your heart rate near the target heart rate.

6 Follow your progress with the display.

See step 4 on page 9.

7 When you are finished exercising, the console will automatically turn off.

See step 6 on page 9.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of liquid dishwashing soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

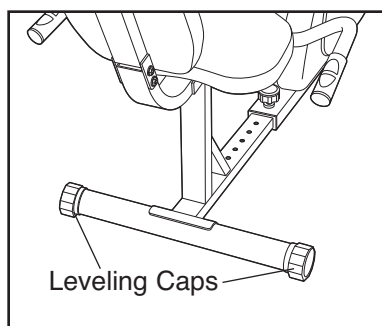
If the handgrip pulse sensor does not function properly, see step 5 on page 9.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 6.

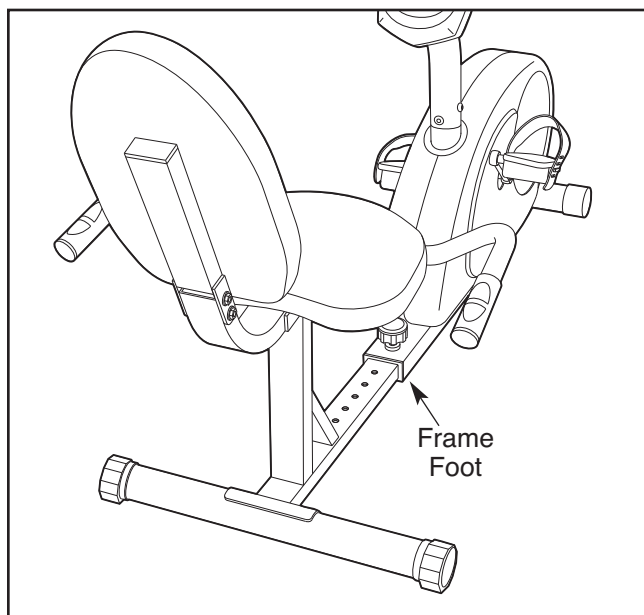
HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks on your floor during use, turn one or both of the leveling caps on the rear stabilizer until the rocking motion is eliminated.



HOW TO ELIMINATE FLEXING IN THE CENTER OF THE EXERCISE CYCLE

If the exercise cycle flexes in the center during use, turn the frame foot until the flexing motion is eliminated.



CONDITIONING GUIDELINES

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

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle of your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

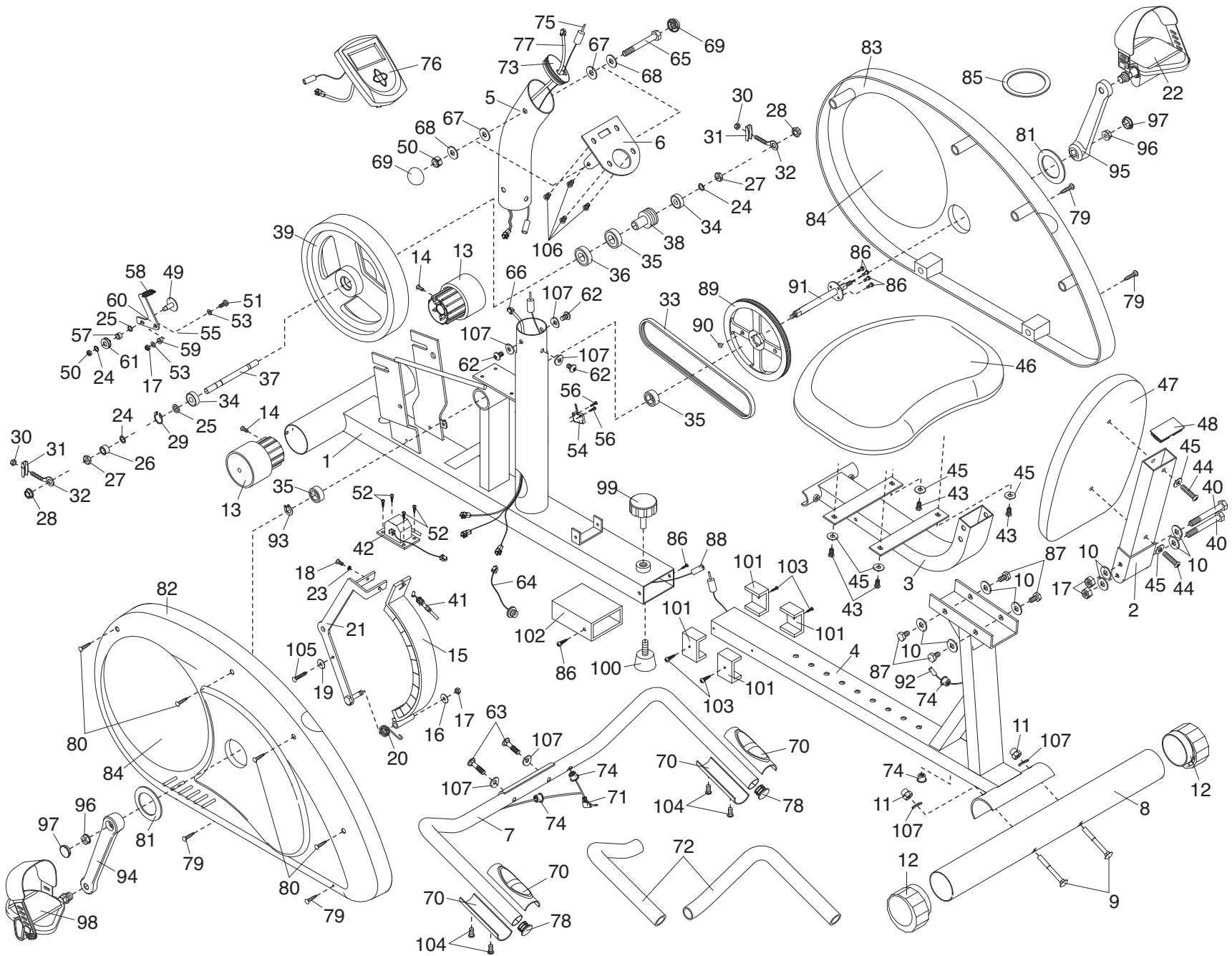
PART LIST—Model No. HREX1395.0

R1205A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Clutch Bearing	74	4	Grommet
2	1	Seat Back Support	37	1	Flywheel Axle	75	1	Upper Pulse Wire
3	1	Seat Bracket	38	1	Flywheel Pulley	76	1	Console
4	1	Seat Frame	39	1	Flywheel	77	1	Upper Wire Harness
5	1	Upright	40	2	M8 x 80mm Hex Bolt	78	2	Handlebar Endcap
6	1	Console Bracket	41	1	Resistance Cable	79	4	M5 x 15mm Bolt
7	1	Handlebar	42	1	Resistance Motor	80	4	M4 x 20mm Screw
8	1	Rear Stabilizer	43	4	M6 x 15mm Bolt	81	2	Crank Ring
9	2	M8 x 70mm Carriage Bolt	44	2	M6 x 45mm Bolt	82	1	Left Side Shield
10	15	M8 x 20mm Washer	45	6	M6 x 15mm Washer	83	1	Right Side Shield
11	2	M8 Acorn Nut	46	1	Seat	84	2	Side Shield Disc
12	2	Leveling Cap	47	1	Seat Back	85	1	Upright Ring
13	2	Transport Cap	48	1	Seat Bracket Endcap	86	6	M5 x 8mm Screw
14	2	M3 x 12mm Screw	49	1	M10 x 35mm Bolt	87	4	M8 x 16mm Bolt
15	1	"C" Magnet	50	2	M10 Nylon Locknut	88	1	Center Pulse Wire
16	1	M8 x 15mm Washer	51	1	M8 x 20mm Bolt	89	1	Large Pulley
17	4	M8 Nylon Locknut	52	4	M5 x 12mm Screw	90	1	Magnet
18	1	M5 x 30mm Hex Head Bolt	53	2	M8 Washer	91	1	Crank
19	1	M5 x 15mm Washer	54	1	Reed Switch/Wire	92	1	Lower Pulse Wire
20	1	Resistance Spring	55	1	M12 x 16mm Washer	93	1	Large Snap Ring
21	1	"C" Magnet Bracket	56	2	M3 x 10mm Bolt	94	1	Left Crank Arm
22	1	Right Pedal/Strap	57	1	M10 x 16mm x 6mm Spacer	95	1	Right Crank Arm
23	1	M5 Nut	58	1	Tension Spring	96	2	M10 Flanged Locknut
24	3	M10 x 14mm Washer	59	1	Idler Bushing	97	2	Crank Cap
25	2	M10 x 16mm x 2.5mm Spacer	60	1	Idler	98	1	Left Pedal/Strap
26	1	M10 x 16mm x 10mm Spacer	61	1	Spring Washer	99	1	Adjustment Knob
27	2	3/8" x 15mm Screw	62	3	M8 x 16mm Screw	100	1	Frame Foot
28	2	3/8" Nylon Locknut	63	2	M8 x 40mm Screw	101	4	Seat Frame Spacer
29	1	Snap Ring	64	1	Transformer Wire	102	1	Frame Bushing
30	2	M6 Nylon Locknut	65	1	M10 x 85mm Screw	103	4	M4 x 14mm Bolt
31	2	M6 Eyebolt	66	1	Lower Wire Harness	104	4	M3 x 15mm Screw
32	2	"U" Bracket	67	2	Nylon Washer	105	1	M5 x 30mm Round Head Bolt
33	1	Belt	68	2	M10 x 19mm Washer	106	4	M4 x 12mm Screw
34	2	6000ZZ Bearing	69	2	M10 Nut	107	7	M8 Curved Washer
35	3	6003ZZ Bearing	70	2	Pulse Sensor Assembly	#	2	Hex Key
			71	1	Pulse Wire	#	1	User's Manual
			72	2	Foam Grip			
			73	1	Upright Endcap			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

15



ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (HREX1395.0)
- the NAME of the product (HEALTHRIDER N25 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15)

LIMITED WARRANTY

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

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