

Sitting hamstring and 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.



Warming up and cooling down

Warm up

The first 2 to 5 minutes of a work out 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 to loosen and relax your muscles to avoid the build up of lactic acid and post exercise muscle pain.

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 a race? Knowing what your goals are will help you develop a more successful exercise programme. Below are some common exercise goals and the type of activity that will help you to achieve these goals:

- Weight loss - lower intensity, longer duration work outs
- Improve body shape and tone - interval work outs, alternate between high and low intensities
- Increased energy level - more frequent daily work outs
- Improved sports performance - high intensity work outs
- Improved cardiovascular endurance - moderate intensity, longer duration work outs

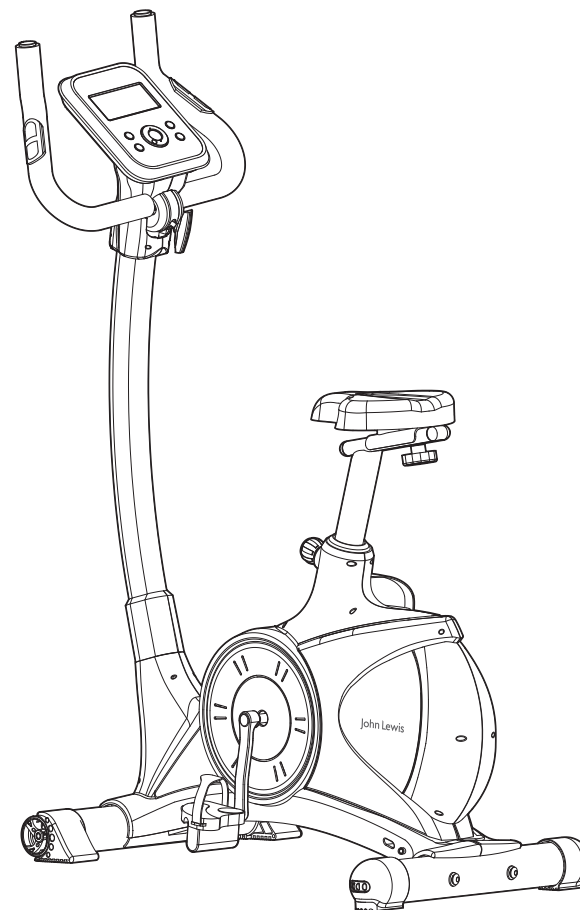
If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of 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.



This symbol indicates that this product should not be treated as normal household waste and should be recycled. John Lewis does not operate instore take back, but as members of the Distributor Take Back scheme have funded the development and upgrade of recycling facilities across the UK. Please take it to your nearest collection facility or for further details contact your local council or visit www.recycle-more.co.uk.

Exercise bike EB3

Instruction manual



John Lewis

Important safety information

It is most important that this instruction book should be retained with the machine for future reference. These warnings have been provided in the interest of safety.

You **MUST** read them carefully before using the machine. If you are unsure of the meanings of these warnings contact the John Lewis branch from which you purchased the machine.

On choosing your exercise bike. You've taken an important step in developing and sustaining an exercise programme! Your exercise bike is a tremendously effective tool for achieving your personal fitness goals. Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, this product can help you attain it – adding health club-quality performance to your at-home work outs, with the ergonomics and innovative features you need to get stronger and healthier, faster.

Warranty Information

At John Lewis, we believe that you should have confidence that the product that you have purchased from us meets and exceeds your expectations. That's why this John Lewis fitness machine is covered by a **five year warranty on all parts and labour**.

Our customer service department is ready to assist should you have any problems with your machine. Simply call us on **0844 871 7771**.

We will arrange for a representative to call you back at your convenience to discuss the problem and in the first instance, resolve it over the phone, or send out the relevant replacement part. If required, our service team will arrange for an engineer to visit you at home.

THE FOLLOWING INFORMATION IS REQUIRED WHEN REPORTING A FAULT/PROBLEM

- Your name and address.
- The type of machine.
- Serial number.
- Date of purchase and John Lewis branch from which it was purchased.
- The problem with your machine.
- Your daytime contact telephone number (including mobile and email address if applicable)

Location of the serial number

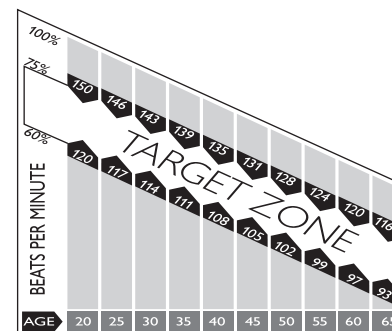
On the front stabiliser bar or on the frame next to the power lead connection at the rear of the product.

Safety information

If part of the machine is / has been broken, please do not use the machine and report this to our customer services department on **0844 871 7771**.

Note: Warranty is non-transferable and is invalid if the machine is used outside the UK, Northern Ireland or Eire. Warranty is invalid if John Lewis fitness products are used in a non-domestic environment or if any other conditions explained within the instruction booklet are broken. Improper use of the machine will invalidate the warranty. Accidental damage of the machine is not covered by the warranty and repairs will be charged at market rate. In the case that the machine is uneconomical to repair, an alternative product or refund will be offered.

on age, current level of conditioning, and personal fitness goals. It is generally recommend that you should work-out at a Target heart rate zone of between 60% and 75% of your maximum heart rate. A beginner will want to work out in the 60% range while a more experienced exerciser will want to work out in the 70-75% range. See chart for reference.



example

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Heart Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

Perceived exertion level

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too out of breath 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.

Stretching

Before using your product, it is best to take a few minutes doing some 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.

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.



Standing quadriceps 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.



Fitness guide

Safety warning

Before starting a new exercise programme we recommend you consult your doctor or other professional medical adviser, particularly if you suffer from:

- | | |
|---|--|
| <ul style="list-style-type: none">• A heart condition• High blood pressure• Diabetes• Asthma• Joint, muscular, or back problems | Or you are: <ul style="list-style-type: none">• Pregnant• On any prescribed medication• Currently under the care of your doctor• Convalescing |
|---|--|
- Any similar conditions

This advice should not be treated as a substitute for the medical advice of your own doctor and if you are in any doubt as to your fitness or are concerned about your health you should seek the advice of your doctor or any other health care professional.

How often? (frequency of work outs)

Doctors recommend 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 programme 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 programme, you have to make it a priority in your life. So decide on a time, pull out your diary and pencil in your exercise times for the next month!

How long? (duration of work outs)

For aerobic exercise benefits, it's recommended that you exercise from between 25 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 work out time of 50 minutes or more is recommended for best weight loss results.

How hard? (intensity of work outs)

How hard you work out is also determined by your goals. If you use your exercise equipment to prepare for a 5K run, you will probably work out at a higher intensity than if your goal is to improve your 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!).

Target heart rate zone

Target heart rate zone tells you the number of times per minute your heart needs to beat to achieve a desired work out effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. It is generally recommended that

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- 6 Assembly guide
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Before you start

- Be sure to consult a physician before you start any exercise programme. He will give you proper advice with respect to the individual intensity of work outs to suit you.
- 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 doctor before continuing.
- Do not work out immediately after meals.
- Do not wear clothes that might catch on any part of the exercise bike.
- Always wear athletic shoes while using this equipment.
- Keep power cord away from heated surfaces.
- Do not insert or drop any object into any opening.
- Unplug exercise bike before moving or cleaning it. To clean, wipe surfaces down with mild detergents and a slightly damp cloth only; never use solvents.
- At no time should more than one person be on the exercise bike while in operation.
- The exercise bike should not be used by persons weighing more than 300 lbs / 136 kg. Failure to comply will void the warranty.
- The exercise bike is intended for in-home use only. Do not use this bike in any commercial, rental, educational or institutional setting. Failure to comply will void the warranty.
- Do not use the exercise bike in any location that is not temperature controlled, such as, but not limited, to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- To ensure the best operation of your product, regularly inspect it for damage and worn parts.
- Before the first use and on a regular basis, ensure that all screws, bolts and other joints are properly tightened and secure.
- Before you start your work out, remove all sharp-edged objects from around the exercise bike.
- Only use this product for your work out if it works flawlessly. Any broken, worn or defective part must immediately be replaced and the product must no longer be used until it has been properly repaired.
- When setting up the exercise bike, please make sure that the bike is stable and that any possible unevenness of the floor is evened out.

- Assemble the exercise bike as per the assembly guide and be sure to only use the structural parts provided with the bike and designed for it. Prior to assembly, make sure that the contents of the delivery is complete by referring to the parts list within these instructions.
- When adjusting the adjustable parts of this exercise bike, make sure that they are adjusted properly, and note the marked maximum adjusting position, for example of the saddle support.
- Use the bike only as described in this manual.
- At NO time should pets or children under the age of 12 be within 10 feet (3 metres) and at NO time should children under the age of 12 use the exercise bike.
- Children over 12 should receive adult supervision and guidance.

Body fat

The console has an in built body fat monitor. When in stop mode, press the BODY FAT key and place both hands on the pulse sensors. The console will begin measuring and will display "--" "--" for 8 seconds until measurement has been completed. The console will then display the body fat advice symbol, the body fat %, the BMR and the BMI. This will remain displayed for 30 seconds.

Recovery

After finishing your workout session, keep hold of the pulse sensors and press the RECOVERY button. All workout details will clear from the console and TIME will begin counting down from 00:60 to 00:00. The screen will then display your heart rate recovery status which is detailed below. Press the RECOVERY button again to return to the main display.

Score	Condition	Heart Rate (test HR minus end HR)
F1	Excellent	Above 50
F2	Good	40 – 49
F3	Average	30 – 39
F4	Fair	20 – 29
F5	Poor	10 – 19
F6	Very Poor	Under 10

Tips

Sleep mode

When no input is detected by the cross trainer (either through the console or peddling), the console will enter a sleep mode. All settings and exercise data will be stored until the user starts exercising again.

Reset

To reset the console hold the RESET button for more than two seconds. If the console gives an abnormal reading try resetting the console or removing the power adaptor and plugging back in again.

User data

Your console can store data for 4 individuals (U1 - U4).
Plug the power adaptor into a power socket. U1 will flash in the display. Select the user profile that you wish to adjust using the SCROLL WHEEL and select by pushing the SCROLL WHEEL. Select the appropriate gender, age, height and weight for the individual using the same method. Once the data has been added, the console will display the main menu.

Function description

MANUAL PROGRAM: When using the manual program, the user can set targets for time, distance, calories burnt, and target heart rate. The user can enter single or multiple targets. When the first target is reached, the console will beep. Press the SCROLL WHEEL to acknowledge and press the START / STOP key to resume exercising. The user can continue to exercise until all targets have been achieved. The load can be increased or decreased whilst exercising using the SCROLL WHEEL.

PRE SET PROGRAMS: There are 12 different programs built into the console to offer a variety of different workouts. The workout profiles are printed on the console for your reference (and on page 11 listed - Programs (P1-P12)). Select the appropriate program (1-12) using the SCROLL WHEEL. The selected program profile will be displayed on the console. To select the program, press the SCROLL WHEEL. Now enter the desired workout time and press START/STOP to begin exercising. The load can be increased or decreased whilst exercising using the SCROLL WHEEL.

USER DEFINED PROGRAM: This program allows the user to create their own workout profile. Using the SCROLL WHEEL, the user can set the values for columns 1-20. Once the profile has been completed, hold the MODE button for 2 secs to quit profile setting then set your workout time and press the START/STOP key to begin the program.

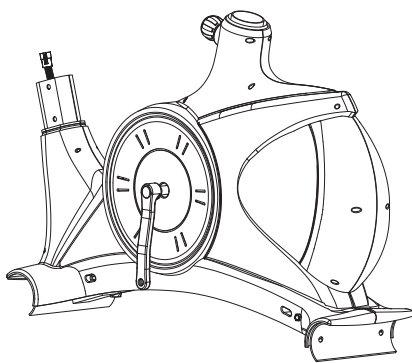

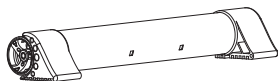

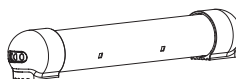

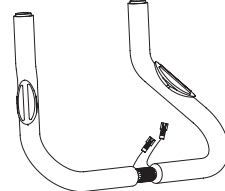







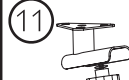






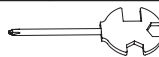

HEART RATE CONTROL PROGRAM: Using this set of programs, the console will automatically adjust the resistance of the machine to keep the individual at a set target heart rate. There are four heart rate programs built into the console:

- i. 55% - IDEAL TARGET HEART RATE FOR WEIGHT LOSS
- ii. 75% - IDEAL TARGET HEART RATE FOR FITNESS IMPROVEMENT
- iii. 90% - IDEAL TARGET HEART RATE FOR SPORTS PERFORMANCE
- iv. TAG - A USER SET TARGET HEART RATE

Select the appropriate program for your requirements and the target heart rate will be displayed in the PULSE window. Set the desired workout time using the SCROLL WHEEL and press the START/STOP key to begin exercising.

WATT PROGRAM: The user can work out to a set watts value. The preset watts value is 120 but this can be adjusted between 10 and 350 using the SCROLL WHEEL. Use this program to train yourself at different Watts values.

Parts list

 <div>1</div> <div>x1</div>			 <div>29</div> <div>x1</div>		
 <div>4</div> <div>x1</div>		 <div>28</div> <div>x1</div>			
 <div>2</div> <div>x1</div>		 <div>42</div> <div>x1</div>			
 <div>36</div> <div>x1</div>			 <div>45</div> <div>x1</div>		
			 <div>44</div> <div>x1</div>		
			 <div>43</div> <div>x1</div>		
			 <div>37</div> <div>x1</div>		
 <div>38</div> <div>x1</div>		 <div>15</div> <div>x1</div>		 <div>41L&R</div> <div>x1</div>	
 <div>11</div> <div>x1</div>					
 <div>7</div>		 <div>53</div>		 <div>51</div>	
 <div>20</div>		 <div>6</div>		 <div>14</div>	
M8*1.25*90L		x4		x4	
M8*1.25*15L		x6		x2	
M5*12L		x4		x4	
ST4*15L		x4		x4	
 <div>x1</div>		 <div>x1</div>			

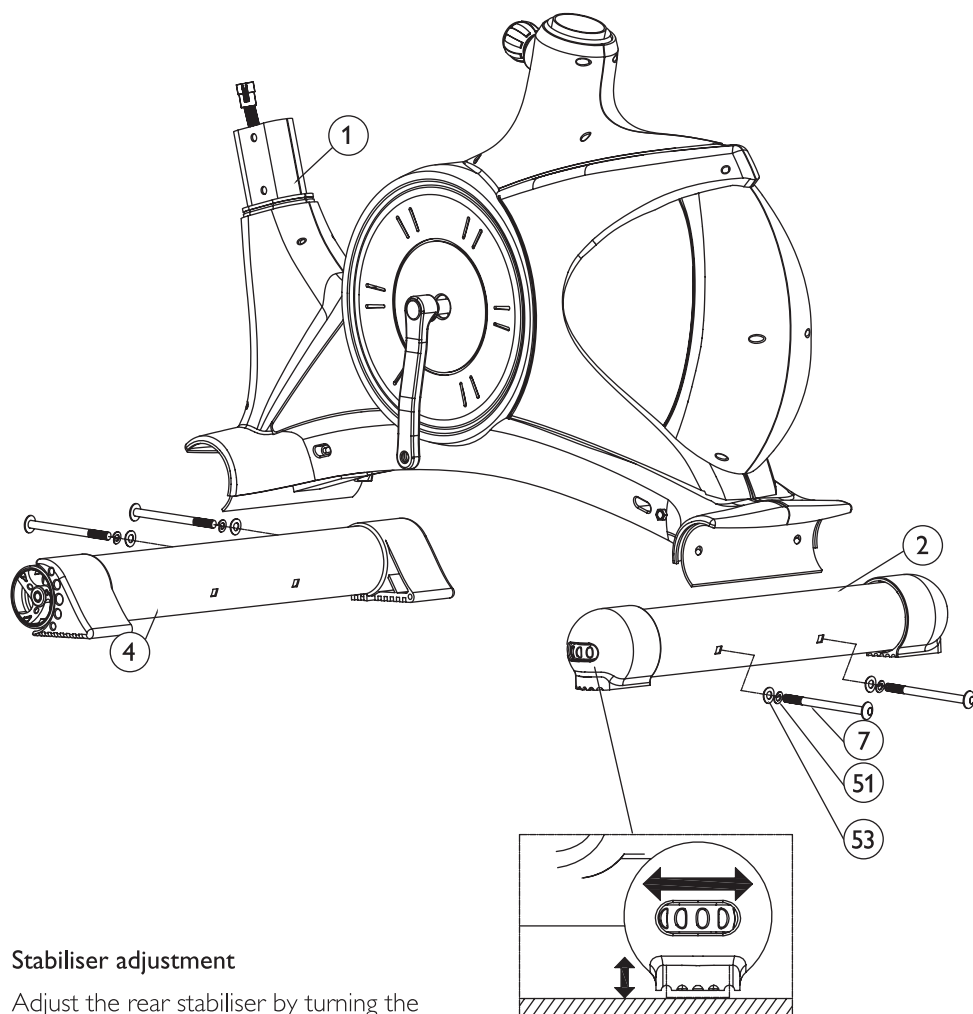
Weight and surface area when assembled

(L)90cm x (W)57cm, weight 77 – 88lbs Gross

Assembly guide

Step 1

Attach the rear stabiliser (2) and the front stabiliser (4) to the main frame (1), using 4 x curved washers (53), 4 x split washers (51) and 4 x allen bolts (7).



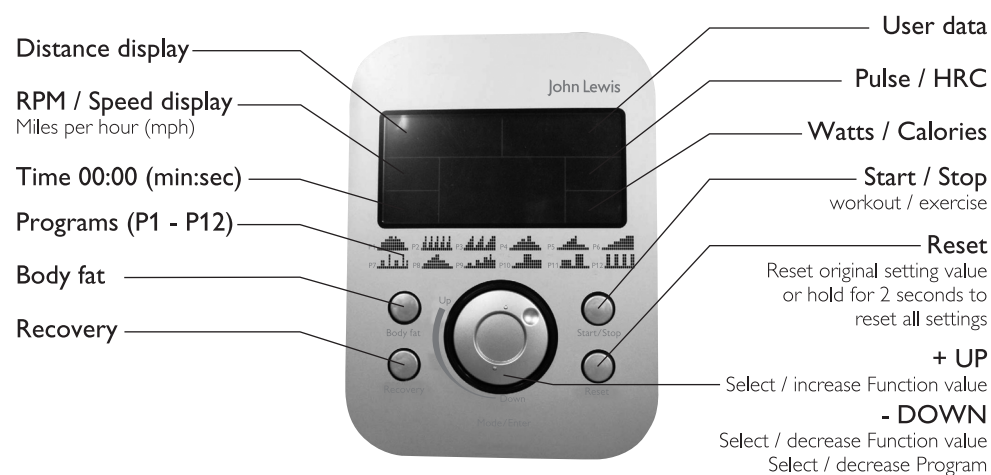
Stabiliser adjustment

Adjust the rear stabiliser by turning the dial until the product is stable on the floor.

Operating Guide

Quick start

1. Plug the power adaptor into a power socket. The console will beep and all LCDs will light for 2 seconds.
2. Press the START/STOP key and the console will enter the manual mode.
3. Begin exercising.
4. In the manual mode, the SCROLL WHEEL is used to adjust the load. All displays will count up to display the workout values.
5. Once you have finished exercising, press the START/STOP key to display your final workout results.
6. Hold the RESET key to clear all results.



Functions and features

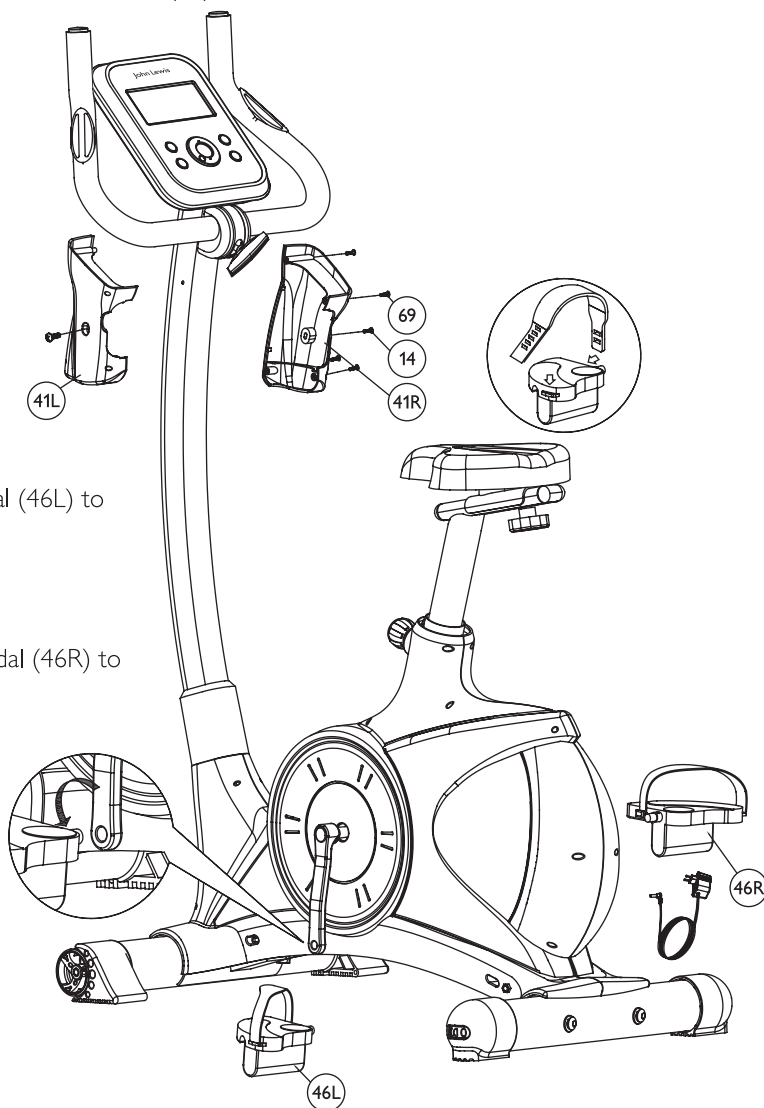
1. **TIME:** Shows your elapsed work out time in minutes and seconds. The console will automatically count up from 0:00 to 99:59 in one second intervals. You can also program the console to count down from a set value by setting a target time.
2. **SPEED:** Displays your work out speed in miles per hour.
3. **WATT:** The amount of mechanical power that you have output from your exercise per minute. The watt output target can be set between 10 and 350.
4. **PULSE:** Displays your heart rate in beats per minute during your work out. The heart rate target can be set between 30 and 230.
5. **DISTANCE:** Displays the accumulative distance travelled during your work out up to a maximum of 99.99 miles.
6. **CALORIES:** The console will estimate the cumulative calories being burnt at any given time during your work out. The calorie target can be set up to 9990.
7. **RPM:** Displays your pedal cadence in revolutions per minute.

Step 14

Attach the right cover for the handlebar post (41R) to the handlebar post (29) using 4 x screws (69) and 1 x crossed screw (14).

Step 15

Attach the left cover for the handlebar post (41L) to the handlebar post (29) using 4 x screws (69) and 1 x crossed screw (14).



Step 16

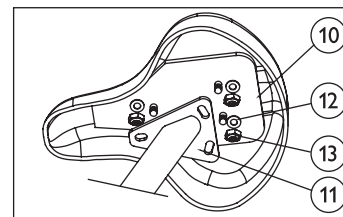
Attach the left pedal (46L) to the left crank.

Step 17

Attach the right pedal (46R) to the right crank.

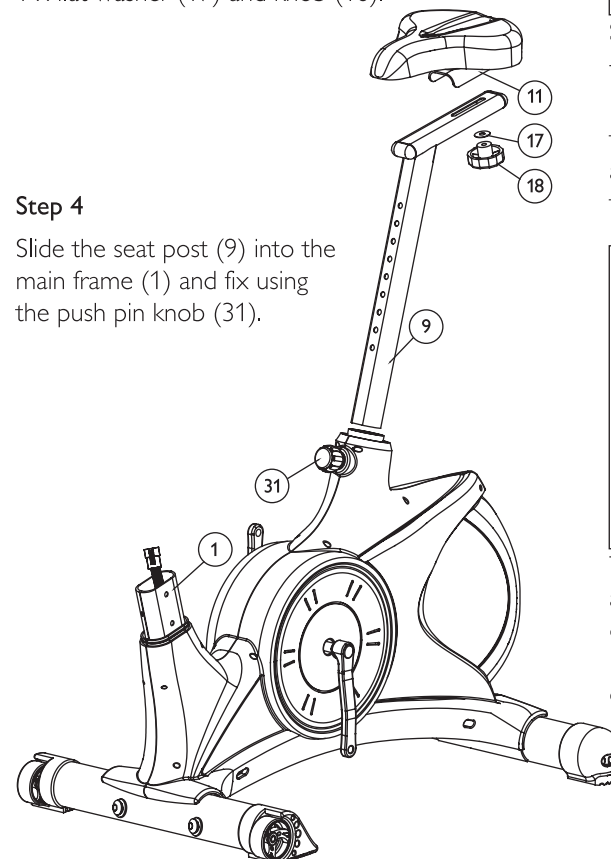
Step 2

Fix the seat (10) to the seat support tube (11), using 3 x flat washers (12) and 3 x nylon nuts (13).



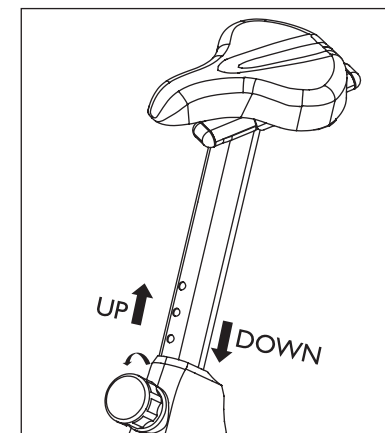
Step 3

Fix the seat (10) on to the seat post (9) with 1 x flat washer (17) and knob (18).



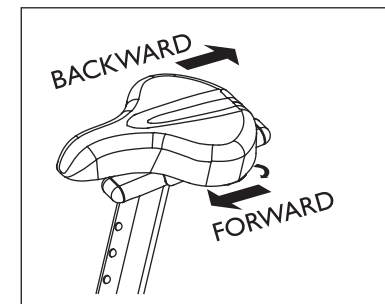
Step 4

Slide the seat post (9) into the main frame (1) and fix using the push pin knob (31).



Seat adjustment

The pushpin knob (31) can be loosened and pulled out to adjust the height of the seat (shown above). Once adjusted, ensure that the pushpin knob is retightened.



The knob (18) can be loosened to allow the seat to be moved closer or further away from the console (shown above). Once adjusted, ensure that the knob is retightened.

Step 5

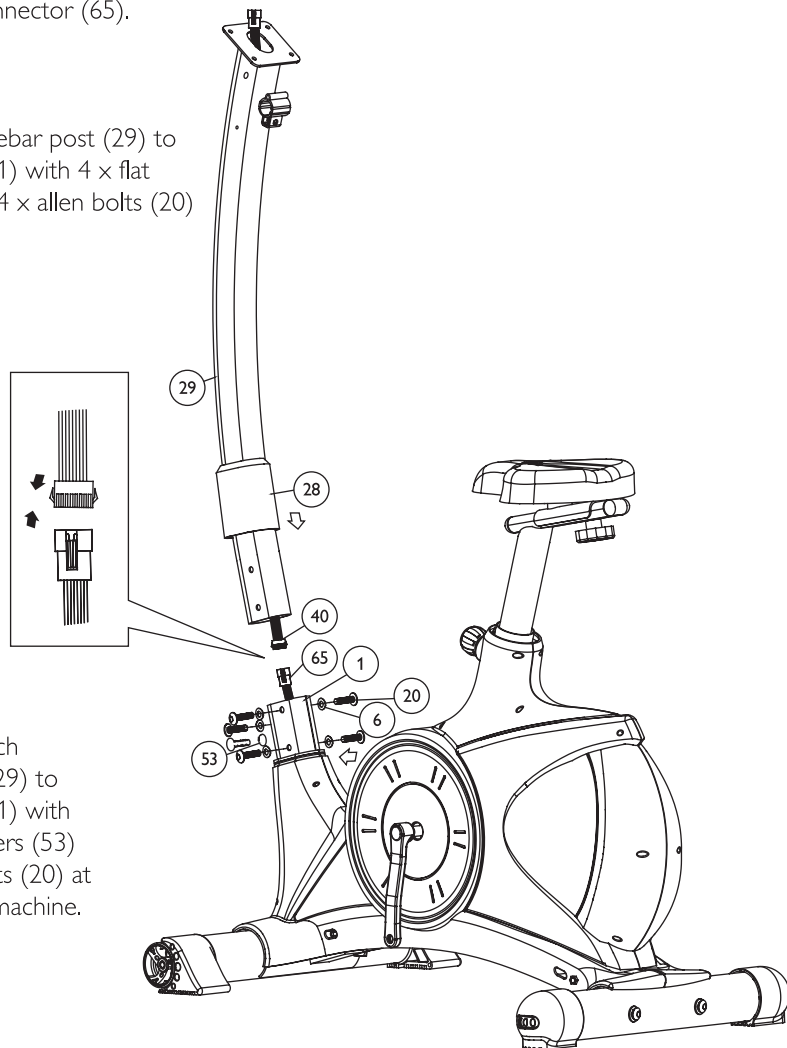
Slide the handlebar post cover (28) over the handlebar post (29).

Step 6

Fasten the upper computer cable (40) to the motor connector (65).

Step 7

Attach the handlebar post (29) to the main frame (1) with 4 x flat washers (6) and 4 x allen bolts (20) through the side.



Step 8

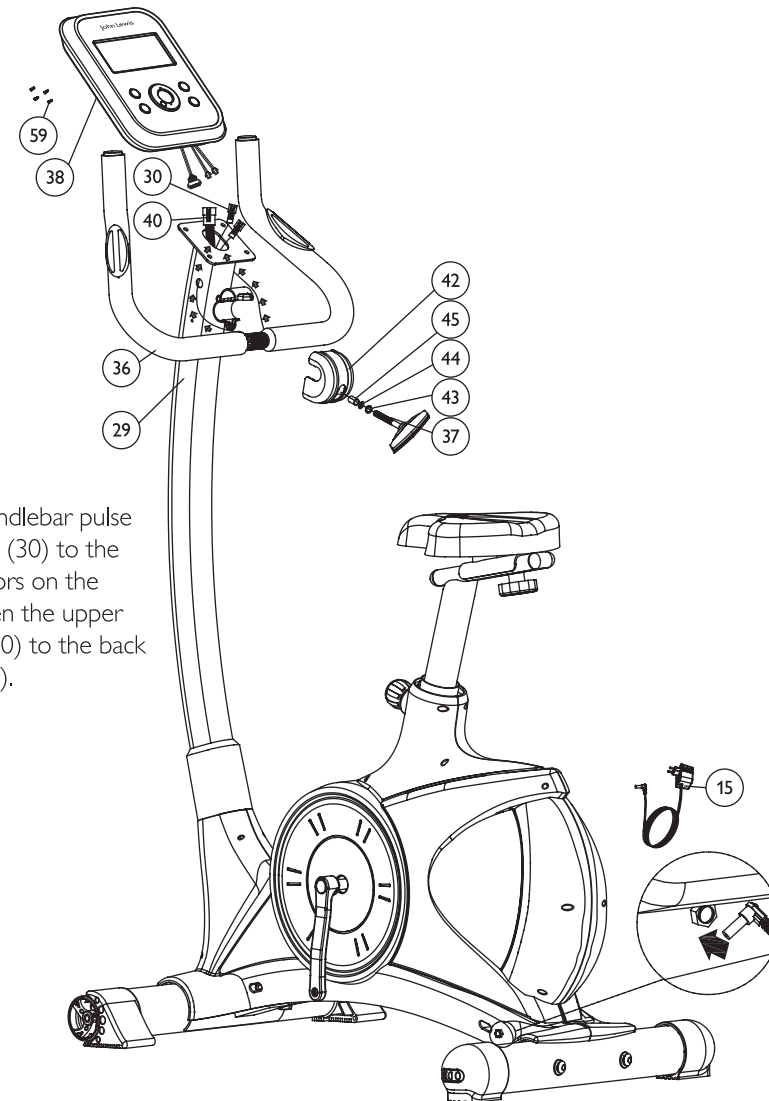
Continue to attach handlebar post (29) to the main frame (1) with 2 x curved washers (53) and 2 x allen bolts (20) at the front of the machine.

Step 9

Slide the handlebar post cover (28) down to cover screws

Step 10

Place handlebars (36) onto the handlebar post (29), then fix with cover (42), 1 x bushing (45), 1 x spring washer (44), 1 x flat washer (43) and T-knob (37).



Step 11

Fasten the two handlebar pulse sensor connectors (30) to the matching connectors on the console, then fasten the upper computer cable (40) to the back of the console (38).

Step 12

Attach the console (38) to the handlebar post (29) with 4 x screws (59).

Step 13

Plug the power adaptor (15) into the main frame (1).