

OWNER'S MANUAL

Model No.
16205877680

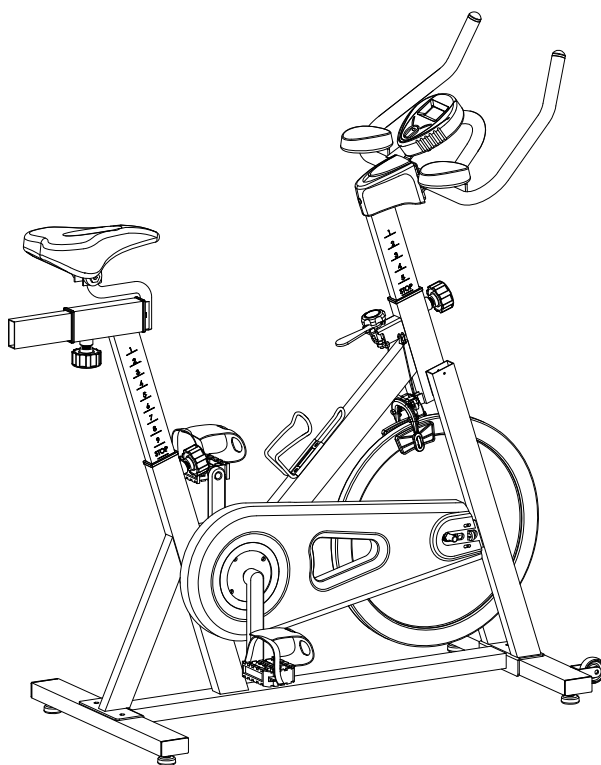
- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*

CAUTION:

You must read and understand this owner's manual before operating unit.



Indoor Cycle



***PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING
YOUR NEW INDOOR CYCLE!***

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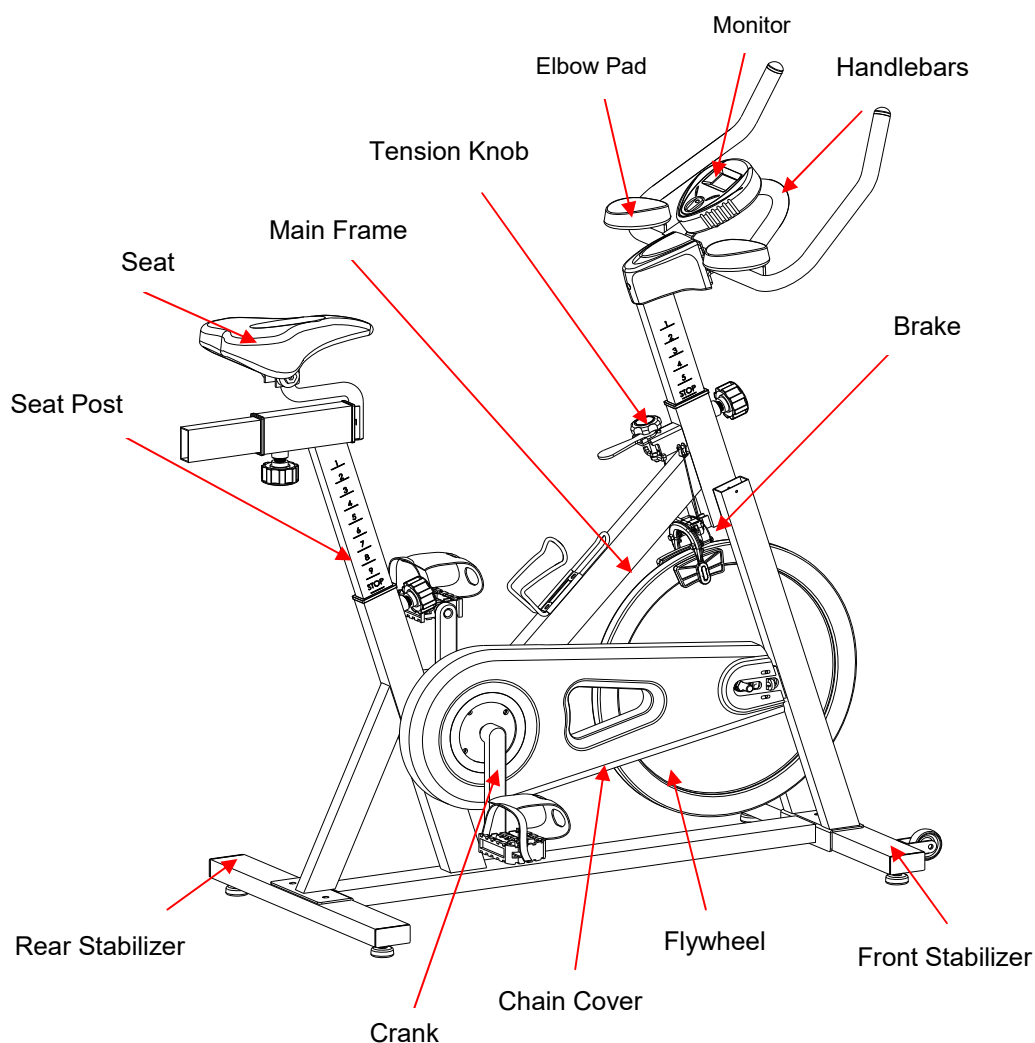
ATTENTION

THIS INDOOR CYCLE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Everlast EV768 Indoor Cycle. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Everlast EV768 Indoor Cycle provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Everlast EV768 Indoor Cycle. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Everlast EV768 Indoor Cycle, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your Indoor Cycle Trainer.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The Cycle Trainer must be regularly checked for signs of wear and damage. Any part found defective, the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Keep hands away from all moving parts.
10. Never drop or insert any object into any openings.
11. Do not use outdoors.
12. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
13. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
14. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your Indoor Cycle Trainer.
15. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
16. User weight should not exceed 300 lbs. (136 kgs)

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

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the indoor cycle trainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

⚠ WARNING / AVERTISSEMENT

Model/Modèle#: **5955 Don Murie St**
Serial#/Numéro de série: **L2G 0A9**

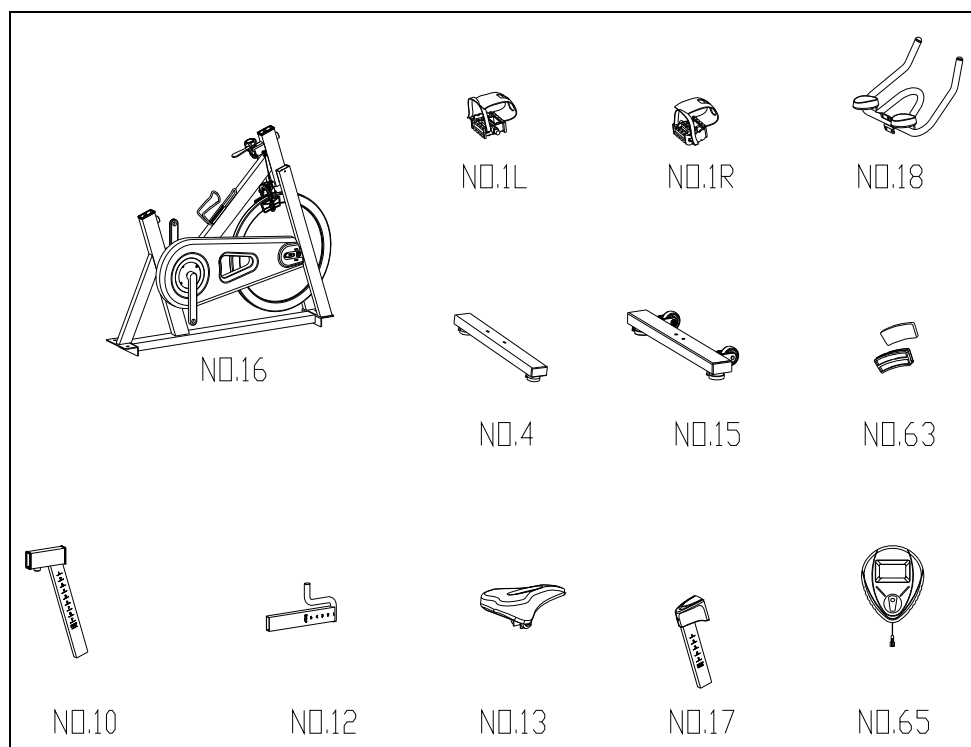
**For consumer use only.
Max user weight limit**
200 lbs (90 kg)
CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE. WARNING: KEEP CHILDREN AWAY FROM THE **MOVING PARTS**. KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THE POSSIBILITY OF SERIOUS INJURIES OR DEATH IF CAUTION IS NOT USED. READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

**Usage à des fins
personnelles seulement
poids maximum de l'utilisateur**
200 lbs (90 kg)
ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT UTILISER AUCUN APPAREIL D'EXERCICE SANS LA SURVEILLANCE D'UNE PERSONNE QUALIFIÉE. AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU **MOVING PARTS**. GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAREIL POURRAIT ENTRAÎNER DE GRAVES BLESSURES ET MÊME LA MORT. LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT UTILISATION. REMPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE.

Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, Ontario
L2G 0A9
Customer Service
Service à la clientèle
1-888-707-1880

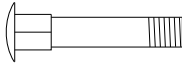
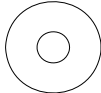
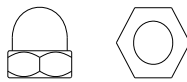

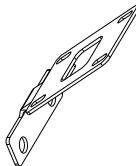
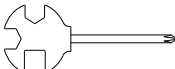



EV768 PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1L	Left pedal	1
1R	Right pedal	1
4	Rear stabilizer	1
10	Seat post	1
12	Sliding tube	1
13	Seat	1
15	Front stabilizer	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
63	Replacement brake pads	1 pair
65	Computer	1
	Manual	1
	Hardware pack	1

HARDWARE PACKING LIST

Part NO	Description	Q'ty	Drawings	
3	Carriage bolt M8*42	4		
5	Flat washer φ8	4		
6	Domed nut M8	4		
7	Quick release knob	3		
64	Computer bracket	1		
70	Cross head spanner	1		
71	Inner hexagon spanner	1		

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

EV768 ASSEMBLY INSTRUCTIONS

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

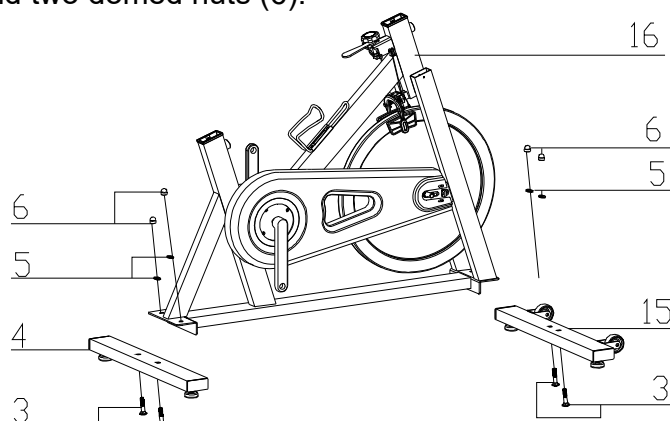
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

ENSURE THAT ALL NUTS AND BOLTS ARE FIRMLY TIGHTENED AFTER EACH STEP

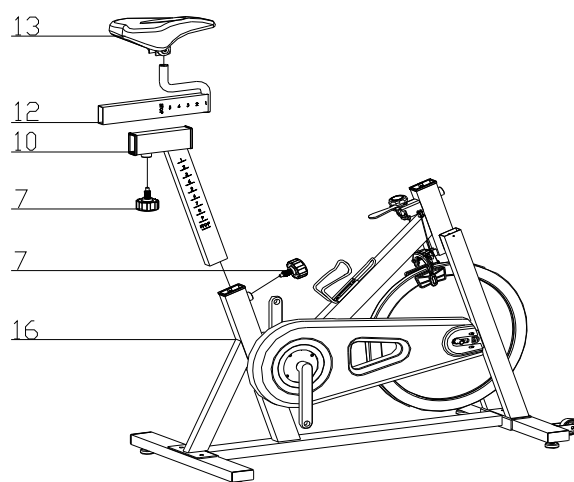
STEP 1

1. Attach the front stabilizer (15) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).
2. Attach the rear stabilizer (4) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).



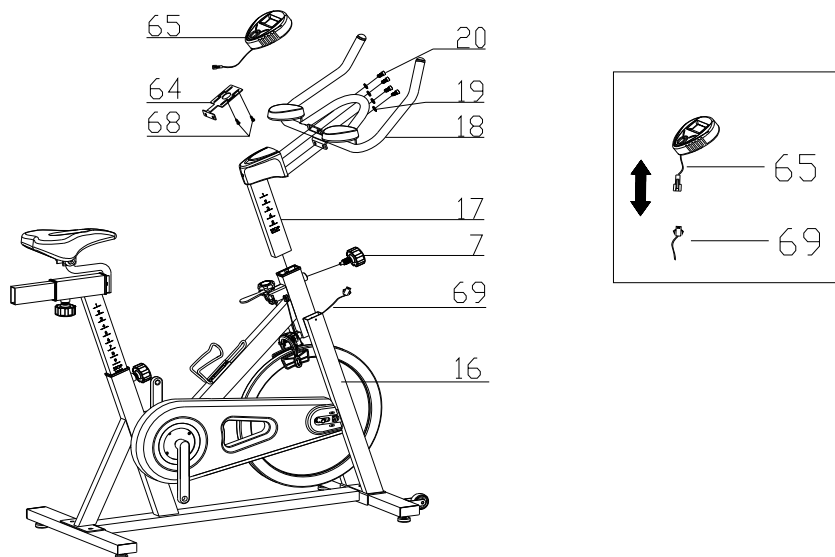
STEP 2

1. Release the nuts on the backside of seat (13), attach the seat (13) to sliding tube (12), and then re-tighten the nuts.
 2. Insert the sliding tube (12) into the seat post (10). Secure using a quick release knob (7).
 3. Insert the seat post (10) into the Main frame (16). Secure using a quick release knob (7).
- Note: The seat can be horizontally and vertically adjustable after your cycle is fully assembled.



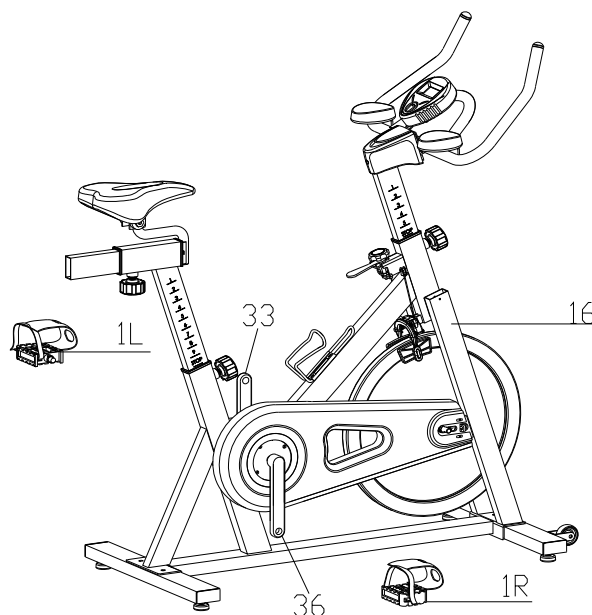
STEP 3

1. Insert the handlebar post (17) to the main frame (16). Secure using a quick release knob (7).
 2. Remove 4 sets of spring washer (19) and allen screw (20) from handlebar post (17).
 3. Attach the handlebar (18) to the handlebar post (17). Secure using 2 sets of spring washer (19) and allen screw (20) at the 2 lower screw holes.
 4. Attach computer bracket (64) to handlebar (18) and secure using 2 sets of spring washer (19) and allen screw (20) at the 2 upper screw holes.
 5. Attach computer (65) onto the computer bracket (64) and secure using 2 screws (68) which are pre-assembled on the backside of computer (65). Attach sensor wire (69) to computer (65).
- Note: The handlebar post can be adjusted vertically.



STEP 4

1. Attach the left pedal (1L) to the left crank (33).
 2. Attach the right pedal (1R) to the right crank (36).
- Note: The right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



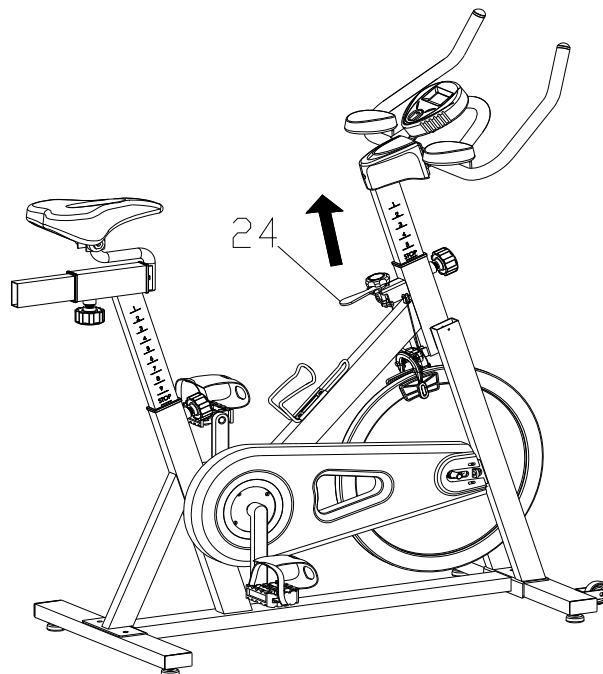
YOUR UNIT IS NOW FULLY ASSEMBLED

ADJUSTING THE TENSION

1. Turn the tension knob (25) clockwise to increase the tension.
2. Turn the tension knob (25) counter-clockwise to decrease the tension.



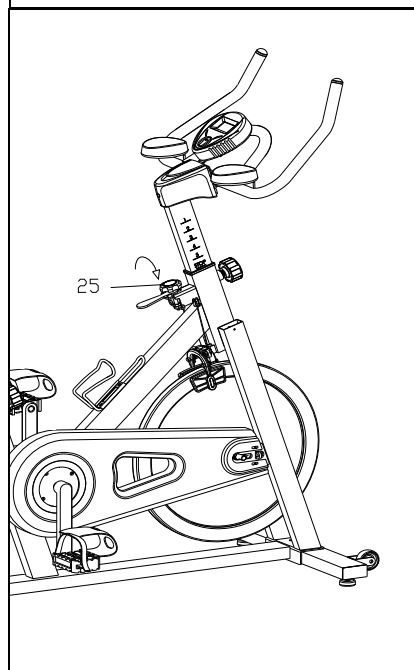
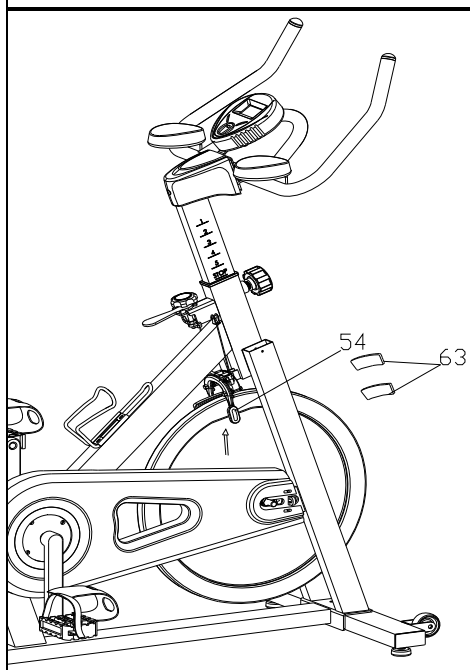
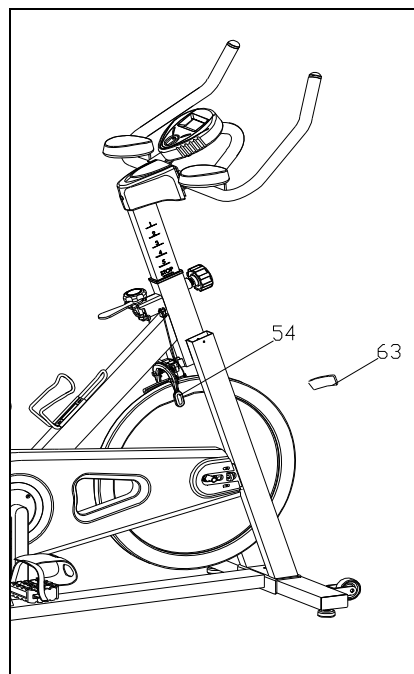
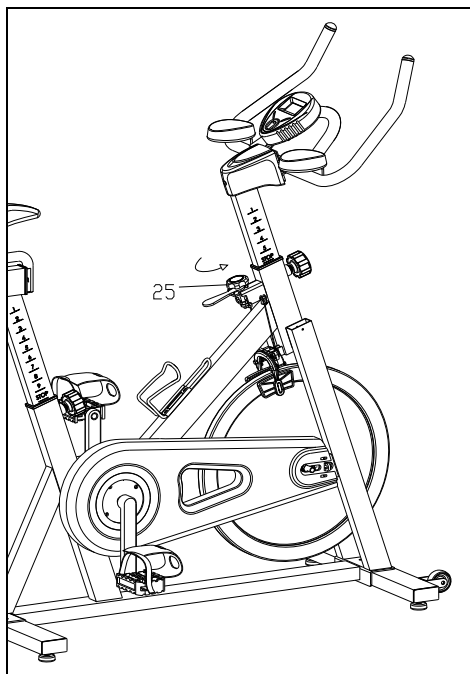
IMPORTANT: Pull up the brake handle (24) to stop the flywheel.



Note: If the unit is wobbly use the leveling pads on the front and rear stabilizers to level the unit.

HOW TO REPLACE THE BRAKE PADS

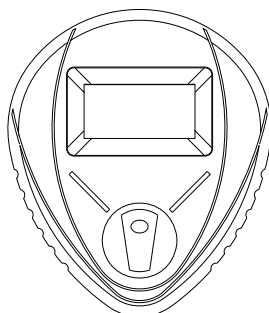
1. Turn the tension knob (25) counter-clockwise to decrease the tension.
2. Pull up the brake bracket (54), then remove the brake pads (63).
3. Insert the replacement brake pads into the slot of the brake bracket (54).
4. Turn the tension knob (25) clockwise to adjust the tension.



OPERATION OF YOUR INDOOR CYCLE

GETTING FAMILIAR WITH THE CONTROL PANEL

EV768 CONSOLE



FUNCTION BUTTON

Mode: Press to select functions between: time, speed, distance, calories, scan and odometer.
Press and hold for 3 seconds to reset all values to zero.

FUNCTION:

Scan: Displays each function in sequence every 6 seconds. The display loop is time, speed, distance, calories and odometer.

Time: Displays your elapsed workout time up to 99:59

Speed: Displays the current speed up to 99.9 miles.

Distance: Displays the cumulative distance traveled during your workout up to 99.99m, Counts down from your target distance to 0.0 during your workout.

Calories: Displays the cumulative calories burned at any given time during your workout up to 999 kcal.
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Odometer: Displays the total distance accumulated up to 9999mile.

NOTE

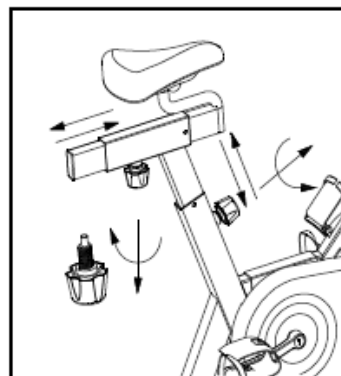
1. Monitor requires two "AAA" batteries
2. The monitor will turn on automatically by pressing Mode key when you start pedaling.
3. The monitor will turn off automatically if no signal is detected for four minutes.
4. If monitor is illegible or partial segments appear, remove batteries and wait 15 seconds to re-install.

USER DIRECTION

HOW TO USE THE EXERCISE BIKE

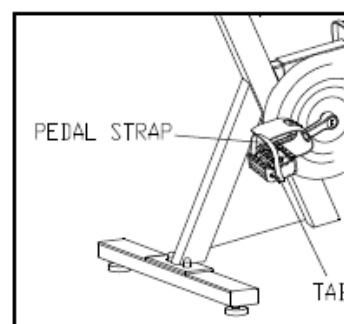
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, unlock the seat adjustment knob, slide the seat to the desired position, and lock the seat carriage to main Frame with seat adjustment knob.



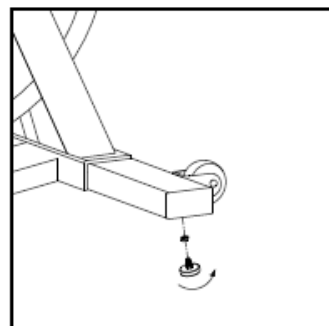
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



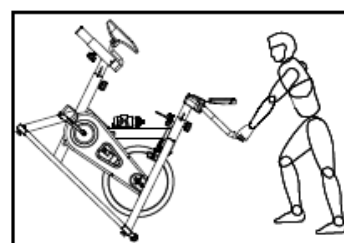
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the front stabilizer and adjust the leveling feet until the rocking motion is eliminated.



HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, grasp the handlebar and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



GENERAL MAINTENANCE

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

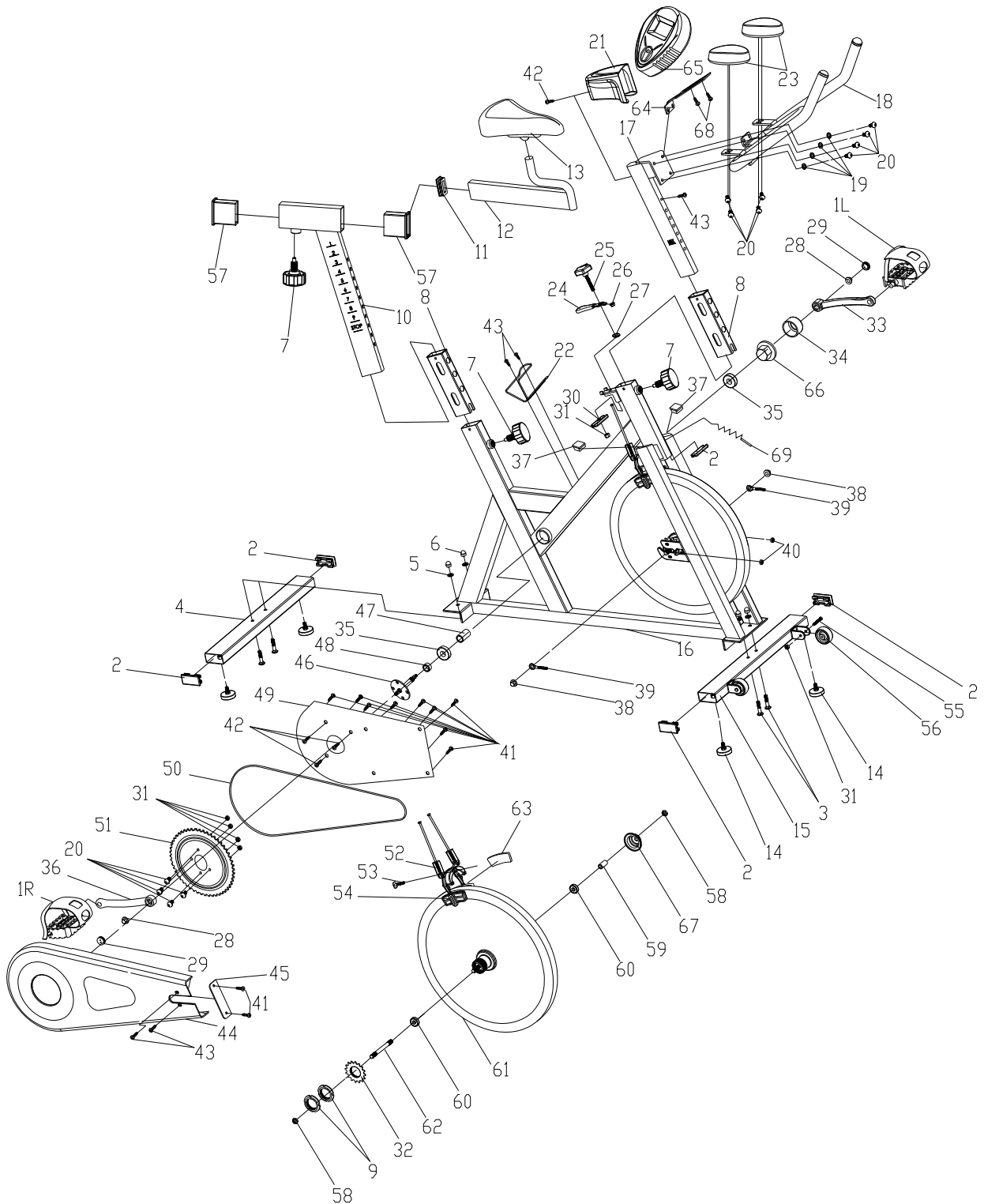
- Be sure batteries are new and electronic connection are clean and tight.
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight, pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

Almost all surfaces are washable. A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

Always ensure batteries are fresh and in correctly.

EXPLODED VIEW DIAGRAM



PARTS LIST

No.	Part No.	Description	Qty
1L	8776801L	Left pedal	1
1R	8776801R	Right pedal	1
2	8776802	Inner end cap 60*30	5
3	8776803	Carriage bolt M8*42	4
4	8776804	Rear stabilizer	1
5	8776805	Flat washer $\phi 8$	4
6	8776806	Domed nut M8	4
7	8776807	Quick release knob	3
8	8776808	Plastic spacer	2
9	8776809	Lock nut	2
10	8776810	Seat Post	1
11	8776811	Inner end cap 53.5*23.5	1
12	8776812	Sliding tube	1
13	8776813	Seat	1
14	8776814	Leveling pad	4
15	8776815	Front stabilizer	1
16	8776816	Main frame	1
17	8776817	Handlebar post	1
18	8776818	Handlebar	1
19	8776819	Spring washer $\phi 8$	4
20	8776820	Allen screw M8*16	12
21	8776821	Handlebar cover	1
22	8776822	Bottle holder	1
23	8776823	Elbow pad	2
24	8776824	Brake handle	1
25	8776825	Tension knob	1
26	8776826	Small plastic bushing	1
27	8776827	Plastic Bushing	1
28	8776828	Flange nut M10*1.25	2
29	8776829	Crank end cap	2
30	8776830	Bracket	1
31	8776831	Nut M8	7
32	8776832	Small chain wheel	1
33	8776833	Left crank	1
34	8776834	Crank cover	1
35	8776835	Bearing 6004ZZ	2

No.	Part No.	Description	Qty
36	8776836	Right crank	1
37	8776837	End cap	2
38	8776838	Flange nut M12	2
39	8776839	Eye bolt M6*58	2
40	8776840	Hex head nut M6	2
41	8776841	Self-tapping screw 1	11
42	8776842	Self-tapping screw 2	4
43	8776843	Self-tapping screw 3	5
44	8776844	Chain cover	1
45	8776845	Little chain cover	1
46	8776846	Axle for crank	1
47	8776847	Long bushing for crank	1
48	8776848	Short bushing for crank	1
49	8776849	Inner chain cover	1
50	8776850	Chain	1
51	8776851	Big chain wheel	1
52	8776852	Quick brake	1
53	8776853	Screw M6*20	1
54	8776854	Brake bracket	2
55	8776855	Hex head bolt M8*40	2
56	8776856	Transportation wheel	2
57	8776857	Plastic spacer for sliding seat tube	2
58	8776858	Hex head nut M12	2
59	8776859	Bushing for flywheel	1
60	8776860	Bearing 6001ZZ	2
61	8776861	Flywheel	1
62	8776862	Axle for flywheel	1
63	8776863	Brake pad	2
64	8776864	Computer bracket	1
65	8776865	Computer	1
66	8776866	Hex head nut M20	2
67	8776867	Flywheel cover	1
68	8776868	Screw M5*10	2
69	8776869	Sensor wire	1
70	8776870	Crosshead spanner	1
71	8776871	Inner hexagon spanner	1

TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries weak or dead	Replace batteries
No speed or distance displays on the monitor	Sending unit not connected	Securely plug sending unit into extension wire and the back of the monitor
	Sending unit not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
Squealing	Brake pads are worn	Replace the brake pads

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

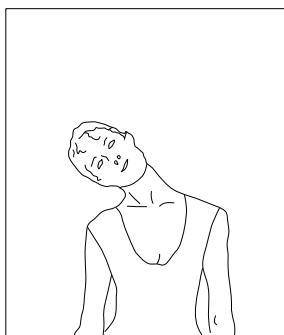
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

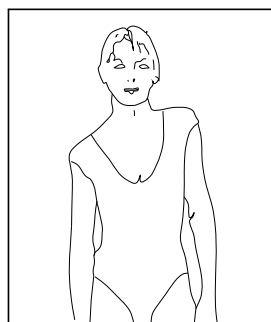
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



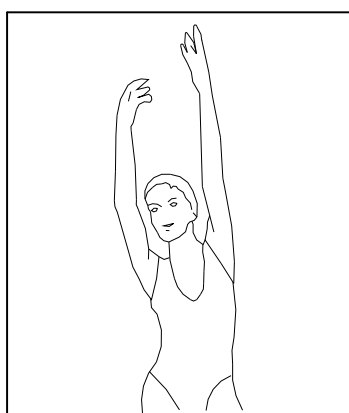
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



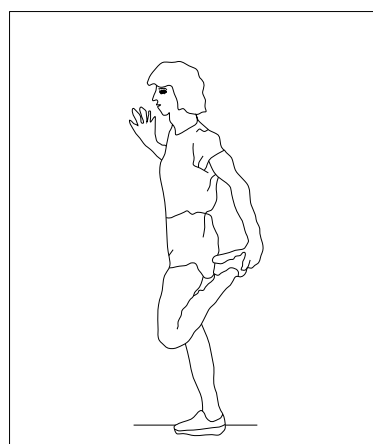
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



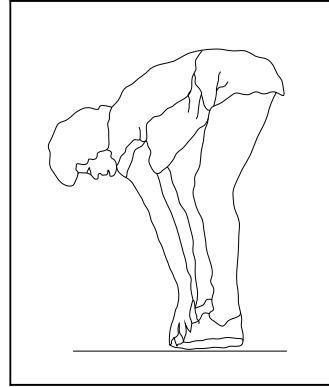
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



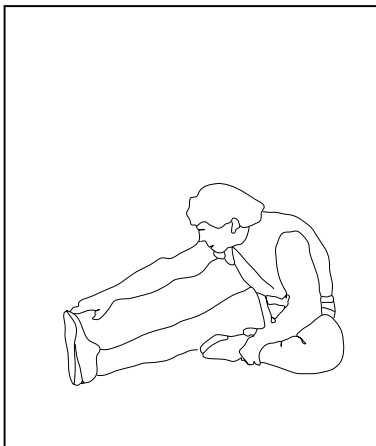
TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



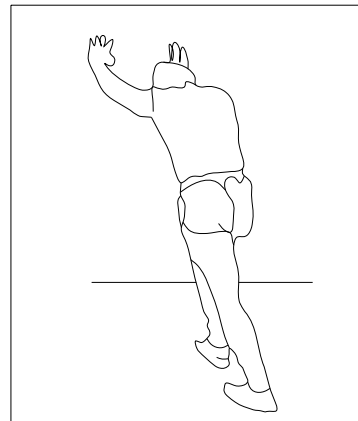
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its indoor cycle parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty	
Frame	1 Year
Parts	1 Year
Labour	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase.
2. Proper use of the indoor cycle in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the indoor cycle.
4. Damages to the indoor cycle finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.

Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for indoor cycle not requiring component replacement, or indoor cycle not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.



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