

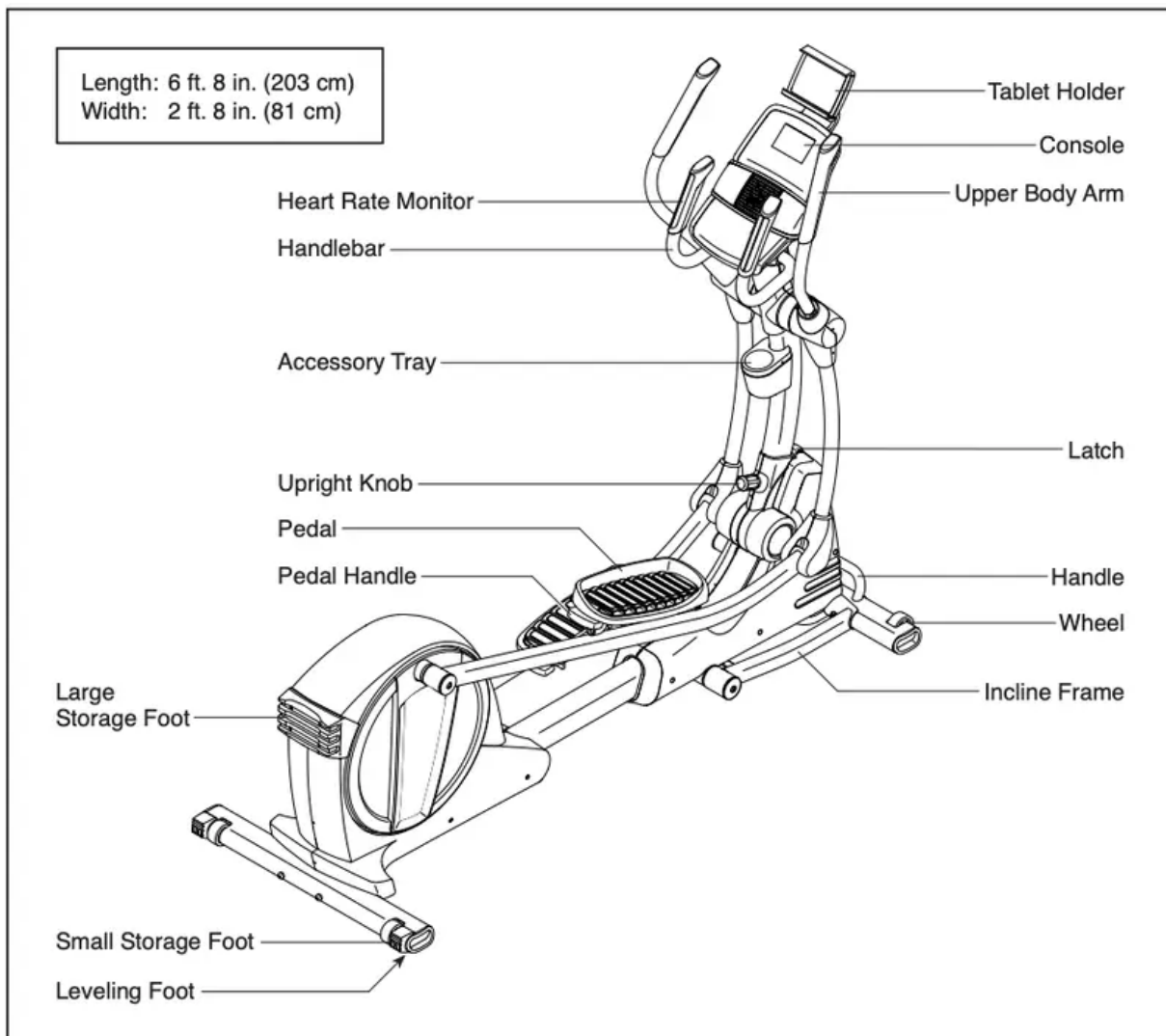
## USER'S MANUAL for Elliptical Trainer

### BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® SPACESAVER SE 71 elliptical. The SPACESAVER SE 71 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. 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 contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



## ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- In addition to the included tool(s), assembly requires the following tool(s):

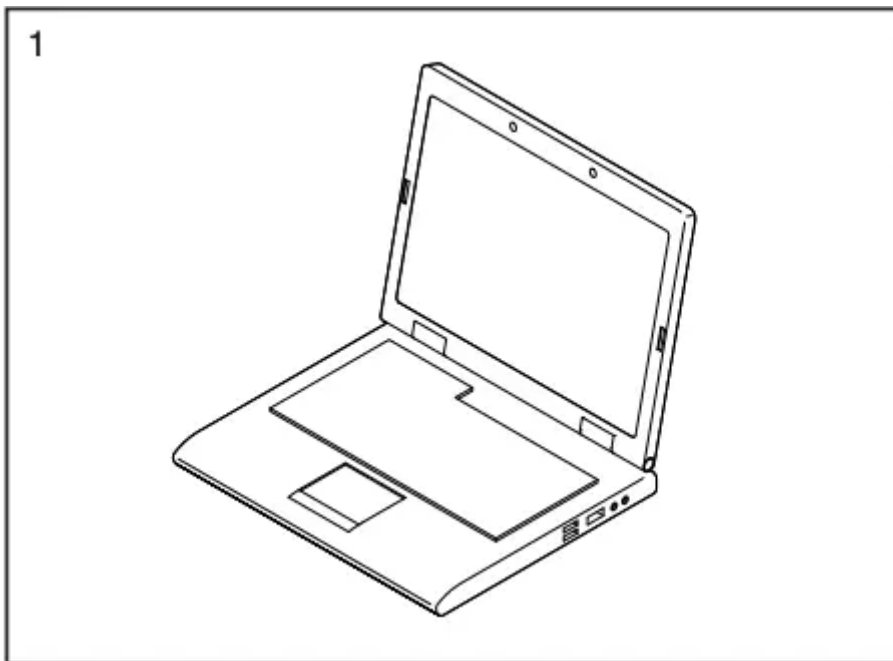
one Phillips screwdriver. 

- Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

**1.** Go to [mynordictrack](#) on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

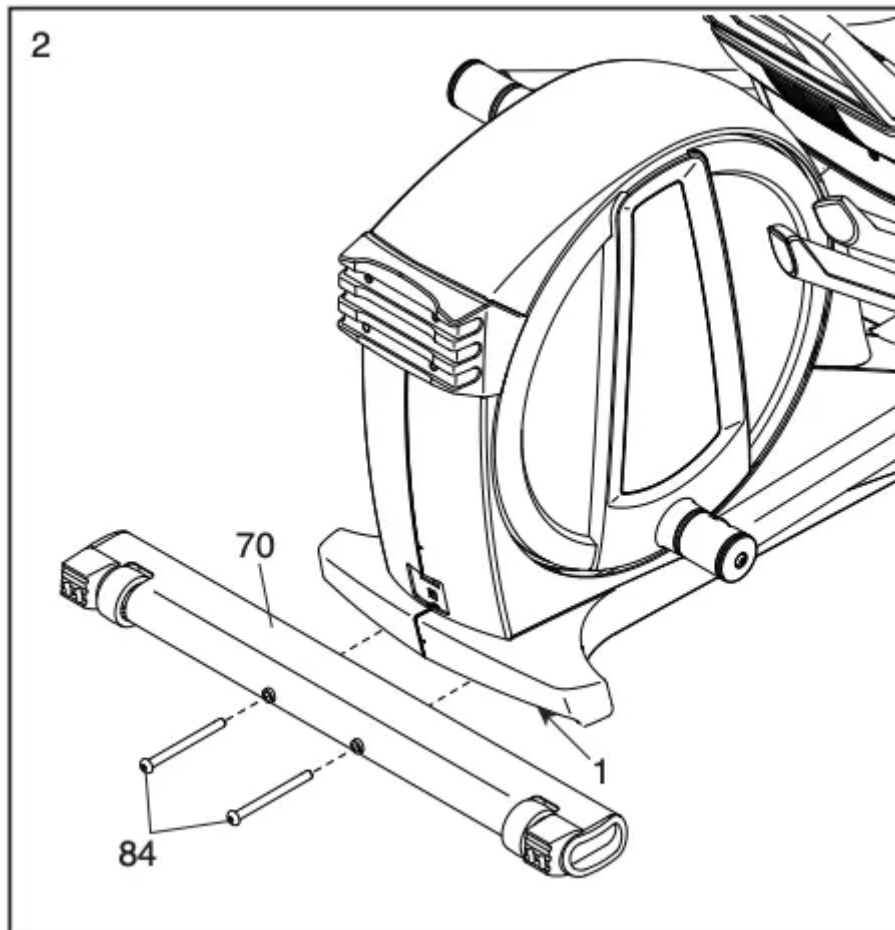
**Note:** If you do not have internet access, call Customer Care (see the front cover of this manual) and register your product.



**2.** With the help of another person, place some packing inserts from the packing material under the rear of the Frame (1) so that the Frame is lifted off the floor. Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.

If there are shipping supports attached to the rear of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

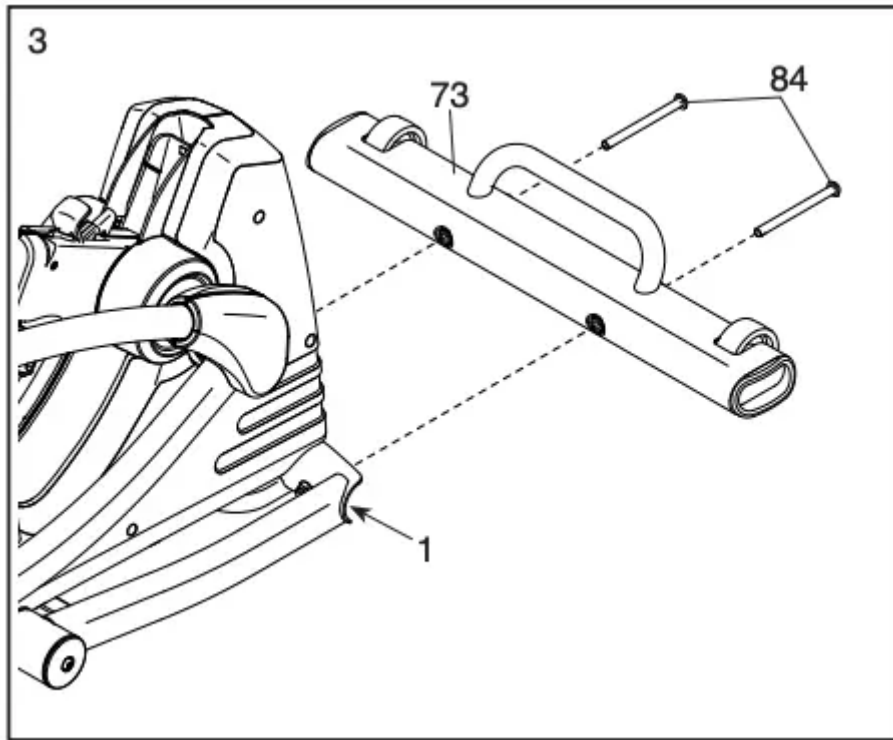
Attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Rear Stabilizer.



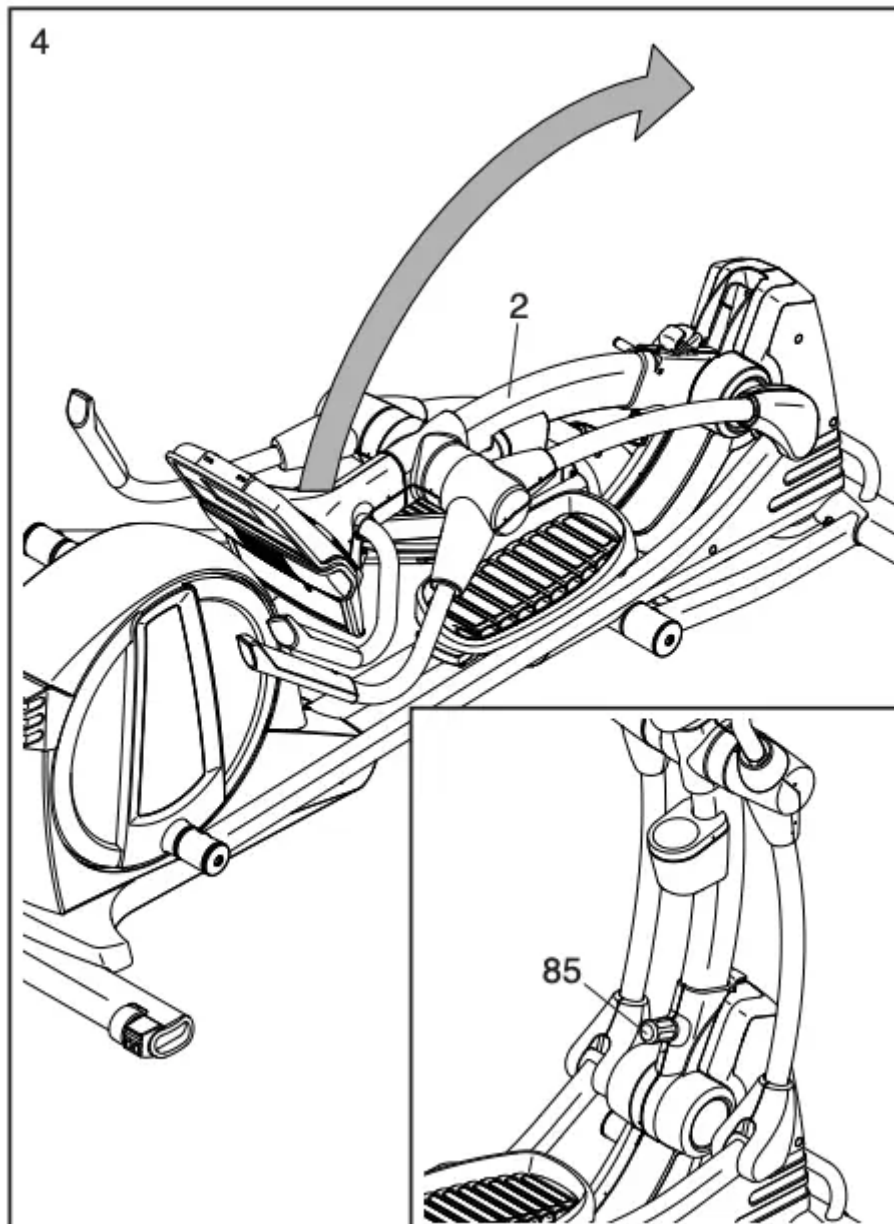
**3.** With the help of another person, place some packing inserts from the packing material under the Frame (1) so that the Frame is lifted off the floor. Have another person hold the elliptical to prevent it from moving from side to side until this step is completed.

If there are shipping supports attached to the front of the Frame (1), remove the screws from the shipping supports, and discard the screws and the shipping supports.

Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 120mm Screws (84). Then, remove the packing inserts and lower the Front Stabilizer.



4. With the help of a second person, raise the Upright (2) to the vertical position.  
See the inset drawing. Tighten the Upright Knob (85).



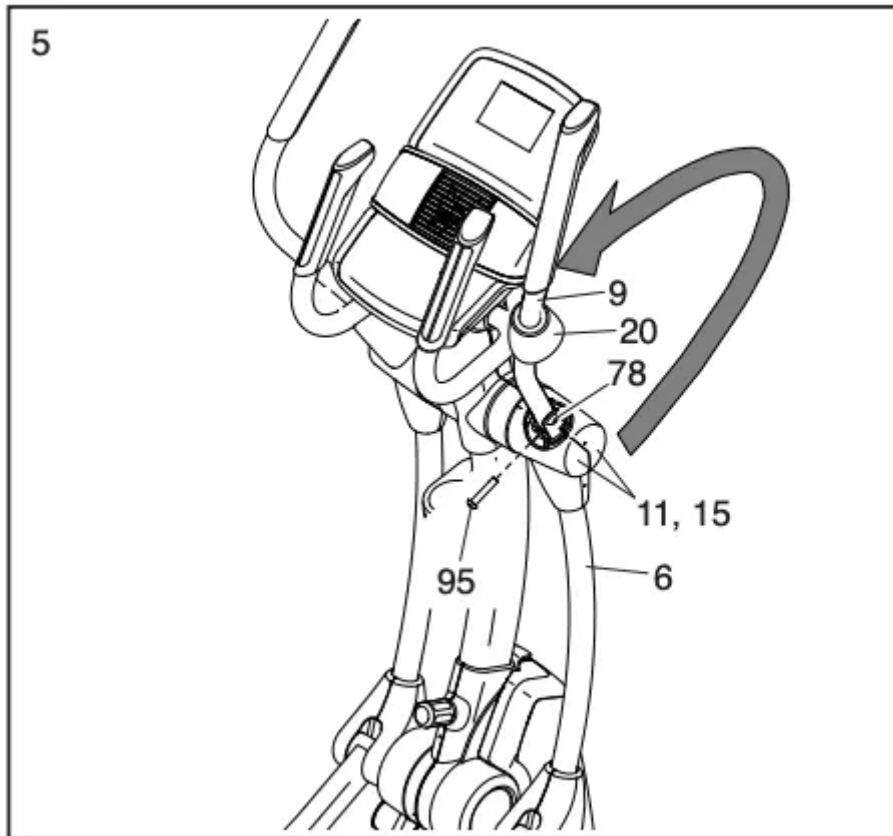
**5.** Rotate the Right Upper Body Arm (9) to the position shown.

Attach the Right Upper Body Arm (9) to the Right Upper Body Leg (6) with an M10 x 50mm Screw (95).

Next, tighten the indicated M10 x 45mm Hex Screw (78).

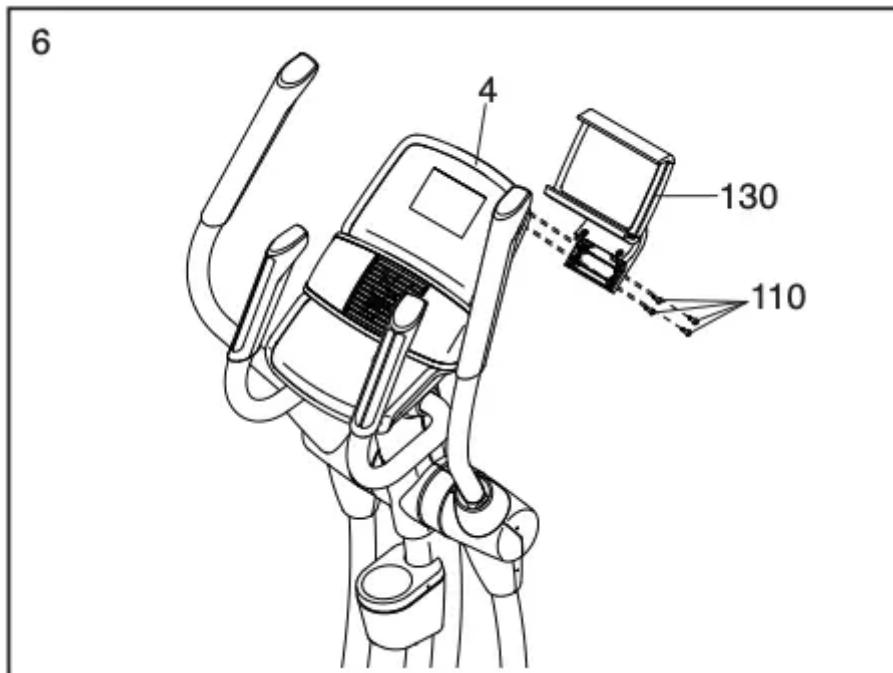
Then, press the Upper Body Arm Cover (20) downward and turn it so that it is flush with the Right Leg Front and Rear Covers (11, 15).

Repeat this step on the other side of the elliptical.



6. Attach the Tablet Holder (130) to the Console (4) with four Tablet Holder Screws (110); start all the Tablet Holder Screws, and then tighten them.

Make sure that all parts are properly tightened. Place a mat beneath the elliptical to protect the floor. Note: Extra parts may be included.

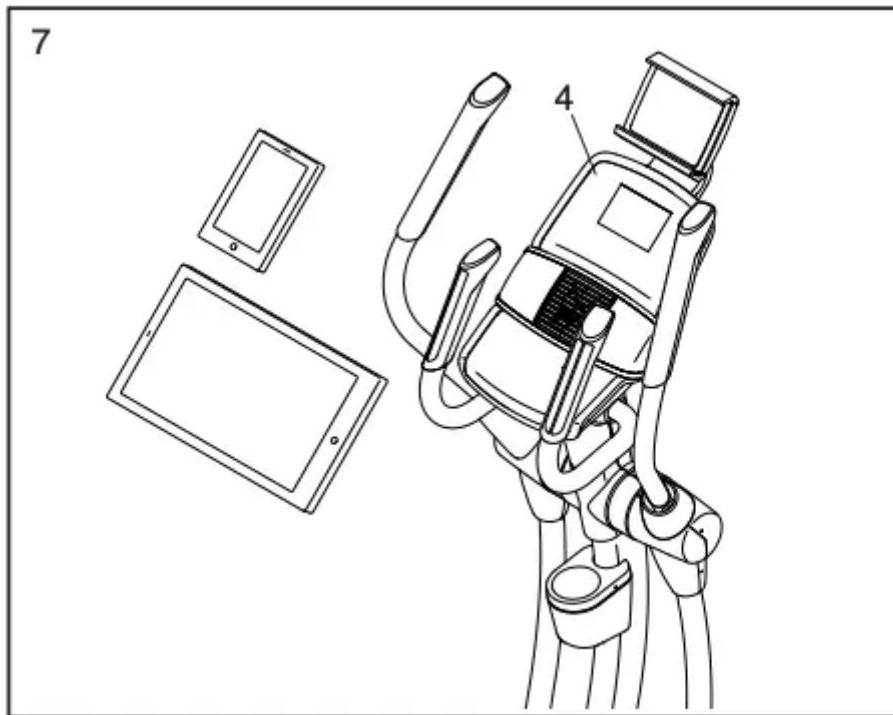


7. **IMPORTANT:** You must activate your Console (4) to begin using its exclusive features.

First, plug in the power cord and turn on the power.

Then, using your smart phone or tablet, go to iFit/activate and follow the instructions to activate the Console (4).

**Note:** If you do not have a smart phone or tablet, use your computer to go to [iFit.com/activate](http://iFit.com/activate) for an alternate way to activate the Console (4). If you do not have a computer, call Customer Care see the front cover of this manual).



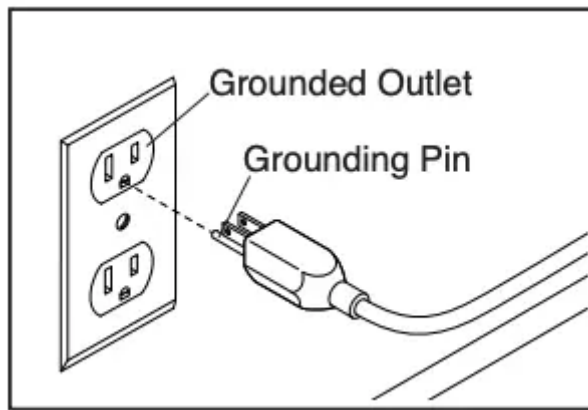
## HOW TO USE THE ELLIPTICAL

### HOW TO PLUG IN THE POWER CORD

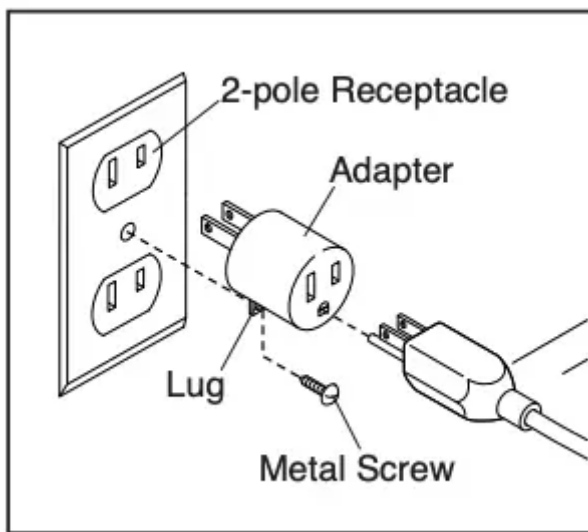
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

**DANGER:** Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.



A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

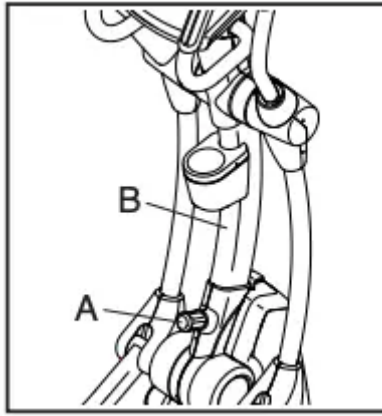


The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

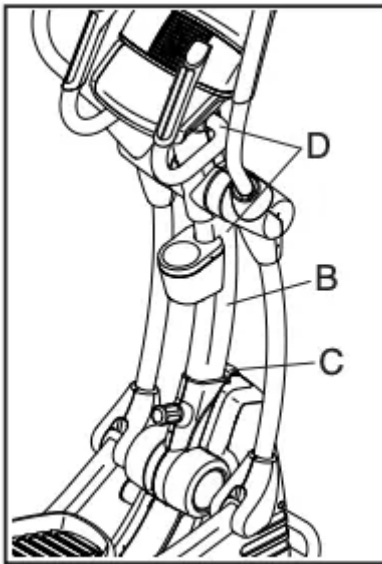
## HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons.

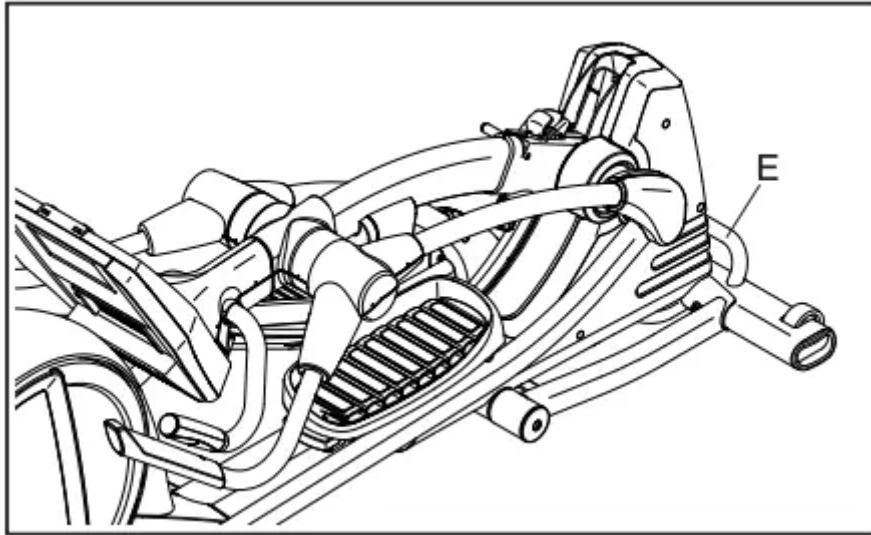
First, loosen the upright knob (A). Next, pull the upright knob, pull the upright (B) backward until the latch stops the upright, and then release the upright knob.



Next, pull the upright (B) forward slightly, lift the latch (C), and then lower the upright to the folded position. Hold the upright in one of the indicated locations (D) while you lower the upright; do not hold the upper body arms.



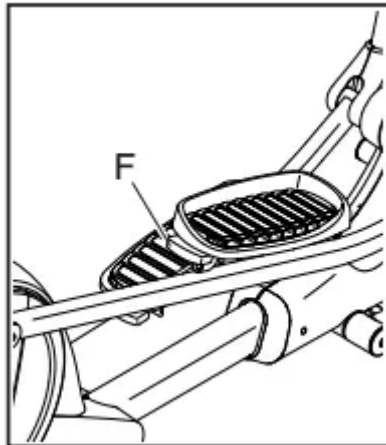
Next, hold the handle (E) on the front stabilizer and lift the elliptical until it will roll on the wheels (not shown) on the rear stabilizer. Then, carefully move the elliptical to the desired location, and lower it to the floor.



See the upper drawing above. When you are finished moving the elliptical, lift the upright (B) to the vertical position and tighten the upright knob (A).

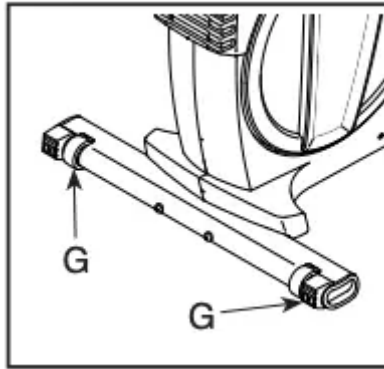
### HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle (F) outward, move the pedal to the desired position, and then release the pedal handle into an adjustment hole beneath the pedal. Make sure to adjust both pedals to the same position.



### HOW TO LEVEL THE ELLIPTICAL

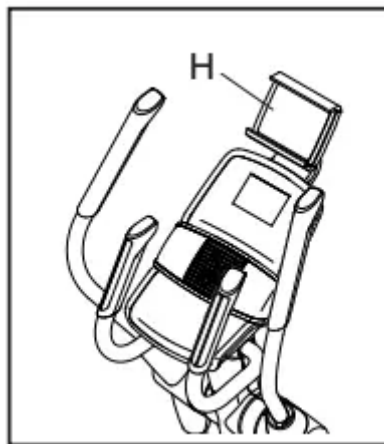
If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet (G) beneath the rear stabilizer until the rocking motion is eliminated.



## HOW TO USE THE TABLET HOLDER

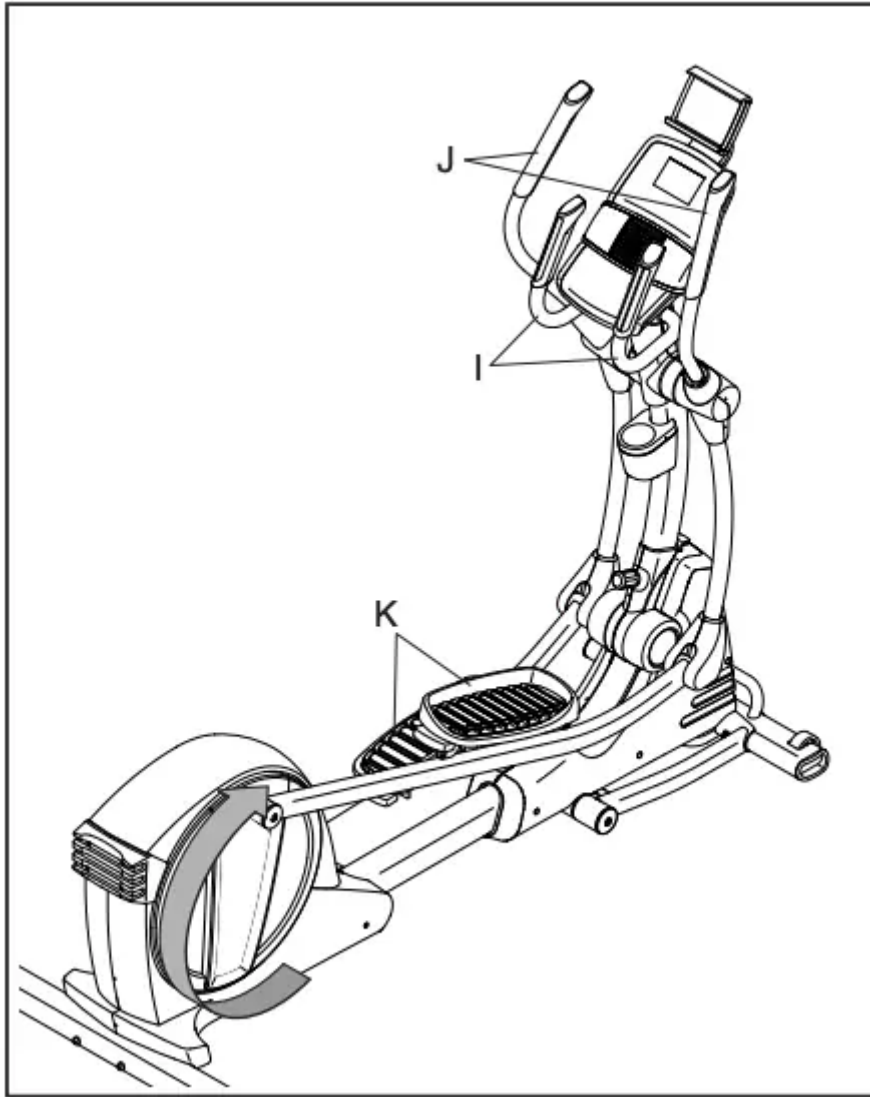
**IMPORTANT:** The tablet holder (H) is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder (H), set the bottom edge of the tablet in the tray. Then, pull the clip over the top edge of the tablet. Make sure that the tablet is firmly secured in the tablet holder. If applicable to your tablet holder model, rotate and/or pivot the tablet holder to the desired position. Reverse these actions to remove the tablet from the tablet holder.



## HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars (I) or the upper body arms (J) and step onto the pedal (K) that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.



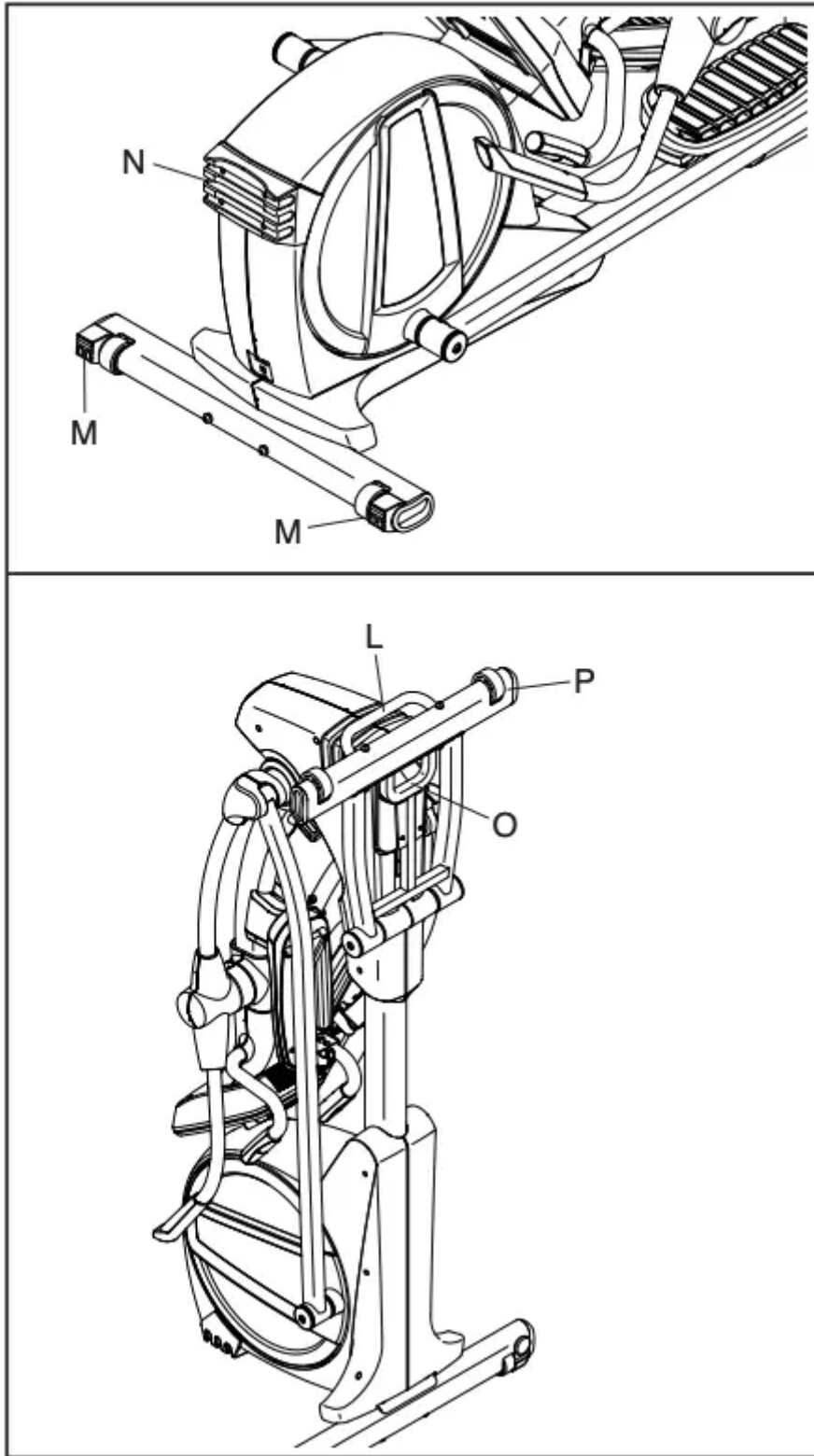
To dismount the elliptical, wait until the pedals (K) come to a complete stop. Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops. When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## HOW TO STORE THE ELLIPTICAL

Due to the size and weight of the elliptical, storing it requires two persons. **CAUTION:** You must be able to safely lift 100 lbs. (45 kg) to lift, store, and lower the elliptical.

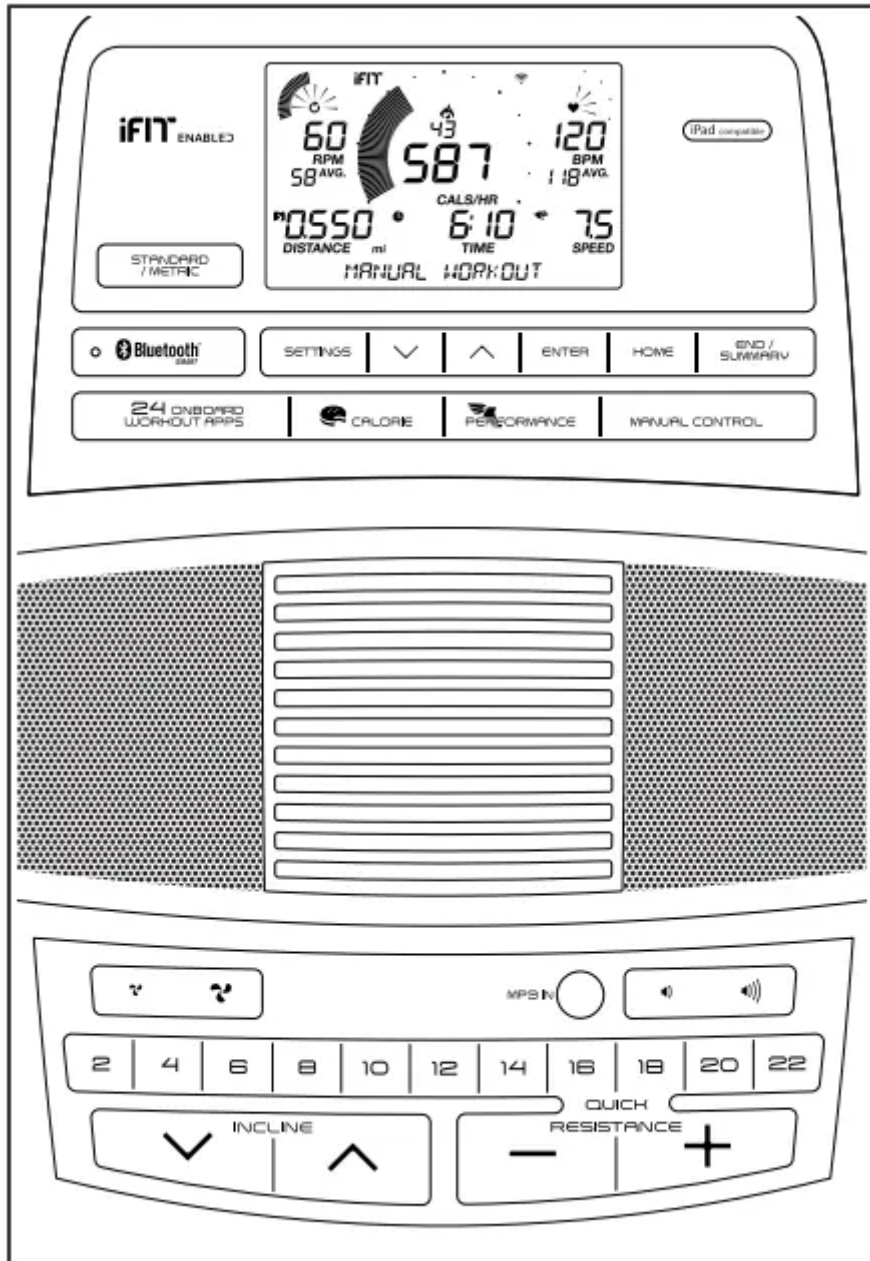
See HOW TO MOVE THE ELLIPTICAL and lower the upright to the folded position.

Next, hold the handle (L) on the front stabilizer and lift the elliptical to the upright position so that it is resting on the small and large storage feet (M, N).



To lower the elliptical for use, first hold the handle (O) on the incline frame with one hand and hold the front stabilizer (P) with your other hand. Next, pull the frame towards you and lower it until you can reach the handle (L) on the front stabilizer. Then, hold the handle on the front stabilizer with both hands and finish lowering the elliptical to the floor.

## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

**IMPORTANT:** To activate your console and begin using its exclusive features, see assembly step 7.

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the frame with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor.

You can also connect your tablet to the console and use the iFit® Bluetooth Tablet app to record and track your workout information.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your personal audio player to the console sound system and listen to your favorite music or audio books while you exercise.

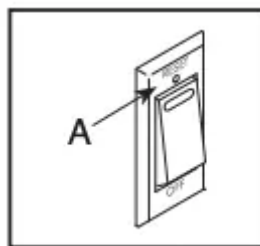
**Note:** If there is a sheet of plastic on the display, remove the plastic.

**Note:** The console can display speed and distance in either miles or kilometers. To change the unit of measurement, press the Standard/Metric button repeatedly. For simplicity, all instructions in this section refer to miles.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



The display will then turn on and the console will be ready for use.

**Note:** When you turn on the power for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

**IMPORTANT:** If the incline system does not calibrate automatically, see step 3 on HOW TO CHANGE CONSOLE SETTINGS and manually calibrate the incline system.

**IMPORTANT:** The console features a demo mode, designed to be used if the elliptical is displayed in a store. If the demo mode is turned on, the console will not turn off and the

display will not be reset when you finish exercising. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS.

## HOW TO USE THE MANUAL MODE

- 1. Begin pedaling or press any button on the console to turn on the console.** See HOW TO TURN ON THE POWER.
- 2. Select the manual mode.** Press the Manual Control button to select the manual mode.
- 3. Change the resistance of the pedals and the incline of the frame as desired.**

As you pedal, change the resistance of the pedals by pressing the Quick Resistance increase and decrease buttons or by pressing one of the numbered Quick Resistance buttons.

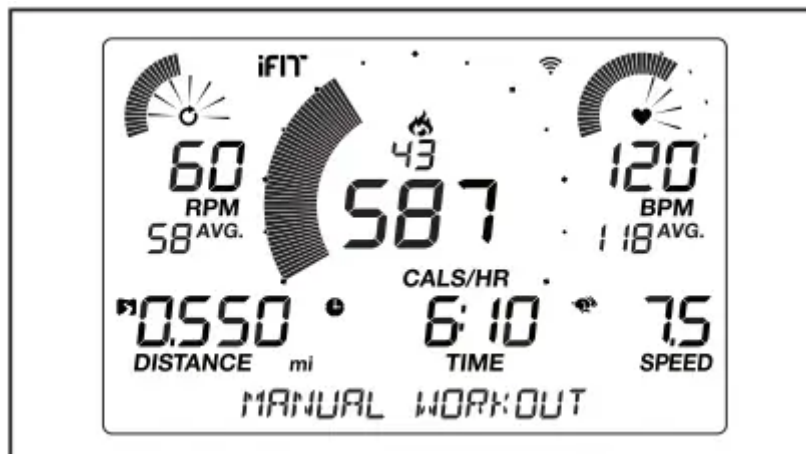
**Note:** After you press a button, it will take a moment for the pedals to reach the selected resistance level.

To vary the motion of the pedals, you can change the incline of the frame. To change the incline level, press the Incline increase and decrease buttons.

**Note:** After you press a button, it will take a moment for the frame to reach the selected incline level.

- 4. Follow your progress with the displays.**

The display can show the following workout information:



- **Calories (flame icon)**—This display will show the approximate number of calories you have burned.
- **Calories per Hour (Cals/Hr)**—This display will show the approximate number of calories you are burning per hour.
- **Distance**—This display will show the distance that you have pedaled in miles (mi) or kilometers (km).
- **Incline**—This display will show the incline level of the frame.

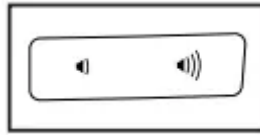
- **Pulse (BPM)**—This display will show your heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).
- **Pulse Average (BPM AVG)**—This display will show your average heart rate in beats per minute (bpm) when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).
- **Resistance**—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.
- **RPM**—This display will show your pedaling speed in revolutions per minute (rpm).
- **RPM Average (RPM AVG)**—This display will show your average pedaling speed in revolutions per minute (rpm).
- **Speed**—This display will show your pedaling speed in miles per hour or kilometers per hour. To change the unit of measurement, press the Standard/Metric button repeatedly.
- **Time**—When the manual mode is selected, this display will show the elapsed time. When an onboard workout is selected, this display will show the time remaining in the workout.
- **Watts**—This display will show your approximate power output in watts.
- **Average Watts (AVG)**—This display will show your approximate average power output in watts for the workout.
- **Scan Mode and Priority Mode**—The calories and watts displays will appear in an alternating cycle (scan mode). To select either the calories display or the watts display for continuous display (priority mode), press the increase or decrease button next to the Enter button repeatedly until the desired display appears. To return to the scan mode, press the increase button repeatedly until the word SCAN appears.



Press the Home button to exit the workout and return to the main menu. If necessary, press the Home button again.

Press the End/Summary button to end the workout and view a workout summary. The workout summary will appear in the displays for several seconds.

Change the volume level of the console by pressing the volume increase and decrease buttons.

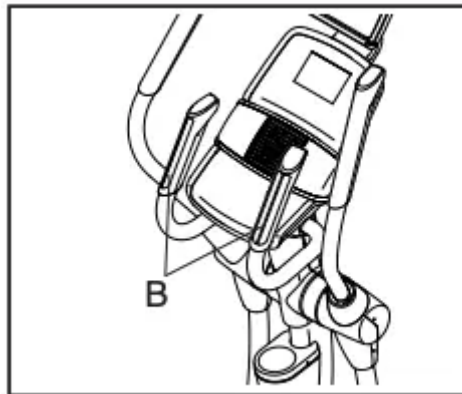


### 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor. **Note:** The console is compatible with BLUETOOTH® Smart heart rate monitors.

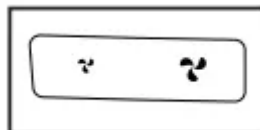
**Note:** If you use both heart rate monitors at the same time, the chest heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts (B) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.



When your pulse is detected, your heart rate will appear in the display. For the most accurate heart rate reading, hold the contacts for at least seconds.

### 6. Turn on the fan if desired.



The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your exercise intensity increases or decreases. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

**Note:** If the pedals do not move for about 30 seconds, the fan will turn off automatically.

### 7. When you are finished exercising, unplug the power cord.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT:** If you do not do this, the electrical components on the elliptical may wear prematurely

## HOW TO USE AN ONBOARD WORKOUT

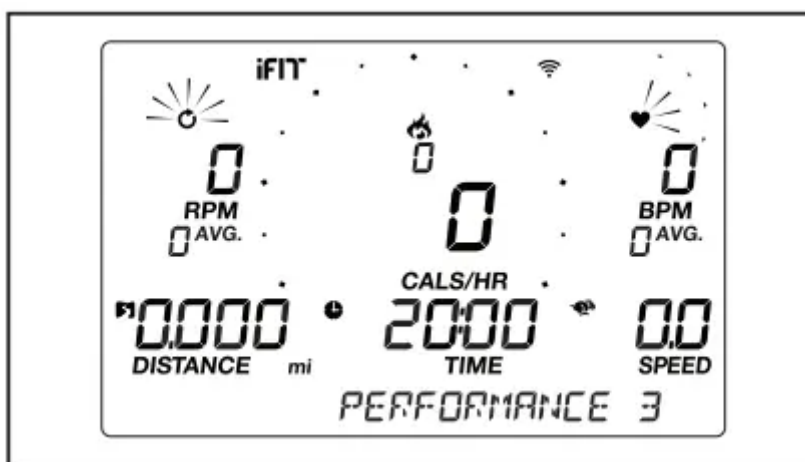
### 1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER.

### 2. Select an onboard workout.

To select an onboard workout, press the desired Workout Apps button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the name of the workout and the duration of the workout or the number of calories to be burned.



The maximum speed and the maximum resistance level for the workout will also appear in the display.

### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level, one incline level, and one target speed are programmed for each segment.

**Note:** The same resistance level, incline level, and/ or target speed may be programmed for consecutive segments. Some onboard workouts may not have incline levels programmed.

At the end of each segment of the workout, a series of tones will sound. If a different resistance level, incline level, and/or target speed is programmed for the next segment, the resistance level, incline level, and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals and/or the incline level of the frame will then change.

As you exercise, keep your pedaling speed near the target speed for the current segment.

**IMPORTANT:** The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level or the incline level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons or the Incline buttons. **IMPORTANT:** When the current segment of the workout ends, the pedals and the frame will automatically adjust to the resistance level and the incline level programmed for the next segment.

The workout will continue in this way until the last segment ends. To pause the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

To end the workout, press the End/Summary button. A summary of the workout will appear in the displays for several seconds.

- 4. Follow your progress with the displays.** See step 4 on HOW TO USE THE MANUAL MODE.
- 5. Measure your heart rate if desired.** See step 5 on HOW TO USE THE MANUAL MODE.
- 6. Turn on the fan if desired.** See step 6 on HOW TO USE THE MANUAL MODE.
- 7. When you are finished exercising, unplug the power cord.** See step 7 on HOW TO USE THE MANUAL MODE.

## HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console; the console pairing number will appear in the display. When a connection is established, the LED on the console will flash red twice.

**Note:** If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

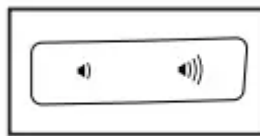
To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console until the LED on the console turns solid green.

**Note:** All BLUETOOTH connections between the console and other devices (including any tablets, heart rate monitors, and so forth) will be disconnected.

## HOW TO USE THE SOUND SYSTEM

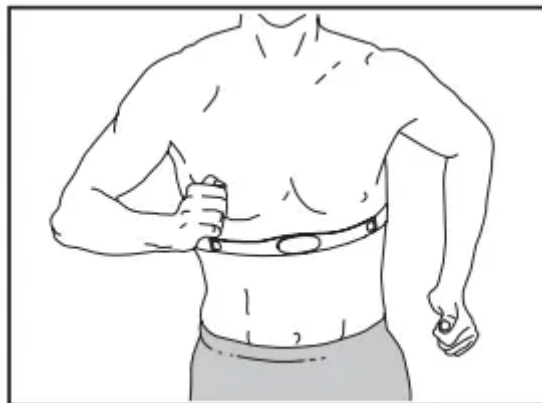
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your personal audio player; make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.



## THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. To purchase a chest heart rate monitor, please see the front cover of this manual.



**Note:** The console is compatible with all BLUETOOTH Smart heart rate monitors.

## HOW TO CHANGE CONSOLE SETTINGS

### 1. Select the settings mode.

To select the settings mode, press the Settings button. The settings information will appear in the display.

## 2. Navigate the settings mode.

While the settings mode is selected, the display will show several optional screens. Press the increase and decrease buttons near the Enter button repeatedly to select the desired optional screen.

The lower section of the display will show instructions for the selected screen. Make sure to follow the instructions shown in the lower part of the display.

## 3. Change settings as desired.

Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Incline System Calibration— If the incline system is not functioning properly, it may need to be calibrated. To calibrate the incline system, press the Incline increase or decrease button. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

Contrast Level—The currently selected contrast level will appear in the display. Press the Quick Resistance increase and decrease buttons to adjust the contrast level.

Usage Information—The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

Demo—The console features a demo mode, designed to be used if the elliptical is displayed in a store. Press the Quick Resistance increase button repeatedly to turn the demo mode on or off.

## 4. Exit the settings mode.

Press the Settings button to exit the settings mode.

# MAINTENANCE AND TROUBLESHOOTING

## MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the elliptical is used. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT:** To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## CONSOLE TROUBLESHOOTING

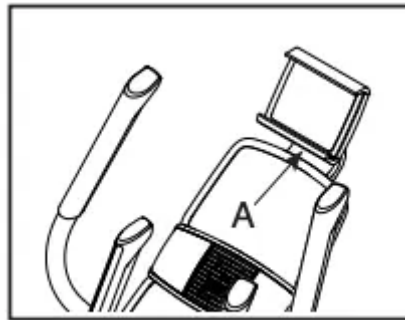
The console requires activation. If you have not activated the console, see assembly step 7.

If the console does not turn on, make sure that the power cord is fully plugged in and that the power switch is pressed to the reset position.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on HOW TO USE THE MANUAL MODE.

## TABLET HOLDER TROUBLESHOOTING

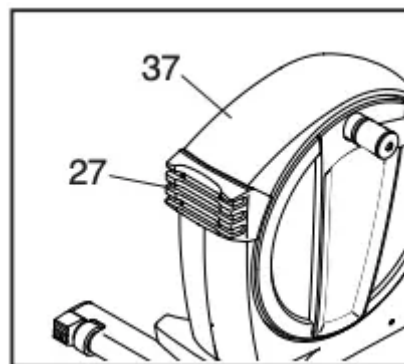
If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the screw (A) until the tablet holder stays in place when it is rotated to the desired position.



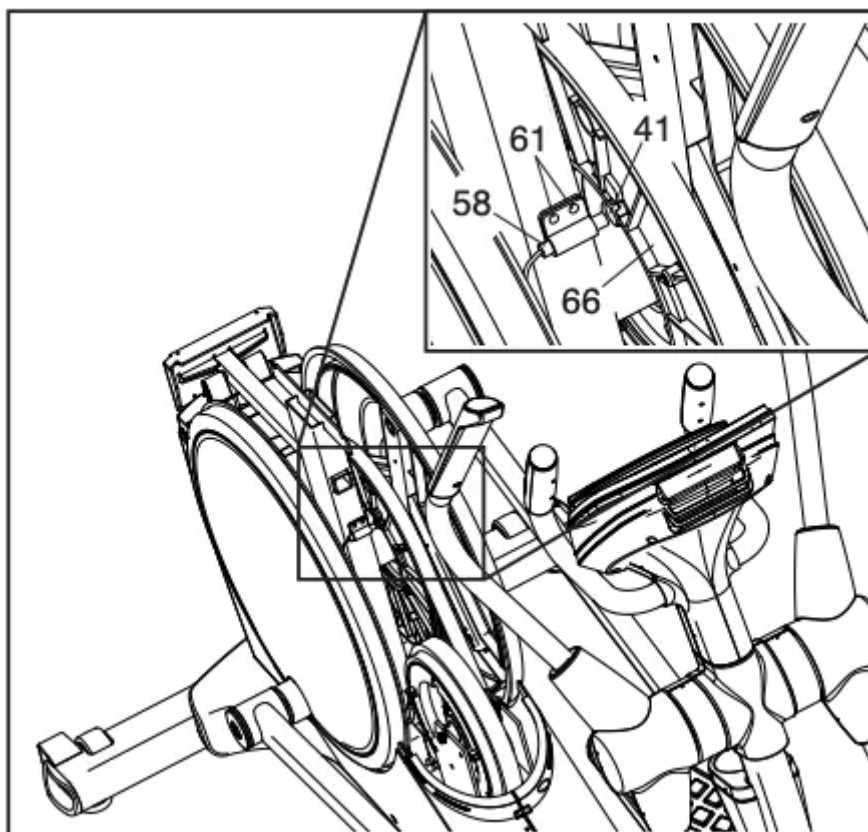
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first press the power switch to the off position and unplug the power cord.

Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and then remove the Large Storage Foot. Then, remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and use a standard screwdriver to pry the Top Shield upward off the elliptical.



Then, look into the access opening and locate the Reed Switch (58). Rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch.



Next, slightly loosen the two indicated M4 x 16mm Screws (61). Slide the Reed Switch (58) slightly toward or away from the Magnet (41), and then retighten the Screws.

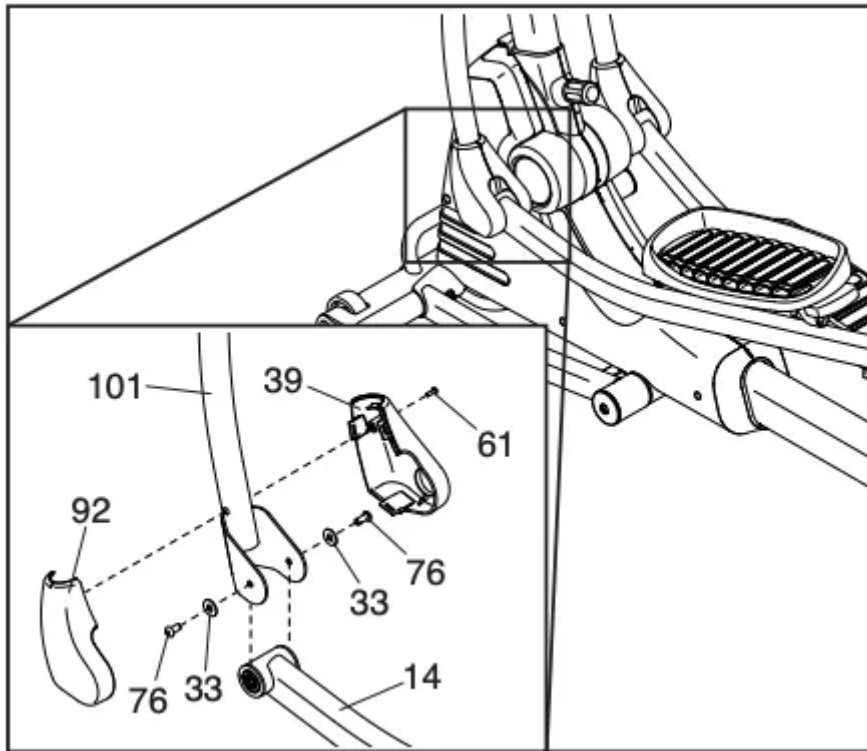
Then, plug in the power cord, press the power switch to the reset position, and rotate the pulley for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, press the power switch to the off position, unplug the power cord and reattach the top shield and the large storage foot. Then, plug in the power cord.

## **HOW TO ADJUST THE DRIVE BELT**

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first press the power switch to the off position and unplug the power cord.

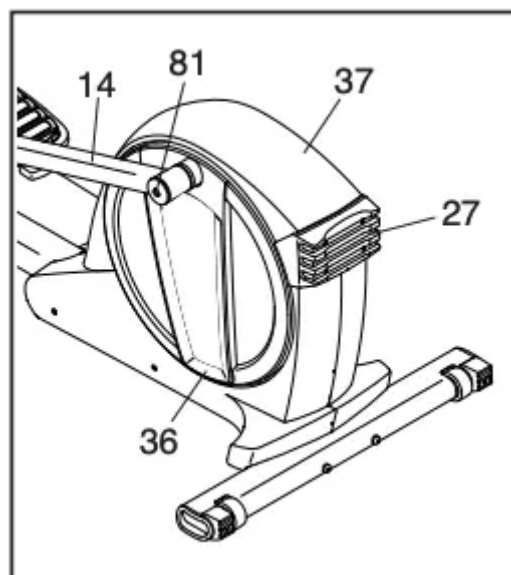
Next, remove the indicated M4 x 16mm Screw (61), the Left Leg Inner Cover (39), and the Left Leg Outer Cover (92).



Then, remove the two M8 x 16mm Hex Screws (76) and the two M8 Washers (33) from the Left Upper Body Leg (101) and the Left Pedal Arm (14).

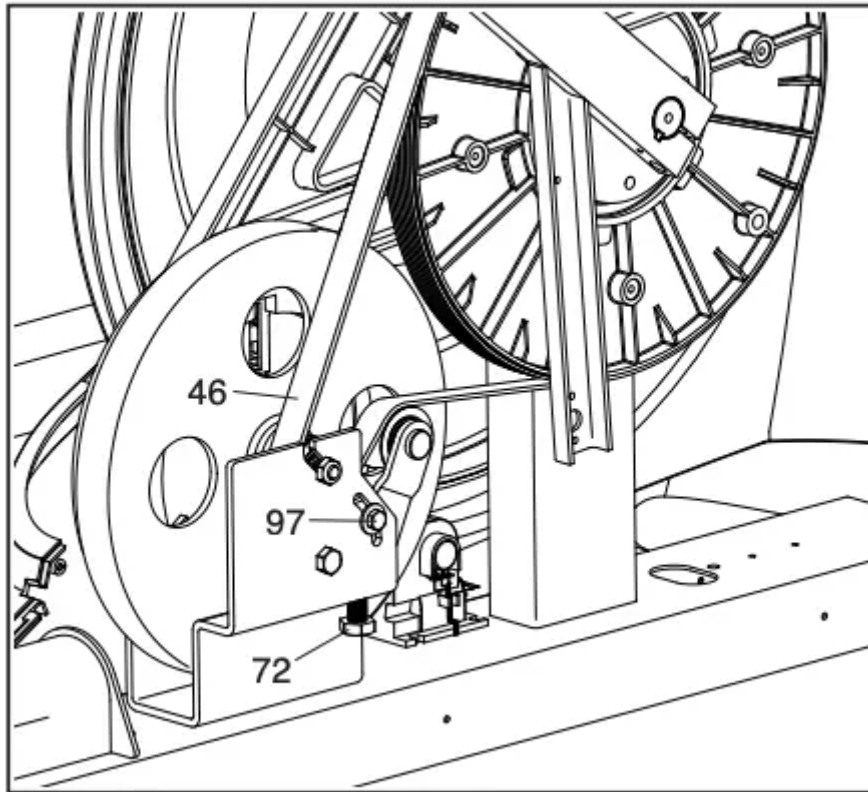
Next, remove the M8 x 14mm Shoulder Screw (81) from the Left Pedal Arm (14), and remove the Left Pedal Arm from the elliptical.

Next, remove the four M4 x 16mm Screws (not shown) from the Large Storage Foot (27), and remove the Large Storage Foot. Remove the two M4 x 16mm Screws (not shown) from the Top Shield (37), and then use a standard screwdriver to pry the Top Shield upward off the elliptical. Then, pry the left Pedal Disc (36) off the elliptical.



See EXPLODED DRAWING C. Identify the Left and Right Shields (44, 45). Remove all of the M4 x 16mm Screws (61) and 3/16" x 1 1/2" Screws (64) from the Left and Right Shields. Make sure to note which size Screws come from which holes. Then, carefully remove the Left Shield.

Next, loosen the Idler Screw (97). Tighten the Idler Adjustment Screw (72) until the Drive Belt (46) is tight, and then retighten the Idler Screw.



When you are finished, reattach all of the parts that you removed. Then, plug in the power cord.

## EXERCISE GUIDELINES




**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the

proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

<b>165</b>	<b>155</b>	<b>145</b>	<b>140</b>	<b>130</b>	<b>125</b>	<b>115</b>	
<b>145</b>	<b>138</b>	<b>130</b>	<b>125</b>	<b>118</b>	<b>110</b>	<b>103</b>	
<b>125</b>	<b>120</b>	<b>115</b>	<b>110</b>	<b>105</b>	<b>95</b>	<b>90</b>	
<hr/>							
<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	

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

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses 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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

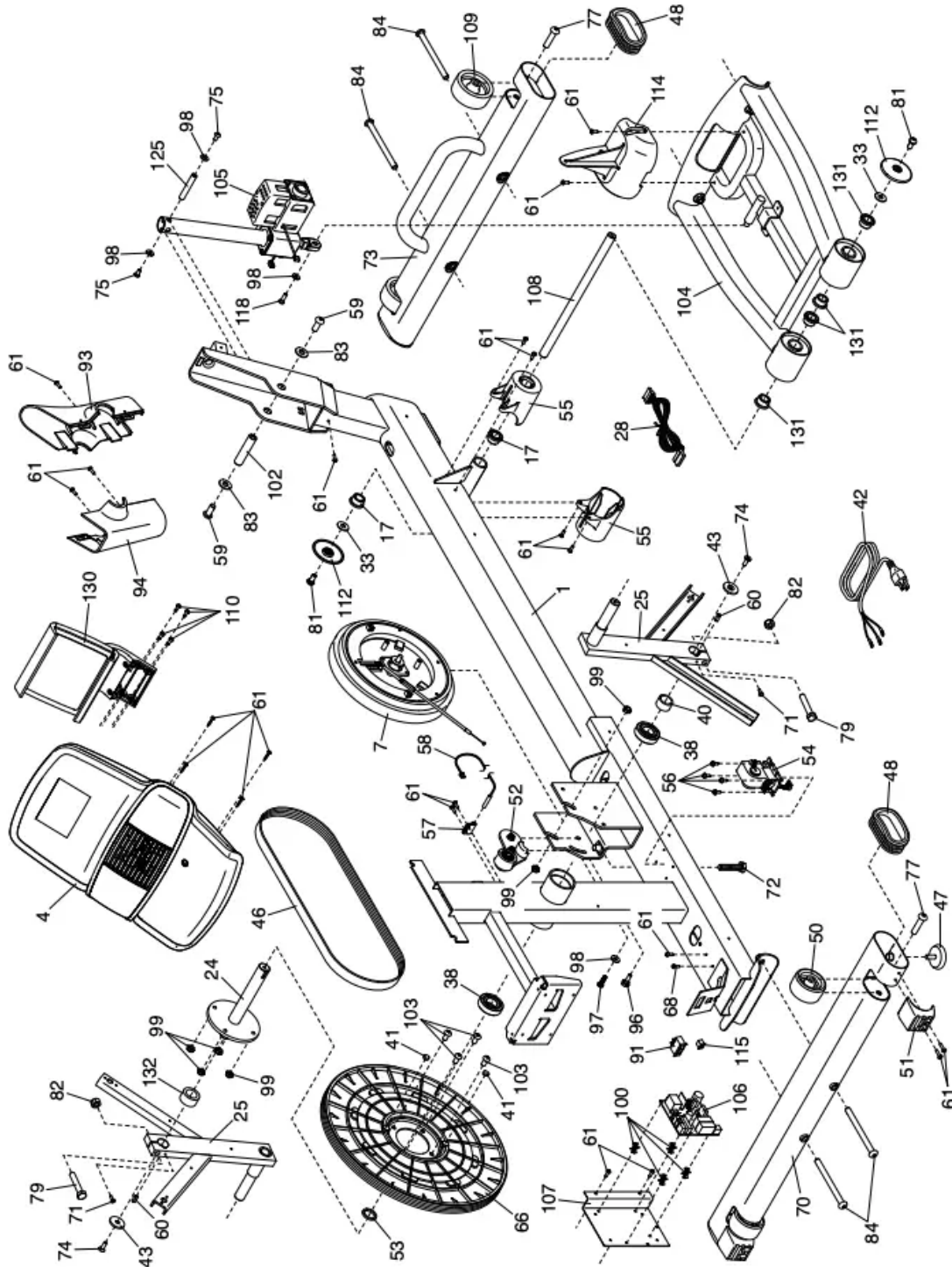
**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

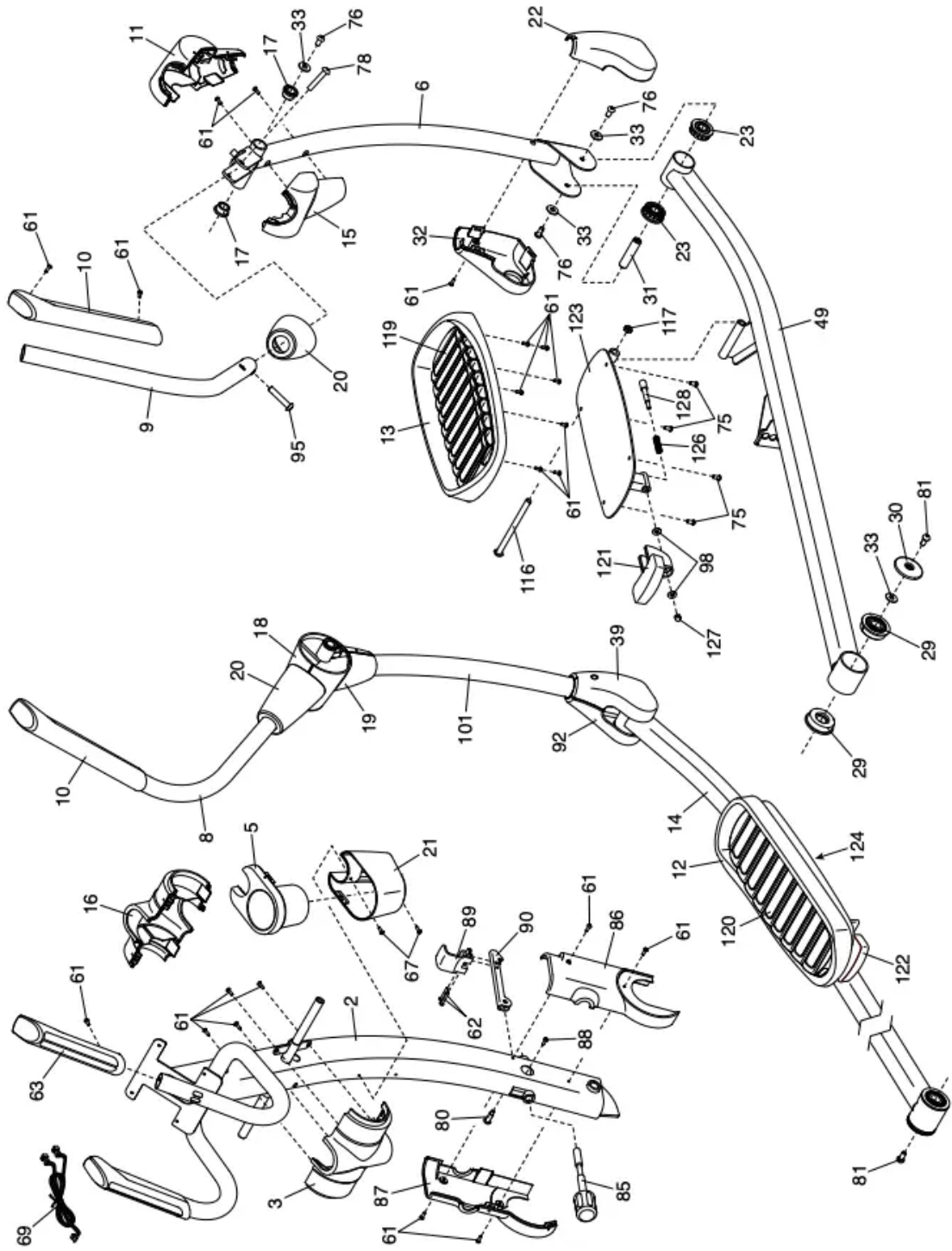
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five

workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

### EXPLODED DRAWING A

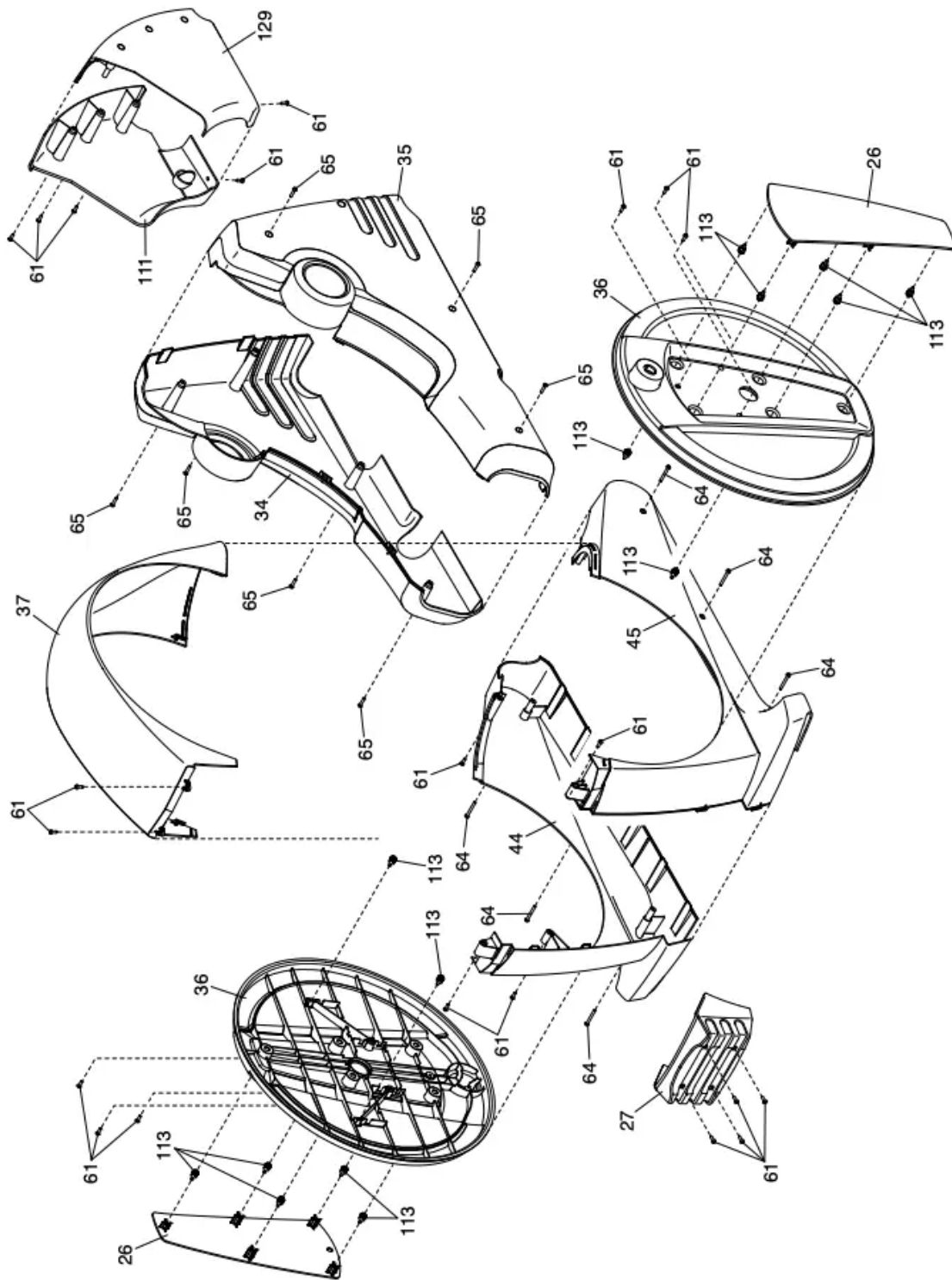


# EXPLODED DRAWING B



# EXPLODED DRAWING C





**Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.



