LANDICE

Upright Bike
Recumbent Bike
90 Series Owner's Manual

Part Number: 50011-8

CE

Important Safety Instructions

Read all instructions before using the bike. Be sure you understand operation of the bike before use. SAVE THESE INSTRUCTIONS.

Veuillez lire toutes les instructions avant d'utiliser le tapis roulant. VEUILLEZ CONSERVER CES INSTRUCTIONS.

⚠WARNING	**Keep children under the age of 13 away from machine.**
⚠AVERTISSEMENT	**Garder les enfants de moins de 13 ans loin de la machine.**

⚠WARNING	**Use the heart rate values reported by the pulse grips or wireless chest strap for reference purposes only. The heart rate reported is approximate, and is not meant to replace any medical device. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.**
⚠AVERTISSEMENT	**Utilisez les valeurs de fréquence cardiaque relevées par les poignées cardiofréquencemètres ou la ceinture thoracique sans fil à titre indicatif uniquement. Le rythme cardiaque indiqué est approximatif et ne remplace aucun appareil médical. Un effort physique excessif peut entraîner des blessures graves, voire mortelles. En cas de malaise, arrêtez immédiatement l'exercice.**

⚠WARNING	**This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.**
⚠AVERTISSEMENT	**Ce produit contient des produits chimiques reconnus par l'état de Californie comme pouvant causer le cancer, des anomalies congénitales ou d'autres troubles de la reproduction.**

⚠WARNING

To reduce the risk of injury to persons:

- Do not use this product without consulting your doctor first if you are suffering from any illness, condition or disability which affects your ability to exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition or disability. Failure to do so can result in serious injury.
- Close supervision is necessary when this unit is used by or near children or disabled persons.
- Keep the area around the bike clear of any obstructions, including walls and furniture. Be sure no objects that can impede or entangle the pedals are near or underneath the pedals when you are using the bike.
  - Allow a minimum clearance of at least 3 feet on each side of the bike.
  - Allow a minimum clearance of at least 18 inches to the front and rear of the bike.
- Do not allow other people to interfere with the bike or the user when the bike is in use. Do not tip the bike when in use.
- Always wear shoes with rubber or high-traction soles. Do not operate bike with bare feet, slippers, high heels, leather soles or spikes.
- Use the bike only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Do not drop or insert objects into any opening on the bike. Be sure no objects are near or beneath the bike while you are using it.
- Use caution when stepping onto or off the bike. Never sit facing backward while using the bike. Always face forward during your workout.

⚠AVERTISSEMENT

Pour réduire le risque de blessure corporelle :

- N'utilisez pas ce produit avant d'avoir consulté votre médecin si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice.
- N'utilisez pas ce produit sans surveillance si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice. Le non-respect de ces recommandations peut entraîner des blessures graves si vous chutez lorsque le tapis roulant est en mouvement.
- Une surveillance étroite est nécessaire lorsque le tapis roulant est utilisé par des enfants, des personnes invalides ou handicapées ou à leur proximité.
- Gardez la zone autour du vélo dégagée de toute obstruction, y compris des murs et des meubles. Assurez-vous qu'aucun objet pouvant gêner ou emmêler les pédales ne se trouve à proximité ou sous les pédales lorsque vous utilisez le vélo.
    - Gardez au moins 1M de dégagement de chaque côté du vélo.
    - Gardez au moins 46 cm de dégagement à l'avant et à l'arrière du vélo.
- Ne laissez personne interférer avec le vélo ou avec l'utilisateur lorsque le vélo est en cours d'utilisation. Ne pas renverser le vélo lors de son utilisation.
- Portez toujours des chaussures à semelles en caoutchouc ou à forte traction. Ne conduisez pas de vélo pieds nus, pantoufles, talons hauts, semelles en cuir ou pointes.
- N'utilisez de vélo que dans le cadre prévu et décrit dans ce manuel. N'utilisez aucune pièce supplémentaire non recommandée par Landice.
- Ne laissez pas de peluches, cheveux, poussières ou débris bloquer les ouvertures d'aération.
- Faites preuve de prudence lorsque vous montez ou descendez du vélo. Ne vous assoyez jamais à l'arrière lorsque vous utilisez le vélo. Toujours faire face à l'avant pendant votre séance d'entraînement.

⚠WARNING **Failure to observe the following warning statements can result in serious injury!**

- Do not operate bike where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate outdoors, by a swimming pool or in areas of high humidity.
- Never operate the bike with the air openings blocked. Keep the air openings free of lint, hair and dust.
- Never place containers filled with liquid on the bike, except in the bottle holder. Containers should be securely covered.
- Never operate bike if it is not working properly or is damaged. Call your selling dealer immediately for examination and repair.
- To prevent entanglement and injury, never attempt to operate the pedals by hand. Never let the pedals support your full weight. Always ride sitting down, do not stand up on the bike at any time. Doing so could result in personal injury and damage to the bike.

⚠AVERTISSEMENT **Le non-respect des avertissements qui suivent peut entraîner de graves blessures !**

- N'utilisez pas le vélo d'appartement lorsque des produits aérosols (sprays) sont utilisés ou lorsque de l'oxygène est administré.
- N'utilisez pas le vélo d'appartement en extérieur.
- Ne faites jamais fonctionner le vélo avec les ouvertures d'air obstruées. Gardez les ouvertures d'air exemptes de peluches, de cheveux et de poussière.
- Ne placez jamais de bidons remplis de liquide sur le vélo, sauf dans le porte-bouteille. Les conteneurs doivent être bien couverts.
- N'utilisez jamais le vélo s'il ne fonctionne pas correctement ou s'il est endommagé. Appelez immédiatement votre revendeur pour un examen et une réparation.
- Pour éviter tout enchevêtrement et toute blessure, n'essayez jamais d'actionner les pédales à la main. Ne laissez jamais les pédales supporter tout votre poids. Roulez toujours assis, ne vous tenez jamais debout sur le vélo. Cela pourrait entraîner des blessures et endommager le vélo.

Quick Start Guide

⚠ DANGER **Be aware of loose clothing, shoe laces and any other item of clothing that may become entangled in the pedals.**

⚠ DANGER **Faites attention aux vêtements amples, aux lacets de chaussures et à tout autre vêtement qui pourrait se prendre dans les pédales.**

Using the Control Panel

Note: Landice bikes are self-powered and require users to pedal at all times to keep the display on. If you stop pedaling the display will turn off and all statistics will be lost.

This manual covers the Landice Recumbent and Upright Bikes. For detailed instructions, see “Operation: Landice Achieve Control Panel” on page 47.

Landice Achieve Bike Console

Bike Controls: Quick Start Guide

To start the bike: Begin pedaling and after a few seconds the display will light. The starting effort level is set to Level 1.
To turn off the bike: Press **STOP** once to pause the bike. Press **STOP** twice to power down the bike. The display console will shut off and all current statistical information will be cleared.
To view your speed in different units: Press the **SPEED (+ / -)** to select MPH, Km/hr, or Revolutions per Minute.
To change effort level: Press and hold **EFFORT (+)** key to increase effort. Pressing for more than 2 seconds raises effort faster. Release key when desired effort is shown on EFFORT display. Press and hold **EFFORT (–)** key to reduce effort. Pressing for more than 2 seconds reduces effort faster. Release key when desired effort is shown in the EFFORT display.
To view different screens during workout: Use the arrow keys at any time to choose the display screen that best suits your workout.

Switching English/Metric Display Units

The display shows English units (mph for speed, lb for weight) by default.

To change to metric units (kilometers per hour for speed and kilograms for weight): begin pedaling, then hold **3** and **9** simultaneously during the boot-up screen, then release all. Use the **+** or **-** keys to move up and down the list and select Toggle Units. Then press **START** to select the setting.

Press **STOP** to save and exit.

Repeat the same steps to return the display to English units if desired.

1. Introduction

Landice has placed over 100,000 treadmills, ellipticals and bikes in the harshest commercial environments around the world, where our fitness equipment has proven its strength and durability. Landice products are designed by a world-class development team whose innovation defines the leading edge of high-end fitness.

This manual covers upright and recumbent bikes. Be sure you understand how to operate your bike's control panel before using the bike.

1.1. Before You Begin

Please do the following before you start to exercise on your bike:

- **Register your bike.** Landice backs your bike with a strong warranty. For the factory to respond if your bike has a problem, we need your warranty information on file. Register online at the link below.
  http://www.landice.com/support/product-registration
- Select the proper location. The bike should be installed in a climate-controlled room.
  - See "Recumbent Bike Assembly" on page 21.
  - See "Upright Bike Assembly" on page 35.
- Familiarize yourself with the features of the bike, shown in the following figures.

Figure 1-1. Upright Bike Features and Controls

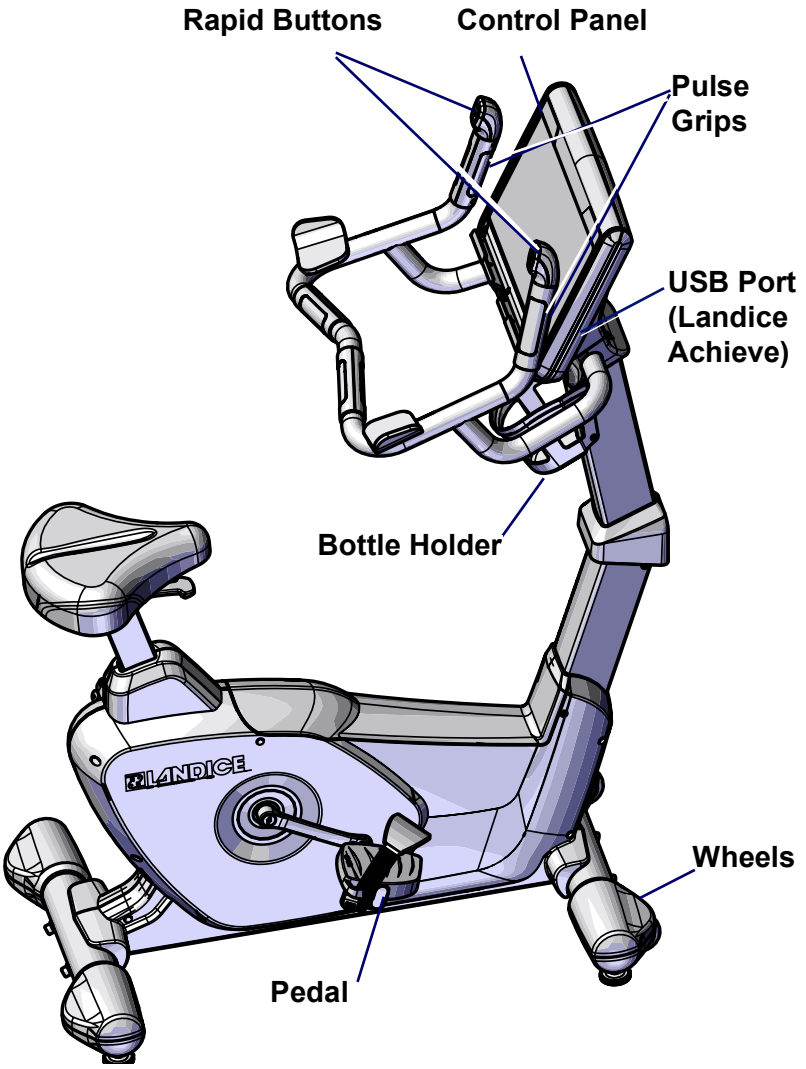


Figure 1-2. Recumbent Bike Features and Controls

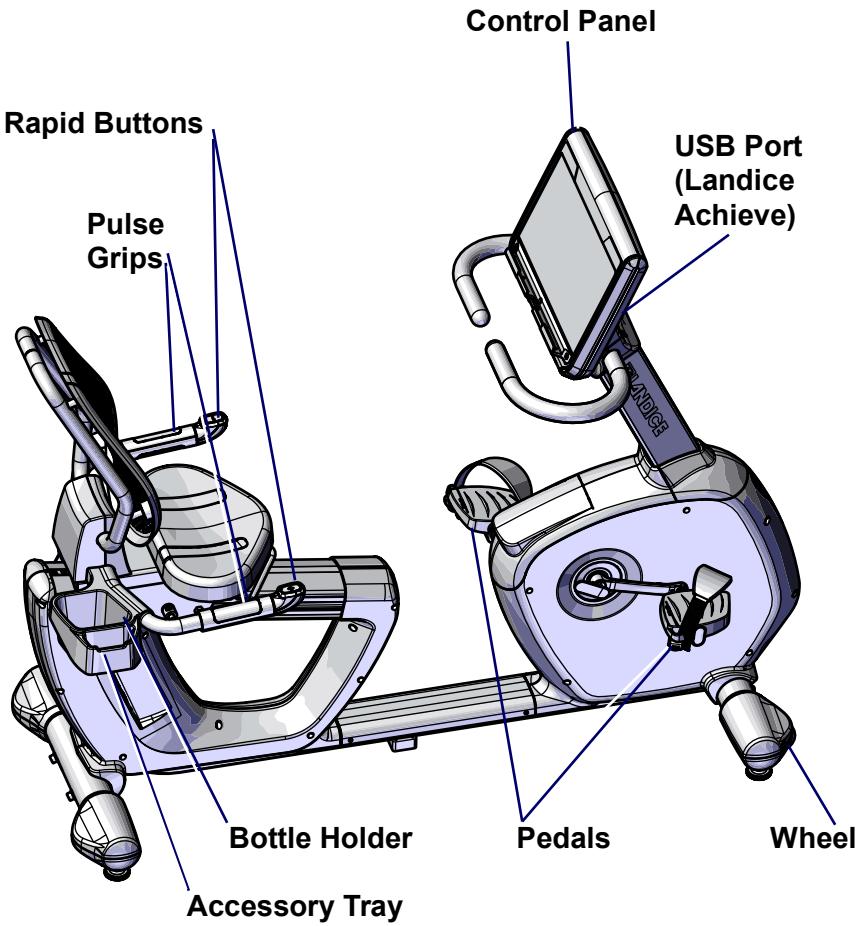


Table 1-1 Bike Features and Controls

Item	Description
Control Panel	Provides workout displays and controls.
USB Port	Provides a charging port for most devices up to 600mA. Service use only: allows software updates.
Accessory Tray	Provides accessory storage.

Table 1-1 Bike Features and Controls (Continued)

Item	Description
Pulse Grips (2)	Detects pulse when hands are placed on the grips, allowing bike to calculate and display heart rate.
Rapid Resistance Buttons (2)	Allow you to easily change the resistance without releasing the Pulse Grips. • **Recumbent bikes:** located on the handles next to the seat. • **Upright bikes:** located by the console at the top of the handles.
Bottle Holder	Holds bottles/cups.
⚠CAUTION	**To help avoid injury, do not sit on the seat while making adjustments. Make sure the seat is secure before beginning your workout.**
⚠ATTENTION	**Pour éviter les blessures, ne vous asseyez pas sur le siège faire des ajustements. Assurez-vous que le siège est sécurisé avant de commencer votre séance d'entraînement.**
Seat Adjustment	Located beneath the seat to accommodate users of all heights. • **Recumbent bike:** pull up the adjustment handle and slide seat forward or backward along inclined path to desired position. The seat remains level for maximum comfort. • **Upright bike:** pull up the adjustment handle and move seat up or down to desired height.

1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people.

⚠WARNING	**The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this formula!**
⚠AVERTISSEMENT	**L'utilisation de cette formule suppose l'absence de maladie cardiaque ou respiratoire sous-jacente, ni d'autre affection susceptible d'être affectée par l'exercice. Consultez votre médecin avant d'utiliser cette formule !**

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

John's estimated maximum heart rate is: 220 - 35 = 185

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.(THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: 185 (MHR) X 0.6 = 111 bpm
- Upper target limit: 185 (MHR) X 0.85 = 157 bpm
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more. The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

1.3. Heart Rate Monitors

⚠WARNING	**Use the heart rate values reported by the pulse grips or wireless chest strap for reference purposes only. The heart rate reported is approximate, and is not meant to replace any medical device. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.**
⚠AVERTISSEMENT	**Utilisez les valeurs de fréquence cardiaque relevées par les poignées cardiofréquencemètres ou la ceinture thoracique sans fil à titre indicatif uniquement. Le rythme cardiaque indiqué est approximatif et ne remplace aucun appareil médical.Un effort physique excessif peut entraîner des blessures graves, voire mortelles. En cas de malaise, arrêtez immédiatement l'exercice.**

Heart rate monitors are built into the bike's pulse grips, and a wireless chest strap monitor is available as an option.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Landice heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as ±15 beats per minute, with the risk of potential error increasing as heart rate increases.

1.3.1. Wireless Chest Strap Monitoring System

Note: The wireless chest strap is optional.

The Wireless Chest Strap transmitter works best against bare skin. Because sweat (salt water) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

Figure 1-3. Wireless Chest Strap Transmitter

Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Heart Rate Control (HRC) program adjustment
- Help you maintain your Target Pulse

To use the Contact Heart Rate Monitoring System:

1. Switch to any screen that shows Pulse.
2. Grab the pulse grips. When you place your hands on the grips the display flashes. The pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make speed and effort adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change speed or effort until you place your hands on the grips.

Note: If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When you release the grips, the bike uses the wireless chest strap signal for pulse calculation.

1.4. Program Capabilities

The bike has the following program capabilities:

- **Built-in Programs:** You enter the program’s maximum time and effort. See page 52.
- **User-Defined Programs:** A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments. See page 55.
- **Specific Goal Programs:** The numeric keypad is used to enter Time, Calorie and Distance. See page 57.
- **Heart Rate Control (HRC) Programs:** The heart rate program will automatically vary the effort based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time. See page 58.

2. Recumbent Bike Assembly

2.1. Tools Needed

The Landice recumbent bike is shipped with tools and hardware necessary for assembly and installation. A sharp utility knife and/or diagonal cutters will aid in removing plastic strapping.

- 13-16 mm open end combination wrench
- Cross head #2 (Phillips) screwdriver
- #8 Hex key wrench
- #6 Hex key wrench
- #5 Hex key wrench
- #4 Hex key wrench
- Optional: 5/8 inch open end or adjustable wrench for leveling bike if necessary (not included)

2.2. Unpacking

Unpacking and installation of the bike should be done by a qualified technician. The packaged bike is heavy and weighs 240 lb (109 kg).

⚠WARNING

To avoid injury, use caution when moving and lifting the bike during unpacking and assembly. Two people are recommended when removing bike base from shipping pallet.

⚠AVERTISSEMENT

Pour éviter toute blessure, faites attention lors du déplacement et du levage du vélo lors du déballage et de l'assemblage. Deux personnes sont recommandé lors du retrait socle de vélo de la palette d'expédition.

⚠CAUTION

Be careful! Straps are under tension.

⚠ATTENTION

Faites attention! Les sangles sont sous tension.

1. Move the shipping crate/pallet to location of assembly. Allow 3-5 feet working space to safely remove box and pallet.

   The bike requires the following minimum clearances during use:

   - 3 feet (92 cm) on each side of the bike.
   - 18 inches (41 cm) at the front and rear of the bike.

Note: **After assembly, the bike may be moved by lifting the rear of the assembled bike and rolling it to its final location.**

2. Remove strapping from box and pallet. Use caution, straps may be under tension.
3. Lift and remove outer box, set aside for disposal.
4. Carefully remove upright tube/handle bar assembly, console, seat base, and component boxes from recumbent bike base, set aside for assembly.
5. Remove protective plastic bag and contact heartrate grip covers.
6. To prevent scratches or surface damage during assembly, cover a level surface with a moving blanket or towels prior to assembly.
7. Carefully team lift the recumbent bike base off of the shipping pallet and place it on the prepared surface for assembly.
8. Locate the plastic bag that contains the Owner's Manual and the Hardware Kit.

2.3. Assembly

2.3.1. Install Base Tubes

1. With the bike base positioned on the prepared assembly surface, remove the two cardboard shipping tubes using M8 Allen wrench or M8 socket driver.

Note: The REAR bike base tube contains the serial number. The FRONT tube contains manufacturer information.

2. Locate and install bike base tubes provided, using hardware removed from shipping tubes. Orient tubes so product labels/serial number face outward when installed.

3. Fully tighten hardware removed from shipping tubes using M8 Allen wrench or M8 socket driver.

2.3.2. Install Seat Base

1. To prevent surface damage to either component, place bubble wrap or a blanket over seat carriage assembly.

2. Invert seat base and place on top of seat carriage with contact grips facing the rear of the bike (Figure 2-1).

Figure 2-1. Seat Base Inverted

⚠CAUTION

To avoid wire damage:

- **Ensure keyed harness connectors are oriented properly before connecting. DO NOT force keyed connectors together.**
- **Wiring MUST be secured in place with cable ties or wire ties to avoid wiring damage during seat track adjustments.**

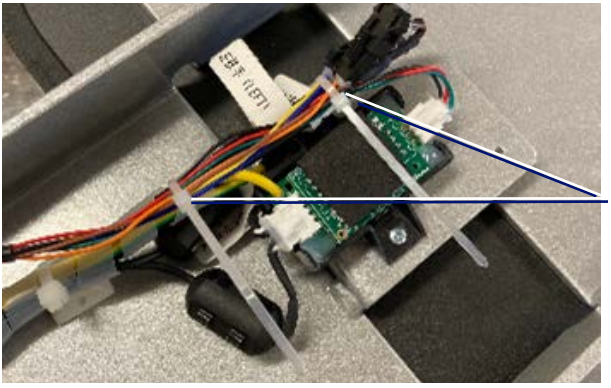
⚠ATTENTION

Pour éviter d'endommager les fils :

- **Assurez-vous que les connecteurs à clé du faisceau sont correctement orientés avant de procéder au raccordement. NE FORCEZ PAS les connecteurs à clé ensemble.**
- **Le câblage DOIT être fixé en place avec des serre-câbles ou des serre-fils pour éviter d'endommager le câblage pendant les réglages du rail du siège.**

3. Connect heartrate primary harness to the heartrate receiver board, and to the left and right heartrate/resistance control harnesses.
4. After all three harnesses are locked together, secure harnesses in place using two 4" cable ties positioned as shown (Figure 2-2). Trim excess length.

Figure 2-2. Cable Tie Positioning



Cable Tie Placement Positions

5. After securing wiring, carefully lift and rotate seat base onto seat carriage. Pay special attention to position of wiring harness.

⚠CAUTION	**To avoid wiring damage, do not pinch harness when installing seat base.**
⚠ATTENTION	**Pour éviter dommages au câblage, ne pincez pas le faisceau lors de l'installation de la base du siège.**

6. When seat base is aligned with mounting bolts on seat carriage, install (4) M6-20 flathead cap screws and lock washers (#27 from hardware kit). Start all four screws by hand prior to tightening.

7. Using M6 Allen key or M6 socket driver, **fully tighten all four screws**. Screws **MUST** be tight to ensure optimal performance.

2.3.3. Install Pedals

Note: To ensure pedals are properly tightened, DO NOT allow crank to rotate during pedal installation.

⚠CAUTION	**To avoid damage to pedals and/or pedal crank, hand thread the pedals onto pedal crank.**
⚠ATTENTION	**Pour éviter d'endommager les pédales et/ou la manivelle, vissez les pédales à la main sur la manivelle.**

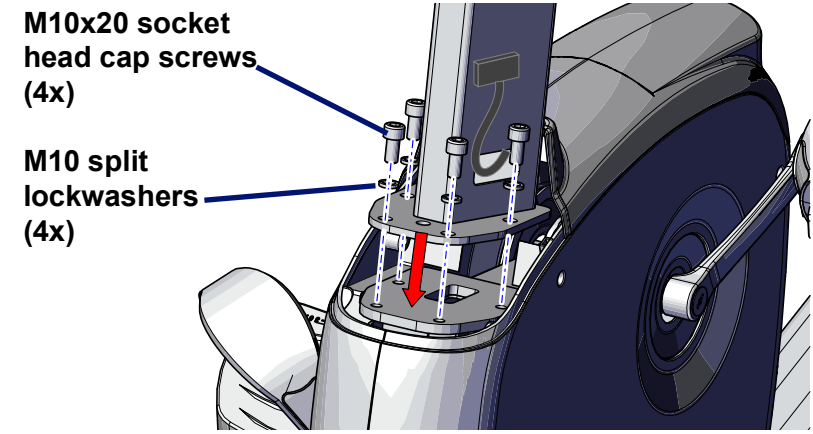
1. Pedals are marked **L** (left) or **R** (right) on bottom. The **LEFT** pedal threads **COUNTERCLOCKWISE** onto the left pedal crank. To avoid damage to pedal and/or pedal crank, hand thread the left pedal onto left pedal crank (Figure 2-3). With threads properly aligned, fully tighten pedal onto pedal crank using a standard or extended length, 16 mm open end wrench.
2. The **RIGHT** pedal threads **CLOCKWISE** onto the right pedal crank. To avoid damage to pedal and/or pedal crank, hand thread the right pedal onto pedal crank. With threads properly aligned, fully tighten pedal onto pedal crank using a standard or extended length, 16 mm open end wrench.

Figure 2-3. Hand-Threading Pedal onto Pedal Crank

2.3.4. Install Upright Tube

3. Install the upright tube onto recumbent bike base (Figure 2-4) using (4) M10x20 socket head cap screws, #22 and (4) M10 split lockwashers #21 from the hardware kit. Fully tighten hardware.

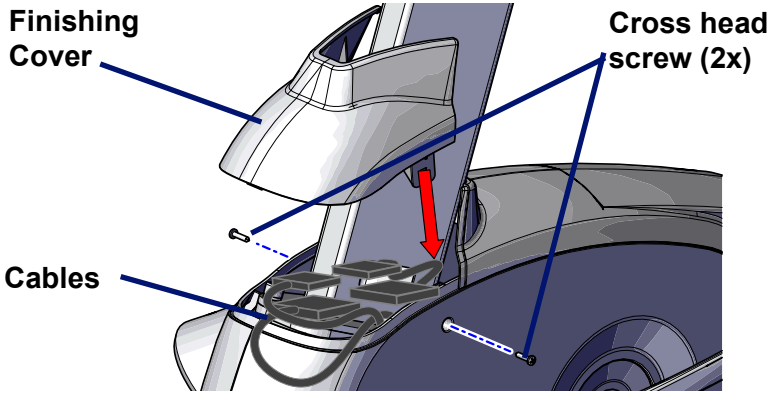
Figure 2-4. Upright Tube Installation



4. Connect both cables from recumbent bike base to intermediate harnesses located inside the upright tube. Connectors are keyed, do not force connectors together or damage may result (Figure 2-5).

5. Carefully tuck wiring into plastic shroud and install finishing cover from the accessory box with (2) #25 cross head screws as shown.

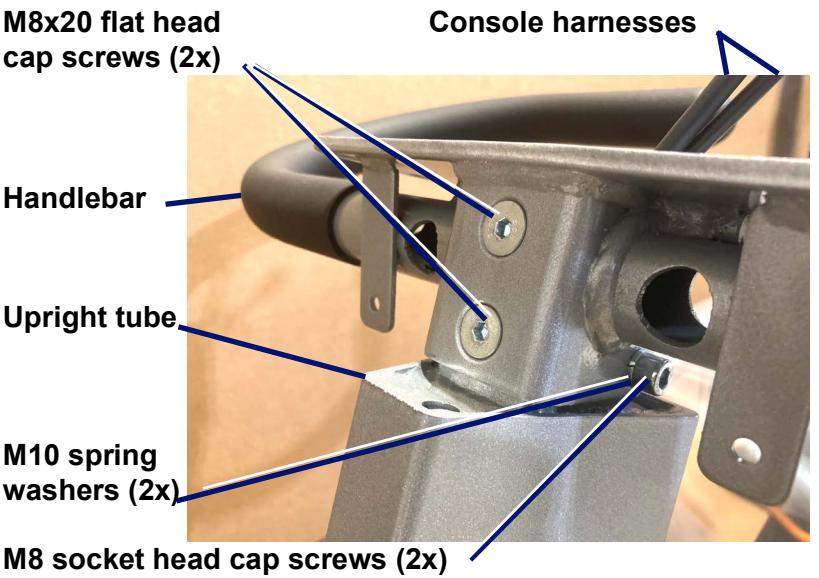
Figure 2-5. Harness Connection and Finishing Cover



2.3.5. Install Handlebar

1. Mount handlebar onto upright tube neck as shown (Figure 2-6).
2. Pass the two console harness connectors through the center mounting hole of handlebar prior bolting into place.

Figure 2-6. Handlebar Installation



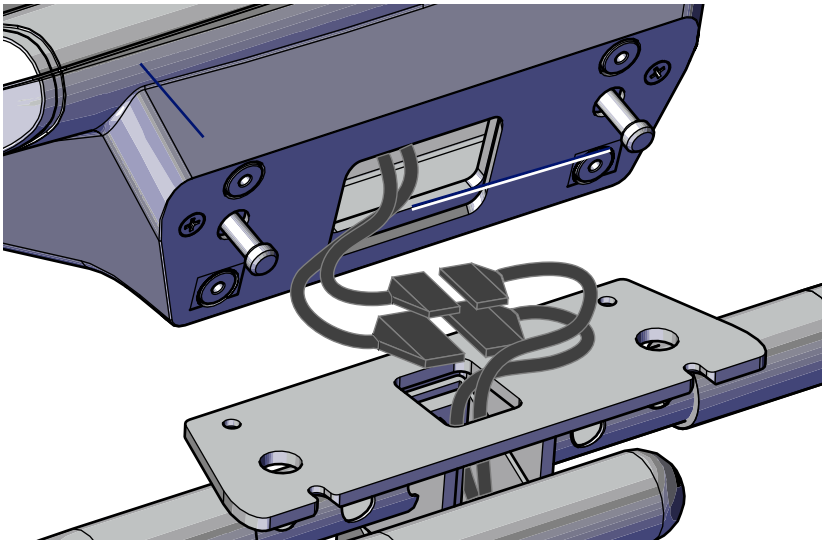
3. Hand thread (2) M8 x20 Flat Head Cap Screws, #31 in hardware kit, into the rear tube neck threaded holes.
4. Hand thread (1) M10 Spring Washer #24 and (1) M8x20 Socket Head Cap screw into the lower left and right neck tube threaded holes.
5. Using a M5 Allen key or socket driver, fully tighten (2) M8 Flat Head Cap Screws.
6. Using a M6 Allen key or socket driver, fully tighten (2) lower M8 Socket Head Cap Screws (Left and Right).
7. Fully tighten all four screws to ensure optimal performance.

2.3.6. Install Console

1. Carefully remove packaging from the display console.
2. Connect both power harnesses within the upright tube to the matching harnesses located at the bottom of the display console (Figure 2-7).

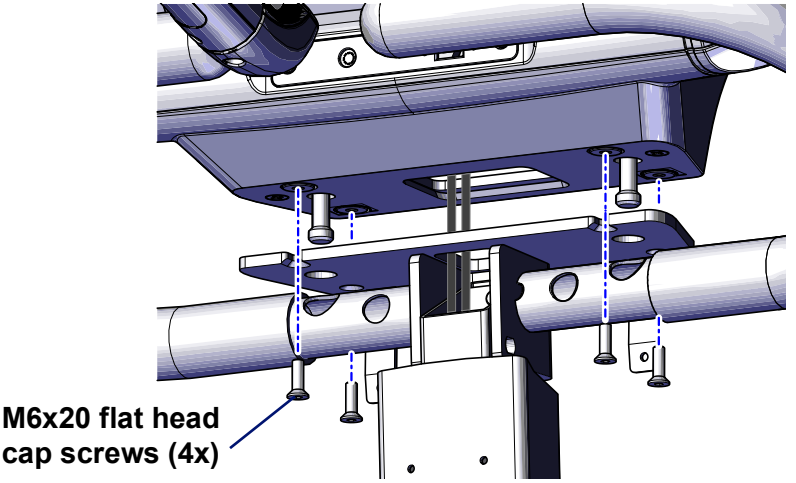
Note: Connectors are keyed, do not force connectors together or damage may result.

Figure 2-7. Console Harness Connectors



3. Rotate console upward, while carefully routing wire connections into base tube and/or console (Figure 2-8). Align pins with holes in flange, then secure console using (4) #27 M6x20 flat head cap screws.

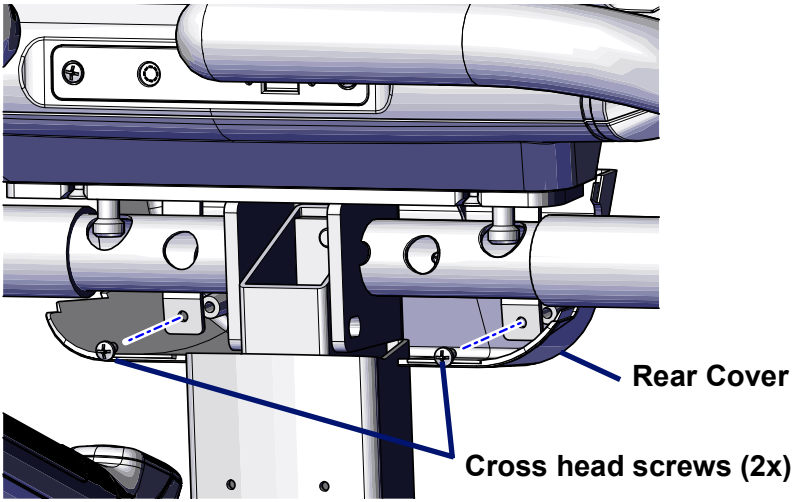
Figure 2-8. Console Mounting



4. Locate front and rear console/upright tube finishing covers in the accessory box.

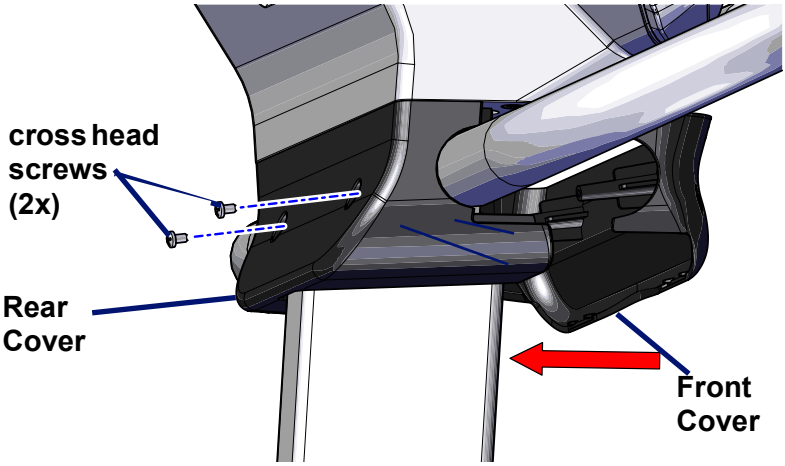
5. Install rear console cover first. Secure to upright tube mounting plate with (2) #25 crosshead screws. (Figure 2-9).

Figure 2-9. Console Rear Finishing Cover Installation



6. With rear cover in place, position front cover so both plastic mounting inserts go through the cross bar access holes. Secure with (2) #25 cross head screws. Do not over tighten or plastic components may be damaged (Figure 2-10).

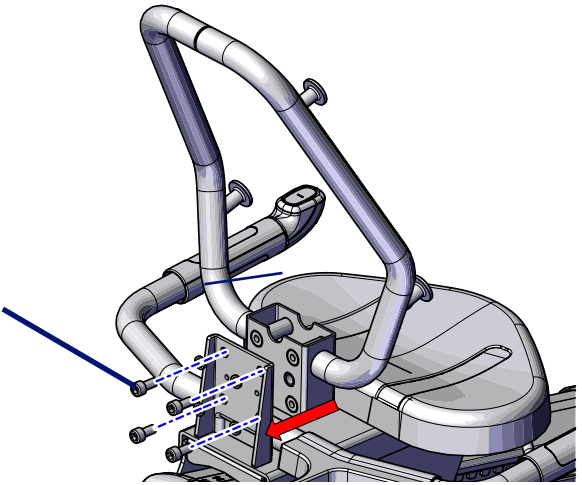
Figure 2-10. Console Front Finishing Cover Installation



2.3.7. Install Seatback

1. Locate the metal tube seatback frame in the accessory box. Attach to base using (4) #26 M10 x 25 hex head bolts and (4) #21 spring washers (Figure 2-11). Fully tighten hardware.

Figure 2-11. Seat Back Installation



2. Install front (Figure 2-12) and rear (Figure 2-13) seat back finishing covers using (2) #25 cross head screws for front cover and (3) screws for back cover. Do not over tighten or plastic components may be damaged.

Figure 2-12. Front Seat Back Finishing Cover Installation

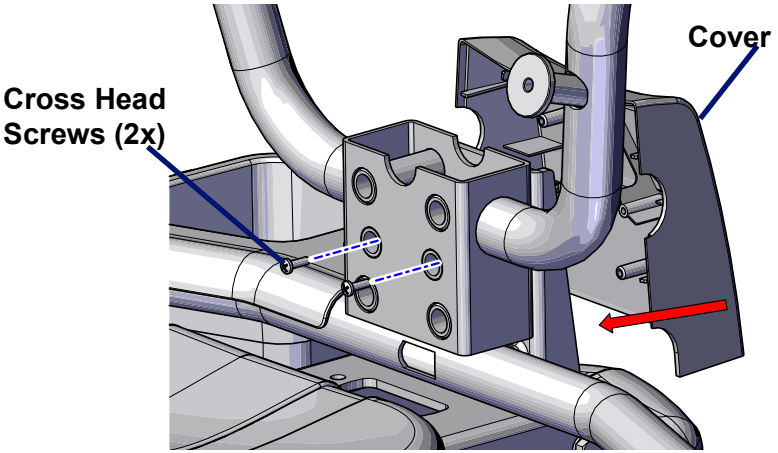
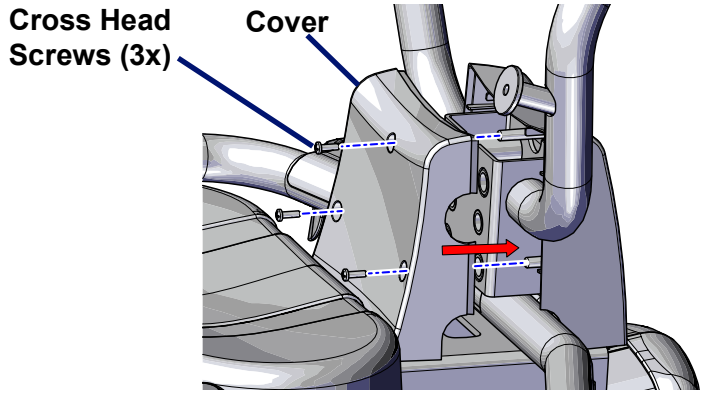
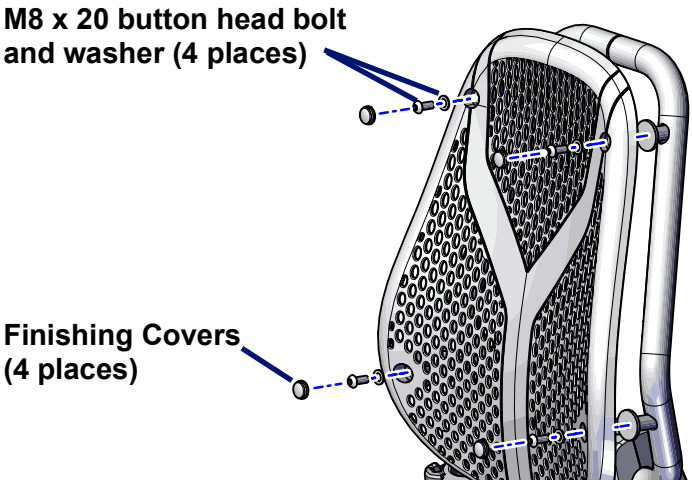


Figure 2-13. Rear Seat Back Finishing Cover Installation



3. Locate the vented seatback pad from the accessory box, secure to seatback frame with (4) M8 x 20 button head bolts #28 and (4) flat washers #29. When secured, insert back pad finishing covers #30 as shown (Figure 2-14).

Figure 2-14. Seat Back Pad Installation



4. Prior to use, verify there is no remaining hardware within the hardware kit and all hardware is properly tightened.

5. If the bike is positioned on an unlevel surface, adjust each foot pedestal using a 5/8 inch open end or adjustable wrench (not provided).

Your bike is now ready for use.

3. Upright Bike Assembly

3.1. Tools Needed

The Landice upright bike is shipped with tools and hardware necessary for assembly and installation. A sharp utility knife and/or diagonal cutters will aid in removing plastic strapping.

The following tools are needed for assembly:

- 13-16 mm open end combination wrench
- Cross head #2 (Phillips) Screw Driver
- #8 Hex Key Wrench
- #6 Hex Key Wrench
- #5 Hex Key Wrench
- #4 Hex Key Wrench
- Optional: 5/8 inch open end or adjustable wrench for leveling bike if necessary (not included)

3.2. Unpacking

Unpacking and installation of the bike should be done by a qualified technician. The packaged bike is heavy and weighs 195 lb (89 kg).

⚠WARNING

To avoid injury, use caution when moving and lifting the bike during unpacking and assembly. Two people are recommended when removing bike base from shipping pallet.

⚠AVERTISSEMENT

Pour éviter toute blessure, faites attention lors du déplacement et du levage du vélo lors du déballage et de l'assemblage. Deux personnes sont recommandé lors du retrait socle de vélo de la palette d'expédition.

⚠CAUTION

Be careful! Straps are under tension.

⚠ATTENTION

Faites attention! Les sangles sont sous tension.

1. Move the shipping crate/pallet to location of assembly. Allow 3-5 feet working space to safely remove box and pallet.

   The bike requires the following minimum clearances during use:

   - 3 feet (92 cm) on each side of the bike.
   - 18 inches (41 cm) at the front and rear of the bike.

Note: **After assembly, the bike may be moved by lifting the rear of the assembled bike and rolling it to its final location.**

2. Remove strapping from box and pallet. Use caution, straps may be under tension.
3. Lift and remove outer box, set aside for disposal.
4. Carefully remove upright tube/handle bar assembly, console, seat base, and components from bike base, set aside for assembly.
5. Remove protective plastic bag and contact heartrate grip covers.
6. To prevent scratches or surface damage during assembly, cover a level surface with a moving blanket or towels prior to assembly.
7. Carefully team lift the bike base off of the shipping pallet and place it on the prepared surface for assembly.
8. Locate the plastic bag that contains the Owner's Manual and the Hardware Kit.

3.3. Assembly

3.3.1. Install Base Tubes

1. With the bike base positioned on the prepared assembly surface, remove the two cardboard shipping tubes using M8 Allen wrench or M8 socket driver.

Note: The REAR bike base tube contains the serial number. The FRONT tube contains manufacturer information.

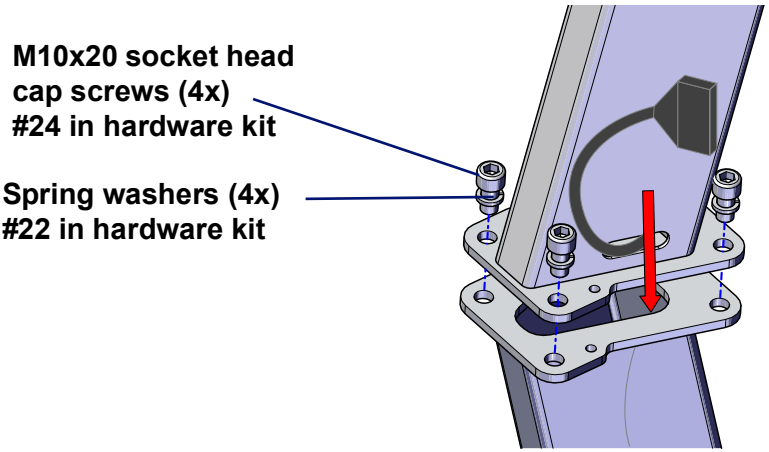
2. Locate and install bike base tubes provided, using hardware removed from shipping tubes. Orient tubes so product labels/serial number face outward when installed.

3. Fully tighten hardware removed from shipping tubes using M8 Allen wrench or M8 socket driver.

3.3.2. Install Upright Tube

1. Ensure power harness connectors in upright tube and base are accessible, then secure upright tube to base (Figure 3-1).

Figure 3-1. Upright Tube Installation

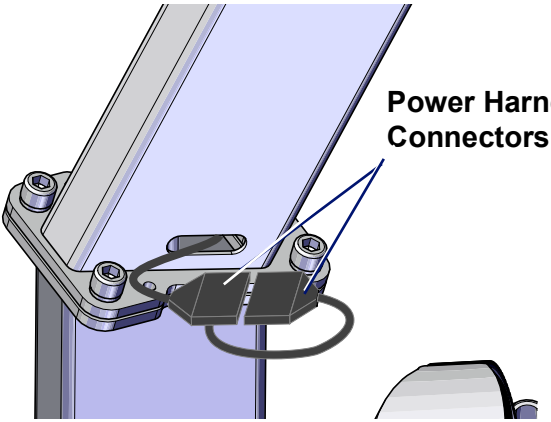


2. Connect main power harness from upright bike base to intermediate harness located inside the upright tube (Figure 3-2).

Note: Connectors are keyed, do not force connectors together or damage may result.

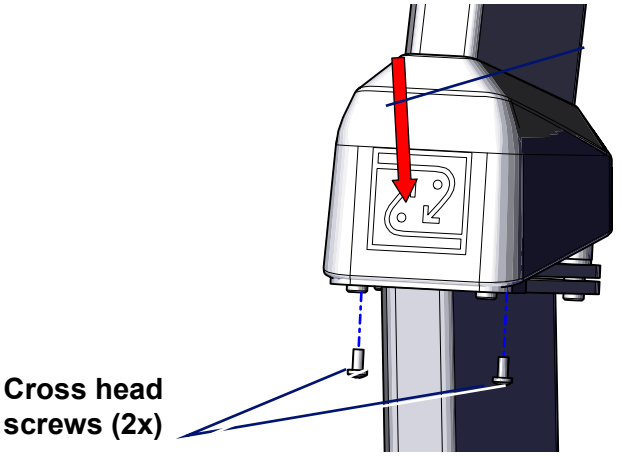
3. After connecting, carefully tuck wiring back into neck tube.

Figure 3-2. Main Power Harness Connection



4. Locate and install lower plastic finishing tube. Lower plastic tube finishing cover, attached to upright tube, into place (Figure 3-3). Secure with (2) #21 Phillip cross head screws. Do not over tighten.

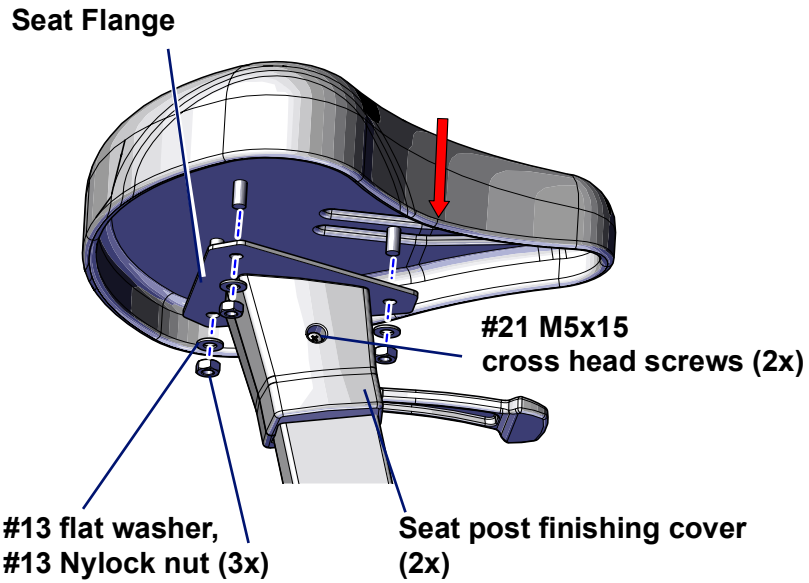
Figure 3-3. Upright Tube Finishing Cover Installation



3.3.3. Install Seat

1. Locate seat cushion. Remove (3) #13 nylock nuts and (3) #13 flat washers from seat cushion.
2. Position seat cushion onto seat flange, then re-install hardware (Figure 3-4) using a 13mm open end wrench from the hardware kit. Fully tighten hardware.
3. Locate and install seat post finishing covers using (2) M5x15 Philips pan head screws, #21 in the hardware kit.

Figure 3-4. Seat Bottom Installation



3.3.4. Install Pedals

Note: To ensure pedals are properly tightened, DO NOT allow crank to rotate during pedal installation.

⚠CAUTION	**To avoid damage to pedals and/or pedal crank, hand thread the pedals onto pedal crank.**
⚠ATTENTION	**Pour éviter d'endommager les pédales et/ou la manivelle, vissez les pédales à la main sur la manivelle.**

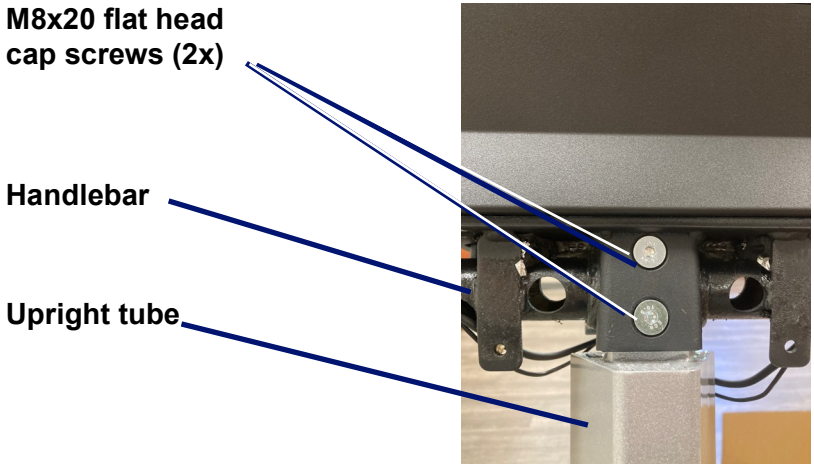
1. Pedals are marked **L** (left) or **R** (right) on bottom. The **LEFT** pedal threads **COUNTERCLOCKWISE** onto the left pedal crank. To avoid damage to pedal and/or pedal crank, hand thread the left pedal onto left pedal crank (Figure 3-5). With threads properly aligned, fully tighten pedal onto pedal crank using a standard or extended length, 16 mm open end wrench.
2. The **RIGHT** pedal threads **CLOCKWISE** onto the right pedal crank. To avoid damage to pedal and/or pedal crank, hand thread the right pedal onto pedal crank. With threads properly aligned, fully tighten pedal onto pedal crank using a standard or extended length, 16 mm open end wrench.

Figure 3-5. Hand-Threading Pedal onto Pedal Crank

3.3.5. Install Handlebar

1. Mount handlebar onto upright tube neck as shown (Figure 3-6).
2. Pass the three console harness connectors (main, resistance, and CHR harnesses) up through the center mounting hole of handlebar prior bolting into place.
3. Hand thread (2) M8 x20 Flat Head Cap Screws, #27 in hardware kit, into the rear tube neck threaded holes.

Figure 3-6. Handlebar Installation



4. Hand thread (1) M8 Spring Washer #23 and (1) M8x20 Socket Head Cap screw #25 into the lower left and right neck tube threaded holes (Figure 3-7).

Figure 3-7. Handlebar Installation: Cap Screws

5. Using a M5 Allen key or socket driver, fully tighten (2) M8 Flat Head Cap Screws.
6. Using a M6 Allen key or socket driver, fully tighten (2) lower M8 Socket Head Cap Screws (Left and Right).
7. Fully tighten all four screws to ensure optimal performance.

3.3.6. Install Console

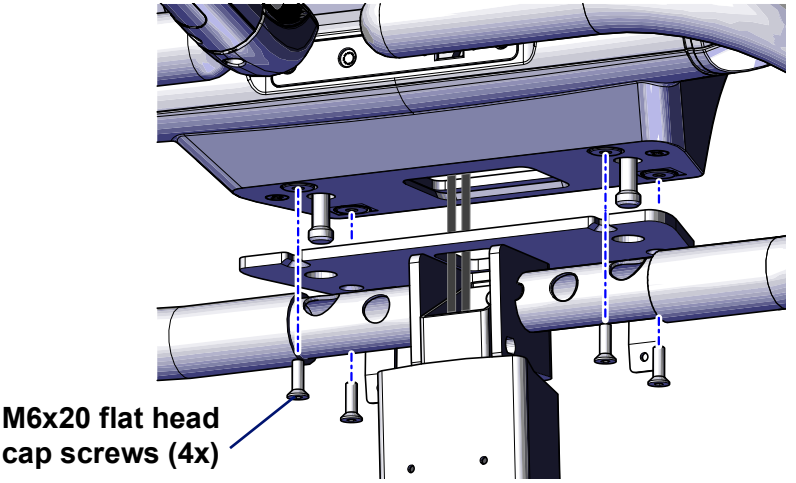
1. Carefully remove packaging from the display console.
2. With assistance, connect main power harness, resistance and CHR harness as shown. (Figure 3-3).

Note: Connectors are keyed, do not force connectors together or damage may result.

Figure 3-8. Console Harness Connectors

3. Rotate console upward, while carefully routing wire connections into base tube and/or console (Figure 3-9). Align pins with holes in flange, then secure console using (4) #26 M6x20 flat head cap screws.

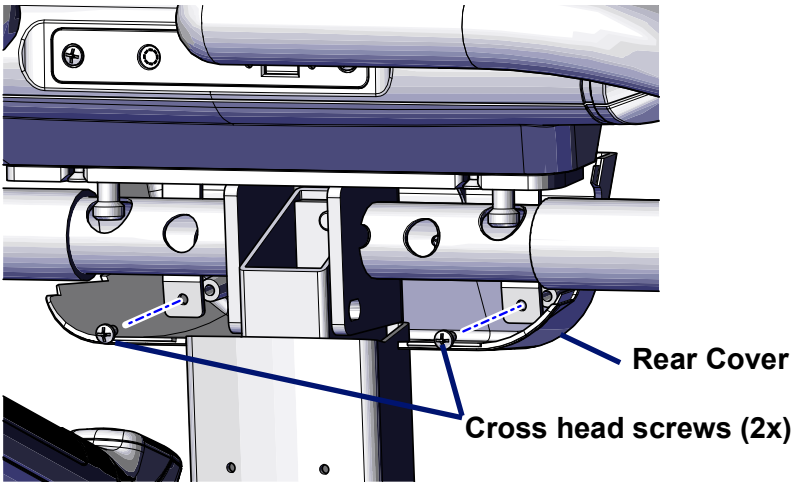
Figure 3-9. Console Mounting



4. Locate front and rear console/upright tube finishing covers.

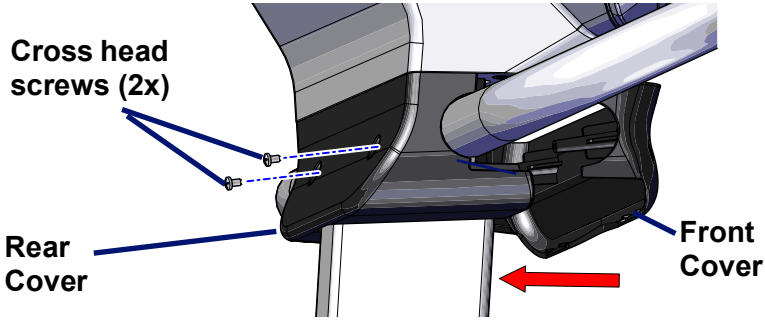
5. Install rear console cover first. Secure to upright tube mounting plate with (2) #28 cross head screws. (Figure 3-10).

Figure 3-10. Console Rear Finishing Cover Installation



6. With rear cover in place, position front cover so both plastic mounting inserts go through the cross bar access holes. Secure with (2) #28 cross head screws. Do not over tighten or plastic components may be damaged (Figure 3-11).

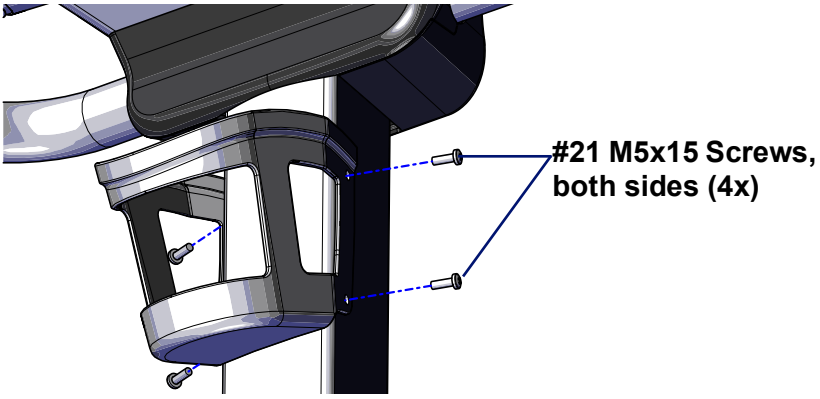
Figure 3-11. Console Front Finishing Cover Installation



3.3.7. Install Bottle Holder

1. Install Bottle Holder onto upright tube. Secure with (4) #21 M5x15 cross head screws (Figure 3-12).

Figure 3-12. Bottle Holder Installation



2. Prior to use, verify there is no remaining hardware in the hardware kit and that all hardware is properly tightened.
3. If the bike is positioned on an unlevel surface, adjust each foot pedestal using a 5/8 inch open end or adjustable wrench (not provided).
4. Your upright bike is now ready for use.

4. Operation: Landice Achieve Control Panel

4.1. Landice Achieve Control Panel

Table 4-1 Landice Achieve Control Panel Functions

Function	Description
EFFORT	Displays the effort setting of the bike.
SPEED	***To view your speed in different units:*** Press **SPEED +/–** to select MPH, Km/hr, or Revolutions per Minute.
START	Start pedaling to power up the bike. All displays light and the starting effort level is set to Level 1. The **START** button will also take the bike out of pause mode.
STOP	Press **STOP** once to pause the bike or twice to turn it off. The statistical information is cleared when the bike is turned off.
MANUAL MODE	To manually control the effort of the bike, press the button below the word **MANUAL**.

Table 4-1 Landice Achieve Control Panel Functions (Continued)

Function	Description
PROGRAMS	To use the built-in and user-defined workout programs: Press the button below the word PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing **ENTER**. You are then prompted to enter the program's specific parameters (Maximum Effort, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press **START** to begin the program.
HEARTRATE PROGRAMS	To use the Heart Rate Controlled programs: Press the button below HEARTRATE PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust effort in order to maintain a constant heart rate.
PLUS KEY	Press and hold the **(+)** to increase effort or change the speed readout. Pressing for longer than 2 seconds causes the effort to increase at a faster rate. Release the key when the display shows desired effort or speed readout.
MINUS KEY	Press and hold to the **(–)** to decrease effort or change the speed readout. Pressing for longer than 2 seconds causes the effort to decrease at a faster rate. Release the key when the display indicates desired effort or speed readout.
ARROW KEYS	The buttons below the left and right arrows move between display sections or to set values.
EXPRESS 1	This key, in conjunction with the numeric keypad, allow you to directly enter a target effort without using the **+/–** keys. Press **EXPRESS 1**, then enter the desired value using the numeric keypad. Then press **ENTER** or wait 3 seconds for the bike to adjust to the new settings.
EXPRESS 2	Select MPH, Km/hr, or Revolutions per Minute by pressing **EXPRESS 2**.
The numeric keypad is used to change effort with the **EXPRESS 1** input key, enter user settings, and configure programs. 	

4.2. Display Features

The screens on the right are the options available for displaying workout information. Table 4-2 provides information about the available options.

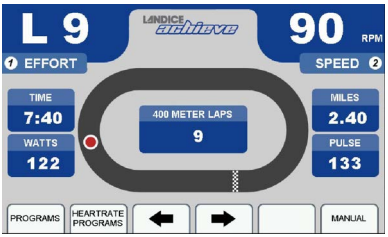
To toggle between these screens during your workout, press the arrow keys.

To customize the information displayed on the Personalized Stats screen, press the button under **CUSTOMIZE DISPLAY** to edit. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.

To modify the HIIT sprint and recovery effort values on the HIIT Screen, press and hold the button below the item you would like to edit for 5 seconds. A pop-up window will appear. Use the arrow keys or numeric keypad to select your desired number.

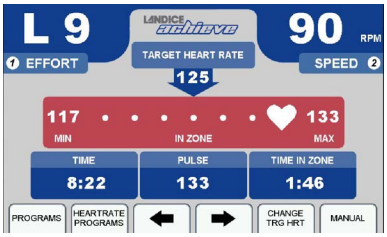
Note: The custom Personalized Statistic and HIIT Screen layouts are permanently stored for each client. Guest Mode resets to Time, Distance and Pace each time you start the bike.

Personalized Stats

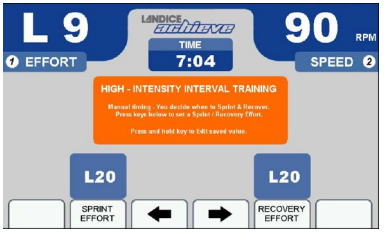


Track Screen

Statistics Screen



Heart Rate Screen



HIIT Screen

Table 4-2 Display Features

FEATURE	DESCRIPTION
EFFORT	20 levels, select using **EFFORT +/–** keys
SPEED*	Displayed in MPH, Km/Hr or Revolutions per Minute, select using **SPEED +/–** keys.
TIME	Time logged on bike displayed as “Minutes: Seconds”
DISTANCE*	Miles logged on bike (kilometers when in metric)
CALORIES	Total calories burned based on user weight
CAL/HR	Rate in calories/hour based on user weight
PACE*	Time to complete 1 mile (1 kilometer when in metric)
METS	Current MET level, based on user weight / effort level/ speed. One MET is defined as the energy consumed at rest by the average adult.
LAP (PROGRESS)	A 1/4 mile (400 meter in metric) lap counter.
LAP (COUNTER)	Number of laps completed.
PULSE	Displays current heart rate.
TIME IN ZONE	Time spent in target zone. The zone is ± 8 beats from target heart rate.
IN ZONE	User’s heart rate is within 8 beats of the target heart rate.
OUT OF ZONE	User’s heart rate is outside zone (more than 8 beats above or below target heart rate).
ABOVE MAX	User’s heart rate is above the maximum desirable heart rate.
MAX	Maximum allowable heart rate to remain in zone
TARGET HR	Target heart rate (user-defined in Heart Rate Status screen)
MIN	Minimum allowable heart rate to remain in zone

Table 4-2 Display Features (Continued)

FEATURE	DESCRIPTION
BELOW MIN	User is below minimum allowable heart rate in zone
TIME	The total time of the user's workout
* Speed and distance are calculated using an advanced metabolic running equivalent algorithm. Your pedal speed and effort level will yield a "running" speed with the equivalent energy consuming intensity.	

4.3. Using the Landice Achieve Bike

Note: Client Profiles are available on residential bikes only.

The bike can be used immediately as the Guest user or as a default Client. The bike's CLIENT LOGIN feature allows 4 different users to separately log cumulative statistics from workout to workout. On residential models, client statistics (total miles, hours, calories, weight, laps, and average HR, Mets, pace, lap time, miles per hour and calories per hour) are stored.

Personalized Statistic and HIIT screens are permanently stored for each client. If you are logged in as a Guest, screens reset to default values.

1. Make sure you have read and understand this owner's manual before beginning.
2. Press **START**. The power-up screen is displayed.
3. The CLIENT LOGIN screen is displayed. Client login is only available on residential models.

4. Use the designated button below the arrows to select a Client. If a Client is not selected the user will then be registered as a GUEST.
5. **To enter client weight or reset totals:** From Client Statistics screen, enter weight by using the numeric keypad

or select the **Reset Client Statistics** button to zero out your information.

6. Enter your weight using the numeric keypad or arrows. Press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
7. The bike is now ready to use. You can vary the speed readout or effort, if desired, by using the SPEED (+/–) and effort (+/–) keys or EXPRESS 1 and EXPRESS 2 keys.

4.4. Using the Built-in Programs

4.4.1. Description

The Built-in Programs differ in effort. Each lets you select a maximum effort and time (10 to 99 minutes). (Intervals Program requires a minimum speed and effort and the HIIT programs have a fixed time.) The bike will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 4-3 Landice Achieve Built-In Programs

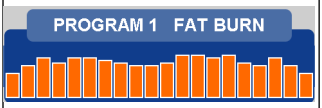
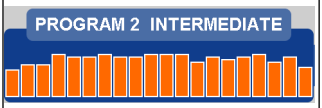
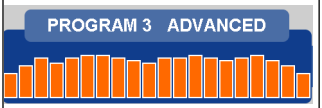
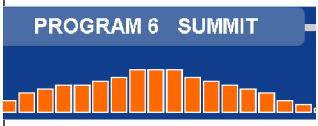
Screen	Program Description
	**FAT BURN:** This program features two peaks along with gradual changes in effort. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 3 cool down segments.
	**INTERMEDIATE:** The overall goal of this program is to vary your heart rate by increasing and lowering the effort several times, providing you with a challenging cardiovascular workout.
	**ADVANCED:** The overall goal of this program is to raise your heart rate with high effort levels for an advanced cardiovascular workout.

Table 4-3 Landice Achieve Built-In Programs (Continued)

Screen	Program Description
	**INTERVALS:** The overall goal is to vary your workout load, taking you from peak level to recovery 8 times throughout the workout.
	**ENDURO:** This program features a maximum effort. The overall goal is to increase intensity toward a peak without recovery until the cooldown.
	**SUMMIT:** This program allows the user to input their maximum effort. The goal is to gradually work your way up to maximum effort with a steady decline.
	**HILLS:** This program features a maximum effort with four series of hills. The goal is to increase your cardiovascular while using effort.
	**CHALLENGER:** This program is designed to increase your cardiovascular by reaching maximum effort several times throughout the program. Maximum effort is set by the user during program set-up.
 	**HIIT20 and HIIT30:** These programs feature 8 sprint phases alternated with 7 recovery segments. Please note the maximum effort for the sprint phases will differ between the two programs due to the length of the sprint segment. The overall goal of these programs is to provide a combination of very high-intensity bursts of cardio exercise followed by longer periods of recovery.

4.4.2. Running a Built-In Program

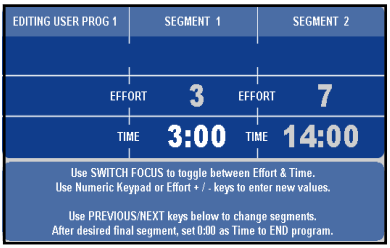
1. Start a workout as outlined in “Using the Landice Achieve Bike” on page 51.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow buttons to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
   - **Maximum Effort:** This scales the effort curve to the maximum effort entered.
   - **Program Time:** Sets the total length of time you want the program to run. HIIT Programs have a fixed time.
   - **Minimum Effort:** INTERVALS and HIIT programs only.
4. Enter the Maximum Effort using the numeric keypad or the arrows to select a value, then press **ENTER** or wait 3 seconds.
5. Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
6. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment effort and remaining time.
7. To view other segments, select the “View Other Segments” button. Use the “look back and/or look forward” keys to move left or right. To exit, press **DONE**.
8. Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the effort will flash if there is a change in either.

4.5. Landice Achieve User Programs

Landice Achieve bikes can store up to 6 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press the button below PROGRAMS to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.
4. Press **EDIT**. EDIT MODE requires a time for segment 1 (area in bold).



Note: Press SWITCH FOCUS to toggle between effort and time values for the current segment. To change segments, press NEXT SEGMENT or PREVIOUS SEGMENT. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.
6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

Note: If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

4.5.1. Learn Mode

When you run a User-Defined Program and the effort is adjusted, the bike saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the USER PROGRAM PREVIEW you desire is shown, press **ENTER**.
3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The effort values of your current segment are displayed in the center. To change the effort of your current segment, press the **EFFORT (+/–)** keys. The modified segment is stored with these new settings for the next time you run this program.

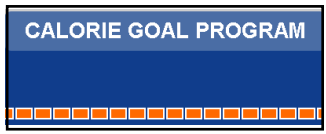
4.6. Specific Goal Programs

The Landice Achieve Bike provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Using the Landice Achieve Bike” on page 51.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:
   - For TIME GOAL PROGRAM, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.

   - For DISTANCE GOAL PROGRAM, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.

   - For CALORIE GOAL PROGRAM, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.
   The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press the arrows at any time to view any of the other screens during your program.

4.7. Heart Rate Control Programs

Landice Achieve bikes offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary bike effort. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (optional) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

- **HRC** varies bike effort to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

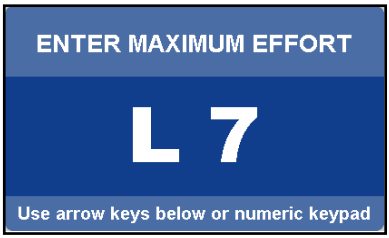
Table 4-4 Heart Rate Control Programs

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

4.7.1. Built-in HRC Programs

1. If using a Landice Achieve bike, press the button under **HEART RATE PROGRAMS**. Press **ENTER** while the HR Control program is displayed.

2. Use the numeric keypad or arrow keys to select your maximum effort. Press **ENTER** or wait 3 seconds.



3. Use the numeric keypad or arrow keys to enter your target pulse. The bike will vary the effort to help you reach this heart rate. Press **ENTER** or wait 3 seconds.

4. The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press **ENTER** or wait 3 seconds.

5. Press **START** to begin.

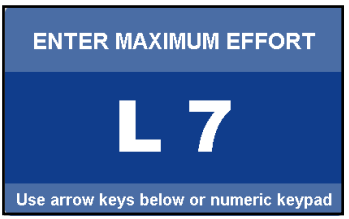
4.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

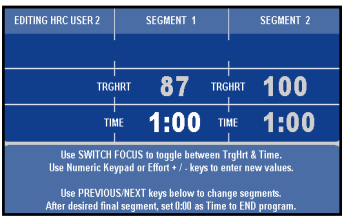
To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting **Change TRG HRT** button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

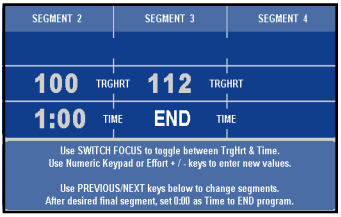
1. To select a user HRC program to edit, press the button under **HEART RATE PROGRAMS**. To scroll through the programs, either continue pressing **HEART RATE PROGRAMS** or use the arrow keys. Select a User-Defined **HEART RATE** Program to edit by pressing **ENTER**.
2. Select your maximum effort using the numeric keypad or arrow keys and press **ENTER**, or wait 3 seconds.



3. The display prompts PRESS START TO BEGIN OR EDIT TO SET UP. Press **START** to run the program or press **EDIT** to enter editing mode and make changes if desired.
4. To change segments, press **PREVIOUS** or **NEXT SEGMENT** buttons. You can change segments in either the forward or reverse direction.
5. The first display in EDIT MODE requires you to change the time for segment 1 (area in bold). Use the keypad to change the segment time length and press **SWITCH FOCUS** to change the target heart rate.



6. If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press **DONE**. The time reads END. The program ends when it reaches this segment.



7. Use the **SWITCH FOCUS** button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the Previous and Next Segment buttons to move from segment to segment.
8. When you finish editing your User-Defined HRC Program, press **DONE** to save the program or **START** to begin.
9. If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the CHANGE TRG HRT button.

5. Maintenance and Troubleshooting

5.1. Cleaning

It is recommended to clean the console and screen after each workout.

General: Vacuum around and under the bike at least once a month. Wipe any sweat from the bike after each workout.

Console and Display Screen: Wipe exposed console surfaces with a microfiber cloth, dampened with a mixture of 30 parts water to 1 part Simple Green® cleaner. www.simplegreen.com

Touch Screen Cleaning:

1. Turn your fitness equipment off.

IMPORTANT	**Avoid getting any cleaning liquids in the console or other parts.**

2. Spray/dampen a microfiber cloth with the cleaner and be sure to wring out any excess liquid prior to cleaning the screen.
3. Wipe the surface of the monitor gently in small circles, and then allow it to dry.

Wireless Chest Strap (Optional): The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

⚠CAUTION	**To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.**
⚠ATTENTION	**Pour éviter d'endommager les électrodes, n'utilisez pas d'abrasifs pour nettoyer la ceinture thoracique. Ne pliez pas et n'étirez pas les bandes d'électrodes, en particulier lors du rangement de la ceinture pectorale.**

5.2. Maintenance

5.2.1. Pedals

The pedals may become loose after workouts. Check the pedals before each workout and tighten them if necessary to avoid injury. Turn the right pedal clockwise and the left pedal counterclockwise to tighten. Check all bolts and screws frequently to avoid injury.

5.2.2. Moving the Bike

The bike has two small wheels at the front to assist with moving it if needed. To move the bike, lift it at the rear, then roll on front wheels to desired location. See page 12 and page 13 for the location of the small wheels

5.3. Self-Diagnostics

The bike is equipped with on-board self-diagnostics. If the bike experiences any errors during operation, an error message is displayed. You can run self-diagnostics to get further information on the error by pressing **ENTER**.

When you choose the option to enter diagnostics you will be prompted with a warning screen. After reading it, take your feet off the pedals and press **ENTER**.

The bike will systematically test individual components. During some of the tests, you will be prompted with simple “Yes or No” questions to assist with the diagnosis. Answer the questions when prompted.

When the Self-Diagnostics has completed all of the tests, it will display one of the two messages along the bottom: “No Errors Detected”, or “Error Detected, Contact Service Provider”. Contact your Dealer or go to www.landice.com and click on Service Locator to find a provider in your area.

The self-diagnostics mode can be accessed manually by selecting the **Self-Diagnostics** option from the Hidden Menus (see page 65).

5.4. Hidden Menus

The Hidden Menus provide access to control the settings listed below.To view the Hidden Menus:

Landice Achieve: begin pedaling, then hold **3** and **9** simultaneously during the boot-up screen, then release all. Use the **+** or **–** keys to move up and down the list. Then press **START** to select the setting. Press **STOP** to save and exit.

- **Error Logs**: Records the number of times a specific error code occurs.
- **NV Init - Boot**: Manufacturer's use ONLY
- **Diagnostics**: Provide technicians the ability to test buttons and calibrate. Press and hold **STOP** to exit diagnostic mode.
- **Reprogram Firmware**: Manufacturer's use ONLY
- **Self-Diagnostics**: Runs an automatic test of specific components to assist service technicians with diagnostics.
- **Effort Level Scaling:** Provides the ability to rescale the effort level to make the resistance easier or harder.
- **Toggle Client Mode**: On residential models, provides the ability to show two Clients and a guest on the home screen.
- **Toggle Lockout Mode**: Enables or disables use of a code to operate the bike. When **Lockout Mode** is enabled it provides the ability to set a personalized four-digit code to use the bike. If the code is forgotten, 9010 will grant access.
- **Toggle Units**: Allows the measurement of units to switch between English and Metric.
- **Toggle Beeper**: Enables or disables the ability to control the beeping sound.

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