



Model # 98623
Revolution Cycle Pro II
Weight Limitation 275LBS

PHOENIX

HEALTH & FITNESS™



- OWNER'S MANUAL
- WARRANTY
- ASSEMBLY
- OPERATING INSTRUCTIONS

- CONDITIONING GUIDE(1)
- MAINTENANCE
- SERVICE

Should you have any questions, please call our Customer Service Department, Monday through Friday, 8:00AM until 4:00PM pacific time (excluding holidays), toll free at:

1. 888.535.8637

Please have the following information ready before placing your call:

- > Your name
- > Your address
- > Your telephone number
- > Model number
- > Parts order number
- > Serial number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

WARRANTY

Phoenix Health & Fitness warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of five years on Main Frame thirty days on all vinyl and upholstery, and ninety days on all other parts. This warranty extends to the original purchaser only. It is recommended that the original receipt be kept with the manual.

Phoenix Health & Fitness will provide a replacement part free of charge when a defect is found during the warranty period. If a repair is necessary, please contact our Customer Service Department at 1.888.535.8637. Under no circumstances will Phoenix Health & Fitness, be responsible for damages or failures that occur as a result of improper assembly, or failure to operate the product correctly. This warranty does not cover misuse, abuse, freight damage and / or alterations or repairs not made by Phoenix Health & Fitness, or a recommended service center. In the event a return is necessary, please contact the retailer where the unit was purchased.

This warranty does not apply when the product is used for rental or commercial use.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state

PARTS

To order replacement parts, simply call our Customer Service Department toll-free, at 1.888.535.8637, Monday through Friday, 8:00AM UNTIL 4:00PM, Pacific time (excluding holidays). To help us assist you, please have the following information ready:

- 1 > Model name or number from the cover of the manual.
- 2 > Serial number located on the frame of the unit, and
- 3 > Then part description and order number.

CONSUMER RESPONSIBILITY

It is the responsibility of the consumer to retain this warranty as well as the original receipt in the case a warranty claim should be made. Should you have any questions regarding this, or any other information please call our Customer Service Department toll-free, at 1.800.888.535.8637, Monday through Friday, 8:00AM until 4:00PM, Pacific time (excluding holidays).

IMPORTANT: Read this section and become familiar with operation of the Revolution Cycle Pro II before use.

> This is a direct drive cycle. It is different from traditional stationary bikes. Because it is a direct drive cycle, there is no "freewheel". That is, if you stop pedaling, the flywheel will not continue to spin on its own as is common on traditional stationary bikes. Direct drive means that the pedals always spin in the same direction and at the same rate as the flywheel. This allows you to pedal backwards as well as forwards. Do not attempt to reverse direction while pedaling. Bring the flywheel to a complete stop before changing directions. **THE QUICK STOP LEVER MUST BE USED TO STOP THE FLYWHEEL.**

If you are pedaling at a speed at which you feel uncomfortable or are too tired to continue pedaling, either:

A. Quickly depress the Quick Stop Lever. It instantly stops the flywheel when depressed. It is used for emergency stops and also quickly change to reverse pedaling or, **B.** slowly decrease the speed at which you are pedaling until you come to a stop.

The Revolution Cycle Pro II is designed with this direct drive system in order that you may be able to perform all of the exciting routines of the Revolution program.

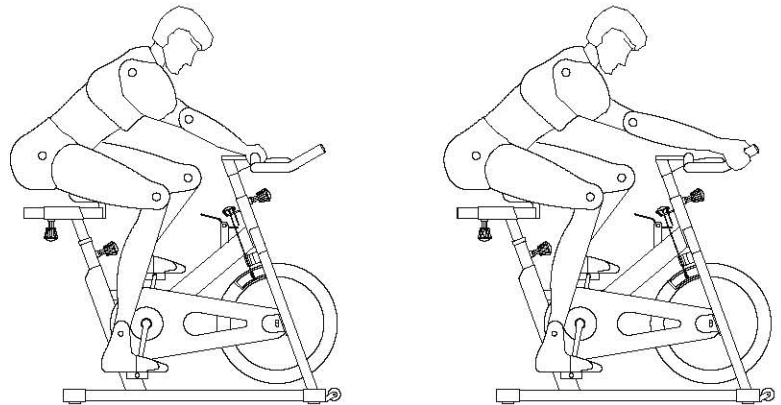
> Properly instruct other users of the

correct operation of your Revolution Cycle Pro II. It is the responsibility of the purchaser to insure that users of their cycle are familiar with the product.

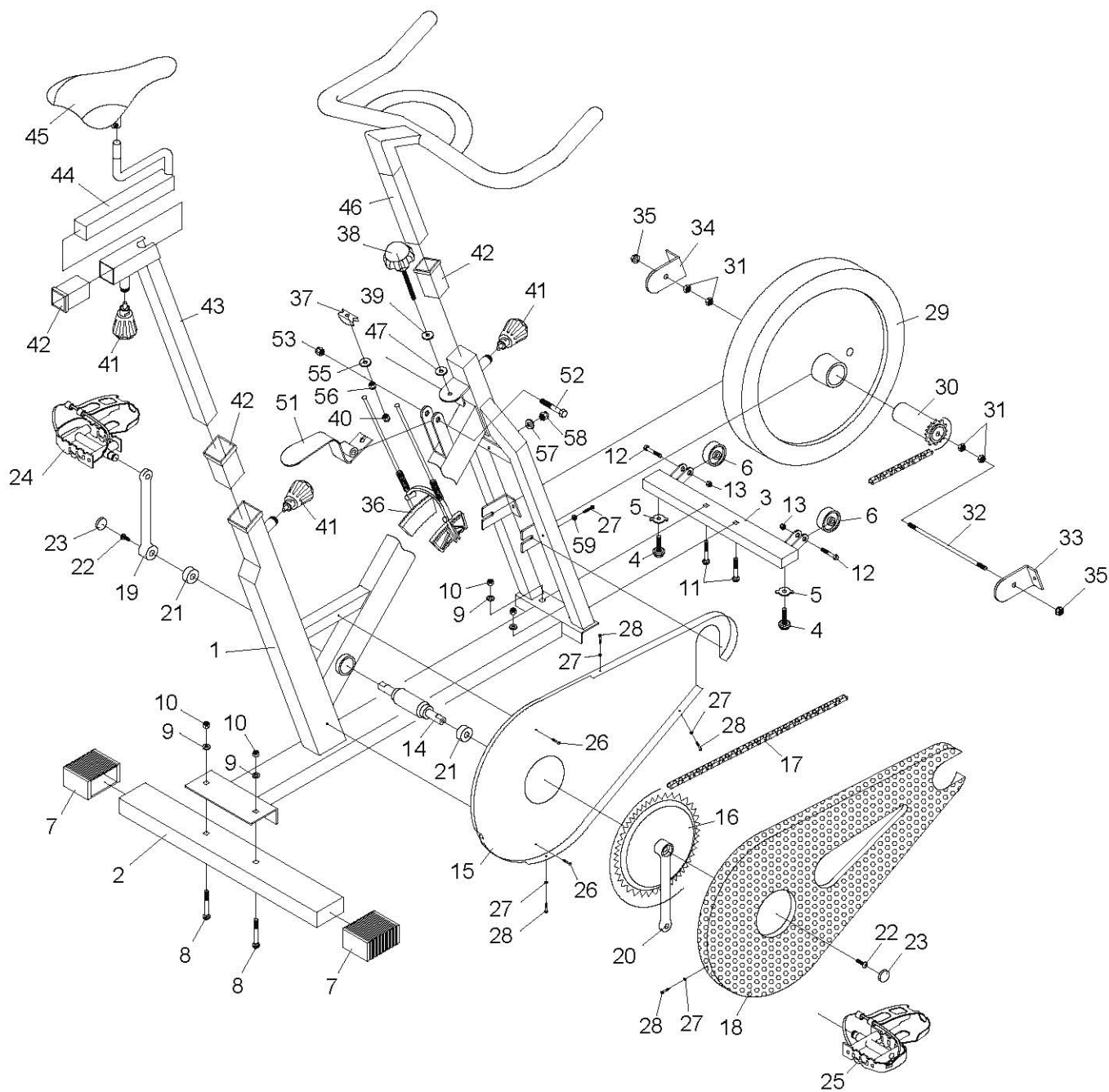
- > Be sure to inspect all moving parts regularly:
 - Make sure pedal shaft nuts are completely tightened and the pedal straps are not frayed or broken.
 - Check that the unit under the seat are securely fastened. They may loosen over time.
 - Be sure to check the brake system before every workout session.
- > Keep children away from moving parts. This product should not be used by children.
- > Never try to dismount the cycle while the flywheel is in motion, as Injury could result.

AFTER USE, be sure to wipe down your cycle thoroughly. Sweat, water and other fluids can collect on the metal parts of the cycle and, over time, these deposits can produce rust on the underside of the unit. For this reason it is important that you wipe your Revolution Cycle down after each use.

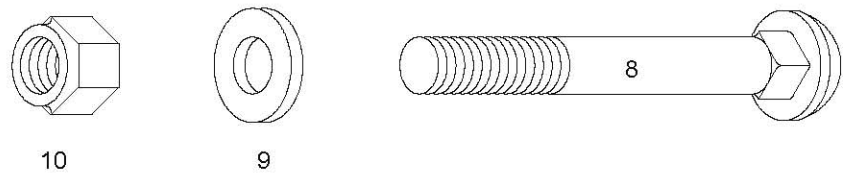
BODY POSITIONING



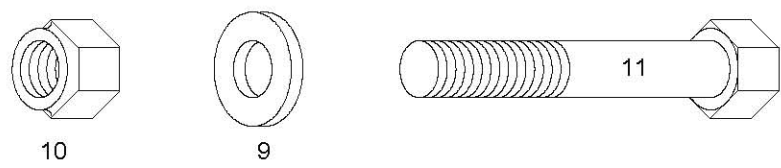
No.	Description	Quantity	No.	Description	Quantity
1	Main Frame	1	36	Brake Pad	2
2	Rear Stabilizer Bar	1	37	Bracket Adjustable	1
3	Front Stabilizer Bar	1	38	Tension Adjustment Knob	1
4	Adjustable Plate	2	39	Flat Washer	1
5	Adjustable Screw	2	40	Hex Head Nut	1
6	Moving Wheel	2	41	Quick Release Knob	3
7	40x80 mm. Rectangular End Cap	2	42	Square Sleeve	3
8	Wagon Bolt M8x50 mm.	2	43	Seat Post	1
9	Flat Washer 8	2	44	Seat Bar Post	1
10	Nylon Nut M8	4	45	Seat	1
11	Hex Head Bolt M8x40 mm.	4	46	Handlebar	1
12	Screw for Moving Wheel	2	47	Nylon Nwasher	1
13	Nylon Nut for Moving Wheel	2	48	Spanner	1
14	Axle	1	49	Spanner	1
15	Inner Chain Cover	1	50	Allen Wrench	1
16	Wheel Disk	1	51	Quick Stop Lever	1
17	Chain	1	52	Hex Head Bolt	1
18	Protection Cover	1	53	Nylon Nut	1
19	Left Crank	1	54	Flat Washer	1
20	Right Crank (with Wheel Disk)	1	55	Flat Washer	1
21	Bearing	1	56	Hex Head Nut	1
22	Screw for Crank	2	57	Washer	1
23	Plastic Cap for Crank	2	58	Nylon Nut	1
24	Left Pedal	1	59	Washer	1
25	Right Pedal	1			
26	Screw for Cover	2			
27	Screw	1			
28	Screw for Cover	2			
29	Flywheel	1			
30	Hub Flywheel	1			
31	Hex Head Nut	1			
32	Axle for Hub Flywheel	1			
33	Right Bracket for Hub Flywheel	1			
34	Left Bracket for Hub Flywheel	1			
35	Hex Head Nut	2			



To assemble the Rear Bar (2) with two M8x50 mm. Wagon Bolts (8), two ϕ 8 Flat Washers (9), and two M8 Nylon Nuts (10) as shown.



To assemble the Front Bar (3) with two M8x40 mm. two Hex Head Bolts (11), two ϕ 8 Flat Washers (9), and two M8 Nylon Nuts (10) as shown.



TOOLS:

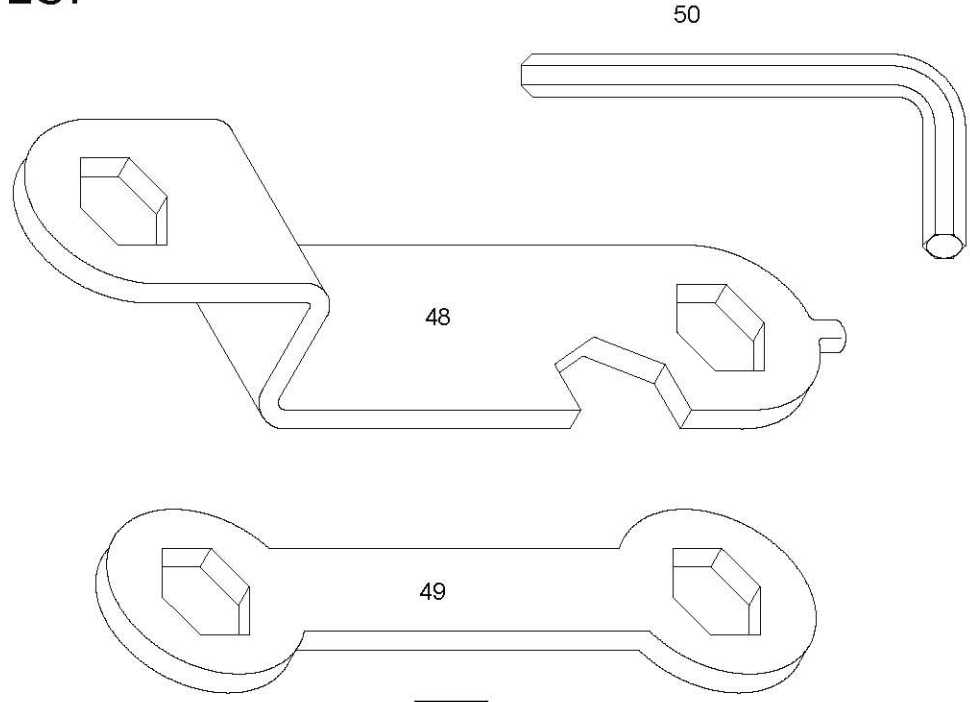
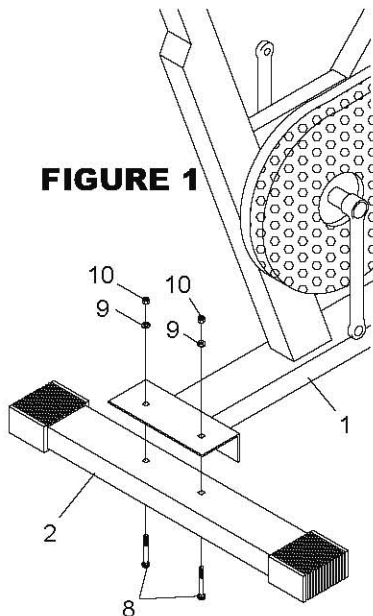
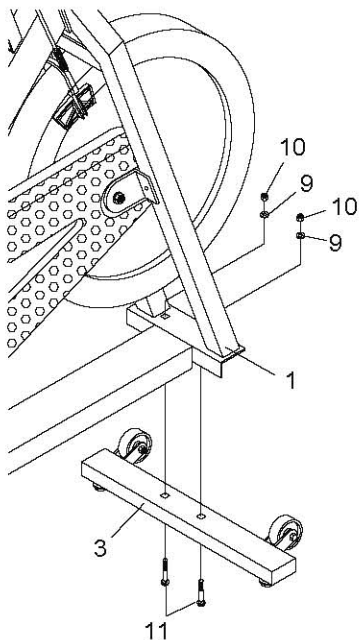


FIGURE 1

Remove all parts and bags from box.
 Read the owner's entire manual before assembly
 Some parts may be pre-assembled.

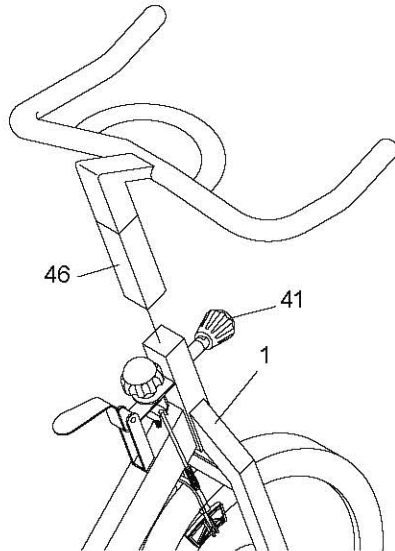
Step 1.

Attach the Rear Stabilizer Bar (2) on the bracket for the bottom of the Main Frame (1) by using two M8 x 50mm Wagon Bolts (8), two 8mm Flat Washer (9) and two M8 Nylon Nut (10) as show in Figure 1 Hands tighten at this time

FIGURE 2**Step 2.**

Attach the Front Stabilizer Bar (3) on the bracket for the bottom of the Main Frame (1) by using two M8 x 40mm Hex Head Bolts (11), two 8mm Flat Washer (9) and two M8 Nylon Nuts (10) as show in Figure 2.
 Now tighten all nuts and bolts from step 1 and step 2.

FIGURE 3

**Step 3.**

Remove the Quick Release Knob (41). Insert the tube of the Handlebar (46) into the top of the Main Frame (1). Re-insert the Quick Release Knob (41) as shown in Figure 3.

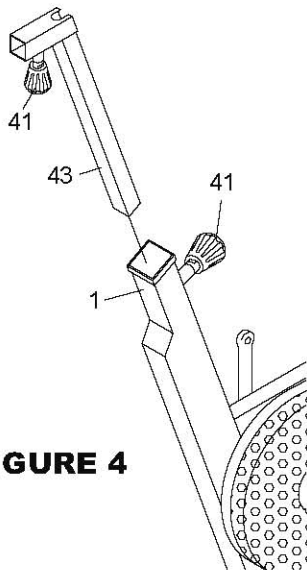
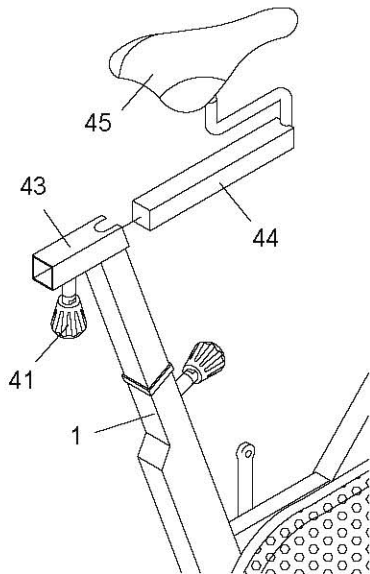


FIGURE 4

Step 4.

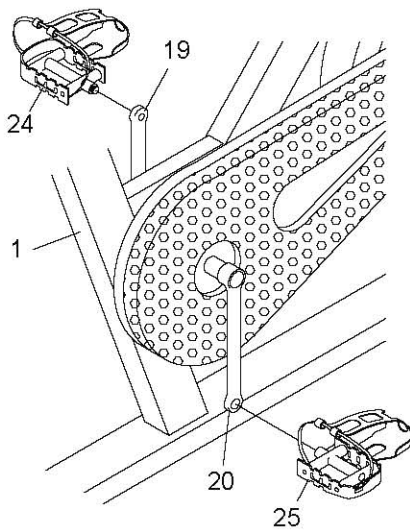
Remove the Quick Release Knob (41). Insert the tube of the Seat Post (43) into the top of the Main Frame (1). Re-insert the Quick Release Knob (41) as shown in Figure 4. Before adjusting the high, make sure to loosen the Quick Release Knob (41) first, adjust the Handlebar (46) and Seat Post (43) to top or bottom to increase.

FIGURE 5

**Step 5.**

Remove the Quick Release Knob (41) Insert the tube of the Seat Bar Post (44) into the tube of the Seat Post (43). Re-insert the Quick Release Knob (41) as shown in Figure 5.

FIGURE 6

**Step 6.**

Install the Left Pedal (24) and Right Pedal (25) on the L & R Cranks (19 & 20) as shown in Figure 6.



Quick release knob allows for easy vertical handlebar adjustment.

Tension adjustment knob allows users to quickly change the amount of resistance. Turn clockwise to increase, counterclockwise to decrease.

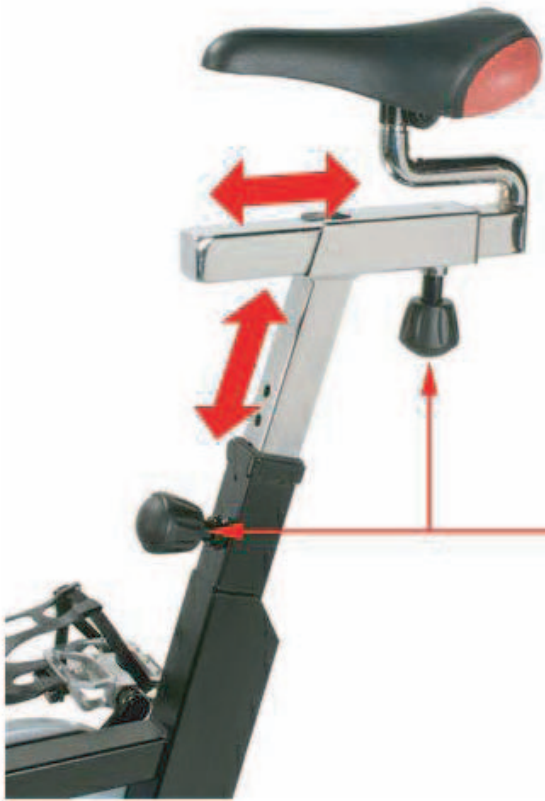
Quick stop lever instantly stops the flywheel when depressed. It's used for emergency stops and also to quickly change to reverse pedaling.

Note:

WARNING
USE
QUICK STOP
LEVER
TO
STOP

THIS BIKE IS
DIFFERENT
FROM
TRADITIONAL
EXERCISE
BIKES

DO NOT
REVERSE
DIRECTION
WHILE
PEDALING



Quick release knobs allow for easy vertical and horizontal seat adjustment.

IMPORTANT STEPS

Warning

Before using this product, please consult your personal physician for a complete physical examination.

Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise for only a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer, it's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials.

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet program to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

>Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way for you to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General has determined that lack of physical activity is detrimental to your health.

Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the num-

ber of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a

range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

USER'S AGE (YEARS)	UNCONDITIONED TARGET ZONE (BEATS per MINUTE)	CONDITIONED TARGET ZONE (BEATS per MINUTE)
20	138-167	133-162
30	135-164	130-160
40	132-161	127-155
50	129-156	124-150
60	126-153	121-147
70	123-150	118-144
80	120-146	115-140

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: Your body's

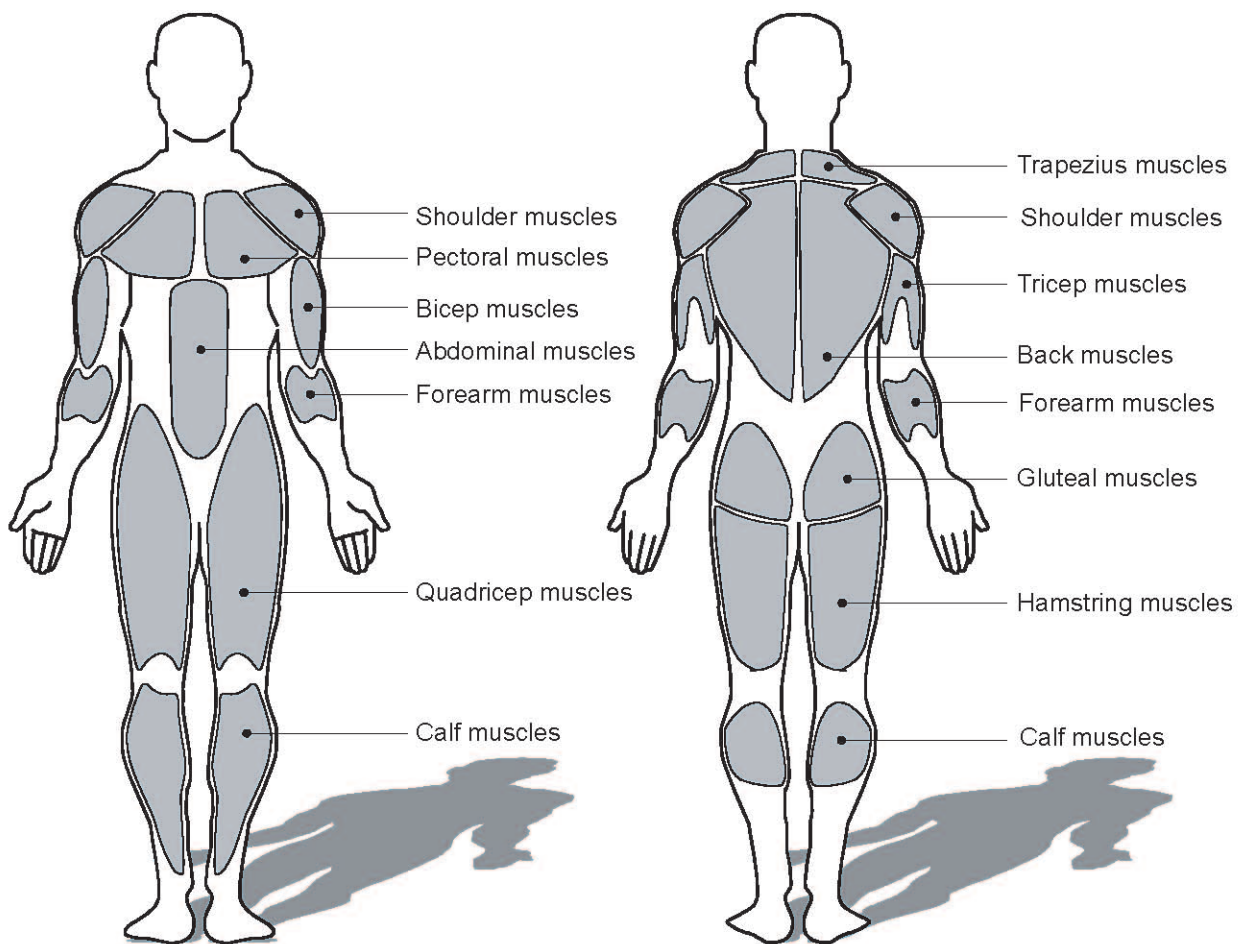
most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups – arms, legs or buttocks, for example. Your

heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

The exercise routine that is performed on this product will develop the upper and lower body muscle groups.

These muscle groups are shown on the muscle chart below.





A PRODUCT FROM
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