

PLEASE COMPLETE

Last name, first name:

Daytime telephone number:

Address:

City:

State: Zip code:

Place and date of purchase:

Model number of item purchased:

Serial No.:

REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department, 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:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

Send your order to:

PHOENIX HEALTH AND FITNESS
1339 E. Carson St.
#668
Carson, CA 90745

IMPORTANT: Please do not return any product to this address.

If unit is no longer under warranty
call for shipping and handling, pricing
and taxes (if applicable):

1.888.535.8637

PART NUMBER	QTY.	PART DESCRIPTION	PRICE

SHIPPING/HANDLING

TAX

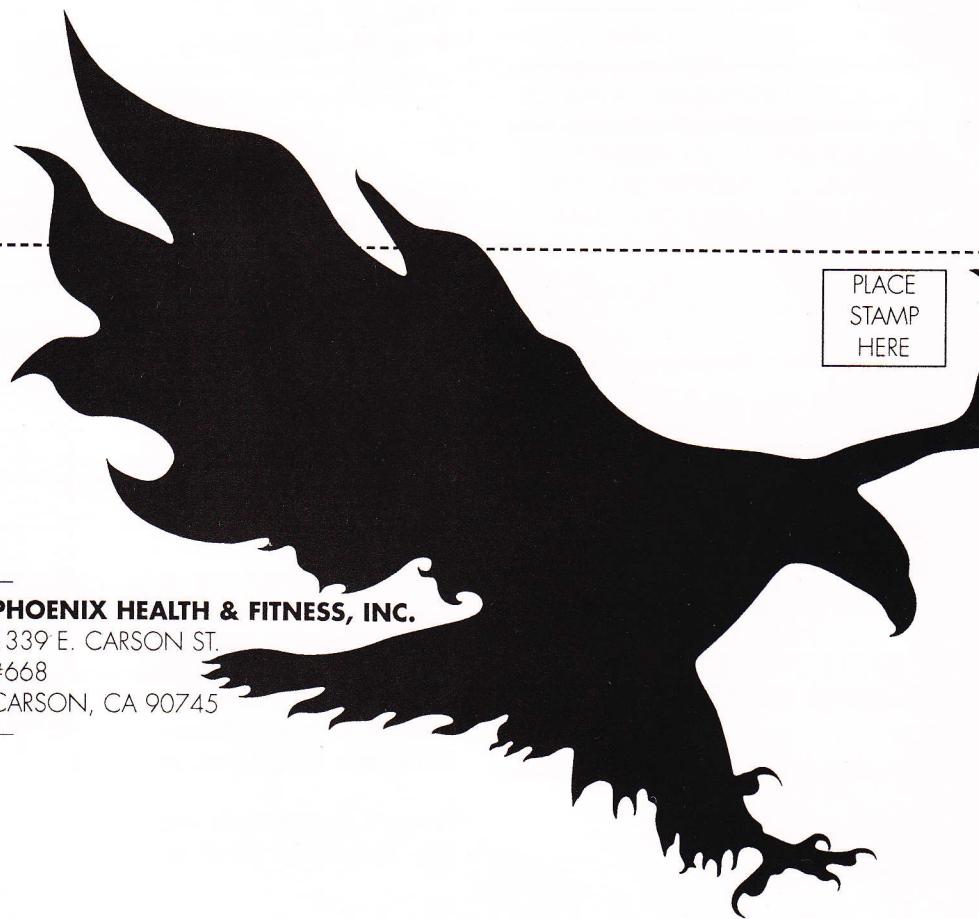
TOTAL

PHOENIX HEALTH & FITNESS, INC.

PHOENIX HEALTH & FITNESS, INC.
1339 E. CARSON ST.
#668
CARSON, CA 90745

SEND TO

PHOENIX HEALTH & FITNESS, INC.
1339 E. CARSON ST.
#668
CARSON, CA 90745



PLACE
STAMP
HERE

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 only for 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 programs 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 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.™

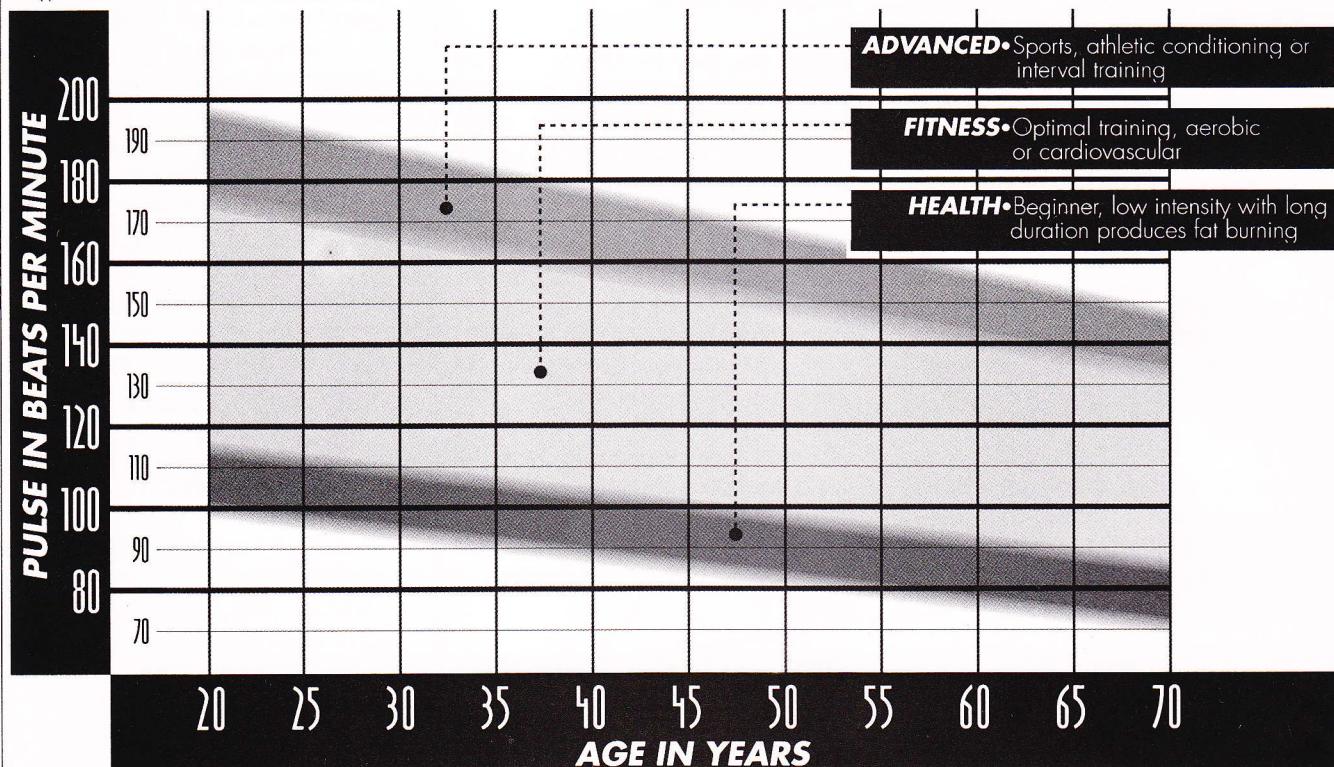
EXERCISING IN YOUR TARGET ZONE**Finding your pulse**

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 number

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.



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

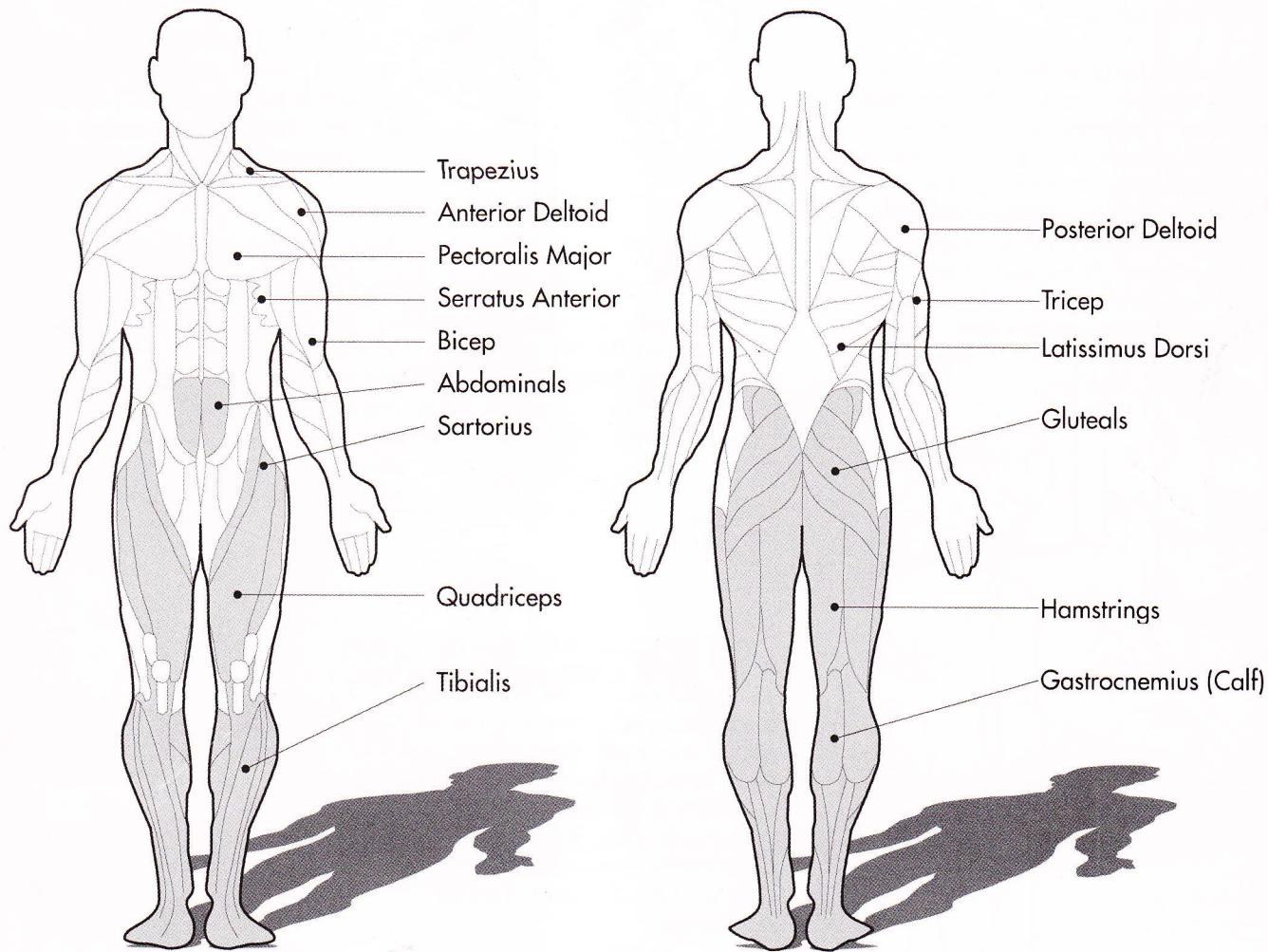
most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you

breathe deeply. An aerobic exercise should be part of your entire exercise routine.

muscle chart

MUSCLE CHART

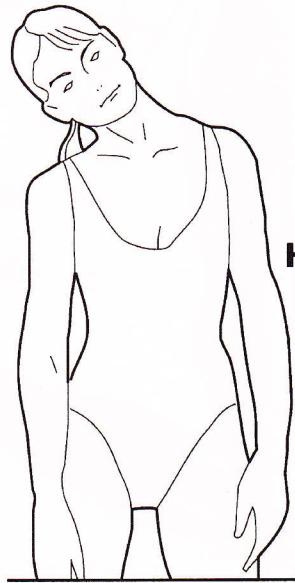
The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



WARM UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

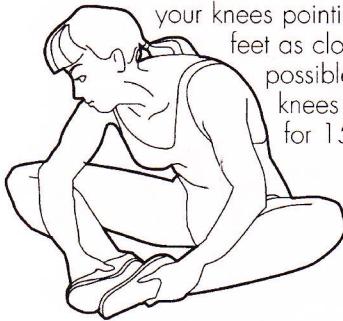
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cooldown exercises:

**Head Roll**

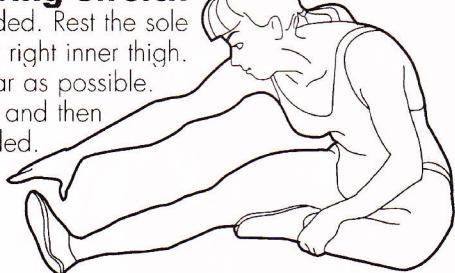
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

Inner Thigh Stretch

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

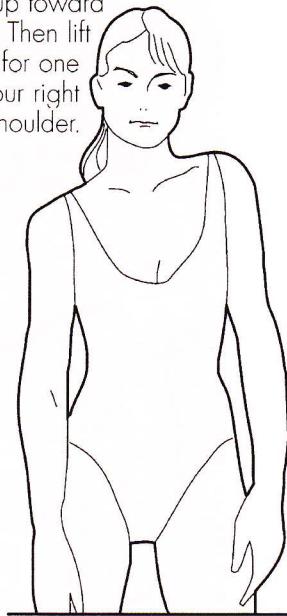
**Hamstring Stretch**

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



Shoulder Lift

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

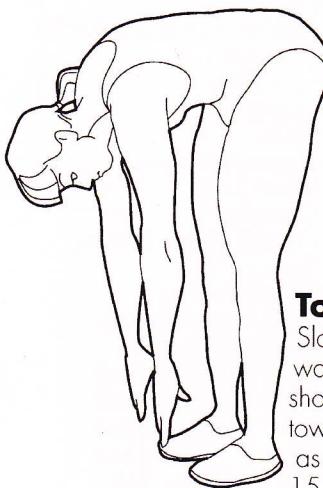
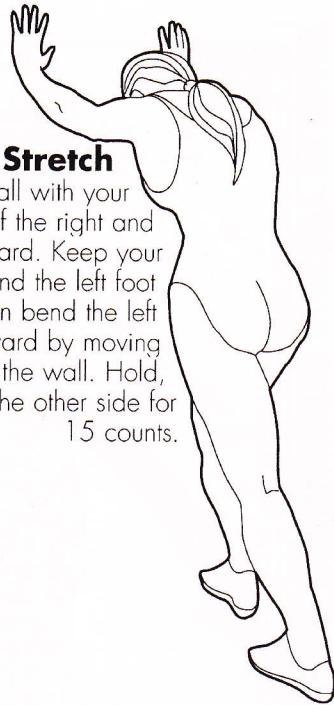


Side Stretch

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

Calf-Achilles Stretch

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



Toe Touch

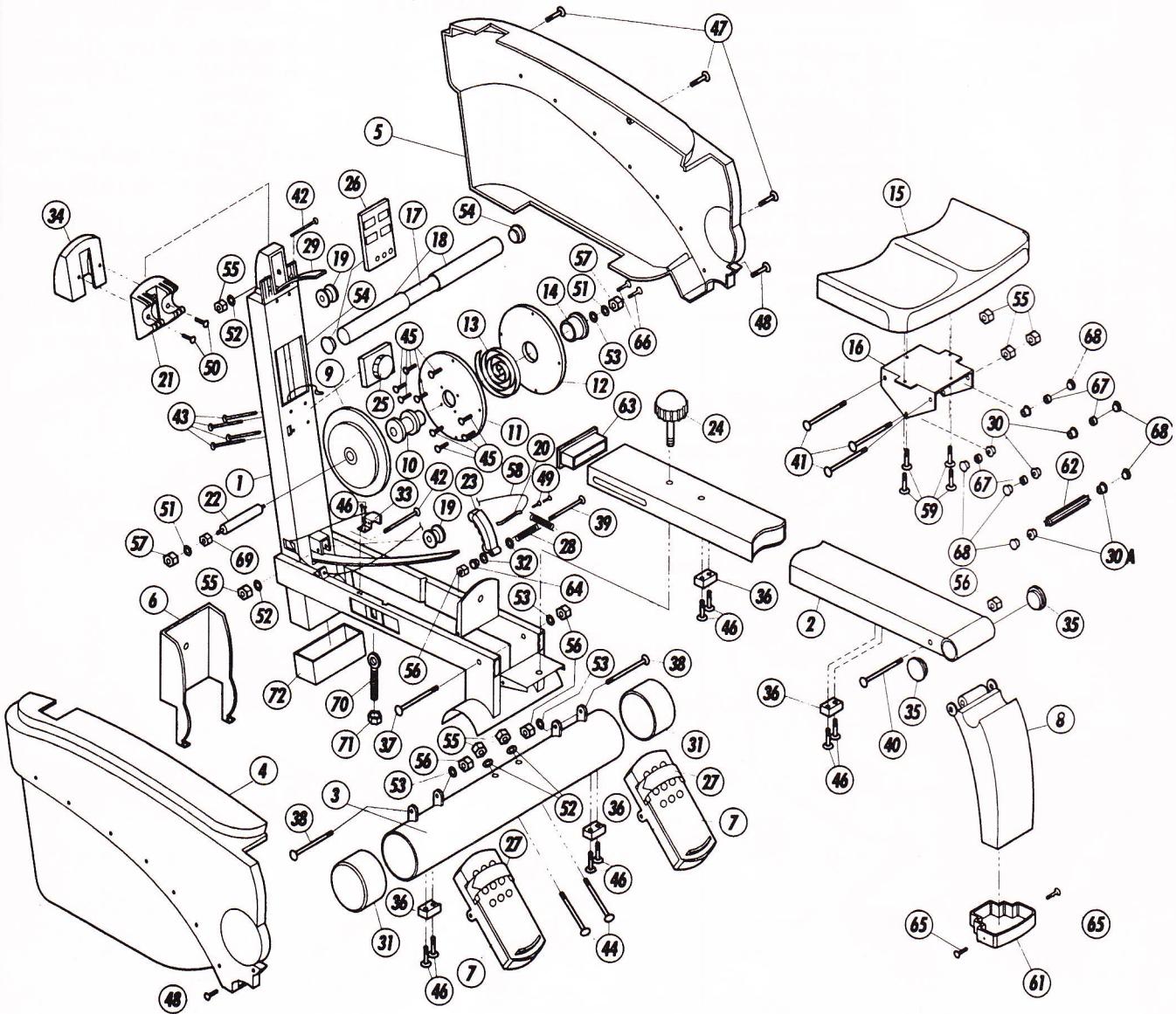
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Main Frame	1	900-01
2	Sliding Rail	1	900-02
3	Stabilizer Bar	1	900-03
4	Left Chainguard	1	900-04
5	Right Chainguard	1	900-05
6	Front Chainguard	1	900-06
7	Pedal	2	900-07
8	Rear Support	1	900-08
9	Flywheel	1	900-09
10	Strap Wheel	1	900-10
11	Left Spring Cover	1	900-11
12	Right Spring Cover	1	900-12
13	Spiral Spring	1	900-13
14	Spacer	1	900-14
15	Seat	1	900-15
16	Seat Support	1	900-16
17	Handle Bar	1	900-17
18	Handle Grip	2	900-18
19	Pulley	2	900-19
20	Spring Bracket	1	900-20
21	Handle Bar Holder	1	900-21
22	Shaft	1	900-22
23	Magnetic Set	1	900-23
24	Knob	1	900-24
25	Tension Adjustment Knob	1	900-25
26	Computer	1	900-26
27	Foot Strap	2	900-27
28	Spring	2	900-28
29	Strap	1	900-29
30	Upper Roller	4	900-30
30A	Lower Roller	2	900-30A
31	Caster	2	900-31
32	r10mm Plastic Bushing	2	900-32
33	Sensor	1	900-33
34	Pulley Housing	1	900-34
35	r60mm DIA Endcap	2	900-35
36	Stabilizer Cushion	4	900-36
37	M10 x 175mm Bolt	1	900-37
38	M10 x 132mm Bolt	2	900-38
39	M10 x 140mm Bolt	1	900-39
40	M10 x 124mm Bolt	1	900-40
41	M8 x 130mm Bolt	3	900-41
42	M8 x 46mm Bolt	2	900-42
43	4 x 60mm Screw	4	900-43

A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
44	M8 x 85mm Bolt	2	900-44
45	M3 x 20mm Screw	9	900-45
46	M4 x 16mm Screw	10	900-46
47	4 x 20mm Metal Screw	3	900-47
48	4 x 25mm Metal Screw	2	900-48
49	M5 x 10mm Bolt	2	900-49
50	6 x 16mm Screw	2	900-50
51	10 x 23mm Washer	2	900-51
52	8 x 16mm Washer	4	900-52
53	10 x 23mm Washer	4	900-53
54	r1" Endcap	2	900-54
55	M8 Nut	7	900-55
56	M10 Nut	4	900-56
57	3/8" Nut	2	900-57
58	Cable Set	1	900-58
59	M6 x 15mm Bolt	4	900-59
60	3/8" Nylon Nut	1	900-60
61	Rear Support End Cap	1	900-61
62	Plastic Spacer	1	900-62
63	50 x 100mm End Cap	1	900-63
64	r15mm Steel Bushing	1	900-64
65	M4 x 12mm Screw	2	900-65
66	5 x 11mm Metal Screw	2	900-66
67	Bearing	4	900-67
68	Roller Cap	6	900-68
69	3/8" x 5T Nut	1	900-69
70	Adj. Bolt M6	1	900-70
71	M6 Nut	1	900-71
72	Font Support End Cap	1	900-72

MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY



NOTES

notes

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PHOENIX
HEALTH & FITNESS INC™

FORT LAUDERDALE, FLORIDA
33309