

Important warnings & Safety Instructions

- Read all warnings and instructions on each product prior to using your exercise machine. Save these instructions for future reference.
- If warnings are missing or damaged, please contact customer service immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before the product is used. SCIFIT is not responsible for missing or damaged warning labels.
- Use the exercise machine only for its intended purposes as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact customer support services..
- This machine is intended for indoor use only. Do not place in direct sunlight, high humidity or where water is present (i.e. pool or spa areas).

- This machine is not intended for use by persons with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the machine by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Never operate the machine with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended. Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the machine. Use the stationary handlebar whenever additional stability is required.

Biomechanical Positioning

Machine Entry

1. Choose one of the following to position seat for entry.
 - Press and hold the yellow foot lever located on either side of the seat base (see Seat System manual), then move the seat back to allow sufficient entry space and release the foot lever. You may grab the handles on either side of the console to stabilize yourself and sit on the seat.
 - Lift upward on the yellow swivel lever (Premium only) located on either side of the seat (see Seat System manual) and rotate the seat 90 degrees to the right or left to access the bottom seat pad and release, then sit down and again lift upward on the swivel lever and rotate back into the original position.
2. Position the seat forward or backward to a comfortable location using the yellow foot lever, then release the lever allowing for a slight knee bend when placing your feet on the foot pads or pedals.
3. Adjust the height (Premium only) of the seat using the yellow bar on the front of the seat (see Seat System manual) to obtain a comfortable position.

Initiating a Workout

1. Place your feet on the lower foot pedals, then grab the handlebars and begin pushing on the foot pedals continuously to keep the console powered up.

NOTE: The AC adapter may also be connected to the machine to keep the console continuously powered-up.

2. Select the workout program preferred (see Console Program manual) and begin the workout.

Exit The Machine

Choose one of the following ways to exit the machine.

1. Press and hold the yellow foot lever located on either side of the base of the seat base, then move the seat back to allow sufficient exit space and release the foot lever. Carefully lift yourself up and exit the machine.
2. Lift upward on the yellow swivel lever (Premium only) located on either side of the seat and rotate the seat 90 degrees right or left, then release. Carefully lift yourself upward and exit the machine.

Accessible Panel Description

Note: You must begin peddling to power the console.

The panel consists of two rows of buttons. The upper row, contains buttons which are marked by bump dots which indicate the number to which they are assigned. For example: 1 equals 1 dot, 2 equals 2 dots etc. These buttons correspond to a variety of exercise programs. For the purpose of accessibility, the only exercise programs we will concern ourselves with are as follows: 1 Manual, 3 Iso Strength, and quick start.

The lower part of the panel consists of the following buttons listed from left to right;

- Pause Clear: located on the bottom left hand side of the panel and identifiable by a tactile horizontal line.
- Enter: Located directly to the right of pause clear and identifiable by a small arrow which points to the left.
- Quick Start: Located directly to the right of Enter and identifiable by a vertical line.
- Down Arrow: Located to the right of Quick Start and identifiable by a raised Down Arrow.
- Right Arrow: Located to the right of the Left Arrow and identifiable by a raised right arrow.

Manual Program

To begin a manual program do the following:

1. Slowly begin peddling to activate the console, and continue gently peddling as you go through each of the following steps. Once you've entered your weight in the final step, and confirmed by pressing enter, your timer will begin counting down, and your workout will commence.
2. Time: To select desired time, use the left or right arrows located on the bottom right hand portion of the panel. (Default time is fifteen minutes)

Note: Please note that time will increase or decrease by fifteen seconds. For example, pressing the up arrow button twice will display 15 minutes and 30 seconds on the console. Once you've selected your desired time press Enter to confirm your selection.

3. Level: To select desired level use the left or right arrows located on the bottom right hand portion of the panel. (Default level is set to 1.0)

Note: Please note that level will increase or decrease by .1. For example, pressing the right arrow twice would increase level to 1.2. Press enter to confirm.

4. Weight: To enter your weight use the left and right arrows located on the bottom right hand portion of the panel. (Default weight is set to 165 pounds)

Note: Please note that weight will increase or decrease by 1 pound. For example, pressing the up arrow 5 times would change weight to 170 pounds. Press the Enter button to confirm your selection.

Iso Strength Program

To begin an Iso strength program do the following:

1. Slowly begin peddling to activate the console, and continue gently peddling as you go through each of the following steps. Once you've entered your weight in the final step, and confirmed by pressing enter, your timer will begin counting down, and your workout will commence.
2. Time: To select desired time, use the left or right arrows located on the bottom right hand portion of the panel. (Default time is five minutes)

Note: Please note that time will increase or decrease by fifteen seconds. For example, pressing the up arrow button twice will display 5 minutes and 30 seconds on the console. Once you've selected your desired time press Enter to confirm your selection.

3. Target: To select desired target use the left or right arrows located on the bottom right hand portion of the panel. (Default target is set to 60)

Note: Please note that target will increase or decrease by 1. For example, pressing the right arrow twice would increase target to 62. Press enter to confirm.

4. Weight: To enter your weight use the left and right arrows located on the bottom right hand portion of the panel. (Default weight is set to 165 pounds)

Note: Please note that weight will increase or decrease by 1 pound. For example, pressing the up arrow 5 times would change weight to 170 pounds. Press the Enter button to confirm your selection.

Quick Start

To begin a quick start workout simply press the quick start button, located on the bottom portion of the panel right in the middle and identifiable by a raised vertical line.