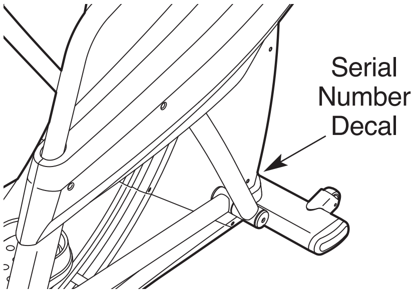
FREEMOTION® *f 7.8*

With Universal Dock for iPod®

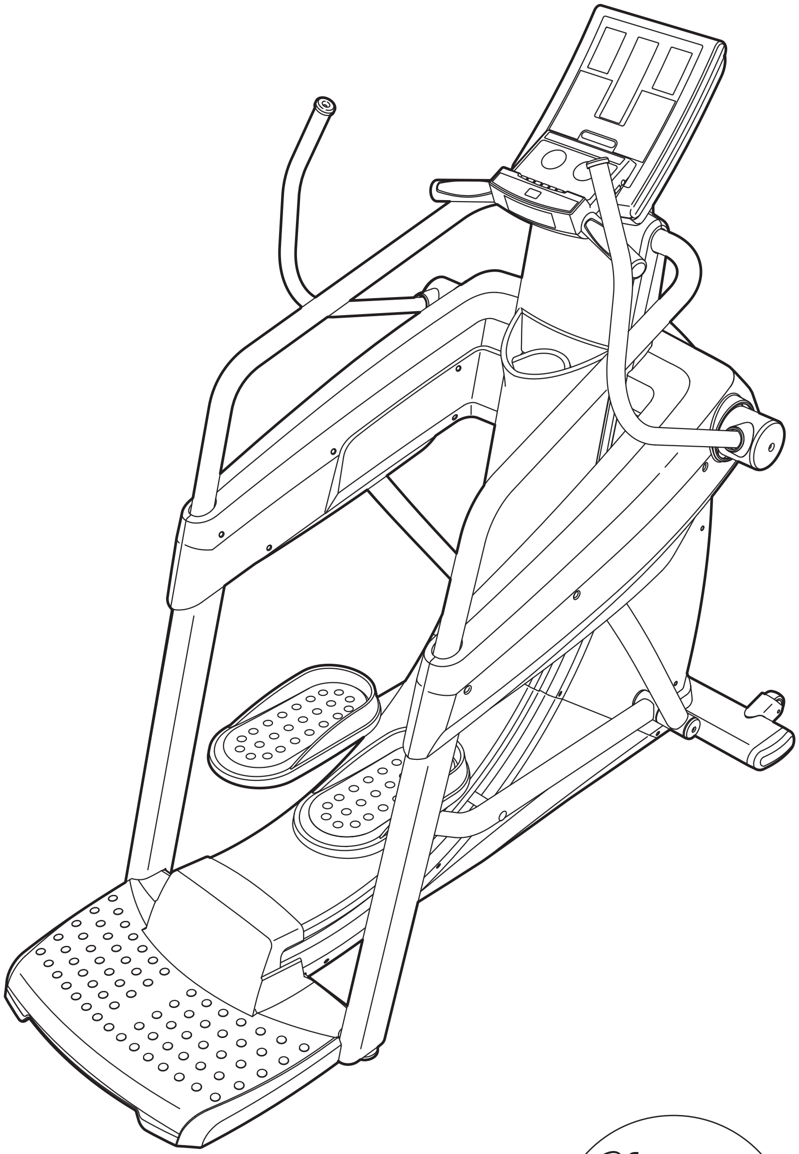
www.freemotionfitness.com

Model No. SFSR84407.0
Serial No. ___________________

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

If you are unable to contact the store, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Made for iPod

ifit WATCH FREE WORKOUT VIDEOS ifit.com

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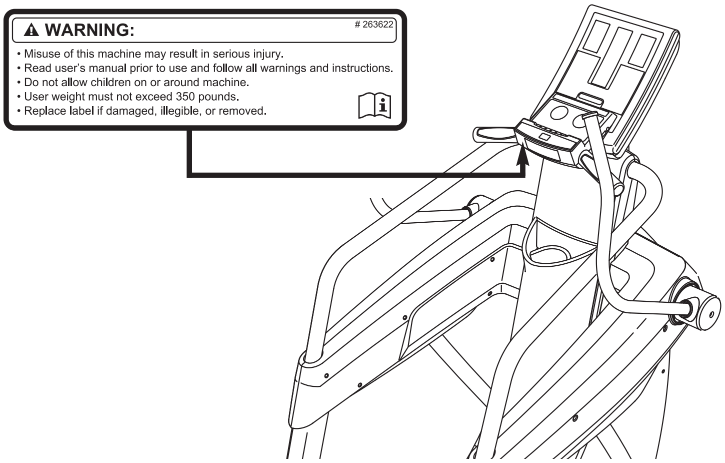
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING: # 263622

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.

FREEMOTION is a registered trademark of ICON IP, Inc.
iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** **To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical strider before using your elliptical strider. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

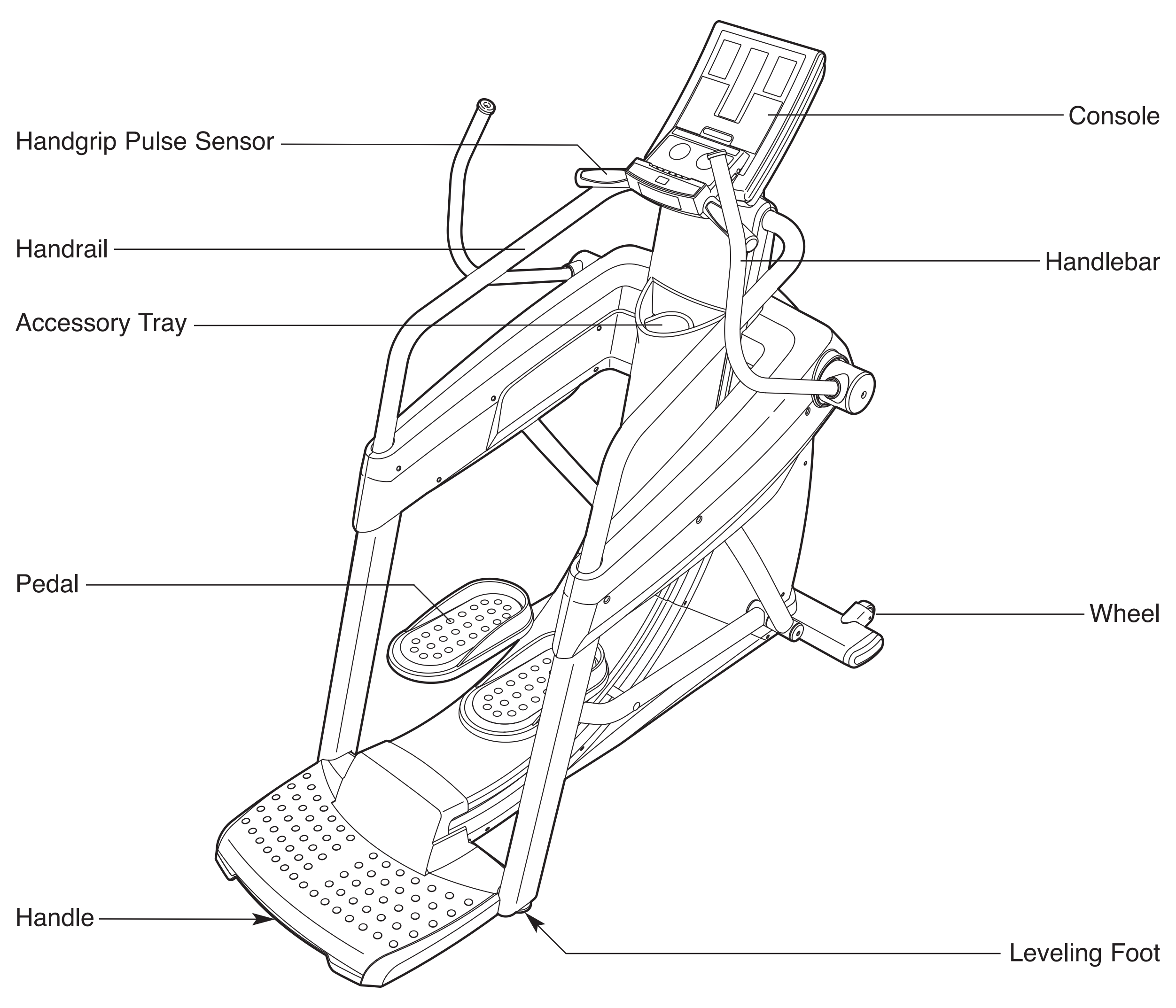
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical strider are adequately informed of all precautions.**
3. **The elliptical strider is intended for home use only. Do not use the elliptical strider in a commercial, rental, or institutional setting.**
4. **Keep the elliptical strider indoors, away from moisture and dust. Place the elliptical strider on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical strider to mount, dismount, and use it.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the elliptical strider at all times.**
7. **The elliptical strider should not be used by persons weighing more than 350 lbs. (159 kg).**
8. **Wear appropriate exercise clothes while using the elliptical strider. Always wear athletic shoes for foot protection while exercising.**
9. **Hold the handgrip pulse sensors, the handlebars, or the handrails when mounting, dismounting, or using the elliptical strider.**
10. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Keep your back straight while using the elliptical strider; do not arch your back.**
12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**
13. **When you stop exercising, allow the pedals to slowly come to a stop.**
14. **Use the elliptical strider only as described in this manual.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® F7.8 elliptical strider. The F7.8 elliptical strider provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical strider. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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


Handgrip Pulse Sensor
Console
Handrail
Handlebar
Accessory Tray
Pedal
Wheel
Handle
Leveling Foot

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical strider in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

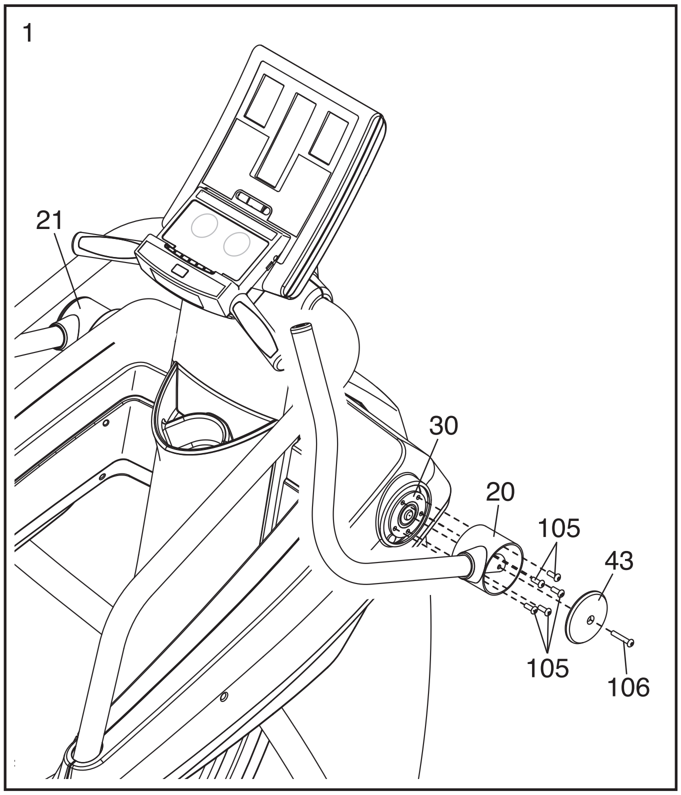
Assembly requires only the included tool(s).

1. Hold the lower end of the Right Handlebar (20) against the Right Handlebar Hub (30), and align the five holes in the Right Handlebar with the five holes in the Right Handlebar Hub.

   Attach the Right Handlebar (20) with five 5/16" x 1/2" Patch Screws (105).

   Next, attach a Handlebar Cover (43) to the Right Handlebar (20) with a 5/16" x 1 3/8" Screw (106).

   Attach the Left Handlebar (21) in the same way.



2. **Make sure that all parts of the elliptical strider are properly tightened.** To protect the floor or carpet from damage, place a mat under the elliptical strider.

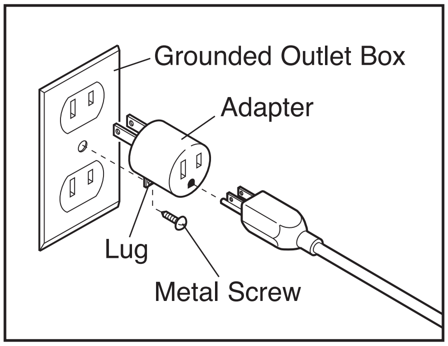
HOW TO USE THE ELLIPTICAL STRIDER

HOW TO PLUG IN THE AC POWER ADAPTER

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the AC power adapter into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical strider is not compatible with GFCI-equipped outlets.**

⚠ **DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

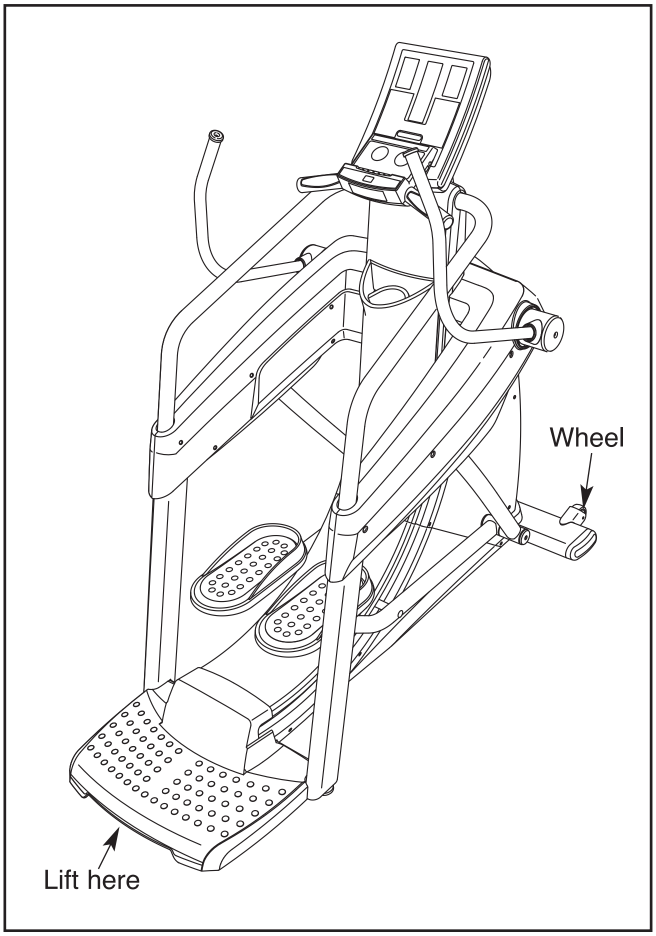
A temporary adapter may be used to connect the AC power adapter to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.



The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

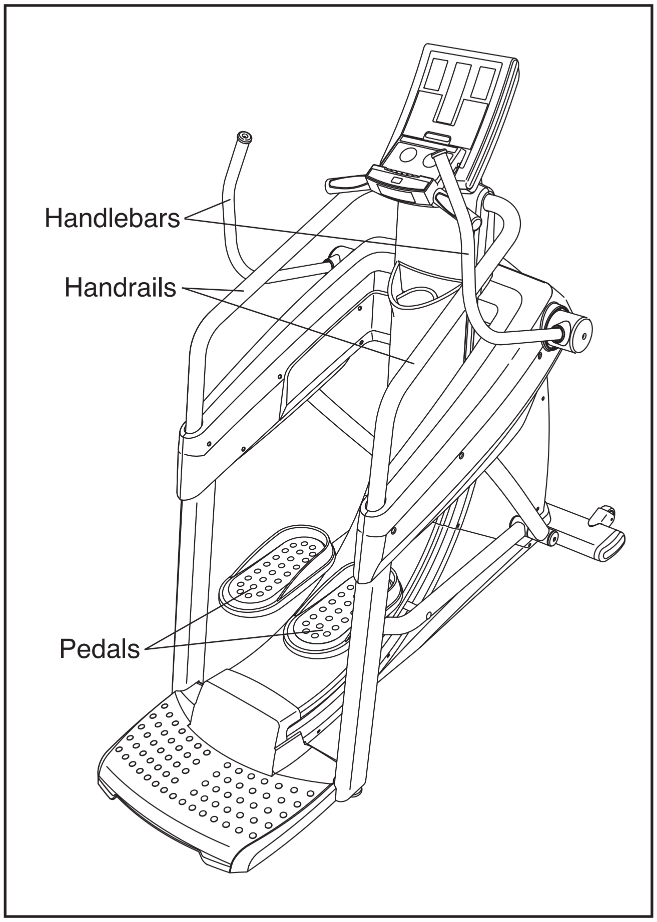
HOW TO MOVE THE ELLIPTICAL STRIDER

Due to the size and weight of the elliptical strider, moving it requires two persons. Have two persons lift the indicated end of the elliptical strider until the elliptical strider will roll on the front wheels. Carefully move the elliptical strider to the desired location and then lower it to the level position. **CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical strider. Do not attempt to move the elliptical strider over an uneven surface.**



HOW TO EXERCISE ON THE ELLIPTICAL STRIDER

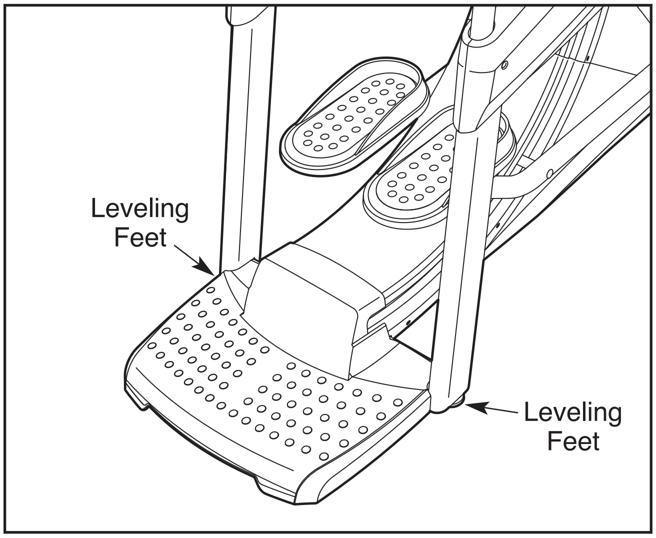
To mount the elliptical strider, hold the handlebars or the handrails and step onto the pedals. Push the pedals until they begin to move forward and backward with a continuous motion.



To dismount the elliptical strider, wait until the pedals come to a complete stop. When the pedals are stationary, hold the handlebars or the handrails and step off the pedals.

HOW TO LEVEL THE ELLIPTICAL STRIDER

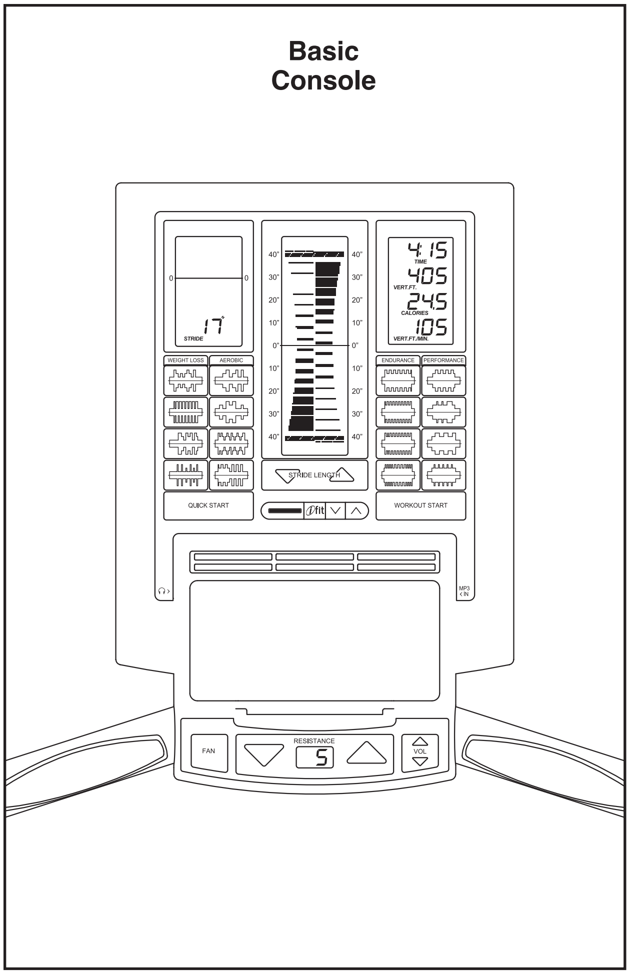
If the elliptical strider rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.

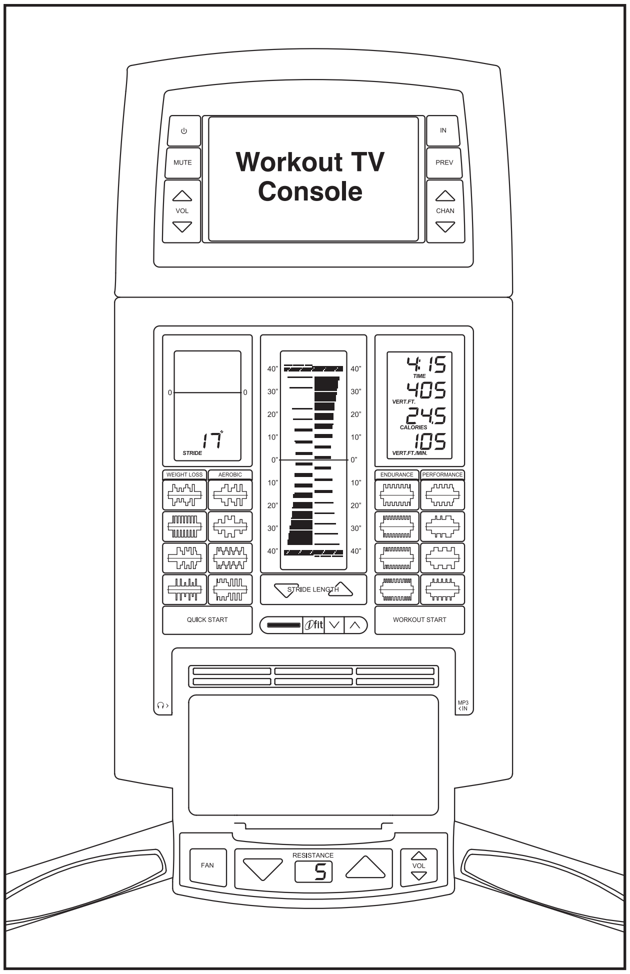


HOW TO UPGRADE THE CONSOLE

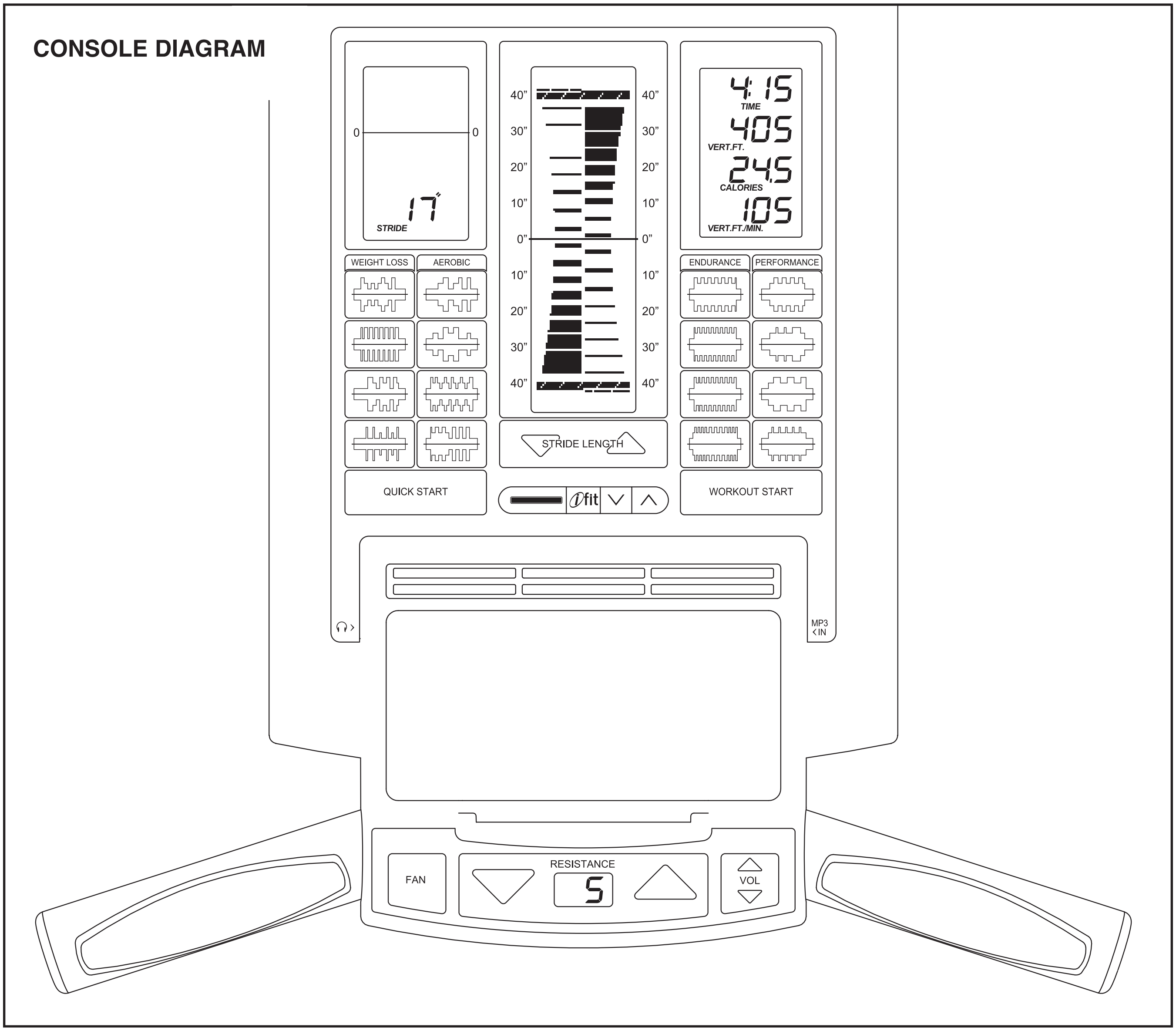
Your elliptical strider has been preconfigured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 9. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

To upgrade your console and expand the capabilities of your elliptical strider, see the back cover of this manual.


Basic
Console
17
STRIDE
4:15
TIME
405
VERT.FT.
24.5
CALORIES
105
VERT.FT./MIN.
WEIGHT LOSS
AEROBIC
ENDURANCE
PERFORMANCE
STRIDE LENGTH
QUICK START
iFit
WORKOUT START
MP3 IN
FAN
RESISTANCE
5
VOL


MUTE
VOL
Workout TV
Console
IN
PREV
CHAN
17
STRIDE
4:15
TIME
405
VERT.FT.
24.5
CALORIES
105
VERT.FT./MIN.
WEIGHT LOSS
AEROBIC
ENDURANCE
PERFORMANCE
STRIDE LENGTH
QUICK START
iFit
WORKOUT START
MP3 IN
FAN
RESISTANCE
5
VOL

CONSOLE DIAGRAM


0
0
17"
STRIDE
40"
30"
20"
10"
0"
10"
20"
30"
40"
40"
30"
20"
10"
0"
10"
20"
30"
40"
4:15
TIME
405
VERT.FT.
24.5
CALORIES
105
VERT.FT./MIN.
WEIGHT LOSS
AEROBIC
ENDURANCE
PERFORMANCE
STRIDE LENGTH
QUICK START
iFit
WORKOUT START
MP3
IN
FAN
RESISTANCE
5
VOL

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the quick start mode of the console, you can change the resistance of the pedals or set a target stride length with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or an optional Polar®-compatible chest pulse sensor.

The console offers sixteen preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length as it guides you through an effective workout.

The console also features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. **To purchase iFit cards, see the back cover of this manual or go to www.iFit.com.**

You can even connect your iPod®, MP3 player, personal audio player, or CD player to the console's sound system and listen to your favorite workout music or audio books while you exercise.

To activate the console, see page 10. **To use the quick start mode,** see page 10. **To use a preset workout,** see page 12. **To use an iFit workout,** see page 13. **To use the sound system,** see page 13. **To use the maintenance mode,** see page 14.

HOW TO ACTIVATE THE CONSOLE

The included AC power adapter must be used to operate the elliptical strider. See HOW TO PLUG IN THE AC POWER ADAPTER on page 6. When the AC power adapter is plugged in, the displays will light and the console will be ready for use.

IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before activating the console. Otherwise, you may damage the console displays or other electronic components.

HOW TO TURN OFF THE CONSOLE

If the pedals are not moved for a short period of time, the console will enter an idle mode and a screen saver will appear in the center display. Unplug the AC power adapter when the elliptical strider is not in use.

HOW TO USE THE QUICK START MODE

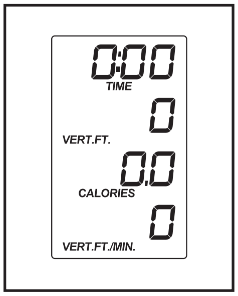
The quick start mode allows you to start exercising, adjust the resistance of the pedals manually, and set a target stride length manually.

1. **Press the QUICK START button or begin striding to activate the console.**

   See HOW TO ACTIVATE THE CONSOLE above.

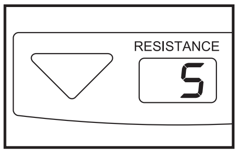
2. **Select the quick start mode.**

   When you activate the console, the quick start mode will be selected. If you have selected a workout, reselect the quick start mode by pressing any of the workout buttons repeatedly until zeros appear in the right display.



3. **Change the resistance of the pedals as desired.**

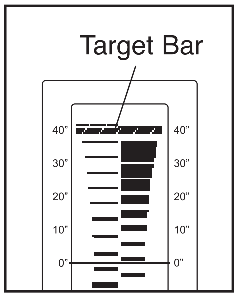
   As you stride, change the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level.



4. **Set a target stride length as desired.**

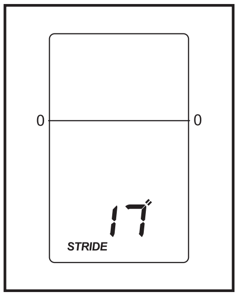
   The stride length meter in the center display allows you to set a target stride length.

   To set a target stride length, press the STRIDE LENGTH increase and decrease buttons below the stride length meter repeatedly until the target bars appear next to the desired stride length. Note: Stride length is measured in inches.



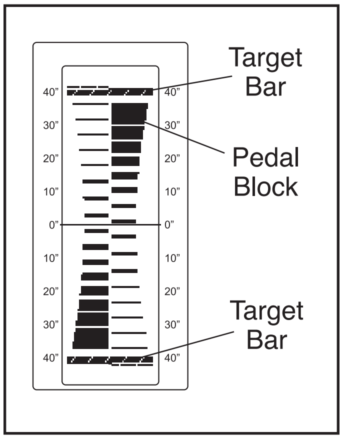
5. **Follow your progress with the displays.**

   Left display–This display shows the length of your stride in inches. Note: When you select a workout, this display will also show the workout profile and the elapsed time for each segment of the workout.



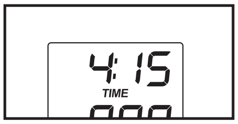
   Center display–This display shows the stride length meter. The stride length meter compares your actual stride length to the target stride length.

   The target bars in the stride length meter indicate the target stride length. The pedal blocks track the actual movement of the pedals while you exercise.

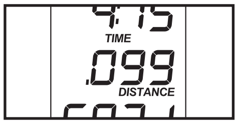


   As you exercise, keep your stride length near the target stride length by striding so that the pedal blocks move back and forth between the target bars.

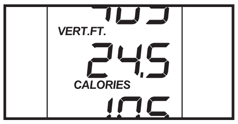
Right display–This display has four sections that show the following exercise information:



First section–This section shows the elapsed time. Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.

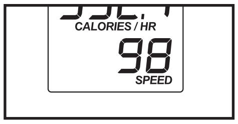


Second section–This section shows the distance (total revolutions) you have stridden and the distance (vertical feet) you have climbed.

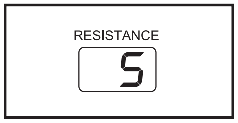


Third section–This section shows the approximate number of calories you have burned and the approximate number of calories you are burning per hour.

This section of the display will also show your heart rate when you use the handgrip pulse sensor (see step 6 at the right) or the optional chest pulse sensor (see page 13).



Fourth section–This display shows your striding pace (speed) in revolutions per minute and your climbing pace in vertical feet per minute.



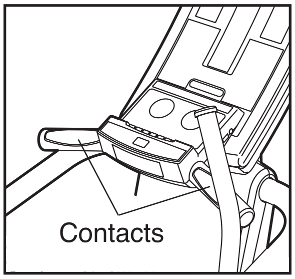
Lower display–This display shows the resistance level of the pedals.

In addition, the center display will light with different colors to indicate your exercise intensity:

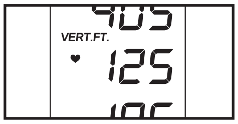
Color	**Exercise Intensity**
Blue	Low
Green	Medium
Red	High

6. **Measure your heart rate if desired.**

   You can measure you heart rate using either the handgrip pulse sensor or an optional Polar®-compatible chest pulse sensor (see page 13 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

   If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

   When you hold the handgrip pulse sensor, a small heart symbol will appear in the right display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

   If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

7. **Turn on the fan if desired.**

   The fan has high and low speed settings. Press the FAN button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

   Pivot the fan louvers upward or downward to direct the airflow from the fan.

8. **When you are finished using the elliptical strider, the console will automatically enter an idle mode.**

   See HOW TO TURN OFF THE CONSOLE on page 10.

HOW TO USE A PRESET WORKOUT

A preset workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length.

1. **Press any button or begin striding to activate the console.**

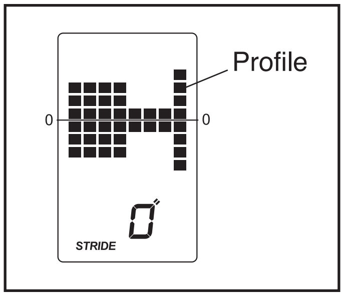
   See HOW TO ACTIVATE THE CONSOLE on page 10.

2. **Select a preset workout.**

   To select a preset workout, first press the button with the profile of the desired preset weight loss, aerobic, endurance, or performance workout.

   The following information will appear in the center display:
   - The name of the workout
   - A profile of the target stride lengths
   - The duration of the workout
   - The maximum stride length
   - The maximum speed (in steps per minute)

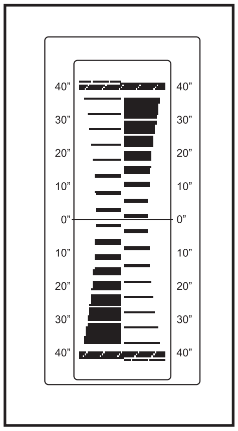
   A profile of the target stride lengths for the workout will also appear in the left display.



3. **Press the WORKOUT START button or begin striding to start the workout.**

   Each preset workout is divided into 25, 30, 45, or 60 one-minute segments. One resistance level and one stride length is programmed for each segment. Note: The same resistance level and/or stride length may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the workout. The height of the flashing column indicates the stride length for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level of the pedals will then change.



   As you exercise, keep your stride length near the target stride length for the current segment, which is shown in the stride length meter in the center display. **IMPORTANT: The target stride length settings are intended only to provide motivation. Your actual stride length may be shorter or longer than the target stride length. Make sure to stride at a length that is comfortable for you.**

   If the stride length for the current segment is too long or too short, you can manually override the setting by pressing the STRIDE LENGTH buttons. However, when the current segment ends, the stride length meter will automatically adjust to the target stride length setting for the next segment.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

   The workout will continue in this way until the last segment of the profile flashes. To stop the workout at any time, stop striding. To resume the workout, simply resume striding or press the WORKOUT START BUTTON.

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

   See step 5 on page 10.

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

   See step 6 on page 11.

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

   See step 7 on page 11.

7. **When you are finished using the elliptical strider, the console will automatically enter an idle mode.**

   See HOW TO TURN OFF THE CONSOLE on page 10.

HOW TO USE AN IFIT WORKOUT

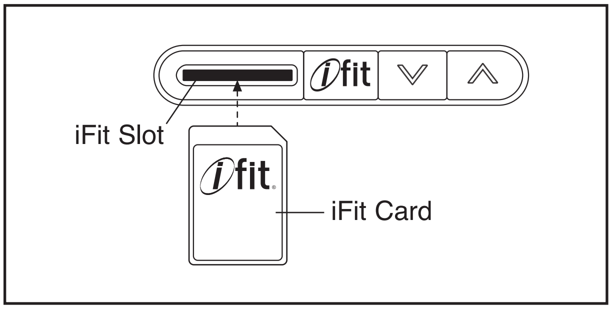
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores

1. **Press any button or begin striding to activate the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 10.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot. The iFit card should slide easily into the slot. If it does not, turn the iFit card and try again.



   iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 12. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the iFit slot.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, you must connect your iPod®, MP3 player, personal audio player, or CD player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug an audio cable (not included) into the jack on the console and into a jack on your iPod, MP3 player, personal audio player, or CD player. **Make sure that the audio cable is fully plugged in.**

To use the Integrated Universal Dock for iPod, you need an iFit® Universal iPod® Connector (not included). **To purchase an iFit Universal iPod Connector, see the front cover of this manual.** Plug one end of the iFit Universal Connector into the Integrated Universal Dock for iPod and plug the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

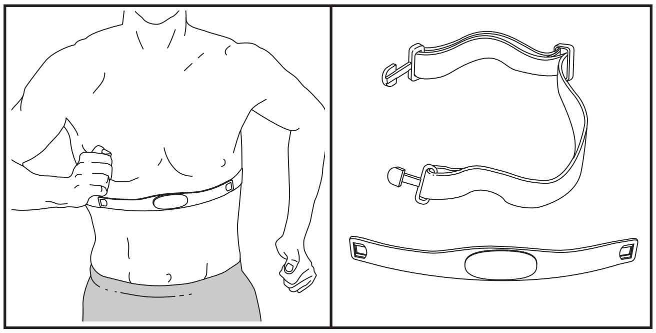
Next, press the play button on your iPod, MP3 player, personal audio player, or CD player. Adjust the volume on your iPod, MP3 player, personal audio player, or CD player or press the VOL increase and decrease buttons on the console.

You can use your own headphones with the console, with the optional Workout TV (see page 8), or with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones cable is fully plugged in.**

You can connect your own external speakers to the console using the audio out jack on the console. To connect and use your external speakers, see your external speakers' user's manual.

THE OPTIONAL CHEST PULSE SENSOR

The optional Polar®-compatible chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, see the back cover of this manual.**



HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access usage information and to view and change console settings.

1. **Press any button or begin striding to activate the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 10.

2. **Select the maintenance mode.**

   Hold down the FAN button for a few seconds to select the maintenance mode.

   When the maintenance mode is selected, usage information and an input setting for the elliptical strider will appear in the center display.

3. **View and reset the usage information if desired.**

   The first section of the center display will show the total number of hours that the elliptical strider has been used, the total number of vertical feet that the pedals have climbed, and the total distance that the pedals have been moved.

   To reset the usage information to zero, press and hold down the Resistance increase and decrease buttons simultaneously for several seconds.

4. **View and change the input setting if desired.**

   The second section of the center display will show the default input for the console.

   You can set the default input for the console as MP3, TV, or RCA. To change the default input, press the VOL increase and decrease buttons repeatedly until the desired setting is selected. Note: The TV and RCA input options are for use with the optional Workout TV (see page 8).

5. **Adjust the contrast level of the console displays if desired.**

   To adjust the contrast level of the console displays, press the increase and decrease buttons next to the iFit slot until the console displays show the desired contrast. The selected contrast level will appear in the left display.

6. **Exit the maintenance mode.**

   Press the QUICK START or the WORKOUT START button to exit the maintenance mode.

MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, see the back cover of this manual.

Inspect and tighten all parts of the elliptical strider regularly. Replace any worn parts immediately.

To clean the elliptical strider, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the track rollers and the track frame on which the track rollers ride. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO LEVEL THE ELLIPTICAL STRIDER

If the elliptical strider rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL STRIDER on page 7.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

WORKOUT GUIDELINES

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

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

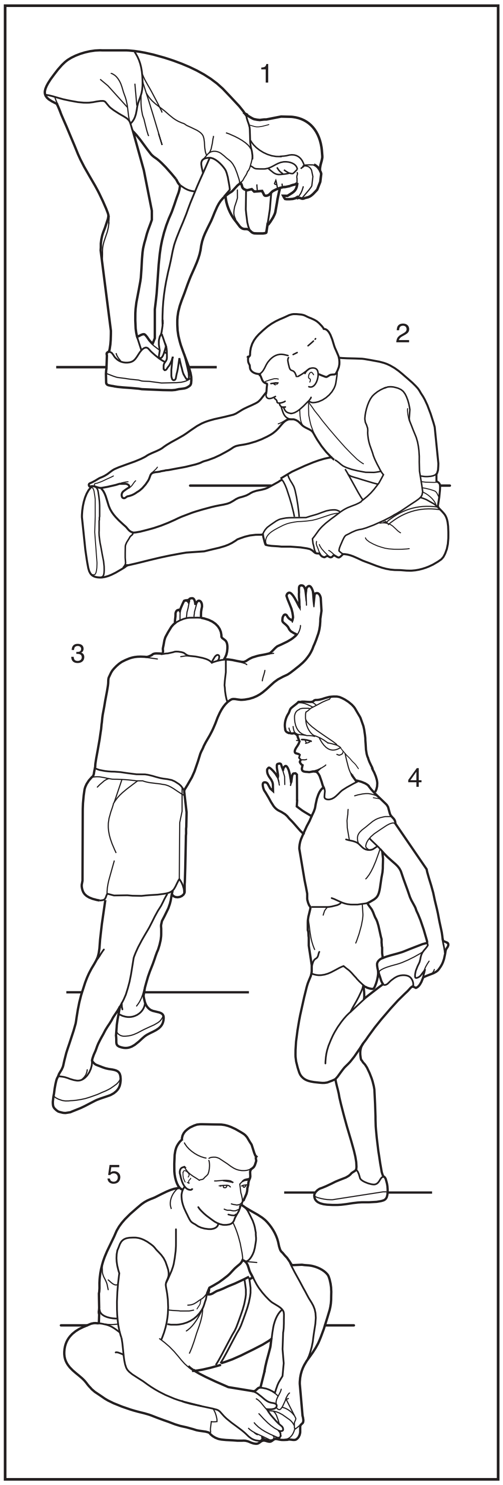
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

NOTES

PART LIST—Model No. SFSR84407.0

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Key No.	Qty.	Description
1	1	Frame
2	2	Track
3	2	Shield Bracket
4	1	Console
5	2	Frame Cap
6	1	Right Upper Shield
7	1	Left Upper Shield
8	1	Right Lower Shield
9	1	Left Lower Shield
10	1	Front Shield
11	1	Upper Track Shield
12	1	Lower Track Shield
13	1	Rear Lower Shield
14	1	Right Outer Shield
15	1	Left Outer Shield
16	1	Right Inner Shield
17	1	Left Inner Shield
18	1	Accessory Tray
19	1	Belt
20	1	Right Handlebar
21	1	Left Handlebar
22	1	Right Link Leg
23	1	Left Link Leg
24	1	Right Pedal Arm
25	1	Left Pedal Arm
26	2	Link Arm
27	1	Generator
28	2	Pedal
29	2	Pedal Insert
30	1	Right Handlebar Hub
31	1	Left Handlebar Hub
32	1	Right Cable Arm
33	1	Left Cable Arm
34	1	Long Cable
35	1	Short Cable
36	1	Pedal Magnet
37	4	Roller Spacer
38	2	Roller
39	2	Cable Arm Spacer
40	8	Cable Bushing
41	4	Pedal Arm Cover
42	2	Pedal Arm Spacer
43	2	Handlebar Cover
44	2	Handlebar Flange
45	2	Handlebar Cap
46	1	Tension Bracket
47	1	Tension Spring
48	1	Tension Pulley
49	1	Tension Bushing
50	1	Idler Pulley
51	1	Idler Axle
52	8	Small Pulley
53	1	Belt Pulley
54	2	Cable Spool
55	2	Spool Hub
56	2	Hub Spacer
57	1	Belt Hub
58	2	#6 x 3/8" Screw
59	1	Spool Axle
60	2	Bearing Key
61	1	Hub Key
62	2	Foot
63	2	Leveling Foot
64	2	Bumper
65	1	Wiring Bracket
66	2	Spool Cover
67	1	Sensor Bracket
68	1	Cable Trap
69	1	Board Bracket
70	1	Control Board
71	2	#6 Locknut
72	2	Flange Nut
73	2	Wheel Axle
74	4	Wheel Spacer
75	2	Wheel
76	1	AC Power Adapter
77	1	Wire Harness
78	1	Coaxial Cable
79	1	Line Out Cable
80	1	Line In Cable
81	1	Power Cable
82	1	Ground Wire
83	4	Wheel Bearing
84	2	Keyed Bearing
85	2	Hub Bearing
86	8	Guide Bearing
87	14	Return/Link Bearing
88	4	Hanger Bearing
89	2	Link Leg Axle
90	4	Standoff
91	4	Hub Snap Ring
92	8	1/8" Snap Ring
93	8	1" Snap Ring
94	16	3/4" Snap Ring
95	12	1/2" Snap Ring
96	2	1/4" x 1" Flat Head Screw
97	4	M8 x 19mm Screw
98	12	1/4" x 1" Screw
99	4	1/2" x 1" Self-tapping Screw
100	14	#8 x 3/4" Screw

Key No.	Qty.	Description
101	8	1/4" x 5/8" Screw
102	4	5/16" x 1/2" Button Screw
103	8	#8 x 1/2" Screw
104	6	#8 x 2 1/4" Screw
105	10	5/16" x 1/2" Patch Screw
106	2	5/16" x 1 3/8" Screw
107	3	3/8" Nut
108	2	3/8" x 2 1/2" Bolt
109	1	1/4" x 3/8" Set Screw
110	8	#8 x 1/4" Screw
111	2	#8 x 1/2" Tek Screw
112	1	5/16" x 1" Bolt
113	2	#6 x 3/8" Screw
114	24	1/4" Jam Nut
115	12	1/4" x 3/4" Screw
116	4	3/8" x 3/4" Screw
117	30	#8 x 1" Tek Screw
118	40	Plastic Insert
119	2	Pedal Spacer
120	8	Track Washer
121	4	#8 x 1 1/4" Screw
122	8	1/4" x 1/2" Screw
123	1	Tension Bolt
124	1	Tension Nut
125	10	Hub Screw
126	10	Hub Nut
127	4	V-pulley Screw
128	2	1/4" x 3/4" Screw
129	16	#8 x 1/2" GMG Screw
130	10	#8 x 1/2" Machine Screw
*	–	User's Manual
*	–	Assembly Tool

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING A—SFSR84407.0

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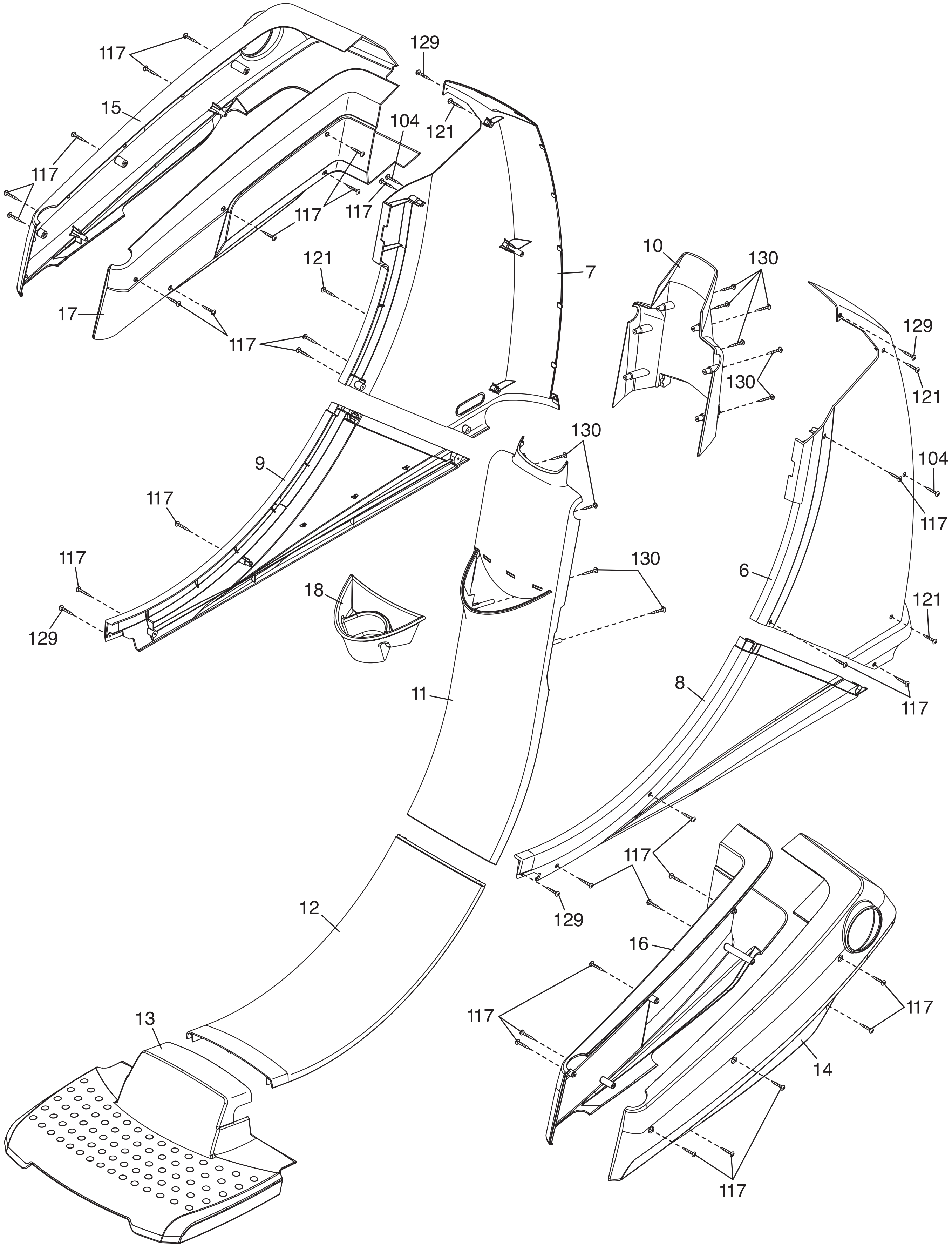
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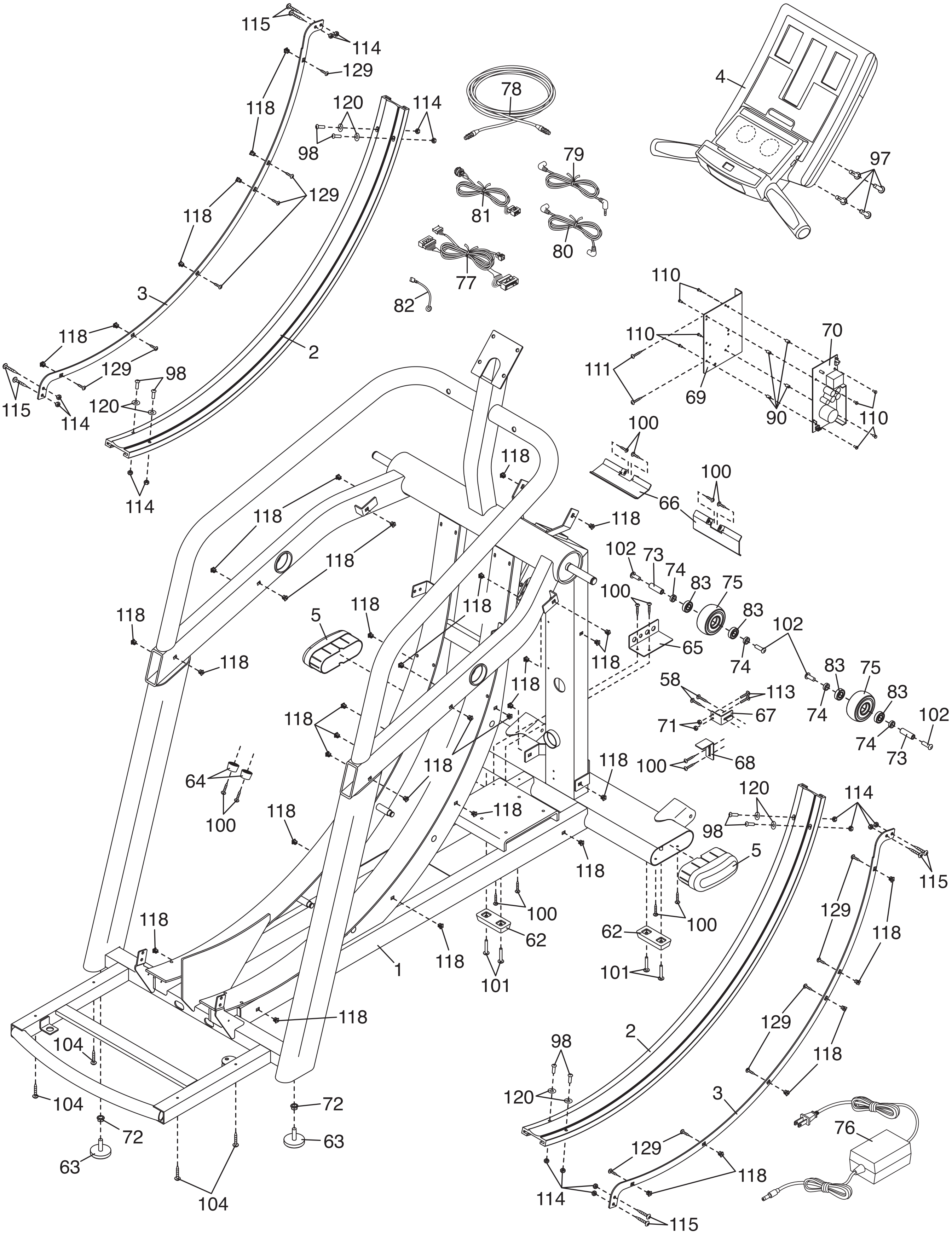
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EXPLODED DRAWING C—SFSR84407.0

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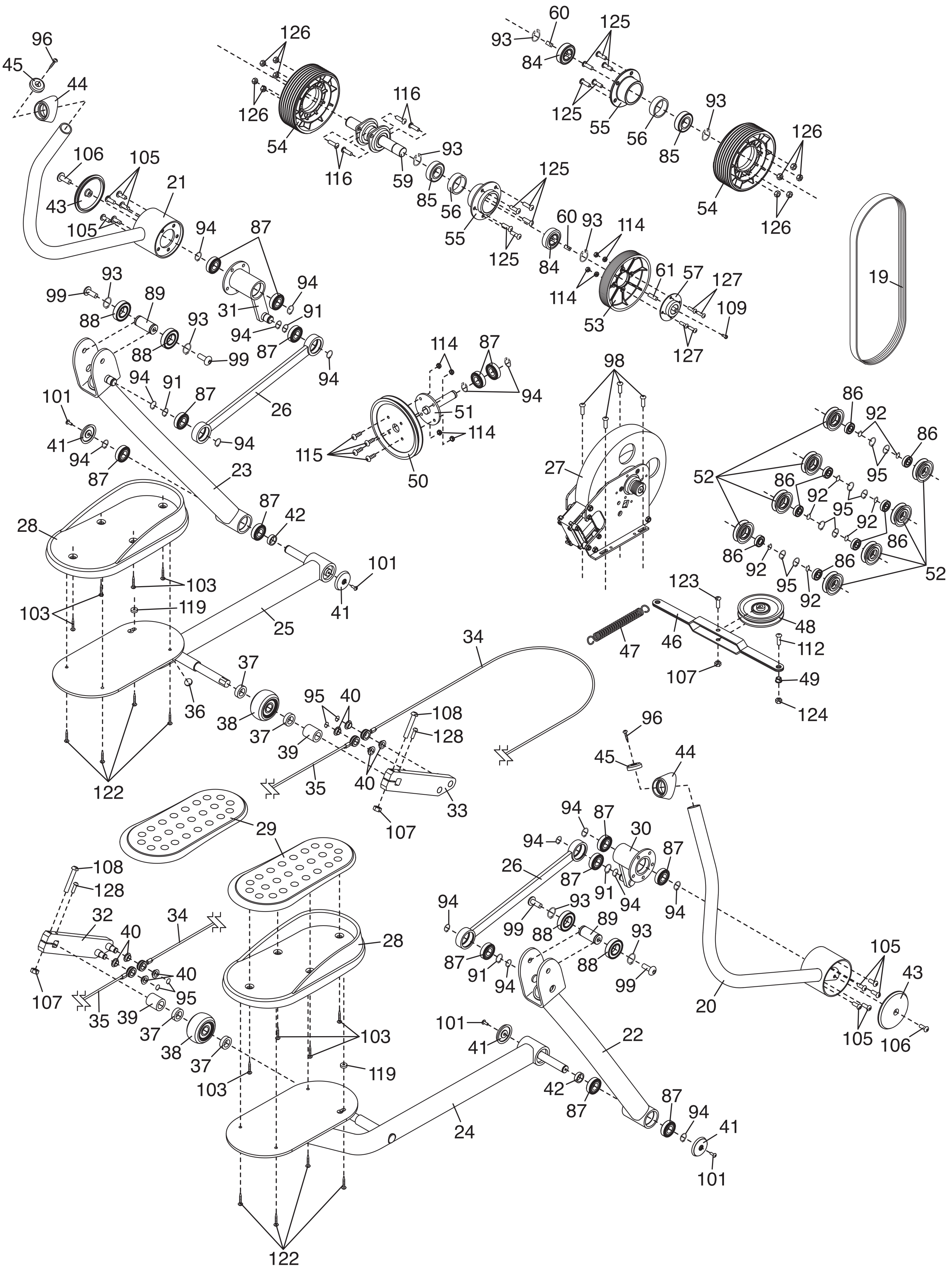
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HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Inside the US, call toll-free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT
Outside the US, call: +1-719-533-2911

US Email: fmfvmcustomerservice@freemotionfitness.com
International Email: intlcustomercare@freemotionfitness.com

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for ten (10) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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