



**THERACYCLE**

## **Theracycle User's Manual**

**The Theracycle Company  
31 Hayward Street, Franklin MA 02038  
1-800-367-6712  
[www.theracycle.com](http://www.theracycle.com)**

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## **PLEASE READ THIS MANUAL BEFORE YOU GET STARTED**

Congratulations on your purchase of the Theracycle and your commitment to making it part of your exercise routine! Whether you have been exercising consistently over the years or are just getting started, the Theracycle is designed to help you get exercise the easy way.

This Owner's Manual includes all the information you will need to set up, operate, and use the Theracycle.

If you have any questions, we are happy to help you at 1-800-367-6712.

## **Important: For Your Safety**

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

**Warning:** To reduce the risk of serious injury, read the following important precautions before using the Theracycle:

1. Plug the Theracycle power cord into a three pronged, grounded outlet. 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.
2. Do not locate your Theracycle where it could be exposed to inclement weather, or on a wet or damp surface.
3. Do not allow anyone to operate the Theracycle when wet. The Theracycle is not a toy and should not be left plugged in and unattended, especially in the presence of children.
4. Turn unit on only when you are comfortably seated and both feet are securely placed in the pedal straps.
5. To reduce the risk of electrical shock; clean, service or adjust only with the Theracycle unplugged. Never attempt to move or service the Theracycle without unplugging it.
6. Do not allow anyone except a licensed electrician make electrical repairs. This unit is equipped with a special motor and no substitute should ever be used.
7. Never attempt to get off the Theracycle until it has come to a complete stop.
8. Use only genuine Theracycle parts when making repairs.
9. Never operate a Theracycle if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or any of the electrical components have been exposed to water or other electrical conducting fluids, or it has been in the presence of combustible gases such as oxygen or aerosol sprays.
10. Keep the cord away from heated or wet surfaces.

11. Never drop or insert any object into any opening, especially the motor, gearbox, or moving handlebar area.
12. There is an external 6-amp time delay fuse incorporated into the control box below the motor, in order to protect the electronics in case of any electrical malfunction. If the fuse blows, it can easily be replaced by turning the fuse cap counterclockwise. Remove the burnt out fuse and replace with a fuse of the same type.
13. Do not wear pants, which are loose at the bottom when riding the Theracycle.
14. Turn off the Theracycle with the switch located on the bottom front when not in use.
15. Do not keep the Theracycle at temperatures below 55 degrees Fahrenheit, as cold temperature will affect the performance of the Theracycle's electronics.
16. Unplug the Theracycle when not in use.

## Theracycle Parts and Components



1. Seat and Back Support
2. Outrigger Handles
3. Seat Adjustment Latch
4. Seat Height Adjustment Knob
5. Theracycle Shroud (gearbox cover) and Filler Cap
6. Handlebar Assembly, Fork
7. Computer Display Stand
8. Computer Display
9. Pedals, Pedal Crank and Link
10. On/Off Switch
11. Theracycle Motor

## Unpacking and Assembling Your Theracycle

### *Tools needed:*

- 5/16” Allen wrench (provided)
  - 3/16” Allen wrench (provided)
  - Metric 15 pedal wrench (provided)
  - Flat head screwdriver
  - 3/8” wrench (provided)
  - Heavy-duty scissors or knife for cutting plastic straps and cardboard box
1. Remove the cardboard cross support that is on the top of the Theracycle. Cut down the four corners of the box to expose the Theracycle. Inside the large box is the:
    - Theracycle frame
    - Theracycle seat
    - Computer display stand
    - Plastic funnel (Remove the funnel from the box.)
    - Cardboard parts box.
  2. **Remove the cardboard parts box.** The parts included in this box are:
    - 5/16” and 3/16” Allen wrench
    - 3/6” wrench
    - Metric 15 pedal wrench
    - The computer display
    - Four white plastic rivets (for mounting the computer display)
    - A safety magnet attached to a cord
    - Set of pedals (left and right)
    - The handlebar assembly
    - One liter of gear oilSet these parts aside.
  3. Place the plastic bottle of gear oil in warm water to make it easier to pour when you get to step #8.
  4. **Remove the seat** by cutting the plastic strap securing the seat to the Theracycle pedal crank.
  5. **Remove the computer display** stand by cutting the plastic strip securing the display stand to the large cardboard box.

6. Cut the plastic straps securing the Theracycle to the front wooden braces.  
DO NOT TIP the Theracycle on its side.
7. Cut the plastic straps securing the Theracycle to the rear wooden braces.  
DO NOT TIP the Theracycle on its side.
8. Next, to add the gear oil to the gearbox:
  - Remove the 3/4" inch plastic cap on the top of the Theracycle shroud, exposing the oil filler plug.
  - Using a flat head screwdriver, loosen the filler plug.
  - Put your other hand into the opening of the Theracycle shroud to catch the filler plug as you loosen and remove it.
  - Next, insert the funnel through the opening on the top of the shroud, bringing it all the way down through the hole in the top of the gearbox. Make sure that the funnel is placed at least one inch inside the gearbox.
  - Slowly pour in all of the warmed oil. Make sure all the oil has drained from the funnel. When you are finished, remove the funnel.
  - Return and secure the filler plug.
  - Replace the plastic cap on top of the oil filler plug located on top of the shroud.
9. Next, attach the handlebars to the Theracycle. Place the handlebar assembly into the large hole in the handlebar fork so that the flat, located at the bottom of the handlebar assembly is facing forward and is in line with the locking screw on the handlebar fork. Tighten the locking screw using the 5/16" Allen wrench.
10. Next, attach the computer display to the computer display stand.
  - Take the computer display and place it on top of the computer display stand.
  - Using the four plastic rivets supplied in the parts box, mount the computer display to the computer display stand (as shown on page 6).
  - The rivets are designed to slip up through the holes in the backside of the mounting bracket and then through the holes in the computer display. **The rivets, (male and female) must be attached, but not full depressed, to each other before they go through the holes in the mounting bracket.**
  - Then, snap them into place by pushing the head of the rivet down until it is flush with the bracket. This expands the rivet holding the computer display in place. You can do this with your hands.



11. The computer display has two different size telephone-like ports in the back. Insert the cables coming out of the computer display stand into these ports, matching the larger one with the larger port, and the smaller one with the smaller port.
12. **Mount the computer display stand** to the front frame of the Theracycle.
  - Locate the four screws mounted on the frame above the motor.
  - Remove the top two screws.
  - Slide the computer display stand over the two bottom screws and tighten with the 3/8" wrench.
  - Reinsert the top two screws, which will attach the computer display stand to the frame, and tighten with the 3/8" wrench.
  - At the bottom of the display stand, plug the two cables into their same size ports underneath the motor.
13. **Attach the safety magnet** and cord to the computer display in the space marked, "SAFETY STOP." The Theracycle will not operate without the safety magnet in the proper position.
14. **Attach the pedals.** Identify the pedals by locating the "R" and "L" marked on the end of the threaded shaft of each pedal. Screw the pedal marked "L" into the left pedal crank. Using the pedal wrench, turn the left pedal **counter-clockwise** to tighten. Screw the right pedal into the right pedal crank by turning the right pedal **clockwise** to tighten. Make sure that both pedals are securely tightened.
15. **Attach the seat.**
  - Holding the seat (with the right hand grabbing both the seat and the adjustment latch in the up position) with the rear of the back support toward you, line up the channel on the bottom of the seat with the front of the top flat plate of the seat post.
  - Slide the seat into the channel until you reach the middle slot on the flat plate.
  - Look the seat into one of the middle holes, by releasing the latch.
  - Locate the safety screw underneath the seat post.
  - Tighten it. This is an important safety step as this safety screw will limit the distance the seat will travel forward and backward.

Now that you have assembled the Theracycle, you will need to adjust it for a customized fit. In the section labeled, "***Adjusting Your Theracycle,***" you will find the directions, which allow you to do this.

Please contact our customer service department if you have any questions about assembly or about your Theracycle, Monday-Friday, 9am to 4 pm EST

## Adjusting Your Theracycle

*To get the greatest benefit and comfort from your new Theracycle, there are a few custom adjustments that you should make.*

Tools needed: 5/16" and 3/16" Allen wrenches (provided)

- Seat adjustments
- Handlebar adjustments
- Pedal adjustments

### ***Seat Adjustment***

By properly aligning your Theracycle seat, you will ensure maximum comfort as well as safety and efficiency.

There are **three different seat adjustments** for the Theracycle. The Theracycle seat can be:

- **Raised or lowered** and
- **Moved forward or backwards.**
- Further customized by **increasing or decreasing the amount of space** between the seat and the back support.

### ***Raising or lowering the seat***

To determine the proper seat height, sit on the Theracycle, place one foot in the pedal that is furthest away from you and center the ball of your foot on that pedal. When your seat is adjusted correctly, your leg will be slightly bent and relaxed. If it is not adjusted to your satisfaction, follow these directions:

1. (Note: you must be off the Theracycle to raise or lower the seat.) Locate the seat height adjustment knob located below and behind the seat. Unlock the pressure on the knob by turning it **slightly** counterclockwise. Pull out the knob in order to raise or lower the seat.
2. While pulling out the knob, put one hand on the outrigger handlebars and raise or lower the seat until you have the correct height and the knob fits into the appropriate hole. **IMPORTANT:** The knob must be tightened clockwise so that it is safely secured.
3. Try several heights until you are sure that you have found what works for you and what is most comfortable.

### ***Customizing the space between the seat and the back support***

While for most people, the factory adjusted space between the seat and the back support is completely satisfactory, you may want to further customize the fit. There are three possible settings. In the factory, the seat is adjusted to the setting that accommodates most people. There are two other possible positions, which allow more or less space between the seat and the back support. You will need the 3/16" Allen wrench for this adjustment.

1. Remove the safety screw located underneath the seat by turning it counterclockwise.
2. Remove the entire seat by pulling up on the latch knob while pulling the seat away from the Theracycle.
3. Turn the seat over and remove the four bolts on the bottom of the seat with the Allen wrench, reposition in the desired holes, and replace the bolts. Then firmly tighten them by turning them clockwise.
4. Re-install the seat.
  - Refer to page 9 instruction #15.
5. **IMPORTANT:** Make sure that the seat is entirely secure before beginning your workout.

### ***Adjusting the seat backwards or forwards***

1. To adjust the seat forward or backwards, pull up the seat adjustment latch to disengage. The seat adjustment latch is located below the seat on the right hand side.
2. Slide the seat to the desired position and then release the latch. The latch should be positioned in one of the seven possible slots.
3. The seat is properly adjusted when you are holding onto the handlebars and your shoulders are slightly forward from your hips.

## ***Handlebar Adjustment***

One of the Theracycle's many unique features is its handlebars, which move forward and back to give your upper body a workout.

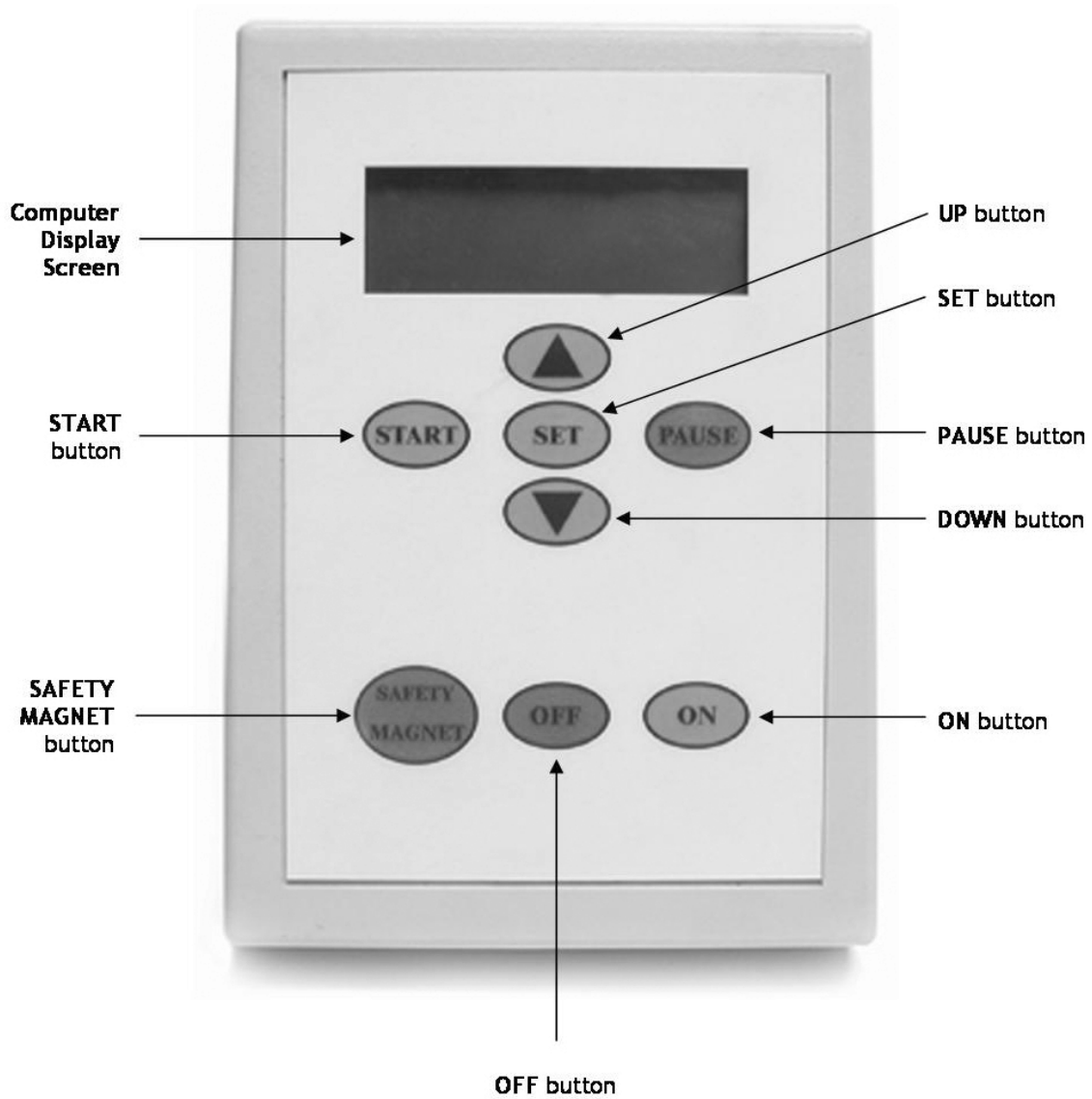
1. With the 5/16" Allen wrench, loosen the Allen nut on the top of the handlebar assembly by turning it **counterclockwise**.
2. Rotate the handlebar to desired position and tighten the bolt **clockwise**.
3. **IMPORTANT:** Bolt must be firmly tightened clockwise so that it is safely secured.

## ***Pedal Strap and Pedal Crank Adjustment***

On the Theracycle, you can adjust the size of the arc you are pedaling by adjusting the angle of the pedal link. You can also adjust the size of the pedal strap.

1. With the 5/16" Allen wrench, loosen the Allen bolt, which attaches the pedal link to the pedal crank, **counterclockwise**. When it is loose, you can rotate the pedal link to your desired angle. This angle changes the size of the arc, or range of motion that your foot and therefore your leg will travel.
2. Once you have determined the proper angle, secure by tightening the Allen bolt clockwise.
3. Once one pedal is adjusted, make sure to adjust the other pedal in exactly the same way so that each pedal mirrors the other.
4. To adjust each pedal strap, push down with one hand on top of the clip holding the pedal strap. With your other hand, push the strap to the desired position, and release.

## Theracyle Computer Display



## Quick Start Guide

1. Plug the Theracycle power cord into a three prong, grounded outlet.
2. Turn on the power switch located underneath the front right bottom of the Theracycle, underneath the motor.
3. Get comfortably seated and make sure that both feet are placed securely on the pedals in the pedal straps.
4. Press the "ON" button. There will be a wait of a few seconds before the next command on the display screen.
5. The display screen will now say, "REMOVE MAGNET TO TEST." Do this.
6. The display screen will now say, "ATTACH SAFETY STOP MAGNET." Reattach the magnet to the display panel in the designated area.
7. Clip the safety magnet to your shirt or belt.
8. **Settings**
  - The display screen will now allow you to set your custom exercise program. This includes deciding on the amount of **time** that you want to spend exercising (from 1 minute to 99 minutes), and the **speed**, in miles per hour (mph), which you want to go. You can set the speed anywhere from 1 to 15 miles per hour.
  - If you are satisfied with the settings as they appear on the screen (**time** and **speed**), press "START". Otherwise;
  - Press "SET" on the display panel. On the display screen, you will see a cursor pointing at the line where you will select **time**. Set the desired time with the "UP" or "DOWN" arrow keys on the computer display panel.
  - Press "SET" again and the cursor will move down to the line where you will select **speed** in miles per hour with the "UP" or "DOWN" arrow keys on the display panel. You do not need to press, "SET" again before you begin your program.
9. Make sure that you are **firmly grasping either the handlebars or the outrigger handlebars** located next to the seat. Then, press, "START" to begin your workout. The Theracycle counts down five seconds before it begins to move. **Your workout will now begin.**

10. If you need to stop or pause at any time during your workout, you can press **"PAUSE"** (the Theracycle will stop, but you can resume your program by pressing, **"START."** If you stop the Theracycle by pressing, **"STOP"** or using the **safety magnet**, you will have to start your workout from the beginning. If you pull the **safety magnet**, you'll need to press, **"START"** again to begin your workout from the beginning.
11. While you are exercising, the display screen shows the amount of time left in your exercise program at the top, your **actual speed in miles per hour**, your **effort level**, and the **distance traveled in miles**.
12. The **effort level** indicates how much effort that you are expending. As you know, the motor will move you without any effort on your part. However, if you choose, you can help the motor move your legs and arms. For example, if the motor is doing all the work, your effort level will be 1. If you pedal and/or push or pull the handlebars, the **effort level** will indicate on a scale of 1-9, with 9 being the most strenuous, how much effort you are using.
13. When the exercise time that you have chosen has elapsed, the Theracycle will stop.
14. When you are finished, the display screen will show you how far you have biked in miles, how many minutes this took you, and your average speed. If you wish to keep track of your daily workout, you'll need to write this information down in your **Theracycle exercise log** before the screen is terminated. **Congratulations!**
15. Shut off the Theracycle with the switch located on the bottom front of the control box, located below the motor.

## The Value of Exercise

If you are like many of our Theracycle owners, exercise is important to you, but it has been a while since you were able to get the kind of exercise you want. The key to success is to make exercise a regular and enjoyable part of your everyday life. And research has shown that it is never too late to start exercising. There are many benefits to regular exercise including:

- Increased joint flexibility
- Increased muscle strength
- Increased balance
- Increased endurance
- Increased cardiovascular conditioning
- Improved weight control

The basics of any fitness program are planning and setting goals. Goal setting and formulating a plan are the clearest ways of establishing a consistent program of exercise. The most important thing in any exercise program is to do your best to keep progressing.

Exercise is one of life's joys. It energizes, giving you a sense of well-being and accomplishment and keeps you healthy and fit. No matter what your reason for exercising, motivating yourself to exercise on a regular basis requires changing your behavior.

***Before beginning this or any exercise program, consult your doctor or health professional. Only he or she can establish the exercise routine appropriate for your age and condition.***

### ***Basic Guidelines for Theracyclists***

1. The Theracycle is designed so that you can choose to let the motor move your legs and arms for you, and, when you choose, you can pedal, push, or pull on your own for as long as you want. The computer display will tell you when you are expending effort, by showing you your effort level, on a scale of one to nine.
2. **Warm up and cool down.** It doesn't matter whether you work out every day or three times a week, it's important to do a gentle warm-up before you use your Theracycle. Stretching helps maintain flexibility and range of motion, and prevents injuries. Towards the end of your routine, you may want to gradually decrease your speed. After you are done using your Theracycle, gently stretch your legs, shoulders, and lower back.



3. **Stick with a program** and track your progress.
4. **Set simple, flexible goals** that fit your individual strengths.
5. **Don't overdo it.** Keep cool. Pace yourself.
6. **Pay attention and modulate** your exercise as your symptoms fluctuate.
7. **Do something that you enjoy** while exercising. Listen to music or a book on tape, watch TV.

### ***For Beginning Theracyclists***

- **Start slowly.** Beginning Theracyclists usually start slowly and work up to a daily routine. For example, start by using the Theracycle for **ten minutes a day, three days a week.** Set the speed somewhere between **three to five miles per hour.** For your first workouts, **let the motor move you.**
- **Make sure to listen** to your body- do what's comfortable, not what's painful. You will find, that over time, you will become stronger. As you use the Theracycle, you will quickly learn how your body responds and how to vary your workouts, using time, speed, and effort level.
- **Plan on** at least one day of rest between workouts. After several weeks of regular exercise, you may be able to complete up to five workouts each week.
- **Each week,** add a few minutes of exercise.
- **Keep** track of your workouts so that you have a record of how you are progressing. Use the monthly Theracycle log sheets to help you.

### ***For More Experienced Theracyclists***

- Experiment with the **three variables: time, speed, and effort level,** as you gain experience with the Theracycle. Remember, you can program the Theracycle for rides lasting **up to 99 minutes** and at speeds **up to 15 miles per hour,** and you can vary your effort level, **depending on how hard you work.**
- **Gradually increase your time and speed.** While there is a very wide range among Theracycle users, many work up to using the Theracycle as much as **three times daily, for 10 to 20 minutes,** and **from six to seven miles per hour.**
- There are some users who ride for even longer (30- 45 minutes), at even higher speeds (11-14 miles per hour), after an initial warm-up of 15 minutes at six or seven miles per hour.
- **Work with the effort level.** If you can push, pull, or pedal, try to do so, some of the time. Some Theracyclists try to work the whole time they

are on the bike, but many simply push, pull, and/or pedal intermittently, and the rest of the time they let the Theracycle do the work. **Even if you can't push/pull, or pedal, you will still benefit from a Theracycle workout.**

If you would like more information about Theracycle users' current workouts and tips, please go to our community page at [www.Theracycle.com](http://www.Theracycle.com) or call us at 1-800-367-6712.

**Everyone is different: As you gain experience on the Theracycle, you will know what works best for you.**

## Maintenance of your Theracycle

The Theracycle is designed to be nearly maintenance free for years of normal use. All of the bearings in the machine have been sealed and permanently lubricated.

- Every five years, with normal home use, it is advisable to replace the oil in the gearbox. The gearbox must be refilled with exactly one liter of specially blended Theracycle gear oil, which is available from **RSS Industries, Theracycle Division**.
  1. Use the 5/16" Allen wrench originally supplied with the Theracycle to remove the drain plug located on the underside of the gearbox and allow the oil to drain into a pan big enough to hold one liter of oil.
  2. Replace and tighten the drain plug. Apply non-hardening Permatex sealer, available at hardware stores, to threads of the drain plug.
  3. Place the plastic bottle of gear oil in warm water for several minutes to make it easier to pour.
  4. Next, add the gear oil to the gearbox: remove the 1/2" inch plastic cap on the top of the Theracycle shroud, exposing the oil filler plug.
  5. Using a flat head screwdriver, loosen the filler plug. Put your other hand into the opening of the Theracycle shroud to catch the filler plug as you loosen and remove it.
  6. Next, insert the funnel through the opening on the top of the shroud, bringing it all the way down through the hole in the top of the gearbox. Make sure that the funnel is placed at least one inch inside the gearbox.
  7. Slowly pour in all of the oil. Make sure that all of the oil has drained from the funnel. When you are finished, remove the funnel.
  8. Return and secure the filler plug.
  9. Replace the plastic cap on top of the oil filler plug located on top of the shroud.

If your machine should ever require service, contact the **Theracycle Division** of **RSS Industries** at 1-800-367-6712 or visit our web site at [www.theracycle.com](http://www.theracycle.com).

## **RSS Industries**

### **Limited Warranty for the Theracycle**

The Theracycle is warranted to be free from defects in materials and workmanship.

#### **Time Period**

- Electronic components (computer display and control box), and the motor are covered for one year from the date of original purchase.
- All other parts of the Theracycle are covered for three years from the date of original purchase.

#### **This warranty does not cover:**

- Normal wear and tear.
- Any damage, failure, or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in owners manual.
- Use of the product in a manner for which they were not designed.

**RSS Industries** will cover the cost of labor and materials to repair or replace anything defective during the warranty period, not including shipping charges.

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

**Theracyclist User's Log** (note: we recommend that you make extra copies for your future use)

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

## Theracyclist User's Log

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
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Sunday					