

240G / 250G Assembly, Operation &
(Reference) Parts Manual
EU/US



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Overview



Before using these products, it is essential to read ALL of this manual and the documents it references prior to, choosing a location, assembling or operating these pieces of equipment. This manual describes the equipment's setup its installation and instructs how to use it correctly and safely. It is of the utmost importance that any User of the PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle) is fully trained in its operation! Please ensure that the instructions given in General Safety Precautions section are understood by ALL Users. Keep this manual for future reference.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. PULSE FITNESS STRONGLY recommends gaining professional medical advice before using fitness equipment, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce the level of activity gradually towards the end of the exercise programme.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, light-headed, dizzy or suffer from any kind of pain or exhaustion, STOP exercising immediately. NOT suitable for Medical/Therapeutic purposes.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged, repair using only genuine PULSE FITNESS parts fitted by an authorised person.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

NOTE: The 240G/250G are speed independent machines (freewheel).

Overview (Continued)

Statement of Purpose:

The U-Cycle replicates the sensation of riding a road bike. Its biomechanics and ergonomic design offer a variety of positions to improve rider comfort and allows its users to achieve peak performance. Use it as a standard cycle, city cycle or racing cycle to tone legs and gluteal muscles. The cycle is designed to reduce pressure on the knees and provide a comfortable ride, while also keeping exercisers engaged.

The R-Cycle is quiet and stable, delivers a smooth workout whilst offering details such as custom-designed, multi-position handlebars with integrated touch-heartrate, resistance controls and comfortable elbow supports. A single-handed seat adjustment with a ergonomically designed contoured seat. Even details like pedals that self-level have been thought about! It's the perfect solution for active adults suffering from back pain, restricted movement or limited mobility who want moderate cardiovascular activity but need additional comfort. It is particularly suitable for older adults and for those who have weight issues.

FCC Warning - Possible Radio / Television Interference.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference, in which case the user will be required to correct the interference at his own expense.

Class SC (Studio): Professional and / or commercial use.



WARNING - This stationary training equipment is not suitable for high accuracy purposes.



CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.



WARNING: Children shall not play with the training equipment. Unsupervised children must be kept away from the equipment.

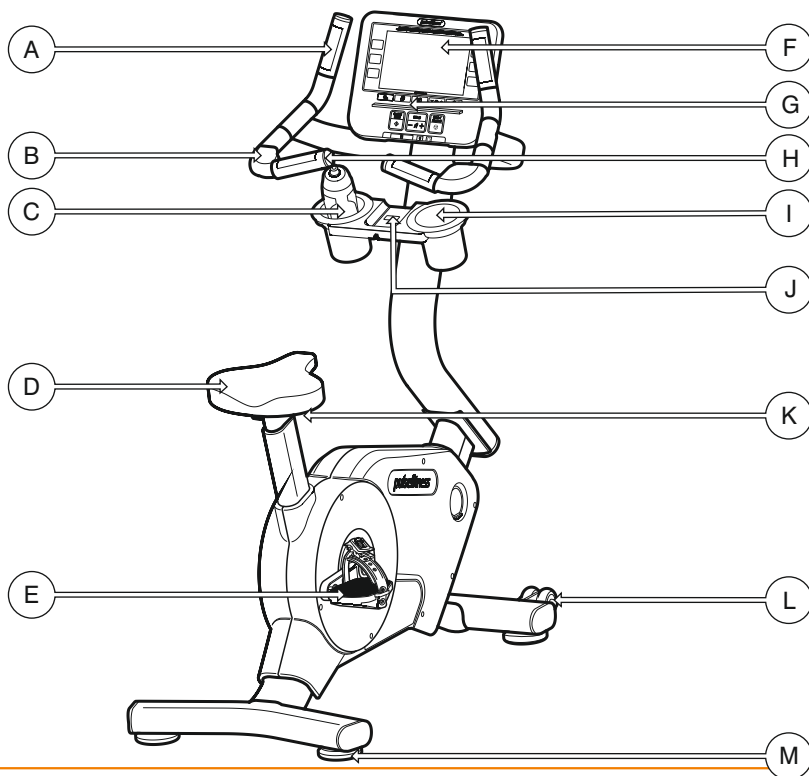
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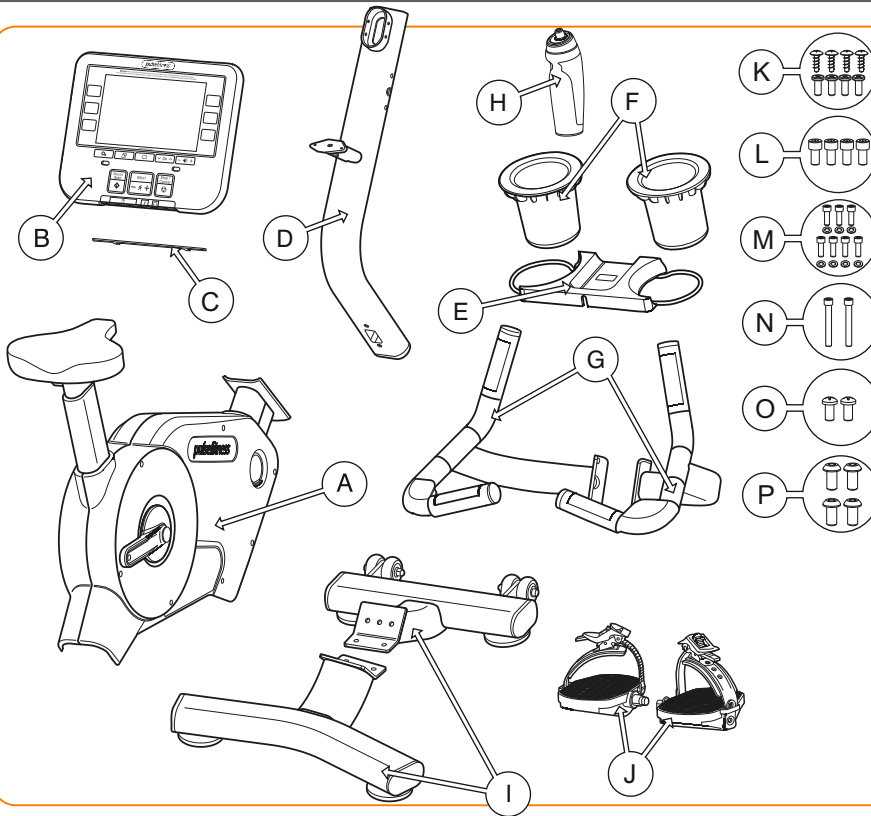
1 240G Overview



240G U-Cycle

- A Handpulse Sensor
- B Elbow Rest
- C Drinks Bottle
- D Seat
- E Pedal
- F Console (Series 1, 2 or 3)
- G Book Rest
- H Resistance Adjustor +/-
- I Storage Bucket
- J iPod® / iPhone® Dock
- K Seat Height Adjustor
- L Transport Wheels
- M Levelling Foot

2 Contents of the 240G Pack



The 240G U-Cycle will have to be assembled from the flat pack. The contents of the pack are as follows:

- A** Main Body
- B** Console (Series 1, 2 or 3)
- C** Book Holder
- D** Column
- E** iPhone® / Pod® Dock
- F** Storage Buckets
- G** Handlebars
- H** Drinks Bottle
- I** Front and Back Legs
- J** Pedals & Foot Straps
- K** Console Bolts
- L** Handlebar Bolts
- M** Feet Strut Bolts & Washers
- N** Column Bolts
- O** iPhone® / Pod® Dock Bolts
- P** Console Neck Bolts

If any parts are missing then please contact PULSE FITNESS' Global Service Team +44(0)1260 294600.

3 Assembly of 240G

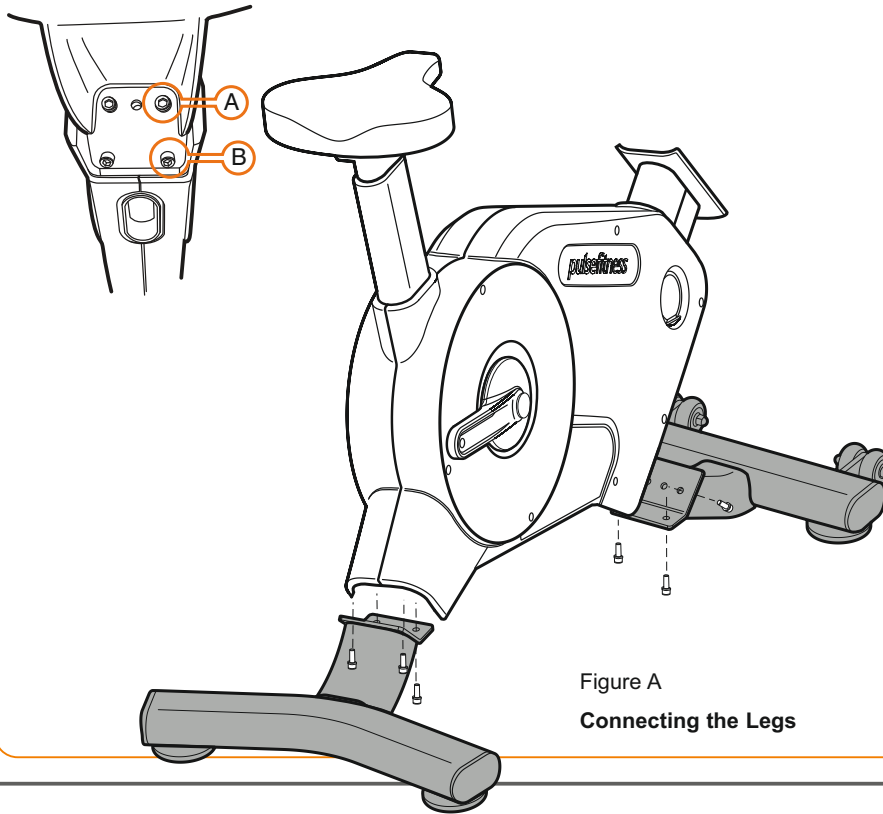


Figure A
Connecting the Legs

3.1 Connecting the Legs

Place the Main Body onto the floor upside down. Making sure that it is placed on a clean surface and will not topple over.

Loosely fix all 4 bolts with washers into the Rear Leg (hand tight). Then proceed to fully fasten 'A' followed by 'B'. Follow this same procedure for the Front Leg.

This is a two person procedure. [See Figure A].

Tools Required:

8mm Allen Key [M10 Cap Head 30mm Long]

Assembly of the 240G (Continued)

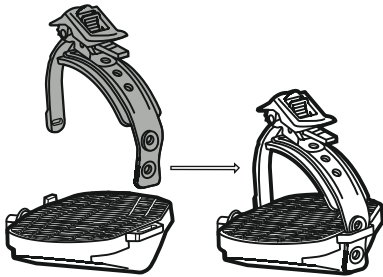


Figure B **Assembling the Pedals**

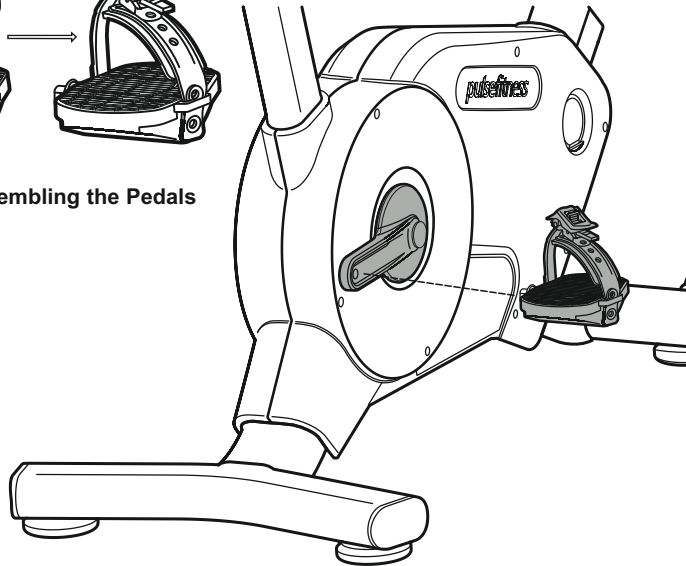


Figure C **Attaching the Pedals**

3.2 Assembling the Pedals

Assemble the Foot Straps onto the Pedals.[See Figure B]

3.3 Attaching the Pedals

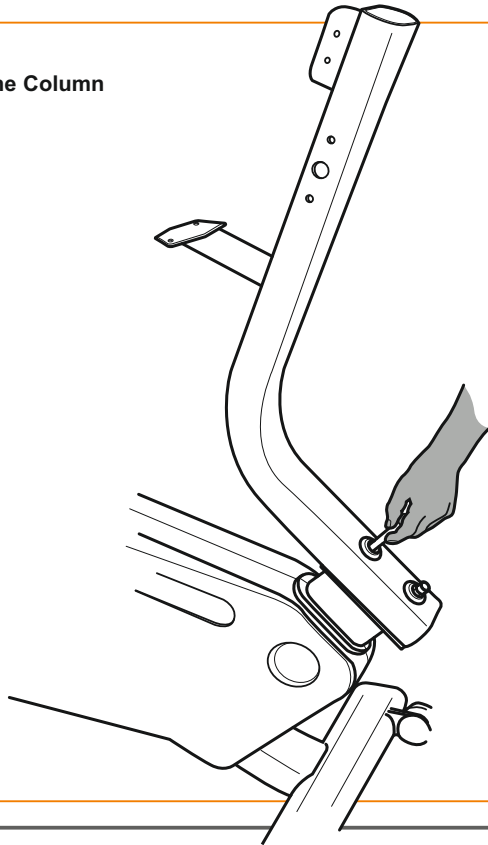
Attach the Pedals onto the Crank Arms (the Pedals are labelled and therefore should be attached as indicated by the letter L or R on the underside of the Pedal).[See Figure C]

Note: Ensure the Pedals are securely fastened before using the U-Cycle.

Tools Required:
15mm Combination Spanner

Assembly of the 240G (Continued)

Figure D
Securing the Column



3.4 Securing the Column

Rest the Column onto something stable e.g. a box or equivalent, and thread the Cable Loom up the through it, whilst making sure that the loom does not get trapped.

Next lift the assembled Column up and lean against its Mounting Bracket and secure the bolts into position by hand.

Once into position use an Allen Key to tighten up the bolts ensuring that the Column is aligned vertically and not twisted. [See Figure D].

Tools Required:

10mm Allen Key [M12 Cap Head]

*Refer to document **135-778-*** for column wiring installation.

Assembly of the 240G (Continued)

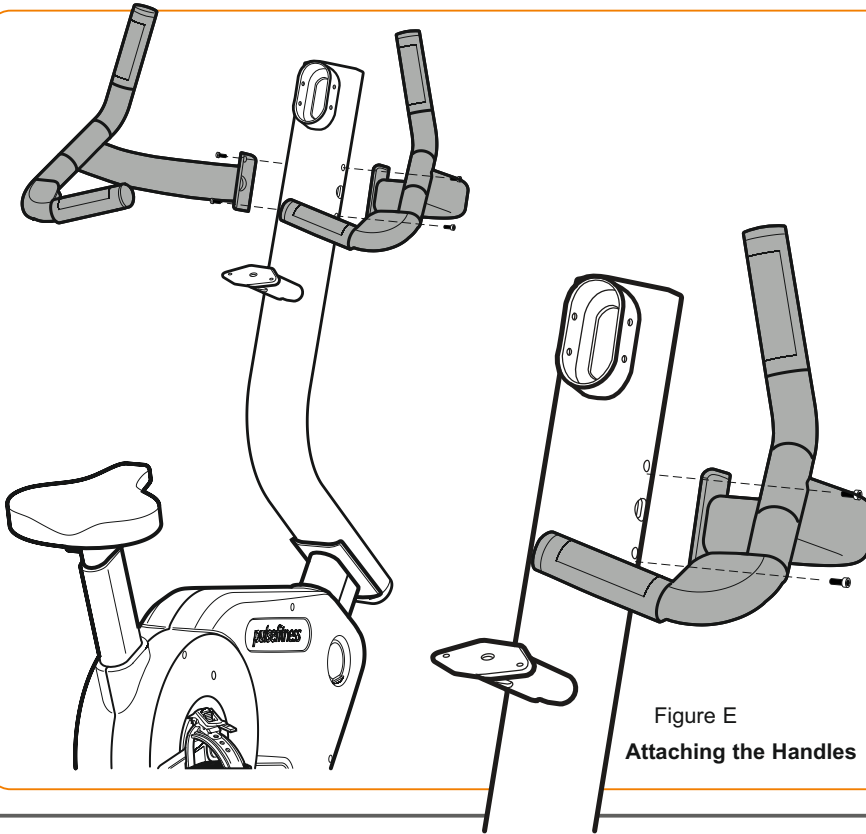


Figure E
Attaching the Handles

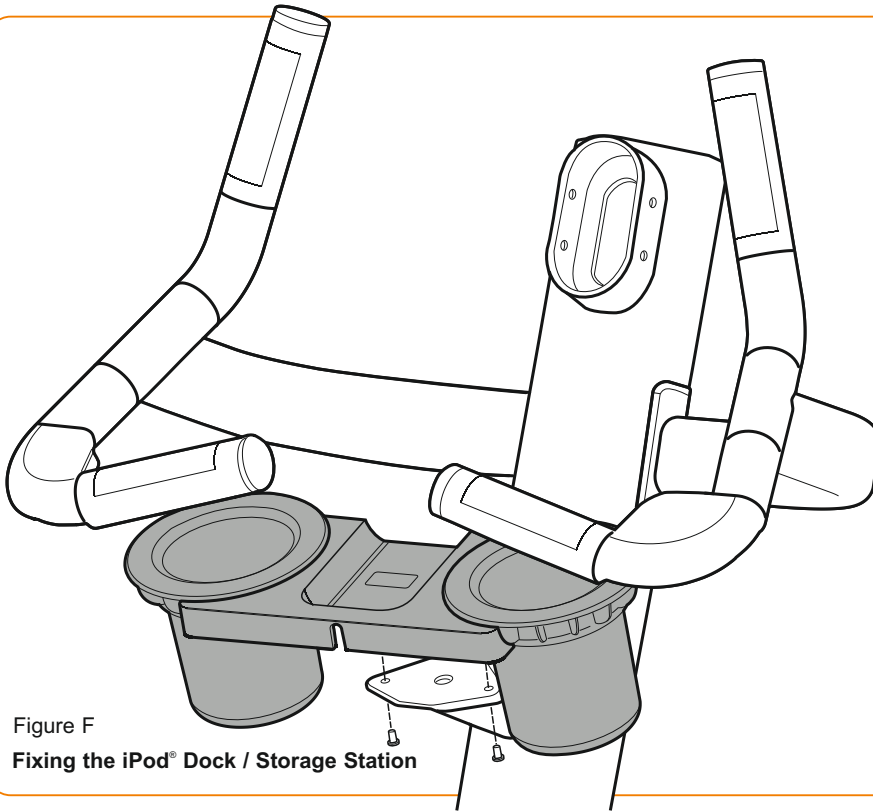
3.5 Attaching the Handles

Attach the Handlebars to the Column using the Handlebar Bolts, making sure that the Hand-Pulse Sensor wire passes through the large hole as shown and appears at the top of the Column's Console Mounting Plate. Check that the Handlebars are aligned* before tightening bolts securely. [See Figure E].

Tools Required:
8mm Allen Key

*Refer to document **135-767-*** for alignment instructions.

Assembly of the 240G (Continued)



3.6 Fixing the iPod® Dock/Storage Station

Place the iPod® Dock Assembly onto the Bracket that's attached to the Column and use a Phillips screwdriver to fasten 2x screws into the moulding, ensuring that the Dock is positioned straight before tightening screws*.

Insert the Storage Buckets into the metal loops and press down firmly. [See Figure F].

Tools Required:

3mm Allen Key

*Refer to document **135-767*** for further alignment instructions.

Figure F

Fixing the iPod® Dock / Storage Station

4 Installing Consoles on the 240G

Figure G
Securing the Console

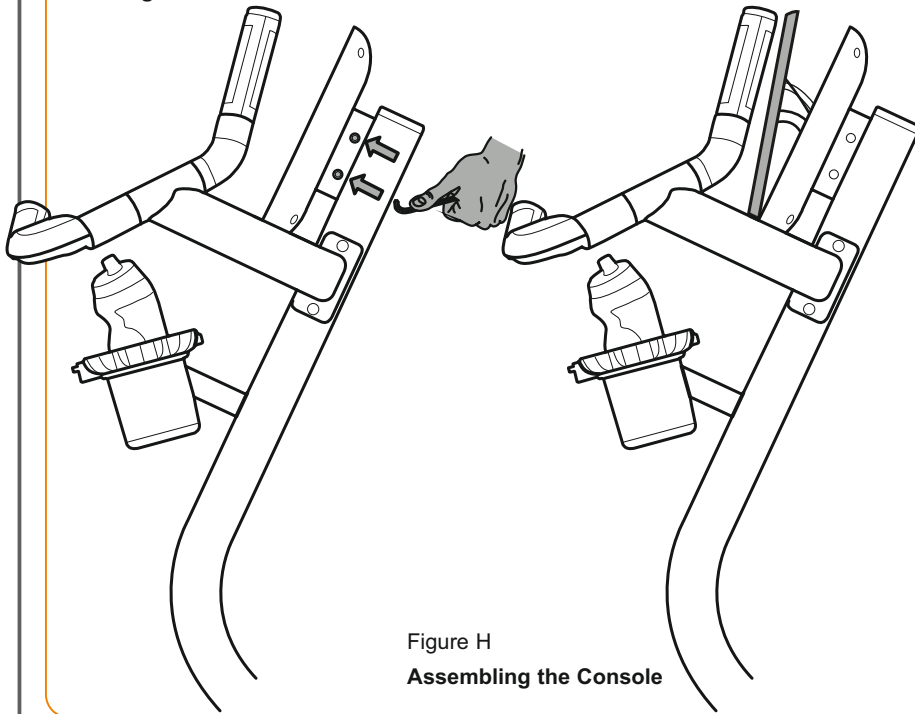


Figure H
Assembling the Console

4.1 Securing the Console

Place the bottom half of the Console onto the Column and secure with the Console Bolts. [See Figure G].

NOTE: Fasten Bolts securely.

Tools Required:
4mm Allen Key

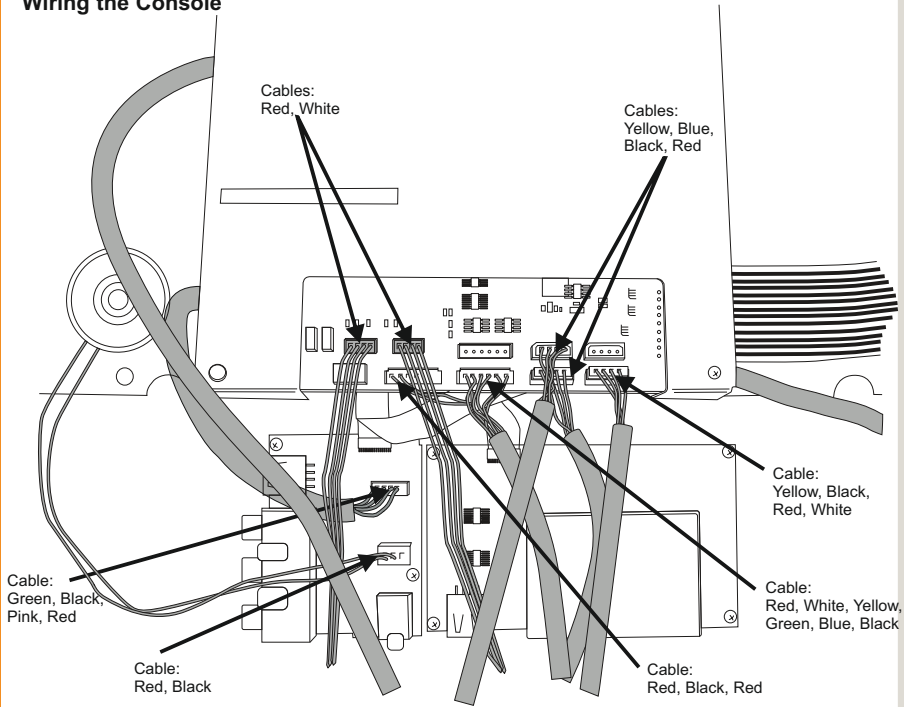
4.2 Assembling the Console

Place the top half of the Console onto the bottom half and carefully connect all the wires into the corresponding connectors from the front of the Console to the back*. [See Figure H].

*Refer to document **135-771-*** for further instructions.

Installing Consoles on the 240G (Continued)

Figure 1
Wiring the Console



4.3 Wiring the Console

Carefully pull the Electrical Connectors up from the Column. Ensure that all the Electrical Connectors attach to the Circuit Board as shown*. [See Figure 1].

*Refer to document **135-771-*** for further instructions.

Installing Consoles on the 240G (Continued)

Figure J
**Assembling
the Console**

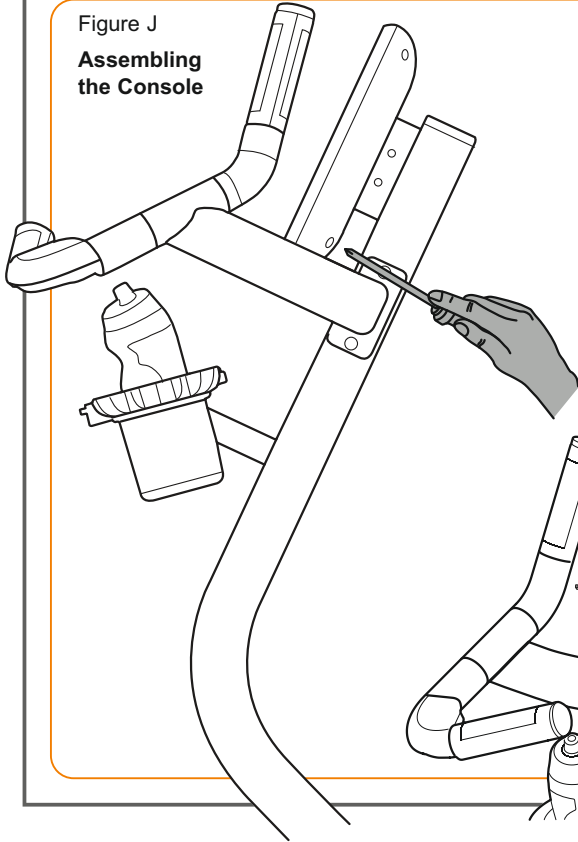
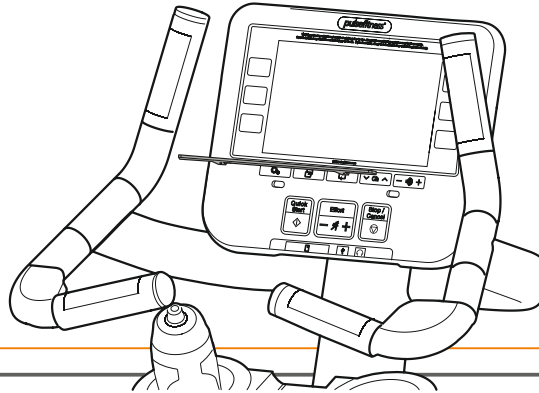


Figure K
Securing the Book Holder



4.4 Assembling the Console

Carefully lower the top Console into place and secure with the Console Screws*. [See Figure J].

NOTE: Fasten Screws securely.

Tools Required - 1 x Philips Head Screwdriver

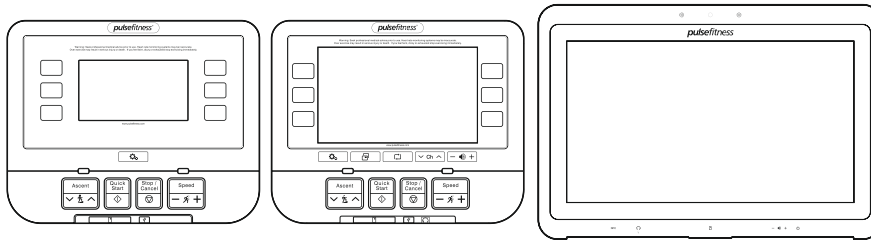
4.5 Securing the Book Holder

For Series 1 & 2, carefully line up and firmly push the Book Holder into the consoles allocated slots until it is solidly fixed into position. [See Figure K].

NOTE: This may take some force. Be careful not to damage the console in the process.

Installing Consoles on the 240G (Continued)

Figure L
Using the Console



NB: Image for illustration only

4.6 Using the Console

For details on how to use each of the Series 1, 2 & 3 Consoles, refer to documents:

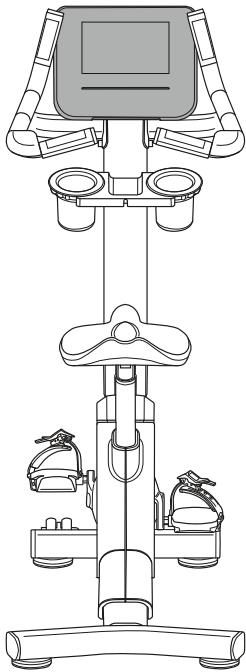
135-1379-* Series 1 (Console 3.5 CV)

135-1299-* Series 2 (Console 5.0 CV)

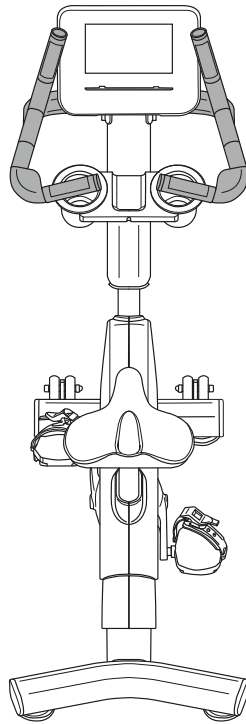
135-1300-* Series 3 (Console 6.0 CV) Cirrus V1

135-1824-* Series 3 (Console 6.0 CV) Cirrus V2

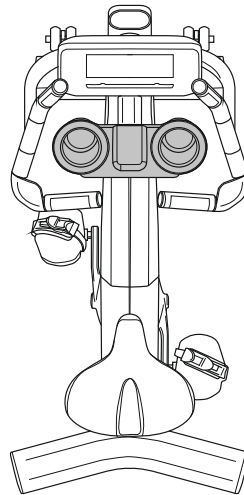
5 Alignment Checks on the 240G



Console



Handlebars



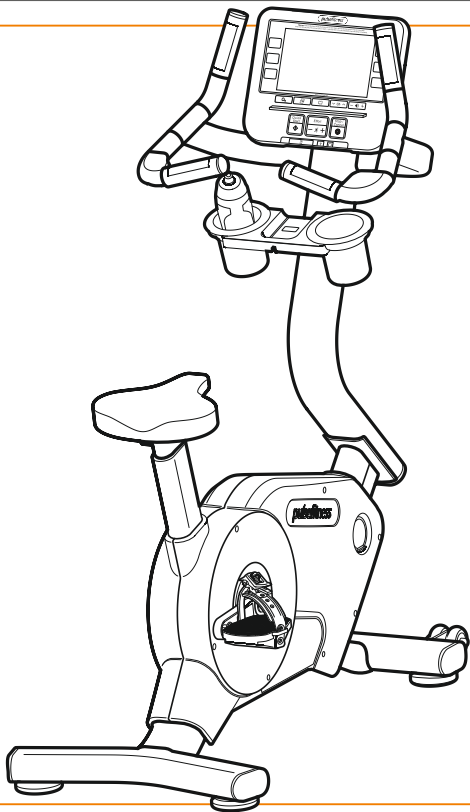
Storage

5.1 Checking the alignment

As a final check make sure that the Console, Handlebars, and Storage are correctly aligned and are not twisted.

*Refer to document **135-767-*** for further alignment instructions.

6 Fully Assembled 240G U-Cycle

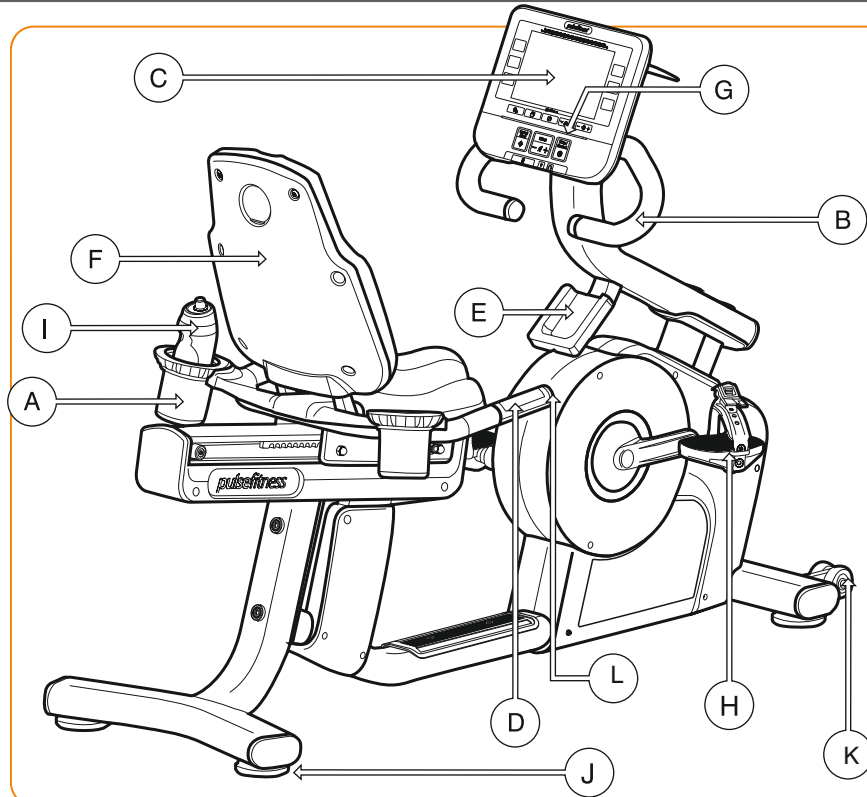


Your 240G U-Cycle is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.



Caution: MAKE SURE ALL HARDWARE IS TIGHT!

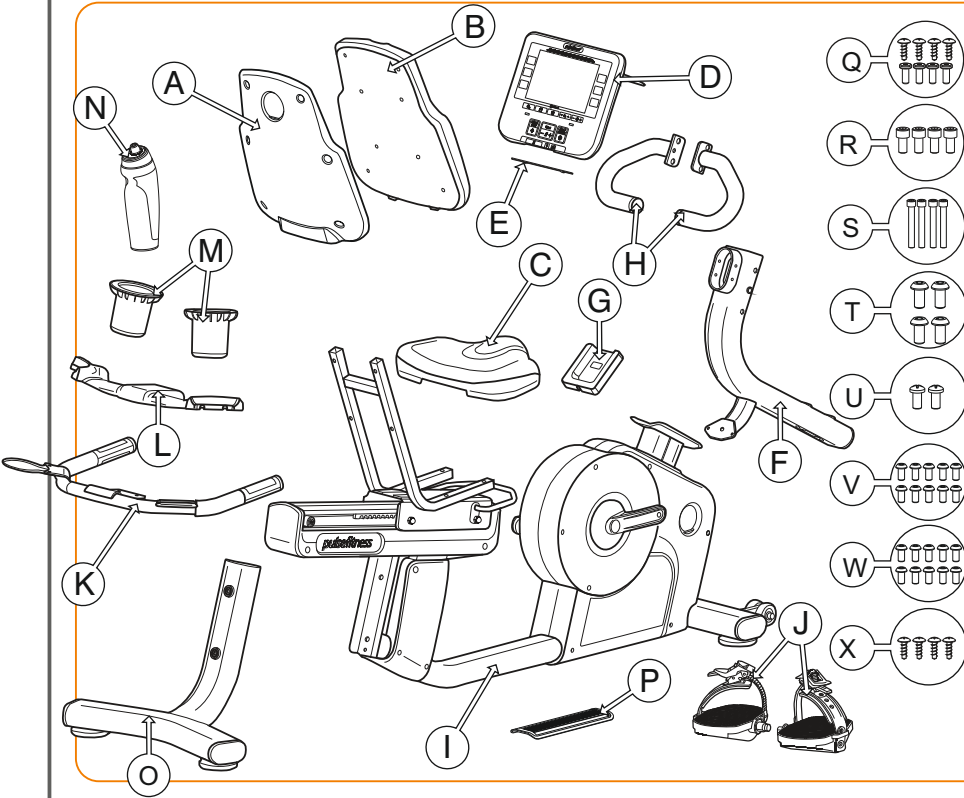
7 250G Overview



250G R-Cycle

- A Storage Bucket
- B Handlebars
- C Console (Series 1, 2 or 3)
- D Handpulse Sensors
- E iPod® / iPhone® Dock
- F Seat
- G Book Rest
- H Pedal
- I Drinks Bottle
- J Levelling Foot
- K Transport Wheels
- L Resistance Adjustor +/-

8 Contents of the 250G Flat Pack



The 250G R-Cycle will have to be assembled from the flat pack. The contents of the pack are as follows:

- A** Seat Back Rest Moulding
- B** Seat Back Rest (Upper)
- C** Seat (Lower)
- D** Console (Series 1, 2 or 3)
- E** Book Holder
- F** Column
- G** iPhone® / iPod® Dock
- H** Handlebars (Front)
- I** Main Body
- J** Pedals & Foot Straps
- K** Handlebars (Rear)
- L** Rear Storage Moulding
- M** Storage Buckets
- N** Drinks Bottle
- O** Rear Leg Assembly
- P** Scuff Guard
- Q** Console Bolts
- R** Handlebar Bolts
- S** Column and Rear Leg Bolts
- T** Console Neck Bolts
- U** iPhone® / iPod® Dock Bolts
- V** Rear Handlebar & Seat Back Moulding Bolts
- W** Upper & Lower Seat Bolts
- X** Storage Holder Bolts

If any parts are missing then please contact PULSE FITNESS' Global Service Team +44(0)1260 294600.

9 Assembly of the 250G

Figure L
Connecting the
Rear Leg Assembly

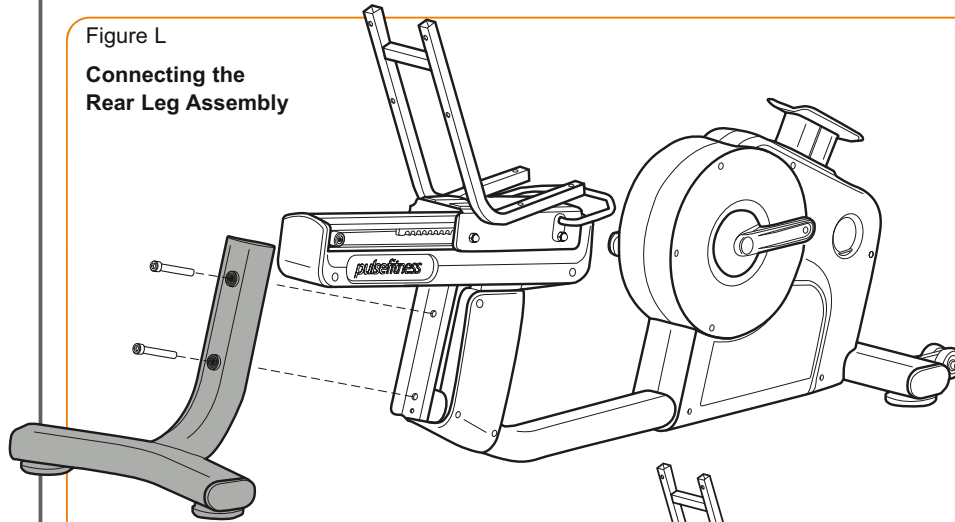
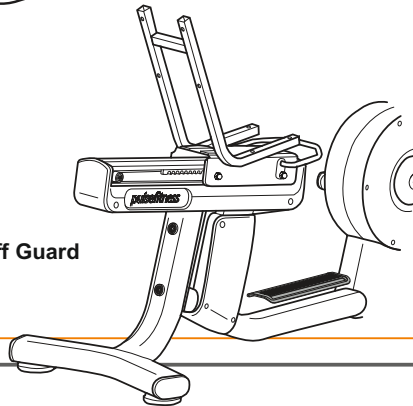


Figure M
Fixing the Scuff Guard



9.1 Connecting the Rear Leg Assembly

Place the Main Body onto the floor, lift the back of the 250G and place the Rear Leg into position. Insert the screws loosely into the holes and then tighten firmly with an Allen Key. [See Figure L].

Note: This is a two person procedure

Tools Required:

10mm Allen Key [M12 Cap Head]

9.2 Fixing the Scuff Guard

Line up the Scuff Guard with the holes in the Main Frame and use 2 screws to tighten into position. [See Figure M].

Tools Required - 1 x Phillips Screwdriver

Assembly of the 250G (Continued)

Figure N

Assembling the Pedals

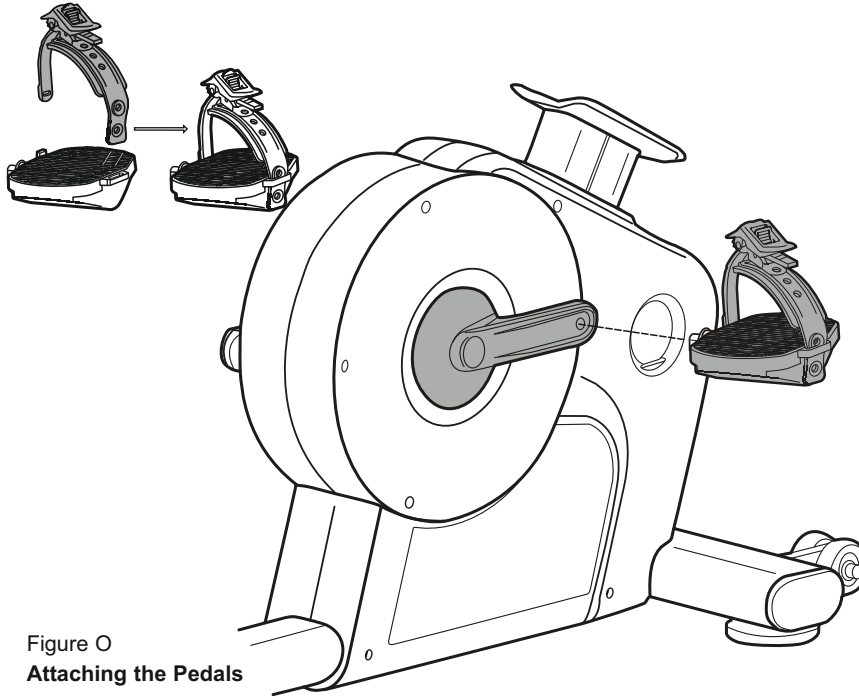


Figure O

Attaching the Pedals

9.3 Assembling the Pedals

Assemble the Foot Straps onto the Pedals. [See Figure N].

9.4 Attaching the Pedals

Attach the Pedals onto the Crank Arms (the Pedals are labelled and therefore should be attached as indicated by the letter L or R on the underside of the pedal). [See Figure O].

NOTE: Ensure the Pedals are securely fastened before using the R-Cycle.

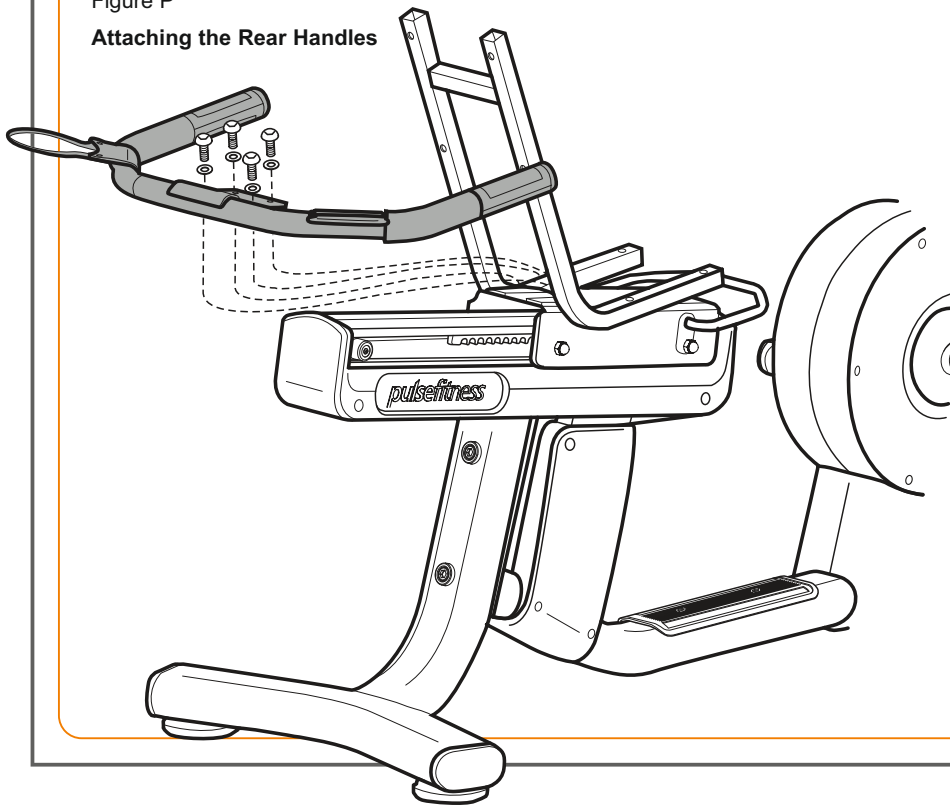
Tools Required:

15mm Combination Spanner

Assembly of the 250G (Continued)

Figure P

Attaching the Rear Handles



9.5 Attaching the Rear Handles

Attach the Rear Handlebars using the 4 Rear Handlebar Bolts and Washers. [See Figure P]. Take care not to damage any Cables during this process.

NOTE: Make sure that the “Male” Connector Block in the Handlebars is connected to the “Female” Connector Block under the Seat Assembly.

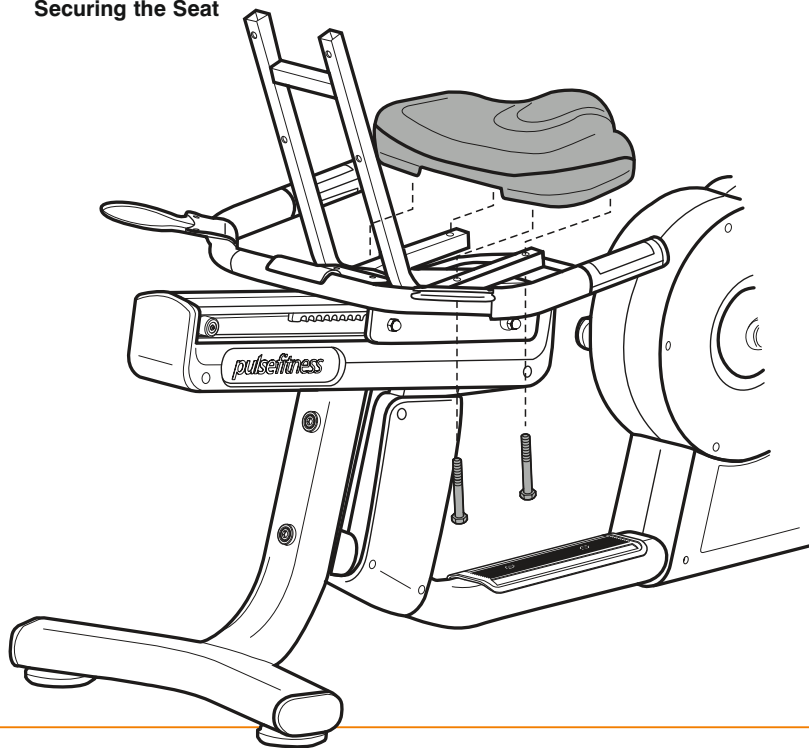
Tools Required:

6mm Allen Key [M8 button Head 20mm Long w/washer]

*Refer to document **135-760-*** for further fitting instructions.

Assembly of the 250G (Continued)

Figure Q
Securing the Seat



9.6 Securing the Seat

Attach the Seat (Lower) using the 4 Lower Seat Bolts. [See Figure Q].

Tools Required -

6mm Allen Key [M8 button Head 45mm Long]

Assembly of the 250G (Continued)

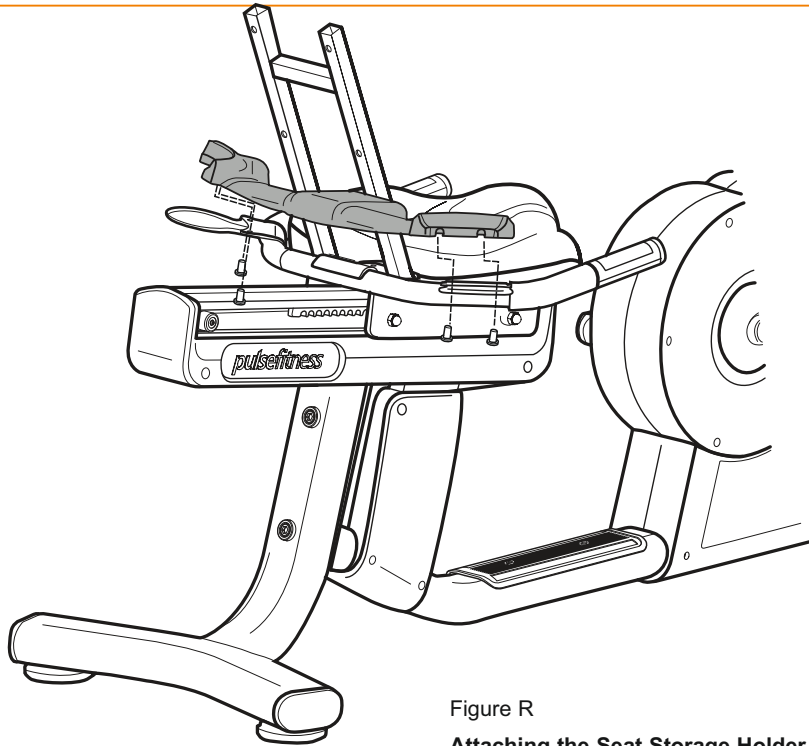


Figure R
Attaching the Seat Storage Holder

9.7 Attaching the Seat Storage Holder

Attach the Seat Storage Holder by placing the Mould over the top of the Rear Handlebars and securing underneath with 4 Bolts. Connecting the Moulding to the Plate. [See Figure R].

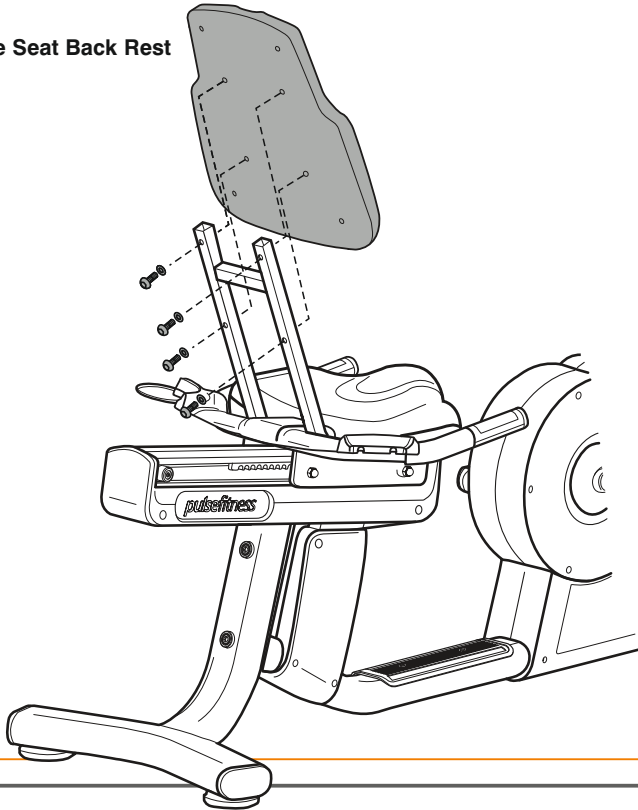
Tools Required:

Phillips Screwdriver [4x15 screws]

*Refer to document **135-767-*** for further alignment instructions.

Assembly of the 250G (Continued)

Figure S
Attaching the Seat Back Rest



9.8 Attaching the Seat Back Rest

Attach the Seat Back Rest into the back of the Seat Frame, using 4 Screws and Washers. [See Figure S].

Tools Required:

6mm Allen Key [M8 button Head 45mm Long w/washer]

Assembly of the 250G (Continued)

Figure U
Insert the Storage Buckets

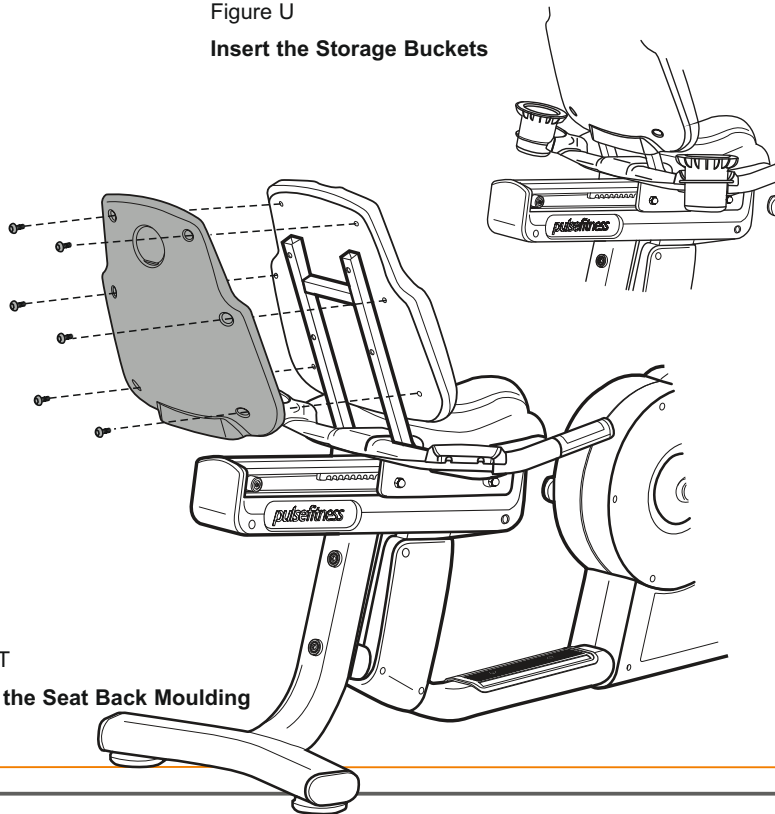


Figure T
Attach the Seat Back Moulding

9.9 Attaching the Seat Back Moulding

Attach the Seat Back Moulding onto the Main Frame by using an Allen Key to fix the Moulding into position. [See Figure T].

Tools Required:

6mm Allen Key [M8 Button Head 20mm]

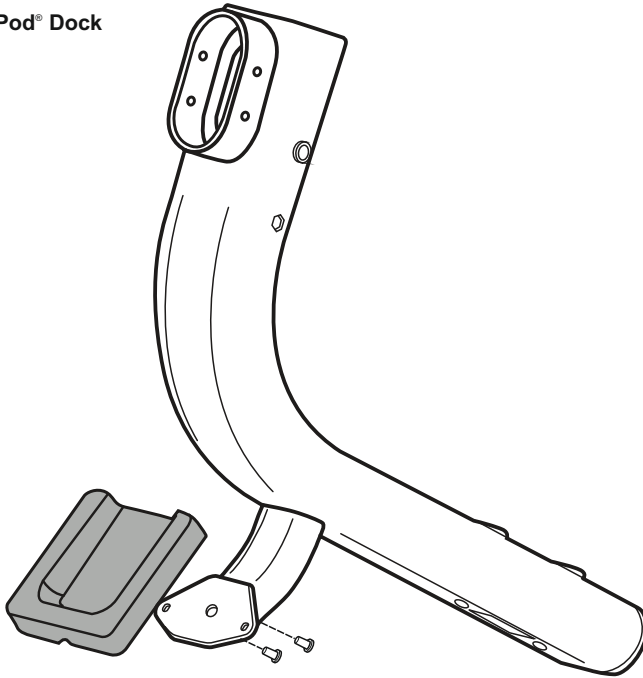
9.10 Insert Storage Containers

Insert Storage Buckets into position by firmly into position. [See Figure U].

*Refer to document **135-767-*** for further alignment instructions.

Assembly of the 250G (Continued)

Figure V
Attaching the iPod® Dock



9.11 Attaching iPod® Dock

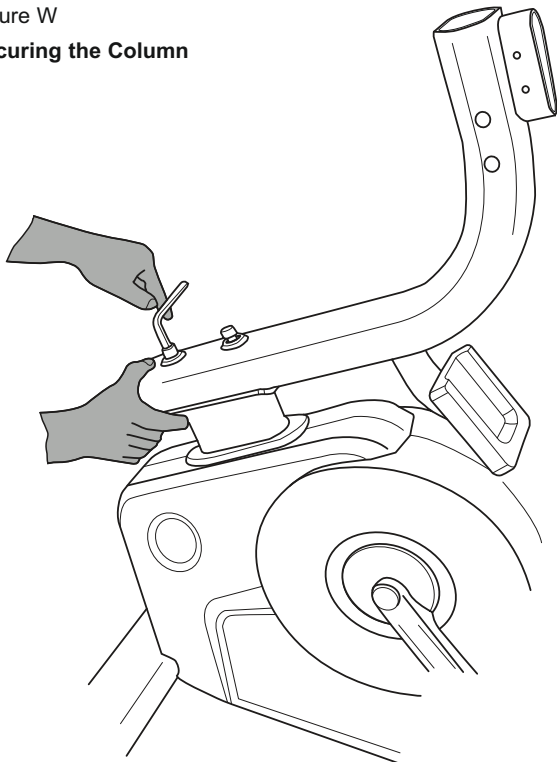
Attach the iPod® Dock onto the Column by fixing 2 Screws against the Bracket and screwing it firmly into position. [See Figure V].

Tools Required:
3mm Allen Key

*Refer to document **135-767-*** for further alignment instructions.

Assembly of the 250G (Continued)

Figure W
Securing the Column



9.12 Securing the Column

Rest the Column onto something stable e.g. a box or equivalent, and thread the Cable Loom up the through it, whilst making sure that the Loom does not get trapped.

Next lift the assembled Column up and lean against the Bracket and secure the Bolts into position by hand.

Once into position use an Allen Key to tighten up the bolts ensuring that the neck is aligned vertical and not twisted. [See Figure W].

NOTE: Fasten Bolts securely.

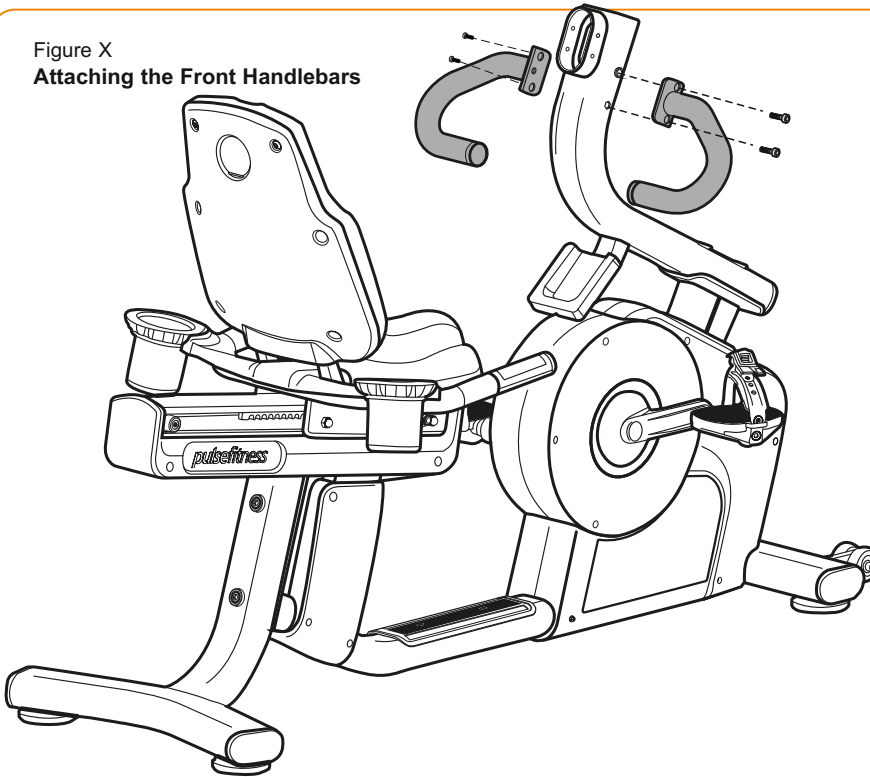
Tools Required:

10mm Allen Key [M12 Cap Head]

Refer to document **135-778-*** for column wiring installation.

Assembly of the 250G (Continued)

Figure X
Attaching the Front Handlebars



9.13 Attaching the Front Handlebars

Attach the Front Handlebars into position using an 8mm Allen Key. Ensure the Nuts are tight and secure. [See Figure X]

NOTE: Ensure the Handlebars are positioned the correct way around and are aligned correctly.

Tools Required:

8 mm Allen Key

Refer to document 135-767- for further alignment instructions.

10 Installing Consoles on the 250G

Figure Y

Securing the Console

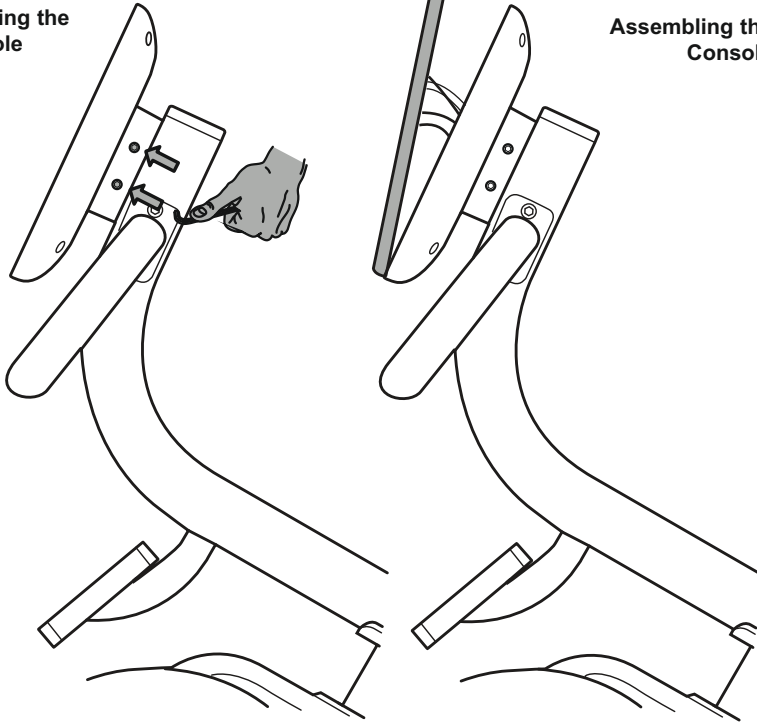


Figure Z

Assembling the Console

10.1 Securing the Console

Place the bottom half of the Console onto the Column and secure with the Console Bolts. [See Figure Y].

NOTE: Fasten Bolts securely.

Tools Required:

4mm Allen Key

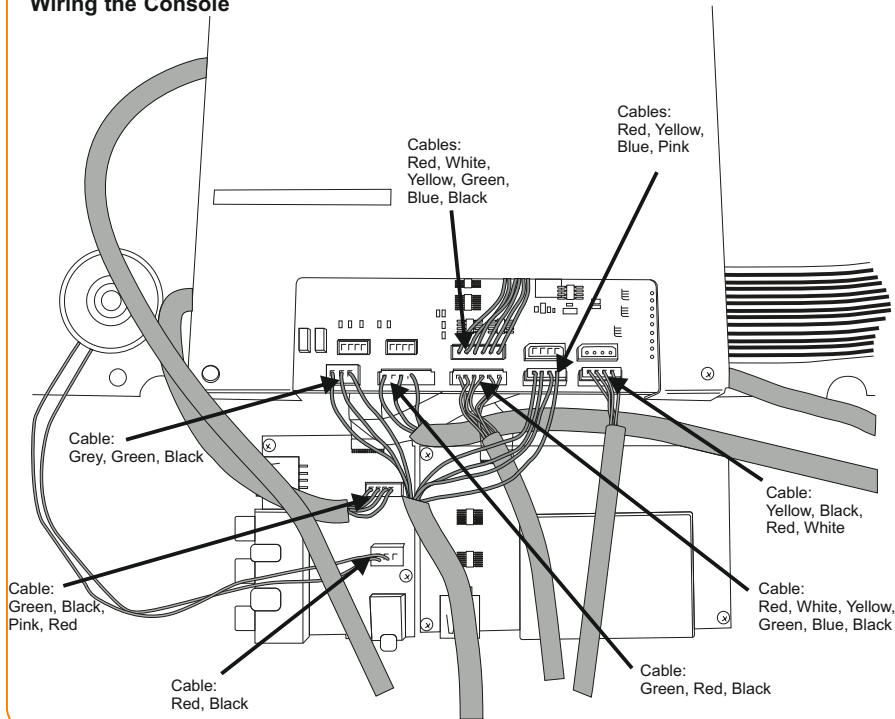
10.2 Assembling the Console

Place the top half of the Console onto the bottom half and carefully connect all the Wires into the corresponding Connectors from the front of the Console to the back*. [See Figure Z].

*Refer to document **135-771-*** for further instructions.

Installing Consoles on the 250G (Continued)

Figure AA
Wiring the Console



10.3 Wiring the Console

Carefully pull the Electrical Connectors up from the Column. Ensure that all the Electrical Connectors attach to the Circuit Board as shown*. [See Figure AA].

*Refer to document **135-771** for further instructions.

Installing Consoles on the 250G (Continued)

Figure AB **Assembling the Console**

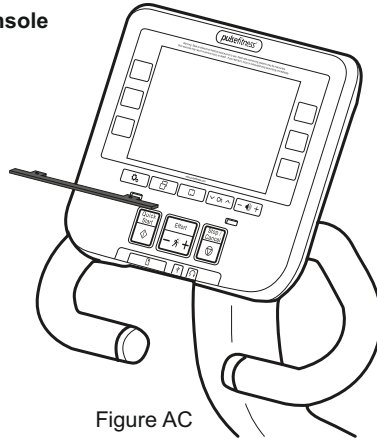
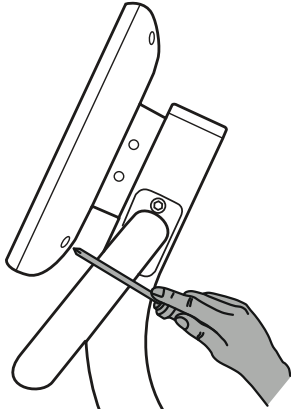


Figure AC
Securing the Book Holder

10.4 Assembling the Console

Carefully lower the top Console into place and secure with the Console Screws*. [See Figure AB].

NOTE: Fasten Screws securely.

Tools Required - 1 x Philips Head Screwdriver

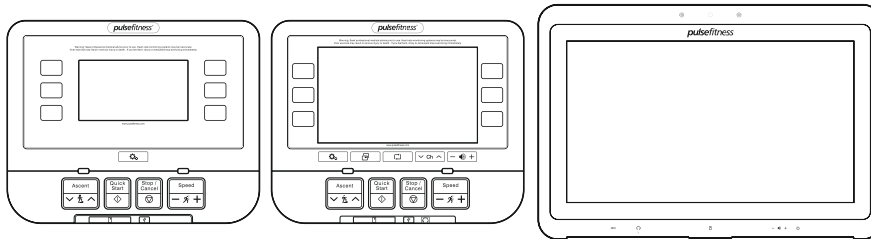
10.5 Securing the Book Holder

For Series 1 & Series 2 carefully line up and firmly push the Book Holder into the consoles allocated slots until it is solidly fixed into position. [See Figure AC].

NOTE: This may take some force. Be careful not to damage the console in the process.

Installing Consoles on the 250G (Continued)

Figure AC
Using the Console



NB: Image for illustration only

10.6 Using the Console

For details on how to use each of the Series 1, 2 & 3 Consoles, refer to documents:

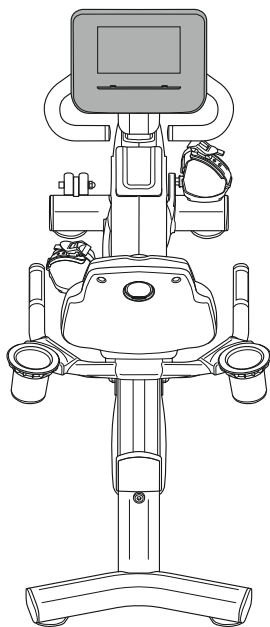
135-1379-* Series 1 (Console 3.5 CV)

135-1299-* Series 2 (Console 5.0 CV)

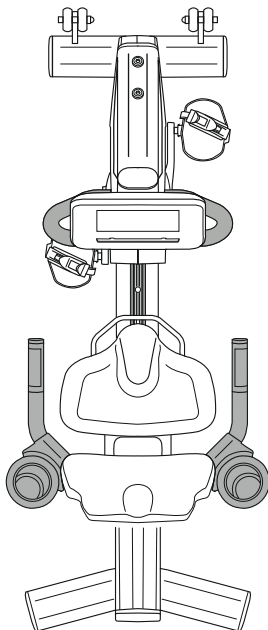
135-1300-* Series 3 (Console 6.0 CV) Cirrus V1

135-1824-* Series 3 (Console 6.0 CV) Cirrus V2

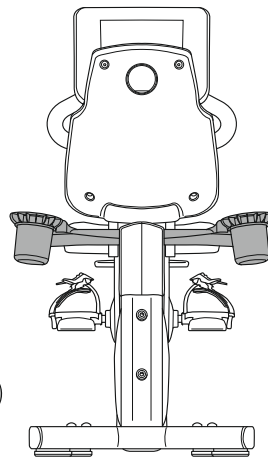
11 Alignment Checks on the 250G



Console



Handlebars



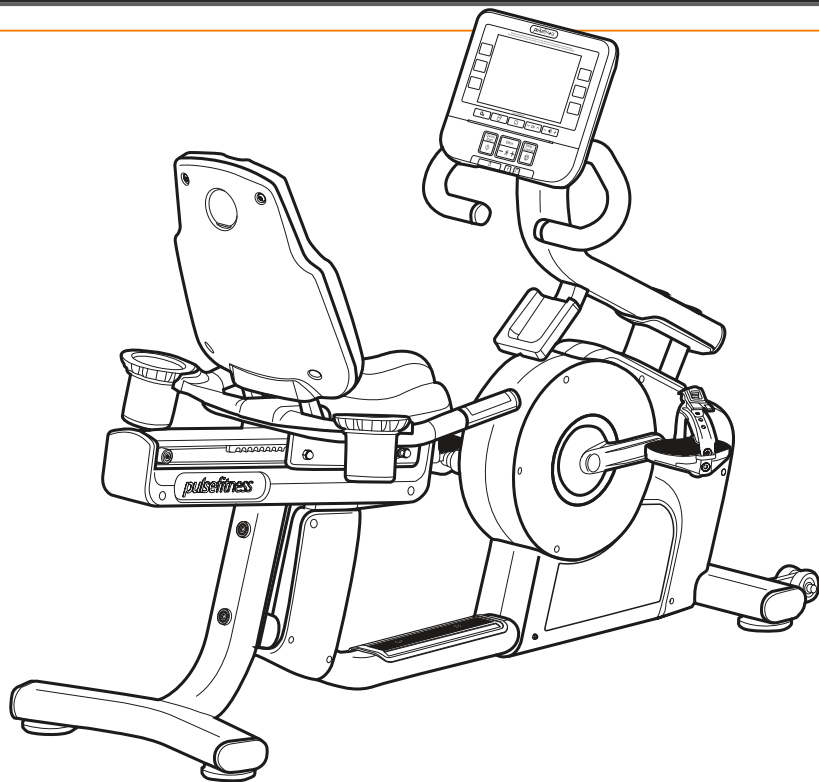
Storage

11.1 Checking the alignment

As a final check make sure that the Console, Handlebars, and Storage are correctly aligned and are not twisted.

*Refer to document **135-767-*** for further alignment instructions.

12 Fully Assembled 250G R-Cycle



Your 250G R-Cycle is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.



Caution: MAKE SURE ALL HARDWARE IS TIGHT!

13 Important Safety Instructions

13.1 Introduction

The successful and safe operation of PULSE FITNESS' U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle) is dependent upon its proper handling, installation, operation and maintenance. The following safety precautions are for safety and guidance. Please read them carefully before proceeding to install and/or operate the Cycles. Specific notices are included in the text where appropriate.

Read all instructions before using the PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle).



DANGER: To reduce the risk of electrical shock, always unplug PULSE FITNESS products from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity. DO NOT remove any cover.



WARNING: Allow a distance of 41cm (16-1/8") between the widest part of the Cycles and other objects on either side. Provide at least 90cm (35-7/16") between the front or rear of the PULSE FITNESS Cycles to any other objects.



WARNING: To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Do not stand or sit on plastic moulded covers.

Never operate a PULSE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact PULSE FITNESS' Global Service Team.

Position the product so that the power cord plug is accessible to the User.

If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorised Distributor/Dealer, or a similarly qualified person to avoid a hazard.

Important Safety Instructions (Continued)

Always follow the Console instructions for proper operation.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

Never operate a PULSE FITNESS product 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.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Use caution when mounting or dismounting the U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle). Use the stationary handlebar whenever additional stability is required.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.

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 PULSE FITNESS' Global Service Team.

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.

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.

Important Safety Instructions (Continued)

Allow LCD consoles to “normalise” with respect to temperature for one hour before plugging the unit in and using. Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by PULSE FITNESS, as such attachments may cause injury.

Read all warnings on each product prior to starting a workout.

If warnings are missing or damaged, please contact PULSE FITNESS immediately for replacement warning labels.

Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.

This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information refer to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65).

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

13.2 Set-Up

Read the entire manual before setting up the PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle). Place the Cycle where it will be used before beginning the setup procedure.

13.3 Electrical Power Requirements

PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle) with a Series 3 Consoles requires an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage	Frequency	Rated Current
115V	50/60Hz	0.4A
230V	50/60Hz	0.2A

Important Safety Instructions (Continued)

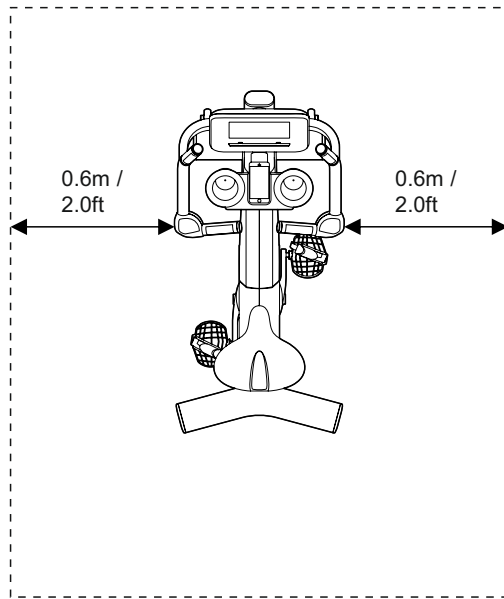
Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

13.4 Battery Powered - Series 1 & 2 Only

Series 1 & 2 consoles are powered by a rechargeable 12-volt battery. Mount the PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle) and begin pedalling. The console should illuminate and programming a workout should be possible. The pedal action during workouts keeps the battery charged. If the U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle) is externally powered, battery maintenance is automatic and pedalling is not required.

Important Safety Instructions (Continued)

Figure AD
Positioning

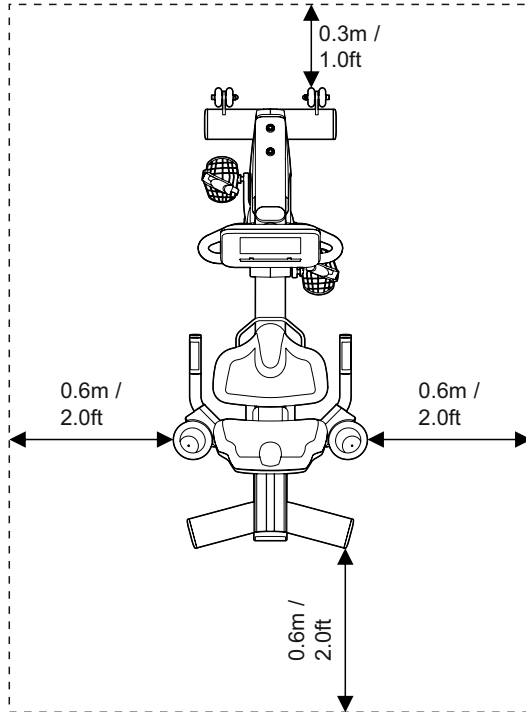


13.5 Where to place the PULSE FITNESS U-Cycle (Upright Cycle)

Following all safety instructions move the PULSE FITNESS U-Cycle (Upright Cycle) to the location in which it will be used. **See Section 18**, titled Specifications, for the dimensions of the footprint. Allow a clearance of 0.6m (2 ft.) in the direction the Cycle is accessed from.

Important Safety Instructions (Continued)

Figure AE
Positioning



13.6 Where to place the PULSE FITNESS R-Cycle (Recumbent Cycle)

Following all safety instructions move the PULSE FITNESS R-Cycle (Recumbent Cycle) to the location in which it will be used. See **Section 18**, titled Specifications, for the dimensions of the footprint. Allow a clearance of 0.6m (2 ft.) in the direction the Cycle is accessed from.

Important Safety Instructions (Continued)

13.7 How to Stabilise the PULSE FITNESS U-Cycle (Upright Cycle) and R-Cycle (Recumbent Cycle)

Follow all safety instructions. Move the Upright Cycle or Recumbent Cycle to the location in which it will be used.

13.8 Install External Power Supply - Series 3 Consoles Only (Cirrus)

Series 3 Consoles are powered by an external AC 12-Volt power supply. Plug in the power to the external power connector on the front end of the Upright Cycle or Recumbent Cycle and then plug the cord into an AC outlet. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes).

Note: If any of the Consoles do not light up, contact PULSE FITNESS' Global Service Team (refer to page 02 of this manual). Use only the power supply provided by PULSE FITNESS in order to ensure against unsafe operation.

13.9 Install Coaxial & Ethernet Cables (if necessary) - Series 2 & Series 3 Only

The following connection receptacles are located at the front of the 240G U-Cycle (Upright Cycle) / 250G R-Cycle (Recumbent Cycle): Coaxial Cable, and Ethernet Cable.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

14 General Safety Precautions

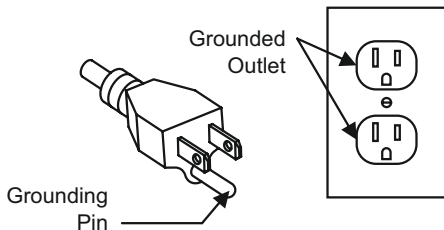
14.1 Grounding Instructions

This PULSE FITNESS product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.



DANGER – Improper connection of the equipment-grounding conductor can result in a 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 an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

Figure AF
120-Volt Grounded Plug



NB: Image for illustration only

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

15 Installation

15.1 Location

Select a suitable location for the PULSE FITNESS U-Cycle (Upright Cycle) or R-Cycle (Recumbent Cycle) before moving it. The site you choose should meet the following requirements:

- A flat, level and clean surface.
- Close to a suitable power socket.
- Well away from sources of water (or other liquids) or away from areas that is subject to condensation.
- Away from direct sunlight (this can make it difficult to view the screen).

Note: The Upright Cycle or Recumbent Cycle are not suitable for outdoor use.

If the chosen surface is carpet then the Upright Cycle or Recumbent Cycle can be pushed to the desired position on their front wheels (this is a two person procedure). However, if the surface is more resistant, or the Upright Cycle / Recumbent Cycle has to be lifted and lowered into place, then 4 people will be required.



CAUTION

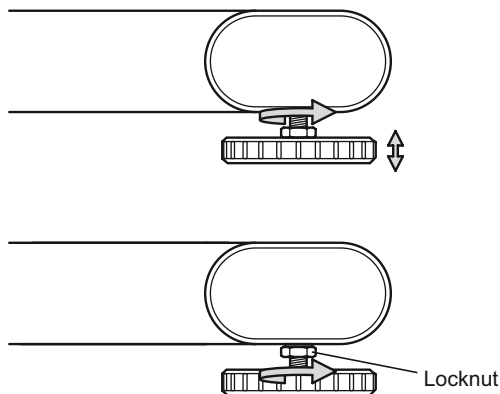


This equipment is heavy! We do not recommend attempting to lift it without assistance, at least 4 people should lift the Upright Cycle or Recumbent Cycle when necessary.

NEVER attempt to lift the Upright Cycle or Recumbent Cycle by its Console or Handlebars.

Installation (Continued)

Figure AG
Feet Adjustment



15.2 Feet Adjustment

After placing the PULSE FITNESS Upright Cycle or Recumbent Cycle in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be levelled. Check the front stabilising feet to determine which foot does not rest fully on the floor. If necessary, adjust the height of the feet to compensate. Turn the feet to the left or right to increase or decrease the height as appropriate. [See Figure AG]. When satisfied, securely fasten the locknut against the feet strut.

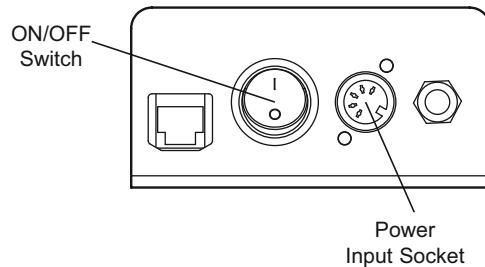


WARNING - When installing or adjusting any piece of Pulse Fitness equipment, DO NOT leave any adjustment devices projecting which could cause injury to any third party.

Installation (Continued)

Figure AH

On / Off Switch



Location of Input Socket and On/Off Switch

15.3 On/Off Switch

The Upright Cycle and the Recumbent Cycle are delivered with a separate power cable which has a moulded plug already fitted and plug-in external power supply adaptor. Plug the cable out of the adaptor into the input socket at the front of the Upright Cycle and the Recumbent Cycle, then plug the power cable into the adaptor and into a suitable mains socket and then switch on the power.

Switch on the Upright Cycle or the Recumbent Cycle via the on/off (I / O) switch mounted at the front of the machine. [See Figure AH]. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes). This indicates that the Upright Cycle or the Recumbent Cycle is now ready for use.

NOTE: If the Upright Cycle or the Recumbent Cycle is not going to be used straight away, then switch off and remove the 13A plug from the socket.

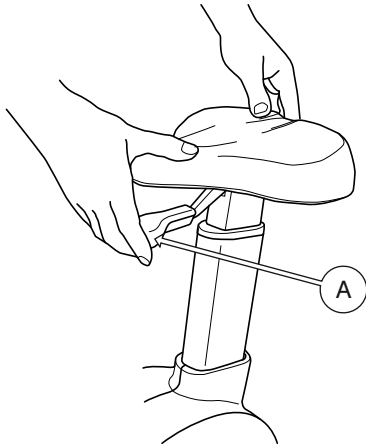


CAUTION - Ensure that the mains cable is routed in such a way that it does not create a potential hazard to users of the or others persons in the vicinity.

Installation (Continued)

Figure A1

Seat Adjustment



15.4 How to Adjust the Seat - U-Cycle (Upright Cycle)

A properly adjusted seat is extremely important in any cycle-oriented exercise activity and the Upright Cycle is no exception. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

Sit on the seat and place the balls of the feet on the pedals. An optimum position will allow movement through the bottom of the stroke without locking the knees or shifting in the seat. The knees should have a slight bend at the point of fullest leg extension. If the seat needs to be adjusted lower, lift the spring-loaded adjusting handle (A) located underneath the nose of the seat. Hold both the handle and nose of the seat with one hand and use the other hand to grab the rear of the seat.

Slide the handle and seat down to the proper position and release the pin to complete engagement. Gently slide the seat up and down a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary. If the seat needs to be adjusted higher, grab the seat and slide it up to the proper position. When adjusting the seat to a higher position, the user does not have to lift the spring-loaded adjusting handle. Gently slide the seat up to the proper position.

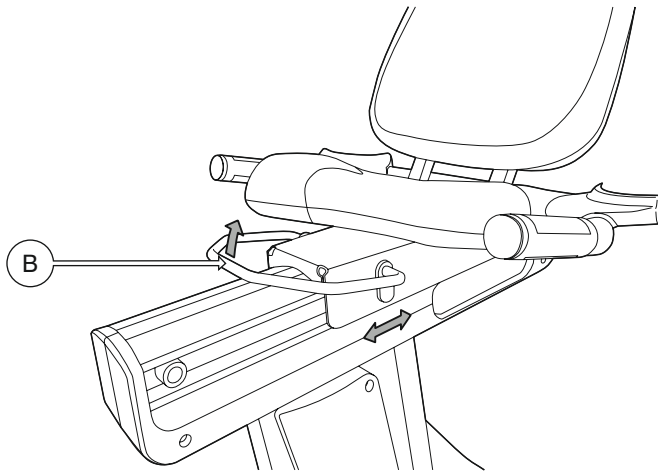


Caution - Do not attempt to adjust the seat while pedalling the cycle or sitting on the seat. Doing so may result in an uncomfortable workout or cause injury.

Installation (Continued)

Figure AJ

Seat Adjustment



15.5 How to Adjust the Seat - R-Cycle (Recumbent Cycle)

A properly adjusted seat is extremely important in any cycle-oriented exercise activity and the Recumbent Cycle is no exception. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

Sit on the seat and place the balls of the feet on the pedals. An optimum position will allow movement through the bottom of the stroke without locking the knees or shifting in the seat. The knees should have a slight bend at the point of fullest leg extension.

If the seat needs to be adjusted, lift the spring-loaded adjusting pad underneath the nose of the seat. Hold both the handle and nose of the seat with one hand and use the other hand to grab the rear of the seat. Slide the handle and seat forward or backward as necessary to the proper position. Release the pin to complete engagement.

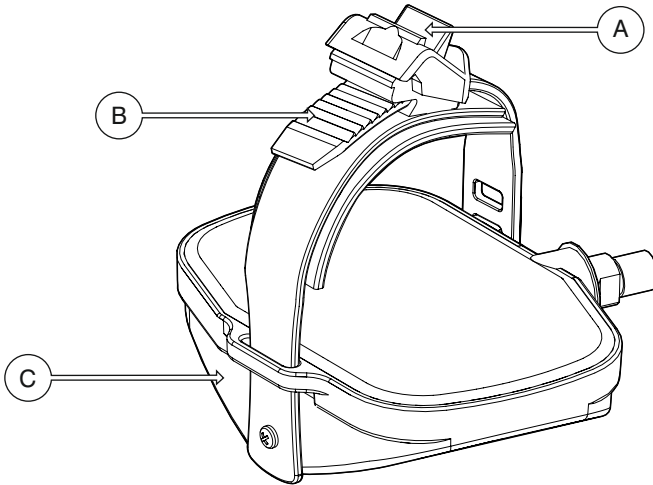
Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary.



Caution - Do not attempt to adjust the seat while pedalling the cycle. Doing so may result in an uncomfortable workout or cause injury.

Installation (Continued)

Figure AK
Adjust Pedal Strap



15.6 How to Adjust the Pedal Straps

The Cycles pedal straps keep the User's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedalling rotation. Before working out, a User should test and adjust the tightness of the straps.

The safety straps on the foot pedals of the Upright Cycle and Recumbent Cycle can be adjusted to fit a variety of shoe sizes. Use one hand to push the strap latch (A) upward to loosen the ribbed strap (B). Use the other hand to pull the ribbed strap out from underneath the strap latch. Rest the foot on the pedal (C). Wrap the ribbed strap over the foot to determine the desired length. Push the strap latch upward and thread the ribbed strap through the strap latch to select the appropriate slot. Let go of the strap latch to secure position.

16 Cleaning & Maintenance

16.1 Preventive Maintenance Tips

PULSE FITNESS products are backed by the engineering excellence and reliability of PULSE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: Safety can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep these PULSE FITNESS products operating at peak performance:

Locate the product in a cool, dry place.

Keep the pedal straps fastened securely when using the Cycle.

Clean the top surface of the pedals regularly.

Long fingernails may damage or scratch the surface of the Console; use the pad of the finger to press the selection buttons on the Console.

16.2 Cleaning the Equipment

PULSE FITNESS Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by PULSE FITNESS reliability experts: PureGreen 24 (or equivalent) and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 (or equivalent) and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 (or equivalent) is available in a spray which is convenient to use. Apply the spray to a micro fibre cloth and wipe down the equipment. Use PureGreen 24 (or equivalent) on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact PULSE FITNESS Global Service Team to order these cleaners +44 (0)1260 294600 or email: global.service@pulsefitness.com

Cleaning & Maintenance (Continued)

16.3 Compatible Cleaners

DO NOT use water based solutions (on the following): Clean the display console, all exterior surfaces and the frame with a mild, non-abrasive silicon based household cleaner. Apply via a soft micro fibre cloth. Apply the cleaner to the cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

DO use water based solutions (on the following): Clean the upholstery and handgrips with a mild soap and water solution.

Figure A1

Preventive Maintenance Schedule

Item	Weekly	Monthly	Annually
Console Overlays	Clean		
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames / Seat Post	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Handpulse Sensors	Clean/Inspect		
Pedals / Foot Straps	Clean	Inspect	
Foot Adjusters		Inspect / Adjust	

16.4 Preventive Maintenance Schedule

Inspect and vacuum the area directly surrounding and under the unit regularly.
Inspect exterior parts regularly for wear, particularly the Handlebars, Pedals and Power Cord.
Check to make sure the unit is properly levelled.
Clean the Console and all exterior surfaces with an approved or compatible cleaner (see PULSE FITNESS Approved Cleaners) and a micro fibre cloth.
Clean the top surface of the Pedals regularly.



WARNING: Failure to carry out maintenance on the equipment as per this manual could result in serious injury and void your warranty. Please ensure all publications supplied with PULSE FITNESS equipment are read and understood.

Cleaning & Maintenance (Continued)

16.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the front of the unit near the foot rail.
3. Contact Pulse Fitness Global Services Team (refer to page 02).

16.6 Recycling the Battery

When this PULSE FITNESS product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a Phillips screwdriver to remove the cladding mouldings. To remove the battery, disconnect the cable, and remove the two screws holding the battery. Dispose of the battery responsibly.

17 Specifications

17.1 - PULSE FITNESS U-Cycle (Upright Cycle) specifications:

Designed use: Heavy/Commercial.

Drive: Internal self tensioning poly V belt.

Resistance: 30-450W.

Power: Eddy brake.

'Quick' controls featuring handlebar resistance adjustments: Series 2 & 3.

40 Resistance levels: Series 1, 2 & 3.

Easy ride pedals: Series 1, 2 & 3.

Easy adjust pedal strap: Series 1, 2 & 3.

Pedal strap with heel support: *Optional* (Series 2).

Deluxe multi-position handlebars with elbow support: Series 1, 2 & 3.

Comfort contour seat: Series 1, 2 & 3.

Single-handed seat adjustment: Series 1, 2 & 3.

Step-up box: *Optional* (Series 2).

Twin removable storage buckets/cup holders: Series 1, 2 & 3.

Specifications (Continued)

Integrated device storage tray: Series 1, 2 & 3.

Front wheels for easy mobility: Series 1, 2 & 3.

Operating temperature: from 5°C to +30°C (from +41°F to +86°F).

Telemetry: Equipped for heart rate telemetry reading using a chest strap. 5kHz non-coded transmission Polar® Telemetry Handpulse Sensors: DSP Handpulse Sensors (Digital Signal Processing).

LAN (Ethernet or WiFi): Series 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

17.2 Physical Dimensions (L x H x W)

Length (cm/"): Series 1, 2 & 3 = 125cm / 49-3/16"

Height (cm/"): Series 1 & 2 = 147cm / 57-7/8", Series 3 = 150cm / 59-1/16"

Width (cm/"): Series 1, 2 & 3 = 65cm / 25-9/16"

Step-up height (cm/"): 52.4cm / 20-11/16"

17.3 Weight (kg/lbs)

Machine Weight (kg/lbs): Series 1 = 85.5kg / 188lbs. Series 2 = 86kg / 190lbs. Series 3 = 91kg / 201lbs.

Maximum User Weight (kg/lbs): 160kg / 353lbs.

17.4 Console

Screen: Series 1 - 17.8cm / 7" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Specifications (Continued)

Series 2 - 25.7cm / 10-1/8" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Series 3 - 47cm / 18-1/2" Integrated High Contrast Capacitive Multi-Touch Colour Display. 16:9 Aspect Ratio. 1366x768 Resolution.

Headphone Jack: Stereo 3.5mm, Series 2 & 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

EU - Analog – PAL. Digital - DVB-T (Freeview). IPTV: MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition. Radio: Digital - DVB-T.

US - PAL/SECAM and NTSC require separate tuners. NTSC tuner supports NTSC-Japan, NTSC-HRC, NTSC-M, NTSC-N. NTSC also supports PAL-M and PAL-N which are unique PAL encodings for Argentina, Brazil, Paraguay and Uruguay. PAL/SECAM tuner supports PAL, PAL-M, PAL-N, SECAM-B/G and SECAM-D/K.

Workout Programmes:

Series 1 - Quick Start, Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Series 2 - Quick Start, *Optional* - E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Series 3 - Quick Start, E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Custom profile builder, Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Specifications (Continued)

Languages available:

Series 1 - English (UK).

Series 2 - Chinese, English (UK), French, German, Italian, Japanese, Russian, Spanish & Welsh.

Series 3 - Chinese, English (UK), German, Japanese, Russian & Welsh.

Workout Displays:

Series 1 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Series 2 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Series 3 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, Extendable workout goal, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

USB: Series 1 - Service Port - For software updates & Smartphone device charging.

Series 2 - Service Port - For software updates & Smartphone device charging.

Optional - with supplied iPhone®/iPod®/iPad® 30-pin connector.

Series 3 - Service Port - For software updates & Smartphone device charging.

Optional - with supplied iPhone®/iPod®/iPad® 30-pin or Lightning connector.

Optional - with supplied Android™ Micro USB connector, just for charging.

Audio feedback: Series 2 & 3 - *Optional*

Specifications (Continued)

17.5 - PULSE FITNESS R-Cycle (Recumbent Cycle) specifications:

Designed use: Heavy/Commercial.

Drive: Internal self tensioning poly V belt.

Resistance: 30-450W.

Power: Eddy brake.

'Quick' controls featuring handlebar resistance adjustments: Series 2 & 3.

40 Resistance levels: Series 1, 2 & 3.

Easy ride pedals: Series 1, 2 & 3.

Easy adjust pedal strap: Series 1, 2 & 3.

Pedal strap with heel support: *Optional* (Series 2).

Comfort contour seat with back support: Series 1, 2 & 3.

Single-handed seat adjustment: Series 1, 2 & 3.

Step-through design: Series 1, 2 & 3.

Twin removable storage buckets/cup holders: Series 1, 2 & 3.

Specifications (Continued)

Integrated device storage tray: Series 1, 2 & 3.

Front wheels for easy mobility: Series 1, 2 & 3.

Telemetry: Equipped for heart rate telemetry reading using a chest strap. 5kHz non-coded transmission Polar® Telemetry Handpulse Sensors: DSP Handpulse Sensors (Digital Signal Processing).

LAN (Ethernet or WiFi): Series 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

17.6 Physical Dimensions (L x H x W)

Length (cm/"): Series 1, 2 & 3 = 168cm / 66-1/8"

Height (cm/"): Series 1 & 2 = 121cm / 47-5/8", Series 3 = 124cm / 48-13/16"

Width (cm/"): Series 1, 2 & 3 = 71cm / 28"

Step-up height (cm/"): 8.5cm / 3-3/8"

17.7 Weight (kg/lbs)

Machine Weight (kg/lbs): Series 1 = 100.5kg / 222lbs. Series 2 = 101kg / 223lbs. Series 3 = 106kg / 234lbs. Maximum User Weight / Training Mass (kg/lbs): 160kg / 353lbs.

17.8 Console

Screen: Series 1 - 17.8cm / 7" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.
Series 2 - 25.7cm / 10-1/8" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.

Specifications (Continued)

Series 3 - 47cm / 18-1/2" Integrated High Contrast Capacitive Multi-Touch Colour Display. 16:9 Aspect Ratio. 1366x768 Resolution.

Headphone Jack: Stereo 3.5mm, Series 2 & 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

EU - Analog – PAL. Digital - DVB-T (Freeview). IPTV: MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition. Radio: Digital - DVB-T.

US - PAL/SECAM and NTSC require separate tuners. NTSC tuner supports NTSC-Japan, NTSC-HRC, NTSC-M, NTSC-N. NTSC also supports PAL-M and PAL-N which are unique PAL encodings for Argentina, Brazil, Paraguay and Uruguay. PAL/SECAM tuner supports PAL, PAL-M, PAL-N, SECAM-B/G and SECAM-D/K.

Workout Programmes:

Series 1 - Quick Start, Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Series 2 - Quick Start, *Optional* - E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Series 3 (10.1" & 18.5") - Quick Start, E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Marathon mode, Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Custom profile builder, Heart rate control (variable heart rate training modes), Astrand fitness test with V02 result, Variable cool down with manual override.

Specifications (Continued)

Languages available:

Series 1 - English (UK).

Series 2 - Chinese, English (UK), French, German, Italian, Japanese, Russian, Spanish & Welsh.

Series 3 - Chinese, English (UK), German, Japanese, Russian & Welsh.

Workout Displays:

Series 1 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Series 2 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Series 3 (10.1" & 18.5") - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), Speed, RPM, Calories used, Watts, Heart rate, METs, Extendable workout goal, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

USB: Series 1 - Service Port - For software updates & Smartphone device charging.

Series 2 - Service Port - For software updates & Smartphone device charging.

Optional - with supplied iPhone®/iPod®/iPad® 30-pin connector.

Series 3 - Service Port - For software updates & Smartphone device charging.

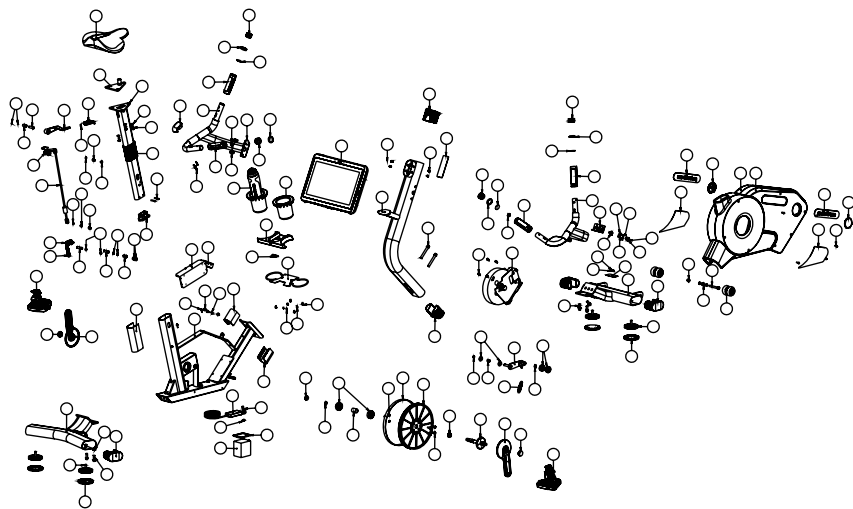
Optional - with supplied iPhone®/iPod®/iPad® 30-pin or Lightning connector.

Optional - with supplied Android™ Micro USB connector, just for charging.

Audio feedback: Series 2 & 3 - *Optional*

18 Parts Lists & Exploded Diagrams

Figure AL
Parts Lists & Exploded Diagrams



NB: Image for illustration only

18.1 Parts Lists & Exploded Diagrams - 240G

Details on both Parts Lists & Exploded Diagrams for Series 2 & 3 240G U-Cycle (Upright Cycle), please refer to documents:

135-1089-01-* Exploded Dia.

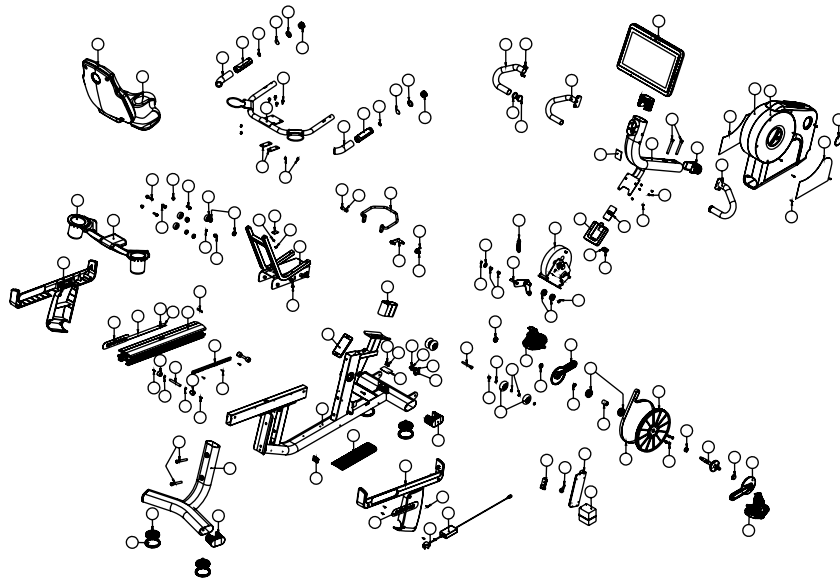
135-1090-02-* Exploded Dia. (Short Version)

135-1093-01-* Series 2 (Console 5.0 CV)

135-1093-02-* Series 3 (Console 6.0 CV)

Parts Lists & Exploded Diagrams (Continued)

Figure AM
Parts Lists & Exploded Diagrams



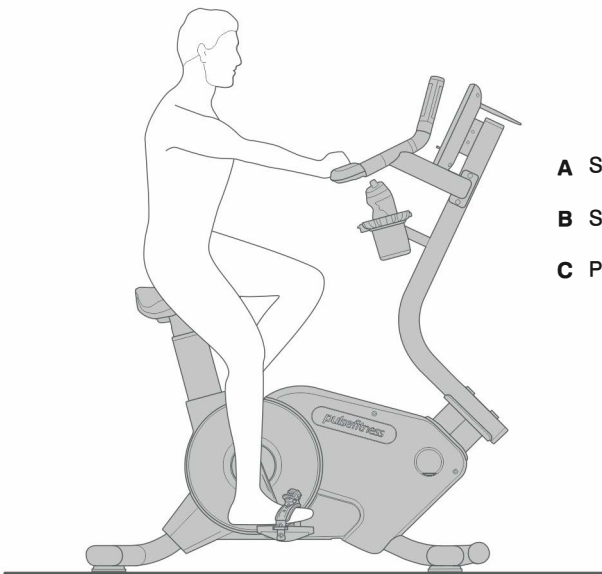
NB: Image for illustration only

18.2 Parts Lists & Exploded Diagrams - 250G

Details on both Parts Lists & Exploded Diagrams for Series 2 & 3 250G R-Cycle (Recumbent Cycle), please refer to documents:

- 135-1091-02-* Exploded Dia.
- 135-1092-03-* Exploded Dia. (Short Version)
- 135-1093-01-* Series 2 (Console 5.0 CV)
- 135-1093-02-* Series 3 (Console 6.0 CV)

19 Biometric Positioning



- A Stationary Handgrip
- B Seat
- C Pedal

19.0 Biometric Positioning - 240G

The user shall be positioned by grasping grips of the stationary arms, placing feet onto the pedals, and sitting on the seat. with your back straight. Place your feet on the pedals with the foot straps and the balls of your feet over the pedal spindle. With one pedal in the lowest position, 6 o'clock, you should have a slight bend in your knee, about a 25 - 30 degree angle. Exit the bike by holding onto the handlebars for support and stepping over the frame with one foot and placing the other on the floor.

This product is ideal for losing weight, strengthening muscles and improving your heart health; the Upright Cycle simulates the road bike experience with low-impact on joints.

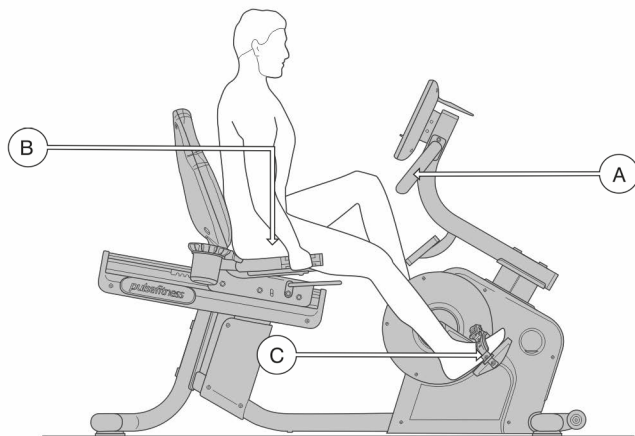
Muscles used:

The pedaling action can help strengthen your calves, hamstrings, and quadriceps. Additionally, it can work the muscles in your core, back, and glutes.

WARNING: injuries to health may result from incorrect or excessive training.

Biometric Positioning (Continued)

- A Stationary Handgrip
- B Seat
- C Pedal



19.1 Biometric Positioning - 250G

The user shall be positioned by grasping grips of the stationary arms, sitting back straight on the seat and placing feet and securing with straps onto the pedals. With one pedal in the farthest position, 3 o'clock, you should have a slight bend in your knee, about a 25 - 30 degree angle. Exit the bike by holding onto the handlebars for support and stepping over the frame with one foot and stepping through.

This product is suitable for users of all fitness levels and ideal for losing weight, strengthening muscles and improving your heart health; the Recumbent Cycle provides a supported cycling experience with low-impact on joints.

Muscles used:

Recumbent bikes work your glutes, quads, hamstrings and lower legs.

WARNING: injuries to health may result from incorrect or excessive training.

User Notes (Continued)



A large rectangular area with a thin orange border, containing 20 horizontal grey lines for writing notes.

135-1939-4



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