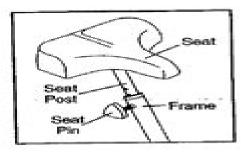
HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

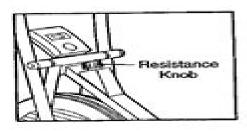
For effective exercise, the seat must be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first hold the seat and turn the seat



pin counterclockwise to remove it. Next, align a different hole in the seat post with the hole in the frame, and insert the seat pin into the frame and the seat post. Make sure to insert the seat pin into the seat post; do not insert the seat pin under the seat post. Tighten the seat pin into the frame.

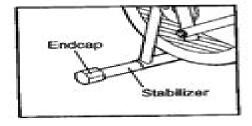
HOW TO ADJUST THE PEDALING RESISTANCE

To vary the intensity of your exercise, the pedaling resistance can be adjusted. To increase the resistance, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise.



LEVELING THE EXERCISE CYCLE

The exercise cycle features adjustable endcaps on the front stabilizer. If the exercise cycle rocks when it is used, turn one or both of the endcaps until the rocking motion is eliminated.

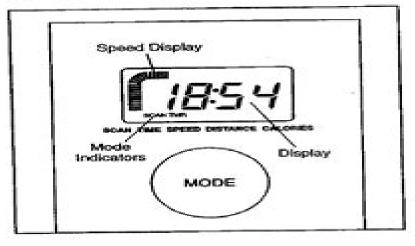


BATTERY INSTALLATION

Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 4 on page 5.

DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.



- Scan mode—Displays the speed, time, distance, and calories modes, for five seconds each, in a repeating cycle.
- Time mode—Displays the elapsed time. Note: If you stop pedaling for five seconds or longer, the time mode will pause and a stop symbol will appear in the upper right-hand comer of the display.
- Speed mode—Displays your pedaling speed, in miles per hour.
- Distance mode—Displays the total distance you have pedaled, in miles.
- Calories mode—Displays the approximate number of calories you have burned.

The console also features a speed display. As you increase your pedaling speed, additional indicators will appear in the bar.

<u>Lifestyler Dt9000 User Guide</u>

Mike Jess

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