

IRONMAN®

235r

Owner's Manual Ironman 235r Recumbent

Customer Service

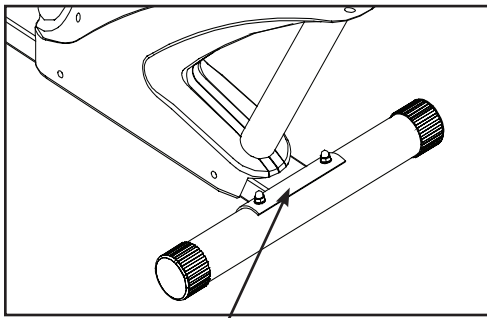
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Suite 250
Garland, TX 75041

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CAUTION! Read all precautions and instructions in this manual before using this equipment.

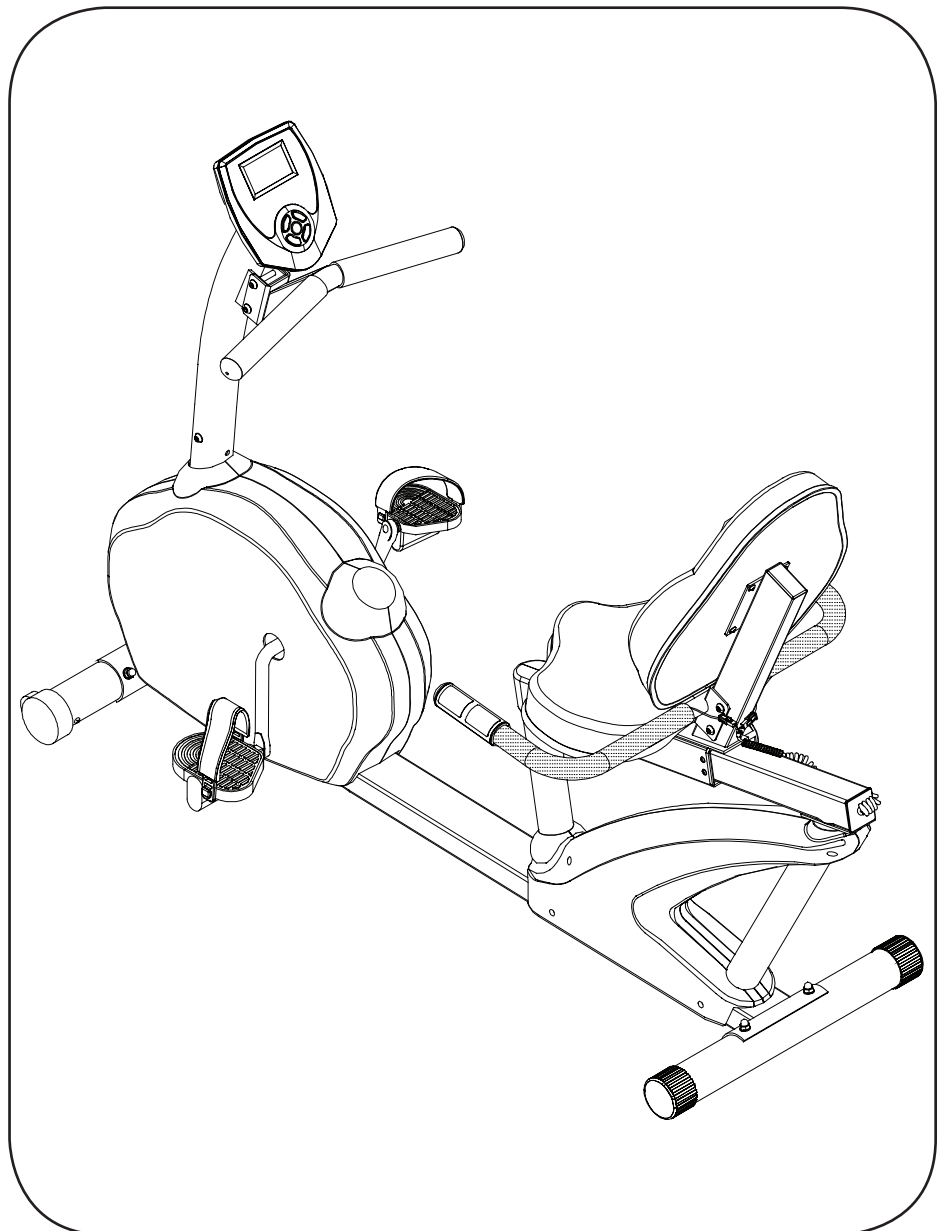


SERIAL TAG IS LOCATED ON THE FRAME

Model Name: **235r**

Date of Purchase: _____

Serial Number: _____



315-00124
11/07 Rev B

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Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **275** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

Important Safety Information

Thank you for purchasing the Ironman **235r Recumbent Bike!** The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

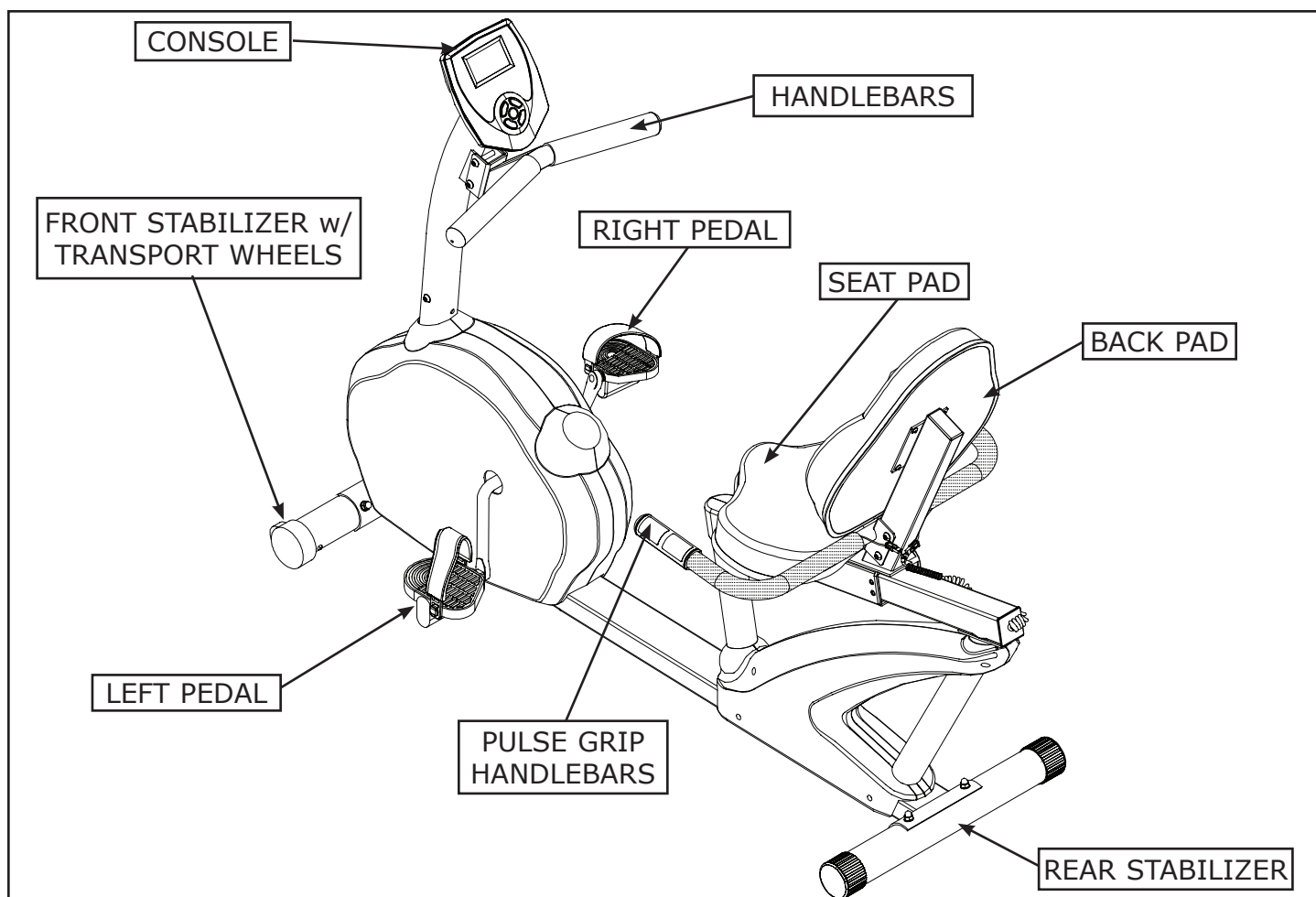
Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Getting Started - The Ironman Fitness **235r** will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts, please call Ironman Fitness at 1-888-340-0482. Tools have been provided to assist with product assembly.

Figure 1

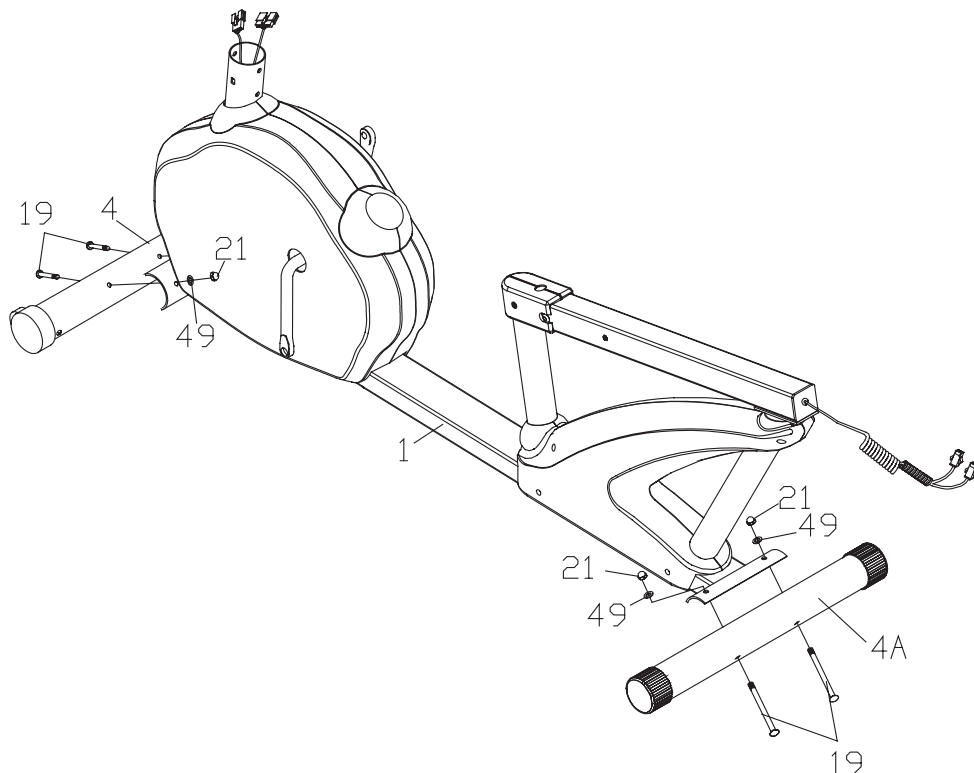
Step 1:

Attach the rear stabilizer (4A) onto the rear of main frame (1) using carriage bolts (19), arc washers (49), and cap nuts (21).

Step 2:

Attach the front stabilizer (4) onto the front of the main frame (1) using carriage bolts (19), washers (49), and cap nuts (21).

Note: The stabilizer with roller wheels is the front stabilizer.



Assembly

Figure 2

Step 1:

Attach the seat handlebar (16) to the seat carriage (3) using hex head bolts (73), washers (49), and nylon nuts (50).

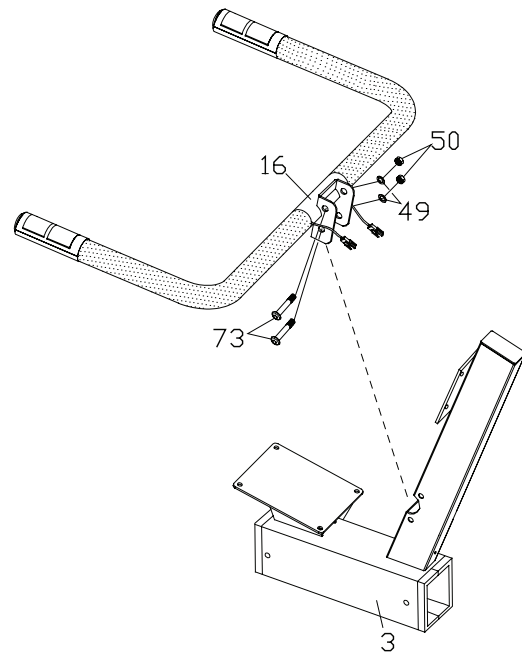


Figure 3

Step 1:

Attach the seat (9) to the seat carriage (3) using screws (62) and washers (63).

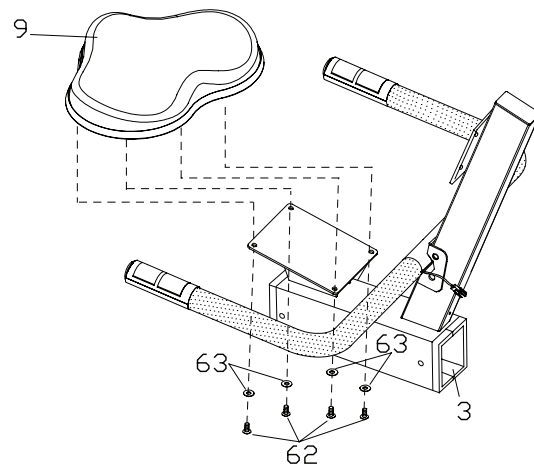
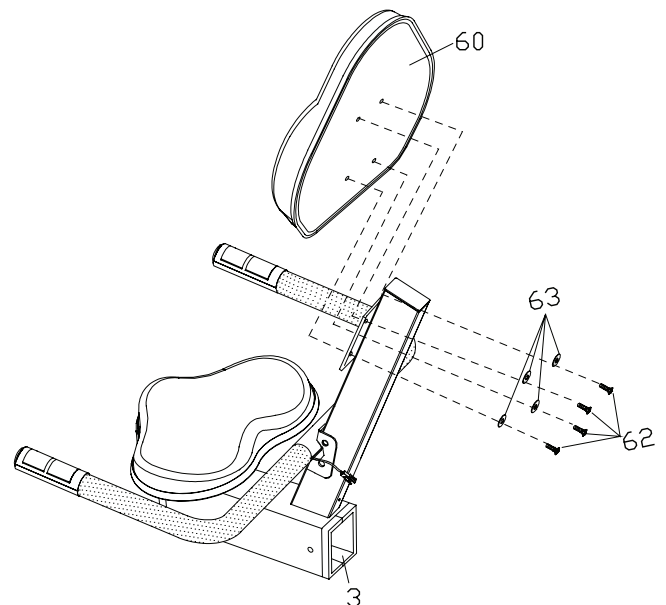


Figure 4

Step 1:

Attach the back pad (60) to the seat carriage (3) using screws (62) and washers (63).



Assembly

Figure 5

Step 1:

Remove hex head screws (55) and screws (70) from carriage tube (5).

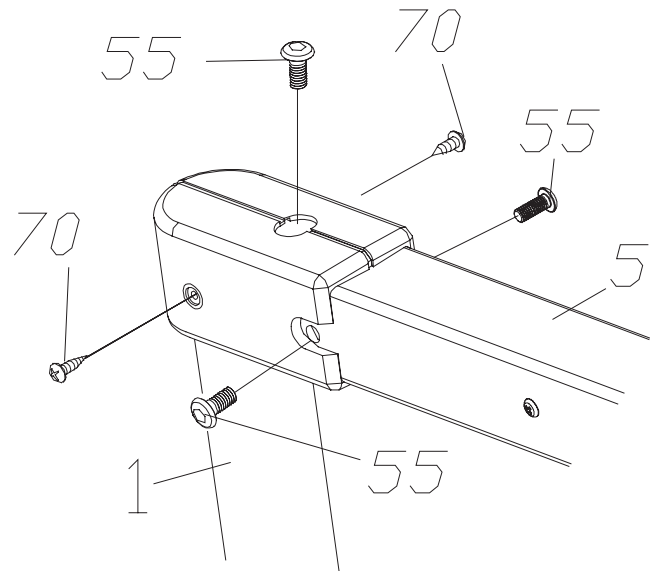


Figure 6

Step 1:

Remove the left and right carriage tube caps (13 & 14).

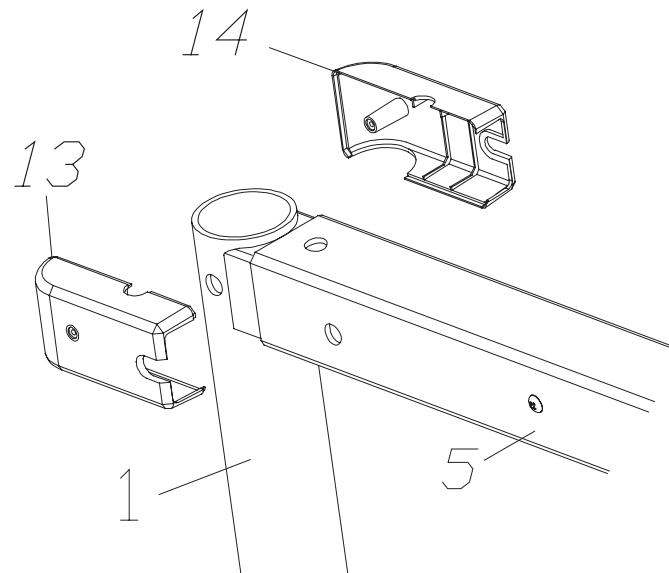


Figure 7

Step 1:

Remove hex head screw (55) and washer (49) from the rear of carriage tube (5).

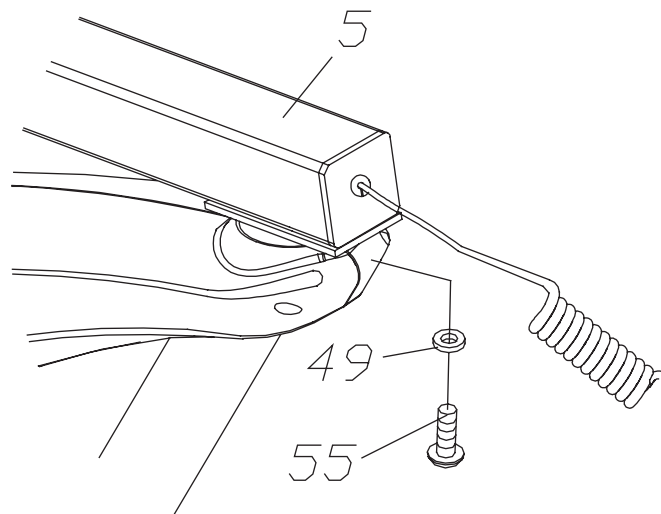


Figure 8

Step 1:

Slide the carriage tube (5) off of the main frame (1).

Step 2:

Carefully disconnect pulse wire (57) from extension pulse wire (75). Be sure not to pull the pulse wires from the tube or frame.

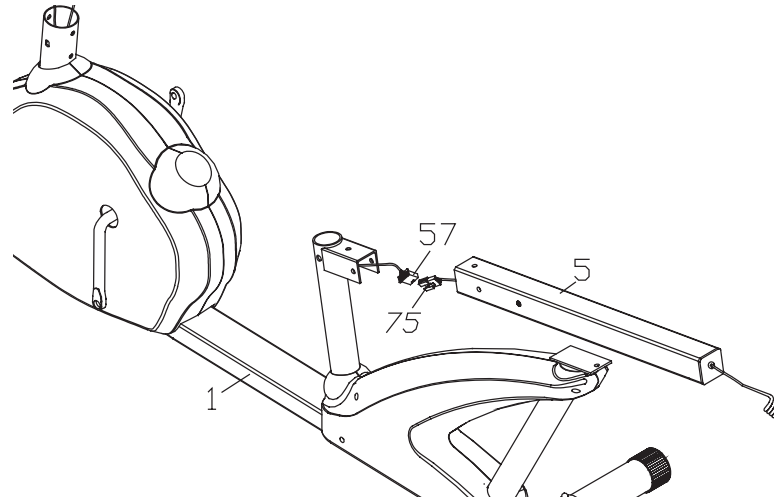


Figure 9

Step 1:

Slide the seat carriage (3) onto the carriage tube (5) and secure using the locking knob located on the right hand side.

Step 2:

Connect pulse wires (64) coming from the seat carriage to the pulse wires (75) coming out of the carriage tube.

Step 3:

Use the clamp (69) and screw (70) to secure the pulse wires in position.

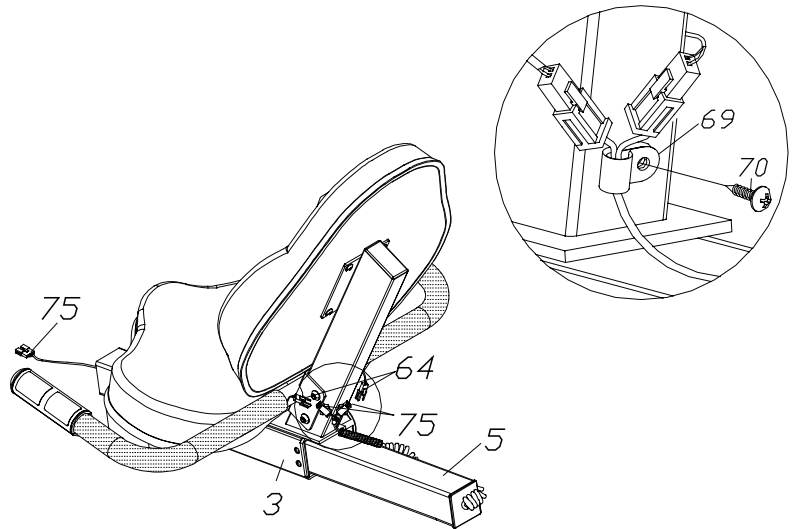


Figure 10

Step 1:

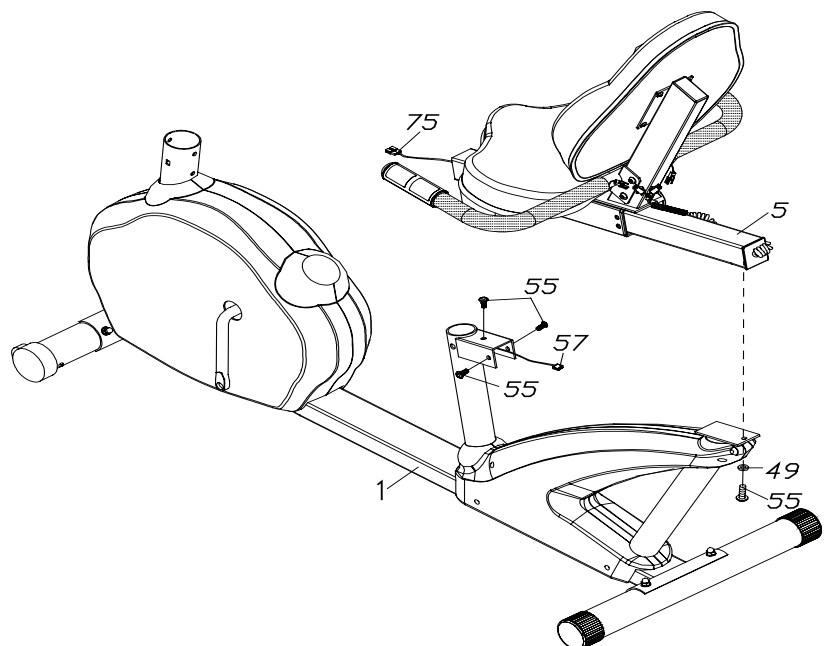
Reconnect the extension pulse wire (75) coming from the carriage tube to pulse wire (57) from the main frame.

Step 2:

Attach the carriage tube (5) to the main frame (1) by sliding the carriage tube onto the carriage tube mount located on the main frame. Secure using hex head screws (55).

Step 3

Secure the rear of the carriage tube (5) to main frame (1) using hex head screw (55) and washer (49).



Assembly

Figure 11

Step 1:

Reattach the carriage tube caps (13 & 14) using screws (70).

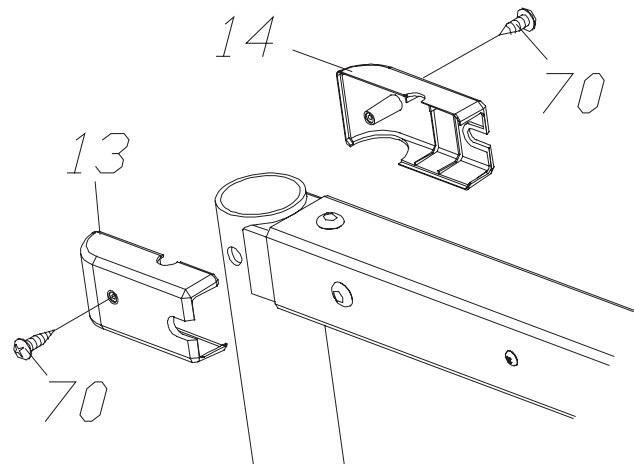


Figure 12

Step 1:

Attach the left pedal (30) to the left crank. The left pedal is marked with an "L". Turn the threads on the pedal **counter-clockwise** to secure it to the crank.

Step 2:

Attach the right pedal (31) to the right crank. The right pedal is marked with an "R". Turn the threads on the pedal **clockwise** to secure it to the crank.

Step 3:

Attach the pedal straps (30A and 31A) to the appropriate pedal. Each strap is marked with an "L" or an "R". The side with 2 holes will go on the clip towards the inside of the unit.

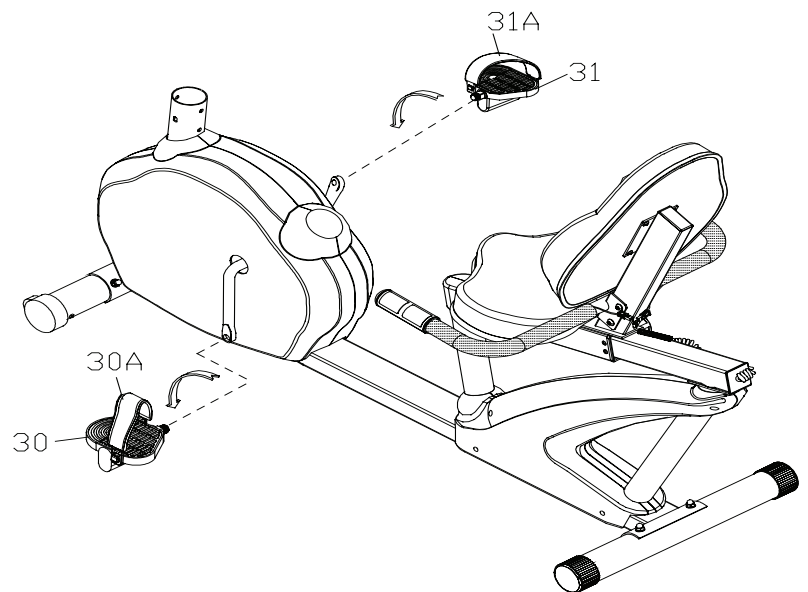
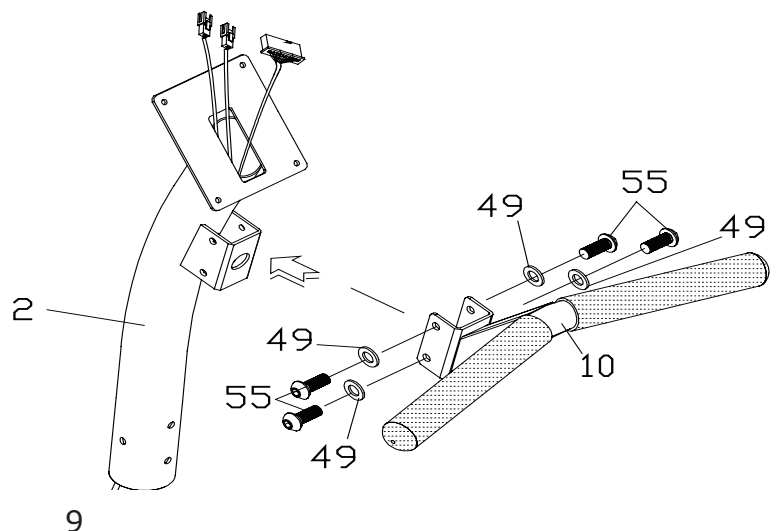


Figure 13

Step 1:

Attach the front handlebar (10) to the console tube (2) using hex head screws (55) and washers (49).



Assembly

Figure 14

Step 1:

Connect pulse wire (57) and wire harness (38) coming from the main frame to pulse wire (66) and wire harness (58) from the console tube.

Step 2:

Slide the console tube (2) onto main frame (1) and secure using hex head screws (55) and curved washers (56).

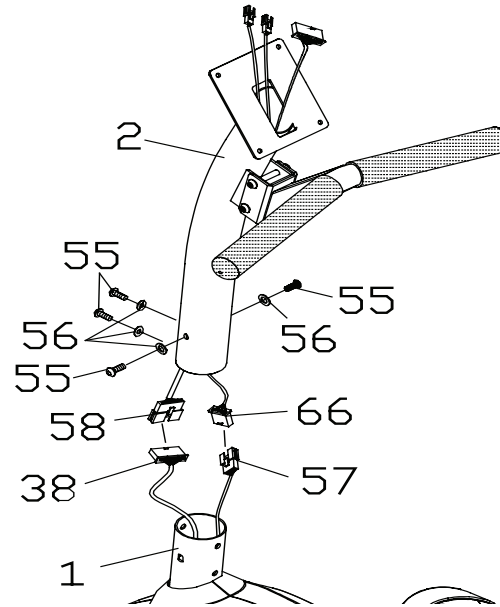


Figure 15

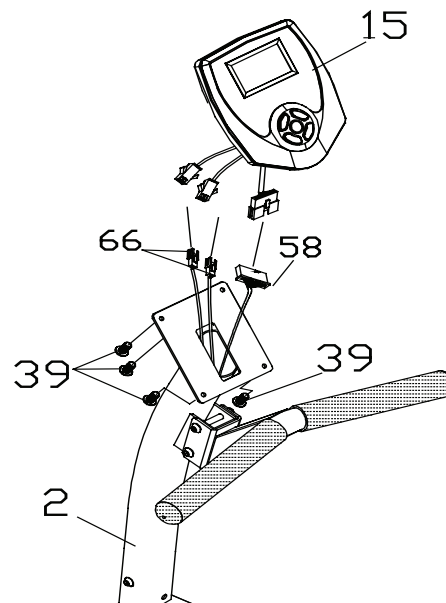
Step 1:

Connect the wires coming from the console (15) to pulse wires (66) and wire harness (58).

Step 2:

Secure the console (15) to the console tube (2) using screws (39).

Note: The screws are already pre-installed into the back of the console.



Congratulations!

You have completed assembly of your new 235r bike!

Console Instructions

The 235r's console is a single LCD that displays RPM, SPEED, TIME, DISTANCE, CALORIES, WATTS, and HEART RATE.

Power Modes

Power On: Make sure the AC adapter is plugged into an outlet. Press any button to turn on the console. A long beep will sound and the entire LCD display will light up for 2 seconds.

Sleep: This occurs if the unit senses no pedal movement or if the console buttons have not been pressed for 3 minutes.

Active: After the console enters sleep mode, press any button to turn on the console back on.

Buttons

Up/Down

During Setup Mode: They are used to select the workout program. They are also used to change Time, Calories, and Distance.

During Workout: You can press the Up/Down buttons to increase or decrease the resistance levels with increments of 1.

Start/Stop

During Setup Mode: This button is used as an enter key to confirm the Time, Calories, Distance, and Pulse.

During Workout: It is used to pause workout mode. All workout data is stored during pause mode.

Mode

During Setup Mode: This button is used to select the desired setting you wish to change and to confirm the values entered (Time, Calories, Distance, Pulse).

Recovery

During Workout: This button is used to test the user's fitness level. The user must press the button, then hold the pulse grips until the console counts down 60 seconds.



Program Operation

The 235r's console is set up with 12 workout modes, P1-P11, plus USER mode.

1. Press any button to turn on the console.
2. Use the Up/Down buttons to select the desired program.
3. Press the Mode button to confirm the program you wish to use.
4. **Programs 1-10:** These programs allow you to adjust your desired settings.
Example: If you wish to set a specific distance to your workout, press the mode button until the Distance window is flashing, then use the Up/Down buttons to set the desired distance. Press the Mode button once again to confirm. Once all the desired parameters are set, press the Start/Stop button to begin your workout.
Program 11: This program allows you to set your target heart rate (THR).
Example: During the setup mode for P11, the Pulse window will flash. Use the Up/Down buttons to set your desired THR. You will be asked to set an upper and lower limit. Press the Mode button to confirm the values then press the Start/Stop button to begin. During the workout, an alarm will sound if your heart rate exceeds the upper limit. You must use the pulse grips for this program to work.
See MONITORING YOUR HEART RATE section for more information.
Program 12: This user program lets you establish which resistance levels you want at each time segment.
Example: After you select user program, enter the desired workout settings as you would for P1-P10. Once you set your workout settings, you will be able to adjust the workout profile. Press the Up/Down buttons to adjust the first resistance level segment. Press the Mode button to confirm. Continue this process until all 10 resistance level segments have been set. Once complete, press the Start/Stop button to begin your workout.

Recovery Mode

This mode is used to determine your physical conditioning. This fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

During your workout, press the Recovery button. The Time window will begin to count down 60 seconds. Hold onto the pulse grips until the 60 seconds has expired. Once the console is done counting down, your score will be displayed in a value ranging from F1 to F6, F1 being the best.

Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
 (THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)
 MHZ x .60 = 60% of your maximum heart rate.
 MHZ x .75 = 75% of your maximum heart rate.
 For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190
 190 x .60 = 114 (low end or 60% of MHZ)
 190 x .75 = 142 (high end or 75% of MHZ)
 30 year-old (THR) Target Heart Rate would be 114-142

TARGET HEART RATE ZONE

100%

Serious athletic training range

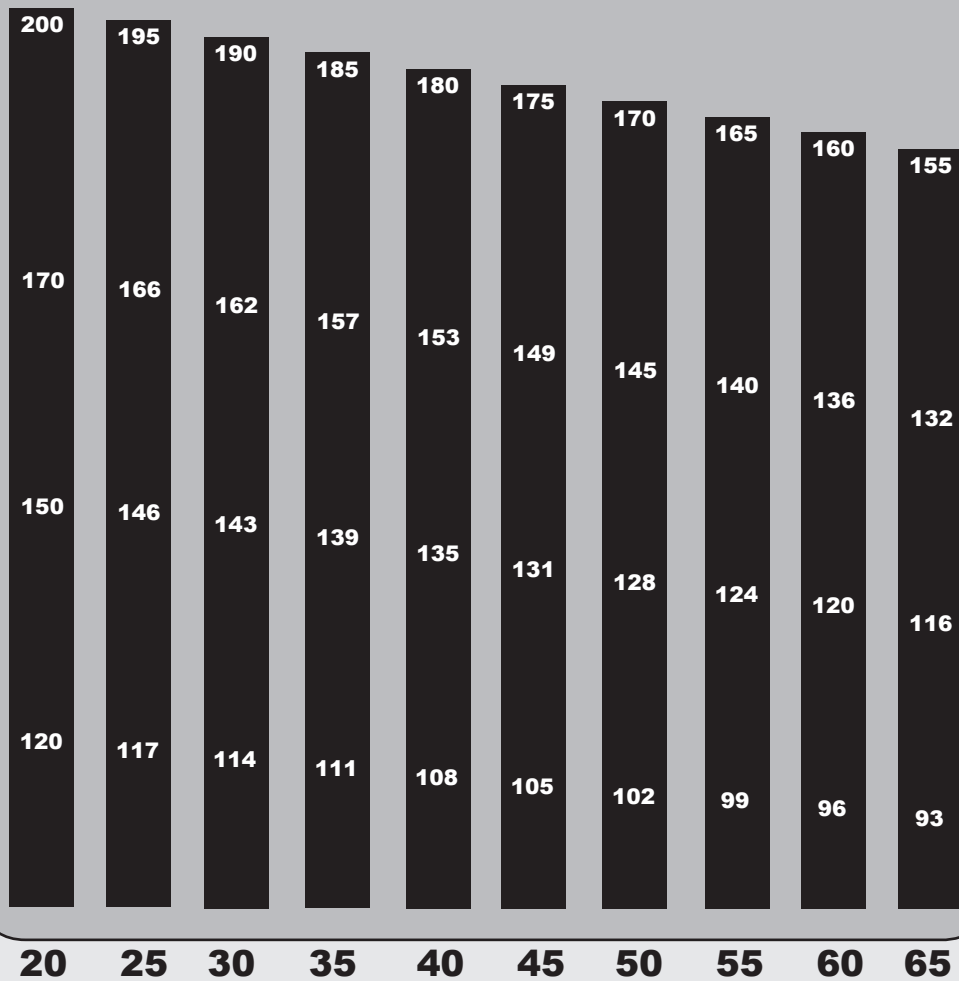
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



AGE

EXERCISE GUIDELINES

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

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supline Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

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



Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

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



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



Achilles Stretch

Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

Moving Instructions

CAUTION! TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

Note: *The unit you purchased may not be identical to the one pictured.*

Figure 1



Figure 2



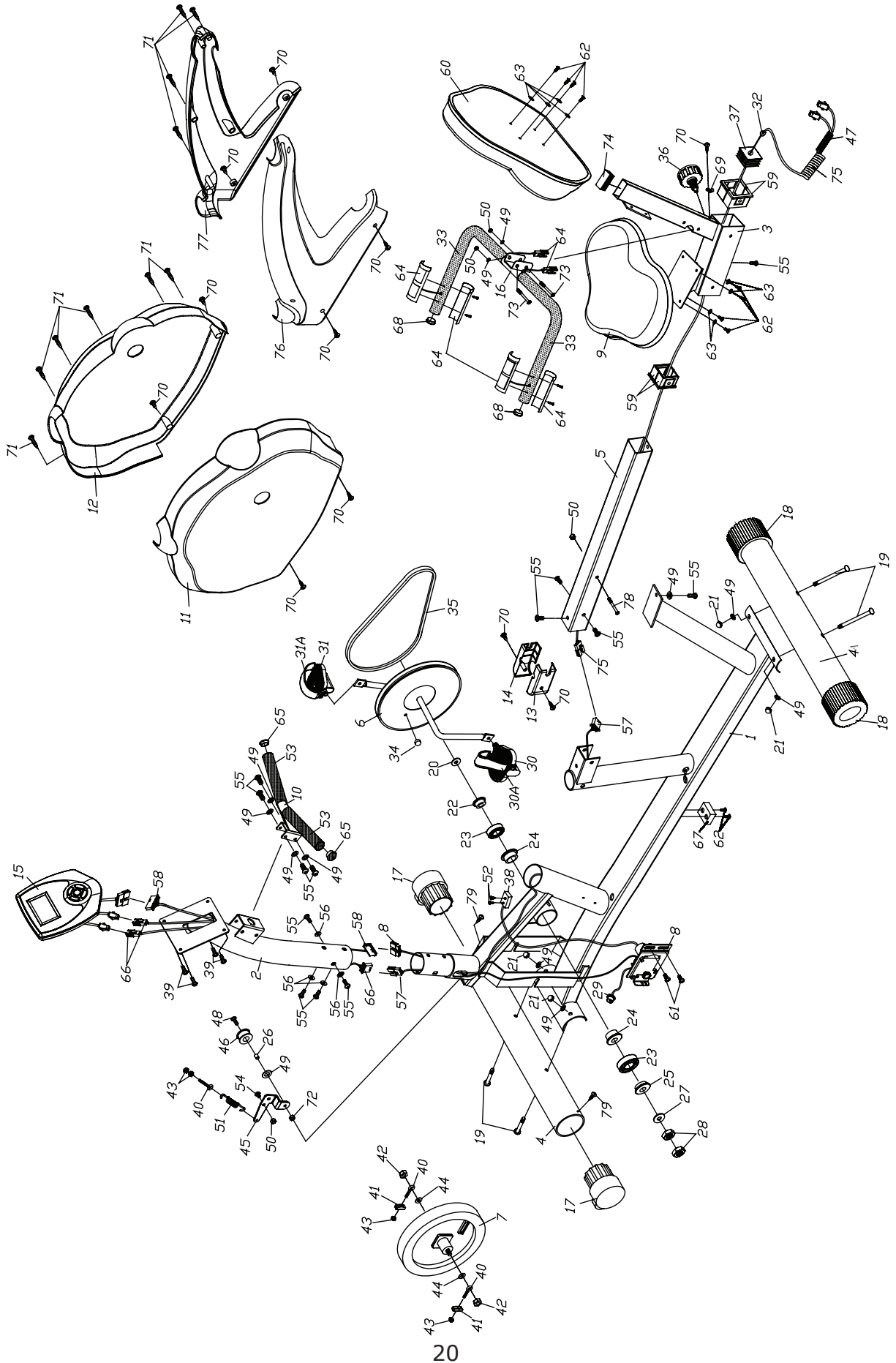
Parts List



235R PARTS LIST REV. B

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
2	323-00628	CONSOLE TUBE, W/DECAL, 235R	1	41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
3	323-00343	SEAT CARRIAGE, HT640R	1	42	302-01598	NUT CAP, 3/8*26MM, 540r/235r	2
4	323-00609	FRONT STABILIZER, HT540r/235r	1	43	302-00368	6MM HEX NUT MACRO	4
4A	323-00623	REAR STABILIZER, HT540r/235r	1	44	302-00402	M10X19x2.0 MM WASHER,220E/240E/240R/240U	2
5	323-00610	CARRIAGE TUBE, 540r/235r	1	45	319-00398	BELT TENSION BRACKET, 540r/235r	1
6	311-00105	PULLEY WITH CRANK ASSEMBLY, 540r/235r	1	46	311-00106	IDLER PULLEY, 540r/235r	1
7	311-00068	MAG BRAKE TRI-6.0R/640R/640U	1	47	306-01005	PLASTIC COIL TUBE, 540r/235r	1
8	313-00440	GEAR BOX WITH WIRE, 540r/235r	1	48	302-01599	HEX HEAD SCREW, M8*30MM, 540r/235r	1
9	328-00088	SEAT PAD, 540r/235r	1	49	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	12
10	323-00611	FRONT HANDLEBAR, 540r/235r	1	50	302-00455	M8 NYLON NUT (THICK) 220R/240R/640R/250R	4
11	305-01618	BOTTOM, LEFT HOUSING, W/DECAL, 235R	1	51	302-01600	SPRING, 540r/235r	1
12	305-01619	BOTTOM, RIGHT HOUSING, W/DECAL, 235R	1	52	302-00467	TP M3 X8MM SCREW 220R/240R/640R/520e/250	2
13	306-00997	CARRIAGE TUBE CAP, LEFT, 540r/235r	1	53	302-01022	FRONT HANDLEBAR SLEEVE 30*3*200MM,HT640R	2
14	306-00998	CARRIAGE TUBE CAP, RIGHT, 540r/235r	1	54	302-01198	HEX HEAD SCREW, M8 X 20MM	1
15	307-00747	CONSOLE, 235R	1	55	302-00411	M8 X15 HEX HEAD SCREW	14
16	323-00612	SEAT HANDLEBAR, 540r/235r	1	56	302-01601	CURVED WASHER, M8*18, 540r/235r	5
17	319-00397	ROLLER, 540r/235r	2	57	313-00442	PULSE WIRE, 540r/235r	1
18	306-00999	FOOT CAP, 540r/235r	2	58	313-00443	EXTENSION WIRE, 540r/235r	1
19	302-01594	CARRIAGE BOLT, M8*65MM, 540r/235r	4	59	306-01006	PLASTIC INNER BUSHING, 50*60, 540r/235r	2
20	302-01200	M24X38MMX1.5T WASHER	1	60	328-00089	BACK PAD, 540r/235r	1
21	302-01595	ACORN NUT CAP, 8MM, 540r/235r	4	61	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	2
22	331-00022	SLOTTED BEARING NUT	1	62	302-00356	M6X15MM SCREW	10
23	331-00006	BEARING CM535/550/560/750/DCV6.0RU/R/640	2	63	302-00444	WASHER, M6X16MM (BLACK)	6
24	331-00088	BEARING CUP, HT640R	2	64	313-00444	HAND PULSE GRIP, 540r/235r	2
25	331-00015	NOTCHED BEARING NUT CM535/550/560/750 DC	1	65	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R/520	2
26	302-01596	SPACER, M8*12.5*10.5L, 540r/235r	1	66	313-00445	SHORT EXTENSION PULSE WIRE, 540r/235r	1
27	331-00087	CRANK WASHER, HT640R	1	67	302-01658	BASE SPACER, HT540r/235r	1
28	302-01635	CRANK NUT, TRI-6.0R/640R/640U	2	68	306-00569	1" BALL PLUG TRI-6.0R/HT640R/HT640U	2
29	307-00739	DC POWER CORD, 540r/235r	1	69	319-00399	CLAMP, 540r/235r	1
30	306-01000	PEDAL, LEFT, 540r/235r	1	70	302-01602	SCREW, TP M4*16MM, 540r/235r	11
30A	306-01001	PEDAL STRAP, LEFT, 540r/235r	1	71	302-01603	SCREW, TP M5*30MM, 540r/235r	10
31	306-01002	PEDAL, RIGHT, 540r/235r	1	72	302-00456	M8 NYLON NUT (THIN) 220R/240R/240U/640R	1
31A	306-01003	PEDAL STRAP, RIGHT, 540r/235r	1	73	302-00524	HEX HEAD BOLT M8X45(MM)	2
32	306-00640	END PLUG, HT640R	1	74	306-00632	30X60 END CAP	1
33	302-01215	HAND SLEEVE, HT640R	2	75	313-00446	LONG EXTENSION PULSE WIRE, 540r/235r	1
34	310-00173	MAGNET, HT640U/HT640R	1	76	319-00415	REAR LEFT CHAIN COVER, 235R	1
35	304-00028	V-BELT, 540r/235r	1	77	319-00416	REAR, RIGHT CHAIN COVER, 235R	1
36	302-01214	LOCKING KNOB (22MM)	1	78	302-01604	HEX HD SCREW,M6*15MM, 540r/235r*USE 302-00385	1
37	306-01004	SQUARE CAP, 50*50, 540r/235r	1	#	315-00124	OWNER'S MANUAL, 235r	1
38	313-00441	SENSOR WIRE WITH SENSOR, 540r/235r	1	#	313-00465	ADAPTER 540R/235R	1
39	302-01597	METAL SCREW, M5*10MM, 540r/235r	4				
40	302-01195	EYEBOLT 6 X 40MM	3				

Exploded View



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime

Electronics and *Parts: 1 yr

Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Ironman Fitness Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers at your request or out of the limited warranty period (without written consent from Ironman), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceeds standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (i) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.



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