

Star Trac Fitness™
S-UBx Upright Bike
S-RBx Recumbent Bike

OWNER'S MANUAL



expect different™.

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Upright Bike



Recumbent Bike

INTRODUCTION

Thank you for choosing the *STAR TRAC S SERIES BIKE*. The Upright and Recumbent Bikes have been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of these Bikes will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and our Bikes will provide the path to meet your goals. Enjoy the ride.

ABOUT THIS MANUAL

This manual is applicable to the *STAR TRAC S-UBx UPRIGHT BIKES* and the *STAR TRAC S-RBx RECUMBENT BIKES*. The manual is divided into eight sections, as follows:

Introduction

Provides an overview of each section within the manual.

Safety Instructions

Provides guidelines, in multiple languages, for safely operating the Star Trac S Series Bikes.

Assembly and Setup

Provides instructions for unpacking, assembling and setting up the Star Trac S Series Bikes.

Operating Instructions

Provides a detailed description of the Display Panel, and includes step-by-step instructions for operating the Star Trac S Series Bikes.

Preventative Maintenance

Describes the preventative maintenance measures required to keep the Star Trac S Series Bikes in top condition.

Manager / Maintenance Mode

Provides step-by-step instructions for changing universal parameters on Star Trac S Series Bikes, and for performing built-in testing procedures.

Troubleshooting

Describes the start-up and shutdown messages provided as a result of the self-test routine.

Regulatory Information

Provides regulatory information for the Star Trac S Series Bikes.

SAFETY INSTRUCTIONS

This chapter includes fitness safeguards and precautions for the installation and use of the Star Trac S Series Bikes. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the following languages (in the order shown):

English

Dutch

French

German

Italian

Portuguese

Spanish

Swedish

Chinese

Japanese

PRECAUTIONS

These safety notes are directed to you as the owner of the Star Trac S Series Bike. Please train all your users and fitness staff to follow these safety instructions.

Do

Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.

Do stop operating your Bike if you feel dizzy or faint.

Do perform regular preventative maintenance.

Do exercise slowly until you reach a level of comfort.

Do use the Bike only for its intended use, as described in this manual.

Do Not

Do not let unsupervised children operate your Bike.

Do not use without athletic shoes.

Do not use in rainy weather outdoors, or in an enclosed pool environment.

Do not drop or insert any object, hands, or feet into any opening, or underneath your Bike.

Do not attempt to remove any shrouds or modify your Bike.

WARNING

Your Star Trac S Series Bike is designed for aerobic exercise in a commercial or consumer environment.

Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when cycling.

Read the Owner's Manual in its entirety before operating your cycle.

Failure to obey this warning can result in injury or death.

VEILIGHEIDSINSTRUCTIES

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de Star Trac S Series Bikes. Train uw leden en fitnesspersoneel om dezelfde veiligheidsinstructies te volgen.

Doe Dit Wel

Moedig uw leden aan om hun gezondheids- of fitnessprogramma met een geneeskundige te bespreken.

Stop met de fiets als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.

Verricht regelmatig preventief onderhoud.

Begin langzaam totdat u een comfortabel en veilig niveau heeft bereikt.

Gebruik het apparaat alleen voor het doel waarvoor het bestemd is en zoals in dit handboek beschreven.

Doe Dit Neit

Laat kinderen niet zonder toezicht de fiets bedienen.

Plaats uw voeten niet onder uw fiets.

Gebruik de fiets niet zonder sportschoenen.

Niet buiten in regenachtig weer gebruiken of in een omgeving met een overdekt zwembad.

Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening dan ook of onder het apparaat.

Verwijder nooit afschermingen en verander het apparaat niet.

WAARSCHUWING

Uw Star Trac S Series Bike is ontworpen voor aerobics in een commerciële of consumentenomgeving.

Vraag advies aan uw arts voordat u met een fitnessprogramma begint.

Vraag niet teveel van uzelf. Stop als u het gevoel heeft dat u flauw gaat vallen, als u duizelig bent of uitgeput. Gebruik uw gezonde verstand bij het steppen. Lees de gebruikshandleiding helemaal door voordat u uw fiets gebruikt.

CONSIGNES DE SECURITE

Ces consignes de sécurité sont destinées au propriétaire du Vélo d'exercice Star Trac. Veuillez enseigner ces consignes à tous vos membres et employés.

À Faire

Encouragez vos membres à discuter de leur programme de santé ou d'exercice avec un médecin.

Arrêtez tout exercice sur le vélo si vous éprouvez un étourdissement ou une défaillance.

Effectuez régulièrement un entretien préventif.

Exercez-vous lentement jusqu'à ce que vous vous sentiez à l'aise et en sécurité.

N'utilisez cet appareil que dans le but pour lequel il est conçu.

À Ne Pas Faire

Ne laissez pas des enfants utiliser le vélo sans surveillance.

Ne placez pas vos pieds sous le vélo.

Ne permettez à personne de s'exercer sans chaussures athlétiques.

N'utilisez pas l'appareil à l'extérieur par temps pluvieux ou à proximité d'une piscine.

N'insérez jamais la main, le pied ou un objet dans les ouvertures de l'appareil, ni sous l'appareil.

Ne modifiez jamais cet appareil et ne retirez aucun de ses éléments protecteurs.

MISE EN GARDE

Votre Vélo Star Trac est conçu pour l'exercice d'aérobic dans un contexte commercial ou à la maison.

Veuillez consulter votre médecin avant d'entreprendre tout programme d'exercice.

Évitez tout exercice excessif. Arrêtez si vous éprouvez un étourdissement, une défaillance ou de la fatigue. Fiez-vous à votre bon sens. Lisez attentivement la notice d'utilisation dans son intégralité avant d'utiliser votre vélo.

SICHERHEITSVORSCHRIFTEN

Diese Sicherheitshinweise sind an Sie, den Besitzer des Fitness-Bikes von Star Trac gerichtet. Bitte weisen Sie Ihre Mitglieder und Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

Sie Sollten

- Ihren Mitgliedern nahelegen, ihr Gesundheitsprogramm oder Fitneß-Training mit einem Arzt zu besprechen.
- Die Benutzung des Fitneß-Bikes beenden, wenn Benommenheit oder Schwindel auftritt.
- Das Gerät regelmäßig warten.
- Langsam trainieren, bis Sie sicher mit dem Gerät umgehen können.
- Dieses Gerät nur für den vorgesehenen Zweck gemäß der Beschreibung in diesem Handbuch verwenden.

Sie Sollten Niemals

- Kinder das Fitneß-Bike unbeaufsichtigt benutzen lassen.
- Die Füße unter das Fitneß-Bike stellen.
- Die Benutzung des Fitneß-Bikes ohne die passenden Sportschuhe zulassen.
- Das Gerät bei Regenwetter im Freien oder in einem Hallen-bzw, überdachten Schwimmbad verwenden.
- Gegensände in eine Öffnung des Geräts stecken oder darunter fallen lassen oder Hände bzw. Füße unter das Gerät halten.
- Abdeckungen abnehmen oder das Gerät ändern.

WARNUNG

Das Fitness-Bike von Star Trac ist für das Aerobik-Training in einem kommerziellen oder Verbrauchermilieu vorgesehen.

Bitte konsultieren Sie Ihren Arzt, bevor Sie mit einem Trainingsprogramm beginnen.

Überanstrengen Sie sich nicht. Hören Sie auf, wenn Schwindel, Benommenheit oder Erschöpfung eintreten. Gehen Sie beim Training vernünftig vor. Lesen Sie bitte das Benutzerhandbuch vor Verwendung des Fitneß-Bikes vollständig durch.

ISTRUZIONI DI SICUREZZA

Queste indicazioni sono indirizzate ai proprietari dello Star Trac cyclette. Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

Da Fare

- Incoraggiate i membri della vostra palestra a discutere il loro programma o regime di allenamento con uno specialista medico.
- Fermate lo cyclette se avete dei capogiri o vi sentite svenire.
- Eseguite la manutenzione regolarmente.
- Esercitatevi lentamente fino a quando raggiungete un livello confortevole e sicuro.
- Usate questo attrezzo solo per l'uso inteso, come descritto in questo manuale.

Da Non Fare

- Non permettete a bambini di usare lo cyclette senza sorveglianza.
- Non inserite i piedi sotto lo cyclette.
- Non usate lo cyclette se non calzate scarpe da ginnastica.
- Non usatelo all'aperto quando piove o vicino ad una piscina coperta.
- Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto di questo attrezzo.
- Non rimuovete nessun coperchio o modificate questo attrezzo.

ATTENZIONE

Lo Star Trac Cyclette è stato progettato per l'esercizio aerobico in un ambiente commerciale o domestico.

Consultatevi con il vostro medico di famiglia prima di intraprendere un programma di esercizi.

Siate coscienti dei vostri limiti. Fermatevi se avete dei capogiri, vi sentite svenire o siete esausti. Usate il vostro buon senso quando usate lo cyclette. Leggete tutto il manuale delle istruzioni prima di usare lo cyclette.

INSTRUÇÕES DE SEGURANÇA

Estas observações de segurança destinam-se à você, proprietário da bicicleta Star Trac. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

Faça

- Estimule seus usuários para que discutam seus programas de saúde ou de exercícios com um profissional de saúde.
- Pare de usar a bicicleta se você se sentir fraco ou com tontura.
- Faça manutenção preventiva regularmente.
- Faça o exercício lentamente até que você alcance um nível de conforto e segurança.
- Utilize este equipamento única e exclusivamente para o seu devido fim, conforme descrito neste manual.

Não Faça

- Não permita que crianças operem a bicicleta sem supervisão de um adulto.
- Não coloque seus pés embaixo da bicicleta.
- Não utilize a bicicleta sem calçar tênis.
- Não use este equipamento ao ar livre, em dias chuvosos ou em um ambiente de piscina interna.
- Nunca deixe cair ou introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.
- Não remova nenhum protetor ou modifique este equipamento.

ADVERTÊNCIA

A sua bicicleta Star Trac foi projetada para exercício aeróbico em um ambiente comercial ou residencial.

Faça um exame físico com seu médico antes de iniciar qualquer programa de exercícios.

Não abuse. Para se estiver sentindo tontura, fraqueza ou exaustão. Use bom senso quando se exercitar. Leia o manual do proprietário por completo antes de operar a sua bicicleta.

INSTRUCCIONES DE SEGURIDAD

Estas notas de seguridad van dirigidas a Vd. Como propietario del bicicleta Star Trac. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

Qué Hacer

- Anime a sus miembros a que discutan su programa de salud o régimen de ejercicio con un profesional de la salud.
- Detenga el escalón si se nota desfallecido o mareado.
- Realice un mantenimiento preventivo de manera regular.
- Haga ejercicio despacio hasta alcanzar un nivel de comodidad y seguridad.
- Utilice este producto sólo para los usos indicados, tal como se describe en este manual.

Qué No Hacer

- No permita que los niños utilicen el bicicleta sin supervisión.
- No ponga los pies debajo del bicicleta.
- No permita su uso sin calzado deportivo.
- No lo utilice en el exterior con tiempo lluvioso o en un recinto cerrado con piscina.
- No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.
- No quite ninguna cubierta ni modifique este equipo.

ADVERTENCIA

Su bicicleta Star Trac está diseñado para realizar ejercicio aeróbico en un entorno comercial o en forma individual.

Consulte a su médico antes de empezar cualquier programa de ejercicio.

No se exceda. Interrumpa el ejercicio si se nota desfallecido, mareado o agotado. Utilice el sentido común al usar este aparato. Lea el manual del propietario en su totalidad antes de poner en marcha el escalón.

SIKKERHEDSINSTRUKTIONER

Disse sikkerhedsinstruktioner henvendes til ejeren af Star Trac cykel. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

Råd

- Medlemmer bør opfordres til at tale om deres helseprogram eller kondiregime med en læge.
- Stig af cyklen, hvis du bliver mat i kroppen eller svimmel.

Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

Gør øvelserne langsomt, indtil du når et behageligt og sikkert niveau.

Udstyret bør udelukkende bruges til det formål, det er beregnet til ifølge denne brugsanvisning.

Advarsler

Tillad ikke børn uden opsyn at bruge cyklen.

Sæt ikke fødderne under cyklen.

Brug ikke cyklen uden kondisko.

Brug ikke cyklen udendørs i regnvejr eller i et indelukket område med svømmebassin.

Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.

Undlad at fjerne afskærmning eller forandre udstyret på nogen måde.

ADVARSEL

Din Star Trac cykel er konstrueret til konditræning i et erhvervseller forbrugermiljø.

Vær venlig at rådføre dig med din læge, før du påbegynder et kondiprogram.

Du må ikke overanstrenges dig alt for meget. Stop hvis du føler dig mat i kroppen, svimmel eller udmattet. Brug sund fornuft, når du cykler. Vær venlig at læse hele brugsanvisningen, før du stiger på cyklen.

ASSEMBLY AND SETUP

S SERIES UPRIGHT BIKE ASSEMBLY AND SETUP

Use the following procedures to unpack and assemble your **STAR TRAC S-UBx UPRIGHT BIKE**.

UNPACKING

Open the shipping carton, remove all parts from the carton and foam inserts, and verify that the following parts are included in your shipment:



Description	Qty
Bike Frame	1
Display Console Assembly	1
Seat Post Assembly	1
Button Head Screw M 8 x 16	4
Cross recessed pan head tapping screw ST4.2 X 9.5	2
Hocket Set Screw With Cup Point M8X40	1
Flat Washer Ø8.4XØ16X1.6	4



TOOLS REQUIRED

Most **STAR TRAC** bikes can be assembled using the following tools:

N Metric Hex Key Wrenches	N Channel Lock Pliers
N Metric Open-End Wrenches	N Vice Grip Pliers
N Metric Ratchet Socket Wrench Set	N Rubber Mallet
N Torque Wrench	N Phillips Head Screwdriver

Your **STAR TRAC S-UBx UPRIGHT BIKE** includes a hex key set and combination open-end wrench.

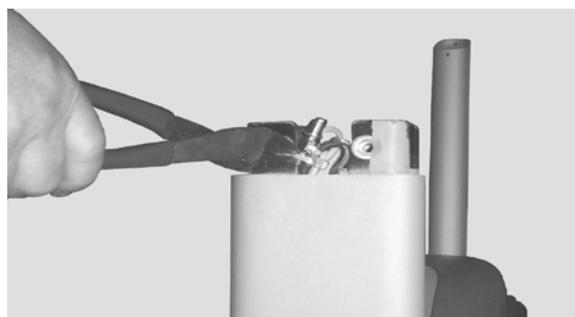
ASSEMBLY

1. Install the Display Console

NOTE: It is necessary to have one person support and position the display console while a second person makes the cable connections.

Carefully pull the cable bundle out of the lower neck on the bike frame. Use a pair of wire cutters or other suitable tool to cut and remove the tie wrap from the cable bundle.

Hold the display console neck approximately three inch from the neck brackets of the bike frame. Plug the display console power, main I/O and Ground Wire into their mating connectors in the display console neck. Pull coaxial cable out of console frame by white cable in handrail tube.



Step 1a



Step 1b



Step 1c



Step 1d

CAUTION: Be careful not to pinch your fingers between the console neck and the bike frame when sliding the console into place.

CAUTION: Be sure not to pinch the display cables between the console neck and the bike frame.



Step 1e

While gently pushing the display cables up into the display console neck, carefully slide the console neck onto the neck brackets until it is fully seated. Secure the display console to the bike frame with four M 8 x 16 button head screws (two screws in front side and two screws in back side). Install the M8x40 hocket set screws with cup point into the hole on the side of bike frame. Tighten all four screws securely.

2. Install the Seat Post

Carefully slide the seat post and seat tube into the seat tube on the bike frame. Make sure the seat tube is fully bottomed against the frame.

Install the ST4.2 X 9.5 Cross recessed pan head tapping screws into the hole of the seat tube.(one screw in front side and one screw in back side).Tighten the screw securely.

Pull out on the seat release knob, and slide the seat post fully into the seat tube. Release the seat release knob.



Step 2

3. Leveling the Bike

Place the bike on the floor in the position in which it will be used. Use the leveling adjusters (located on the underside of the front and rear feet) to compensate for uneven floor surfaces and to eliminate wobbling.

You have now completed assembly of your *STAR TRAC S-UBx UPRIGHT BIKE*.

S SERIES RECUMBENT BIKE ASSEMBLY AND SETUP

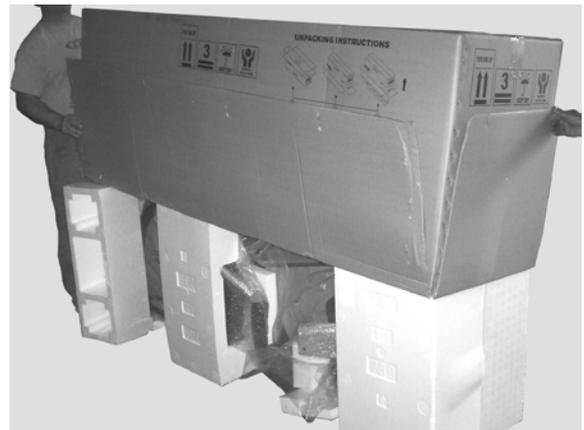
Use the following procedures to unpack and assemble your *STAR TRAC S-RBx RECUMBENT BIKE*.

UNPACKING

NOTE: Complete unpacking instructions are printed on the side of the shipping carton.

Turn the shipping carton upside-down, and fully open all four flaps on the bottom of the carton.

Turn the shipping carton right-side up, then lift the carton off of the foam inserts. Remove all parts and foam inserts, and verify that the following parts are included in your shipment:



Description	Qty
Bike Frame	1
Display Console Assembly	1
Seat Frame Assembly	1
Screw, Button Head M8 X 16	4
Screw, Button Head M10 X 12	4
Hocket Set Screw With Cup Point M8X40	1
Flat Washer Ø8.4XØ16X1.6	4
Flat Washer Ø10.5XØ20X1.6	4



TOOLS REQUIRED

Most *STAR TRAC* bikes can be assembled using the following tools:

- | | |
|------------------------------------|-----------------------------|
| N Metric Hex Key Wrenches | N Vice Grip Pliers |
| N Metric Open-End Wrenches | N Rubber Mallet |
| N Metric Ratchet Socket Wrench Set | N Phillips Head Screwdriver |
| N Torque Wrench | |
| N Channel Lock Pliers | |

Your *STAR TRAC S-RBx RECUMBENT BIKE* includes a hex key set and combination open-end wrench.

ASSEMBLY

1. Install the Display Console

NOTE: It is necessary to have one person support and position the display console while a second person makes the cable connections.

Carefully pull the cable bundle out of the lower neck on the bike frame. Use a pair of wire cutters or other suitable tool to cut and remove the tie wrap from the cable bundle.



Step 1a

Hold the display console neck approximately three inch from the neck brackets of the bike frame. Plug the display console power, main I/O and Ground cable into their mating connectors in the display console neck. Pull coaxial cable out of console frame by white cable in handrail tube.



Step 1b



Step 1c



Step 1d



Step 1e

CAUTION: Be careful not to pinch your fingers between the console neck and the bike frame when sliding the console into place.

CAUTION: Be sure not to pinch the display cables between the console neck and the bike frame.

While gently pushing the display cables up into the display console neck, carefully slide the console neck onto the neck brackets until it is fully seated. Secure the display console to the bike frame with four M8 x 16 button head screws (two screws in front side and two screws in back side). Install the M8x40 hook set screws with cup point into the hole on the side of bike frame. Tighten all four screws securely.

2. Install the Seat Frame

Carefully position the seat frame over the seat carriage on the bike frame, aligning the attachment holes in the sides of the seat frame with the holes in the seat carriage.

Using four M10 x 12 socket head screws, secure the seat frame to the seat carriage. Tighten all four screws securely.

3. Leveling the Bike

Place the bike on the floor in the position in which it will be used. Use the leveling adjusters (located on the underside of the front and rear feet) to compensate for uneven floor surfaces and to eliminate wobbling.



Step 2

You have now completed assembly of your *STAR TRAC S-RBx RECUMBENT BIKE*.

OPERATING INSTRUCTIONS

Operating the *STAR TRAC S SERIES BIKE* is very easy. Simply mount the bike, begin pedaling, and press QUICK START. Learning the features and incorporating the *STAR TRAC S SERIES BIKE* into your members' fitness programs is just as easy. In this chapter, you will learn the display function and how to get the most out of every *STAR TRAC S SERIES BIKE* workout.

IMPORTANT: Before operating the bike, you must be familiar with the following equipment limitations:

Maximum Weight: Your *STAR TRAC S SERIES BIKE* is designed for a maximum user weight of 350 lbs/159 kg. DO NOT exceed the maximum user weight.

SEAT ADJUSTMENTS

Proper seat positioning helps ensure maximum exercise efficiency and comfort, while reducing the risk of injury. Always adjust the seat position prior to beginning your workout.

IMPORTANT: When adjusting the seat height for either bike, your knee should never completely “lock out” during any portion of the cycle pattern.

Adjusting Seat Height (S-UBx Upright Bike)

When sitting on the seat of your Upright Bike, your knees should be almost fully extended when the pedals are at the lowest point of their rotation. To adjust the seat height:

NOTE: When raising the seat, the seat will ratchet up when pulled. When lowering the seat, you must use the seat release knob.

With the pedal at its lowest point of rotation, stand on the pedal with your knee slightly bent. To raise the seat, carefully lift up on the “nose” of the saddle and raise the seat to the desired position (the seat release knob does not need to be pulled out). To lower the seat, carefully pull out on the seat release knob (located at the rear of the seat tube) and lower the seat to the desired position. Release the knob, ensuring that the spring retracts to its original position, and that the seat stays firmly in place.

Note your height adjustment (shown on the front of the seat post) for future reference. This number is the highest number visible on the seat post.

Adjusting Seat Position (S-RBx Recumbent Bike)

When sitting on the seat of your Recumbent Bike, your knees should be almost fully extended when the pedals are at the lowest point of their rotation. To adjust the seat position:

Sit on the seat and grasp the seat adjustment handle (located under the seat). Lift up on the handle, and slide the seat forward or backward on the seat carriage to the closest available position that allows your knees to be slightly bent toward the lower pedal. Release the handle, ensuring that the spring retracts to its original position, and that the seat stays firmly in place.

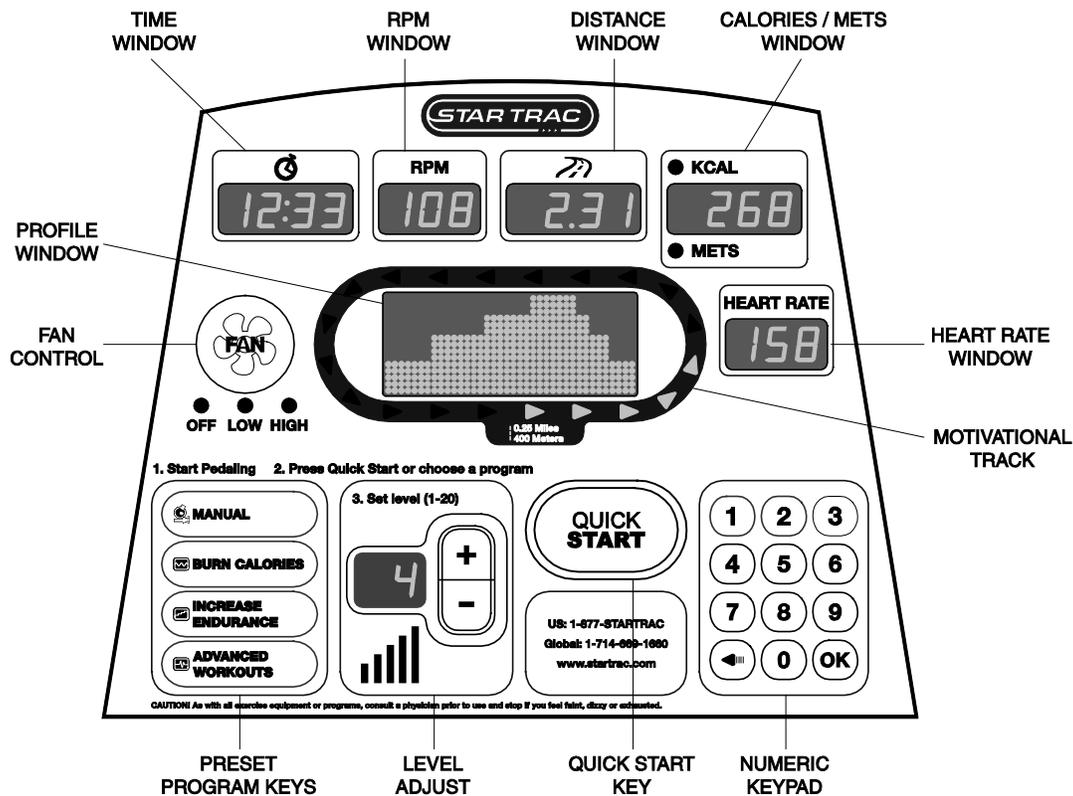
Note your height adjustment (shown on the top of the seat rail either in front of or behind the seat) for future reference.

PEDAL STRAP OPERATION

The pedal straps should be adjusted to hold each foot comfortably but firmly on the pedal. Place your foot on the pedal, then adjust the pedal strap as necessary. Pull the free end of the strap down to tighten. Press the release button to loosen.

DISPLAY PANEL FEATURES

Your **STAR TRAC S SERIES BIKE** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display panel provides the operating controls and display elements described in the following paragraphs, and is consistent for the **STAR TRAC S-UBx UPRIGHT BIKE** and **STAR TRAC S-RBx RECUMBENT BIKE**.



QUICK START Key: Enables the bike for manual operation using a default weight of 155 pounds, a default resistance LEVEL of "1", and a default time limit of 99 minutes.

NOTE: Default time and weight are adjustable through Manager/Maintenance mode.



Numeric Keypad: Allows you to enter specific values for program parameters during program setup. During a program, these keys may be used to change resistance level.



OK Key: (part of numeric keypad) Allows you to confirm selections during program setup and operation.



Arrow Key: (part of numeric keypad) Allows you to make corrections to values entered during program setup.



Increase RESISTANCE Key: Increases the resistance level from 1 (least resistance) to 20 (greatest resistance), in one-unit increments. Current resistance setting is shown in the Level display window.



Decrease RESISTANCE Key: Decreases the resistance level from 20 (greatest resistance) to 1 (least resistance), in one-unit increments. Current resistance setting is shown in the Level display window.



FAN Key: Allows you to control the speed of the personal cooling fan, either OFF, LOW or HIGH.

Preset Program Keys: Allow you to access a desired preset workout program.

TIME Window: Shows the duration of your workout thus far in minutes and seconds.

RPM Window: Shows the current speed at which you are pedaling in revolutions-per-minute.

DISTANCE Window: Shows the total number of miles or kilometers you have ridden thus far.

CALORIES / METS WINDOW: Alternates, display of your aggregate caloric expenditure (displays for six seconds) and aggregate METS expenditure (displays for three seconds) thus far in your workout.

HEART RATE Window: Shows your current rate in beats-per-minute (BPM) while wearing the heart rate strap or grasping the heart rate grips.

Profile Display: Traces your progress through each of the programs and allows you to anticipate changes in terrain. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect. Provides informational messages, prompts during program setup, feedback during your workout, and notification when your workout is complete.

Motivational Track: Shows your progress counter clockwise around 1/4-mile (400-meter) course, starting from the bottom center.

At the conclusion of your workout, the TIME Window, RPM Window, DISTANCE Window, CALORIES / METS Window and HEART RATE Window show your summarized workout data. Workout Data includes:

Time consumed

Calories / METS expended

Distance traveled – miles or kilometers

Average RPM

Average heart rate

HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your **STAR TRAC S SERIES BIKE**.

Pedal at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout.

Try different pedaling rhythms. In manual operation, vary your pedaling speed from slow to fast, then back to slow. As you become more comfortable with your bike, try pedaling faster, varying the resistance LEVEL, or using the preset programs.

Watch the Graphic Display to anticipate terrain changes. When you use the preset programs, the display shows changes in terrain as tall or short columns.

COOLDOWN CYCLE

In most programs, once you have completed your workout, the bike enters a two-minute Cooldown cycle.

NOTE: The software is programmed to properly decrease pedaling resistance to provide a cooldown.

To operate the bike during Cooldown:

1. You can adjust the resistance LEVEL during Cooldown.

N Use the      keys to enter a resistance LEVEL (from 1 to 20); or press the  or  key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.

N When the desired resistance LEVEL has been entered, press the  key to accept the displayed LEVEL.

2. When the Cooldown cycle ends, your workout summary displays in the information windows. If you wish to exit the Cooldown cycle before it ends automatically, stop pedaling.

USING THE PERSONAL FAN

The **STAR TRAC S SERIES BIKE** is equipped with a built-in personal fan to increase your comfort during a workout. You can control the fan speed during your workout.

To operate the personal fan:

Press the  key, as necessary, to cycle the personal fan from OFF to LOW to HIGH to OFF. An LED indicator lights to show the currently selected fan speed.

The fan remains set at the set speed if you pause your program.

The fan turns off automatically if you exit your workout, or when you complete your workout program.

HEART RATE MONITORING

Heart rate monitoring allows you to determine if your workout is too challenging or not challenging enough. Monitoring heart rate is easy with the **STAR TRAC S SERIES BIKE**. You may use a heart rate strap (not provided with the bike), or you can simply grasp the silver contact heart rate grips (available on the S-UBx Upright and S-RBx Recumbent bikes only).

NOTE: *The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.*

IMPORTANT: The manufacturer does not warrant the heart rate system **performance** on this product, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

CONTACT HEART RATE MONITORING

You may use the heart rate contact grips (available on the S-UBx Upright and S-RBx Recumbent bikes only) to automatically check your heart rate. Just follow these steps.

1. Grasp the stainless steel heart rate contact grips; you do not have to squeeze tightly.
2. It may take from 30 to 60 seconds for the heart rate system to acquire and display your heart rate. While your heart rate is acquired, a pulsing heart  displays in the Profile Window.
3. Once your heart rate has been acquired, the Profile Window returns to its normal display mode, and your current heart rate in beats-per-minute (BPM) displays in the HEART RATE Window.
4. Release the Heart Rate grips if you wish to remove your heart rate reading from the display.

CHEST STRAP HEART RATE MONITORING

You may use the heart rate strap to automatically check your heart rate. Just follow these steps:

1. Before beginning your workout, or during a pause, moisten the back of the transmitter on the heart rate strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.
2. When your heart rate has been acquired, your heart rate in beats-per-minute (BPM) displays in the HEART RATE Window.
3. Remove the heart rate strap, if you wish to remove your heart rate reading from the display.

NOTE: *The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your treadmill when you use the heart rate strap.*

LOCKOUT ID PROCESSING

When the Lockout Enable has been set in Manage / Maintenance Mode (see “Manager Mode” or “Maintenance Mode”, as appropriate), users must enter a Lockout ID number to enable the bike for operation.

To enter a Lockout ID:

1. Mount the bike (refer to “Seat Adjustments”) and begin pedaling.
 - N If Lockout Enable is set, the message “BIKE LOCKED; PRESS 0 TO ENTER ID” scrolls across the Profile Window.

2. Press the **0** key, then use the **0•••9** keys to enter the three-digit Lockout ID. Entered digits will show in the Profile Window.
3. When the Lockout ID has been entered, press the **OK** key.
 - N If you enter the correct Lockout ID, the message “VALID ID” scrolls once across the Profile Window. You may continue with normal operation of the bike (see “Quick Start” or “Preset Programs”, as desired).
 - N If you enter an incorrect Lockout ID, the message “INVALID ID” scrolls once across the Profile Window. Make sure you have the correct Lockout ID, then repeat steps 1 through 3 to re-enter.

QUICK START

Quick Start lets you begin your workout by simply pressing one key, or by pedaling for approximately 10 seconds without pressing any key. Quick Start uses a default weight of 155 pounds (70 kg), a resistance LEVEL of 1, and a time limit of 99 minutes. YOU control resistance Level during the entire program.

NOTE: The default time and weight are adjustable through Manager / Maintenance Mode.

To operate the Quick Start program:

1. Mount the bike (please refer to “Seat Adjustments” section), and begin pedaling.
 - N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing”).
2. Press the QUICK START key.
3. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
4. You can adjust the resistance LEVEL during the program, using either of the following methods.
 - N Use the **0•••9** keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the **OK** key to confirm the resistance level.
 - N Press the **+** or **-** key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
5. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
6. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire. If you wish to skip the Cooldown cycle, press the **key** to view your workout summary.

PRESET PROGRAMS

The **STAR TRAC S-UBx UPRIGHT and S-RBx RECUMBENT BIKES** offer 10 preset programs to add variety and challenge to your workout, including the **ADVANCED WORKOUTS** function that provides three cardio-intensive training programs, a Fitness Test, individual goal workouts and an auto-pilot program.

Pre-set programs include:

-  **MANUAL** Allows the user to pre-program a time goal and user weight. Resistance is determined by the user during the program.
-  **BURN CALORIES** An intense 3-peak ride that allows the user to pre-program a time goal, user weight and maximum resistance level (from 1 to 20).
-  **INCREASE ENDURANCE** Allows the user to pre-program a time goal, user weight and maximum resistance level (from 1 to 20). The program begins at a resistance level of 1, then increases linearly to the specified maximum resistance level.
-  **ADVANCED WORKOUTS** Our **ADVANCED WORKOUTS** programs offer the user the ability to train in specific HR zones, to complete a Fitness Test, or to utilize other goal-oriented programs.

MANUAL PROGRAM

The **MANUAL** program allows the user to pre-program a time goal and user weight. Resistance is determined by the user during the program.

To operate the MANUAL program:

1. Mount the bike (refer to “Seat Adjustments” section) and begin pedaling,
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
N Use the  keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
N When your correct weight has been entered, press the  key to accept the displayed value.
4. You are prompted to enter a time goal.
The default time is 99 minutes. You may enter any time from 1 to 99 minutes.
N Use the  keys to enter your desired time goal; or press the  or  key, as necessary, to increase or decrease the displayed value in 1 minute increments.
N When your desired goal has been entered, press the  key to accept the displayed value.
5. You are prompted to enter a resistance LEVEL.
N Use the  keys to enter a resistance level (from 1 to 20) or press the  or  key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
N When the desired resistance LEVEL has been entered, press the  key to accept the displayed LEVEL.
6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
7. You can adjust the resistance LEVEL during the program, using either of the following methods:
N Use the  keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the  key to confirm the resistance level.
N Press the  or  key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
8. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.
N To jump to another preset program, press the  or  key, as desired.
10. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

BURN CALORIES PROGRAM

The BURN CALORIES program provides an intense 3-peak ride that allows the user to pre-program a time goal, user weight and maximum resistance level (from 1 to 20).

To operate the BURN CALORIES program:

1. Mount the bike (refer to “Seat Adjustments” section) and begin pedaling,
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
N Use the  keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
N When your correct weight has been entered, press the  key to accept the displayed value.
4. You are prompted to enter a time goal.

The default time is 99 minutes. You may enter any time from 1 to 99 minutes.

N Use the **0...9** keys to enter your desired time goal; or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 minute increments.

N When your desired goal has been entered, press the **OK** key to accept the displayed value.

5. You are prompted to enter a maximum resistance LEVEL.

N Use the **0...9** keys to enter a resistance level (from 1 to 20) or press the **+** or **-** key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.

N When the desired resistance LEVEL has been entered, press the **OK** key to accept the displayed LEVEL.

6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).

7. You can adjust the resistance LEVEL during the program, using either of the following methods:

N Use the **0...9** keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the **OK** key to confirm the resistance level.

N Press the **+** or **-** key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.

8. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.

9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.

N To jump to another preset program, press the **MANUAL** or **INCREASE ENDURANCE** key, as desired.

10. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

INCREASE ENDURANCE PROGRAM

The INCREASE ENDURANCE program allows the user to pre-program a time goal, user weight and maximum resistance level (from 1 to 20). The program begins at a resistance level of 1, then increases linearly to the specified maximum resistance level.

To operate the INCREASE ENDURANCE program:

1. Mount the bike (refer to “Seat Adjustments” section) and begin pedaling,

N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).

2. Press the **INCREASE ENDURANCE** key.

3. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

N Use the **0...9** keys to enter your current weight; or press the **+** or **-** key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

N When your correct weight has been entered, press the **OK** key to accept the displayed value.

4. You are prompted to enter a time goal.

The default time is 99 minutes. You may enter any time from 1 to 99 minutes.

N Use the **0...9** keys to enter your desired time goal; or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 minute increments.

N When your desired goal has been entered, press the **OK** key to accept the displayed value.

5. You are prompted to enter a maximum resistance LEVEL.

N Use the **0...9** keys to enter a resistance level (from 1 to 20) or press the **+** or **-** key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.

N When the desired resistance LEVEL has been entered, press the **OK** key to accept the displayed LEVEL.

6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).

7. You can adjust the resistance LEVEL during the program, using either of the following methods:
 - N Use the  keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the  key to confirm the resistance level.
 - N Press the  or  key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
8. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
9. If desired, you can jump to another preset program if your remaining workout time is greater than 5 minutes.
 - N To jump to another preset program, press the  or  key, as desired.
10. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

ADVANCED WORKOUTS PROGRAMS

The ADVANCED WORKOUTS programs include the HEART RATE TRAINING and BURN FAT programs, the FITNESS TEST program, GOAL WORKOUTS programs and the AUTO PILOT program. When using the HEART RATE TRAINING programs, use of the heart rate strap (rather than the heart rate grips) is recommended.

HEART RATE CONTROL PROGRAMS

ADVANCED WORKOUTS offers both a DYNAMIC HEART RATE CONTROL program and a CONSTANT HEART RATE CONTROL program, as well as the BURN FAT program.

NOTE: For best results, use a heart rate strap. If user is wearing a heart rate strap, the bike will automatically use the data from the heart rate strap.

To operate the Constant Heart Rate Control program:

This heart rate feature is designed to maintain your heart rate at a constant level by controlling pedaling resistance and prompting you to pedal at a specified RPM. Please note that your heart rate may vary above and below your target heart rate during this program.

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.
 - N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the  key to select the HEART RATE TRAINING programs, then press the  key when prompted to select CONSTANT HEART RATE CONTROL.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
 - N Use the  keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
 - N When your correct weight has been entered, press the  key to accept the displayed value.
5. You are prompted to enter a time goal. The bike displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.
 - N Use the  keys to enter your desired time goal; or press the  or  key, as necessary, to increase or decrease the displayed value in 1 minute increments.
 - N When your desired goal has been entered, press the  key to accept the displayed value.
6. You are prompted to enter your age.
 - N Use the  keys to enter your age, or press the  or  key, as necessary, to increase or decrease the displayed value in 1 year increments.
 - N When your correct age has been entered, press the  key to accept the displayed value.
7. You are prompted to enter a target heart rate. The bike displays a default target heart rate that is based on 70% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 70 to 200 BPM.

- N Use the **0...9** keys to enter your target heart rate, or press the **+** or **-** key, as desired, to increase or decrease the target heart rate in 1 BPM increments.
 - N When the desired target heart rate has been entered, press the **OK** key to accept the displayed value.
8. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
 9. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
 10. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

To operate the DYNAMIC HEART RATE CONTROL program:

This heart rate feature is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your selected training range by dynamically controlling pedaling resistance. During the workout, this cycle will repeat several times until the time goal is complete, creating an interval training effect that is customized to the user’s desired heart rate training range.

During program setup, there must be at least an 18 BPM difference between the lower heart rate limit and upper heart rate limit to ensure an interval workout.

By including interval exercise in your regular aerobic program, greater effects are noticed. Your heart and muscles will adapt to the increases in demand by utilizing stored calories for energy more effectively. Dynamic Heart Rate Control may potentially result in more calories expended. It will strengthen the heart, provide stress relief and variety to a workout. This program is more effective in training the body to remove excess lactic acid from the muscles.

To calculate your training zone, use the following formulas:
(theoretical max HR = 220 - Age)

Heart Rate Training Range Upper Level

$$\frac{\text{Your Theoretical Max}}{\text{Your Theoretical Max}} \times 0.75 = \frac{\text{Training Range Upper Limit}}{\text{Training Range Upper Limit}}$$

Heart Rate Training Range Lower Level

$$\frac{\text{Your Theoretical Max}}{\text{Your Theoretical Max}} \times 0.60 = \frac{\text{Training Range Lower Limit}}{\text{Training Range Lower Limit}}$$

NOTE: Calculating your theoretical maximum heart rate using age is an approximation. For more information, please contact a fitness professional or doctor.

1. Mount the bike (refer to “Seat Adjustments” section) and begin pedaling.
 - N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the **ADVANCED WORKOUTS** key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the **1** key to select the HEART RATE TRAINING programs, then press the **2** key when prompted to select DYNAMIC HEART RATE CONTROL.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
 - N Use the **0...9** keys to enter your current weight; or press the **+** or **-** key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
 - N When your correct weight has been entered, press the **OK** key to accept the displayed value.
5. You are prompted to enter a time goal. The bike displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.
 - N Use the **0...9** keys to enter your desired time goal; or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 minute increments.
 - N When your desired goal has been entered, press the **OK** key to accept the displayed value.
6. You are prompted to enter your age.
 - N Use the **0...9** keys to enter your age, or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 year increments.
 - N When your correct age has been entered, press the **OK** key to accept the displayed value.
7. You are prompted to enter an upper heart rate limit. The bike displays a default upper heart rate limit that is based on 80% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 90 to 200 BPM.
 - N Use the **0...9** keys to enter an upper heart rate limit, or press the **+** or **-** key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

- N When the desired upper heart rate limit has been entered, press the **OK** key to accept the displayed value.
8. You are prompted to enter a lower heart rate limit. The bike displays a default lower heart rate limit that is based on 60% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 70 BPM to 20 BPM less than the upper heart rate limit set in step 7.

N Use the **0...9** keys to enter a lower heart rate limit, or press the **+** or **-** key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

N When the desired lower heart rate limit has been entered, press the **OK** key to accept the displayed value.
 9. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
 10. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
 11. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

BURN FAT PROGRAM

NOTE: The BURN FAT program is available on the S-UBx Upright and S-RBx Recumbent bikes only.

The BURN FAT program is similar to the CONSTANT HEART RATE program. It is designed to maintain your heart rate at a constant level equal to 62.55% of your theoretical maximum heart rate (220 BPM – age) by controlling pedaling resistance and prompting you to pedal at a specified RPM. Please note that your heart rate may vary above and below the target heart rate during this program.

To operate the BURN FAT Control program:

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.

N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the **ADVANCED WORKOUTS** key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the **1** key to select the HEART RATE TRAINING programs, then press the **3** key when prompted to select the BURN FAT program.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).

N Use the **0...9** keys to enter your current weight; or press the **+** or **-** key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

N When your correct weight has been entered, press the **OK** key to accept the displayed value.
5. You are prompted to enter a time goal. The bike displays a default time of 99 minutes. You may enter any time from 1 to 99 minutes.

N Use the **0...9** keys to enter your desired time goal; or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 minute increments.

N When your desired goal has been entered, press the **OK** key to accept the displayed value.
6. You are prompted to enter your age.

N Use the **0...9** keys to enter your age, or press the **+** or **-** key, as necessary, to increase or decrease the displayed value in 1 year increments.

N When your correct age has been entered, press the **OK** key to accept the displayed value.
7. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
8. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
9. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

FITNESS TEST

NOTE: The FITNESS TEST program is available on the S-UBx Upright and S-RBx Recumbent bikes only.

The FITNESS TEST performs a single-stage, sub-maximal protocol, and calculates the results using the Astrand-Rhyming nomogram. The FITNESS TEST requires 6~7 minutes to complete. During the FITNESS TEST, you will be required to pedal at a constant 60 revolutions per minute (RPM). You can view your RPM's in the RPM window on the Display Panel.

NOTE: The test information is invalid if the RPM is not maintained at approximately 60 RPM.

You are required to raise your heart rate between 120 and 170 BPM for minutes 5, 6 and 7 (optional minute determined by the program). If, during the test, your heart rate reading levels out increase the resistance LEVEL, but DO NOT change the speed at which you are pedaling.

The Fitness Test utilizes age, gender, weight, workload output and HR to calculate two values:

Max VO₂ (in m/O₂/Kg/min) - measurement of oxygen consumption, which is used to define aerobic fitness.

Fitness Level - allows a user to track progress on a scale from 0% to 100%.

NOTE: You must wear the heart rate strap during the Fitness Test to monitor your heart rate.

To operate the Fitness Test program:

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the  key when prompted to select the FITNESS TEST.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
N Use the ••• keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
N When your correct weight has been entered, press the  key to accept the displayed value.
5. You are prompted to enter your gender.
N Press the  key to set the gender to “male”, press the  key to set the gender to “female”.
N When your correct gender has been entered, press the  key to accept the displayed value.
6. You are prompted to enter your age.
N Use the ••• keys to enter your age, or press the  or  key, as necessary, to increase or decrease the displayed value in 1 year increments.
N When your correct age has been entered, press the  key to accept the displayed value.
7. The FITNESS TEST runs for 6~7 minutes. During the FITNESS TEST, you must maintain pedaling speed at a constant 60 RPM.
N During the test, you may adjust the resistance LEVEL at any time.
8. If desired, you can use the personal cooling fan during your workout (see “Using the Cooling Fan” for details).
9. When the test is completed, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

GOAL WORKOUTS

NOTE: The GOAL WORKOUTS programs are available on the S-UBx Upright and S-RBx Recumbent bikes only.

The GOAL WORKOUTS programs allow the user to set a personal program goal based either on calories expended or distance traveled.

To operate the CALORIE GOAL program:

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the  key to select the GOAL WORKOUTS programs, then press the  key when prompted to select the CALORIE GOAL program.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
N Use the ••• keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
N When your correct weight has been entered, press the  key to accept the displayed value.
5. You are prompted to enter your goal for calories expended. You may enter any calorie goal from 1 to 999 calories.
N Use the ••• keys to enter your calorie goal; or press the  or  key, as necessary, to increase or decrease the displayed calories in 1 calorie increments.
N When your desired calorie goal has been entered, press the  key to accept the displayed value.
6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
7. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
8. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

To operate the DISTANCE GOAL program:

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the  key to select the GOAL WORKOUTS programs, then press the  key when prompted to select the DISTANCE GOAL program.
4. You are prompted to enter your weight. The bike displays a default weight of 155 pounds (70 kg). You may enter any weight from 0 to 500 pounds (0 to 226 kg).
N Use the ••• keys to enter your current weight; or press the  or  key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
N When your correct weight has been entered, press the  key to accept the displayed value.
5. You are prompted to enter your goal for distance traveled. You may enter any distance goal from 1 to 999 miles (or kilometers).
N Use the ••• keys to enter your distance goal; or press the  or  key, as necessary, to increase or decrease the displayed distance in 1 mile (or kilometer) increments.
N When your desired distance goal has been entered, press the  key to accept the displayed value.
6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
7. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
8. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

AUTO PILOT PROGRAM

The Auto Pilot program allows the user to positively increase the level of resistance by increasing pedaling speed (rpm’s). No keys to press with this one!

To operate the Auto Pilot program:

1. Mount the bike (please refer to “Seat Adjustments” section) and begin pedaling.
N If necessary, enter the Lockout ID to enable the bike for operation (see “Lockout ID Processing” for details).
2. Press the  key.
3. You are prompted to select the desired ADVANCED WORKOUTS program. Press the  key when prompted to select the AUTO PILOT program.
4. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
5. You can increase the resistance LEVEL during the program by increasing your pedaling speed. Decreasing your pedaling speed will lower the resistance LEVEL.
6. If you wish to pause the program, stop pedaling. The bike enters pause mode and a “P” flashes in the TIME Window. Resume pedaling within 25 seconds to continue your workout.
7. When you have reached your workout goal, the bike enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop pedaling and allow the Pause timer to expire.

PREVENTATIVE MAINTENANCE

With durable, high performance components, **STAR TRAC S SERIES BIKES** are designed for heavy usage with minimal maintenance required. To keep your bike in top condition, Star Trac strongly recommends performing the regular daily, weekly and monthly preventive maintenance routines outlined below. Any unusual symptoms, such as a loud continuous noise during operation, should be reported to **STAR TRAC PRODUCT SUPPORT DEPARTMENT** at (800) 503-1221, or USA 1-714-669-1660.

DAILY MAINTENANCE

Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the exterior of the display panel, handlebars, seat, pedals, shrouds and heart rate grips.

NOTE: DO NOT spray the cleaner directly onto the display panel or heart rate grips.

WEEKLY MAINTENANCE

Perform the following services each week:

Vacuum the floor under and around the bike. Move the bike to another spot, if necessary, to vacuum thoroughly.

Inspect the display panel mounting screws for security, and retighten if necessary.

Inspect the display panel keypads for wear.

MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

Check that the seat, pedals and shrouds are secure.

Tighten the pedals onto their respective pedal cranks using a 5/8-inch open end wrench.

MANAGER / MAINTENANCE MODE

After using your **STAR TRAC S SERIES BIKE** for a period of time, you may wish to change some of its settings.

MANAGER MODE

The Manager Settings allow you to query and modify the basic settings of your bike. To enter Manager Settings:

1. Press and hold the **0**, **1** and **OK** keys together.
2. A beep will sound and “MANAGER SETTINGS” will scroll once across the PROFILE Window.
3. Release all keys. “SN” will display in the PROFILE Window; the associated numeric value for the parameter will display in the DISTANCE Window.

NOTE: The system will automatically exit Manager Settings if no key is pressed for 30 seconds.

The following keys are used to modify MANAGER SETTINGS:



Increase and Decrease Level Keys: Display the next (Increase) and previous (Decrease) parameters. Keys will repeat if held.



Numeric Keypad: Facilitates entry of the desired value for the displayed parameter. These keys *do not* save the new value – see **OK Key** below.



OK Key: Updates (saves) the value of the displayed parameter in Flash memory. “UPDATING” will scroll once across the PROFILE Window while the update is in process. When the update is complete, the PROFILE Window will show the new value for the parameter.

NOTE: To exit MANAGER SETTINGS without saving any values or settings, press the QUICK START key.

NOTE: Unless otherwise specified, the **Item** (parameter) name is shown in the PROFILE Window, and the value of the parameter is shown in the DISTANCE Window.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
SN	0	9999	N/A	Serial Number. S Series Bike serial number (set by factory).
DSW	1.0	99.99	N/A	Display Software. Display panel software version number (set by factory). NOTE: Software checksum value is displayed in CALORIES Window.
OHR	0	9999	0	Operating Hours. Total operating hours.
DST	0	9999	0	Distance. Total distance ridden in miles or kilometers, based on current UNx setting.
UNx	UNE	UNM	UNE	Units. UNE (English) = units of pounds, miles, feet, inches UNM (Metric) = units of kilograms, kilometers, centimeters NOTE: Current Value is shown in PROFILE Window.
TIM	5	99	99	Time. Maximum time in minutes allowed for a program, excluding warm-up and cooldown.
WGT	1 (lb) 1 (kg)	500 (lb) 226 (kg)	155 (lb) 70 (kg)	Default Weight (to user). Typical weight in lb (UNx = UNE) or kg (UNx = UNM).
Lxx	N/A	N/A	LEN	Language. Display language; either LEN (English), LGE (German), LSP (Spanish), LDU (Dutch), LPO (Portuguese), LFR (French), LIT (Italian), LSW (Swedish) or LKA (Katakana).
LOE	OFF	ON	OFF	Lockout Enable. Enables/disables lockout function.
LOI	001	999	001	Lockout ID. Lockout override identification number.

MAINTENANCE MODE

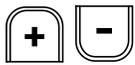
Your Service Representative may need to check accumulated data about the past usage of your bike, test its display controls, or investigate error messages. For these reasons, your bike is equipped with a Maintenance Mode. The Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and hold the **0**, **2** and **OK** keys together.

- A beep will sound and “MAINTENANCE SETTINGS” will scroll once across the PROFILE Window.
- Release all keys. “SN” will display in the PROFILE Window; the associated numeric value for the parameter will display in the DISTANCE Window.

NOTE: The system will automatically exit MAINTENANCE SETTINGS if no key is pressed for 30 seconds.

The following keys are used to modify MANAGER SETTINGS:



Increase and Decrease Level Keys: Display the next (Increase) and previous (Decrease) parameters. Keys will repeat if held.



Numeric Keypad: Facilitates entry of the desired value for the displayed parameter. These keys *do not* save the new value – see **OK Key** below.



OK Key: Updates (saves) the value of the displayed parameter in Flash memory. “UPDATING” will scroll once across the PROFILE Window while the update is in process. When the update is complete, the PROFILE Window will show the new value for the parameter.

NOTE: To exit maintenance SETTINGS without saving any values or settings, press the QUICK START key.

NOTE: Unless otherwise specified, the **Item** (parameter) name is shown in the PROFILE Window, and the value of the parameter is shown in the DISTANCE Window.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
SN	0	9999	N/A	Serial Number. S Series Bike serial number (set by factory).
DSW	1.0	99.99	N/A	Display Software. Display panel software version number (set by factory). NOTE: Software checksum value is displayed in CALORIES Window.
OHR	0	9999	0	Operating Hours. Total operating hours.
DST	0	9999	0	Distance. Total distance ridden in miles or kilometers, based on current UNx setting.
UNx	UNE	UNM	UNE	Units. UNE (English) = units of pounds, miles, feet, inches UNM (Metric) = units of kilograms, kilometers, centimeters NOTE: Current Value is shown in PROFILE Window.
TIM	5	99	99	Time. Maximum time in minutes allowed for a program, excluding warm-up and cooldown.
WGT	1 (lb) 1 (kg)	500 (lb) 226 (kg)	155 (lb) 70 (kg)	Default Weight (to user). Typical weight in lb (UNx = UNE) or kg (UNx = UNM).
Lxx	N/A	N/A	LEN	Language. Display language; either LEN (English), LGE (German), LSP (Spanish), LDU (Dutch), LPO (Portuguese), LFR (French), LIT (Italian), LSW (Swedish) or LKA (Katakana).
LOE	OFF	ON	OFF	Lockout Enable. Enables/disables lockout function.
LOI	001	999	001	Lockout ID. Lockout override identification number.
MDL	1	2	N/A	Model. 1-- = S-UB Upright Bike S-RB Recumbent Bike 1CH = S-UBx Upright Bike S-RBX Recumbent Bike
QKS	0	9999	0	Quick Start. Number of times the Quick Start program was run since last reset.
MNL	0	9999	0	Manual. Number of times the Manual program was run since last reset.
BRN	0	9999	0	Burn Calories. Number of times the Burn Calories program was run since last reset.
INC	0	9999	0	Increase Endurance. Number of times the Increase Endurance program was

Item	Lowest Value	Highest Value	Default Value	Meaning
CHR	0	9999	0	run since last reset. Constant Heart Rate. Number of times the Constant Heart Rate program was run since last reset.
DHR	0	9999	0	Dynamic Heart Rate. Number of times the Dynamic Heart Rate program was run since last reset.
BNF	0	9999	0	Burn Fat. Number of times the Burn Fat program was run since last reset.
FIT	0	9999	0	Fitness Test. Number of times the Fitness Test program was run since last reset.
CAL	0	9999	0	Calorie Goal. Number of times the Calorie Goal program was run since last reset.
DIS	0	9999	0	Distance Goal. Number of times the Distance Goal program was run since last reset.
AUT	0	9999	0	Auto Pilot. Number of times the Auto Pilot program was run since last reset.
KYD	0	9999	0	Key Down. The number of times a “Key Down” condition occurred since last reset.
DSP	N/A	N/A	N/A	Display Test. Access to integral Display Test function (for use by authorized Maintenance Technician).
KPT	N/A	N/A	N/A	Keypad Test. Access to integral Keypad Test function (for use by authorized Maintenance Technician).
HRT	N/A	N/A	N/A	Heart Rate Test. Access to integral Heart Rate Test function (for use by authorized Maintenance Technician).

TROUBLESHOOTING

STAR TRAC S SERIES BIKES perform a self-test at the beginning of every workout. If a problem is detected, a message displays before or after the workout, depending on the nature of the problem. Star Trac recommends that you refer your questions about your **STAR TRAC S SERIES BIKE** operation and suspected malfunctions to Star Trac’s Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

START-UP SERVICE MESSAGES

The following messages are displayed at the beginning of a workout if the associated problem is detected during self-test.

Key Down - One or more keys on the display panel are stuck in the “on” position. This can occur if a user presses keys before the system is turned on. Call Star Trac Product Support for assistance if the **Key Down** message continues to display.

REGULATORY INFORMATION

TO BE PROVIDED WHEN AVAILABLE



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