

HealthTrainer®

HT840R

Owner's Manual

HT840R RECUMBENT

Customer Service

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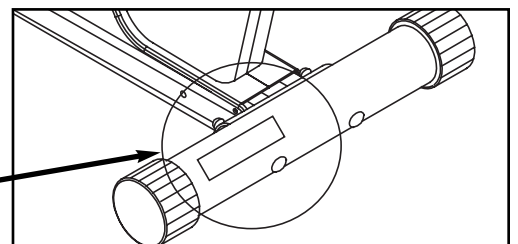


Model Name : HT840R.1

Serial Number :

Write down for future reference

Serial Number Decal Location



315-00052
08/05 Rev A

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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.

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 **300** 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. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start



Thank you for purchasing the **Health Trainer 840R Recumbent!** This 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.

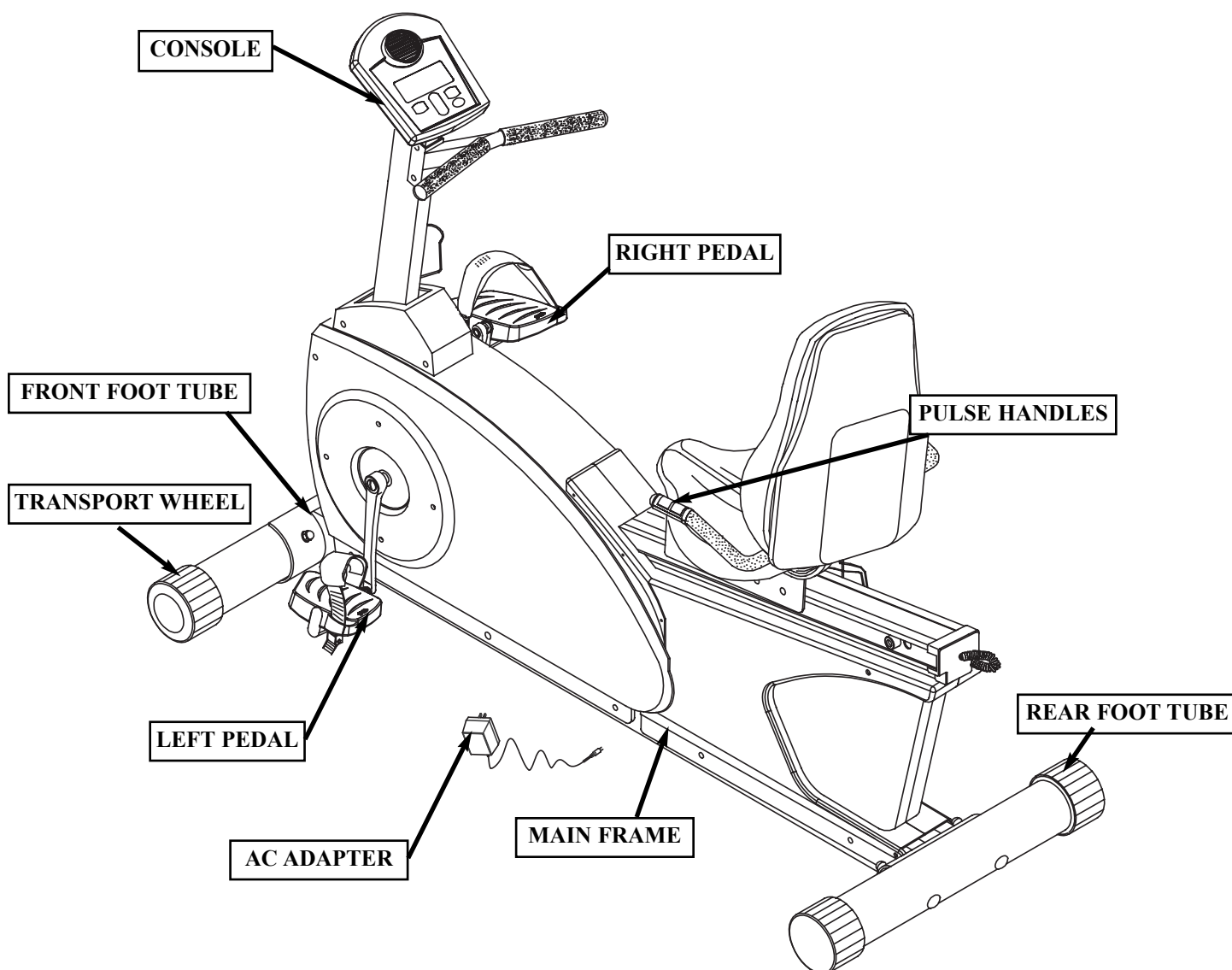
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect 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.



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

Tools:

1. ALLEN WRENCH
2. WRENCH

Main Components:

1. OWNER'S MANUAL
2. REAR FOOT TUBE
3. FRONT FOOT TUBE
4. MAIN FRAME
5. LEFT AND RIGHT PEDALS
6. PULSE HANDLES
7. CONSOLE
8. AC ADAPTER

Hardware:

1. M8X85MM CARRIAGE BOLT (19) - Qty 4
2. M8 X19MM WASHER BLACK (49) - Qty 34
3. CAP NUT, 8MM (61) - Qty 4
4. M6X60MM SCREW (93) - Qty 8
5. WASHER, M6X16MM (BLACK) (63) - Qty 10
6. SCREW, M8*15MM (BLACK) (89) - Qty 8
7. TP M4 X 12MM SCREW (70) - Qty 35
8. 11*58MM SCREW (84) - Qty 2
9. ALLEN BOLT, M6X15MM (62) - Qty 4
10. M8X60MM SCREW (55) - Qty 3
11. 8 MM BLACK LOCKNUTS (THICK) (50) - Qty 3
12. BLACK SCREW, M8X15MM (LOCKTITED) (90) - Qty 2
13. M8X57MM SCREW (67) - Qty 3
14. M5 X10MM SCREW (39) - Qty 4

FIGURE 1

Step 1:

Attach Rear Foot Tube (4) to Main Frame (1) with two Bolts (19), two Washers (49) and two Cap Nuts (61).

Step 2:

Attach Front Foot Tube (4) with two Bolts (19), two Washers (49) and two Cap Nuts (61).

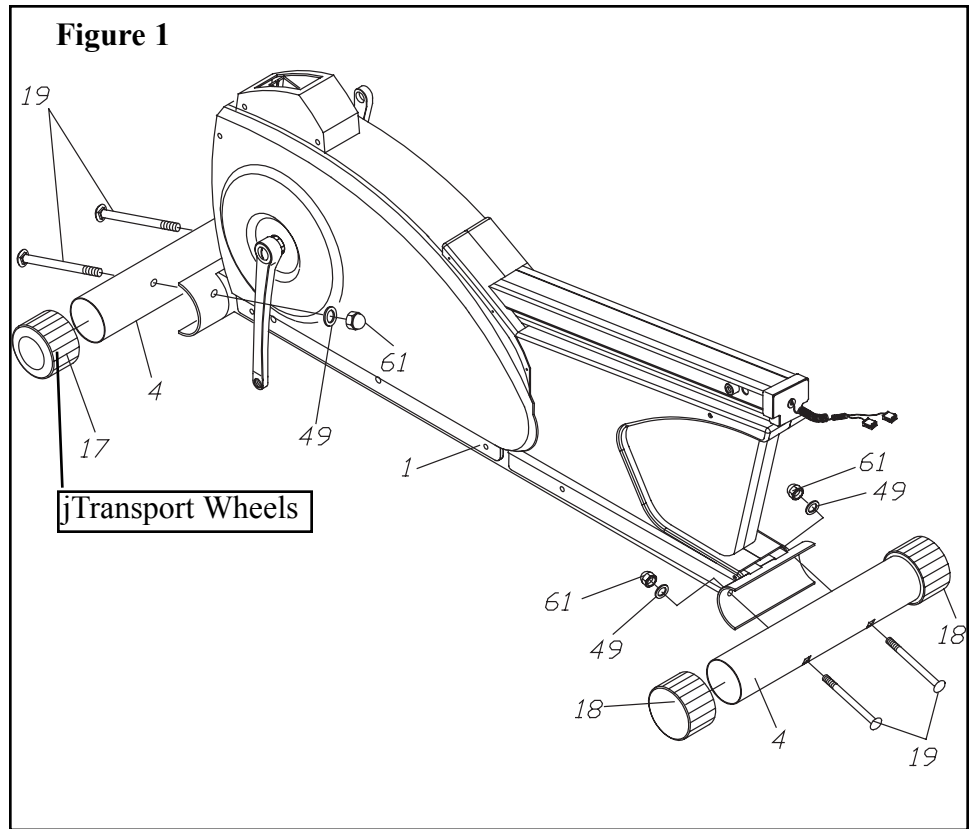


FIGURE 2

Step 1:

Attach Back Cushion (14) to Seat Support Bracket (3) using four Screws (93) and Washers (63). Snap Seat Cover (57) into place.

Step 2:

Attach Pulse Handlebars (13A) to Seat Support Bracket (3) using four Bolts (89) and four Washers (49).

Step 3:

Install Seat Cushion (9) to Seat Support Bracket (3) using four Screws (93) and Washers (63).

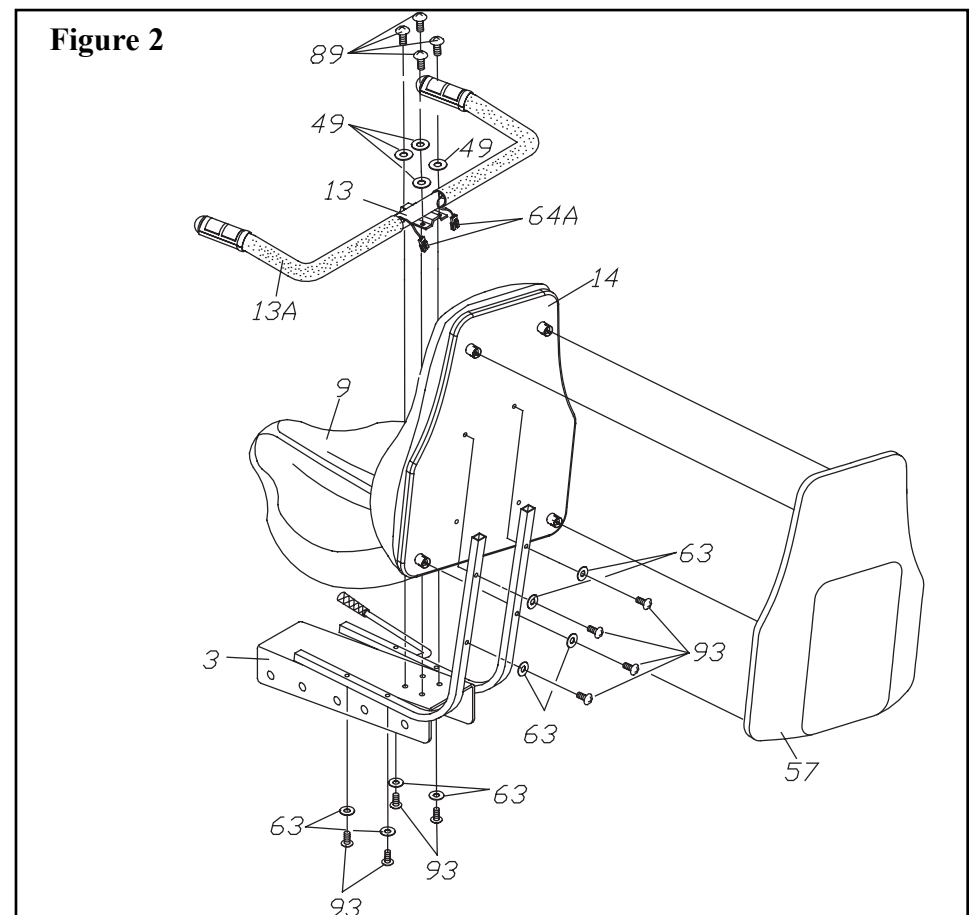


FIGURE 3

Step 1:

Connect Cables (64a) to (66a) and slide Endcap (80) into place. Attach Endcap with two Screws (70).

Note: Be careful not to pinch the cables.

Step 2:

Slide Assembled Seat Carriage (30) onto Seat Bracket (21). Attach to brackets using one Screw (84), Spacers (83), Washer (63), and Screw (62).

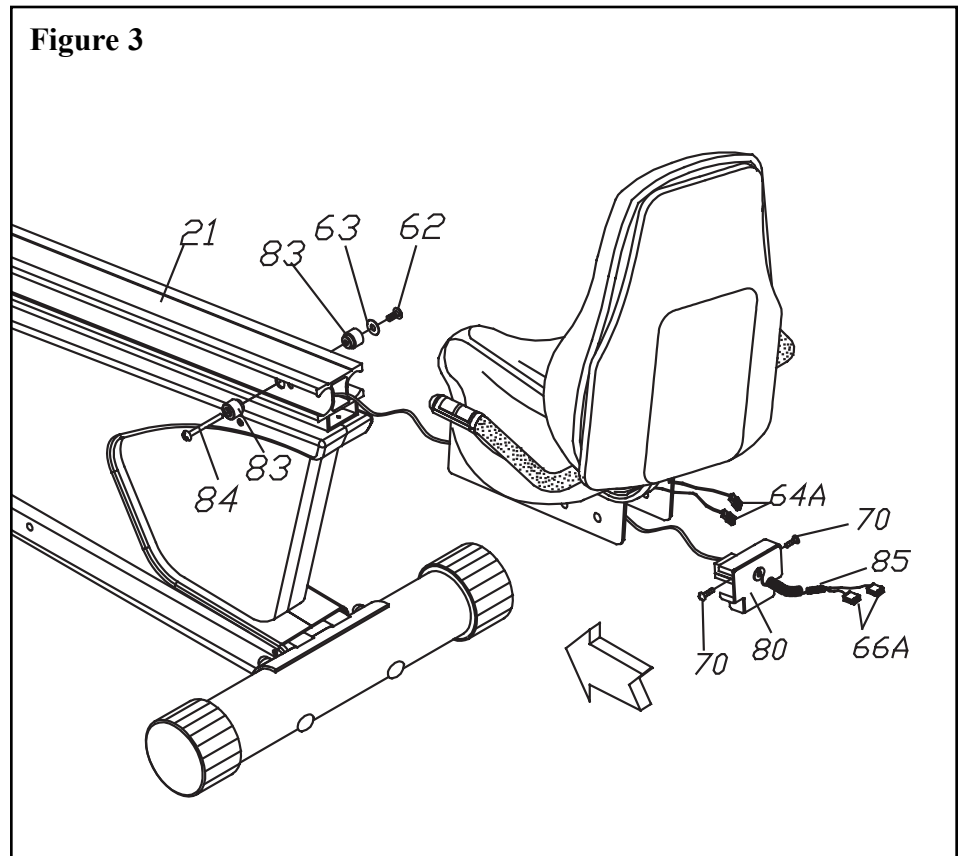


FIGURE 4

Step 1:

Thread the Right Pedal (31) into the right crank area of Main Frame (1). Secure in place by turning it **clockwise** to tighten.

Note: Right Pedal (31) is marked with an "R".

Step 2:

Thread the Left Pedal (30) into the left crank area of Main Frame (1). Secure in place by turning it **counterclockwise** to tighten.

Note: Left Pedal (30) is marked with an "L"

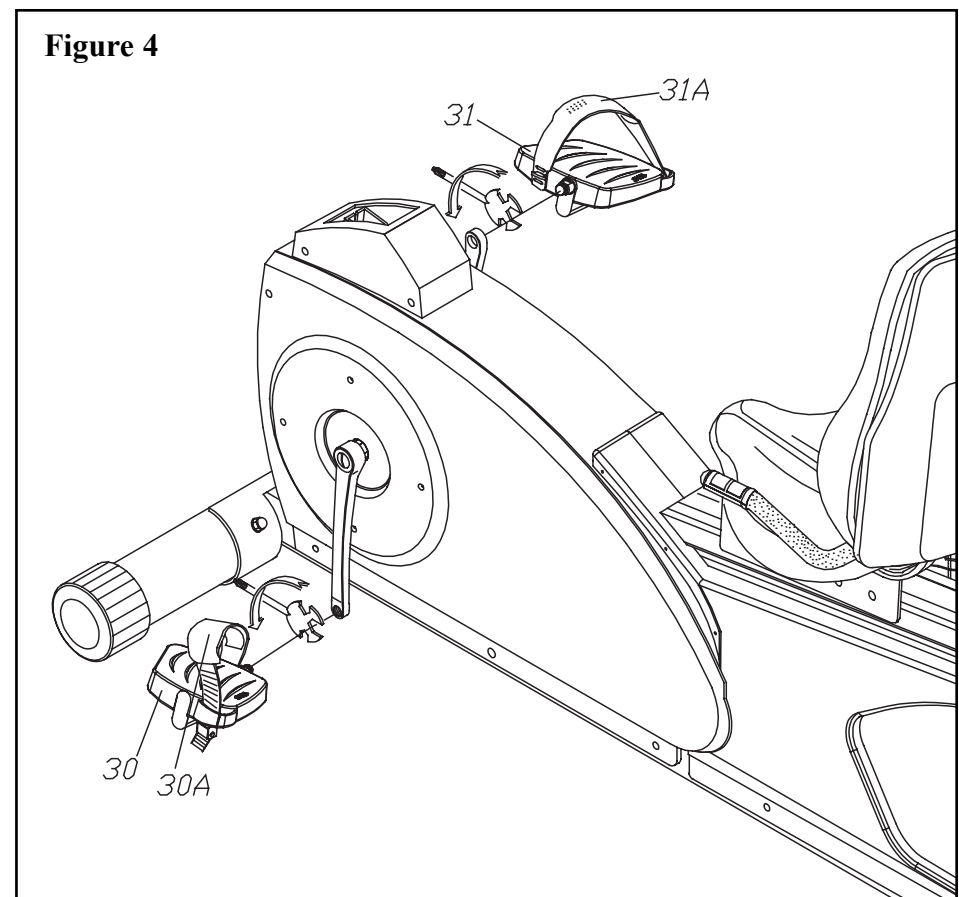


FIGURE 5

Step 1:

Connect Cables 8, 38, 37 and 66 as shown.

Step 2:

Attach Console Tube (2) to Main Frame (1) using three Screws (55), three Washers (49), three Nuts (50), two Screws (90) and two Washers (49).

Step 3:

Attach Connecting Covers (16) to Main Frame (1) by sliding covers down console tube until they meet main frame. Use six Screws (70) to attach Connecting Covers to Main Frame. Use six Screws (70) to attach Connecting Covers to Main Frame.

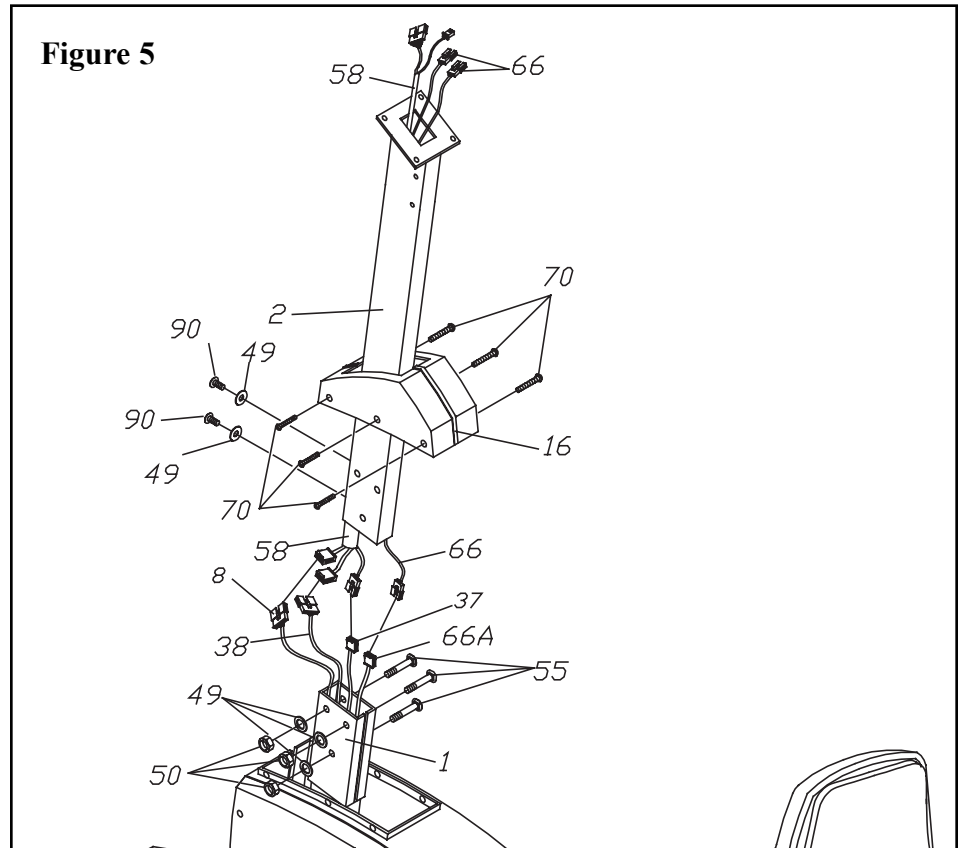


FIGURE 6

Step 1:

Attach Front Handlebars (10) to Console Tube (2) using two Bolts (67), two Washers (49), two Nuts (50), one Screw (89) and one Washer (49).

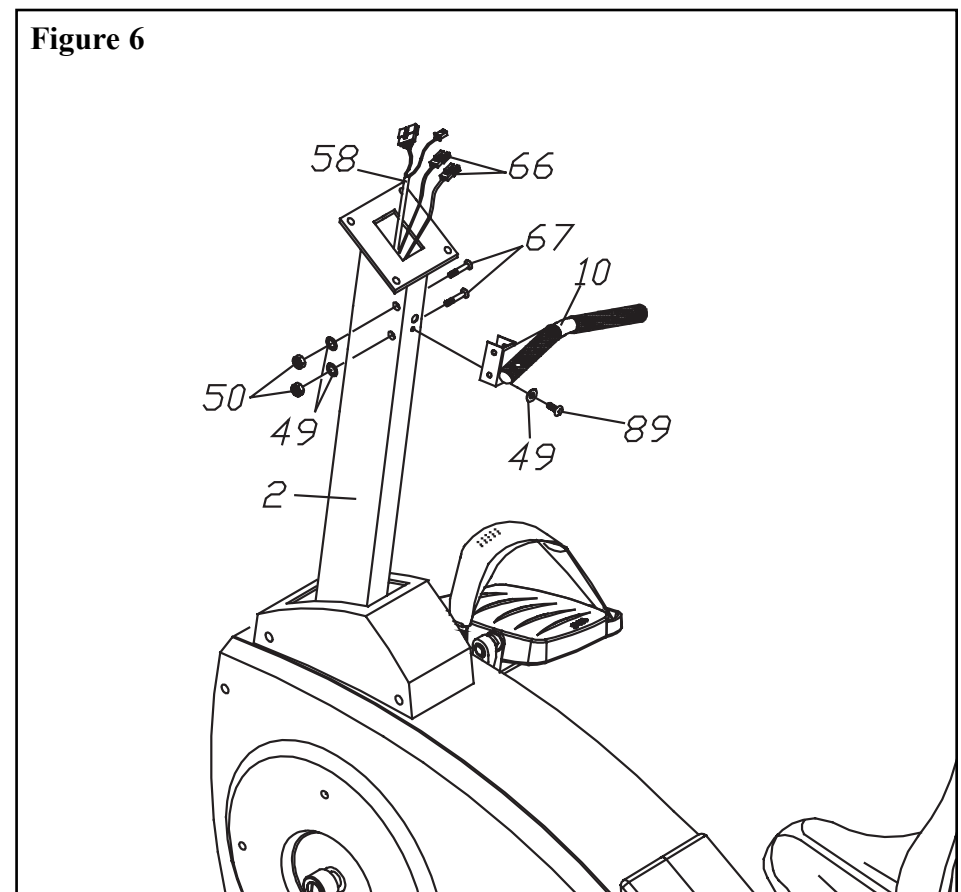


FIGURE 7

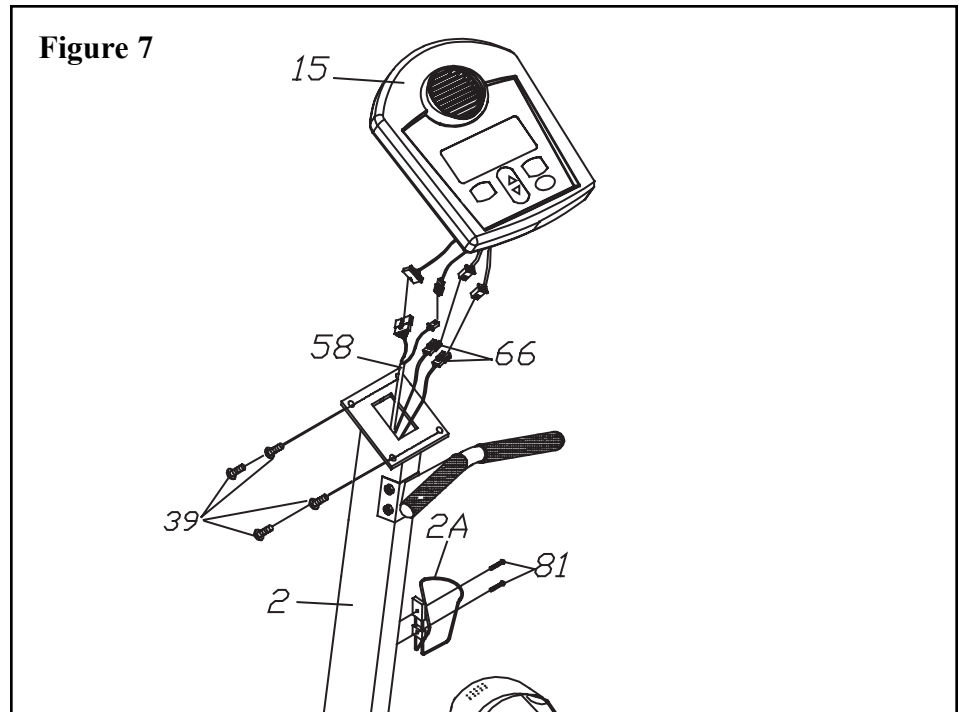
Step 1:

Connect the Pulse Wires (66) and Extension Wires (58) to Console (15). Secure Console (15) to Console Tube (2) using four Screws (39).

Note: The four Screws(39) will already be installed into the back of Console(15) when you remove it from the box.

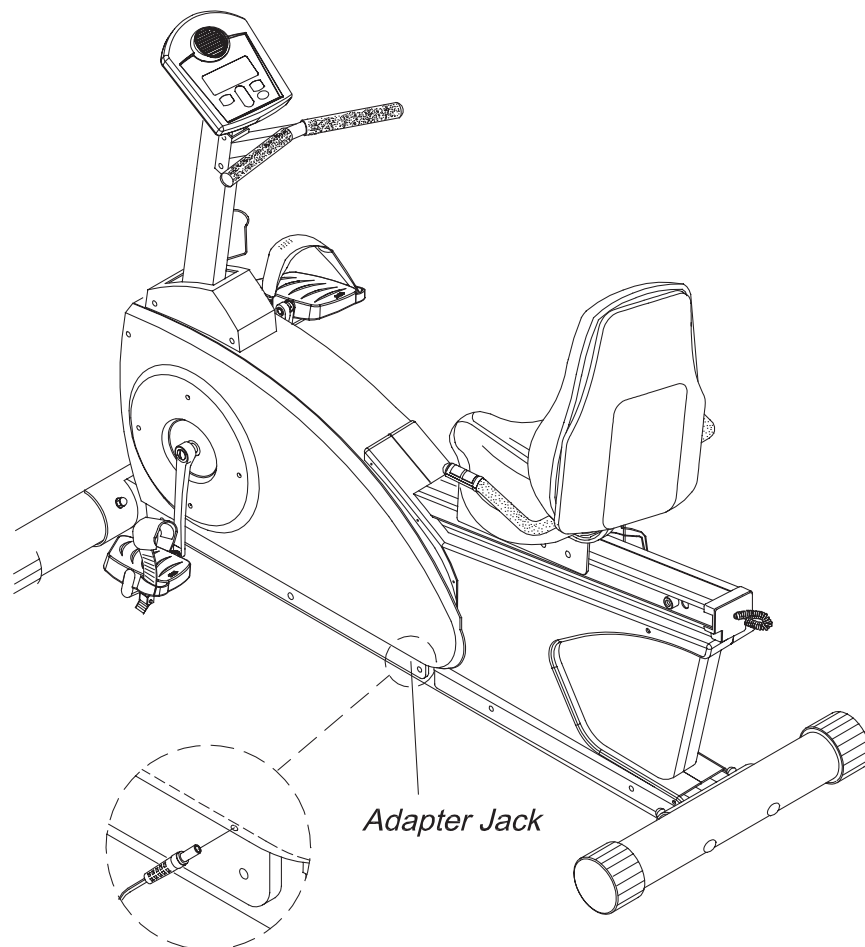
Step 2:

Attach Water Bottle Holder (2A) using two Screws (81).



Congratulations!

You have completed assembly of your new Health Trainer 840R Recumbent!





CONSOLE BUTTONS

PROGRAM: Use this button to select an exercise program (P1 to P11).

+: Use this button to increase values (TIME, SPEED, DISTANCE, etc.).

-: Use this button to decrease values. This button also functions as a RESET. To reset console hold this button for two seconds. All values except for Pulse Limits and Age will reset to 0.

SELECT: Use this button when entering settings and to cycle thru functions (TIME, DISTANCE, CALORIES, PULSE LIMITS, AGE)

CAL/WATT: Use this button to toggle between CALORIES and WATTS.

GENERAL INFORMATION:

1. After 4 minutes of inactivity console will shut down except for temperature reading. All training data will be kept. You may start pedaling or press any button to wake up the display..
2. If display is not displaying correctly, please reinstall the batteries, or try new ones or use 120VAC adapter.
3. This unit is equipped with an adjustable fan. The On/Off switch is on the back of the console.

CONSOLE FUNCTIONS

TIME: You can set the exercise time from 0-99 minutes by pressing the SELECT button until TIME flashes on display. Use the +/- buttons to increase or decrease the exercise TIME. Each press of the +/- buttons will increase/decrease exercise TIME by 1 minute. Hold button down for rapid advance of TIME.

DISTANCE: You can set the DISTANCE for your exercise session by pressing the SELECT button until DISTANCE flashes on display. Use the +/- buttons to increase/decrease the exercise DISTANCE. Each press of the +/- buttons will increase/decrease exercise DISTANCE by .5 miles. Hold button down for rapid advance of DISTANCE.

CALORIES: You can set the CALORIES you want to burn during your exercise session by pressing the SELECT button until CALORIES flashes on display. Use the +/- buttons to increase/decrease CALORIES to burn. Each press of the +/- button will increase/decrease CALORIES by 10. Hold down button for rapid advance of CALORIES.

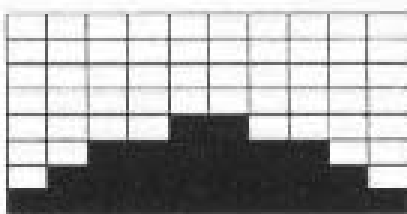
HIGH and LOW PULSE RATE LIMITS: You can set HIGH and LOW PULSE RATE LIMITS by pressing SELECT button until PULSE flashes in display. Use the +/- buttons to increase/decrease PULSE LIMITS. Each press of the +/- button will increase/decrease PULSE LIMITS by 5 BPM (beats per minute).

AGE: You can set your AGE by pressing SELECT button until AGE flashes in display. Use the +/- buttons to increase/decrease AGE. This function is used in conjunction with the HEART RATE programs.

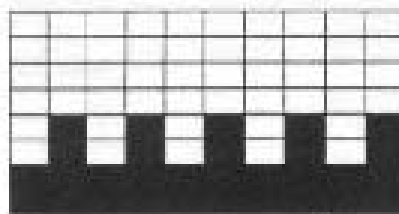
CONSOLE PROGRAMS

MANUAL : To enter MANUAL program, press the PROGRAM button once. The tension setting will show on display. You can change the tension setting by pressing the +/- buttons while pedaling.

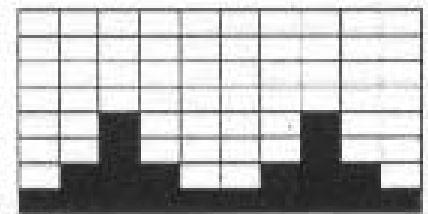
PROGRAMS P2 to P6: There are 5 programs for selection. You can choose a program by using the PROGRAM button to scroll thru programs 2-6. See profile charts below for each program. You can change the tension settings by press the +/- buttons while pedaling.



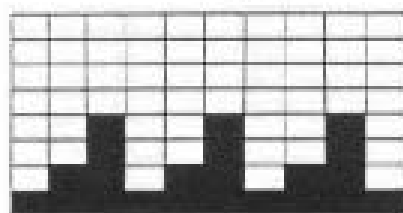
P-2



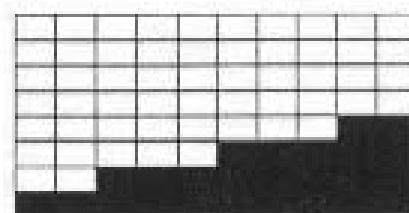
P-3



P-4



P-5

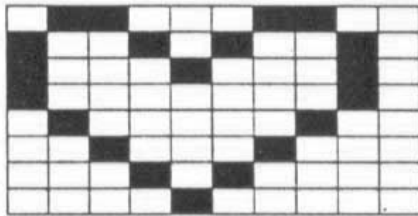


P-6

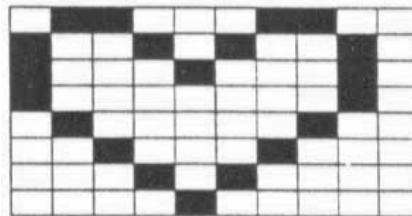
Console Overview



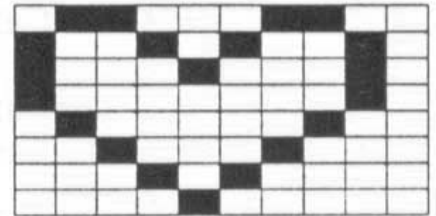
HEART RATE PROGRAMS P7 to P11: There are 5 programs to choose from. You can select a program by using the PROGRAM button to scroll thru programs 7-11. See profile charts below for each program. The percentage of maximum HEART RATE will appear in the display. You must keep contact with the pulse rate grips when using these programs. You can select which percentage of your maximum heart rate that you would like to exercise at. You must also enter your AGE when using the HEART RATE programs.



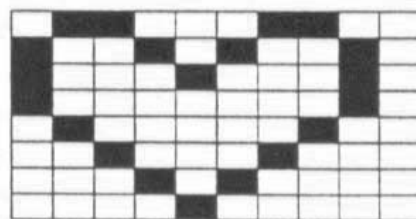
P-7 MAX 50%



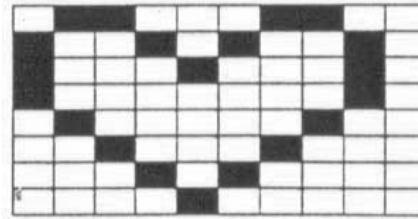
P-8 MAX 60%



P-9 MAX 75%



P-10 MAX 85%



P-11 MAX 95%



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 target 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

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

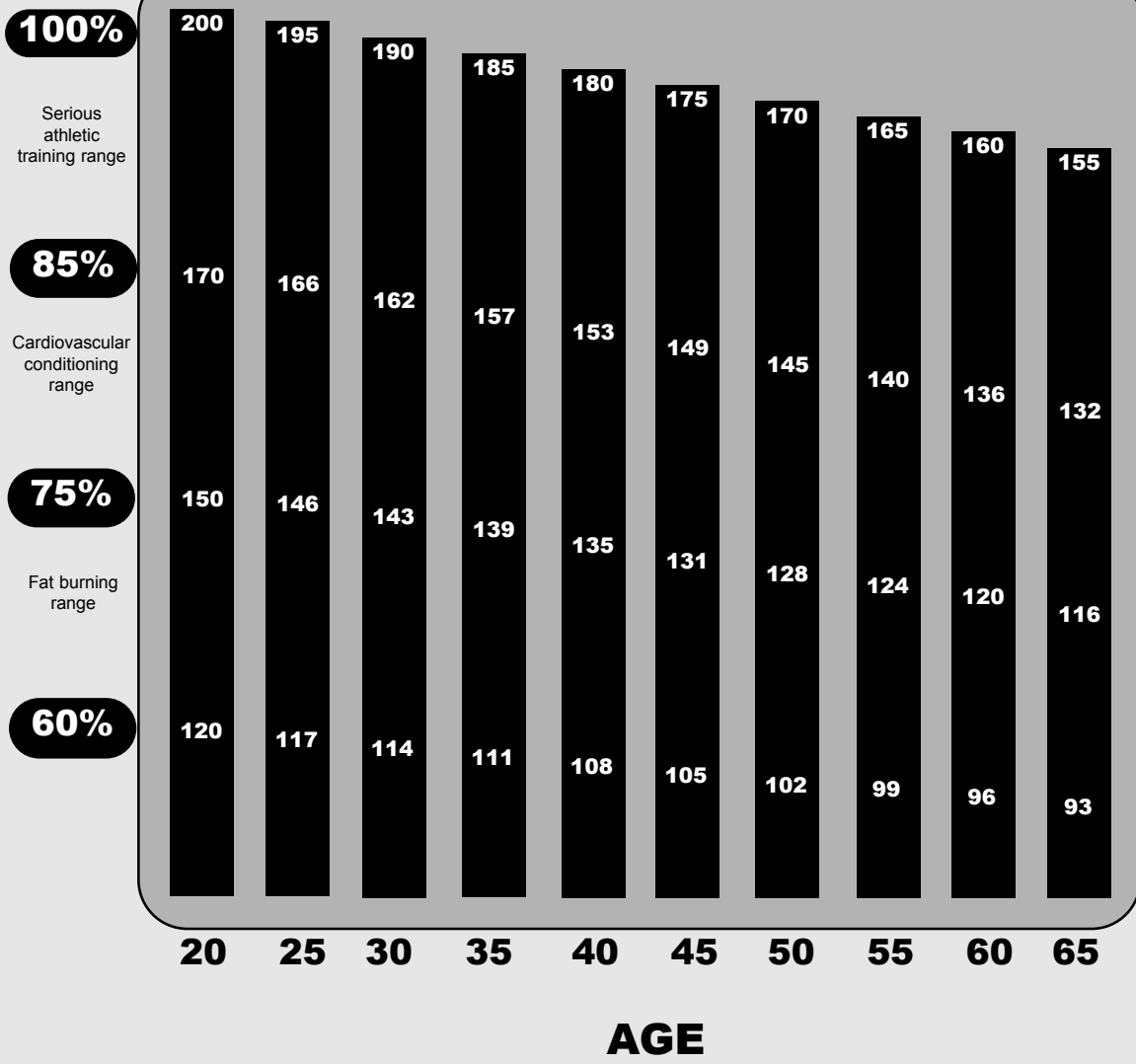
$190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$

$190 \times .75 = 142 \text{ (high end or 75\% of MHZ)}$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (**on next page**) for additional calculations.

TARGET HEART RATE ZONE



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.

Figure 1



Figure 2



Note: This unit may not be identical to your unit.

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.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

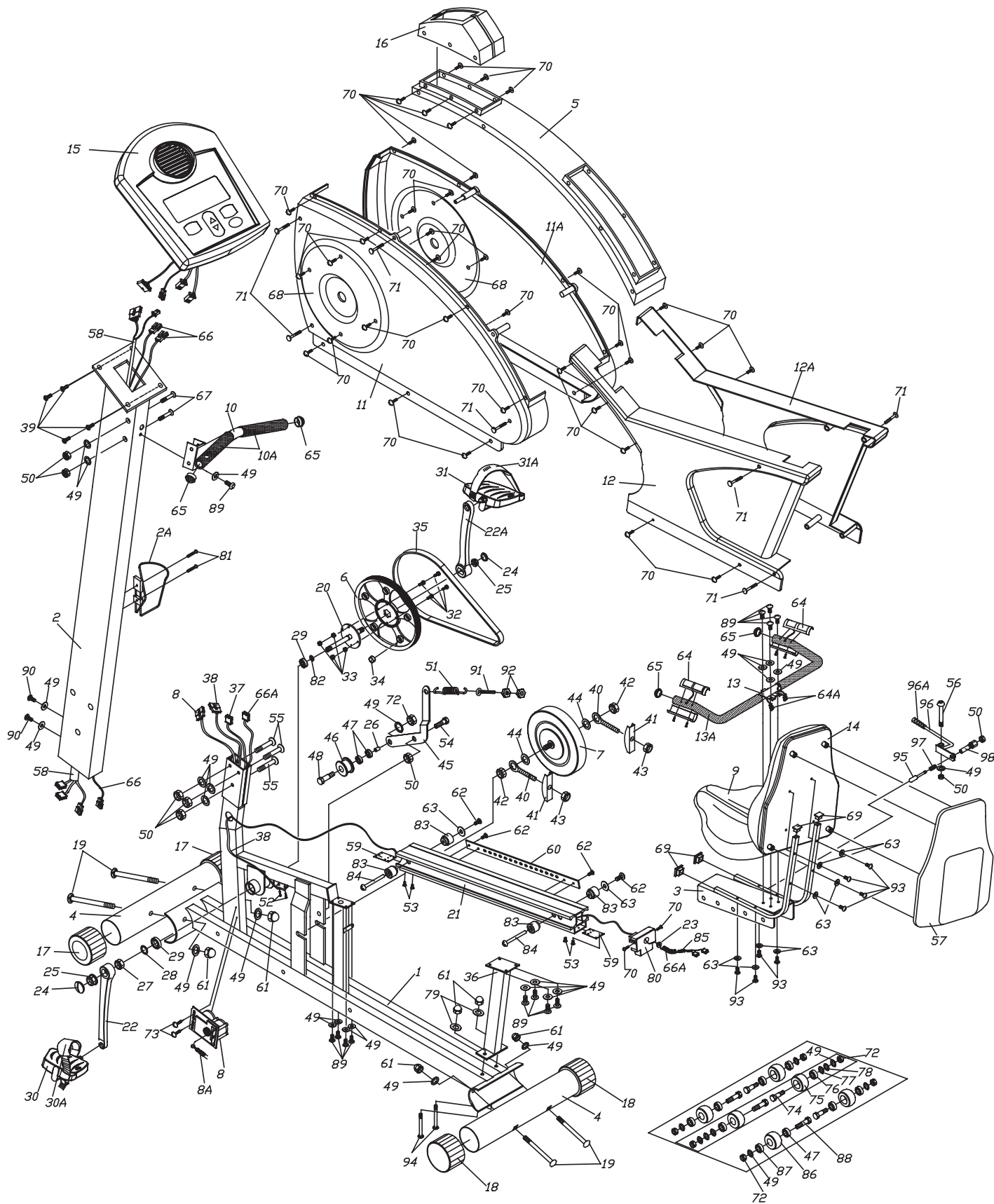
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (not pictured)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Exploded View



HT840R.1 Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	323-00372	FRAME, HT840R.1	1	48	302-00375	M8X38MM SCREW	1
2	323-00373	CONSOLE TUBE, HT840R.1	1	49	302-00449	M8 X19MM WASHER BLACK 220E/240E/240R/240	34
2A	310-00012	BOTTLE RACK CM835/850 HT840 ALL900/920	1	50	302-01231	8MM BLACK LOCKNUT (THICK)	8
3	323-00374	SEAT CARRIAGE, HT840R.1	1	51	302-00765	SPRING, HT840R/420R	1
4	323-00014	FOOT TUBE, 420R/HT840R.1/400R	2	52	302-00467	TP M3 X8MM SCREW 220R/240R/640R	2
5	306-00652	TOP COVER, 420R/HT840R.1	1	53	302-01232	PHILLIP SCREW, M5X15MM	4
6	311-00059	PULLEY HT840U/R/EL/420R	1	54	302-01198	HEX HEAD SCREW, M8 X 20MM	1
7	311-00001	MAG BRAKE U/R HT840/ 420r	1	55	302-00377	M8X60MM SCREW	3
8	307-00103	GEAR BOX W/WIRE, HT840R.1	1	56	302-00488	M8 X 45MM BUTTON HEAD SCREW	1
8A	310-00183	TENSION CABLE (DRIVE CABLE), HT840R.1	1	57	328-00063	BACK CUSHION COVER, 420R/HT840R.1	1
9	328-00065	SEAT CUSHION, HT840R.1	1	58	313-00204	EXTENSION WIRE, HT840R.1	1
10	323-00375	FRONT HANDLEBAR, HT840R.1	1	59	319-00219	CARRIAGE SUPPORT PLATE, 420R/HT840R.1	1
10A	302-00816	FRONT SLEEVE, HT840R/420R	2	60	319-00220	ADJUSTING PLATE, 420R/HT840R.1	1
11	305-00061	BOTTOM LEFT COVER, HT840R/420R	1	61	302-01233	CAP NUT, 8MM	4
11A	305-00062	BOTTOM RIGHT COVER, HT840R/420R	1	62	302-01234	ALLEN BOLT, M6X15MM	4
12	305-00132	LEFT REAR COVER, 420R/HT840R.1	1	63	302-00444	WASHER, M6X16MM (BLACK)	10
12A	305-00133	RIGHT REAR COVER, 420R/HT840R.1	1	64	307-00105	HAND PULSE SENOR, HT840R.1	2
13	323-00366	REAR HANDLEBAR, 420R/HT840R.1	1	64A	313-00205	HAND PULSE WIRE, HT840R.1	2
13A	310-00179	REAR SLEEVE, 420R/HT840R.1	2	65	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R	2
14	328-00062	BACK CUSHION, 420R/HT840R.1	1	66	313-00206	SHORT EXTENSION PULSE WIRE, HT840R.1	1
15	307-00102	CONSOLE, HT840U/R/E.1	1	66A	313-00207	LONG EXTENSION PULSE WIRE, HT840R.1	1
16	306-00653	CONSOLE TUBE COLLAR, 420R/HT840R.1	1	67	302-00376	M8X57MM SCREW	3
17	306-00195	WHEEL U/R CM835/850 HT840 AB900/920/420	2	68	305-00134	ROUND COVER, 420R/HT840R.1	2
18	306-00051	FOOT CAP U/R CM835/850 HT840 AB900/920	2	69	306-00626	END CAP 20 X 40	2
19	302-00364	M8X85MM CARRIAGE BOLT	4	70	302-00416	TP M4 X 12MM SCREW	35
20	319-00177	AXLE W/PLATE, HT840R/420R	1	71	302-00417	TP M5 X50MM SCREW	7
21	323-00003	CARRIAGE TUBE CM835/850 HT840 ALL900/920	1	72	302-01211	M8 LOCKNUT (THIN), HT640U	9
22	330-00015	LEFT CRANK, HT840R/420R	1	73	302-01235	SCREW, TPM5X10MM	2
22A	330-00016	RIGHT CRANK,HT840R/420R	1	74	302-01236	BIASED SCREW, M8X34MM	2
23	306-00654	END PLUG, 420R/HT840R.1	1	75	306-00655	SMALL ROLLER, 420R/HT840R.1	2
24	306-00562	CRANK CENTRAL CAP, HT840U/R/420R	2	76	306-00648	SPACER, 20X13.3X2t	2
25	302-00369	M10 CAP NUT	2	77	302-00349	M8 WAVED WASHER	2
26	302-01199	M8X12.5X10L SPACER	1	78	302-01237	WASHER, 8X16X1.0 (SILVER)	2
27	302-00774	CRANK NUT, HT840R/420R	1	79	302-01238	WASHER, 8X16X2.0	2
28	302-01226	WASHER M20X30X2, (SILVER)	1	80	306-00040	END CAP R CM835/850 HT840 ALL900/ 420R	1
29	331-00091	PRECISE BEARING, #6004	2	81	302-01192	TP M4 X 16 MM SCREW	2
30	306-00621	PEDAL, LEFT, 400R/420R/HT840R.1	1	82	302-01239	WASHER, M20X30X1 (SILVER)	1
30A	306-00361	LEFT PEDAL STRAP 400R/420R/HT840R.1	1	83	306-00252	RUBBER STOPPER CM835/850 HT840 ALL900/92	4
31	306-00362	RIGHT PEDAL 400R, 420r/HT840R	1	84	302-00355	11*58MM SCREW	2
31A	306-00363	RIGHT PEDAL STRAP 400R/420R/HT840R.1	1	85	306-00659	PLASTIC COIL, HT840R.1	1
32	302-01227	HEX BOLT, M6X20 (SILVER)	4	86	306-00656	LARGE ROLLER, 420R/HT840R.1	4
33	302-01228	LOCKNUT, 6MM (SILVER)	4	87	306-00649	METAL BUSHING, L737	4
34	302-01267	MAGNET, HT840R.1	1	88	302-01240	ROUND HEAD SCREW, M8X34MM	4
35	304-00018	BELT, POLY V BELT, 420R/HT840R.1	1	89	302-01241	SCREW, M8*15MM (BLACK)	8
36	323-00367	REAR SUPPORT TUBE, 420R/HT840R.1	1	90	302-01242	BLACK SCREW, M8X15MM (LOCKTITED)	2
37	313-00202	DC POWER CORD, HT840R.1	1	91	302-00408	EYEBOLT 6X65MM	1
38	307-00104	SENSOR, HT840R.1	1	92	302-00409	M6 HEX NUT (BLACK)	2
39	302-00380	M5 X10MM SCREW	4	93	302-00452	M6X60MM SCREW 220R/240R	8
40	302-01195	EYEBOLT 6 X 40MM	2	94	302-00460	M8 X75MM HEX HEAD SCREW	2
41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2	95	310-00180	CAM LOCK, 420R/HT840R.1	1
42	302-01197	CAP NUT, 3/8" X 26MM	2	96	310-00181	CAM LOCK HANDLE, 420R/HT840R.1	1
43	302-01229	HEX NUT, 6MM (SILVER)	2	96A	306-00657	CAM LOCK CAP, 420R/HT840R.1	1
44	302-01230	WASHER, M10X19MM (BLACK)	2	97	302-01264	CAM LOCK SPRING, 420R/HT840R.1	1
45	319-00175	BELT TENSION BRACKET,HT840R/420R/400R	1	98	302-01265	CAM LOCK PIN, 420R/HT840R.1	1
46	311-00032	IDLER PULLEY U/R/ET CM835/850 HT840 AB90	1	#	315-00052	OWNER'S MANUAL HT840R (2006)	1
47	331-00002	608 PRECISE BEARING	6				

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: HT840R.1 RECUMBENT
HOME USE WARRANTY: Frame: Lifetime, Parts: 2 Years Parts, Labor 1 year

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

HealthTrainer[®]

Customer Service
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