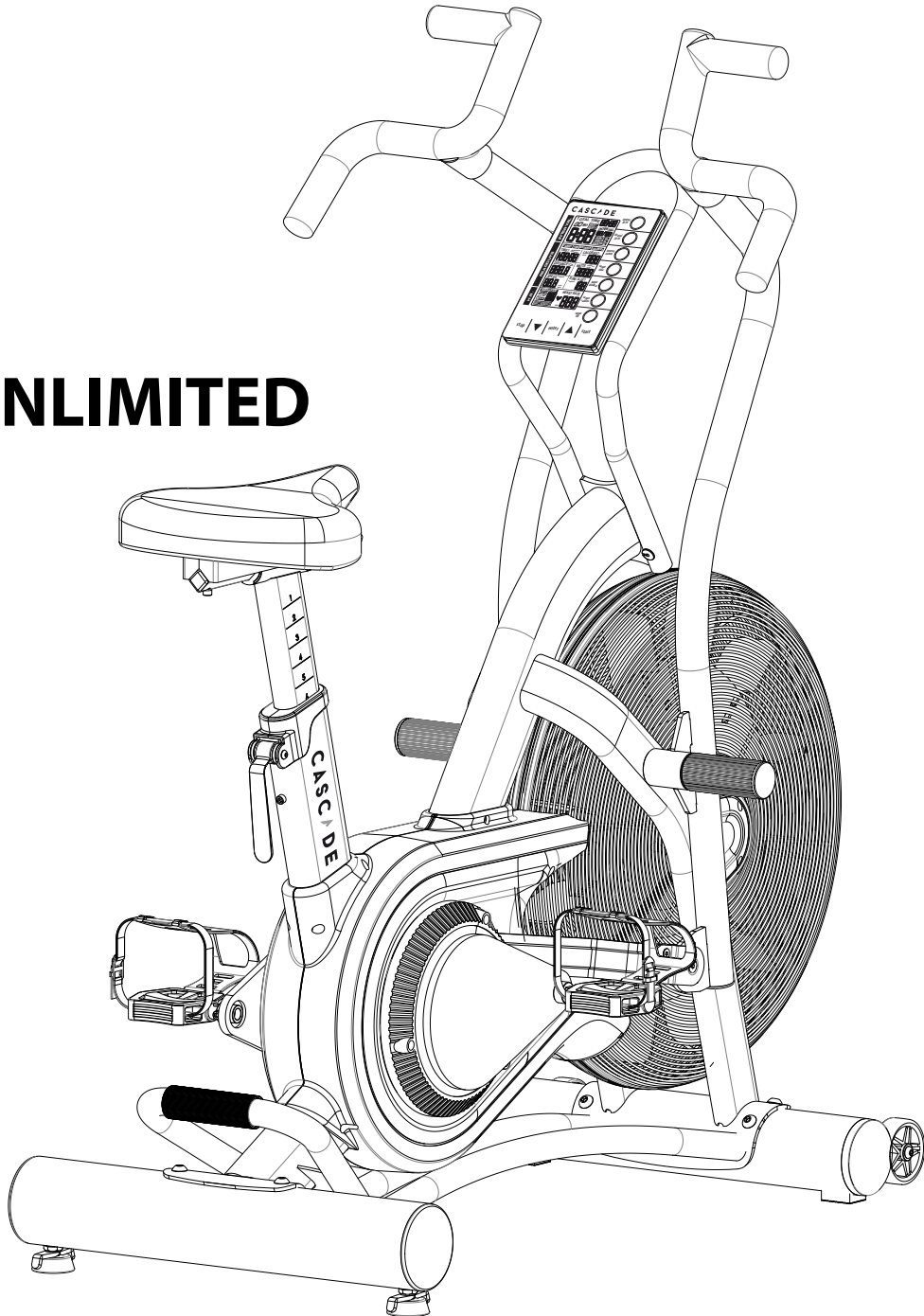


# CASCADE

HEALTH & FITNESS®

AIR UNLIMITED  
MODEL # 402007

## AIR UNLIMITED



**PLEASE READ THIS INSTRUCTION MANUAL  
BEFORE YOU BEGIN ASSEMBLY**

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## Safety Information

**PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMIZE THE RISK OF INJURY**

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY - THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight whilst exercising, especially for long periods
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin / parts.
- Always check that any pins / parts are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cycle is 350lbs.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

## Safety Standards

This cycle meets the requirements of the EU's EMC and Low Voltage directives (where applicable).

**This product is not suitable for therapeutic purposes.**



**It is important that you keep these instructions for future reference.**

---

## Care & Maintenance

- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all parts are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).



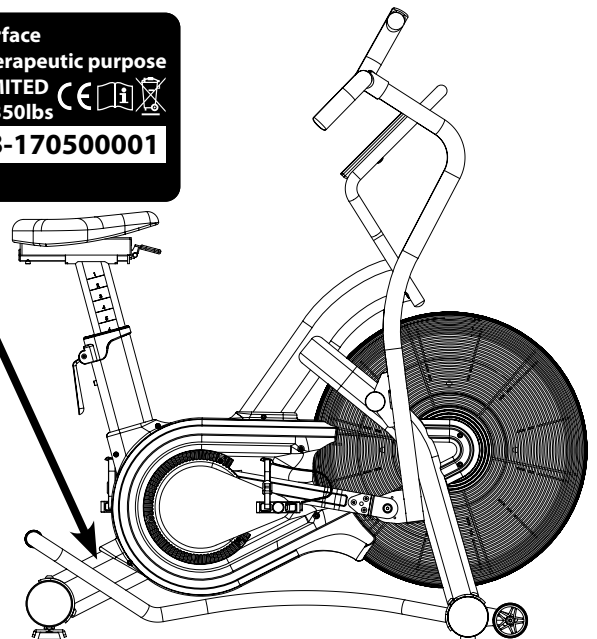
## Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect

Your Serial No. is:

**Use only a level surface**  
**Not suitable for therapeutic purpose**  
Product: AIR UNLIMITED     
Max. User Weight: 350lbs  
**Serial No.: C2PAB-170500001**  
MADE IN TAIWAN



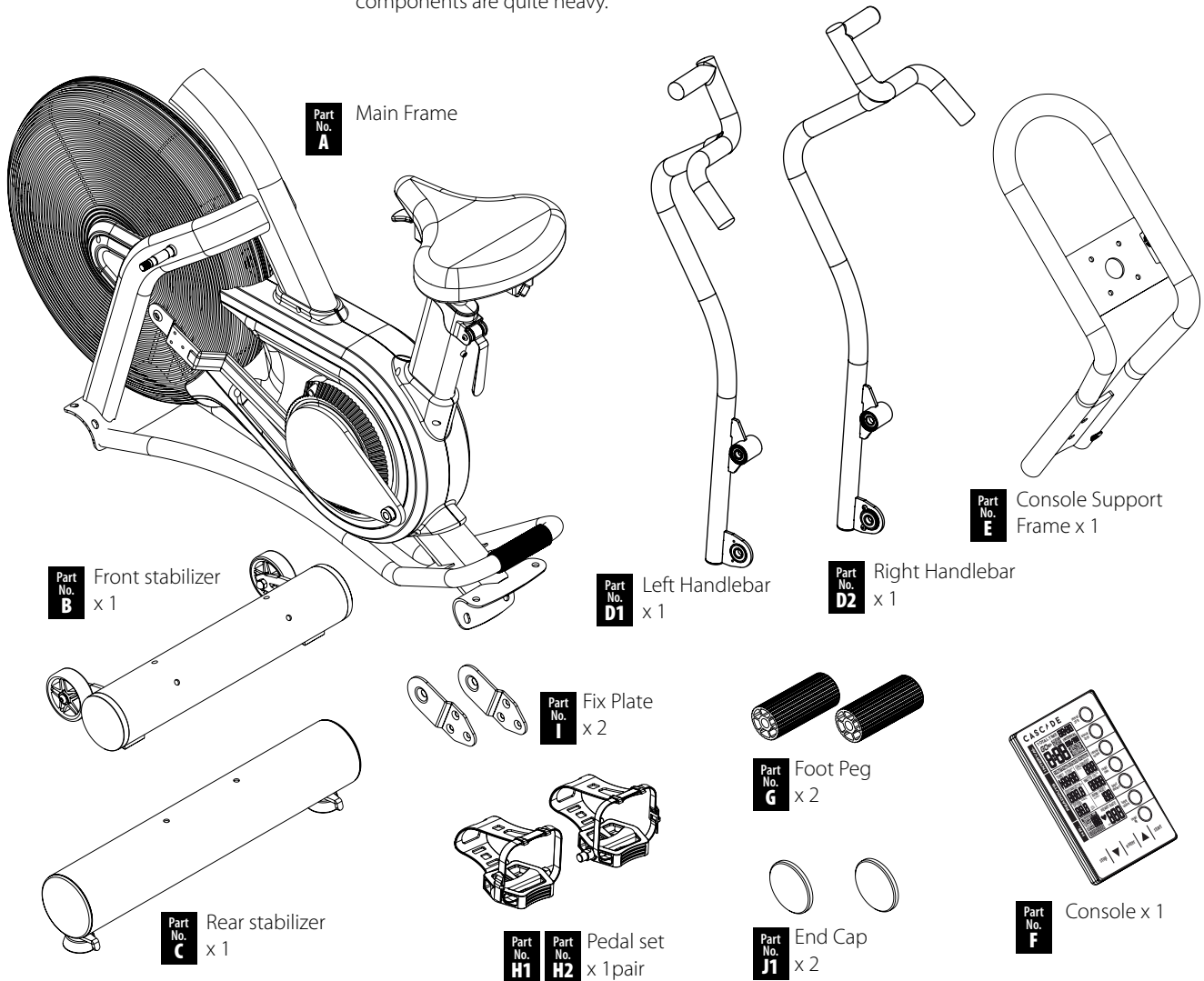
## Contact Us

**info@cascadehealthandfitness.com**  
**p 425-402-4062**

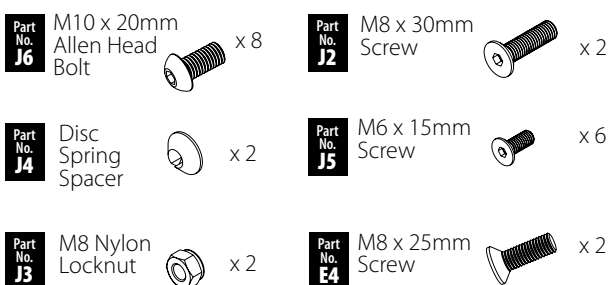
## Assembly Instruction

### Before you start

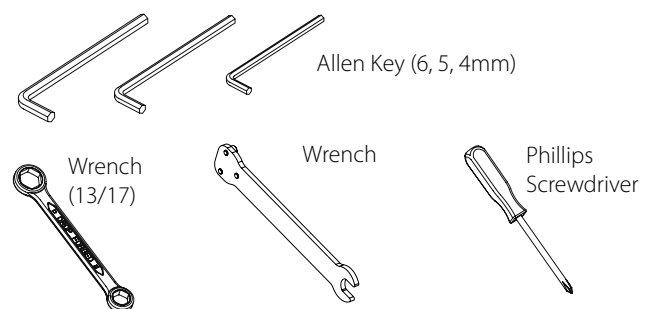
- 1. Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton** Make sure you have the following parts:



### Parts



### Tools



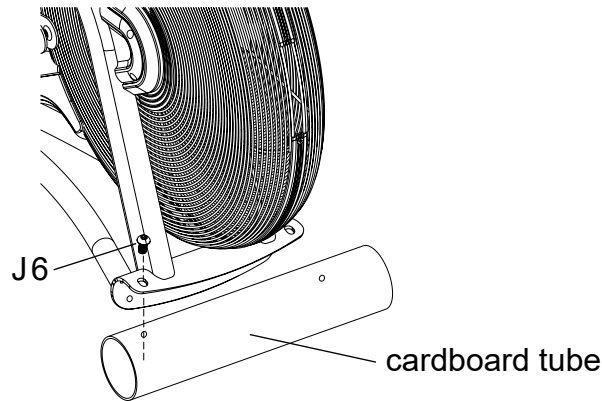
**!** This cycle takes up a floor space of 48.4 inch x 26.6 inch and weighs 168.5 lbs

**!** If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 4 for contact details.

# 1. Attach the Front Stabilizer

## 1-1. Remove the cardboard tube from the front end stabilizer bracket

- Loosen the two **M10 x 20mm Allen Head Bolt (J6)** from the cardboard tube and remove the cardboard tube.
- The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.



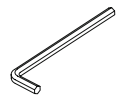
### PARTS:

Part No. J6



x 2

### TOOLS:



6mm

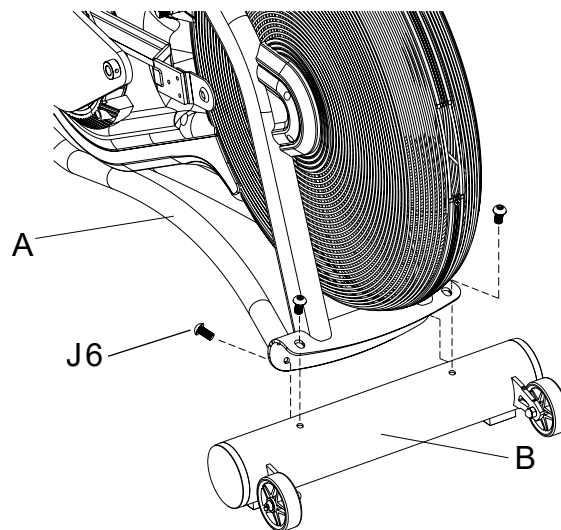
## 1-2. Attach the Front Stabilizer

- Attach the **Front Stabilizer (B)** to the **Main Frame (A)** with four **M10 x 20mm Allen Head Bolt (J6)** and tighten these bolts with the 6mm Allen Key.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the bolts are fully tightened with the allen key.

Make sure the moving wheels on the front stabilizer face out after assembly.



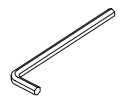
### PARTS:

Part No. J6



x 4

### TOOLS:

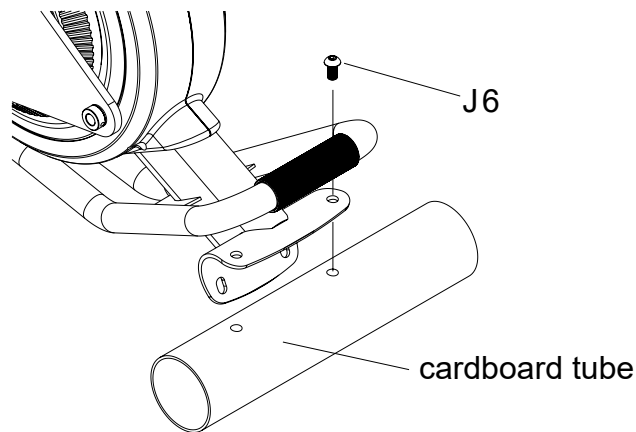


6mm

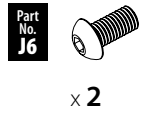
## 2. Attach the Rear Stabilizer

2-1. Remove the cardboard tube from the rear end stabilizer bracket

- Loosen the two **M10 x 20mm Allen Head Bolt (J6)** from the cardboard tube and remove the cardboard tube.
- The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.



### PARTS:



### TOOLS:

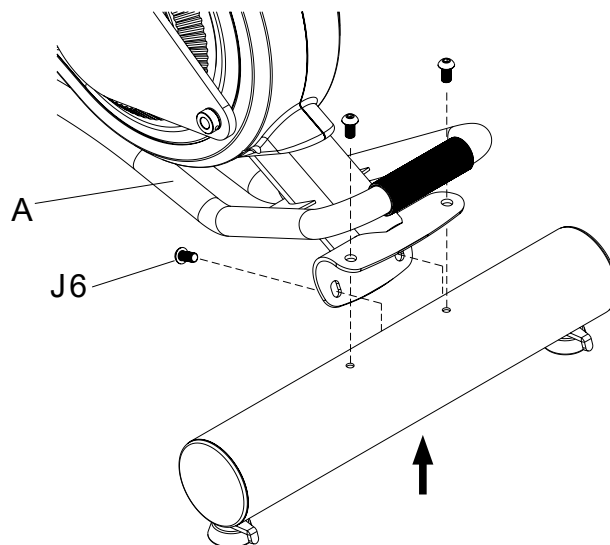


2-2. Attach the Rear Stabilizer

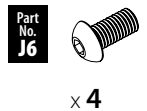
- Attach the **Rear Stabilizer (C)** to the **Main Frame (A)** with four **M10 x 20mm Allen Head Bolt (J6)** and tighten these bolts with the 6mm Allen Key.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the bolts are fully tightened with the allen key.



### PARTS:



### TOOLS:



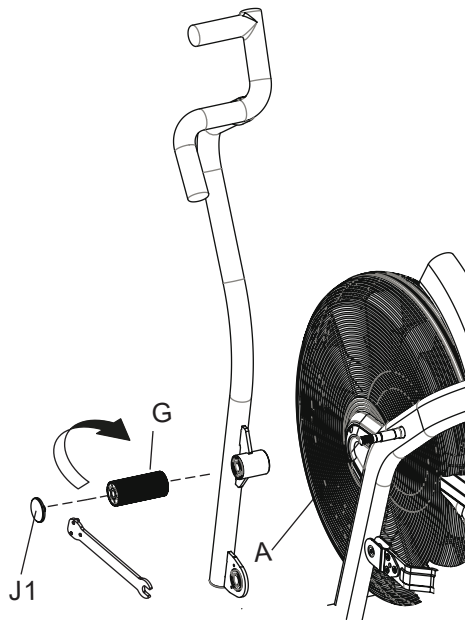
### 3. Attach the Dual Action Handlebars

#### 3-1. Attach the Left Dual Action Handlebar

- Slide the **left Dual Action Handlebar (D1)** onto the pivot axle carefully.
- Install the **Foot Peg (G)** by screwing it on, and tighten it with the wrench as shown.
- Attach the **End Cap (J1)** onto the **Foot Peg (G)** securely.

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the foot peg is fully tightened with the allen key.



**TOOLS:**

Wrench

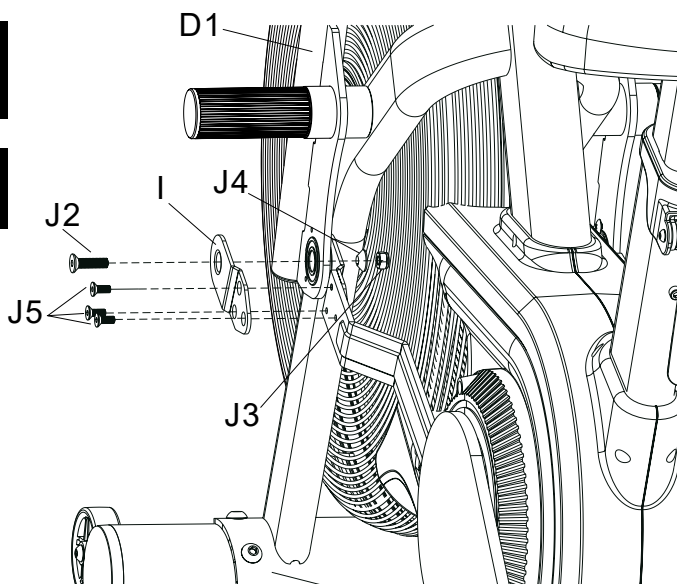
#### 3-2. Install the Fix Plate & Linkage Bar

- Connect the **left Dual Action Handlebar (D1)** and **Linkage Bar with Fix Plate (I)**, **Disc Space r (J4)**, **M8x30mm Screw (J2)** and **M8 Nylon Locknut (J3)** and tighten with 5mm Allen Key & 13/17 Wrench.
- Doubly secure the **Fix Plate (I)** to the Linkage Bar with three **M6x15mm Screws (J5)** and secure with 4mm Allen Key.

(You should be able to fit these three screws for better alignment by loosening the front screw assembly and try again when all four screws are in place, tighten with the allen key provided.)

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the screws are fully tightened with the allen key.



**PARTS:**

Part No. J2		x 1
Part No. J4		x 1
Part No. J3		x 1
Part No. J5		x 3

**TOOLS:**

5mm 4mm  
Wrench  
13/17

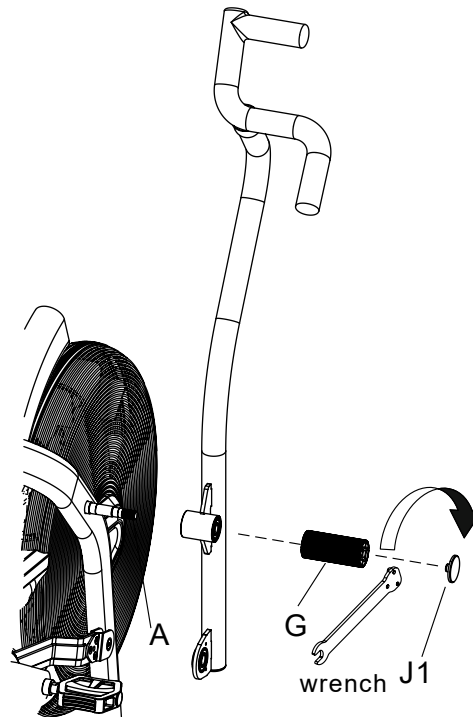


### 3-3. Attach the Right Dual Action Handlebar

- Slide the **right Dual Action Handlebar (D2)** onto the pivot axle carefully.
- Install the **Foot Peg (G)** by screwing it on, and tighten it with the wrench as shown.
- Attach the **End Cap (J1)** onto the **Foot Peg (G)** securely.

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the foot peg is fully tightened with the allen key.



**TOOLS:**

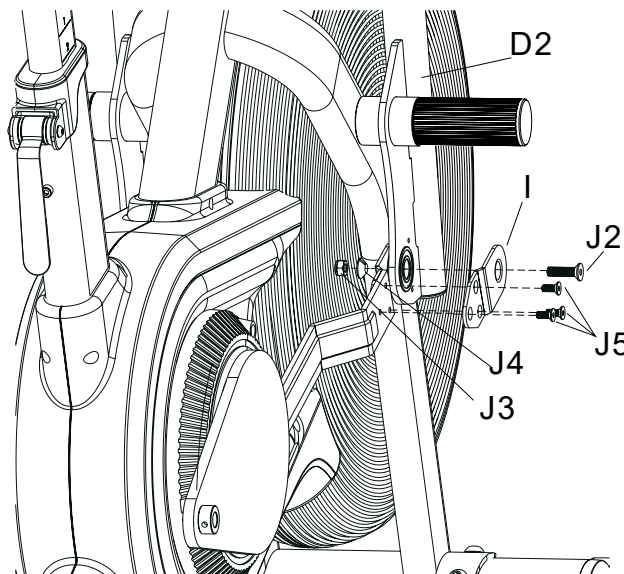
Wrench

### 3-4. Install the Fix Plate & Linkage Bar

- Connect the **right Dual Action Handlebar (D2)** and **Linkage Bar with Fix Plate (I)**, **Disc Spacer (J4)**, **M8x30mm Screw (J2)** and **M8 Nylon Locknut (J3)** and tighten with 5mm Allen Key & 13/17 Wrench.
- Doubly secure the **Fix Plate (I)** to the Linkage Bar with three **M6x15mm Screws (J5)** and secure with 4mm Allen Key.  
(You should be able to fit these three screws for better alignment by loosening the front screw assembly and try again when all four screws are in place, tighten with the allen key provided.)

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the screws are fully tightened with the allen key.



**PARTS:**

Part No. J2		x 1
Part No. J4		x 1
Part No. J3		x 1
Part No. J5		x 3

**TOOLS:**

5mm 4mm  
Wrench  
13/17

## 4. Attach the Pedals

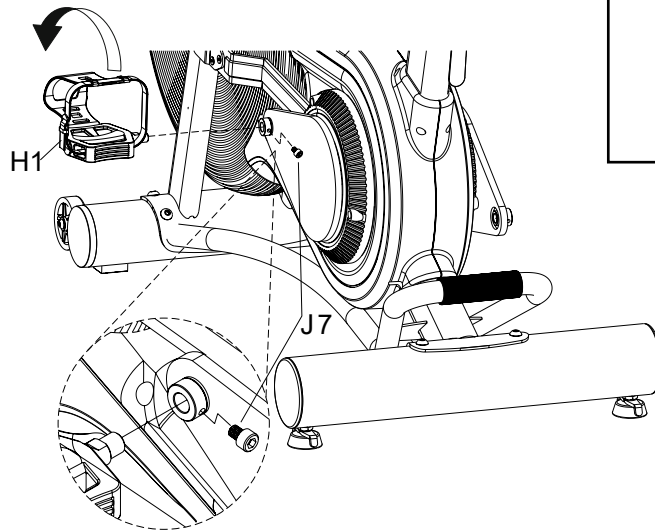
### 4-1. Attach the Left Pedal

- Loosen the **Phillip Head Screw (J7)** fitted on the left Crank Arm.
- Attach the **Left Pedal (H1)** to the left Crank Arm and fasten with the Wrench #14 / #15.
- Fasten the **Phillip Head Screw (J7)** to the Crank Arm with the 5mm Allen Key.

Be sure to fit the parts in the same order as the diagrams shown.

This pedal will be threaded on anti-clockwise and tightened with the wrench.

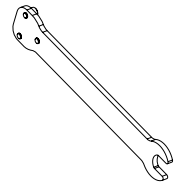
Make sure the screw is fully tightened with the allen key.



#### TOOLS:



5mm



Wrench

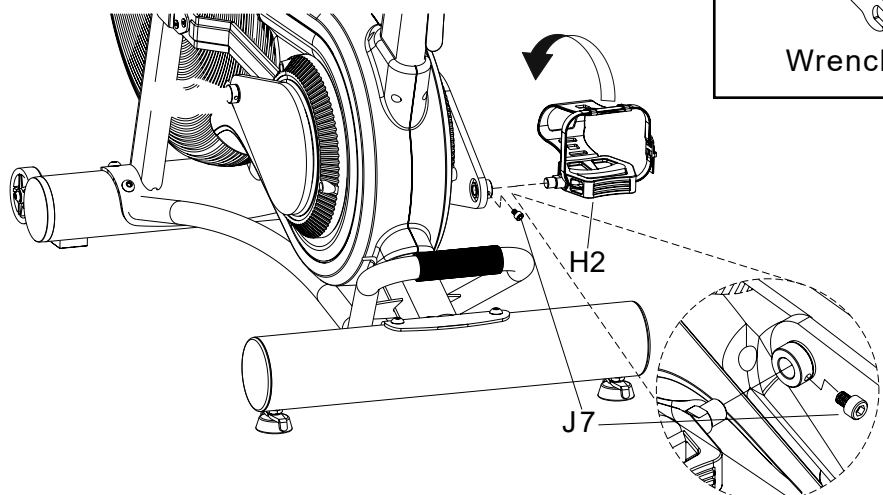
### 4-2. Attach the Right Pedal

- Loosen the **Phillip Head Screw (J7)** fitted on the right Crank Arm.
- Attach the **Right Pedal (H2)** to the right Crank Arm and fasten with the Wrench #14 / #15.
- Fasten the **Phillip Head Screw (J7)** to the Crank Arm with the 5mm Allen Key.

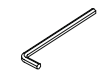
Be sure to fit the parts in the same order as the diagrams shown.

This pedal will be threaded on clockwise and tightened with the wrench.

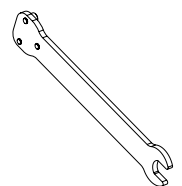
Make sure the screw is fully tightened with the allen key.



#### TOOLS:



5mm



Wrench

## 5. Attach the Console Support

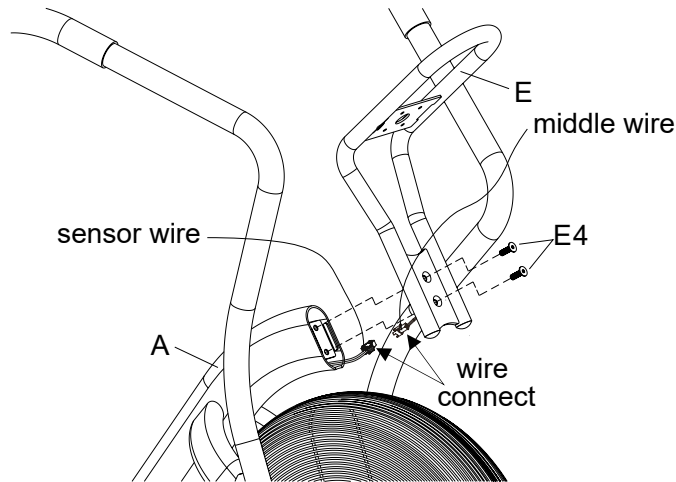
- Connect the **Sensor Cable** and **Middle Wire** together and then attach the **Console Support (E)** to the front end of the **Main Frame (A)** with two **M8x 25mm Screws (E4)** and secure with the 5mm Allen Key.

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the cables are fully connected.

**!** Take care not to trap the cables when attaching the console Support

**!** Make sure the screws are fully tightened with the allen key.



### PARTS:

Part No. E4



x 2

### TOOLS:



5mm

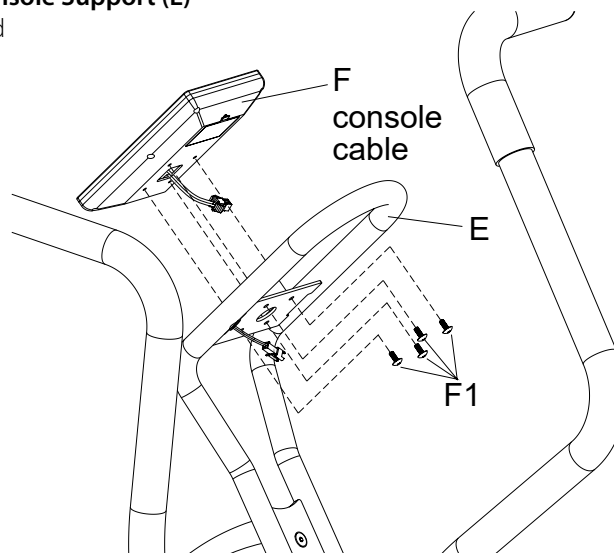
## 6. Attach the Console

- Remove the four screws which are located in the back of the **Console(8)**.
- Connect the **Console Cable** and **Middle Wire** together and then attach the **Console (F)** to the **Console Support (E)** with four **M5 x 12mm screws (F1)** and secure with the Screwdriver.

**!** Be sure to fit the parts in the same order as the diagrams shown.

**!** Make sure the cables are fully connected.

**!** Make sure the screws are fully tightened with the screwdriver.



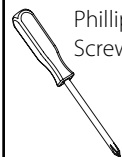
### PARTS:

Part No. F1



x 4

### TOOLS:



Phillips Screwdriver

## Final Checks

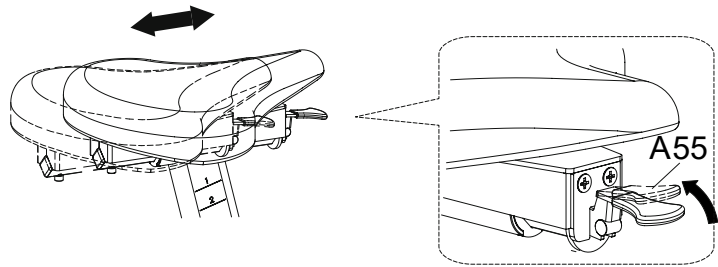
Your cycle is now assembled. Please make the following final checks before you use it for the first time

- Make sure all screws, bolts and nuts are tightened securely
- Make sure you have positioned it on a flat, level surface

# Air Unlimited Features Explained

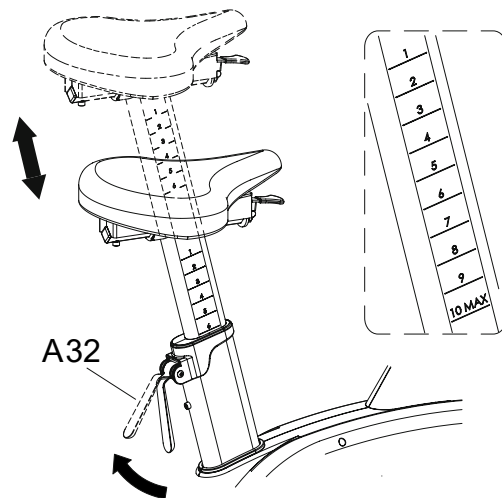
## Adjusting the seat reach

1. Pull up the **Adjustment Grip (A55)** and adjust the reach of the Saddle.
2. Release the **Adjustment Grip (A55)** after the proper saddle position had found.



## Adjusting the seat height

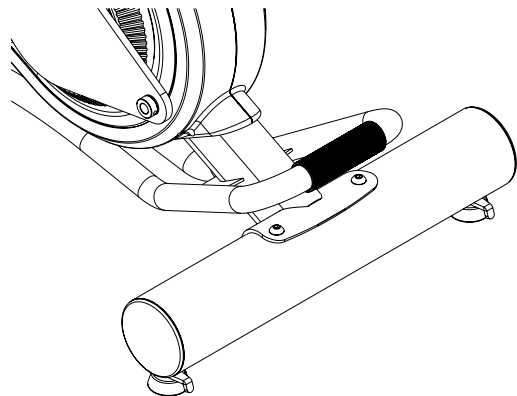
1. Pull up the **Cam Handle (A32)** and adjust the height of the Saddle Post.
2. Press down the **Cam Handle (A32)** securely after you have found the correct seat height.



**Do not pull the seat post out too far – the maximum is indicated on the seat post.**

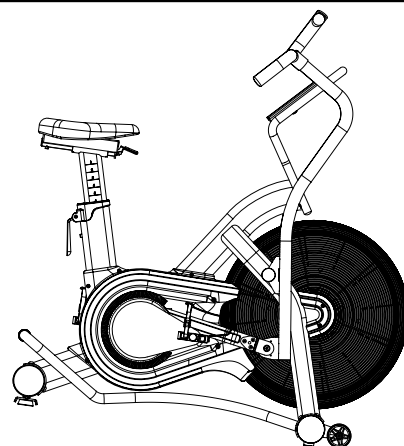
## Levelling your Air Unlimited

1. To help you level the Air Unlimited on uneven surface, 2 height adjusters are included on the rear stabilizers. Simply turn it to adjust the height of the Air Unlimited.



## Transporting your Air Unlimited

1. Your Air Unlimited has 2 transport wheels on the front stabilizer.
2. Lift the Air Unlimited using the handle at the rear end of the Air Unlimited and then pull or push to move it around.



## Computer Instructions

### Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data.

- Pedal for a few seconds to power the console on.
- Press the “**start**” button.
- The values of **WATTS, SPEED, RPM, HEART RATE** ( if heart rate signal is detected ) will start displaying.
- The values of **TIME, DISTANCE, CALORIES, WATTS** will start counting upwards.

To finish this quick workout session and view your workout summary –

- Stop pedaling.
- Press the “**stop**” button.
- The values of **TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, HEART RATE** ( if heart rate signal is detected ) will be displayed.

“If you stop pedalling without pressing the STOP button, after 30 seconds the program will automatically pause. You can resume the program by pedalling again. After 3 minutes of inactivity the program will end.”

### Button Functions

The diagram illustrates the Cascade console interface with various screens and their corresponding buttons:

- INTERVAL** screen: Shows TOTAL TIME, GO, REST READY, INTERVAL, and 8:00. Buttons: interval 20-10, interval 20-30.
- READOUTS** screen: Shows TARGET TIME, DISTANCE, CALORIES, TIME?, REMAINING ELAPSED, CALORIES?, DISTANCE?, KM MILE, WATTS, SPEED, AVE MAX, RPM / AGE?, AVE MAX. Buttons: interval custom, target time, target distance.
- H.R.** screen: Shows TARGET HR, HEART RATE, 65% OF MAX HR, 80% OF, NO HR SIGNAL, TARGET HR ACHIEVED, SPEED UP, SLOW DOWN. Buttons: target calories, target HR.

At the bottom, the control buttons are shown: stop, decrease (down arrow), enter, increase (up arrow), and start.

#### “Interval” and “Target” Program buttons

- Immediately take you to the corresponding workout selected.

#### stop

- To finish or pause a workout. Press and hold to reset the computer.



- To decrease values. Press and hold for rapid value change.

#### enter

- To confirm the settings.



- To increase values. Press and hold for rapid value change.

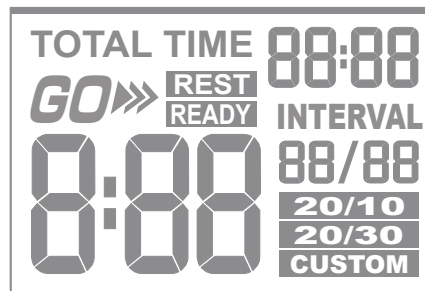
#### start

- To begin a workout or restart a paused program

## Console Display and Feedback

### INTERVAL

- Indicates the current section is in **GO** period or **REST** period of the interval program.
- **8:88** > Shows the count down **GO** or **REST** segment time.



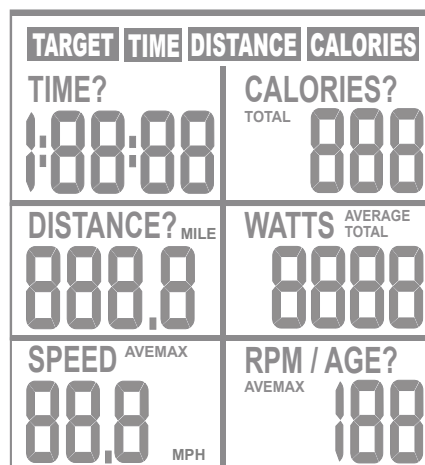
- **TOTAL TIME 88:88** > Shows the count up **GO** & **REST** total run time of the program.
- **88 / 88** > Shows the current interval and the total sections of intervals in the program.

- Indicates the **INTERVAL 20/10** or **INTERVAL 20/30** or **INTERVAL CUSTOM** program is selected and in used.

### READOUTS

- Indicates the **TARGET TIME** or **TARGET DISTANCE** or **TARGET CALORIES** program is selected and in used.

- Indicates the time exercised this session, default counts up from zero to 1:59:00, but counts down if a target had been set.
- Indicates the distance travelled this session, default counts up from zero to 999.9 mile, but counts down if a target had been set.
- Indicates the current speed you are pedalling at, in mile /h.

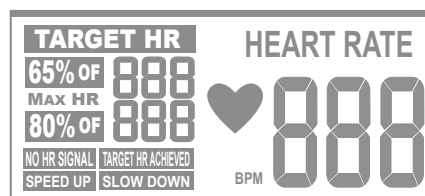


- Indicates the approximate calories burned this session (for comparison only, not to be used for medical purpose), default counts up from zero to 999 kcal, but counts down if a target had been set.
- Indicates the current energy (power) generated this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 9999.
- Indicates the current Revolutions Per Minute you are pedalling at.

### H.R.

- Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest belt.

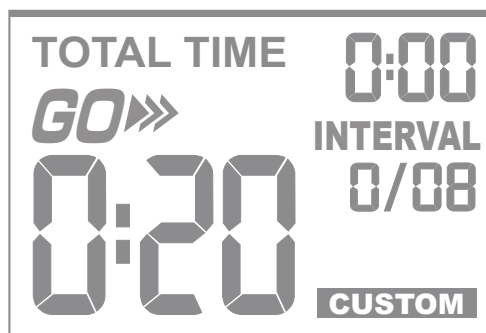
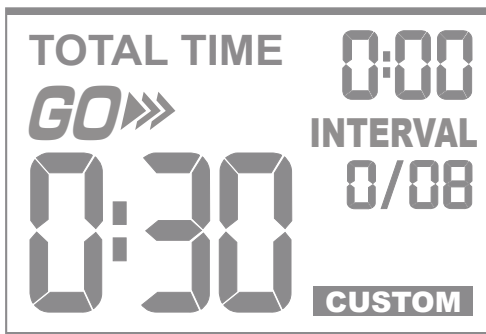
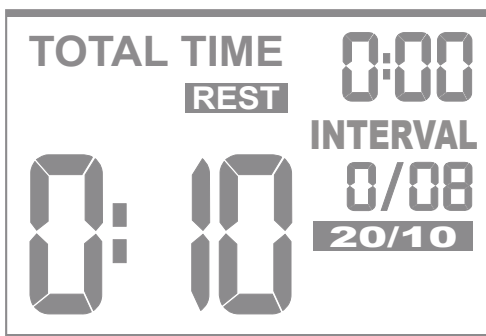
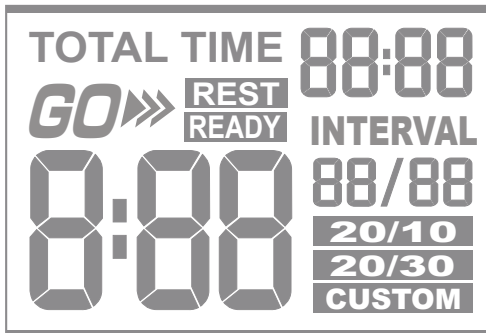
- Indicates the target to exercise at 65% of your maximum heart rate.
- Indicates the target to exercise at 80% of your maximum heart rate.
- Indicates there is no heart rate signal detected in this program.
- Indicates the current heart rate is in the target range.



- Indicates the heart rate signal has been detected.

- Indicates an increased pedaling speed is needed to bring the heart rate into the target range.
- Indicates an decreased pedaling speed is needed to lower the heart rate into the target range.

## Using Workout Programs



### INTERVAL Programs

This console features 3 interval programs : **interval 20/10**, **interval 20/30** & **interval custom**.

The **interval 20/10** and **interval 20/30** programs offer users a series of eight high-intensity workout intervals with preset timesegments.

These High Intensity Interval Training ( H.I.I.T.) programs will automatically indicate the start of each **GO** & **REST** interval.

When you reach the last "**REST**" segment the console will sound a short alarm and end the workout by coming to a stop.

#### Interval 20 /10 Program

1. Make sure the console is switched on.
2. Press the "**interval 20/10**" to select the program mode you want.
3. The default interval number of "**0/08** " is displayed in the "**INTERVAL** " window.
4. The default time segment of "**REST 0: 10** " is displayed in the "**INTERVAL** " window.
5. Press "**enter** " to confirm your setting.
6. Press "**start** " to begin the workout and then start pedalling.

The program will not start until you begin pedalling.

**NOTE:** You can press the "**stop** " button to end the program at any time. The workout summary will displayed on the screen.

#### Interval 20 /30 Program

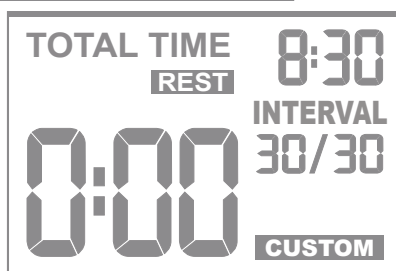
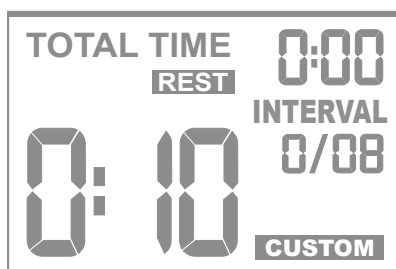
1. Make sure the console is switched on.
2. Press the "**interval 20/30**" to select the program mode you want.
3. The default interval number of "**0 /08** " is displayed in the "**INTERVAL** " window.
4. The default time segment of "**REST 0: 30** " is displayed in the "**INTERVAL** " window.
5. Press "**enter** " to confirm your setting.
6. Press "**start** " to begin the workout and then start pedalling.

The program will not start until you begin pedalling.

**NOTE:** You can press the "**stop** " button to end the program at any time. The workout summary will displayed on the screen.

#### Interval custom Program

1. Make sure the console is switched on.
2. Press the "**interval custom**" to select the program mode you want.
3. Use the "**▼ / ▲** " buttons to set your **GO** segment time ( 0:01 ~ 9:59 minutes )
4. Press "**enter** " to confirm your setting.
5. Use the "**▼ / ▲** " buttons to set your **REST** segment time ( 0:01 ~ 9:59 minutes )
6. Press "**enter** " to confirm your setting.



7. Use the "▼/▲" buttons to set your total interval numbers ( 1 ~ 99 )

8. Press "enter" to confirm your setting.

9. Press "start" to begin the workout and then start pedalling. The program will not start until you begin pedalling.

**NOTE:** You can press the "stop" button to end the program at any time. The workout summary will displayed on the screen.

**NOTE:** You can press the "enter" button twice to save the setting of this program after you complete the workout.

### TARGET Programs

This console features 4 target programs : Target Time, Target Distance, Target Calories & Target Heart Rate. When you reach your target the console will sound a short alarm and end the workout by coming to a stop.

#### Target TIME

1. Make sure the console is switched on.
2. Press the "target time" to select the program mode you want.
3. Use the "▼/▲" buttons to set your workout time ( 1:00 ~ 1:59:00 minutes )
4. Press "enter" to confirm your setting.
5. Press "start" to begin the workout and then start pedalling. The program will not start until you begin pedalling.

**NOTE:** You can press the "stop" button to end the program at any time. The workout summary will displayed on the screen.

#### Target DISTANCE

1. Make sure the console is switched on.
2. Press the "target distance" to select the program mode you want.
3. Use the "▼/▲" buttons to set your target distance
4. Press "enter" to confirm your setting.
5. Press "start" to begin the workout and then start pedalling. The program will not start until you begin pedalling.

**NOTE:** You can press the "stop" button to end the program at any time. The workout summary will displayed on the screen.

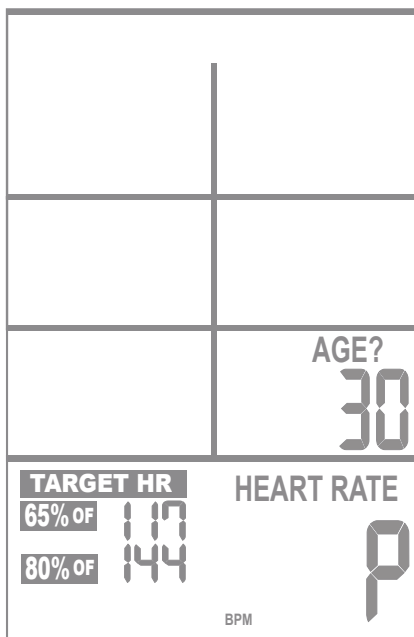




## Target CALORIES

7. Make sure the console is switched on.
8. Press the "target calories" to select the program mode you want.
9. The default value of "50" is flashing in the "CALORIES" window.
10. Use the "▼/▲" buttons to set your target calories (10 ~ 990 kcal)
11. Press "enter" to confirm your setting.
12. Press "start" to begin the workout and then start pedalling. The program will not start until you begin pedalling.

**NOTE:** You can press the "stop" button to end the program at any time. The workout summary will displayed on the screen.



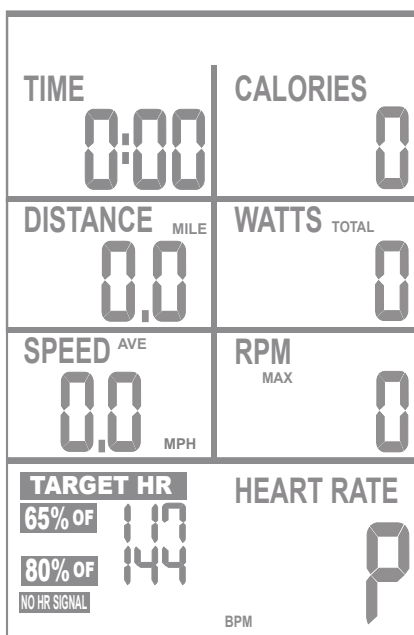
## Target HR Program

You need to be wearing a compatible wireless heart rate chest belt to use this program.

Once you have entered your age the computer will calculate and display the corresponding values for 65% and 80% of your maximum heart rate, whilst also displaying your current heart rate. The computer will also prompt you to speed up or slow down to get within the 65% to 80% zone.

1. Make sure the console is switched on.
2. Press the "target HR" to select the program mode you want.
3. The default value of "30" is flashing in the "AGE" window.
4. Use the "▼/▲" buttons to input your age (10 ~ 99)
5. Press "enter" to confirm your setting.
6. The default value of the 65% of Target HR & 80% Target HR is displayed in HR window accordingly
7. Press "start" to begin the workout and then start pedalling. The program will not start until you begin pedalling.

**NOTE:** You can press the "stop" button to end the program at any time. The workout summary will displayed on the screen.



**!** Do not use the Target HR program if your heart rate is not registering properly on the display.

**!** "NO HR SIGNAL" will flash in the HR window if there is no wireless heart rate signal detected when the program starts.

**!** Please see the "Exercising with your Air Unlimited" section for more details about the benefits of target heart rate training.

# How to Take Care of Your Air Unlimited

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## Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

## Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.



**Never remove the protective casing.**

## Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

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## Troubleshooting



**If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected**

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.



**Always consult your doctor before undertaking a new exercise regime**

**If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor**

## Starting and finishing your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

## Correct cycling form

- Sit on the cycle, with your feet on the pedals and inside the pedal straps
- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.
- Try to ensure that your back is straight whilst exercising, especially for long periods.

## How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

## Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

**Good health** - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

**Weight loss** – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

**Improving Fitness levels** – These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

## Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

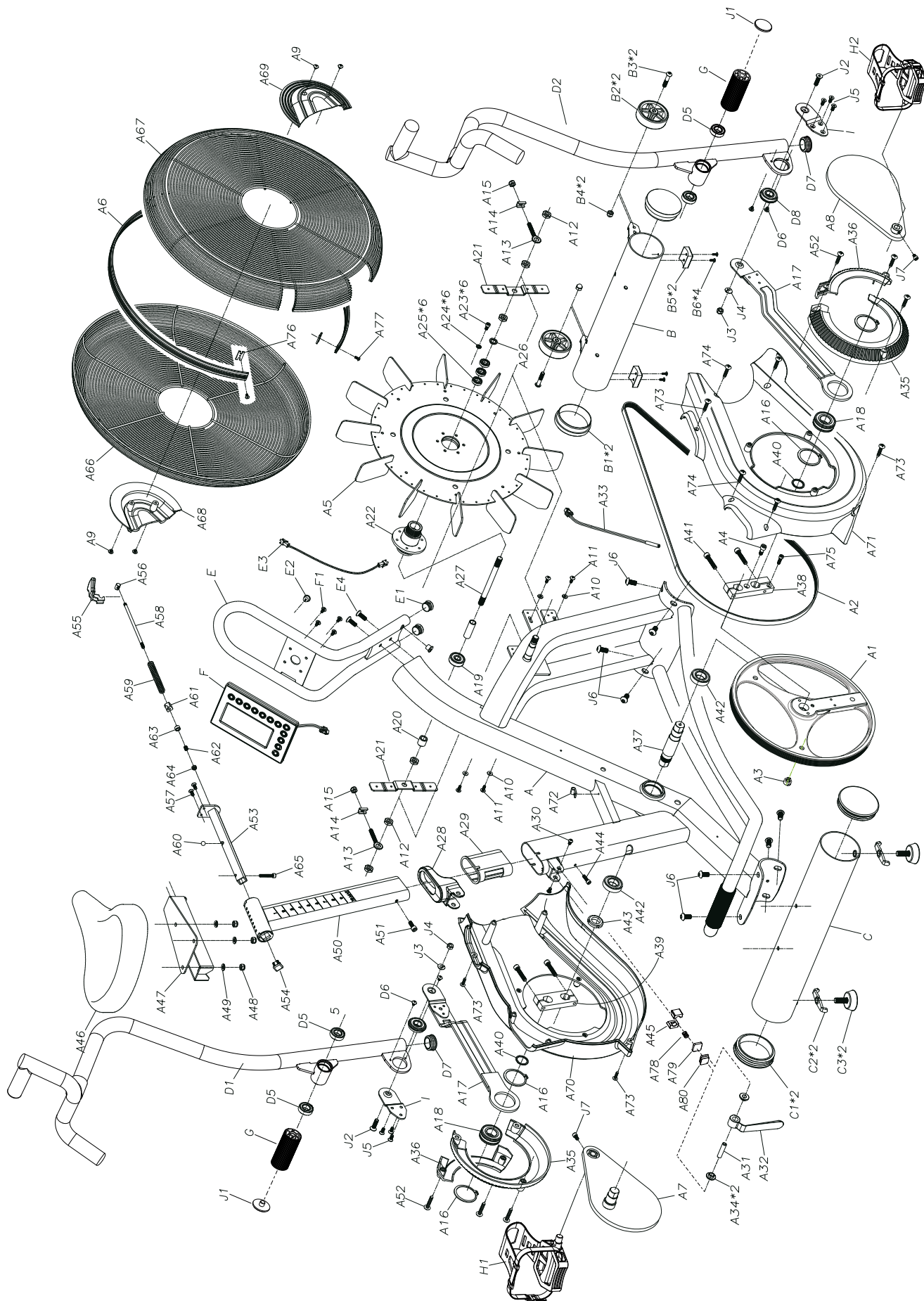
Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185 bpm) by the applicable percentage. So, if your goal is better health:

$$185 \times 60\% = 111 \text{ bpm}$$

**NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.**

**Note:** Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.

# Exploded Diagram



# Parts List

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A	Main Frame	1	A58	Linkage Rod	1
A1	Ribbed Belt Wheel - OD360mm	1	A59	Spring	1
A2	Ribbed Belt - 690 J6	1	A60	Stop Ball - OD10mm	1
A3	Magnetic ( OD15 X 7mm )	1	A61	Spacer Block	1
A4	Hex Socket Head Cap Bolt ( M8 X 35mm )	1	A62	Spring	1
A5	Steel - Fan Assembly	1	A63	Bushing ( Ø8 X 12 X 7mm )	1
A6	Plastic Strip	1	A64	Nylon Locknut - M6	1
A7	Shaped Crank Plate- L	1	A65	Hex Socket Head Cap Bolt ( M6 X 35mm )	1
A8	Shaped Crank Plate- R	1	A66	Steel - Fan Wheel Cover - L	1
A9	Hex Socket Head Cap Bolt ( M5 X 6mm )	4	A67	Steel - Fan Wheel Cover - R	1
A10	Flat Washer ( M5 X Ø13 X 1T )	4	A68	Front Fan Wheel Cover - L	1
A11	Hex Socket Head Cap Bolt ( M5 X 15mm )	4	A69	Front Fan Wheel Cover - R	1
A12	Hex Nut - M12	4	A70	Chain Cover ( L )	1
A13	Fan Wheel Axle Adjusting Screw - M8	2	A71	Chain Cover ( R )	1
A14	Spacer	2	A72	Sensor Housing	1
A15	Nylon Locknut - M8	2	A73	Phillip Head Self Tapping Screw ( M4 x 12mm )	4
A16	C Clip - S52	4	A74	Phillip Head Self Tapping Screw ( M4 x 15mm )	4
A17	Linkage Bar	2	A75	Hex Socket Head Cap Bolt ( M6 X 20mm )	1
A18	Bearing - 2205ZZ	2	A76	Plastic Strip Holder	2
A19	Bearing - 6301ZZ	1	A77	Phillip Head Machine Screw ( M4 X 10mm )	2
A20	Metal Spacer - Ø19 X Ø12.5 X Ø18.7mm	1	A78	Spring	1
A21	Holder Bracket	2	A79	Gasket	1
A22	Fan Wheel Pulley ( OD45 X 80mm )	1	A80	Metal Plate	2
A23	Hex Socket Head Cap Bolt ( M6 X 12mm )	6	B	Front Stabilizer	1
A24	Spring Washer - M8	6	B1	Front Stabilizer End Cap	2
A25	Bearing - 6001	3	B2	Moving Wheel	2
A26	Spacer Ring	1	B3	Allen Head Bolt ( M8 X 40mm )	2
A27	Fan Wheel Axle ( OD12 X 155mm )	1	B4	M8 Capnut	2
A28	Seat Post Mounting Cap	1	B5	Foot Stop	2
A29	Seat Post Reducer Spacer	1	B6	Phillip Head Machine Screw ( M4 x 12mm )	4
A30	Allen Head Bolt ( M6 X 10mm )	2	C	Rear Stabilizer	1
A31	Metal Sleeve - ( Ø10 X 43.2mm )	1	C1	Rear Stabilizer End Cap - Ø101.6	2
A32	Cam Handle	1	C2	Height Adjustable Lock	2
A33	Speed Sensor + Wire	1	C3	Height Adjustable Foot Stop - Ø50	2
A34	Spacer	2	D1	Dual Action Handle Bar - Mult Grip ( L )	1
A35	Crank Arm Cover ( R + L ) - Large	2	D2	Dual Action Handle Bar - Mult Grip ( R )	1
A36	Crank Arm Cover ( R + L ) - Small	2	D5	Bearing - 6003ZZ	4
A37	Crank Axle - M25 X P1.5	1	D6	Phillip Head Machine Screw ( M5 X 8mm )	4
A38	Crank Arm Assembly ( R )	1	D7	Handle Bar End Cap - Low	2
A39	Crank Arm Assembly ( L )	1	D8	Bearing - 6203ZZ	2
A40	Spacer ( Ø25 X 31 X T2mm )	2	E	Console Support Frame	1
A41	Hex Socket Head Cap Bolt ( M8 X 40mm )	4	E1	Console Support Frame End Cap	1
A42	Bearing - 6005ZZ	2	E2	Middle Wire Grommet	2
A43	Axle Adapter Washer	1	E3	Middle Wire	1
A44	Hex Socket Head Cap Bolt ( M6 X 20mm )	1	E4	Hex Socket Flat Head Bolt ( M8 X 25mm )	2
A45	Metal Stop	2	F	Console Assembly	1
A46	Saddle ( LS-A22 )	1	F1	Phillip Head Machine Screw ( M5 X 12mm )	4
A47	Saddle Base	1	G	Foot Peg	2
A48	Nylon Locknut - M8	3	H1	Pedal Set - L (WiwH Mountable Toe Clip & Strap)	1
A49	Spring Washer - M8	3	H2	Pedal Set - R (WiwH Mountable Toe Clip & Strap)	1
A50	Seat Post	1	I	Plate	2
A51	Hex Socket Head Cap Bolt ( M6 X 16mm )	1	J2	Hex Socket Flat Head Bolt ( M8 X 30mm )	2
A52	Phillip Head Self Tapping Screw ( M6 x 20mm )	6	J3	M8 Nylon Locknut	2
A53	Sliding Post	1	J4	Disc Spring Spacer	2
A54	Square End Cap	1	J5	Hex Socket Flat Head Machine Screw ( M6 X 15mm )	6
A55	Adjustment Grip	1	J6	Allen Head Bolt ( M10 X 20mm )	8
A56	Quick - Released Pivot Axis	1	J7	Hex Socket Head Cap Bolt ( M6 X 8mm )	2
A57	Phillip Head Self Tapping Screw ( M6 X 15mm )	2			

# Cascade Health and Fitness Warranty

WARRANTY		
PARTS		LABOR
FRAME	LIFETIME	1 YEAR FOLLOWING CUSTOMER INSTALLATION
NON WEARABLE PARTS	5 YEARS	
ELECTRONICS	2 YEAR	
PEDALS	2 YEAR	
WEARABLES	2 YEAR	
<b>NEED ASSISTANCE? Customer Service: (425) 402-4062</b>		
<p><b>Prior to contacting our Customer Service Department, please have the following information:</b></p> <ul style="list-style-type: none"> <li>▪ Your name, Customer Number, Shipping Address &amp; Telephone Number</li> <li>▪ Serial Number(s) of the inoperable bike(s)</li> <li>▪ Date(s) of Purchase for the inoperable bike(s)</li> <li>▪ Your Billing Address</li> </ul> <p>The above information will ensure that you are the only one ordering parts under your warranty protection. If warranty replacement parts are shipped to you, you may be required to return the inoperable part(s). To facilitate this process, the following policy has been established:</p> <ul style="list-style-type: none"> <li>▪ Contact our <b>Customer Service Department</b> to receive a <b>Return Authorization #</b> prior to shipment</li> <li>▪ Cascade will incur all UPS Ground freight charges for Warranty Parts ordered for a machine that is less than 90 days old. You are responsible for freight charges on warranty parts for machines that are more than 90 days old. You will not be responsible for freight charges for any returned inoperable parts.</li> <li>▪ If an inoperable warranty part(s) must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part(s)</li> </ul>		



**CASCADE**

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