

# IRONMAN<sup>®</sup>

## AEROS

### Owner's Manual Aeros Elliptical

#### Customer Service

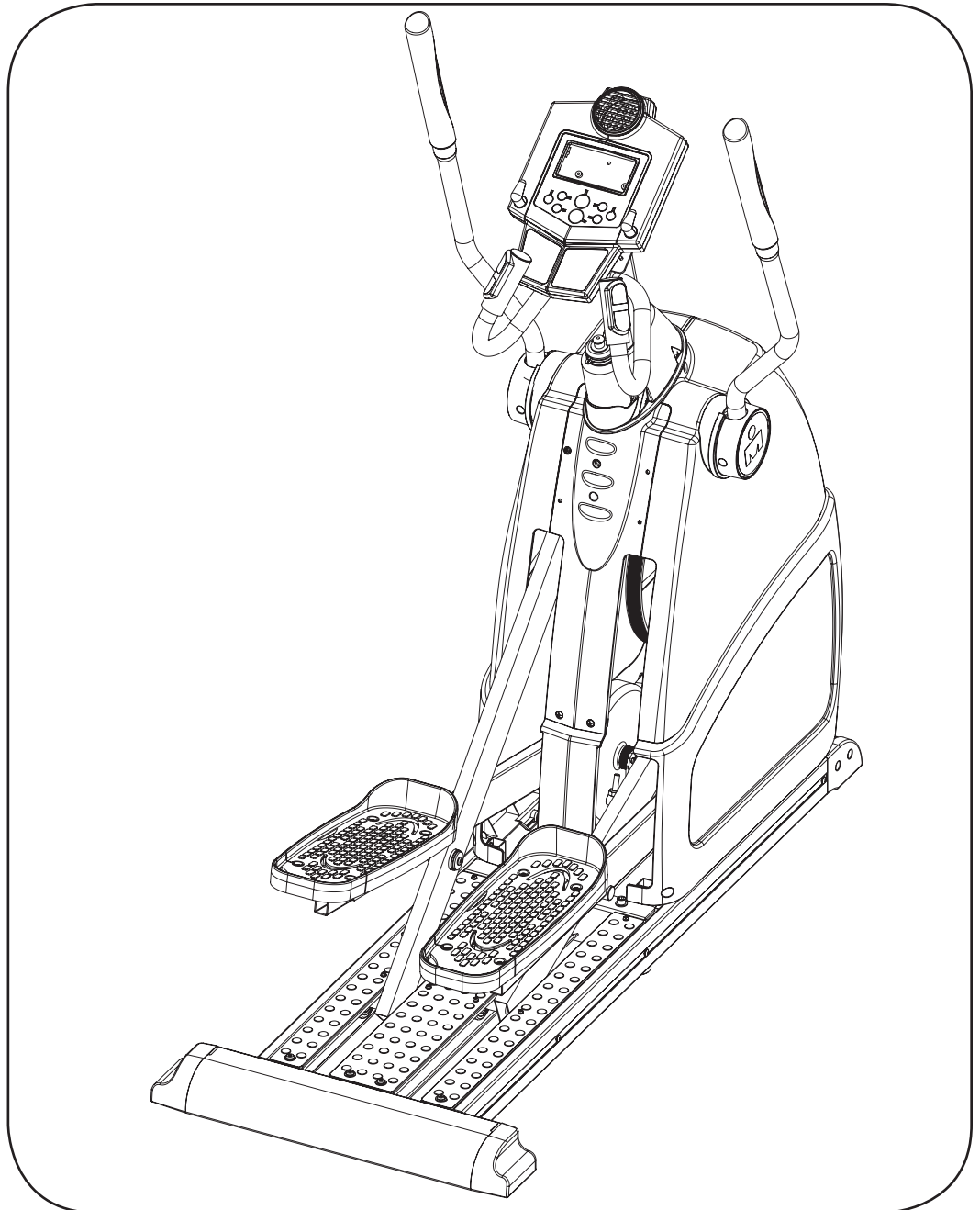
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**IRONMAN**  
*Fitness*

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

**315-0096**  
**11/06 Rev D**

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# Important Safety Information

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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.

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

## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **350** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

# Assembly

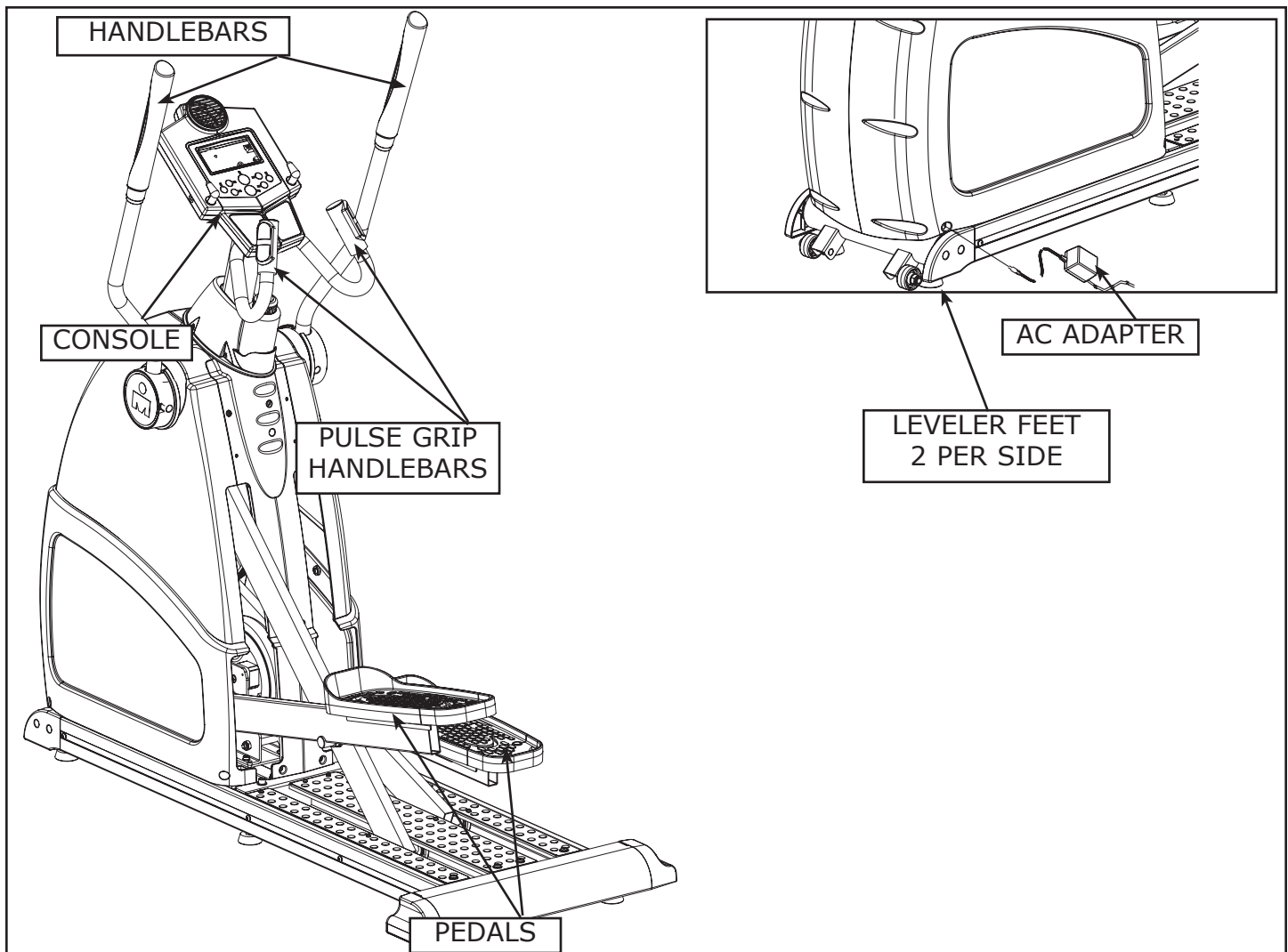
Thank You for purchasing the Ironman Fitness **Aeros Elliptical!** The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

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

If you have heart problems, your 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.**



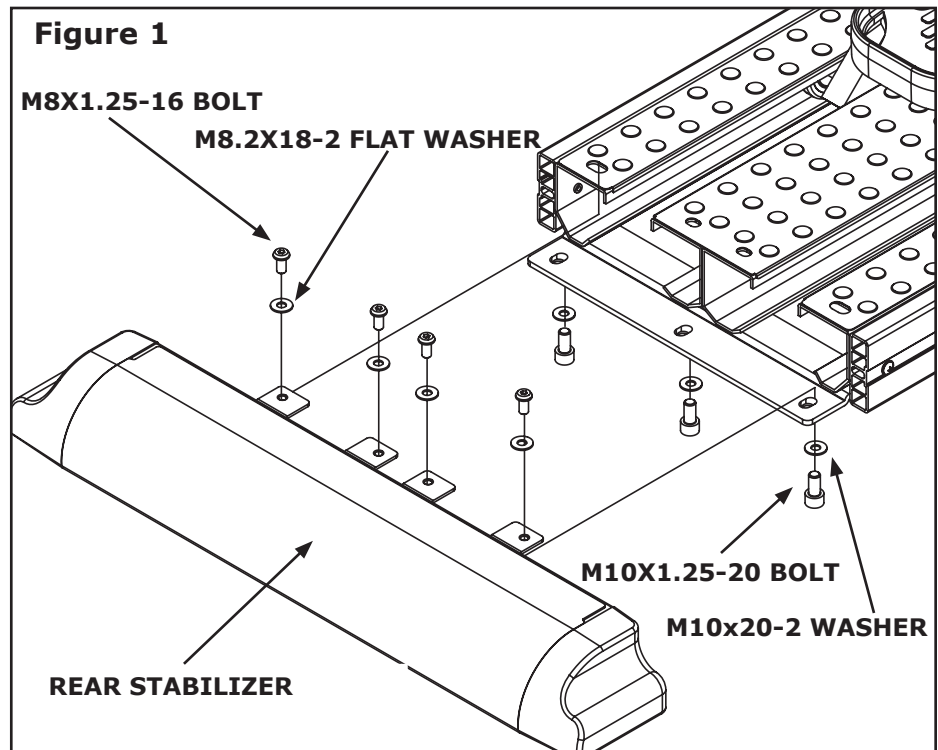
# Assembly

**Getting Started** - The Ironman Fitness Aeros Elliptical will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling the unit should be placed as close as possible to its final location. Tools have been provided for use while assembling this product.

## Figure 1

### Step 1

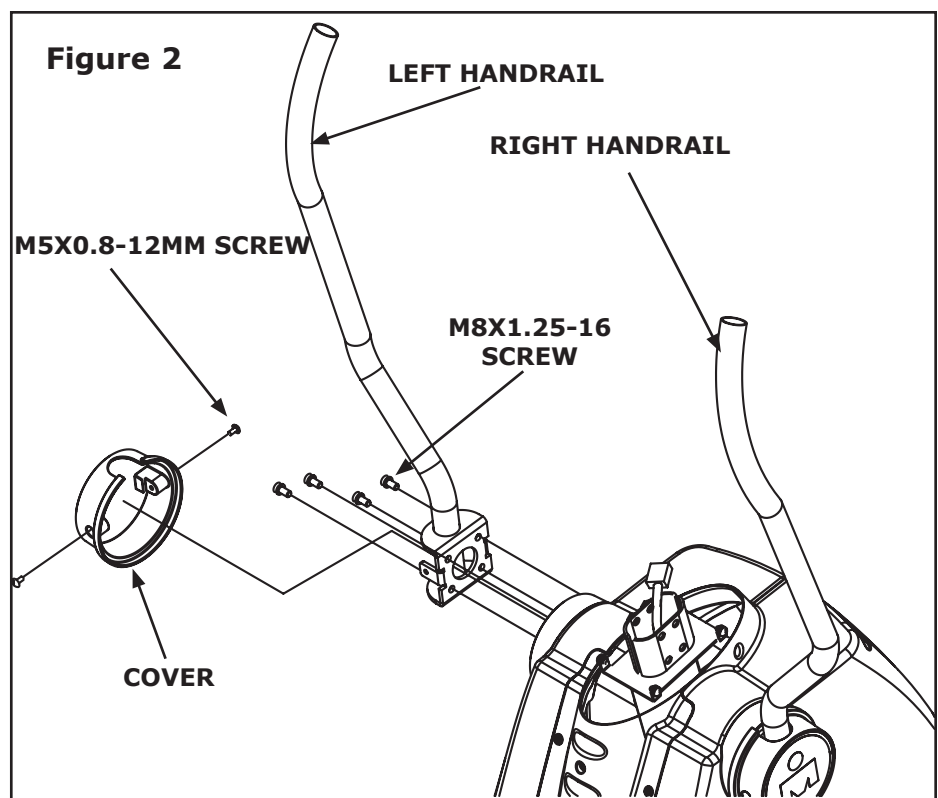
Secure Rear Stabilizer to the Main Frame using Four M8x1.25-16 Screws and M8.2x18-2 Flat Washers on the top four holes, and Three M10x1.5-20 Bolts and M10x20-2 Flat Washers on the three holes located on the bottom of the Rear Stabilizer.



## Figure 2

### Step 1:

Secure Left Handlebar to Main Frame using Four M8x 1.25-16 Screws. Attach the Cover over the Handlebar and secure using Two M5x0.8-12mm Screws. Repeat again using the Right Handlebar.



# Assembly

## Figure 3

### Step 1:

Locate Console Tube and Console Tube Cover. With the Bottle Holder of the Console Tube Cover facing you, insert Console Tube into the Console Tube Cover.

### Step 2:

Connect the Main Wire Harness from the Console Tube to the Main Wire Harness coming from the Main Frame.

### Step 3:

Secure Console Tube to the Main Frame using One M8x1.25-95 Screw and One 8x16-3.5 Washer.

**Note:** Steps 1 - 3 must be completed before moving on to Step 4.

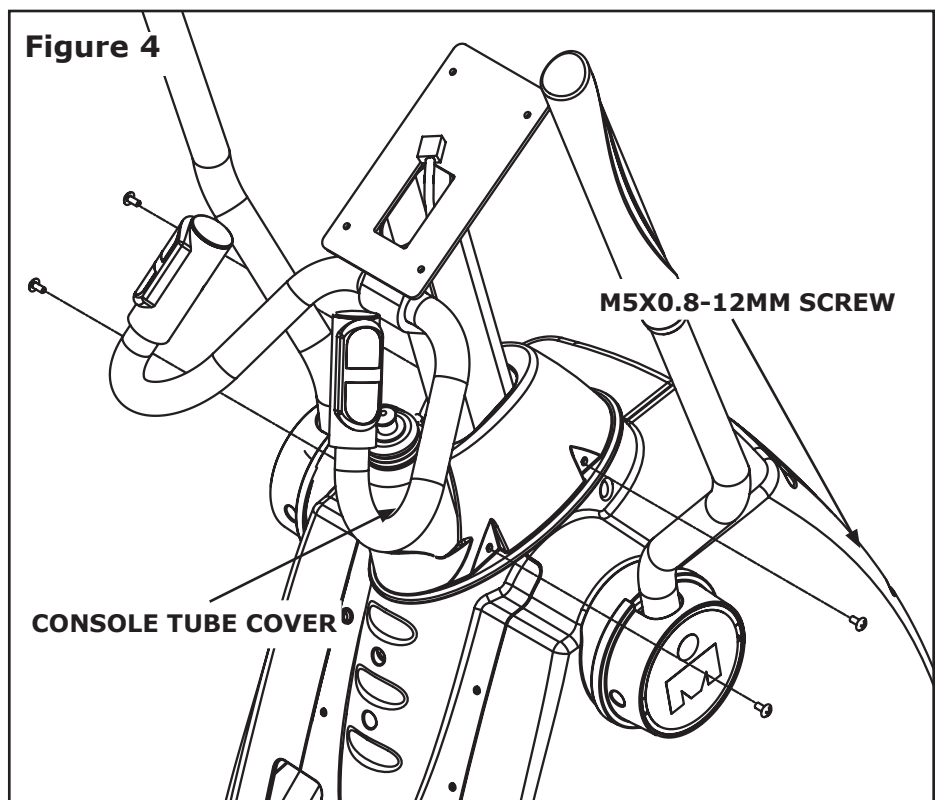
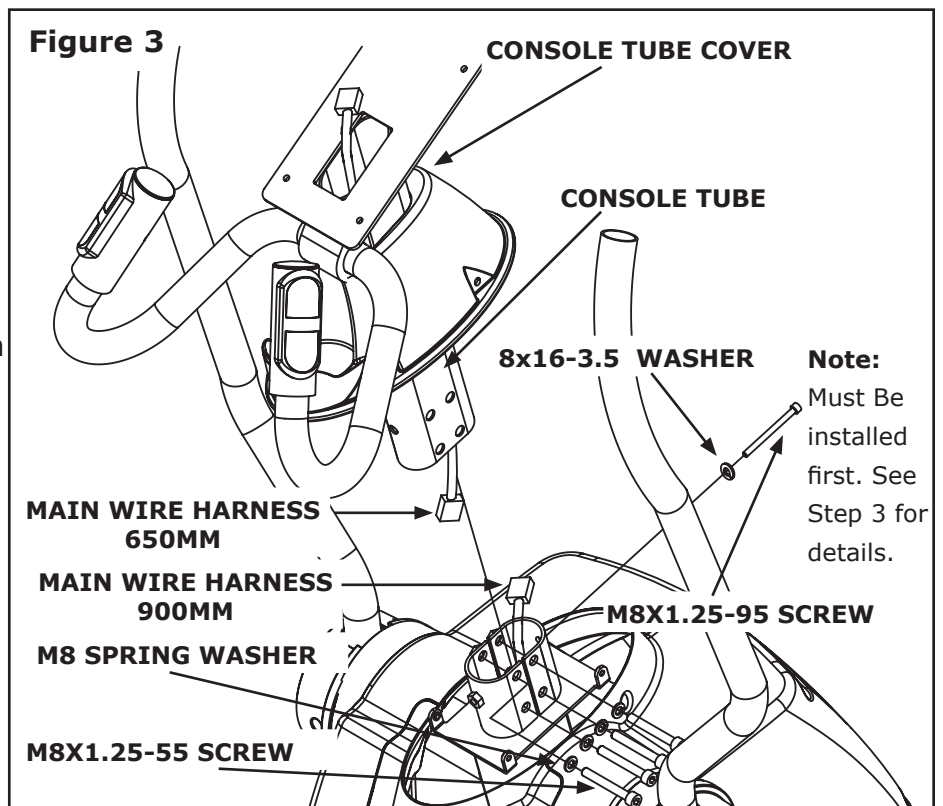
### Step 4:

Install Four M8x1.25-55 Screws and Four M8 Spring Washers through the side of the Console Tube. **Note:** Be careful not to pinch Main Wire Harness when installing Console Tube.

## Figure 4

### Step 1:

Slide the Console Tube Cover down until it is resting on the Main Frame. Secure the Console Tube Cover to the Main Frame using Four M5x0.8-12mm Screws.



## **Figure 5**

### **Step 1:**

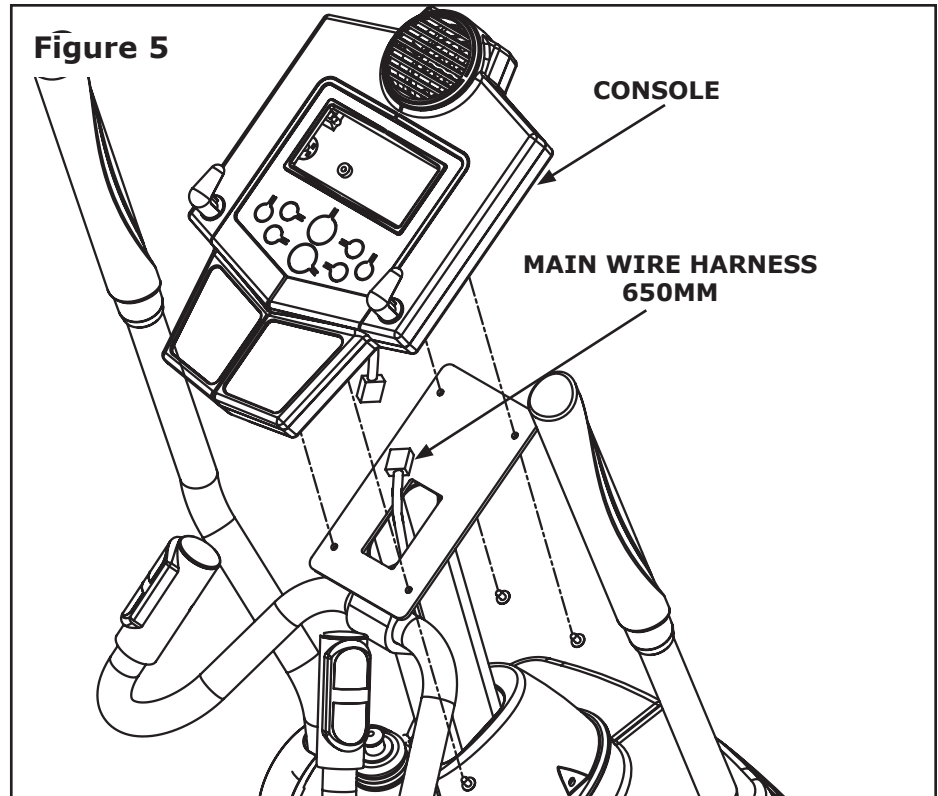
Locate Console and remove the Four Screws that are already installed on the back.

### **Step 2:**

Connect the Main Wire Harness and Pulse Wires coming from the Console Tube to the Wires coming from the Console.

### **Step 3:**

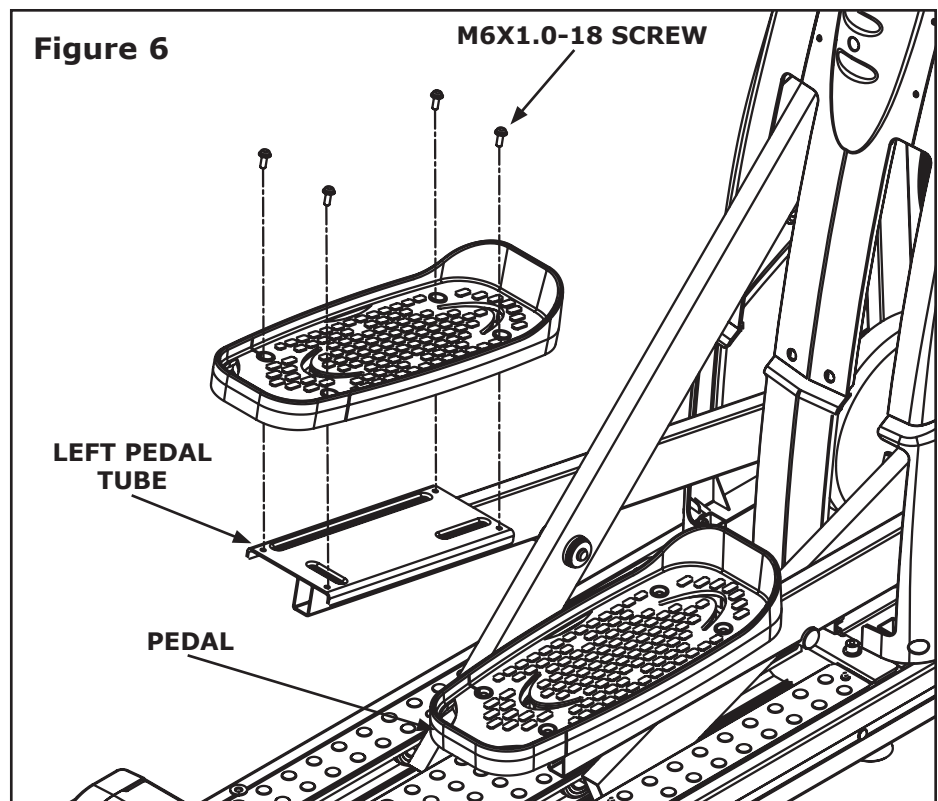
Secure Console to Console Tube using the Four Screws that were removed in Step 1.



## **Figure 6**

### **Step 1:**

Attach Pedal to Left Pedal Tube using Four M6x1.0-18 Screws. Repeat for Right Side.

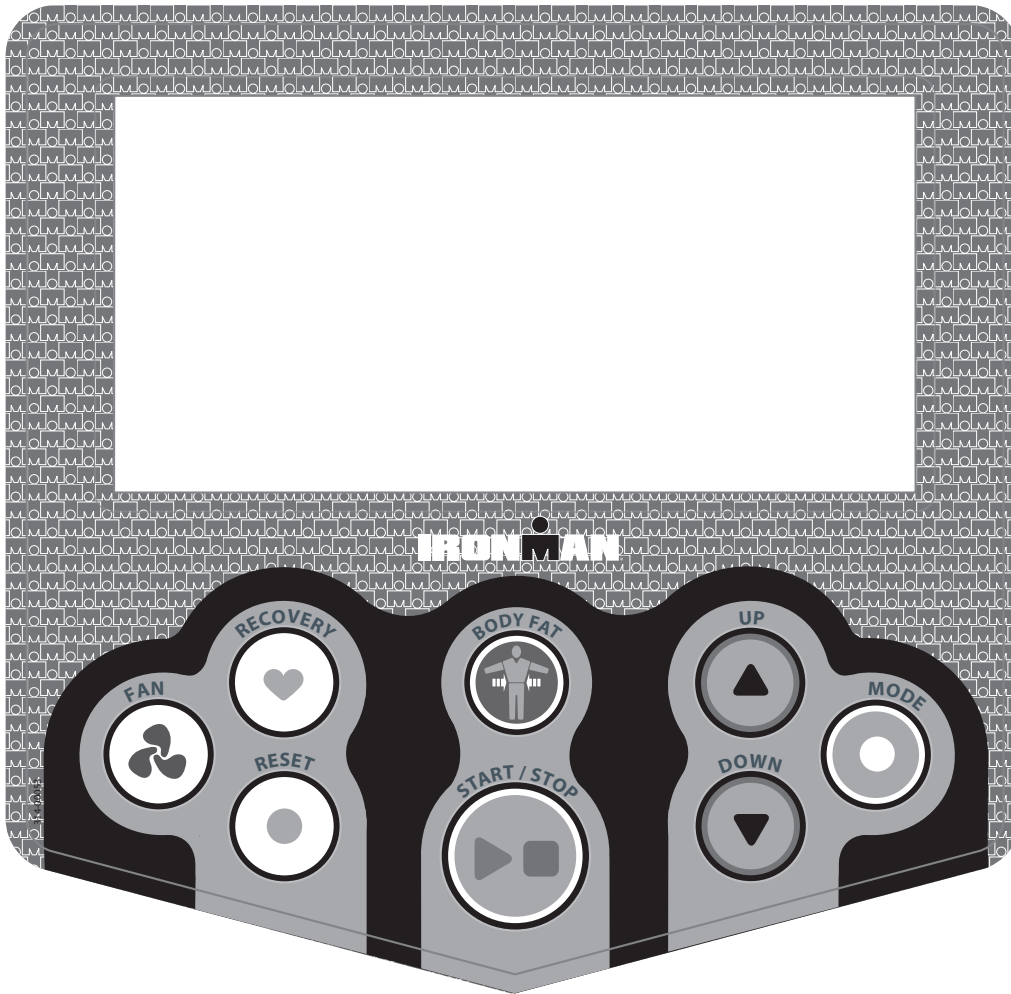


**CONGRATULATIONS!**

**You have completed assembly of your Aeros Elliptical.**

# Console Instructions

Take a few moments to review the console layout. Below is an overview of the console keys and their different functions.



## **CONSOLE BUTTONS:**

### **MODE:**

To set function value for TIME, DIST, CAL, PULSE.

### **RESET:**

Return to main function mode in STOP mode and clean all preset function values at zero.

### **START/STOP:**

To start or stop training

### **RECOVERY:**

To test heart rate recovery status.

### **UP:**

To select training mode and adjust function value up.

### **DOWN:**

To select training mode and adjust function value down.



**FAN:**

Console is equipped with a fan that has four settings, AUTO/LOW/MED/HIGH/OFF. Press the button to turn the fan to the preferred setting. The AUTO setting will adjust the fan speed based on the RPMs produced, the more RPMs produced the faster the fan speed will be.

**BODY FAT:**

Press the button to start body fat measurement.

## CONSOLE FUNCTIONS

**TIME:**

Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

**SPEED:**

Display current training speed from 0.0 to maximum 99.9 KM or MPH.

**RPM:**

Display current training revolutions per minute.

**DISTANCE:**

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 MPH/KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or MPH) between 0.00 to 99.90.

**CALORIES:**

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset calorie to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

**PULSE:**

Displays your current heart beat figures as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors.

**WATT:**

Display current training watt figures.

**RECOVERY:**

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

# Console Instructions



## CALENDAR:

Screen will display year/month/day in sleep mode. When the unit is plugged in the console will prompt user to input correct information. Use the UP and DOWN button until correct year is found. Press MODE to select and move on to the Month. Repeat to input correct month and day.

**Note:** All information will be saved until unit is unplugged.

## CLOCK:

Screen will display time in sleep mode. Once the calendar is set, you will be able to input the correct time. Use the UP and DOWN buttons until the correct hour found. Press MODE to select and move on to the minutes. Repeat for to input correct minutes. **Note:** All information will be saved until unit is unplugged.

## TEMPERATURE:

Screen will display room temperature in sleep mode.

## GENERAL INFORMATION:

1. Start Pedaling or press any button to start Console.
2. The Console will shut down after 4 minutes of no activity, and will display room temperature.
3. To Reset Console press and hold the START/STOP button for 2 seconds.

**Note:** The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

## BMR:

Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal body functions.

## BMI:

Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

## GETTING STARTED:

Press the USER button. Press MODE to enter USER SELECT. Use the UP/DOWN to select a User. Press MODE to select a User. Press the UP/DOWN key to select HEIGHT. Press MODE to confirm the value. Use the UP/DOWN key to select WEIGHT. Press MODE to confirm value. Use the UP/DOWN key to select AGE. Press MODE to confirm value. Use the UP/DOWN key to select GENDER. Press MODE to confirm value. Press START/STOP to enter program mode.

## PROGRAM INSTRUCTIONS:

### MANUAL PROGRAM:

Allows the User to manually adjust tension settings throughout their workout. The default tension level is 6. You may set Time or Distance for your workout.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons.

## **PRESET PROGRAMS:**

Each Program is divided into ten intervals.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

## **USER PROGRAM:**

It allows you to customize a workout session. This program is divided into 10 intervals. TIME, DISTANCE, KCAL and Tension can be set for each interval. The program will be stored in the Console's memory after set-up.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Column 1 will flash on display. Use the UP/DOWN keys to set Tension for this interval. Press MODE to confirm value. Repeat for Interval 2-10. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons. If the tension level is changed during your exercise session, this new value will not be saved into the console.

To make a permanent change, you must call up program again and repeat steps for each interval with new tension settings.

## **WATT PROGRAM:**

In the program, the WATT function will keep a constant value. This means that if you pedal quickly, the tension will decrease, if you pedal slowly the tension will increase to maintain the Watt value entered.

$WATT = TORQUE (KGM) * RPM * 1.03$ . For this program you must choose to set a TIME or a DISTANCE. Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE, KCAL and WATT. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

## **HEART RATE PROGRAMS:**

Heart rate control programs are designed to automatically adjust the elliptical's resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal.

# Console Instructions



There are three Heart Rate Programs. 60% HRC (Heart Rate Control), 75% HRC and 85% HRC. The Console will adjust the Tension to keep you within your Target Heart Rate  $\pm$  5. Example: The tension will increase if your Heart Rate is below the Target Heart Rate. The tension will decrease if your Heart Rate is higher than your Target Heart Rate.

Press MODE until Program number shows on display. Use the UP/DOWN buttons to scroll to this program. Press MODE and set values for TIME, DISTANCE, KCAL, AGE and TARGET HEART RATE. Use the UP/DOWN keys to adjust the values. Press MODE after correct value shows on display. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You may also choose the TARGET HEART RATE WORKING PROGRAM under the 3 main HEART RATE PROGRAMS. This allows the user to set a TARGET HEART RATE to exercise at for a period of TIME or a set DISTANCE.

## BODY FAT PROGRAM:

This program is designed to calculate body fat ratio and to design a specific tension profile. In order to use this program correctly, make sure the personal data has been input and correct. Press the BODY FAT button, and hold on to the hand grips to start body fat testing. The console will display "- - - - -" while testing is in progress. After 8 seconds, you will see the BODY FAT in percentage and BMI. If the console has experienced an error, it will display one of the following error codes:

"E-1" - When the console displays this error, it means you did not put your hands properly on the sensor. Please try again.

"E-4" - When the console displays this error, it means that the BODY FAT is out of range.

After BODY FAT testing is completed, press the BODYFAT button to continue workout.

**Note: For a more accurate reading, hold the handgrip with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test.**

### Body Fat

Body Type	Female	Male
<b>Athlete</b>	<17%	<10%
<b>Lean</b>	17-22%	10-15%
<b>Average</b>	22-25%	15-18%
<b>Above Avg</b>	25-29%	18-20%
<b>Overweight</b>	29-35%	20-25%
<b>Obese</b>	35+%	25+%

### Body Mass Index

Body Type	Range
<b>Underweight</b>	<18.5
<b>Ideal</b>	18.5-25
<b>Overweight</b>	25-30
<b>Obese</b>	>30

## **FITNESS TEST: (Pulse Recovery Feature)**

The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1-F6)

F1 = Excellent

F2 = Good

F3 = Fair

F4 = Below Average

F5 = Poor

F6 = Very Poor

# Monitoring Your Heart Rate

## Monitoring Your Heart Rate

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

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

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

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

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

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

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

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

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

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

# Warm Up Exercises

## 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.

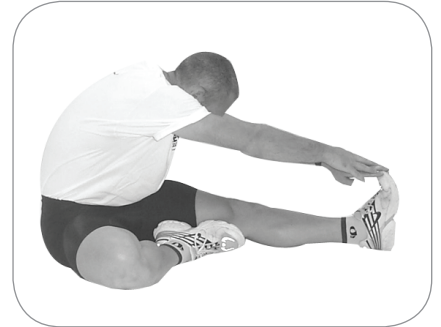
### TOE TOUCH STRETCH

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.



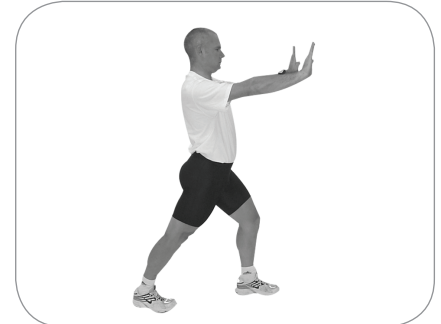
### HAMSTRING STRETCH

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.



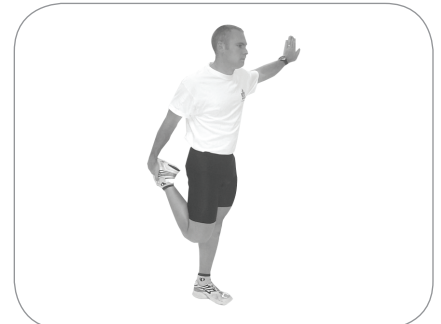
### CALF/ACHILLES STRETCH

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 (Image not Shown)

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.

# Trouble Shooting Guide



<u>Symptom</u>	<u>Possible Cause</u>	<u>Solution</u>
Console has no power	DC adapter is not plugged into wall outlet?	Plug DC adapter into wall outlet
	DC adapter cord is not plugged into Aeros?	Plug DC adapter cord into Aeros power socket
	Console cable is not connected?	Verify that console cable is connected properly
	The computer is faulty?	Call the Ironman Fitness service number
Strides/Min or Speed shows 0	Computer isn't receiving a signal from the sensor?	Check that the sensor magnet is correctly fitted and passes in front of the sensor
		Check that the gap between sensor and the magnet is 3mm or less
		Check that all the computer plugs and sockets are correctly and firmly connected
		Check that the computer wires are not damaged
	The sensor is faulty?	If all above checks are okay, then replace sensor
	The computer is faulty?	Call the Ironman Fitness service number
Noise from motor	Symptoms include an unusually loud noise coming from the motor, which means the gears are not meshing correctly	Try reversing the resistance and try again. If this fails, then replace the motor.

## CLEANING/MAINTENANCE -

Your Aeros Elliptical has been manufactured to withstand many hours of use with minimal maintenance. It may occasionally require silicone to be sprayed on the moving parts (available at most stores).

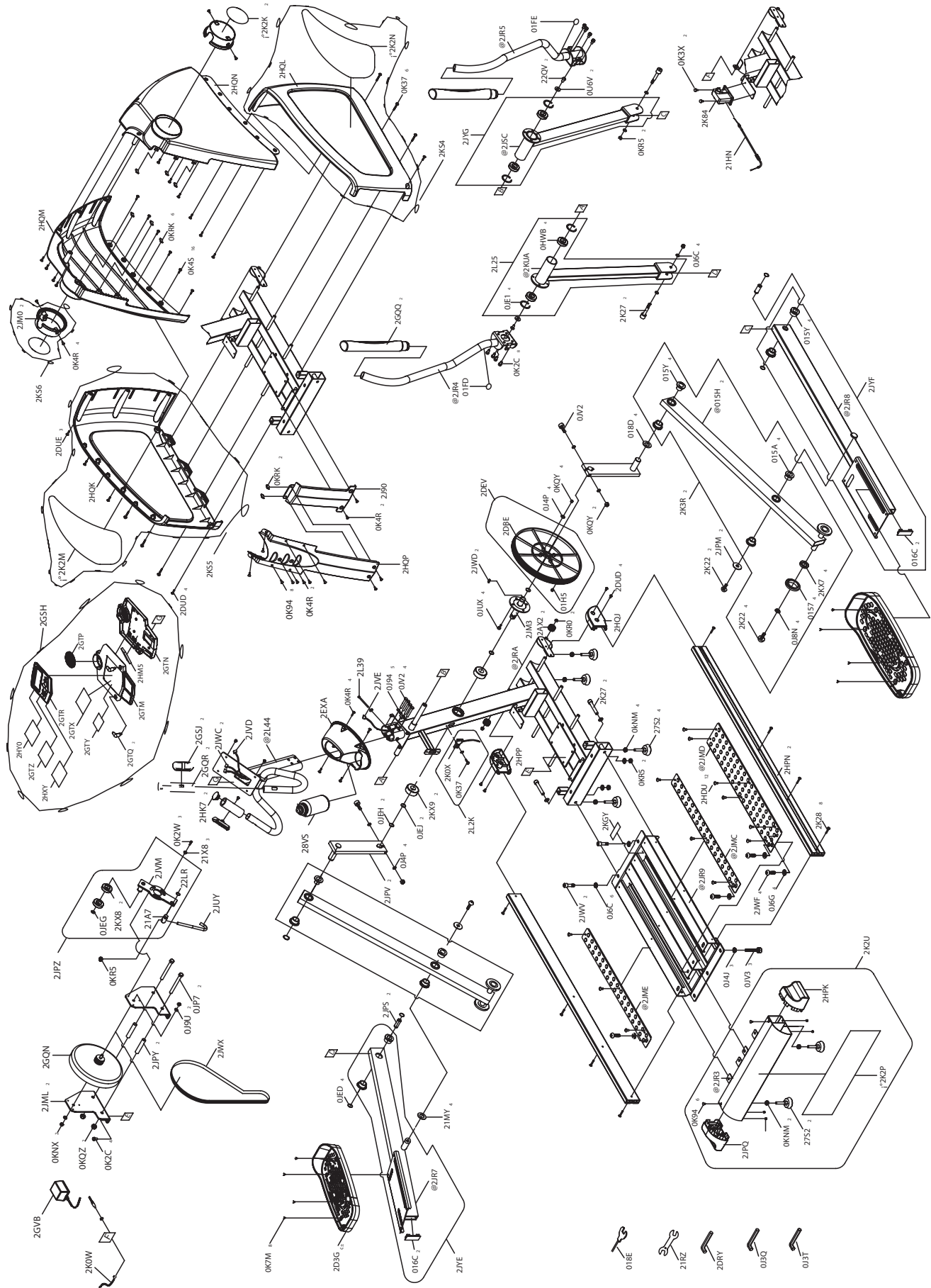
Periodically wipe down your machine with mild, soapy water or a diluted general purpose household cleaner. Machine should be wiped down to remove sweat after each use.



## Aeros Parts List Rev B

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
2K2M	314-00081	DECAL, GRAPHIC SHROUD LEFT, AEROS	1	2GQN	311-00082	MAGNETIC BRAKE ASSY, ACHIEVER	1
2K2N	314-00082	DECAL, GRAPHIC SHROUD RIGHT, AEROS	1	2JPZ	311-00091	IDLER WHEEL ASSY, AEROS (WITH PARTS)	1
2K2K	314-00079	DECAL, MDOT CHROME SHROUD, AEROS	2	0HVY	331-00095	BALL BEARING 6204ZZ	2
2KS4	305-00195	SHROUD, RIGHT W/DECAL AEROS	1	0JEG	302-00109	C-RING A-20	1
2KS5	305-00196	SHROUD, LEFT W/DECAL AEROS	1	22LR	302-01401	C-RING, A-16 T=1.2 BLACK	1
2KS6	306-00730	COVER, HANDLEBAR W/DECAL AEROS	1	2H4J	302-01349	RETAINING RING, ACHIEVER	1
2K2U	323-00466	REAR STABILIZER ASSEMBLY, AEROS	1	2JVM	311-00092	IDLER WHEEL, AEROS	1
2GQR	306-00729	FOAM GRIP, AEROS	4	2JPY	306-00723	COLLAR, AEROS	2
0K4R	302-00145	CR. HD. SCREW M5*0.8-12MM	6	2JWX	304-00024	BELT, V-RIBBED 580J5	1
0J58	302-01380	WASHER, FLAT 5*14-1	2	0J9U	302-01351	SPRING WASHER, 3/8" BLACK	2
0KQW	302-01379	LOCKNUT, M5*0.8 T= 5 BLACK	2	0JP7	302-01398	BOLT, HEX HD M10X1.5-105	2
2J90	306-00719	COVER, BOTTOM PLATE AEROS	1	2JUY	302-01396	BOLT, CLAMP AEROS	1
2HQP	306-00720	COVER, UPPER PLATE AEROS	1	0K2W	302-01131	BOLT M5*12	3
0K4S	302-01381	SCREW, M5*0.8-16 CR.-RE. TRUSS HD	18	21X8	302-01304	SPACER, CENTER-G/ACHIEVER/CDT	3
2JPV	319-00266	CRANK ARM, AEROS	2	2GSH	307-00132	CONSOLE, ACHIEVER/AEROS	1
0J4P	302-00102	FLAT WASHER 8*16-1.4MM	8	2HK7	306-00726	END CAP, CONSOLE TUBE AEROS	2
0JEH	302-00110	C-RING A-24	2	2GSJ	306-00727	HAND PULSE W/GRIP, AEROS	2
0JEJ	302-01296	C-RING A-25	2	2JWC	313-00382	HARNES, HAND PULSE HANDLEBAR 700MM	2
0HWC	331-00037	BALL BEARING 6005Z ( 600E)	2	2JVD	313-00381	WIRE, HARNES MAIN 650MM AEROS	1
2JVE	313-00380	WIRE HARNES, MAIN 900MM AEROS	1	2L44	319-00364	CONSOLE MAST, AEROS REVISED HOLE IN FRON	1
2HPP	306-00721	SIDE CASE SUPPORT PLATE, LEFT AEROS	1	0K7M	302-01290	CR. RE. ROUND WASHER HD. SCREW M6*1.0-18	8
0JUX	302-00125	HEX. SOC. HD. CAP BOLT M8*1.25-30MM	4	2D3G	306-00622	PEDALS, EVO-1, CENTER-G/ACHIEVER/CDT	2
2JWD	319-00362	PARALLEL KEY, 8X12	2	0JED	302-00108	C-RING A-16	4
2DEV	311-00041	POLY V-BELT PULLEY ASSEMBLY	1	2JYE	323-00462	PEDAL TUBE ASSY LEFT (WITH PARTS),AEROS	1
2DBE	311-00070	POLY V-BELT PULLEY, EVO-1	1	015Y	302-00096	SHAFT BUSHING, OD26MM	8
01H5	310-00172	MAGNET SEAT W/MAGNET, EVO-1	1	2JR7	323-00463	PEDAL TUBE, LEFT AEROS	1
0KQY	302-00135	LOCK NUT M8*1.25 T=8MM, 600E,A7E,EVO-1	6	016C	306-00285	END CAP, 25.2MMX75.2 RECTANGULAR A7E,600	4
0JV2	302-00127	HEX. SOC. HD. CAP BOLT M8*1.25-60MM	2	2JPS	306-00728	SLEEVE, PEDAL ARM AEROS	2
2JM3	330-00094	CENTER SHAFT, AEROS	1	21MY	302-00106	FLAT WASHER 29*24*0.3MM	4
2AX2	306-00668	TRANSPORTATION WHEEL, CENTER-G	2	018D	302-00098	FLAT WASHER 16*20-0.3MM	4
0KR0	302-01285	LOCKING NUT, M12*1.75 T12	2	2JYF	323-00460	PEDAL TUBE ASSY RIGHT (WITH PARTS),AEROS	1
2HQJ	306-00722	SIDE CASE SUPPORT PLATE, RIGHT AEROS	1	2JR8	323-00461	PEDAL TUBE, AEROS	1
2DUD	302-01382	SCREW, M5X0.8-12 CR.-RE. TRUSS HD ZINC	8	2K22	302-01388	SCREW, HEX. SOC TRUSS HD ZINC N8X1.25-16	6
2K27	302-01383	NUT, M10*1.5 T=10 CHUCK	2	2JPM	302-01399	FLAT WASHER, 8.5X32-3	2
0KNM	302-01287	HEX. NUT, M10X1.5 CT=8	6	0J8N	302-01395	WASHER, FLAT 5/16X7/8-5/64	2
27S2	310-00114	LEVELER, CENTER-G	6	0157	306-00282	TRACK WHEEL ASSEMBLY, EVO-1, A7E, AEROS	2
0KR5	302-01402	NUT CHUCK, M10X1.5 T=10	5	0HV4	331-00035	BALL BEARING, 6203LU, 600E	2
2JWV	302-01384	BOLT, HEX. SOC. HD. ZINC M10X1.5-95	2	015A	302-00097	SHAFT BUSHING, OD 35MM	2
0J6C	302-00101	FLAT WASHER 10*20-2MM	6	015H	319-00003	CRANK TUBE ASSY, EVO-1/600E/A7E	1
2JME	319-00262	PLATE, IRON LEFT AEROS	1	2JPK	306-00724	END CAP, REAR STABILIZER LEFT AEROS	1
129X	302-01378	SCREW, CR.RE. PAN HEAD TAPPIN AND WASHER	8	2HPK	306-00725	END CAP, REAR STABILIZER RIGHT AEROS	1
2JR9	319-00358	RAIL ASSY, AEROS	1	0KA6	302-01389	SCREW, CR.RE.PAN HD TAPPING M5X12-10	2
2JMC	319-00263	PLATE, IRON RIGHT AEROS	1	2K2P	314-00080	DECAL, IM LOGO REAR END, AEROS	1
2JMD	319-00264	PLATE, IRON MIDDLE AEROS	1	018E	302-00140	WRENCH, M8 HEX HD, L=108MM	1
2HPN	319-00359	PLATE, SIDE CASE SUPPORT AEROS	2	0J3R	302-00142	WRENCH HEX. 6-83MM	1
2K28	302-01377	SCREW, M5X0.8-25 ZINC HRC40~45	8	0J3Q	302-00141	WRENCH HEX. 5-70MM	1
0K3X	302-01292	CR.RE. PAN HD. SCREW & WASHER M5*0.8-14	2	0J4J	302-01354	WASHER, FLAT M10*20-2	3
01HL	307-00055	MOTOR 600E	1	0JV3	302-01390	BOLT, HEX. SOC. TRUSS ZINC M8X1.25-16	3
21HN	310-00203	BRAKE LEAD, EVO-1/AEROS	1	2JWF	302-01391	SCREW, HEX. SOC. HD. CAP M8X1.25-16	4
2GVA	313-00369	REED SWITCH, ACHIEVER/CDT	1	0J6G	302-01392	WASHER, FLAT 8.2X18-2.0	4
0K37	302-00118	CR.RE. PAN HD. SCREW & WASHER M5*0.8-16m	1	0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	8
2JYG	323-00464	PIVOT ARM ASSY, AEROS (WITH PARTS)	2	2GQQ	306-00274	GRIP, HANDRAIL AEROS/CDT/ACHIEVER/CG2	2
0JE1	302-01397	C-RING B-42	2	2JR4	323-00458	HANDRAIL, LEFT UPPER ASSY AEROS	1
2JSC	323-00465	PIVOT ARM, AEROS (ARM ONLY)	1	01FD	314-00001	LEFT STICKER 600E	1
0HWB	331-00101	BEARING, 6004Z AEROS	2	2JR5	323-00459	HANDRAIL, RIGHT UPPER ASSY AEROS	1
2K27	302-01385	BOLT, HEX SOC. HD. CAP ZINC M10X1.5-65	2	01FE	314-00002	RIGHT STICKER 600E	1
0J6C	302-00101	FLAT WASHER 10*20-2MM	4	2GVB	307-00133	AC ADAPTER, ACHIEVER/CDT/AEROS	1
0U6V	302-01386	WASHER, FLAT 10X25-3	2	2GTU	313-00366	POWER SOURCE SPCKET, 600MM ACHIEVER	1
22QV	302-01277	HEX. SOC. TRUSS HD. SCREW M10*1.5-20	2	28VS	310-00119	WATER BOTTLE	1
2DUE	302-01387	SCREW, CR.- RE. TRUSS HD. ZINC M5X0.8-16	3	2EXA	306-00275	COVER, CONSOLE TUBE AEROS	1
2HQK	305-00191	COVER SIDE, LEFT BOTTOM AEROS	1	0K0D	302-01393	SCREW, HEX. SOC. TRUSS HD M8X1.25-55	4
2HQM	305-00192	COVER SIDE, LEFT UPPER AEROS	1	2JM0	306-00276	END CAP, AEROS	2
0KRK	302-00144	U-TYPE NUT M5-12MM	4	2JR3	319-00265	REAR STABILIZER ASSY, AEROS	1
2HQN	305-00193	COVER SIDE, RIGHT UPPER AEROS	1	0J4E	302-00100	FLAT WASHER 6*13-1MM	4
2HQL	305-00194	COVER SIDE, RIGHT BOTTOM AEROS	1	0KAA	302-01394	SCREW, CR.RE. PAN HD. TAPPING M5X12-16	4
0K37	302-00118	CR.RE. PAN HD. SCREW & WASHER M5*0.8-16m	6	28ZT	323-00147	LINKAGE ASSEMBLY	2
0KNX	302-01350	HEX NUT, 3/8*24	2	290A	313-00073	REED SWITCH ASSEMBLY	1
0KQZ	302-01286	LOCKING NUT, M10*1.5 T10	2	2L39	302-01410	SCREW, M8X1.25-95	1
0K2C	302-01293	HEX.SOCKET HD.CAP SCREWS M8X1.25-16	4	#	302-01411	WASHER, 8X16-3.5 FOR MAST	1
2JML	319-00360	BRACKET, WHEEL AEROS	2				

# Exploded View



# Warranty Information



## Residential Warranty

**Frame: Lifetime**

**Parts: 2 Year**

**Labor: 1 Year**

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness (“Ironman”) under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman 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 pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period Ironman will repair or replace (at Ironman’s option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Ironman may replace defective parts, or at the option of Ironman, 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 Ironman. Ironman 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.

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