



Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty & Service for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, Eastern Time.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)



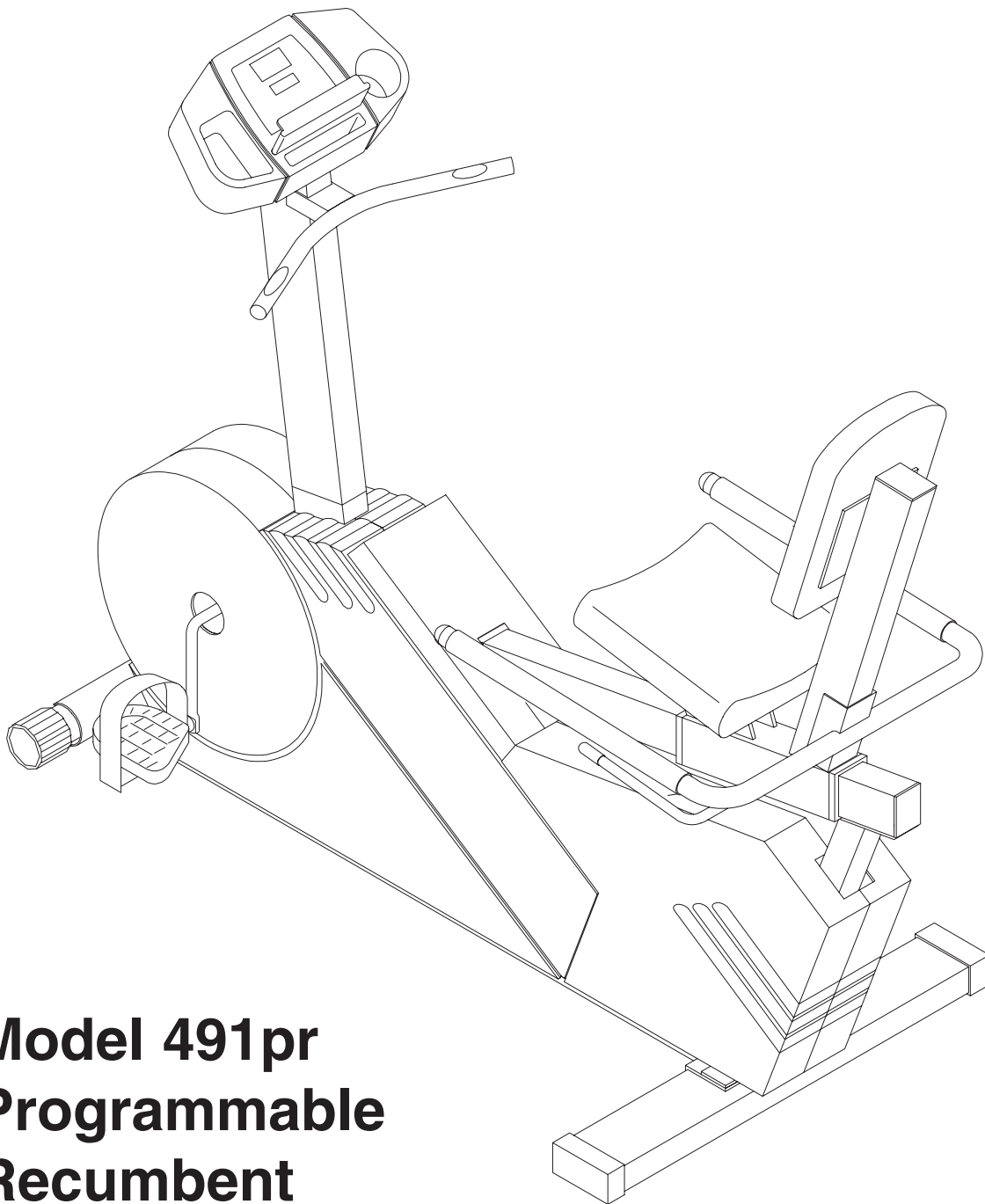
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5/31/02

EDGE™



**Model 491pr
Programmable
Recumbent
Exercise Bike**

FitnessQuest[®]
Inc.

Congratulations on purchasing your Edge™ 491pr Recumbent Bike

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift, and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your Edge 491pr Recumbent Bike.

Retain this manual for future reference.

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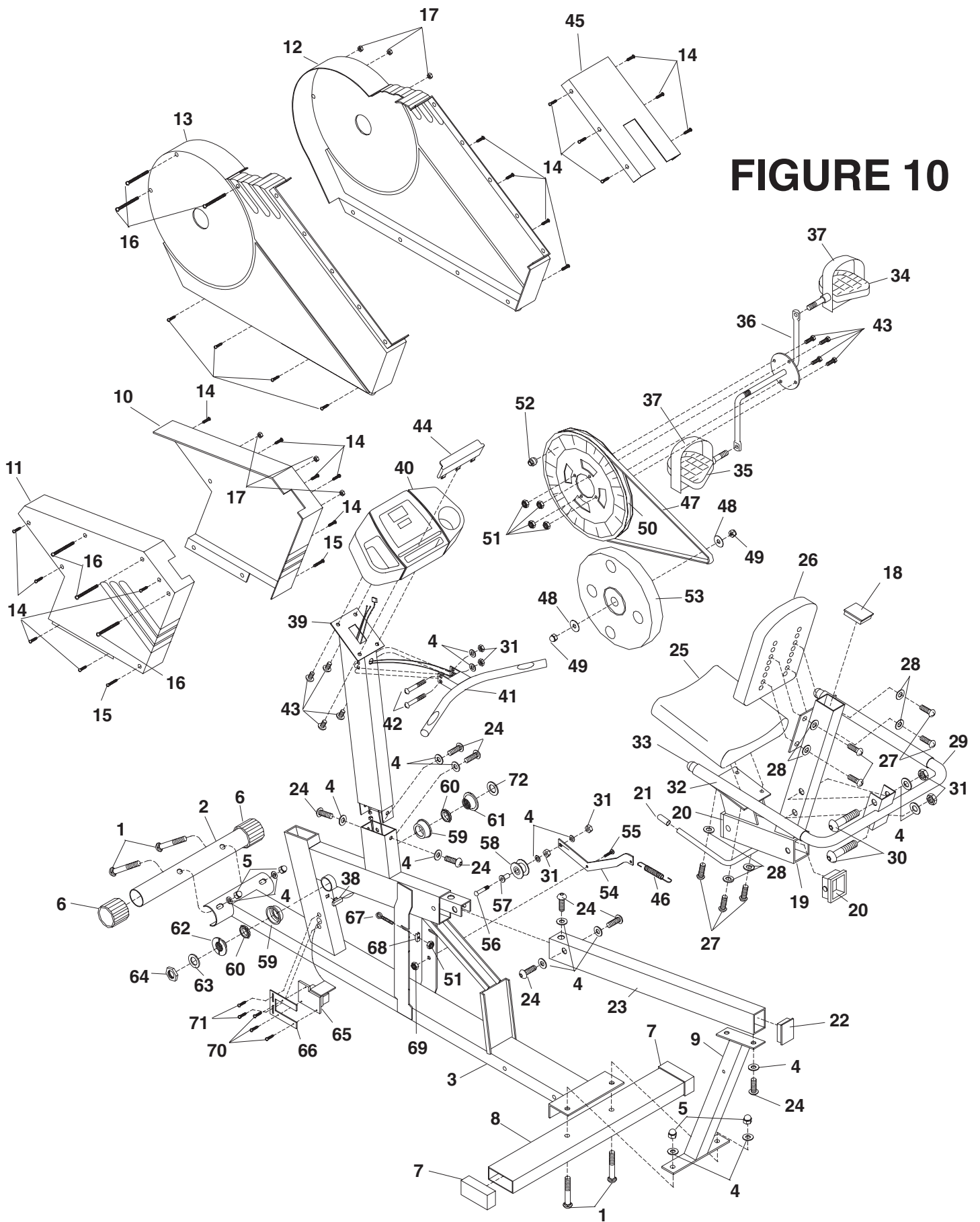
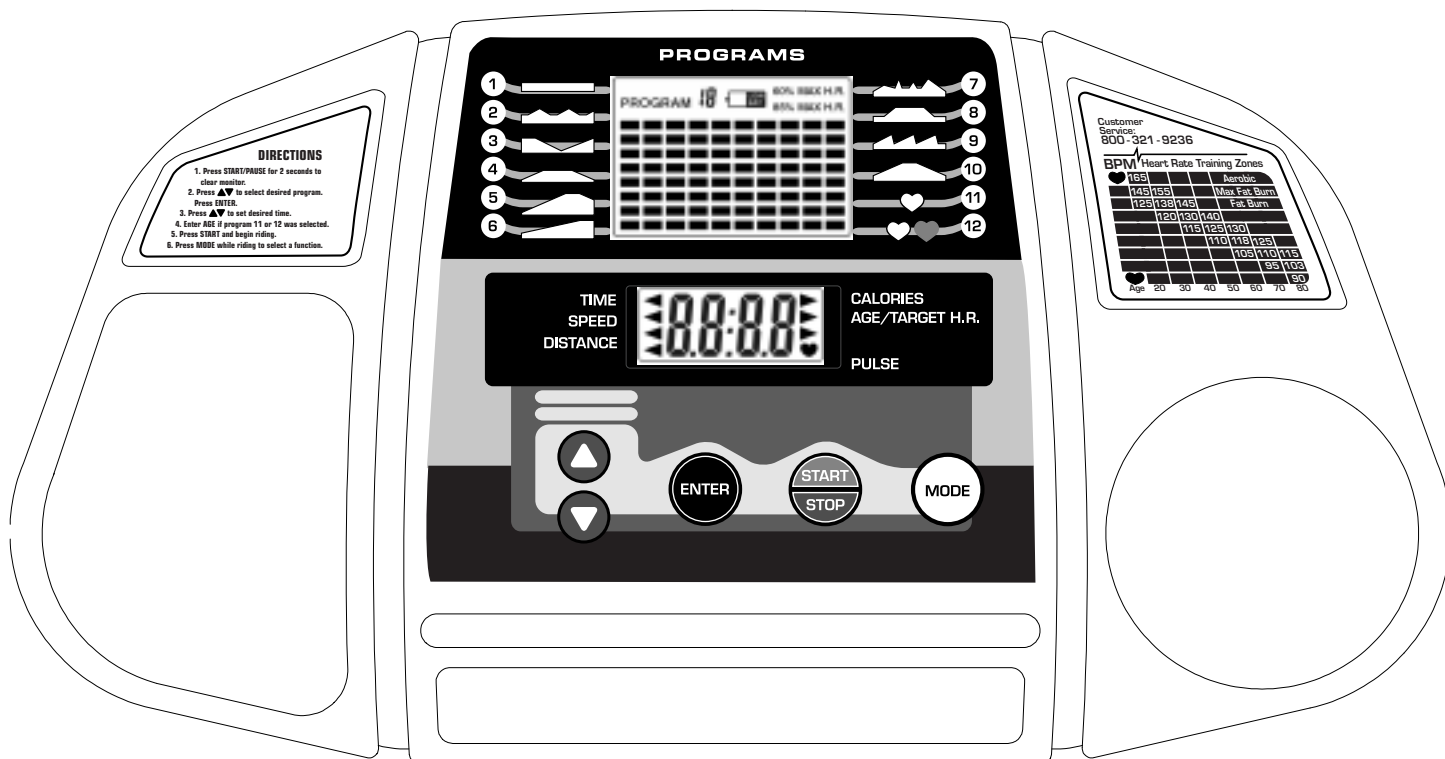


FIGURE 10

COMPUTER INSTRUCTIONS (cont.)



PARTS LIST			PARTS LIST		
ITEM	QTY.	PART NAME	ITEM	QTY.	PART NAME
1	4	M8 x 1.25 x 60mm Carriage Bolt	38	1	Reed Switch
2	1	Front Foot Tube	39	1	Console Tube
3	1	Frame	40	1	Console
4	18	M8 ID x 18.8mm OD Flat Washer	41	1	Front Handlebar
5	4	M8 x 1.25 Cap Nut	42	2	M8 x 60mm Machine Screw
6	2	Foot Cap	43	8	M6 x 1 x 10mm Machine Csrew
7	2	End Cap	44	1	Book Holder
8	1	Rear Foot Tube	45	1	Center Cover
9	1	Support Tube	46	1	Spring
10	1	Right Rear Cover	47	1	"V" Belt
11	1	Left Rear Cover	48	2	M10 Washer
12	1	Right Front Cover	49	2	M10 Cap Nut
13	1	Left Front Cover	50	1	Pulley
14	24	M4 x 12mm Sheet Metal Screw	51	6	M6 x 1 Nut
15	2	M4 x 16mm Sheet Metal Screw	52	1	Magnet
16	6	M5 x 115mm Machine Screw	53	1	Mag Brake
17	6	M5 Hex Nut	54	1	Belt Tension Bracket
18	1	Seat Carriage Plug	55	1	M6 x 1 x 20mm Machine Screw
19	1	Seat Carriage	56	1	M8 x 45mm Button Head Screw
20	2	Seat Carriage Bushing	57	1	Idler Bushing
21	1	Grip	58	1	Idler Pulley
22	1	Square Plug	59	2	Bearing Cup
23	1	Carriage Tube	60	2	Bearing
24	8	M8 x 15mm Button Head Screw	61	1	Slotted Bearing Nut
25	1	Seat Cushion	62	1	Notched Bearing Nut
26	2	Back Cushion	63	1	Crank Washer
27	8	M6 x 1 x 12mm Phillips Head Screw	64	1	Crank Nut
28	8	M6 Washer	65	1	Gear Box
29	1	Handlebar	66	1	Gear Box Plate
30	2	M8 x 45mm Button Head Screw	67	2	Eyebolt
31	6	M8 Locknut	68	2	Adjustment Channel
32	2	Sleeve	69	1	M6 x 1 Locknut
33	2	Handlebar Plug	70	3	M3.5 x 15mm Sheet Metal Screw
34	1	Right Pedal	71	2	M4 x 16mm Sheet Metal Screw
35	1	Left Pedal	72	1	Crank Washer
36	1	Crank	73	1	Owner's Manual
37	2	Pedal Strap			

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and / or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program by stretching, followed by 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with non-slip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Avoid over training. You should be able to carry on a conversation while exercising.
8. After an exercise session, cool down with slow walking or stretching.
9. This machine should not be used by or near children.
10. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
11. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
12. Only one person at a time should use this machine.
13. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
14. Always use this machine on a level surface.
15. Never operate the machine if the machine is not functioning properly.
16. Start exercise slowly and gradually increase the amount of resistance.
17. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
18. Use caution not to pinch fingers or hands in moving parts when using the unit.

KEEP THESE INSTRUCTIONS

Comments or Questions?

Dear Customer,

Congratulations on your purchase of the Edge™ 491PR Recumbent Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site, with any comments or questions you may have.

Edge™ 491PR Recumbent Bike

Customer Service Department

1400 Raff Road SW, Canton, OH 44750-0001

1-800-321-9236, Monday through Friday - 9:00am to 5:00pm, Eastern Time

www.fitnessquest.com

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (EXB01491)
5. PART ORDER NUMBER AND DESCRIPTION

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

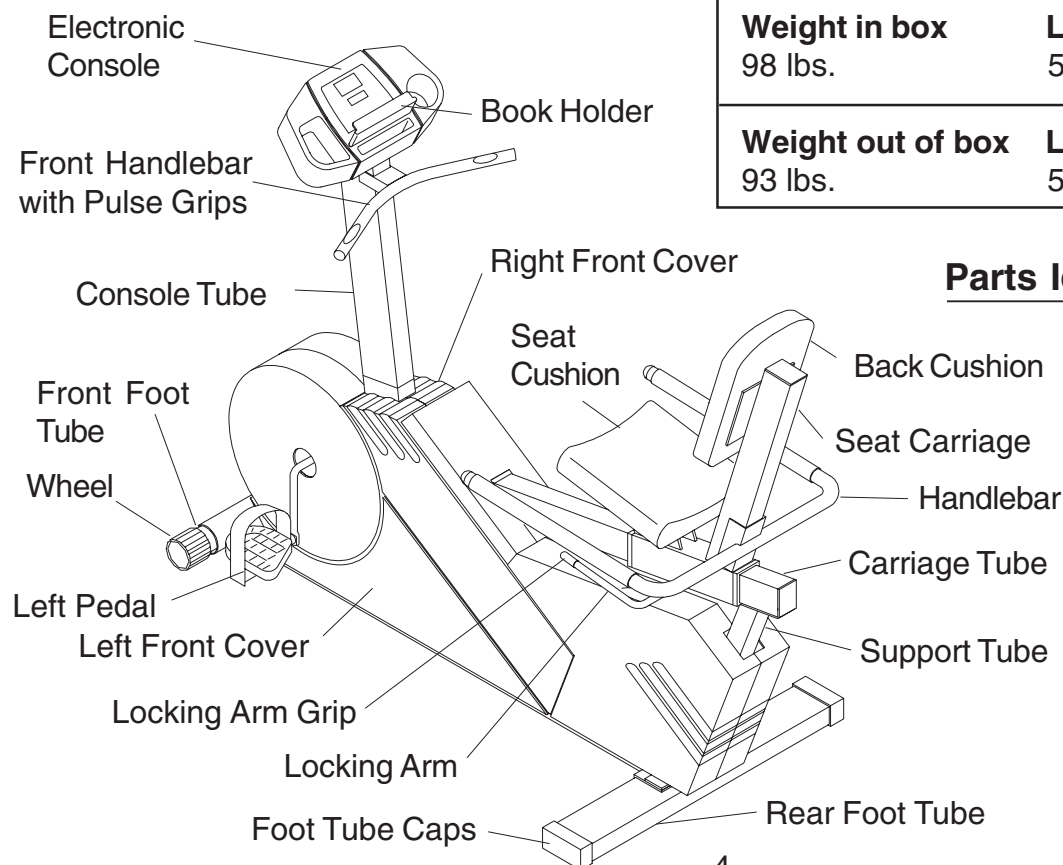
Manual Packet contains: Manual and Warranty Card

Fastener Pack: Hex Head Tool w/ Phillips Screw Driver

6mm Allen Tool

8 Phillips head Screws for Back and Seat

8 M6 Washers



Weight in box	Length	Width	Height
98 lbs.	55-1/2"	9-3/4"	25"
Weight out of box	Length	Width	Height
93 lbs.	52"	21"	45"

Parts Identification

COMPUTER INSTRUCTIONS (cont.)

Graphic LCD Display Description and Function (small window)

TIME: Press the MODE button until the arrow points to the TIME function. If the TIME is not set, it will count up in one- second intervals up to 99.59.

To set the desired time:

STEP 1

Press the ENTER button to enter the TIME setting function.

Press the "UP" or "DOWN" button to choose your desired workout time. Range- 5:00-99.00.

STEP 2

Press START to begin. After workout time is completed the computer will beep for 12 seconds. To stop beeping press any key.

SPEED: Press the MODE key until the arrow points to SPEED. This will display your current speed. The display value will be updated every 2-3 seconds.

DISTANCE: Press the MODE key until the arrow points to the DISTANCE function.

The computer will count in KM or Miles by using adjustment button on back of console. Once the display value reaches 999, it will reset to "0" and count from 0.1 again.

CALORIE: Press the MODE key until the arrow points to the CALORIE function.

The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting from 0.1 again.

AGE: During the stop mode, press the MODE key until the arrow points to the AGE function. It will default at 25.

STEP 1

Press the ENTER button to enter the AGE function.

Press the "UP" or "DOWN" button to input your age. The digit will be flashing.

Press ENTER to go to another function or START to begin exercising.

SCAN: User must manually scan through all functions once before computer starts scan mode automatically.

PULSE: Press the MODE button until the arrow points to the PULSE function. This will display your current heartbeat at a rate in beats per minute.

The PULSE rate will be displayed after 4 stable pulse signals have been detected. Each pulse signal will be accompanied by a symbol flash.

If there is no pulse input detected for over 8 seconds, the computer will turn off the pulse circuit automatically. Press START button to re-start pulse function.

LCD contrast calibration

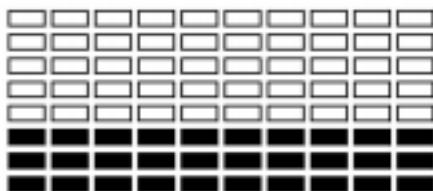
The contrast of the screen can be adjusted by the following steps. During the STOP mode press and hold the ENTER and "UP" buttons together for over 2 seconds. This will open the LCD contrast calibration mode. Then press the "UP" or "DOWN" buttons to adjust the contrast of the screen. Press START/STOP button to set the desired level of contrast. There are 16 levels of contrast.

COMPUTER INSTRUCTIONS (cont.)

PROGRAM GRAPHICS

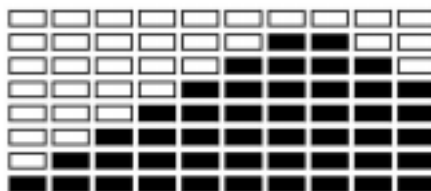
PROGRAM 1

MANUAL



PROGRAM 5

RAMP



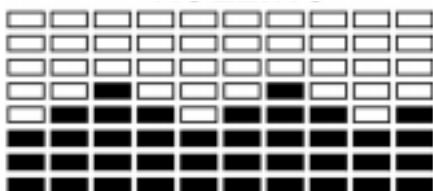
PROGRAM 9

INTERVALS



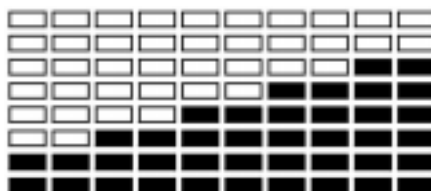
PROGRAM 2

ROLLING



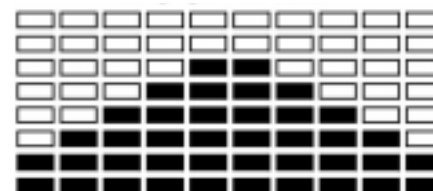
PROGRAM 6

FITNESS TEST



PROGRAM 10

MOUNTAIN



PROGRAM 3

VALLEY



PROGRAM 7

RANDOM

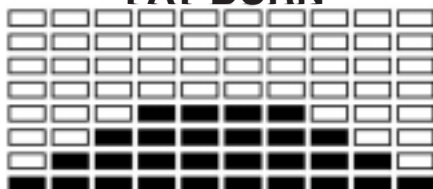


PROGRAM 11



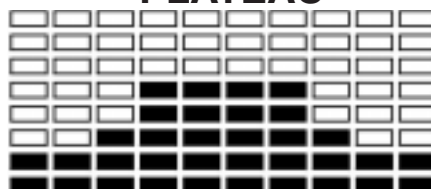
PROGRAM 43

FAT BURN

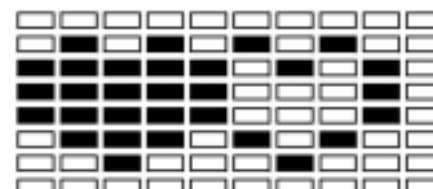


PROGRAM 8

PLATEAU



PROGRAM 12



Operating Instructions

STEP 1

Press START/ STOP key 2 seconds to clear out previous program .

STEP 2

Press the "UP" or "DOWN" buttons to choose the desired Heart rate program (program 11 or 12).

STEP 3

Press ENTER for TIME mode. Press the "UP" or "DOWN" buttons for the desired TIME setting.

STEP 4

Press ENTER for AGE mode. Press the "UP" or "DOWN" buttons for the desired AGE setting.

STEP 5

You are now ready to begin exercising.

NOTE: Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

ASSEMBLY - Foot Tube

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

FIGURE 1

Step 1. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the FRONT FOOT TUBE (2).

Step 2. Attach FRONT FOOT TUBE (2) to front of FRAME (3) with hardware removed in Step 1. Make sure to insert BOLTS through "square holes" first.

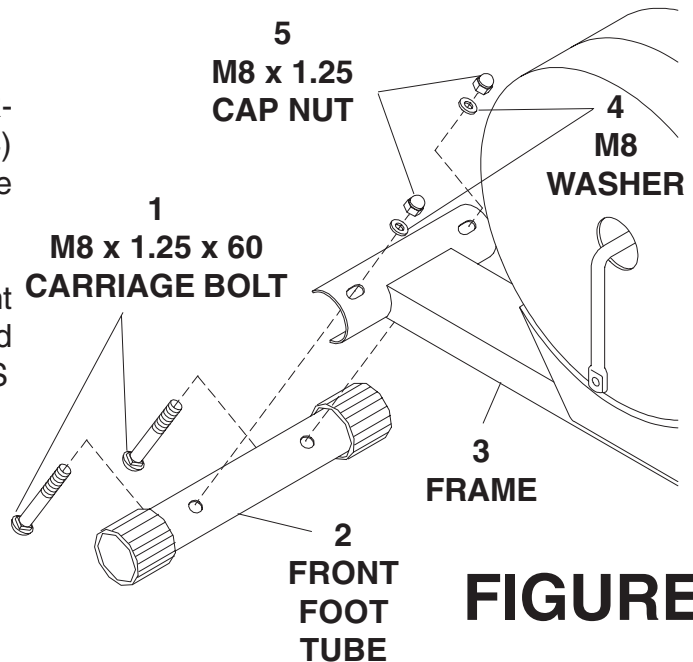


FIGURE 1

FIGURE 2

Step 3. Remove the two M8 x 1.25 x 60 CARRIAGE BOLTS (1), M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5) from the REAR FOOT TUBE (8).

Step 4. Insert two M8 x 1.25 x 60 CARRIAGE BOLTS (1) through "square holes" in REAR FOOT TUBE (8), FRAME (3) and SUPPORT TUBE (9) and fasten with M8 WASHERS (4) and M8 x 1.25 CAP NUTS (5).

NOTE: It will be difficult to attach NUTS, but they will fit. **DO NOT** tighten these NUTS until you have completed Step 9.

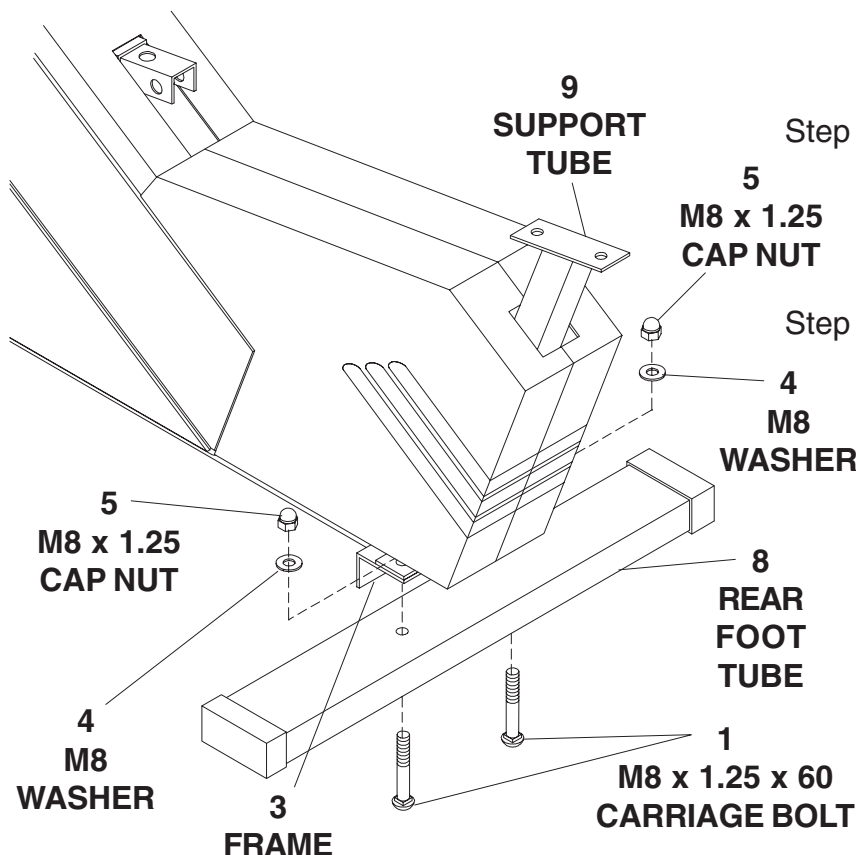
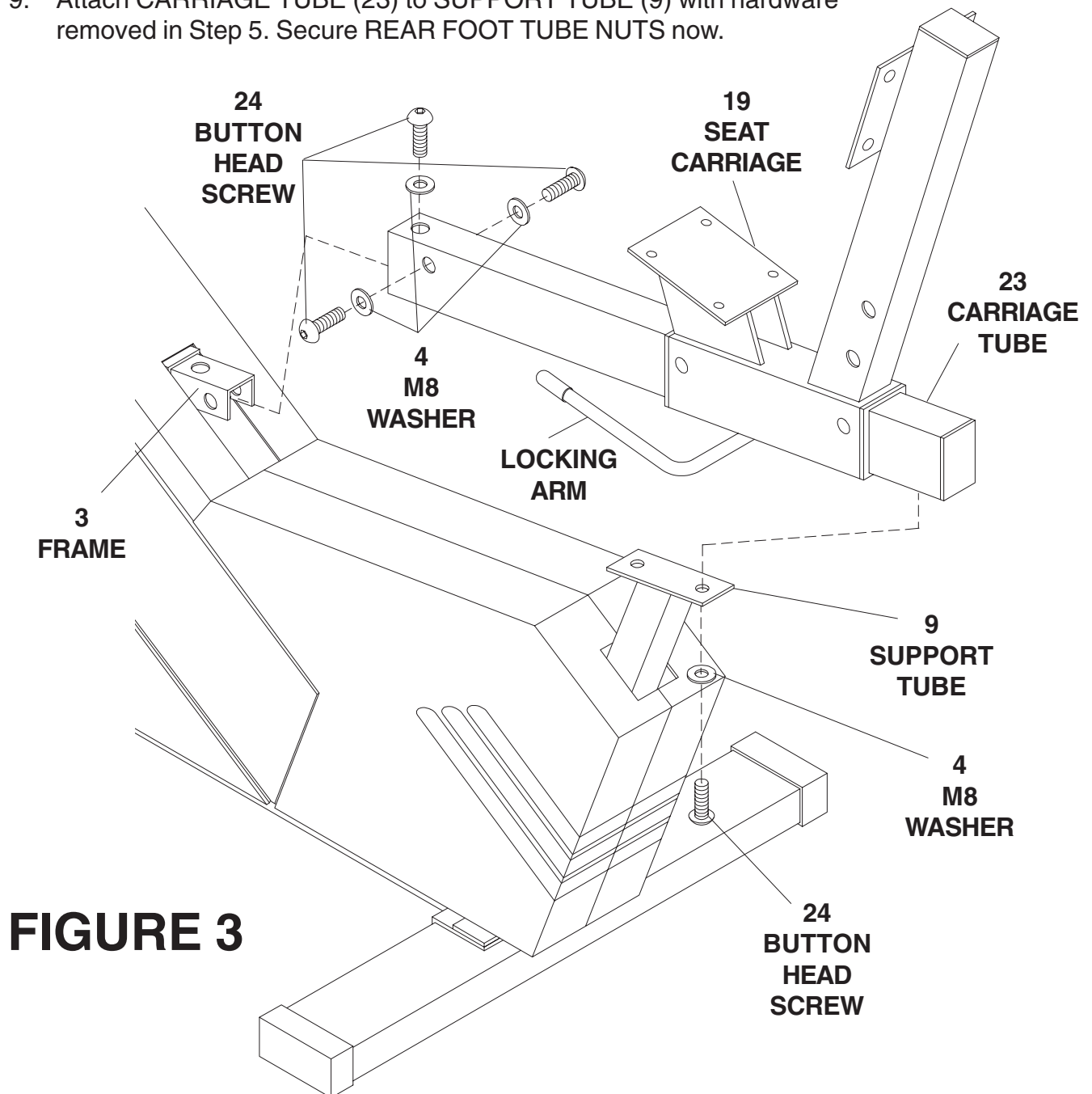


FIGURE 2

ASSEMBLY - Seat Frame

FIGURE 3

- Step 5. Remove **BUTTON HEAD SCREW (24)** and **M8 WASHER (4)** from end of **CARRIAGE TUBE (23)**.
- Step 6. Push **LOCKING ARM** up, insert **CARRIAGE TUBE (23)** through **SEAT CARRIAGE (19)** and release **LOCKING ARM**. This will hold **CARRIAGE TUBE** in place.
- Step 7. Remove **BUTTON HEAD SCREWS (24)** and **M8 WASHERS (4)** from **FRAME (3)**.
- Step 8. Slide **CARRIAGE TUBE (23)** over end of **FRAME (3)** and fasten with hardware removed in Step 7.
- Step 9. Attach **CARRIAGE TUBE (23)** to **SUPPORT TUBE (9)** with hardware removed in Step 5. Secure **REAR FOOT TUBE NUTS** now.



COMPUTER INSTRUCTIONS (cont.)

Buttons and Definitions

MODE: This button selects functions of TIME, SPEED, DISTANCE, CALORIES, AGE, TARGET HEART RATE, and PULSE.

ENTER: This button allows users to set the chosen mode for exercising. (During the STOP mode, press the enter button to enter the TIME or AGE setting.)

START/STOP: This button allows the user to STOP or START exercising. (By holding this button for 2 to 4 seconds the user can enter the initial and rest all values to "0". The monitor will turn off automatically after approx. 4.5 minutes of non use. All values will then be reset to "0".)

"UP" BUTTON: This button allows the user to increase the values of the load level, Time, and Age.

"DOWN" BUTTON: This button allow the user to decrease the values of the load level Time, and Age.

Graphic LCD Display Discription and Function (large window)

This system offers 12 programs that you can preset the workout time and will divide the time by 10 intervals. If you do not preset the workout time the system will count up the workout time in one-second increments.

PROGRAMS 1-10:

See program graphics on next page.

STEP 1

Begin by pressing the START/STOP button for over 2 seconds. This will clear any other chosen function.

STEP 2

Next press the "UP" or "DOWN" buttons to scroll to the desired exercise program. Then press ENTER. The program will be displayed on the LCD window.

STEP 3

The TIME setting mode should now be displayed. Press the "UP" or "DOWN" buttons to set the desired workout time.

STEP 4 Press the START button to begin exercising. (If you want to exit the Program press the ENTER button.)

Once you begin exercising your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the "UP" or the "DOWN" buttons. To PAUSE your exercising program press the STOP button, then to resume press the START button.

PROGRAMS 11 and 12:

These unique programs allow the monitor to adjust the workout resistance according to your heart rate automatically. Grasp the pulse rate grips and hold with a firm grip. If the current heart rate is greater than the Target heart rate the computer will decrease the workout resistance automatically. If your current heart rate is less than your target heart rate it will increase your resistance.

Program 11: 60% of max. heart rate. Formula: Max. heart rate = 220 - your age.

Program 12: 85% of max heart rate. Formula: Max heart rate = 220- your age.

COMPUTER INSTRUCTIONS

INTRODUCTION

Your bike is equipped with a programmable computer to help you track your progress and motivate you to reach your fitness goals.

This computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising - your monitor will then show your pulse, approximate calories burned, elapsed time, speed and distance traveled.

IMPORTANT: Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advise is absolutely essential.

WARNING: The batteries must be installed as instructed in this manual. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

FUNCTIONS and FEATURES:

TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the UP and DOWN buttons. If you continue exercising once the time has reached 0:00, the computer will begin counting at the programmed time setting. Example: If your time setting was 30 minutes and the computer has reached 0:00, the computer will stop tracking time after four seconds of inactivity and will continue once you resume exercising.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in hundredths of a mile until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example: 00.00-9.99 miles, then 10.0-99.9 miles.

CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

AGE: Your computer is age-programmable from 16 to 99 years when you choose program 11 or program 12. The default age is 25 years.

PULSE: Your computer displays your pulse rate in beats per minute during your workout. After your workout, the computer will display your average heart rate covering your entire exercise session.

Pulse handgrips, located on the handlebars enable the user to read his/her pulse rate. By grasping the grips and holding firmly the display will read your pulse rate in the display window. This can be read at any time in any program.

ASSEMBLY - Seat

FIGURE 4

Step 10. Attach SEAT CUSHION (25) to SEAT CARRIAGE (19) with PHILLIPS HEAD SCREWS (27) and M6 WASHERS (28).

Step 11. Attach BACK CUSHION (26) to one of "four" positions with PHILLIPS HEAD SCREWS (27) and M6 WASHERS (28).

Select the proper position according to your height.

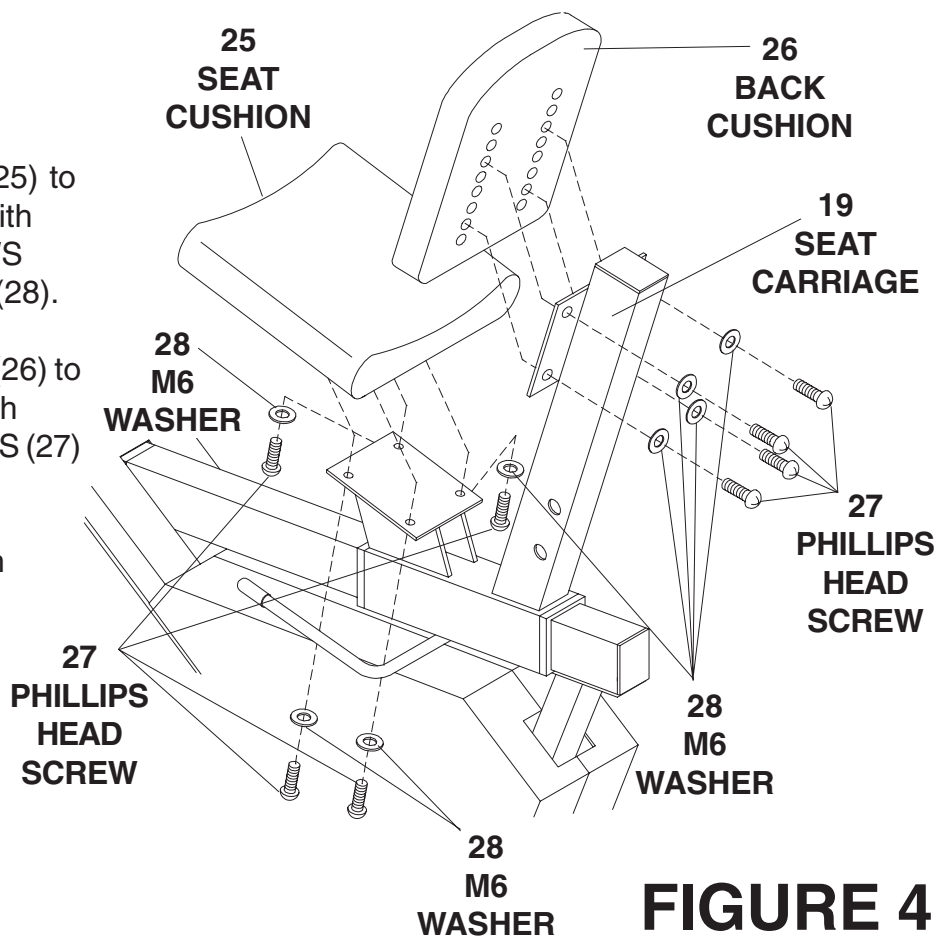


FIGURE 4

ASSEMBLY - Handlebar

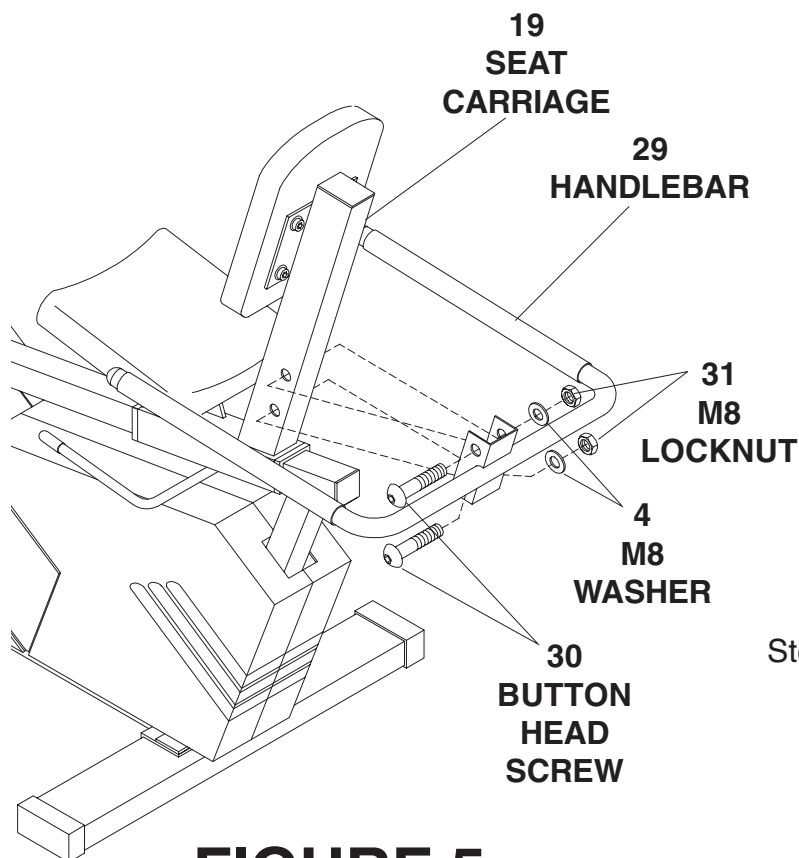


FIGURE 5

Step 12. Attach HANDLEBAR (29) to SEAT CARRIAGE (19) with BUTTON HEAD SCREWS (30), M8 WASHERS (4), and M8 LOCKNUTS (31).

FIGURE 5

ASSEMBLY - Pedals

FIGURE 6

Step 13. Thread SHAFTS of PEDALS (34 RIGHT and 35 LEFT) into CRANK (36) and tighten with wrench.

Step 14. Select desired slot and attach PEDAL STRAPS (37) to PEDALS (34 & 35).

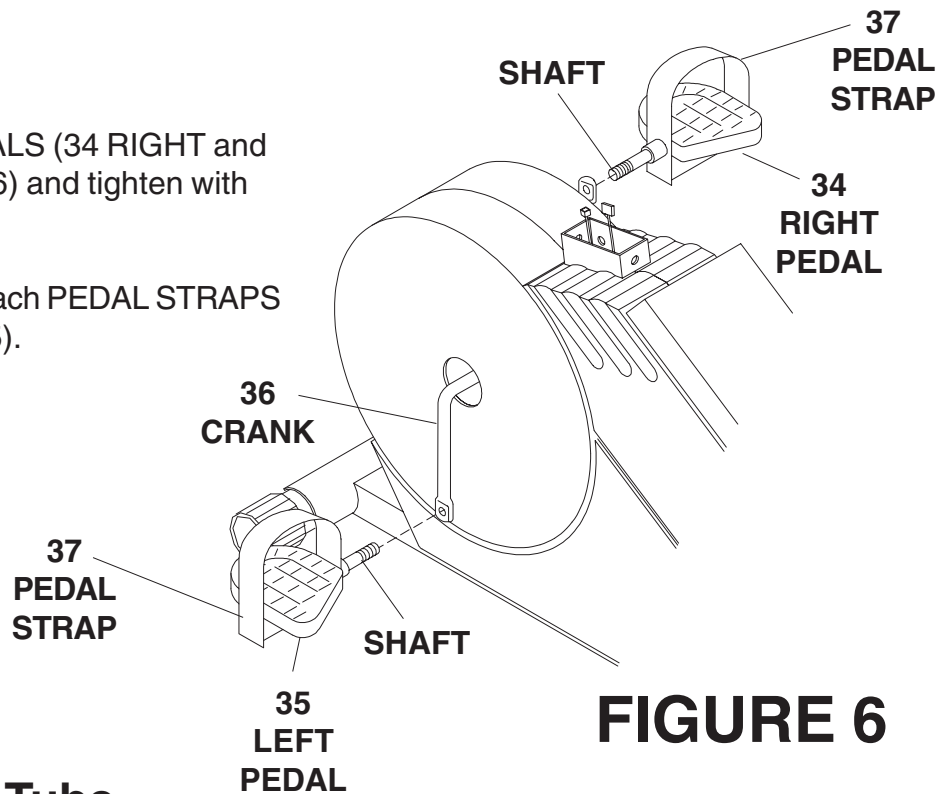


FIGURE 6

ASSEMBLY - Console Tube

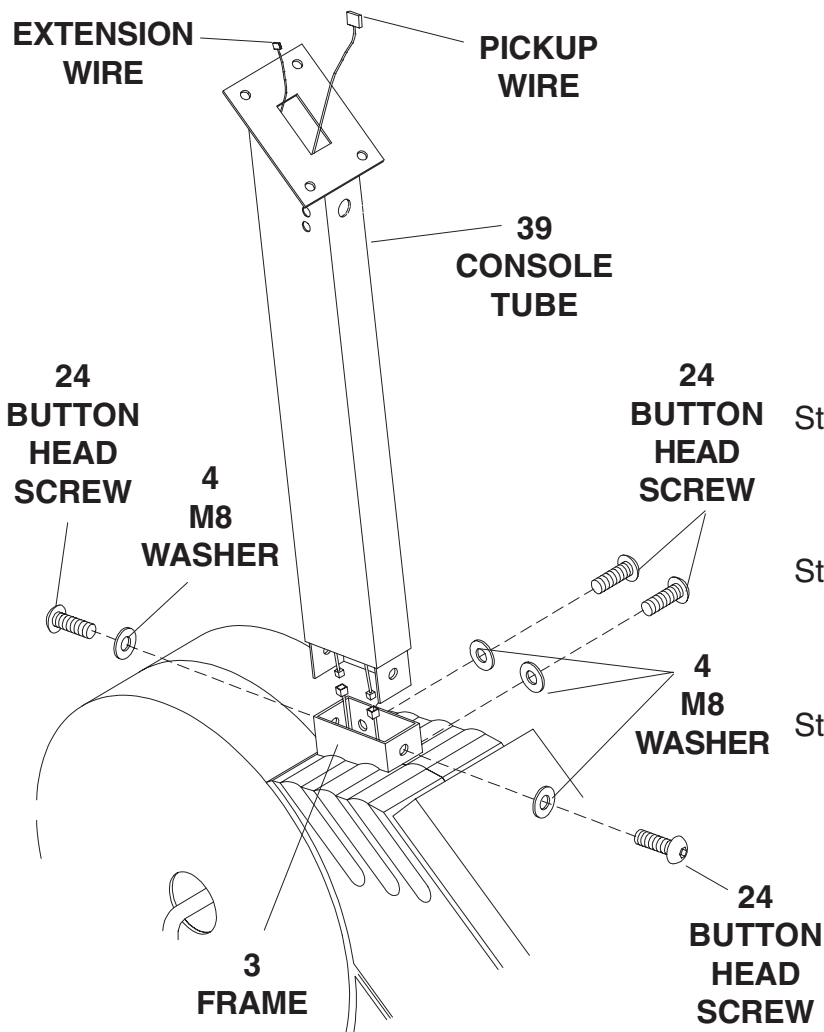


FIGURE 7

Step 15. Remove BUTTON HEAD SCREWS (24) and M8 WASHERS (4) from FRAME (3).

Step 16. Connect the PICKUP WIRE and EXTENSION WIRE to WIRES in FRAME (3).

Step 17. Slide CONSOLE TUBE (39) over WIRES and into FRAME (3). Fasten with hardware removed in Step 15.
NOTE: DO NOT pinch wires while attaching CONSOLE TUBE.

FIGURE 7

WARMING UP

The greatest improvements are achieved when muscles are warm. Stretches should be slow, steady, and held for 15 to 30 seconds, then gradually release back to the starting position. Stretch to a point where tension is felt, not pain. Never bounce or jerk while stretching. The most important feature of balanced fitness is to be consistent. Begin each workout period by first warming up. Start your warm up by walking in place or around in the house for 2 to 5 minutes, then perform the stretches suggested below. This will slowly increase your body temperature and blood flow, so your muscles are more flexible, thus preventing muscle strain and injuries. The idea is to gradually build up your entire system for the workout period, then after you workout, gradually return to normal.

Some suggested warm-up exercise are as follows:

WAIST TWIST: With your feet shoulder width apart, slowly twist your upper body right and left.

CALF STRETCH: Lean against a wall or a solid object keeping your body straight. Slowly raise up and down on the balls or your feet.

SQUATS: From a standing position, balance yourself by holding onto a solid object or the wall. Slowly squat down until the upper portion of your legs are level with your knees. Return to the standing position.

WORKING OUT

Too much... two little... how much is enough?

The key to a healthful program is defining your personal goals and establishing an exercise/nutrition program that will help you to be successful. At approximately 20 minutes into an aerobic exercise your body shifts into what is called the "fat-burning phase". During this phase you are able to attack greater amounts of stored fat. Although it is often neglected, stretching can effectively reduce muscle tension, help good posture, increase range of motion and improve the loss of movement. It is a good idea to drink cool water before, during and after your workout.

CAUTION: Immediately after a workout if you are over-heated, do not drink lots of ice cold water. Cool your body down gradually using cool water. Drinking after a workout replaces the water that you have lost by sweating during your workout.

If the water is not replaced, it could result in heat exhaustion and/or dehydration. Drinking eight glasses of water a day is generally recommended. After completing the stretches and warm-up, you are ready to begin.

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

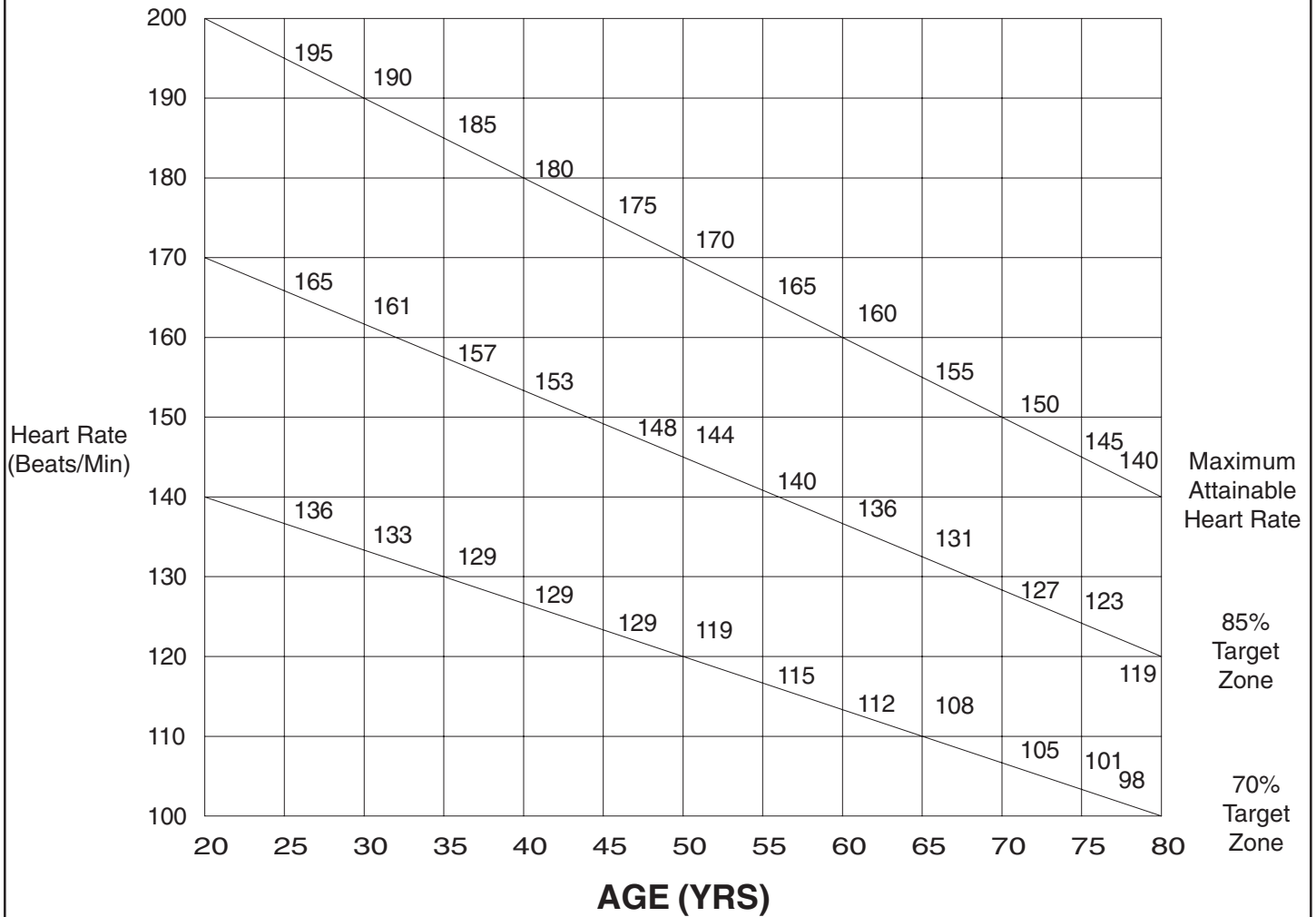


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	4	60-65% -8	5	17	3	51
3 & 4	5	65-70% -10	5	20	3	60
5 & 6	5	70-75% -15	5	25	3	75
7 & 8	5	70-80% -20	5	30	3	90
9 & 10	5	70-85% -25	5	35	3	105
11 & 12	5	70-85% -25	5	35	3	105

ASSEMBLY - Console & Handlebar

FIGURE 8

Step 18. Remove BATTERY DOOR of CONSOLE (40) and insert four "C" SIZE BATTERIES and replace BATTERY DOOR.

NOTE: DO NOT use rechargeable batteries. Using rechargeable batteries will cause a short circuit and destroy CONSOLE (40).

IMPORTANT

Your monitor includes low grade batteries that will operate the computer for display purposes only. You will need to replace the batteries shortly after using the bike for the first few times.

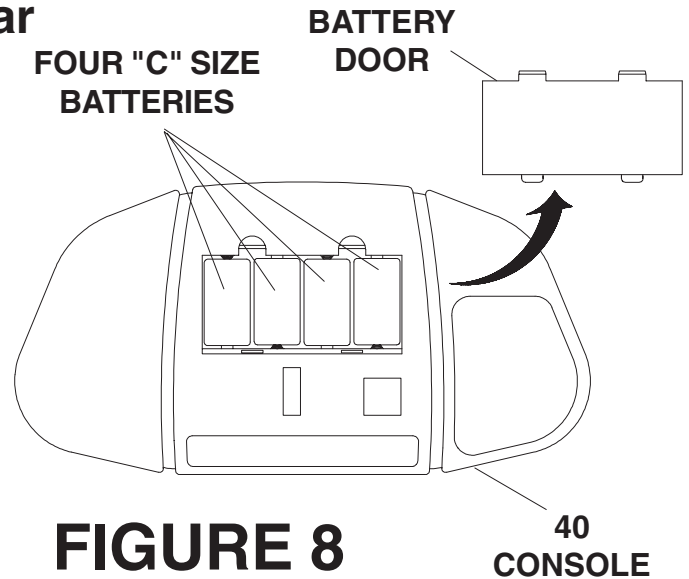


FIGURE 8

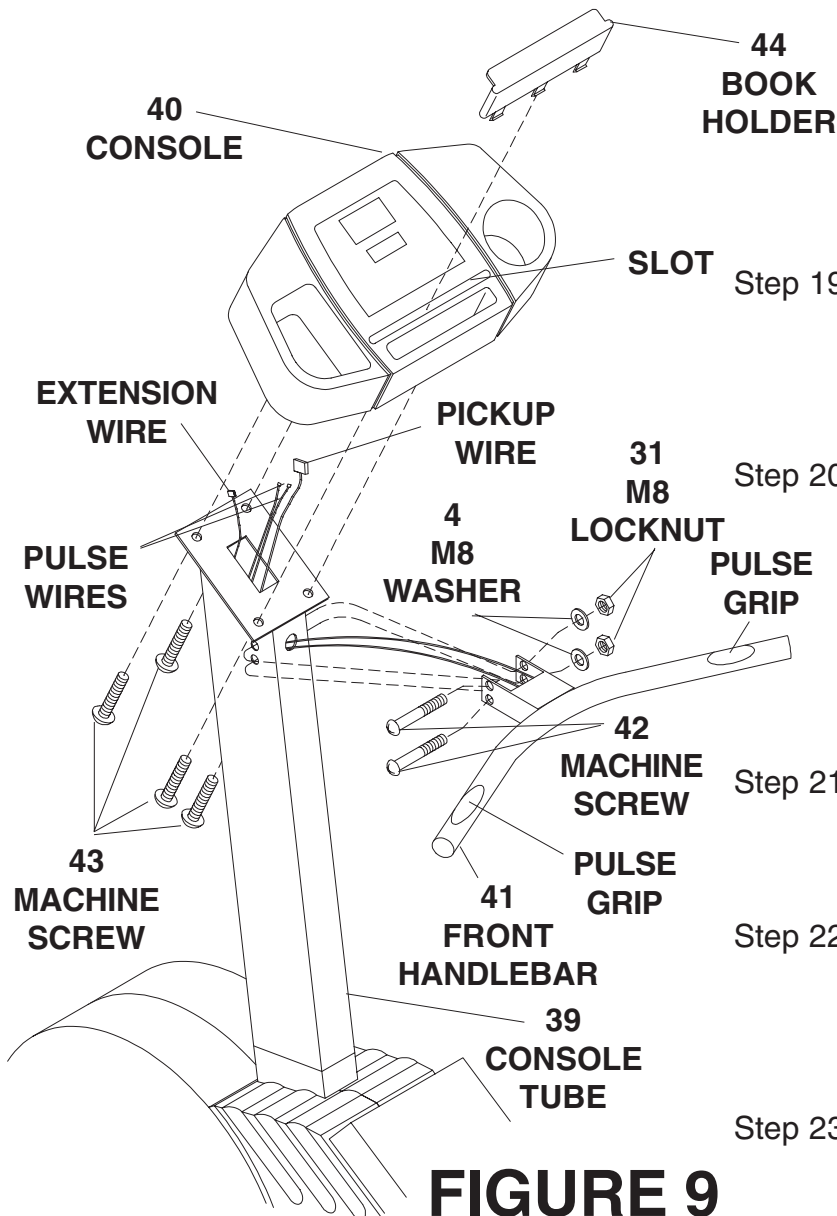


FIGURE 9

Step 19. Insert PULSE WIRES from FRONT HANDLEBAR (41) through HOLE in CONSOLE TUBE (39) and pull PULSE WIRES up through top of CONSOLE TUBE.

Step 20. Attach FRONT HANDLEBAR (41), with PULSE GRIPS up, to CONSOLE TUBE (39) with MACHINE SCREWS (42), M8 WASHERS (4), and M8 LOCKNUTS (31). **NOTE:** DO NOT pinch wires between HANDLEBAR and CONSOLE TUBE.

Step 21. Carefully plug PICKUP WIRE, EXTENSION WIRE and PULSE WIRES into bottom of CONSOLE (40).

Step 22. Remove MACHINE SCREWS (43) from bottom of CONSOLE (40) and attach CONSOLE to CONSOLE TUBE (39) with MACHINE SCREWS (43).

Step 23. Snap BOOK HOLDER (44) into SLOT in CONSOLE (40).

FIGURE 9

HOW TO BEGIN

WARNING: *Prior to undertaking any exercise, or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardiocirculatory problems, etc., should consult a competent medical authority before undertaking any exercise, or engaging in a continuing program of exercise.*

By first doing the above, you will then have a starting point from which to measure your increased physical improvement.

CAUTION: *Stop exercising if you experience any of the following symptoms.*

- Pressure, tension, or pain in your chest, shoulders, neck, jaw, or arms.
- Noticeable pain of any kind (i.e. leg or stomach cramps).
- Lightheaded or dizziness (fainting-lack of vision).
- Abnormal breathing (rapid or lack of air).
- Sudden unsteadiness, weakness or numbness of the face, arms, legs or body.
- Loss of speech, problems speaking, or understanding speech.
- Unusual fatigue.
- Lowering of your heart rate with increased exercise demands.
- Fluttering in your chest (heart palpitations).

If any of these symptoms occur, call your doctor immediately. If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down.

SET FITNESS GOALS

General guidelines to follow.

The key to a healthful program is defining your personal goals, and establishing an exercise/nutrition program that will help you to be successful.

What your individual exercise goals are will depend on many factors, some of which includes your age, current fitness level, sex, heredity, and according to your lifestyle, the amount of time available to exercise.

Disciplining yourself not to skip a workout period is a very important short term goal. Many exercise programs fail because this goal is not set as a priority. Just some of the advantages that you will receive with a consistent long term exercise program include; a decrease in the percentage of stored fat, firmer better toned muscles, increased vitality, and improved overall health in all areas of your physical and mental efficiency.

PLANNING AN EXERCISE PROGRAM

When and how much exercise to do.

Probably the most important part of exercising, especially if exercise is new for you, is commitment, commitment, commitment! Maintaining a physically fit body does not require hours and hours of your time. For an average non-exercising person, a safe and generally accepted schedule is to exercise consistently for 20 to 30 minutes, three times per week to maintain cardiovascular fitness.

Keeping a written record will help you to see your progress and may serve to help you keep your commitment. It is extremely important to start out slow and not to overdo, especially for the first month or two. Two reasonable times to workout, if it fits your schedule, is in the morning before breakfast, or early evening before your evening meal.

Research shows that to increase your fitness level you should workout at a level of 70 to 80 percent of your maximum heart rate. This is the target zone for best results. Exceeding your target zone will not increase your fitness level, and could be very dangerous.

MONITORING YOUR HEART RATE

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 feeling your pulse, count the number of beats for 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. A chart is provided for you to log your heart rate at rest; after warming up, during your workout, and two minutes during your cool down, then 10 minutes after your cool down. We recommend taking your heart rate at these times to accurately track your progress as it relates to better physical fitness.

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR)= Maximum Heart Rate

(THR)= Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$. $\text{MHR} \times .70 = 70\%$ of your heart rate.

$\text{MHR} \times .85 = 85\%$ of your maximum heart rate.

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

$220 - 30 = 190$

$190 \times .70 = 133$ (Low end or 70% of THR)

$190 \times .85 = 161$ (High end or 85% of THR)

See Table No. 1 for additional calculations.

If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down. Heart rhythm disturbances may occur if you stop abruptly, so always remember to cool down.

You are an individual and your body is unique. All of the information in this manual is for an average person with average physical fitness. Use these instructions as a guide.

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