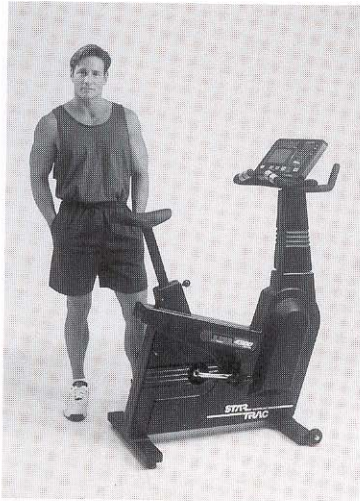


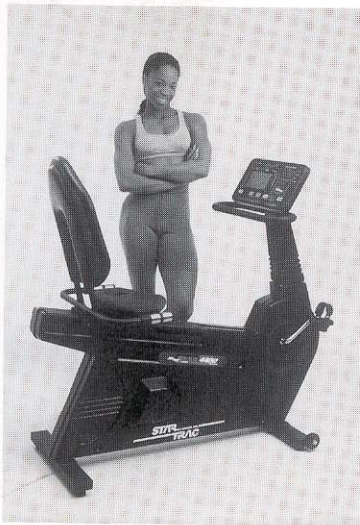
# ***STAR TRAC CYCLE***

---

## ***OWNER'S MANUAL***



**UPRIGHT  
BIKE**



**RECUMBANT  
BIKE**

**STAR** BY UNISEN, INC.  
**TRAC**<sup>®</sup>



# ***STAR TRAC CYCLE OWNER'S MANUAL***

***Star Trac's Service Hotline, 6 a.m. to 6 p.m. Pacific Standard Time***

***(800)-503-1221, or call***

***International Product Support in U.S.A.***

***(714)-669-1660***

Copyright 1998, Star Trac by Unisen, Inc. All rights reserved, including those to reproduce this book or parts thereof in any form without first obtaining written permission from Star Trac.

Every effort has been made to keep the information current; however, periodically, changes are made to the information herein, and these changes will be incorporated into new editions of this publication. All product names and logos are trademarks of their respective owners. Printed in the USA.



# TABLE OF CONTENTS

|  |           |
|--|-----------|
| <b>Introduction .....</b>                      | <b>1</b>  |
| <b>Chapter 1: Safety Instructions .....</b>    | <b>3</b>  |
| <b>Chapter 2: Setup .....</b>                  | <b>13</b> |
| Setup Instructions .....                       | 14        |
| <b>Chapter 3: Operating Instructions .....</b> | <b>15</b> |
| Display Control Panel Features .....           | 16        |
| Hints and Tips for Getting Started .....       | 19        |
| Manual Program .....                           | 20        |
| Varied Program .....                           | 21        |
| Hill Program .....                             | 22        |
| Interval Program .....                         | 23        |
| Heart Rate Monitoring .....                    | 24        |
| Contact Heart Rate Monitoring .....            | 24        |
| Polar Heart Rate Monitoring .....              | 25        |
| Dynamic Heart Rate Control .....               | 26        |
| <b>Chapter 4: Training Information .....</b>   | <b>28</b> |
| The Importance of Cardio Exercise .....        | 28        |
| Climbing Up the Conditioning Ladder .....      | 29        |
| The Conditioning Programs .....                | 30        |
| Target Heart Rate .....                        | 31        |
| Training Log .....                             | 32        |
| <b>Chapter 5: Preventive Maintenance .....</b> | <b>33</b> |
| Weekly Maintenance .....                       | 33        |
| Monthly Maintenance .....                      | 33        |
| <b>Chapter 6: Settings .....</b>               | <b>35</b> |
| <b>Chapter 7: Tests .....</b>                  | <b>37</b> |



## ***INTRODUCTION***

**Welcome to the world of *STAR TRAC*. In your hands is the owner's manual that will acquaint you with the cordless, self-powered *STAR TRAC CYCLE*.**

We highly recommend that you read this owner's manual prior to setting up and using your cycle. On the following pages, you will see a wide variety of information so that you can begin easily, quickly and safely.

This page intentionally left blank.

# ***SAFETY INSTRUCTIONS***

**CHAPTER**

**1**

## ***STAR TRAC CYCLE***

---

- Dutch
- English
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish

This page intentionally left blank.

## **VEILIGHEIDSINSTRUCTIES**

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de **STAR TRAC STEP**.  
Train uw leden en fitness-personeel om dezelfde veiligheidsinstructies te volgen.

### **DOE DIT WEL**

Moedig uw leden aan om hun gezondheids- of fitnessprogramma met een geneeskundige te bespreken, vooral als ze jarenlang niet getraind hebben, ouder dan 35 zijn of te zwaar zijn.

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

Verricht regelmatig preventief onderhoud.

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

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

### **DOE DIT NIET**

Laat kinderen niet zonder toezicht de stepper bedienen.

Plaats uw voeten niet onder uw stepper.

Gebruik de stepper niet zonder sportschoenen.

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

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

Verwijder nooit afschermingen en verander het apparaat niet.

## **WAARSCHUWING**

Uw **STAR TRAC STEP** is ontworpen voor aerobics in een commerciële of consumentenomgeving.

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

Vraag niet teveel van uzelf. Stop als u het gevoel heeft dat u flauw gaat vallen, als u duizelig bent of uitgeput. Gebruik uw gezonde verstand bij het steppen.

Lees de gebruikshandleiding helemaal door voordat u uw stepper gebruikt.

## **ENGLISH**

These safety notes are directed to you as the owner of the **STAR TRAC CYCLE**. Please train all your members and fitness staff to follow the same safety instructions.

### **DO**

Do encourage your members to discuss their health program or fitness regimen with a healthcare professional, especially if they have not exercised for several years, are over 35, or are overweight.

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

Do perform regular preventive maintenance.

Do exercise slowly until you reach a level of comfort and security.

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

### **DO NOT**

Do not let unsupervised children operate the cycle.

Do not use without athletic shoes.

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

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not remove any shrouds or modify this equipment.

## **WARNING**

Your **STAR TRAC CYCLE** is designed for aerobic exercise in a commercial or consumer environment.

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

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted.

Use common sense when cycling.

Please read the owner's manual in its entirety before operating your cycle.

## **CONSIGNES DE SÉCURITÉ**

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

### **À FAIRE**

Encouragez vos membres à discuter de leur programme de santé ou d'exercice avec un médecin, particulièrement s'ils n'ont pas fait d'exercice depuis plusieurs années, s'ils sont âgés de plus de 35 ans ou s'ils ont un excès de poids.

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

Effectuez régulièrement un entretien préventif.

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

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

### **À NE PAS FAIRE**

Ne laissez pas des enfants utiliser le vélo sans surveillance.

Ne placez pas vos pieds sous le vélo.

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

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

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

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

## **MISE EN GARDE**

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

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

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

## **SICHERHEITSVORSCHRIFTEN**

Diese Sicherheitshinweise sind an Sie, den Besitzer des **FITNESS-BIKES** von **STAR TRAC** gerichtet. Bitte weisen Sie Ihre Mitglieder und Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten:

### **SIE SOLLTEN**

Ihren Mitgliedern nahelegen, ihr Gesundheitsprogramm oder Fitneß-Training mit einem Arzt zu besprechen, vor allem, wenn Sie seit mehreren Jahren nicht mehr trainiert haben, über 35 Jahre alt oder übergewichtig sind.

Die Benutzung des Fitneß-Bikes beenden, wenn Benommenheit oder Schwindel auftritt.

Das Gerät regelmäßig warten.

Langsam trainieren, bis Sie sicher mit dem Gerät umgehen können.

Dieses Gerät nur für den vorgesehenen Zweck gemäß der Beschreibung in diesem Handbuch verwenden.

### **SIE SOLLTEN NIEMALS**

Kinder das Fitneß-Bike unbeaufsichtigt benutzen lassen.

Die Füße unter das Fitneß-Bike stellen.

Die Benutzung des Fitneß-Bikes ohne die passenden Sportschuhe zulassen.

Das Gerät bei Regenwetter im Freien oder in einem Hallen- bzw. überdachten Schwimmbad verwenden.

Gegenstände in eine Öffnung des Geräts stecken oder darunter fallen lassen oder Hände bzw. Füße unter das Gerät halten.

Abdeckungen abnehmen oder das Gerät ändern.

## **WARNUNG**

Das **FITNESS-BIKE** von **STAR TRAC** ist für das Aerobik-Training in einem kommerziellen oder Verbraucherumfeld vorgesehen.

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

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

## **ISTRUZIONI DI SICUREZZA**

Queste indicazioni sono indirizzate ai proprietari dello **STAR TRAC STEP**. Chiedete a tutti i membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

### **DA FARE**

Incoraggiate i membri della vostra palestra a discutere il loro programma o regime di allenamento con uno specialista medico, soprattutto se non si sono allenati da qualche anno, se hanno più di 35 anni o se sono in sovrappeso.

Fermate lo stepper se avete dei capogiri o vi sentite svenire.

Eseguite la manutenzione regolarmente.

Esercitatevi lentamente fino a quando raggiungete un livello confortevole e sicuro.

Usate questo attrezzo solo per l'uso inteso, come descritto in questo manuale.

### **DA NON FARE**

Non permettete a bambini di usare lo stepper senza sorveglianza.

Non inserite i piedi sotto lo stepper.

Non usate lo stepper se non calzate scarpe da ginnastica.

Non usatelo all'aperto quando piove o vicino ad una piscina coperta.

Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto di questo attrezzo.

Non rimuovete nessun coperchio o modificate questo attrezzo.

## **ATTENZIONE**

Lo **STAR TRAC STEP** è stato progettato per l'esercizio aerobico in un ambiente commerciale o domestico.

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

Siate coscienti dei vostri limiti. Fermatevi se avete dei capogiri, vi sentite svenire o siete esausti. Usate il vostro buon senso quando usate lo stepper.

Leggete tutto il manuale delle istruzioni prima di usare lo stepper.

## **INSTRUÇÕES DE SEGURANÇA**

Estas observações de segurança destinam-se à você, proprietário da **“STEP” STAR TRAC**. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

### **FAÇA**

Estimule seus usuários para que discutam seus programas de saúde ou de exercícios com um profissional de saúde, principalmente se eles não tiverem feito exercícios por vários anos, possuírem mais de 35 anos ou forem obesos.

Pare de usar a **“STEP”** se você se sentir fraco ou com tontura.

Faça manutenção preventiva regularmente.

Faça o exercício lentamente até que você alcance um nível de conforto e segurança.

Utilize este equipamento única e exclusivamente para o seu devido fim, conforme descrito neste manual.

### **NÃO FAÇA**

Não permita que crianças operem a **“step”** sem supervisão de um adulto.

Não coloque seus pés embaixo da **“step”**.

Não utilize a **“step”** sem calçar tênis.

Não use este equipamento ao ar livre, em dias chuvosos ou em um ambiente de piscina interna.

Nunca deixe cair ou introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.

Não remova nenhum protetor ou modifique este equipamento.

## **ADVERTÊNCIA**

A sua **“STEP” STAR TRAC** foi projetada para exercício aeróbico em um ambiente comercial ou residencial.

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

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

## **INSTRUCCIONES DE SEGURIDAD**

Estas notas de seguridad van dirigidas a Vd. como propietario del **ESCALÓN STAR TRAC**. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

### **QUÉ HACER**

Anime a sus miembros a que discutan su programa de salud o régimen de ejercicio con un profesional de la salud, especialmente si no han hecho ejercicio por varios años, tienen más de 35 años de edad o pesan demasiado.

Detenga el escalón si se nota desfallecido o mareado.

Realice un mantenimiento preventivo de manera regular.

Haga ejercicio despacio hasta alcanzar un nivel de comodidad y seguridad.

Utilice este producto sólo para los usos indicados, tal como se describe en este manual.

### **QUÉ NO HACER**

No permita que los niños utilicen el escalón sin supervisión.

No ponga los pies debajo del escalón.

No permita su uso sin calzado deportivo.

No lo utilice en el exterior con tiempo lluvioso o en un recinto cerrado con piscina.

No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.

No quite ninguna cubierta ni modifique este equipo.

## **ADVERTENCIA**

Su **ESCALÓN STAR TRAC** está diseñado para realizar ejercicio aeróbico en un entorno comercial o en forma individual.

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

No se exceda. Interrumpa el ejercicio si se nota desfallecido, mareado o agotado.

Utilice el sentido común al usar este aparato.

Lea el manual del propietario en su totalidad antes de poner en marcha el escalón.

# SIKKERHEDSINSTRUKTIONER

Disse sikkerhedsinstruktioner henvendes til ejeren af **STAR TRAC CYKEL**. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

## RÅD

Medlemmer bør opfordres til at tale om deres helseprogram eller kondiregime med en læge, især hvis de ikke har drevet kondi i flere år, er over 35, eller er overvægtige.

Stig af cyklen, hvis du bliver mat i kroppen eller svimmel.

Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

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

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

## ADVARSLER

Tillad ikke børn uden opsyn at bruge cyklen.

Sæt ikke fødderne under cyklen.

Brug ikke cyklen uden kondisko.

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

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

Undlad at fjerne afskærmning eller forandre udstyret på nogen måde.

## ADVARSEL

Din **STAR TRAC CYKEL** er konstrueret til konditræning i et erhvervs- eller forbrugermiljø.

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

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

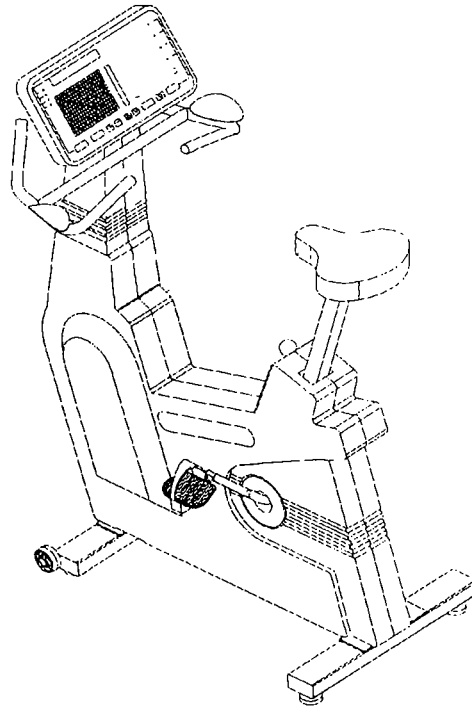
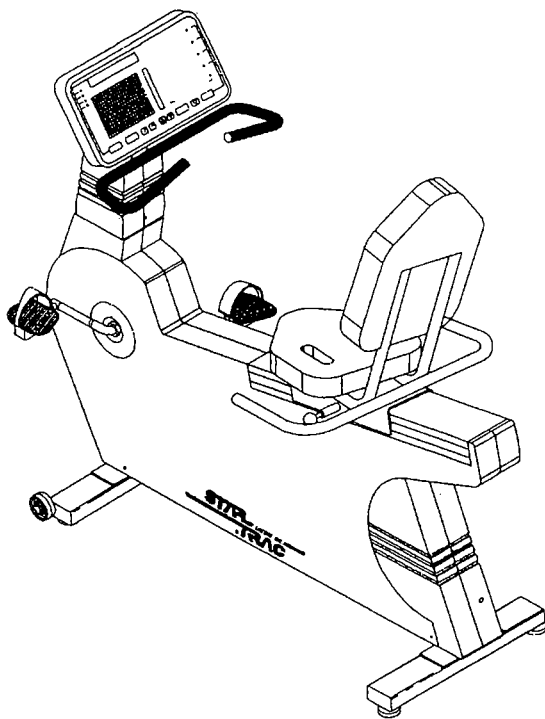
This chapter details how to set up your **STAR TRAC CYCLE**. Please begin by verifying that the following parts were included in your shipment.

- **STAR TRAC CYCLE** Frame Assembly with Shrouds
- Owner's Manual with Warranty Registration Card
- 9/16 × 7/8 Combo Wrench
- Hex Key, 1/8"

Take the time now to enter your **STAR TRAC CYCLE's** serial number and model number below. Should any component not be present or if you have any operational questions, refer to these numbers when you call Star Trac's Service Hotline at (800) 503-1221.

Serial No. \_\_\_\_\_

Model No. \_\_\_\_\_

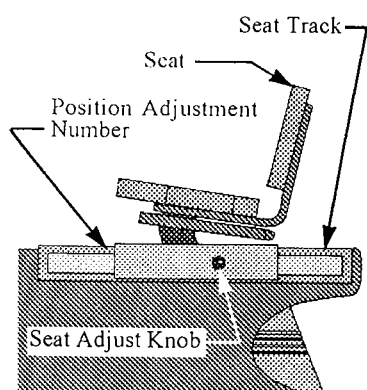
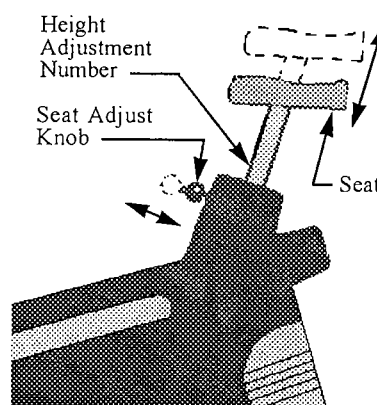


## SETUP INSTRUCTIONS

Your **STAR TRAC CYCLE** comes completely assembled. You need only adjust the cycle's feet for uneven surfaces and raise or lower the seat to suit your height.

**Cycle Foot Adjustment:** Your **STAR TRAC CYCLE** is supported by two fixed pads in the front and two adjustable pads in the rear. To eliminate any wobble resulting from floor unevenness, loosen the lock nut of one or both rear pads with the open end of the combo wrench that came with your cycle, raise or lower the pad to the height necessary to level the cycle, and retighten the lock nut.

**Seat Adjustment, Upright Bike:** To use your **STAR TRAC CYCLE** most comfortably and effectively, raise or lower the seat so that your knees are almost fully extended when the pedals are in the lowest point in their rotation. To obtain this adjustment, stand on one pedal with knee slightly bent. Then, carefully pull forward on the seat adjust knob under the seat and move the seat to the closest available position that supports you at this height. Release the knob, ensuring that it spring-retracts to its original position and that the seat stays firmly in place. Note your height adjustment number for future reference. It is the highest number visible on the seat post just above the knob.



**Seat Adjustment, Recumbent Bike:** To use your **STAR TRAC CYCLE** most comfortably and effectively, slide the seat so that your knees are almost fully extended when the pedals are in the lowest point in their rotation. To obtain this adjustment, sit on your cycle and grasp the seat adjust knob under the lower left side of the seat. Pull the knob outward and move the seat to the closest available position that allows your knee to be slightly bent toward the lower pedal. Release the knob, ensuring that it spring-retracts to its original position and that the seat stays firmly in place. Note your position adjustment number for future reference. It is the highest number visible on the seat track just in front of the seat.

# **OPERATING INSTRUCTIONS**

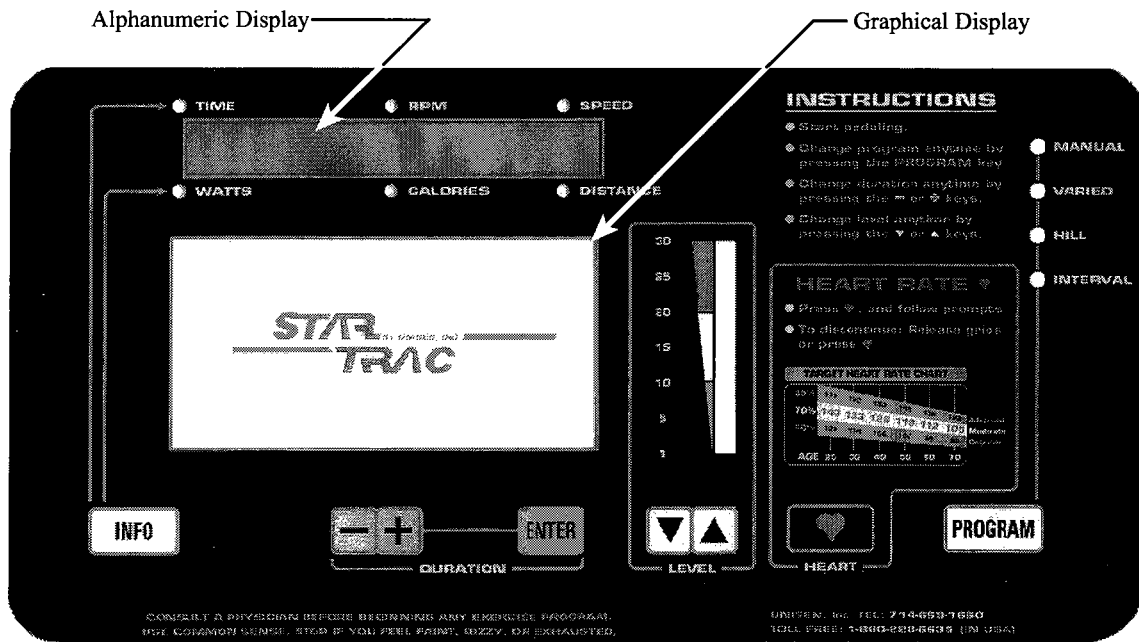
**CHAPTER**

**3**

**O**perating the **STAR TRAC CYCLE** is very easy. Simply step onto the pedals and begin pedaling naturally, at an even rate, just as you would on any bicycle.

Learning the features and incorporating the **STAR TRAC CYCLE** into your member's fitness programs is just as easy. In this chapter, you will learn the display functions and how to get the most out of every **STAR TRAC CYCLE** workout.

# DISPLAY CONTROL PANEL FEATURES








Your **STAR TRAC CYCLE** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen.


**PROGRAM** Key: Selects manual terrain gradient (profile) variation or one of three increasingly challenging programs of automatic, preselected profiles simply by pressing this one key. You may press **PROGRAM** anytime during your workout. The four available programs are:


- **MANUAL:** Controls the profile as you work out. It is automatically in effect as you begin pedaling. To increase or decrease the workout level press the **▲** or **▼** keys as you desire. The **▲** and **▼** keys repeat if you hold them depressed.
- **VARIED:** Selects one of over 250 varied hill and valley profiles that were developed according to American College of Sports Medicine (ACSM) standards.
- **HILL:** Selects a profile that increases resistance as your workout progresses, maximizing your caloric expenditure.
- **INTERVAL:** Selects a profile that particularly increases cardiovascular strength and endurance because of its progressively more frequent and steeper hills.

**Graphical Display:** Traces your progress through each of the programs and allows you to anticipate the hills and valleys. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your progress within each time segment of your workout.

**LEVEL Display:** Shows the level to which you are exercising, from 1 (easiest) to 30 (most difficult).

 **DURATION Keys:** Set the length of your workout in minutes. To decrease or increase the duration, press the  or  keys, respectively, until the desired number of minutes appears in the Alphanumeric Display, then, press . The duration cannot be longer than the MAX TIME value in Settings Mode. (MAX TIME is factory set to 99 minutes.) If you do not press  within 15 seconds, the previous duration will return. These keys repeat if you hold them depressed.

 **Key:** Enters and confirms your workout duration. This key is used only when changing duration.

 **LEVEL Keys:** Select from among the 30 progressive workout intensity levels in any program. These keys repeat as you hold them depressed.

**Alphanumeric Display:** Shows information on your workout in two alternating groups of three items each. Group 1 comprises:

- **TIME:** The duration of your workout thus far in minutes and seconds.
- **RPM:** Your pedaling rate in revolutions per minute.
- **SPEED:** Your speed, in miles per hour (MPH) or kilometers per hour (km/hr), based on **LEVEL** and **RPM**.

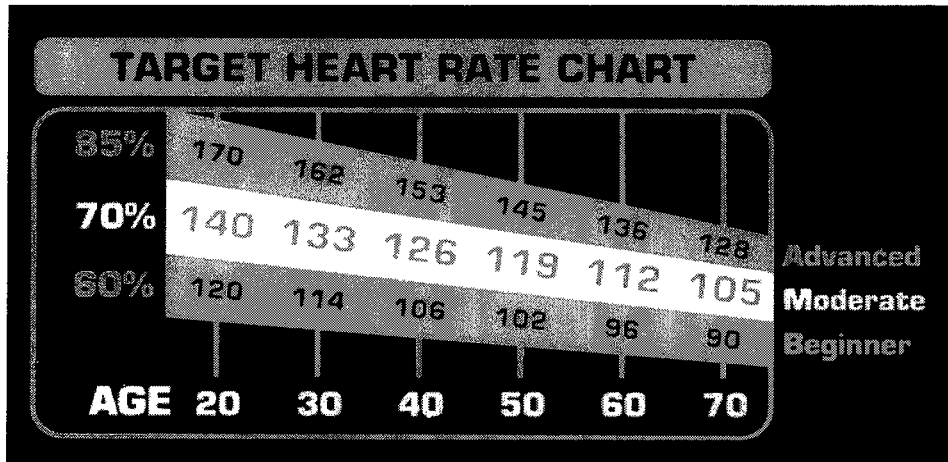
Group 2 comprises:

- **WATTS:** The number of watts of power that you are producing at the present moment.
- **CALORIES:** The cumulative number of calories that you have expended thus far in your workout, based on **TIME** and **LEVEL**.
- **DISTANCE:** The total distance you have traveled thus far, in miles or km, based on **TIME**, **LEVEL**, and **RPM**.

Lighted indicators above and below the Alphanumeric Display identify the information items in each group. The Alphanumeric Display also shows heart rate information (see *Heart Rate Monitoring* in this chapter), a warning that your caloric pedaling output is too low (see *Hints and Tips for Getting Started* in this chapter), notification that the workout is done, and scrolling data after the workout.

**INFO** Key: Stops automatic display alternation and selects one group for steady display. Press **INFO** again to switch to the other group.


**HEART KEY**: Checks your heart rate anytime during your workout (heart rate equipped models only). **HEART KEY** works differently in each cycle model: see *Heart Rate Monitoring and Dynamic Heart Rate Control* in this chapter.




**TARGET HEART RATE Chart**: Helps you to correlate your displayed heart rate (pulse) in beats per minute (BPM) to the same rate expressed in percent (%) of your maximum heart rate. For example, if you are 40 years old (bottom scale of graph), you should reach 106 BPM to attain 60% (left-hand scale) of your maximum heart rate. Similarly, you should reach 126 BPM for 70% and 153 BPM for 85%. See *Heart Rate Monitoring* in this chapter.

## ***HINTS AND TIPS FOR GETTING STARTED***









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

- **Pedal at a rate that feels comfortable and most natural, yet is sufficiently vigorous to achieve a desirable cardio workout.** Your typical pedaling speed will be in the range of 60 to 100 RPM. The appearance of PEDAL IT in the Alphanumeric Display means that your pedaling rate has fallen below a minimum factory setting during the previous 5 seconds. You have 5 additional seconds to pedal faster or, if you choose, you may increase your level by pressing the  key. If you take neither action, your cycle will reset and begin a new program. You may use your cycle at lower RPM by equipping it with an AC power adapter that you may order from Star Trac.
- **Try different pedaling rhythms.** Adjust your pace from low RPM to high RPM, then back to low. As you become more comfortable with your cycle, you might try pedaling faster, thus increasing effort and, therefore, caloric expenditure.
- **Follow the Graphical Display to anticipate profile changes.** The display shows hills and valleys as tall or short columns. It also notifies you of intensity changes with series of beeps and a new flashing display column.

**NOTE:** Unlike a real bicycle course that is traversed more quickly or slowly depending on pedaling rate, your effective course is always traversed in the time of your **DURATION** selection. So, when you pedal faster, you increase your caloric expenditure, as does increasing the intensity with the  key.

## ***MANUAL PROGRAM***

The Manual Program allows you to control your profile with a touch of your finger. Just follow these steps:

1. Begin pedaling. The **MANUAL** indicator at the right of your Display Control Panel will light.
2. Press the **DURATION**  or  key and watch DURATION=20 appear in the Alphanumeric Display to tell you that the factory-set workout duration will be exactly 20 minutes. Change this value by further pressing  or  and then , or leave the 20 minutes in effect.
3. Adjust your intensity using the **LEVEL**  or  key. The intensity ranges from Level 1 (easiest) to Level 30 (most difficult). Feel free to change your **LEVEL** during your workout.
4. As you work out, watch your time, effort, and distance information appear in two alternating groups in the Alphanumeric Display. If you wish, press  to stop the alternation and display one selected information group.
5. When you finish your workout, read WORK DONE in the Alphanumeric Display and watch your accumulated workout data scroll past.

## ***VARIED PROGRAM***

The Varied Program takes you through a profile selected from over 250 profiles based on American College of Sports Medicine (ACSM) standards. Just follow these steps:

1. Begin pedaling. Press **PROGRAM** to light the **VARIED** indicator at the right of your Display Control Panel.
2. Press the **DURATION** **[-]** or **[+]** key and watch DURATION=20 appear in the Alphanumeric Display to tell you that the factory-set workout duration will be exactly 20 minutes. Change this value by further pressing **[-]** or **[+]** and then **ENTER**, or leave the 20 minutes in effect.
3. Adjust your intensity using the **LEVEL** **[▲]** or **[▼]** key. The intensity ranges from Level 1 (easiest) to Level 30 (most difficult). Feel free to change your **LEVEL** during your workout.
4. As you work out, watch your time, speed, and distance information appear in two alternating groups in the Alphanumeric Display. If you wish, press **INFO** to stop the alternation and display one selected information group.
5. When you finish your workout, read WORK DONE in the Alphanumeric Display and watch your accumulated workout data scroll past.

## **HILL PROGRAM**

The Hill Program takes you through a profile that increases hill resistance as your workout progresses. This program is based on American College of Sports Medicine (**ACSM**) standards. Just follow these steps:

1. Begin pedaling. Press **PROGRAM** twice to light the **HILL** indicator at the right of your Display Control Panel.
2. Press the **DURATION** **[-]** or **[+]** key and watch DURATION=20 appear in the Alphanumeric Display to tell you that the factory-set workout duration will be exactly 20 minutes. Change this value by further pressing **[-]** or **[+]** and then **ENTER**, or leave the 20 minutes in effect.
3. Adjust your intensity using the **LEVEL** **[▲]** or **[▼]** key. The intensity ranges from Level 1 (easiest) to Level 30 (most difficult). Feel free to change your **LEVEL** during your workout.
4. As you work out, watch your time, effort, and distance information appear in two alternating groups in the Alphanumeric Display. If you wish, press **INFO** to stop the alternation and display one selected information group.
5. When you finish your workout, read WORK DONE in the Alphanumeric Display and watch your accumulated workout data scroll past.

**NOTE:** For optimum fat loss, you should attain between 60 and 70 percent of your maximum target heart rate. For additional information, see *Heart Rate Monitoring* in this chapter.


## ***INTERVAL PROGRAM***

The Interval Program takes you through a profile of varying intensities through your workout. This program is based on American College of Sports Medicine (ACSM) standards. Just follow these steps:

1. Begin pedaling. Press **PROGRAM** three times to light the **INTERVAL** indicator at the right of your Display Control Panel.
2. Press the **DURATION** **[-]** or **[+]** key and watch DURATION=20 appear in the Alphanumeric Display to tell you that the factory-set workout duration will be exactly 20 minutes. Change this value by further pressing **[-]** or **[+]** and then **ENTER**, or leave the 20 minutes in effect.
3. Adjust your intensity using the **LEVEL** **[▲]** or **[▼]** key. The intensity ranges from Level 1 (easiest) to Level 30 (most difficult). Feel free to change your **LEVEL** during your workout.
4. As you work out, watch your time, effort, and distance information appear in two alternating groups in the Alphanumeric Display. If you wish, press **INFO** to stop the alternation and display one selected information group.
5. When you finish your workout, read WORK DONE in the Alphanumeric Display and watch your accumulated workout data scroll past.


**NOTE:** For optimum cardiovascular strength, you should attain between 70 and 85 percent of your maximum target heart rate. For additional information, see *Heart Rate Monitoring* in this chapter.




## ***HEART RATE MONITORING***

Heart rate monitoring allows you to determine if your cycle workout is too challenging or not challenging enough. Monitoring heart rate is easy with the **STAR TRAC CYCLE**. Depending on the model you are using, you may monitor your heart automatically by grasping the handlebars or by wearing the Polar wireless heart rate chest strap. Your goal will be to keep your exercise heart rate between 60 and 85 percent of the theoretical maximum for your age as shown on the **TARGET  RATE** Graph on your Display Control Panel.

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




## ***CONTACT HEART RATE MONITORING*** ***(Selected Models)***

If your bike is equipped with (4) silver contact rings located on the handlebars, it has the Contact Heart Rate feature. To use, just press the  key and follow the prompts:

1. First, press the  key.
2. The display will prompt “GRIP HANDLES”, hold the silver rings, covering both of the rings evenly with each hand. Hint: do not squeeze handles or move your upper body excessively, as this will reduce the readability of your heart rate signal.
3. The display will read “SEEKING HR” when you have properly grasped both handles.
4. Within 15 seconds, your heart rate will show on the display as “HRT RATE ###”.
5. If you no longer desire to observe your heart rate, you may release the handles, press the  key again, or press the  key.

## ***POLAR HEART RATE MONITORING*** ***(Selected Models)***

If your cycle has a “Polar Compatible” sticker below the LEVEL keys, you may check your heart rate by wearing a Polar wireless heart rate chest strap. Just follow these steps:

1. Moisten the back of the chest strap transmitter; then strap it snugly around your chest directly over your sternum.
2. First press the  key. The **INFORMATION CENTER** will prompt press “+ or -”. Press  for HR Monitor.
3. Press  again to return to the previous **INFORMATION CENTER** display item.

**NOTE:** The chest strap’s performance may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your cycle.

# **DYNAMIC HEART RATE CONTROL**

***(Selected Models. Polar Telemetry recommended)***

## **Program Definition**


This heart rate feature is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your selected training range using the workout level. During the workout, this cycle will repeat several times, creating an interval training effect that is customized to the user's desired heart rate training range.

## **Benefits of Heart Rate Intervals**

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

## **How To Use Dynamic Heart Rate Control**

*Note: For best results, use a heart rate chest strap. If the user is wearing a chest strap, the machine will automatically use the Polar data.*

To use the heart rate features on your cycle, press the  key at any time. You will have a choice of:

### **Press “-” = HR Monitor.**

Use this option if you are interested only in monitoring your heart rate.

*OR*

### **Press “+” = HR Control.**

Use this option to activate the heart rate control feature. The message center display will then read **Grip Handles**. Grasp both sensors, making sure your hands come into contact with both metal rings on each grip. The machine will then display your heart rate. The display will prompt you to enter your age. Using the “+” or “-” keys, enter your age, then press the ENTER key.

Once you have entered your age, the cycle will automatically calculate your training range based on your age. The Dynamic Heart Rate Control™ feature automatically defaults to a training range or approximately 60-75% of your theoretical maximum heart rate.

The message center will display “**High Heart Rate = XXX,**” which indicates the high end of your training range. To accept this value, press the ENTER key. If you wish to change this value, enter a new value using the “+” or “-” keys, and then press the ENTER key. See Figure 1.

The message center will then display “**Low Heart Rate = XXX,**” which indicates the low end of your training range. To accept this value, press the ENTER key. If you wish to change this value, enter a new value using the “+” or “-” keys, and then press the ENTER key. (Note: The Dynamic Heart Rate Control™ feature requires at least an 18 BPM range between low and high heart rates.)

The message center will then display “**Hi Level = X.**” This is the maximum speed your cycle will reach during your workout. To accept this workout level, press the ENTER key. To change it, enter your desired speed using the “+” or “-” keys, then press the ENTER key. If you are not familiar with the concept of using your heart rate as a measure of your workout intensity, the following information will help to familiarize yourself with some basics.

## CALCULATING YOUR HEART RATE TRAINING RANGE:

*Note: The Cycle’s Dynamic Heart Rate Control™ system automatically calculates yours theoretical maximum heart rate, and suggests a target training range for you of approximately 60-75% of your theoretical maximum. This section is simply to illustrate how the program works:*

### 1. Calculate your theoretical maximum heart rate.

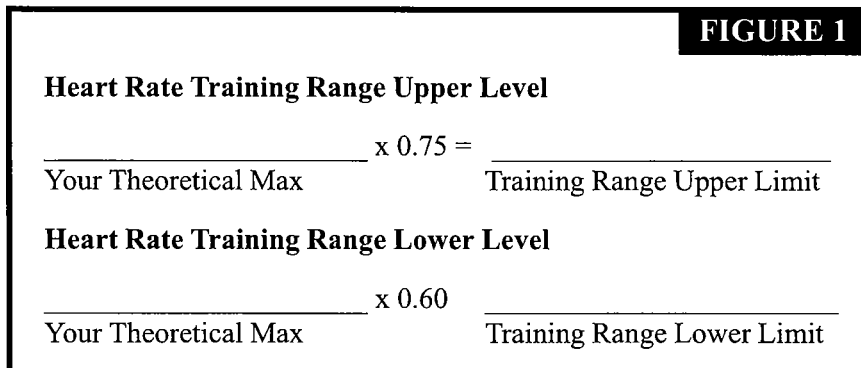
Calculating your theoretical maximum heart rate is the first step in determining your training range. The following simple calculation will help you estimate your theoretical maximum heart rate:

$$220 - \text{your age} = \text{your theoretical maximum heart rate.}$$

*Note: You should never workout at or above your theoretical maximum heart rate. Your theoretical maximum heart rate is used only to calculate your target training range.*

### 2. Calculate your target heart rate training zone.

Aerobic and weight-loss benefits are achieved when you work out between 50-85% of your theoretical maximum heart rate. Generally, exercise that keeps you below 50% of your theoretical maximum heart rate will feel too easy, and as you approach 85% of your theoretical maximum heart rate your exercise may feel too strenuous. If you are beginning an exercise program, it’s best to start out at the lower end of your training range and work your way up to higher intensities as you become comfortable with your exercise. Star Trac recommends exercising between approximately 60-75% of your theoretical maximum heart rate. This is a suggested training range.



To assist you in your training program, this chapter provides you with hints of how to stay motivated, climb up the conditioning ladder, and target your exercise heart rate.

## ***THE IMPORTANCE OF CARDIO EXERCISE***

*“Regular physical activity is essential to the performance, safety, and health issues faced by every American. It is never too late to be physically active, to exercise, and to enjoy the benefits of being physically fit.”*

—Arnold Schwarzenegger, Chairman  
President’s Council on Physical Fitness and Sports

With your **STAR TRAC CYCLE**, you’ve taken an important first step to achieving your fitness goal. But, you’ve got to stay motivated and stay with it. About half of all people who start an exercise program quit within 6 to 12 months. What is the key to success for the other half? Motivation.

If you stick with a consistent workout program for 30 minutes, three times a week, for 3 months, you’ll be on your way to a long-term fitness program. Your investment will pay off in feeling and looking better, while improving overall health and fitness.

To stay motivated during those 3 months, here are a few suggestions:

**Make a Decision.** Are the benefits of exercise genuinely important to you? According to cardiologist, author, and fitness expert George Sheehan, M.D., “It has to be important to you. You have to feel that your life in some way depends on your exercise...that if you stop, you’re going to be diminished in some way.”

**Set Goals and Reward Yourself:** Determine precisely what you want to achieve. By setting challenging, specific goals, you are setting yourself up to achieve them. When you achieve those goals, reward yourself. “It’s crucial (to reward yourself),” according to Lauve Metcalfe, director

of program development at the Campbell Institute for Health and Fitness in Camden, New Jersey. “Who quits a program because he’s having too much fun?”

Example of tangible rewards: A new cycling outfit if you add an effective mile to the fixed-time course in the Hill Program.

**Schedule Your Workout:** Get into the habit of working out at the same time each day. And, write that time on your calendar. Make keeping your workout schedule as important as eating or sleeping.

**Plan a Cycling Vacation:** If you know you’re going on a cycling tour of Paris or mountain country next summer, you’ll look forward to getting into shape for it.

Remember; “An unused engine rusts. A still stream stagnates. An untended garden tangles. Much of what we pass as age is disuse.” (Source: Walter M. Borts, M.D., author of *We Live Too Short and Die Too Young*).

## ***CLIMBING UP THE CONDITIONING LADDER***

The programs outlined on the following pages were developed by the director of fitness services at the Lutheran General Hospital in Illinois. They were developed to help maintain or improve your level of fitness, depending upon your current level. Follow the programs, in order, for each one’s full 6 week length; testing yourself after each program for your ability to maintain the stated parameters. At the end of the Red (last) program, congratulate yourself on your deserved success. Be sure to maintain your conditioning at the Red Program level by continued use of your **STAR TRAC CYCLE**. Of course, always check with your physician prior to beginning any exercise program.

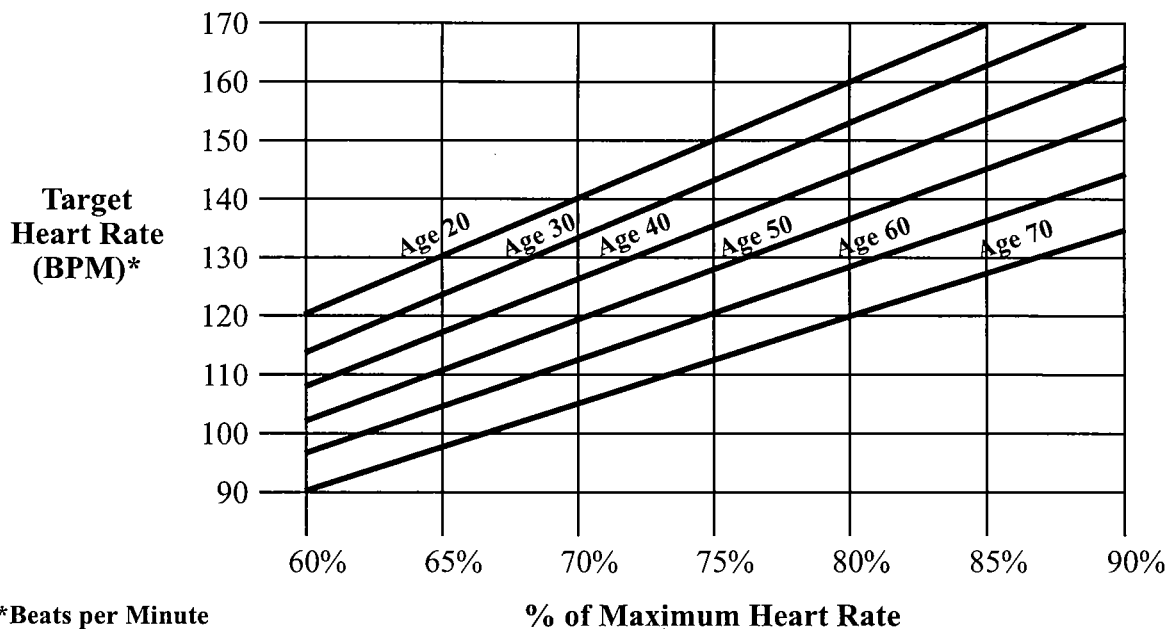
## ***THE CONDITIONING PROGRAMS***

|                        |                       |                           |                          |
|------------------------|-----------------------|---------------------------|--------------------------|
| <b>Green Program:</b>  |                       |                           |                          |
| <b>Week</b>            | <b>Heart Rate (%)</b> | <b>Duration (minutes)</b> | <b>Workouts per Week</b> |
| 1,2                    | 60 to 65              | 15                        | 3                        |
| 3,4                    | 60 to 65              | 15                        | 3                        |
| 5,6                    | 60 to 65              | 15                        | 3                        |
| <b>Blue Program:</b>   |                       |                           |                          |
| <b>Week</b>            | <b>Heart Rate (%)</b> | <b>Duration (minutes)</b> | <b>Workouts per Week</b> |
| 1,2                    | 65 to 70              | 20                        | 3                        |
| 3,4                    | 65 to 70              | 20                        | 3                        |
| 5,6                    | 65 to 70              | 20                        | 3                        |
| <b>Yellow Program:</b> |                       |                           |                          |
| <b>Week</b>            | <b>Heart Rate (%)</b> | <b>Duration (minutes)</b> | <b>Workouts per Week</b> |
| 1,2                    | 70 to 75              | 20                        | 4                        |
| 3,4                    | 70 to 75              | 20                        | 4                        |
| 5,6                    | 70 to 75              | 25                        | 4                        |
| <b>Orange Program:</b> |                       |                           |                          |
| <b>Week</b>            | <b>Heart Rate (%)</b> | <b>Duration (minutes)</b> | <b>Workouts per Week</b> |
| 1,2                    | 75 to 80              | 25                        | 4                        |
| 3,4                    | 75 to 80              | 25                        | 4                        |
| 5,6                    | 75 to 80              | 30                        | 4                        |
| <b>Red Program:</b>    |                       |                           |                          |
| <b>Week</b>            | <b>Heart Rate (%)</b> | <b>Duration (minutes)</b> | <b>Workouts per Week</b> |
| 1,2                    | 80 to 85              | 30                        | 4                        |
| 3,4                    | 80 to 85              | 35                        | 4                        |
| 5,6                    | 80 to 85              | 35                        | 4                        |

## TARGET HEART RATE

Use the following table or graph to find your ideal exercise heart rate. For optimum fat loss, you should exercise between 60 and 70 percent of your maximum heart rate. For optimum cardiovascular strength, you should exercise between 70 and 85 percent of your maximum target heart rate. The table and equivalent graph below interpret these percents as beats per minute (BPM) that you may read on the Alphanumeric Display.

| Age | Target Heart Rate (BPM)* |     |     |
|-----|--------------------------|-----|-----|
|     | 60%                      | 70% | 85% |
| 20  | 120                      | 140 | 170 |
| 30  | 114                      | 133 | 162 |
| 40  | 108                      | 126 | 153 |
| 50  | 102                      | 119 | 145 |
| 60  | 96                       | 112 | 136 |
| 70  | 90                       | 105 | 128 |



\*Beats per Minute

% of Maximum Heart Rate

# TRAINING LOG FOR ONE WEEK

Body Weight \_\_\_\_\_ Week of: \_\_\_\_\_

| Day / Time | Speed (miles/hr) | Distance (miles) | Elapsed Time (minutes) | Total Calories Burned | Other Observations (e.g. energy level before workout) |
|------------|------------------|------------------|------------------------|-----------------------|---|
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |
|            |                  |                  |                        |                       |   |

*NOTE: Consult your physician before beginning any new exercise program.*

**Motivation Tip:** Self-test yourself after each workout by asking yourself: Do I feel less tired? Am I in a better mood? Don't compare your progress with that of others. Instead, compare how you feel today to how you felt yesterday.

**Motivation Tip:** Use motivational feedback. Get involved with your **STAR TRAC CYCLE's** displays and measurements to motivate yourself through a workout.

# **PREVENTIVE MAINTENANCE**

CHAPTER

**5**

Star Trac strongly recommends that you perform regular preventive maintenance on your **STAR TRAC CYCLE**. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as early need for parts replacement.

*NOTE:* If any problems occur, please call Star Trac's Service Hotline at (800) 503-1221.

## **WEEKLY MAINTENANCE**

Each week, or when needed, you should remove dust, dirt, and other substances from the Display Control Panel, handlebars, seat, pedals, and shrouds using a cloth and diluted all-purpose cleaner. Spray cleaner onto cloth, then wipe surfaces. Do not spray cleaner onto your cycle!

## **MONTHLY MAINTENANCE**

Each month, or when needed, you should check that the seat, pedals, and shrouds are secure.

- **Handlebars:** You may tighten the front handlebars by turning the two attaching nuts with the combo wrench that came with your cycle.
- **Seat:** You may not tighten the seat yourself. If the seat feels loose after you follow the Seat Adjustment in Chapter 2, call the Hotline right away.
- **Pedals:** You may tighten the pedals to their crank arms with the combo wrench.
- **Shrouds:** You may tighten the shrouds by turning their fasteners with the hex key that came with your cycle.

This page intentionally left blank.

After having used your **STAR TRAC CYCLE** for many workouts, you may wish to change some of its default settings. You may also wish to check accumulated data about your cycle's past usage. For these reasons, your cycle is equipped with a Settings Mode.

To enter Settings Mode hold down **ENTER** and **♥** for about 3 seconds while you begin pedaling with your cycle "off" (Display Control Panel not illuminated). (If your cycle does not have a Heart key, hold down an unmarked spot halfway between **▲** and the Program key.) You will hear two beeps and the Alphanumeric Display will show **SETTINGS**. Once in Settings Mode, you may use the following keys:



**DURATION Keys:** Display the previous and next items, respectively, in the list below.



**LEVEL Keys:** Change the value of the displayed item up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the item.



**Key:** Resets item to default value.



**Key:** Saves all changes, and exits Settings Mode.

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

| Item  | Lowest Value | Default Value | Highest Value | Meaning   |
|---|--------------|---------------|---------------|---|
| UNITS   | —            | English       | —             | ENGLISH = Miles, lbs.<br>METRIC = Kilometers, Kilograms |
| HRT DISABLE<br>HRT POLAR<br>HRT CONTACT<br>HRT BOTH | —            | —             | —             | DISABLED, POLAR, CONTACT,<br>BOTH Polar and Contact     |
| DEF TIME  | 1            | 20            | 99            | Default duration in minutes                             |
| MAX TIME  | 6            | 99            | 99            | Maximum allowable duration in minutes                   |
| MIN TIME  | 1            | 5             | 98            | Minimum allowable duration in minutes                   |

(Continued)

| Item      | Lowest Value | Default Value | Highest Value | Meaning   |
|-----------|--------------|---------------|---------------|---|
| DEFLT LVL | 1            | 1             | 30            | Default level   |
| MIN TIME  | 1            | 5             | 98            | Minimum allowable duration in minutes   |
| DEFLT LVL | 1            | 1             | 30            | Default level   |
| IFVLVL    | 0.01         | 0.02          | 0.07          | Field current increment of effort per level   |
| IFVLVL1   | 0            | 0.45          | 2.25          | Field current for effort of Level 1   |
| DBLT      | 0            | 0             | 65,535        | Number of miles drive belt has been in use*   |
| ABLT      | 0            | 0             | 65,535        | Number of miles alternator belt has been in use*                                      |
| TIME      | 0            | 0             | 65,535        | Number of hours of cycle use†   |
| DIST      | 0            | 0             | 65,535        | Number of miles on cycle†   |
| S\N       | 0            | 0             | 65,535        | Cycle's serial number†  |
| MFG       | 1.00         | 1.96          | 12.99         | Cycle's date of manufacture†  |
| AC PWR    | 0            | 0             | 1             | 0 = Self powered, no plug<br>1 = AC power required, no minimum speed                  |
| MIN B+    | 22           | 33            | 99            | 33 = Self powered<br>22 = AC power  |
| LANG      | —            | ENGLISH       | —             | Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, or Italian. |
| HRT CON   | —            | —             | —             | OFF=HR control disabled<br>ON=HR control enabled                                      |

\*Must exercise 3 minutes or more for miles to accumulate.  
†Not alterable by user.

**NOTE:** If you stop changing data items for 2 minutes, your cycle will turn itself off to save electricity.

Star Trac recommends that you refer your questions about your **STAR TRAC CYCLE'S** operation and suspected malfunctions to the Star Trac Service Hotline at (800) 503-1221. However, if you are responsible for the maintenance of your organization's exercise equipment, you may wish to specially diagnose the performance of your cycle's electronic systems. For this reason, your cycle is equipped with a Diagnostic Mode.

To enter Diagnostic Mode, hold down **INFO** and **♥** for about 3 seconds while your cycle is being powered up by its optional AC adapter. (If your cycle does not have a Heart key, hold down an unmarked spot halfway between **▲** and the Program key.) You will hear two beeps and the Alphanumeric Display will show two numbers separated by "V" (e.g. 1234 V5.6). The last two numbers identify the program version that operates the cycle (EPROM version), which is helpful when diagnosing problems with the service hotline. Once in Diagnostic Mode, you may use the following keys:



**DURATION Keys:** Display the names of the previous and next tests, respectively, in the list below.



**Key:** Starts the selected test.













**Key:** Exits from the selected test. Pressing Heart again exits Diagnostic mode.

The tests that you may run with the above keys are:

| Test Name                 | Required Action  | Observed Result(s)   |
|---------------------------|--|--|
| DISPLAY TEST              | Watch Display Control Panel; press <b>♥</b> at end of test.        | All light-emitting diodes (LEDs) on the Display Control Panel light in sequence. |
| KEY TEST                  | Press <b>ENTER</b> once, then quickly press one of the keys below: | All LEDs light (Quickly press another key to save electricity.                   |
| (KEY TEST) - <b>ENTER</b> | Press <b>ENTER</b> once.   | Alphanumeric Display shows ENTER ENTER.  |
| (KEY TEST) - <b>INFO</b>  | Press <b>INFO</b> six times. Watch Alphanumeric Display            | Alphanumeric Display shows INFO INFO, Data LEDs light in sequence.               |

(Continued)

| Test Name   | Required Action  | Observed Result(s)   |
|---|--|--|
| (KEY TEST) -   | Press  once.  | Alphanumeric Display shows DURATION UP.  |
| (KEY TEST) -   | Press  once.  | Alphanumeric Display shows DURATION DN.  |
| (KEY TEST) -   | Press  repeatedly; watch Alphanumeric, LEVEL, and Graphics Displays | Alphanumeric Display shows LOAD +; the 30 LEVEL LEDs light in turn with each press; the Graphic Display columns and then Rows Display. |
| (KEY TEST) -   | Press  once.  | Alphanumeric Display shows LOAD -; the previous LED that lit in the above test lights.   |
| (KEY TEST) -  | Press  four times; watch Alphanumeric Display.                     | Alphanumeric Display shows PROG SELECT; LEDs light in sequence with each press.  |
| WRAP TEST   | This test is for the display manufacturer-Lab use only!  | (NOT USED.)  |
| WD TEST   | This test is for the display manufacturer-Lab use only!  | (NOT USED.)  |
| A/D TEST  | This test is for the display manufacturer-Lab use only!  | (NOT USED.)  |
| RPM TEST  | Watch Display Control Panel.   | Alphanumeric Display shows average speed measured by micro-processor on the Display Control Board.                                     |

(Continued)

| <b>Test Name</b> | <b>Required Action</b>       | <b>Observed Result(s)</b>  |
|------------------|------------------------------|--|
| HR TEST          | Watch Display Control Panel. | Alphanumeric Display shows average heart rate from the Polar wireless heart rate chest strap or the contact rings. |

**NOTES:**

- 1) If you stop changing data items for 2 minutes, your cycle will turn itself off to save electricity.
- 2) It has been found during testing that repeated electrostatic discharge or electrical transients inflicted upon the heartrate grips (10 & 30 Series only) will cause your workout program to reset.

This page intentionally left blank.