

**Upright Sport Bike
Recumbent Sport Bike**

OWNER'S MANUAL

TABLE OF CONTENTS

Chapter 1: Introduction	1
About this Manual	1
Chapter 2: Safety Instructions	3
Precautions	3
Chapter 3: Assembly and Setup	5
Unpacking	5
Assembly	6
Chapter 4: Operating Instructions	10
Sport Utility Display	10
Getting Started	12
Heart Rate Training Programs	14
Chapter 5: Preventative Maintenance	16
Daily Maintenance	16
Weekly Maintenance	16
Monthly Maintenance	16
Chapter 6: Display Settings	17
Display Setting Parameters	17
Entering Display Settings Mode	18
Viewing and Changing Display Settings	18
Chapter 7: Troubleshooting	19
Start-Up Service Messages	19
Chapter 8: Regulatory Information	20
FCC and Other Domestic Regulations	20
Canadian DOC and Other Regulations	21
European Applications	21

Thank you for choosing a Star Trac Sport Bike - the world's most innovative stationary bike. Available as an upright bike or a recumbent bike, the Sport Bike combines innovative technology, ease of use, and total reliability for a real bicycle feel. Through its revolutionary design, the Sport Bike offers several challenging, motivational workouts that recruit a variety of muscle groups.

ABOUT THIS MANUAL

This manual is applicable to the Star Trac Upright Sport Bike and Recumbent Sport Bike, and is divided into the following chapters:

1. Introduction

Provides an overview of each section within the manual.

2. Safety Instructions

Includes guidelines for safely operating Star Trac Sport Bikes.

3. Assembly and Setup

Provides instructions for unpacking, assembling and setting up Star Trac Sport Bikes.

4. Operating Instructions

Includes a detailed description of the Sport Utility Display and step-by-step instructions for operating Star Trac Sport Bikes.

5. Preventative Maintenance

Describes the preventative maintenance measures required to keep Star Trac Sport Bikes in top condition.

6. Display Settings

Provides step-by-step instructions for changing universal parameters on Star Trac Sport Bikes.

7. Troubleshooting

Describes the start-up and shutdown messages provided as a result of the self-test routine.

8. Regulatory Information

Provides regulatory information for Star Trac Sport Bikes.



CAUTION: Read this owner's manual completely before operating your Star Trac Sport Bike.



CAUTION: Moving parts. Do not drop or insert any object, hands or feet into any openings or moving parts of the equipment.

This chapter includes fitness safeguards and precautions for the installation and use of Star Trac Sport Bikes. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided below.

PRECAUTIONS

These safety notes are directed to you as the owner of the Star Trac Sport Bike. Please train all your members and fitness staff to follow these safety instructions.

Do

- Do encourage each of your members to discuss their health program or fitness regimen with a healthcare professional, especially if the member has not exercised for several years, is over 35 years of age, or is overweight.
- Do stop operating your Sport Bike if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.
- Do use the Sport Bike for its intended use, as described in this manual.

Do Not

- Do not let unsupervised children operate your Sport Bike.
- Do not use without athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening, or underneath your Sport Bike.
- Do not attempt to remove any shrouds or modify your Sport Bike.

WARNING

Your Star Trac Sport Bike is designed for aerobic exercise in a light 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.

Read the Owner's Manual in its entirety before operating your cycle.

Failure to obey this warning can result in injury or death.

Your Star Trac Sport Bike comes partially assembled. You will need to adjust the feet of the Sport Bike for uneven surfaces, and raise or lower the seat to suit your height. Detailed instructions for unpacking, assembling and setting up your new Sport Bike are provided in this chapter.

UNPACKING

1. Remove all parts from the crate.
2. Verify that the following parts have been included in your shipment:

DESCRIPTION	QUANTITY
Star Trac Sport Bike	1
5 mm Hex Key	1
Sport Bike Owner's Manual with Warranty Registration Card	1

3. Immediately report any missing components to Star Trac Product Support at (800) 503-1221 or (714) 669-1660. Please be ready to provide both the serial number and model number of your Star Trac Sport Bike.

ASSEMBLY

Use the following steps to assemble your Sport Bike. Refer to ASSEMBLY MATERIALS on page 8 for illustrations of the hardware used during assembly.

Assembling the Upright Bike

Use the following steps to assemble the Upright Sport Bike.

1. Install Neck assembly

Slide the neck shroud onto the neck assembly. Mate the neck assembly cable connector with the cable in the Sport Bike frame, then carefully slide the neck assembly into the frame.



CAUTION: Exercise care to avoid pinching the cables when installing the neck assembly into the frame.

Secure the neck assembly to the frame using the two screws and washers provided. Remove the protective film covering the label and keypads on the Sport Utility Display.

2. Insert Seat

Slide the seat assembly through the seat shroud and into the frame. Pull the height adjustment knob out to allow the seat to slide into the frame, then release the knob.

3. Attach rear leg

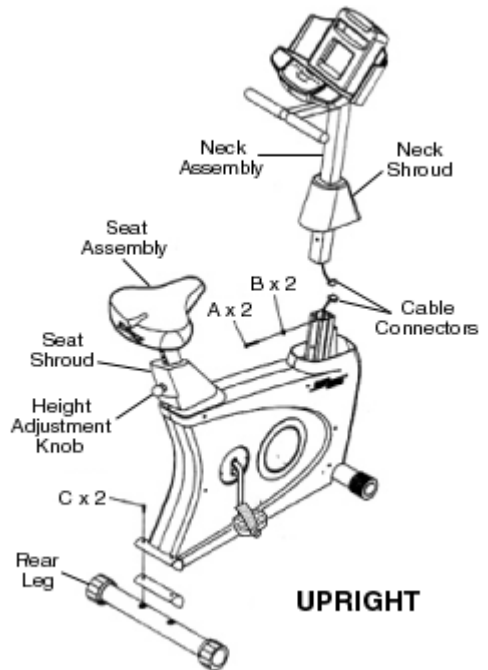
Position the rear leg on the Sport Bike frame, and secure in place with the two screws provided.

4. Install pedals

Using a 15 mm Combo Wrench, install the pedals onto the pedal crank and tighten securely (note that the left pedal is reverse threaded).

5. Leveling the unit

If necessary, level your Sport Bike using the two eccentric pads located on both ends of the rear leg. Raise the rear of the Sport Bike and rotate the eccentric pads as needed.



Assembling the Recumbent Bike

Use the following steps to assemble the Recumbent Sport Bike.

1. Install Neck assembly

Slide the neck shroud onto the neck assembly. Mate the neck assembly cable connector with the cable in the Sport Bike frame, then carefully slide the neck assembly into the frame.

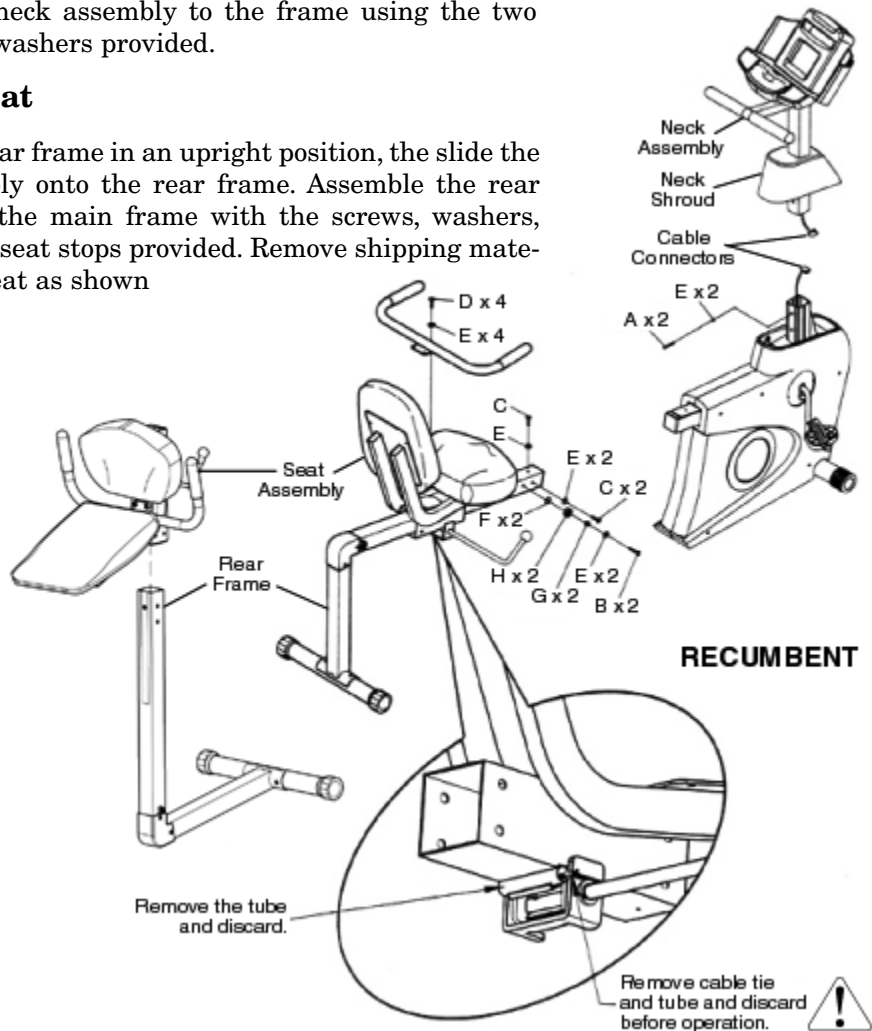


CAUTION: Exercise care to avoid pinching the cables when installing the neck assembly into the frame.

Secure the neck assembly to the frame using the two screws and washers provided.

2. Install Seat

Stand the rear frame in an upright position, then slide the seat assembly onto the rear frame. Assemble the rear frame onto the main frame with the screws, washers, spacers and seat stops provided. Remove shipping materials from seat as shown














3. Install pedals

Using a 15 mm Combo Wrench, install the pedals onto the pedal crank and tighten securely (note that the left pedal is reverse threaded).

4. Leveling the unit

If necessary, level your Sport Bike using the two eccentric pads located on both ends of the rear leg. Raise the rear of the Sport Bike and rotate the eccentric pads as needed.

Assembly Materials

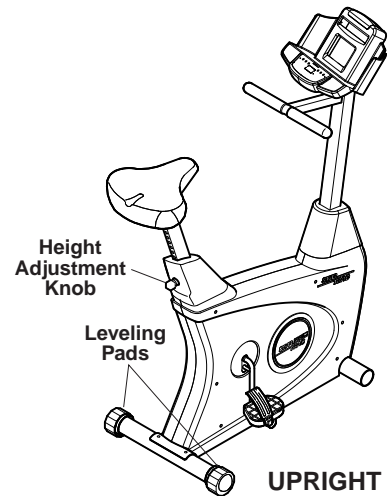
UPRIGHT BIKE - Assembly Hardware	RECUMBENT BIKE - Assembly Hardware
 <p>2 PCS M8-70MM (A) Console Mast x 2</p>  <p>2 PCS $\phi 8 \times \phi 18 \text{ T}=1.5$ (B) Console Mast x 2</p>  <p>2 PCS M8-20MM (C) Rear Stabilizer x 2</p>	 <p>2 PCS M8-70MM (A) Console Mast x 2</p>  <p>2 PCS M8-20MM (B) Seat Track Stop x 2</p>  <p>3 PCS M8-15MM (C) Seat Track x 3</p>  <p>4 PCS M8-12MM (D) Seat Handle Bar x 4</p>  <p>11 PCS $\phi 8 \times \phi 18 \text{ T}=1.5$ (E) Seat Handle Bar x 4 Seat Track x 5 Console Mast x 2</p>  <p>2 PCS $\phi 8.4 \times \phi 24 \text{ T}=2$ (F) Seat Track x 2</p>  <p>2 PCS $\phi 10 \times \phi 26 \text{ T}=8$ (H) Seat Track Stop x 2</p>  <p>2 PCS $\phi 8 \times \phi 10 \text{ T}=8$ (G) Seat Track x 2</p>

Adjusting the Seat on the Upright Sport Bike

When sitting on the seat of your Upright Sport Bike, your knees should be almost fully extended when the pedals are in the lowest point in their rotation. To adjust the seat:

Stand on the pedal at the lowest point with your knees slightly bent. Carefully pull forward on the seat adjustment knob located under the seat, and move the seat to the closest available position that supports your height. Release the knob, ensuring that the spring retracts to its original position and that the seat stays firmly in place.

Note your height adjustment number for future reference. This number is the highest number visible on the seat post located just above the knob.

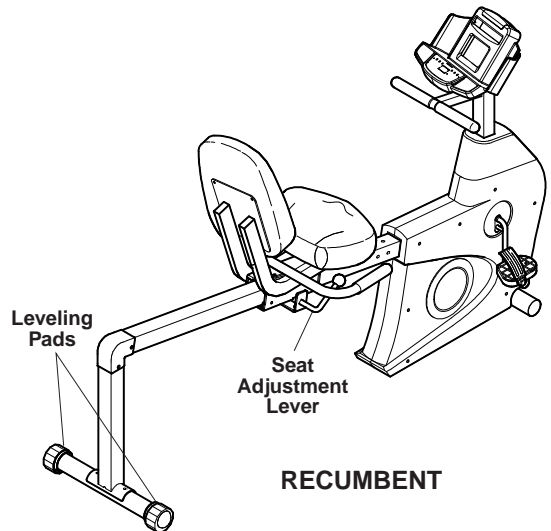


Adjusting the Seat on the Recumbent Sport Bike

When sitting on the seat of your Recumbent Sport Bike, your knees should be almost fully extended when the pedals are in the point in their rotation furthest from the seat. To adjust the seat:

Sit on the seat and grasp the seat adjustment knob located under the lower right side of the seat. Pull the knob up and move the seat to the closest available position that allows your knees to be slightly bent toward the lower pedal. Push down on the knob until it returns to its original position and the seat stays firmly in place.

Note your position adjustment number for future reference. This number is the highest number visible on the seat track just in front of the seat.



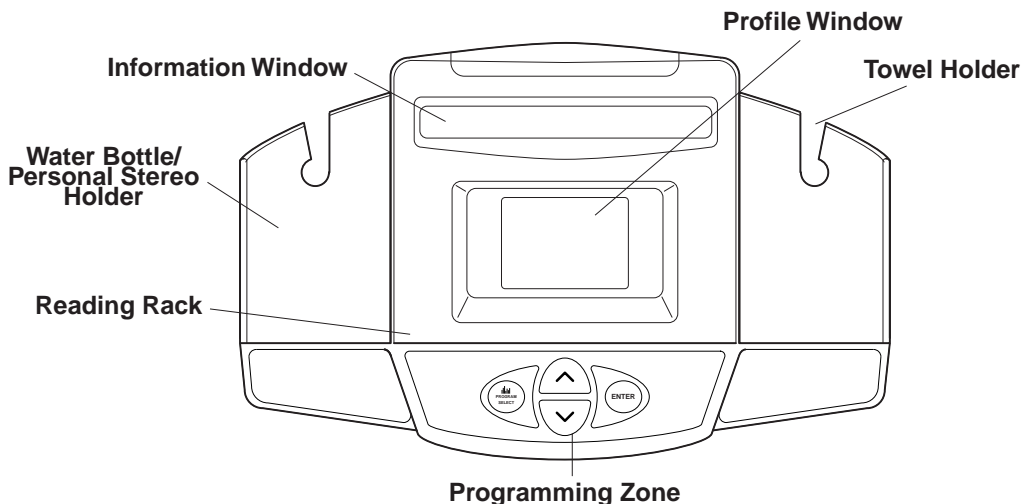
Star Trac Sport Bikes are equipped with an easy-to-use Sport Utility Display. The display features:

- International symbols to ensure easy operation
- One-button start and change of resistance
- Graphical digital display that provides instant feedback in large, easy-to-read letters
- Integrated holders for a water bottle, personal stereo, reading materials and a towel

This chapter describes the display in detail and provides step-by-step instructions for operating your Sport Bike.

SPORT UTILITY DISPLAY

The Sport Utility Display of your Star Trac Sport Bike is used to operate the unit and includes an integrated reading rack, water bottle holder, personal stereo holder and towel holder to accommodate all of your needs. Each of the components of the display are shown below and described in detail in this section.



IMPORTANT: You simply begin pedaling to operate the equipment. The display only remains activated while you are pedaling. To program your workout, it is important that you continue pedaling. After you stop pedaling, resuming pedaling within 20 seconds will continue the current session. If you wish to start a new session, stop pedaling and wait 20 seconds for the system memory to refresh.

Information Window

The Information Window (identified on the previous page) provides two types of information: prompts for user inputs, and statistics that will scroll by during your workout. These statistics include:

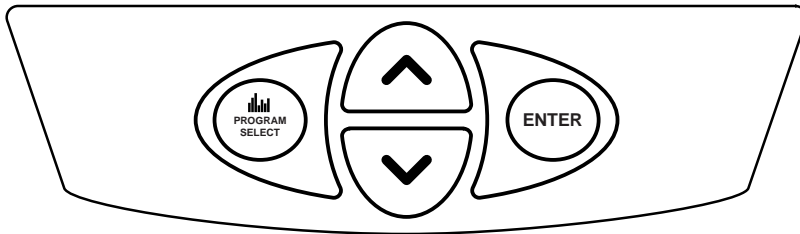
STATISTIC	DESCRIPTION
MPH/KPH	Miles or kilometers per hour of your current speed. (Either MPH or KPH can be chosen in the Display Settings, which are described in Chapter 7.)
CAL/HR	Total calories burned.
RPM	Revolutions per minute.
METS	Accumulated intensity of your workout measured in METs. (Must be turned on in the Display Settings, which are described in Chapter 7.)
Watts	Accumulated power you have expended. (Must be turned on in the Display Settings, which are described in Chapter 7.)
HR	Heart rate displayed in beats per minute. (Only shown if you are wearing a Polar heart rate chest strap)
TIME	Total workout time.
MILES (KM)	Miles or kilometers ridden.
LEVEL	Resistance level.

Profile Window

The Profile Window displays the workout course you have selected. A flashing lamp in the window indicates your location on the workout course.

Programming Zone

The Programming Zone (shown below) includes the four action keys.



Up and Down Arrow

Use these keys to increase or decrease the level of your workout, or to change numeric entries when setting up a program.



Enter



Use this key to select programs and to enter information required for your workout or for specific features.



Program Select

Use this key to scroll through the available programs.

GETTING STARTED

All you need to do to start your workout is to begin pedaling. The console will light up and you will be placed in Quick Start mode. During your workout, you can press the   keys to change the level of your workout.

The Sport Bike provides several preset programs that have been designed for optimal interval training. You can choose from any of the following preset programs:

- **Manual**

This program, which is similar to Quick Start, lets you enter a goal, level, and weight for a more customized workout.

- **Forest Ride**

Similar to a brisk ride through a forest, this program offers a relatively easy workout that gradually increases your heart rate.

- **Trail Blazer**

Offering a moderate workout, this program takes you up and down two hills with a brief rest in between.

- **Alpine Pass**

By offering a series of steep hills and valleys, this program provides a rigorous workout for the serious user.

- **Mystery Ride**

Mystery Ride randomly chooses from one of the built-in programs, enabling you to add variety to your workout. Not only do you not know which course will be selected, the course won't be shown in the Profile Window, adding to the mystery of the workout.



- **Fitness Test**

Fitness Test is a six-minute workout, at 50 RPM, that identifies your fitness level and sub-maximally calculates your VO₂, a physiological measurement of the body's ability to absorb oxygen, that has specific correlation to the fitness level.

Using a Preset Program (Except Fitness Test)

With the exception of the Fitness Test program, you will use the same procedure to use any of the preset programs. The Fitness Test program has unique set-up steps and features; therefore, additional steps are required.

For all of the programs except Fitness Test, you select a time goal.

1. Start pedaling and do not stop until your workout is finished.
2. Press the PROGRAM SELECT key to scroll to the program you wish to use.
3. Press ENTER to select the program.
4. Use the   keys to enter the appropriate information when prompted.



1 st Prompt	Minutes
2 nd Prompt	Weight
3 rd Prompt	Level
5. After each entry, press ENTER to save the information and continue. After you have entered the level, your workout will begin.

Switching Programs (Except Fitness Test)

1. Press the PROGRAM SELECT key to scroll to the program you wish to use.
2. Press ENTER to select the program.

Using the Fitness Test Program

You must wear a Polar heart rate chest strap to use the Fitness Test program.

1. Start pedaling and do not stop until your workout is finished.
2. Press the PROGRAM SELECT key to scroll to the Fitness Test program.
3. Press ENTER to select the program.
4. Press the appropriate   key to select your gender.
5. Enter your weight and press ENTER.
6. Enter your age and press ENTER. The program will begin.
7. While wearing a Polar heart rate chest strap, pedal at 50 RPM for six minutes. The difficulty level will self-adjust every 12 seconds to maintain a heart rate of 130 ~ 150. At the end of six minutes, the Sport Bike will display two values in the Information Window: VO2 Sub Max and Fit Level. The fitness level ranges from the 10th to the 90th percentile, with 10 being very, very weak and 90 being very, very strong.
8. Continue pedaling in cool down mode.

HEART RATE TRAINING PROGRAM

Your Sport Bike features one program designed to control your workout using a desired heart rate range:

- Dynamic Heart Rate Control (DHRC) is designed to gradually elevate your heart rate to the upper end of your training range, then gradually decrease your heart rate to the lower end, while varying your level of resistance.

DHRC can be operated by using a Polar telemetry heart rate chest strap.

Dynamic Heart Rate Control

Before using DHRC for the first time, we recommend that you calculate your UPPER HEART RATE (HR) LIMIT (75% of your maximum heart rate) and your LOWER HEART RATE (HR) LIMIT (60% of your maximum heart rate), using the following formulas. (Note: This feature requires at least an 18 BPM (Beats Per Minute) range between the upper and lower heart rates to ensure an interval workout.)

To calculate your training zone, use the following formulas. Note, you can determine your theoretical max HR by subtracting your age from 220 (220 - Age).

Upper Heart Rate Limit
(Your Theoretical Max HR) ____ x 0.75 = _____ UPPER HR LIMIT

Lower Heart Rate Limit
(Your Theoretical Max HR) ____ x 0.60 = _____ LOWER HR LIMIT

1. Start pedaling and do not stop until your workout is finished.
2. Press the PROGRAM SELECT key to choose DHRC.
3. Press ENTER to select DHRC.
4. Use the \wedge \vee keys to enter the appropriate information when prompted. The required information varies according to the goal you entered, as shown in the following table:

1 st Prompt	Minutes
2 nd Prompt	Weight
3 rd Prompt	Age
5. After each entry, press ENTER to enter the information and continue.
6. Using the \wedge \vee keys, enter your "UPPER HR LIMIT" (as calculated using the prior formula) and press ENTER.
7. Using the \wedge \vee keys, enter your "LOWER HR LIMIT" (as calculated using the prior formula) and press ENTER. Your workout program will begin.
8. Follow the instructions provided in the Information Window.

If you are using a Polar heart rate chest strap, your heart rate will be displayed continuously in the Profile Window. The level will increase and decrease accordingly to maintain your heart rate within the specified range. If your UPPER or LOWER range is not met with level changes, you will be instructed to "Increase Speed" or "Decrease Speed" accordingly. These messages will appear in the Information Window.

With durable, high performance components, Star Trac Sport Bikes are designed for heavy usage and minimal maintenance. To keep your Sport Bike in top condition, Star Trac strongly recommends that you perform daily, weekly, and monthly maintenance routines.

Any unusual symptoms, such as a loud, continuous noise, should be reported immediately to Star Trac Product Support at (800) 503-1221 or (714) 669-1660.

DAILY MAINTENANCE

Remove dust, dirt and other substances from the Sport Bike using a clean, soft cloth and a liquid, non-abrasive cleaner. Wipe the exterior of the display board, handlebars, seat, pedals, and shrouds.

WEEKLY MAINTENANCE

Each week, perform the following activities:

- Vacuum the floor under and around the Sport Bike.
- Inspect the screws of the Sport Utility Display panel to ensure the screws are not loose. Retighten if necessary.
- Inspect the Sport Utility Display panel for wear.

MONTHLY MAINTENANCE

Each month, or as needed, perform the following activities:

- Check that the seat, pedals, and shrouds are secure.
- Tighten the pedals to their respective crank arms using a 15 mm Combo Wrench.
- Tighten the shrouds by turning their respective fasteners with a Phillips head or flat head screwdriver.

DISPLAY SETTING PARAMETERS

The Display Settings mode allows you to view and customize several universal settings for your Sport Bike. The values set for the Display Settings parameters apply to all users.



The following nine parameters can be customized to suit your specific needs. Upon delivery, the settings are set to the default values shown.

PARAMETER	DESCRIPTION	DEFAULT VALUE
Minutes	Sets the maximum workout time, in minutes. The selection can be between 1 and 99. This also is the Quickstart workout time.	20
Units	Sets the units to English units or Metric units. If English is selected, distance will be shown in miles (displayed in tenths of a mile), speed in miles per hour, and weight in pounds. If Metric is selected, distance will be shown in kilometers (displayed in tenths of a kilometer), speed in kilometers per hour, and weight in kilograms.	Eng (English)
Weight	Sets the weight (in pounds) that will be displayed as the default when users use a preset program. This number is provided as a default only; users will be prompted to enter their weight, which is used for calculating total calories burned. This value is interpreted in the current units selected.	155



PARAMETER	DESCRIPTION	DEFAULT VALUE
HR	Activates and deactivates the Polar Heart Rate function.	On
Watts	Enables or disables the Watts display.	Off
Mets	Enables or disables the Mets display.	Off
Language	Selects the language used in the Information Window.	Eng (English)

ENTERING DISPLAY SETTINGS MODE

You must enter the Display Settings Mode within 12 seconds after the display becomes active. If you are using the Sport Bike, or miss the 12-second window, you must stop pedaling and wait for the equipment to shut down before attempting to enter the Display Settings Mode.

1. With the display off and the equipment idle, begin pedaling. Within 12 seconds after the display is active, press the ,  and PROGRAM SELECT keys simultaneously.
2. Press the ENTER key to enter the Display Settings Mode.

VIEWING AND CHANGING DISPLAY SETTINGS

1. While in Display Settings mode, press the PROGRAM SELECT key to scroll through the display setting parameters and to select the parameter you wish to view or change. For each parameter, the current setting will be displayed in the Information Window.
2. Press the   keys to scroll through the possible values for the parameter and to set the new value.
3. Press the PROGRAM SELECT key to advance to the next parameter.
4. Press the ENTER key to save the new settings, exit Display Settings mode, and return to the standard operating mode.

Star Trac Sport Bikes perform a self-test at the beginning of every workout. If a problem is detected, a message will be displayed before or after the workout (depending on the type of problem).

START-UP SERVICE MESSAGES

The following messages are displayed at the beginning of a workout:

MESSAGE	DESCRIPTION
Key Down	One or more keys on the keypad are stuck in an "on" mode. This can occur if the user presses keys before the system is turned on. Call Star Trac Product Support for assistance if the Key Down message continues to be displayed.
Needs Service	A failure has occurred in an electronic component. Call Star Trac Product Support for assistance.

This chapter provides regulatory information pertaining to Star Trac Sport Bikes.

FCC AND OTHER DOMESTIC REGULATIONS

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC rules. Under the FCC guidelines, operation is subject to the following two guidelines: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The Star Trac Sport Bike generates and uses radio frequency energy. If the product is not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC Class B limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- Reorient or relocate the Sport Bike.
- Reorient or relocate the receiving antennae for your television, radio, or VCR.
- Connect the unit to a different power outlet if you are using the AC adapter option.
- Consult Star Trac Product Support, your authorized dealer, or a qualified radio/television technician for help.

This product also has been tested to meet the following standards:

- UL 1647 (Massage and Exercise Machine Standard, Applicable Sections)

CANADIAN DOC AND OTHER REGULATIONS

This Class B digital apparatus meets all requirements of the Canadian Interference Causing Equipment Regulations.

This product has been tested to meet: CSA 22.2 No. 68, Applicable Sections.

Cet appareil numérique de la classe B respecte toutes les exigences du Règlement sur le matériel brouilleur du Canada.

Cet Appareil a été testé pour être conforme à la norme CSA 22.2 No. 68 (articles applicables).

EUROPEAN APPLICATIONS

This product conforms to the requirements of the European Council Directives:

- 89/336/EEC, Electromagnetic Compatibility
- 92/590/EEC, General Product Safety Directive
- 73/23/EEC, Electrical Equipment Low Voltage Safety Directive

Under the directives, the product was tested to the following standards:

EN 55014-2 (1997)

EN 6100-4-2	ESD
EN 6100-4-4	Electrical Fast Transients
EN 6100-4-5 (1995)	High Energy Source
EN 6100-4-11 (1995)	Voltage Dips and Interruptions
EN V 50204	Conducted Immunity

EN 6100-4-3 (1995)

Radiated Immunity

EN 55014-1 (1997)

Disturbance Power, Conducted Emissions

EN 50081-1 (1992)

Conducted & Radiated Emissions

EN 6100-3-2 (1995)

Harmonic Current Emissions

EN 6100-3-3 (1995)

Flicker and Voltage Fluctuation

EN 957-1

Safety of Machinery

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