



little **black**
book
of
DIAMONDBACK
Fitness





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the **DIAMONDBACK**
FITNESS *story:*

BRAND SUCCESS



DIAMONDBACK

Fitness



Founded in 1991, Diamondback Fitness reconnected with its cycling roots in 2011 by upgrading components and details throughout its collection with features never before seen in the fitness industry. Quality and value continue to drive the brand while innovation differentiates it from all others. The all-new 910 series of upright bicycles, recumbents and elliptical trainers are the first to feature Apple® docking stations that simultaneously charge and hold iPads, iPhones and iPods in place for easy access to entertainment and training applications during workouts. Details like custom high quality saddles, anodized quick-release levers and cast alloy components give the equipment a high-end appeal that competitors typically hide with plastic.

To further up the ante, Diamondback Fitness introduces this season its first indoor cycle, the **910lc** with computer-controlled resistance technology that emulates riding on hills and offers target heart-rate training options to deliver a more effective, real-world workout. It's ideal for fitness enthusiasts who regularly attend indoor studio classes at the gym and want the motivation and feedback they get from an instructor, and cyclists looking for a bad weather alternative to road rides.

While the technology advancement are exclusive to Diamondback Fitness the price makes it accessible to all. Better pricing, better products and a better experience continue to make Diamondback Fitness the preferred choice for in-home training.





Advantages:

THE UPRIGHT CYCLE

- Designed for a wide range of users, upright cycles are a great choice for those wanting a low-impact workout with a customizable level of aerobic conditioning.
- Upright cycles might be the best choice for those who:
 - have limited space
 - are new to exercise
 - have injured joints, bones or connective tissue
 - have chronic problems, such as arthritis, or stress fractures
 - are very overweight
- Upright cycles offer a full range of adjustability so almost anyone can use them.
- A user's movement is not restricted on a cycle as one can either sit down or stand up as you pedal to exercise different muscle groups.
- Multi-position handlebars allow the rider to pedal while sitting upright, or in a more racer-oriented forward stance.
- The 510Ub and 910Ub upright cycles from Diamondback Fitness offer a durable eddy current braking system. No friction, just a smooth quiet, durable ride!
- If you are an avid cyclist, indoor training on an upright cycle can increase off-season conditioning.
- Upright cycles are generally among the least expensive home fitness equipment options.
- If space is tight, uprights offer the smallest foot print, requiring less space in the home.
- All Diamondback Fitness models include an on-board waterbottle & holder.





The **510UB** LCD display makes it easy to keep track of your workout with a bright blue LCD display and real-time feedback. An integrated multi-speed fan helps keep you cool while a built in USB port lets you charge most personal electronics. The headphone jack lets you play your mp3 music through the built-in speakers during your workout.

- The 510 series console with mp3 connectivity offers users the ability to broadcast their favorite tunes through the integrated speaker system
- Diamondback Fitness' personal cooling fans lets you vary the fan speed during your workout
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use
- Adjustability: tilt the console and handlebar angle for a customized fit
- Target Heart Rate programs and hand grip sensors help keep the workout intensity in the target zone
- QuickSet program keys help you start your favorite workout programs with a single touch
- Scrolling message center guides you through program set up
- Twenty workout programs and 16 levels of resistance provide a wide variety of workouts for all users



510Ub



High-density foam saddle with fore/aft adjustment provides fit and comfort for every rider

Dimensions (assembled)	41" L x 23" W x 58" H
Dimensions (packaged)	39" L x 14" W x 28" H
Product Weight	90 lbs.
User Weight Capacity (lbs)	300 lbs.



The **910Ub** utilizes a bright blue LCD display for a high contrast view of all your workout information. Built-in Media Center holds your iPad, iPhone or iPod and charges it during your workout. It also holds other mp3 devices, most can be charged via the USB port. The 3.5mm headphone jack offers the ability to play your own music through the built-in speaker system.

- Adjustability: tilt the console and adjust the handlebars with cushioned arm rests for a custom fit, added comfort and the perfect console viewing angle
- Built-in Media Center with "Made for iPad, iPhone, iPod" docking station allows you to charge your device while you work out
- On-board speakers & music source input for your iPad, iPhone, iPod or other mp3 device
- Multi-speed personal cooling fans with SmartFan™ feature adjusts the speed based on workout intensity
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use
- QuickSet, one-touch program keys give instant access to favorite workout programs
- QuickSet, one-touch resistance keys let you select or change your workout resistance easily
- 35 workout programs include heart rate controlled training, custom user programs, fitness test and many others
- 32 levels of resistance ensure a smooth resistance transition between program intensity levels
- Multiple heart rate contact sensors offer heart rate monitoring in any riding position
- Polar compatible wireless heart rate receiver allows you to track heart rate without holding on to contact sensors
- Numeric key pad offers quick and easy access to entering workout data
- Micro-pixel scrolling message center guides you through program set-up



910Ub



Made for

iPod iPhone iPad



Dimensions (assembled) 39" L x 23" W x 58" H

Dimensions (packaged) 39" L x 14" W x 28" H

Product Weight 108 lbs.

User Weight Capacity (lbs) 325 lbs.



Advantages:

THE INDOOR CYCLE

- Designed for indoor studio cycling enthusiasts and cyclists looking for a bad weather alternative to outdoor road rides.
- Heavier 40 lb flywheel allows users to build up momentum and recreate the high rpm training techniques used by outdoor cyclists.
- Adjustability is a key factor in the overall design. Indoor cycles must have up/down and fore/aft adjustments on the seats and handlebars so each user can “set up” the cycle for their specific body size. “Lever” style handles makes it easier to loosen and tighten critical adjustments.
- Heavy duty pedal cranks give you the performance needed for high intensity workouts.
- Training techniques include high rpm speeds while seated, alternating with lower rpm sections and high resistance levels, similar to standing on a road bike when going up steep inclines.
- Multi-position handlebars let you use a variety of body positions while training to help work different muscle groups.
- Motivation and challenge are keys to a successful workout program on an indoor cycle. The 910lc indoor cycle provides you with preprogrammed riding courses, automatic resistance changes, real-time feedback regarding miles traveled, calories burned, speed and time.
- Self generating electronic resistance system means you can use the 910lc indoor cycle in your home or out on your back deck or patio.
- Wireless heart rate controlled resistance allows you to train effectively by staying at your target heart rate throughout the workout program.





The **910lc** bright blue and yellow LCD display makes it easy to keep track of your workout with highly visible real-time feedback. A built-in water bottle and holder give you easy access during a workout along with a storage compartment for your iPod or mp3 player.

- Self-generating power system with 110v power adapter back up
- Computer controlled resistance to simulate studio class workouts or outdoor training
- 40 lb flywheel for smooth pedaling action
- 32 levels of resistance insure a smooth resistance transition between program intensity levels
- 18 workout programs: 12 preset programs, 4 heart rate controlled programs, Manual and Custom User settings
- Polar compatible wireless heart rate receiver
- Fore/aft seat and handlebar adjustments
- Heavy duty steel frame
- Multi-position handlebars with built in waterbottle cage, premium water bottle and storage compartment
- Custom graphics only available on a Diamondback Fitness product



Multi-position handlebar, integrated waterbottle cage & accessory storage

910lc



Dimensions (assembled)	42" L x 23" W x 46" H
Dimensions (packaged)	45" L x 15" W x 35" H
Product Weight	152 lbs.
User Weight Capacity (lbs)	325 lbs.



Advantages:

THE RECUMBENT CYCLE

- Designed for a wide range of users, recumbent cycles are a great choice for those wanting a low-impact workout and prefer a full-sized seat and relaxed pose. Often, persons unable to tolerate an upright cycle seat find the more-supportive recumbent seats an ideal solution.
- Recumbent cycles offer effective aerobic workouts for persons at both ends of the fitness spectrum. Beyond traditional fitness goals, recumbent cycles can offer therapeutic advantages for:
 - those suffering from chronic pain
 - anyone with joint or connective tissue injuries
 - persons suffering from chronic arthritis or stress fractures
 - pregnant women
- With a wide range of adjustability, almost anyone can work out effectively in the recumbent position.
- The step-through design and chair-height seat of the Diamondback Fitness recumbents offer easy ingress and egress.
- Adjustable handlebars and seat back provide the rider with a customized fit for enhanced comfort.
- The 510Sr and 910Sr recumbent models from Diamondback Fitness offer a durable eddy current braking system. No friction brakes or giant fans!
- Cycling in a reclined position works the gluteal/thigh muscle group more than upright cycles.
- All Diamondback Fitness models include an on-board waterbottle & holder.





The **510Sr** LCD display makes it easy to keep track of your workout with a bright blue LCD display and real-time feedback. An integrated multi-speed fan helps keep you cool while a built-in USB port lets you charge most personal electronics. The headphone jack lets you play your mp3 music through the built-in speakers during your workout.

- The 510 series console with **mp3 connectivity** offers users the ability to broadcast their favorite tunes through the integrated speaker system
- Diamondback Fitness' **personal cooling fans** allow you to vary the fan speed during your workout
- **Fold-out magazine rack holds** your favorite magazine during your workout and folds away when not in use
- Adjustability: **tilt the console and handlebar angle** for a customized fit
- Target heart rate programs and hand grip sensors help keep the workout intensity in the target zone
- **QuickSet program** keys help you start your favorite workout programs with a single touch
- Scrolling message center guides you through program set-up
- **20 workout programs and 16 levels of resistance** provide a wide variety of workouts for all users



510Sr



Custom fit your ride with quick-adjust fore/aft positioning and up/down adjustment with lumbar support

Dimensions (assembled)	64" L x 23" W x 50" H
Dimensions (packaged)	67" L x 13" W x 31" H
Product Weight	125 lbs.
User Weight Capacity (lbs)	300 lbs.



The **910Sr** utilizes a bright blue LCD display for a high contrast view of all your workout information. Built-in Media Center holds your iPad, iPhone or iPod and charges it during your workout. It also holds other mp3 devices, most can be charged via the USB port. The 3.5mm headphone jack offers the ability to play your own music through the built-in speaker system.

- Adjustability: tilt the console and adjust the handlebars with cushioned arm rests for a custom fit, added comfort and the perfect console viewing angle
- Built-in Media Center with "Made for iPad, iPhone, iPod" docking station allows you to charge your device while you work out
- On-board speakers and music source input for your iPad, iPhone, iPod or other mp3 device
- Multi-speed personal cooling fans with SmartFan™ feature adjusts the speed based on workout intensity
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use.
- QuickSet, one touch program keys give you instant access to your favorite workout programs
- QuickSet, one touch resistance keys let you select or change your workout resistance easily
- 35 Workout programs include heart rate controlled training, custom user programs, fitness test and many others
- 32 levels of resistance ensure a smooth resistance transition between program intensity levels
- Multiple heart rate contact sensors offer heart rate monitoring in any riding position
- Polar compatible wireless heart rate receiver allows you to track heart rate without holding on to contact sensors
- Numeric key pad offers quick and easy access to entering workout data
- Micro-pixel scrolling message center guides you through program set-up



910Sr



Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use



Made for



iPod



iPhone



iPad



Dimensions (assembled) 64" L x 23" W x 50" H

Dimensions (packaged) 67" L x 13" W x 31" H

Product Weight 152 lbs.

User Weight Capacity (lbs) 325 lbs.

*Advantages:***THE ELLIPTICAL TRAINER**

- Elliptical machines have become one of the most popular cardiovascular machines because they provide a high-intensity cardiovascular workout plus a low-impact alternative to walking and running.
- Favored by people who are looking to burn the most calories in the shortest period of time.
- The smooth, natural leg stride and push/pull arm action is optimum for sculpting legs, strengthening arms and improving overall body tone. By working both legs and arms, your heart rate elevates more quickly which encourages your body to burn calories faster and more efficiently. This also results in a lower perceived rate of exertion even though you are burning more calories.
- Forward and back motions provide better workout results. This allows you to work different sets of muscle groups in your legs, hamstrings versus quads, which adds up to more calories burned, more muscles toned and an overall better body workout.
- You get a lower impact workout resulting in less overall stress on your knees, hips and back. Excellent for the older population or those who are more easily prone to sports injury.





The **510Er** LCD display makes it easy to keep track of your workout with a bright blue LCD display and real-time feedback. An integrated multi-speed fan helps keep you cool while a built in USB port lets you charge most personal electronics. The headphone jack lets you play your mp3 music through the built-in speakers during your workout.

- The 510 series console with **mp3 connectivity** offers users the ability to listen to their favorite tunes through the integrated speaker system
- Diamondback Fitness' **personal cooling fans** let you vary the fan speed during your workout
- **Fold-out magazine rack** holds your favorite magazine during your workout and folds away when not in use.
- Adjustability: **tilting the console gives** you a customized fit & perfect viewing angle
- Target heart rate programs and hand-grip sensors help keep the workout intensity in the target zone
- **QuickSet program keys** help you start your favorite workout programs with a single touch
- Scrolling message center guides you through program set-up
- **Twenty workout programs and 16 levels of resistance** provide a wide variety of workouts for all users
- A **19" stride and 2" Q-Factor** between the foot pedals give you super comfort throughout all your programs
- **Low step-up height** makes getting on and off the 510Er easy and safe
- **Sealed cartridge bearings give the 510Er an ultra smooth feel and keeps it whisper quiet during use**



510Er



Sealed ball bearing pivots for extended life and smooth, quiet operation

Dimensions (assembled)	72" L x 21" W x 67" H
Dimensions (packaged)	69" L x 23" W x 31" H
Product Weight	190 lbs.
User Weight Capacity (lbs)	300 lbs.



The **910Er** utilizes a bright blue LCD display for a high contrast view of all your workout information. Built-in Media Center holds your iPad, iPhone or iPod and charges it during your workout. It also holds other mp3 devices, most can be charged via the USB port. The 3.5mm headphone jack offers the ability to play your own music through the built-in speaker system.

- Built-in Media Center with “Made for iPad, iPhone, iPod” docking station allows you to charge your device while you workout
- On-board speakers and music source input for your iPad, iPhone, iPod or other mp3 device
- Multi-speed personal cooling fans with SmartFan™ feature adjusts the speed based on workout intensity
- QuickSet, one-touch program keys give you instant access to your favorite workout programs
- QuickSet, one-touch resistance keys let you select or change your workout resistance easily
- 35 Workout programs include heart rate controlled training, custom user programs, fitness test and many others
- 32 levels of resistance insure a smooth resistance transition between program intensity levels
- Target heart rate programs with Polar® compatible wireless receiver and hand-grip sensors help keep the workout intensity just right
- Scrolling message center guides you through program set-up
- Adjustability: tilting the console gives you a customized fit & perfect viewing angle
- Adjustable width handlebars allow users to custom fit the 910Er to their body size and type for a comfortable, perfect workout experience
- A 21” stride and adjustable Q-Factor between the foot pedals of 2” to 3.5” gives you super comfort throughout all your programs
- Low step up height makes getting on and off the 910Er easy and safe
- Sealed cartridge bearings give the 910Er an ultra smooth feel and keeps it whisper quiet during use

910Er



Made for



iPod



iPhone



iPad



Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use

Dimensions (assembled) 72" L x 21" W x 67" H

Dimensions (packaged) 69" L x 23" W x 31" H

Product Weight 218 lbs.

User Weight Capacity (lbs) 325 lbs.



With a 19" stride, electronic programmable incline feature, 15 different workout programs and 20 resistance levels, you can literally try a different workout every time you are on the **1260EF**.

- LED dot matrix display, alphanumeric message display, reading rack and heart rate bar graph
- 15 programs including heart rate training, custom user, cross training and others
- Console display includes time, segment time, watts, level, incline, 5 max heart rate, calories, calories per min, speed, pulse, rpm, distance, workout summary, and heart rate bar graph
- Contact and Polar compatible wireless receiver with chest strap
- 20 resistance levels
- 10 ellipse angle electronic adjustments from 7 to 28 degrees
- Electromagnetic brake system
- 19" stride length
- Krayton rubber comfort grips

1260Ef



Electronic Incline Feature

Dimensions (assembled)	70" L x 28" W x 65" H
Dimensions (packaged)	75" L x 23" W x 42" H
Product Weight	245 lbs.
User Weight Capacity (lbs)	325 lbs.



WARRANTY

2011 Diamondback Fitness Warranty Guidelines

	Home Use	Light Commercial Use
Model:	510Ub 910Ub 510Sr 910Sr 910Ic 510Er 910Er	1260Ef
Frame:	limited lifetime	limited lifetime
Brake:	limited lifetime	<i>Home Use:</i> limited lifetime <i>Light Commercial Use:</i> 5 years
Parts & Electronics:	3 years	<i>Home Use:</i> 5 years <i>Light Commercial Use:</i> 2 years
Labor:	1 year	1 year
Wear Items:	90 days	90 days



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