



Owner's Manual

2000A / 2000R SERIES ASSEMBLY INSTRUCTIONS

COURSE 1

COURSE 2

HEART

60% MAX

85% MAX

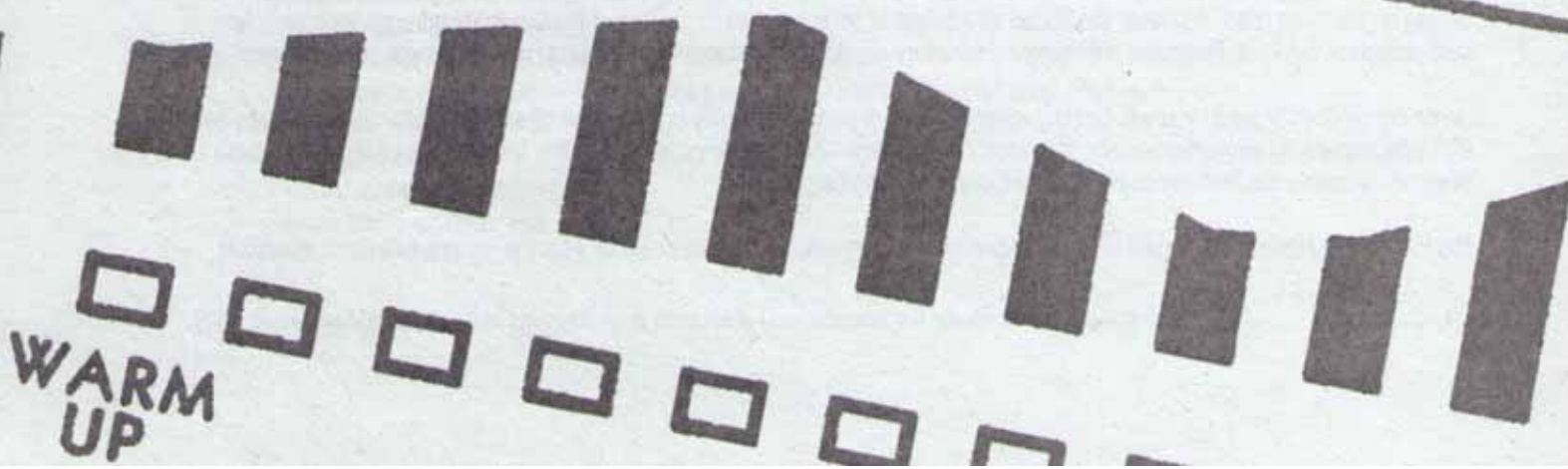




TABLE OF CONTENTS

• List of Parts and Assembly	4-7
HRT 2000A	
HRT 2000R	
• Important Safety Instructions	8
• Getting Started - Preparing For Training	9
• Polar™ ECG Wireless Option	10
How to Wear Your Sensor/Transmitter	
• Control Panel and Instruction Card	11
• Programs of Operation	12-15
Preprogrammed Courses	
Manual Workout	
Percent of Maximum Heart Rate	
Target Heart Rate	
• Starting Your Personal Health and Fitness Program	15-16
Why Should I Exercise?	
Why Stationary Cycling?	
Benefits of Stationary Cycling	
Indoor Cycling Versus Outdoor Exercise	
Why The Preference HRT?	
What is a Good Exercise Session?	
• Heart Rate Exercise	17-18
• Choosing Your Computerized Exercise Program	18-19
Hill Course Profile Programs (Heart Rate Monitor)	
Manual Workout Mode (Heart Rate Monitor)	
Percent of Maximum Heart Rate (Heart Rate Control)	
Target Heart Rate (Heart Rate Control)	
• Stationary Cycling and Weight Control	19
• Tips on Staying With It	20
• The Heart - Mightiest of all muscles	21
• Exercise Diary	22
• References	22
• Warranty	23

Before assembling your HRT unit, you will need the following tools:

- L-shaped 3/16" Allen wrench (2000R system only)
- T-shaped Allen wrench (provided)
- Spanner wrench or open-end wrench
- 2 adjustable crescent wrenches or 9/16 Phillips screwdriver, and 11/16 socket set or open-end wrench set
- Phillips screwdriver
- 2 slotted screwdrivers
- Silicone based spray lubricant
- 7/16" Allen wrench

Prior to assembly, familiarize yourself with assembly instructions, all hardware and parts of the HRT unit.



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• List of Parts and Assembly	4-7
HRT 2000A	
HRT 2000R	
• Important Safety Instructions	8
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• Control Panel and Instruction Card	11
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Percent of Maximum Heart Rate	
Target Heart Rate	
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Benefits of Stationary Cycling	
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Manual Workout Mode (Heart Rate Monitor)	
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Target Heart Rate (Heart Rate Control)	
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• The Heart - Mightiest of all muscles	21
• Exercise Diary	22
• References	22
• Warranty	23

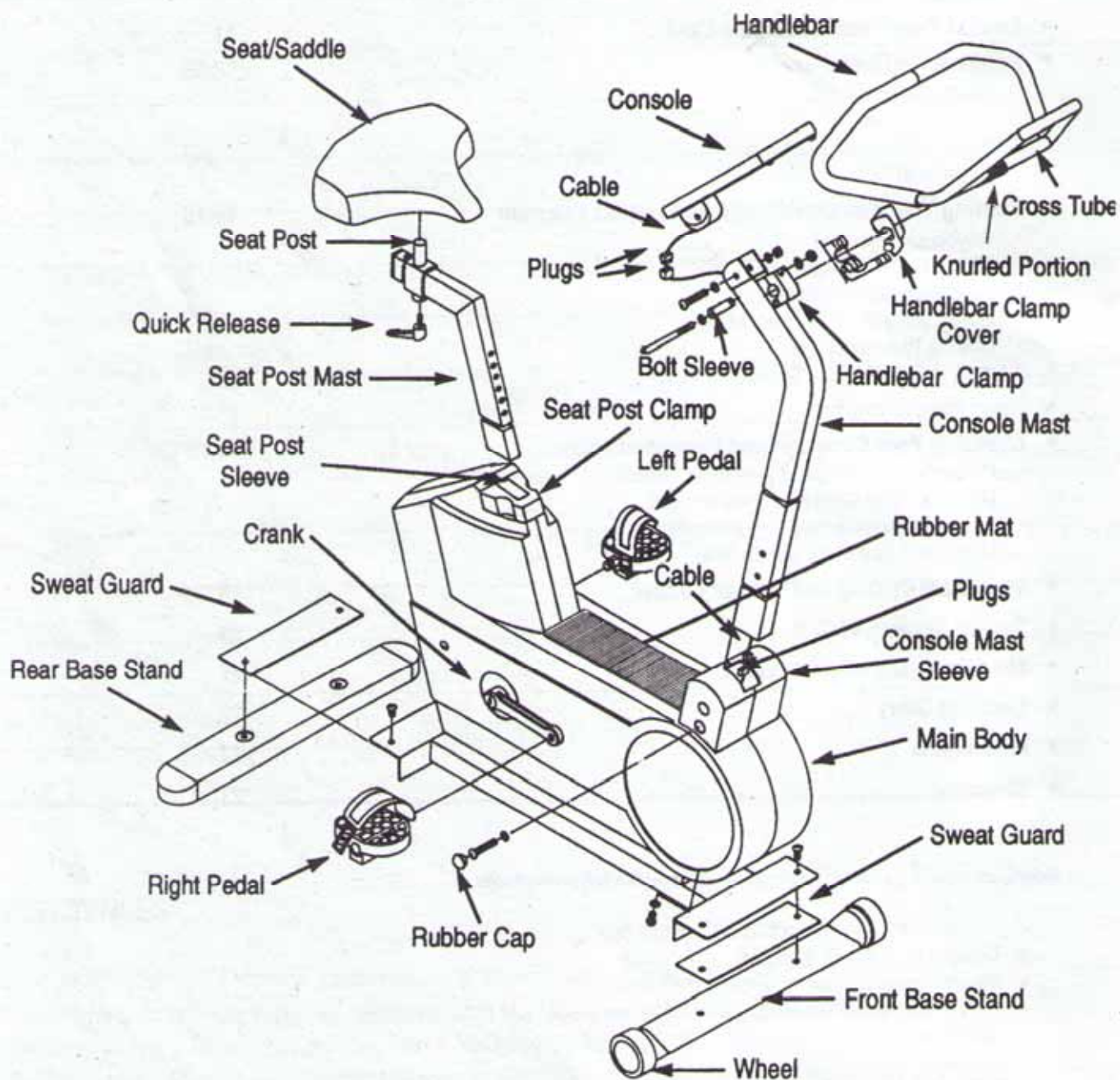
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- Phillips screwdriver
- 2 slotted screwdrivers
- Silicone based spray lubricant
- 7/16" Allen wrench

Prior to assembly, familiarize yourself with assembly instructions, all hardware and parts of the HRT unit.

LIST OF PART NAMES

HRT 2000A





1. Lower Frame Assembly

- Place base stands under main body (front base stand has wheels, 45° angle to the front) align screw holes
- Leveling knobs are adjustable under each end of base stands.
- Insert sweat guards between main body and base stands before tightening screws. Fix in place with 5/16" x 1/2" screws and Allen wrench.

2. Pedals

- Use a spanner wrench to attach the pedals firmly to the cranks.
- The left and right pedals are different, yet marked L and R.
- Tighten the left pedal by turning counter clockwise and the right pedal by turning clockwise.
- Retightening the cranks after ten hours of use is required in order to guarantee proper seating and alignment of cranks.

3. Console Mast

- The console mast has cable through it. Connect the plug at the console mast base to plug from mast sleeve of main body.
- Insert the console mast into mast sleeve of main body and fasten with two 5/16" x 2 1/8" bolts and spring washers. (Being careful, make sure the cable slips through the "gap" in the console mast to avoid cable damage.)
- The console mast slips all the way to the frame and is connected by a 5/16" x 3/4" screw and spring washer, from the bottom of the frame.
- Cover screw holes in main body with four rubber caps.

4. Console

- Connect the plug from the console to the plug from the upper end of console mast.
- Insert the connected plugs and console into the console mast and fasten the console to the console mast with a 3/16" x 1 3/4" bolt, two 3/16" washers, and nylon nut.
- Tighten with a Phillips screw driver and spanner wrench.

5. Handlebar

- Lift the upper cover of handlebar clamp and place the cross tube (knurled portion) of the handlebar in the clamp. Close the upper cover of clamp on cross tube.
- Insert the 3/8" washer, sleeve and hex bolt (from the under side of handlebar clamp) through the handlebar clamp, holding handlebar and secure with hex cap nut. Model 2000A has hex bolt.
- Adjust handlebar to desired angle, then tighten the screw and nut with spanner.
- Mount handlebar clamp cover to handlebar clamp.

6. Seat Post

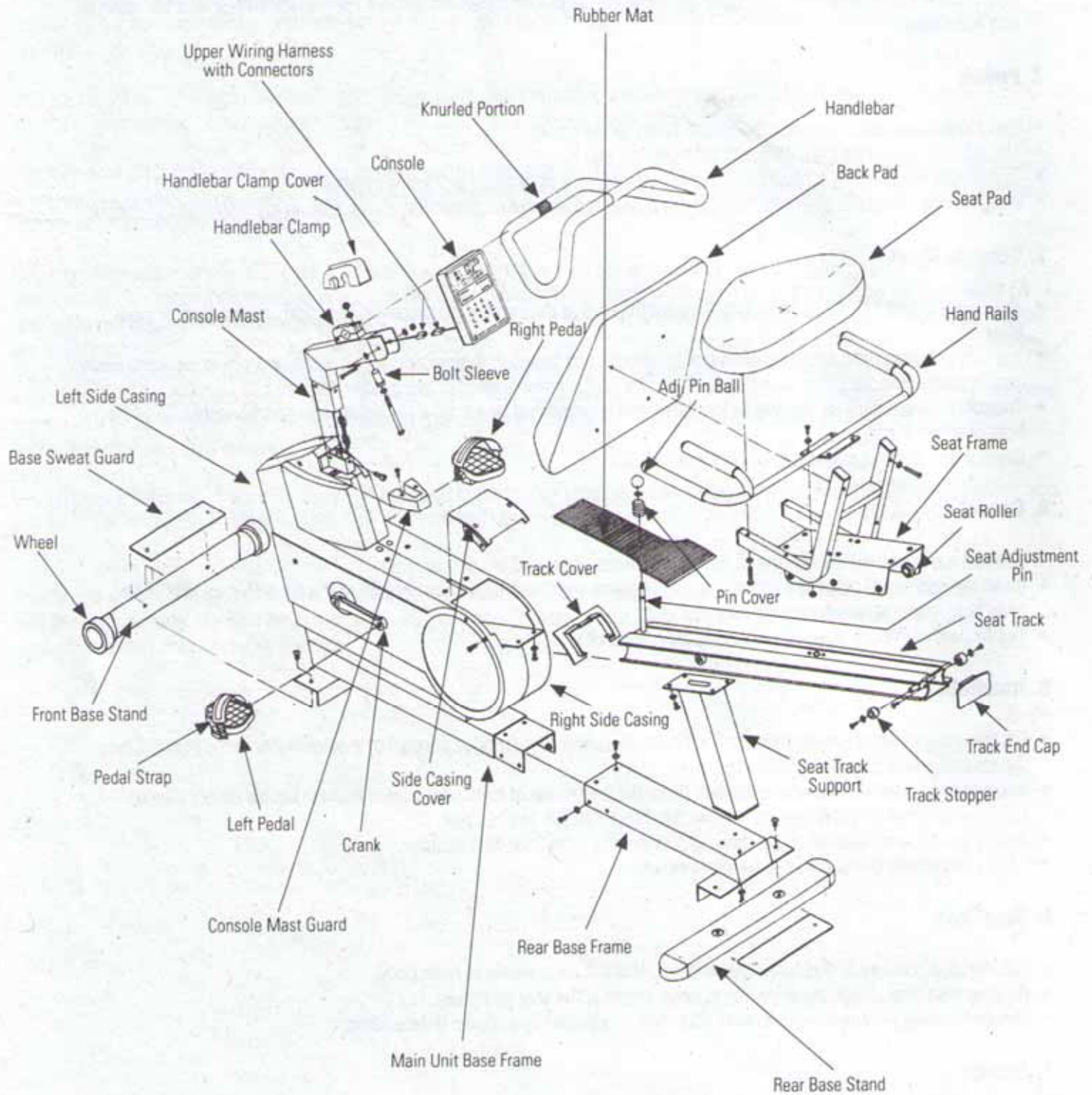
- Pull the seat post clamp and insert the seat post into the mast sleeve of main body.
- Release seat post clamp and allow pin to enter a hole in the seat post mast.
- Ensure pin engages properly when seat post mast is adjusted up or down before riding.

7. Saddle

- Place the saddle on the seat post of the seat post mast, adjust to desired angle and tighten nut with the spanner wrench.
- Slide saddle front or back for comfortable positioning. Tighten quick release to lock seat in place.

LIST OF PART NAMES

HRT 2000R





1. Lower Frame Assembly

(Front Base Stands/Rear Base Frame)

- Place front base stand under main unit. (Front base stand has wheels, 45° angle to the front.)
- Place sweat guard on top of front base stand, align holes. Fix in place using the two 5/16" x 3/4" screws.
- Mount rear base frame to main unit using six 5/16" x 3/4" screws with washers. (It is best to upright the 2000R to take the load off the base assembly.) Use L-shape Allen wrench (3/16") on top 2 base frame bolts.
- Mount seat track support to rear base frame using four 5/16" x 3/4" screws.

2. Seat Track/Seat Frame Rear Base Stand/Main Assembly

(Do not fully tighten any bolts in this phase until instructions indicate.)

- Mount the seat track to the seat track support and frame using six 5/16" x 3/4" screws with washers. Use 3/16" L-shape Allen wrench for tightening seat track support. Spray a silicone based lubricant on seat adjustment pin for easier pin movement.
- Mount track cover to main unit.
- Mount handrails to seat frames using four 5/16" x 1" screws with washers and lock nut.
- Tighten all bolts from previous steps.
- Place sweat guard on top of rear base stand, align holes.
- Mount rear base stand to rear base frame using two 5/16" x 3/4" screws with washers.
- Leveling knobs are adjustable under each end of base stands, level unit as needed to prevent rocking during training.
- Slide the seat frame into the seat track. The seat frame needs to slide into the rear of the seat track.
- Mount track stoppers to end of seat track using 3/8" Phillips head screws and stopper mounting rod.
- Insert track end-cap in seat track. Tap into place if necessary. Secure with two self-tapping Phillips head screws.
- Mount side casing cover to main unit using 3/8" x 1/8" screws. Be sure track cover sleeves mount on the inside of the side casing cover and main casing before fully tightening screws.

3. Seat Track/Seat Frame Sub Assembly

(Hand Rails/Pads/Rubber Mat/Adjustable Pin Parts)

- Mount seat pad to seat frame using four 1/4" x 2" screws with washers.
- Mount back pad to seat frame using four 1/4" x 2" screws with washers.
- Attach rubber mat to casing by inserting mat tabs into casing. The seat adjustment pin is designed to fit through the pre-cut rubber mat.
- Mount adjustment pin cover and adjustment pin ball to seat adjustment pin.

4. Pedals/Crank Assembly

- Use a spanner wrench to attach the pedals firmly to the cranks.
- The left and right pedals are different, and they are marked L and R.
- Tighten the left pedal by turning counter clockwise, and the right pedal by turning clockwise.
- IMPORTANT Retightening the cranks after ten hours of use is required in order to guarantee proper seating and alignment of cranks.

5. Console Mast

- The console mast has a wiring harness running through it. Thread the console mast wiring harness through the console mast. (The wiring harness is temporarily attached to the console mast sleeve on the main unit.) Be sure not to damage wiring when you mount console mast.
- Insert the console mast into mast sleeve of main body and fasten using three 5/16" x 3/8" socket head screws with lock washers. Use 7/16" Allen wrench for tightening. Carefully install console mast, do not drop screws into side case or you will have to loosen side case bolts to retrieve them.
- Install console mast guard using two 3/8" Phillips head screws.

6. Console Assembly

- Attach the wiring harness connector from the console to the wiring harness connector on the upper end of the console mast. The wiring harness connectors have matched upper and lower prongs. Be sure to match prong sets correctly.
- Insert the connected plugs and console into the console mast. Fasten the console to the console mast with a 3/16" x 13/4" bolt, two 3/16" washers, and nylon nut.
- Tighten with a Phillips screw driver and wrench.

7. Handlebars

- Lift the upper cover of handlebar clamp and place the cross tube (knurled portion) of the handlebar in the clamp. Close the upper cover of clamp on cross tube.
- Insert the 3/8" washer, sleeve and hex bolt (from the underside of handlebar clamp) through the handlebar clamp. Finger tighten hex cap nut to hex bolt. Be careful not to damage wiring harness as you mount sleeve.
- Adjust handlebar to desired angle, then fully tighten the hex bolt and nut with spanner.
- Mount handlebar clamp cover to handlebar clamp.



IMPORTANT SAFETY INSTRUCTIONS

The Preference HRT Stationary cycle is built for optimum safety. However, certain precautions need to be followed when operating a piece of exercise equipment. Be sure to read the entire manual before operating this stationary cycle. In particular, note the following safety procedures.

DANGER - DO NOT OPERATE THE HEART RATE MONITOR TRANSMITTER TOGETHER WITH AN ELECTRICAL HEART PACEMAKER. THE TRANSMITTER MAY CAUSE ELECTRICAL DISTURBANCES.

CAUTION - FOR SAFE OPERATION:

1. Before beginning any exercise program on the Preference HRT, it is important to consult with your physician if you have any of the following: history of heart disease, high blood pressure, diabetes, chronic respiratory disease, elevated cholesterol, smoke cigarettes or experience any other chronic disease or physical complaints.
2. If over the age of 35 or overweight, consult with your physician before beginning an exercise program.
3. Pregnant women should consult with their physician before beginning an exercise program.
4. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult a physician before continuing.

WARNING - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS:

1. To ensure proper functioning of your Preference HRT, do not install attachments or accessories to the Preference HRT not provided or recommended by Preference.
2. Keep children away from Preference HRT cycle. Hands and feet may get caught in the pedals or other moving parts which could result in serious injury. Keep your hands and feet away from all moving parts.
3. Keep the Preference HRT away from walls to allow proper ventilation. Air should be able to circulate freely around unit. Keep all air openings free of dirt and dust. Never insert anything into openings.
4. The Preference HRT is intended for indoor use in the home or commercial establishment. It is not intended for outdoor use.
5. Drink fluids if you exercise for over twenty minutes on the cycle.
6. Place the cycle on a solid, level surface when in use.
7. Use the handlebars when getting on and off the cycle.
8. Never operate the exerciser if it is damaged or broken. Contact your local Preference dealer for service.
9. Do not operate if oxygen equipment is being used by the individual using the cycle or if aerosol (spray) products are being used in the area.
10. Always wear proper clothing and shoes when exercising on the cycle.
11. Always make sure all adjustments are fastened securely (example: seat post, saddle, handlebars).
12. **SAVE THIS OPERATING INSTRUCTIONS MANUAL.**



How to prepare the Preference HRT for training.

Proper adjustment of seat height, handlebar position and knowledge of pedaling cadence will allow effective use of your leg muscles without producing undue muscular fatigue. Applying these proper techniques will allow you to ride comfortably and efficiently. This biomechanically designed stationary cycle is fully adjustable to simulate a fine bicycle.

1. **Seat Position Adjustment:** Pull out the clamp at the bottom of the seat post. This releases the lock on the seat post mast and you can now easily raise or lower it to the desired position. When the clamp is released the seat post is in the locked position. Generally, the saddle should be parallel to the floor. If the nose of the saddle is pointing down, you will be sliding forward into the handlebars. If the nose of the saddle is too high, it may cause unnecessary soreness. Saddle height and position have a lot to do with your comfort while cycling. Adjust the saddle when possible so that it is not too far forward. The simplest rule is to adjust the saddle so that it is in the middle of the seat post mast. Always remember to tighten quick release to lock seat in place.

2. **Saddle Height:** Most beginners sit on their stationary cycle with the seat too low. When the seat is in this position, your legs are bent too much; this position does not allow you to use your legs as efficiently as possible. The second mistake is to raise it too high. In this position your hips will move from side to side during each pedal stroke. The seat should be high enough to all but straighten the knee when the pedal is at the bottom of the stroke (6 o'clock position) with the ball of the foot on the pedals. Be sure to wear shoes with the same sole thickness each time or you will have to change the seat height. The Preference HRT cycle allows for gradual changes in seat height because the seat post is adjusted by moving a pin from one hole to another. In this case, use the hole that gives you a slight bend in your knee; do not lock out the knee at the bottom of the stroke. Make sure pin is adjusted securely in hole before each ride.

3. **Handlebar Position:** The triathlon style handlebar provided with Model 2000A offers a variety of exercise positions. The handlebar height, tilt and reach must be such that it allows you to feel relaxed and comfortable. You should be able to reach the handlebars from a comfortable, upright position with your elbows bent but not squashed against your body. The top of the bars should be at the level of the saddle or slightly higher. If your back begins to rebel, raise the handlebars a little higher. The height and angle should be set so that you are only leaning slightly forward. The more experienced cyclist you are, the lower your handlebar position can be adjusted. Vary your hand position often while riding for greater comfort.

4. **Foot Position:** The ball of the foot should be on the pedal, directly over the pedal axle. This position allows you to maximize the action of your calf muscles. Avoid pedaling with the arch of your foot on the pedal. If toe clips and straps are attached to the pedals, use them to help stabilize your foot on the pedals; but, do not use them if they place your foot in an unnatural position.

5. **Heart Rate:** The Preference HRT offers you two ways of determining heart rate.

Earlobe Monitor (Optional): Your pulse can be taken by means of an earlobe sensor that is connected by the cord to the terminal on the control panel. Place the ear clip on your earlobe. To promote better circulation, rub your earlobes before placing ear clip on the earlobe. Use the restraint clip on clothing to reduce excessive cable movement.

POLAR™ Belt (Optional): Wrap the transmitter strap around your chest. Adjust the strap so that it covers the lower ribs and tight enough so that it will not slide while exercising. Attach the transmitter to the snaps and moisten the electrode inner strip of the strap with water. Holding the transmitter facing forward, position the center of the transmitter over your chest. The belt may be worn on the outside of clothing as long as the clothing is properly moistened under the area of the electrode strip.

Review Section: Polar™ ECG Wireless Heart Rate Monitor/Control (page 10).

6. You are now ready to select one of the six operating programs. To operate one of the programs, see specific instructions in the section, PROGRAMS OF OPERATION.

Dress and Comfort: While riding your Preference HRT Stationary cycle, you will find that you may sweat more than you do while riding outdoors, because you do not have the wind blowing across your body to cool you off and to aid in evaporation. Do not over dress; exercise in a well ventilated area; you may feel more comfortable with a fan blowing air across your body. Make sure to drink fluids to offset dehydration and to protect against overheating. Your stationary cycle comes equipped with a bicycle water bottle holder for your convenience.

POLAR™ ECG WIRELESS (Optional)



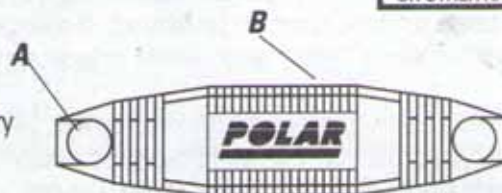
There are three parts to the Polar™ Heart Rate System and the Preference HRT.

1. The Sensor/Transmitter
2. The Chest Band/Strap
3. The Monitor/Console

Take a moment now to examine each of these components carefully, noting the features highlighted in the diagrams below.

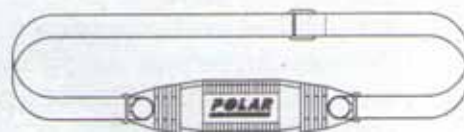
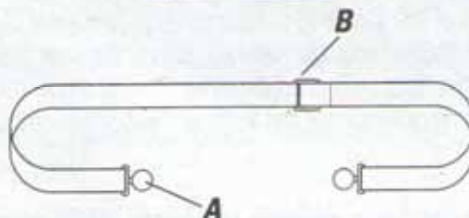
1. Sensor/Transmitter

A- Chest strap connecting points
B- Casing for transmitter electronics and battery



2. Chest Band/Strap

A- Snap in belt locks
B- Lock system for adjusting the belt length

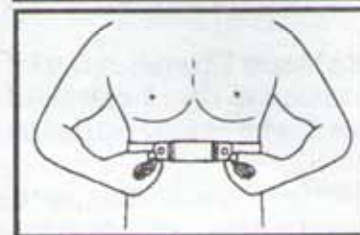
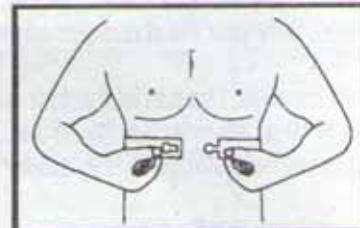


3. The Monitor/Console (See page 11)
(The Built-in Heart Rate Receiver)

The receiver of the wireless ECG system is built into the monitor/console unit of the HRT cycle. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity of the heart. Heart rate frequency is displayed while the computer continually compares heart rate and adjusts wattage (load) to maintain heart rate to the preprogrammed personal data.

How to Wear Your Sensor/Transmitter

1. Snap one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Snap the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts) as shown.
5. Pull unit away from chest by stretching belt and moisten the conductive electrode strips located underneath the snaps. If you wish to wear the band over a shirt, moisten the shirt under area of the electrode strip.



Note:

The Transmitter is on automatically when you're wearing it. It is off when it's not connected to your body. However, as moisture may activate the Transmitter, please dry Transmitter after use.

You will have to be within three and a half feet of the receiver in the control panel/console to pick up the heart rate signal. Please note your Transmitter may fluctuate erratically if you are too close to other Polar™ equipment, maintain 3 feet between other Polar™ units.

The chest band is washable. After you have detached the transmitter, wash the band in warm water, using a mild soap, and rinse in clear water. Never scrub the transmitter surfaces.

The transmitter uses an extended life non-replaceable battery. If you need new transmitters call Preference HRT for replacement. Your transmitter has a 1 year electronics warranty.

PRECAUTION

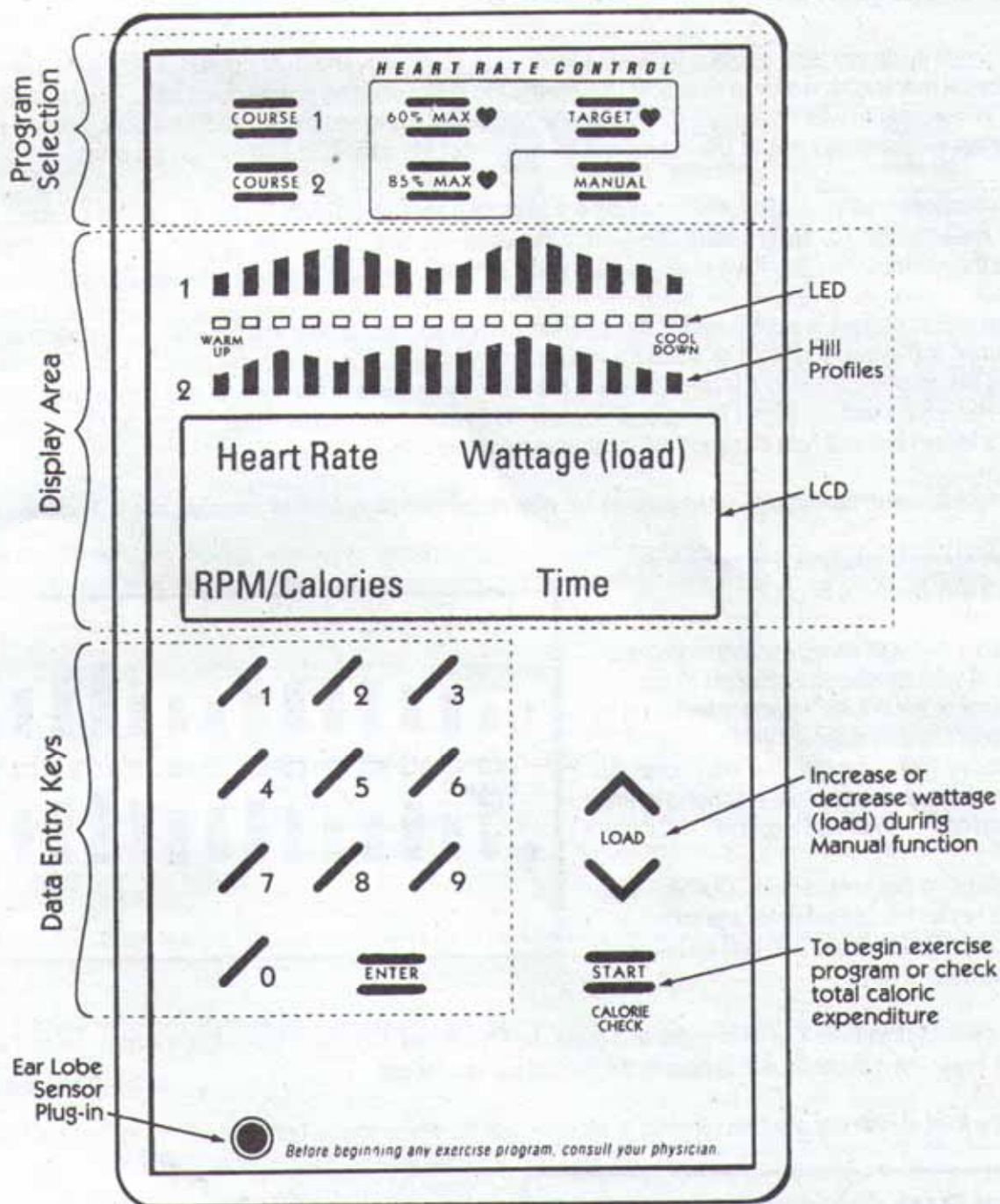
Erratic heart rate reception may occur if the HRT series (used in conjunction with the Polar heart rate monitoring system) is in close proximity to strong sources of electromagnetic radiation such as TV sets, PCs, electric motors, and other fitness equipment.

Only one transmitter should be used inside the range of any one receiver as the receiver may pick up several signals simultaneously causing an incorrect readout.

THE MINIMUM DISTANCE BETWEEN TWO TRANSMITTERS AND/OR OTHER RADIATION SOURCES SHOULD BE 3-1/2 FEET.



CONSOLE AND INSTRUCTION CARD



HEART RATE MONITOR

PRE-PROGRAMMED COURSES

- 1) Begin pedaling, press "COURSE 1" or "COURSE 2".
- 2) Input session time in minutes (1-99), press "ENTER".
- 3) Input difficulty (1-10; 10 being most difficult), press "ENTER".
- 4) Press "START", begin exercise.

MANUAL WORKOUT

- 1) Begin pedaling, press "MANUAL".
- 2) Input session time in minutes (1-99), press "ENTER".
- 3) Press "START", begin exercise.
- 4) To adjust workload, press LOAD up or down.

HEART RATE CONTROL

% OF MAXIMUM HEART RATE

- 1) Begin pedaling, press "60%" or "80%" of maximum heart rate.
- 2) Input session time in minutes (1-99), press "ENTER".
- 3) Input age (1-99), press "ENTER".
- 4) Press "START", begin exercise.

TARGET HEART RATE

- 1) Begin pedaling, press "TARGET".
- 2) Input session time in minutes (1-99), press "ENTER".
- 3) Input a target heart rate (100-190), press "ENTER".
- 4) Press "START", begin exercise.

INSTRUCTIONS

PROGRAMS OF OPERATION



ONE: PREPROGRAMMED COURSES

In this program mode you have a choice between two courses of varying terrain, comprised of hills and valleys. The Preference HRT varies the workload over time to simulate the effect of riding up and down hills. As you pedal either course, the built-in computer in your Preference HRT varies the resistance. Exercise time is 1 to 99 minutes. With longer training time, profiles will be stretched out, the course will be longer, but the number of hills remain the same.

After you have selected your riding time, you now are asked the level of difficulty for the course you selected. The levels of difficulty are 1 through 10, Level 1 being the easiest and Level 10 being the hardest. Select a comfortable level in order to complete the workout. You may have to experiment with the levels of difficulty during your first few sessions on the cycle.

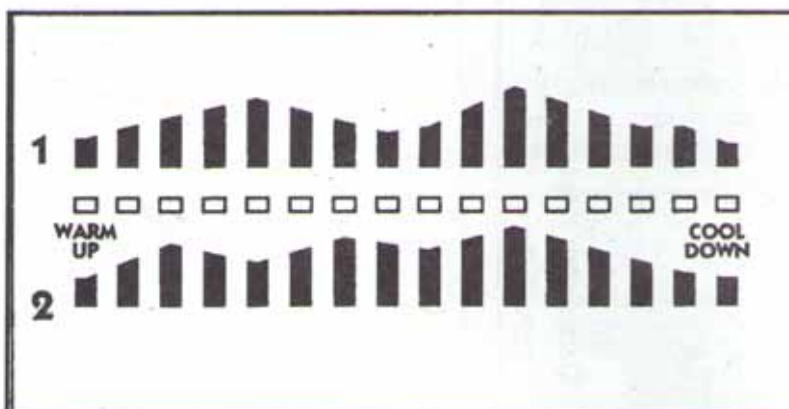
The rolling course profiles are composed of three periods: warm-up, road course and cool-down. The warm-up period lasts 2 1/2 minutes and allows your body to gradually adapt to the workload. The road course period gradually increases and decreases the resistance. Select a level of difficulty that raises your heart to between 60 and 85% of your maximum heart rate (see Heart Rate section, page 17). The cool-down period, which lasts 2 1/2 minutes, allows your heart rate to slowly return to a lower level and help dissipate the lactic acid from your legs.

The 2 1/2 minute warm-up and cool-down periods are eliminated with programmed exercise time of less than 10 minutes.

1. For cycle set-up procedures, see section on GETTING STARTED, page 9.

2. Make sure that your earlobe sensor is in place on the tip of your earlobe and attached to the control panel or the POLAR™ transmitter belt is in place on your chest in order for the Preference HRT to receive your heart rate. It is not necessary to use the above monitors while exercising in this mode if you only wish to ride a course.

3. Begin pedaling and press either COURSE 1 or COURSE 2 key on the control panel's program selection keys. Course 1 has two hills and Course 2 has three hills.



4. Select exercise time from 1 to 99 minutes and press the ENTER key. To enter a time of 30 minutes, press 3 and 0 on the data entry keys. The number 30 will appear in the control panel window.

5. Select the level of difficulty at which you wish to exercise over the whole course; Level 1 being the easiest and Level 10 being the most difficult. After entering the number of the level of difficulty, press the ENTER key.

Heart Rate

Wattage (load)

RPM/Calories

Time

6. Press the START key and begin the exercise course. Your heart rate, RPM, workload and time will appear in the control panel windows in the display area. As you travel the course, the hills and valleys will be displayed on the control panel by a matrix of 14 red light emitting diodes (LEDs).

At any time during the exercise, the cumulative calories consumed may be displayed by depressing the "start" key. Press again for RPM.



PROGRAMS OF OPERATION

TWO: MANUAL WORKOUT

In manual mode, you set the desired time of exercise in minutes. If possible, exercise for a minimum of 20 to 30 minutes, including a warm-up and cool-down. Do not set the resistance so high that you have a hard time maintaining a minimum of 60 to 70 pedal revolutions for the exercise session.

Most individuals prefer to exercise for a specific period of time at a set workload. However, the manual mode also allows you to switch back and forth between periods of higher and lower workloads, which is often referred to as interval training. Interval training is used by athletes to develop power and strength. For example, you may wish to work at a high resistance for 30 seconds followed by 60 seconds at a lower intensity allowing for recovery. Repeat this several times during the exercise session. As your fitness level progresses, you can add more work and relief intervals and vary the length of the work and recovery periods.

1. For cycle set-up procedures, see section on GETTING STARTED, page 9.
2. Make sure that your earlobe sensor is in place attached to the console or the POLAR™ transmitter belt is in place on your chest in order for the Preference HRT to receive your heart rate. You can exercise in this mode without using either of the above heart rate monitors.

3. Begin pedaling and press MANUAL key on control panel.



4. Select exercise time by entering from 1 to 99 minutes and press the ENTER key. To enter an exercise time of 15 minutes, press 1 and then 5. The number 15 will appear in the control panel window.
5. Press the START key and begin exercise session. You can adjust the workload by pressing the LOAD key up or down. Workload can be changed in increments of 2 watts; from a minimum of 10 watts to a maximum of 999 watts.
6. Your exercise heart rate will be shown in the control panel window (if you are wearing the earlobe sensor or POLAR™ transmitter) as well as time, RPM, watts and calories.

7. The Preference HRT will shut off automatically after you stop pedaling for a few seconds.

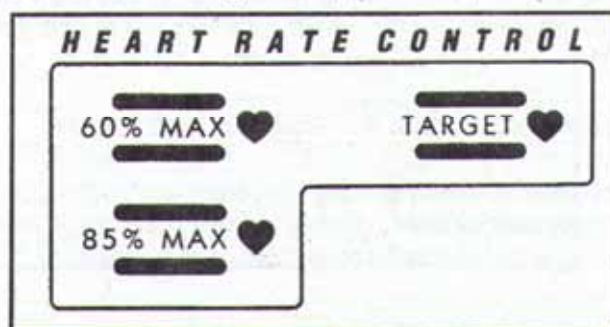
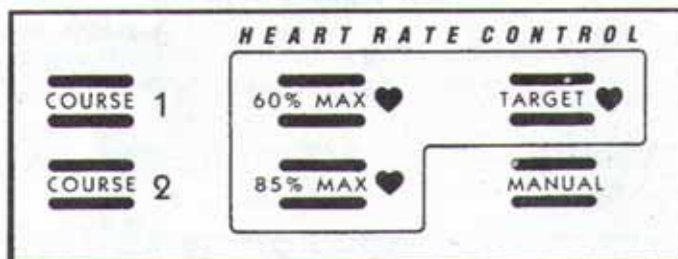
THREE: PERCENT OF MAXIMUM HEART RATE

In this mode, you are able to exercise at either 60 or 85 percent of your predicted maximum heart rate. Refer to section on Heart Rate Exercise, page 17, for further information on maximum heart rate and target heart rate training. Select the 60 percent level if you are just beginning an exercise program, or want to work at a lower intensity. At this exercise level you will still receive a cardiovascular benefit from the exercise session. This intensity is also excellent when you want to burn fat calories and ride for a longer period of time.

The 85 percent level of intensity is for individuals who have been exercising for several months or years, athletes, or when you want to do short intervals of work at a higher intensity. Individuals beginning an exercise program will find riding at this level very stressful and will put very large workloads on their leg muscles. This intensity is excellent for athletes wanting to develop anaerobic power and strength.

The Preference HRT will automatically increase or decrease the resistance to keep your heart rate at the preselected intensity. Exercise for a minimum of 20 to 30 minutes, including warm-up and cool-down. As your fitness level increases, use the Target Heart Rate Exercise Mode to bridge the gap between 60 and 85 percent of maximum heart rate.

PROGRAM SELECTION



PROGRAMS OF OPERATION



CONTROL PANEL WINDOW

Heart	Wattage (Load)
136	140
RPM/Calories	Time
83	20:53

1. For cycle set-up procedures, see section on GETTING STARTED, page 9.

2. Make sure that the earlobe sensor is placed on your earlobe and attached to the control panel or the POLAR™ transmitter belt is in place on your chest in order for the Preference HRT to receive your heart rate. You need to use one of these monitors in this mode in order for the Preference HRT to record and display heart rate and set workload.

3. Begin pedaling and press the 60% or 85% MAX heart rate.

4. Input exercise session time from 1 to 99 minutes and press the ENTER key. To enter 35 minutes or exercise time, press 3 and then 5. The number 35 will appear in the control panel window.

5. Input your age as you did with time of exercise and press the ENTER key again. The Preference HRT will automatically calculate your target heart rate at either 60 or 85%.

6. Press the START key and begin the exercise session. The Preference HRT will automatically adjust the workload gradually to allow you to work at the selected percent of maximum heart rate. Your heart rate and workload will be shown in the window panel, along with RPM/Calories and time. (See Diagram)

7. The Preference HRT will shut off automatically when you stop pedaling for a few seconds.

FOUR: TARGET HEART RATE

This mode controls your heart rate and automatically adjusts the workload to keep your heart rate at your personally selected "target heart rate" (see section on Heart Rate Exercise, Page 17). The Target Heart Rate mode gradually prompts you to your target heart rate by systematically increasing the workload. Heart rate and workload are continually monitored. Once you reach the programmed target heart rate, the Preference HRT will automatically increase or decrease the load to keep you at that heart rate, independent of pedal speed.

If possible, exercise for a minimum of 20 to 30 minutes, including warm-up and cool-down. As your fitness level increases, workload will increase to maintain your heart rate. You may also find that you will be able to exercise at a somewhat higher heart rate.

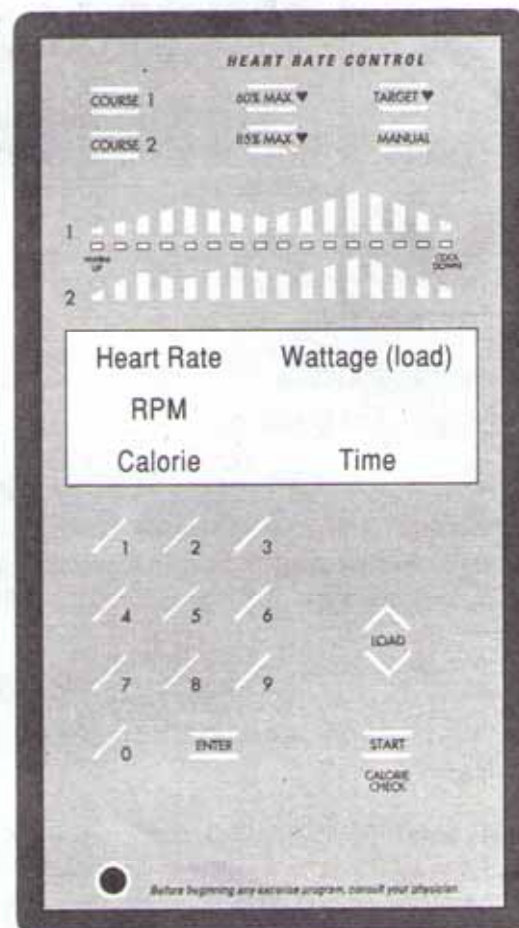
If you are exercising to lose weight, set your target rate at a lower intensity and exercise for a longer period of time. Watch TV, read a book or listen to music. Exercising at a lower intensity burns more calories of fat.

1. For cycle set-up procedures, see section on GETTING STARTED, page 9.

2. Make sure that your earlobe sensor is in place on your earlobe and attached to the control panel or POLAR™ transmitter belt is in place on your chest in order for the Preference HRT to receive your heart rate. You need to use one of these monitors in this mode in order for the Preference HRT to control heart rate and set workload.

3. Begin pedaling and press the TARGET key on control panel.

4. Select exercise time by entering 1 to 99 minutes and press the ENTER key. To enter an exercise time of 40 minutes, press 4 and then 0. The number 40 will appear in the control panel window. Then press the enter key.



CONTROL PANEL



PROGRAMS OF OPERATION

5. Enter target heart rate at which you want to exercise for the session. For example, press key pad 1 and then 0 and 5 for a training heart rate of 105 beats per minute, (the range is from 100 to 190 beats per minute), then press the ENTER key.
6. Press the START key and begin exercising. Your heart rate and workload will be shown in the control panel window. The Preference HRT will automatically adjust the resistance so that you remain at the selected target heart rate.
7. The Preference HRT will shut off automatically when you stop pedaling for a few seconds.

STARTING YOUR PERSONAL CYCLING HEALTH AND FITNESS PROGRAM

• Why Should I Exercise?

The physically fit person performs better, participates more fully in life, and lives longer. When exercise becomes habitual, the risk of heart disease is probably reduced. There is even recent evidence that exercise may help to reduce the risk of cancer. In addition to the physical effects of exercise, there are also psychological benefits from exercising which often include a decrease in stress or tension and improved outlook on life.

Still, exercise is not the only component to a totally healthy lifestyle. You need to monitor your blood pressure, cholesterol, body weight, muscular strength, nutritional habits, and other lifestyle habits to ensure a total fitness program.

Begin your exercise program now. Your work capacity will increase, you will feel less tired at the end of the day, and you will find a new spring in your step. Those who do not participate in a regular exercise program can never understand comments like, "I have twice as much energy as I had before." Use this manual and your Preference HRT cycle to help you lead a more healthful life and develop a comprehensive fitness program.

• Why Stationary Cycling?

Fitness cycling is one of the most popular forms of exercise of the 1990's. A survey by the National Sporting Goods Association in 1990 found that fitness cycling was one of the top three participation activities in the United States with an estimated 56 million cyclists.

Benefits of Stationary Cycling

- Increases aerobic capacity
- More effective weight control
- Lower cholesterol and triglycerides
- Reduces stress and tension
- Improves self image
- May lower blood pressure
- Improves muscular endurance and strength

Indoor Cycling Versus Outdoor Exercise

Stationary Cycling

- Independent of weather
- Cycle day or night
- Comfortable conditions
- Heart rate determined easily
- Exercise at home, club or office
- Controlled exercise intensity

Outdoor Exercise

- Dependent on temperature/
weather
- Daytime activity mostly
- Various changes in scenery
- Various exercise options available

STARTING YOUR PERSONAL CYCLING HEALTH AND FITNESS PROGRAM



Cycling for fitness is gaining in popularity for many reasons. Riding a bicycle outdoors affords healthy exercise, fresh air, and an ever-changing vista of nature. Because cycling supports your weight, you may be able to ride if you can't do other exercises. If your knees or hamstrings are feeling the results of too much running or aerobic classes, a bicycle can save your fitness program. Additionally, cycling can be especially valuable for people with moderate arthritis when used under the direction of a physician. Please keep in mind before starting any fitness program, please consult your physician.

But, there are those instances when outdoor cycling may be difficult or you may prefer to exercise in the privacy of your home or workplace. Some individuals may live where climate during several months of the year is not friendly to outdoor cycling. Some of us also just want, and appreciate, the convenience of an indoor stationary cycle.

With the Preference HRT in the club, home or office, you'll have a state-of-the-art fitness machine that will get you in shape, monitor or control your heart rate, and no wind or ice or gloom of dark nights will keep you from your appointed round of exercise. By riding regularly you'll strengthen your heart, expand your lung power, burn fat and improve your muscle tone.

• Why the Preference HRT (Heart Rate Trainer)?

The Preference HRT offers you a smooth and quiet ride, and best of all is easy to operate. Just adjust it to your fit, start pedaling and the computerized control panel comes to life. Select from six scientifically selected modes of exercise which will offer you a variety of training programs for aerobic fitness. As you ride, you have the option of using the wireless Polar™ system or earlobe sensor to measure your cardiovascular intensity while giving you feedback on your heart rate. You will not find a better high-tech and efficient exercise bike than the Preference HRT.

A fitness program incorporating the HRT offers the following advantages over various other forms of exercise:

Individual Exercise Sessions — You personally design your own program of duration and intensity. Individualized conditioning programs can be designed and performed to achieve physiologically optimal conditioning results.

No Wasted Time — A well designed cardiovascular session can be performed within 30 minutes.

You Are Physiologically Connected to Your HRT Trainer — Guesswork eliminated under heart rate control.

Convenient — Conditioning is independent of climatic, seasonal or local conditions. You can exercise whenever you like.

• What is a Good Exercise Session?

Only when your lungs, muscles and heart are continually strengthened can an exercise program maintain and improve the quality and capacity of the cardiovascular system and your work capacity in general. The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardiorespiratory fitness in healthy adults:

1. An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature. Stationary cycling fits this mode of exercise.
2. Duration of training should be 20 to 60 minutes of continuous aerobic activity.
3. Exercise should be regular, three to five days a week.
4. Intensity of training should raise the heart rate to 60 to 85 percent of maximum heart rate reserve.
5. In addition to cycling, you need to add strength training of moderate intensity twice a week to your program.

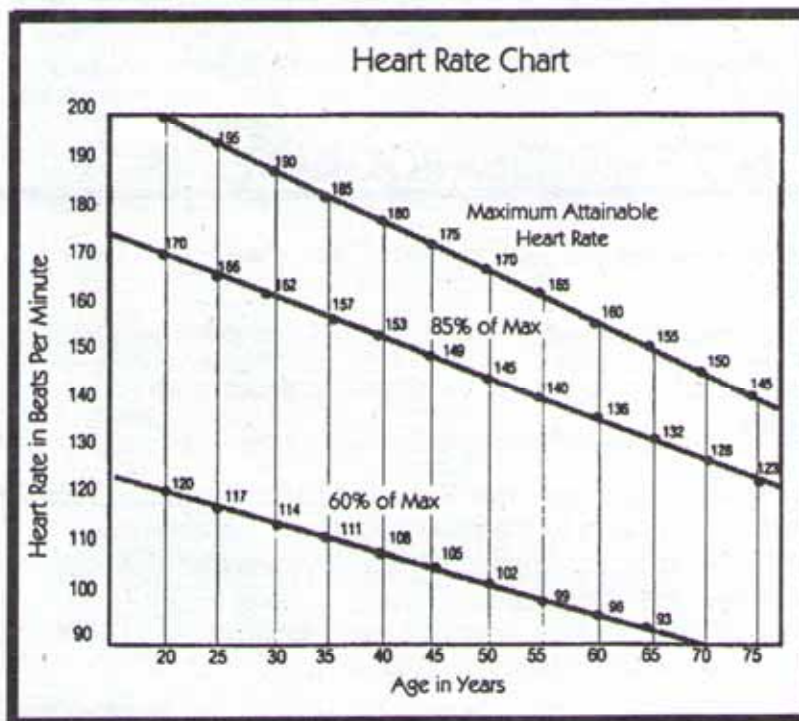


HEART RATE EXERCISE

Anyone over the age of 35, as well as younger people who are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led a sedentary lifestyle should protect themselves with a medical checkup and a stress test, preferably administered during exercise. In fact, it may be best to use a stationary cycle for this test.

This is not to say that exercise is dangerous. On the contrary, the cardiorespiratory system thrives on regular exercise. The purpose of the exam is to pick up some hidden form of heart disease. Then your physician and you can develop an exercise program tailored to your level of health and conditioning.

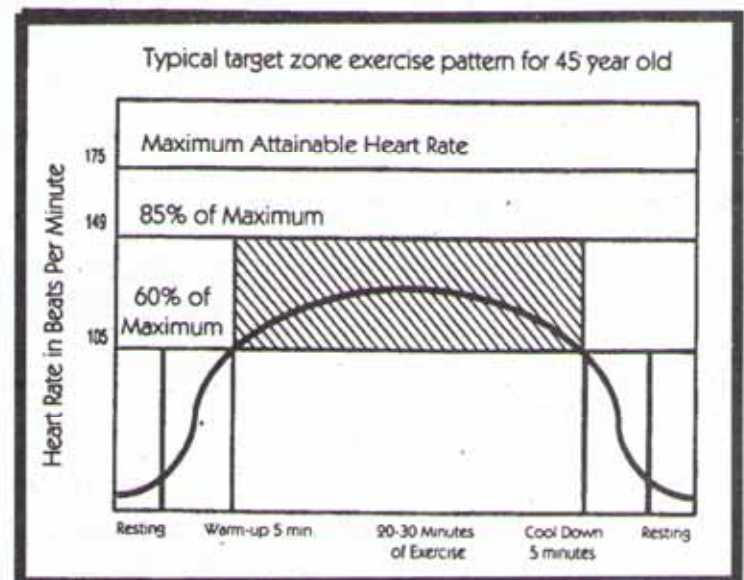
Medical research has shown us that there is an amount of exercise which is enough to condition the cardiorespiratory system and the muscles of the body. That is, there is a target zone in which there is enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, exercise on the Preference HRT is heart rate controlled.



If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is not possible to accurately count your pulse during exercise. Mainly, because you cannot count fast enough to get an accurate number. Your Preference HRT is equipped with a photo-reflectance earlobe sensor and optional wireless ECG telemetry. What they do is automatically count your heart rate while you are actually exercising. Heart rate is either monitored or controlled, recorded and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on

your age and not your state of fitness. During your training sessions, your heart rate should be between 60 and 85 percent of your maximum heart rate. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. For example if you are 40 years of age, your maximum heart rate is $220 - 40 = 180$ beats per minutes. Your 60 percent intensity level is calculated as $180 \times .60 = 108$ beats per minutes. Your upper target heart rate limit is $180 \times .85 = 153$. This means that if you are 40 years of age, the exercise you perform should be at least 108 beats per minute and not greater than 153 beats per minute.



HEART RATE EXERCISE



The Preference HRT guides your exercise program by electronically monitoring or controlling your heart rate and computing your exercise heart rate. The computer calculates your target pulse rate based upon the age entered. This information sets the resistance of exercise at 60%, 85% or at your personal preset target pulse rate. (See heart rate table.)

However, these limits can be varied manually by you to accommodate your individual needs. Those just beginning an exercise program, for example, may want to use lower limits as recommended by their physician. On the other hand, a highly trained athlete may require increased intensity.

Heart rate is the key to medically and scientifically designing a proper exercise training session. If your heart rate is below the lower end of the target pulse zone, the heart is not sufficiently stimulated to get a good workout. However, if you exceed the upper limits, you are over exerting yourself.

Work Output: Stationary cycle may be mechanically or electronically braked. The Preference HRT Stationary Bike sets resistance by the use of electromagnetic resistance. Do not let the term Watts be intimidating to you. The Key in the manual mode is to set the watts (workload) at a level that will elevate your heart rate or at desired resistance to accomplish your training goal. In the other exercise modes, the resistance will be set to the course profiles, target heart rate or percent of maximum heart rate.

CHOOSING YOUR COMPUTERIZED EXERCISE PROGRAM

The Preference HRT offers you six scientifically and medically designed exercise modes:

- Two hill course profiles, each with 10 levels of difficulty
- Three heart rate control modes
- Manual variable resistance mode

The Hill Course Profile Programs (Heart Rate Monitor)

The Preference HRT simulates riding a bicycle outdoors. It allows riding up and down hills with light pedal resistance at the lower levels of difficulty for beginning exercises and stimulating resistance for the highly trained individual at the higher levels of difficulty. The resistance changes smoothly and automatically. The computer console shows you a hill profile that tells you if you are riding uphill or downhill. It is made up of three basic time periods:

Warm-up: Gradually allows your body to ease into the exercise session (2 1/2 minutes in duration).

Exercise period: Challenges your cardiovascular system by alternating periods of hard cycling (up-hills) and short recovery periods (down-hills). You control the workout session from 1 to 99 minutes.

Cool-down: Allows your body to return gradually to its pre-exercise state (2 1/2 minutes in duration).

The 2 1/2 minutes warm-up and cool-down periods are eliminated with programmed exercise time of less than 10 minutes.

60 or 85 Percent Heart Rate (Heart Rate Control)

The workload is automatically adjusted so that a prescribed target heart rate of 60 or 85 percent of maximum can be maintained throughout the exercise session. Simply press 60% or 85% while pedaling, input your desired time of exercise and your age and Preference HRT takes over and sets your workload to maintain your heart rate (generally plus or minus 5 beats) of your calculated percentage max heart rate. Your heart rate is constantly monitored and it controls the workload. Workload is independent of pedal speed.



CHOOSING YOUR COMPUTERIZED EXERCISE PROGRAM

Target Heart Rate Exercise Mode (Heart Rate Control)

In this mode, the workload is controlled by your preset heart rate. Simply enter your desired training time, heart rate and Preference HRT does the rest. When used with the POLAR™ wireless telemetry system or earlobe sensor, accurate heart rate data is fed into the on-board computer where heart rate is continually compared to the predetermined target heart rate. The computer adjusts the workload up or down to maintain the target heart rate you desire. Workload is independent of pedal speed.

Manual Workout Mode (Heart Rate Monitor)

In this load program, the computer maintains a selected workload (Wattage) at a certain pedal RPM throughout the preselected time of your exercise session. The workload can be adjusted up or down anytime during the training session. Your heart rate will be monitored, but it does not control the workload. Workload is dependent on pedal speed.

STATIONARY CYCLING AND WEIGHT CONTROL

Regular physical exercise also benefits weight control. Modern society and conveniences have reduced our daily energy output compared to that expended by many individuals 50 years ago. Yet, the total amount of calories eaten by most of us has remained the same or has increased. If you take in more calories than you use every day—you gain weight. To reduce weight you can take in fewer calories by dieting, or increase the amount you use by working harder or exercising.

Every day you may want to keep a record of your caloric intake and output. For example the excess of just 100 calories per day can cause a weight gain of about 10 pounds in one year. A combination of diet and stationary cycling will allow you to stay in caloric balance. Exercise and dieting is much more healthier for you than just dieting.

With exercise, you lose fat, gain some muscle mass and look better. With just dieting, you will feel tired. With exercise, you feel better, and you will become more active.

With exercise, you can balance your caloric intake with your caloric output. Stationary cycling often makes it easier to determine how many calories you are using during exercise. For example, a pound of fat is equal to 3,500 calories. If you want to lose 1,000 calories per week with exercise (about 140 calories per day), just 20 minutes of cycling at 100 Watts each day will help you reach your goal. Listed below are the calories burned per minute at various resistant settings.

Watts of Resistance	Calories Burned (approx.)
25	3.0 cal/min.
50	4.5 cal/min.
75	6.0 cal/min.
100	7.5 cal/min.
125	9.0 cal/min.
150	10.5 cal/min.
175	12.0 cal/min.
200	14.0 cal/min.
250	17.5 cal/min.
300	21.0 cal/min.
350	25.0 cal/min.

The calories burned per minute listed above apply to all adults with only slight differences with regard to sex, age and physical condition. Regular stationary cycling along with a balanced diet can make a significant contribution to your weight control.

TIPS ON STAYING WITH IT



Do not expect fitness to come overnight. The first few weeks of your exercise program will be the toughest, but in time you will feel healthier, stronger and you'll be losing weight. The following tips are some of those used by many people to help them maintain a high degree of exercise adherence.

Make exercise a part of your everyday activity. Some individuals find that if they exercise at the same time of day, they adhere better to their exercise program. Others fit exercise into their daily schedule to help them relax from work or break up the day.

You may want to set a monthly calorie goal for yourself. You may set a goal of so many thousand calories and if you reach your goal give yourself a reward such as going out to dinner or buying some new clothes.

Another way to have fun while cycling is to read, watch television or view your favorite videos. It is an excellent time to catch up on your magazine subscriptions or watch the morning news. The type of music you listen to while cycling will help reduce the stress and match your pedaling cadence.

Cadence: There is a strong relationship between cadence [revolutions per minute of the pedals (rpm's)] and the efficiency of your cycling. Research indicates you will be more comfortable, and you'll get a lot more work done, if you pedal at least 60 rpm's. Do not begin your exercise program by pedaling slowly at a resistance level that's much higher than your leg muscles are in shape for at the time. Primarily, when you pedal very slowly with a high resistance and low rpm's, the muscles in the front of your thighs (quadriceps) will give out before your heart rate reaches your target zone. As your condition improves and your legs get stronger, aim to raise your cadence to the 70 to 90 rpm range. It may take several weeks or months to reach this level, but it is much easier than cycling slowly at high levels of resistance. The control panel will give you a continuous readout of your pedaling cadence.

Lastly, keep a daily log. A training diary will help you monitor your progress objectively. Besides your training information, you can record information on body weight, how you feel and other activity or exercise you incorporate into your exercise program.

Finally, remember that self-discipline will have to be the base of your exercise program. There may be those days when you feel too busy to have exercise be part of your daily activity. Recognize that those days will come, and that exercise is an important part of your everyday lifestyle.



THE HEART: Mightiest of All Muscles

by Dr. Gerard A. Gibbons

Stop. Can you feel your heart beating? If you are at rest, sitting still, you probably can't. But, once you begin to exercise, your heart will soon remind you of its presence. The demands of increased physical activity require that you pay special attention to the workings of this wonderfully simple, yet vital muscle. It is your key to good health and total fitness.

Your heart is a hollow, muscular organ that pumps a continuous flow of blood throughout the circulatory system. A very demanding organ, it beats an average of 100,000 times a day, at 70 beats per minute, pumping 180 gallons of blood every hour. Over a lifetime, a heart beats 3 billion times and pumps an incredible 100 million gallons of blood, enough volume to fill the Grand Canyon to its rim. Yet, this mightiest of all muscles, the one that sustains our life, is no bigger than a man's fist and weighs less than a pound.

Why is all this important? Because blood supplies the body's trillions of cells with oxygen, nutrients and other important chemicals necessary for life. Your heart works continuously to keep this precious blood flowing throughout your body, also picking up waste products from body cells to be eliminated through the kidneys and the lungs.

Your heart, located in the middle of your chest, lies beneath the breastbone and just slightly to the left of center. Inside, there are four rooms, or chambers. The two upper chambers, called atria, are for collecting blood. The two lower chambers, called ventricles, are for pumping blood. A muscle wall divides them into left and right sides.

On each side of the heart, blood flows from the upper to the lower chamber with little valves acting as one-way doors between them. These doors regulate the flow of blood through the heart in one direction, then close again to keep the blood from flowing back.

Specifically, the right side of the heart receives "used" blood returning from the tissues in the body. This blood is oxygen-depleted and loaded with carbon dioxide and other waste products. Blood enters the right atrium and is delivered to the right ventricle. The right ventricle pumps the blood out of the heart and into the lungs to eliminate (exhale) carbon dioxide and pick up (inhale) fresh oxygen.

The oxygen-rich or "reconditioned" blood from the lungs then travels to the left side of the heart. It enters the left atrium and is passed to the left ventricle where it is pumped out to the blood vessels for another journey through the circulatory system. A single drop of blood makes this round trip through the heart every 73 seconds, 1,185 times a day.

The pumping action of the heart is controlled by the body's natural pacemaker called the S-A node, located in the wall of the right atrium. This specialized bundle of fibers generates an electrical wave which spreads throughout both atria, causing them to contract. The wave triggers the A-V node which then sends impulses to the ventricles causing them to contract.

Like clockwork, the heart repeats this coordinated pumping cycle of receiving and distributing blood about 70 times per minute. The rhythmic expansions of your arteries as the blood rushes through them correspond to the beats of your heart. These expansions are measured as your pulse or heart rate. Your heart rate reflects precisely how your cardiovascular ("cardio" - heart and "vascular" - blood vessel) system is functioning and how hard it is working.

Your cardiovascular system reaps many benefits from exercise, all related to efficiency at pumping blood and delivering oxygen. Increased aerobic capacity is the most notable of these payoffs. This means greater efficiency extracting oxygen from air required for active muscles. Your heart muscle becomes more powerful, boosting cardiac output by as much as 20%. Because the heart becomes more efficient and resistance to blood flow is reduced, resting heart rate and blood pressure decreases. In addition, the small capillaries feeding the muscles multiply and the overall blood volume elevates, all of which means greater oxygen transport and waste-removal.

Taking care of your heart pays big dividends. Combined with a well-balanced diet and monitoring of blood pressure, cholesterol, body weight and lifestyle...exercise is the single most effective way to keep your heart strong and healthy...for a lifetime.

EXERCISE DIARY



Name _____

Maximum Heart Rate _____ H.R. at 60% _____ H.R. at 85% _____

Session Rest H.R.	Body Weight	Program Selection/ Level	Length of Ride	Comments
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

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The Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness in Healthy Adults. The American College of Sports Medicine, Indianapolis, IN, 1990.



HRT SERIES STATIONARY EXERCISE BIKES

LIMITED WARRANTY
Effective November 1, 1993

WSI warrants its Preference HRT fitness products to be free from defects in material and workmanship under normal use. WSI's obligation under this warranty is limited to repair or replacement of any defective part without charge for that part to the original purchaser within the following parameters.

Frame: Lifetime warranty against defects in materials and workmanship.

All other parts excluding electronics: Four year warranty against defects in materials and workmanship. Normal "wear" items are excluded. (Pedal straps, foam grips, and upholstery)

Electronics: Three year warranty against defects in material and workmanship.

Polar Heart Rate System (Belt and Transmitter): One year warranty against defects in material and workmanship.

To be valid, the customer warranty must be registered with WSI within 15 days from the date of purchase. Proof of purchase is required via the warranty registration card. Proof of purchase from WSI's authorized dealer or distributor will be required if the warranty card is not registered prior to any consideration of warranty claim.

The warranty is extended to the individual or legal entity whose name appears on the warranty registration card filed with WSI and may not be transferred to any other individual or legal entity.

The warranty does not apply to any failure of the product, or any parts of the product, due to alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Adequate packaging must be used for returned goods to prevent freight damage.

This warranty is expressly in lieu of all other warranties expressed or implied, including the warranties of merchantability and fitness.

This warranty gives the purchaser specific legal rights, and the purchaser may also have other rights depending on state law.

HRT SERIES MAINTENANCE SUGGESTIONS

1. Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks, and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.
2. As part of our normal installation and set up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to insure parts are properly seated to axle. This is standard initial "break in" service which must be performed after first 8 to 10 hours of use. Untightened pedal cranks may become loose, causing damage which may void warranty.
3. After training, always wipe down your HRT unit. Perspiration that continuously settles on frame, pads or casings may eventually cause rust or damage to your HRT unit. Damage resulting from lack of maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with clean towel.
4. Periodic lubrication of your chain may be required; consult your authorized service representative to perform work.
5. Inspect all caution decals and read all warning labels. Replace worn and damaged labels by calling WSI for replacements at (800) 776-7641 and ask for the National Warranty Department.