



## No Excuses!

### My Knees Hurt!

The 500Ub provides a low impact workout that improves muscle structure which helps support your knees.

### I Need Time to Myself!

The 500Ub console has an accessory holder, speakers and plug-in capability for your MP3 player. Listen to your favorite playlists as you workout on your Diamondback and tune out the world.

Dimensions (assembled)	39"L x 20"W x 60"H
Dimensions (packaged)	39"L x 14"W x 28"H
Product Weight	85 lbs.
Weight Capacity	275 lbs.

# DIAMONDBACK

UPRIGHT BICYCLES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

RECUMBENT BIKES





# 500Ub

## SPECIFICATIONS

### Console:

- Blue backlit LCD with white text, Smart Fan™, MP3 Plug in & accessory holder

### Programs:

- Unlimited programs including Manual, Random, Fat Burning Intervals, Glute Max Hill Climb, Target Heart Rate, Custom Trainer Program

### Console Feedback:

- Time, Pulse, Calories, Intensity Level, RPM, Speed, Distance, Watts

### Heart Rate Device:

- Contact pulse sensors

### Resistance Levels:

- 16

### Resistance System:

- Eddy Current Brake

### Power Requirement:

- Plug-in

### Drive Train:

- Poly-V Belt & Sealed bearing

### Saddle:

- Hi-density foam saddle with fore/aft adjustment

### Handlebar:

- Adjustable handlebars with contact heart rate sensors

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 14lb



Quick Start Feature



Adjustable Console Position



Hi-density foam saddle with fore/aft adjustment

# DIAMONDBACK

*Fitness*

Phone: 800-776-7642

Fax: 800-776-2053

Diamondback Fitness

6004 S. 190th Street, Suite 101

Kent, WA 98032

[www.diamondbackfitness.com](http://www.diamondbackfitness.com)

## WARRANTY

Warranty - Home

**Frame:**  
Lifetime Limited

**Brake:**  
Lifetime Limited



## No Excuses!

### I Get Too Hot When I Workout Indoors!

The 900Ub console has a Dual Smart Fan™ with multiple speeds. Just select your choice of airflow and workout in comfort.

### Pedaling on an Indoor Bike Feels Weird!

The 900Ub has an upgraded 20lb flywheel for extra smooth operation, plus self-leveling pedals with adjustable straps. It's easy to pedal!

Dimensions (assembled)	41"L x 20"W x 62"H
Dimensions (packaged)	39"L x 14"W x 28"H
Product Weight	105 lbs.
Weight Capacity (lbs)	300 lbs.

# DIAMONDBACK

UPRIGHT BICYCLES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

RECUMBENT BIKES





# 900Ub

## SPECIFICATIONS

### Console:

- Blue backlit LCD, Multi color alphanumeric display, Smart Fan™, MP3 Plug in & accessory holder

### Programs:

- Unlimited programs including Manual, Random, Fat Burning Intervals, Glute Max Hill Climb, Fitness Test, Strength, Target HR, HR Intervals, Custom Trainer Program

### Console Feedback:

- Time, Pulse, Calories, Intensity Level, RPM, Speed, Distance, Watts

### Heart Rate Device:

- Dual Contact pulse sensors and Polar® compatible wireless receiver (chest strap optional)

### Resistance Levels:

- 16

### Resistance System:

- Eddy Current Brake

### Power Requirement:

- Plug-in

### Drive Train:

- Poly-V Belt & Sealed bearing

### Saddle:

- Comfort Ride™ saddle with fore/aft adjustment

### Handlebar:

- Adjustable handle bars with dual position contact heart rate sensors and elbow rests

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 20lb



Quick Start Feature



Adjustable Console Position



Comfort Ride™ saddle with fore/aft adjustment

# DIAMONDBACK

*Fitness*

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## WARRANTY

**Warranty -  
Home**

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
3 years

**Labor:**  
1 year



# 1190Ub



## No Excuses!

### I'd Rather Ride Outdoors!

Nothing wrong with that! But sometimes weather or time won't permit. When that happens, the 1190Ub can give you the same workout with a few more perks. Like Heart Rate Interval Programs, Custom Trainer Programs and a Polar® compatible wireless receiver with the chest strap.

Dimensions (assembled)	38"L x 26"W x 59"H
Dimensions (packaged)	43"L x 18"W x 32"H
Product Weight	90 lbs.
Weight Capacity (lbs)	350 lbs.

# DIAMONDBACK

UPRIGHT BICYCLES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

RECUMBENT BIKES





# 1190Ub

## SPECIFICATIONS

### Console:

- LED w/ Dot Matrix, Heart Rate Bar and Scrolling Alphanumeric Display

### Programs:

- Manual, Random, Interval, Hill Climb, Strength, Target HR, HR Intervals, Fatburner, Cardio, 2 Custom Programs

### Console Feedback:

- Time, Intensity Level, Calories, RPM, Speed, Distance, Watts, Pulse, %max HR

### Heart Rate Device:

- Contact pulse sensors and Polar® compatible wireless receiver (includes chest strap)

### Resistance Levels:

- 20

### Resistance System:

- Electromagnetic Generator Brake

### Power Requirement:

- Self-generating

### Drive Train:

- Poly-V Belt & Sealed bearing

### Saddle:

- Extra Large ComfortRide™ saddle

### Handlebar:

- Krayton grips, elbow rests & contact heart rate sensors

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 24lb



Quick Start Feature



Comfortable elbow rests and grips



Generator brake

# DIAMONDBACK

*Fitness*

Phone: 800-776-7642

Fax: 800-776-2053

Diamondback Fitness

6004 S. 190th Street, Suite 101

Kent, WA 98032

[www.diamondbackfitness.com](http://www.diamondbackfitness.com)

## WARRANTY

### Warranty - Home

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
5 years

**Labor:**  
1 year

### Warranty - Light Institutional

**Frame:**  
Lifetime  
Limited

**Brake:**  
5 years

**Parts &  
Electronics:**  
2 years

**Labor:**  
1 year



## No Excuses!

### I'm Not in the Mood!

Our Custom Trainer program allows you to target your workout to whatever mood you're in. Sticking to a fitness routine over time can double its mood boosting power. With our unlimited workout profiles, there's one to fit any mood.

Dimensions (assembled)	62"L x 28"W x 53"H
Dimensions (packaged)	67"L x 13"W x 31"H
Product Weight	119 lbs.
Weight Capacity (lbs)	275 lbs.

# DIAMONDBACK

RECUMBENT BIKES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

UPRIGHT BICYCLES





# 500Sr

## SPECIFICATIONS

### Console:

- Blue backlit LCD with white text, Smart Fan™, MP3 Plug-in & accessory holder

### Programs:

- Unlimited programs including Manual, Random, Fat Burning Intervals, Glute Max Hill Climb, Target Heart Rate, Custom Trainer Program

### Console Feedback:

- Time, Pulse, Calories, Intensity Level, RPM, Speed, Distance, Watts

### Heart Rate Device:

- Contact pulse sensors

### Resistance Levels:

- 16

### Resistance System:

- Eddy Current Brake

### Power Requirement:

- Plug-in

### Drive Train:

- Poly-V Belt & Sealed bearing

### Seat:

- ComfortPlus™ Seat w/ lumbar support and height adjustment

### Handlebar:

- Comfort grips w/contact pulse sensors

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 14lb



Quick Start Feature



Adjustable Console Position



Sealed Bearing

# DIAMONDBACK

*Fitness*

Phone: 800-776-7642

Fax: 800-776-2053

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Kent, WA 98032

[www.diamondbackfitness.com](http://www.diamondbackfitness.com)

## WARRANTY

### Warranty - Home

Frame:  
Lifetime  
Limited

Brake:  
Lifetime  
Limited

Parts &  
Electronics:  
3 years

Labor:  
1 year





## No Excuses!

### I Have a Bad Back!

Our step-thru design makes it easier to get on the bike and the recumbent position guarantees more comfort for those who can't tolerate an upright position. Additionally, we have included a high-tech mesh seatback with lumbar support and seat height adjustment.

Dimensions (assembled)	62"L x 28"W x 43"H
Dimensions (packaged)	67"L x 13"W x 31"H
Product Weight	126 lbs.
Weight Capacity (lbs)	300 lbs.

# DIAMONDBACK

RECUMBENT BIKES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

UPRIGHT BICYCLES





# 900Sr

## SPECIFICATIONS

### Console:

- Blue backlit LCD, Multi color alphanumeric display, Smart Fan™ MP3 Plug in & accessory holder

### Programs:

- Unlimited programs including Manual, Random, Fat Burning Intervals, Glute Max Hill Climb, Fitness Test, Strength, Target HR, HR Intervals, Custom Trainer Program

### Console Feedback:

- Time, Pulse, Calories, Intensity Level, RPM, Speed, Distance, Watts

### Heart Rate Device:

- Contact pulse sensors and Polar® compatible wireless receiver (chest strap optional)

### Resistance Levels:

- 16

### Resistance System:

- Eddy Current Brake

### Power Requirement:

- Plug-in

### Drive Train:

- Poly-V Belt & Sealed bearing

### Seat:

- Mesh seat back with lumbar support and height adjustment

### Handlebar:

- Comfort grips w/contact pulse sensors

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 20lb



Quick Start Feature



Adjustable Console Position



Adjustable Mesh Seatback with Lumbar Support

# DIAMONDBACK

*Fitness*

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## WARRANTY

**Warranty -**  
**Home**

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts & Electronics:**  
3 years

**Labor:**  
1 year

# 1000Sr



## No Excuses!

### I'm a Couch Potato!

You'll feel like you are still sitting in comfort on our extra large ComfortPlus™ seat with lumbar support. Just turn on the television, sit down, and pedal away your pounds.

Dimensions (assembled)	64"L x 31"W x 51"H
Dimensions (packaged)	67"L x 21"W x 25"H
Product Weight	159 lbs.
Weight Capacity (lbs)	325 lbs.

# DIAMONDBACK

RECUMBENT BIKES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

UPRIGHT BICYCLES





# 1000Sr

## SPECIFICATIONS

### Console:

- LED w/ Dot Matrix & Scrolling Alphanumeric Display

### Programs:

- Manual, Random, Strength, Hill, Interval Trainer, Target HR, HR Intervals, 2 Custom Programs

### Console Feedback:

- Time, Intensity Level, Pulse, Calories, RPM, Speed, Distance, Watts

### Heart Rate Device:

- Contact pulse sensors and Polar® compatible wireless receiver (includes chest strap)
- User Zone - Custom User Profiles

### Resistance Levels:

- 16

### Resistance System:

- Eddy Current Brake

### Power Requirement:

- Plug-in

### Drive Train:

- Poly-V Belt & Sealed bearing

### Seat:

- Extra Large ComfortPlus™ Seat w/ lumbar support

### Handlebar:

- Comfort grips w/ contact pulse sensors

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

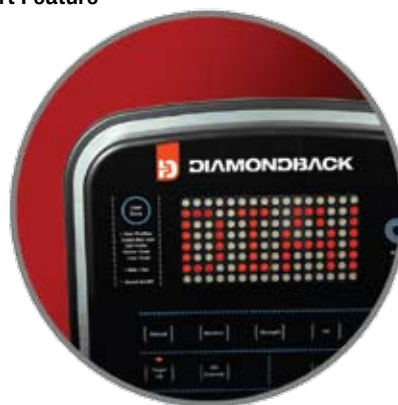
- 24lb



### Quick Start Feature



Extra Large ComfortPlus™ seat  
with lumbar support



User Zone - Custom  
User Profiles

# DIAMONDBACK

*Fitness*

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Fax: 800-776-2053

Diamondback Fitness

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## WARRANTY

**Warranty -  
Home**

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
3 years

**Labor:**  
1 year





## No Excuses!

### I Have No Energy!

Easy on-and-off with the recumbent position lets you set the pace. Just 10 to 20 minutes a day is a starting point to build up your stamina.

Dimensions (assembled)	64"L x 31"W x 51"H
Dimensions (packaged)	69"L x 24"W x 25"H
Product Weight	159 lbs.
Weight Capacity (lbs)	325 lbs.

# DIAMONDBACK

RECUMBENT BIKES

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

UPRIGHT BICYCLES





# 1190Sr

## SPECIFICATIONS

### Console:

- LED w/ Dot Matrix, Heart Rate Bar and Scrolling Alphanumeric Display

### Programs:

- Manual, Random, Interval, Hill Climb, Strength, Target HR, HR Intervals, Fat burner, Cardio, 2 Custom Programs

### Console Feedback:

- Time, Intensity Level, Calories, RPM, Speed, Distance, Watts, Pulse, %max HR

### Heart Rate Device:

- Contact pulse sensors and Polar® compatible wireless receiver (includes chest strap)

### Resistance Levels:

- 20

### Resistance System:

- Electromagnetic Generator Brake

### Power Requirement:

- Self-generating

### Drive Train:

- Poly-V Belt & Sealed bearing

### Seat:

- Extra Large ComfortPlus™ Seat w/ adjustable seat back angle

### Handlebar:

- Krayton grips w/contact pulse sensors and resistance control buttons

### Pedals:

- Self-leveling w/ adjustable straps

### Flywheel:

- 24lb



### Quick Start Feature



Extra Large ComfortPlus™ seat with adjustable seat back



Handlebar Remote Control

# DIAMONDBACK

*Fitness*

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## WARRANTY

### Warranty - Home

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
5 years

**Labor:**  
1 year

### Warranty - Light Institutional

**Frame:**  
Lifetime  
Limited

**Brake:**  
5 years

**Parts &  
Electronics:**  
2 years

**Labor:**  
1 year

# 500Ef



## No Excuses!

### I have no space!

Live in a small apartment or house? No problem. The 500Ef, which is large in workout, is small in footprint. It fits just about anywhere!

### I'm not technologically savvy!

No need to have a graduate degree from M.I.T. for this machine. The console is user friendly. Just hop on and enjoy the workout with ease.

### I'm too tired!

The 500Ef is perfect for you. The low-rise step on this elliptical makes it easy to get on and off. You can program the 500Ef for lighter workouts on days when you have no energy. Just adjust the knob to your desired resistance and enjoy your workout!

Dimensions (assembled)	53"L x 31"W x 63"H
Dimensions (packaged)	49"L x 22"W x 43"H
Product Weight	145 lbs.
Weight Capacity (lbs)	275 lbs.

# DIAMONDBACK

FRONT DRIVE ELLIPTICALS

REAR DRIVE ELLIPTICALS

UPRIGHT BICYCLES

RECUMBENT BIKES





# 500Ef

## SPECIFICATIONS

### Drive:

- Front

### Console Display:

- LCD, 6 Data Windows

### Programs:

- Target Time, Target Distance, Target Heart Rate, Heart Rate Recovery Test

### Heart Rate Device:

- Contact pulse sensors

### Resistance Levels:

- 8

### Resistance System:

- Manually Controlled Eddy Current Brake

### Power Requirement:

- 2 "AA" Batteries

### Stride Length:

- 15"

### Footpads:

- Soft ergonomic insert pads



### Quick Start Feature



Low Step-up



Ultra Comfortable  
Krayton Grips

# DIAMONDBACK

*Fitness*

Phone: 800-776-7642

Fax: 800-776-2053

Diamondback Fitness

6004 S. 190th Street, Suite 101

Kent, WA 98032

[www.diamondbackfitness.com](http://www.diamondbackfitness.com)

## WARRANTY

Warranty -  
Home

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
3 years

**Labor:**  
1 year



# 1190Er



## No Excuses!

### I'm really very lazy!

The 1190Er is designed for an almost custom fit, making each workout as enjoyable as possible. Working out doesn't feel like hard work once you've experienced the Bodyfit™ and 3 Ellipse/Angle Adjustments.

### My legs feel awkward on an elliptical!

Using other ellipticals may feel awkward. But not Diamondback! Our 1190Er is equipped with hinged footpads with narrow pedal spacing allowing for an ergonomically correct and comfortable workout. It's like walking on air!

Dimensions (assembled)	83"L x 27"W x 62"H
Dimensions (packaged)	72"L x 29"W x 30"H
Product Weight	177 lbs.
Weight Capacity (lbs)	350 lbs.

# DIAMONDBACK

REAR DRIVE ELLIPTICALS

FRONT DRIVE ELLIPTICALS

UPRIGHT BICYCLES

RECUMBENT BIKES





# 1190Er

## SPECIFICATIONS

### Drive:

- Rear

### Console Display:

- LED w/ Dot Matrix, Heart Rate Bar and Scrolling Alphanumeric Display

### Programs:

- Manual, Random, Sprint, Interval, Total Trainer, Target HR, HR Interval, Fat burner, Cardio, 2 Custom Programs

### Heart Rate Device:

- Contact pulse sensors and Polar® compatible wireless receiver (includes chest strap)

### Resistance Levels:

- 20

### Resistance System:

- Electromagnetic Generator Brake

### Power Requirement:

- Self-generating

### Stride Length:

- 21"

### Adjustability:

- BodyFit™ Adjustment w/ hinged footpads

### Footpads:

- Soft ergonomic insert pads
- Narrow pedal spacing



### Quick Start Feature



Hinged Foot Pedal



BodyFit™ Adjustment

# DIAMONDBACK

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## WARRANTY

### Warranty - Home

**Frame:**  
Lifetime  
Limited

**Brake:**  
Lifetime  
Limited

**Parts &  
Electronics:**  
5 years

**Labor:**  
1 year

### Warranty - Light Institutional

**Frame:**  
Lifetime  
Limited

**Brake:**  
5 years

**Parts &  
Electronics:**  
2 years

**Labor:**  
1 year