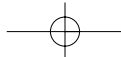


960Sr

**Diamondback**

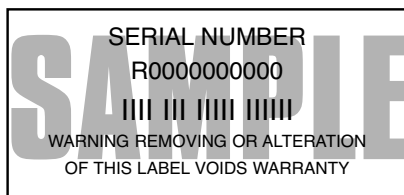
f i t n e s s 

960 Sr OWNER'S MANUAL





This is a sample Serial Number sticker only. Please check your own equipment where indicated for your serial number



Serial Number

### PURCHASER'S REFERENCE INFORMATION

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 960Sr

Serial Number: T \_\_\_\_\_

#### To Activate Warranty:

- 1. REGISTER YOUR WARRANTY AT [www.diamondbackfitness.com](http://www.diamondbackfitness.com)

OR

- 2. COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDACK FITNESS WITH IN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY

Dealer Name: \_\_\_\_\_

Dealer Address: \_\_\_\_\_

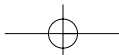
Dealer Telephone Number: (     ) \_\_\_\_\_

Dealer Contact Name: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

#### Shipping Materials:

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.



## TABLE OF CONTENTS

<b>Purchaser's Reference Information</b>	<b>2</b>
<b>Introduction</b>	<b>4</b>
<b>Safety Instructions and Warnings</b>	<b>5</b>
<b>960Sr Assembly Drawing</b>	<b>6</b>
<b>960Sr Assembly Instructions</b>	<b>7</b>
<b>Exercise Guidelines</b>	<b>10</b>
<b>Heart Rate Monitoring Devices</b>	<b>13</b>
<b>Console</b>	<b>15</b>
<b>Basic Operation</b>	<b>18</b>
<b>Workout Programs</b>	<b>20</b>
Warm Up	
Cool Down	
Workout Summary	
Quick Start	
Classic Programs	
Manual	
Random	
Interval	
Hill	
Strength	
HR Interactive Programs	
Target HR	
HR Interval	
<b>Maintenance</b>	<b>32</b>
<b>Domestic Warranty Information</b>	<b>33</b>
<b>Warranty Card</b>	<b>35</b>





## INTRODUCTION

### **GOOD HEALTH IS AN EXERCISE IN COMMON SENSE.**

The basics of good health are really common sense. Eat right, drink lots of water, get enough sleep, and exercise at least 3-4 times a week. It may sound simple, but to achieve the look and vitality most health-conscious men and women want, takes more discipline than most people are willing to endure. Having fitness equipment in your home makes it easier to achieve your goals. And having Diamondback equipment gives you even more of an edge. Because when your equipment is comfortable, simple and effective, you exercise more. And that means better results.

### **A WORKOUT THAT WORKS FOR YOU.**

To maintain cardiovascular fitness, the American Heart Association recommends that you exercise 3 to 4 days a week at 60%-75% of your maximum heart rate. By monitoring your heart rate while you exercise, you can get the most effective workout in the least amount of time. It's the easiest way of determining if you're exercising at a safe and effective level. Of course, if you want to lose weight or reach a higher level of athletic conditioning, working out 5 to 6 times a week will help you achieve that goal faster.

### **GET A SMART START ON EXERCISING.**

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.
4. The 960Sr console contains integrated warm up and cool down programs to safely bring your heart rate up and back down again.

Remember, start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

Your feedback and ideas about your experience with Diamondback are very important to us. Write to our product development department at:

*300 Camarillo Ranch Road, Camarillo, CA 93012.*

## SAFETY INSTRUCTIONS AND WARNINGS

This unit is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING THIS PRODUCT.**

### CAUTION – FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts and pinch points. See figure A for possible pinch points.
2. Before beginning any exercise program, 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 diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes.

### WARNING – TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your equipment, do not install attachments or accessories not provided or recommended by Diamondback Fitness.
2. Keep your hands and feet away from all moving parts.
3. Before beginning any exercise program, consult your physician.
4. Always wear proper clothing and shoes when exercising.
5. User weight is not to exceed 325 lbs/148 kilograms on the 960Sr.
6. Keep children away from equipment. 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.
7. Place the unit in an area that will meet minimum clearance requirements:
  - Front, Back & Sides: 4 feet/30cm
8. Keep this equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust. Never insert anything into openings.
9. This unit is intended for indoor use in the home environment only. It is not intended for outdoor use.
10. Drink fluids if you exercise for twenty or more minutes.
11. Place the unit on a solid, level surface when in use.
12. Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback Fitness dealer for service.
13. Make sure all components are fastened securely (i.e. seat post, saddle, handlebars, pedals) at all times.

SAVE THESE INSTRUCTIONS FOR YOUR REFERENCE.

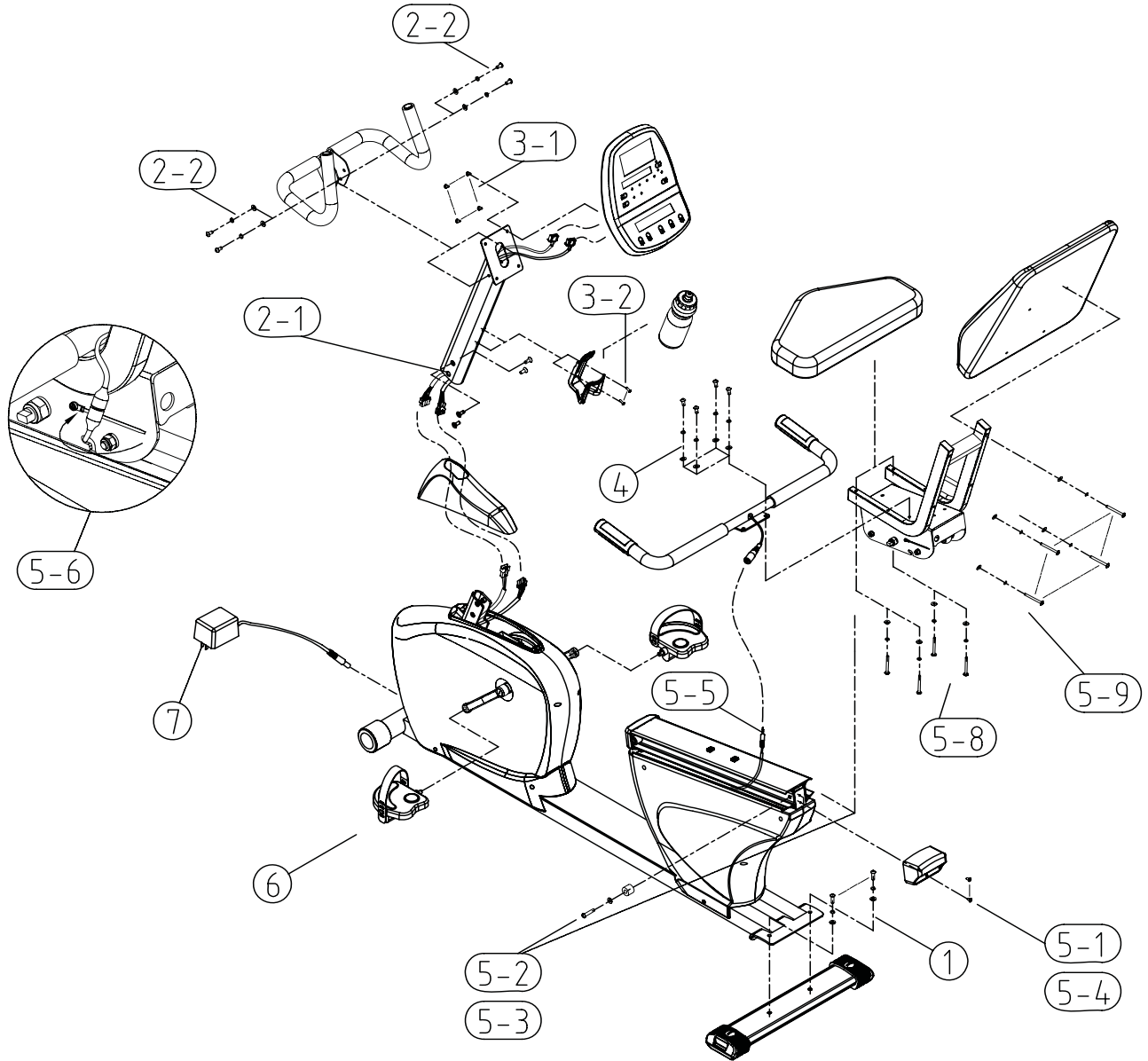


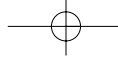
**Figure A**



Possible Pinch Points on 960Sr.

# ASSEMBLY DRAWING





## ASSEMBLY INSTRUCTIONS

### Tools Required:

- 5mm Allen key wrench (included)
- 6mm Allen key wrench (included)
- Phillips head screwdriver
- Two open-ended adjustable wrenches for seat slide adjustment.

The assembly drawing on the preceding page highlights each step for easy identification. Bolts, screws, and washers in the included hardware kit are arranged according to each step below.

### Step 1: Rear Stabilizer Bar

Place rear stabilizer bar onto the rear of the frame as illustrated and align the bolt holes. Insert and tighten the two M8 x 25mm bolts, making sure to include a flat and split lock washer on each bolt.

### Step 2: Console Mast & Handlebar

2-1. Install the console mast:

- 2-1a. Slide console mast cover onto bottom of console mast.
- 2-1b. Connect both the main wire harness and the hand pulse harness in the main frame to the two wire harnesses in the bottom of the console mast. Each plug is keyed to fit in only one direction- do not try to force the plugs into the sockets as this may bend the pins.
- 2-1c. Install the console mast by sliding it over the receptor in the main frame, making sure to tuck the extra wire from the wiring harness into the mast to prevent it from getting crushed. Insert and tighten the four flat head M8 x 16mm bolts (make sure to use the flat head bolts for this step).
- 2-1d. Snap console mast cover into top of sidecase.

2-2. Fasten the handlebar on to the console mast by sliding the bracket in the middle of the handlebar over the bolt holes in the console mast. Be careful not to move the bracket around too much on the mast to avoid scratching the mast. Secure the handlebar to the mast with the four round head M8x16mm bolts, making sure to include a flat and split lock washer on each bolt.

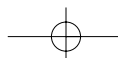
### Step 3: Console & Bottle Holder

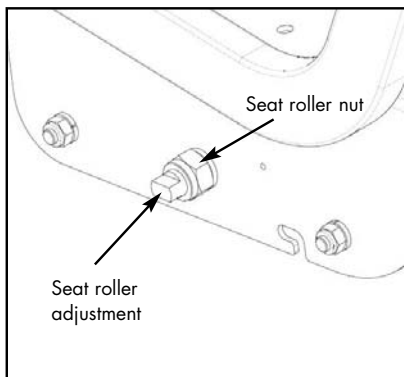
3-1. Connect the plugs from the main wiring harness and hand pulse harness to the sockets on the backside of the console circuit board. Each plug is keyed to fit in only one direction — do not try to force the plug into the socket as this may bend the pins. Then, fasten the console to the console mast with four M5 x 12mm screws.

3-2. Place the bottle holder on the console mast. Insert and tighten two M5x12mm screws. Insert the water bottle into the bottle holder.

### Step 4: Rear Handlebar

Install the rear handlebar onto the seat frame. Insert and tighten the four M8x16mm bolts, making sure to include a flat and split lock washer on each bolt.





## ASSEMBLY INSTRUCTIONS

### Step 5: Seat & Seat Back

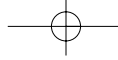
- 5-1. Undo the two screws holding the plastic rear endcap to the back of the seat track. Slide the endcap off the seat track.
- 5-2. Undo the bolt holding the seat bumper to the side of the seat track. Remove the seat bumper. Then, slide the entire seat frame into the rear end of the seat track channel while holding the seat frame adjusting handle up, making sure the three rollers on each side of the seat frame assembly are inside the channel. Then, release the adjusting handle to lock the seat frame in position.
- 5-3. Replace the seat bumper and re-tighten the bolt.
- 5-4. Replace the rear endcap and re-tighten the two screws.
- 5-5. Connect the plug from the hand pulse wiring harness on the seat handlebar to the jack on the retracting cable hanging out of the sidecase.
- 5-6. Pull the harness thru the L-shaped slot in the seat frame and secure it onto the side of the seat frame using the included nylon zip tie (see illustration 5-6 in assembly drawing).
- 5-7. Tighten the seat frame on to the seat track so that it does not “wobble” side to side. This can be done by adjusting the middle seat rollers on each side of the seat frame as shown in the picture to the left.
  - 5-7a. Find the middle seat roller adjustment on the right side of the seat frame (under the seat) as shown in the picture.
  - 5-7b. While using an open-end wrench to hold the adjustment knob, loosen the seat roller nut by turning it counter-clockwise with a second open-end wrench.
  - 5-7c. Tighten the seat frame into the seat track by turning the adjustment knob clockwise. Do not overtighten as this may prevent the seat from sliding along the track.
  - 5-7d. Hold the adjustment knob in position with one wrench while you re-tighten the seat roller nut with the second wrench.
  - 5-7e. Repeat steps a-d above with the middle seat roller adjustment on the left side of the seat frame.

The seat should now slide easily along the seat track without “wobbling” side to side.

*Note: The middle seat rollers may need to be readjusted periodically as they wear.*

- 5-8. Install seat pad on the seat frame using the four M6 x 60mm screws, making sure to include a flat and split lock washer on each bolt.
- 5-9. Install seat back pad on the seat frame using the four M6 x 15mm screws,





## ASSEMBLY INSTRUCTIONS

making sure to include a flat and split lock washer on each bolt.

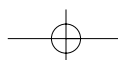
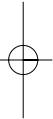
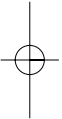
### Step 6: Pedal Assembly

Use a 15mm or adjustable open-end wrench to firmly tighten the pedals to the cranks. The left and right pedals are different and are denoted as right or left (R or L) on the top & bottom of each pedal. Note that the left pedal will thread counter-clockwise.

*Note: Pedals should be re-tightened after the first 10 hours of use as they may become loose until they have fully seated to the crank.*

### Step 7: Power Adapter

- 7-1. Plug DC adapter into the power jack located on the front of the unit near the bottom.
- 7-2. Plug the adapter into a power outlet.





## EXERCISE GUIDELINES



### Good health is an exercise in common sense

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. It indicates that 61% of American adults are either overweight or obese. The study concludes that obesity increases the risk of health problems, such as heart disease, certain types of cancer, type 2 diabetes, etc. It further points out that obesity needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

$$\text{BMI} = (\text{weight (lb)} \div \text{height}^2 \text{ (in)}) \times 703$$

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
<b>4'6</b>	29	31	34	36	39	41	43	46	48	51	53	56	58	60
<b>4'8</b>	27	29	31	34	36	38	40	43	45	47	49	52	54	56
<b>4'10</b>	25	27	29	31	34	36	38	40	42	44	46	48	50	52
<b>5'0</b>	23	25	27	29	31	33	35	37	39	41	43	45	47	49
<b>5'2</b>	22	24	26	27	29	31	33	35	37	38	40	42	44	46
<b>5'4</b>	21	22	24	26	28	29	31	33	34	36	38	40	41	43
<b>5'6</b>	19	21	23	24	26	27	29	31	32	34	36	37	39	40
<b>5'8</b>	18	20	21	23	24	26	27	29	30	32	34	35	37	38
<b>5'10</b>	17	19	20	22	23	24	26	27	29	30	32	33	35	36
<b>6'0</b>	16	18	19	20	22	23	24	26	27	28	30	31	33	34
<b>6'2</b>	15	17	18	19	21	22	23	24	26	27	28	30	31	32
<b>6'4</b>	15	16	17	18	20	21	22	23	24	26	27	28	29	30
<b>6'6</b>	14	15	16	17	19	20	21	22	23	24	25	27	28	29
<b>6'8</b>	13	14	15	17	18	19	20	21	22	23	24	25	26	28

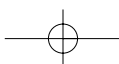
Height in Feet and Inches

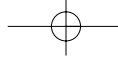
Healthy Weight
  Overweight
  Obese

Note: This chart is for adults (aged 20 years and older).

### Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.





## EXERCISE GUIDELINES (CONTINUED)

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows 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, the 960Sr is designed to include heart rate monitoring features.

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 difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 960Sr is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored 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. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

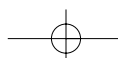
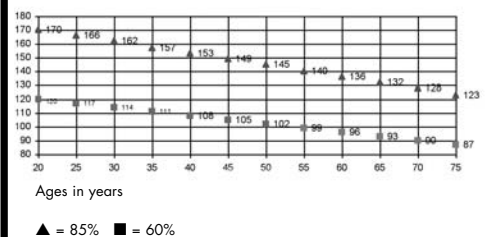
### Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based for a 35-year-old person:

$220 - \text{Age} = \text{Maximum Heart Rate}$	$(220 - 35 = 185)$
60% of Maximum Heart Rate	$(60\% \times 185 = 111\text{bpm})$
85% of Maximum Heart Rate	$(85\% \times 185 = 157\text{bpm})$
Training Zone:	111bpm – 157bpm

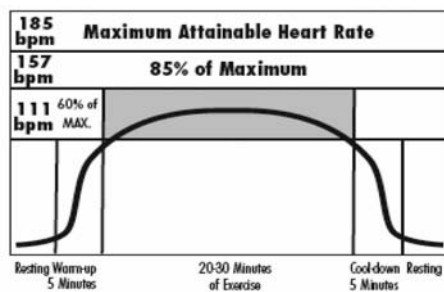


### Heart Rate Guidelines 60% - 85% Maximum Target





### Typical Target Zone Exercise Patterns for 35 year-old



## EXERCISE GUIDELINES (CONTINUED)

### Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio-respiratory fitness in healthy adults:

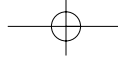
- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

### Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom 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 lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

*Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.*



## HEART RATE MONITORING DEVICES

### Pulse Hand Grips (Standard)

The 960Sr is heart rate controlled and comes standard with stainless steel pulse hand-grips. To activate, gently grasp both handgrips to obtain a heart rate reading.

*(Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)*

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

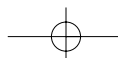
- Moisten your hands if you have not already worked up a sweat; the grips need to be slightly moist to transmit properly
- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

### Chest Strap (Standard)

The 960Sr is equipped with a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using this device, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

*(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or if there are other electronics near by, such as TV, cell phone, etc...)*

The receiver of the wireless ECG system is built into the console. While using heart rate control programs, the computer monitors the exact measurement of and control over the activity of the heart. Heart rate is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the pedal resistance level to maintain heart rate at the optimum setting.





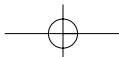
## HEART RATE MONITORING DEVICES



### How to Wear Your Sensor/ Transmitter

1. Moisten the conductive electrode strips located next to the buckles with water.
2. Buckle one end of the chest strap onto the transmitter.
3. Adjust the band length so that the fit is snug against your skin.
4. Buckle the other end of the chest strap onto the transmitter.
5. Center the transmitter on your chest below the pectoral muscles (breasts).

*(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)*



## CONSOLE

### **Glossary of Terms**

- Idle mode = Console is reset and waiting for an entry. The dot matrix display window will flash "DB". If no rpm for 5 minutes, the console will enter power save mode and the display will be shut off.
- LED = The lights on the face of the console.
- Watts = The rate of energy currently being expended.
- Work = The amount of energy expended during exercise.
- Intensity/Resistance Level = The resistance level provided by the unit's braking system. Increasing resistance means a greater effort level is required to pedal the unit.

### **Default values**

- Age = 35 years
- Weight = 155 lbs (70kg)
- Time = 30 minutes; Segment time = 30/16 minutes
- Intensity level: Level 1

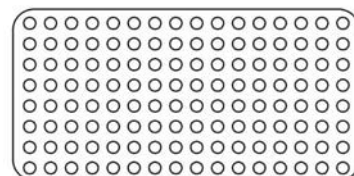
### **Displays**

#### *a. Dot Matrix /Profile display*

1. It displays letters for instruction during setup:
  - Display "AGE" during age setup; "WT" for weight setup; "TM" for time setup & "HR" for HR setup.
  - Display "EN" or "ME" for English or Metric units switch.
  - Scroll "WARM UP" or "COOL DOWN" to indicate entering these modes.
2. It displays the program profile during the program execution.
  - Display the level profile during the Classic programs.
  - Display the % Max HR profile during the HR interactive programs.
3. Profile definitions:
  - Level profile - The LED represents the resistance level, L1- L16; the higher LED lights up, the higher resistance it is on. The LED will blink to indicate the current workout segment.
  - % Max HR profile - The LED represents the % Max HR: 0-100%

#### *b. Workout data display*

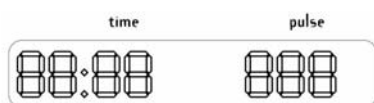
As soon as a program is executed, it will start displaying the default workout data: calories, speed & level. You may select your favorite data displays by pressing the "SELECT" button on the right hand side, the LED indicator will light



**Dot Matrix/  
Profile Display**



**Workout data  
display**



### Time & Pulse displays



### Function Keys

## CONSOLE

up to show which row of data is displaying.

- Calories (kcal): Total workout calories.
- Watts (watt): Current workout wattage.
- Speed (mile/hr or km/hr): Current workout speed. It simulates a jogging exercise.
- Distance (mile or km): Total workout distance. It simulates a jogging exercise.
- Intensity (level 1-16): Current workout level.
- RPM: Revolutions per minute.

### c. Time & Pulse displays

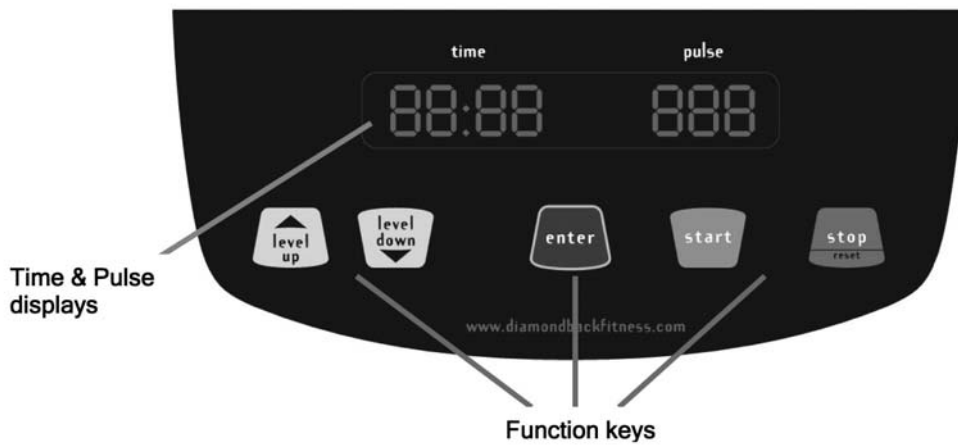
1. In the program setup, Pulse window will light up and display the default Age, Weight & HR for adjustment. Time display will light up and display the default Time for adjustment.
2. As soon as the program is executed, it will start displaying Time and Pulse.
  - Time (hr: min or min: sec): The remaining of current program time.
  - Pulse (bpm): Your current heart rate. If there is no pulse detected, it will display " - - " instead.

### Function Keys

- a. Level Up/Down keys:
  - o During program setup, press "Level Up/Down key" to adjust the following - age, weight, time & HR setting.
  - o After program started, press "Level Up/Down key" to adjust the level, difficulty level or HR setting during exercising.
- b. Enter key:
  - o After program selecting, press "Enter" to accept the program and enter its setup mode.
  - o After age, weight, level... adjustment, press "Enter" key to accept your entry.
- c. Start key:
  - o Press "Start" to start a program during program setup.
  - o Press "Start" key to skip Warm up and enter program executing.
  - o Press "Start" to re-start a program during Cool Down.
- d. Stop/Reset key:
  - o Press and hold "Stop" button to reset the console.
  - o Press "Stop" to end program executing and enter Cool Down.
  - o Press "Stop" to enter workout summary during Cool Down.



# CONSOLE LAYOUT





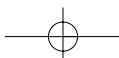
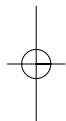
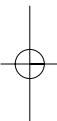
## BASIC OPERATION

- **Power On:** In the power save mode, press any key or start pedaling to wake up the console and start operation.
- **Reset:** To reset a program during its operation, press and hold the "Stop/Reset" key for 2 seconds. When the program resets, the console returns to idle mode.
- **Pause and Resume:** You may interrupt or pause a program for up to 5 minutes during a workout before the console resets. To pause a program, simply stop pedaling. To resume the program back to the point of where you left off, either press Start or simply start pedaling.
- **Switching a program:** The user may switch from current operating program to another program during its execution by pressing a new program key and then Enter key to accept the new program. Calories and distance will continue accumulating from previous program.
  - o If "Classic Program" or "HR Interactive" program key is pressed during a program-executing mode, it will enter program-switching mode:
    - If Enter key is pressed, it will enter this program setup mode. Age and weight default will be the last update and time will be the remaining time of the pervious program.
    - If Start key is pressed, the new program will begin, but Warm Up mode will be skipped.
    - If 10 seconds passes and no other key is pressed, the program will resume back to previous activities.
- **Re-start a program:** The user may re-start a program after the program ends. Simply press "Start" key during Cool Down or Workout Summary mode. The program will be started right immediately without Warm up. The program default will remain the same as previous program; the calories and distance will continue accumulating.
- **Level adjustment:** During Quick Start, Manual & Interval program, the user may press Level Up/Down key to adjust the resistance level. (Note: Resistance adjustments are not allowed in any Heart rate interactive program).
  - o If Level Up/Down key is pressed, the level data display will show the current resistance level and adjust it accordingly. The Dot matrix display will update the profile as well.
- **Difficulty level adjustment:** During Random, Hill & Strength profile program, the user may press Level Up/Down key to adjust the difficulty level.



## BASIC OPERATION

- o If Level Up/Down key is pressed, the level data display will show the current resistance level and adjust it accordingly. The Dot matrix display will update the profile as well.
- **% MAX HR:** It is recommended to control your % Max heart rate within 60% — 85% for the most effective workout. It is also unsafe to exceed 90% and above. The unit is equipped with a safety shut off feature which functions as follows:
  - o First, there is a warning for exceeding 90%, the Pulse data display will blink.
  - o Second, if the heart rate continues going up and reaches 95% for 5 seconds, the console will reset.
- **English / Metric setting:** The default Units are English system (lbs, miles). To change to metric units (kg, km) press "Start" & "Stop" keys at the same time for 2 seconds during idle mode. The Dot Matrix display will blink "EN" for English units or "ME" for Metric units. To change it, press "Level Up/Down" key to switch the current units. After the setup is completed, press "Stop" key for 2 seconds to reset the console and return to the idle mode.





## WORKOUT PROGRAMS

### W A R M U P

#### Getting Started

The unit automatically initiates a 3-minute Warm Up at the beginning of each program. It is designed to prepare your body for an intensive workout and to reduce the possibility of injury during workout.

*Note: Warm Up is skipped for the Quick Start or Manual programs.*

#### Beginning the Program

Warm Up is active as soon as the "Start" key is pressed and a program is executed. The Dot matrix window will scroll "WARM UP" and then display program profile. This sequence will repeat until Warm up is finished.

#### During the Program

##### Data Display

- Once it is started, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- The time will display count down from 3:00.
- The pulse display will display the heart rate if there is valid pulse detected.

##### Adjustment

- Level = L1. Press "Level Up/Down" key to adjust the level from L1- L5 only.
- "Start" key can be pressed to skip the warm up and start the program immediately.

#### Ending the Program

- When 3-minute duration is up or Start key is pressed, Warm Up will end and the program will execute.
- There will be a beep sound to indicate the Warm up is over and the selected program begins.

### C O O L D O W N

#### Getting Started

There is a 3-minute Cool Down at the end of each program. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

#### Beginning the Program

Cool Down is active as soon as a program ends. The dot matrix window will scroll "COOL DOWN" and then display program profile. This sequence will repeat until Cool Down is finished.

#### During the Program

##### Data Display

- Once it is started, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- The time will display "3:00" and continuing down.



## WORKOUT PROGRAMS

- The pulse display will display the heart rate if there is valid pulse detected.

### Adjustment

- Level = L1. Press "Level Up/Down" key to adjust the level from L1- L5 only.
- "Start" key could be pressed to re-start the previous program again.
- "Stop" key could be pressed to skip the cool down mode and active the Workout Summary immediately.

### **Ending the Program**

- When 3-minute duration is up or Stop key is pressed, Cool Down will end and enter Workout Summary. See Workout summary for details.

## W O R K O U T S U M M A R Y

### **Getting Started**

For your convenience, the unit incorporates a Workout Summary right after the completion of the Cool Down. It will display the total workout data for 30 seconds before the Console resets.

### **Beginning the Program**

Workout Summary appears as soon as the Cool Down mode ends or a "Stop" key is pressed during Cool Down mode. The data display will stop counting and show the final data.

### **During the Program**

#### Data Display

- Once this summary is started, the data window will display:
  - Calories: total calories.
  - Distance: total distance.
  - Time: total program time

#### Adjustment

Intensity and Incline cannot be adjusted during this time.

### **Ending the Program**

- When 30-second duration is up, Workout Summary will end and console will reset.

## Q U I C K S T A R T

### **Getting Started**

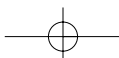
A Quick Start program is for someone who wants to bypass the setup mode and start their workouts right away. By picking Quick Start program, you are accepting the default values for calculations. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Quick Start program.

### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "Quick Start" key once or continue to pedal and press no key for 30 seconds.



**Quick Start  
key**





## WORKOUT PROGRAMS, CONTINUED

### Program Default Values

- Time = 30 minutes
- Level = L1.

### During the Program

#### Data Display

- As soon as the "Quick Start" button is pressed, this program will begin; the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show 30:00 and count down.
- Pulse display will start displaying if there is a valid pulse.

#### Adjustment

- Press "Level Up/Down" key to adjust the level from L1 to L16. The level data display will update the level and the dot matrix window will update the profile accordingly.

### Ending the Program

- When 30-minute duration is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.

## C L A S S I C P R O G R A M S

### MANUAL PROGRAM

#### Getting Started

You could build your own profile with Manual program. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Manual program.

#### Beginning the Program

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Program" key until "Manual" program LED indicator lights up.

#### Accepting default values or Entering the program setup mode

When the dot matrix display shows Manual program profile, it indicates you are about to select the Manual program:

- Press "Start" key to accept current default values and begin Manual program workout.
  - Default Time = 30 minutes
  - Default Level = L1.
- Or press "Enter" to enter program setup mode. The dot matrix & data displays will take you through the program setup mode step by step as below:



### Classic Programs



## WORKOUT PROGRAMS, CONTINUED

### Entering Age

1. If Enter key is pressed, the dot matrix window will flash "AGE".
2. The pulse display will display & blink the default age.
3. You may press "Level Up/Down" key to adjust the age.
4. After age adjustment, press "Enter" to accept and enter Weight adjustment.

### Entering Weight

1. If Enter key is pressed after age adjustment, the dot matrix window will flash "WT".
2. The pulse display will display & blink the default weight.
3. You may press "Level Up/Down" key to adjust the weight.
4. After weight adjustment, press "Enter" to accept and enter Time adjustment.

### Entering Time

1. If Enter key is pressed after weight adjustment, the dot matrix window will flash "TM".
2. The time display will display & blink the default time = 30:00.
3. You may press "Level Up/Down" key to adjust the time up to 99:00.
4. After time adjustment, press "Enter" or "Start" to accept and begin this program.

*(Note: you may press Start key anytime to skip the setup and begin the work out immediately.)*

### During the Program

As soon as the "Enter" or "Start" key is pressed, the Manual program will start.

#### Data Display

- Once the program is started, this program will begin; the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

#### Adjustment

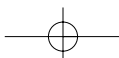
- Press "Level Up/Down" key to adjust the level from L1 to L16. The level data display will update the level and the dot matrix window will update the profile accordingly.

### Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.





## WORKOUT PROGRAMS, CONTINUED

### RANDOM PROGRAM

#### **Getting Started**

The Random program is designed to allow the user to choose from an unlimited number of computer generated profiles.

#### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Program" key until "Random" program LED indicator lights up.

#### **Accepting default values or Entering the program setup mode**

When the dot matrix display shows Random program profile, it indicates you are about to select the Random program:

- Press "Start" key to accept current default values and begin Random program workout.
  - Default Time = 30 minutes
  - Default Level = a computer generated level profile with default difficulty level = L1.
- Or press "Enter" to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

#### **During the Program**

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

#### Adjustment

- Press "Level Up/Down" key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

#### **Ending the Program**

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.



## WORKOUT PROGRAMS, CONTINUED

### INTERVAL PROGRAM

#### **Getting Started**

The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

#### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Programs" key until "Interval" program LED indicator lights up.

#### **Accepting default values or Entering the program setup mode**

When the dot matrix display shows Interval program profile, it indicates you are about to select the Interval program:

- Press "Start" key to accept current default values and begin Interval program workout.
  - Default Time = 30 minutes
  - Default Level = a default level profile alternates Rest: L2 and Work level: L10.
- Or press "Enter" to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

#### **During the Program**

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

##### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

##### Adjustment

- Press "Level Up/Down" key during Rest segment to adjust the level from L2. The level of the remaining Rest segments will be updated to the new setting and the dot matrix window will update the intensity profile accordingly as well.
- Press "Level Up/Down" key during Work segment to adjust the level from L10. The level of the remaining Work segments will be updated to the new setting and the dot matrix window will update the intensity profile accordingly as well.

#### **Ending the Program**

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.





## WORKOUT PROGRAMS, CONTINUED

### HILL

#### **Getting Started**

The Hill program simulates a hill climb exercise with a preset hill profile. The exercise profile will guide you through the up hill climb or down hill glide.

#### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Programs" key until "Hill" program LED indicator lights up.

#### **Accepting default values or Entering the program setup mode**

When the dot matrix display shows Hill program profile, it indicates you are about to select the Hill program:

- Press "Start" key to accept current default values and begin Hill program workout.
  - Default Time = 30 minutes
  - Default Level = a preset level profile with default difficulty level = L1.
- Or press "Enter" to enter program setup mode. The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

#### **During the Program**

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down. Pulse display will start displaying if there is a valid pulse.

#### Adjustment

- Press "Level Up/Down" key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

#### **Ending the Program**

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.

## WORKOUT PROGRAMS, CONTINUED

### STRENGTH

#### **Getting Started**

The Strength program gradually increases the workload over time. This program focuses on strengthening both your heart and your major muscle groups.

#### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Programs" key until "Strength" program LED indicator lights up.

#### **Accepting default values or Entering the program setup mode**

When the dot matrix display shows Strength program profile, it indicates you are about to select the Strength program:

- Press "Start" key to accept current default values and begin Strength program workout.
  - Default Time = 30 minutes
  - Default Level = a preset level profile with default difficulty level = L1.
- Or press "Enter" to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
  - Entering Age
  - Entering Weight
  - Entering Time

#### **During the Program**

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

##### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

##### Adjustment

- Press "Level Up/Down" key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

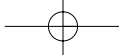
#### **Ending the Program**

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*

See Basic Operation section for details.

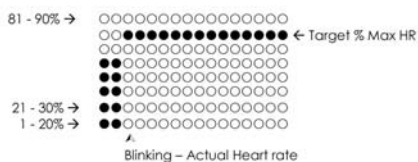




## WORKOUT PROGRAMS, CONTINUED



### HR Interactive Programs



### Target HR

## HR INTERACTIVE PROGRAMS

Dot matrix display during HR Interactive programs — The dot matrix display will display program % Max HR profile, not level profile. The row of target % Max HR LEDs will light up to indicate your goal; then the current segment LEDs will light up and blink to show your actual heart rate. You could compare your actual heart rate against your goal while exercising.

### TARGET HEART RATE

#### Getting Started

The Target Heart Rate program is designed to keep you training at your chosen heart rate level. Computer will adjust the intensity level automatically to ensure the target heart rate is achieved and maintained during the entire program.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

#### Beginning the Program

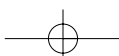
During idle mode, the dot matrix window displays "DB". To begin this program, press "HR Interactive" key until "Target HR" program LED indicator lights up.

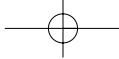
#### Accepting default values or Entering the program setup mode

When the dot matrix display shows Target HR program profile, it indicates you are about to select the Target HR program:

- Press "Start" key to accept current default values and begin Target HR program workout.
  - Default Time = 30 minutes
  - Default Target HR = 120bpm.
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:
  - Entering Age
  - Entering Weight
  - Entering Time
  - Entering Target HR
    1. If Enter key is pressed after time adjustment, the dot matrix window will flash "HR".
    2. The pulse display will display & blink the default target HR = 120.
    3. You may press "Level Up/Down" key to adjust the target HR up to 85% of Max HR.
    4. After HR adjustment, press "Enter" or "Start" to accept and begin this program.

*(Note: you may press Start key anytime to skip the setup and begin the work out immediately.)*





## WORKOUT PROGRAMS, CONTINUED

### During the Program

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display:
  - o If there is no pulse input, the Pulse data display will show " - - - " and blink. If there continues to be no pulse input, this console will maintain its current resistance setting and not changing until the program ends or is changed.
  - o If there is a valid pulse, the Pulse display will show the actual pulse reading.

#### Adjustment

- Press "Level Up/Down" key to adjust the target HR setting. The Pulse window will blink the target HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the % Max HR profile accordingly.

### Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*  
See Basic Operation section for details.

### HR INTERVAL

#### **Getting Started**

The Heart Rate Interval program is designed to alternate periods of hard work (Work phase) with periods of easy work (Rest phase). The console will adjust the resistance level up to meet your Work heart rate goal and adjust it down to recover. This phase changes every 2 segments to best condition your cardiovascular system.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

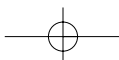
#### **Beginning the Program**

During idle mode, the dot matrix window displays "DB". To begin this program, press "HR Interactive" key until "HR Interval" program LED indicator lights up.

#### **Accepting default values or Entering the program setup mode**

When the dot matrix display shows HR Interval program profile, it indicates you are about to select the HR Interval program:

- Press "Start" key to accept current default values and begin HR Interval program





## WORKOUT PROGRAMS, CONTINUED

workout.

- o Default Time = 30 minutes
- o Default Work HR = 150bpm, Rest HR = 120bpm
- Or press "Enter" to enter program setup mode. The message display will take you through the program setup mode step by step as below:
  - o Entering Age
  - o Entering Weight
  - o Entering Time
  - o Entering Rest HR
    1. If Enter key is pressed after time adjustment, the Rest HR setting columns of dot matrix window will blink.
    2. The pulse display will display & blink the default Rest HR = 120.
    3. You may press "Level Up/Down" key to adjust the Rest HR up to 80% of Max HR.
    4. After Rest HR adjustment, press "Enter" to accept and begin this program.
  - o Entering Work HR
    1. If Enter key is pressed after Rest HR adjustment, the Work HR setting columns of dot matrix window will blink.
    2. The pulse display will display & blink the default Work HR = 150.
    3. You may press "Level Up/Down" key to adjust the Work HR from "Rest HR setting" to "85% of Max HR".
    4. After Work HR adjustment, press "Enter" or "Start" to accept and begin this program.

*(Note: you may press Start key anytime to skip the setup and begin the workout immediately.)*

### During the Program

As soon as the "Enter" or "Start" key is pressed, the Warm Up will be active. See Warm Up mode section for details.

#### Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show the selected program time and count down.
- Pulse display:
  - o If there is no pulse input, the Pulse data display will show " - - - " and blink. If there continues to be no pulse input, this console will maintain its current resistance setting and not changing until the program ends or is changed.
  - o If there is a valid pulse, the Pulse display will show the actual pulse reading.

#### Adjustment

- Press "Level Up/Down" key during Rest HR segment to adjust the Rest HR setting of the remaining program. The Pulse window will blink the Rest HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the Rest %Max HR profile accordingly.
- Press "Level Up/Down" key during Work HR segment to adjust the Work HR setting of the remaining program. The Pulse window will blink the Work HR setting and adjust. Until the adjustment is done, it then will resume to display



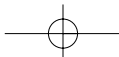
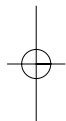
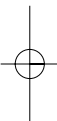
## WORKOUT PROGRAMS, CONTINUED

actual HR. Dot matrix window will update the Work %Max HR profile accordingly.

### Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

*Pause, Reset, Re-start or Switch a program*  
See Basic Operation section for details





## MAINTENANCE

### CAUTION – FOR SAFE OPERATION

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.

As part of Diamondback's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage, which may void the warranty.

After exercising, always wipe down your unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback Fitness dealer.





## DOMESTIC WARRANTY INFORMATION

**(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)**

### Effective: August 2006

Diamondback warrants this equipment to be free from defects in material and workmanship under normal use in the home. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

### Who is covered:

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

### To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

### Warranty Registration:

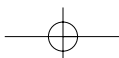
Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

## WHAT IS COVERED

*Maximum Usage: 14 Hours per week*

Frame:	Lifetime limited Warranty. Covers defects in welds, materials and workmanship.
Brake:	Lifetime Limited Warranty
Parts & Electronics:	2 years
Normal Wear Items:	90-day limited on foam grips, pedals, and other areas subject to wear
Labor:	1 Year





## DOMESTIC WARRANTY INFORMATION (CONTINUED)

### Warranty voided if:

The Warranty does not apply to any failure of the product, or any parts of the product due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

Damaged wire harness.  
Stripped crank arms and/or pedals.  
Bolts used in the wrong location.

### Parts & Service:

Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at [www.diamondbackfitness.com](http://www.diamondbackfitness.com) to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

### Exclusions:

Warranty is void if the 960Sr unit is placed in a commercial or major institutional environment such as a health club, school, or correctional facility, or a light institutional environment such as a corporate gym, hotel, or motel.

### Additional Rights:

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondback Fitness, Inc. products are not authorized to modify this Warranty in any way.

This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

### **Diamondback Fitness, Inc.**

300 Camarillo Ranch Road  
Camarillo, CA 93012

Phone no. 800.776.7642

# WARRANTY CARD



**Important! • Important! • Important! • Important! • Important! • Important!**

Warranty card must be completed and returned to Diamondback within **15 days** of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at [www.diamondbackfitness.com](http://www.diamondbackfitness.com).

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone No.: \_\_\_\_\_ Evening phone No.: \_\_\_\_\_

Dealer Store Name: Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Model: \_\_\_\_\_ Serial No.: \_\_\_\_\_

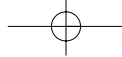
Purchase Date: \_\_\_\_\_

Mail completed form to:

**Diamondback Fitness - Warranty Card**

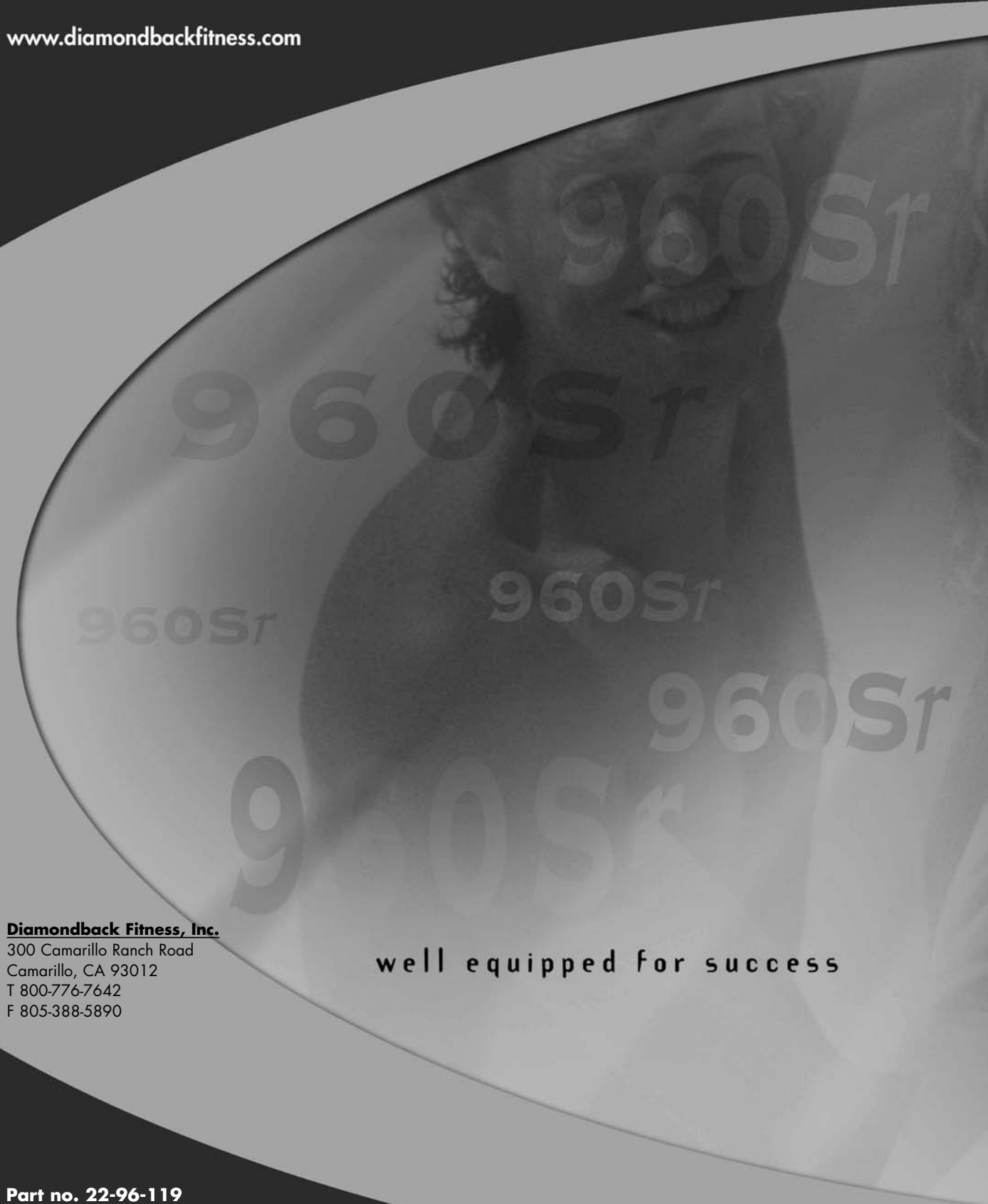
300 Camarillo Ranch Road

Camarillo, CA 93012



Please refer to [www.diamondbackfitness.com](http://www.diamondbackfitness.com) for instructions in French.  
Svp référez-vous [www.diamondbackfitness.com](http://www.diamondbackfitness.com) pour instructions en français.

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



**Diamondback Fitness, Inc.**

300 Camarillo Ranch Road  
Camarillo, CA 93012  
T 800-776-7642  
F 805-388-5890

well equipped for success

**Part no. 22-96-119**

