

Owner's Manual & Assembly

600 SERIES

600U | 600R | 600ES | 600EL



DIAMONDBACK

Fitness

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... **600** series

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.

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

Glossary of Terms

LED's =	The lights on the face of the console.
Programs =	Quick Start, Manual, Random, Fatburner, Interval, Strength, Endurance
Stage =	Represented by a vertical column of lights on the dot matrix screen.
Watts =	The amount of energy currently being expended.
Work =	The amount of energy expended during exercise.

Safety Instructions & Warnings

The 600 series 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 YOUR 600 SERIES UNIT.**

CAUTION - FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts.
2. Before beginning any exercise program on the 600 series equipment, 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 an 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 a physician before continuing.
6. Drink fluids if you exercise for twenty or more minutes on any 600 series unit.

WARNING - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 600 series equipment, do not install attachments or accessories not provided or recommended by Diamondback.
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 on any 600 series unit.
5. User weight is not to exceed 250 pounds / 113 kilograms.
6. Keep children away from 600 series 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 600 series unit in an area that will meet minimum clearance requirements:
 - Front, Back & Sides: 4 feet / 30cm
8. Keep 600 series 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. The 600 series is intended for indoor use in the home environment. It is not intended for outdoor use.
10. Drink fluids if you exercise for twenty or more minutes on your 600 unit.
11. Place your 600 series unit on a solid, level surface when in use.
12. Use the handlebars or handrails when getting on and off your 600 series unit.
13. Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback fitness dealer for service.



THE NEXT STEP

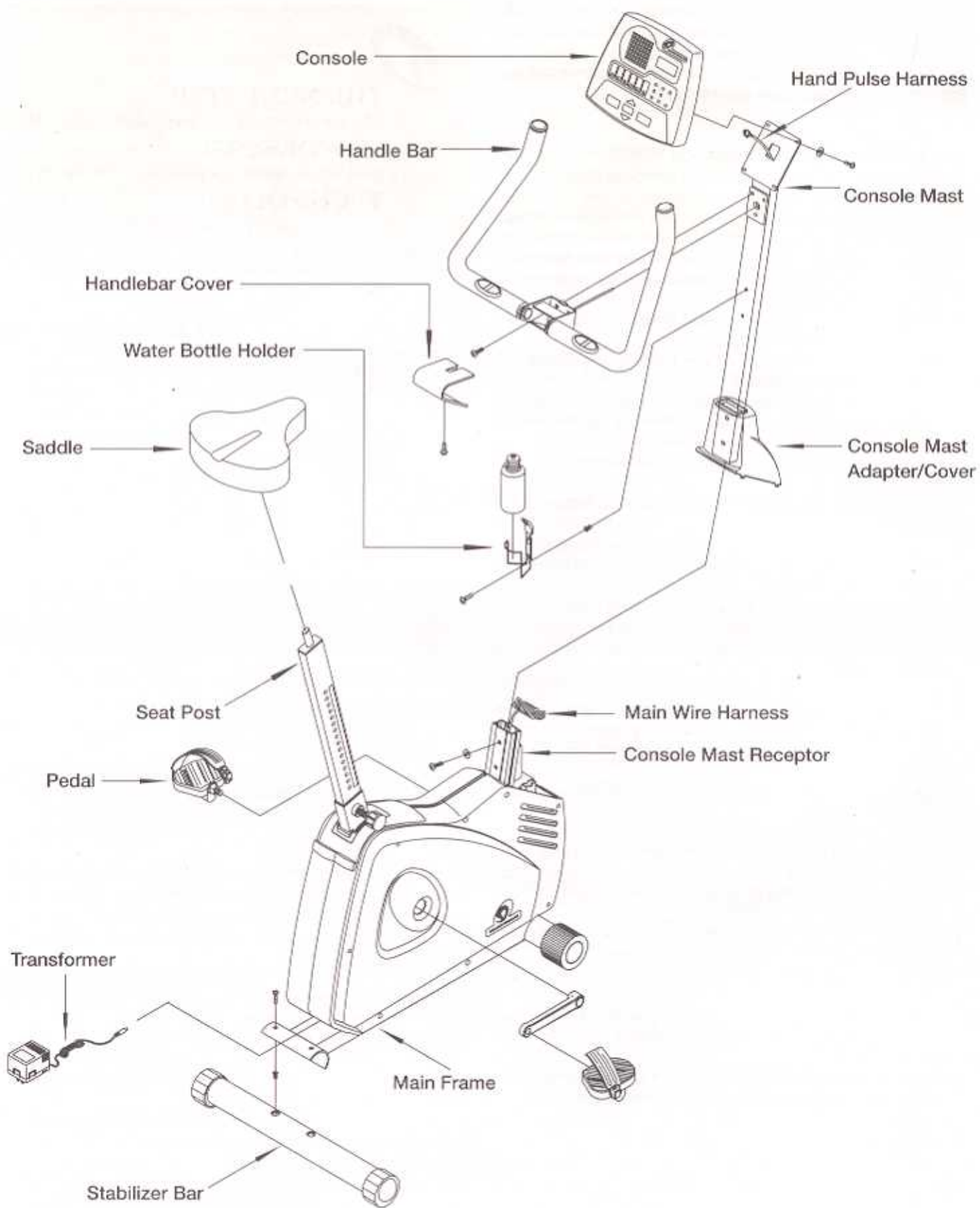
The fitness experts at Diamondback believe that

IN WORKOUT

working out is not just for athletes but for all people.

TECHNOLOGY.

600U Assembly Drawing





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GREATER SPEED.

Frame Assembly

1. Unscrew two M8 x 20mm bolts from the rear stabilizer bar.
2. Place rear stabilizer bar under rear main frame body and align screw holes.
3. Insert and tighten these two M8 x 20mm screws using a 5mm Allen wrench.
4. Install seatpost by sliding it into seatpost receptor.

Console Mast Assembly

1. Install console mast adapter/cover onto console mast.
2. Insert the main wire harness into the bottom opening of the console mast tube. Push the harness up the tube until the connector of the harness appears in the opening at the top of the tube.

WIRING HARNESS INSTALLATION TIP:

Straighten the loops of the wiring harness so that it can slide smoothly into the console mast. Hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.

3. Install the console mast by sliding it into the console mast receptor while pulling the wiring harness. This will keep the slack out of the harness so the wires will not get pinched and short out. Insert and tighten two M8 x 40mm screws and washers using a 5mm Allen wrench. Be sure not to pinch wire harness while tightening these two screws.
4. Snap console mast adapter/cover into top of sidecase.

Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the three M8 x 12mm screws using a 5mm Allen wrench. Be sure not to pinch the hand pulse harness during this procedure as this will damage the electronic console.
3. Insert and install handlebar cover onto handlebar and tighten one M8 x 12mm screw on the bottom of the handlebar cover.

Console Assembly

1. Connect both plugs, from the main wiring harness and hand pulse wiring harness, to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks).

WIRING HARNESS INSTALLATION HINT:

Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.

2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using a Phillips screwdriver.



Saddle Assembly

1. Assemble saddle onto seatpost.
2. Tighten the affixing nut and washer using a 17mm open-end wrench.

SADDLE ANGLE ADJUSTMENT HINT:

Hold the rear of saddle in the optimum comfort position and tighten the nut at the same time.

Pedal Assembly

1. Use a 15mm open-end wrench to firmly affix the pedals to the cranks. **Make sure to tighten the pedals as tight as possible. Failure to do so can and will cause the pedal to loosen and damage the threads in the crank arm. Also retighten the pedals after eight hours of use. If the crank arm threads are damaged due to failure to tighten the pedals properly, the warranty for the crank will not be honored.**
2. The left and right pedals are different and are denoted as right or left on the bottom of each pedal. NOTE: Left pedal threads counter-clockwise.

Waterbottle Assembly

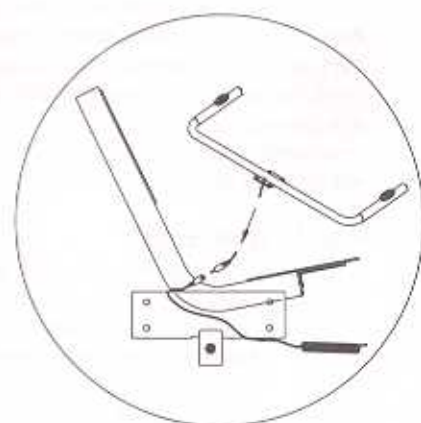
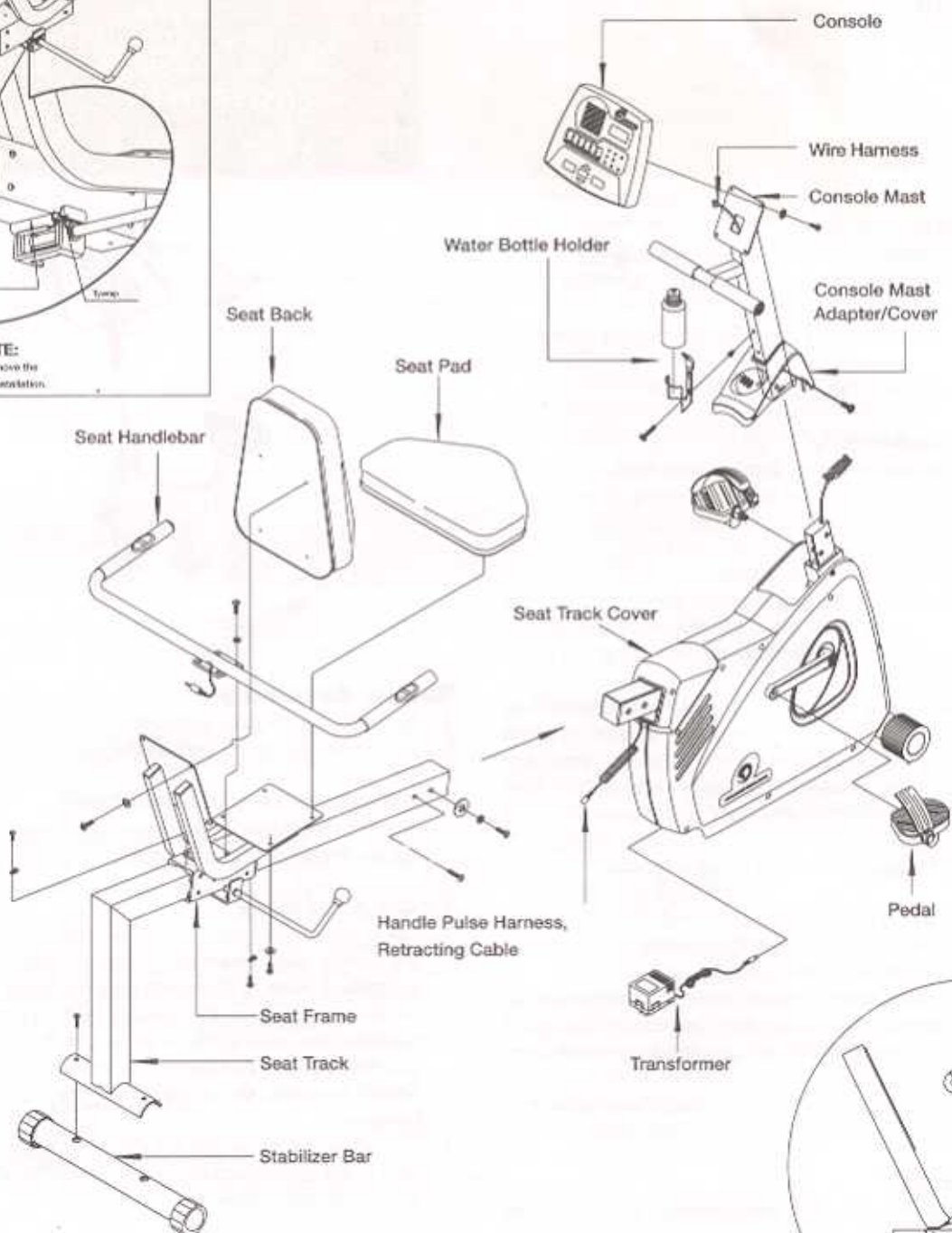
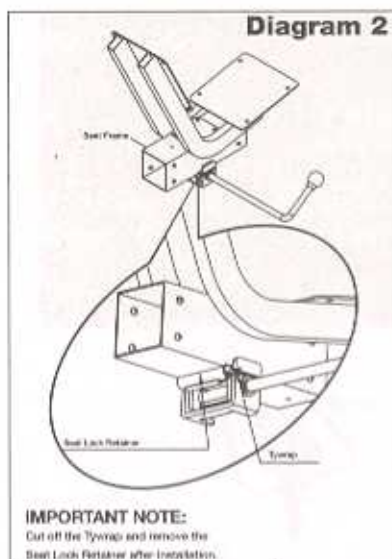
1. Place the bottle holder on the console mast. Insert and tighten the two M5 x 12mm screws using a screwdriver.
2. Snap the waterbottle into the bottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer into power outlet. NOTE: Be sure to use right transformer for your power outlet, 110V or 220V.

600R Assembly Drawing

Diagram 2





YOU'LL BE VERY

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Rear Frame & Seat Assemblies

1. Unscrew two M8 x 20mm bolts from the rear stabilizer bar.
2. Remove the hand pulse harness which is stored in the seat track receiving tube. Assemble seat frame to seat track. Cut off tywrap and remove the seat lock retainer that holds the seat lock in the locked position (see diagram 2). Make sure to adjust the seat tightening mechanism so it will not bind with the seat track upon installation.
3. Install seat track assembly by sliding seat track onto seat track receptor. Be careful not to pinch the coiled hand pulse harness during seat track installation. Securely fasten the seat track using two M8 x 15mm screws and the seat track stops using two M8 x 20mm screws and washers with a 5mm Allen wrench. Take note that the seat track stops must be installed on the screws closest to the seat track cover (see diagram). Do not over tighten the seat track stop screws.
4. Place rear stabilizer bar under the seat track and align the screw holes.
5. Insert and tighten two M8 x 20mm screws using a 5mm Allen wrench.
6. Install seat frame handlebar onto the seat frame using four M8 x 15mm screws and washers using a 5mm Allen wrench.
7. Connect the plug from the hand pulse wiring harness of the seat handlebar to the plug receptor of the retracting cable hanging out of the sidecase. Secure the hand pulse harness on the back and bottom of the seat frame by tightening the harness on the cord clamps with the two tywraps included in the hardware box.
8. Install seat back and seat pad onto the seat frame using four M6 x 15mm screws and split washers (for each pad).

Console Mast Assembly

1. Install console mast adapter/cover onto console mast.
2. Run both wiring harnesses through the bottom of console mast to the top of console mast opening. Pull the harnesses until just tight, DO NOT PULL HARD. WIRING HARNESS INSTALLATION HINT: Straighten the loops of the wiring harnesses and twist both harnesses so that it can slide smoothly into the console mast.
3. Install the console mast by sliding it into the console mast receptor while pulling the wiring harness. This will keep the slack out of the harness so the wires will not get pinched and short out. Insert and tighten four M8 x 12mm screws using a 5mm Allen wrench. Be sure not to pinch wiring harnesses while tightening screws.
4. Snap console mast adapter/cover into top of sidecase.



Console Assembly

1. Connect the plugs from the main wiring harness and hand pulse to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks). WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mast.
2. Fasten the console to the console mast with the four M5 x 12mm screws and washers using a Phillips screwdriver.

Pedals Assembly

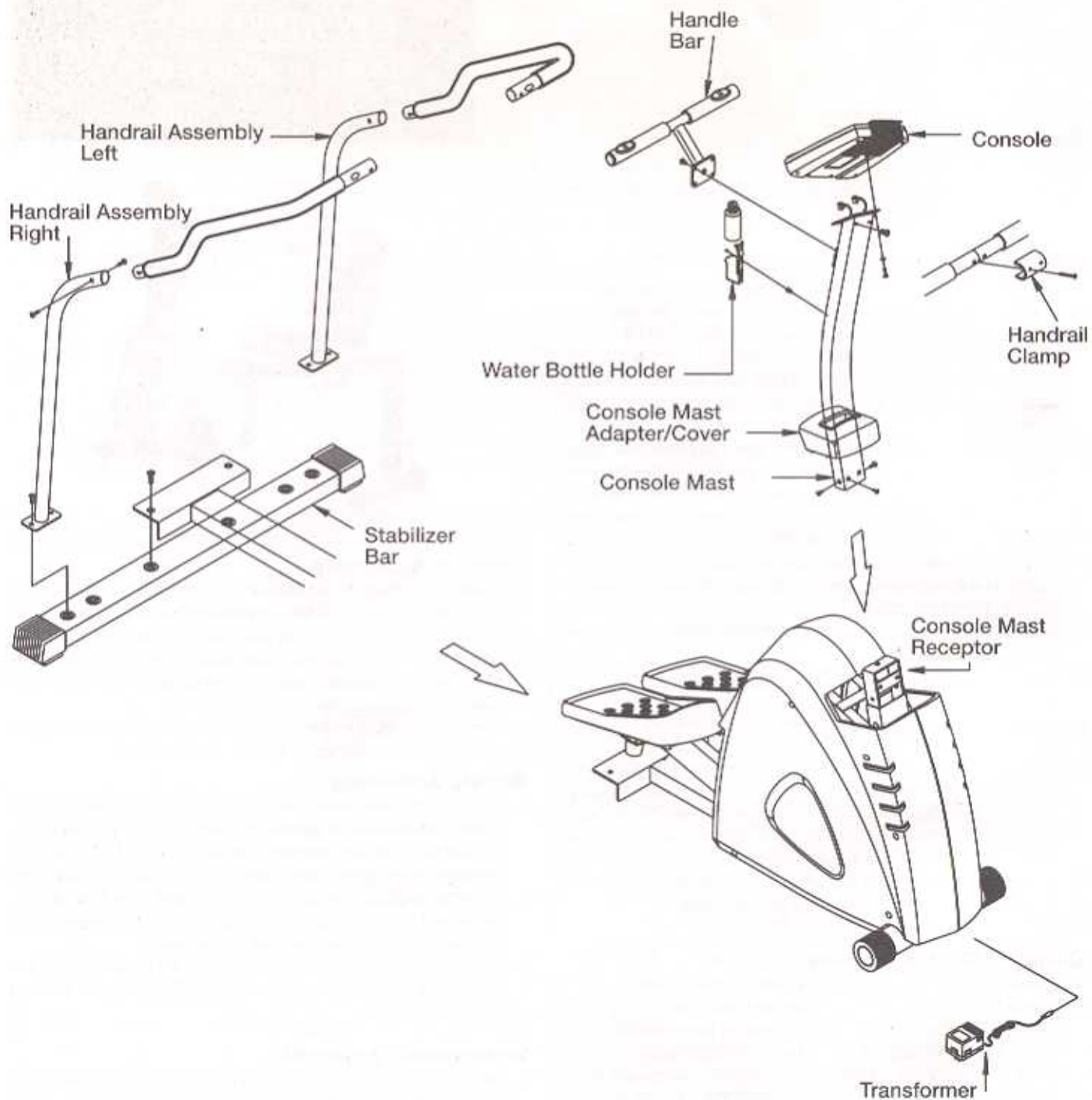
1. Use a 15mm open-end wrench to firmly affix the pedals to the cranks. **Make sure to tighten the pedals as tight as possible. Failure to do so can and will cause the pedal to loosen and damage the threads in the crank arm. Also retighten the pedals after eight hours of use. If the crank arm threads are damaged due to failure to tighten the pedals properly, the warranty for the crank will not be honored.**
2. The left and right pedals are different and are denoted as right or left on the bottom of each pedal. NOTE: Left pedal threads counter-clockwise.

Waterbottle Assembly

1. Place the bottle holder on the console mast. Insert and tighten the two spacers and two M5 x 12mm screws using a screwdriver.
2. Snap the waterbottle into the bottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer into power outlet. NOTE: Be sure to use



600R Assembly Instructions



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Frame Assembly

1. Place rear stabilizer bar under main frame body and align screw holes.
2. Insert and tighten the two M8 x 20mm screws with a 5mm Allen wrench.

Console Mast Assembly

1. Install console mast adapter/cover onto console mast.
2. Insert the main wire harness into the bottom opening of the console mast tube. Push the harness up the tube until the connector of the harness appears in the opening at the top of the tube. **WIRING HARNESS INSTALLATION HINT:** Straighten the loops of the wiring harness so that it can be slid smoothly into the console mast. Hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.
3. Install the console mast by sliding it onto the console mast receptor while pulling the wire harness. This will keep the slack of the harness so the wires will not get pinched and short out. Insert and tighten the four M8 x 12mm screws with a 5mm Allen wrench.
4. Snap the console mast adapter/cover into top of sidecase.

Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the four M8 x 12mm screws using 5mm Allen wrench. Be sure not to pinch the hand pulse harness during this procedure as this will damage the electronic console.

Console Assembly

1. Connect both plugs from the main wiring harness and hand pulse wiring harness to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks). **WIRING HARNESS INSTALLATION HINT:** Any excess wiring must be carefully insert (stored) back into the console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using 1 Phillips screwdriver.

Handrail Assembly

1. Assemble the upper and lower sections of the right and left handrails using two M8 x 12mm screws each with a 5mm Allen wrench.
2. Place the left and right handrails onto the upper portion of the console mast. Assemble the handrail clamp cover and handrails onto the upper portion of the console mast. Insert and finger



tighten the two M8 x 55mm Allen screws. Align screw holes on the bottom of the handrails and top of the stabilizer bar. Insert and tighten two M8 x 20mm screws into each handrail and tighten with a 5mm Allen wrench. Tighten the clamp cover on upper portion of the console mast with a 5mm Allen wrench.

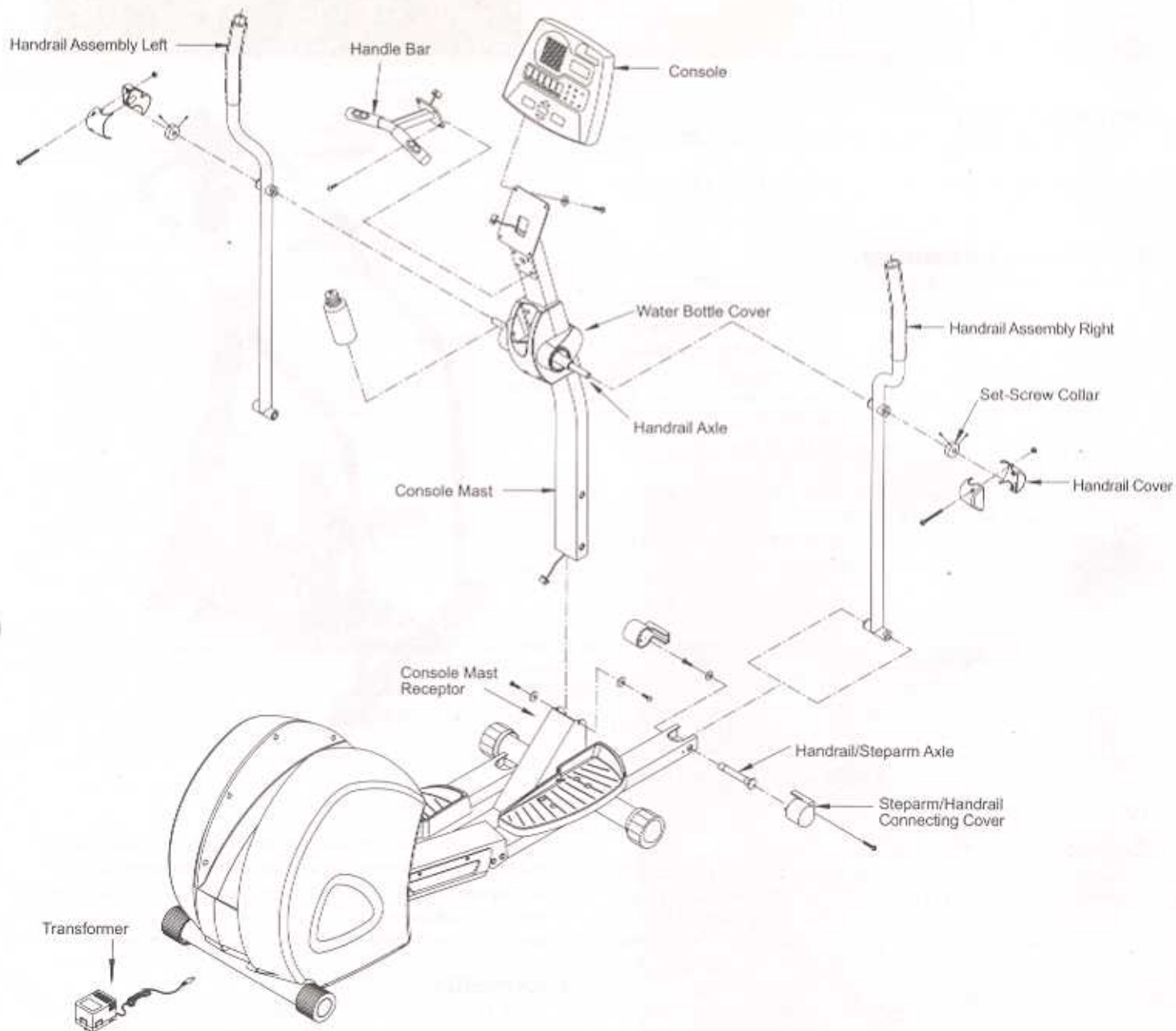
Waterbottle

1. Place the bottle holder on the console mast. Insert and tighten the two M5 x 12mm screws using a screwdriver.
2. Snap the water bottle into the bottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the front/bottom side of main frame.
2. Plug the transformer into power outlet. **NOTE:** Be sure to use right transformer for your power outlet, 1100V or 220V.

600EL Assembly Drawing



600EL Assembly Instructions



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Console Mast Assembly

1. Connect main wire harness at bottom of console mast to wire harness at front of frame.
2. Slide console mast into console mast receptor at front end of frame. Be careful not to pinch the wire harness.
3. First, attach console mast to frame at upper holes location on both sides using two M8 x 20mm screws with their washers and a 5mm Allen wrench. Do not tighten too much yet.
4. Next, attach console mast at lower holes location on both sides of console mast receptor. NOTE: there are three holes on either side to choose from. The middle hole is for average-sized users and will be suitable for most. The hole closest to the foot pads is for taller users, and the hole farthest from the foot pads is for shorter users. Choose the desirable hole and tighten the screws by using two M8 x 20mm screws with their washers and a 5mm Allen wrench. Then tighten the 2 screws of upper holes of console mast receptor.



Handrail Assembly

1. Attach right handrail to the console mast at the right handrail axle using the set-screw collar. Tighten the set-screw of the right handrail set-screw collar by using the 3mm Allen wrench.
2. Next, attach the right handrail to the bottom of the right steparm. Insert the handrail/steparm axle through the holes in the steparm and through the tube at the bottom of the handrail, and attach handrail by using & tighten the M8 x 20mm screw with washer and a 5mm Allen wrench.
3. Assemble the left handrail the same way.
4. Attach both steparm/handrail connecting covers using M5 x 25mm screws each and a Phillips screwdriver.
5. On either side of the water-bottle cover, attach the handrail covers to each other around the handrails. Use the two M4 x 40mm screws and nuts each side and tighten them with a Phillips screwdriver and an open wrench.

Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the four M8 x 12mm screws using 5mm Allen wrench. Be sure not to pinch the hand pulse harness during this procedure as this will damage the electronic console.

Console Assembly

1. Connect both plugs from the main wiring harness and hand pulse wiring harness to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks). WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully insert (stored) back into the console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using 1 Phillips screwdriver.

Waterbottle

1. Insert the waterbottle into the waterbottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer output into power outlet. NOTE: Be sure to use right transformer for your power outlet, 110V or 220V.

General 600 Series Tips

Cadence: There is a strong relationship between cadence (revolutions <RPM>/steps <SPM>) and the efficiency of your workouts. Research indicates that you will be more comfortable and get a lot more work done if you maintain a cadence of at least 60 RPM or SPM. The 600 series console will give you a continuous readout of your cadence.

600U/R

Proper adjustment of seat 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. These biomechanically designed stationary cycles are fully adjustable to optimize comfort.

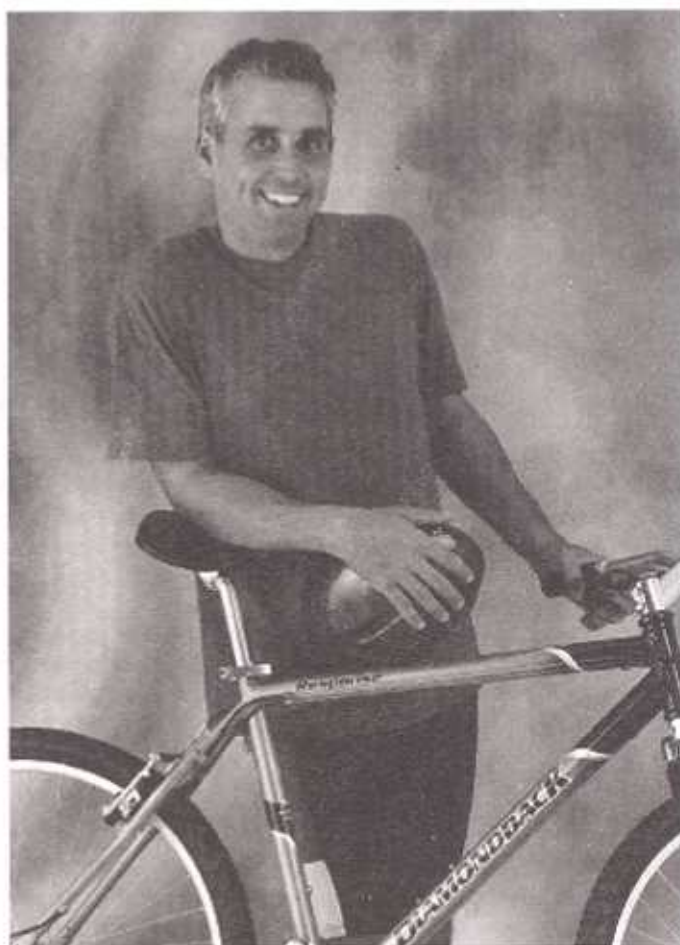
1. **Leg Extension:** The seat should be positioned such that the leg is almost fully extended when the ball of the foot is on the pedal and the pedal is in the position furthest from the body. This will allow for greater use of more leg muscles, thereby maximizing cardiovascular benefit while minimizing fatigue.
2. **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 stabilize your foot on the pedals but do not use them if they place your foot in an unnatural position.

600ES

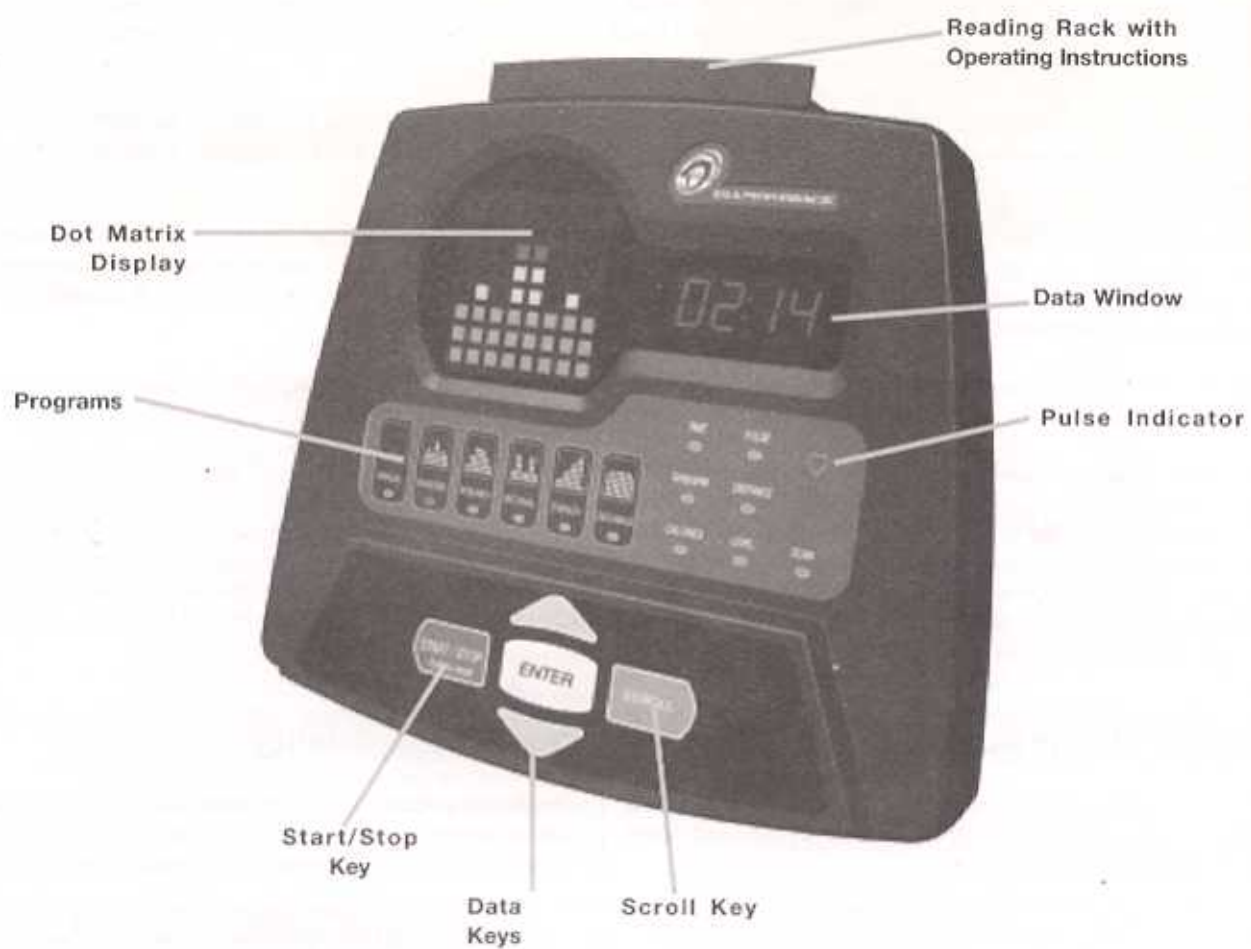
The 600ES is designed to accommodate most adults. The maximum step height is 18 inches with an effective range of 5 to 18 inches. Generally, longer steps will involve a greater use of more leg muscles, thereby maximizing cardiovascular benefit while minimizing fatigue.

600EL

The 600EL has the longest stride length (21 inches) in its class. This ensures full leg muscle involvement and a very smooth motion. The 600EL also incorporates forward and reverse motion to work all major leg muscle groups. These features along with the upper body component of the 600EL give you a total body workout.



600 Series Console Layout



Exercise Guidelines

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.

In 1996, the office of the Surgeon General of the United States 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.

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. 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.

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 600 series is equipped with a hand pulse sensor system. What it does is automatically count your heart rate while you are exercising. 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 which is between 60% and 85% of your maximum heart rate.

Maximum Heart Rate & Training Zone

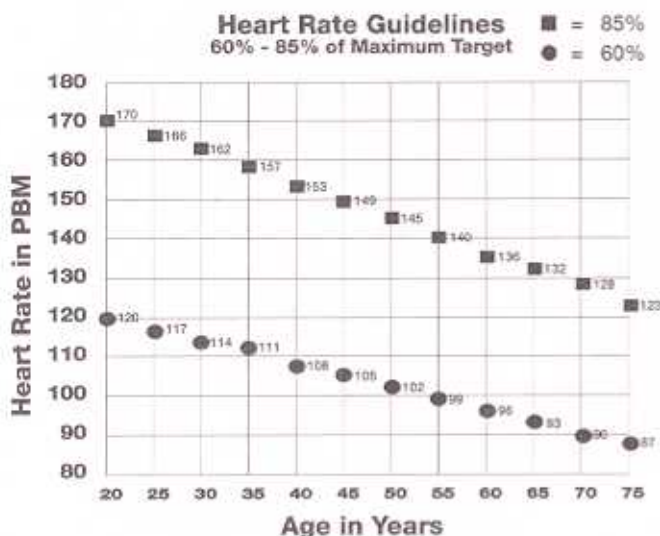
To calculate your maximum heart rate and find your training zone use the following formula. An example has been provided below based on a 35-year-old person

$$220 - \text{Age} = \text{Maximum Heart Rate} \\ (220 - 35 = 185)$$

$$60\% \text{ of Maximum Heart Rate} \\ (60\% \times 185 = 111 \text{ bpm})$$

$$85\% \text{ of Maximum Heart Rate} \\ (85\% \times 185 = 157 \text{ bpm})$$

Training Zone: 111 bpm - 157 bpm

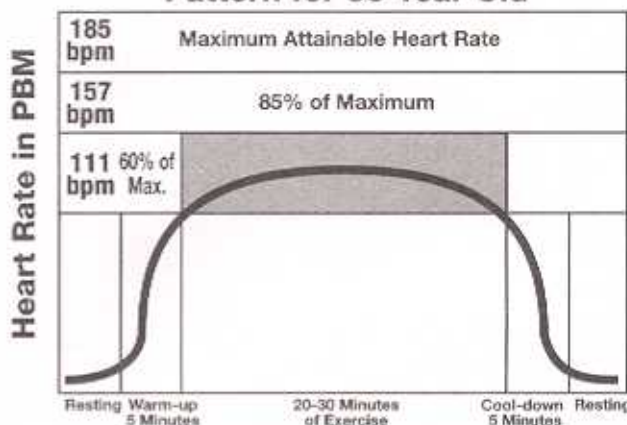


Quantity & Quality

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:

- 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 a week to your program.*

Typical Target Zone Exercise Pattern for 35 Year Old



Heart Rate Monitoring

Pulse Hand Grips (Standard)

The 600 Series units monitor your heart rate and come standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading.

Operating Tips:

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

- 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.

Quick Start Manual Mode

The QUICK START mode allows you to start working out with the touch of one button.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Beginning the Program

- Just press the START key. You are automatically set up with a 30 minute workout.

Adjusting Load

- Use data ▲ or ▼ keys to adjust the load level shown in the dot matrix screen.

Program End

The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- **Pause & Resume** - The program may be interrupted, for up to 5:00 minutes, by pressing the STOP key once. To resume program, press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Manual Program

The MANUAL mode allows you to select the work level you feel comfortable with.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the MANUAL Program

- Press the data ▲ or ▼ keys to select the MANUAL program. This is indicated by the light under the MANUAL profile illuminating. Then press ENTER.

Entering Workout Time

1. The TIME LED illuminate and the DATA WINDOW flashes a default time of 0:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected, then the time will count up from zero.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- Pause & Resume - Program may be interrupted, for up to 5:00 minutes, by pressing the STOP key once. To resume program, press the START key. If you don't pedal for 25 seconds the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Random

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

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the Random Program

- Press the data ▲ or ▼ keys to select the RANDOM program. This is indicated by the light under the RANDOM profile illuminating. Then press ENTER.
- Press the data ▲ or ▼ keys to view an unlimited amount of computer generated random profiles. Each time you press the ▲ or ▼ keys a new profile will appear. When a profile appears that you desire, press the ENTER key to accept.

Entering Workout Time

1. The TIME LED illuminates and the DATA WINDOW flashes a default time of 30:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected then the default time of 30:00 minutes will be entered.
2. Press ENTER to accept.

Entering Workout Level

1. The LEVEL LED illuminated and the DATA WINDOW flashes a default level of 1. This indicates the easiest workout level for this program. If you desire a more challenging workout use the ▲ or ▼ keys to select a level up to level 9.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- Pause & Resume - The program may be interrupted, for up to 5:00 minutes, by pressing the STOP/pause key once. To resume program, begin pedaling and press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Fatburner

The FATBURNER program is designed to keep you working at a constant level of resistance. Some studies have indicated that this is the best way to burn fat in many individuals.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the Fatburner Program

- Press the data ▲ or ▼ keys to select the FATBURNER program. This is indicated by the light under the FATBURNER profile illuminating. Then press ENTER.

Entering Workout Time

1. The TIME LED illuminates and the DATA WINDOW flashes a default time of 30:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected then the default time of 30:00 minutes will be entered.
2. Press ENTER to accept.

Entering Workout Level

1. The LEVEL LED illuminated and the DATA WINDOW flashes a default level of 1. This indicates the easiest workout level for this program. If you desire a more challenging workout use the ▲ or ▼ keys to select a level up to level 9.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- **Pause & Resume** - The program may be interrupted, for up to 5:00 minutes, by depressing the STOP/pause key once. To resume program, begin pedaling and press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Interval

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.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the Interval Program

- Press the data ▲ or ▼ keys to select the INTERVAL program. This is indicated by the light under the INTERVAL profile illuminating. Then press ENTER.

Entering Workout Time

1. The TIME LED illuminates and the DATA WINDOW flashes a default time of 30:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected then the default time of 30:00 minutes will be entered.
2. Press ENTER to accept.

Entering Workout Level

1. The LEVEL LED illuminated and the DATA WINDOW flashes a default level of 1. This indicates the easiest workout level for this program. If you desire a more challenging workout use the ▲ or ▼ keys to select a level up to level 9.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- **Pause & Resume** - The program may be interrupted, for up to 5:00 minutes, by pressing the STOP/pause key once. To resume program, begin pedaling and press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Strength

The STRENGTH program gradually increases the workload over time. This will strengthen not only your heart, but also the major muscle groups which are doing the work.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the Strength Program

- Press the data ▲ or ▼ keys to select the STRENGTH program. This is indicated by the light under the STRENGTH profile illuminating. Then press ENTER.

Entering Workout Time

1. The TIME LED illuminates and the DATA WINDOW flashes a default time of 30:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected then the default time of 30:00 minutes will be entered.
2. Press ENTER to accept.

Entering Workout Level

1. The LEVEL LED illuminated and the DATA WINDOW flashes a default level of 1. This indicates the easiest workout level for this program. If you desire a more challenging workout use the ▲ or ▼ keys to select a level up to level 9.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- **Pause & Resume** - The program may be interrupted, for up to 5:00 minutes, by pressing the STOP/pause key once. To resume program, begin pedaling and press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Endurance

The ENDURANCE starts hard and doesn't let up. This is the most challenging workout you will ever encounter.

Getting Started

The 600 Series units power on automatically when any key is pressed or when you start to pedal. When the unit powers on it will be in the program select mode.

Selecting the Endurance Program

- Press the data ▲ or ▼ keys to select the ENDURANCE program. This is indicated by the light under the ENDURANCE profile illuminating. Then press ENTER.

Entering Workout Time

1. The TIME LED illuminates and the DATA WINDOW flashes a default time of 30:00 minutes. Use data ▲ or ▼ keys to select desired time. If no time is selected then the default time of 30:00 minutes will be entered.
2. Press ENTER to accept.

Entering Workout Level

1. The LEVEL LED illuminated and the DATA WINDOW flashes a default level of 1. This indicates the easiest workout level for this program. If you desire a more challenging workout use the ▲ or ▼ keys to select a level up to level 9.
2. Press ENTER to accept.

Begin Program

- Press START to begin program.

Program End

- The program time selected will count down to zero and the program will end indicated by a four beep signal. You may review your workout data (Calories burned and distance traveled) by pressing the SCROLL key. When you are finished reviewing the data, press the STOP key to return to the program select mode.

Program Notes

Pause, Resume and Reset

- **Pause & Resume** - The program may be interrupted, for up to 5:00 minutes, by pressing the STOP/pause key once. To resume program, begin pedaling and press the START key. If you don't pedal for 25 seconds, the unit will pause automatically. If the start key is not pressed within 5:00 minutes, the unit will power off and all program information will be lost.
- To reset the unit and return to the program select mode, press and hold the STOP key for three seconds. This will allow you to select a different program.

Domestic Warranty Information

(Applies to all product sold and placed within the continental US only)

Effective: February 2000

Diamondback warrants its 600 series 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 for the part to the original purchaser within 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.

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.

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

What is Covered

Frame & Brake:	Lifetime limited warranty, covers defects in welds, materials and workmanship.
Parts, Motor & Electronics:	2 Years
Normal Wear Items:	90 day limited on pedal straps, foam grips, etc.
Labor:	1 Year

Items Not Covered

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.

Parts & Service

Contact the authorized Diamondback dealer where unit was originally purchased. Diamondback is not responsible for arranging warranty service and/or honoring extended warranties provided by dealers.

Additional Rights

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

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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 pedals/cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated. This is standard initial "break in" service which must be performed after the first 8 to 10 hours of use. Untightened pedals/cranks may become loose, causing damage which may void warranty.

After training, always wipe down your 600 series 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 clean towel.

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

Specifications

Electrical Construction:

Power:	External power; 110VAC/220VAC wall mounted adapter.
Wiring:	22 AWG Copper, PVC jacketed
Console:	High Impact ABS plastic, Circuit Board: FR4 Fiberglass, LED 3-Color Dot matrix Display, One Numeric Window, 14 LED Indicators, Built-in Reading Rack
Console Feedback:	Time, RPM/SPM, Calories, Pulse, Distance, Level
Programming Options:	<ul style="list-style-type: none">• Manual Mode with Quick Start Option.• 5 Pre-Programmed Hill Profiles with 16 intensity levels.
Heart Rate:	Contact heart rate standard.

Mechanical Construction:

Brake System:	Electronically Controlled Magnetic Brake (ECB)
Flywheel:	24lbs. Balanced.
Drivetrain:	Fiber reinforced Wingprene Poly-V Belt, 6 groove.
Bearing:	High quality bearings in Bottom Bracket & Sealed ball bearings in brake.
Frame:	Welded Fourteen (14) Gauge Steel Tubing.
Paint:	Polyester epoxy powder coating. Wrinkle finish, Electrostatically applied.
Side Cases:	High Impact, ABS Plastic
Hardware:	SAE 1020 with BED Finish
Upholstery:	Polyurethane Emerald Surface Foam
Foam Grip:	PVC Nitrile Rubber
Operating Specifications:	Resistance range 25 to 750 watts.
User Weight Capacity:	250 lbs. / 113 kg.

Space & Weight Requirements

	Shipping Specifications	Assembled Specifications
600U Upright	85 lbs. / 38"Lx16"Wx29"H (38.5 kgs. / 952mmLx401mmWx726mmH)	71 lbs. / 35"Lx22"Wx55"H (32 kgs. / 889mmL x 560mmW x 1397mmH)
600R Recumbent	104 lbs. / 45"Lx17.5"Wx29"H (47 kgs. / 1127mmLx438mmWx726mmH)	95 lbs. / 57"Lx27"Wx47"H (43 kgs. / 1450mmL x 700mmW x 1194mmH)
600ES Stepper	130 lbs. / 45"Lx18"Wx31"H (59 kgs. / 1135mmLx455mmWx780mmH)	114 lbs. / 37"Lx37"Wx60"H (52 kgs. / 950mmL x 950mmW x 1600mmH)
600EL Elliptical	168lbs. / 63"Lx27"Wx31"H (76.3kgs. / 1600mmLx690mmWx780mmH)	152lbs. / 59"Lx26"Wx58"H (69kgs. / 1500mmL x 650mmW x 1480mmH)



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Part Number:
22-19-132

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