



HUR Rehab Recumbent & Upright Bikes

Owner's Manual



Important Safety Instructions

Read all instructions before using the bike. Be sure you understand operation of the bike before use. SAVE THESE INSTRUCTIONS.

Veillez lire toutes les instructions avant d'utiliser le tapis roulant. VEUILLEZ CONSERVER CES INSTRUCTIONS.

⚠ WARNING

Keep Children under the age of 13 away from machine.

⚠ AVERTISSEMENT

Garder les enfants de moins de 13 ans loin de la machine.

⚠ WARNING

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

⚠ AVERTISSEMENT

Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous sentez faible, arrêtez de vous entraîner immédiatement.

⚠ WARNING

This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

⚠ AVERTISSEMENT

Ce produit contient des produits chimiques reconnus par l'état de Californie comme pouvant causer le cancer, des anomalies congénitales ou d'autres troubles de la reproduction.

⚠ WARNING

To reduce the risk of injury to persons:

- Do not use this product without consulting your doctor first if you are suffering from any illness, condition or disability which affects your ability to exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition or disability. Failure to do so can result in serious injury.
- Close supervision is necessary when this unit is used by or near children or disabled persons.
- Keep the area around the bike clear of any obstructions, including walls and furniture. Be sure no objects that can impede or entangle the pedals are near or underneath the pedals when you are using the bike.
 - Allow a minimum clearance of at least 1m (3 feet) on each side of the bike.
 - Allow a minimum clearance of at least 45cm (18 inches) to the front and rear of the bike.
- Do not allow other people to interfere with the bike or the user when the bike is in use. Do not tip the bike when in use.
- Always wear shoes with rubber or high-traction soles. Do not operate bike with bare feet, slippers, high heels, leather soles or spikes.
- Use the bike only for its intended use as described in this manual. Do not use attachments not recommended by HUR.
- Do not drop or insert objects into any opening on the bike. Be sure no objects are near or beneath the bike while you are using it.
- Use caution when stepping onto or off the bike. Never sit facing backward while using the bike. Always face forward during your workout.

⚠️ AVERTISSEMENT

Pour réduire le risque de blessure corporelle :

- N'utilisez pas ce produit avant d'avoir consulté votre médecin si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice.
- N'utilisez pas ce produit sans surveillance si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice. Le non-respect de ces recommandations peut entraîner des blessures graves si vous chutez lorsque le tapis roulant est en mouvement.
- Une surveillance étroite est nécessaire lorsque le tapis roulant est utilisé par des enfants, des personnes invalides ou handicapées ou à leur proximité.
- Gardez la zone autour du vélo dégagée de toute obstruction, y compris des murs et des meubles. Assurez-vous qu'aucun objet pouvant gêner ou emmêler les pédales ne se trouve à proximité ou sous les pédales lorsque vous utilisez le vélo.
 - Gardez au moins 1M de dégagement de chaque côté du vélo.
 - Gardez au moins 45 cm de dégagement à l'avant et à l'arrière du vélo.
- Ne laissez personne interférer avec le vélo ou avec l'utilisateur lorsque le vélo est en cours d'utilisation. Ne pas renverser le vélo lors de son utilisation.
- Portez toujours des chaussures à semelles en caoutchouc ou à forte traction. Ne conduisez pas de vélo pieds nus, pantoufles, talons hauts, semelles en cuir ou pointes.
- N'utilisez de vélo que dans le cadre prévu et décrit dans ce manuel. N'utilisez aucune pièce supplémentaire non recommandée par HUR.
- Ne laissez pas de peluches, cheveux, poussières ou débris bloquer les ouvertures d'aération.
- Faites preuve de prudence lorsque vous montez ou descendez du vélo. Ne vous assoyez jamais à l'arrière lorsque vous utilisez le vélo. Toujours faire face à l'avant pendant votre séance d'entraînement.

⚠️ WARNING

Failure to observe the following warning statements can result in serious injury!

- Do not operate bike where aerosol (spray) products are being used or where oxygen is being administered.
- Do not operate outdoors, by a swimming pool or in areas of high humidity.
- Never operate the bike with the air openings blocked. Keep the air openings free of lint, hair and dust.
- Never place containers filled with liquid on the bike, except in the bottle holder. Containers should be securely covered.
- Never operate bike if it is not working properly or is damaged. Call your selling dealer immediately for examination and repair.
- To prevent entanglement and injury, never attempt to operate the pedals by hand. Never let the pedals support your full weight. Always ride sitting down, do not stand up on the bike at any time. Doing so could result in personal injury and damage to the bike.

⚠️ AVERTISSEMENT

Le non-respect des avertissements qui suivent peut entraîner de graves blessures !

- N'utilisez pas le vélo d'appartement lorsque des produits aérosols (sprays) sont utilisés ou lorsque de l'oxygène est administré.
- N'utilisez pas le vélo d'appartement en extérieur.
- Ne faites jamais fonctionner le vélo avec les ouvertures d'air obstruées. Gardez les ouvertures d'air exemptes de peluches, de cheveux et de poussière.
- Ne placez jamais de bidons remplis de liquide sur le vélo, sauf dans le porte-bouteille. Les conteneurs doivent être bien couverts.
- N'utilisez jamais le vélo s'il ne fonctionne pas correctement ou s'il est endommagé. Appelez immédiatement votre revendeur pour un examen et une réparation.
- Pour éviter tout enchevêtrement et toute blessure, n'essayez jamais d'actionner les pédales à la main. Ne laissez jamais les pédales supporter tout votre poids. Roulez toujours assis, ne vous tenez jamais debout sur le vélo. Cela pourrait entraîner des blessures et endommager le vélo.

Quick Start Guide

DANGER

Be aware of loose clothing, shoe laces and any other item of clothing that may become entangled in the pedals.

DANGER

Faites attention aux vêtements amples, aux lacets de chaussures et à tout autre vêtement qui pourrait se prendre dans les pédales.

Using the Control Panel

Note: HUR Rehab bikes are self-powered and require users to pedal at all times to keep the display on. If you stop pedaling the display will turn off and all statistics will be lost.

This manual covers the HUR Rehab Recumbent and Upright Bikes. For detailed instructions, see “Cardio Bike Operation” on page 33. Operation of the console is the same for all bike models.

Cardio Bike Console



Bike Controls: Quick Start Guide

To start the bike: Begin pedaling and after a few seconds the display will light. The starting effort level is set to Level 1.

To turn off the bike: Press **STOP** once to pause the bike. Press **STOP** twice to power down the bike. The display console will shut off and all current statistical information will be cleared.

To view your speed in different units: Press the **SPEED (+ / -)** to select MPH, Km/hr, or Revolutions per Minute.

To change effort level:

Press and hold **EFFORT (+)** key to increase effort. Pressing for more than 2 seconds raises effort faster. Release key when desired effort is shown on EFFORT display.

Press and hold **EFFORT (-)** key to reduce effort. Pressing for more than 2 seconds reduces effort faster. Release key when desired effort is shown in the EFFORT display.

To view different screens during workout:

Use the arrow keys at any time to choose the display screen that best suits your workout.

Switching English/Metric Display Units

The display shows English units (mph for speed, lb for weight) by default.

To switch from English to Metric follow the steps in “Hidden Menu” on page 50 and select **Toggle Units**.

Repeat the same steps to return to English if desired.

Important Safety Instructions	2
Quick Start Guide	6
1. Introduction	9
1.1. Before You Begin.....	9
1.2. Heart Rate Monitoring.....	13
1.2.1. What is exercise intensity?	13
1.2.2. What is maximum heart rate?.....	13
1.2.3. Why should I monitor exercise intensity?	14
1.2.4. How do I determine my Target Heart Rate Zone?	15
1.3. Heart Rate Monitors.....	15
1.3.1. Wireless Chest Strap Monitoring System	16
1.3.2. Contact Heart Rate Monitoring System	16
1.4. Program Capabilities	17
2. Recumbent Bike Assembly	18
2.1. Tools Needed	18
2.2. Unpacking.....	18
2.3. Assembly	19
3. Upright Bike Assembly	26
3.1. Tools Needed	26
3.2. Unpacking.....	26
3.3. Assembly	27
4. Cardio Bike Operation	31
4.1. Cardio Control Panel	31
4.2. Display Features.....	33
4.3. Using the Cardio Bike	35
4.4. Using the Built-in Programs	36
4.4.1. Description	36
4.4.2. Running a Built-In Program	37
4.5. Cardio User Programs	38
4.5.1. Learn Mode.....	40
4.6. Specific Goal Programs	41
4.7. Heart Rate Control Programs	42
4.7.1. Built-in HRC Programs	43
4.7.2. User-Defined Heart Rate Programs.....	44
5. Maintenance and Troubleshooting	46
5.1. Cleaning.....	46
5.2. Maintenance	47
5.2.1. Pedals.....	47
5.2.2. Moving the Bike	47
5.3. Self-Diagnostics.....	47
5.4. Hidden Menus.....	48

1. Introduction

This manual covers upright and recumbent bikes. Be sure you understand how to operate your bike's control panel before using the bike. See "Cardio Bike Operation" on page 33.

1.1. Before You Begin

Please do the following before you start to exercise on your bike:

- **Register your bike.** HUR backs your bike with a strong warranty. For the factory to respond if your bike has a problem, we need your warranty information on file. Your retailer have to register your products with the HUR Warranty Activation Form:



Please send the electronically completed HUR Warranty Activation Form to service@hur.fi to activate warranty.

- Select the proper location. The bike should be installed in a climate-controlled room.
 - See "Recumbent Bike Assembly" on page 19.
 - See "Upright Bike Assembly" on page 27.
- Familiarize yourself with the features of the bike, shown in the following figures.

Figure 1-1. Upright Bike Features and Controls

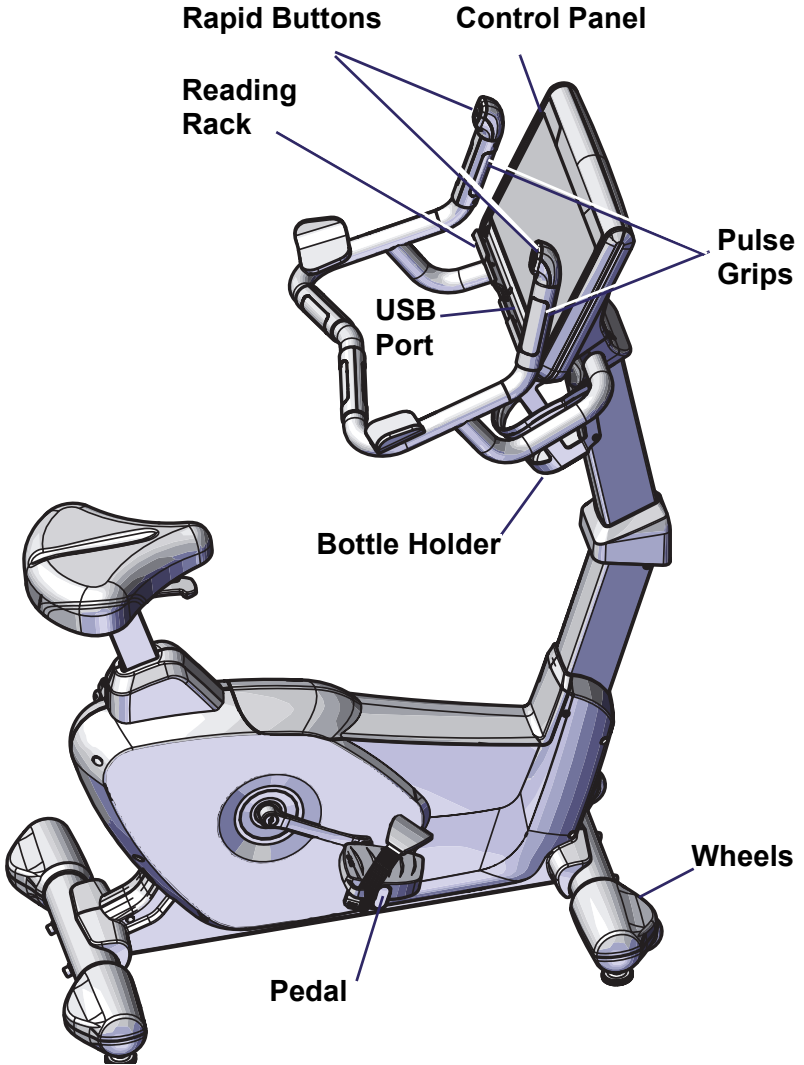


Figure 1-2. Recumbent Bike Features and Controls

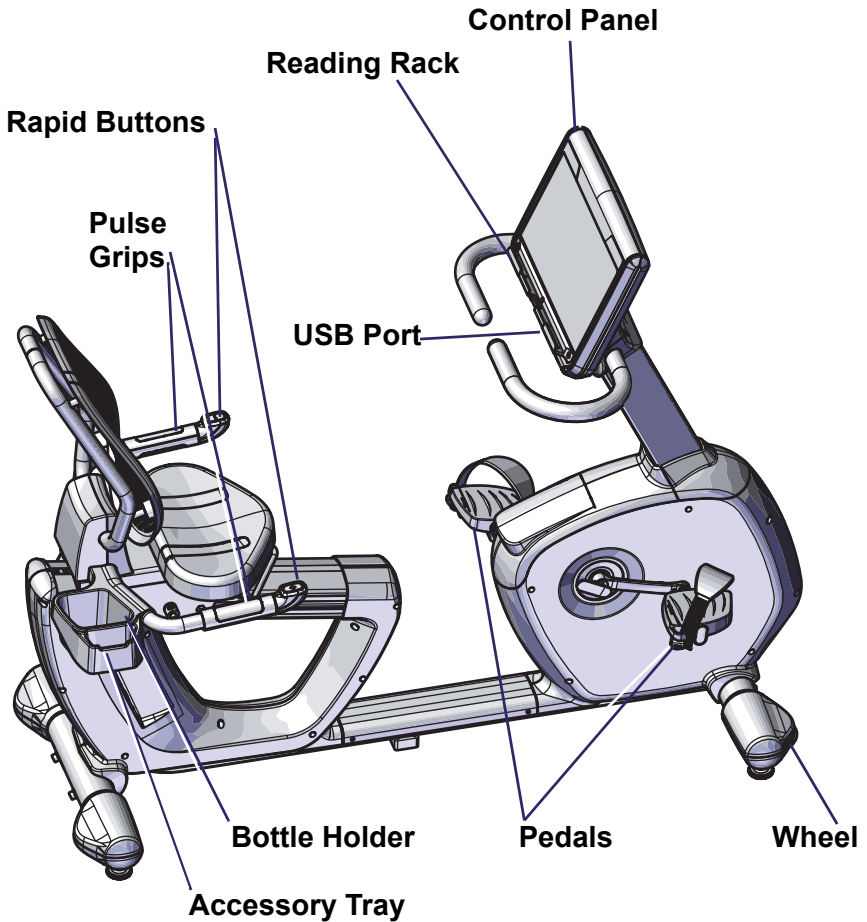




Table 1-1 Bike Features and Controls

Item	Description
Control Panel	Provides workout displays and controls.
USB Port	Provides a charging port for most devices up to 600mA. Service use only: allows software updates.
Reading Rack	Holds reading material or tablet.
Accessory Tray	Provides accessory storage.

Table 1-1 Bike Features and Controls (Continued)

Item	Description
Pulse Grips (2)	Detects pulse when hands are placed on the grips, allowing bike to calculate and display heart rate.
Rapid Resistance Buttons (2)	<p>Allow you to easily change the resistance without releasing the Pulse Grips.</p> <ul style="list-style-type: none"> • Recumbent bikes: located on the handles next to the seat. • Upright bikes: located by the console at the top of the handles.
Bottle Holder	Holds bottles/cups.
	To help avoid injury, do not sit on the seat while making adjustments. Make sure the seat is secure before beginning your workout.
	Pour éviter les blessures, ne vous asseyez pas sur le siège faire des ajustements. Assurez-vous que le siège est sécurisé avant de commencer votre séance d'entraînement.
Seat Adjustment	<p>Located beneath the seat to accommodate users of all heights.</p> <ul style="list-style-type: none"> • Recumbent bike: pull up the adjustment handle and slide seat forward or backward along inclined path to desired position. The seat remains level for maximum comfort. • Upright bike: pull up the adjustment handle and move seat up or down to desired height.

1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people.

⚠️ WARNING

The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this equipment!

⚠️ AVERTISSEMENT

L'utilisation de cet équipement implique l'absence de maladie cardiaque ou respiratoire ou autre problème de santé susceptible d'être affecté par l'exercice physique. Consultez votre médecin avant d'utiliser cet équipement !

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

John's estimated maximum heart rate is: $220 - 35 = 185$

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.(THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: $185 \text{ (MHR)} \times 0.6 = 111 \text{ bpm}$
- Upper target limit: $185 \text{ (MHR)} \times 0.85 = 157 \text{ bpm}$
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more. The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

1.3. Heart Rate Monitors

Heart rate monitors are built into the bike's pulse grips, and a wireless chest strap monitor is available as an option.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

The heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as ± 15 beats per minute, with the risk of potential error increasing as heart rate increases.

1.3.1. Wireless Chest Strap Monitoring System

Note: The wireless chest strap is optional.

The Wireless Chest Strap transmitter works best against bare skin. Because sweat (salt water) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

Figure 1-3. Wireless Chest Strap Transmitter



Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Heart Rate Control (HRC) program adjustment
- Help you maintain your Target Pulse

To use the Contact Heart Rate Monitoring System:

1. Switch to any screen that shows Pulse.
2. Grab the pulse grips. When you place your hands on the grips the display flashes. The pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make speed and effort adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change speed or effort until you place your hands on the grips.

Note: If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When you release the grips, the bike uses the wireless chest strap signal for pulse calculation.

1.4. Program Capabilities

The bike has the following program capabilities:

- **Built-in Programs:** You enter the program’s maximum time and effort. There are 8 Built-In Programs; see page 38.
- **User-Defined Programs:** A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments. Up to 5 User Programs may be set; see page 40.
- **Specific Goal Programs:** The numeric keypad is used to enter Time, Calorie and Distance. Goal Programs. See page 43.
- **Heart Rate Control (HRC) Programs:** The heart rate program will automatically vary the effort based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time. See page 44.

2. Recumbent Bike Assembly

2.1. Tools Needed

The HUR Rehab Recumbent bike is shipped with tools and hardware necessary for assembly and installation. A sharp utility knife and/or diagonal cutters will aid in removing plastic strapping.

- 13-16 mm open end combination wrench
- Cross head #2 (Phillips) screwdriver
- #8 Hex key wrench
- #6 Hex key wrench
- #5 Hex key wrench
- #4 Hex key wrench
- Optional: 5/8 inch open end or adjustable wrench for leveling bike if necessary (not included)

2.2. Unpacking

Unpacking and installation of the bike should be done by a qualified technician. The packaged bike is heavy and weighs 132 kg (290 lbs).

⚠️ WARNING



To avoid injury, use caution when moving and lifting the bike during unpacking and assembly. Two people are recommended when removing bike base from shipping pallet.

⚠️ AVERTISSEMENT



Pour éviter toute blessure, faites attention lors du déplacement et du levage du vélo lors du déballage et de l'assemblage. Deux personnes sont recommandé lors du retrait socle de vélo de la palette d'expédition.

⚠️ CAUTION

Be careful! Straps are under tension.

⚠️ ATTENTION

Faites attention! Les sangles sont sous tension.

Note: Move the shipping crate/pallet to location of final assembly. Allow 1-1,5m (3-5 feet) working space to safely remove box and pallet. If assembly space is limited, you may lift the rear of the assembled upright bike and roll it to its final location.

1. Remove strapping from box and pallet. Use caution, straps may be under tension.
2. Lift and remove outer box, set aside for disposal.
3. Carefully remove protective shrink wrap from bike base and component boxes.
4. Cut and remove four plastic straps holding bike base to pallet.
5. Remove upright tube/handle bar assembly, console and accessory boxes from recumbent bike base, set aside for assembly.
6. Remove protective plastic bag and contact HR grip covers.
7. Carefully team lift the recumbent bike base off of shipping pallet onto a solid level surface for assembly.
8. Locate the plastic bag that contains the Owner's Manual and the Hardware Kit.

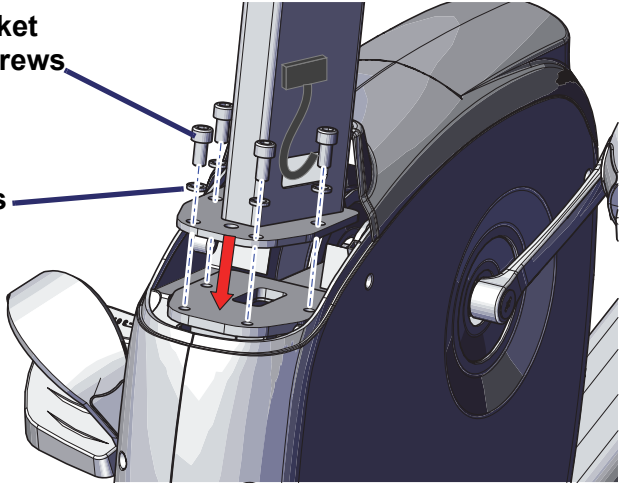
2.3. Assembly

1. Position the base where the bike is to be located:
 - Allow a minimum clearance of 90 cm (3 feet) on each side of the bike.
 - Allow a minimum clearance of 40 cm (18 inches) at the front and rear of the bike.
2. With the recumbent bike base position on a solid, level surface, install the upright tube onto recumbent bike base (Figure 2-1) using (4) M10x20 socket head cap screws, #22 and (4) M10 split lockwashers #21 from the hardware kit. Fully tighten hardware.

Figure 2-1. Upright Tube Installation

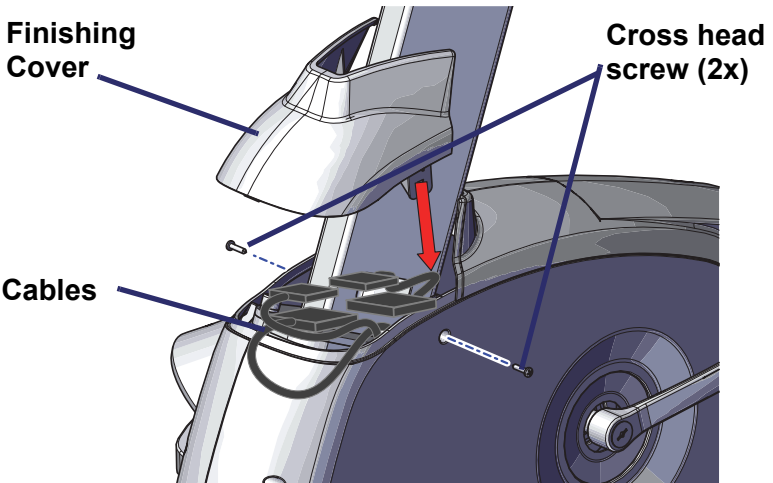
**M10x20 socket
head cap screws
(4x)**

**M10 split
lockwashers
(4x)**



3. Connect both cables from recumbent bike base to intermediate harnesses located inside the upright tube. Connectors are keyed, do not force connectors together or damage may result (Figure 2-2).
4. Carefully tuck wiring inside of plastic shroud and install finishing cover located inside the accessory box with (2) #25 cross head screws as shown.

Figure 2-2. Harness Connection and Finishing Cover



CAUTION

Use care if using a knife to open console box to prevent damage to console.

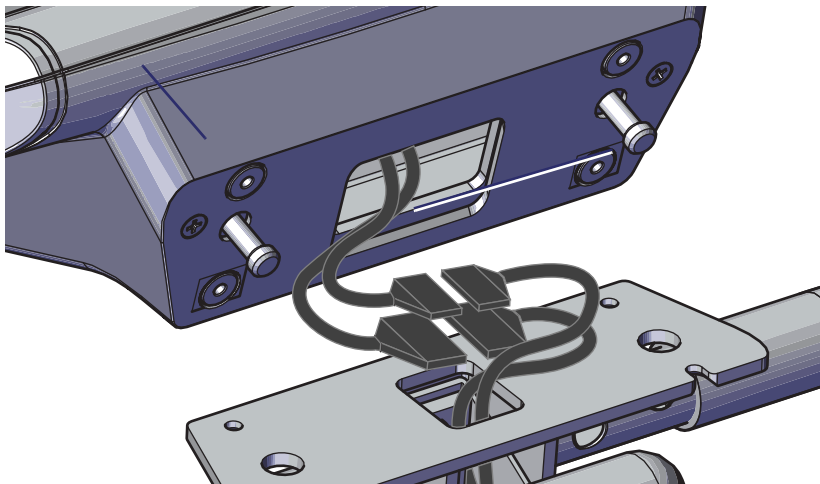
ATTENTION

Faites attention si vous utilisez un couteau pour ouvrir le boîtier de la console afin d'éviter d'endommager la console.

5. Carefully remove the display console from its box.
6. Connect both power harnesses within the upright tube to the matching harnesses located at the bottom of the display console (Figure 2-3).

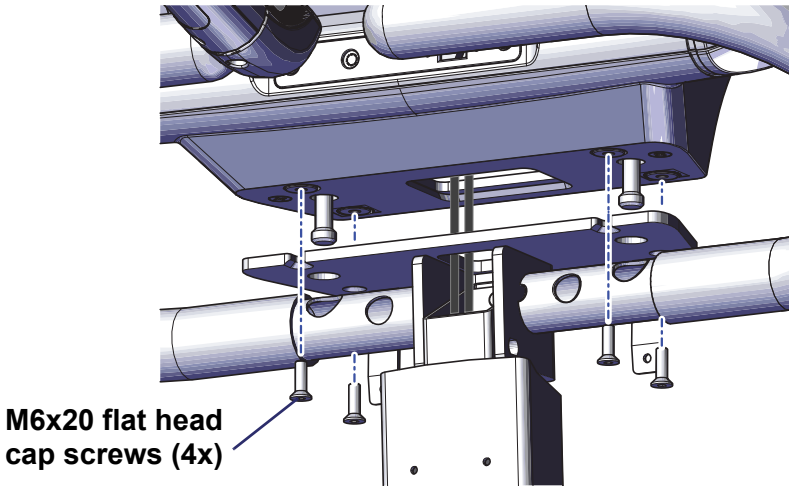
Note: Connectors are keyed, do not force connectors together or damage may result.

Figure 2-3. Console Harness Connectors



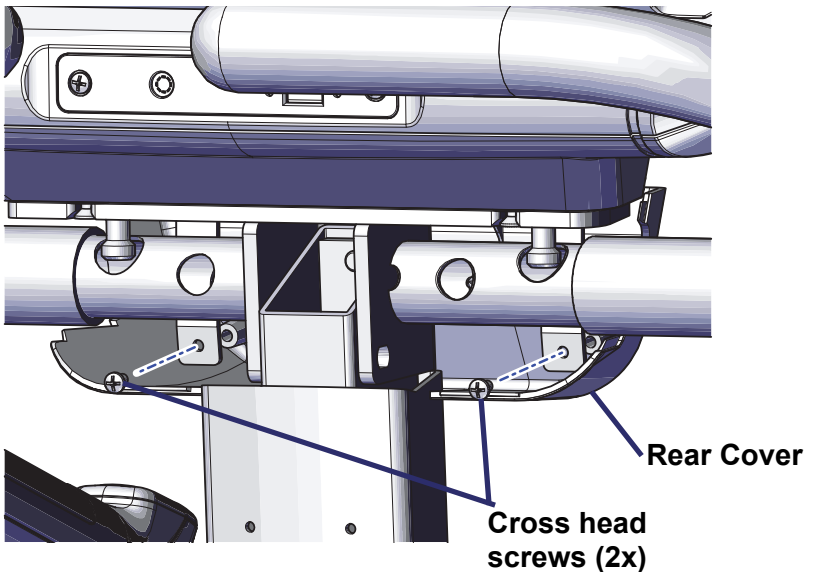
7. Rotate console upward, while carefully routing wire connections into base tube and/or console (Figure 2-4). Align pins with holes in flange, then secure console using (4) #27 M6x20 flat head cap screws.

Figure 2-4. Console Mounting



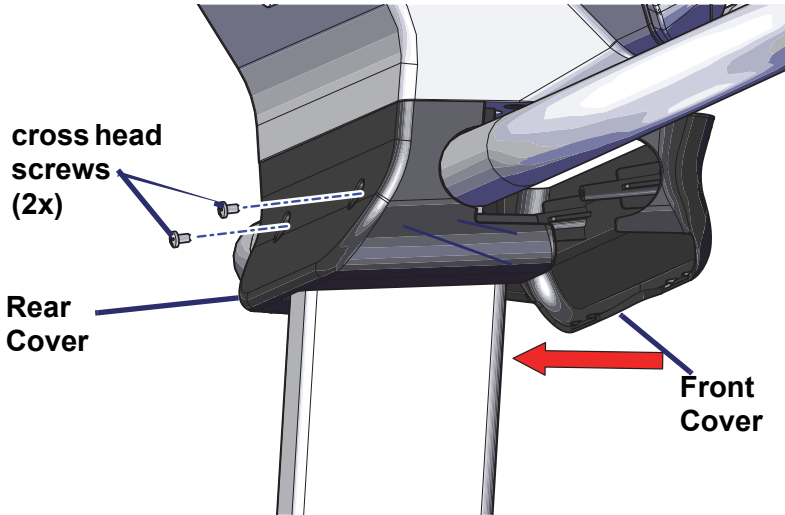
8. Locate front and rear console/upright tube finishing covers in the accessory box.
9. Install rear console cover first. Secure to upright tube mounting plate with (2) #25 crosshead screws. (Figure 2-5).

Figure 2-5. Console Rear Finishing Cover Installation



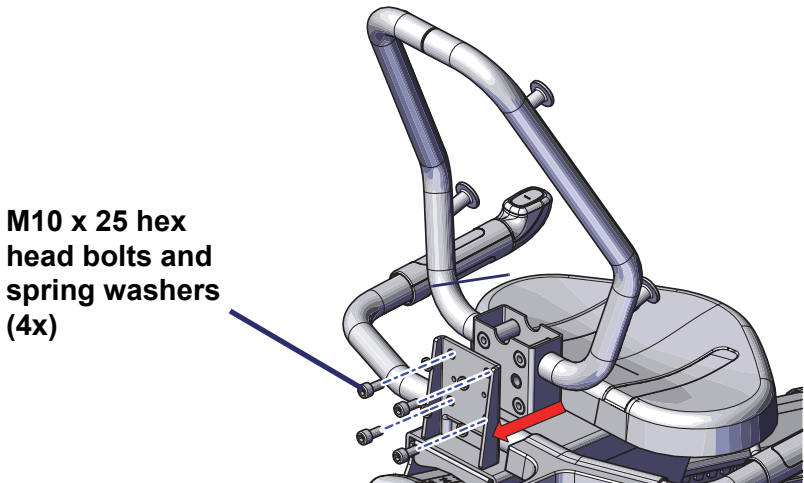
10. With rear cover in place, position front cover so both plastic mounting inserts go through the cross bar access holes. Secure with (2) #25 cross head screws. Do not over tighten or plastic components may be damaged (Figure 2-6).

Figure 2-6. Console Front Finishing Cover Installation



11. Locate the metal tube seatback frame in the accessory box. Attach to base using (4) #26 M10 x 25 hex head bolts and (4) #21 spring washers (Figure 2-7). Fully tighten hardware.

Figure 2-7. Seat Back Installation



12. Install front (Figure 2-8) and rear (Figure 2-9) seat back finishing covers using (2) #25 cross head screws for front cover and (3) screws for back cover. Do not over tighten or plastic components may be damaged.

Figure 2-8. Front Seat Back Cover Installation

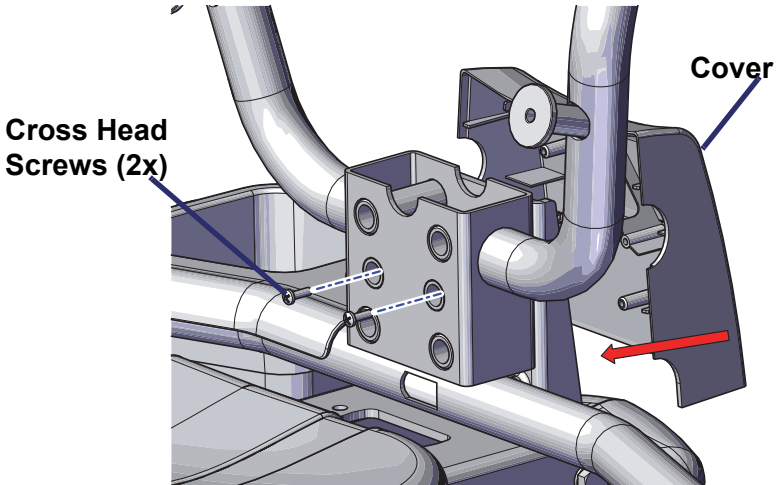
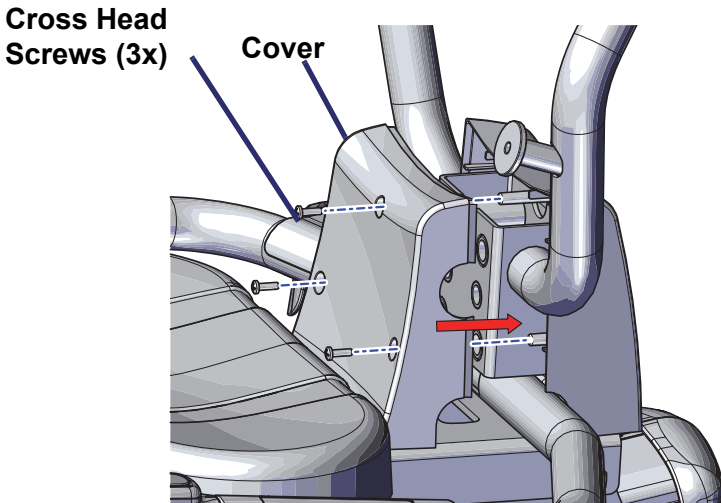


Figure 2-9. Rear Seat Back Cover Installation

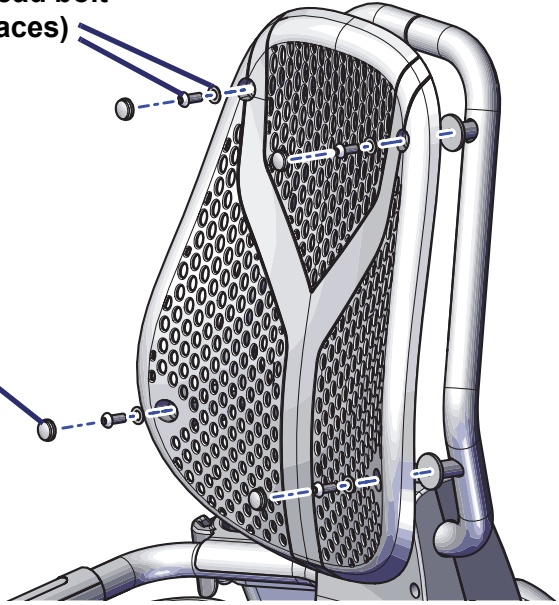


13. Locate the vented seatback pad from the accessory box, secure to seatback frame with (4) M8 x 20 button head bolt #28 and (4) flat washers #29. When secured, insert back pad finishing covers #30 as shown (Figure 2-10).

Figure 2-10. Seat Back Pad Installation

**M8 x 20 button head bolt
and washer (4 places)**

**Finishing Covers
(4 places)**



14. Prior to use, verify there is no remaining hardware within the hardware kit and all hardware is properly tightened.
15. If the bike is positioned on an unlevel surface, adjust each foot pedestal using a 5/8 inch open end or adjustable wrench (not provided).
16. Your bike is now ready for use.

3. Upright Bike Assembly

3.1. Tools Needed

The HUR Rehab upright bike is shipped with tools and hardware necessary for assembly and installation. A sharp utility knife and/or diagonal cutters will aid in removing plastic strapping.

The following tools are needed for assembly:

- 13-16 mm open end combination wrench
- Cross head #2 (Phillips) Screw Driver
- #8 Hex Key Wrench
- #6 Hex Key Wrench
- #5 Hex Key Wrench
- #4 Hex Key Wrench
- Optional: 5/8 inch open end or adjustable wrench for leveling bike if necessary (not included)

3.2. Unpacking

Unpacking and installation of the bike should be done by a qualified technician. The packaged bike is heavy and weighs 235 lb (107 kg).

⚠️ WARNING



To avoid injury, use caution when moving and lifting the bike during unpacking and assembly. Two people are recommended when removing bike base from shipping pallet.

⚠️ AVERTISSEMENT



Pour éviter toute blessure, faites attention lors du déplacement et du levage du vélo lors du déballage et de l'assemblage. Deux personnes sont recommandés lors du retrait du socle de vélo de la palette d'expédition.

⚠️ CAUTION

Be careful! Straps are under tension.

⚠️ ATTENTION

Faites attention! Les sangles sont sous tension.

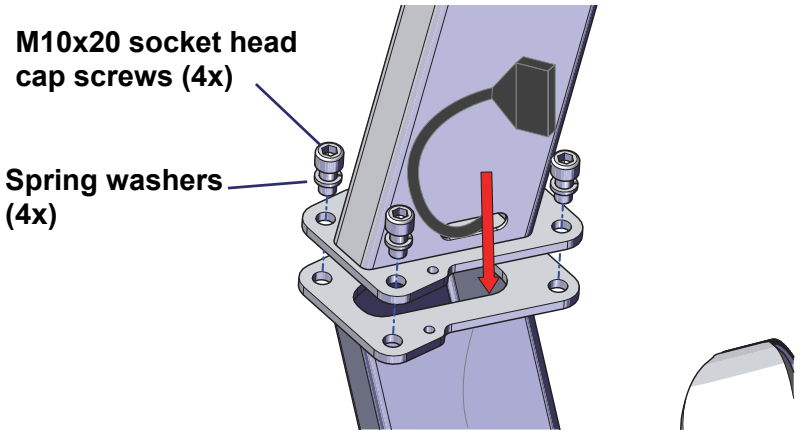
Note: Move the shipping crate/pallet to location of final assembly. Allow 3-5 feet working space to safely remove box and pallet. If assembly space is limited, you may lift the rear of the assembled upright bike and roll it to its final location.

1. Remove strapping from box and pallet. Use caution, straps may be under tension.
2. Lift and remove outer box, set aside for disposal.
3. Carefully remove protective shrink wrap from bike base and component boxes.
4. Cut and remove four plastic straps holding bike base to pallet.
5. Remove upright tube / handle bar assembly, console, and accessory boxes from upright bike base, set aside for assembly.
6. Remove protective plastic bag from bike base.
7. Carefully team lift the upright bike base off of shipping pallet onto a solid level surface for assembly.
8. Locate the plastic bag that contains the Owner's Manual and the Hardware Kit.

3.3. Assembly

1. Position the base on a solid, level surface at or near where the bike is to be located:
 - Allow a minimum clearance of 3 feet (92 cm) on each side of the bike.
 - Allow a minimum clearance of 18 inches (41 cm) at the front and rear of the bike.
2. Install the upright tube onto upright bike base using (4) M10x20 socket head cap screws #24 and (4) spring washers #22 in the hardware kit (Figure 3-1). Use supplied #8 Hex Key Wrench and fully tighten hardware.

Figure 3-1. Upright Tube Installation

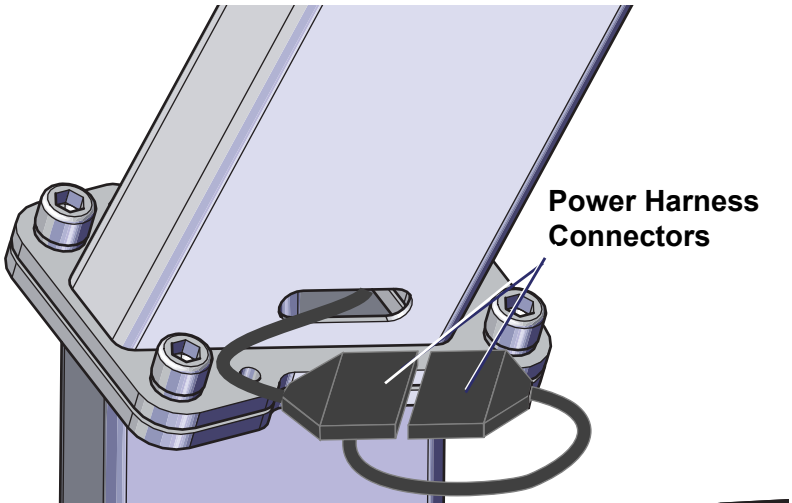


3. Connect main power harness from upright bike base to intermediate harness located inside the upright tube (Figure 3-2).

Note: Connectors are keyed, do not force connectors together or damage may result.

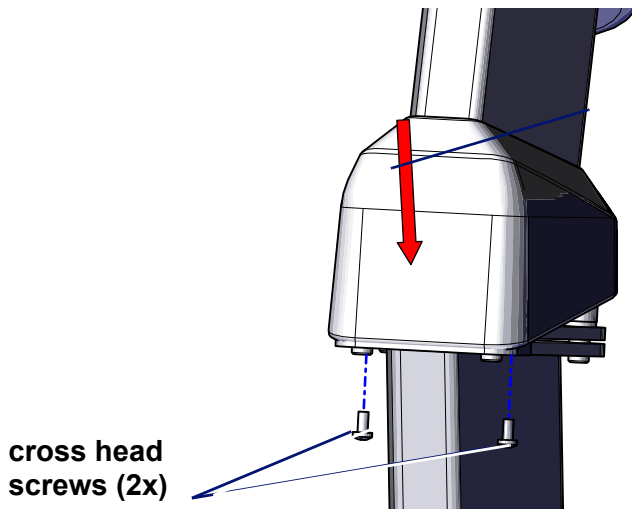
4. After connecting, carefully tuck wiring back into neck tube.

Figure 3-2. Main Power Harness Connection



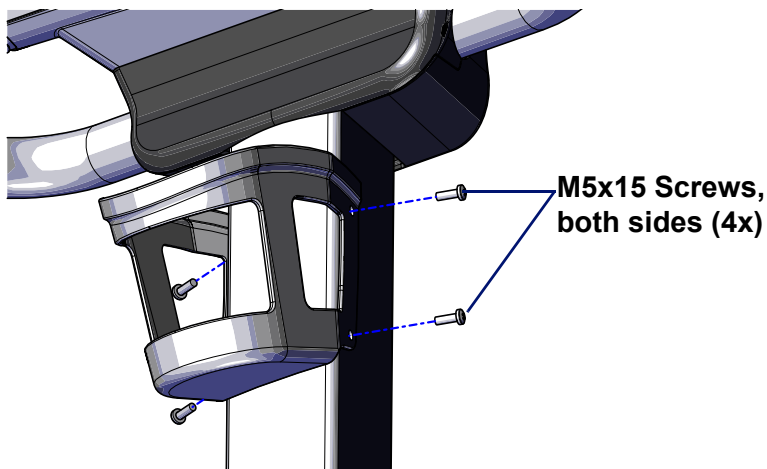
- Lower plastic tube finishing cover, attached to upright tube, into place (Figure 3-3). Secure with (2) #21 Phillip cross head screws. Do not over tighten.

Figure 3-3. Upright Tube Finishing Cover Installation



- Install Bottle Holder onto upright tube. Secure with (4) #21 M5x15 cross head screws (Figure 3-4).

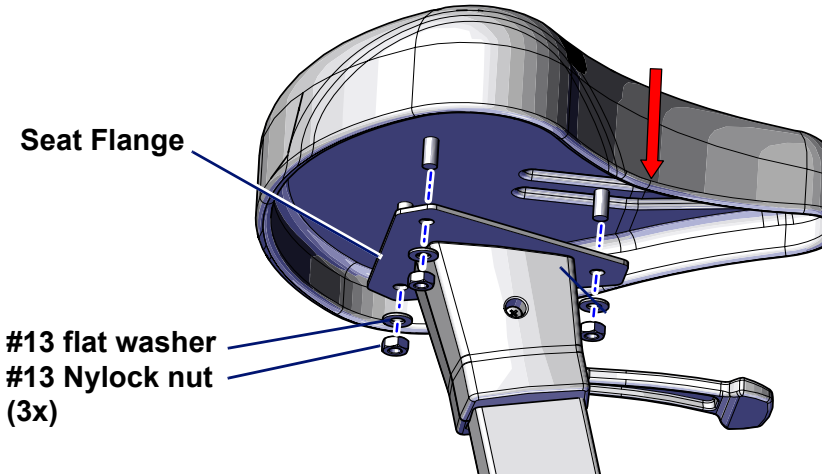
Figure 3-4. Bottle Holder Installation



- Locate seat cushion in accessory box. Remove (3) #13 nylock nuts and (3) #13 flat washers from seat cushion.

8. Position seat cushion onto seat flange, then re-install hardware (Figure 3-5) using a 13mm open end wrench from the hardware kit. Fully tighten hardware.

Figure 3-5. Seat Bottom Installation



9. Prior to use, verify there is no remaining hardware in the hardware kit and that all hardware is properly tightened.
10. If the bike is positioned on an unlevel surface, adjust each foot pedestal using a 5/8 inch open end or adjustable wrench (not provided).
11. Your upright bike is now ready for use.

4. Cardio Bike Operation

4.1. Cardio Control Panel




Note: HUR Rehab bikes are self-powered and require users to pedal at all times to keep the display on. If you stop pedaling the display will turn off and all statistics will be lost.

Table 4-1 Control Panel Functions

Function	Description
EFFORT	Displays the effort setting of the bike.
SPEED	To view your speed in different units: Press SPEED +/- to select MPH, Km/hr, or Revolutions per Minute.
START	When you begin pedaling, after a few seconds the display will light, with the starting effort level set to Level 1. The START button is used to quickly start the bike in manual mode and allows you to skip Client and Weight entry.
STOP	Press STOP once to pause the bike or twice to turn it off. Statistical information is cleared when the bike is turned off.
MANUAL	The Manual Mode has no limits or parameters to enter. Changes in effort level will only happen by pressing the +/- buttons.

Table 4-1 Control Panel Functions (Continued)

Function	Description
PROGRAMS	To use the built-in and user-defined workout programs: Press PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the program. Press ENTER to select the desired program. When prompted, enter the program's specific parameters (Effort, Time) using the arrow keys. Press START to begin the program.
PLUS KEY	Press and hold to increase effort or to switch between units of measurement. Pressing for longer than 2 seconds causes the effort to increase at a faster rate. Release the key when the display shows desired effort.
MINUS KEY	Press and hold to decrease effort or to switch between units of measurement. Pressing for longer than 2 seconds causes the effort to decrease at a faster rate. Release the key when the display indicates desired effort.
ARROW KEYS	The left and right arrows are used to set values, select programs or display screens.
HEART RATE PROGRAMS	To use the Heart Rate Controlled programs, press HEART RATE PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust the effort in order to maintain a heart rate.
EXPRESS 1	This key, in conjunction with the numeric keypad, allow you to directly enter a target effort without using the +/- keys. Press EXPRESS 1 , then enter the desired value using the numeric keypad. Then press ENTER or wait 3 seconds for the bike to adjust to the new settings.
EXPRESS 2	Select MPH, Km/hr, or Revolutions per Minute by pressing EXPRESS 2 .
The numeric keypad is used to change effort with the EXPRESS 1 input key, enter user settings, and configure programs.	
	

4.2. Display Features

The screens at right are the options available for displaying workout information. Table 4-2 provides information about the available options.

To toggle between these screens during your workout, use the arrow keys.

To customize the information displayed on the Personalized Stats screen, select “Customize Display” to edit the screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.



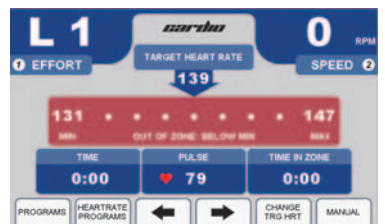
Personalized Stats



Track Screen



Statistics Screen



Heart Rate Screen

Note: The custom Personalized Statistic Screen layouts are permanently stored for each Client. Guest Mode resets to Time, Distance and Pace each time you turn on the bike.

Table 4-2 Display Features

Feature	Description
TIME	Time logged on bike, displayed as Minutes:Seconds
DISTANCE	kilometers logged on bike (Miles when in imperial)
WATTS	A measurement of power you produce based on user's weight, effort level and RPM.
CALORIES	Total calories burned, based on entered user weight
CALS/HR	Approximate calories used per hour, based on user weight
LAP (Progress)	400 meter (1/4-mile in imperial) track and Lap Indicator
LAP (Counter)	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in zone. The zone is ± 8 beats from target heart rate.
IN ZONE	User's heart rate is within 8 beats of the target heart rate
OUT OF ZONE	User's heart rate is outside zone (more than 8 beats above or below target heart rate)
ABOVE MAX	User's heart rate is above the maximum desirable heart rate
MAX	Maximum allowable heart rate to remain in zone
TARGET HR	Target heart rate (user-defined in Heart Rate Status screen)
MIN	Minimum allowable heart rate to remain in zone
BELOW MIN	User is below minimum allowable heart rate in zone
TOTAL TIME	The total time of the user's workout
METS*	Current MET level, based on user weight and effort
*One MET is the energy consumed at rest by the average adult.	

4.3. Using the Cardio Bike

Note: Client Profiles are available on residential bikes only.

The bike can be used immediately as the Guest user or as a default Client. The bike’s CLIENT LOGIN feature allows 4 different users to separately log cumulative statistics from workout to workout. On residential models, client statistics (total miles, hours, calories, weight, laps, and average HR, Mets, pace, lap time, miles per hour and calories per hour) are stored.

Personalized Statistics are permanently stored for each client. If you are logged in as a Guest, screens reset to default values.

1. Make sure you have read and understand this owner’s manual before beginning.
2. Sit on the bike - adjust the seat if needed.
3. Place your feet on the pedals. Begin pedaling and after a few seconds the screen will power up.

4. After 3 seconds the CLIENT LOGIN screen is displayed. Client login is only available on residential models.



5. Use the designated button below to select a Client. If a Client is not selected the user will then be registered as a GUEST.
6. **To reset client totals if desired:** From the Client Statistics screen, enter Client Weight or select the **Reset Client Statistics** button. Use the numeric keypad to change the weight.
7. Enter your weight using the numeric keypad or arrows. Press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
8. The bike is now ready to use. You can vary effort if desired by using the **EFFORT (+/-)** keys or **EXPRESS 1** key.

4.4. Using the Built-in Programs

4.4.1. Description

The 8 Built-in Programs differ in effort. Each lets you select a maximum effort and time (10 to 99 minutes). (Intervals Program requires a minimum effort.) The bike will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 4-3 Built-In Programs

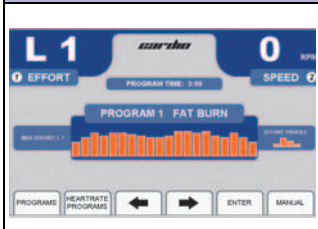
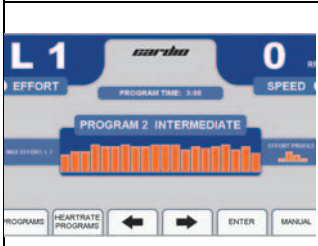

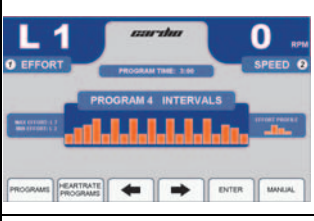
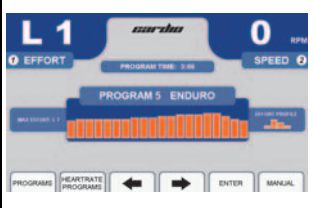
Screen	Program Description
	<p>FAT BURN: This program features two peaks along with gradual changes in effort. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
	<p>INTERMEDIATE: This program features 5 peaks that reach maximum effort. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>

Table 4-3 Built-In Programs (Continued)

Screen	Program Description
	<p>ADVANCED: This program focuses on high resistance. The overall goal is to raise heart rate using effort for an advanced cardiovascular workout.</p>
	<p>INTERVALS: This program alternates high efforts with low efforts. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
	<p>ENDURO: This program features your maximum effort. The overall goal is to raise heart rate for the ultimate cardiovascular workout.</p>

4.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Cardio Bike” on page 37.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
 - **Maximum Effort:** This scales the effort curve to the maximum effort entered.
 - **Program Time:** Sets the total length of time you want the program to run.
 - **Minimum Effort:** INTERVALS programs only.

4. Enter the Maximum Effort using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
6. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment, effort, and remaining time.
7. To view other segments, select the “View Other Segments” button. Use the arrow keys to move left or right. To exit, press **DONE**.
8. Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the effort will flash if there is a change.

4.5. Cardio User Programs

The bike can store up to 5 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press the button below PROGRAMS to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**.

3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.
4. Press **EDIT**. EDIT MODE requires a time for segment 1 (area in bold).



Note: Press **SWITCH FOCUS** to toggle between effort and time values for the current segment. To change segments, press **NEXT SEGMENT** or **PREVIOUS SEGMENT**. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.
6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

Note: If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR EDIT TO SET UP**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

4.5.1. Learn Mode

When you run a User-Defined Program and the effort is adjusted, the bike saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

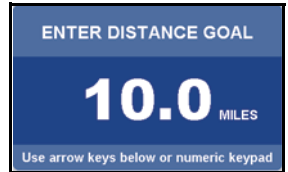
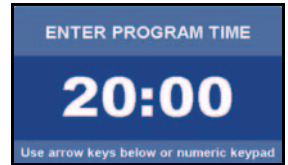
1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the USER PROGRAM PREVIEW you desire is shown, press **ENTER**.
3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The effort of your current segment is displayed in the center. To change the effort of your current segment, press the **EFFORT (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

4.6. Specific Goal Programs

The bike provides Specific Goal programs. Whether you want to go for a 3-mile ride, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Using the Cardio Bike” on page 37.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

- For TIME GOAL PROGRAM, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.
- For DISTANCE GOAL PROGRAM, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.
- For CALORIE GOAL PROGRAM, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.
The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press the arrows at any time to view any of the other screens during your program.

4.7. Heart Rate Control Programs

HUR Rehab bikes offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary bike effort. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (optional) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

- **HRC** varies bike effort to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

Table 4-4 Heart Rate Control Programs

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

4.7.1. Built-in HRC Programs

1. Press the **HEARTRATE PROGRAMS** key. Press **ENTER** while the HR Control program is displayed.
2. Use the numeric keypad or arrow keys to select your maximum effort. Press **ENTER** or wait 3 seconds.

ENTER MAXIMUM EFFORT

L 7

Use arrow keys below or numeric keypad
3. Use the numeric keypad or arrow keys to enter your target pulse. The bike will vary the effort to make sure you reach this heart rate. Press **ENTER** or wait 3 seconds.

ENTER TARGET PULSE

125

Use arrow keys below or numeric keypad
4. The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press **ENTER** or wait 3 seconds.

ENTER PROGRAM TIME

20:00

Use arrow keys below or numeric keypad
5. Press **START** to begin.

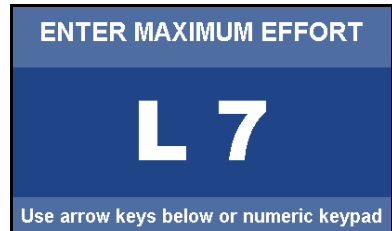
4.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting **Change TRG HRT** button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

1. To select an HR program to edit, press **HEARTRATE PROGRAMS**. To scroll through the programs, either continue pressing **HEARTRATE PROGRAMS** or use the arrow keys. Select a User-Defined HRC Program to edit by pressing **ENTER**.
2. Enter the maximum effort using the numeric keypad or arrow keys. Press **ENTER** or wait 3 seconds.
3. The display prompts **PRESS START TO BEGIN OR EDIT TO SET UP**. Press **START** to run the program or press **EDIT** to enter editing mode and make changes if desired.
4. To change segments, press **PREVIOUS** or **NEXT SEGMENT** buttons. You can change segments in either the forward or reverse direction.
5. The first display in **EDIT MODE** requires you to change the time for segment 1 (area in bold). Use the keypad to change the segment time length and press **SWITCH FOCUS** to change the target heart rate.
6. If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press **DONE**. The time reads **END**. The program ends when it reaches this segment.



7. Use the SWITCH FOCUS button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the Previous and Next Segment buttons to move from segment to segment.
8. When you finish editing your User-Defined HRC Program, do one of the following:
 - Press **DONE** to save the program or **START** to begin.
 - Exit Edit Mode by pressing **MANUAL**, **HRC**, or **PROGRAMS** at any time. Any edits you made in Edit Mode are permanently saved in that User-Defined HRC Program.
9. If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the **CHANGE TRG HRT** button.

5. Maintenance and Troubleshooting

5.1. Cleaning

It is recommended to clean the console and screen after each workout.

General: Vacuum around and under the bike at least once a month. Wipe any sweat from the bike after each workout.

Console and Display Screen: Wipe exposed console surfaces with HUR disinfection wipes and dry with a microfiber cloth.

Wireless Chest Strap (Optional): The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

HUR Disinfection wipes

- intended for cleaning HUR equipment and its handle grips and padding.
- also suitable for disinfecting touch screens.



HUR Cleaning wipes

- intended for overall cleaning of all HUR equipment.
- intended for cleaning handle grips and padding.
- also suitable for cleaning hands.



⚠ CAUTION

To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.

⚠ ATTENTION

Pour éviter d'endommager les électrodes, n'utilisez pas d'abrasifs pour nettoyer la ceinture thoracique. Ne pliez pas et n'étirez pas les bandes d'électrodes, en particulier lors du rangement de la ceinture pectorale.

5.2. Maintenance

5.2.1. Pedals

The pedals may become loose after workouts. Check the pedals before each workout and tighten them if necessary to avoid injury. Turn the right pedal clockwise and the left pedal counterclockwise to tighten. Check all bolts and screws frequently to avoid injury.

5.2.2. Moving the Bike

The bike has two small wheels at the front to assist with moving it if needed. To move the bike, lift it at the rear, then roll on front wheels to desired location. See page 10 and page 11 for the location of the small wheels

5.3. Self-Diagnostics

The bike is equipped with on-board self-diagnostics. If the bike experiences any errors during operation, an error message is displayed. You can run self-diagnostics to get further information on the error by pressing **ENTER**.



When you choose the option to enter diagnostics you will be prompted with a warning screen. After reading it, take your feet off the pedals and press **ENTER**.

The bike will systematically test individual components. During some of the tests, you will be prompted with simple “Yes or No” questions to assist with the diagnosis. Answer the questions when prompted.

When the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: “No Errors Detected”, or “Error Detected, Contact Service Provider”. Contact your Dealer.

To manually enter self-diagnostics mode, press **3, 9** and **START** at the same time while the control panel is off, then begin pedaling.

5.4. Hidden Menu

The Hidden Menus provide access to control the settings listed below. To view the Hidden Menus press **3, 9** and **START** at the same time while the control panel is off, then begin pedaling.

Use the **+** or **-** keys to move up and down the list. Then press the **START** button to select setting. Press **STOP** to save and exit the Hidden Menus section.

- **Error Logs:** Records the number of times a specific error code occurs.
- **NV Init - Boot:** Manufacturer's use ONLY
- **Diagnostics:** Provide technicians the ability to test buttons and calibrate. Press and hold **STOP** to exit diagnostic mode.
- **Reprogram Firmware:** Manufacturer's use ONLY
- **Self-Diagnostics:** Runs an automatic test of specific components to assist service technicians with diagnostics.
- **Effort Level Scaling:** Provides the ability to rescale the effort level to make the resistance easier or harder.
- **Toggle Client Mode:** On residential models, provides the ability to show two Clients and a guest on the home screen.
- **Toggle Lockout Mode:** Enables or disables use of a code to operate the bike. When **Lockout Mode** is enabled it provides the ability to set a personalized four-digit code to use the bike. If the code is forgotten, 9010 will grant access.
- **Toggle Units:** Allows the measurement of units to switch between English and Metric.
- **Toggle Beeper:** Enables or disables the ability to control the beeping sound.



HUR
Patamäentie 4, 67100 Kokkola - Finland
Tel. +358 68 32 55 00
www.hur.fi