IRONMAN Fitness ®

M3EL

IRONMAN M3 ELLIPTICAL TRAINER

Official product of the Ironman Triathlon

315-00034
07/05 Rev B

Congratulations on choosing an Ironman Fitness product. The Ironman M3 Elliptical Trainer is a tremendously effective tool for achieving your personal fitness goals.

Named after the Ironman Triathlon, you will be able to rely on the quality craftsmanship and durability of the Ironman M3 Elliptical Trainer for years to come.

This owner's manual contains all the information you need to operate and enjoy your Ironman M3 Elliptical Trainer. Please read the manual in its entirety before attempting to exercise on the M3 Elliptical Trainer.

QUESTIONS?

Call our toll free Ironman Fitness Helpline at

1.800.750.IRON
1.800.750.4766

Prior to your call, please be sure you have located and noted the model number and sales receipt for proof of purchase date confirmation.

ironmanfitness.com

FITNESS SAFEGUARDS

Failure to follow any of these safeguards may result in injury or serious health problems.

• Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity and time appropriate for your particular age and condition.

• If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

• Do not place fingers or any other objects into moving parts of the exercise equipment.

• Keep children and pets away from the M3 Elliptical Trainer . A child's curiosity may result in injury.

• Do not allow children to use the M3 Elliptical Trainer. The machine is designed and intended for adults, not children.

• Never turn pedal crank arms by hand. To avoid entanglement and possible injury, do not expose hands or arms to the drive mechanism.

• Do not dismount the M3 Elliptical Trainer until the pedals are at a complete STOP.

• Warn bystandars to keep a safe distance. Do not allow anyone to touch the bike while it is in operation.
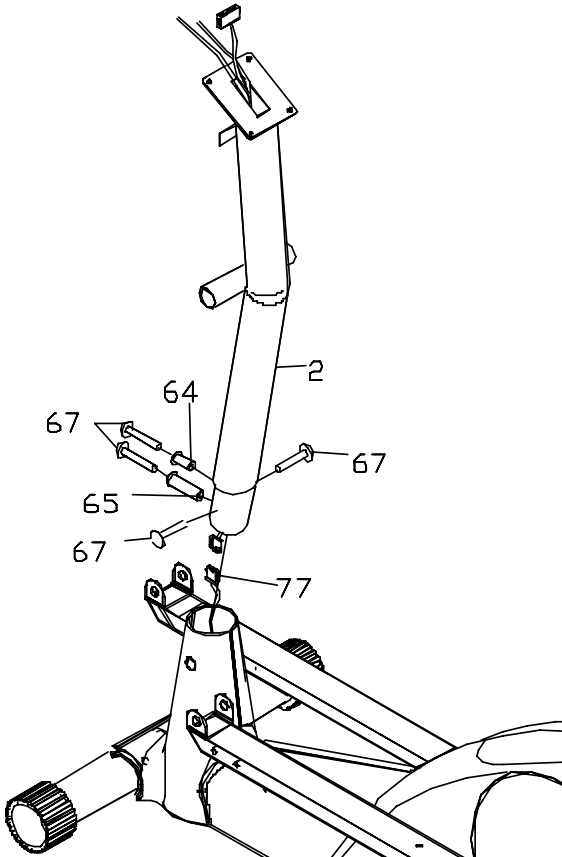
ASSEMBLY INSTRUCTIONS
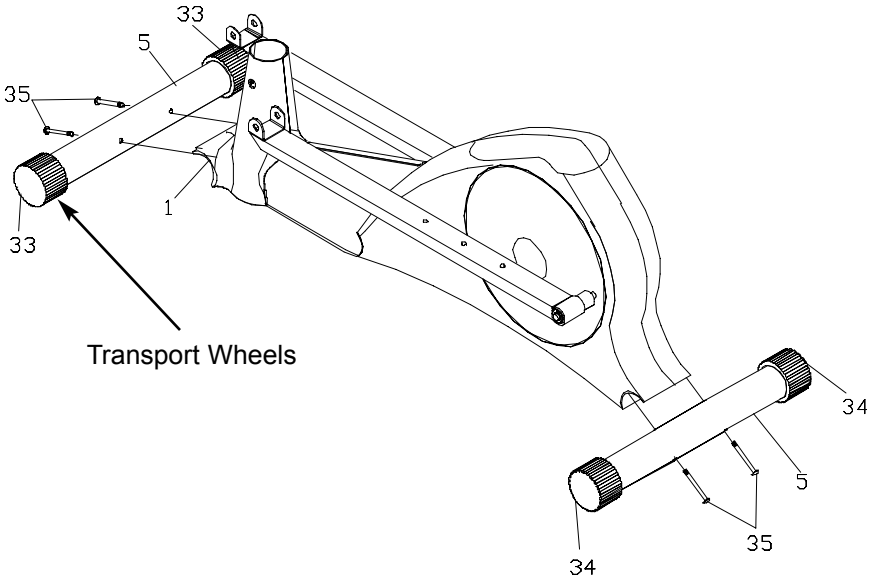
Transport Wheels

STEP 1

Connect foot tubes (5) to main frame (1) using:

    Qty 4 - (35) Hex Head Screw

Make sure that the foot tube (5) with transport wheels (33) is assembled to the front of the main frame (1).
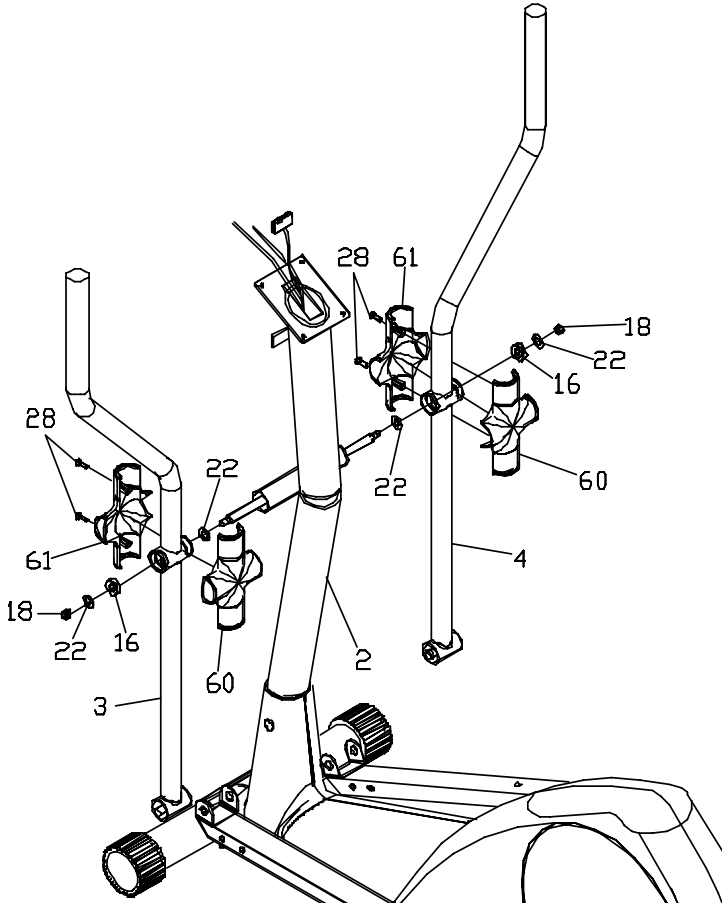
ASSEMBLY INSTRUCTIONS

STEP 2

Connect the extension wire in the console tube to the reed switch wire (77) in the main frame.

Secure the console tube (2) to the main frame using:

       Qty 2 - (67) Hex Head Screw
       Qty 2 - (67) Hex Head Screw
       Qty 1 - (64) Plastic Washer (Short)
       Qty 1 - (65) Plastic Washer (Long)

ASSEMBLY INSTRUCTIONS

STEP 3

Attach left and right handles (3,4) to console tube (2) using:

      Qty 4 - (22) Washer

      Qty 2 - (16) Precise Bearing

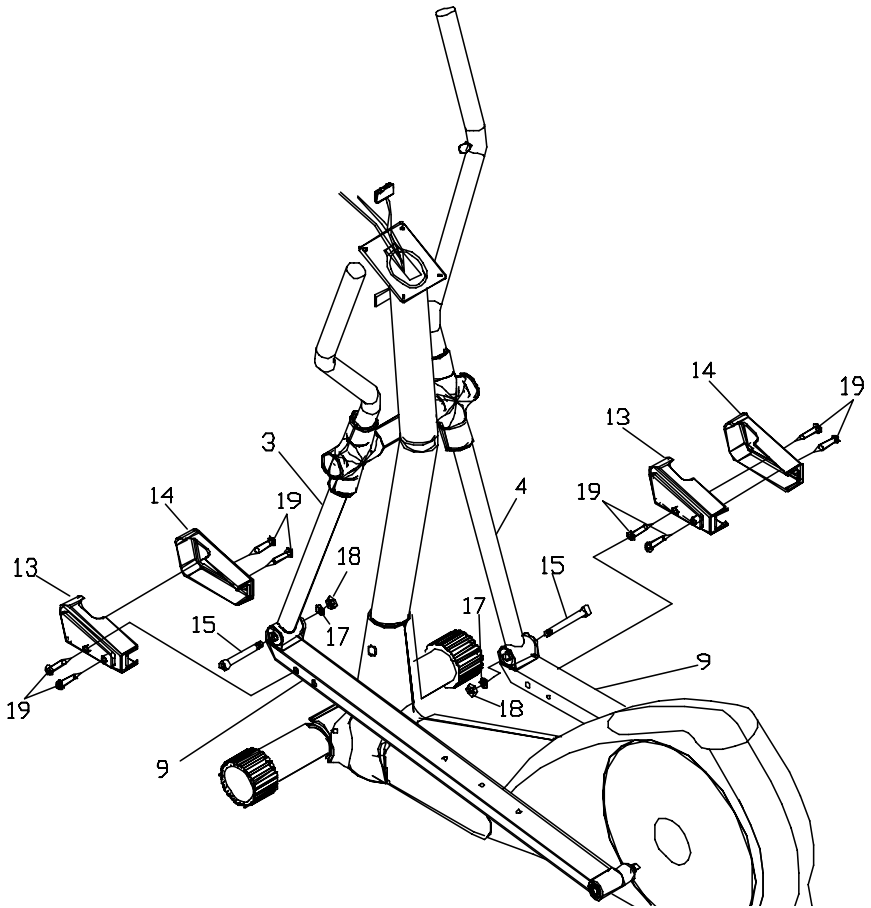   Qty 2 - (18) Locknut

Attach rear and front shaft caps (60,61) to left and right handles (3,4) using:

      Qty 4 - (28) Screw

ASSEMBLY INSTRUCTIONS

STEP 4

Connect foot frames (9) to left and right handles (3,4) using:
      Qty 2 - (15) Hex Head Screw
      Qty 2 - (17) Washer
      Qty 2 - (18) Locknut

Attach left and right frame sid covers (13,14) using:
      Qty 8 - (19) Screw

ASSEMBLY INSTRUCTIONS
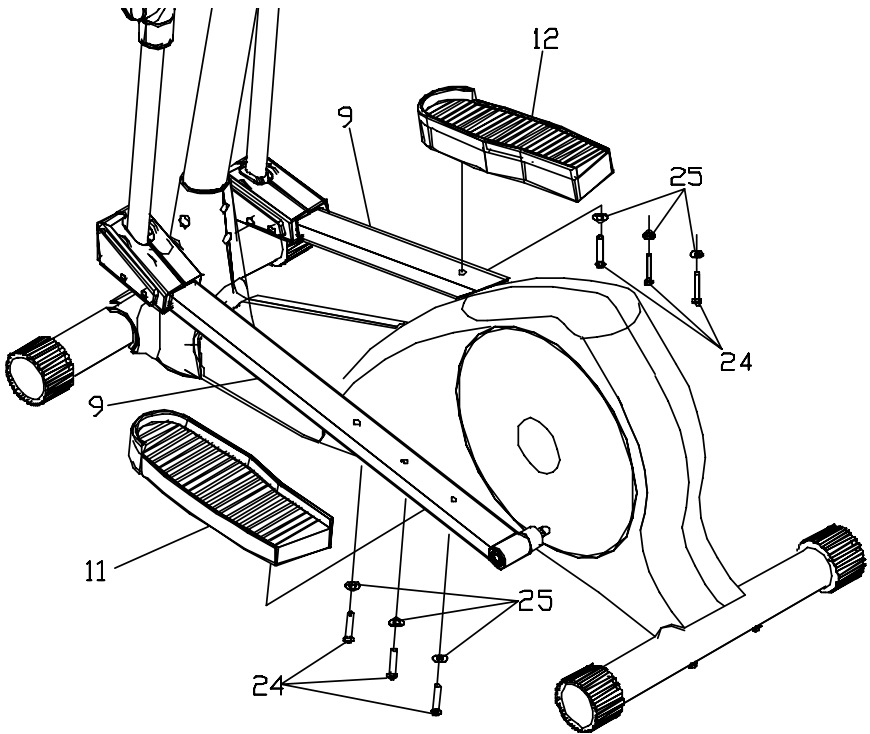
STEP 5

Attach the left and right foot pedals (11,12) to the foot frames using:

      Qty 6 - (24) Hex Head Screw
      Qty 6 - (25) Washer

ASSEMBLY INSTRUCTIONS
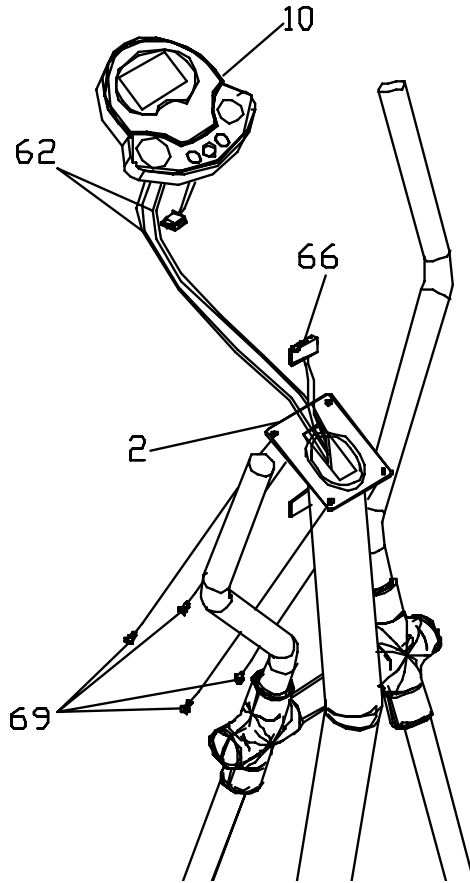
STEP 6

Connect monitor (10) to extension wire in the console tube (66). Feed two hand pulse wires from console down into console tube and out handlebar hole.

Attach console (10) to console tube (2) using:

    Qty 4 - (69) Screw (shipped in rear of console)

ASSEMBLY INSTRUCTIONS
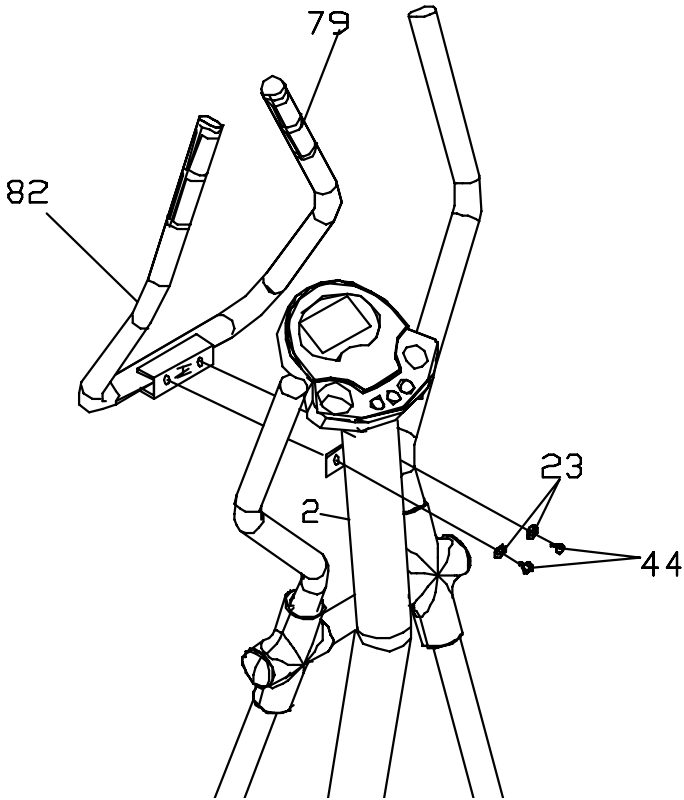
STEP 7

Connect hand pulse wires from handlebar (82) to hand pulse wires from console.

Attach handlebar (82) to console tube (2) using:

    Qty 2 - (44) Hex Head Screw
    Qty 2 - (23) Washer

ASSEMBLY INSTRUCTIONS

CONGRATULATIONS!
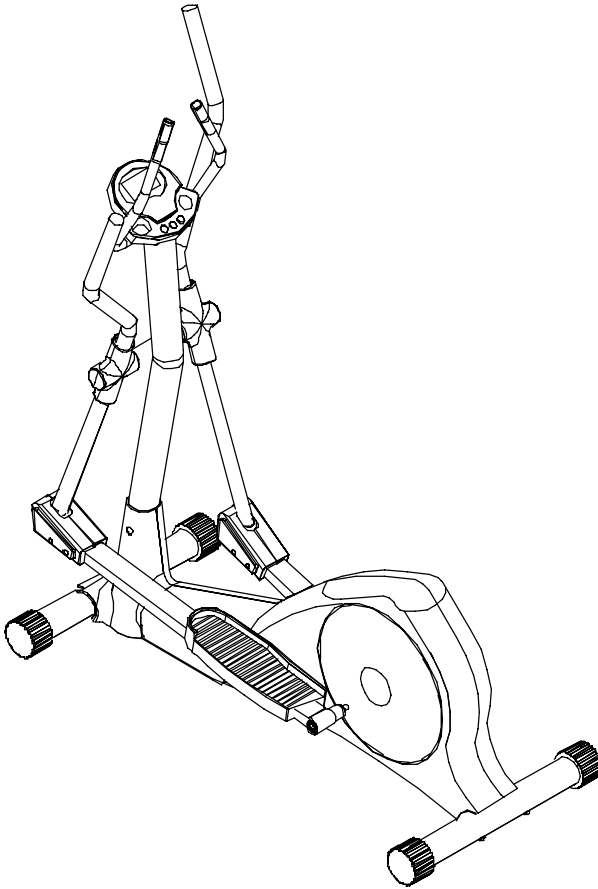
You have completed the assembly of your IRONMAN M3
Elliptical Trainer.

Please read on for more information on using your new
elliptical trainer.

CONSOLE INSTRUCTIONS

INITIAL OPERATING PROCESS
(After the computer is powered on with batteries or adaptor connection)

Step One   Use UP or DOWN dial to select U1 (User number 1) to U4 (User number 4) as the user's identification.

Step Two   You may turn the right button clockwise or counter-clockwise to select training mode in MANUAL, PROGRAM (12 profiles), USER or TARGET HEART RATE control (4 different options for training). Press MODE button to confirm selection.

Step Three   You may turn the right button clockwise or counter-clockwise to adjust the training LOAD/DIFFICULTY level from 1 to 16 in MANUAL, PROGRAM and USER mode (NOTE: excludes TARGET HEART RATE CONTROL mode). Press MODE button to confirm selection.

Step Four   You may turn the right button clockwise or counter-clockwise to set function data. When each function data has been set, press MODE to confirm setting. See "Available preset training functions" for more information.

Step Five   Press START/STOP button to start training.

Available preset training functions:
TIME: Preset area is from 00:00-99:00, each increment is 1:00 minute.
DISTANCE: Preset area is from 0.00-99.90, each increment is 0.10 km or ml.
CALORIES: Preset area is from 0 to 990, each increment is 10 cal.
WATTS: Preset area is from 10 to 350, each increment is 10 watt.
               (WATTS can be preset under MANUAL mode only)
PULSE: Preset area is form 30 to 240, each increment is 1 BPM.
               (Excluded in TARGET HR control mode)

CONSOLE INSTRUCTIONS

TRAINING MODE INSTRUCTION
(To start your training)

As soon as you press START/STOP button without any presets (functions and programs), the computer starts working under Manual mode.

Training without preset Time:
     If you do not preset TIME, each column of the workout profile bar graph represents 0.1 km or ml.

Training with preset Time:
     If you have preset TIME, each column of the workout profile bar graph represents the total time divided by 16.

Tension difficulty adjustment:
     You may adjust the tension load from 1 to 16 during training under Manual mode if you did not preset Watt function. If you have preset WATT, then tension load will be auto-adjusted depending on the current speed and watt values you are generating during your workout.

There will be four different symbols used on the console to help your training:
     ▲   You need to speed up the training speed.
     ▼   You need to slow down the training speed.
     ---   This is to remind you that the current WATT is out of spec and you need to speed up or slow down training speed accordingly.
     ***   The WATT is over spec. If you keep training at this level for over 1 minute, the computer ALARM with 6 beeps will sound for 30 seconds, and the computer system STOPS automatically. At this moment, LOAD is down to 1 and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles:
     You can select from P1 to P12 profiles for training. You can also adjust training levels any time during training.

Training with USER:
     You can preset your personal training profiles under this mode. During training, you can also adjust training levels any time.

Training in TARGET H.R. control:
     The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the

CONSOLE INSTRUCTIONS

maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down adjusted one level immediately, and keep down-adjusting one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as training protection.

You may select a fixed preset target heart rate percentage or input your personal traning target heart rate figures.

Target Pulse with different percentage selected:
> You may turn the dial button clockwise or counter-clockwise to set the TARGET HEART RATE figure be zero, then press MODE button. At this moment, you may select the percentage of the heart rate that you will achieve in the training. The computer provides 3 different percentages of the maximum heart rate which is calculated by the CPU according to the inputed AGE data.

> Remark: 55%MAXH.R. - If you input age as 30, your target heart rate will be 104. This figure is 55% of your maximum heart rate figure which is 190 (220 - AGE). The same formula can be used to have the result for 75%, and 90%.

Target Pulse figure input by yourself:
> You may preset your target pulse figure by turning the dial button clockwise or counter-clockwise. As soon as you have preset the target pulse figure, the level will be fixed on level 1 (you can only begin training on level 1). When your actual heart rate has reached over the target, the computer starts to alarm to remind you, and it stops when your heart rate comes under the target.

TO STOP YOUR TRAINING

Training with PRESET function data:
> As soon as the preset function data counts down to zero (pulse figures excluded), the computer will beep 8 times to remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous data.

Interupt training:
> You may press START/STOP button to stop computer working during training any time.

CONSOLE INSTRUCTIONS

To reset program:

> You may press RESET button to reset the PROGRAM and select the training mode and/or tension load under STOP mode. If you hold on pressing the RESET button for 2 seconds, all data (including personal data) will be reset.

BUTTONS

KM/ML SWITCH Located on the back of console used for selection of KM or ML scale. First remove batteries, select KM or ML, then replace batteries.

START/STOP To start or stop training.

MODE To select each function of Time, Distance, Pulse, and Watt for preseting. Used to enter all personal data and function data settings.

UP/DOWN Turn the dial button clockwise or counter-clockwise to make all selections and settings.

RECOVERY To have select pulse recovery function.

RESET 1. To reset figures of Time, Distance, Pulse and Watts.
2. To reset program settings and go back to initial selection mode with Manual, Program, User or Target Heart Rate blinking display.

FUNCTIONS

TIME Count Up - The computer starts counting up from 00:00 to 99:59 during training.
Count Down - The computer will count down from the preset Time to 00:00.

SPEED Displays current SPEED from 0.0 to maximum 99.9 km or ml.

DISTANCE Count Up - The computer accumulates total workout distance from 0.00 to 99.90 km or ml.
Count Down - The computer will count down from the preset distance to 0.00.

CALORIES Count Up- The computer accumulates the calorie comsuption from 0 to 990 cal.
Count Down - The computer will count down from the preset calories to 0.
This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment.

PULSE The user may have their current heart rate BPM (beats per minute) display after holding both hands on handgrip sensors. To ensure the heart rate readout is accurate, hold both hands on grip sensors. The heart rate figure displays from 0 to 240 BPM. You may preset target pulse to assist the training under Manual, any of the 12 Profiles, or User mode. You can also select a fixed target heart rate percentage for training.

CONSOLE INSTRUCTIONS

Alarm - If you preset the target pulse, the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.

Load tension adjustment - If you preset the target heart rate or target heart rate percentage, the load resistance will be auto-adjusted according to your actual heart rate figure compared with the preset heart rate figure (heart rate control program).

RECOVERY After exercising for a period of time, stop pedaling, press RECOVERY button then keep holding on handgrip sensors. All function display will stop except TIME. Time starts counting down from 00:60 to 00:00. As soon as 00:00 is achieved, the bottom area of LCD will show your heart rate recovery status with grade F1, F2, F3….F6. F1 is the best and F6 is the worst. You may keep exercising to improve the heart recovery status day by day from F6 up to F1. Press the RECOVERY button again to return the main display.

NOTE:

1. To change KM or ML, please remove batteries first. Then, push the switch to select scale (KM or ML), and then install batteries to power on the monitor. The monitor will reset all data to 0.

KM / ML
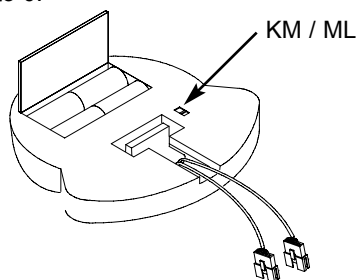
2. When there is no pedaling signal transferred into the computer for 4 minutes, the monitor display will shut off automatically, and all previous training data will be stored. You may press any button to have the computer restart working.

3. The monitor can strore 4 user's (U1-U4) preset function data. When the monitor is powered on it will display the previous (before power off) user's identification.
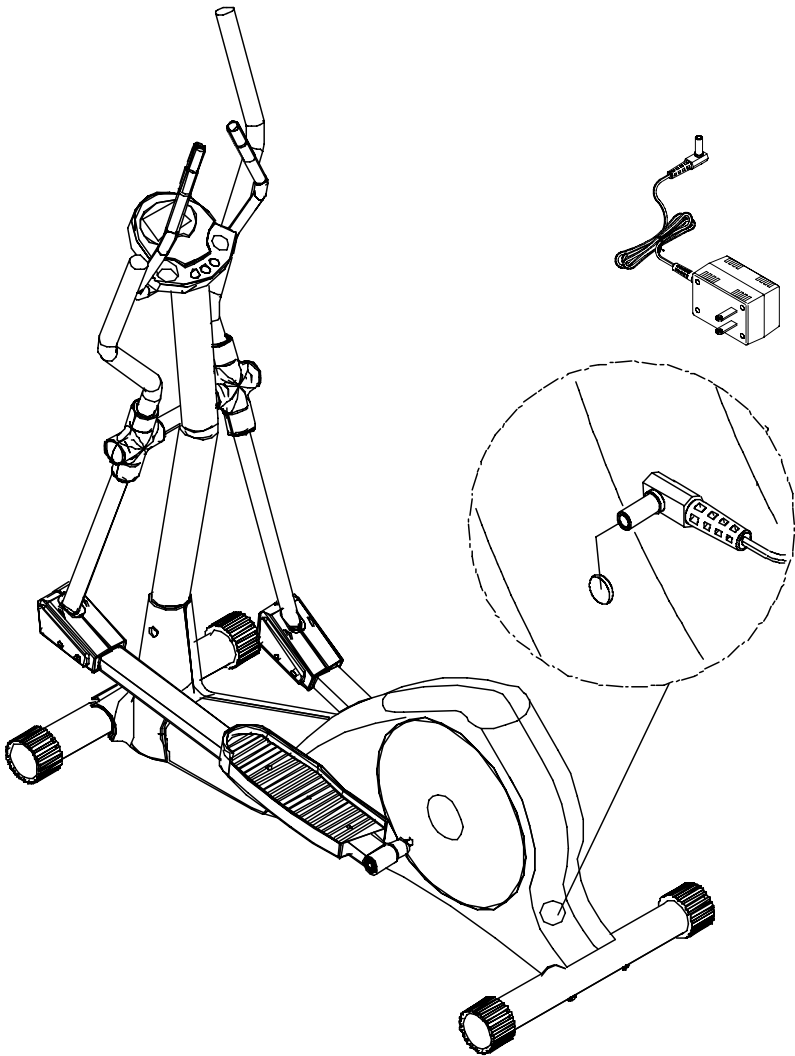
4. If you press and hold the RESET button for 2 seconds, then all previous training data will cleared.

CONSOLE INSTRUCTIONS

5. If the monitor display is improper, please remove the batteries, wait 2 minutes, then replace the batteries.

6. The monitor can be powered on with 4 "C" size batteries or by using the AC adaptor input.

GENERAL INFORMATION

Moving Your M3 Elliptical Trainer
To move the unit, carefully lift the rear end of the unit by pushing down on the front of the handlebars. Steer the unit to another location. Be gentle while moving the unit as any sharp impact can affect the operation.

Maintenance
Use a damp cloth to wipe your M3 unit free from sweat after each use.

Monitoring Your Heart Rate
To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* on page 17.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are

GENERAL INFORMATION

in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

FITNESS SAFETY: A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate   (THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

     220 - 30 = 190

     190 x .60 = 114 (low end or 60% of MHR)

     190 x .75 = 142 (high end or 75% of MHR)

     30 year-old (THR) Target Heart Rate would be 114-142.

TARGET HEART RATE ZONE

	20	25	30	35	40	45	50	55	60	65
100% Serious Athletic Training Range	200	195	190	185	180	175	170	165	160	155
85% Cardiovascular Conditioning Range	170	166	162	157	153	149	145	140	136	132
75% Fat Burning Range	150	146	143	139	135	131	128	124	120	116
60%	120	117	114	111	108	105	102	99	96	93

AGE

18
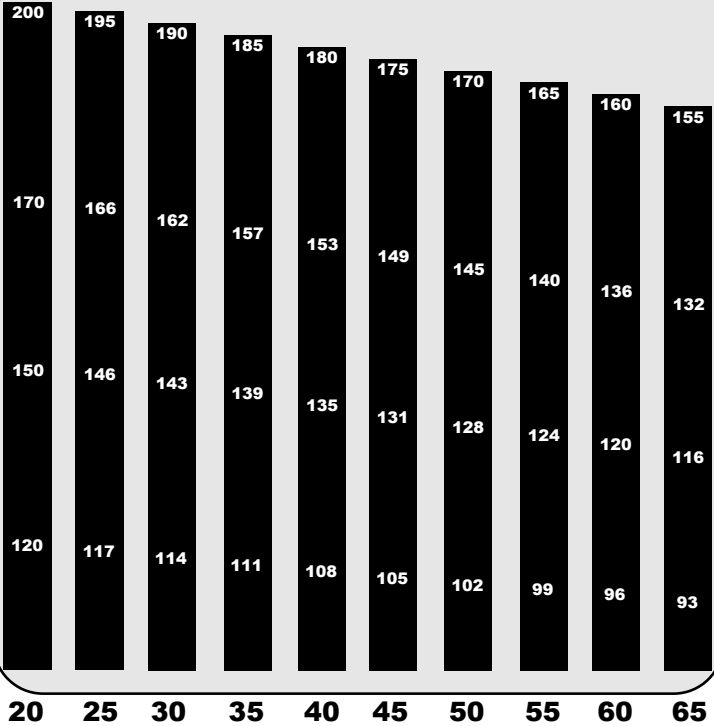
PARTS LIST

M3el Parts List Rev B

REF #	PART #	DESCRIPTION	QTY
1	323-00207	MAIN FRAME #1	1
2	323-00169	CONSOLE TUBE#2	1
3	323-00170	LEFT FOAM HANDLE#3	1
4	323-00171	RIGHT FOAM HANDLE #4	1
5	323-00172	FOOT TUBE#5	2
6	311-00046	ALUMINUM PULLEY#6	1
7	311-00047	MAG BRAKE#7	1
8	307-00063	GEARBOX W/WIRE#8	1
9	323-00173	FOOT FRAME#9	2
10	307-00008	COMPUTER U/R/EL M3 (220R/U/EL)	1
11	306-00323	LEFT FOOT PEDAL#11	1
12	306-00324	RIGHT FOOT PEDAL#12	1
13	306-00325	LEFT FOOT FRAME SIDE COVER#13	2
14	306-00326	RIGHT FOOT FRAME SIDE COVER#14	2
15	302-00438	M10 X70MM HEX HEAD SCREW #15	2
16	331-00047	BEARING PRECISE, 6202Z, #16	14
17	302-00437	M10 X 23 MM WASHER #17	2
18	302-00436	M10 LOCKNUT #18	7
19	302-00416	TP M4 X12MM SCREW	18
20	302-00434	FOOT FRAME SPACER #20	2
21	302-00441	M17 X22MM WASHER #21	2
22	302-00402	M10X19MM WASHER	8
23	302-00449	M8 X19MM WASHER #23	3
24	302-00445	M6 X45 MM HEX HEAD SCREW #24	6
25	302-00444	WASHER, M6X16MM	6
26	306-00327	DISC COVER#26	2
27	319-00035	CRANK PLATE #27	2
28	302-00396	TP M4 X25MM SCREW	8
29	302-00439	M16X21.8 MM WASHER #29	2
30	310-00127	CIRCLE FIXED PLATE#30 #25 220R	2
31	302-00394	M9 HEX NUT	2
32	306-00328	END CAP#32	2
33	306-00605	TRANSPORTATION WHEEL, M3EL	2
34	306-00330	FOOT CAP#34	2
35	302-00450	M8 X80MM HEX HEAD SCREW #35	4
36	331-00009	BEARING 6003Z, BRONZE	2
37	302-00435	M10 CURVED WASHER #37	2
38	302-00440	M17 SHAFT NUT #38	1
39	302-00211	MAGNET	1
40	302-00398	EYEBOLT 6X37MM	2
41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
42	302-00409	M6 HEX NUT (BLACK)	2
43	302-00369	M10 CAP NUT	2
44	302-00411	M8 X15 HEX HEAD SCREW	2
45	319-00146	BELT TENSION BRACKET	1
46	302-00370	M8 LOCKNUT	1
47	302-00410	M8X17MM HEX HEAD SCREW	1
48	311-00049	ALUMINUM IDLER PULLEY#48 W/BELT TENSION	1
49	302-00448	M8 X12.5X4L SPACER #49	1
50	302-00406	M8 NYLON NUT	1
51	302-00403	M8 X30MM HEX HEAD SCREW	1
52	331-00002	608 PRECISE BEARING,	2
53	302-00202	SPRING	1
54	302-00408	EYEBOLT 6X65MM	1
55	302-00409	M6 HEX NUT (BLACK)	2
56	330-00049	PULLEY AXLE#56	1
57	302-00444	WASHER, M6X16MM	4
58	302-00366	M6 LOCKNUT	4
59	304-00015	BELT, POLY V , 220R, 220U	1
60	306-00331	FOAM HANDLE REAR CAP#60	2
61	306-00332	FOAM HANDLE FRONT CAP#61	2
62	313-00091	HAND PULSE WIRE#62	2
63	302-00442	M4X20MM WASHER #63	4
64	302-00447	M8 PLASTIC WASHER (SHORT) #64	1
65	302-00446	M8 PLASTIC WASHER (LONG) #65	1
66	313-00092	EXTENSION WIRE#66	1
67	302-00451	M8X25MM HEX HEAD SCREW #67	3
68	330-00047	GUIDED WHEEL	1
69	302-00443	M5 X10MM SCREW #69	2
70	305-00055	BOTTOM LEFT COVER#70	1
71	305-00056	BOTTOM RIGHT COVER#71	1
72	306-00333	LEFT TOP COVER#72	1
73	306-00334	RIGHT TOP COVER#73	1
74	306-00337	CONNECTION LEFT COVER#74	1
75	306-00335	CONNECTION RIGHT COVER#75	1
76	313-00093	SENSOR#76 #38N	1
77	313-00113	REED SWITCH WIRE #77	1
78	302-00417	TP M5 X50MM SCREW	9
79	313-00095	HAND PULSE GRIP#79	2
80	306-00338	BALL PLUG 1 1/2#80	2
81	306-00339	BALL PLUG 1"#81	2
82	323-00174	T-SHAPED HANDLEBAR#82	1
83	306-00340	GRIP#83	2
#	313-00114	AC ADAPTER 220U/R/E M3U/R/EL	1
#	302-00315	BOLT PACK M3EL	1
#	315-00034	OWNER'S MANUAL, M3EL	1

EXPLODED VIEW
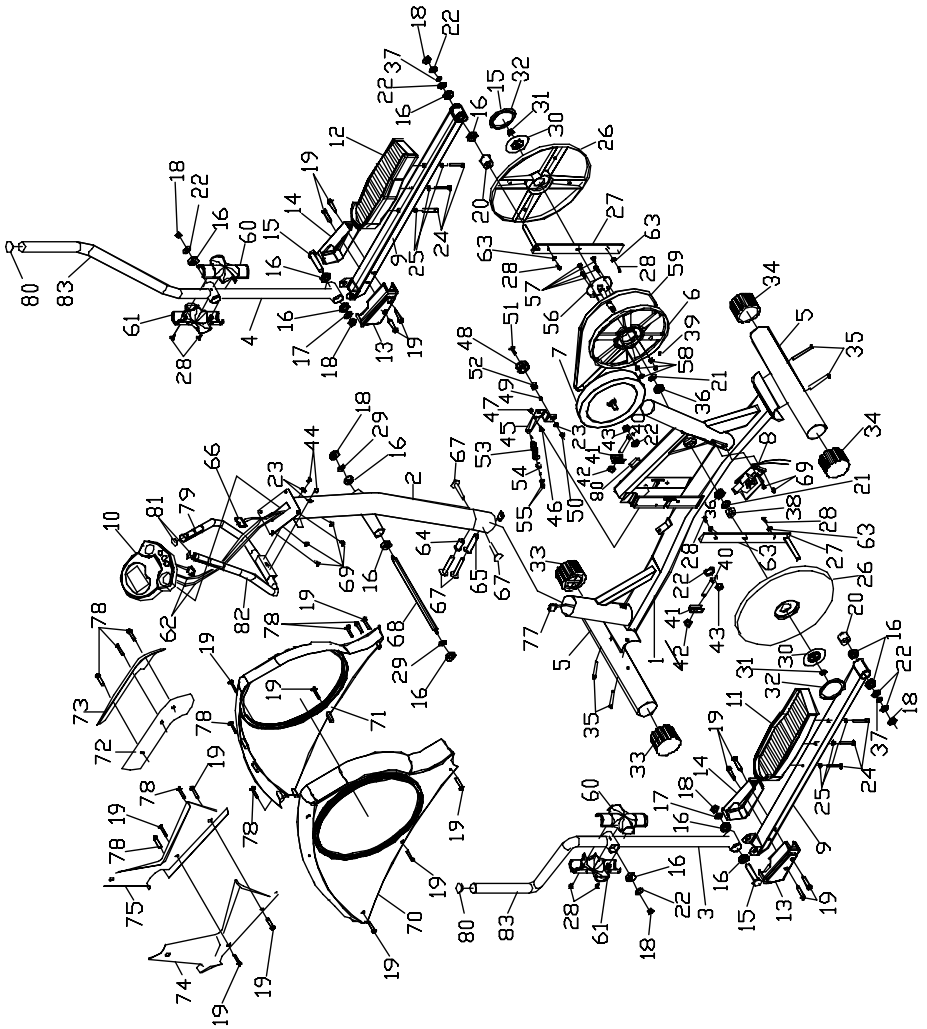
IRONMAN FITNESS M3EL LIMITED WARRANTY

Residential Warranty
Frame: Lifetime
Parts: 1 Year
Labor: None

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness ("Ironman") under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period Ironman will repair or replace (at Ironman's option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Ironman may replace defective parts, or at the option of Ironman, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Ironman. Ironman reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact an Ironman authorized retailer, service technician or Ironman Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Ironman to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Ironman with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Ironman or from an authorized Ironman reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Ironman; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Ironman, or an authorized Ironman warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Ironman's receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only expressed warranty applicable to Ironman-branded products. Ironman neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH IRONMAN FITNESS.

IRONMAN *Fitness*

4009 DISTRIBUTION DRIVE
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