

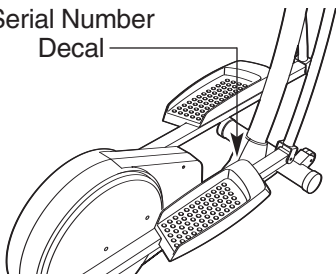
# HEALTHRIDER®

## C225e

Model No. HRMSEL2105.0

Serial No. \_\_\_\_\_

Serial Number  
Decal

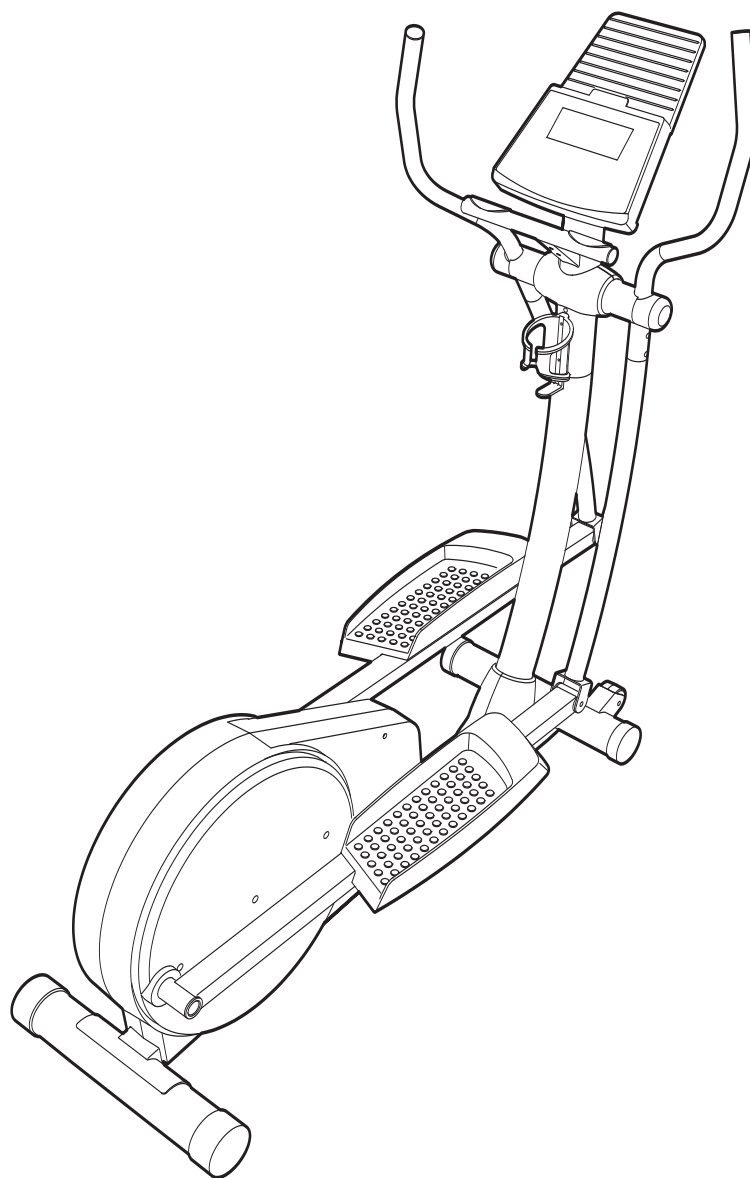


## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction.

If you have questions, or if there are missing or damaged parts, please call the telephone number on the warranty card accompanying this manual.



### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



Página de internet

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

# **HEALTHRIDER®**

## *C225e*

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 115 kg (250 lbs).
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. When mounting and dismounting the elliptical exerciser, always hold the handlebars and step onto and off the pedal that is in the lowest position.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Keep your back straight while using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The warning decal shown on page 4 has been placed on the elliptical exerciser. If the decal is missing, please call the telephone number on the warranty card accompanying this manual and order a free replacement decal.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

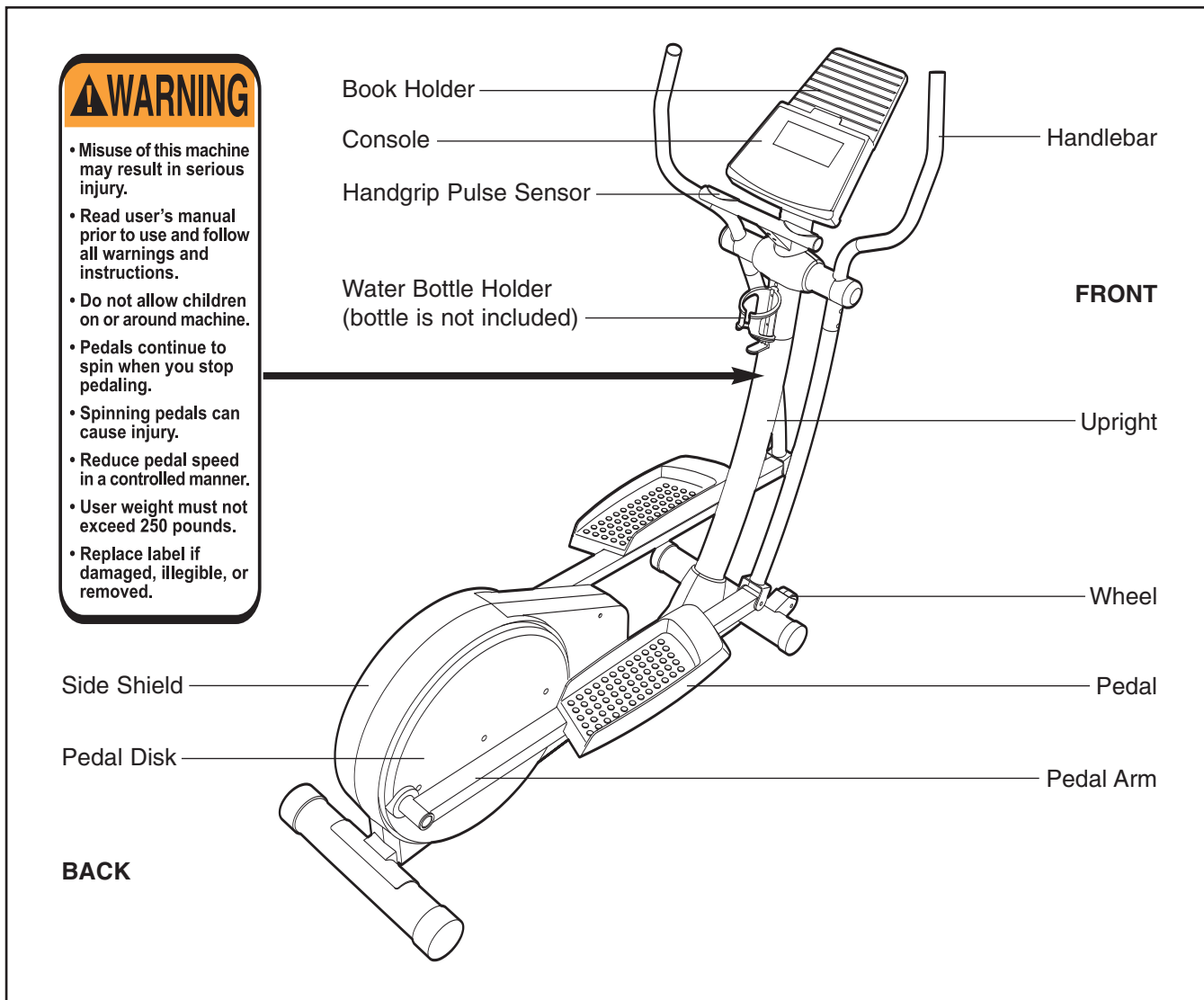
# BEFORE YOU BEGIN

Congratulations for selecting the new HEALTHRIDER® C225e low-impact elliptical exerciser. The C225e is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

**For your benefit, read this manual carefully before you use the elliptical exerciser.** If you have questions after reading this manual, please call the tele-




phone number on the warranty card accompanying this manual. Please note the product model number and serial number before calling. The model number is HRMSEL2105.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

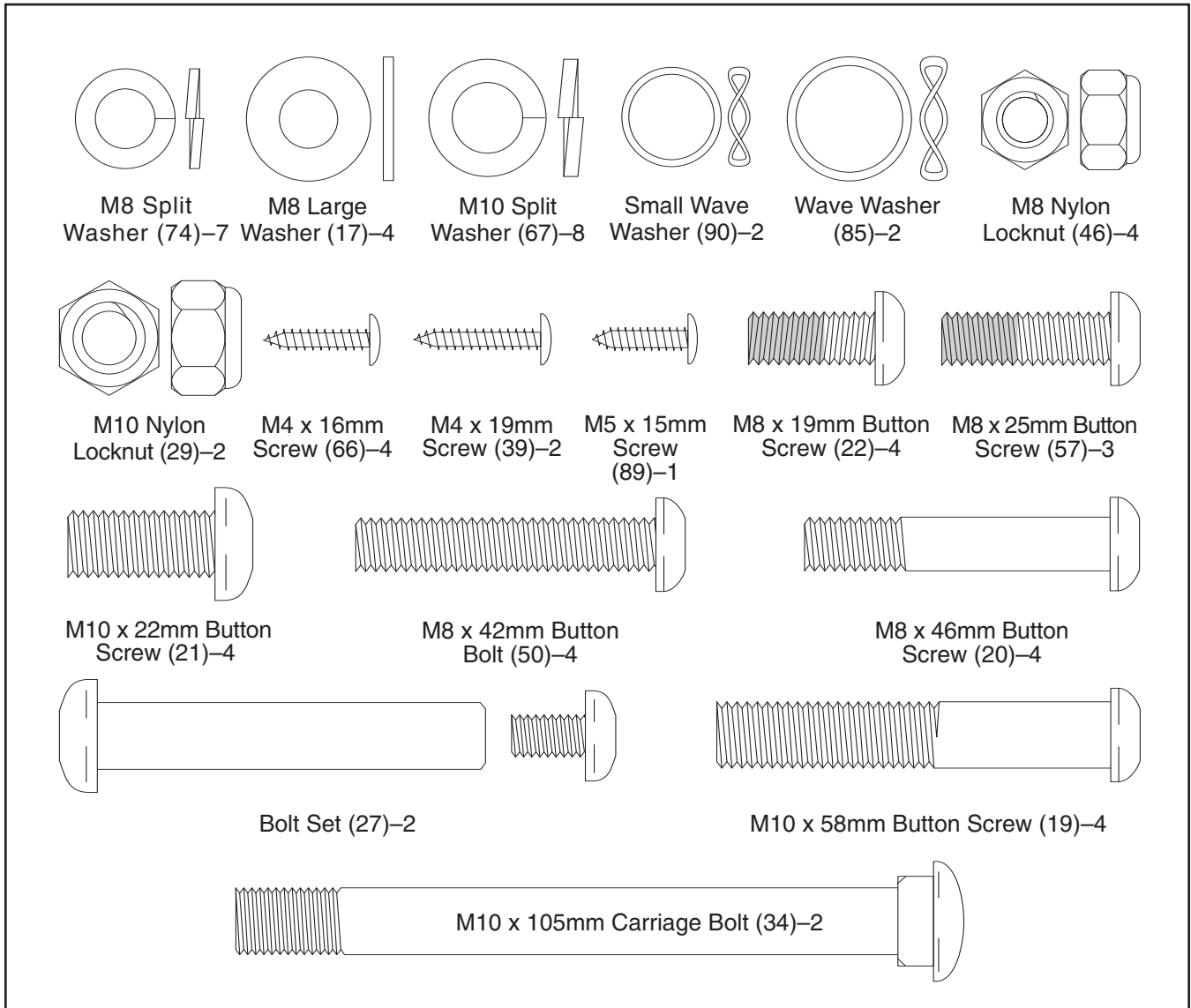


# ASSEMBLY

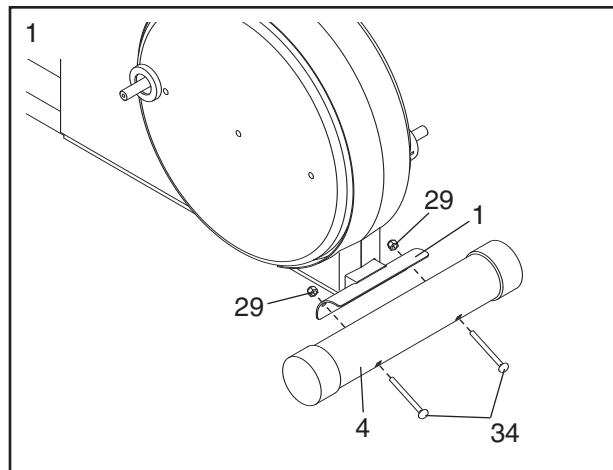
**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included hex keys, assembly requires a phillips screwdriver , an adjustable wrench , and a rubber mallet .

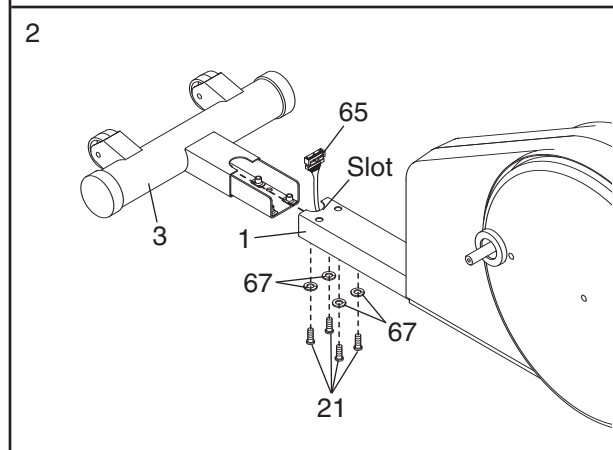
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 18. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**



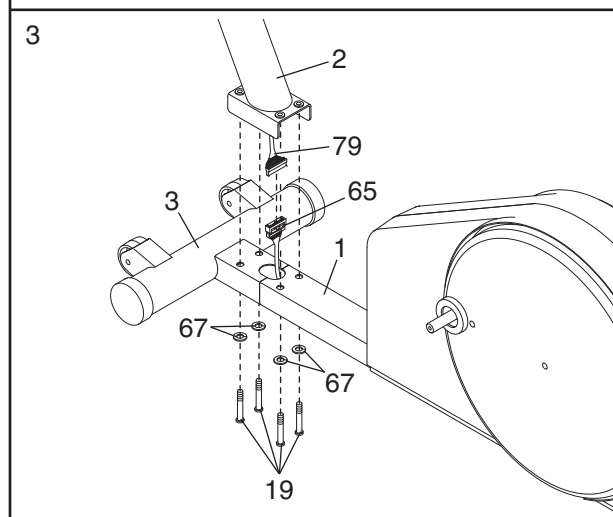
1. Attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 105mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).



2. Hold the Lower Wire Harness (65) in the indicated slot in the Frame (1), and insert the Front Stabilizer (3) into the Frame. **Make sure that the Front Stabilizer is oriented as shown. Be careful to avoid pinching the Lower Wire Harness.** Carefully tip the elliptical exerciser onto one side, and attach the Front Stabilizer with four M10 x 22mm Button Screws (21) and four M10 Split Washers (67).

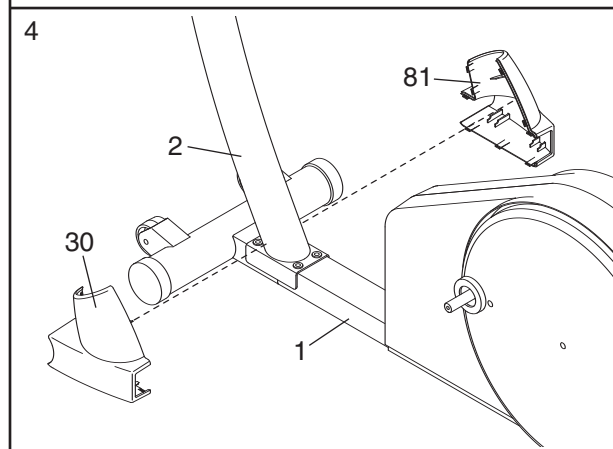


3. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (79) to the Lower Wire Harness (65). **Carefully pull the upper end of the Upper Wire Harness to remove any slack,** and set the Upright on the Front Stabilizer (3) and the Frame. **Be careful to avoid pinching the Wire Harnesses.** Align the holes in the Upright with the holes in the Front Stabilizer and the Frame.



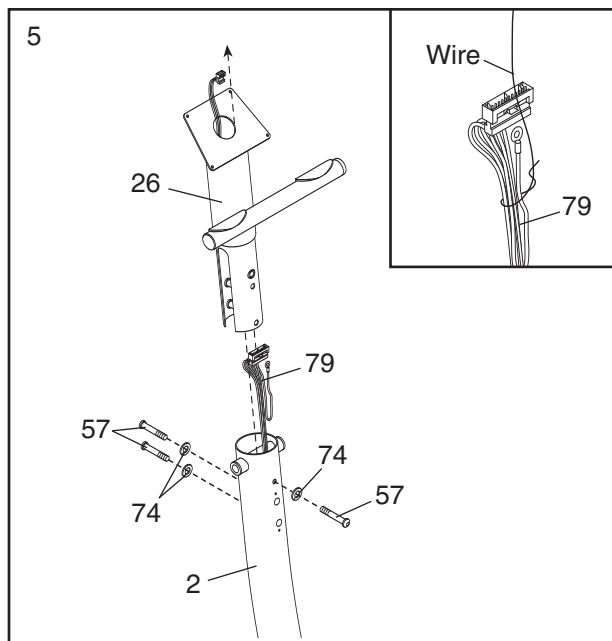
Carefully tip the elliptical exerciser onto one side, and attach the Upright (2) to the Front Stabilizer (3) and the Frame (1) with four M10 x 58mm Button Screws (19) and four M10 Split Washers (67).

4. Gently separate the Left and Right Frame Covers (30, 81). Hold the Frame Covers around the Upright (2) and the Frame (1). Firmly press the Frame Covers together.



5. **If the Upper Wire Harness (79) is not already routed through the Console Bracket (26),** locate the wire extending from the bottom of the Console Bracket. Carefully pull the upper end of the Upper Wire Harness to remove any slack, and tie the wire around the Upper Wire Harness as shown in the inset drawing. Next, carefully pull the wire up through the Console Bracket until the Upper Wire Harness is extending from the top of the Console Bracket. Then, untie the wire and discard it.

Insert the Console Bracket (26) into the Upright (2). **Be careful to avoid pinching the Upper Wire Harness (79).** Attach the Console Bracket with three M8 x 25mm Button Screws (57) and three M8 Split Washers (74).

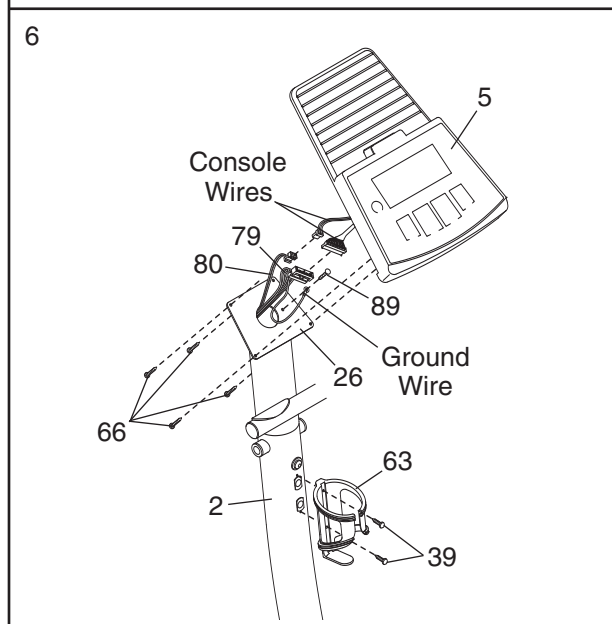


6. **If the end of the indicated ground wire is not already attached to the Console Bracket (26),** attach the ground wire with an M5 x 15mm Screw (89) as shown.

While another person holds the Console (5) near the Console Bracket (26), connect the wires on the Console to the Upper Wire Harness (79) and the Pulse Wire Harness (80). Insert the Wire Harnesses down into the Console Bracket.

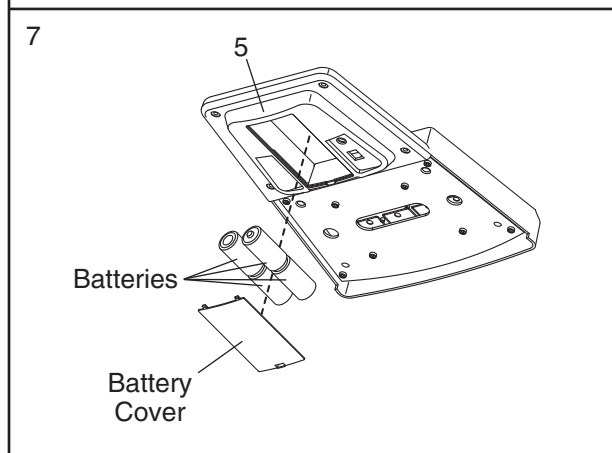
Attach the Console (5) to the Console Bracket (26) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harnesses.**

Attach the Water Bottle Holder (63) to the Upright (2) with two M4 x 19mm Screws (39).



7. The Console (5) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended.

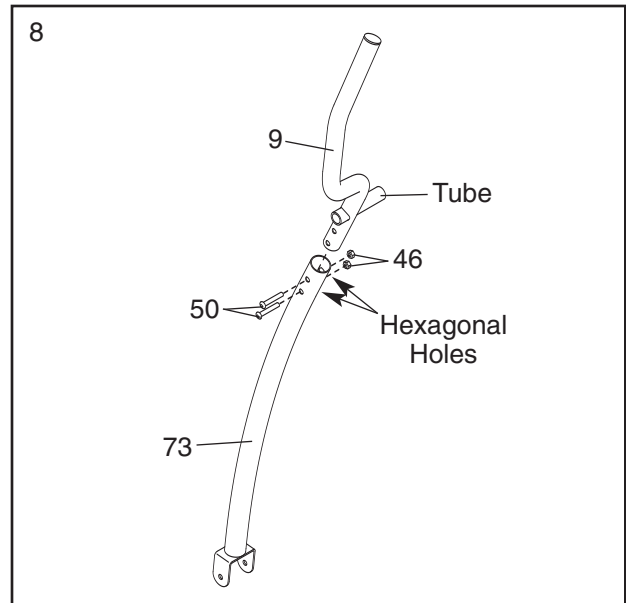
Look under the Console (5) and locate the battery cover. (Note: For clarity, the drawing shows the Console removed from the elliptical exerciser.) Press the tab on the battery cover and remove the battery cover. Next, insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagram inside of the Console.** Then, reattach the battery cover to the Console.



8. Identify the Left Handlebar (9) and the Left Handlebar Leg (73), which are marked with stickers.

Insert the Left Handlebar (9) into the Left Handlebar Leg (73). **Make sure that the indicated tube on the Left Handlebar and the hexagonal holes in the Left Handlebar Leg are on the same side.** Attach the Left Handlebar with two M8 x 42mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Do not tighten the Button Bolts yet.**

Attach the Right Handlebar (not shown) to the Right Handlebar Leg (not shown) in the same way.



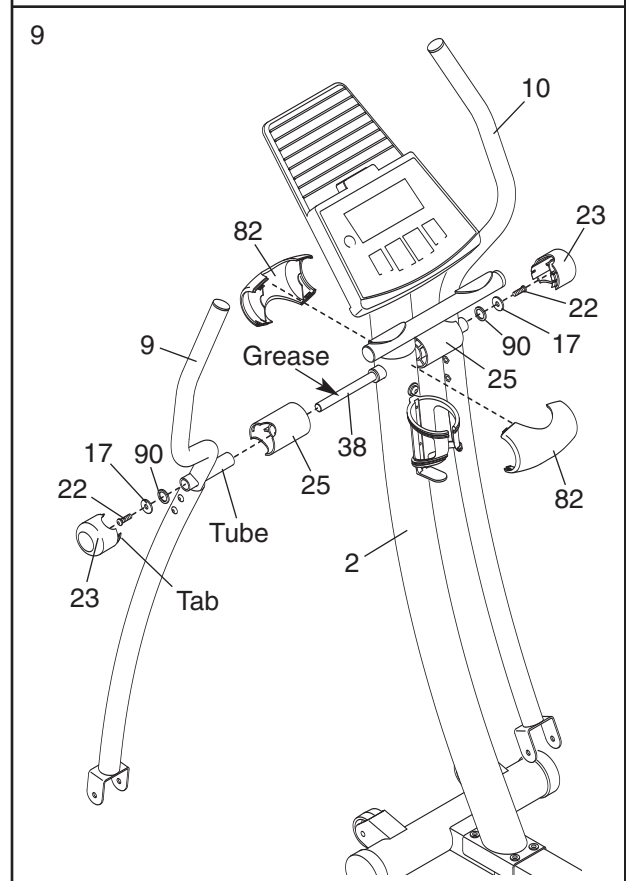
9. Insert the Pivot Axle (38) into the Upright (2). Apply a generous amount of the included grease to the Pivot Axle.

Identify the Left and Right Handlebars (9, 10), which are marked with stickers. Have another person hold the Left Handlebar near the left end of the Pivot Axle (38). Slide a Handlebar Spacer (25) onto the indicated tube on the Left Handlebar; **make sure that the Handlebar Spacer is oriented as shown, with the smaller cutout on top.** Then, slide the Left Handlebar onto the Pivot Axle.

Assemble the Right Handlebar (10) in the same way.

Tighten an M8 x 19mm Button Screw (22) with an M8 Large Washer (17) and a Small Wave Washer (90) into each end of the Pivot Axle (38). **Make sure the Wave Washers are on the Pivot Axle.** Orient the two Handlebar Caps (23) as shown, and press the small tabs on the Handlebar Caps into the two Handlebar Spacers (25).

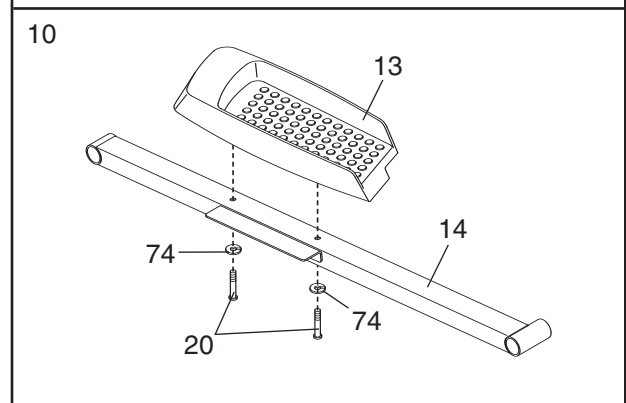
Gently separate the two Upright Covers (82). Hold the Upright Covers around the Upright (2), and firmly press the Upright Covers together.



10. Identify the Left Pedal (13), which has an "L" molded into its bottom surface, and the Left Pedal Arm (14), which is marked with a sticker.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with two M8 x 46mm Button Screws (20) and two M8 Split Washers (74).

Attach the Right Pedal (not shown) in the same way.





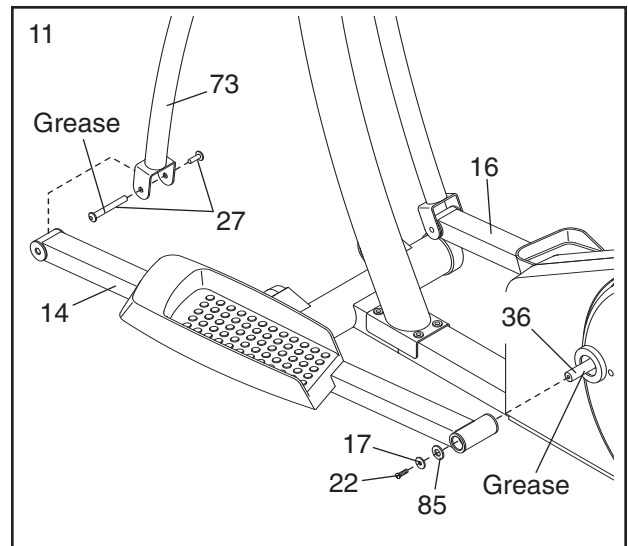
11. Apply a thin film of grease to the shaft of a Bolt Set (27) and to the axle on the Left Crank Arm (36).

Slide the Left Pedal Arm (14) and a Wave Washer (85) onto the axle on the Left Crank Arm (36). Next, tighten an M8 x 19mm Button Screw (22) with an M8 Large Washer (17) into the end of the axle.

Attach the Left Handlebar Leg (73) to the Left Pedal Arm (14) with the Bolt Set (27).

Attach the Right Pedal Arm (16) to the right side of the elliptical exerciser in the same way.

See step 8 on page 8. Tighten the M8 x 42mm Button Bolts (50). **Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.**



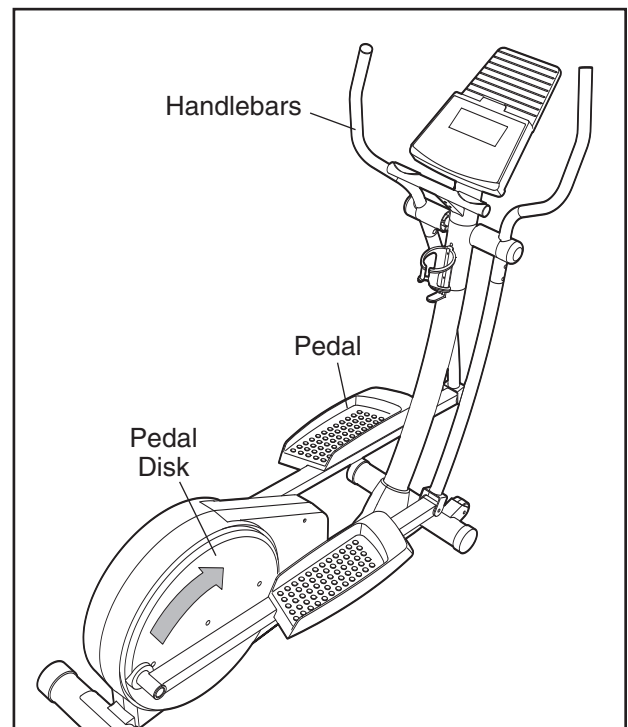
12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

## HOW TO USE THE ELLIPTICAL EXERCISER

### HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the handlebars and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown at the right; however, for variety, you can turn the pedal disks in the opposite direction.**

To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **CAUTION: The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



## CONSOLE DRAWING



### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

#### Step Counter

Walking is one of the most popular exercises worldwide. Walking does not require advanced conditioning or special skills, yet it produces numerous benefits, such as increased calorie burning, a slimmer waist, toned muscles, enhanced energy and stamina, lower blood pressure, and reduced stress. To track your exercise, the console features a step counter that counts the number of steps that you pedal during each workout. In

addition, the console offers a step program that allows you to enter the number of steps that you plan to pedal, and counts down the steps as you exercise.

#### Resistance Programs

The console also features four resistance programs. Each program automatically controls the resistance of the pedals as it guides you through an effective workout.

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a resistance program**, see page 12. **To use the step program**, see page 13.

**Note: The console requires four 1.5V “D” batteries. If batteries have not been installed, see step 7 on page 7. If there is a sheet of clear plastic on the face of the console, remove the plastic.**

## HOW TO USE THE MANUAL MODE

### 1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling.

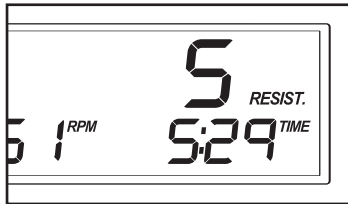
### 2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If you have selected a program, select the manual mode by pressing the Resistance Program button repeatedly until only zeros appear in the display.



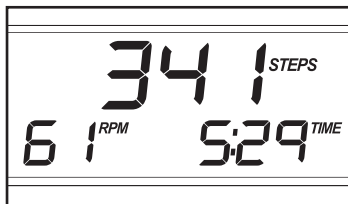
### 3 Begin pedaling and adjust the resistance of the pedals.

As you pedal, adjust the resistance of the pedals as desired by pressing the Resistance increase and decrease buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a few seconds for the pedals to reach the selected setting.



### 4 Follow your progress with the display.

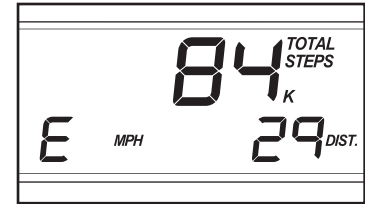
As you pedal, the display will show the number of steps you have pedaled, your pedaling pace (in revolutions per minute [RPM]), your pedaling speed, the elapsed time, the distance that you have pedaled, and the approximate number of calories you have burned. In addition, the display will show your heart rate



when you use the handgrip pulse sensor. The display will also show the resistance level for a few seconds each time the resistance setting changes. Note: When a resistance program is selected, the display will show the time remaining in the program instead of the elapsed time. To reset the display, press the On/Reset button.

**Note: The display can show speed and distance in either miles or kilometers.** To change the unit of measurement, first

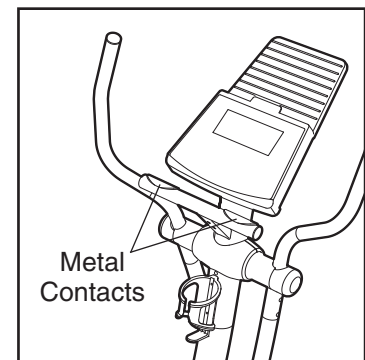
hold down the Resistance Program button for about three seconds; "E MPH" (English—miles per hour) or "M Kp/H" (metric—kilometers per hour) will appear in the display to show which unit of measurement is selected. To change the unit of measurement, press the Resistance increase button. The display will also show the total number of steps pedaled by all users of the elliptical exerciser (if a "K" appears beside the number, multiply the number by 1,000) and the total number of miles or kilometers pedaled. When you are finished viewing this information, press the Resistance Program button again.



### 5 Measure your heart rate if desired.

**Note: If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.** To use the handgrip pulse sensor, stop pedaling and hold the handgrip pulse

sensor with your palms resting on the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats, one or two dashes (--) will appear, and then your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 15 seconds. Note: When you first hold the handgrip pulse sensor, the console will display your heart rate continuously for 15 seconds. The console will then display your heart rate along with your pedaling pace and your pedaling speed.

## 6 When you are finished exercising, the console will automatically turn off.

If you stop pedaling for a few seconds, the console will pause and the time will begin to flash in the display.

If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will automatically turn off to conserve the batteries.

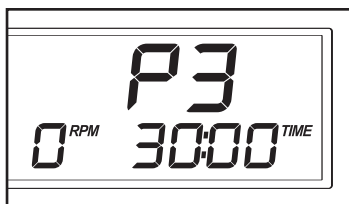
### HOW TO USE A RESISTANCE PROGRAM

## 1 Turn on the console.

See step 1 on page 11.

## 2 Select a resistance program.

To select a resistance program, press the Resistance Program button repeatedly until "P1," "P2," "P3," or "P4" appears in the display.



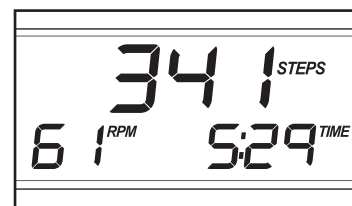
The diagrams numbered 1 through 4 on the right side of the console show how the resistance level will change during the resistance programs. For example, diagram number 3 shows that when program 3 is selected, the resistance will gradually increase throughout the program, and then decrease near the end.

## 3 Begin pedaling to start the program.

To start the program, simply begin pedaling. Each resistance program consists of 30 one-minute periods. One resistance setting is programmed for each period. Note: The same resistance setting may be programmed for two or more consecutive periods.

At the end of each one-minute period, the time will flash in the display, and the resistance of the pedals will automatically change if a different resistance setting is programmed for the next period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance increase or decrease button. However, when the current period ends, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The console will display the time remaining in the program. Note: If you continue pedaling after the program is completed, the display will continue to show your exercise feedback.



## 4 Follow your progress with the display.

See step 4 on page 11.

## 5 Measure your heart rate if desired.

See step 5 on page 11.

## 6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 11.

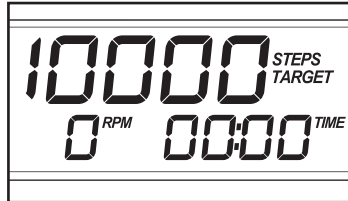
## HOW TO USE THE STEP PROGRAM

### 1 Turn on the console.

See step 1 on page 11.

### 2 Select the step program.

Press the Steps Programs button; the step program will be selected and a goal of 10,000 steps will appear in the display.



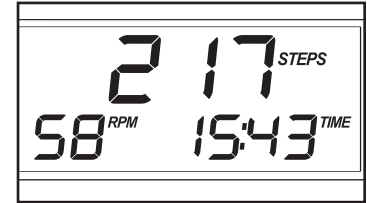
Depending on your fitness level, you may desire to pedal fewer than or more than 10,000 steps. To change the goal, press the Steps Target increase and decrease buttons. Each time a button is pressed, the goal will change by 500 steps. Note: The goal can be changed either before or after the program is started.

Note: To find an appropriate starting goal, complete a workout with the manual mode selected (see page 11) and note the number of steps that you pedal during the workout. Then, round that number up to the nearest 500 steps. This can be your starting goal. As your fitness level improves, you can increase your goal by 500 steps every few weeks. **IMPORTANT: Always exercise at an intensity level and for a length of time that is comfortable for you.**

### 3 Begin pedaling to start the program.

As you exercise, adjust the resistance of the pedals as desired by pressing the Resistance increase and decrease buttons.

The display will show the number of steps still to be pedaled. Note: If you continue pedaling after the program is completed, the display will continue to show your exercise feedback; however, the display will not show the number of steps you have pedaled, until you select the manual mode or a new program.



### 4 Follow your progress with the display.

See step 4 on page 11.

### 5 Measure your heart rate if desired.

See step 5 on page 11.

### 6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 11.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

## CONSOLE TROUBLESHOOTING

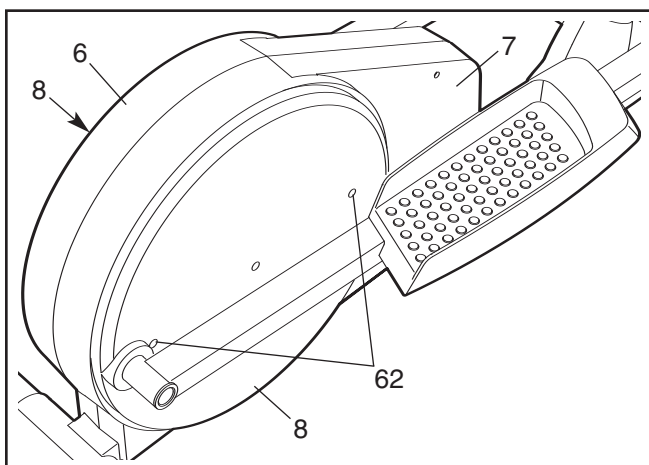
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 7 on page 7.

## HANDGRIP PULSE SENSOR TROUBLESHOOTING

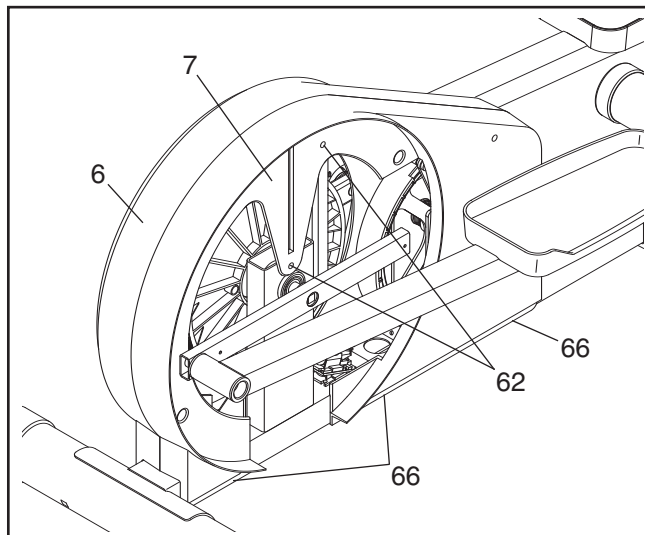
If the handgrip pulse sensor does not function properly, see step 5 on page 11.

## HOW TO ADJUST THE REED SWITCH

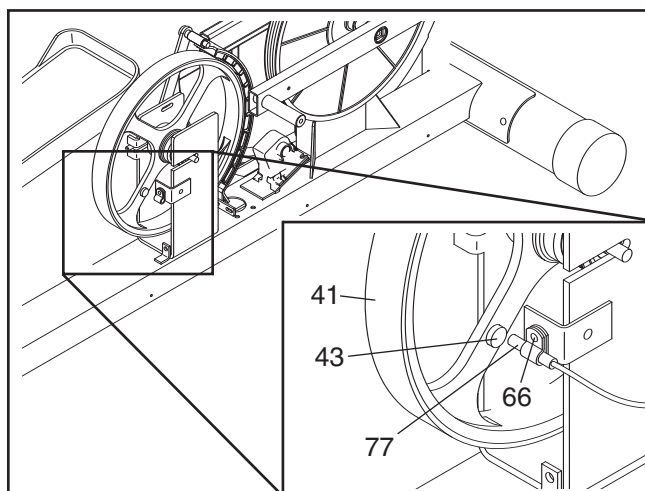
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first remove the indicated Screws (62) from both Pedal Disks (8). Pull both Pedal Disks out of the Side Shields (6, 7). Rotate the right Pedal Disk so you are able to see beneath it.



Remove the indicated Screws (62) from the Right Side Shield (7). Remove the indicated Screws (66) from both Side Shields (6, 7). Lift the Side Shields off the elliptical exerciser.



Next, locate the Reed Switch (77). Turn the Flywheel (41) until the Magnet (43) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields and the pedal disks.





# CONDITIONING GUIDELINES

## WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

### 2. Hamstring Stretch

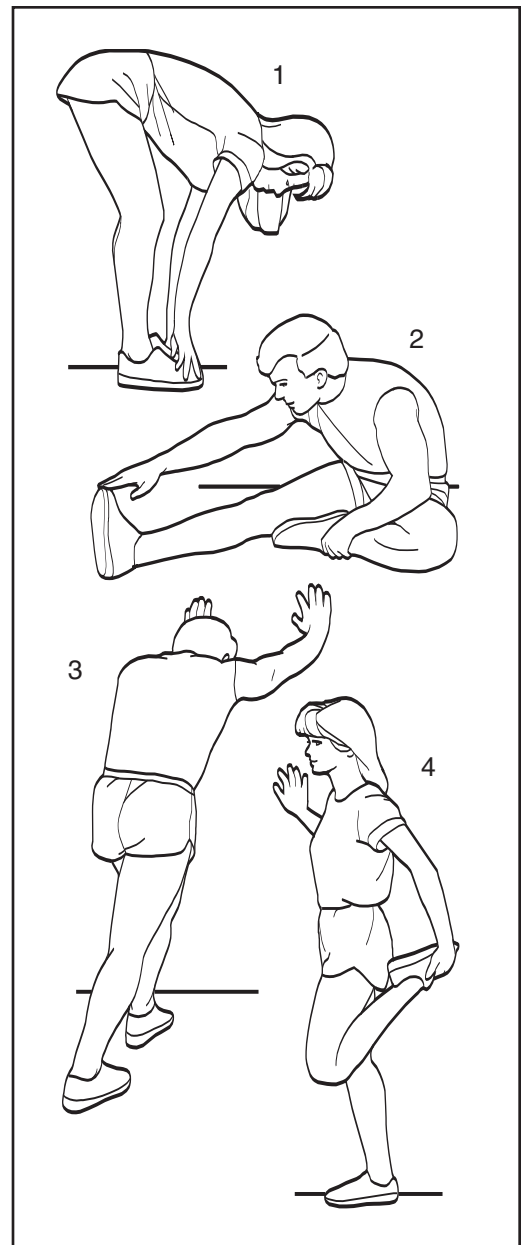
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

### 3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.





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# NOTES

# PART LIST—Model No. HRMSEL2105.0

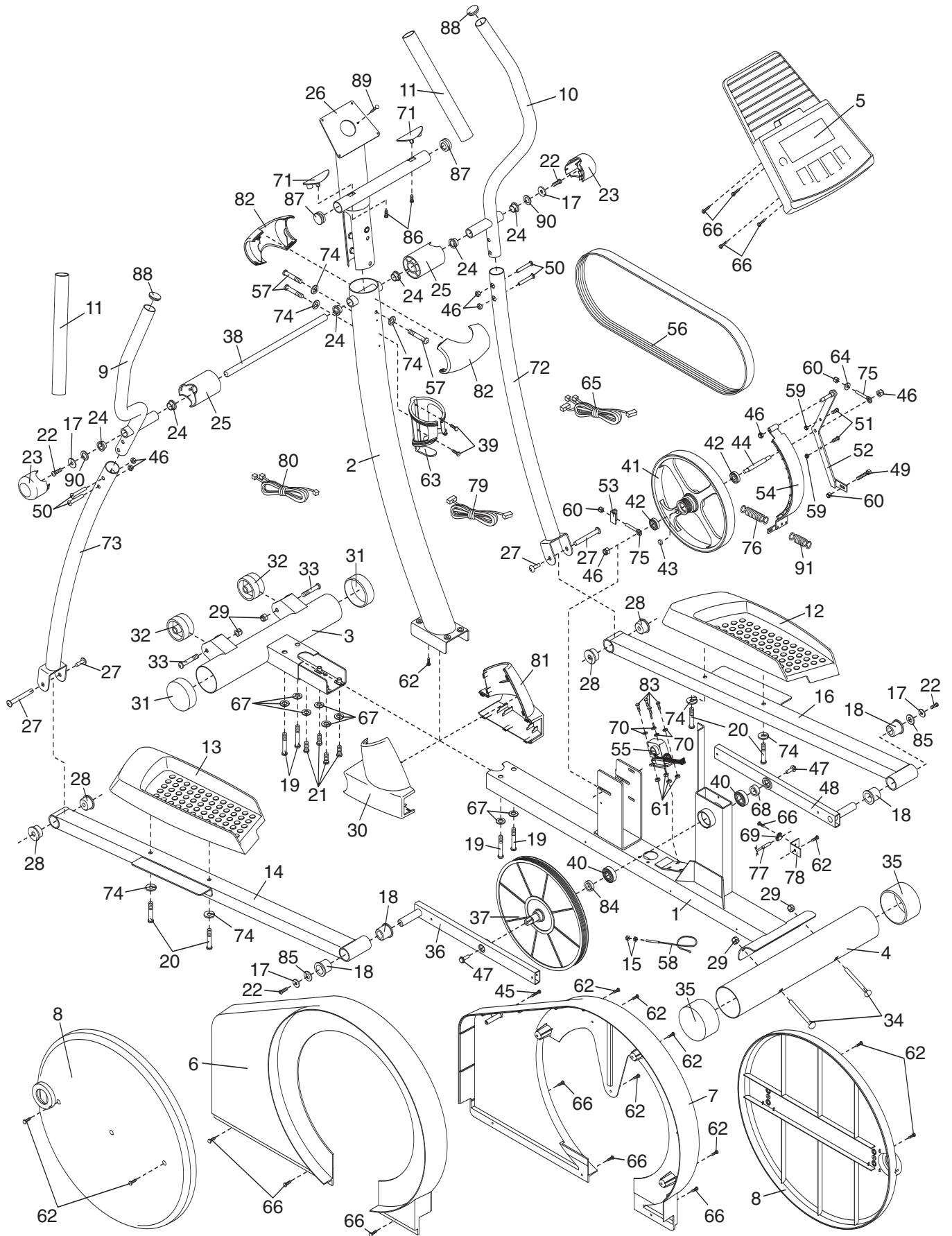
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	Right Crank Arm
2	1	Upright	49	1	M6 x 20mm Bolt
3	1	Front Stabilizer	50	4	M8 x 42mm Button Bolt
4	1	Rear Stabilizer	51	2	M6 x 16mm Button Bolt
5	1	Console	52	1	“C” Magnet Bracket
6	1	Left Side Shield	53	1	“U” Bracket
7	1	Right Side Shield	54	1	“C” Magnet
8	2	Pedal Disc	55	1	Motor
9	1	Left Handlebar	56	1	Belt
10	1	Right Handlebar	57	3	M8 x 25mm Button Screw
11	2	Foam Grip	58	1	Adjustment Cable
12	1	Right Pedal	59	2	M6 Nylon Locknut
13	1	Left Pedal	60	3	M6 Nut
14	1	Left Pedal Arm	61	4	M5 Nylon Locknut
15	2	M5 Nut	62	11	M5 x 16mm Screw
16	1	Right Pedal Arm	63	1	Water Bottle Holder
17	4	M8 Large Washer	64	1	M6 Large Washer
18	4	Rear Pedal Arm Bushing	65	1	Lower Wire Harness
19	4	M10 x 58mm Button Screw	66	11	M4 x 16mm Screw
20	4	M8 x 46mm Button Screw	67	8	M10 Split Washer
21	4	M10 x 22mm Button Screw	68	1	Pulley Spacer
22	4	M8 x 19mm Button Screw	69	1	Reed Switch Clamp
23	2	Handlebar Cap	70	4	Motor Washer
24	6	Handlebar Bushing	71	2	Handgrip Pulse Sensor/Wire
25	2	Handlebar Spacer	72	1	Right Handlebar Leg
26	1	Console Bracket	73	1	Left Handlebar Leg
27	2	Bolt Set	74	7	M8 Split Washer
28	4	Front Pedal Arm Bushing	75	2	M6 Eyebolt
29	4	M10 Nylon Locknut	76	1	Return Spring
30	1	Left Frame Cover	77	1	Reed Switch
31	2	Front Stabilizer Endcap	78	1	Reed Switch Bracket
32	2	Wheel	79	1	Upper Wire Harness
33	2	M10 x 60mm Button Bolt	80	1	Pulse Wire Harness
34	2	M10 x 105mm Carriage Bolt	81	1	Right Frame Cover
35	2	Rear Stabilizer Endcap	82	2	Upright Cap
36	1	Left Crank Arm	83	4	M5 x 12mm Bolt
37	1	Pulley	84	1	Small Pulley Spacer
38	1	Pivot Axle	85	2	Wave Washer
39	2	M4 x 19mm Screw	86	2	M4 x 16mm Screw
40	2	Crank Bearing	87	2	“T”-bar Endcap
41	1	Flywheel	88	2	Handlebar Endcap
42	2	Flywheel Bearing	89	1	M5 x 15mm Screw
43	1	Magnet	90	2	Small Wave Washer
44	1	Flywheel Axle	91	1	Tension Spring
45	1	M4 x 64mm Screw	#	1	Hex Key Set
46	7	M8 Nylon Locknut	#	1	Grease
47	2	Crank Screw	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. HRMSEL2105.0

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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please call the telephone number on the warranty card accompanying this manual. When calling, please be prepared to provide the following information:

- the MODEL NUMBER of the product (HRMSEL2105.0)
- the NAME of the product (HEALTHRIDER C225e elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 18)

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