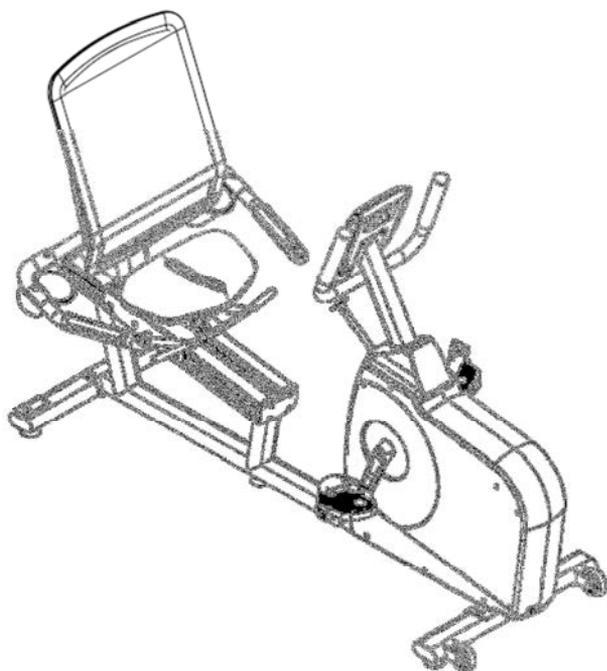


CMXRT

CASCADE



Owner's Manual

CASCADE CMXRT

CASCADE HEALTH AND FITNESS LLC

PO BOX 1318

WOODINVILLE WA 98072

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EMAIL: info@cascadehealthandfitness.com

www.cascadehealthandfitness.com

PLEASE KEEP THIS BOOKLET FOR IMPORTANT WARRANTY INFORMATION & FUTURE REFERENCE. PLEASE FILL IN BELOW CHART WITH REQUESTED INFORMATION FOR FUTURE USE:

MODEL NUMBER	37700
DATE OF PURCHASE	
SERIAL NUMBER	
DEALER NAME	
DEALER PHONE NUMBER	

CONGRATULATIONS

You have just become a valued Cascade customer. Our team is committed to making your cycling experience fun and rewarding — offering you detailed product information, expert fitness advice, and direct customer support you can depend on. Thank you for purchasing the Cascade **CMXRT** recumbent bike.

This **CMXRT** Owner's Manual will help you get the most enjoyment from your new indoor recumbent bike. It not only explains all the important features and safety considerations of the **CMXRT**, it also includes great workout tips and exercise principles. If at any time you have questions about this information, please call us at (425) 402-4062 and we will be happy to help you. To help us answer your questions quickly, we recommend that you have the serial number of your bike ready when you call us. The serial number of your bike is located on the bike frame.

The **CMXRT** has been built to deliver an incredible workout, every component of the **CMXRT** has been designed to be more durable, more user friendly and more comfortable than any other indoor recumbent bike you have ridden. Whether you are a beginning fitness enthusiast or a highly conditioned athlete, you will immediately feel the difference.

FEATURES

- ✓ **Smooth, quiet magnetic resistance** reduces maintenance and service
- ✓ **Fixed gear** – optimal inertia for safe and smooth pedaling
- ✓ **Bi-directional resistance** – resistance provided pedaling both forwards and backwards
- ✓ **Narrow Q Factor** – narrower crank design for greater comfort
- ✓ **Console** – 11 programs and 16 levels of resistance with feedback provided to meet your exercising goals – watts, heart rate, speed, rpms, calories, time, distance and level
- ✓ **Durable frame design** — Excellent stability, and 350 lbs. user load
- ✓ **Console handlebars** – allow for easy entry and exit
- ✓ **Step through frame design** – for easy on/off access to seat
- ✓ **Extra strong bottom bracket design**
- ✓ **Wide seat adjustment range** — Better fit for tall and short users
- ✓ **Mesh seat back** – for improved comfort and breathable
- ✓ **Wide and easy to grab seat adjustment bar** — Quick and easy bar to grab to change seat position
- ✓ **Self-leveling pedals with locking strap**— for ease of use
- ✓ **Convenient thumb control** — quickly/easily adjust resistance
- ✓ **4 position seat incline adjustability** – allows you to find your most comfortable riding position
- ✓ **Reading rack on console**
- ✓ **Left and right stretch pads** – for post ride stretching
- ✓ **Wide cross legs** – for maximum stability
- ✓ **Large in-line wheels**– easy and quick to move bike
- ✓ **Two water bottle holders** – provides for plenty of water
- ✓ **Heart Rate** – Both contact and telemetry(HR strap provided)
- ✓ **Safety brake** – quick and easy to reach brake
- ✓ **Large diameter leveler feet** – allows you to make the bike stable on uneven surfaces
- ✓ The **CMXRT** is so smooth and comfortable you can work out much longer than you ever imagined

OVERVIEW

Please review the rest of this Owner's Manual carefully before you start using your new **CMXRT**. The information enclosed here will help you get the most enjoyment out of your workout and includes valuable operating, service, safety, and troubleshooting information, as well as guidelines for an effective exercise program.

We are confident that you will love your new **CMXRT**.

Enjoy your riding.

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WARRANTY

PARTS		LABOR
FRAME	Lifetime	1 YEAR FOLLOWING CUSTOMER INSTALLATION
NON WEARABLE PARTS	5 YEARS	
ELECTRONICS	2 YEARS	
WEARABLE PARTS	2 YEAR	

NEED ASSISTANCE? Customer Service: (425) 402-4062

Prior to contacting our Customer Service Department, please have the following information:

- Your name, Customer Number, Shipping Address & Telephone Number
- Serial Number(s) of the inoperable bike(s)
- Date(s) of Purchase for the inoperable bike(s)
- Your Billing Address

The above information will ensure that you are the only one ordering parts under your warranty protection. If warranty replacement parts are shipped to you, you may be required to return the inoperable part(s). To facilitate this process, the following policy has been established:

- Contact our **Customer Service Department** to receive a **Return Authorization #** prior to shipment
- Cascade will incur all UPS Ground freight charges for Warranty Parts ordered for a machine that is less than 90 days old. You are responsible for freight charges on warranty parts for machines that are more than 90 days old. You will not be responsible for freight charges for any returned inoperable parts.
- If an inoperable warranty part(s) must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part(s)



WARNING

When present, this symbol is an indicator that you should proceed cautiously and be alert as your safety is dependent on your attention to the instructions.

When present, this statement is an indication that there are potential hazards that could result in injury or death.

PRIOR TO BEGINNING AN EXERCISE PROGRAM, READ ALL INSTRUCTIONS CONTAINED WITHIN THIS DOCUMENT

1. The CMXRT recumbent bike is intended for cardiovascular fitness training and may be used in residential only.
 - a. Use this equipment only for its intended use as described in this manual
 - b. Do not attempt to ride this bike at high pedal speeds until you have practiced and are comfortable riding at slower pedal speeds.
2. This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion.
 - a. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur.
3. Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the spinning pedals.
4. Wait for the flywheel to coast to a stop.
 - a. If you want to quickly stop the flywheel, push the red brake knob. Do not attempt to dismount the CMXRT unless the pedals and the flywheel are at a complete stop.

SAFETY INSTRUCTIONS/INFORMATION

5. Injury or death may occur from improper use or over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate to your level of fitness.
6. Never attempt to turn the pedal crank arms by hand.
 - a. Do not expose ANY part of your body or clothing to the drive mechanism as possible injury could occur.
7. In a home setting, keep unsupervised children away from the unit when not in use.
 - a. Keep children and pets away from the unit while in use.
8. Do not perform push-up type movements on the handlebars.
9. Never drop or insert any object into any opening on the exercise equipment.
10. Only use the unit on a stable, level floor.
11. Follow the instructions for safe use of the equipment including proper seat position and use of the foot positioning system of the pedals.
12. For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear and front of the unit.
13. DO NOT attempt to make any seat adjustments while pedaling.
14. Users, agents, and anyone directing the use of this equipment shall be responsible for determining the suitability of the product for its intended use as outlined in this manual, including regular maintenance tasks. Said parties are put on notice that they assume all risk and liability in connection herewith.

15. Rider capacity of the CMXRT is 350 lbs. (159 kgs.).

DANGER – To reduce the risk of electric shock:

16. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire electric shock, or injury to persons:

17. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

18. Do not operate under blanket or pillow. Excessive heating can occur and cause fire electric shock, or injury to persons.

19. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

20. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

21. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

22. Do not carry this appliance by supply cord or use cord as a handle.

23. Keep the cord away from heated surfaces.

24. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

25. Never drop or insert any object into any opening.

26. Do not use outdoors.

27. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

28. To disconnect, turn all controls to the off position, then remove plug from outlet.
29. To reduce the risk of injury, place the footboard on a flat horizontal, and stable surface. Do not place or use the footboard on a slippery surface.
30. To reduce the risk of injury, do not use the footboard with wet shoes, wet feet, or socks.
31. To reduce the risk of injury, do not use the footboard if the surface is wet. If the footboard surface becomes wet, dry the surface before using.
32. The appliance is intended for household use only.

The safety level of this equipment can only be maintained by following the guidelines in this manual and examining the equipment regularly for damage and wear.

Damaged or inoperable components should be replaced immediately and the equipment should not be used until it is repaired.

Failure to follow all guidelines above may compromise your exercise experience, expose you and others to injury, and reduce the longevity of the equipment.

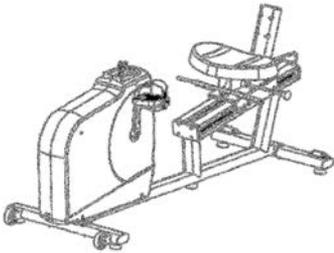
SAVE THESE INSTRUCTIONS

DELIVERY

Upon delivery of your Cascade CMXRT, take a moment to check the box exterior for any damage and make a note of it on the delivery receipt before signing. Make your delivery agent aware of any concerns you have and that they have been denoted on the delivery receipt. Please contact our Customer Service department (425)402-4062 if there are issues.

Your Cascade CMXRT will arrive in (1) carton and will require some assembly. What's Inside the Box:

Bike Frame



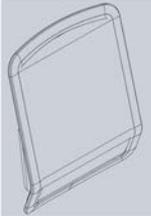
Pedal, Left



Pedal, Right



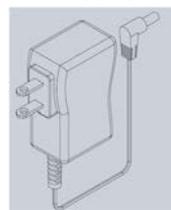
Mesh Seatback



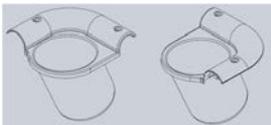
Screws(4)



Power supply(6')



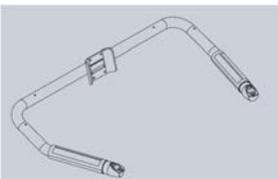
Water bottle holder(2)



Screws(4)



Handlebar



Washers(4) and Screws(4)



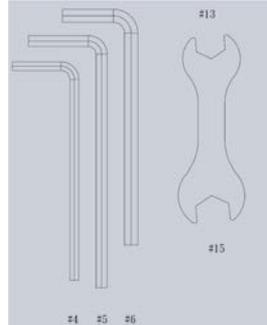
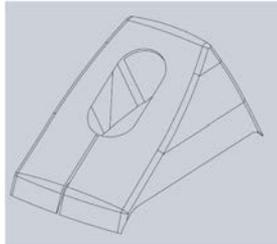
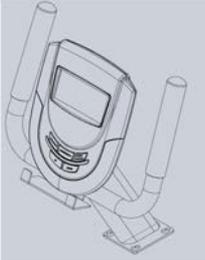
Front Cross leg Rear Cross leg Screws(4) Nuts(4) Washers(8)(M8)



Console and mast

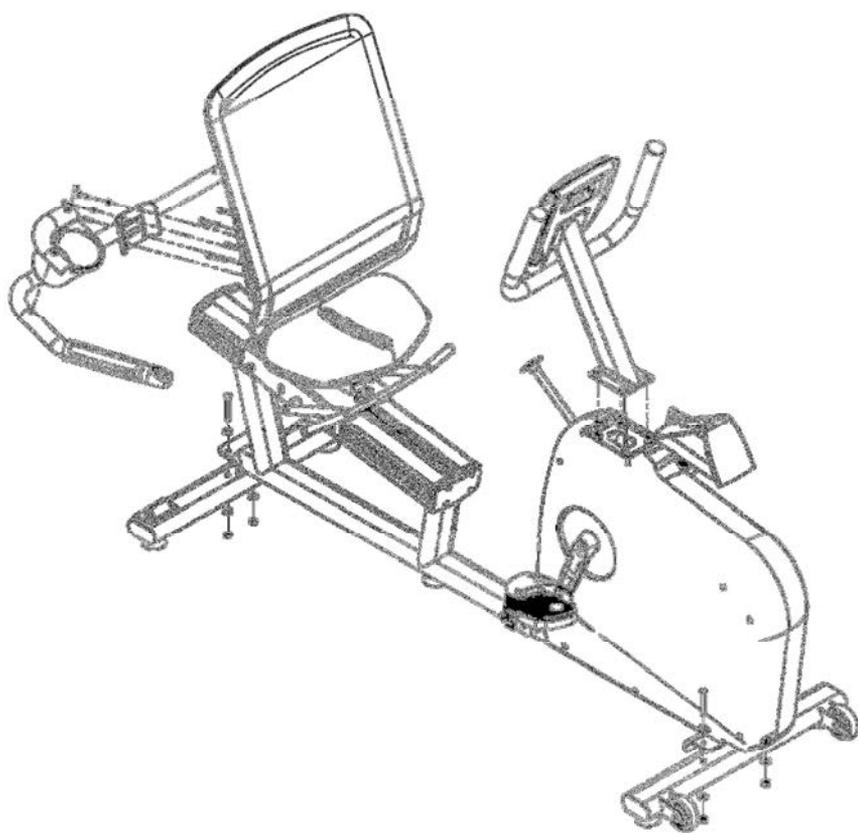
Console mast hood

Tools for assembly



HR Monitor





UNPACKING INSTRUCTIONS

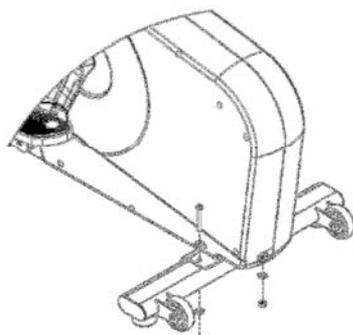
Before leaving the manufacturing facility, your Cascade CMXRT exercise bike was thoroughly inspected and tested for proper operation. To minimize shipping damage, careful attention was given to making your bike ready for shipment.

Prior to opening the box, place it in the room of use where there is a large, clear area in order to facilitate an easy assembly.

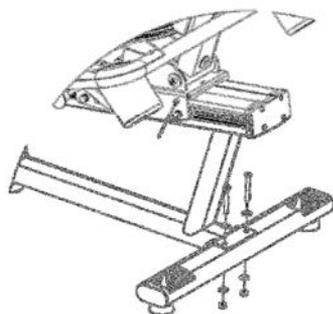
- 1) With the box in upright position, remove the strapping material. Next remove the staples on the top of the carton and slit the tape.
- 2) Open the carton from the top.
- 3) Carefully begin removing the parts.
- 4) To remove the frame of the bike remove the staples from the base of the carton and lift the carton off over the frame.
- 5) Remove all the parts/pieces from the foam supports. You should have:
 - a. An Owner's Manual
 - b. All the parts required to assembly the CMXRT
 - c. All the necessary tools to assemble the CMXRT

STABILIZERS

- 1) Align the **front stabilizer** (the one with the transport wheels) with the holes in the main frame, below the front cover.
- 2) Attach the stabilizer with (2) M8x60mm screws and (4) Washers (two on top of frame and two on bottom of stabilizer).
- 3) Tighten with the provided Hex key and multi tool.



- 4) Align the **rear stabilizer** (the one with the stretch pads) with holes in the main frame as shown
- 5) Attach the stabilizer with (2) M8x60mm screws and (4) Washers (two on top of frame and two on bottom of stabilizer)
- 6) Tighten with the provided Hex key and multi tool.

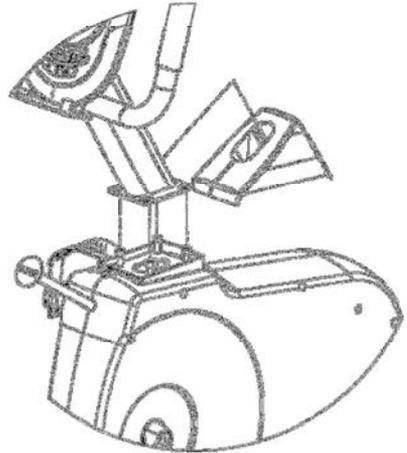


CONSOLE MAST ASSEMBLY AND HOOD COVER

- 1) The Console Mast screws are already installed in the frame. Loosen them so the Mast can be attached.



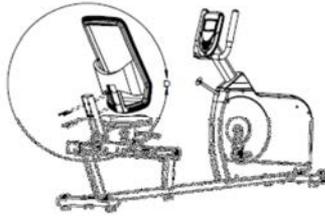
Before attaching the Mast, be sure to connect all the cables in the Mast to the appropriate cables in the frame. Once all cables are connected put the Mast over the bolts, slide into position and tighten the bolts. Make sure the cables are securely put away and do not get pinched.



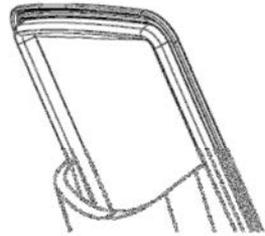
- 2) Attach the hood cover around and over the mast post.

MESH SEAT BACK

- 1) Align the seat back to the seat back support of the frame as shown in the diagram.

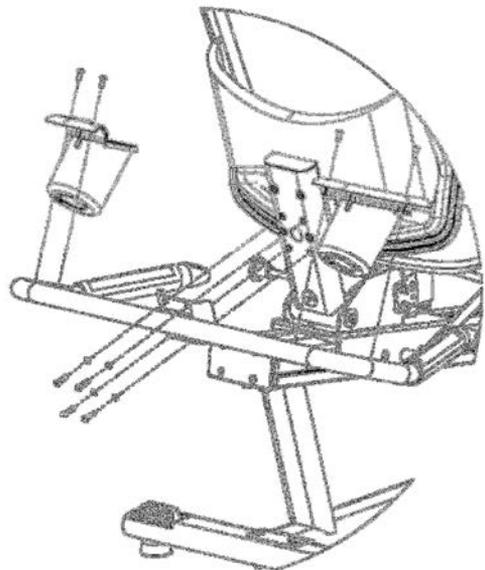


- 2) Attach with the 4 bolts provided.



HANDLEBARS AND WATER BOTTLE HOLDERS

- 1) To install the handlebars, first attach all the cables from the handlebars to the appropriate cables in the frame.
- 2) Then attach the handlebars with the 4 bolts and 4

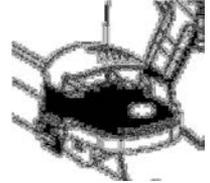


washers provided. Make sure the cables are tucked away and do not get pinched.

- 3) Next attach the water bottle holders to each side of the handlebar as shown.

PEDALS

- 1) The pedals are marked as if you are seated on the bike, “R” for right, and “L” for left
- 2) Carefully thread the right pedal into the crank arm with your fingers – **do not cross thread the pedal in the crank arm!**
- 3) Use the wrench tool to strongly tighten the pedal. Torque pedals to 47 Nm (35 ft-lb)
- 4) Repeat this step for the left pedal – **NOTE: The LEFT PEDAL is REVERSE THREADED**



CONNECT THE POWER SUPPLY

- 1) The power supply plugs into lower front of the bike.
- 2) Plug in power supply and your bike is fully assembled.



WARNING

THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THIS EXERCISE EQUIPMENT. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES. YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

- Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
- When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedaling rate and/or resistance to a speed that allows you to attain your target heart rate zone.
- The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
- Overweight or severely unconditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
- Although all equipment manufactured by Cascade Health and Fitness has been thoroughly inspected by the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.
- This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion.

- a. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur.
- Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the spinning pedals.
- If you want to stop the flywheel, push the red brake knob. Do not attempt to dismount the CMX RT unless the pedals and the flywheel are at a complete stop.

ADJUSTING THE FIT

Take a moment to learn how to properly fit your CMXRT to your body; it will make your workouts a more pleasant and safer experience.

Making full use of these features will give you the most comfortable ride possible and allow you to exercise efficiently. Using the bike when it is incorrectly adjusted can result in unnecessary discomfort and increase your risk of injury.



WARNING

DO NOT ATTEMPT TO MAKE ANY ADJUSTMENTS TO THIS EQUIPMENT WHILE PEDALING. STOP PEDALING THE BIKE PRIOR TO MAKING ALL ADJUSTMENTS.



WARNING

This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion.

- Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur.

Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the spinning pedals.

SEAT ANGLE ADJUSTMENT

ADJUSTING THE SEAT BACK AND SEAT PAN INCLINE POSITION

- 1) The seat has 4 angle/incline positions to allow you to find comfortable riding position.
- 2) Pull the yellow knob on the left side out and tilt back or lean forward to adjust the seat angle and find a position that is comfortable. Then release the knob.
- 3) Before riding make sure the pull pin is securely locked in place.

ADJUSTING THE SEAT'S FORE/AFT POSITION

- 1) Sit on your bike with the cranks in the 3 & 9 o'clock positions. A proper fore/aft position of the seat is achieved when there is a slight bent to your knee while pedaling.
- 2) With the furthest pedal at the 3 o'clock position you should just be able to scrape the bottom of your heel on the top of the pedal in the 3 o'clock position – this will allow for a slight bent to your knee when pedaling.
 - a) If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat forward
 - b) If your leg is too bent, you will need to raise the seat back
- 3) Make note of the final position mark on the seat position for future reference
- 4) If you adjust the seat angle it may require you to readjust your fore/aft position.

PEDAL STRAP ADJUSTMENT

- 1) Place the ball of each foot on the pedal such that the ball of the foot is centered over the pedal spindle and under the strap
- 2) Rotate the cranks until one foot is in a position closest to you
- 3) To tighten the strap, pull down on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
- 4) Repeat for the other foot
- 5) To loosen the pedal strap, press down on the clip that holds the strap secure, and pull slightly upward
- 6) Release the clip to lock the strap into place

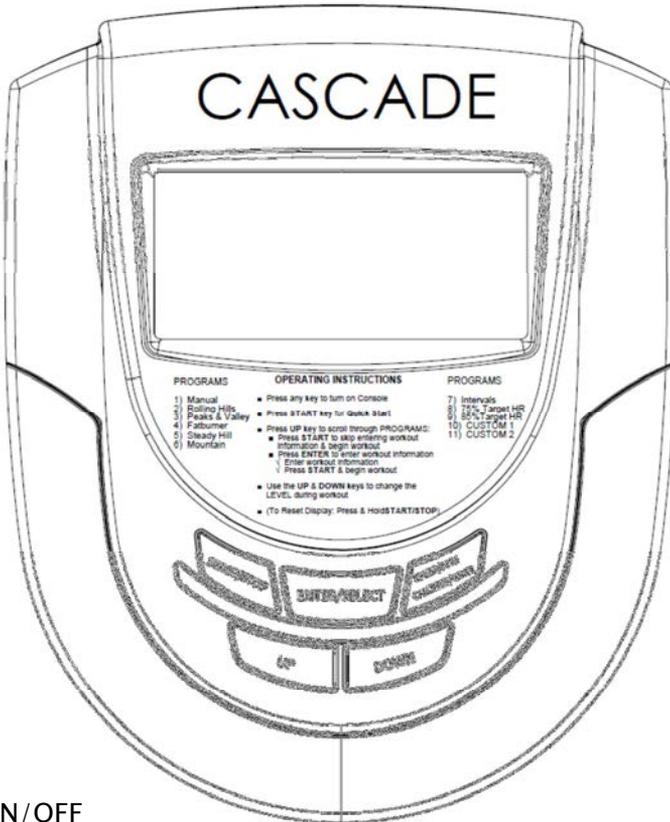
Now that you have established a riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the grips lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance, until you feel confident that you could ride in that position for the duration of your workout.



WARNING

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING IMMEDIATELY. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

- 1) Pedaling resistance is controlled by the console. Resistance may be changed at any time by pushing the +/- keys on the handlebars or the Up & Down keys on the console.
- 2) To stop the pedals apply the brake (red knob) by pushing it forward or slowly reduce your pedaling speed until you come to a stop.
- 3) Before dismounting, make sure the flywheel and pedals are at a complete stop.
- 4) To dismount the bike, first loosen each toe strap and remove your feet from the pedals, then step off the bike.



AUTO ON/OFF

- 1) The display will turn on when any key on the console is pushed or if you begin pedaling. After 4 minutes of inactivity the display will go to sleep. The bike must be plugged in for the console to work.

Operating Instructions

- 1) TO RESET THE DISPLAY: Press & Hold the START/STOP key
- 2) TO ACTIVATE/WAKEUP THE CONSOLE: Press any key
- 3) TO USE **QUICK START**: Press the START/STOP key
- 4) TO SCROLL THROUGH THE 11 PROGRAMS: Press the UP & DOWN keys
 - a. Press START/STOP Key to skip entering workout information and begin workout.

- b. Press ENTER/SELECT Key to enter workout information
 - i. Enter Workout information
 - ii. Press START/STOP and begin workout
- 5) Use the UP and DOWN Keys to change the Level during your workout.

Setting Time

- 6) The default for Time will be 30 minutes.
- 7) To set Time press the ENTER key once and then use UP and DOWN keys to set the time. Press the ENTER key to lock in the time.

To change the information showing on the display

- 1) Time, Level, Distance and Program are always displayed on the screen.
- 2) The top middle window displays either RPM's or Speed – to toggle between the displays push the SPEED/RPM–CALORIES/WATT key.
- 3) The lower left window displays either Watts or Calories – to toggle between the displays push the SPEED/RPM–CALORIES/WATT key.

To change between MPH and KPH or to change the console volume

- 1) Reset the display by holding down the START/STOP Key for 3 seconds.
- 2) Press down the UP, DOWN and SPEED/RPM–CALORIES/WATT keys at the same time to enter the settings mode.
- 3) The first window on the left should always remain 0.
- 4) The middle window sets the MPH or KPH. M represents MPH and K represents KPH. To change this, use the SPEED/RPM–CALORIES/WATT key. Then press START/STOP key to save changes

- 5) The window on the right controls the console volume. 0 is no sound and 3 is loudest setting. Use the DOWN key to change and press the START/STOP key to save changes

KEY FUNCTIONS

- UP**
- 1) Used to change the program selection
 - 2) Used to set time, age and HR.
 - 3) During workout used to change level.

- DOWN**
- 1) Used to change the program selection
 - 2) Used to set time, age and HR.
 - 3) During workout used to change level.

ENTER/SELECT

- 1) Used to accept selection and then move to the next window.

START/STOP

- 1) Used to begin workout or stop a workout.
- 2) To reset display press and hold this key for 3 seconds.

SPEED/RPM CALORIES/WATT

- 1) Used to change display – toggles between RPM's and Speed, and between Watts and Calories.

Programs

For Programs 1–7

Press START/STOP key to begin program immediately

Press ENTER Key once to be able to set workout time.

Press START/STOP key to begin workout.

- 1) Manual
- 2) Rolling Hills
- 3) Peaks & Valley
- 4) Fatburn
- 5) Steady Hill

- 6) Mountain
- 7) Intervals

For Programs 8 & 9

Press ENTER Key once to be able to set workout time.

Press ENTER Key again to enter your age so that the Target HR for the program can be properly calculated.

Press START/STOP key to begin workout

- 8) 75% Target HR
- 9) 85% Target HR

For Programs 10 & 11

Press START/STOP key to begin custom program (previously created) immediately

Press ENTER Key once to be able to set workout time.

Press ENTER Key again to create the profile. There are ten segments that can be customized. Use the UP and DOWN keys to set the level for each segment. To go to the next segment select the ENTER Key.

Press START/STOP key to begin workout

- 10) Custom 1
- 11) Custom 2

SETTING A GOAL

The first step to a successful exercise program is to set realistic goals and objectives. Do you want an exercise program that is geared to build muscle, maintain muscle tone, increase aerobic capacity, or lose weight? In order to ensure that you fully receive all the benefits of a sound exercise program, you need to first identify the existence (if any) of risk factors that may influence the design of your exercise program. Based upon a comprehensive analysis of your personal exercise needs and interests, you should then develop (or have developed for you by a competent or trained professional) an individualized program of exercise that is enjoyable, easy, and yet challenging. Your greatest health benefit will come from a lifestyle change that encourages a lifetime of physical activity.

One way to guarantee success in reaching your goal is to eat correctly. A well-rounded diet provides the proteins, carbohydrates, fats, vitamins, minerals, and water necessary for good health. If you are unsure of your dietary needs, seek the advice of your physician, an exercise professional, or visit your local bookstore for more information on nutrition.

Flexibility Training¹

Achieving and maintaining an adequate range of motion should always be objectives of a comprehensive exercise program. The warm-up phase of your exercise session should include some type of light warm-up activity to increase both your heart rate and your body temperature, which is then followed by flexibility exercises that are specifically designed to stretch the musculature around your body's major skeletal joints. Attempting to stretch a cold muscle can be dangerous to the soft tissues surrounding the muscle. No matter how controlled the movement, forcing a muscle through a full range of motion (and beyond) without appropriately warming up is both unsafe and counterproductive.

GENERAL EXERCISE GUIDELINES

A general exercise program for achieving and maintaining flexibility should adhere to the following guidelines:

Frequency	Daily
Intensity	To a position of mild discomfort
Duration	10–30 seconds for each stretch
Repetitions	2–6 for each stretch
Type	Static, with a major emphasis on the low back and hamstrings area because of the high prevalence of low-back pain syndrome in our society

Exercise Principles¹

The American College of Sports Medicine has developed a position paper concerning exercise programs for healthy adults and the need for guidelines. The following recommendations concern the quantity and quality of (exercise) training for developing and maintaining cardiovascular fitness in a healthy adult:

Frequency	3–5 days per week
Intensity	50% – 85% of maximum oxygen uptake (VO ₂ max)
Duration	20 to 60 minutes of continuous aerobic activity
Mode of Activity	Any activity that uses the large muscle groups, that can be maintained continuously, and is rhythmical and aerobic in nature
Rate of Progression	
Initial Conditions	4–6 weeks: low end intensity (40% – 60% VO ₂ max)
Improvement Stage	6 weeks to 6 months: moderate intensity, moderate duration

¹ Some of the material contained in this section was adapted from “The StairMaster® Fitness Handbook, 2nd Ed”, by James A. Peterson and Cedric X. Bryant (editors), Sagamore Publishing, 1995.

MAINTENANCE INSTRUCTIONS

Helpful Hints

The safety level given by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced immediately or the equipment should be put out of use until it is repaired. Read all maintenance instructions thoroughly before beginning work.

All references to the right or left side and to the front or back are made as if you were on the exercise equipment ready to exercise.

INITIAL SERVICE

Upon receiving your equipment, use a soft clean cloth to wipe off the dust that may have accumulated during shipping. Your equipment will need minor assembly. Refer to the “Assembly Instructions” section of this manual for details.

MAINTANANCE SCHEDULE

Part	Recommended Action	Frequency	Cleaner ²	Lubricant ²
Pedals ¹	Ensure that the pedals are tight in crank arms and not cross-threaded, all screws on pedals are tight, and pedal straps are not cracked or frayed	Before each use	N/A	N/A

⚠️ WARNING: WHEN USED IN A CLUB SETTING IT IS CRITICAL THAT THE PEDALS BE CHECKED AFTER OFTEN TO ENSURE PROPER INSTALLATION. FAILURE TO DO SO MAY RESULT IN PROPERTY DAMAGE AND/OR RIDER INJURY. TORQUE PEDALS TO 47 Nm (35 FT-LB)

Part	Recommended Action	Frequency	Cleaner ²	Lubricant ²
Seat	Wipe down	After each use.	Soap & water; or, diluted non-abrasive cleaning solution	N/A
Cover/frame	Wipe down	Weekly	Soap & water; or, diluted non-abrasive cleaning solution	N/A
Crank Bolts	Inspect for looseness	Weekly	N/A	If loose, remove bolt, apply Loctite® 242 on bolt threads and reinstall. Tighten to 48 ft-lbs or 575 in-lbs
Belt	Inspect for correct tension; replace cracked, frayed, or otherwise non-uniform belt	Monthly	N/A	N/A

¹Cascade does not recommend attempting to service the internal parts of the pedals. If pedals are internally worn it is recommended that they be replaced.

²Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

SYMPTOM: CLICKING NOISE WITH EACH PEDAL REVOLUTION

- 1) Check shoelaces to make sure the aglet is not tapping the bike as the pedals turn
- 2) Assure pedal straps are tight and that no excess strap on inner part of pedal is catching on the crank arm as it turns
- 3) Assure that pedals are tight on crank arms

SYMPTOM: DRIVE BELT IS SLIPPING

- 1) Remove right side cover
- 2) Loosen idler and tighten tensioner bolt 2–3 turns with hex wrench
- 3) Tighten idler and test belt
- 4) If belt still slips repeat process until belt no longer slips
- 5) Reinstall cover

SYMPTOM: KNOCKING NOISE OR PLAY FELT IN PEDALS/CRANKS

- 1) Make sure pedals are tight on crank arms
- 2) Make sure crank bolts are tight. If loose, apply blue Loctite 242 to threads and tighten crank bolts with 8mm hex wrench
- 3) If problem persists check the bottom bracket for looseness.
- 4) If bottom bracket is loose contact authorized service technician for replacement of bottom bracket bearings.

SYMPTOM: ROCKING OR MOVEMENT FROM CMXRT WHILE IN USE

- 1) Using a hex wrench, check the attachment bolts on the front and rear stabilizers and make sure they are tight (2 bolts on each stabilizer)
- 2) Assure the bike is level by checking the leveling feet on the bottom of the front and rear stabilizers

SYMPTOM: LCD ONLY SHOWS PARTIAL DISPLAY

- 1) Remove power and wait 15 seconds and then apply power.

SPECIFICATIONS

PHYSICAL DIMENSIONS

- Length: 66 in (168 cm)
- Height: 44 in (111.7 cm)
- Width: 29.4 in (75 cm)
- Weight: 133 lbs. (60 kgs.)

SHIPPING CARTON DIMENSIONS

- Length: 73 in (185.4 cm)
- Height: 33 in (83.8 cm)
- Width: 23 in (58.4 cm)
- Weight: 178 lbs. (80.7 kgs.)

FRAME

- Low profile design
- 23 inch wide base with large diameter adjustable levelers

FLYWHEEL

- Precision Anodized Aluminum Machined Flywheel

BRAKING AND RESISTANCE MECHANISM

- Console – 11 programs, 16 levels of resistance and red brake knob
- Eddy Current Magnetic Resistance

CRANK SET

- Forged Cranks (170 mm)
- Oversized and hardened Cr-Moly bracket spindle
- Press fit style bottom bracket with oversized bearings

SPECIFICATIONS

HANDLEBARS

- Console handlebars for easy entry and exit
- Seat handlebars with contact HR and convenient resistant level controls at your thumbs
- Over molded grips for greater comfort

STRETCH PADS

- Foot pads on base of rear stabilizer for stretching

SEAT

- Wide range to fit both short and tall users
- 4 incline positions for a comfortable ride
- Comfortable mesh back is breathable

TRANSPORTATION WHEELS

- Extra Large In-Line skate wheels

DRIVE TRAIN

- Reinforced Poly-V Drive Belt
- Precision Drive Pulleys

EXERCISE LOG

Week #:					
Day	Date	Distance	Calories	Time	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Totals					
Weekly Goals:					

EXERCISE LOG

Week #:	Date	Distance	Calories	Time	Comments
Day					
Monday					
Tuesday					
Wednesday					
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Week #:					
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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Totals					
Weekly Goals:					

WARRANTY REGISTRATION

Please fill out & return to register your CMXRT for warranty (you can also go to www.cascadehealthandfitness.com and register your product warranty online).

To validate your product warranty, please have the primary user of the product complete the following information and return to Cascade Health and Fitness within 60 working days from the date of equipment purchase.

Name of Purchaser

Address

City/State/Zip/Country

Phone

Fax

Please send me special offers, timely fitness tips and health information via email:

*Email

Date of Purchase

Purchased From

Serial No.

Model No. CMXRT

Signature

Make sure to **register your warranty** by sending the above information to us by either Mail, Fax or Email:

Mail: CASCADE HEALTHANDFITNESS
PO BOX 1318
WOODINVILLE, WA 98072 USA

Fax: 425-402-4063 **Email:** info@cascadehealthandfitness.com

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