



Recumbent Lateral Trainer



HR 1000

ASSEMBLY MANUAL





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**READ ALL INSTRUCTIONS BEFORE USING**

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

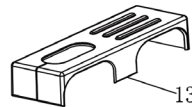
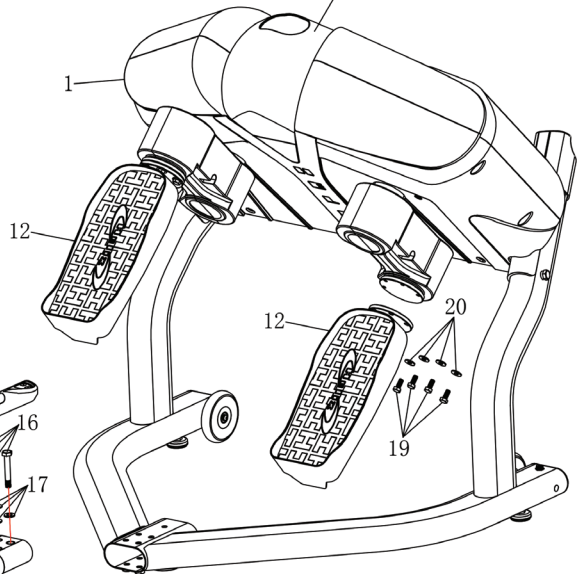
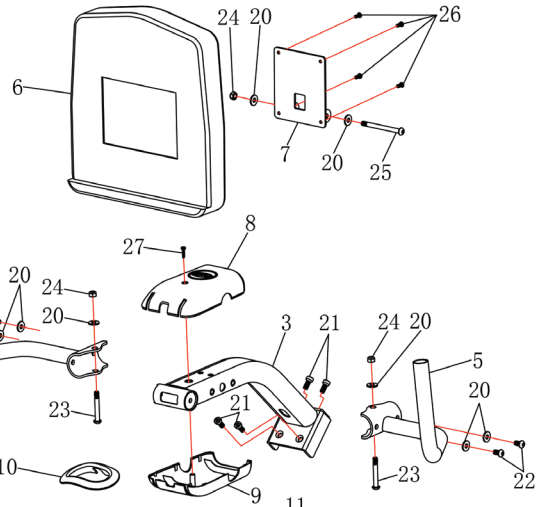
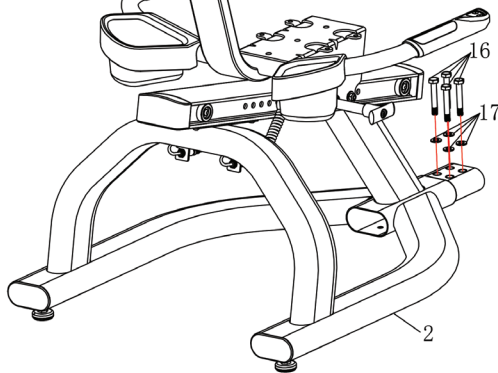
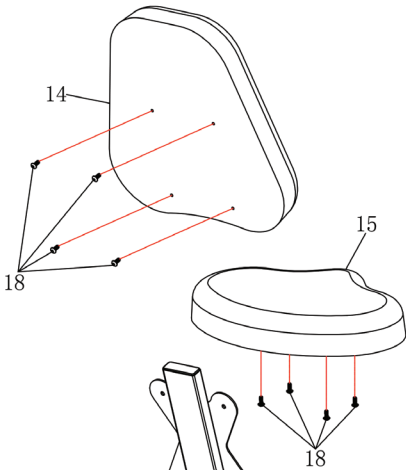
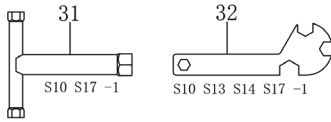
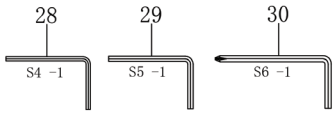
1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your machine.
2. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
3. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
4. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
5. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
7. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
8. Remove all jewelry, including rings, chains and pins before commencing exercise.
9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT !

THE MAXIMUM USER WEIGHT CAPACITY FOR YOUR HELIX IS 136KG (300 LBS.)

WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws or Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.



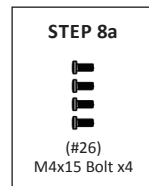
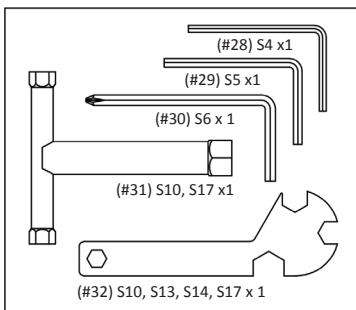
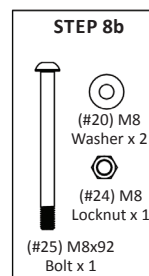
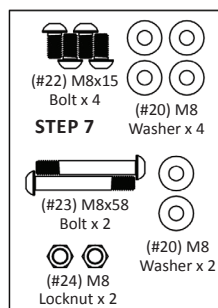
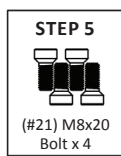
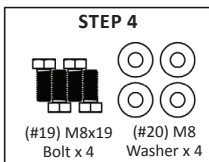
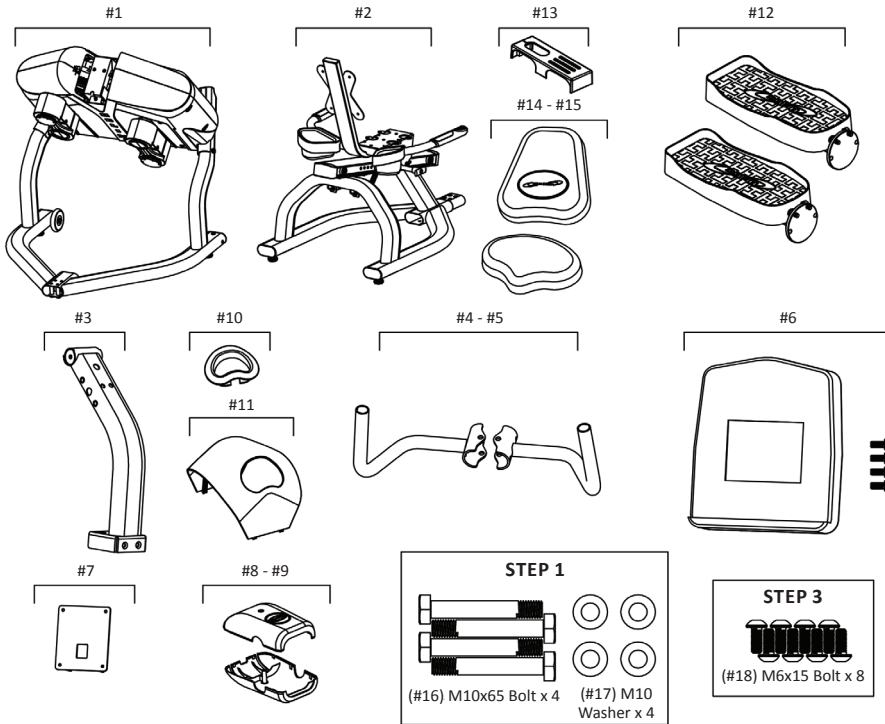




IMPORTANT: Read all instructions carefully. Assemble the Helix in accordance with the steps in the manual. Lay out all parts on the floor prior to assembly to make sure you have all the parts listed below. In case of discrepancy, please contact Customer Service at 888-435-4926 or service@helixco.com

Item #	Description	Qty
1	Front Frame	1
2	Rear Frame	1
3	Center Upright Post	1
4	Left Handlebar	1
5	Right Handlebar	1
6	Electronic Console Display	1
7	Console Mounting Plate	1
8	Front Upright Cover	1
9	Rear Upright Cover	1
10	Rubber Gasket for Upright	1
11	Dome Shaped Cover	1
12	Pedal Frames and Covers	2
13	Base Cover	1
14	Seat Back	1
15	Seat Bottom	1
16	M10x65 Bolts	4
17	M10 Washer	4
18	M6x15 Bolts	8
19	M8x19 Bolts	4
20	M8 Washer	16
21	M8x20 Bolts	4
22	M8x15 Bolts	4
23	M8x58 Bolts	2
24	M8 Locknut	3
25	M8x92 Bolts	1
26	M4x15 Bolts	4
27	ST4x20 Bolt	1
28	S4	1
29	S5	1
30	S6	1
31	S10 S17	1



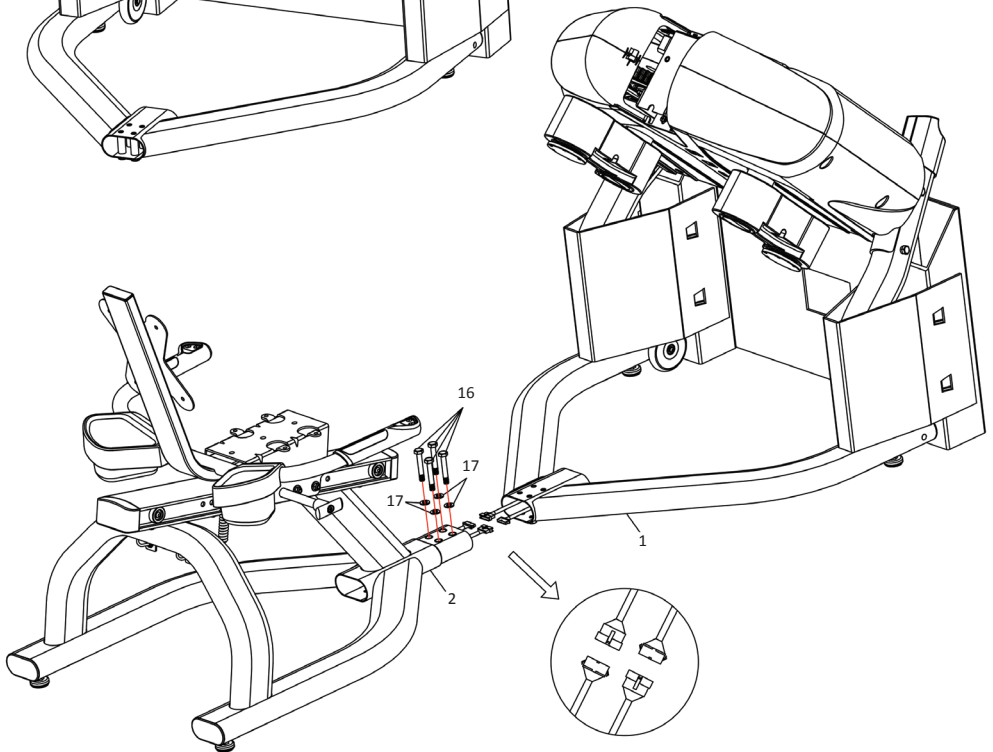
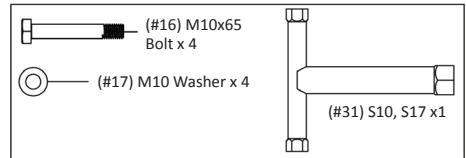
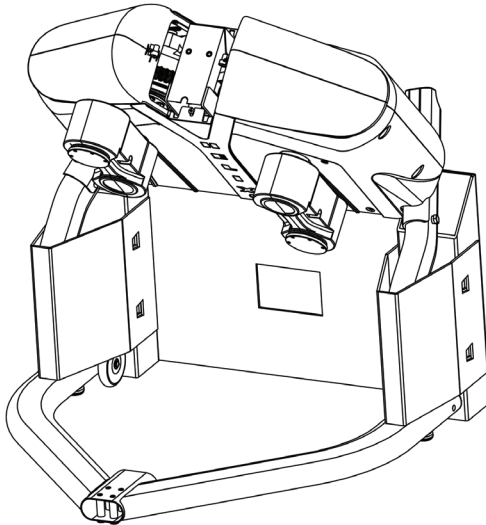




**STEP 1:
ASSEMBLE FRONT AND REAR FRAME**

Align the front and rear frames close enough to be able to connect the two sets of wires. Slide the rear section tube into the front section tube while tucking the wires in carefully as you proceed.

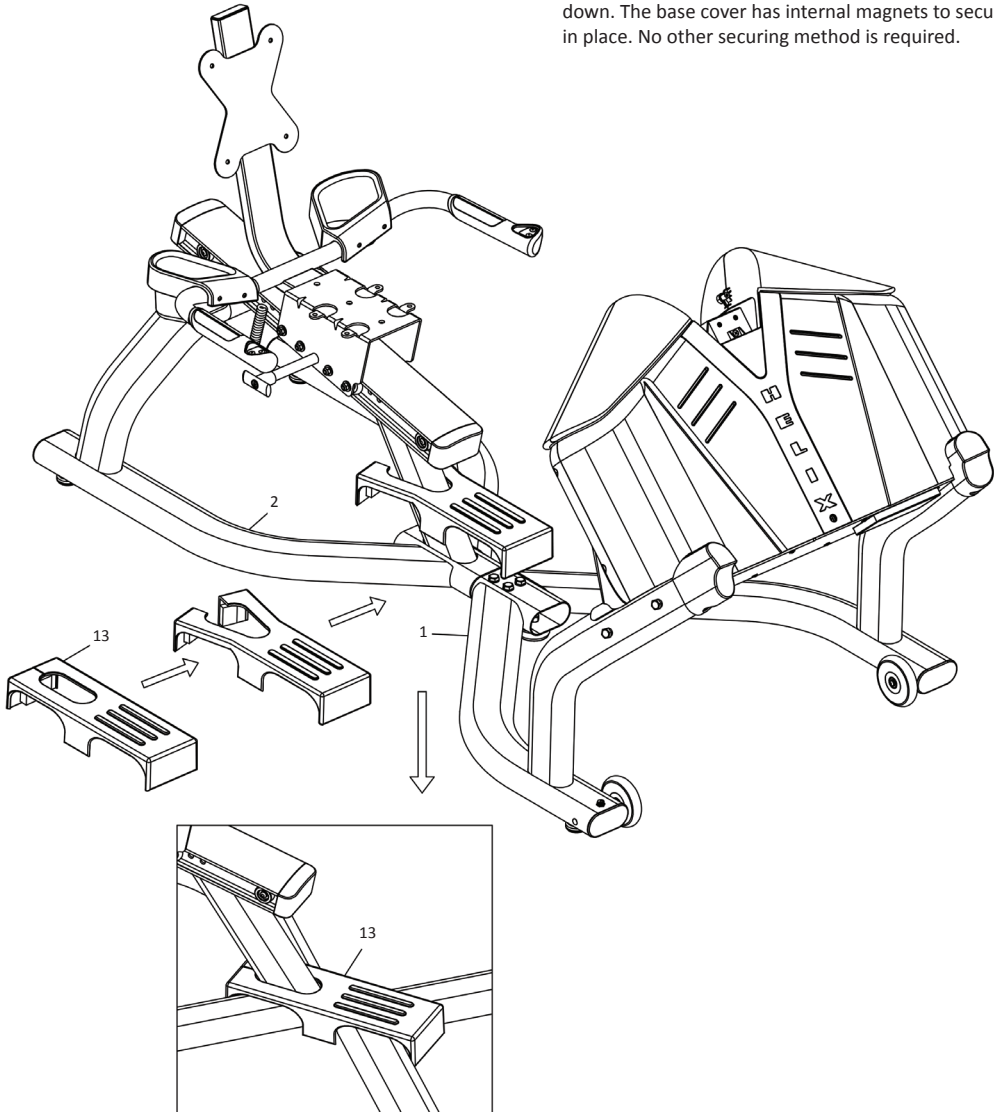
Once the sections are completely together, install the 4 M10 bolt and M10 washers from the STEP 1 parts bag.





**STEP 2:
ASSEMBLE BASE COVER**

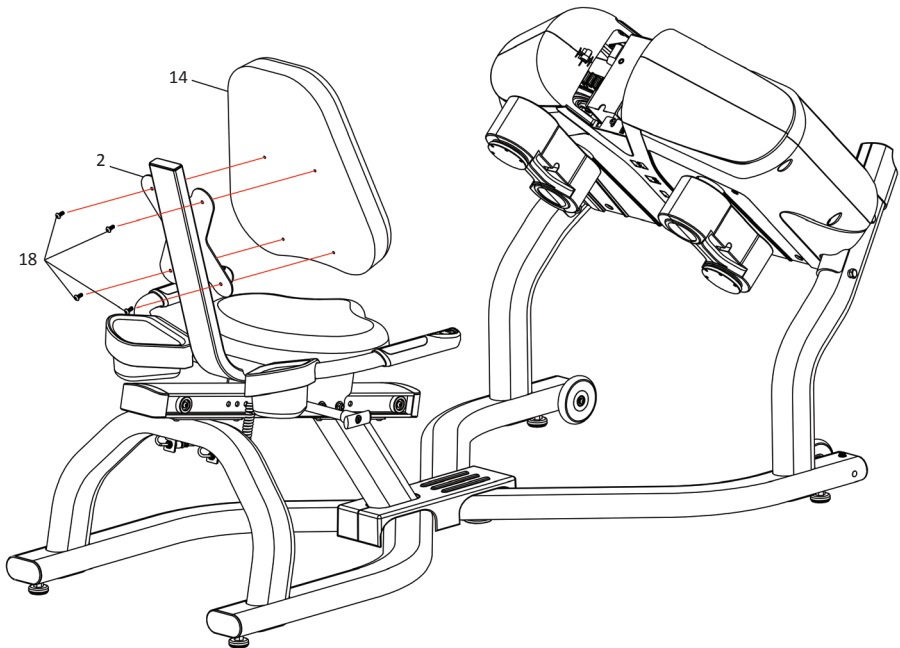
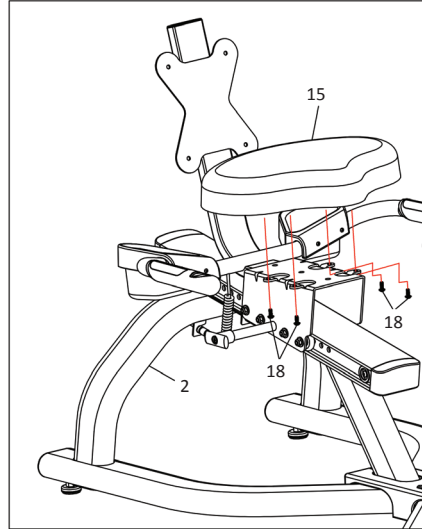
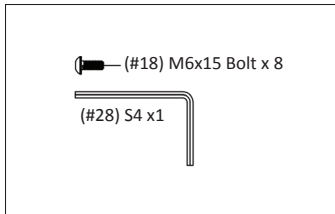
Spread the split area of the base cover to allow it to be placed around the base frame as shown. Then slide down. The base cover has internal magnets to secure it in place. No other securing method is required.





STEP 3:
ASSEMBLE THE SEAT BACK AND SEAT BACKREST

Using the 8 bolts in the Step 4 parts bag, install the seat bottom and backrest as shown above. Firmly tighten the bolts but do not use excessive force.





STEP 4: ASSEMBLE PEDAL

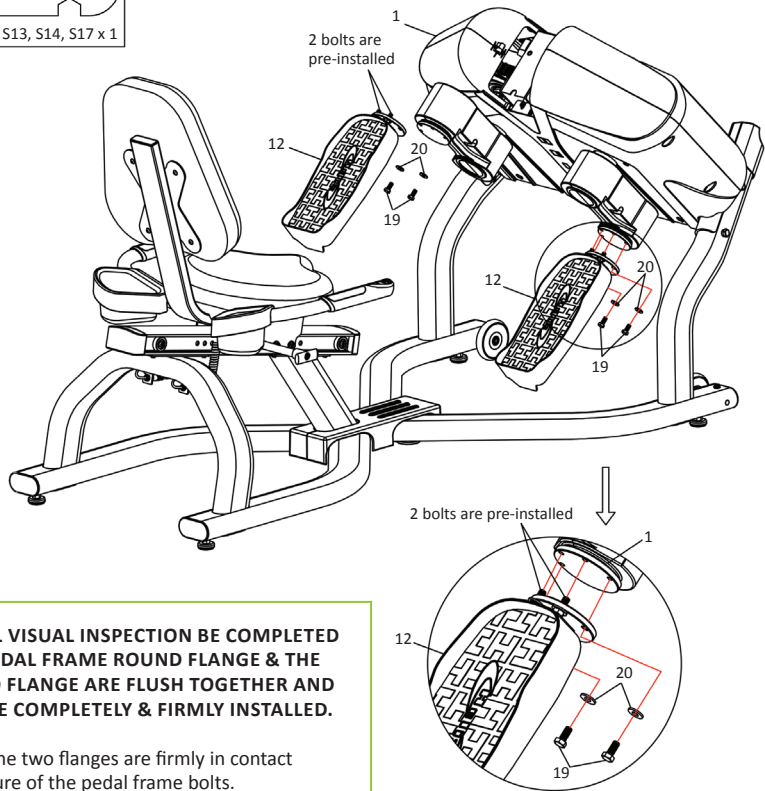
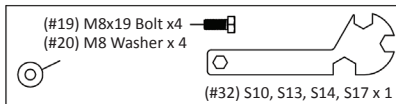
The pedals have two bolts pre-installed and require two Hex head bolts from the Step 5 hardware pack.

While holding the pedal frame up to the crank arm, thread the lower left and lower right hex head bolts through the round flange on the pedal frame and into the round flange on the crank arm. This will allow the pedal to hang on the crank arm.

Then thread the top two pre-installed bolts into the crank arm assembly round plate.

Continue threading all 4 bolts into the crank arm assembly flange until they are all snug and the flanges are flush together.

Now tighten all 4 bolts very firmly. Repeat for the other pedal assembly.



IT IS CRITICAL THAT A FULL VISUAL INSPECTION BE COMPLETED TO ENSURE THAT THE PEDAL FRAME ROUND FLANGE & THE CRANK ASSEMBLY ROUND FLANGE ARE FLUSH TOGETHER AND THAT ALL FOUR BOLTS ARE COMPLETELY & FIRMLY INSTALLED.

Failure to ensure that the two flanges are firmly in contact will result in failure of the pedal frame bolts.

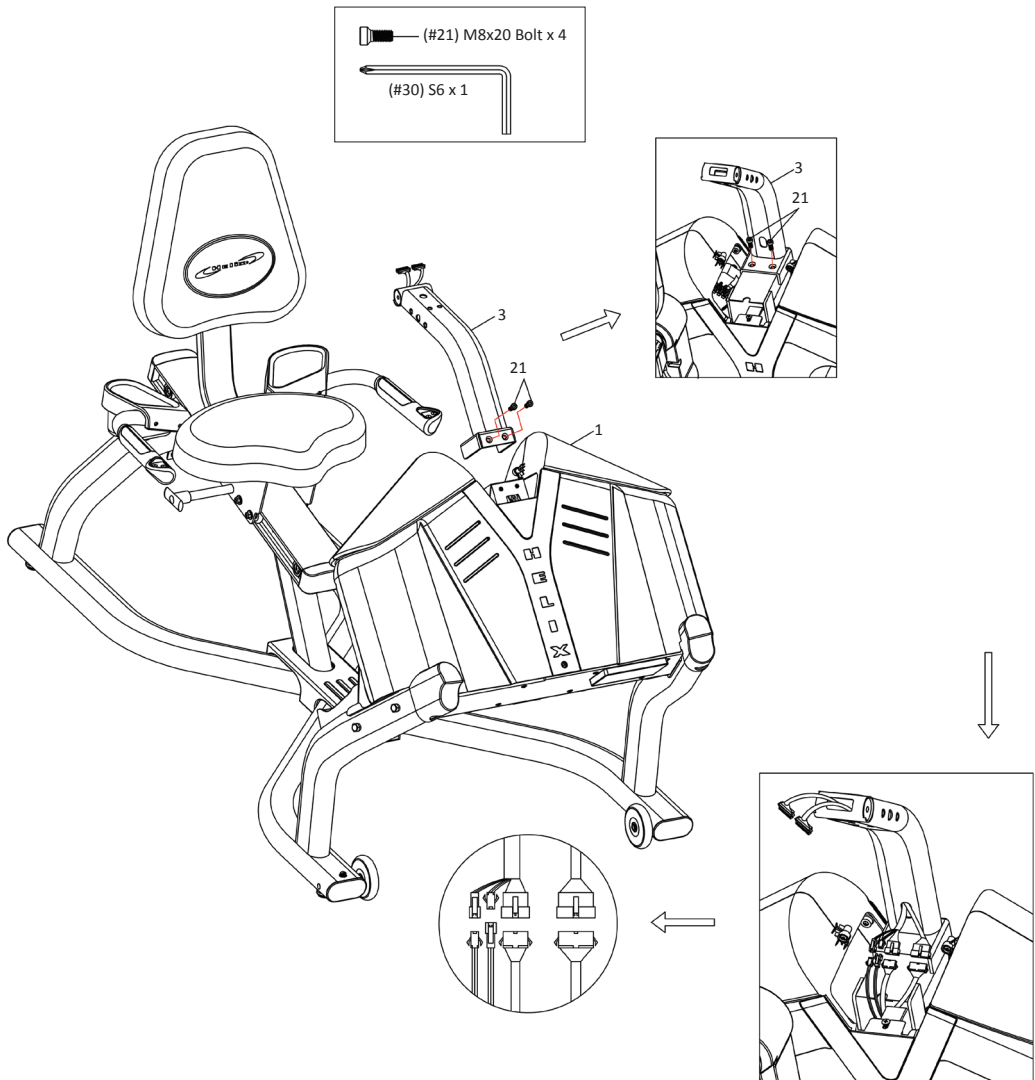




**STEP 5:
ASSEMBLE UPRIGHT**

Place the upright onto the main frame as shown and install 4 bolts from the Step 5 parts bag. After all 4 bolts are installed, firmly tighten each bolt. Do not firmly tighten any bolts until all the bolts are installed. Fully securing one bolt before the others are in place may result in the post being tilted or misaligned.

Next, connect the wires from the main body to the wires from the upright.

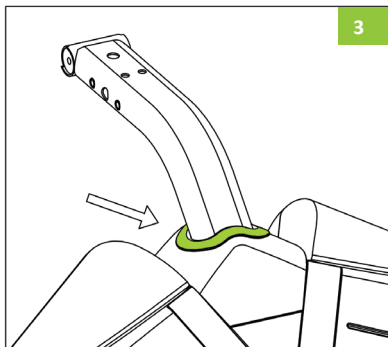
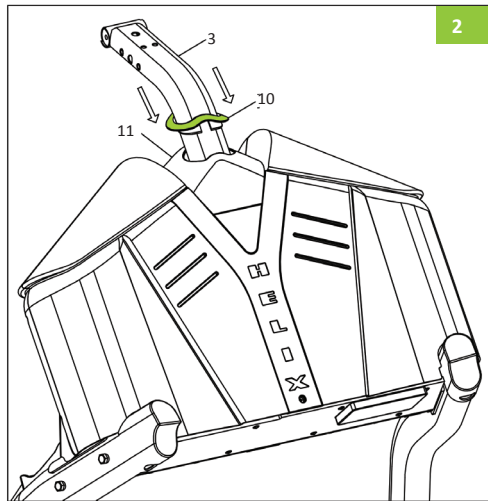
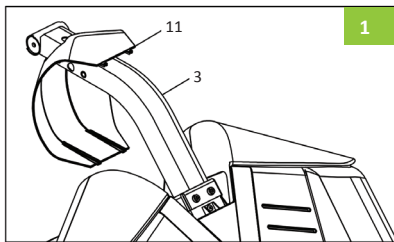


**STEP 6:
ASSEMBLE DOME COVER AND GREEN DOME COVER GASKET**

Slide the dome cover over the upright tube noting that the hole in the dome cover is positioned closer to one side. That side should face the rear of the machine, away from the user, as the dome cover is installed.

Apply only gentle pressure to fit the tabs (shown in Figure #1) in place by squeezing the dome cover slightly and sliding the tabs into the holes in the lower plastic housing. Release the gentle pressure to snap the tabs into place. The dome cover is shown installed in Figure #2.

Slide the rubber dome cover gasket down the center upright tube and push the gasket into place as shown, noting that the slightly V-shaped side of the gasket faces the rear. See Figure #2 and Figure #3.



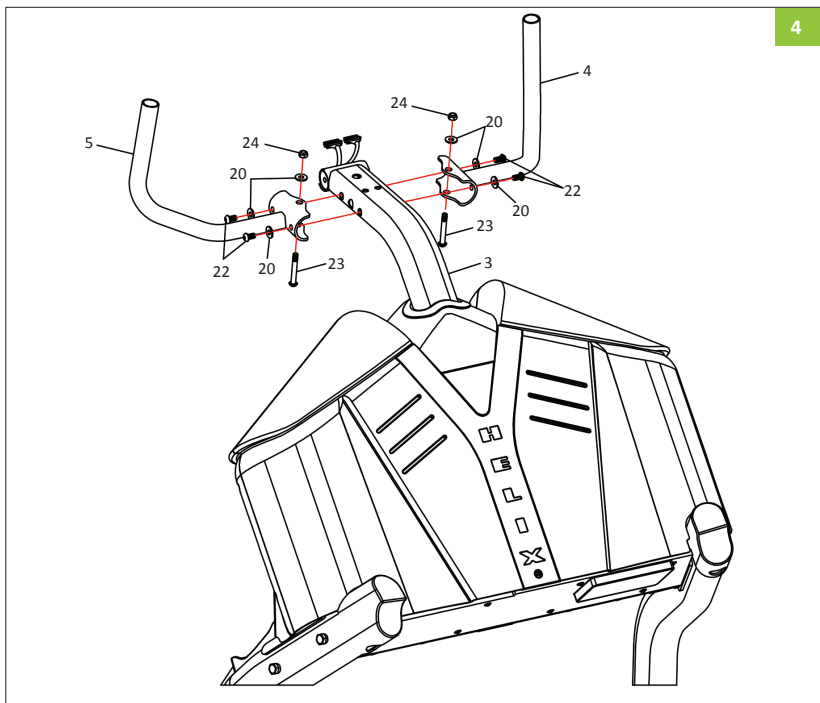
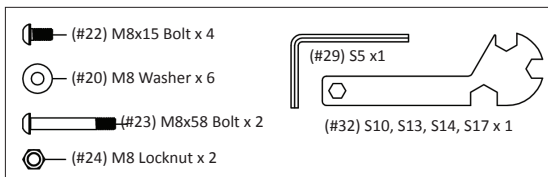


**STEP 7:
ASSEMBLE HANDLEBAR**

While holding one handlebar, carefully feed the pulse sensor wire into the upright and out the hole at the top of the upright Figure #4 below.

Once the wire pokes out the top of the upright, use a long bolt to lightly secure the handlebar to the upright. Then thread the other two bolts #22 into place. Once all the bolts are in place, secure them. Repeat the same process to install the other handlebar on the other side. Please see Figure #4.

NOTE: FOR EASE OF INSTALLATION, FIRST INSTALL THE LONG BOLTS TO HOLD THE HANDLEBARS IN PLACE. THIS WILL MAKE IT EASIER TO INSTALL THE SHORT BOLTS.





STEP 8a:
ASSEMBLE CONSOLE

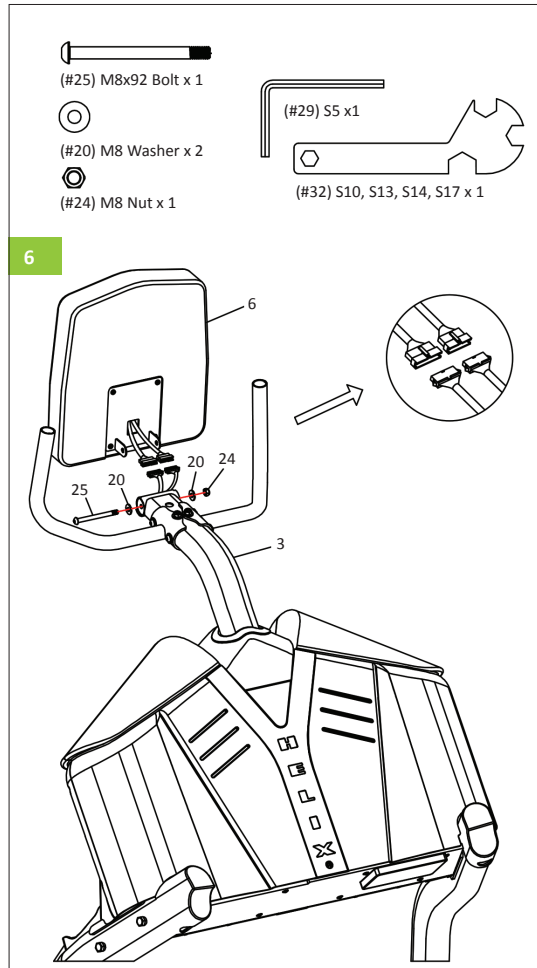
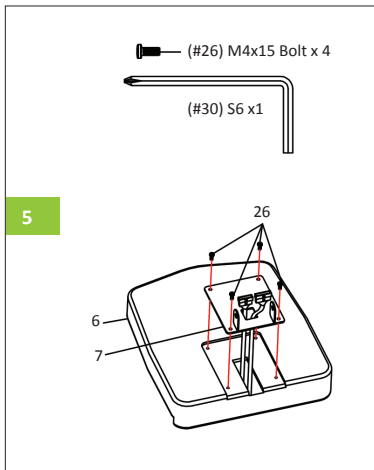
Thread the wires from the console #6 through the hole in the center of the console mounting bracket #7. Set the bracket into place on the console, and secure the 4 console mounting bolts #26, as shown in Figure #5. Do not over-tighten these bolts.

STEP 8b:
ASSEMBLE CONSOLE

Install the bolt and connect the four wires as shown in Figure #6.

Carefully feed the wires and their connectors back into the console or upright post to avoid pinching or pulling them. Note that enough slack must be left in the wires to allow the console position to be changed.

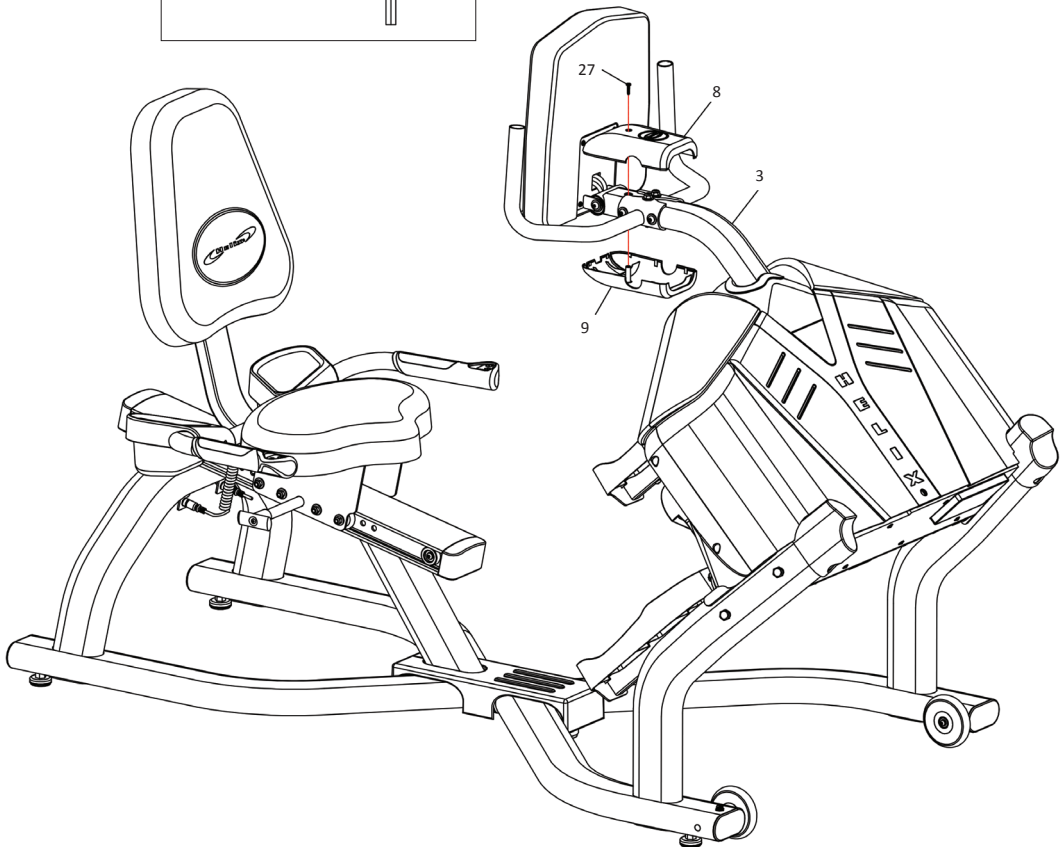
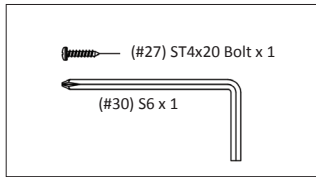
PLEASE TAKE SPECIAL CARE NOT TO PINCH THE WIRES





STEP 9:
ASSEMBLE UPRIGHT COVER

Snap the front and rear upright covers into place as shown and secure them with 1 ST4x20 screw.





For customer service, we first recommend you contact the dealer where you purchased the Helix.
They will be able to resolve any issues the fastest.

If you cannot reach the dealer, please feel free to contact Helixco at
888-435-4926 (888-HelixCo) or by email to service@helixco.com

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