

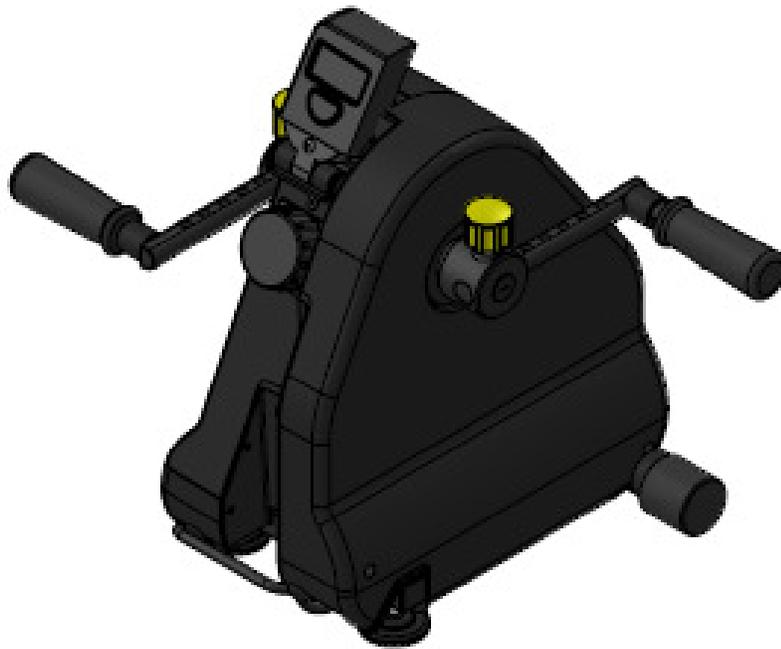


CASCADE | **HEALTH & FITNESS**[®]

CMX Erg+

CASCADE

OWNER'S MANUAL



PO BOX 1318 ▪ Woodinville, WA ▪ 98072
Phone 425-402-4062 ▪ Fax 425-402-4063 ▪ www.cascadehealthandfitness.com

CONGRATULATIONS!

You have just become a valued Cascade Health and Fitness customer. Our team is committed to making your fitness experience fun and rewarding.

This Owner's Manual will help you get the most enjoyment from your new CMXErg+. It will explain all the important features, exercises and safety considerations of the CMXErg+ and includes great workout tips. If at any time you have questions about this information, please call us directly at (425) 402-4062 and we will be happy to assist you. To help us answer your questions quickly, we recommend having the lot number of your CMXErg+ ready when you call us.

Designed to be used as either an upper body ergometer or like a bike, the CMXErg+ has been created to help keep you keep active and fit.

Attractive and cordless you can position the CMXErg+ anywhere for maximum enjoyment.

The CMXErg+ is bidirectional, can be used as an upper body ergometer or bike and has adjustable length cranks all built into one compact portable unit.

Here are some of the features of the CMXErg+:

- Bidirectional pedaling. Provides resistance pedaling both forward and backwards.
- Self-powered quiet reliable magnetic resistance
- Small and compact – easily moved and stored away when not in use
- Smooth and whisper quiet belt drive
- Large dial knob with 8 levels of pedaling resistance
- Hand grips – soft foam handles are easy to grip
- Adjustable length cranks
- Cranks can be positioned to rotate either asynchronously or synchronously
- Convenient carrying handle
- Console – displays time, speed, distance and calories, and tilts to different viewing angles
- Commercial grade construction and materials
- Optional (can be purchased separately) - Bike pedals with ratchet style straps - for more secure and comfortable positioning of the foot

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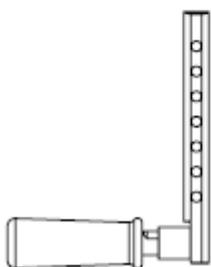
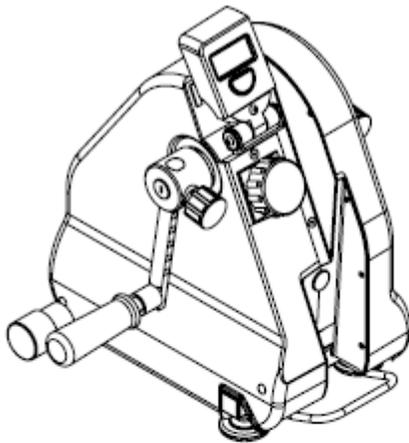
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BEFORE GETTING STARTED

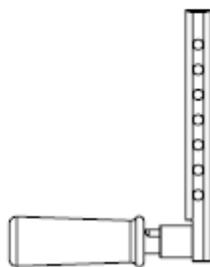
It is always important to consult a physician for a complete physical examination before starting any exercise program. Beyond identifying any risk factors you may have, your health professional can assist you in developing an exercise program which establishes the frequency and intensity appropriate for your age and current health status.

The CMXERG+ is an excellent choice for rehabilitation or deconditioned individuals in that it provides for a low pedaling requirement. You should always exercise caution when using this equipment for the first time. Overexertion or the possibility of injury exists when starting any new exercise program.

CAUTION: If at any time during a workout, you experience pain or tightness in the chest, an irregular heartbeat, shortness of breath, feel faint or severe discomfort of any kind, STOP exercising immediately. Consult your physician before continuing your program.



L Crank



R Crank

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

This Owner's Manual contains all the information necessary to operate the CMXErg+ in a safe and enjoyable manner. Please read and understand the contents of this Owner's Manual in its entirety before attempting to operate the CMXErg+.

- CMXErg+ was designed for indoor use only. Choose a location that is clear of any obstructions, including walls and furniture. Leave a minimum of 24 in (61 cm) clearance on each side of the unit.
- The display console of the CMXErg+ uses 2 AAA batteries which are provided.
- Keep very young children and pets away from the CMXErg+ while it is in use. Children and pets may find the repetitive motion of the pedals fascinating and this curiosity may result in injury.
- Keep all loose clothing, necklaces, shoelaces, cords and towels away from pedals and other moving parts. Shoelaces, in particular, can become entangled in the pedal mechanism, causing serious discomfort or injury.
- Do not place fingers or any other objects into moving parts of the equipment.
- Never drop or insert any object into any opening.
- Always wear appropriate shoes while pedaling the CMXErg+ like a bike.
- Use the CMXErg+ only as described in this manual. Attachments or modifications not recommended by the manufacturer will void the warranty.
- Do not attempt to remove the side panels of the CMXErg+. Service should be completed by an authorized service provider. Please call the Cascade Health and Fitness Customer Service Department at (+1) 425.402.4062 between the hours of 8:00 a.m. - 5:00 p.m. M-F, Pacific Time for assistance.

All equipment manufactured by Cascade Health and Fitness LLC has been thoroughly inspected by the manufacturing facility prior to shipment. Proper installation and regular maintenance of the CMXErg+ is required to ensure the safety of the operators.

SPECIFICATIONS

Designed Use: Consumer or Commercial
External Power Requirements: None (The CMXErg+ is a cordless product)
Batteries: The display console is powered by (2) AAA batteries

Physical Dimensions	Shipping Dimensions
Length 16 in (40.6 cm)	Length:18 in (45.7 cm)
Width 13 in (33 cm)	Width:15 in (38.1 cm)
Height 19 in (48.3 cm)	Height: 21 in (53.3 cm)
Weight 34lbs (15.4 kg)	Weight: 38 lbs (17.2 kg)

ASSEMBLY INSTRUCTIONS

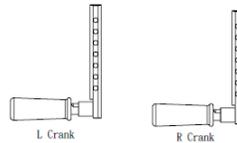
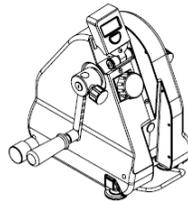
Follow these instructions to quickly setup your new CMXERG+ and you will be on the way to starting your new fitness program. Failure to follow these simple instructions will void your warranty and could result in injury!

Your CMXERG+ will arrive in a single carton:

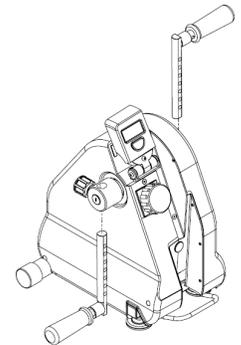
- Contact the delivery carrier immediately if any damage to the carton is apparent.
- Contact the Cascade Health and Fitness Customer Service Department at (+1) 425.402.4062 between 8:00a.m. - 5:00p.m., M-F, Pacific time to report any damages that have occurred during shipping.
- Unpack shipping carton in the location where the CMXERG+ will be used. Cut the shipping straps, remove the staples and slide off the top carton.

CONTENTS

- 1 pc - CMXERG+ body
- 1 pc - Left crank arm with grip
- 1 pc - Right crank arm with grip
- 2 pcs - AAA batteries
- 1 pc - Multi Tool



- Find the left and right cranks and install them. The round yellow knobs will need to be loosened, then pull them out while inserting the crank. When the crank is inserted to the desired length release the yellow knob and make sure it pops back in place. To make sure the crank is locked in place, try to move it. If it is secure then tighten the yellow knob by rotating it clockwise.
- The cranks can be installed to face in the same direction or they can be put 180 degrees opposite of one another as shown in diagram.
- Before using the CMXERG+ always make sure the pin of the knobs on each side are fully engaged in the cranks and that each yellow knob is fully tightened.
- Insert the 2 AAA batteries in the console by sliding open the back. Then slide the back onto the console.
- Your CMXERG+ set up is now complete!



SETTING UP AND OPERATING THE CMXErg+

Taking a moment to learn how to set up your CMXErg+ correctly will make your workouts a more pleasant experience. Understanding all the uses of the CMXErg+ will allow you to achieve all of your rehabilitation and fitness goals.

FOR USE AS UPPER BODY ERGOMETER

Place the CMXErg+ on a solid and secure table top:

- Make sure the foam hand pedals are attached.
- Set the crank length and tighten the yellow knobs. The cranks can be positioned either in the same direction or 180 degrees opposite of one another.
- Set the resistance level.
- Sit or stand so that your shoulders are approximately the same height as the grip spindle.
- Begin rotating. Be sure to rotate in a controlled manner.

FOR USE AS A BIKE

Place the CMXErg+ on the floor in front of your seat:

- Make sure foot pedals (not included) are attached securely.
- Set the crank length and tighten the yellow knobs.
- Set the resistance level.

To find the appropriate pedaling position for you:

- Sit and place the ball of your foot on the center of the pedal.
- Your knee should remain slightly bent when the pedal is in the farthest position away from you.
- You should be able to complete the entire pedal rotation without locking the knees and without dramatically shifting your weight from side to side.
- Begin pedaling in a controlled manner.

NOTE: If the pedaling unit is too close or too far away for your pedaling comfort then you will need to re-adjust the position by getting out of your chair and carefully moving the CMXErg+ until you find your optimal position.

DISPLAY CONSOLE

The display console of the CMXErg+ serves to provide you with basic feedback of your workout.

NOTE: Always use a light touch when pressing the key on the console. Never press the key with anything other than your fingers. Sharp objects such as ball point pens, keys or tools could damage the key and are considered misuse for warranty purposes.

To turn on the display: Either press the key or begin rotating. The display will turn *off* after 3 minutes of no pedaling.

FEEDBACK DISPLAYS: -TIME -SPEED -CAL (calories) - DIST (distance)

When first turned on, the display is in "SCAN" mode and will cycle through all the feedback every five seconds.

To Exit "SCAN" mode: Press the key and the display will stay on the feedback currently showing

To Display a different feedback: Press the key until that feedback shows

To Return to "SCAN" mode: Hold down the key for five seconds and release

GUIDELINES FOR EFFECTIVE EXERCISE

Often, the toughest—but most important step—of any exercise program is simply getting started. By purchasing the CMXerg+, you have already achieved what many people are still struggling with—making the commitment to leading a more fulfilling life by including a program of physical activity.

CONGRATULATIONS on accomplishing the first step towards a healthier and more satisfying future!

SETTING A GOAL AND DEFINING OBJECTIVES

An important step in a successful exercise program is to set achievable goals and objectives. Regardless of your current physical condition, you need to establish a workable plan to reach your fitness goals. Begin by asking yourself a few basic questions. Are you just beginning an exercise program and wishing to change your lifestyle from sedentary to physically active, or are your goals to enhance your current fitness levels? What are your primary objectives? Is your program to be geared toward losing weight, increasing aerobic capacity, or rehabilitation?

In order to ensure that you fully receive all benefits associated with a sound exercise program, you should first identify any risk factors that may influence the design of your exercise program. Your health care professional should be the first step in identifying risk factors that may need to be addressed in establishing a program. Consider having a trained fitness professional help you in developing an individualized program that is enjoyable, easily maintained, but still challenging enough to achieve your desired results.

Remember that your greatest benefit will come from an increased sense of well-being that comes along with a lifestyle that includes physical activity. People who have already made physical fitness a part of their daily lives will confirm that the benefits of including physical activity in your life far outweigh the inconvenience and time spent.

Any time you spend on your exercise program will reward you with increased energy, reduced stress, a greater ability to focus and concentrate, and improved self-confidence. You and the people you share your life with will reap the rewards of your new lifestyle.

FLEXIBILITY TRAINING

Achieving and maintaining an adequate range of motion should always be included in a comprehensive exercise program. Sufficient flexibility will increase your enjoyment and maximize the effectiveness of exercising on the CMXerg+. It will also reduce discomfort while working out and reduce the risk of injury. Always warm-up before stretching. Warm-up should include light activity to increase both your heart rate and body temperature. Increasing your body temperature allows you to stretch muscles more effectively and safely. Attempting to stretch a cold muscle is counterproductive and can lead to an injury that may interfere with the continuation of your fitness program and can postpone reaching your goals.

WARMING UP

A good warm-up is one of the most important and most frequently overlooked part of an exercise regimen. Without a proper warm-up, the muscles of the body are far more prone to injury. A good warm-up prepares the body for the stress you will place your muscles under during your workout and will decrease your chances of becoming injured. Muscles perform better when they are warmer than normal body temperature. Always take the time to warm-up properly. It will decrease the discomfort during exercise and will help you get the most out of your workout.

While a 5 to 10 minute warm-up is adequate for some people, others may need a longer warm-up period.

FREQUENCY

How often should you exercise? The number of times per week that you engage in strength or aerobic exercise depends largely on what your goals are and your current fitness level. People new to an active lifestyle are more likely to keep with it if they start gradually. Beginners might consider a weekly schedule that includes days off. Work towards a goal of including exercise at least 3 to 5 days per week.

INTENSITY

How hard should you exercise? The intensity of your workout will reflect your goals and your current fitness level. If you are unsure of your current fitness level, start at a low intensity and gradually increase it over time.

DURATION

How long should you exercise? You should aim to complete 15 to 60 minutes of activity per day. Keep in mind that this does not include warm-up or cool-down. But you can with the CMXErg+ do several short(5 - 10 minutes) sessions and gain the value of the total.

COOL-DOWN

Just as the warm-up is essential for preparing your muscles for vigorous exercise, the cool-down is equally important. Over 5 to 10 minutes, gradually lower your heart rate by slowly decreasing your exercise intensity.

Taking the time to warm-up and cool-down properly will decrease the level of discomfort you will experience when you tackle your next workout. More importantly, though, proper warm-up and cool- down segments will greatly decrease your risk of injury.

Most importantly: Stick with your program! You already accomplished the hard part. You made the commitment and you researched, chose, and bought the equipment to make your goals become reality.

Now it's up to you. Remember that all of the guidelines you just read are just that- guidelines. If a 30 minute workout is too much for your current fitness level, choose a duration that you can complete and gradually increase your time. Any increase in the amount of physical activity over what you are currently doing, is a step forward.

Remember that even the most conditioned and dedicated athletes have days in which they slip from their training plans, make poor nutritional choices, or quit in the middle of a workout. If you find yourself in such a situation, think about the progress you had made previously, reevaluate your training plan, and recommit to your goals.

MAINTENANCE INSTRUCTIONS

The CMXErg+ was designed to be an attractive, effective and safe method for realizing your fitness goals. Inoperable or worn components should be replaced immediately and the equipment should be put out of use until it is repaired. Read all maintenance instructions thoroughly before beginning work. Maintenance is the sole responsibility of the owner.

Maintenance Tips

- Always use a soft, cotton cloth and dilute non-abrasive cleaner or a mild detergent for cleaning the exterior of the CMXErg+.
- Never use ammonia, acid-based, or petroleum-based solvents on any portion of the CMXErg+ as it may damage the finish.

Preventative Maintenance Schedule

- Daily: After each use, wipe down the surfaces of the CMXErg+ to remove sweat and moisture.
- Regularly: Check that the cranks and grips are securely tightened and inspect grips for wear.

Moving the CMXErg+

To move the CMXErg+, place one hand on the handle and the other on the front of the unit and carefully lift up. Do not lift with your back, use your knees.

LIMITED WARRANTY

Cascade Health and Fitness warrants that all parts of the CMXerg+ are free of defects in material and workmanship. Cascade Health and Fitness will repair or replace defective parts or equipment in accordance to the terms listed below. Warranty coverage begins from the date of original purchase and is for the original purchaser.

- FRAME – LIFETIME
- PARTS – 5 YEARS
- WEARABLES and ELECTRONICS - 2 YEARS
- LABOR – 1 YEAR

EXCLUSIONS:

1. Batteries.
2. Normal wear and tear.
3. Any damage, failure or loss caused by improper assembly and installation.
4. Any damage, failure or loss caused by accident, neglect, abuse improper maintenance or failure to follow instructions or warnings in this Owner's Manual.
5. Use of the product in a manner for which it was not designed.

LIMITATIONS:

Cascade Health and Fitness neither makes assumes nor authorizes any representative or other person to make or assume for us, any other warranty whatsoever, whether express or implied, in connection with the sale, service, or shipment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your product, only authorized replacement parts can be used. This warranty is void if parts other than those provided by Cascade Health and Fitness are used.

THIS LIMITED WARRANTY IS IN LIEU OF ALL WARRANTIES, EXPRESS OR IMPLIED, AND IN LIEU OF ALL OTHER OBLIGATIONS OR LIABILITIES ON THE PART OF CASCADE HEALTH AND FITNESS. CASCADE HEALTH AND FITNESS SHALL IN NO EVENT BE LIABLE BY VIRTUE OF THIS LIMITED WARRANTY FOR INCIDENTAL OR CONSEQUENTIAL LOSSES, DAMAGES OR EXPENSES IN CONNECTION WITH EXERCISE PRODUCTS.

Any implied warranty is limited in duration to the time period covered by this Limited Warranty. Some states do not permit the exclusion or limitation of implied warranties of incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

CLAIMS: Warranty service may be obtained by contacting the authorized Cascade Health and Fitness dealer from whom you purchased the product, or by contacting Cascade Health and Fitness between the hours of 8:00a.m.- 5:00 p.m. M-F, Pacific Time at (+1) 425.402.4062.

To submit a warranty claim, Cascade Health and Fitness requires a proof-of-purchase and the lot number of the equipment in question. Cascade Health and Fitness will have the option of either repair or replacement at no charge for any defective product. Delivery of the product to and from the authorized Cascade Health and Fitness dealer is the sole responsibility of the purchaser.

PRODUCT SERVICE

Most common problems can be quickly remedied by reviewing the SETTING UP AND OPERATING THE CMXERG+ section of this manual. In the event that review of this section fails to pinpoint and solve the problem, please contact our Cascade Health and Fitness Customer Service Department at (+1) 425.402.4062 between the hours of 8:00a.m.- 5:00 p.m. M-F, Pacific time for assistance. Or email info@cascadehealthandfitness.com.

RECORD YOUR LOT NUMBER: _____

SAVE THESE INSTRUCTIONS

WARRANTY REGISTRATION

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

Thank you for purchasing a Cascade Health and Fitness CMXERG+. 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 _____

Lot No. _____ **Model No.** CMXERG+

Signature _____

MAIL (OR FAX) THE WARRANTY REGISTRATION TO:

Cascade Health and Fitness
PO BOX 1318
Woodinville, WA 98072 USA
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