

◆ When your Saratoga or Colorado arrives... ◆

Your first workout is just moments away. Please take a minute to examine these instructions...and be sure to save them for future reference.

◆ Please inspect your Cycle as soon as you receive it. Questions?...

For fastest service, please call us directly at 1-800-474-4010 and not UPS

Just before your specific Cycle was packed, we carefully examined and tested it to be sure it was operating properly. On rare occasions we regret that freight carriers get careless and a part might become bent, broken, or cracked. We will be glad to quickly answer your questions or replace any parts, so please call us directly (regardless of purchasing through a dealer) and not our shipper. If you have any questions as you unpack your Cycle, please feel free to call us...we will be glad to help you!

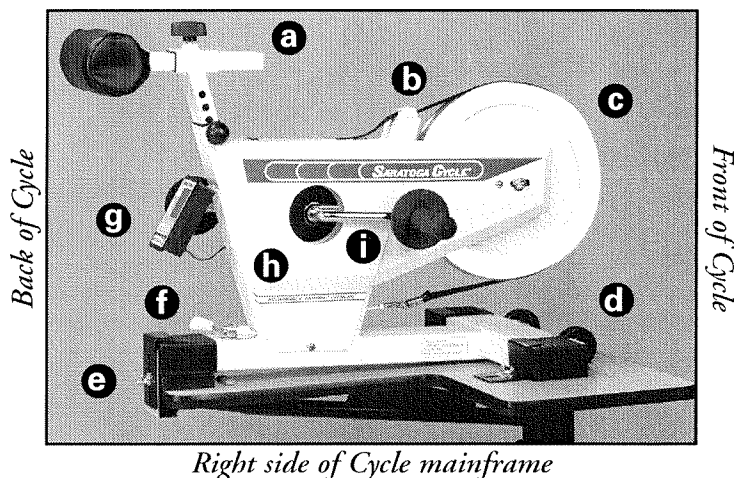
◆ Inventory the parts and products which you receive

Please check the parts and products which you receive against the list of products which you ordered. The white invoice on the outside of the shipping box should list your entire order and note whether any products or parts will be delayed in arriving. Next, unpack and lay out the parts of your order. Compare them with the photos in these instructions. If there seems to be any problems, please call us directly (regardless of purchasing through a dealer). We will be glad to help you.

◆ The Saratoga-Colorado "Top Ten Packing List!" ◆

Your Cycle will arrive with some minimal assembly required. Each Cycle will arrive with the following parts separated:

- ◆ **1** Cycle mainframe with
 - ◆ **a** Forehead rest (2 pieces)*
 - ◆ **b** Flywheel-strap adjustment clip
 - ◆ **c** Flywheel
 - ◆ **d** Front leg
 - ◆ **e** Table clamp**
 - ◆ **f** Resistance lever
 - ◆ **g** Exercise computer
 - ◆ **h** Chainguard (right and left sides)
 - ◆ **i** Crankarm



- ◆ **2** Table clamp** for use during arm exercise on a table top.
- ◆ **3** Electronic exercise computer with instruction sheet(s) either in its packing box or with this owners packet of information. Depending on the the computer model, please supply 1 or 2 size "AA" alkaline batteries.
- ◆ **4** Vertical forehead rest* with threaded pin (inserts vertically into the Cycle mainframe).

* not included with a Colorado Cycle

** optional with a Colorado Cycle

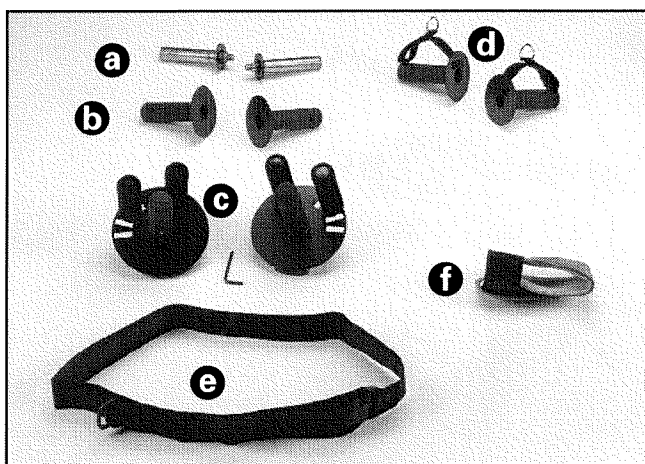
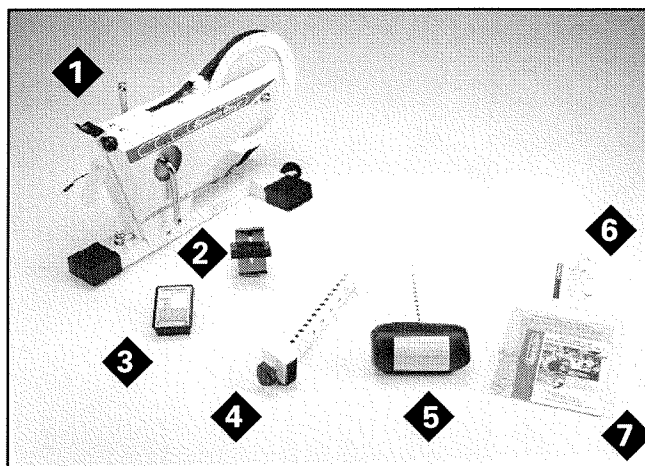
- 5 **Horizontal, T-shaped padded forehead rest*** with attached red-and-white label (inserts horizontally into the vertical forehead rest [part #6, above]). This padded forehead rest should be inserted so the red-and-white label is not upside-down.
- 6 **Red-striped reference tag** (attached to the Cycle mainframe). Please be careful to save this tag for contacting us at any future time.
- 7 **Owner's manual** and materials in a ziplock bag.
- 8 **Options** with accompanying instruction sheets.

Please note that

- a Handgrip cores will be included if any one or more of the following handgrip options were ordered:
- b Standard handgrips
- c Limited-grasp handgrips
- d Adjustable-loop handgrips

Other options include

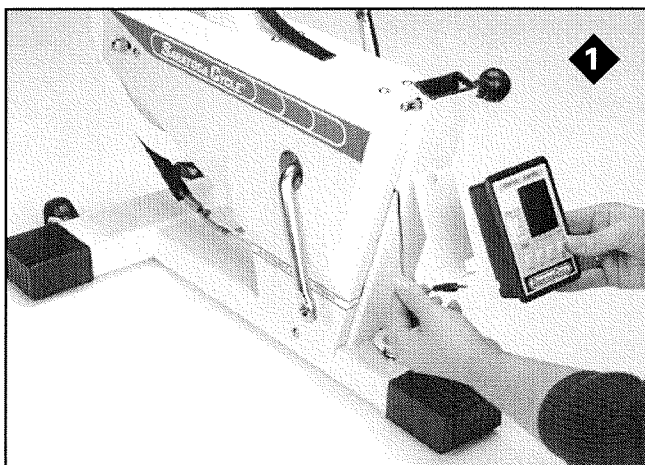
- e Safety chest strap
- f Gripp cuff(s) for use with either standard or limited-grasp handgrips



◆ **Assembly and use for table-top arm exercise** ◆

- 1 **Install "AA" batteries** into the back of the exercise computer. You are asked to supply 1 or 2 alkaline batteries, according to the model of computer that came with your Cycle. Attach this computer to the mounting bracket on the mainframe under the forehead rest.

For either computer, next plug the wire connector from the Cycle mainframe into the back of the box. If provided, peel off the thin, clear plastic sheet which protected the face of the computer during shipping. Operating instructions for either computer are packed in the computer's shipping box.

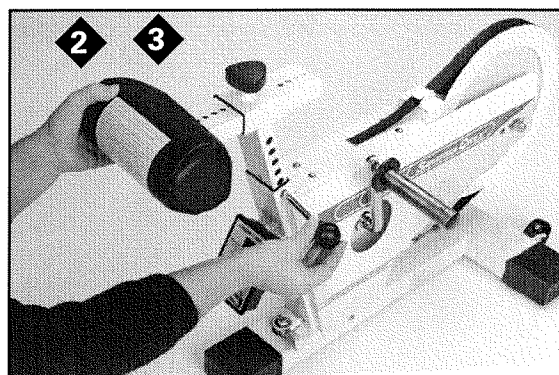


* not included with a Colorado Cycle

** optional with a Colorado Cycle

2 Install the vertical forehead rest* into the Cycle mainframe.

3 Next, mount the T-shaped, padded forehead rest* horizontally into the vertical forehead rest. Before mounting, turn the forehead rest so the printing of the red-and-white label is "right side up" and the velcro edge of the black cover is facing downward.



4 If you will be using your own table to support your Saratoga or Colorado Cycle, select a table which is sturdy, has a scratch-resistant surface (the use of tables with fine, finished wood surfaces is not recommended), and provides an appropriate height and knee clearance to the user. Most cyclists prefer a table height of about 30" (76 cm); other people may prefer a lower or higher height. Place the Cycle squarely on the table top, so the back end of the Cycle mainframe is even with the edge of the table.

5 Install the table clamp**

The clamp packed with your Saratoga Cycle has been specially designed to hold the Cycle firmly in place while you are using it on a table top for arm exercise. It is not used while the Cycle is located on the floor for leg exercise.

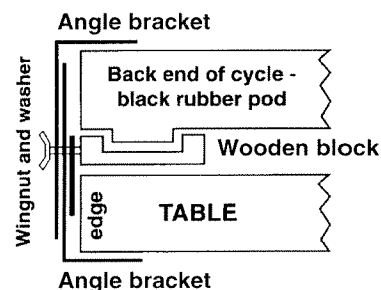
The table clamp is adjustable to fit the edge of most tables with a thickness of 1-3" (2.5-7.6 cm).

The table clamp consists of 3 parts:

i A right-angle bracket; when the clamp is assembled, this bracket will point upward and fit over the rubber pod of the Cycle's back end.

ii A second right angle bracket, when the clamp is assembled, this bracket will point downward and fit under the edge of the table.

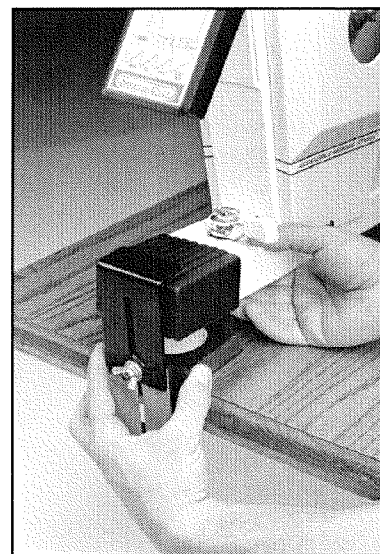
iii A wooden block and metal plate; when the clamp is assembled, the rubber sheet of the wooden block will rest on the table-top with the 2.5" (6.4 cm)-diameter countersunk hole pointing upward. On the back end of the Cycle mainframe is a single, black rubber pod. A 2.5"-diameter, round protrusion under this black rubber pod will fit downward into the 2.5" counter sunk hole of the wooden block.



To install the table clamp:

a Position the Cycle on the table top and bring the black rubber pod even with the edge of the table.

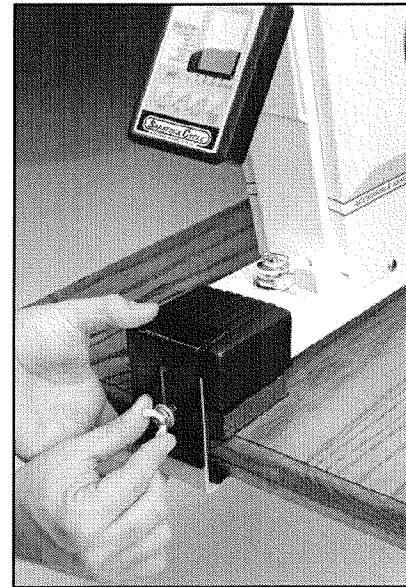
b Position the table clamp at the table edge, next to the Cycle, with the brown wooden block resting on the table top. The rubber sheet of the wooden block should rest on the table top, while the 2.5" diameter countersunk hole should face upward. One of the angle-brackets should point upward, and the other angle-bracket should point downward and under the table edge.



* not included with a Colorado Cycle

** optional with a Colorado Cycle

- c** Loosen the wingnut one or two turns (but do not remove it from its threaded shaft) until the angle-brackets can be adjusted.
- d** Grasp the padded forehead rest of the Cycle and slightly lift the back end of the Cycle about 2" (5 cm).
- e** Slide the table clamp into place with the Cycle, with the wooden block under the rubber pod and the angle-bracket over the top of the pod. The 2.5" (6.4 cm)-diameter, round bottom of the pod should fit down into the round countersink in the top surface of the wooden block.
- f** With the table clamp firmly against the edge of the table, squeeze the angle-brackets toward each other and hand tighten the wingnut.



6 **Install your choice of handgrips or foot plates**

7 **Sit comfortably** and close to the Cycle; the common edge of the table and Cycle should be no more than 2-5" (5-12 cm) from your body trunk.

8 **Adjust the** vertical height and horizontal position of the padded **forehead rest*** so the broad part of your forehead rests comfortably against it. As you look straight ahead, the bottom edge of the forehead rest should be even with your line of sight. Your neck, shoulders, and back posture should be comfortably straight, and you should be looking forward, and not down toward the table. Muscle strain and fatigue can occur if you sit too far from the Cycle or if the cycle is positioned too high.

9 **Grasp the handgrips** and begin your arm movements slowly until you become comfortable with your balance and the action of the Cycle.

10 To use the exercise computer, please follow the instruction sheet(s) found in the computer's packing box.



* not included with a Colorado Cycle

** optional with a Colorado Cycle

◆ Some tips for arm exercising ◆

- ◆ Before using the Cycle, be sure to read the Safe-Use Cautions.
- ◆ Adjust the forehead rest as needed for maximum comfort to shoulder and neck muscles.
- ◆ Adjust the resistance to a comfortable level; use the thumb-lever adjustment for fine adjustments and the flywheel-strap adjustment clip for more coarse adjustments. If the thumb-lever adjustment repeatedly slips out of its setting, its center screw may simply need to be tightened with a screwdriver. Please see the “Troubleshooting” section of this manual for more details.
- ◆ The Limited-Grasp Handgrips can be used with both, one, or neither of the knuckle pads. If you have limited grasp and these handgrips do not accommodate you, we suggest that you try our Gripp Cuffs.
- ◆ If poor balance or coordination is a significant concern to you, we advise using our Safety Chest Strap to avoid injury from falling forward. *It is the user's responsibility to decide whether his/her individual level of balance and coordination warrant ordering and using a Safety Chest Strap and to acquire the Strap if needed. The item may be ordered at any time.*

◆ Some tips for leg exercising ◆

- ◆ Before using the Cycle, be sure to read the Safe-Use Cautions.
- ◆ Place the Cycle on a floor area which will be convenient for leg exercise. If the Cycle moves or “creeps” along the floor during exercise, we suggest placing a section of rubber mat or foam-backed carpet under the Cycle and possibly also under the front legs of the furniture or wheelchair in which you are sitting.
- ◆ Leg exercise from a wheelchair may require removing the wheelchair leg rests in order to position the Cycle sufficiently close to you.
- ◆ You should experiment with a comfortable body position for your exercise objectives. If your leg joints have a limited range of motion, try sitting on a slightly elevated surface—perhaps achieved by sitting on a thick pillow or cushion. The Cycle can be used while sitting upright, like a traditional stationary exercise cycle, or while sitting in a partially reclining position, like a recumbent cycle.
- ◆ Adjust the resistance to a comfortable level; use the thumb-lever adjustment for fine adjustments and the flywheel-strap adjustment clip for more coarse adjustments. If the thumb-lever adjustment repeatedly slips out of its setting, its center screw may simply need to be tightened with a screwdriver.

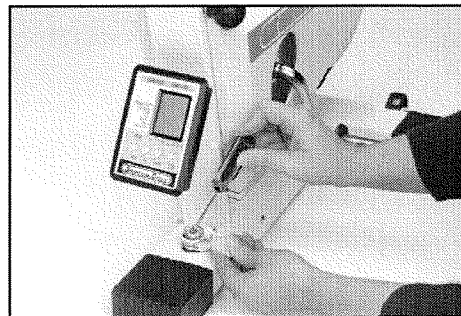
◆ Troubleshooting occasional problems ◆

1

Resistance lever backslips from its desired setting

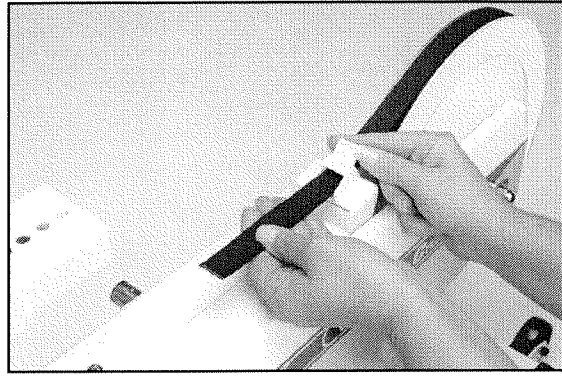
Please note that it is normal for the resistance lever to backslip when the tension becomes tight on the flywheel strap. At the lever location where it begins to backslip, please try turning the crankarms; there should be plenty of resistance to arm or leg cycling for extended aerobic durations. Please don't evaluate the proper operation of this mechanism simply by whether there is some backslipping of the resistance lever. Instead, evaluate whether there is sufficient resistance to turning the crankarms to provide an aerobic workout of 20 minutes or more.

Usually this backslipping is normal and does not indicate a defective resistance lever. However, if even more resistance is desired, please simply tighten the center screw of the resistance lever (however, some normal slippage will still continue to occur).



2**Resistance increments seem to be too large**

Sometimes each click of the resistance lever seems to provide too large an increment of crankarm resistance. Please note that amounts of resistance are not limited to those that occur only at each lever click. The amount of resistance changes continuously throughout the lever range, so feel free to try the resistance with any movement of the lever...even in-between clicks. If, however, the lever still isn't providing the exact flywheel resistance you desire, try slightly changing the length of the flywheel strap.



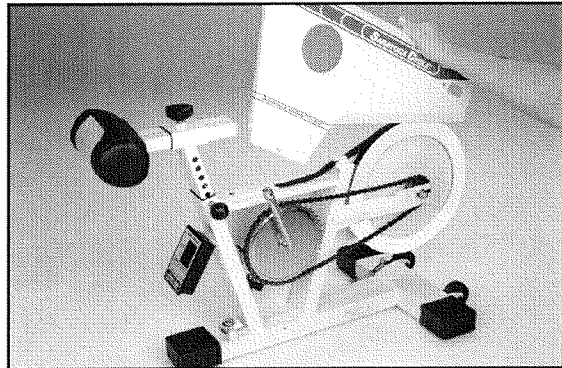
To do this, first move the resistance lever to its full counter-clockwise position (about 3 o'clock). Next, open the flywheel strap adjustment clip and move about 1/2" to 1" (1 to 2.5 cm) of strap through the clip; pull the strap away from the flywheel for increasing the resistance, push the strap toward the flywheel for a decrease. Re-tighten the clip and re-adjust the resistance lever for your desired amount of flywheel resistance. There is also another strategy to adjusting the resistance...spray a little furniture wax (a small puff at a time) into the flywheel groove as the flywheel is turning.

3**The chain has become too loose, has come off the sprockets, or is making excessive noise**

On rare occasions, during shipping to a customer or during prolonged use, the chain requires adjustment.

a Remove the plastic chainguard from the right side of the Cycle

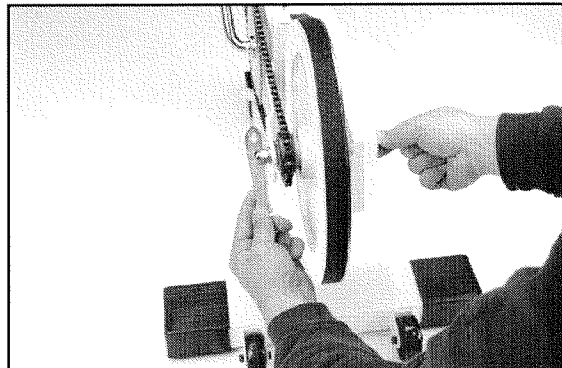
To do this, first remove the handgrip core or foot pedal from the right crankarm using the wrench supplied with the Cycle. Next, use a screwdriver to remove the 4 short bolts that hold the plastic chainguard to the metal mainframe.

**b Relocate the chain on the sprockets**

To do this, be positioned at the flywheel end of the Cycle, and use the Cycle wrench to loosen the nut at each end of the flywheel axle (but don't remove these 2 nuts). If the chain has come off the flywheel sprocket, move the flywheel until you are able to relocate the chain on the sprocket.

c Retension the chain, straighten and tighten the flywheel

After the chain is back on the sprockets, position yourself in front of the flywheel. Grasp each of the 2 flywheel nuts and pull the flywheel toward you. The flywheel should be straight and the chain should still have a slight amount of slack on its lower side. Tighten the flywheel nuts.

**d Turn the LEFT crankarm while checking the Cycle's exposed right side alignment of the chain, sprockets, and flywheel**

BE VERY CAREFUL while turning the crankarm without the right chainguard in place...DO NOT turn the right crankarm by hand because of the missing right chainguard (a supervisor at our Saratoga factory once lost a fingertip when it became caught between an exposed chain and sprocket). If this alignment needs further adjustment, repeat the above steps.

e Replace the right chainguard before using the Cycle



If you have any questions after receiving your Saratoga product, please feel free to call, fax, or write us at anytime...we will be glad to help you! In addition, we are pleased to exchange handgrip options during the first month after your Cycle is delivered. Finally, each Saratoga or

Colorado Cycle is Guaranteed Accessible™ for use by its original purchaser (or clients) or we will buy back the unit during the first month after delivery. Simply call us and we will have UPS come to your door and pick up the unit at our expense...and your convenience!

◆ Full one-year warranty ◆

If the need for repair occurs, the first step is to call, fax, or write us with details of the problem or malfunction. We will promptly decide on a repair or replacement procedure which most quickly meets your needs. Please do not attempt to return any Saratoga product without advance authorization from our company; our Receiving Department will be forced to refuse the package and the shipper will return it to you at your expense.

If a Saratoga product breaks down or needs repair, simply call or write us and tell us about the problem. We will provide any necessary parts and determine the quickest way to repair or replace the item. If the product is under warranty, we will pay all charges.

Saratoga Access and Fitness, Inc. warrants to the original purchaser that Saratoga products are free from defects in materials and workmanship. This warranty is valid for one year from the date of the original sale. This warranty does not cover the effects of reasonable wear and tear or damage resulting from mishandling in transit, vandalism, misuse, abuse, alteration, accidents, use of Saratoga products with those from other companies, or lack of reasonable care and maintenance.

No implied warranty of merchantability or of fitness for a particular purpose shall extend beyond one year from the date of original purchase. The liability of Saratoga Access and Fitness, Inc. under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within one year of original purchase. The company shall not be liable for loss of use of the product, loss of time, inconvenience, or for any incidental or consequential damages.

Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty give you specific legal rights, and you may also have other rights which vary from state to state.

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