

SPORTSART *C53u*



OWNER'S MANUAL ASSEMBLY INSTRUCTIONS

SPORTSART C53U UPRIGHT CYCLE

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A. SAFETY GUIDELINES

Please read and observe the following safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the bike on a solid, level surface.
- Never allow children on or near the cycle.
- Check the machine before use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing: Do not wear overly loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side, and use care when mounting and dismounting the unit.
- Do not stand on the unit.
- Do not use accessories that are not specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- Allow sufficient space on both side of the cycle for users to mount and dismount the machine.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.
- Work within your recommended exercise level; do NOT work to exhaustion.

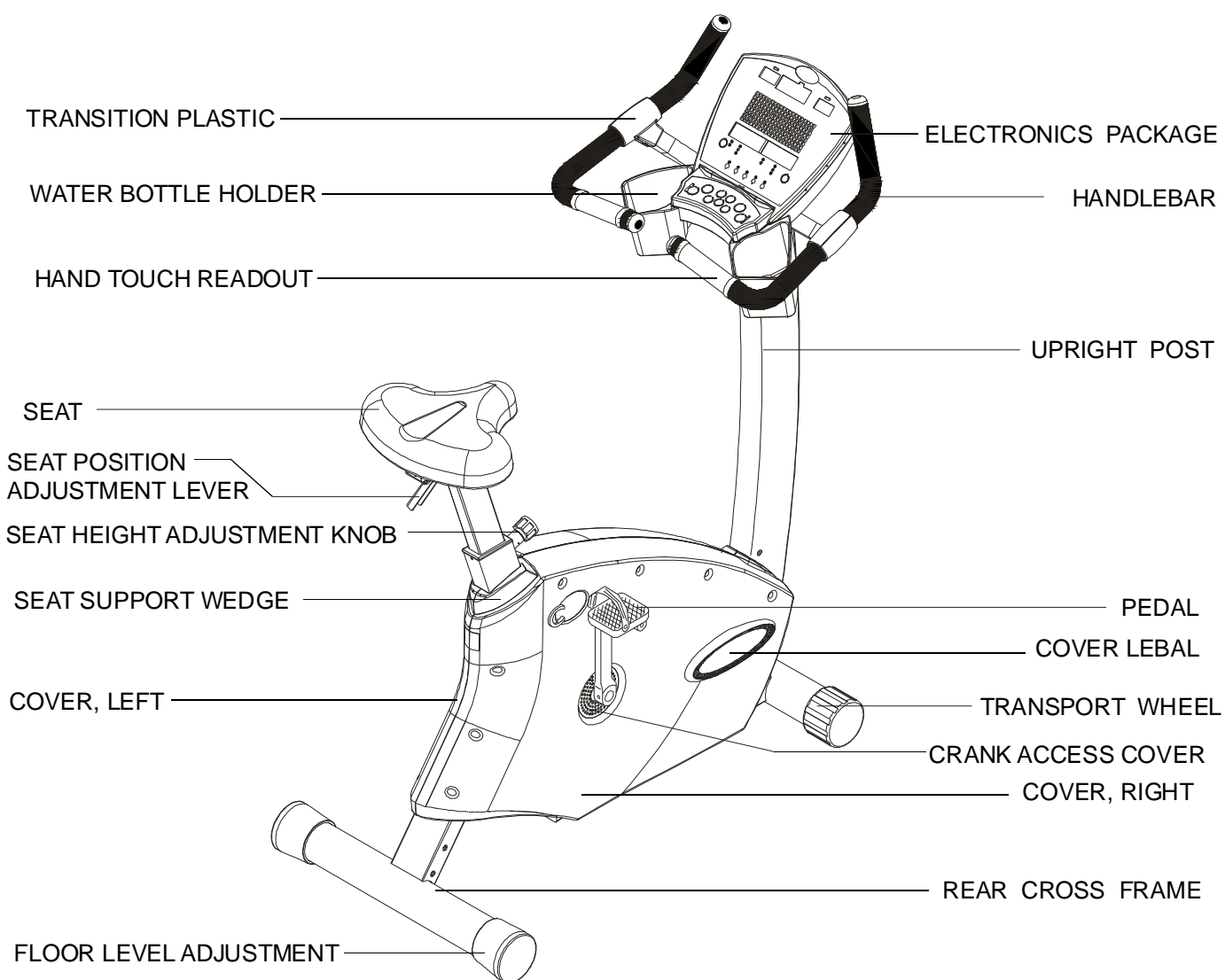
CAUTION:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

B. INTRODUCTION

Congratulations on the purchase of one of the finest pieces of exercise equipment on the market, the SportsArt C53U. Constructed of high quality materials and designed for years of trouble free usage, the C53U will be an integral part of your fitness regimen.

Before using your C53U cycle, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an exercise cycle or a seasoned "pro", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



C. ASSEMBLING YOUR CYCLE

INSTALLATION REQUIREMENTS:

Read this owner's manual and follow the instructions contained herein.

Important: The packaging for this unit was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the unit in the future.

LIST OF PARTS:

1. Four 1/4" x L1/2" bolts – Handle Bar Assembly
2. Four 1/4" internal serrated washer – Handle Bar Assembly
3. Six 5/16" x L1/2" bolts – Rear Cross Frame
4. Five 5/16" x L1/2" bolts – Upright Post Assembly
5. One 5/16" serrated washer – Upright Post Assembly
6. Three 5/16" nylon nuts – Seat Assembly
7. Three 5/16" spring washer – Seat Assembly
8. One pair of pedals
9. One M4 hex Allen wrench
10. One M6 hex Allen wrench
11. One 13mm x 15mm combination wrench

Is there any chance for actual size images of the fasteners, washers, etc? Our customers do not understand thread sizes and dimensions.

STEP-BY-STEP INSTRUCTIONS:

When you remove the cycle from its box, first check to make sure all of the parts are present. Then, read the assembly instructions thoroughly before you begin.

1. Take out the cycle frame and make sure all packing materials are removed from the unit.
2. Place the cycle upright on a level, flat surface.
3. Thread the ribbon cable through the upright post. (See Fig. 1)

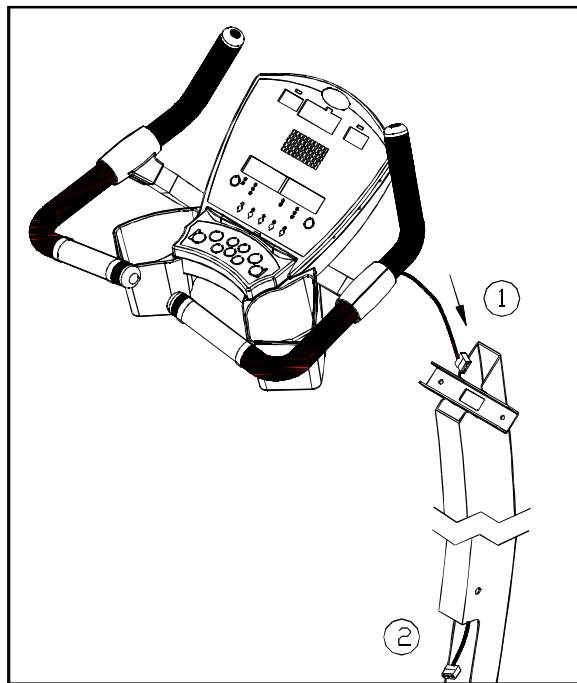


Fig.1

4. Attach the handlebars to the upright post assembly, and fasten the bolts on both sides. (See Fig. 2)

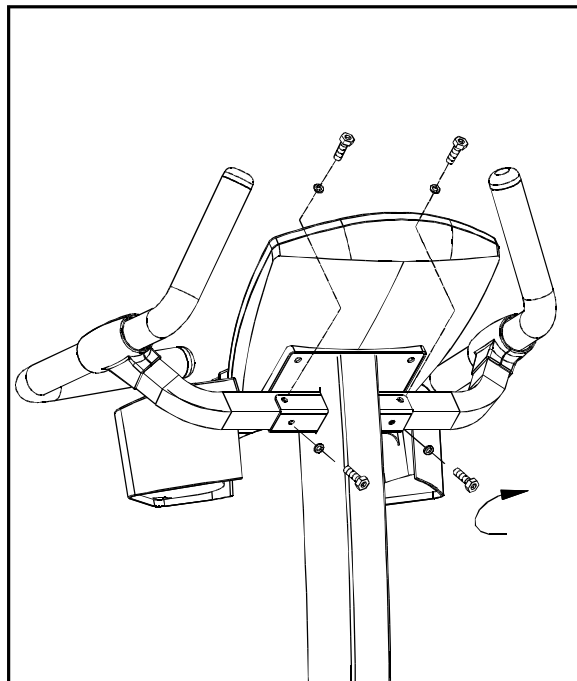


Fig.2

5. Attach the rear cross frame to the main frame, and fasten the bolts. (See Fig. 3)

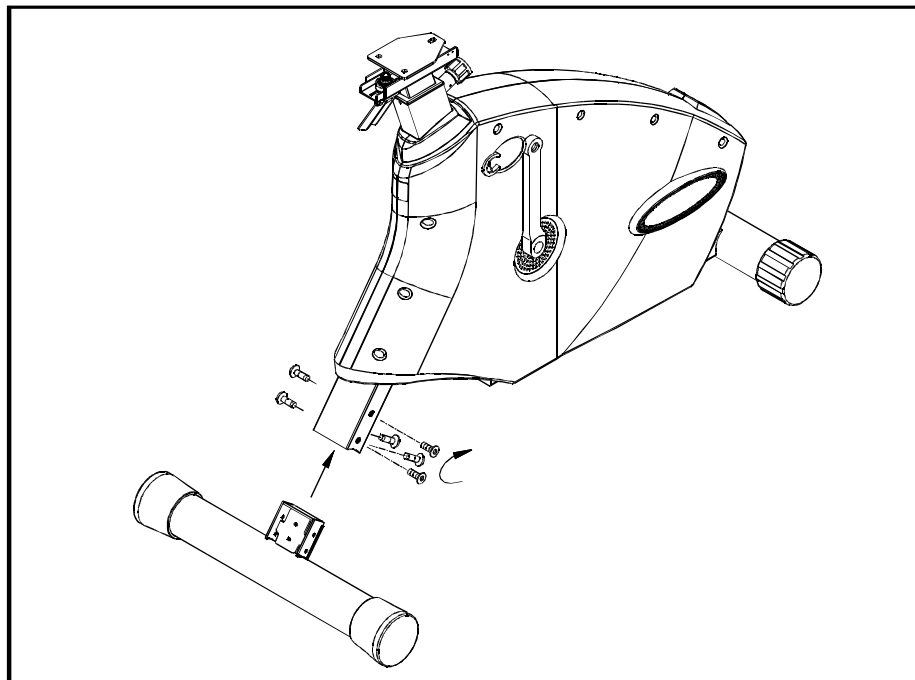


Fig.3

6. Connect the ribbon cable into the socket, and fasten the upright post with its bolts. (See Fig. 4)

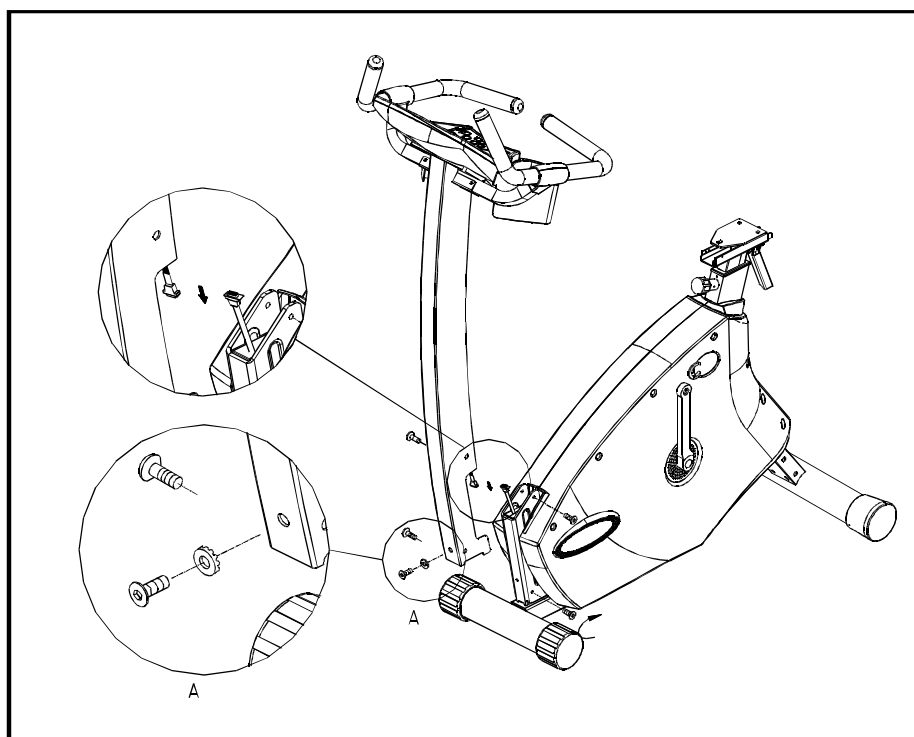


Fig.4

Note: 1. When connecting upright post to main frame, please make sure that ribbon cable is free from it.

2. Place serrated washer A between the bolt and upright post as indicated. Ensure the serrated side is attached to upright post.

7. Note that pedals are marked "R" for right and "L" for left. (The bike's right side is your right side as you sit riding the unit.) Pedals should be installed on the crank arms. Install pedals on the correct side of the bike. Tighten the left pedal by turning counterclockwise. Tighten the right pedal by turning clockwise. A combination wrench is included in the tool kit provided for this work. (See Fig. 5)

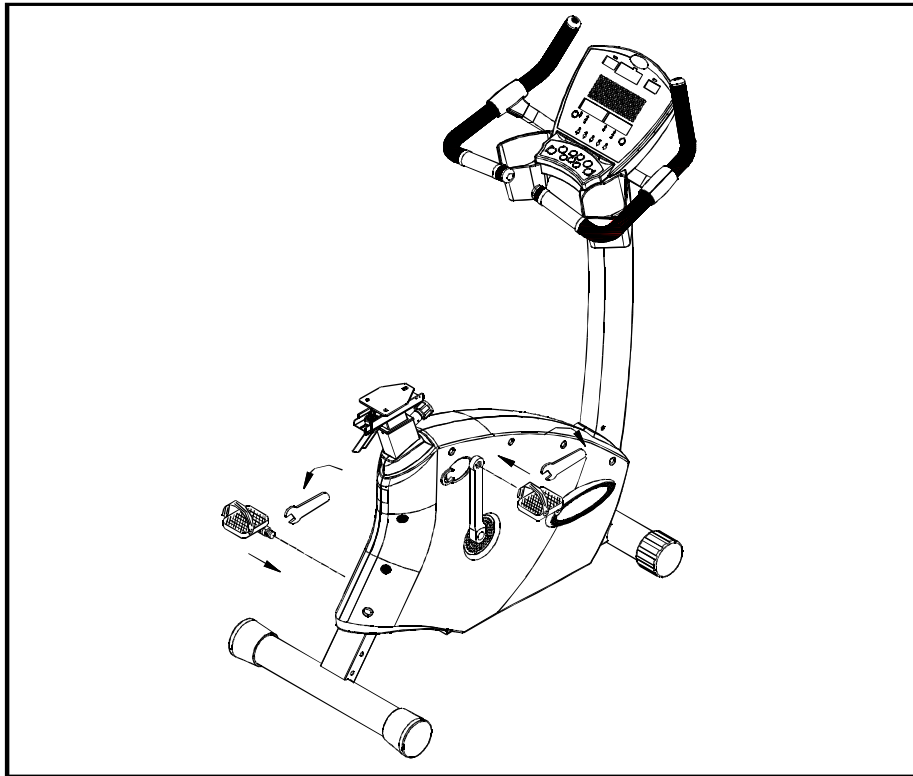


Fig.5

8. Fasten seat to support assembly as indicated. (See Fig. 6)

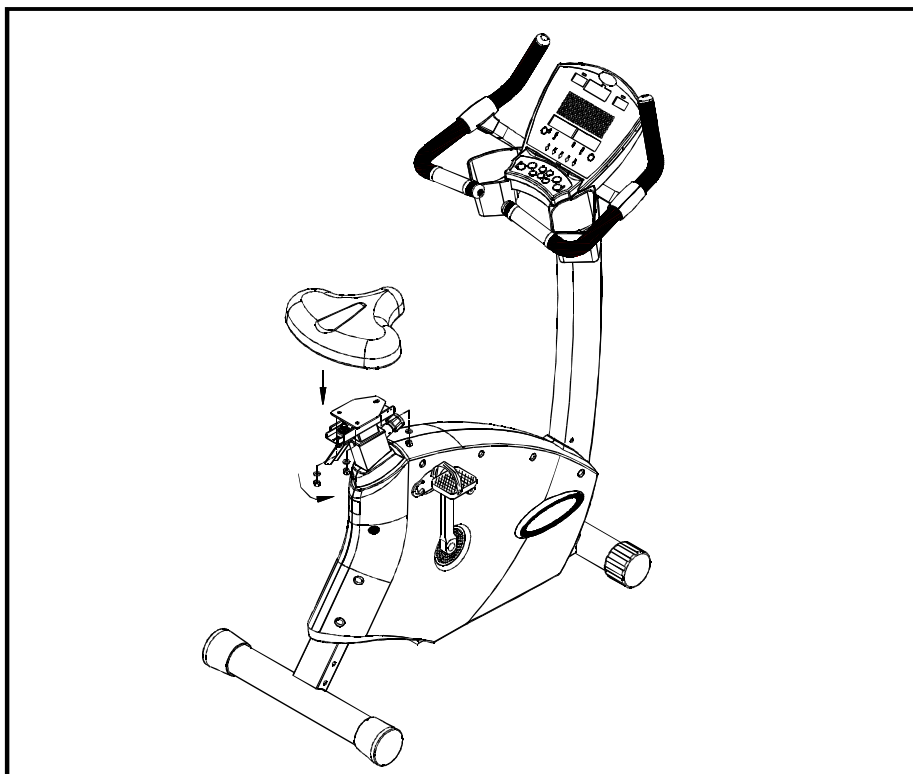


Fig.6

FLOOR LEVEL ADJUSTMENT:

Adjust the rear adjustment wheels to steady the bike. (See Fig. 7)

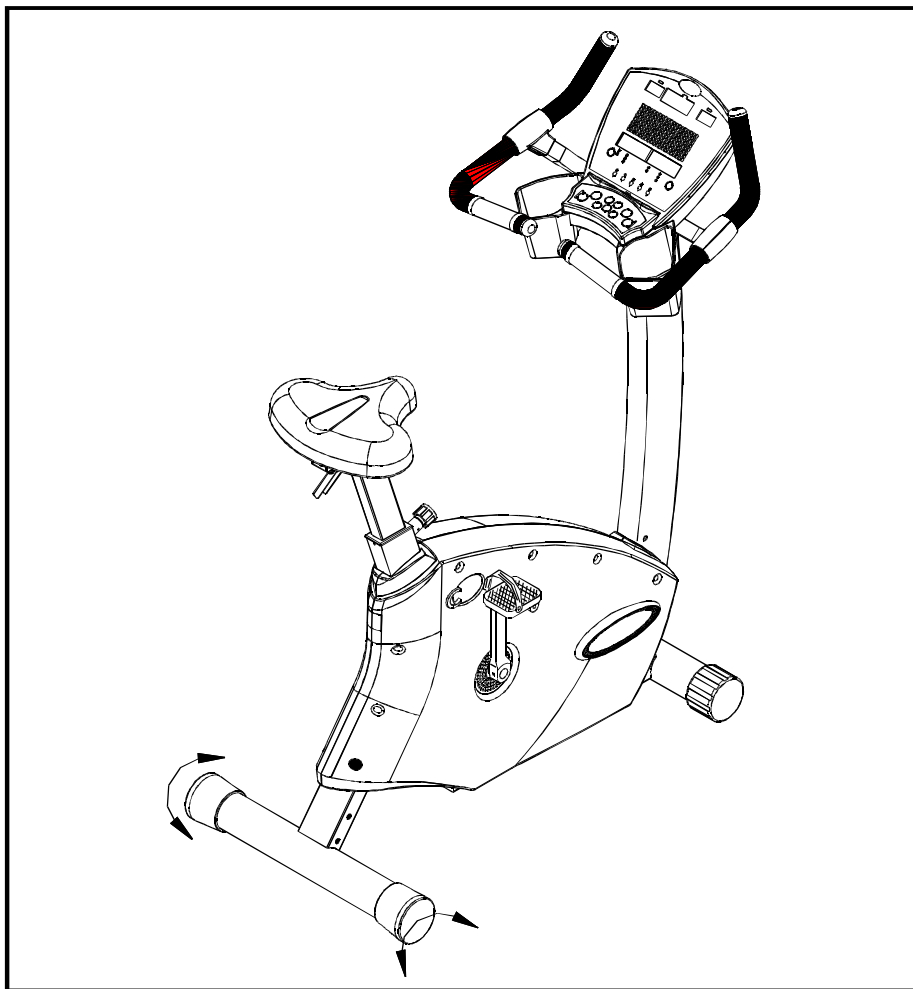
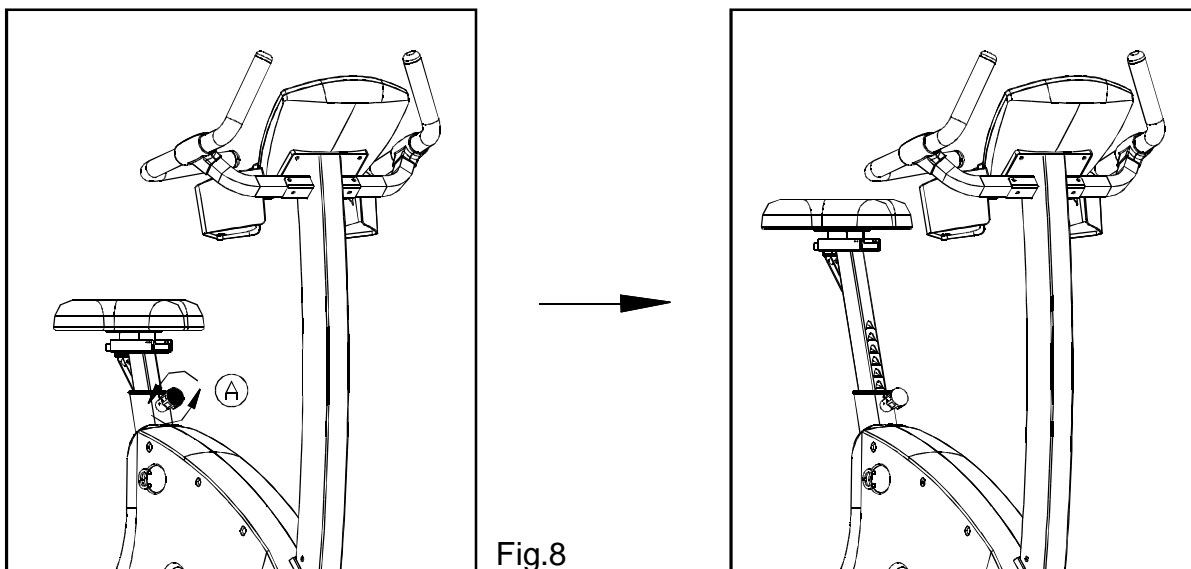


Fig.7

SEAT ADJUSTMENT:

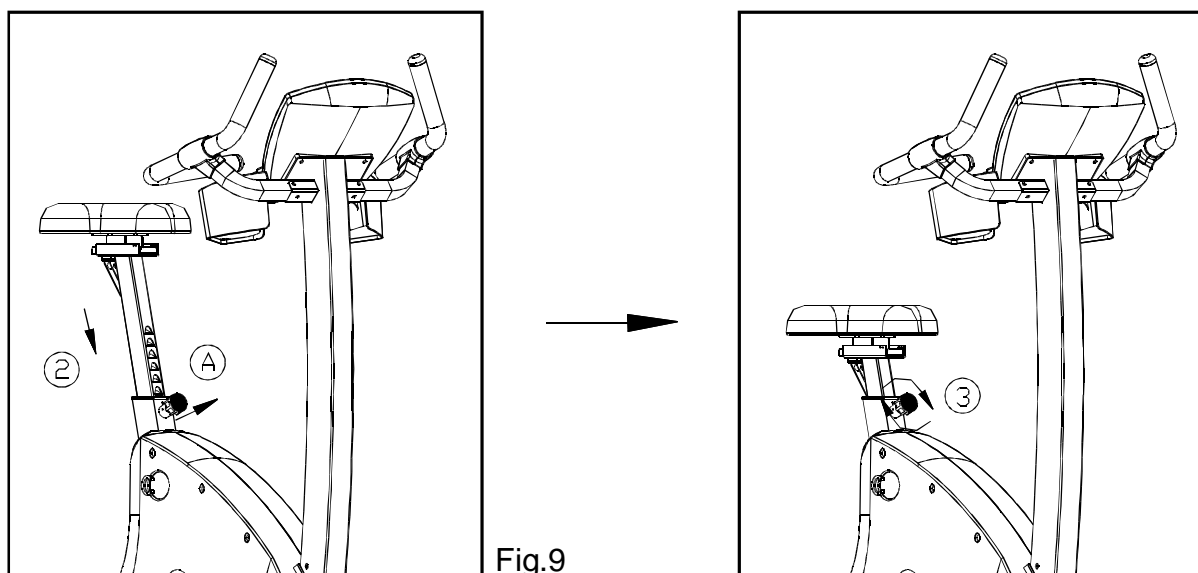
Raise seat position:

Turn height adjustment knob (A) counterclockwise until it is loose, then raise seat height to the desired position. Tighten the knob into position to secure the seat. (See Fig. 8)



Lower seat position:

Turn height adjustment knob (A) counterclockwise until it is loose, then pull out the knob to lower seat height to the desired position. Tighten the knob into position to secure the seat. (See Fig. 9)



Change seat position (move to the front / back):

Raise seat position adjustment lever to loosen the seat. Adjust seat to the desired position; then press down the lever to fix the seat. (See Fig. 10)

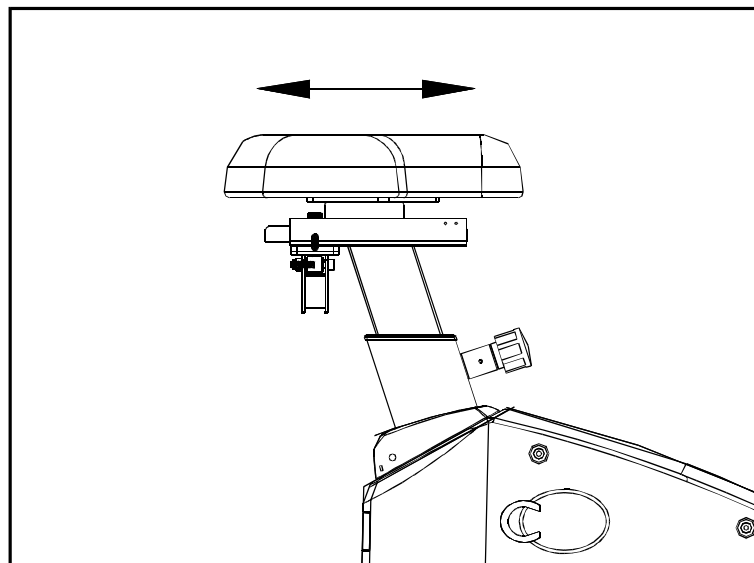
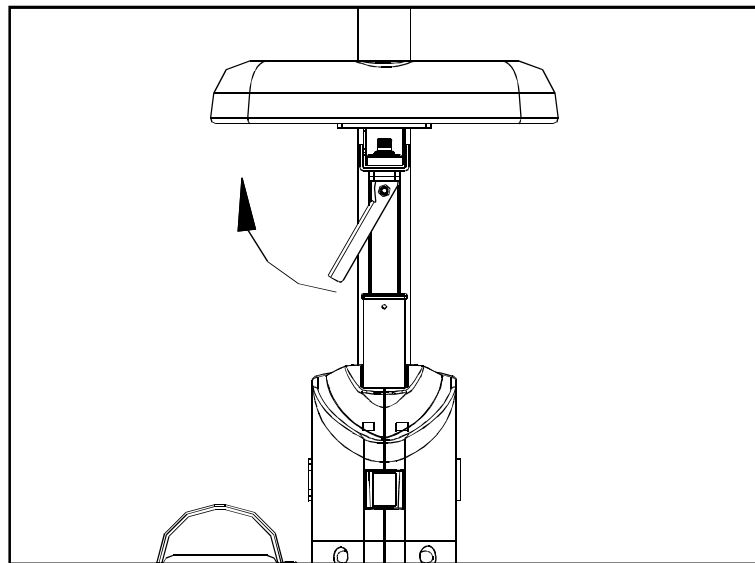


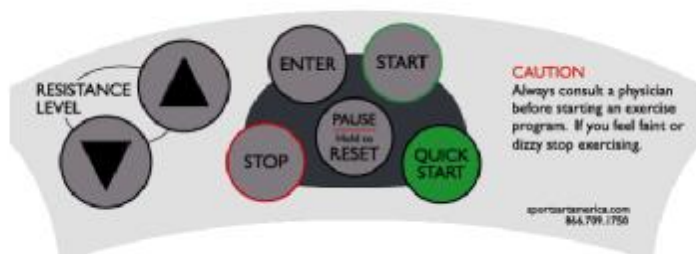
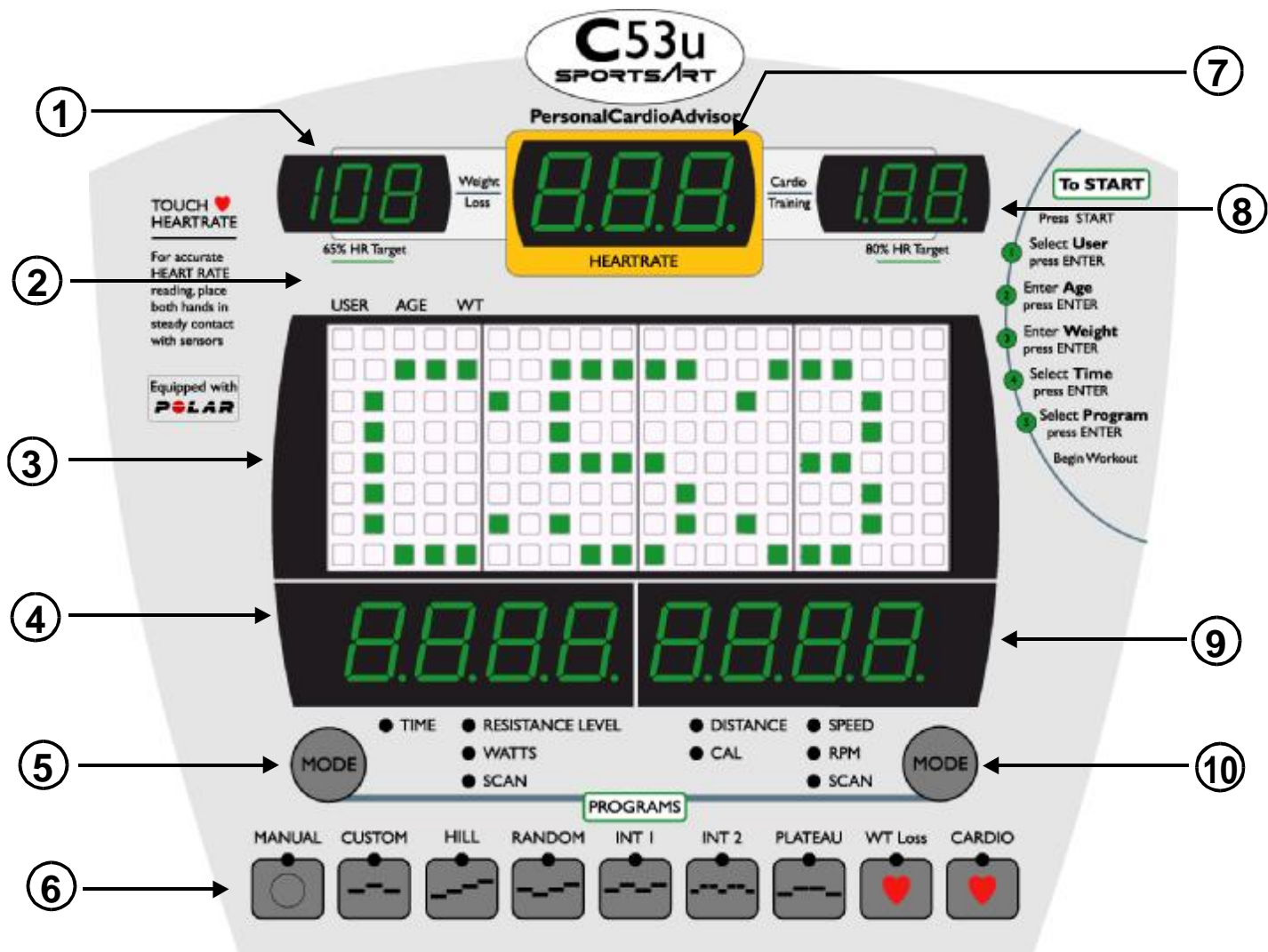
Fig.10

Your C53U cycle is assembled and ready to use.

D. EXERCISING ON YOUR CYCLE

Understanding the Electronics Package

ELECTRONIC DISPLAY :



1. Weight Loss (65% HR Target): Using age as a factor, the Personal Cardio Advisor automatically calculates your optimal heart rate for weight loss. The optimal weight loss target heart rate is 65% of the maximum workout heart rate for your age. This figure becomes the target heart rate for your weight loss workout.
2. USER, AGE, WT: User data for workout.
3. Dot matrix display: Provides prompt & program status information.
4. Window 1: Displays TIME, RESISTANCE LEVEL, WATTS, and accumulated workout time.
5. Mode – left: To switch between TIME, RESISTANCE LEVEL, WATTS, SCAN.
6. Programs: MANUAL, CUSTOM, HILL, RANDOM, INT1, INT2, PLATEAU, WT Loss, CARDIO.
7. Heartrate: Shows the user's actual heart rate.
8. CARDIO (80% HR Target): Using age as a factor, the Personal Cardio Advisor automatically calculates your optimal heart rate for cardio conditioning. The optimal cardio conditioning workout is 80% of the maximum workout heart rate for your age. This figure becomes the target heart rate for your cardio conditioning workout.
9. Window 2: Displays DISTANCE, CAL, SPEED, RPM, and accumulated workout distance.
10. MODE – right: To switch between DISTANCE, CAL, SPEED, RPM, SCAN.

Terminology

- A. TIME: Displays total time accumulated or time remaining in a programmed workout.
- B. WATTS: Displays the exertion level in WATTS.
- C. DISTANCE: Displays total miles or kilometers.
- D. CAL: Displays overall caloric expenditure of the present workout.
- E. SPEED: Displays the current speed in MPH or KPH .

F. RPM: Revolutions per minute.

G. SCAN – left: Displays TIME, RESISTANCE LEVEL, WATTS in a 4 seconds interval.

H. SCAN – right: Displays DISTANCE, CAL, SPEED, RPM in a 4 seconds interval.

Display Function

A. MODE – left side button: Press to choose information modes: TIME, RESISTANCE LEVEL, METS, WATTS, SCAN.

B. MODE – right side button: Press to choose information modes: DISTANCE, CAL, SPEED, RPM, SCAN.

C. QUICK START: Press to start working out without setting USER, AGE, WEIGHT, TIME settings.

C. START: (1) Press START to start programming your workout.

(2) In the PAUSE mode, press START or start pedaling to resume your workout.

D. STOP: (1) Press STOP to end your workout. Workout data will be displayed.

(2) When cooling down, press STOP to end 'cool down' function.

E. PAUSE/RESET: (1) Pause: Press PAUSE/RESET and stop pedaling to retain program and workout memory. "PAUSE" will scroll across Window 1&2 and the unit will enter standby mode. To return to your workout, press START or pedal for over 2 seconds.

(2) Reset: Press and hold PAUSE/RESET for 2 seconds. All data will reset and the display will return to Banner mode.

F. ENTER: Press to enter your input data.

G. UP▲/ DOWN▼: Press ▲ or ▼ to select USER ID, AGE, WEIGHT, TIME, and RESISTANCE LEVEL.

H. MANUAL, CUSTOM, HILL, RANDOM, INT1, INT2, PLATEAU, WT Loss, CARDIO: Press to select your desired program.

Basic Operation

1. Power up the bike:

Turn on the unit by pressing START or by pedaling (speed must be over 30RPM). The "C53" banner message appears, then "USER" appears within 1 second.

2. Select USER:

2-1: The USER indicator flashes and a starting number "1" (means USER 1) appears in the middle of the dot matrix display window. Press ▲ or ▼ to select USER1 through USER 4, and then press ENTER to confirm your choice.

2-2: When the USER number and data appear, the total accumulative workout TIME appears in Window 1, and the total accumulative workout DISTANCE appears in Window 2.

The relevant target heart rate values for Weight Loss and Cardio Training also appear on 65% HR Target and 80% HR Target windows.

Note: If no memory exists for the chosen USER number, values do not appear in windows.

2-3: How to clear the USER's record?

In the desired user setting, for example, USER1, simultaneously press START and STOP buttons for 3 seconds. The memory for USER1 will be erased. WEIGHT and TIME will revert to the default setting: WEIGHT = 75KG (or 165 LB); TIME = 30 minutes.

2-4: Memory always reverts to the last user. For example, if USER 4 is the last one to operate the cycle, USER 4 settings will automatically reappear the next time the cycle is operated. Press ▲ or ▼ to select USER1 through USER 4, and then press ENTER to confirm your choice.

3. Select USER ID (set user's name):

As shown in Basic Operation: 2.Select USER, rather than using a USER1,2,3,4 number, you may input your name. To do so, choose "USER ID" rather than "USER".

3-1: Select the first letter or number:

In the USER section, simultaneously press and hold right and left MODE buttons for 3 seconds. The letter "A" appears and flashes in the dot matrix window. Press ▲, letters A~Z appear one by one, then numbers 0~9 appear similarly. Press ▼, numbers 9~0 appear one by one, then letters Z~A appear similarly. Press ▲ or ▼ to select a letter or number, then press ENTER to confirm your choice.

3-2: Select the second letter or number:

The chosen first letter or number moves to the left, and again letters A~Z and number 0~9 appear. Choose the second letter or number as indicated in 3-1.

Note: USER ID settings consist of 2 figures only.

4. Select AGE:

The AGE indicator blinks. A starting age of "35" appears in the dot matrix display window.

4-1: Press ▲ or ▼ to select your age, and then press ENTER to confirm your choice.

4-2: Using the AGE value, the Personal Cardio Advisor automatically calculates target heart rate values for Weight Loss (65% HR Target) and Cardio Training (80% HR Target).

Note: The allowable age range is 10~90 years old.

5. Select WEIGHT:

The WT indicator light flashes. A starting weight of "75"(KG) or "165"(LB) appears in the dot matrix display window. Press ▲ or ▼ to select your weight, and press ENTER to confirm your choice.

Note: The allowable weight range is 20~180 KG or 45~400 LB.

6. Select TIME:

The TIME indicator flashes. Window 1 displays the time set by the previous user. Press ▲ or ▼ to select your time, and then press ENTER to confirm your choice.

Note: (1) The allowable time range is 5:00~99:00.

(2) If this is the first time in use, the unit automatically enters MANUAL mode. If desired, press another program button to operate the corresponding program.

(3) If a previous user selected a USER number or ID, the unit automatically enters the program selected by that user. If desired, press your desired program button to change the setting.

7. Select PROGRAM:

7-1: All PROGRAM indicators flash. The message "SELECT PROGRAM OR PRESS START" scrolls across the dot matrix display window.

(1) Press the desired program to begin your workout.

(2) Or Press START to return the "Select USER" section.

7-2: If you press QUICK START, the unit assumes you are a new user. Previously accumulated data reverts to zero.

8. At any time to skip USER and WEIGHT setting and get directly to your workout, press QUICK START. The TIME directly counts up from 00:00.

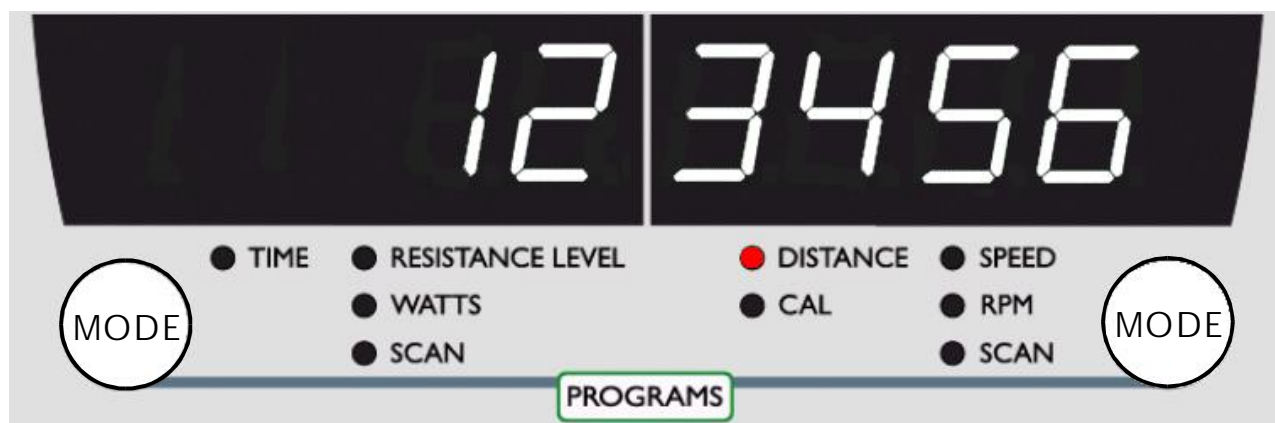
9. After completion of the workout, the unit enters COOL DOWN mode.

SYSTEM DEFAULT SETTING

1. Display Accumulated Distance:

In the USER section (before pressing any key), press ▼+ ▲+ ENTER simultaneously for 3 seconds, Window 1 & 2 display the total accumulated distance, a 6-digit figure. The DISTANCE indicator lights up. After that if you press ENTER, the TIME indicator lights up. The display shows up the total accumulated time.

Press ENTER to decide if you want to modify HRC setting.



2. Select MODIFY:

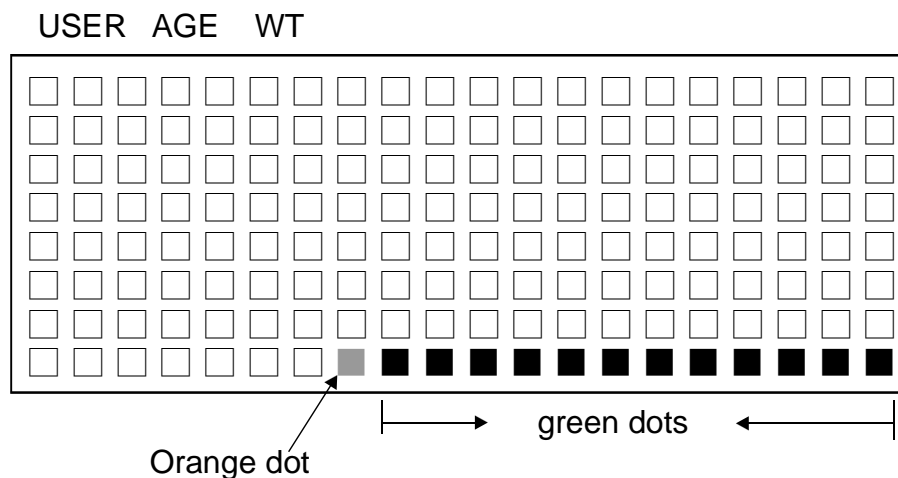
- (1) "NO" is the pre-setting of MODIFY.
- (2) Once in the default setting, "MODIFY HRC Y OR N" scrolls across the dot matrix window, then "MDFY" appears.
- (3) The HEARTRATE window shows either "NO" or "YES". Press ▲ or ▼ to modify your choice, then press ENTER. The unit returns to the starting screen, showing "C53". (Please refer to Page 22: 8-2 (a)&(b) for more details.)



E. PROGRAMS

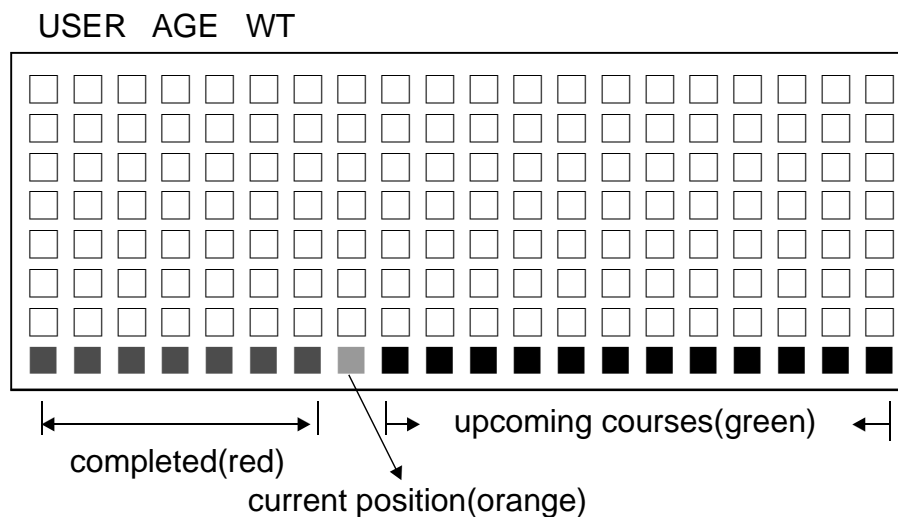
1. MANUAL Program:

1-1: Press MANUAL to enter this mode. The dot matrix window shows the following:



1-2: When the user begins pedaling, the orange dot flashes.

- (a) Red dot – represents completed courses.
- (b) Orange dot – represents current position.
- (c) Green dot – represents upcoming courses.



1-3: Press RESISTANCE LEVEL ▲▼ to adjust resistance at anytime during the workout.

The height of the dots represents the resistance level: The higher the dots, the greater the resistance. The height of the dots automatically changes when resistance settings are changed.

1-4: The Orange dot(s) flashes and lasts for 20 seconds, then moves to the left as the workout progresses.

	USER	AGE	WT																
Level 18~20	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Level 15~17	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Level 12~14	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□
Level 9~11	□	□	□	□	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Level 7~8	□	□	□	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Level 5~6	□	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Level 3~4	□	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Level 1~2	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

2. CUSTOM Program:

2-1: Users can set their desired workout patterns under this program. There will be 8 segments, and each last for 1 minute.

2-2: The program will load with preset resistance level. A scroll message "PEDAL TO START" will appear if the machine stays still for 4 seconds. Dots will flash when pedaling.

2-3: Every segment is free to change the desired resistance. The machine will memorize these settings to specific USER.

2-4: When TIME counts down to 0:00, Window 1, 2 will show Total Time, Total Cal (Accumulated CAL figure for the same user), Total Distance, and Average Heartrate. All these information will appear twice in a 4 seconds cycle, and a scroll message "TOTAL" will appear on dot matrix display. After these messages, it will enter into COOL DOWN mode. When COOL DOWN executed, it will go back to PROGRAM. (Note: If user does not enter PROGRAM through USER ID, it will go back to USER when COOL DOWN executed.)

2-5: The preset resistance levels are: 2,5,2,8,10,13,10,8,5

3. HILL Program:

3-1: There are 3 different HILL workouts. Press HILL to select the desired workout pattern: HILL 1 → HILL 2 → HILL 3.

3-2: The resistance level profiles of HILL patterns follow:

HILL 1: 2_4_6_8_6_4_2_4_6_8_6_4

HILL 2: 2_8_4_8_6_8_6_8_4_8_2_8

HILL 3: 2_4_6_8_10_12_14_12_10_8_6_4

3-3: Press RESISTANCE LEVEL ▲▼ to adjust resistance at anytime during workout.

3-4: The Orange dot(s) flashes and lasts for 20 seconds, then moves to the left as the workout progresses.

4. RANDOM Program:

4-1: Press RANDOM to select one of an infinite number of programs.

4-2: Press RESISTANCE LEVEL ▲▼ to adjust the desired level at anytime during workout.

4-3: The Orange dot(s) flashes and lasts for 20 seconds, then moves to the left as the workout progresses.

5. INT 1 Program:

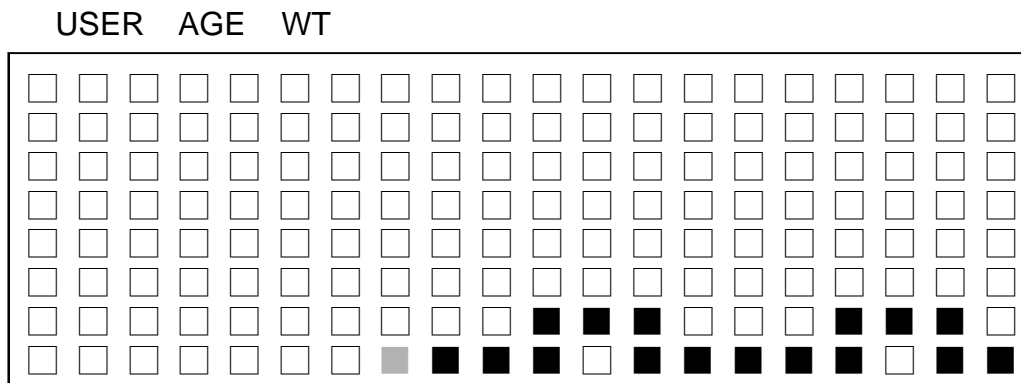
5-1: This program consists of repeating segments. Each segment lasts one minute, and has a resistance level set by the user before the workout begins.

The default resistance level profiles of the 2 segments are as follows:

(a) Segment 1: LEVEL 1

(b) Segment 2: LEVEL 3

5-2: Press INT 1. The dot matrix window displays the following:



5-3: The user sets the resistance LEVEL for each segment in the workout. For instance, if the user sets segment 1 resistance to LEVEL 10, LEVEL 10 resistance applies to each segment 1 throughout the workout. However, resistance can be adjusted any time during workout.

5-4: The Orange dot(s) flashes and lasts for 20 seconds, then moves to the left as the workout progresses.

5-5: At the completion of each segment, "GOING TO LEVEL XX" scrolls across the dot matrix window, and the display beeps three times.

6. INT 2 Program:

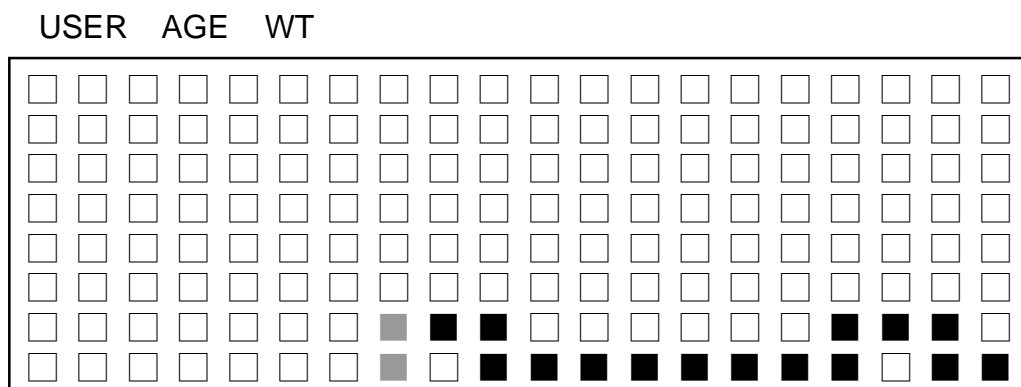
6-1: IN2 consists of two segments with different time periods: segment 1 lasts one minute; segment 2 lasts two minutes. The user determines the resistance level of each segment at the start of the workout.

The default resistance level profiles of the 2 segments are as follows:

(a) Segment 1: LEVEL 3

(b) Segment 2: LEVEL 1

6-2: Press INT 2. The dot matrix window displays the following:



6-3: The resistance LEVEL of each segment is set at the beginning of the workout. For instance, if the user sets segment 1 resistance to LEVEL 10, LEVEL 10 resistance applies to each segment 1 throughout the workout. However, resistance can be adjusted any time during workout.

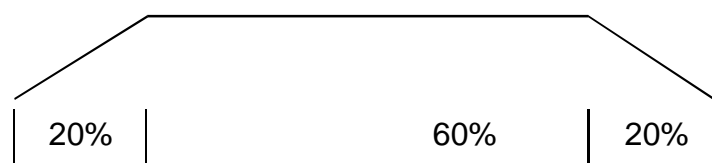
6-4: The Orange dot(s) flashes and lasts for 20 seconds, then moves to the left as the workout progresses.

6-5: At the completion of the current segment, "GOING TO LEVEL XX" scrolls across the dot matrix window, and the display beeps 3 times.

7. PLATEAU Program:

7-1: The resistance changes of the program as shown as follows:

- (a) Segment 1: 20% of Time
- (b) Segment 2: 60% of Time
- (c) Segment 3: 20% of Time



7-2: The default resistance level profiles of the 3 segments are as follows:

- (a) Segment 1: LEVEL 1
- (b) Segment 2: LEVEL 12
- (c) Segment 3: LEVEL 1

7-3: Every line refers to 20 seconds, and 60 seconds per level on dot matrix display. When TIME counts down to 0:00, Window 1, 2 will show Total Time, Total Cal (Accumulated CAL figure for the same user), Total Distance, and Average Heartrate. All these information will appear twice in a 4 seconds cycle, and a scroll message "TOTAL" will appear on dot matrix display. After these messages, it will enter into COOL DOWN mode. When COOL DOWN is completed, it will go back to PROGRAM. (Note: If user does not enter PROGRAM through USER ID, it will go back to USER when COOL DOWN is completed.)

8. WT Loss (HRC 65%) / CARDIO (HRC 80%) Programs:

Heart Rate Control (HRC) includes two programs, one design for weight loss (WT Loss) and another design for an optimum cardio workout. WT Loss is a low intensity workout whereas CARDIO is a high intensity workout. These workouts are designed to achieve optimal workout results. The Polar transmitter belt must be worn properly to operate heart rate control programs.

8-1: Select either WT Loss or CARDIO workout. Age must be input for the display to calculate Target Heart Rate. Input your age, then press ENTER to confirm your choice.

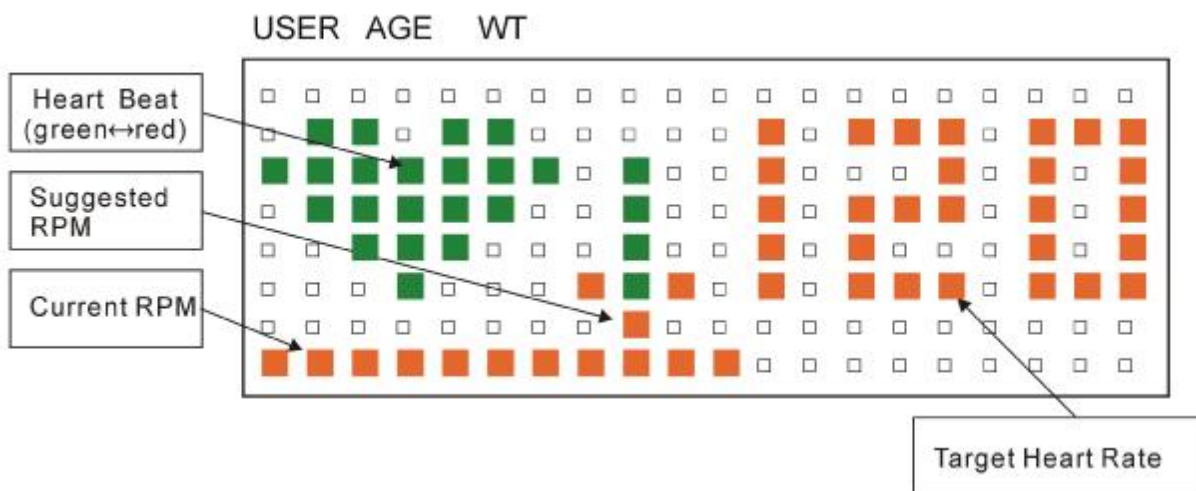
Note: this procedure is skipped if the user has already input the age. (Please refer to Page 14 for Select AGE.)

The formulas of Target Heart Rate are as follows:

(a) Maximum Heart Rate = $220 - \text{AGE}$

(b) Target Heart Rate: Weight Loss = $(220 - \text{AGE}) \times 65\%$
Cardio Training = $(220 - \text{AGE}) \times 80\%$

8-2: Below is an example of the dox matrix window that shows the target heart rate to be 120 beats:



(a) 1. Heart: represents user's current heartbeat.

Note: During your workout, the heart (green & red colors rotate) on the display to indicate that your heart rate signal is clear. However, if the display does not detect a heart rate signal, the heart color remains green.

2. Suggested RPM (red flashing dot): represents user's suggested revolutions per minute.
3. Current RPM: represents user's current revolutions per minute.
4. Target Heart Rate: represents user's target heart rate.

(b) If the MODIFY setting is "YES", the figure of the target heart rate will become red and blink. Press ▲ or ▼ to adjust the target heart rate, then press ENTER to begin your workout.

Note: The heart rate figure cannot be set lower than 84 or higher than the maximum workout heart rate for your age.

(c) If the MODIFY setting is "NO", the target heart rate cannot be changed. (Please refer to Page 16 for System Default Setting.)

8-3: A Polar transmitter belt must be worn properly during workout to allow the heart rate signal to be successfully transmitted to receiver located inside the display console. A "NO HEART RATE READING" message will scroll across the dot matrix window if the display does not detect a heart rate signal for more than 3 seconds. Once the display can detect a heart rate signal again, the scrolling message will be gone, then will continue the heart rate function again.

8-4: The resistance level starts out at LEVEL 5; and RPM is 50. "SPEED UP" appears on the dot matrix window if your speed is under your lowest RPM (Your suggested RPM – 10) for more than 25 seconds.

8-5: "PEDAL TO START" appears twice on the dot matrix window if no one exercises on the unit for more than 5 seconds. Resistance reverts to LEVEL 5; RPM reverts to 50 RPM; prompts appear every 5 seconds.

8-6: Window 1 toggles between TIME and LEVEL every 4 seconds. (It shows accumulated workout time and the resistance level.) When the scan indicator lights up, the MODE-left button will not operate.

9. COOL DOWN Mode:

After completing your desired workout program, accumulated data including TIME, CALORIES, DISTANCE, and HEART RATE appear.

9-1: After displaying the data, the display beeps once and enters COOL DOWN mode. The COOL DOWN program lasts 5 minutes. TIME indicator lights. In this mode, time counts down.

9-2: "GOING TO COOL DOWN" appears once on the dot matrix window, then the unit reverts to RESISTANCE LEVEL mode. The resistance decreases one level every 10 seconds.

9-3: When COOL DOWN mode ends, the display beeps once and "SELECT PROGRAM OR PRESS START" scrolls across the dot matrix window. (Please refer to Page 15: Select PROGRAM for more details.)

9-4: If you enter a PROGRAM without first establishing the USER ID, display reverts to the "Select USER" section after completion of the COOL DOWN process.

10. Power Standby Mode:

10-1: When no one exercises on the unit for more than 15 seconds, the cycle automatically enters power standby mode. One green dot scrolls across the dot matrix window.

10-2: When user starts pedaling or presses ENTER, the window reverts to the previous display.

IMPORTANT NOTICE

1. This cycle can record user settings for 4 users. Recorded settings include USER ID, accumulated distance, age, weight, INT1, INT2, and last workout program. (No data enters memory in QUICK START mode.)

The settings ranges follow:

- (a) USER ID: 2 figures
 - (b) Accumulative distance: 4 figures
 - (c) Age: 2 figures
 - (d) Weight: 3 figures
 - (e) CUSTOM: 8 resistance levels
 - (f) INT1: 2 resistance levels
 - (g) INT2: 2 resistance levels
2. When changing programs during a workout:
 - (a) The workout illustration will change.
 - (b) The completed data will remain, and DISTANCE and CAL will continue to accumulate. And TIME will keep counting down.
 - (c) RESISTANCE LEVEL will change to the new program's level.
 3. When the user doesn't pedal or touch display buttons for 2 minutes, the cycle automatically turns off.
 4. The battery will be charged automatically if pedaling rate exceeds 25 RPM.

F. MAINTAINING C53U CYCLE

The SportsArt C53U cycle requires little maintenance, but smooth operation requires that the unit be kept as clean as possible.

Regular cleaning is recommended to keep your C53U at peak performance. Before your workout, use a dry cloth to clean the surface of the electronics package.

NOTE: NEVER POUR LIQUIDS ON ELECTRONIC PARTS.

To clean plastic parts, use mild detergent and make sure the unit is completely dry before operating. Keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

G. GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level improves, you will be able to maintain your heart rate in the training zone for longer periods.

When starting your workout, use the first several minutes to warm up, and then slowly increase your workload to bring your heart rate into your desired training zone. At the end of your workout, gradually decrease your workload, and then exercise lightly to "cool down".

How often should I exercise?

Aerobic exercise, to achieve the greatest benefit, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.