# Helix ®

## Aerobic Lateral Trainer
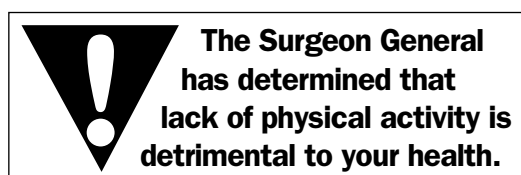
Please read carefuly before using.

## 1/ IMPORTANT SAFETY INFORMATION

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.
10. This machine is intended for household use only. It is not designed for commercial use.

**IMPORTANT!!!  THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR Helix is 130Kg (286 lbs.) per user.**



**The Surgeon General has determined that lack of physical activity is detrimental to your health.**

**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 of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.**

## TABLE OF CONTENTS

**READ ALL INSTRUCTIONS BEFORE USING**

## 2/ PARTS BAGS FOR 'STEP BY STEP' ASSEMBLY



The parts required for each step of the assembly process are sorted by step in individual zip bags as shown left. Each step has required parts and each of those parts is included with the bag printed with the assembly step.

It is recommended that these parts not be removed from the individual bags until each step of the process to avoid mixing up or confusing parts.

If you find that you are missing parts or the bag for a step is missing, please contact Helix or your dealer to receive those items. You can refer to the parts by the "step number" for ease of description.

| ITEM NO. | PART NO. | DESCRIPTION | QTY. |
|---|---|---|---|
| 1 | | LEFT AND RIGHT FRAME LEGS | 2 |
| 2 | | TRANSPORT PLATE ASSEMBLY | 1 |
| 3 | | PEDAL FRAME AND COVERS | 2 |
| 4 | | MAIN FRAME | 1 |
| 5 | | RUBBER GASKET FOR UPRIGHT | 1 |
| 6 | | COMPUTER | 1 |
| 7 | | CENTER UPRIGHT TUBE | 1 |
| 8 | | HANDLEBAR | 1 |
| 9 | | TOP COVER | 1 |
| 10 | | WATER BOTTLE HOLDER SCREWS | 2 |
| 11 | | PEDAL FRAME BOLTS | 6 |
| 12 | | COMPUTER BOLTS | 4 |
| 13 | | ALLEN HEAD UPRIGHT BOLTS | 4 |
| 14 | | HEX HEAD UPRIGHT BOLTS | 2 |
| 15 | | BOLTS | 4 |
| 16 | | ASSSEMBLY TOOLS ( NOT SHOWN ) | 5 |
| 17 | | WATER BOTTLE HOLDER | 1 |
| 18 | | ELECTRICAL PLUG | 1 |
| 19 | | TRANSPORT PLATE BOLTS | 2 |
| 20 | | HANDLEBAR NUTS | 4 |
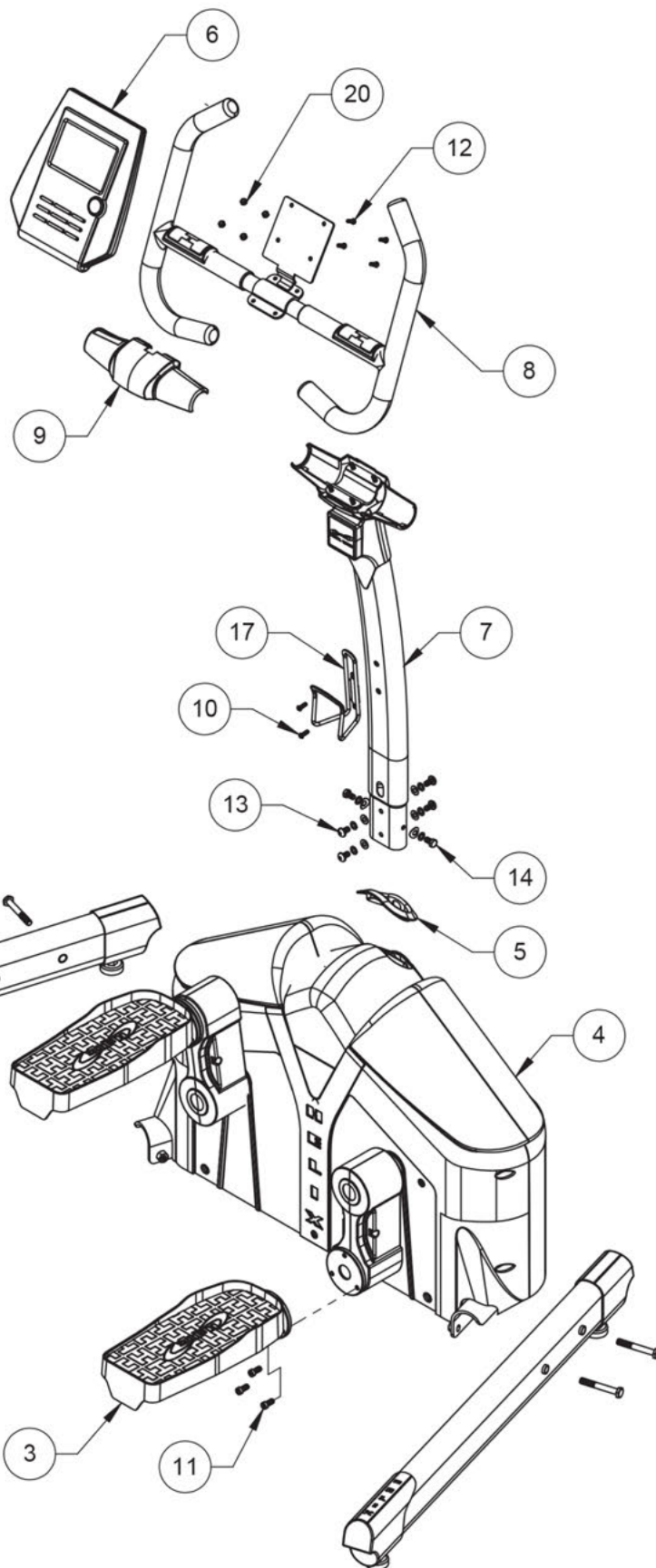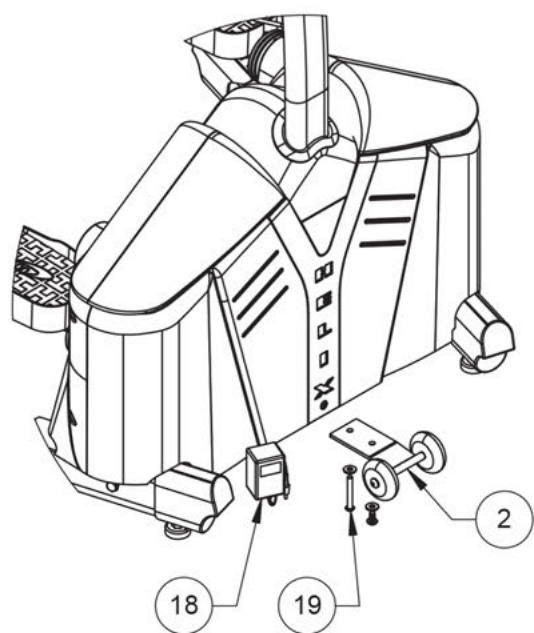
IMPORTANT:  Read all instructions carefully. Assemble the Helix in accordance with the steps in the manual. All tools required for assembly are included with your Helix. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of a discrepancy, please contact our Customer Service Department at the email address or customer service number listed on the back page of this Owner's Manual.

## PRE-ASSEMBLY CHECK LIST

| Item # | Description | Qty | Item # | Description | Qty |
|---|---|---|---|---|---|
| 1 | LEFT AND RIGHT FRAME LEGS | 2 | 11. | PEDAL FRAME BOLTS | 6 |
| 2 | TRANSPORT PLATE ASSEMBLY | 2 | 12. | COMPUTER BOLTS | 4 |
| 3 | PEDAL FRAME AND COVERS | 2 | 13. | ALLEN HEAD UPRIGHT BOLTS | 4 |
| 4 | MAIN FRAME | 1 | 14. | HEX HEAD UPRIGHT BOLTS | 2 |
| 5 | RUBBER GASKET FOR UPRIGHT | 1 | 15. | BOLTS | 4 |
| 6 | COMPUTER | 1 | 16. | ASSEMBLY TOOLS | 5 |
| 7. | CENTER UPRIGHT TUBE | 1 | 17. | WATER BOTTLE HOLDER | 1 |
| 8. | HANDLEBAR | 1 | 18. | ELECTRICAL PLUG | 1 |
| 9. | TOP COVER | 1 | 19. | TRANSPORT PLATE BOLTS | 2 |
| 10. | WATER BOTTLE HOLDER SCREWS | 2 | 20. | HANDLEBAR NUTS | 4 |

*Note:*
*Some parts may be factory pre-assembled.*



- 7 -
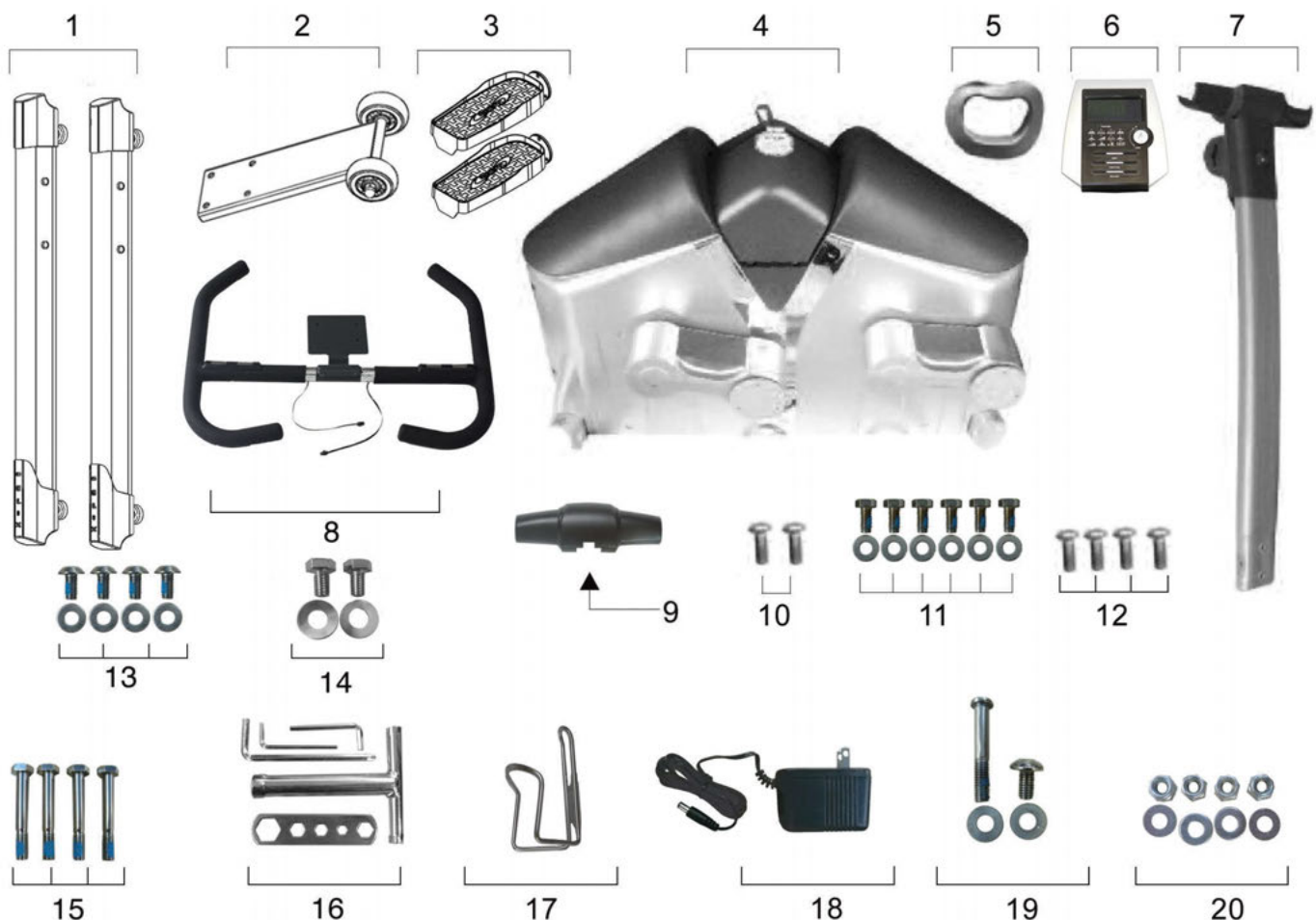
## 3/ UNPACKING / ASSEMBLY



**IMPORTANT:**
Do not remove the Helix from the box bottom until further instructed later in this assembly manual.

**STEP 1:**
Put the product on the floor and remove the top box cover to reveal the Helix as show above. Where the box corners are printed "OPEN", cut or tear the box and separate these corners. Lay the sides flat to the floor.

**STEP 2:**
**Remove all parts from the box leaving just the main body of the machine on the bottom of the box. remove all parts from their plastic bags and organize the floor beside the Helix.**
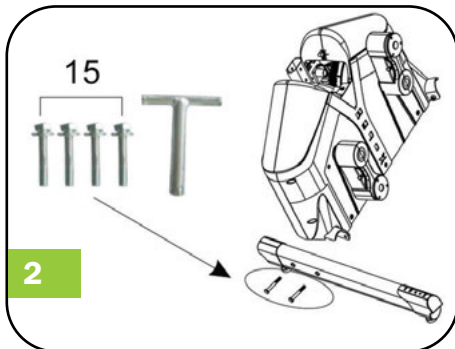
**STEP 3:**
Each Left and Right Frame Legs are marked "L" and "R" with a sticker. While facing the Helix, place the left leg on the left side of the machine and the right leg on the right side of the machine.

Insert the Frame Leg assembly bolts into the lefts and secure using the "T" wrench as shown. Tighten these bolts firmly.
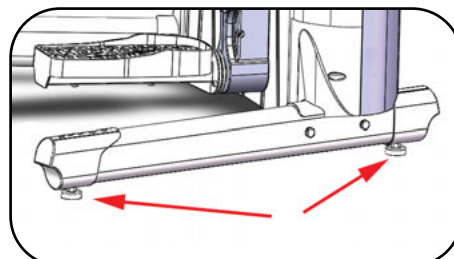


If the Helix is not stable on the floor, the level can be adjusted with any of the leveling feet at each corner of the Helix

**STEP 4:**
Using the 6 Hex head bolts and washers from STEP 4 Plastic Parts Bag, install one bolt and one washer in the top bolt of the plate as shown in **Figure #5**.



Slot



On the Pedal assembly make note of the slot in the round disk as shown in **Figure #6**.

This slot is used to slide onto the bolt that you installed in the round disk on the crank arm. Slide the slot over the bolt as shown in **Figure #8** . Be sure that the washer is on the side of the bolt head and not between the two connecting parts.
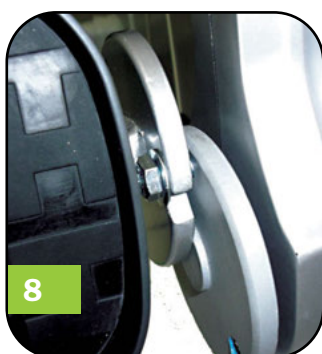




Turn the Pedal Assembly to align the two round plates as shown in **Figure #9**





Next install a hex head bolt and washer on the right side of the disk as shown in **Figure #10**. Repeat this again on the other side of the disk as shown in **Figure #11**. There will be a total of three bolts installed.





Note that one round disk has a protrusion and one has an indentation as shown in **Figure #7**. These should fit together evenly when assembled. Do not fully tighten the hex head bolts until you are sure these two parts are aligned. Then fully tighten the bolts with a Wrench as shown in **Figure #12**.

Repeat the process for the 2nd pedal assembly.

**STEP 5:**









Remove the Center Dome Cover by pressing in at the bottom on both sides and lifting off of the Helix. **(See Figure #1)** above.

Holding the Center Upright Tube as shown in **Figure #2**, first slide on the Rubber Circle for Upright. The side of the Rubber Circle that has a minor indentation should be positioned

toward the back of the Center Upright Tube.

The back can be determined by the opposite side of the Tension Adjustment Knob. After sliding on the Rubber Circle, then slide on the 'Removeable Cover' The cover should be installed with the hole toward the back side of the Upright

so that the majority of the cover sits on the front of the Center Upright Tube. **(See Figure #2)**

Slide the cover up as shown in **Figure #3** and pull the elastic band around the tension knob to hold the cover in place.This allows the cover to be out of the way for the bolt assembly of the Center Upright Tube
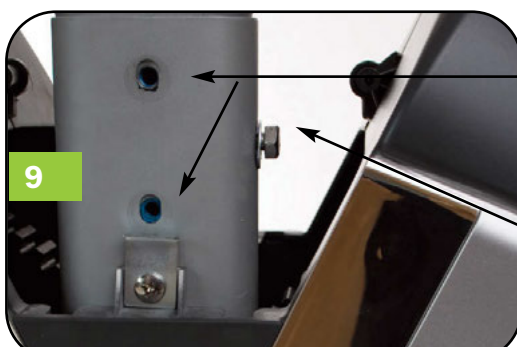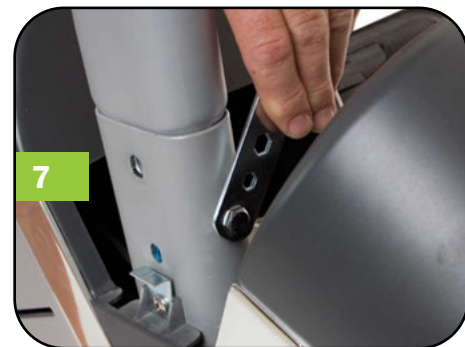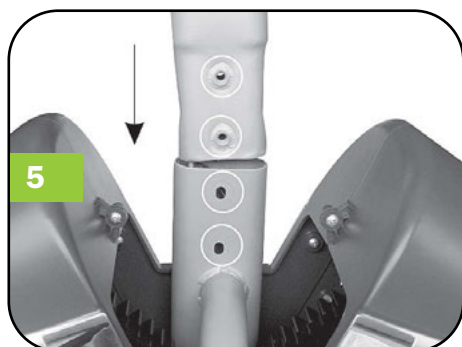










**Allen Head Bolts**
Front and back

**Hex Head Bolts**
Left and right of post

**STEP 6:**
Slide the upright tube into the frame as shown in **Figure #4 & Figure #5** above. When fully installed first install the two Hex Head bolts (Step 6 Plastic bag ) on either side of the upright as shown in **Figure #6 & Figure #7**
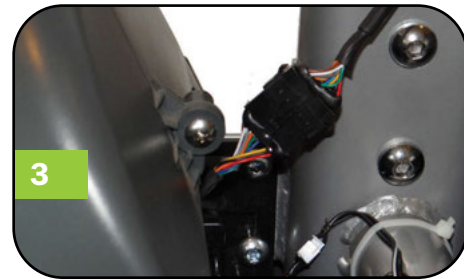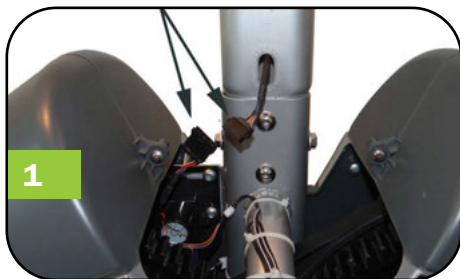
**Do not fully tighten these bolts at this time.**

**STEP 7:**
Take 4 Allen Head Bolts ( Step 7 Plastic Bag) and install these four bolts as shown in **Figure #8 and Figure #9**

**Now fully tighten all 6 of these bolts.**

**STEP 8:**
At the bottom of the upright there are two cables that connect to each other with the black connectors at the end. The black connectors only connect in one direction. Gently try to connect the male and female connectors and if not easy to connect, flip over one connector and try again. The connectors should snap easily together with a click sound.

**STEP 10:**
Remove elastic cord from around the tension adjuster knob and then cut the cord to remove from the cover.

Slide the cover down to the bottom of the center upright tube and fit the tabs into the holds in the lower plastic housing to fit snuggly in place as shown. Apply only gentle pressure to fit the tabs and the cover in place.

Slide the rubber circle down the center upright tube and push into place as shown. (**Figure #4 & 5 below**.)
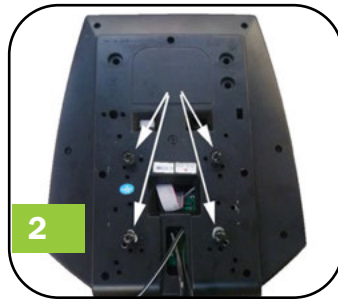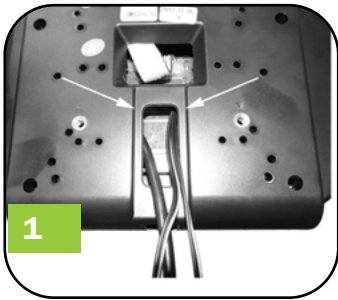


**FIXING THE HANDLE BARS**



**STEP 11:**
a.  The Center Upright Tube has a plastic cover at the top. On the left side, you will notice a wire. (**See Figure #6 above**.). Make sure to place this over the back of the plastic lower cover so that when you place the handle bars on the bolts, the wire is behind the handle bars.

b.  Place handle bars on top of cover and align holes in bracket with the bolts protruding from the plastic section. While placing the handle bars on the bolts, hold the wire (as mentioned above) to the back to avoid being caught under the handle bars. (**See Figure #7 above**.)

c.  Install 4 Nuts onto bolts and secure with T-Wrench (include in tools). Tighten firmly.
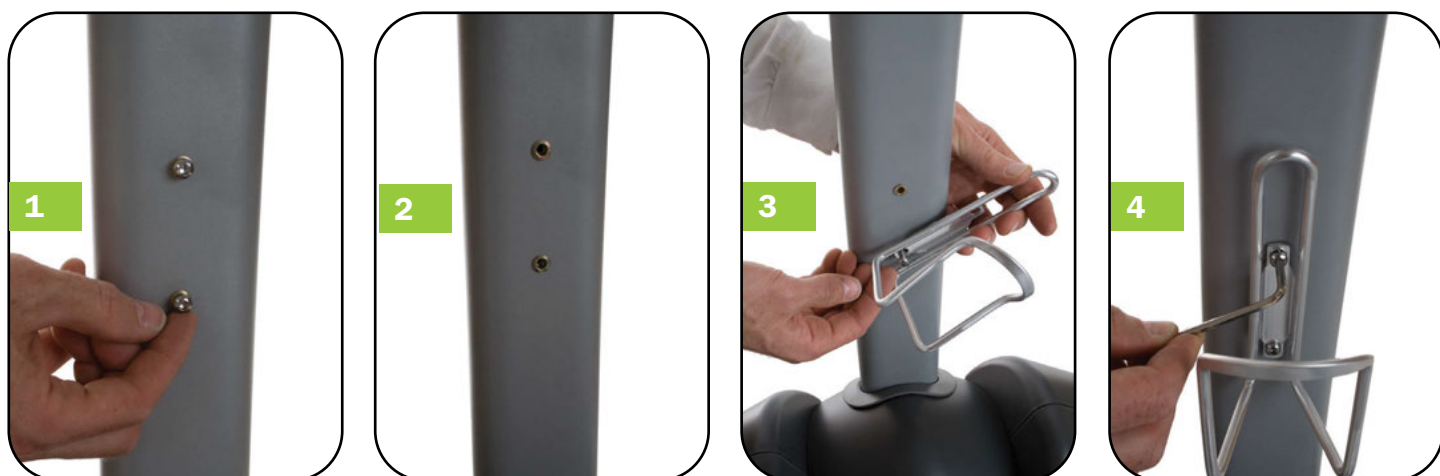
**STEP 12:**

a.   There should now be 3 wires. two coming from the handle bars and one that you held from the upright when installing the handle bars. Hold all three wires together as shown in **Figure #1** above.

b.   Take Top Cover (**part #9**) and position with the notch in the rear to allow wires to come out. See arrow in **Figure #2.**

c.   Place plastic cover top onto the matching lower cover while making sure the wires are held through the notch. (**See Figure #3)**

d.   Gently snap the top cover onto the lower cover until all edges are flush. Gentle but firm pressure is required to snap the two covers together. (**See Figure #4)** for method to press parts together.
     **See Figure #5**  for final fit with wires in hand
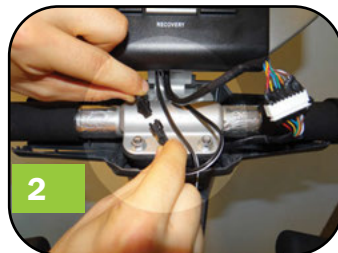
**WATER BOTTLE HOLDER INSTALLATION**

**STEP 13:**
Find the two bolt holes with bolts pre-installed in the Center Upright Post and remove those bolts (**Figure #1**)

Once bolts holes are empty (**Figure #2**) hold the water bottle holder up to the post as shown and install a bolt in the lower hole in the water bottle holder bracket (**Figure #3**) and through to the lower bolt hole on the upright.

**Do not tighten at this time.**

Tilt the water bottle holder upright to align the top hole in the bracket with the top hole on the center upright post. Install a 2nd bolt into that hole and then tighten with the allen key as shown in **Figure #4**.

**STEP 1:**

**INITIAL SET-UP**

When the power supply is plugged into a wall outlet for the first time, the computer console will power up with a brief test mode. Following the test mode, the console will wait for input to set the date and time.



**Figure 1**                                    **Figure 2**

**Setting the clock:** Using the round dial on the console, the year, month and day will be entered. Turn the dial clockwise (CW) or counterclockwise (CCW) to adjust the numbers up or down. Once the correct number is displaying, the dial can be pressed as a button to set the information.

In all programming modes, the item that is to be set will flash to prompt for user input. Once the item is set and the round dial has been pressed to confirm the setting, the console will then display the next item to adjust by flashing that item. Following the final entry of the minutes on the clock, the console will flash for the Exercise Program choice.

**BUTTON FUNCTIONS**

**ENTER Dial:**
This dial is multi-functional. The dial can be rotated clockwise (CW) and counterclockwise (CCW) to select functions and set parameters. This dial can also be depressed to function as an Enter button. Using this dial as a button by pressing the round dial will confirm each action when setting the console.

**RESET:**
Pressing the Reset button for 2 seconds will fully reset the Console for the next workout returning all values to zero. This will not reset the time or date settings. To reset time/date settings, unplug the power supply from the wall for 3 settings and then plug in again. Refer to instructions above at that point.

**START/STOP:**
Use the Start/Stop button to Start, Stop or Pause the console.

**RECOVERY:**
To test your heart rate recovery status. At any point in your workout, you can press the recovery button to check your fitness. The computer will set a preset time for you to let your heart rate return to a normal level. You must hold your hands on the heart rate sensors while the computer counts down to zero at which point it will display the results.

**CONSOLE FUNCTIONS:**

**TIME:** Counting up - No preset target. The timer will count up from 00:00 to maximum 99:59. Counting down - The timer will count down from the users preset time.

**SPEED:** Displays the current training speed.

**RPM:** Displays the current training cadence. This track the number of rotations per minute.

**DISTANCE:** Displays the distance. It can be set to count up - No preset target. The distance will count up from 0.00 to maximum 99.90
It can be set to count down - The distance will count down from the users preset distance.
*See "Setting the Time, Distance, Calories, and Pulse on page 13."*

**CALORIES :** Displays the Calories. It can be set to count up- No preset target. The calories will count up from 0 to maximum 990.
It can be set to count down – The Calories will count down from the users preset distance.
*See "Setting the Time, Distance, Calories, and Pulse on page 13."*

**PULSE:** The monitor can detect chest pulse and the hand pulse when you wear on the chest belt or hold on handgrip sensors, and the chest pulse is the priority.

**WATT :** Displays the current training resistance in watts; a measure of energy.

**RECOVERY :** After exercising for a period of time, keep holding on handgrips and press **'RECOVERY'** button. All function display will stop except **'TIME'** starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1,F2 ... to F6. F1 is the best, F6. F6 is the worst. User may keep exercising to improve the heart rate recovery status. (*Press the **RECOVERY** button again to return the main display.*)

**TEMPERATURE :** Displays the room temperature in sleep mode.

**CALENDAR:** Displays year/month/day in sleep mode.

**CLOCK :** Displays time in sleep mode.

**Notes:**
The monitor display will go into sleep mode automatically if you stop training for 4 minutes. It will appear as figure 3 right.



**Figure 3**

You may press any button to awake the monitor display, and the previous training data will appear. When the training starts again, the data will keep accumulating from previous position.

**SETTING THE TIME, DISTANCE, CALORIES, AND PULSE IN EACH PROGRAM.**

For each Workout Program, after the selection of the workout program, the computer will prompt the user to select the **TIME, DISTANCE, CALORIES** or **PULSE** goal for the workout.
(Heart Rate Program HRC will not allow **PULSE** entry ).
*The instructions below are universal for all programs. Some exceptions will be noted.*
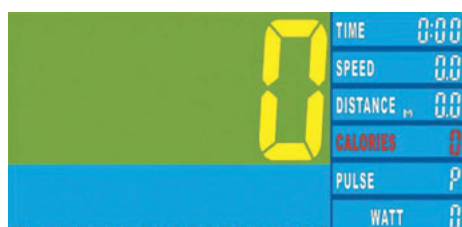

**Figure 4**
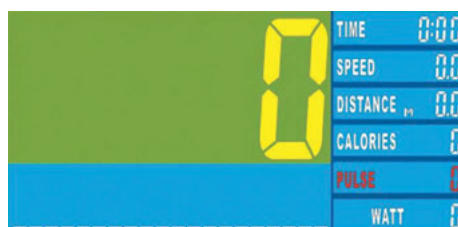

**Figure 5**


**Figure 6**


**Figure 7**

After following the instruction specific to setting each workout program, the next step will be to select the workout session goals such as time, distance, calories or pulse. By selecting time, when the **TIME** is flashing, the user can rotate the dial to set the time to the chosen value. For example, rotate the dial until the Time displays 15:00 and when the user presses the start button, the timer will begin the count down.

Alternatively, the user could choose to allow the time to begin counting at zero and allow another parameter to control the duration of the workout. If the duration is to be controlled by the distance, when the time is flashing the user should press **ENTER** and the Distance will begin to flash. Then the desired distance can be set with the dial. When the distance desired is displayed, press **ENTER**. After pressing enter, the Calories will flash. The workout can be controlled by multiple parameters. If the user would like to set a calories goal, using the dial, adjust the calories to the desired goal then press enter. Next, the **PULSE** will flash. Again this can be set as a goal as well by adjusting the **PULSE** goal with the dial and then pressing **ENTER**.

*After all entries are complete, press Start to begin your workout.*

**Program Profile Selection:**
Following the first time console set-up ( **Step 1** above), or upon resetting the console, the display will flash to request the program selection. The available programs are: Manual ( MAN.), Program ( PROG), USER ( USER), HRC (H.R.C.) and Watts (WATT). Each program is explained below. ( **See Figure 4** )

When prompted by the flashing program section in the bottom left area, select a program by rotating the dial clockwise (CW) and counter clockwise (CCW). Press the dial as a button to confirm that program selection. If a program is not chosen and the start/stop button is pressed, the console will default to the Manual program.

**Figure 8**                    **Figure 9**
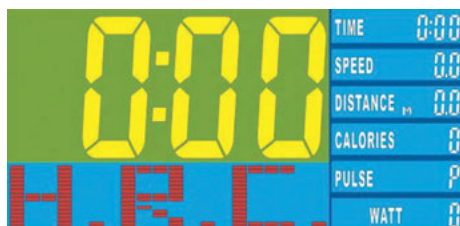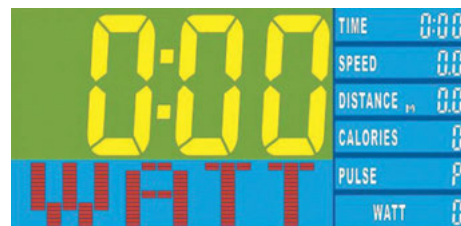


**Figure 10**          **Figure 11**          **Figure 12**

**Training in PROGRAM mode :**

When PROGRAM (**PROG**) mode is selected, rotating the dial clockwise or counterclockwise selects one of 12 programs. P01, through to P12. At each selection with a moment, the image in the bottom left screen will change from the P01 to the program profile for a brief view of that program. When the desired program is displayed, push the **ENTER** dial like you would a regular button and it will confirm the selection.
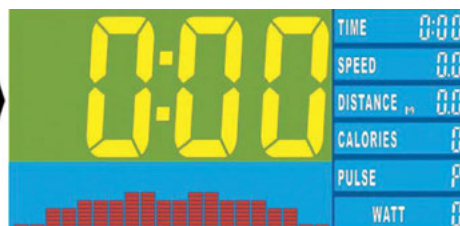


**Figure 13**          **Figure 14**

Following program profile selection, the **LOAD** will flash in the bottom right segment; rotate the dial to select from level 1 to 16. When the desired load is selected, press the **ENTER/MODE** button to confirm. At any time during the workout, the load can be adjusted by rotating the dial. Next, refer to the universal instructions above to set the time, distance, calories or Pulse.
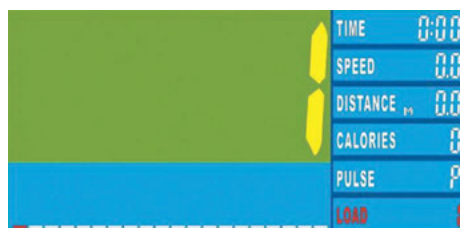


**Figure 15**          **Figure 16**

**Training in MANUAL mode**

Manual mode will be a flat profile that will not automatically change over time. Using the dial, the user can increase the load (resistance) by rotating the dial clockwise and counterclockwise. The increase or decrease in load will display in the bottom left section. When the desired load is displayed, press the dial to confirm the selection. Next, refer to the universal instructions above to set the time, distance, calories or Pulse.

**Training in USER PROGRAM:**

User Program allows for a custom profile to be selected. Each segment of the workout is adjusted by rotating the dial to increase or decrease the level for that segment.

After selecting **USER** by pressing the dial to confirm, the first column (segment) of the profile will begin to flash. Adjust the resistance for that segment by rotating the dial. Then press the dial to confirm.

The next column/segment will then begin to flash. Again rotate the dial to select resistance level and press enter to confirm. Repeat this process until all columns/segments have been confirmed. There are 20 segments in total, if at any point you are satisfied with the columns/segments you have set, you may press and hold the **ENTER** button for 2 seconds to proceed and stop setting more columns/segments.

**Training in Heart Rate Control (H.R.C.) mode:**

H.R.C. mode allows the user to set a desired Heart Rate setting based on their age. This will control the resistance and set the resistance based on your heart rate while exercising. This can be set to a percentage of maximum heart rate based on your age. The settings are 55:%, 75%, 90% of maximum heart rate or a specific heart rate by using **TARGET** and then setting the actual target heart rate.

**Programming in this mode:**

After confirming H.R.C. mode, the AGE 25 will be flashing on the screen. Set your age by rotating the dial CW or CCW until your age is displayed. Then press the **ENTER** button to confirm. The screen will then request the percentage of maximum heart rate you wish to be your training level; such as 55%, 75%, 90% and **TARGET**. Target will allow you to enter a specific heart rate goal. Rotate the dial CW or CCW to select the heart rate percentage. (**See Figure 17**) The monitor will then calculate the preset heart rate value automatically according to the age you have entered and the training level you've chosen.
*Next, refer to the universal instructions above to set the time, distance, calories or Pulse.*
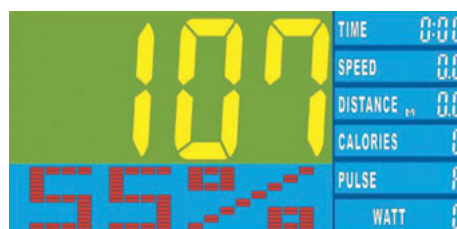


**Figure 17**          **Figure 18**

**Training in WATT mode :**

After selected the Watt program, the preset watt value of 120 will be flashing. Rotate the dial to set the target value from 10 to 350 watts.
*Next, refer to the universal instructions above to set the time, distance, calories or Pulse.*

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-Helixco or by email to customer@helixco.com