



## Aerobic Lateral Trainer



**HLT3500**

**ASSEMBLY MANUAL**



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## READ ALL INSTRUCTIONS BEFORE USING

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

### IMPORTANT SAFETY PRECAUTIONS

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

### IMPORTANT!!!

**THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR Helix is 159Kg (350 lbs.) per user.**

**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.

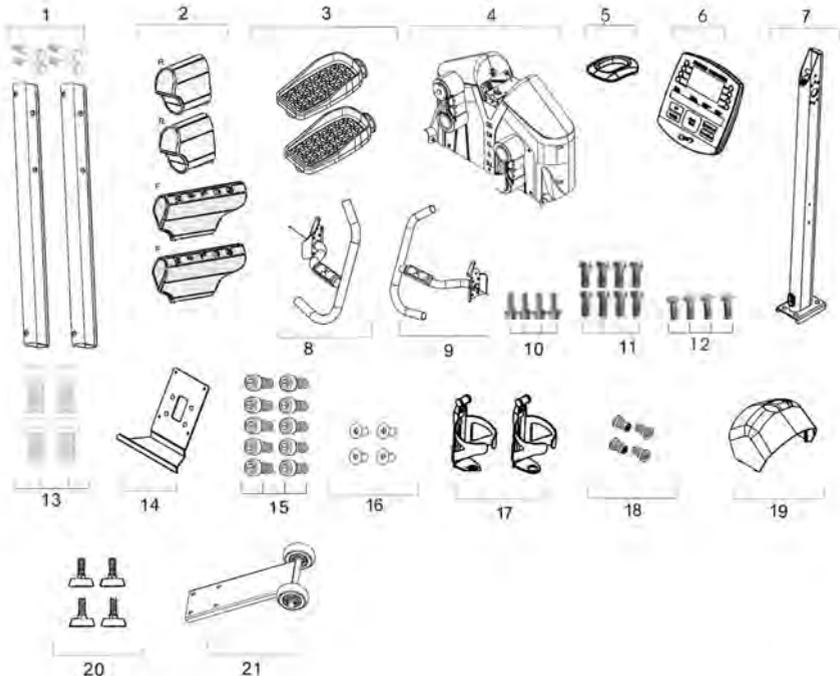
## 2/ BEFORE YOU BEGIN

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

### PRE-ASSEMBLY CHECK LIST

Item #	Description	Qty	Item #	Description	Qty
1.	Left and Right Stabilizer Legs	2	11.	Pedal Frame Bolts	8
2.	End Caps Front (F) Rear (R)	4	12.	Computer Mounting Bolts	4
3.	Pedal Assembly	2	13.	Allen Head Tapered Upright Bolts	4
4.	Main Frame	1	14.	Computer Mounting Plate	1
5.	Rubber Circle for Dome Cover	1	15.	Handlebar Allen Head Bolts	10
6.	Computer	1	16.	Computer Mounting Bolts	4
7.	Center Upright Tube	1	17.	Water Bottle Holder	1
8.	Handlebar Right	1	18.	Water Bottle Holder Bolts	2
9.	Handlebar Left	1	19.	Dome Cover	1
10.	Transport Plate Bolts	4	20.	Stabilizer Leveling Feet	4
			21.	Transport Plate Assembly	1

Note: Some parts may be factory pre-assembled.



## 2/ STEP BY STEP PARTS



### 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 below. 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.

**STEP 3** Left and Right Frame  
Legs Hex Head Bolts and  
Washers - 4 of each

**STEP 4** Pedal Frame Allen Head  
Bolts - 8 Bolts

**STEP 5** Transport Plate Bolts  
- 4 Bolts

**STEP 6** Upright Post Allen Head  
Tapered Bolts - 4 Bolts

**STEP 7** Handlebar Allen Head Bolts  
- 10 Bolts

**STEP 8** Computer Bracket Philips  
head Bolts - 4 Bolts

**STEP 10** Computer Mounting Philips  
Head Bolts – 4 Bolts

## **2/ CHANGING DISPLAY STANDARDS: ENGLISH/METRIC**

### **Instructions to change display standards**

To change the computer on the Helix HLT3500 from either Metric to Standard (English) or Standard (English) to Metric, please follow the instructions below carefully.

Please note the computer must be completely off when starting this procedure. If you are unsure if the computer is completely off please let the machine sit for 5 minutes before starting OR remove a battery and reinstall.

### **Language Change Steps:**

Choices English, French, Spanish, German

1. Press and hold both the "Quick Start" and "Clear" keys then make at least one pedal revolution to start the console. This will put the console into engineering mode.
2. Press together and hold both the "Quick Start" and "UP" keys until the console goes into Language mode.
3. Use the "Up" and "Down" keys to scroll the language.
4. When correct Language is selected, press the Enter key for minimum of 3 seconds to lock in the selection.

### **Standard or Metric Display Change Steps:**

Choices Standard (Miles) , Metric (Kilometers)

1. Press and hold both the "Quick Start" and "Clear" keys then make at least one pedal revolution to start the console. This will put the console into engineering mode.
2. Use the up and down keys to scroll to choose Metric or Standard.
3. Press the Enter key for at least 3 seconds to lock in the selection and exit Engineering Mode.

## 3/ ASSEMBLY



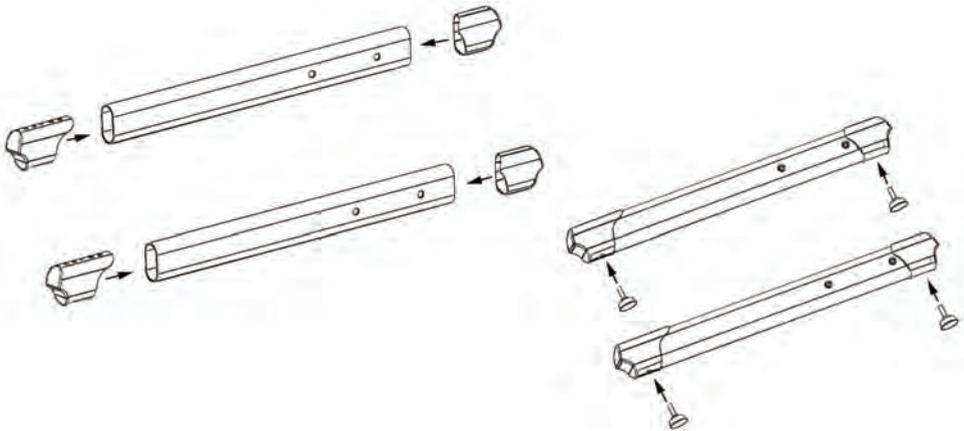
**IMPORTANT:**  
Do not remove the Helix from the box bottom until further instructed later in this assembly manual.



### 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

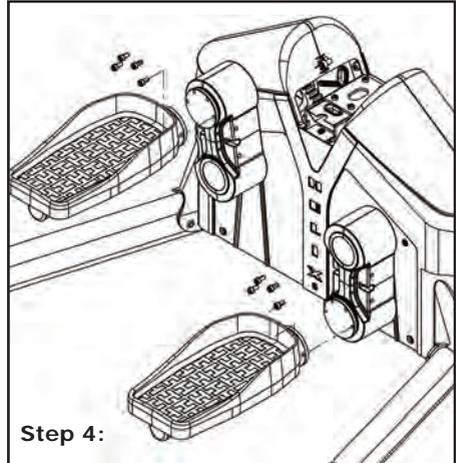
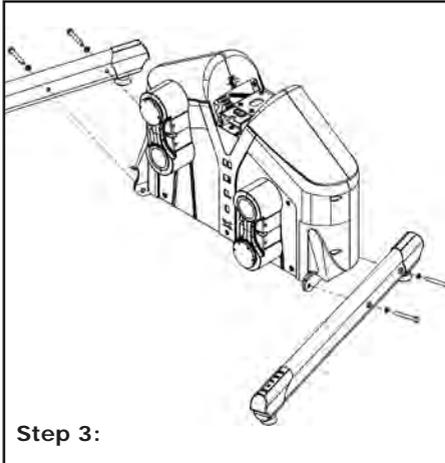
**Remove all parts from the box leaving just the main body of the machine on the bottom of the box. remove all parts from their plastic bags and organize on the floor beside the Helix.**



### Step 2:

Attach the End Caps (with HELIX branding ) to the left and right stabilizers. The branded end caps install on the end farthest from the attaching bolt holes. Attach Rear End caps (no branding) to the left and right stabilizers at the end closes to the attaching bolt holes. They are front and rear specific but not left and right specific. Install the stabilizer adjustment feet (4) into the bottom of the stabilizers and adjust as required.

### 3/ ASSEMBLY



#### Step 3:

Insert the Stabilizer Leg assembly bolts into the legs and secure as shown. Tighten these bolts firmly.

#### Step 4:

Align the bolt holes on the pedal frame with the bolts on the yoke of the Crank arm. These two parts should fit together to allow the Pedal Frame and yoke to become even and flush with each other.

While holding the frame in place, first install the top bolts partially to allow the pedal frame to “hang” on those bolts. Now partially install the bottom left and bottom right bolts.

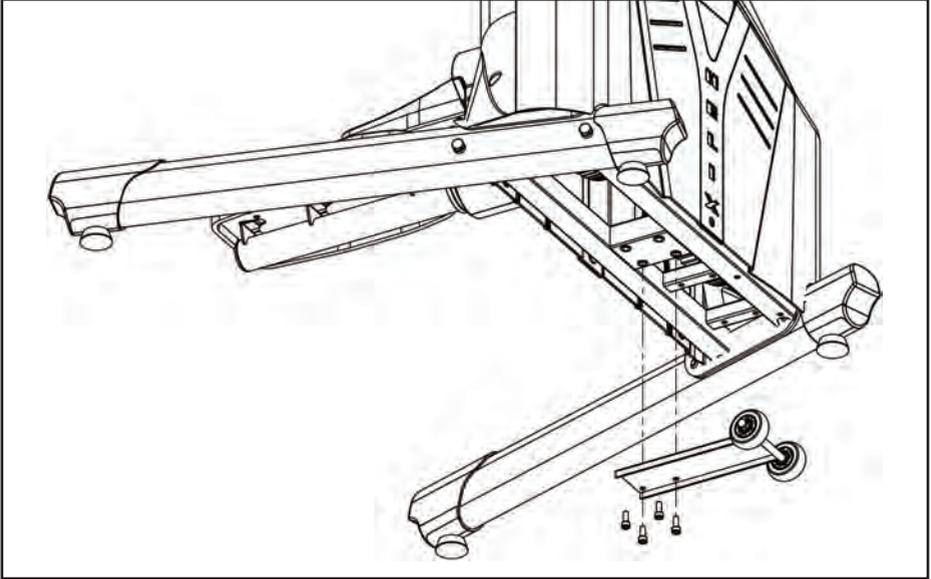
Slowly tighten all the bolts until the two parts become perfectly aligned to each other with no space between the parts. Then firmly tighten all four bolts.

Repeat for the other Pedal Frame.

**PLEASE NOTE THAT VISUAL INSPECTION IS REQUIRED TO CONFIRM THAT THE PEDAL FRAME FLANGE AND THE CRANK YOKE ARE ALIGNED AND FLUSH TO EACH OTHER.**

Failure to confirm this may result in bolt failure.

### 3/ ASSEMBLY

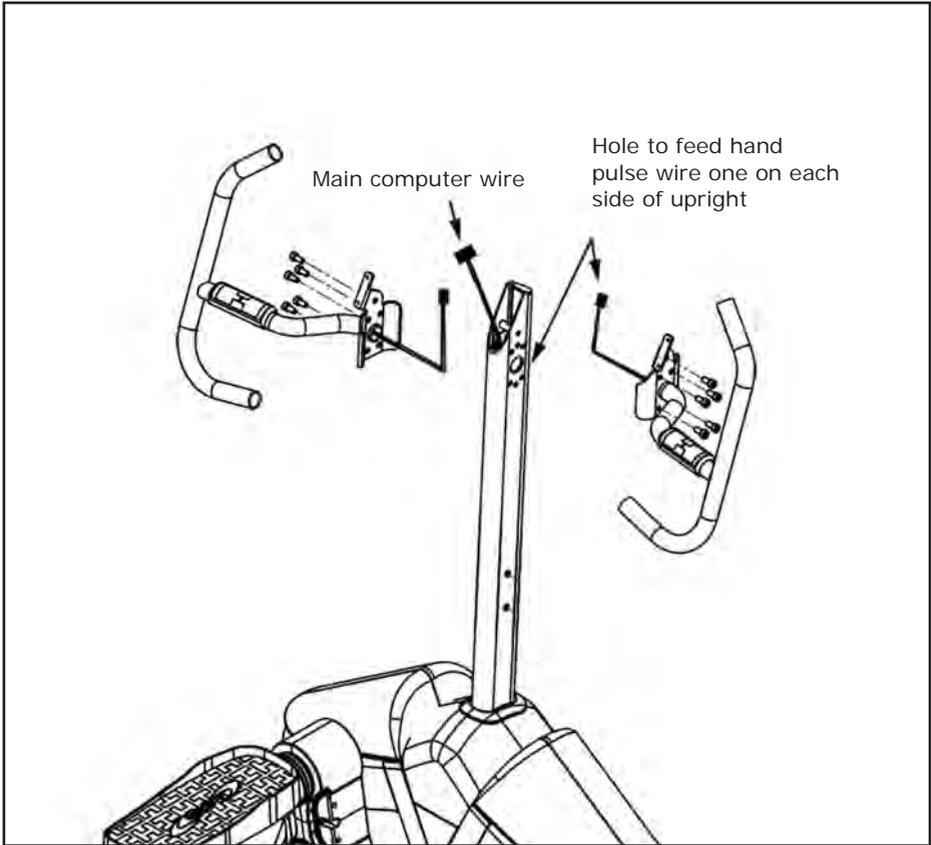


#### ASSEMBLY OF THE TRANSPORT PLATE

**Step 5:**

Find a box or step to place one stabilizer leg of the Helix onto in order to raise one side off the ground. Install the transport plate with the 4 bolts as shown.

### 3/ ASSEMBLY

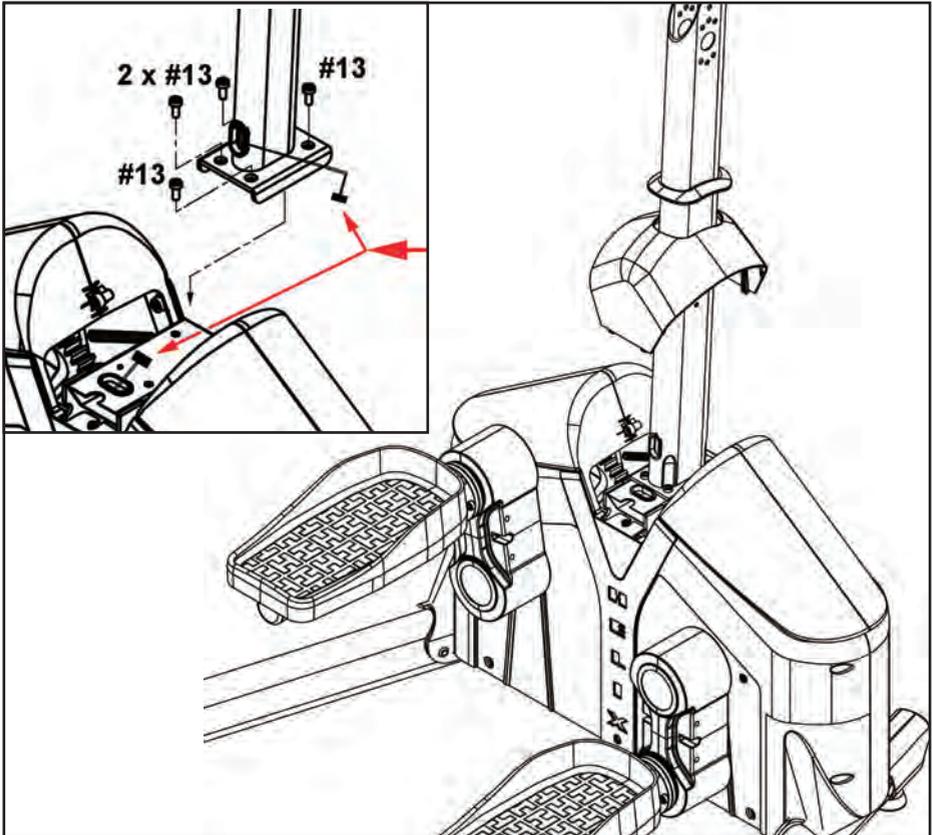


#### **Step 6:**

Install the Handlebars one side at a time. First insert the wire coming out from the handlebar into the upright and feed wires through the opening in the top of the upright post.

Insert five (5) Allen head bolts to hold the handle in place but hand tighten only. Repeat process for the other handlebar. Again, only hand tighten the bolts on each side.

### 3/ ASSEMBLY



#### ASSEMBLY OF THE CENTER UPRIGHT TUBE

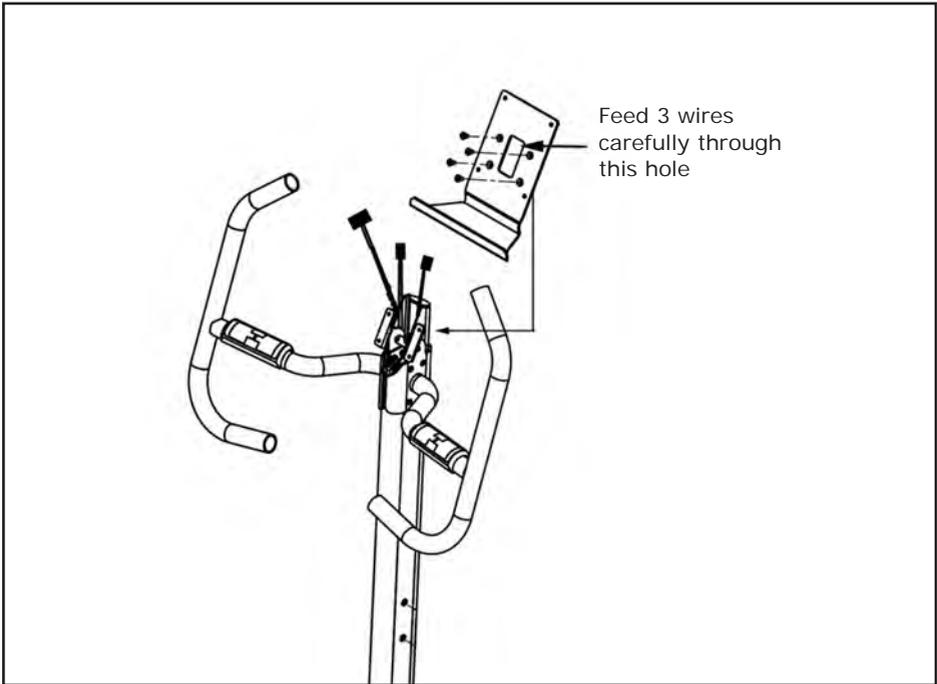
##### Step 7:

Place the upright post onto the main frame and install four (4) Tapered Allen head bolts to tightly secure. After securing these bolts, connect the wire from the frame to the wire from the upright tube.

Slide the Dome Cover down the post. The dome cover has two (2) tabs on each side. Gently squeeze the cover together on each side near to the tabs to allow the dome cover tabs to snap into the front and rear main housing.

Slide the Gasket ring down the post and secure into the dome cover.

### 3/ ASSEMBLY



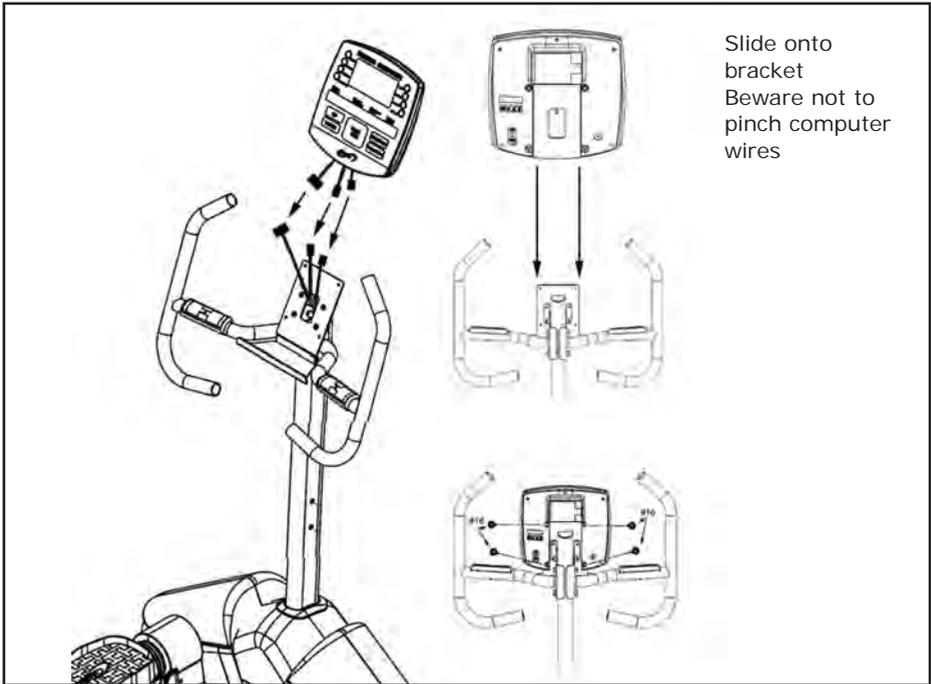
#### **Step 8:**

Install the Computer mounting plate by first pulling three sets of wires (Two (2) from the handle bars and one from the upright) through the hole in the center of the plate.

Then making sure the wires are not pinched in between the plate and the bracket, align the four holes in the plate with the four bolt holes (Two (2) on each handlebar bracket) on the handle bar brackets and insert four phillips head bolts and hand tighten only.

Now fully tighten the large Allen head bolts holding both the left and right handlebars. Lastly, tighten the four Phillips head bolts holding the Computer Mounting plate.

### 3/ ASSEMBLY



#### Step 9:

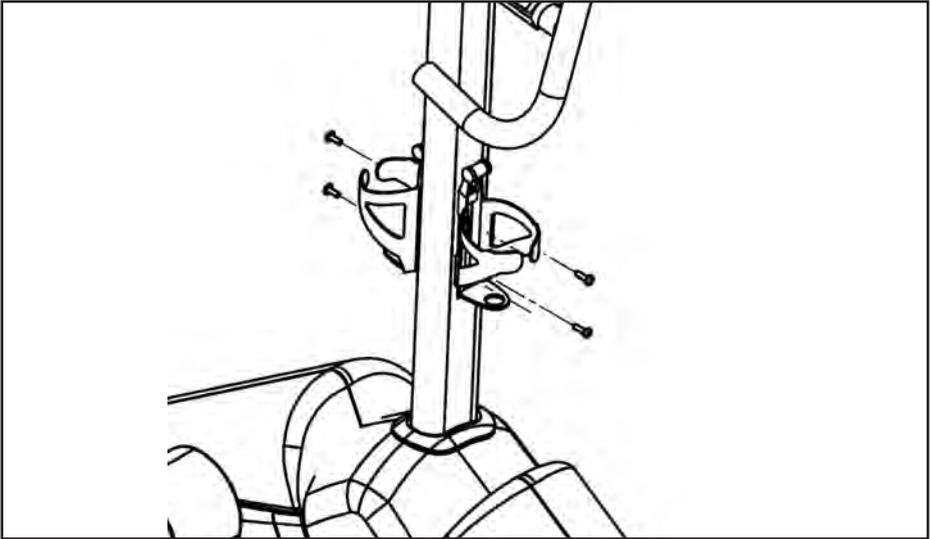
##### Install Computer:

Connect the three wires coming out of the computer mounting plate with the three wires coming out of the back of the computer. Simply snap the connectors together. The two similar wires/connectors can be connected with either of the same style on the back of the computer. It doesn't matter which goes to which.

#### Step 10:

Once the wires are all connected, slowly slide the computer onto the mounting plate. Please be extremely careful not to pinch the wires as the computer slides down onto the bracket. Once fully slid onto the bracket, install the four computer mounting bolts in the four holes on the back of the computer. Do not over tighten. Just make them secure.

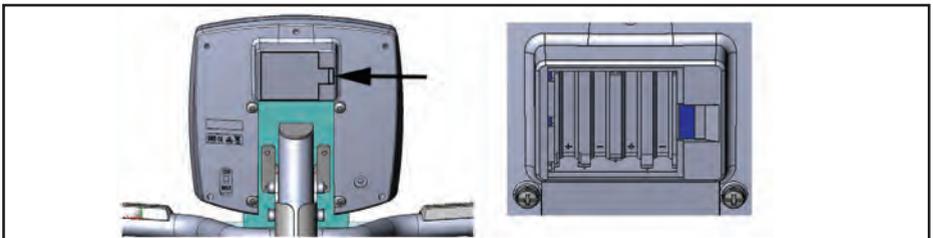
### 3/ ASSEMBLY



#### Step 11:

##### Install Bottle Cages:

Take one bottle cage and find two (2) bottle cage bolts. Align the bottle cage holes with the screw holes on either side of the upright. Install and tighten two bottle cage bolts. Do not over tighten. Repeat the process for the second water bottle.



#### Step 12:

##### Installing Batteries:

Remove the cover to the battery compartment by pressing in the tab by the arrow shown above. Install batteries according to the + / - indicators in each battery slot as shown above. NiMH rechargeable batteries are recommended.

## 4/ COMPUTER

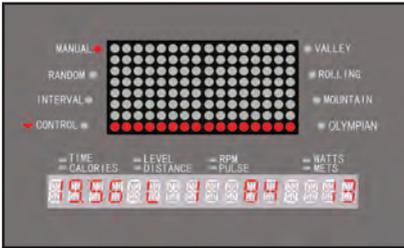


Figure 1

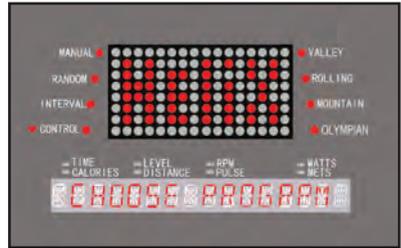


Figure 2

### Modes:

**Training Mode:** When the user steps onto the Helix, the computer will be automatically powered on. A long beep will sound, and then the computer will enter into its initial screen awaiting input. The display will scroll from Figure-1, to Figure-2 above)

**Stand-by Mode:** When the Helix is not in use for three (3) minutes, it will automatically enter into the Sleep. There will be no computer display in that mode.

### Display:

The computer on the Helix has two display screens. One is the Data Display and the other the Dot Matrix Display. The Data display windows can display the following information:

Time-Level-RPM-Watts



Calories-Distance-Pulse-Mets



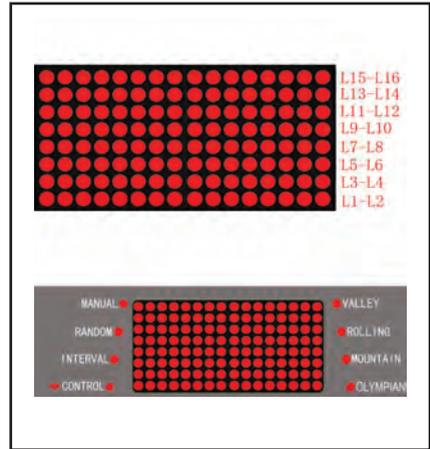
These two sequences can be toggled between by pressing the SCAN key or set to automatically scan by holding the Scan button for three (3) seconds to automatically scan between the two displays.

## 5/ COMPUTER OPERATING INSTRUCTIONS

### Dot matrix display:

The dot matrix will be used to display the Program profile for the active program.

The table will change its pattern based upon the Program chosen by the user. Columns represent the progression of time as the dot matrix screen fills from left to right. Rows indicate the resistance level by the number of LEDs that are lit vertically. See table to right referring to the Levels indicated.



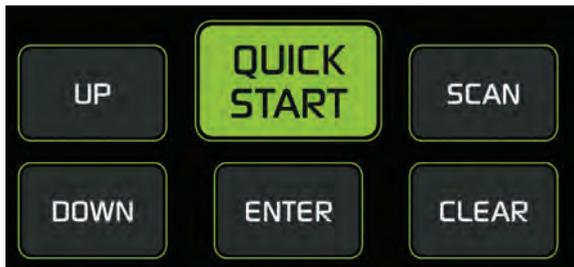
### Program Keys:

To the left and right of the large Dot Matrix display are eight Program Keys.

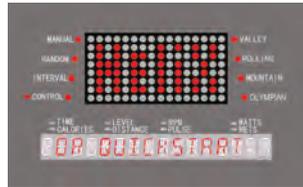
These program keys can be used to directly choose a program. Alternatively, the user can scroll the programs with the up or down key.

When the Helix computer first starts, this scrolling message will read across the Data Display Screen. **“CHOOSE PROGRAM OR QUICK START”**

Pressing the **QUICK START** key in the center of the console, will begin the workout immediately with a default time of 20 minutes and Level 1 of Manual mode.



## 5/ COMPUTER OPERATING INSTRUCTIONS



### Quick Start: Program Selection:

When the computer first starts, the user can choose one of eight program buttons on either side of the large dot matrix display; Manual, Random, Interval, Heart Rate Control, Valley, Rolling, Mountain or Olympian. Choose the program by pushing the button beside the program name or by scrolling through the choices with the up or down key.

When the program shown is the program desired, press the Enter key. The computer will then request the user's weights to be entered. The message will read "SET WEIGHT 150LB". Using the up or down key, adjust to the user's weight. When the screen displays the correct weight, press the ENTER key.



The computer will then request the workout. The message will read "SET TIME 0:00" Using the up or down key, set the desired workout time. Once the computer displays the desired time, press the ENTER key.



The computer will next request the exercise resistance level. The message will read "SET LEVEL 1". Using the up key, set the desired level of resistance. Once the desired level is displayed, press the ENTER key. At any time during the workout, the Resistance level can be adjusted up or down using the up or down keys.

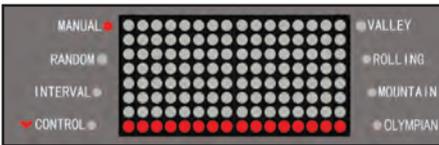


## 5/ COMPUTER OPERATING INSTRUCTIONS

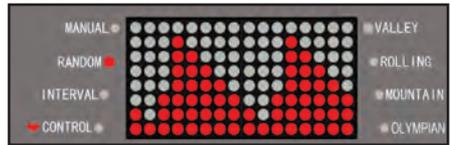
### Heart Rate Control Program

If the user chooses the Heart Rate Control program, the user will again be asked to enter their weight as above. The user will then be asked to set the desired heart rate. The message will read "SET HRC 80". Using the up and down keys, set the desired heart rate. When the desired heart rate is displayed, press the ENTER key. The user will then be asked to set the workout time as above.

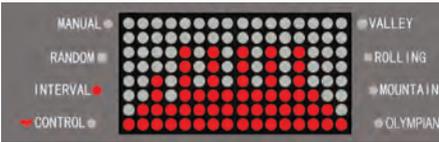
### Pre-defined program profile:



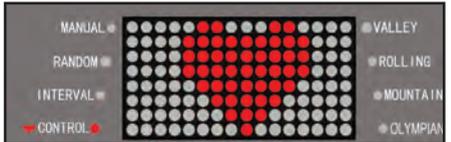
MANUAL PROGRAM



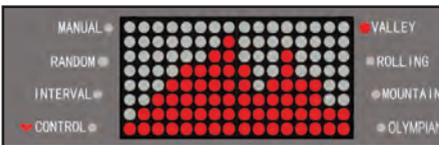
RANDOM PROGRAM



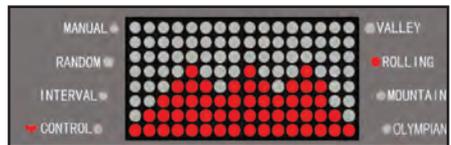
INTERVAL PROGRAM



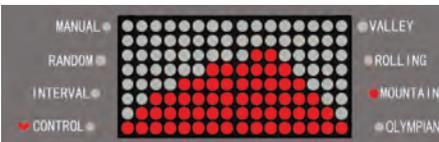
H.R.C PROGRAM



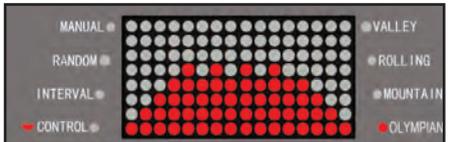
VALLEY PROGRAM



ROLLING PROGRAM

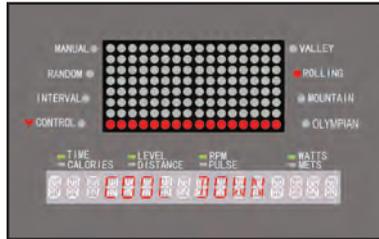


MOUNTAIN PROGRAM



OLYMPIAN PROGRAM

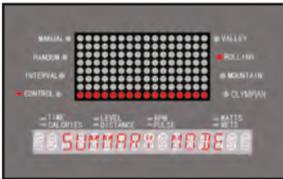
## 5/ COMPUTER OPERATING INSTRUCTIONS



### Cool Down:

At any time during the workout, press the CLEAR key to proceed directly into the Cool Down mode. Also, at the end of the workout time, the computer will automatically proceed into the Cool Down Mode. The message will display **"COOL DOWN"**, and will display for 5 seconds. Press the up or down key if you wish to adjust the LEVEL, during the Cool Down period. The Cool Down period will depend on the total duration of exercise.

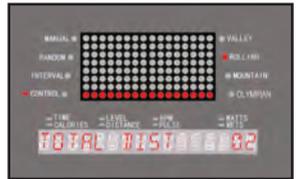
Results Mode



Total Time



Total Distance



Total Calories



Average Pulse



Average Watts



Average RPM



### Summary Mode:

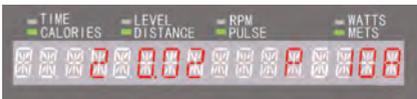
During Cool Down mode, press the CLEAR key to proceed into Summary Mode or when the set Program time is over the computer will automatically proceed to Summary Mode. The computer will display **"SUMMARY MODE"** for 5 seconds and then cycle through the following data: Total Time, Distance, Calories, Average Pulse, Average Watts and Average RPM.

## 5/ COMPUTER OPERATING INSTRUCTIONS

### Heart Rate Display

Heart rate will be display by either holding both hands on the hand grip sensors or by wearing a Polar compatible Heart rate chest strap (not included). When holding the hand grip sensors or when wearing the chest strap, the dot will flash in the PULSE field. If "P" is showing in the Pulse field, please either adjust your grip or adjust the Polar Chest strap to improve the connection. Please continue to hold the hand grips for a minimum of 20 seconds.

### Control Keys:



**ENTER** key - To confirm entries and proceed to next entry.

**QUICKSTART** key - Once the computer powers on, this button will pre-set the workout to start at Level 1 Manual mode and 20 minute period.

**SCAN** key - During workout, press this key to change display window between the upper indicators or lower indicators. Hold this key for three seconds to scan back and forth between the upper and lower display.



Upper



Lower

During the "Result mode" pressing the SCAN key will cycle shows the following data:

Total Time → Total Distance → Total Calories → Average RPM → Average PULSE → Average Watts

**CLEAR** key – At any time during set up, this key will return you back to the previous setting to make a change to that setting. During the workout, pressing this key will put the program into the Cool Down mode. Pressing this key once in Cool Down will put the program into Results Mode. While in Result Mode, pressing this key will reset the computer completely.

**UP** key - Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

## 5/ COMPUTER OPERATING INSTRUCTIONS

**DOWN** Key – Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and to adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

### PROGRAM KEYS

There are eight (8) program keys on the left and right side of the Large Dot Matrix display. These program keys can be used directly to choose a program instead of scrolling up and down through the program list. The following keys are available:

Manual, Random, Interval, ♥ Control (Heart Rate Control), Valley, Rolling, Mountain and Ironman

<b>Functions</b>			
Windows	Display Range	Windows	Display Range
TIME	0:00 - 99:00	RPM	0 - 255 rpm
DISTANCE	0.00 - 99.99	METS	0.0 – 99.9
PULSE	50 - 210 bpm	WEIGHT(ENGLISH)	30-400 (lb.)
		WEIGHT(METRIC)	15-250 (kg)
CALORIES	0 - 999 kcal	RESISTANCE LEVEL	L1 – L16
WATT	0 - 999 watt		





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

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

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US Patent Number 7,108,638

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