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 INTERACTIVE HEALTH

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www.interhealth.com

iJoy-RD-B0



iJoy ride
LIVE. PLAY. RELAX.
USE & CARE MANUAL

iJoy[®]
LIVE. PLAY. RELAX.



Get MORE iJoy in your life!

AN EXCELLENT
CHOICE!

iJoy[®] | ride
LIVE. PLAY. RELAX.

Congratulations on choosing the iJoy[®] Ride—
a unique and exciting way to work out!

The iJoy[®] Ride has been engineered to
work your core muscles by challenging
your balance. It does the all the work
— you just sit back, keep your balance,
and have fun!

Before you Ride, read this manual. It'll only
take a minute.

KEEP IT

SAFE



DANGER: To reduce the risk of electrical shock: Always unplug this product from the electrical outlet immediately after using and before cleaning. Do not use while bathing or in a shower. Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid. If the product falls into water, unplug it immediately. Do not reach into the water.



WARNING:

To reduce the risk of burns, fire, electric shock or injury to persons:

Keep away from water.

Do not use this product near water contained in bathtubs, basins or other vessels.

An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

Do not carry this appliance by power cord or use cord as a handle.

Always keep the power cord away from heated surfaces.

Never drop or insert any object into any opening.

Do not use outdoors.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered. To disconnect, turn all controls to the OFF position, then remove plug from outlet.

Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Do not use this product when pain is present or if you are pregnant. Consult a physician with any questions.

Do not use this product when standing on a damp floor, or when any part of the body is in contact with plumbing or any similar ground.

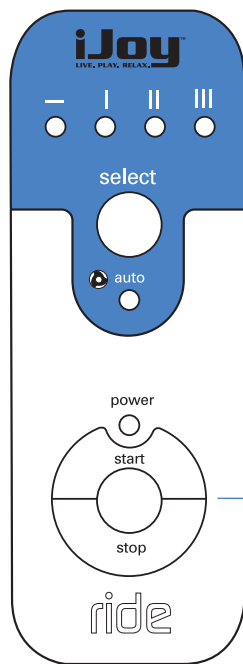
Always connect this product to a properly grounded electrical outlet.

If you have any medical problems such as Phlebitis, Diabetes, or any vascular problems in your calves/ legs/ feet, consult a physician before using this product.

KNOW

WHAT'S WHAT

THERE'S MORE TO THE IJOY® RIDE THAN MEETS THE EYE. Check out the following features:



(→) **Warm-up (default)** – start with this speed to get used to The iJoy® Ride.

(I) **Taking it Easy** – Move on to this speed once you're warmed up.

(II) **Getting Serious** – Advance to this speed when you think you're ready.

(III) **Pump it Up** – Choose this speed for an even more challenging workout.

Select – Very important button. Press it to toggle between the four workout speeds and the Auto program.

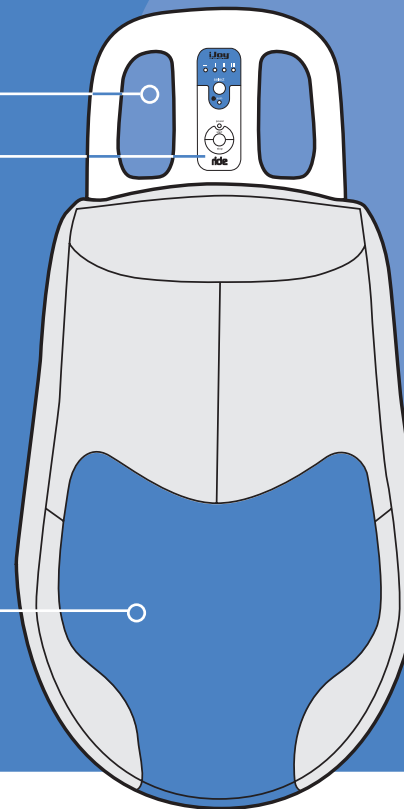
Auto – Let The iJoy® Ride take control, dishing out a combination of all four speeds.

Start/Stop – Press it to start your workout. Press it again when you want to stop.

Center stability grip

Ride control console

Ergo seat with Visco foam

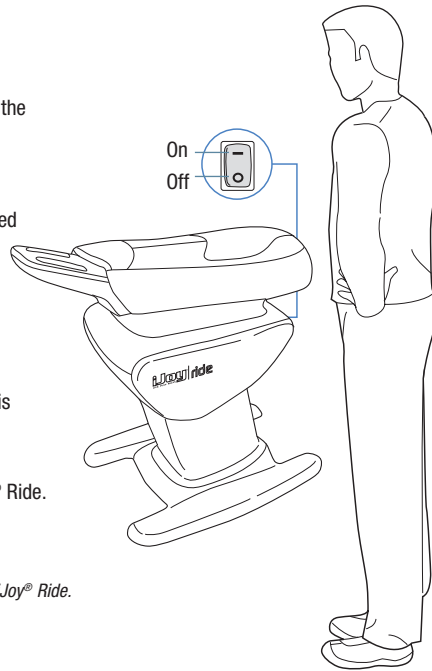


GETTING STARTED

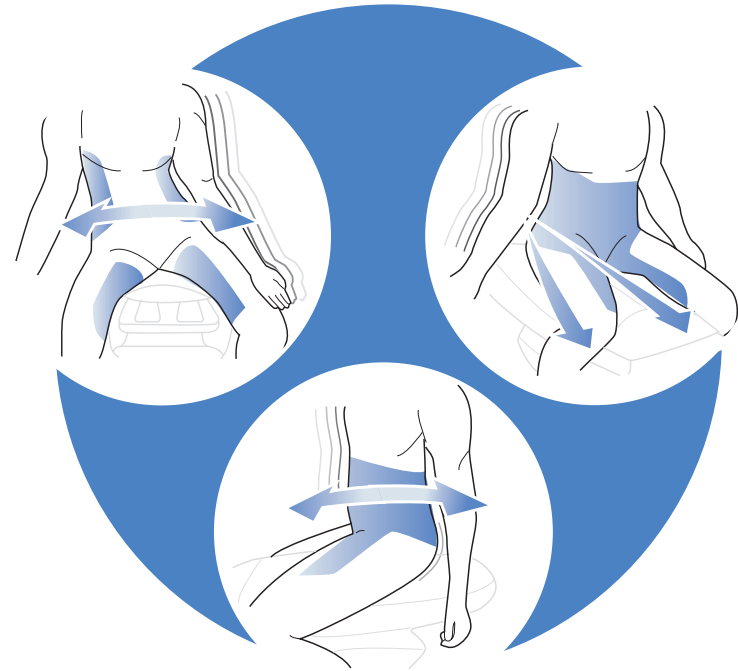
Before getting on The iJoy® Ride, get familiar with the four speeds and the Auto workout program, so you know what to expect.

1. First plug The iJoy® Ride into a properly grounded 110-volt wall outlet.
2. Turn the power switch, located on the back of The iJoy® Ride, to On (→).
3. Repeatedly press the Select button to observe all four workout speeds and the Auto workout program. Note the three-directional motion—this is what challenges your balance to work your muscles.
4. Press the Start/Stop button to turn off The iJoy® Ride.

 Wear comfortable workout clothes when using The iJoy® Ride.



The iJoy® Ride's three-axis motion challenges three different muscle groups.





You really can't go wrong working out on The iJoy® Ride. As you work to keep your balance, you're working your muscles. So, make it fun! Express yourself!



CAUTION:

Before turning on The iJoy® Ride, sit on the seat in the normal use position. For your safety, if your feet do not comfortably reach the floor, you should NOT use The iJoy® Ride.



WARNING:

Do not sit on the extreme rear of the seat, as this may cause the motor to stall and overheat. If this should occur, turn off The iJoy® Ride and allow the motor to cool down for at least 15 to 20 minutes. You may then resume using The iJoy® Ride. Do not allow more than one person at a time to use The iJoy® Ride.

1. Mount The iJoy® Ride and center yourself comfortably on the broad support seat.
2. Position your feet flat on the floor or on The iJoy® Ride base.
3. Select Warm-up (-) to get acquainted with The iJoy® Ride's motion.
4. When you are comfortable with your position and balance, you can begin to experiment with the four different speeds and the Auto program (accessible from The iJoy® Ride control console).



If at any time you become uncomfortable or fatigued, stand up carefully and press the stop button. Never stand on The iJoy® Ride seat or lay across it on your belly.



Do not stand on The iJoy® Ride.



TAKE CARE

Product Care and Storage

Maintenance and Care:

The product is specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required. Your product should only be serviced by an authorized service center.

Care should be taken not to overload the unit.

Storage:

Your product has been carefully designed to give you many years of trouble-free service. Always unplug the unit when not in use. Additionally, if not in use for a long period of time, we recommend that the power cord be coiled and that the unit be placed in an environment free of dust and moisture.

Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading or damage.

Specifications*

Use: Household (not for institutional use)

Voltage: 120VAC

Watts: 100 W

Maximum rider weight: Maximum rider weight should not exceed 275 lbs

No medical claims warranted or implied by the use of this product.

Limited One (1) Year Warranty

Please read the following warranty information for important disclosures before using your new Human Touch Technology™, iJoy® Ride.

It is Interactive Health's mission to design, develop, manufacture and sell innovative, high quality massage products that create a better and healthier way of life. We appreciate your commitment to our mission and our products and are pleased to let you know that the Interactive Health®, iJoy® Ride that you purchased comes with a limited one-year warranty. The warranty provides peace of mind that you are covered for mechanical or structural defects in workmanship within the coverage guidelines and limitations outlined below.

Coverage Guidelines:

The warranty begins on the original purchase date and consists of:

- **Factory Service (Labor):** Interactive Health® will supply packing materials, cover return shipping to Interactive Health®, repair parts covered by this warranty and labor for repair work and return shipping to purchaser when repairs are completed.
- **Parts Only (Parts):** Interactive Health® will supply repair parts that are covered by this warranty and return shipping to purchaser for repairs performed at the factory.
- **Structural (Metal Frame):** Interactive Health® will supply packing materials and repair parts covered by this warranty and return shipping to purchaser for repairs performed at the factory.

In the unlikely event that your iJoy® Ride malfunctions or requires repair, please contact your retailer. For USA customers only, please contact Interactive Health® Customer Service at (800) 355-2762 between the hours of 9:00AM and 5:00PM PST or cs@interhealth.com for assistance. You can also send a fax to customer service at (800) 840-2940.

All warranty service requires approval and authorization by Interactive Health®. Products require a Return Merchandise Authorization Number (RMA) for any returns to the factory. For returns, the consumer is responsible for packing the product in the original box or in approved packaging that is available for sale from Interactive Health. Shipping and freight coverage under this warranty requires scheduling by Interactive Health and only includes "curb-side" pickup/delivery. Products received without a valid RMA number or one clearly marked on the box will be refused.

General Limitations:

- The warranty is only valid within the United States and Canada provided the product has been operated according to the instructions accompanying it and has not been misused or damaged in any way that is beyond the control of Interactive Health.
- All service covered by this warranty must be approved by Interactive Health and repairs performed by authorized technicians.
- The warranty applies only to the product; accessories or enhancements are not covered.
- Important exclusions apply to cosmetic items such as fabrics, woods, foams, padding, plastics covers, etc.
- Interactive Health is not responsible in any way for losses, damages, or inconvenience caused by equipment failure.
- For a complete listing of warranty coverage, exclusions, and limitations, visit www.interhealth.com.
- Warranties do not apply to rental, business, commercial, institutional, or other non-residential users.
- Separate warranty terms apply to used/refurbished products including those received out-of-box. Proof of purchase (original receipt) is required for all warranty repairs.

EXTENDED WARRANTIES:

Interactive Health® offers extended warranty programs to enhance ownership of the Interactive Health® product! Extended warranty purchases are available within 90 days of purchase of iJoy® product from either the retailer or direct from Interactive Health's Customer Service Department.

Please visit www.interhealth.com for the latest terms and pricing for extended warranties.

| (iJoy® Models) | Factory Service | Parts | Structural |
|--|-----------------|----------|------------|
| New Products (Original Packaging Only) | 90 days | 1 year | N/A |
| Refurbished Products | 60 days | 6 months | N/A |
| Floor Demos (including "out of box") | NONE | 6 months | N/A |