



# THERACYCLE

**Theracycle 200 & 300**

**Owner's Manual**

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## PLEASE READ THIS MANUAL BEFORE YOU GET STARTED

Congratulations on your purchase of the Theracycle and your commitment to making it part of your exercise routine! Whether you have been exercising consistently over the years or are just getting started, the Theracycle is designed to help you get exercise the easy way.

This Owner's Manual includes all the information you will need to set up, operate, and use the Theracycle.

If you have any questions, we are happy to help you. Call us at 1-800-367-6712. Our office hours are 9:00am – 5:00pm, EST Monday – Friday.

### **Important: For Your Safety**

**Caution:** Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

**Warning:** *To reduce the risk of serious injury, read the following important precautions before using the Theracycle:*

1. Plug the Theracycle power cord into a three-pronged, grounded outlet. We recommend using a surge protector for additional safety. **NEVER USE A HOUSEHOLD EXTENSION CORD!**
2. Do not locate your Theracycle where it could be exposed to inclement weather, or on a wet or damp surface.
3. Do not allow anyone to operate the Theracycle when wet. The Theracycle is not a toy and should not be left plugged in and unattended in the presence of children.
4. Turn the unit on only when you are comfortably seated and both feet are securely placed in the pedal straps.
5. To reduce the risk of electrical shock; clean, service or adjust only with the Theracycle unplugged. Never attempt to move or service the Theracycle without unplugging.
6. Do not allow anyone except a licensed electrician or fitness equipment specialist make electrical repairs. This unit is equipped with a special motor and no substitute should ever be used.
7. Never attempt to get off the Theracycle until it has come to a complete stop.
8. Use only genuine Theracycle parts when making repairs.
9. Never operate a Theracycle if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged or any of the electrical components have been exposed to water or other fluids, or if it has been in the presence of combustible gases such as oxygen or aerosol sprays.

10. Keep the cord away from heated or wet surfaces.
11. Never drop or insert any object or liquid into any opening, especially the control box, gearbox, or moving handlebar area.
12. There is an external 5-amp time delay fuse incorporated into the control box below the motor which protects the electronics in case of any electrical malfunction. If the fuse blows, it can easily be replaced by turning the fuse cap counterclockwise. Pull out the holder, remove the burnt-out fuse and replace with a fuse of the same type.
13. **DO NOT WEAR LOOSE FITTING PANTS WHEN RIDING THE THERACYCLE.**
14. Leave the On/Off switch located on the bottom of the unit in the ON position at all times.
15. Do not keep the Theracycle at temperatures below 55 degrees Fahrenheit, as cold temperature will affect the performance of the Theracycle's electronics.
16. Wear shoes when riding the Theracycle. Be certain laces are tied tightly. It is not safe to ride barefoot or only in socks.
17. Always keep the safety magnet attached to your clothing while riding the Theracycle. This is for your protection!

## Theracycle Parts and Components



1. Seat and Back Support
2. Outrigger Handles
3. Seat Adjustment Latch for forward and backward settings
4. Seat Height Adjustment Knob
5. Top Shroud & Oil Filler Cap
6. Handlebar Assembly
7. Computer Display Arm
8. Computer Display Box
9. Pedals, Pedal Crank and Link
10. Power Switch (leave on, main on/off on control box)
11. Theracycle Motor

## Unpacking and Assembling Your Theracycle

### **Tools needed:**

- 5/16" allen wrench (provided)
- 3/16" allen wrench (provided)
- Metric 15mm pedal wrench (provided)
- Slotted head screwdriver
- 3/8" flat wrench (provided)
- Heavy-duty scissors or knife for cutting strapping and cable ties.

**Decide where you will place the Theracycle. The unit is heavy and should not be moved frequently. Plan which outlet you will use so the cord is not in the way of people walking through the room or getting on and off the unit.**

### **The Theracycle should never be tipped on its side.**

1. Carefully cut the strapping and lift the lid off the shipping box. Put the lid aside for final storage
2. **Remove the cardboard parts tray.** The parts included in this tray are:
  - 5/16" and 3/16" allen wrench
  - 3/8" wrench
  - 7/16 wrench
  - Metric 15mm pedal wrench
  - Computer display mounted to the display arm, with cables inserted
  - Safety magnet attached to a lanyard
  - Set of pedals (left and right)
  - Handlebar assembly
  - Touch-up paint
  - Replacement fuses
  - One quart of gear oil (85w/140)
  - Funnel
3. Cut the cable ties and put all parts aside. Set the tray with the box lid for final storage.
4. Place the sealed plastic bottle of oil in pan of warm water to make it easier to pour when you get to step #8.
5. Lift off the two sides of the carton and fold flat. Put aside for final storage.
6. Remove the seat by cutting the plastic cable tie.
7. Lift the Theracycle out of the bottom tray carton by using the legs of the frame. This will require two people. **NEVER LIFT WITH THE MOTOR!** Doing so will take the unit out of alignment immediately.
8. **Add the gear oil to the gearbox:**
  - Remove the 3/4" inch plastic cap on the top shroud, exposing the oil filler plug.
  - Using a flat head screwdriver, loosen the filler plug.

- Put your other hand into the opening of the top shroud to catch the filler plug as you loosen and remove it.
  - Next, insert the funnel through the opening on the top of the shroud, bringing it all the way down through the hole in the top of the gearbox. Make sure that the funnel is placed at least one inch inside the gearbox.
  - Hold the head of the funnel as you slowly pour in all the warmed oil. This may take up to 30 minutes as the oil is thick. Make sure all the oil has drained from the funnel before you pull it out. Clean and save the funnel. An oil change is needed every 5 years.
  - Replace and tighten the filler plug.
  - Replace the plastic cap on the top shroud.
9. **Attach the handlebars** to the Theracycle. Place the handlebar assembly into the large hole in the handlebar fork so that the flat spot, located at the bottom of the handlebar assembly is facing forward and is in line with the locking screw on the handlebar fork. Tighten the locking screw using the 5/16" allen wrench.
10. **Mount the computer display stand** to the front frame of the Theracycle.
- Locate the four screws mounted on the frame above the motor.
  - Remove the top two screws.
  - Slide the computer display stand over the two bottom screws and tighten with the 3/8" wrench.
  - Reinsert the top two screws, which will attach the computer display stand to the frame and tighten with the 3/8" wrench.
  - At the bottom of the display stand, plug the two cables into their same size ports in the motor control box, underneath the motor.
11. **Attach the safety magnet** and cord to the computer display on the safety magnet sensor. The Theracycle will not operate without the safety magnet in the proper position.
12. **Attach the pedals.** Identify the pedals by locating the "R" and "L" marked on the end of the threaded shaft of each pedal. Screw the pedal marked "L" into the left pedal crank. Using the pedal wrench, turn the left pedal **counter-clockwise** to tighten. Screw the right pedal into the right pedal crank by turning the right pedal **clockwise** to tighten. Make sure that both pedals are securely tightened.
13. **Attach the seat.**
- Holding the seat (with the right hand grabbing both the seat and the adjustment latch in the up position) with the rear of the back support toward you, line up the channel on the bottom of the seat with the front of the top flat plate of the seat post.
  - Slide the seat into the channel until you reach the middle slot on the flat plate.
  - Lock the seat into one of the middle holes, by releasing the latch.
  - Locate the safety screw underneath the seat plate. Tighten it. This is an important safety step as this safety screw will limit the distance the seat will travel forward and backward.

Now that you have assembled the Theracycle, you will need to adjust it for a customized fit. In the section labeled, “**Adjusting Your Theracycle**,” you will find the directions to do this.

Please contact our customer service department with questions about assembly or about the use of your Theracycle, Monday-Friday, 9:00AM – 5:00PM. EST. Call 508-528-3100.

## **Adjusting Your Theracycle**

***To get the greatest benefit and comfort from your new Theracycle, there are a few custom adjustments that you should make.***

Tools needed: 5/16” and 3/16” allen wrenches (provided)

- Seat adjustments
- Handlebar adjustments
- Pedal adjustments

### ***Seat Adjustment***

By properly aligning your Theracycle seat, you will ensure maximum comfort as well as safety and efficiency.

There are **three different seat adjustments** for the Theracycle. The Theracycle seat can be:

- **Raised or lowered**
- **Moved forward or backwards.**
- **Increased or decreased the amount of empty space** between the seat base cushion and the back-support cushion.

### Raising or lowering the seat

To determine the proper seat height, sit on the Theracycle, place one foot in the pedal that is furthest away from you and center the ball of your foot on that pedal. When your seat is adjusted correctly, your leg will be slightly bent and relaxed. If it is not adjusted to your satisfaction, follow these directions:

1. (Note: you must be off the Theracycle to raise or lower the seat.) Locate the seat height adjustment knob located below and behind the seat. Unlock the pressure on the knob by turning it **slightly** counterclockwise. Pull out the knob in order to raise or lower the seat.
2. While pulling out the knob, put one hand on the bottom seat cushion, apply some downward pressure, then raise or lower the seat until you have the correct height and the knob fits into the appropriate hole. You will

hear a click once it is securely in the hole. **IMPORTANT:** The knob must be tightened clockwise so that the seat is secured and doesn't rock or click.

3. Try several heights until you are sure that you have found what works for best for you.

## Customizing the space between the seat and the back support

For most people, the factory adjusted space between the seat cushion and the back-cushion support is comfortable. If not, you can customize the fit. There are three other possible positions, which allow more space or less space between the seat cushion and the back-support cushion. You will need the 3/16" allen wrench for this adjustment.

The other positions are closer to the back-cushion or farther away from the back-cushion. The instructions below are for all adjustments.

1. Remove the safety screw located underneath the seat by turning it counterclockwise.
2. Remove the seat by pulling up on the latch knob while pulling the it away from the Theracycle.
3. Turn the seat over and remove the four bolts on the bottom of the seat with the allen wrench, reposition in the desired holes, and replace the bolts. Then firmly tighten the screws by turning clockwise.
4. Re-install the seat.
  - Refer to page 7, instruction #13.
5. **IMPORTANT:** Make sure that the seat is completely secure and all screws are tight when finished.

## Adjusting the seat backwards or forwards

1. To adjust the seat forward or backwards, pull up the seat adjustment latch to disengage. The seat adjustment latch is located below the seat on the right-hand side.
2. Slide the seat to the desired position and then release the latch. The latch can be positioned in one of the seven possible slots. Again, be certain this is locked in place so there is no rocking or sound.
3. The seat is properly adjusted so when you are holding onto the handlebars, your shoulders are slightly forward from your hips.

## ***Handlebar Adjustment***

One of the Theracycle's many unique features is its handlebars, which move forward and back to give your upper body a workout.

1. With the 5/16" allen wrench, loosen the allen nut on the top of the handlebar assembly by turning it **counterclockwise**.
2. Rotate the handlebar to desired position and tighten the bolt **clockwise**. Be certain this bolt has been firmly tightened.
3. When the handlebars approach the user, they should be angled toward the hip and above the knee.

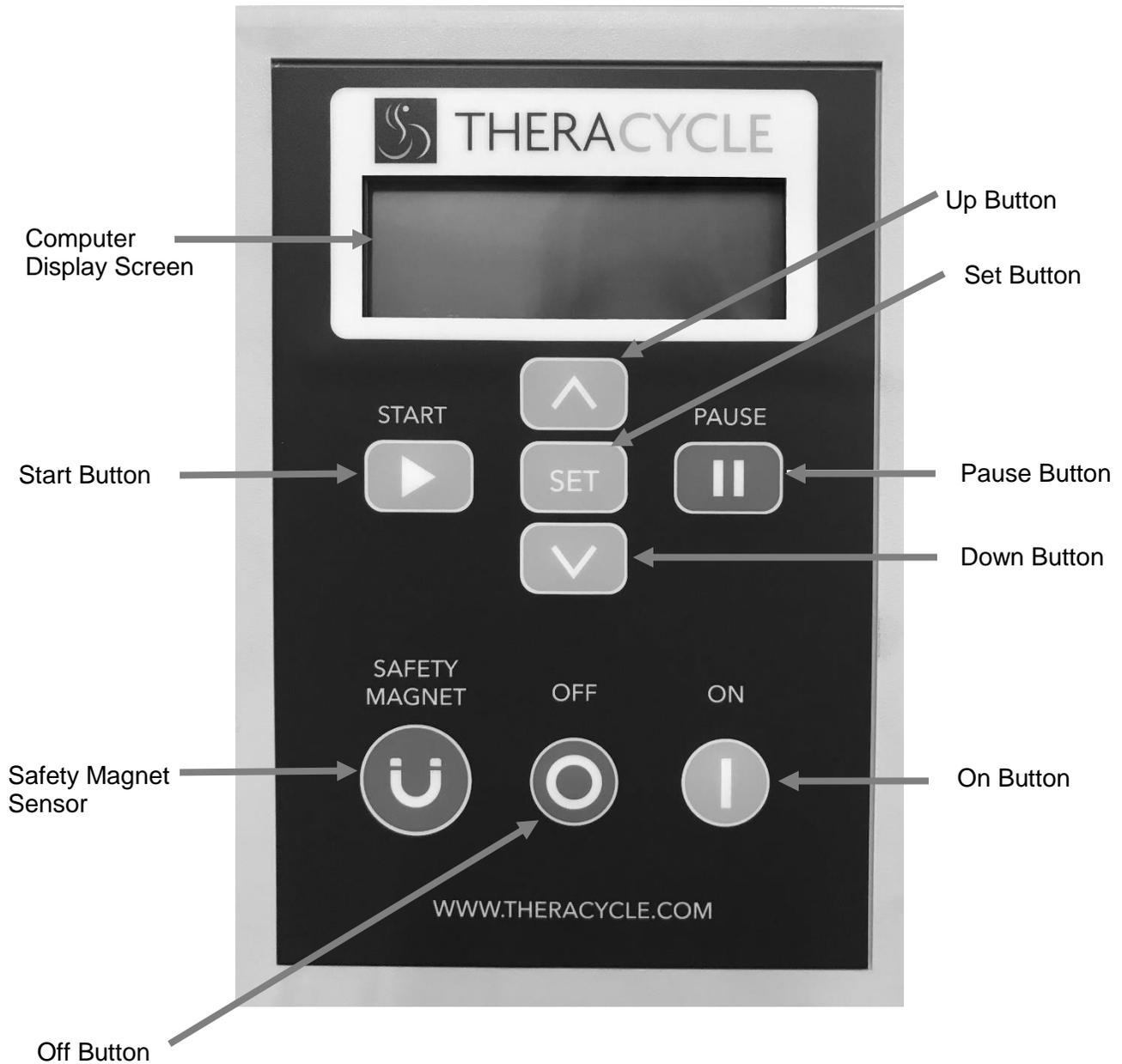
## ***Pedal Strap and Pedal Crank Adjustment***

On the Theracycle you can adjust the size of the pedal arc by adjusting the angle of the pedal link. You can also adjust the size of the pedal strap.

1. With the 5/16" allen wrench, loosen the allen bolt, which attaches the pedal link to the pedal crank, **counterclockwise**. When it is loose, you can rotate the pedal link to your desired angle. This angle changes the size of the arc, or range of motion that your foot and therefore your leg will travel.
2. Once you have determined the proper angle, secure by tightening the allen bolt clockwise.
3. Once one pedal is adjusted, make sure to adjust the other pedal in exactly the same way so that each pedal mirrors the other.
4. To adjust each pedal strap, push down with one hand on top of the clip holding the pedal strap. With your other hand, push the strap to the desired position, and release.

There are instructional videos on these adjustments. Go to <https://www.youtube.com/user/Theracycle>.

## Theracycle Computer Display



Remove the plastic protective covering before using.

## Quick Start Guide

1. Plug the Theracycle power cord into a three prong, grounded outlet. We recommend the use of a surge protector with the Theracycle.
2. Turn on the main power switch located underneath the front right bottom of the Theracycle, underneath the motor. This can be left on
3. Get comfortably seated and make sure that both feet are placed securely on the pedals in the pedal straps. Always wear shoes, no socks or bare feet!
4. Clip the safety magnet to your shirt or belt.
5. Place the magnet on the display screen in the Safety Magnet position if it's not already there.
6. Press the **"ON"** button. You will see **"Get ready to exercise the easy way"** message on the display.
7. The display screen will now say, **"REMOVE MAGNET TO TEST."** The safety magnet only needs to be removed about 2-3 inches away from the display screen before reattaching it.
8. The display screen will now say, **"ATTACH SAFETY STOP MAGNET."** Reattach the magnet to the display panel in the designated area.

### 9. Settings

- The display screen will now allow you to set your custom exercise program. Decide on the amount of **time** that you want to spend exercising (from 1 minute to 99 minutes), and the **speed**, in miles per hour (mph), which you want to go. You can set the speed anywhere from 1 to 15 miles per hour. We suggest you start at 6 MPH. Speeds lower than 5MPH are more difficult due to the resistance of the motor.
  - If you are satisfied with the settings as they appear on the screen (**time** and **speed**), press **"START"**.
  - If you want to change the settings, press **"SET"** on the display panel. On the display screen, you will see a cursor pointing at the line where you will select **time**. Set the desired length of time with the **"UP"** or **"DOWN"** arrow keys on the computer display panel.
  - Press **"SET"** again and the cursor will move down to the line where you will select **speed** in miles per hour with the **"UP"** or **"DOWN"** arrow keys on the display panel. You do not need to press, **"SET"** again before you begin your program.
10. Make sure that you are **firmly grasping either the handlebars or the outrigger handlebars** located next to the seat. Then press **"START"** to begin your workout. The Theracycle counts down 5 seconds before it begins to move. **Your workout will now begin!**

11. If you need to stop or pause at any time during your workout, you can press **“PAUSE”** (the Theracycle will stop, but you can resume your program by pressing, **“START.”** If you stop the Theracycle by pressing, **“STOP”** or using the **safety magnet**, you will have to start your workout from the beginning. If you pull the **safety magnet, you’ll need to press, “START” again to begin your workout from the beginning.**
12. While you are exercising, **the display screen** shows the amount of **time left** in your exercise program at the top, your **actual speed in miles per hour, the RPM rate** (revolutions per minute), and the **distance traveled in miles.**
13. When the exercise time that you have chosen has elapsed, the Theracycle will stop.
14. When you are finished, the display screen will say “Congratulations”, show you how far you have biked in miles, how many minutes this took, and your average speed. If you wish to keep track of your daily workout, you’ll need to write this information down in your **Theracycle Exercise Log** before the screen is terminated. **Congratulations!**
15. Shut off the Theracycle with the **off button** on your computer display.

### ***Change of Speed /Time While Riding***

The speed and/or the time can be changed during your ride.

Hit the “pause button” and then using the “set button”, make the change in speed and/or time and then hit the “start” button again.

### **The Value of Exercise**

If you are like many of our Theracycle owners, exercise is very important to you. If it has been a while since you were able to get the kind of exercise you want, you will need to start slowly and work up to longer sessions at a faster pace. The key to success is to make exercise a regular and enjoyable part of your everyday life. And research has shown that it is never too late to start exercising. There are many benefits to regular exercise including:

- Increased joint flexibility
- Increased muscle strength
- Improved balance
- Increased endurance
- Increased cardiovascular conditioning
- Improved weight control

***Before beginning this or any exercise program, consult your doctor or health professional. Only he or she can establish the exercise routine appropriate for your age and condition.***

## **Basic Guidelines for Theracyclists**

1. The Theracycle is designed so that you can choose to **let the motor move your legs and arms for you, and, when you choose, you can push the pedals for resistance. The handlebars can be used by resting your fingers on the handle and letting the movement work your upper body. You can also push and pull against the handlebars for upper body benefit.**
2. **Add time before you add speed to your workouts.**
3. **Warm up and cool down.** It doesn't matter whether you work out every day or three times a week, it's important to do a gentle warm-up before you use your Theracycle. Stretching helps maintain flexibility and range of motion and prevents injuries. Towards the end of your routine, you may want to gradually decrease your speed. After you are done using your Theracycle, gently stretch your legs, shoulders, and lower back.
4. **Stick with a program** and track your progress.
5. **Set simple, flexible goals** that fit your individual strengths.
6. **Don't overdo it.** Keep cool. Pace yourself.
7. **Pay attention** and **modulate** your exercise as your symptoms fluctuate.
8. **Do something that you enjoy while exercising.** Listen to music, podcasts or audio books, or watch TV. There is a brain benefit to challenging your brain while exercising – try to learn something new!

## ***For Beginning Theracyclists***

- **Start slowly.** Beginning Theracyclists usually start slowly and work up to a daily routine. For example, start by using the Theracycle **for ten minutes a day, three days a week.** Set the speed somewhere between **five to seven miles per hour.** For your first workouts **let the motor move you.**
- **Make sure to listen** to your body - do what's comfortable, not what's painful. You will find that over time you will become stronger. As you use the Theracycle, you will quickly learn how your body responds and how to vary your workouts, using time and speed.
- **Plan on** at least one day of rest between workouts. After several weeks of regular exercise, you may be able to complete up to five workouts each week.
- **Each week,** add a few minutes of exercise. Add time before speed.
- **Keep** track of your workouts so that you have a record of how you are progressing. Use the monthly Theracycle log sheets to help you.

- **Many users like to go for short 5-10 minutes early in the day to help them loosen up and decrease stiffness. Some users ride later in the day for a short ride to get an energy boost.**

### ***For More Experienced Theracyclists***

- Experiment with the **two variables: time and speed**, as **you gain experience** with the Theracycle. Remember, you can program the Theracycle for rides lasting **up to 99 minutes** and at speeds **up to 15 miles per hour**, which equals **90 rotations per minute**. Each mile per hour is equal to 6 RPM's on the Theracycle.
- **Gradually increase your time and speed.** While there is a very wide range among Theracycle users, many work up to using the Theracycle as much as **three times daily for 10 to 20 minutes**, and **from six to seven miles per hour**.
- There are some users who ride for even longer (30-45 minutes) at even higher speeds (11-14 miles per hour), after an initial warm-up of 15 minutes at six or seven miles per hour.
- **Gauge and change your level of effort.** If you can push, pull, or pedal, try to do so some of the time. Some Theracyclists try to work the whole time they are on the bike, but many simply push, pull, and/or pedal intermittently, and the rest of the time they let the Theracycle do the work. **Even if you can't push/pull, or pedal, you will still benefit from a Theracycle workout.**

**Everyone is different: As you gain experience on the Theracycle, you will know what works best for you.**

Recent research shows benefits come from increasing your heart rate during exercise. The minimum time per week is 2.5 hours at an intense level – this means you are sweating and your heart rate has increased.

We suggest you get a heart rate monitor to track your heart rate. Please check with your doctor before starting!

### **Cleveland Clinic Protocol**

The Cleveland Clinic protocol was as follows:

Three sessions per week.

One hour per session comprised of:

- 10 minutes warm up
- 30 minutes at 80-90 RPM (14-15miles per hour on the Theracycle.)
- 10 minutes cool down

## **Maintenance of your Theracycle**

The Theracycle is designed to be nearly maintenance free for years of normal use. All of the bearings in the machine have been sealed and permanently lubricated.

Every year, clean the ports in the control box located at the bottom of the unit. Unclip the three cables and blow out the ports with compressed air. Reclip the cables securely. Do this twice a year if you live in a dusty or sandy part of the country or have pets in the home.

Every five years, replace the oil in the gear box. This requires the gear box to be completely drained and filled with a quart of gear oil, 85W/140. We can sell you the oil or you can find it on Amazon.com. It may be available locally in a marine or farm store. You should never “top off” the oil in the gearbox.

Moving? The oil should be drained and the Theracycle must never be tipped on its side. Call us for directions on how to break down the unit for transport.

Save the shipping carton, all parts are low profile or fold flat.

## **Theracycle 200 & 300 Model Oil Change**

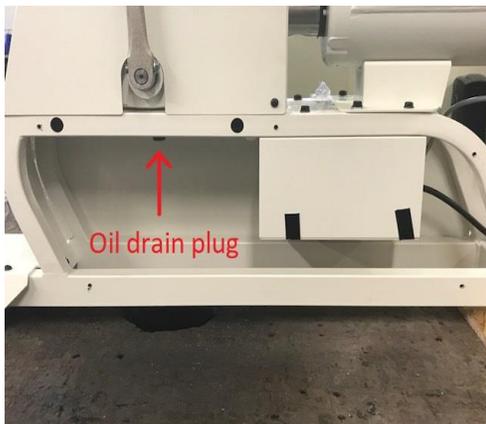
To drain the oil, you will need the 5/16 allen Wrench provided in the tool kit as well as a Phillips-Head screwdriver.



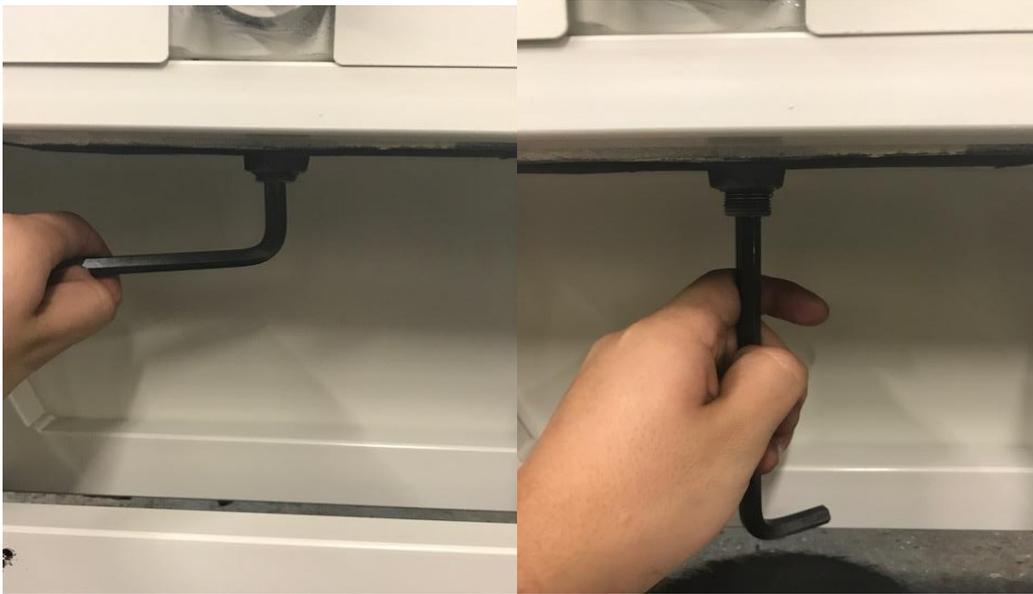
- Use the Phillips-Head Screwdriver to remove the 5 screws (per side) on the lower shroud(s) of the bike. You may have to remove both the left and right side depending on what you use as an oil catch pan.



- After removing the lower shroud(s), locate the oil drain plug at the bottom of the gearbox. In the open area under the gearbox drain plug, place an oil catch pan. You can even use a disposable foil loaf baking pan capable of holding 1 quart of fluid.



- Once the oil catch pan is in place; use the 5/16 allen Wrench to unscrew the oil plug and the oil will then drain out into the pan.



- Let the gear box drain for about 15 – 20 minutes. After the gearbox has been drained, re-insert the oil drain plug into the gear box and wipe any excess oil with a paper towel or rag from the bottom of the gear box.
- Using the Phillips-Head Screwdriver re-attach the lower shroud(s). There are 5 screws per side.
- For filling the gear box with new oil, you will first need a Flat-Head Screwdriver, a funnel, and a new quart of 85w-140 gear oil (do **NOT** use any other gear oil)



- Locate and remove the plastic press fit cap located on the top of the upper bike shroud. Gently pry the cap out or push it out from under the cap.



- Insert the Flat-Head Screwdriver into the hole and use it to remove the gearbox fill plug.



- Once the fill plug is removed, insert the funnel through the top hole of the upper shroud and into the oil fill hole.



- Fill the gear box with the new quart of oil. Due to the oil being very thick it will take up to 15 – 20 minutes to fill. Make sure you fill the gear box with the entire bottle of oil. You will have to fill the funnel up several times and wait as it drains into the gear box.



- Once you fill the gear box with the quart of oil, use the flat-head screwdriver to re-install the oil fill plug to the gearbox. Lastly, re-install the plastic press fit cap to the top shroud.

If your machine should ever require service, contact the **Theracyle Division of RSS Industries** at 1-800-367-6712.

## 1 Year Limited Warranty for the Theracycle

The Theracycle is warranted to be free from defects in materials and workmanship. The Theracycle is a mechanical device. The warranty does not cover regular maintenance which might include tightening of hardware that can become loose with use.

- ALL PARTS OF THE THERACYCLE ARE COVERED FOR ONE YEAR FROM THE DATE OF THE ORIGINAL PURCHASE.

### **This warranty does not cover:**

- Any damage, failure, or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings as outlined in the owner's manual.
- Use of the product in a manner for which they were not designed.
- Normal wear and tear of parts through normal usage.

Replacement parts are available for purchase.

**XThera Corporation** will cover the cost of labor and materials to repair or replace anything defective during the warranty period as outlined above.

Shipping and handling will be charged on all warranty parts shipments. We will ship the most cost-effective way unless directed otherwise. A credit card will be needed before parts will be shipped.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state.

## Theracyclist User's Log

(note: we recommend that you make extra copies for your future use)

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Day	Date	Time	Miles	Average Speed	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*Theracyclist User's Log*

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Miles</b>	<b>Average Speed</b>	<b>Comments</b>
Monday					
Tuesday					
Wednesday					
Thursday					
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