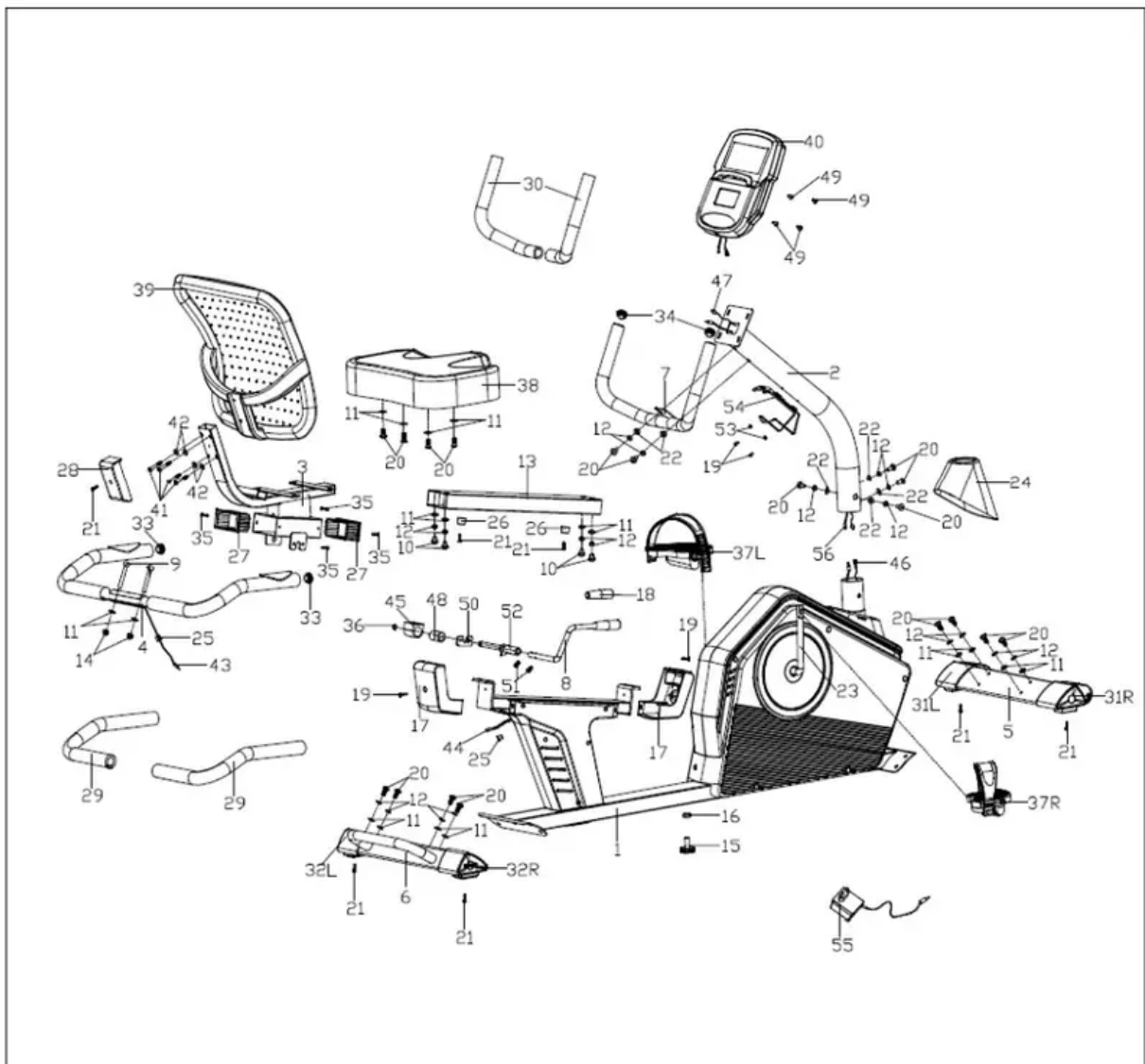
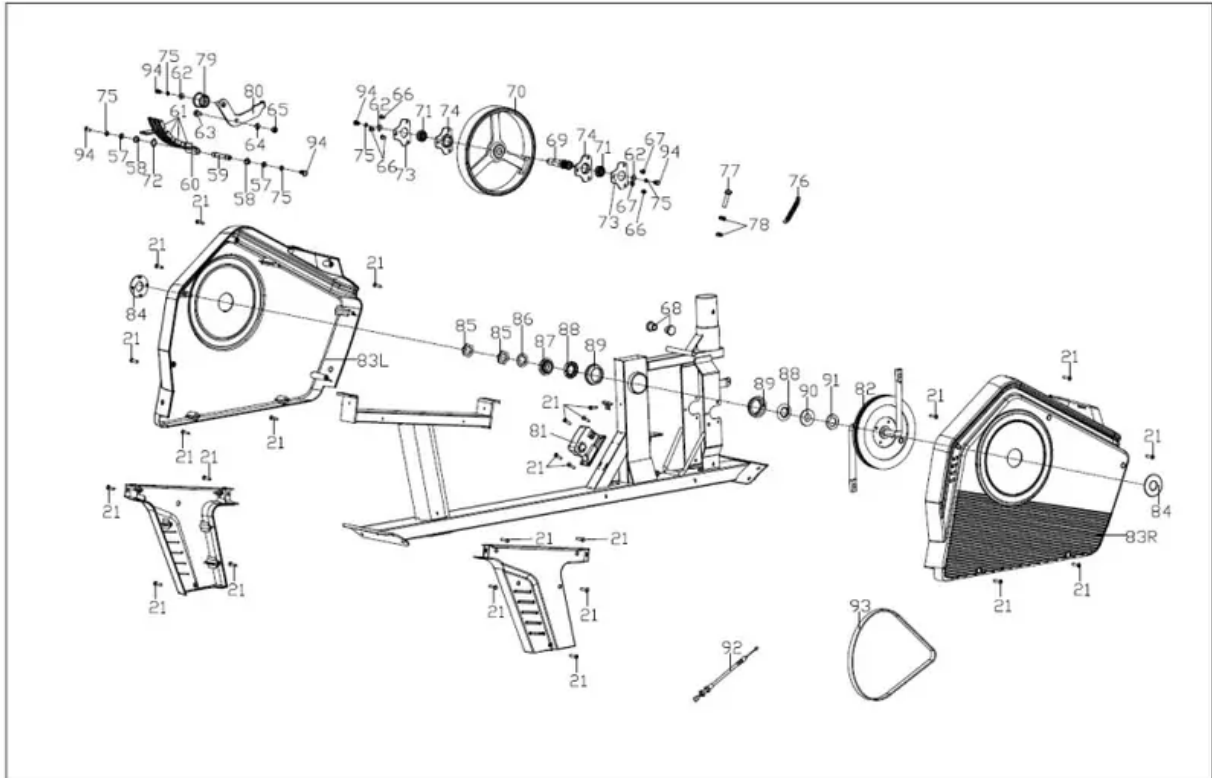


USER MANUAL Stationary Recumbent Bike

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



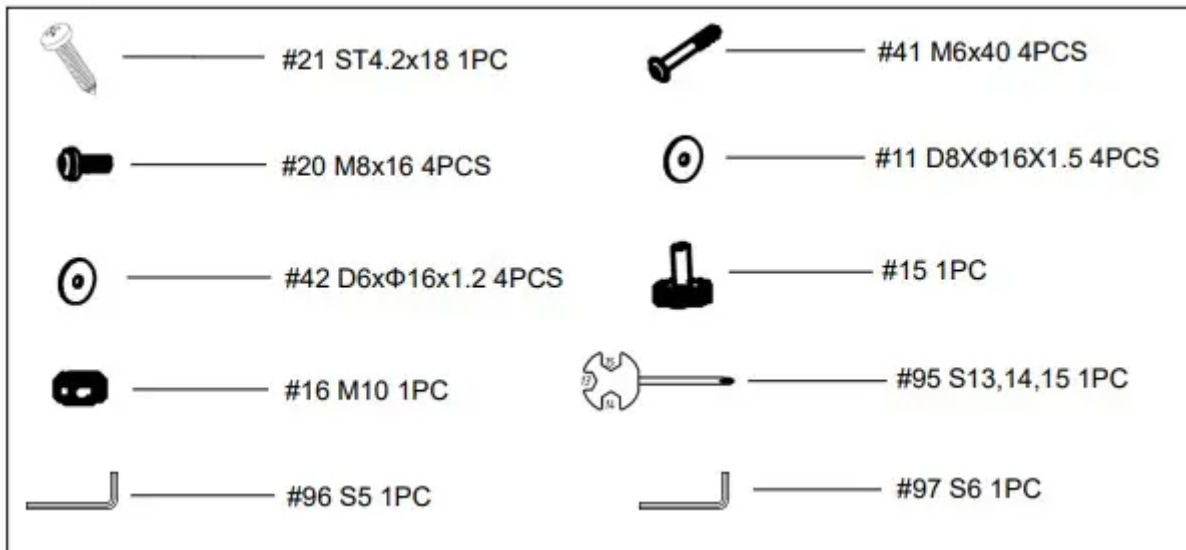
PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3	Seat Tube		1
4	Handlebar		1
5	Front Stabilizer		1
6	Rear Stabilizer		1
7	Armrest		1
8	Adjustment Handle		1
9	Carriage Bolt	M8XL45	2
10	Screw	M8X20	4
11	Flat Washer	D8XΦ16X1.5	18
12	Spring Washer	D8	18
13	Rail		1
14	Cap Nut	M8	2
15	Adjustable Pad		1
16	Hex Nut	M10	1
17	Rail Cover		2
18	Foam Grip		1
19	Screw	M5X15	4
20	Screw	M8X16	18
21	Screw	ST4.2X18	32
22	Arc Washer	Φ20Xd8.5XR30	6
23	Crank		1
24	Upright Tube Cover		1
25	Plug		2
26	Cushion		2
27	Bushing		2
28	Backrest Cover		1
29	Foam Grip		2
30	Foam Grip		2
31L/R	Front End Cap		1 pr.
32L/R	Rear End Cap		1 pr.
33	Round Cap		2
34	Round Cap		2
35	Screw	ST3.5X8	4
36	Axle Spring Washer		1
37L/R	Pedal		1 pr.
38	Seat		1
39	Backrest		1
40	Meter		1
41	Screw	M6X40	4
42	Flat Washer	D6XΦ16X1.2	4
43	Pulse Wire		1
44	Extension Wire 1		1
45	Upper Block		1
46	Sensor Wire		1
47	Sensor Extension Wire		1
48	Wheel		1
49	Screw	M5X10	4

No.	Description	Spec.	Qty.
50	Plate		1
51	Screw	M6X20	2
52	Axle		1
53	Flat Washer	D12Xd5X1	2
54	Bottle Holder		1
55	Adaptor		1
56	Extension Wire 2		1
57	Flat Washer	D6XΦ12X1	2
58	Axle Spring Washer		2
59	Magnetic Board Axle		1
60	Magnetic Board		1
61	Square Magnet		4
62	Flat Washer	D6XΦ16X1.5	3
63	Bolt		1
64	Flat Washer	D10XΦ14X1	1
65	Nylon Nut	M8	1
66	Screw	M6X10	4
67	Screw	M6X8	2
68	Plug		2
69	Flywheel Axle		1
70	Flywheel		1
71	Bearing		2
72	Wave Washer	Φ12XΦ15.5X0.3	1
73	Fixed Plate		2
74	Bearing Block		2
75	Spring Washer	D6	5
76	Tension Spring		1
77	Screw	M5X60	1
78	Hex Screw	M5	2
79	Idler Wheel		1
80	Idler Wheel Linkage		1
81	Gear Motor		1
82	Belt Pulley		1
83L/R	Chain Cover		1 pr.
84	Crank Cover		2
85	Hex Nut		2
86	Washer		1
87	Nut		1
88	Ball Bearing		2
89	Bearing Housing		2
90	Nut		1
91	Flat Washer		1
92	Tension Wire		1
93	Belt		1
94	Hex Screw	M6X15	5
95	Spanner	S13,14,15	1
96	Allen Wrench	S5	1
97	Allen Wrench	S6	1



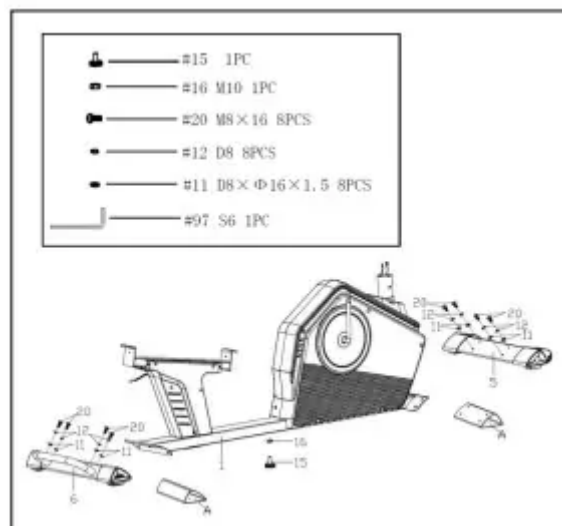
HARDWARE PACKAGE



Ordering Replacement Parts (U.S. and Canadian Customers only): Please provide the following information in order for us to accurately identify the part(s) needed:

- The model number (found on cover of manual)
- The product name (found on cover of manual)
- The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

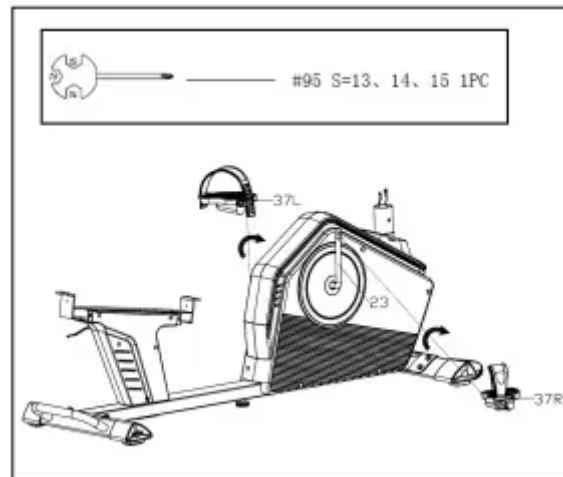
ASSEMBLY INSTRUCTIONS



STEP 1:

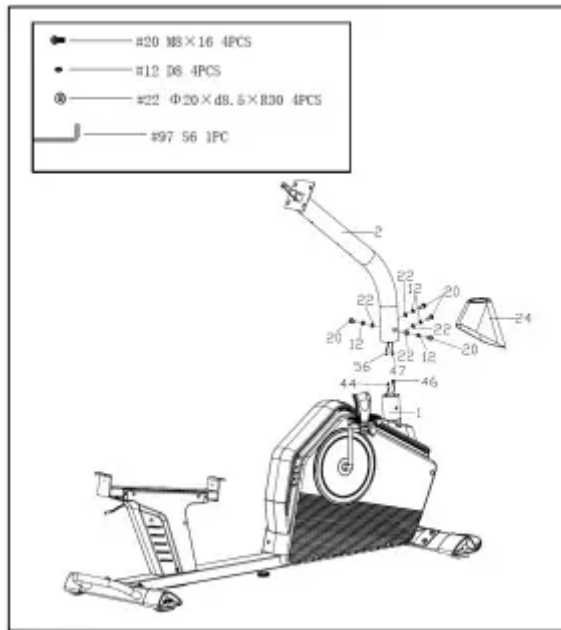
- Remove 2 shipping tubes (A), 8 Screws (No. 20), 8 Spring Washers (No. 12) and 8 Flat Washers (No. 11) from the Main Frame (No. 1) using Allen Wrench (No. 97).

- NOTE: You may discard shipping tubes (A) or save them to repackage the item in the future.
- Attach the Front Stabilizer (No. 5) and Rear Stabilizer (No. 6) to the Main Frame (No. 1) with 8 Screws (No. 20), 8 Spring Washers (No. 12) and 8 Flat Washers (No. 11) that were just removed. Tighten and secure with the Allen Wrench (No. 97).
- Attach the Adjustable Pad (No. 15) and Hex Nut (No. 16) to the Main Frame (No. 1).
NOTE : The Hex Nut (No. 16) is preassembled to the Adjustable Pad (No. 15)



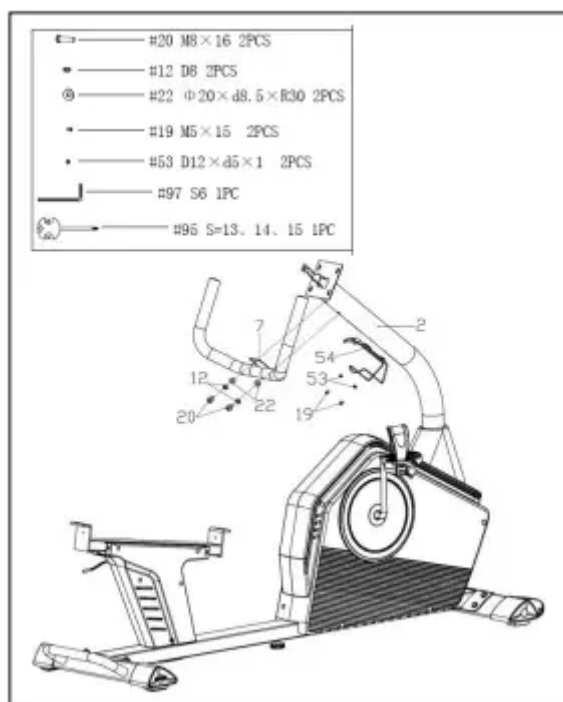
STEP 2:

- Attach the Pedals (No. 37L/R) to the Crank (No. 23) using Spanner (No. 95).
- Note: Make sure to attach the Left Pedal (No. 37L), marked (L), to the Left Crank (No. 23). It should be tightened COUNTER-CLOCKWISE. Make sure to attach the Right Pedal (No. 37R), marked (R), to the Right Crank (No. 23). It should be tightened CLOCKWISE.
- Attaching the Pedals (No. 37L/R) to the wrong Crank (No. 23) or turning them the wrong direction will damage the Crank (No. 23).



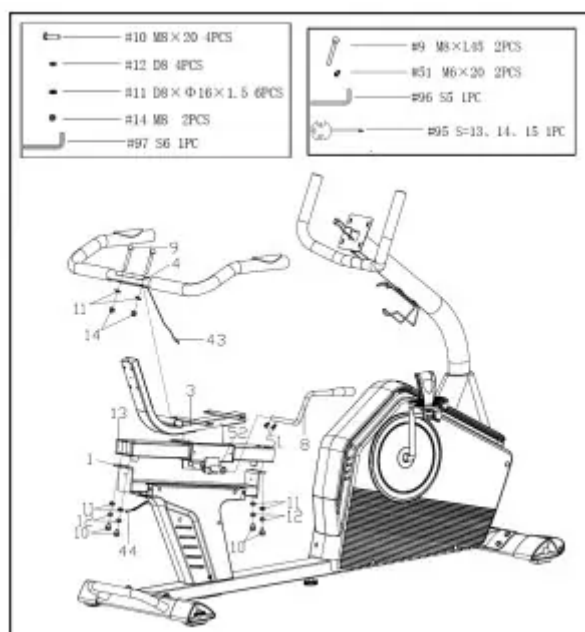
STEP 3:

- Remove 4 Screws (No. 20), 4 Spring Washers (No. 12) and 4 Arc Washers (No. 22) from the Main Frame (No. 1) using Allen Wrench (No. 97).
- Insert the Handlebar Post (No. 2) into the Upright Tube Cover (No. 24) and move the Upright Tube Cover (No. 24) higher.
- Connect the Sensor Extension Wire (No. 47) with Sensor Wire (No. 46), and connect Extension Wire 2 (No. 56) with Extension Wire 1 (No. 44).
- Attach the Handlebar Post (No. 2) to the Main Frame (No. 1) with 4 Screws (No. 20), 4 Spring Washers (No. 12) and 4 Arc Washers (No. 22) that were just removed. Tighten and secure with the Allen Wrench (No. 97).
- Move the Upright Tube Cover (No. 24) lower so it snaps into the Main Frame (No. 1).



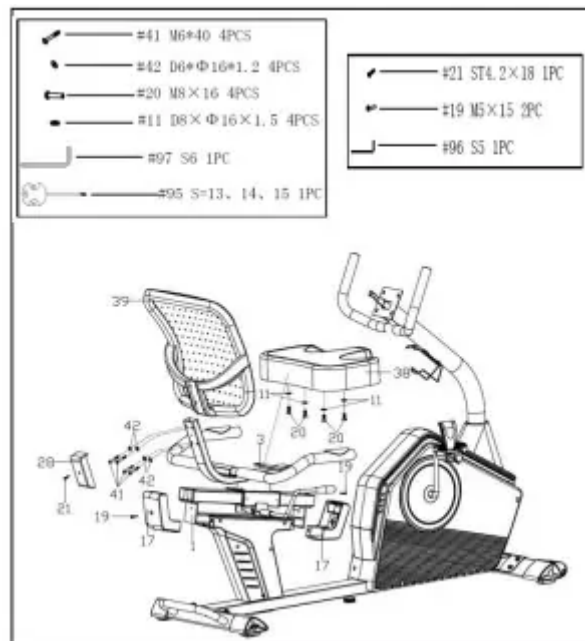
STEP 4:

- Remove 2 Screws (No. 20), 2 Spring Washers (No. 12) and 2 Arc Washers (No. 22) from the Handlebar Post (No. 2) using Allen Wrench (No. 97). Then attach the Armrest (No. 7) to the Handlebar Post (No. 2) with 2 Screws (No. 20), 2 Spring Washers (No. 12) and 2 Arc Washers (No. 22) that were just removed. Tighten and secure with the Allen Wrench (No. 97).
- Remove 2 Screws (No. 19) and 2 Flat Washers (No. 53) from the Handlebar Post (No. 2) using Spanner (No. 95). Then attach the Bottle Holder (No. 54) to the Handlebar Post (No. 2) with 2 Screws (No. 19) and 2 Flat Washers (No. 53) that were just removed. Tighten and secure with the Spanner (No. 95)



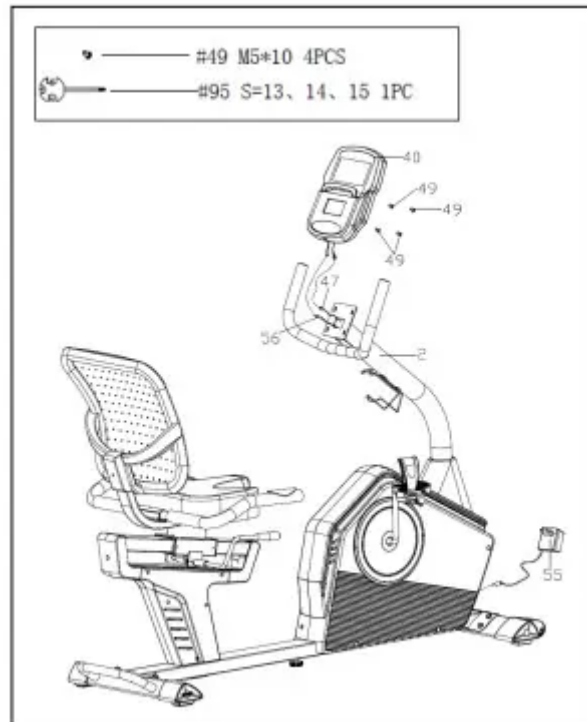
STEP 5:

- Remove 4 Screws (No. 10), 4 Spring Washers (No. 12) and 4 Flat Washers (No. 11) from the Rail (No. 13) with Allen Wrench (No. 97). Then attach the Rail (No. 13) to the Main Frame (No. 1) with 4 Screws (No.10), 4 Spring Washers (No. 12) and 4 Flat Washers (No. 11) that were just removed using Allen Wrench (No. 97).
- Remove the 2 Screws (No. 51) from the Adjustable Handlebar (No. 8) using Allen Wrench (No. 96). Then attach the Adjustable Handlebar (No. 8) to the Axle (No. 52) with 2 Screws (No. 51) that were just removed using Allen Wrench (No. 96).
- Remove 2 Carriage Bolts (No. 9), 2 Flat Washers (No. 11) and 2 Cap Nuts (No. 14) from the Handlebar (No. 4) using Spanner (No. 95). Then attach the Handlebar (No. 4) to the Seat Tube (No. 3) with 2 Carriage Bolts (No. 9), 2 Flat Washers (No. 11) and 2 Cap Nuts (No. 14) that were just removed using Spanner (No. 95).
- Connect the Pulse Wire (No. 43) with the Extension Wire 1 (No. 44)



STEP 6:

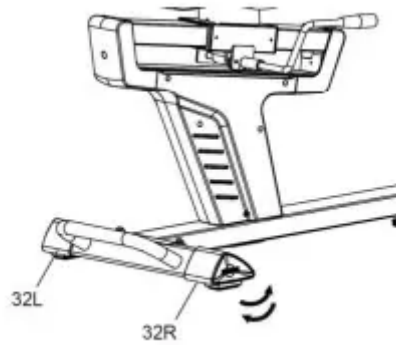
- Remove 2 Screws (No. 19) from the Main Frame (No. 1) using Spanner (No. 95). Then attach 2 Rail Covers (No. 17) to the Main Frame (No. 1) with 2 Screws (No. 19) that were just removed using Spanner (No. 95).
- Attach the Seat (No. 38) to the Seat Tube (No. 3) with 4 Screws (No. 20) and 4 Flat Washers (No. 11) using Allen Wrench (No. 97).
- Attach the Backrest (No. 39) to the Seat Tube (No. 3) with 4 Screws (No. 41) and 4 Flat Washers (No. 42). Tighten and secure with Allen Wrench (No. 96).
- Attach the Backrest Cover (No. 28) to the Seat Tube (No. 3) with the Screw (No. 21) using the Spanner (No. 95) to secure.



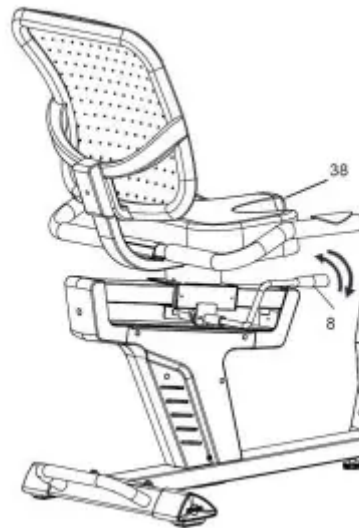
STEP 7:

- Remove 4 Screws (No. 49) from the Meter (No. 40) with Spanner (No. 95).
- Connect the Extension Wire 2 (No. 56) and Sensor Extension Wire (No. 47) to the corresponding wires of Meter (No. 40). Then attach the Meter (No. 40) to the bracket of Handlebar Post (No. 2) with 4 Screws (No. 49) that were just removed. Tighten and secure with the Spanner (No. 95).
- NOTE: Insert all wires to the tube of Handlebar Post (No. 2). Do not cut or pinch any wires when attaching the Meter (No. 40)
- The assembly is now complete! You can connect the Adaptor (No. 55) to the Main Frame (No. 1).

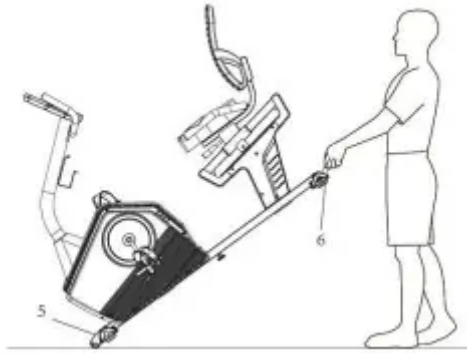
ADJUSTMENT GUIDE



- **ADJUSTING THE LEVEL:** If the bike is not level, turn the dials on the Rear End Caps (No. 32L/R) to adjust. Turn counterclockwise to raise and turn clockwise to lower.



- **ADJUSTING THE SEAT:** To move the Seat (No. 38) forward or backward, while seated on the bike, put your feet on the floor. Shift the Adjustment Handle (No. 8) down to loosen. Move the Seat (No. 38). Shift the Adjustment Handle (No. 8) up to secure.



- **MOVING THE BIKE:** There are wheels located on the Front Stabilizer (No. 5). Hold the handlebar on the Rear Stabilizer (No. 6) and pull forward to lift the rear of the recumbent bike off the floor. Now you can move the recumbent bike.

IMPORTANT RECUMBENT BIKE INFORMATION

WARNING: This recumbent bike requires a power source of 1 amp (100-240V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

OPERATING INSTRUCTIONS

- Plug the adaptor into the recumbent bike and into the outlet.
- The meter will turn on.
- The meter will turn off if there is no activity for 4 minutes. Press any key on the meter to turn it on again.
- **NOTE:** You can still use the recumbent bike when it is not plugged in.
- However, the meter will not be working and you cannot adjust the resistance level or use any of the functions.



EXERCISE METER

KEY FUNCTIONS:

KEY	FUNCTION
START/ STOP	Start and pause workouts Start body fat measurement
DOWN	Lower the resistance level during workout. Decrease value of selected parameter
UP	Increase the resistance level during workout. Increase value of selected parameter
ENTER	To input the value or mode
RECOVERY	Enter Recovery function when computer displays the heart rate value. Recovery displays F1-F6 F1 is poor recovery heart rate F6 is excellent recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero, except ODO.

WORKOUT SELECTION:

- After turning the meter on by plugging in the adaptor or if already plugged in, pressing any button on the meter, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.
- There are 7 basic workout modes: Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS: SPEED:

- Displays current training speed. Maximum speed is 99.9 MPH.

- RPM: Displays current rotation per minute.
- TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.
- DIST: Accumulates the workout distance from 0.00 to 999.9 miles. Users can preset the target distance they want to reach.
- ODO: Displays the total accumulated distance from 0 to 9999 miles.
- CAL: Accumulates the calories burned from 0 to 9999. Users can preset the target Calories they want to burn.
- WATT: Displays current watt.
- HEART RATE: Displays the current heart rate in beats per minute.
- TARGET HR.: Users can preset their Target Heart Rate.
- PROGRAM: There are 24 different programs to choose for training.
- LEVEL: The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

- Setting Workout Parameters After selecting the desired workout mode: Manual Programs, Pre-set Programs, Watt Control Program, Body Fat Programs, Target Heart Rate Programs, Heart Rate Control Programs, and User Program. You may pre-set several workout parameters for desired results.
- Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.
- Once a program has been selected, press ENTER and TIME will flash. Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~99:00	00:00	±1:00	<ol style="list-style-type: none"> 1. When display is set as 0:00, Time will count up. 2. When time is set as 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	<ol style="list-style-type: none"> 1. When display is set as 0.0, Distance will count up. 2. When Distance is set as 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	<ol style="list-style-type: none"> 1. When display is set as 0, Calories will count up. 2. When Calories is set as 5~9995, it will count down to 0.
Watt	50~250	100	±5	User can set watt value only in the Watt Control Program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile



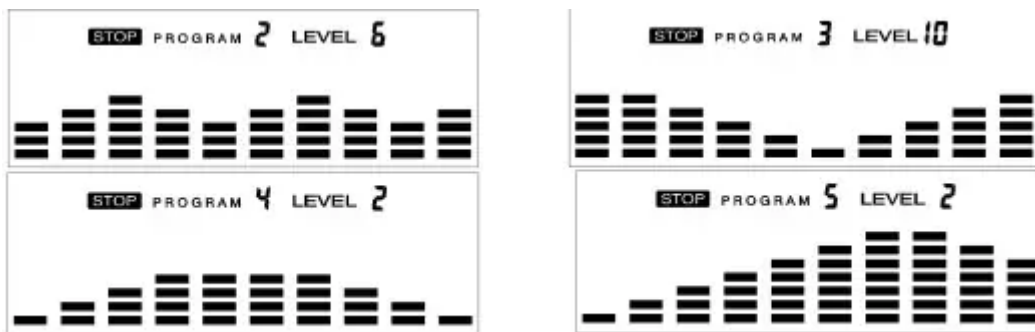
SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select Manual Program (P1) using the UP or DOWN button, then press ENTER.

2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted. Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters and press the START/STOP button to begin the workout. Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-set programs (P2~P13)

Program profile



There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

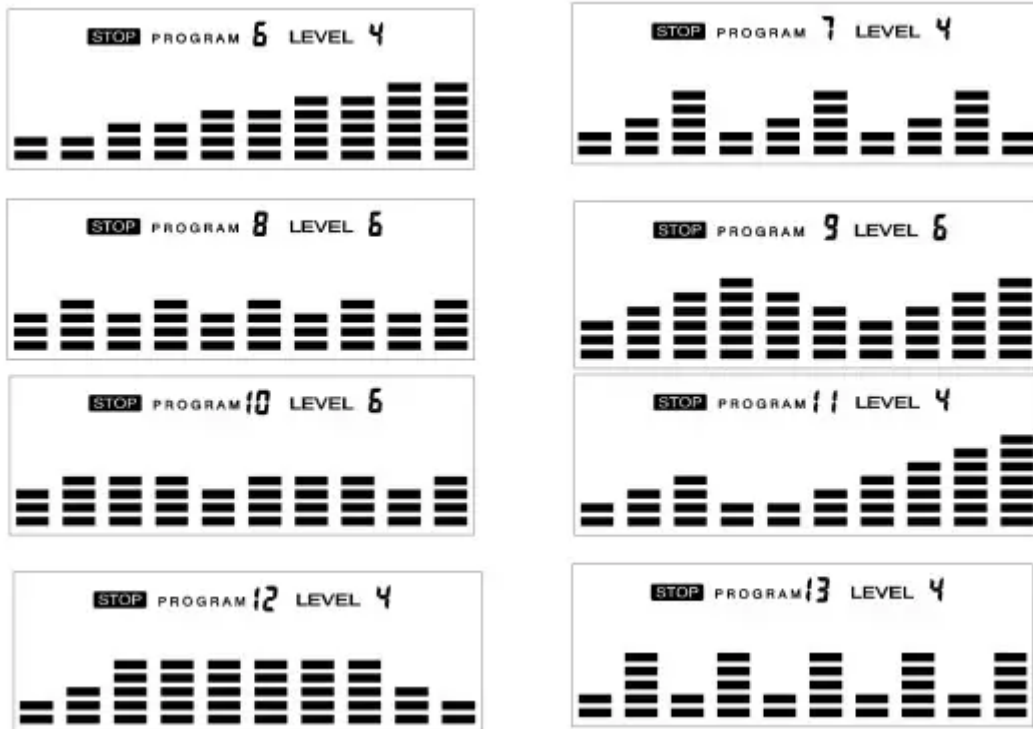
SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the Pre-set Programs using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

Workout in any pre-set program You can adjust the level of resistance by pressing the UP or DOWN button during the workout. Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.

Watt Control Program (P14)

Program profile



SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select Watt Control Program (P14) using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.
Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout. Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically.
5. Press the START button to continue the workout to reach the unfinished workout parameter. The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.

BODY FAT Program (P15)

Program profile



SETTING DATA FOR BODY FAT

- Select BODY FAT Program (P15) using the UP or DOWN button, then press ENTER. “MALE” will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data. “5’8 (inches)” of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.
- “154 (lbs)” of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.
- “30” of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.
- Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

Body Types: There are 9 body types divided according to the FAT % calculated



- BMR: Basal Metabolism Ratio
- BMI: Body Mass Index
- Press START/STOP button to return the main display.

TARGET HEART RATE Program (P16)

Program profile

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select TARGET HR (P16) using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted. Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing START/STOP button to start workout. Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.

HEART RATE CONTROL Program (P17-P20)

SETTING PARAMETERS FOR USER PROGRAM

1. Select the User Program using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted. Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters. 5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout. Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1	<p>The motor doesn't work.</p> <p>There is something wrong with the cables</p> <p>The meter cannot supply normal voltage to the motor.</p>	<p>Check if the motor wires are plugged in or check if the motor is stuck.</p> <p>Check if the cables are damaged. This can cause a short circuit</p> <p>Test whether the voltage of the motor is normal when pressing "up" and "down"</p>	<p>Plug in the cable again or change the motor</p> <p>Change the cables or plug in again.</p> <p>Change the meter</p>
E2	The IC (Integrated Circuits) inside the computer is damaged		Change the meter.
E4	Body Fat Function cannot receive the signal for pulse.	<p>Check if the handle pulse wires are well connected.</p> <p>Check if the pulse is working when not in Body Fat program.</p>	<p>Plug in the handle pulse wires again or change the handle pulse wires.</p> <p>Change the meter</p>

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet (120 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (135 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.

12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.