

BATTERY INSTALLATION & REPLACEMENT

Battery

Battery Cover

BATTERY INSTALLATION

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the back of the Computer (No. 12). then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the Computer (No. 12). Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No. 12).

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the Computer (No. 12). then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the Computer (No. 12). Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No. 12).

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

EXERCISE COMPUTER

SPECIFICATIONS:

KEY FUNCTIONS:

MODE: Press to select function. (Time. Speed. Distance. Calories).

Press and hold the MODE button for 3 seconds to reset Time. Distance and Calories.

OPERATION PROCEDURES:

AUTO ON/OFF: When wheels are set in motion or MODE button is pressed. the computer will turn on. After approximately 4 minutes of inactivity. the power (computer) will turn off automatically.

RESET: The computer can be reset by pressing and holding MODE button for 3 seconds. Remove the batteries will also reset the computer and return all function settings back to zero.

MODE: To select the LOCK MODE setting. press MODE button until the pointer begins to flash at the function you wish to select. Once locked. only the selected function will be displayed.

FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

SPEED: Displays the current speed being obtained.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the amount of total calories burned during an exercise from start to finish.

SCAN: Automatically displays functions in the following order shown: Time. Speed. Distance.

Calories (repeat).

BATTERY: This computer uses two AA batteries. If the display appears improper or becomes difficult to read. please try installing new batteries before attempting to contact. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose the batteries according to your state and regional guidelines.

ADJUSTMENTS GUIDE

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride. you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced. you should adjust the foot pads located beneath the front and rear stabilizers. To do so. simply rotate the Foot Pad (No. 13) until the bike becomes levelled with the floor surface. To raise the foot pad. turn it counter-clockwise; to lower the foot pad. turn it clockwise. When you have finished adjusting the foot pad. re-tighten the Hexagon Nut (No. 82) by turning it counter-clockwise using Crosshead Spanner (No. 85). If required. repeat this process to adjust the remaining foot pads.

ADJUSTING THE SEAT

The seat of this bike is fully adjustable as it moves Up. Down. Fore (forward). Aft (backward).

To adjust the height of the seat post. loosen and pull Adjustment Knob (No. 10) outward. then raise or lower the seat to the desired height. Once adjusted. re-insert and tighten the Adjustment Knob (No. 10) to secure the seat in place.

To adjust the seat back and forth. loosen and pull Adjustment Knob (No. 30) outward. then slide the seat slider to the desired position.

Once positioned, re-insert and tighten the Adjustment Knob (No. 30) to secure the seat slider in place.

ADJUSTING THE TENSION & EMERGENCY STOP

Adjust the tension by turning the Tension Control Knob (No. 32) clockwise to increase the resistance. Turn the Tension Control Knob (No. 32) counter-clockwise to decrease the resistance.

Push down the Tension Control Knob (No. 32) to enforce brake, and stop the bike immediately.

TRANSPORTING THE BIKE

To move the bike, first stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold both side of the handlebar, place one foot on the Front Stabilizer (No. 3) and tilt the bike toward you until the transportation wheels on the Front Stabilizer (No. 3) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always move with caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

DAILY MAINTENANCE

After each exercise session, wipe all over the equipment: seat, frame, and handlebars. Pay special attention to the seat post, handlebar post, and belt/chain guard. Sweat is very corrosive and may cause problems that require parts

3. Use a wrench to tighten the pedals until they are secure.

MONTHLY MAINTENANCE

1. Check if all hardware is secure, such as: water

2. Inspect the brake tension rod for signs of wear

3. Clean and lubricate the seat post, handlebar

WEEKLY MAINTENANCE

1. Inspect moving parts and tighten the hardware.

2. Inspect pull pin frame fittings to make sure the fittings are secure. Loose frame fittings may strip out threads over time and cause extensive damage.

3. Clean and lubricate pop pin assemblies. Pull

4. Tighten the seat hardware to make sure the seat is level and centered.
5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.
6. Visually inspect the bottom bracket, toe clips

LEATHER BRAKE PAD CARE (If Applicable)

1. Perform this maintenance when the brake pad is
2. Some brake pad assemblies are pre-lubricated.

Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.

3. If the brake pad is dry, then coat the brake pad
4. Inspect the brake pad weekly and lubricate if

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Warning

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