

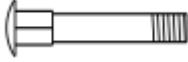









User manual Exercise Bike



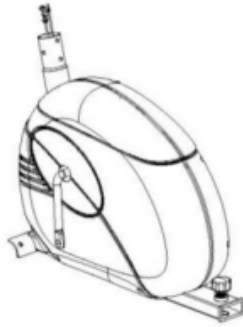
HARDWARE PACK



Part#	Description	Identifier
#8	M8 x 5/8" Allen Bolt (Qty 12)	
#9	Ø 7/8" Curved Washer (Qty 8)	
#13	M8 x 2 1/2" Carriage Bolt (Qty 4)	
#19	Acorn Nut (Qty 4)	
#20	M10 Leverage Knob (Qty 1)	
#27	Ø 5/8" Washer (Qty 12)	
#31	M8 x 2 3/4" Hex Bolt (Qty 4)	
#33	M8 Aircraft Nut (Qty 4)	
Tools:		

	Allen Wrench (Qty 1) Crossing Wrench (Qty 2)	
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PRE-ASSEMBLY CHECK LIST



No1



No2



No25



No26



No14



No30



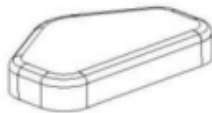
No4



No17L/R



No28



No32



No22

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Computer	1
25	Seat support tube	1
26	Sliding frame	1
14	Front Stabilizer w/Transportation Wheel	1
30	Rear Stabilizer w/Leveling End Cap	1
4	Front post	1
17	Pedal	2
28	Back Cushion	1
32	Seat Cushion	1
22	Handlebar	1

ASSEMBLY INSTRUCTION

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram1)

A.) Before starting assembly, pull out the Quick Release Knob (#24), **remove and dispose the Protection Insert.**

B.) **Do not tighten Nuts and Bolts until instructed to do so.**

C.) Insert the Sliding Frame (#26) into the Main Frame (#1). Thread the Quick Release Knob (#24) through selected hole on Main Frame into Sliding Frame to lock the Frame in position. Thread a M10 Leverage Knob (#20) into the Sliding Frame from bottom.

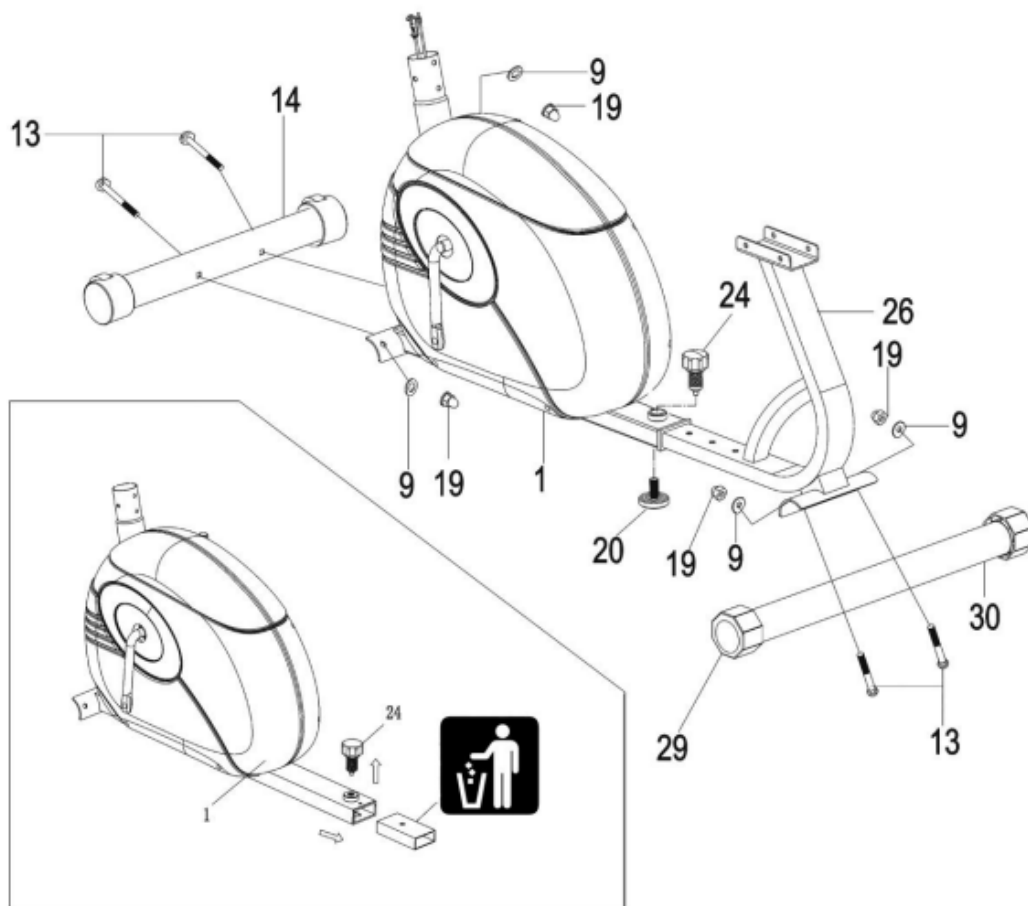
D.) Attach the Front Stabilizer (#14) to the Main Frame (#1). Secure it with two M8 x 2 1/2" Carriage Bolts (#13), two 7/8" Curved Washers (#9), and two M8 Acorn Nuts (#19).

E.) Attach the Sliding Frame to the Rear Stabilizer (#30). Secure it with two M8 x 2 1/2" Carriage Bolts (#13), two 7/8" Curved Washers (#9), and two M8 Acorn Nuts (#19).

F.) **NOTE: Ensure to follow Carriage Bolts (#13) insert direction shown in Diagram-1. Securely tighten all Nuts and Bolts.**

G.) Rotate the two Rear Stabilizer End Caps (#29), and attach the M10 Leverage Knob on floor completely to stabilize the Bike before exercising.

DIAGRAM 1



STEP 2 (See Diagram 2)

A.) **Note: In order to hold the Front Post (#4) while connecting the cables and wires, extra help may be needed.**

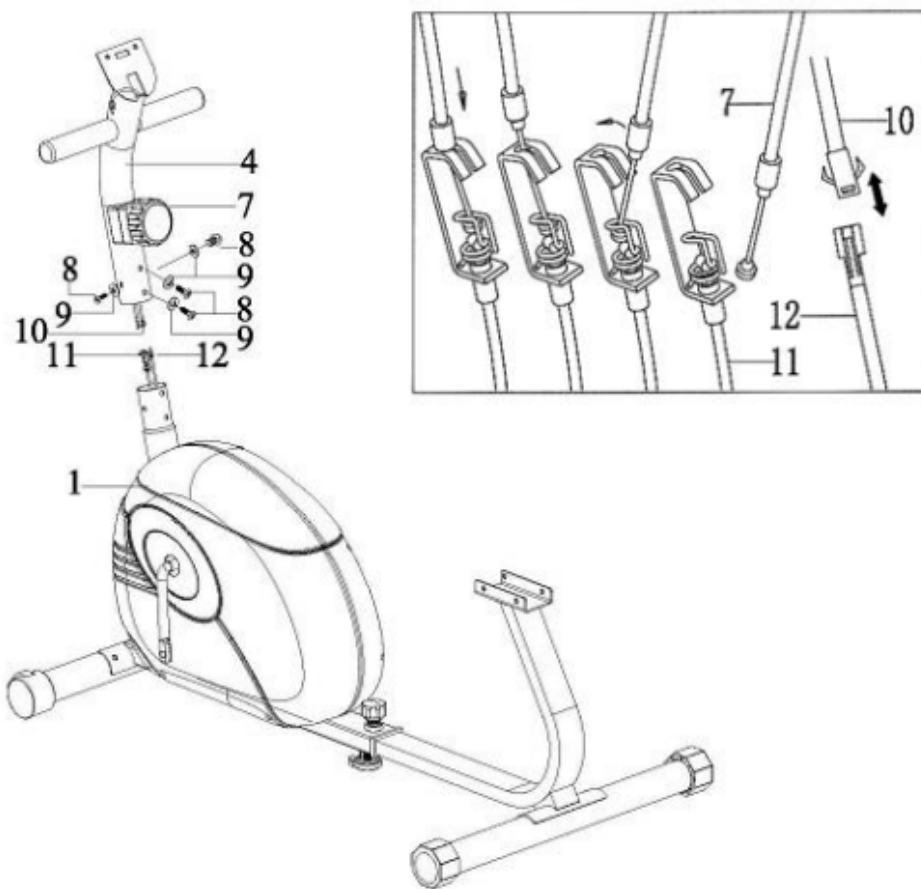
B.) Attach the Front Post (#4) to the Main Frame (#1). Connect the Upper Computer Wire (#10) from the bottom of Front Post to the Lower Computer Wire (#12) from the main Fame.

C.) Pull the tension connector from the Upper Tension Cable (#7) and slide in between the opening on the connector holder on the Lower Tension Cable (#11). Pull the Upper Tension Cable upward and slide the wire through the slot on the bracket.

D.) Drop down the Upper Tension Cable so the fitting sits firmly on top of the bracket.

E.) Secure the Front Post to the Main Frame with four M8 x 5/8" Allen Bolts (#8) and three Ø 7/8" Curved Washers (#9).

DIAGRAM 2



STEP 3 (See Diagram 3)

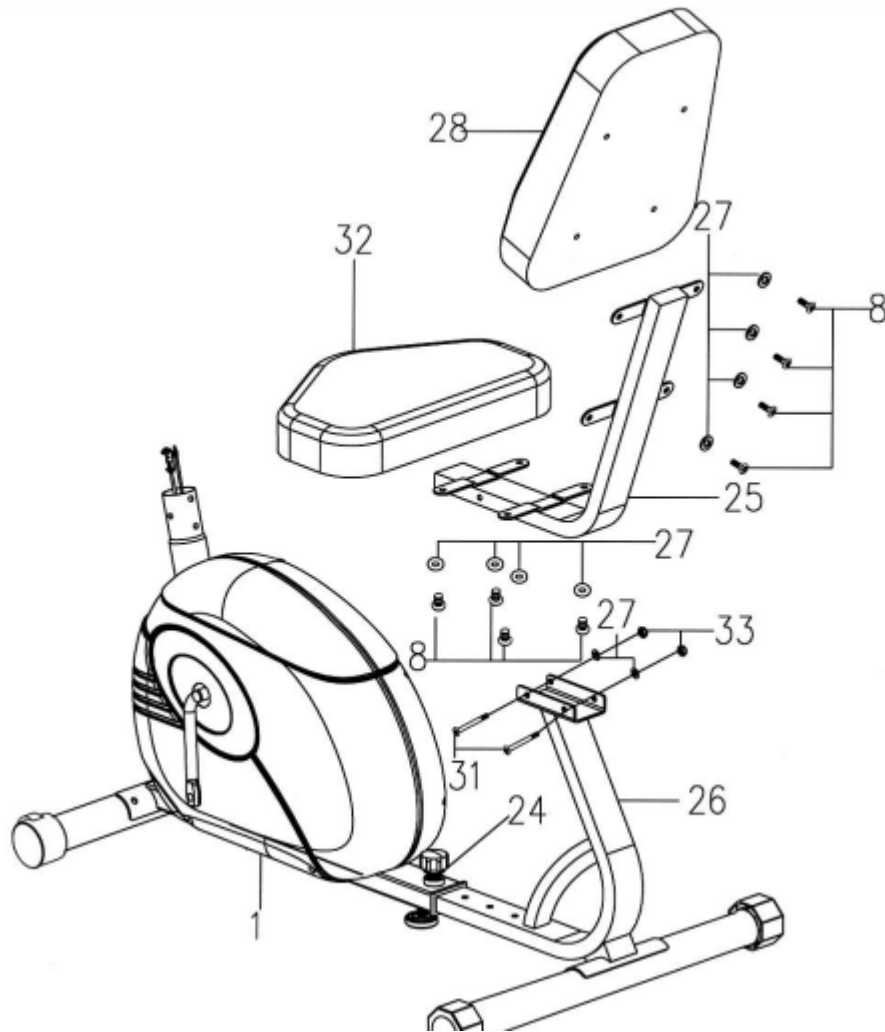
A.) Attach the Seat Support (#25) to bracket on the Sliding Frame (#26). Secure it with two M8 x 2 3/4" Hex Bolts (#31), two Ø 5/8" Washers (#27), and two M8 Aircraft Nuts (#33).

B.) Attach the Backrest Board (#28) to the Seat Support. Secure it with four M8 x 5/8" Allen Bolts (#8) and four Ø 5/8" Washers (#27).

C.) Attach the Seat Pad (#32) to the Seat Support. Secure it with four M8 x 5/8" Allen Bolts (#8) and four Ø 5/8" Washers (#27).

D.) Pull up the Quick Release Knob (#24), slide the Sliding Frame to desired position, and release the Knob to lock the Seat in position.

DIAGRAM 3



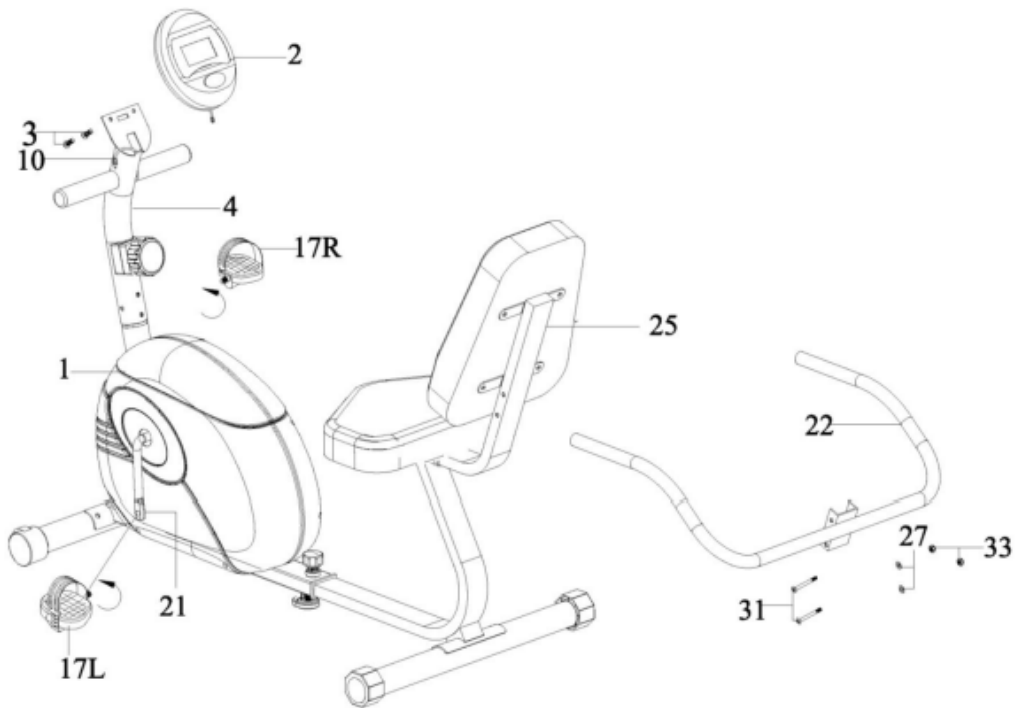
STEP 4 (See Diagram 4)

A.) Attach the Handle (#22) to the Seat Support (#25). Secure it with two M8 x 2 3/4" Hex Bolts (#31), two Ø 5/8 Washers (#27), and two M8 Aircraft Nuts (#33).

B.) Connect Upper Computer Wire (#10) to the wire on the Computer.

Remove the two M5 x 3/8" Philips Screws (#3) from Computer. Slide the Computer onto the bracket on Front Post. Secure it with the two Screws. C.) Thread the left Pedal (#17L) Counterclockwise into the left Crank (#21). Thread the right Pedal (#17R) Clockwise into the Crank on the other side.

DIAGRAM 4



COMPUTER



AUTO START / STOP

When exercise starts, the monitor will automatically turn on and display the progress. When exercise stops, the monitor will automatically turn off after 8 minutes to save energy.

Press "MODE" key, will automatically scan Time, Speed, Distance, Calories, and ODO for every 4 seconds.

DISPLAY:

Time - Display the elapsed time. Max value is up to 99:59

Speed - Display the current speed in miles per hour.

Distance - Display the distance traveled in Miles. Max value is 99.99 miles.

Calories - Display the calorie consumption in cal.

Odometer - Display the accumulation of distance from previous and current exercises. Max value is 9999 miles.

REPLACE BATTERY:

- 1.Remove the battery cover on the back of the computer.
- 2.Replace two 1.5V (AA) batteries.
- 3.Make sure the batteries are installed correctly and the polarities are correct.
- 4.If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
- 5.The battery life is approx. 3 months under normal usage.
- 6.**When the batteries are removed, all the functional values will reset to zero.**

Note:

Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9 M/H
	TRIP DISTANCE	0.00~99.99 M
	CALORIES	0~9999kCAL
BATTERY TYPE		2pcs of SIZE –AA or UM –3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

Maintenance and Storage

- 1.Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.

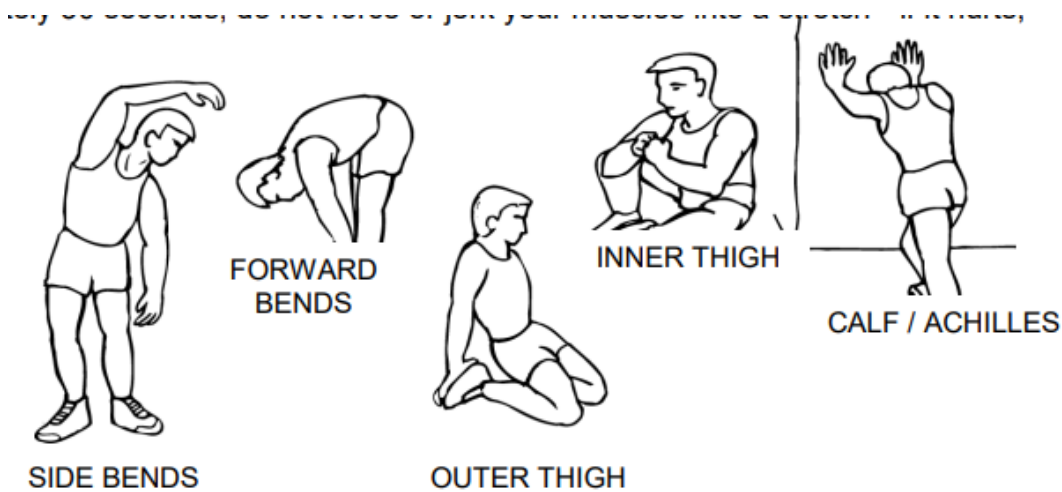
2. The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the machine IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The machine shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the machine.
5. To avoid possible injury, the help of two or more people are needed when moving the machine around.

EXERCISE INSTRUCTIONS

Using your **MAGNETIC RECUMBENT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

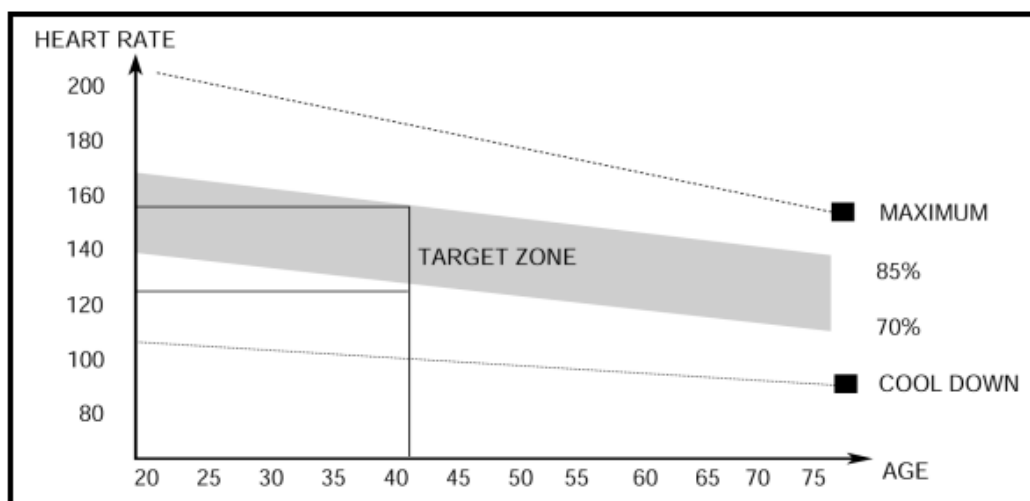
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC RECUMBENT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Warning

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