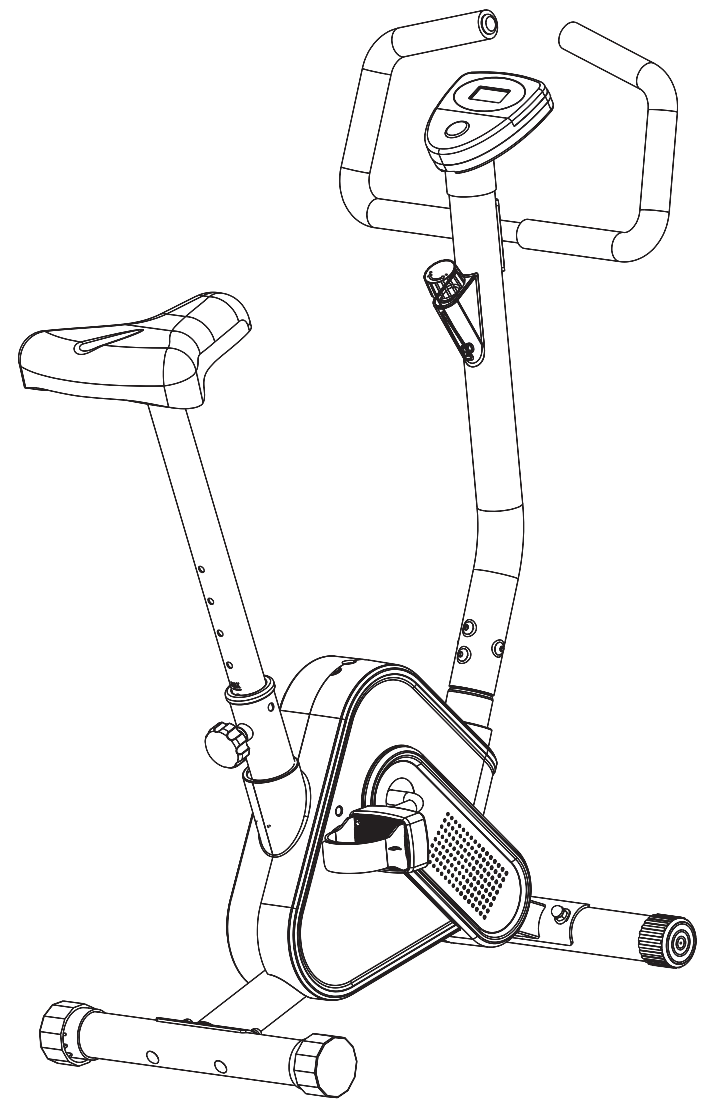


# USER MANUAL

## Exercise bike

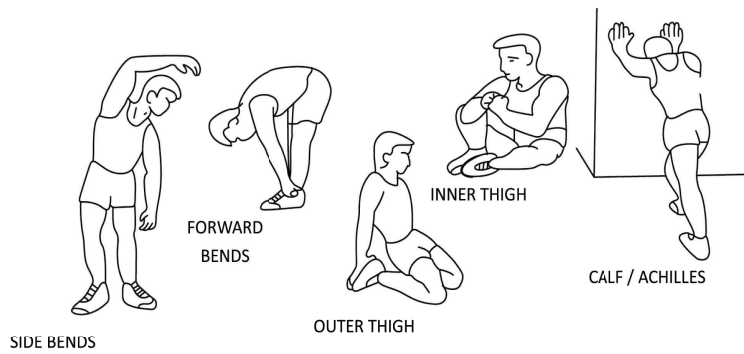


## **MUSCLE TONING**

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your 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.

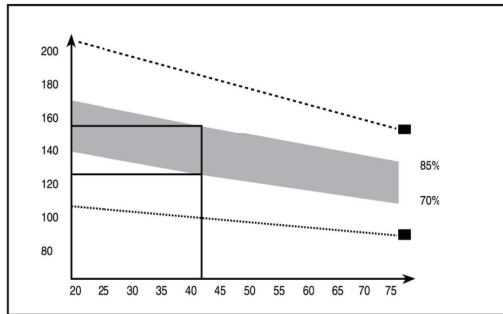
## **USE**

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal; a low resistance makes it easier. For the best results set the tension while the bike is in use.



## 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 own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat 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 15-20minutes

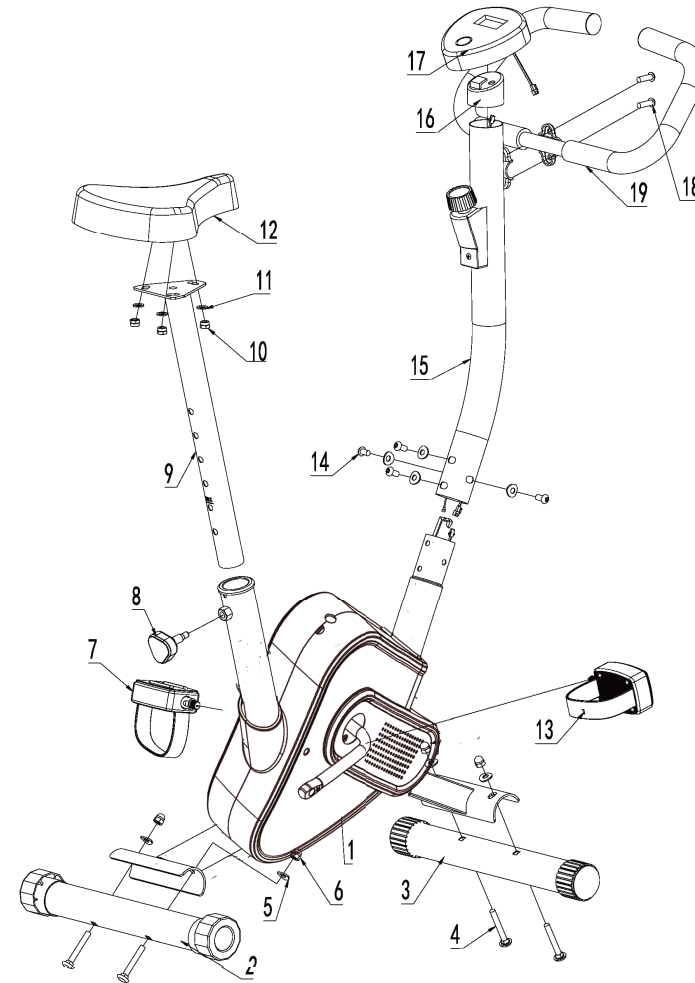
## 3. The Relax Phase

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 not 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.

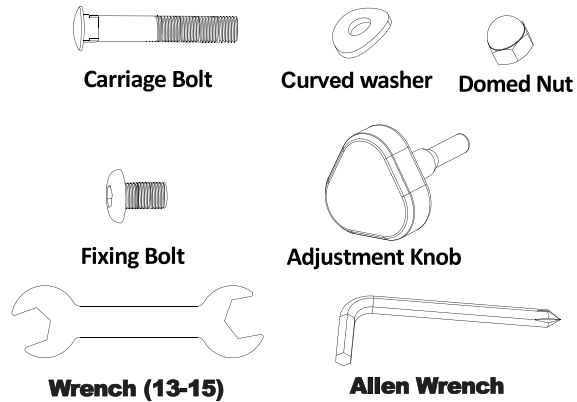
## 4. Fault Find

If you do not receive numbers appearing on your computer, please ensure all connections are correct.

## EXPLODED-VIEW ASSEMBLY DRAWING



## Spare Parts Picture



## Spare Part list

Spare Part List					
NO.	Description	QTY	NO.	Description	QTY
1	Main Frame	1	11	Flat washer	3
2	Rear Stabilizer	1	12	Seat	1
3	Front Stabilizer	1	13	Pedal(R)	1
4	Carriage Bolt	4	14	Fixing Bolt	4
5	Curved washer	8	15	Front Post	1
6	Domed Nut	4	16	Computer Hold	1
7	Pedal(L)	1	17	Computer	1
8	Adjustment Knob	1	18	Fixing Bolt	2
9	Seat post	1	19	Handlebar	1
10	M8 Nylock nut	3			

9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.

10 The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum user weight 100kg. Breaking is speed independent.

11 The equipment is not suitable for therapeutic use

12 Must be Careful for taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

## Manual

TIME(TMR).....00:00-99:59 MIN

SPEED(SPD).....0.0-99.9KM/H

DISTANCE ( DST ) .....0.00-999.9KM

CALORIES ( CAL ) .....0-9999KCAL

## EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE 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.

## **Important Safety Information**

Please keep this manual in a safe place for reference.

1 It is important to read this entire manual before assembling and using the equipment. Safe and efficient 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.

2 Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. 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, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. The equipment is designed for adult use only.

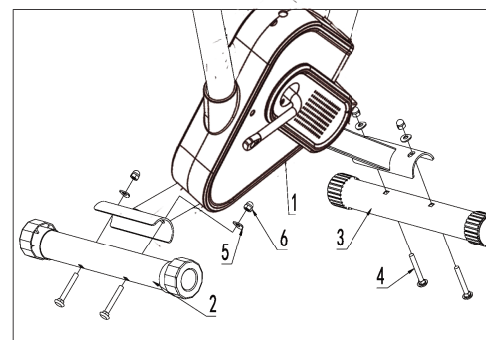
5 Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.

6 Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc. It's easy to be ware away.

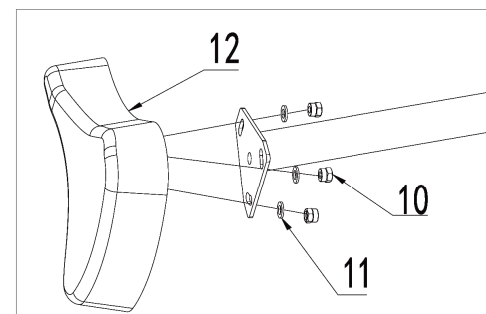
7 The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

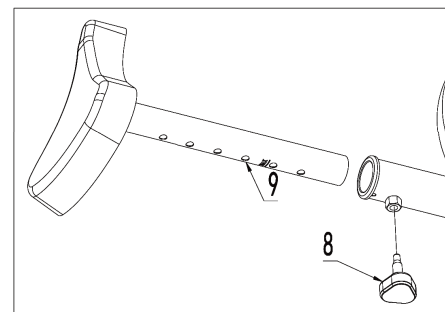
## **ASSEMBLY INSTRUCTIONS**



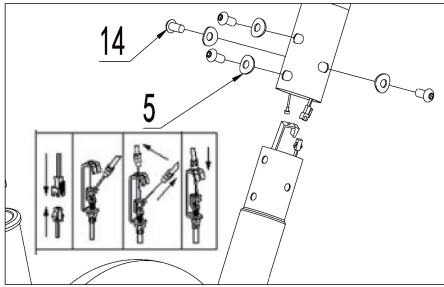
1. Attach the Front Stabilizers (pt. 2) to the Main Frame (pt. 1) using 2 sets of M8 Domed Nuts (pt. 6), Ø8 Curved Washers (pt.5) and M8x60mm Carriage Bolts (pt. 4). Slide the Rear Stabilizer (pt.3) into the Main Frame (pt. 1), making sure the open side of the bracket is facing up, as shown, then fix with 4pcs Ø8 Washer (pt. 5), 2pcs M8x60mm Carriage Bolts (pt. 4).and 2 sets of M8 Domed Nuts (pt. 6).



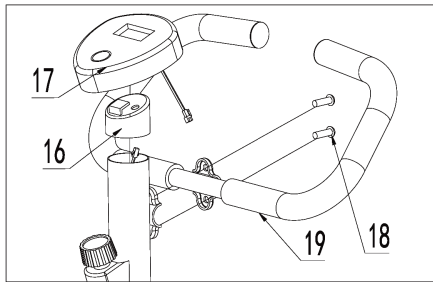
2. Fix the Seat (pt. 12) to the Seat post by using the three sets of Washers (pt. 11) and three Nylock Nuts (pt. 10) located under the seat.



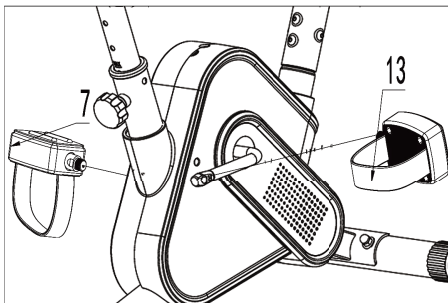
3. Insert the Seat Post (pt. 9) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt. 8).



4. Take the Front Post and join the Upper Computer Wire with Lower Computer Wire .Then connect the Tension Cable to the Tension Hook.  
Slide the Front Post into the front post housing, then fix with 4 sets of M8 X 15mm fixing Bolts (pt. 14) and Ø8 Curved Washers (pt. 5).



5. Plug the upper computer Sensor Wire to the back of Computer (pt. 17), and then slide the Computer (pt. 15) onto the Computer Holder (pt.16).  
Fix Handlebar(pt.19) on the Front post by fixing Bolt (pt.18) .



6. Fix the pedal(L)( pt.7) on the main frame by crunch(13-15 ) in counterclockwise, Fix the pedal(R) ( pt.13) on the main frame by crunch in clockwise.

## Monitor



**SCAN:** Automatic display of the following functions in the order shown:  
TIME-SPEED-DISTANCE-PULSE-CALORIES (repeat)

**DST:** The distance of each workout will be displayed by pressing MODE key until brand DST appear.

**SPD:** Current speed will be shown by pressing MODE key until brand DST appear.

**TMR:** The time of exercise will be displayed by pressing MODE .Key until brand TMR appear. .

**CAL:** The calories burned will be displayed by pressing mode key until brand cal appear. .