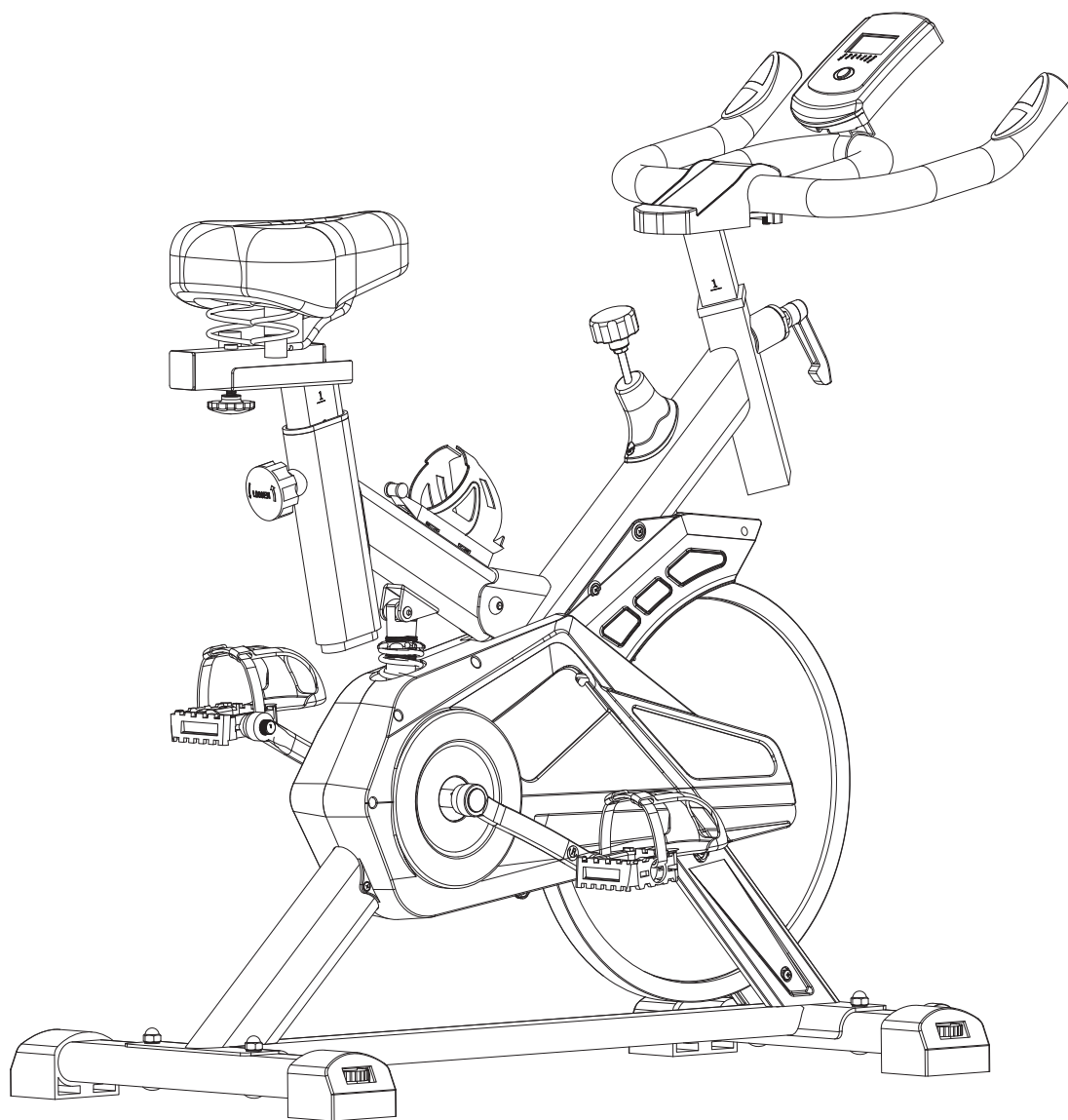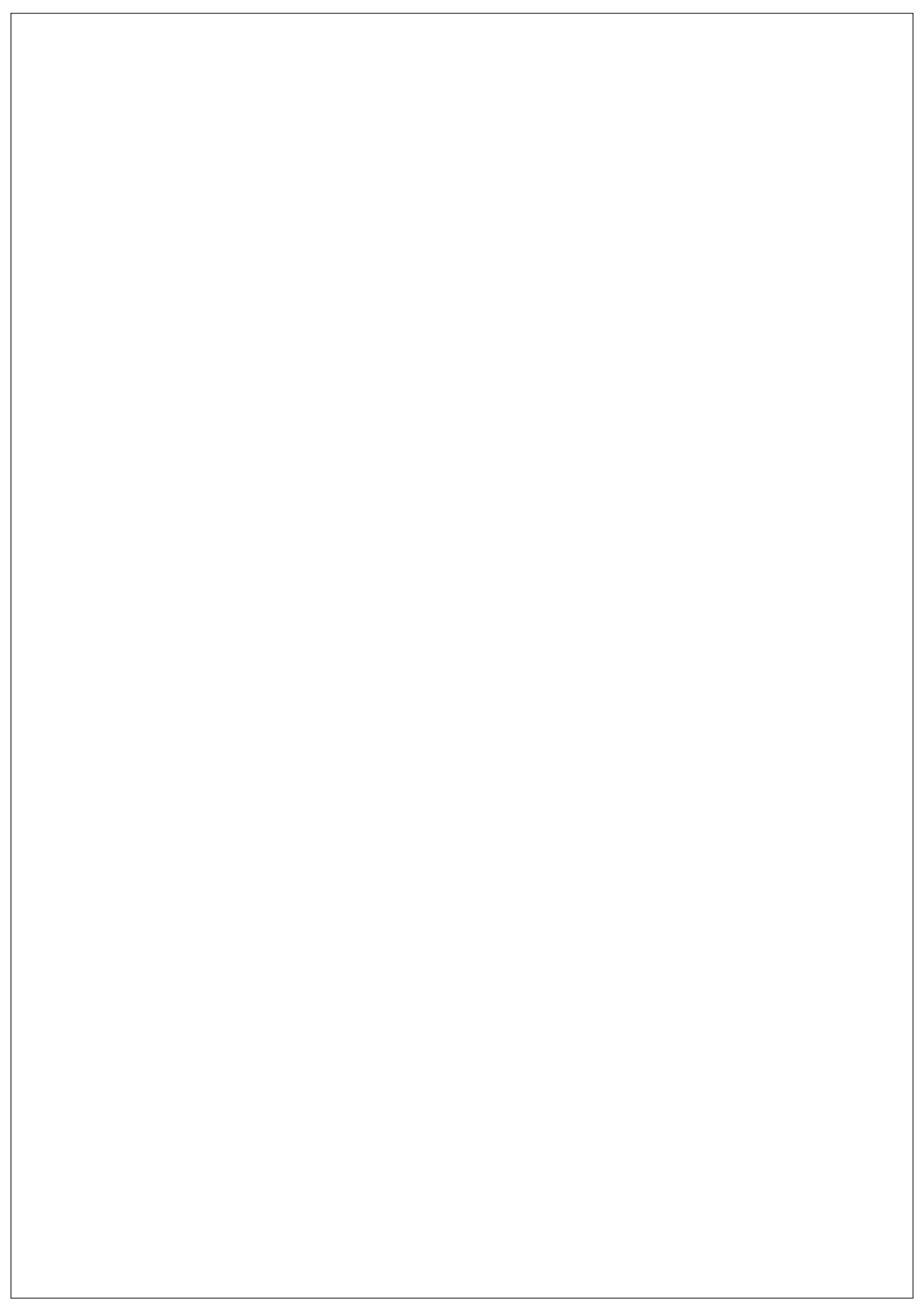# EXERCISE BIKE

USER MANUAL

Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner'manual for future reference

TABLE OF CONTENTS

1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING - Read** all instructions before using this machine.
It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

a. 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.
   Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

b. Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

c. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. 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 0.5 meters of free space all around it.

f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

h. This equipment is designed for indoor and family use only.

i. Care must be taken when lifting or moving the equipment so as not to injure your back.

j. Always keep this instruction manual and assembly tools at hand for quick reference.

k. The equipment is not suitable for therapeutic use.

l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

2. EXPLODED DIAGRAM
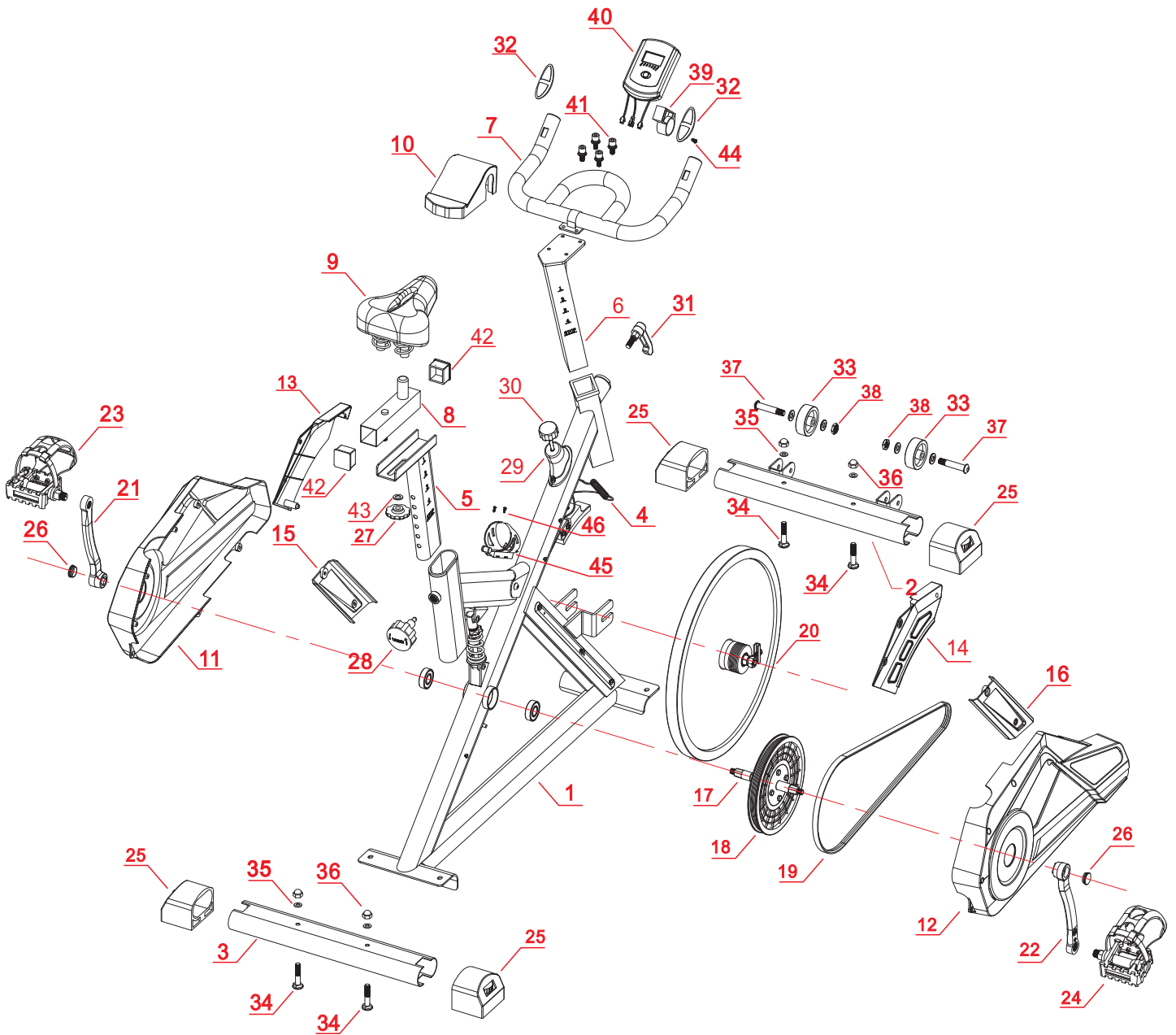
3. PARTS LIST

| NO.	PARTS	QTY	NO.	PARTS	QTY
1	MAIN FRAME	1	24	RIGHT PEDAL	1
2	FRONT STABILIZER	1	25	40-80 OVAL PLUG	4
3	REAR STABILIZER	1	26	CRANK PLUG	2
4	SENSING LINE	1	27	KNOB	1
5	SEAT POST	1	28	KNOB	1
6	SEAT PLUG	1	29	BRAKE COVER	1
7	HANDLEBAR	1	30	BRAKE PAD	1
8	SEAT SLIDER	1	31	7-PULL PIN	1
9	SEAT CUSHION	1	32	PULSE SENSOR	2
10	PHONE CASE	1	33	MOVING WHEEL	2
11	LEFT CHAIN COVER	1	34	M8-53 SCREW	4
12	RIGTH CHAIN COVER	1	35	D8 GASKET	8
13	LEFT WHEEL COVER	1	36	M8 SCREW	4
14	RIGHT WHEEL COVER	1	37	M8-45 HALF THREAD SCREW	2
15	LEFT COVER	1	38	M8 LOCK NUT	2
16	RIGHT COVER	1	39	MONITOR POST	1
17	AXIS	1	40	MONITOR	1
18	BELT FRAME	1	41	M8 SCREW	4
19	BELT	1	42	38-38 QUADRATE SLEEVE	2
20	FLYWHEEL	1	43	D10 SCREW	1
21	LEFT CRANK	1	44	M4-20	1
22	RIGHT CRANK	1	45	DRINKING BOTTLE HOLDER	1
23	LEFT PEDAL	1	46	M4-16	2

4. ASSEMBLY INSTRUCTIONS

◉ **STEP 1:**

AS THE PICTURE SHOW, INSERT THE 4 CARRIGE SCREW(34) TO FRONT AND

REAR STABILIZER, TOGETHER WITH THE FRAM (2/3). PUT THE GASKET IN IT

(35), AND FIX IT WITH NUT BOLT (36).

SELECT TOOL
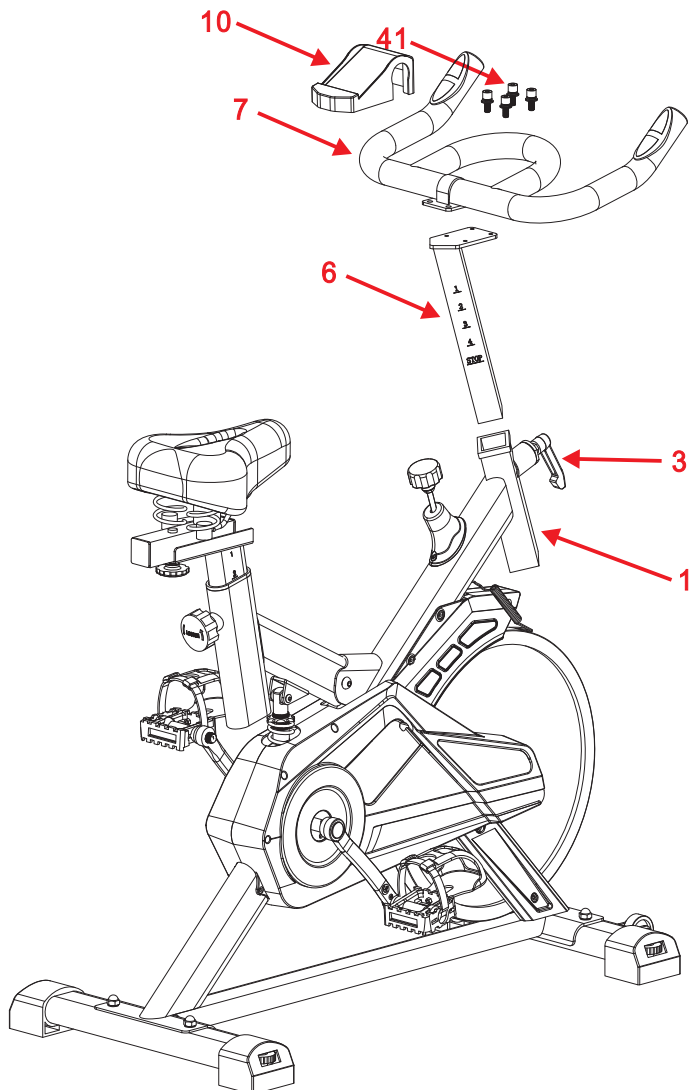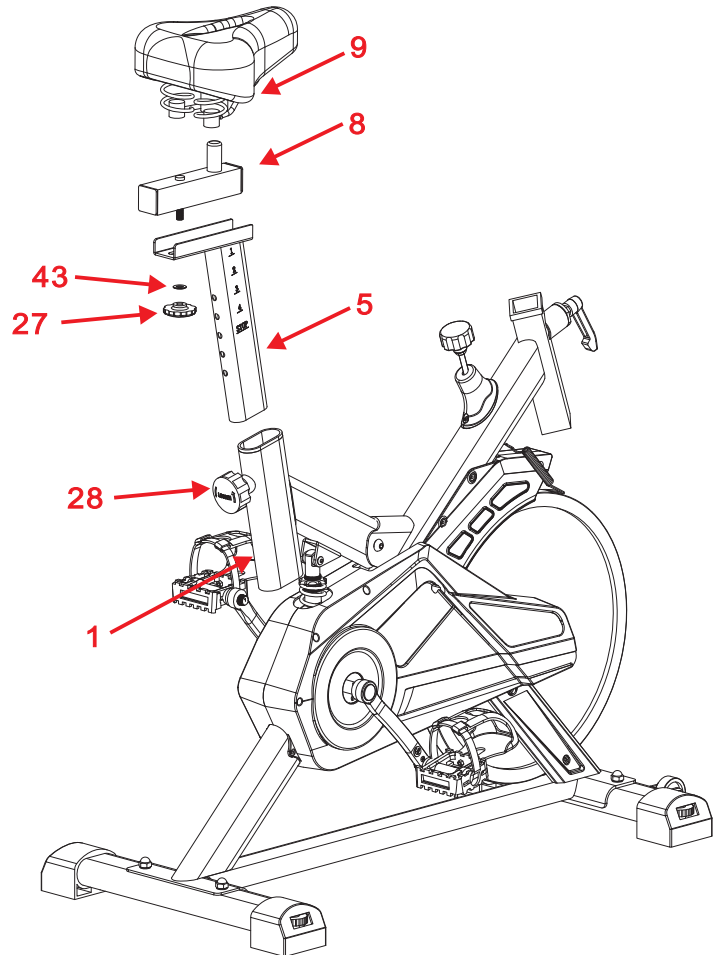
36
35
2
1
34

36
35
3
1
34
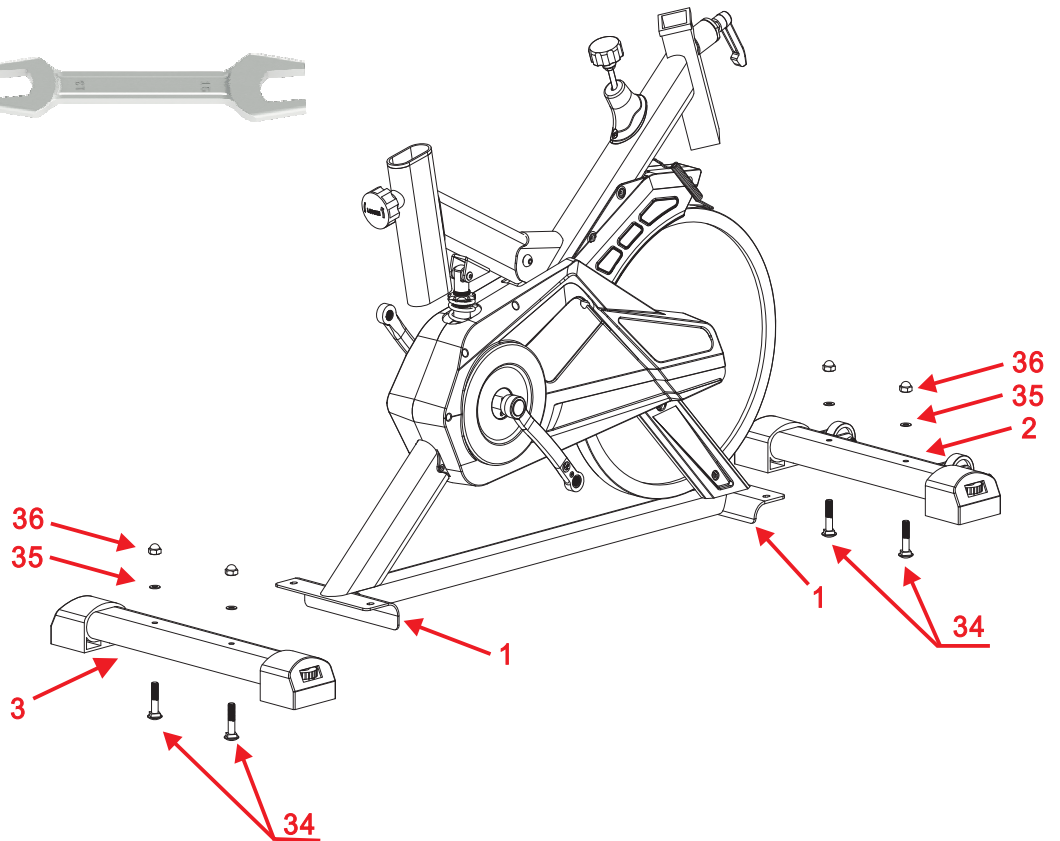
◉ **STEP 2:**

SCREW THE RIGHT AND LEFT PEDAL (23/24)

TO THE LEFT AND RIGHTCRANK (21/22).SCREW

4-5 CIRCLES BY HAND, THEN FASTEN IT WITH

THE WRENCH.

SELECT TOOL

23
21
22
24
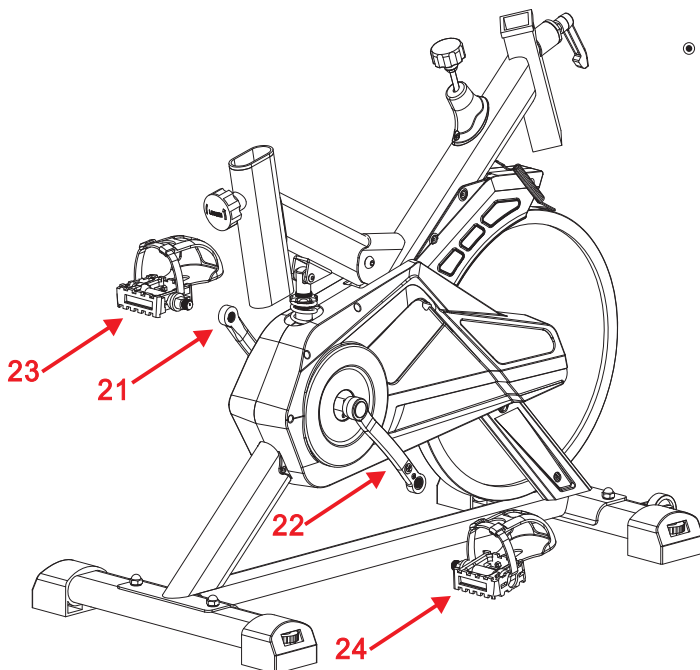
STEP 3:

PUT THE SEAT POST (5) INTO THE MAIN FRAME (1), FIX IT WITH THE PLUM

KNOB (43/27). ADJUST IT BY GASKET AND PLUM SCREW. THEN FIX THE

SEAT (9) TO THE SEAT SLIDER (8).

SELECT TOOL

9

8

43

27

5

28

1

10

41

7

6

31

1

STEP 4:

FIX THE HANDLEBAR TO THE FRONT POST(41)

WITH SCREWS(6). THEN INSERT IT TO THE

MAIN FRAME(1). THEN USE THE 7- PULL PIN

(31) TO FIX IT WITH THE MAIN FRAME. PUT

THE PHONE CASE (10)ON IT PRESS IT DOWN

TO THE HANDLEBAR.

SELECT TOOL

STEP 5:

FIX THE PLASTIC MONITOR POST (39) TO THE HANDLEBAR (7) WITH SCREWS

(44). PUT THE MONITOR (40) TO THE POST (39), THEN JOINT THE SENSOR WIRE.

THEN JOINT THE SENSOR WIRE (4). THE INTERFACES ARE MATCHING.FINALLY,

PLEASE NOTE BEFORE DOING EXERCISE, FIX THE DRINKING BOTTLE HOLDER

(45) WITH (46) ON THE FRAME(1).PLEASE MAKE SURE PRODUCT IS GOOD.

SELECT TOOL
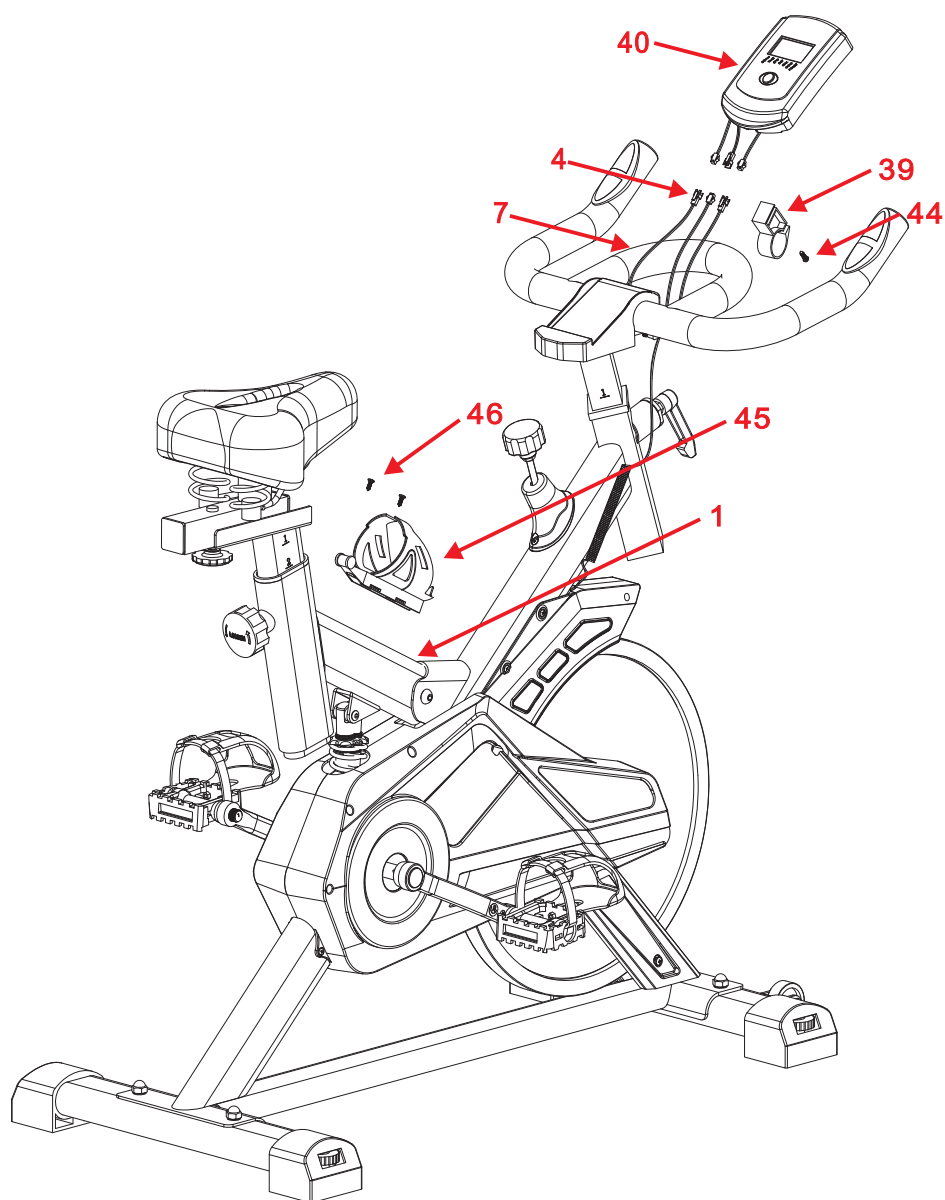
5. ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then releasethe knob and retighten it.

Horizontal Seat Adjustment

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.
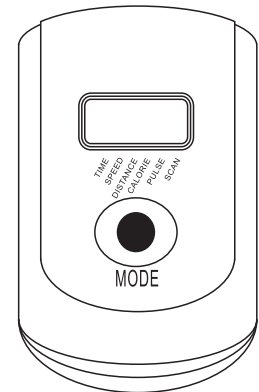
6. COMPUTER OPERATION

KEY GUIDE

MODE: Selects function to preset. Pressing this button will cycle through

 the below modes respectively:

TIME-SPEED-DISTANCE-CALORIE-PULSE-SCAN

Holding this button down for 4 second will reset all function values to zero

FUNCTION

SCAN: when the symbol 〞▶〞points to SCAN, The monitor will display the functions listed below. Each

 function will remain on the screen for 4 seconds. The following modes will automatically cycle

 throughrespectively:

TIME -DISTANCE-CALORIE-PULSE

TIME: when the symbol 〞▶〞points to TIME. The monitor will display total workout time on the bottom

of the screen.

SPEED: when the symbol 〞▶〞points to SPEED, The monitor will display the current speed on the top

area of the screen.

DISTANCE: when the symbol 〞◀〞points to DIST. The monitor will accumulate the total workout

distance on the bottom of the screen.

CALORIE: when the symbol " 〞◀〞points to CAL. The monitor will accumulate the caloric consumption,

 and display on the bottom area of the screen.

PULSE FUNCTION

Press MODE button to select the pulse function, the monitor will display your current heart rate in

beats perminute.

NOTE

1. If the machine is idle for over 4 minutes, the LCD will turn off automatically. All function values will be

   saved. Simply press any key or start using the machine, the LCD will automatically turn back on.

2. If the monitor fails to display properly, please re-install the batteries

3. BATTERY SPEC: 1.5V AA(2PCS)

7. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provideenough energy fordaily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It willpump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increasesyour body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.
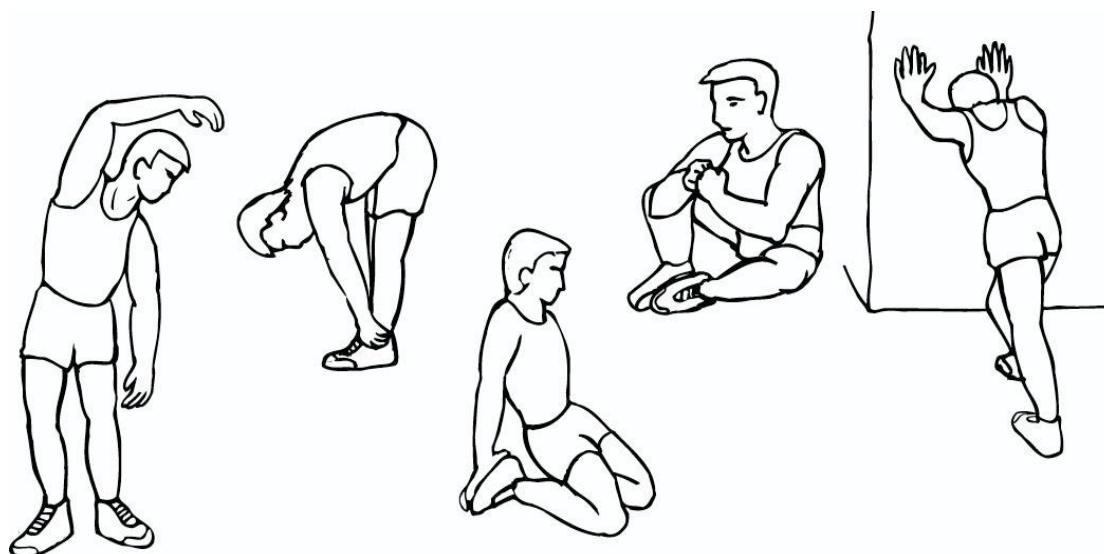
Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.Cool Down Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes ofstretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE
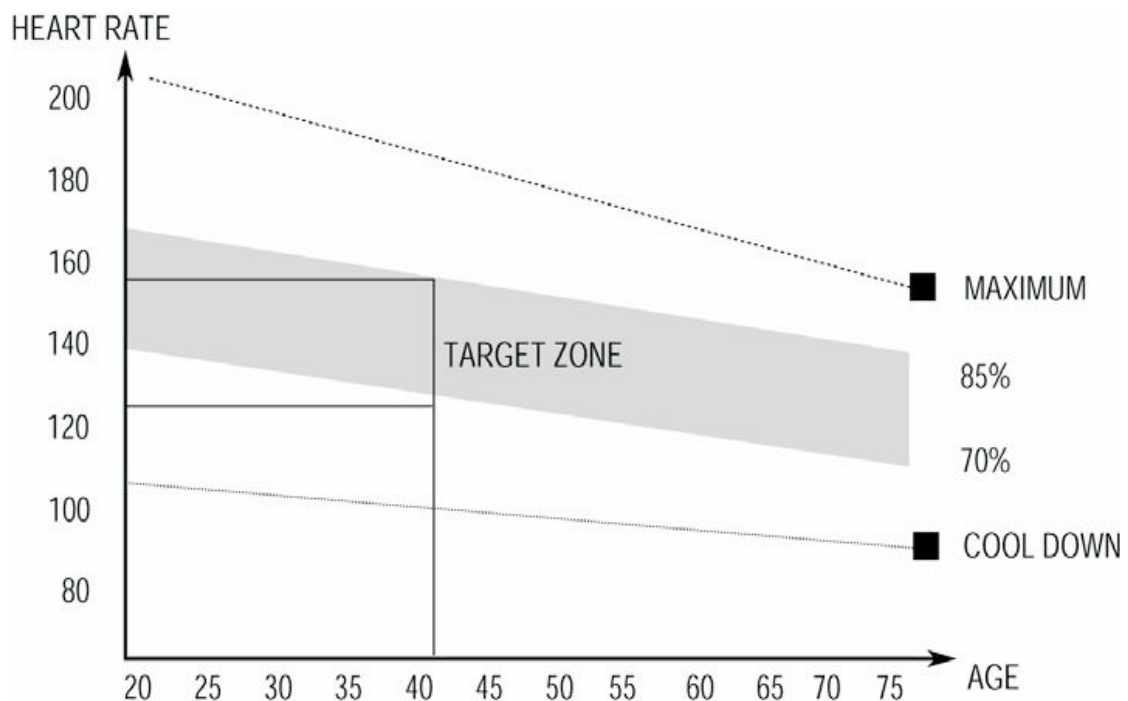
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most 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.