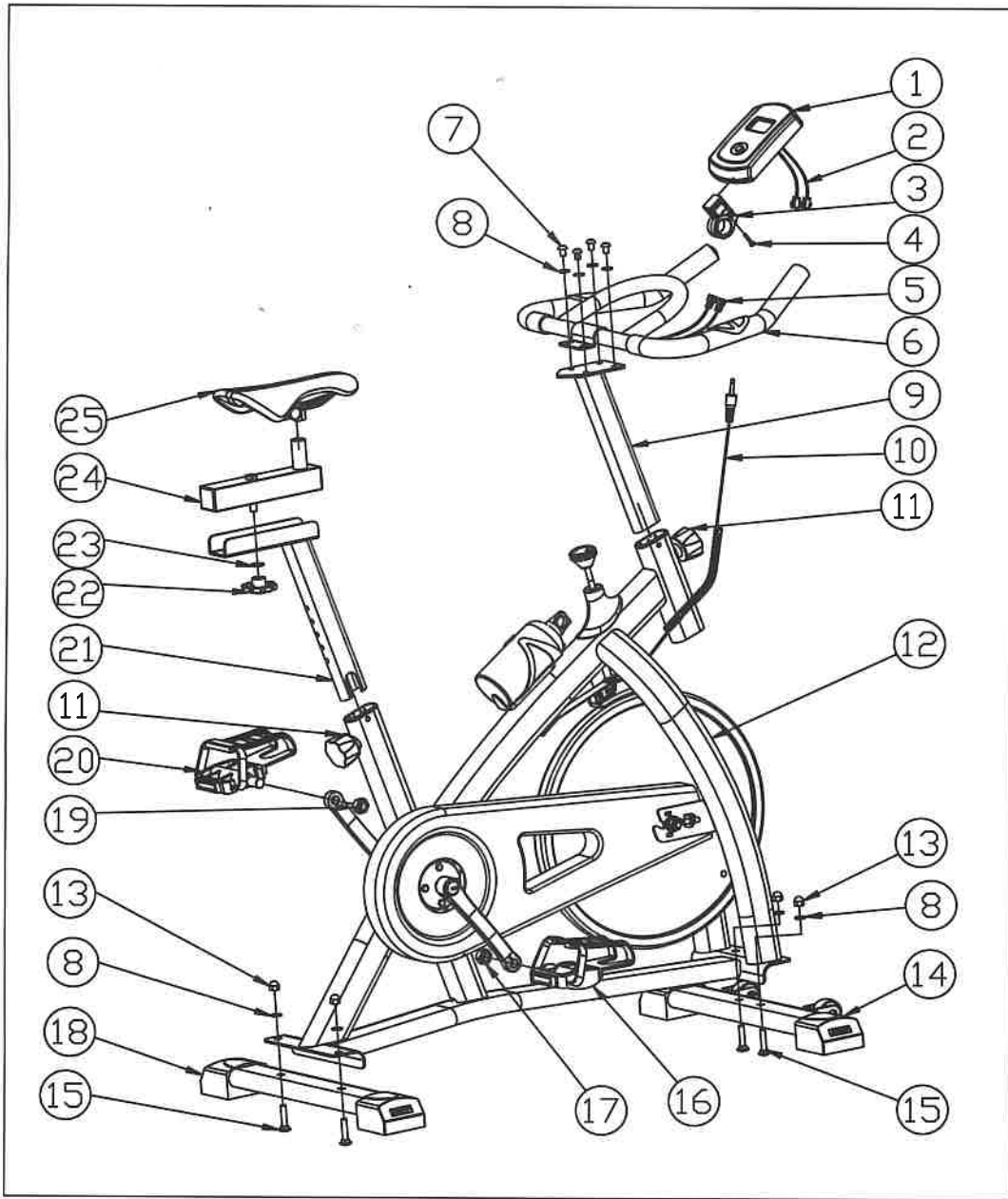


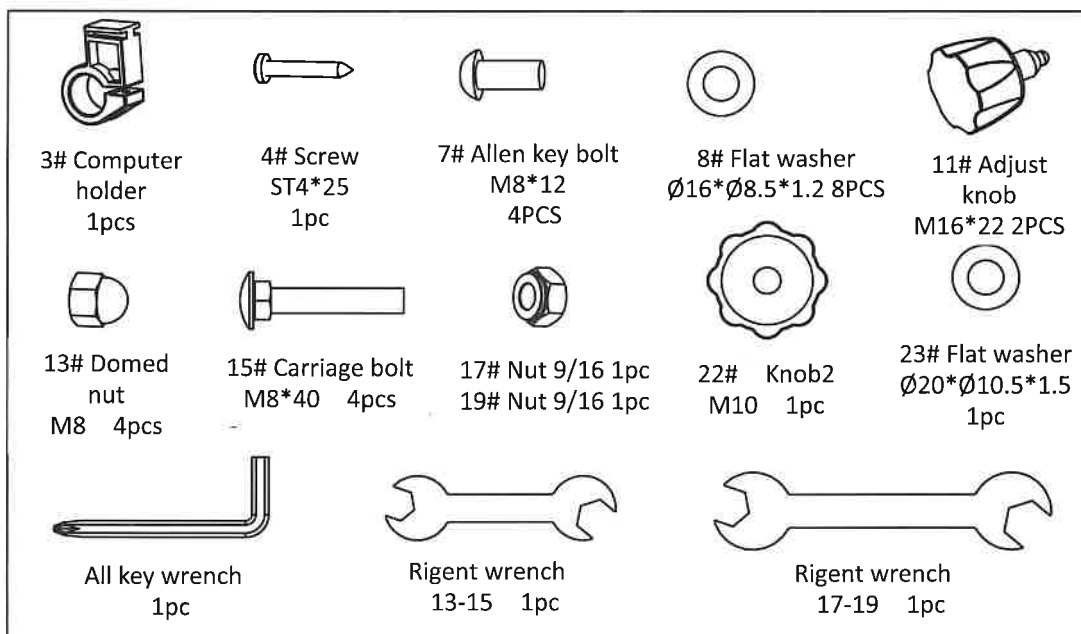
# USER MANUAL

# ASSEMBLY EXPLODED DRAWING

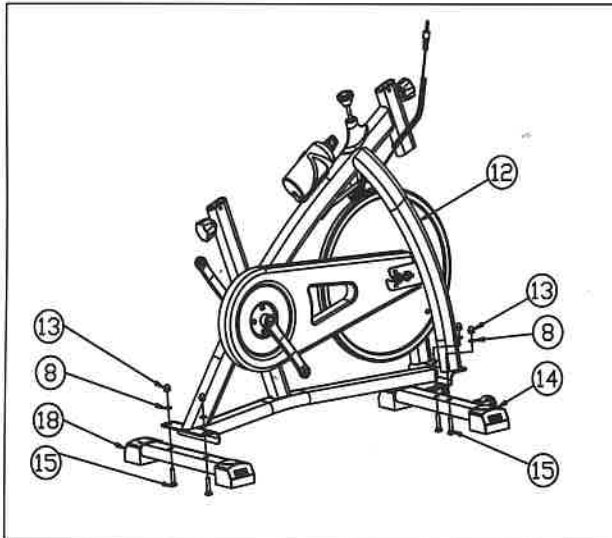


# PART LIST

No.	DESCRIPTION	SPEC	QTY
1	Computer		1
2	Contect line		3
3	Computer holder		1
4	Screw	ST4*25	1
5	Pulse line		2
6	Handlebar		1
7	Allen key bolt	M8*12	4
8	Flat washer	Ø16*Ø8.5*1.2	8
9	Handle post		1
10	Sensor contact line		1
11	Adjust knob	M16*22	2
12	Main frame		1
13	Domed nut	M8	4
14	Front Base		1
15	Carriage bolt	M8*40	4
16	Pedal(R)	9/16	1
17	Nut for lock Pedal(R)	9/16	1
18	Rear base		1
19	Nut for lock Pedal(L)	9/16	1
20	Pedal(L)	9/16	1
21	Seat post		1
22	Knob2	M10	1
23	Flat washer	Ø20*Ø10.5*1.5	1
24	Saddle slider		1
25	Seat		1



## PRODUCT INSTALLATION

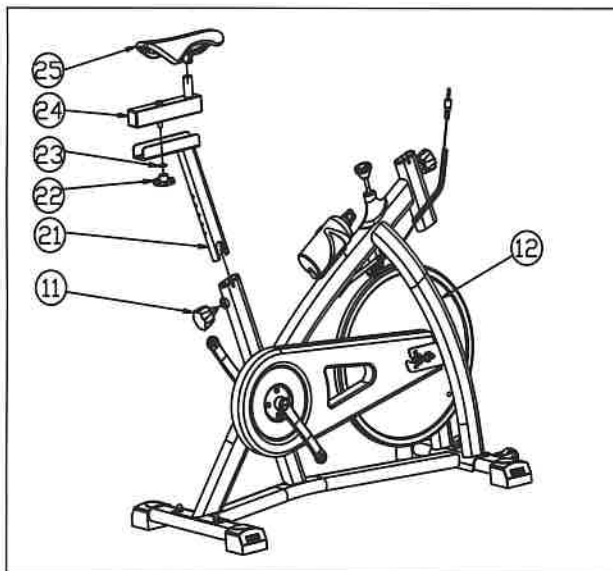


### Step 1

Take the Bike Main Frame out from the carton.

Attach the Front Base (14) to the Main Frame(12), using Carrigae bolt (15), Washer (8) and Domed nut (13). Tighten it by Wrench.

Attach the Rear Base (18) to the Main Frame too, using Carrigae bolt (15), washer (8) and Domed nut (13). Tighten it by Wrench.

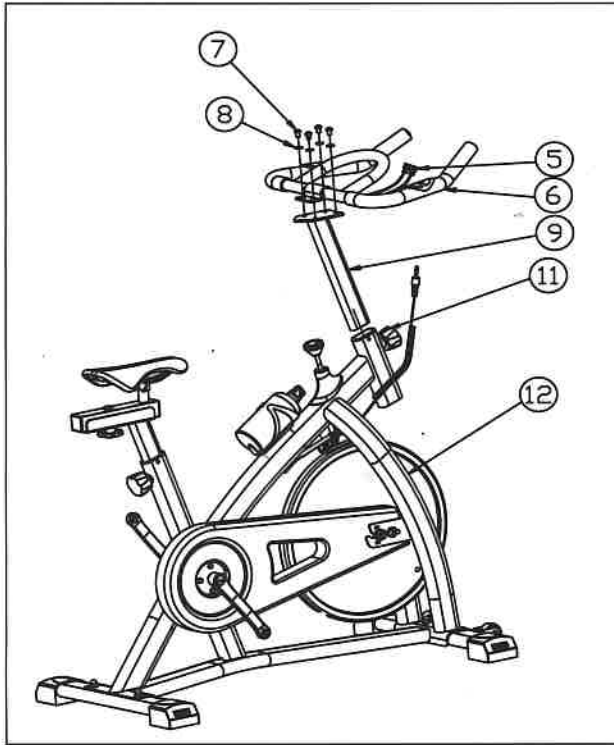


### Step 2:

Insert the Saddle Post (21) to the main frame(12), fasten it by adjust knob (11).

Attach saddle slider (24) to the Saddle post (21), fasten it using Washer (23) and knob2(22).

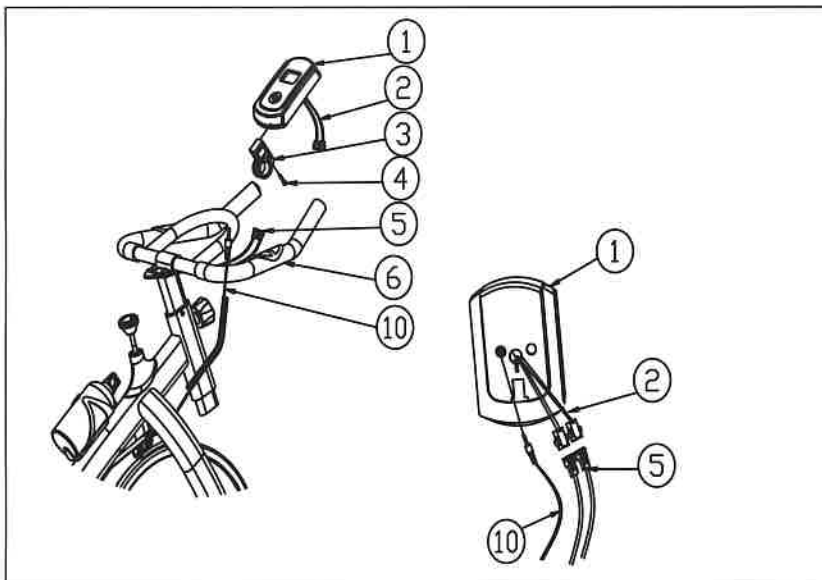
Tighten the saddle by wrench.



### Step 3

Insert Handle Post (9) to the main frame(12). Tighten by adjust knob (11).

Attach handle bar (6) to the Handle Post (9), using Allen key bolt(7) and washer (8). Tighten by Allen key wrench.

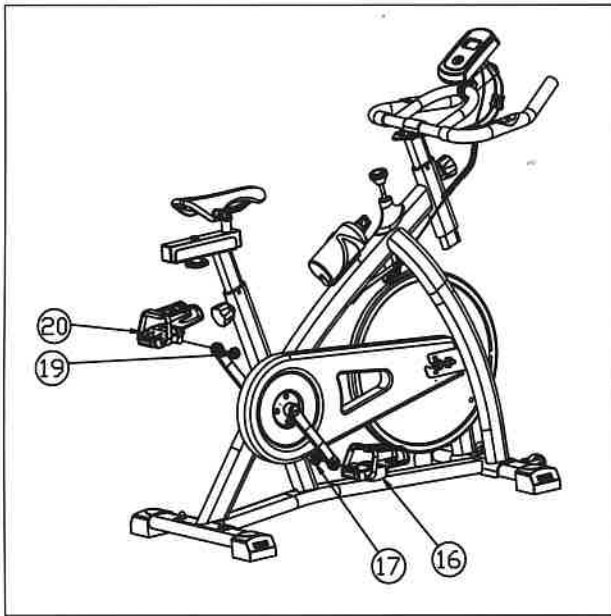


### Step 4

Attach Computer Holder (3) to the handle bar, using screw (4).

Slide the computer (1) onto the computer holder (3).

Then contact the lines by corresponding.



### **Step 5:**

Remove the nut (17) which on the right pedal(16) firstly.  
Then attach the right pedal (16) to the main frame(12) tuning by clockwise.  
Lock the removed nut (17) back use 17-19 wrench. Completely tighten by wrench.

Remove the nut (19) which on the left pedal firstly.  
Then attach the left pedal (20) to the main frame(12) tuning by anti-clockwise.  
Lock the removed nut (19) back use 17-19 wrench. Completely tighten by wrench.

### **IMPORTANT NOTES:**

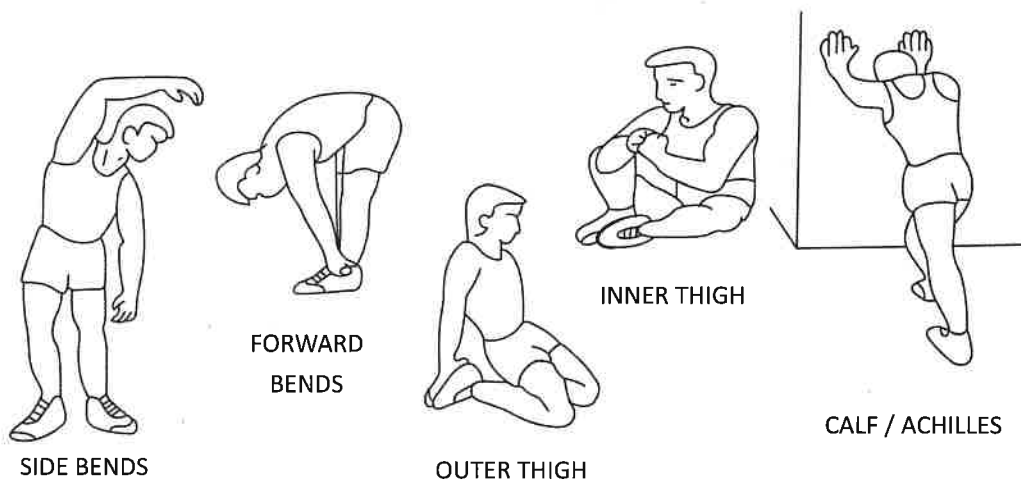
Note that the Right pedal should be threaded on clockwise and the Left pedal anti-clockwise!

## 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.

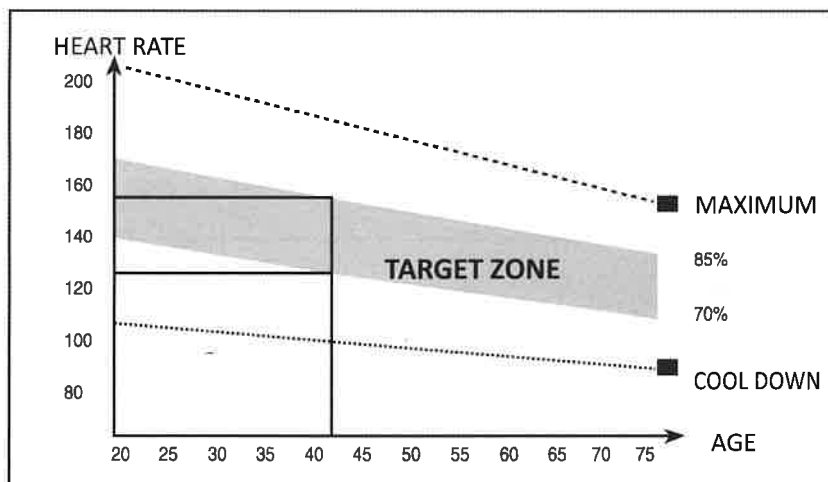
### 1.The Warm Up Phase

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.



### 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 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.

### **4. Fault Finder**

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

### **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.

### **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.

### **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.



# EXERCISE MONITOR INSTRUCTION MANUAL

## SPECIFICATIONS:

TIME	00:00—99:59MIN
SPEED(SPD)	0.0—99.9KM/H(ML/H)
DISTANCE(DST)	0.00—99.99KM(ML)
CALORIES(CAL)	0.0—999.9KCAL
ODOMETER(ODO)	0-9999KM(ML)
PULSE(PUL)	40-240BPM

## KEY FUNCTIONS:

MODE: this key lets you to select and lock on to a particular function you want. The monitor will be reset by changing battery or pressing the MODE key for 3-4 seconds

SET(IF HAVE):Can to proceed the data establish for "TIME""DISTANCE""CALORIES".

CLEAR(RESET):The key to reset the value to zero by pressing the key.

## OPERATION PROCEDURES:

### 1、 AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor.

The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

### 2、 RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

### 3、 MODE

To choose the SCAN or LOCK if you do not want the scan mode.prdss the MODE key when the pointer on the function you want which begins blinking.

## FUNCTIONS:

1、 TIME: Press the MODE key until pointer lock on the TIME. The total working time will be shown when starting exercise.

2、 SPEED:Press the MODE key until the pointer advance to SPEED. The current speed will be shown.

3、 DISTANCE: Press the MODE key until the pointer advance to DISTANCE.The distance of each workout will be displayed.

4、 CALORIE: Press the MODE key until pointer lock on the CALORIE. The calorie burned will be display when starting exercise.

5、 ODOMETER(IF HAVE) :Press the MODE key until pointer lock on the ODOMETER. The total accumulated distance will be shown.

6、 PULSE(IF HAVE): Press the MODE key until pointer lock on the PULSE. User's current heart rate will be displayed in beats per minute.Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

SCAN:Automatically display changes every 4 seconds.

## BATTERY:

If improper display on monitor,please reinstall the batteries to have a good result.