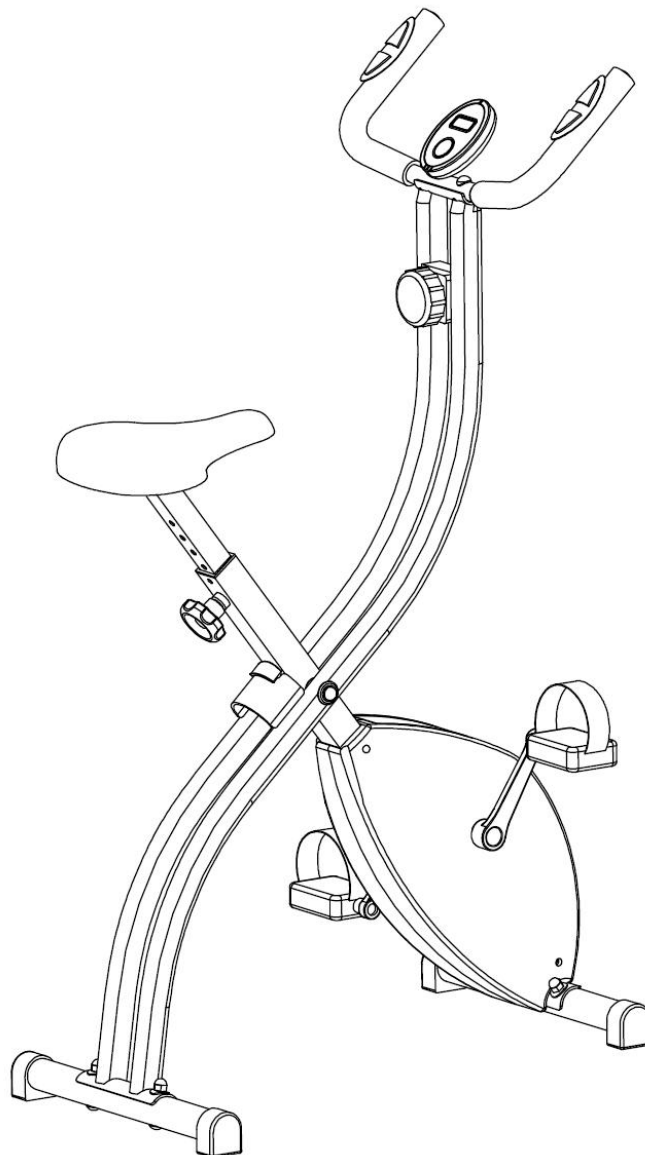




129601 BODYGO FOLDAWAY EXERCISE BIKE

USER MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to

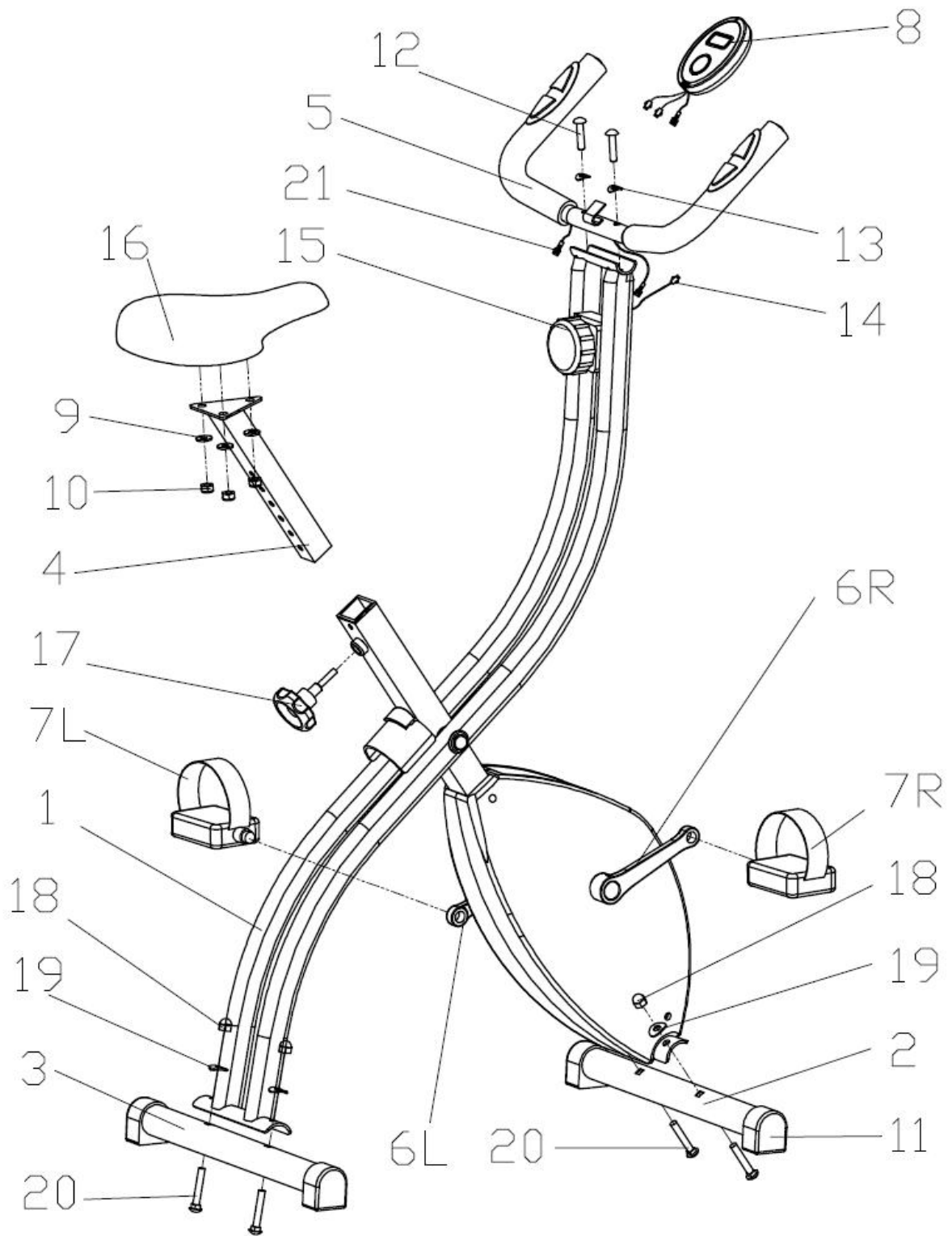
change without notice

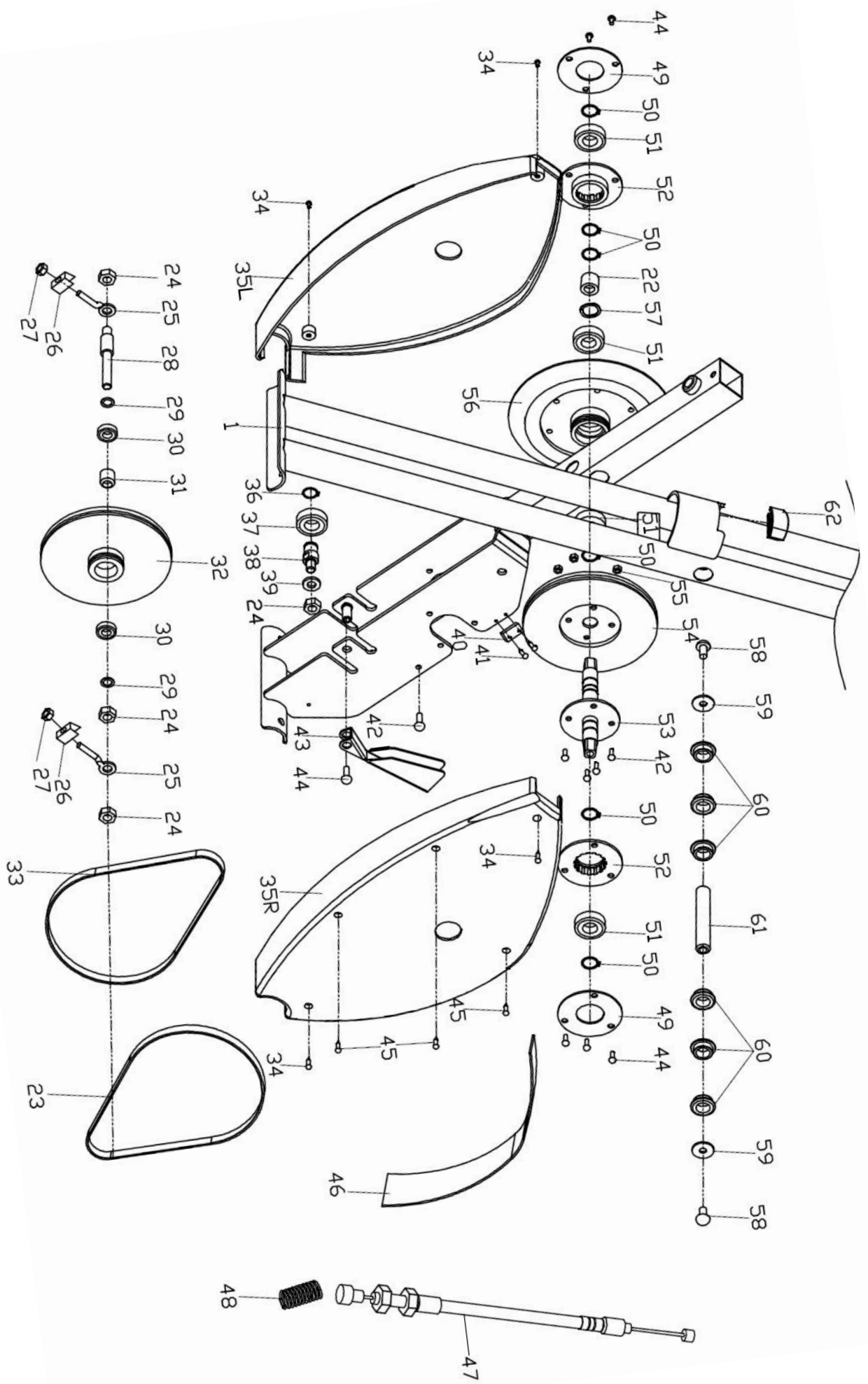
IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.
- 14、 The maximum user's weight is 100kg.

EXPLODED DIAGRAM





PARTS LIST

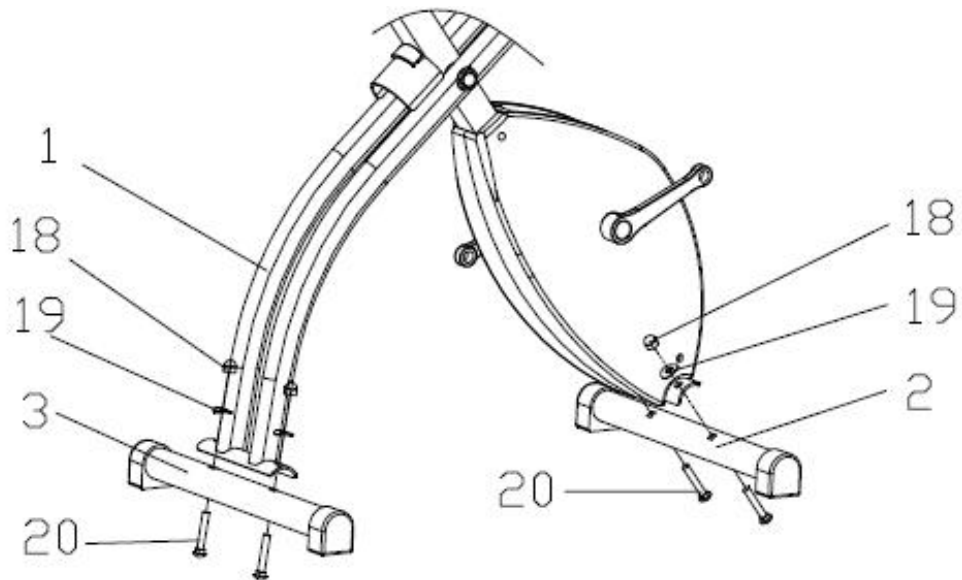
No.	Description	QTY	No.	Description	QTY
1	Main frame	1	12	Screw	2
2	Front bottom tube	1	13	Arc washer	2
3	Rear bottom tube	1	14	Sensor wire	1
4	Saddle post	1	15	Tension controller	1
5	Handlebar	1	16	Seat	1
6L/R	Crank	1pr	17	Plum knob	1
7L/R	Pedal	1pr	18	Acorn Nut	4
8	Meter	1	19	Arch washer	4
9	Flat washer	3	20	Carriage bolt	4
10	Nylon nut	3	21	Hand pulse wire	2
11	End caps	4			

22	Spacer Φ 17x2	1	43	Magnet board	1
23	Belt	1	44	Phillips screw M6x10	7
24	Hex nut M10x1.0	4	45	Phillips tapping screw ST4.2x20	3
25	Adjustable chain bolt M6x30	2	46	Front shield	1
26	Adjustable chain U shape	2	47	Tension wire	1
27	Hex nut M6	2	48	Spring	1
28	Follower shaft	1	49	Flange end cover	2
29	Washer D10x Φ 14x1.0	2	50	C-Clip collar D17	6
30	Bearing 61900Z	2	51	Bearing 6003Z	4
31	Spacer Φ 13x Φ 10.2x16.2	1	52	Nylon bearing support	2
32	Follower wheel	1	53	Axis combine	1
33	Belt 230	2	54	Driving belt wheel	1
34	Phillips tapping screw ST4.2x12	4	55	Nylon nut M6	4
35L/R	Chain cover	1pr	56	Wheel	1
36	C-Clip collar D15	1	57	Corrugated washer	1
37	Bearing 6202	1	58	Inner hex tapping screw M8x15	2
38	Idler shaft	1	59	Flat washer D8x Φ 19x1.5	2
39	Flat washer D12x1.0	1	60	Shaft bushing Φ 28x Φ 22.2x Φ 16.1x10	6
40	Sensor	1	61	Shaft	1
41	Phillips tapping screw ST3x10	2	62	Cushion	1
42	Phillips screw M6x12	5			

Assembly instructions

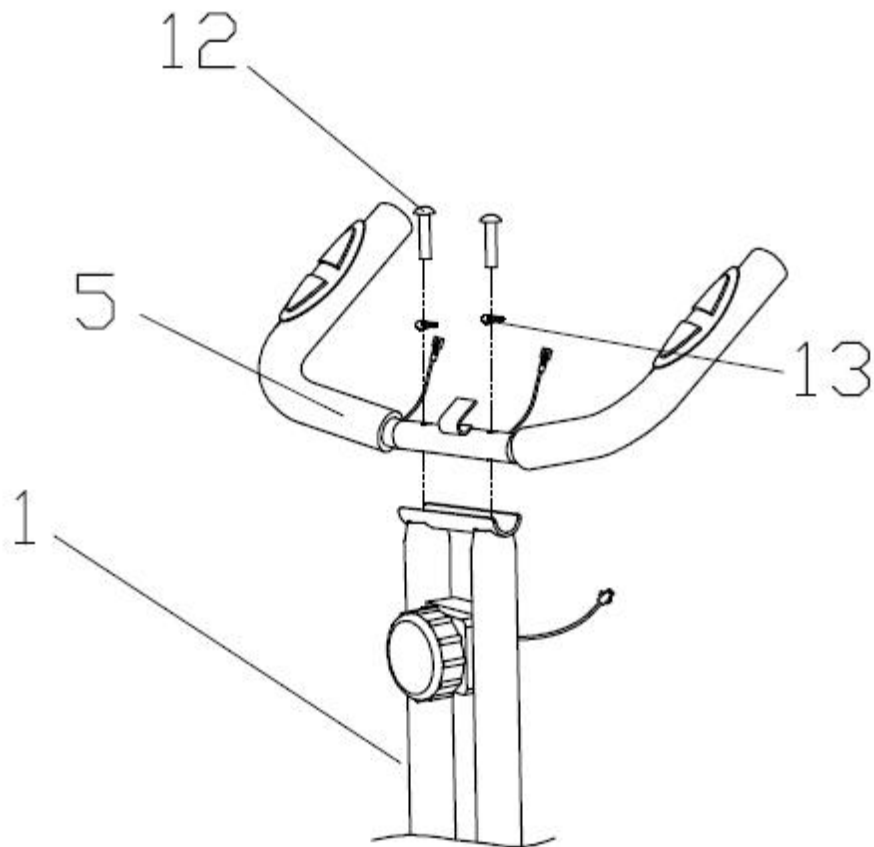
Step 1

Attach the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with Carriage bolt (20), Arc washer (19) and Acorn nut (18).



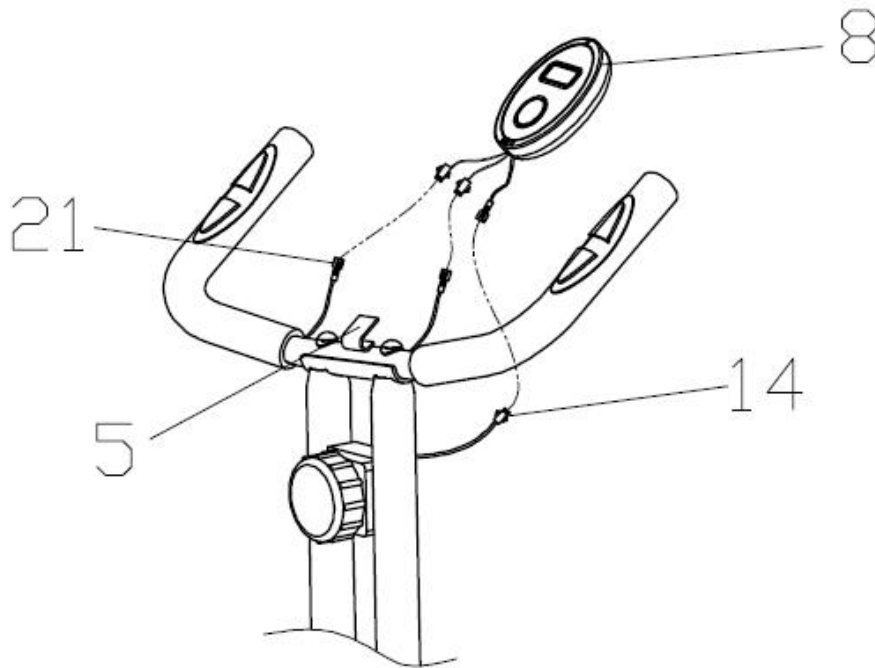
Step 2

Attach the Handlebar (5) to the Main frame (1) with Bolt (12) and Arch washer (13).



Step 3

Connect the Sensor wire (14) and Hand pulse wire (21) with the relevant wires coming from the Computer (8), and then fit the Computer (8) onto the computer bracket (5).



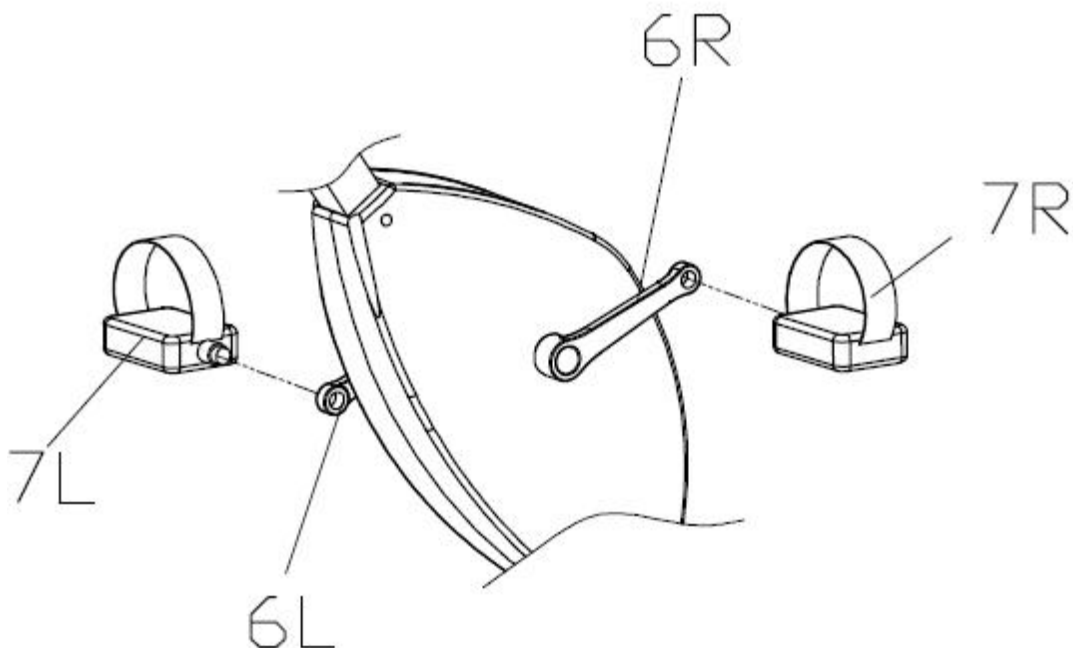
Step 4

Fix the Pedal (7L/R) to the Crank (6L/R) separately.

Note: Both pedals are labeled L FOR LEFT and R FOR RIGHT.

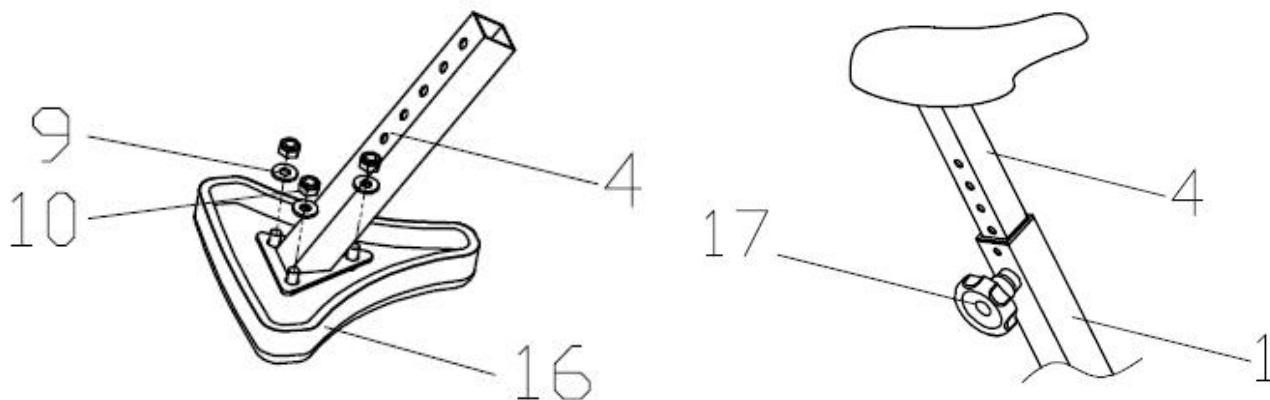
Important:

To tighten, please turn the left pedal **COUNTERCLOCKWISE** and the right pedal **CLOCKWISE**.

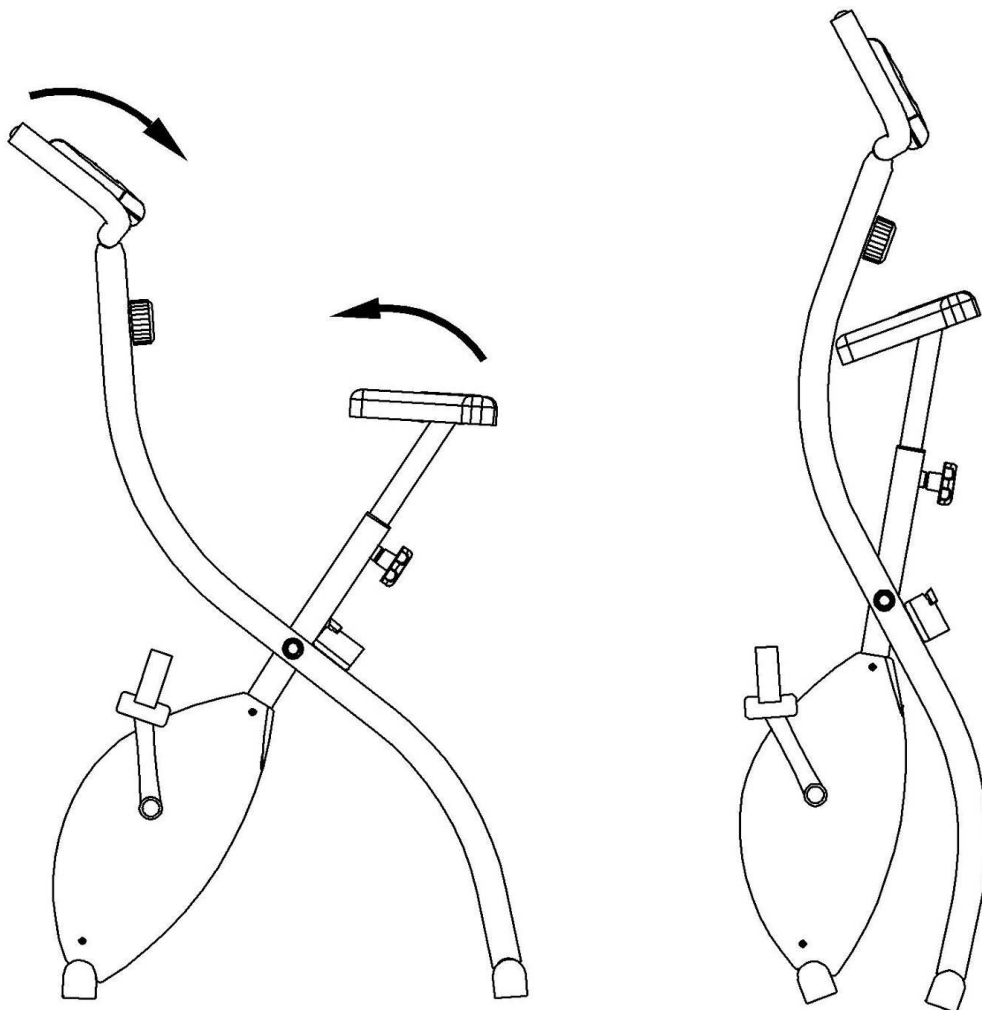


Step 5

Fix the saddle (16) to the saddle post (4) with flat washer (9) and nylon nut (10), then insert the saddle post (4) into the main frame (1), adjust the saddle to a comfortable height then fix it with plum knob (17).



This X-bike is foldable, please be careful when folding or unfolding the bike!



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



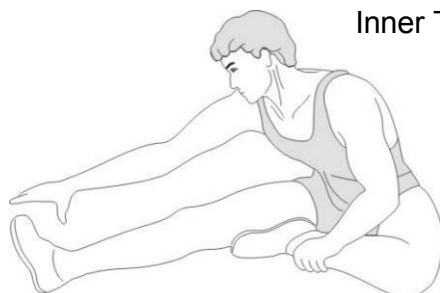
Side Stretch



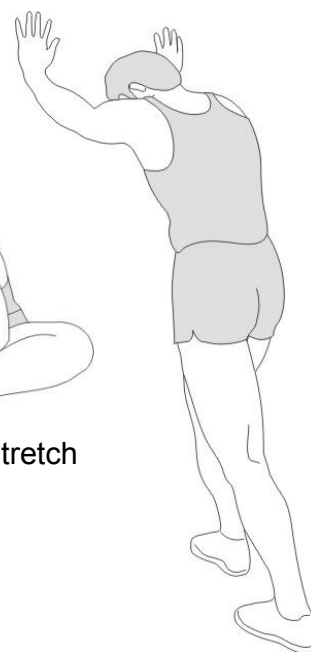
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS

TIME-----0:00~99:59MIN SPEED-----0.0~999.9ML/H(KM/H)
DISTANCE-----0.0~999.9ML (KM) CALORIE-----0.0~9999KCAL
PULSE (IF HAVE) -----40~240BPM

KEY FUNCTIONS

MODE: This key lets you to select and lock on to a particular function you want. Pressing and hold 3 seconds to reset the value to zero.

FUNCTIONS

- 1.TIME : Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.
- 2.SPEED: Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.
- 3.DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.
- 4.CALORIE :Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. PULSE (IF HAVE) : Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.
6. SCAN : Display changes according to the next diagram every 6 seconds.
Automatically display of the following functions in the order displayed:
TIME---SPEED---DISTANCE---CALORIE---PULSE(if have)--- SCAN

NOTE

- 1.Without any signal coming in 4-5 minutes , the LCD display will be shut off automatically;
- 2.When there is signal input ,the monitor automatically turns on.;
- 3.If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the same batteries at the same time;
- 4.The monitor use 2pcs of 1.5v“AA”batteries.

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