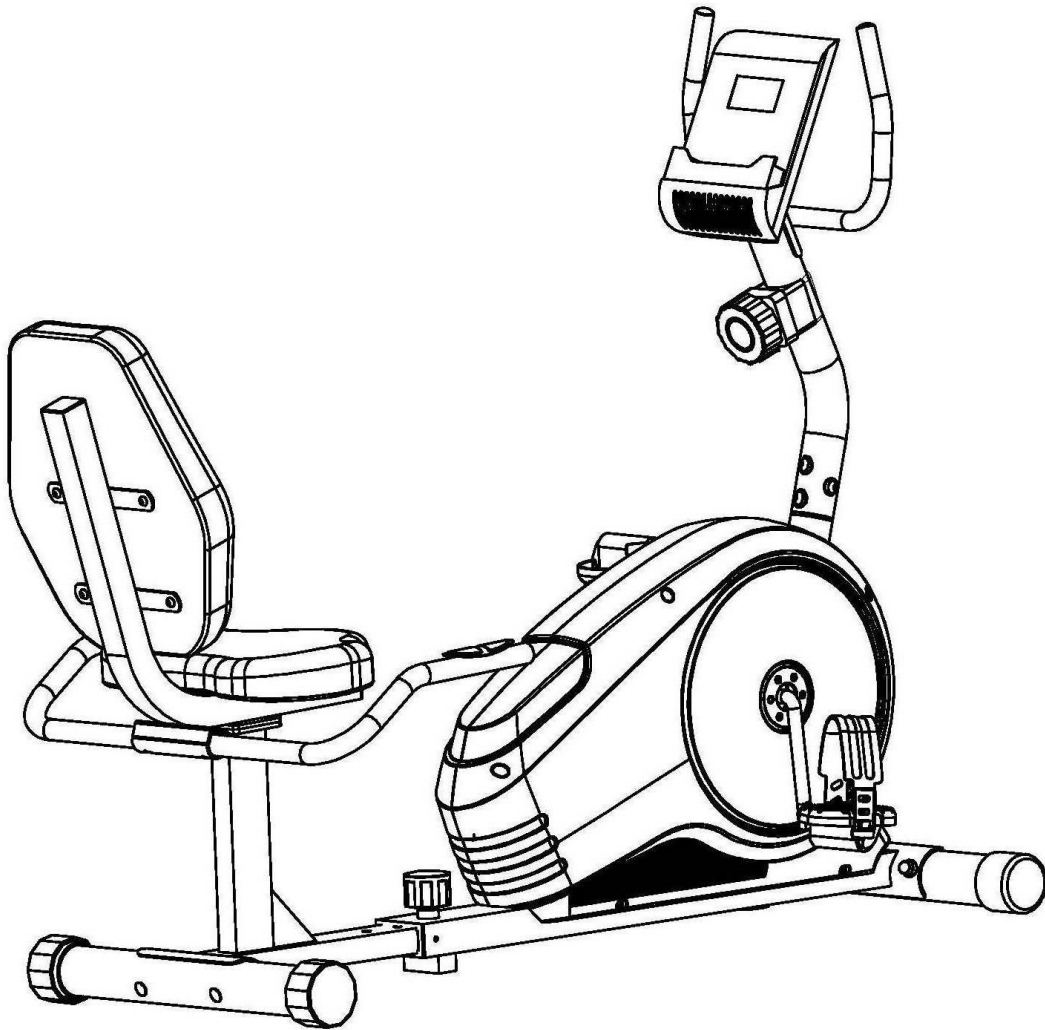




MAGNETIC RECUMBENT BIKE

OWNER'S 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

Before You Start

Thank you for purchasing this Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

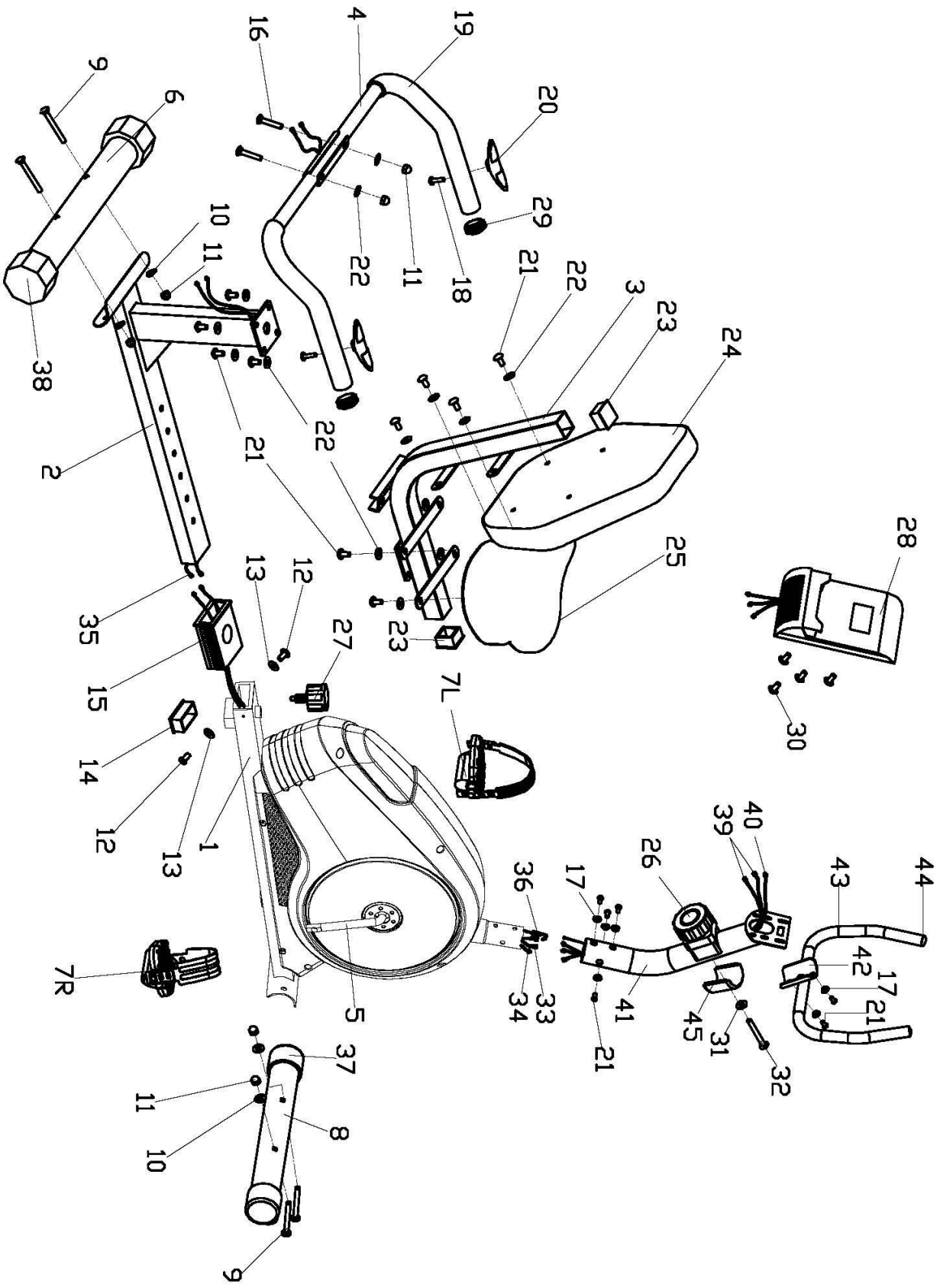
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

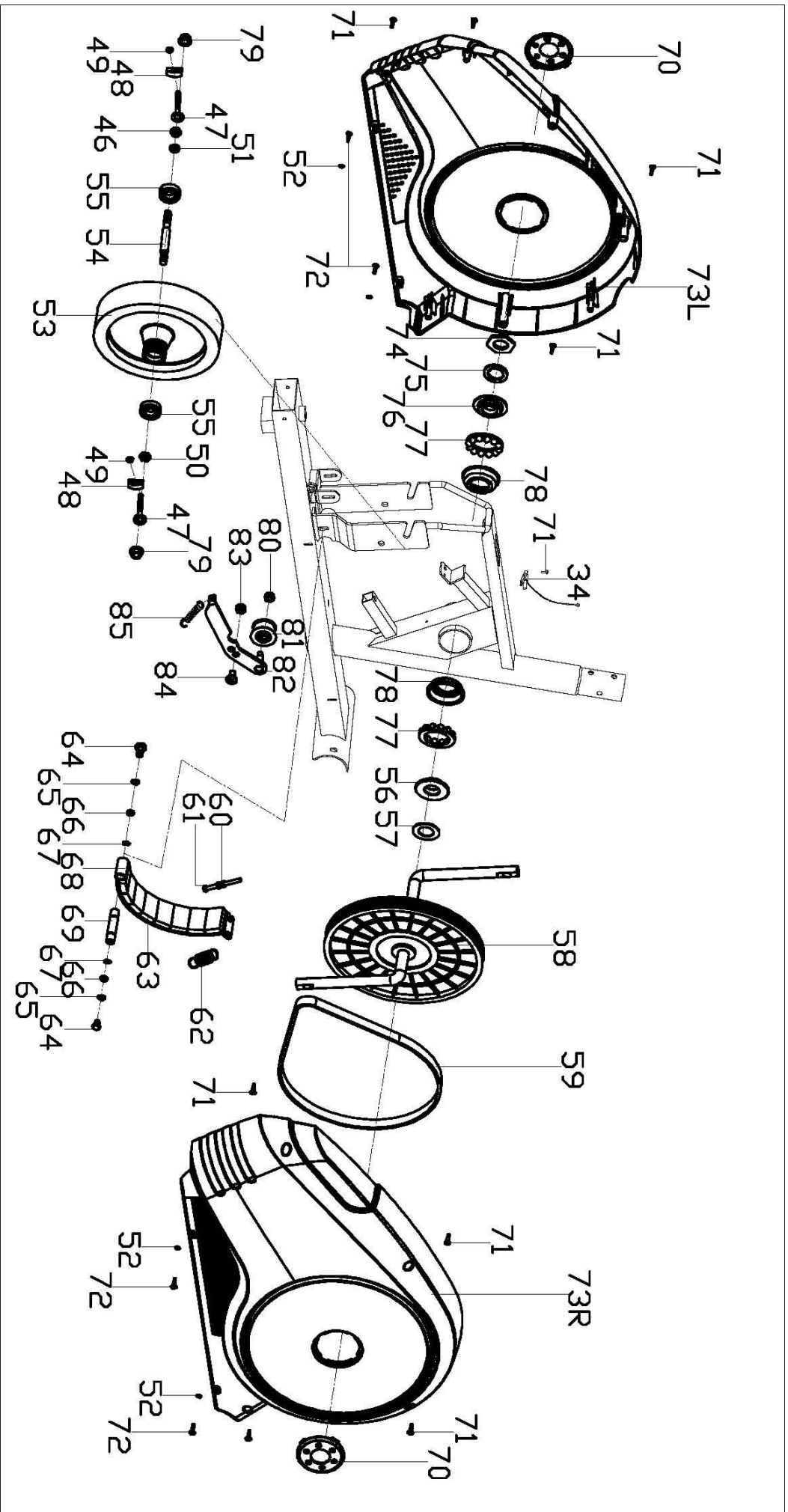
- 1、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 2、 Set up the machine in a dry level place and leave it away from moisture and water.
- 3、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc...
- 4、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 5、 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.
- 6、 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.
- 7、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 8、 This machine can be used for only one person's training at a time.
- 9、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor ASAP.
- 11、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12、 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.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 120KG

EXPLODED DIAGRAM





PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Front main frame	1	44	Round cap	2
2	Rear main frame	1	45	Rear cover	1
3	Seat bracket	1	46	Hex nut	1
4	Handlebar	1	47	Bolt	2
5	Crank	1	48	U shaped washer	2
6	Rear stabilizer	1	49	Hex nut	2
7 L/ R	Pedal	1 pr	50	Hex nut 10*1.0	1
8	Front stabilizer	1	51	Spacer	1
9	Carriage bolt	4	52	Flat washer	4
10	Arc washer	4	53	Flywheel	1
11	Acorn nut M8	6	54	Flywheel axle	1
12	Cross pan head screw	2	55	Bearing	2
13	Flat washer	2	56	Nut	1
14	Square cap	1	57	Big washer	1
15	Bushing	1	58	Belt pulley	1
16	Carriage bolt	2	59	Belt	1
17	Arc washer	6	60	Hex nut M5	2
18	Cross pan head screw	2	61	Hex bolt M5×L60	1
19	Foam grip	2	62	Spring	1
20	Handle pulse sensor	2	63	Square magnet	8
21	Inner hex screw	18	64	Hex nut M6×L15	2
22	Flat washer	14	65	Spring washer D6	2
23	Square cap	2	66	Flat washer D6	2
24	Seat cushion	1	67	Washer D12	2
25	Back cushion	1	68	Magnetic board	1
26	Tension controller	1	69	Magnetic board axle	1
27	Tension knob		70	Small plastic cover	2
28	Computer	1	71	Screw ST4.2X18	7
29	End cap	2	72	Screw ST4.2X12	4
30	Cross pan head screw	2	73L/R	Chain cover	1p.r.
31	Flat washer	1	74	Nut	1
32	Cross pan head screw	1	75	Washer	1
33	Extension pulse wire 1	2	76	Nut	1
34	Sensor wire	1	77	Collar ball	2
35	Extension pulse wire 2	2	78	Mid axle ball	2
36	Tension cable	1	79	Flange nut M10*1.0	2
37	Front end cap	2	80	Nylon nut M10	1
38	Rear end cap	2	81	Idler wheel	1
39	Extension pulse wire 3	2	82	Idler wheel tube	1
40	Extension sensor wire	1	83	Nylon nut M8	1
41	Handlebar post	1	84	Bolt M8x12x15.5	1
42	Handrail	1	85	Spring	1
43	Foam grip	2			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

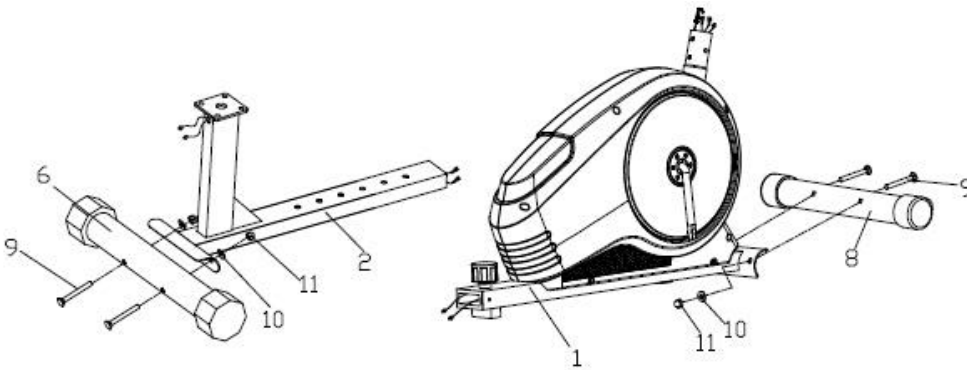
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTION

STEP 1

A: Lock the front stabilizer (8) to the front main frame (1) with carriage bolt (9), arc washer (10) and acorn nut (11).

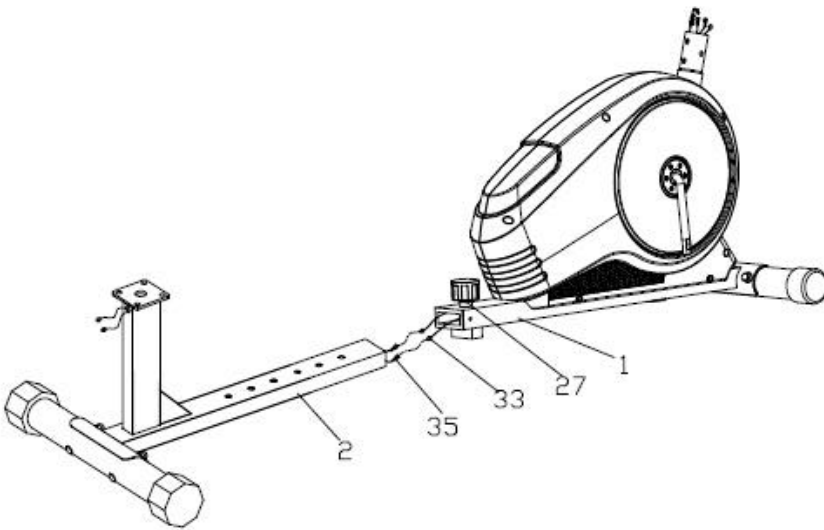
B: Lock the rear stabilizer (6) to the rear main frame (2) with carriage bolt (9), arc washer (10) and acorn nut (11).



STEP 2

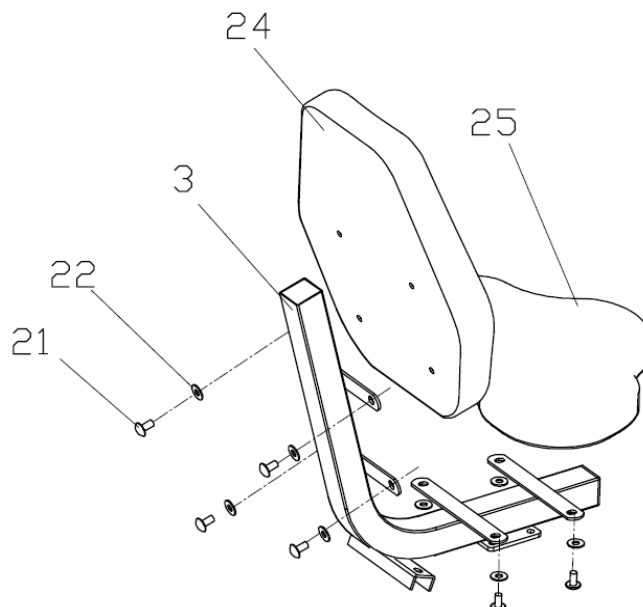
A: Connect the extension pulse wire 1 (33) with extension pulse wire 2 (35) together.

B: Loosen the spring knob (27) and pull it upward; then insert the rear main frame (2) to the front main frame (1). (Make sure you keep the extension pulse wires 1 (33) and extension pulse wires 2 (35) inside the tube of the main frame while installing this step.). Align the hole on the rear main frame (2) to the hole on the front main frame (1). Then release the pin of the knob (27) into the aligned holes and fasten tightly.



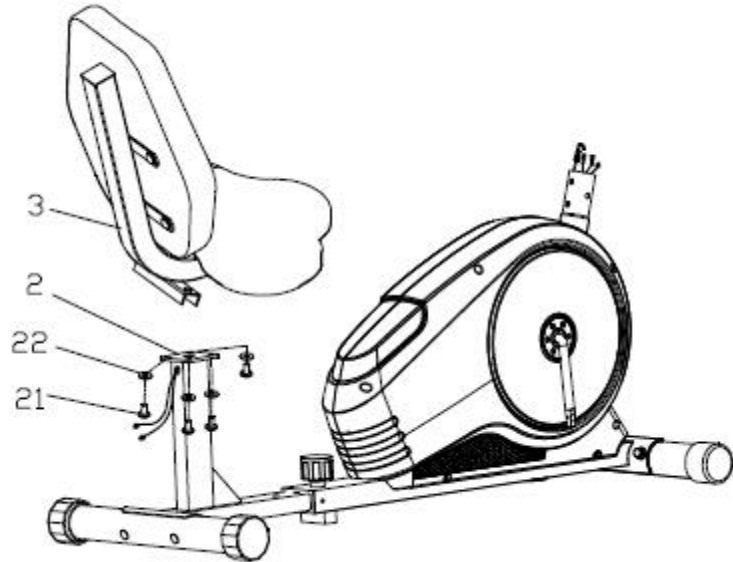
STEP 3

Attach the seat and back cushion (24, 25) to the seat bracket (3), fixing with flat washers (22) and inner hex screws (21).



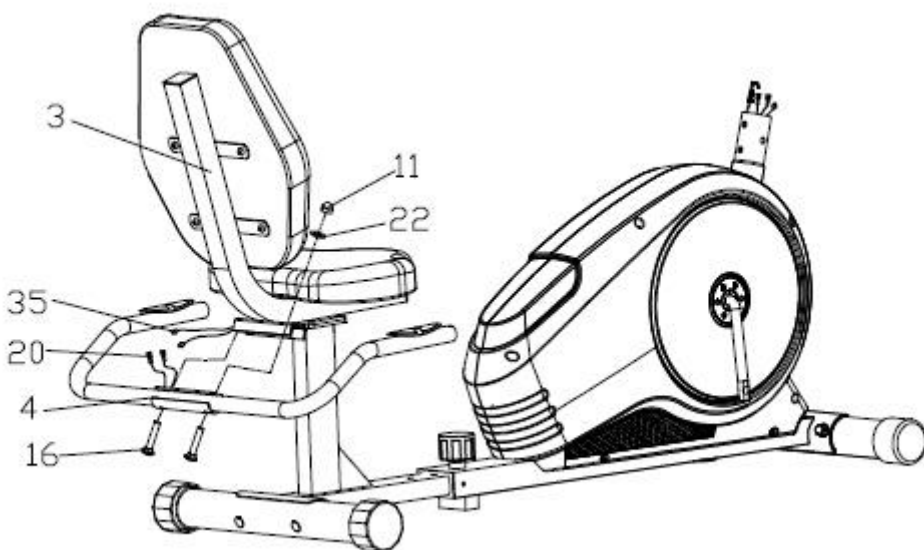
STEP 4

Install the seat bracket (3) onto the rear main frame (2) with inner hex screws (21) and flat washers (22).



STEP 5

Connect the extension pulse wires 2 (35) with the handle pulse wire (20) firstly. Then fix the handlebar (4) to the seat bracket (3) with carriage bolts (16), flat washers (22) and acorn nuts (11).



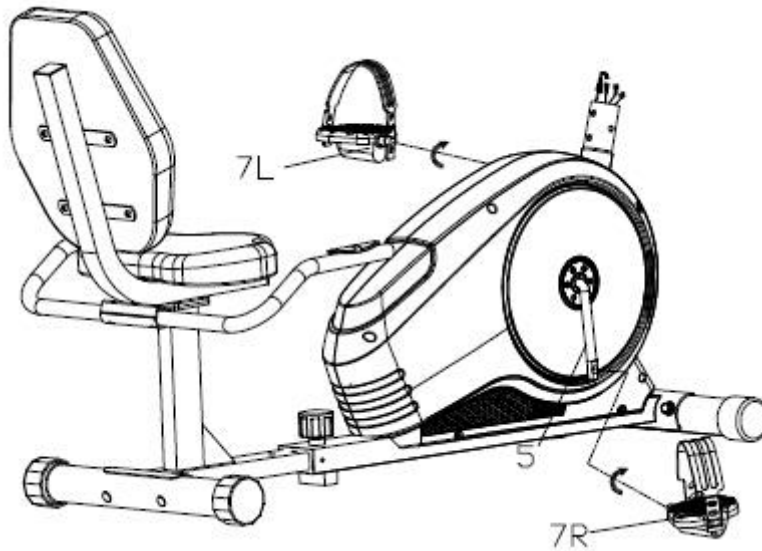
STEP 6

Attach the pedals (7L/R) to the crank (5) respectively.

To tighten the LEFT pedal; you must screw **counter-clockwise**; it is reversed threaded.

The RIGHT pedal tightens by screwing clockwise.

IMPORTANT: FAILURE TO FOLLOW PROCEDURES MAY RESULT IN PERMANENT DAMAGE TO YOUR BIKE.

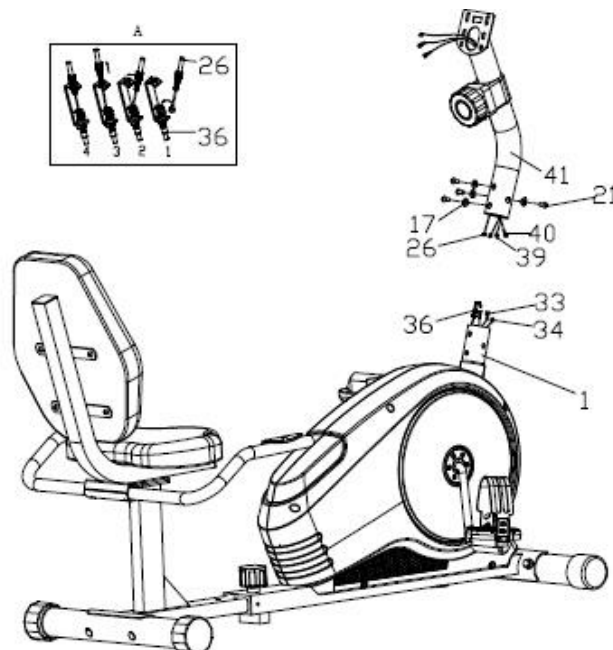


STEP 7:

A: Connect the extension sensor wire (40) with the sensor wire (34) and then connect the extension pulse wire 3 (39) with the extension pulse wire 1 (33)

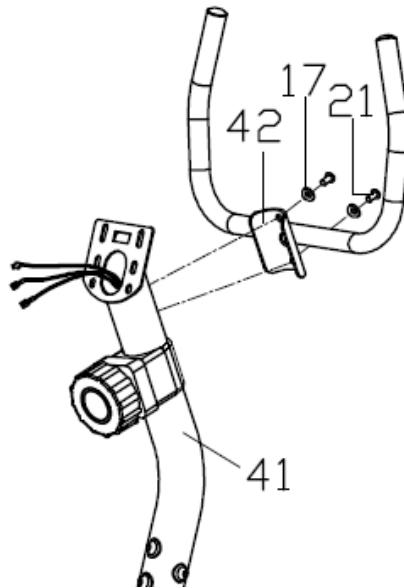
B: Then connect the cable of tension controller (26) to the hook of the tension cable (36) as shown in picture A.

C: Lock the handlebar post (41) to the post of front main frame (1) with inner hex screws (21) and arc washers (17).



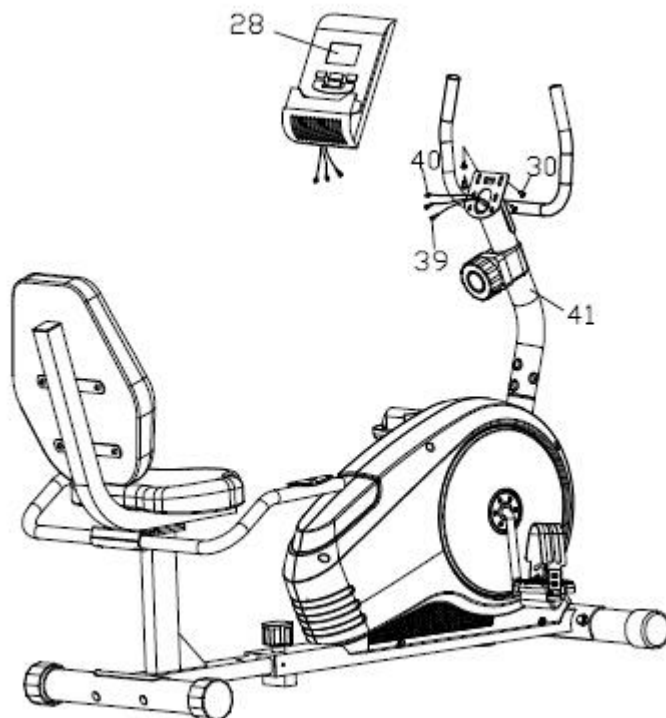
STEP 8

Lock the handrail (42) to the handlebar post (41)) with inner hex screw (21) and arc washer (17).



STEP 9

Connect the extension sensor wire (40) and extension pulse wire 3 (39) with the relevant wires of the computer (28), then lock the computer (28) on the bracket of the handlebar post (41) with cross pan head screws(30) and flat washer (29).



USING YOUR BIKE

Using your bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

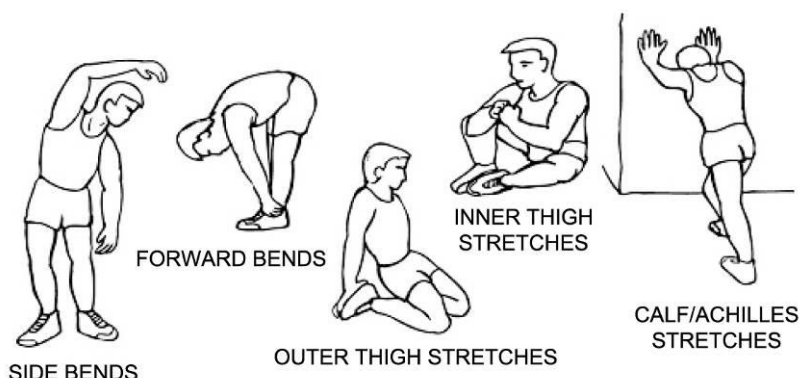
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

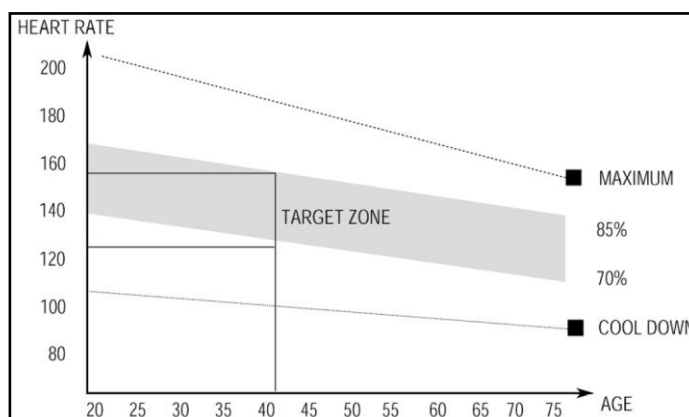
DO NOT BOUNCE.

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



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 at your own pace and be sure 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.



COOL-DOWN PHASE

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.