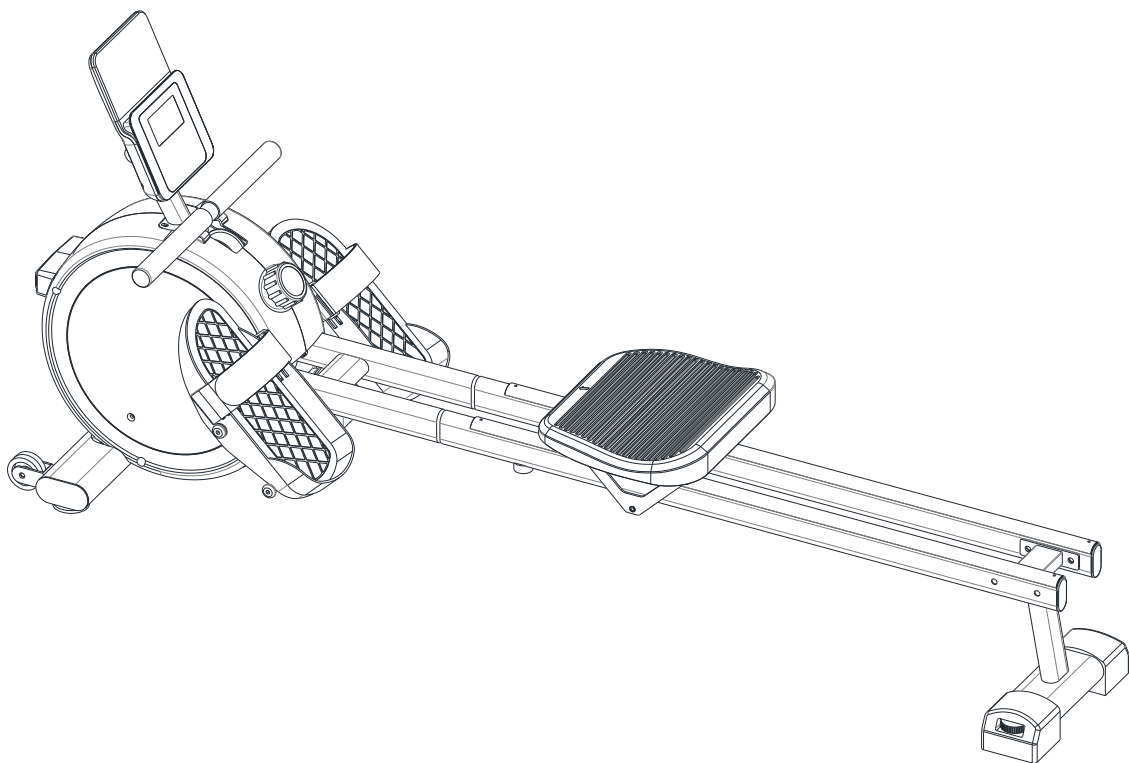# body go

INSTRUCTION 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.

Content

Important Safety Information

Warnings

To reduce the risk of serious injury, read the following important warnings before using the Machine.

1. 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 Machine properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

2. 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.

General Safety Precautions

1. Use the Machine only in the way described in this instruction book.
2. Before using the Machine, check the nuts and bolts are securely tightened.
3. Use the Machine on a solid, flat level surface with a protective cover for your floor or carpet.
4. Before beginning training, remove all objects within a radius of 0.6 meters from the machine.
5. Once the machine is correctly assembled, please consult our Warm up guide towards the end of this booklet before you start your exercise regime.
6. Only use this machine when it is in correct working order. Use only original spare parts for any necessary repairs.
7. Keep the Machine away from excessive moisture and dust.
8. This machine can be used for only one person's training at a time.
9. Wear suitable clothing whilst using the Machine. Avoid wearing loose clothing which may get caught in the Machine or clothing that may restrict or prevent movement.
10. The Machine is not suitable for therapeutic use.
11. Keep children and pets away from the machine. Designed for adult use only.
12. The maximum user's weight is 120 kgs.
13. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the Machine after any damaged parts have been fixed.
14. This training equipment is in compliance with EN20957 part 7 for domestic use.
15. To mount the machine, please take hold of the handrail and step onto the foot plates.
16. To dismount the machine, take hold of the handrail and step off the foot plates. Please retain this information for future reference.
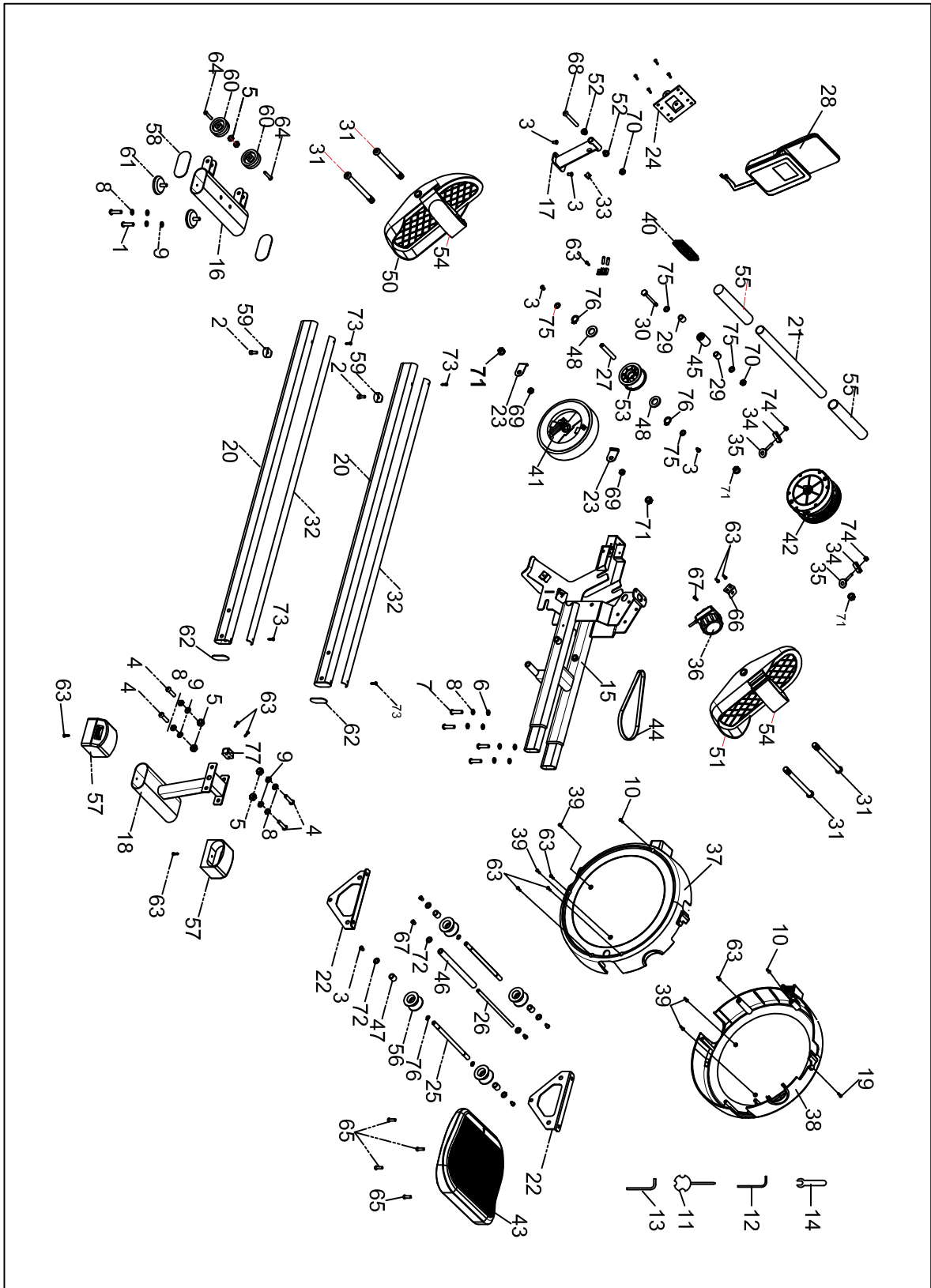
Part list

| NO.	Description	QTY	NO.	SPEC	QTY
1	Inner hexagon pan head bolt	2	40	Front foot pad	1
2	Inner hexagon cylinder head bolt	2	41	Magnet assembly	1
3	Inner hexagon pan head bolt	8	42	Pull back device assembly	1
4	Inner hexagon pan head bolt	4	43	Saddle	1
5	Nylon nut	6	44	Muti-belt	1
6	Arc washer	4	45	Limited wheel	1
7	Inner hexagon pan head bolt	4	46	PVC sleeve	1
8	Spring washer	10	47	PVC sleeve	4
9	Washer	6	48	Wave washer	2
10	Cross pan head self-drilling screw	2	49	PVC sleeve	1
11	Solid wrench	1	50	Left pedal	1
12	Allen wrench	1	51	Right pedal	1
13	Allen wrench	1	52	Shaft sleeve	2
14	Solid wrench	1	53	Plastic big wheel	1
15	Mainframe	1	54	Pedal strap	2
16	Front stabilizer	1	55	Foam	2
17	Display seat assembly	1	56	Saddle roller assembly	4
18	Rear stabilizer	1	57	Adjustable end cap	2
19	Cross countersunk self-drilling screw	1	58	Ellips end cap	2
20	Guide rail	2	59	Limited cushion	2
21	Handrail	1	60	Moving wheel	2
22	Saddle support plate	2	61	Adjustable foot cushion	2
23	Fixed reinforcing plate	2	62	Ellips end cap	2
24	Display plate	1	63	Cross pan head self-drilling screw	11
25	Saddle shaft	2	64	Inner hexagon pan head bolt	2
26	Saddle limited shaft	1	65	Inner hexagon pan head bolt	4
27	Roller shaft	1	66	Resistance fixation plate	1
28	Display	1	67	Inner hexagon semi-round bolt	3
29	Roller sleeve	2	68	Inner hexagon cylinder head bolt	1
30	Inner hexagon pan head bolt	1	69	Thin hex bolt	2
31	Pedal shaft	4	70	Nylon nut	3
32	Aluminum rail	2	71	Flange nut	4
33	Wire ring holder	1	72	Washer	8
34	U baffle	2	73	Rivet	4
35	Adjustable bolt	2	74	Hexagon nut	2
36	Resistance controller	1	75	Bigger washer	2
37	Left cover	1	76	Circlip for shaft	6
38	Right cover	1	77	Cushion	1
39	Cross countersunk self-drilling screw	4			

Package list
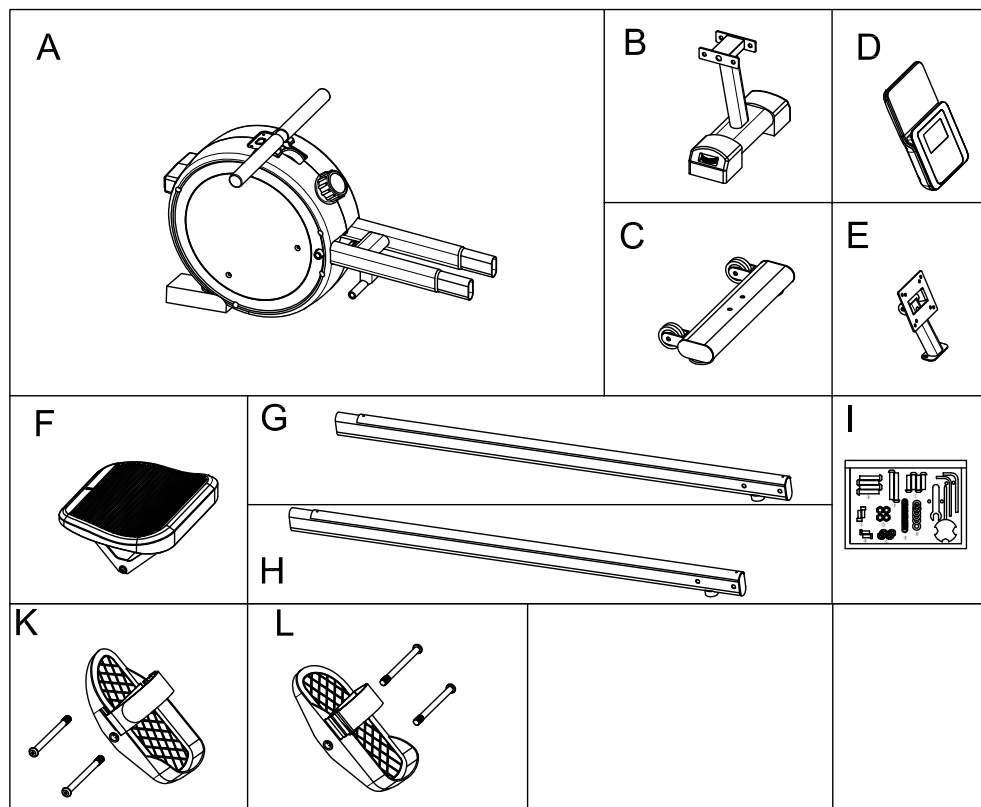
|	
A	Mainframe
B	Rear stabilizer
C	Front stabilizer
D	Display
E	Display support assembly
F	Saddle assembly
G	Right guide rail assembly
H	Left guide rail assembly
I	Blsiter card
K	Left pedal
L	Right pedal

Blister card
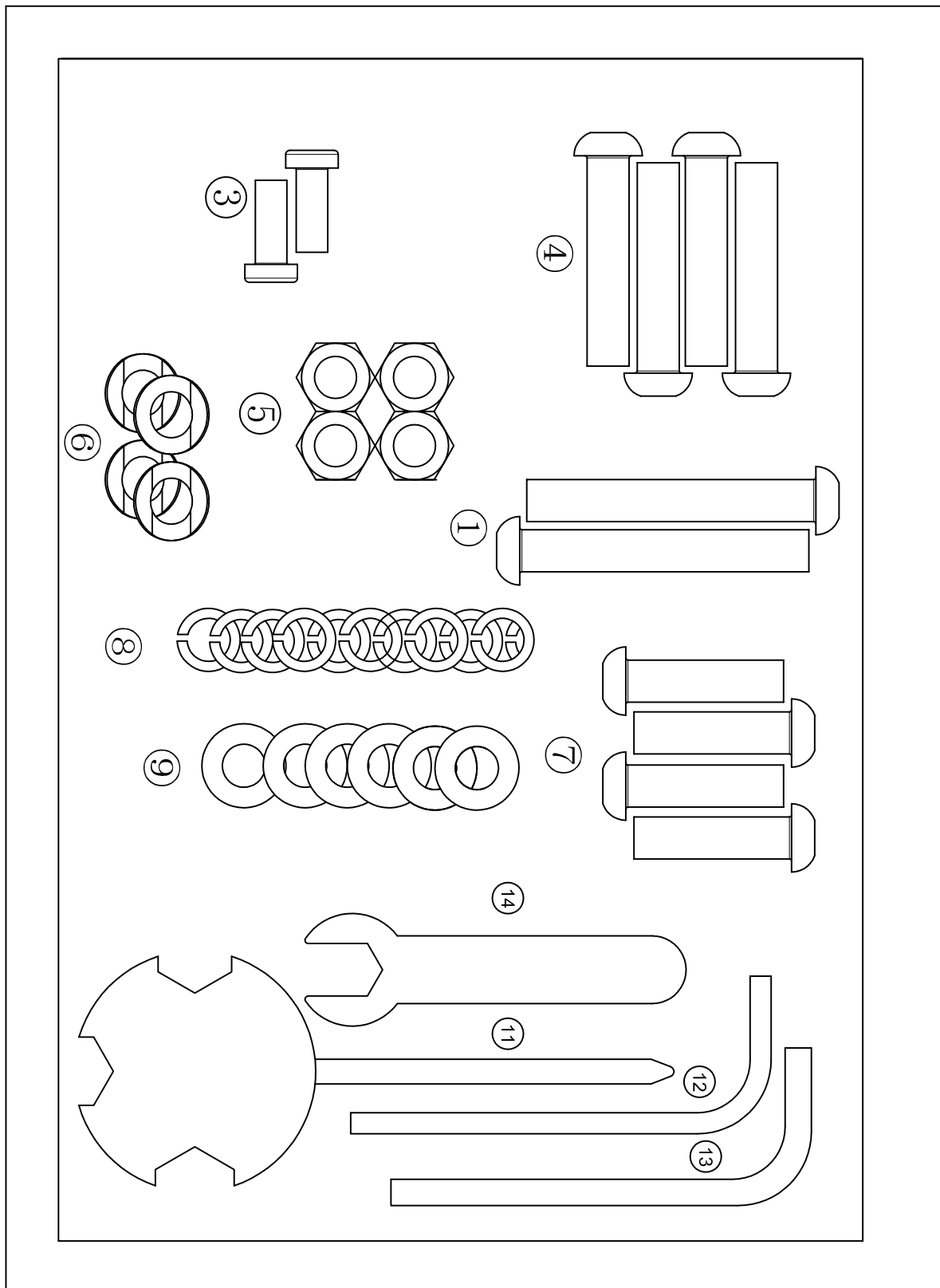
Assembly steps

Step1

Remove the front support assembly (C) and the main frame assembly (A), and place the main frame assembly (A) on the ground with its reverse side as shown in the figure (be careful not to crush it). Use a wrench (⑬) to remove screw M and plastic block N. Then remove 2 pieces of screws (①), 2 pieces of spring washers (⑧) and 2 pieces of flat washers (⑨) from the parts tray. Lock the front support assembly (C) and the main frame assembly (A) with a wrench (⑬)
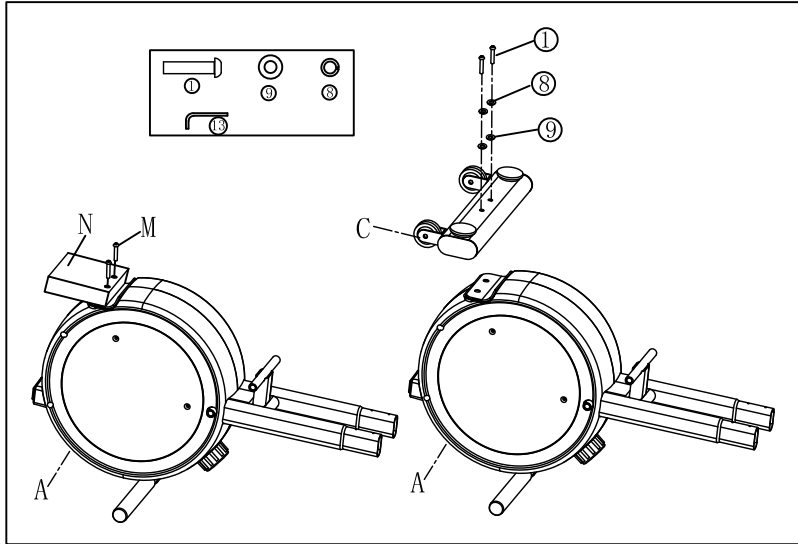
Step2

Erect the main frame A as shown in the figure. Remove 4PCS of screws (⑦), 4PCS of spring washers (⑧) and 4PCS of arc washers (⑥) from the parts tray, and lock the right slide rail assembly (G) and left slide rail assembly (H) into the main frame assembly with a wrench (⑬).
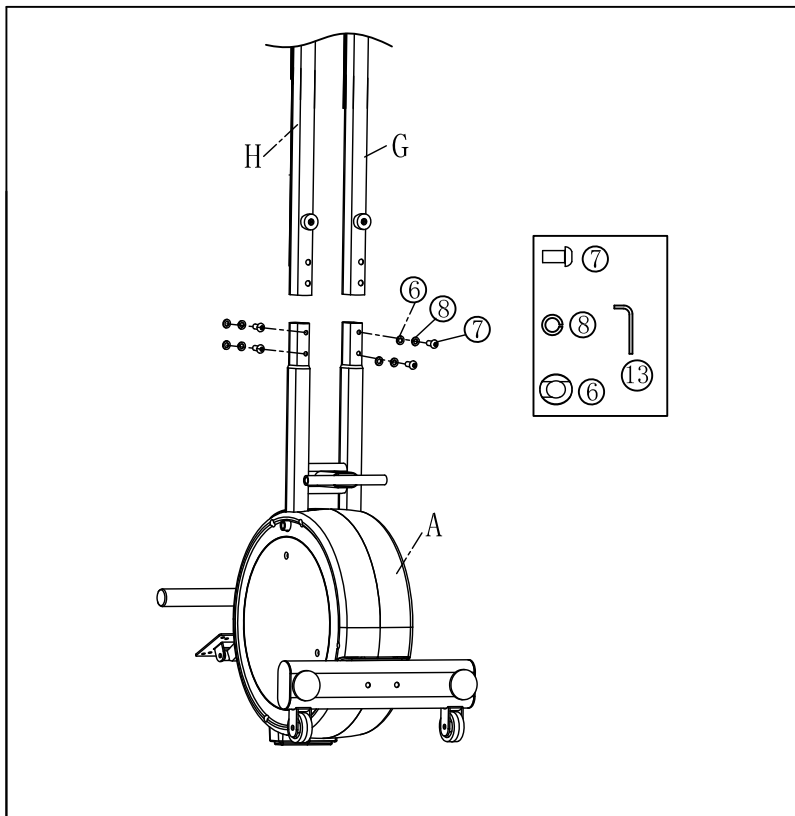
Step3

As shown in the following figure, insert the seat cushion assembly (F) into the right slide rail assembly (G) and the left slide rail assembly (H) in the direction of the arrows.
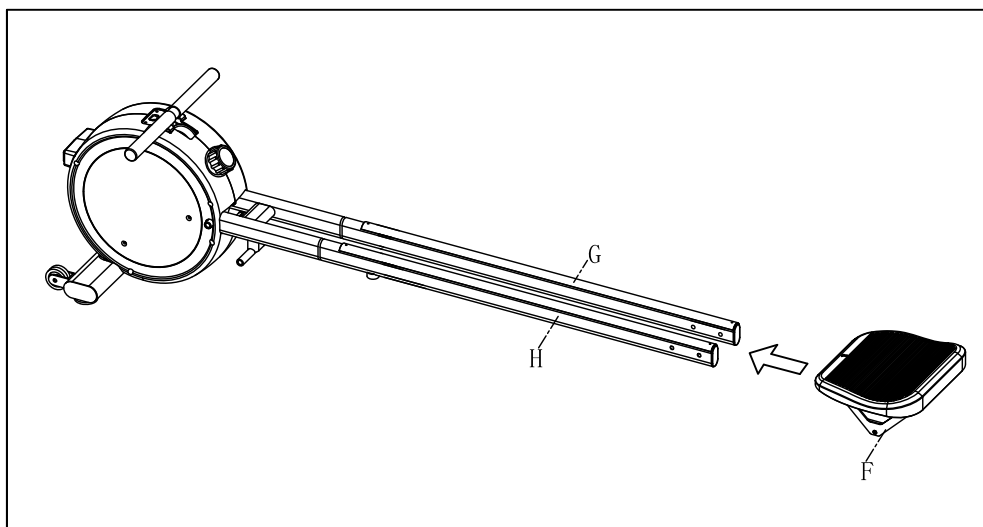

Step4

(1) Remove the screws (④) 4PCS, flat pads (⑨) 4pcs, elastic pads (⑧) 4pcs and nuts (⑤) 4pcs.
(2) Push the screw (④) 2pcs into the right slide assembly (G) and rear support assembly (B) and fix it with a flat pad (⑨) 2pcs, the elastic pad (⑧) 2pcs and the nut (⑤) 2pcs, and lock it with a wrench (⑪) and (⑬).
(3) Push the screw (④) 2pcs into the left slide assembly (H) and rear support assembly (B) and fix it with a flat pad (⑨) 2pcs, the elastic pad (⑧) 2pcs and the nut (⑤) 2pcs, and lock it with a wrench (⑪) and (⑬).
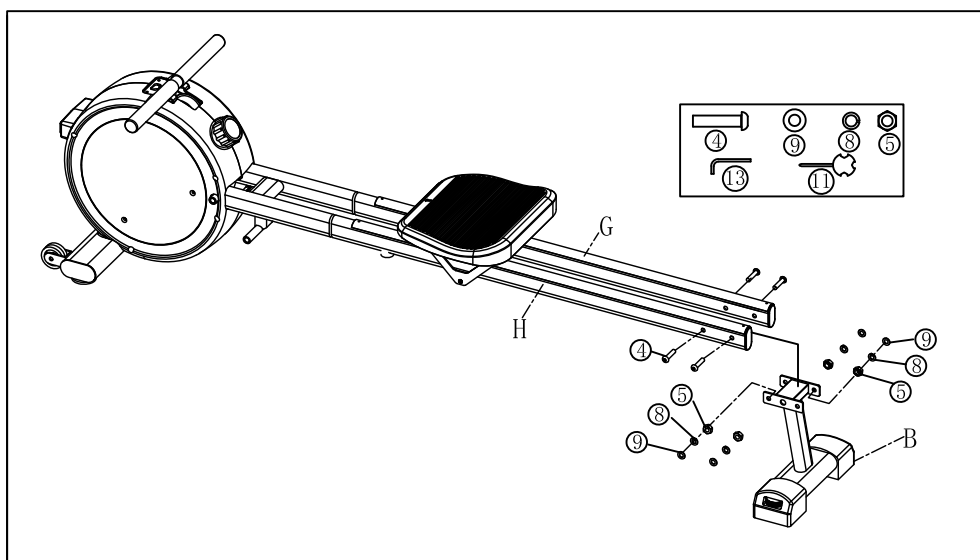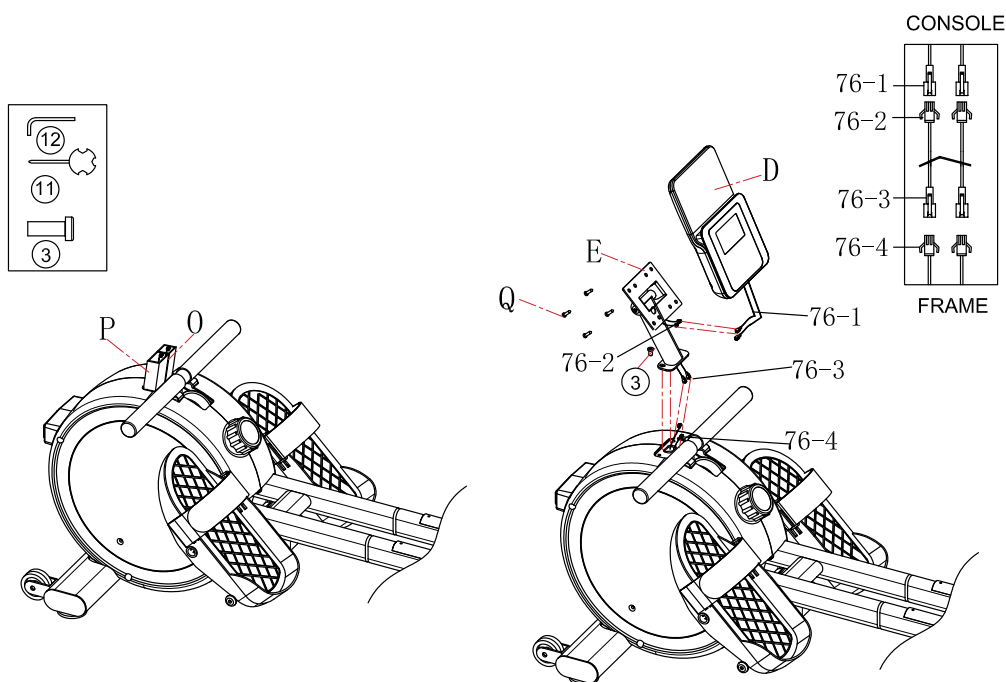
Step5

Fix the left and right peal (K, L) by Allen wrench ⑬.
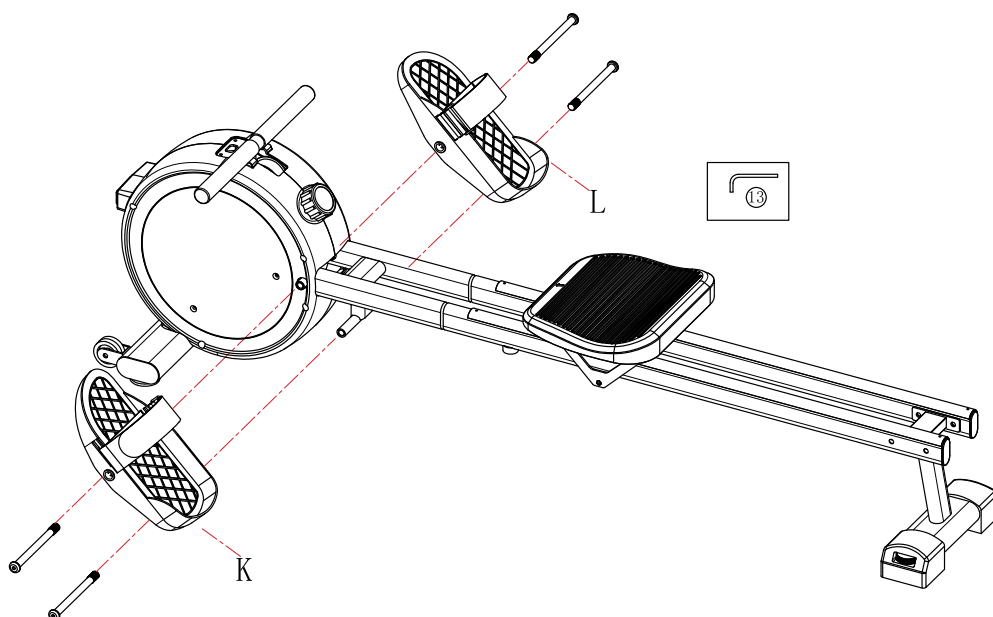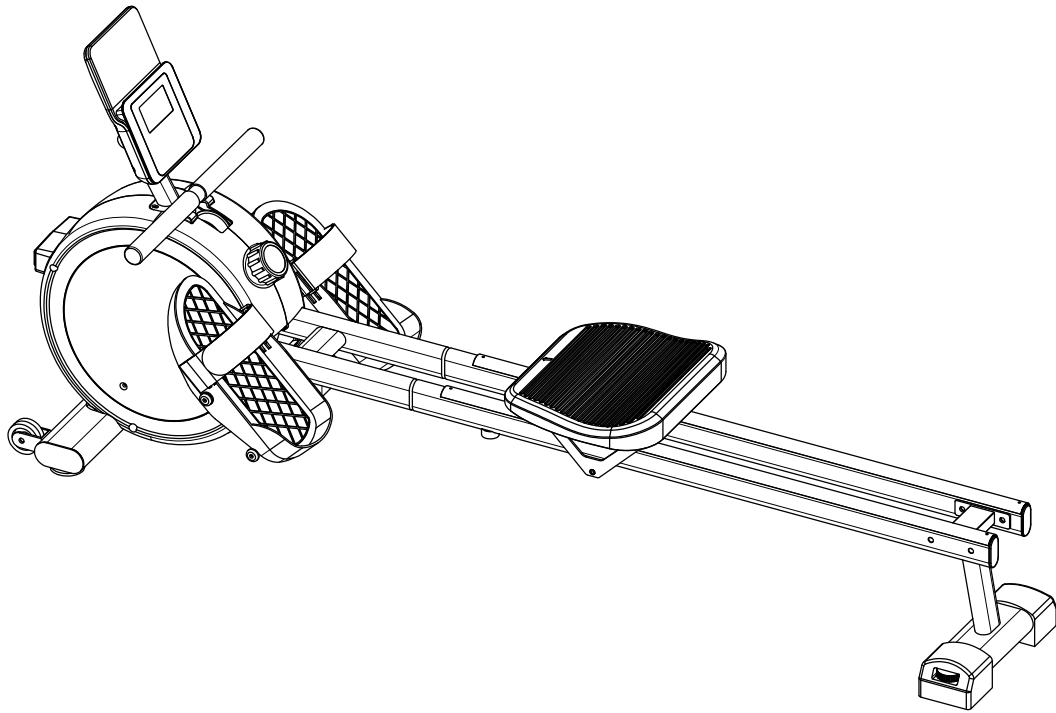

Step 6

1. Remove the nylon belt (O) and paper tube (P) first;
2. Connect wire 76-3 with 76-4 and then insert them into the display tube;
3. Fix the display seat (E) onto the mainframe (A) with inner hexagon pan head bolt ③.
4. Remove the screws (Q) from the display (D) first and then fix the display (D) to the display plate (E) with screws (Q).

Step7

Finished product.

Instruction For Use

Conditioning Guidelines

The following guidelines will help you to plan your exercise program. Remember that correct nutrition and adequate rest are essential for successful results. If you're beginning an exercise program, you should check with your doctor if:

● You have been diagnosed with heart problems, high blood pressure or any other medical condition.
● You have not exercised for over a year.
● You are over 35 and do not currently exercise.
● You are pregnant.
● You have diabetes.
● You have chest pains, or experience dizziness or fainting spells.
● You are recovering from an injury or illness.

Target Heart Rate (THR)

AGE	TRAINING ZONE MIN-MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

Note:This is a guide only and performance will depend on the fitness and condition (health) of the person using the Machine.

Work-Out Tips

● Always perform stretching exercises both before and after your work-out. See page 9.
● Start slowly; doing too much too soon can lead to injuries.

- If you are sore or tired, give yourself a few extra days to recover.
- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 or 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. The Machine will mainly exercise the thigh and calf muscles.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5 minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

How hard should you work?

1. When exercising, you should try to stay within your Target Heart Rate (THR) zone.
2. The THR table will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the machine.
3. Always be aware of how you feel when you exercise. If you feel dizzy or light- headed, stop immediately and rest. If you're not breaking into a sweat, speed it up!

Stretching Guide

Tips For Stretching

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

Thigh Stretch

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other

Hamstring Stretch

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.

Calf Stretch

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.

Note: Keep your back and rear leg straight when performing this

Inner Thigh Stretch

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.

INSTRUCTION MANUAL

■ **BUTTONS**

1. MODE

Press this button to changeover display or choose the window needs to be set.

SET – To set value of time, distance and calories when not in scan mode.

RESET – Press to reset time, distance and calories.

– Hold it for 3 seconds to reset time, distance and calories.Calorie

■ **FUNCTIONS**

1.SCAN

i:Press MODE button until "SCAN" appears , computer will rotate through all the 5 functions:

Time, Count, Distance, Total count and Calorie. Each display will be hold for 6seconds.

2.COUNT

    i.   Display instantaneous count and the range is 0~9999 Count.

3.TIME

    i.   Count the total time from exercise start to the end and the range is 0：00 ~

    99:59Minute.

4.DISTANCE(DIST)

    i.   Count the total distance from exercise start to the end and the range is 0.00~ 9999KM

5. CALORIES(CAL)

    i.   Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 9999 KCAL.

6.TOTAL COUNT (TCNT)：Count the total rowing strokes after installing the battery.

7.AUTO START/STOP

    i.   Without any signal of exercise or operation for 4minutes, the power will turn off automatically.
    ii.   Once receive exercise or operation signal, the monitor will turn on automatically.

8. ALARM

The functions of time, distance and calorie can be set countdown, any of above value

goes to zero, the computer will alarm for 10 seconds.

Press MODE to select the function, then press SET to adjust the value.

■BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

FUNCTION	Auto Scan	Every 6seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Count	The max pick-up signal is 9999Count
	Trip Distance	0.00 ~ 9999 KM
	Calories	0.0 ~ 9999 KCal
	Total Count	0 ~ 9999 Count
Battery Type		2 pcs of SIZE-AAA or UM4 R03.
Operating Temperature		0℃ ~ +40℃(32℉ ~ 104℉)
Storage Temperature		-10℃ ~ +60℃(14℉ ~ 140℉)