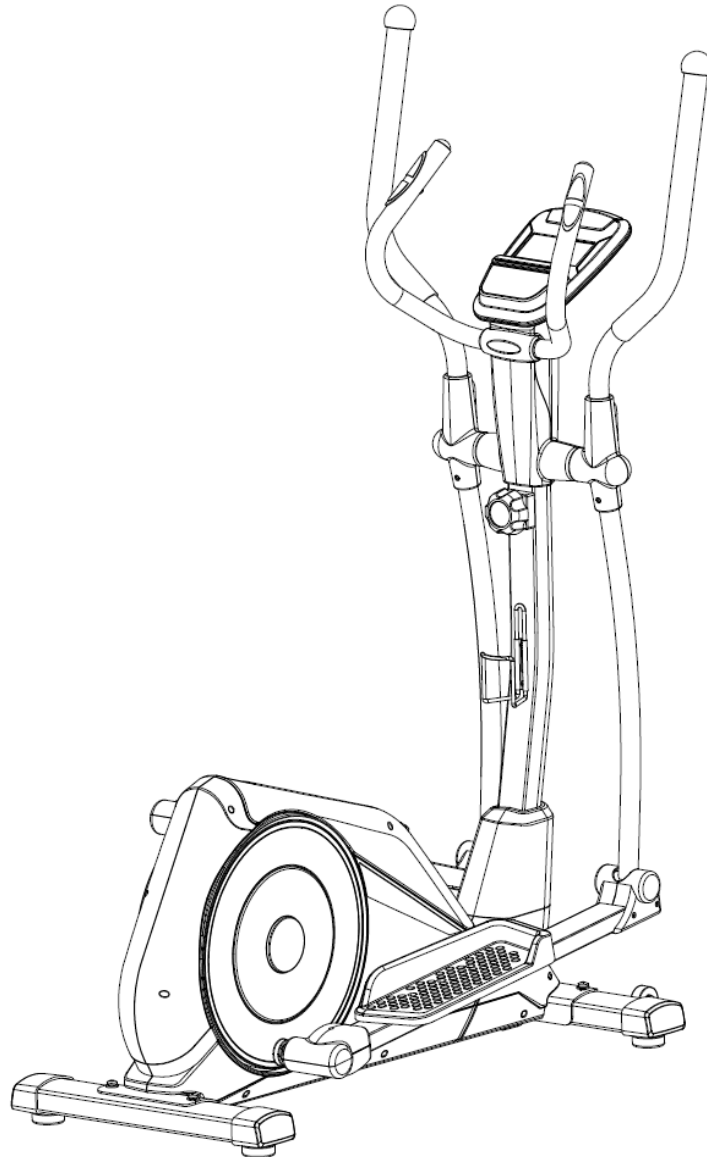




Magnetic Elliptical Bike

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 Fitness Product! 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:

- 01- 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.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- 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.
- 06- 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.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 09- 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

This exploded view diagram illustrates the assembly of a vehicle's rear suspension and rear wheel. The central component is the rear axle (2), which is shown with various mounting points and components. Key parts include the rear wheel hub (1), rear wheel rim (54), and rear wheel tire (55). The diagram also shows the rear suspension arms (3L, 3R) and the rear shock absorber (49). Various bolts, nuts, and washers are indicated by numbers, showing their assembly points on the axle and suspension components. The diagram is a technical drawing with clear lines and labels, typical of a patent application or a detailed technical manual.

PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	33	Tension controller	1
2	Handlebar post	1	34	Arc washer D5	1
3L/R	Swing tube	1pr.	35	Cross screw M5	1
4	Fixed handlebar	1	36L/R	Pedal	1pr.
5L/R	Handlebar	1pr.	37a/b	Meter protective guard	1pr.
6	Pedal tube joint	2	38	End cap	4
7L/R	Pedal support	1pr.	39L/R	Pedal support protective guard	2pr.
8	Front bottom tube	1	40a/b	Protective guard	2pr.
9	Rear bottom tube	1	41a/b	Swing tube protective guard	2pr.
10	Carriage bolt M8xL45	4	42	Bushing	4
11	Arc washer D8xΦ20x2xR16	6	43	Plastic bushing	6
12	Hex screw M8x50	6	44	Big plastic bushing	4
13	Hex screw M10x55	2	45	Small bushing	4
14	Hex nut M10xH7xS17	4	46	Round cap	2
15	Nylon nut M10	4	47	Round cap	2
16	Nylon nut M8	12	48	Square cap	2
17	Screw Φ12xM10x80	2	49	Foam grip Φ31xΦ37x480	2
18	Allen bolts M8x60xL20	4	50	Foam grip Φ24xΦ30x460	2
19	Allen bolts M8x38xL12	2	51	Plug	1
20	Allen bolts M8x16	10	52	Roller 2	2
21	Allen bolts M10x20	4	53	Adjustable cushion	4
22	Screw ST4.2x18	14	54	Protective guard	1
23	Screw ST3.5x13	4	55	Meter	1
24	Cross screw M5x10	4	56	Screw	4
25	Wave washer Φ17xΦ23x0.3	4	57	Crank	2
26	D-shape washer	4	58	Pulse wire	2
27	Flat washer D8xΦ16x1.5	20	59	Sensor wire	1
28	Flat washer D10xΦ20x2	8	60	Extension wire	1
29	Flat washer D12xΦ24x1.5	2	61	Tension cable	1
30	Spring washer D10	4	62	Pulse wire	2
31	Spring washer D8	14	63	Bottle holder	1
32	Long axle	1	64	Flat washer D4	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.

◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

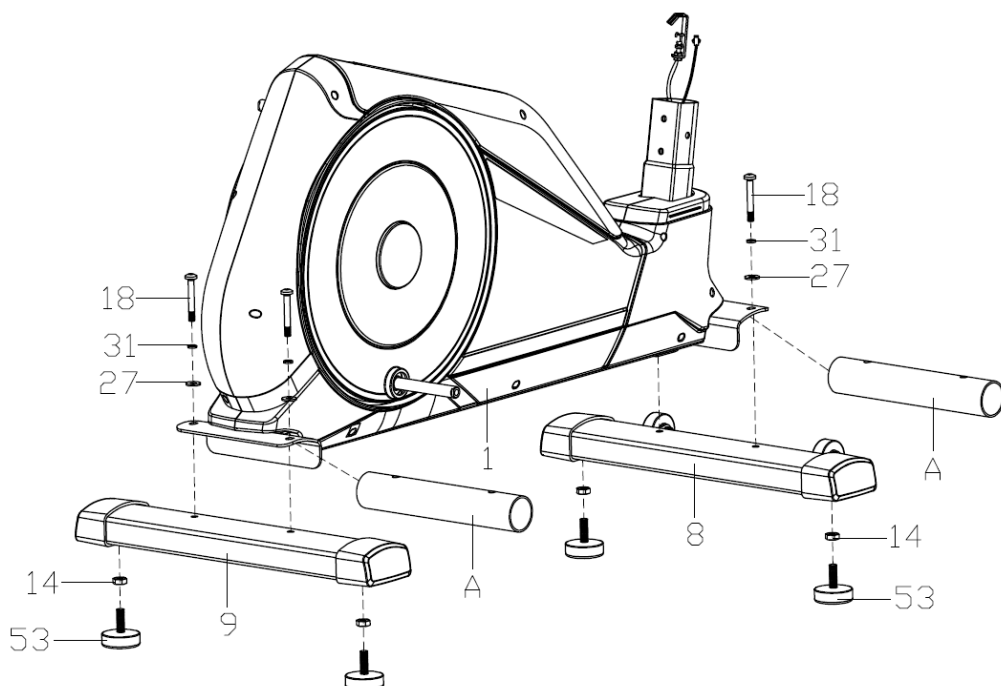
Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

ASSEMBLY INSTRUCTIONS

Step 01:

1. Install the Adjustable cushions (53) to the Front bottom tube (8) and Rear bottom tube (9) with Hex nuts (14) tightly.

2. Remove A part, then Install the Front bottom tube (8) and Rear bottom tube (9) to the Main frame (1) with the Allen bolts (18), Spring washers (31) and Arc washers (27) as shown.

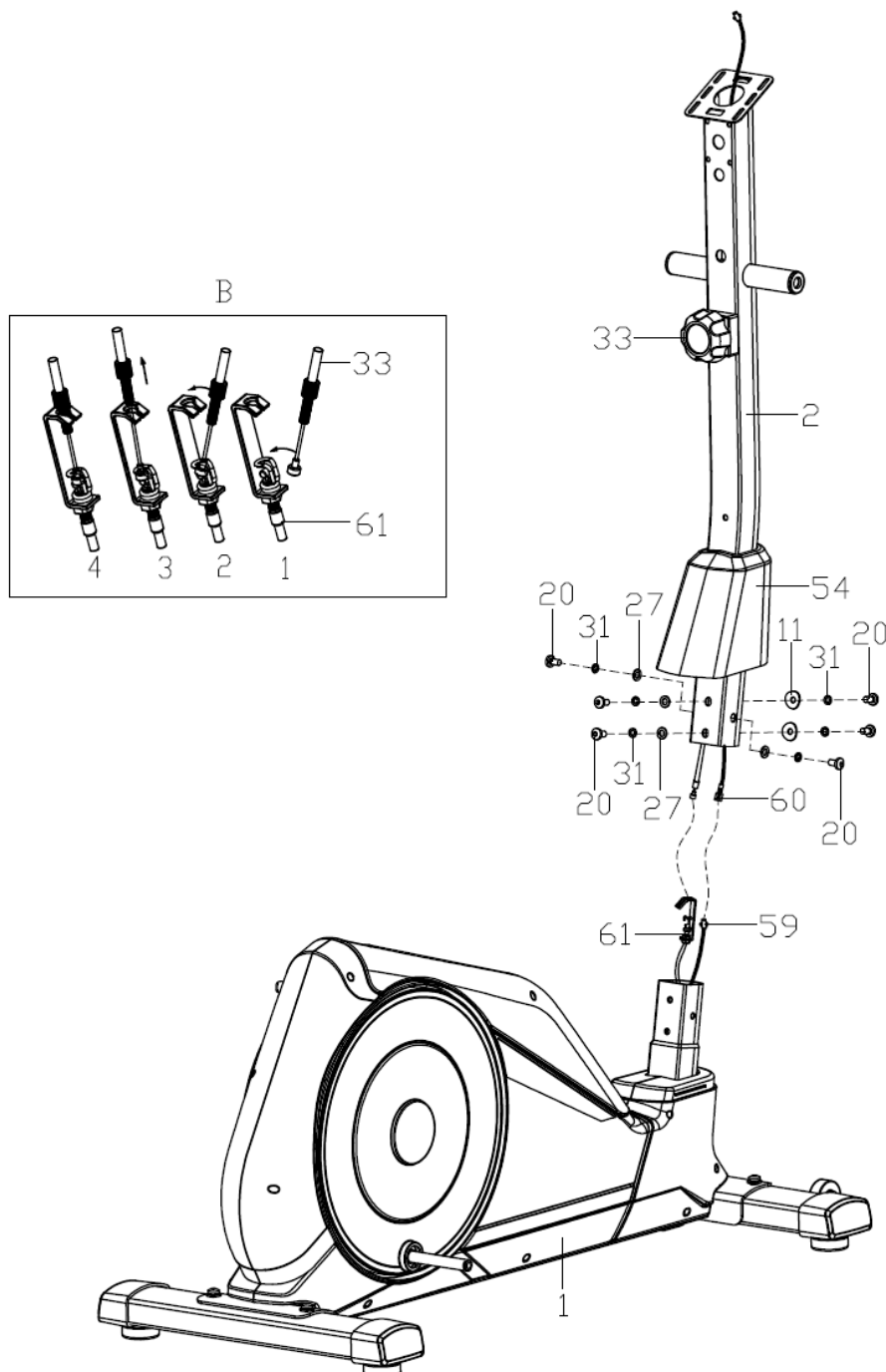


Step 02:

A: Make the Protective guard (54) covering on the Handlebar post (2).

B: Connect the Extension wire (60) with the Sensor wire (59) properly at first, then connect the Tension cable (61) with the lower end of Tension controller (33) followed the Chart B as below.

C: Lock the Handlebar post (2) onto the Main frame (1) with the Allen bolts (20), Spring washers (31), Flat washers (27) and arc washers (11), and then cover the Protective guard (54) in place.



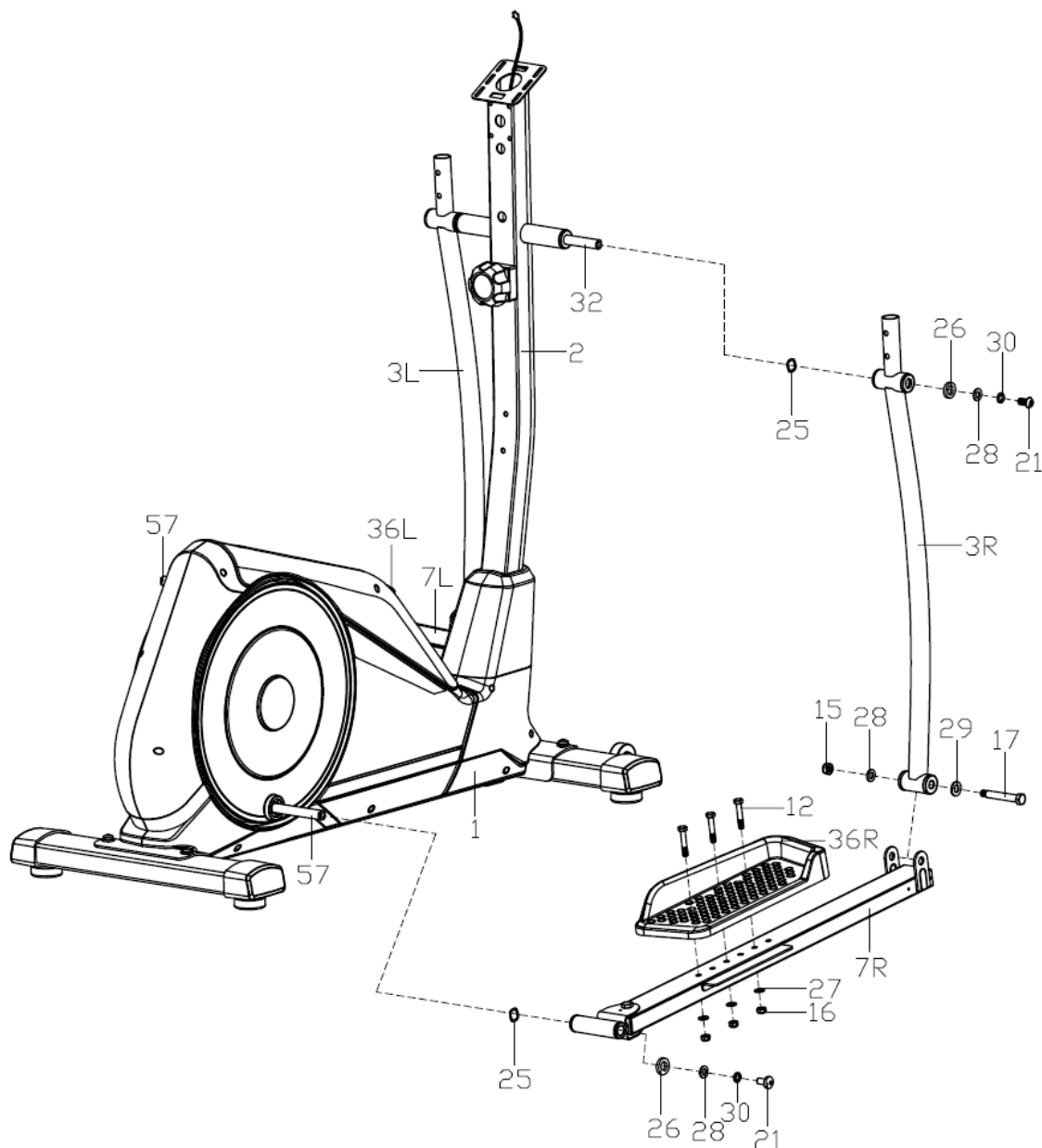
Step 03:

A: Insert the Long axle (32) to the Handlebar post (2), then attach the Swing tube (3L/R) on the Long axle (32) with the Allen bolts (21), Spring washers (30), Flat washer (28), D-shape washers (26) and Wave washers (25). Don't lock them tightly now.

B: Fix the Pedal support (7L/R) on the Crank (57) with Allen bolts (21), Spring washers (30), Flat washer (28), D-shape washers (26) and Wave washers (25). Don't lock them tightly now.

C: Connect the Swing tube (3L/R) and Pedal support (7L/R) together with the Screws (17), Flat washers (29), Flat washers (28) and Nylon nuts (15). Then recheck and lock the above mentioned Allen bolts (21), Screws (17) and Nylon nuts (15) tightly.

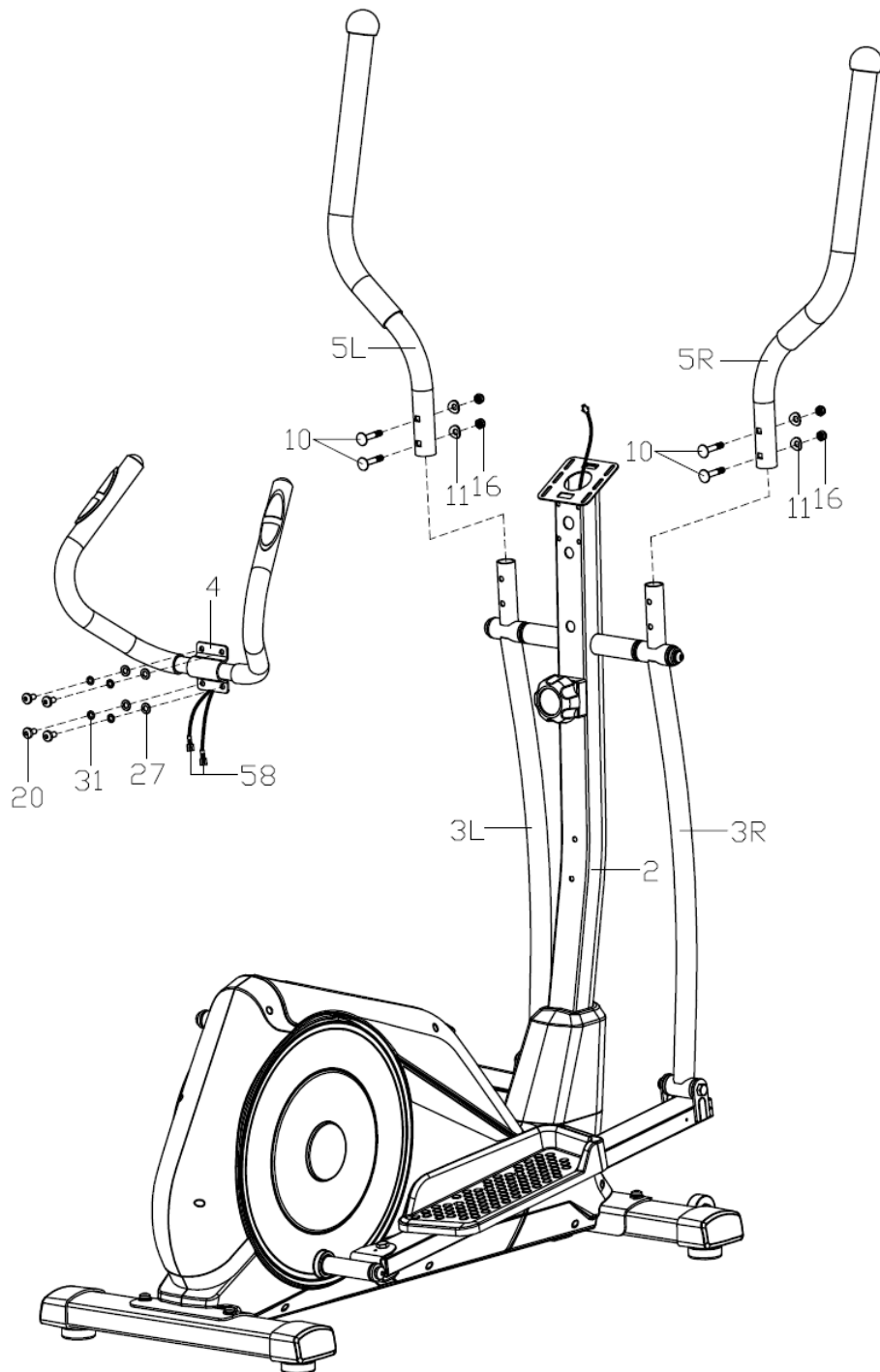
D: Lock the Pedal (36L/R) on the Pedal support (7L/R) tightly with the Hex screws (12), Flat washers (27) and Nylon nuts (16) as shown.



Step 04:

A: Lock the Handlebar (5L/R) on the Swing tube (3L/R) tightly with the Carriage bolts (10), Arc washers (11) and Nylon nuts (16);

B: Thread the Pulse wires (58) into the hole of Handlebar post (2) and then take it out from the computer bracket. Lock the Fixed handlebar (4) on the Handlebar post (2) tightly with the Allen bolts (20), Spring washers (31) and Flat washer (27) as shown.

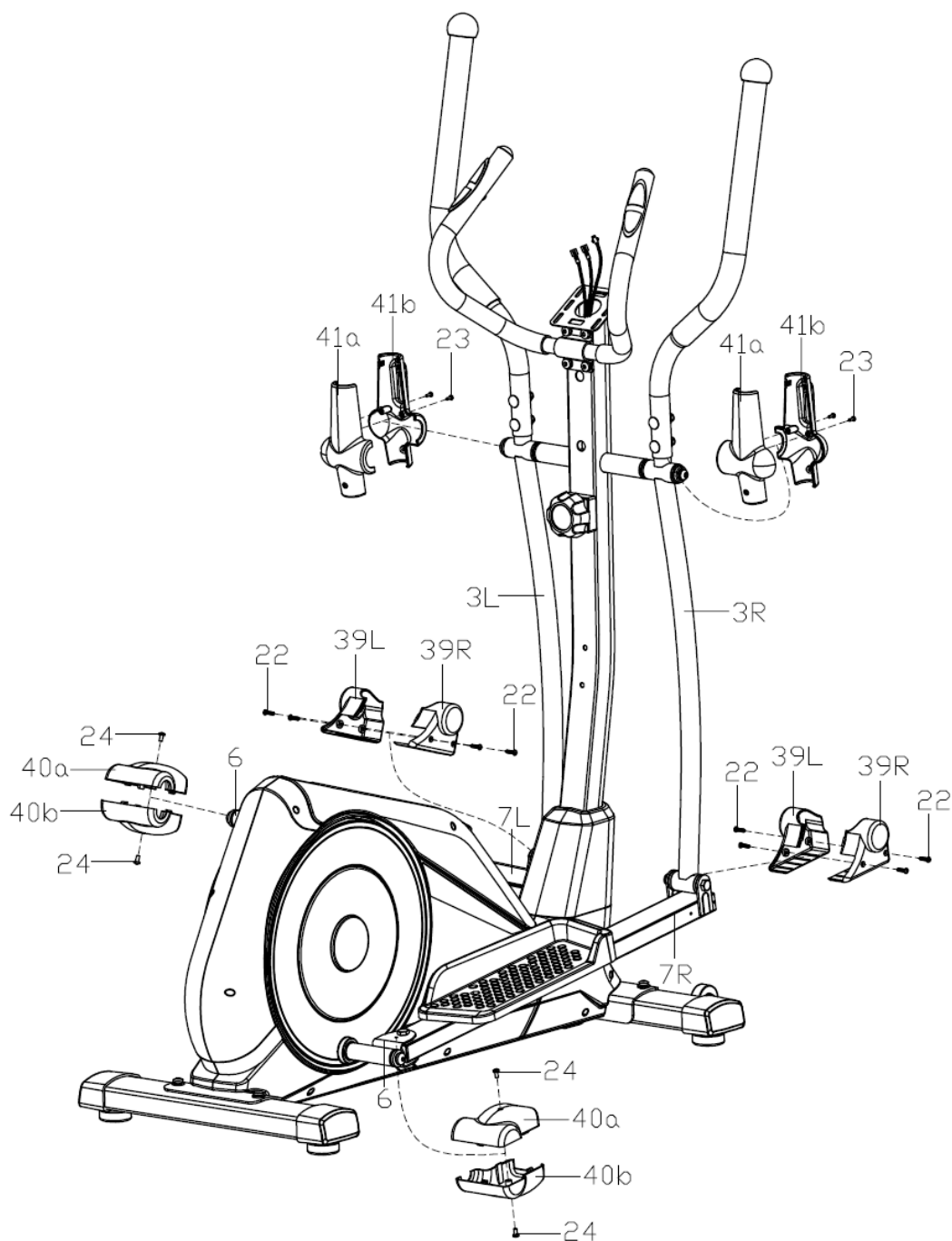


Step 05:

A: Fix the Swing tube protective guard (41a/b) on the Swing tube (3L/R) with the Screws (23);

B: Fix the Pedal support protective guard (39L/R) on the connection of Swing tube (3L/R) and Pedal support (7L/R) with the Screws (22);

C: Fix the Protective guard (40a/b) on the Pedal tube joint (6) with the Cross screws (24) as shown.

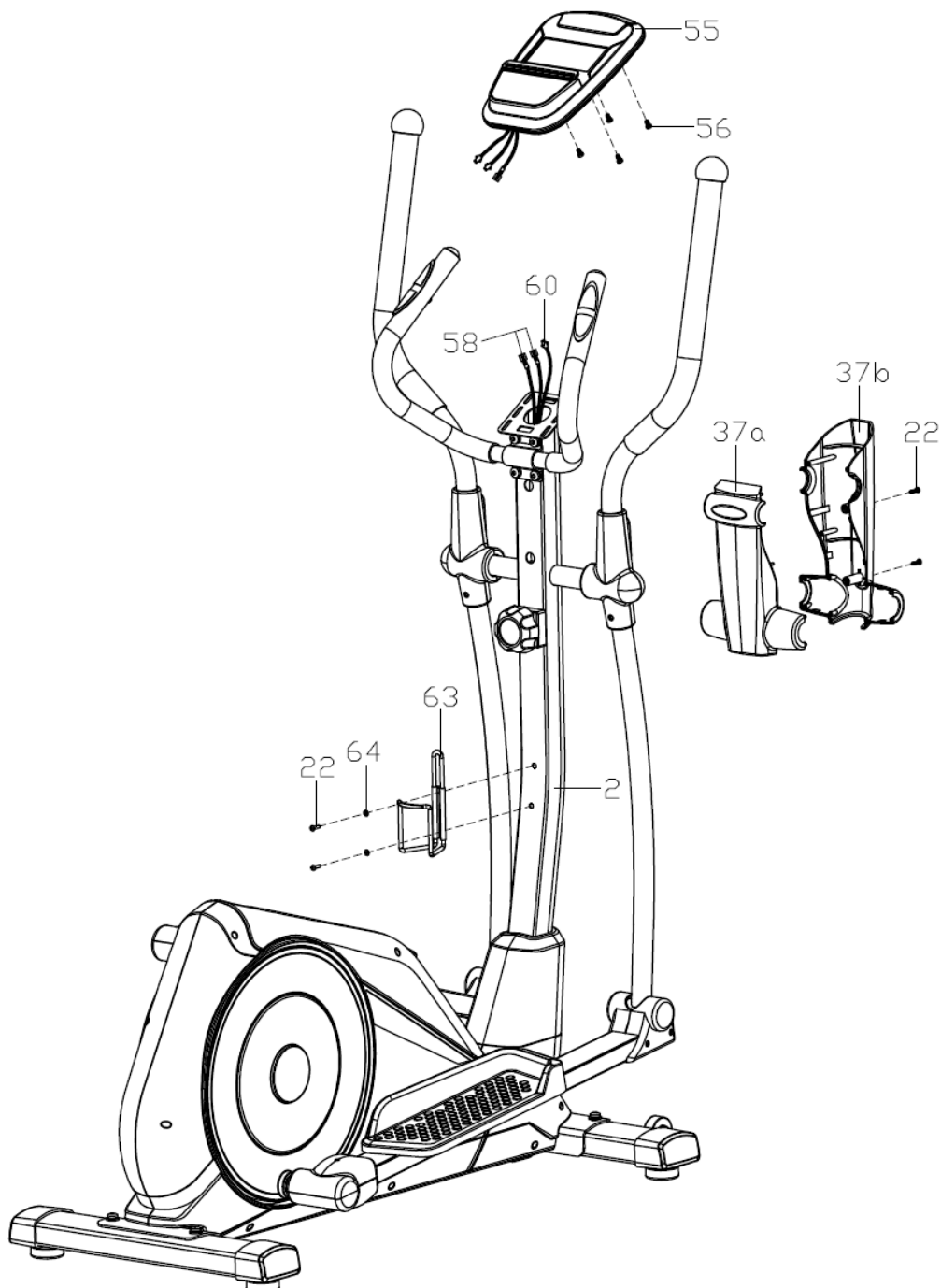


Step 06:

A: First, cover the Meter protective guard (37a) on the Handlebar post (2), then connect the Extension wire (60) and Pulse wires (58) with the connecting wires from the Meter (55) properly, then fix the Meter (55) on the bracket of the Handlebar post (2) with Screw (56);

B: Lock the Meter protective guard (37a/b) on the Handlebar post (2) tightly with the Screws (22) as shown.

C: Lock the Bottle holder (63) on the Handlebar post (2) with Screws (22) and Flat washer (64).



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



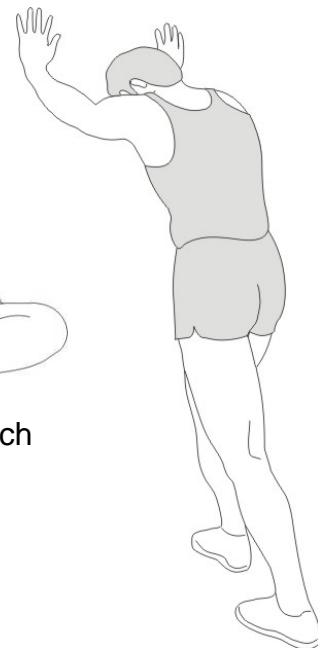
Toe Touch



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.