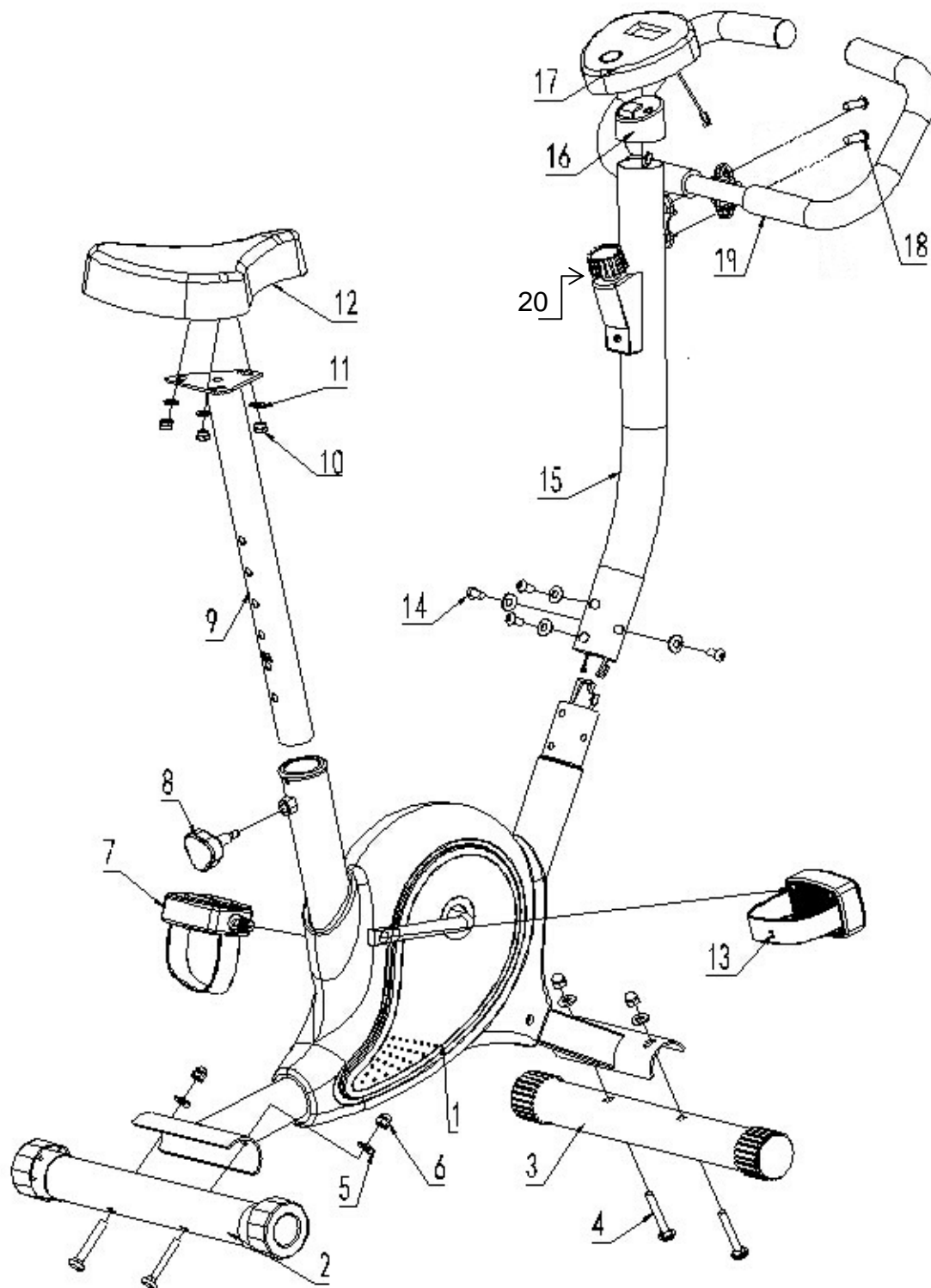


ASSEMBLY VIEW



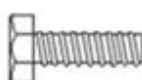
SPARE PARTS LIST:

Spare Part List					
NO.	Description	QTY	NO.	Description	QTY
1	Main Frame	1	11	Flat washer	3
2	Rear Stabilizer	1	12	Seat	1
3	Front Stabilizer	1	13	Pedal(R)	1
4	Carriage Bolt	4	14	Fixing Bolt	4
5	Curved washer	8	15	Front Post	1
6	Domed Nut	4	16	Monitor Hold	1
7	Pedal(L)	1	17	Monitor	1
8	Adjustment Knob	1	18	Fixing Bolt	2
9	Seat post	1	19	Handlebar	1
10	M8 lock nut	3	20	Tension Control	1

SPARE PARTS PICTURE:



Carriage Bolt
(M8x60mm)
Pt.4



Fixing Bolt
(M8x15mm)
Pt.14



Fixing Bolt
(M8x30mm)
Pt.18



Curved Washer
(Ø8)
Pt.5

Washer
(Ø8)
Pt.11



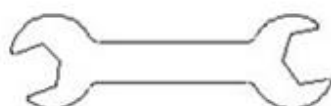
Lock nut
(M8)
Pt 10



Domed Nut
(M8)
Pt.6

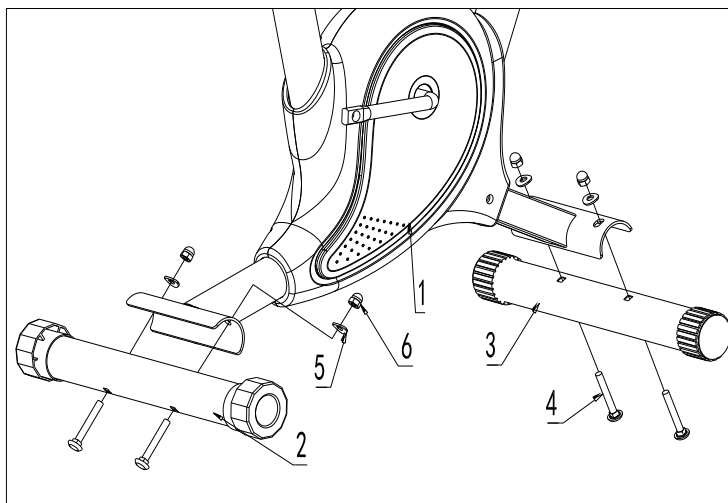


Knob
Pt.8



Wrench (13-15)

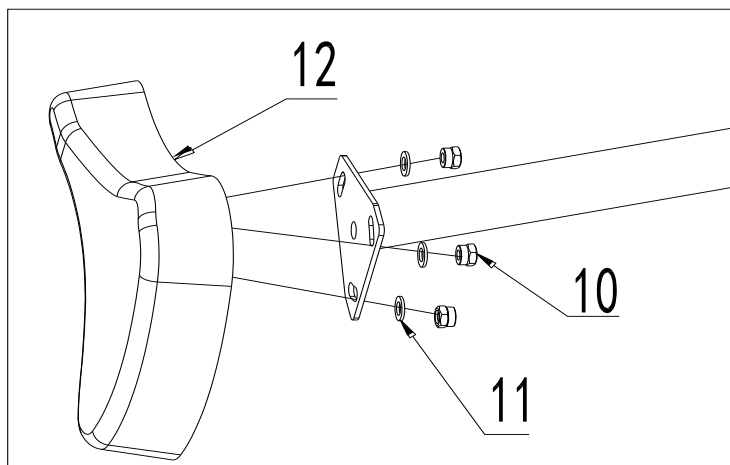
ASSEMBLY INSTRUCTIONS:



Step 1:

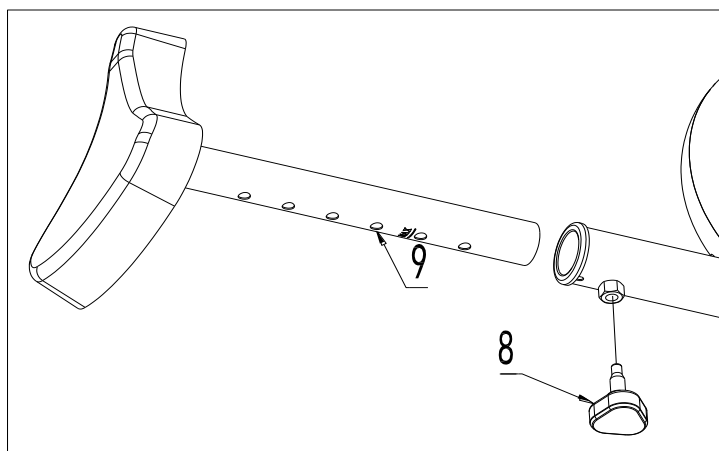
1. Attach the Front Stabilizer (pt. 3) to the Main Frame (pt. 1) using 2 sets of M8 Domed Nuts (pt. 6), Ø8 Curved Washers (pt.5) and M8x60mm Carriage Bolts (pt. 4).

2. Slide the Rear Stabilizer (pt.2) into the Main Frame (pt. 1), making sure the open side of the bracket is facing up, as shown, then fix with 4pcs Ø8 Washer (pt. 5), 2pcs M8x60mm Carriage Bolts (pt. 4).and 2 sets of M8 Domed Nuts (pt. 6).



Step 2:

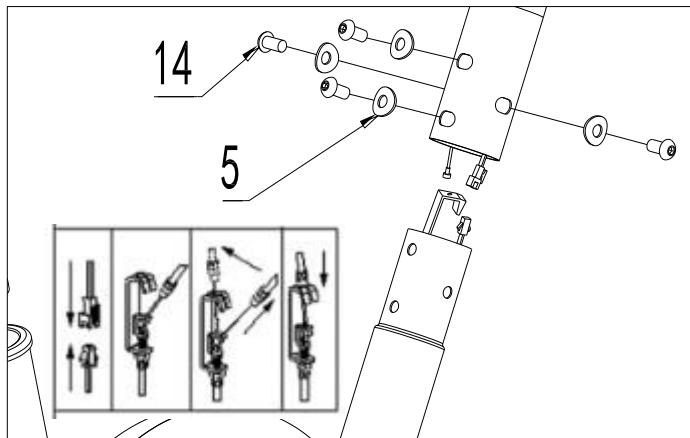
Fix the Seat (pt. 12) to the Seat post by using the three sets of Washers (pt. 11) and three lock Nuts (pt. 10) located under the seat.



Step 3:

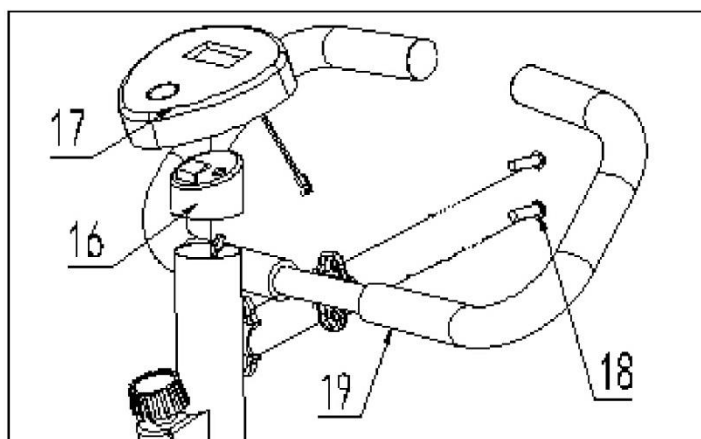
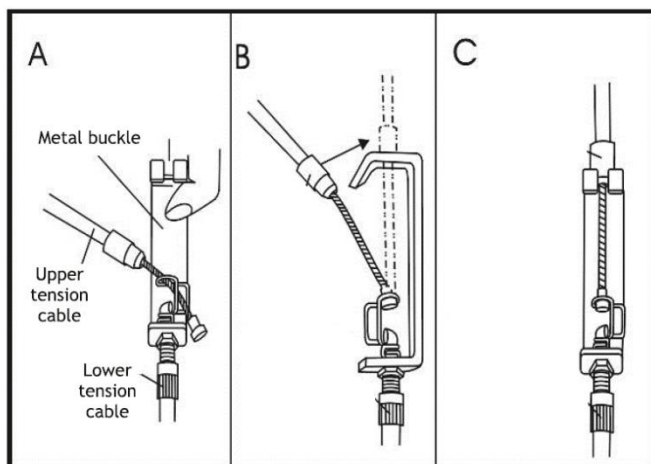
Insert the Seat Post (pt. 9) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt. 8).

Step 4:



Take the Front Post (15) and connect the Upper Monitor Wire with Lower Monitor Wire (See picture A,B,C).

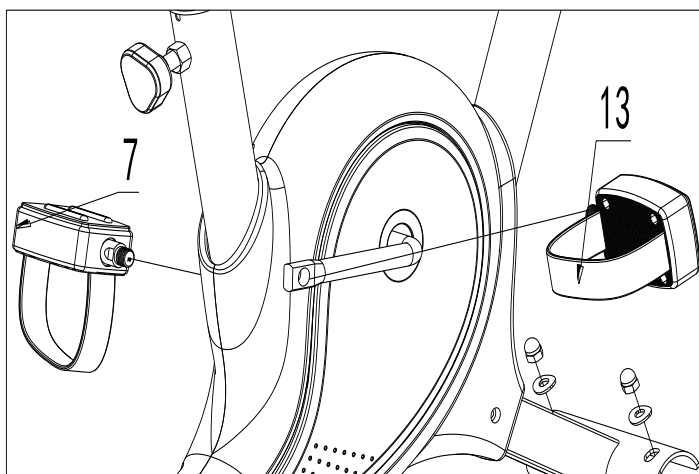
Slide the Front Post into the front post housing, then fix with 4 pcs fixing Bolts (pt. 14) and Curved washer (pt.5). Be careful not to cut the sensor wires.



Step 5:

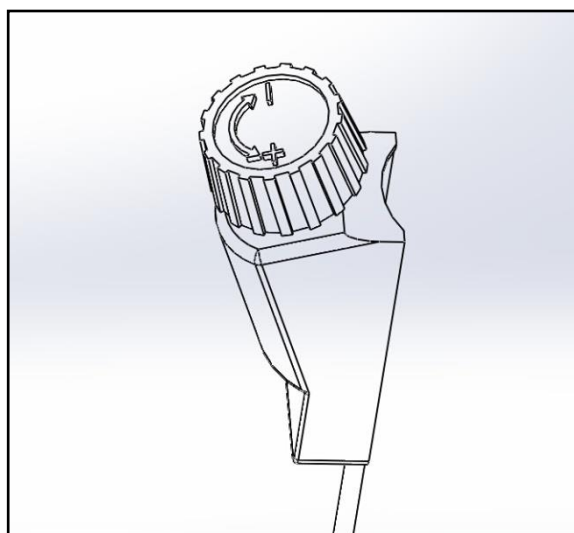
Plug the Upper Monitor Sensor Wire in to the back of the Monitor (pt. 17), and then slide the Monitor onto the Monitor Holder (pt.16).

Fix Handlebar (pt.19) on the Front by 2 pcs M8*30mm Fixing Bolt (pt.18)



Step 6.

Fix the (L) pedal (pt.7)on the Main Frame by wrench (13-15) in counter clockwise.
Fix the (R) pedal (pt.13)on the main frame by wrench in clockwise.



Step 7:

The tension can be adjusted by turning the knob either to – mark or to + mark.

MONITOR

SCAN: Automatic display of the following functions in the order shown:

TIME-SPEED-DISTANCE-CALORIES (repeat)

DST: The distance of each workout will be displayed by pressing MODE key until DST appears.

SPD : Current speed will be shown by pressing MODE key until brand SPD (speed) appears.

TMR : The exercise time will be displayed by pressing MODE key until TMR appears.

CAL :The calories burned will be displayed by pressing MODE key until CAL appears.

Manual

TIME(TMR).....00:00-99:59 MIN

SPEED(SPD).....0.0-99.9KM/H

DISTANCE (DST).....0.00-999.9KM

CALORIES (CAL).....0-9999KCAL

FUNCTION:**1. AUTO ON/OFF**

The system turns on when any key is pressed or the exercise begins.

The display will shut off automatically if there is no signal / function for a period of 4 minutes

2. RESET

The unit can be reset by changing the batteries or pressing the MODE key for 3 second.

3. The user can change the battery by taking off the monitor and change battery. Simply take off the monitor from the bike and open the battery case.

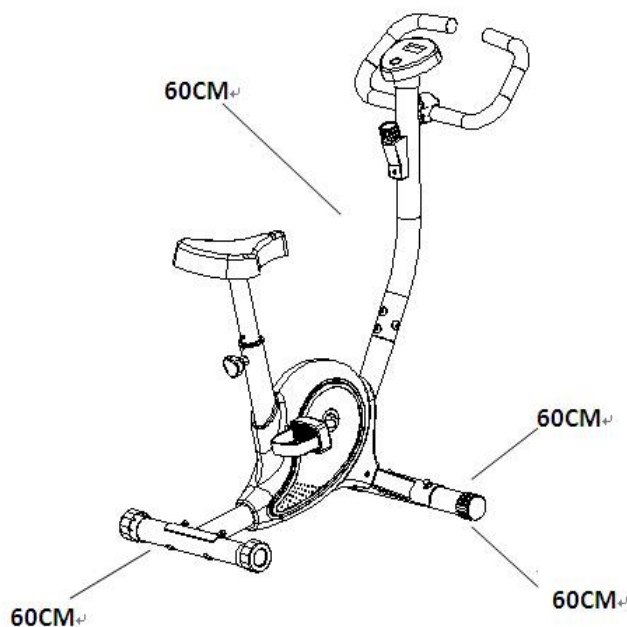
BATTERY: 1pc AA Ni-mh

Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. 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 equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. 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, dizziness or nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6metres of free space all around it.



6. Before using the equipment, check the nuts and bolts are securely tightened. Check pedals are not worn or damaged.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. Please operate slowly to start with.
11. Please hold the handlebar tightly with both hands and do not let your body leave the seat when exercising.
12. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only.
13. Maximum user weight 110kg.
14. The pedals stop rotating once you stop pedalling.
15. The equipment is not suitable for therapeutic use.
16. Care must be taken when lifting or moving the equipment so as not to cause injury. Always use proper lifting techniques and/or use assistance.

Location of Bike:

Place the bike on a level and stable surface. Ensure there is adequate clearance from other objects and people when using this bike.

Do not place the bike in any area that will block any vent or air openings.

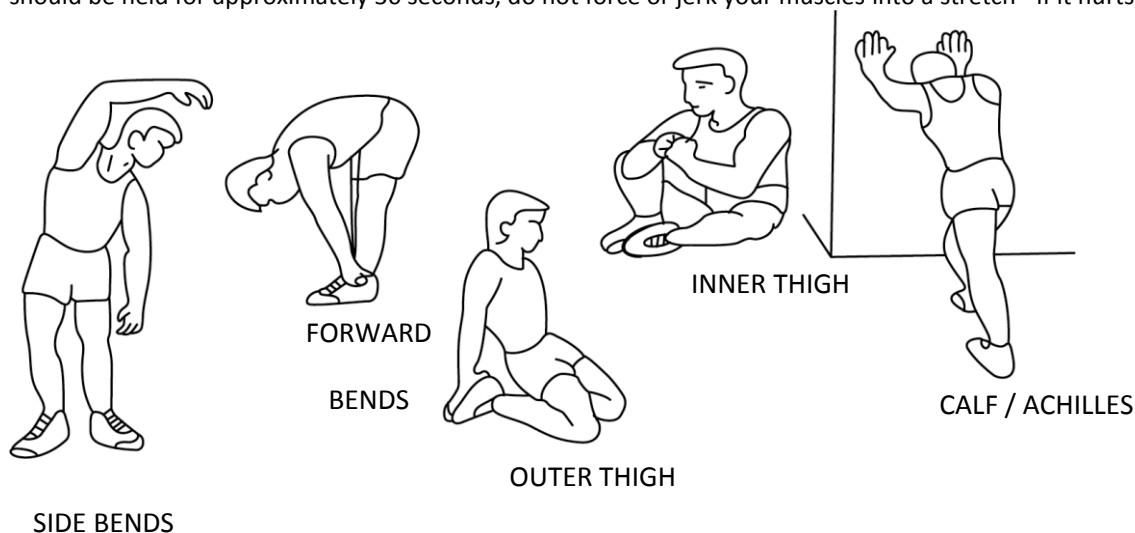
The bike should not be located in a garage, covered patio, near water or outdoors.

EXERCISE INSTRUCTIONS

Using your Exercise Bike 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.

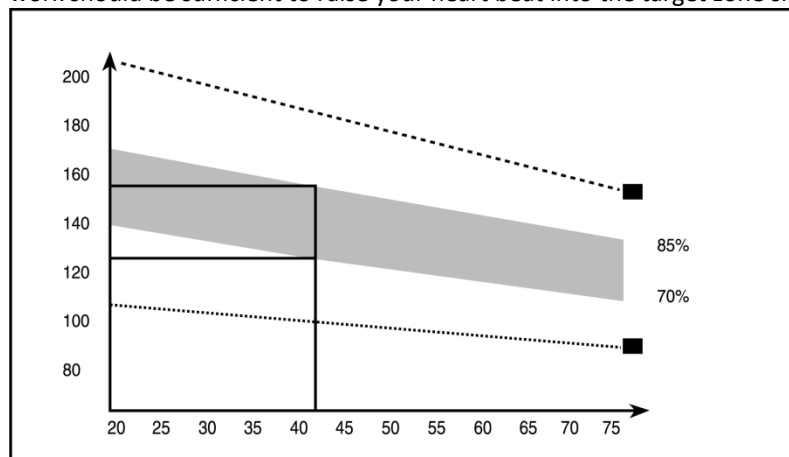
The Warm Up Phase

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.



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.

THE COOL DOWN PHASE

This stage is to let your Cardiovascular 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.

MUSCLE TONING

To tone muscle while on your Exercise Bike 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.

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.

Fault Finding

If you do not receive any data appearing on your monitor screen, please ensure all connections are correct.

WARNINGS / CAUTIONS:

ADULT ASSEMBLY REQUIRED.

USE ON A LEVEL SURFACE.

CHECK REGULARLY AND BEFORE EACH USE THAT ALL PARTS, BOLTS & NUTS ARE SECURE, THAT NO PART IS LOOSE OR BROKEN.

ENSURE HANDLE BARS ARE SECURE.

CLEANING INSTRUCTIONS:

- Locate the exercise bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid cleaning product, to clean the exercise bike. Other fabrics, including paper towels, may scratch the surface.
- Do not use ammonia or acid-based cleaners.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

NOTE: A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth and then wipe the unit.

BATTERIES:

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL:

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household WEEE waste recycling centre.

