



Dimensions

L70cm xW46cm xH103cm (27" in x18in x40" in)

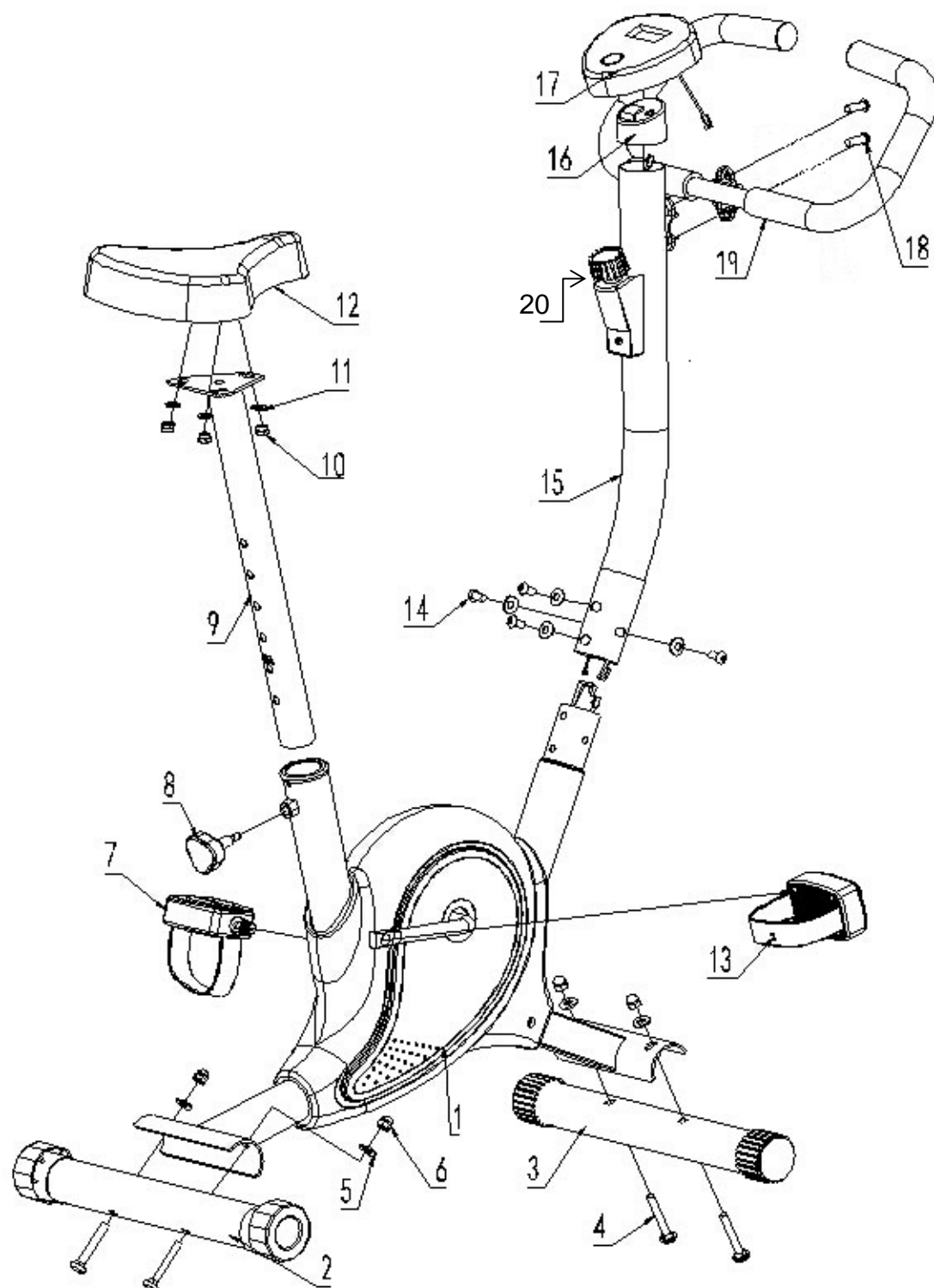
Seat is height adjustable from 66cm to 79cm (26in to 31in).

Weighs 9.8kg (21lb).

Battery required 1x AA (supplied).

Max. weight capacity 110kg (17st 4lb).

ASSEMBLY VIEW



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 Holder (stored in the polystyrene bag behind the monitor)	1
7	Pedal(L)	1	17	Monitor (battery included)	1
8	Adjustment Knob (stored inside separate bag with monitor holder)	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

Only 4 fixing bolts, nuts and washers are included with parts. Other fixings are already attached to the bike and saddle.



Curved Washer
(Ø8)
Pt. 5



Washer
(Ø8)
Pt. 11



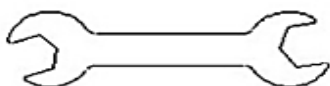
Lock nut
(M8)
Pt. 10



Domet Nut
(M8)
Pt. 6



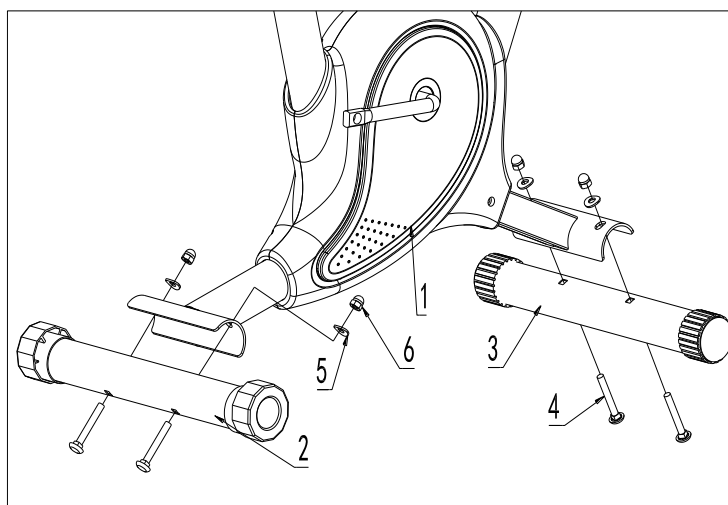
Knob
Pt. 8



Wrench (13-15)

2x alum keys (not shown)

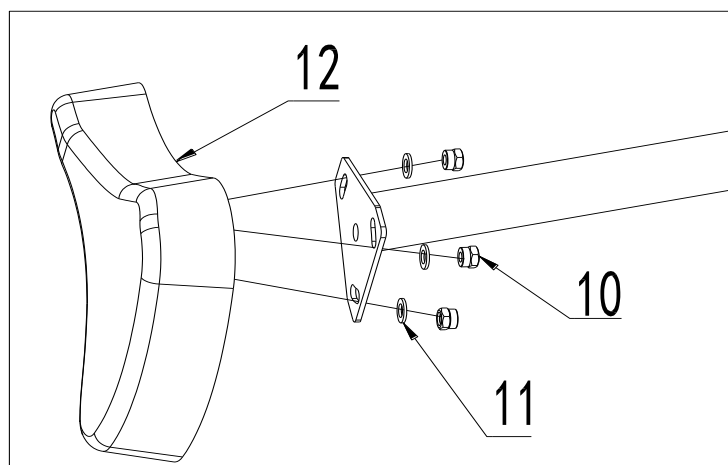
ASSEMBLY INSTRUCTIONS:



Step 1:

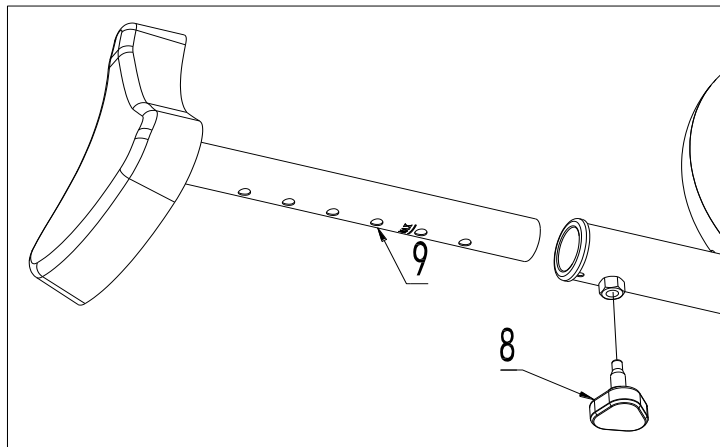
1. Attach the Front Stabilizer (pt. 3) to the Main Frame (pt. 1) using 2 sets of M8 Domet Nuts (pt. 6), Ø8 Curved Washers (pt. 5) and M8x60mm Carriage Bolts (pt. 4). Check you put the right stabilizer on the front and back correctly. As the washers are curved, washer they must be flush with the body that you are attaching.

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 Domet Nuts (pt. 6).

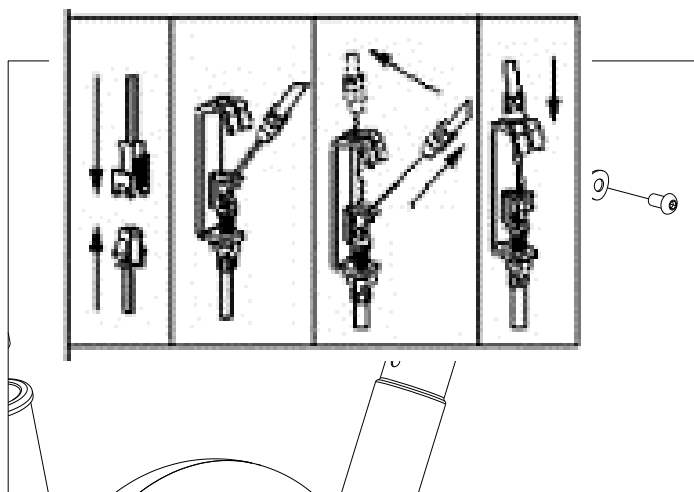


Step 2:

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:**

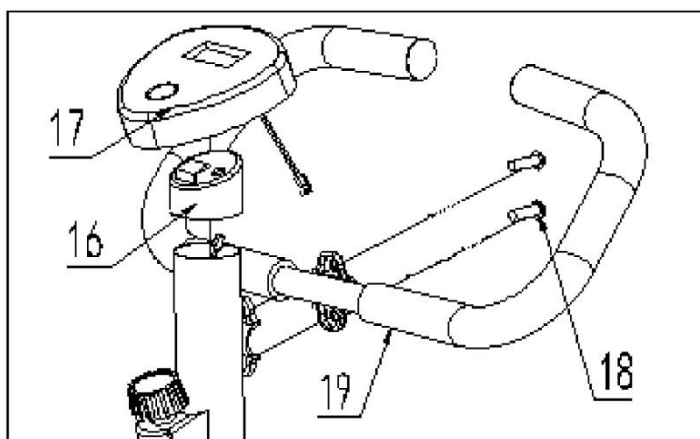
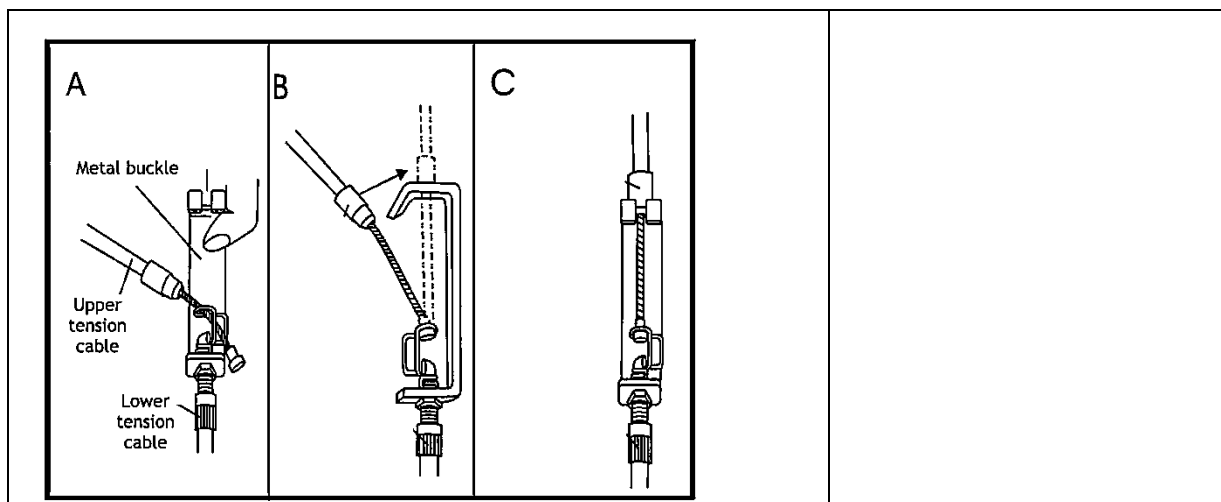
Insert the Seat Post (pt. 9) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt. 8).

**Step 4:**

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

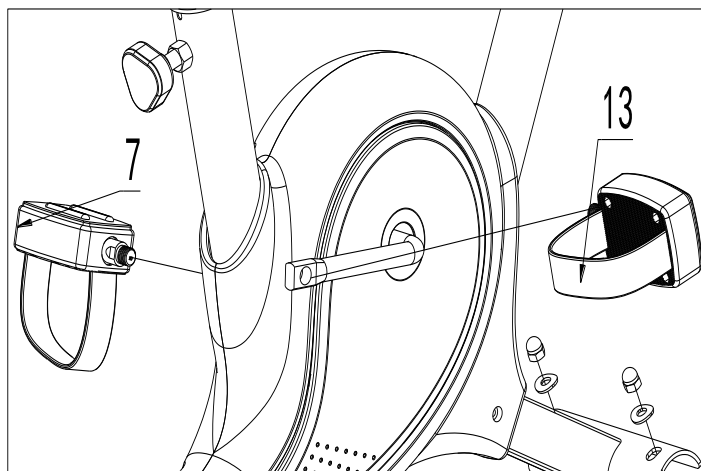
Put the tension knob on zero – this will help you get the cable over the metal buckle and connect the sensor cable. Then tighten the nuts up but not too tight.

Then push down the whole lot in front post of the main body. Then connect the 2 sections together with 4 pcs fixing Bolts (pt. 14) and Curved washer (pt. 5). Be careful not to cut the sensor wires. Make sure the curved washers are flush with the body again.



Step 5:

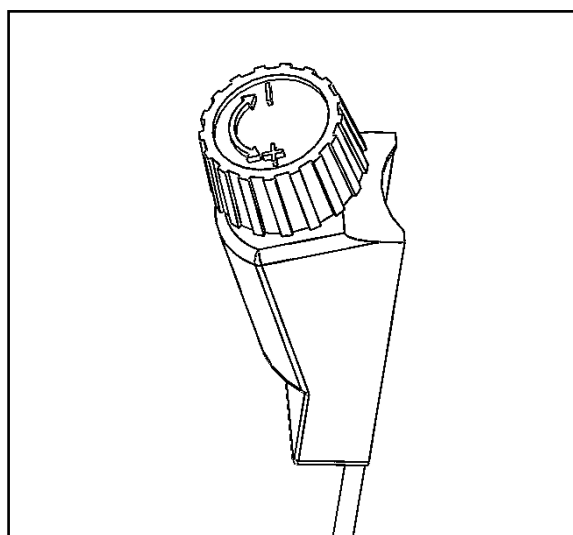
**On the monitor holder there are 2 holes you thread the sensor wire through any one of the holes. Plug the Upper Monitor Sensor Wire in to the back of the Monitor (pt. 17), and then slide the Monitor onto the Monitor Holder (pt.16).
Fix Handlebar (pt.19) on the Front by 2 pcs M8*30mm Fixing Bolt (pt.18)**



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.

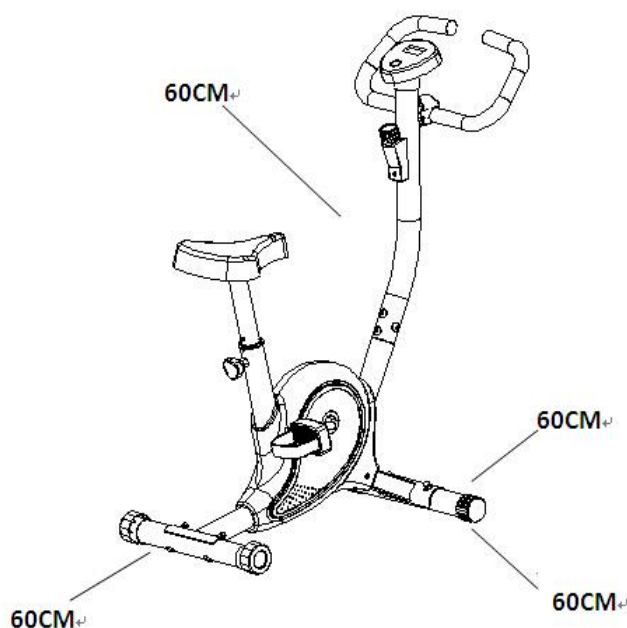
3. The user can change the battery by taking off the monitor and change battery. Simply take off the monitor from the bike and open the battery case.

BATTERY: 1pc AA Ni-mh (included)

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 0.6 metres 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 pedaling.
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

Head Office, 11 Bridge Street,
Bishop's Stortford CM23 2JU
Tel: 0844 482 4400*
Fax: 01279 756 595
www.coopersofstortford.co.uk

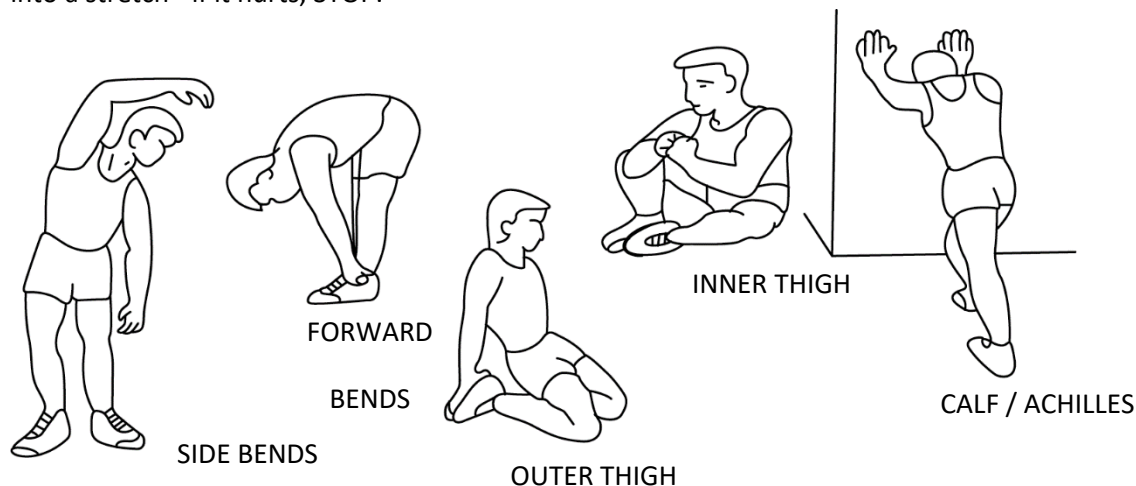
*Calls cost 7 pence per minute plus your
telephone company's network access charge

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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.

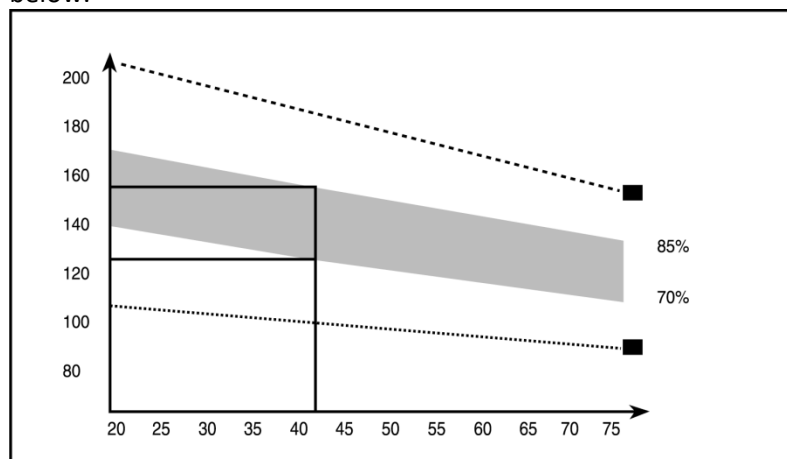
The Warm Up Phase

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 15-20 minutes.

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:

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*Calls cost 7 pence per minute plus your
telephone company's network access charge




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- 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

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 PVC	 LDPE	 PP
Type of Plastic	Polyvinyl Chloride	Low Density Polyethylene (packing bag)	Polypropylene
Commonly used for	Pipes, construction material, flooring, windows, guttering, blister packs	Shopping bags, bread bags, squeeze bottles, stretch/pallet wrap, bubble wrap, multi-pack can holders	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups
Notes	Not usually collected from household recycling bins, Sometimes recycled at local waste management centres.	Usually recyclable supermarket deposit points. Check other plastic films as any non-polythene film e.g. cling film, crisp packets film lids	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

