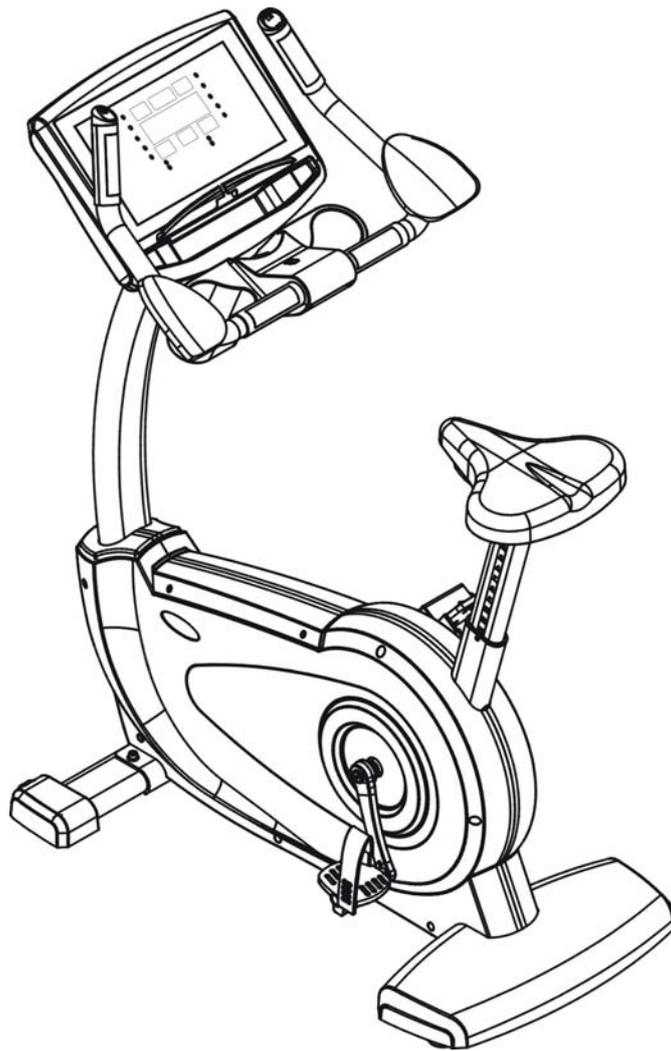


Owner's Manual



GENERATOR
COMMERCIAL BIKE

TABLE OF CONTENTS

SAFETY INSTRUCTIONS -----	2-3
TECHNICAL SPECIFICATIONS -----	4
UNPACKING & ASSEMBLY -----	5-15
WARM UP & COOL DOWN -----	16
PANEL CONTROL -----	17-18
PROGRAM -----	19-21
OPERATION-----	25
PREVENTATIVE MAINTENANCE-----	26-27

SAFETY PRECAUTIONS

Dear Customer,

Thank you for your purchasing our products. This product has been designed and manufactured for **studio use**, even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

IMPORTANT: Read all instructions and warnings before assembly and operation.

- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this **bike trainer**, stop the workout at once.
- Always use this exerciser on a clear and level surface. Do not use outdoors or near water.
- Don't insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Advice to replace defective components immediately and keep the equipment out of use until repair.
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- Consult your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- **Warning:** incorrect/ excessive training can cause health injuries. Stop using the home exerciser when feeling uncomfortable.
- Turn off the power after using.
- If the power cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- Operation and maintenance: Always remove the adaptor when you do not use the equipment to prevent the reach of the children. Do not use the adaptor if it is wear or damage found on the jacket of the wire.

SAFETY PRECAUTIONS

CONSULT A PHYSICIAN IMMEDIATELY

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this product.

How often you exercise:

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

How hard you exercise:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

How long you exercise:

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

Care and Maintenance

- The **commercial exerciser** should not be used or stored in a moist area because of possible corrosion.
- Check at least every 4 weeks that all connecting elements are tightly fitted and in good condition.
- In case of repair please ask your dealer for advice.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Only use original spare parts for repair.
- Use a damp cloth to clean the **commercial exerciser** and avoid the use of aggressive detergents when cleaning the bike.
- After exercising, immediately wipe off the sweat; perspiration can ruin the appearance and proper function of the **commercial exerciser**.
- A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear ,e.g. ropes, pulleys, connection points.
- Special attention to components most susceptible to wear.
- Always check before use and maintain regularly to make sure the safety of the equipment.
- Be careful and check the easily wearing components like the bearing of the pedals to prevent dangers. MAX.
- MAX. user weight: 150 kg (330 lbs)

TECHNICAL SPECIFICATIONS

SPECIFICATIONS:

Length: 113 cm

Width: 69cm

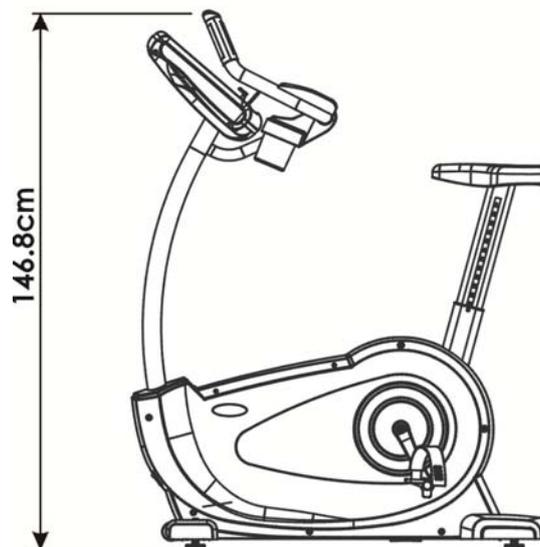
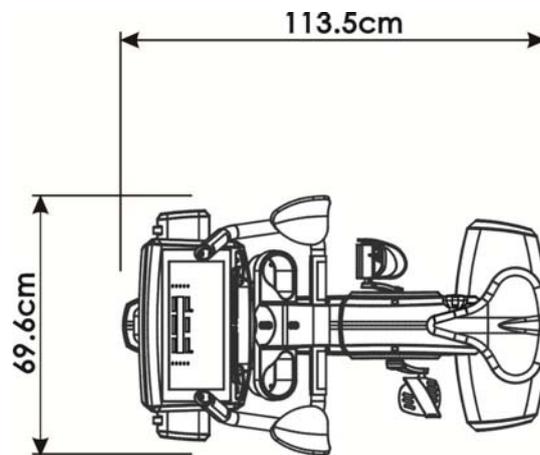
Weight of product: **63 kgs (139 lbs)**

Program : **9 programs, 4 HRC**

Standard features: 6 LED+8*32 dot matrix HR receive

Resistance System : Electromagnet

Power source : Built-in generator & rechargeable battery 12V-1.2AH



UNPACKING & ASSEMBLY

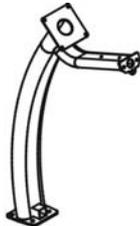
Parts

#2-6

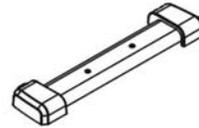


Main frame / 1pc

#4-1



Console upright Tube / 1pc



Front base tube X 1pc

#4-2



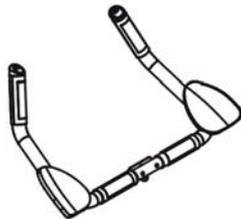
Rear base tube X 1pc

#4-18



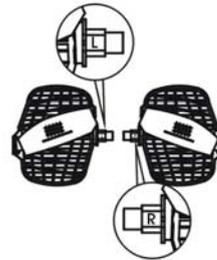
Console set X 1pc

#4-11



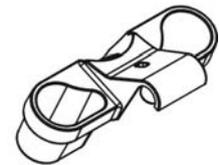
Handlebar X 1pc

#4-10 #4-9



Pedal with strap X 1set

#4-14



Upper water bottle holder cover X1pc

#4-15



Lower water bottle holder cover X1pc

#4-5



Rear base tube cover x1pc

#4-8 #4-7



Upright tube cover, right / left x1 set

UNPACKING & ASSEMBLY

Hardware kit

Step2	<p>#4-6</p>  <p>M4*12mm X 2 (rear stabilizer)</p>
Step7	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>#4-3</p>  <p>M8*20mm X 1 (handlebar)</p> </div> <div style="text-align: center;"> <p>#4-12</p>  <p>M8*65mm X 2 (handlebar)</p> </div> <div style="text-align: center;"> <p>#4-13</p>  <p>M8 curve X 2 (handlebar)</p> </div> </div>
Step8	<p>#4-17</p>  <p>M4*20mm X 2 (lower water bottle holder cover)</p>

Allen wrench
(6mm)



X 1

Allen wrench
(5mm)



X 1

M15/M15



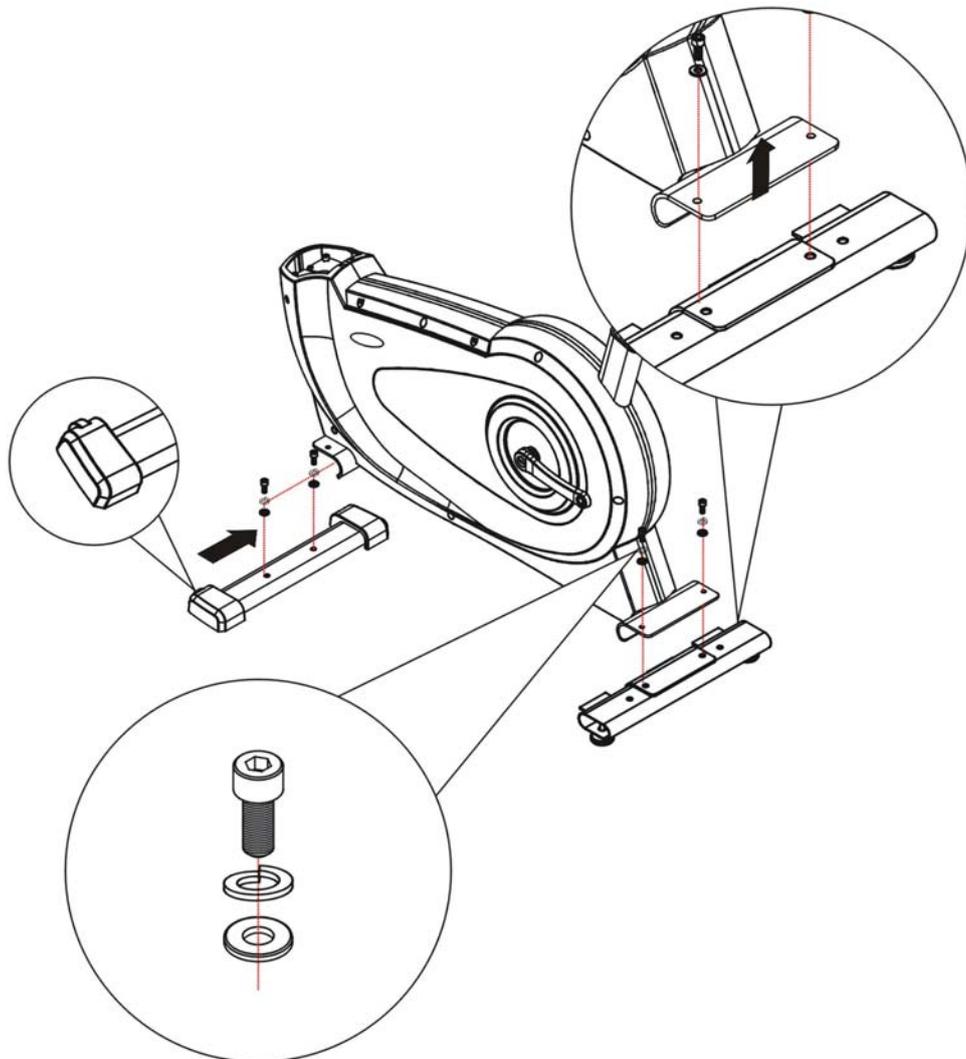
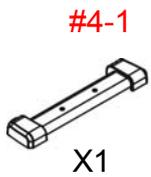
X 1

UNPACKING & ASSEMBLY

Unpacking your bike where will be using it. Being careful not to damage. Place your bike on a level flat surface. It is recommended that you place a protective covering on your floor.

Step1: assembly Front · Rear base tube with main frame.

- 1). Please take off pre-lock screws on the front and back base tube.
- 2). Use Allen wrench (6mm) to lock on 2pcs M8*20mm screw · S washer and washer for fixing front base tube to main frame.
- 3). Use Allen wrench (6mm) to lock on 2pcs M8*20mm screw · S washer and washer for fixing back base tube to main frame.



UNPACKING & ASSEMBLY

Step2: Assembly Rear base tube cover with main frame.

1). Use Allen wrench (6mm) to lock on 2pcs M4*12mm screw for fixing housing of back base tube to main frame.

#4-5



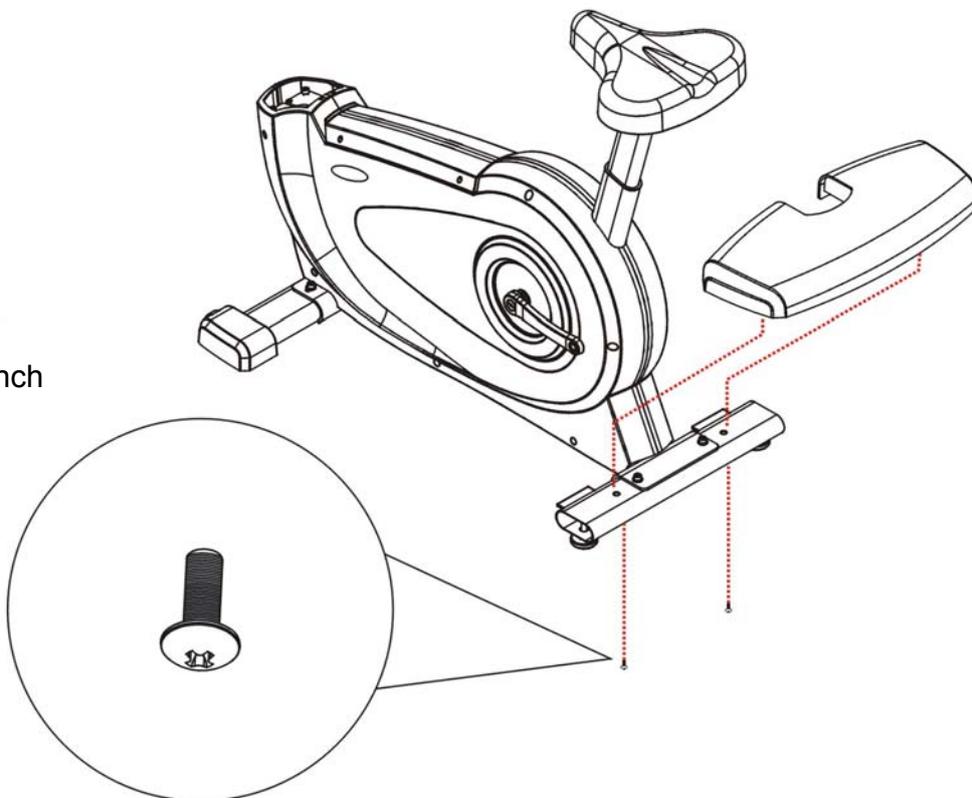
X1

#4-6

M4*12mm
X 2



Allen wrench
(6mm)

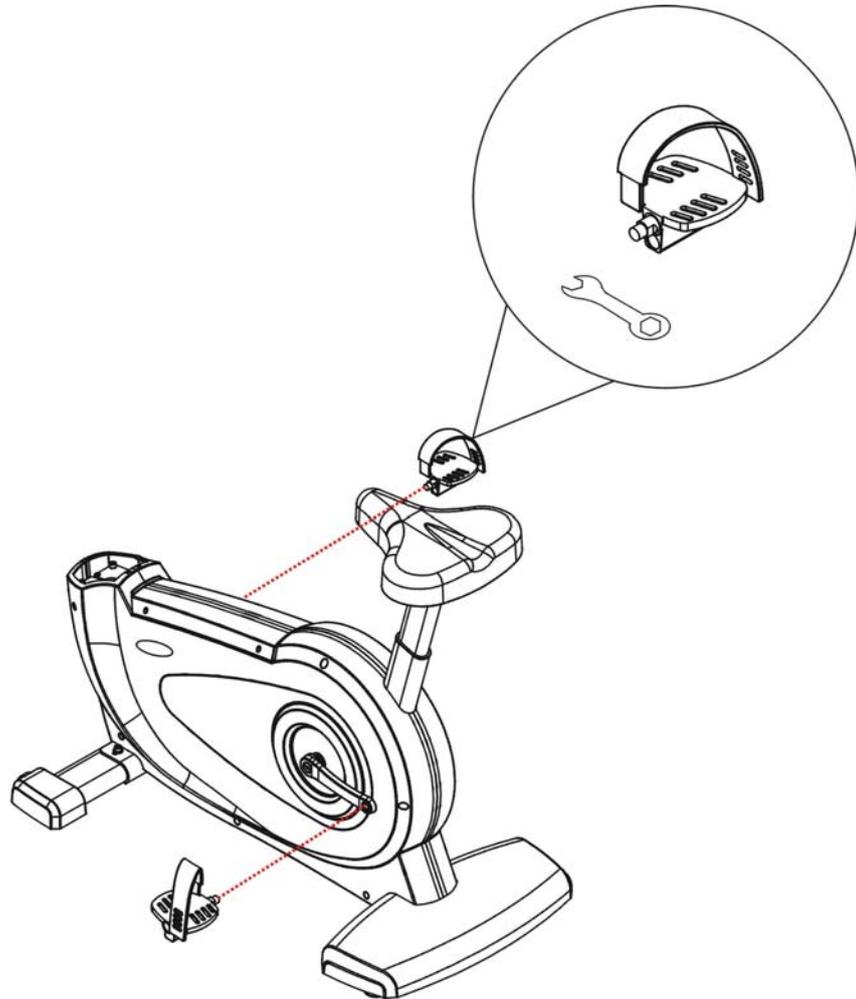
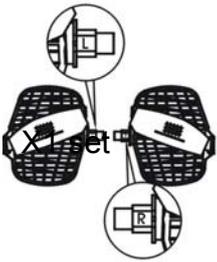


UNPACKING & ASSEMBLY

Step3: Assembly pedal set with crank

- 1).Use wrench to clockwise fix right pedal set to crank set.
- 2).Use wrench to counterclockwise fix left pedal set to crank set.

#4-10 #4-9



UNPACKING & ASSEMBLY

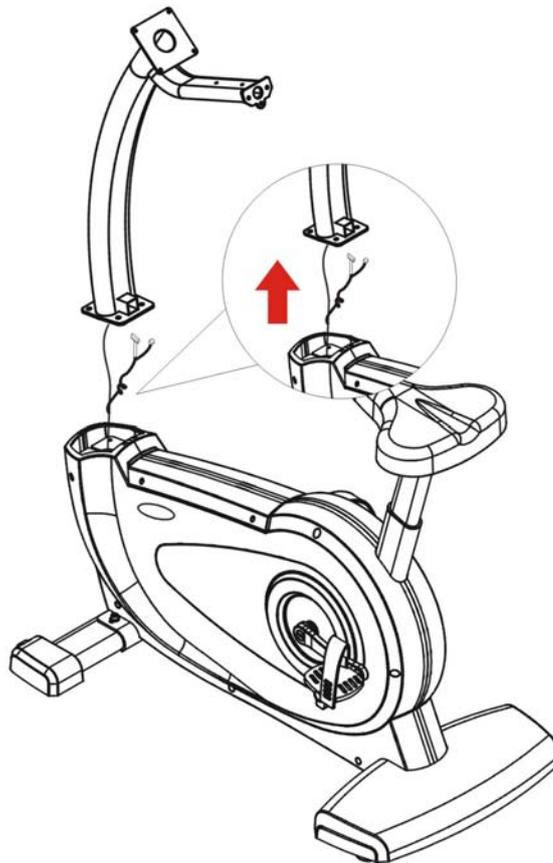
Step4:

- 1). Please take off pre-lock screws on the main frame.
- 2). Use the guide wire to make the console wire and cable connector through the console upright tube.
Don't take off the guide wire and tied it up on the console upright tube.



#2-6

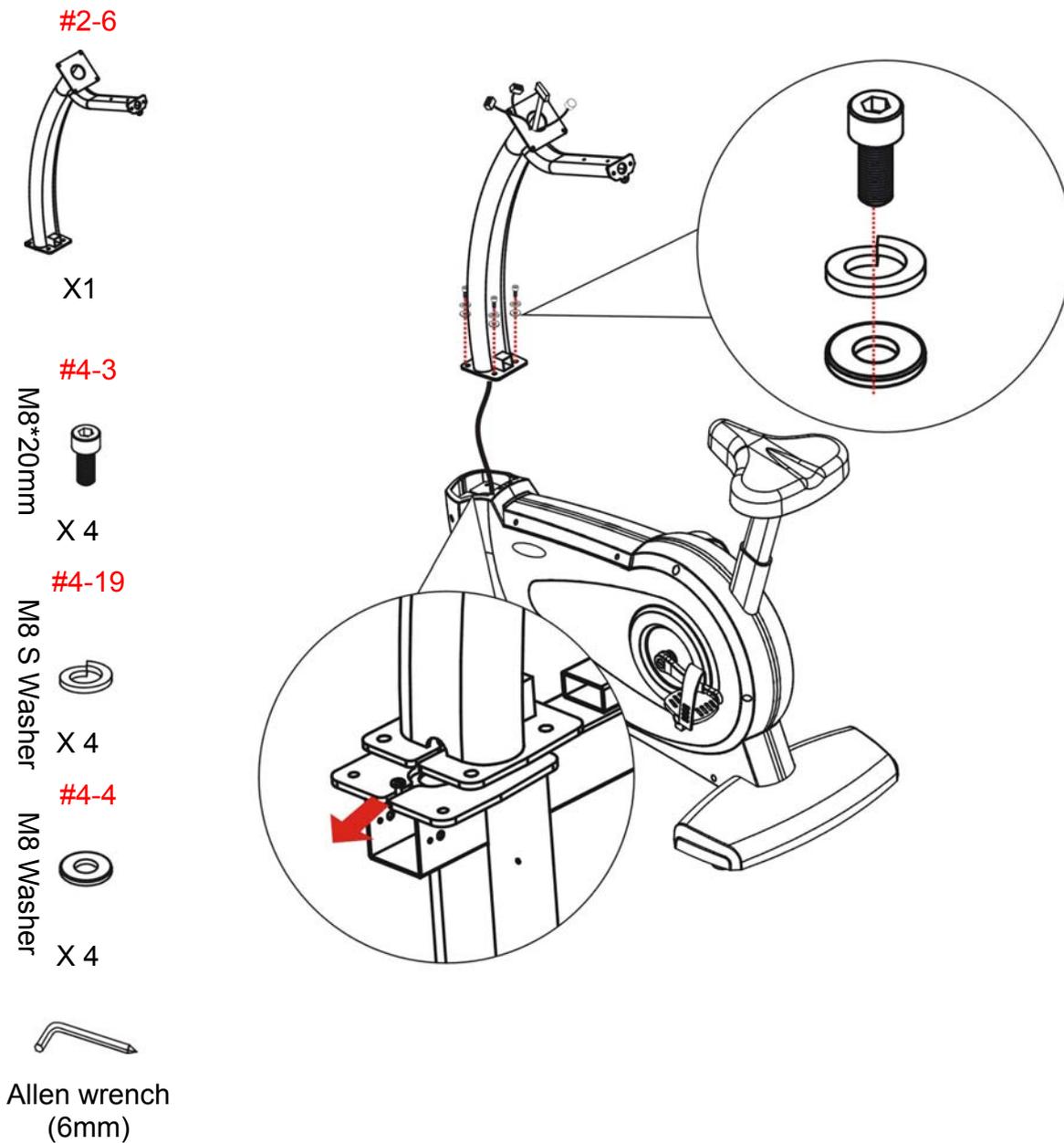
X1



UNPACKING & ASSEMBLY

Step5: Assembly console upright tube with main frame

- 1).Slide the console upright tube into the main frame, lock the console upright tube via Round head phillips screw.
- 2).Use Allen wrench (6mm) to lock on 4pcs M8*20mm screw · M8 S washer and washer for fixing the console upright tube to main frame.



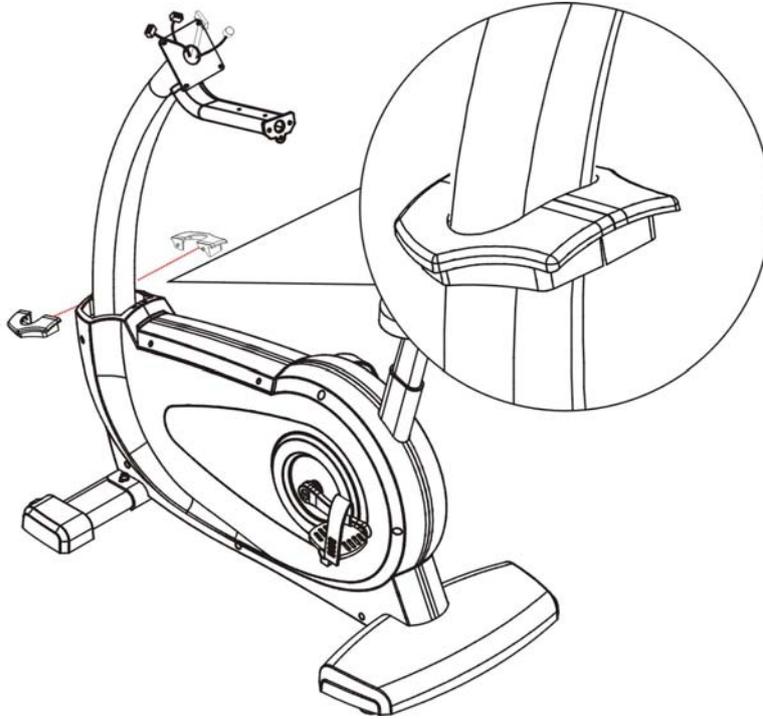
UNPACKING & ASSEMBLY

Step6: Assembly upright tube cover, right / left with console upright tube.

#4-8 #4-7



X1 set

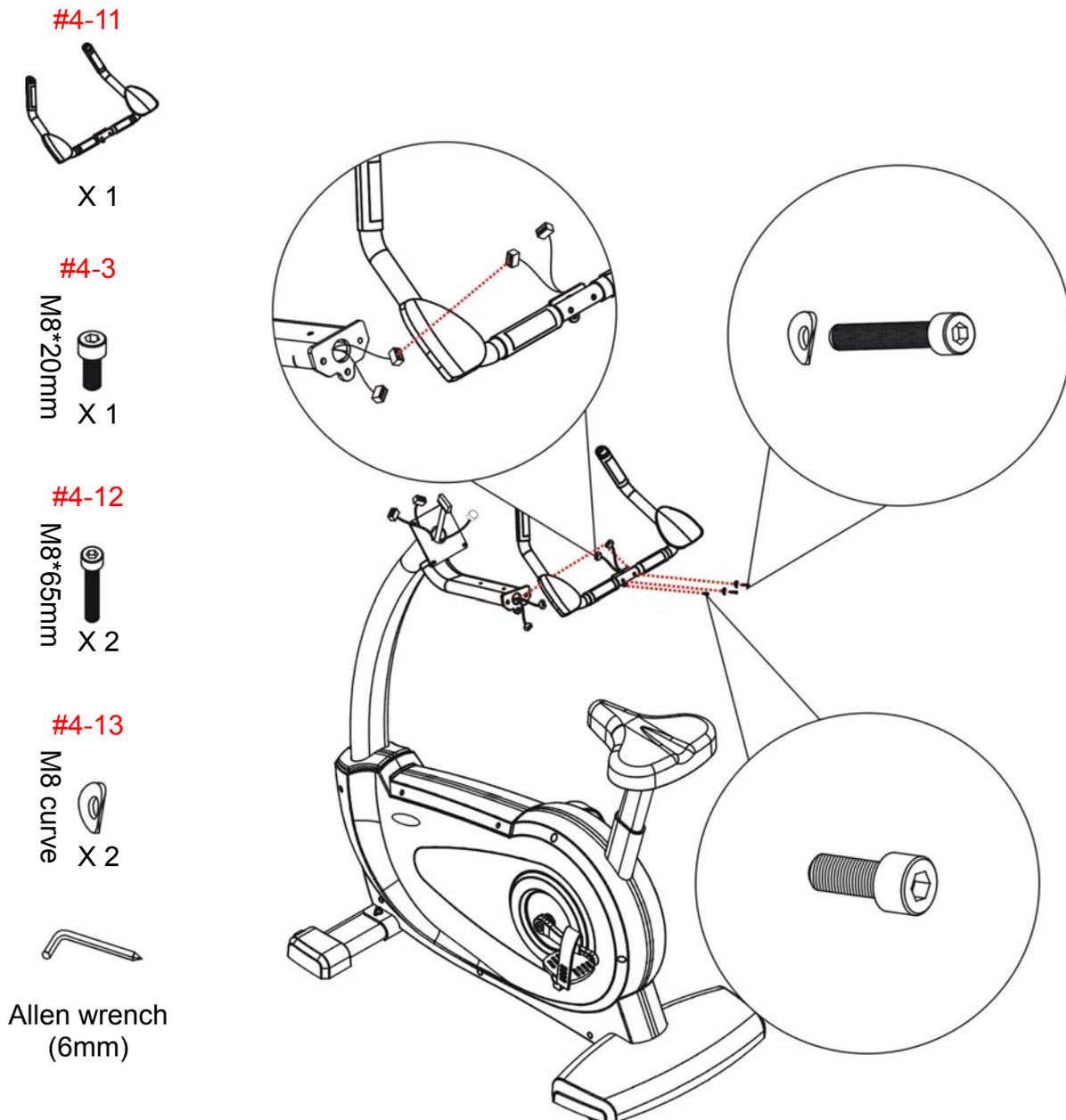


UNPACKING & ASSEMBLY

Step7: Assembly handlebar set with console upright tube

1).Connect the hand pulse wire.

2).Use Allen wrench (6mm) to lock on 1pcs M8*20mm screw · 2pcs M8*65mm screw · 2pcs M8 Wave Washer for fixing the handlebar to console upright tube.



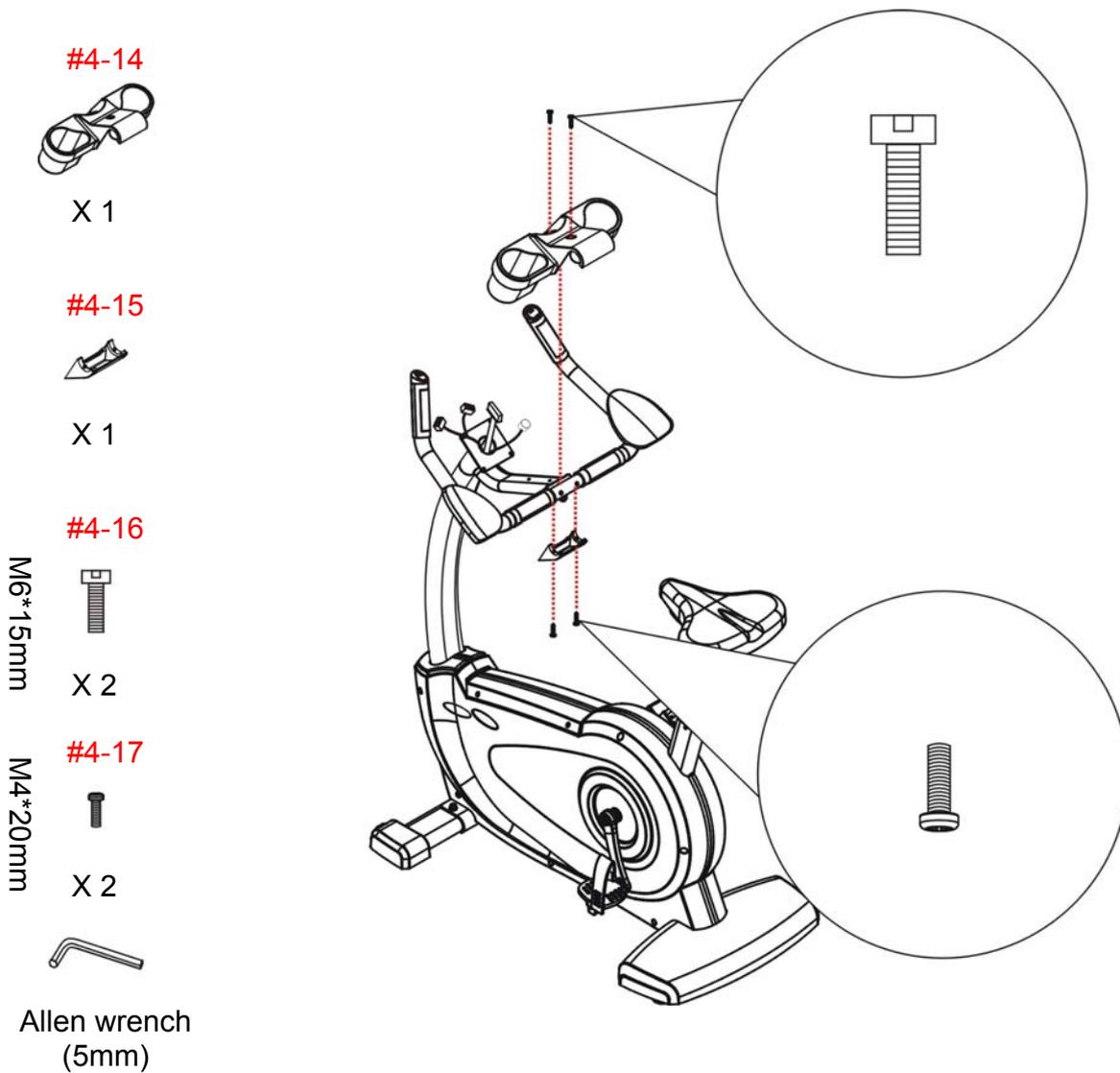
UNPACKING & ASSEMBLY

Step8: Assemble bottle holder cover with handlebar.

1) Please take off pre-lock screws on the bottle holder.

2).Use Allen wrench (5mm) to lock on 2pcs M6*15mm screw for fixing the Upper bottle Holder cover to handlebar.

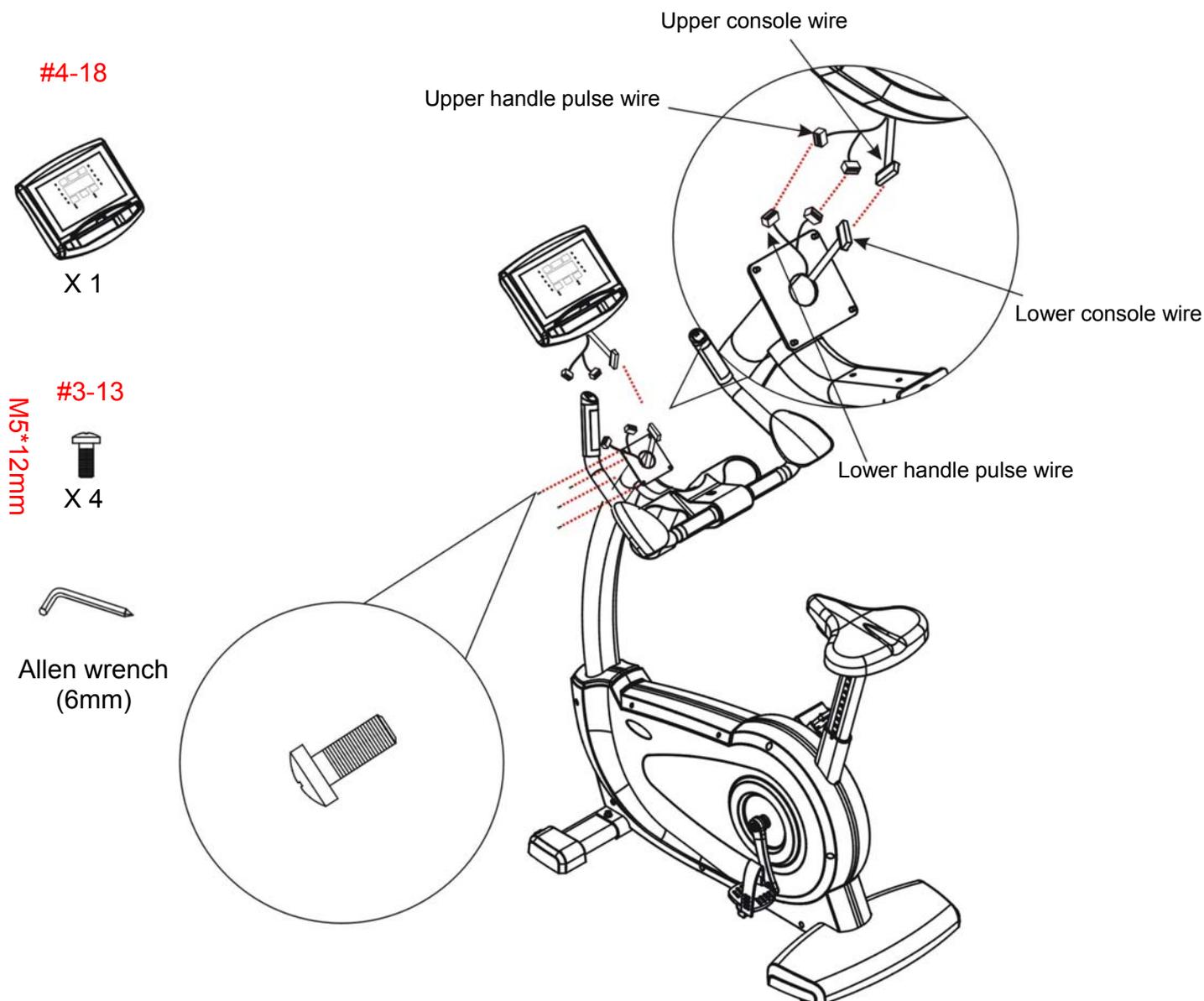
3).Use Allen wrench (5mm) to lock on 2pcs M4*20mm screw for fixing the Lower bottle Holder cover to handle bar.



UNPACKING & ASSEMBLY

Step9: Assemble console with handle bar post

- 1). Please take off pre-lock screws on the console.
- 2). Take off the guide wire after connecting upper and lower wires, such as console wires · hand pulse wires.
- 3). Use Allen wrench (6mm) to lock on 4pcs M5*12mm screw for fixing the console to console upright tube.



WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.



SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.



SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



CALF/ACHILLES STRETCH

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.



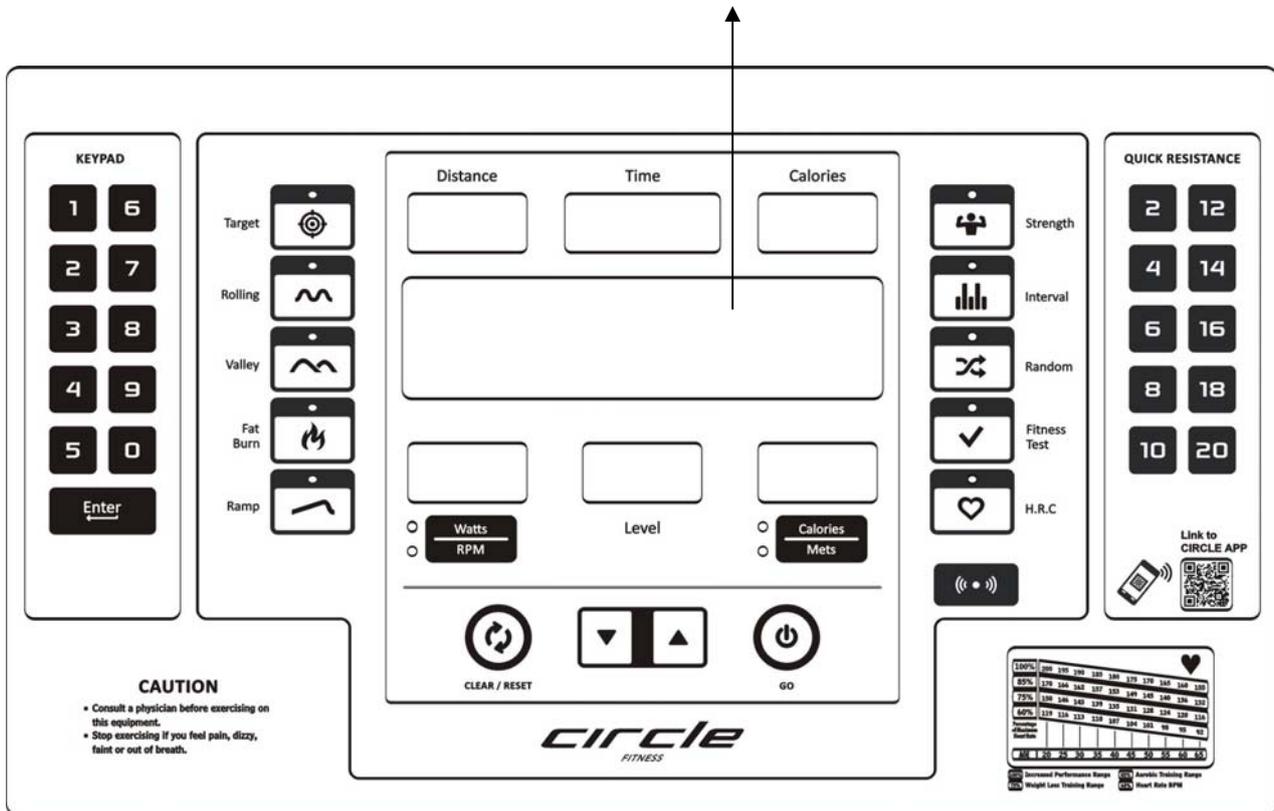
HAMSTRING STRETCHES

Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, then repeat the action for left leg.

PANEL CONTROL

Display & Keys

Message window, display program profiles & message



PANEL CONTROL

Display function

Display	Definition
Distance	Displays total distance KM/Mi.
Time	Displays time remaining or total time.
Heart Rate	Displays hand grip and wireless Heart Rate reading.
Watts	Displays consuming watt.
RPM	Displays pedaling RPM.
Level	Displays current resistance level L1~L25
Calories	Displays calories burned.
Mets	Displays the multiple of rest.

Key function

Key	Function
▲ / ▼	Adjusts the resistance level while in use. Adjusts program types and program values.
Watts / RPM	Switch display Watts←→RPM
Calories / Mets	Switch display Calories←→Mets
Keypad	Set value.
Enter	Confirm value entered.
Quick Start	Quick start or program start.
Reset / Clear	Clear the setting value while setting. Reset back to idle mode while pause.
Program keys	Select program directly.
Quick keys for level	Adjusts level to a predetermined value. There are 10 level quick keys.
Blue Tooth	Turn on the bluetooth function and search for the device to connect with App.

PROGRAM

Program operation :

1. 【Target】

1.1. Press 『Target』 key to select **【Target】 program.**

1.1.1. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

1.1.2. Set time: Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

1.1.3. Set distance : Message window show 『**SET DISTANCE THEN PRESS ENTER**』, set distance then press 『ENTER』 to next setting.

1.1.4. Set calories : Message window show 『**SET CALORIES THEN PRESS ENTER**』, set calories then press 『QUICK START』 to begin workout.

1.2. Beginning the workout :

1.2.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

2. 【Preset Programs】:

2.1. Press program key to select a preset program, there are 7 preset program keys(ROLLING、VALLEY、FAT BURN、RAMP、STRENGTH、INTERVAL、RANDOM).

2.1.1. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

2.1.2. Set time: Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

2.1.3. Set level: Message window show 『**SET LEVEL**』 once then show program profile, press ▲ or ▼ to set level 1~5(if select RANDOM program, Message window show 『CHANGE PROFILE BY PRESS ARROW EY』 once, press ▲ or ▼ to change the profile randomly), press 『QUICK START』 to begin workout.

2.2. Beginning the workout :

2.2.1. The resistance level will change automatically according to the program settings, if time is entered during setup then the segment time=time set / 32. You can use any resistance level key to change resistance level during your workout.

2.2.2. The program will end when the counter reaches 0.

2.3. Preset program profiles :

P1=ROLLING、P2=VALLEY、P3=FAT BURN、P4=RAMP、P5=STRENGTH、P6=INTERVAL、P7=RANDOM

PROGRAMS

Pro g.	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	LEVEL 1	3	4	4	5	6	6	7	7	6	6	5	4	4	3	3	4
	LEVEL 2	5	6	6	8	8	9	9	9	8	8	7	7	6	6	5	6
	LEVEL 3	7	8	9	10	10	11	11	11	10	10	10	9	9	8	8	9
	LEVEL 4	9	10	10	11	12	12	13	13	12	12	11	10	10	9	9	10
	LEVEL 5	11	12	13	12	12	13	14	15	14	13	12	11	11	10	9	11
P2	LEVEL 1	9	9	8	7	6	6	5	5	4	4	3	3	2	2	2	1
	LEVEL 2	11	11	10	9	9	8	8	7	7	6	5	4	3	2	2	1
	LEVEL 3	12	12	11	10	9	9	8	8	7	7	6	6	4	3	3	1
	LEVEL 4	14	14	11	11	10	10	9	8	8	7	7	6	4	3	3	1
	LEVEL 5	15	15	13	13	12	11	10	10	9	8	7	6	5	4	3	1
P3	LEVEL 1	1	1	3	3	3	5	5	5	6	7	7	8	8	9	9	10
	LEVEL 2	1	1	5	5	5	7	7	7	8	9	9	10	10	11	11	12
	LEVEL 3	1	2	5	6	6	7	8	8	9	10	10	11	12	12	13	13
	LEVEL 4	2	3	6	6	7	8	9	9	10	10	10	11	12	12	13	14
	LEVEL 5	3	4	7	7	8	8	9	9	10	10	11	12	12	13	14	15
P4	LEVEL 1	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6
	LEVEL 2	1	1	2	2	3	3	3	3	5	5	5	6	6	7	7	7
	LEVEL 3	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9
	LEVEL 4	2	2	2	3	3	4	5	5	5	6	6	7	7	8	9	9
	LEVEL 5	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9
P5	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7
	LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8
	LEVEL 3	3	3	4	4	5	5	6	6	6	6	7	7	7	8	8	9
	LEVEL 4	4	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10
	LEVEL 5	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10	10
P6	LEVEL 1	1	2	3	4	6	3	4	7	3	4	8	3	4	9	3	4
	LEVEL 2	3	4	5	6	8	5	6	9	5	6	10	5	6	11	5	6
	LEVEL 3	4	5	6	7	10	5	7	10	5	7	11	5	7	12	5	7
	LEVEL 4	4	5	7	8	11	6	8	11	6	8	11	6	8	12	6	8
	LEVEL 5	5	6	7	8	12	7	9	12	7	9	12	7	9	13	7	9

PROGRAMS

Pro g.	SEG	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
P1	LEVEL 1	4	5	6	6	7	7	6	6	5	4	4	3	4	5	6	6
	LEVEL 2	6	7	7	8	9	9	8	8	7	6	5	6	6	7	7	8
	LEVEL 3	10	10	11	11	10	11	10	9	8	8	7	7	6	7	8	9
	LEVEL 4	10	11	12	12	13	13	12	12	11	10	10	9	10	11	12	12
	LEVEL 5	12	13	14	14	15	15	14	13	13	12	11	10	12	13	14	14
P2	LEVEL 1	1	2	2	2	3	3	4	4	5	5	6	6	7	7	8	8
	LEVEL 2	1	2	3	3	4	5	6	7	7	8	8	8	9	9	9	10
	LEVEL 3	1	2	3	4	5	6	7	7	8	8	9	9	10	10	11	11
	LEVEL 4	1	3	3	4	6	7	7	8	8	9	10	10	11	11	14	14
	LEVEL 5	1	3	4	5	6	7	8	9	10	11	11	12	13	14	15	15
P3	LEVEL 1	10	9	9	8	8	7	7	6	5	5	5	3	3	3	1	1
	LEVEL 2	12	11	11	10	10	9	9	8	7	7	7	5	5	5	1	1
	LEVEL 3	13	12	12	11	10	10	9	8	8	7	6	6	5	5	3	1
	LEVEL 4	13	12	13	11	10	10	10	9	9	8	7	6	6	5	4	2
	LEVEL 5	15	14	13	12	12	11	10	10	9	9	8	8	7	7	4	3
P4	LEVEL 1	6	7	7	7	8	8	8	8	6	5	4	4	3	2	1	1
	LEVEL 2	8	8	9	9	10	10	11	11	11	9	9	8	8	7	7	6
	LEVEL 3	9	9	10	10	10	11	12	13	12	11	9	9	8	8	7	7
	LEVEL 4	9	9	10	11	12	13	13	14	14	12	10	9	9	8	8	7
	LEVEL 5	10	10	11	12	13	14	15	15	14	14	13	12	10	10	9	8
P5	LEVEL 1	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12
	LEVEL 2	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13
	LEVEL 3	9	9	9	10	10	10	11	11	11	12	12	12	13	13	14	14
	LEVEL 4	10	10	11	12	12	12	13	13	13	14	14	14	14	15	15	15
	LEVEL 5	10	11	11	12	12	13	13	14	14	14	15	15	15	16	16	16
P6	LEVEL 1	6	4	8	3	4	9	3	4	6	4	2	7	6	4	1	1
	LEVEL 2	8	6	10	5	6	11	5	6	8	6	4	9	8	6	3	3
	LEVEL 3	10	6	11	5	7	12	5	7	9	7	5	11	9	7	4	4
	LEVEL 4	11	7	12	6	8	13	6	8	11	8	6	12	11	9	6	4
	LEVEL 5	12	8	12	9	11	15	11	9	11	9	8	12	11	10	7	5

PROGRAMS

3. 【HRC】

3.1. HRC operate with chest belt only , will be reset to idle mode if no any heart rate signal input after 60 seconds.

3.2. Press **【HRC】** key to select the program , message window show **【THR】** ,press **▲** or **▼** Key to select **【HRC 60%】**、**【HRC 75%】** or **【HRC 85%】** ,press 『ENTER』 to confirm and starting to settings.(HRC 60%=(220-Age)x 60% / 75%=(220-Age)x 75% / 85%=(220-Age)x 85%)

3.2.1. Selected **【THR】** :

3.2.1.1. Target heart rate setting : Message window show 『**SET THR THEN PRESS ENTER**』 , set Target heart rate then press 『ENTER』 to next setting.

3.2.1.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』 , set body weight then press 『ENTER』 to next setting.

3.2.1.3. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』 , set time then press 『ENTER』 to next setting.

3.2.2. Selected **【HRC 60%】** or **【HRC 75%】** or **【HRC 85%】** :

3.2.2.1. Set age : Message window show 『**SET AGE THEN PRESS ENTER**』 , set age then press 『ENTER』 to next setting.

3.2.2.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』 , set body weight then press 『ENTER』 to next setting.

3.2.2.3. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』 , set time then press 『ENTER』 to next setting.

3.2.3. Set beginning Level : Message window show 『**SET BEGIN LEVEL THEN PRESS ENTER**』 ,press **▲** or **▼**Key to set begin level, press 『QUICK START』 to begin workout.

3.3. Beginning the workout :

3.3.1. The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches within + or – 5 beats of the preset target heart rate.

3.3.2. During the program, if the actual pulse rate \leq target workout heart rate minus 5, will be increased one level every 30 seconds until the max. level.

3.3.3. During the program, if the actual pulse rate \geq target workout heart rate plus 5, will be decreased one level every 30 seconds until the min. level.

3.3.4. You can use any level key to change the level during your workout.

3.3.5. The program will end when the counter reaches 0, then enter cool down.

PROGRAMS

4. Fitness Test :

4.1. Press 『Fitness Test』 to select the program.

4.2. Message window show 『SET BODYWEIGHT THEN PRESS ENTER』, set body weight then press 『ENTER』 to next setting.

4.3. Set age, message window show 『SET AGE THEN PRESS ENTER』, set age then press 『Quick Start』 to begin workout.

4.4. Beginning the workout :

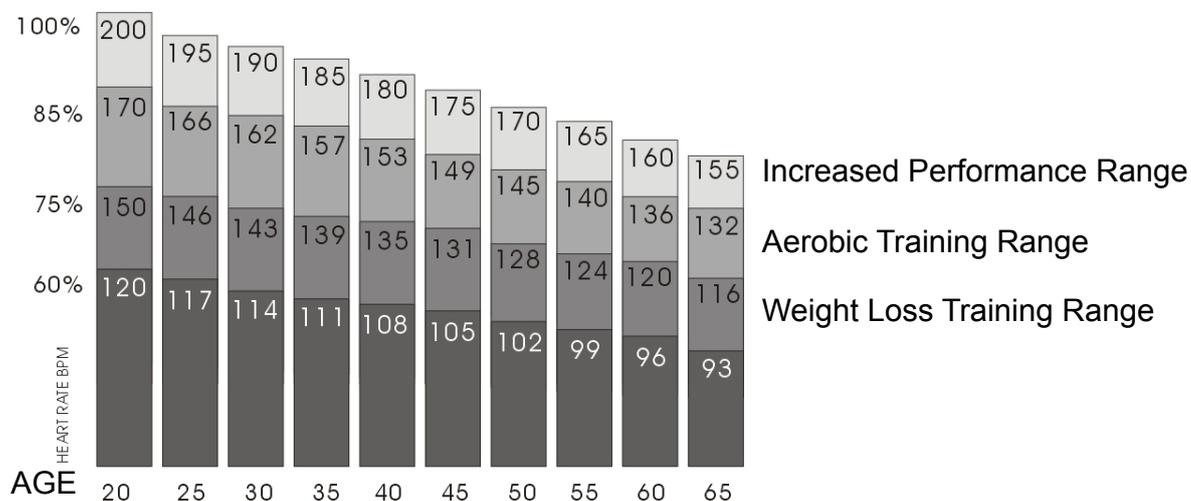
4.4.1. 3 minutes workout per stage, first stage(0~3 minute), the WATT preset value is 50W, second begin watt depends on average heart rate of 2~3 minute of first stage show as below:

2:01~3:00 Ave. HR	< 80bpm	80~89bpm	90~100bpm	> 100bpm
Stage				
2 – (3:01~6:00)	125W	100W	75W	50W
3 – (6:01~9:00)	150W	125W	100W	75W
4 – (9:01~12:00)	175W	150W	125W	100W
5 – (12:01~15:00)	200W	175W	150W	125W
6 – (15:01~18:00)	225W	200W	175W	150W
7 - (18:01~21:00)	250W	225W	200W	175W
8 - (21:01~24:00)	275W	250W	225W	200W
9 - (24:01~27:00)	300W	275W	250W	225W
10 - (27:01~30:00)	-----	300W	275W	250W

4.4.2. The program will end when heart rate reaches MHR 85%-10 over 10 seconds, message window will show 【VO2 MAX = XX】 , press 『Reset/Clear』 KEY back to idle mode.

PROGRAMS

Target Heart Rate Chart



Please consult your physician to find your optimal heart rate and Watt setting

Equipment adjustments

An optimal seating position is crucial for comfortable cycling.

• Height of seat

As a general rule you should be able to reach the pedal with your heel when straightening your leg and aligning it with the pipe supporting the seat.

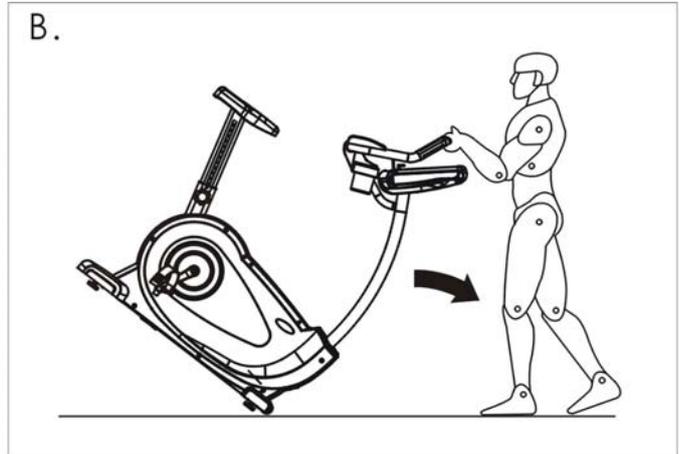
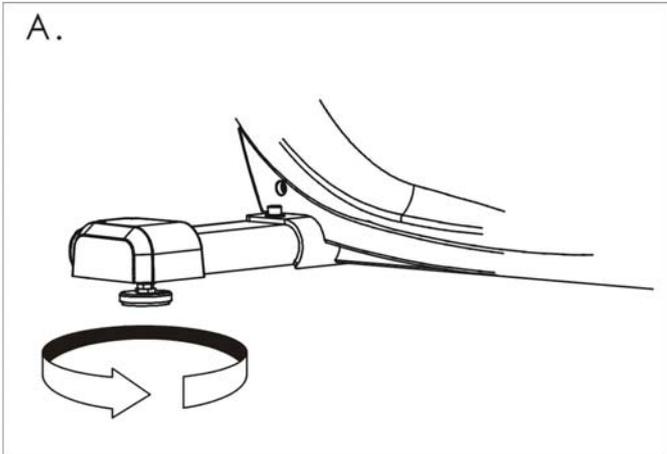
• Body position

Your handlebars should be set to a position in which you can reach them with slightly bent arms.

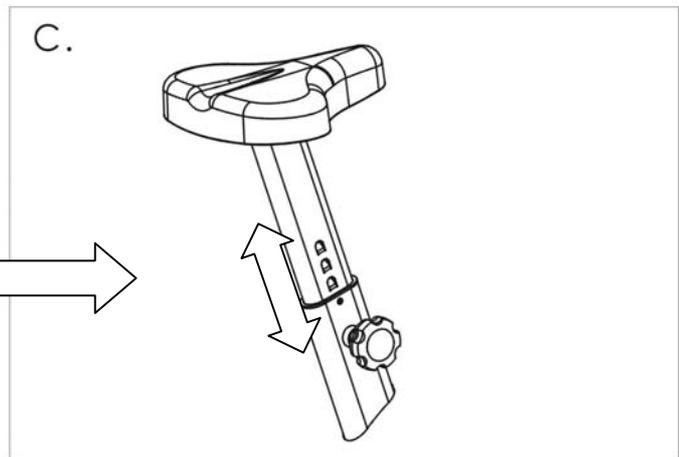
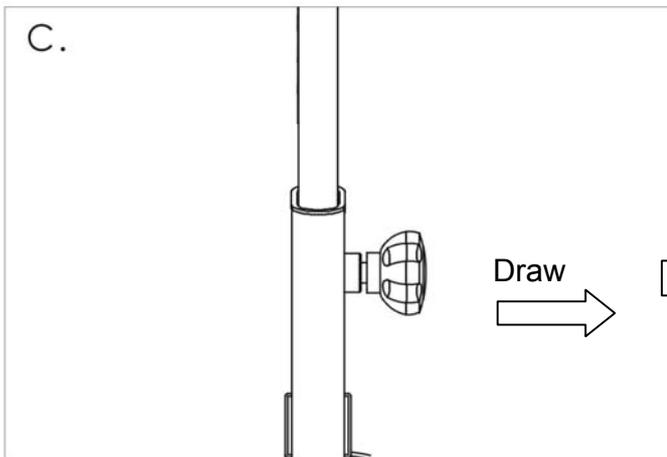


OPERATION

- A. After assembly, the rear stabilizer can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the rear foot caps to level the rear stabilizer to the floor.
- B. The transportation wheels on the front foot caps allow for easy manoeuvring. Simply pull back on the handle bars until the wheels touch the floor. Then roll the unit to a desired location.



- C. The handle bar can be adjusted to personal preference. Loosen the handle bar fixing tube. Retighten the fixing tube.



PREVENTATIVE MAINTENANCE

HOW TO CARE FOR YOUR BIKE

The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced.

Pay special attention to parts that are subject to wear as outlined in the *Preventative Maintenance Schedule*.

The following preventive maintenance will keep the exercise elliptical operating at peak performance :

- 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 elliptical other fabrics, including paper towels, may scratch the surface. Do not finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

NOTE :

The exercise bike can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.



PREVENTATIVE MAINTENANCE

F835710-000-01 B-7A01C1 10406

Preventative Maintenance Schedule

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
KEY : C=Clean; I=Inspect				

Hand pulse

Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.

