

RECUMBENT BIKE

OWNER'S MANUAL



IMPORTANT!

Please read before using this product and keep this manual for future reference.

SAFETY INSTRUCTIONS

Read all instructions before using this equipment.

1. Perform warm up exercises before using this equipment and cool down after using it.
2. Please ensure all parts are not damaged and intact before using.
3. This equipment should be placed on a flat surface. Using a mat to protect your floor is highly recommended.
4. Please wear proper clothes and shoes (sportswear) when using this equipment.
5. Ensure pedal straps are tightened before use.
6. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
7. Do not use the equipment outdoors.
8. This equipment is for home-use only.
9. Only one user is allowed at a time.
10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required around the equipment for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, stop exercising and consult your physician immediately.
12. The maximum user weight for this product is 110 kgs.

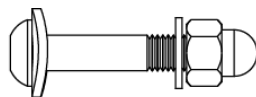
WARNING: Before using the machine, consult your physician; especially if you are over 35 years old or currently/previously experience health problems. Ensure you have read the manual before using the equipment.

PARTS LIST

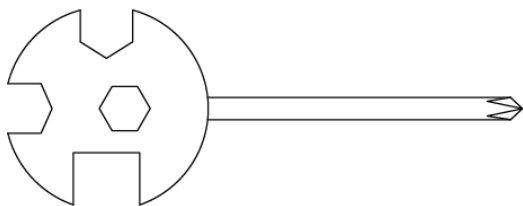
No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	030	Large straight handle knob M16*1.5	1
002	Rear Main Frame	1	031	Bolt M6*8	1
003	Handlebar	1	032	Slide blockΦ18xΦ18	1
004	Front Stabilizer	1	033	Bolt M8*45	4
005	Rear Stabilizer	1	034	Washer Φ8xΦ16x1.5	8
006	Skid Assembly	1	035	Spring washers Ø8	4
007	Rear armrest tube assembly	1	036	Pulg	2
008	Slipper bushing assembly	1	037	Nylon Nut M10	5
009	Seat Post	1	038	Adjust the floor mat	1
010	Seat	1	039	Oval tube inner plug	4
011	Back Cushion	1	040	Adjust the floor mat	4
012	Bolt M6*15	8	041	Roller	2
013	Washer Φ6xΦ18x1.5	8	042	Screw ST4.2*20	8
014	Rear Handlebar Foam GripΦ24xΦ30x510	2	043	Power Supply Wire L=300MM	1
015	Handlebar Round End Cap	2	044	AC Adapter L=2000MM	1
016	Hand Pulse Sensor With Wire(L=750mm)	2	045	Motor Tension Cable L=500MM	1
017	Screw ST4.2*20	2	046	Left pedal YH-30X	1
018	Wire piug Ø12.1	2	047	Right prdal YH-30X	1
019	Bolt Ø 8*45	2	048	Rear Handlebar Foam GripΦ27xΦ33x410	2
020	Big Curve Washer Φ8xΦ20x2.0	4	049	The armrest plug	2
021	Big flat mat Φ8xΦ20x2.0	14	050	Computer	1
022	Cap Nut M8	6	051	Bolt M5*10	4
023	Bolt Ø 8*20	14	052	Hand Pulse Sensor Extension Wire A(L=1300mm)	1
024	Square tube plug 38*38*2.0	2	053	Median pulse line(L=1500mm)	1
025	Bolt 10*20	4	054	Sensor with Wire (L=750mm)	1
026	Spring washers Ø10	4	055	Hand Pulse Sensor Extension Wirec(L=450MM)	1
027	Washer Φ10xΦ20x1.5	4	056	Electronic watch extension cord(L=450mm)	1
028	Seat post Bushing 70*30*2.0	2	057	Extension Sensor Wire L=600mm	1
029	Screw ST4.2*6	4	058	Eyebolt	1

No.	Description	Qty	No.	Description	Qty
059	More flat mat $\Phi 8 \times \Phi 20 \times 2.0$	1	076	Flange nut M10*1.0*6	2
060	Loosen the nut M8	3	077	Idle Wheel Bracket	1
061	Crank cover	2	078	Non-standard pan head hexagon socket bolt	1
062	Left Chain Cover	1	079	More flat mat $\Phi 10 \times \Phi 20 \times 0.5$	1
063	Right Chain Cover	1	080	Pressure pulley	1
064	Plastic stud	2	081	Flat mat $\Phi 6 \times \Phi 12 \times 1.0$	1
065	Belt Pulley with Crank	1	082	Bolt M6*12	1
066	Belt	1	083	Limit block slice	2
067	Bolt M6x15	4	084	Screw ST2.9*12	2
068	Spring Washer $\Phi 6$	4	085	Bolt M8*35	2
069	Nut M6	4	086	Locknut M8	2
070	Shaft Ring	2	087	Screw ST4.2*25	5
071	Wave spring washer $\Phi 17 \times \Phi 21 \times 0.3$	1	088	Cover Cap	2
072	Bearing 6003-2Z	2	089	Nut M10x1.25	2
073	Motor L=200MM	1	090	Left crank	1
074	Fiywheel	1	091	Right crank	1
075	gasket	2			

HARDWARE PACKING LIST



- (19) Bolt $\Phi 8 \times 45$ 2pcs
- (20) Big Curve Washer $\Phi 8 \times \Phi 20 \times 2.0$ 2pcs
- (21) Big flat mat $\Phi 8 \times \Phi 20 \times 2.0$ 2pcs
- (22) Cap Nut M8 2pcs



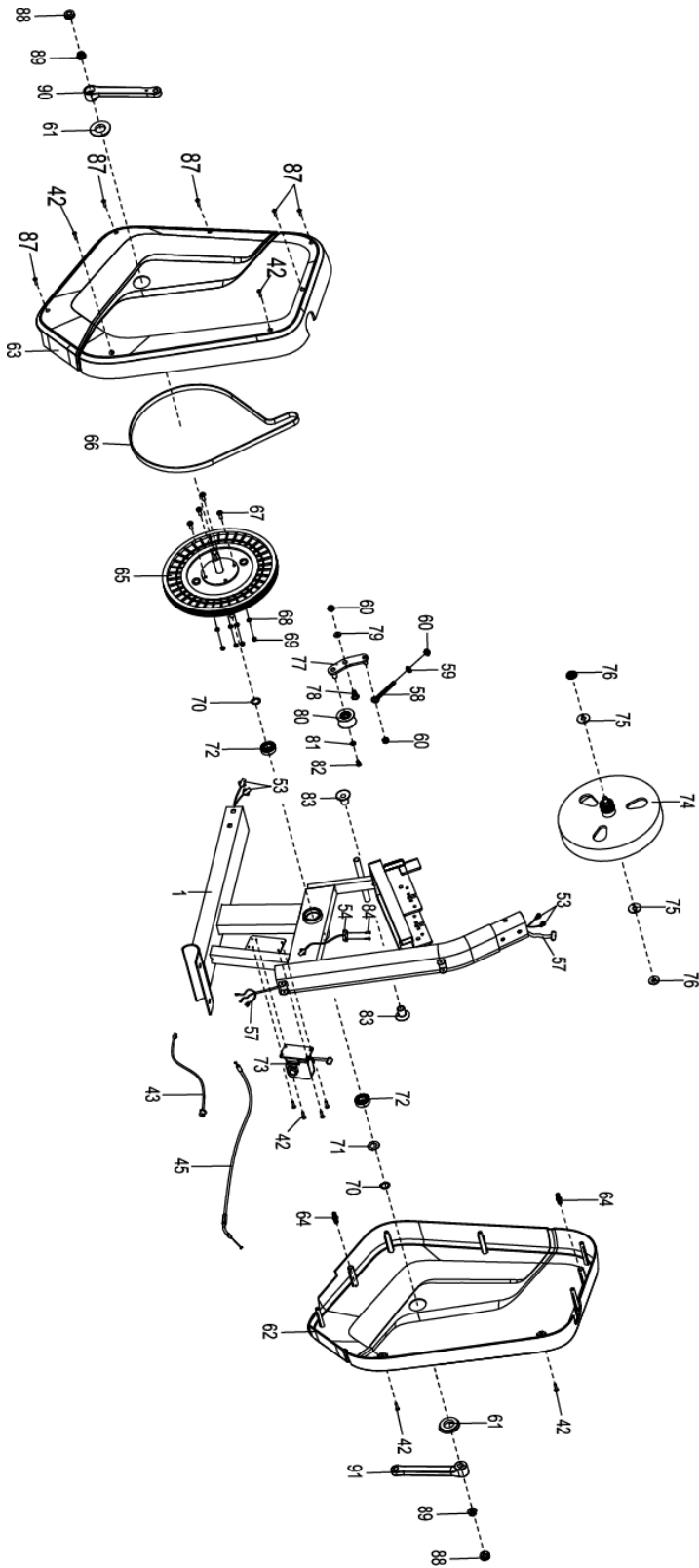
Multi Hex Tool with Phillips Screwdriver S10-13-14-15 1 PC



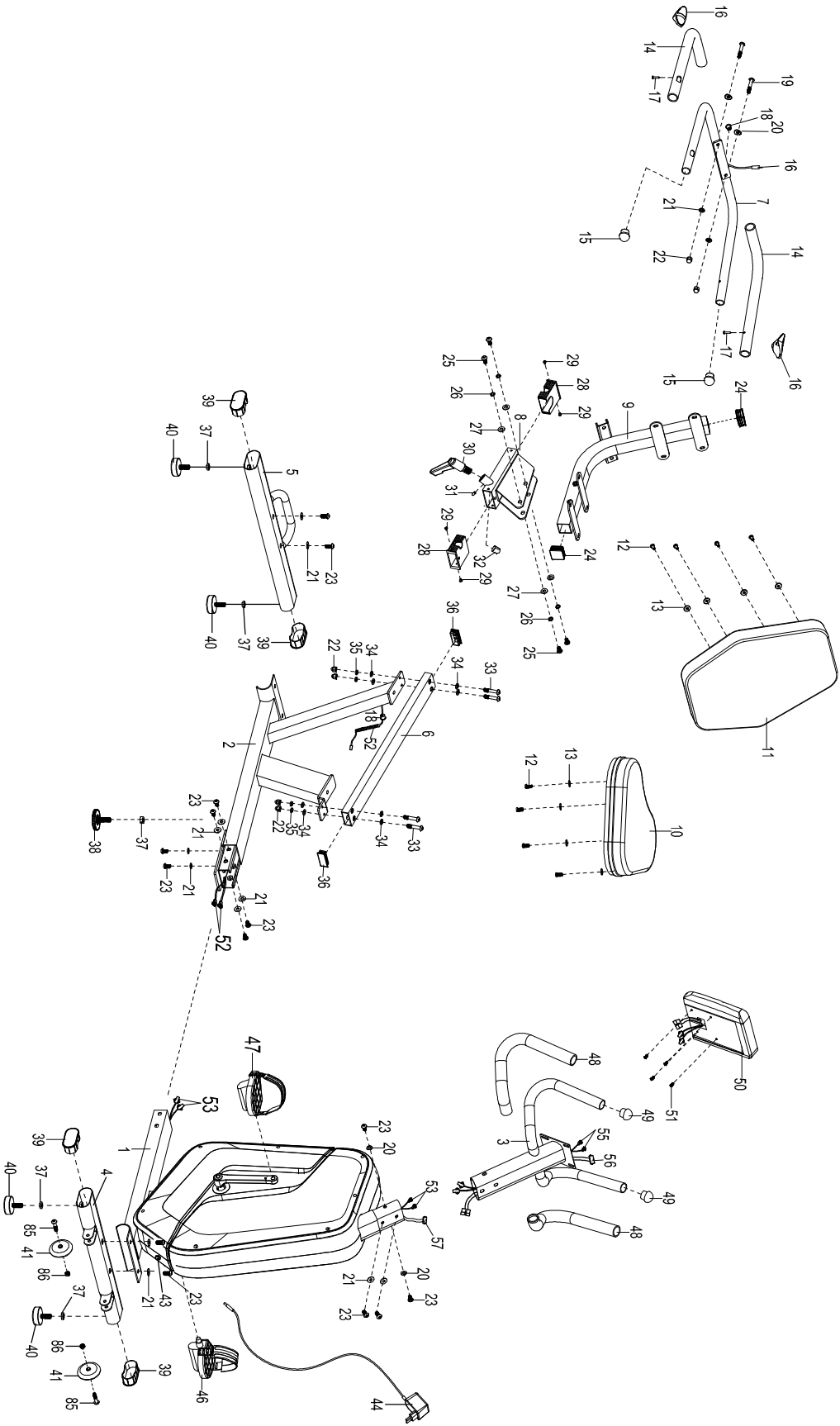
Allen Wrench S6 1 PC

EQUIPMENT EXPLODED-VIEW DRAWING

A



B

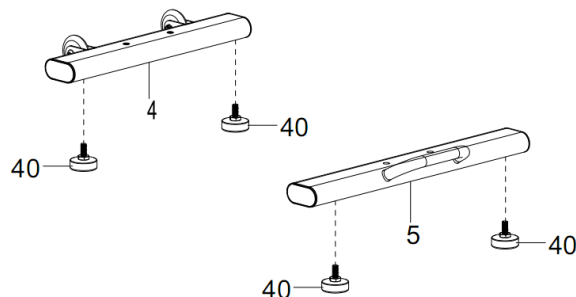


ASSEMBLY INSTRUCTIONS

1. Foot Pad Installation

Position two Foot Pad (40) onto the Front Stabilizer (4)

Position two Foot Pad (40) onto the Rear Stabilizer (5)



2. Front and Rear Stabilizers Installation

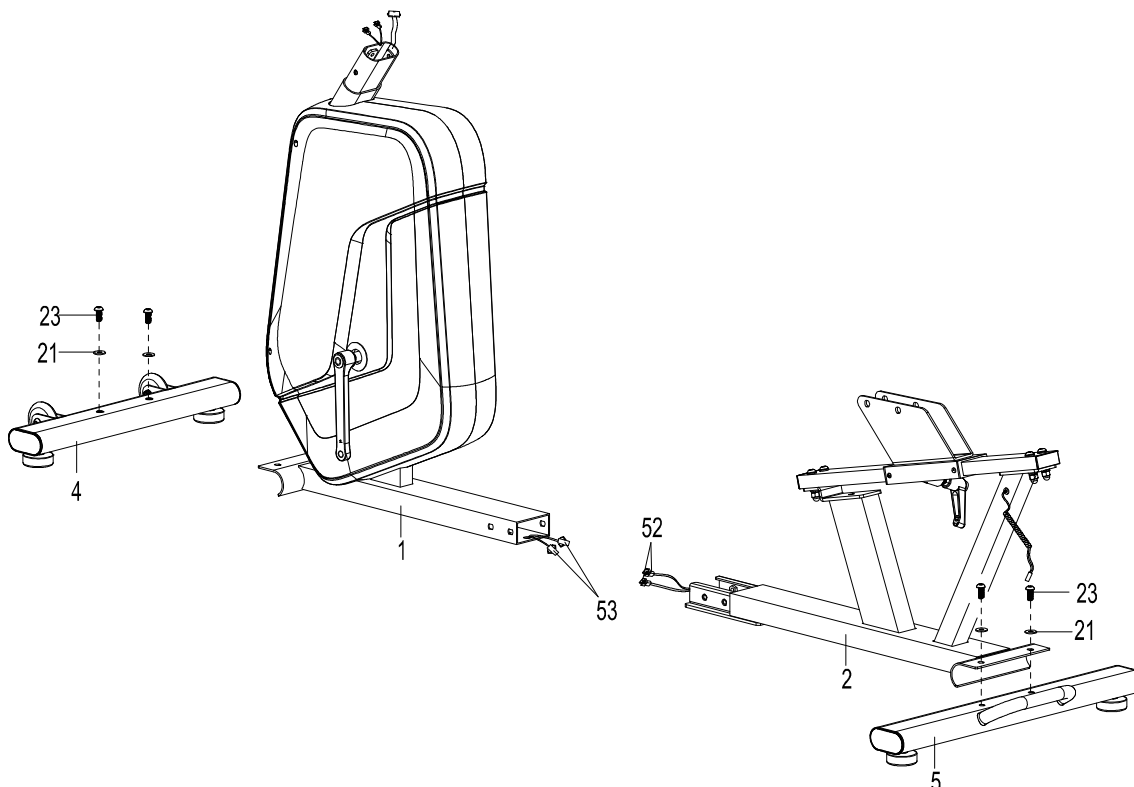
Position the Front Stabilizer (4) in front of Front Main Frame (1) and align bolt holes.

Attach the **Front** Stabilizer (4) onto the front curve of the Front Main Frame (1) with two M8x20mm Bolts (23), two Ø20xØ8x2.0 Washers (21).

Position the Rear Stabilizer (5) behind the Rear Main Frame (2) and align bolt holes.

Attach the Rear Stabilizer (5) onto the rear curve of the Rear Main Frame (2) with two M8x20 Carriage Bolts (23), two Ø20xØ8x2.0 Washers (21),

Tighten cap nuts with the Multi hex Tool with Phillips Screwdriver provided.



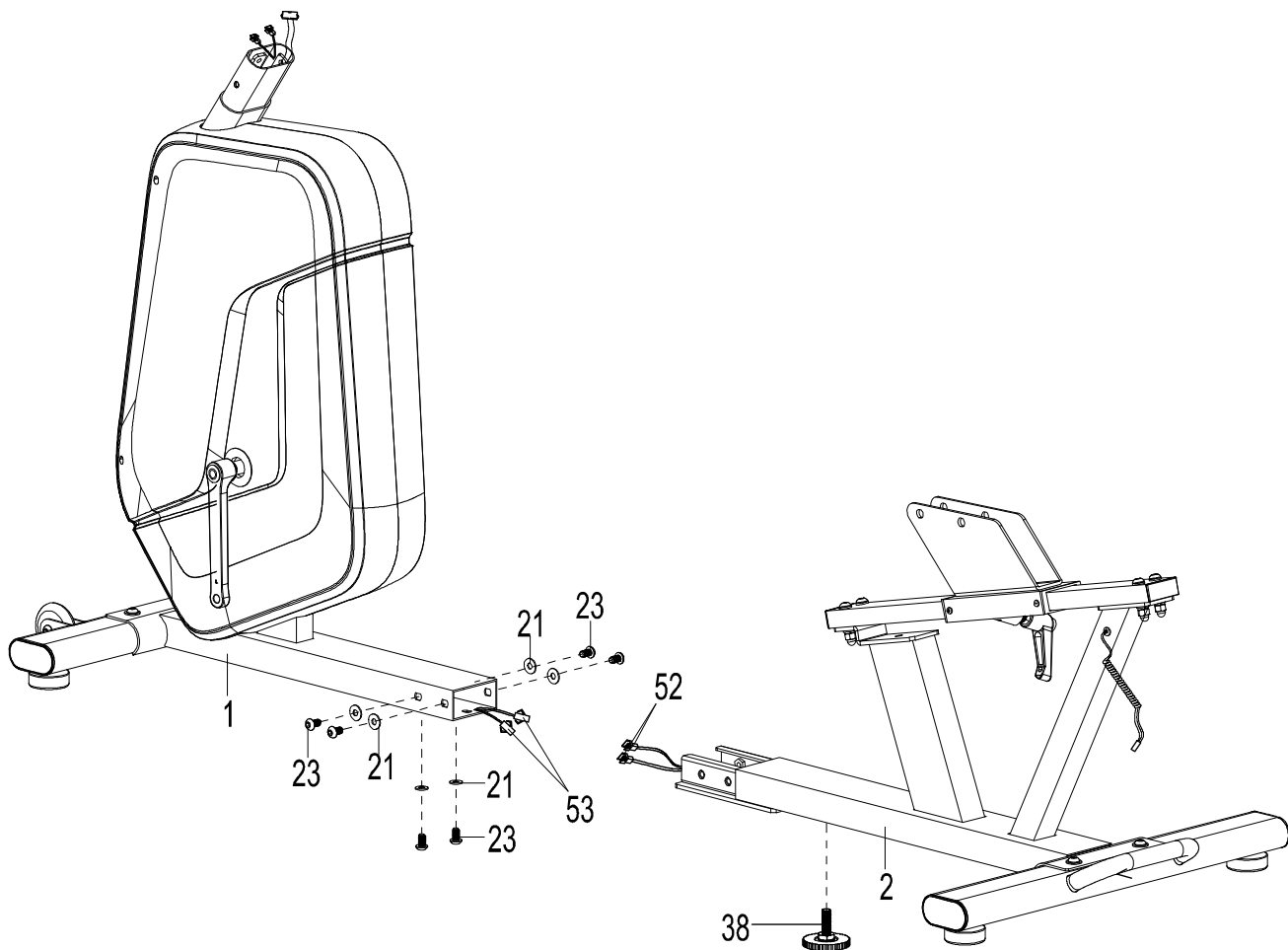
3. Front and Rear Main Frame Installation

Screw the foot pad (38) to the bottom of the rear main frame (2).

Remove six M8x20 Bolts (23), and six Ø20xØ8x2.0 Washers (21) from the Rear Main Frame (2) Remove bolts with the S6 Allen Wrench provided.

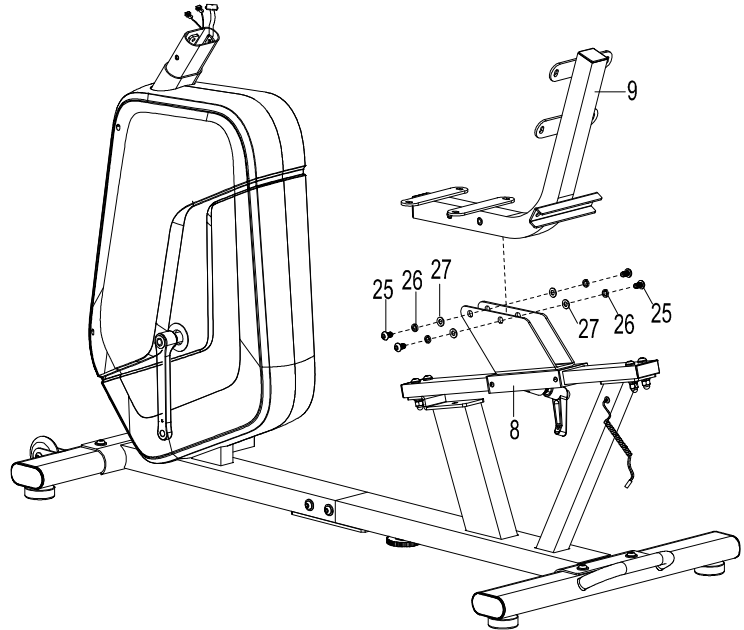
Connect the Hand Pulse Sensor Extension Wire A (52) from the Rear Main Frame (2) to the Hand Pulse Sensor Extension Wire B (53) from the Front Main Frame (1). Attach the Rear Main Frame (2) into the Front Main Frame (1) with six M8x20mm Bolts (23), and six Ø20xØ8x2.0 Washers (21) that were removed.

Tighten bolts with the S6 Allen Wrench provided.



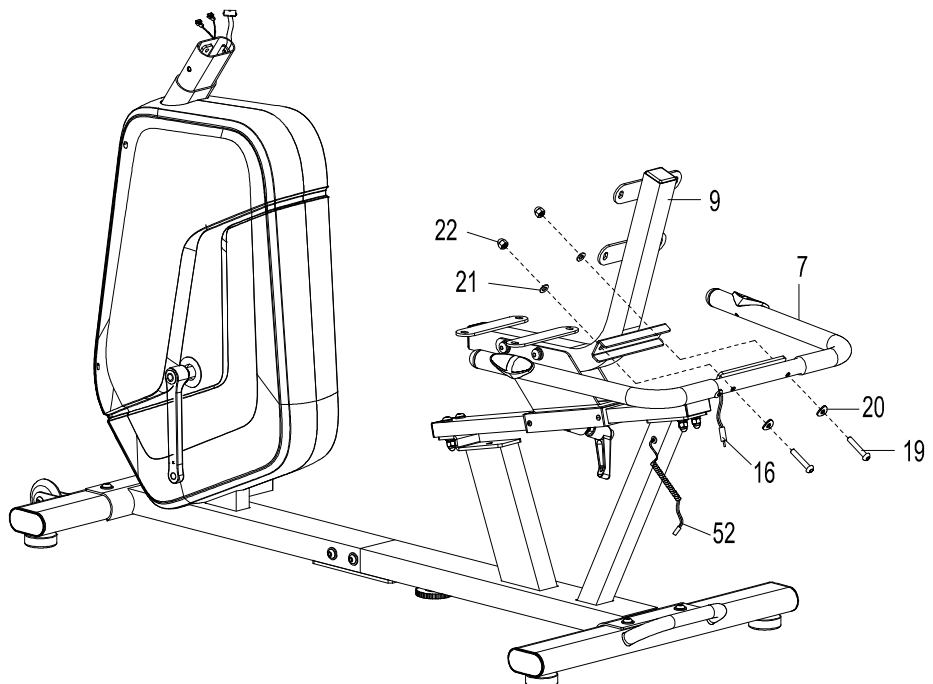
4. Seat post installation

Remove four M10x20 Bolts (25), and four Ø10 Spring Washers (26) and four Ø10xØ20x1.5 Washer (27) from the Seat Post (9). Remove bolts with the S6 Allen Wrench provided. Connect the Slipper bushing assembly (8) and Seat Post (9) with four M10x20 Bolts (25), and four Ø10 Spring Washers (26) and four Ø10xØ20x1.5 Washer (27) that were removed. Tighten bolts with the S6 Allen Wrench provided.



5. Rear Handlebar Installation

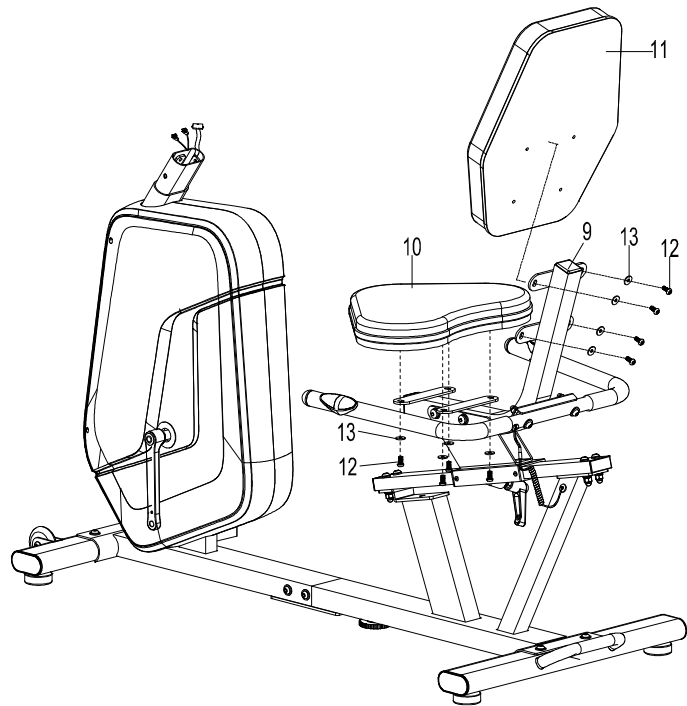
Attach the Rear Handlebar (7) onto the Back and Seat Support Bracket (9) with two M8x45mm Bolts (19), two Ø20xØ8x2.0 Big Curve Washers (20), two Ø20xØ8x2.0 Washers (21), and two M8 Cap Nuts (22). Tighten cap nuts and bolts with the Multi Hex Tool with Phillips Screwdriver and S6 Allen Wrench provided. Connect the Hand Pulse Sensor Extension Wire A (52) from the Rear Main Frame (2) to the Hand Pulse Sensor Wires (16) from the Rear Handlebar (7).



6. Seat and Back Cushions Installation

Remove eight M6x15mm Bolts (12) and eight Ø18xØ6x1.5t Big Washers (13) from the back of the Seat and Back Cushions (10) and (11). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Then attach the Seat and Back Cushions (10) and (11) onto the Back and Seat Support Bracket (9) with eight M6x15mm Bolts (12) and eight Ø18xØ6x1.5t Big Washers (13) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



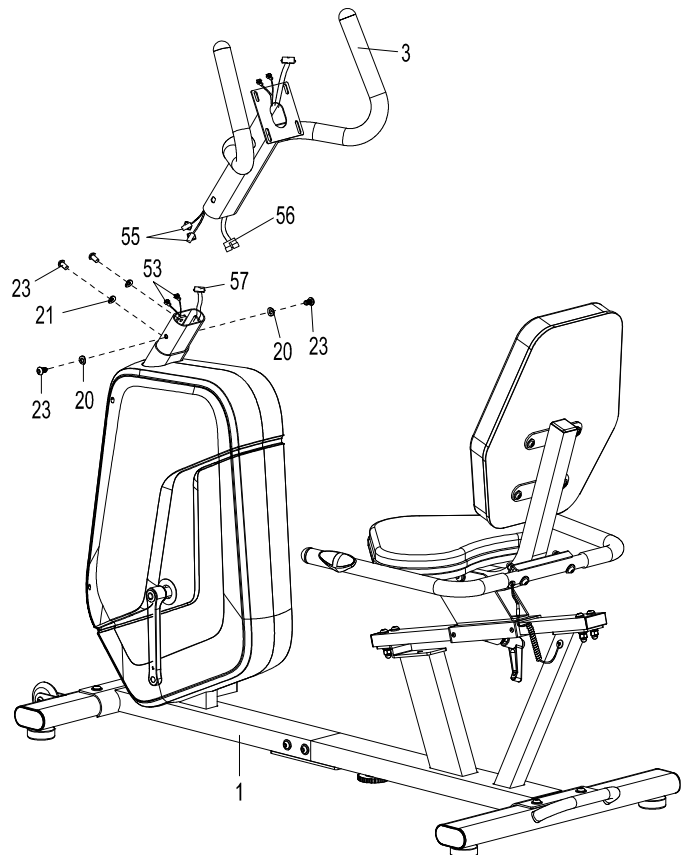
7. Front Post Installation

Remove four M8x20mm Bolts (23), two Ø8xØ20x2.0 Washers (21), two Ø8xØ20x2.0 Big Curve Washer (20) from the Front Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Connect the Hand Pulse Sensor Extension Wire C (55) from the Front post (3) to the Hand Pulse Sensor Extension Wire B (53) from the Front Main Frame (1).

Connect the Electronic watch extension cord (56) from the Front post (3) to Extension Sensor Wire (57) from the Front Main Frame (1).

Insert the Front Post (3) onto the tube of the Front Main Frame (1) with four M8x20mm Bolts (23), two Ø8xØ20x2.0 Washers (21), two Ø8xØ20x2.0 Big Curve Washer (20) that were removed. Tighten bolts with the S6 Allen Wrench provided.



8. Compute and Pedal Installation

The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (46) into threaded hole in the left Crank. Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (46) with the Multi Hex Tool with Philips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (47) into threaded hole in right Crank

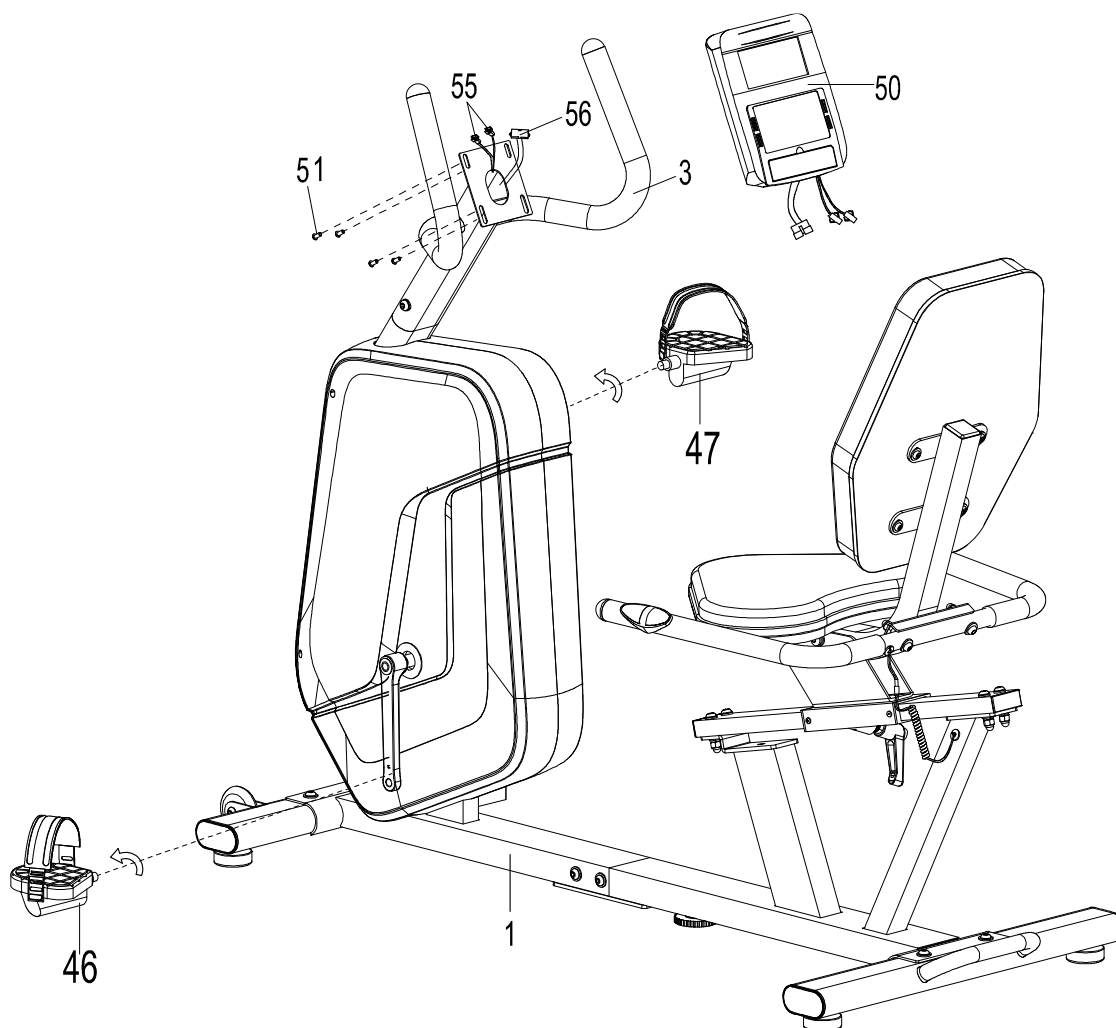
Turn the pedal shaft by hand in the clockwise direction until snug.

Remove four M5x10mm Bolts(51) from the Computer(50).

Connect the Sensor Extension Wire (56) and Hand Pulse Sensor Extension Wires C (55) from the Front Post to the wires that come from the Computer (50).

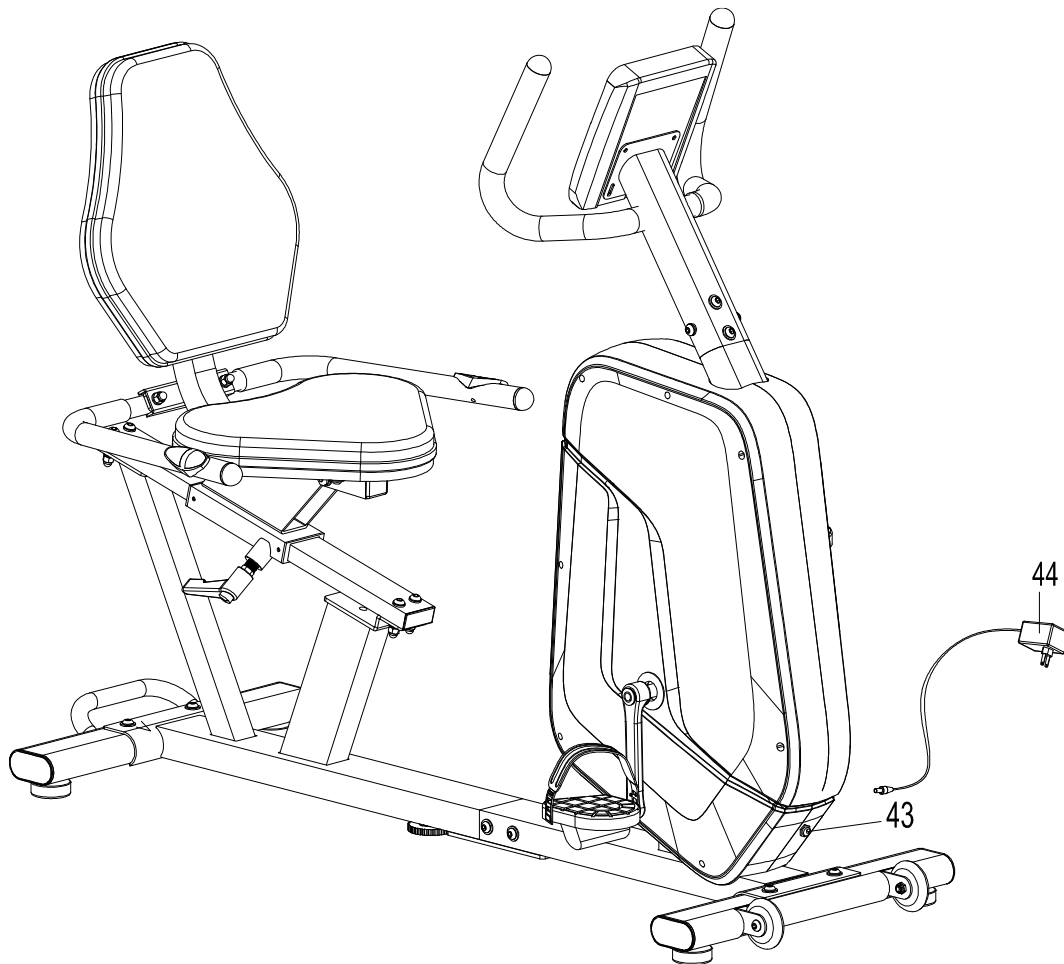
Tuck wires into the Front Post.

Attach the Computer (50) onto the top end of the Front Post with four M5x10mm Bolts (51) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



9.AC Adapter Installation

Plug one end of the AC Adapter (44) into the power jack of the Power Supply Wire (43) on the back of the Left Shroud. Before plugging in make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (44) into the electrical wall outlet.



INSTRUCTION MANUAL

Key Functions

- START/STOP:**
1. Start & Pauses workouts.
 2. Start body fat measurement and quit the body fat program.
 3. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER: To input desired value or work out mode.

TEST(PULSE、 RECOVERY): Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute.F1 is the best, and F6 is the worst.

- 1.0 means OUSTANDING**
1.0 < F < 2.0 means EXCELLENT
2.0 ≤ F ≤ 2.9 means GOOD
3.0 ≤ F ≤ 3.9 means FAIR
4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
6.0 means POOR

MODE: Push down to select functions.

Workout Selection

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

Setting Workout Parameters

After selecting your desired program, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

TIME / SPEED/DISTANCE / CALORIES /AGE/PULSE/RPM/ODO/WATT/TARGET HR

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing ENTER, will make “Time” parameter flash.

Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value.

Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY .

Press START/STOP to start workout.

More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	5:00~ 99:00	0:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 5:00 ~ 99:00,It will count down to 0.
Distance	0.10~99.90	0.00	±0.10	1.When display is 0.00,Distance will count up.

				2.When Distance is 0.10~99.90, it will count down to 0.
Calories	1.0~999.0	0.0	±1.0	1.When display is 0.0, Calories will count up. 2.When Calories is 1.0~999.0, it will count down to 0.
Watt	20.0~300.0	100.0	±10.0	User can set watt value only in Watt control program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs.

Program Operation

Manual(P1)

Selecting “**Manual**” using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter “Time”

will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2-P9)

There are 8 program profiles ready for use. All program profiles have 24 level of resistance.

Setting Parameters for Pre-programs

Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter “Time”

will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Watt control program(P10)

Selecting “**Watt control program**” using UP OR DOWN KEY then pressing ENTER KEY . 1st parameter “Time”

will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depends on the speed to maintain the constant watt value. User can use up down key to adjust the watt value during workout.

BODY FAT PROGRAM(P11)

Setting Data for Body Fat

Selecting "**BODY FAT Program**" using UP OR DOWN KEY then pressing ENTER.

"Male" will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender & move to next data.

"175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY, press ENTER KEY save value & move to next data.

"70" of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY, press ENTER KEY to save value & move to next data.

"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.

After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 6 body types divided according to the FAT% calculated.

MEN: Type 1 is from 7% to 9.9%. Type 2 is from 10% to 12.9%. Type 3 is from 13% to 16.9%. Type 4 is from 17% to 19.9%. Type 5 is from 20% to 24.9%. Type 6 is greater than or equal to 25%.

WOMEN: Type 1 is from 14% to 16.9%. Type 2 is from 17% to 19.9%. Type 3 is from 20% to 23.9%. Type 4 is from 24% to 27.9%. Type 5 is from 27% to 29.9%. Type 6 is greater than or equal to 30%.

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program(P12)

Setting Parameters for TARGET H.R

Selecting "**TARGET H.R.**" using UP OR DOWN KEY then pressing ENTER KEY. 1st parameter "Time"

will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next

parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 1) the set TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease.

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

HEART RATE CONTROL Program(P13-P15)

There are 3 selection for target pulse:

P13- 60% TARGET H.R= 60% of (220-AGE)

P14- 75% TARGET H.R= 75% of (220-AGE)

P15- 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting "**One of Heart Rate Control Program.**" using UP OR DOWN KEY then pressing ENTER KEY. 1st parameter "Time" will flash so value can be adjusted using

UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 1) the TARGET H.R, computer will adjust the resistance load automatically. It will check Every 20 seconds approx. I resistance load will increase or decrease .

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

User Program(P16-P19)

There are four user programs can be selected form U1 to U4.

User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting user using UP OR DOWN KEY then pressing ENTER KEY . 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters .

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

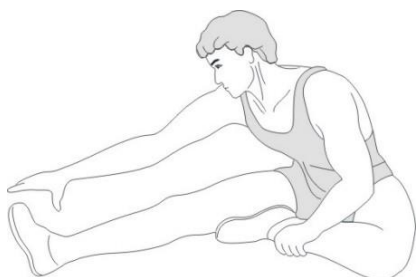
Warm Up Exercises

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.

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, increasing your circulation and pulse rate, and delivering more oxygen to 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:

Inner Thigh Stretch

Sit with both of your soles together with your knees pointing outward. Pull your feet towards yourself closest possible. Gently press your knees to the floor and hold for 15 counts.

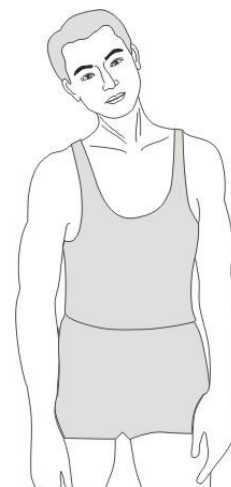


Hamstring Stretch

Sit with your right leg stretched straight before you. Rest the sole of your left foot against your right inner thigh. Reach out your right fingers toward your right toe till you touch them or as far as possible and hold for 15 counts. Once done, repeat the same for the left leg stretched out instead.

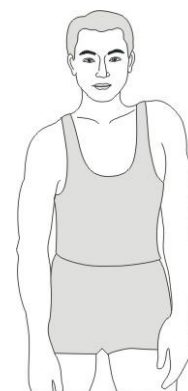
Head Roll

Stretch the left, front, right and backside of your neck by tilting it to the right, back, left and front. Tilt each position till you feel your neck muscle of the opposite side stretches. Hold each position for 8 seconds and completing all 4 sides is a must to complete this exercise.



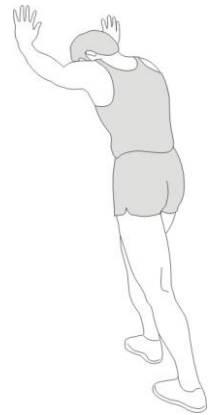
Shoulder Lift

Lift your right shoulder up towards your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



Calf-Achilles Stretch

Lean forward with your palms pressing against a wall and your left leg bent in front and your right leg stretched straight behind while having the left foot fully flat on the floor. Hold for 15 seconds/counts and then repeat for your other side.



Toe Touch

While standing or sitting, slowly bend forward with your back and shoulders relaxed while stretching your arms towards your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

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.

