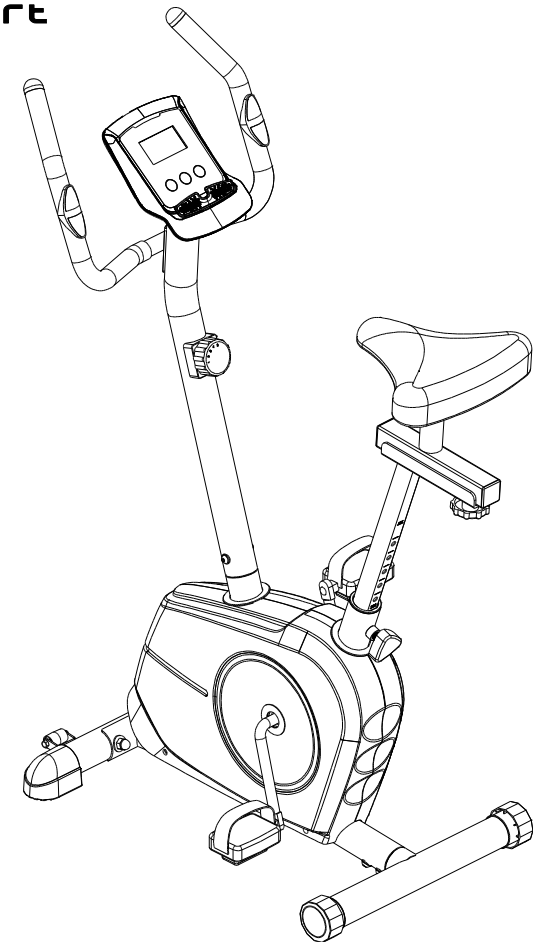
Magnetic 400
Magnetic Upright Bike
ITEM NO.: 1005N

SPARTAN SPORT



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 110 kg.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

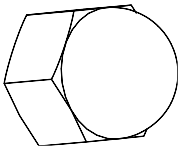
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	026	Sensor with Wire L=750 mm	1
002	Handlebar Ø25x1.5	1	027	Seat Cushion DD28T	1
003	Handlebar Post Ø50x1.5	1	028	Front Stabilizer End Cap	2
004	Rear Stabilizer Ø50x1.5	1	029	Rear Stabilizer End Cap	2
005	Flywheel	1	030	Tension Bracket	2
006	Front Stabilizer Ø50x1.5	1	031	Eyebolt M6x36	2
007	Tension Control Knob 0325-BC66501-0101	1	032	Hexagon Nut M6	2
008	Seat Post Knob M12	1	033	Spring Washer Ø6	2
009	Belt PJ 330J6	1	034	Cap Nut M10	2
010	Computer	1	035	Carriage Bolt M10x57	2
011	Nut M10x1	2	036	Big Curve Washer Ø10	2
012	Seat Post Bushing	1	037	Curve Washer Ø8	10
013	Left Cover 540x366x74	1	038	Washer Ø8	3
014	Right Cover 540x366x78	1	039	Hexagon Socket Pan Head Cap Bolt M8x10	1
015	Cross Recessed Pan Head Tapping Screw ST2.9x10	2	040	Cross Recessed Pan Head Tapping Screw ST4.2x25	8
016	Washer	2	041	Screw ST4.2x25	4
017	Bearing Nut 7/8"	1	042	Nylon Nut M8	3
018	Hexagon Nut 7/8"	1	043	Hexagon Socket Pan Head Cap Bolt M8x20	1
019	Belt Pulley with Crank 240J6	1	044	Idler Arm	1
020	Left Foot Pedal	1	045	Bearing 6000zz	2
021	Right Foot Pedal	1	046	Cross Recessed Pan Head Bolt M6x10	1
022	Bearing Cup	2	047	Cross Recessed Pan Head Bolt M5x10	4
023	Ball Bearing	2	048	Round Rubber Cover	2
024	Hexagon Socket Pan Head Cap Bolt M8x15	10	049	Handlebar End Cap Ø25	2
025	Seat Post	1	050	Handlebar Foam Grip Ø30xØ24x460	2

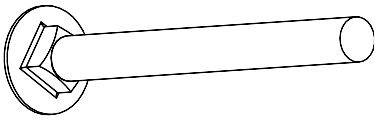
PARTS LIST

No.	Description	Qty	No.	Description	Qty
051	Cross Recessed Pan Head Tapping Screw ST4.2x20	2	060	Tension Cable L=1150 mm	1
052	Transport Wheel Ø23xØ6x32	2	061	Spring Washer Ø8	4
053	Hand Pulse Sensor with Wire L=750 mm	2	062	Big Curve Washer Ø5	1
054	Washer Ø6	1	063	Cover Cap Ø50x1.2t	1
055	Nylon Nut M6	2	064	Cover Cap Ø50x10t	1
056	Hexagon Head Bolt M6x48	2	065	Seat Sliding Tube	1
057	Cross Recessed Pan Head Bolt M5x25	1	066	Seat Sliding Tube End Cap (□38)	2
058	Bearing Nut 15/16"	1	067	Washer Ø20xØ8x2t	1
059	Extension Sensor Wire L=1000 mm	1	068	Seat Adjustment Knob M8	1

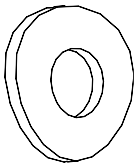
HARDWARE LIST



(34) Cap Nut
2 PCS

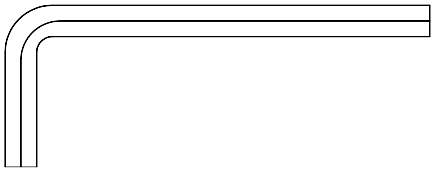


(35) Carriage Bolt
2 PCS

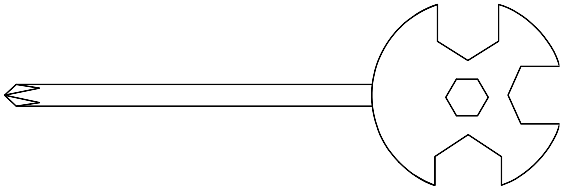


(36) Big Curve Washer
2 PCS

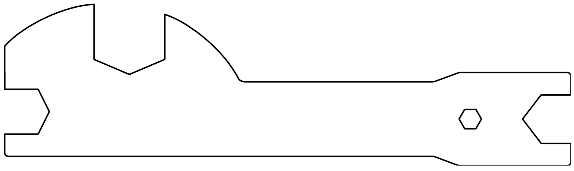
TOOLS



Allen Wrench S6
1 PC

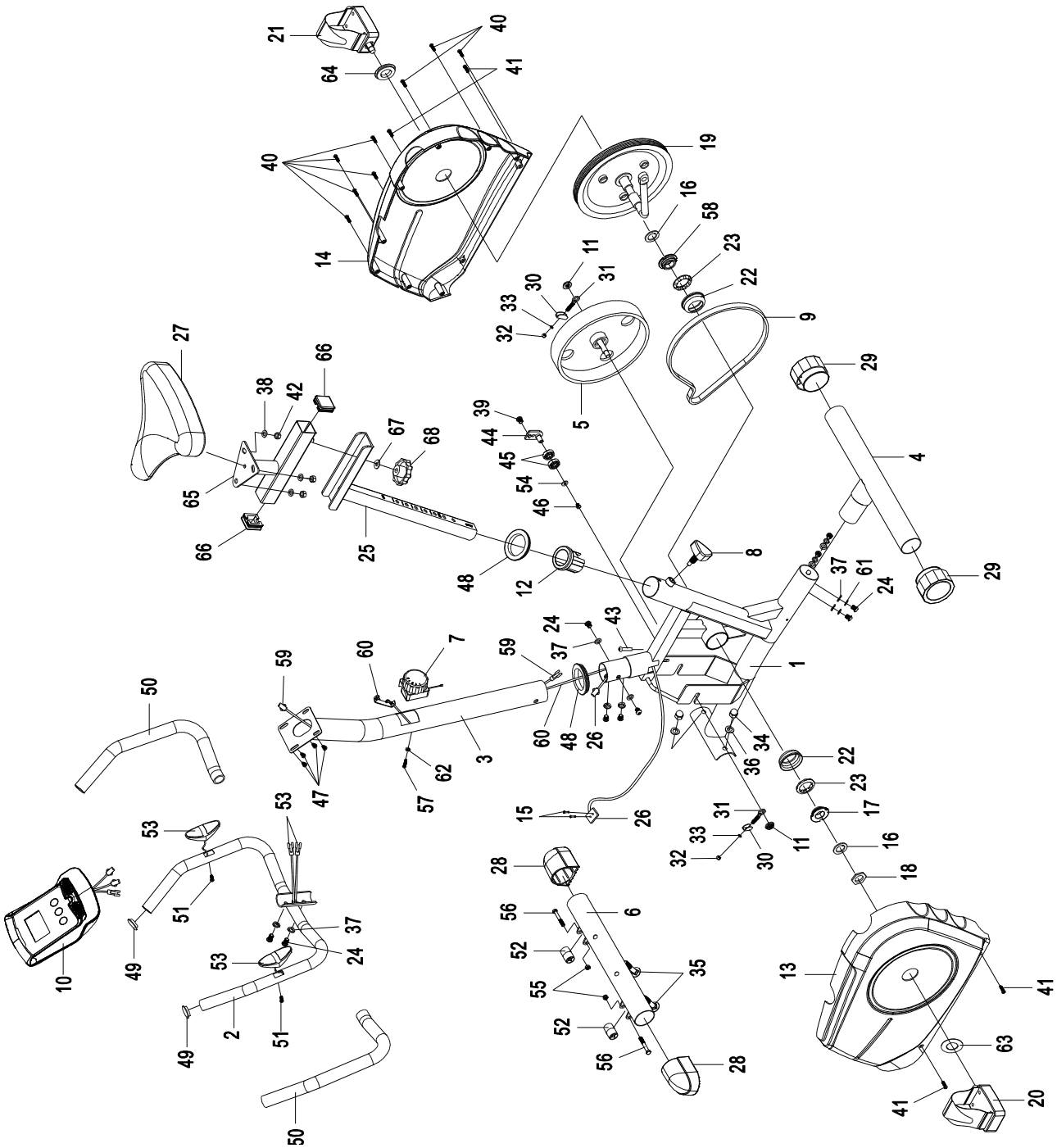


Multi Hex Tool with Phillips Screwdriver
S13, S14, S15
1 PC

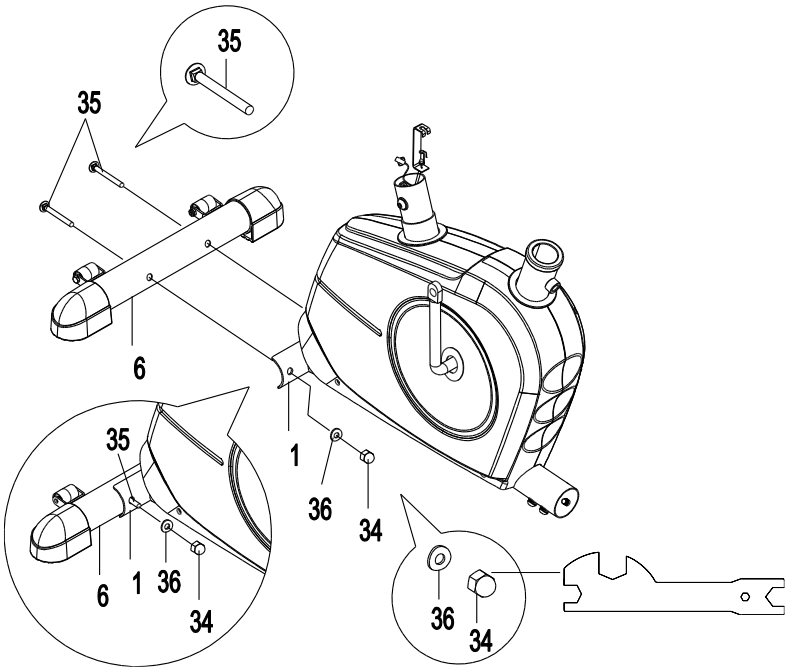


Multi Hex Tool
1 PC

EXPLODED VIEW



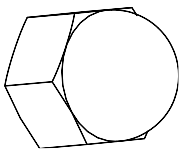
ASSEMBLY INSTRUCTIONS



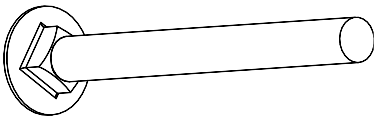
STEP 1

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes.
Attach the Front Stabilizer (6) onto the front curve plate of the Main Frame (1) with two Cap Nuts (34), two Carriage Bolts (35), and two Big Curve Washers (36). Tighten cap nuts with the Multi Hex Tool provided.

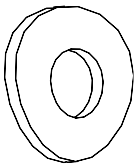
Hardware:



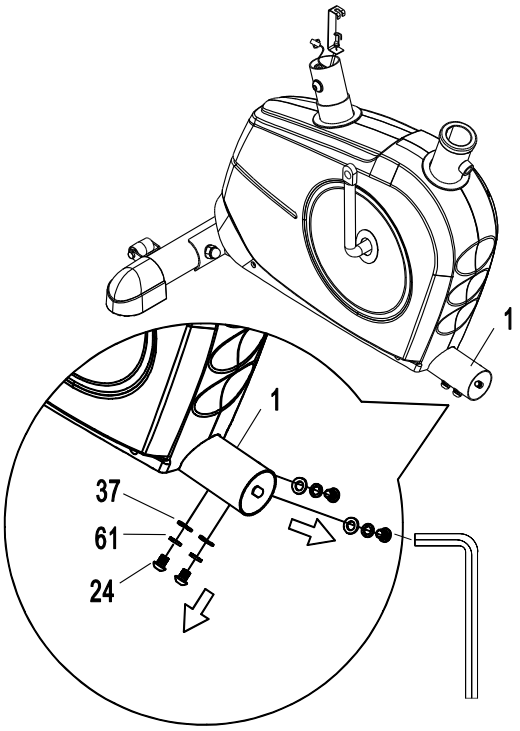
(34) Cap Nut
2 PCS



(35) Carriage Bolt
2 PCS

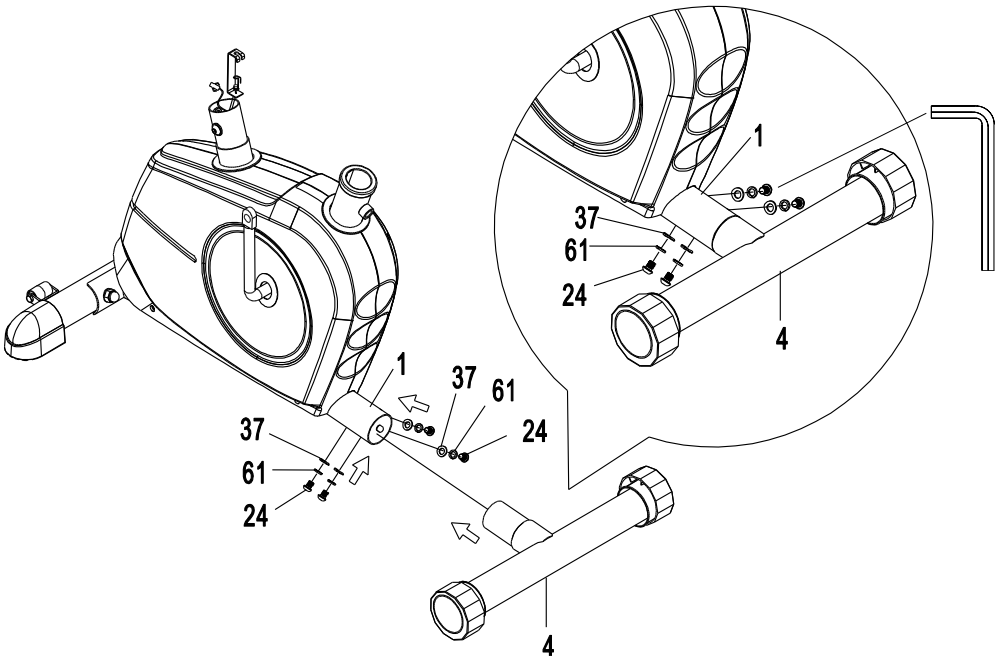


(36) Big Curve Washer
2 PCS



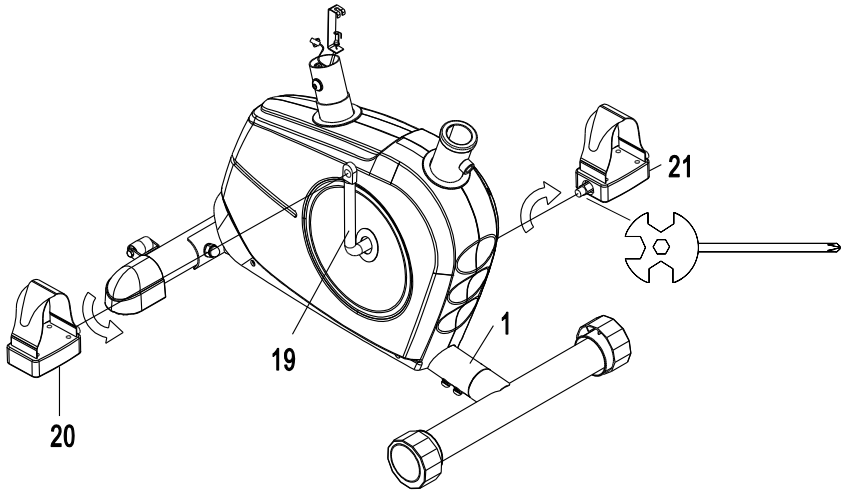
STEP 2

Remove four Hexagon Socket Pan Head Cap Bolts (24), four Spring Washers (61), and four Curve Washers (37) from the Main Frame (1). Remove bolts with the Allen Wrench provided.



STEP 3

Insert the Rear Stabilizer (4) into the tube of the Main Frame (1) and secure with four Hexagon Socket Pan Head Cap Bolts (24), four Spring Washers (61), and four Curve Washers (37) that were removed. Tighten bolts with the Allen Wrench provided.



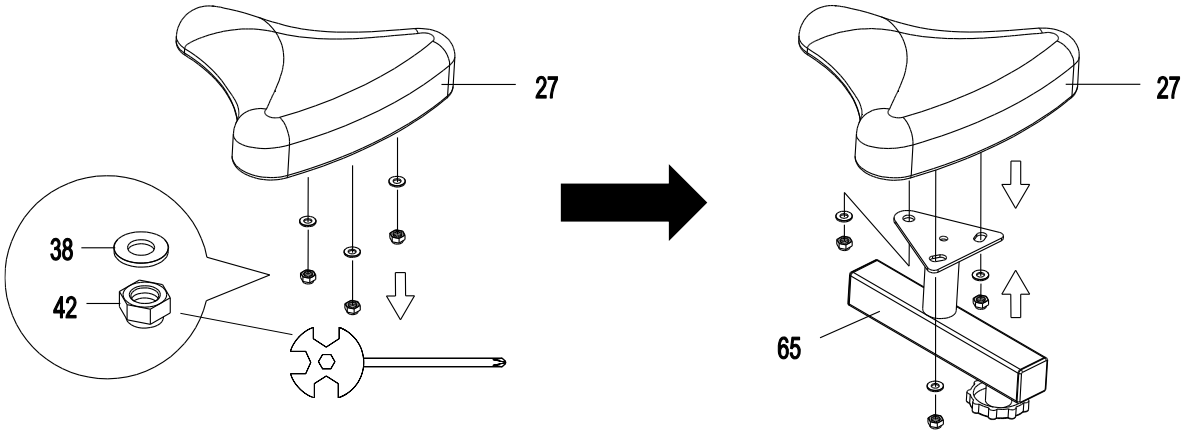
STEP 4

Insert the pedal shaft of Left Foot Pedal (20) into threaded hole in the left Crank (19). 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 (20) with the Multi Hex Tool with Phillips Screwdriver provided.

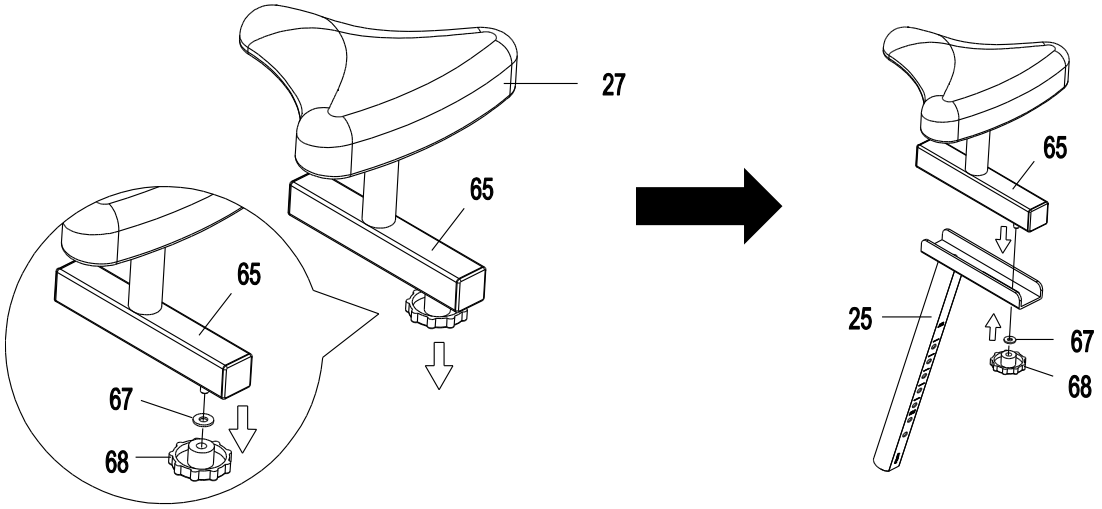
Insert pedal shaft of Right Foot Pedal (21) into threaded hole in right Crank (19). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (21) with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 5

Remove three Nylon Nuts (42) and three Washers (38) from underside of the Seat Cushion (27). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

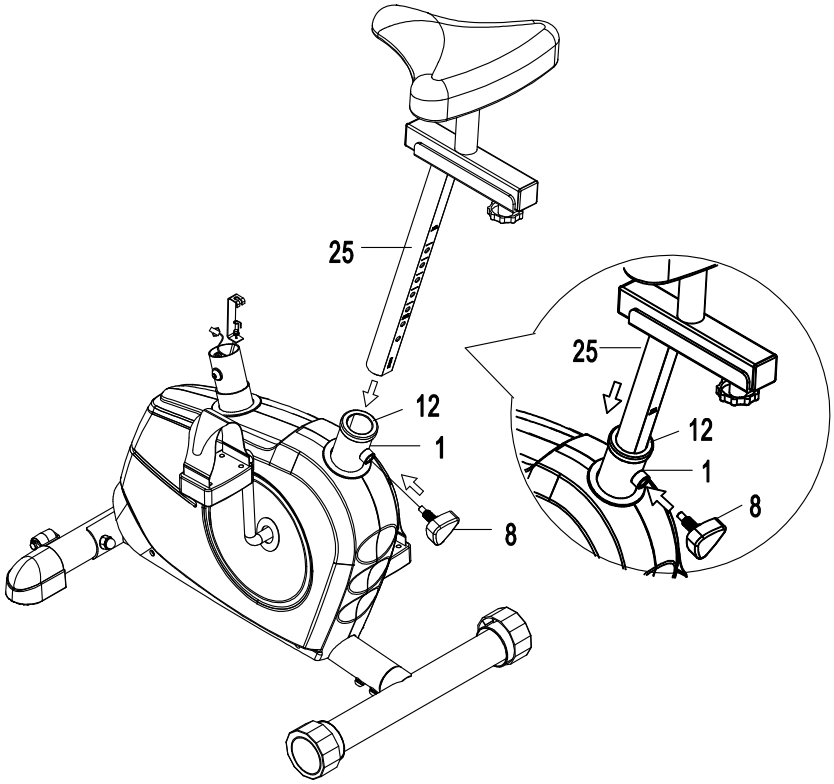
Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Sliding Tube (65), attach with three removed Nylon Nuts (42) and Washers (38). Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 6

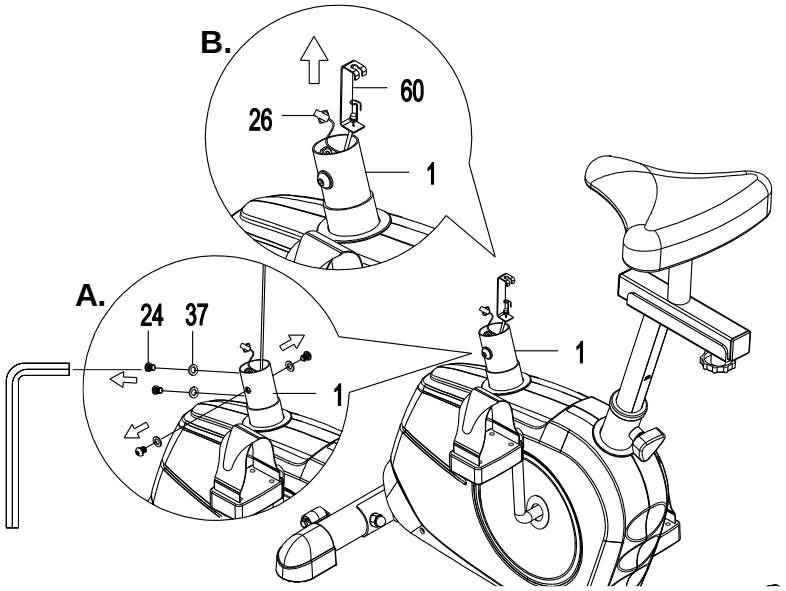
Remove one Washer (67) and one Seat Adjustment Knob (68) from underside of the Seat Sliding Tube (65).

Guide the bolt on underside of the Seat Sliding Tube (65) through a hole on the top of the Seat Post (25), attach with one removed Washer (67) and Seat Adjustment Knob (68).



STEP 7

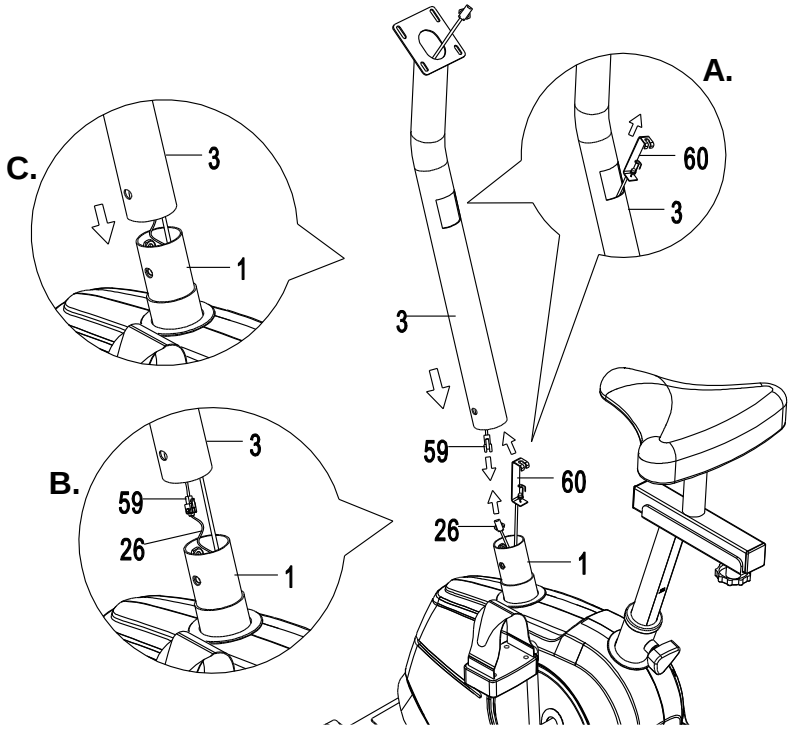
Insert the Seat Post (25) into the Seat Bushing (12) of the Main Frame (1) and then attach the Seat Post Knob (8) onto the tube of the Main Frame (1) by turning it in a clockwise direction to tighten the Seat Post (25) in the suitable position.



STEP 8

A. Remove four Hexagon Socket Pan Head Cap Bolts (24) and four Curve Washers (37) from the tube of the Main Frame (1). Remove bolts with the Allen Wrench provided.

B. Pull the Tension Cable (60) out from the tube of the Main Frame (1).



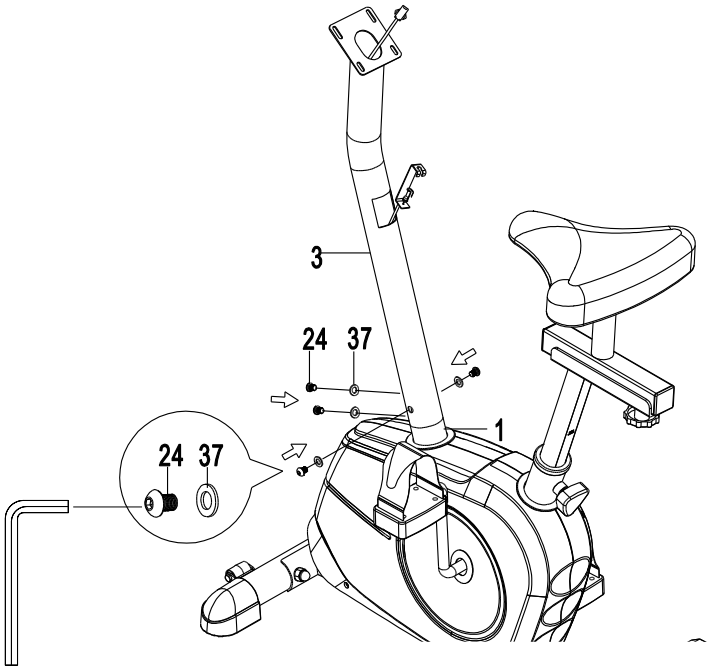
STEP 9

It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (3) in place while the other person to insert and connect the wires.

A. Insert the Tension Cable (60) through into the bottom hole of the Handlebar Post (3) and pull it out from the square hole of the Handlebar Post (3).

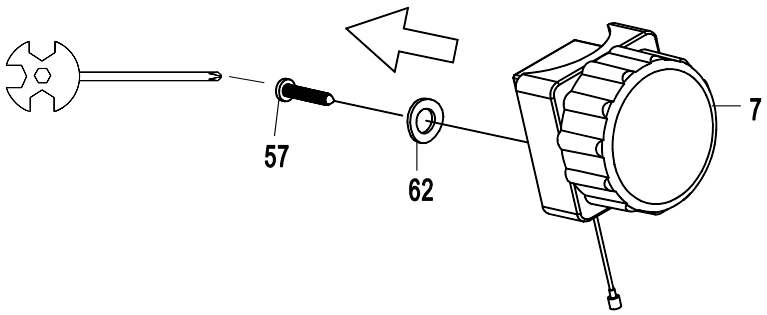
B. Connect the Sensor Wire (26) from the Main Frame (1) to the Extension Sensor Wire (59) from the Handlebar Post (3).

C. Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and align bolt holes.



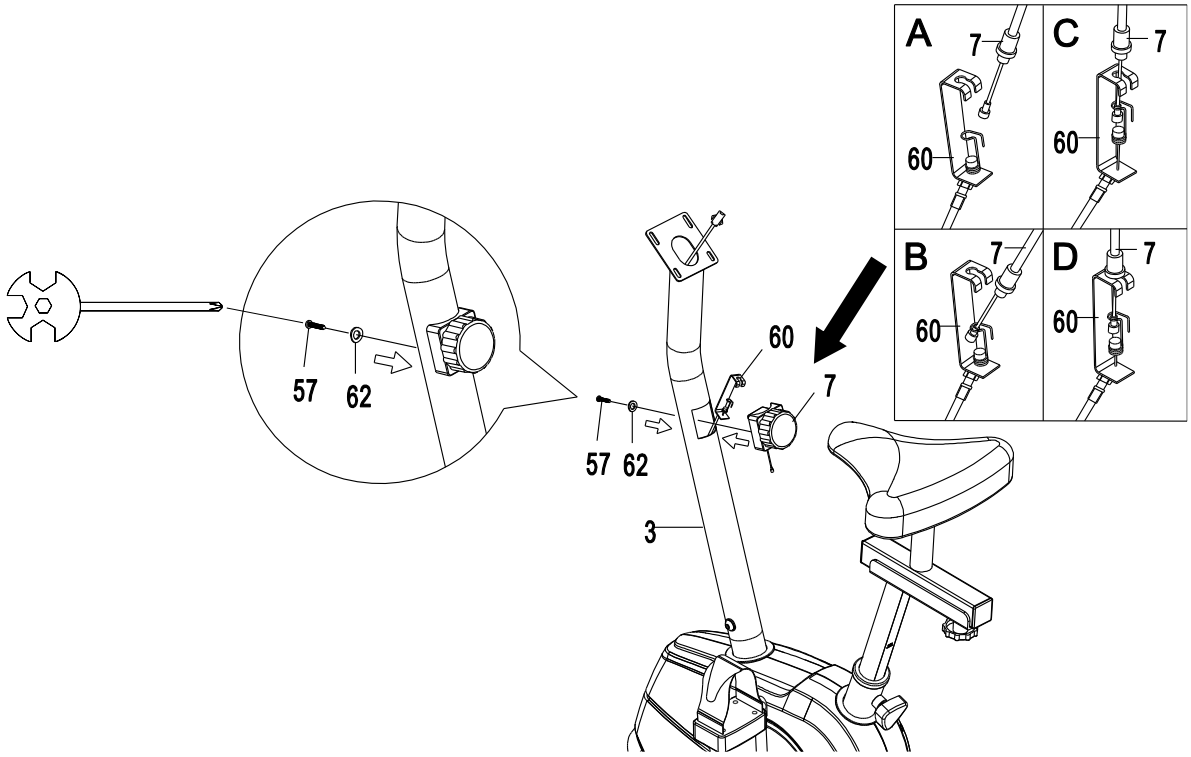
STEP 10

Attach the Handlebar Post (3) onto the tube of the Main Frame (1) with four Hexagon Socket Pan Head Cap Bolts (24) and four Curve Washers (37) that were removed. Tighten bolts with the Allen Wrench provided.



STEP 11

Remove one Cross Recessed Pan Head Bolt (57) and one Big Curve Washer (62) from the Tension Control Knob (7). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.



STEP 12

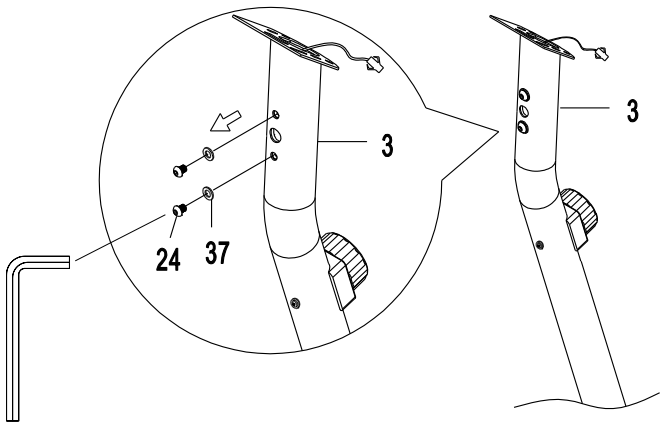
Put the cable end of resistance cable of Tension Control Knob (7) into the cable lock of Tension Cable (54), see Figure A.

Pull the resistance cable of Tension Control Knob (7) up and force it into the slot of metal bracket of Tension Cable (54), see Figure B.

Insert the metal fitting on the resistance cable of Tension Control Knob (7) into the hole at the end of the slot in the metal bracket of Tension Cable (54), see Figure C.

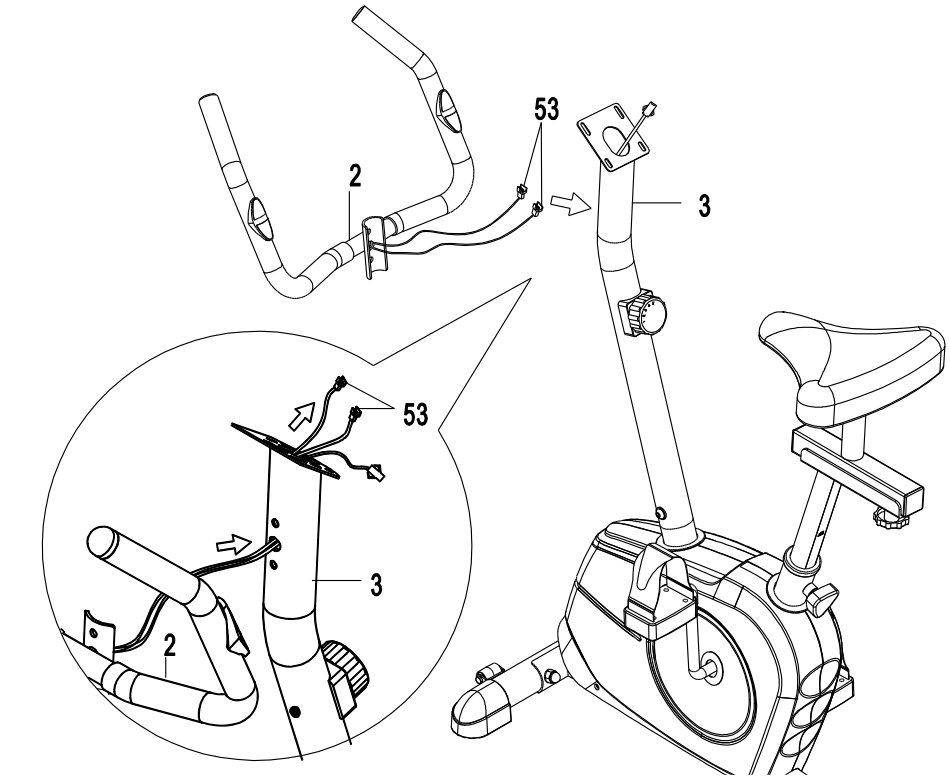
Connect the resistance cable of Tension Control Knob (7) to Tension Cable (54) complete, see Figure D.

Attach the Tension Control Knob (7) onto the Handlebar Post (3) with one Cross Recessed Pan Head Bolt (57) and one Big Curve Bolt (62) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.



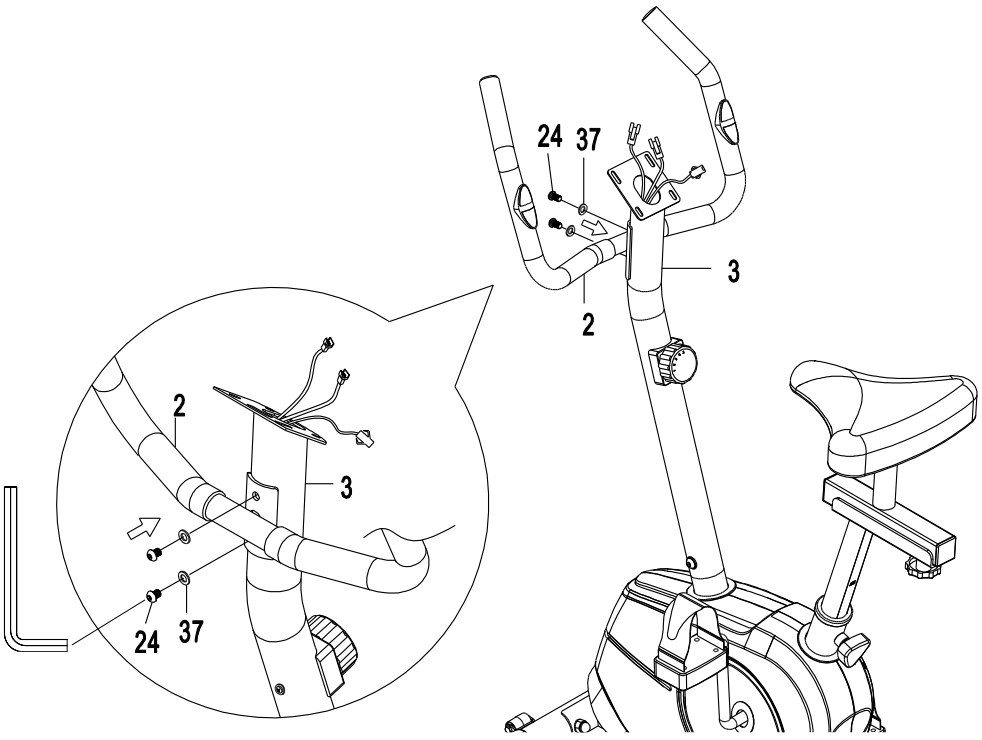
STEP 13

Remove two Hexagon Socket Pan Head Cap Bolts (24) and two Curve Washers (37) from the Handlebar Post (3). Remove bolts with the Allen Wrench provided.



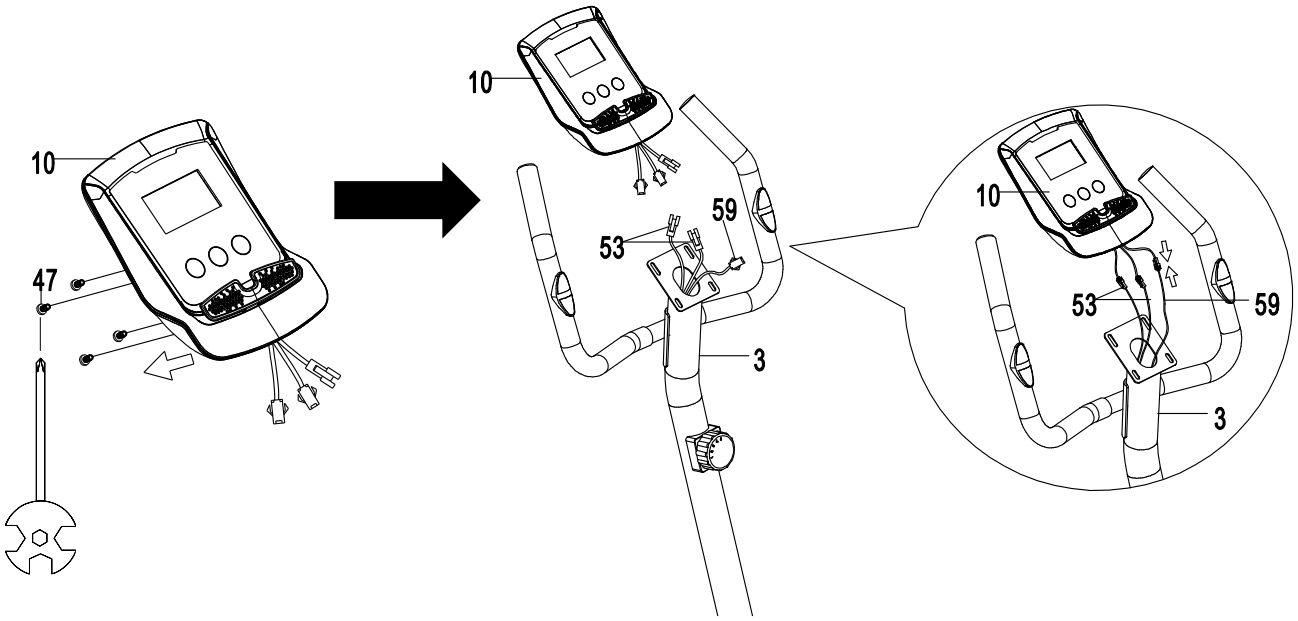
STEP 14

Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3).
Pull the Hand Pulse Sensor Wires (53) out from the top end of the Handlebar Post (3).



STEP 15

Attach the Handlebar (2) onto the Handlebar Post (3) with two Hexagon Socket Pan Head Cap Bolts (24) and two Curve Washers (37) that were removed. Tighten bolts with the Allen Wrench provided.

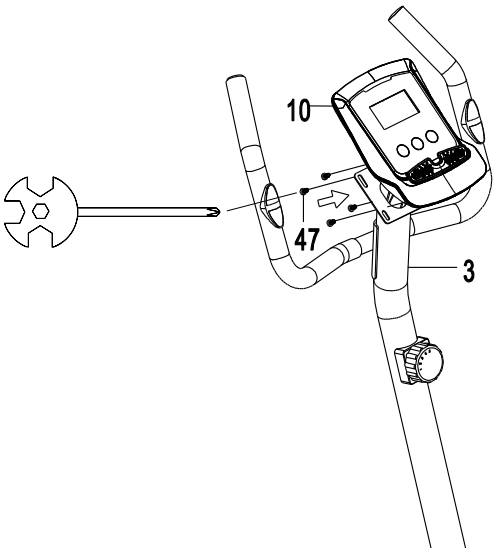


STEP 16

Remove four Cross Recessed Pan Head Bolts (47) from the Computer (10). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

It is recommended to have a second person assist with this step. One person should hold the Computer (10) in place while the other person to connect the wires.

Connect the Extension Sensor Wire (59) and Hand Pulse Sensor Wires (53) to the wires that come from the Computer (10).



STEP 17

Tuck wires into the Handlebar Post (3) and then attach the Computer (10) onto the top end of the Handlebar Post (3) with four Cross Recessed Pan Head Bolts (47) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

OPERATING THE COMPUTER

USING YOUR COMPUTER
The computer can be activated by pressing one of the three buttons or by pedaling. If you leave the equipment idle for 4 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:
MODE: Press the MODE button to select the functions of the computer.
Press and hold the MODE button for 3 seconds to reset all data values to zero except the TOTAL data values.

SET: Press the SET button to set data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) for target pre-setting.

RESET: Press the RESET button to reset data values of TMR (TIMER), DST (DISTANCE), or CAL (CALORIES) to zero.
Press and hold the RESET button for 3 seconds to reset all data values to zero except the TOTAL data values.

COMPUTER FUNCTIONS:
SCAN: Press the MODE button until the screen displays SCAN, the computer will automatically scan each function in sequence with change every 6 seconds.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds. You may also pre-set target time in STOP mode before training. To set TIMER press the MODE button until the screen displays TMR. Press the SET button to change the time, each time you press the SET button time should change by 1 minute. Press the RESET button to clear the target time to zero. The pre-set target time range is from 0:00 to 99:00 minutes. Once you pre-set target time and then start to exercise, time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPD (SPEED): Displays the current training speed.

DST (DISTANCE): Displays the cumulative distance travelled during workout. You may also pre-set target distance in STOP mode before training. To set DISTANCE press the MODE button until the screen displays DST. Press the SET button to change the distance, each time you press the SET button distance should change by 0.1 km. Press the RESET button to clear the target distance to zero. The pre-set target distance range is from 0.0 to 99.90 km. Once you pre-set target distance and then start to exercise, distance starts counting down from pre-set target distance to 0.0. When the pre-set target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Displays approximate amount of calories burned during workout. You may also pre-set target calories in STOP mode before training. To set CALORIES press the MODE button until the screen displays CAL. Press the SET button to change the calories, each time you press the SET button calories should change by 1.0 calorie. Press the RESET button to clear the target calories to zero. The pre-set target calories range is from 0.0 to 999.0 calories. Once you pre-set target calories and then start to exercise, calories start counting down from pre-set target calories to 0.0. When the pre-set target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

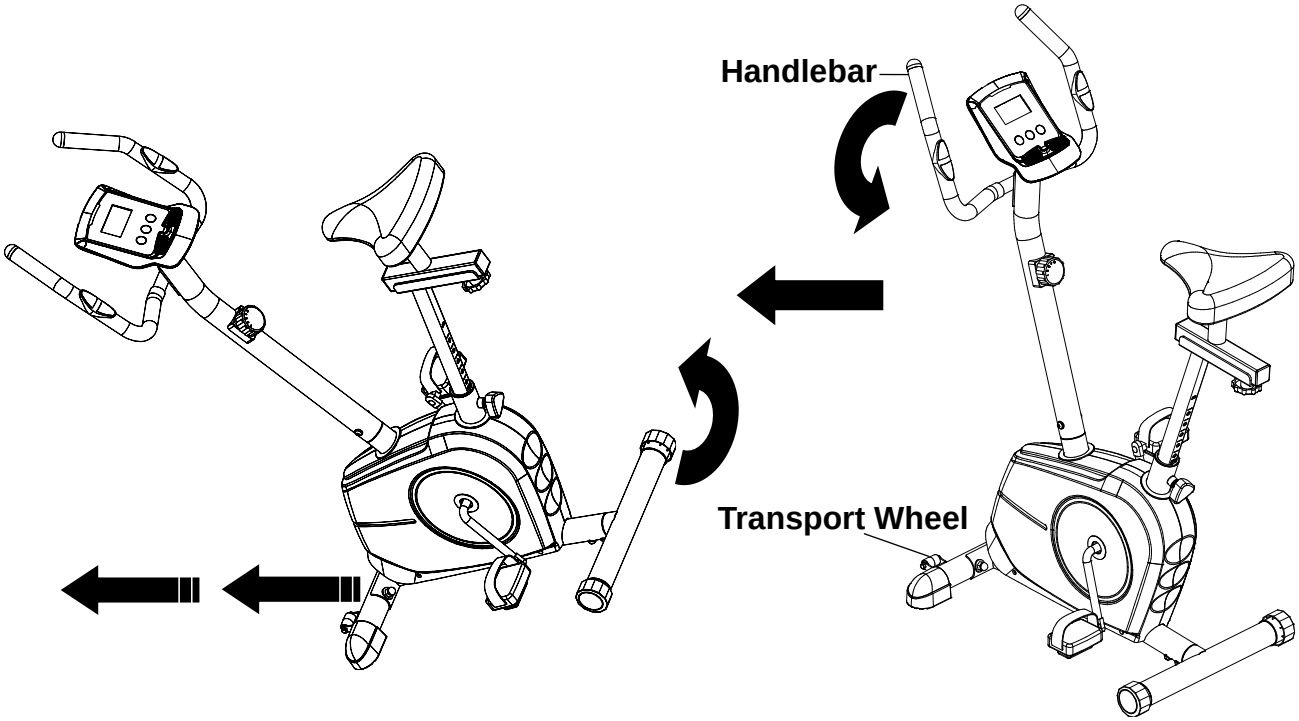
TOTAL: Displays the total accumulative distance travelled. The TOTAL data values can not be reset to zero by pressing and holding the MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the TOTAL data values will reset to zero.

PULSE: Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover on the back of the computer.
2. Place two size AA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

HOW TO MOVE THE BIKE



This upright bike has a pair of Transport Wheels on the front stabilizer and can be carefully tilted onto its Transport Wheels for easy moving and storage.
To move the upright bike, firmly grasp the Handlebar with both hands. Next, carefully push the upright bike down until it rolls freely on the Transport Wheels.

CAUTION: It is suggested you always use the aid of a second person when moving the upright bike.

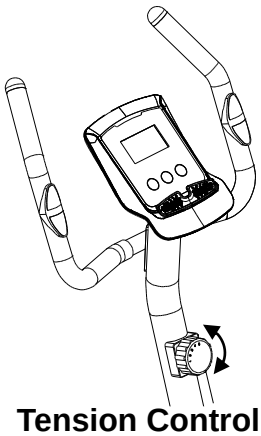
MAINTENANCE

Cleaning
The upright bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage
Store the upright bike in a clean and dry environment away from children.

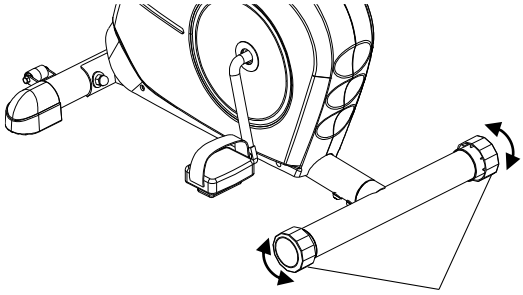
ADJUSTMENTS

Adjusting the Tension Control Knob
To increase the tension, turn the tension control knob in a clockwise direction.
To decrease the tension, turn the tension control knob in a counterclockwise direction.



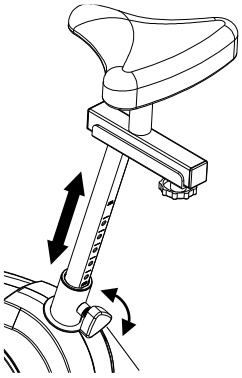
Tension Control Knob

Adjusting the Rear Stabilizer End Cap
Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.



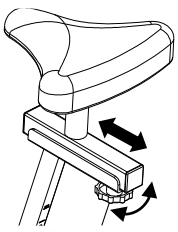
Rear Stabilizer End Cap

Adjusting the Seat Height
Turn the seat post knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat post knob in a clockwise direction.
NOTE: Do not set the seat post height any higher than the marked line.



Seat Post Knob

Adjusting the Seat Fore or Aft Position
Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn the seat adjustment knob to tighten.
NOTE: Continue to turn the seat adjustment knob until the seat sliding tube is secure before exercising.



Seat Adjustment Knob

TROUBLESHOOTING

PROBLEM: The upright bike wobbles when in use.
SOLUTION: Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

PROBLEM: There is no display on the computer console.
SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.
SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.
SOLUTION: The batteries in the computer console may be dead. Replace with new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic / inconsistent.
SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.
SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures.
SOLUTION: Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: No Speed.
SOLUTION: Open the covers and check the sensor to see if it is fix firmly or not. If not, retighten the screws on the sensor.
SOLUTION: Open the covers and check sensor wire to see if it is damage or not. If the sensor wire is damaged, change the new sensor with wire. Please connect your local dealer for support.

PROBLEM: The upright bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

If the above troubleshooting section does not fix the problem, discontinue use the upright bike.

PLEASE CONTACT YOUR LOCAL DEALER FOR SUPPORT.

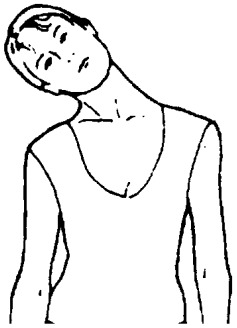
WARM UP AND COOL DOWN ROUTINE

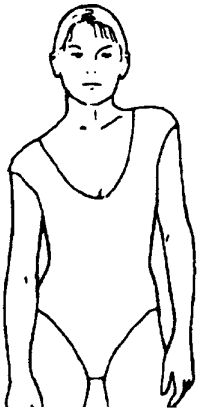
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its 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.

HEAD ROLLS

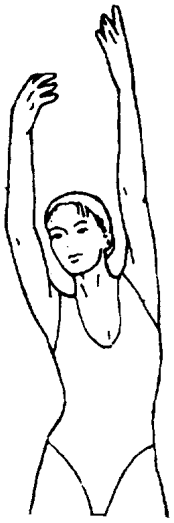
Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.





SHOULDER LIFTS

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



SIDE STRETCHES

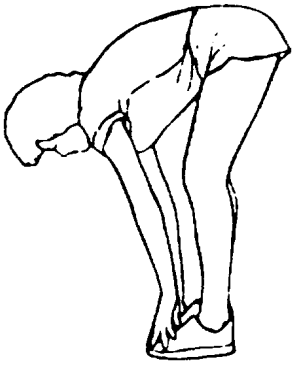
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

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 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

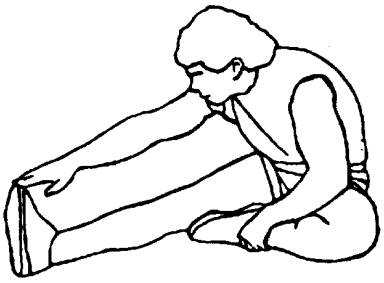


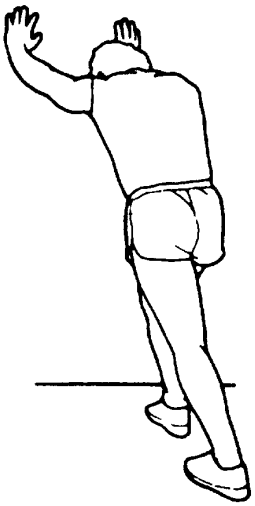
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.





CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.