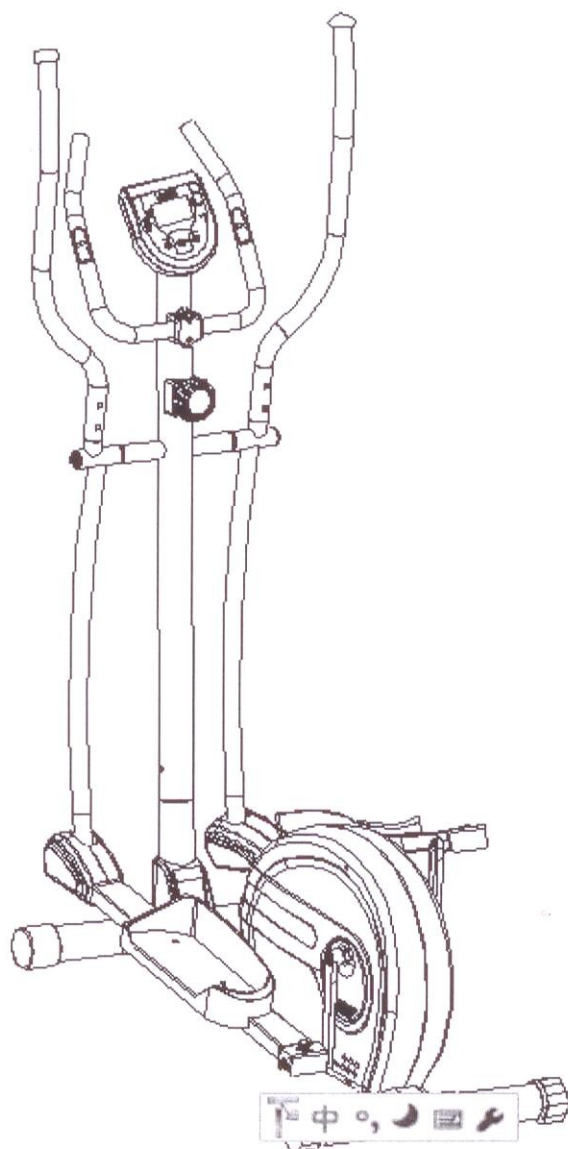
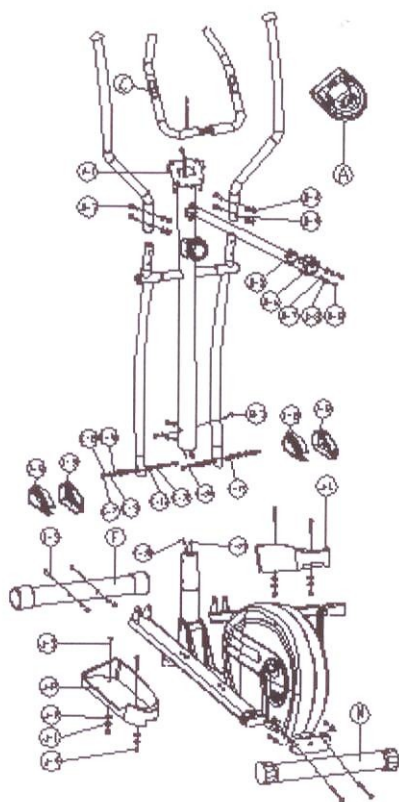
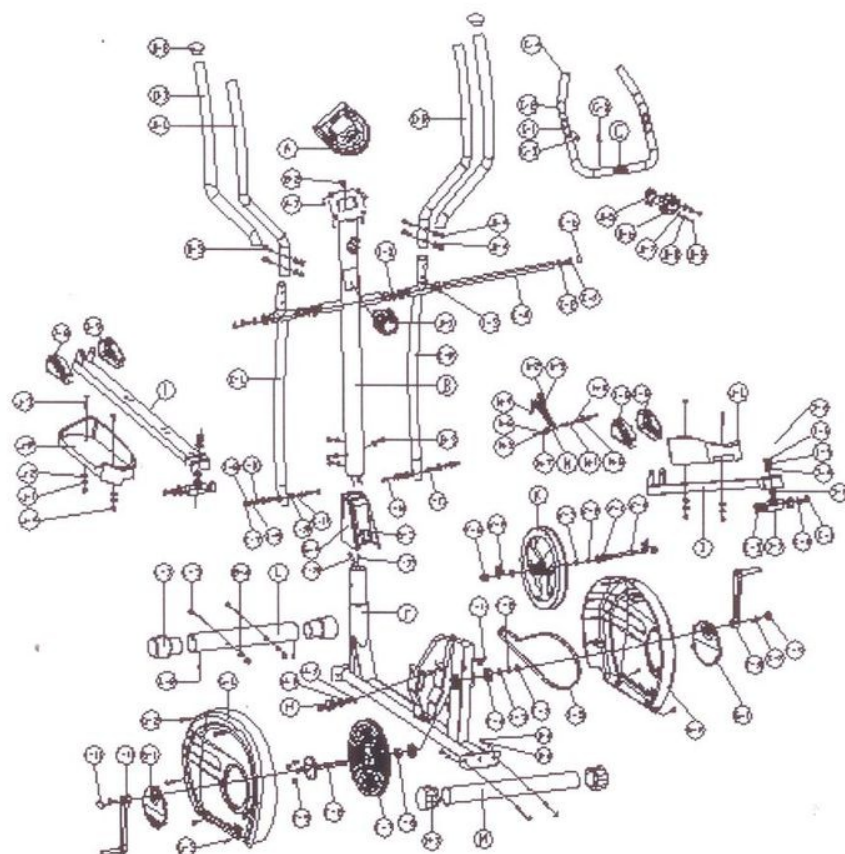


YT-210 Instruction Manual





EXPLODE DRAWING



PARTS LIST AND TOOLS

NO	Description	Q'ty	NO	Description	Q'ty
A	computer	1pcs	F-11	Arm cap	2pcs
A-1	Tress screw	4pcs	F-12	Tension control cable	1pcs
B	Computer mast	1pcs	F-13	RPM sensor	1pcs
B-1	Tension control knob	1pcs	F-14	Screw	1pcs
B-2	Sensor cable	1pcs	G-L/R	Chain cover	1set
B-3	Screw	4pcs	G-1	Cap	2pcs
B-4	Curve washer	12pcs	G-2	screw	5pcs
B-5	Handlebar clamp	1pcs	G-3	screw	6pcs
B-6	cap	1pcs	G-4	Boot	1pcs
B-7	Lock washer	1pcs	H	Idler roller	1pcs
B-8	Flat washer	1pcs	H-1	Flat washer	1pcs
B-9	screw	2pcs	H-2	nut	1pcs
C	Fixed handlebar	1pcs	I	Pedal assembly	1set
C-1	Pulse sensor	2pcs	I-1	Universal joint	1pcs
C-2	Foam grip	2pcs	I-2	nut	2pcs
C-3	Screw	2pcs	I-3	Lock washer	2pcs
C-4	End cap	2pcs	I-4	Flat washer	2pcs
C-5	Pulse cable	1pcs	I-5	Flat washer	2pcs
D-L/R	Moving handlebar	1set	I-6	Cap	1pcs
D-1	Foam grip	2pcs	I-7	Cap	1pcs
D-2	End cap	2pcs	I-8	Cap	1pcs
D-3	Carriage bolt	4pcs	I-9	Cap	1pcs
D-4	Crown nut	4pcs	J-L/R	Pedal	1set
F-L/R	Lower handlebar	1set	J-1	Lock washer	4pcs
E-1	Screw	6pcs	J-2	Flat washer	4pcs
E-2	Flat washer	2pcs	J-3	screw	4pcs
E-3	Plastic bushing	10pcs	J-4	Nut	4pcs
E-4	Handlebar pivot axle	1pcs	K	Flywheel assembly	1pcs
E-5	Wave washer	2pcs	K-1	Nut	3pcs
E-6	Nylon nut	2pcs	K-2	Bushing	1pcs
E-7	Nut	2pcs	K-3	Bushing	1pcs
E-8	Flat washer	4pcs	K-4	Flywheel axle	1pcs
E-9	C clip	4pcs	K-5	Belt set-up family	1pcs
E-10	Wave washer	2pcs	K-6	Texture nut	2pcs
E-11	Wave washer	2pcs	L	Front stabilizer	1pcs
E-12	Plastic bushing	4pcs	L-1	Transportation roller	2pcs
E-13	Bushing	2pcs	L-2	screw	2pcs
E-14	Screw	2pcs	L-3	screw	4pcs

E-15	Nylon nut	2pcs	M	Rear stabilizer	1pcs
F	Mainframe	1set	M-1	Leveling cap	2pcs
F-1	C clip	1pcs	N	Magnet holder assembly	1pcs
F-2	Flat washer	1pcs	N-1	Axle	1pcs
F-3	Wave washer	1pcs	N-2	Plastic placement	1pcs
F-4	Bearing	2pcs	N-3	Magnet	8pcs
F-5	Belt	1pcs	N-4	Spring	1pcs
F-6	Bushing	1pcs	N-5	Hex bolt	2pcs
F-7	Plastic drive pulley	1pcs	N-6	Lock washer	2pcs
F-8	Shaft	1pcs	N-7	Flat washer	2pcs
F-9	Hex bolt	3pcs	N-8	C clip	2pcs
F-10	Crank	1set	N-9	Wave washer	1pcs

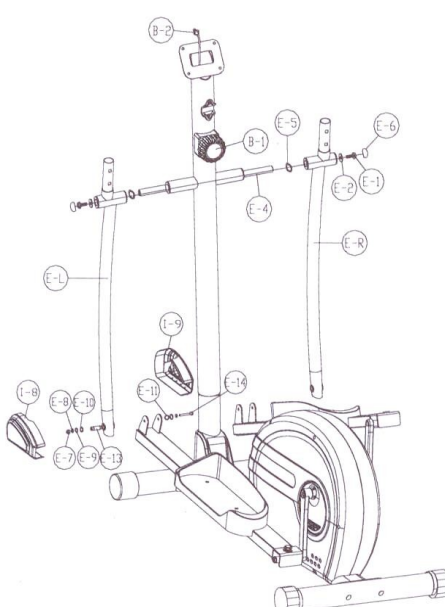
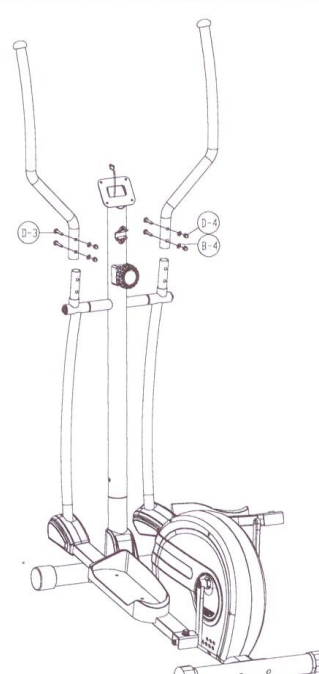
ASSEMBLY INSTRUCTION

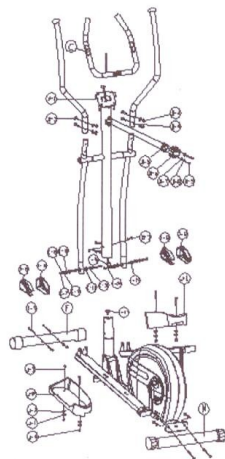
STEP 1

Put up the stabilizers by screwing carriage bolts (L-3) to the frame.

The front stabilizer (F) with roller is at the front and the stabilizer (M) with leveling cap at the rear.

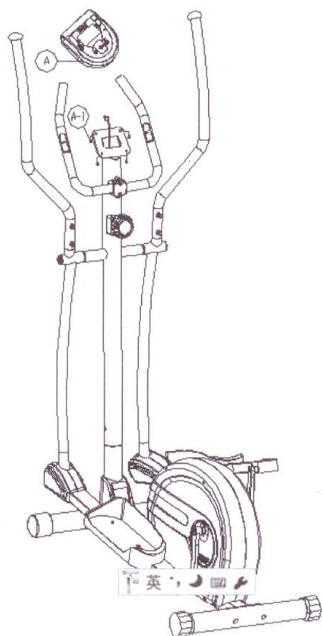
	STEP 2 Fix the pedal arm(I) on the cranks(F-10). Use screw (E-1) and a flat washer (E-2) to fix the pedal arm(I). Then cover the screw(E-1) with a cap. Place the right pedal (J-R) and left pedal (J-L) to the pedal arm. Then fix pedals with 2 screws (J-3), lock washers (J-1), flat washers (J-2) and nuts (J-4) at right and left side.
	STEP 3 A) If applicable; remove all preinstalled hardware from the neck of the Main Base. B) Connect the Lower tension control Cable (F-12) coming from the Main Base to the upper tension control Cable (B-1), which is coming from the bottom of the Mast (B). C) Connect the Lower Sensor Cable (F-13) from the Main Base to the Upper Sensor Cable (B-2) coming from the bottom of the Mast (B). D) Carefully tuck any excess cable lengths into the neck of the Main Base and slide the Mast (B) down onto the neck (mounting area) of the Main Base. (Note: Be extremely careful not to pinch any of the cables during assembly). Align the mounting holes and SECURELY fasten the Mast to the Main Base using the (previously installed) 4-Button Head Allen Screws (B-3) and 4-Curved Washers (B-4).

 This diagram shows the lower handlebar assembly. Callouts include: E-1 (screw), E-2 (flat washer), E-3 (bushing), E-4 (lower handlebar), E-5 (upper handlebar), E-6 (Nylon nut), E-7 (nut), E-8 (flat washer), E-9 (C clip), E-10 (wave washer), E-11 (pedal arm), E-12 (cap), E-13 (nylon nut), E-14 (screw), E-15 (Nylon nut), E-L (lower handlebar left), and E-R (lower handlebar right).	STEP 4 Fix the upside of the lower handlebar (E-L/R) with plastic bushing(E-3), flat washer(E-2), screw(E-1) and Nylon nut(E-6). Connect the lower handlebar(E-L/R) and pedal arm(I), Then fix them by screw (E-14), flat washer(E-8), C clip(E-9), wave washer(E-10), nut(E-7), nylon nut(E-15) , cap(E-12)
 This diagram shows the moving handlebar assembly. Callouts include: D-3 (bolts) and B-4 (crown nuts).	STEP 5 Put on the moving handlebar-right and moving handlebar left to the receiving tubes of right and left handlebar lower section. The used hardware includes bolts (D-3), curve washers (B-4), and crown nuts (D-4) for right and left handlebar assemblies.



STEP 6

Put on the fixed handlebar(C) to console mast. Use the flat washer(B-8) ,handlebar clamp(B-5) and cap(B-6), lock washer(B-7), screw(B-9) to fix the fixed handlebar(C).



STEP 7

A) Remove the preinstalled mounting hardware from the back of the computer.

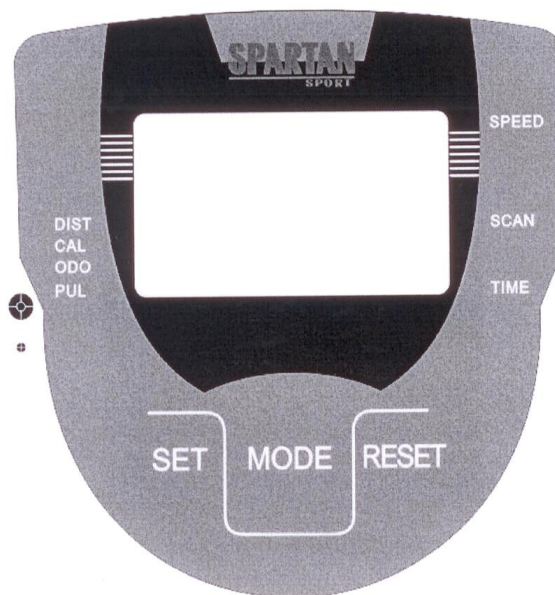
B) Plug the connector of Upper RPM sensor Cable into the receptacle pig tail cable on the back of the computer.

Note: Avoid pulling on (stretching) the cable assemblies in order to make computer connections.

C) Connect the plug end of the Handlebar Heart Rate Cable into the receptacle end of the cable (pigtail) coming from the back of the computer.

D) After making the proper connections, tuck excess cable lengths down into the mast and place the Computer (A) on top of the mounting plate.

E) Align the plate mounting holes and secure the Computer (A) to the computer Mast using the 4-(preinstalled) Truss Mounting Screws (A-1). Notes: The mast mounting area will vary per model. Actual mounting of the computer may only require 2-screws, depending on the mounting plate hole alignment. Some models will not have the extended



EXERCISE INSTRUCTION MANUAL

SPECIFICATIONS:

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE(DIST).....	0.00-99.99KM (ML)
CALORIE(CAL).....	0.0-999.9KCAL
ODOMETER(ODO).....	0-9999KM (ML)
PULSE (PUL)	40~240BPM

KEY FUNCTIONS:

MODE(SELECT/RESET): This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has on signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. **DISTANCE:** Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
4. **CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. **ODOMETER(IF HAVE):** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
6. **PULSE(IF HAVE):** Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY:

If improper display on monitor, please reinstall the batteries to have a good result.

Computeranleitung

Spezifikationen:

Zeit 00:00 – 99:59

Geschwindigkeit 0.0 – 99,9 km/h

Distanz 0.00 – 999,9 km

Kalorien 0.0 – 9999 Kal

Odometer 0-9999km

Puls 40-240

Hauptfunktionen:

MODE: wählen und bestätigen Sie damit eine spezielle Funktion

SET: stellen Sie damit die Daten für Zeit, Distanz und Kalorien ein

CLEAR (RESET) stellen Sie die Werte auf 0, indem Sie diese Taste drücken

Bedienungsanleitung:

7.Auto On/Off

Wenn eine Taste gedrückt wird oder getreten wird, schaltet sich das System ein

Das System schaltet sich aus, wenn nicht gefahren wird oder keine Taste 4 Minuten lang gedrückt wird.

8.RESET

Die Werte können zurückgestellt werden indem die Batterien gewechselt werden

Oder MODE 3 Sekunden lang gedrückt wird.

9.MODE

Wählen Sie SCAN oder LOCK, drücken Sie MODE, wenn der Zeiger an der Funktion, die Sie wünschen, blinkt

Funktionen:

3. Time drücken Sie MODE und stellen Sie die TIME Funktion ein. Die gesamte Trainingszeit wird gezeigt.

4. SPEED zeigt Ihre gegenwärtige Trainingsgeschwindigkeit

5. DISTANCE die zurückgelegte Distanz wird angezeigt
6. CALORIE die verbrauchten Kalorien werden angezeigt
7. ODOMETER die total zurückgelegte Distanz wird angezeigt
8. PULSE: halten sie die Sensoren mit beiden Händen 30 Sekunden lang,
dann wird Ihre Herzfrequenz angezeigt
9. SCAN die Anzeige wechselt automatisch alle 4 Sekunden

Batterien: wenn die Anzeige ungenau ist, wechseln Sie die Batterien

*** IMPORTANT SAFETY INFORMATIONS ***

PLEASE FOLLOW THE SAFETY RULES BELOW TO AVOID INJURY AND/OR ACCIDENTS.

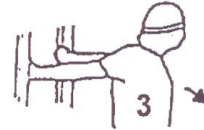
1. KEEP THE BIKE AWAY FROM THE ACCESS OF CHILDREN, DO NOT ALLOW THE CHILDREN TO BE AROUND WHEN USING THE MACHINE.
2. DO NOT RIDE THE BIKE STANDING UP.
3. DO NOT RIDE WHILE WEARING LOSSE ROBES, LOOSE PANTS OR SKIRTS.
4. ALWAYS WEAR A BUBBER SLOE SHOES OR TENNIS SHOES WHEN RIDING.
5. PLACE THE BIKE ON A SMOOTH HARD SURFACE.
6. THE USER'S MAX WEIGHT IS 110KGS.
7. THE BRAKING SYSTEM OF THE BIKE IS SPEED DEPENDMENT.
8. THE FIELD OF APPLICATION IS FOR HOME USE.
9. BEFORE EACH USE, MAKE SURE THAT ALL OF THE FASTENERS ON THE UNIT ARE TIGHTENED SECURELY. IF HAVE DEFECTIVE, KEEP THE EQUIPMENT OUT OF UNTIL REPAIR.
10. THE BRAKE PAD IS MOST SUSCEPTIBLE TO WEAR. BEFORE USE, MAKE SURE IT HAVE FUNCTION.
11. THE SAFETY LEVEL OF THE EQUIPMENT CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR.
12. THIS BIKE NOT SUITS FOR THERAPEUTIC USE.



15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



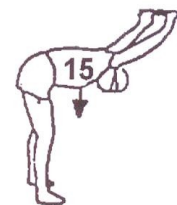
20 seconds



20 seconds for each leg



5 times



15 seconds