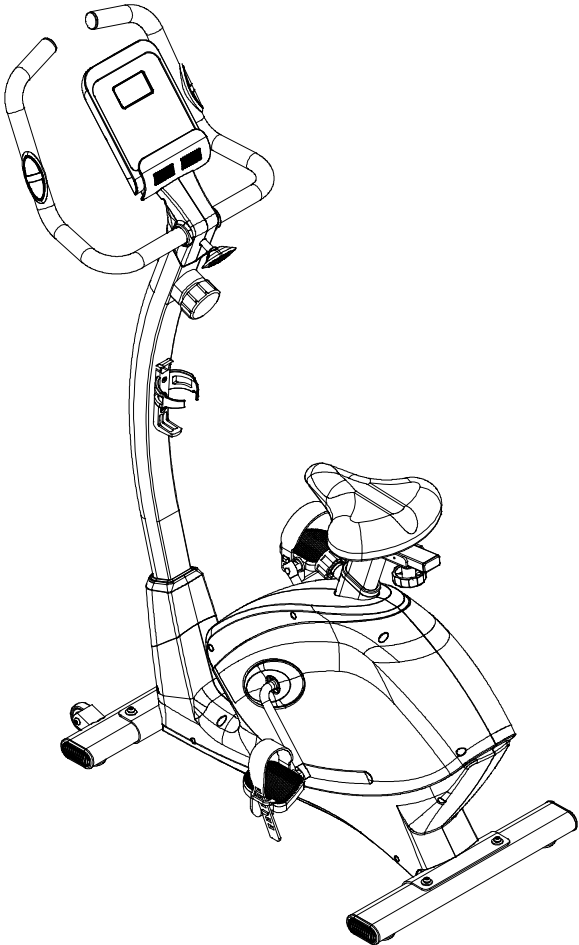


Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Thank you

Thank you so much for purchasing this product. The product will help you maintain optimal aerobic fitness. To avoid personal injury, please read the following instructions carefully before using this product. Please keep this manual for future reference.

Precautions

WARNING: This upright bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the upright bike. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the upright bike are adequately informed of all precautions. Use the upright bikes only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. Do not leave them unsupervised in the room where place this upright bike.
- ◆ Before using, please confirm that the upright bike has been assembled properly and the screws in each part have been locked.
- ◆ Place the upright bike on a level surface, with at least 1.0 m of clearance on each side of upright bike. To protect the floor or carpet from damage, place a mat under the upright bike.
- ◆ Keep the upright bike indoors, away from moisture and dust. Keep the air flowing when use it and do not use it in the airless place.
- ◆ Don't put any sharp objects around the upright bike.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the upright bike. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120kg of weights. Please choose our other series of upright bikes.
- ◆ Do not put your hands on the moving parts to prevent injures.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your upright bike works abnormal, do not use it immediately.
- ◆ No more than one person should operate the upright bike at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

Safety notice

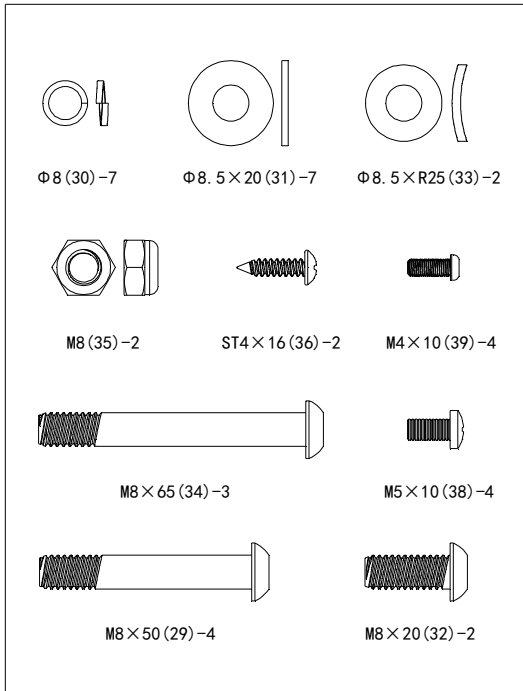
When you are remedial or have below symptoms, after discussing with your doctor, then could use this upright bike.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly(The pre-existing disease people who suffer from intervertebral disc, spondylosis, cervical spine, etc)
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your upright bike before using your upright bike.

Pre-assembly Notes

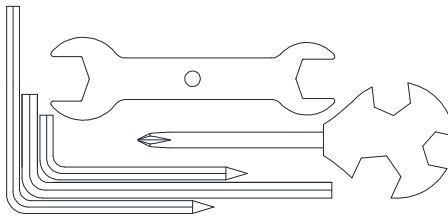
Make sure to the inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly. If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8 × 50 × 20	4
30	Spring washer	Φ 8	7
31	Flat washer	Φ 8.5 × Φ 20 × t1.5	7
32	Allen C.K.S. full thread screw	M8 × 20	2
33	Curved washer	Φ 8.5 × R25 × t2.0	2
34	Allen C.K.S. full thread screw	M8 × 65 × 20	3

35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4

Toolkit list



Name	Specification	QTY
L Allen wrench	5×35×80S	1
L Allen wrench	6×40×120	1
Open spanner	15#&17#	1
Cross open wrench		1

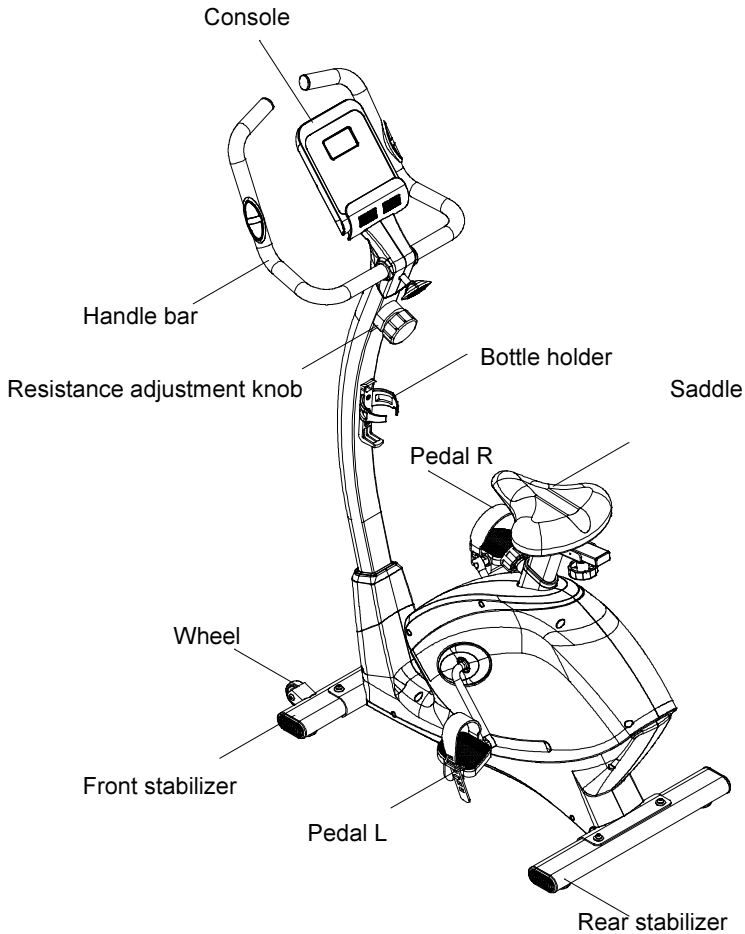
GATHER YOUR TOOLS

Before starting the assembly of your unit, gather the necessary tools. Having all the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Product instruction



Technical information

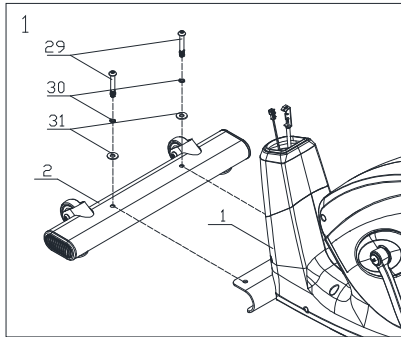
Dimension	Unfold: 1100x530x1400mm
Speed Ratio	8
Flywheel	Single way, Φ 280/6kg
Up & Down	12 level, 360mm distance
Front & Back	70mm distance

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

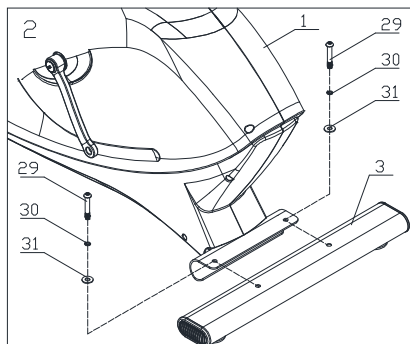
Step 1

Attach the front stabilizer (2) to the main frame (1) with flat washer (31), spring washer (30) and Allen C.K.S. half thread screw (29).



Step 2

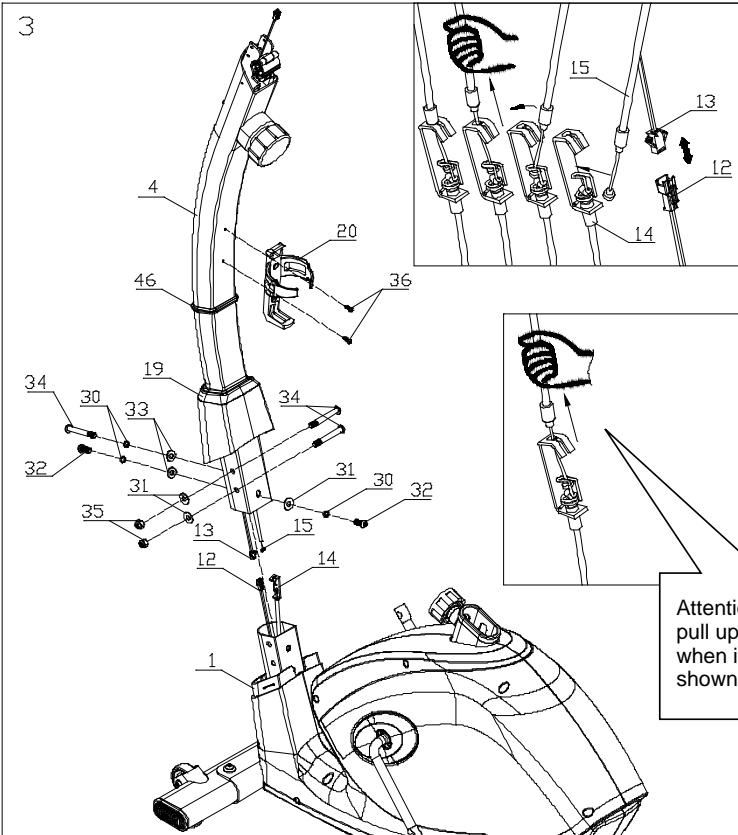
Attach the rear stabilizer (3) to the main frame (1) with flat washer (31), spring washer (30) and Allen C.K.S half thread screw (29).



Step 3

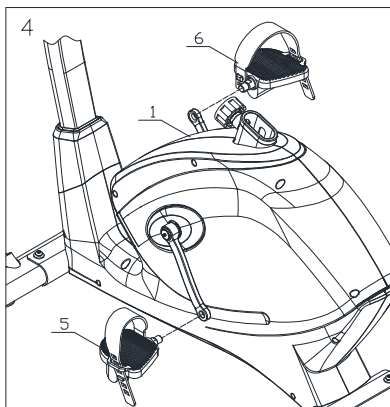
1. Attach the Upright post decoration strip (46) to the upper right upright post (4), take the down upright post cover (19) off from the main frame (1) and cover it on the upper upright post (4).
2. Connect Magnetic sensor wire (12) and console communication wire (13), connect the resistance adjust knob wire (14) and resistance adjust knob outlet (15).
3. Attach upper upright post (4) to the main frame(1) with curved washer(33), spring washer (30), Allen C.K.S. half thread screw (34) and flat washer (31), spring washer (30), Allen C.K.S full thread screw (32) and flat washer (31), Allen C.K.S. half thread screw (34), Hex self-locking nut (35), curve washer (33), spring washer (30) and Allen C.K.S. full thread screw (32).
4. Attach upright post cover (19) and upright post decoration strip (46) to the main frame (1).
5. Attach the bottle holder (20) to the upper upright post (4) with Phillips C.K.S. full thread screw (36).

Tip: Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hole before tighten all the bolts.



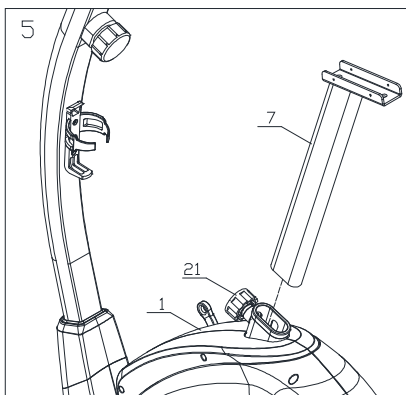
Step 4

1. Attach the Pedal (L) (5) and Pedal (R) (6) to the main frame (1), then tighten the bolts.



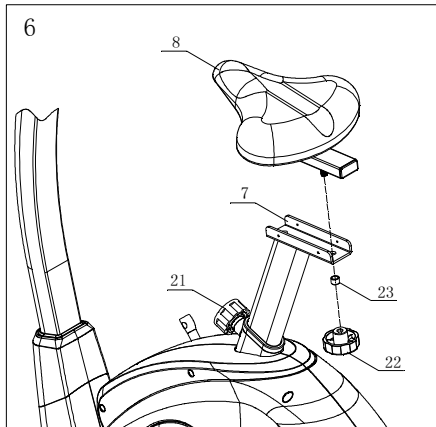
Step 5:

1, Loose the Rotary hand bolt (21), attach the Saddle post (7) to the main frame (1), then tighten the Rotary hand bolt (21) .



Step 6:

Attach the saddle (8) to the saddle post (7), use the handlebar rotary knob (22) and bushing (23) to tighten.

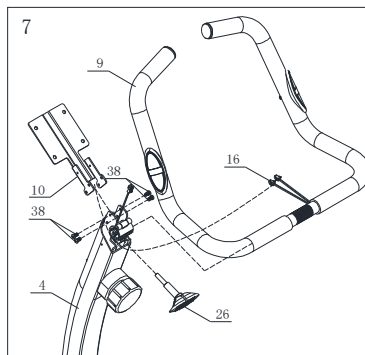


Step 7

1. Handle pulse connection wire (16) through the upright post (4), and attach the handlebars (9) to upright post (4), tighten with T-shaped rotary knob (26).

2. Attach console fixed piece (10) to the upright post (4), tighten with Philips Pan head full thread screw(38).

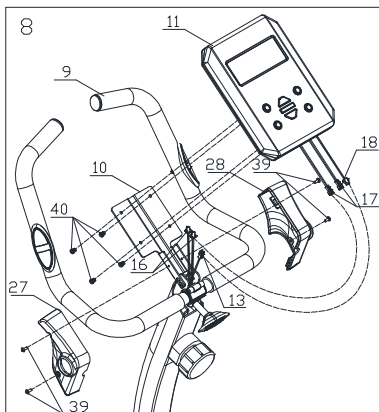
Tip: Make sure all screws are in the right hole before tighten all the bolts.



Step 8

1. Connect the console communication wire (13) and console connection wire (18), connect the handle pulse connection wire (16) and console pulse outlet wire(17).
2. Attach the console (11) to the console fixed piece (10), tighten with Phillips C.K.S full thread screw (40) and flat washer (83).
3. Attach the handlebar cover L (27) and handlebar cover R (28) through the handlebars(9) to the upright post (4), tighten with Philips C.K.S full thread screw (39).

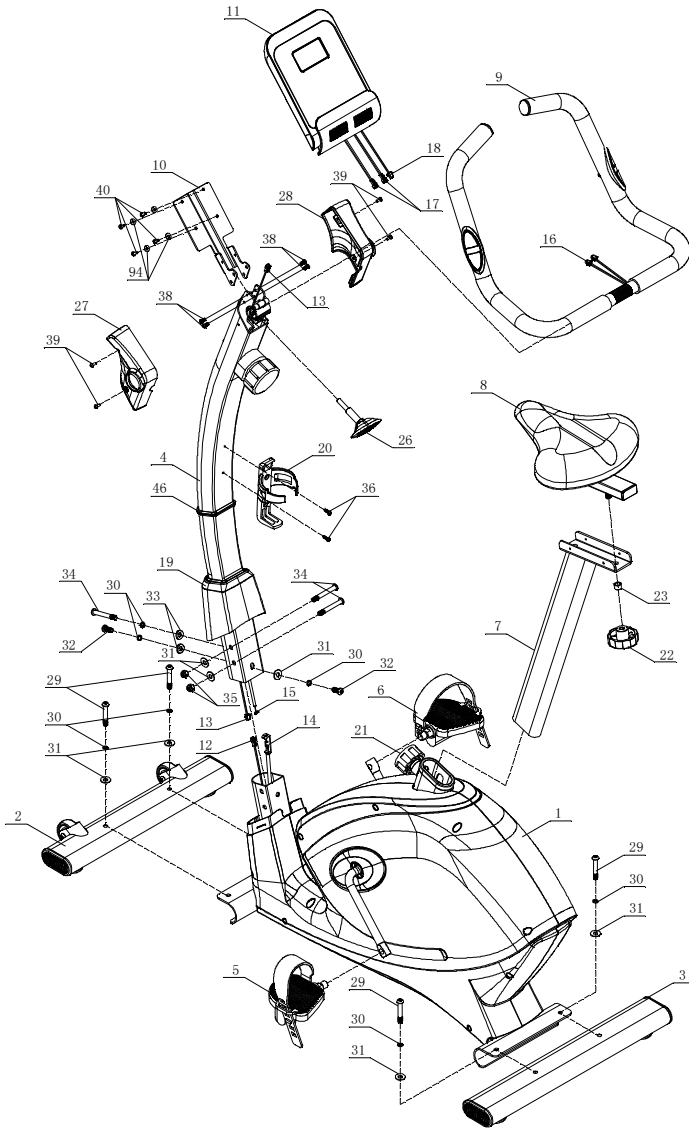
Tip: Make sure all screws are in the right hole before tighten all the bolts.



Workout tips

1. User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to the user.
2. Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal.
3. The machine should be put on the flat floor and have enough space for workout.

Half-drawing for assembly

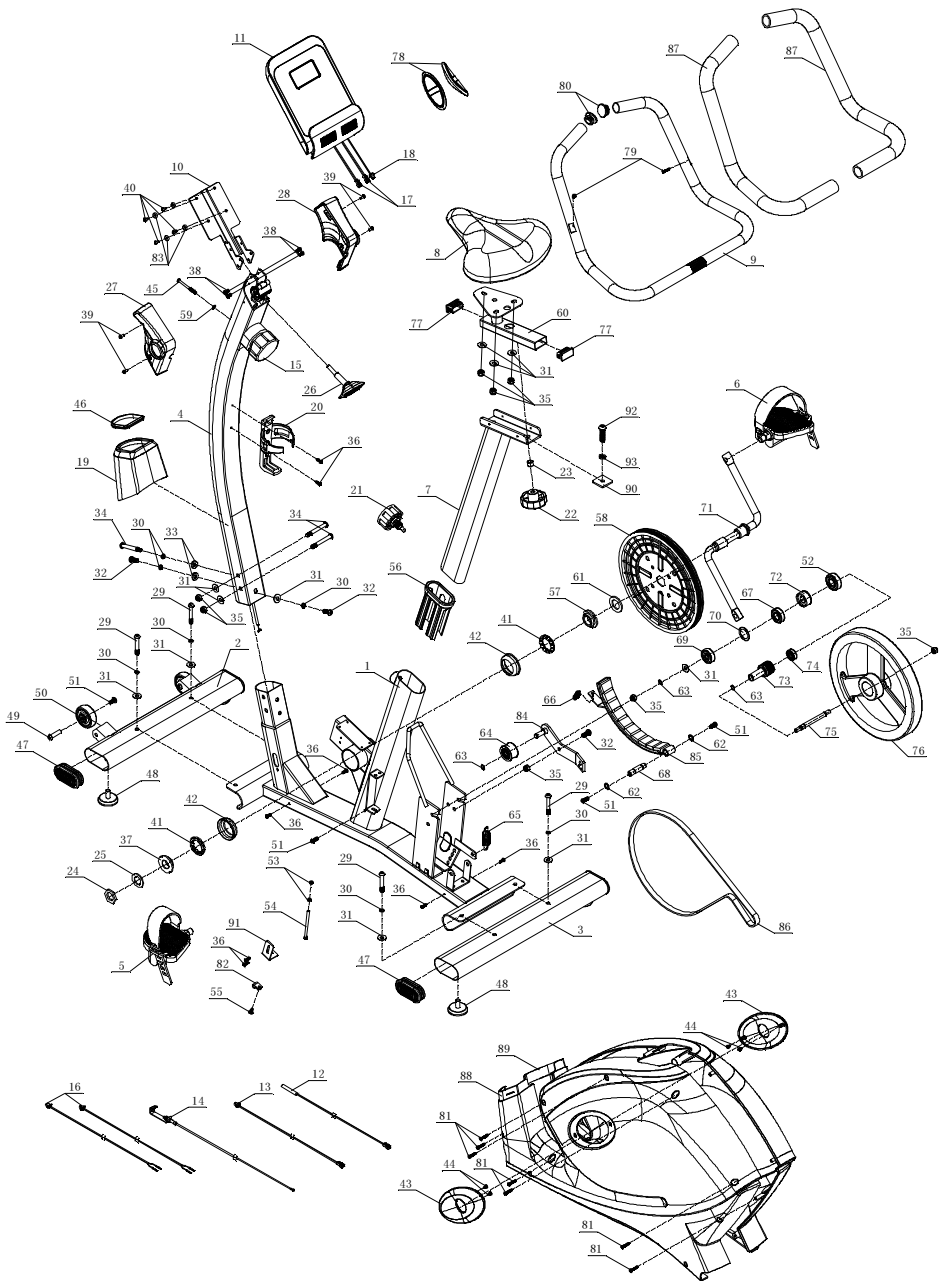


Half-drawing part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Pedal L		1
6	Pedal R		1
7	Saddle post		1
8	Saddle		1
9	Handlebar		1
10	Console fixed piece		1
11	Console		1
12	Magnetic sensor wire		1
13	Console communication wire		1
14	Resistance adjust knob wire		1
15	Resistance adjust knob		1
16	Handle pulse connection wire		2
17	Console pulse outlet		2
18	Console connection wire		1
19	Down upright post cover		1
20	Bottle holder		1
21	Rotary hand bolt	Φ56×M16×P1.5	1

22	Handlebar rotary knob		1
23	Bushing	Φ10.5×Φ14×10	1
26	T-shaped rotary knob	M8×30	1
27	Handlebar cover (L)		1
28	Handlebar cover (R)		1
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	7
31	Flat washer	Φ8.5×Φ20×t1.5	7
32	Allen C.K.S.full thread screw	M8×20	2
33	Curve washer	Φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4
40	Philips pan head full thread screw	M5×10(black)	4
46	Upright post decoration strip		1
83	Flat washer	Φ4.5×Φ12×t1.0	4

Exploded drawing



Exploded part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Pedal L		1
6	Pedal R		1
7	Saddle post		1
8	Saddle		1
9	Handlebar		1
10	Console fixed piece		1
11	Console		1
12	Magnetic sensor wire		1
13	Console communication wire		1
14	Resistance adjust knob wire		1
15	Resistance adjust knob		1
16	Handle pulse connection wire		2
17	Console pulse outlet		2
18	Console connection wire		1
19	Down upright post cover		1
20	Bottle holder		1
21	Rotary hand bolt	Φ56×M16×P1.5	1
22	Handlebar rotary knob		1
23	Bushing	Φ10.5×Φ14×10	1
24	Locknut	t4.0×37×37	1
25	Check ring		1
26	T-shaped rotary knob	M8×30	1
27	Handlebar cover (L)		1
28	Handlebar cover (R)		1
29	Allen C.K.S. half thread screw	M8×50×20	4

30	Spring washer	Φ8	7
31	Flat washer	Φ8.5×Φ20×t1.5	8
32	Allen C.K.S.full thread screw	M8×20	7
33	Curve washer	Φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	9
36	Philips C.K.S. self-tapping screw	ST4×16	8
37	Top ring	Φ45×12	1
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4
40	Philips pan head full thread screw	M5×10	4
41	Crank L		1
42	Crank	Φ55×16	2
43	Crank cover		2
44	Philips C.K.S. self-tapping screw	ST4×12	4
45	Philips pan head half thread screw	M5×55×20	1
46	Upright post decoration strip		1
47	End cap		4
48	Feet pad	Φ47×10.5×M10×20	4
49	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
50	Wheels	Φ55×25.8	2
51	Allen C.K.S.full thread screw	M6×15	5
52	Deep groove ball bearing	6203-2RS	1
53	Hex nut	M5	2
54	Hex full thread screw	M5×80	1
55	Philips C.K.S. self-tapping screw	ST4×12	1
56	Saddle post bushing		1
57	Crank cover	Φ45×12	1
58	Belt puller	Φ263×19	1
59	Flat washer	Φ5	1
60	Saddle adjustment		1
61	Washer	t3.0×Φ40×Φ24.3	1

62	Circlip shaft	Φ12	2
63	Circlip shaft	Φ10	3
64	Tension pulley	Φ38×22	1
65	Tension spring		1
66	Brake tension spring		1
67	Deep groove ball bearing	6003-2RS	3
68	Magnetic control fixed axle	Φ12×50	1
69	Deep groove ball bearing	6300-2RS	1
70	Flat washer	Φ34×Φ25×t1.0	1
71	Crank axle	6.5''	1
72	Unidirectional needle bearing	Φ35×Φ17×16	1
73	Small belt pulley set	Φ30×64	1
74	Deep groove ball bearing	6000-2RS	1
75	Flywheel axle	Φ10×109.5	1
76	Flywheel	Φ280/6kg	1
77	Sqaure end cap	20×40×t1.5	1
78	Handle pulse set		2
79	Philips C.K.S. self-tapping screw	ST4×20	2
80	Round end cap	Φ25×t1.5	2
81	Philips C.K.S. self-tapping screw	ST4×25	7
82	Fixed magnetic set		1
83	Flat washer	Φ4.5×Φ12×t1.0	4
84	Tension pulley fixed set		1
85	Magnetic control set		1
86	Motor belt	440PJ6	1
87	Foam	Φ22×t3.0×680	2
88	Motor cover L		1
89	Motor cover R		1
90	Saddle locking piece		1
91	Speed sensor fixed piece		1
92	Allen C.K.S. full thread screw	M10×38	1
93	Elastic washer	Φ10	1

Console operating instructions

DISPLAY FUNCTION

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> . In SCAN mode, press MODE/ENTER key to choose functions. . Automatically scan through each mode in sequence every 6 seconds. . The sequence of display when press MODE/ENTER key : TIME→DIST→CAL→PULSE→RPM/SPEED
SPEED	<ul style="list-style-type: none"> . Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"
RPM	<ul style="list-style-type: none"> . Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"
TIME	<ul style="list-style-type: none"> . Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0 and alarm will sound or flash. . Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP . Range 0:00~99:59
DISTANCE	<ul style="list-style-type: none"> . Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash. . Range 0.00~99.99
CALORIES	<ul style="list-style-type: none"> . Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash. . Range 0~9999
PULSE	<ul style="list-style-type: none"> . Current pulse will display after 6 seconds when detected by the console. . Without any pulse signal for 6 seconds, console will display "P". . Pulse alarm will sound when current pulse is over the target pulse. . Range 0-30~230 BPM

KEY FUNCTION

ITEM	DESCRIPTION
UP (ENCODER)	<ul style="list-style-type: none"> . Press UP Key to increase value. Press and hold the key to increase value faster. . TIME setting range: 00:00~99:00 (Each increment is 1:00) . CAL setting range: 0~9990 (Each increment is 10) . DIST setting range: 0.00~99.50 (Each increment is 0.5) . PULSE setting range: 0-30~230 (Each increment is 1)
DOWN (ENCODER)	<ul style="list-style-type: none"> . Press DOWN Key to decrease value. Press and hold the key to decrease the value faster. . TIME setting range: 00:00~99:00 (Each decrement is 1:00) . CAL setting range: 0~9990 (Each decrement is 10) . DIST setting range: 0.00~99.50 (Each decrement is 0.5) . PULSE setting range: 0-30~230 (Each decrement is 1)
MODE /ENTER	<ul style="list-style-type: none"> . Choose each function by pressing MODE/ENTER key. . Press and hold MODE/ENTER key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).
RESET	<ul style="list-style-type: none"> . In setting mode, press RESET key once to reset the current function figures. . Press RESET key and hold for 2 seconds to reset all function figures.
RECOVERY	<ul style="list-style-type: none"> . After the console detects pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.
BODY FAT	<ul style="list-style-type: none"> . Test body fat% and BMI.
TOTAL RESET	<ul style="list-style-type: none"> . Console will restart over.

OPERATION PROCEDURE

POWER ON

LCD will display all segments for 1 second as Drawing 1.



Drawing 1

POWER OFF

. Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

OPERATION

1. Press MODE/ENTER key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use UP or DOWN (ENCODER) for setting and press MODE/ENTER key for confirmation.
2. For instance the time set-up, when the time value is blinking, you can use UP and DOWN (ENCODER) to adjust the number. Press MODE/ENTER key for confirmation and skip to next set-up. The set-up of DISTANCE, CALORIES and PULSE is the same as TIME set-up.
3. Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST and CAL will count up on the display.

Recovery

1. The RECOVERY key will only be valid if pulse is detected.
2. TIME will show "0:60" (seconds) and counts down to 0.
Computer will show F1 to F6 after the countdown to test heart rate recovery status.
User can find the heart rate recovery level based on the chart below.
3. Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

Body Fat

1. Press the BODY FAT key to start body fat measurement.
2. During measuring, users have to hold both hands on the hand grips. LCD display “-” “-” “-” “-” “-” “-” for 8 seconds until computer finish measuring.
3. LCD will display BMI and FAT %.
4. Error message:
 - *E-1—There is no heart rate signal input detected.
 - *E-4—Occurs when FAT% and BMI result is below 5 or exceeds 50.

Trouble shooting:

- .1. When the display of LCD is dim, it means the batteries need to be changed.
- .2. If there is no signal when you pedal, please check if the cable is well connected.

NOTE:

1. When stop training for 4 minutes, the main screen will be off.
2. If the computer displays abnormally, please re-install the batteries and try again.

Exercise recommendations and guidelines

Warm-up

5-10 minutes warm up exercise is necessary before operating.

Breathe

Do not hold your breath during operation, usually when you are ready to restore the movement with a nasal inhalation, breathe out the air forcefully with the mouth, breathing with the movement should be coordinated, if breathing is too fast, should stop the movement immediately.

Frequency

The exercise which in the same area muscles should have a 48-hour break, that is, you can train the same part of body every other day.

Load

According to individual physical condition to decide the amount of exercise, then according to the principle of asymptotic load to practice , the muscle soreness is normal phenomenon during the initial training, so as long as the practice continues, the pain can be eliminated.

Relax

After practice, you should do 5 minutes reduction action, especially the stretching of the foot muscles, so as to avoid the long-term congealing of the muscles and keep the muscles elastically.

Diet

In order to protect the digestive system, please do exercise an hour after meals ,take food should be at least half an hour after the training, drink less water, especially avoid drinking lots of water during exercise, so as not to increase the burden of heart and kidney.

Stretching exercises

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows - do five times, each leg for 10 seconds or more. Do it again after the workout.

Downward stretch

Bend your knees ,lean forward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

Hamstring stretch

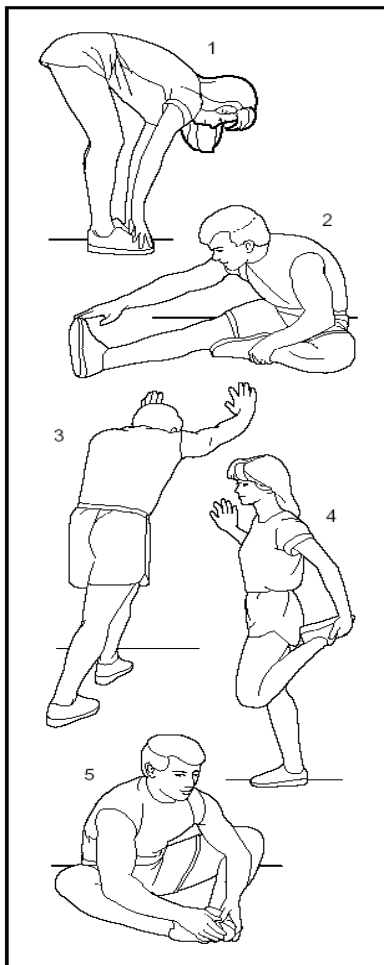
Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 2).

The calf and heel tendons stretch

Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

Quadriceps stretch

Hold the wall or table with your left hand to keep balance, then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).



The Sartorius muscle (muscle on the medial side of the thigh) stretches

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10 to 15 seconds, then relax. Repeat it 3 times (see figure 5).

