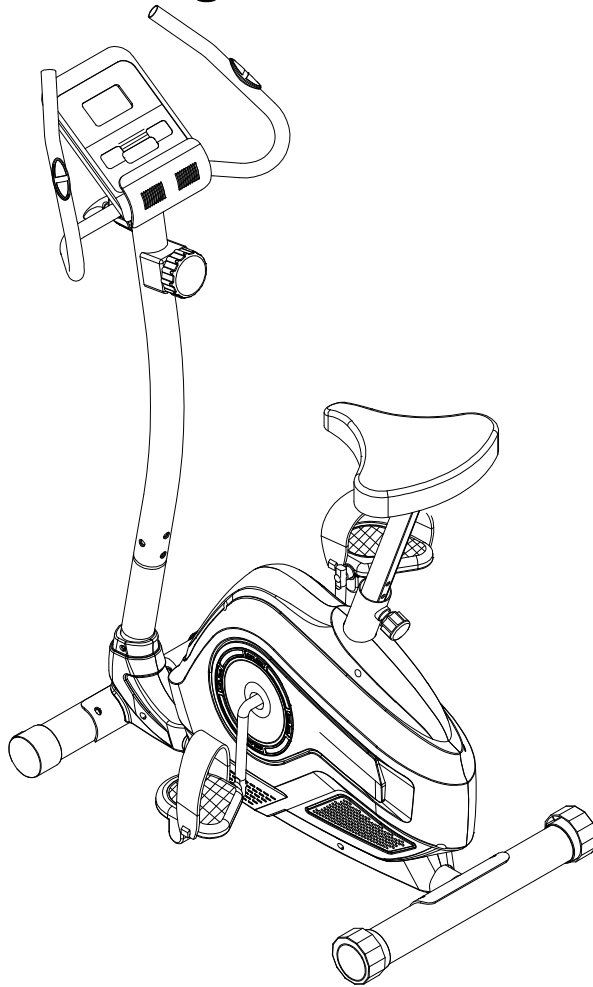


# OWNER'S MANUAL

## Magnetic Bike



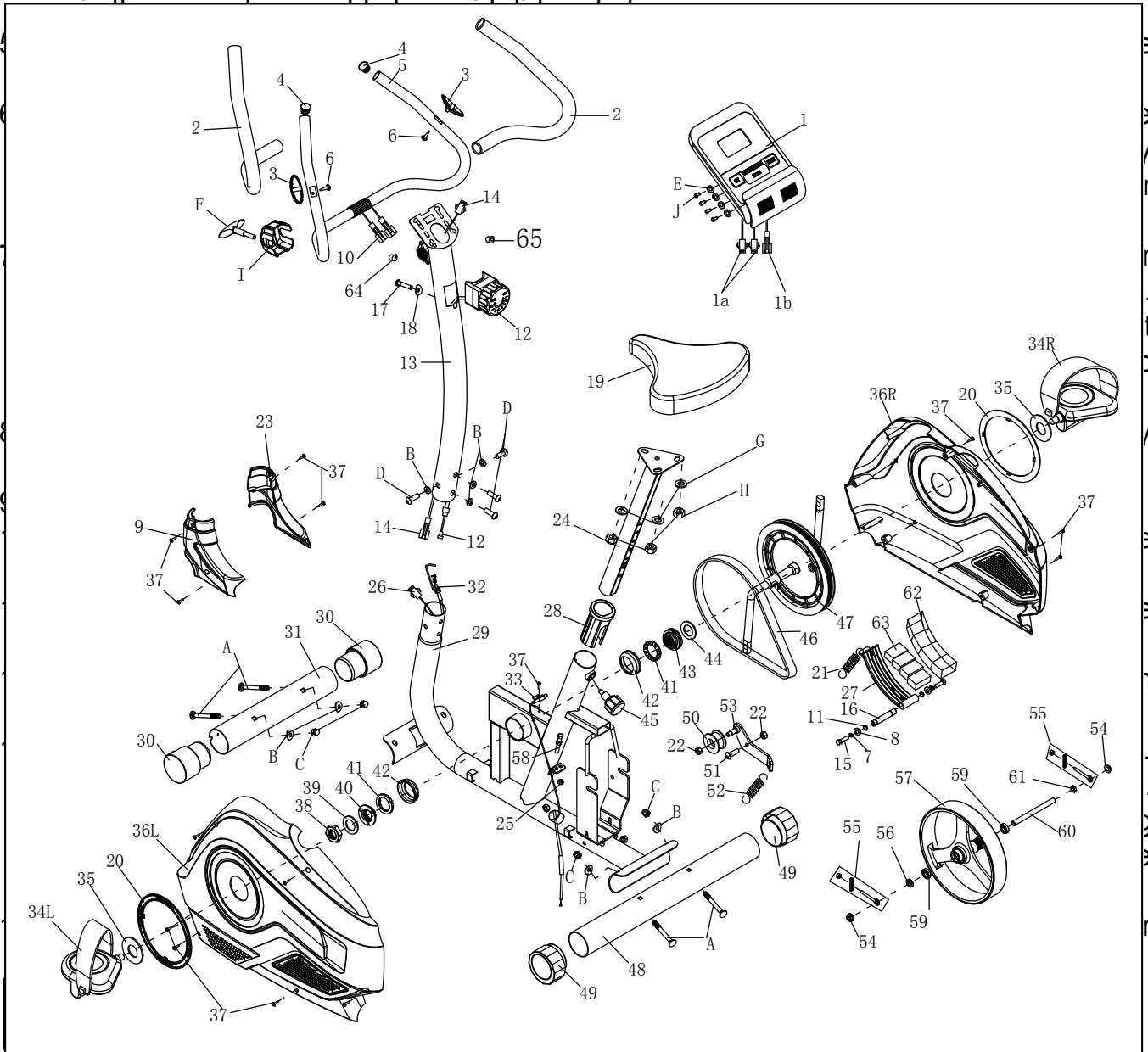
**IMPORTANT !**  
*Please read all instructions carefully before using this product.  
Retain this manual for future reference.*

E

:

Note the following precaution before assembling or operating the machine

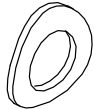
- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine



No.	Description	Q'TY	No.	Description	Q'TY
1	computer	1	39	washer	1
1a	Handle pulse wire	2	40	washer ii	1
1b	Sensor wire	1	41	collar ball	2
2	foam	2	42	left collar housing	2
3	handle pulse (ø 25)	2	43	nut	1
4	end cap (ø 25)	2	44	washer	1
5	handlebar	1	45	spring knob	1
6	screws st4.2x19	2	46	belt	1
7	spring washer d6	2	47	crank wheel	1
8	washer d6 x ø16x1.5	2	48	rear stabilizer	1
9	small cover(L)	1	49	enc cap ø60	2
10	Handle pulse wire	2	50	plastic wheel	1
11	jump ring d12	2	51	<b>bolt M8*25</b>	<b>1</b>
12	tension knob	1	52	tension spring	1
13	suppost tube	1	53	belt bracket	1
14	middle wire	1	54	nut M10x1.0	2
15	bolt M6*20	2	55	Bolt sets	2sets
16	magnetic board axle	1	56	nut M10x1.0	1
17	screw M5*45	1	57	flywheel	1
18	arc washer d6	1	58	bolt M6 x 36	1
19	seat	1	59	bearing	2
20	plastic ring	2	60	axle	1
21	tension spring	1	61	nut M10*1*2.5	1
22	nylon nut	2	62	plastic lattice	1
23	small cover(R)	1	63	magnet	4
24	seat post	1	64	<b>stopp(ø12.6x ø3)</b>	<b>1</b>
25	nut M6	2	65	<b>stopp(ø12.6x ø6)</b>	<b>1</b>
26	sensor wire	1	A	carriage bolt M8x72	4
27	magnetic board	1	B	arc washer d8xø20x1.5xr30	8
28	<b>D plastic insert</b>	1	C	domed nut M8	4
29	main frame	1	D	bolt M8x16	4
30	<b>front end cap ø60</b>	2	E	<b>washer d4.5 x ø12 x 1</b>	<b>4</b>
31	front stabilizer	1	F	T knob M8 x 60	1
32	<b>Tension wire</b>	1	G	washer d9* ø17*1	3
33	sensor base	1	H	nylon nut M8	3
34R/L	pedal	2	I	handlebar plastic cover	1
35	crank cover	2	J	bolt M4 x 12	4
36R/L	chain cover	2	K	open-end wrenchs13-14-15	1
37	screws st4.2x19	16	L	sock head wrench s6	1
38	nut	1			

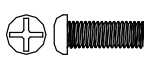
# Part List Of Assembly

 A# M8\*72 4PCS

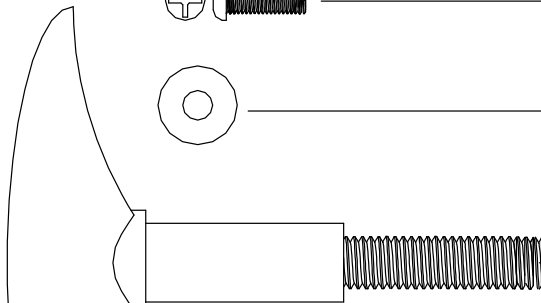
 B# d8\*Φ 20\*1.5\*R30 8PCS

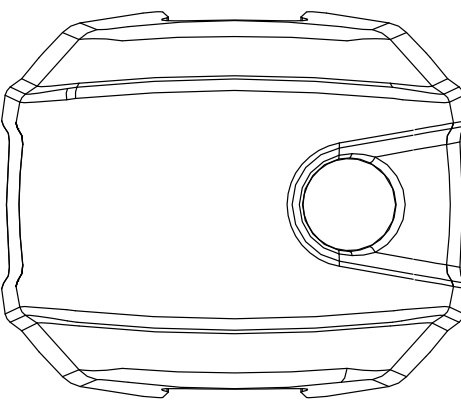
 C# M8 4PCS

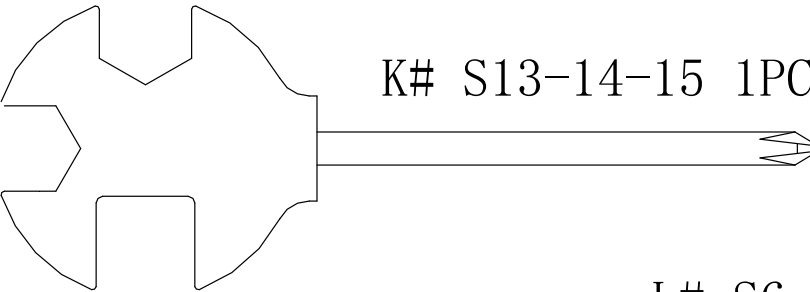
 D# M8\*16 4PCS

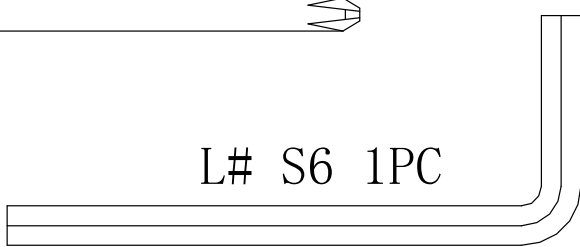
 J# M4\*12 4PCS

 E# d4.5\*Ø 12\*1 4PCS

 F# M8\*60 1PC

 I# 1PC

 K# S13-14-15 1PC

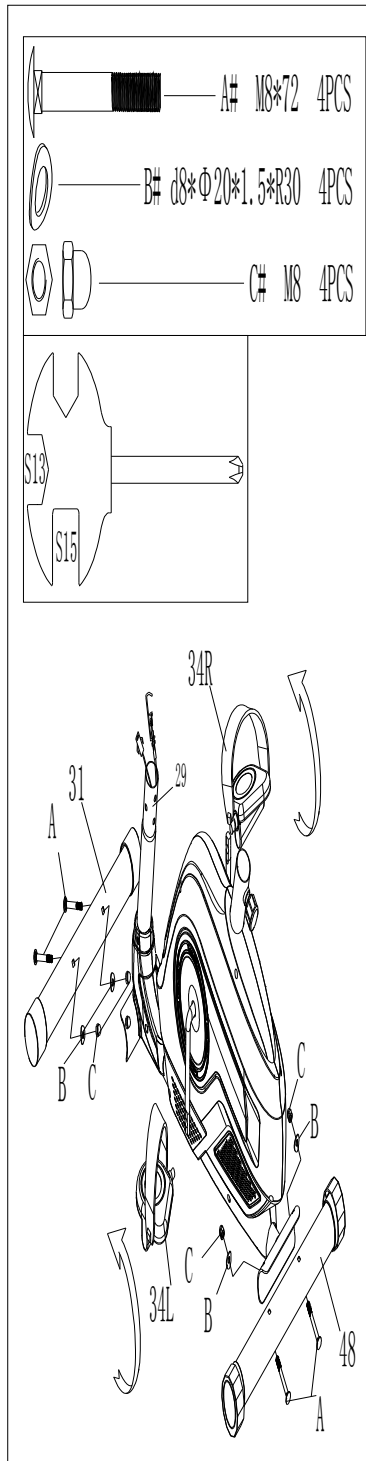
 L# S6 1PC

### 3. ASSEMBLY INSTRUCTION:

#### STEP 1:

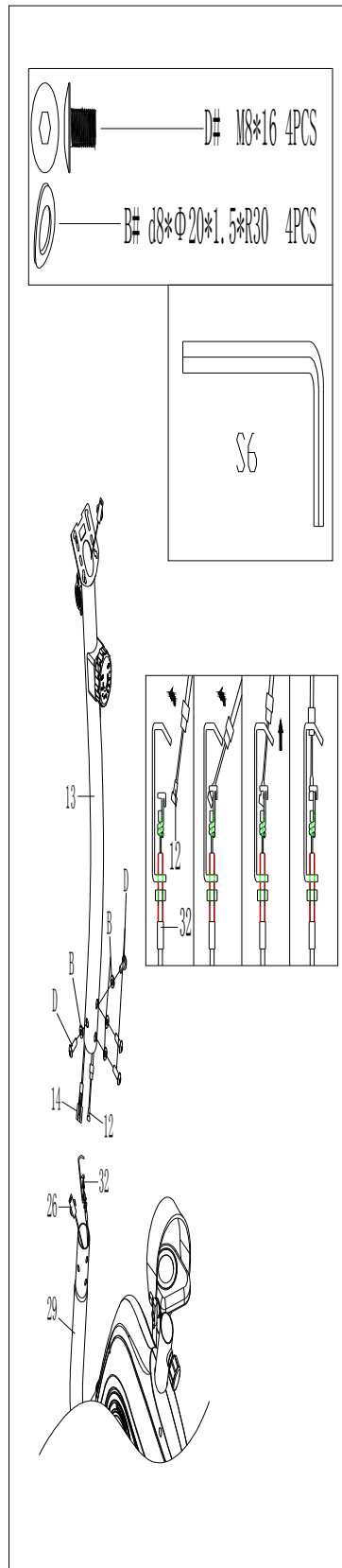
attach the front stabilizer (31) and the rear stabilizer (48) to the main frame (29) with carriage bolt (A)& domed nut (C) and arc washer (B); attach the pedal to the crank arms as shown in fig.1,

**Caution:** be sure the right pedal (34R) marked (R) is attached to the right crank arm and tightened in the clockwise direction. the left pedal (34L) marked (L) is attached to the left crank arm and tightened in the anticlockwise direction.



**STEP 2:**

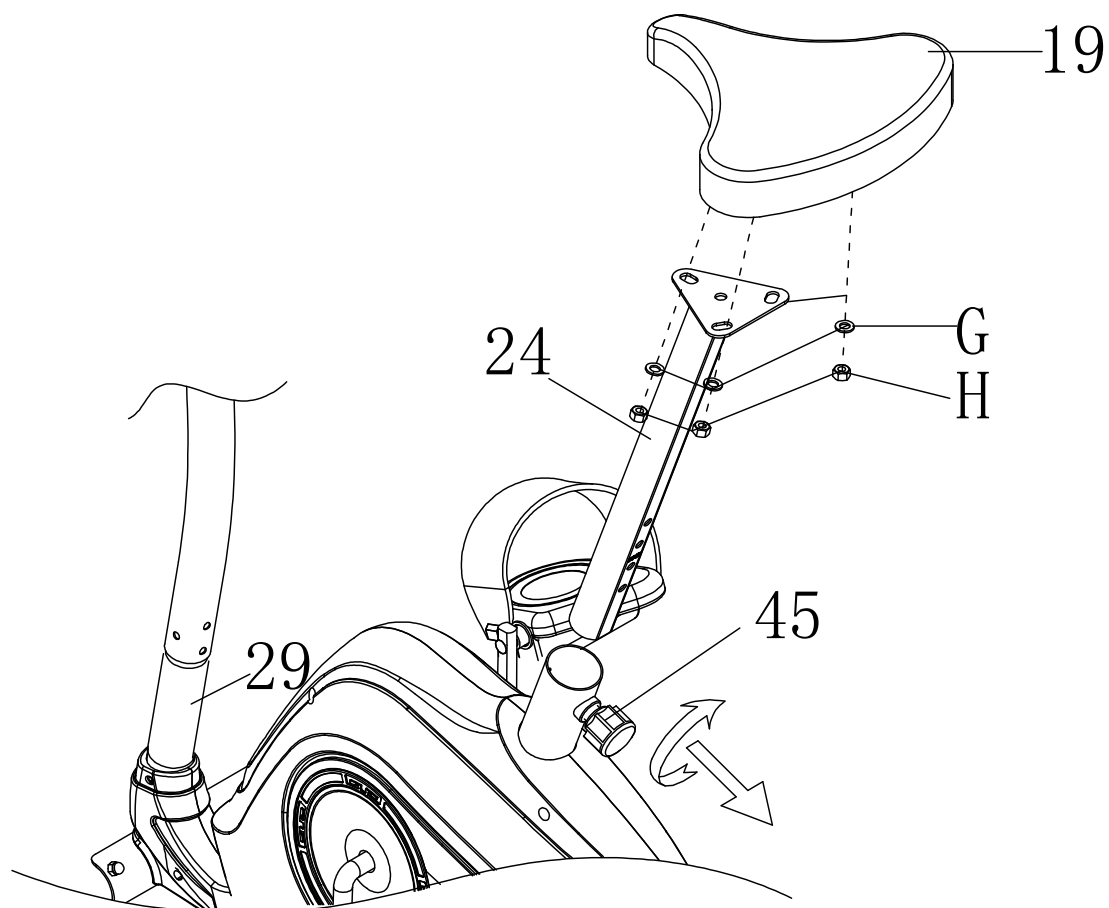
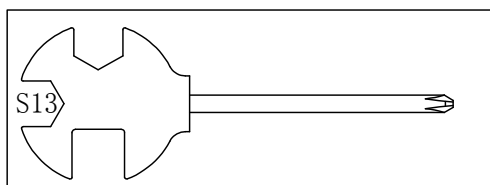
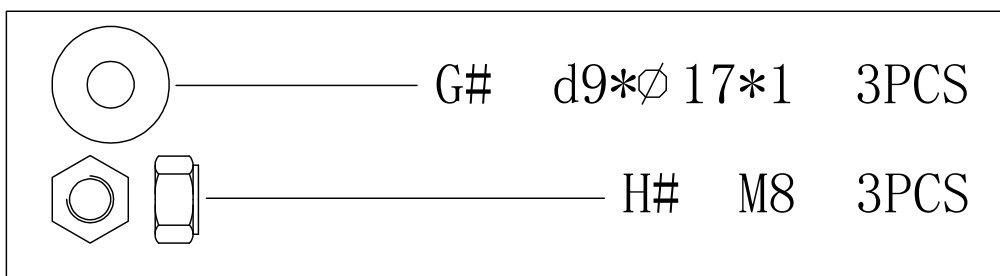
connect the sensor 14&26 and tension control wire as shown in FIG.2, and install the support tube (13) on the main frame (29) with bolt(D),arc washer (B).



**STPE 3:**

Attach the seat (19) to the seat post(24)with washer(G)and nylon nut(H).Insert the Seat Post (24) into the main frame (29) and line up the holes. Secure the seat in position with the Adjustment Knob (45). The correct

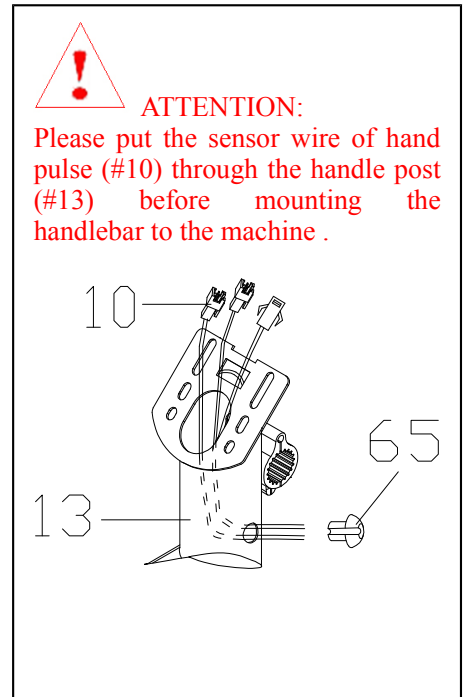
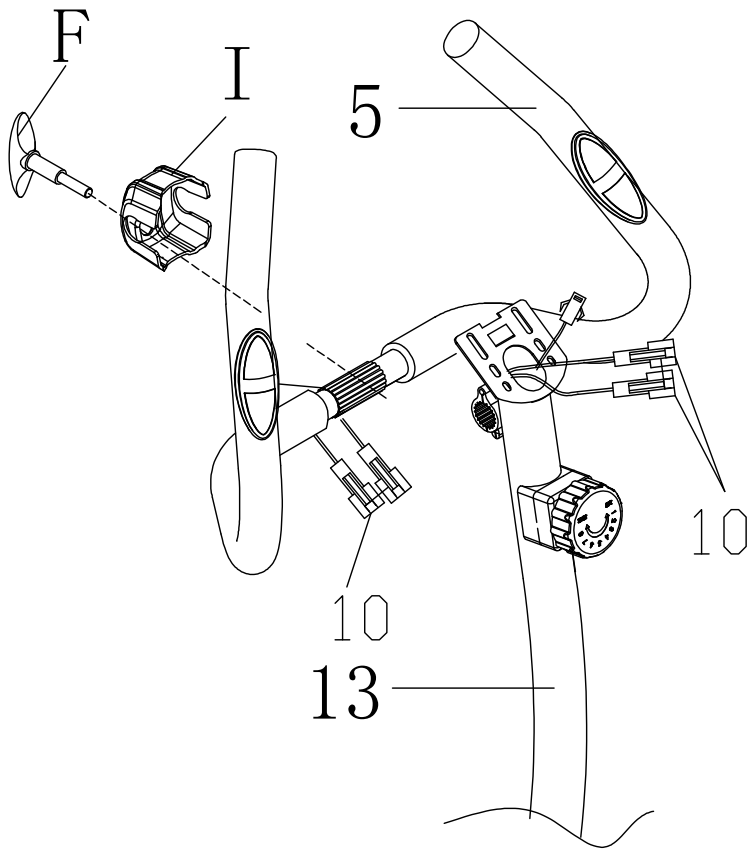
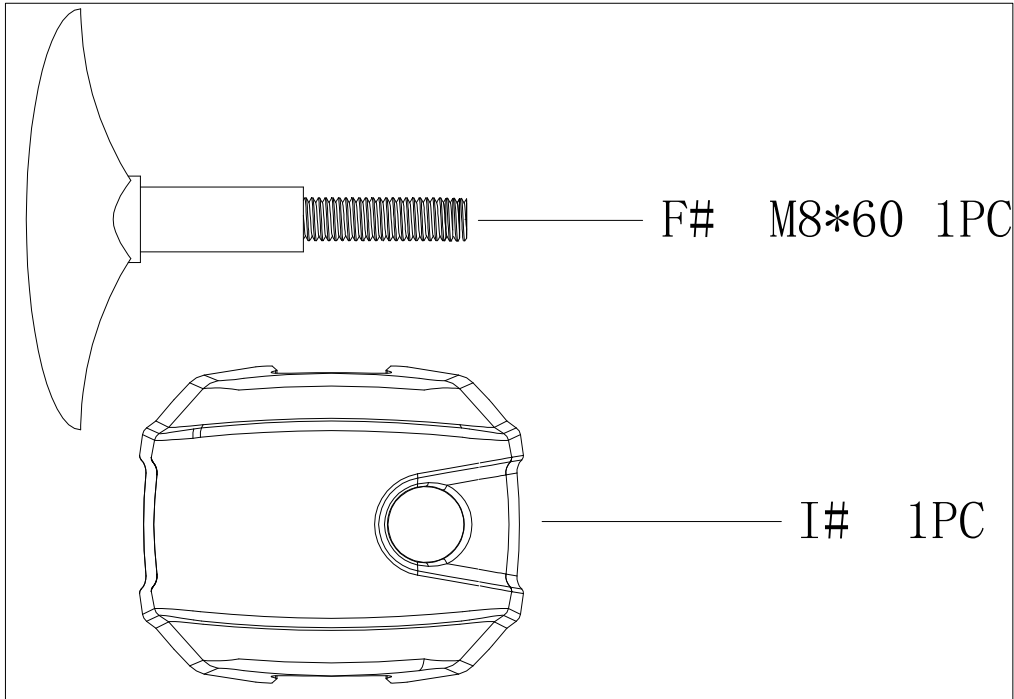
height for the seat can be adjusted after the bike is fully assembled.



#### STPE 4:

Attach the handlebar (5) to the support tube(13) with the T bolt(F) and handlebar plastic cover(I).

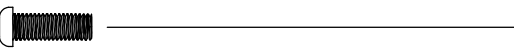
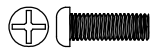




**STEP 5:**

Connect the sensor as shown in FIG.5, then Install the computer (1) into the support tube (13) with the bolt(J)

and washer(E).



J# M4\*12 4PCS

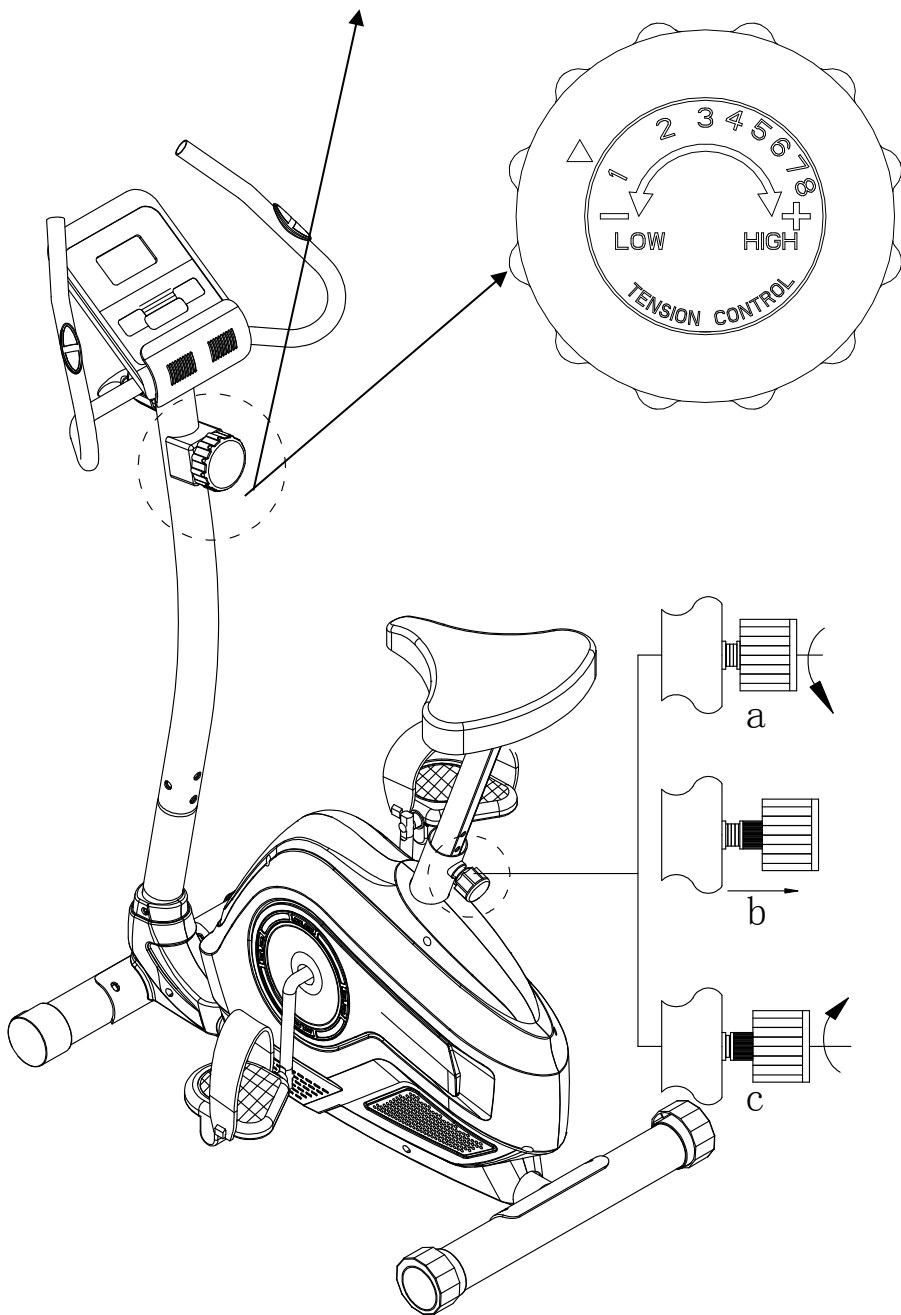


E# d4.5\* $\varnothing$  12\*1 4PCS

It sets the lowest magnetic force on the level1.  
It sets the highest magnetic force on the level 8.

R

R



How to adjust the seat's height:

- a. Turn the knob about three circles in the anti-clockwise direction.
- b. One hand pulls the knob out at all time and the other hand moves the seat post to the desired place.
- c. make the knob in the desired place and turn it tight in the clockwise direction

## 。 EXERCISE COMPUTER WITH PULSE

# INSTRUCTION MANUAL



## FUNCTIONAL BUTTON:

MODE – Press it to select functions.

SET – To set value of time, distance and calories when not in scan mode.

RESET – Press to reset time, distance and calories.

– Hold it for 3 seconds to reset time, distance and calories.

## FUNCTION AND OPERATIONS:

1. SCAN: Press MODE button until “SCAN” appears, monitor will rotate through the following functions: time, calories, speed, distance and total distance. Each display will be hold 4 seconds.
2. TIME(TMR): Count the total time from exercise start to end.
3. SPEED(SPD): Display current speed.
4. DISTANCE(DST): Count the distance from exercise start to end.
5. CALORIES(CAL): Count the total calories from exercise start to end .
6. TOTAL DISTANCE(ODO): Count the total distance after installing the batteries.
7. PULSE RATE:

Press MODE button until “♥” appears. Before measuring your pulse rate, please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then it will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

8. AUTO ON/OFF & AUTO START/STOP

Without any signal for 4 minutes, the power will turn off automatically.

When the wheel is in motion or pressing the button, the monitor is in action.

9. ALARM

The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 5 seconds.

After establishing a good target pulse, if the user's actual pulse exceed the target pulse, the electronic watch will have been reporting to the police a hint.

Press MODE to select the function, then press SET to adjust the value.

**SPECIFICATIONS:**

<b>FUNCTION</b>	AUTO SCAN	Every 4 seconds
	TIME(TMR)	0:00~99:59 (minutes:seconds)
	CURRENT SPEED(SPD)	The maximum pick-up signal is 999.9KM/H or Mile/H
	TRIP DISTANCE(DST)	0~999.9KM or Miles
	CALORIES(CAL)	0~9999Kcal
	TOTAL DISTANCE(ODO)	0~999.9KM or Miles
	PULSE RATE(♥. )	40~240BPM (beat per minute)
BATTERY TYPE		2PCS of SIZE-AAAor UM-4
OPERATING TEMPERATURE		0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE		-10°C~+60°C(14°F~168°F)

**EXERCISE TIPS**

<b>Warm up and cool down</b>	<b>Stretching routine</b>
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Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lung . It will improve fitness is promoted by any activity that, uses your large muscle groups-arms legs or buttocks, for example. Your heart beats quickly and you breath deeply an aerobic exercise should be part of your entire exercise routine.

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 workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercise.

1. 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 towards the floor. Hold for 15 counts.

2. Hamstring Stretch

Sit with your right leg extend. 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 extend.

3. Head Roll

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.

4. Shoulder lift

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.

5. Calf-Achilles Stretch

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

6. 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.

7. Toe Touch

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