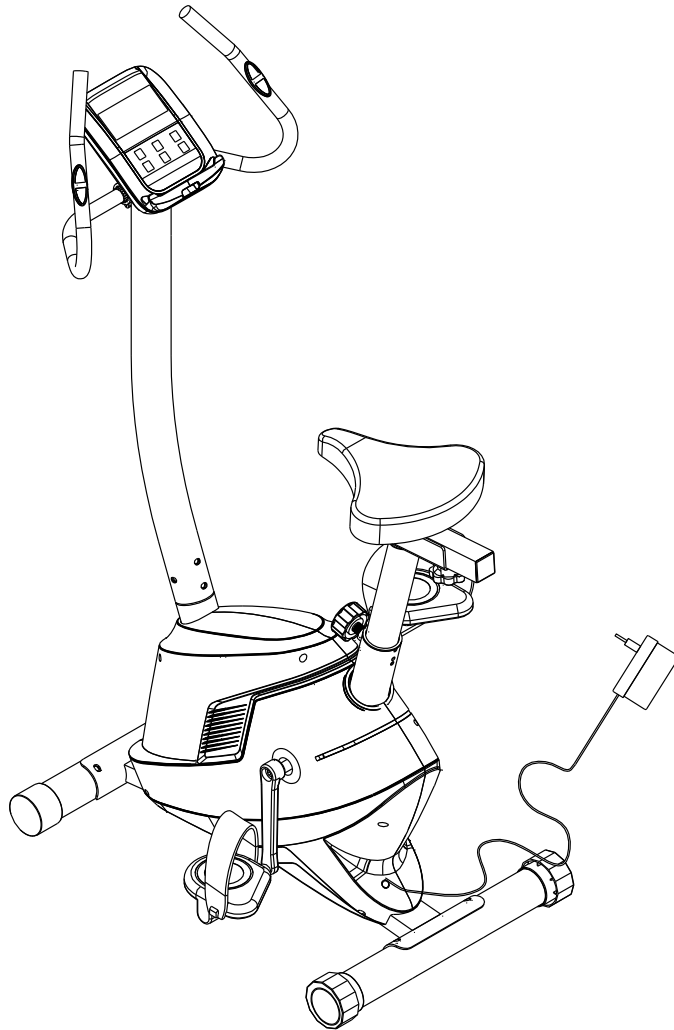


OWNER'S MANUAL

Auto-tension Upright Bike



IMPORTANT !

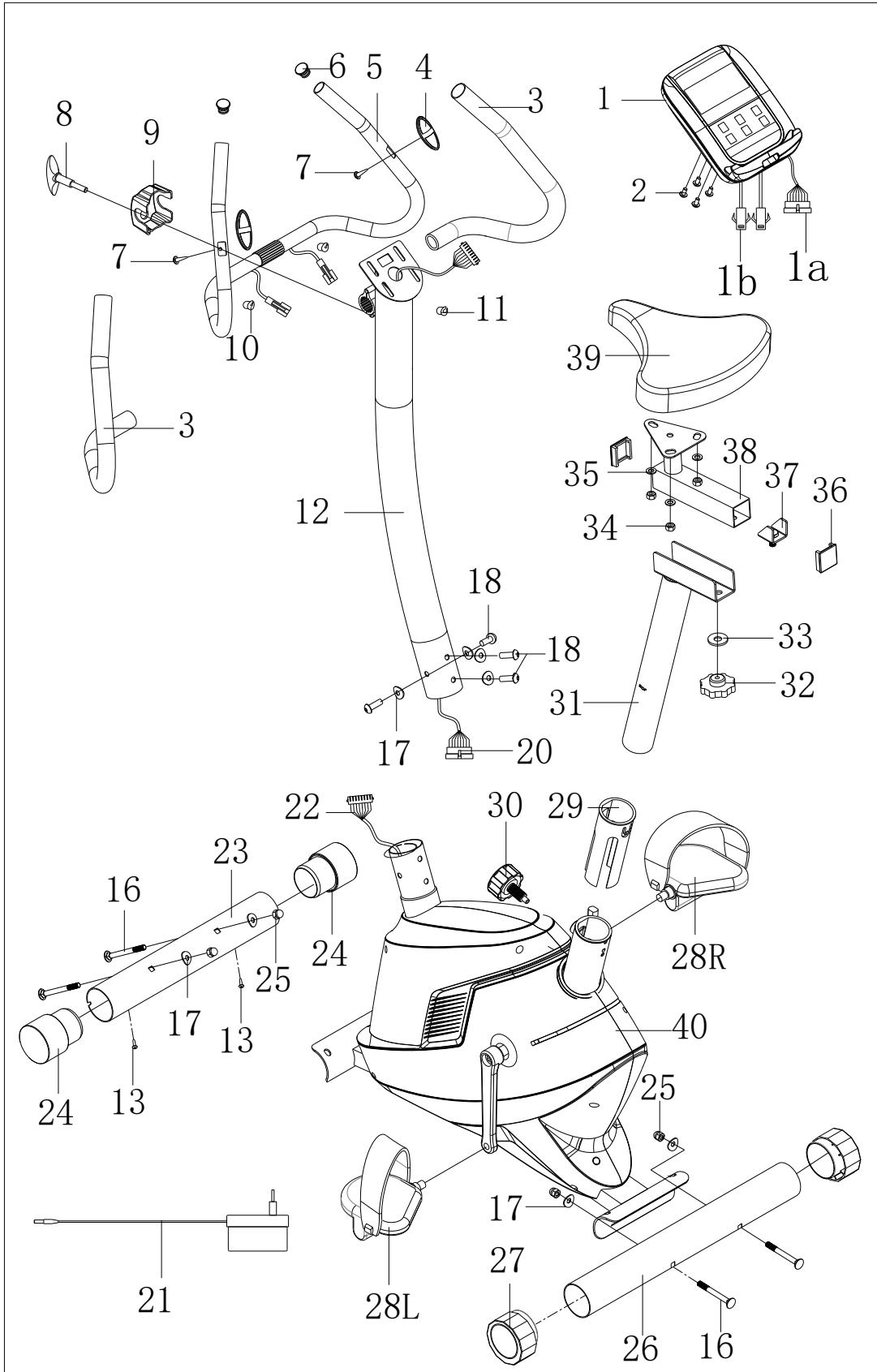
Please read all instructions carefully before using this product.

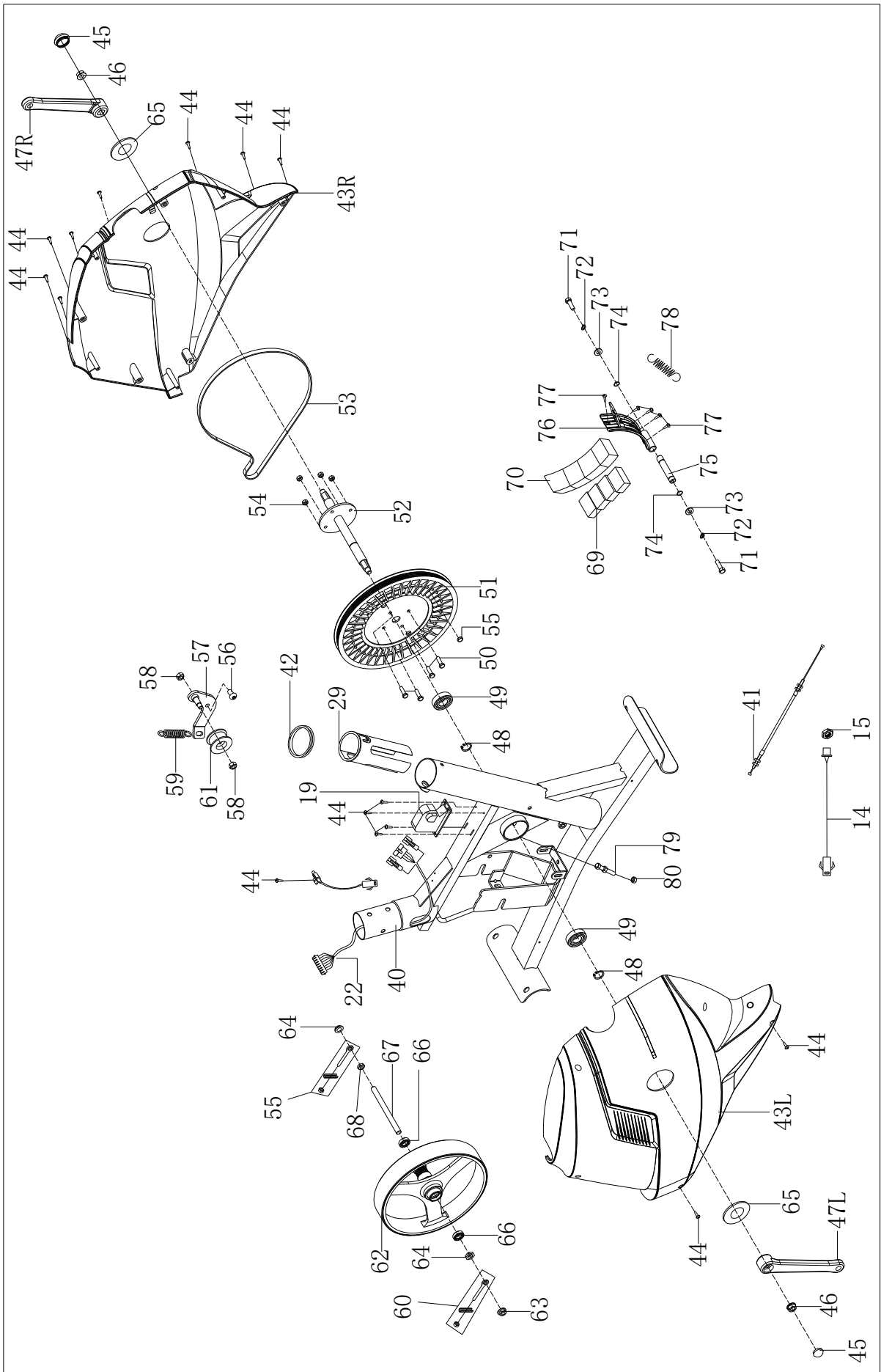
IMPORTANT SAFETY NOTICE:

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 in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of **0.6 meters** from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asp.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8. The maximum user's weight is 100kgs.
- 14、 Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

EXPLODED-VIEW & PARTS LIST :

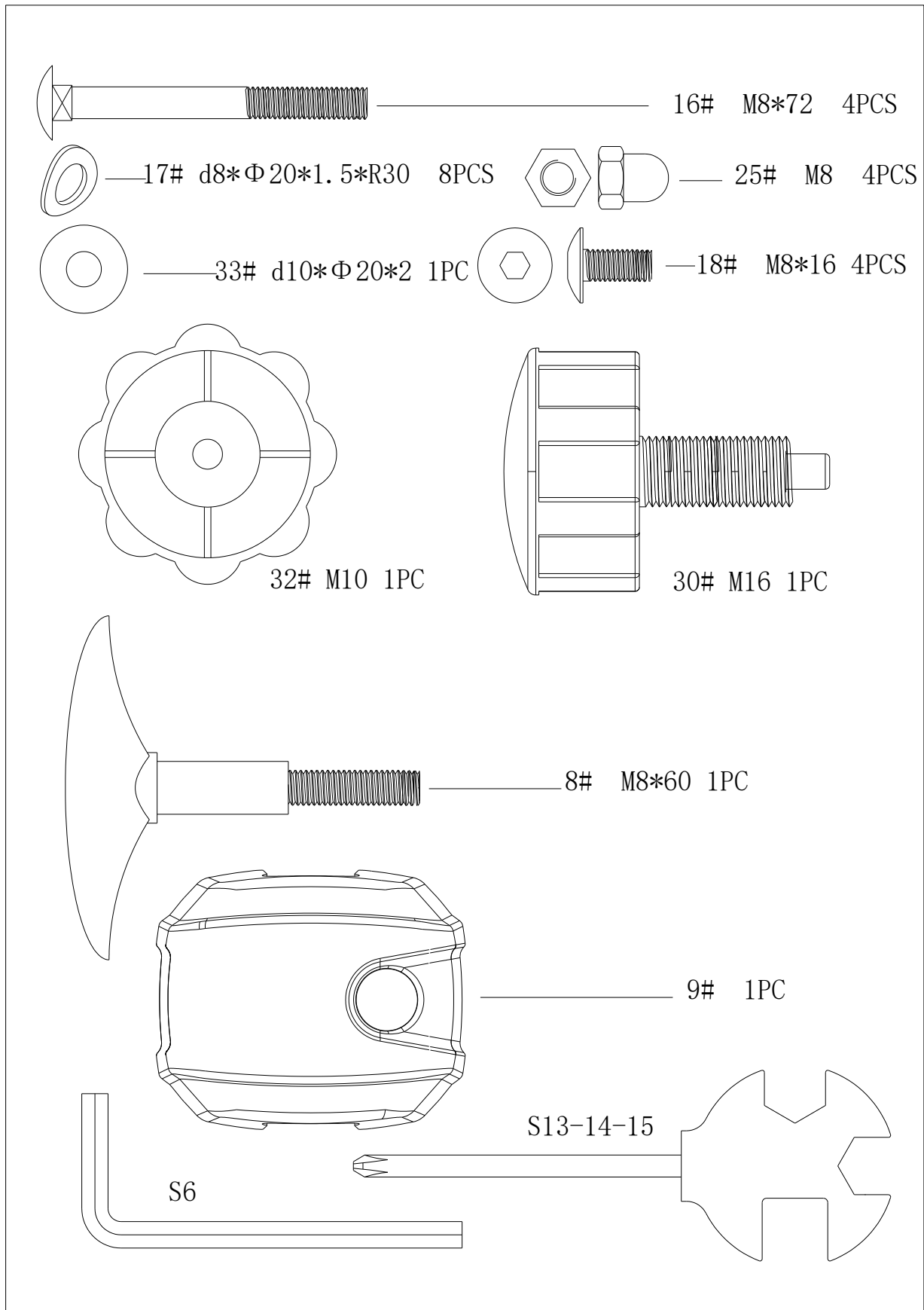




NO	NAME	QUA.
1	computer	1
1a	Sensor wire	1
1b	Handle pulse wire	2
2	bolt M5*10	4
3	foam	2
4	handle pulse	2
5	handlebar	1
6	end cap (ø 22)	2
7	cross head screws (st4.2*19)	2
8	knob (M8x60)	1
9	handlebar plastic cover	1
10	stopples(ø12.6*ø3)	1
11	stopples(ø12.6*ø6)	1
12	support tube	1
13	Crosshead screw ST4.0*13	2
14	Power line	1
15	Hexagon nut M12*1.0	1
16	carriage bolt M8*72	4
17	arc washer d8*ø 20*1.5*r30	8
18	bolt M8 *16	4
19	motor	1
20	wire	1
21	adaptor	1
22	wire	1
23	front stabilizer	1
24	end cap ø60	2
25	domed nut m8	4
26	rear stabilizer	1
27	rear end cap	2
28l/r	pedal(l/r)	2
29	D plastic insert	1
30	knob M16*1.5	1
31	seat post	1
32	knob M10	1
33	washer d10*ø 25*2	1
34	nylon nut M8	3
35	washer d8*ø 16*1.5	3
36	end cap f38	2
37	u bracket	1
38	seat bracket	1
39	seat	1
40	main frame	1

NO	NAME	QUA.
41	Electronic tension control cable	1
42	Sealing ring	1
43l/r	chain cover(L/R)	2
44	tapping screw st4.2*19	15
45	Crank cover	2
46	Hexagon flange nut M10*1.25	2
47L/R	crank	2
48	Strap ring d17	2
49	Bearing 6203	2
50	Hexagon bolt M6*15	4
51	Belt pulley	1
52	Axle	1
53	belt	1
54	Nylon nut M6*H5*S10	4
55	Magnet	1
56	bolt M8*25	1
57	u bracket	1
58	nylon nut M8	2
59	Tension spring	1
60	adjustable chain screw m6	2
61	pinch roller	1
62	flywheel	1
63	nut M10*1.0	2
64	hexagon thin nut M10*1	2
65	small cover	2
66	bearing	2
67	axle	1
68	hexagon thin nut M10*1*2	1
69	magnet	4
70	plastic lattice	1
71	bolt M6*16	2
72	spring washer d6	2
73	washer d6* ø12*1	2
74	snap spring d12	2
75	axle	1
76	magnetic board	1
77	tapping screw st3*10	5
78	tension spring	1
79	bolt M6*30	1
80	nut M6	2
	Wrench S13-14-15	1
	Wrench S6	1

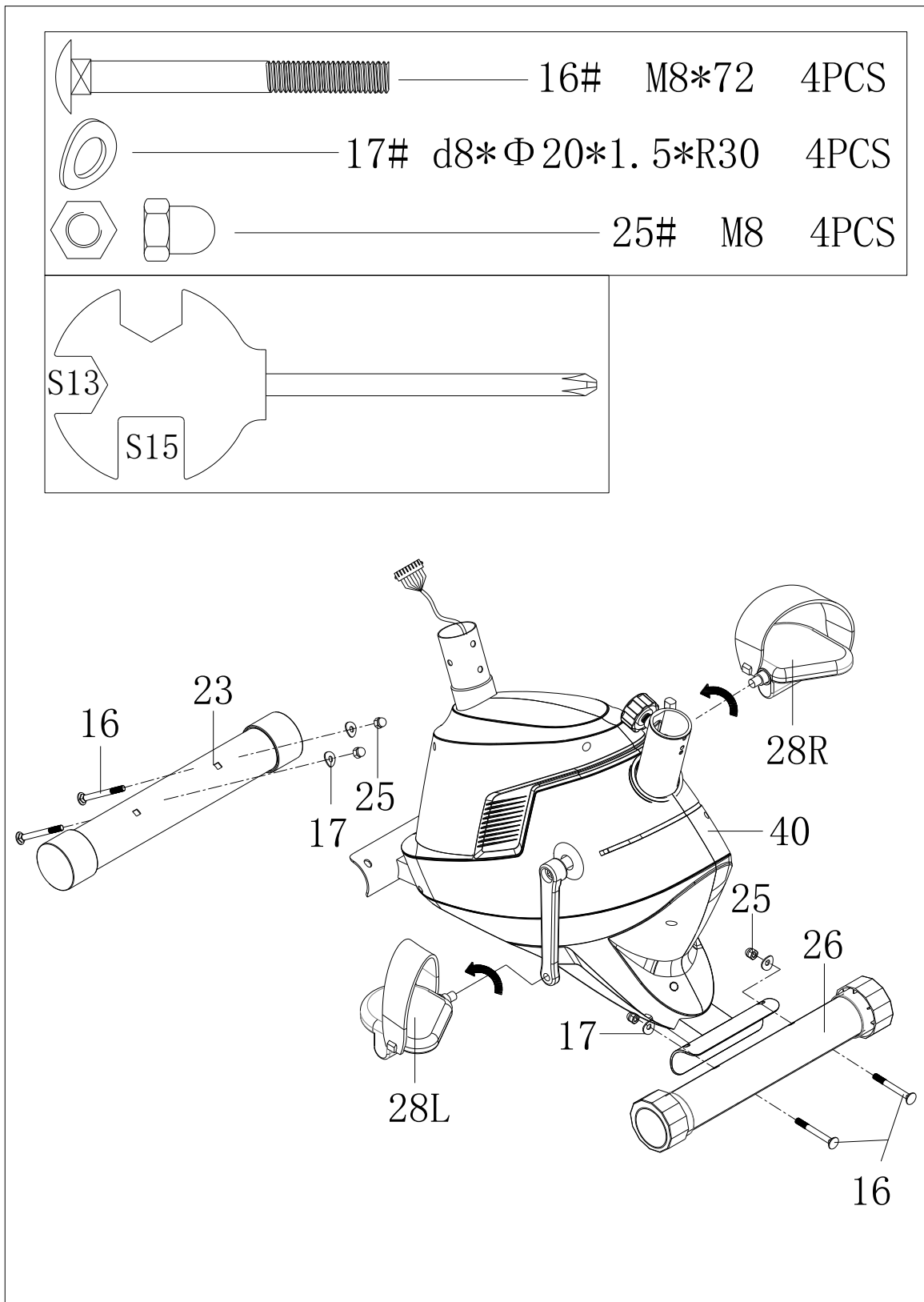
Hardware



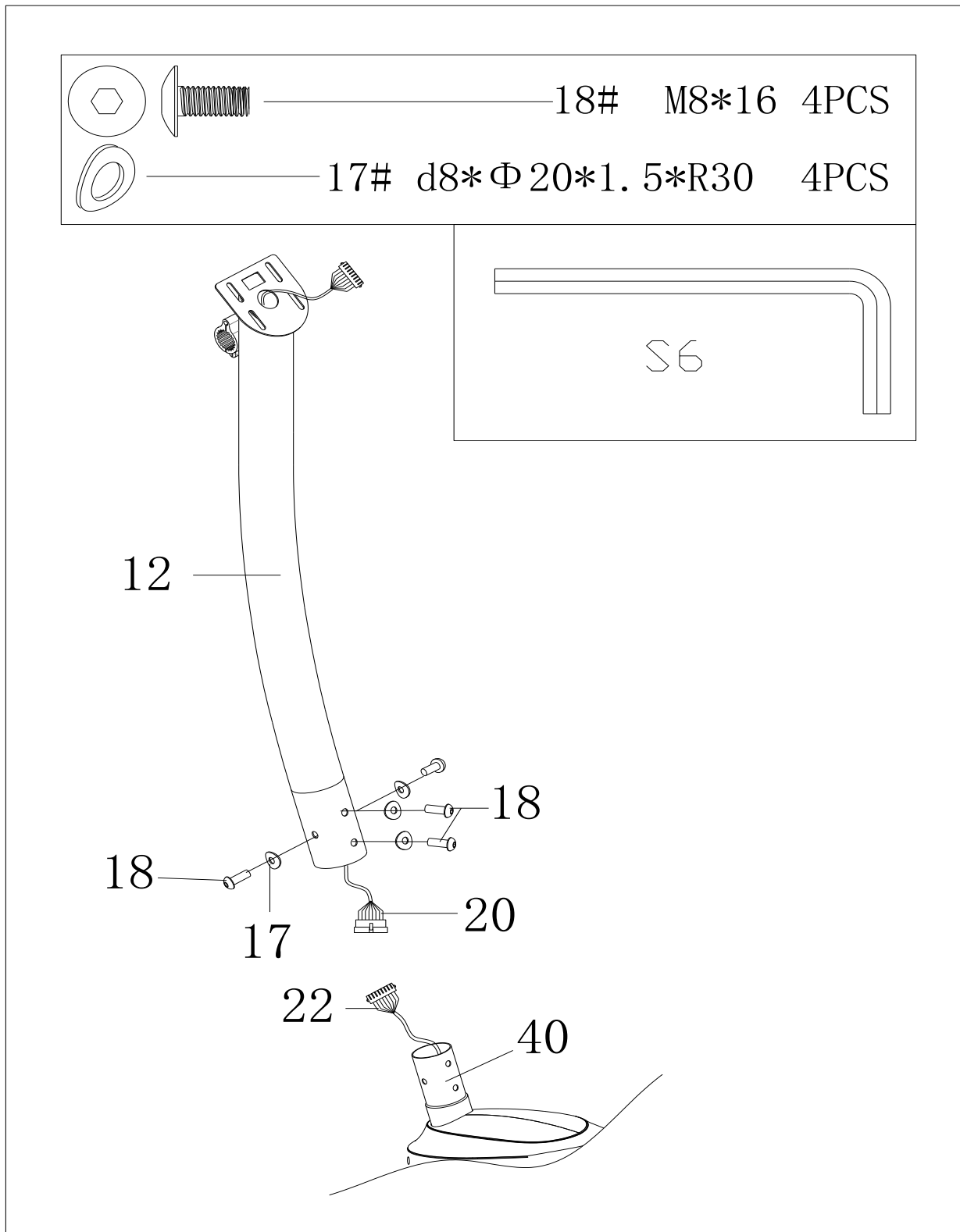
ASSEMBLY INSTRUCTION:

Step 1: Attach the front stabilizer (23) and the rear stabilizer (26) to the main frame (40) with carriage bolt (16)& domed nut (25) and arc washer (17) ; Attach the pedal to the crank arms as shown in FIG.1,

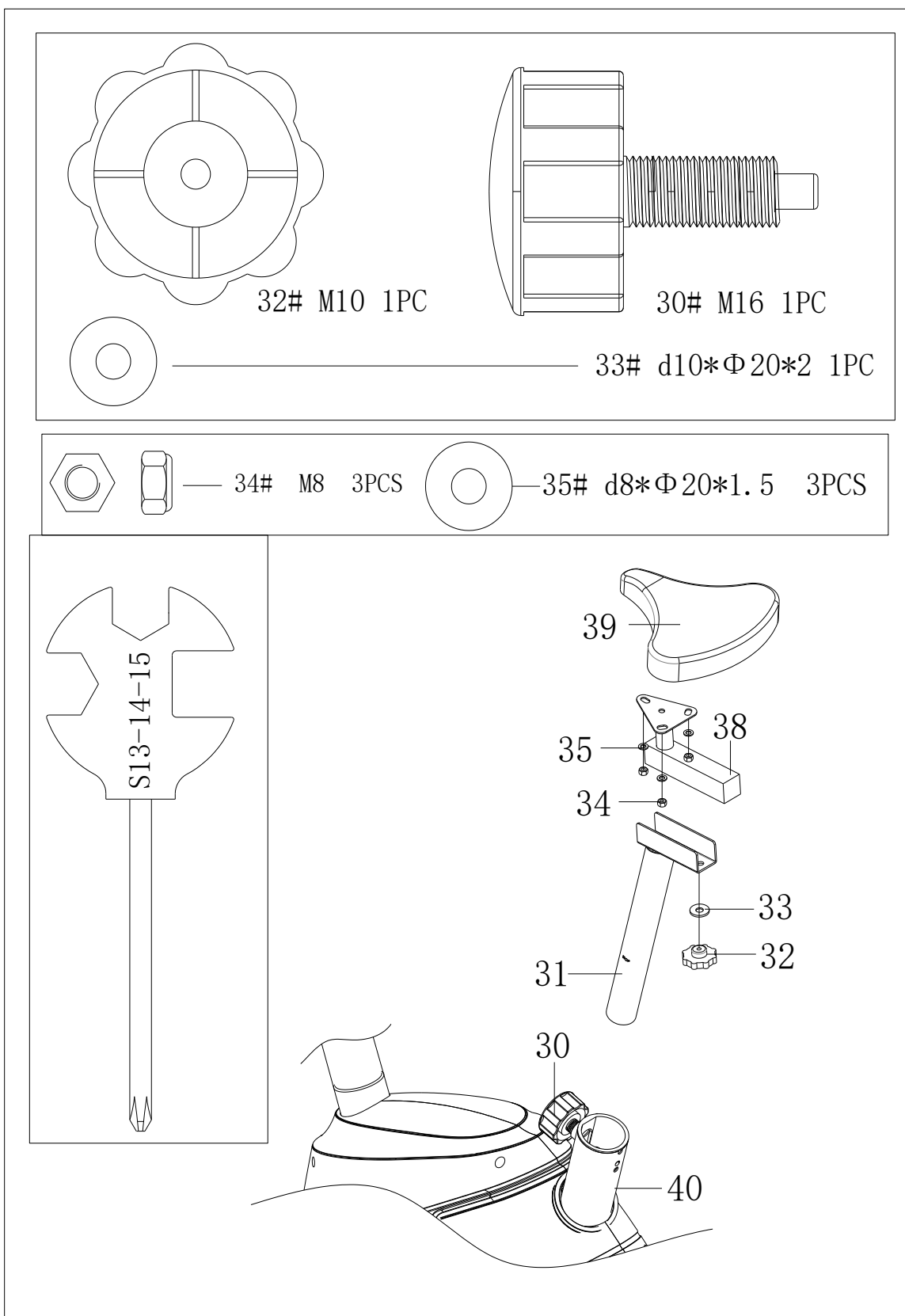
CAUTION: be sure the right pedal (28R) marked (R) is attached to the right crank arm and tightened in the counterclockwise direction. The left pedal (28L) marked (L) is attached to the left crank arm and tightened in the anticlockwise direction.



STEP 2: Connect wire (22) with middle wire (20). Attach support tube (12) to the main frame (40) with bolt (18) and arc washer (17).

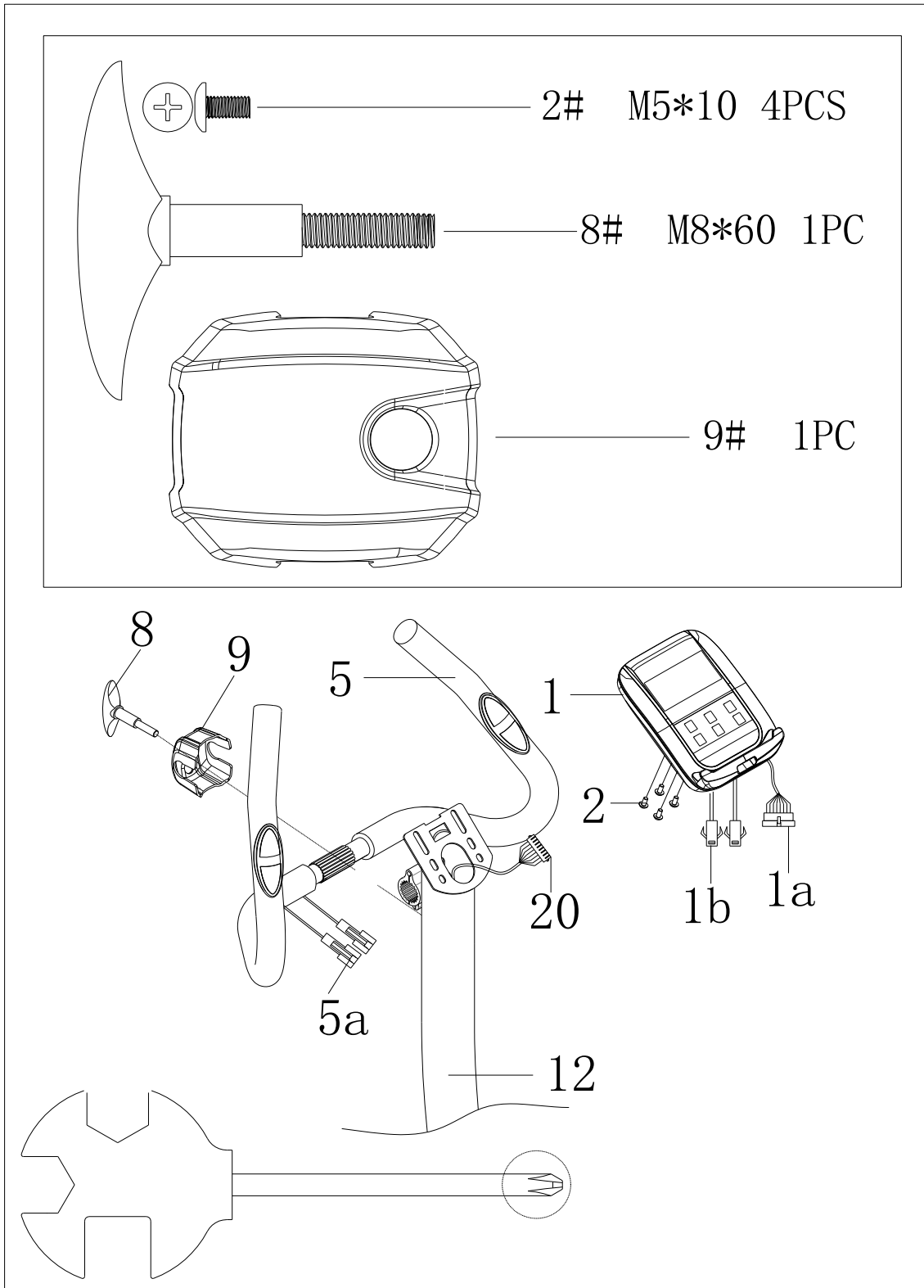


STEP3: Attach the seat(39) to the seat bracket(38) with washer(35)and nylon nut(34), then tighten seat (39).slide the seat post(38) into the vertical seat post(31) and at the desired position, align holes and fix in place with the locking knob(32) and washer(33).Insert the Seat Post (31) into the main frame (40) and line up the holes. Secure the seat in position with the Adjustment Knob (30). The correct height for the seat can be adjusted after the bike is fully assembled.

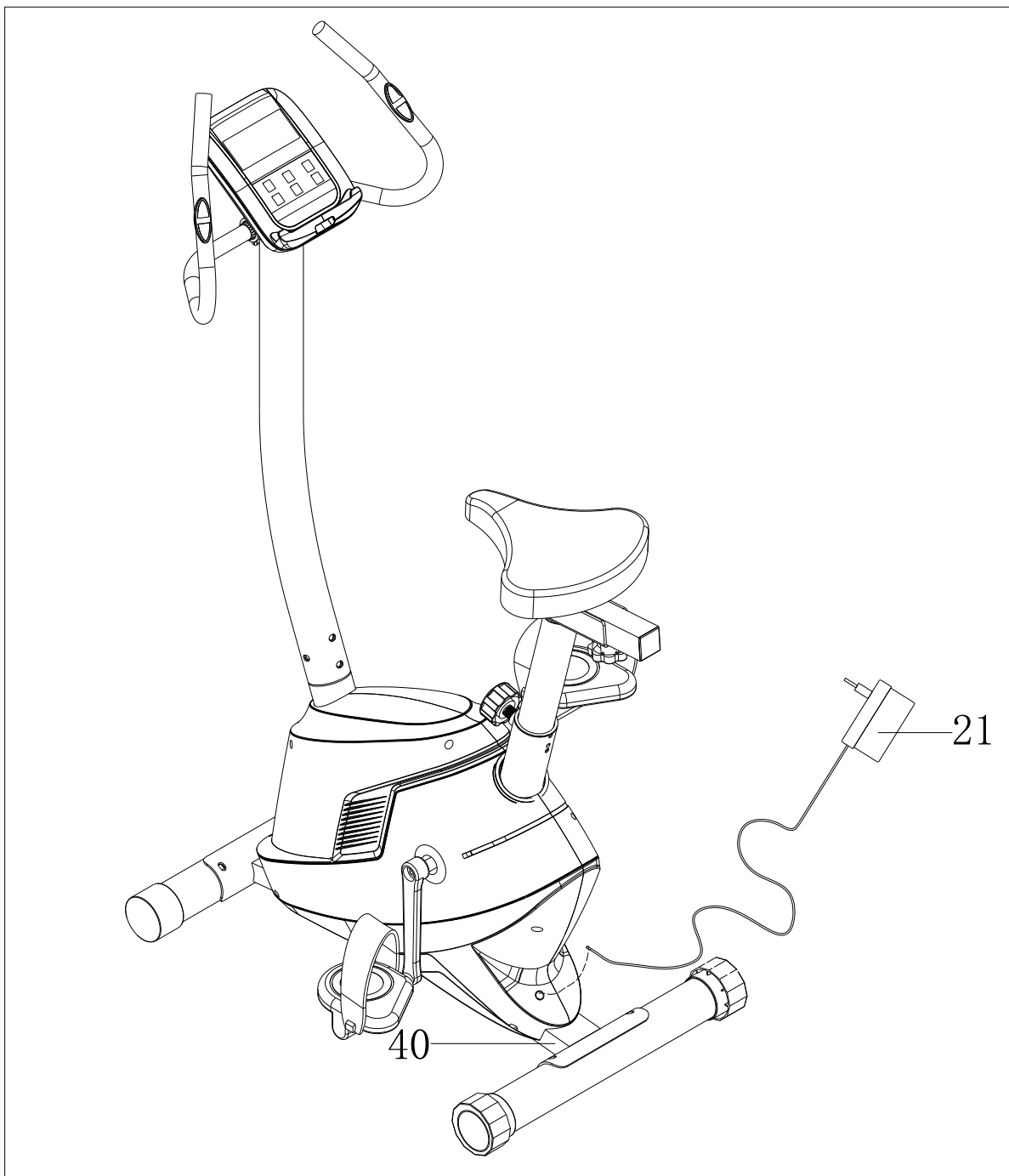


STEP 4:

1. Attach handlebar (5) to the support tube (12), and then attach handlebar plastic cover (9) to it. Tighten them with knob (8).
2. Put the handlebar cable (5a) into the support tube (12). Then, connect the handlebar cable (5a) with computer line (1b), connect middle wire (20) with computer line (1a).
3. Attach computer (1) to the panel which is on the support tube (12) with screw(2).

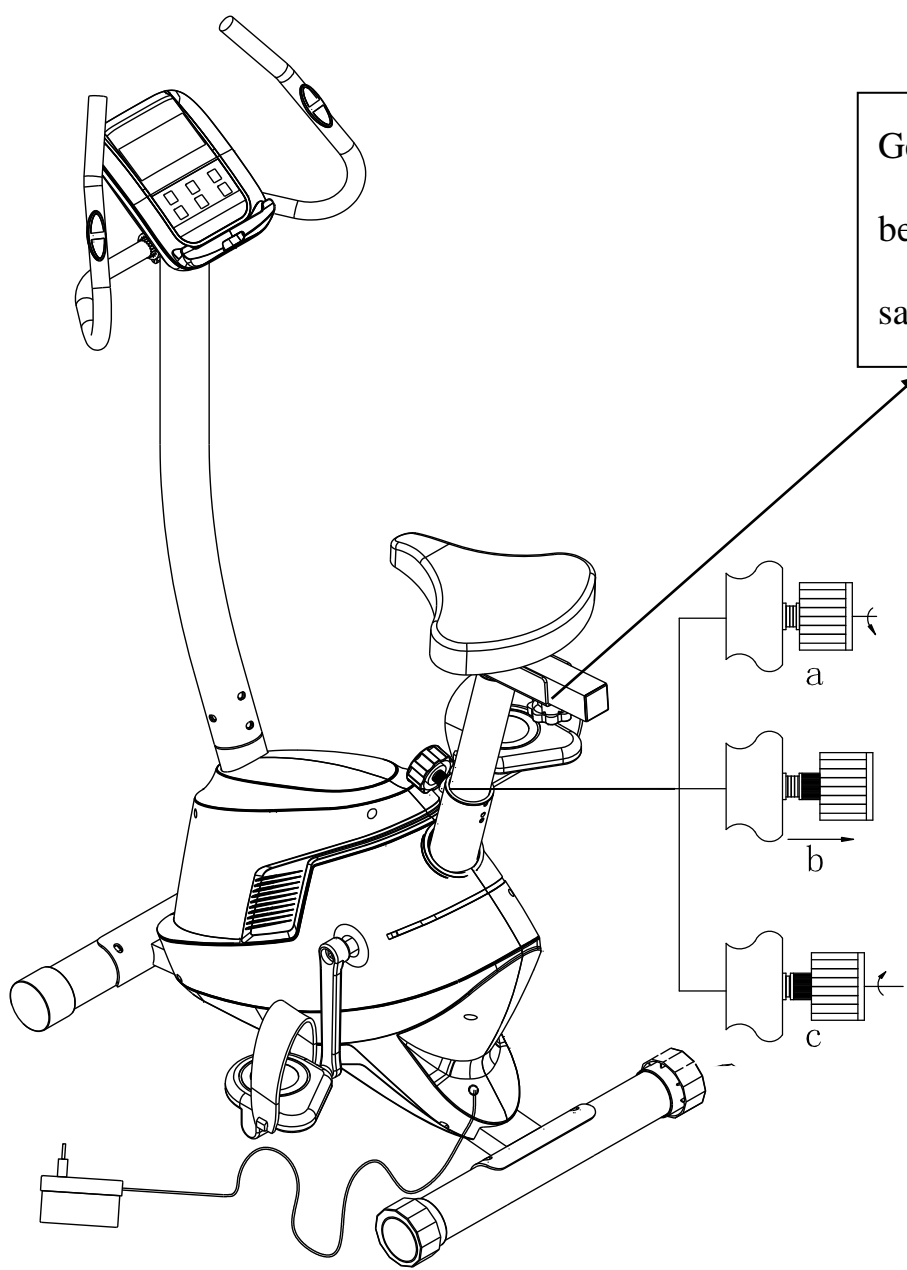


Step 5:



Plug the adaptor (21) into the chain cover hole. Then, plug the male plug into the power supply. Don't forget to pull the plug after exercising.

The assembly is completed!



Get the desired distance between the handle bar and the saddle by adjusting the knob

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

INSTRUCTION MANUAL



Key Functions

START/STOP: 1. Start & Pauses workouts.

2. Operates only when in stop mode. Holding key for 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.

MODE/ENTER: At the stop state to input desired value or work out mode. In sports mode press the button for selection function display value on LCD.

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

Workout Selection

After power-up using UP or DOWN keys to select then pressing MODE/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 / DISTANCE / CALORIES / T.H.R./ODO/RPM

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing MODE/ENTER, will make "Time" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press MODE/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	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00~ 99:00, It will count down to 0.
Distance	0.00~99.90	0.00	±0.1	1.When display is 0.0, Distance will count up. 2.When Distance is 0.1~99.90, it will count down to 0.
Calories	0~999.0	0	±1	1.When display is 0, Calories will count up. 2.When Calories is 1.0~999.0, it will count down to 0.
T.H.R	60~220	0	±1	When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs .
SPEED	0-99.99km	0		

Program Operation

Manual(P1)

MANUAL

Selecting “*Manual*” using UP OR DOWN KEY then pressing MODE/ENTER KEY . 1st parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press MODE/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-P11)

There are 10 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs

Selecting one of pre-programs using UP OR DOWN KEY then pressing MODE/ENTER KEY . 1st parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press MODE/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.

TARGET HEART RATE Program(P12)

T.H.R

Setting Parameters for TARGET H.R

Selecting “**TARGET H.R.**” using UP OR DOWN KEY then pressing MODE/ENTER KEY . 1st parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press MODE/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 (± 5) the set TARGET H.R, computer will adjust the resistance load automatically. It will check Every 15 seconds approx. I resistance load will increase or

decrease.(Note: each resistance load represents 2 level of loading)

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.

ERROR CODE GUIDE

Error Code	Description	Possible Reason	Inspection	Resolution
E1	Motor Related Issues	(1)Defective motor	Check if motor damaged	Replace motor
		(2)Magnetic Control System malfunction	Check if magnetic control system if damaged	Adjust or replace magnetic control system
		(3)Bad wiring or connectivity issue	Check for wire damage or loose connection	Reconnect or replace motor wiring

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.

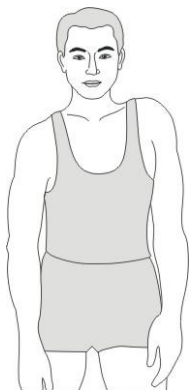
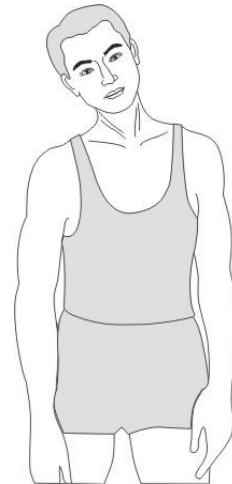
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

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.



Sit with your right leg extended. 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 extended.

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.

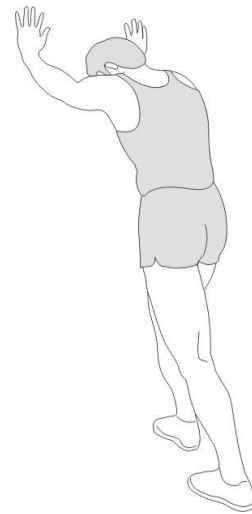


Shoulder Lift

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.

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.



Toe Touch

Slowly 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.

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.

