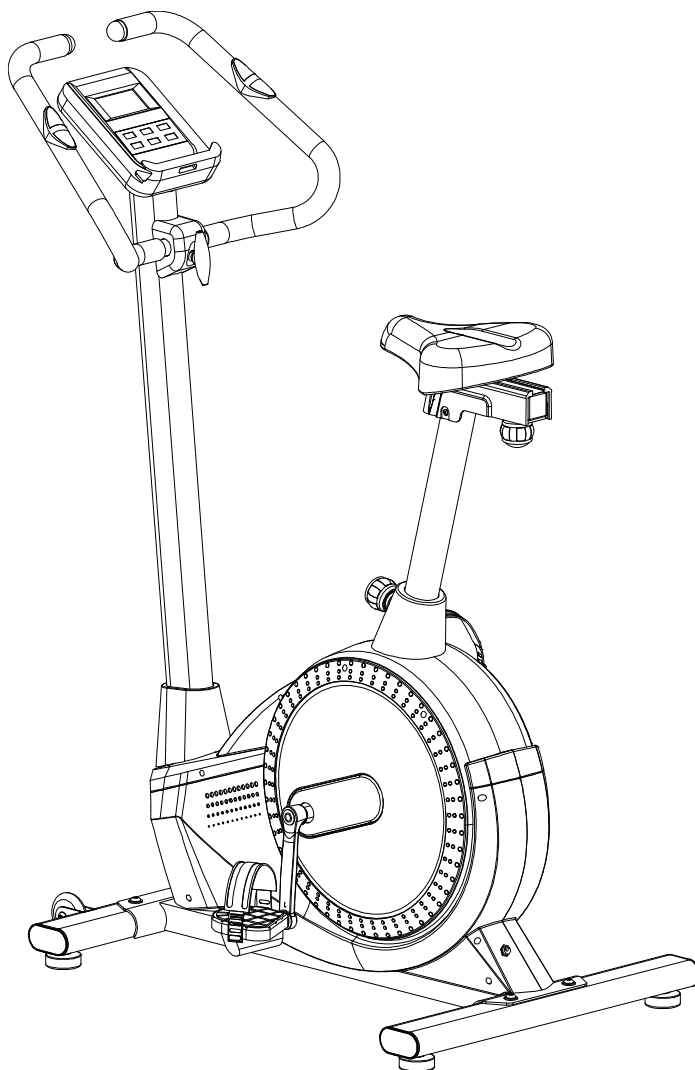


OWNER'S MANUAL

Auto-tension Upright Bike



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

SAFETY INSTRUCTIONS

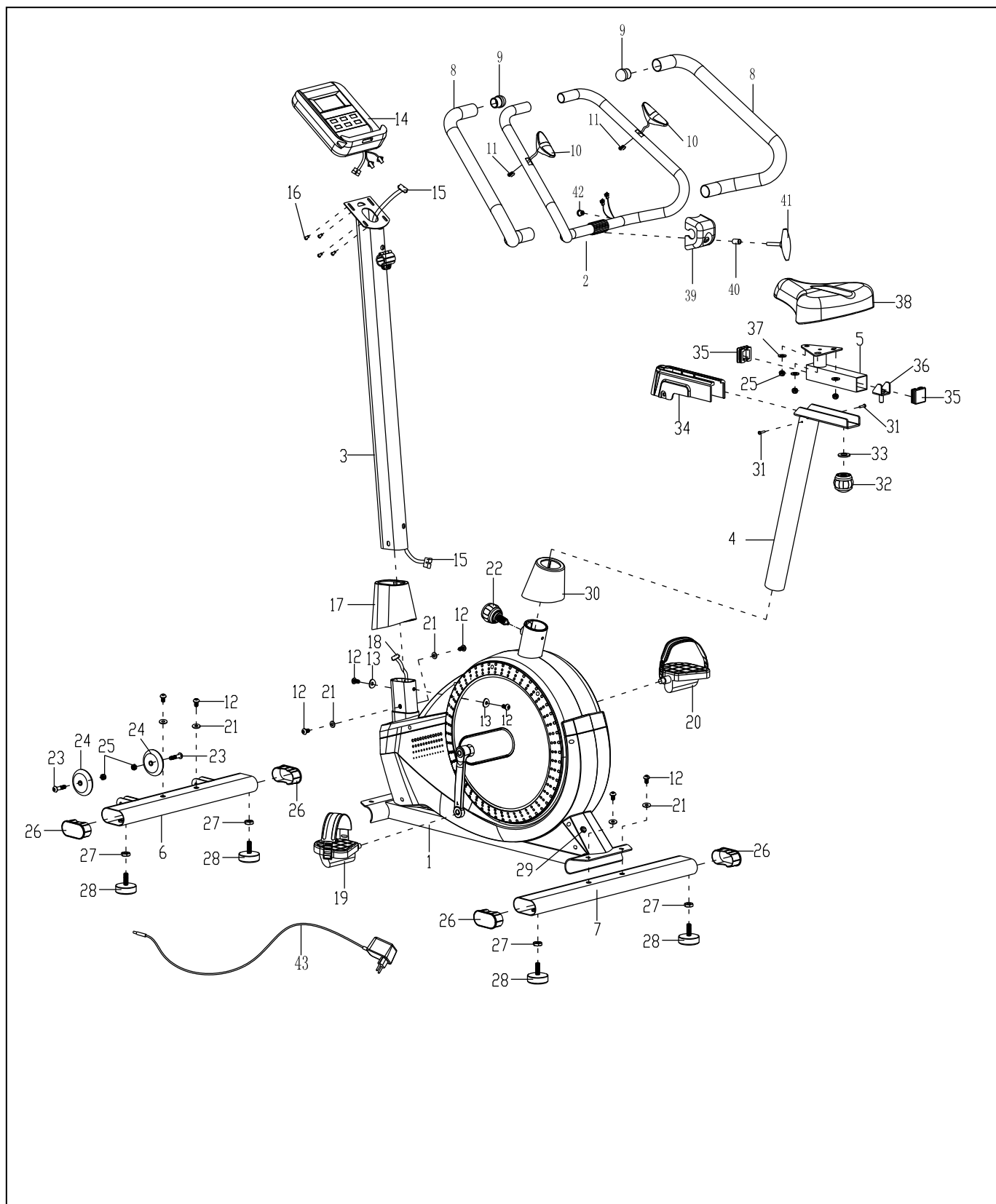
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

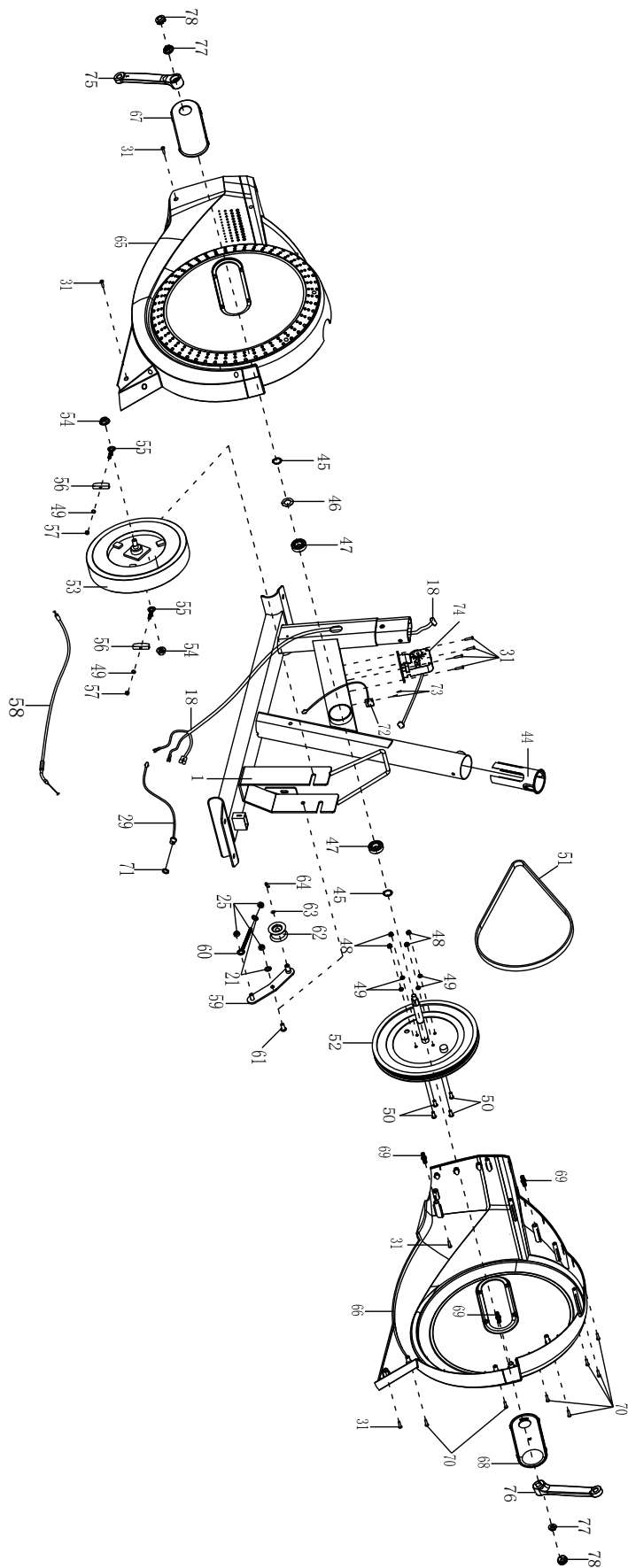
1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
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 might 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 an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

OVERVIEW DRAWING



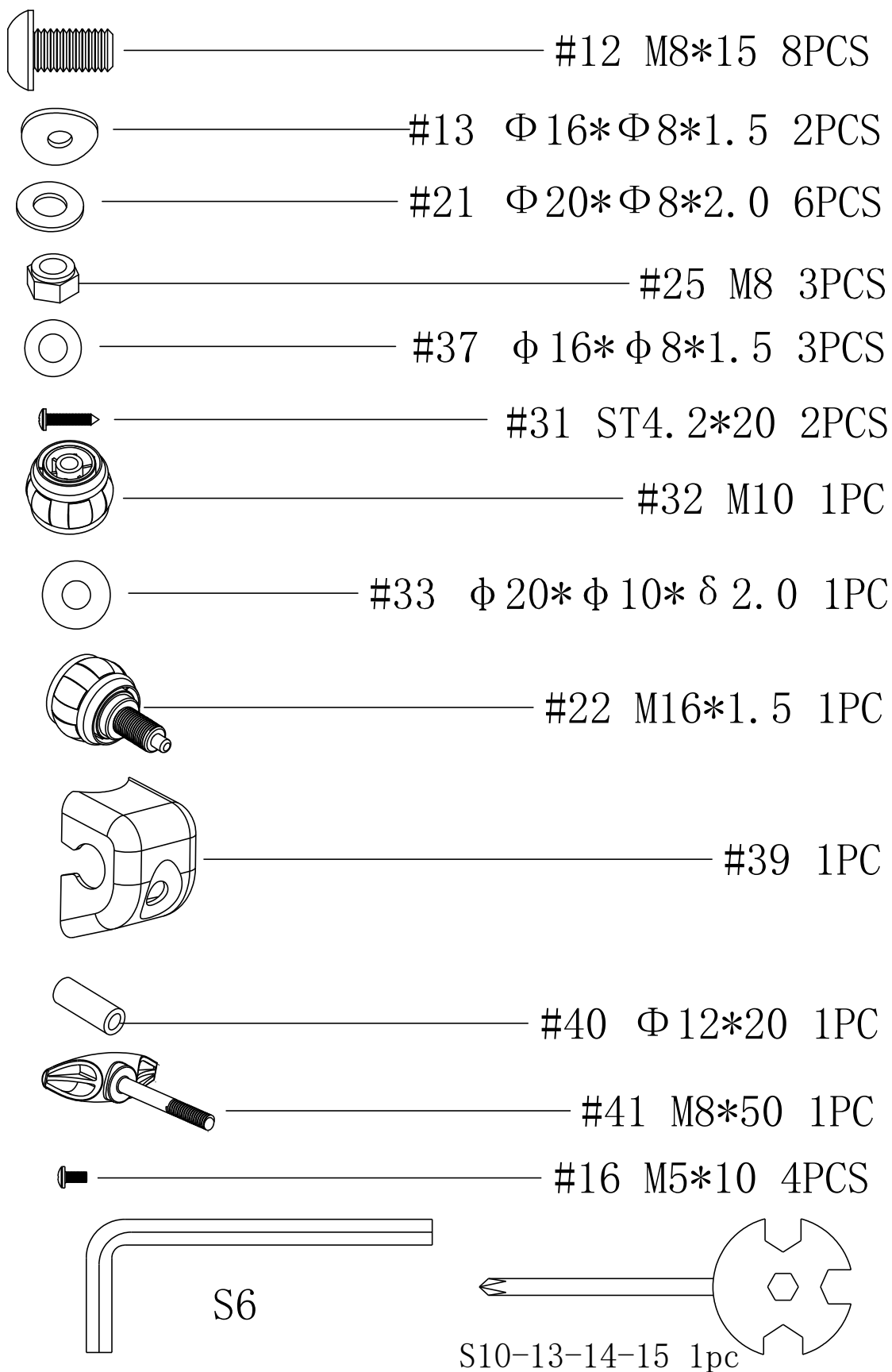


PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	30	Seat post cover	1
2	Handlebar	1	31	Pan Head Phillips Self Drilling Screw ST4.2x20	10
3	Handlebar Post	1	32	Knob M10	1
4	Seat Post	1	33	WasherΦ20xΦ10x2.0	1
5	Seat Sliding Tube	1	34	Seat Sliding Tube cover	1
6	Front Stabilizer	1	35	Seat Sliding Tube End Cap	2
7	Rear Stabilizer	1	36	Limit seat assembly	1
8	Handlebar Foam Grip	2	37	WasherΦ16xΦ8x1.5	3
9	Handlebar End Cap Ø25	2	38	Seat Cushion	1
10	Hand Pulse Sensor with Wire L=850mm	2	39	Clamp Cover	1
11	Screw ST4.2x20	2	40	Spacer Ø12x20	1
12	Bolt M8x15-S6	8	41	Handlebar T-Knob M8x50	1
13	Curve Washer Ø16x Ø 8x1.5	2	42	Plug Ø12.1	1
14	Computer	1	43	AC Adapter L=2000mm	1
15	Extension Sensor Wire L=1000mm	1	44	Seat Post Bushing	1
16	Screw M5x10	4	45	C Clip	2
17	Handlebar Post Cover	1	46	Wave Washer	1
18	Extension Sensor Wire (L=500mm)	1	47	Bearing 6003-2Z	2
19	Left pedal	1	48	Nut M6	4
20	Right pedal	1	49	Spring Washer Ø6	6
21	Washer I Ø20x8x2	8	50	Bolt M6x15	4
22	Knob M16x1.5	1	51	Belt	1
23	Bolt M8x35	2	52	Belt Pulley with Crank	1
24	Transportation wheel	2	53	Flywheel	1
25	Nut M8	8	54	Nut M10x1.0x6	2
26	Stabilizer end cap	4	55	Eyebolt M6x36	2
27	Nut M10	4	56	U Bracket	2
28	Foot pad	4	57	Nut M6	2
29	Power Supply Wire L=750mm	1	58	Motor Tension Wire	1

PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
59	Idle Wheel Bracket	1	69	Plastic Bolt Φ 8x32	3
60	Eyebolt M8x75	1	70	Screw ST4.2x25	7
61	Bolt M8x20	1	71	Nut 1/2"	1
62	Press Wheel	1	72	Sensor with Wire	1
63	Washer ϕ 12x ϕ 6x1.5	1	73	Screw ST2.9x12	2
64	Screw M6x10	1	74	Motor	1
65	Left Chain Cover	1	75	Left Crank	1
66	Right Chain Cover	1	76	Right Crank	1
67	Left Crank Cover	1	77	Nut M10x1.25	2
68	right Crank Cover	1	78	Cover for crank	2

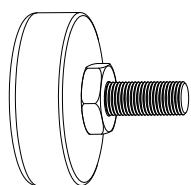


ASSEMBLY INSTRUCTIONS

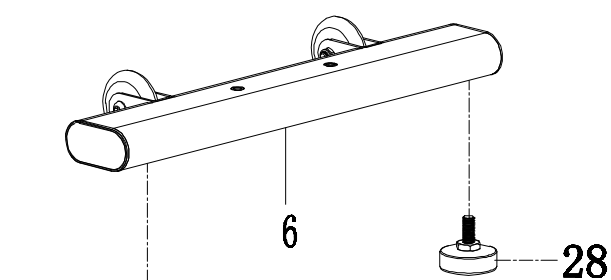
1. Foot Pad Installation

Position two Foot Pad (28) onto the Front Stabilizer (6)

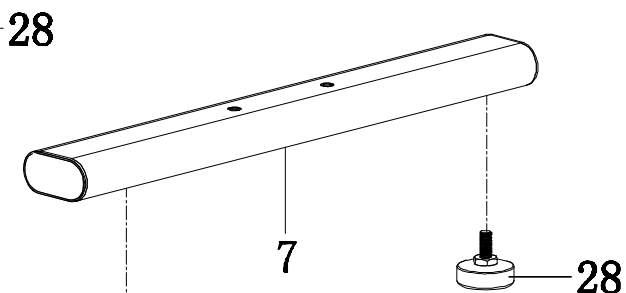
Position two Foot Pad (28) onto the Rear Stabilizer (7)



#28 4PCS



28



28

2. Front and Rear Stabilizers Installation

Remove two M8x15 Bolts (12), two Ø8x Ø20 Big Washers (21) from Front Stabilizer (6) .

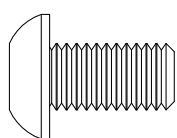
Remove two M8x15 Bolts (12), two Ø8x Ø20 Big Washers (21) from Rear Stabilizer (7) .

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes.

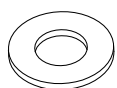
Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M8x15 Bolts (12), two Ø8x Ø20 Big Washers (21) that were removed.

Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes.

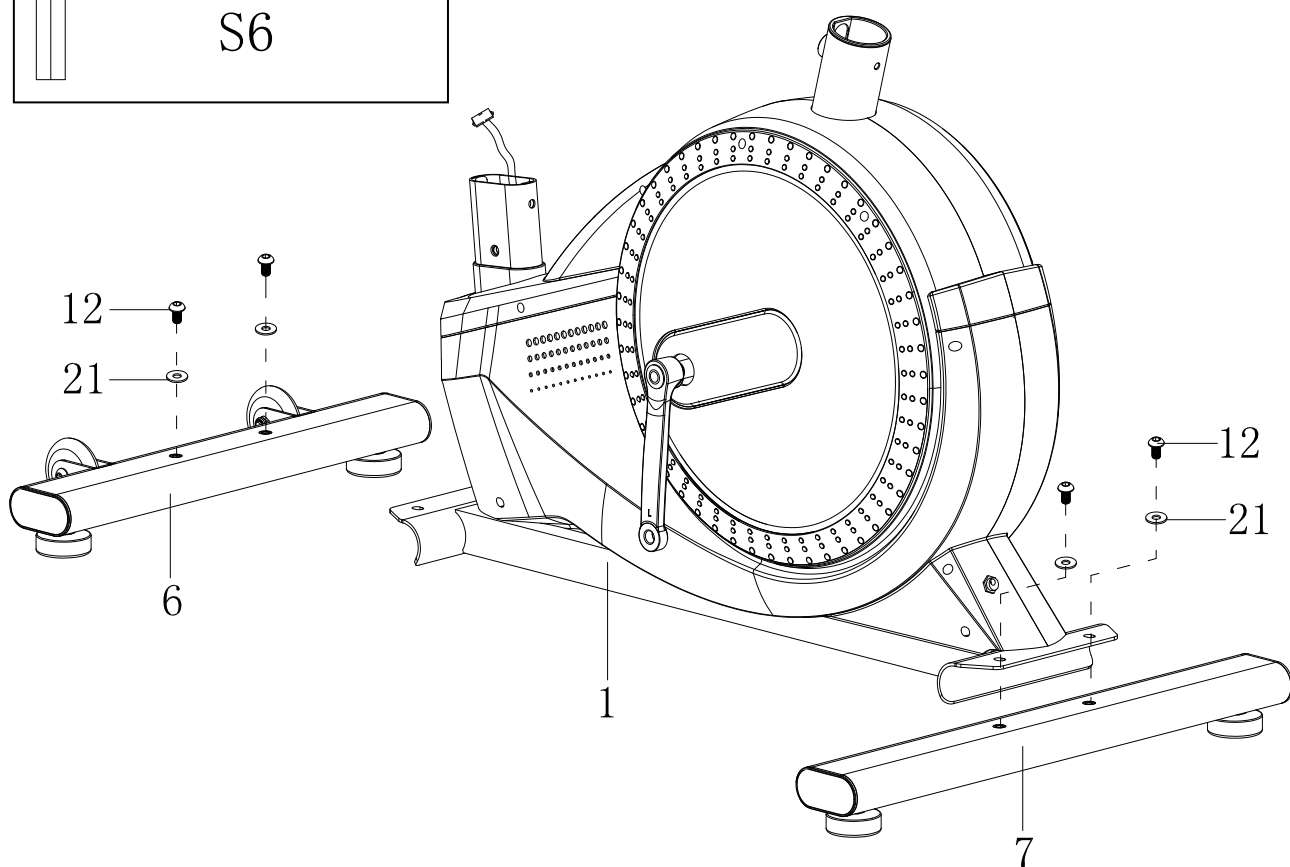
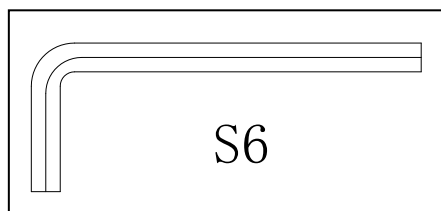
Attach the Rear Stabilizer (7) onto the rear curve of the Main Frame (1) with two M8x15 Bolts (12), two Ø8x Ø20 Big Washers (21) that were removed.



#12 M8*15 4PCS



#21 $\Phi 20 * \Phi 8 * 2.0$ 4PCS



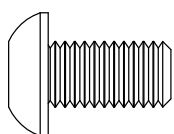
3. Handlebar Post, Handlebar Post Cover Installation

Remove four M8x15 Bolts (12), two $\varnothing 20 \times \varnothing 8 \times 2.0$ Washers (21), two $\varnothing 16 \times \varnothing 8 \times 1.5$ Curve Washers (13) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided. Slide the Handlebar Post Cover (17) up to the Handlebar Post (3).

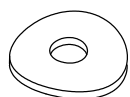
Connect the Extension Sensor Wire II (18) from the Main Frame (1) to the Extension Sensor Wire I (15) from the Handlebar Post (3).

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x15 Bolts (12), two $\varnothing 16 \times \varnothing 8 \times 1.5$ Curve Washers (13), two $\varnothing 20 \times \varnothing 8 \times 2.0$ Washers (21) that were removed. Tighten bolts with the S6 Allen Wrench provided.

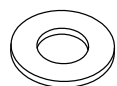
Slide the Handlebar Post Cover (17) down to the Handlebar Post (3).



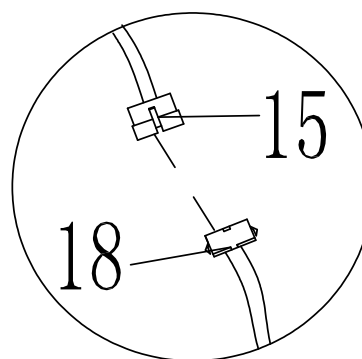
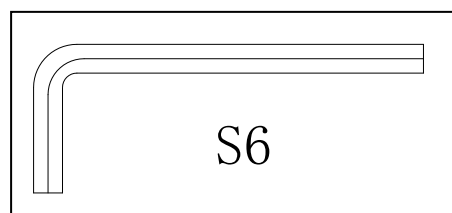
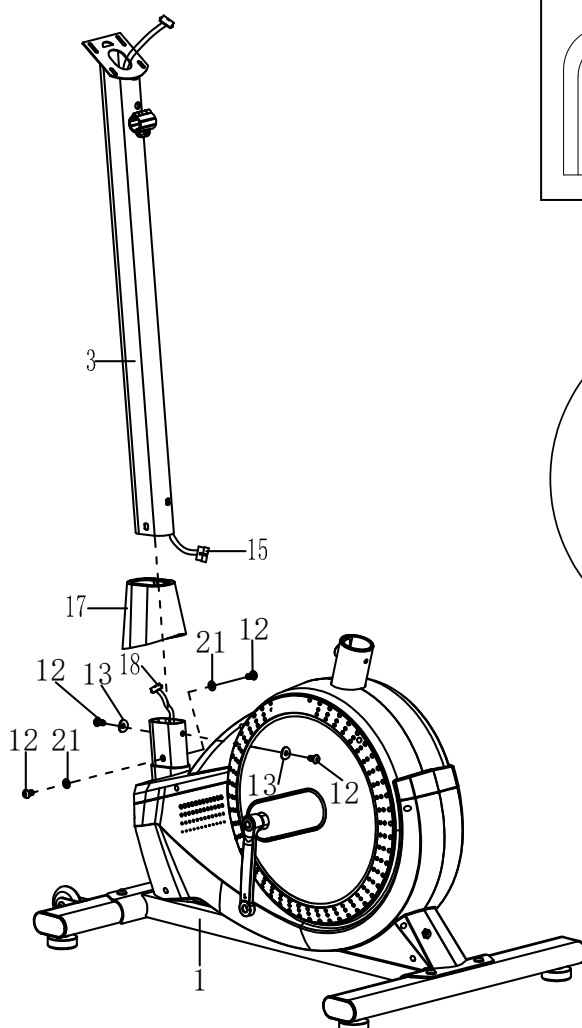
#12 M8*15 4PCS



#13 $\Phi 16 * \Phi 8 * 1.5$ 2PCS



#21 $\Phi 20 * \Phi 8 * 2.0$ 2PCS



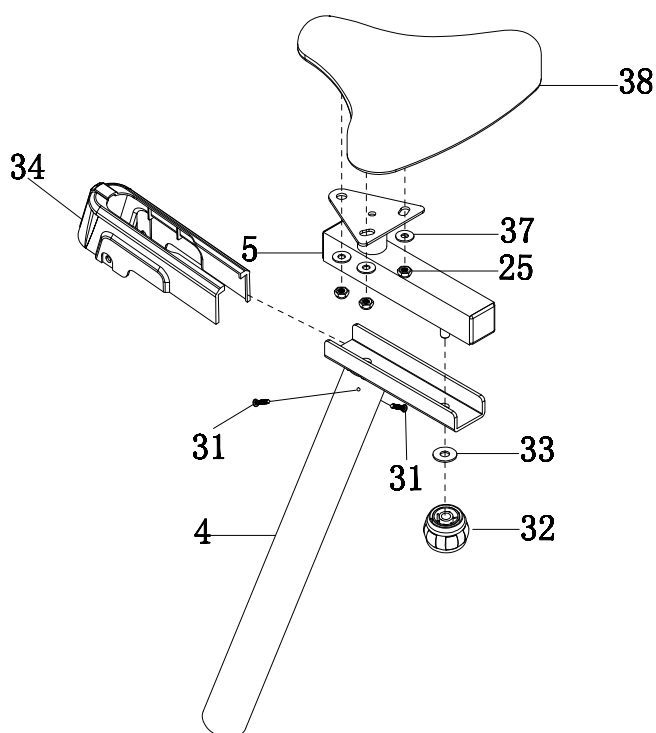
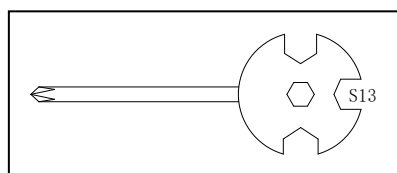
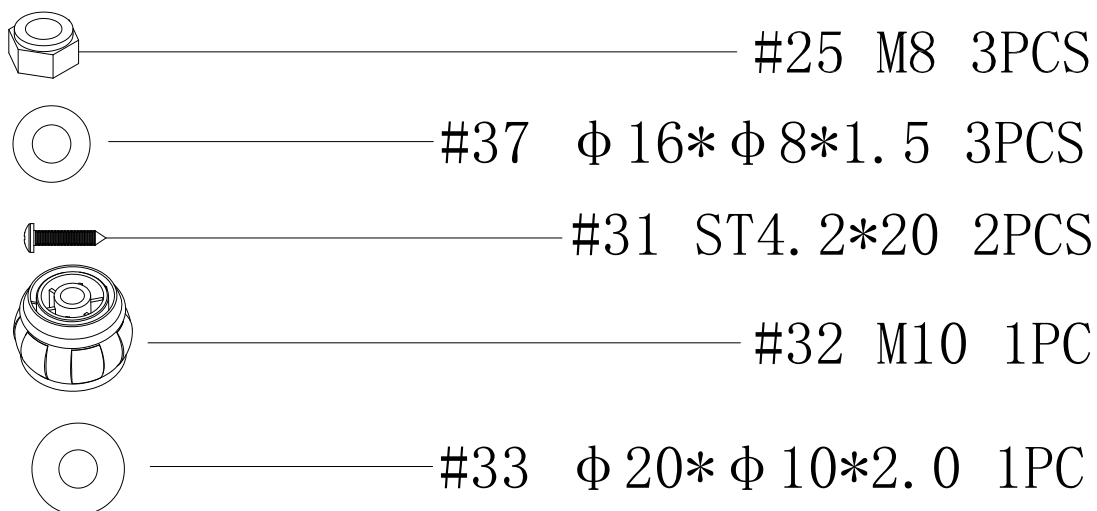
4. Seat Post Cover, Seat Cushion, and Seat Sliding Tube Installation

Remove three M8 Nylon Nuts (25) and three Ø16xØ8x1.5 Washers (37) from underside of the Seat Cushion (38).

Then attach the Seat Cushion (38) onto the triangle plate of Seat Sliding Tube (5) with three M8 Nylon Nuts (25) and Ø16xØ8x1.5 Washers (37) that were removed.

Remove one Ø10xØ20x2 Washer (33) and Seat Adjustment Knob M10(32) from underneath of the Seat Sliding Tube(5) and then attach the Seat Sliding Tube(5) onto the Seat Post(4) with one Ø10xØ20x2 Washer (33) and Seat Adjustment Knob M10(32) that were removed.

Removed two Screw ST4.2x20 (31) from the Seat Post (4) and then attach the Seat Sliding Tube adjusting cover (34) onto the Seat Post (4) with two Screw ST4.2x20 (31) that were removed.



5. Seat Post and Seat Post Cover Installation

Slide the Seat Post Cover (30) onto the tube of the Main Frame (1).

Insert the Seat Post (4) into the Seat Post Bushing (48) on the tube of the Main Frame (1) and then attach the M16 Locking Knob (22) onto the tube of the Main Frame (1) by turning it in a clockwise direction, lock the Seat Post (4) in the suitable position.

Adjusting the seat post:

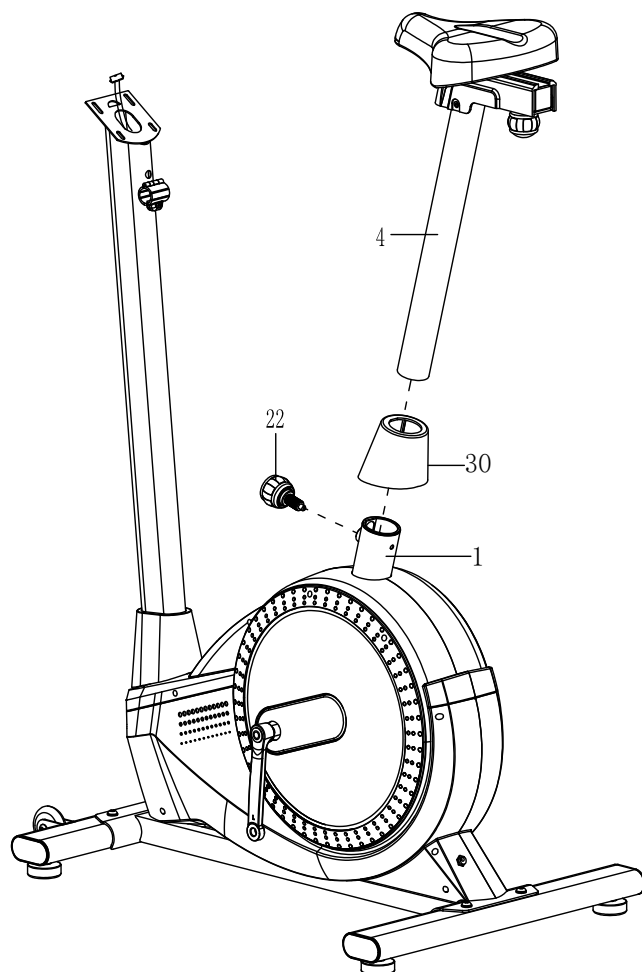
Turn the M16 Locking Knob (22) in a counterclockwise direction until it can be pulled out.

Pull out the M16 Locking Knob (22) and then slide the Seat Post (4) up or down direction to the suitable position. Lock the Seat Post (4) in place by releasing the M16 Locking Knob (22) and sliding the Seat Post (4) up or down slightly until the M16 Locking Knob (22) "POP" down into the locked position. For added safety, tighten the M16 Locking Knob (22) in a clockwise direction.

Note: When adjusting the height of seat post, the maximum insert depth mark line cannot higher than the edge of the seat post cover.



#22 M16*1.5 1PC



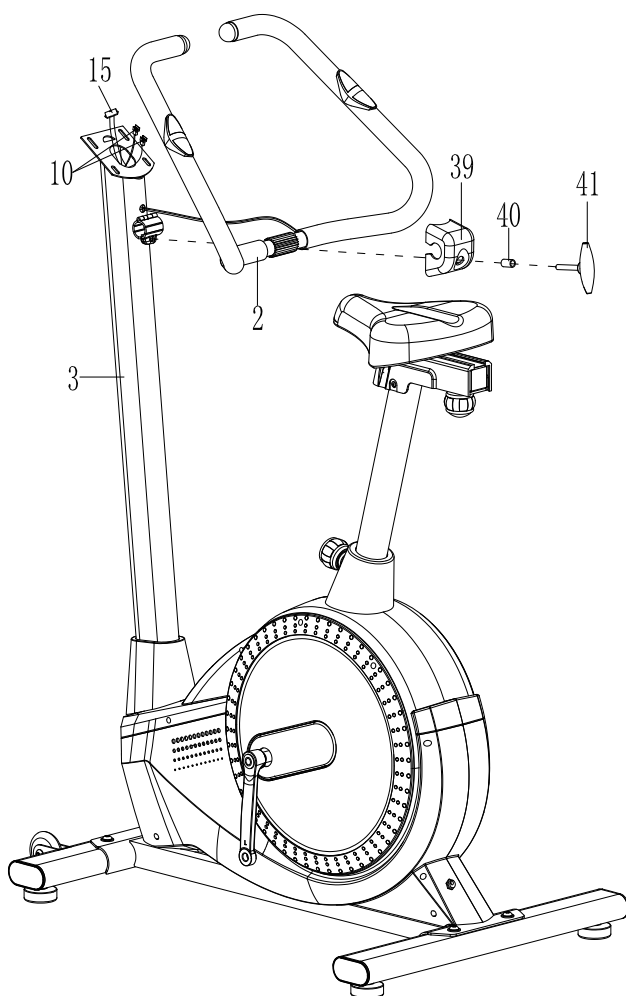
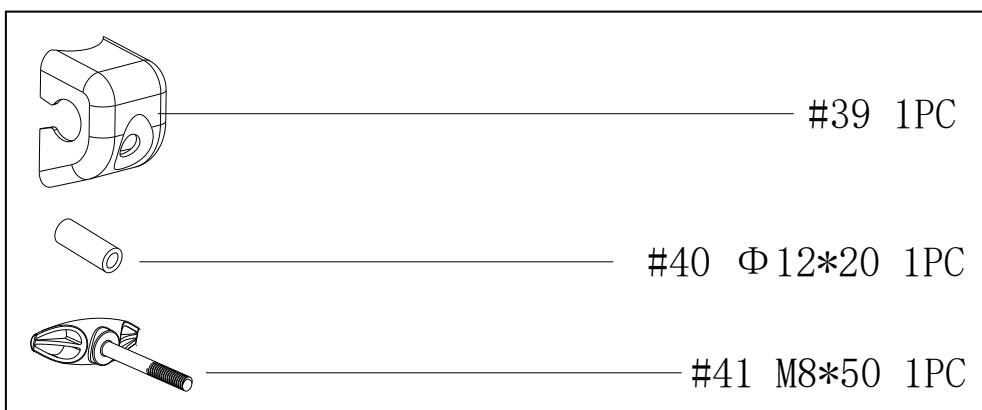
6 Handlebar Installation

Insert the Hand Pulse Sensor Wires (10) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3).

Place the Handlebar (2) through clamp on the Handlebar Post (3) with hand pulse sensors facing the seat.

Hold the Handlebar (2) in desired position and fasten Clamp Cover (39), Ø12x20x1.5 Spacer (40), and Handlebar T-Knob (41) onto clamp. Tighten the Handlebar T-Knob (41) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.



7. Computer and Foot Pedals Installation

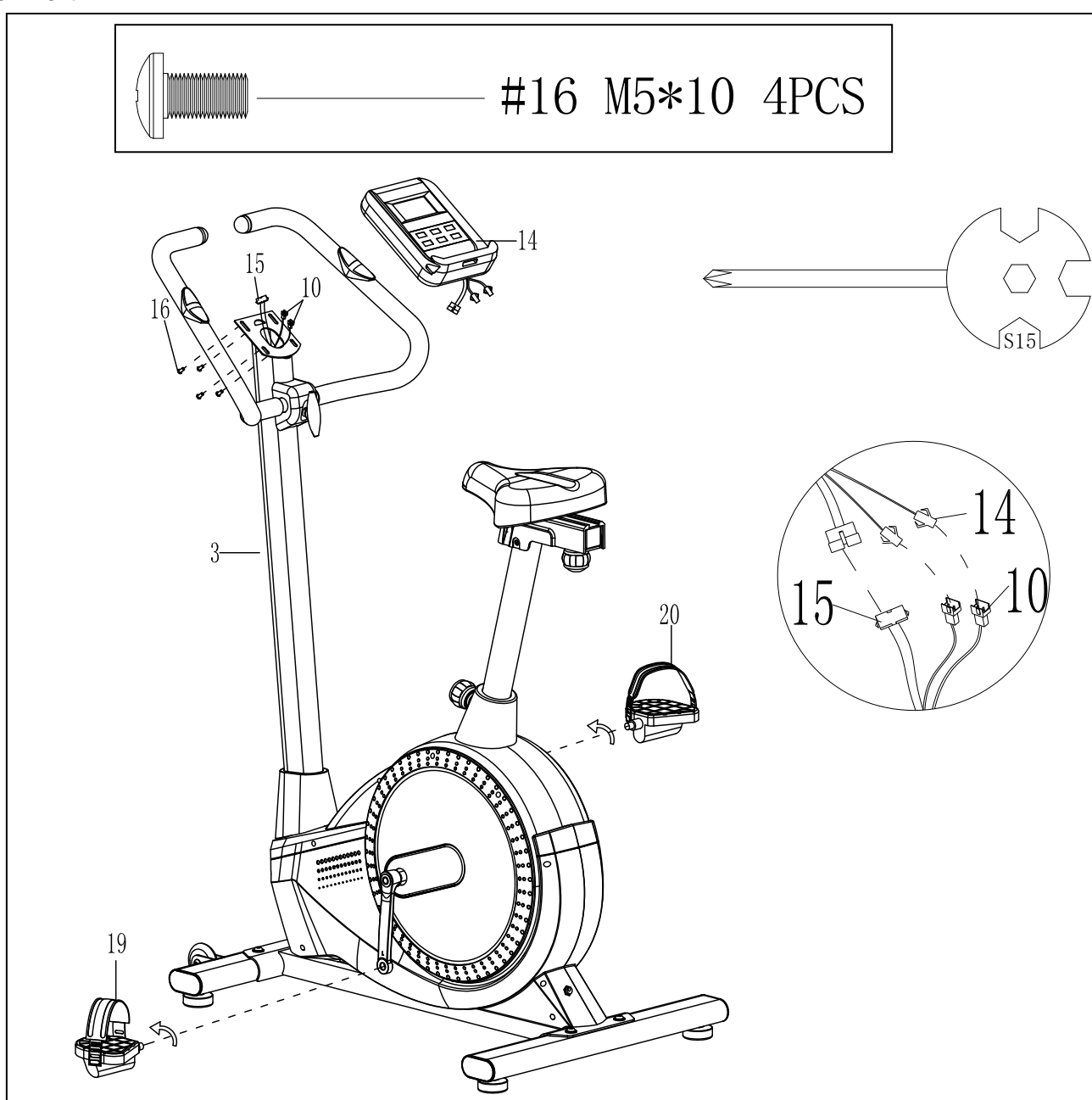
Remove four M5x10 Bolts (16) From the Computer (14). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (10) and Extension Sensor Wire I (15) to the wires that come from the Computer (14). Tuck wires into the Handlebar Post (3). Attach the Computer (14) onto the top end of the Handlebar Post (3) with four M5x10 Bolts (16) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided. Insert the pedal shaft of Left Foot Pedal (19) into threaded hole in the left Crank.

Turn the pedal shaft by hand in the counter-clockwise direction until snug.

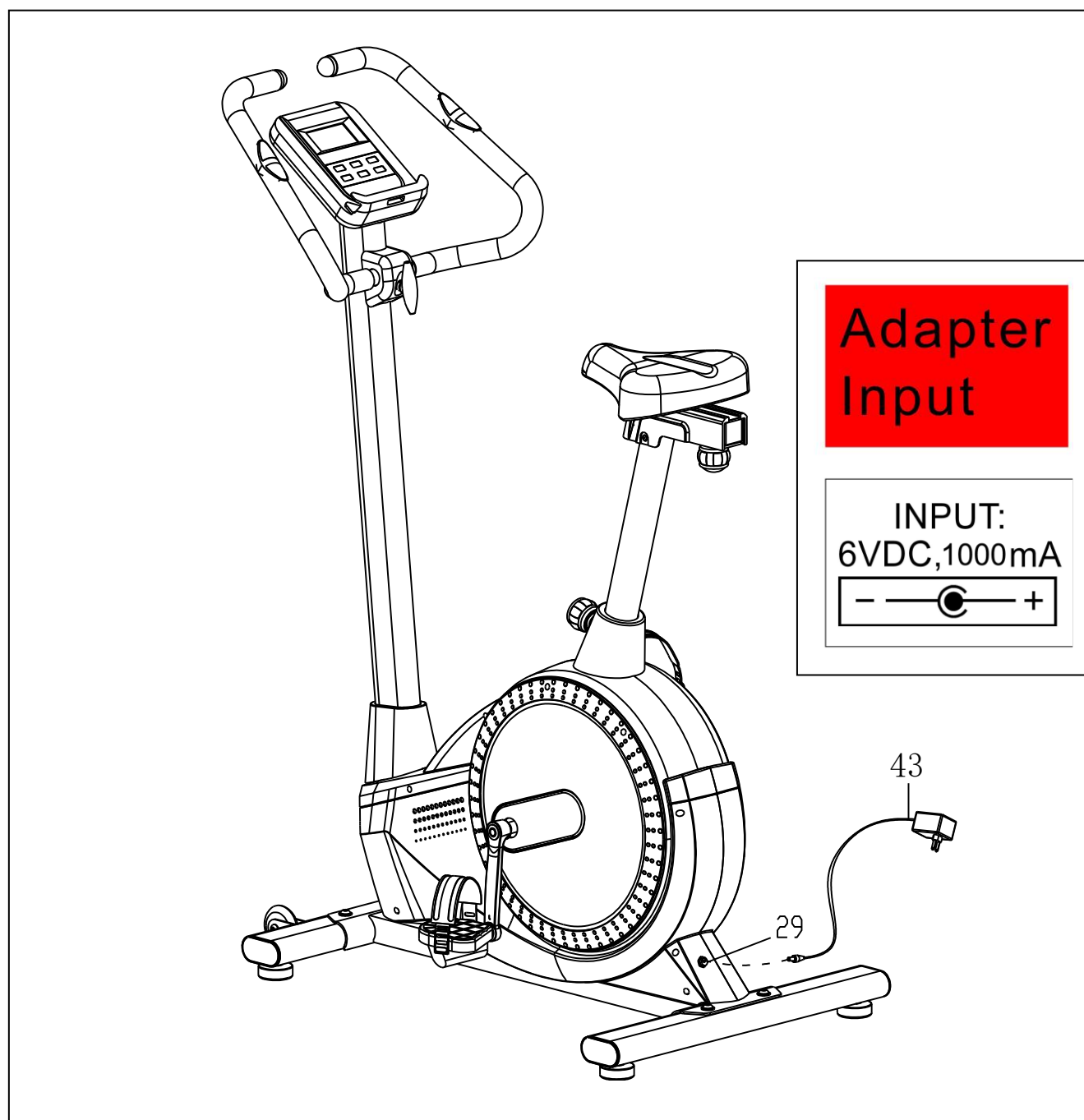
Insert the pedal shaft of Right Foot Pedal (20) into threaded hole in right Crank. Turn the pedal shaft by hand in the clockwise direction until snug.

NOTE: The Cranks, Pedal Shafts and Pedal Straps are marked "R" for Right and "L" for Left.



8. AC Adapter Installation

Plug one end of the AC Adapter (43) into the power jack of the Power Supply Wire (29) on the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (43) into the electrical wall outlet.



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 conectivity issue	Check for wire damage or loose connection	Reconnect or replace motor wiring

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

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

TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none">1. 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.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none">1. Make sure that the wire connections for the hand pulse sensors are secure.2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts.

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:

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.

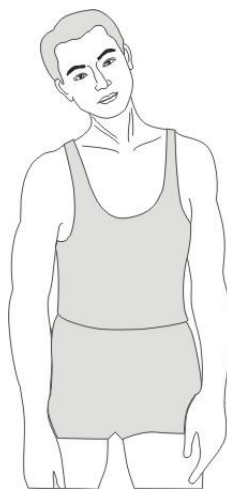


Hamstring Stretch

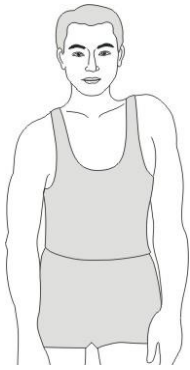
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

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.



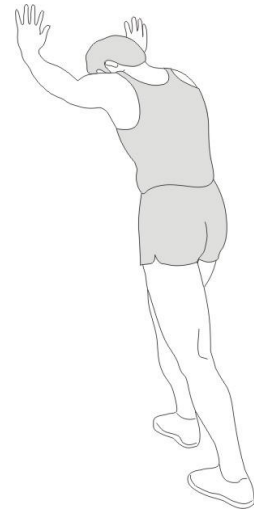
Shoulder Lift



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, and 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.

