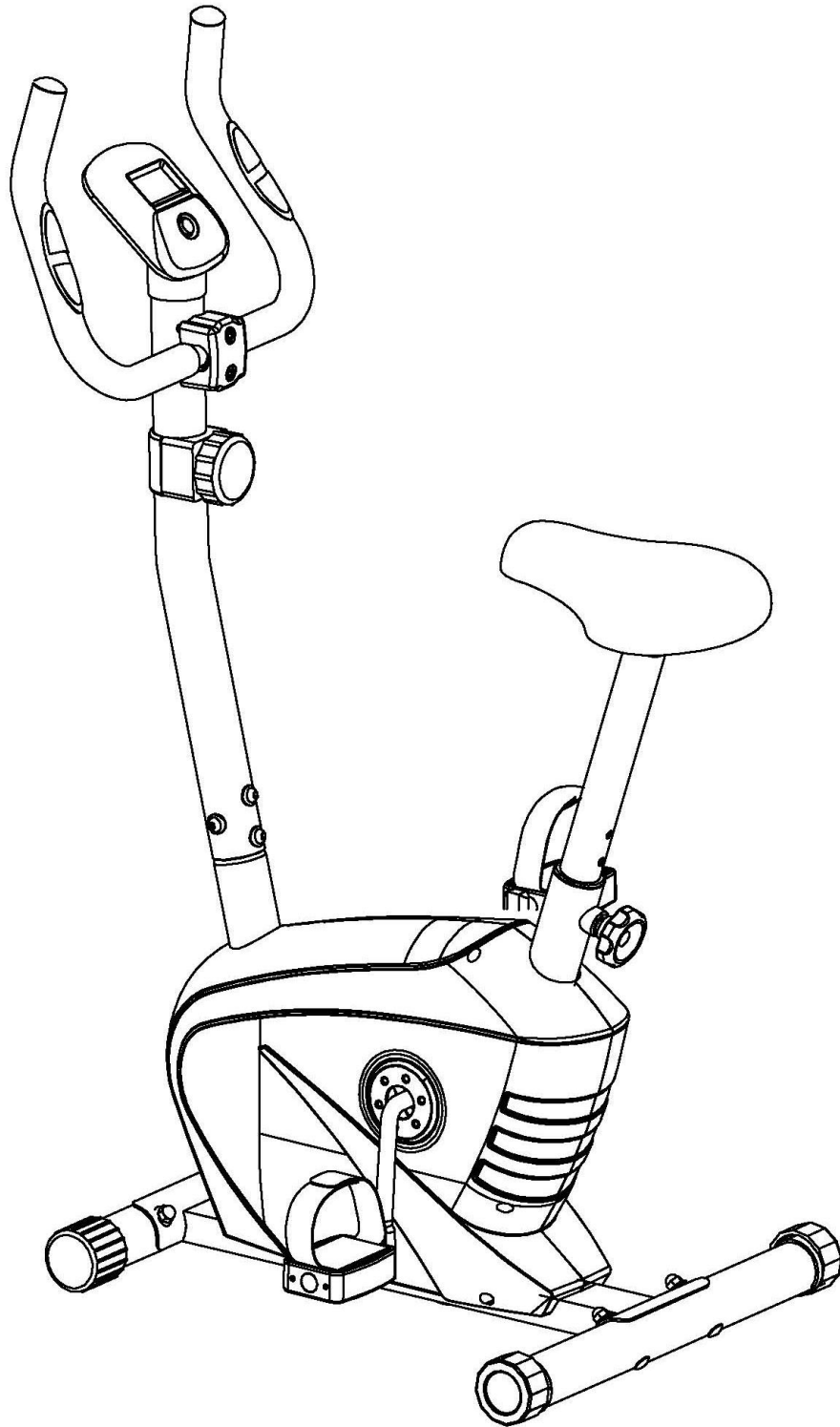


MAGNETIC BIKE

Owner's Manual



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

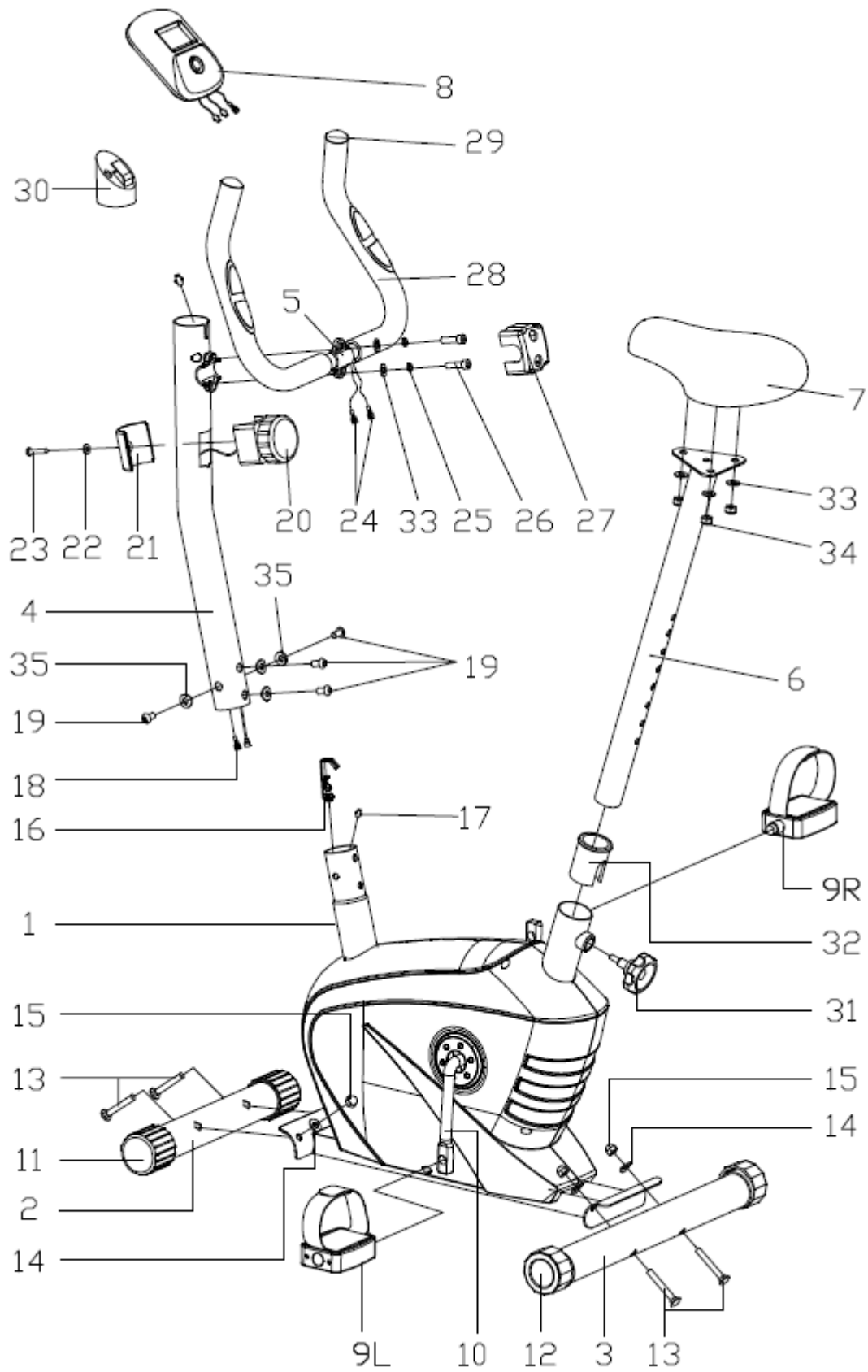
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Precautions

- 1) Read all the instructions in this manual and do warm up exercises before using this equipment.
- 2) This upright bike is home stationary fitness equipment, and also aerobic training equipment that can help you to develop your cardiovascular function.
- 3) Please make sure all parts are not damaged and well fixed before use. The equipment should be placed on a flat surface when using. Using a carpet or other covering material on the ground is recommended.
- 4) Please wear proper clothes and shoes when using this magnetic upright bike; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
- 5) Consult your physician and make a suitable exercise schedule before exercise. This is particularly important to people who are over 35 years old or who have prior medical history. In order to attain the ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.
- 6) Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up Exercises. After exercise, relaxation of the body is suggested for cool-down.
- 7) Keep children and pets away from the equipment while operating the equipment. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
- 8) Do not use this equipment one hour before or after dinner.
- 9) If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- 10) The maximum weight capacity of the user is 100kgs.

Warning: It will be harmful if you disobey the above-mentioned precautions.

Exploded Diagram



Parts List

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	19	Allen bolt M8X15	4
2	Front stabilizer	1	20	Tension controller	1
3	Rear stabilizer	1	21	Tension controller cover	1
4	Handlebar post	1	22	Flat washer D5	1
5	Handlebar	1	23	Cross screw M5X40	1
6	Saddle post	1	24	Pulse sensor wire	2
7	Saddle	1	25	Spring washer D8	2
8	Computer	1	26	Bolt M8X30	2
9L/R	Pedal	1/1	27	Handlebar chuck cover	1
10	Crank	1	28	Foam grip	2
11	Front stabilizer end cap	2	29	End cap	2
12	Rear stabilizer end cap	2	30	Computer bracket	1
13	Carriage bolt M10X57	4	31	Knob	1
14	Arc washer D10Xφ25X1.5XR28	4	32	Plastic bushing	1
15	Acorn nut M10	4	33	Flat washer D8	5
16	Tension cable	1	34	Nylon nut M8	3
17	Sensor wire	1	35	Arc washer D8Xφ25X1.5XR25	4
18	Connective wire	1			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

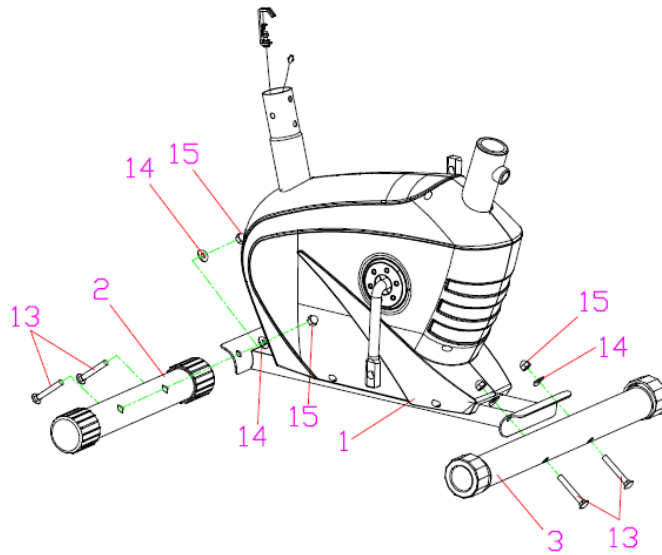
Assembly Instructions

Attention:

Please follow these assembly instructions step by step to assemble this bike

1. Install the Front and Rear Stabilizers

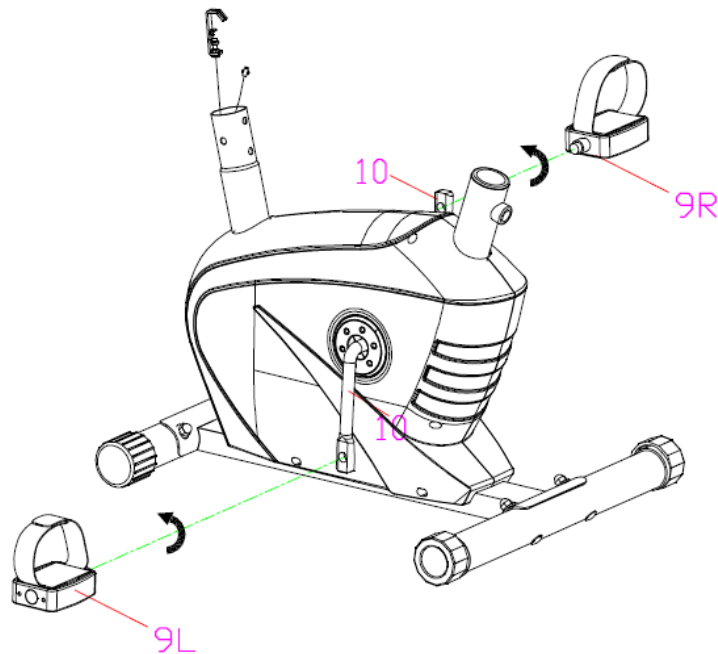
Fix the Front stabilizer (2) and Rear stabilizer (3) to the Main frame (1) with the Carriage bolt (13), Arc washer (14) and Acorn nut (15).



2. Install the Right and Left Pedals

Attach the right and left Pedals (9L/R) to the Crank (10) respectively. The right Pedal (9R) should be threaded clockwise. The left Pedal (9L) should be threaded counterclockwise.

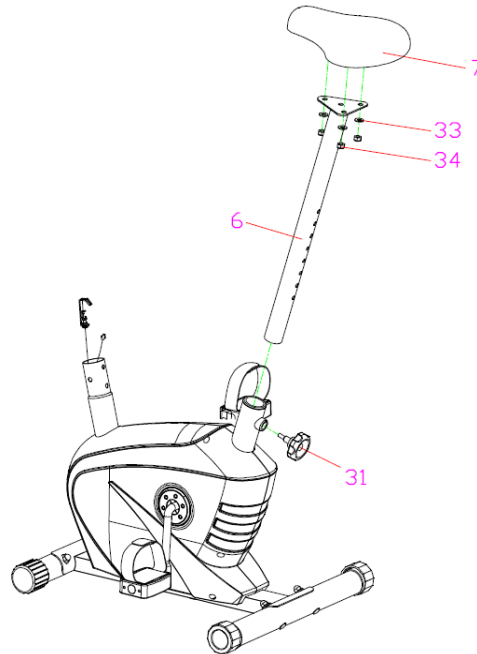
NOTE: The right and left Pedals (9L/R) are marked “R” for right & “L” for left.



3. Install the Saddle Post

Fix the Saddle (7) to the Saddle post (6) with Flat washer (33) and Nylon nut (34), and then insert the Saddle post (6) with Saddle into the Main frame (1), tighten with the Knob (31).

Note: When adjusting the height of saddle post, the maximum insert depth mark line cannot be higher than the edge of the tube of Main Frame section.

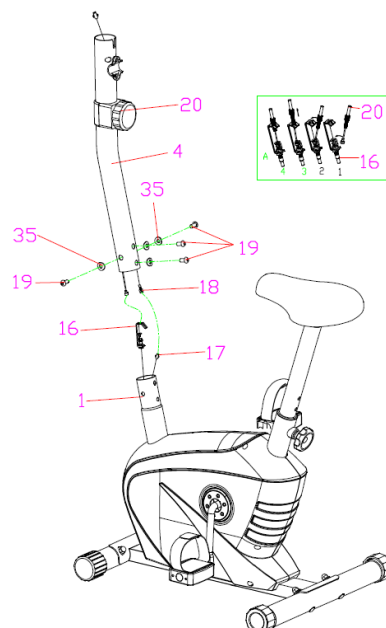


4. Install the Handlebar Post

Connect the Sensor wire (17) from the Main frame (1) to the Connective wire (18) from the Handlebar post (4).

Put the end of Tension controller (20) into the spring hook of Tension cable (16) as Picture shown. Pull the resistance cable of Tension controller (18) up and force it into the gap of metal bracket of Tension cable (16).

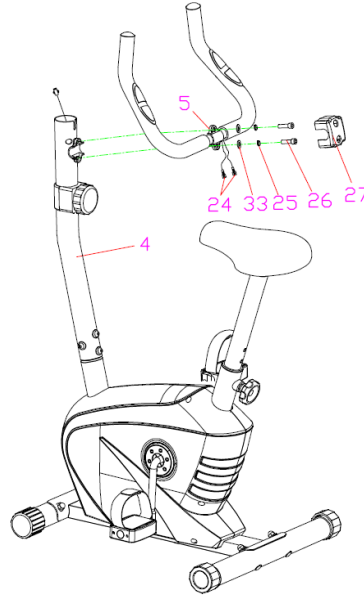
Finally, insert the Handlebar post (4) to the Main frame (1) and secure with the Allen bolt (19) and Arc washer (35).



5. Install the Handlebar

Fit the Pulse sensor wires (24) through the hole of Handlebar post (4), and then pull out from the top of the Handlebar post (4).

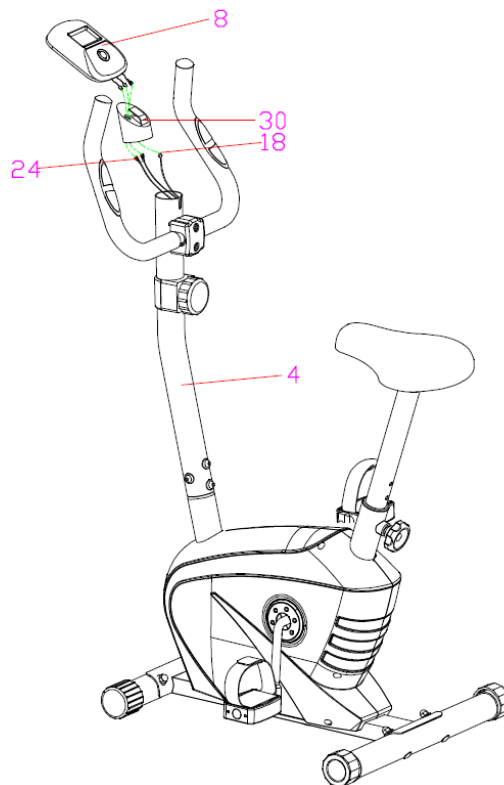
Fix the Handlebar (5) onto the Handlebar post (4) with Spring washer (25), Flat washer (33) and Bolt (26). Cover the Handlebar chuck cover (27) onto the Handlebar (4).



6. Install the computer

Open the battery cover and install two "AA" or "UM-3" batteries into the battery compartment on the back of Computer (8).

Pull the Pulse sensor wires (24) and Connective wire (18) through the hole of Computer bracket (30) and then fit the bracket onto the Handlebar post. Connect the Pulse sensor wires (24) and Connective wire (18) to the wires that come from the Computer (8), and then attach the Computer (8) to the Computer bracket (30).



USING YOUR BIKE

Using your bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

WARM-UP PHASE

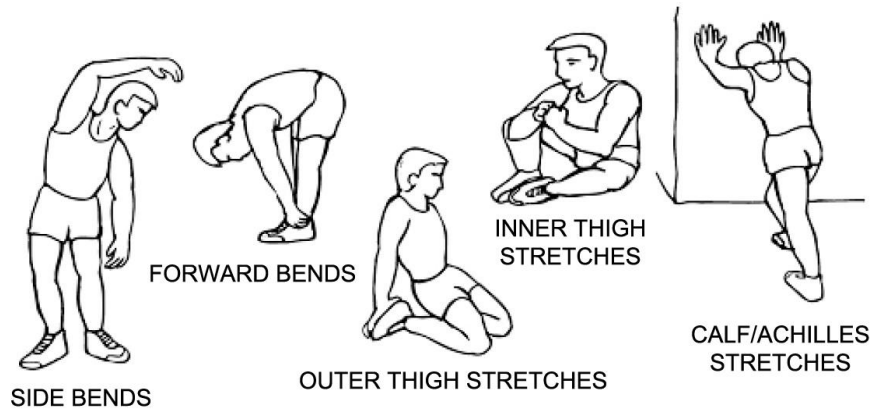
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

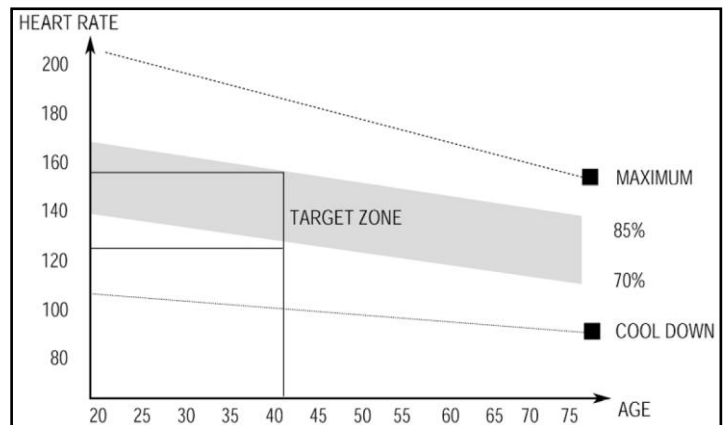
DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.