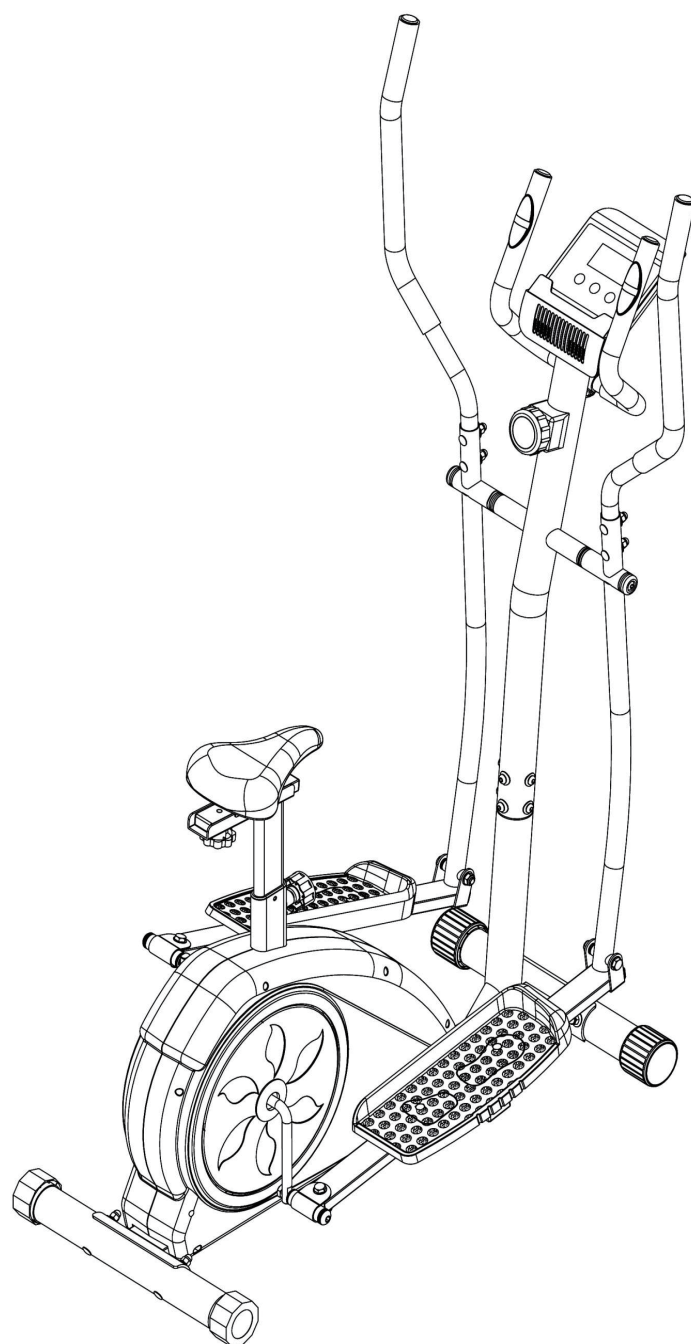


# *Soozier*

IN230800286V01\_US

**A90-256**



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

## **ASSEMBLY INSTRUCTION**

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## **SAFETY:**

Always wear appropriate clothing and footwear such as training shoes when exercising.

Please keep all children away from this item when in use.

Please keep air circulation when exercising.

Please put the packages and the bags on somewhere the children couldn't touch in case of some troubles.

## **WARNING:**

Do not wear loose clothing that could become caught in moving parts during exercise.

If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Please consult your doctor before using this product if you are receiving medical treatment or you feel sick.

Please stop exercising and consult your doctor if you feel backache, numb or faint during exercise.

Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.

Please check all around if someone or pet before you use or take the product.

Do not jump when exercising.

Don't do too much exercise suddenly if you do that less in normal times.

Do not use it after eating or some time you feel tired.

Do not use it when you are doing others.

Do not use it after drinking or feel not good.

Without a flywheel transmission, in use process, pay attention to the foot with the inertia motion, so as to avoid accident injury.

Do not use this unit if it is not functioning properly or if it is not fully assembled.

This product couldn't be taken place of rehabilitation instrument.

Weight limit 265LB more or less.

## EXERCISE SUGGESTION

**Warm-up:** Please do warm-up for 5-10 mins every time before you use this machine.

**Breathing:** Please do not hold your breath when exercising. And stop it if you feel breath hardly.

**Load:** Please exercise according to your body and increase it gradually. It is normal if you feel muscular soreness, and it would be better if you keep exercising.

**Relax:** Please do relax actions for 5 mins after exercising in case of muscular tone, and keep muscle elasticity.

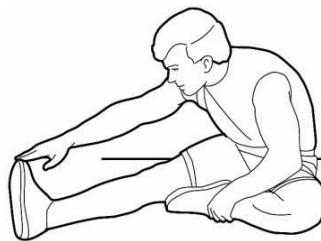
**Diet:** Please do exercises one hour after meal, and eat something half an hour after training. Do not drink so much water when exercising.

**Stretching:** Please do warm-up before exercising, and do relax actions after training. Do as below.

Trunk Flexion, Prone



Hamstring Stretch



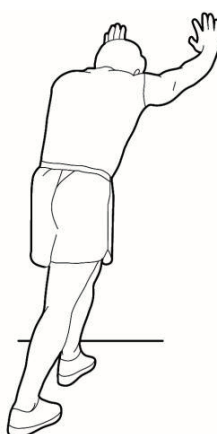
Groin Stretch



Quadriceps Stretch



Calf Stretch



## HARDWARE LIST

### Bolt



#31L Bolt for Left Pedal Connection Joint  
[1 piece]



#31R Bolt for Right Pedal Connection Joint  
[1 piece]



#32 Hex Bolt (M10\*70MM)  
[2 pieces]



#34 Hex Bolt (M8\*40MM)  
[4 pieces]



#35 Carriage Bolt(M8\*75MM)  
[4 pieces]



#36 Carriage Bolt (M8\*45MM)  
[4 pieces]



#37 Bolt (M8\*35MM)  
[2 pieces]



#38 Bolt (M8\*15MM)  
[4 pieces]



#39 Bolt (M8\*15MM)  
[2 pieces]

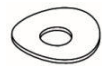


#41 Bolt (M5\*10MM)  
[4 pieces]



#58 Bolt (M8\*70MM)  
[2 pieces]

### Washer



#47 Arc Washer (M8)  
[16 pieces]



#49 Washer (M10)  
[4 pieces]



#50 D Shape Washer  
(Φ32x19.5 mm)  
[2 pieces]



#51 Washer (M8)  
[7 pieces]



#52 Spring Washer (M8)  
[15 pieces]



#53 Special Washer  
(Φ25x19.5 mm)  
[2 Pieces]



#55 Washer(Φ25x17 mm)  
[2 Pieces]



#59 Washer(Φ25x13 mm)  
[2 Pieces]

### Nut



#43 Nut (M8)  
[8 pieces]



#44L Left Nut (M12)  
[1 piece]



#44R Right Nut (M12)  
[1 piece]

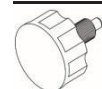


#45 Nylon Nut (M10)  
[2 piece]

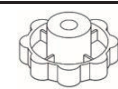


#46 Nylon Nut (M8)  
[6 piece]

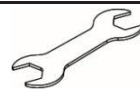
### Others



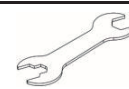
#63 Adjustable Knob  
[1 piece]



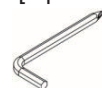
#64 Adjustable Knob  
[1 piece]



Tool 1 (S17-19)  
[1 piece]



Tool 1 (S14-17)  
[1 piece]



Tool 3 (6mm)  
[2 piece]



Tool 4 (8mm)  
[ 1 piece]

**# Description**

- 1 Main Frame
- 2A Front Stabilizer
- 2B Rear Stabilizer
- 3 Center Post
- 4 Left Coupler Bar
- 5 Right Coupler Bar
- 6 Left Pedal Tube
- 7 Right Pedal Tube
- 8 Pedal Connection Joint
- 9 Left Handle Bar
- 10 Right Handle Bar
- 11 Pulse Handle Bar
- 12 Monitor
- 13 Crank
- 14L Left Pedal
- 14R Right Pedal
- 15 Foam Grip of Handle Bar
- 16 Foam Grip of Pulse Handle Bar
- 17 Tension Controller
- 18 Tension Controller Cable
- 19 Monitor Wire (Lower)
- 20 Monitor Wire (Middle)
- 21 Monitor Wire (Upper)
- 22 Hand Pulse Cable
- 23 End Cap for Front Stabilizer
- 24 End Cap for Rear Stabilizer
- 25 Round End Cap (25 mm)
- 26 Rectangular End Cap (53x23 mm)
- 27 Plastic Bushing (Φ 32xΦ 19 mm)
- 28 Axle 58 Bolt (M8x70 mm)
- 29 Bushing (Φ 25xΦ 16 mm)
- 30 Bushing (Φ 18xΦ 10 mm)
- 31L Bolt for Left Pedal Connection Joint
- 31R Bolt for Right Pedal Connection Joint
- 32 Hex Bolt (M10x70 mm)

**# Description**

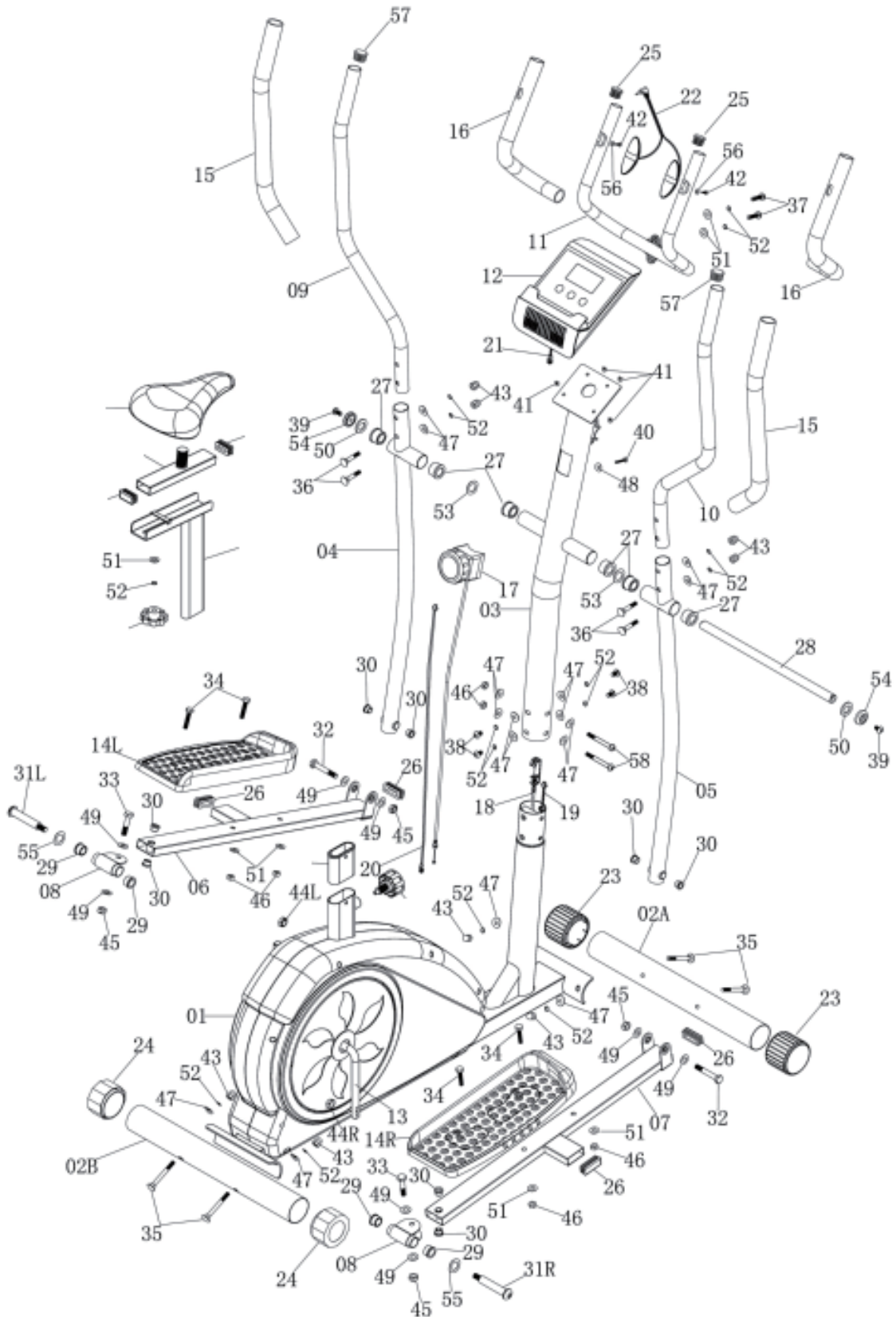
- 33 Hex Bolt (M10x45 mm)
- 34 Hex Bolt (M8x40 mm)
- 35 Carriage Bolt (M8x75 mm)
- 36 Carriage Bolt (M8x45 mm)
- 37 Bolt (M8x35 mm)
- 38 M8×15Bolt (M8x15 mm)
- 39 Bolt (M8x15 mm)
- 40 Bolt (M5x55 mm)
- 41 Bolt (M5x8 mm)
- 42 Screw (ST4x20 mm)
- 43 Nut (M8)
- 44L Left Nylon Nut for #31L Bolt (1/2")
- 44R Right Nylon Nut for #31R Bolt (1/2")
- 45 Nylon Nut (M10)
- 46 Nylon Nut (M8)
- 47 Arc Washer (M8)
- 48 Arc Washer (M6)
- 49 Washer (M10)
- 50 D Shape Washer (Φ 32x19.5 mm)
- 51 Washer (M8)
- 52 Spring Washer (M8)
- 53 Special Washer (Φ 25x19.5 mm)
- 54 End Cap (Φ 32x8.5 mm)
- 55 Washer (Φ 25x17 mm)
- 56 Washer (M5)
- 57 Round End Cap (28 mm)
- 58 Bolt (M8x70 mm)
- 59 Washer (Φ 25x13 mm)
- 60 Seat Post
- 61 Seat Slider
- 62 Seat Cushion
- 63 Adjustable Knob
- 64 Adjustable Knob
- 65 Plastic BushingΦ 30×70VΦ20×60
- 66 Rectangular End Cap (20x40 mm)

## EXPLODED DIAGRAM

**Note:** Some parts were completed before selling.

1: Please put all of the needed spare parts on the ground, and make ready for all of the hard wares before install the product.

2: Please put the product on the level ground, and install it as the instructions.



## Assembly step 1

### A.) Front Stabilizer Assembly

Please note, the **Front Stabilizer(#02A)** is the one with end caps that spin for ease of relocating the unit as referred to in illustration below. With the help of an assistant, attach the **Front Stabilizer(#02A)** to the front of **Main Frame(#01)** as illustrated below using two **Carriage Bolts(#35)**, two **Arc Washers (#47)**, two **Spring Washers(#52)**, and two **Nuts(#43)**.

### B.) Rear Stabilizer Assembly

Attach the **Rear Stabilizer(#02B)** to the back of **Main Frame(#01)** as illustrated below using two **Carriage Bolts(#35)**, two **Arc Washers(#47)**, two **Spring Washers(#52)**, and two **Nuts(#43)**.

**Note:** If a slightly rough, Can adjust the **pipe plug(24)**.

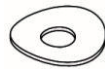
## Hardware Required

### Bolt



#35 Carriage Bolt(M8\*75MM)  
[4 pieces]

### Washer



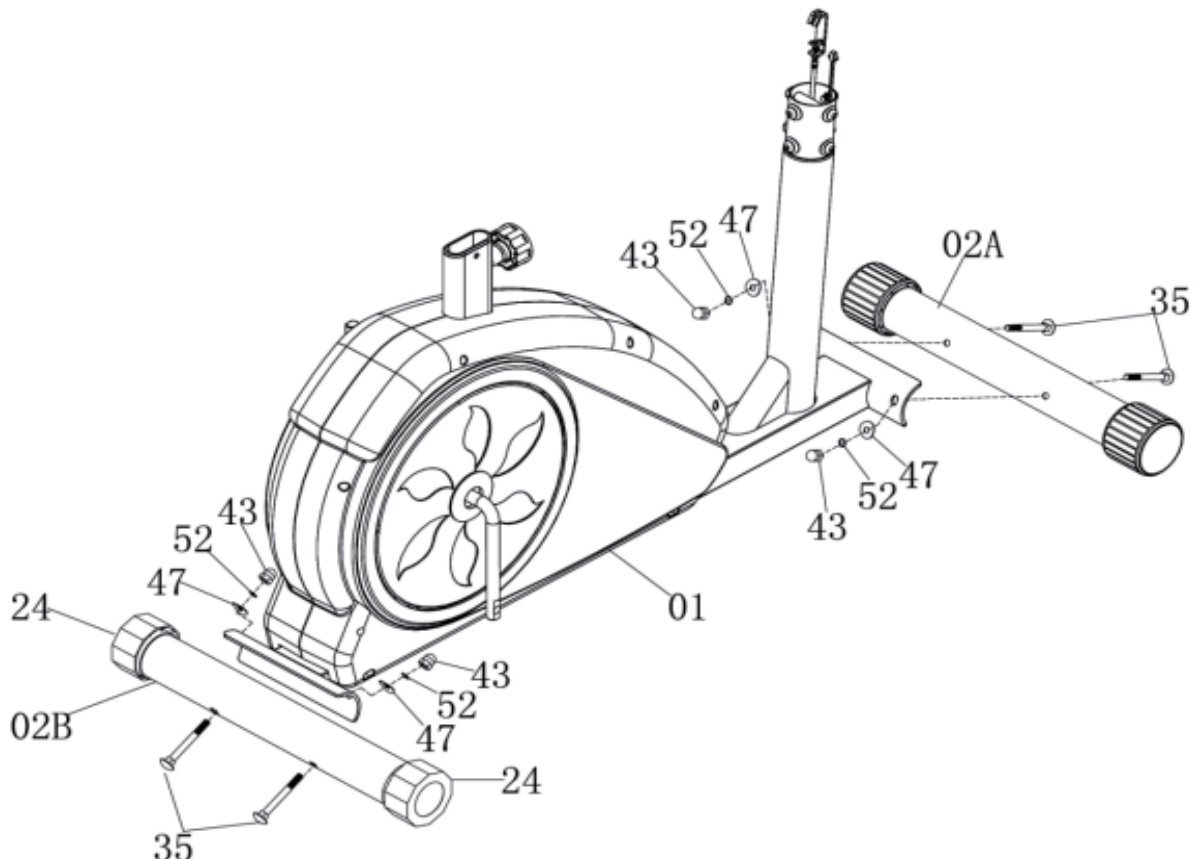
#47 Arc Washer (M8)  
[4 pieces]



#52 Spring Washer (M8)  
[4 pieces]



#43 Nut (M8)  
[4 pieces]





## Assembly step 2

Remove the pre-assembled parts from **Main Frame(#01)** and set them aside nearby: **SixBolts (#38)**, six **Spring Washers(#52)**, and six **Arc Washers(#47)**. With the help of an assistant, connect **Monitor Wire(Middle)(#20)** to **Monitor Wire(Lower)(#19)** as show in exploded diagram A, and **Tension Controller(#17)** to **Tension Controller Cable(#18)** as shown in exploded diagram B. Then, being careful to tuck the connected wires into the hollow tubing to avoid pinching/damaging the wires, slide **Center Post(#03)** onto the protruding tube of **Main Frame (#01)**. Secure using a total of six **Bolts(#38)**, six **Spring Washers(#52)**, and six **Arc Washers (#47)** that were set side nearby.

## Hardware Required

### Bolt

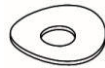


#38 Bolt (M8\*15MM)  
[4 pieces]

### Washer



#58 Bolt (M8\*70MM)  
[2 pieces]



#47 Arc Washer (M8)  
[8 pieces]

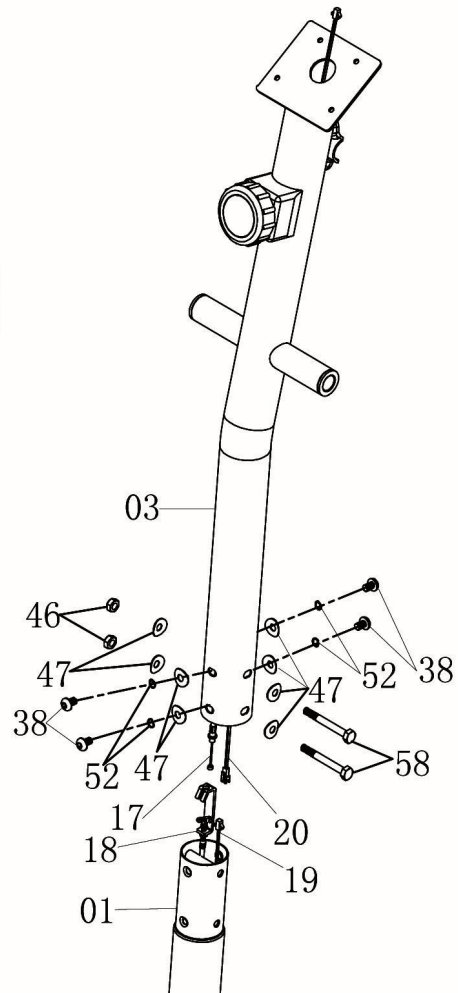
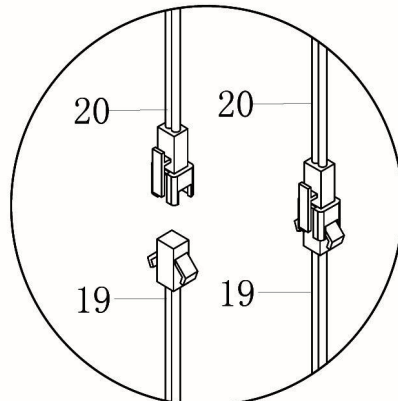
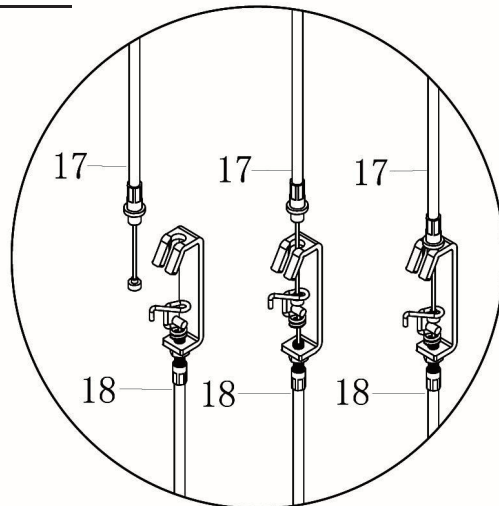


#52 Spring Washer (M8)  
[4 pieces]

### Nut



#46 Nylon Nut (M8)  
[2 piece]



## Assembly step 3

### A.) Coupler Bar Assembly

The **spindle assembly(28)** to the **vertical rod(03)**.on the right side, using one **Special Washer(#53)** followed by the **Right Coupler Bar(#05)**,one **D Shape Washer(#50)**, one **End Cap(#54)** and secure with one **Bolt (#39)**.

Repeat this process on the left side using the **Left Coupler Bar(#05)**.

### B.) Pedal Tube Assembly

On the right side, align and attach the **Pedal Connection Joint(#08)** on the **Right Pedal Tube(#07)** to the **right Crank(#13)**. Insert the Bolt for **Right Pedal Connection Joint (#31R)** through one **Washer(#55)** and **Washer(#59)** and turn to secure with **Right Nylon Nut for #31R Bolt(#44R)**.

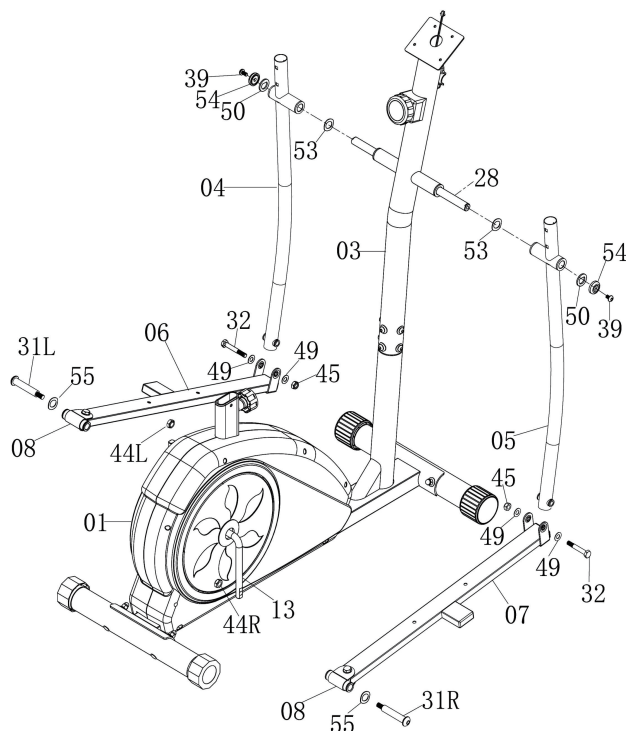
PLEASE NOTE:

a):Turn COUNTERCLOCKWISE to tighten the Bolt for **Left Pedal Connection Joint(#31L)**and CLOCKWISE to tighten **Left Nylon Nut for #31L Bolt(#44L)**.

b):Turn CLOCKWISE to tighten the **Bolt for Right Pedal Connection Joint (#31R)**and COUNTERCLOCKWISE to tighten **Right Nylon Nut for #31R Bolt(#44R)**.

Next, align and attach the **Right Pedal Tube(#07)**to the **Right Coupler Bar(#05)**.Secure them together using one **Hex Bolt(#32)**through one **Washer(#49)**fastened by one **Washer(#49)** and one **Nylon Nut(#45)**.

Repeat this process on the left side using **Left Pedal Tube (#06)**, and **Bolt for Left Pedal Connection Joint(#31L)**.



## Hardware Required

### Bolt



#31L Bolt for Left Pedal Connection Joint [1 piece]



#31R Bolt for Right Pedal Connection Joint [1 piece]

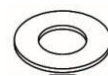


#32 Hex Bolt (M10\*70MM)[2 pieces]

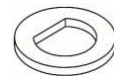


#39 Bolt (M8\*15MM) [2 pieces]

### Washer



#49 Washer (M10) [4 pieces]



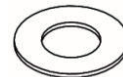
#50 D Shape Washer [2 pieces]



#53 Special Washer (Φ25x19.5 mm) [2 Pieces]



#55 Washer (Φ25x17 mm) [2 Pieces]



#59 Washer (Φ25x13 mm) [2 Pieces]

### Nut



#44L Left Nut (M12) [1 piece]



#44R Right Nut (M12) [1 piece]



#45 Nylon Nut (M10) [2 piece]

## Assembly step 4

### A.) Handle Bar Assembly

Insert the **Right Handle Bar(#10)** into the opening at the end of the **Right Coupler Bar(#05)** and secure it by inserting two **Carriage Bolts(#36)** and fastening with two **Arc Washers(#47)**, two **Spring Washers(#52)** and two **Nuts(#43)**.

Repeat this process on the left side using **Left Handle Bar(#09)** and **Left Coupler Bar(#04)**.

### B.) Pulse Handle Bar Assembly

Align and attach the **Pulse Handle Bar(#11)** to the bracket on the **Center Post(#03)**. Secure together using two **Bolts(#37)** through two **Spring Washers(#52)** and two **Washers(#51)** as illustrated.

### Monitor Assembly

Remove the four **Bolts(#41)** that are pre-assembled on the **Monitor(#12)** and set them aside nearby. Connect the **Monitor Wire (Upper)(#21)** to the **Monitor Wire (Middle)(#20)**. Secure the **Monitor(#12)** to the bracket of the **Center Post(#03)** with the four **Bolts(#41)** that were previously set aside. Next, connect the **Hand Pulse Cable(#22)** by plugging it into the hole on the back of the **Monitor(#12)**.

## Hardware Required

### Bolt



#36 Carriage Bolt (M8\*45MM)  
[4 pieces]



#37 Bolt (M8\*35MM)  
[2 pieces]

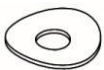


#41 Bolt (M5\*10MM)  
[4 pieces]



#43 Nut (M8)  
[4 pieces]

### Washer



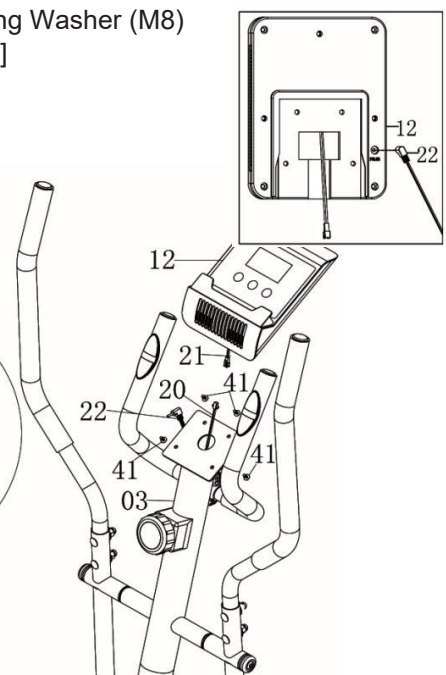
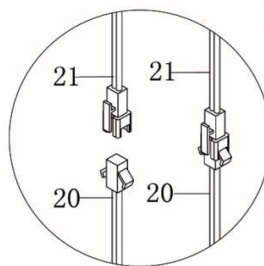
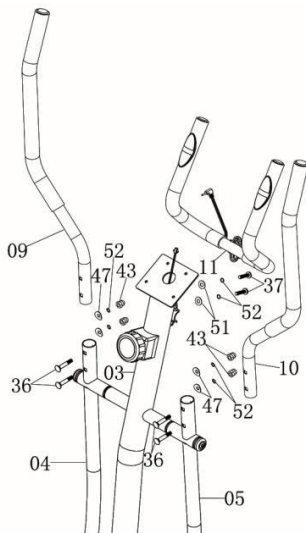
#47 Arc Washer (M8)  
[4 pieces]



#51 Washer (M8)  
[2 pieces]



#52 Spring Washer (M8)  
[6 pieces]



## Assembly step 5

### Pedal Assembly

Place the **Right Pedal(#14R)** onto the **Right Pedal Tube(#07)** as shown and attach by inserting down two **Hex Bolts(#34)** secured by two **Washers (#51)** and two **Nylon Nuts(#46)**.

Repeat this process on the left side using **Left Pedal(#14L)** and the **Left Pedal Tube (#06)**.

**Note:** Distinguish between left and right sides, foot pedals respectively inscribed with "L" (left), the "R" (right).

## Hardware Required

### Bolt



#34 Hex Bolt (M8\*40MM)  
[4 pieces]

### Nut



#46 Nylon Nut (M8)  
[4 piece]

### Washer



#51 Washer (M8)  
[5 pieces]

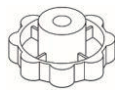


#52 Spring Washer (M8)  
[1 pieces]

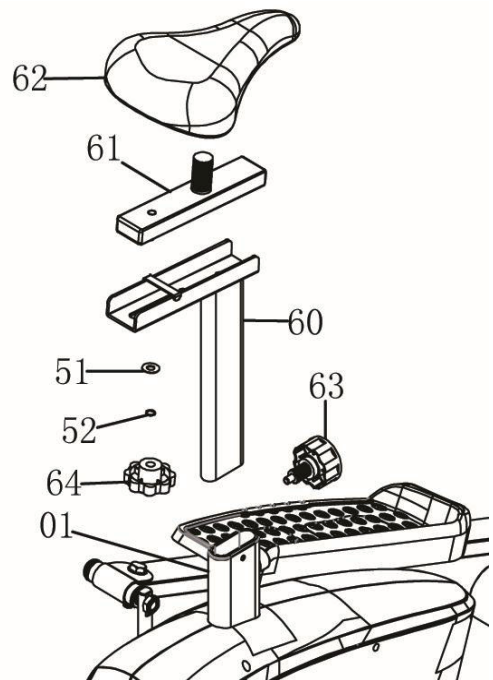
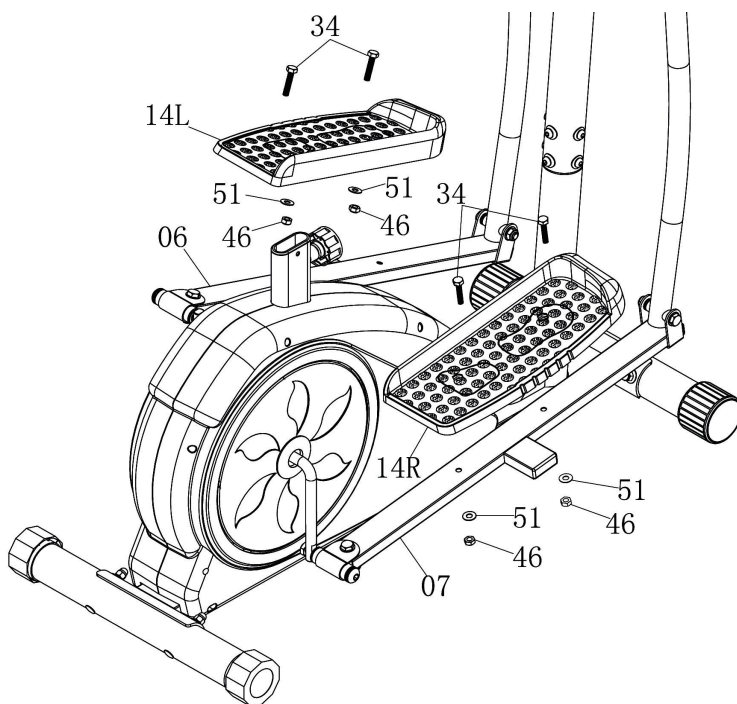
### Others



#63 Adjustable Knob  
[1 piece]



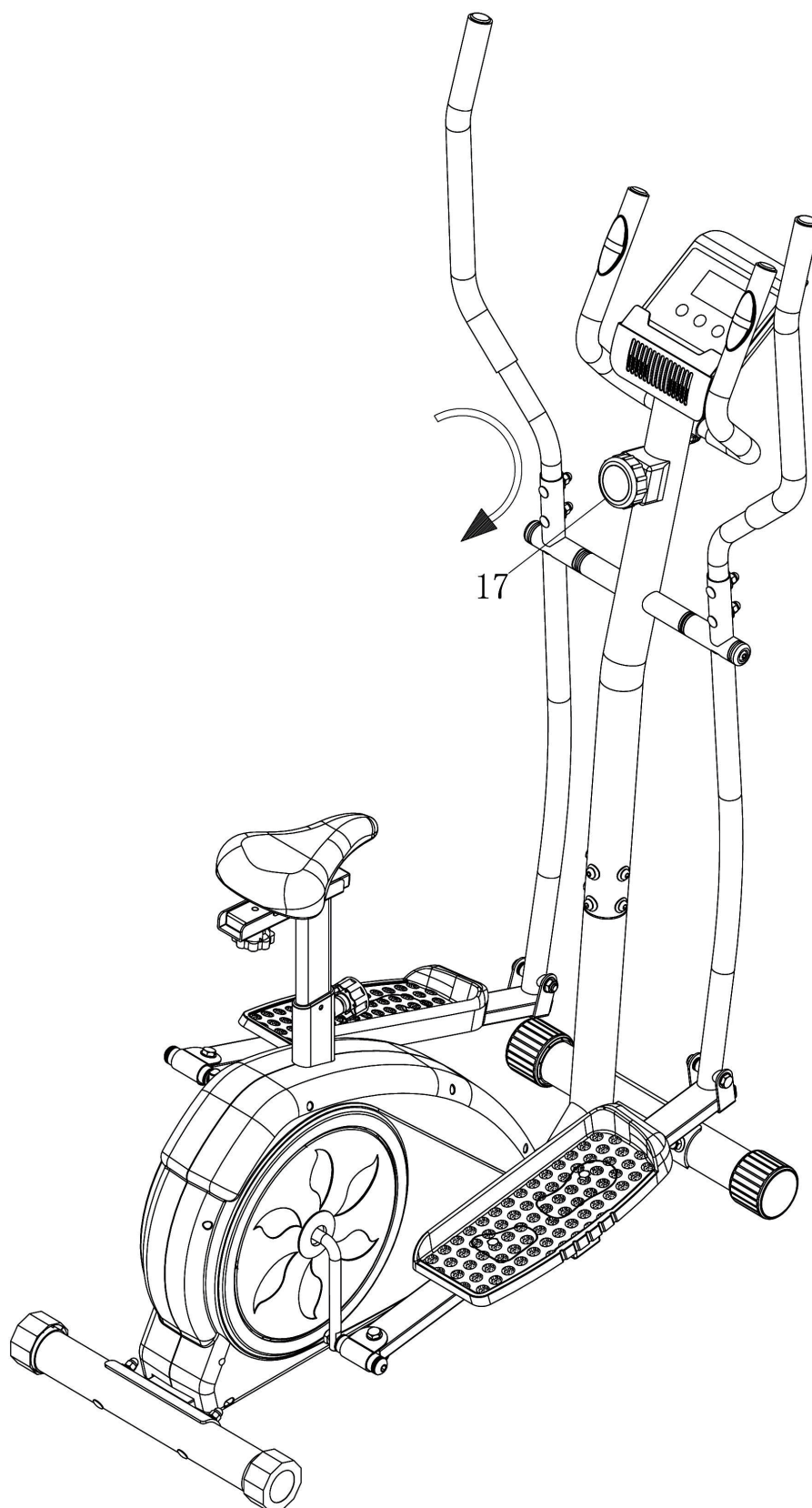
#64 Adjustable Knob  
[1 piece]



## ASSEMBLY INSTRUCTIONS

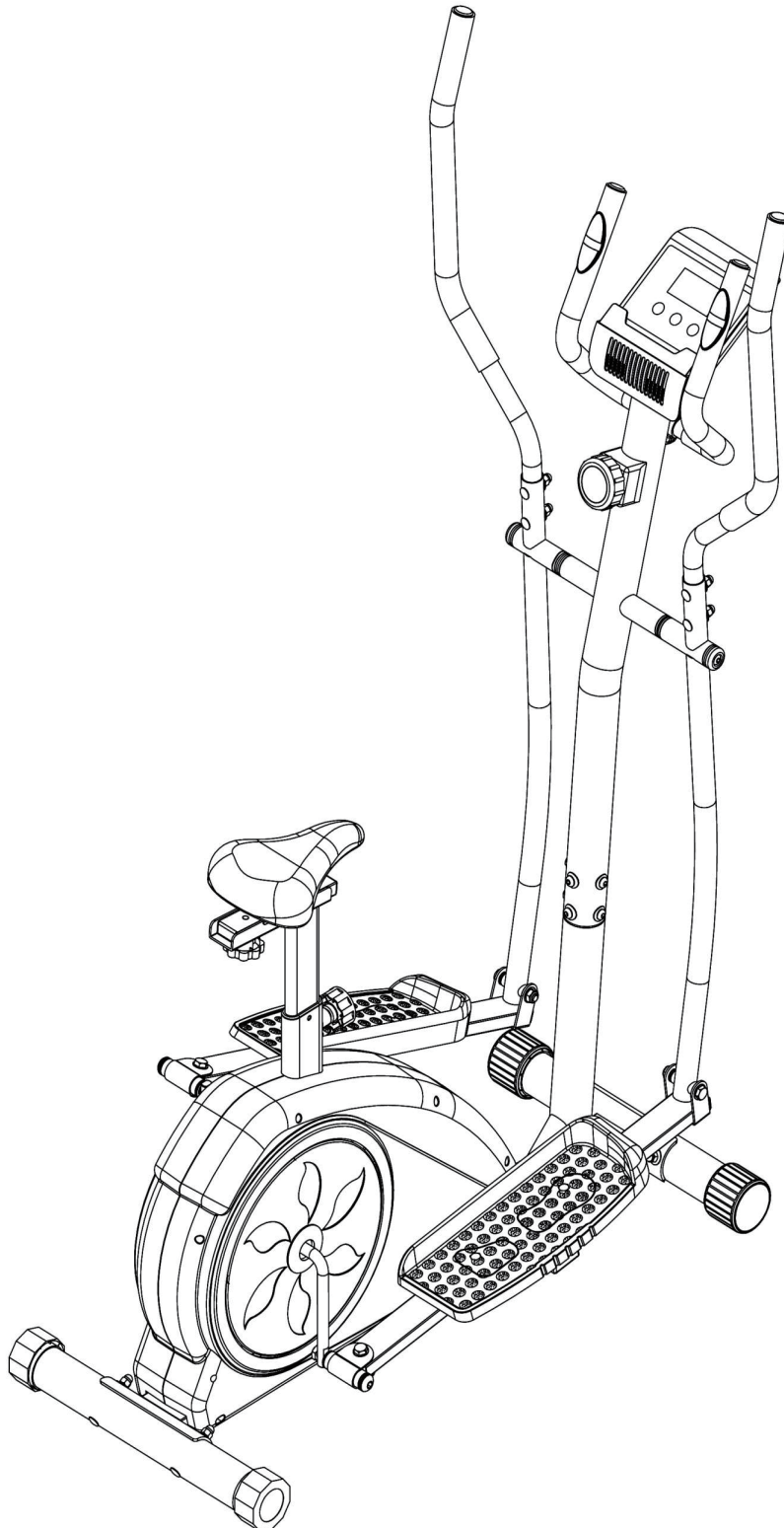
The method of use for the adjustable knob:

Use the **Adjustable Knob (17)** can adjust the resistance.



## DIRECTIONS FOR USE

- 1: Please put the product on the level ground, and lock all of the hardwares after you finished all of the steps.
- 2: Please adjust all of the adjustable parts to your comfortable place.
- 3: Please do warm-up before you using this product.



**US**

If you have any questions, please contact our customer care center.  
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