

A90-146

Installation Manuals



Please read the instructions carefully and follow the instructions correctly
Please keep it in order to confirm at any time after reading
When this product is transferred to another person, be sure to attach the instructions to ensure safety

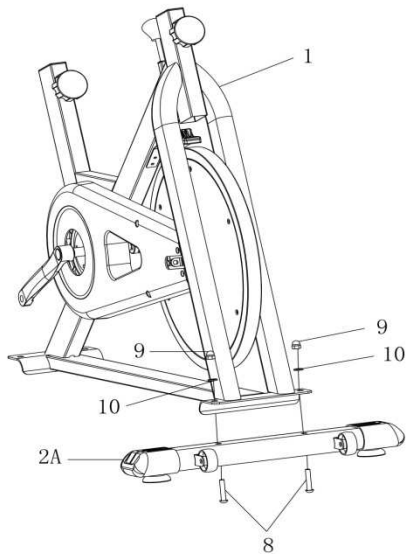
IMPORTANT SAFETY PRECAUTIONS

PLEASE FOLLOW THE SAFETY RULES BELOW TO AVOID INJURY AND/OR ACCIDENTS.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. You should consult your doctor before continuing with your exercise program. If you do experience any of these conditions.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. The equipment should have at least 0.5 meters of free space all around to ensure the safety.
6. Check all the nuts and bolts are securely tightened before using the equipment.
7. The safety of the equipment can only be maintained if it is regularly examined.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercising, stop using the equipment immediately and don't use the equipment until the problem has been repaired.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment
10. The maximum weight capacity of this unit is 100KG.
11. The equipment is not suitable for therapeutic use.
12. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

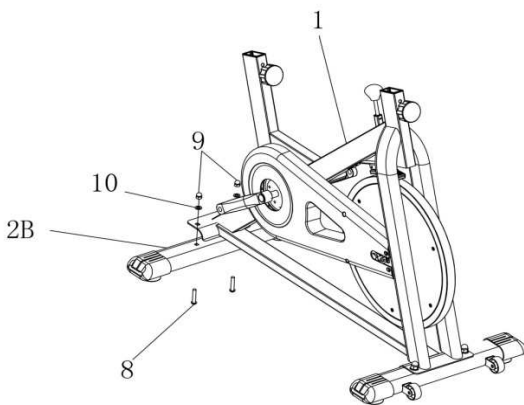
ASSEMBLY STEPS

Step 1



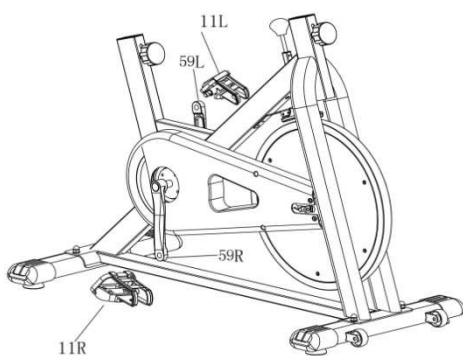
Secure the front stabilizer (2A) to the main frame (1), using 2 sets carriage bolts (8), dome nuts (9) and washers (10).

Step 2



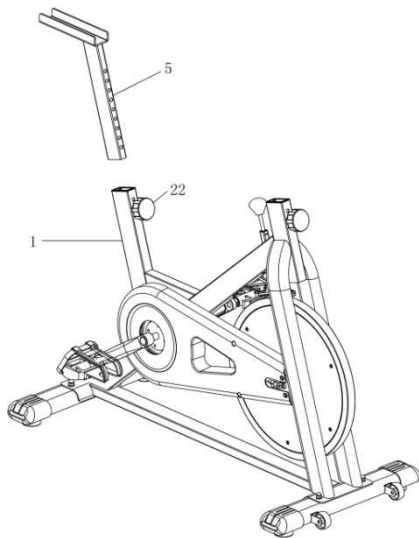
Secure the rear stabilizer (2B) to the main frame (1), using 2 sets carriage bolts (8), dome nuts (9) and washers (10).

Step 3



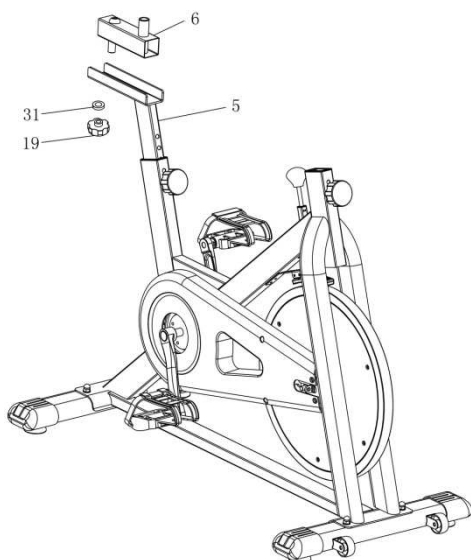
Screw the right pedal (11R) into the crank shaft (59R) in the **CLOCKWISE** direction. Screw the left pedal (11L) into the crank shaft (59L) in the **ANTI-CLOCKWISE** direction. You must use a spanner (20) to tighten securely.

Step 4



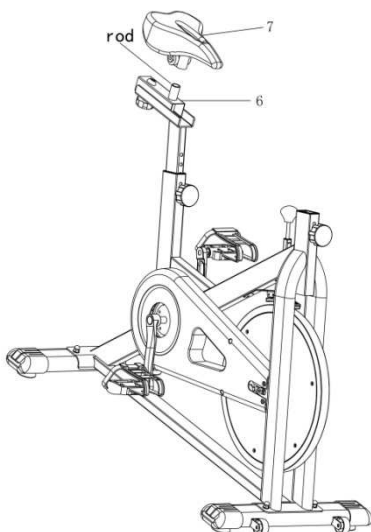
Loosen the adjustable knob (22) and insert seat post (5) into the main frame (1) .Then align the holes and tighten the fixing knob (22).

Step 5



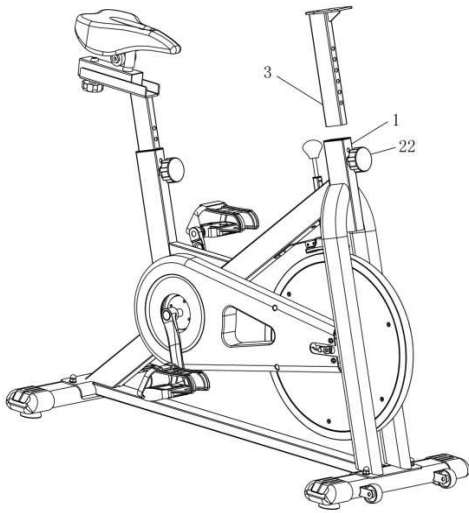
Put the seat slider (6) into the seat post (5) .The bolt which is welded on the bar (6) must be located into the slot of the seat post (5) .Then tighten it with fixing knob (19).

Step 6



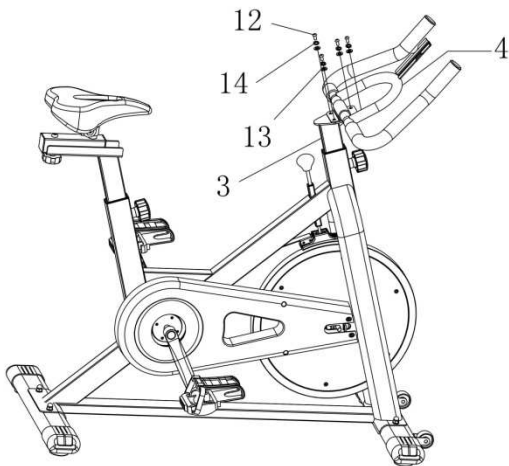
Slide the seat (7) onto the rod of the seat bar (6) .Then tighten the two nuts under the seat (7) securely.

Step 7



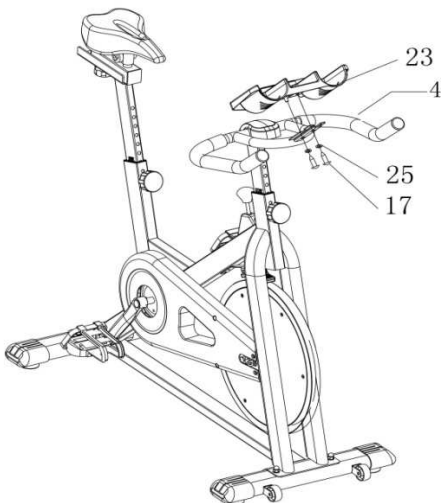
Loosen the adjustable knob (22) and insert the handlebar stem (3) into the mainframe (1). After align the hole to the adjustable knob (22), then secure the adjustable knob (22).

Step 8



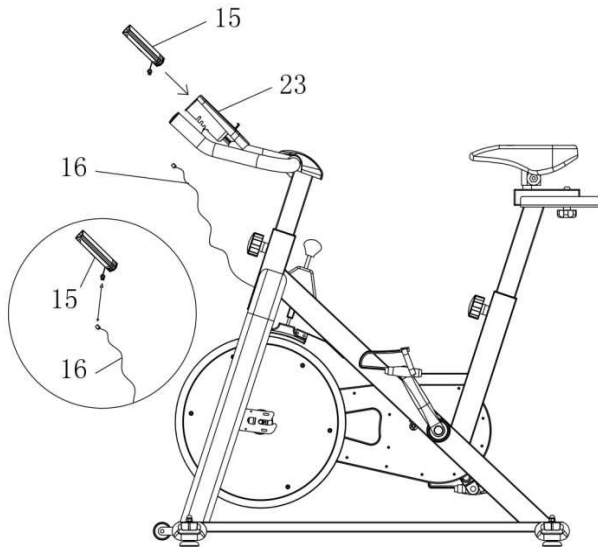
Put the handlebar (4) onto the handlebar stem (3) and make the holes aligned completely. Tighten them with 4 sets hexagon socket bolts (12), spring washers (14), washers (13) securely.

Step 9



Connect the console (23) with the handlebar (4). Then tighten them with 2 sets washers (25), screws (17) securely.

Step 10



Slide the computer (15) into the console (23) along the bulge on console(23) .Then plug the sensor connector (16) into the connector of the computer (15).

OPERATING INSTRUCTIONS

RESISTANCE ADJUSTMENT:

PEDALING RESISTANCE IS CONTROLLED BY THE TENSION KNOB (FIG.1) LOCATED UNDER THE HANDLEBAR (MIDDLE). TO INCREASE RESISTANCE RESISTANCE, TURN THE TENSION KNOB CLOCKWISE AND TO DECREASE RESISTANCE, TURN THE TENSION KNOB ANTI-CLOCKWISE.

FIG. 1

EMERGENCY BRAKE IS ALSO EQUIPPED IN THIS MACHINE, BY PUSHING DOWN THE KNOB, YOU CAN STOP THE TRANSMISSION IMMEDIATELY. (FIG.2)

Warning!

DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL THE PEDALS HAVE COMPLETELY STOPPED.WHILE THE BIKE NOT IN USE, FOR SAFETY YOU SHOULD TURE THE RESISTANCE TO LARGEST TO MAKE THE FLYWHEEL IMMOBILE.



FIG. 2

SEAT ADJUSTMENT:

PROPERLY ADJUST THE SEAT TO ENSURE MAXIMUM EXERCISE EFFICIENCY AND COMFORT.THE MOST APPROPRIATE SEAT POSITION OF BIKE IS WHEN KNEE IS SLIGHTLY BENT WHEN ONE PEDAL IS 90 DEGREES WITH GROUND.

1. TO ADJUST THE SEAT HEIGHT, SIMPLY TURN THE ADJUSTABLE KNOB LOOSE, MOVE THE SEAT UP OR DOWN TO THE REQUIRED HEIGHT AND TIGHTEN THE KNOB.

2. TO ADJUST THE SEAT POSITION, SIMPLY TURN THE ADJUSTABLE KNOB LOOSE, MOVE THE SEAT FORWARD OR BACKWARDS TO THE DESIRED POSITION AND TIGHTEN THE KNOB.

HANDLEBAR ADJUSTMENT:

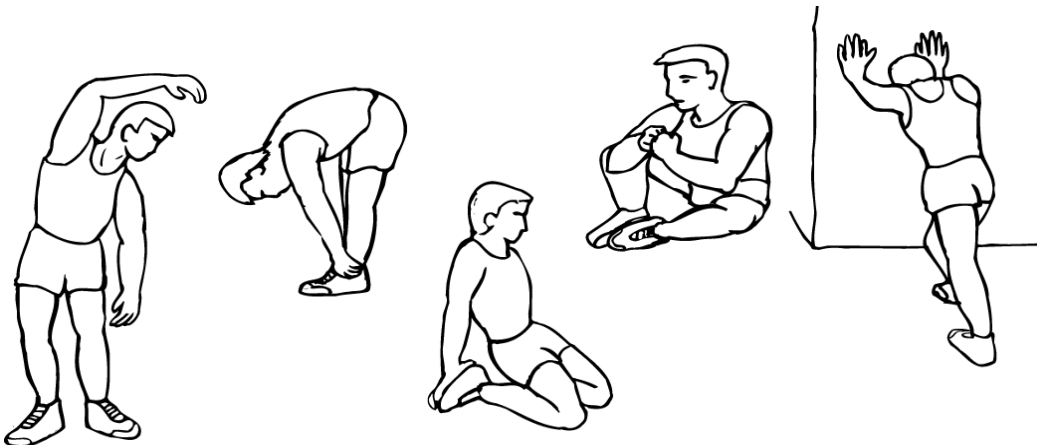
TO ADJUST THE HANDLE BAR HEIGHT, SIMPLY TURN THE ADJUSTABLE KNOB LOOSE, ADJUST THE HANDLE BAR AT REQUIRED HEIGHT AND TIGHTEN THE KNOB.

EXERCISE INSTRUCTIONS

Using your bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



INNER THIGH

FORWARD BENDS

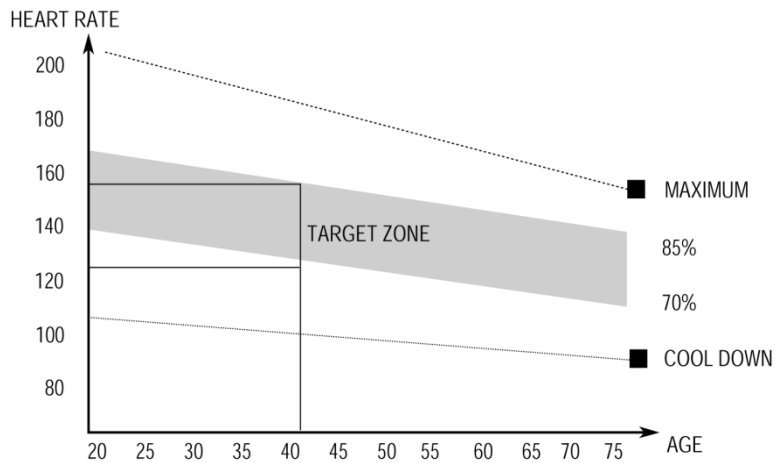
CALF / ACHILLES

SIDE BENDS

OUTER THIGH

2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your bike you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

EXERCISE COMPUTER INSTRUCTION MANUAL

FUNCTIONAL BUTTONS:

MODE – Press it to select functions.

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

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

RESET (IF HAVE) – Press to reset time, distance and calories.

FUNCTIONS:

1. SCAN: Press MODE button until “▲” appears at SCAN Position (or until “SCAN” appears), computer will rotate through all the 4 functions: Time, Speed, Distance, and Calorie . Each display will be hold for 6 seconds.
2. TIME: Count the total time from exercise start to end.
3. SPEED: Display current speed.
4. DIST: Count the distance from exercise start to end.
5. CALORIES (CAL): Count the total calories from exercise start to the end.
6. AUTO ON/OFF : Without any signal about for 4 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the computer is in action.
Press MODE to select the function, then press SET to adjust the value.



SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59(Minute : Second)
	Current Speed	The max pick-up signal is 99.9KM/H or 99.9M/H
	Trip Distance	0.00 ~ 99.99 KM or MILE
	Calories	0.0 ~ 999.9 Kcal
Battery Type		2 pcs of SIZE-AAA
Operating Temperature		0°C ~ +40°C (32°F ~ 104°F)
Storage Temperature		-10°C ~ +60°C (14°F ~ 140°F)