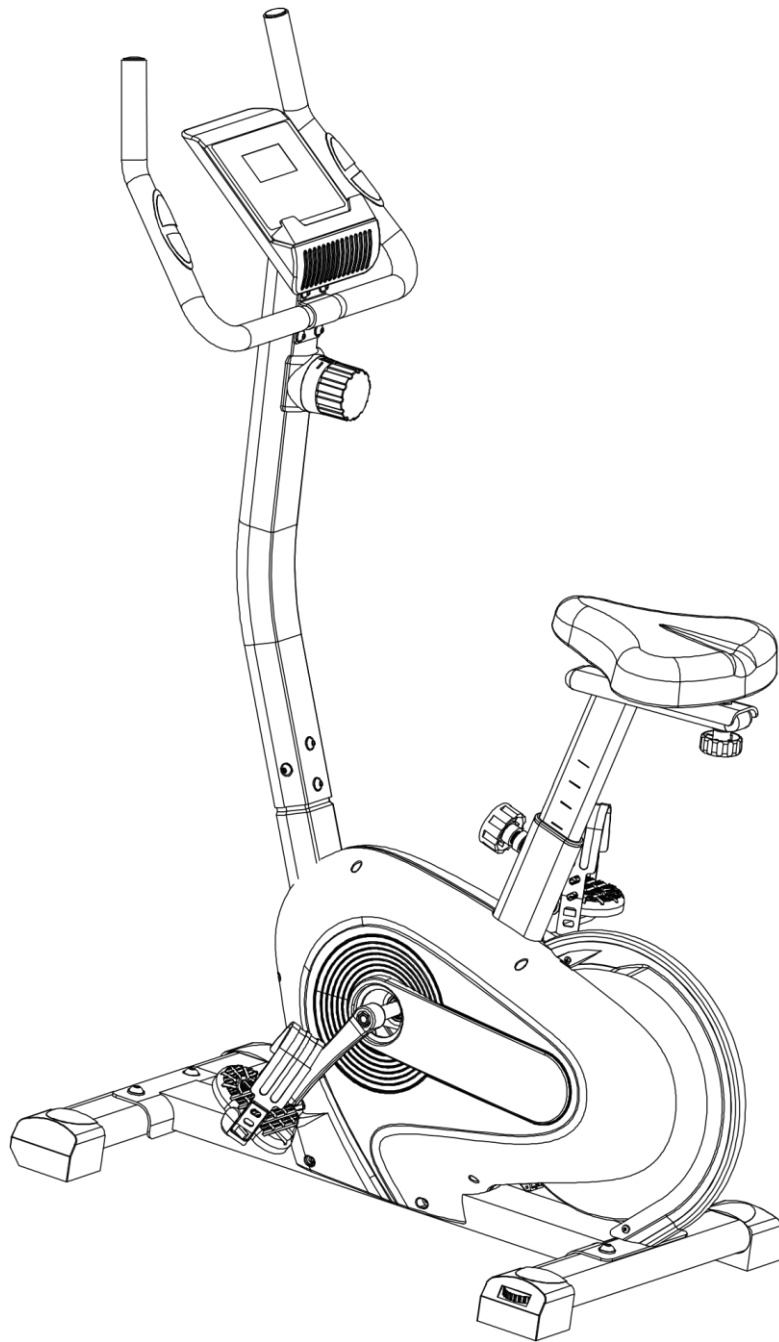




INaoc007_UK

A90-233



READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

ASSEMBLY INSTRUCTION

IMPORTANT SAFETY PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

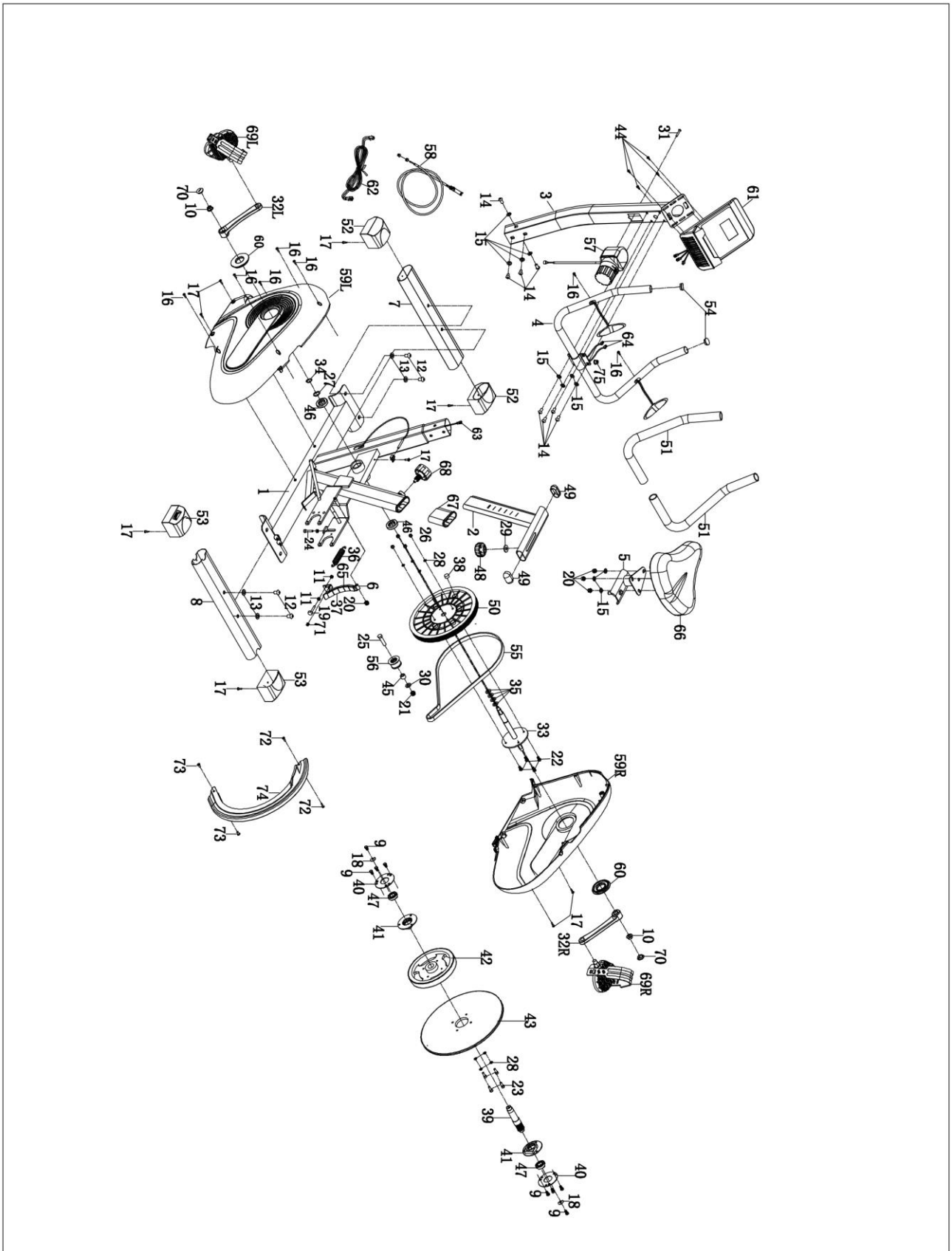
1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 100 KGS.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

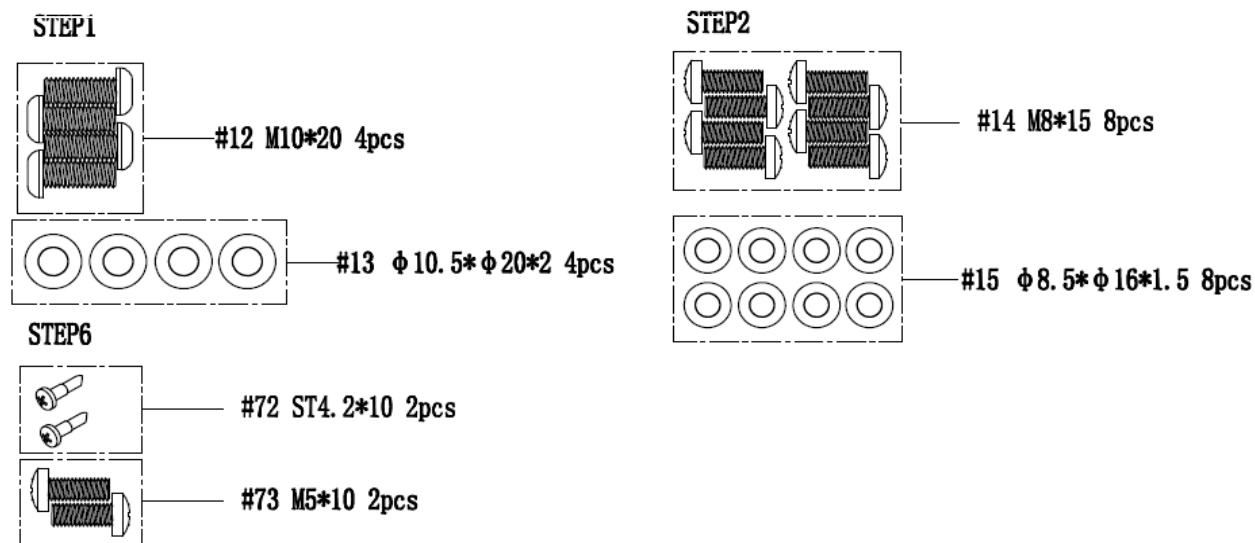
SAVE THESE INSTRUCTIONS

EXPLODED DRAWING

Explosive view:



HARDWARE PACK:



PAST LISTING

No.	Description	unit	quantity	Specifications	No.	Description	unit	quantity	Specifications
1	Main frame	PCS	1		39	Inertia wheel	PCS	1	ϕ 10*132*M10*1*22
2	Saddle pipe welding	PCS	1		40	Chain adjusting bolt	PCS	2	M6*36
3	Front post	PCS	1		41	U type baffle	PCS	2	31*30* δ 1.0
4	Handle bar	PCS	1		42	Magnetic wheel	PCS	1	ϕ 180*88.5/3Kg
5	Sliding plate welding	PCS	1		43	Inertial Wheel	PCS	1	ϕ 320*8.4/5Kg
6	Magnetic board	PCS	1		44	Screws	PCS	4	M5*10full teeth
7	Front Stabilizer	PCS	1		45	Lock washer	PCS	1	ϕ 16* ϕ 10*12
8	Rear stabilizer	PCS	1		46	Bearing	PCS	2	6003ZZ
9	Hex nut	PCS	2	M10*1.0*8 S17	47	Bearing	PCS	2	6000Z
10	flange nut	PCS	2	M10*1.25 S14	48	Nut with pium handle	PCS	1	ϕ 60xM10x20
11	Hex nut	PCS	5	M6 S10	49	Tube plug	PCS	2	25*50*1.5
12	Bolts	PCS	4	M10*20,full teeth,8.8	50	Ldler spacer	PCS	1	ϕ 260/J6
13	Flat washers	PCS	4	ϕ 10.5* ϕ 20*2	51	Foam handlebar	PCS	2	(ϕ 24) *t5.0*560
14	Bolts	PCS	8	M8*15 full teeth S5	52	Wheel Cover	PCS	2	40*80
15	Flat washers	PCS	11	ϕ 8.5* ϕ 16*1.5	53	Rear End Cap	PCS	2	40*80
16	Screws	PCS	9	ST4.2*20	54	Round end cap	PCS	2	ϕ 25*1.5

17	Screws	PCS	8	ST4.2*20	55	belt	PCS	1	430PJ6
18	Hex thin nut	PCS	2	M10x1.0xH5 S17	56	Idler	PCS	1	Φ40×25,6000 bearing,
19	Bolts	PCS	1	M6*60,full teeth S10	57	Tension control wire	PCS	1	wire long 515mm,
20	Nylon nuts	PCS	4	M8 S13	58	Tension control wire	PCS	1	50MAX/wire long 1070mm
21	Nylon nuts	PCS	1	M10 S17	59	Cover	SET S	1	
22	Screws	PCS	4	M6x15 full teeth S10	60	Top cover	PCS	2	
23	Screws	PCS	4	M6x20 full teeth S5	61	Digital watch	SET S	1	
24	Screws	PCS	1	M6x30 full teeth S5	62	Hand pulse wire	PCS	1	wire long 900mm
25	Bolts	PCS	1	M10×45	63	Needle sensor	PCS	1	wire long 900mm
26	Plastic nuts	PCS	4	M6 S10	64	Hand Pulse Sensors	PCS	2	wire long 600mm,φ25
27	Wave washer	PCS	1	φ22*φ17*0.3	65	Magnetic block locator	PCS	2	20*20*4 manget, 5pcs
28	Spring washer	PCS	8	D6	66	Seat Cushion	PCS	1	3-M8 screws
29	Flat washers	PCS	1	φ10*φ25*2.0	67	Seat square Tube	PCS	1	70*30*1.5,
30	Flat washers	PCS	1	φ10*φ20*2.0	68	Adjustment knob	PCS	1	M16*1.5/teeth long 22
31	Screws	PCS	1	M5*20 full teeth	69	Pedal	SET S	1	1/2left/ringht teeth
32	Crank	SETS	1	6", 1/2"	70	Crank cover	PCS	2	M22*1.0
33	Axis	PCS	1	40Cr/Ø17*216*	71	Pipe plug	PCS	1	Φ6.2
34	Elastic collar	PCS	1	Φ17	72	Screws	PCS	2	ST4.2*10
35	Limit casing	PCS	1	φ17.1*φ22*6	73	Bolts	PCS	2	M5*10 full teeth
36	Tension spring	PCS	1	Φ16×90 Φ1.6	74	Decorative cover	PCS	1	386*230*40
37	Square magnet	PCS	5	20×20×5	75	Locking washers	PCS	2	t2.0
38	Round magnet	PCS	1	Φ15×6					

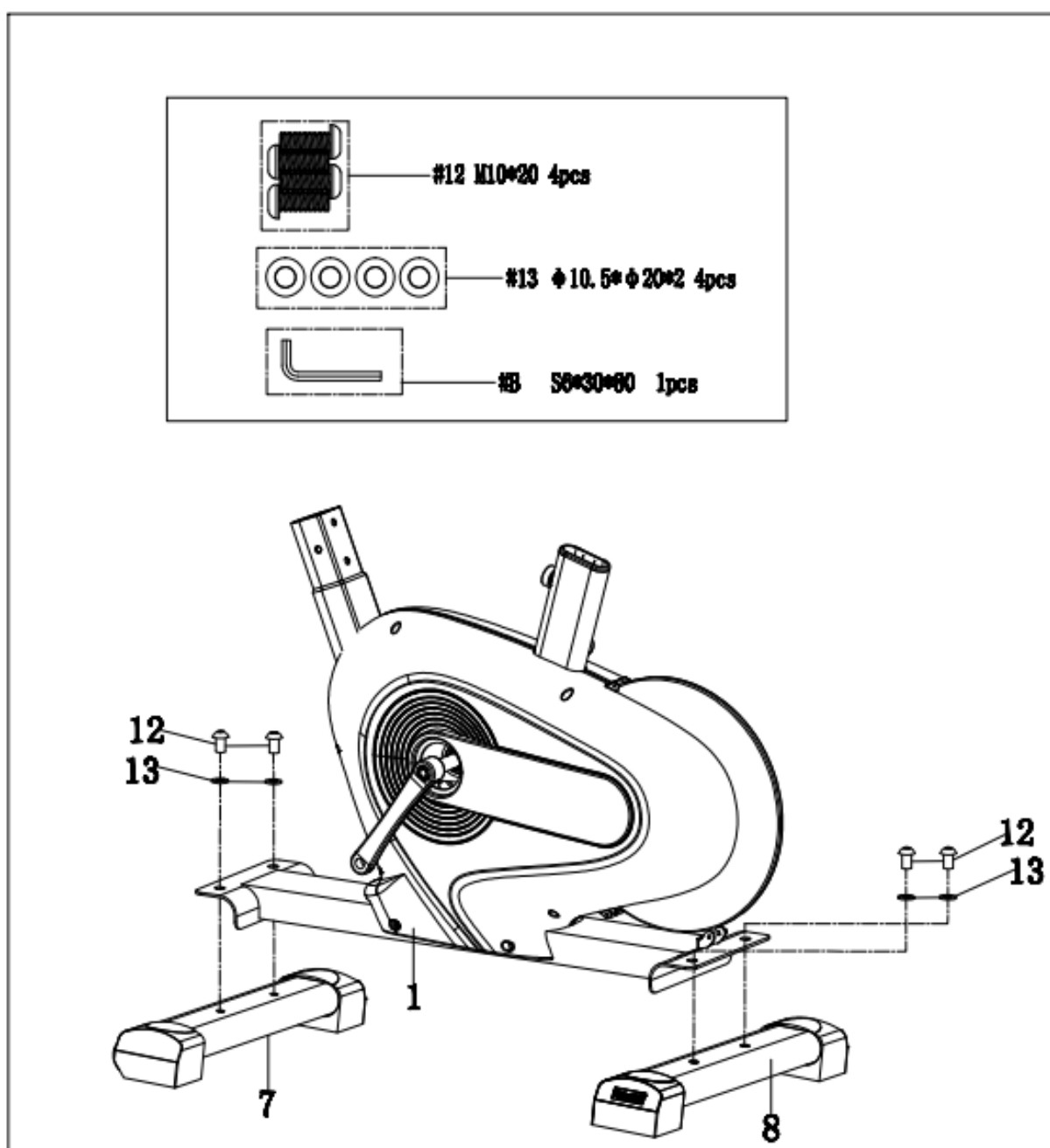
ASSEMBLY INSTRUCTION

1. THE PREPARATORY WORK:

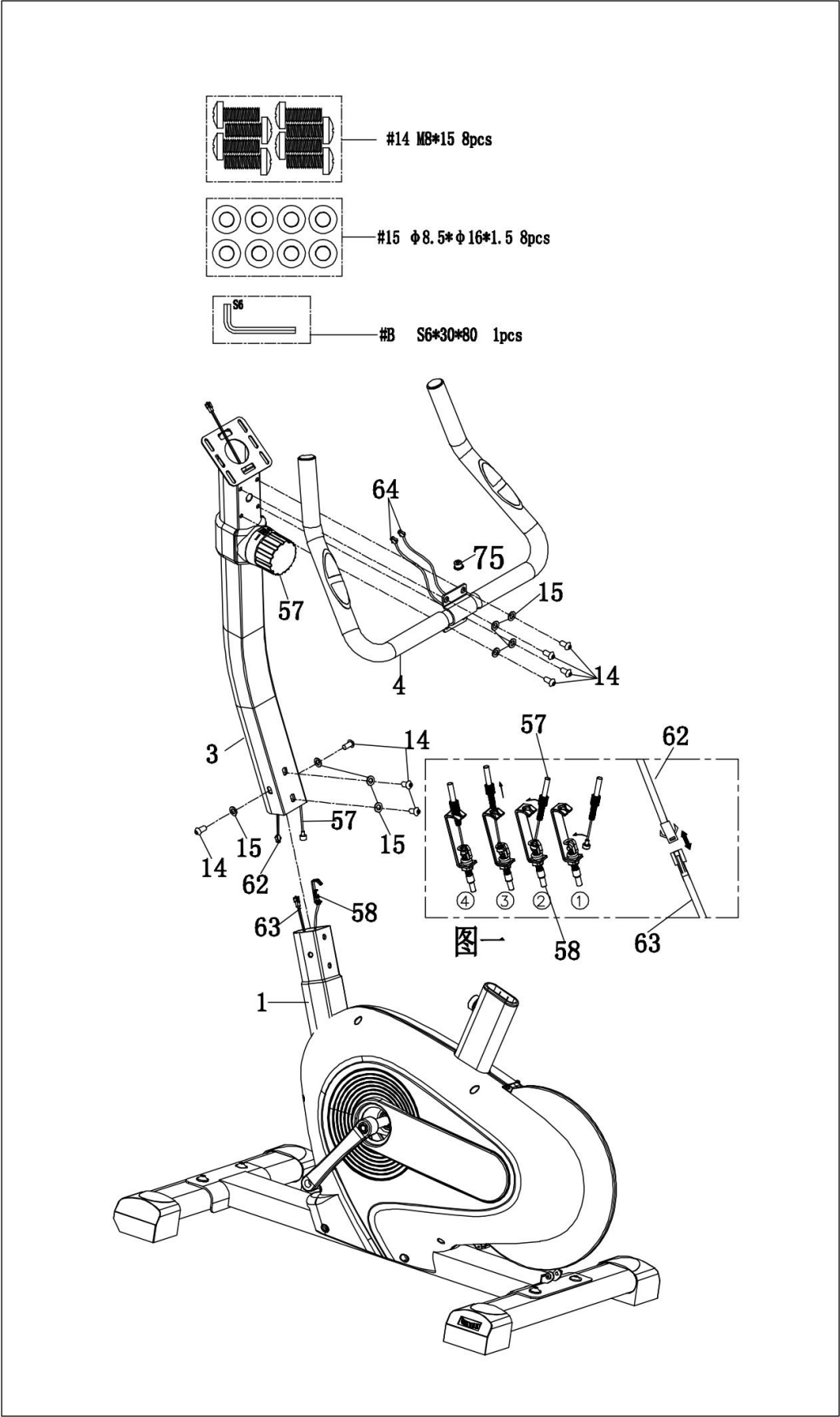
- A. Please confirm that there is sufficient space around the site before installation;
- B. Please use the tools provided by the vehicle or your own special tools;
- C. Before installation, make sure all parts are complete (in front of the product breakdown diagram have marked the name and location of each component).

2. Installation instructions:

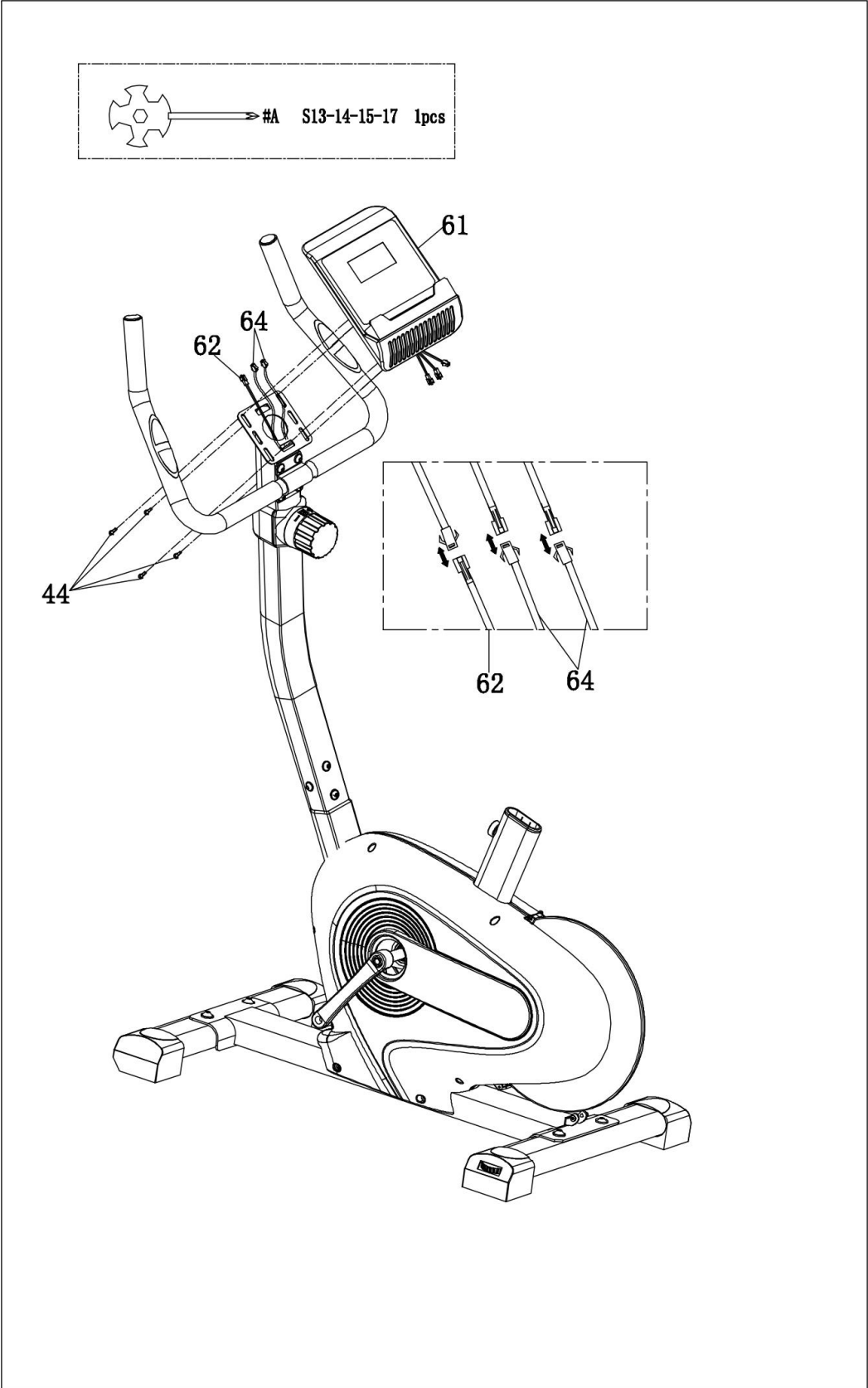
Step 1: please link Front Stabilizer (7), Rear stabilizer (8) and Main frame (1) to follow the link shown below, and then load Flat washers (13) into Bolts (12) to lock with S5 wrench, as shown in the figure below.



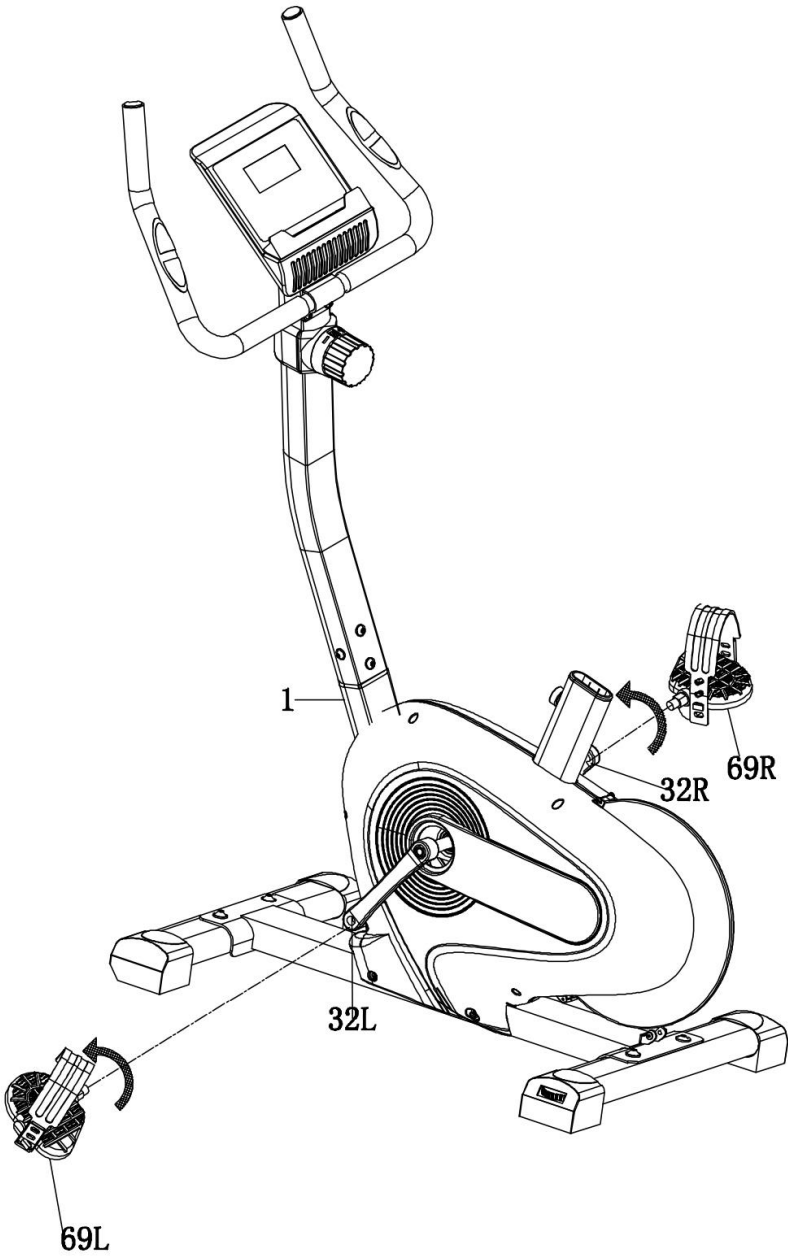
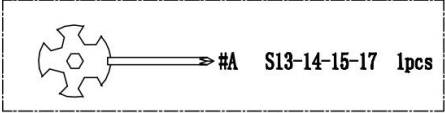
Step 2: please connect the wire in this picture first, then put front post (3) on the frame and use bolts (14) and flat washers (15) to lock with the wrench. The sensing line hand pulse sensors (64) through the riser hole front post (3) from the dashboard, reoccupy bolts (14) and flat washers (15) lock with a wrench. As shown in the figure below.



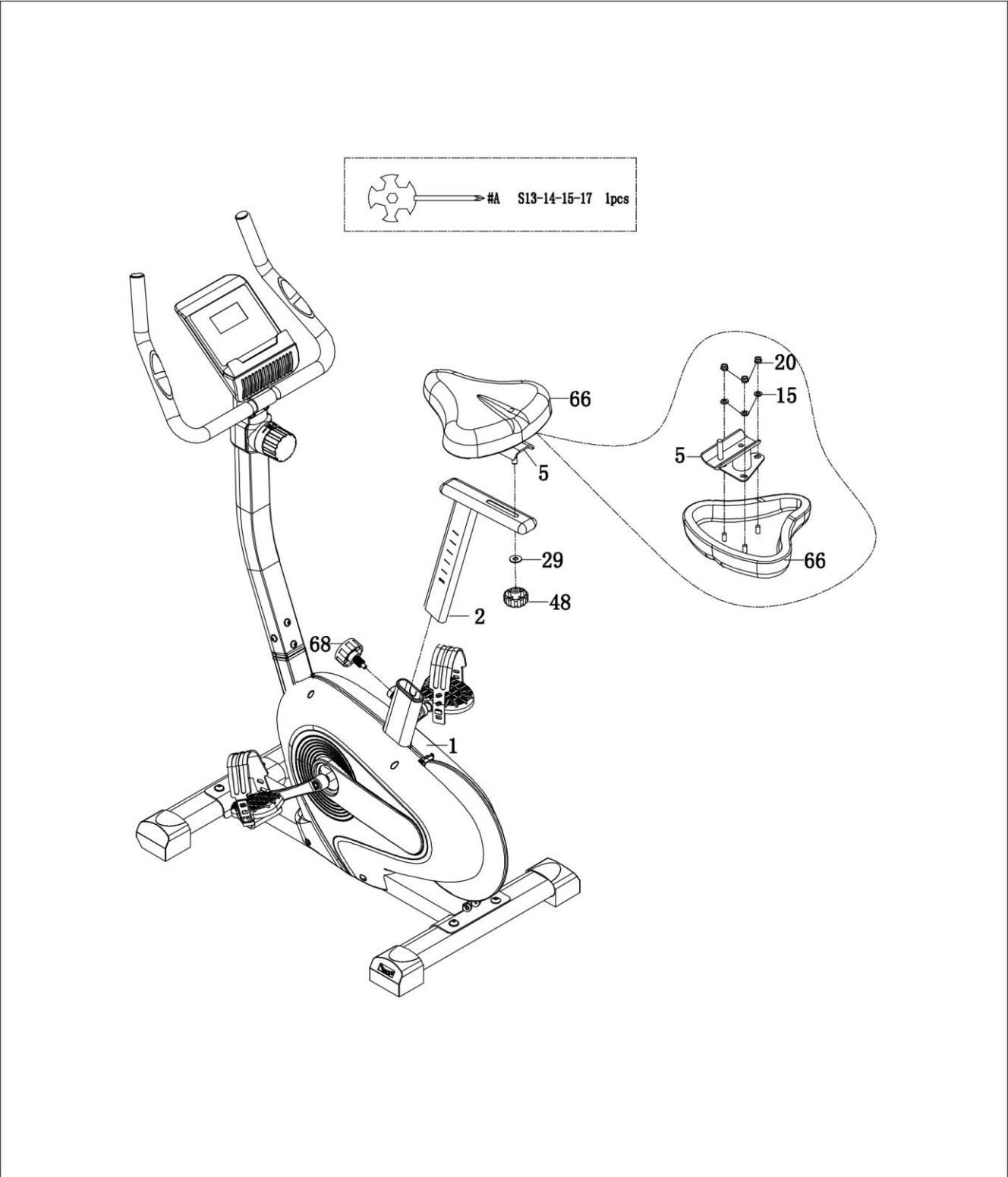
Step 3: please turn out the screws (44) on the digital watch (61), and then you will attach the hand pulse sensors (64), hand pulse wire (62), and then install the electronic form digital watch (61) and lock it with the screws (44). This is shown in the figure below.



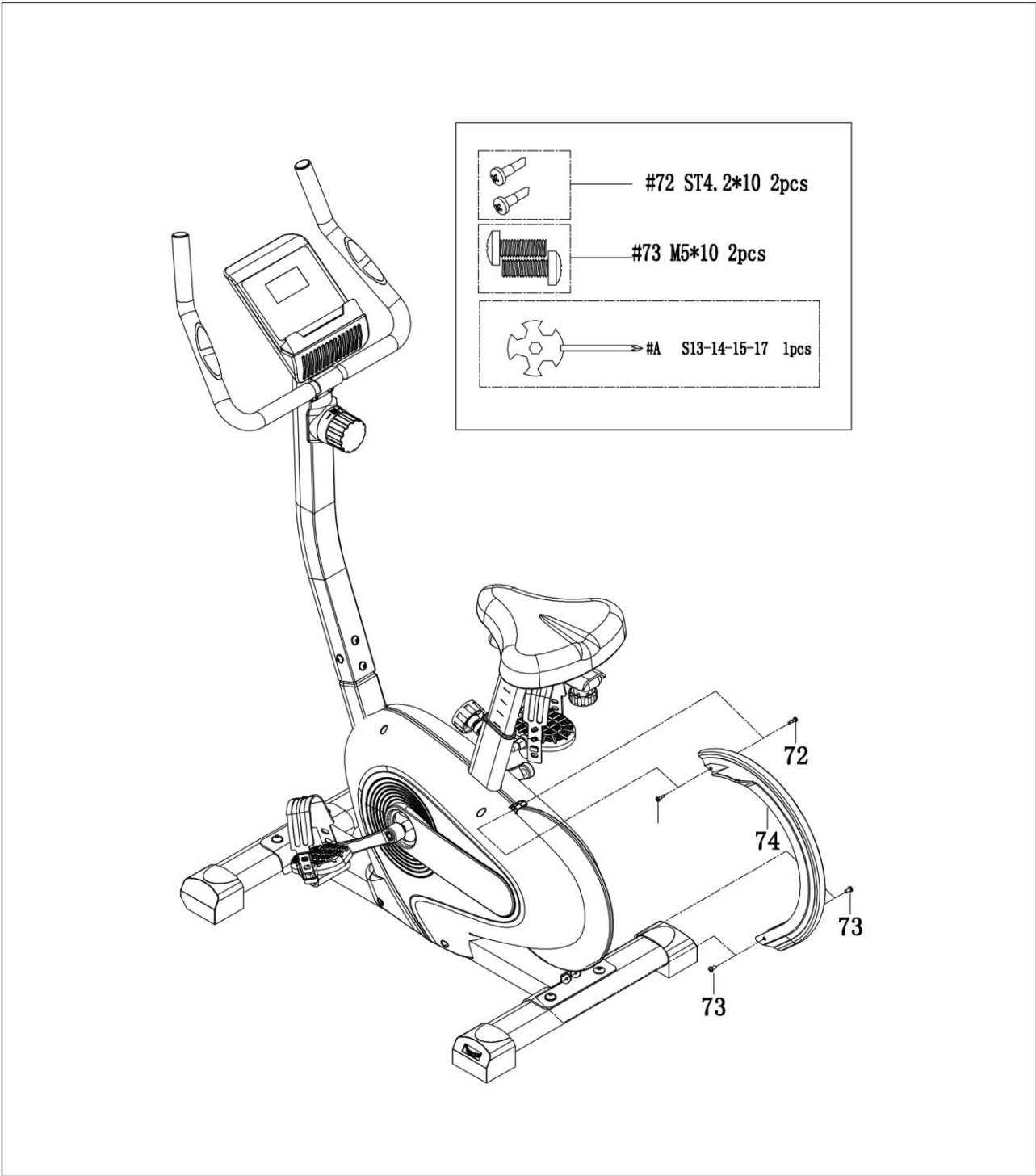
Step 4: please push the pedal (69) R into the crank (32) R screw hole and tighten the pedal (69) L assembly according to the above procedure.



Step 5: please assemble the seat cushion (66) and sliding plate welding (5) first, then sliding plate welding (5) and saddle pipe welding (2) use flat washers (29) nut with pium handle (48) lock as shown, and finally saddle pipe welding (2) to load main frame (1) into adjustment knob (68) to select the appropriate gear lock.



Step 6: as shown, decorative cover (74) (attention direction), then screw (72) and bolts (73) lock respectively, as shown below.

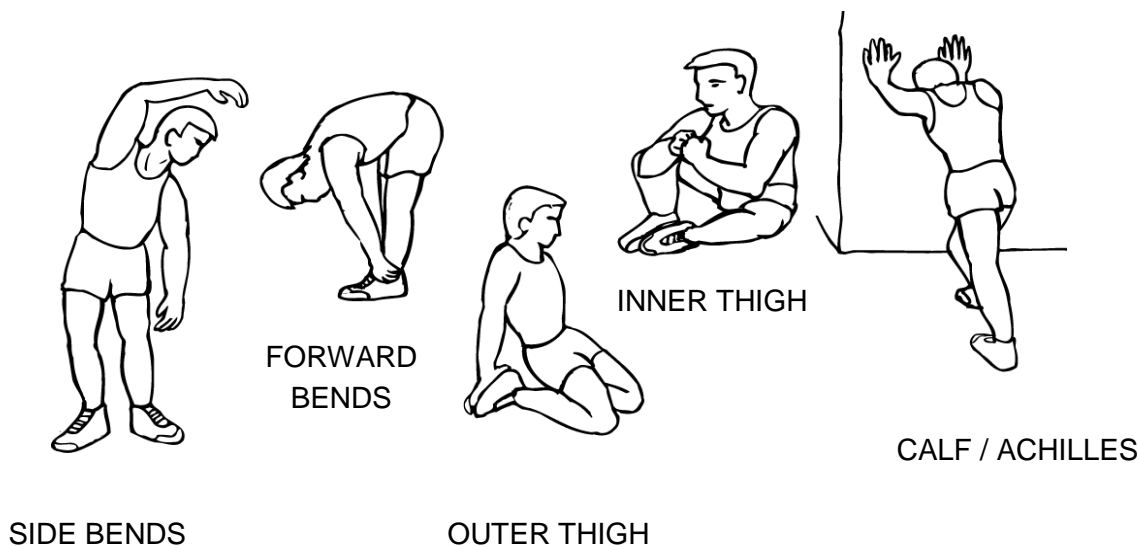


EXERCISE INSTRUCTIONS

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

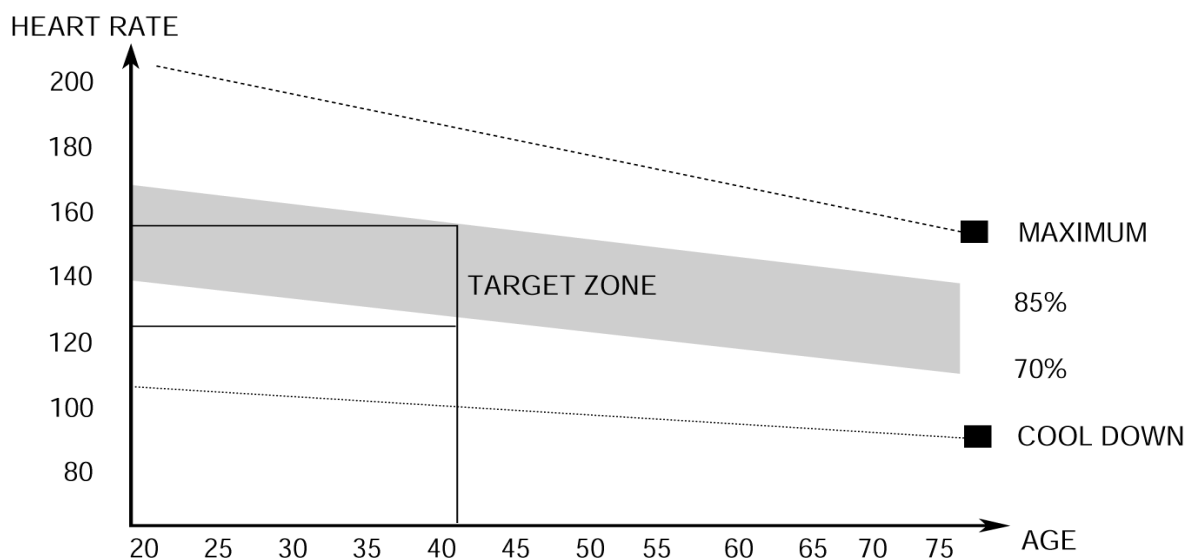
1. The Warm Up Phase

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.



2. The 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 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 **X-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 to make your legs work harder. You will 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.

