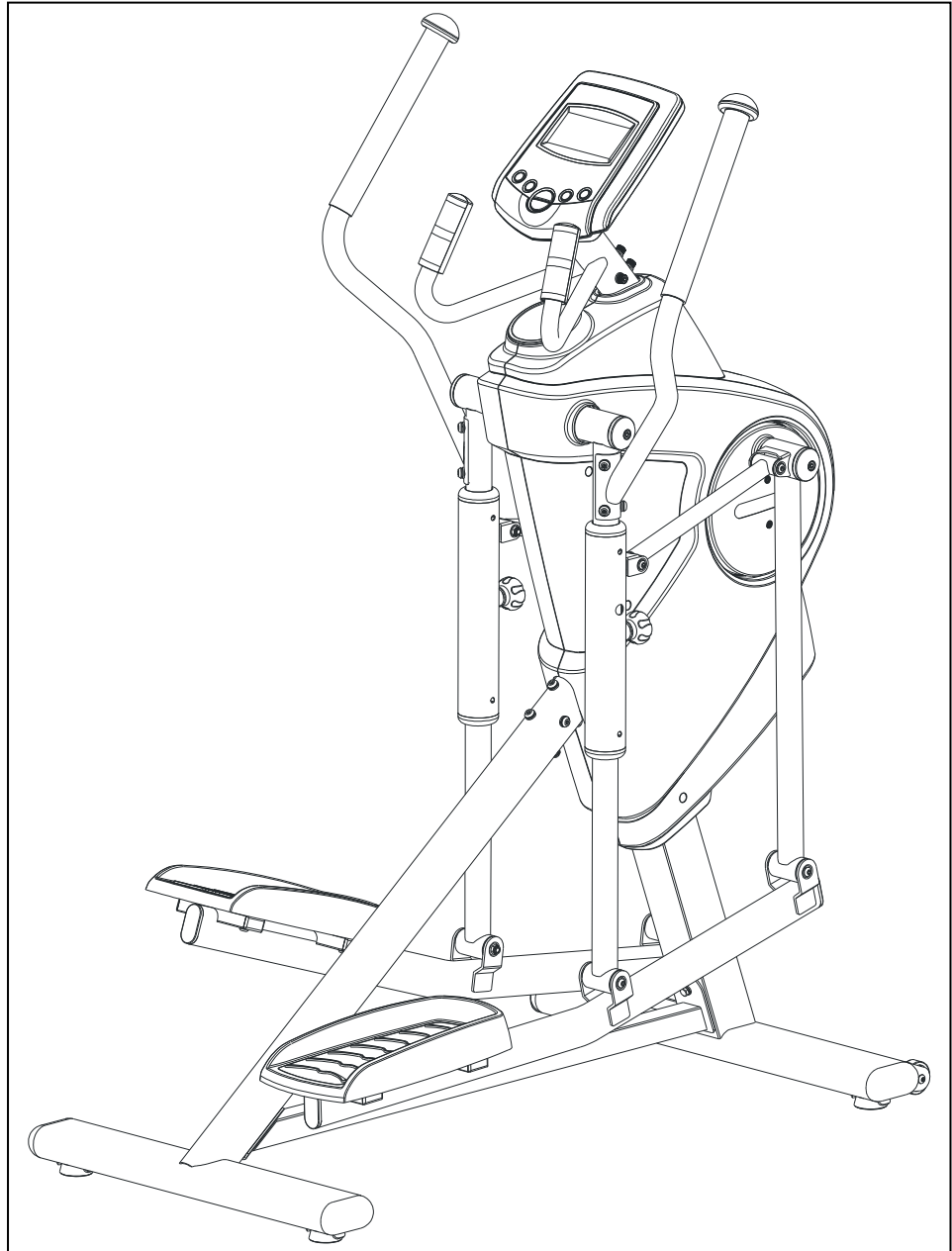*DIAMONDBACK*FITNESS

1060Ef

ELLIPTICAL TRAINER

Product May Vary Slightly From Picture
MADE IN TAIWAN

Excessive Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 136KG / 300LBS.

v.III-1K

INTRODUCTION

Congratulations on the purchase of your new Diamondback Fitness elliptical trainer. You have made a great choice and are about to enjoy one of the most effective and technically-advanced methods of low-impact cardio-vascular exercise available today.

Founded in 1991 as an off-shoot of the legendary bicycle company, Diamondback Fitness was in many ways a complimentary addition to the Diamondback brand.   One might even say this extension grew as a natural evolution…an evolution from classic outdoor bicycle usage, toward indoor-based cycling and cross training.   It turns out that many fitness enthusiasts were searching for ways to maintain conditioning during times of inclement weather or simply looking for new and different cross-training options.

This trend continues today, as the strong Diamondback brand resonates with both the boomers who grew up with the bicycles, as well as the younger generations riding them today.

Diamondback Fitness continues to build upon this legendary brand identity by offering the cardio enthusiast a full line of upright exercise bikes, recumbent bikes, and elliptical trainers, each offering superior value and quality with intuitive and visually-appealing design.   Let's just say, we are already planning our next twenty years.

Thank you for choosing Diamondback Fitness.

PLEASE VISIT WWW.DIAMONDBACKFITNESS.COM FOR WARRANTY, SERVICE, AND PARTS INFORMATION.

SAFETY INSTRUCTION

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the ELLIPTICAL TRAINER

1. Read all warnings posted on the equipment
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use
3. We recommend that two people be available for assembly of this product
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment .Always keep children and pets away from the equipment when it is in use
5. It is recommended that you place this exercise equipment on an equipment mat
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use
8. Tighten / replace any loose or worn components prior to using the equipment
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician
10. Follow your physician's recommendations in developing your own personal fitness program
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury
16. Keep both feet firmly and securely on the Foot Pedals while exercising
17. The equipment should not be used by persons weighing over 300 pounds /136 kgs
18. The equipment should be used by only one person at a time
19. The equipment is for semi-commercial, light-commercial and home usage
20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely. Maintain the item regularly to make sure that any safety related features are working properly, replace any components that are dangerous and wearing (such as pedal, connection areas…etc.) right away.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine
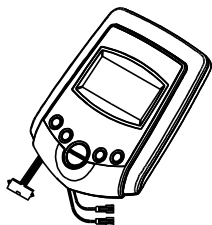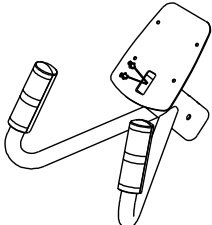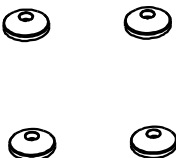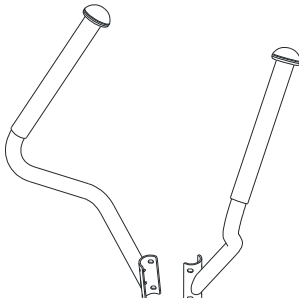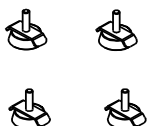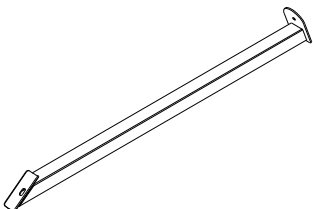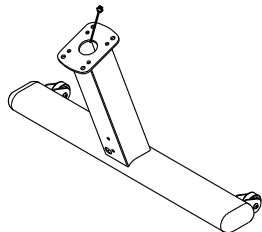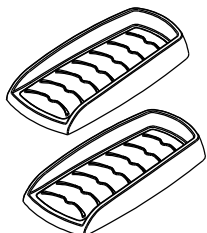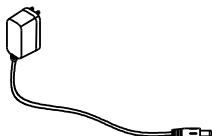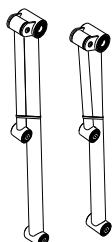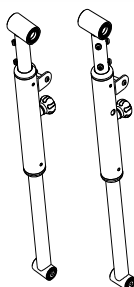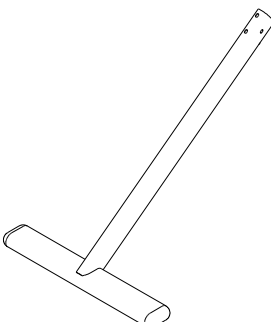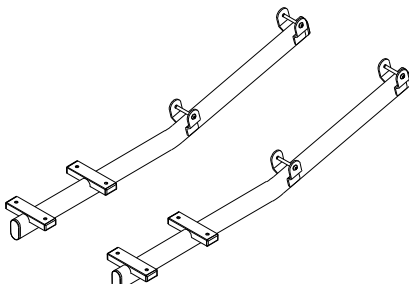
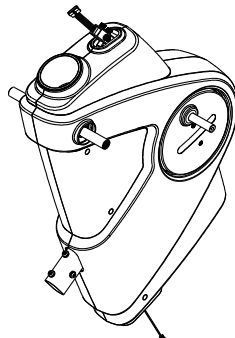**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness

READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

Console	Fixed Handlebar	Tube Cap	Upper Handlebar

Leveler	Support Tube		Front Stabilizer

Pedal	Adaptor	Swing Arm	Pivoting Arm

Rear Stabilizer	Pedal Support Arm		Main Frame

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. User the small scale to check the length of the bolts and screws. Do not dispose of the packing material until the assembly process is completed
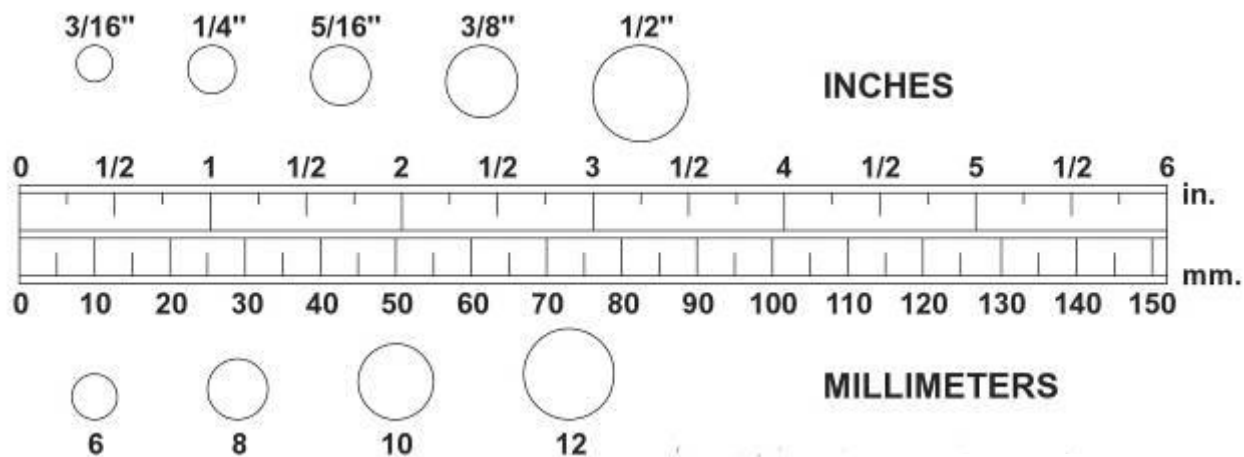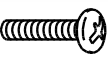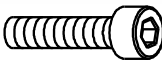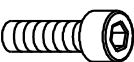
NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw
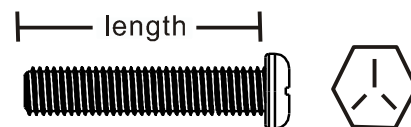
After unpacking the unit, **you will notice that the package includes the following hardware**.

Note:

Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled

HARDWARE KIT	Part No. and Description	Q'TY
	65 Lock Washer (M8)	3 pcs
	66 Washer (8x16x2.0t)	3 pcs
	67 Washer (8x30x2.0t)	4 pcs
	82 Screw, Pan Head (M5xp0.8x15mm)	4 pcs
	85 Bolt, Socket Head (M8xp1.25x20mm)	3 pcs
	86 Bolt, Socket Head (M8xp1.25x30mm)	8 pcs
	94 Bolt, Socket Head (M8x1.25x25mm)	4 pcs

BEFORE YOU BEGIN

Thank you for choosing the **Elliptical Trainer**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.
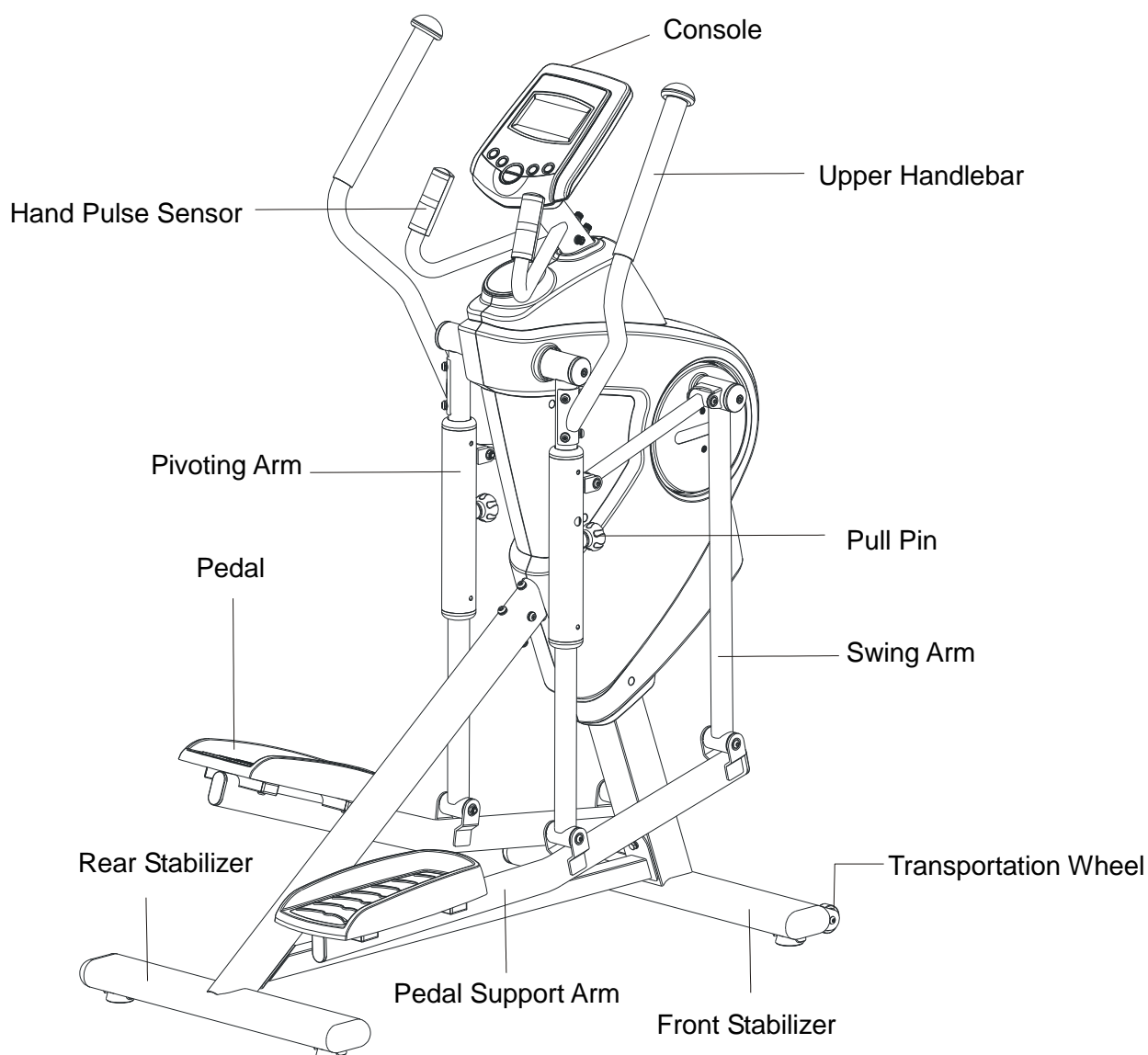
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.

Console

Upper Handlebar

Hand Pulse Sensor

Pivoting Arm

Pull Pin

Pedal

Swing Arm

Rear Stabilizer

Transportation Wheel

Pedal Support Arm

Front Stabilizer

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:
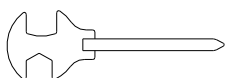
<u>MULTI WRENCH TOOL W/</u>
<u>PHILLIPS SCREWDRIVER</u>
<u>(65mm)</u>

<u>ALLEN WRENCH</u>
<u>(6 mm)</u>

<u>SOCKET WRENCH</u>
<u>(17 mm)</u>

ASSEMBLE INSTRUCTIONS

Use tool
17mm

062
028
076
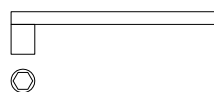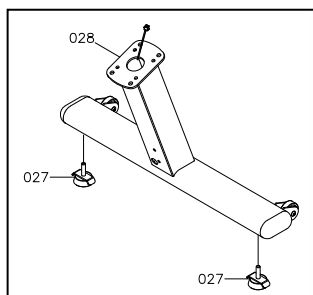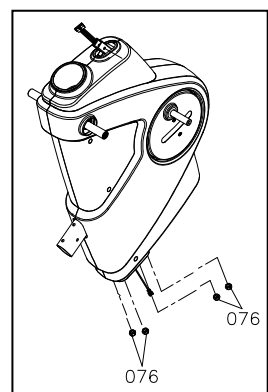076
001
027   027
061

Detailed Lever- drawing 1

→ Stabilizer

→ Adjustment Plate
→ Leveler (27)

Detailed Lever- drawing 2

→ Stabilizer

→ Adjustment Plate

→ Leveler (27)

→ Adjustment Plate
→ Leveler (27)
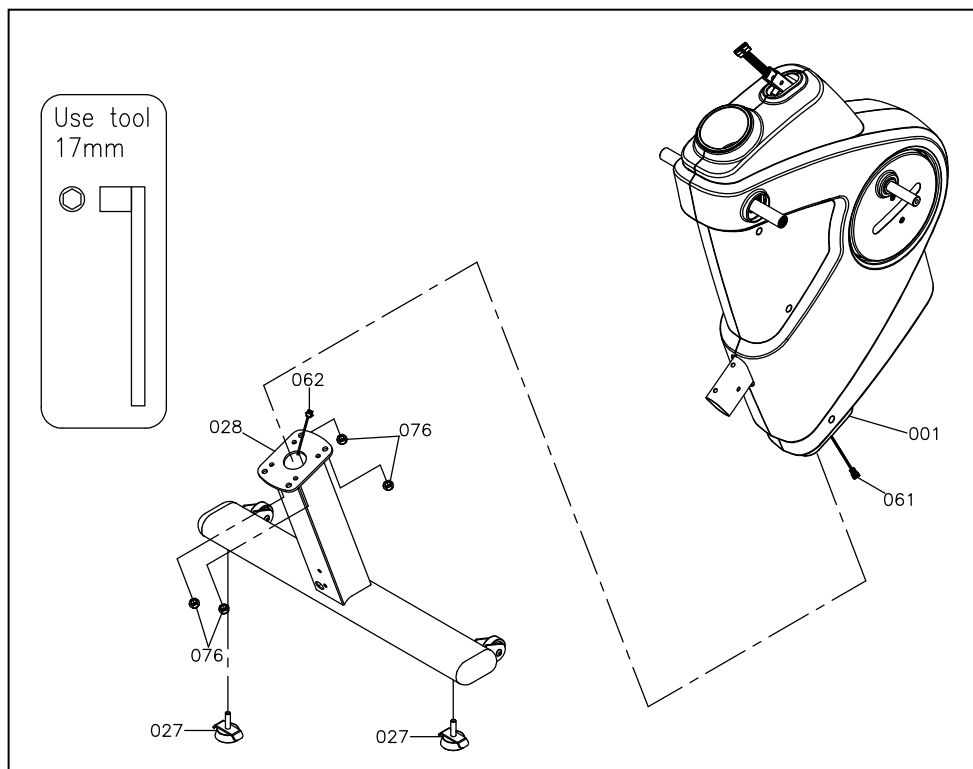
STEP 1 – Leveler Assembly

028
027
027

a. Follow the drawings to attach 2pcs **Levelers (27)** under the **Front Stabilizer (28)**. Be sure to tighten the **Levelers (27)** securely until screw lines are eliminated as the **drawing 1** shown on the top right corner. **NOTE:** If the item is not level, review the **LEVELING NOTE** on the above right side to level the **Levelers (27).**

LEVELING NOTE: After placing the item in the intended location, check the stability of the item. If the equipment is not level, reviewing the following direction:

Loosen the **Leveler (27)** to make the **Adjustment Plate** become less tight.

Use one hand to adjust the **Leveler (27)** for leveling.

Once the item is level, use the other hand to tighten the **Adjustment Plate** securely against the Stabilizer to lock the **Leveler (27)** in stable position as the above drawing 2 shown.
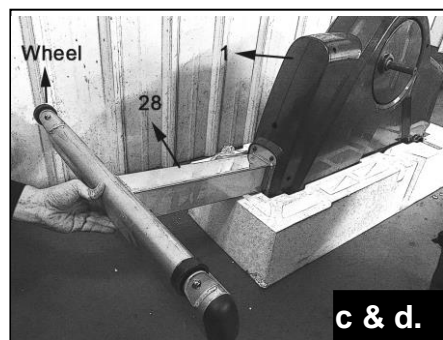
STEP 2 – Front Stabilizer Assembly

NOTE: 4pcs **Nylon Nuts (M10xp1.5)(76)** have preassembled on the bottom of the **Main Frame (1)**.
a. Remove 4pcs **Nylon Nuts (76)** from the **Main Frame (1)**.
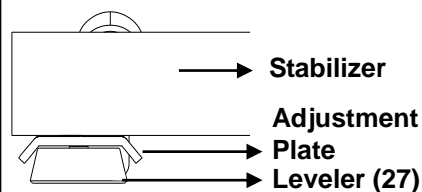
◎ x4

076
076

b. Refer to right, in order to assemble the **Front Stabilizer (28)** on the **Main Frame (1)** smoothly, place the **Main Frame (1)** on the original packing styrofoam.
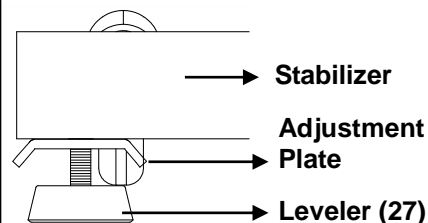
b.

1
Styrofoam

Wheel
1
28

c. Refer to left, attach the **Lower Adaptor Connection Wire (62)** into the **Middle Adaptor Connection Wire (61)**. **NOTE: Be careful not to pinch the wires.**

d. Then attach the **Front Stabilizer (28) (with the wheels face up)** to the **Main Frame (1)** and **fully tighten** 4pcs **Nylon Nuts (M10xp1.5)(76).**

c & d.

ASSEMBLE INSTRUCTIONS

Use tool 6mm

087 065 066 025 066 065 087 001

087 087 065 066

065 066

027

027

STEP 3 – Rear Stabilizer Assembly

a. Refer to below, attach 2pcs **Levelers (27)** under the **Rear Stabilizer (25)** and make sure they will level on the floor.

027

027
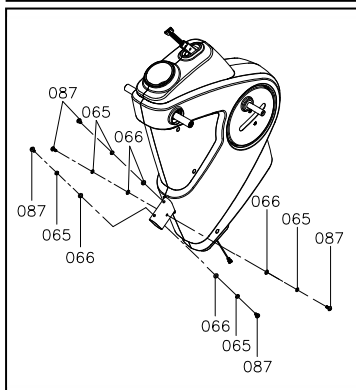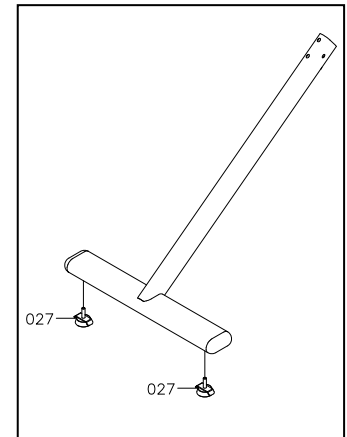
NOTE: Refer to left, 5pcs **Washers (8x16x2.0t)(66)**, 5pcs **Lock Washers (M8)(65)**, 5pcs **Bolts, Button Head (M8xp1.25x16mm)(87)** have preassembled on the rear of the **Main Frame (1)**.

b. Remove the above bolts and washers from the **Main Frame (1)**.

087 065 066

087 065 066 065 087

066

066 065 087

87 65 66
x5 x5 x5
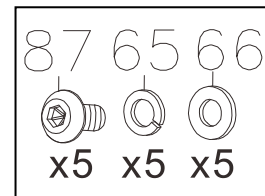
c. Refer to left, in order to let following assembly process run smoothly, put the front main frame to the another original styrofoam (that was covered the front side of the main frame).

25
1
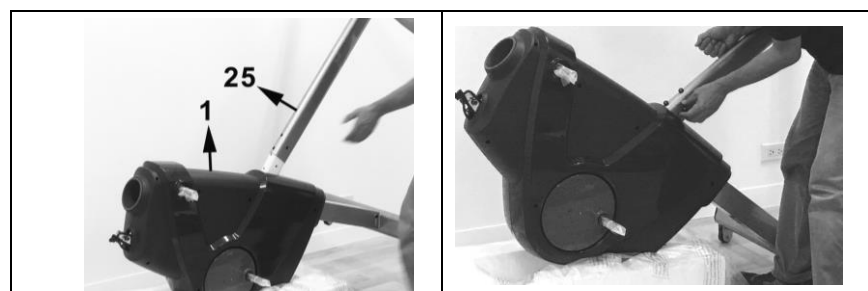
d. Then gently attach the **Rear Stabilizer (25)** to the **Main Frame (1)** and slightly secure with 5pcs **Washers (66),** 5pcs **Lock Washers (65)**, 5pcs **Bolt (87). NOTE: Please do not fully tighten the Bolts (87) until part c of Step 5.**

ASSEMBLE INSTRUCTIONS

Use tool 6mm

001

025

066
065
085

066
065
085

030

066
065
085

85 65 66

x3 x3 x3

STEP 4 – Support Tube Assembly
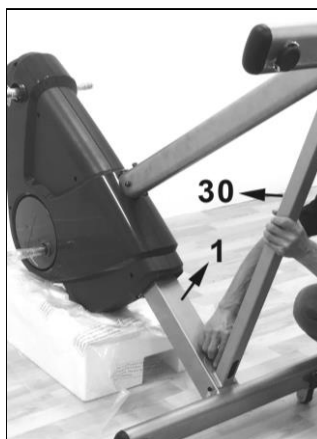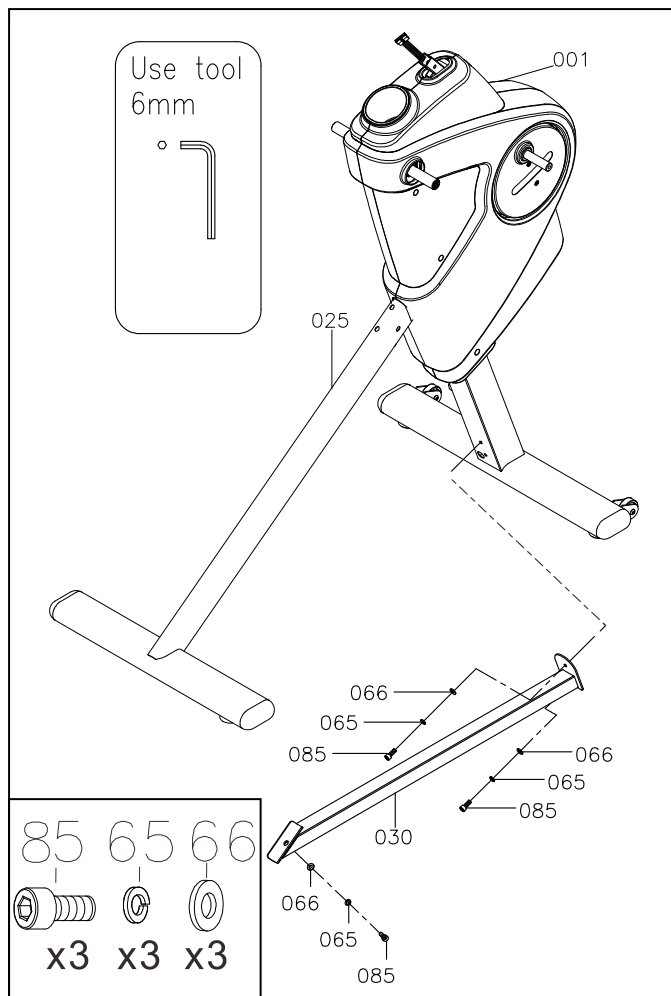
a. Refer to left, attach the **Support Tube (30)** to the **Main Frame (1)** by slightly attaching 1pcs **Bolt, Socket Head (M8xp1.25x20mm)(85)**, 1pcs **Lock Washer (M8)(65)**, 1pcs **Washer (8x16x2.0t)(66)**. **NOTE: Please do not fully tighten the Bolt (85) until part a of Step 5.**

30
1

b. Slightly attach another 1pcs **Socket Bolt (85)**, 1pcs **Lock Washer (65)** and 1pcs **Washer (66)** into the bottom of the **Support Tube (30). NOTE: Please do not fully tighten the Bolt (85) until part a of Step 5.**
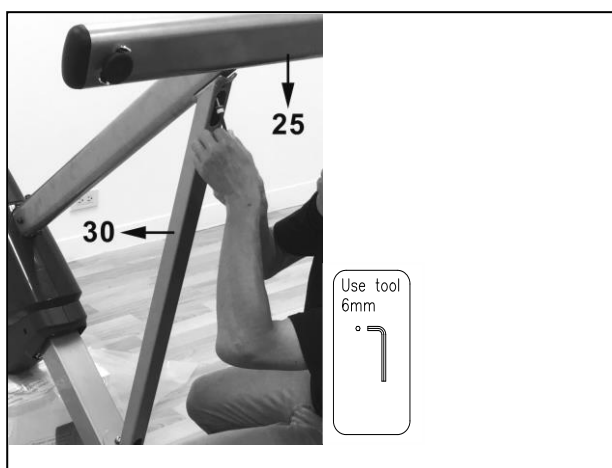
c. Attach the **Support Tube (30)** to the **Rear Stabilizer (25)** by **fully tightening** another 1pcs **Socket Bolt (85)**, 1pcs **Lock Washer (65)** and 1pcs **Washer (66)** into the top of the **Support Tube (30).**

25
30

Use tool 6mm

85 65 66

x3 x3 x3

7
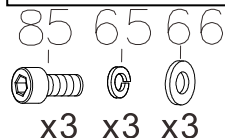
ASSEMBLE INSTRUCTIONS

STEP 5 – Bolt Tightening Assembly

Use tool 6mm

Use tool 17mm

Fully Tighten

Fully Tighten

Fully Tighten

Fully Tighten

Use tool 6mm

85

85

Use tool 6mm
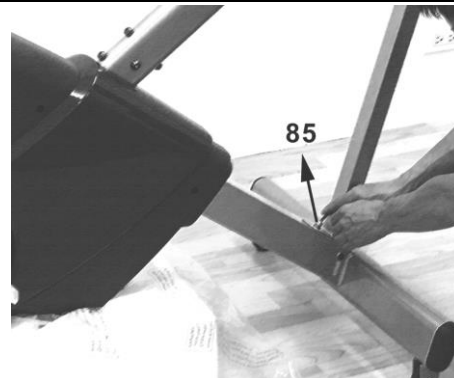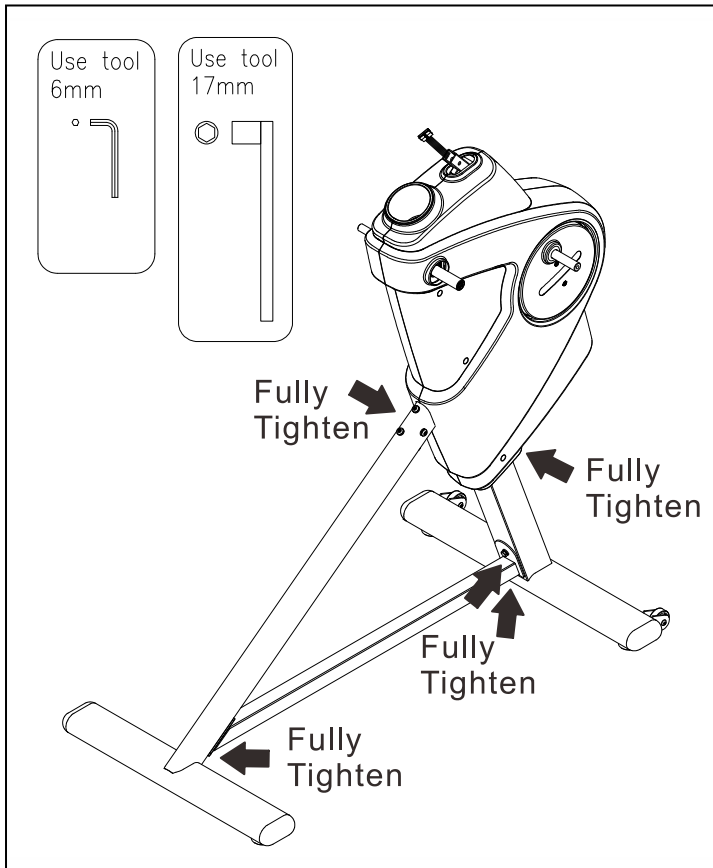
a. Refer above two photos to go back to the bottom of the **Support Tube (30)** to **fully tighten** 2pcs **Socket Bolts (85)**, 2pcs **Lock Washers (65)** and 2pcs **Washers (66)**.

76

76

Use tool 17mm

87

87

87

87

87

Use tool 6mm
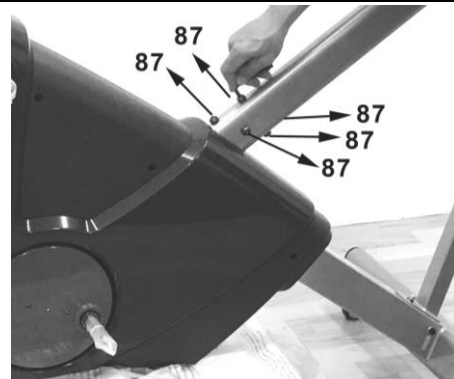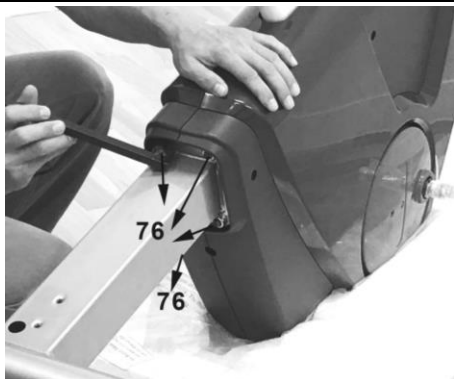
b. Go back to the upper side of the **Front Stabilizer (28)** and fully tighten 4pcs **Nylon Nuts (76).**

c. Go back to the front of the **Rear Stabilizer (25)** and **fully tighten** 5pcs **Washers (66),** 5pcs **Lock Washers (65)**, 5pcs **Bolts (87).**

ASSEMBLE INSTRUCTIONS

STEP 6 – Swing Arm Assembly

001a
036
067
035
094
Zip Tie

Use tool 6mm
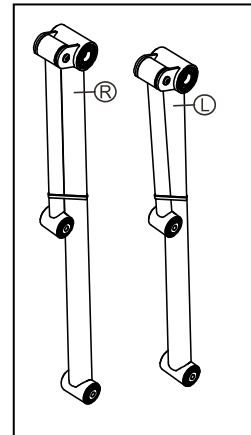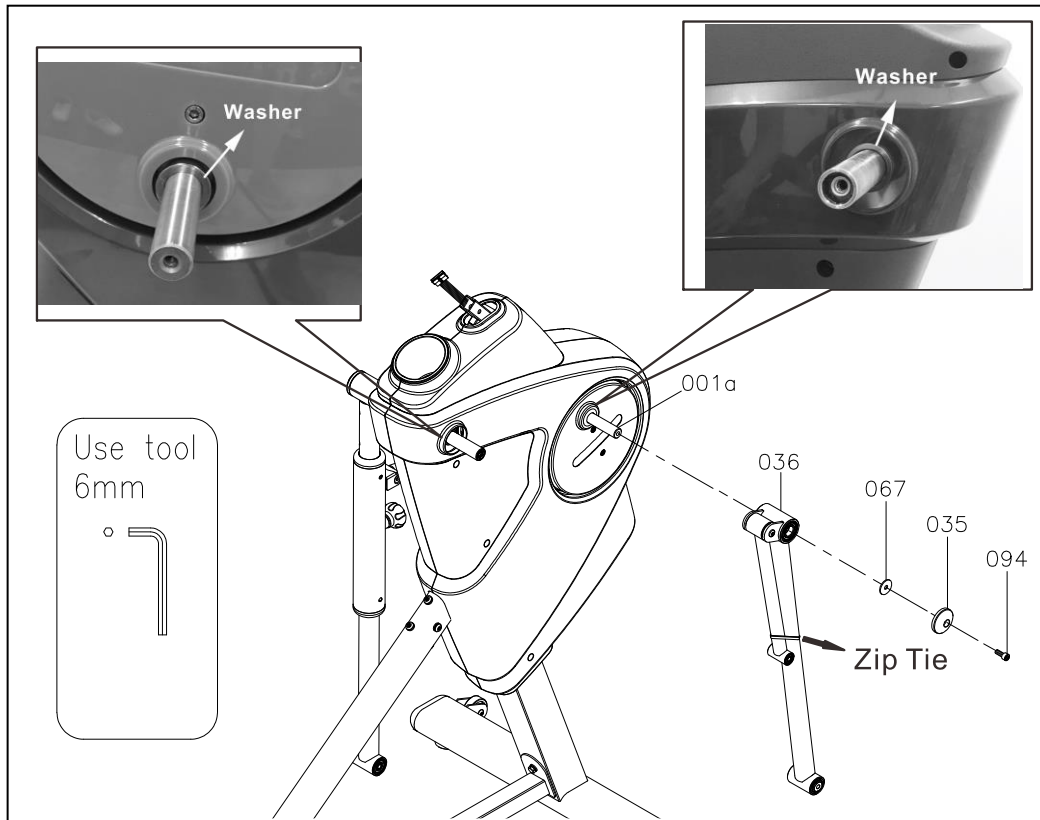
Washer

a. There is a "**R**" & "**L**" decal on the **Swing Arm (36)**.

Plastic Packaging Material

Washer

Washer

b. Refer to left, gently remove plastic packaging material from two Axles.

NOTE: Be sure not to remove the washers that already installed inside while removing packaging material

---

Bearing Axle

67, 35, 94

36

67 35 94

x2 x2 x2

Use tool 6mm
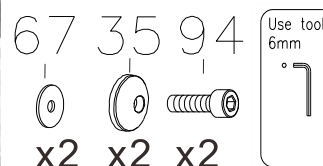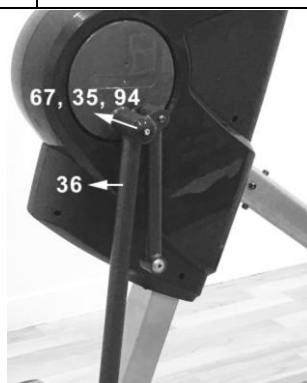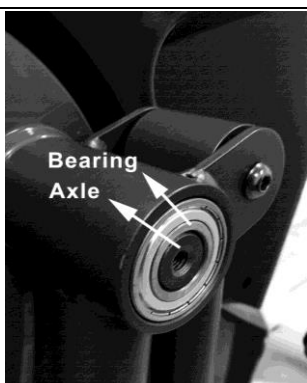
c. Refer to left, make sure the Axle surface is lower than Bearing surface.

d. Slide the **Swing Arm (36)** onto the **Crank Axle (001a)** and <u>**fully tighten**</u> 1pcs **Washer (8x30x2.0t)(67)**, 1pcs **Tube Cap (35)** and 1pcs **Bolt, Socket Head (M8x1.25x25mm)(94)**.

e. Cut the zip tie from the **Swing Arm (36)**.

f. Repeat the above same procedure for the other side.

STEP 7 – Pivoting Arm & Crank Linkage Assembly

Use tool 6mm

Use tool 65mm

001b 040 048 067 035 094 075 088

R 88 L 88
75 75
48 48
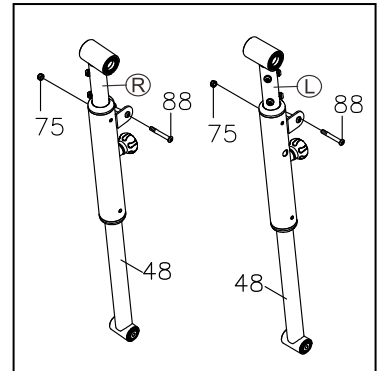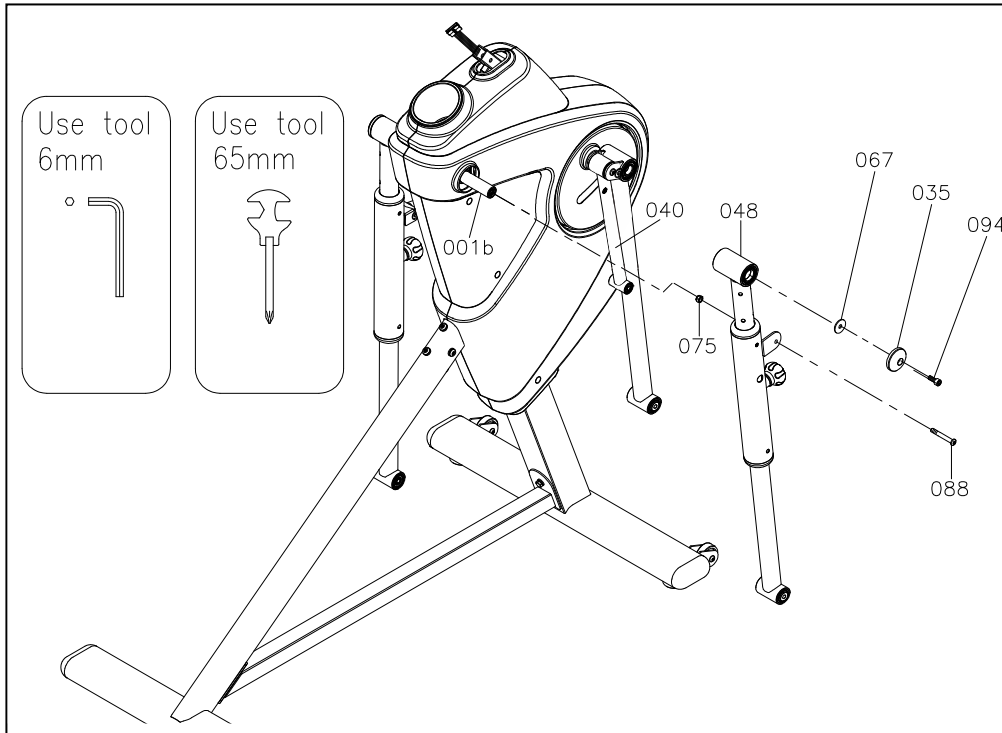
a. There is a "**R**" & "**L**" decal on the **Pivoting Arm (48)**.
b. 2pcs **Bolts, Socket Head (M8×p1.25×65mm)(88)** and 2pcs **Nylon Nuts (M8xp1.25)(75)** have preassembled into the **Pivoting Arm (48)**.
c. Remove the above bolts and nuts for following assembly process.

Axle Bearing

67, 35, 94 48

Use tool 6mm
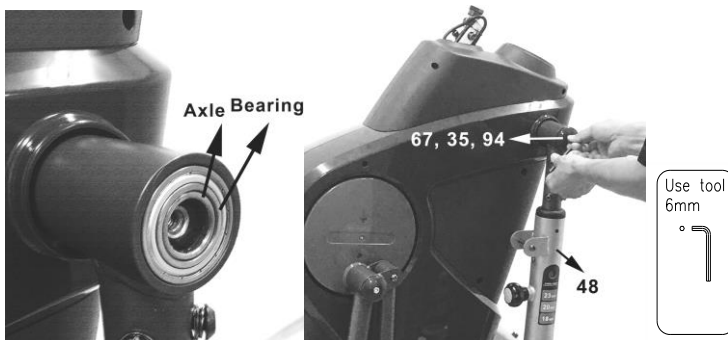
d. Refer to left, make sure the Axle surface is lower than Bearing surface.
e. Slide the **Pivoting Arm (48)** onto the **Frame Axle (001b)** and <u>fully tighten</u> 1pcs **Washer (8x30x2.0t)(67)**, 1pcs **Tube Cap (35)** and 1pcs **Bolt, Socket Head (M8x1.25x25mm)(94)**.
f. Repeat the above same procedure for the other side.

67 35 94
x2 x2 x2

g 75 88 40

h 40 Pull Pin
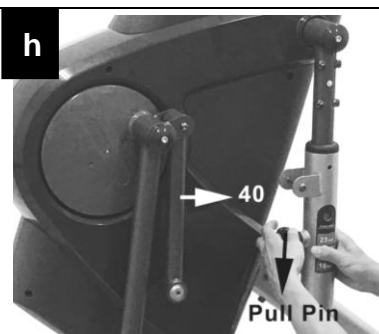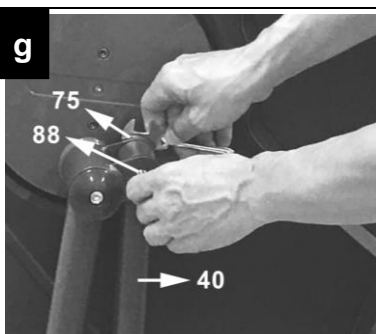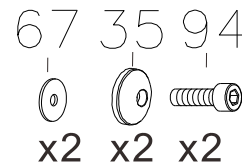
g. Refer to left, in order to assemble the **Linkage (40)** well, first slightly loosen **Bolt (88)** and **Nylon Nut (75)** from the **Crank Linkage (40)**.
h. Release the **Pull Pin (54)**.
i. Then attach the **Crank Linkage (40)** to the **Pivoting Arm (48)** by <u>fully secure</u> 1pcs **Bolt (88)** and 1pcs **Nylon Nut (75)**.

75 88 65mm Use tool 6mm
x1 x1

i 40 48

j Fully Tighten Fully Tigthen
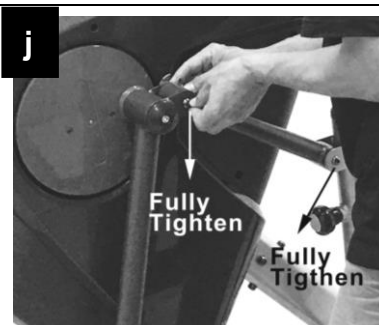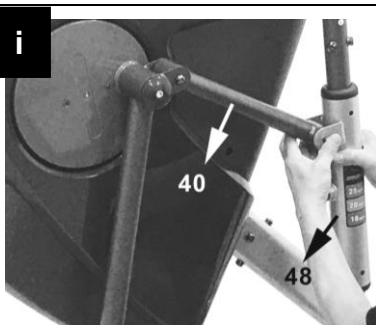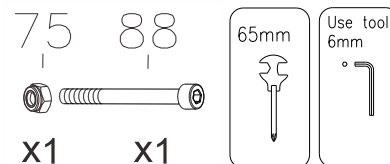
j. Go back to **Crank Linkage (40)** to <u>fully tighten</u> 1pcs **Bolt (88)** and 1pcs **Nylon Nut (75)**.

75 88 65mm Use tool 6mm
x1 x1
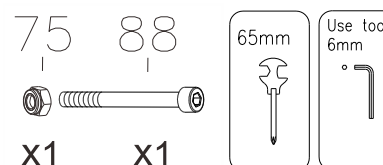
k. Repeat the above same procedure for the other side.

ASSEMBLE INSTRUCTIONS

Use tool 65mm

Use tool 6mm

036

048 055 074

058 089

089

086
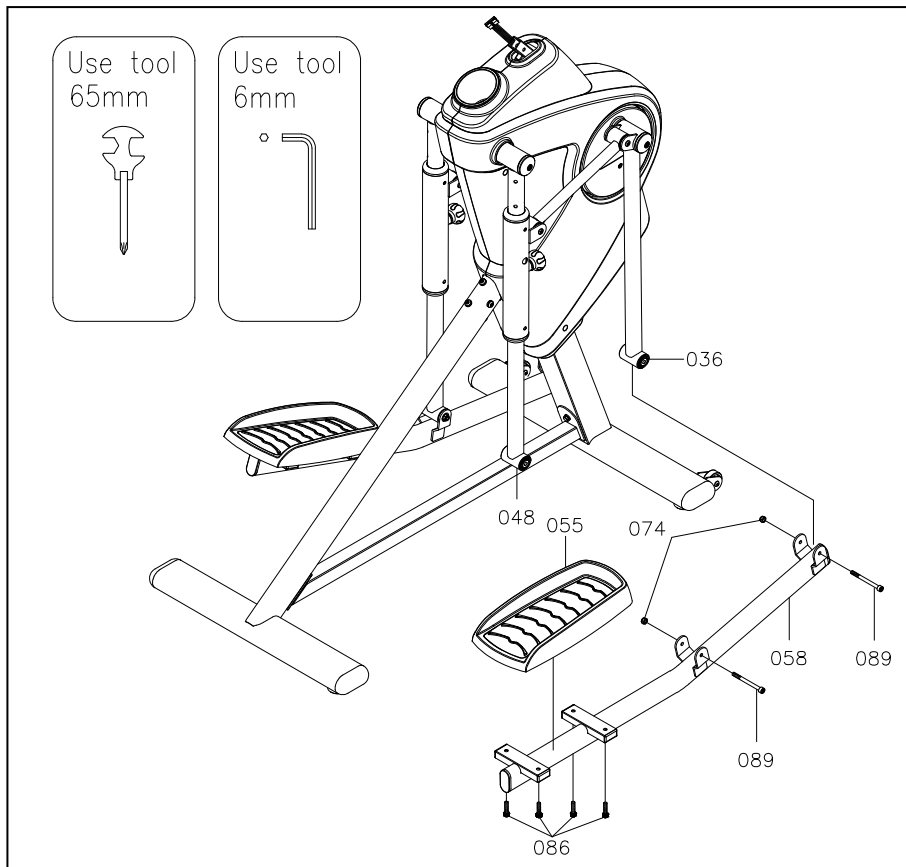
STEP 8 – Pedal Support Arm Assembly

089 074 074 089 058 074 089 058
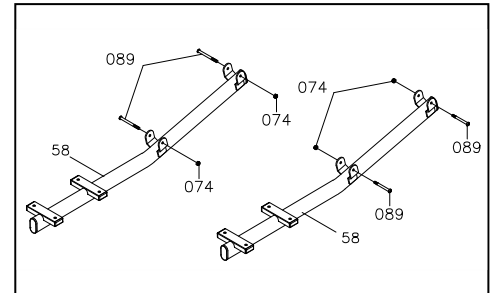
NOTE: Refer above, 4pcs **Thin Nylon Nut (M8xp1.25)(74)**, 4pcs **Bolts, Socket Head (M8xp1.25x75mm)(89)** have preassembled on the **Pedal Support Arm (58)**.

a. Remove above bolts and nuts from the **Pedal Support Arm (58)**.

75 89

x4 x4

36

48

58
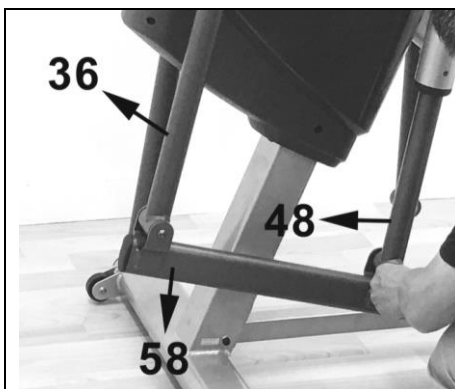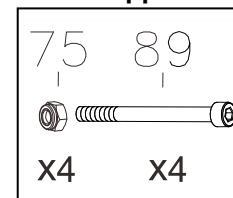
b. Attach the **Pedal Support Arm (58)** to the **Swing Tube (36) & Pivoting Arm (48)** by <u>fully secure</u> 2pcs **Bolts (89)** and 2pcs **Thin Nylon Nuts (74)**.

c. Repeat the above same procedure for the other side.

75 89 65mm Use tool 6mm

x4 x4
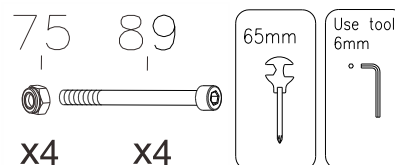
STEP 9 – Pedal Assembly

55

55
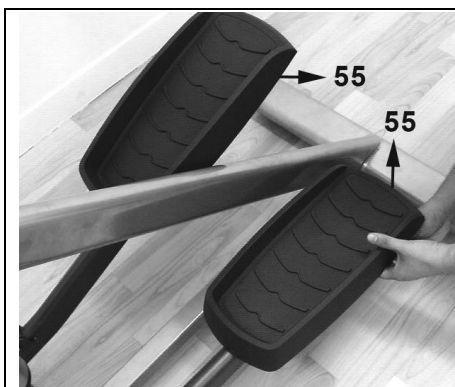
a. Put the **Pedal (55)** on the **Pedal Support Arm (58)** and <u>fully tighten</u> 4pcs **Bolts, Socket Head (M8xp1.25x30mm)(86)**.

b. Repeat the above same procedure for the other side.

86 Use tool 6mm

x8

11
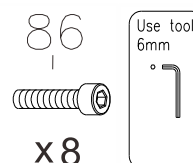
ASSEMBLE INSTRUCTIONS

STEP 10 – Fixed Handlebar Assembly

FIG.A

Use tool 6mm
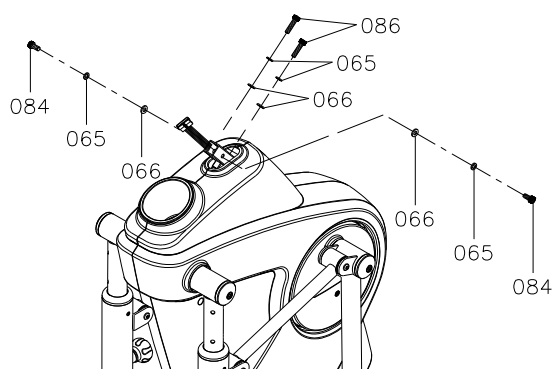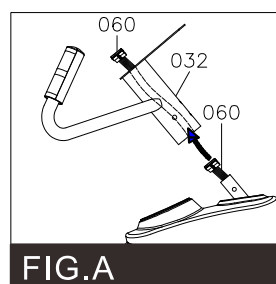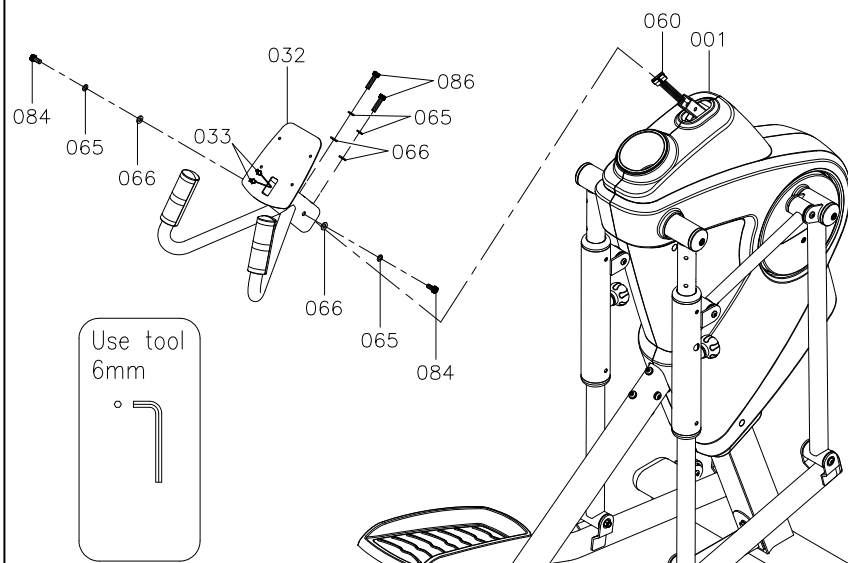
NOTE: Refer to left, 4pcs **Washers (8x16x2.0t)(66)**, 4pcs **Lock Washers (M8)(65)**, 2pcs Bolts, Socket Head **(M8xp1.25x16mm)(84)**, 2pcs Bolts, Socket Head **(M8xp1.25x30mm)(86)** have preassembled on the **Main Frame (1)**.

a.Remove the above bolts, washers from the **Main Frame (1)** for following assembly.

66	65	84	66	65	86
x2	x2	x2	x2	x2	x2
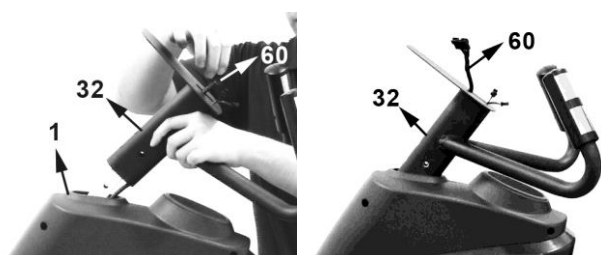
b.Follow **FIG.A**, gently insert the **Upper Connection Wire (60)** into the **Fixed Handlebar (32)**.

---
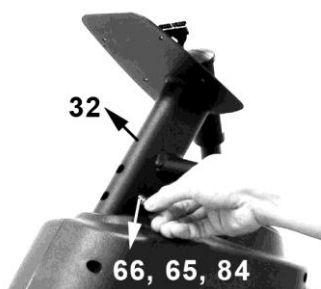
c.Attach 1pcs **Washer (66)**, 1pcs **Lock Washer (65)**, 1pcs **Bolt (84)** on each side of the **Handlebar (32)**.
NOTE: Please don't fully tighten at this moment.

66	65	84
x2	x2	x2
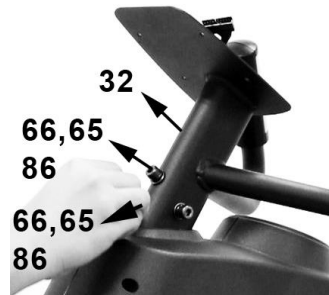
d.Attach 2pcs **Washers (66)**, 2pcs **Lock Washers (65)**, 2pcs **Bolts (86)** on front side of the **Handlebar (32)**.
NOTE: Please don't fully tighten at this moment.

66	65	86
x2	x2	x2

12

ASSEMBLE INSTRUCTIONS

STEP 11 – Console Assembly

031
Use tool 65mm
Hole A
060
064
033
098
082

FIG 1

Hole A

NOTE: Refer to the drawing above. To assemble console on correct position, firstly secure the right bottom corner of the console to Hole A with Bolt (82).

---

a. Go back to the side of **Handlebar (32)** and **fully tighten** 2pcs **Washers (66)**, 2pcs **Lock Washers (65)**, 2pcs **Bolts (84)**.

32
66, 65, 84
Use tool 6mm
66 x2   65 x2   84 x2

b. Go back to the front of **Handlebar (32)** and **fully tighten** 2pcs **Washers (66)**, 2pcs **Lock Washers (65)**, 2pcs **Bolts (86)**.

32
66,65 86
66,65 86
Use tool 6mm
66 x2   65 x2   86 x2

---

c, d
64
98
60
33

e
31
60

c. Connect the **Console Wire (64)** to the **Upper Connection Wire (60)**. **NOTE: Be careful not to pinch the wires.**

d. Connect the **Console Wire (98)** to the **Upper Pulse Sensor Wire (33)**. **NOTE: Be careful not to pinch the wires.**

e. First slide the **Upper Connection Wire (60)** into the **Console (31)**.

f. Slide the rest of wires into **Fixed Handlebar (32)**.

g. Follow FIG. 1 above, gently attach the **Console (31)** to the **Fixed Handlebar (32)** by **fully tighten** with 4pcs **Screws, Pan Head (M5xp0.8x15mm)(82)**.

f
Wires
32

g
31

82
65mm
x4

ASSEMBLE INSTRUCTIONS

Use tool
6mm
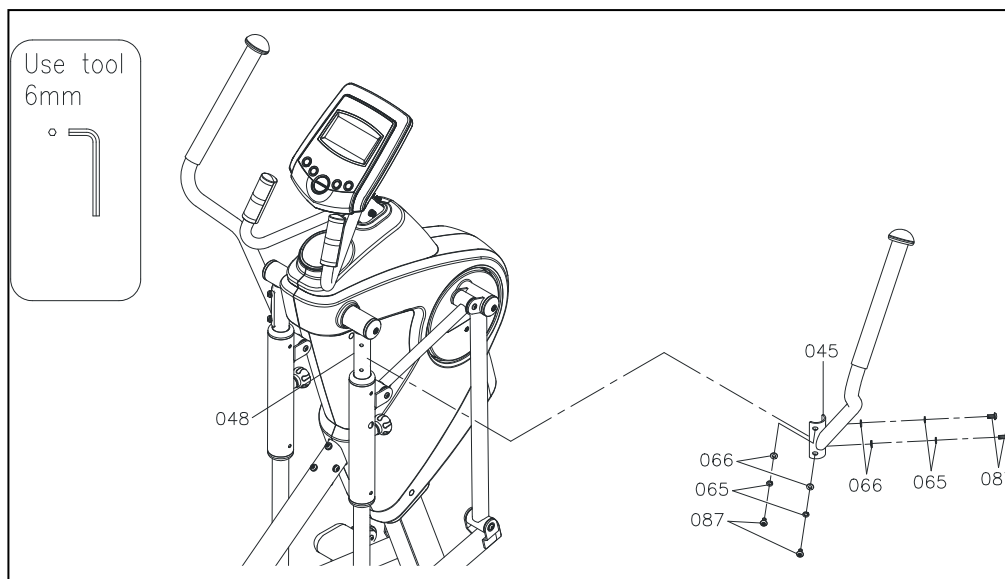
STEP 12 – Upper Handlebar Assembly

045

048

066
065
087

066   065   087

44

45

L   R
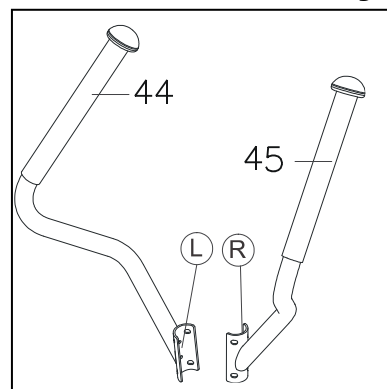
a. There is a "**R**" & "**L**" decal on the **Upper Handlebar (44, 45)**.

048

066
065
087

066   065   087
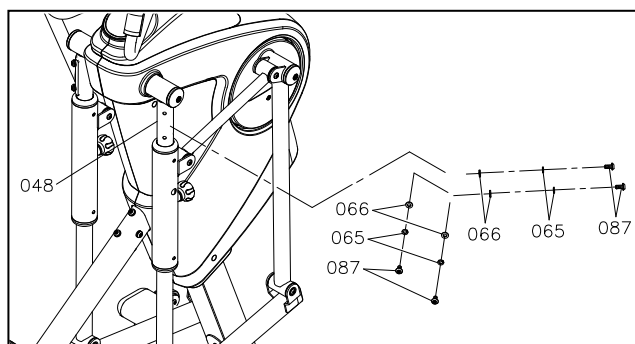
b. **NOTE:** 2pcs **Bolts, Button Head (M8×p1.25×16mm)(87)** and 2pcs **Lock Washers (M8)(65)** and **2pcs Washers (8x16x2.0t)(66)** have preassembled into the **Pivoting Arm (48)**.

c. Remove the above bolts and washers from the **Pivoting Arm (48)**.

66   65   87

x2   x2   x2

45

48

d. Attach the **Right Upper Handlebar (45)** to the **Right Pivoting Arm (48)** and <u>**fully tighten**</u> with 2pcs **Bolts (87)** and 2pcs **Lock Washers (65)** and **2pcs Washers (66)**.

66   65   87   Use tool
                      6mm

x2   x2   x2
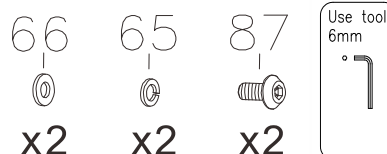
e. Repeat the above same procedure for the left side.
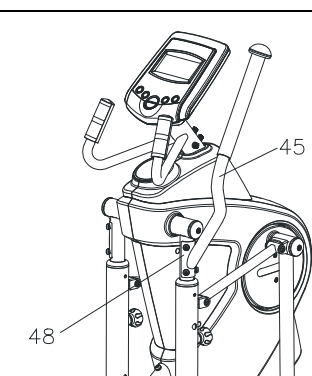
f. Finish the assembly, <u>make sure that all parts are tightened before you use the equipment.</u>

g. Make sure the item is level on the floor, if not, please adjust and fully tighten **Levelers (27)**.

STEP 13 – AC Adaptor

a. Connect the **Adaptor (63)** to the connector located on the left side of the **Main Frame (1)**.

b. Plug the **Adaptor (63)** into an electrical outlet to light up the console.

63

27

27   27
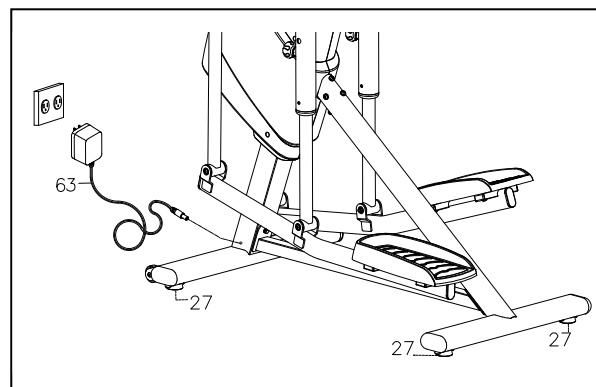
OPERATION INSTRUCTIONS

HOW TO MOVE THE ITEM SAFELY

Hold the **Rear Stabilizer (25)** up with two hands and tow the item to the desired place carefully.

◆　Make sure the floor is level while towing the item.
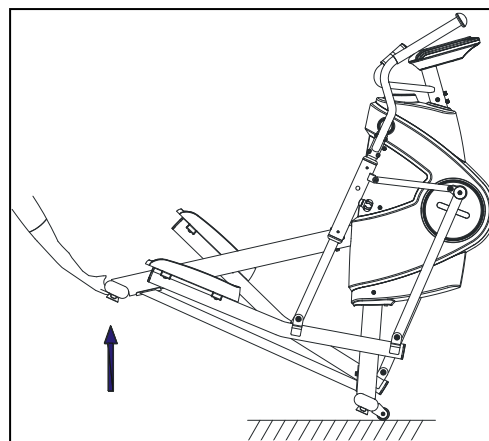
HOW TO ADJUST THE STRIDE LENGTH

The Elliptical Trainer is quipped with three adjustable stride lengths from **18" (457mm)** to **23" (584mm)**

a.　To adjust the stride length, loosen and pull the **Right Pull Pin (54)**. Move the **Right Telescoping Bar (10)** to the proper desired position (**blue position for 23", red position for 20", green position for 18"**).

b.　Release the **Right Pull Pin (54)** and make sure the pin on the knob get into the adjustment hole in the **Right Telescoping Bar (10)**.

c.　Repeat the above process to adjust the stride length on left side.

> **NOTE:**
> 1. Always adjust the **Right & Left Telescoping Bar (10)** in the same height.
> 2. Securely tighten **Right & Left Pull Pin (54)** before exercising.

584mm(23")　　508mm(20")　　457mm(18")

Blue　　Red　　Green

O54　　O54　　O54
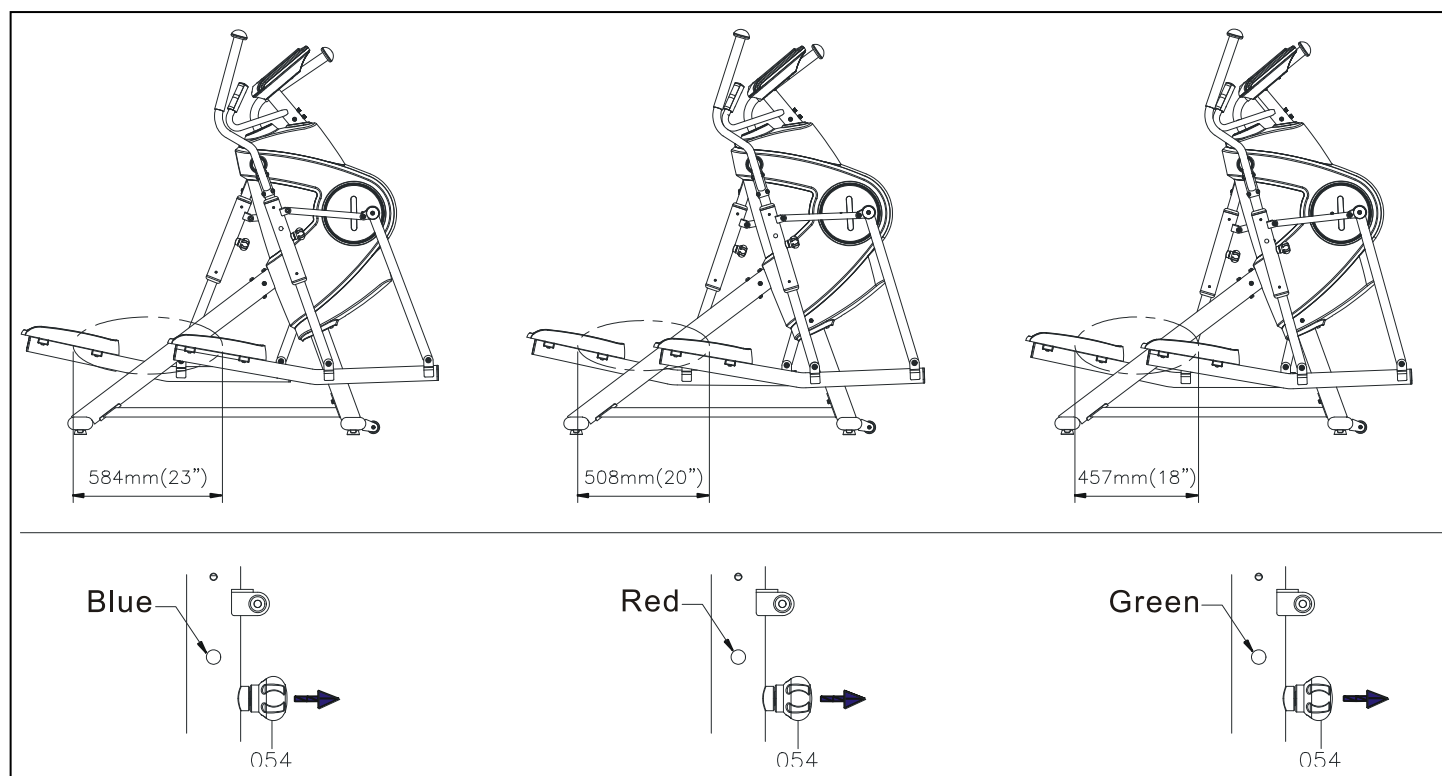
CONSOLE INSTRUCTIONS
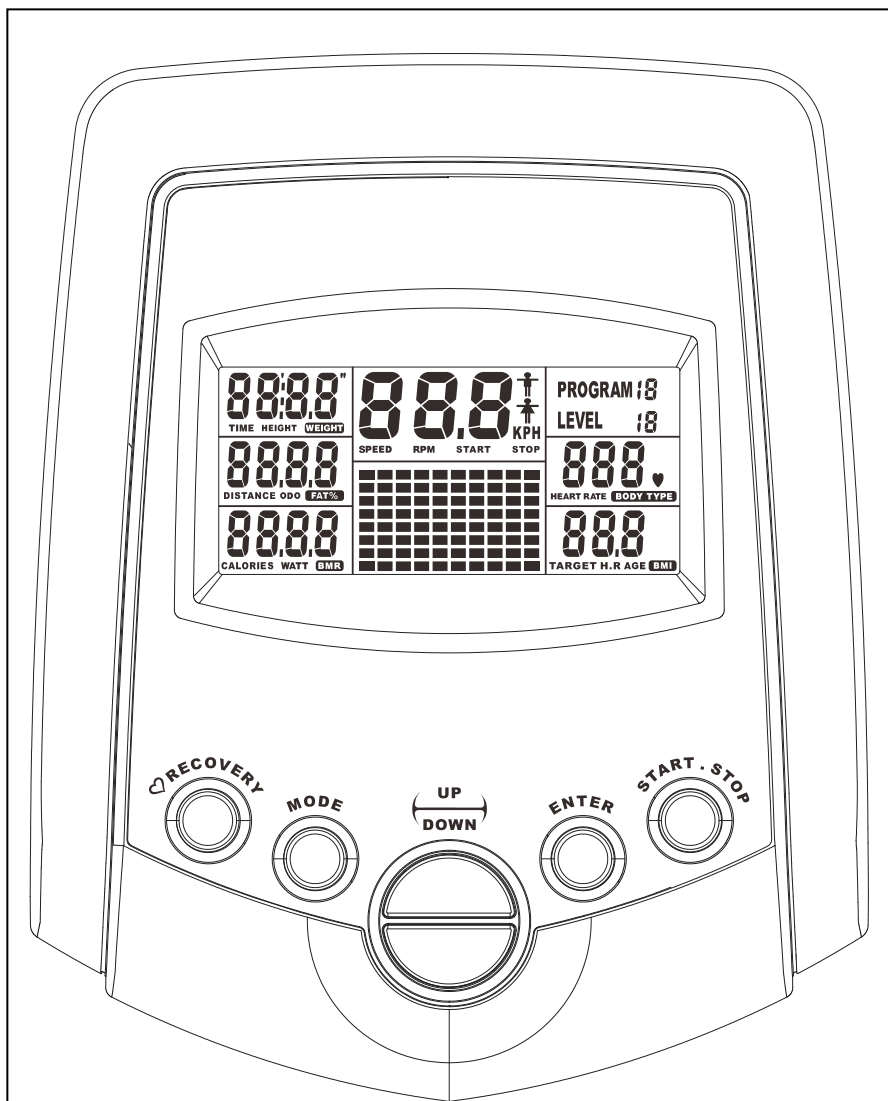
- **T**ake a few minutes to review the console layout. Below is an overview of the console's features and functions
- **W**e recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track

Power ON

a. Make sure the item's adaptor is correctly plugged into the socket
b. Pedaling or pressing any keys to active the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

Power Off

The console would automatically shut off after 4 minutes of inactivity
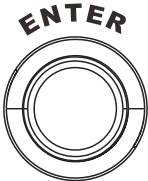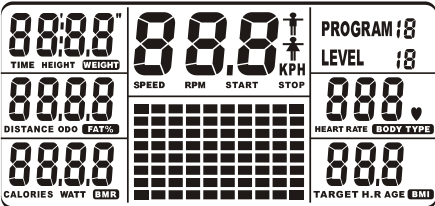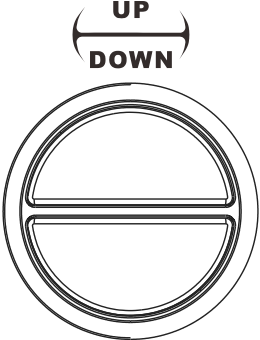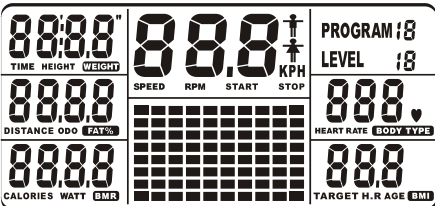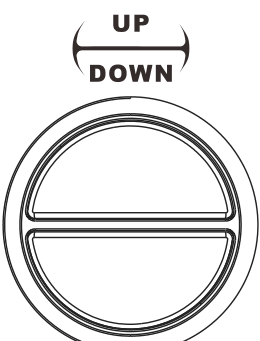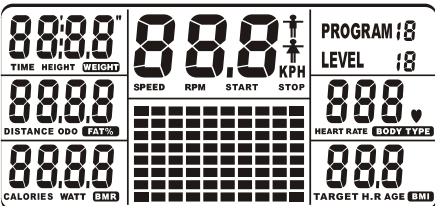
Program List

P1 MANUAL PROGRAM	P2 ROLLING PROGRAM	P3 VALLEY PROGRAM	P4 FAT BURN PROGRAM
P5 RAMP PROGRAM	P6 FITNESS TEST PROGRAM	P7 RANDOM PROGRAM	P8 BODY FAT PROGRAM
P9 TARGET H.R. PROGRAM	P10 60% H.R.C. PROGRAM	P11 75% H.R.C. PROGRAM	P12 85% H.R.C. PROGRAM
P13 USER 1 MODE PROGRAM	P14 USER 2 MODE PROGRAM	P15 USER 3 MODE PROGRAM	P16 USER 4 MODE PROGRAM

CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

START · STOP	a. Press **START/PAUSE** to begin your exercise b. Press **START/PAUSE** again to stop and pause all functions during your exercise program. All the date on the display will then freeze. c. Press **START/PAUSE** again to resume the program and all the date displayed will continue until the program has finished. d. **HOLD TO RESET** function: Continue pressing **START/PAUSE**, all the date will return to 0 and the console will return to POWER ON status
ENTER	Press **ENTER** to confirm the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)
UP / DOWN	Press **UP** to increase the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)
UP / DOWN	Press **DOWN** to decrease the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)

MODE	During workout (after pressing **START/ PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

RPM, ODO, WATT will show at the same time   SPEED, DISTANCE, CAL. will show at the same time

DISTANCE and **ODO (ODOMETER)** information:

- **DISTANCE:**
    a. This measures the total distance from 0 to 999 km/Mile.
    b. After pressing **START/PAUSE**, **DISTANCE** will count up. Press **START/PAUSE** again to pause all functions and **DISTANCE** value during your exercise program.
    c. Press **START/PAUSE** again to resume the program and **DISTANCE** value will continue counting up until the program finish
    d. The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart from zero after pedaling or pressing any keys to active the console again
- **ODO (ODOMETER):** The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO**'s distance value, press **UP**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero.
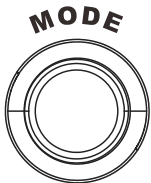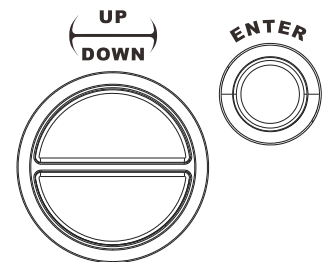
RECOVERY

a. **PULSE RECOVERY** button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape

b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. F1.0 is best; F6.0 is worst (For Reference Only)

c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. Stop exercising before starting the function.

d. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
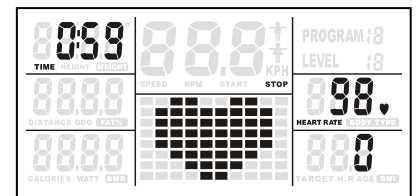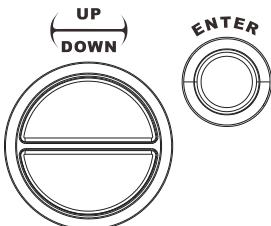
NOTE:
If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, the console's **HEART RATE** value would show "0" and the main screen would show "F6.0" after the console counts down to zero, which means the **HEART RATE SENSORS** won't be able to pick up the signals. Press any keys to stop the long beep sound, then press **PULSE RECOVERY** button again and make sure to hold the **HEART RATE SENSORS** on the handrails with both hands properly this time.
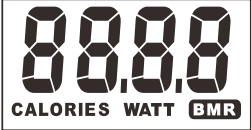
Console Functions

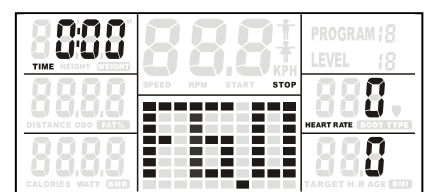|	
PROGRAM 18 LEVEL 18	**PROGRAM:** • The console comes with 16 preset programs • Displays programs for selection during setup, from P1 ~ P16 • Displays the selected program during exercise **LEVEL:** • Displays torque/resistance level of the current program, from 1 to 16 torque/resistance level; 1 level increment
88:8.8" TIME HEIGHT WEIGHT	**TIME:** • Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes • Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00 **HEIGHT:** • Display range: 110 ~ 250cm; 0.5 cm increment / 3'08" ~ 8' 00"; 1 inch increment; **the product is not recommended for children's use** **WEIGHT:** • Display range: 10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; **the product is not recommended for children's use**
88.8.8 DISTANCE ODO FAT%	**DISTANCE:** • Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile • Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0 • During workout (after pressing **START/PAUSE**), the user could press **MODE** button to select **DISTANCE**, or **ODO (Odometer)**
88.8.8 DISTANCE ODO FAT%	**ODO:** • The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout **DIFFERENT RESET INFO. of DISTANCE & ODO:** • **RESET INFO. of DISTANCE**: The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart to zero after pedaling or pressing any keys to active the console again • **RESET INFO. of ODO**: To reset **ODO**'s distance value, press **UP**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero, it would take a few minute to reset **FAT%:** • During **BODY FAT TEST**, the result would display the percentage of body fat in **BODY FAT PROGRAM (P8)** • Your body fat percentage is simply the percentage of the fat your body contains

CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

Console Functions

8888 CALORIES WATT BMR	**CALORIES:** ● Count Up: If target calories were not selected, this measures total calories your body burned during exercise ● Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0 **BMR:** ● During **BODY FAT TEST**, the result would display the value of **BMR** in **BODY FAT PROGRAM (P8)** ● **BMR (BASAL METABOLIC RATE)** is a rate at which the body burns calories to maintain normal body functions while at rest **WATT:** ● Display the current value of Watt during exercise
88.8 TARGET H.R AGE BMI	**TARGET H.R.:** ● Display range: 60 ~ 220 BPM (beats per minute) ; 1 BPM increment **AGE:** ● Display range: 10 ~ 99 years old; 1 year-old increment **NOTE**: **Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use** **BMI:** ● During **BODY FAT TEST**, the result would display the value of **BMI** in **BODY FAT PROGRAM (P8)** ● **BMI (BODY MASS INDEX)** is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese
888. HEART RATE BODY TYPE	**HEART RATE:** ● You must place both of your hands on the **Pulse Sensors** on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed ● If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again **BODY TYPE:** ● During **BODY FAT TEST**, the result would display the value of **BODY TYPE** in **BODY FAT PROGRAM (P8)**

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)
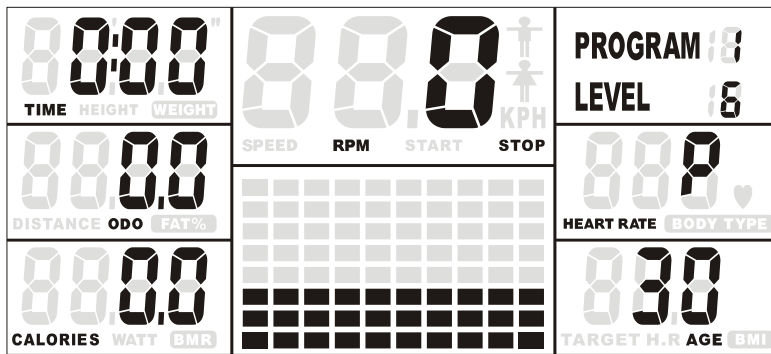
1 **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket.

b. The console would automatically shut off after 4 minutes of inactivity

c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

2 **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status
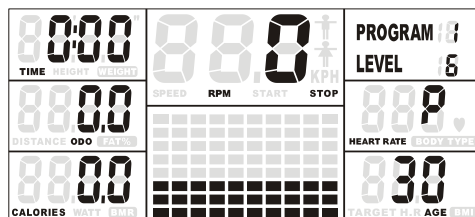
POWER ON status

3 **Normal way to operate MANUAL PROGRAM (P1)**

A. ENTER MANUAL PROGRAM (P1)

ENTER button:
When the power is turned on, the manual program (P1) will be selected, pressing **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

or

a. **START /PAUSE** button:
If you have selected other program (P2~P16), pressing **START/PAUSE** button to pause the current program
b. **UP** or **DOWN** button:
Press **UP** or **DOWN** button to select **MANUAL PROGRAM (P1)**
c. **ENTER** button:
Press **ENTER** button to confirm and enter **MANUAL PROGRAM (P1)**

21

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
0:00 TIME HEIGHT WEIGHT	**8.8** DISTANCE ODO FAT%
a. After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".	a. After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**	b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
NOTE for TIME:	c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**
● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes	**NOTE for DISTANCE:**
● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
	● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

1. ENTER button and then **UP** or **DOWN** button:

0.0
CALORIES WATT BMR

a. Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:
● Count Up: If target calories was not selected, this would measure total calories burned during exercise
● Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. ENTER button and then **UP** or **DOWN** button:

30
TARGET H.R AGE BMI

a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen

E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed

- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT

- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%

- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

RPM, **ODO**, **WATT** will show at the same time   **SPEED**, **DISTANCE**, **CAL.** will show at the same time

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

1 **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status
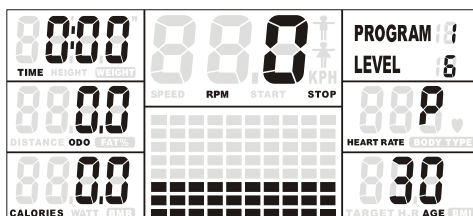
POWER ON status

2 **Normal way to operate PROGRAM (P2~P7)**

A. ENTER MANUAL PROGRAM (P2~P7)

a. **START/PAUSE** button:

If you have selected other program (P1 or P8 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **PROGRAM (P2 ~ P7)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **PROGRAM (P2 ~ P7)**

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:

If you would like to select TIME value, not DISTANCE value:

UP or **DOWN** button:

a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00"
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

NOTE for TIME:
- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select DISTANCE value, not TIME value:

ENTER button and then **UP** or **DOWN** button:

a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00".
b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

NOTE for DISTANCE:
- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

1. **ENTER** button and then **UP** or **DOWN** button:

   a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**
   b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:
- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. **ENTER** button and then **UP** or **DOWN** button:

   a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
   b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use
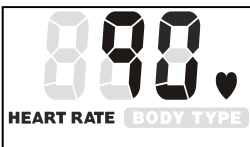
CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen
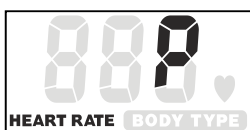
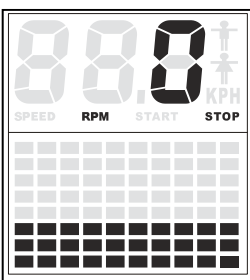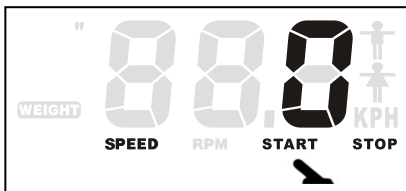## E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed

- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT

- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

RPM, **ODO**, **WATT** will show at the same time   **SPEED**, **DISTANCE**, **CAL.** will show at the same time

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)

1 **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status
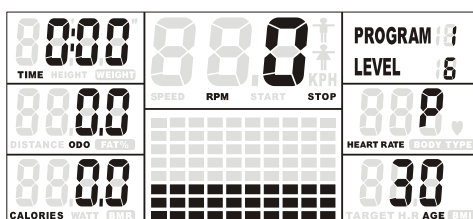
POWER ON status

2 **Normal way to select and operate BODY FAT PROGRAM (P8)**

A. ENTER BODY FAT PROGRAM (P8)

a. **START/PAUSE** button:

If you have selected other program (P1 ~ P7, P9 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **BODY FAT PROGRAM (P8)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **BODY FAT PROGRAM (P8)**

B. SET THE PERSONAL INFO. (GENDER, HEIGHT and AGE)

1. UP or **DOWN** button:

After pressing the **ENTER** button, the **GENDER** function mode will appear with the display flashing "♀". Use **UP** or **DOWN** buttons to set your **GENDER**

2. ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm your **GENDER** and enter the mode to set your **HEIGHT**

b. Use **UP** or **DOWN** buttons to set your **HEIGHT (110 ~ 250CM; 0.5 CM INCREMENT / 3'08" ~ 8' 00"; 1 INCH INCREMENT)**

NOTE for HEIGHT:

NOTE: The product is not recommended for children's use

3. ENTER button and then **UP** or **DOWN** button:

c. Press **ENTER** button to confirm your **HEIGHT** value and enter the mode to set your **WEIGHT.**

d. Use **UP** or **DOWN** buttons to set your **WEIGHT (10 ~ 200KG; 0.2 KG INCREMENT / 23 ~ 440 LBS; 0.5 LBS INCREMENT)**

NOTE for WEIGHT: NOTE: The product is not recommended for children's use

4. ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm your **WEIGHT** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE: NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

C. START TESTING YOUR BODY FAT

START/ PAUSE button: Press **START/ PAUSE** to start testing your body fat. The testing time takes about 10 seconds, please review the next page to understand the meaning of the result

D. THE BODY FAT RESULT INFORMATION
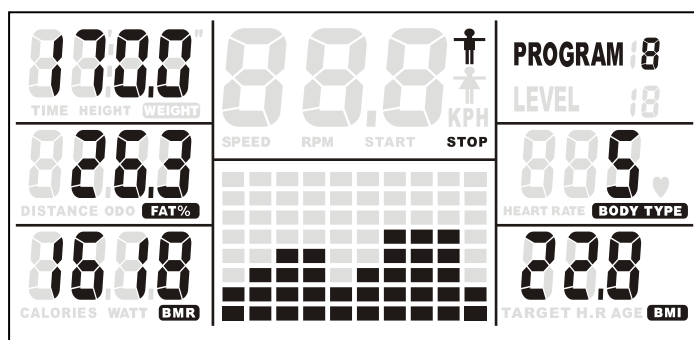
The illustration on the left is just an example to show you what the result should look like, each person has different body fat condition depends on the user's current health condition from time to time

1. BMI (BODY MASS INDEX):

Body Mass Index is a height / weight formula used by health and weight professionals around the world to asses a person's body weight, measuring the level of body fatness in an individual. From your body mass index number you can see if you are underweight, normal weight, overweight or obese

THE RESULT	THE VALUE OF BMI
Underweight	Under 20 (19 for women)
Normal Weight	Between 20 and 24.99
Overweight	Between 25 and 29.99
Obese 1	Between 30 and 34.99
Obese 2	Between 35 and 39.99
Extreme Obesity	40 and above

BMI conclusion very slightly according to gender. Here is a general summary of weight-status based on BMI

2. BMR (BASAL METABOLIC RATE):

Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

To lose weight, you should try to eat fewer calories than your basic calories need. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)
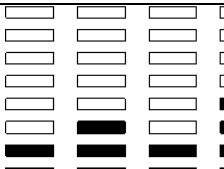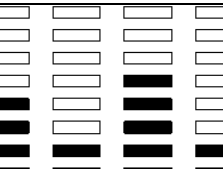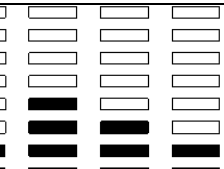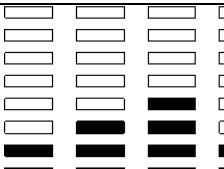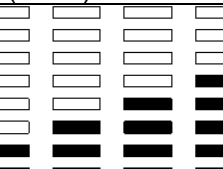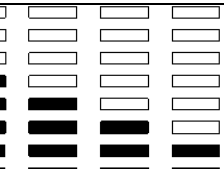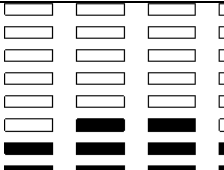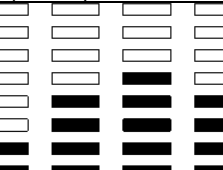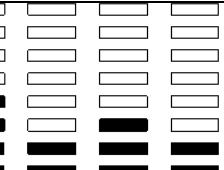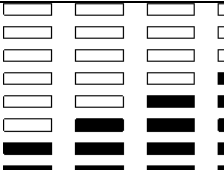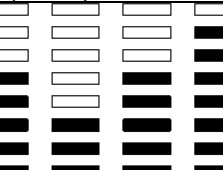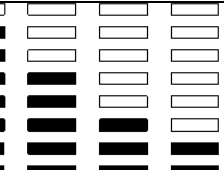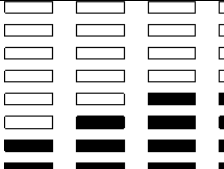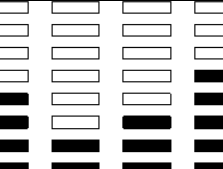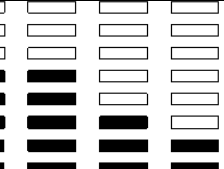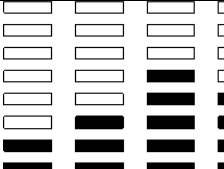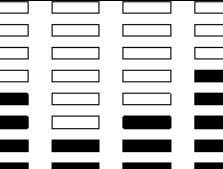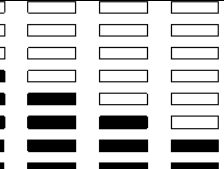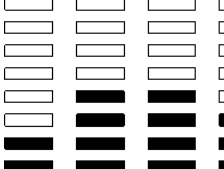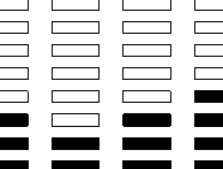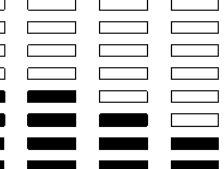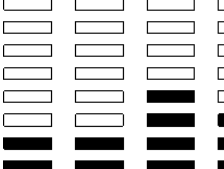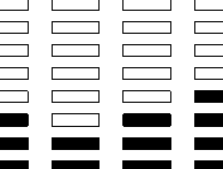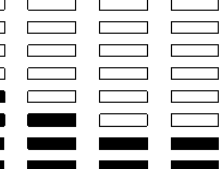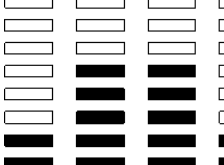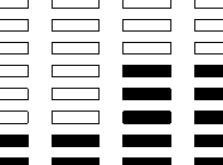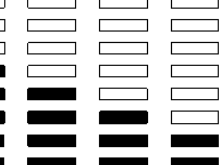
3. BODY FAT%:

You body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass, such as bone, muscle, organ tissue, blood and everything else.

E. THE BODY FAT RESULT INFORMATION

4. BODY TYPE:

Refer to the following list to determine what your body type is:

Type 1	5% ~ 9% (fat %)	Underweight	Type 2	10% ~ 14% (fat %)	Slim Class 1
Type 3	15% ~ 19% (fat %)	Slim Class 2	Type 4	20% ~ 24% (fat %)	Slim Class 3
Type 5	25% ~ 29% (fat %)	Standard	Type 6	30% ~ 34% (fat %)	Overweight
Type 7	35% ~ 39% (fat %)	Obese Class 1	Type 8	40% ~ 44% (fat %)	Obese Class 2
Type 9	45% ~ 50% (fat %)	Extreme Obesity			

5. ERROR INFORMATION:
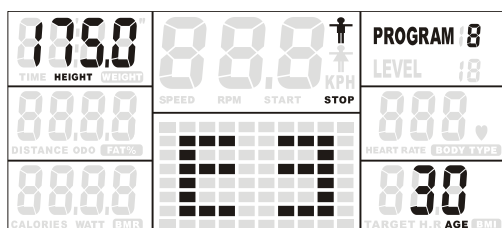
If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly

T.H.R.

60% H.R.C.

75% H.R.C.

85% H.R.C.

1 **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status
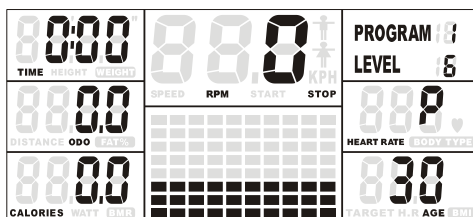
POWER ON status

2 **Normal way to operate H.R.C. PROGRAM (P9~P12)**

A. ENTER H.R.C. PROGRAM (P9~P12)

a. **START/PAUSE** button:

If you have selected other program (P1 ~ P8 or P13 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **H.R.C. PROGRAM (P9 ~ P12)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **H.R.C. PROGRAM (P9 ~ P12)**

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time
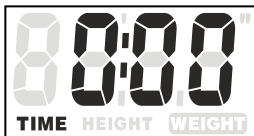
If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
a. After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ P12)**, the **TIME** function mode will appear with the display flashing "0:00"	a. After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ 12)**, the **TIME** function mode will appear with the display flashing "0:00".
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**	b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
NOTE for TIME:	c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**
● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes	**NOTE for DISTANCE:**
● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
	● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES

ENTER button and then **UP** or **DOWN** button:
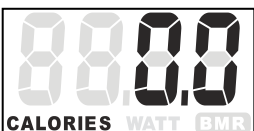
a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:
● Count Up: If target calories was not selected, this would measure total calories burned during exercise
● Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

D. SET THE TARGET HEART RATE or YOUR AGE

If you have selected PROGRAM 9, select TARGET	If you have selected PROGRAM 10~12, select your
HEART RATE: **ENTER** button and then **UP** or **DOWN** button:	**AGE:** **ENTER** button and then **UP** or **DOWN** button:
a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **TARGET H.R.**	a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
b. Use **UP** or **DOWN** buttons to set the desired **TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENT)**	b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**
	NOTE for AGE:
	NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

E. MUST-KNOWN HEART RATE PROGRAM INFO.

a. **SIMPLE FORMULA OVERVIEW:**
   BEGINNER: 60% of maximum heart rate; 60% of (220 – you age)
   TRAINER: 75% of maximum heart rate; 75% of (220 – you age)
   ACTIVE TRAINER: 85% of maximum heart rate; 85% of (220 – you age)

b. **CONSOLE MONITOR YOUR CURRENT PULSE**
   - The console will monitor your actual pulse and adjust the resistance/torque level automatically to keep your pulse within your **TARGET HEART RATE ZONE.**
   - If you current pulse > (the value of the **TARGET HEART RATE** $\pm$ 5), the console would decrease one resistance/torque level automatically
   - If you current pulse < (the value of the **TARGET HEART RATE** $\pm$ 5), the console would increase one resistance/torque level automatically
   For example: if your age is 30, 60% of your max. heart rate is 114. To determine your **HEART RATE ZONE**, the minimum number in your zone is 109 (114 – 5) and your maximum number in your zone is 119 (114 + 5), so you **TARGET HEART RATE ZONE** in this example is 109 to 119. The program will monitor your pulse and adjust the torque/resistance level automatically to keep your pulse within the **HEART RATE ZONE** (109 – 119) during workout
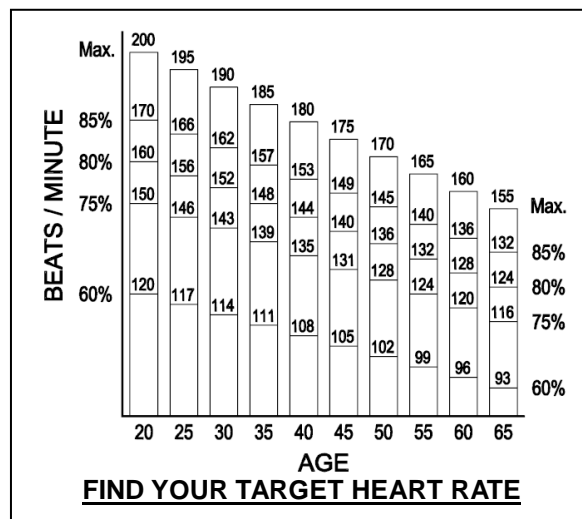
FIND YOUR TARGET HEART RATE

F. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen

G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

NOTE for HEART RATE:
- You must place both of your hands on the **Pulse Sensors** located on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message
- "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

32

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)
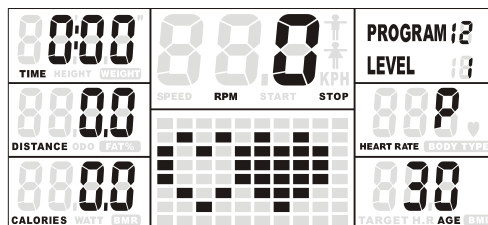

### 1 Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status
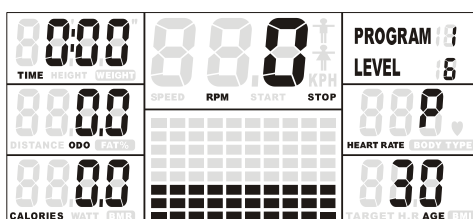
POWER ON status

2 Normal way to operate USER MODE PROGRAM (P13~P16)

A. ENTER USER MODE PROGRAM (P13~P16)

a. **START/PAUSE** button:
   If you have selected other program (P1 ~ P12), pressing **START/PAUSE** button to pause the current program
b. **UP** or **DOWN** button:
   Press **UP** or **DOWN** button to select **USER MODE PROGRAM (P13 ~ P16)**
c. **ENTER** button:
   Press **ENTER** button to confirm and enter **USER MODE PROGRAM (P13 ~ P16)**

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:

UP or **DOWN** button:

a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"

b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**

NOTE for TIME:

- Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes
- Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00

If you would like to select DISTANCE value, not TIME value:

ENTER button and then **UP** or **DOWN** button:

a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"

b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"

c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

NOTE for DISTANCE:

- Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
- Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

D. SET THE DESIRED CALORIES and YOUR AGE

ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

E. SET THE TORQUE/RESISTANCE LEVEL

ENTER button and then **UP** or **DOWN** button:
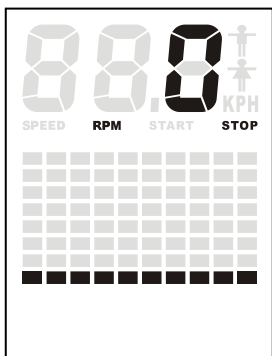
a. The **USER SETTING PROGRAM** allows the user to manually set the torque/resistance level, the console will divide the time into 10 intervals. The user could through their preference to set the desired torque/resistance level in each time interval

b. Press **ENTER** button to confirm the **AGE** value and enter the mode to set the **EACH TIME INTERVAL OF TORQUE/RESISTANCE LEVEL (1 TO 16 TORQUE/RESISTANCE LEVELS; 1 TORQUE/RESISTANCE LEVEL INCREMENT)**, then press **ENTER** button to confirm

c. Continue following the above process to finish setting the preference **TORQUE/RESISTANCE LEVEL** in 10 time intervals. The program profile will be storied in the memory after setup. You can modify the profile anytime under the **STOP** mode

F. START EXERCISE
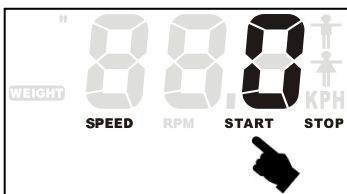
START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear to the screen
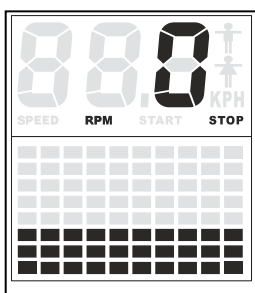
G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed

- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again.
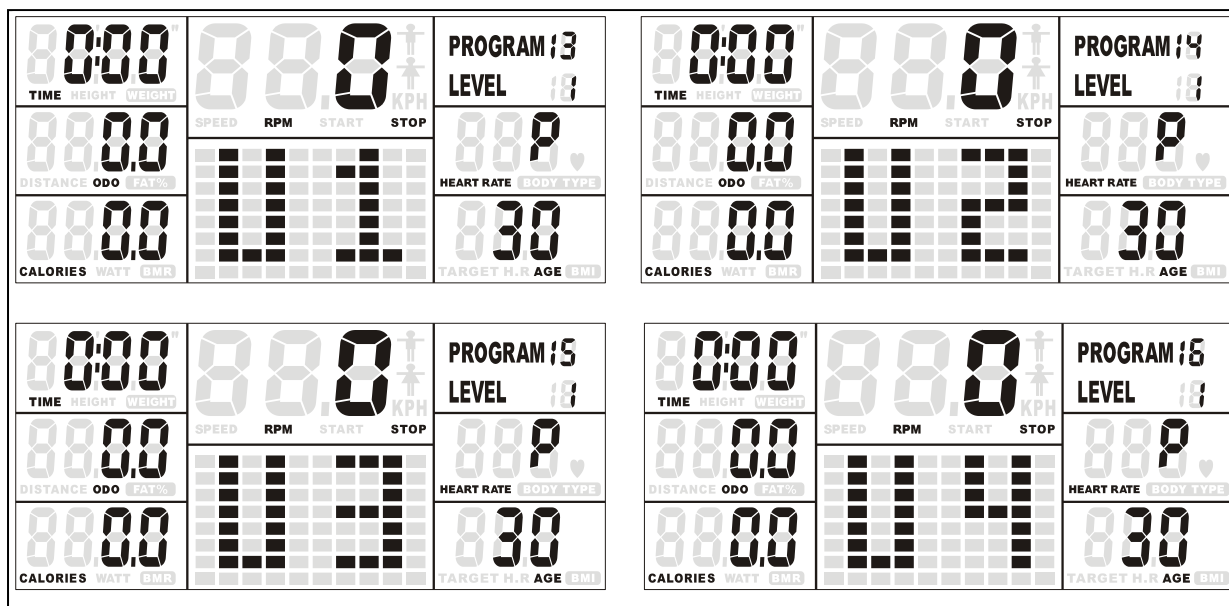
H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

I. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT

- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically

- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%

- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
E1	No Motor signal	1. Motor Malfunction	Replace Motor
		2. Magnetic System Malfunction or got stuck	Replace Magnetic System/Flywheel
		3. Connection Wires are not well-connected or broken	Check whether the wires are well-connected or replace the broke wires with the new wires
		4. Console Malfunction	Replace Console
E2	The Computer cannot make contact with the IC Chip	1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly	
		2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip	
		3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip	
E3	No heart rate signal after Body Fat testing result when in **Body Fat Program (P8)**	If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly	
E5	Motor couldn't return to the initial setup value/zero point	1. Check whether the wires are broken or well-connected	Replace the broken wires with new wires or re-connected the wires
		2. Check whether the motor is broken (has struggle to adjust the resistance and will make an abnormal noise)	Replace Motor
			Replace Magnetic System
No Hand Pulse Signal or incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly	
	The Computer is receiving a faint or intermittent Pulse Signal	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.	
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors	
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors	
		The problem still exists, replace the Hand Pulse Sensors.	
The LCD Screen does not display anything	The Adaptor is not plugged in (item power supply from Adaptor)	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly	
	The Computer is faulty	Replace the Computer	

CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
The Speed Display Show "O"	The Computer isn't receiving a signal from the Speed Sensor?	Verify the gap between Speed Sensor and the Magnet is 5mm or less
		Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged
		Verify that the sensor Magnet is installed correctly
	The Sensor is faulty	Replace the Speed Sensor
	The Computer is faulty	Replace the Computer
The LCD Screen Partially Displays	**1.** The connection between the Circuit Board and the LCD Membrane is loose. **2.** Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance
	The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover	**1.** Open the Console. **2.** Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane. **3.** Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance
	The Computer is faulty	Replace the Computer

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the item gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your item even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.
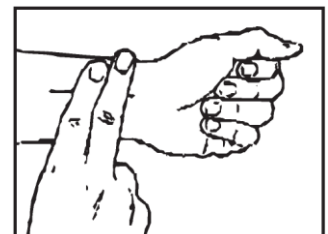
# WARM-UP AND COOL-DOWN

Warm-up 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.

Suggested Stretching Exercises
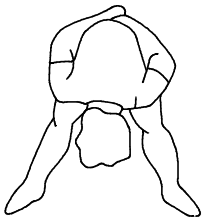
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.

Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.
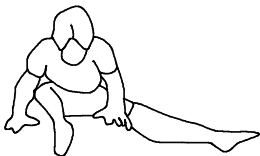
Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
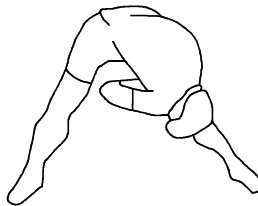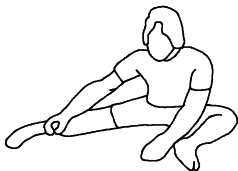
Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hand down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

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

Cool-Down 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 lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PART LIST
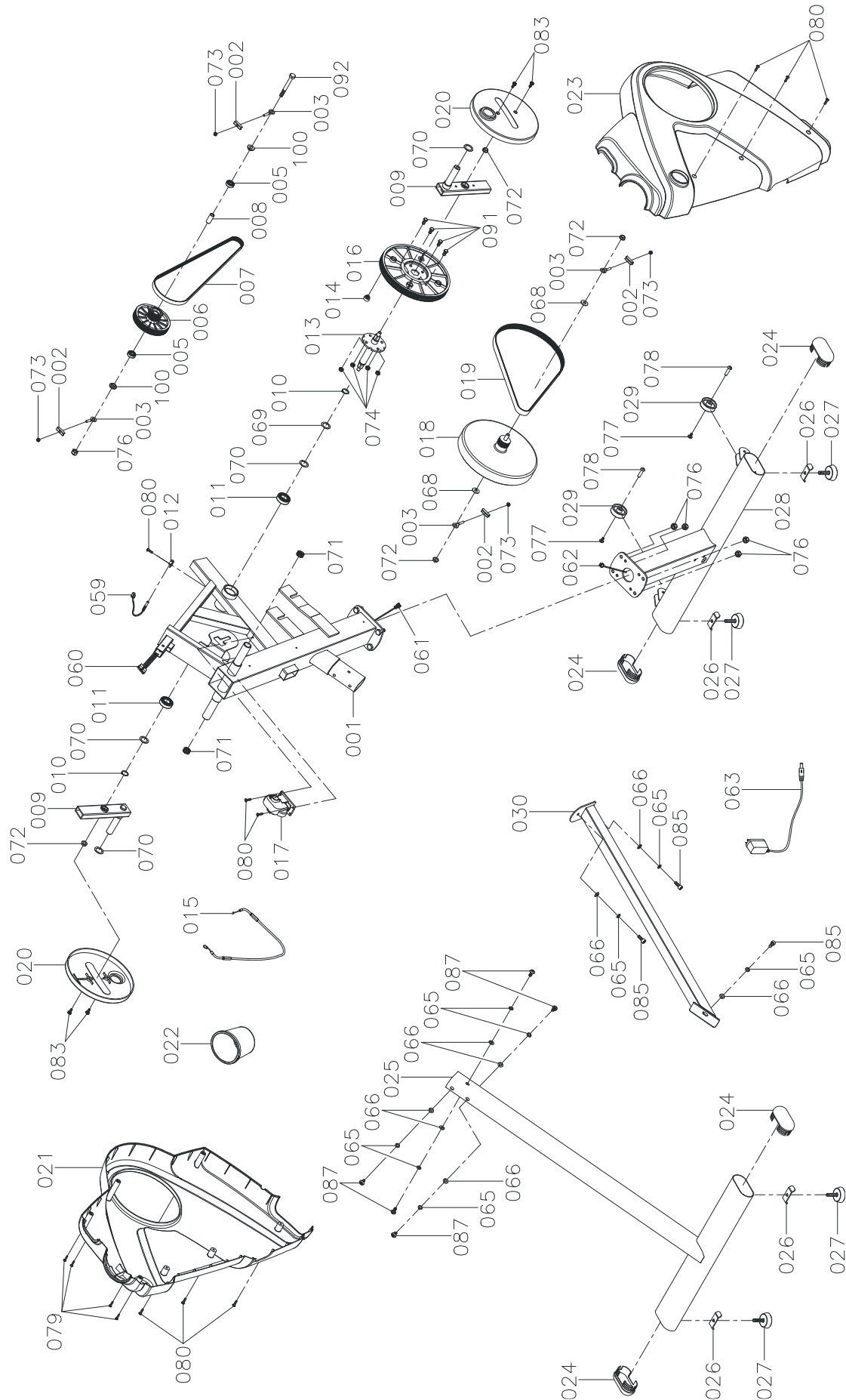
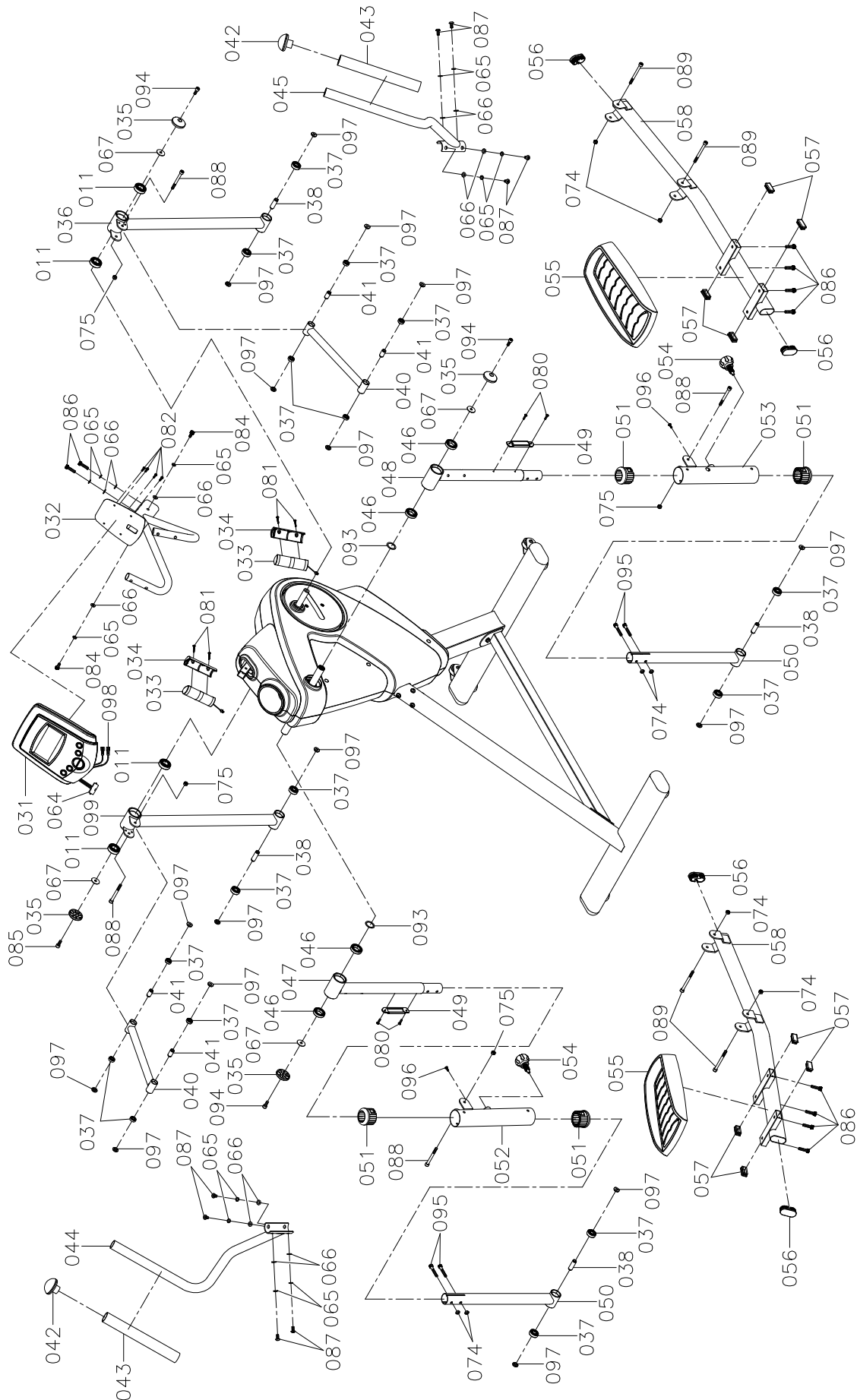| NO.	Item Name	Q'TY	NO.	Item Name	Q'TY
1	Main Frame	1	37	Bearing (6201)	16
2	Tension Bracket	4	38	Spacer (8x14x40mm) for Telescoping Bar	4
3	Eye Bolt	4	40	Crank Linkage	2
5	Bearing (6000)	2	41	Spacer (8x14x28mm) for Crank Linkage	4
6	Pulley (120-42mm)	1	42	Handheld Plug	2
7	Belt (1092J6)	1	43	Foam Grip for Upper Handlebar	2
8	Spacer (10x14x32mm)	1	44	Left Upper Handlebar	1
9	Crank	2	45	Right Upper Handlebar	1
10	C-Ring	2	46	Bearing (6905)	4
11	Bearing (6004)	6	47	Left Pivoting Arm	1
12	Sensor Stand	1	48	Right Pivoting Arm	1
13	Crank Axle	1	49	Stride Length Adjustment Plate	2
14	Magnet	1	50	Telescoping Bar	2
15	Cable	1	51	Connection Plug (60x38)	4
16	Pulley (235mm)	1	52	Left Adjustment Tube	1
17	Motor	1	53	Right Adjustment Tube	1
18	Flywheel	1	54	Pull Pin	2
19	Belt (1059J8)	1	55	Pedal	2
20	Crank Cover	2	56	Oval Plug (30x60)	4
21	Left Cover	1	57	Square Plug (20x40)	8
22	Accessory Tray	1	58	Pedal Support Arm	2
23	Right Cover	1	59	Sensor Wire	1
24	EndCap	4	60	Upper Connection Wire	1
25	Rear Stabilizer	1	61	Middle Adaptor Connection Wire	1
26	Fixed Plate for Leveler	4	62	Lower Adaptor Connection Wire	1
27	Leveler	4	63	Adaptor	1
28	Front Stabilizer	1	64	Connection Wire to Console	1
29	Transportation Wheel	2	65	Lock Washer (M8)	20
30	Support Tube	1	66	Washer (8×16×2.0t)	20
31	Console	1	67	Washer (8×30×2.0t)	4
32	Fixed Handlebar	1	68	Washer (10×23×2.0t)	2
33	Pulse Sensor Top Housing w/ Wire	2	69	Washer (21×30×0.5t)	1
34	Pulse Sensor Bottom Housing	2	70	Washer (21×30×1.0t)	4
35	Tube Cap	4	71	Tube Connector Nut	2
36	Right Swing Arm	1	72	Flange Nut (M10xp1.25)	4

PART LIST

NO.	Item Name	Q'TY			
73	Nylon Nut (M6xp1.0)	4			
74	Thin Nylon Nut (M8xp1.25)	12			
75	Nylon Nut (M8×p1.25)	4			
76	Nylon Nut (M10×p1.5)	5			
77	Bolt (M6×p1.0×12mm)	2			
78	Bolt (L=30mm)	2			
79	Screw (M4×20mm)	4			
80	Screw (M5×20mm)	13			
81	Screw (M3×p0.5×16mm)	4			
82	Screw (M5×p0.8×15mm)	4			
83	Bolt (M6×p1.0×12mm)	4			
84	Bolt (M8×p1.25×16mm)	2			
85	Bolt (M8×p1.25×20mm)	3			
86	Bolt (M8×p1.25×30mm)	10			
87	Bolt (M8×p1.25×16mm)	13			
88	Bolt (M8×p1.25×65mm)	4			
89	Bolt (M8×p1.25×75mm)	4			
91	Bolt (M8×p1.25×15mm)	4			
92	Bolt (M10×p1.5×85mm)	1			
93	Washer (26×34×1.0t)	2			
94	Bolt (M8×p1.25×25mm)	4			
95	Bolt (M8×p1.25×45mm)	4			
96	Screw (M5×p0.8×15mm)	2			
97	Axle Cap	16			
98	Pulse Connection Wire to Console	1			
99	Left Swing Arm	1			
100	Pedal Wheel Bearing Adapter	2			