

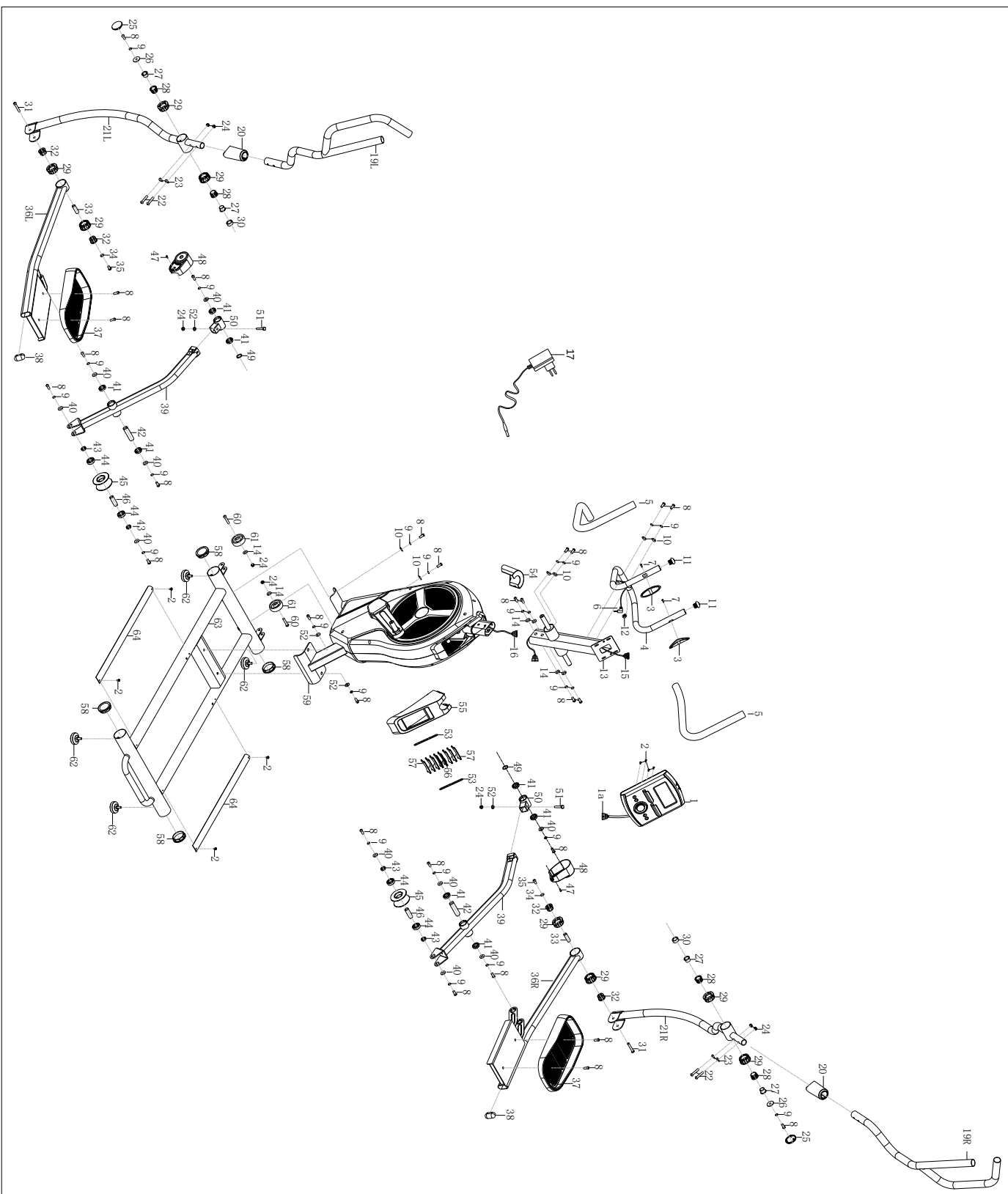
USER MANUAL

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 120 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM

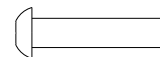




HARDWARE PACKAGE

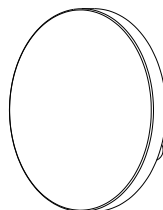
 ————— #8 M8*20*S5 6PCS

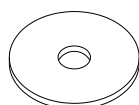
 ————— #9 d8 2PCS

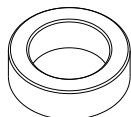
 ————— #22 M8*40*15*S5 4PCS

 ————— #23 d8* ϕ 10*2*R16 4PCS

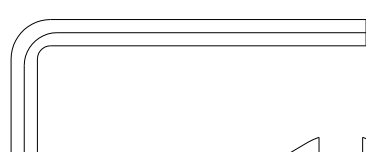
 ————— #24 M8*H7.5*S13 4PCS

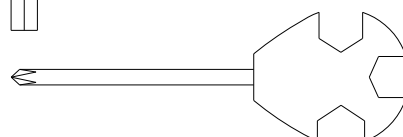
 ————— #25 ϕ 50*5 2PCS

 ————— #26 d8* ϕ 12*2 2PCS

 ————— #30 ϕ 10* ϕ 10*10 2PCS

 ————— #47 M4*10* Φ 20 2PCS

 ————— #A S5 2PCS

 ————— #B S13-14-15 1PC

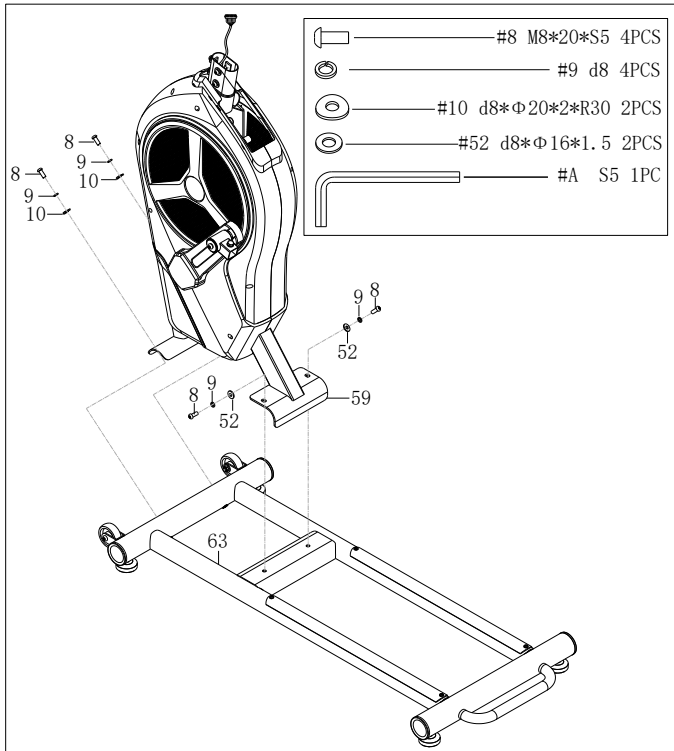
PARTS LIST

No.	Description	Qty.
1	Computer	1
2	Bolt M5*10*Φ10	8
3	Handle pulse	2
4	Middle Handlebar	1
5	Grip foam	2
6	Handle pulse wire	1
7	Bolt ST4*19*Φ7	2
8	Bolt M8*20*S5	30
9	Spring washer d8	26
10	Arc washer d8*Φ20*2*R30	6
11	End cap Φ25	2
12	C-clip	1
13	Handlebar post	1
14	Washer d8*Φ20*2	7
15	Trunk wire 1	1
16	Trunk wire 2	1
17	Adaptor	1
18	Power trunk wire	1
19L/R	Handlebar	2
20	Handlebar cover	2
21L/R	Swing bar L/R	2
22	Bolt M8*40*15*S5	4
23	Arc washer d8*Φ20*2*R16	4
24	Nylon Nut M8*H7.5*S13	11
25	End cap	2
26	Washer d8*Φ32*2	2
27	Bushing Φ19	4
28	Bushing Φ32	4
29	Bushing	8
30	Rubber Bushing	2
31	Bolt M8*50*M6*15*S5	2
32	Bushing 3	4

No.	Description	Qty.
33	Bushing Φ14.1	2
34	Washer d6*Φ16*1.5	3
35	Bolt M6*15*S5	2
36 L/R	Pedal arm	2
37	Pedal	2
38	End cap	2
39	Swing bar join	2
40	Washer d8*Φ22*2	12
41	Bearing 6804	8
42	Pedal Rod	2
43	Bushing Φ22	4
44	Bearing 6003	4
45	Roller	2
46	Wheel rod	2
47	Bolt M4*10*Φ8	2
48	Small Cover	2
49	Wave washer d20×Φ25×0.3	2
50	Pedal arm bar join	2
51	Bolt M8*45*20*S14	2
52	Washer d8*Φ16*1.5	4
53	connection strap	2
54	Front cover	1
55	Rear cover	1
56	Fan blade 1	2
57	Fan blade 2	6
58	End cap	4
59	Main frame	1
60	Bolt M8*42*15*S5	2
61	Transportation wheel	2
62	Foot pad	4
63	Guide rail	1
64	Aluminum sheet	2

65	Extension wire	1	85	Bolt M8*12* Φ 10*5*S12	1
66	Crank cover	2	86	Washer d12* Φ 17*0.5	1
67	Bolt M10*50*20*S17	2	87	C-clip d20	1
68	Nut M10*H7*S17	2	88	Bearing 6004	2
69	Crank	2	89	Bolt M6*16*S10	4
70L/R	Chain cover	2	90	Belt plate Φ 304	1
71	Bolt ST4.2*16* Φ 8	6	91	Bushing Φ 20.1* Φ 25*4.0	1
72	Bolt ST4.2*19* Φ 8	5	92	Wave washer d21* Φ 27*0.3	1
73	Steel plate	2	93	Alex	1
74	Washer d4* Φ 9*1	18	94	Spring washer d6	4
75	Bolt ST3.0*6* Φ 5.6	18	95	Nylon nut M6*H6*S10	4
76	Sensors	1	96	Belt	1
77	Sensors holder	1	97	Nut M10*1*H8*S15	2
78	Bolt ST4.2*16* Φ 8	1	98	Nut M10*1*H5*S17	2
79	Bolt M6*10*S10	1	99	Flywheel	1
80	Bearing 6001	2	100	Fan	1
81	Idler	1	101	Bolt M6*10*S5	4
82	Wave washer d12* Φ 15.5*0.3	1	102	Motor	1
83	Idler connecting Rod	1	A	Wrench S5	2
84	screw	1	B	Spanner S13-14-15	1

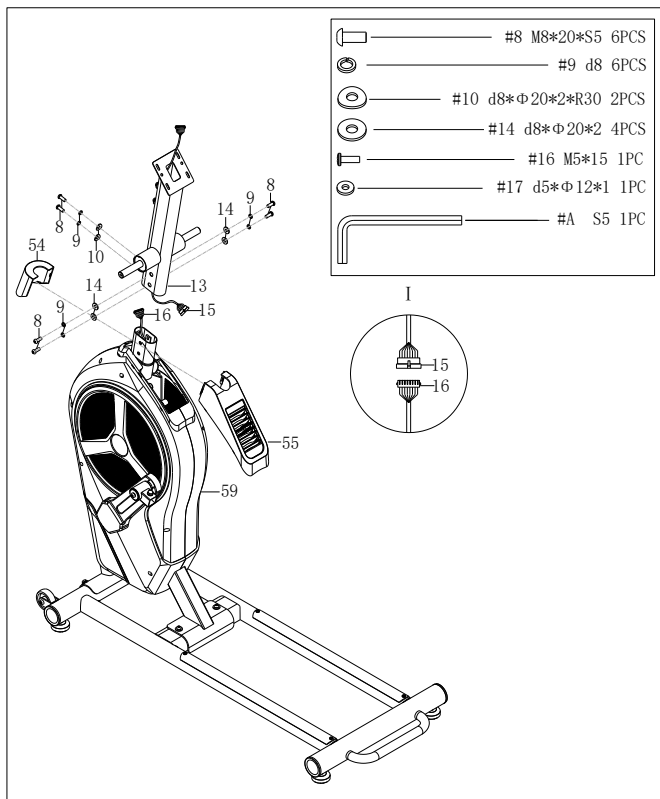
ASSEMBLY INSTRUCTIONS



STEP 1:

Remove Bolts (8), Spring Washers (9), washer(52) and Arc Washers (10) from Guide rail (63) by Wrench(A).

Attach Guide rail (63) to Main Frame (59) Bolts (8), Spring Washers (9), washer(52) and Arc Washers (10) from Guide rail (63) by Wrench(A).

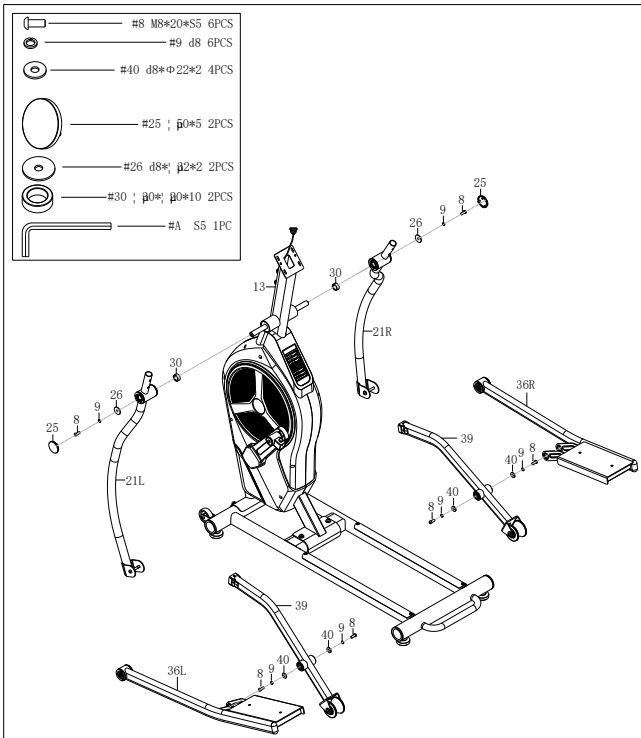


STEP 2:

Remove Bolts (8), Spring Washers (9), washer(14) and Arc Washers (10) from Main Frame (59) by Wrench(A).

Connect Trunk Wire 1(15) with Trunk Wire 2 (16) first. Attach handlebar post(13) to Main Frame (59) with Bolts (8), Spring Washers (9), washer(14) and Arc Washers (10) by Wrench(A).

Fix Front cover(54) and Rear cover(55) to Main Frame (59) .

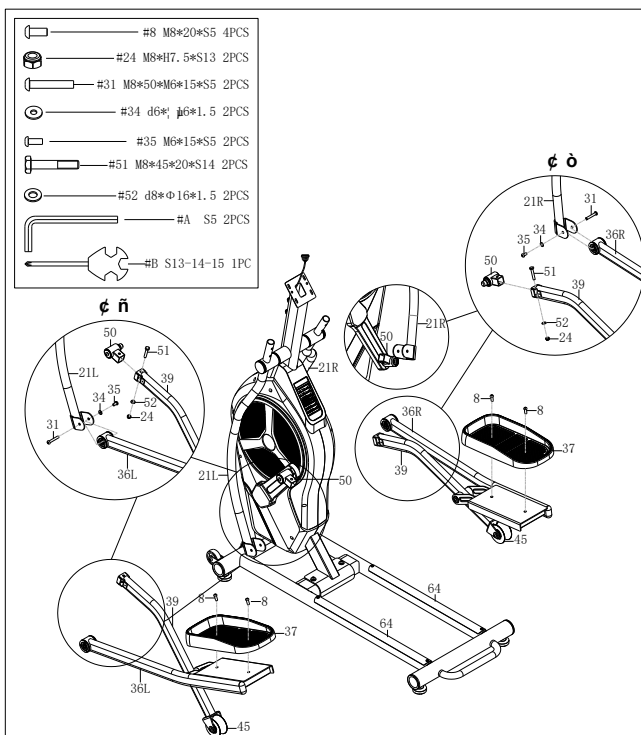


STEP 3:

Insert rubber bushing(30) to handlebar post(13), fix Swing bar (21L/R) to handlebar post(13) with Bolts (8), Spring Washers (9) and Washers (26) by Wrench(A). Then attach end cap (25) on Swing bar (21L/R).

Remove Bolts (8), Spring Washers (9) and Washers (40) from Swing bar join(39).

Attach Swing bar join(39) to Pedal arm(36L/R) with Bolts (8), Spring Washers (9) and Washers (40).



STEP 4:

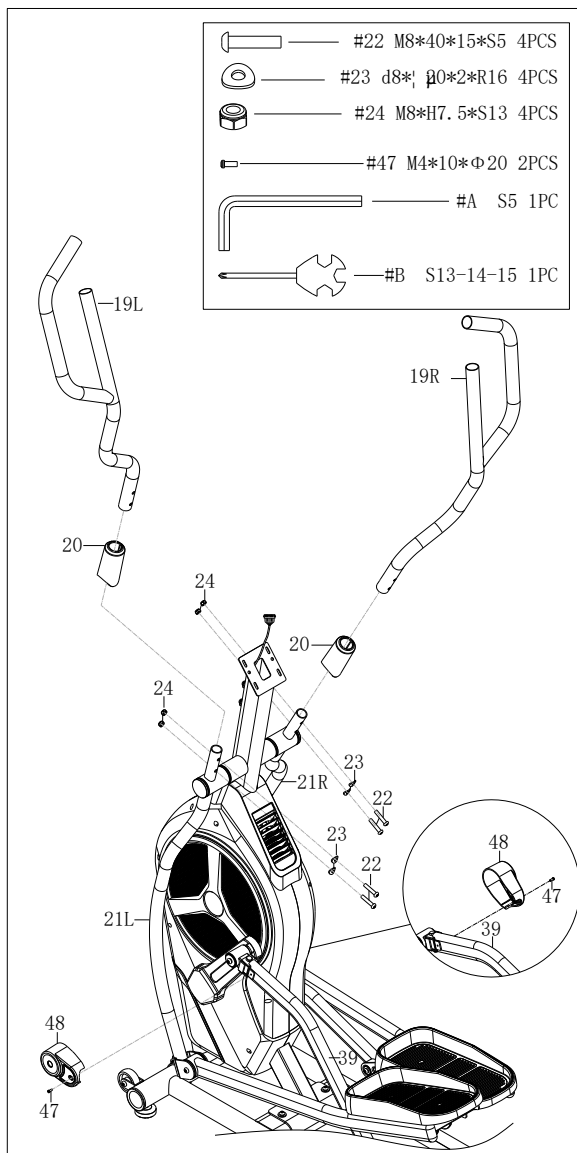
Remove Bolts (35), Washers (34) and bolts (31) from Swing bar L/R(21L/R).

Put rollers(45) on Aluminum sheet(64), attach pedal arm (36L/R) to Swing bar (21L/R) with Bolts (35), Washers (34) and bolts (31).

Remove Bolts (51), Washers (52) and nylon nut (24) from Pedal arm bar join(50) by Spanner(B).

Attach Swing bar join(39) to Pedal arm bar join(50) with Bolts (51), Washers (52) and nylon nut (24) by Spanner(B).

Fix Pedal(37) to pedal arm (36L/R) with bolts(8).



STEP 5:

Fix Small cover(48) to Swing bar join(39) with bolts(47) by Spanner(B).

Insert handlebar cover(20) to handlebar(19L/R) first, Attach handlebar(19L/R) to Swing bar (21L/R) with Bolts (22), Washers (23) and nylon nut (24) by wrench(A).

STEP 6:

Remove Bolts (8), Spring Washers (9) and Arc Washers (10) from handlebar post(13) by wrench(A).

Attach middle handlebar(4) to handlebar post(13) with Bolts (8), Spring Washers (9) and Arc Washers (10).

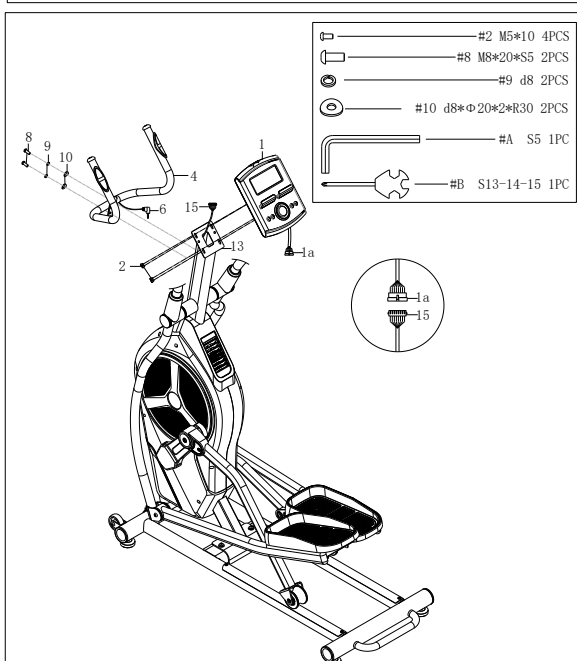
Remove bolts(2) from computer(1).

Connect trunk wire 1 (15) and computer wire(1a) well, insert Handle pulse wire(6) into the hole of computer back.

Attach computer (1) on handlebar post(13) with bolts(2).

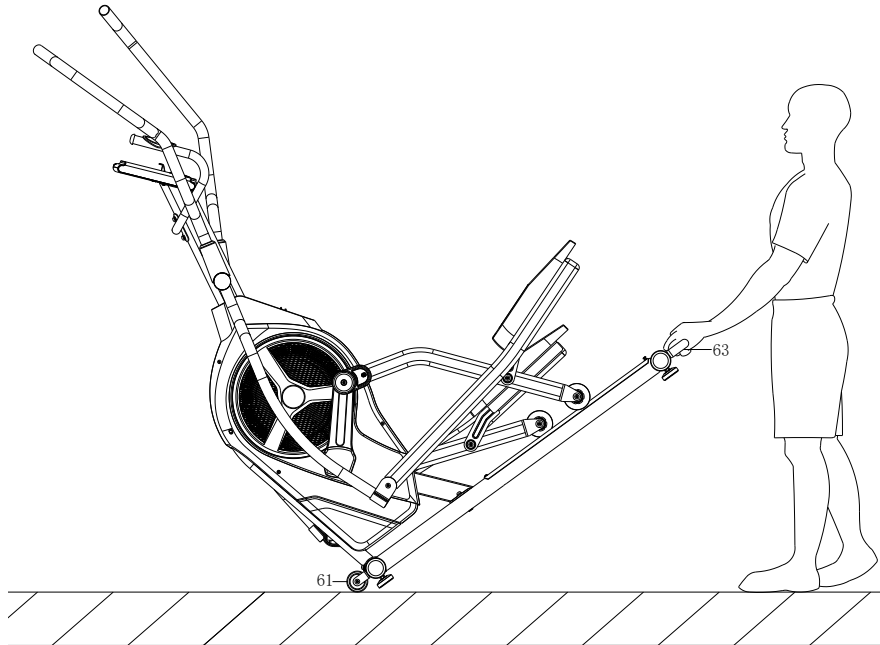
Insert Adapter line to power hole on the Main frame(59), then plug the adapter into an outlet.

The assembly is complete!



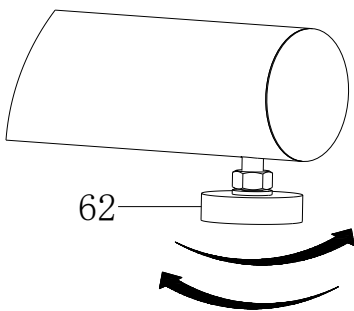
MOVING THE MACHINE

To move the machine, uplift the handlebar on the Guide rail(63) until the transportation wheels(61) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



ADJUSTMENTS GUIDE

1.ADJUSTING THE BALANCE



When this product is on an uneven surface, please adjust both foot pads (62) according to the instruction picture.