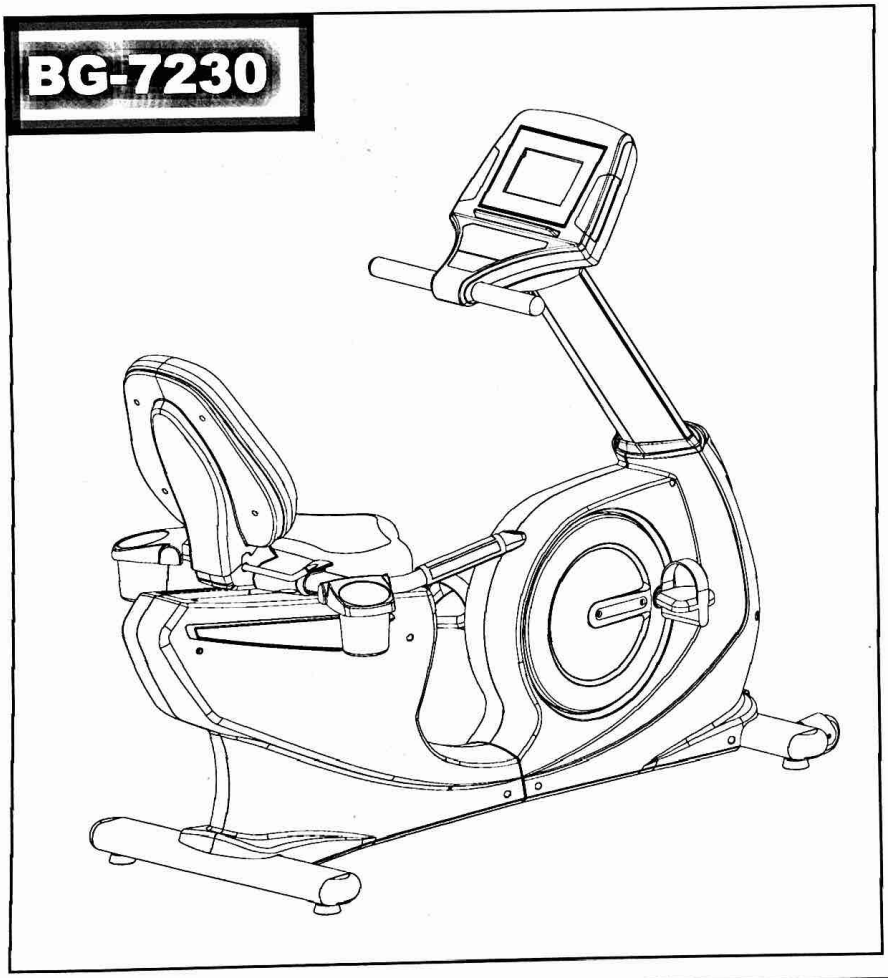
NORTHERN LIGHTS

RECUMBENT BIKE

Self-Powered Generator Braking System

Owners' Manual

BG-7230



⚠ WARNING ⚠

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 others 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 181 kgs/ 400 lbs

Product May Vary Slightly Different From Picture.

MADE IN TAIWAN

V. V

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Upright Bike.

1. Read all warnings posted on the **Recumbent Bike.**
2. Read this Owner's Manual and follow it carefully before using the **Recumbent Bike.** 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 away from the **Recumbent Bike.** Do not allow children to use or play on the **Recumbent Bike.** Keep children and pets away from the **Recumbent Bike** 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 **Recumbent Bike** on a solid level surface. Do not position the **Recumbent Bike** on loose rugs or uneven surfaces.
7. Inspect the **Recumbent Bike** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Recumbent Bike.**
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 **Recumbent Bike.**
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 **Recumbent Bike,** 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 **Recumbent Bike** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Recumbent Bike** should be used by only one person at a time.
19. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
20. The **Recumbent Bike** is well-suited to studio use (Class S.)
21. Make sure that adequate space is available for access to and passage around the **Recumbent Bike**; 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.**

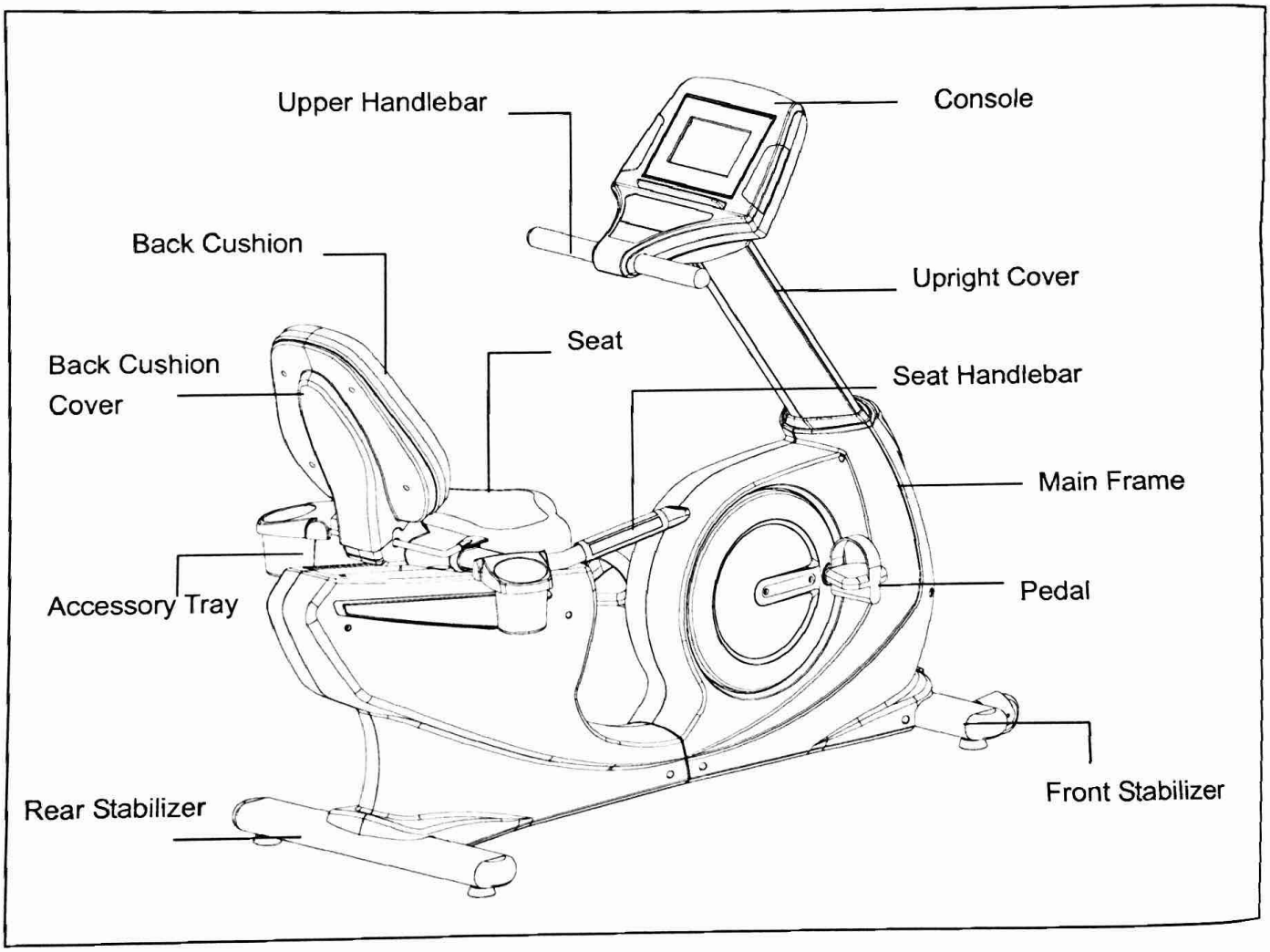
BEFORE YOU BEGIN

Thank you for choosing the self-powered **Recumbent Bike.** 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.

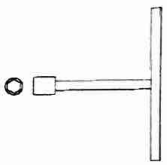
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

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

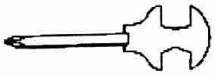
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Recumbent Bike.**



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



T-HAND SOCKET WRENCH (17MM)



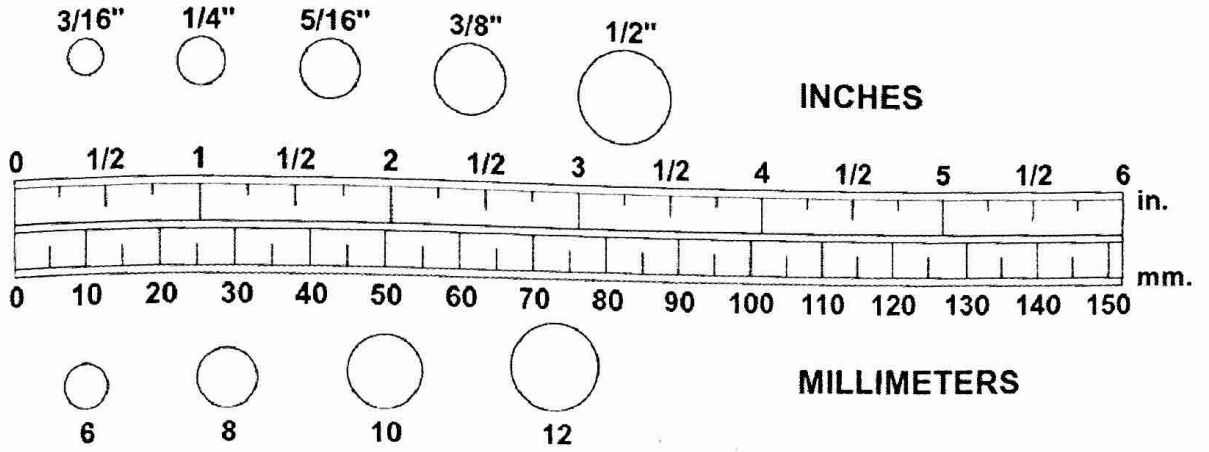
COMBINATION WRENCH

ALLEN WRENCH (M6)

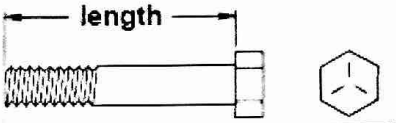
SOCKET WRENCH

HARDWARE IDENTIFICATION CHART

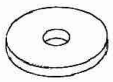
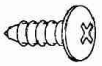
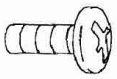
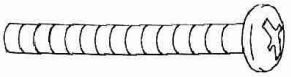
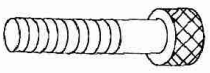
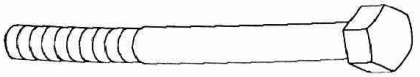
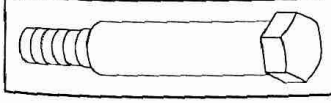
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

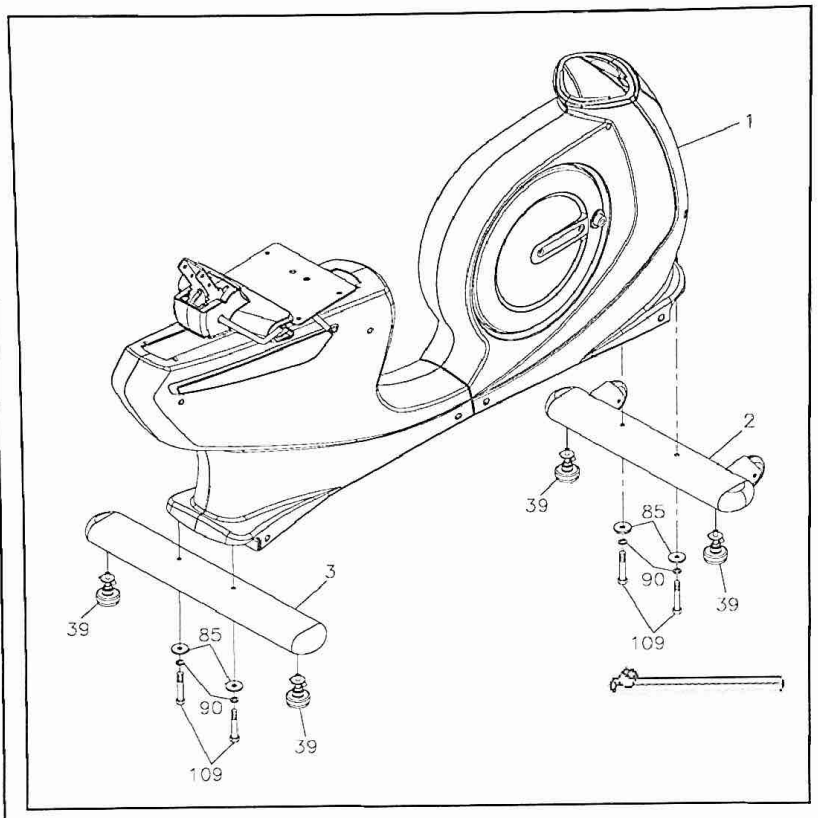


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

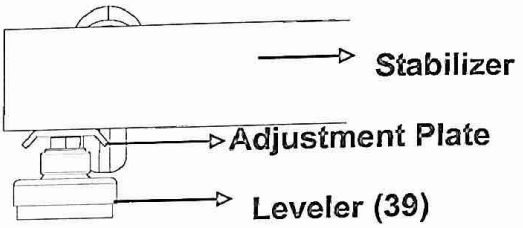
	Part No. and Description	Qty
	85 Washer (8x38x2.0t)	4
	90 Lock Washer (M8)	6
	131 Screw (M4x10mm)	4
	95 Screw, Round Head (M5xp0.8x15mm)	10
	96 Screw, Round Head (M5xp0.8x50mm)	2
	104 Bolt, Socket Head (M8xp1.25x50mm)	2
	109 Bolt, Hex Head (M8xp1.25x65mm)	4
	114 Bolt, Hex Head (M10xp1.5x50mm)	2

ASSEMBLE INSTRUCTIONS

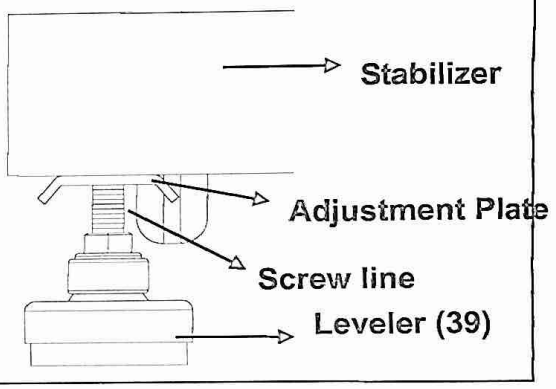
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



Detailed Lever- drawing 1



Detailed Lever- drawing 2



STEP 1

- ◇ Attach the **Leveler (39)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3.)**
- ◇ Be sure to tighten the **Leveler (39)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown.

STEP 2

Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **Washer (8x38x2.0t)(85,)** the **Lock Washer (M8)(90)** and the **Bolt, Hex Head (M8xp1.25x65mm)(109)** by using the socket wrench as the main assembling drawing shows.

- ◇ If the bike is not level, review the **LEVELING NOTE** on the right side to level the **Levelers (39.)**

LEVELING: After placing the bike in the intended location for use, check the stability of the bike. If the bike is not level, reviewing the following direction:

Loosen the Leveler (39) to make the Adjustment Plate become less tight.

Adjust the Leveler (39) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (39) in stable position as the drawing 2 shown.

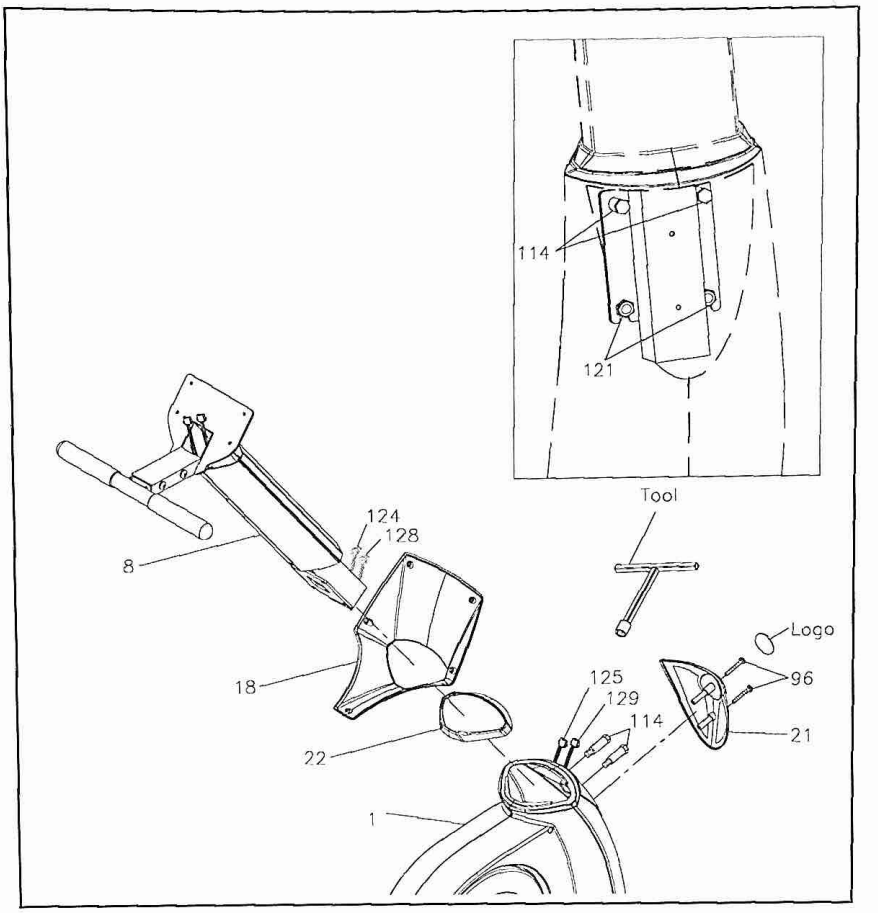
ASSEMBLE INSTRUCTIONS

STEP 3

Slide the **Console Bracket (18)** and the **Upright Sleeve (22)** onto the **Upright Post (8.)**

◇ Make sure the direction of the **Upright Post (8)** is in the correct direction as shown.

◇ Be careful not to damage the **Middle Connection Wire (124)** and the **Pulse Sensor Wire 2 (128)** while doing assembly Step 3 to 4.



STEP 4

a. Make sure 2 pcs **Nylock Nut (M10) (121)** have already inserted into the front of the **Main Frame (1)** as the illustration shown on the top right corner.

b. Insert the **Upright Post (8)** into the **Main Frame (1)** and secure with the **Bolt, Hex Head (M10xp1.5x50mm)(114)** by using the **T-HEAD SOCKET WRENCH (17MM)** as shown.

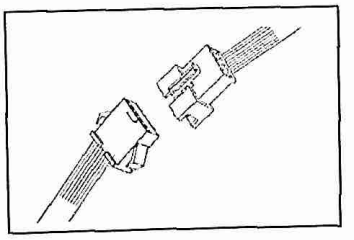
c. Secure 2 pcs **Nylock Nut (M10) (121)** which have already inserted into the front of the **Main Frame (1)**

STEP 5

a. Connect the **Middle Connection Wire (124)** to the **Lower Connection Wire (125.)**

b. Connect the **Pulse Sensor Wire 2 (128)** to the **Pulse Sensor Wire 3 (129.)**

◇ Note the number of wire pin should be the same for both wires to connect with as the illustration shown below.



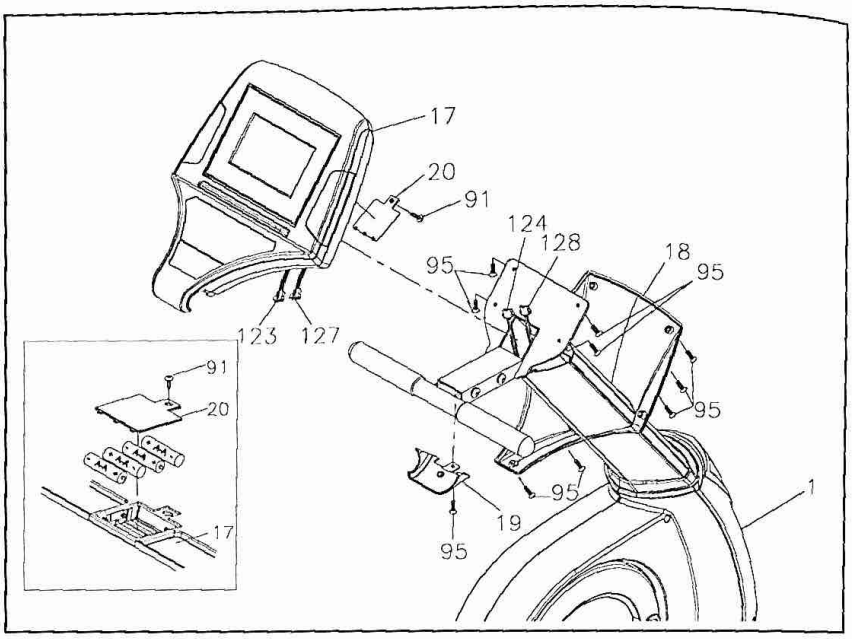
c. Attach the **Front Decorating Upright Cover (21)** onto the front of the **Main Frame (1)** with the **Screw, Round Head (M5xp0.8x50mm)(96.)**

d. Paste a Logo Sticker on the surface of the **Front Decorating Upright Cover (21.)**

◇ A logo sticker is included in the hardware box.

e. Slide the **Upright Sleeve (22)** down to cover the open area of the **Main Frame (1.)**

ASSEMBLE INSTRUCTIONS



STEP 6

a. Loosen the **Screw (M3x10mm)(91)** at the bottom on the console by using the combination wrench to open the **Battery Door (20.)**

b. The **Console (17)** operates with **FOUR** AA rechargeable batteries, four batteries included in the hardware box.

◇ The machine is suitable for **Nickel-Metal Hybrid/NI-MH** rechargeable batteries only.

NOTE: To prevent from any damages, general batteries and other type of batteries are not allowed.

c. Install rechargeable batteries into the console.

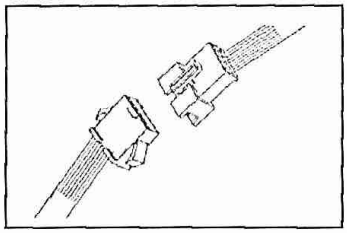
STEP 7

Attach the **Battery Door (20)** onto the back of the **Console (17)** with the **Screw (M3x10mm)(91.)**

STEP 8

a. Connect the **Pulse Sensor Wire 1 (127)** to the **Pulse Sensor Wire 2 (128.)**
   ◇ Note the number of wire pin should be the same for both wires to connect with as the illustration shown below.

b. Connect the **Upper Connection Wire (123)** to the **Middle Connection Wire (124.)**
   ◇ Note the number of wire pin should be the same for both wires to connect with as the illustration shown below.



STEP 9

Attach the **Console (17)** to the **Main Frame (1)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(95.)**

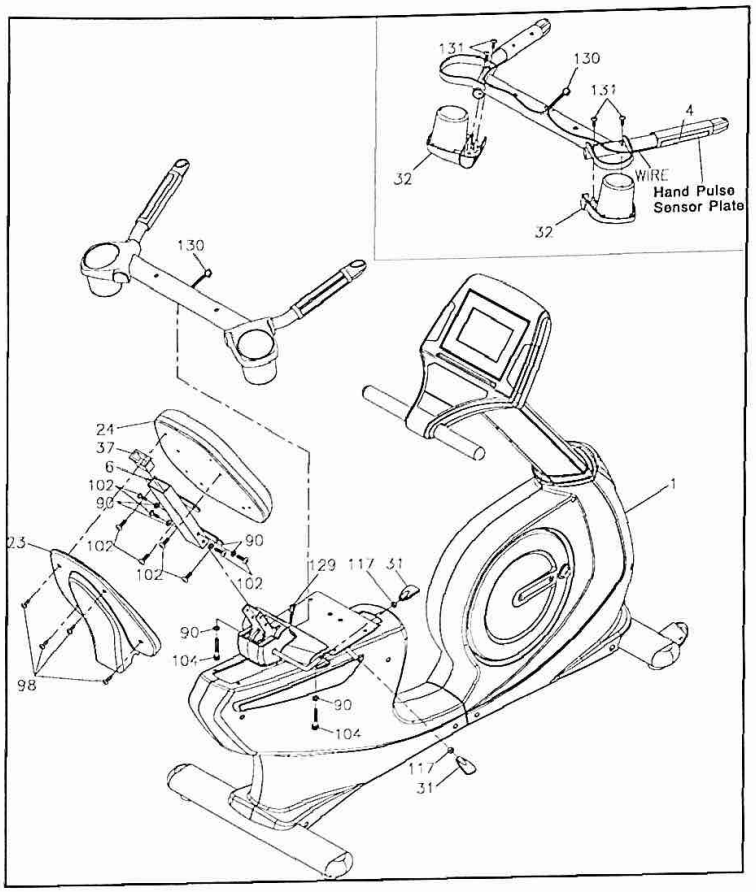
STEP 10

Attach the **Console Lower Case (19)** to the **Console (17)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(95.)**

STEP 11

Slide the **Console Bracket (18)** onto the **Console (17)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(95.)**

ASSEMBLE INSTRUCTIONS



STEP 12

a. Press the **Square Plug (30x60mm)(37)** into the **Back Cushion Frame (6.)**
b. To prevent from missing the bolts and nuts, 4 pcs **Lock Washer (M8) (90)** and 4 pcs **Bolt, Button Head (M8xp1.25x20mm) (102)** are attached on the **Back Cushion Frame (6.)**
c. Loosen the 4 pcs **Lock Washer (M8) (90)** and 4 pcs **Bolt, Button Head (M8xp1.25x20mm) (102)** at both sides of the **Back Cushion Frame (6.)**
d. Follow the direction of the drawing line. Insert the **Back Cushion Frame (6)** onto the **Back Cushion Adjustment Bracket (52)** and secure with 4 pcs **Lock Washer (M8) (90)** and 4 pcs **Bolt, Button Head (M8xp1.25x20mm) (102.)**

STEP 13

To prevent from missing the bolts and nuts, 4 pcs **Bolt, Button Head (M8xp1.25x20mm) (102)** is attached to the back of the **Back Cushion (24).** Remove the 4 pcs **Bolt, Button Head (M8xp1.25x20mm) (102)** from the back of the **Back Cushion (24).**

Attach the **Back Cushion (24)** onto the **Back Cushion Frame (6)** and secure with the **Bolt, Button Head (M8xp1.25x20mm) (102).** Attach the **Back Cushion Cover (23)** onto the **Back Cushion (24)** and secure with the **Bolt, Round Head (M6×p1.0×15mm) (98.)**

STEP 14

To prevent from missing the bolts and nuts, 2 pcs **Nut (M8) (117)** have already inserted into the **Seat Adjustment Lever (57).** Thread 2 pcs **Adjustment Bar (31)** onto the **Seat Adjustment Lever (57).**

STEP 15

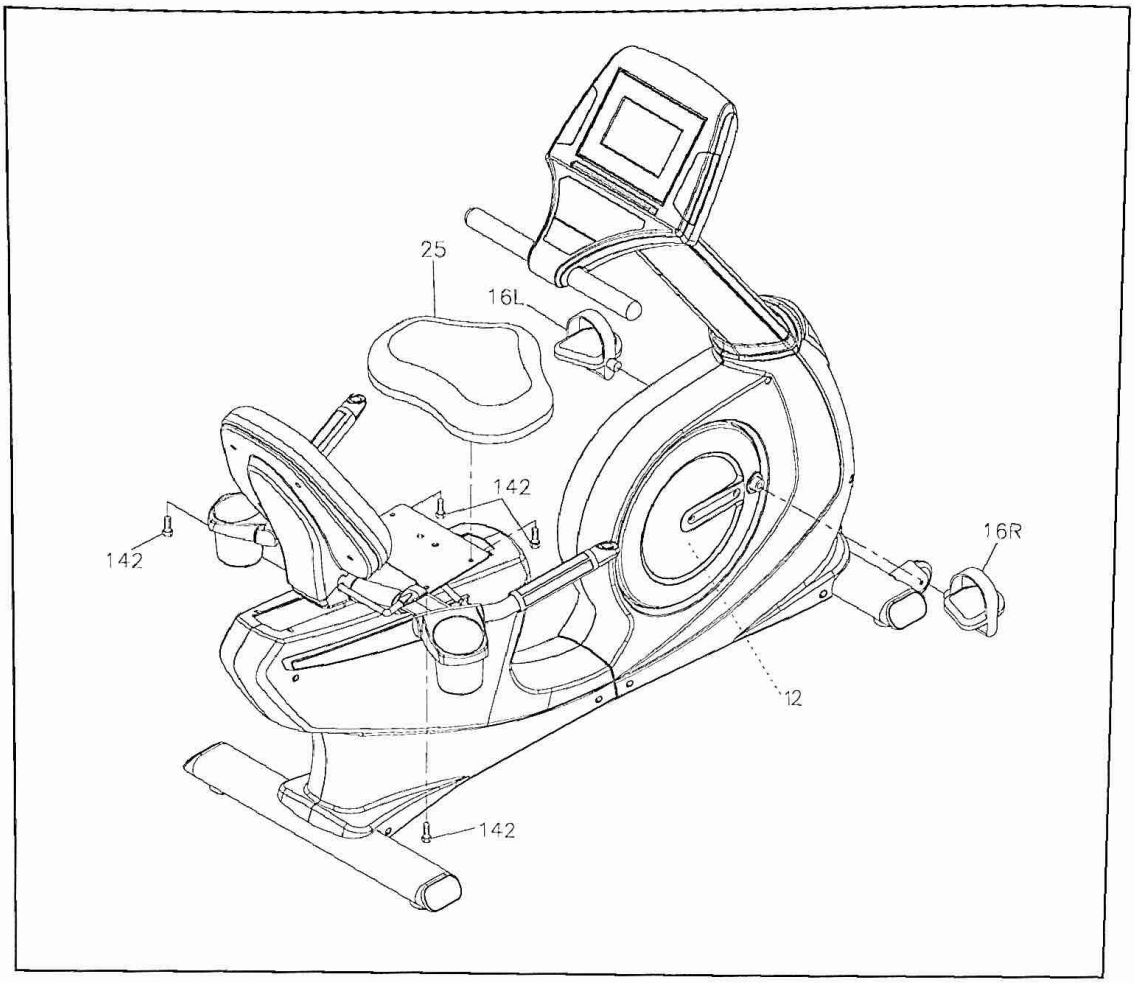
Refer to the insert drawing. Turn the Seat Handlebar(4) to have the **Hand Pulse Sensor Plate** downward. Attach the **Accessory Tray (32)** onto the **Seat Handlebar (4)** and secure with **4pcs Screw (M4x10mm) (131).**
NOTE: Do not damage the Pulse Sensor Wire 4 (130) while securing Screws (131)

STEP 16

Follow the direction of the drawing line. Place the **Seat Handlebar (4)** onto the **Main Frame (1)** and secure with the **Lock Washer (M8) (90)** and the **Bolt, Socket Head (M8xp1.25x50mm) (104.)**

STEP 17

Connect the **Pulse Sensor Wire 4 (130)** to the **Pulse Sensor Wire 3 (129.)**



STEP 18

a. Note the **Bolt, Hex Head (M8xp1.25x20mm) (142)** have already inserted into the **Seat (25.)**
b. Loosen the **Bolt, Hex Head (M8xp1.25x20mm) (142)** at the bottom on the **Seat (25.)**
c. Attach the **Seat (25)** onto the **Seat Frame (7)** and secure with the **Bolt t, Hex Head (M8xp1.25x20mm) (142.)**

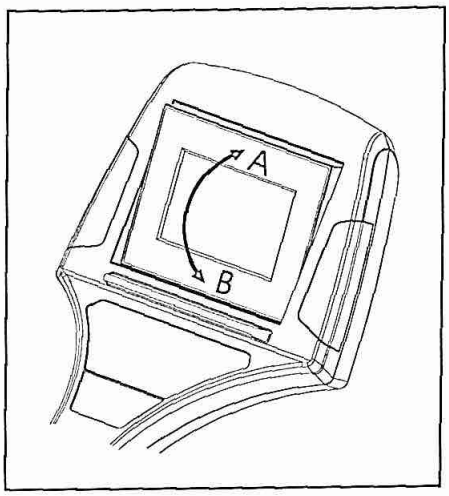
STEP 19

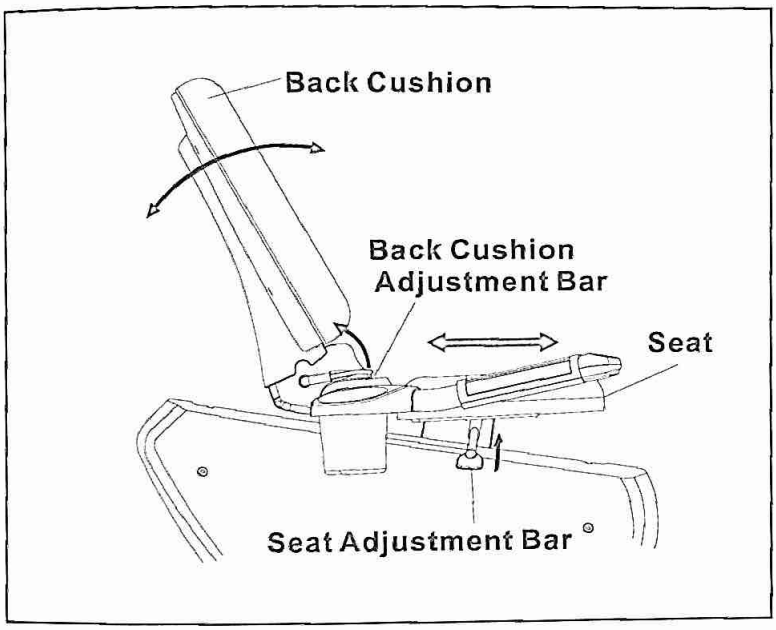
Tread the **Right Pedal (16)** clockwise into the **Right Crank** located inside the **Right Crank Cover (12)** as shown. Tighten the pedal securely. Repeat the same procedure to thread and tighten the **Left Pedal (15)** counter-clockwise into the **Left Crank** as shown.

OPERATIONAL INSTRUCTIONS

A. CONSOLE ANGLE ADJUSTMENT

To get the best angle, user could press the area A or B with the personal need.





B. BACK CUSHION ADJUSTMENT

◇ To adjust the most suitable angle, pull the **Back Cushion Adjustment Bar** upward while lying on the cushion.

◇ Release the **Back Cushion Adjustment Bar** and hear the "click" sound to secure the desired angle of the back cushion.

C. SEAT ADJUSTMENT

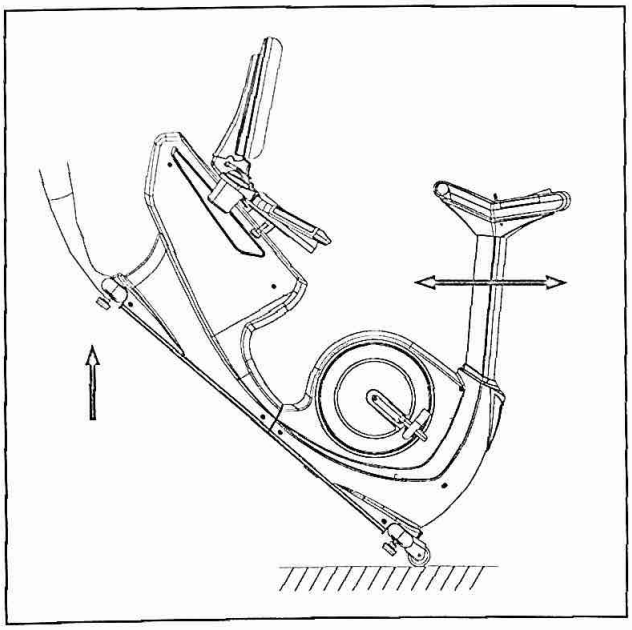
◇ To adjust the most suitable position, pull the **Seat Adjustment Bar** upward to move the seat forward and backward.

◇ Once adjusting to the most suitable position, release the **Seat Adjustment Bar** until hearing "click" sound.

D. HOW TO TOW THE MODEL SAFELY

Hold the **Rear Stabilizer (3)** up with two hands and tow the recumbent bike to the desired place carefully.

◇ Make sure the floor is level while towing the bike.



OPERATIONAL INSTRUCTION

HOW TO INSTALL AND REPLACE BATTERIES:

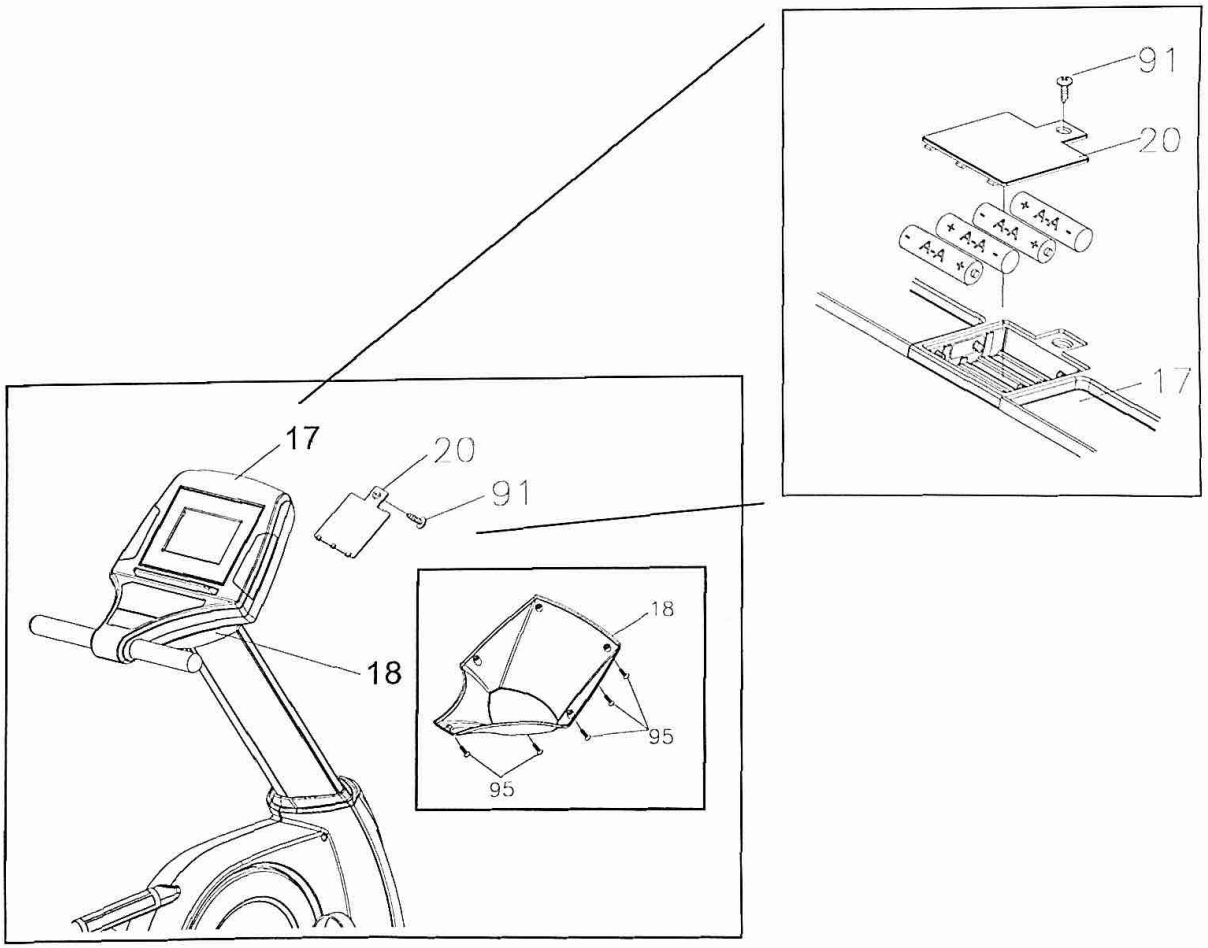
a. **Take off the Console Bracket (18):**
Loosen the **Screw, Round Head (M5xp0.8x15mm)(95)** at the bottom on the **Console Bracket (18.)**

b. **Open the Battery Door (20):**
Loosen the **Screw (M3x10mm)(91)** at the bottom on the **Console (17)** by using the combination wrench to open the **Battery Door (20.)**

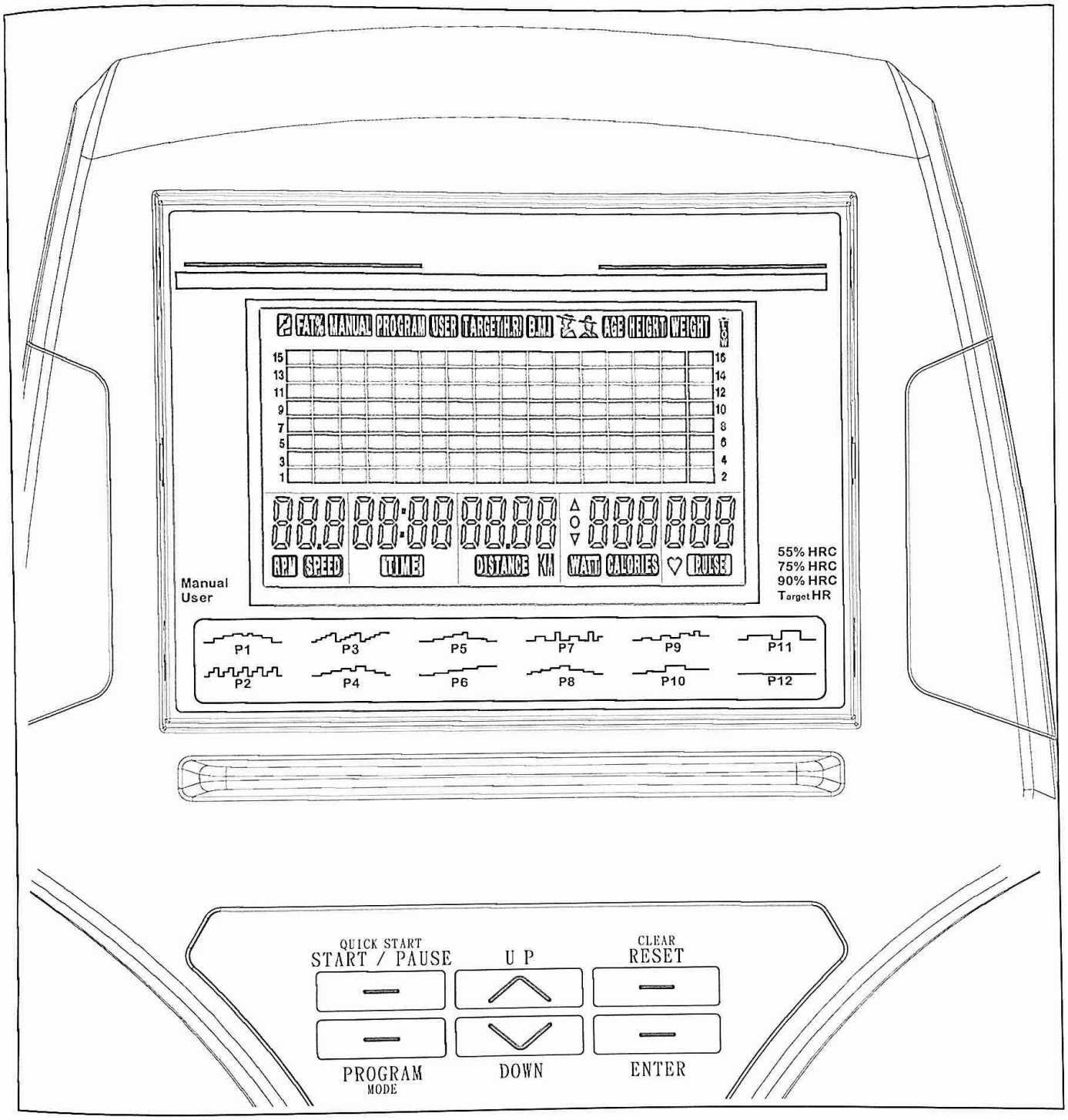
c. **Install and replace batteries:**
The **Console (17)** operates with four AA rechargeable batteries, four batteries included into the hardware box.

◇ The machine is suitable for **Nickel-Metal Hybrid/NI-MH** rechargeable batteries only.

NOTE: To prevent from any damages, general batteries and other type of batteries are not allowed.



CONSOLE OVERVIEW



◇ The console display may vary slightly from the actual console display, the above console overview is for reference only

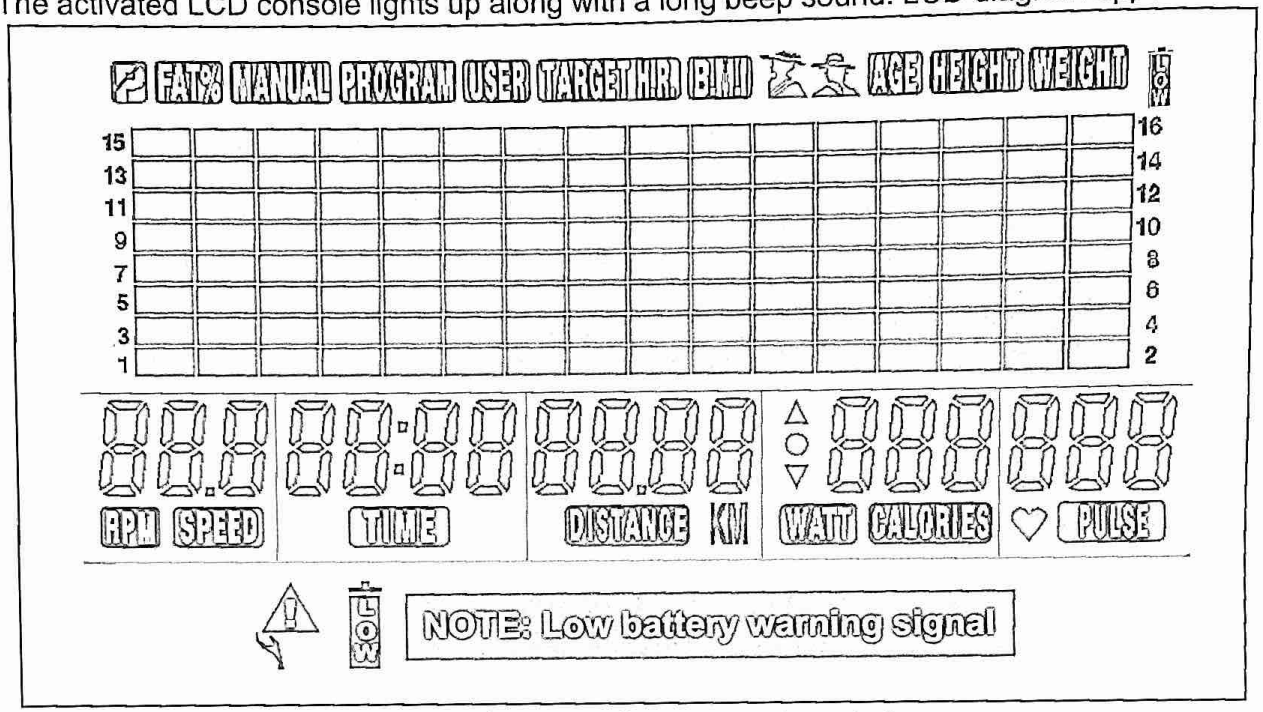
◇ The console has metric and imperial system difference due to the usage of the different countries - Distance: 0.0~99.9 Km/Mile

COMPUTER OPERATION

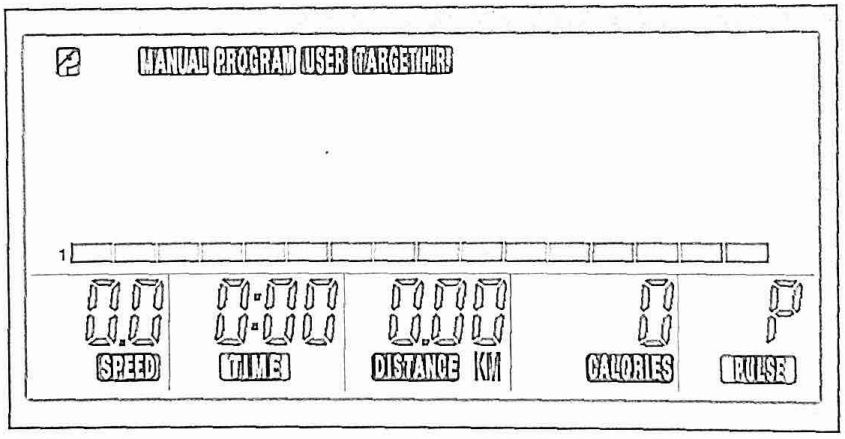
POWER ON:

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as below:



c. Enter into the initial setting mode after around two seconds as below:



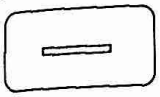
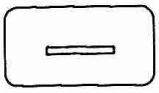
Initial Setting Mode

POWER OFF:

The console would automatically shut off after 30 seconds of inactivity.

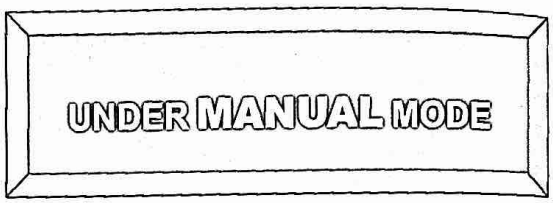
NOTE: the console would shut down any seconds if rechargeable batteries run out of power.

o FUNCTION BUTTONS:

Button Name	Function Description
 PROGRAM MODE	Press the button to select the desired mode – MANUAL , PROGRAM , USER , TARGET H.R. . ◇ Press the ENTER to confirm and enter the function value setting.
 ENTER	**The button is equipped with two operating methods** a. Press the button to confirm and enter the selected mode (MANUAL , PROGRAM , USER , TARGET H.R. .) b. Press to select the function value displays of TIME , DISTANCE , CALORIES , PULSE , AGE . ◇ Use the UP or DOWN button to increase or decrease the desired function values of TIME , DISTANCE , CALORIES , PULSE , AGE .
QUICK START START/PAUSE 	**The button is equipped with three operating methods** a. **QUICK START:** Press the button to enter into MANUAL MODE immediately without selecting the function value displays of TIME , DISTANCE , CALORIES , PULSE . b. **START/PAUSE button:** 1. Press to start a workout. 2. Press to pause the program. ◇ The console would display the current function values of workload level, TIME , DISTANCE , CALORIES , PULSE . 3. User can press the START/PAUSE button again to continue to run the current program.  NOTE: All of the function values of "TIME", "DISTANCE", "CALORIES", "PULSE" in the memory would turn to initial function values the console was set up after turning off or switching to another mode ("MANUAL", "PROGRAM", "USER", "TARGET H.R.") .
CLEAR RESET 	**The button is equipped with two operating methods** a. **ZEROING FUNCTION:** Press the button to reset each function value to zero during setting. The RESET function only operates under PAUSE MODE. b. **CHANGE SELECTED MODE-** MANUAL , PROGRAM , USER , TARGET H.R. : ◇ Under **PAUSE MODE**, hold the button for **FOUR SECONDS** to enter into the initial setting mode. **(Only operating under PAUSE MODE)**

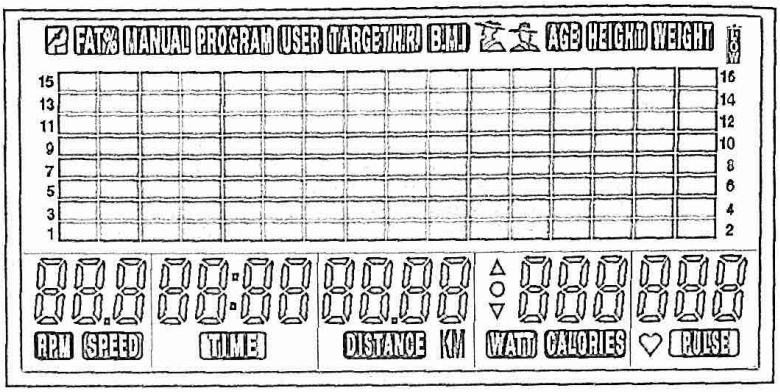
COMPUTER OPERATION

There are four ways to enter into **MANUAL MODE** as below:

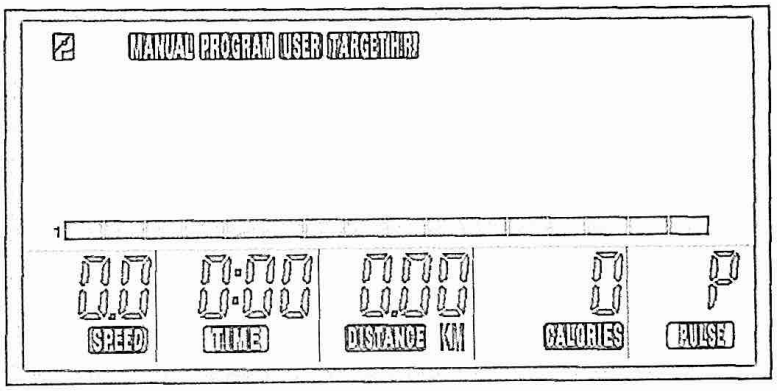


1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.
b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



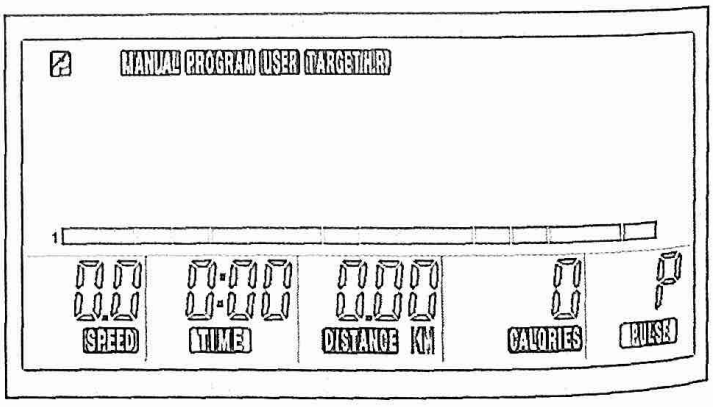
c. Enter into the initial setting mode after around two seconds as shown on right side:



2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

a. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.



The RESET function only operates under PAUSE MODE

c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

CONTINUE TO THE NEXT PAGE

UNDER MANUAL MODE

3. QUICK START:

a. START/PAUSE button: Press the START/PAUSE button directly to start a workout under MANUAL MODE without any setting.

b. Skip to **Step C.** of **NORMAL OPERATION** to select the function value of . TIME , DISTANCE , CALORIES , PULSE

Under both PAUSE or START mode, workload level can be adjusted with the UP or DOWN button.

4. NORMAL OPERATION:

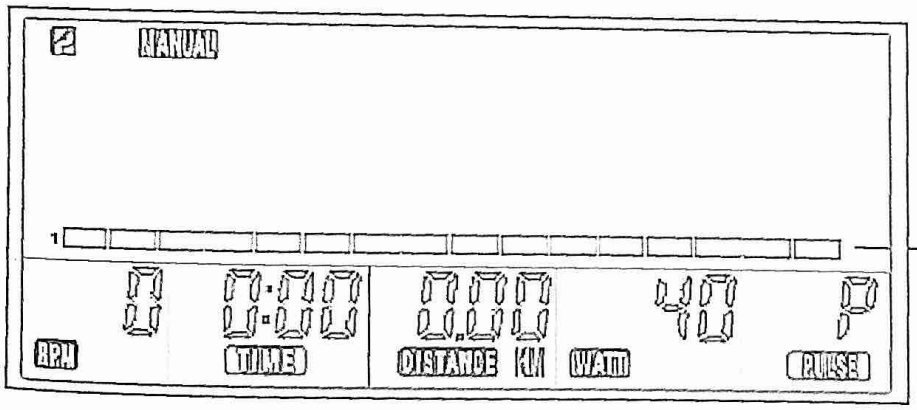
a. START/PAUSE button: Press the START/ PAUSE button to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select MANUAL MODE while in other mode (USER , PROGRAM , TARGET H.R.)

c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. "PAUSE MODE" single will flash on LCD window for setting.

e. LCD window then display flashing "workload level" as shown.



f. UP or DOWN button: Press the UP or DOWN button to increase or decrease the workload level (1~16 levels, 2 levels increment)

g. START/PAUSE button: Press the START/PAUSE button to start a workout directly without setting function values (TIME , DISTANCE , CALORIES , PULSE .)

Or ENTER button: Press the ENTER button to continue to select other function values to adjust the user's workout.

⇨ CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION

UNDER MANUAL MODE

h. After pressing the [ENTER] button, the flashing [TIME] will appear on the LCD window.

i. [UP] or [DOWN] button: Press the [UP] or [DOWN] button to the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◇ Press the [ENTER] button to confirm the function value and enter the next function value setting.
- ◇ Press the [UP] or [DOWN] button to select the value of the function ([TIME], [DISTANCE], [CALORIES], [PULSE].)
- ◇ To reset the function value to zero, press the [RESET] button.

j. [START/PAUSE] button: To start a workout, press the [START/PAUSE] button .

a. WITHOUT PULSE VALUE:
"♡" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:
If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
Please note that this is a warning for you to slow down or to decrease the workload level.

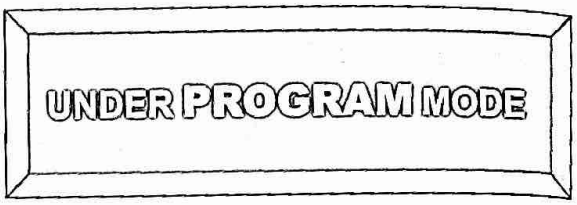
COMPUTER OPERATION

OVERVIEW SETTING VALUES:

Display Readout	Display range	Storage	Zeroing	Description and small tip
TIME	0:00 to 99:00	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Time will count up to 99:00 and cycle run the program profile without setting. 2. Time will count down to 0 depends on desired time value users set up. Two short beep sound for warning the selected value reach to zero.
DISTANCE	0.0 to 99.9km	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Distance will count up to 99:90km and cycle run the program profile without setting. 2. Distance will count down to 0 depends on desired distance value users set up. Two short beep sound for warning selected value reach to zero..
CALORIES	10 to 990 Kcal	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	1. Calories will count up to 990 Kcal and cycle run the program profile without setting. 2. Calories will count down to 10 depends on desired calories value users set up. Two short beep sound for warning selected value reach to zero..
♡ PULSE	70 to 240 BPM	Yes (During a workout. The selected value will turn to zero after turning off))	Yes (Use RESET button)	**1. CONSOLE WITHOUT PULSE VALUE:** "♡" flashing symbol will appear when detecting your pulse. **2. WARNING BEEP SOUND EMIT CONSTANTLY FROM A CONSOLE:** If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit. Please note that this is a warning for you to slow down or decrease the workload level.
WATT		Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	**EACH 6 SECONDS WATT/ CALORIES, RPM/ SPEED WOULD SWITCH DISPLY ON LCD WINDOW**
RPM	0 to 250	No	Yes (Auto)	

COMPUTER OPERATION

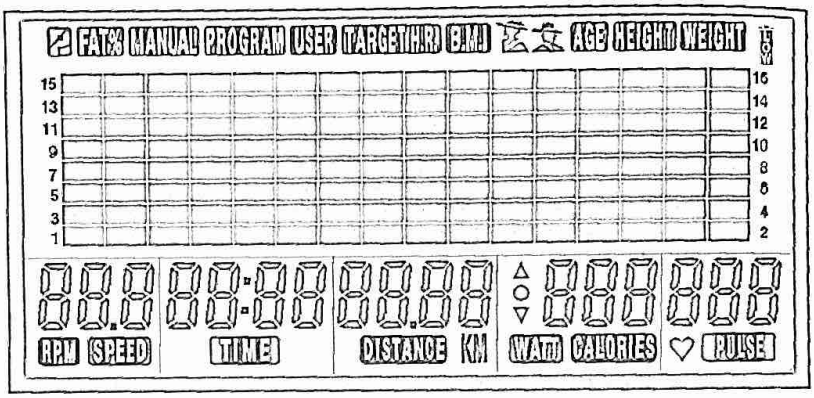
There are three ways to enter into **PROGRAM MODE** as below:



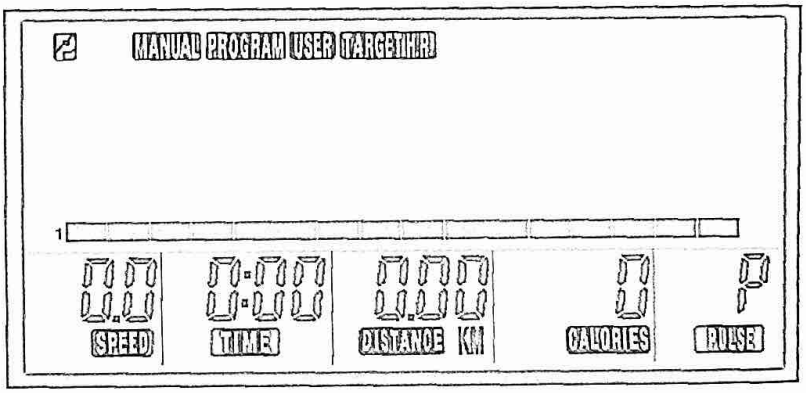
1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



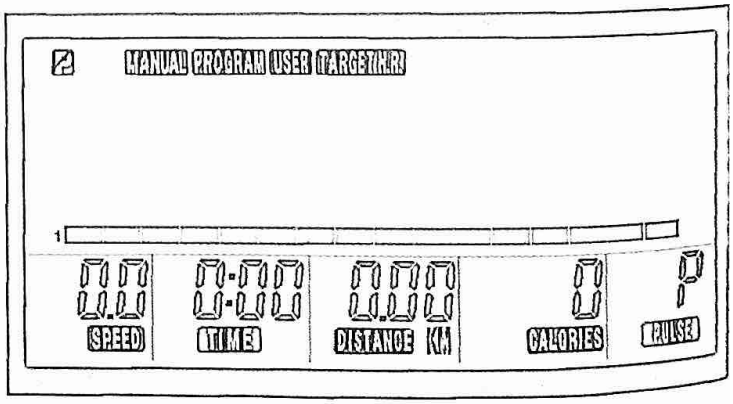
c. Enter into the initial setting mode after around two seconds as shown on right side:



2. RESTART FUNCTION:

a. Press the START/PAUSE button to pause the current program.

b. Hold the RESET button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.



The RESET function only operates under PAUSE MODE

c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

CONTINUE TO THE NEXT PAGE

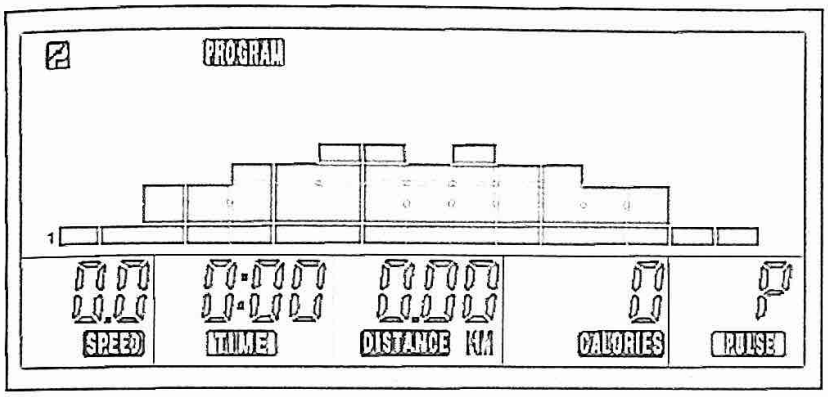
COMPUTER OPERATION

UNDER PROGRAM MODE

3. NORMAL OPERATION:

a. START/PAUSE button: Press the START/ PAUSE button to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select PROGRAM MODE while in other mode (MANUAL , USER , TARGET H.R.)



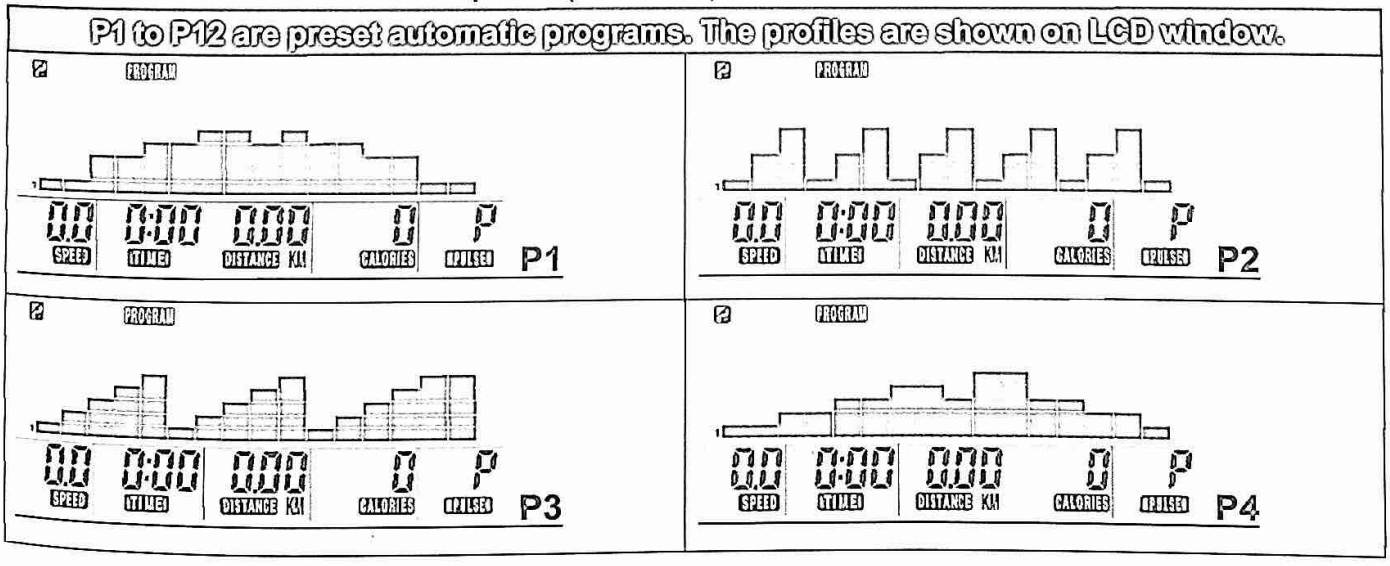
c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

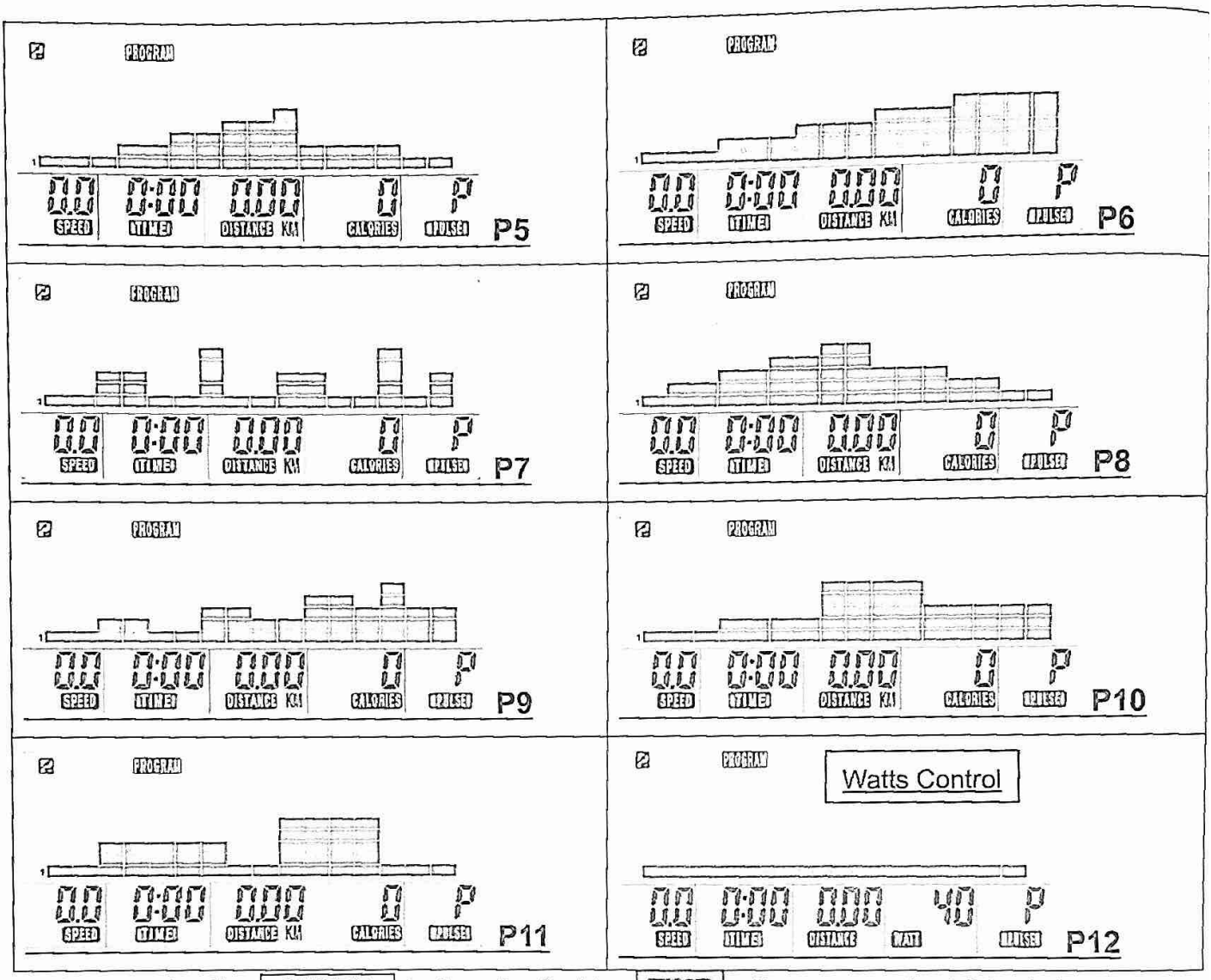
d. "PAUSE MODE" single will appear on LCD window for setting.

e. START/PAUSE button: After flashing "P1" appears on LCD window, press the START/PAUSE button to start a workout directly without setting function values (Profile (P1~P12), TIME , DISTANCE , CALORIES , PULSE .)

Or UP or DOWN button: press the UP or DOWN button to directly select the desired profile (P1 to P12) as shown.

P1 to P12 are preset automatic programs. The profiles are shown on LCD window.





f. After pressing the ENTER button, the flashing TIME will appear on the LCD window.

g. UP or DOWN button: Press the UP or DOWN button to select the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment → **PULSE** (70 to 240 BPM; 1BPM increment)

◇ Press the ENTER button to confirm the function value and enter the next function value setting.

◇ Press the UP or DOWN button to select the value of the function (TIME , DISTANCE , CALORIES , PULSE .)

◇ To reset the function value to zero, press the RESET button.

⇨ CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION

UNDER PROGRAM MODE

h. START/PAUSE button: To start a workout, press the START/PAUSE button .

a. WITHOUT PULSE VALUE:
"♡" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
Please note that this is a warning for you to slow down or to decrease the workload level.

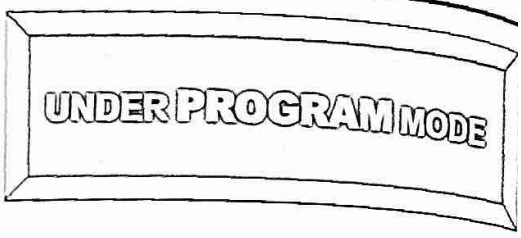
P12 (WATT CONTROL) UNDER PROGRAM MODE

The console is equipped with **LEVEL CONTROL** and **WATT CONTROL** function. During **Program 12** under **PROGRAM** mode, the **WATT CONTROL** function is available to operate.

Before operating **P12**, review the difference between the **CONSTANT POWER** and the **CONSTANT TORQUE** function:

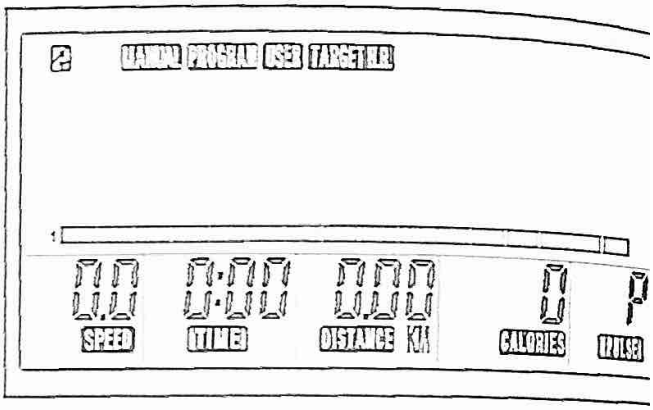
Level Control (Constant Torque)	**Watt Control (Constant Power)**
RPM↓↑ RESISTANCE =	Changeable resistance depends on the value of **RPM (Rotate Per Minute.)**
Unchangeable resistance even though the value of **RPM (Rotate Per Minute)** increases or decreases under the **Constant Torque Mode** during workout. No matter how fast you pedal, the resistance is fixed.	RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE↑ In order to remain the value of **Watt Control**, the value of the **RPM (Rotate Per Minute)** increases (when you pedal faster), while the value of the **Resistance** decrease (becomes lighter resistance.) On the contrary, the value of the **Resistance** would increase (becomes heavier resistance) when the value of the **RPM** decreases (when you pedal slower.)

COMPUTER OPERATION



a. START/PAUSE button: Press the START/PAUSE button to pause the current program.

b. RESET button: Hold the RESET button for **FOUR SECONDS** to enter into the initial setting mode as the illustration shown on the right.

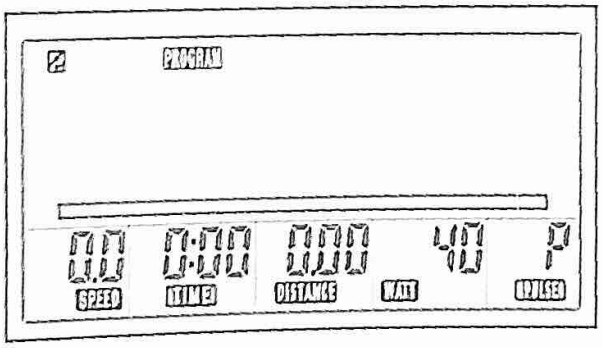


The RESET function only operates under PAUSE MODE

c. PROGRAM button: **MANUAL** would then flash on the LCD window. Press the PROGRAM button to select **PROGRAM MODE** .

d. ENTER button: Press the ENTER button for confirming and entering the function value setting.

e. UP or DOWN button: Press the UP or DOWN button to choose **P12** as the following illustration shown.



f. ENTER button: Press the ENTER button to enter **Program 12.**

g. UP or DOWN button: Press the UP or DOWN button to choose the desired **Watt Control value** (40 ~ 400 Watt; 10 Watt increment.)

h. ENTER button: To continue selecting other function values, press the ENTER button.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

◇ Press the ENTER button to confirm the function value and enter the next function value setting.
◇ To increase or decrease the value of the function (TIME , DISTANCE , CALORIES , PULSE ,) press the UP or DOWN button.
◇ To reset the function value to zero, press the RESET button.

i. START/PAUSE button: After setting up all the function values, press the START/PAUSE button to start a workout.

◇ Under **PAUSE** or **START** mode, the user could press the UP or DOWN button to adjust the desired Watt value (40 ~ 400Watt.)

a. WITHOUT PULSE VALUE:
"♡" flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:

If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
Please note that this is a warning for you to slow down or to decrease the workload level.

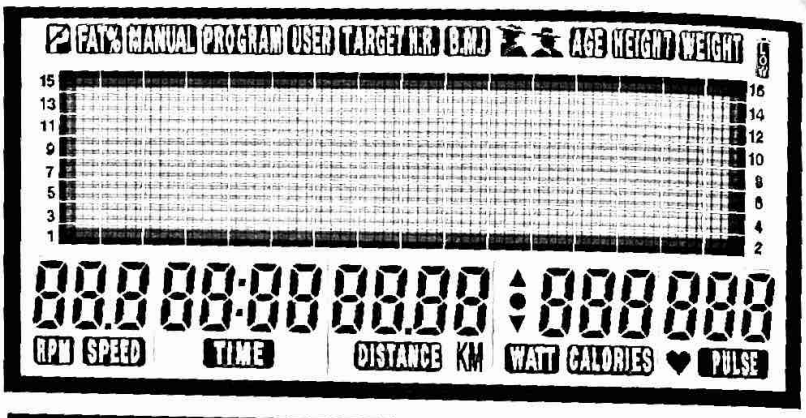
COMPUTER OPERATION

There are three ways to enter into **USER MODE** as below:

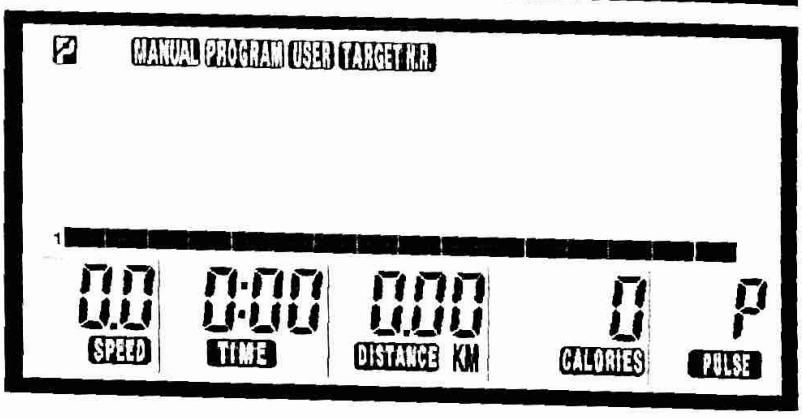
1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



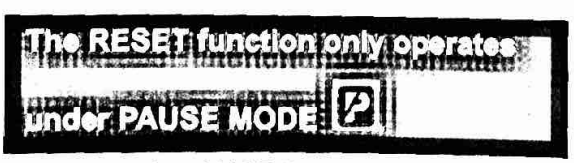
c. Enter into the initial setting mode after around two seconds as shown on right side:

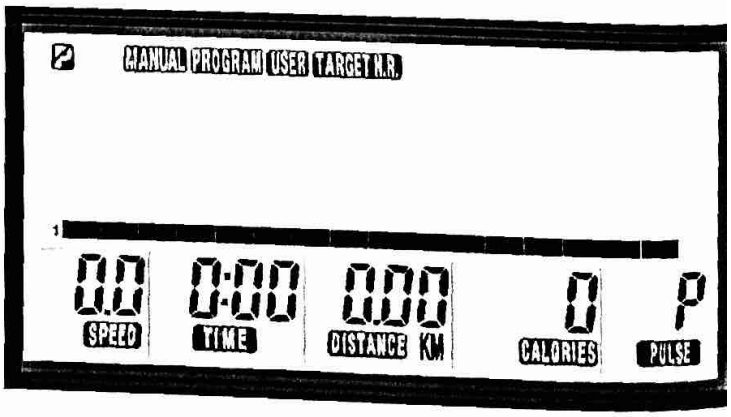


2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

b. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.





c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

CONTINUE TO THE NEXT PAGE

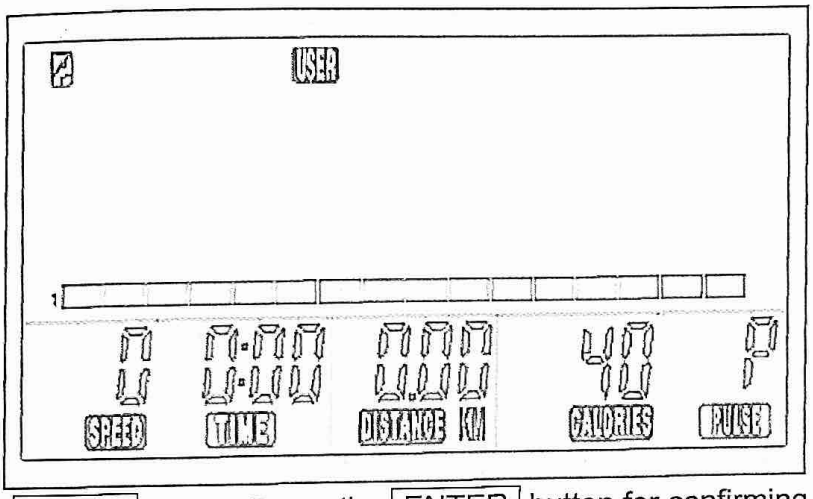
COMPUTER OPERATION

3. NORMAL OPERATION:

UNDER USER MODE

a. START/PAUSE button: Press the START/ PAUSE button to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select USER MODE while in other mode (MANUAL , PROGRAM , TARGET H.R.)

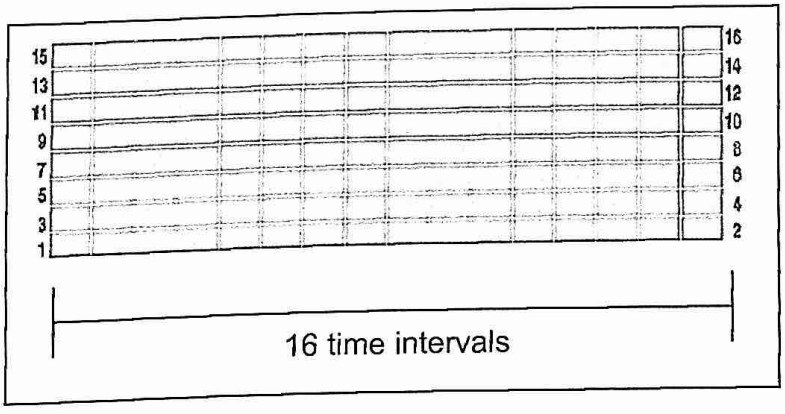


c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. "PAUSE MODE" single will appear on LCD window for setting.

e. START/PAUSE button: After flashing "the first time interval of the workload level" appears on LCD window, press the START/PAUSE button to start a workout directly without setting function values (TIME INTERVAL 1 ... TIME INTERVAL 16, TIME , DISTANCE , CALORIES , PULSE .)

Or UP or DOWN button: Press the UP or DOWN button to preset the desired workload level in each time interval (the console will divide the time into 16 intervals.)



COMPUTER OPERATION

UNDER USER MODE

f. START/PAUSE button: Press the START/PAUSE button to start a workout directly without setting function values (TIME , DISTANCE , CALORIES , PULSE .)

Or hold the "ENTER" button for 3 seconds to continue selecting the other function value of TIME, DISTANCE, CALORIES, PULSE.

g. After pressing the ENTER button for 3 seconds, the flashing TIME will appear on the LCD window.

h. UP or DOWN button: Press the UP or DOWN button to the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◇ Press the ENTER button to confirm the function value and enter the next function value setting.
- ◇ Press the UP or DOWN button to select the value of the function (TIME , DISTANCE , CALORIES , PULSE .)
- ◇ To reset the function value to zero, press the RESET button.

i. To start a workout, press the START/PAUSE button .

- ◇ Under **PAUSE** or **START** mode, the user could press the UP or DOWN button to adjust workload level.

a. WITHOUT PULSE VALUE:
"♡" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:
If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
Please note that this is a warning for you to slow down or to decrease the workload level.

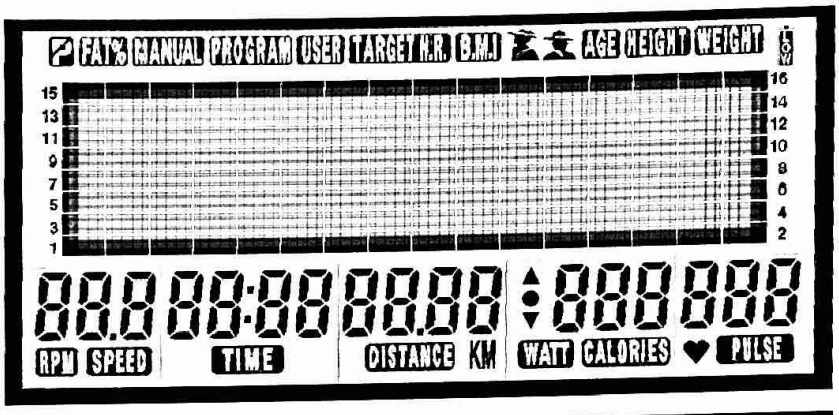
COMPUTER OPERATION

There are three ways to enter into **TARGET H.R. MODE** as below:

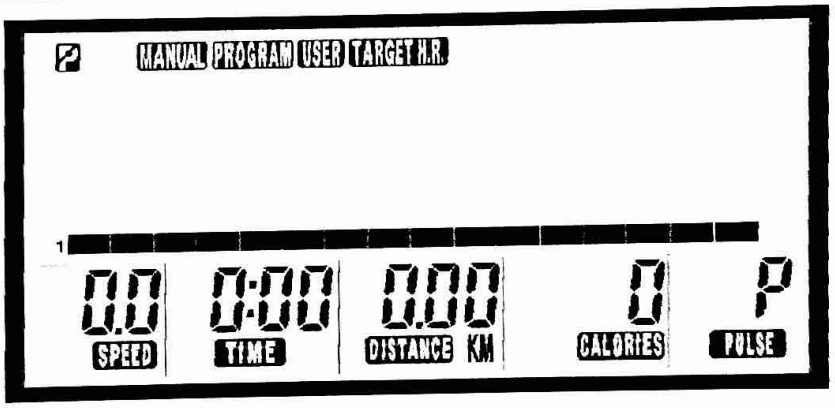
1. POWER OFF STATUS (LCD diagram disappear on LCD window):

a. Pedaling to activate the console.

b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



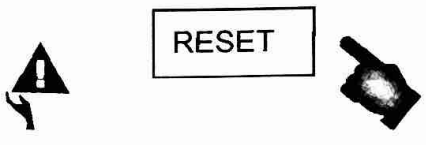
c. Enter into the initial setting mode after around two seconds as shown on right side:

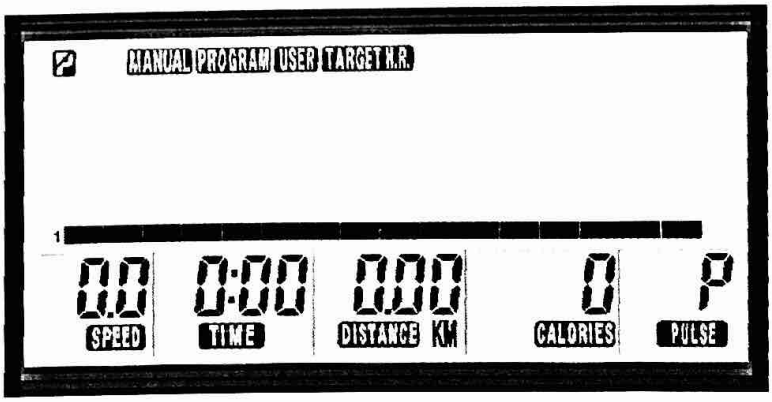


2. RESTART FUNCTION:

a. Press the [START/PAUSE] button to pause the current program.

b. Hold the [RESET] button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.





c. Skip to **Step B.** of **NORMAL OPERATION** on the next page to continue the operation.

CONTINUE TO THE NEXT PAGE

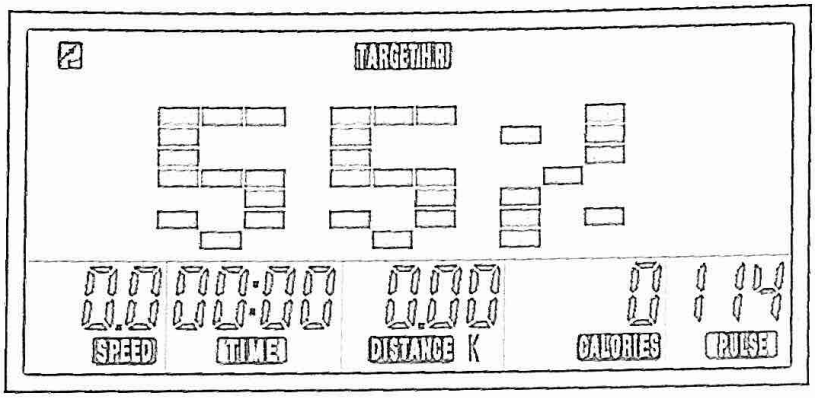
COMPUTER OPERATION

3. NORMAL OPERATION:

UNDER TARGET H.R. MODE

a. START/PAUSE button: Press the START/ PAUSE button to pause the current program.

b. PROGRAM button: Press the PROGRAM button to select TARGET H. R. as shown.



c. ENTER button: Press the ENTER button for confirming and entering the function value setting.

d. "PAUSE MODE" single will appear on LCD window for setting.

e. UP or DOWN button: After flashing the age value the console preset appear on the LCD window, press the UP or DOWN button to select your age.

Note: Please note that although the console allows input for age beginning at 10 years old, the product is not recommended for children's use.

f. ENTER button: Press the ENTER button to confirm the user's age.

g. UP or DOWN button: Continue to select the TARGET H.R. (55%, 75%, 90%, T.H.R.) you desire with the UP or DOWN button .

◇ If choose the TARGET H.R. of 55%, 75%, 90%, skip **STEP H.** and operate **STEP I.** directly.

OVERVIEW SIMPLE FORMULA:

55% = 55% OF (220 – AGE)
75% = 75% OF (220 – AGE)
90% = 90% OF (220 – AGE)
T.H.R. = Set by user (70 ~ 240 BPM)

UNDER TARGET H.R. MODE

h. UP or DOWN button: If choose **T.H.R.** mode, the function value of pulse (70 to 240 BPM) will flash on the LCD window. Press the UP or DOWN button to set the desired value for the target heart rate.

i. After the ENTER button, the flashing TIME will appear on the LCD window.

j. UP or DOWN button: Press the UP or DOWN button to the select the function value of TIME as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◇ Press the ENTER button to confirm the function value and enter the next function value setting.
- ◇ Press the UP or DOWN button to select the value of the function (TIME , DISTANCE , CALORIES , PULSE .)
- ◇ To reset the function value to zero, press the RESET button.

k. START/PAUSE button: To start a workout, press the START/PAUSE button .

a. WITHOUT PULSE VALUE:
"♡" flashing symbol will appear when detecting your pulse.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:

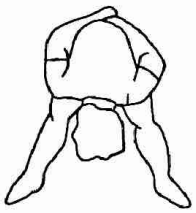
If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit.
Please note that this is a warning for you to slow down or to decrease the workload level.

WARM-UP and COOL-DOWN

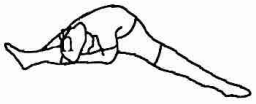
Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

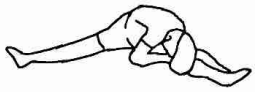
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercise

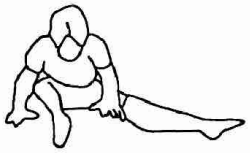


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessen, try a lower position gradually.





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 hang 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 slowly 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 strength-training session.

PARTS LIST

NO.	PARTS NAME	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Handlebar	1
5	Back Cushion Bracket	1
6	Back Cushion Frame	1
7	Seat Frame	1
8	Upright Post	1
9	Upper Handlebar	1
10	Front Left-Side Cover	1
11	Front Right-Side Cover	1
12	Crank Cover	2
13	Rear Left-Side Cover	1
14	Rear Right-Side Cover	1
15	Left Pedal	1
16	Right Pedal	1
17	Console	1
18	Console Bracket	1
19	Console Lower Case	1
20	Battery Door	1
21	Front Decorating Upright Cover	1
22	Upright Sleeve	1
23	Back Cushion Cover	1
24	Back Cushion	1
25	Seat	1
26	Sliding Belt	2
27	Seat Roller	3
28	Plastic Seat Support Cover (L)	1
29	Plastic Seat Support Cover (R)	1
30	Back Cushion Hinge	1
31	Adjustment Bar	2
32	Accessory Tray	2
33	Pulse Sensor Top Housing	2
34	Pulse Sensor Bottom Housing	2
35	Quick-Access Key Base (+)	1
36	Quick-Access Key Base (-)	1
37	Square Plug (30x60mm)	1

NO.	PARTS NAME	Q'TY
38	EndCap (50x100mm)	4
39	Leveler (ψ50)	4
40	Moving Wheel	2
41	Generator	1
42	Belt (584mm J8)	1
43	Pulley (120mm)	1
44	Magnet	1
45	Pulley (235mm)	1
46	Belt (1059mm J8)	1
47	Seat Rail EndCap	2
48	Foam Grip	2
49	Front Aluminum Upright Cover	1
50	Rear Aluminum Upright Cover	1
51	Cushion Adjustment Lever	1
52	Back Cushion Adjustment Bracket	1
53	Cushion Torsion Spring	1
54	Cushion Spring	1
55	Cushion Linkage Axel	1
56	Seat Torsion Spring	1
57	Seat Adjustment Lever	1
58	Roller Plate	2
59	Bearing (6000N)	6
60	Resistor	1
61	Controller	1
62	Right Mounting Plate	1
63	Left Mounting Plate	1
64	Idler Spring	1
65	Washer (ψ10.6×ψ60×2.0t)	1
66	Idler Arm	1
67	Axle Cover	1
68	Bearing (6004ZZ)	8
69	Idler Shaft	1
70	One Way Pulley (51mm)	1
71	One Way Bearing (2520mm)	1
72	Axle	1
73	Left Crank	1
74	Right Crank	1

NO.	PARTS NAME	Q'TY
75	Crank Shaft	1
76	Roller Axle	1
77	Spacer (M8×12×7mm)	2
78	Seat Linkage Spacer	1
79	Eye Bolt (40mm)	2
80	Eye Bolt (50mm)	4
81	Tension Bracket	2
82	Square Key (6×6×15mm)	1
83	E Ring	2
84	Crescent Ring	2
85	Washer (8×38×2.0t)	6
86	Washer (10×23×2.0t)	2
87	Washer (17×25×1.0t)	1
88	Washer (18.3×25×1.0t)	1
89	Washer (20×1.0t)	2
90	Lock Washer (M8)	20
91	Screw (M3×10mm)	3
92	Screw (M3×25mm)	4
93	Screw (M4×20mm)	6
94	Screw (M5×18mm)	23
95	Screw, Round Head (M5×p0.8×15mm)	12
96	Screw, Round Head (M5×p0.8×50mm)	2
97	Screw, Round Head (M5×p0.8×75mm)	2
98	Bolt, Round Head (M6×p1.0×15mm)	4
99	Screw, Round Head (M5×p0.8×12mm)	6
100	Bolt, Button Head (M6×p1.0×12mm)	2
101	Bolt, Button Head (35mm)	2
102	Bolt, Button Head (M8×p1.25×20mm)	16
103	Bolt, Button Head (M10×p1.5×45mm)	1
104	Bolt, Socket Head (M8×p1.25×70mm)	4
105	Bolt, Socket Head (M10×p1.5×30mm)	1
106	Bolt, Hex Head (M8×p1.25×15mm)	4
107	Bolt, Hex Head (M8×p1.25×15mm)	1
108	Bolt, Hex Head (M8×p1.25×60mm)	1
109	Bolt, Hex Head (M8×p1.25×65mm)	4

NO.	PARTS NAME	Q'TY
110	Bolt, Hex Head (M8×p1.25×75mm)	1
111	Bolt, Hex Head (M8×p1.25×80mm)	4
112	Bolt, Hex Head (M10×p1.5×145mm)	2
113	Bolt, Hex Head (M10×p1.5×144mm)	2
114	Bolt, Hex Head (M10×p1.5×50mm)	2
115	Flange Nut (M10)	1
116	Nut (M6)	3
117	Nut (M8)	4
118	Nylock Nut (M6)	4
119	Nylock Nut (M8×6.2t)	4
120	Nylock Nut (M8)	12
121	Nylock Nut (M10)	6
122	Generator Wire (3pin×700mm)	2
123	Upper Connection Wire (5pin×300mm)	1
124	Middle Connection Wire (5pin×1100mm)	1
125	Lower Connection Wire (5pin×800mm)	1
126	Sensor Wire (2pin×400mm)	1
127	Pulse Sensor Wire 1 (8pin×300mm)	1
128	Pulse Sensor Wire 2 (8pin×1100mm)	1
129	Pulse Sensor Wire 3 (8pin×2300mm)	1
130	Pulse Sensor Wire 4 (8pin×500+200mm)	1
131	Screw (M4×10mm)	4
132	Bolt, Socket Head (M6×p1.0×15mm)	4
133	Nylon Nut (M10xp1.25)	1
134	Screw, Flat Head	1
139	ψ20 Bushing (4.6mm)	1
140	ψ Bushing (36mm)	1
142	Bolt, Hex Head (M8×p1.25×20mm)	4

PRODUCT PARTS DRAWING