

PR-7001

Owners' Manual



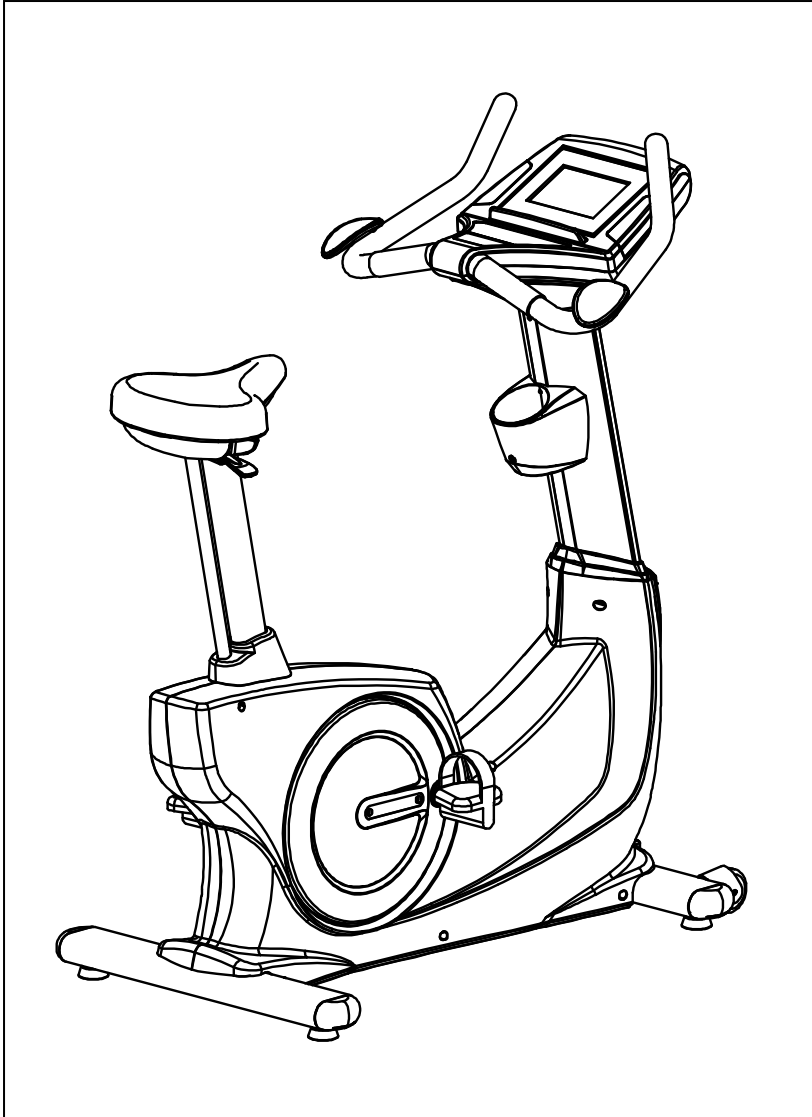
WARNING



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



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 **Upright Bike**.
2. Read this Owner's Manual and follow it carefully before using the **Upright 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 **Upright Bike**. Do not allow children to use or play on the **Upright Bike**. Keep children and pets away from the **Upright 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 **Upright Bike** on a solid level surface. Do not position the **Upright Bike** on loose rugs or uneven surfaces.
7. Inspect the **Upright Bike** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Upright 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 **Upright Bike**.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Upright 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 **Upright Bike** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Upright 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. Make sure that adequate space is available for access to and passage around the **Upright 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.**

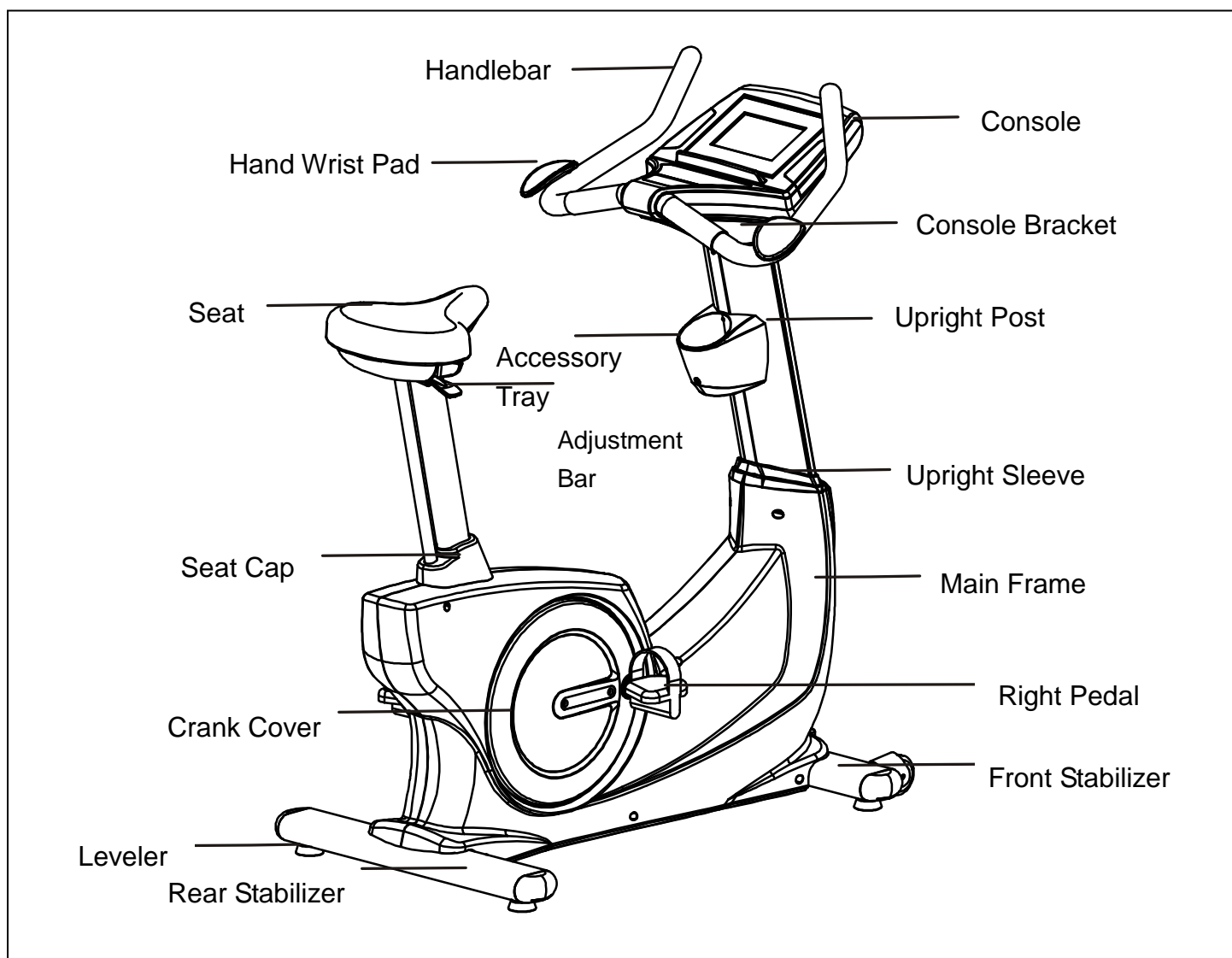
BEFORE YOU BEGIN

Thank you for choosing the self-powered **UPRIGHT 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.

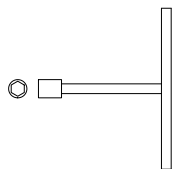
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

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

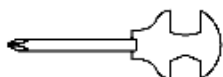
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **UPRIGHT BIKE**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**T-HAND SOCKET
WRENCH (17MM)**



**COMBINATION
WRENCH**



**ALLEN WRENCH
(M5, M6)**



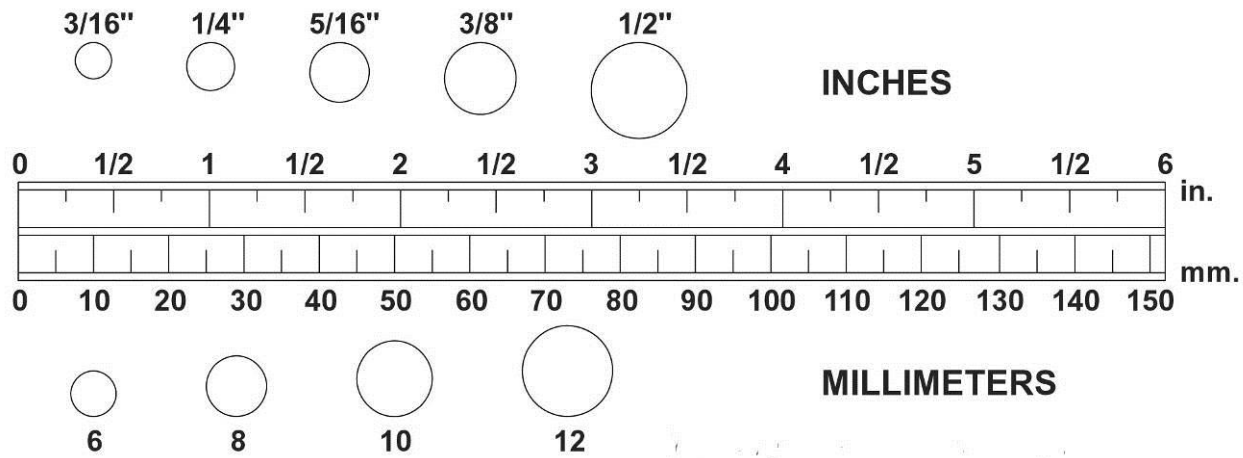
SOCKET WRENCH



**PHILLIPS
SCREWDRIVER
(6mm)**

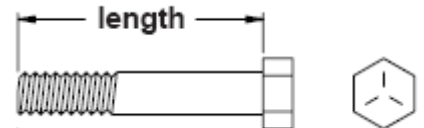
HARDWARE IDENTIFICATION CHART

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.

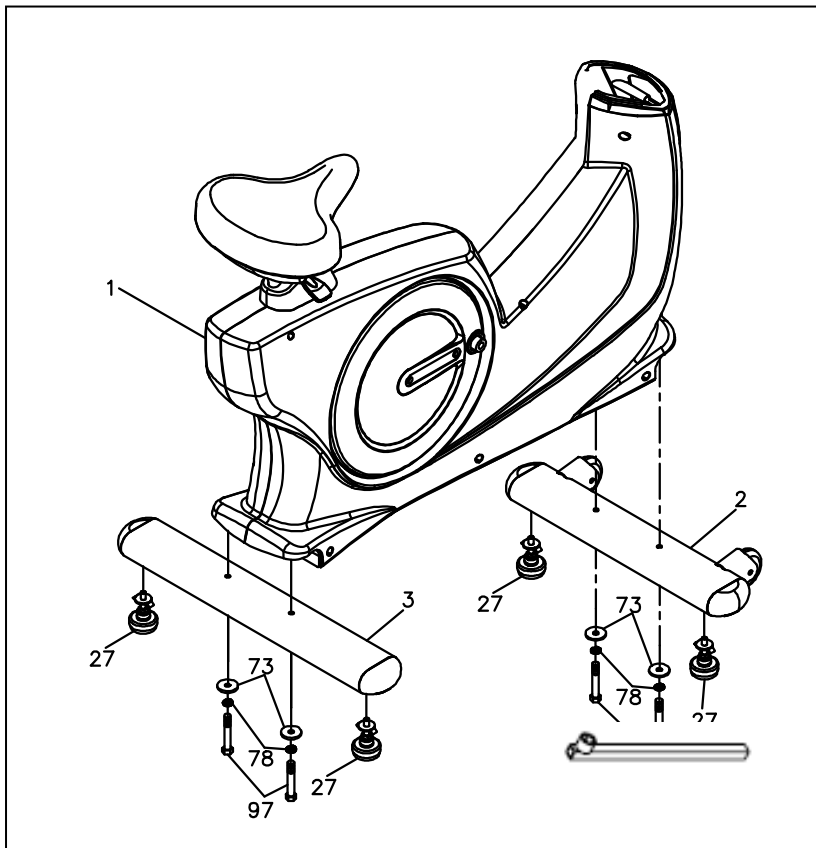


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	78 Lock Washer (M8)	4
	73 Washer (8x38x2.0t)	4
	83 Screw, Round Head (M5xp0.8x15mm)	10
	84 Screw, Round Head (M5xp0.8x50mm)	2
	88 Bolt, Button Head (M6xp1.0x12mm)	2
	97 Bolt, Hex Head (M8xp1.25x65mm)	4
	99 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.



- ◆ Attach the **Leveler (27)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**
- ◆ Be sure to tighten the **Leveler (27)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown.

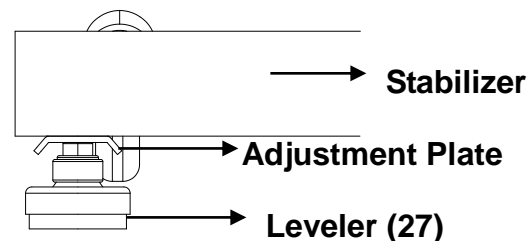


STEP 2

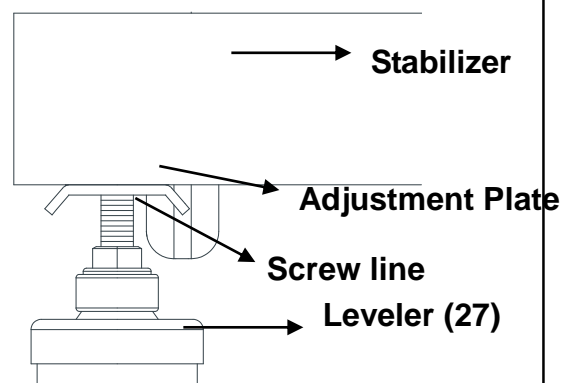
Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **Washer (8x38x2.0t)(73)**, the **Lock Washer (M8)(78)** and the **Bolt, Hex Head (M8xp1.25x65mm)(97)** by using socket wrench as the main assembling drawing shows.

- ◆ If the bike is not level, review the **LEVELING NOTE** on the right side to level the **Levelers (27)**

Detailed Lever- drawing 1



Detailed Lever- drawing 2

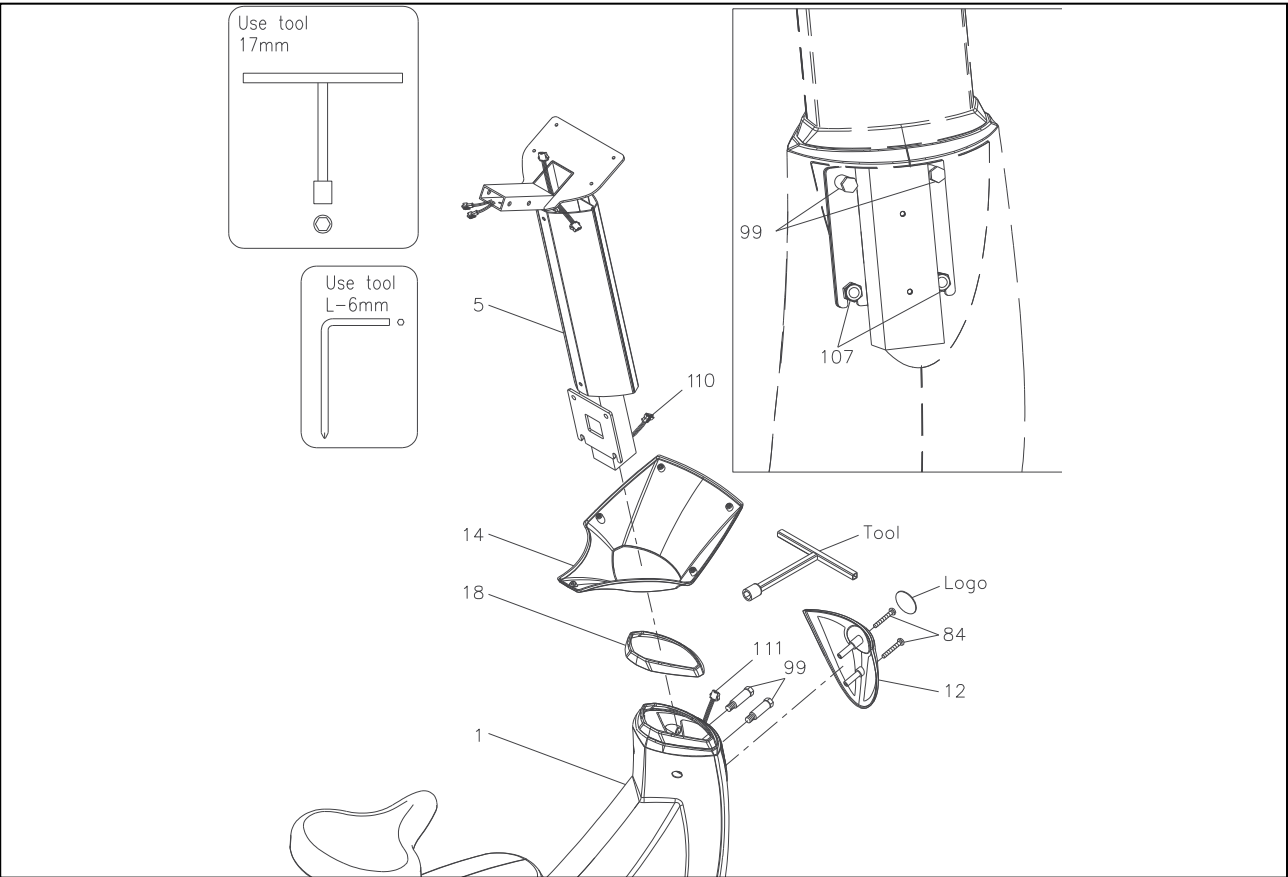


LEVELING: After placing the bike in the intended location for use, check the stability of the bike. If the bike is not level, reviewing the following direction:

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

Adjust the Leveler (27) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (27) in stable position as the drawing 2 shown.



STEP 3

Slide the **Console Bracket (14)** and the **Upright Sleeve (18)** onto the **Upright Post (5).**

- ◆ Make sure the direction of the **Upright Post (5)** is in the correct direction as shown.
- ◆ Be careful not to damage the **Middle Connection Wire (110)** while doing assembly Step 3 to 4.

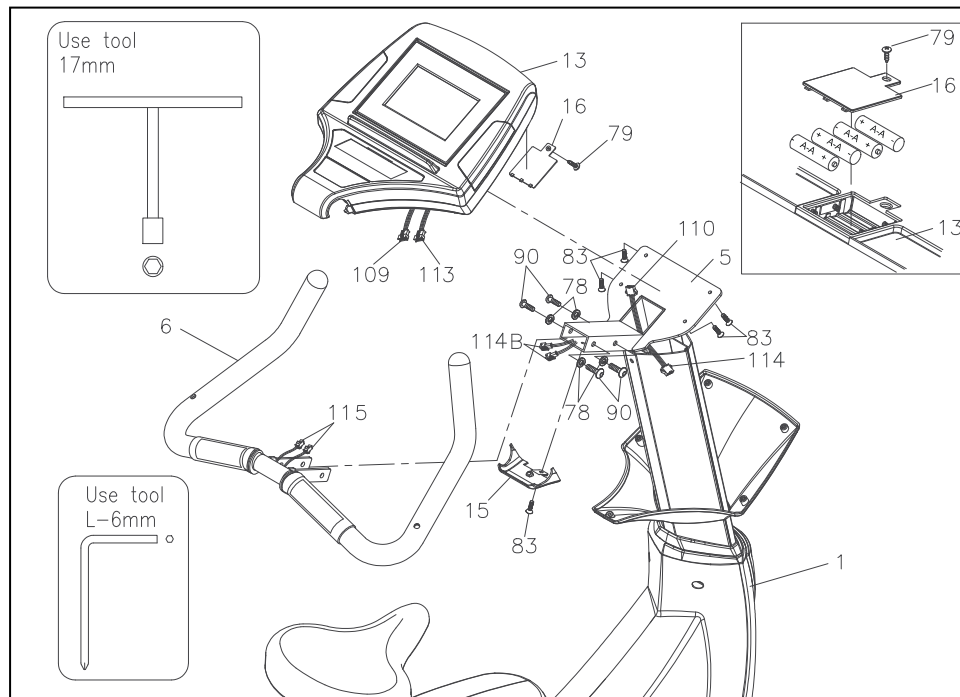
STEP 4

- a. Make sure 2 pcs **Nylock Nuts (M10) (107)** 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 (5)** into the **Main Frame (1)** and secure with the **Bolt, Hex Head (M10xp1.5x50mm)(99)** by using the **T-HEAD SOCKET WRENCH (17MM)** as shown.

STEP 5

- Connect the **Middle Connection Wire (110)** to the **Lower Connection Wire (111)**.
- Attach the **Front Decorating Upright Cover (12)** onto the front of the **Main Frame (1)** with the **Screw, Round Head (M5xp0.8x50mm)(84.)**
- Paste a Logo Sticker on the surface of the **Front Decorating Upright Cover (12.)**
 - ◆ A logo sticker is included in the hardware box.
- Slide the **Upright Sleeve (18)** down to cover the open area of the **Main Frame (1.)**

ASSEMBLE INSTRUCTIONS



STEP 6

- Loosen the **Screw (M3x10mm) (79)** at the bottom on the console by using the combination wrench to open the **Battery Door (16)**.
- The **Console (13)** operates with **FOUR** AA rechargeable batteries, four batteries are included in the hardware box.



CAUTION: The machine is suitable for **Nickel-Metal Hybrid / NI-MH** rechargeable batteries only. General or other types of batteries are not allowed to use.

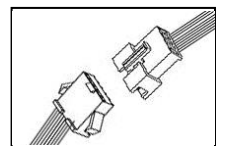
- Install rechargeable batteries into the **Console (13)**.
 - ◆ Make sure the location of positive or negative battery terminal is correct.
- Attach the **Battery Door (16)** onto the back of the **Console (13)** and secure with the **Screw (M3x10mm) (79)**.

STEP 7

- Connect the **Lower Pulse Sensor Wire (115)** to the **Middle Pulse Sensor Wire (114B)**.
- Remove the **Lock Washer (M8)(78)** and **Bolt, Button Head (M8xp1.25x16mm) (90)** from the **Upright Post (5)**.
- Insert the **Handlebar (6)** into the **Upright Post (5)** and secure with the **Lock Washer (M8)(78)** and **Bolt, Button Head (M8xp1.25x16mm)(90)** on each side as the drawing shown.



CAUTION: Be careful not to damage wires during assembly.



STEP 8

- Connect the **Upper Pulse Sensor Wire (113)** to the **Middle Pulse Sensor Wire (114)**.
- Connect the **Upper Connection Wire (109)** to the **Middle Connection Wire (110)**.
 - ◆ Note the number of wire pin should be the same for both wires to connect with as the illustration shown below

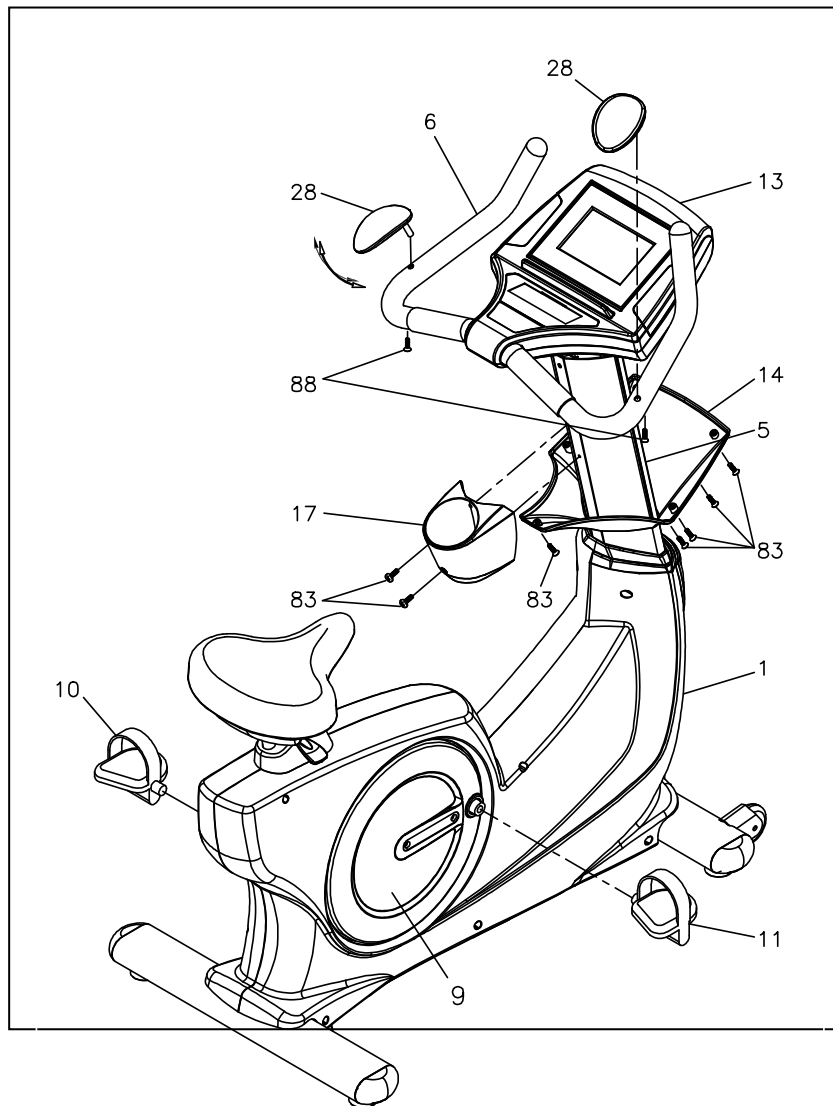
STEP 9

Place the **Console (13)** onto the **Upright Post (5)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(83.)**

STEP 10

Attach the **Console Lower Case (15)** to the **Console (13)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(83.)**

ASSEMBLE INSTRUCTIONS



STEP 11

Slide the **Console Bracket (14)** onto the **Console (13)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(83.)**

STEP 12

- Place the **Hand Wrist Pad (28)** onto the **Handlebar (6.)**
- Swing the **Hand Wrist Pad (28)** to the most suitable position.
- Secure it with the **Bolt, Button Head (M6xp1.0x12mm)(88.)**

STEP 13

- Remove the **Screw, Round Head (M5xp0.8x15mm)(83)** from the **Upright Post(5)**.
- Attach the **Accessory Tray (17)** onto the **Upright Post (5)** and secure with the **Screw, Round Head (M5xp0.8x15mm)(83.)**

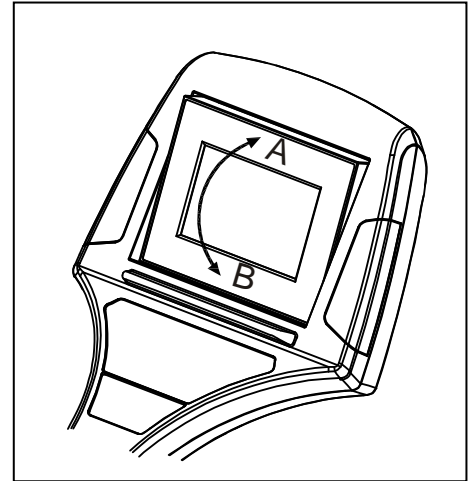
STEP 14

Thread the **Right Pedal (11)** clockwise onto the **Right Crank** located inside the **Right Crank Cover (9)** as shown. Tighten the pedal securely. Repeat the same procedure to thread and tighten the **Left Pedal (10)** counter-clockwise onto the **Left Crank** as shown.

OPERATIONAL INSTRUCTIONS

A. CONSOLE ANGLE ADJUSTMENT

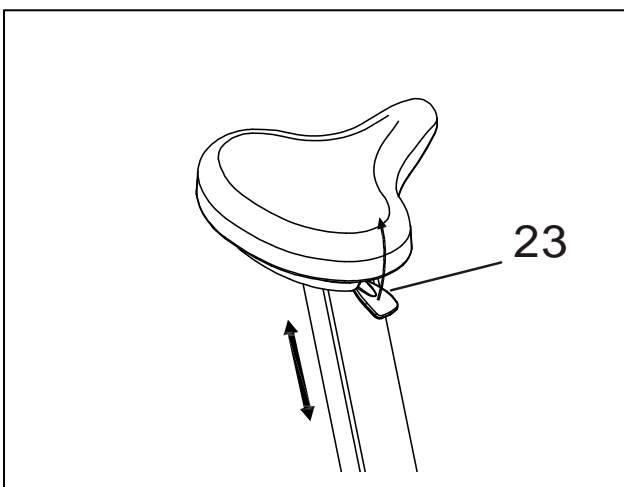
To get the best angle, user could press the area A or B with the personal need.



B. SEAT POST ADJUSTMENT

USER CAN ADJUST THE SEAT HEIGHT WHILE BE SEATED

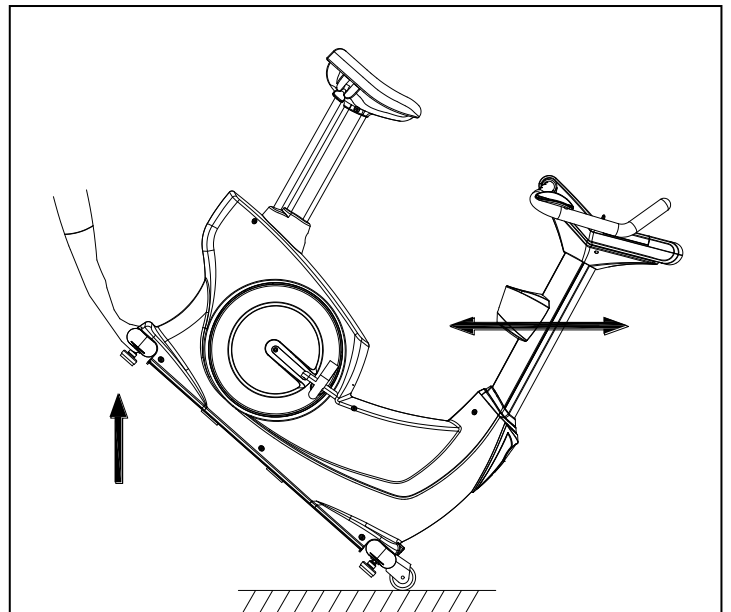
- ◆ While be seated, pull the **Adjustment Bar (23)** up to adjust the seat height.
- ◆ Seat downward to lower the seat height or slight move the body upward to raise the seat height.
- ◆ Once adjusting to the proper position, release the **Adjustment Bar (23)** until hearing the “click” sound.



C. HOW TO TOW THE UPRIGHT BIKE SAFELY

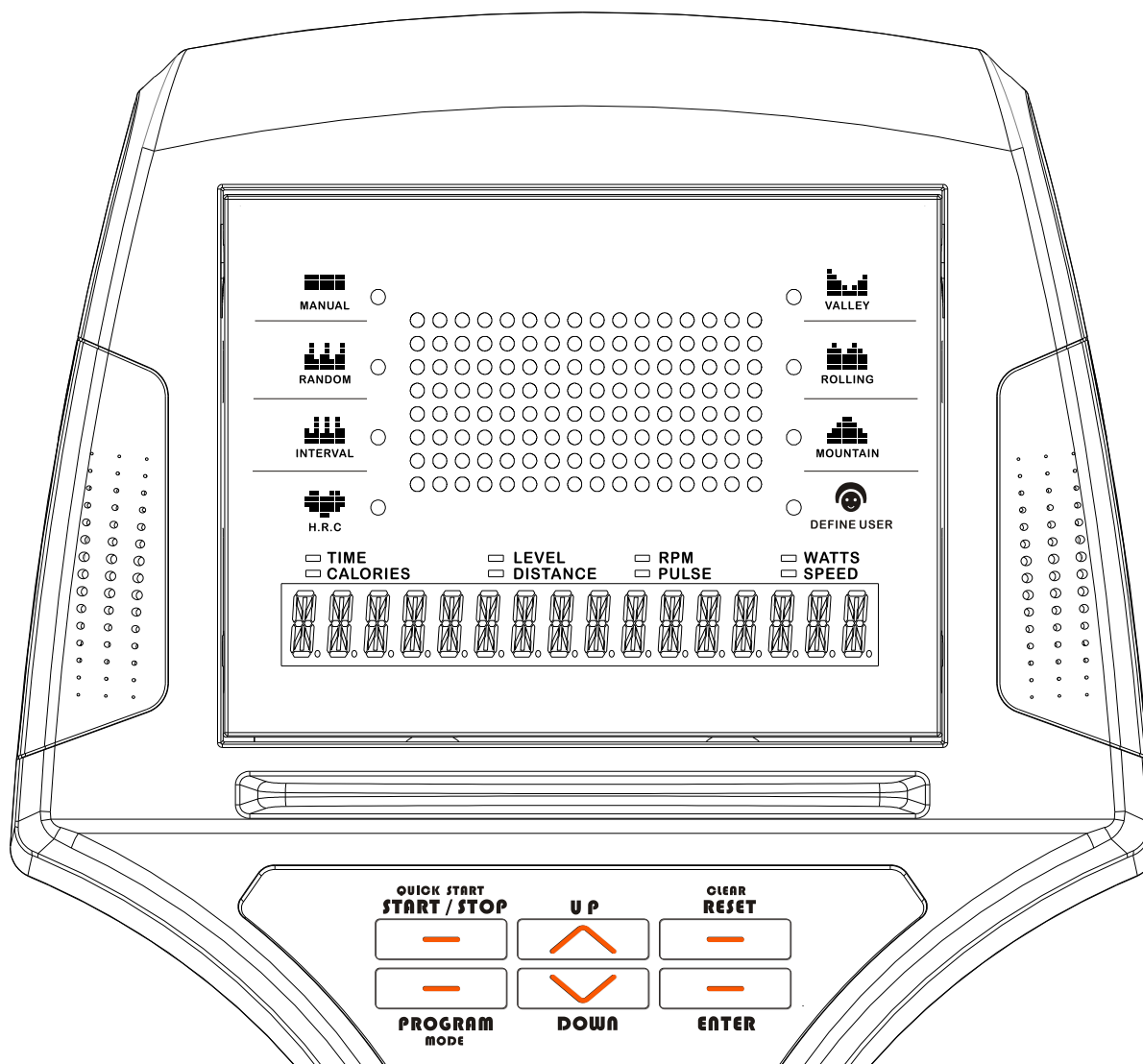
Hold the **Rear Stabilizer (3)** up with two hands and tow the upright bike to the desired place carefully.

- ◆ Make sure the floor is level while towing the upright bike.



CONSOLE INSTRUCTIONS

- Take a few minutes to review the console layout. Below is an overview of the console's features and functions
- We 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

Pedaling to activate the console.

Power Off





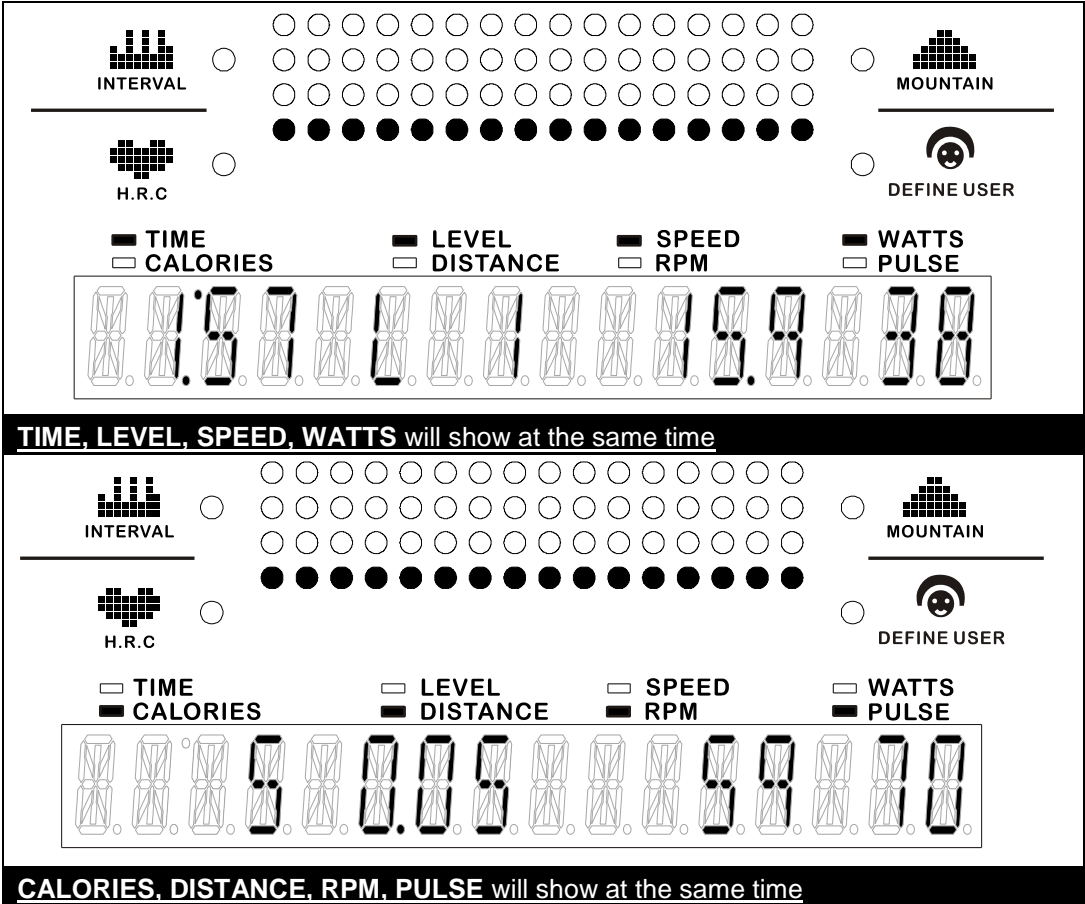
The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

Program List

MANUAL PROGRAM	RANDOM PROGRAM	INTERVAL PROGRAM	H.R.C. PROGRAM (65%)
H.R.C. PROGRAM (85%)	VALLEY PROGRAM	ROLLING PROGRAM	MOUNTAIN PROGRAM
DEFINE USER 1	DEFINE USER 2	DEFINE USER 3	DEFINE USER 4



CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

<p>QUICK START START / STOP</p> 	<p>a. Press START/STOP to begin your exercise.</p> <p>b. Press START/PAUSE again to stop and pause all functions during your exercise program. All the dates on the display will then freeze. The console would automatically go to SLEEP mode after 1 minutes of inactivity (NOTE: the item will keep power on if you continue pedaling) .</p> <p>c. Without choosing any programs, directly press QUICK START, MANUAL program will be selected to start workout.</p>
 <p>ENTER</p>	<p>Press ENTER to confirm the setting values of TIME, DISTANCE, CALORIES, AGE, TARGET HEART RATE and INTERVAL LEVEL.</p>
<p>CLEAR RESET</p> 	<p>Press CLEAR RESET, all the date will return to 0 and the console will return to <u>POWER ON</u> status.</p>
 <p>PROGRAM MODE</p>	<p>a. Press PROGRAM/MODE to select the program (MANUAL, RANDOM, INTERVAL, H.R.C., VALLEY, ROLLING, MOUNTAIN, DEFINE USER PROGRAM).</p> <p>b. During workout (after pressing START/PAUSE), the user could press PROGRAM/MODE to review <u>TIME, LEVEL, SPEED and WATTS</u>, or <u>CALORIES, DISTANCE, RPM and PULSE</u>.</p> <div data-bbox="347 1070 1436 1971">  <p>TIME, LEVEL, SPEED, WATTS will show at the same time</p> <p>CALORIES, DISTANCE, RPM, PULSE will show at the same time</p> </div>

CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

	<ul style="list-style-type: none"> a. Press UP (▲) to select the program (MANUAL, RANDOM, INTERVAL, H.R.C., VALLEY, ROLLING, MOUNTAIN, DEFINE USER PROGRAM). b. Press UP (▲) to increase the setting values of TIME, DISTANCE, CALORIES, AGE, TARGET HEART RATE and INTERVAL LEVEL. c. During the workout, press UP (▲) to increase the tension Level.
	<ul style="list-style-type: none"> a. Press DOWN (▼) to select the program (MANUAL, RANDOM, INTERVAL, H.R.C., VALLEY, ROLLING, MOUNTAIN, DEFINE USER PROGRAM). d. Press DOWN (▼) to decrease the setting values of TIME, DISTANCE, CALORIES, AGE, TARGET HEART RATE and INTERVAL LEVEL. b. During the workout, press DOWN (▼) to decrease the tension Level.

Console Functions

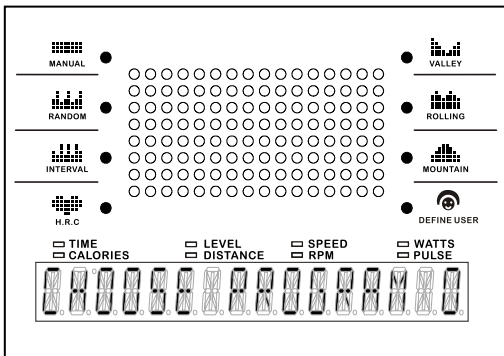
TIME	TIME: <ul style="list-style-type: none"> ◆ Count Up: If a target time was not selected, TIME will count up from 0:00 to maximum 99:59 minutes. ◆ Count Down: If you have set the target time (0 TO 99; 1 MINUTE INCREMENT), the console will count down from that selected target time down to 0:00.
LEVEL	LEVEL: <ul style="list-style-type: none"> ◆ Display Range: 1 ~ 16. ◆ Press UP (▲) or DOWN (▼) to select or adjust the tension LEVEL.
RPM	RPM/Rotation Per Minute: <ul style="list-style-type: none"> ◆ Shows the current pedal RPM (Rotation Per Minute). ◆ Display Range: 0~999 RPM.
WATTS	WATTS: <ul style="list-style-type: none"> ◆ Display the current value of Watt during exercise ◆ Display Range: 0~700 WATTS.
CALORIES	CALORIES: <ul style="list-style-type: none"> ◆ Shows the current energy (calories) burned. ◆ Count Up: If the target calories were not selected, CALORIES will count up from 0 to 999 KCAL. ◆ Count Down: If you have set the target calories (0 TO 990 KCAL; 10 KCAL INCREMENT), the console will count down from that selected target calories down to 0.
DISTANCE	DISTANCE: <ul style="list-style-type: none"> ◆ Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9. ◆ Count Down: If you have set the target distance (0 TO 999KM/MILE; 1 KM/MILE INCREMENT), the console will count down from that selected target distance to 0. ◆ Display Range: 0.00~999.9 KM/MILE.
SPEED	SPEED: <ul style="list-style-type: none"> ◆ Displays the current speed KM/MILE during exercise. ◆ Display Range: 0.00~99.9 KM/MILE.
PULSE	TARGET HEART RATE (TARGET PULSE) Shows the heart rate to maintain during your exercise in BPM. During H.R.C. program, select the desired TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENT) PULSE: <ul style="list-style-type: none"> ◆ You must wear a compatible heart rate chest strap or place both of your hands on the Pulse Sensors on the Handlebar. Your pulse will be displayed approximately few seconds. ◆ If you do not ware a compatible heart rate chest strap or 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
AGE	AGE: 10~99 years old; 1 year-old increment; the product is not recommended for children's use.

CONSOLE INSTRUCTIONS – MANUAL PROGRAM

1 Prior Information:

- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

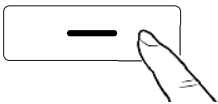


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

b. Manual Program Instruction:

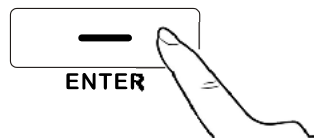
If press “**QUICK START**” button

**QUICK START
START / PAUSE**



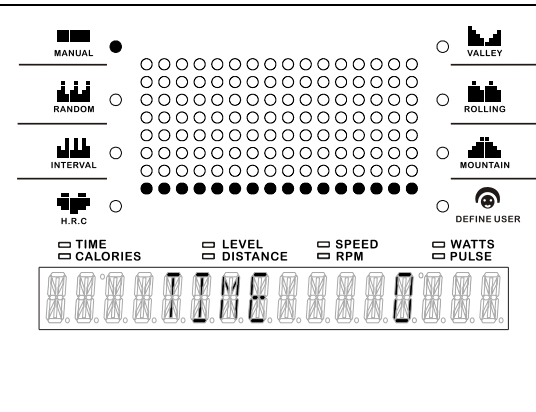
Choose to press the button to enter **MANUAL PROGRAM** and start exercise immediately without setting the value of **TIME, DISTANCE, CALORIES**.

If press “**ENTER**” button



Choose to press the button to set up the desired value of **TIME, DISTANCE, CALORIES**. Continue to the following **step c**.

c. SET TIME:

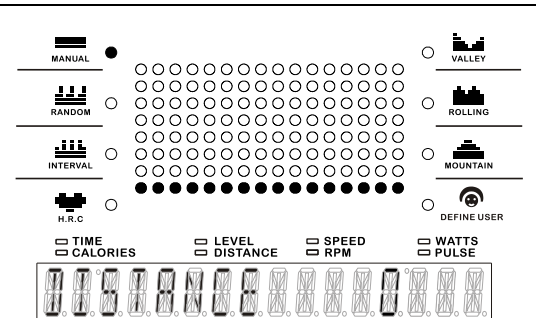


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME**. (**0 ~ 99 MINUTE; 1 MINUTE INCREMENT**).
- Press the **ENTER** button to confirm the value of **TIME**.

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 (**0 TO 99; 1 MINUTE INCREMENT**), the console will count down from that selected target time down to 0:00.

d. SET DISTANCE:



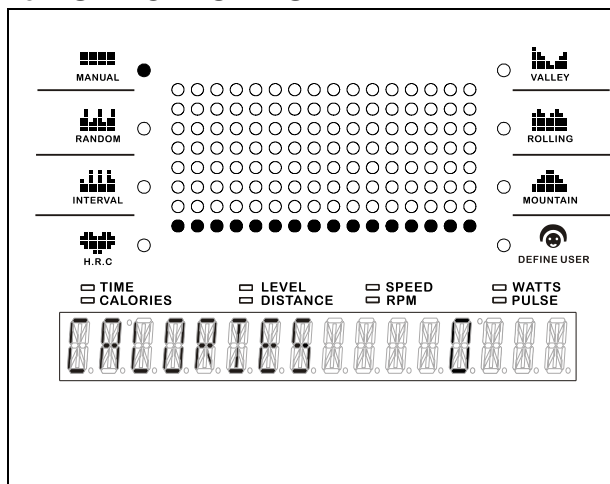
- After the **ENTER** button, the following LED will display the **DISTANCE** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **DISTANCE**. (**0 ~999 KM/MILE; 1 KM/MILE INCREMENT**).
- Press the **ENTER** button to confirm the value of **DISTANCE**.

DISTANCE:

- ◆ Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9.
- ◆ Count Down: If you have set the target distance (**0 TO 999KM/MILE; 1 KM/MILE INCREMENT**), the console will count down from that selected target distance to 0.
- ◆ Display Range: **0.00~999.9 KM/MILE**.

CONSOLE INSTRUCTIONS – MANUAL PROGRAM

e. SET CALORIES:

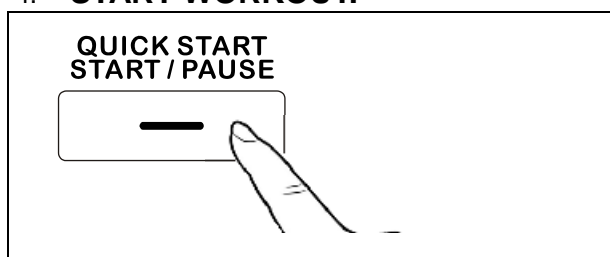


1. After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing "0".
2. Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES**. (**0 ~ 990 KCAL; 1 KCAL INCREMENT**).
3. Press the **ENTER** button to confirm the value of **CALORIES**.

CALORIES:

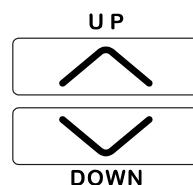
- ◆ Shows the current energy (calories) burned.
- ◆ Count Up: If the target calories were not selected, **CALORIES** will count up from **0 to 999 KCAL**.
- ◆ Count Down: If you have set the target calories (**0 TO 990 KCAL; 10 KCAL INCREMENT**), the console will count down from that selected target calories down to 0.

f. START WORKOUT:

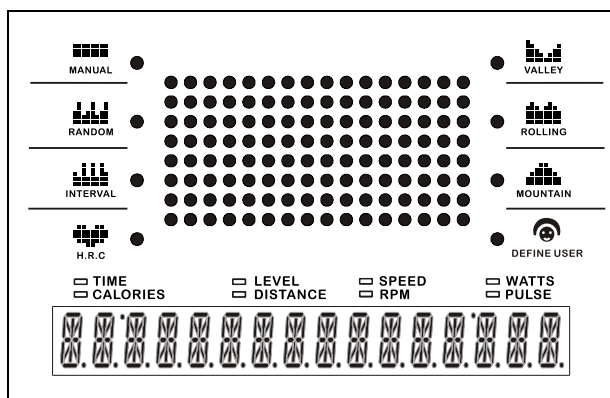


Press **START** button to start exercise.

- ◆ During workout, the **TENSION LEVEL (1 ~ 16 LEVEL)** is allowed to adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.



3 ENDING THE PROGRAM:



Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

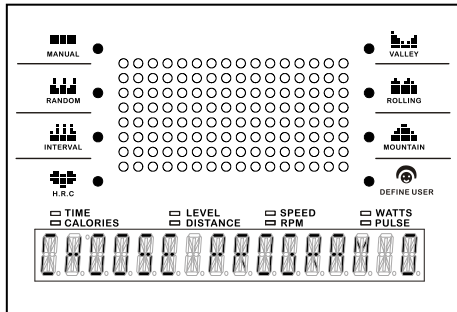


CONSOLE INSTRUCTIONS – RANDOM PROGRAM

1 Prior Information:

- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:



- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

b. RANDOM Program Instruction: (NOTE: The profile will be produced by randomly)

Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **RANDOM PROGRAM**.

UP

DOWN

c. SET TIME:

- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME**. (**5 ~ 99 MINUTE; 1 MINUTE INCREMENT**).
- Press the **ENTER** button to confirm the value of **TIME**.

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 (**5 TO 99; 1 MINUTE INCREMENT**), the console will count down from that selected target time down to 0:00.

d. SET DISTANCE:

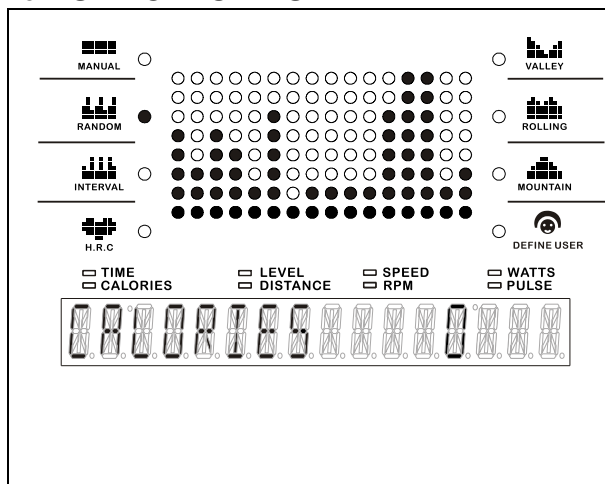
- After the **ENTER** button, the following LED will display the **DISTANCE** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **DISTANCE**. (**0 ~999 KM/MILE; 1 KM/MILE INCREMENT**).
- Press the **ENTER** button to confirm the value of **DISTANCE**.

DISTANCE:

- Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9.
- Count Down: If you have set the target distance (**0 TO 999KM/MILE; 1 KM/MILE INCREMENT**), the console will count down from that selected target distance to 0.
- Display Range: **0.00~999.9 KM/MILE**.

CONSOLE INSTRUCTIONS – RANDOM PROGRAM

e. SET CALORIES:

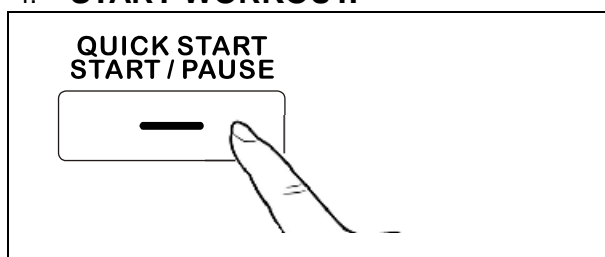


1. After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing "0".
2. Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES**. (10 ~ 990 KCAL; 10 KCAL INCREMENT).
3. Press the **ENTER** button to confirm the value of **CALORIES**.

CALORIES:

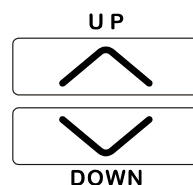
- ◆ Shows the current energy (calories) burned.
- ◆ Count Up: If the target calories were not selected, **CALORIES** will count up from 0 to 999 KCAL.
- ◆ Count Down: If you have set the target calories (10 TO 990 KCAL; 10 KCAL INCREMENT), the console will count down from that selected target calories down to 0.

f. START WORKOUT:

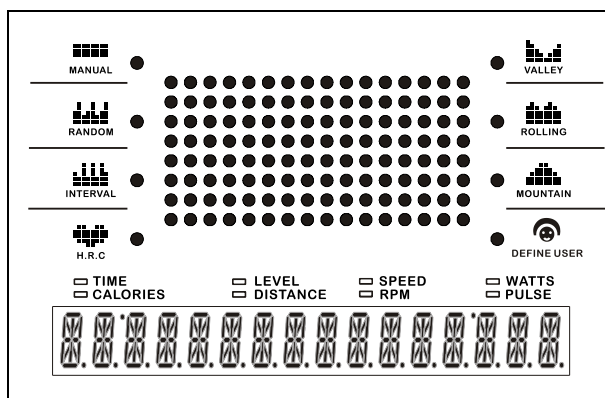


Press **START** button to start exercise.

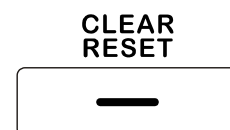
- ◆ During workout, the **TENSION LEVEL** is allowed to slight adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.



3 ENDING THE PROGRAM:



Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

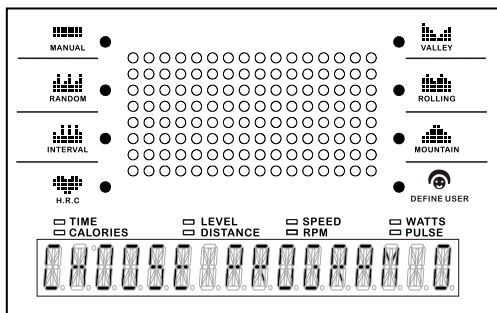


CONSOLE INSTRUCTIONS – INTERVAL PROGRAM

1 Prior Information:

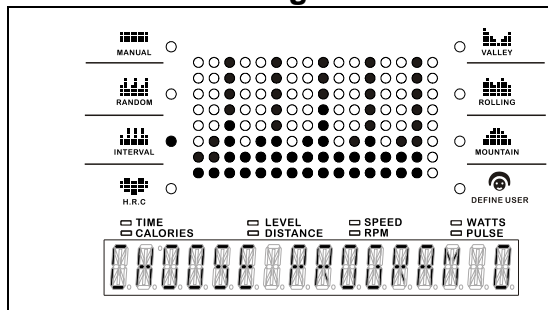
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

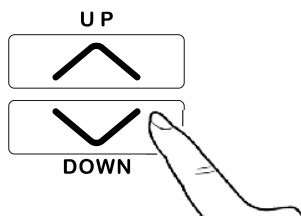


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

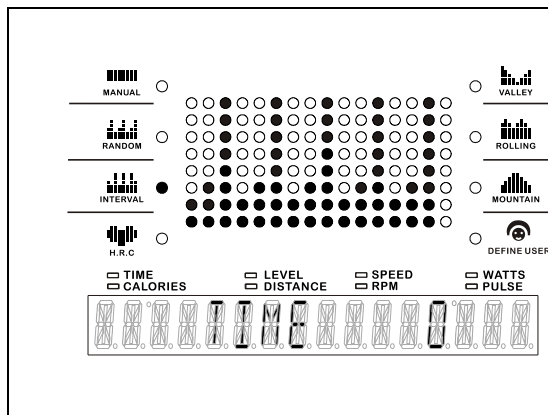
b. INTERVAL Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **INTERVAL PROGRAM**.



c. SET TIME:

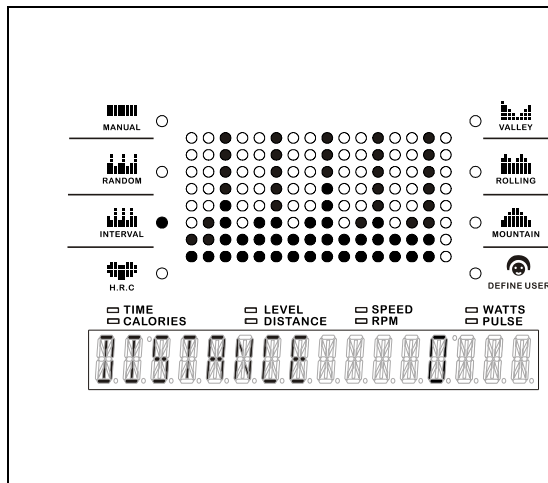


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME. (5 ~ 99 MINUTE; 1 MINUTE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **TIME**.

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 **(5 TO 99; 1 MINUTE INCREMENT)**, the console will count down from that selected target time down to 0:00.

d. SET DISTANCE:



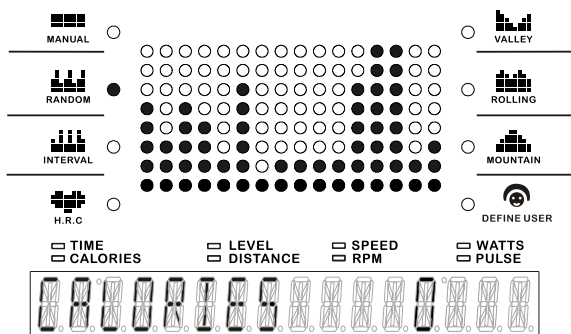
- After the **ENTER** button, the following LED will display the **DISTANCE** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **DISTANCE. (0 ~999 KM/MILE; 1 KM/MILE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **DISTANCE**.

DISTANCE:

- Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9.
- Count Down: If you have set the target distance **(0 TO 999KM/MILE; 1 KM/MILE INCREMENT)**, the console will count down from that selected target distance to 0.
- Display Range: **0.00~999.9 KM/MILE**.

CONSOLE INSTRUCTIONS –INTERVAL PROGRAM

e. SET CALORIES:



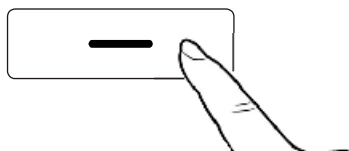
1. After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing "0".
2. Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES**. (10 ~ 990 KCAL; 10 KCAL INCREMENT).
3. Press the **ENTER** button to confirm the value of **CALORIES**.

CALORIES:

- ◆ Shows the current energy (calories) burned.
- ◆ Count Up: If the target calories were not selected, **CALORIES** will count up from 0 to 999 KCAL.
- ◆ Count Down: If you have set the target calories (10 TO 990 KCAL; 10 KCAL INCREMENT), the console will count down from that selected target calories down to 0.

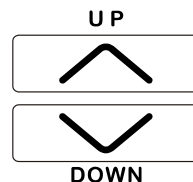
f. START WORKOUT:

QUICK START START / PAUSE

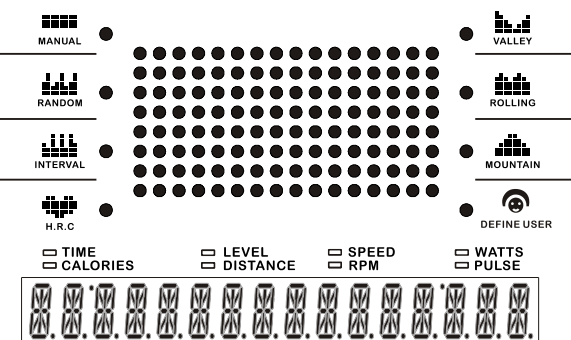


Press **START** button to start exercise.

- ◆ During workout, the **TENSION LEVEL** is allowed to slight adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.

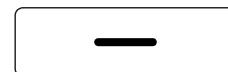


3 ENDING THE PROGRAM:



Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

**CLEAR
RESET**

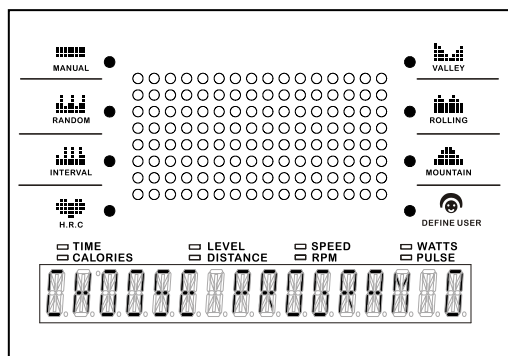


CONSOLE INSTRUCTIONS – H.R.C. PROGRAM

1 Prior Information:

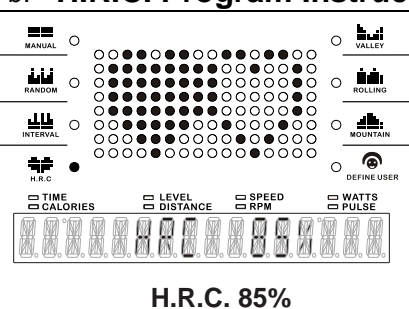
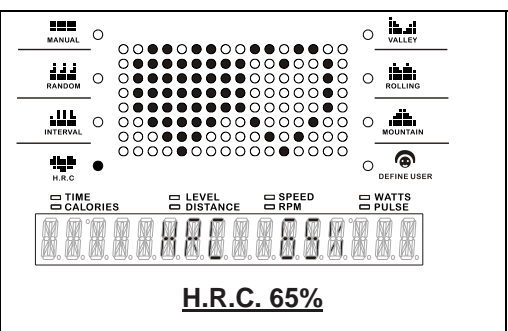
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

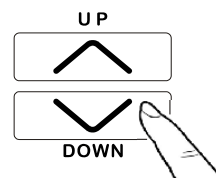


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

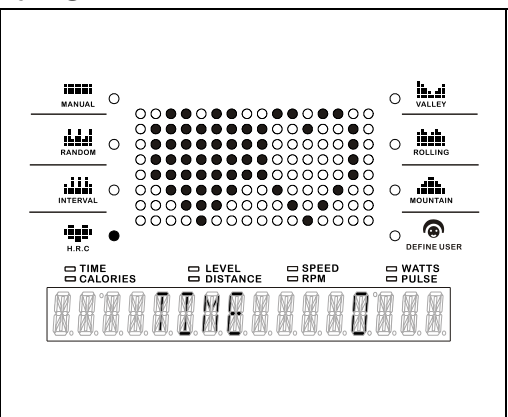
b. H.R.C. Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter H.R.C. 65% or 5% PROGRAM.



c. SET TIME:

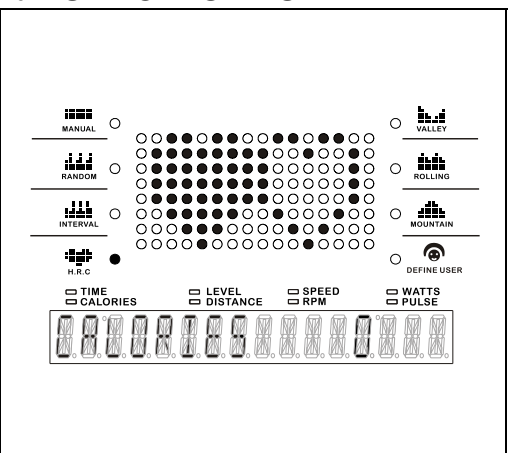


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME. (5 ~ 99 MINUTE; 1 MINUTE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **TIME**.

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 **(5 TO 99; 1 MINUTE INCREMENT)**, the console will count down from that selected target time down to 0:00.

d. SET CALORIES:



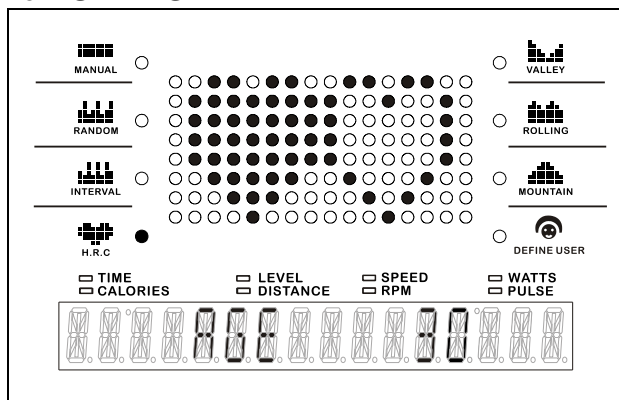
- After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES. (10 ~ 990 KCAL; 10 KCAL INCREMENT)**.
- Press the **ENTER** button to confirm the value of **CALORIES**.

CALORIES:

- Shows the current energy (calories) burned.
- Count Up: If the target calories were not selected, **CALORIES** will count up from 0 to 999 KCAL.
- Count Down: If you have set the target calories **(10 TO 990 KCAL; 10 KCAL INCREMENT)**, the console will count down from that selected target calories down to 0.

CONSOLE INSTRUCTIONS – H.R.C. PROGRAM

e. SET AGE:

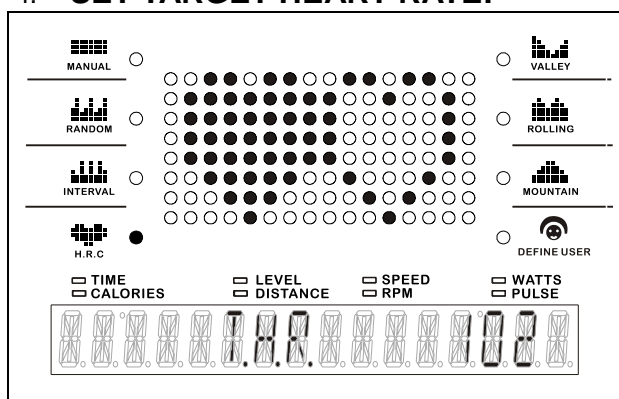


1. After the **ENTER** button, the following LED will display the **AGE** function mode will appear with the display flashing "30".
2. Use **UP (▲)** or **DOWN (▼)** button to select your **AGE**. (**10 ~ 99 YEARS OLD; 1 YEAR-OLD INCREMENT**).
3. Press the **ENTER** button to confirm your **AGE**.

AGE:

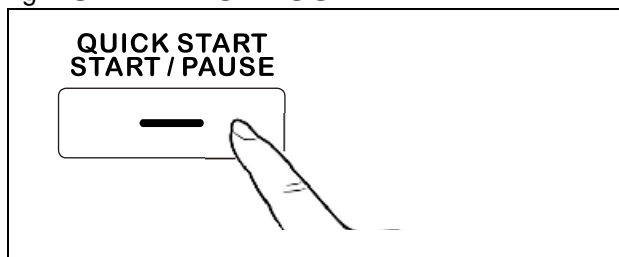
- ◆ 10~99 years old; 1 year-old increment; **the product is not recommended for children's use.**

f. SET TARGET HEART RATE:



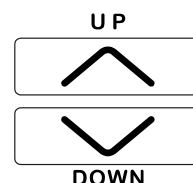
1. After the **ENTER** button, the following LED will display the **T.H.R./TARGET HEART RATE** function mode will appear with the display flashing "102".
2. Use **UP (▲)** or **DOWN (▼)** button to select the desired value of **TARGET HEART RATE**. (**60 ~ 220 BPM/BEATS PER MINUTE; 1 BPM INCREMENT**).
3. Press the **ENTER** button to confirm desired value of **TARGET HEART RATE**.

g. START WORKOUT:



Press **START** button to start exercise.

- ◆ During workout, the **TENSION LEVEL** is allowed to adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.



3 Must-Know Info. About H.R.C. Program:

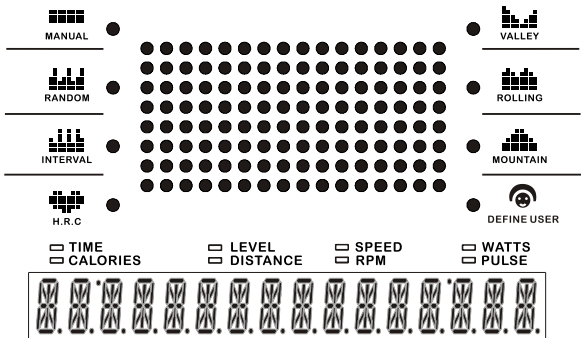
- This H.R.C. program is able to select the preference target Heart Rate Zone (from **40 ~ 220 BPM/BEATS PER MINUTE**), you can also fine your target zone on the right hand side table.
- Formula is **65% or ~85% of (220-your age)**.
- CONSOLE MONITOR YOUR CURRENT PULSE**
 - The console will monitor your actual pulse and adjust the LEVEL automatically to keep your pulse within your **TARGET HEART RATE ZONE**.
 - If you **current pulse > (the value of the TARGET HEART RATE + 5)**, the console would **decrease** one resistance LEVEL automatically every 40 seconds.

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

CONSOLE INSTRUCTIONS – H.R.C. PROGRAM

- If you current pulse < (the value of the TARGET HEART RATE + 5), the console would increase one resistance LEVEL automatically every 40 seconds. 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 resistance LEVEL automatically to keep your pulse within the **HEART RATE ZONE** (109 – 119) during workout.

4 ENDING THE PROGRAM:



The console display shows various workout settings and a grid of dots representing resistance levels. The settings include:

- MANUAL, VALLEY, RANDOM, ROLLING, INTERVAL, MOUNTAIN, H.R.C., and DEFINE USER.
- TIME, CALORIES, LEVEL, DISTANCE, SPEED, RPM, WATTS, and PULSE.

The grid of dots is arranged in a 10x10 pattern, with the H.R.C. setting selected.

Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

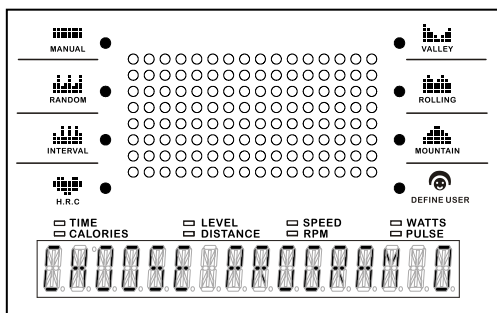
**CLEAR
RESET**
—

CONSOLE INSTRUCTIONS –VALLEY PROGRAM

1 Prior Information:

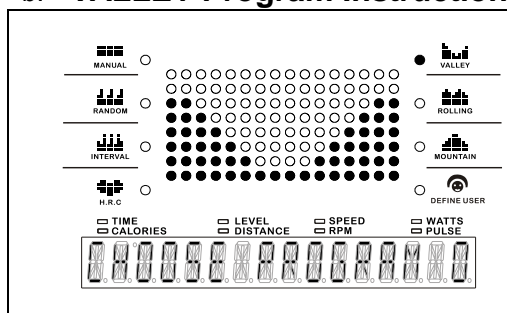
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

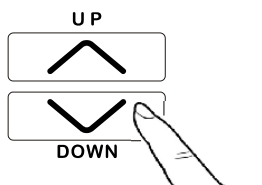


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

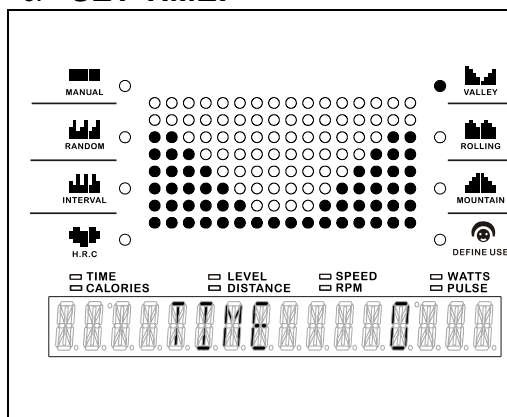
b. VALLEY Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **VALLEY PROGRAM**.



c. SET TIME:

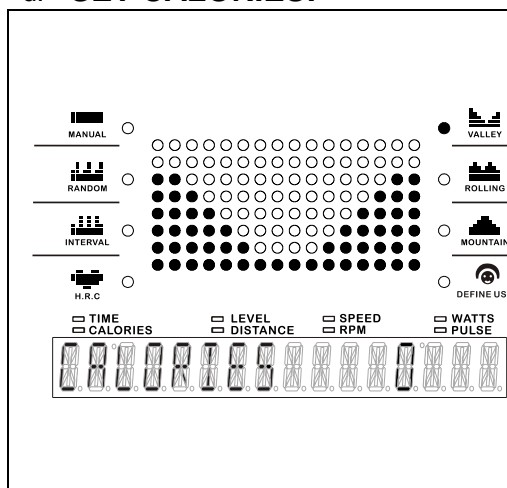


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME. (5 ~ 99 MINUTE; 1 MINUTE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **TIME**.

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 **(5 TO 99; 1 MINUTE INCREMENT)**, the console will count down from that selected target time down to 0:00.

d. SET CALORIES:



- After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES. (10 ~ 990 KCAL; 10 KCAL INCREMENT)**.
- Press the **ENTER** button to confirm the value of **CALORIES**.

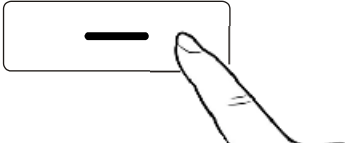
CALORIES:

- Shows the current energy (calories) burned.
- Count Up: If the target calories were not selected, **CALORIES** will count up from **0 to 999 KCAL**.
- Count Down: If you have set the target calories **(10 TO 990 KCAL; 10 KCAL INCREMENT)**, the console will count down from that selected target calories down to 0.

CONSOLE INSTRUCTIONS –VALLEY PROGRAM

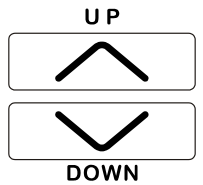
e. START WORKOUT:

QUICK START
START / PAUSE



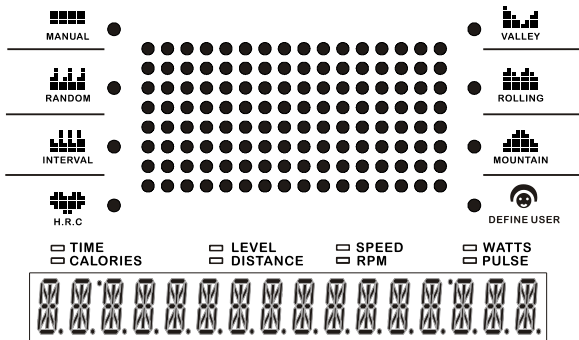
Press **START** button to start exercise.

- ◆ During workout, the **TENSION LEVEL** is allowed to slight adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.

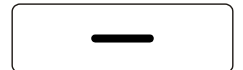


3 ENDING THE PROGRAM:

Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.



CLEAR
RESET

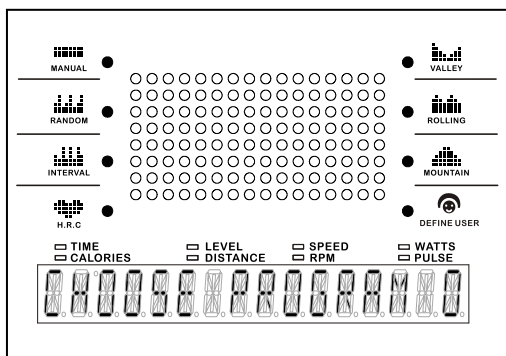


CONSOLE INSTRUCTIONS – ROLLING PROGRAM

1 Prior Information:

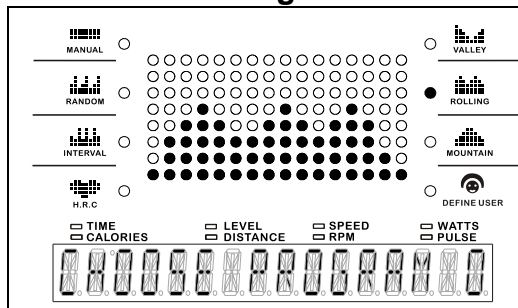
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

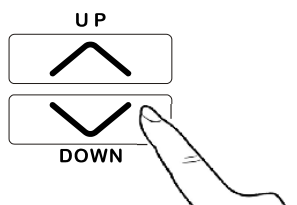


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

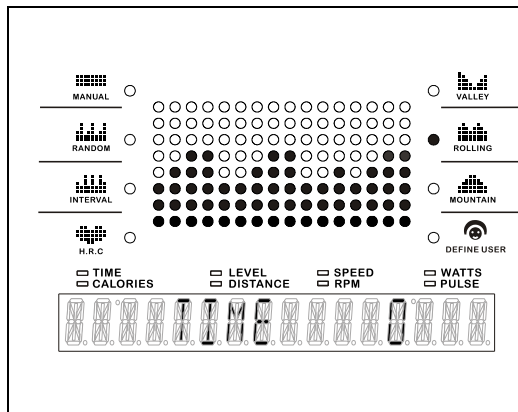
b. ROLLING Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **ROLLING PROGRAM**.



c. SET TIME:

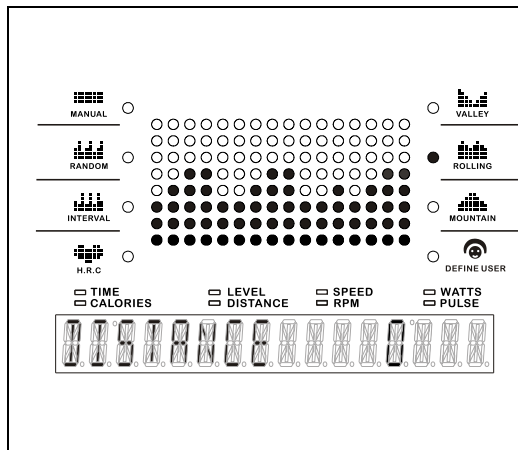


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME. (5 ~ 99 MINUTE; 1 MINUTE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **TIME**.

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 (**5 TO 99; 1 MINUTE INCREMENT**), the console will count down from that selected target time down to 0:00.

d. SET DISTANCE:



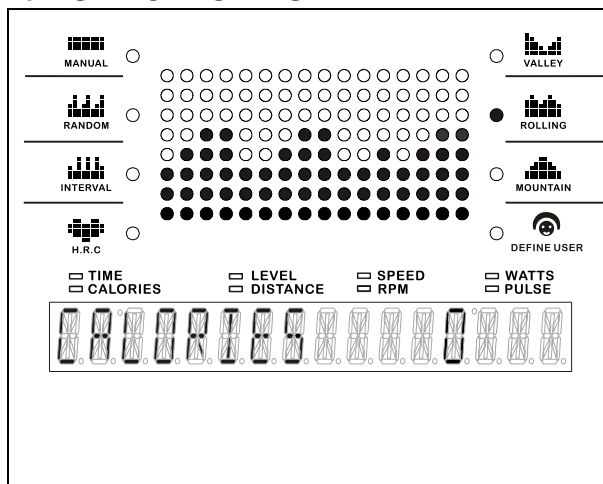
- After the **ENTER** button, the following LED will display the **DISTANCE** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **DISTANCE. (0 ~999 KM/MILE; 1 KM/MILE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **DISTANCE**.

DISTANCE:

- Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9.
- Count Down: If you have set the target distance (**0 TO 999KM/MILE; 1 KM/MILE INCREMENT**), the console will count down from that selected target distance to 0.
- Display Range: **0.00~999.9 KM/MILE**.

CONSOLE INSTRUCTIONS – ROLLING PROGRAM

e. SET CALORIES:

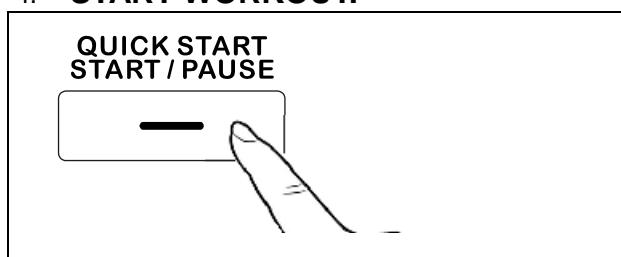


1. After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing "0".
2. Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES**. (10 ~ 990 KCAL; 10 KCAL INCREMENT).
3. Press the **ENTER** button to confirm the value of **CALORIES**.

CALORIES:

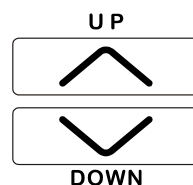
- ◆ Shows the current energy (calories) burned.
- ◆ Count Up: If the target calories were not selected, **CALORIES** will count up from 0 to 999 KCAL.
- ◆ Count Down: If you have set the target calories (10 TO 990 KCAL; 10 KCAL INCREMENT), the console will count down from that selected target calories down to 0.

f. START WORKOUT:

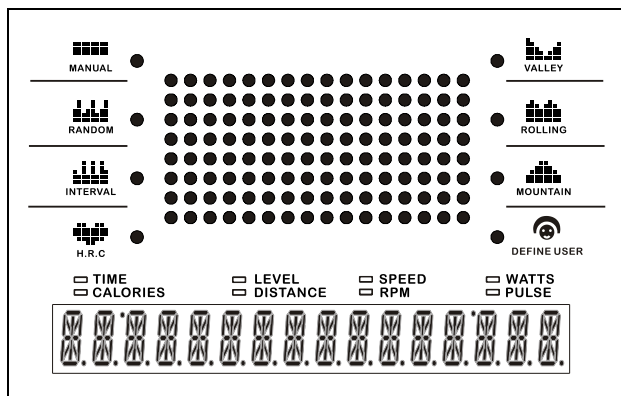


Press **START** button to start exercise.

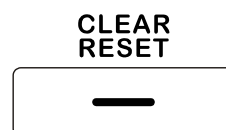
- ◆ During workout, the **TENSION LEVEL** is allowed to slight adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.



3 ENDING THE PROGRAM:



Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

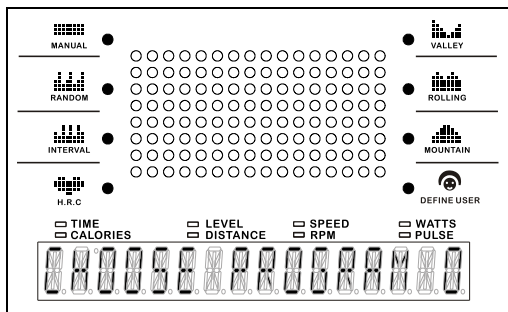


CONSOLE INSTRUCTIONS – MOUNTAIN PROGRAM

1 Prior Information:

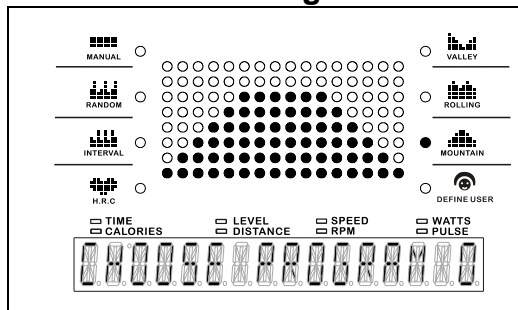
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

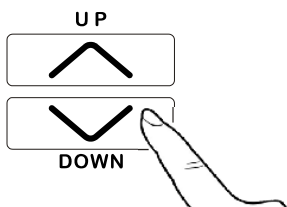


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

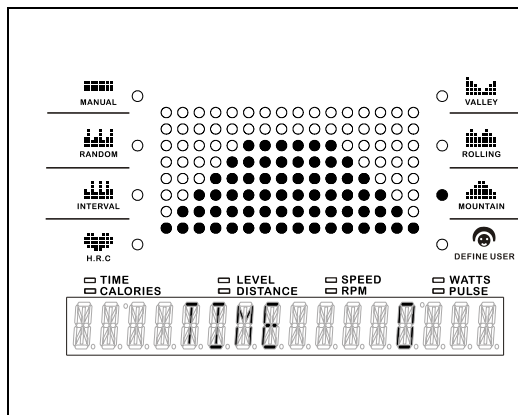
b. MOUNTAIN Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **MOUNTAIN PROGRAM**.



c. SET TIME:

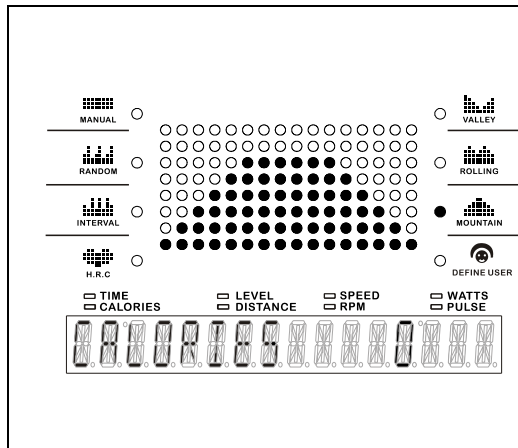


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME. (5 ~ 99 MINUTE; 1 MINUTE INCREMENT)**.
- Press the **ENTER** button to confirm the value of **TIME**.

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 **(5 TO 99; 1 MINUTE INCREMENT)**, the console will count down from that selected target time down to 0:00.

d. SET CALORIES:



- After the **ENTER** button, the following LED will display the **CALORIES** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **CALORIES. (10 ~ 990 KCAL; 10 KCAL INCREMENT)**.
- Press the **ENTER** button to confirm the value of **CALORIES**.

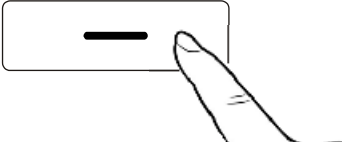
CALORIES:

- ◆ Shows the current energy (calories) burned.
- ◆ Count Up: If the target calories were not selected, **CALORIES** will count up from **0 to 999 KCAL**.
- ◆ Count Down: If you have set the target calories **(10 TO 990 KCAL; 10 KCAL INCREMENT)**, the console will count down from that selected target calories down to 0.

CONSOLE INSTRUCTIONS – MOUNTAIN PROGRAM

e. START WORKOUT:


**QUICK START
START / PAUSE**




Press **START** button to start exercise.

◆ During workout, the **TENSION LEVEL** is allowed to slight adjust at any time by pressing **UP (▲)** or **DOWN (▼)** button to match your workout goal.

UP




DOWN




3 ENDING THE PROGRAM:


MANUAL




RANDOM

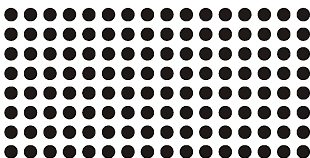


INTERVAL




H.R.C







VALLEY




ROLLING



MOUNTAIN



DEFINE USER



☐ TIME

☐ LEVEL

☐ SPEED


☐ WATTS

☐ CALORIES

☐ DISTANCE

☐ RPM

☐ PULSE



Press **CLEAR RESET** button to leave the program and enter **POWER ON** status.

CLEAR RESET

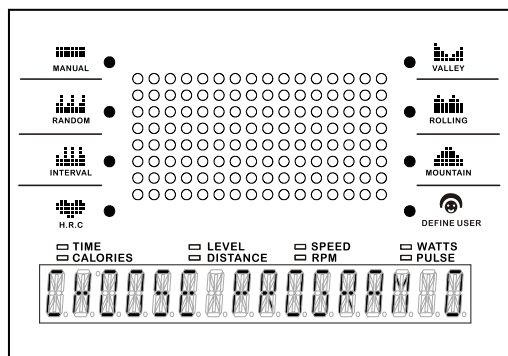


CONSOLE INSTRUCTIONS – DEFINE USER PROGRAM

1 Prior Information:

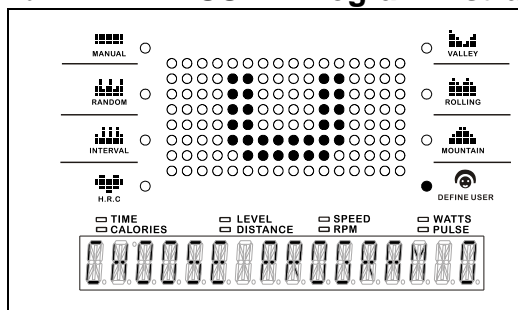
- POWER ON:** Pedaling to activate the console.
- POWER OFF:** The console would automatically go to **SLEEP mode** after 1 minutes of inactivity. **NOTE: the item will keep power on if you continue pedaling**

2 Boot Screen Display:

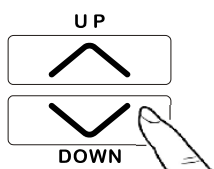


- After the console lights up with a short beep sound, the console will enter to **POWER ON** status and LED will display the scrolling message “**CHOOSE PROGRAM OR QUICK START**”.

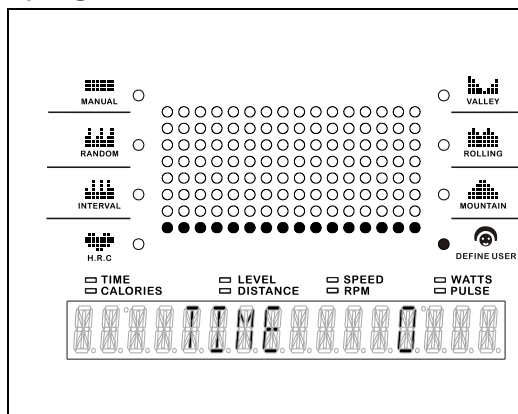
b. DEFINE USER Program Instruction:



Press **UP (▲)** or **DOWN (▼)** button to select and then press **ENTER** button to enter **DEFINE USER PROGRAM 1**, or **DEFINE USER PROGRAM 2**, or **DEFINE USER PROGRAM 3**, or **DEFINE USER PROGRAM 4**.



c. SET TIME:

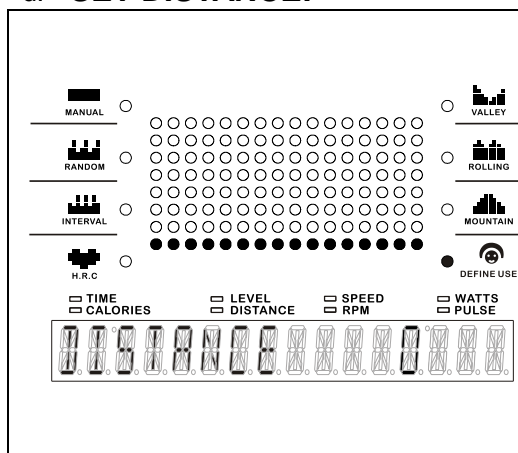


- After the **ENTER** button, the following LED will display the **TIME** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select your **workout TIME**. (**5 ~ 99 MINUTE; 1 MINUTE INCREMENT**).
- Press the **ENTER** button to confirm the value of **TIME**.

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 (**5 TO 99; 1 MINUTE INCREMENT**), the console will count down from that selected target time down to 0:00.

d. SET DISTANCE:



- After the **ENTER** button, the following LED will display the **DISTANCE** function mode will appear with the display flashing “0”.
- Use **UP (▲)** or **DOWN (▼)** button to select the desired **DISTANCE**. (**0 ~999 KM/MILE; 1 KM/MILE INCREMENT**).
- Press the **ENTER** button to confirm the value of **DISTANCE**.

DISTANCE:

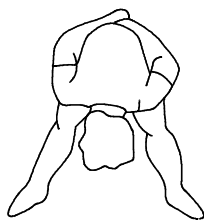
- ◆ Shows the distance traveled (Miles or Kilometers) up to a maximum of 999.9.
- ◆ Count Down: If you have set the target distance (**0 TO 999KM/MILE; 1 KM/MILE INCREMENT**), the console will count down from that selected target distance to 0.
- ◆ Display Range: **0.00~999.9 KM/MILE**.

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



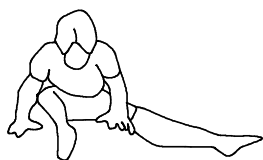
Lower Body Stretch

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 lessens, try a lower position gradually.



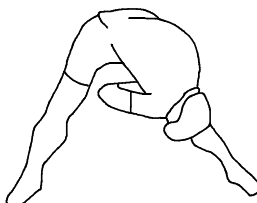
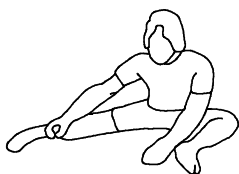
Floor Stretch

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 Post	1
5	Upright Post	1
6	Handlebar	1
7	Left Cover	1
8	Right Cover	1
9	Crank Cover	2
10	Left Pedal	1
11	Right Pedal	1
12	Front Decorating Upright Cover	1
13	Console	1
14	Console Bracket	1
15	Console Lower Case	1
16	Battery Door	1
17	Accessory Tray	1
18	Upright Sleeve	1
19	Seat	1
20	Seat Lower Case	1
21	Seat post Sleeve	1
22	Seat Cap	1
23	Adjustment Bar	1
24	Slider	1
25	EndCap (50x100mm)	4
26	Moving Wheel	2
27	Leveler (ψ50)	4
28	Hand Wrist Pad	2
29	Foam Grip (550mm)	2
30	Foam Grip (40mm)	2
31	Pulse Sensor Top Housing	2
32	Pulse Sensor Bottom Housing	2
33	Pulse Sensor Plate	4
34	Generator	1
35	Adaptor Bracket	1

NO.	PARTS NAME	Q'TY
37	Pulley (310mm)	1
38	Magnet	1
39	Belt	1
40	Front Aluminum Upright Cover	1
41	Rear Aluminum Upright Cover	1
42	Air Pressure Bar	1
43	Seat Adjustment Lever	1
44	Fixed Stand	1
45	Spacer	1
46	Cable	1
47	Cable Spring	1
48	Roller Axle	1
49	Stand Spring	1
50	Spacer Stand	1
51	Arc Washer	1
52	Controller	1
53	Controller Bracket	1
54	Eye Bolt 40mm	2
55	Eye Bolt 50mm	2
56	Idler Spring	1
57	Washer (ψ10.6×ψ60×2.0t)	1
58	Idler Arm	1
59	Axle Connection Cap	1
60	Bearing 6004ZZ	4
61	Idler Wheel Spacer	1
62	Motor Cable	1
63	Motor	1
65	Right Crank	1
66	Left Crank	1
67	Crank Shaft	1
68	Round Plug	2
69	Tension Bracket	2
70	Washer (21x30x0.5t)	2
71	E Ring	1
72	C Ring	2

PRODUCT PARTS DRAWING

