STi FITNESS

UPRIGHT BIKE

PR-8023

⚠ **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 children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.
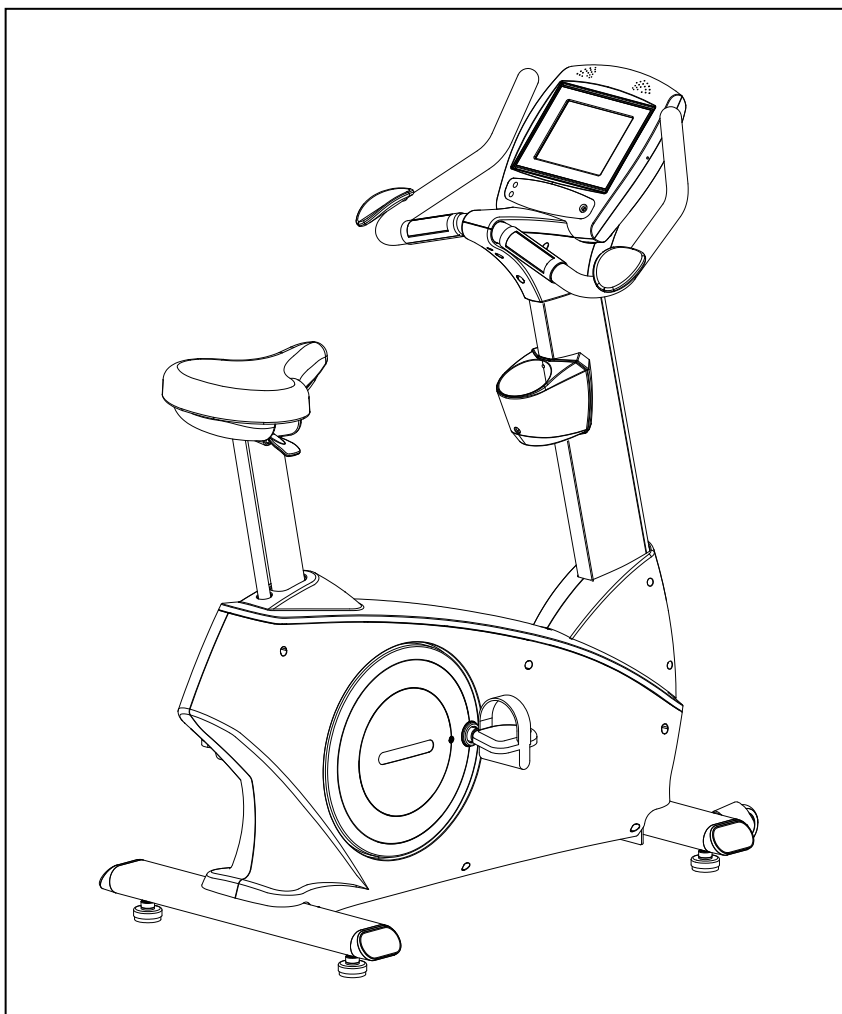
CAUTION:
Weight on this product should not exceed 181 kgs/ 400 lbs

Product May Vary Slightly From Picture.

MADE IN TAIWAN

Version: II

⚠ 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 **Uright Bike.**
2. Read this Owner's Manual and follow it carefully before using the **Uright 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 **Uright Bike.** Do not allow children to use or play on the **Uright Bike.** Keep children and pets away from the **Uright 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 **Uright Bike** on a solid level surface. Do not position the **Uright Bike** on loose rugs or uneven surfaces.
7. Inspect the **Uright Bike** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Uright 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 **Uright 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 **Uright 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 **Uright Bike** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Uright Bike** should be used by only one person at a time.
19. Use two people to assemble and move the **Uright Bike.**
20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the **Uright Bike**; keep at least a distance of 1 meter from any obstruction object while using the machine.
22. The **Uright Bike** is well-suited to commercial usage.

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.**
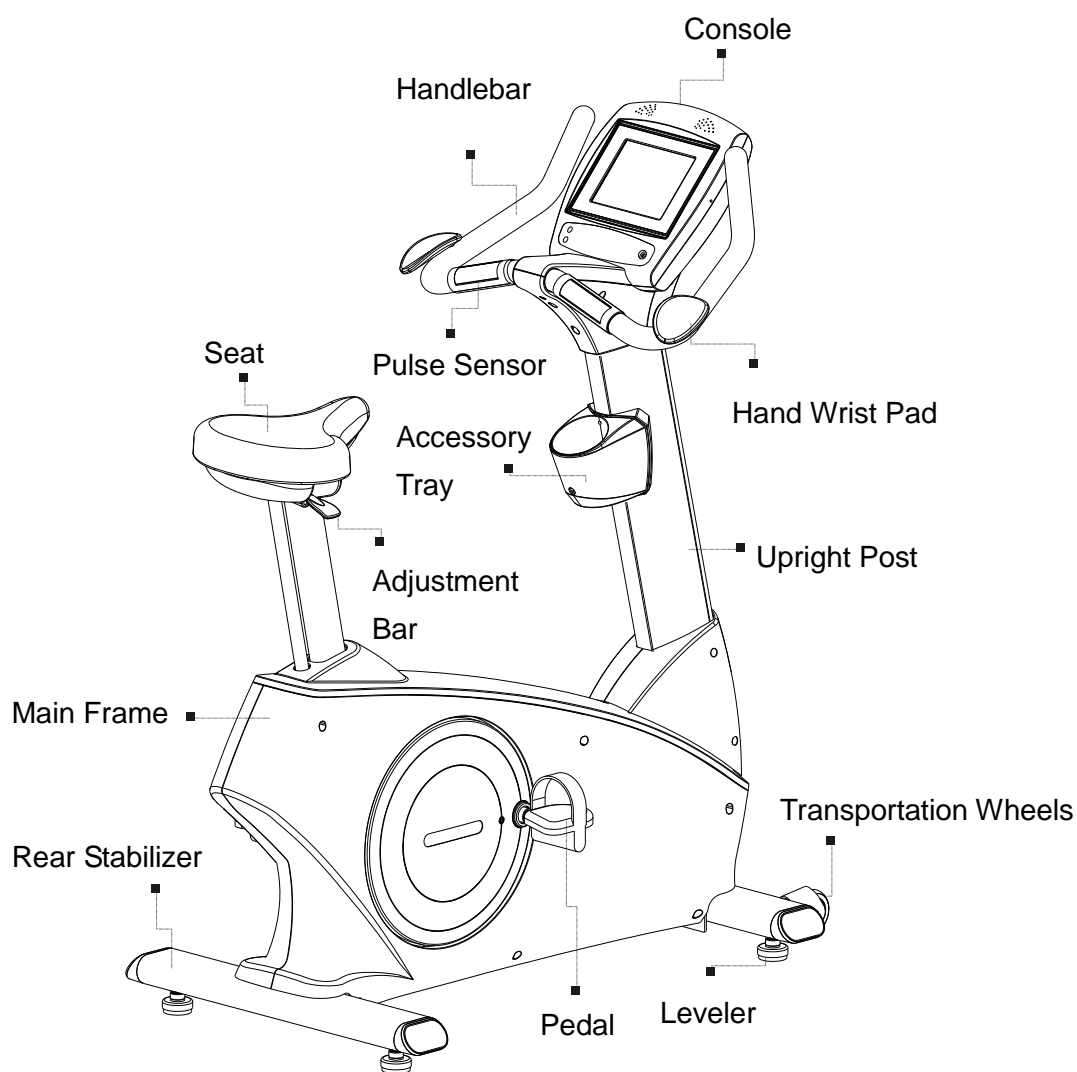
BEFORE YOU BEGIN

Thank you for choosing the **Uright 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.
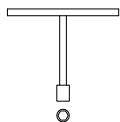
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The **Uright Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.
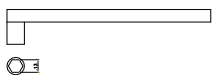
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Uright Bike.**

Console

Handlebar

Seat

Pulse Sensor

Accessory Tray

Hand Wrist Pad

Upright Post

Adjustment Bar

Main Frame

Transportation Wheels

Rear Stabilizer

Pedal   Leveler

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

T-HAND SOCKET WRENCH (17mm)

SOCKET WRENCH (13mm)

WRENCH (17mm)

PHILLIPS SCREWDRIVER (6mm)

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler to check the length of the bolts and screws.
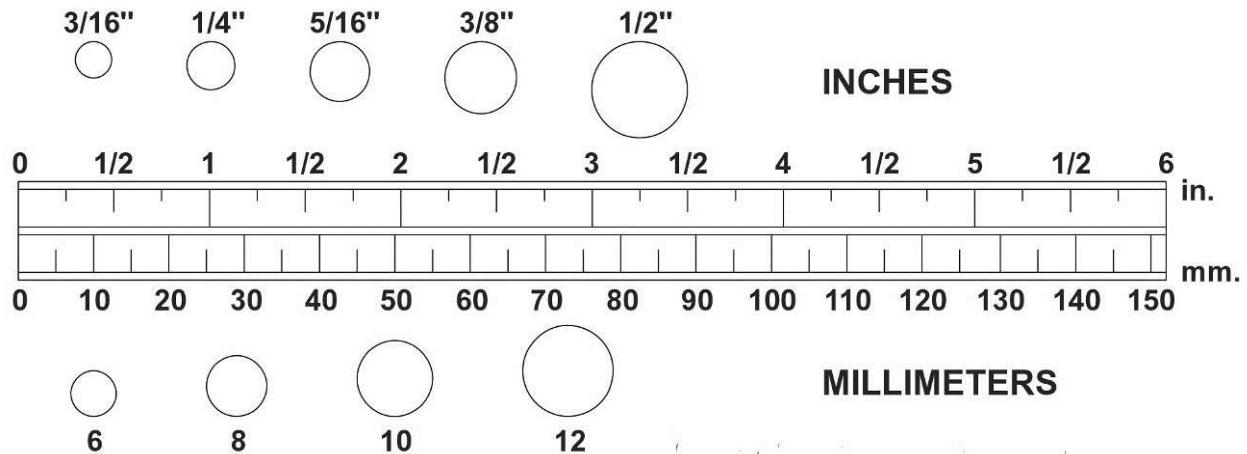
NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.
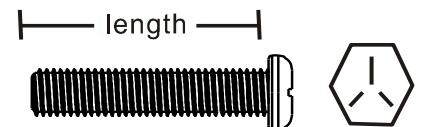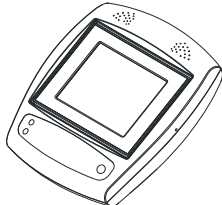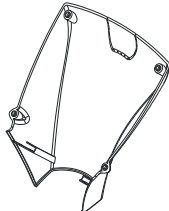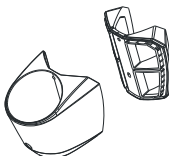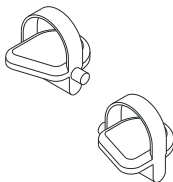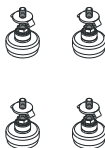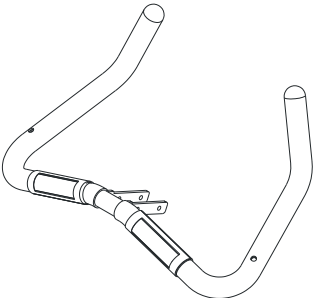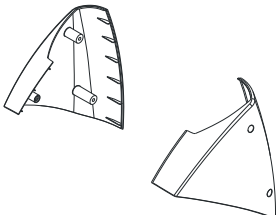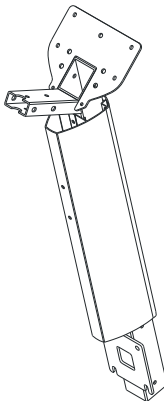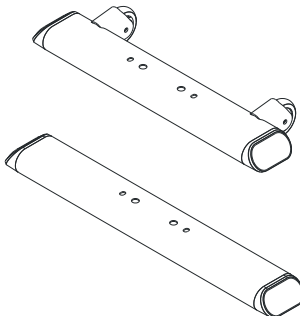
After unpacking the unit, open the hardware bag and make sure that you have all the following items. If a part is not in the hardware bag, check to see if it has been pre-assembled.

HARDWARE KIT	Part No. and Description	Q'TY
	74 Lock Washer (M8)	4
	76 Washer (8x38x2.0t)	4
	85 Screw (M4x20mm)	4
	87 Bolt (M5xp0.8x15mm)	14
	99 Bolt (M8xp1.25x65mm)	4
	101 Bolt (M10xp1.5x25mm)	2
	102 Bolt (M6xp1.0x12mm)	2

ASSEMBLY PARTS

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

Console	Console Bracket	Handlebar Decoration Cover	Hand Wrist Pad
Accessory Tray & Support Pad	**Pedal**	**Leveler**	**Handlebar Assembly**
Upright Post Sleeve	**Upright Post Assembly**		**Front and Rear Stabilizer**
Main Frame			
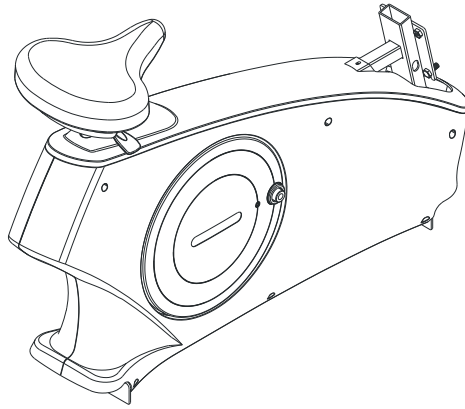
ASSEMBLY INSTRUCTIONS

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.

Use tool
13mm

Detailed Lever- drawing 1

Stabilizer

Adjustment Plate

Leveler (19)

Detailed Lever- drawing 2
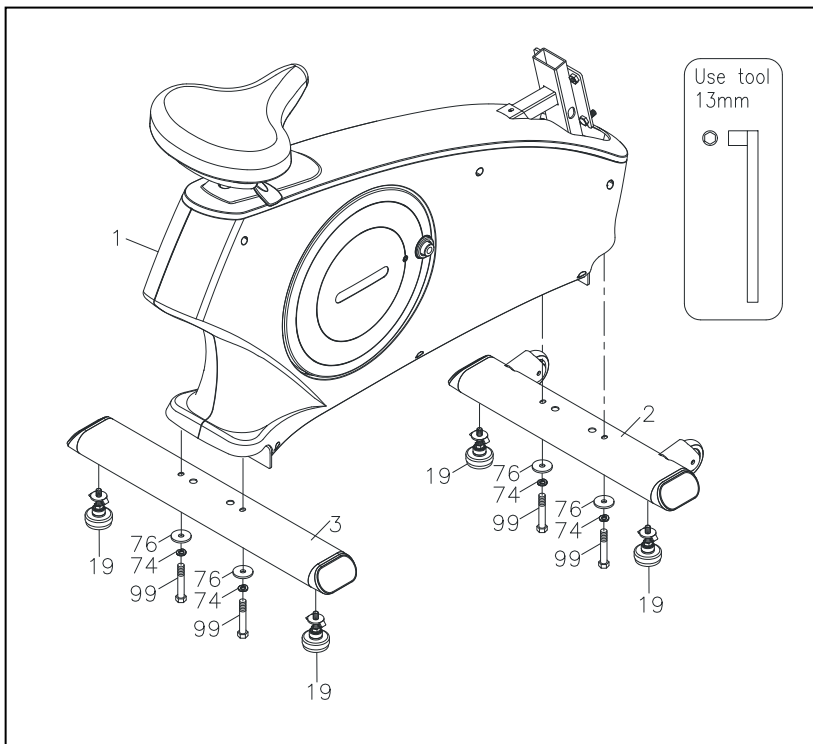
Stabilizer

STEP 1 – Leveler & Stabilizer Assembly

a. Attach 4pcs **Levelers (19)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3).**

b. Be sure to tighten the **Levelers (19)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown on the top right corner.

c. In order to assemble the **Stabilizer (2, 3)** smoothly, it is suggested to place one Styrofoam (or any stationary object) under one side of the **Main Frame (1)**.
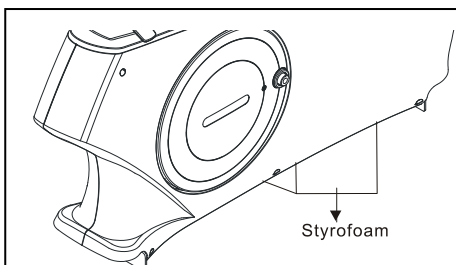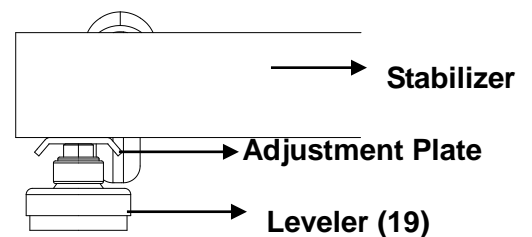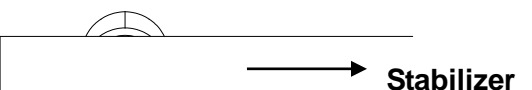
LEVELING: After placing the equipment in the intended location for use, check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the Leveler (19) to make the Adjustment Plate become less tight.

Adjust the Leveler (19) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (19) in stable position as the drawing 2 shown.

Styrofoam

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d. Attach the **Front Stabilizer (2)** onto the **Main Frame (1)** and secure with 2pcs **Washers (8x38x2.0t)(76)**, 2pcs **Lock Washers (M8)(74)** and 2pcs **Bolts (M8Xp1.25x65mm)(99)**.

e. Attach the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with 2pcs **Washers (8x38x2.0t)(76)**, 2pcs **Lock Washers (M8)(74)** and 2pcs **Bolts (M8Xp1.25x65mm)(99)**. NOTE: If the item is not level, review the **LEVELING NOTE** on the right side to level the **Levelers (19).**

ASSEMBLY INSTRUCTIONS

FIG. 1

NOTE: Do not remove the Nuts (109) during assembly.
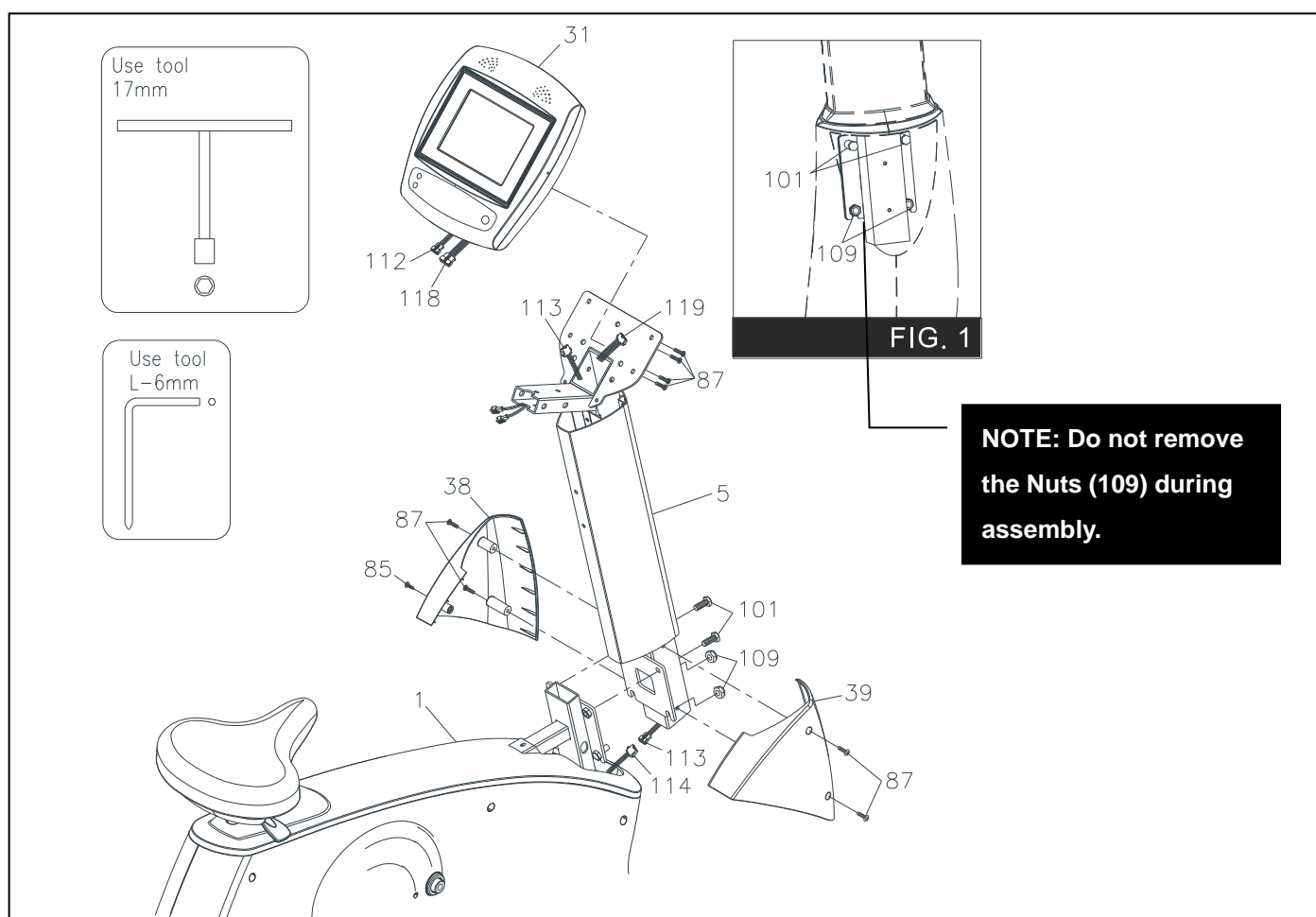
STEP 2 – Connection Wire Assembly

a. Plug the **Middle Connection Wire (113)** into the **Lower Connection Wire (114).** Be careful not to pinch the wires.

STEP 3 – Upright Post Assembly

a. Refer to **FIG. 1**, check that 2pcs **Nylock Nuts (M10xp1.5)(109)** have preassembled into the front of the **Main Frame (1)** (they will not be tight so that slotted bracket of the upright post will slide between the nut and the frame).
b. Insert the **Upright Post (5)** into the **Main Frame (1)** and secure with 2pcs **Bolts (M10xp1.5x25mm)(101)** by using the **T-HEAD SOCKET WRENCH** as shown. Then fully tighten with 2pcs **Nylock Nuts (M10xp1.5)(109).**

STEP 4 – Upright Post Sleeve Assembly
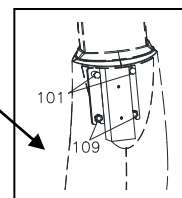
a. Attach the **Right Upright Post Sleeve (39)** on the **Upright Post (5)** and secure with 2pcs **Bolts (M5xp0.8x15mm)(87).**

b. Attach the **Left Upright Post Sleeve (38)** on the **Upright Post (5)** and secure with 2pcs **Bolts (M5xp0.8x15mm)(87)** and one **Screw (M4x20mm)(85).**

STEP 5 – Connection Wire and Console Assembly

a. Plug the **Upper Connection Wire (112)** into the **Middle Connection Wire (113).** Be careful not to pinch the wires.

b. Plug the **Upper Pulse Sensor Wire (118)** into the **Middle Pulse Sensor Wire (119).** Be careful not to pinch the wires.

c. Place the **Console (31)** onto the **Upright Post (5)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(87)**.

ASSEMBLY INSTRUCTIONS
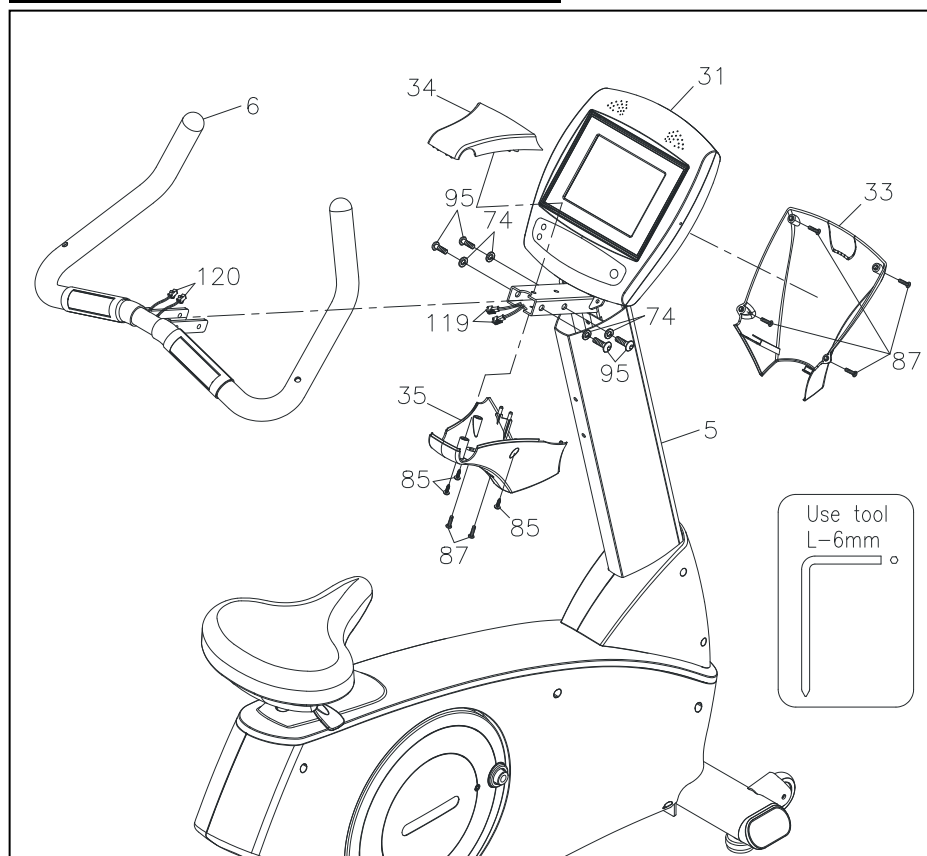
STEP 6 – Pulse Sensor Wire Assembly

a. Plug the **Middle Pulse Sensor Wire (119)** into the **Lower Pulse Sensor Wire (120).** Be careful not to pinch the wires.

STEP 7 – Handlebar, Console Sleeve and Decoration Cover Assembly

NOTE: For shipping purpose, 4pcs Bolts (M8xp1.25x16mm)(95) and 4pcs Lock Washers (M8)(74) are attached on the Upright Post Assembly (5).

a. Remove 4pcs **Bolts (M8xp1.25x16mm)(95)** and 4pcs **Lock Washers (M8)(74)** from the **Upright Post Assembly (5)**.

b. Insert the **Handlebar (6)** into the **Upright Post Assembly (5)** and secure with 4pcs **Bolts (M8xp1.25x16mm)(95)** and 4pcs **Lock Washers (M8)(74)**.

c. Attach the **Console Sleeve (33)** to the **Console (31)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(87)**.

d. Attach the **Upper Handlebar Decoration Cover (34)** and the **Lower Handlebar Decoration Cover (35)** to the

Upright Post Assembly (5) and secure with 3pcs **Screws (M4x20mm)(85)** and 2pcs **Bolts (M5xp0.8x15mm)(87)**.

ASSEMBLY INSTRUCTIONS
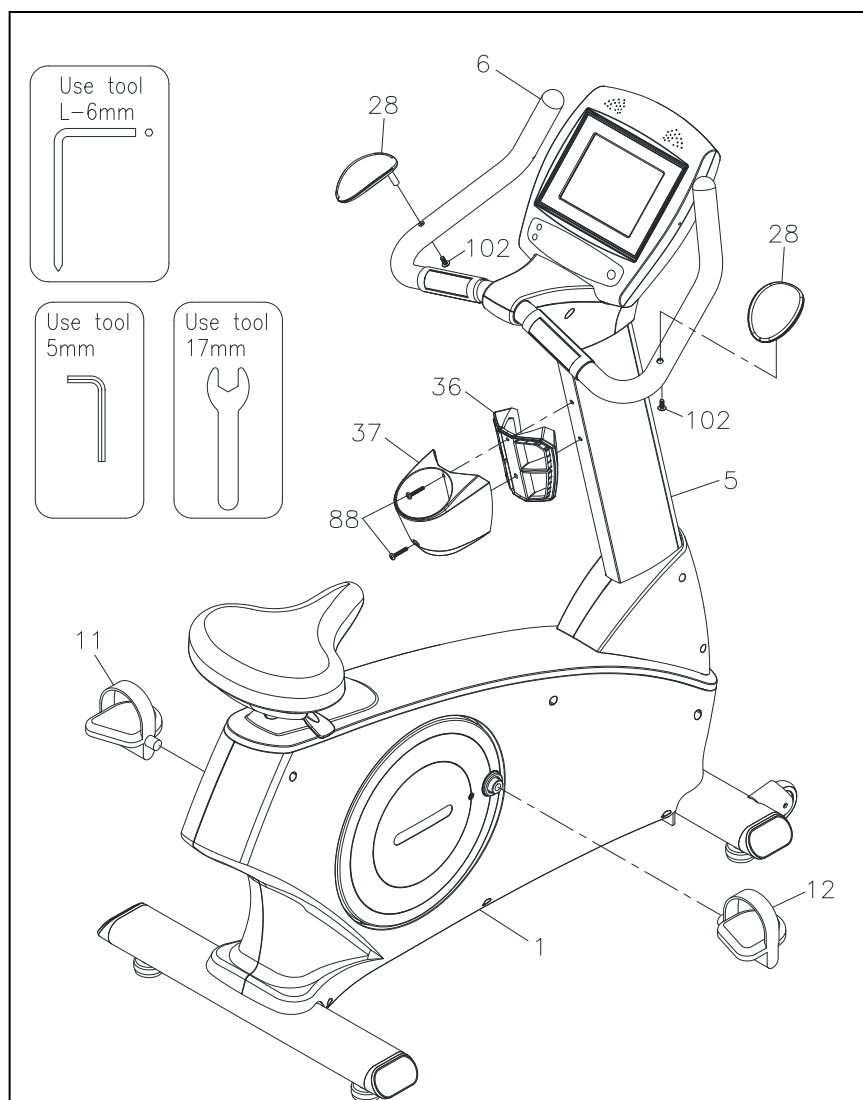
STEP 8 – Hand Wrist Pad Assembly

a. Attach the **Hand Wrist Pad (28)** to th**e Handlebar (6)** and secure with 2pcs **Bolts (M6xp1.0x12mm)(102)**.

STEP 9 – Accessory Tray & Pedal Assembly

NOTE: For shipping purpose, 2pcs **Bolts (M5xp0.8x25mm)(88)** are attached on the **Upright Post Assembly (5).**

a. Place the **Accessory Tray Support Pad (36)** and **Accessory Tray (37)** on the **Upright Post Assembly (5)** and

secure with 2pcs **Bolts (M5xp0.8x25mm)(88)**.

b. Thread the **Right Pedal (12)** clockwise onto the **Right Crank** located inside the **Right Crank Cover (10)** as shown. Tighten the pedal securely. Repeat the same procedure to thread and tighten the **Left Pedal (11)** counter-clockwise onto the **Left Crank** as shown.

For the final step, make sure all the bolts and nuts are tighten securely before using.

OPERATIONAL INSTRUCTIONS
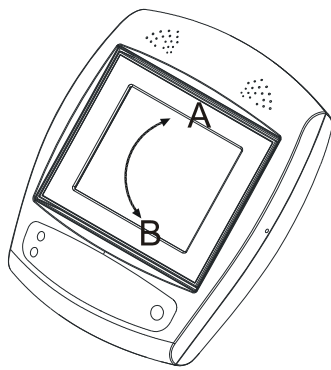
HOW TO ADJUST CONSOLE ANGLE

To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console (area A or B) and gently adjust the console angle to the proper position

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.
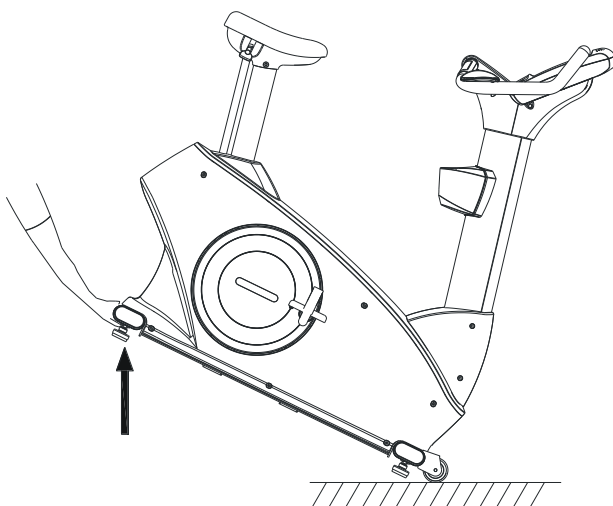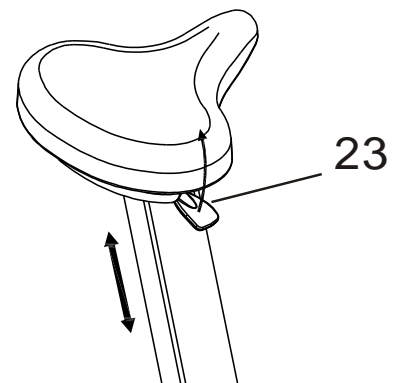
HOW TO TWO THE ITEM SAFELY

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

◆   Make sure the floor is level while towing the item

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CONSOLE OVERVIEW & CONSOLE BUTTON

Speaker ⋯⋯⋯⋯⋯⋯⋯⋯

Speaker ⋯⋯⋯⋯⋯⋯⋯⋯

H.R.Trend		Rpm
Watts 126		Mets
Level 12		Calories

Rpm 126

Mets 11.6

Calories 1122

FITNESS

| Speed | Time | Distance | Pulse |
| 23.5 | 29:29 | 23.5 | 106 |

BACK STOP PAUSE START DOWN UP STATISTICS

MP3/CD player Jack ⋯⋯⋯⋯

LINE IN

VOLUME

Headphone Jack ⋯⋯⋯⋯

HEAD PHONE

Mute Button
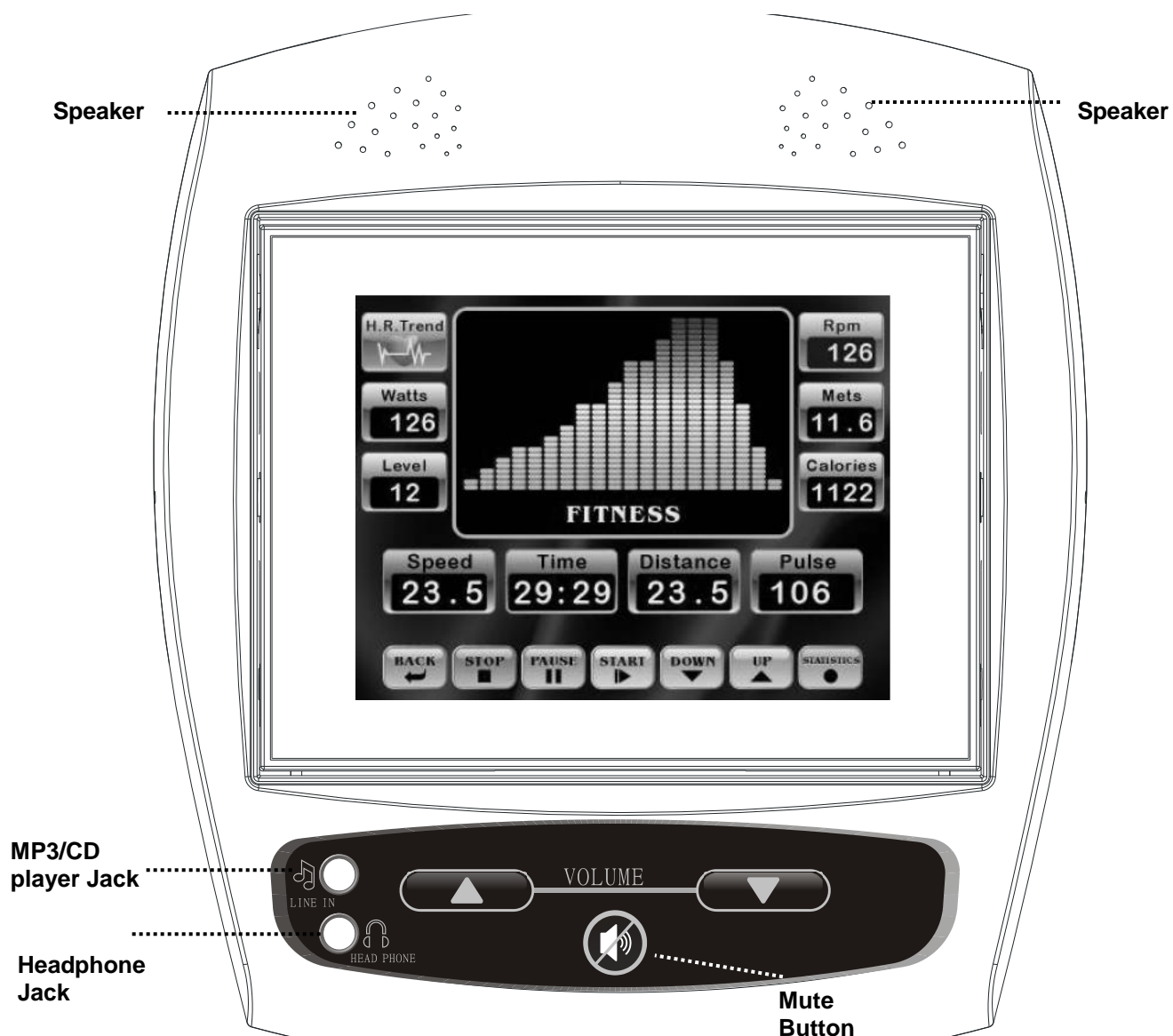
◆ **The console display may vary slightly from the actual console display, the above console overview is for reference only**

Console Buttons:

Button Name	Function Description

START	Press **START** to begin/continue your exercise.
PAUSE	Press **PAUSE** to pause all functions during your exercise program. All the data on the display will pause except for **PULSE readout**
STOP	Press **STOP** to stop current profile, all the date will reset to its original setting value except for **PULSE readout**
UP	Press **UP** to **increase** the level of tension during exercise
DOWN	Press **DOWN** to **decrease** the level of tension during exercise
BACK	Press **BACK** to return to previous page

CONSOLE INSTRUCTIONS – CONSOLE BUTTON

Console Buttons:

	H.R. Trend: ● Press **H.R. Trend** to review your heart rate chart. ● The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to detect by the console. NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect. ● Press **H.R. Trend** again to return to the workout program.
	STATISTICS: ● Press **STATISTICS** to review your workout statistics. NOTE: The button is able to press at anytime to review the workout statistics during exercise.
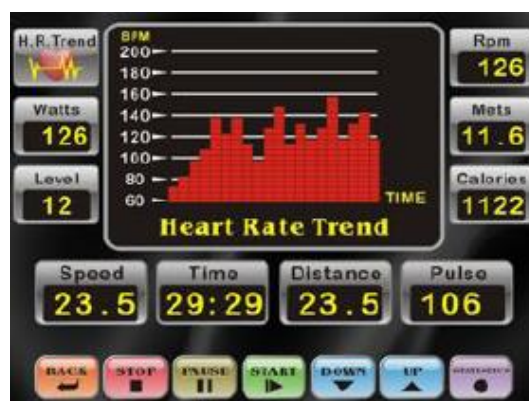
CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

Console Functions:

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Pulse 106	**PULSE:** • Wear chest belt or place both of hands on the **Pulse Sensors** located on the **Handlebar**. The pulse will be displayed within several seconds after the heart symbol "♥" is displayed. • If the hands are not correctly positioned on the sensors, and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Replace hands back on the Pulse Sensors correctly, and the pulse readout will appear again.
Watts 126	**WATT:** Display range: 0 ~ 999 Watt.

CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

Level 12	**LEVEL:** Display range: 1 ~ 16 resistance levels.
Speed 23.5	**SPEED:** • Display range: 0.0~99.9 km/h.
Time 29:29	**TIME:** • Count Up: If a target time is not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes. • Count Down: If a target time is set, **(5:00 TO 99:00; 1 MINUTE INCREMENTS)**, the console will count down from that selected target time to 0:00.
Distance 23.5	**DISTANCE:** • Display range: 0.0~99.9 km/h.
Rpm 126	**RPM:** • Display range: 0~255.
Calories 1122	**CALORIES:** • Display range: 0~9999.
Mets 11.6	**METS:** **Definition:** MET or **metabolic equivalent** is a term commonly used to measure or express an average person's metabolic rate, is the amount of oxygen used by an average seated person. One MET is the amount of energy or oxygen used to sit quietly for a minute. 1 MET= 3.5ml/kg/min (the body consumes 3.5 milliliters of oxygen a minute for each kilogram of

body weight), is the energy (oxygen) used by the body at rest, while sitting quietly or reading a book, for example.

The harder your body works during the activity, the more oxygen is consumed and the higher the MET level. If you are exercising at a level of 7 METS, this means that you are working about 7 times as hard as you would be at rest. You are consuming about 7 times the amount of oxygen as you would at rest as well.

◆ Activity that burns 3 to 6 METs is considered moderate-intensity physical activity.

◆ Activity that burns > 6 METs is considered vigorous-intensity physical activity.

CONSOLE OPERATION

Power ON:
Pedaling over 25rpm to power on the console. The console will display the stand-by screen as below.
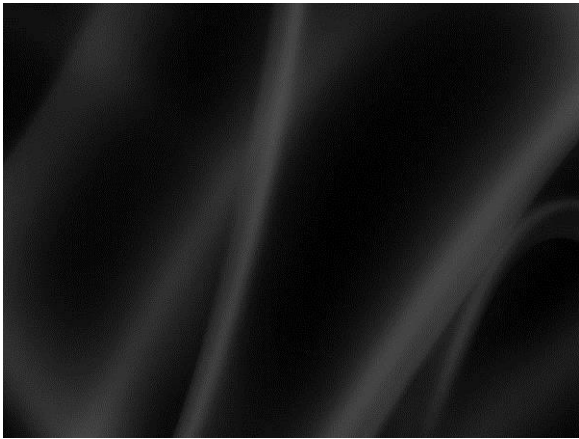
Power Off:
The console would automatically shut off after 60 seconds of inactivity.

NOTE:
► **The console would shut down any time if rechargeable batteries are run out of power.**
► **If pedaling over 35rpm, the item will start charging batteries.**

Boot Screen:
Stand-by screen displays 3 seconds later will then enter into the Boot Screen as below:

Boot Screen

On Boot Screen, there are 3 main workout options.

1. **Quick Start**: Starting exercise directly in Manual Program without any setting.
2. **Profile:** including Basic profile and Advanced profile.
3. **Heart Rate Control (60%, 65%, 70%, 75%, 80%** and **85%)**

CONSOLE OPERATION – QUICK START

Quick Start:

1. Press **"Quick Start"** on Boot Screen.

   After selecting Quick Start, following countdown pages will display sequentially.

►The countdown pages will appear before every entry of **final main page**.

2. Enter into **final main page** as below.

Press **H.R. Trend** to review your heart rate chart during exercise.

Press **BACK** to return to previous page

Press **STOP** to stop current profile, all the date will reset to its original setting value except for **PULSE readout**

Press **PAUSE** to pause all functions during your exercise program. All the data on the display will pause except for **PULSE readout**

Press **STATISTICS** to review your average value of workout statistics

Press **UP** to **increase** the level of tension during exercise

Press **DOWN** to **decrease** the level of tension during exercise

Press **START** to start workout

CONSOLE OPERATION – PROFILE

Profile:

1. Press **"Profile"** on Boot Screen.

2. Enter into Main Profile Selecting page.

Main Profile Selecting

There are 2 workout profiles for options.

■ **Basic Profile:** 6 different workout programs are available under Basic Profile.

■ **Advanced Profile:** 6 different workout programs are available under Advanced Profile.

CONSOLE OPERATION –BASIC PROFILE

A Basic Profile Instruction:

1. Press "**Basic Profile**".

2. Enter into diagrams' selection page.

Options include **Manual, Fitness, Random, Rolling, Fat Burn, Ascent,** total in 6 diagrams. Press the desired diagram to workout.

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NOTE: **When enter into Random profile, the workout profile will randomly create each time**

Press **BACK** to return to previous page.

Press **NEXT** to enter into **Weight** Page for setting your weight.

Press **QUICK START** to start exercise immediately.

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: **Display range from 30~181kgs**

Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION –BASIC PROFILE

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00.

NOTE: **Display range from 5:00 ~ 99:00**

Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:

	H.R. Trend: ● Press **H.R. Trend** to review your heart rate chart. ● The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console. NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect. ● Press **H.R. Trend** again to return to the workout program.
	STATISTICS: ● Press **STATISTICS** to review your average value of workout statistics. NOTE: The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.

CONSOLE OPERATION – ADVANCED PROFILE

A Advanced Profile Instruction:

1. Press "**Advanced Profile**".

2. Enter into diagrams' selection page.

Options include **Constant Power, Iron Man, Mountain, Weight Lose, Interval, Valley,** total in 6 diagrams. Press the desired diagram to workout

Constant Power:

program of Watt Control;

Watts display range: 30 ~350 watt

Before operating **CONSTANT POWER PROGRAM**, review the difference between the **CONSTANT POWER** and the **CONSTANT RESISTANCE** function**:**

Level Control (Constant Resistance) in most of workout programs	Watt Control (Constant Power) in Constant Power program
RPM↓↑ RESISTANCE -- Resistance does not change even though the quantity of **RPMs (Rotate Per Minute)** increases or decreases under the **Level Control Mode** during workout. No matter how fast you pedal, the resistance is fixed.	The resistance depends on the value of **RPM (Rotate Per Minute.)** **RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑** In order to remain at a consistent effort level (watts) (once you set up the desired Watt value), the computer will start monitoring the user's pedaling speed/RPM. If the **RPMs (Rotate Per Minute)** increase (when you pedal faster), the **Resistance** will decrease (becomes lighter.) On the contrary, the **Resistance** increases (becomes heavier resistance) when the value of the **RPMs** decreases (when you pedal slower.)

CONSOLE OPERATION – ADVANCED PROFILE

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page

Press **QUICK START** to start exercise immediately

Press **NEXT** to enter into **TIME** Page for setting the desired time

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.	Press **NEXT** to start exercise.
	Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:

	H.R. Trend: ● Press **H.R. Trend** to review your heart rate chart. ● The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console. 　NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect. ● Press **H.R. Trend** again to return to the workout program.
	STATISTICS: ● Press **STATISTICS** to review your average value of workout statistics. NOTE: The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

A Heart Rate Control Instruction:

1. Press **Heart Rate Control** on Boot Screen.
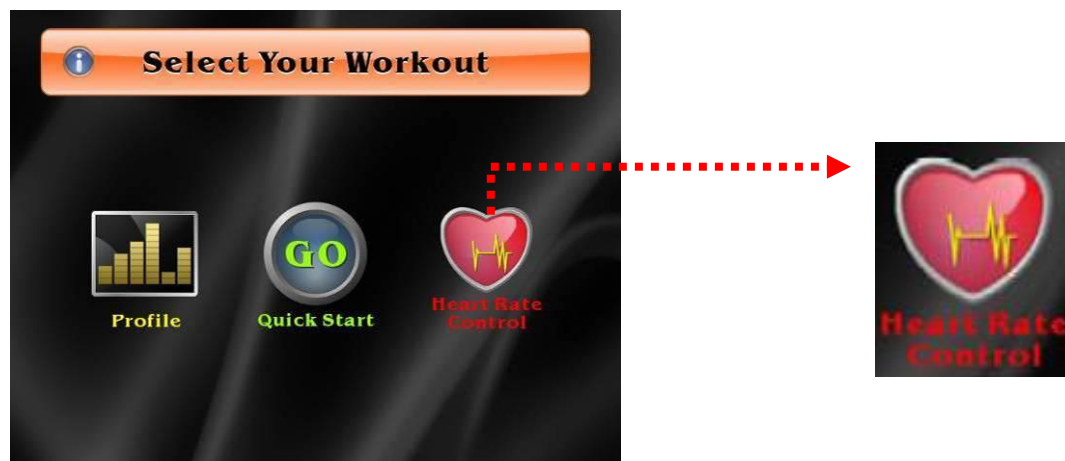
2. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

3. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.

Press **NEXT** to select your age.

Press **QUICK START** to start exercise immediately.
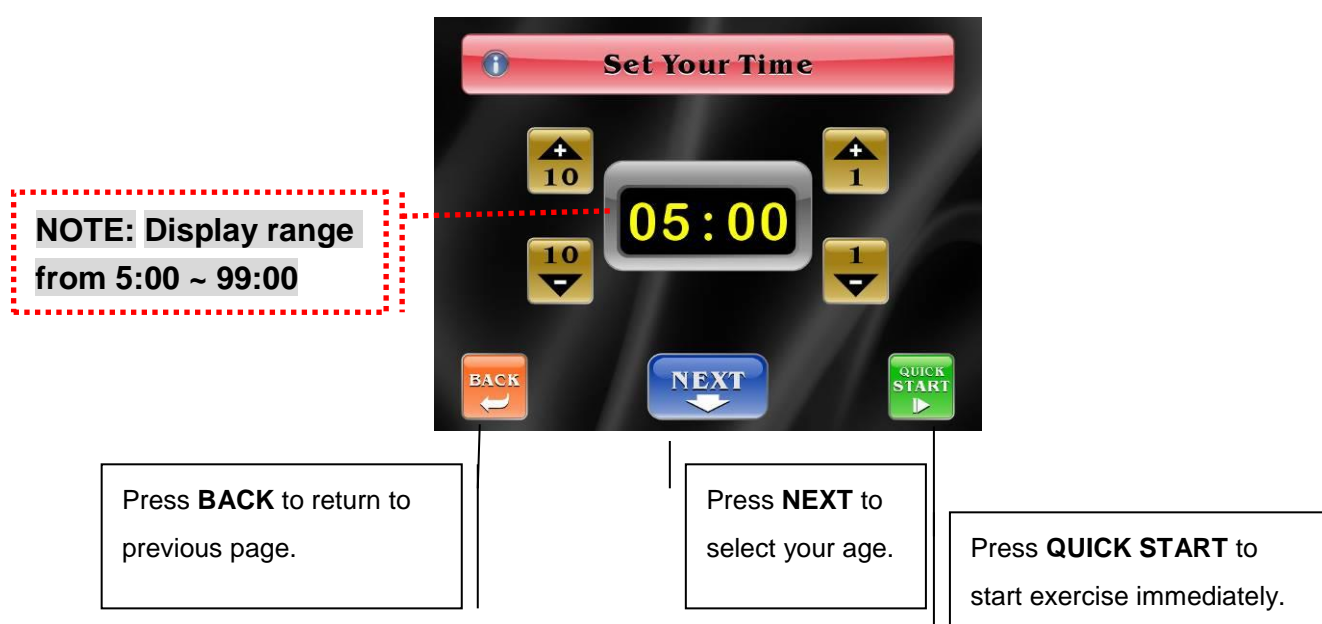
4. Enter into **Age** page and input the value of your age; display range: 5 ~ 99 years old.

NOTE: Display range from 5 ~ 99 years old ; Although the console allows input for age beginning at 5 years old, this product is not recommended for children usage

Press **BACK** to return to previous page.

Press **NEXT** to select your gender.

Press **QUICK START** to start exercise immediately.

5. Enter into **Gender** page and select your gender.

Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to select target heart rate.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

6. Select your ideal target heart rate (60%, 65%, 70%, 75%, 80% and 85%).

NOTE for H.R.C. Program:

60%, 65%, 70%, 75%, 80% and **85% of max. heart rate:**

- ◆ Male formula: **heart rate percentage % of (220 – your age)**
- ◆ Female formula: **heart rate percentage % of (225 – your age)**

Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately

Instruction Note for During Exercise:

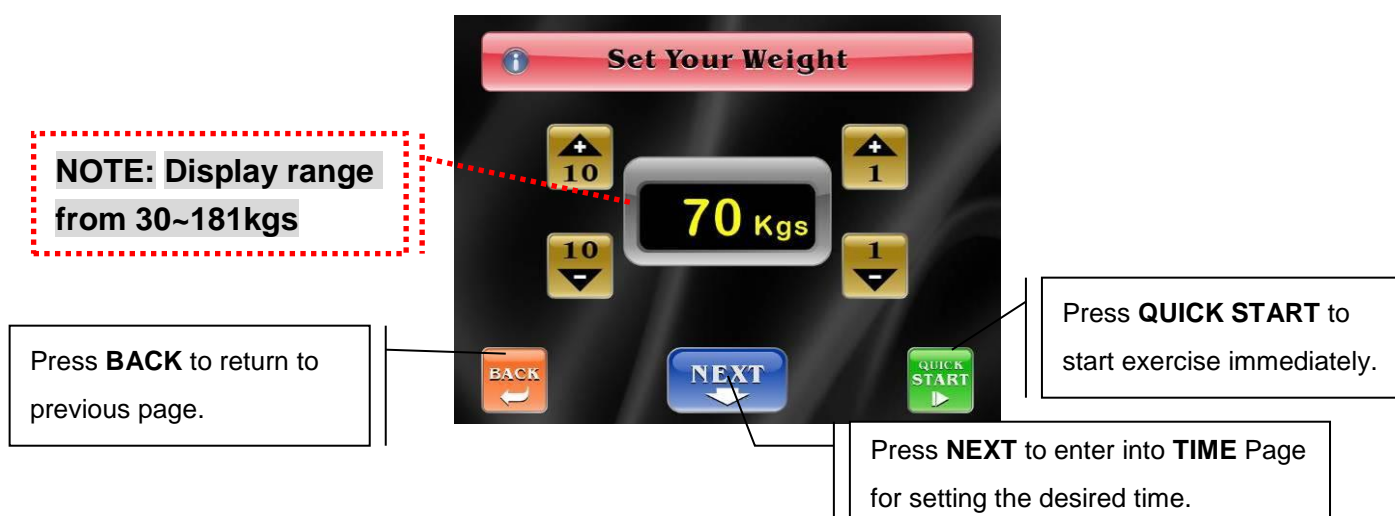|		
	H.R. Trend: ● Press **H.R. Trend** to review your heart rate chart. ● The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console. NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect. ● Press **H.R. Trend** again to return to the workout program.	
	STATISTICS: ● Press **STATISTICS** to review your average value of workout statistics. NOTE: The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.	

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Stepper gradually: a few minutes per workout.

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

˙ Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
˙ Begin your training program slowly with realistic goals that have been set by you and your doctor.
˙ Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
˙ Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity

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

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

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.
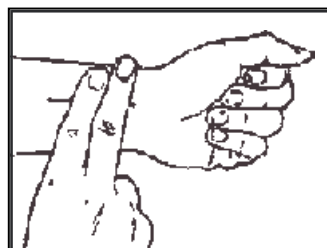
To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP AND COOL-DOWN

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

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

Suggested Stretching Exercises
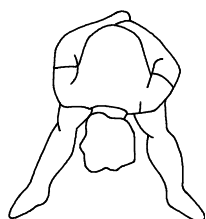
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of

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

the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.

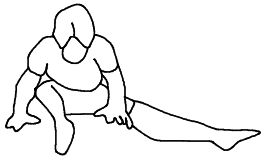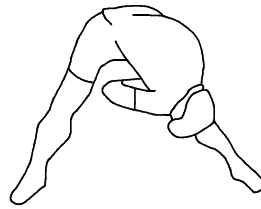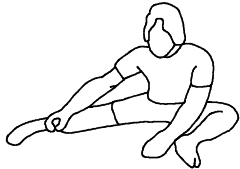**Bent Torso Pulls**
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

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 Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hand down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

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

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PARTS LIST

NO.	Item Name	Q'ty		NO.	Item Name	Q'ty
1	Main Frame	1		15	Pulley (235)	1
2	Front Stabilizer	1		16	Magnet	1
3	Rear Stabilizer	1		17	Pulley (120)	1
4	Seat Post	1		18	EndCaps	4
5	Upright Post	1		19	Leveler	4
6	Handlebar	1		20	Transportation Wheels	2
7	Left Cover	1		21	Seat	1
8	Right Cover	1		22	Seat Lower Case	1
9	Upper Chain Cover	1		23	Adjustment Bar	1
10	Crank Cover	2		24	Slider	1
11	Left Pedal	1		25	Seat Post Sleeve	1
12	Right Pedal	1		26	Upper Foam Grip	2
13	Belt (762J8)	1		27	Foam Grip	2
14	Belt (1092J8)	1		28	Hand Wrist Pad	2
				29	Pulse Sensor Top Housing	2

NO.	Item Name	Q'ty		NO.	Item Name	Q'ty
30	Pulse Sensor Bottom Housing	2		49	Stand Spring	1
31	Console	1		50	Spacer Stand	1
32	Battery Door	1		51	Arc Washer	1
33	Console Bracket	1		52	Resistor	1
34	Upper Handlebar Decoration Cover	1		53	Controller	1
NO.	Item Name	Q'ty		54	Right Mounting Plate	1
35	Lower Handlebar Decoration Cover	1		55	Left Mounting Plate	1
36	Accessory Tray Support Pad	1		56	Generator	1
37	Accessory Tray	1		57	Adaptor Bracket	1
38	Left Upright Post Sleeve	1		58	One Way Pulley (51)	1
39	Right Upright Post Sleeve	1		59	One Way Bearing(2520)	1
40	Front Aluminum Upright Cover	1		60	Axle	1
41	Rear Aluminum Upright Cover	1		61	Crank Shaft	1
42	Air Pressure Bar	1		62	Left Crank	1
43	Seat Adjustment Lever	1		63	Right Crank	1
44	Fixed Stand	1		64	Idler Arm	1
45	Spacer	1		65	Axle Connection Cap	1
46	Cable	1		66	Idler Wheel Spacer	1
47	Cable Spring	1		67	Idler Spring	1
48	Roller Axle	1		68	Bearing (6004)	8

PARTS LIST

NO.	Item Name	Q'ty		NO.	Item Name	Q'ty
69	Square Key (6x6x15mm)	1		83	Screw (M3×10mm)	1
70	E-Ring	1		84	Screw (M3×25mm)	4
71	C-Ring	2		85	Screw (M4×20mm)	8
72	Eye Bolt	4		86	Screw (M5×18mm)	24
73	Tension Bracket	2		87	Bolt (M5×p0.8×15mm)	18
74	Lock Washer (M8)	15		88	Bolt (M5×p0.8×30mm)	2
75	Washer (8×23×2.0t)	2		89	Bolt (M5×p0.8×75mm)	2
76	Washer (8×38×2.0t)	4		90	Bolt (M6×p1.0×10mm)	4
77	Washer (10×23×2.0t)	2		91	Bolt (M6×p1.0×20mm)	4
78	Washer (10.6×60×2.0t)	1		92	Bolt (M8×p1.25×55mm)	2
79	Washer (17×25×1.0t)	1		93	Bolt (M10×p1.5×30mm)	1
80	Washer (18.3×25×1.0t)	1		94	Bolt (M8×p1.25×10mm)	5
82	Washer (21×30×1.0t)	2		95	Bolt (M8×p1.25×16mm)	5
				96	Bolt (M10×p1.5×45mm)	1

NO.	Item Name	Q'ty
97	Bolt (M8×p1.25×15mm)	4
98	Bolt (M8×p1.25×15mm)	1
NO.	Item Name	Q'ty
99	Bolt (M8×p1.25×65mm)	4
100	Bolt (M8×p1.25×80mm)	4
101	Bolt (M10×p1.5×25mm)	2
102	Bolt (M6×p1.0×12mm)	4
103	Bolt (L=35mm)	2
104	Nut (M6×p1.0)	3
105	Nut (M8×p1.25)	3
106	Nylon Nut (M6×p1.0)	2
107	Thin Nylon Nut (M8×p1.25)	8
108	Nylon Nut (M8×p1.25)	6
109	Nylon Nut (M10×p1.5)	4
110	Flange Nut (M10×p1.25)	1
111	Nut (M10×p1.25)	1

NO.	Item Name	Q'ty
112	Upper Connection Wire	1
113	Middle Connection Wire	1
114	Lower Connection Wire	1
115	Controller Connection Wire	1
116	Sensor Connection Wire	1
117	Sensor Wire & Stand	1
118	Upper Pulse Sensor Wire	1
119	Middle Pulse Sensor Wire	1
120	Lower Pulse Sensor Wire	2
121	Generator Connection Wire	2
122	TFT Battery Connection Wire	1
123	TFT Battery	1
124	TFT Battery Bracket	2
125	Spacer (4.6mm)	1
126	Spacer (36mm)	1