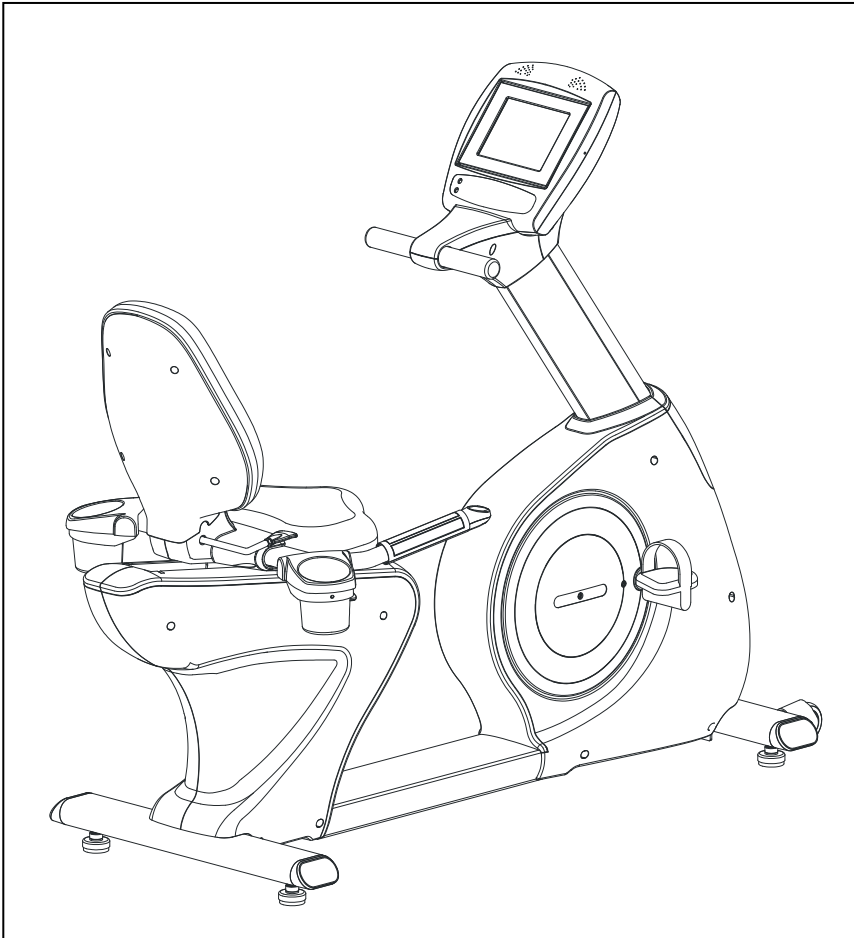




OWNER'S MANUAL

RECUMBENT BIKE

PR-8223



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 **Recumbent Bike**.
2. Read this Owner's Manual and follow it carefully before using the **Recumbent Bike**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Recumbent Bike**. Do not allow children to use or play on the **Recumbent Bike**. Keep children and pets away from the **Recumbent Bike** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **Recumbent Bike** on a solid level surface. Do not position the **Recumbent Bike** on loose rugs or uneven surfaces.
7. Inspect the **Recumbent Bike** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Recumbent Bike**.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the **Recumbent Bike**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Recumbent Bike**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The **Recumbent Bike** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Recumbent Bike** should be used by only one person at a time.
19. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
20. The **Recumbent Bike** is well-suited to studio use (Class S.)
21. Make sure that adequate space is available for access to and passage around the **Recumbent Bike**; keep at least a distance of 1 meter from any obstruction object while using the machine.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY**

INJURY.

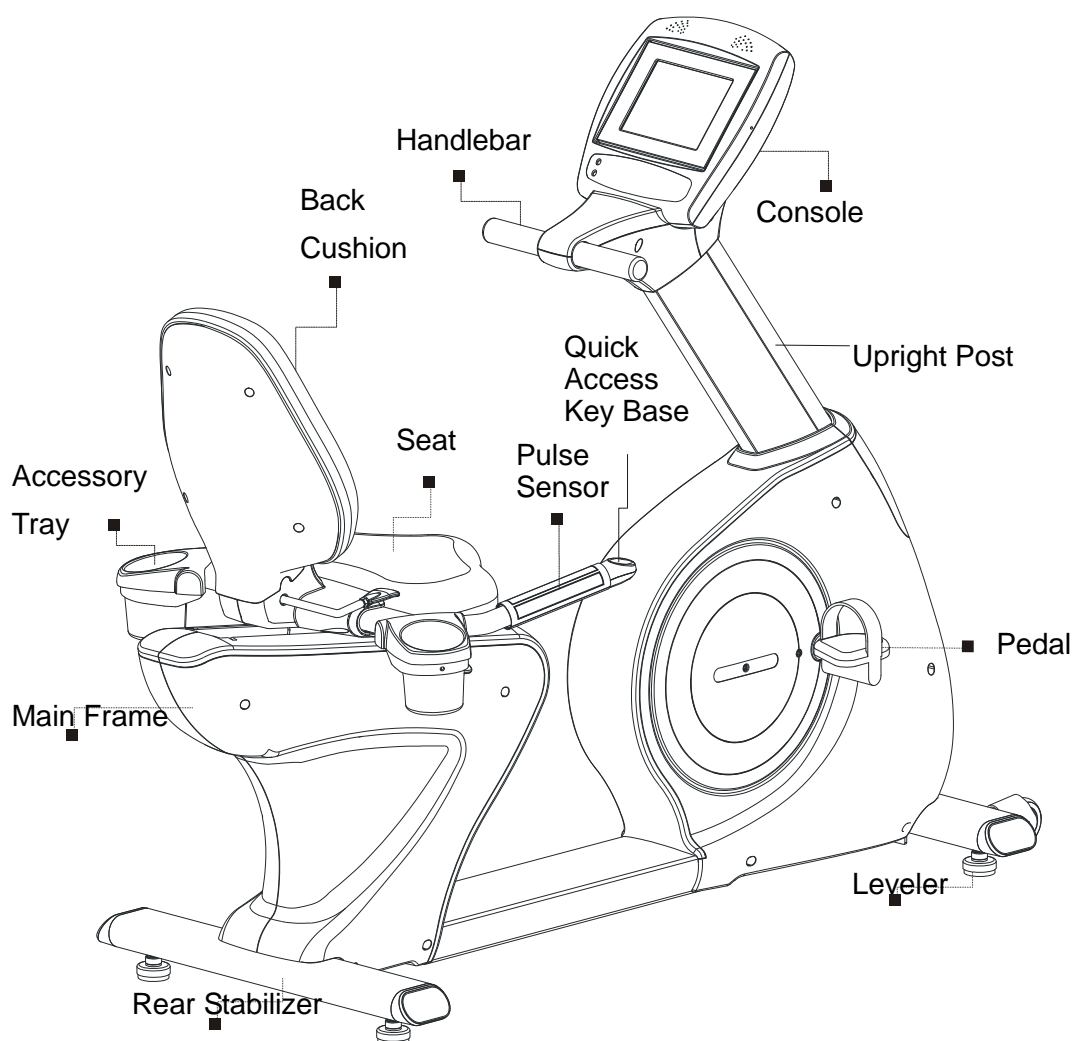
BEFORE YOU BEGIN

Thank you for choosing the self-powered **Recumbent Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

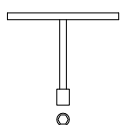
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

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

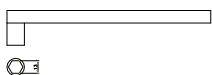
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Recumbent Bike**.



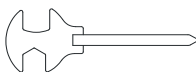
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



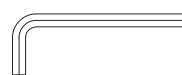
**T-HAND SOCKET
WRENCH (17mm)**



**SOCKET WRENCH
(13mm)**



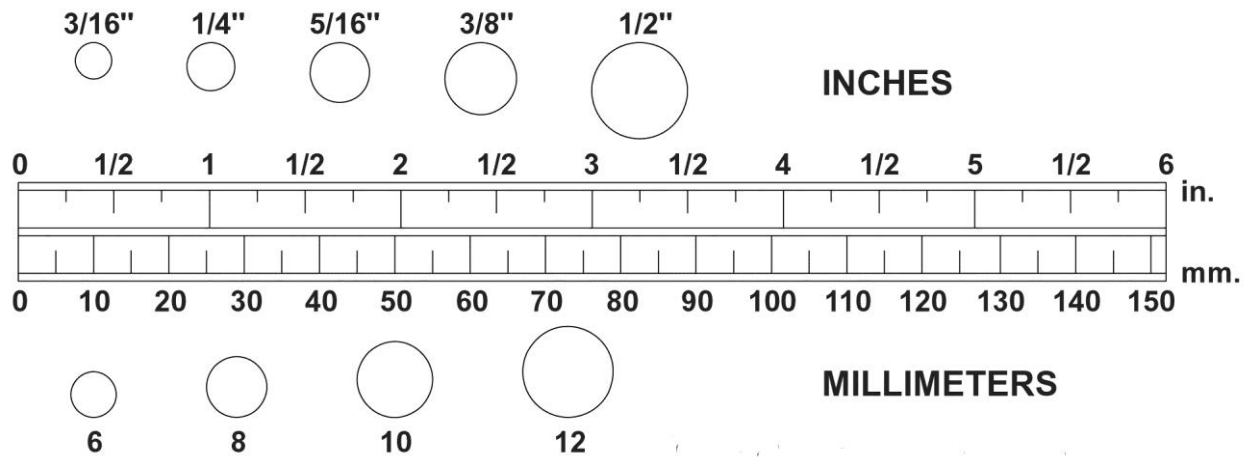
**COMBINATION
WRENCH**



**ALLEN WRENCH
(M6)**

HARDWARE IDENTIFICATION CHART



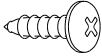
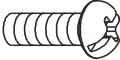




This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

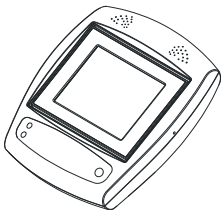
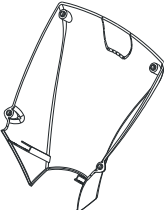

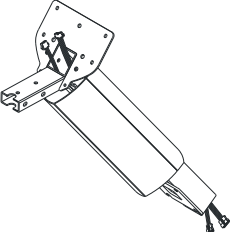

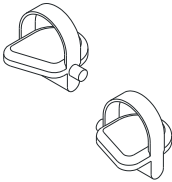
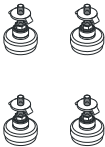
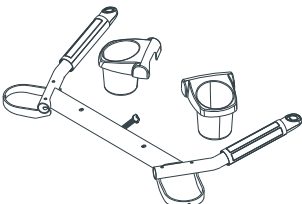
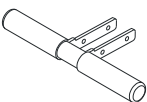

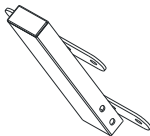
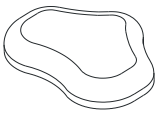
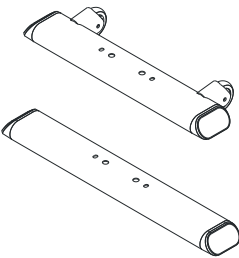
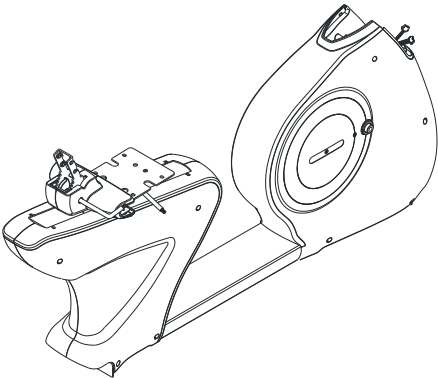
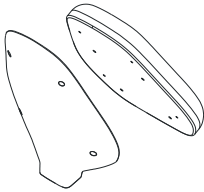


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	86 Lock Washer (M8)	6
	87 Washer (8x38x2.0t)	4
	96 Screw (M4x10mm) 97 Screw (M4x20mm)	4 3
	99 Bolt (M5xp0.8x15mm)	10
	100 Bolt (M5xp0.8x30mm)	2
	107 Bolt (M8xp1.25x55mm)	2
	112 Bolt (M8xp1.25x65mm)	4
	117 Bolt (M10xp1.5x50mm)	2

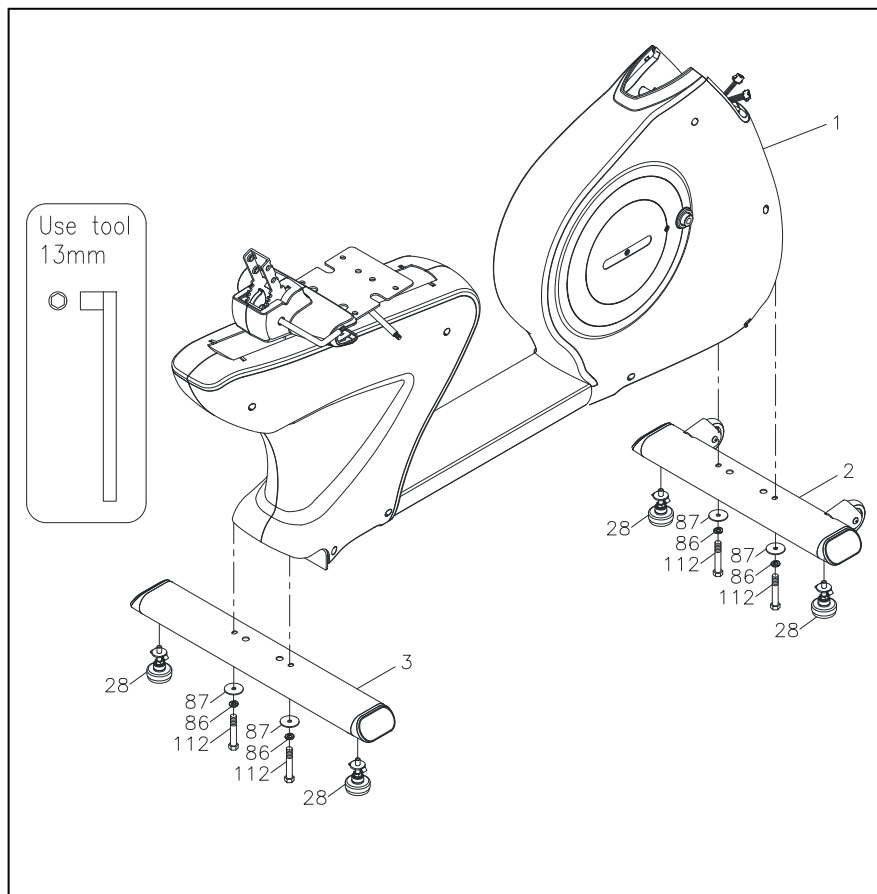
ASSEMBLY PARTS

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

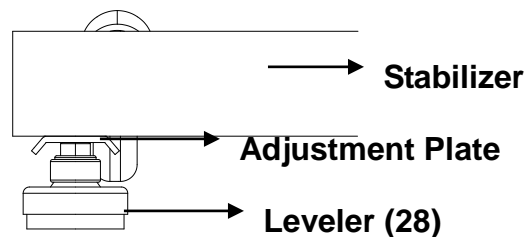
Console	Console Bracket	Handlebar Decoration Cover	Upright Post Assembly
			
Front Decoration Cover	Pedal	Leveler	Seat Handlebar Assembly & Accessory Tray
			
Upper Handlebar	Adjustment Handle	Back Cushion Frame	Seat
			
Front and Rear Stabilizer	Main Frame		Back Cushion & Back Cushion Cover
			

ASSEMBLY INSTRUCTIONS

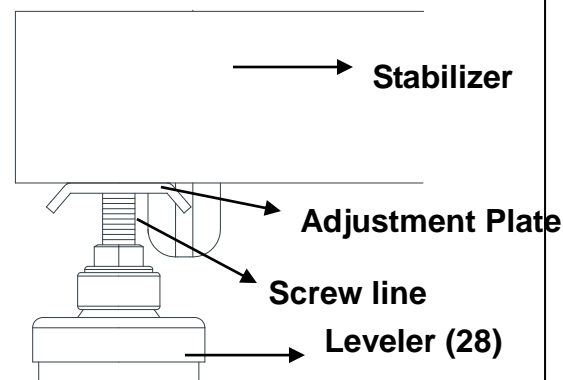
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



Detailed Lever- drawing 1



Detailed Lever- drawing 2

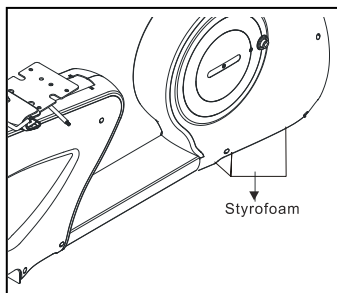


STEP 1 – Leveler Assembly

- Attach 4pcs **Levelers (28)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**
- Be sure to tighten the **Levelers (28)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown.

STEP 2 – Stabilizer Assembly

- 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)** that is going to assemble the stabilizer.
- Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **Washers (8x38x2.0t)(87)**, the **Lock Washers (M8)(86)** and the **Bolts (M8xp1.25x65mm)(112)** by using the socket wrench. **NOTE:** If the item is not level, review the **LEVELING NOTE** on



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:

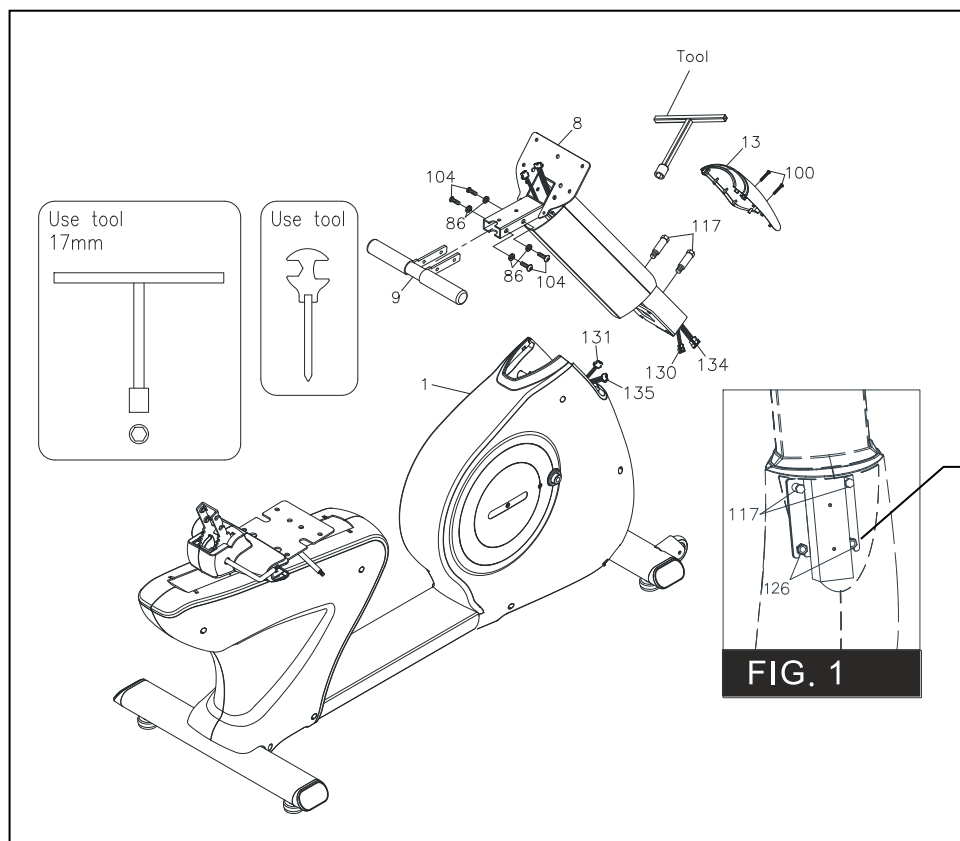
Loosen the **Leveler (28)** to make the **Adjustment Plate** become less tight.

Adjust the **Leveler (28)** for leveling.

Tighten the **Adjustment Plate** securely against the **Stabilizer** to lock the **Leveler (28)** in stable position as the drawing 2 shown.

the right side to level the **Levelers (28)**.

ASSEMBLY INSTRUCTIONS



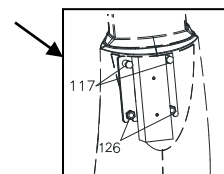
NOTE: Do not remove the Nuts (126) during assembly

STEP 3 – Connection Wire Assembly

- Plug the **Middle Connection Wire (130)** into the **Lower Connection Wire (131)**. Be careful not to pinch the wires.
- Plug the **Pulse Sensor Wire 2 (134)** into the **Pulse Sensor Wire 3 (135)**. Be careful not to pinch the wires.

STEP 4 – Upright Post Assembly

- Refer to **FIG. 1**, check that 2pcs **Nylock Nuts (M10)(126)** have pre-assembled 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).
- Insert the **Upright Post (8)** into the **Main Frame (1)** and secure with 2pcs **Bolts (M10xp1.5x50mm)(117)** by using the **T-HEAD SOCKET WRENCH** as shown. Then fully tighten with 2pcs **Nylock Nuts (M10)(126)**.



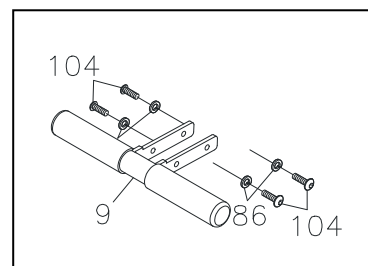
STEP 5 – Front Decoration Cover Assembly

Attach the **Front Decorative Cover (13)** onto the front of the **Main Frame (1)** with 2pcs **Bolts (M5xp0.8x30mm)(100)**.

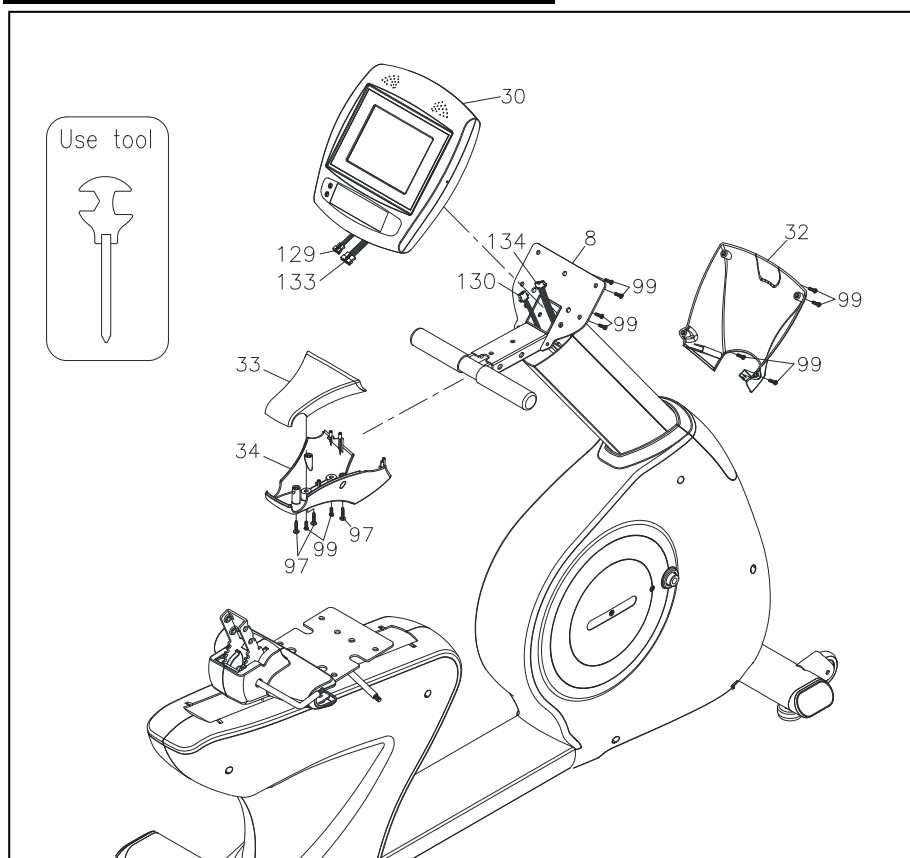
STEP 6 – Stationary Handlebar Assembly

NOTE: For shipping purpose, 4pcs **Bolts (M8xp1.25x20mm)(104)** and 4pcs **Lock Washers (86)** are attached on the **Stationary Handlebar (9)**.

- Remove 4pcs **Bolts (M8xp1.25x20mm)(104)** and 4pcs **Lock Washers (86)** from the **Stationary Handlebar (9)**.
- Insert the **Stationary Handlebar (9)** into the **Upright Post (8)** and secure with 4pcs **Bolts (M8xp1.25x20mm)(104)** and 4pcs **Lock Washers (86)**.



ASSEMBLY INSTRUCTIONS



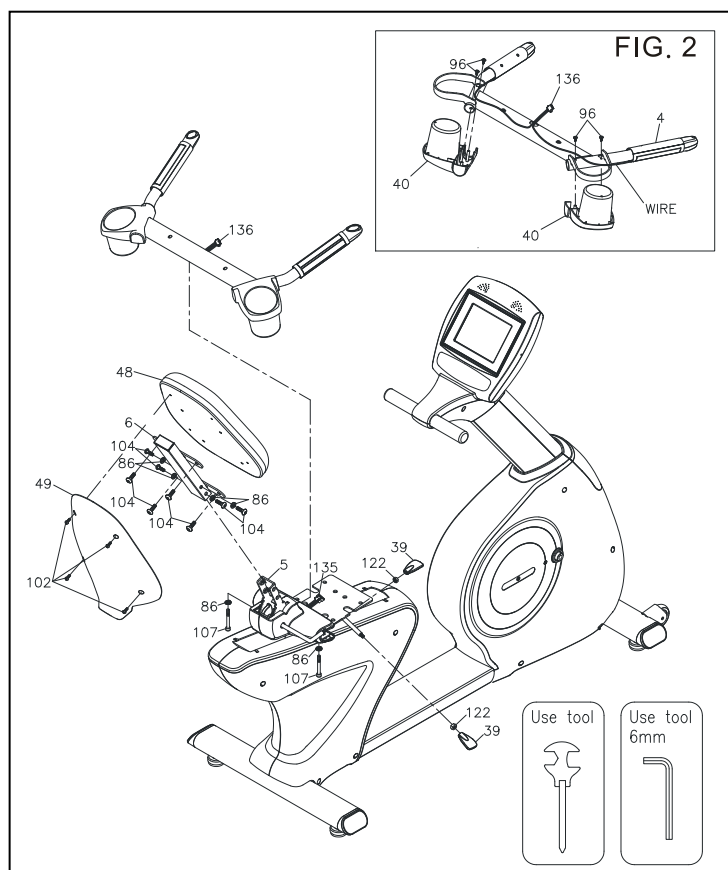
STEP 7 – Connection Wire and Console Assembly

- Plug the **Upper Connection Wire (129)** into the **Middle Connection Wire (130)**. Be careful not to pinch the wires.
- Plug the **Pulse Sensor Wire 1 (133)** into the **Pulse Sensor Wire 2 (134)**. Be careful not to pinch the wires.
- Place the **Console (30)** onto the **Upright Post (8)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(99)**.

STEP 8 – Console Sleeve and Decoration Cover Assembly

- Attach the **Console Sleeve (33)** to the **Console (30)** and secure with 4pcs **Bolts (M5xp0.8x15mm)(99)**.
- Attach the **Upper Handlebar Decoration Cover (33)** and the **Lower Handlebar Decoration Cover (34)** to the **Upright Post Assembly (8)** and secure with 3pcs **Screws (M4x20mm)(97)** and 2pcs **Bolts (M5xp0.8x15mm)(99)**.

ASSEMBLY INSTRUCTIONS



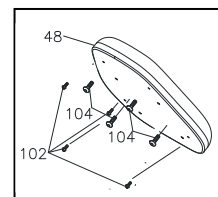
STEP 9 – Back Cushion Frame Assembly

NOTE: For shipping purpose, 4 pcs **Lock Washers (M8)(86)** and 4 pcs **Bolts (M8xp1.25x20mm)(104)** are attached on the **Back Cushion Frame (6)**.

- Loosen 4 pcs **Lock Washers (M8)(86)** and 4 pcs **Bolts (M8xp1.25x20mm)(104)** at both sides of the **Back Cushion Frame (6)**.
- Follow the direction of the drawing line. Insert the **Back Cushion Frame (6)** onto the **Back Cushion Adjustment Bracket (5)** and secure with 4 pcs **Lock Washers (M8)(86)** and 4 pcs **Bolts (M8xp1.25x20mm)(104)**.

STEP 10 – Back Cushion & Cover Assembly

NOTE: For shipping purpose, 4 pcs **Bolts (M8xp1.25x20mm)(104)** and 4pcs **Bolts (M6xp1.0x15mm)(102)** are attached on the back of the **Back Cushion (48)**.

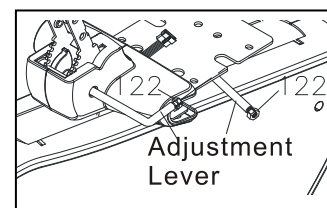


- Remove 4 pcs **Bolts (M8xp1.25x20mm)(104)** and 4pcs **Bolts (M6xp1.0x15mm)(102)** from the back of the **Back Cushion (48)**.
- Attach the **Back Cushion (48)** onto the **Back Cushion Frame (6)** and secure with 4 pcs **Bolts (M8xp1.25x20mm)(104)**.
- Then attach the **Back Cushion Cover (49)** onto the **Back Cushion (48)** and secure with 4pcs **Bolts (M6xp1.0x15mm)(102)**.

STEP 11 – Adjustment Lever Assembly

NOTE: For shipping purpose, each **Adjustment Lever** has pre-assembled one pcs **Nut (M8)(122)** as the illustration shown on the right.

- Attach each one **Adjusting Handle (39)** to two **Adjustment Levers** to the proper desired position.
- To fully secure the **Adjusting Handle (39)** by rotating the **Nut (M8)(122)** in counterclockwise direction until completely reach to the **Adjusting Handle (39)**.



STEP 12 – Accessory Tray Assembly

Refer to **FIG.2**. Turn the **Seat Handlebar (4)** to have the **Hand Pulse Sensor Plate** downward. Attach the **Accessory Tray (40)** onto the **Seat Handlebar (4)** and secure with 4pcs **Screws (M4x10mm)(96)**.

NOTE: Do not damage the **Pulse Sensor Wire 4 (136)** during **Step 12**.

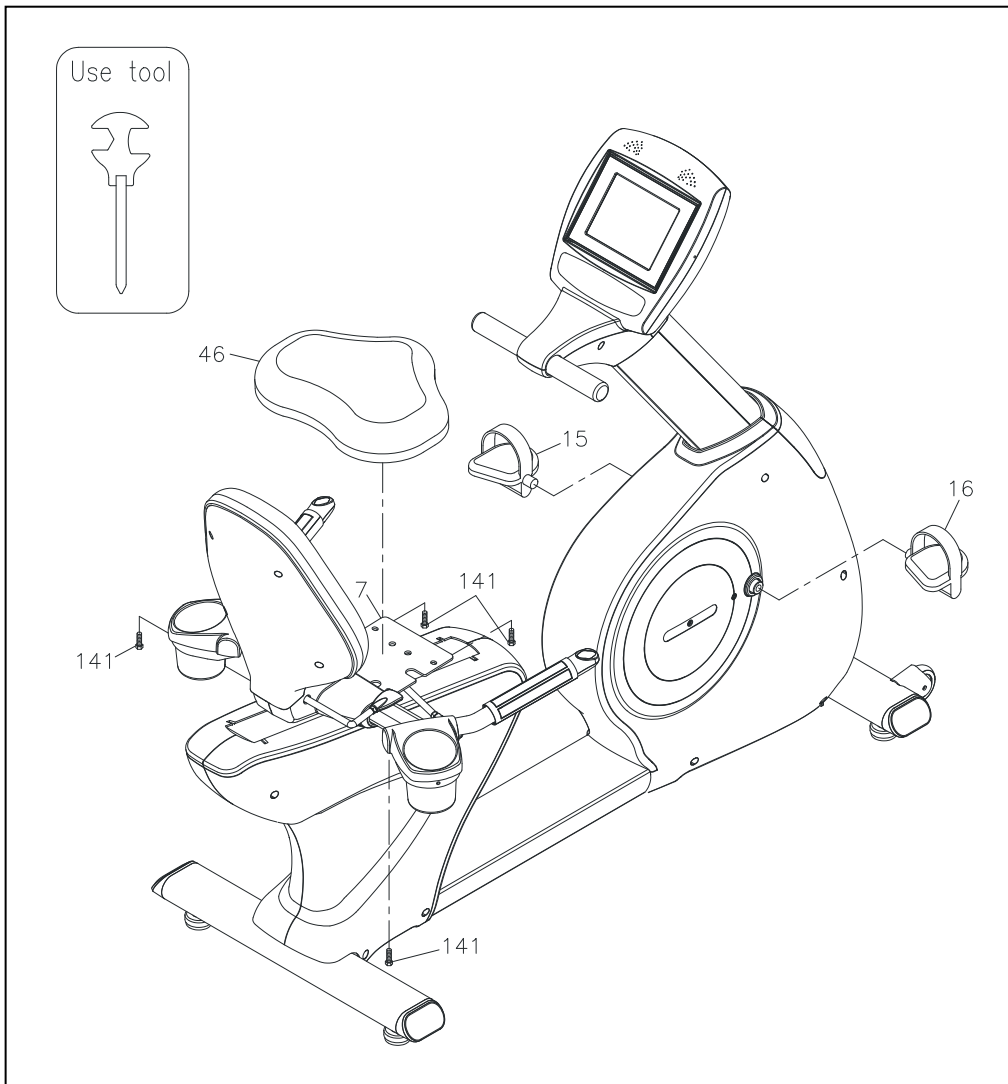
STEP 13 – Seat Handlebar Assembly

Follow the direction of the drawing line. Place the **Seat Handlebar (4)** onto the **Main Frame (1)** and secure with 2pcs **Lock Washers (M8)(86)** and 2pcs **Bolts (M8xp1.25x55mm)(107)**.

STEP 14 – Pulse Sensor Wire Assembly

Connect the **Pulse Sensor Wire 4 (136)** to the **Pulse Sensor Wire 3 (135)**.

ASSEMBLY INSTRUCTIONS



STEP 15 – Seat Assembly

NOTE: For shipping purpose, 4 pcs Bolts (M8xp1.25x20mm)(141) are attached at the bottom of the Seat (46).

- Loosen 4pcs Bolts (M8xp1.25x20mm)(141) at the bottom of the Seat (46).
- Attach the Seat (46) onto the Seat Frame (7) and secure with 4pcs Bolts (M8xp1.25x20mm)(104).

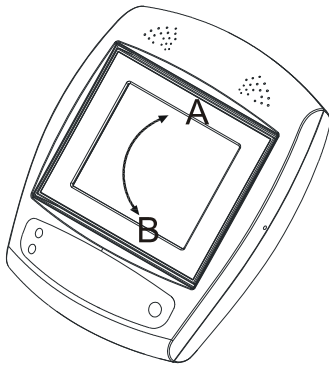
STEP 15 – Pedal Assembly

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

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

OPERATIONAL INSTRUCTIONS

HOW TO ADJUST CONSOLE ANGLE

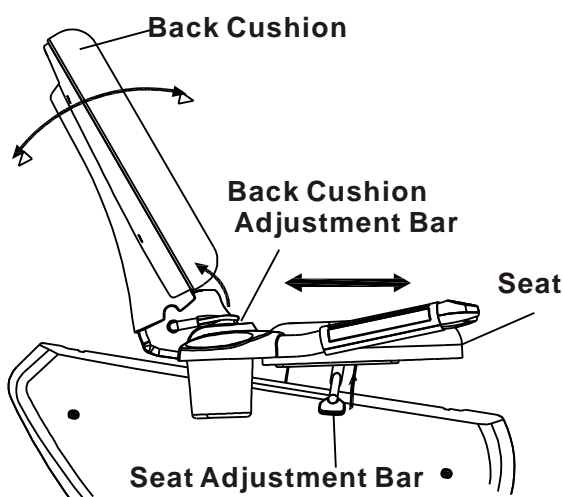
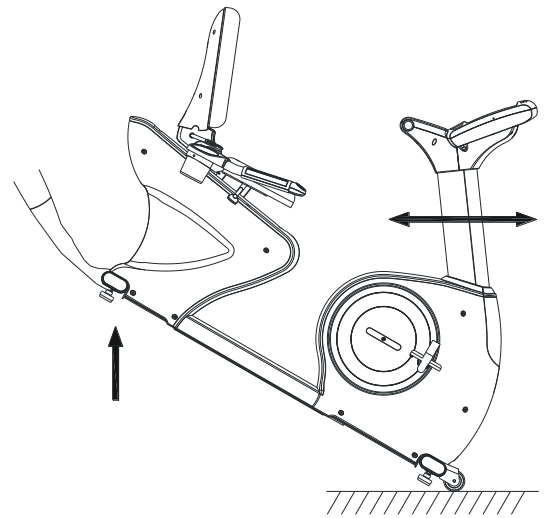


To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console (area A or B) and gently adjust the console angle to the proper position

HOW TO TOW THE ITEM SAFELY

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

- ◆ Make sure the floor is level while towing the item



BACK CUSHION ADJUSTMENT

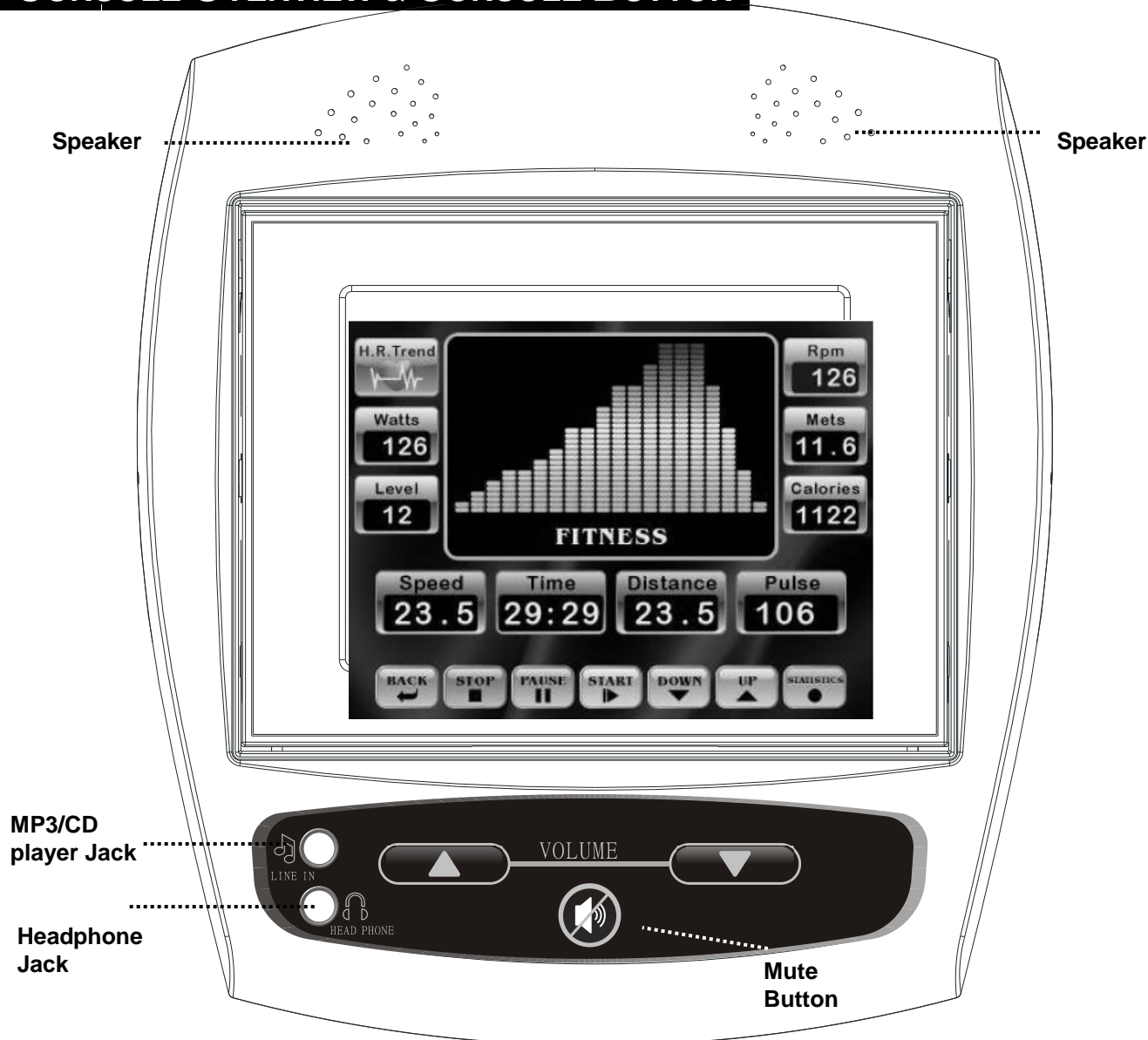
- ◆ To adjust the most suitable angle, pull the **Back Cushion Adjustment Bar** upward while lying on the cushion.
- ◆ Release the **Back Cushion Adjustment Bar** and hear the “click” sound to secure the desired angle of the back cushion.

SEAT ADJUSTMENT

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

- ◆ Once adjusting to the most suitable position, release the **Seat Adjustment Bar** until hearing “click” sound.

CONSOLE OVERVIEW & CONSOLE 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 data 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:



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.



WATT:

Display range: 0 ~ 999 Watt.

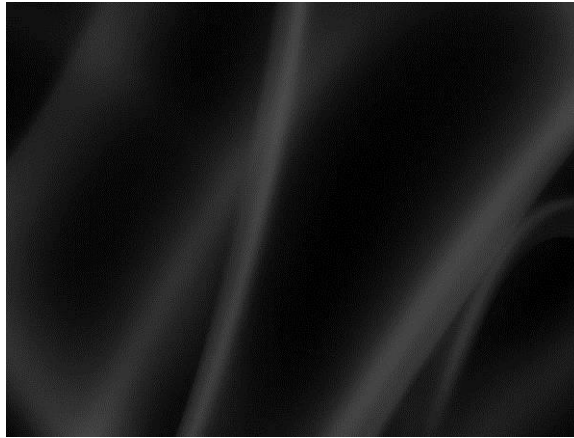
CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

	<p>LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,</p> <ul style="list-style-type: none"> ◆ For Manual, Constant Power Program, Level means “resistance/tension level”; Display range: 1 ~ 20 resistance levels. ◆ For FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY, Level means “Workout Difficulty Level”; Display range: 1 ~ 20 workout difficulty levels. For example, The level of 20's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.
	<p>SPEED:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>TIME:</p> <ul style="list-style-type: none"> ● 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.
	<p>DISTANCE:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>RPM:</p> <ul style="list-style-type: none"> ● Display range: 0~255.
	<p>CALORIES:</p> <ul style="list-style-type: none"> ● Display range: 0~9999.
	<p>METS:</p> <p>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.</p> <p>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.</p> <p>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.</p> <ul style="list-style-type: none"> ◆ 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 data 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

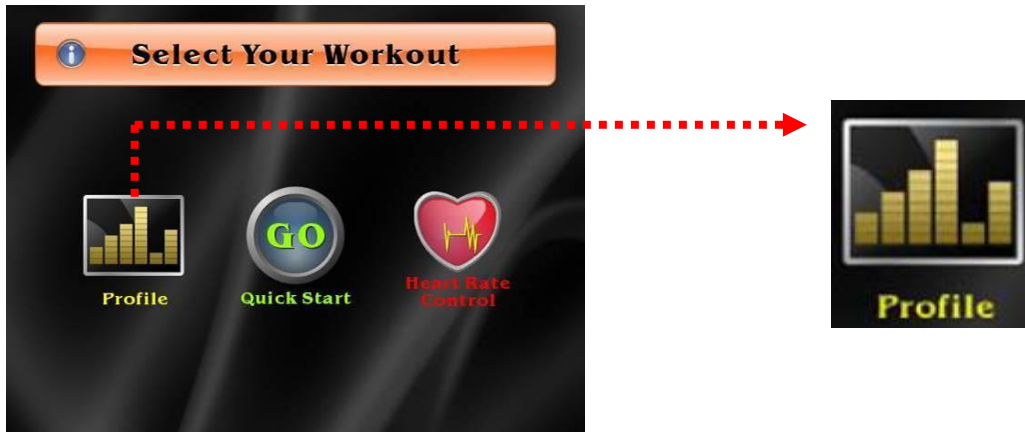
Press **DOWN** to **decrease** the level of tension during exercise

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.



LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,

- ◆ For **Manual, Constant Power Program**, Level means “**resistance/tension level**”; Display range: 1 ~ 20 resistance levels.
- ◆ For **FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY**, Level means “**Workout Difficulty Level**”; Display range: 1 ~ 20 workout difficulty levels. For example, The level of 20's Watt range would be heavier than the level of 8's Watt range. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.

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.



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:

	<p>H.R. Trend:</p> <ul style="list-style-type: none"> 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. <p>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.</p> <ul style="list-style-type: none"> Press H.R. Trend again to return to the workout program. 	
	<p>STATISTICS:</p> <ul style="list-style-type: none"> 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



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
<p>RPM↓↑ RESISTANCE --</p> <p>Resistance does not change even though the quantity of RPMs (Rotate Per Minute) increases or decreases under the Level Control Mode during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<p>The resistance depends on the value of RPM (Rotate Per Minute.)</p> <p>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</p> <p>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.</p> <p>If the RPMs (Rotate Per Minute) increase (when you pedal faster), the Resistance will decrease (becomes lighter.)</p> <p>On the contrary, the Resistance increases (becomes heavier resistance) when the value of the RPMs decreases (when you pedal slower.)</p>

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:

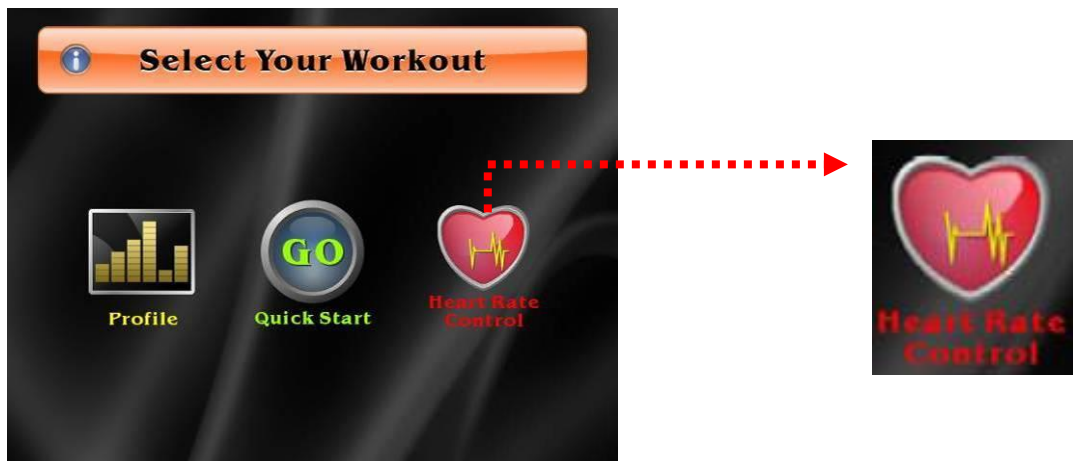
- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



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

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.



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:

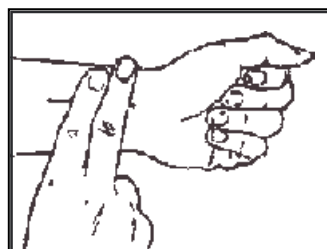
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- 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

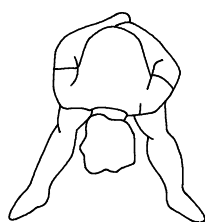
rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

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 the legs.

DO NOT BOUNCE!

When the pull on the back of the legs lessen, try a lower position gradually.



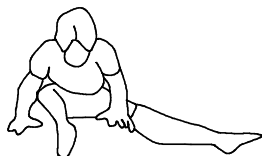
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DO NOT BOUNCE!

Do this stretch 10 times.

Repeat the stretch with the left leg.

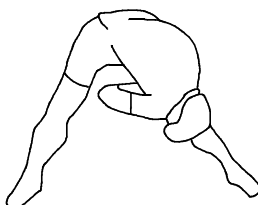


Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent.

Pull the chest down to touch the thigh on the leg that is bent and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

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

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down 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.	PARTS NAME	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Handlebar	1
5	Back Cushion Adjustment Bracket	1
6	Back Cushion Frame	1
7	Seat Frame	1
8	Upright Post	1
9	Upper Handlebar	1
10	Front Left-Side Cover	1
11	Front Right-Side Cover	1
12	Upper Chain Cover	1
13	Front Decoration Cover	1
14	Crank Cover	2
15	Left Pedal	1
16	Right Pedal	1
17	Base Cover	1
18	Rear Left-Side Cover	1
19	Rear Right-Side Cover	1
20	Belt (1059mm J8)	1
21	Pulley (235mm)	1
22	Magnet	1
23	Pulley (120mm)	1
24	Belt (584mm J8)	1
25	Seat Rail EndCap	2
26	Sliding Belt	2
27	EndCap	4
28	Leveler (ψ50)	4
29	Transportation Wheel	2
30	Console	1
31	Battery Door	1
32	Console Bracket	1
33	Upper Handlebar Decoration Cover	1
34	Lower Handlebar Decoration Cover	1
35	Foam Grip	2
36	Plastic Seat Support Cover (L)	1
37	Plastic Seat Support Cover (R)	1
38	Back Cushion Hinge	1

NO.	PARTS NAME	Q'TY
39	Adjustment Handle	2
40	Accessory Tray	2
41	Quick-Access Key Base (□)	1
42	Quick-Access Key Base (-)	1
43	Pulse Sensor Top Housing	2
44	Pulse Sensor Bottom Housing	2
45	Seat Roller	3
46	Seat	1
47	Square Plug (30x60mm)	1
48	Back Cushion	1
49	Back Cushion Cover	1
50	Front Aluminum Upright Cover	1
51	Rear Aluminum Upright Cover	1
52	Left Mounting Plate	1
53	Right Mounting Plate	1
54	Generator	1
55	Resistor	1
56	Controller	1
57	Crank Axle	1
58	Left Crank	1
59	Right Crank	1
60	Axle	1
61	One Way Bearing (2520mm)	1
62	One Way Pulley (51mm)	1
63	Idler Arm	1
64	Axle Cover	1
65	Idler Shaft	1
66	Idler Spring	1
67	Roller Plate	2
68	Roller Axle	1
69	Seat Adjustment Lever	1
70	Seat Torsion Spring	1
71	Back Cushion Adjustment Bracket	1
72	Cushion Linkage Axel	1
73	Cushion Torsion Spring	1
74	Cushion Spring	1
75	Cushion Adjustment Lever	1

NO.	PARTS NAME	Q'TY
76	Bearing (6000N)	6
77	Bearing (6004zz)	8
78	Eye Bolt (40mm)	2
79	Eye Bolt (50mm)	4
80	Tension Bracket	2
81	Square Key (6x6x15mm)	1
82	Spacer (M8x12x7mm)	2
83	Seat Linkage Spacer	1
84	E Ring	2
85	C Ring	2
86	Lock Washer (M8)	20
87	Washer (8x38x2.0t)	6
88	Washer (10x23x2.0t)	2
89	Washer (10.6x60x2.0t)	1
90	Washer (17x25x1.0t)	1
91	Washer (18.3x25x1.0t)	1
93	Washer (21x30x1.0t)	2
94	Screw (M3x10mm)	3
95	Screw (M3x25mm)	4
96	Screw (M4x10mm)	4
97	Screw (M4x20mm)	15
98	Screw (M5x18mm)	23
99	Bolt (M5xp0.8x15mm)	14
100	Bolt (M5xp0.8x30mm)	2
101	Bolt (M5xp0.8x75mm)	2
102	Bolt (M6xp1.0x15mm)	4
103	Bolt (M5xp0.8x12mm)	6
104	Bolt (M8xp1.25x20mm)	16
105	Bolt (M10xp1.5x45mm)	1
106	Bolt (M6xp1.0x20mm)	4
107	Bolt (M8xp1.25x50mm)	4
108	Bolt (M10xp1.5x30mm)	1
109	Thin Bolt (M8xp1.25x15mm)	4
110	Bolt (M8xp1.25x15mm)	1
111	Bolt (M8xp1.25x60mm)	1
112	Bolt (M8xp1.25x65mm)	4
113	Bolt (M8xp1.25x75mm)	1

NO.	PARTS NAME	Q'TY
114	Bolt (M8xp1.25x80mm)	4
115	Bolt (M10xp1.5x145mm)	2
116	Bolt (M10xp1.5x144mm)	2
117	Bolt (M10xp1.5x50mm)	2
118	Bolt (M8xp1.25x12mm)	1
119	Bolt (M6xp1.0x12mm)	1
120	Bolt (L=35mm)	
121	Nut (M6xp1.0)	3
122	Nut (M8xp1.25)	4
123	Nylon Nut (M6xp1.0)	4
124	Thin Nylon Nut (M8xp1.25)	4
125	Nylon Nut (M8)	12
126	Nylon Nut (M10)	6
127	Flange Nut (M10)	1
128	Nut (M10xp1.25)	1
129	Upper Connection Wire	1
130	Middle Connection Wire	1
131	Lower Connection Wire	1
132	Sensor Wire	1
133	Pulse Sensor Wire 1	1
134	Pulse Sensor Wire 2	1
135	Pulse Sensor Wire 3	1
136	Pulse Sensor Wire 4	1
137	Generator Wire	2
138	Battery Connection Wire	1
139	Battery	1
140	Battery Fixed Bracket	2
141	Bolt (M8xp1.25x20mm)	4
142	ψ20 Spacer (4.6mm)	1
143	ψ20 Spacer (36mm)	1

PRODUCT PARTS DRAWING

