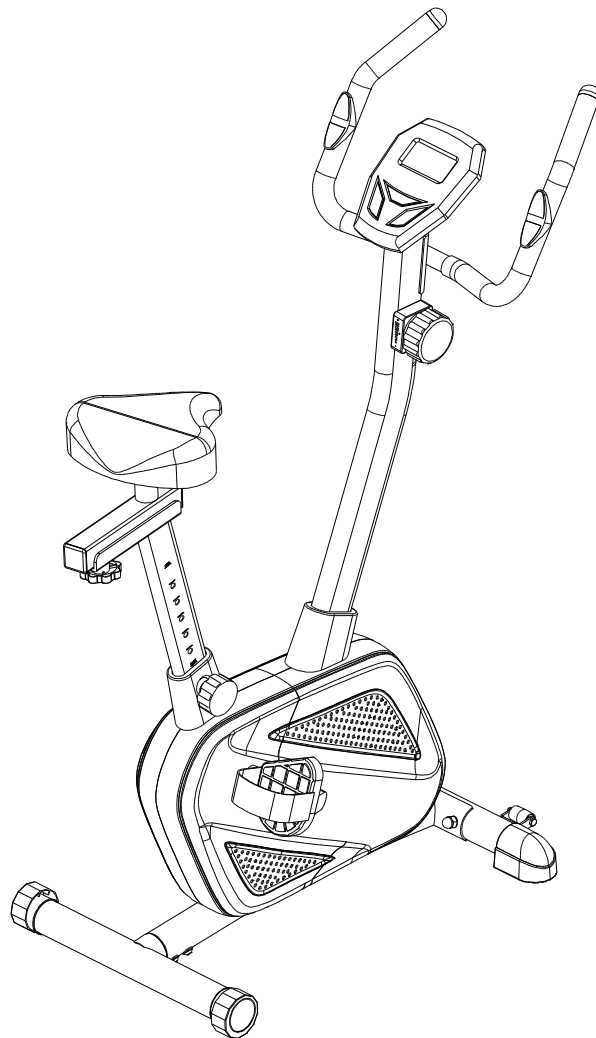
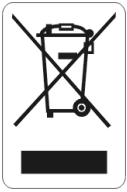


MAGNETIC UPRIGHT BIKE

ITEM NO: 1001





OWNER'S

MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise is necessary. Refer to the Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 250 lbs/110 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

UPOZORNĚNÍ : Přečtěte si všechny pokyny před použitím tohoto produktu.

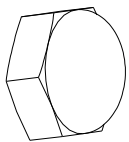
Uchovejte tuto příručku pro budoucí použití.

PARTS LIST

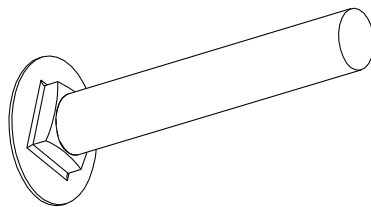
No.	Description	Qty	No.	Description	Qty
001	Main Frame Ø50x1.5	1	030	Washer Ø30xØ410.5xδ2	1
002	Handlebar Ø25x1.5	1	031	Handlebar Post Cover	1
003	Handlebar Post 70x30x1.5	1	032	Seat Post Cover	1
004	Rear Stabilizer Ø50x1.5x430	1	033	Spring Washer Ø8	4
005	Flywheel Ø230	1	034	Cap Nut M10	2
006	Front Stabilizer Ø50x1.5x380	1	035	Bolt M10x57	2
007	Tension Control Knob 0325-BC65000-0101	1	036	Big Curve Washer Ø10	2
008	Seat Post Knob M16x1.5	1	037	Curve Washer Ø20xØ8xδ1.5	5
009	Belt PJ 330J6	1	038	Washer Ø16xØ8x1.5	7
010	Computer JVT29104	1	039	Bolt M8x10	4
011	Nut M10x1x6	2	040	Pan Head Phillips Self Tapping Screw ST4.2x25	7
012	Seat Post Bushing	1	041	Pan Head Phillips Self Drilling Screw ST4.2x25	4
013	Left Cover 544x86x345	1	042	Locknut M8	3
014	Right Cover 544x86x345	1	043	Bolt M8x30	1
015	Screw ST2.9x10	2	044	Idle Wheel Bracket	1
016	Washer Ø34.5x23x2.5	1	045	Bearing 6000-2Z	2
017	Bearing Nut I 15/16"	1	046	Big Washer Ø5xØ20xδ1.5	1
018	Hexagon Nut 7/8"	1	047	Bolt M5x12	4
019	Belt Pulley with Crank 240 J6	1	048	Washer Ø24xØ40x3	1
020	Left Foot Pedal YH-30X	1	049	Handlebar End Cap Ø25	2
021	Right Foot Pedal YH-30X	1	050	Handlebar Foam Grip Ø30xØ24x455	2

022	Bearing Cup	2	051	Screw ST4.2x20	2
023	Bearing	2	052	Bolt M6x10	1
024	Bolt M8x15	7	053	Hand Pulse Sensor with Wire L=750mm	2
025	Seat Post 60x20x1.8	1	054	Tension Cable L=1150mm	1
026	Sensor with Wire L=750mm	1	055	Washer Ø12xØ6x1.5	1
027	Seat Cushion DD-982AT	1	056	Washer Ø10.2xØ14x1	2
028	Front Stabilizer End Cap Ø50	2	057	Bolt M5x20	1
029	Rear Stabilizer End Cap Ø50	2	058	Bearing Nut II 7/8"	1

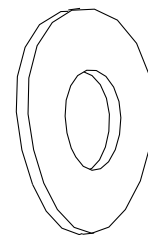
No.	Description	Qty	No.	Description	Qty
059	Extension Sensor Wire L=1100mm	1	067	Eyebolt M6x36	1
060	Cover Cap Ø40xØ25x10	2	068	Hexagon Nut M6	1
061	Transport Wheel Ø23xØ6x32	2	069	Spring Washer Ø6	1
062	Bolt M6x48	2	070	Seat Sliding Tube	1
063	Nylon Nut M6	2	071	Seat Sliding Tube Bolt	1
064	Curve Washer Ø16xØ8x1.5	2	072	Seat Sliding Tube End Cap 38x38x1.5	2
065	Hexagon Socket Button Head Bolt M8x10	1	073	Big Washer Ø20xØ10x2	1
066	Tension Bracket	1	074	Seat Adjustment Knob M10	1



(34) Cap Nut M10
2 PCS

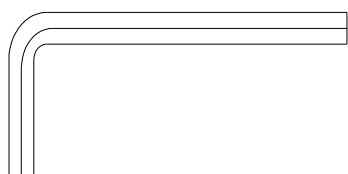


(35) Bolt M10x57
2 PCS
skrutka

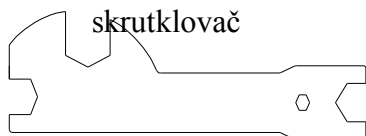


(36) Big Curve Washer Ø10
2 PCS
Okrúhla podložka

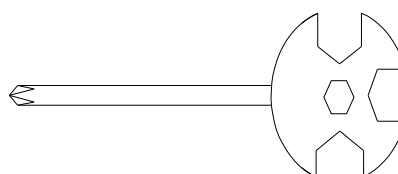
TOOLS



Allen
Wrench S6
1 PC
skrutkovač

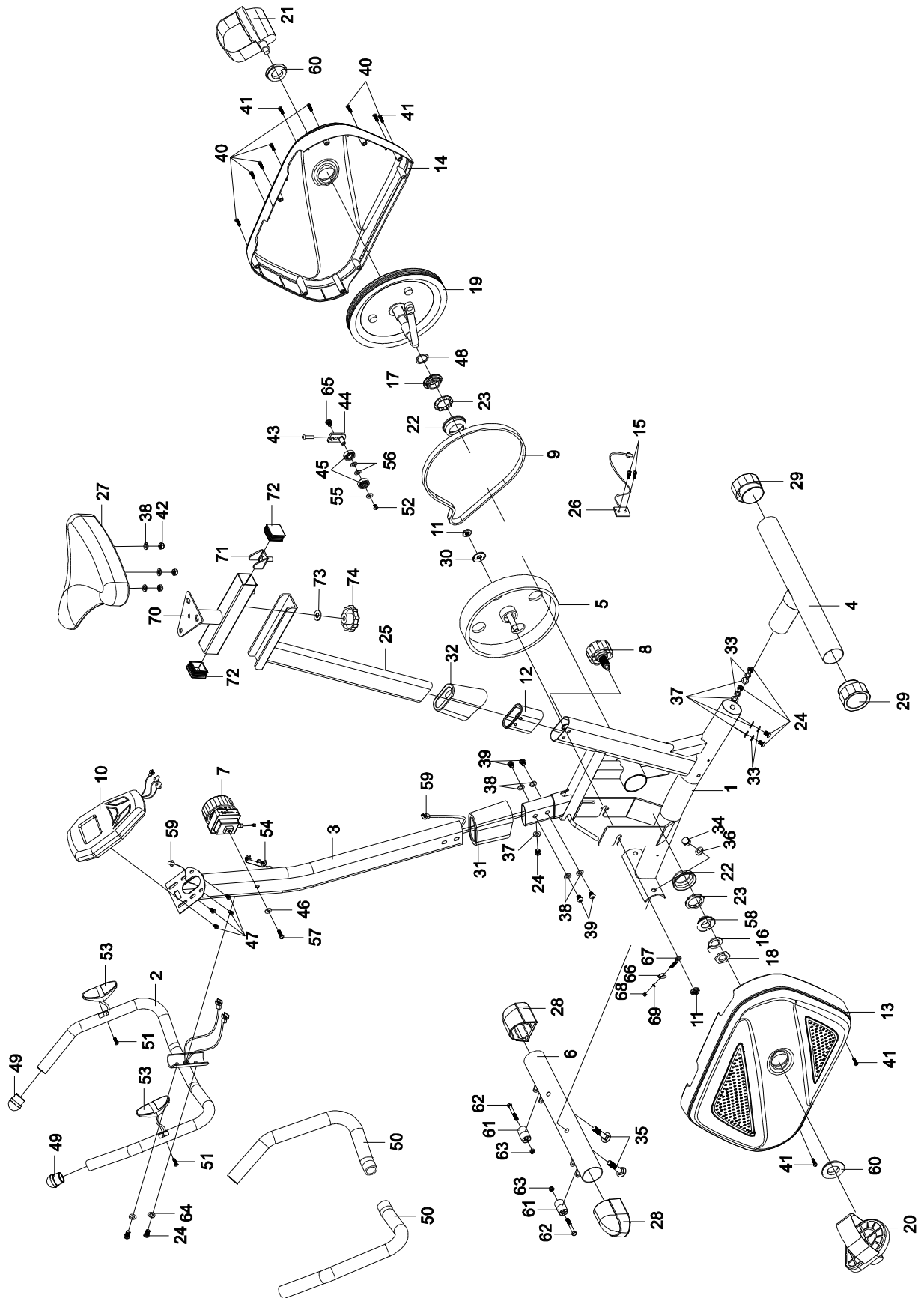


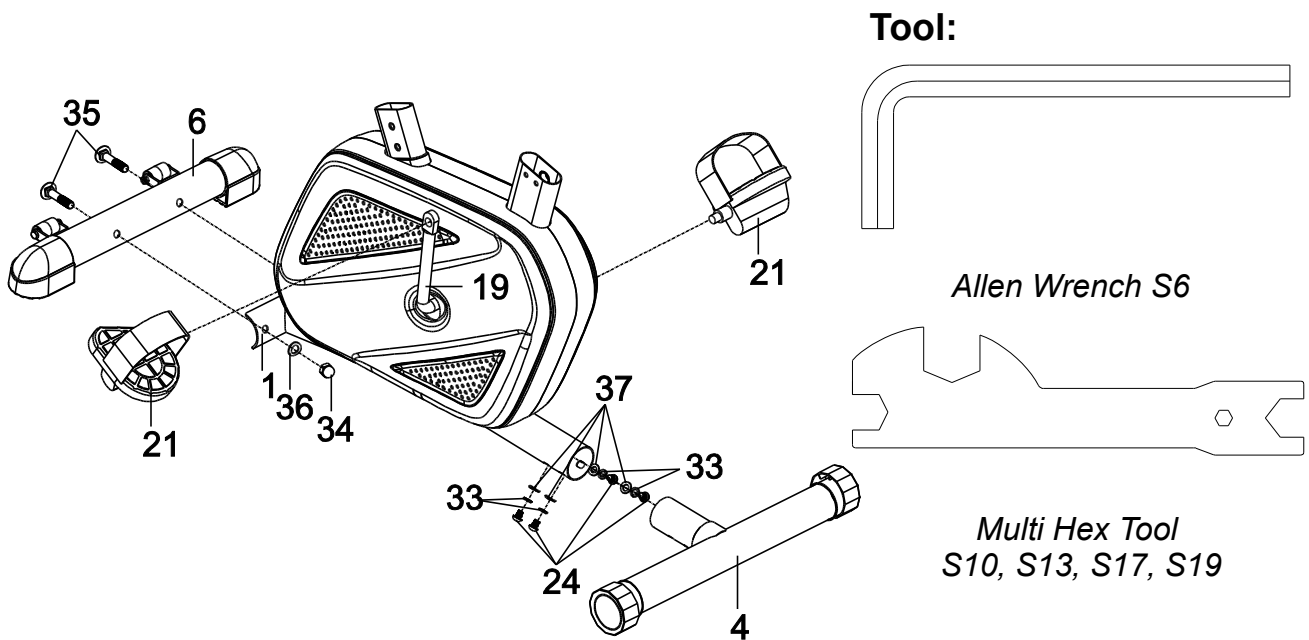
Multi Hex Tool
S10, S13, S17,
S19
1 PC
Multifunkčný
skrutkovač



Multi Hex Tool with Phillips
Screwdriver
S10, S13, S14, S15
1 Pcmultifunkčný
šestuholníkový skrutkovač

OVERVIEW DRAWING





ASSEMBLY INSTRUCTIONS

1. Front/Rear Stabilizers and Right/Left Foot Pedals Installation

Remove four M8x15 Bolts (24), four Ø8 Spring Washers (33), and four Ø20xØ8xØ1.5 Curve Washers (37) from the Rear Stabilizer (4). Remove bolts with the S6 Allen Wrench provided.

Attach the Rear Stabilizer (4) into the Main Frame (1) with four M8x15 Bolts (24), four Ø8 Spring Washers (33), and four Ø20xØ8xØ1.5 Curve Washers (37) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M10 Cap Nuts (34), two M10x57 Bolts (35), and two Ø10 Big Curve Washers (36). Tighten nuts with the Multi Hex Tool provided.

Foot Pedals Installation

The Cranks, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (20) into threaded hole in the left Crank (19).

Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

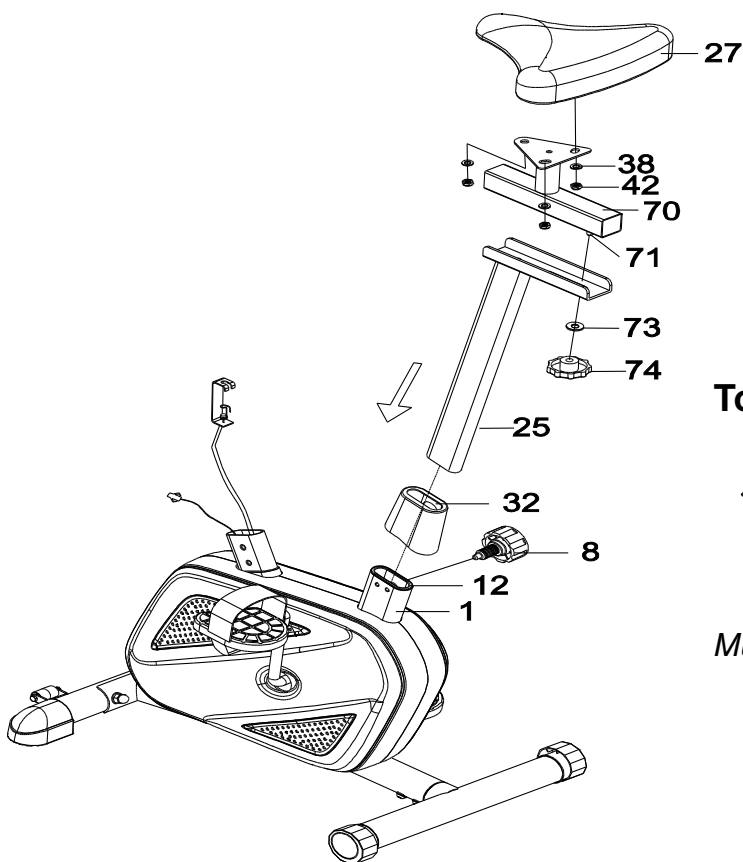
Tighten the pedal shaft of Left Foot Pedal (20) with the Multi Hex Tool provided.

Insert pedal shaft of Right Foot Pedal (21) into threaded hole in right Crank (19).

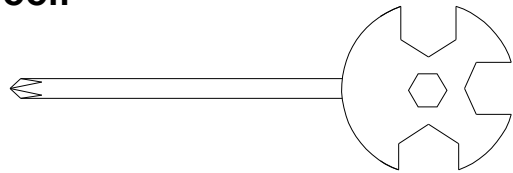
Turn the pedal shaft by hand in the clockwise direction until snug.
Tighten pedal shaft of Right Foot Pedal (21) with the Multi Hex Tool provided.

I

1.



Tool:



*Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15*

2. Seat Post, Seat Post Cover, Seat Cushion, and Seat Sliding Tube Installation

Slide the Seat Post Cover (32) onto the tube of the Main Frame (1).

Insert the Seat Post (25) into the Seat Post Bushing (12) on the tube of the Main Frame (1) and then attach the M16x1.5 Seat Post Knob (8) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (25) in the suitable position.

Remove three Ø16xØ8x1.5 Washers (38) and three M8 Locknuts (42) from underside of the

Seat Cushion (27). Remove locknuts with the Multi Hex Tool with Phillips Screwdriver provided.

Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Sliding Tube (70), attach with three removed $\text{\O}16\text{x}\text{\O}8\text{x}1.5$ Washers (38) and M8 Locknuts (42).

Tighten nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Guide the Seat Sliding Tube Bolt (71) on underside of the Seat Sliding Tube (70) through hole on top of the Seat Post (25), attach with one $\text{\O}20\text{x}\text{\O}10\text{x}2$ Big Washer (73) and M10 Seat Adjustment Knob (74).

3. Handlebar Post and Tension Control Knob Installation

Remove four M8x10 Bolts (39), four $\text{\O}16\text{x}\text{\O}8\text{x}1.5$ Washers (38), one M8x15 Bolt (24), and one $\text{\O}20\text{x}\text{\O}8\text{x}\text{\O}1.5$ Curve Washer (37) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (31) up to the Handlebar Post (3).

Insert the Tension Cable (54) through into the bottom hole of Handlebar Post (3) and pull it out from the square hole of Handlebar Post (3).

Connect the Sensor Wire (26) from the Main Frame (1) to the Extension Sensor Wire (59) from the Handlebar Post (3).

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x10 Bolts (39), four $\text{\O}16\text{x}\text{\O}8\text{x}1.5$ Washers (38), one M8x15 Bolt (24), and one $\text{\O}20\text{x}\text{\O}8\text{x}\text{\O}1.5$ Curve Washer (37) from the Main Frame (1) that were removed. Tighten bolts with the S6 Allen Wrench provided. Slide the Handlebar Post Cover (31) down to the Main Frame (1).

Remove the $\text{\O}5\text{x}\text{\O}20\text{x}\text{\O}1.5$ Big Washer (46) and M5x20 Bolt (57) from the Tension Control Knob (7). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (7) into the spring hook of Tension Cable (54), see Figure A. Pull the resistance cable of Tension Control Knob (7) up and force it into the gap of metal bracket of Tension Cable (54), see Figure B. Attach the Tension Control Knob (7) onto the Handlebar Post (3) with the $\text{\O}5\text{x}\text{\O}20\text{x}\text{\O}1.5$ Big Washer (46) and M5x20 Bolt (57) that were removed. Tighten bolt with the Multi Hex Tool with Phillips

4. Handlebar and Computer Installation

Remove two M8x15 Bolts (24) and two Ø16xØ8x1.5 Curve Washers (64) from the Handlebar Post (3). Remove bolts with the S6 Allen Wrench provided.

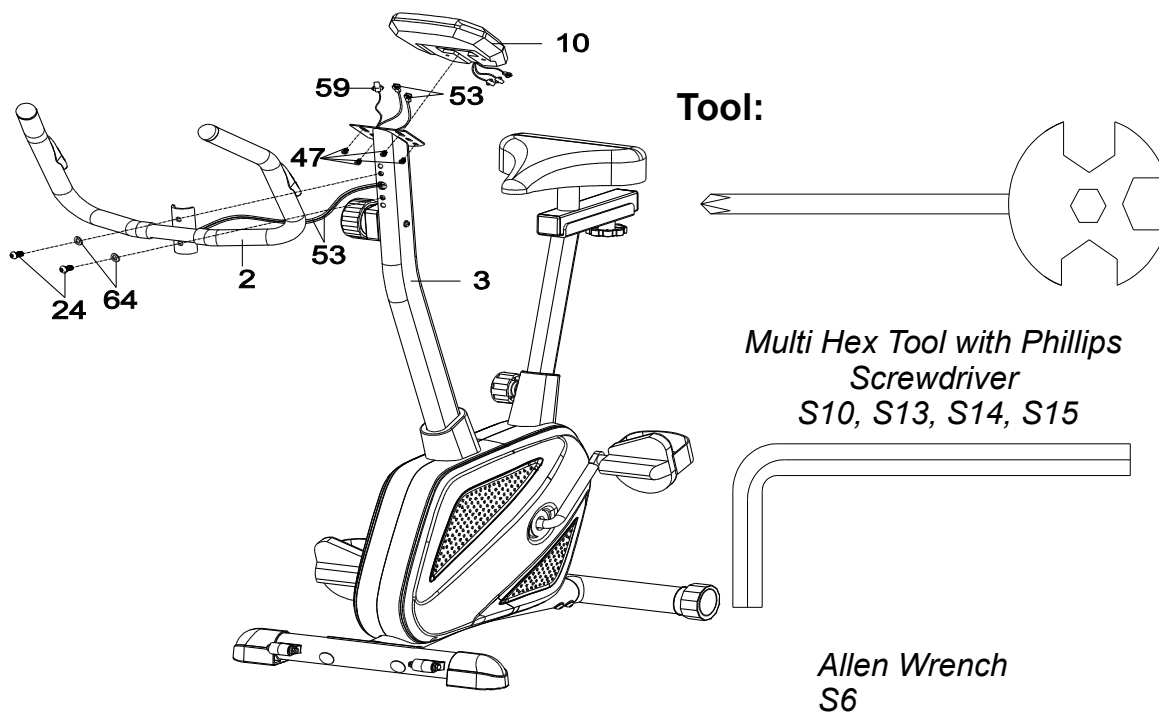
Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3).

Attach the Handlebar (2) onto the Handlebar Post (3) with two M8x15 Bolts (24) and two Ø16xØ8x1.5 Curve Washers (64) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Remove four M5x12 Bolts (47) from the Computer (10). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (53) and Extension Sensor Wire (59) to the wires that come from the Computer (10). Tuck wires into the Handlebar Post (3).

Attach the Computer (10) onto the top end of the Handlebar Post (3) with four M5x12 Bolts (47) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



OPERATING THE COMPUTER

USING YOUR COMPUTER

The computer can be activated by pressing the buttons or by pedaling. If you leave the equipment for 4 minutes, the power will turn off automatically.



BUTTON FUNCTIONS:

MODE: Press the MODE button to select each function of the computer.

Press and hold the MODE button for 4 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Press the MODE button until the arrow points to SCAN, the computer will automatically scans each function in sequence with change every 5 seconds.

NOTE: If you do not want to use the SCAN function, press the MODE button to select one of the other functions.

TIME: Press the MODE button until the arrow points to TIME, the computer will display your elapsed workout time in minutes and seconds.

SPEED: Press the MODE button until the arrow points to SPEED, the computer will display the current training speed.

CAL (CALORIES): Press the MODE button until the arrow points to CAL, the computer will

display the total accumulated calories burned during workout.

PULSE: Press the MODE button until the arrow points to PULSE and then hold both two hands on handlebar grip sensors, the screen will display your current heart rate figures and a heart symbol. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

DIST (DISTANCE): Press the MODE button until the arrow points to DIST, the computer will display the accumulative distance traveled during workout.

ODO (ODOMETER): Press the MODE button until the arrow points to ODO, the computer will display the total accumulative distance.

ODO(ODOMETER):

Zobrazuje akumulaci celkovou ujetou vzdálenost. Datové hodnoty zobrazuje ODO stisknutím a přidržením MODE nebo RESET po dobu 3 sekund. Pokud budete mít dobrou baterii z počítače, budou ODO dataValues

HOW TO INSTALL THE BATTERIES:

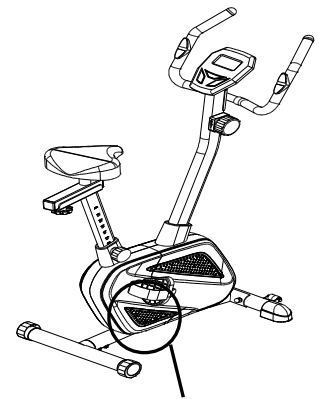
1. Remove the battery cover on the back of the computer.
2. Place one "SIZE-AAA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

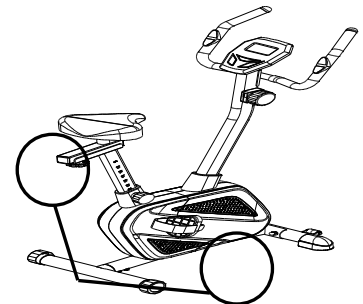
To decrease the load, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

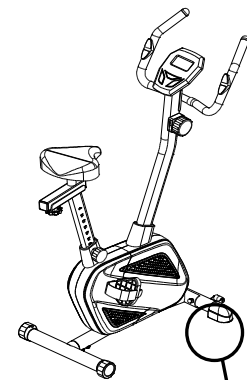
Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.



Rear Stabilizer End Cap

Adjusting the Seat Height

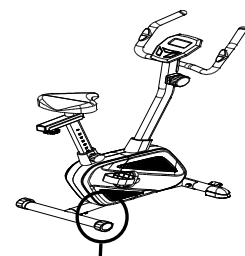
Turn the seat post knob in a counterclockwise direction until it can be pulled out. Pull out the seat post knob and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by releasing the seat post knob and sliding the seat post up or down slightly until the seat post knob "pops" down into the locked position. For added safety, tighten the seat post knob in a clockwise direction.



Seat Post Knob

NOTE: When adjusting the height of seat post, make

sure the seat post bushing does not exceed the mark line on the seat post.



Seat Adjustment Knob

Adjusting the Seat Forward or Back

Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn seat adjustment knob to tighten.

NOTE: Continue to turn seat adjustment knob until seat sliding tube is secure before exercising.

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the upright bike in a clean and dry environment away from children.

Skladování

Skladujte vzpřímené kolo v suchém a čistém prostředí mimo dosah dětí

TROUBLESHOOTING

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to

prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

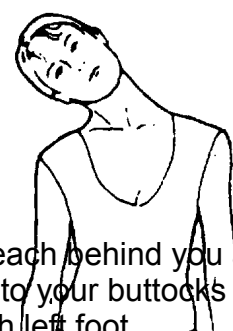
COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

ROLLS

Rotate your head back letting your chin touch your neck then drop your chin to your chest for one count.



right for one count, you should feel a stretch on the left side of your neck. Then rotate your head to the right for one count, stretching your chin to the ceiling and your head to the left for one count. Rotate your head to the left for one count, stretching your chin to the ceiling and your head to the right for one count. Bring your right foot up. With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

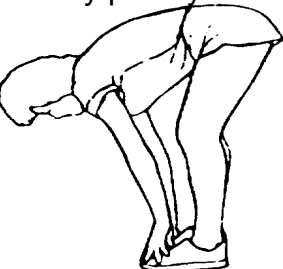
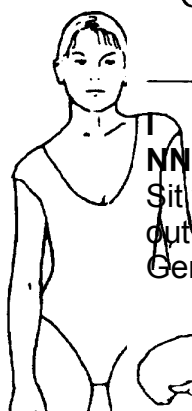


QUADRICEPS STRETCH



INNER SHOULDER STRETCHES

Sit with your feet together and your knees pointing outward. Push your feet for one count as low as possible. Gently push your knees toward the floor. Hold for 15 counts.

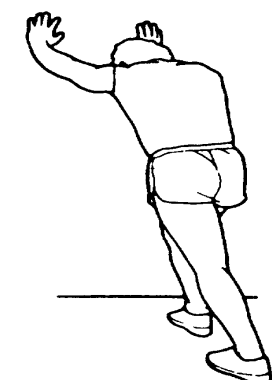


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

SIDE STRETCHES

Open your arms until they are over your head. Reach your right arm far over your head. Repeat this action with your left arm. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

