

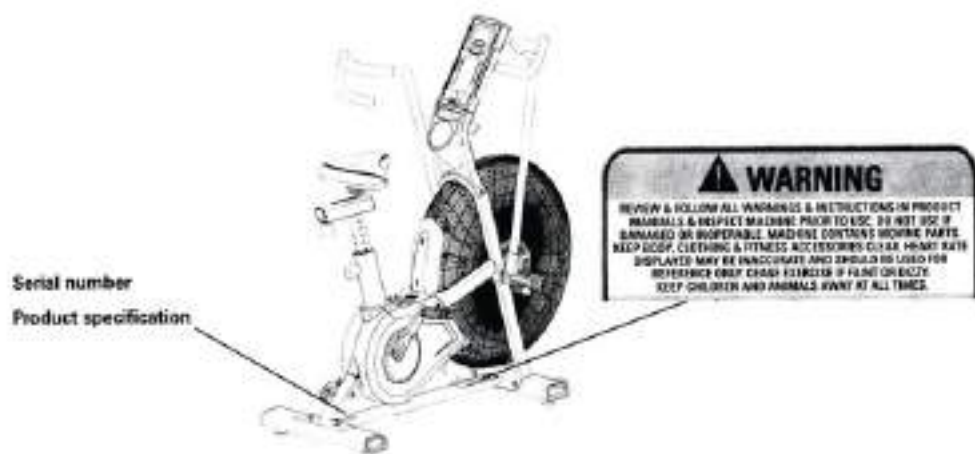
rpm  power®

AIR BIKE PRO OWNER'S MANUAL



- When the machine is put in a Commercial environment, it can only be used in areas where access and control of the machine are managed and supervised by approved staff. The degree of supervision and oversight depends among other things on the specific setting in which the machine is placed, security of that environment, and familiarity of the users with the equipment. Because others will have used the machine previously, make sure the seat, pedals and handlebars are correctly adjusted, tightened and secured.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This bike cannot stop the Pedals independently of the Resistance Fan. Reduce the pace to slow the Resistance Fan and Pedals to a stop. Do not dismount the bike until the Pedals have come to a complete stop. Be aware that the moving Pedals can strike the backs of the legs.
- Children should be supervised to ensure that they do not play with the appliance.

Safety Warning Labels and Serial Number



FCC Compliance

- ▲ Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The power supply complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This power supply has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Console Features

The Console provides information about your workout on the display screens.

Programs

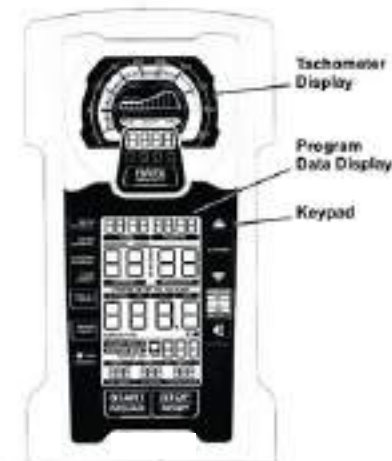
- Manual
- 20'10 Interval
- 30'30 Interval
- Custom Interval
- Time Target
- Heart Rate Zones
- Calorie Target
- Kilojoules Target
- Miles Target
- Kilometers Target

Note: Push and hold the RATE SELECT button for 3 seconds to go to SCAN mode and cycle through the rates automatically (CAL/MIN, WATTS, RPM, SPEED). Each rate is displayed for 3 seconds. To exit SCAN mode, push the Rate Select button.

Remote Heart Rate Monitor

Monitoring your Heart Rate is one of the best procedures to control the intensity of your exercise. The Console can read telemetry HR signals from a Heart Rate Chest Strap Transmitter that operates in the 4.5kHz - 5.5kHz range.

The Program Data Display shows the total time, CALORIE, MI (miles), kJ (kilojoules), and KM (kilometers) metrics. Push the CAL MI KJ KM Select button to cycle through the metrics. The summary for Interval programs shows total time, rounds and interval time.



Manual and Target Programs

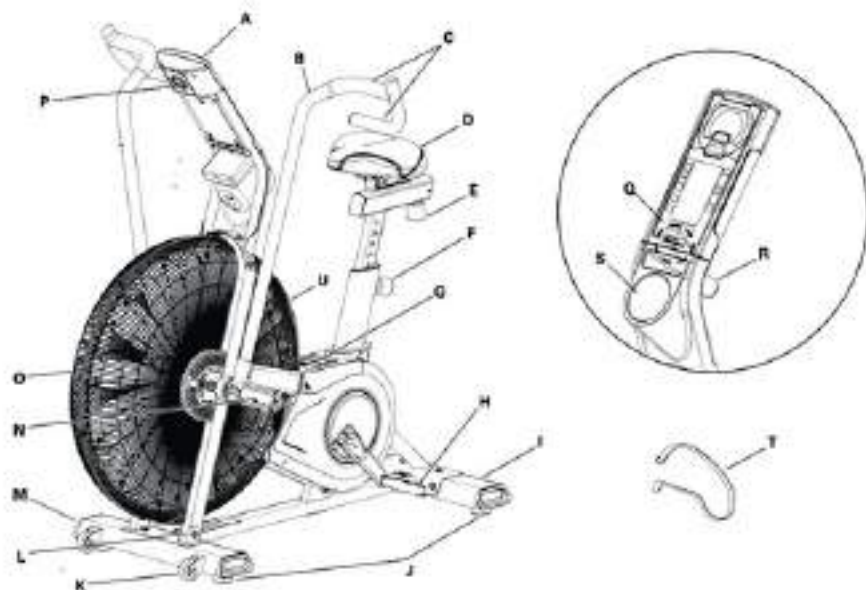


Interval Programs



The Heart Rate area cycles the Average HR and MAX HR values. If HR Zones were calculated for the program, the values are displayed.

The Results display will show for 5 minutes and then reset.




A	Console	H	Pedal	O	Air Resistance Fan
B	Handlebar	I	Stabilizer, Rear	P	Battery Compartment
C	Handle Grip	J	Leveler	Q	Telemetry Heart Rate (HR) Receiver
D	Seat	K	Transport Roller	R	Media Rack
E	Seat Slider Adjustment Knob	L	Power Connector	S	Water Bottle Holder
F	Seat Post Adjustment Knob	M	Stabilizer, Front	T	Transport and Immobilization Strap
G	Foot Step Pad	N	Foot Peg	U	RPM Power Ventilation Deflector

WARNING! Use the values calculated or measured by the machine's computer for reference purposes only. The heart rate displayed is an approximation and should be used for reference only. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Maximum User Weight: 159 kg (350 lbs.)
Total Surface Area (footprint) of equipment: 9059 cm² (1405 in²)
Machine Weight: 51.3 kg (113 lbs.)
Power Requirements: 2 D Batteries (LR20)
Operating Voltage: 3V DC
 Optional AC Power Adapter: 100V - 240V AC, 50-60Hz, 1500mA



 DO NOT dispose of this product as refuse. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

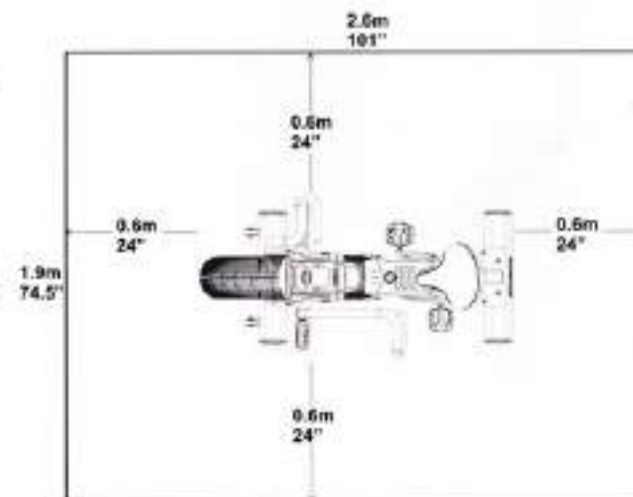
Before Assembly

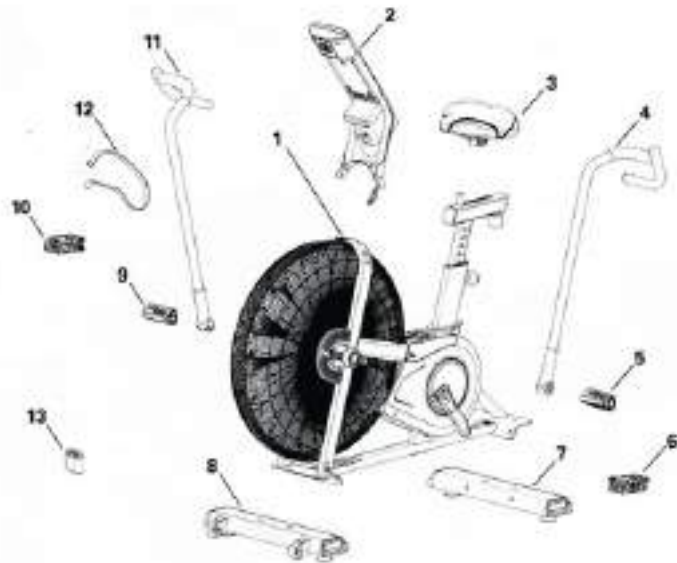
Select the area where you are going to set up and operate your machine. For safe operation, the location must be on a hard, level surface. Allow a workout area of a minimum 1.9 m (74.5") x 2.6 m (101").

Basic Assembly Tips

Follow these basic points when you assemble your machine:

- Read and understand the "Important Safety Instructions" before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, lightly lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.





A decal has been applied to all right ("R") and left ("L") parts to assist with assembly.

Item	Qty	Description	Item	Qty	Description
1	1	Frame Assembly	8	1	Stabilizer, Front
2	1	Console / Mast Assembly	9	1	Foot Peg, Right
3	1	Seat	10	1	Pedal, Right
4	1	Handlebar, Left	11	1	Handlebar, Right
5	1	Foot Peg, Left	12	1	Strap, Transport and Immobilization
6	1	Pedal, Left	13	2	Batteries, D size (LR20)
7	1	Stabilizer, Rear			



Item	Qty	Description	Item	Qty	Description
A	12	Button Head Hex Screw, M8x16	E	2	Flat Washer, M16
B	12	Lock Washer, M8	F	2	Shoulder Screw, M12x100
C	12	Flat Washer, M8			
D	4	Socket Head Cap Screw, M8x25			

Note: Select pieces of Hardware have been provided as spares on the Hardware Card. Be aware that there may be remaining Hardware after the proper assembly of your machine.

Tools Included



6 mm



#2
6 mm



13 / 15 mm

Moving the Machine

▲ The machine may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically fit and able to move the machine safely. Use proper safety precautions and lifting techniques.

1. Secure the Crank Arm to the Seat Post with the Transport and Immobilization Strap (T).
2. Use the Rear Stabilizer to carefully lift the machine onto the transport rollers.
Note: Be sure to keep the fan assembly clear of the floor.
3. Push the machine into position.
4. Carefully lower the machine into position.

NOTICE: Be careful when you move the machine. Abrupt motions can affect the computer operation.



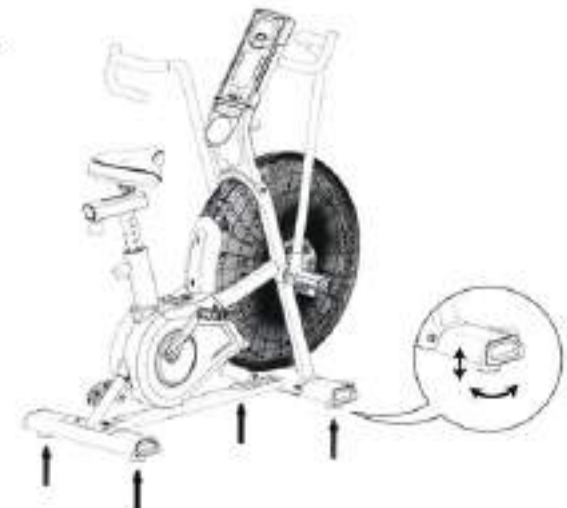
Leveling the Machine

The machine needs to be leveled if your workout area is uneven. Levelers are on each side of the Stabilizers. To adjust:

1. Place the machine in your workout area.
2. Turn the stabilizer feet to adjust until they are evenly balanced and in contact with the floor.

▲ Do not adjust the levelers to such a height that they detach or unscrew from the machine. Injury to you or damage to the machine can occur.

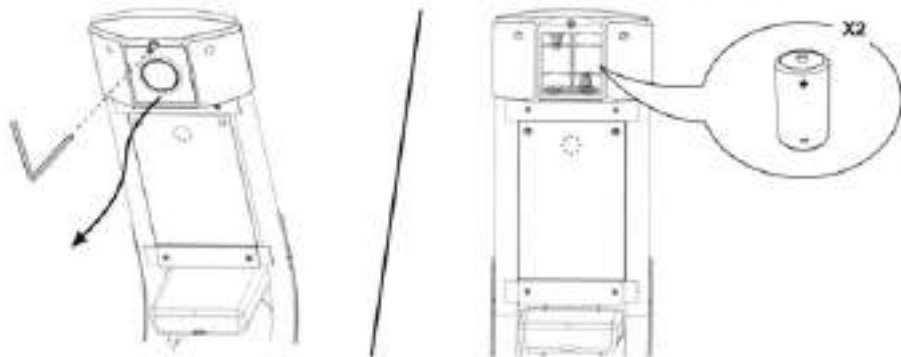
Make sure the machine is level and stable before you exercise.



7. Install Batteries in Console

Note: To open the battery bay, loosen the preinstalled screw in the cover. The console uses D size batteries (LR20). Make sure that the batteries point in the direction of the +/– indicators in the battery bay. If you use rechargeable batteries, the optional power adapter will not recharge the batteries.

- ⚠ **Do not mix old and new batteries.**
- ⚠ **Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.**



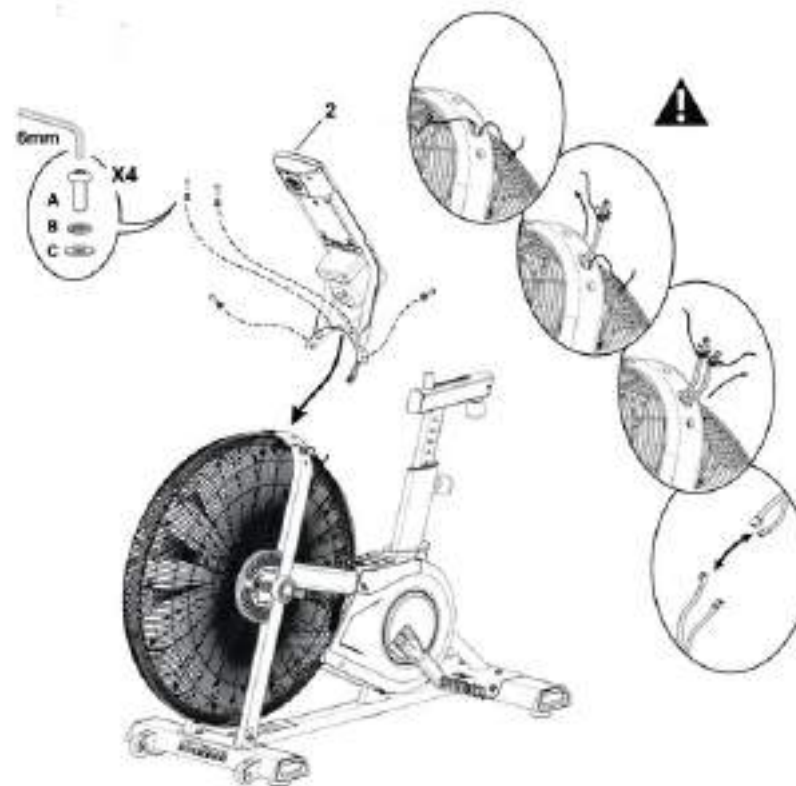
8. Final Inspection

Inspect your machine to ensure that all hardware is tight and components are properly assembled. Be sure to record the serial number in the field provided at the front of this manual.

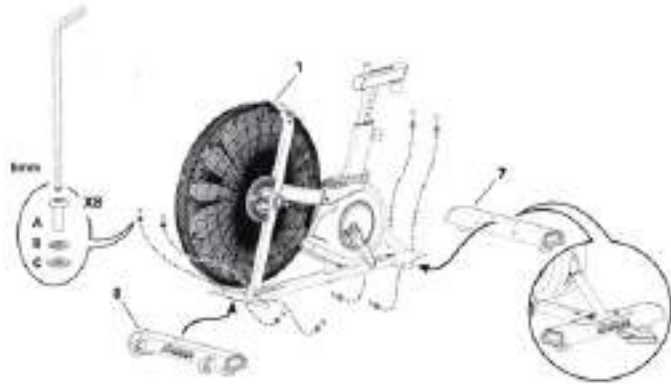
- ⚠ **Do not use or put the machine into service until the machine has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.**

3. Connect Cables and Attach the Console/Mast Assembly to Frame Assembly

NOTICE: Do not crimp the cables.

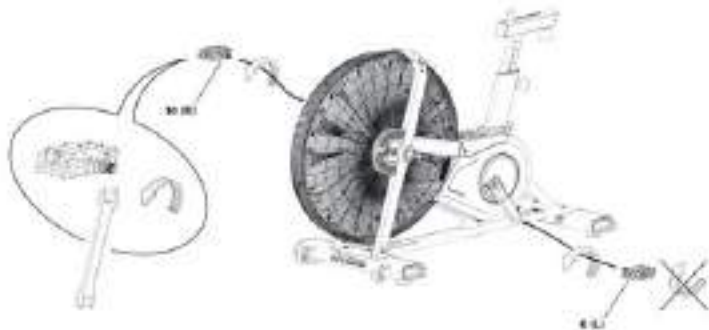


1. Attach Stabilizers to Frame Assembly



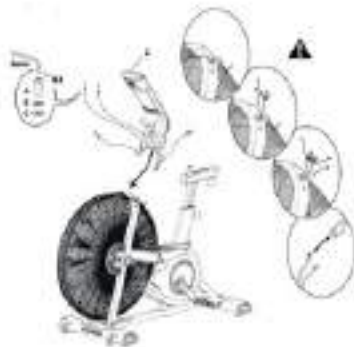
2. Attach Pedals to Frame Assembly

Note: The Left Pedal is reverse-threaded. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike. The Left Pedal has an "L", the Right Pedal on "R".



3. Connect Cables and Attach the Console/Mast Assembly to Frame Assembly

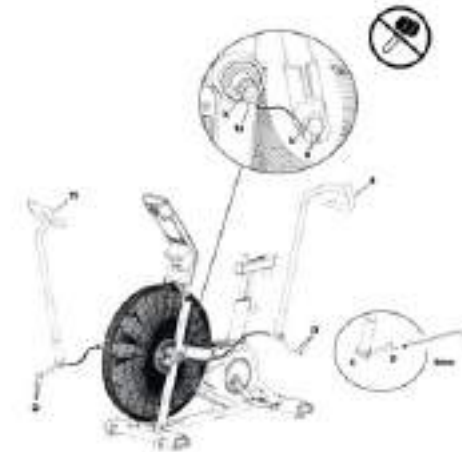
NOTICE: Do not crimp the cables.



4. Attach Handlebar Arms to Frame Assembly

NOTICE: Remove tag from the Handlebar Arm. Align the open curve (a) on the handlebar with the smooth curve (1a) on the pivot shaft and make sure the indent (b) are exactly aligned. Carefully push the handlebar onto the shaft. Do not force or hammer into position. Gently rock the handlebar forward and backward to make sure it is fully seated on the shaft.

▲ Fully tighten hardware. Make sure the Handlebar Arms are secure before you exercise. If a torque wrench is available, tighten bolts to 40 N-m.



5. Assemble Foot Pegs and Hardware, and Attach Foot Pegs to Frame Assembly

NOTICE: Push the Shoulder Screw (F) completely through the Foot Peg, and press the Washer (E) tightly onto the end of the Foot Peg. Be sure the Washer does not touch the bolt threads (F1). Do not let the Washer fall off the Foot Peg during installation.

