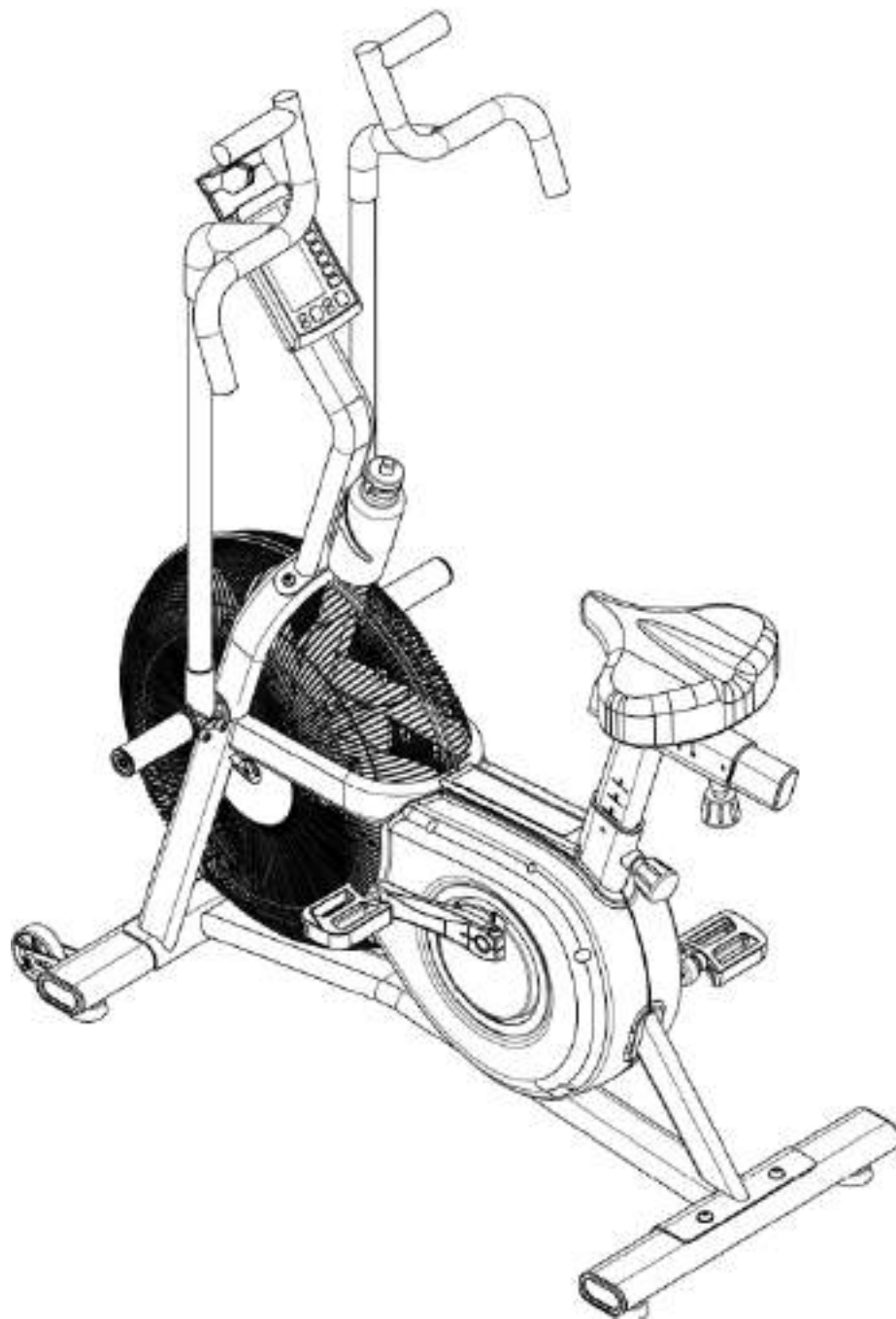


OWNER'S MANUAL



Product May Vary Slightly From Pictured.

ITEM NO.: AIR BIKE PRO

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SAFETY INSTRUCTIONS

1. Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. Failure to follow all warnings and instructions could result in serious injury or death.
2. To reduce the risk of serious injury, read the following Safety Instructions before using the Air Bike.
3. Save these instructions and ensure that other exercisers read this manual prior to using the **Air Bike** for the first time.
4. Read all warnings and cautions posted on the **Air Bike**.
5. The **Air Bike** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
6. We recommend that two people be available for assembly of this product.
7. Keep children away from the **Air Bike**. Do not allow children to use or play on the **Air Bike**. Keep children and pets away from the **Air Bike** at all times.
8. The **Air Bike** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
9. It is recommended that you place this exercise equipment on an equipment mat.
10. Set up and operate the **Air Bike** on a solid level surface. Do not position the **Air Bike** on loose rugs or uneven surfaces.
11. Make sure that adequate space is available for access to and around the **Air Bike**.
12. Adjust the **Foot Pad** on the rear stabilizer so that the bike sits on the floor without rocking.
13. Before using, inspect the **Air Bike** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
14. Before using, always make sure the **Seat** is securing tightened with the **Pull Pin Knob (55)**.
15. Each user should adjust the seat per instructions on page 12.
16. Do not attempt to adjust the seat while you are on the **Air Bike**.
17. Consult your physician before using this product. If you feel faint, dizzy, or experience pain during use, stop immediately and consult with your physician.
18. Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them. Use common sense when using this product.
19. Do not wear loose or dangling clothing while using the **Air Bike**.
20. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
21. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Air Bike**, loss of balance may result in a fall and bodily injury.
22. The **Air Bike** should not be used by persons weighing over 350 lbs /160 kgs.
23. The **Air Bike** should be used by only one person at a time.

BEFORE YOU BEGIN

Thank you for choosing the **Air 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.

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 **Air Bike** provides a

convenient and simple method to begin your journey of 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 **Air Bike**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

 **Open End Wrench 17mm**

 **Phillips Screwdriver**

 **Open End Wrench 13mm/ 15mm**

 **Allen Wrench 5mm**

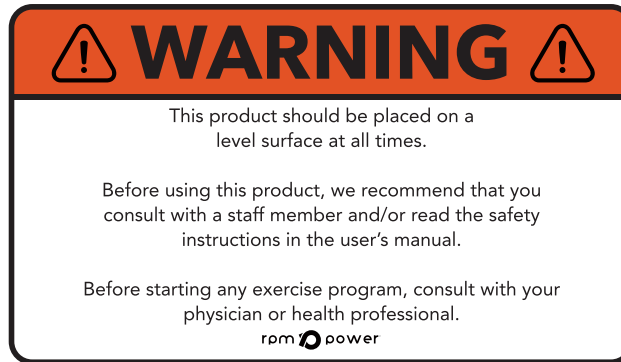
 **Allen Wrench 6mm**

 **Allen Wrench 8mm**

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

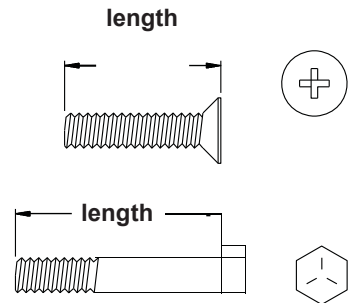
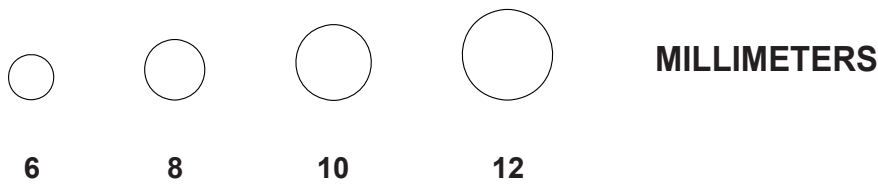
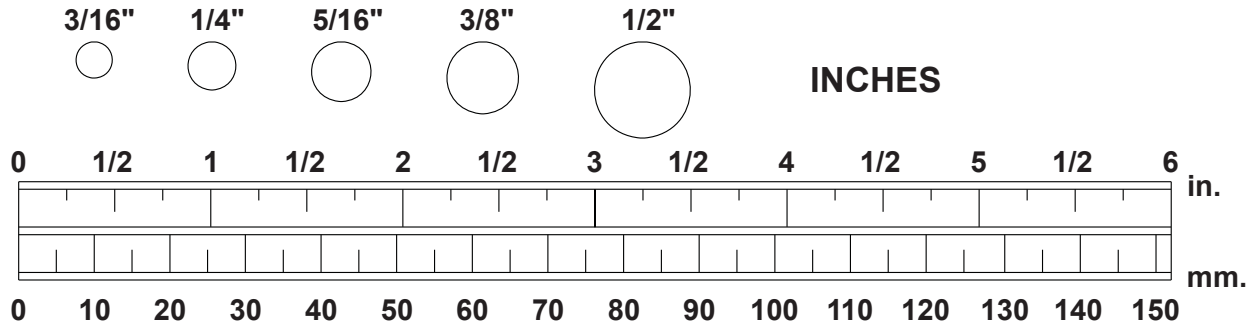
This chart is provided to help identify the warning, caution, and notice labels on the **Air Bike**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL



HARDWARE IDENTIFICATION CHART








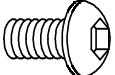


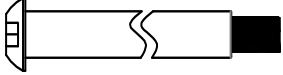

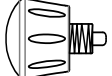
This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

HARDWARE IDENTIFICATION CHART

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

Drawings	Parts No.	Parts Description	QTY
	60	Nylon Lock Nut M8	4
	67	Spring Washer M8	4
	59	Flat Washer M8	6
	85	Button Head Cap Screw M8*7MM	1
	87	Button Head Cap Screw M8*15MM	2
	36	Truss Head Cross Screw M5*10MM	2
	90	Phillips Pan Head Screw M5*12MM	4
	56	Button Head Cap Screw M10*15MM	4
	57	Flat Washer M10	4
	72	Socket Head Cap Screw M8*50MM	4
	71	Step Screw 25*133MM (1/2 Thread)	2
	70	Wave Washer M8	4
	34	Pull Pin Knob M16	1

ASSEMBLY INSTRUCTIONS

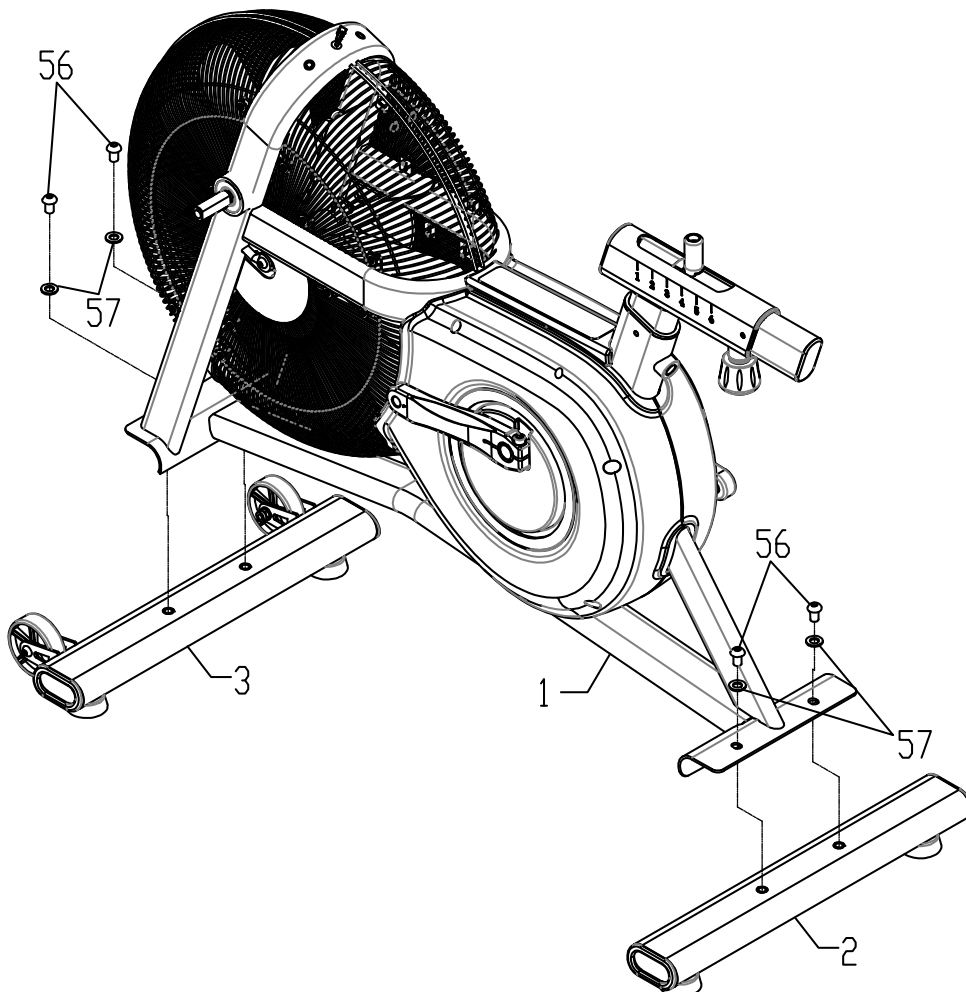
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

Some product parts are tested at the factory to ensure proper fit and alignment. Marks on the paint may be noticeable, but are not in indication of damage.

There are some packing materials attached on the Air Bike. Please follow steps below to remove them before any assembly. These parts are only for protection. Do not dispose of any packing materials until assembly is completed.

STEP 1

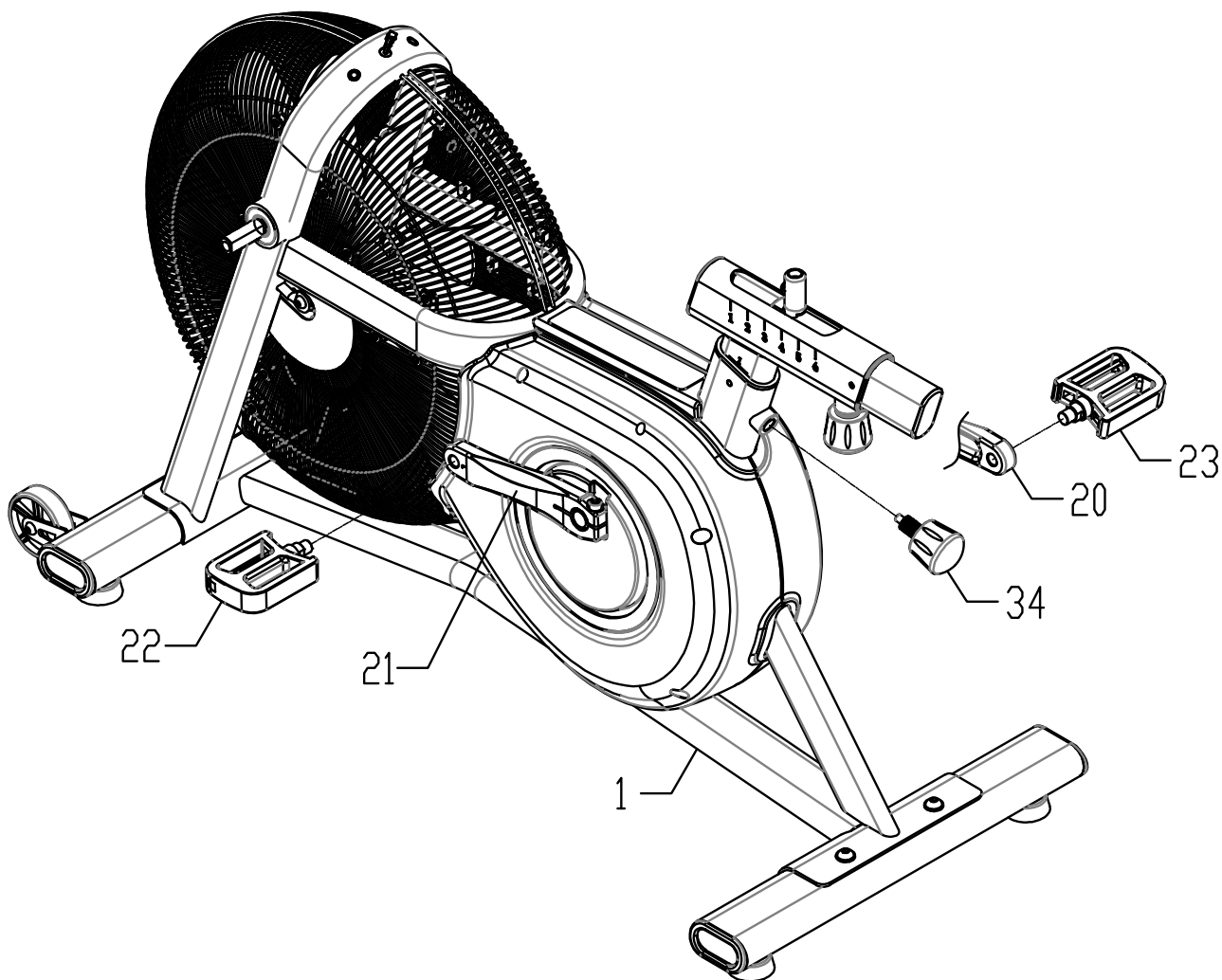
1. Attach **Rear Stabilizer (2)** onto **Main Frame (1)** by using: 2 PCs of **Button Head Cap Screw M10*15MM (56)** and 2 PCs of **Flat Washer M10 (57)**.
2. Attach **Front Stabilizer (3)** onto **Main Frame (1)** by using: 2 PCs of **Button Head Cap Screw M10*15MM (56)** and 2 PCs of **Flat Washer M10 (57)**.



ASSEMBLY INSTRUCTIONS

STEP 2

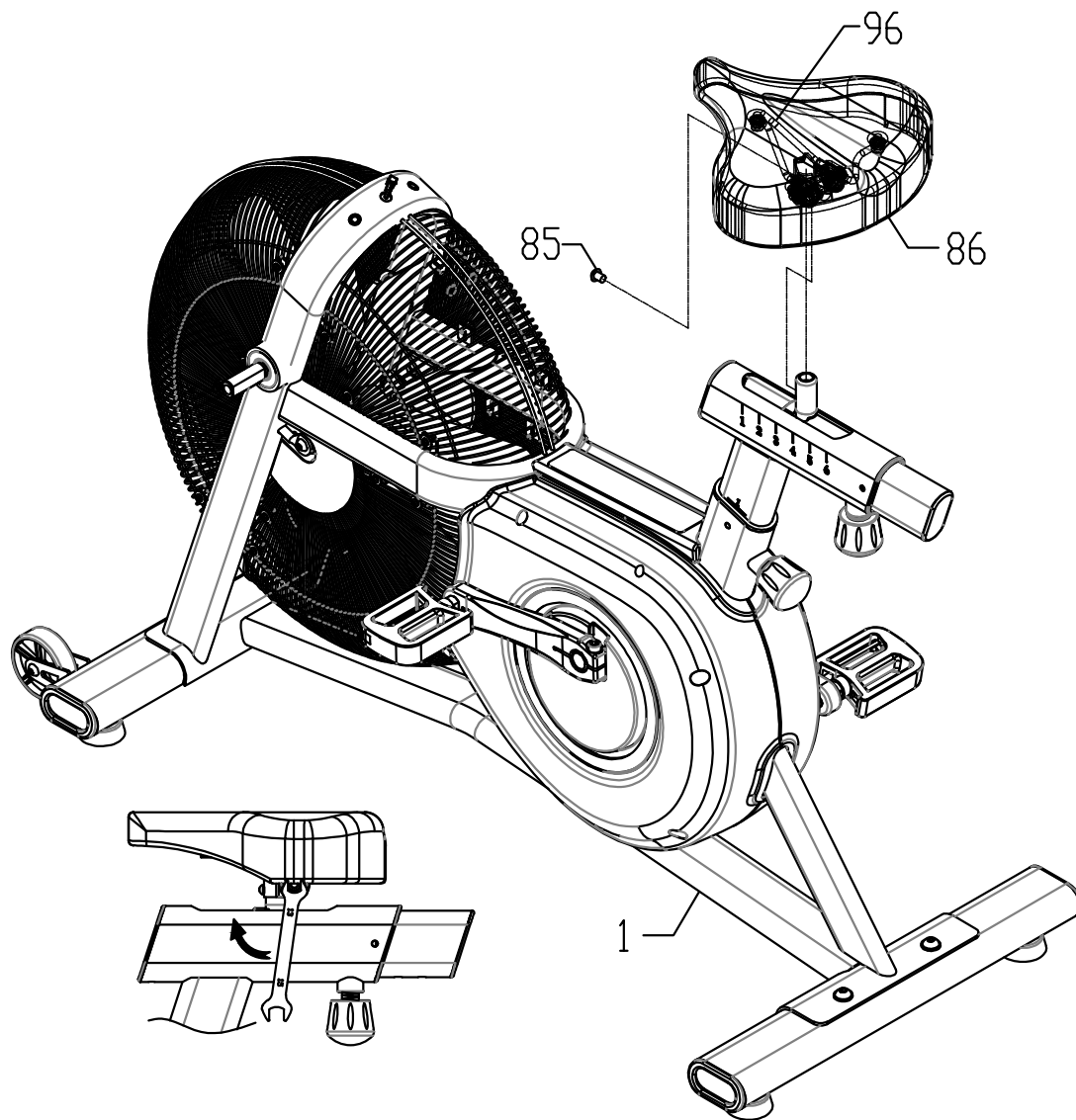
1. Tighten the **Left Pedal (22)** by rotating it into **Left Crank (21)** counterclockwise.
2. Tighten the **Right Pedal (23)** by rotating it into **Right Crank (20)** clockwise.
3. Screw **Pull Pin Knob M16 (34)** clockwise into **Main Frame (1)** at the desired height.



ASSEMBLY INSTRUCTIONS

STEP 3

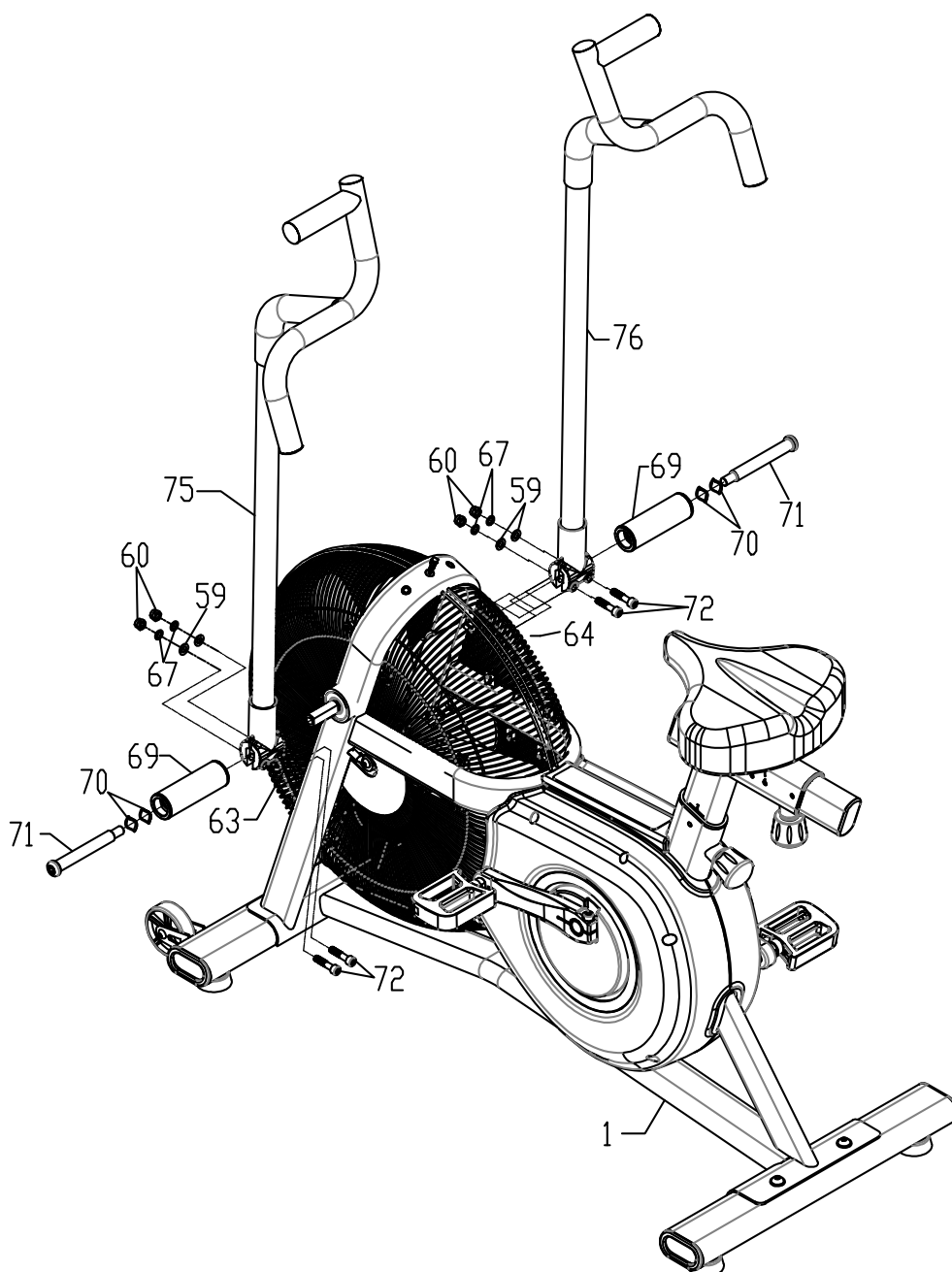
1. Mount **Seat Cushion (86)** onto frame. Center it and secure it with 1 PC of **Button Head Cap Screw M8*7MM (85)**.
2. Level the **Seat Cushion (86)**, and then tighten it with the M8 nuts located on the **Seat Clamp (96)** evenly on both sides.



ASSEMBLY INSTRUCTIONS

STEP 4

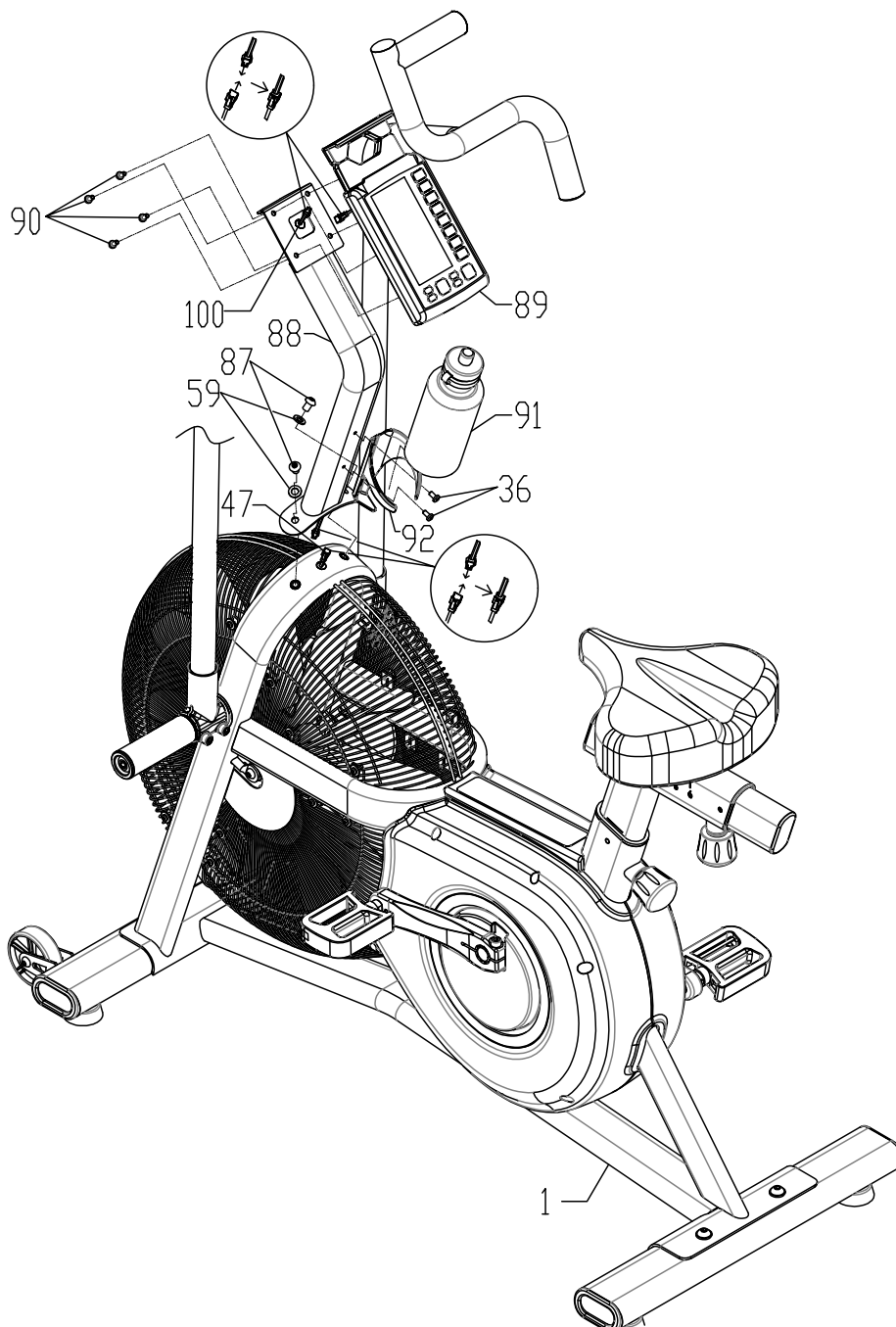
1. Attach **Left Swing Handle (75)** to the **Left Short Linkage (63)** by using: 2 PCs of **Socket Head Cap Screw M8*50MM (72)**, 2 PCs of **Flat Washer M8 (59)**, 2 PCs of **Spring Washer M8 (67)**, and 2 PCs of **Nylon Lock Nut M8 (60)** in sequence as illustrated.
2. Attach **Right Swing Handle (76)** to the **Right Short Linkage (64)** by using: 2 PCs of **Socket Head Cap Screw M8*50MM (72)**, 2 PCs of **Flat Washer M8 (59)**, 2 PCs of **Spring Washer M8 (67)**, and 2 PCs of **Nylon Lock Nut M8 (60)** in sequence as illustrated.
3. Insert 1 PC of **Step Screw 25*133MM (71)** and 2 PCs of **Wave Washer M8 (70)** into **Pedal Tube (69)**, and then attach them onto both **Left/ Right Short Linkage (63/ 64)**.



ASSEMBLY INSTRUCTIONS

STEP 5

1. Connect **Lower Sensor Wire (47)** to **Upper Sensor Wire (100)**. Tighten **Console Bracket (88)** to **Main Frame (1)** by using: 2 PCs of **Button Head Cap Screw M8*15MM (87)** and 2 PCs of **Flat Washer M8 (59)**.
2. Connect **Upper Sensor Wire (100)** to **Console (89)**. Tighten **Console (89)** to **Console Bracket (88)** by using: 4 PCs of **Phillips Pan Head Screw M5*12MM (90)**.
3. Attach **Bottle Holder (92)** to **Console Bracket (88)** by using: 2 PCs of **Truss Head Cross Screw M5*10MM (36)**.
4. Place on the **Water Bottle (91)** into **Bottle Holder (92)**.

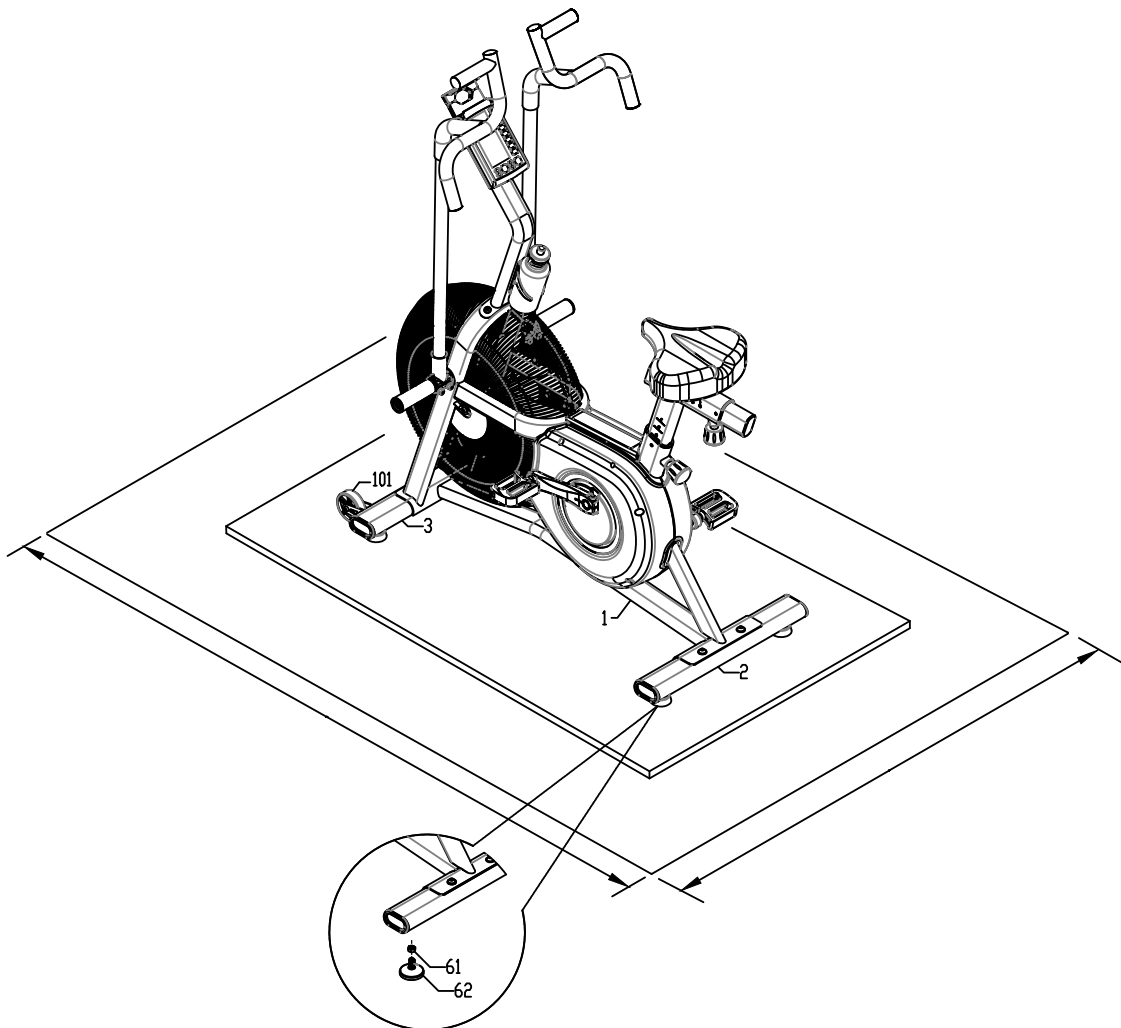


SETUP INSTRUCTIONS

Place the **Air Bike** in the area where it will be used. It is recommended that the **Air Bike** be placed on a equipment mat. Make sure that adequate space is available for access to and passage around the **Air Bike**.

LEVELING: Adjust the **Adjustable Foot Pad M10 (62)** under the **Rear Stabilizer (2)** so that **Air Bike** sits on the floor without rocking. Refer to instructions below.

TRANSPORTING: The **Air Bike** has a pair of **Transport Wheel (101)** on the **Front Stabilizer (3)**. Lift up from the handle at the back of the **Air Bike** to move it.



FUNCTION INSPECTION:

Visually inspect the **Air Bike** to verify that assembly is as shown in the above illustration. Check the function of the Air Bike by turning the cranks / pedals slowly for a few circles to verify that the drive belt functions properly.

CAUTION:

Locate and read the Caution Label on the **Air Bike**.
Make sure that all users read the Caution Label before using the **Air Bike**.

COMPUTER INSTRUCTIONS

Your **Air Bike** utilizes an air fan system to create resistance for your workout. We recommend that you use this console monitor to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the console monitor can become an important source of motivation and interest which will help keep you on track.



(Figure 1)

After installing 4 PCs of AA batteries, the LCD displays all segments and enters Year / Month / Date / Time setup with a 5-second backlight.
Press UP / DOWN buttons to adjust Year / Month / Date / Time value when Year setup begins.
Press ENTER button to confirm and enter standby mode.

I. FUNCTION BUTTONS

▲ (UP BUTTON):

- In programs, press to increase preset values.

▼ (DOWN BUTTON):

- In programs, press to decrease preset values.

START BUTTON:

- During standby mode, press START to begin the workout.
- During any workout modes, press START for 1st time to pause the workout. Press it again during Pause to resume the workout.

STOP BUTTON:

- During any workout modes, press STOP for 1st time to end the workout.
- Hold for 3 seconds to activate TOTAL RESET and reboot the console.

COMPUTER INSTRUCTIONS

ENTER BUTTON:

- Confirms selections and advances to the next step in settings.

INTERVAL 10/20 BUTTON:

- Enter Interval 10/20 program. Refer to below instructions for more details for this program.

INTERVAL 20/10 BUTTON:

- Enter Interval 20/10 program. Refer to below instructions for more details for this program.

INTERVAL CUSTOM BUTTON:

- Enter Interval Custom program. Refer to below instructions for more details for this program.

TARGET TIME BUTTON:

- Enter Target Time program. Refer to below instructions for more details for this program.

TARGET DIST BUTTON:

- Enter Target Distance program. Refer to below instructions for more details for this program.

TARGET CAL BUTTON:

- Enter Target Calories program. Refer to below instructions for more details for this program.

-

TARGET HR BUTTON:

- Enter Target Heart Rate program. Refer to below instructions for more details for this program.

AIM BUTTON:

- Enter AIM program. Refer to below instructions for more details for this program.

RECORD BUTTON:

- View previous workout results under FITNESS SCORE, and also view ODO. Refer to below instructions for more details for this function.

II. QUICK START

1. In standby mode, detecting RPM signal would trigger QUICK START. Symbols for TIME, CALORIES, DISTANCE, WATTS, SPEED, and RPM would light up and cune upward (Figure 2).
2. When heartrate signal is detected, the "PULSE" wordings would last, and heart symbol would also flash and display spotted heartbeat data. When there is no heart rate signal detected, console displays "P" (Figure 3).
3. The console returns to standby mode after 5 minutes of no RPM signal.
4. The console returns to standby mode after 30 seconds of in-activity during setup.
5. Press START 1st to pause the workout and press it again to resume the workout. Press STOP to rend the workout and view results, and press it again to return to standby mode.
6. The maximum display for TIME is 99:59.

COMPUTER INSTRUCTIONS



(Figure 2)

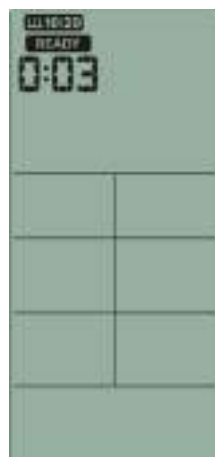


(Figure 3)

III. PROGRAMS

INTERVAL 10/20 PROGRAM

1. Press INTERVAL 10/20 to enter this program and activate the display **11110/20**.
2. READY displays with a 3-second countdown to begin the workout (Figure 4), following by "01/X" with "01" flashing. "WORK" wordings flash and TIME counts down from 10 seconds. Metrics (DISTANCE, CALORIES, WATTS, SPEED, RPM) begin counting up (Figure 5).
3. The window display "01/XX" still, and "REST" wordings flash to remind user take a rest for 20 seconds. TIME counts down from 20 seconds (Figure 6).
4. Step #2 and step 3# repeat in cycles. When one cycle is completed, "XX/XX" will count up by 1. Program is completed when "XX/XX" is reached, and program ends.
5. When the final REST period is not started, this program ends directly.
6. After 5 seconds of no signal detected, the console enters standby mode.
7. Press START once to pause the workout, and press it again to resume the workout.
8. Press STOP to enter the workout summary.
9. Press STOP while viewing workout summary to return to standby mode.
10. During this program, TIME window shows a countdown (maximum value 99:59), and TOTAL TIME counts up (maximum value 99:59).



(Figure 4)



(Figure 5)

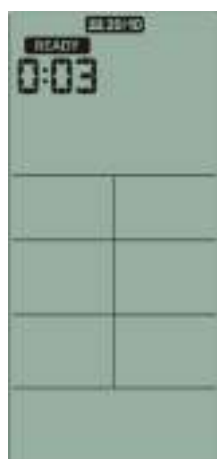


(Figure 6)

COMPUTER INSTRUCTIONS

INTERVAL 20/10 PROGRAM

1. Press INTERVAL 20/10 to enter this program and activate the display **III20/10**.
2. READY displays with a 3-second countdown to begin the workout (Figure 7), following by "01/XX" with "01" flashing. "WORK" wordings flash and TIME counts down from 20 seconds. Metrics (DISTANCE, CALORIES, WATTS, SPEED, RPM) begin counting up (Figure 8).
3. The window display "01/XX" still, and "REST" wordings flash to remind user take a rest for 20 seconds. TIME counts down from 10 seconds (Figure 9).
4. Step #2 and step 3# repeat in cycles. When one cycle is completed, "XX/XX" will count up by 1. Program is completed when "XX/XX" is reached, and program ends.
5. When the final REST period is not started, this program ends directly.
6. After 5 seconds of no signal detected, the console enters standby mode.
7. Press START once to pause the workout, and press it again to resume the workout.
8. Press STOP to enter the workout summary.
9. Press STOP while viewing workout summary to return to standby mode.
10. During this program, TIME window shows a countdown (maximum value 99:59), and TOTAL TIME counts up (maximum value 99:59).



(Figure 7)



(Figure 8)



(Figure 9)

INTERVAL CUSTOM PROGRAM

1. Press INTERVAL CUSTOM to enter this program and activate the display **IIICustom**.
2. The console displays a default value 01. Use UP/ DOWN to adjust the range from 01 – 20 to confirm the workout cycles (Figure 10).
3. Press ENTER to confirm the CYCLE setting. Then "WORK" wordings flash with a default WORK TIME of 0:30. Use UP / DOWN to adjust WORK TIME setting from 0:05 – 9:59 (Figure 11).
4. Press ENTER to confirm the WORK TIME setting. Then "REST" wordings flash with a default REST TIME of 0:20. Use UP / DOWN to adjust from 0:05 – 9:59 (Figure 12).
5. Press ENTER to confirm the REST TIME setting. Then "READY" displays with a 3-second countdown to begin the workout (Figure 13). Console displays "01/XX" with "WORK" wordings flashing, and TIME counts down from pre-set value. Metrics (DISTANCE, CALORIES, WATTS, SPEED, RPM) begin counting up (Figure 14).
6. When step #5 is completed, then console displays "01/XX" with "REST" wordings flashing, and TIME counts down from pre-set value (Figure 15).

COMPUTER INSTRUCTIONS

7. Step #5 and step #6 repeat in cycles, When one cycle is completed, "XX/XX" will count up by 1. Program is completed when "XX/XX" is reached, and program ends.
8. When the final REST period is not started, this program ends directly.
9. After 5 seconds of no signal detected, the console enters standby mode.
10. Press START once to pause the workout, and press it again to resume the workout.
11. Press STOP to enter the workout summary.
12. Press STOP while viewing workout summary to return to standby mode.
13. During this program, TIME window shows a countdown (maximum value 99:59), and TOTAL TIME counts up (maximum value 99:59).



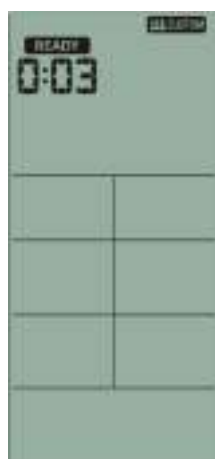
(Figure10)



(Figure11)



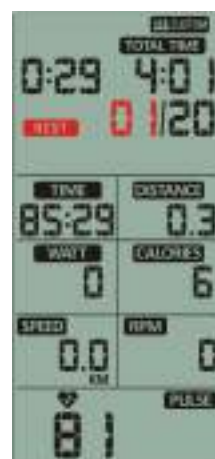
(Figure12)



(Figure13)



(Figure14)



(Figure 15)

TARGET TIME PROGRAM

1. Press TARGET TIME to enter this program and "TARGET" wordings are displayed at all times (Figure 16).
2. TIME window shows the default 1:00 or the previous set value. Use UP / DOWN to adjust TIME setting from 1:00 – 99:00.
3. Press ENTER to confirm TIME setting and begin the workout. TIME window starts to countdown (Figure 17).
4. After 5 seconds of no signal detected, the console enters standby mode.
5. After 30 seconds of in-activity during program setup, the console enters standby mode.
6. Press START once to pause the workout, and press it again to resume the workout.
7. Press STOP to enter the workout summary.
8. Press STOP while viewing workout summary to return to standby mode.
9. The maximum display for workout time is 99:59.

COMPUTER INSTRUCTIONS



(Figure 16)



(Figure 17)

TARGET CAL PROGRAM

1. Press TARGET CAL to enter target calories program and "TARGET" wordings are displayed at all times (Figure 18).
2. CALORIES window shows the default 20 or the previous set value. Use UP / DOWN to adjust TIME setting from 1 – 2000.
3. Press ENTER to confirm CALORIES setting and begin the workout. CALORIES window starts to countdown (Figure 19).
4. After 5 seconds of no signal detected, the console enters standby mode.
5. After 30 seconds of in-activity during program setup, the console enters standby mode.
6. Press START once to pause the workout, and press it again to resume the workout.
7. Press STOP to enter the workout summary.
8. Press STOP while viewing workout summary to return to standby mode.
9. The maximum display for workout time is 99:59.



(Figure 18)

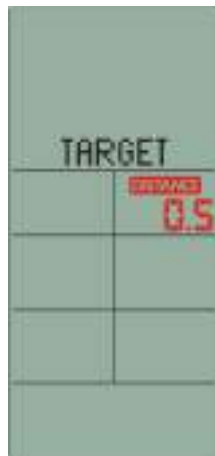


(Figure 19)

COMPUTER INSTRUCTIONS

TARGET DIST PROGRAM

1. Press TARGET DIST to enter target distance program and “TARGET” wordings are displayed at all times (Figure 20).
2. DISTANCE window shows the default 0.5 km (or 0.5 mile) or the previous set value. Use UP / DOWN to adjust DISTANCE setting from 0.5 – 100.
3. Press ENTER to confirm DISTANCE setting and begin the workout. DISTANCE window starts to countdown (Figure 21).
4. After 5 seconds of no signal detected, the console enters standby mode.
5. After 30 seconds of in-activity during program setup, the console enters standby mode.
6. Press START once to pause the workout, and press it again to resume the workout.
7. Press STOP to enter the workout summary.
8. Press STOP while viewing workout summary to return to standby mode.
9. The maximum display for workout time is 99:59.



(Figure 20)



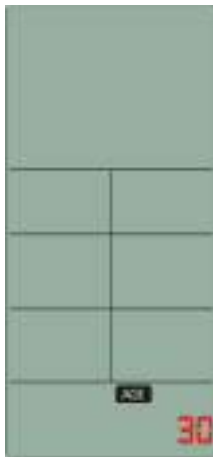
(Figure 21)

TARGET HR PROGRAM

1. Press TARGET HR to enter target heart rate program. The “AGE” wordings flash with a default of 30 years-old or the previous set value (Figure 22). Use UP / DOWN to adjust AGE setting from 11 – 120.
2. Press ENTER to continue the next setting. Console shows default 65% (Figure 23), and “TARGET” wordings are displayed at all times. Use UP / DOWN to select different target heart rate program: 65% / 85% / custom (Figure 24). The heart rate symbol next to “PULSE” shows different target programs.
3. If target heart rate custom is selected, the default heart rate value is 100 (Figure 25). Use UP / DOWN to adjust the range from 50 – 195.
4. Press ENTER to begin the workout. “TARGET” wordings and ‘PULSE” window flash, and “PULSE” remains lit when your heart rate is within +/- 10% of the target heart rate (Figure 26).
5. If your heart rate is < 10% below target heart rate, “↑” lights up to remind user to accelerate the speed (Figure 27).
If your heart rate is > 10% above target heart rate, “↓” lights up to remind user to decelerate the speed (Figure 28).
If your heart rate reaches or exceeds 100% of the target, an alarm sounds. If the value does not drop below 100% after 10 beeping sounds, the console enters standby mode automatically.
6. If no heart rate is detected, the “PULSE” window shows “P”. An alarm would sound after 30 seconds, and the console enters standby mode.

COMPUTER INSTRUCTIONS

7. After 5 seconds of no signal detected, the console enters standby mode.
8. After 30 seconds of in-activity during program setup, the console enters standby mode.
9. Press START once to pause the workout, and press it again to resume the workout.
10. Press STOP to enter the workout summary.
11. Press STOP while viewing workout summary to return to standby mode.
12. The maximum display for workout time is 99:59.



(Figure 22)



(Figure 23)



(Figure 24)



(Figure 25)



(Figure 25-1)



(Figure 26)



(Figure 27)



(Figure 28)

AIM PROGRAM

1. Press AIM to enter this program. There is a 3-minute warm up in the beginning of the program. Console shows 'WARM UP' wordings while the TIME counts down from 3:00. The right window shows a target RPM range of 45 – 55, and the left window shows spotted RPM with "↑" or "↓" to remind user to adjust the speed in order to have spotted RPM in the target RPM range (Figure 29).
2. After warm up is completed, console enters "INTERVAL 1" session to begin the workout. The console shows "INTERVAL 1" wordings with a 15-seconds countdown. The right window shows the maximum target RPM during this session, while the left window shows spotted RPM (Figure 30).

NOTE: If no heart rate is detected, "PULSE" window shows flashing "P", and beep sound alerts user.

COMPUTER INSTRUCTIONS

- When "INTERVAL 1" session is completed, "RECOVER" function begins. Console shows "RECOVER" with target RPM of 25 displayed on the right window. Use "↑" or "↓" to remind user to maintain the target RPM (Figure 31).
- Step #2 and step #3 repeat in cycles until "INTERVAL 8" session is completed. Then a 2-minute cool down begins, and console shows "COOL DOWN" wordings with target RPM range of 45 – 55 on the right window. On the left window, it shows spotted RPM (Figure 32).
- When cool down is completed, "RECOVERY SCORE" starts for 2 minutes. Console shows 'REC. SCORE' with target RPM of 0 (Figure 33).
- Once recover score is completed, console shows 'FITNESS SCORE" (Figure 34), and saves the workout data in "RECORD". Press STOP to return to standby mode, or console will automatically enter standby mode after 30 seconds.
- TIME window counts down when no RPM signal is detected during AIM program.
- During the workout under AIM program, all buttons are disabled, except STOP.



(Figure 29)



(Figure 30)



(Figure 31)



(Figure 32)



(Figure 33)




(Figure 34)

IV. RECORD FUNCTIONS

- In standby mode, press RECORD to view the total ODO (odometer) values. Console displays "ODOMETER" wordings at all times, and shows total distance in km (or mile), and total exercise time in hours.
- Press UP / DOWN to scroll through AIM workout records. Console displays "NO. XX" while showing Year / Month / Day / Time of the specific workout result of the AIM program.
- The console stores up to 51 entries. The first entry is ODO value, and the rest 50 entries are the 50 AIM program workouts (labeled as NO. 1 – NO. 50).
- Use UP / DOWN to toggle views or press STOP to return to standby mode. All other buttons are disabled in this function. Console will automatically return to standby mode if no button is pressed for 30 seconds.

V. BLUETOOTH HEART RATE

- Once Bluetooth heart rate device is connected to the console, the symbol  remains lit.
- When Bluetooth heart rate connection is dis-connected, the console would automatically return to standby mode.

COMPUTER INSTRUCTIONS

VI. BLUETOOTH APP

1. The console use FTMS Bluetooth communication for connecting Bluetooth apps.
2. The available Bluetooth apps include Kinomap, Zwift, and iConsole+

AVAILABLE APPS



Kinomap



Zwift



iConsole+

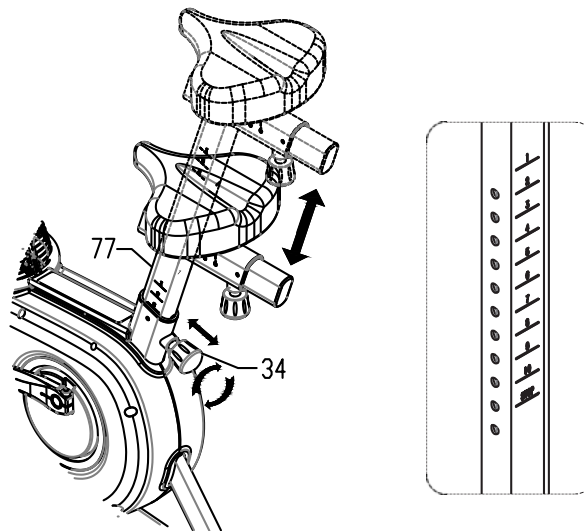
OPERATIONAL INSTRUCTIONS

I. SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the bike and center your foot on the pedal. Your leg should be slightly bent and relaxed. If your leg is too straight or your foot cannot touch the pedals, you need to lower the seat. If your leg is bent too much, you will need to raise the seat.

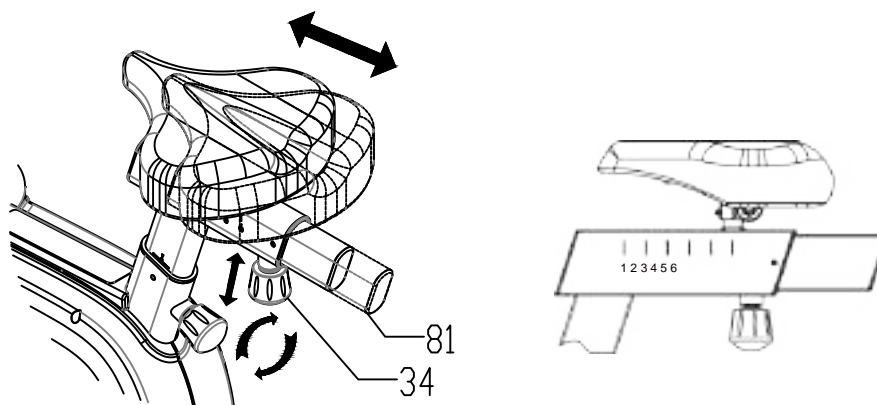
Unlock the **Pull Pin Knob (34)** by turning it counterclockwise. Pull out the **Pull Pin Knob (34)** to adjust **Seat Tube (77)** to a desired height.

NOTE: Do not pull the seat post out too far. The seat heights are marked on the seat post as illustrated.



II. HANDLEBAR & SEAT POSITION

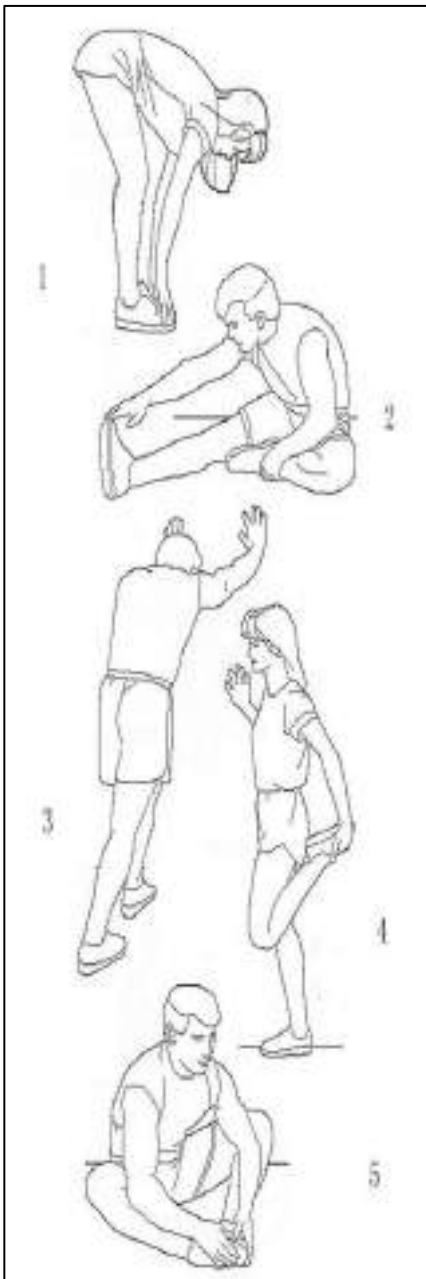
Unlock the **Pull Pin Knob (34)** by turning it counterclockwise. Pull out the **Pull Pin Knob (34)** to adjust the **Seat Extension Tube (81)** to a desired position.



WARM-UP EXERCISES

WARM-UP: the purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for 2 – 5 minutes before strength or aerobic training. 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 – 30 seconds. Do no bounce.



It is better to do some warm-up exercise. Warm the muscle easy stretch, so use 5-10 mins to warm-up. Then stop and according below method to do stretch exercise for five times, and each foot do 10 seconds or more every time. After running, do those stretch exercises again

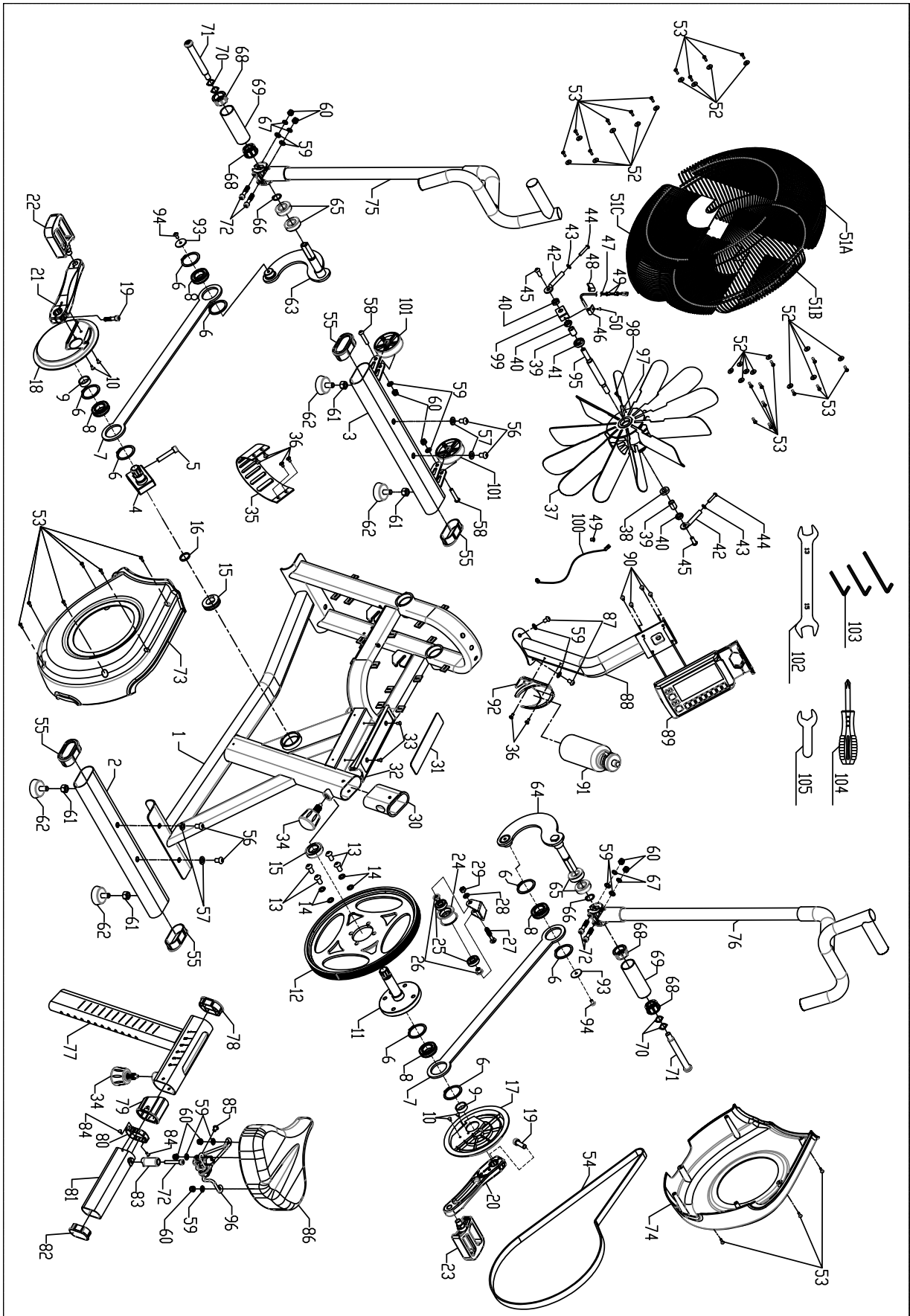
1. **Reach Down:** Knees slightly bent and body slowly bent

forward, back and shoulders relax, trying to touch toes. Keep 10-15 seconds and relax. Repeat 3 times (See picture 1).

2. **Hamstrings Stretches:** Sitting on a clean cushion, put one leg straight, the other inward and close to the inside of the straight leg. Try to touch your toes with your hands. Keeping for 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
3. **Crus and Feet Tendon Stretches:** Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, tilt to the wall or tree. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
4. **Quadriceps Stretches:** Keeping your balance with your left hand holding on the wall or table, then stretch your right heel toward your buttocks slowly, until you feel very tense in the front of your thigh. Keep 10 to 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
5. **Sartorius (Inner Muscles of the Thigh Muscle Stretches:**

Sitting down with your soles opposite and knees outward Pull your feet toward your groin Keep 10 to 15 seconds, and relax. Repeat 3 times (See picture 5).

PRODUCT PARTS DRAWING



PARTS LIST

PARTS NO	PARTS DESCRIPTION	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Eccentric Block	1
5	Socket Head Cap Screw M10*1.5*50mm	1
6	Circlip for Ø47MM	8
7	Left / Right Linkage	2
8	Bearing 6005 with Circlip Groove	4
9	Long Spacer Ø30*Ø25.29*10.9MM	2
10	Cross Head Screw with Washer M4*10MM	4
11	Center Axle Assembly	1
12	Pulley Ø330MM with 8 Grooves	1
13	Button Head Cap Screw M10*1.25*35MM	4
14	Spring Washer M10	4
15	Bearing 6005Z	2
16	Short Spacer Ø30Ø25.2*3.2MM	1
17	Right Rotating Plate	1
18	Left Rotating Plate	1
19	Socket Head Cap Screw M10*1.25*35mm	2
20	Right Crank	1
21	Left Crank	1
22	Left Pedal	1
23	Right Pedal	1
24	Idler Wheel Ø43*26MM	1
25	Bearing 608Z	1
26	Spacer	2
27	Carriage Bolt M6*45MM (Neck 3mm)	2
28	Flat Washer Ø6.2*Ø16MM	1
29	Hex Nylon Lock Nut M6	1
30	Seat Tube Hollow Plug	1
31	Aluminum Foot Pedal Plate	1
32	Aluminum Foot Pedal Base	1
33	Countersunk Cross Screw M5*10MM	2
34	Pull Pin Knob M16	2

35	Lower Mesh Cover Plate	1
36	Truss Head Cross Screw M5*10MM	6
37	Fan Wheel	1
38	Bearing 6901Z	1
39	Sleeve	2
40	Thin Hex Nut M12*1.25MM	3
41	Bearing 6001Z	1
42	Cat-Eye Screw M6	2
43	Curved Washer Ø6.2Ø15MM	2
44	Button Head Cap Screw M6*40MM	2
45	Button Head Cap Screw M8*20MM	2
46	Sensor Bracket Base	1
47	Lower Sensor Wire	1
48	Cable Clamp	1
49	Wire Plug Ø12	3
50	Phillips Pan Head Self-Drilling Screw ST4.2*12MM	1
51A	Front Mesh Cover	1
51B	Upper Mesh Cover	1
51C	Lower Mesh Cover	1
52	Flat Washer Ø5.3*Ø15MM	20
53	Phillips Pan Head Self-Tapping Screw ST4.2*15MM	29
54	Belt 580PJ with 8 Peaks	1
55	Stabilizer End Cap	4
56	Button Head Cap Screw M10*15MM	4
57	Flat Washer M10	4
58	Button Head Cap Screw M8*45MM	2
59	Flat Washer M8	11
60	Nylon Lock Nut M8	9
61	Hex Nut M10	4
62	Adjustable Foot Pad M10	4
63	Left Short Linkage	1
64	Right Short Linkage	1
65	Bearing 6004Z	4
66	External Circlip Ø20	2
67	Spring Washer M8	4
68	Pedal Tube Plug Ø38	4
69	Pedal Tube	2

70	Wave Washer M8	4
71	Step Screw 25*133MM (1/2 Thread)	2
72	Socket Head Cap Screw M8*50MM	5
73	Right Chain Cover	1
74	Left Chain Cover	1
75	Left Swing Handle	1
76	Right Swing Handle	1
77	Telescoping Tube (Upper/Lower)	1
78	Inner Plug for Outer Horizontal Telescoping Tube	1
79	Hollow Plug for Outer Horizontal Telescoping Tube	1
80	Outer Plug for Inner Horizontal Telescoping Tube	1
81	Inner Horizontal Telescoping Tube	1
82	Inner Plug for Inner Horizontal Telescoping Tube	1
83	Seat Mounting Post	1
84	Countersunk Cross Screw M4*10MM	2
85	Button Head Cap Screw M8*7MM	1
86	Seat Cushion	1
87	Button Head Cap Screw M8*15MM	2
88	Console Bracket	2
89	Console	1
90	Phillips Pan Head Screw M5*12MM	4
91	Water Bottle	1
92	Bottle Holder	1
93	Flat Washer Ø6.2*Ø30*2.0Tmm	2
94	Flat Head Socket Screw M6*12mm	2
95	Fan Wheel Axle	1
96	Seat Clamp (U-Bracket)	1
97	Magnet	1
98	Countersunk Phillips Head Self-Drilling Screw ST3*10MM	1
99	Sensor Mounting Plate	1
100	Upper Sensor Wire	1
101	Transport Wheel	2
102	Open End Wrench13-15MM	1
103	Allen Wrench 5/6/8MM	1+1+1
104	Phillips Screwdriver	1
105	Open End Wrench 17MM	1