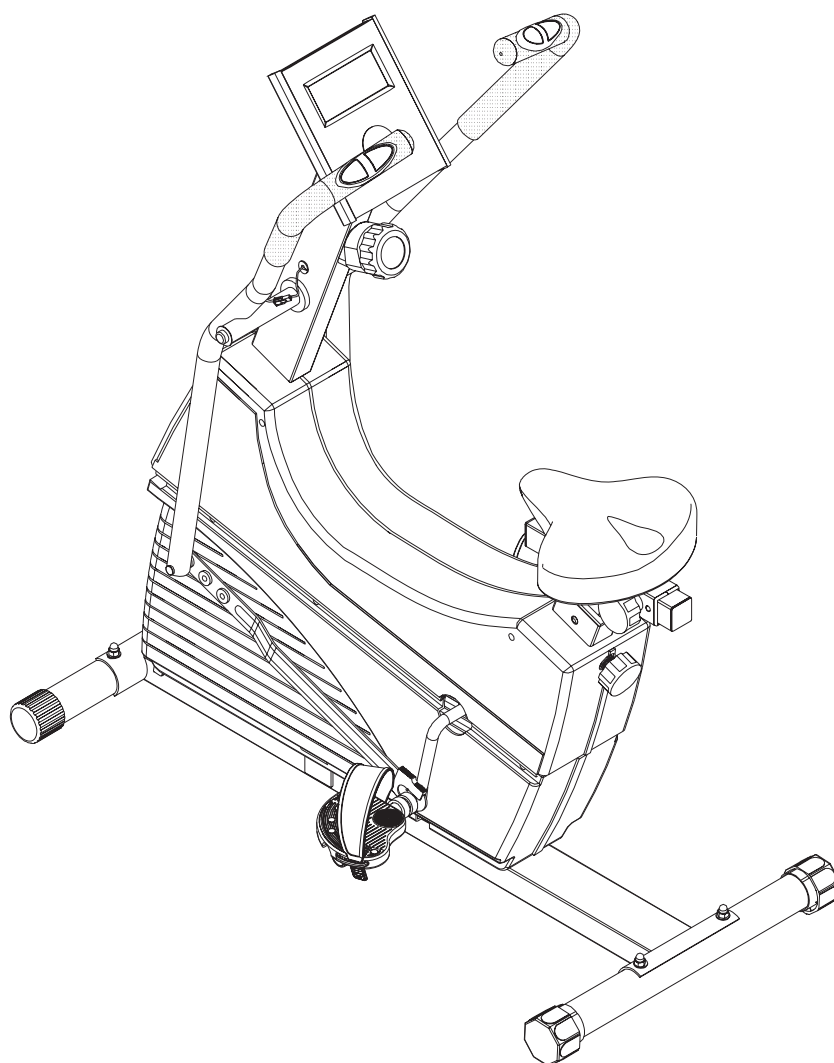


BODYWORX



Dual Action Bike

**Model No:
ABW300**



**Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual**

Version A

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(0108UT6706-07)

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of 250 pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorised service representative, unless authorised and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing this new **Dual Action Bike!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

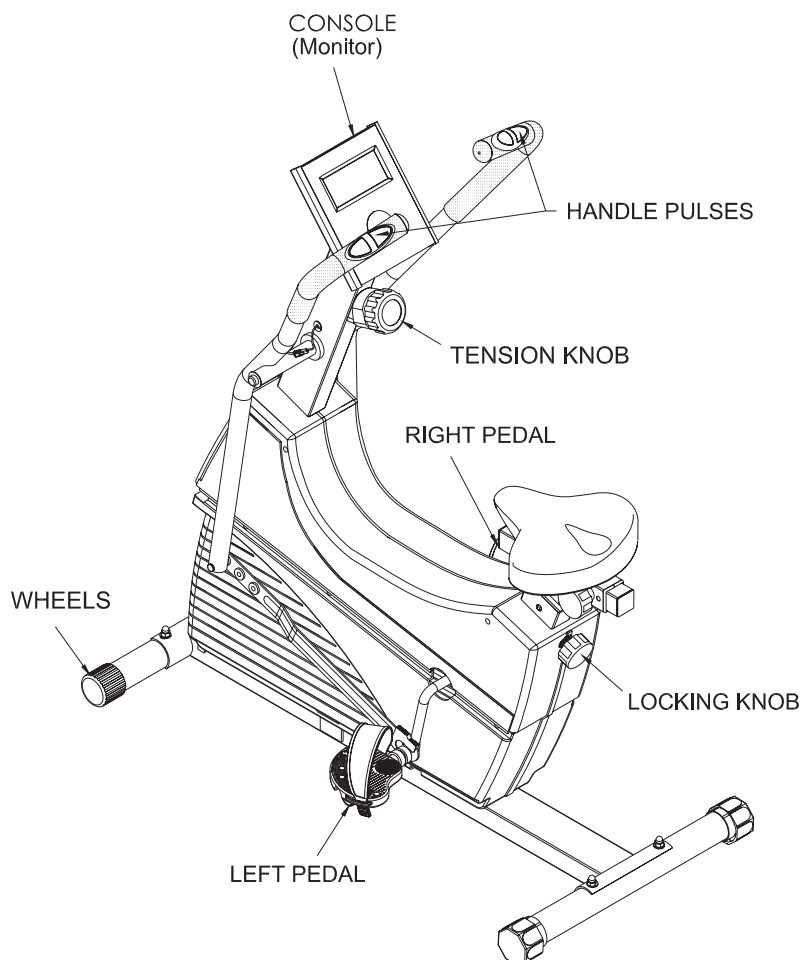
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and / or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarise yourself with the listed parts.



Assembly Instruction

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

FIGURE 1

STEP 1.

Attach Foot Tube (27) to front of Main Frame (1) using:

Qty 2 - (43) Carriage Bolt

Qty 2 - (67) Black Washer

Qty 2 - (45) Nut Cap

Make sure that the Foot Tube (27) with Wheels (28) are assembled to the front of the Main Frame (1).

STEP 2.

Attach Foot Tube (27) to rear of Main Frame (1) using:

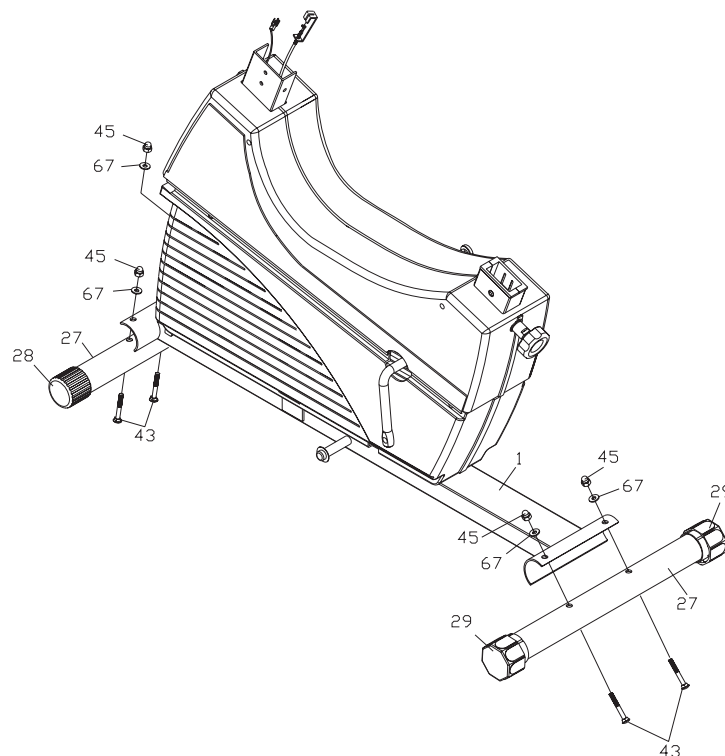
Qty 2 - (43) Carriage Bolt

Qty 2 - (67) Black Washer

Qty 2 - (45) Nut Cap

Make sure that the Foot Tube (27) with Foot Cap (29) are assembled to the rear of the Main Frame (1).

FIGURE 1



Assembly Instruction

FIGURE 2

Step 1:

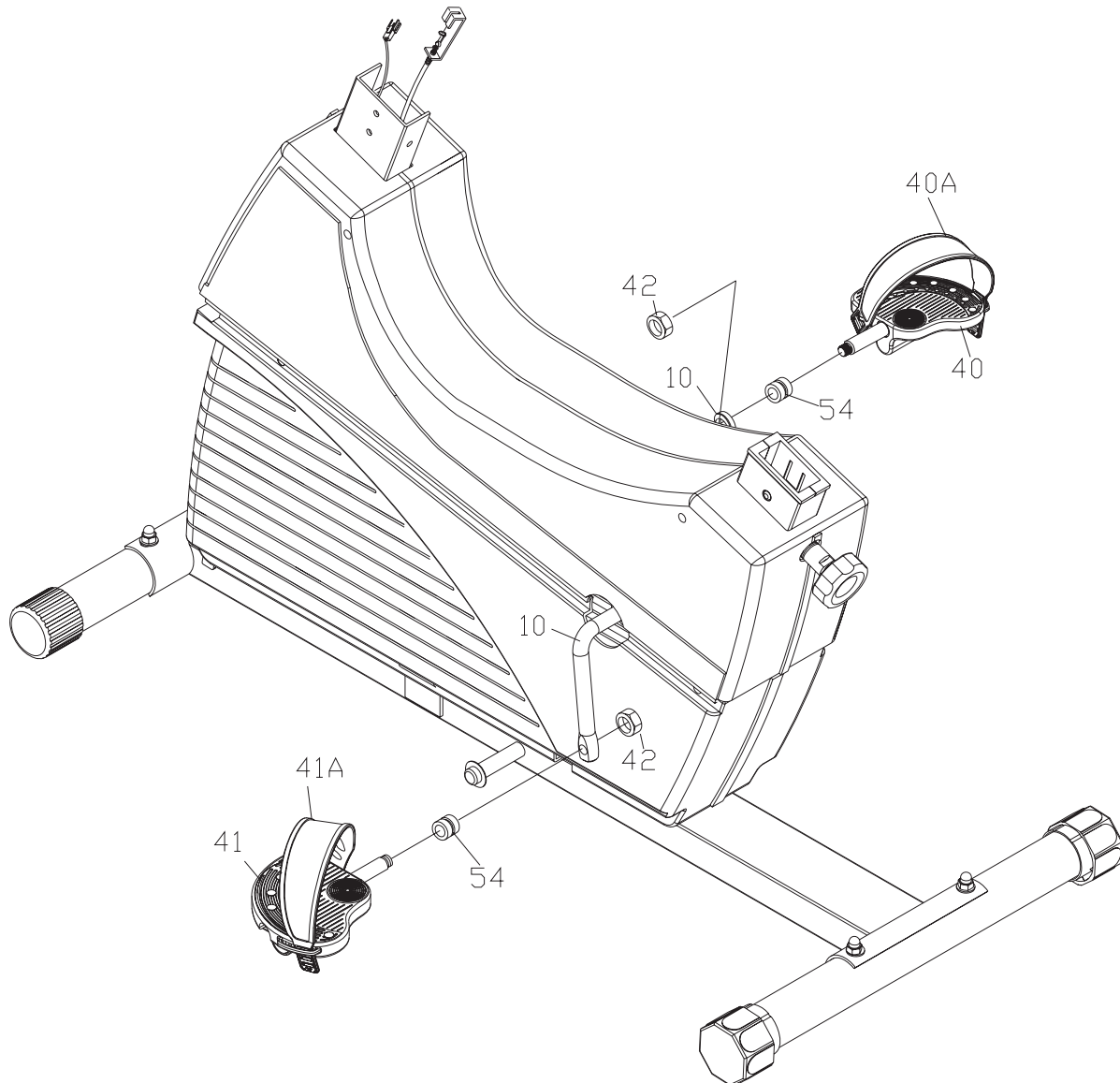
Slide Pedal Bushing (54) onto shafts of Pedals (40 & 41) as showed as diagram. Then thread Shafts of Pedals (40 & 41) into Crank (10) until tight, then back off 1 / 2 turn.

Step 2:.

Thread Pedal Locknut (42) onto end of Shaft. Hold Shaft with (additional wrench) and tighten Pedal Locknut (42) with other wrench until tight.

Note: Pedal Bushing (54) MUST be able to spin freely after tightening.

FIGURE 2



Assembly Instruction

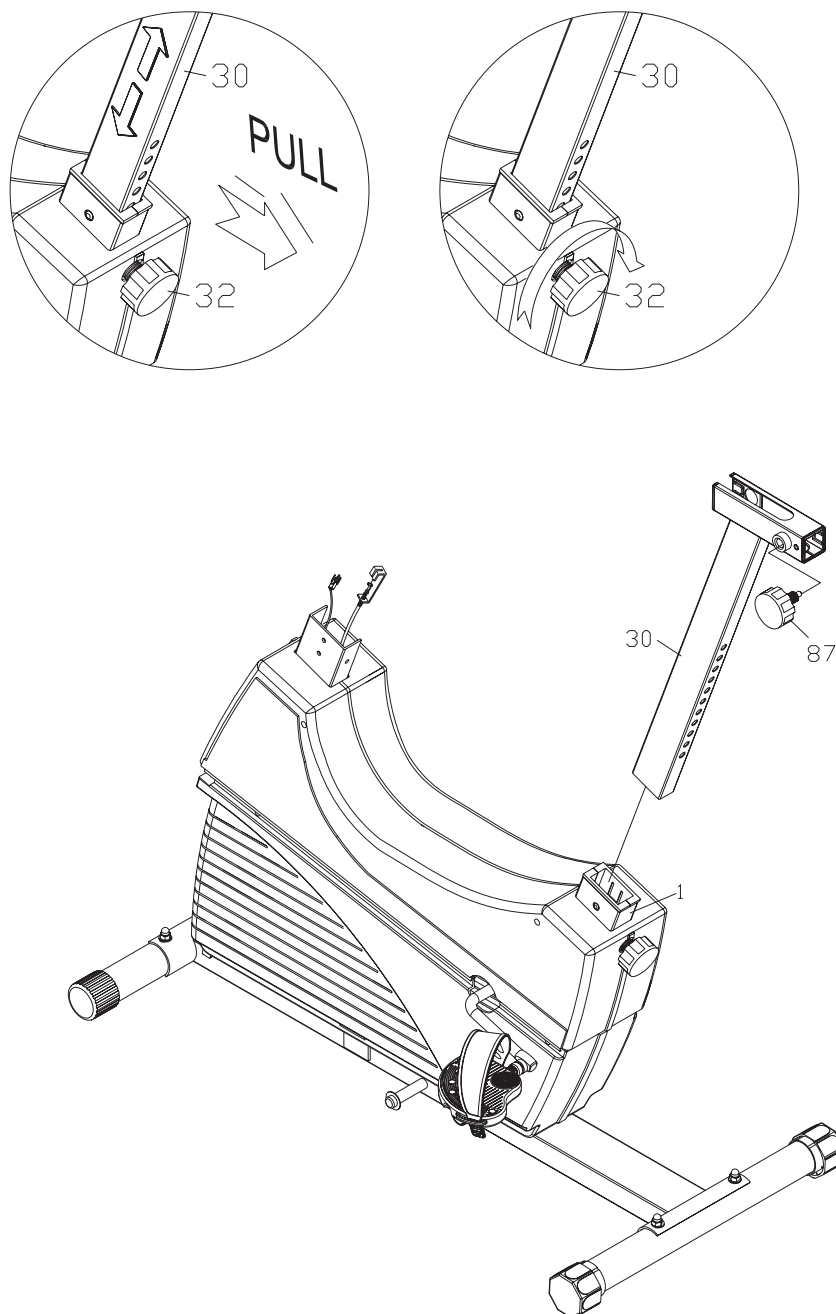
FIGURE 3

Turn Locking Knob (32) counterclockwise to loosen. Slide the Seat Post (30) into Main Frame (1) and secure with Locking Knob (32).

*** IMPORTANT**

Locking Knob (32) must be locked tightly into hole in Seat Post (30) before you sit on the seat.

FIGURE 3



Assembly Instruction

FIGURE 4

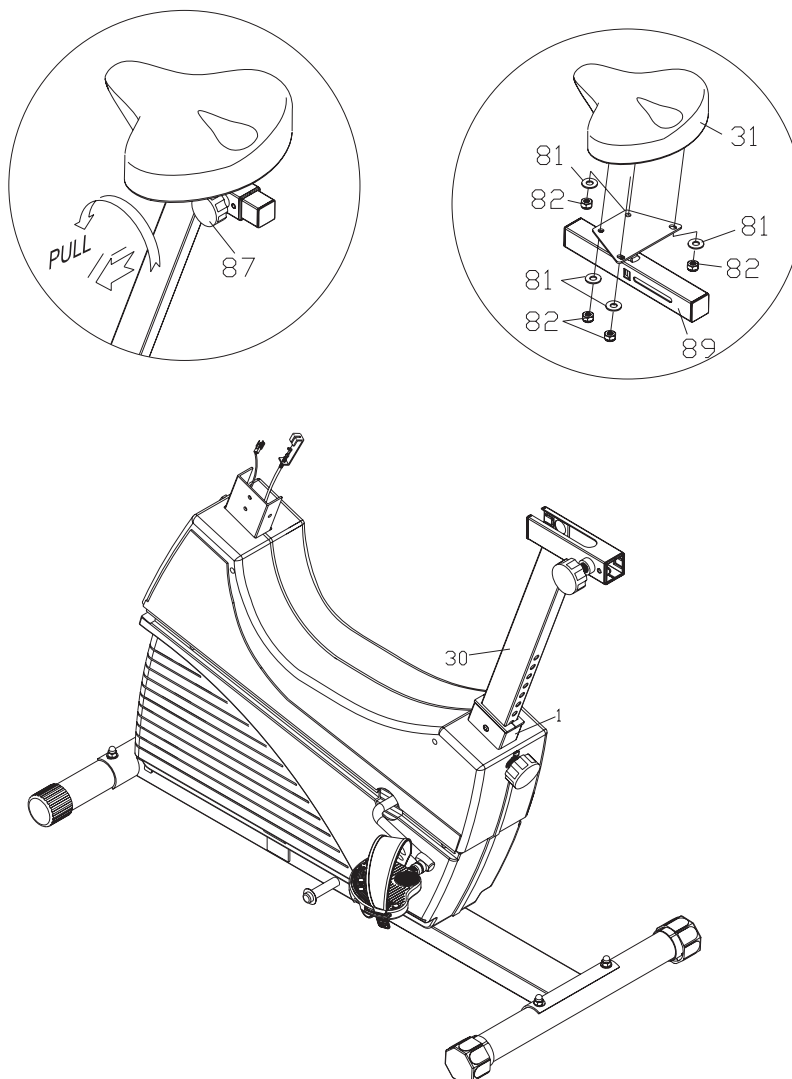
Step 1:

Attach Seat (31) to the Seat Post Slider (89) with the Nuts (82) and Flat Washer (81) already provided on the underside of Seat.

Step 2:

- Turn Seat Adjustment Knob (87) counterclockwise to loosen.
- Pull Seat Adjustment Knob (87) out and slide Seat Post Slider (89) into Seat Post (30) to your desired position and lock it tightly by turning the seat adjustment Knob clockwise

FIGURE 4



Assembly Instruction

FIGURE 5

Step 1:

Connect the Extension Wire (50) in the Console Tube (2) to the Reed Switch Wire (52) in the Main Frame (1).

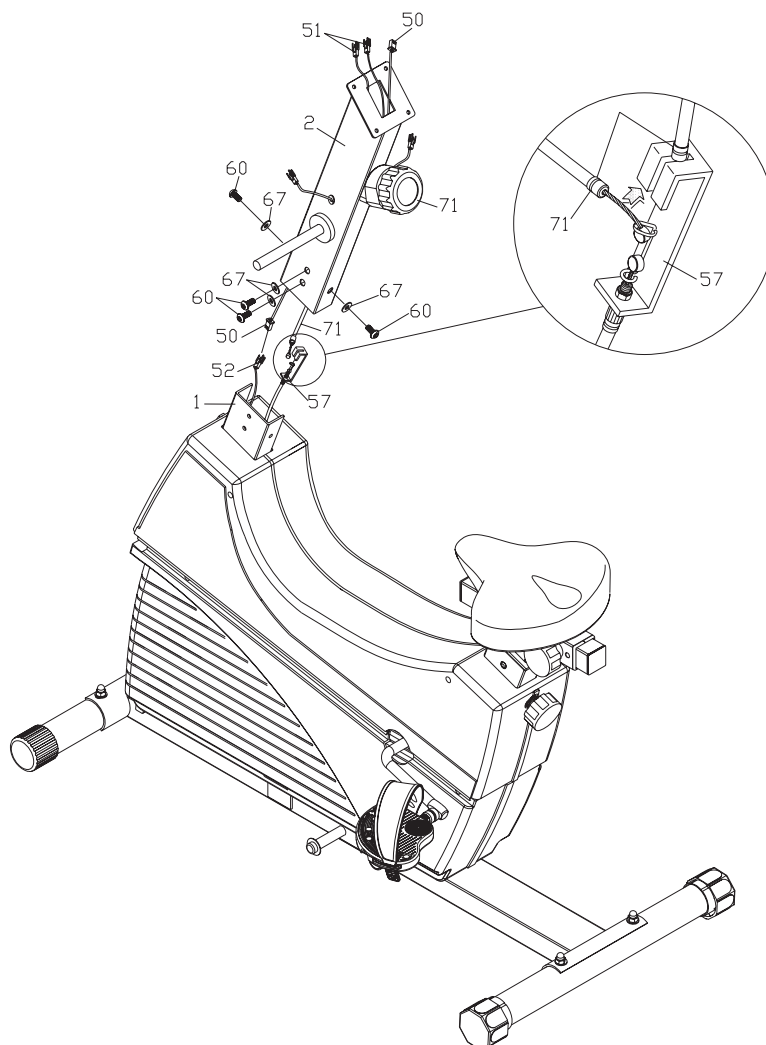
Step 2:

Connect the tension cable (71) in the Console Tube to the Tension Cable Bracket (57) in the main frame.

Step 3:

Slide the Console Tube (2) onto the Main Frame (1) and secure using four Washers (67), four Hex Head Screws (60).

FIGURE 5



Assembly Instruction

FIGURE 6

Step 1:

With Pivot Tubes on rear side of Handlebars (35 & 36) and Connecting Arms (38 & 39) to inside, slide one Large Washer (75) and Handlebars (35 & 36) onto Axle as showed.

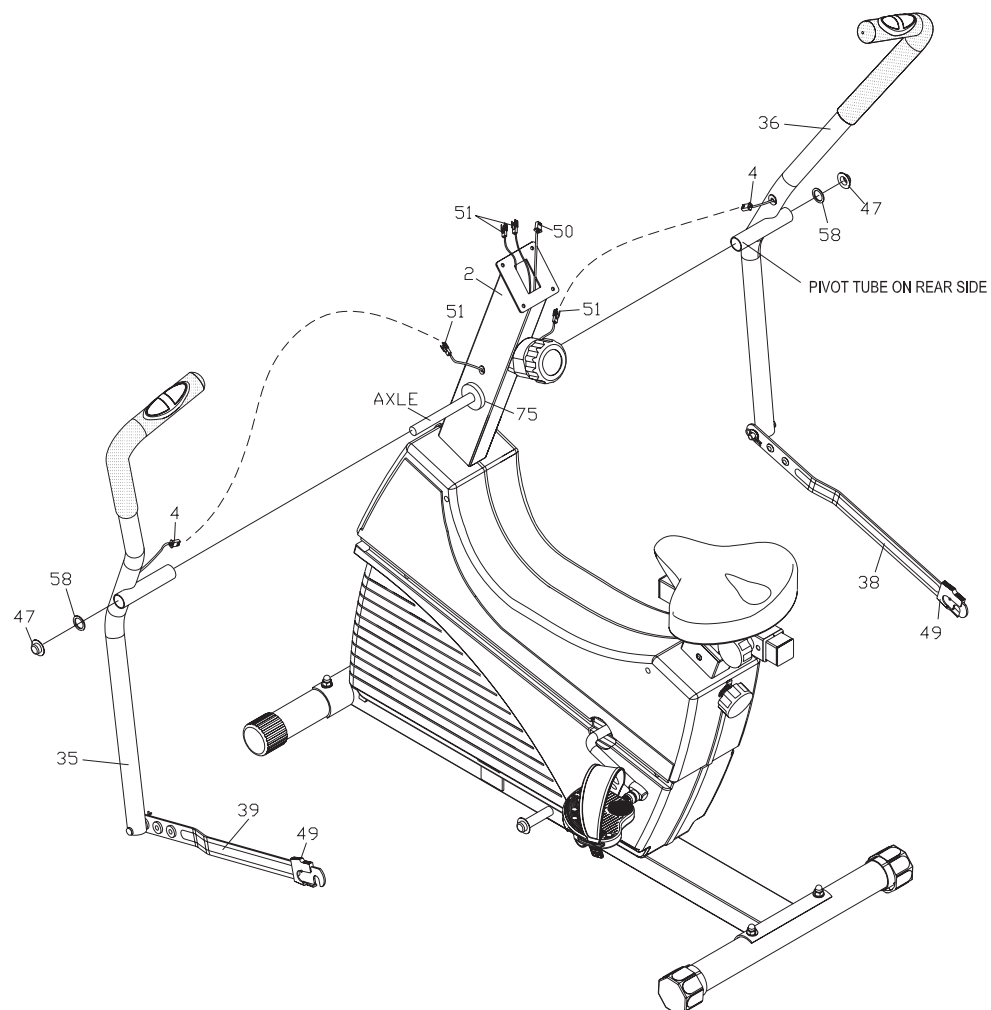
Step 2:

Slide M17 Washer (58) onto end of Axle and carefully tap Push nut (47) onto end of Axle with hammer.

Step 3:

Connect the Hand Pulse Extension Wire (51) out from the both side of Console Tube (2) to Hand Pulse Wire (4) sit on the Handlebars.

FIGURE 6



Assembly Instruction

FIGURE 7

(The following steps are for DUAL ACTION MODE)

Step 1:

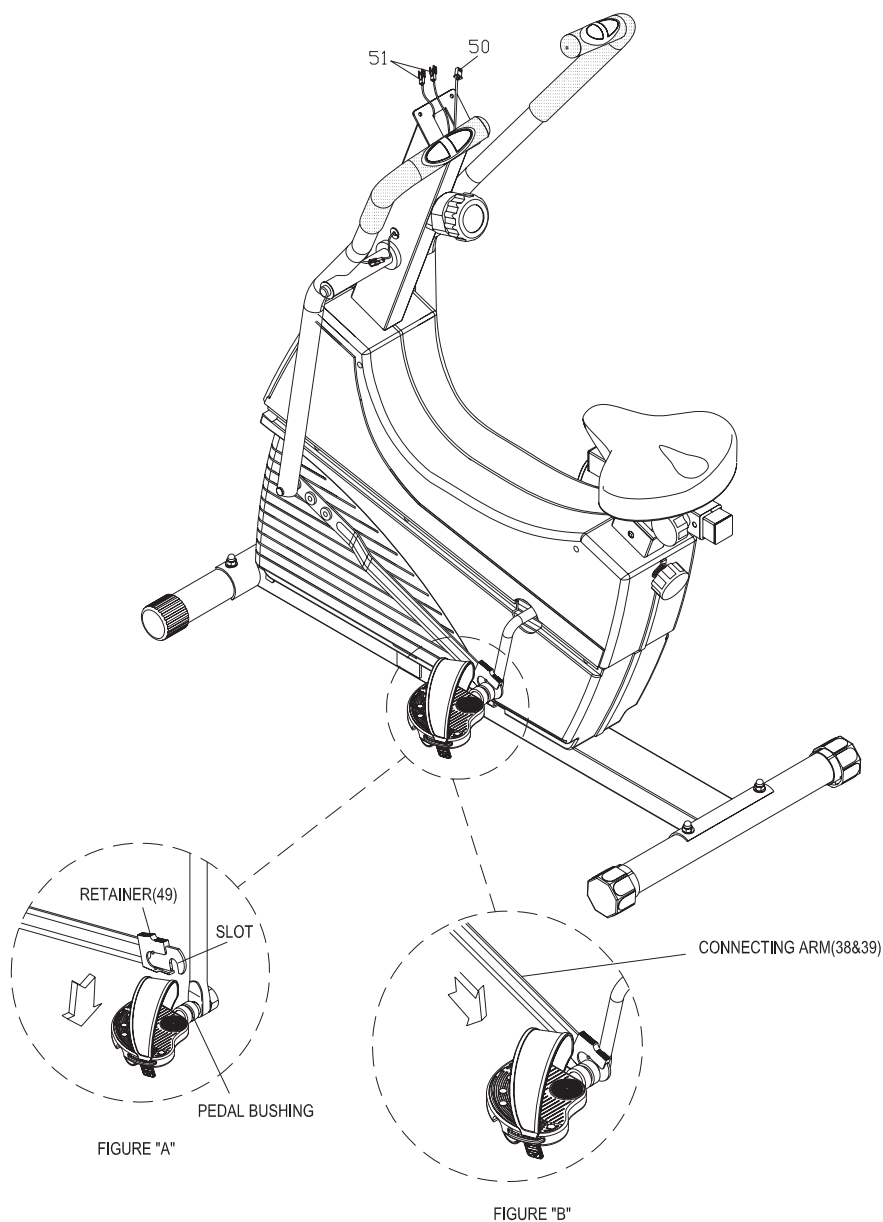
Slide Retainers (49) onto Connecting Arms (38 & 39) until it has cleared SLOT in Connecting Arms as showed.

Lower Slot in Connecting Arms down over Pedal Bushing. -see FIGURE "A"

Step 2:

Slide Retainer until Connecting Arms are locked in Dual Action Mode. -see FIGURE "B"

FIGURE 7



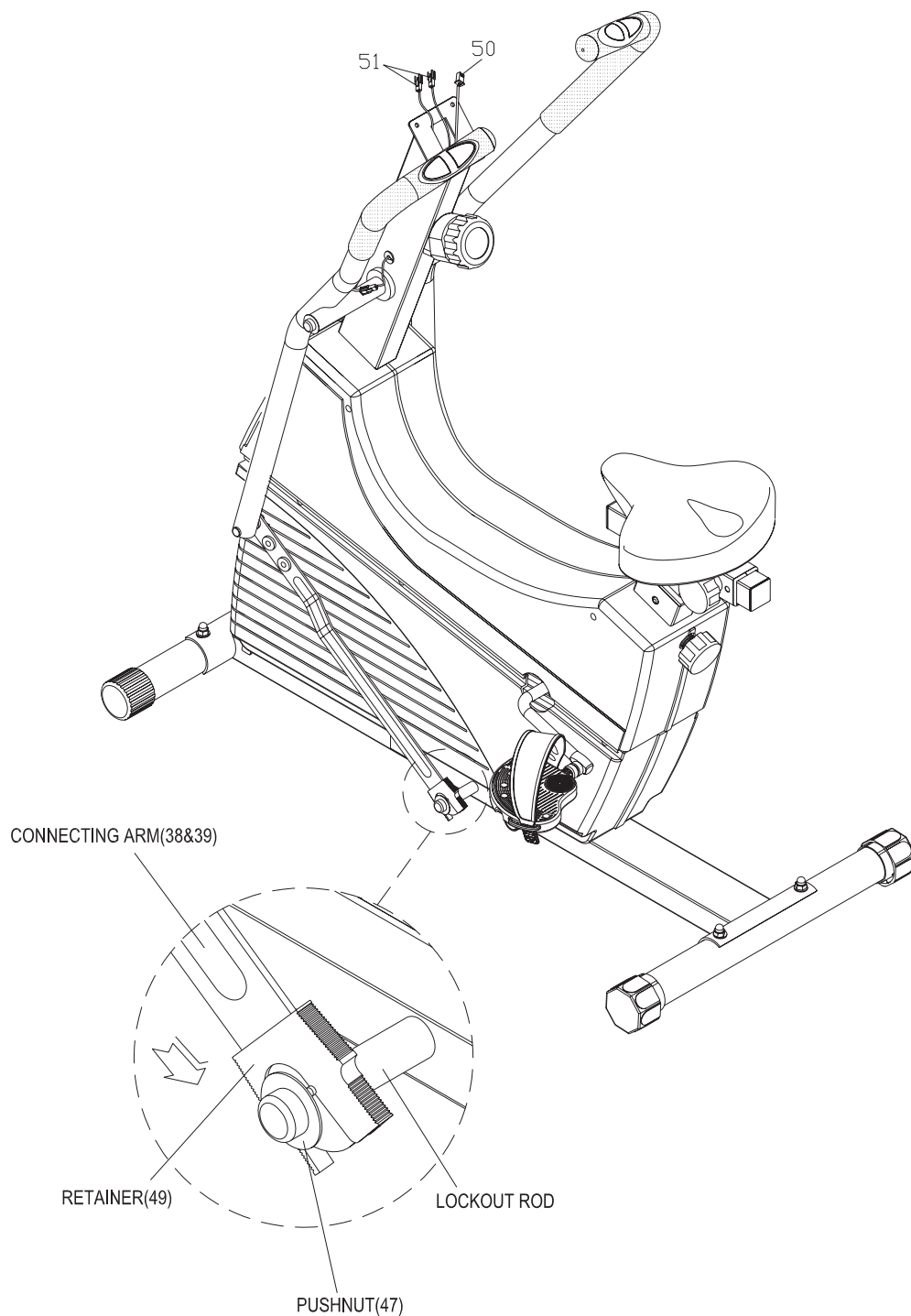
Assembly Instruction

FIGURE 8

(The following steps are for SINGLE ACTION MODE)

Lower slot in Connecting Arms (38 & 39) onto Lockout Rod and slide Retainer (49) back over Lockout Rod to lock Connecting Arm (38 & 39) in Single Action Mode.

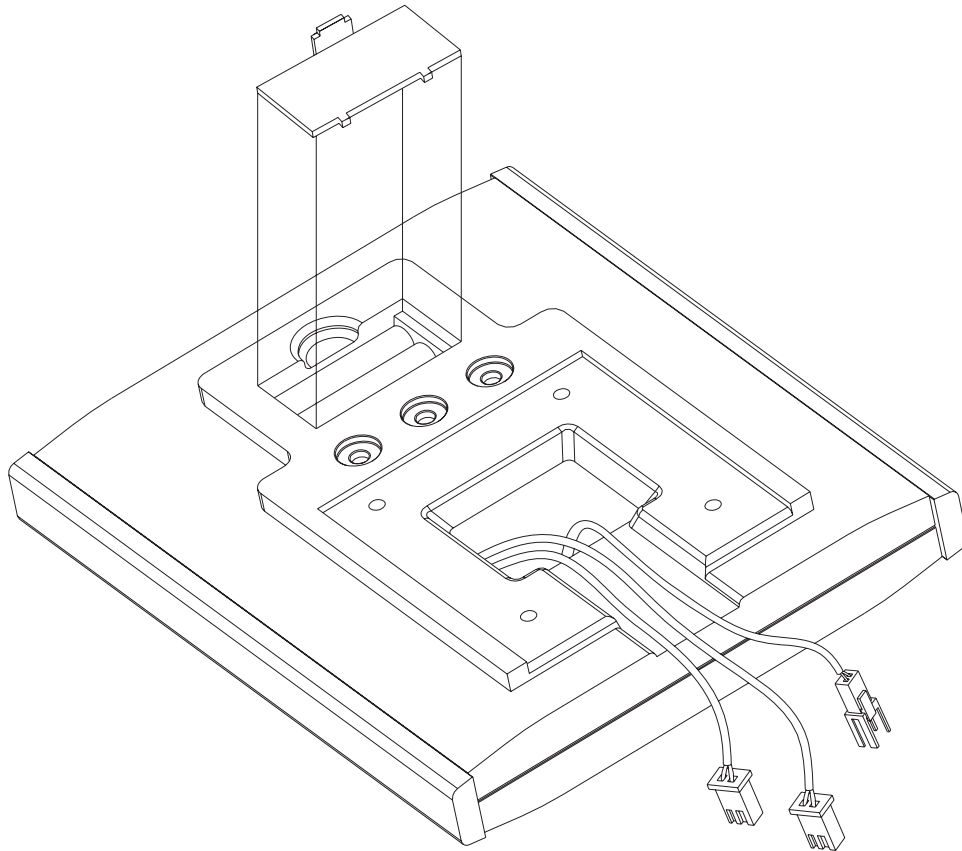
FIGURE 8



Assembly Instruction

FIGURE 9

Insert the batteries provided into the back of the Monitor (3)



Assembly Instruction

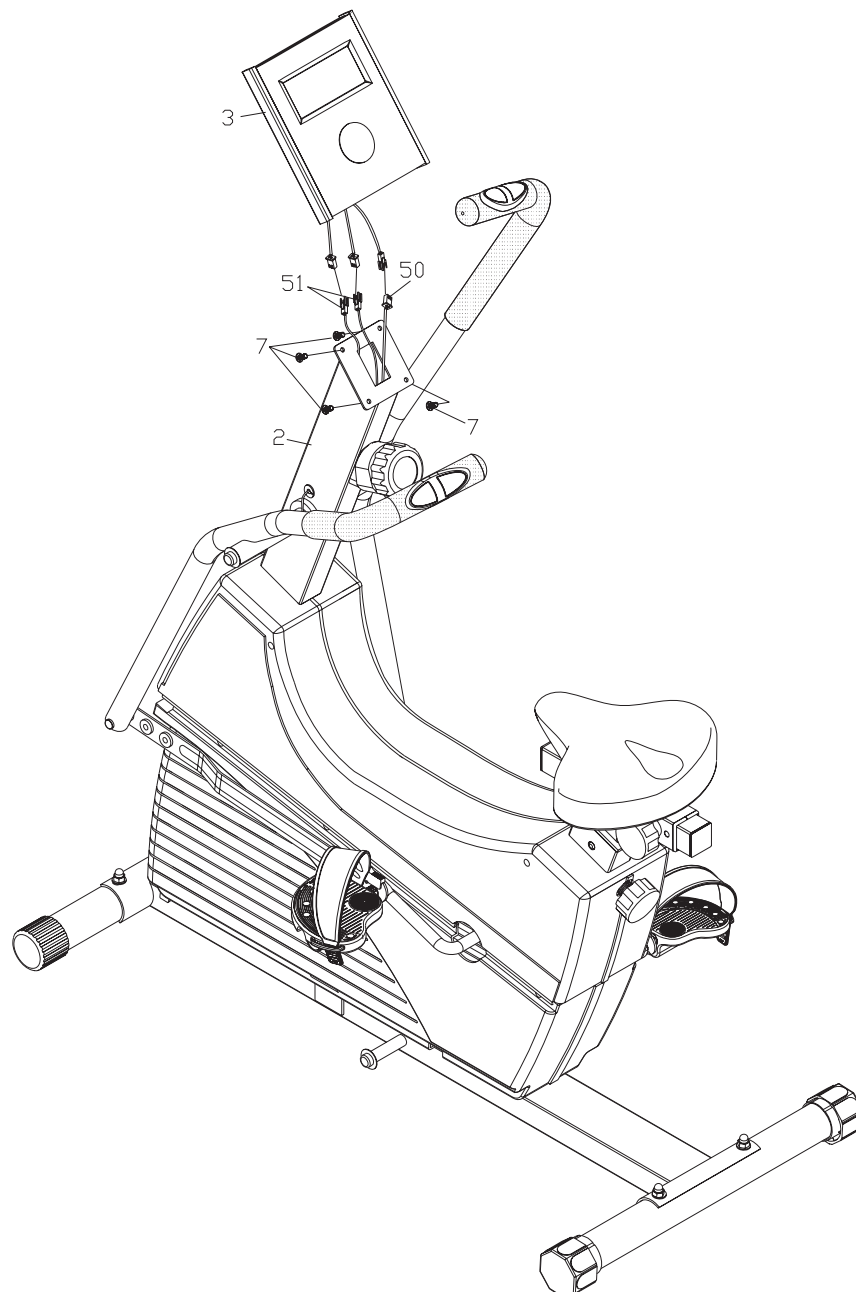
FIGURE 10

Step 1:

Connect the Pulse Extension Wires (51) and Extension Wire (50) to Monitor (3). Secure Monitor (3) to Console Tube using four Screws (7).

Note: The four Screws (7) will already be installed into the back of Monitor (3) when you remove it from the box.

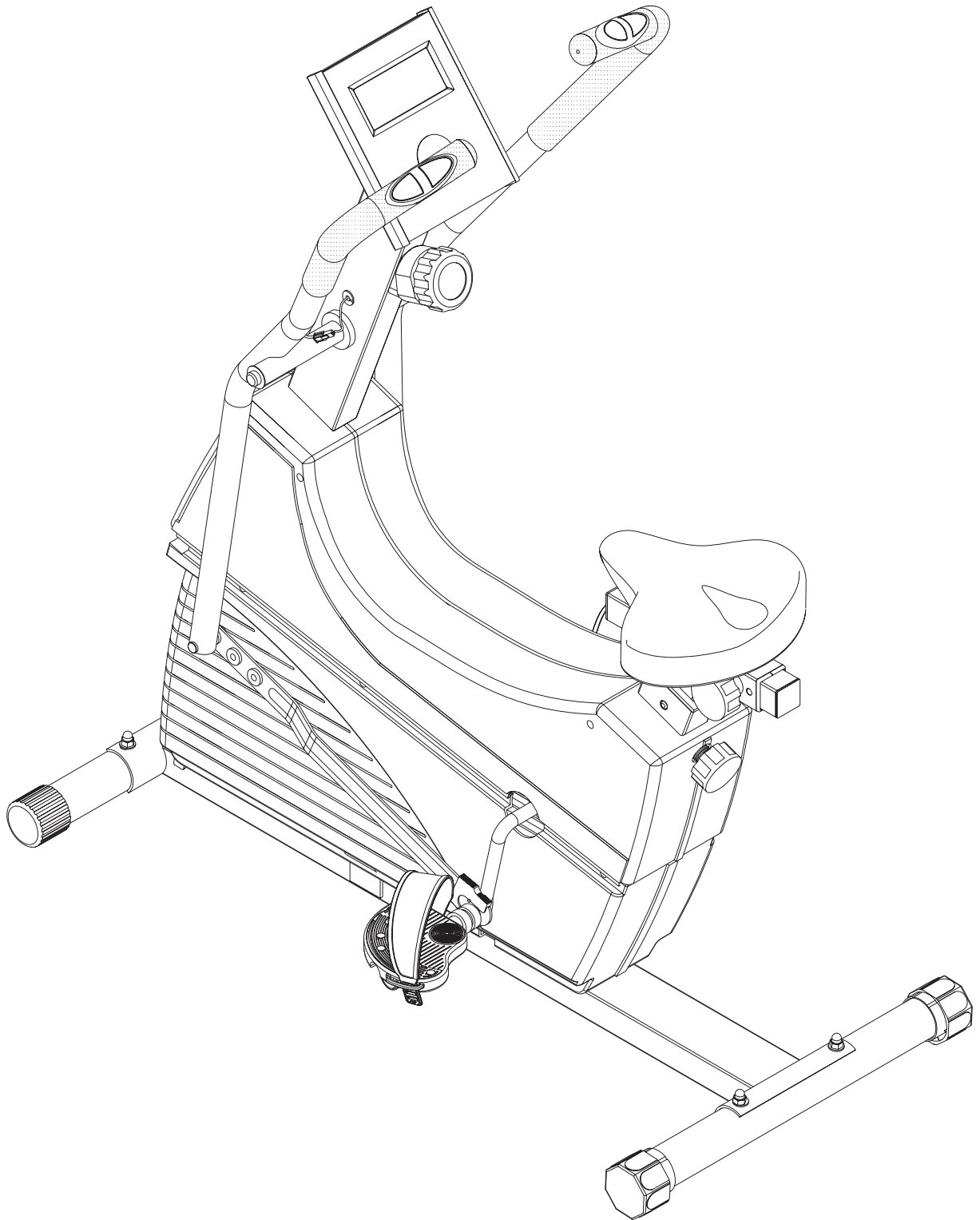
FIGURE 10



Assembly Instruction

Congratuations!

You have completed the assembly of your new Dual Action Bike!

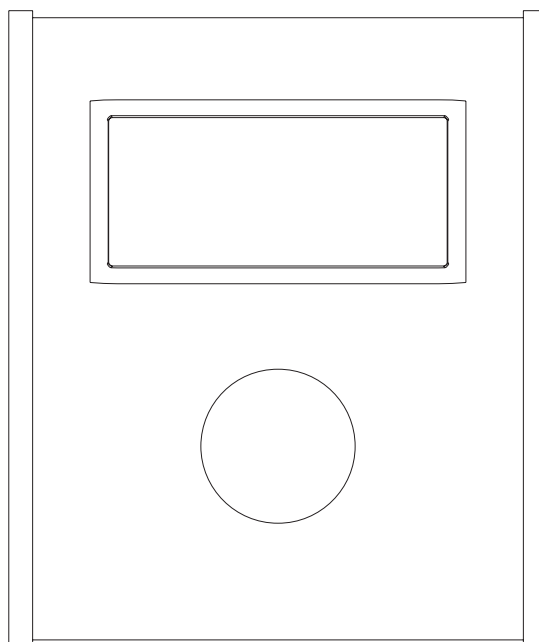


Console Overview

EXERCISE MONITOR

INSTRUCTION MANUAL

FRONT VIEW



FUNCTION

SPD: 0.0 ~ 99.9 KM
TIME: 0.00 ~ 99:59. Up count / Down count are available.
DIST: 0.00 ~ 99.99 K. Up count / Down count are available.
CAL: 0~9999. Up count / Down count are available.
PULSE: P~30~240, max value is available
TEMP: °C (0 ~ 60 °C)
DATE: 1900 / 1 / 1 ~ 2006 / 1 / 1 ~ 2099 / 12 / 31
CLOCK: 24 hours 0:00 ~ 23.59

OPERATION METHOD

1. After powering on, LCD display for 2 seconds with beep tone, then display wheel diameter for 1 in DIST.
2. CLOCK and CALENDER setting
 - i. **CALENDER:** Press ▲▼ for adjusting year and Mode-key for confirmation, you can set month, and with the same way to adjust day. Then press MODE again, go into CLOCK setting.
 - ii. **CLOCK:** Press ▲▼ for adjusting hour and mode key for confirmation: press ▲▼ for adjusting minute and MODE-key for confirmation again, then it will jump to regular mode and waiting for use.
3. When step into setting mode, press MODE for choosing 4 big windows in the middle of LCD. Order will be: TIME => DISTANCE => CALORIES => PULSE. Value will blink after being chosen. Function on the left of LCD will display in turn separately, you can press ▲▼ for setting value up Input 4HZ signal to start computer, STOP on the top of left corner will gone, SCAN displays under regular mode constantly.

4. Recovery:

- (1) After pressing key, recovery function will start, only pulse and time are able to use, other functions disable to use and display off, sensor input is effective. TIME display "1 : 00", LCD begin to count down, heart beat signal will blink with heart beat. Other parts display off.
- (2) LCD display as recovery mode & stop mode
- (3) If no heart beat and when count down to 0 : 00, it should keep going till recovery action is over and LCD will display F6.
- (4) Press recovery key when value reach 0, recovery function will be over without carrying out.

5. AUTO SLEEP:

- (1) Press MODE and UP at the same time, computer will be in auto sleep
- (2) No other action, computer goes into auto sleep automatically. You can press any key to restart.

KEY FUNCTIONS

MODE:	Function choice key.
UP:	Value increasing key.
DOWN:	Value decreasing key.
RESET:	Clean the value to 0.
TOTAL RESET:	Clean all values to 0
RECOVERY:	It is used for recovery function.

NOTES

- (1) Two batteries are used for this monitor computer. SUM3 SIZE AA (1.5V)
- (2) Keep far away from rain and wet place.

Monitoring Your Heart Rate

Monitor Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60% - 75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60% - 75% of 180 or 108 - 135 bpm.

See ***Fitness Safety*** on page 18

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During the first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone - 60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate - If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Monitoring Your Heart Rate

Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHZ)

MHZ x 0.60 = 60% of your maximum heart rate.

MHZ x 0.75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190

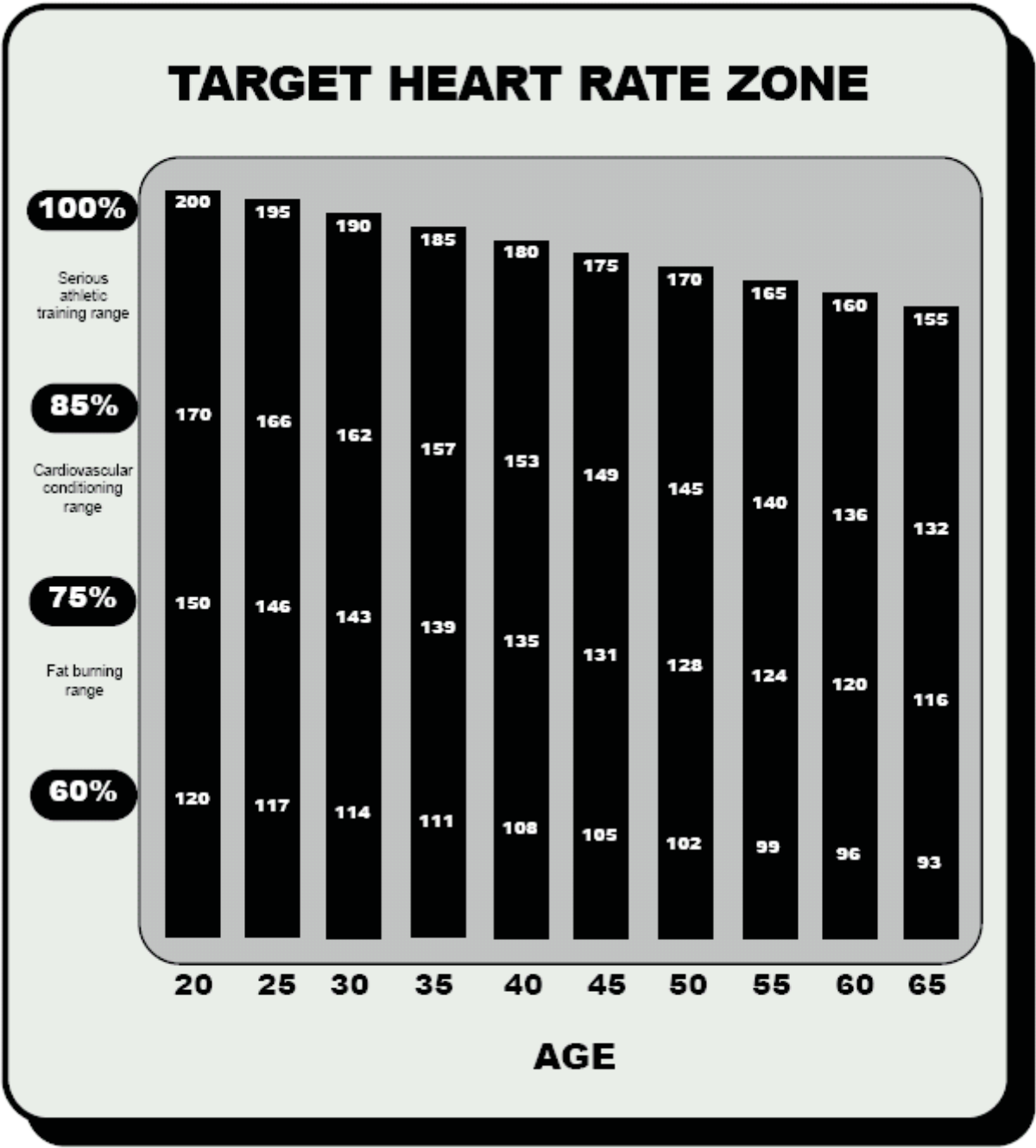
190 x 0.60 = 114 (low end or 60% of MHZ)

190 x 0.75 = 142 (high end or 75% of MHZ)

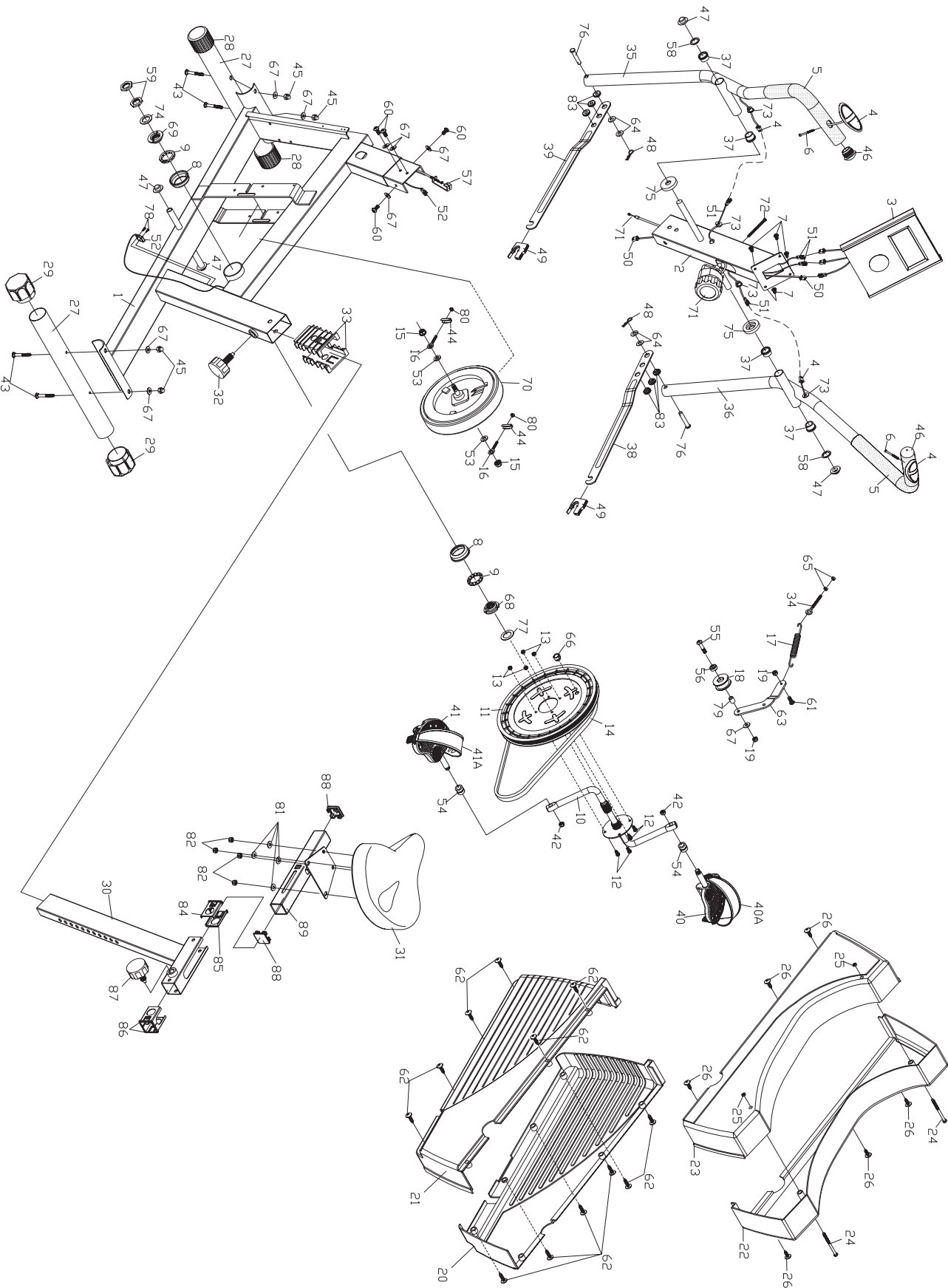
30 year-old (THR) Target Heart Rate would be 114 - 142

See Heart Rate Table (on next page) for additional calculations.

Monitor Your Heart Rate



Exploded View



Parts List

ITEM	Q'TY	PART NAME	ITEM	Q'TY	PART NAME
1	1	Frame	40	1	Right Pedal
2	1	Console Tube	40A	1	Right Pedal Strap
3	1	Monitor	41	1	Left Pedal
4	2	Hand Pulse Grip w/Wire	41A	1	Left Pedal Strap
5	2	Handlebar Sleeve	42	2	1/2" Nut
6	2	M4x25mm Screw	43	4	M8x55mm Carriage Bolt
7	4	M5x10mm Screw	44	2	Adjustment Channel
8	2	Bearing Cup	45	4	M8 Nut Cap
9	2	Bearing	46	2	1 1/4" Ball Plug
10	1	5 1/2" Crank	47	4	5/8" Pushnut
11	1	Pulley	48	2	Hairpin Cotter
12	4	M6x12mm Hex Head Screw	49	2	Retainer
13	4	M6 Locknut	50	1	Extension Wire
14	1	V-Belt	51	2	Hand Pulse Extension Wire
15	2	3/8"x26mm Cap Nut	52	1	Reed Switch Wire with Sensor
16	2	Eyebolt 6x40mm	53	2	M10x19mm Washer
17	1	Spring	54	2	Pedal Bushing
18	1	Idler Pulley	55	1	M8x38mm Hex Head Screw
19	1	M8 Locknut	56	1	#608 Precise Bearing
20	1	Bottom Right Cover	57	1	Tension Cable Bracket
21	1	Bottom Left Cover	58	2	M17x26x2 Washer
22	1	Top Right Cover	59	2	Crank Nut
23	1	Top Left Cover	60	4	M8x15mm Hex Head Screw
24	2	M5x115mm Screw	61	1	M8X20MM Hex Head Screw
25	2	M5 Hex Nut	62	12	TP 4x16mm Screw
26	6	TP 4x12mm Screw	63	1	Belt Tension Bracket
27	2	Foot Tube	64	4	M10x21x1 Washer
28	2	Wheel	65	2	6mm Hex Nut
29	2	Foot Cap	66	1	Magnet
30	1	Seat Post	67	9	M8x19mm Black Washer
31	1	Seat	68	1	Slotted Bearing Nut
32	1	Locking Knob	69	1	Notched Bearing Nut
33	2	40x80mm Seat Post Bushing	70	1	Mag Brake
34	1	Eyebolt 6x65mm	71	1	Tension Knob Assembly
35	1	Left Handlebar	72	1	M5x70mm Screw
36	1	Right Handlebar	73	4	Wire Plug
37	4	T021F Metal Bushing	74	1	Crank Washer
38	1	Right Connecting Arm	75	2	Large Plastic Washer
39	1	Left Connecting Arm	76	2	M9.3x50mm Bolt

77	1	M24x38mm Washer	84	1	38x45mm Left Inner Bushing
78	2	TP 3x8mm Screw	85	1	38x45mm Right Inner Bushing
79	1	M8x12.5x14.9L Spacer	86	2	38x45mm Rear Inner Bushing
80	2	6mm Hex Nut	87	1	Seat Adjustment Knob (22mml)
81	4	M8x19mm Washer (Zinc)	88	2	38x38mm Plastic Inner Bushing
82	4	8mm Locknut	89	1	Seat Post Slider
83	6	Connecting Arm Bushing			



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