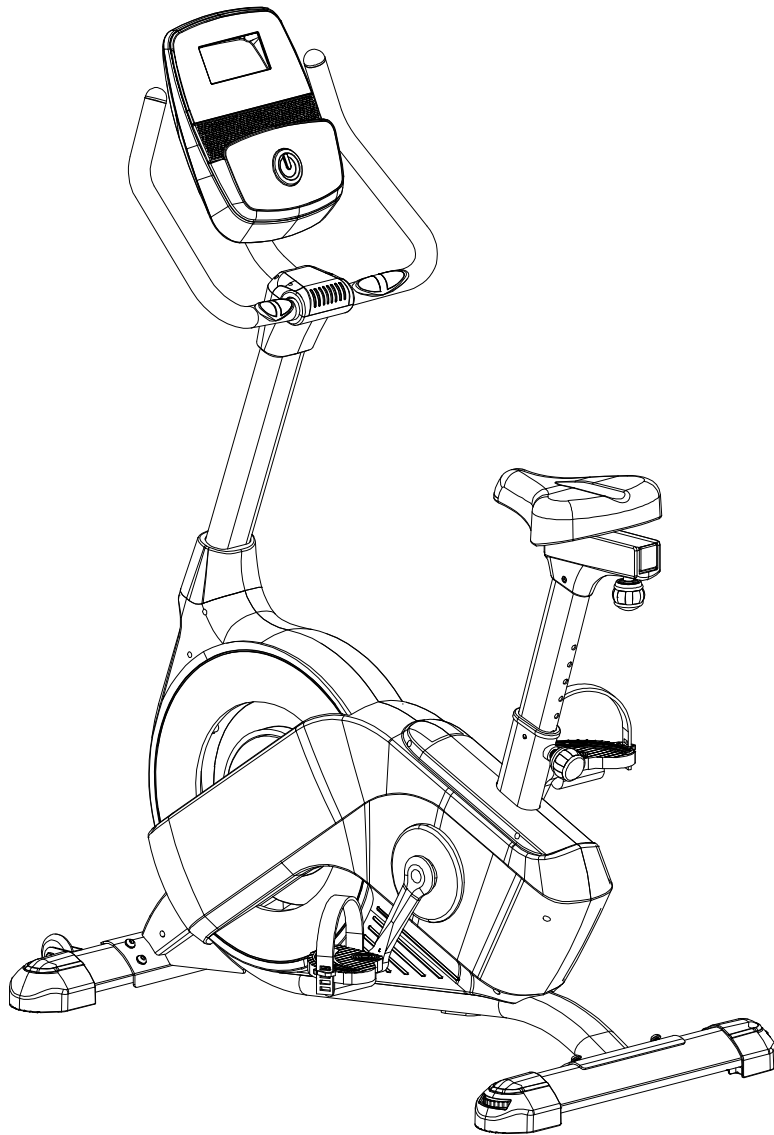


Aussie Fit U9000 UPRIGHT BIKE



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.

SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. 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 an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 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.

PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-----|---------------------------------|-----|-----|--------------------------------------|-----|
| 001 | Main Frame | 1 | 028 | Self-drilling tapping Screw ST4.2x20 | 20 |
| 002 | Handlebar Post | 1 | 029 | Seat Sliding Tube cover | 1 |
| 003 | Handlebar | 1 | 030 | Nut M10 | 1 |
| 004 | Seat Post | 1 | 031 | Washer Ø10 | 1 |
| 005 | Seat Sliding Tube | 1 | 032 | Sleeve Ø10 | 1 |
| 006 | Front Stabilizer | 1 | 033 | Hexagon nut M8 | 5 |
| 007 | Rear Stabilizer | 1 | 034 | Seat Cushion | 1 |
| 008 | Comsole | 1 | 035 | Hand Pulse Sensor with Wire L=200mm | 2 |
| 009 | Flat top Bolt M8x15-S6 | 4 | 036 | Handlebar End Cap Ø28 x1.5 | 2 |
| 010 | Flat WasherΦ8xΦ16x1.5 | 17 | 037 | Handlebar Foam Grip | 2 |
| 011 | Self-tapping Screw ST2.9x16 | 4 | 038 | Self-tapping Screw ST4.2x20 | 7 |
| 012 | Handlebar post cover A | 1 | 039 | Bolt Ø8 x31 M6X15 | 2 |
| 013 | Sensor Wire L=300mm | 1 | 040 | Bearing | 2 |
| 014 | Extension Sensor Wire (L=750mm) | 1 | 041 | Wheel | 2 |
| 015 | Bolt M5x10 | 4 | 042 | Bolt M6x15 | 2 |
| 016 | Power Supply Wire L=350mm | 1 | 043 | Front Stabilizer End Cap | 2 |
| 017 | Nut M12 | 1 | 044 | Crank cover | 2 |
| 018 | AC Adapter | 1 | 045 | Flange Nut M10x1.25 | 2 |
| 019 | Handlebar post cover A | 1 | 046 | Left crank | 1 |
| 020 | Handlebar post cover B | 1 | 047 | Left cover for crank | 1 |
| 021 | Extension Sensor Wire | 1 | 048 | Left Chain cover | 1 |
| 022 | Wave Washer Φ8xΦ16x1.5 | 4 | 049 | Circlip Φ20x1.0 | 2 |
| 023 | Hexagon head bolt M8x15 | 6 | 050 | Wave spring washer Φ20 | 1 |
| 024 | Hexagon head bolt M8x20 | 8 | 051 | Bearing 6004 | 2 |
| 025 | Left Pedal | 1 | 052 | Limit Piece | 2 |
| 026 | Right Pedal | 1 | 053 | Self-tapping Screw ST2.9x12 | 2 |
| 027 | Round Knob M16x1.5 | 1 | 054 | Sensor Wire L=300 | 1 |

PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-----|------------------------------|-----|-----|--|-----|
| 055 | Hexagon nut M6 | 4 | 068 | Big Washer $\Phi 30 \times \Phi 10.5 \times 2.0$ | 2 |
| 056 | Spring Washer $\Phi 6$ | 4 | 069 | Flywheel | 1 |
| 057 | Belt Pulley | 1 | 070 | Motor | 1 |
| 058 | Belt Pulley Shaft | 1 | 071 | Press Wheel | 1 |
| 059 | Bolt M6x10 | 1 | 072 | Press Plate | 1 |
| 060 | Belt | 1 | 073 | Bolt M8x18 | 1 |
| 061 | Plastic bolt | 2 | 074 | Tension Spring $\Phi 17 \times 80$ | 1 |
| 062 | Right Chain cover | 1 | 075 | Seat Post Bushing | 1 |
| 063 | Right cover for crank | 1 | 076 | Seat Sliding Tube End Cap | 2 |
| 064 | Right crank | 1 | 077 | Limit seat assembly | 1 |
| 065 | Motor Tension Knob (L=500mm) | 1 | 078 | Round End Cap | 1 |
| 066 | Rear Stabilizer End Cap | 2 | | | |
| 067 | Flange NUT M10x1.0 | 2 | | | |

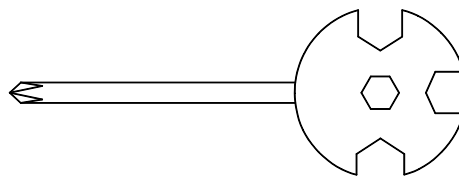
HARDWARE PACKING LIST



(11) Screw ST2.9x16

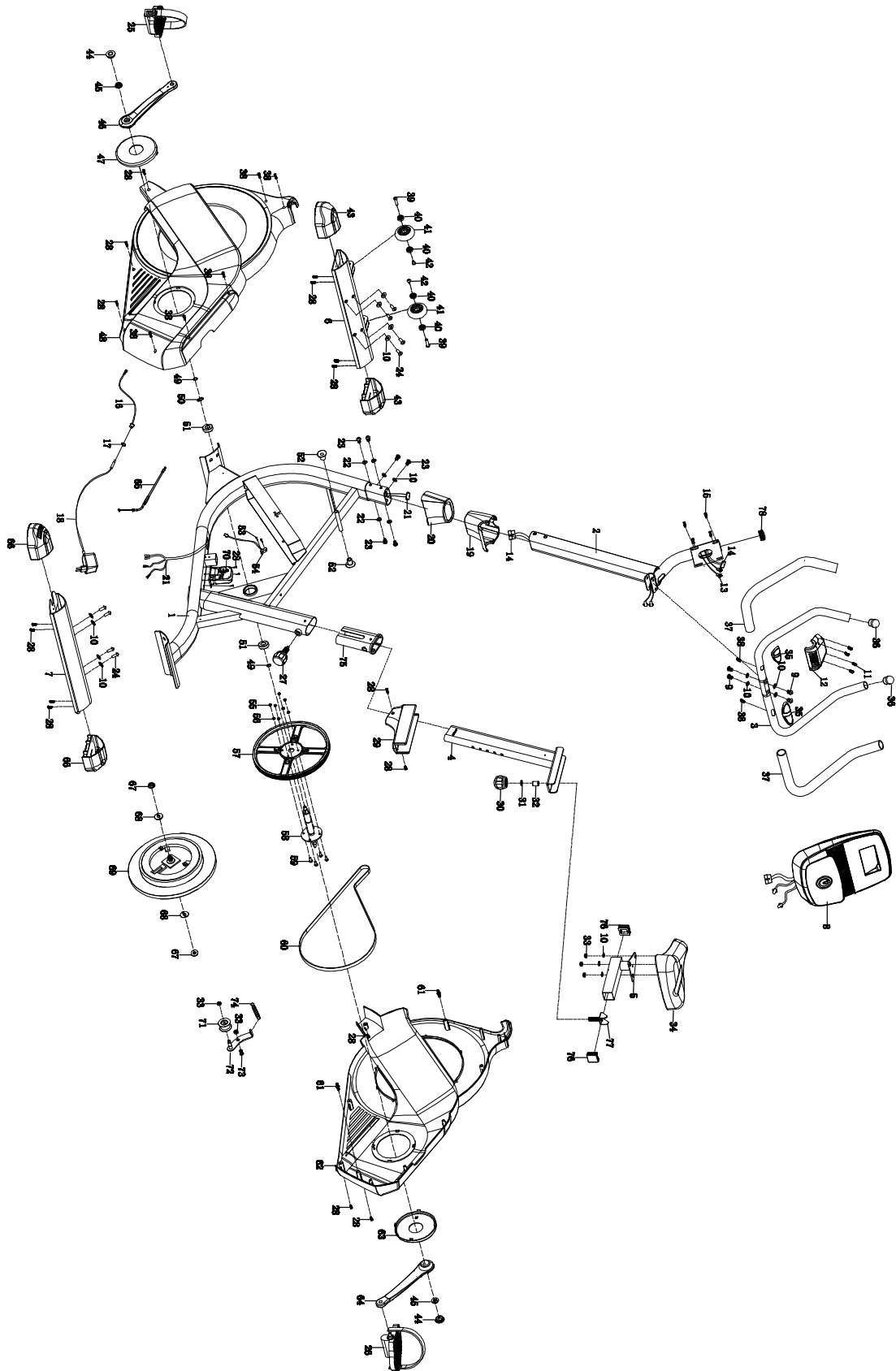


Allen Wrench S6
1 PC



Multi Hex Tool with Phillips Screwdriver
S10 S13 S14 S15
1 PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS

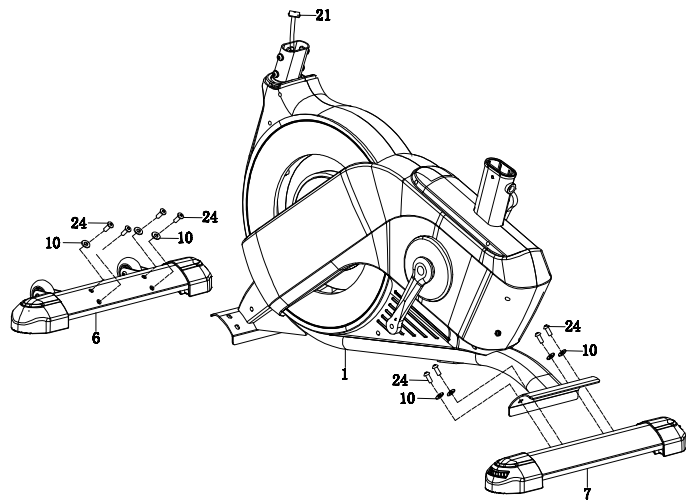
1. Front and Rear Stabilizers Installation

Remove four M8x20 Bolts (24), four Ø8xØ16 Flat Washers (10) from the Front Stabilizer (6). 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 four M8x20

Bolts (24), four Ø8xØ16 Washers (10) that were removed.

Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (7) onto the rear curve of the Main Frame (1) with four M8x20

Bolts (24), four Ø8xØ16 Curve Washers (10).



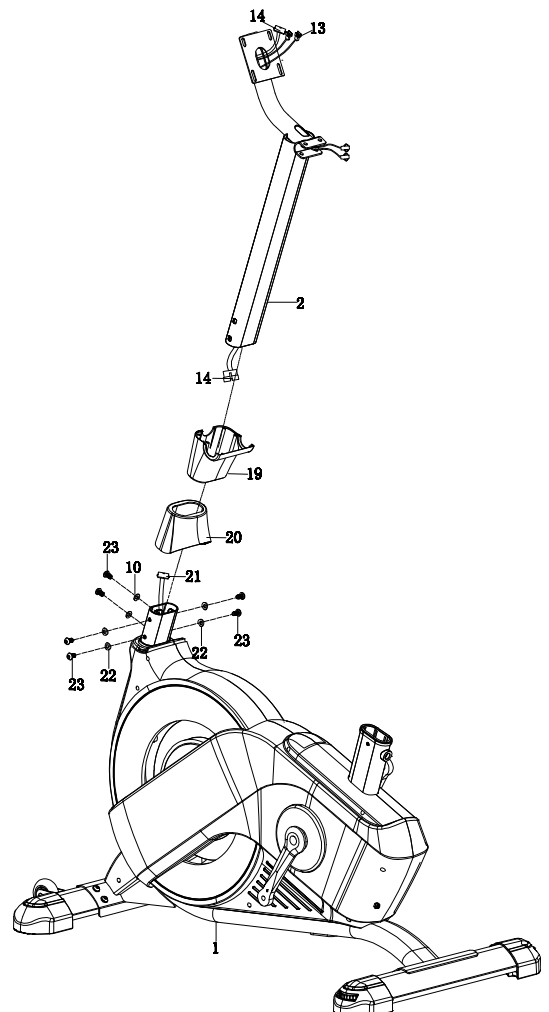
2. Handlebar Post Installation

Remove Six M8x15 Bolts (23), Four Ø16xØ8x1.5 Curve Washers (22) and two Ø8 Flat Washer(10) from the Main Frame (1).

Slide the Handlebar Post Cover A (19) and Handlebar post cover B (20) onto the Handlebar Post (2) according to the direction of the diagram.

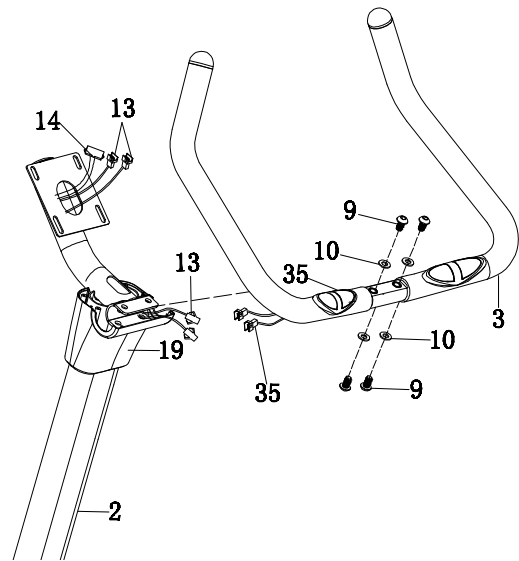
Connect the Extension Sensor Wire (21) from the Main Frame (1) to the Computer Extension Wire (14) from the Handlebar Post (2).

Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and secure with Six M8x15 Bolts (23), Four Ø16xØ8x1.5 Curve Washers (22) and two Ø8 Flat Washer(10) that were removed.



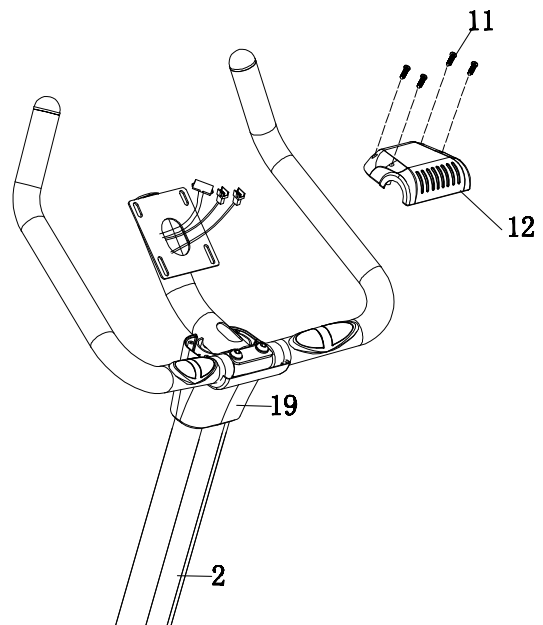
3. Handlebar Installation .

Remove Four Flat top Bolt M8X15(9)and Four Washer $\Phi 8 \times \Phi 16 \times 1.5$ (10) from the Handlebar (3). Connect the Hand Pulse Wires (35) from the Handlebar (3) to the Computer Extension Wire (13) from the Handlebar Post (2). Attach the Handlebar (3) onto the Handlebar Post (2) with Four Flat top Bolt M8x15(9)and Four Washer $\Phi 8 \times \Phi 16 \times 1.5$ (10) that were removed.



4. Handlebar post cover A Installation .

. Attach the Handlebar post cover A (12) onto the Handlebar Post (2) with Four Screw ST2.9x16(11).



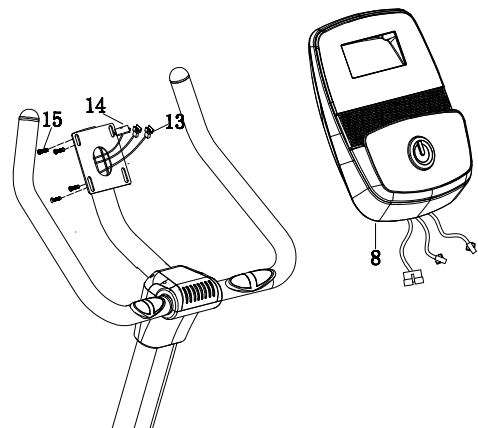
5 .Meter Installation

Remove four Bolt M5x10 (15) from the Meter (8)

Connect the Hand Pulse Sensor Wires (14)and Extension Sensor Wire I (13) to the wires that come from the Computer (8).

Tuck wires into the Handlebar Post (2).

Attach the Meter (8) onto the Handlebar Post (2)with four Bolt M5x10 (15) that were removed.



6. Seat Post and Seat Post Cover Installation

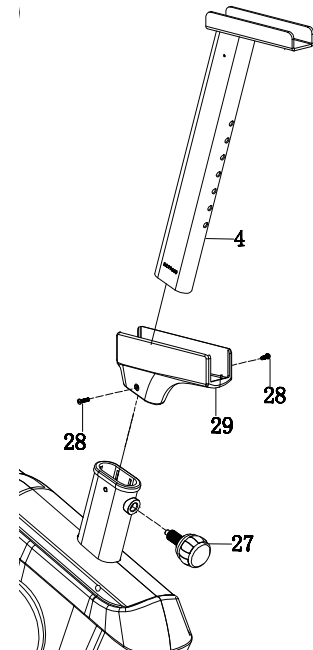
Slide the Seat Post Cover(29) onto the Seat post(4).

Insert the Seat Post (4) into the Seat Post Bushing (75) on the tube of the Main Frame (1) and then attach the Locking Knob (27) onto the tube of the Main Frame (1) by turning it in a clockwise direction , lock the Seat Post (4) in the suitable position.

Adjusting the seat post:

Turn the Locking Knob(27) in a counterclockwise direction until it can be pulled out. Pull out the Locking Knob(27) and then slide the Seat Post(4) up or down directly to the suitable position. Lock the Seat Post(4) in place by releasing the Locking Knob(27) and sliding the Seat Post(4) up or down slightly until the Locking Knob(27) "POPS" down into the locked position. For added safety, tighten the Locking Knob(27) in a clockwise direction.

Note:When adjusting the height of seat post, the maximum insert depth mark line cannot be higher than the edge of the seat post cover.

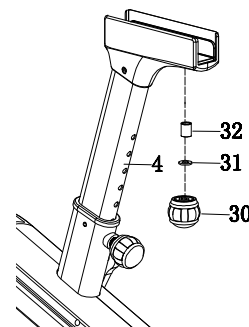
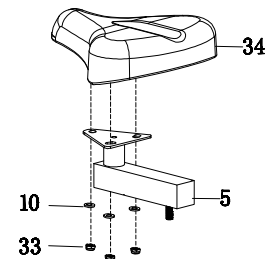


7. Seat Cushion and Seat Sliding Tube Installation

Remove three M8 Nylon Nuts (33) and three Ø16xØ8x1.5 Washers (10) from the underside of the Seat Cushion (34).

Then attach the Seat Cushion(34) onto the triangle plate of the Seat Sliding Tube(5) with three M8 Nylon Nuts (33) and three Ø16xØ8x1.5 Washers (10) that were removed.

Remove one Ø10 Washer (31) and one Sleeve Ø10(32) and Seat Adjustment Knob M10(30) from underneath of the Seat Sliding Tube(5) and then attach the Seat Sliding Tube(5) onto the Seat Post(4) with one Ø10 Washer (31) and one Sleeve Ø10(32) and Seat Adjustment Knob M10(30) that were removed.



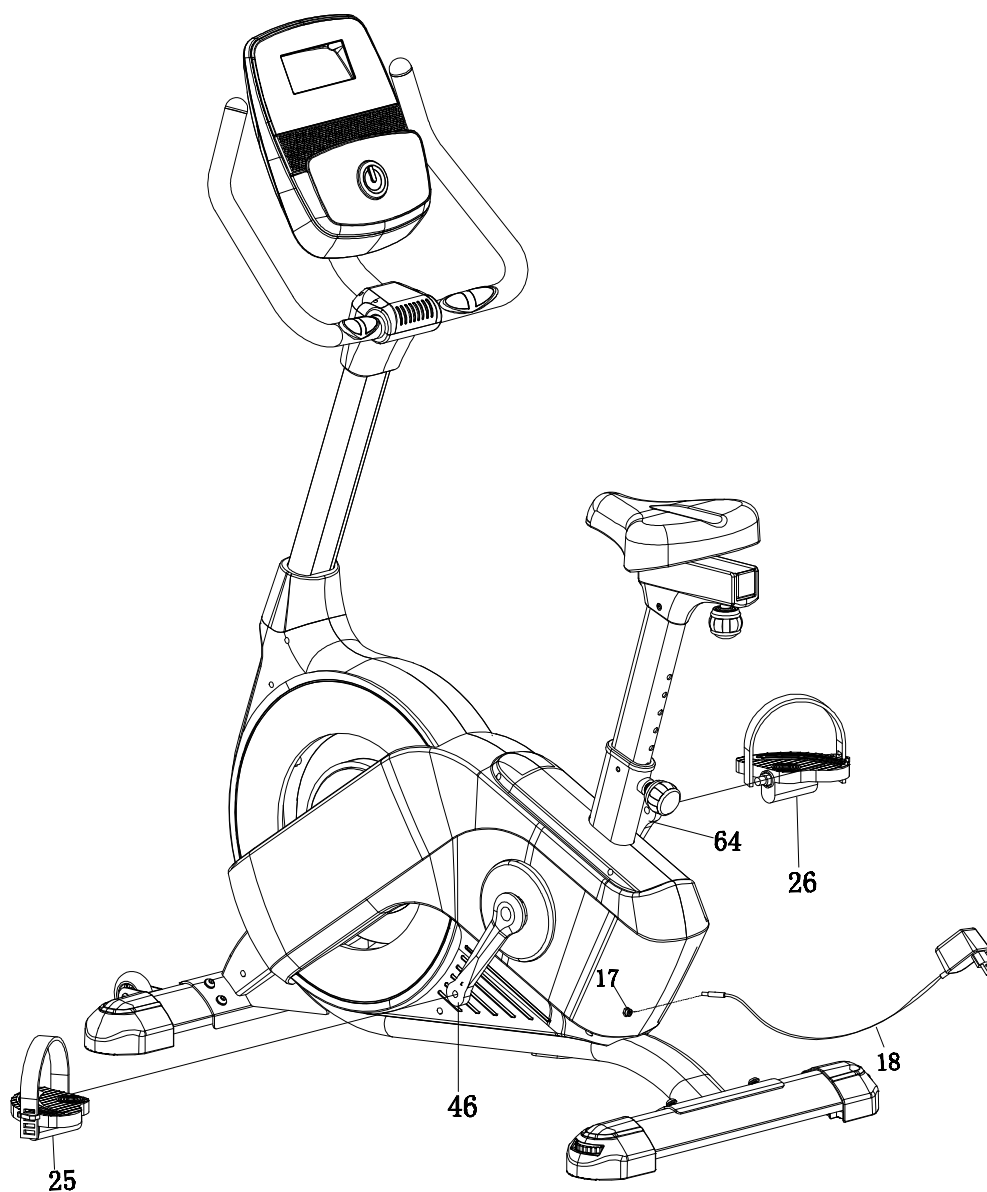


Insert the pedal shaft of Left Foot Pedal (25) into threaded hole in the left Crank (46). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Insert the pedal shaft of Right Foot Pedal (26) into threaded hole in right Crank (64). Turn the pedal shaft by hand in the clockwise direction until snug.

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

Plug one end of the AC Adapter(18) into the power jack of the Power Supply Wire(16) on the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter(18) into the electrical wall outlet.



Instruction Manual

KEY FUNCTION:

START/STOP -Start or Stop workout.

RESET

- In STOP mode, press this key to go back to main menu;
- Hold on pressing for 2 seconds, computer will reboot and start from user setting.

UP (+)

- Increase resistance level.
- Setting selection.

MODE/ENTER

- In STOP mode, press it to confirm all setting or selection and enter program.

DOWN (-)

- Decrease resistance level.
- Setting selection.

RECOVERY

- Test heart rate recovery status.

BODY FAT

- Body Fat% measurement.

DISPLAY RANGE:

TIME

Display range 0:00 ~ 99:99; setting range 0:00 ~ 99:00 minutes

DISTANCE

Display range 0 ~ 99.99; setting range 0 ~ 99.90KM

CALORIES

Display range 0 ~ 9999; setting range 0 ~ 9990Cal.

PULSE

Display range P-30 ~ 230; setting range 0-30 ~ 230

WATT

Display range 0 ~ 999; setting range 10 ~ 350

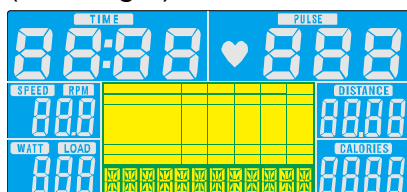
SPEED 0.0~99.9KM/H

RPM 0~999 revolutions

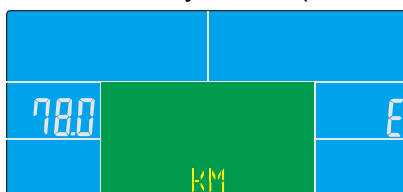
OPERATION PROCEDURE:

1. Plug in power supply (or press RESET KEY for 2S), BUZZER will sound one beep for 1 second.

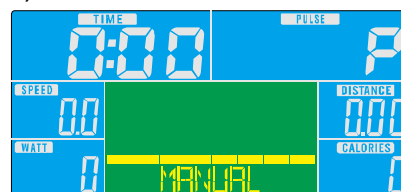
And LCD full display 2 seconds (Drawing 1) then display wheel diameter and KM or ML (Drawing 2). Then console come to Standby mode (Drawing 3).



Drawing 1



Drawing 2



Drawing 3

2. Select workout program in sequence: MANUAL→BEGINNER→ADVANCE→SPORTY→CARDIO→WATT.

3. If user select“MANUAL”and press MODE key, enter to TIME setting. Press UP(+)/DOWN

(-) to select target time (Drawing 4) and confirm by MODE. Then set

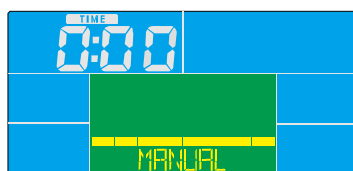
DISTANCE/CALORIES/

PULSE (Drawing 5~8). After setting, press START/STOP to start workout, Console will start

to calculate values. Press UP (+) /DOWN (-) to adjust LOAD level



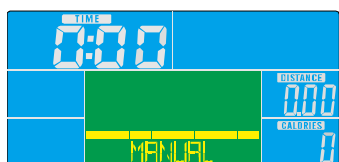
Drawing 4



Drawing 5



Drawing 6



Drawing 7



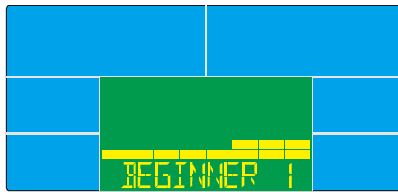
Drawing 8

4. If user want to select BEGINNER mode (Drawing 9), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) once and MODE key to enter BEGINNER mode (Drawing 10). Press UP (+)/DOWN (-) to select

ADVANCE 1~4 and confirm by MODE. Set target TIME with UP (+) /DOWN (-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.

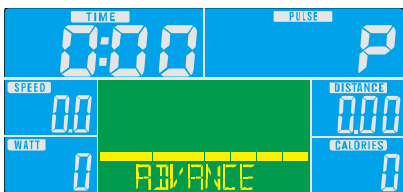


Drawing 9



Drawing 10

5. If user want to select ADVANCE mode(Drawing11),press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) twice and MODE key to enter ADVANCE mode (Drawing12). Press UP (+) /DOWN (-) to select ADVANCE 1~4 and confirm by MODE. Set target TIME with UP (+) /DOWN (-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.



Drawing 11

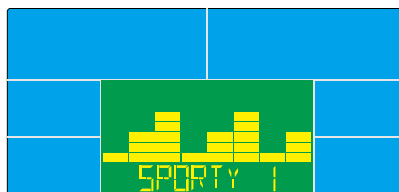


Drawing 12

6. If user want to select SPORTY mode (Drawing 13),press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 3 times and MODE key to enter SPORTY mode (Drawing 14). Press UP (+) /DOWN (-) to select SPORTY 1~4 and confirm by MODE. Set target TIME with UP (+) /DOWN (-) or start workout directly. During workout, user can press UP (+) /DOWN (-) to adjust LOAD level.

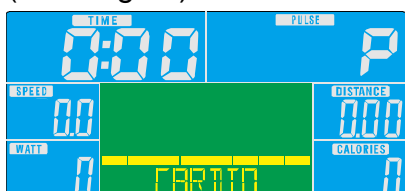


Drawing 13

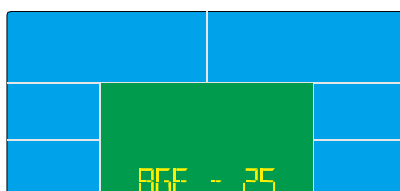


Drawing 14

7. If user want to select CARDIO mode (Drawing 15), press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 4 times and MODE key to enter CARDIO mode. Press UP (+) /DOWN (-) to set user AGE (Drawing 16), then press MODE to go to different CARDIO program selection. Press UP (+) /DOWN (-) to select CARDIO 55%,CARDIO 75%,CARDIO 90%,CARDIO TAG (Drawing 17). Set target TIME with UP (+) /DOWN (-) or start workout directly. If no pulse input to computer after starting workout for 6s, LCD will display “PULSE INPUT” for reminder (Drawing 18).



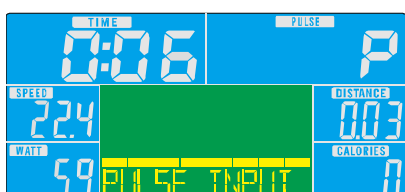
Drawing 15



Drawing 16

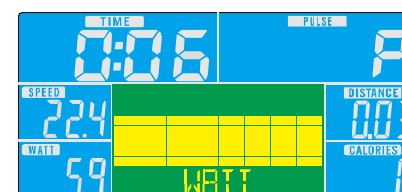
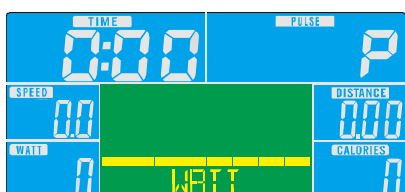


Drawing 17



Drawing 18

8. If user want to select WATT mode (Drawing 19),press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, press UP (+) 5 times and MODE key to enter WATT mode. Press UP(+)/DOWN(-)to set target WATT with range of 10~350, preset value is 120 (Drawing 20). Then press MODE to go to TIME setting (from 1~99 minutes) or press START/STOP to start workout directly. During workout, system will adjust load level according to input value and workout status (Drawing 21). Press UP (+) /DOWN (-) to set WATT value.



9. RECOVERY mode

After exercising for a period of time, keep holding on hand grips and press “RECOVERY” Button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00

(Drawing 22). Screen will display your heart rate recovery status with the F1, F2.....to F6

(Drawing 23). F1 is the best, F6 is the worst.

(Press the RECOVERY button again to return the main display.)

User may keep exercising to improve the heart rate recovery status.



Drawing 22



Drawing 23

10. BODY FAT measurement

In STOP mode, press the BODY FAT button to start body fat measurement.

Then press UP(+)/DOWN(-)to set user profile (Drawing 24~26). After setting, system start measuring. During measuring, user have to hold both hands on the hand grip. And the LCD will display “--” “--“for 8 seconds (Drawing 27) until computer finish measuring. When finish measuring, LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 28),BMI (Drawing 29) for 30 seconds.

During personal profile setting, user may press RESET to correct setting.

Press BODY FAT button again to go back to previous workout status.

※ Error code display during measurement:

E-1--- user not hold hand grips correctly (Drawing 30)

E-4--- Body Fat% exceed setting range (5.0%~ 50%, Drawing 31)



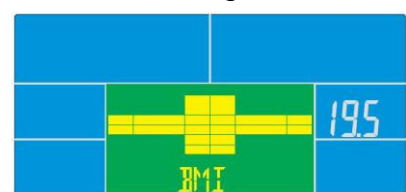
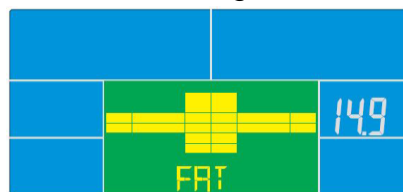
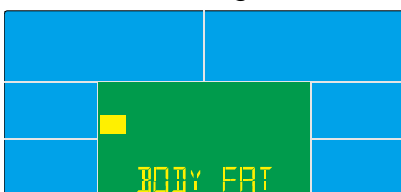
Drawing 24

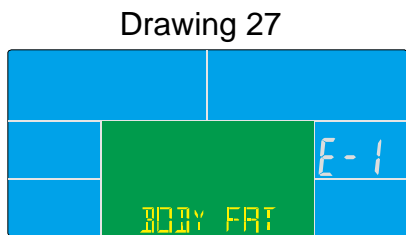


Drawing 25

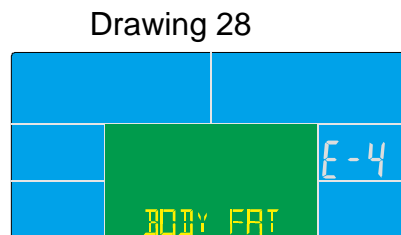


Drawing 26





Drawing 30



Drawing 31

Drawing 29

System reminder:

⊗ This console has the bell prompt function on button:

- ① effective operation- one short beep;
- ② ineffective operation- two short beeps;
- ③ any function value count down to 0 during workout- 4 short beeps every second
- ④ In H.R.C. & WATT CONTROL mode, when console is forced to stop- continuous 6 short beeps
- ⑤ When PULSE exceed setting value- 2 short beeps every second
- ⑥ When WATT exceed setting value- 3 short beeps every second

MP3 Function:

User can connect mobile or music player to console with an audio cable for MP3 function. Then click the player, console will play music.

(Reminder: console only has the function of power amplifier but not read memory card.)

USB power charger:

The console can provide USB charger for tablet or smart phone. User just plug the data cable into USB port for charging.

SM2526-67 Instruction Manual

APP function:

The console has been built-in Bluetooth for APP function. Download i-Console+ APP to tablet

first, then pair tablet and console thru BT.

(APP operation refer to i-Console+ Instruction Manual)

Remark:

This console has function of MP3/USB charger/BT), thus consume much power. For stable workout and function stability, we suggest user to use adaptor of 9V 1.3A or above.

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.

TROUBLESHOOTING

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of

| PROBLEM | SOLUTION |
|--|--|
| The upright bike wobbles when in use. | Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike. |
| There is no display on the computer console. | <ol style="list-style-type: none">1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer console may be dead. Change to new batteries. |
| There is no heart rate reading or heart rate reading or is erratic / inconsistent. | <ol style="list-style-type: none">1. Make sure that the wire connections for the hand pulse sensors are secure.2. 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.3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors. |
| The upright bike makes a squeaking noise when in use. | The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts. |

your entire exercise routine.

The **WARM-UP** is an important part of any workout. 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.

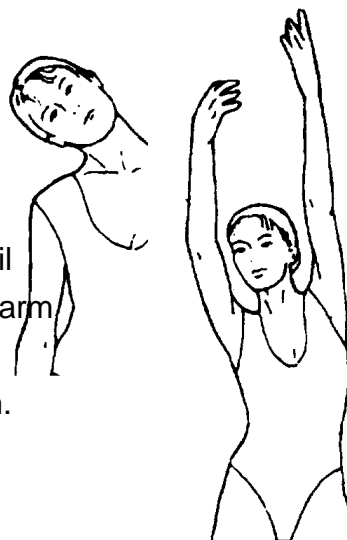
COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count,

stretching your chin to the ceiling and letting your arms to the side and lift them until your mouth open. Rotate your head to the left

as far toward the ceiling as you can for one count, then drop your head to your chest for one count. Repeat this action with your left arm.



mus
cles

SIDE STRETCHES



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



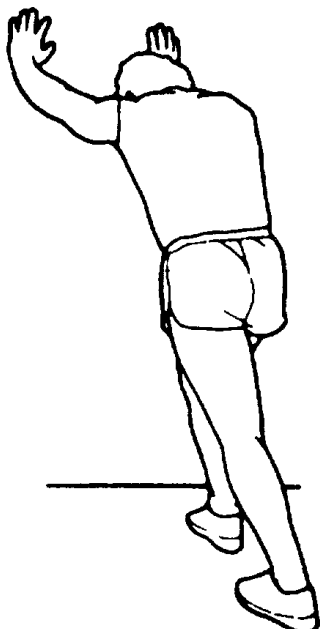
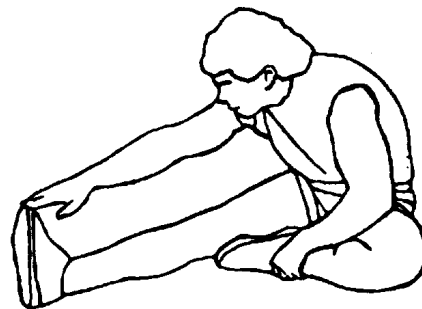


TOE TOUCHES

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.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. 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.

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