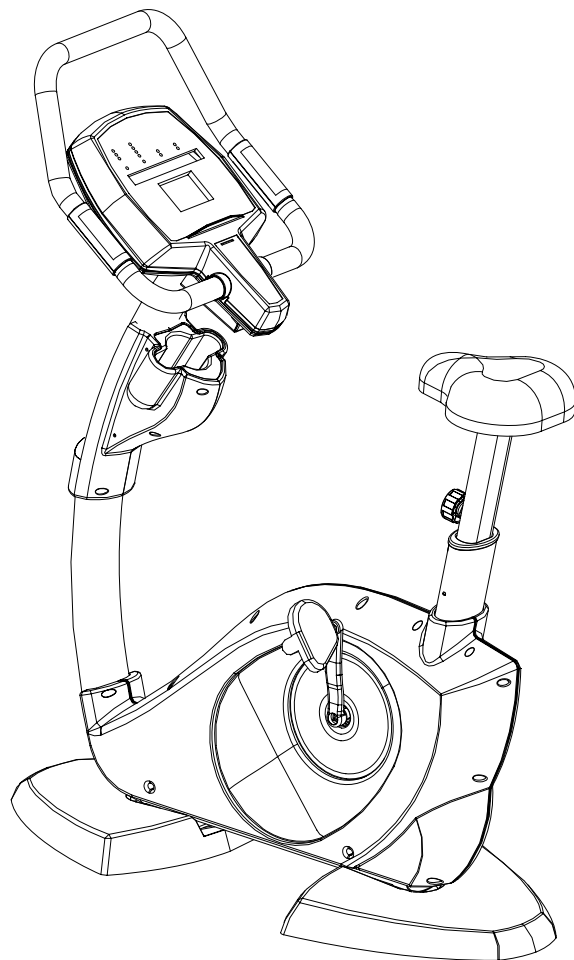


# USER'S MANUAL

## 8318 LB



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# 1. Assembly Instructions

**Before assembling or using this exercise bike, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.**

## 1.1 For your safety

- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use this equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health.**
- The equipment should be used only for its intended purpose, i.e. for physical exercise by adult persons.
- Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- This equipment has been designed in accordance with the latest standards of safety. Any features which may have been a possible cause of injury have been avoided or made as safe as possible.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original spare parts.
- **If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for all attached parts.**
- Ensure that the safety level is kept to the highest possible standard, determined by its construction; this product should be serviced regularly (once a year) by specialist retailers.
- Instruct persons using the equipment (in particular children) on possible sources of danger during exercise.
- **Any interference with parts of the product that are not described within the manual may cause damage or endanger the person using this machine. Extensive repair must only be carried out by specialist retailers or qualified personnel trained by manufacturer.**
- Please keep supervising your exercise bike to avoid hurting children.



Never use the exercise bike if it is standing on a wet surface, if the power cord is defect or a 100% function of the exercise bike cannot be guaranteed.

- Pay attention on enough distance of the power cord or the exercise bike from hot sources.
- In case of enquiry, please contact your dealer.

## 1.2 Computer handling

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before beginning with your first session, familiarize yourself thoroughly with all the functions and settings of the unit.
- It is not recommended to use or to store the unit in a damp room as this may cause it to rust.
- This machine is designed for use by adults and children should not be allowed to play with it. Children at play behave unpredictably and dangerous situations may occur for which the manufacturer cannot be held liable. If, in spite of this, children are allowed to use the equipment, ensure that they are instructed insist proper use and supervised accordingly.
- The exercise bike complies with the DIN EN 957 – 1/5, class SB. It is therefore not suitable for therapeutic use.
- The maximum user weight is 150 kg.

- A slight production of noise on the belt or motor is due to the construction and has no negative effects upon operation.
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- **Please ensure that liquids or perspiration never enter the machine or the electronics.**
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- Always wear suitable shoes and clothes when using the equipment.
- Please do not leave especially radiation – intensive appliances (e.g. mobile telephones) directly next to the cockpit or the electronic control-system as otherwise values displayed might be distorted (e.g. pulse measurement).
- To avoid injuries in case of emergencies, always make sure that you have enough space behind your exercise bike (min. diameter 1.5m)
- Make certain that no other persons are in the area of your exercise bike, because they may be injured by the moving parts.

### 1.3 Instructions for assembly

- Ensure that you have received all the parts (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your dealer.
- Unpack all individual parts and place them alongside each other on the floor. Be sure to place them on carton or a pad to prevent scratches either on the parts or on your floor.
- Make certain that you have adequate room for movement (at least 1 m) on all sides during assembly.
- Place the equipment (for assembly and use later) on a solid and flat surface.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters if necessary.
- The equipment must be assembled with due care by an adult person. If in doubt call upon help of a second person, if possible technically talented.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this machine.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packing material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!
- The fastening material required for each assembly step is shown on the diagram inset. Use the fastening material exactly as instructed. The required tools are supplied with the equipment.
- Bolt all the parts together loosely at first, and check that they have been assembled correctly.
- Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs)  
Please keep original packing of this article, so that it may be used for transport at a later date, if necessary.

### 1.4 Order of spare parts

- When ordering spare parts, always state the full article number, spare part number and quantity required.
- Example order: Art.no. 8318LB / spare part no. 12 / 2 pieces.
- **Important:** spare part prices do not include fastening material; if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words **“with fastening material”**

## 2. General

This training equipment is for use at home only. The equipment complies with the requirements of DIN EN 957 – 1/5 Class SB. The CE marking refers to the EU Directive 89/336/EEC and 73/23/EEC.

Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.)

Before starting your training, you should have a complete physical examination by your doctor, in order to rule out any existing health risks.

Make the training on your new exercise bike an essential part of a healthy lifestyle, which also includes a healthy diet and motion training. Strictly adherence of this will have following effects from your training:

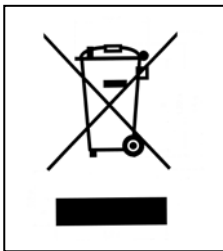
- Muscle development and tightened thighs.
- Improvement of the mobility.
- Higher calorie consumption means reduced weight.
- Improvement of your body shape.
- Invigoration of heart and lungs.
- Reduced stress and ageing.
- Increased stamina
- Increased capability
- Fortification of body's defense

## 2.1 Packing

The packing consists out of environment – friendly and recyclable materials:

- External packing made of cardboard
- Protection layers inside made of cardboard
- Molded parts made from CFS – free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PE)

## 2.2 Disposal



Please be sure to keep the packing for the event of repairs / warranty matters. At the end of the life cycle of the item it should not be disposed of in the normal household rubbish, it must be delivered to a special place for the recycling of electric and electronic items. All the parts are recyclable according their markings. Please ask your municipal administration where to deliver in such case. .

## 2.3 Explanation of symbols



Contains important information for prevention of serious injuries or damage to the equipment.

# 3. Assembly



Before you start assembling, the exercise bike must have **room temperature**. For assembling please pay attention to the following steps.

### 3.1 Take the mainframe out of the carton.

The exercise bike is very heavy; so don't try it alone to take it out of the carton.

### 3.2 Seat height adjusting

It is very important that the saddle have correct height. Please fix the saddle in such a height, that, during sitting on the bike and holding the handlebar, both toes can touch the floor.



The orientation handle bar can function lock tightly just you loose your hands. Please do not press it down emphatically, which would damage the handlebar and locking mechanism. If it needs to be lock tightly, just remove the nut decorating cover, circumrotate right and left of the eccentricity wheel until it locked.

## 4. Placing the equipment

For a pleasant feeling during exercise we recommend to place the equipment on a comfortable and attractive place.

- Never use the exercise bike outdoors
- Never place the exercise bike near open water or in rooms with high humidity.
- Place the exercise bike with a distance of at least 1.5 m to each wall.

After long time of use you will probably find some black abrasion under your exercise bike. This is a normal abrasion and doesn't mean there is a defect. This abrasion can be removed with every standard vacuum cleaner. To prevent dirt on your carpet, please use a pad.

### 4.1 Aligning the equipment

- Please take care that the floor, on which you place the equipment, must be flat and solid and should have no unevenness.
- If the exercise bike doesn't stand safe, please check that if there some eyewinker below the kickstand; however, if the exercise bike still can't keep balance, please position it to a different place or adjust the height of the kickstand.
- 

### 4.2 Moving the equipment

To move the exercise bike to a different location please do as following

- First, stand behind the exercise bike and then grasp the end of the exercise bike.
- Put up the end of the exercise bike carefully and move it on the transport rollers to your desired new location.

### 4.3 Store the equipment

Safety measure:

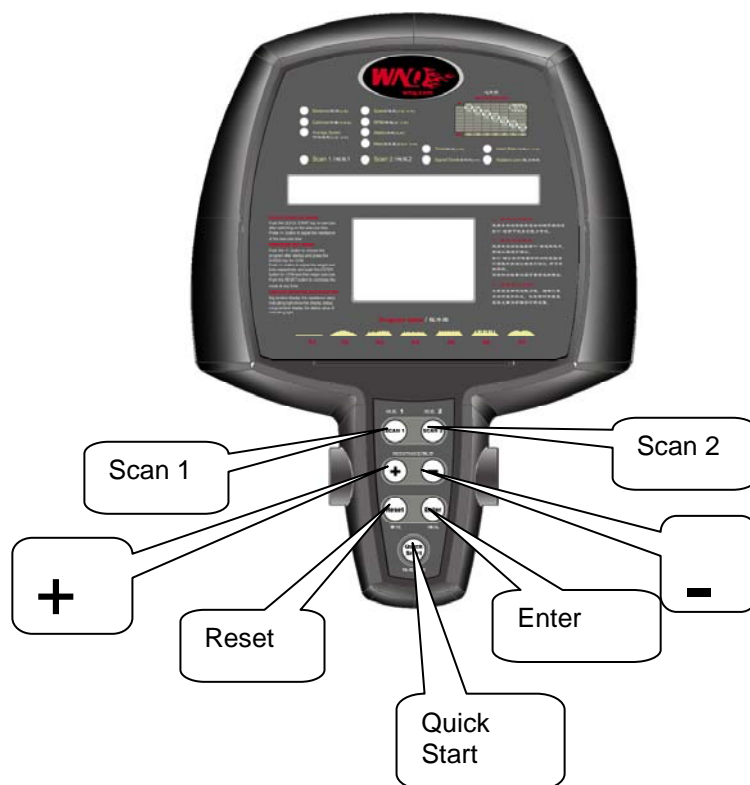
If you have children or need to store the exercise bike for long period, please lock the seat tightly.

## 5. Enter and leave the equipment

-Enter and leave the equipment, please grasp the handlebar to avoid accident.

## 6. Computer handling

### Computer window and function



### Operation instruction of computer

1. Sit on the exercise bike, then begin to pedal, the equipment begin self-generating power for computer display.
2. Press "Quick Start" key to enter into manual mode, press "+" or "-" to select program mode.
3. Press "Enter" key, with "+" or "-" to select the desired workout. Press "Reset" key to reset system.

### Computer Instruction:

- 1、 Summarize: The computer is applied to vertical exercise bike, recumbent bike and elliptical bike.
- 2、 Display type and mode: (16) -14.2mm, digital of 13 section number, dot-matrix-16H\*24W 3mm (13) Function displayer (singular) LED.
- 3、 Power supply: Provide power supply to self-generated motor.
- 4、 Resistance system: Self-generated resistance system
- 5、 General specification: about 9" H×13" W
- 6、 Assemble: on the computer pole, the bolt put through the computer pole not the computer itself.
- 7、 Connecting deiver: the product with 3 connecting device.: connect computer and the lower controlling part, connect handhold heart rate, connect the lower controlling part/power supply
- 8、 Key: with 7membrane key: "+", "-", Enter, Quick Start, Reset, Scan 1, Scan 2.
- 9、 Audible dispaly: the equipment which can beep will be placed on PCB, Each time when user press the key and one set of program was finished exercise, it will beep. When the exercise time reach 00.00, it beeps for 4 seconds and "Finish" will be displayed, then the program end.
- 9、 Panel: High quality polyester without veins cover the surface of computer, window color be red around the LED.

### Display screen and function definition

Time-In the operation of quick start up, the exercise time was count from 00:00, end to 99:59. During this program, the user set time by press "+" or "-". The section number of program will divide the time evenly.

Note: the last time entering into it should be default value transfer of time.

Speed- The current speed renew each 3 seconds, to be more exactly, one tenth mile/kilometers per hour.

Average speed- It's the average speed of current exercises mile/kilometer, the display renews each 3 seconds, one tenth mile/kilometer per hour.

RPM- Display the pedal rotating time every minute. The feature of pedal RPM renew each 3 seconds. It can display precise to 1 RPM.

Distance- the general distance display one tenth mile/kilometer.

Calories-under the distance, to test the calories of consumed, it can display precise to 1 calories.

Heart rate- hand-holding/contact testing the heart rate. (computer connect the heart rate accepting device of telecontrol, at the same time, it is with the inside heart rate accepting device. Using the priority circuit to telecontrol and check the signal of heart rate. If the heart rate signal can not be received, the resistance grade will display on the heart rate window. The singular LED will flash the signal of heart rate it received. The acceptor should be consistent with the sensor of international trademark 5KHZ.)

Resistance level- resistance level 1-16 will display on heart rate window within the first 5 seconds. Then user can change the resistance level manually. If there is signal, the heart rate will be displayed on screen.

Watts- it will display the current power input such as watt. The power will renew every 3 second, the value precise to 1 watt.

Mets-consumed value- value of oxygen-consumed. These program is as the same as the computer used.

Segment time- at the time window, it will display the remain time of program section. Use "Enter" key to change the displaying window.

#### **Button function:**

Scan- Computer with two scan key. One key control Distance, Calories and Average Speed. The other SCAN key control Speed, RPM, Watts and Mets value. Each time pressing Scan LED, the light will flash. Each numerating device display each 5 seconds. Pressing the Scan key again, the display window will save all the selected read-out.

Enter- Under program setting mode, confirm these value by pressing this key then begin to exercise. The information include Program, Time, Age, Weight and target heart rate.

+/- key -For selecting time, program, age, weight, target heart rate and resistance level.

Reset- For computer entering into program setting mode at any time.

Quick Start - pressing quick start key, system begin running resistance level 3. Dot matrix like the operation running of heart rate control program, the running section turn into the current right section. Because Time do not enter into this program, the section of dot matrix will enter into a new line 60 seconds later.

#### **Program Operation:**

Program set mode:

When turning on the power supply of computer, dot matrix display WNQ, the number scroll. Then select one program and press "+" / "-" to set, or press quick start key directly.

Press "+" / "-" to set program:

**When the program selection is displayed, the program name (the following list) should be displayed on the center of number.**

Computer enter into "P2" program by pressing "+" or "-" key, After the computer displayed, press enter key indicate that the user enter into weight selection.

User select weight, the last input value display on dot matrix, "Weight" displayed among the numbers, press "+" or "-" key to adjust the value, then press Enter key to confirm.

User enter into exercise time. The last input time is the default value displayed on dot matrix. "Time" displayed above the numbers, then press Enter key to confirm the exercise time and system begin running.



Program select:  
P1-MANUAL  
P2-ROLLING HILLS  
P3-RIDE IN THE PARK  
P4-SPEED INTERVALS  
P5-STRENGTH TRAIN  
P6-CLIMB MOUNTAIN  
P7-MOUNTAIN RUN  
P8-FITNESS TEST  
C1-CUSTOMER ONE  
C2-CUSTOMER TWO  
HC-HRC-HEART RATE

Exercise mode

The section number of program divide evenly the running time, it results in the segment time.(For example:30:00/30 section=1:00 segment time).  
Computer with 16 grade resistance system.

Direction scroll from right to left, the running section flash on the LED line. As the section less than 24, the right part of doxt matrix will begin to vanish until there is no remaining section.

During program operation period, if the resistance grade is changed, the resistance grade will be averaged. But the direction of dot matrix would not change.

When the time of clock reach 00:00, "Finish" will be displayed with beep 4 times. If under FITNESS TEST mode,after display "FILISH", it will display the result grade of exercise stage, such as "LOW", "FAIR", "AVARAGE", "GOOD" and "EXCELLENT", then the display screen return to the normal readout stage.

### **Customer made program**

As other programs , the program customer 1 or customer 2 is selected from program selection by pressing ENTER key.

If the program is not established, it can be displayed just on the bottom line of dot matrix LED.

In this stage, press "+" / "-" key to select resistance level of every section, press ENTER key to save this section and shift to next one.

After finishing edition of 24 section, the program is saved, then it indicating „Entering into weight“ mode.

When program is displayed on the program set mode, press reset key, then the program will change soon.

During the time the Customer made program is operated, if the resistance level change, the testing program section will be averaged, but this would not impact on the deposition.

### **Heart rate control**

After the heart rate control program is selected, "♥" sybsol displayed on dot matrix, 'heart rate'displayed on the center of number.

Press enter key to confirm heart rate control program, it indicate that we enter into age set,then the dot matrix LED display selected value, "age" display above the number.

Press enter key to confirm age value, it indicate that the dot matrix LED display traget heart rate ,this form must be  $(220-Age*70)$  ,and , "traget heart rate" display above the number.

Change the target heart rate by pressing "+" or "-" key. Press Enter key again to confirm the value we selected, then it indicate that we enter into weight set.

When user enter into weight set, the last value display on dot matrix, "weight" display above the number.

Press "+" or "-" key to adjust the value, then press ENTER key to confirm.

"Time" display above the number, the last input value display abouve the dot matrix. Pressing "+" / "-" key to select time, pressing time then begin to exercise.

Heart rate control procedures in operation during the current resistance level should be displayed on the far left point matrix restricting the use. After completion, when the first row to maintain a final resistance level, the point matrix should upgrade to the second row shows the current resistance level. Through training continues, the current paragraph to the final of the right to formulate work record. Once arrived at the far right of the LED row at the far left side of the earliest and will leave the vacated positions. Activities / current paragraph should have been pop. On the point of the matrix should have an average of 60 seconds.

**Other function:**

Test-the computer must pass the CE authentication and UL standard, otherwise, some item have to accept testing-key life and causticity, for example .

**Exercise testing protocol**

The exercise testing is for testing the maximum VO2 of user. Program supervise the heart rate of user, change the power(watt) to make the heart rate of user steadily increase to “heart rate testing area” . It is a project to check the heart rate of user and calculate the exercise score of user.

**For customer setting:**

- 1、 Customer secler exercise test under program setting mode.
- 2、 Customer enter into weight, age and sex seclction
- 3、 “Male” “Female” display on the symbol of number “1 “ or “0” , press “+” / “-” key to select then press ENTER key to confirm.
- 4、 Computer calculate the HRT of use= ( 220-age ) \*.75
- 5、 ( target area=target heart rate-distance target heart rate 5 beat+5 beat )  
 low limit=target-5 beat  
 upper limit =target +5 beat

**Test begin:**

Test follow protocol:

			<b>power supply</b>	<b>time</b>
	Hear rate	< low limit-	+1/16 watt	20 seconds
	10beat			
low limit-10 beat	< Hear rate	< low limit	+1/16 watt	60 seconds
low limit	< Hear rate		watt	3 seconds

**Enlarge:**

- 1、 Test begin from 45 watt.
- 2、 At 0:20, computer begin to check using heart rate. If the heart rate of user less then the low limit 10 beat, strength increase 6%, check it again within 20 seconds.
- 3、 Repeat #2 until the heart rate of used with the low limit 10 beat. At this base, increase power supply 6%, at 1:00 check it again.
- 4、 At any time, the heart rate of user reach the low limit more than 5 seconds, grasp the watt Within last 30 seconds, the heart rate of user is averaged.

The result score of user is calculated according to the follow formula:

Male: Result score={ ( 12\*test watt +300 ) /(user wt.(kg))\*{ ( 220-age-63 ) / ( test heart rate-63 ) }

Female: Result socre={ ( 12\*test watt+300 ) / (user wt(kg))\*{(220-age-73)/ ( test heart rate-73 ) }

**Qualitative score**

The qualitative score of user is determined by the following lines.

Female Low Fair Average Good Excellent

Male Low Fair Average Good Excellent

**Scroll information**

The information displayed at 0:00:

“Done well……Keep pedaling and check result”

“If during the testing process, your heart rate test is not tested, it will indicate ‘ERROR NO HEART’ ”

Display“the test is over“ among the number

“Workout score=\_”

( Display qualitative score such as the above mentioned, dot matrix.)

**At any testing time, the pedal RPM descend until 60 RPM, system will display information “ Keeping pedaling speed 60rpm-100rpm“**

## 7 . Training manual

Training with the exercise bike is an ideal movement training for strengthening important muscle groups and the cardio – circulatory system.

General notes for training

- Never do exercise immediately after a meal
- If possible, orient your training to pulse rate
- Do muscle warm – ups before starting by loosening or stretching exercises
- When finish your training, please reduce speed. Never abruptly end your training.
- Do some stretching exercises when finished with your training.

### 7.1 Training frequency

To improve your physical fitness and to enhance your stamina over the long term, we recommend training at least three times a week. This is the average training frequency for adults in order to obtain long time stamina success or high fat burning. As your fitness level increases, you also can train daily. It is particularly important to train at regular intervals.

### 7.2 Training intensity

Carefully structure your training. The intensity should be increased gradually, so that no fatigue of the musculature or the locomotion system occurs.

Revolution/minutes

Select low resistance and high revolution exercise (Revolution per minute) and guarantee that the revolution per minute should be more than 80 revolution per minutes, and less that 100 revolution per minute.

### 7.3 Heart rate training

For your personal pulse zone it is recommended that an aerobic training range is chosen. Performance increases in the endurance range are principally achieved by long training units in the aerobic range.

Find this zone in the target pulse diagram or orient yourself on the pulse program. You should complete 80% of your training in this aerobic range ( up to 75% of your maximum pulse).

In the remaining 20% of the time, you can incorporate load peaks, in order to shift your aerobic threshold value upwards. With the resulting training success you can later produce higher performance at the same pulse: this means an improvement in your physical shape.

If you already have some experience in pulse – controlled training you can match your desired pulse zone to your special training plan or fitness status.

#### **Note:**

Because there are persons which have “high” and “low” pulses, the individual optimum pulse zones (aerobic zone, anaerobic zone) may differ from those of the general public (target pulse diagram).

In these cases, training must be configured according to individual experience. If beginners are confronted with this phenomenon, it is important to consult a doctor before start training, in order to check your health capacity for training. **Generally we recommend that everyone first consults a doctor, before doing any fitness training.**

### 7.4 Training control

Both medically and in terms of training physiology, pulse – controlled training makes most sense and is oriented on the individual maximum pulse.

This rule applies both to beginners, recreational athletes and to professionals.

Depending on the goal of training and performance status, training is done at a specific intensity of individual maximum pulse (expressed in percentage points).

In order to effectively configure cardio – circulatory training according to sports – medical aspects, we recommend a training pulse rate of 70% - 85% of maximum pulse. Please refer to the following target pulse diagram.

Measure your pulse rate at the following points in time:

1. Before training = resting pulse
2. 10 minutes after training start = training / working pulse
3. 1 minute after training = recovery pulse

- During the first weeks, it is recommended that training is done at a pulse rate at the lower limit of the training pulse zone (approximately 70% or lower)
- During the next 2 – 4 months, intensify your training stepwise until you reach the upper end of the training pulse zone (approximately 85%) but without overexerting yourself.
- Although you are in a good condition, disperse easier units in the lower aerobic range time and again in your training program, so that you regenerate sufficiently. A “good” training always means intelligent training, which includes regeneration at the right time. Otherwise overtraining results and your condition deteriorates.
- Every loading training unit in the upper pulse range of your individual performance should always be followed in subsequent training by a regenerative training unit in the lower pulse range (up to 75% of the maximum pulse).

When your condition has improved, higher intensity of training is required for the pulse rate in order to reach the “training zone”, that is, that the organism is capable of higher performance.

### Calculation of the training / working pulse

220 pulse beats per minute minus age = personal, maximum heart rate (100%)

### Training pulse

Lower limit:  $(220 - \text{age}) \times 0.70$

Upper limit:  $(220 - \text{age}) \times 0.85$

## 7.5 Training duration

Every training unit should ideally consist a warm – up phase, a training phase and finally a cool – down phase in order to prevent injuries.

### Warm up:

5 – 10 minutes of calisthenics, aerobic or stretching (also tread the exercise bike slowly).

### Training:

15 – 40 minutes of intensive but not overextended training at the intensity mentioned above.

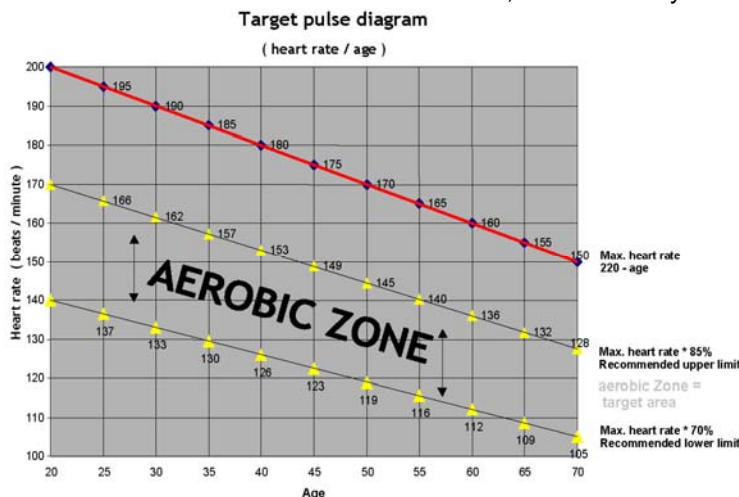
### Cool – down:

5 – 10 minutes of slow running, followed by calisthenics, aerobic or stretching, in order to limber up the muscles.

**Stop training immediately if you feel unwell or if any signs of exhaustion occur!**

Alterations of metabolic activity during training:

- In the first 10 minutes of endurance performance, our bodies consume heparin of muscle.
  - After about 10 minutes additionally fat will be burned.
- After 30 – 40 minutes fat metabolism is activated, then the body’s fat is the main source of energy.



## 7.6 Warm up and cool down

Warming up is an important part of your workout and should begin every session. It prepares 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.

At the end of your workout, repeat these exercises to reduce sore Muscle problems. We suggest the following warm-up and cool-down Exercises:

### 1. Toe Touch

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

### 2. Hamstring Stretch

Sit with your right leg extended. 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 extended.

### 3. Calf-Achilles Stretch

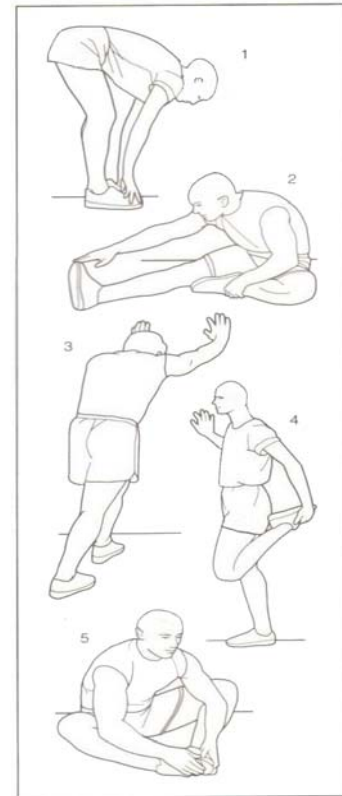
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

### 4. Quadriceps Stretch

Put your right hands on the wall, the left hand backward catch the left foot. Let your heel stretch toward to your buttocks as close as you can and hold for 15 counts. Relax and then repeat with right foot.

### 5. Inner Thigh Stretch

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



Start your stretch slowly, exhaling as you gently stretch the muscle.

Don't bounce when you stretch. Holding a stretch offers less chance of injury.. Don't strain or push a muscle too far. If it hurts, ease up.

## 8 . Maintenance

### 8.1 Maintenance

- Generally speaking, the equipment do not need to be maintained.
- Check periodically all the parts of the equipment, then check if the connection of all bolt are tightened.
- Ask the local customer service to replace the defected parts; please do not use the equipment before it is repaired.

### 8.2 Attention.

- Please clean the equipment with a moist cloth, don't use any scour. Ensure that moisture can't enter the computer.
- The place that can connect with sweat-handlebar and seat ,for example,must be clean with moist.
- **Please ensure that liquids never enter the machine and the electronics!**

## 9 . Trouble-shooting

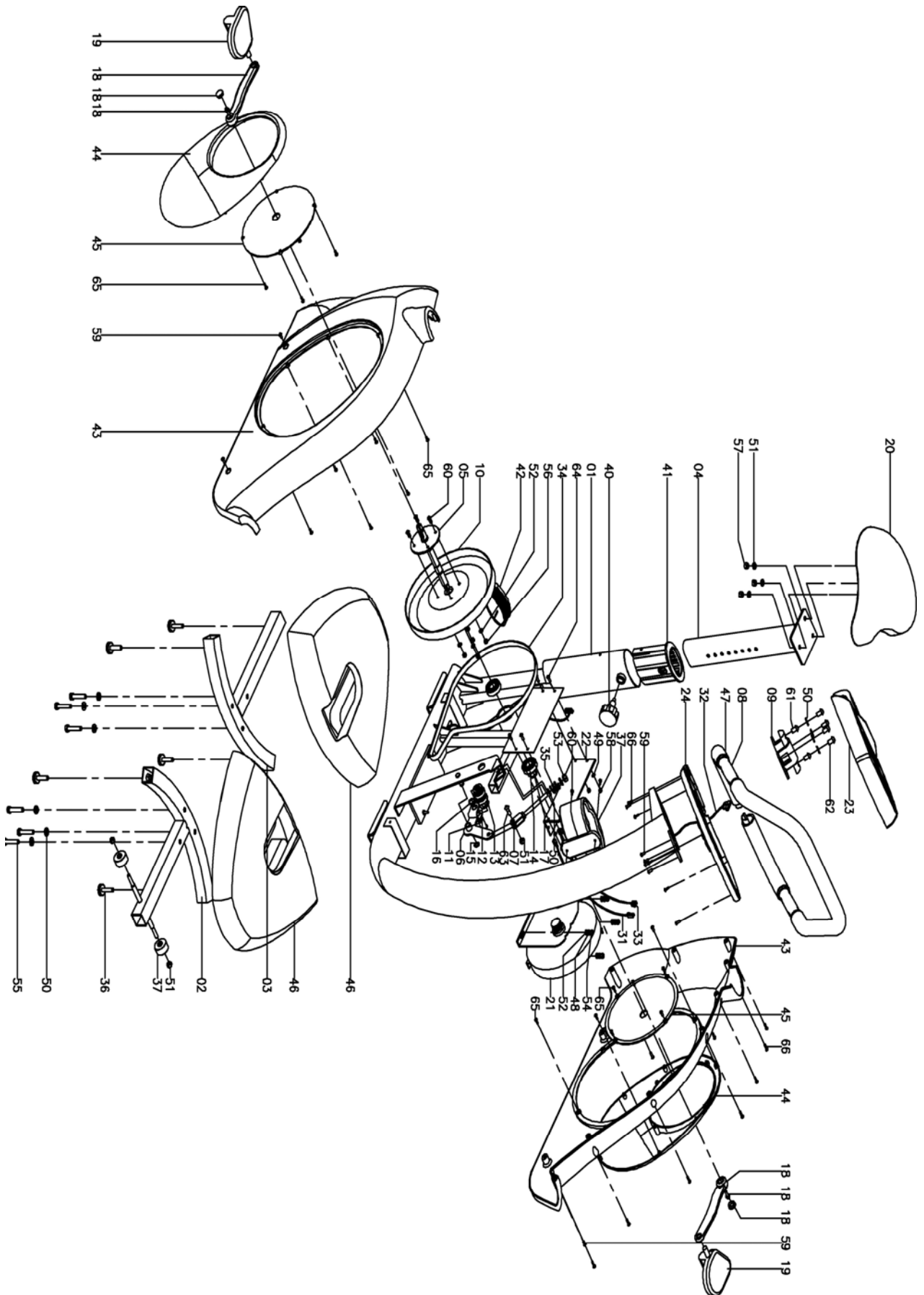
### **Display shows no values:**

- Self-generated motor can't provide power supply.
- Check that if the cables have been damaged or can't connect exactly during assembly.
- If cables have been damaged please order new ones from the customer service and replace the defect ones.

### **Display shows incorrect or no pulse rate:**

- The hand pulse sensors are only working when you hold both sensors at the same time.
- Make sure that you have a firm grip on both hand pulse sensors.
- If the contact is interrupted during exercise, the computer needs a few seconds to get the new measures from the sensors.

# 10. Explosion drawing



## 11. Parts list

No.	Description	Specification/ Remarks	QNY
1	Main frame		1
2	Front leg		1
3	Back leg		1
4	Seat adjusted pipe		1
5	Mid axes		1
6	Pressure frame		1
7	Pressure adjusted organ		1
8	Handlebar		1
9	Handlebar fasted slice		1
10	Big strap wheel		1
11	Pressure axes		1
12	Axletree place ring		2
13	Axletree	6003	2
14	Axletree	6004	2
15	Axes ring	GB/T894.2-1986/12	1
16	Axes ring	GB/T894.2-1986/17	1
17	Axes ring	GB/T894.2-1986/20	1
18	Brace	1301DB	1 set
19	Pedaling board	JD-1A-B	1 set
20	Seat cushion	SB-19V	1
21	Self-generated motor	B6001(Hybrid Type Generator)	1
22	Controlling panel		1
23	The upper cover of computer		1
24	The lower cover of computer		1
25	P PCB Board		1
26	Film key		1
27	Hand-holding heart rate		2 set
28	Panel one		1
29	Panel two		1
30	Hand-holding heart rate inductive line		1
31	Power supply line		1
32	Upper part of the main control line		1
33	Lower part of the main control line		1
34*	Ply-wedge belt		1
35	Rotating spring		1
36	Adjusting cushion		5
37*	Transporting wheel		2
38	Water bottle shelf		1
39	Water bottle		1
40	Adjustable bolt		1



41*	Middle-empty plug		1
42	Bottom plug		1
43	Bike box		1 set
44	Decorated cover of the bike box		2
45	Disk		2
46	Bottom leg protected mantle		2
47*	Sponge tube	φ 31*4*1720	1
48	Spring washer	6	4
49	Washer	5	4
50	Washer	10	12
51	Washer	8	1
52	Washer	6	8
53	Nut	M10	1
54	Nut	M6	4
55	Bolt	M10*40	6
56	Locknut	M6	4
57	Locknut	M8	3
58	Locknut	M5	4
59	Allen screw, round head	M5*12	8
60	Allen screw, round head	M6*15	4
61	Allen screw, round head	M8*15	2
62	Allen screw, round head	M10*15	4
63	Allen screw, round head	M8*25	1
64	Philips screw, round head	M5*15	4
65	Philips screw, round head	ST4. 2*12	26
66	Philips screw, round head	ST4.2*16	15

Parts marked with \* are wear out parts which are subject to natural wear out and which must be replaced after intensive or long use. In this case please contact your customer service. There you can request the parts and be charged for them.