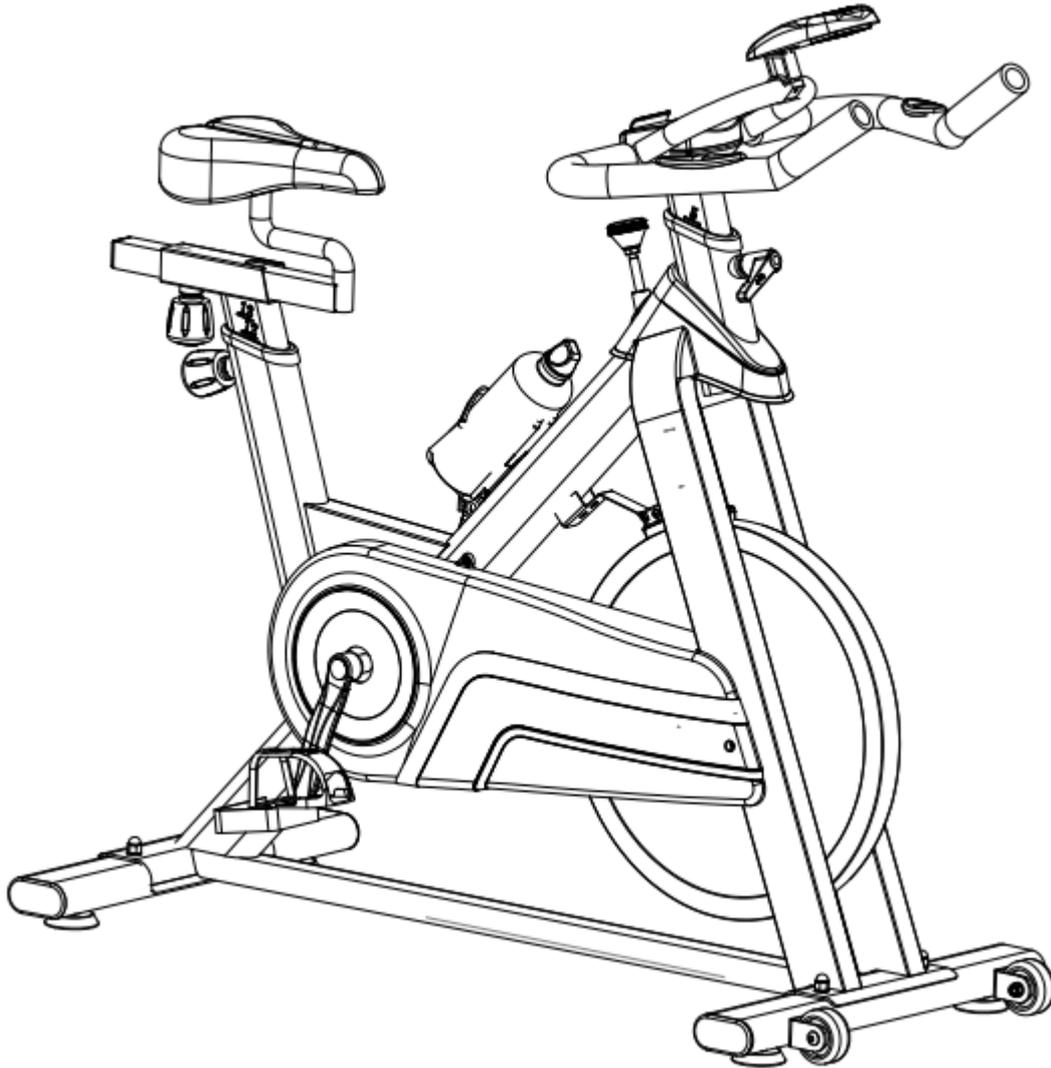


USER MANUAL



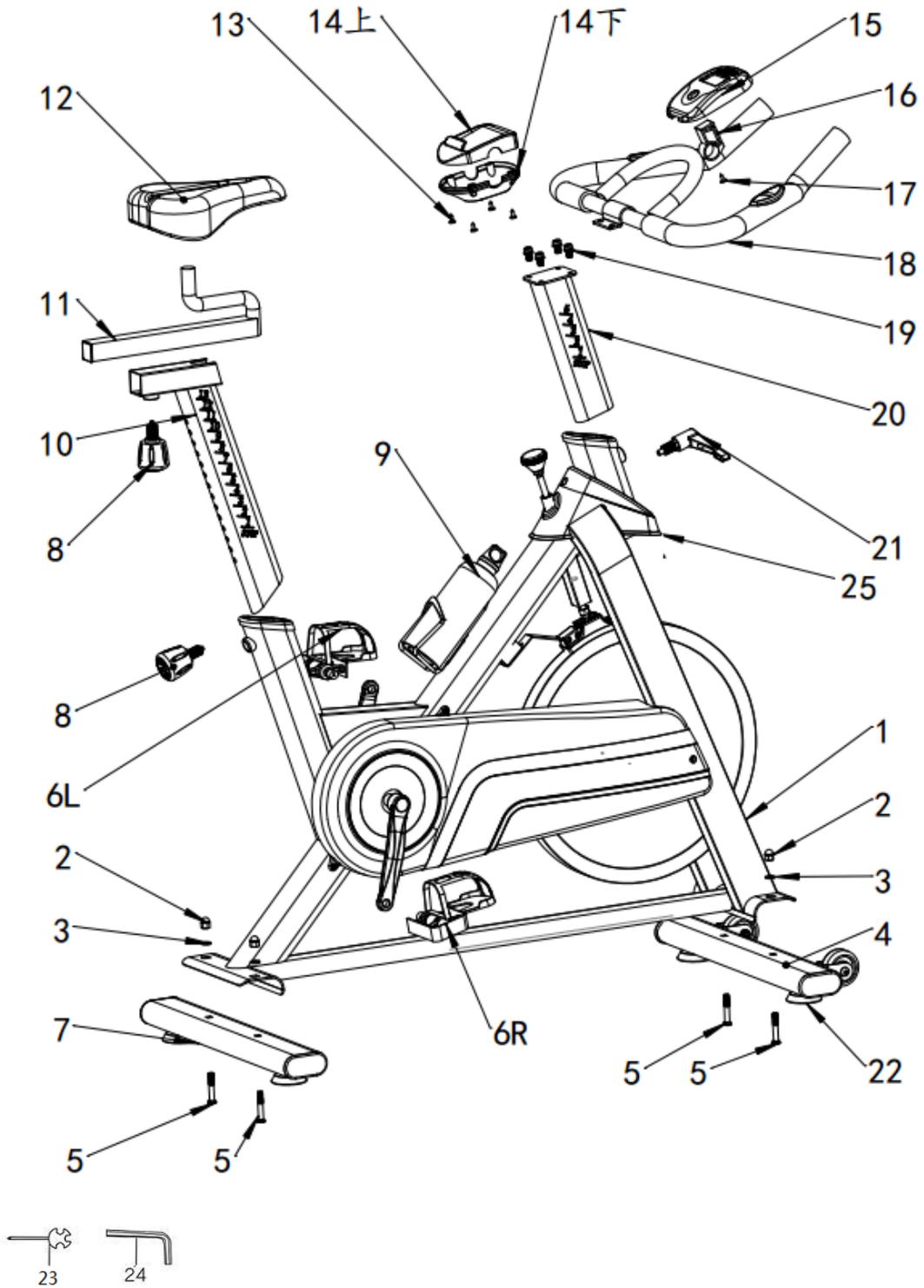
Safety Precautions – Please Read the Instruction

before Using!

1. Assembly this product properly using original parts according to the installation instruction. Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions and the list of spare parts.
2. Prior to exercise, make sure equipment fasteners are in locking state.
3. Please place the exercise bike on a dry and flat ground.
4. To prevent the bottom of the equipment from damage such as abrasion and stain, put under the bottom an object such as a rubber cushion or a thin wood plate.
5. When starting the exercise, be sure to have no object within 2m from the exercise bike.
6. Please use the attached or other appropriate tools to assemble or repair the exercise bike. After exercise, please wipe sweat off it.
7. Improper use and excessive exercise endanger your health. Please carry out your exercise plan under the direction of a doctor. He can provide you with excellent suggestions on your exercise gestures, exercise goals and your food. Never make exercise after a meal. This exercise bike is not for the medical purpose.
8. Please use the exercise bike when the equipment is in good operation. Make necessary maintenance using original spare parts.
9. When regulating the equipment, note to observe the best position and largest adjustable position to ensure the adjusted position is safe.
10. Unless otherwise specified in the instruction, this exercise bike is only for use by one person at one time.
11. During exercise, please wear sports cloths and shoes. The clothes shall not be too long and too wide to prevent them from being hooked or hung during exercise. The shoes must be suited for the feet and the soles shall be anti-slip.
12. When feeling uncomfortable during the process, please stop exercise immediately, and where necessary, consult a doctor.
13. Please the sports equipment are not toys for playing with, and thus, shall be used by those people for exercise purpose.
14. Children and disabled persons shall use the equipment in the presence of adults or healthy people. Appropriate measures shall be taken to ensure a child is unable to use the equipment without the supervision of an adult.

15. Make sure any part of another person will not be accessible to the equipment during the exercise.
16. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.
17. The exercise bike has a maximum load of 120KGS.

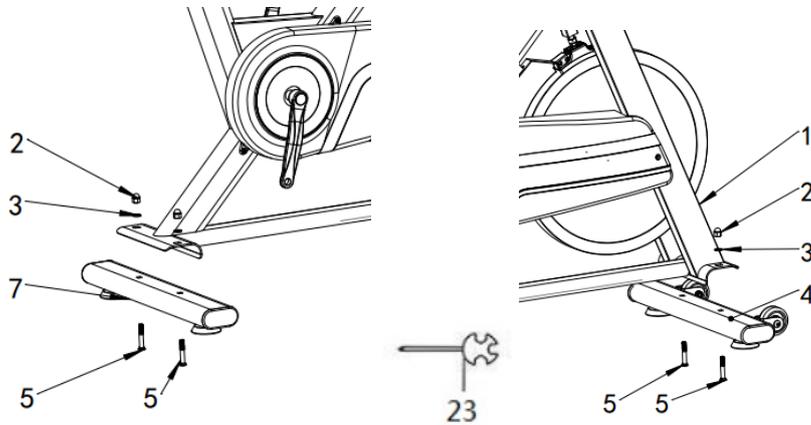
EXPLODED VIEW



PART LIST

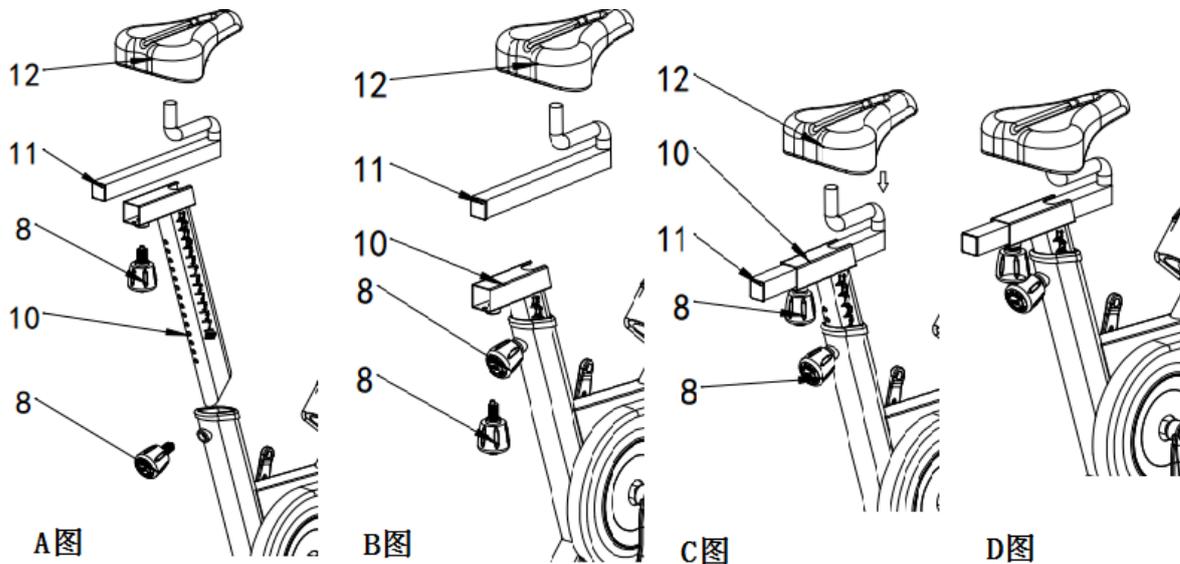
No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	Main frame	1	13	screw4x12	4
2	M10cap	4	14	Mobile holder	2
3	Φ10flat washer	4	15	Monitor	1
4	front tube	1	16	monitor holder	1
5	M10x55carriage screws	4	17	Self-tapping screws4x35	1
6L/R	pedal L/R	2	18	handlebar	1
7	rear tube	1	19	M8x16 screws	4
8	M16 knob	2	20	front intubation	1
9	bottle	1	21	M16-Lknob	1
10	rear intubation	1	22	M10tube pad	4
11	cushion tube	1	23	Phillips screwdriver	1
12	cushion	1	24	Φ6mm Allen wrenches	1
			25	brake cover	1

Description of Installation:



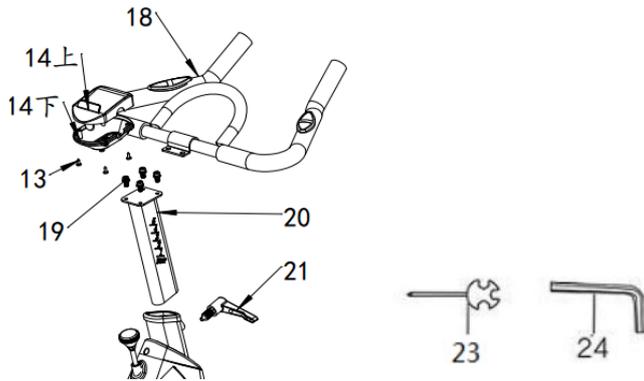
Step 1:

Remove the main frame (1), front tube (4) and rear tube (7), locking them with M10 cap (2), flat washer (3) and M10x55 carriage screws. Use a Phillips screwdriver (23) to tighten the tube. The tube is installed.



Step 2:

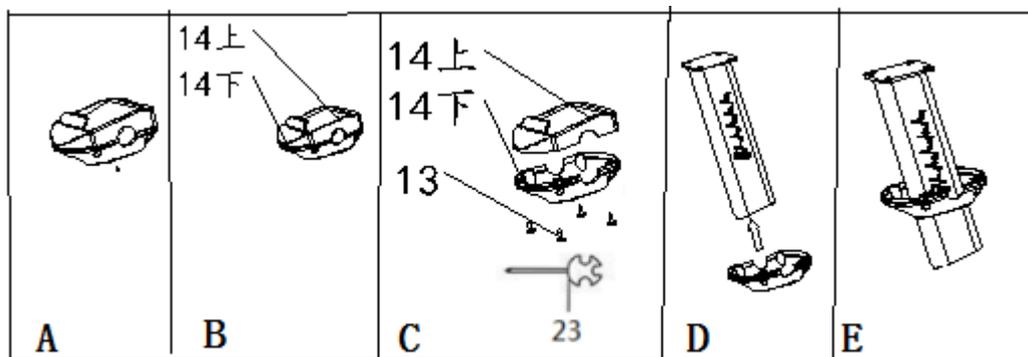
In accordance with figure A, remove the rear intubation (10), Loosen the Knob (8) and insert the rear intubation (10), and tighten the Knob (8.) In accordance with figure B, then remove the cushion tube (11), align the hole, and insert to the rear intubation (10), and tighten the knob (8). Follow the instructions in Figure C, remove the cushion (12), put it into the cushion tube (11). Tighten the screws on both sides of the cushion with a wrench, as shown in Figure D.



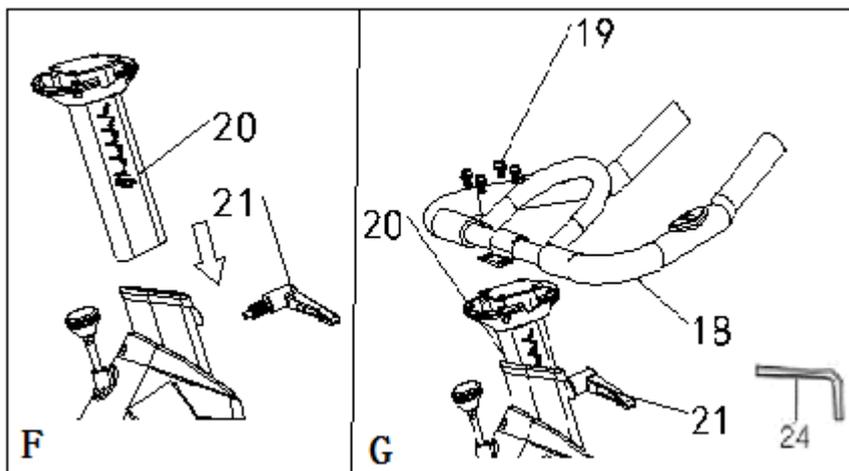
Step 3:

First, you need to remove the installed parts:

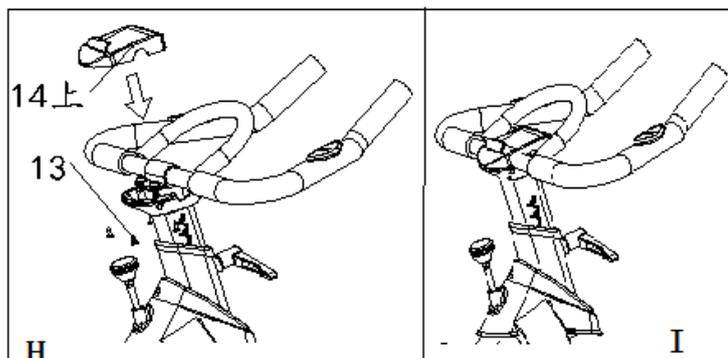
1. front intubation (20) , 2. handlebar (18) , 3. Mobile holder (14) ,
4. M16-Lknob (21) , 5. screws M8*16 (19) , screws 4x12 (13)
6. Phillips screwdriver (23) , Allen wrenches (24)



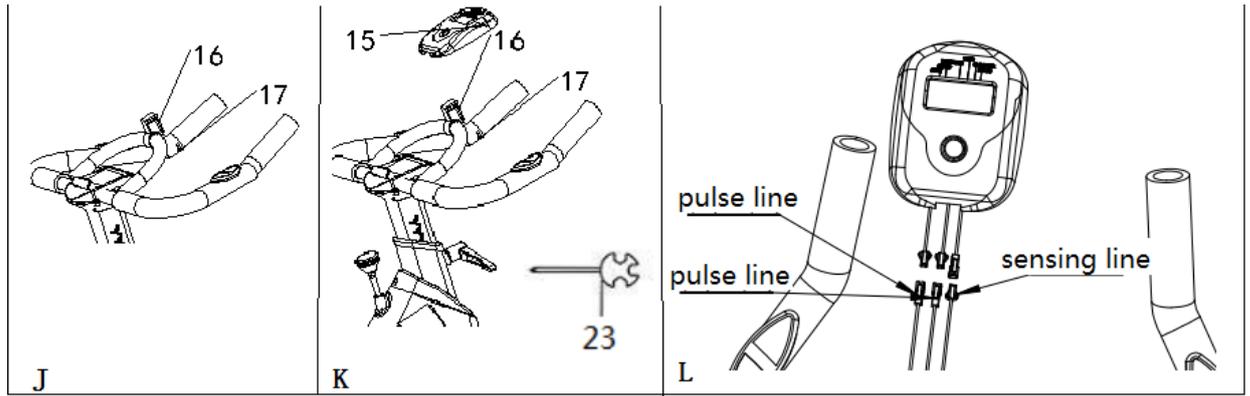
As shown in the A+B+C illustration, Remove the phone holder (14) , the phone holder has two parts (upper and lower part), And remove the screws (13), according to illustration D+E, insert the lower part of the phone holder into the front intubation.



Insert the front intubation into the main frame (1) and use the knob (21) to tighten it, then put the handlebar (18) into the front tube (20), Aim at 4 holes, use the M8x16 screws and Allen wrench to tighten it.

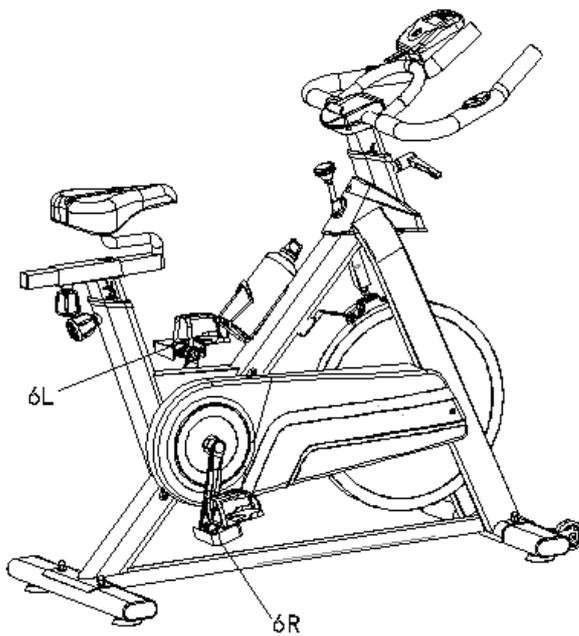


Put the phone holder (upper part) to the handlebar and use the Phillips screwdriver (23) to lock the screws.



Step 4.

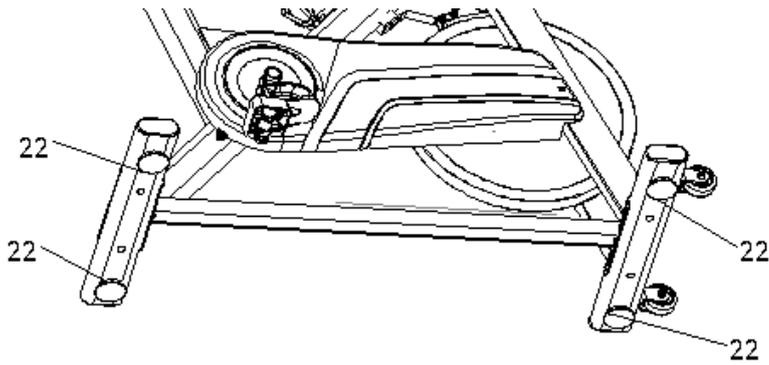
Put the Monitor holder to the handlebar and lock it with Self-tapping screws 4x35 (17) and take the Monitor to the holder. And then connect the pulse line and sensing line as showed in L.



Step 5:

Remove the pedal, Put the pedal with pedal (6L) into the left crank of the main frame (1) and the foot pedal R (6R) into the right crank.

Note: The right foot is mounted clockwise Left foot installation is counterclockwise



Step 6:

Customers in the process of riding, if the feeling is not smooth, you can adjust the foot pad (22) Until steady.

(1) Monitor descriptions:

Time	00:00-99:59 minute
Speed	00-99.99 mile (mile/hour)
Distance	0.00-999.9 km (mile)
Automatic Scan	Start the monitor or press the button to turn into the condition of scanning. All the functions data of Time, Calories, Pulse, Speed, and distance would automatically be on display in a cycling way, with data pausing for 6 seconds for each function.
Pulse data	It shows the heart rate times of user every minute. Press the button to choose showing the heart rate only.
Odometer (Total distance)	It shows the total distance of user from 0.0 to 999.9.
User could press the button to choose showing the total distance only.	

(2) Methods for using

1. Battery Installation

Please install no.5 AA battery to the battery box on the back of computer.

(All the function would be refreshed to be "0" every time after the batter is replaced)

2. Automatic on and off

The main display would show all the data during the exercise of user.

The data of odometer would be saved after stopping exercise for more than 256 seconds.

It would keep calculating when the user starts to run again.

3. Reset

Press the button for two seconds, all the functions except the odometer would be refreshed to be "0".

Attention!

1. If the computer would not be displaying data normally, please install the battery again.
2. Specification of battery: One piece of no.5 AA battery.
3. The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
4. This manual is also suitable for equipment without computer.