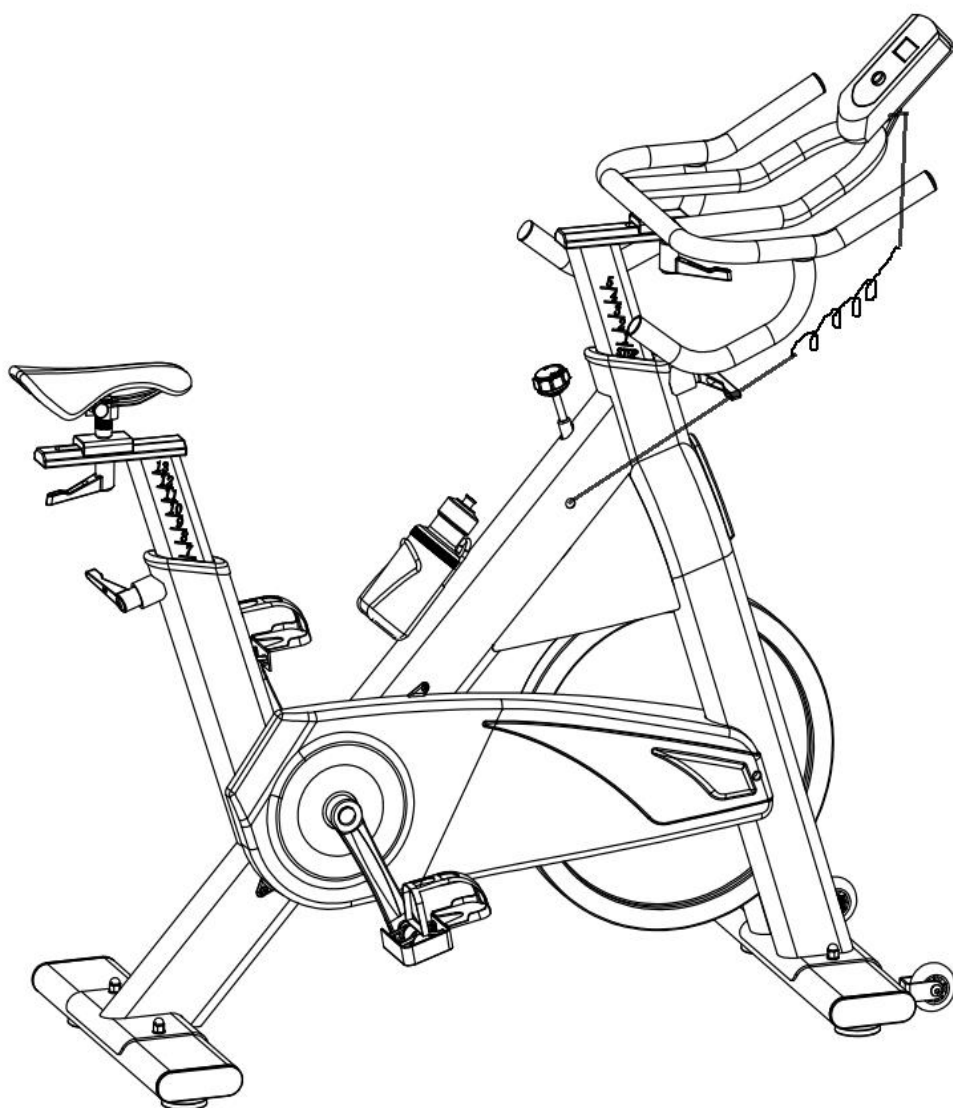


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USER MANUAL

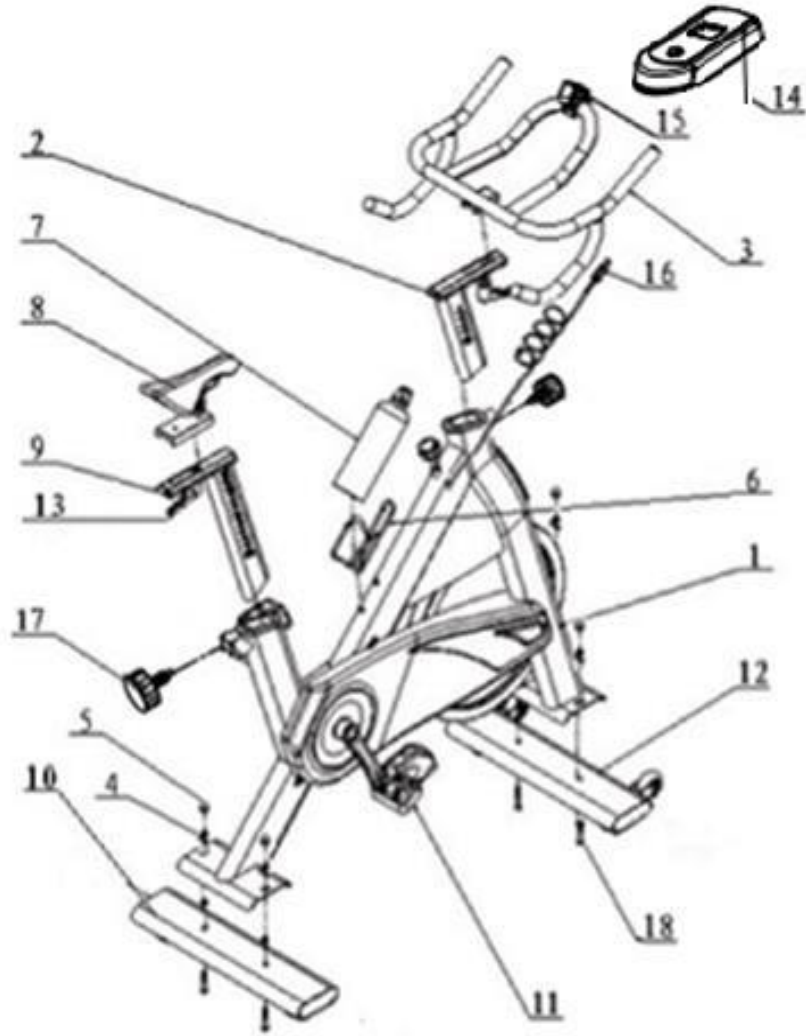


Safety Instructions

Before you use the exercise equipment, please read all the rules.

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 any 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. 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 so as 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 150KGS.

Exploded view



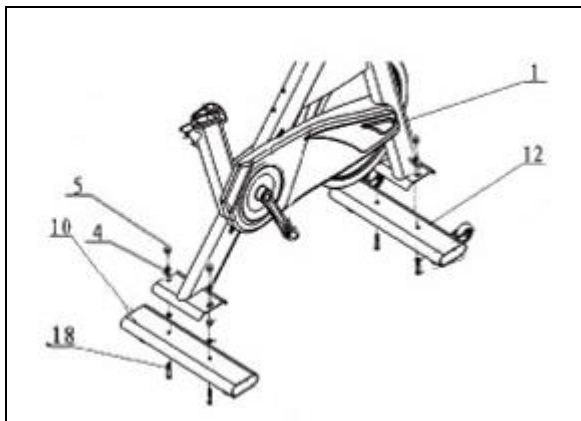
PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	10	Rear stabilizer	1
2	Handlebar supporter	1	11	Pedal L/R	1
3	Handlebar	1	12	Front stabilizer	1
4	Washer	4	13	L shape knob	2
5	Cap nut	4	14	Computer	1
6	Water bottle cage	1	15	Computer holder	1
7	Water bottle	1	16	Sensor cable	1
8	Seat	1	17	Knob	2
9	Seat supporter	1	18	Bolt	4

ASSEMBLY INSTRUCTIONS

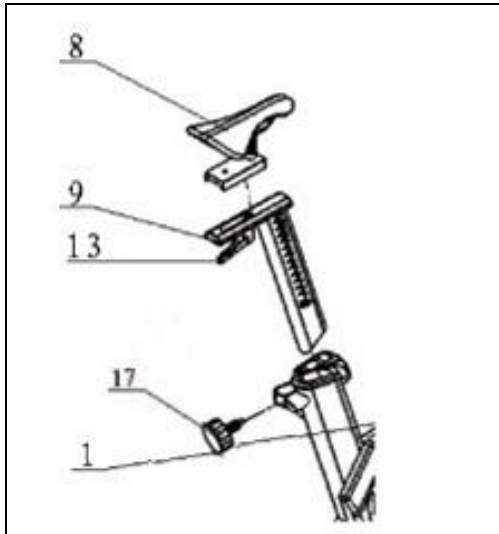
STEP 1

Fasten the front stabilizer (12) and rear stabilizer (10) on the frame (1) with bolt (18), washer (4) and cap nut (5).



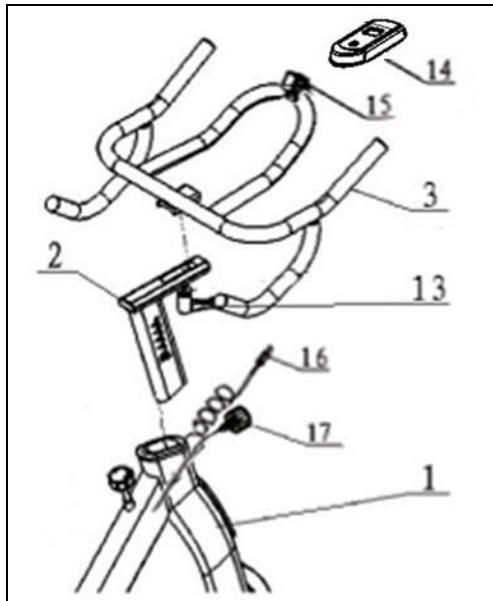
STEP 2

Fasten the seat supporter (9) on the frame (1) with knob (17) and fasten the seat (8) to the seat supporter (9) with L shape knob (13).



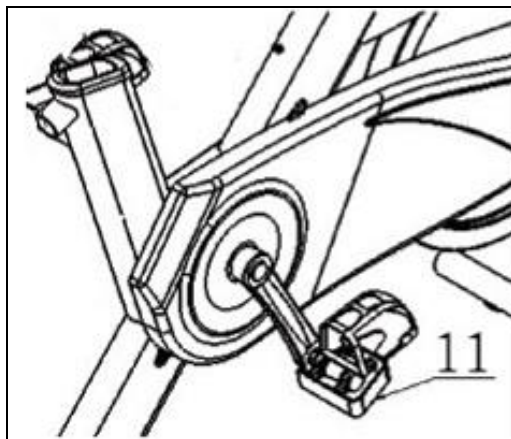
STEP 3

Fasten the Handlebar supporter (2) on the frame (1) with knob (17), and fasten the handlebar (3) on the supporter (2) with L shape knob (13), then fasten the computer (14) on the computer holder (15) and connect the sensor cable (16) to computer (14).



STEP 4

Attach the pedal (11) to the Frame (1). Note that the Right pedal should be threaded in clockwise direction and the left pedal in anti-clockwise direction.



EXERCISE COMPUTER-2007 K/M

SPECIFICATIONS:

TIME.....00:00-99:59MIN:SEC
SPEED.....0.0-999.9KM/H
DISTANCE.....0-99.99KM
CALORIES.....0-999.9KCAL

KEY FUNCTIONS:

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset (total reset)

SET: To input the target value by the key.

RESET: To let the value reset.

OPERATION PROCEDURES:

AUTO ON/OFF

To conserve power, the monitor will automatically shut off if there is no speed signal sensed or no key pressed in 4 minutes. The monitor will be auto-powered when the exercise begins or at any key press.

FUNCTION:

<1>TIME Displays work out time lapse while exercising.
<2>SPEED Displayed the current speed.
<3>DISTANCE Accumulate the distances while exercising.
<4>CALORIES Displays calories consumed while exercising.
<7>SCAN scan through each function between: TIME-SPEED-CALORIES-DISTANCE.

BATTERY If there is an improper display on the monitor, Please replace the batteries or change new batteries. This monitor uses two "AA" batteries. Always replace both batteries at the same time.