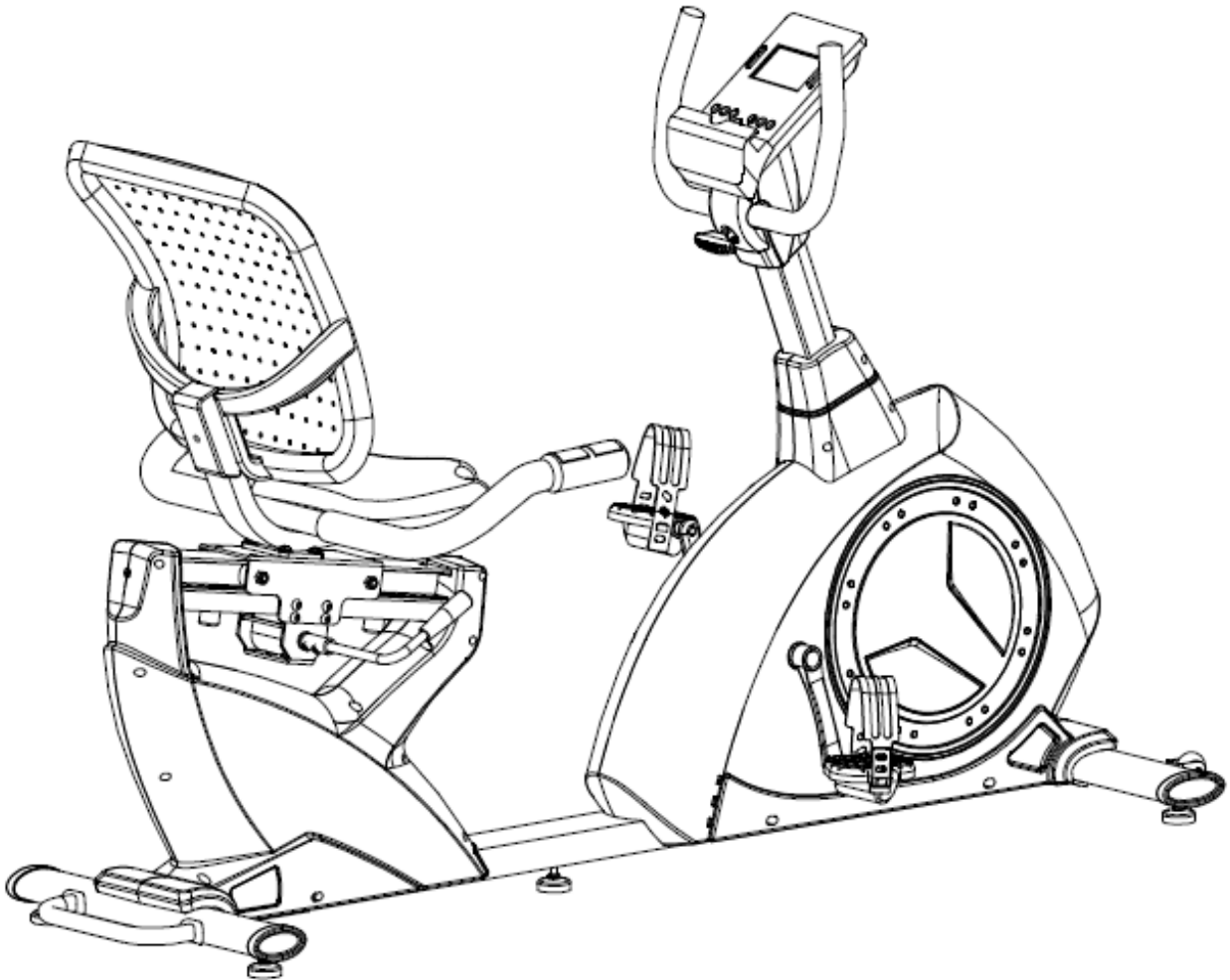


# RECUMBENT BIKE

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## OWNER'S MANUAL



### **IMPORTANT !**

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*Please read all instructions carefully before using this product.*

*Retain this manual for future reference.*

*The specifications of this product may vary slightly from the illustrations and are subject to change without notice.*

### **Before You Start**

Thank you for purchasing this Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

# IMPORTANT SAFETY NOTICE

## PRECAUTIONS

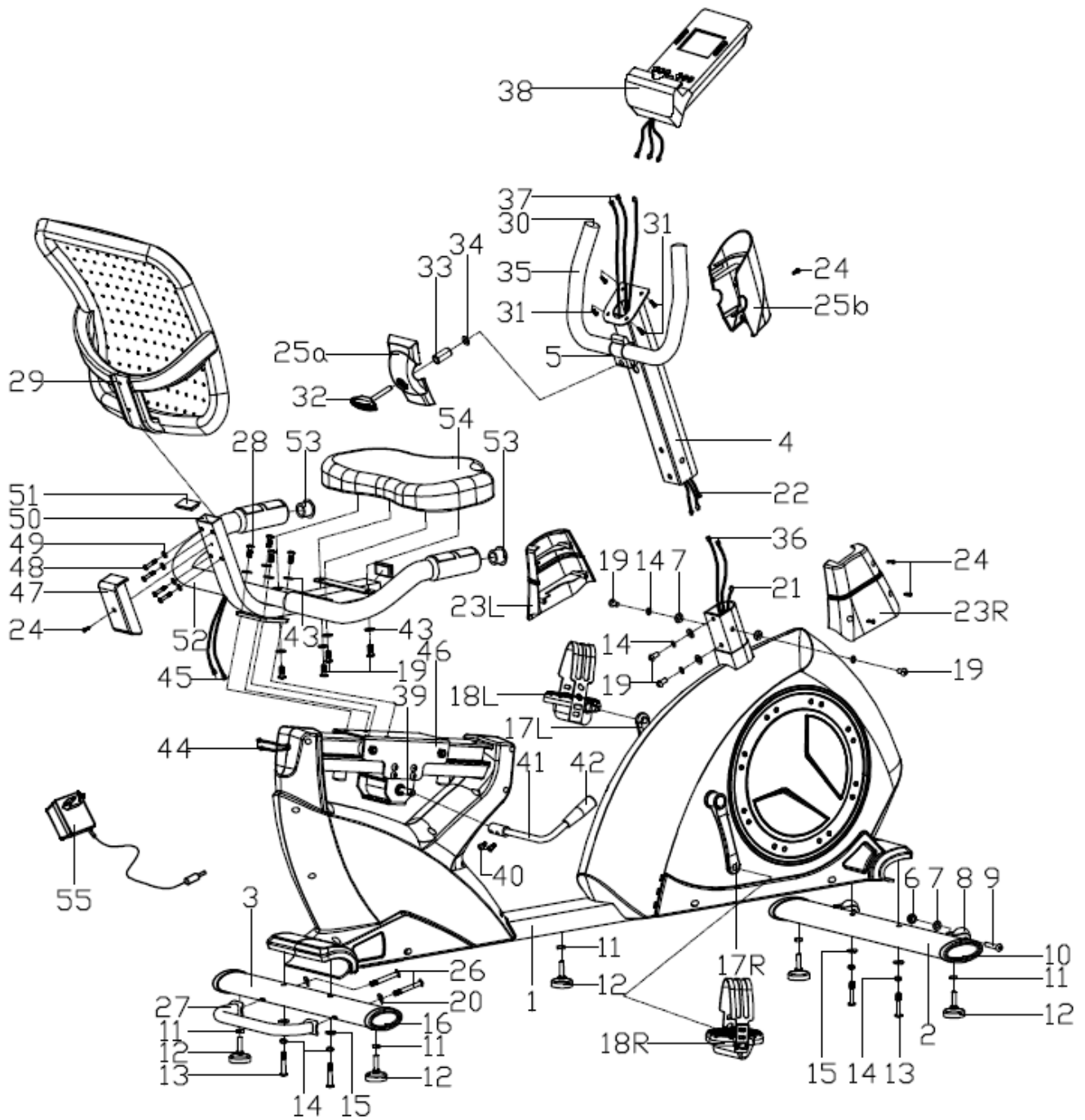
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 01- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc.
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- DO NOT use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 06- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 09- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10- If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12- The power of the machine increases with increasing the speed, and the reverse.
- 13- To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the precautions before operation.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 120KG

# EXPLODED DIAGRAM



# PARTS LIST

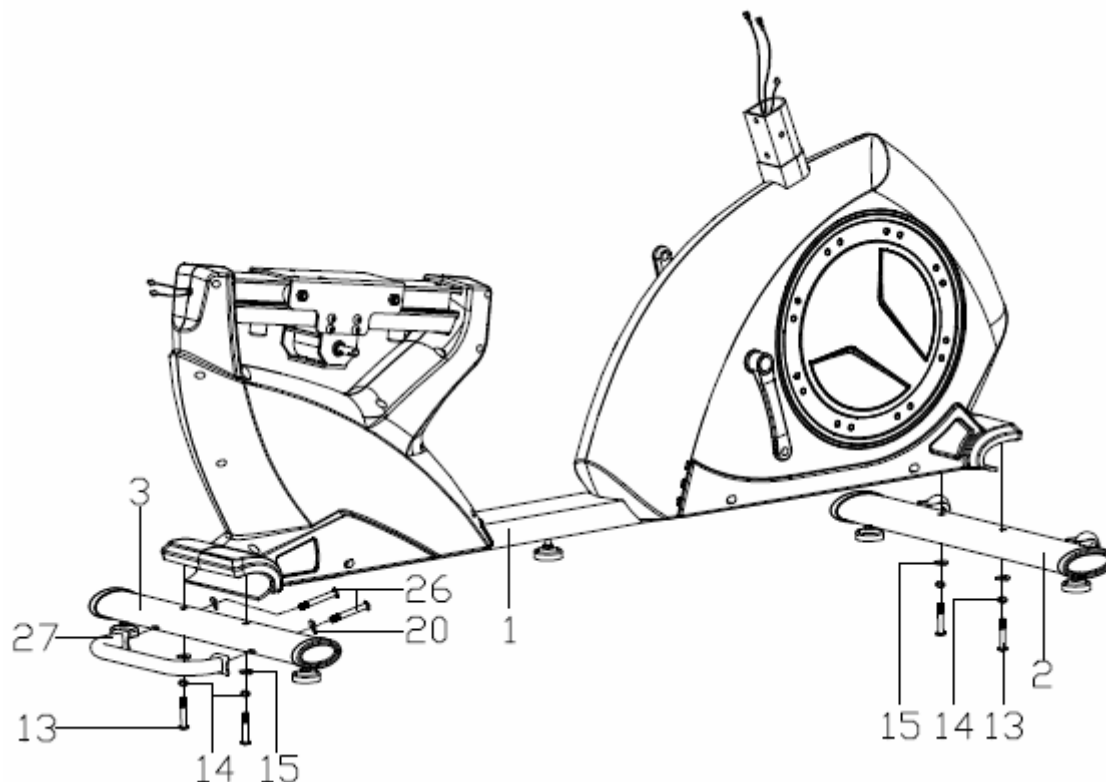
Part #	Description	Qty	Part #	Description	Qty
1	Main frame	1	29	Backrest	1
2	Front stabilizer	1	30	Round end cap	2
3	Rear stabilizer	1	31	Phillips screw	4
4	Handlebar post	1	32	T- handle knob	1
5	Fixed handlebar	1	33	Spacer	1
6	Nylon nut M8	2	34	Flat washer	1
7	Flat washer D8xΦ16x1.5	6	35	Foam grip	2
8	Roller	2	36	Extension pulse wire 1	2
9	Allen bolt M8x40xL12	2	37	Extension pulse wire 2	2
10	Oval End cap 1	2	38	Meter	1
11	Hex nut M10	5	39	Eccentric shaft	1
12	Adjusting pad	5	40	Allen bolt M6x10	2
13	Allen bolt M8xL58	4	41	Leveler-Bar	1
14	Spring washer D8	8	42	Foam grips	1
15	Arc washer d8x2xΦ25xR39	4	43	Flat washer D8xΦ19x1.5	8
16	Oval End cap 2	2	44	Extension pulse wire 3	2
17L/R	Crank	1 pr.	45	Pulse wire	2
18L/R	Pedal	1 pr.	46	Seat slider assembly	1
19	Allen bolt M8x15	8	47	Backrest cover	1
20	Arc washer d8xR20	2	48	Allen bolt M6x40	4
21	Sensor wire	1	49	Flat washer D6x1.2xΦ16	4
22	Extension sensor wire	1	50	Seat frame	1
23L/R	Protective guard	1 pr.	51	Square end cap	2
24	Screw ST4.2x18	5	52	Foam grips	2
25a/b	Handlebar Cover	1 pr.	53	Round end cap	2
26	Allen bolt M8x90	2	54	Seat	1
27	Lifting handle	1	55	Adapter	1
28	Allen bolt M8x12	4			

# ASSEMBLY INSTRUCTIONS

## Step 1:

*A:* Lock the Lifting handle (27) to the rear Stabilizer (3) with hex Bolt (26) and arc Washer (20).

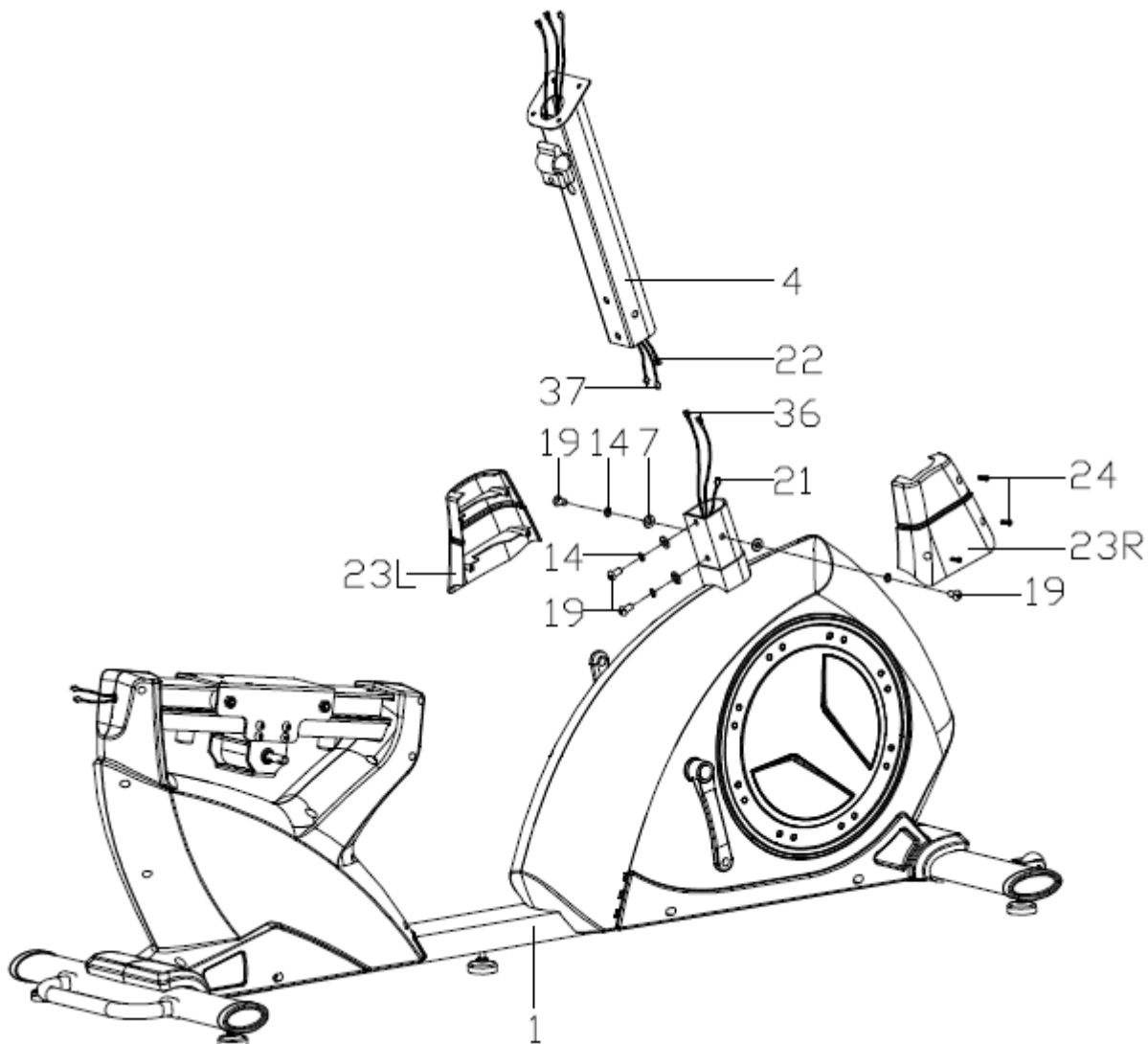
*B:* Lock the front Stabilizer (2) and rear Stabilizer (3) to the main Frame (1) with Allen bolt (13), spring Washer (14) and arc Washer (15) as shown.



## Step 2:

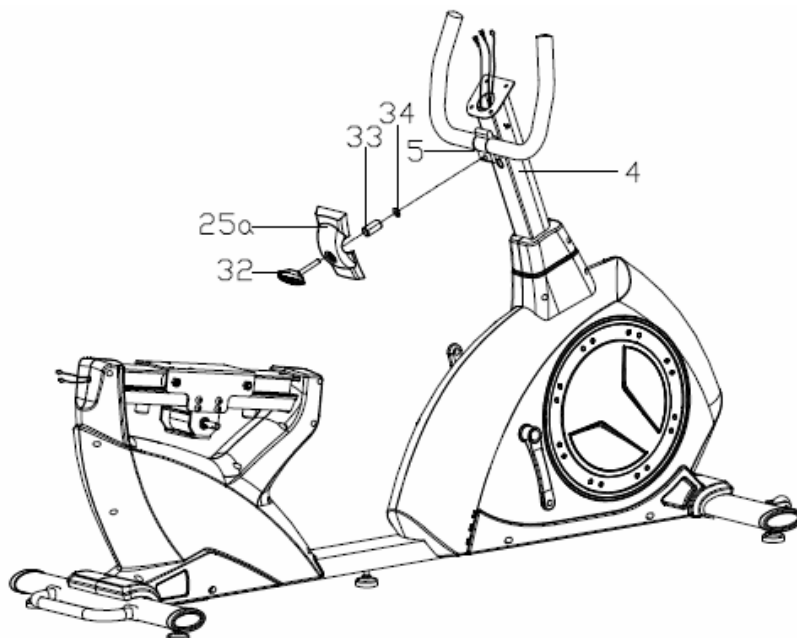
Connect the sensor Wire (21) and extension pulse Wire 1 (36) to the extension Wire (22) and extension pulse Wire 2 (37), and then lock the handlebar Post (4) on the main Frame (1) with the Allen bolt (19), spring Washer (14) and flat Washer (7) as shown.

At last, lock the protective Guard (23L/R) to the main Frame (1) with Screws (24).



## Step 3:

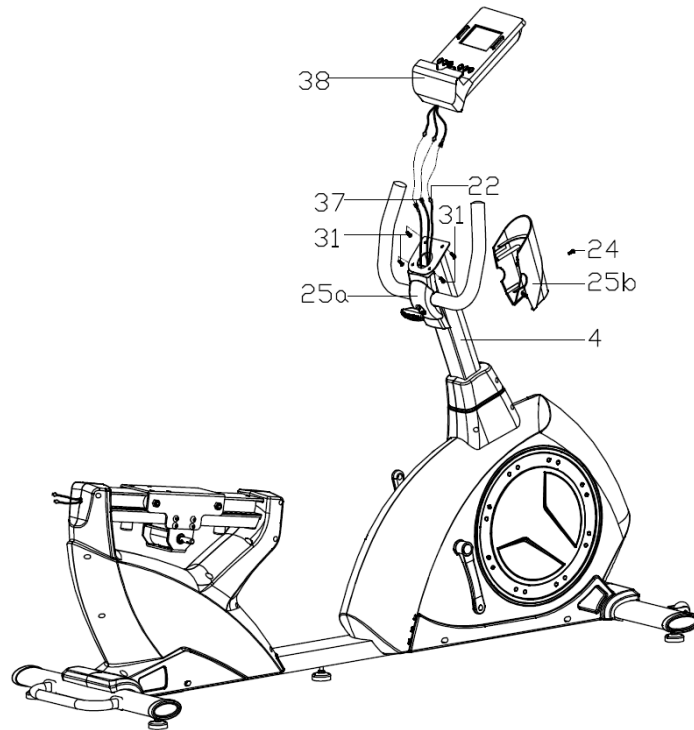
Lock the Handlebar (5) to the handlebar Post (4) with the T-handle knob (32), handlebar Cover (25a), Spacer (33) and flat Washer (34).



#### Step 4:

*A:* Connect the extension pulse Wire 2 (37), extension Wire (22) with the cables of the Meter (38), and then lock the Meter (38) onto the meter bracket of the handlebar Post (4) with Screws (31) as shown.

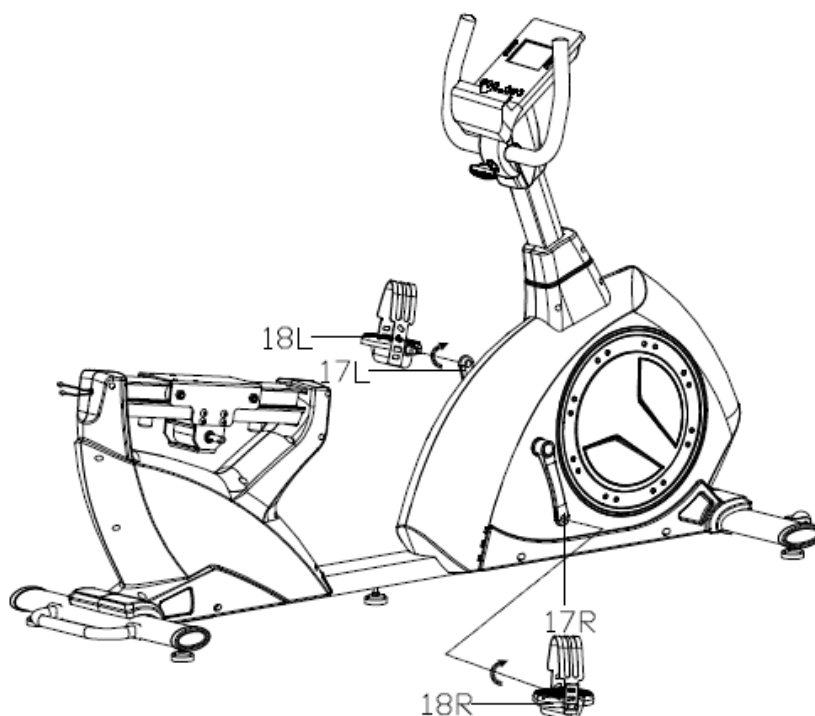
*B:* Attach the handlebar Cover (25a/b) to the handlebar Post (4) with Screws (24).



#### Step 5:

Lock the Pedal (18L/R) to the Crank (17L/R) with wrench.

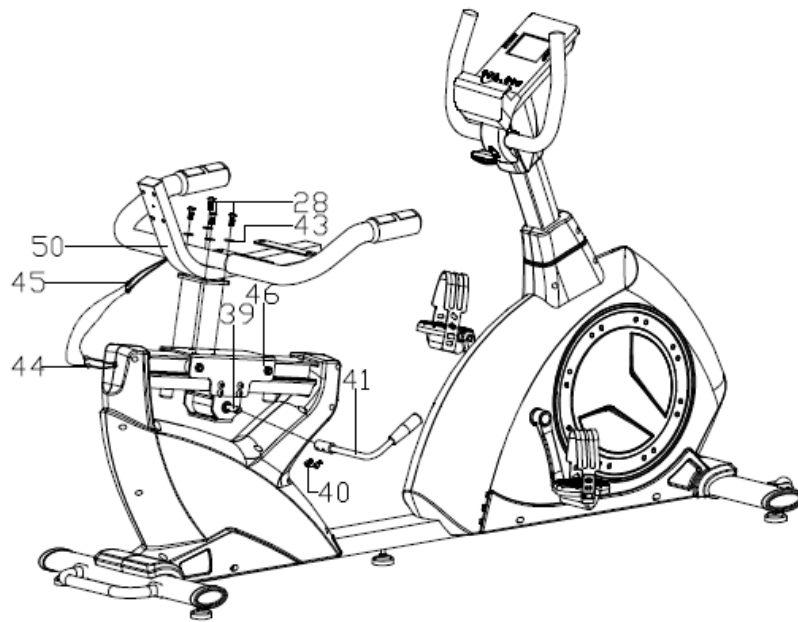
*Note:* lock the Left pedal (18L) in Counter-Clockwise and the Right pedal (18R) in Clockwise as shown. And make sure the Pedal (18L/R) are locked tightly during your movement, otherwise the pedal (18L/R) will be easily broken.



### Step 6:

*A:* Connect the pulse Wire (45) with the extension pulse Wire 3 (44) of the main Frame (1), then lock the Seat frame (50) on the Slider assembly (46) with Allen bolt (28) and flat Washer (43) as shown.

*B:* Lock the Leveler-Bar (41) to the eccentric Shaft (39) with Inner hexagon bolt (40).

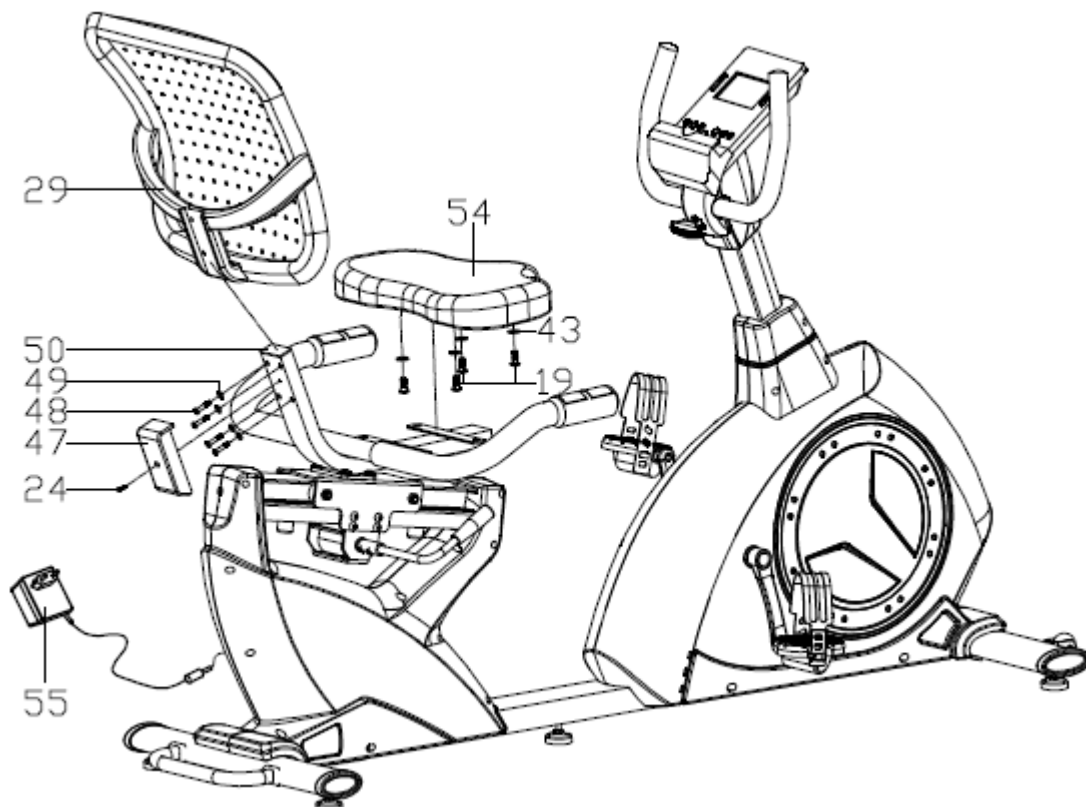


### Step 7:

*A:* Lock the Seat (54) on the bracket of the seat Frame (50) with Allen bolt (19) and flat Washer (43) as shown.

*B:* Lock the Backrest (29) on the seat Frame (50) with the Allen bolt (48) and flat Washer (49), and then lock the backrest Cover (47) to the seat Frame (50) with Screws (24).

*C:* Connect the machine to the Power with the Adapter (55) supplied.





**Support devices:**

## - Support iOS devices:

- iPod touch (5th generation)
- iPod touch (4th generation)
- iPod touch (3rd generation)
- iPhone 5S
- iPhone 5C
- iPhone 5
- iPhone 4S
- iPhone 4
- iPhone 3GS
- iPad Air
- iPad 4
- iPad 3
- iPad 2
- iPad
- iPad Min
- Support iOS 5.0 or above

## - Support Android devices:

- Android tablet OS 4.0 or above
- Android tablet resolution 1280X800 pixels
- Android phone OS 2.2 or above
- Android phone resolution 1920X1080 pixels
  - 1280X800 pixels
  - 1280X760 pixels
  - 800X480 pixels

“Made for iPod,” “Made for iPhone,” and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

iPad, iPhone, iPod, iPod classic, iPod nano, iPod shuffle, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries.

**DISPLAY FUNCTIONS :**

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption . In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	.Manual mode workout.
PROGRAM	.Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	.Target HR training mode.

**KEY FUNCTION:**

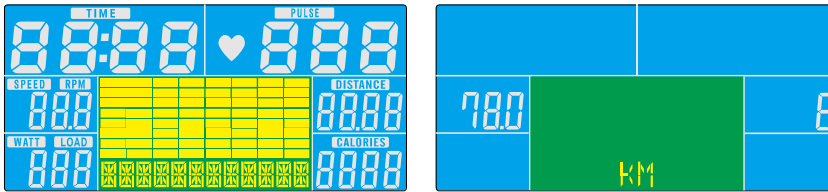
ITEM	DESCRIPTION
<b>Up</b>	· Increase resistance level · Setting selection.
<b>Down</b>	· Decrease resistance level · Setting selection.
<b>Mode</b>	· Confirm setting or selection.
<b>Reset</b>	· Hold on pressing for 2 seconds, computer will reboot and start from user setting. · Reverse to main menu during presetting workout value or stop mode.
<b>Start/ Stop</b>	· Start or Stop workout.
<b>Recovery</b>	· Test heart rate recovery status.
<b>Body fat</b>	· Test body fat% and BMI.

## OPERATION:

### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

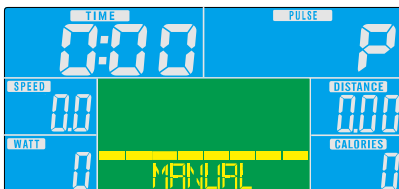


### WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

### Manual Mode

Press START in main menu may start workout in manual mode.



1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

### Beginner Mode



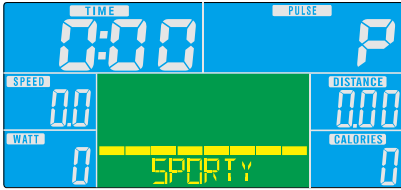
1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

### Advance Mode



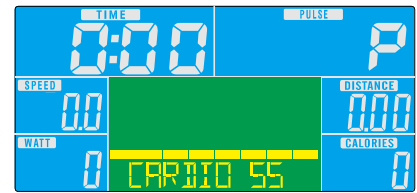
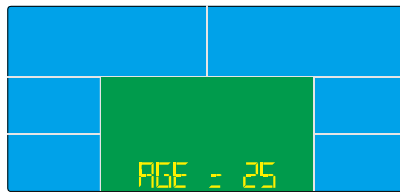
1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## Sporty Mode



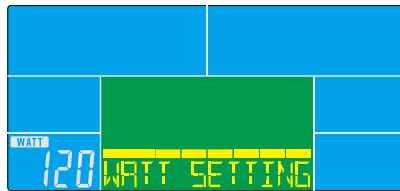
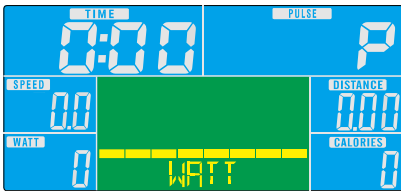
1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## Cardio Mode



1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

## Watt Mode



1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

## iConsole+ APP

Turn on Bluetooth on tablet, search for console device and press connect. (password: 0000)  
Turn on iconsole+ app on tablet, and start workout with tablet.





**NOTE:**

1. Once console is connect to tablet via Bluetooth, the console will power off.
2. Please exit iconsole app and turn off the Bluetooth from iPad, then the console will power on again.

## WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

### WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

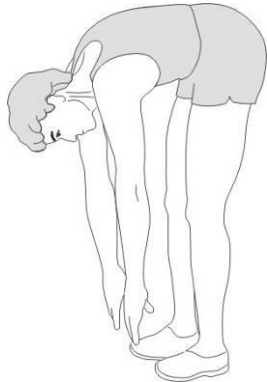
### STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength

or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



Side Stretch



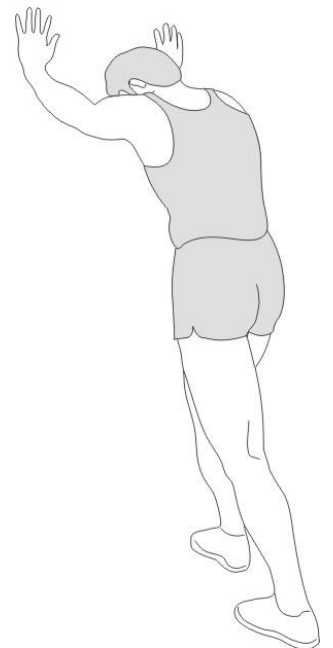
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

### COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.