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# PRECAUTIONS

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**WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.**

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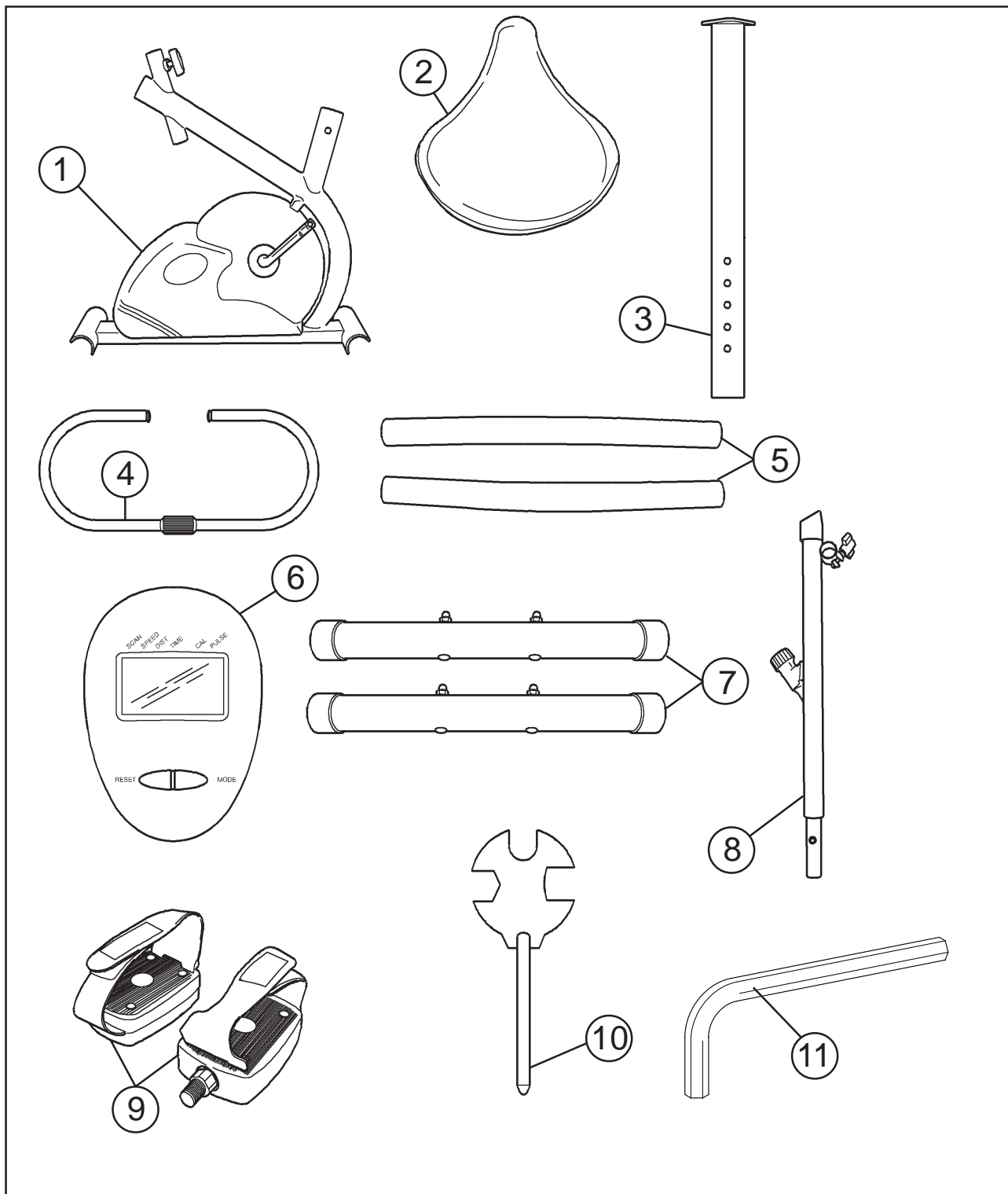
1. Read all instructions in this instruction book before using the exercise cycle. Use the exercise cycle only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from excessive moisture and dust.
4. The safety level of the exercise cycle can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the exercise cycle.
5. Keep unsupervised children away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 100kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
8. Do not arch your back when using the exercise cycle, always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse monitor is not a medical device, several things, including user movement may affect the accuracy of the monitor. The monitor is intended only as an exercise aid in determining general heart rate trends.
11. The exercise cycle is intended for home use only.
12. The exercise cycle is not intended for therapeutic purposes.



**WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise cycle.**

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# PARTS LIST

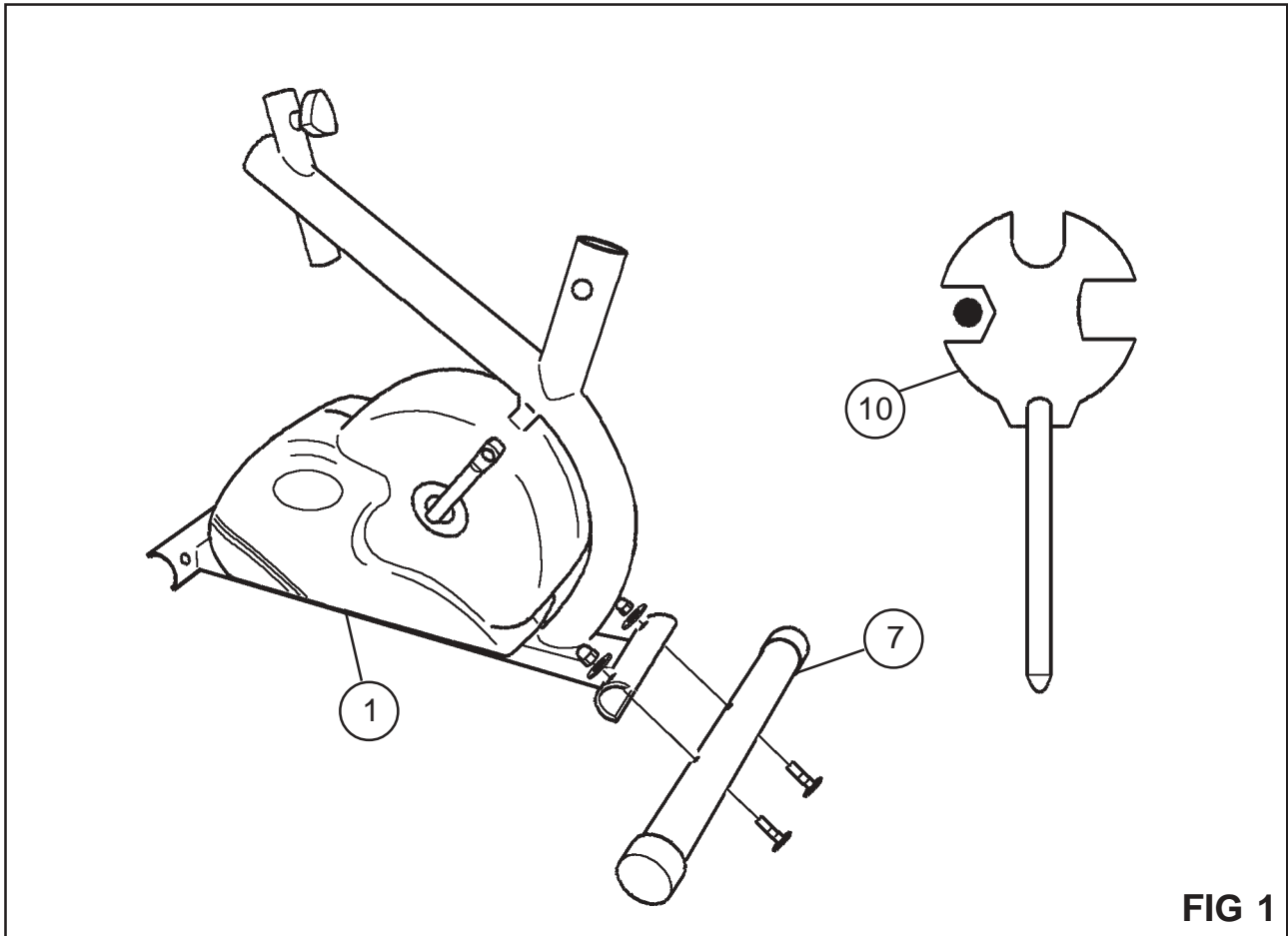


- |   |                      |    |                            |
|---|----------------------|----|----------------------------|
| 1 | Main body            | 7  | Front & rear support tubes |
| 2 | Saddle               | 8  | Handlebar stem             |
| 3 | Saddle post          | 9  | Pedals                     |
| 4 | Handlebar            | 10 | Spanner                    |
| 5 | Handlebar soft grips | 11 | Hexagon key                |
| 6 | Computer             |    |                            |

# ASSEMBLY

STEP 1 OF 8

## FRONT SUPPORT TUBE



1. Remove the nuts, bolts and washers from the front support tube (7).
2. Tilt the main body (1) backwards and fit the front support tube (7) onto the main body (fig 1).
3. Replace the nuts, bolts and washers and tighten using the spanner (10) supplied.

## PROGRESS



# ASSEMBLY

STEP 2 OF 8

## REAR SUPPORT TUBE

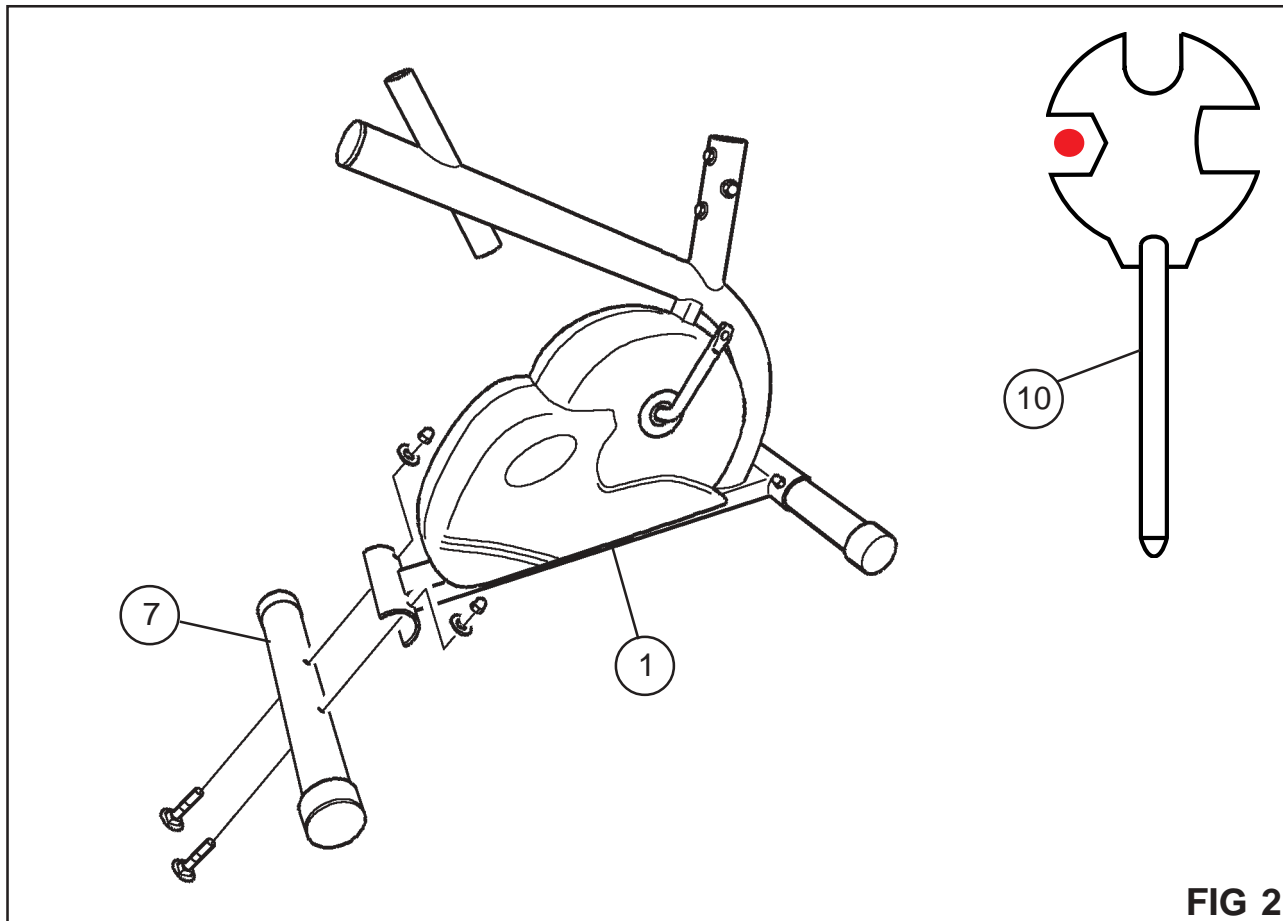


FIG 2

1. Remove the nuts, bolts and washers from the rear support tube (7).
2. Tilt the main body (1) forwards and fit the rear support tube (7) onto the main body (fig 2).
3. Replace the nuts, bolts and washers and tighten using the spanner (10) supplied.

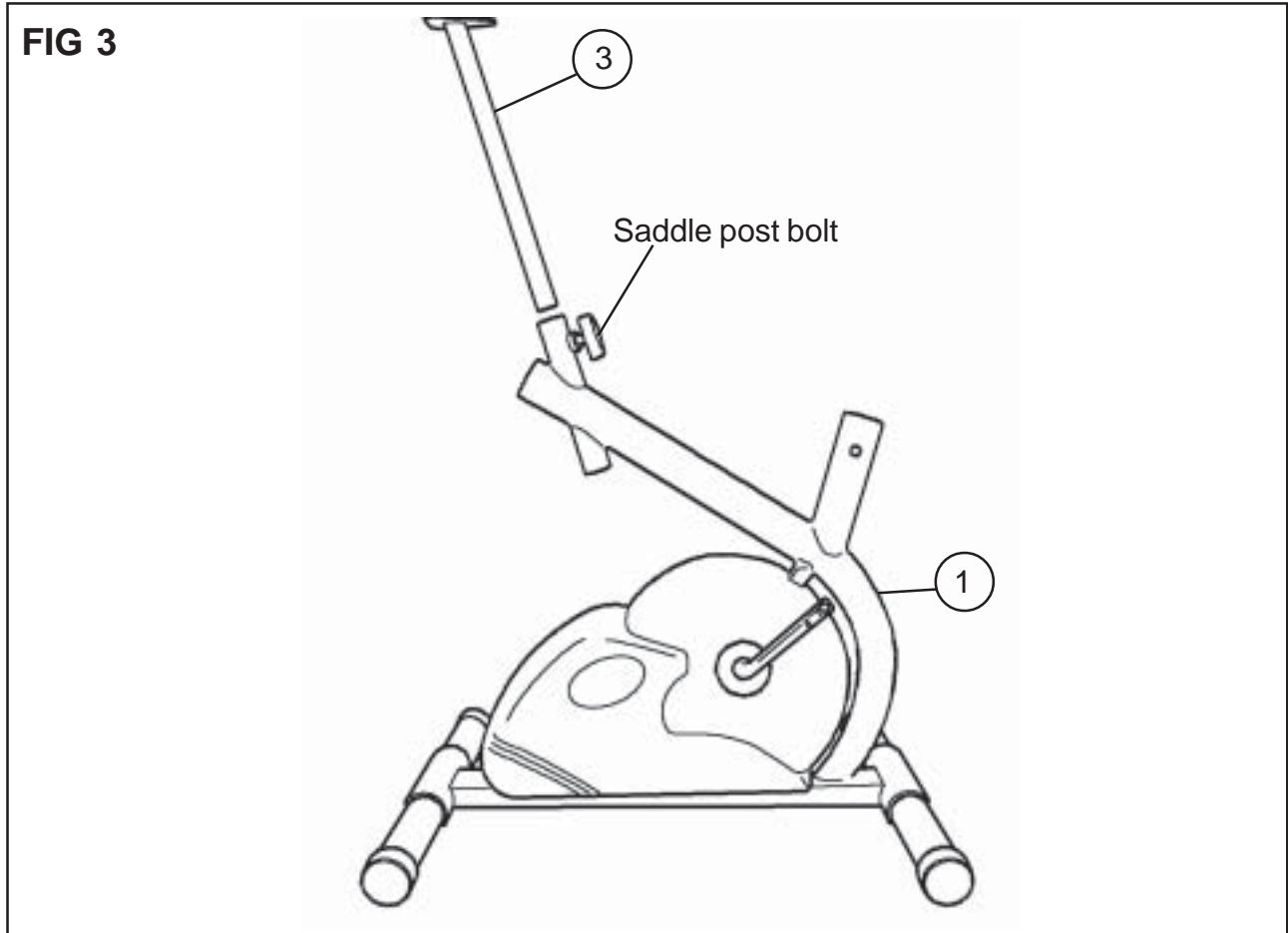
## PROGRESS



# ASSEMBLY

STEP 3 OF 8

## SADDLE POST



1. Remove the saddle post bolt and slide the saddle post (3) into the main body.
2. Line up the holes on the saddle post (3) and the main body (1).
3. Replace the saddle post bolt and tighten to secure.



*Note: The height of the saddle may be adjusted later see page 13.*

## PROGRESS

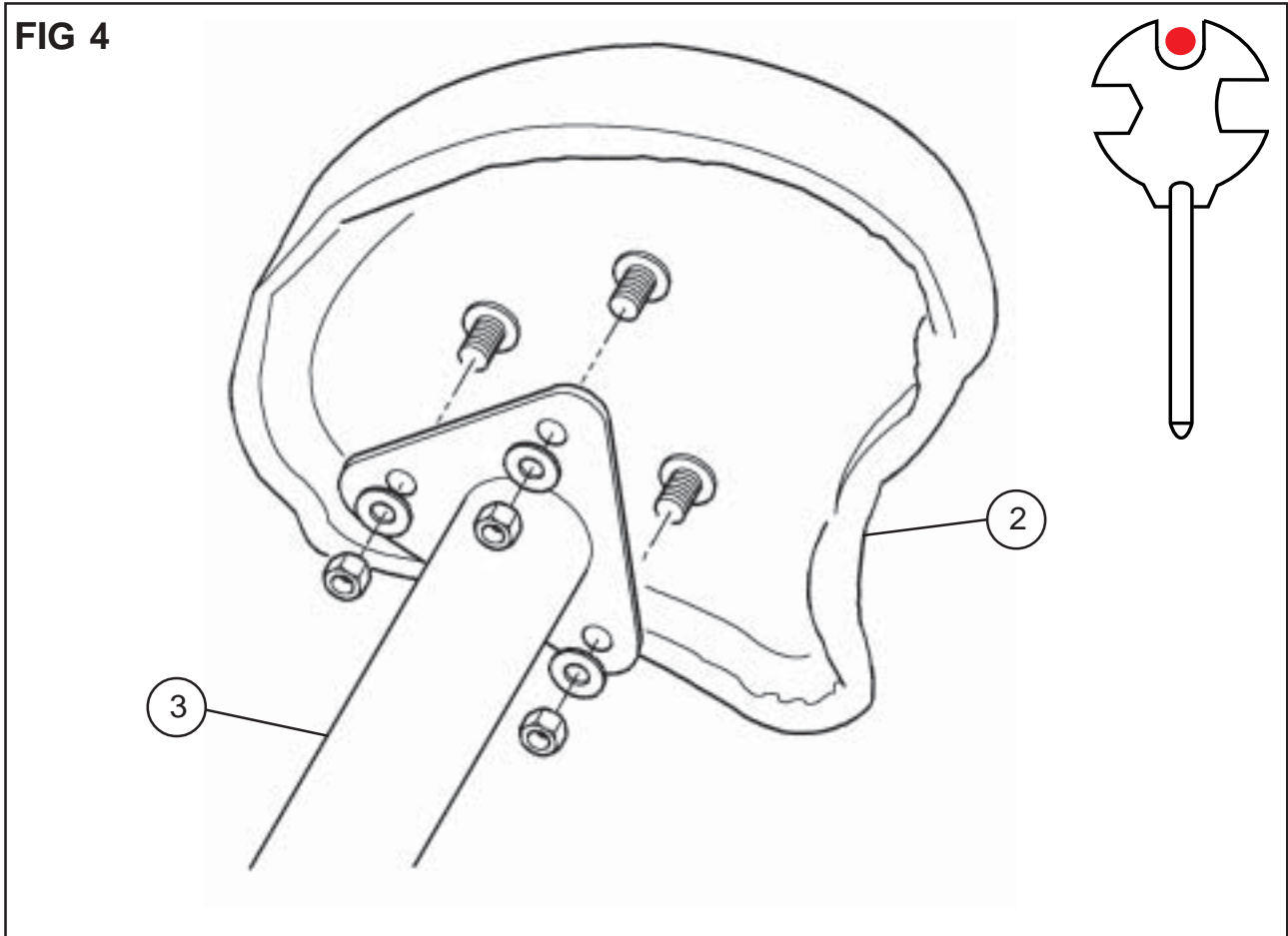


# ASSEMBLY

STEP 4 OF 8

## FITTING THE SADDLE

FIG 4



1. Remove the 3 nuts and washers from the saddle (2).
2. Place the saddle (2) over the saddle post (3) and secure using the 3 nuts and washers.

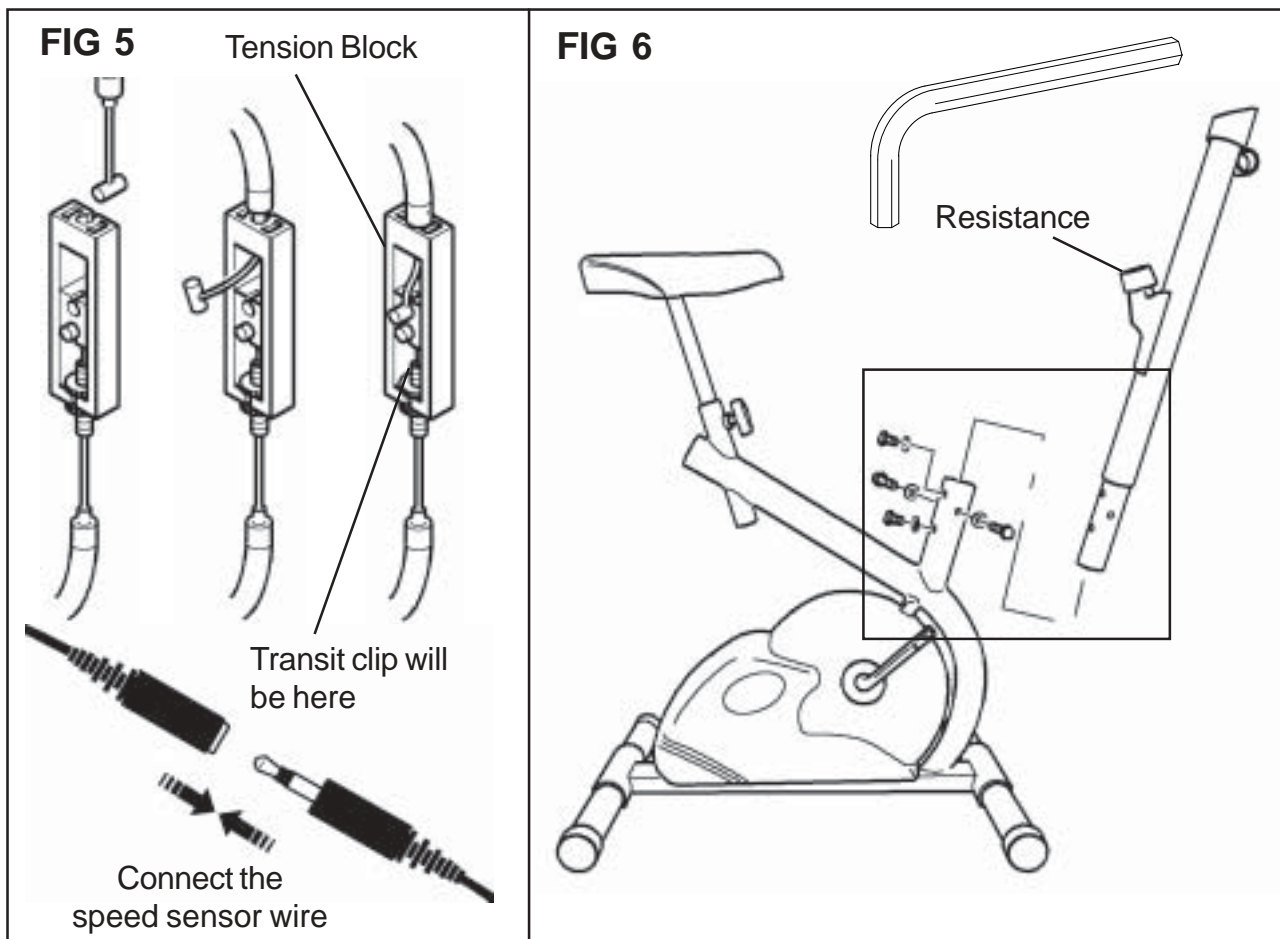
## PROGRESS



# ASSEMBLY

STEP 5 OF 8

## HANDLEBAR STEM



When fitting the handlebar stem (8), you need to connect the resistance control and speed sensor wire.

1. Remove the bolts and washers from the handlebar stem (8).
2. Connect the two parts of the resistance control wire together as shown and remove the transit clip from the lower half of the tension block (fig 5).

**NOTE** *Note: Set the tension control to minimum to make this easier.*

3. Connect the two ends of the speed sensor wire together (fig 5) and slide the handlebar stem (8) into the main body and secure into place using the 4 bolts and washers supplied (fig 6).

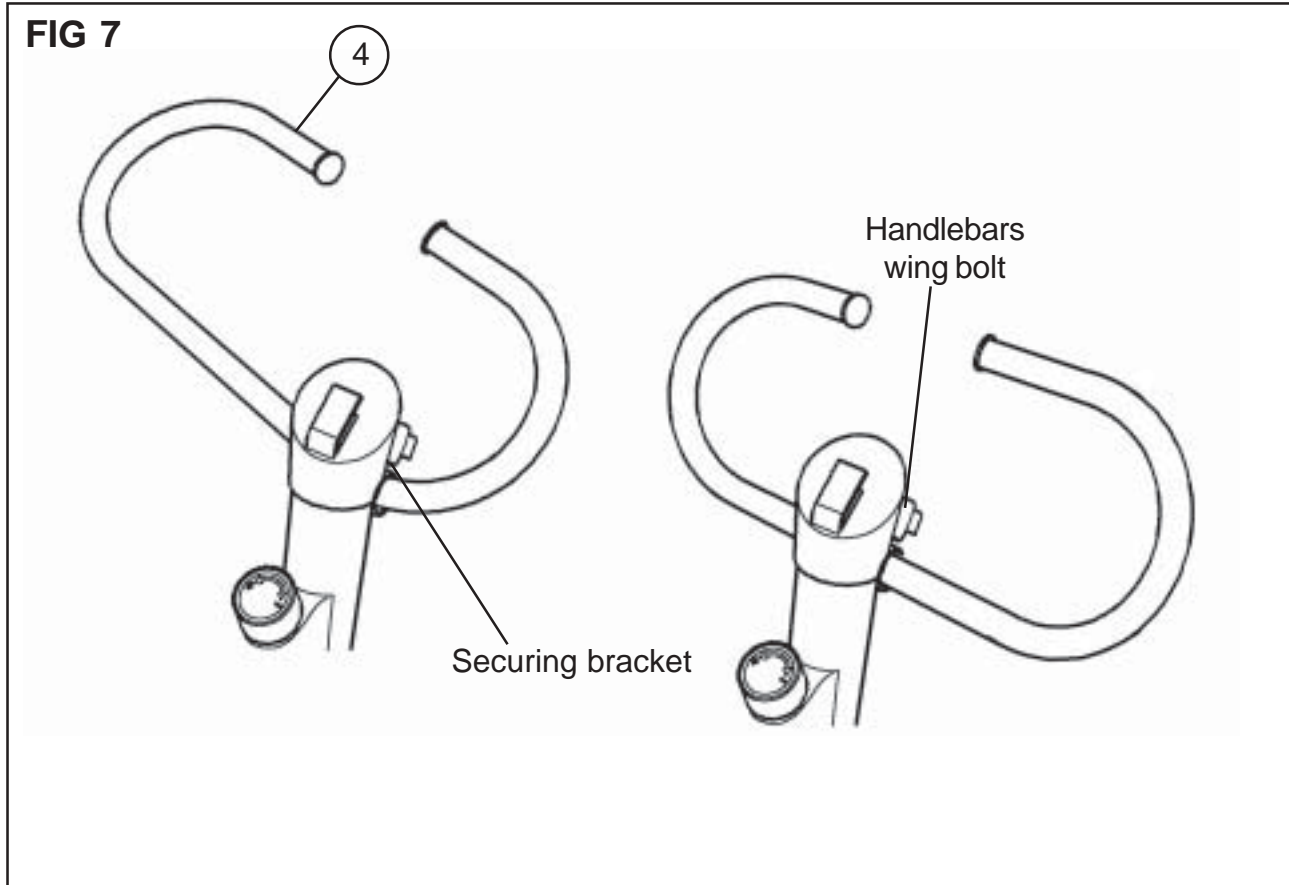
## PROGRESS



# ASSEMBLY

STEP 6 OF 8

## HANDLEBARS



1. Loosen the handlebar wing bolt and slide the handlebars (4) through the securing bracket.
2. Tighten the handlebar wing bolt to lock the handlebars into place.



*Note: The angle of the handlebars may be adjusted later see page 13.*

## HANDLEBAR SOFT GRIPS

Wet the insides of the handlebar soft grips (5) with water and slide the grips over the handlebars (4).

## PROGRESS

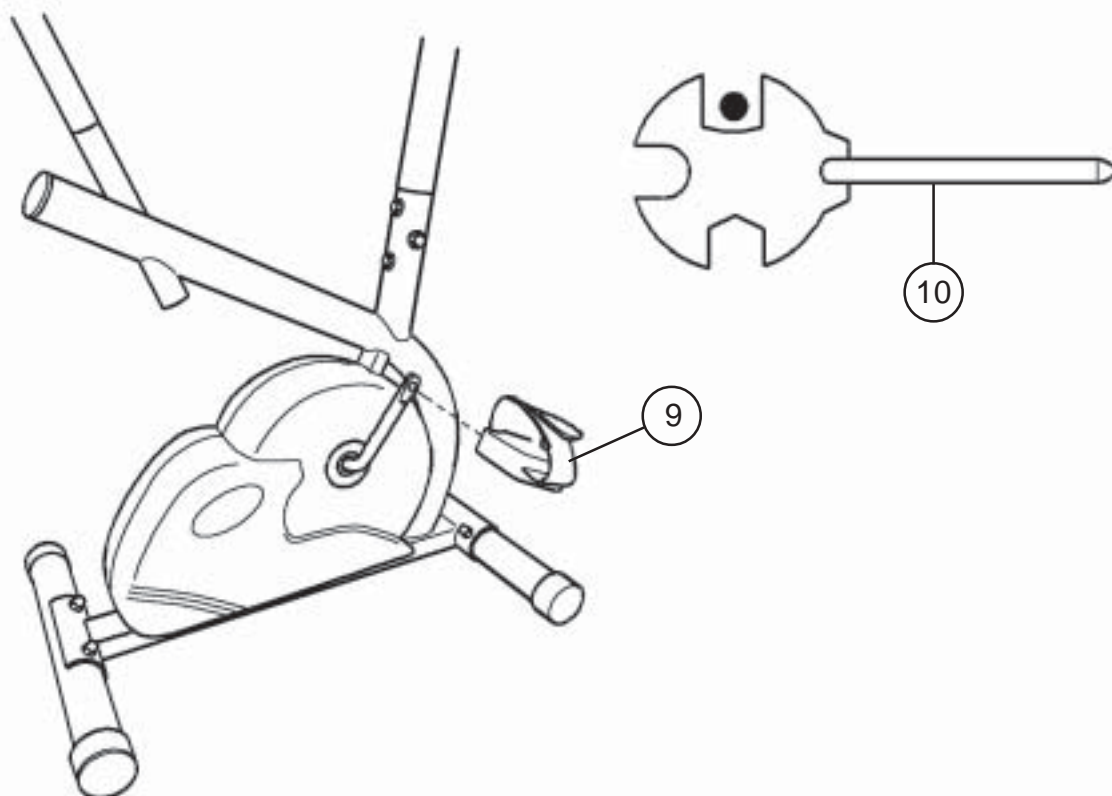


# ASSEMBLY

STEP 7 OF 8

## PEDALS

FIG 8



1. Fit the pedal (9) marked L to the left side of the cycle, and the pedal (9) marked R to the right side of the cycle, viewed from the riders seated position.
2. Tighten the pedals (9) using the spanner (10) provided.



*Note: The left pedal has a reverse thread, and therefore the spanner should be turned in an anticlockwise direction to tighten.*

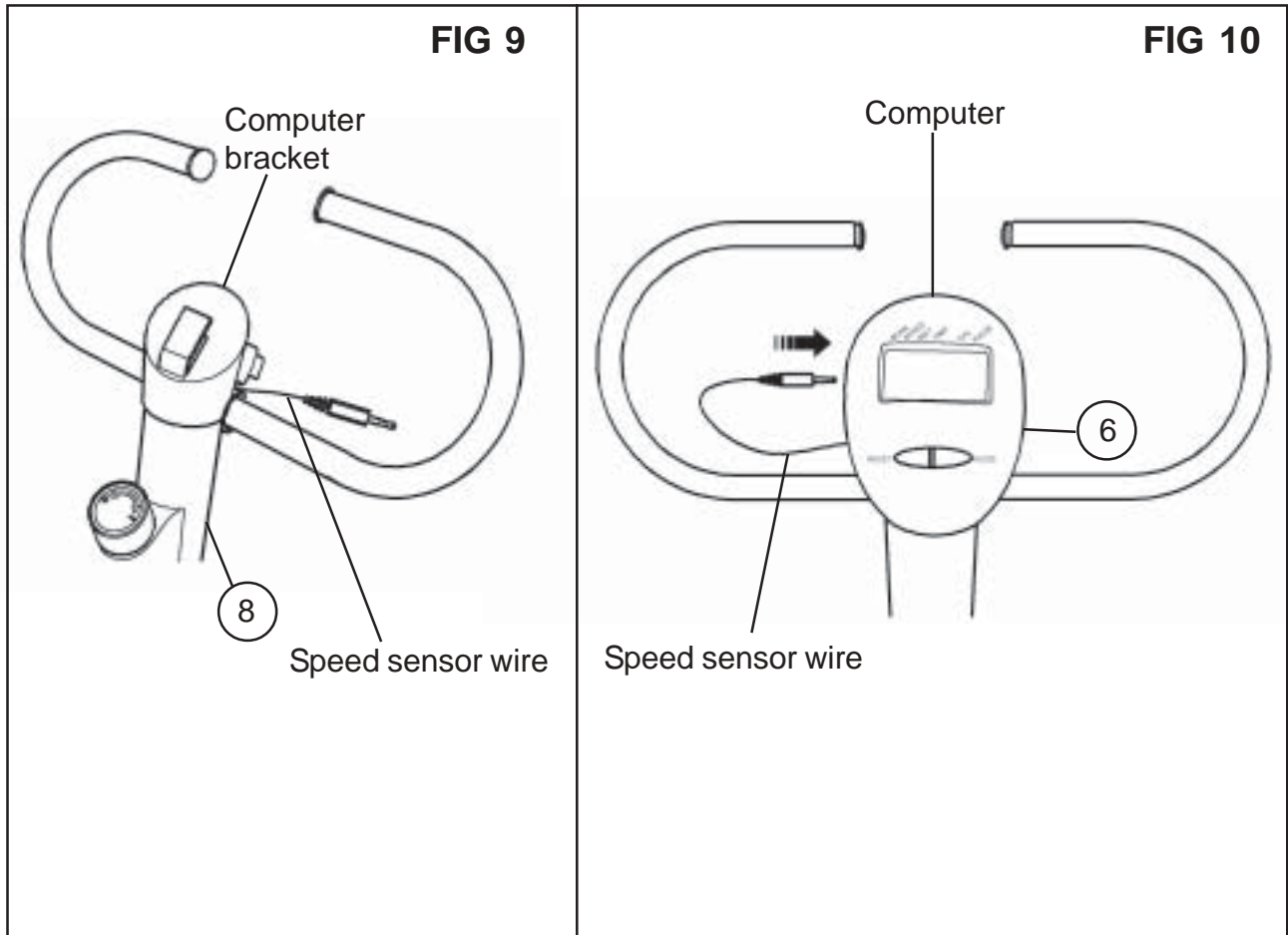
## PROGRESS



# ASSEMBLY

STEP 8 OF 8

## COMPUTER



1. Insert the computer bracket into the top of the handlebar stem (8) and slide the computer (6) onto the bracket.
2. Connect the speed sensor wire to the computer (fig 10).
3. Make sure that all bolts are secure.
4. The exercise cycle is now ready to use.

## PROGRESS



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# USING THE EXERCISE CYCLE

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## ADJUSTMENTS

### SADDLE HEIGHT

1. To adjust, remove the saddle post bolt and adjust the saddle to one of the 5 positions available (fig 11).
2. Tighten the saddle post bolt.

### HANDLEBARS ANGLE

1. Turn the handlebar wing bolt anticlockwise to loosen the handlebars, rotate the handlebars to a comfortable position (fig 12).
2. Turn the handlebar wing bolt clockwise to lock the handlebars into position.

### CHANGING THE RESISTANCE

Rotate the resistance control clockwise to increase the resistance and anticlockwise to decrease the resistance (fig 12).



FIG 11



FIG 12

# COMPUTER

## INSERTING THE BATTERIES

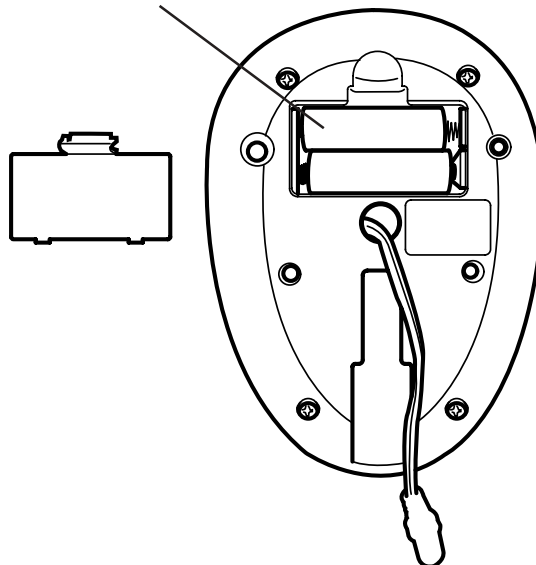
Remove the battery cover and insert two AA size batteries into the compartment.

**NOTE** Refer to the diagram inside the battery compartment for correct installation of batteries.



We recommend the use of Ever Ready Energizer Batteries.

Battery compartment



## OPERATION

Repeatedly pressing the Mode button will display the available modes.

Press the Reset button to return the counter to zero.

MODE	UNITS
TIME	Seconds
SPEED	KM/H
DISTANCE	1000th's of a KM
CAL	Calories
PULSE	BPM (Beats per minute)

As you select some of the modes, a triangle points to SCAN. This means that the computer will automatically cycle through the functions. A second triangle points to function currently being displayed while in scan mode.

To display one mode continuously, press the mode button again. The triangle under scan will disappear from the display, and a single triangle will remain under the selected function.

Repeated pressing of the mode button will alternate between SCAN and the next function.

If the exercise cycle is not used for a while, the computer will automatically switch off.

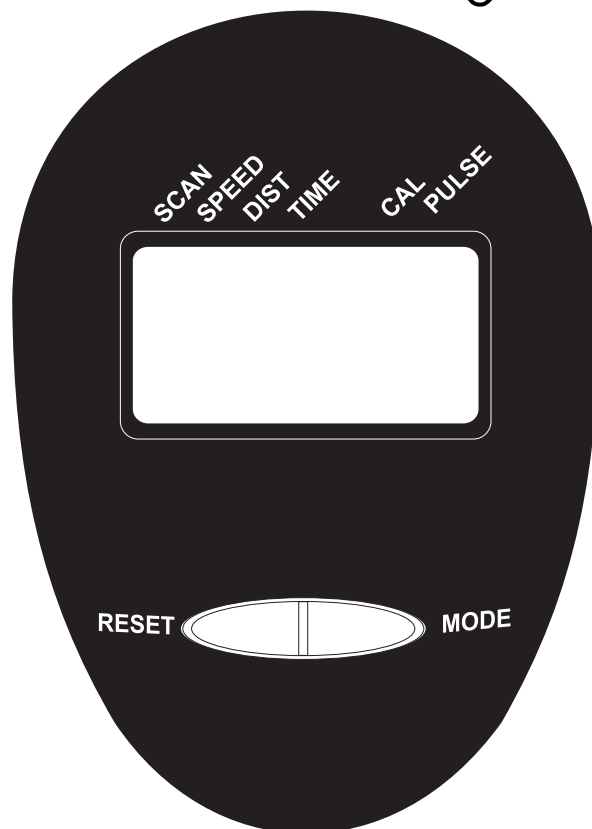


FIG 13

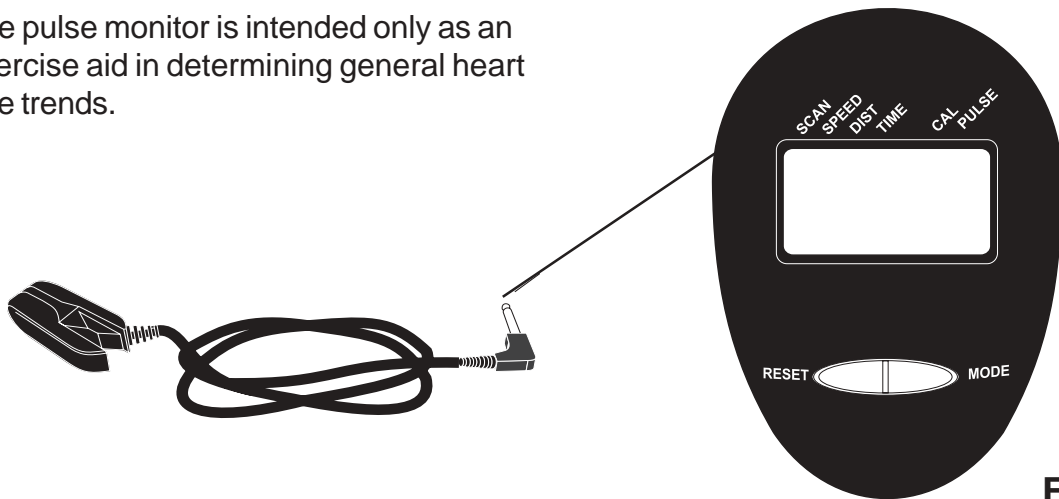
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# PULSE MONITOR

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The pulse monitor is not a medical device. Several things, including user movement, may affect the accuracy.

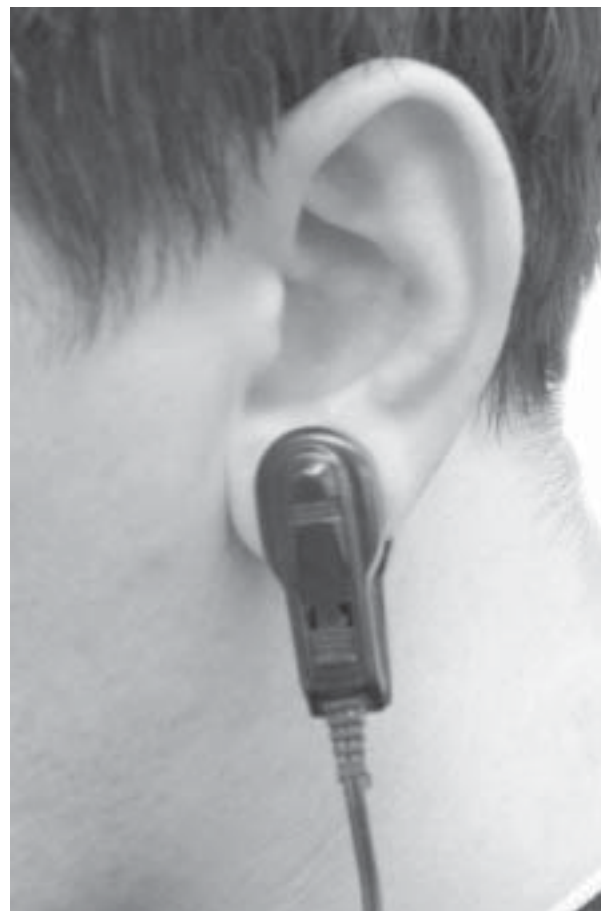
The pulse monitor is intended only as an exercise aid in determining general heart rate trends.



**FIG 14**

Connect the 3.5mm plug on the pulse sensor wire to the computer (fig 14) and clip the sensor to your ear lobe (fig 15).

Set the computer to the pulse mode.



**FIG 15**