
PRECAUTIONS



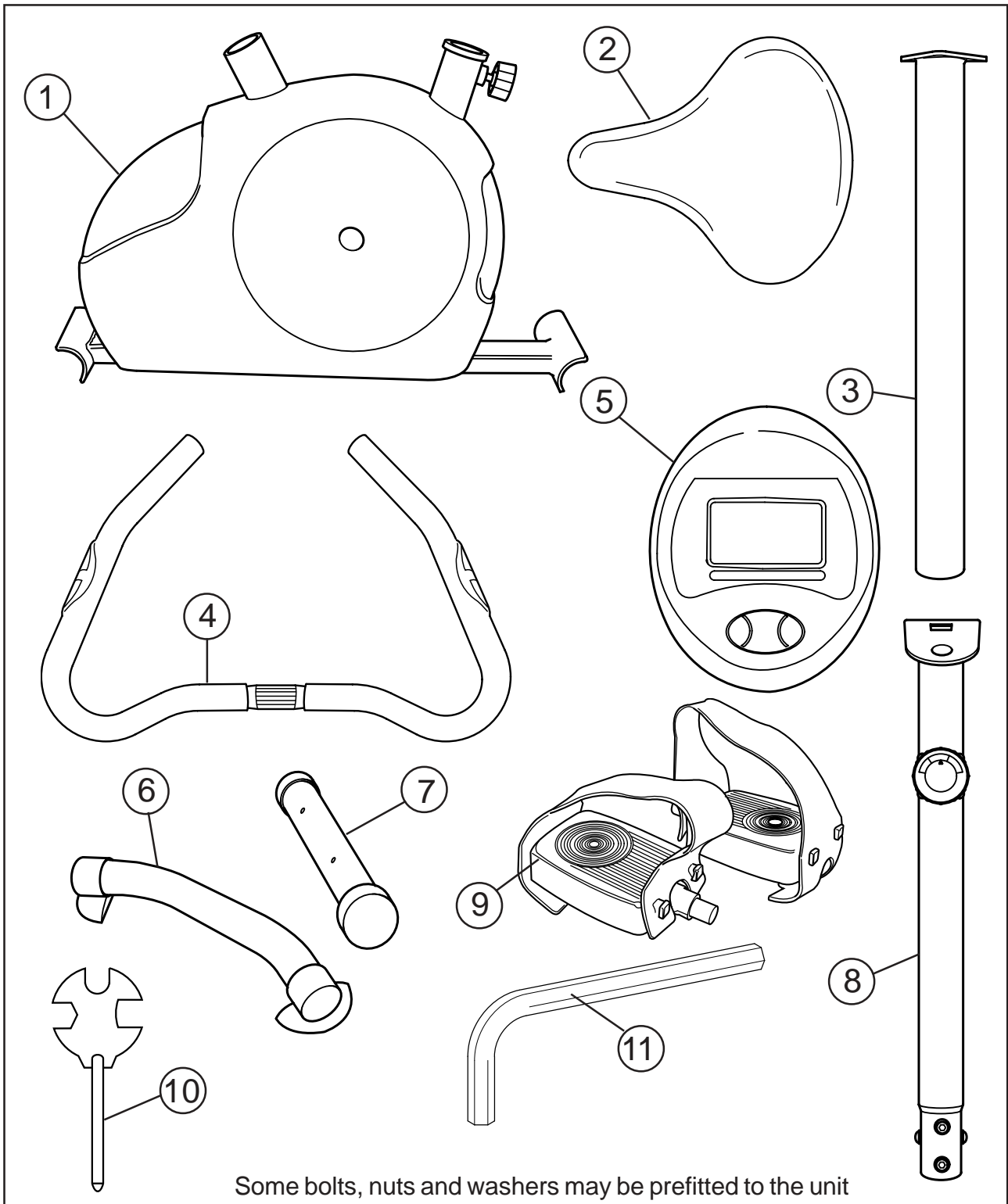
WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

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 150kg.
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.
13. Check all nuts and bolts regularly and ensure that they are tight and secure.



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.

PARTS LIST



- 1 Main body
- 2 Saddle
- 3 Saddle post
- 4 Handlebar
- 5 Computer
- 6 Rear support tube

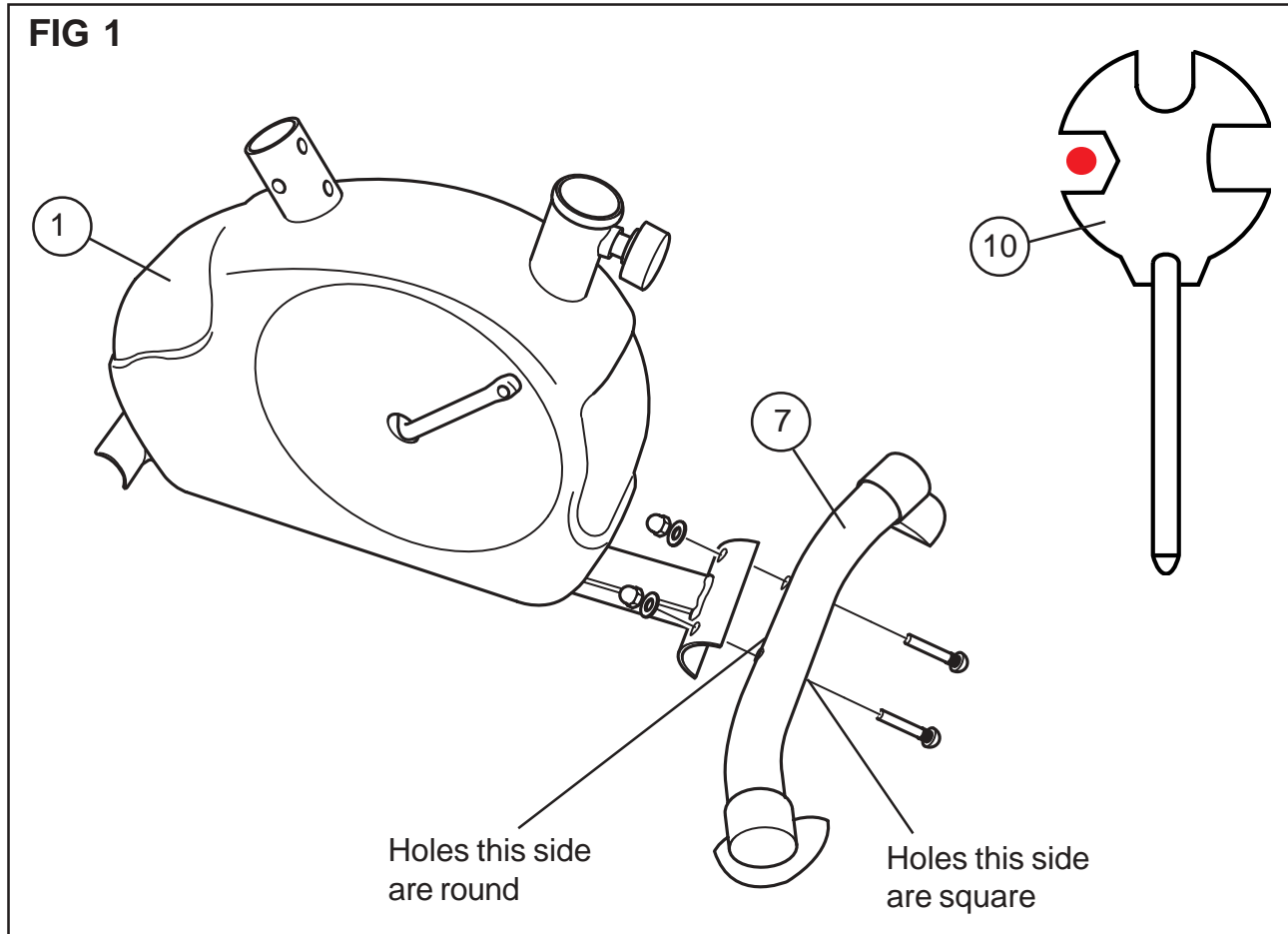
- 7 Front support tube
- 8 Handlebar stem
- 9 Pedals
- 10 Spanner
- 11 Hexagon key

ASSEMBLY

STEP 1 OF 8

REAR SUPPORT TUBE

FIG 1



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 1).
3. Replace the nuts, bolts and washers and tighten using the spanner (10) supplied.

PROGRESS

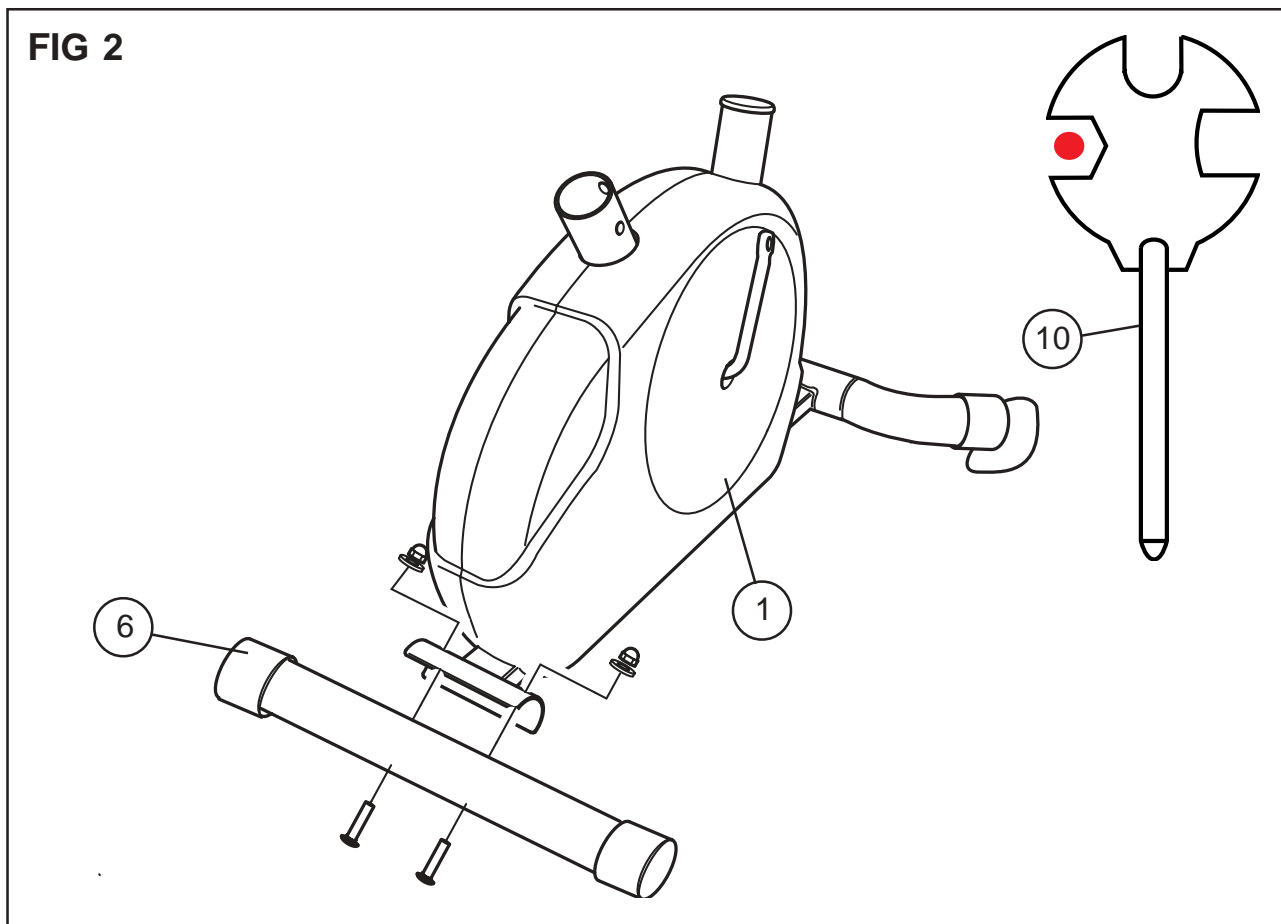


ASSEMBLY

STEP 2 OF 8

FRONT SUPPORT TUBE

FIG 2



1. Remove the nuts, bolts and washers from the front support tube (6).
2. Tilt the main body (1) backwards and fit the front support tube (6) onto the main body (fig 2).
3. Replace the nuts, bolts and washers and tighten using the spanner (10) supplied.

PROGRESS

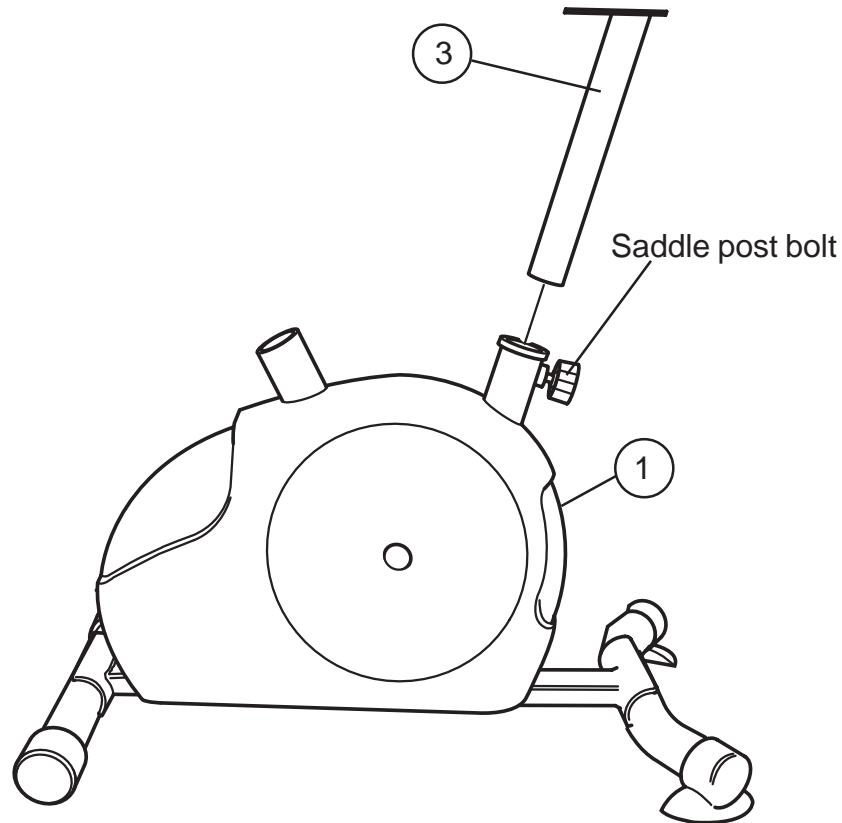


ASSEMBLY

STEP 3 OF 8

SADDLE POST

FIG 3



1. Loosen and pull the saddle post bolt this, 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. Tighten the saddle post bolt to secure.

NOTE *Note: The height of the saddle may be adjusted later, see page 14.*

PROGRESS

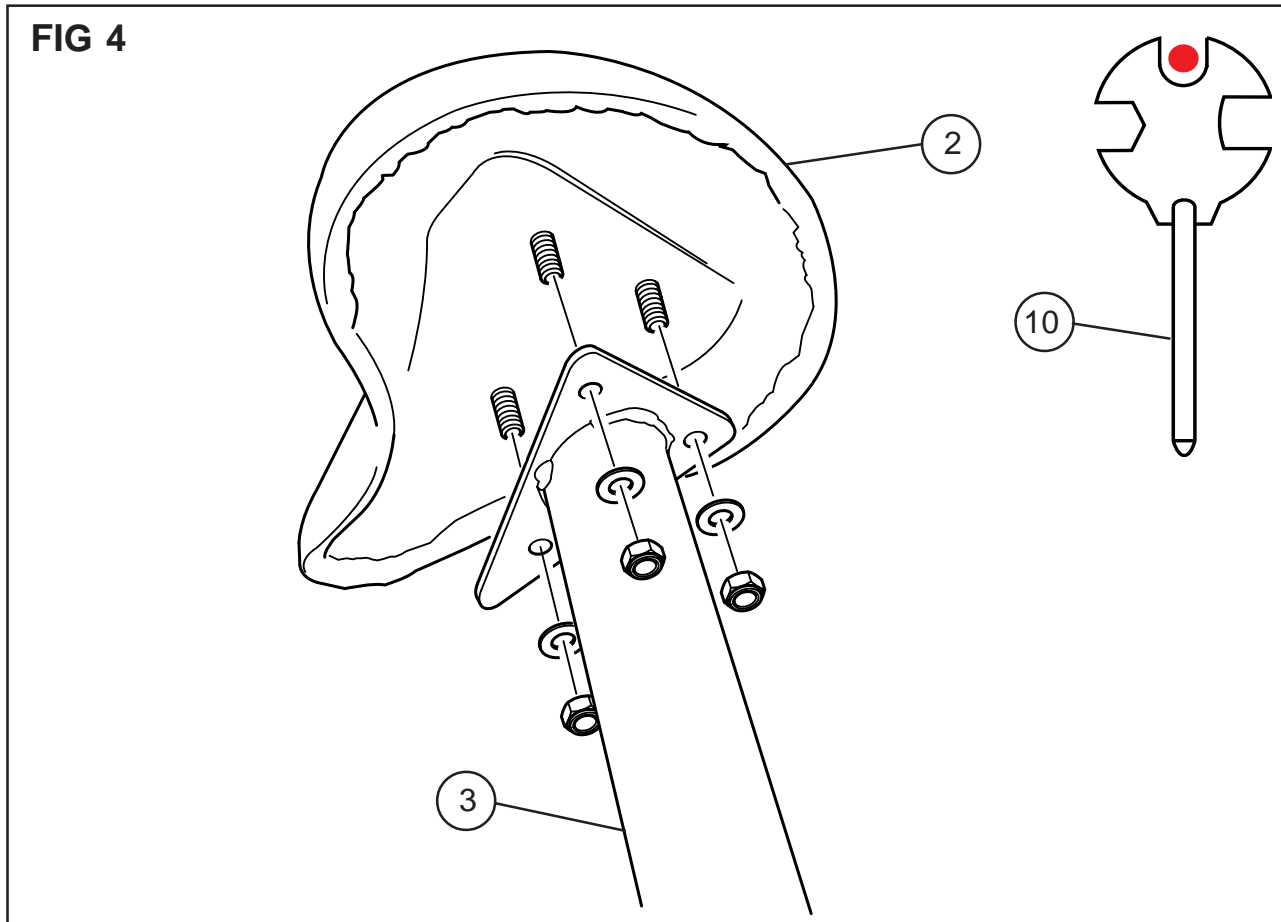


ASSEMBLY

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.
3. Tighten using the spanner (10) supplied.

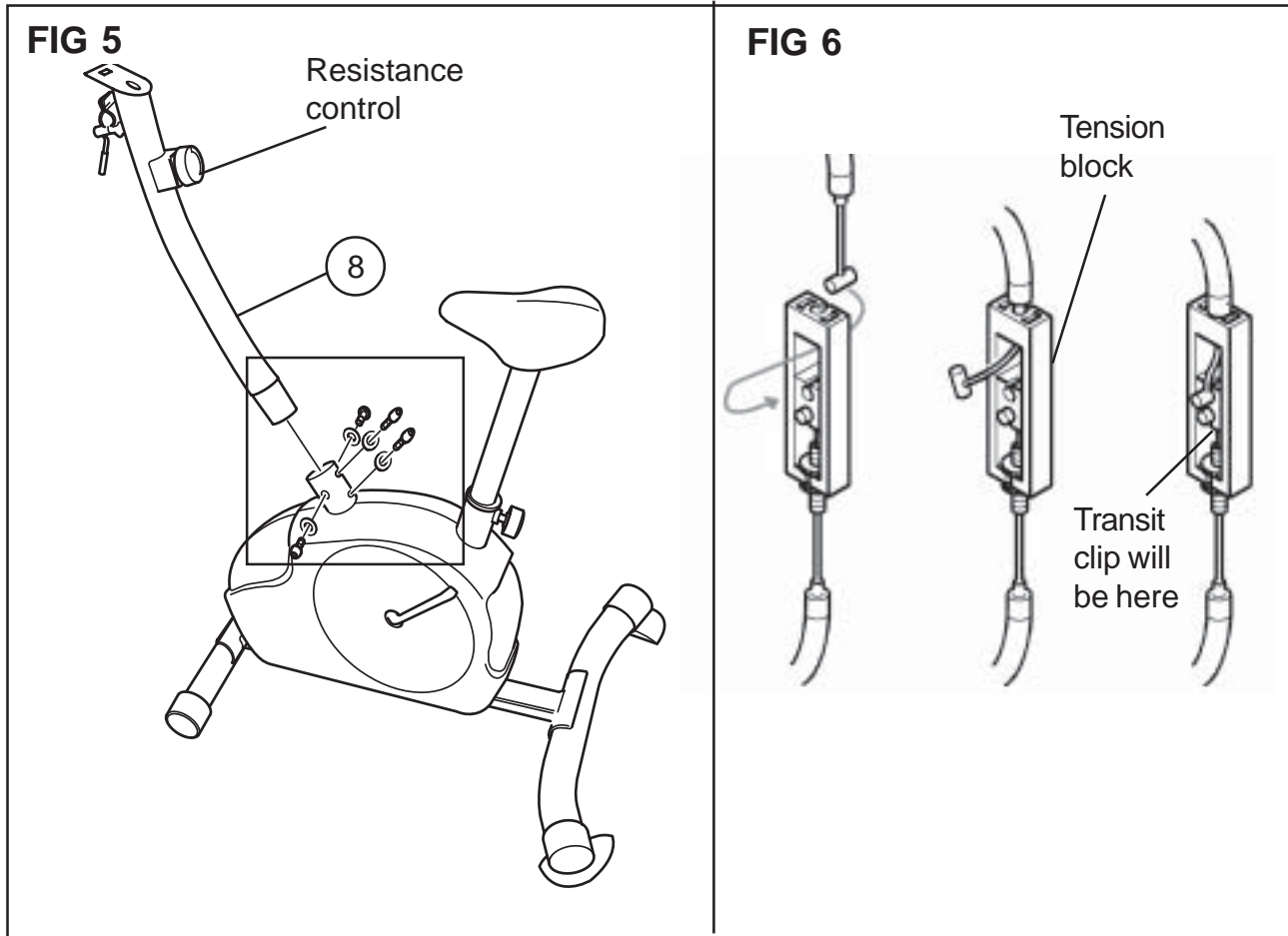
PROGRESS



ASSEMBLY

STEP 5 OF 8

HANDLEBAR STEM



Connect the resistance control wire and the speed sensor wire before fitting the handlebar stem..

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



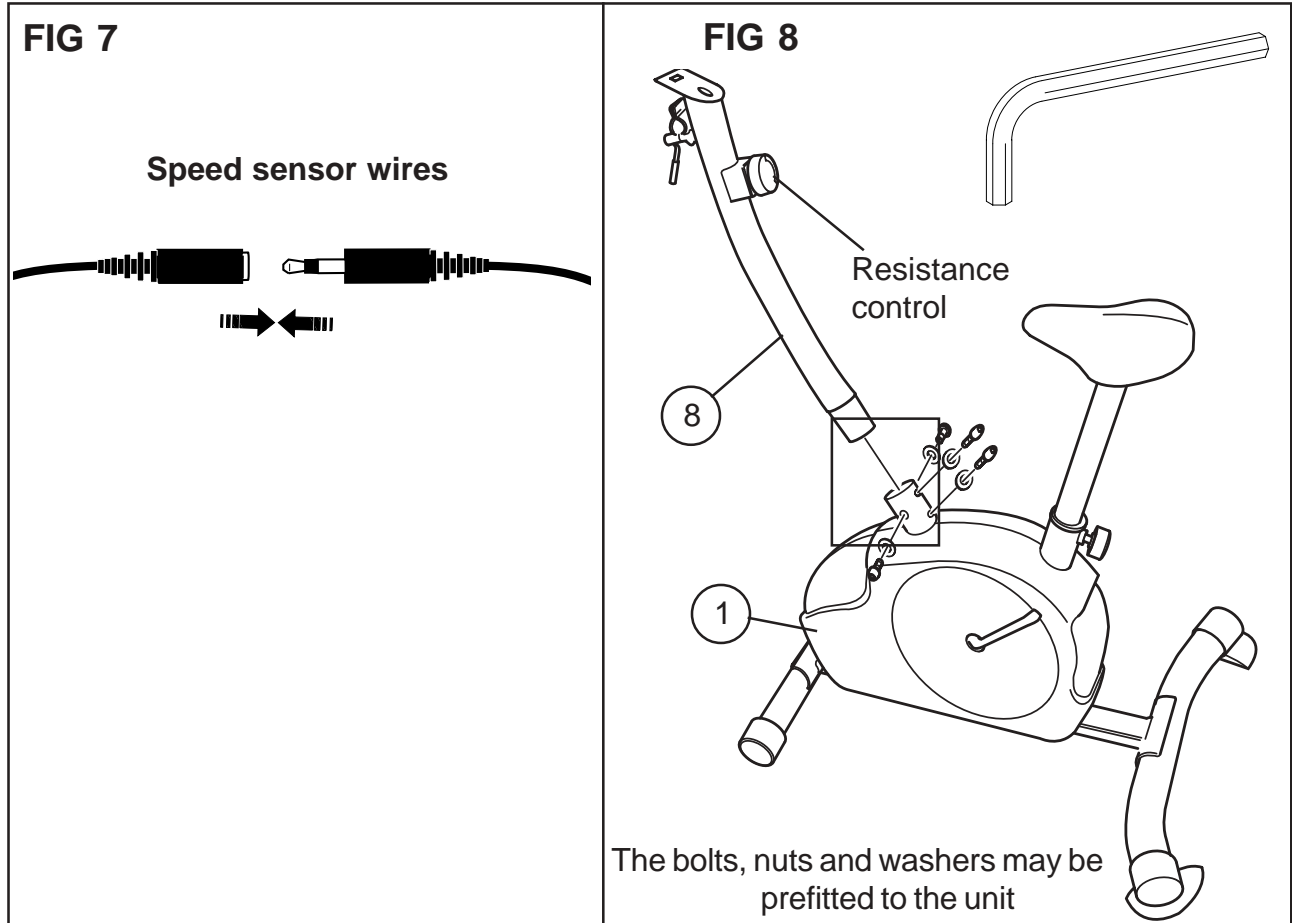
Note: Set the tension control to minimum by turning it anticlockwise to make this easier.

Continued on next page

ASSEMBLY

STEP 5 OF 8

HANDLEBAR STEM



3. Connect the two ends of the speed sensor wire together (fig 7).
4. Slide the handlebar stem (8) into the main body and secure in place using the 4 bolts and washers supplied (fig 8).
5. Set the resistance control to minimum by turning it anticlockwise.

PROGRESS

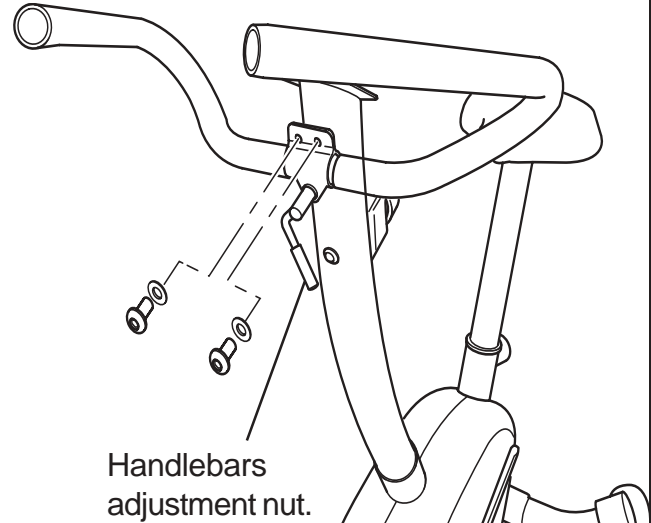
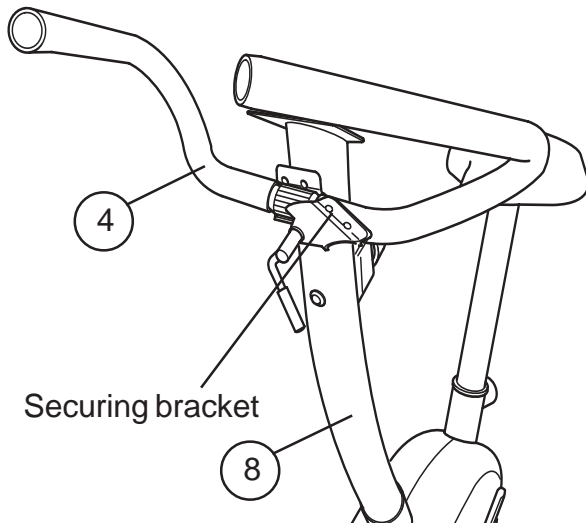


ASSEMBLY

STEP 6 OF 8

HANDLEBARS

FIG 9



1. Remove the bolts and washers from the securing bracket (fig 9) on the handlebar stem (8).
2. Loosen the handlebar adjustment nut. Place the handlebars (1) into the securing bracket (fig 9).
3. Tighten the handlebar adjustment nut to lock the handlebars into place.
4. Secure using the bolts and washers and tighten using the spanner (10) supplied.



Note: The angle of the handlebars may be adjusted later, see page 12.

PROGRESS



ASSEMBLY

STEP 7 OF 8

COMPUTER

FIG 10

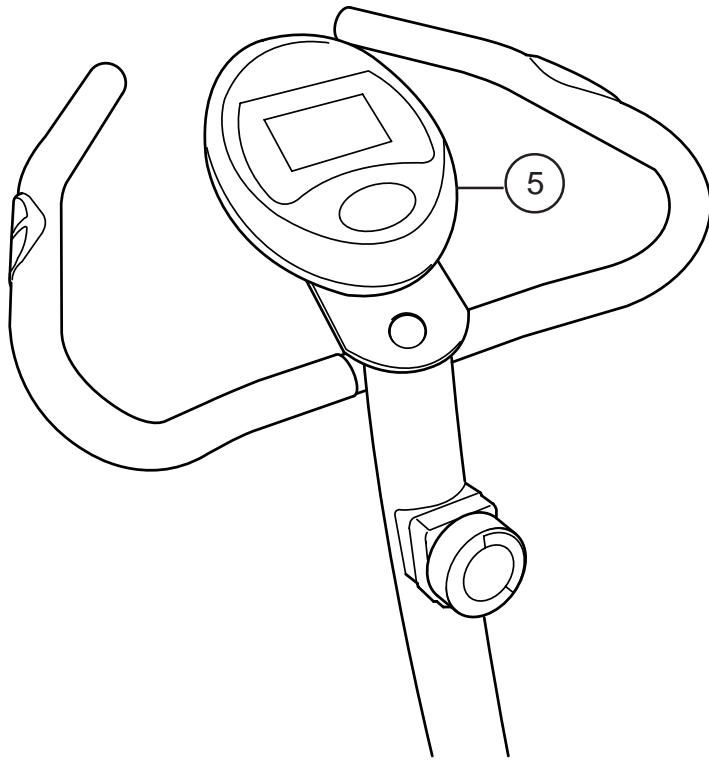
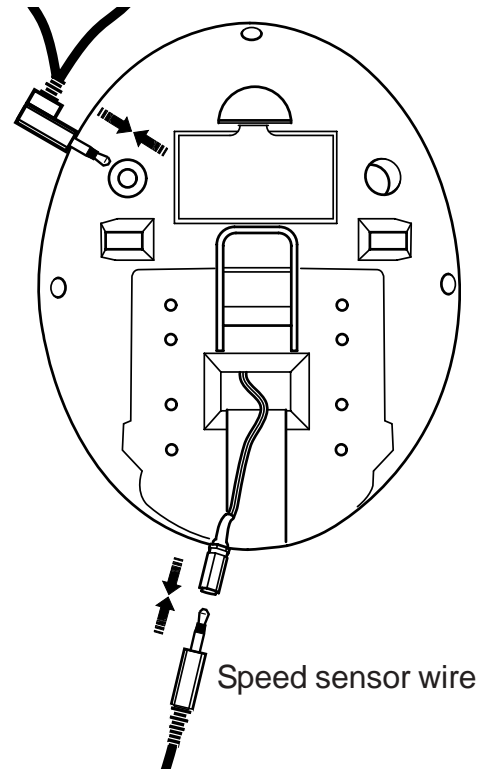


FIG 11

Pluse monitor



1. Connect the speed sensor wire to the computer (fig 11).
2. Plug the pluse monitor into the back of the computer (fig 11).
3. Slide the computer (5) onto the top of the handlebar stem (8) (fig 10).

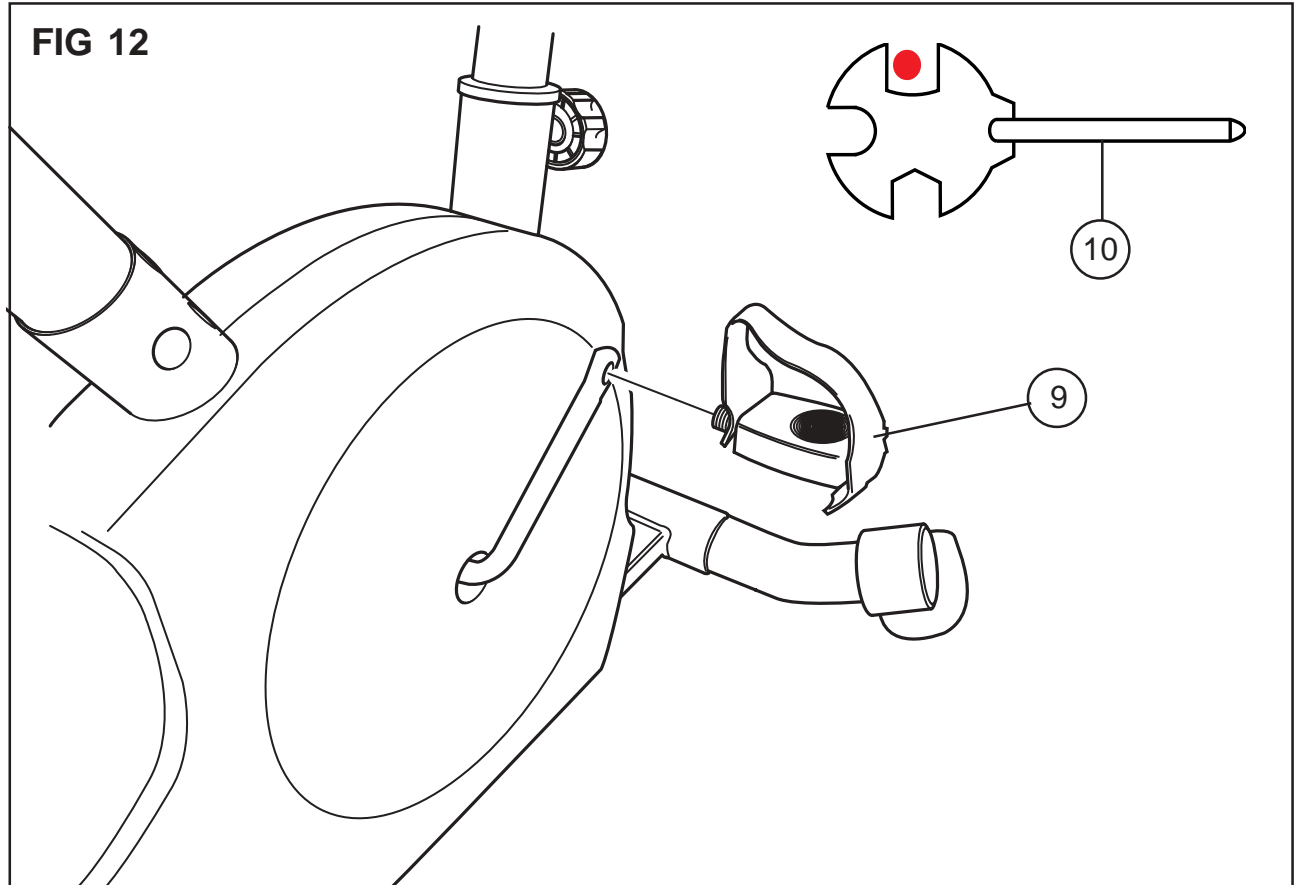
PROGRESS



ASSEMBLY

STEP 8 OF 8

PEDALS



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

3. Make sure that all bolts are secure.
4. The exercise cycle is now ready to use.

PROGRESS



USING THE EXERCISE CYCLE

ADJUSTMENTS

SADDLE HEIGHT

1. To adjust, rotate the saddle post bolt clockwise and pull, adjust the saddle to one of the 5 positions available (fig 13).
2. Tighten the saddle post bolt by rotating anticlockwise.

HANDLEBARS ANGLE

1. Turn the handlebars adjustment nut anticlockwise to loosen the handlebars, rotate the handlebars to a comfortable position (fig 14).
2. Turn the handlebars adjustment nut 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 14).

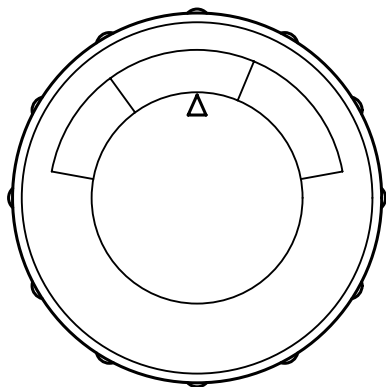


FIG 13



FIG 14

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.

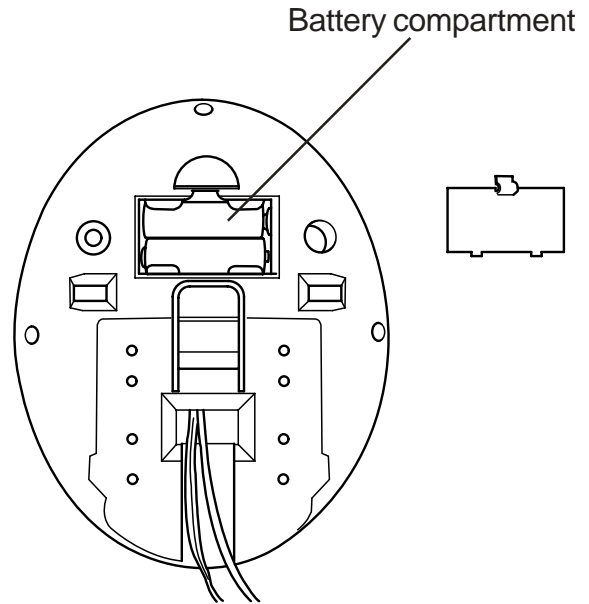


FIG 15

FUNCTION BUTTONS

- Mode:** Used to cycle through the modes.
- Set:** Used to adjust some modes to a specific count down value.
- Reset:** Press briefly to reset to zero.

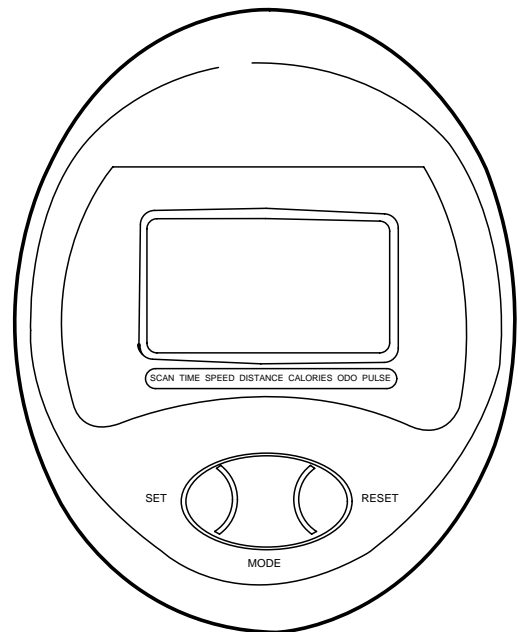


FIG 16

COMPUTER

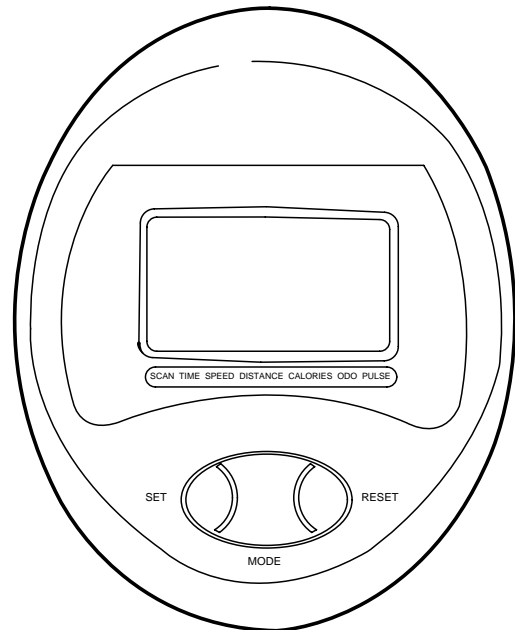
HOW TO PRESET VALUES

1. Press the Mode button to select the mode you want to preset.



Note: Distance and calories cannot be preset.

2. Press the Set button to set the display to the required value. If you make a mistake press the Reset button to return the counter to zero.
3. To start the display, start peddling on the exercise cycle.
4. To pause during exercise, stop peddling on the exercise cycle.



OPERATION

As you select DIST, SCAN is displayed on the screen. This means that the monitor will automatically cycle through the modes.

To exit scan mode, press the mode button again, scan will disappear from the display.

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

MODE	
SPEED	Measures the speed in KPH.
PULSE	Measures your heart rate in BPM (see page 17).
SCAN	Cycles through various displays.
DIST	Measures the distance travelled in KM.
TIME	Count the time elapsed or counts down from a pre-set time.
ODO	Measures the distance traveled during the current exercise program.
CALORIES	Counts the calories used during exercise.

PULSE SENSOR

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

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

1. Set the computer to the pulse mode.
2. To start the pulse sensor hold the sensor pads on the handle bars (fig 16).

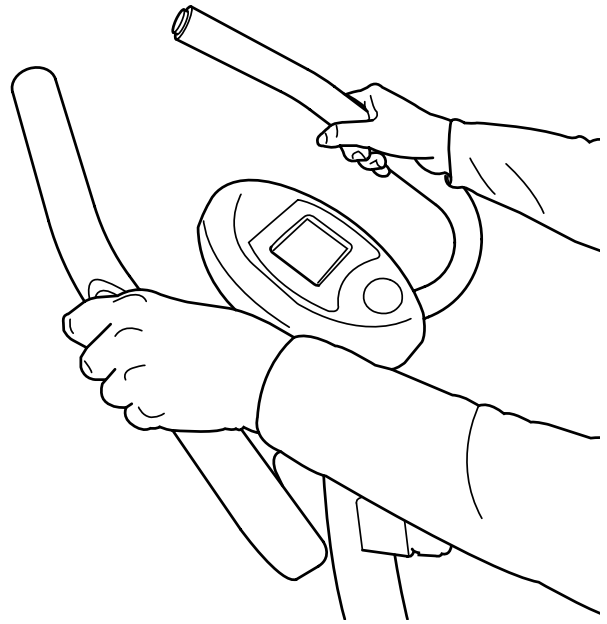


FIG 16