
PRECAUTIONS



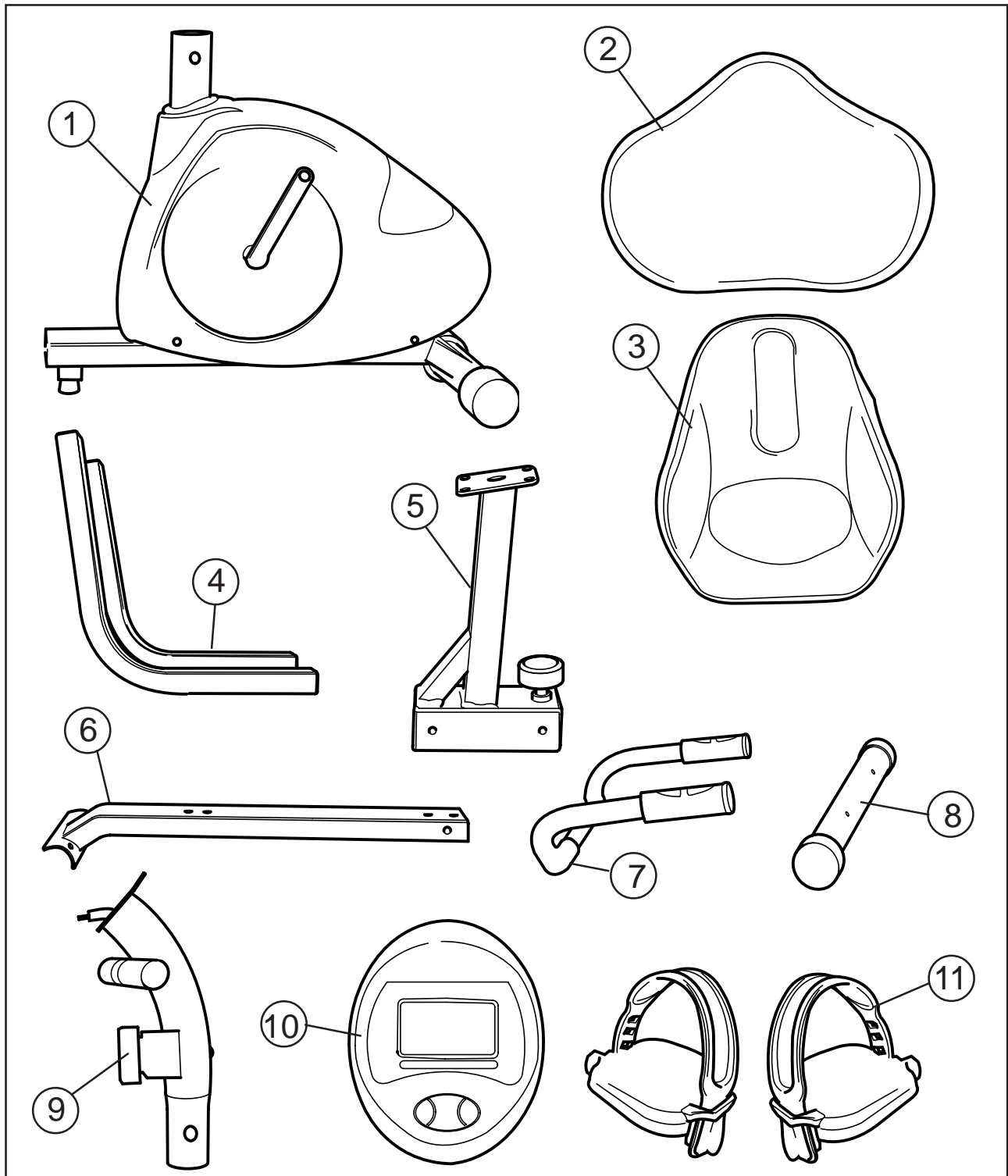
WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

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 120kg.
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 sensor. The sensor 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.



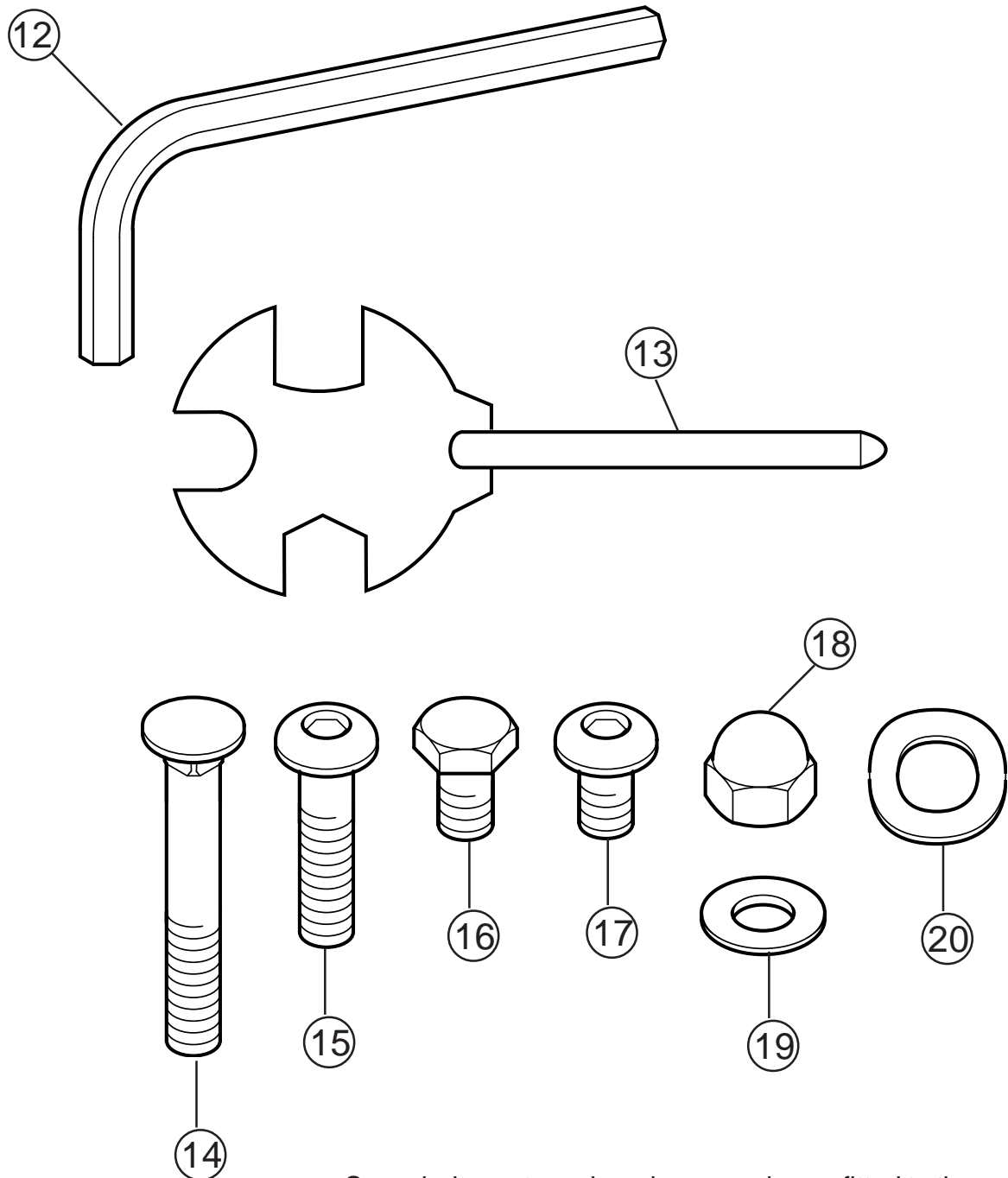
WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the exercise cycle.

PARTS LIST



1	Main body	7	Handlebar
2	Seat	8	Rear support tube
3	Seat back	9	Computer stem
4	Seat support bracket	10	Computer
5	Seat support	11	Pedals
6	Seat support tube		

FITTINGS LIST



- 12 Hexagonal key
- 13 Spanner x 2
- 14 Long bolt x 2
- 15 Pan head bolt x 10
- 16 Short bolt x 4

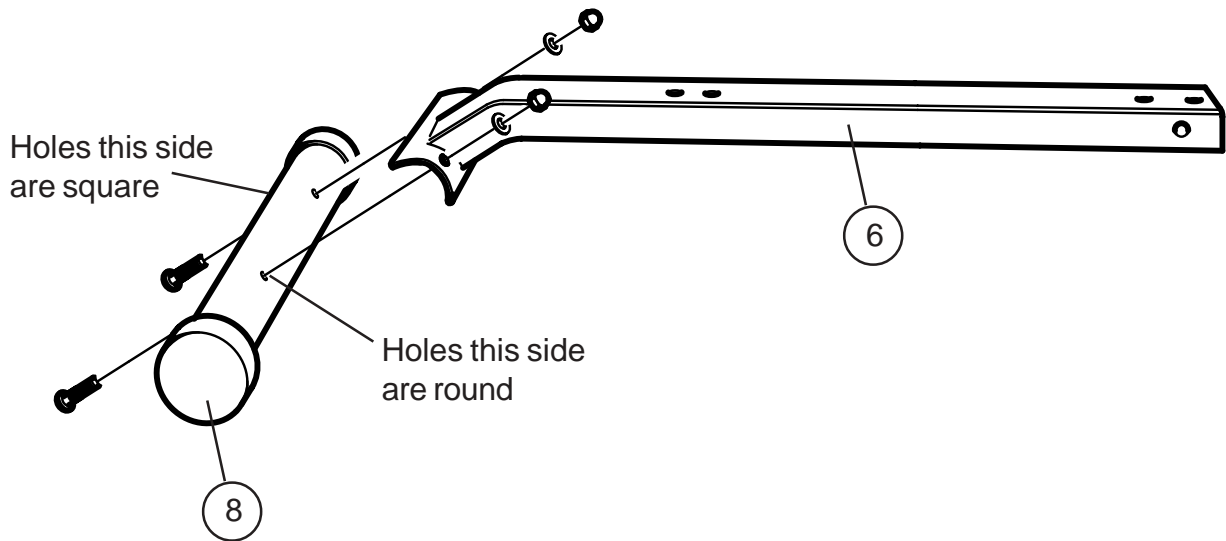
- 17 Short pan head bolt x 8
- 18 Dome nut x 2
- 19 Washer x 16
- 20 Curved washer x 8

ASSEMBLY

STEP 1 OF 9

SEAT SUPPORT TUBE

FIG 1



The bolts, nuts and washers may be prefitted to the unit

1. Tilt the seat support (6) forwards and fit the back support tube (8) onto the seat support (fig 1).
2. Secure using the long bolts (14), curved washers (20), and dome nuts (18). Tighten using the spanner (13) supplied.

PROGRESS

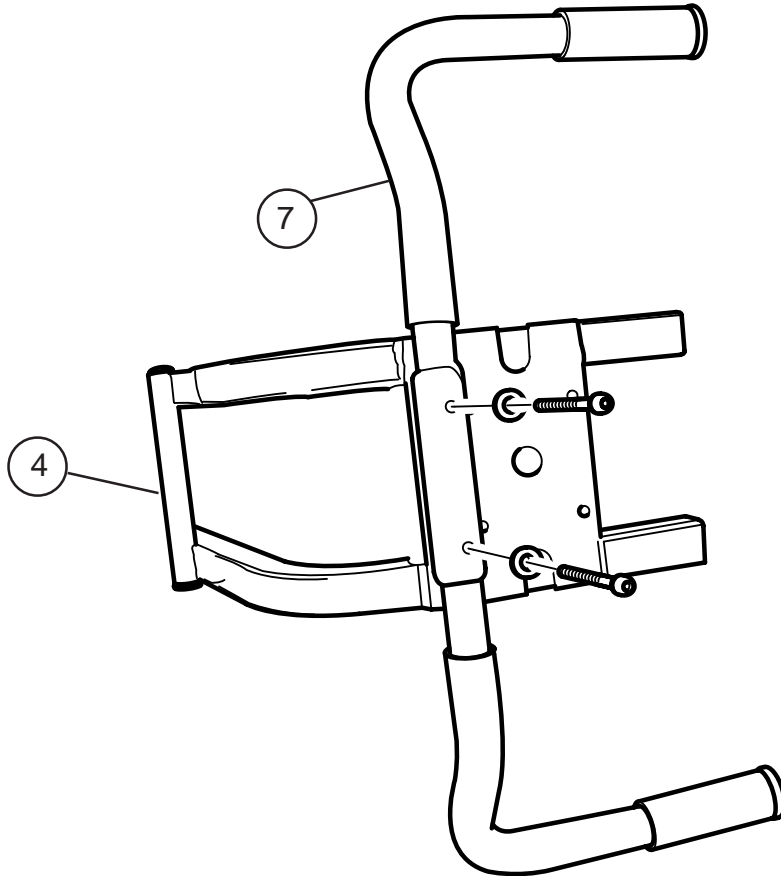


ASSEMBLY

STEP 2 OF 9

SEAT MOUNTING BRACKET

FIG 2



1. Tilt the seat mounting bracket (4) onto its side and fit the handle bars (7) onto the seat bracket (fig 2).
2. Secure using the pan head bolts (15) and curved washers (20). Tighten using the hexagonal key (12) supplied.

PROGRESS

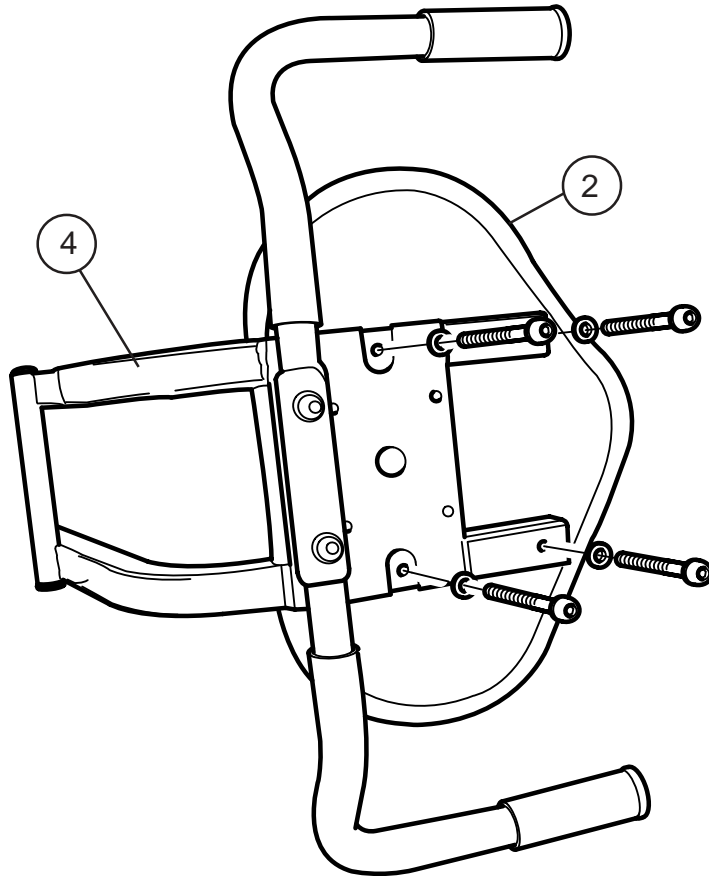


ASSEMBLY

STEP 3 OF 9

FITTING THE SEAT

FIG 3



1. With the seat mounting bracket (4) on its side, fit the seat (2) onto the seat bracket (fig 3).
2. Secure using the pan head bolts (15) and washers (19). Tighten using the hexagonal key (12) supplied.

PROGRESS

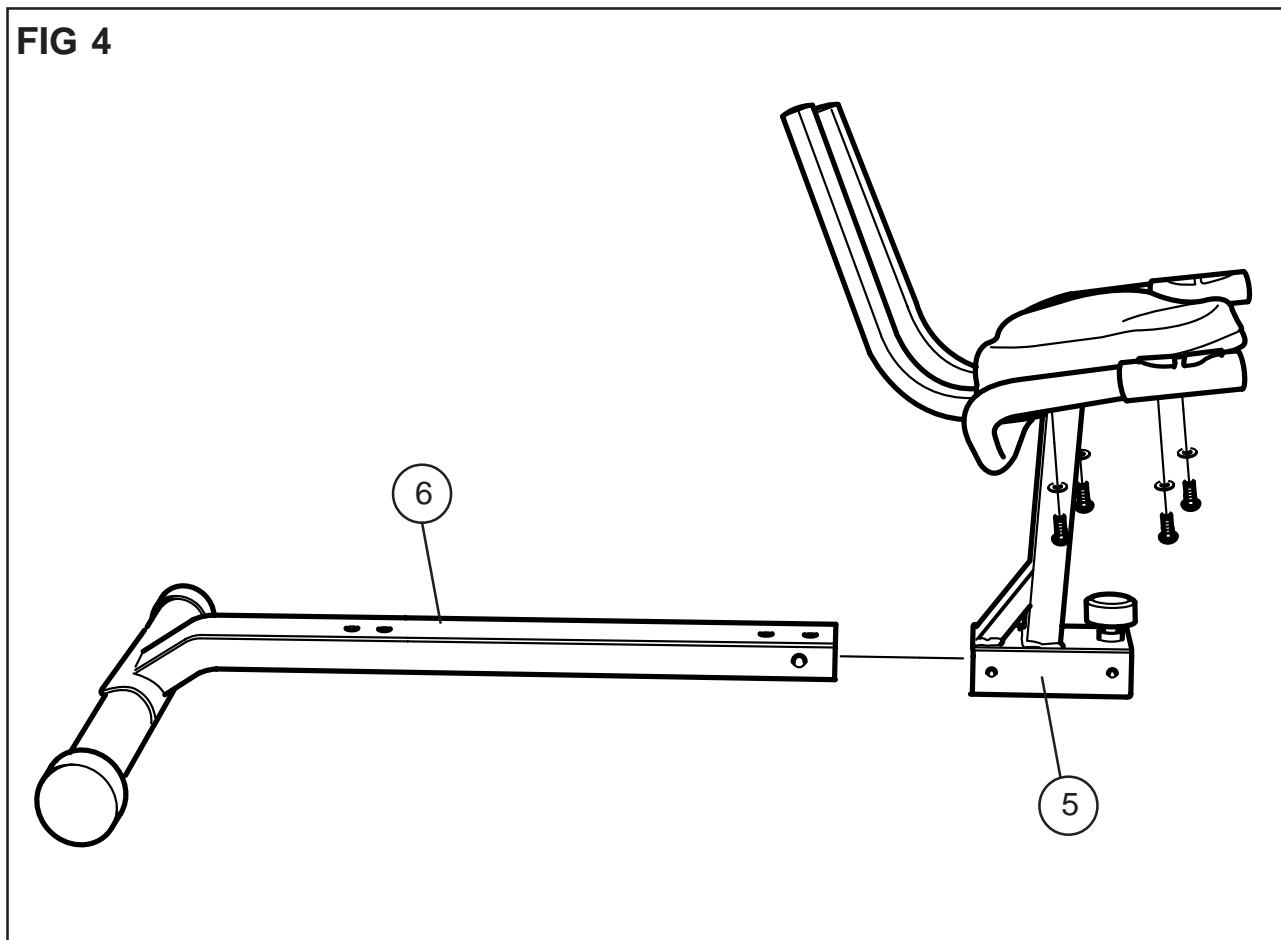


ASSEMBLY

STEP 4 OF 9

FITTING THE SEAT ASSEMBLY

FIG 4



1. Fit the seat assembly onto the seat support (5) (fig 4).
2. Secure using the pan head bolts (16) and washers (19). Tighten using the hexagonal key (12) supplied.
3. Slide the seat support (5) onto the seat support tube (6) (fig 4).

NOTE

Note: The seat position may be adjusted later, see page 16.

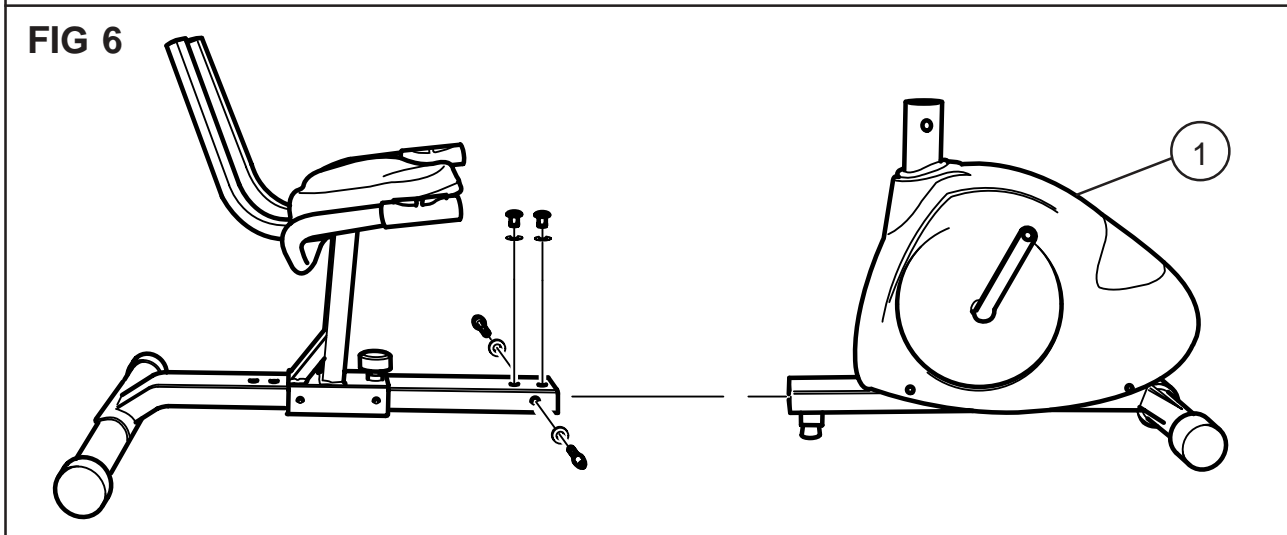
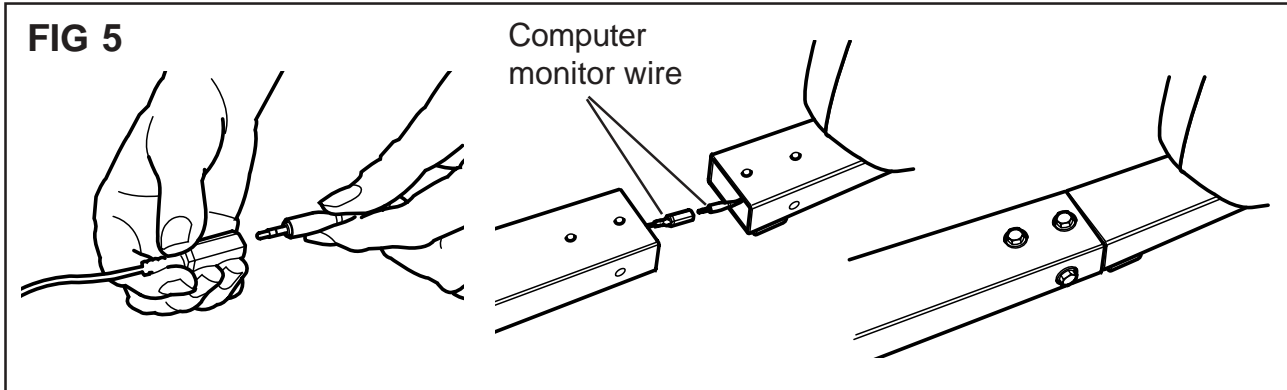
PROGRESS



ASSEMBLY

STEP 5 OF 9

MAIN BODY



When fitting the main body (1), you need to connect the computer monitor wire.

1. Connect the two ends of the computer monitor wire together (fig 5).
2. Slide the assembly into the main body (1) **making sure you do not trap the wire** and secure in place using the short bolts (16) and washers (19) (fig 6).

PROGRESS

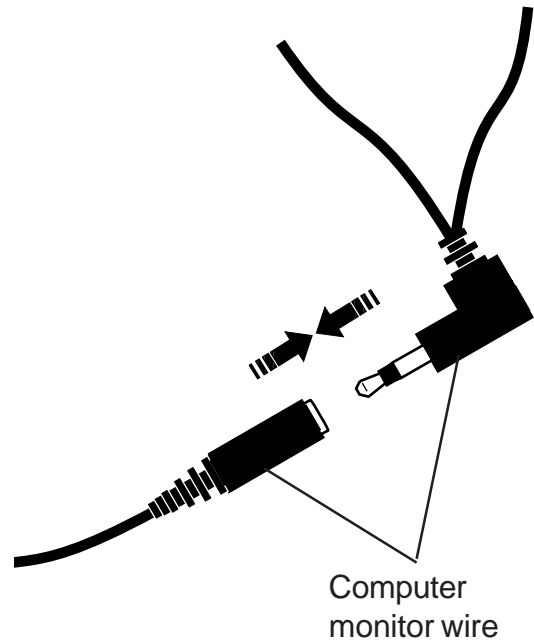
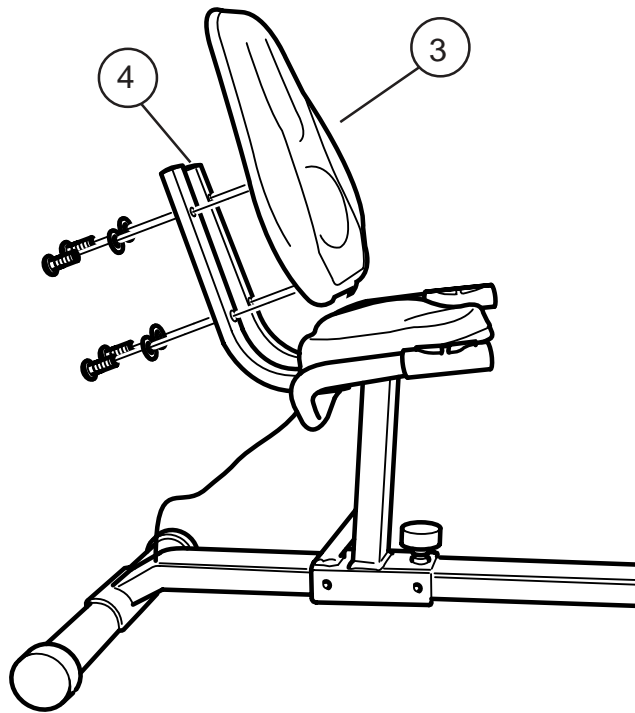


ASSEMBLY

STEP 6 OF 9

SEAT BACK

FIG 7



Tighten using the spanner supplied.

1. Fit the seat back (3) onto the seat support bracket (4) (fig 7).
2. Secure using the pan head bolts (15) and washers (19). Tighten using the hexagonal key (12) supplied.

After fitting the seat back (3), you need to connect the computer monitor wire.

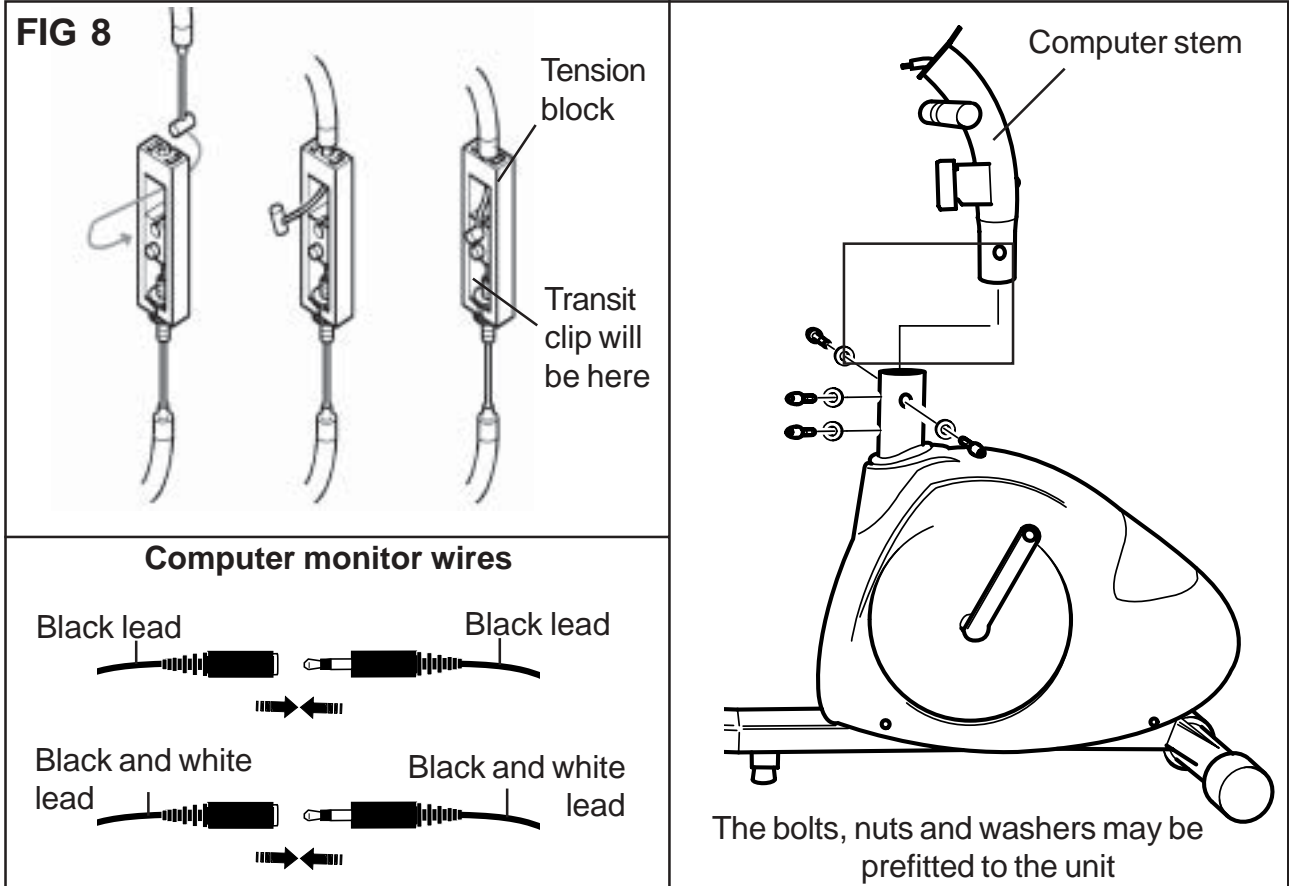
PROGRESS



ASSEMBLY

STEP 7 OF 9

COMPUTER STEM



Connect the resistance control and computer monitor wire before fitting the computer stem.

1. 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.

2. Connect the computer monitor wires together.
3. Slide the computer stem into the main body and secure in place using pan head bolts and curved washers. Tighten using the hexagonal key supplied.

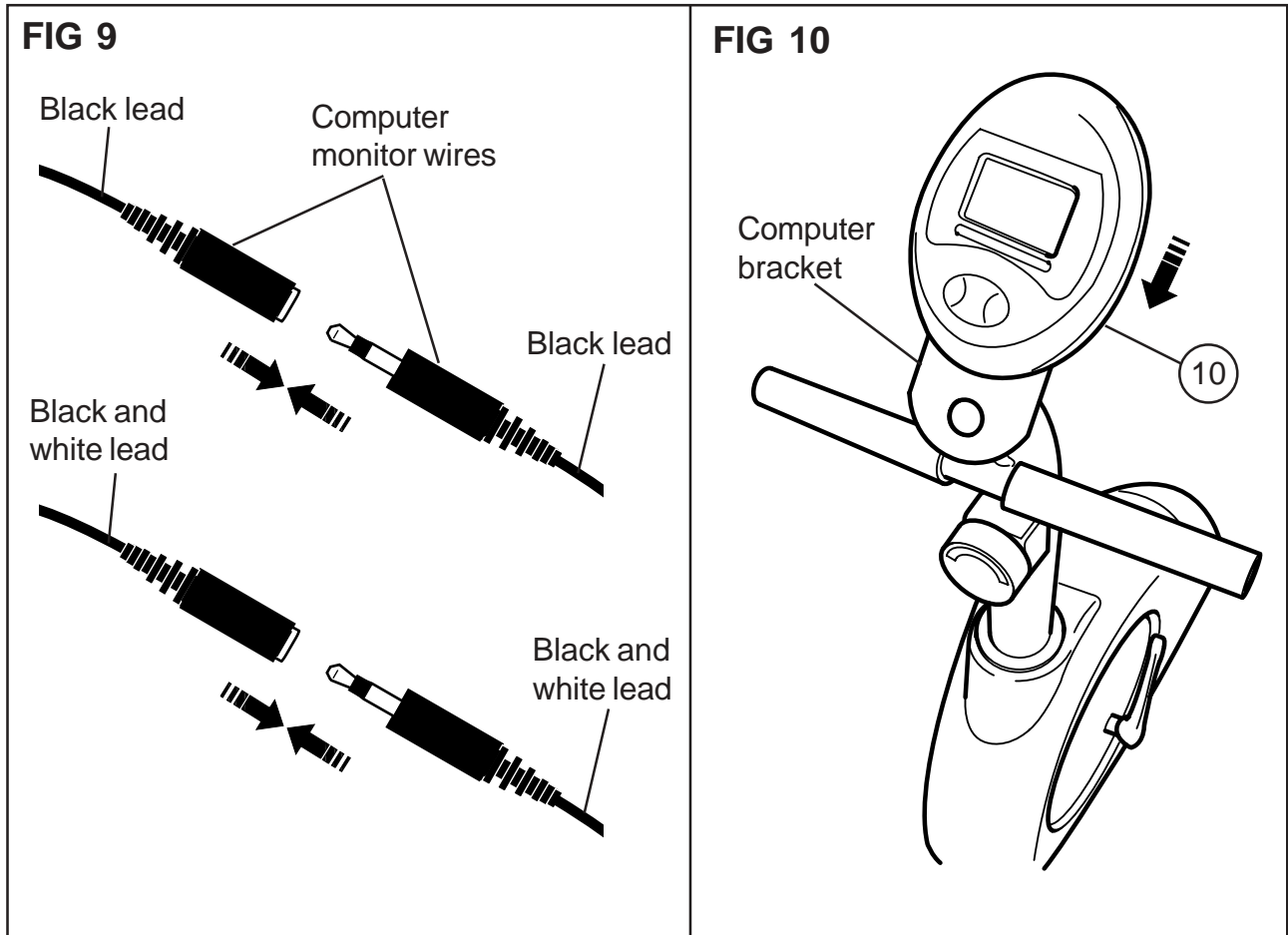
PROGRESS



ASSEMBLY

STEP 8 OF 9

COMPUTER



1. Connect the computer monitor wires to the computer (fig 9).
2. Remove the screws and washers on the rear of the computer
3. Slide the computer (10) onto the top of the computer stem. (fig 10).
4. Refit the screws and washers to secure into place.

PROGRESS

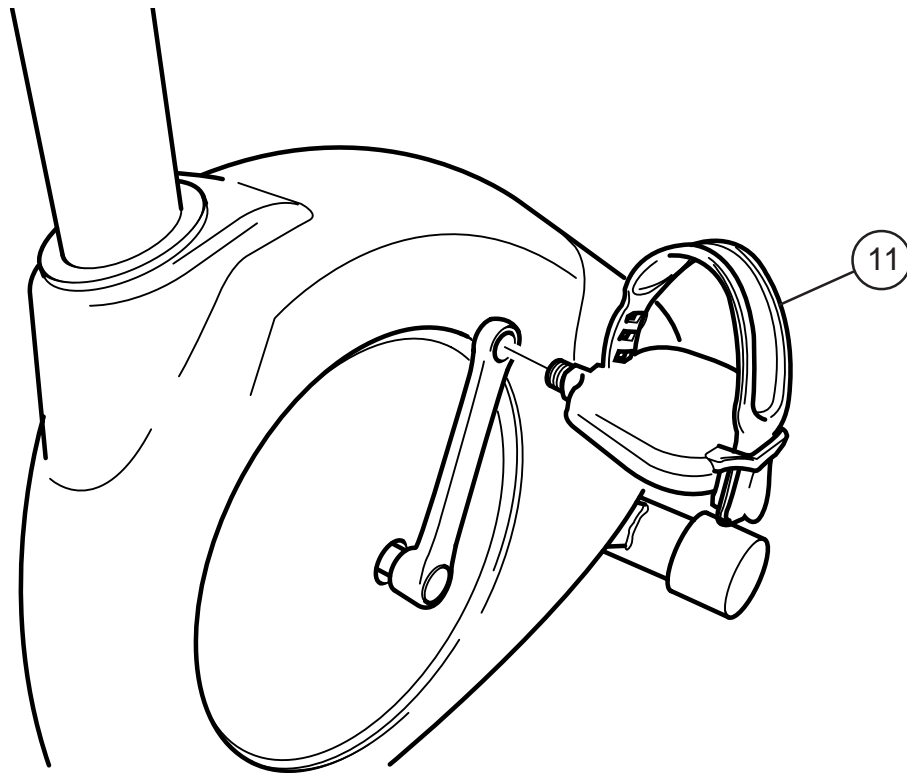


ASSEMBLY

STEP 9 OF 9

PEDALS

FIG 11



1. Fit the pedal (11) marked L to the left side of the cycle, and the pedal (11) marked R to the right side of the cycle, viewed from the riders seated position (fig 11).
2. Tighten the pedals (11) using the spanner (13) provided.



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

3. The Recumbent exercise cycle is now ready to use.

PROGRESS



USING THE EXERCISE CYCLE

ADJUSTMENTS

SEAT ADJUSTMENT

1. To adjust, loosen and lift the seat adjustment nut and adjust the seat to one of the 7 positions available (fig 12).
2. Lower and tighten the seat adjustment nut.

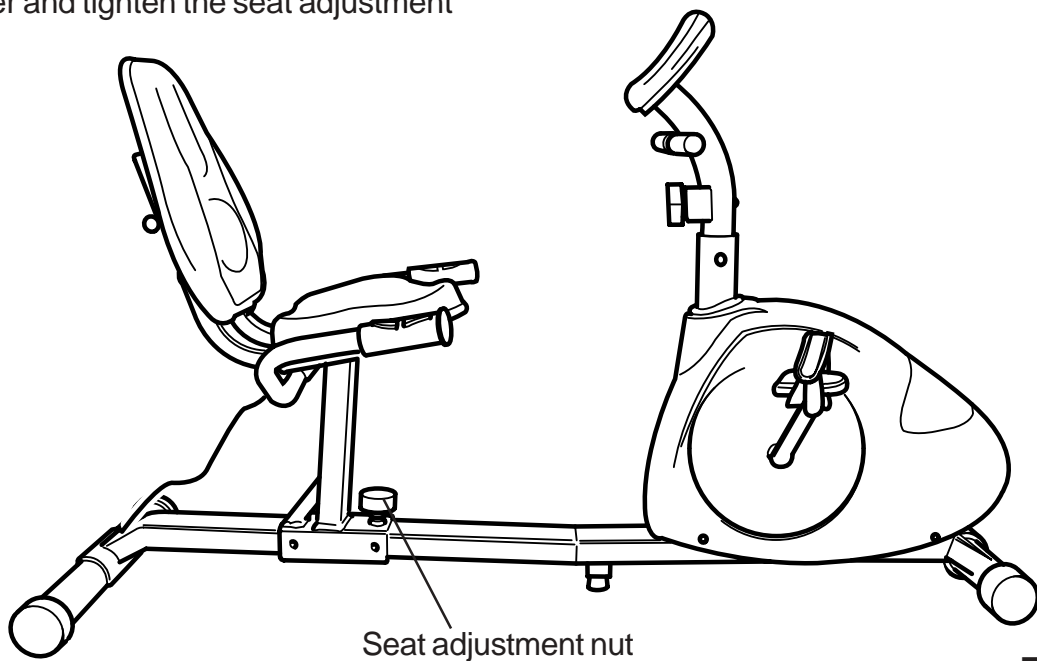


FIG 12

CHANGING THE TENSION

Rotate the tension control clockwise to increase the tension and anticlockwise

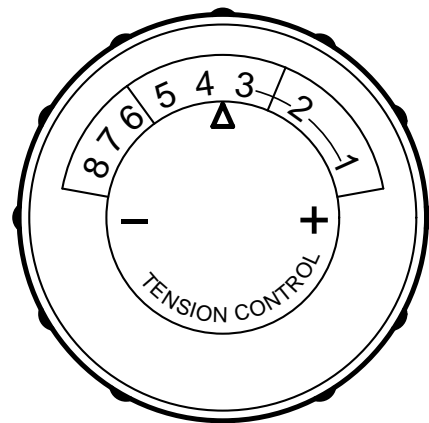


FIG 13

COMPUTER

INSERTING THE BATTERIES

Remove the battery cover and insert two AA size batteries into the battery compartment (fig 14).

NOTE *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

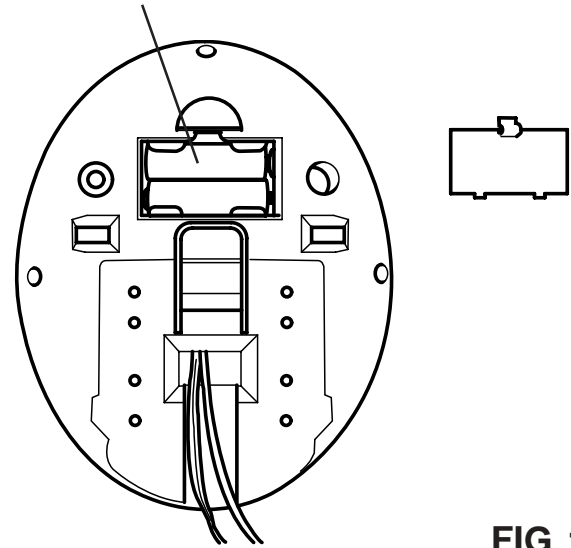


FIG 14

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.

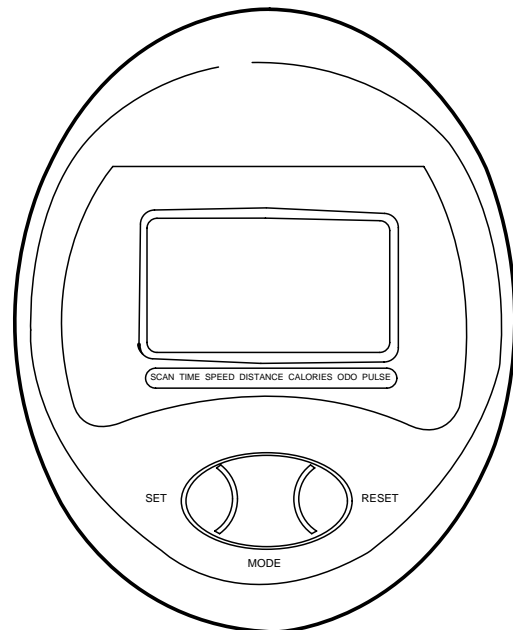


FIG 15

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.

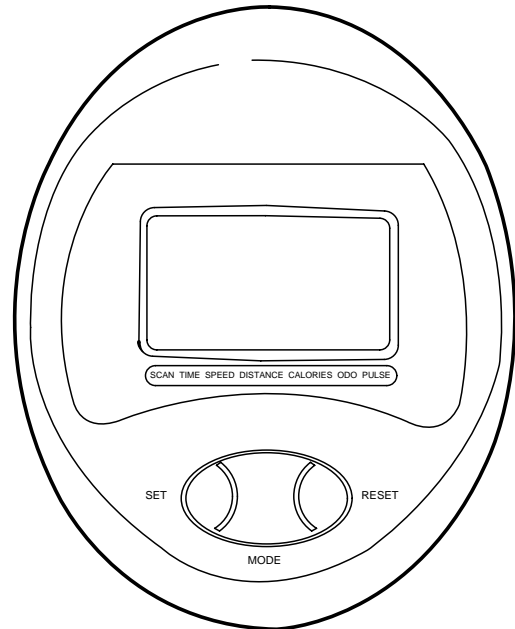


FIG 16

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 20).
SCAN	Cycles through the various displays.
DIST	Measures the distance travelled in KM.
TIME	Counts the time elapsed or counts down from a pre set time.
ODO	Measures the distance travelled during one exercise program
CALORIES	Counts the calories used during exercise.

PULSE SENSOR

The pulse sensor 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.

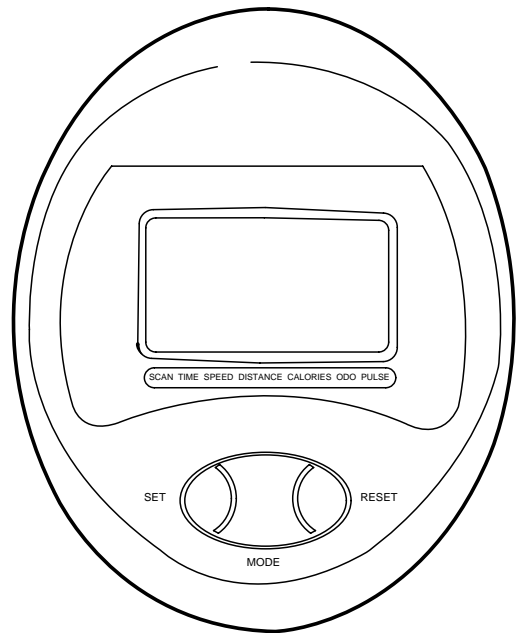


FIG 17

To start the pulse sensor on the computer (fig 17) hold the sensor on the handle bars (fig18).

Set the computer to the pulse mode.

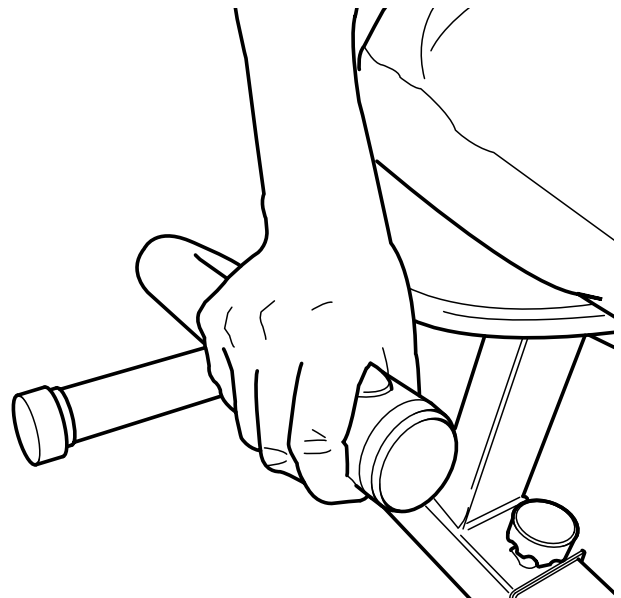


FIG 18