



**Recumbent
Exercise Cycle**

EMR777

INSTRUCTION BOOK



your personal workout

CARL LEWIS

FITNESS

INTRODUCTION

Thank you for purchasing the EMR777 recumbent exercise cycle. Please take time to read these instructions which have been written to ensure that you get the very best from your purchase.

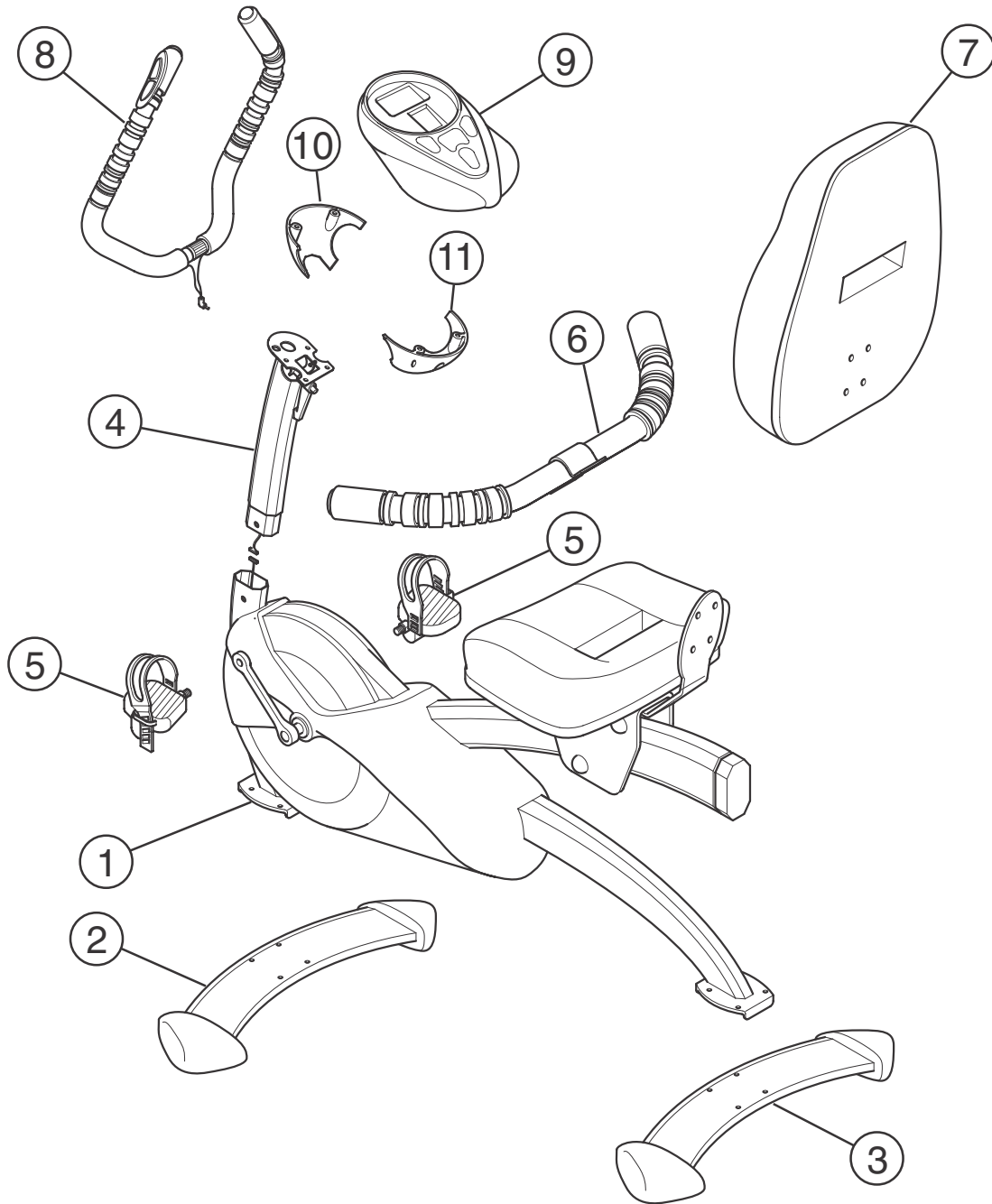
SAFETY PRECAUTIONS



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

1. Use the recumbent exercise cycle only in the way described in this instruction book.
2. Ensure that the voltage of the electrical supply is the same as that indicated on the rating plate of the Mains Adapter.
3. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
4. Use the recumbent exercise cycle indoors on a level surface. Keep the recumbent exercise cycle away from excessive moisture and dust.
5. The safety level of the recumbent 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 recumbent exercise cycle.
6. Keep unsupervised children away from the recumbent exercise cycle at all times.
7. The recumbent exercise cycle should not be used by persons weighing more than 150kg.
8. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
9. Do not arch your back when using the recumbent exercise cycle, always try to keep your back straight.
10. If you feel pain or dizziness while exercising, stop immediately and cool down.
11. The pulse sensor 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.
12. The recumbent exercise cycle is intended for home use only.

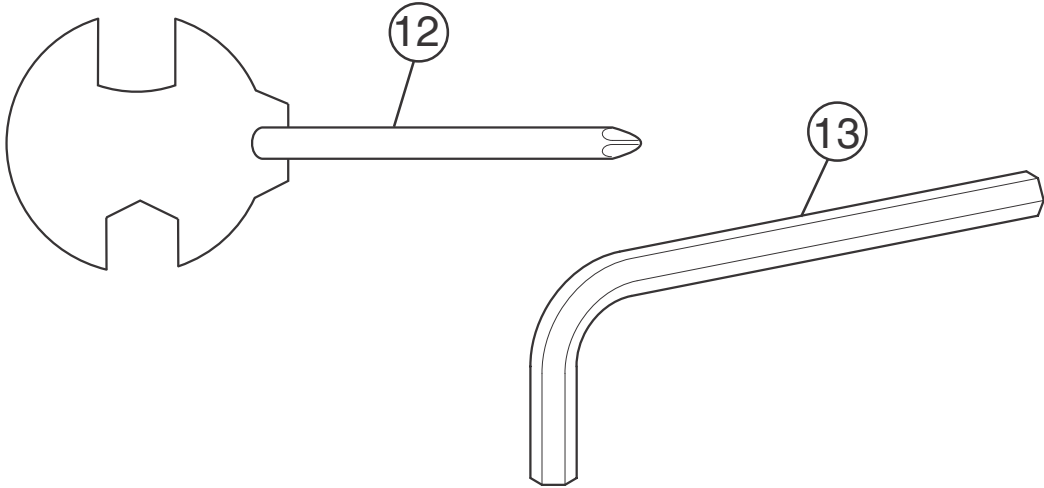
PARTS LIST



- 1 Main body
- 2 Front support
- 3 Rear support
- 4 Handlebars post
- 5 Pedal with toe strap x 2
- 6 Rear handlebars
- 7 Seat back

- 8 Handlebars
- 9 Computer
- 10 Top cover
- 11 Bottom cover

TOOLS LIST



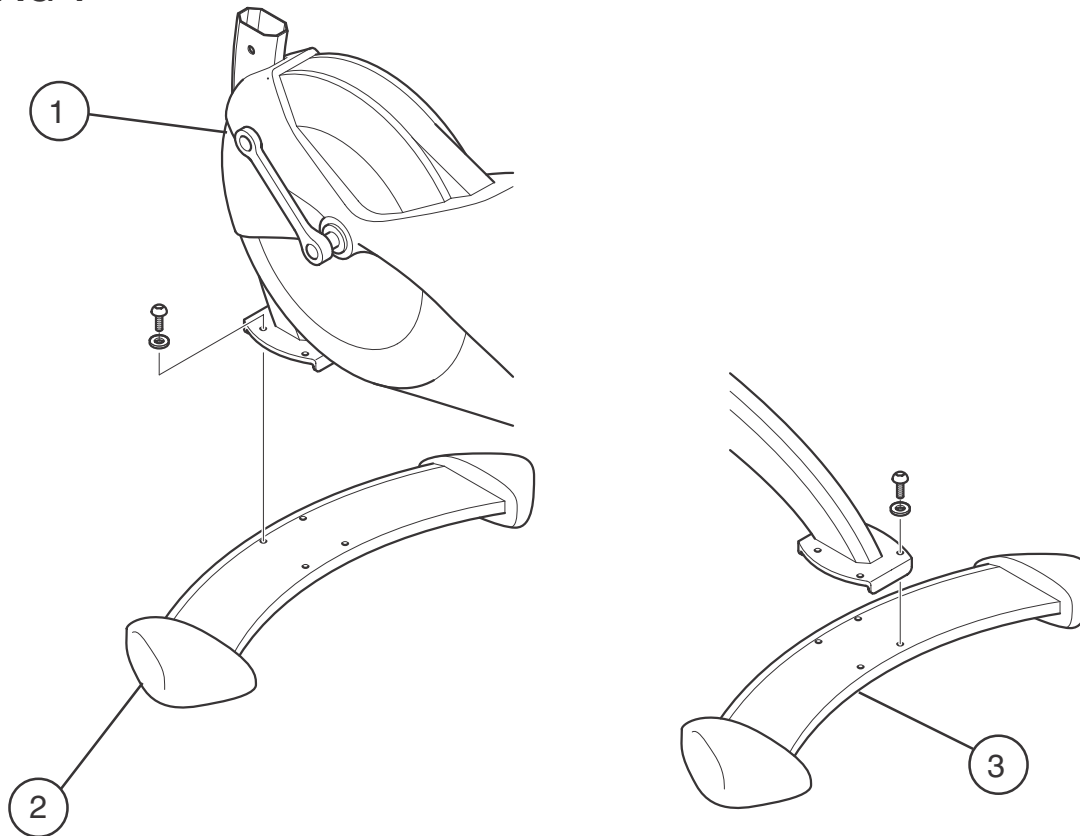
- 12 Multi tool
- 13 Hexagonal key

ASSEMBLING

STEP 1 OF 7

FRONT AND REAR SUPPORTS

FIG 1



The screws and washers may be prefitted to the supports.

1. Tilt the main body (1) backwards and fit the front support (2) onto the main body (fig 1). The front support faces backwards.
2. Secure with the four screws and washers provided. Tighten the screws using the hexagonal key (13) provided.
3. Repeat steps 1 and 2 for the rear support (3) but, at step 1, tilt the main body forwards.

PROGRESS

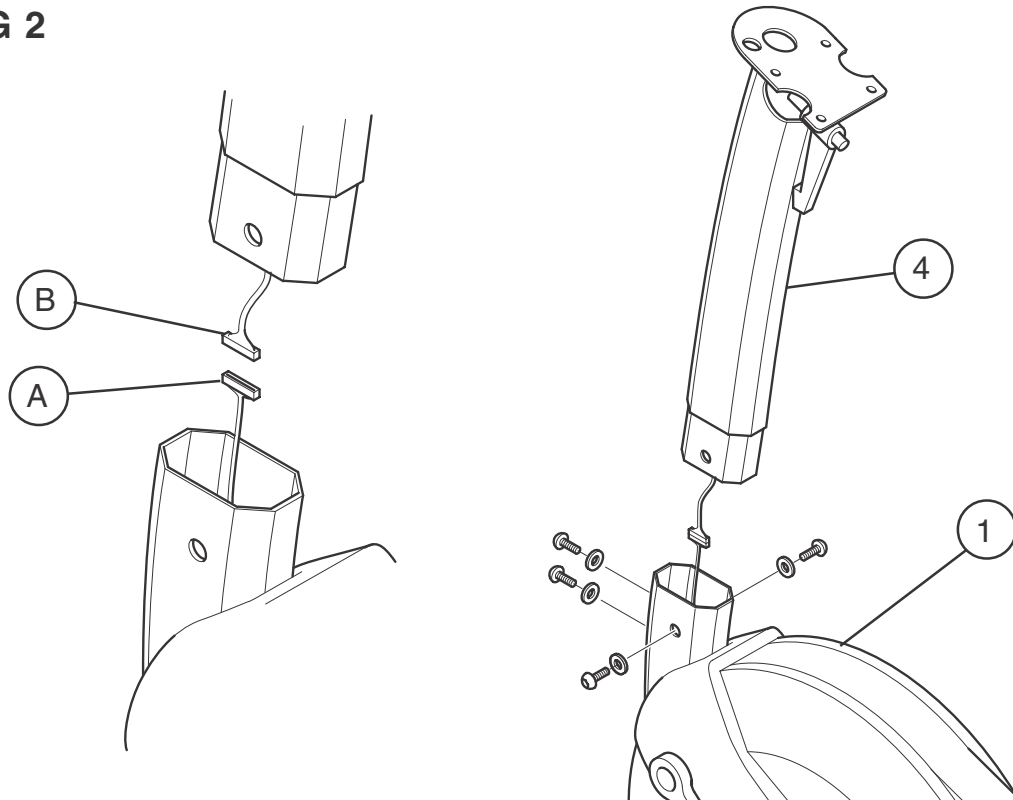


ASSEMBLING

STEP 2 OF 7

HANDLEBARS POST

FIG 2



The screws and washers may be prefitted to the handlebars post.

1. Connect the computer cables (A) and (B) (fig 2).
2. Insert the handlebars post (4) into the main body (1), and secure in place with the four screws and washers provided. Tighten the screws, using the hexagonal key (13) provided.

PROGRESS

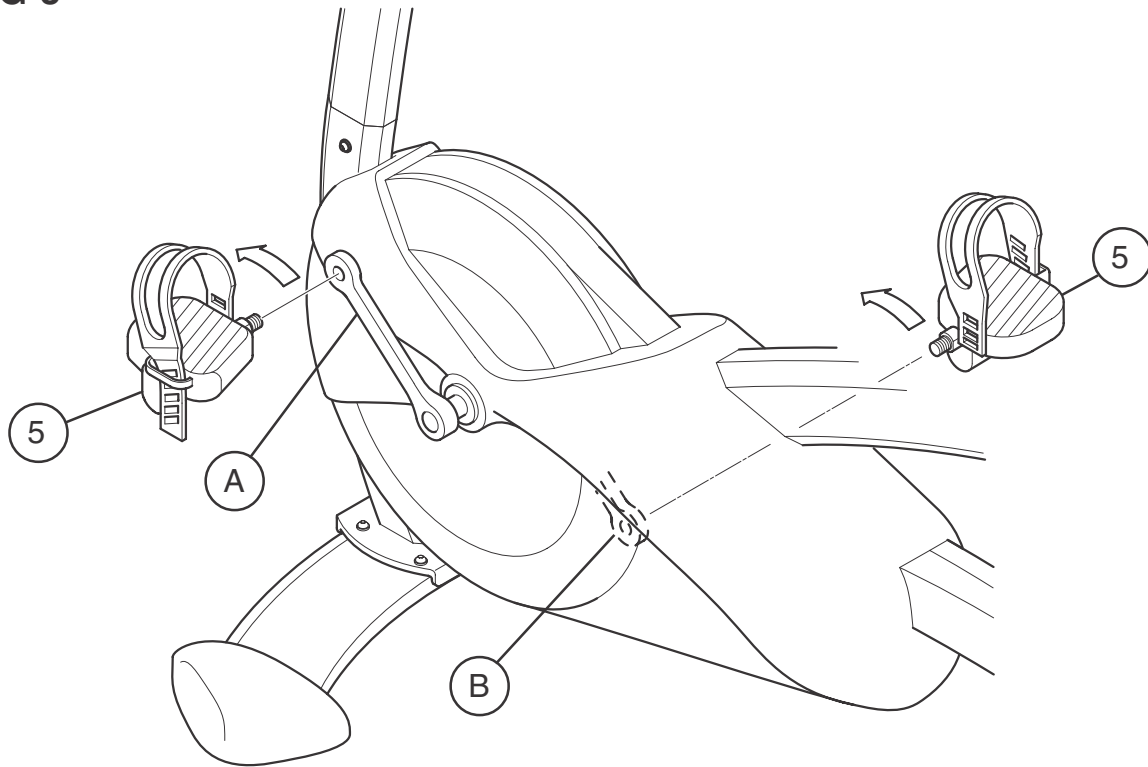


ASSEMBLING

STEP 3 OF 7

PEDALS

FIG 3



1. Fit the pedal (5) marked L to the crank (A) on the left side of the recumbent exercise cycle, and the pedal (5) marked R to the crank (B) on the right side of the recumbent exercise cycle, viewed from the rider's seated position (fig 3).
2. Tighten the pedals (5) with the multi tool (12) provided.
3. Fit the toe straps.

NOTE

Note: The left pedal has a left-hand thread, and therefore the multi tool should be turned in an anticlockwise direction to tighten.

PROGRESS

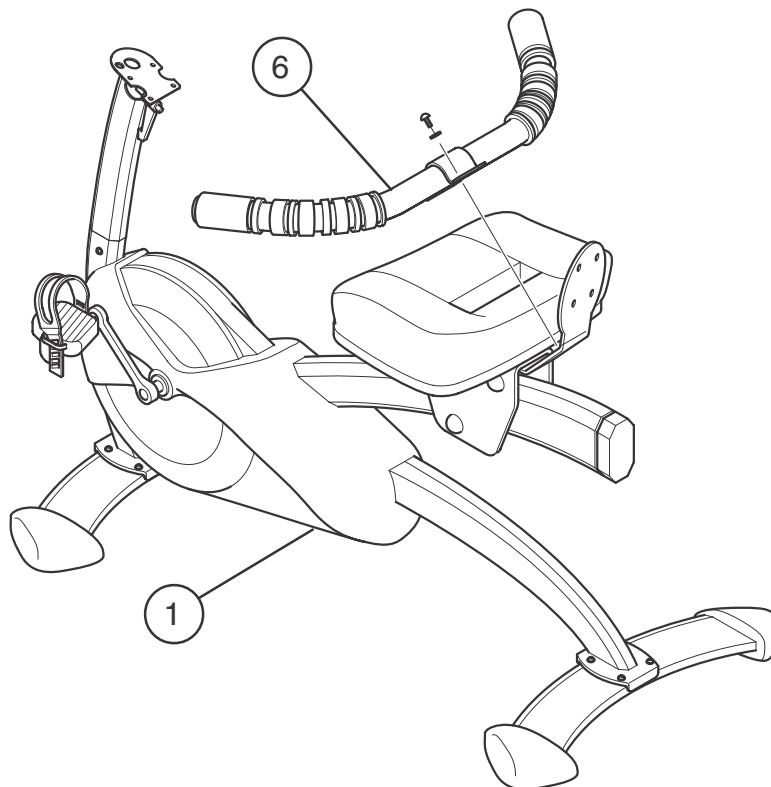


ASSEMBLING

STEP 4 OF 7

REAR HANDLEBARS

FIG 4



The screws and washers may be prefitted to the main body.

1. Fit the rear handlebars (6) to the main body (1), and secure in place with the four screws and washers provided. Tighten the screws using the hexagonal key (13) provided (fig 4).



Note: Take care not to damage the seat base with the hexagonal key (13).

PROGRESS

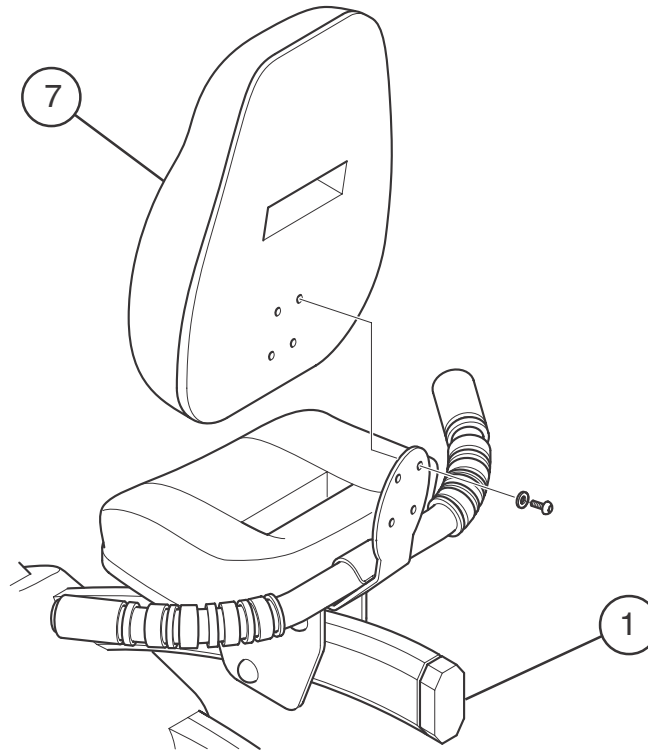


ASSEMBLING

STEP 5 OF 7

SEAT BACK

FIG 5



The screws may be prefitted to the seat back.

1. Position the seat back (7) to the main body (1), and secure in place with the four screws provided. Tighten the screws using the hexagonal key (13) provided (fig. 5).

NOTE

Note: The seat position can be adjusted (see page 14).

PROGRESS

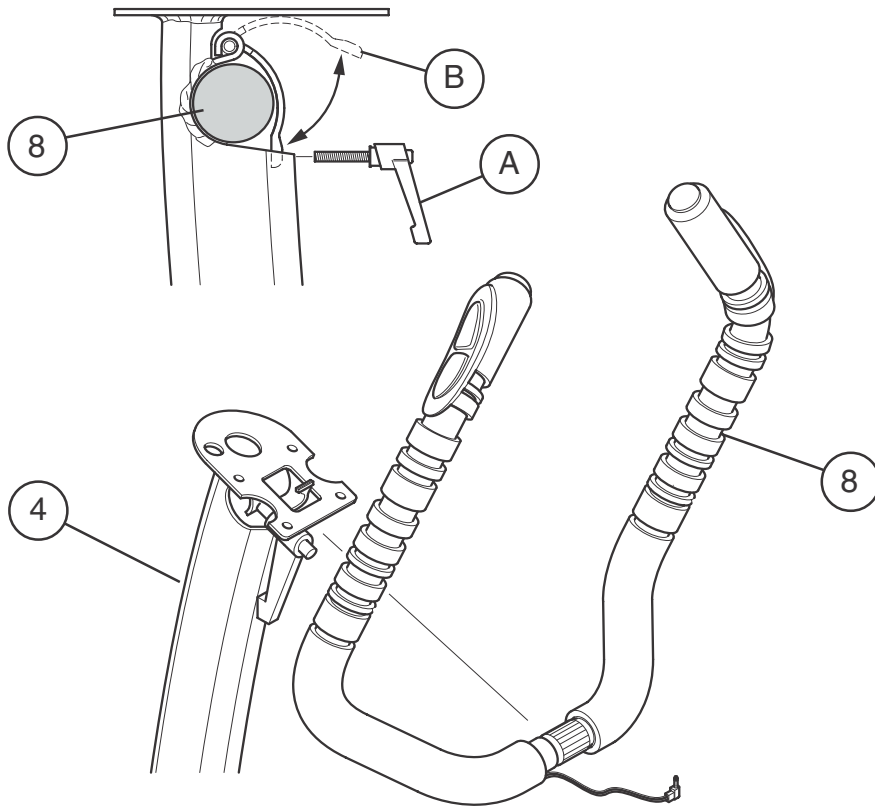


ASSEMBLING

STEP 6 OF 7

HANDLEBARS

FIG 6



1. Unscrew and remove the handlebars ratchet bolt (A).
2. Attach the handlebars (8) to the handlebars post (4) by lifting the clamp (B) upwards. Replace the handlebars ratchet bolt (A) and secure the handlebars in position.

NOTE

Note: The handlebars ratchet bolt (A) is loosened and tightened by moving the lever anticlockwise or clockwise respectively. To reposition the lever, press against the central button and gently move the lever outwards; release to continue loosening or tightening.

PROGRESS

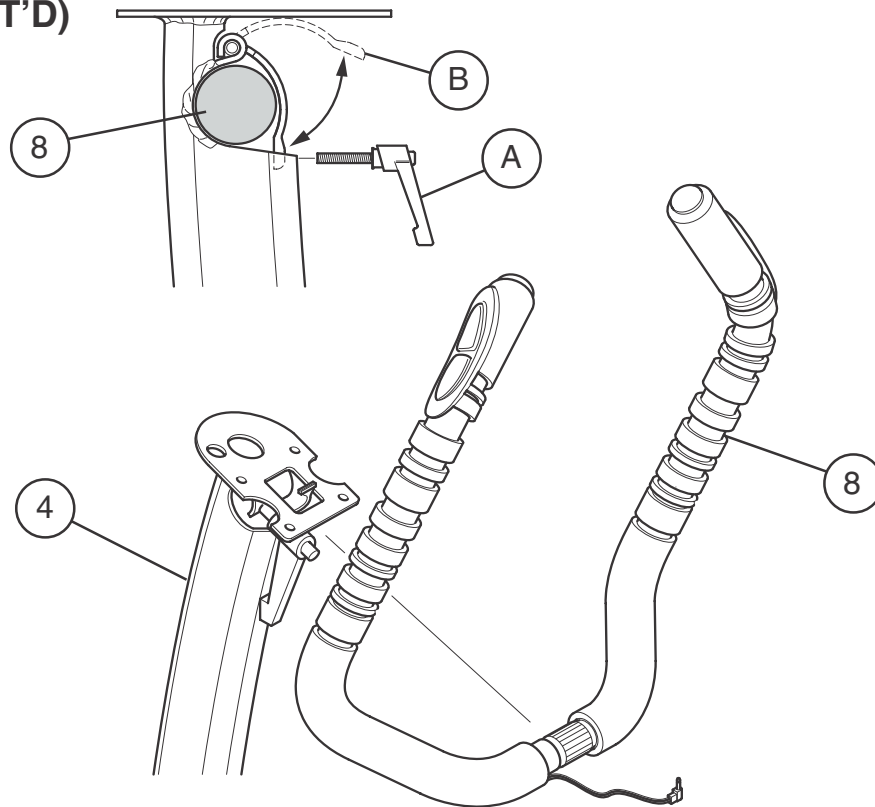


ASSEMBLING

STEP 6 OF 7 (CONT'D)

HANDLEBARS (CONT'D)

FIG 6 (CONT'D)



NOTE

Note: The handlebars (8) and handlebars post clamp (B) have interlocking splines, which allow the handlebars (8) to be repositioned.

NOTE

Note: Take care to ensure that the computer cable or the pulse sensor cable (C) are not trapped between the handlebars post (4) and the handlebars (8).

PROGRESS

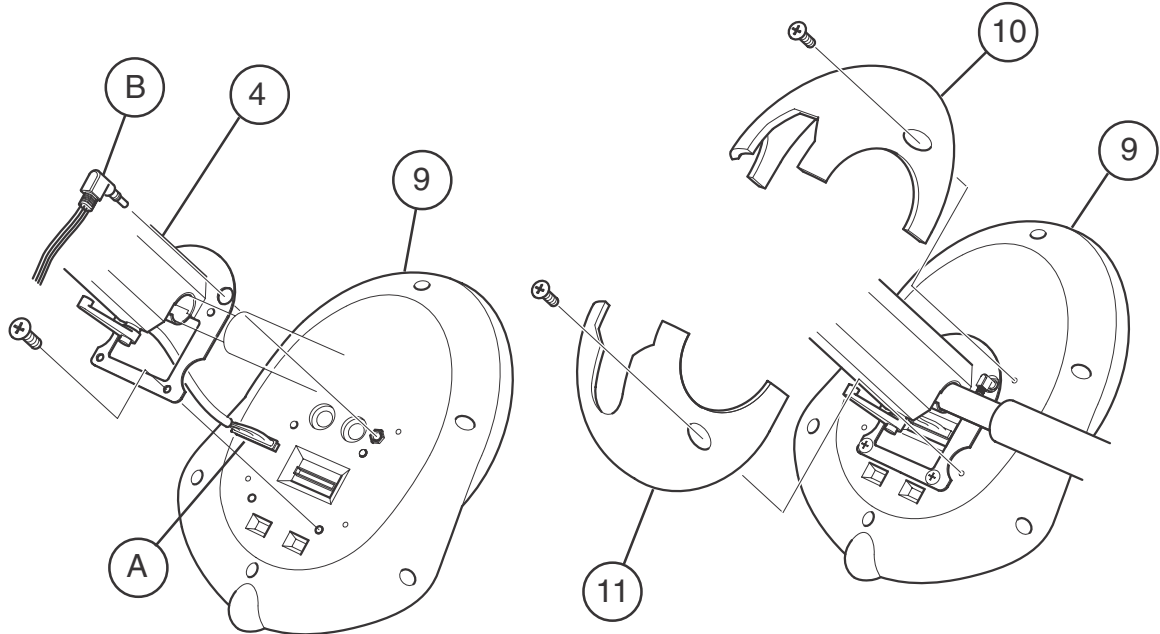


ASSEMBLING

STEP 7 OF 7

COMPUTER

FIG 7



The screws may be prefitted to the computer.

1. Connect the computer cable (A) to the computer (9).
2. Position the computer (9) carefully onto the bracket on the top of the handlebars post (4) and, using the multi tool (12) provided, secure with the four screws provided.
3. Plug the pulse sensor cable (B) into the computer.
4. Fit the top cover (10) to the underside of the computer (9), align the holes and, using the multi tool (12) provided, secure using two of the four screws provided.
5. Repeat step 4 for the bottom cover (11).

NOTE *Note : The bottom cover (11) has a larger cutout in order to accommodate the handlebars ratchet bolt.*

PROGRESS



USING THE RECUMBENT EXERCISE CYCLE

MAKING ADJUSTMENTS

SEAT POSITION

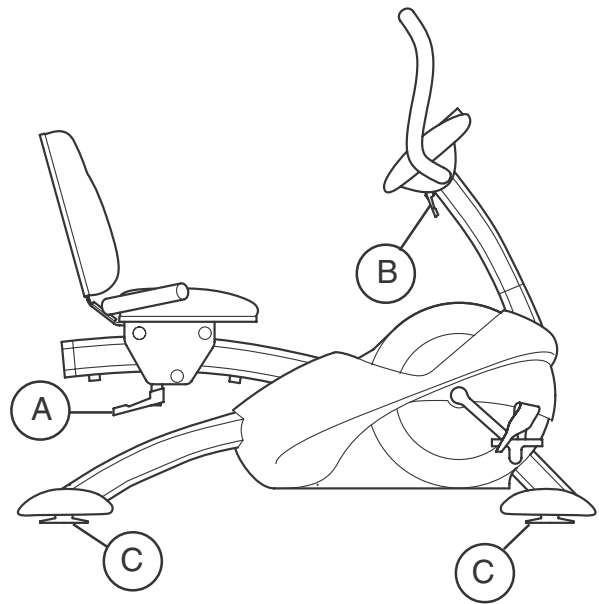
1. There are nine seat positions. To adjust, loosen the seat ratchet bolt (A) and move the seat to the desired position. Tighten the seat ratchet bolt (A).

HANDLEBARS POSITION

1. To adjust, loosen the handlebars ratchet bolt (B), move the handlebars to the desired position and tighten the handlebars ratchet bolt (B).

LEVEL ADJUSTMENT

1. To level the recumbent exercise cycle, screw the adjustable feet (C), on the front and rear supports, in or out accordingly.



PULSE SENSOR



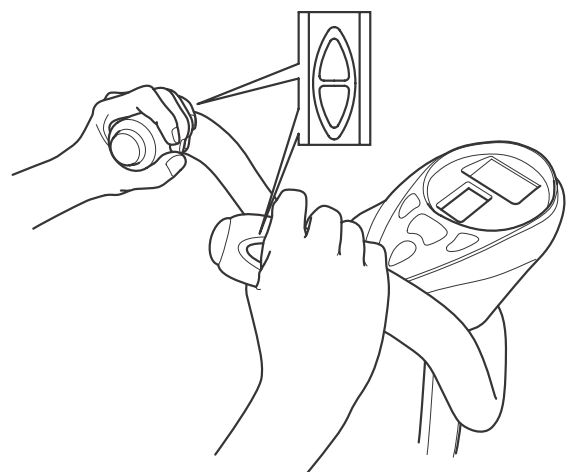
The pulse sensor is not a medical device.

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

1. Set the computer to Pulse mode (see 'Selecting modes' in the 'Using the computer' section).
2. To start the pulse sensor on the computer, grip the sensors on the handlebars.



Note: Several things, including user movement, may affect the accuracy of the sensor.



USING THE RECUMBENT EXERCISE CYCLE

USING THE COMPUTER

The recumbent exercise cycle is equipped with a programmable computer to help you reach your fitness goals. The computer provides different programs designed to meet your exercise requirements. In addition, the computer has a wide variety of modes that enable you to monitor your performance as you exercise.

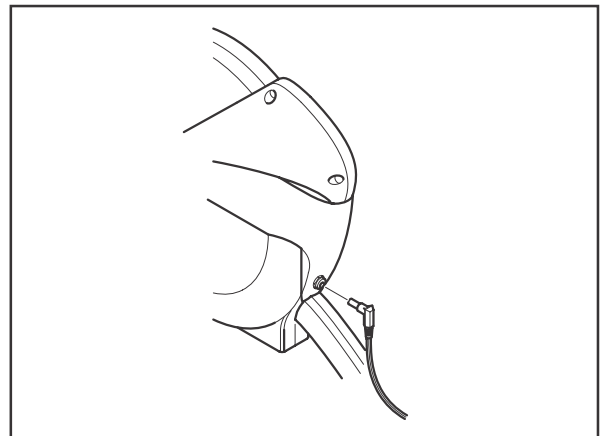
The computer is powered from the mains supply via a mains adapter.

MAINS ADAPTER

Plug the Mains Adapter into the DC IN jack at the front of the recumbent exercise cycle. Connect the 3 pin plug to the mains socket and switch on.



If held, the up and down buttons will switch between the MANUAL and PROGRAM modes automatically.



SWITCHING ON

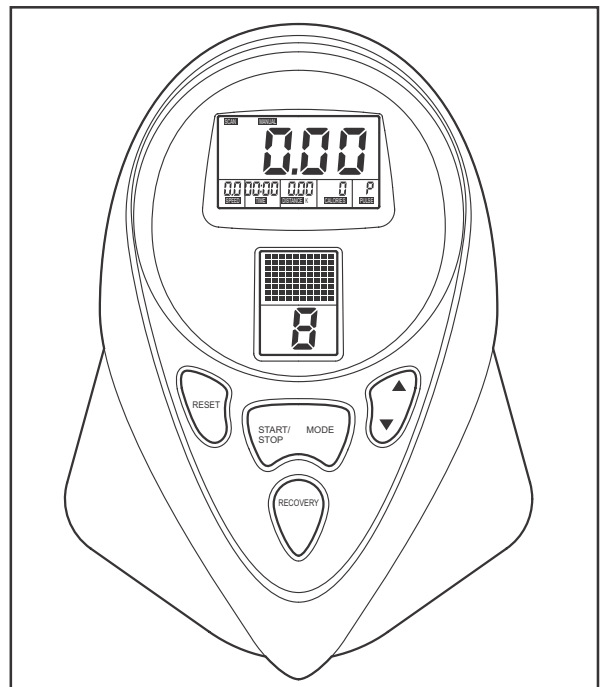
- Switch on the mains supply. The computer will emit a BEEP and reset itself.

SWITCHING OFF

- If the computer is not used for several minutes, it switches off automatically and resets all values to zero. Press any button to switch the computer back on again.
- To switch the computer off, switch off and unplug the adaptor from the mains supply.

TRAINING WITH NO PRESET FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- MANUAL and PROGRAM will be flashing on the top screen. Press the **START/STOP** button to select MANUAL with no preset functions.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Whilst you are training you can change the resistance level using the **UP/DOWN** buttons.



USING THE RECUMBENT EXERCISE CYCLE

- When you start training, the main screen will be set to SCAN mode. To select a particular function use the **MODE** button.
- You can stop training at any time by pressing the **START/STOP** button.
- When you stop training, all the functions (except PULSE) will show the accumulated data from the training session.
- To start a new training program, press the **RESET** button for more than 2 seconds to clear the previous program.

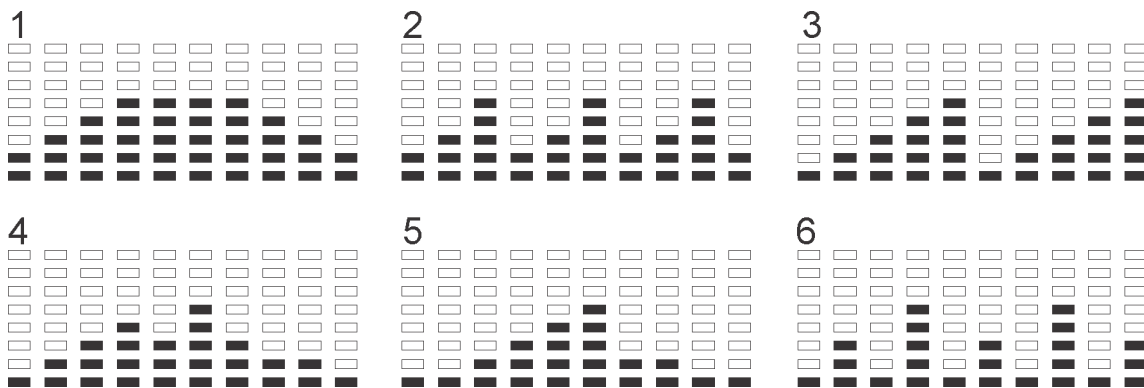
TRAINING WITH MANUAL PRESET FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** buttons to select **MANUAL** and then press the **MODE** button to enter the selection.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP** button to increase the resistance level and press the **MODE** button to enter. The resistance levels go from 1 (lowest) to 8 (highest).
- The **TIME** on the upper display will be flashing. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training, you can stop at any time by pressing the **START/STOP** button. When a preset target is reached, the computer will beep and a flashing **P** will appear in the top lefthand corner of the upper display. The display will stop. The manual preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.

USING THE RECUMBENT EXERCISE CYCLE

TRAINING WITH PROGRAM FUNCTION

- Press the **RESET** button for more than 2 seconds to clear the previous program.
- **MANUAL** and **PROGRAM** will be flashing on the top screen. Press the **UP/DOWN** button to select **PROGRAM** and press the **MODE** button to enter.
- The lower display will show '1' and the corresponding resistance row pattern will be displayed. Press the **UP/DOWN** buttons to select a program profile between 1 and 6.



- Press the **MODE** button again and **TIME** will start flashing on the top display. Press the **UP/DOWN** buttons to set the target time and press the **MODE** button to enter. You can set the Distance, Calories and Pulse, as required, in the same way. Press the **MODE** button to move to the next function.
- To start training, press the **START/STOP** button. The preset functions, except pulse, will either count down from the preset (time) or up from zero (distance and calories).
- During training, pressing the **UP/DOWN** buttons will change the resistance level.
- During training you can stop at any time by pressing the **START/STOP** button. When a preset target is reached the computer will beep and a flashing **P** will appear in the top lefthand corner of the upper display. The display will stop. The non-preset functions will show the accumulated data for the session. The preset function will return to its preset value.
- You can use the same preset function again by pressing the **START/STOP** button or you can press the **MODE** button to select a function to set a new preset value.
- To clear the program, press the **RESET** button for more than 2 seconds and you will return to the initial screen with **MANUAL** and **PROGRAM** flashing.

USING THE RECUMBENT EXERCISE CYCLE

SELECTING MODES

The computer's mode function enables you to monitor your performance as you exercise and input values for specific exercise parameters.

- Press the **MODE** button to display the following modes. The mode name will flash on the display to indicate that it is the selected mode.
- If not already selected, press the **MODE** button until SCAN appears on the display, to scan the modes automatically as you exercise.

RPM

- RPM mode displays the flywheel speed.

SPEED

- Speed mode displays your workout speed.

TIME

- Time mode displays the elapsed workout time in minutes and seconds. The computer automatically counts up from 0:00 to 99:00 in one second intervals. You can set the time to count down from a preset value to zero. Refer to 'Training with program function' for how to enter preset time.

DISTANCE

- Distance mode displays the cumulative distance travelled during each workout. You can set the distance to count up from zero to a preset distance. Refer to 'Training with program function' for how to enter preset distance.

CALORIES

- Calories mode displays the estimated number of calories burned at any given time during your workout. The computer counts up in increments of 1.0. After the computer reaches 999, it resets to zero and starts counting up again.
- You can set the calories to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset calories.

USING THE RECUMBENT EXERCISE CYCLE

PULSE

- Pulse mode displays your pulse rate in beats per minute during your workout. When you grip the handlebars, cover the pulse sensors (see 'Pulse sensor' in the 'Using the recumbent exercise cycle' section). The pulse rate will be displayed after four stable pulse signals have been detected.
- You can set the pulse to count up from zero to a preset value. Refer to 'Training with program function' for how to enter preset pulse rate.

RECOVERY

- After finishing a training session, grip the handlebars and cover the pulse sensors (see 'Pulse sensor' in the 'Using the recumbent exercise cycle' section). Press the RECOVERY button to start the recovery function. The time will count down for one minute and measure how near your pulse rate is to normal after the one minute. Your recovery index is graded between F1 to F6, F1 is the best, F6 the worst.
- By using the recovery program regularly, you can monitor your fitness. As your fitness improves, your recovery index will come down.

EXPLAINING PROGRAM PROFILES

- The program profiles illustrate how the work resistance changes during the program. The more black blocks the higher the work resistance.
- If you have a preset time target, each column of the program profile lasts for 1/10 of the total time.
- If you have a preset distance target or no target set, each column of the program profile lasts for 0.1 km.

SPECIFICATIONS

Dimensions (L x W x H)	1400 mm x 650mm x 1180 mm
Net Weight	46 kg
Class Rating	HB
Maximum User Weight	150kg

Please note that the specifications are subject to change without notice.

CUSTOMER SUPPORT

CUSTOMER SERVICE HELPLINE NUMBER	0870 873 0076
SPARE PARTS NUMBER	0870 873 0095

Opening hours	Mon-Thu 8 am - 6 pm
	Fri 8 am - 4 pm
	Sat-Sun Closed