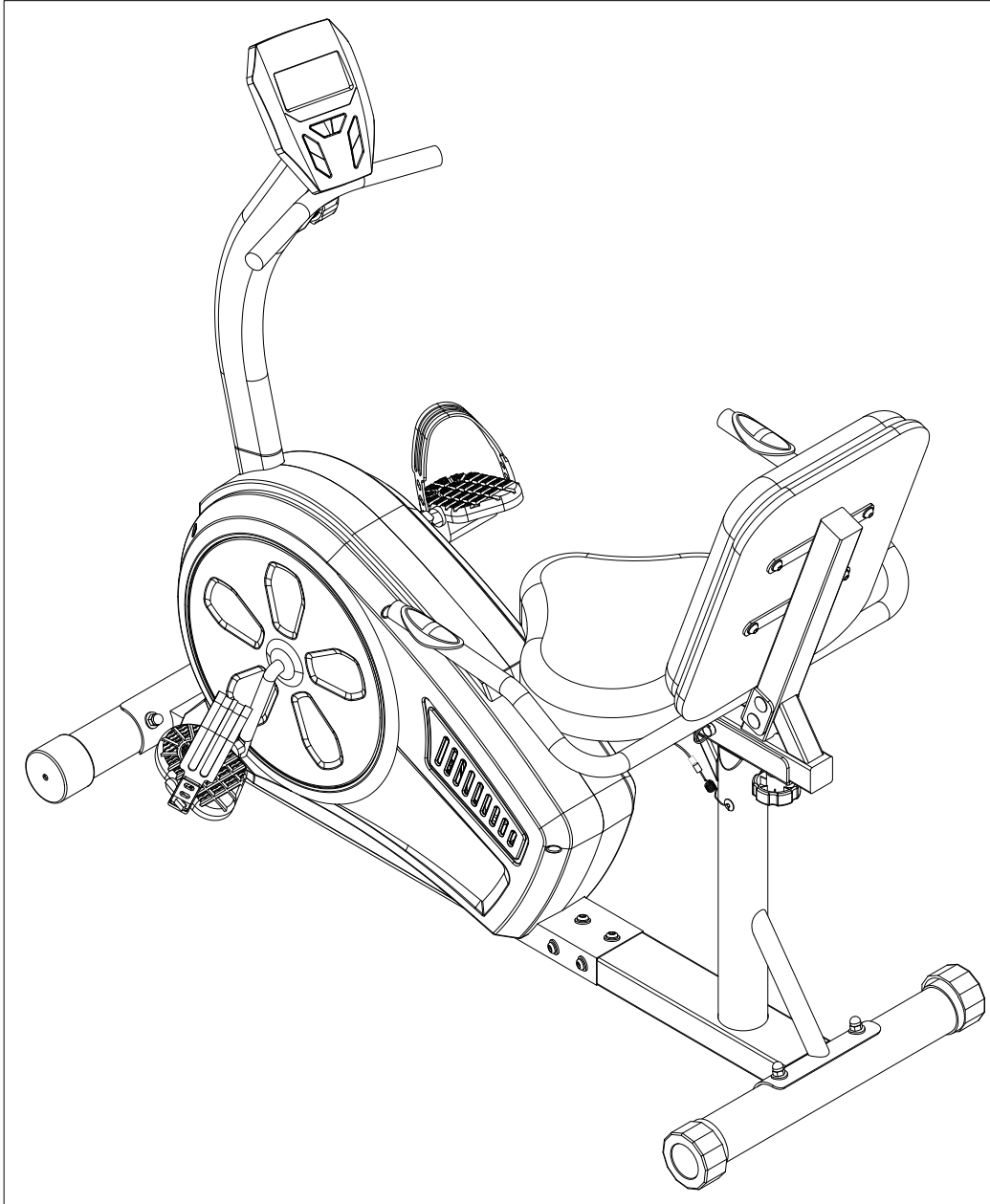


INSTRUCTION MANUAL



Please read this manual carefully before using!

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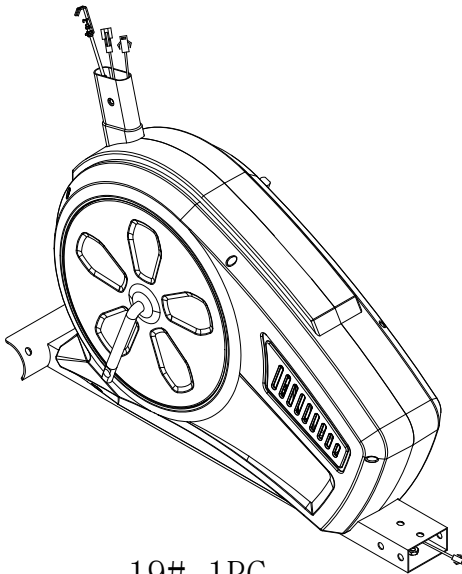
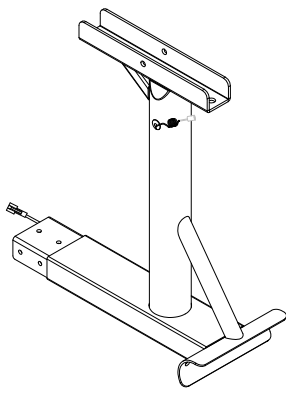
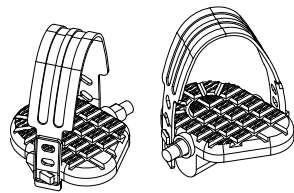
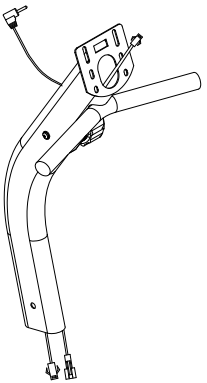
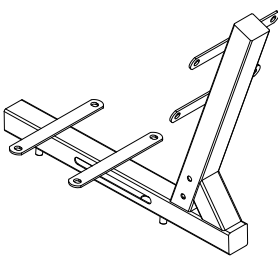
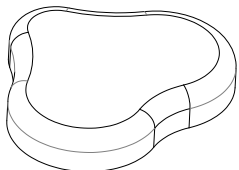
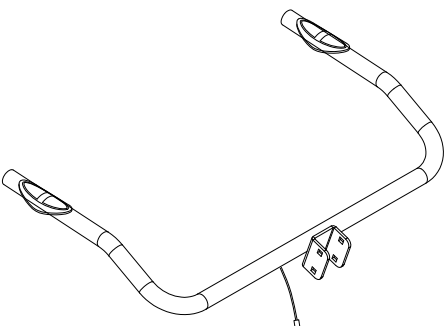
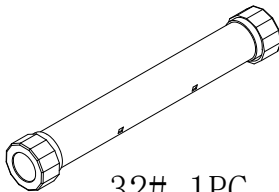
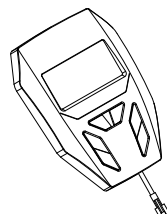
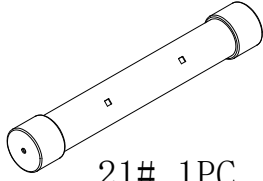
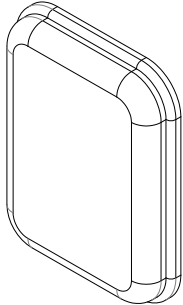
To reduce the risk of serious injury, read the following important warnings before using the Recumbent.

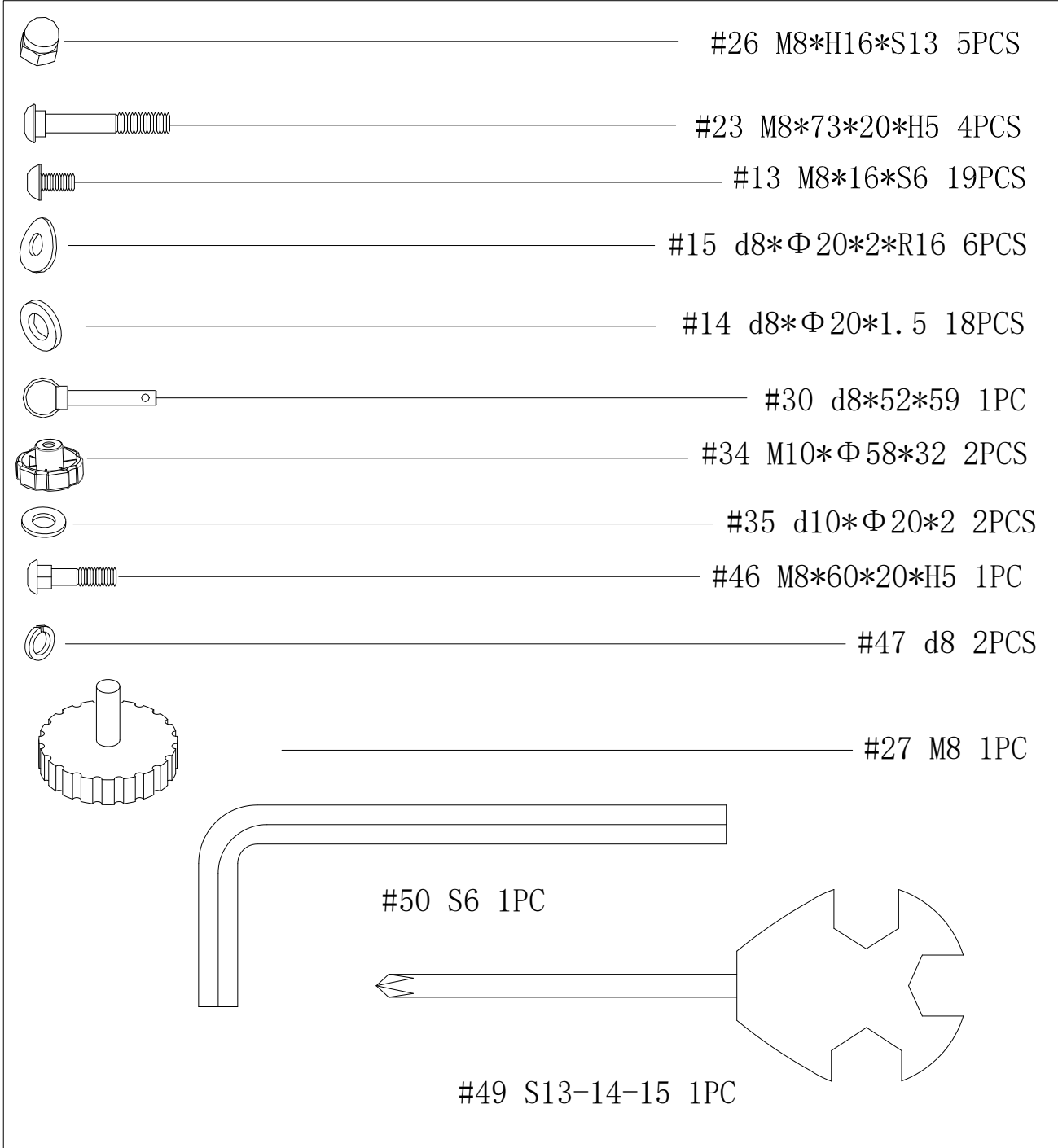
1. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the Recumbent properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

General Safety Precautions

1. Use the Recumbent only in the way described in this instruction book.
2. Before using the Recumbent, check the nuts and bolts are securely tightened.
3. Use the Recumbent on a solid, flat level surface with a protective cover for your floor or carpet.
4. Before beginning training, remove all objects within a radius of 2 meters from the machine.
5. Once the machine is correctly assembled please consult our Warm up guide towards the end of this booklet before you start your exercise regime.
6. Only use this machine when it is in correct working order. Use only original spare parts for any necessary repairs.
7. Keep the Recumbent away from excessive moisture and dust.
8. This machine can be used for only one person's training at a time.
9. Wear suitable clothing whilst using the Recumbent. Avoid wearing loose clothing which may get caught in the Recumbent or clothing that may restrict or prevent movement.
10. The Recumbent is not suitable for therapeutic use.
11. Keep children and pets away from the machine. Designed for adult use only.
12. The maximum user's weight is 100kgs.
13. All moveable accessories require weekly maintenance. Check them before use every time. If anything is broken or loose, please fix it immediately. You may continue using the Recumbent after any damaged parts have been fixed.
14. This training equipment is in compliance with EN957 part 5 for domestic use.
15. To mount the exercise machine please take hold of the handrail and step onto the foot plates.
16. To dismount the exercise machine take hold of the handrail and step off the foot plates. Please retain this information for future reference.
17. Before training please adjust the saddle to a suitable position. First please loose the knob and then move the saddle, at last fix the saddle by the knob
18. Keep children and pets away from the machine, because they maybe get injured without properly fitted guarded. Designed for adult use only.

Package List

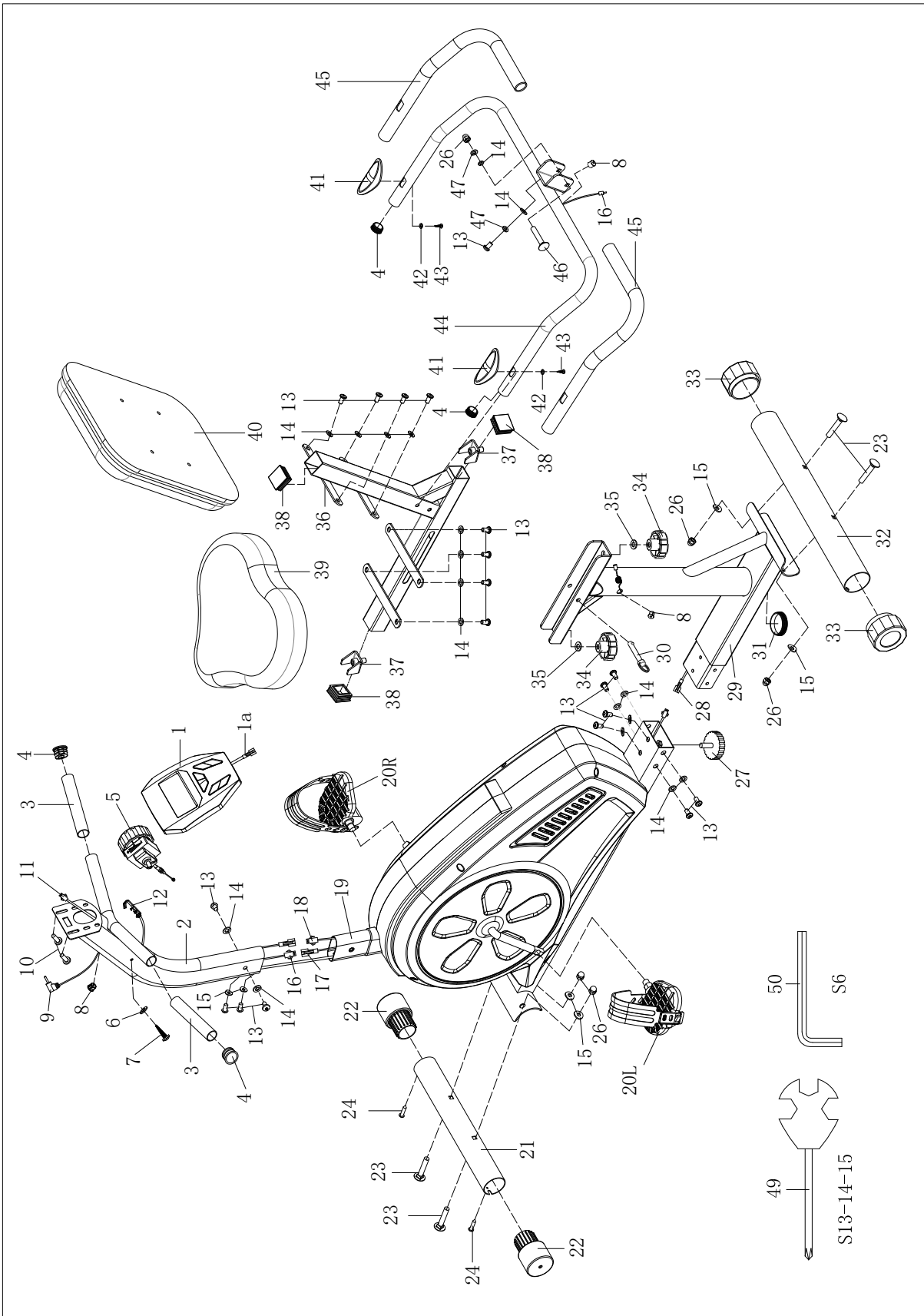
 <p>19# 1PC</p>	 <p>29# 1PC</p>	 <p>20L/R# 2PCS</p>
 <p>2# 1PC</p>	 <p>36# 1PC</p>	 <p>39# 1PC</p>
 <p>44# 1PC</p>	 <p>32# 1PC</p>	 <p>1# 1PC</p>
 <p>21# 1PC</p>	 <p>40# 1PC</p>	

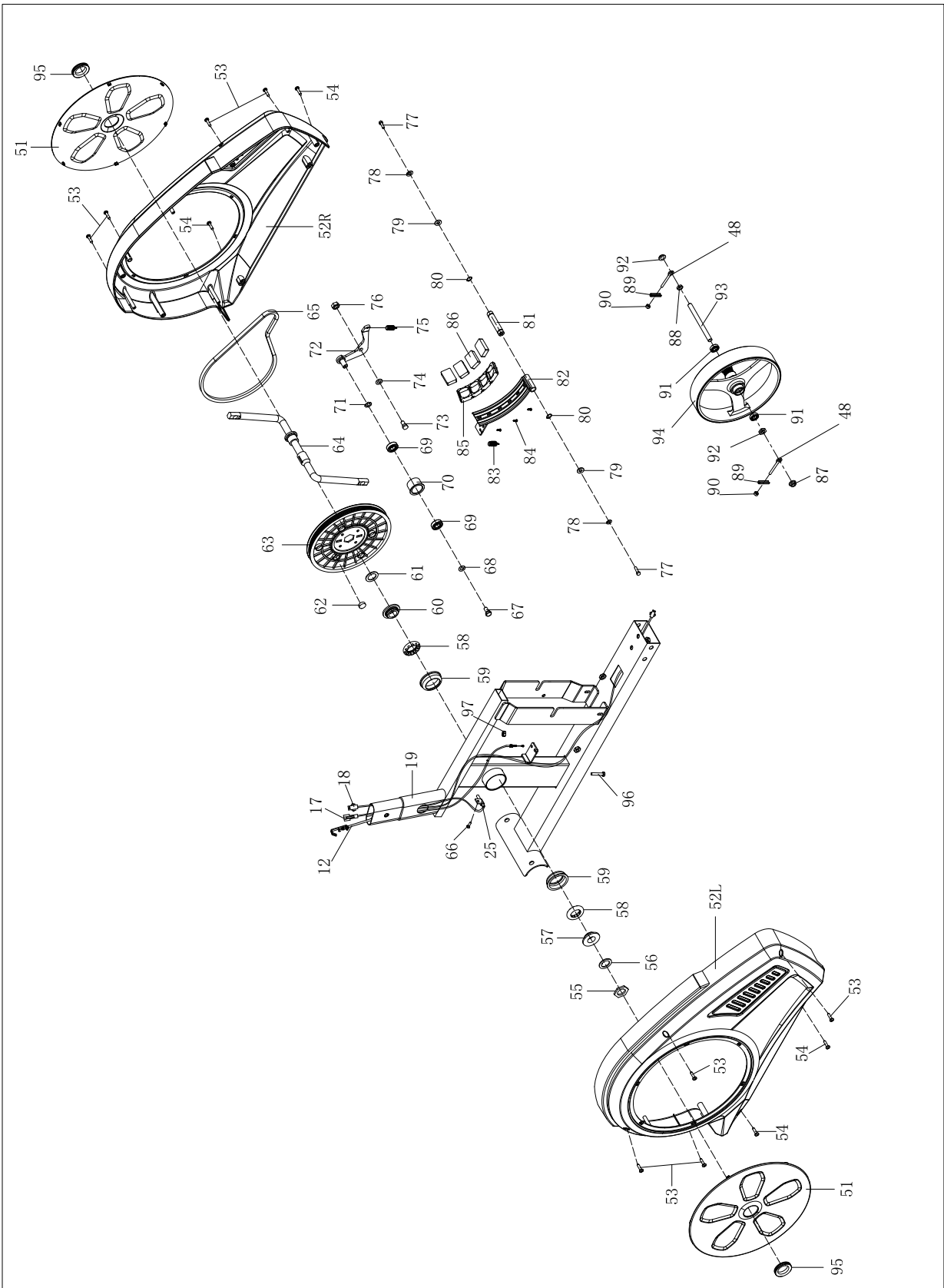


Part list

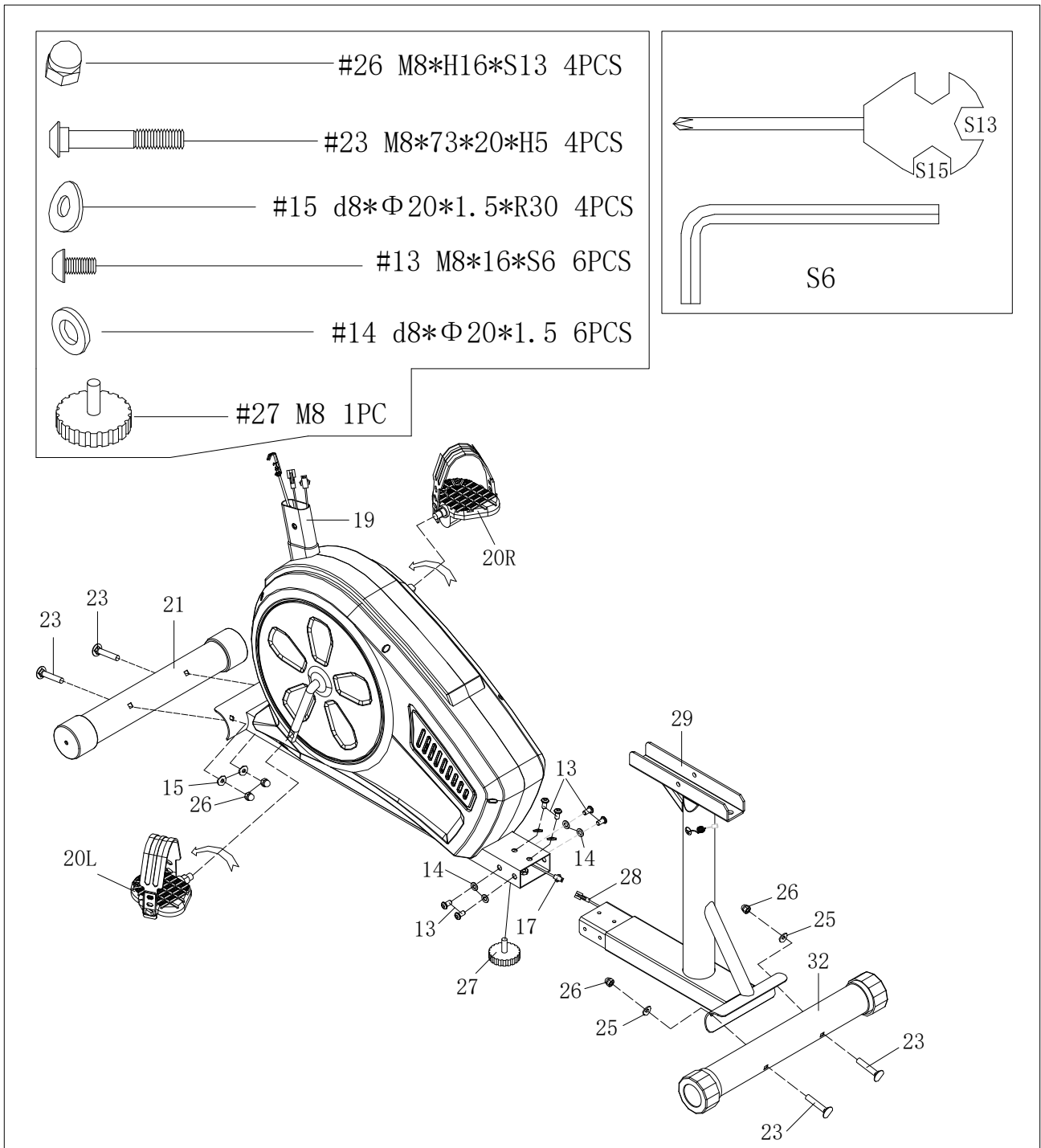
NO.	Description	QTY	NO.	Description	QTY
1	Display	1	50	Inner hex wrench	1
2	Handlebar post	1	51	Rotation plate	2
3	Foam	2	52	Housing	2
4	End cap	4	53	Cross pan head self-tapping screw	8
5	Resistance control	1	54	Cross pan head self-drilling tapered screw	4
6	Washer	1	55	Big thin nut	1
7	Cross pan head screw	1	56	Snap spring	1
8	Wire holder	3	57	Big nut	1
9	Trunk wire	1	58	Ball rack	2
10	Cross pan head screw	2	59	Ball seat	2
11	Trunk wire 2	1	60	Big nut 1	1
12	Resistance wire	1	61	Washer	1
13	Inner hex bolt	19	62	Round magnet	1
14	Washer	18	63	Belt wheel	1
15	Arc washer	6	64	Crank	1
16	Handle pulse wire	1	65	Ribbed belt	1
17	Trunk wire 3	1	66	Cross pan head self-tapping screw	1
18	Sensor	1	67	Hex bolt	1
19	Mainframe	1	68	Washer	1
20	Pedal	2	69	Bearing	2
21	Front stabilizer	1	70	Free wheel	1
22	Front stabilizer end cap	2	71	Curved washer	2
23	Square neck bolt	4	72	Free wheel frame	1
24	Cross pan head self-tapping screw	2	73	Bolt	1
/	/	/	74	Washer	1
26	Cap nut	6	75	Pulling spring	1
27	Foot pad	1	76	Nylon nut	1
28	Trunk wire 4	1	77	Hex bolt	1
29	Rear mainframe	1	78	Spring washer	1
30	Spring pin	1	79	Washer	2
31	End cap	1	80	Snap spring	2
32	Rear stabilizer	1	81	Magnet board shaft	2
33	Rear stabilize end cap	2	82	Magnet board	2
34	Plum knob	2	83	Pulling spring 2	1
35	Washer	2	84	Cross pan head self-tapping screw	1
36	Saddle frame	1	85	Magnet holder	1
37	U sheet metal	2	86	Square magnet	3
38	Square end cap	3	87	Nut M10*1	1
39	Saddle	1	88	Nut M10*1*H2	1
40	Backrest	1	89	U bracket	2
41	Handle pulse	2	90	Nut M6	2
42	Washer	2	91	Bearing	2
43	Cross pan head self-tapping screw	2	92	Nut M10*1*H5	2
44	Handlebar	1	93	Flywheel shaft	2
45	Foam	2	94	Flywheel	2
46	Square neck bolt	2	95	Crank cover	1
47	Spring washer	2	96	Hex bolt	1
/	/	/	97	Hex nut	1
49	Cross solid wrench	1			

Explosive drawing





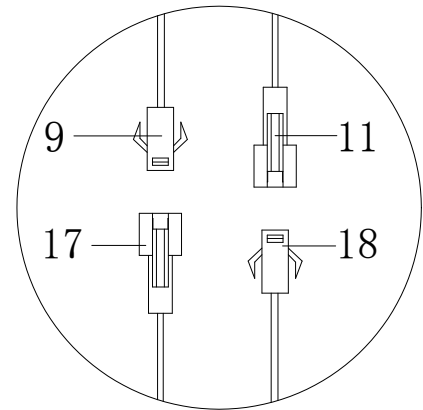
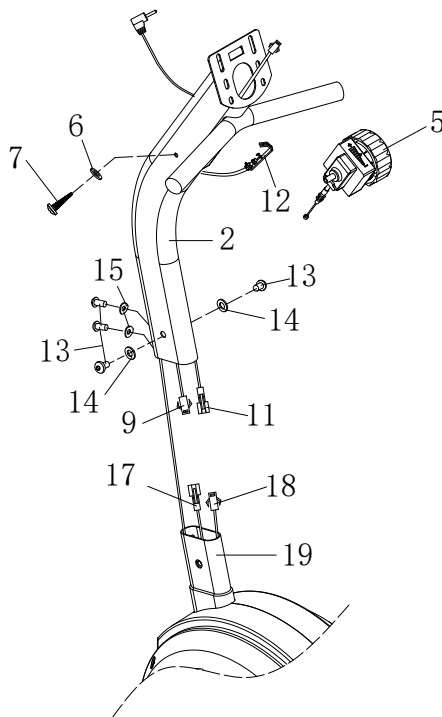
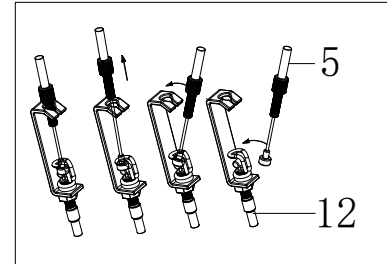
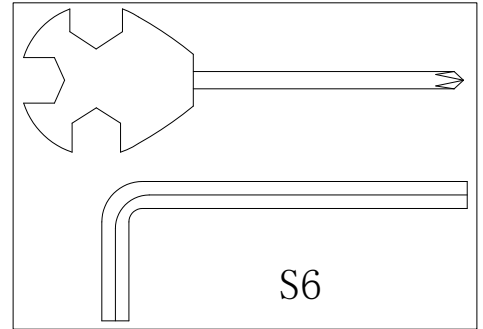
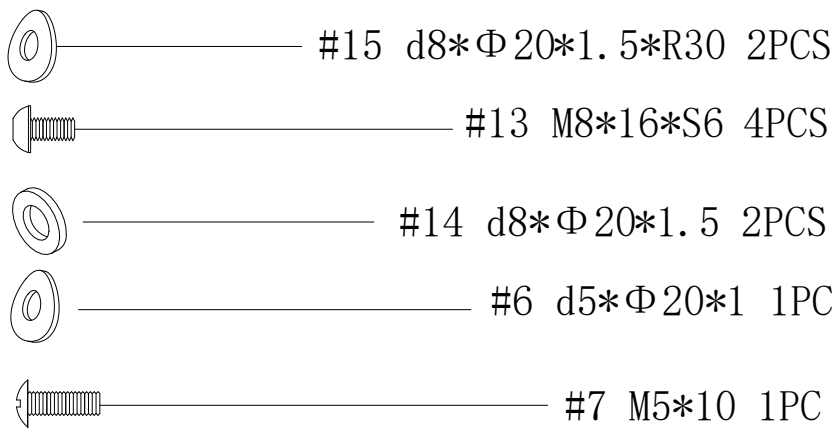
Assembly



Step1

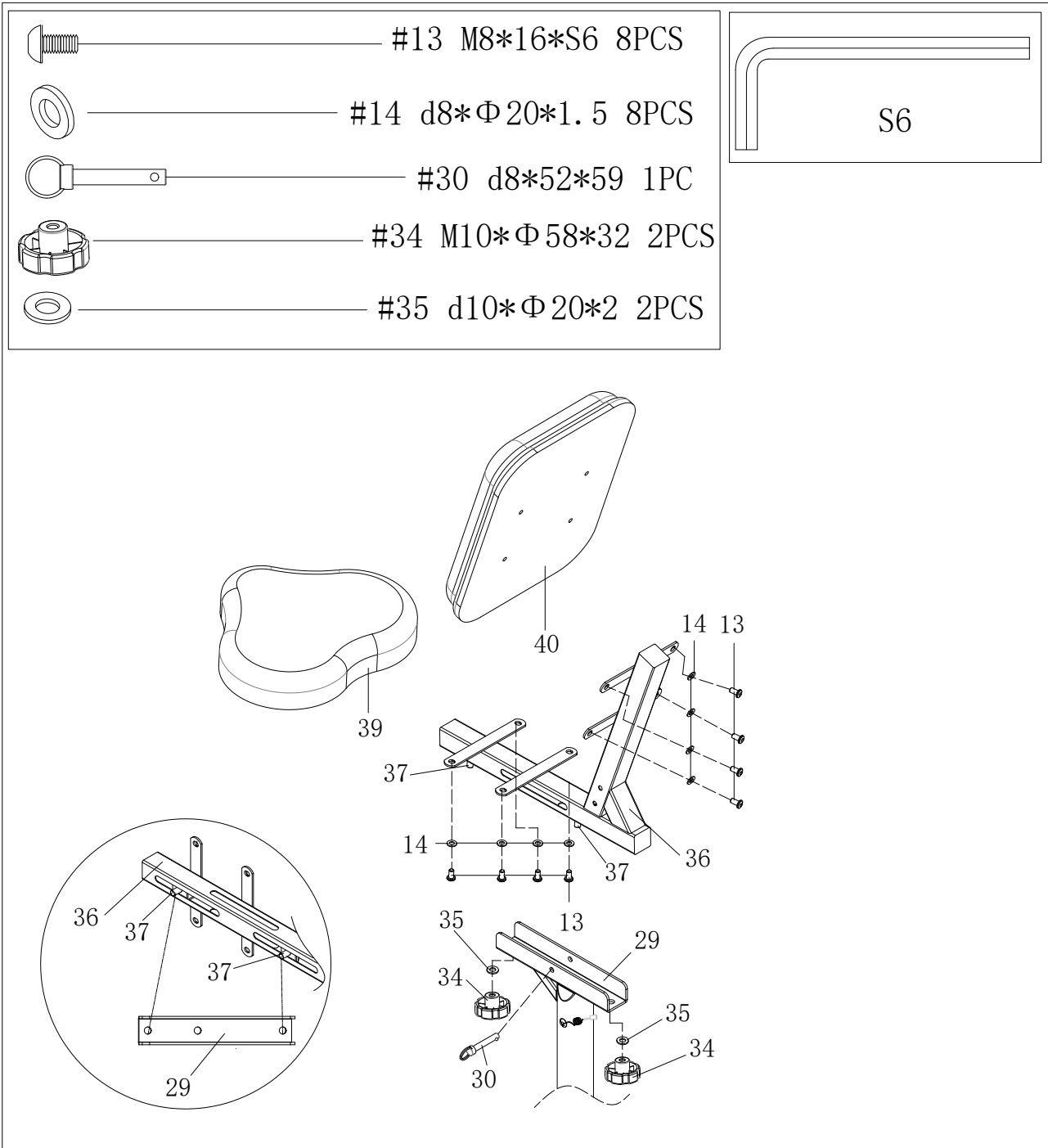
1. Connect the trunk wire 3(17) and 4(28) first and then fix the mainframe (19) and rear mainframe (29) firmly by inner hex bolt (13) and washer (14). **Fix the foot pad (27) to the mainframe. (19)**. Attach the front and rear stabilizer (21) and (32) to the mainframe with square neck bolt (23), arc washer (15) and cap nut (26).
2. Fix the pedal (20L/R) to the mainframe.

Note: please rotate the left pedal in anti-clockwise and right in clockwise.



Step2

1. Remove the cross pan head screw (7), washer (6) and resistance control (5) first. And then pull the resistance wire (12) through the handlebar post (2). At last connect the trunk wire 1 (9), 2 (11) and 3 (17).
2. Connect the resistance wire (12) and resistance control (5) and the fix it by cross pan head screw (7) and washer (6).
3. Fix the handlebar post (2) to the mainframe (19) with inner hex pan head bolt (13), arc washer (15) and washer (14).

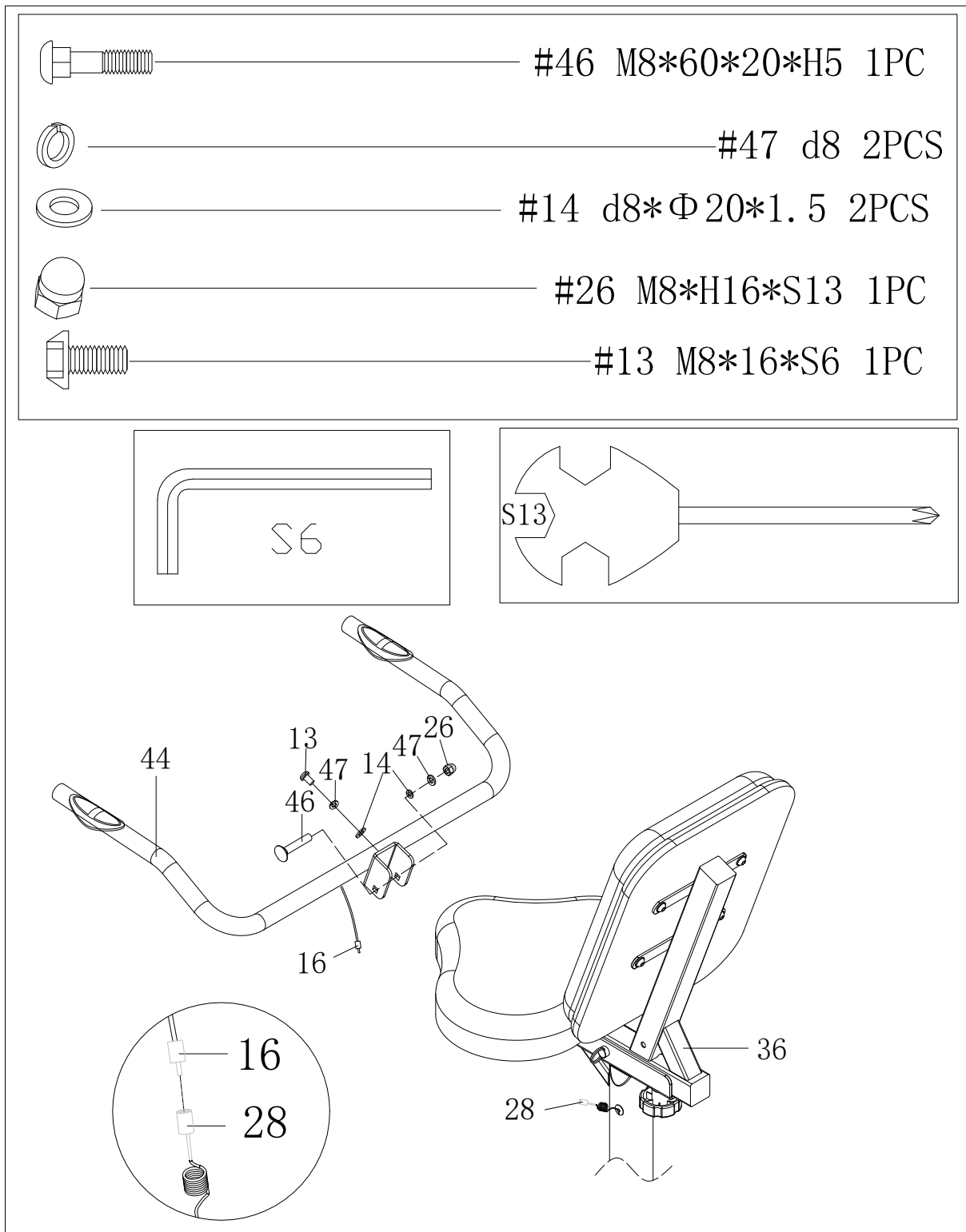


Step

3

1. Connect the saddle frame (36) to the rear mainframe (29) with plum knob (34), washer (35) and then insert the spring pin (30);
2. Fix the saddle (39) and backrest (40) to the saddle frame (36) by inner hex pan head bolt (13) and washer (14).

Note: insert the U sheet metal (37) into the hole of the rear mainframe (29) when fix the saddle frame.



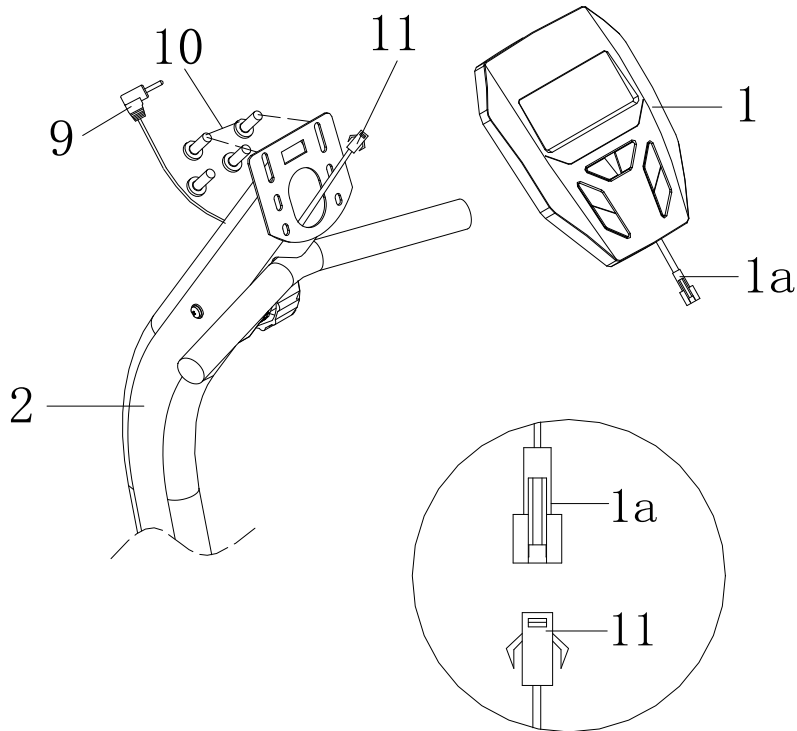
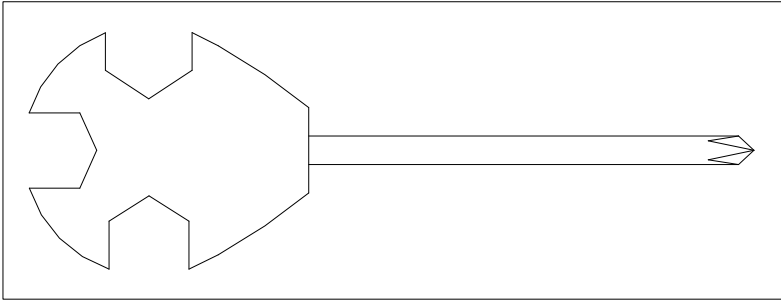
Step

4

1. Fix the handlebar (44) to the saddle frame (36) with square neck bolt (46/13), washer (14), spring washer (47) and cap nut (26).
2. Connect the handle pulse wire (16) and trunk wire 4 (28) well.



#10 M5*10 4PCS



Step5

1. Connect the wire of the display (1a) and trunk wire 2 (11) first.
2. And then fix the display (1) to the handlebar post (2).
- 3.

Congratulations you have finished assembling the machine. Before use we suggest check each part is securely fastened.

Instruction for Use

Conditioning Guidelines

The following guidelines will help you to plan your exercise program. Remember that correct nutrition and adequate rest are essential for successful results. If you're beginning an exercise program, you should check with your doctor if:

- You have been diagnosed with heart problems, high blood pressure or any other medical condition.
- You have not exercised for over a year.
- You are over 35 and do not currently exercise.
- You are pregnant.
- You have diabetes.
- You have chest pains, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

Target Heart Rate (THR)

	TRAINING ZONE
AGE	MIN-MAX (BPM)
20	133 - 167
25	132 - 166
30	130 - 164
35	129 - 162
40	127 - 161
45	125 - 159
50	124 - 156
55	122 - 155
60	121 - 153
65	119 - 151
70	118 - 150
75	117 - 147
80	115 - 146
85	114 - 144

Note: This is a guide only and performance will depend on the fitness and condition (health) of the person using the Recumbent.

Work-Out Tips

- Always perform stretching exercises both before and after your work-out. See page 9.
- Start slowly; doing too much too soon can lead to injuries.

- If you are sore or tired, give yourself a few extra days to recover.
- Start with two or three 15 minute sessions per week with a rest day between work-outs.
- Warm-up for 5 or 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles you'll use during your work-out. The Recumbent will mainly exercise the thigh and calf muscles.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
- End each work-out with a 5 minute cool down with the resistance set to a low level. You should then stretch the muscles you've just worked to prevent injury and cramp.
- Increase your work-out time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace. For the first few weeks, focus on endurance and conditioning.

How hard should you work?

1. When exercising, you should try to stay within your Target Heart Rate (THR) zone.
2. The THR table will tell you the THR for your age. This is only a guide and will depend on the fitness and condition (health) of the person using the recumbent.
3. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest. If you're not breaking into a sweat, speed it up!

Stretching Guide

Tips For Stretching

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of the bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- Start with your legs, and work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles tightening up. Stretch at least three times a week to maintain flexibility.

Thigh Stretch

- Stand on right leg and take hold of the left ankle with the left hand, drawing the foot up close behind to the hips.
- Keep back straight and knees together. Use a wall for balance if required.
- Hold for about 10 seconds.
- Repeat for the other leg.



Hamstring Stretch

- Keep front leg straight, hands on bent leg (thigh). Push down and out until you begin to feel the stretch in back of knee (or straight leg).
- Keep knees unlocked and back straight.
- Hold for about 10 seconds.
- Repeat for other leg.



Calf Stretch

- Stand with the back foot flat on the floor and transfer weight to the front foot.
- Hold for about 10 seconds.
- Repeat for other leg.



Inner Thigh Stretch

- Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible.
- Hold for about 10 seconds.



Note: Keep your back and rear leg straight when performing this exercise.