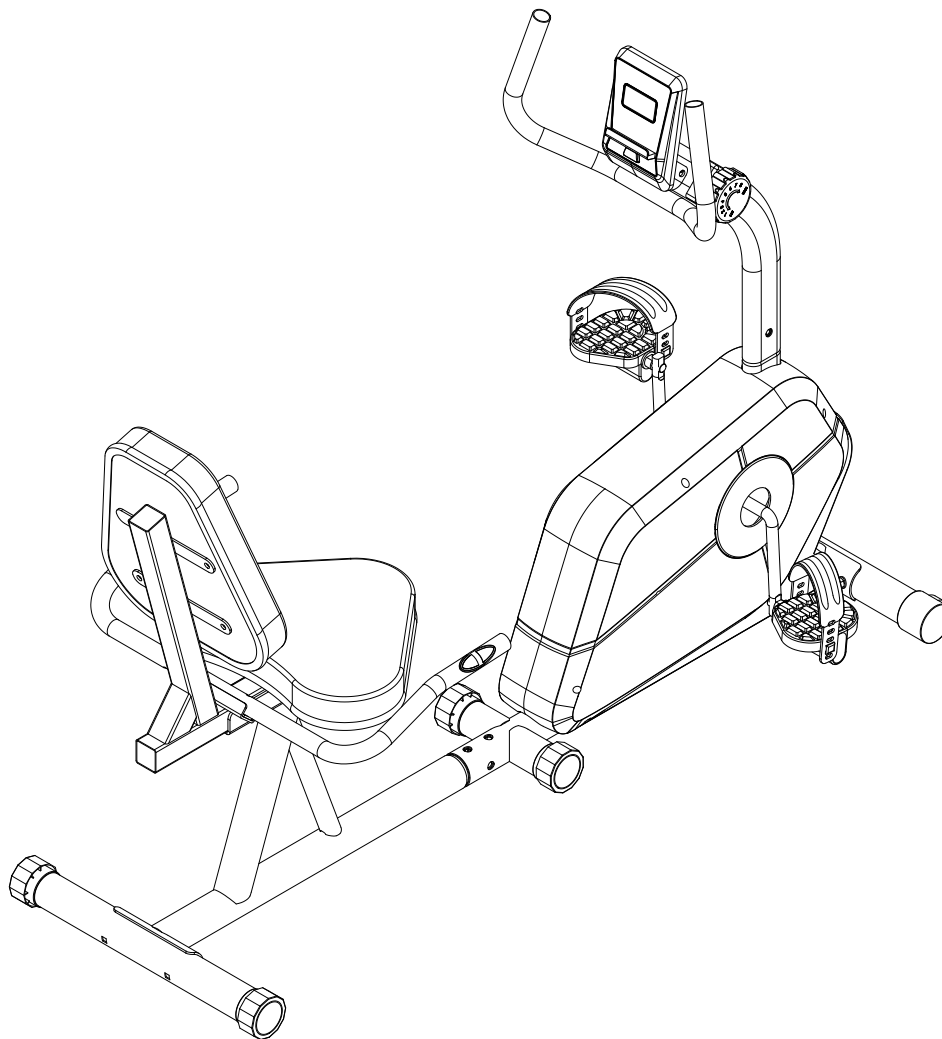


**Everfit**

# RECUMBENT BIKE

## OWNER'S MANUAL



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Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your magnetic bike.

## **IMPORTANT SAFETY NOTICE:**

Note the following precaution before assembling or operating the machine

- ★ The maximum weight capacity of this training bike is 120kg; person whose body weight exceeds this limit should not use this machine.
- ★ Locate a comfortable work site, assemble your training bike in an open space with adequate ventilation and lighting.
- ★ Keep children and pets away from the training bike, do not leave unattended children in the same room with the machine.
- ★ Position the machine on a clear, level surface. Do not use near the water or outdoors.
- ★ Always wear appropriate workout clothing when exercising, running or aerobic shoes are also required.
- ★ Use the training bike only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
- ★ Do not place any sharp objects around this machine.
- ★ Always inspect your machine to make sure the bolts, screw, nuts and other parts are in safe and stability situation.
- ★ Before exercising, always do warning-up exercises first.
- ★ If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the workout at once, and consult your physician immediately if necessary.
- ★ Handicapped or disabled persons should not use the training bike without the presence of a qualified health professional or physician.
- ★ Never operate this machine if it is not functioning properly.

When the user don't need to operate this machine, make the tension control to lowest load.

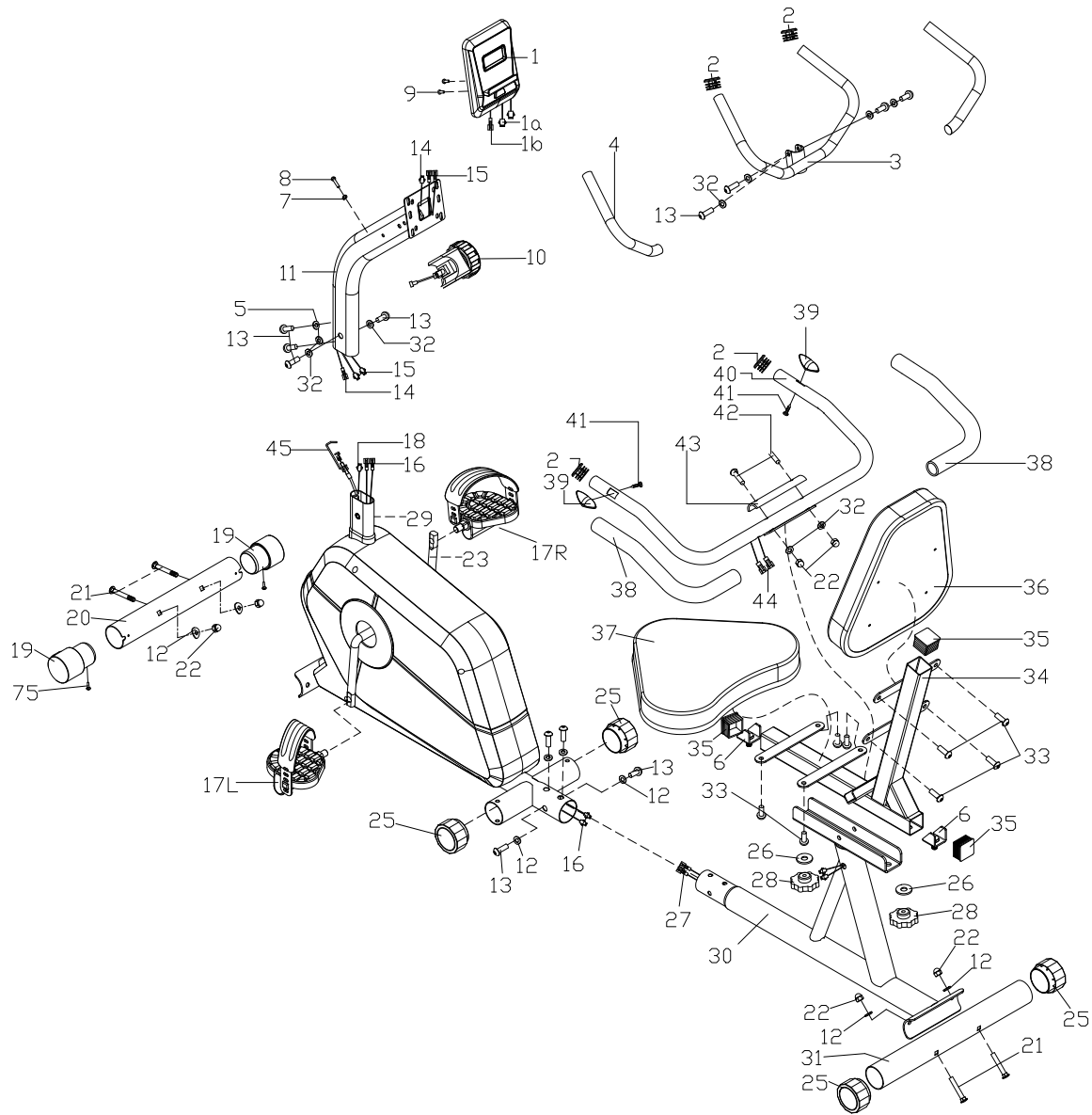
- ★ Keep children and pets away from the machine, because they maybe get injured without properly fitted guarded.

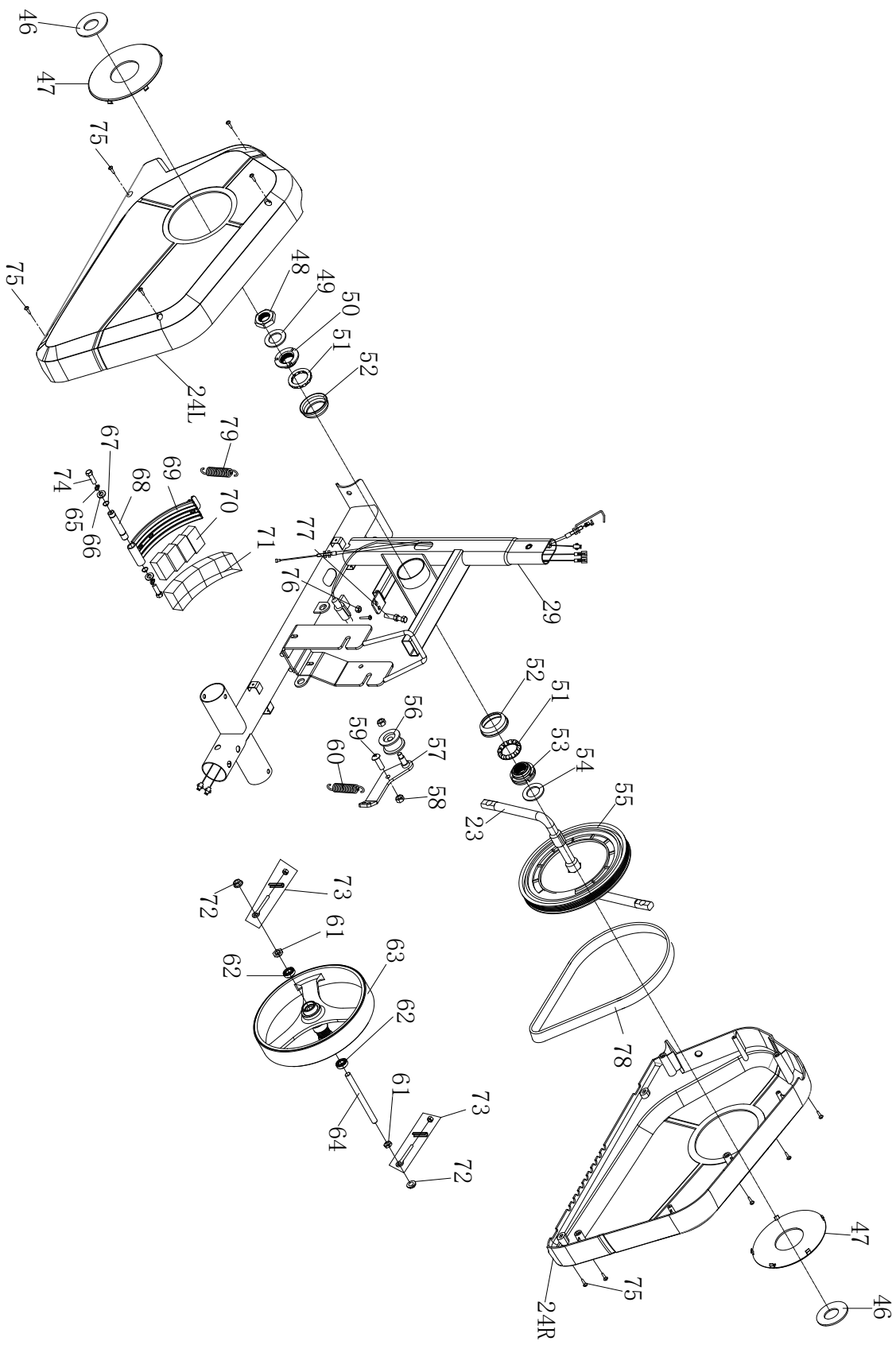
## **WARNING:**

**BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM. CONSULT YOUR PHYSICIAN FIRST, THIS IS ESPECIALLY IMPORTANT FOR THE INDIVIDUAL OVER THE**

AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS, READ ALL INSTRUCTIONS BEFORE USING.

## EXPLODED-VIEW & PARTS LIST:





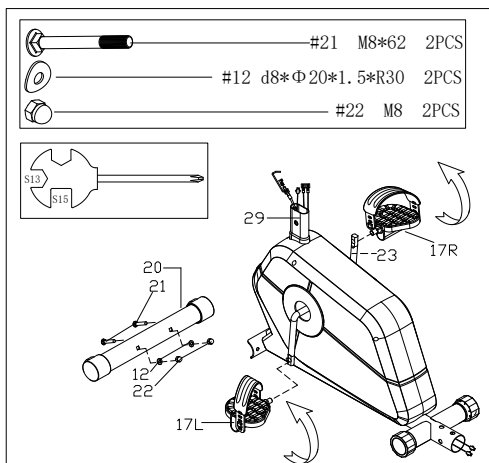


# ASSEMBLY INSTRUCTION:

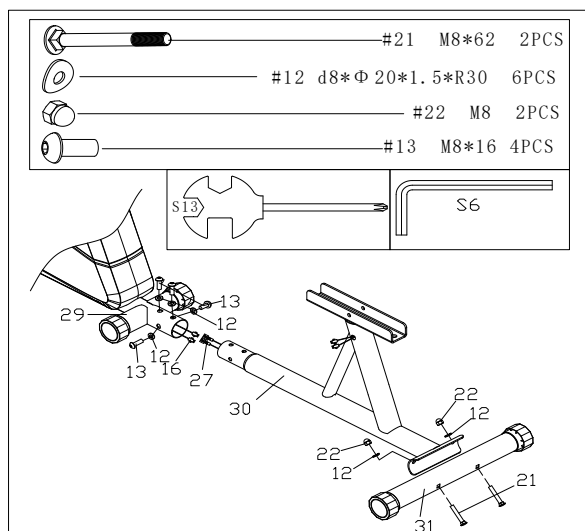
## 1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

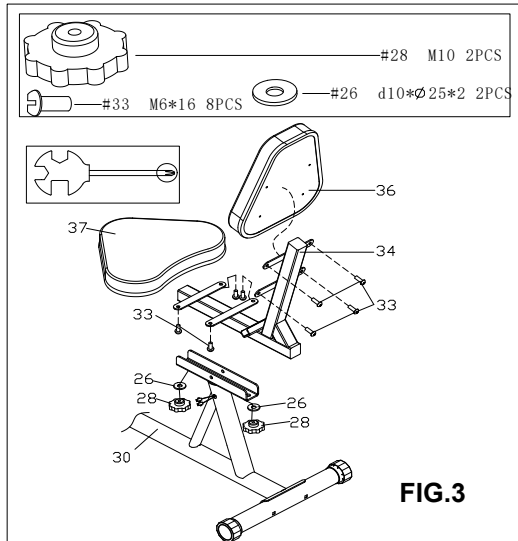
## 2.ASSEMBLY INSTRUCTION:



**FIG.1:** Attach the front stabilizer (20) to the main frame (29) with carriage bolt (21), domed nut (22) and arc washer (12). Install left & right pedal (17L/R) to crank. Then, lock the left pedal (17L) tightly in counterclockwise direction. In addition, lock the right pedal (17R) tightly in clockwise direction.



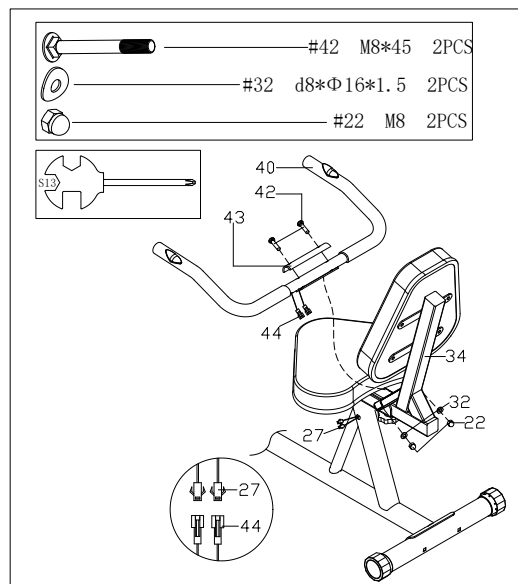
**FIG.2:** Attach the rear stabilizer (31) to the back bracket (30) with carriage bolt (21), domed nut (22) and arc washer (12). connect the sensor 16 & 27, then insert the back bracket (30) to the main frame (29) with screw (13) and arc washer (12).



**FIG.3:**

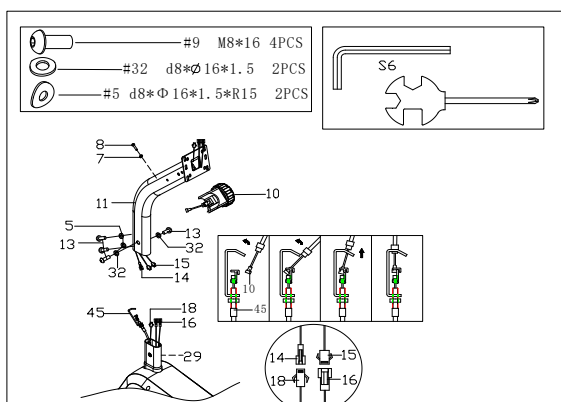
Attach the cushion post (34) to the back bracket (30) with the flat washer (26) and knob (28)

Attach the back cushion (36) and the cushion (37) to the cushion post (34) with the screw (33).



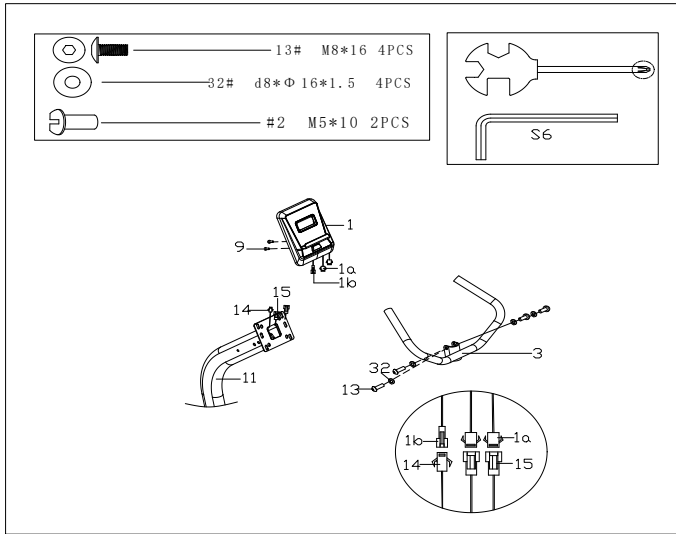
**FIG.4:**

connect handle wire (27) with pulse wire (44). Then, fix cover plate(43) and handlebar (40) onto seat tube (34) with carriage bolt (42), flat washer (32) and nut(22).



**FIG.5:**

Connect tension control wire(10&45) and sensor line(14&18 15&16);then install support tube(11) to main frame(29) with bolt (13), arc washer (5), washer (32). Attached the tension knob(10) to the support tube(11) with washer(7) and bolt(8).



**FIG.6:**

Attached the handlebar(3) to the support tube (11) with washer (32) and bolt (13) . Connect the sensor(1a&15;1b&14) as shown in FIG.6, Attach the computer (1) to the support tube (11) with the screws(9).

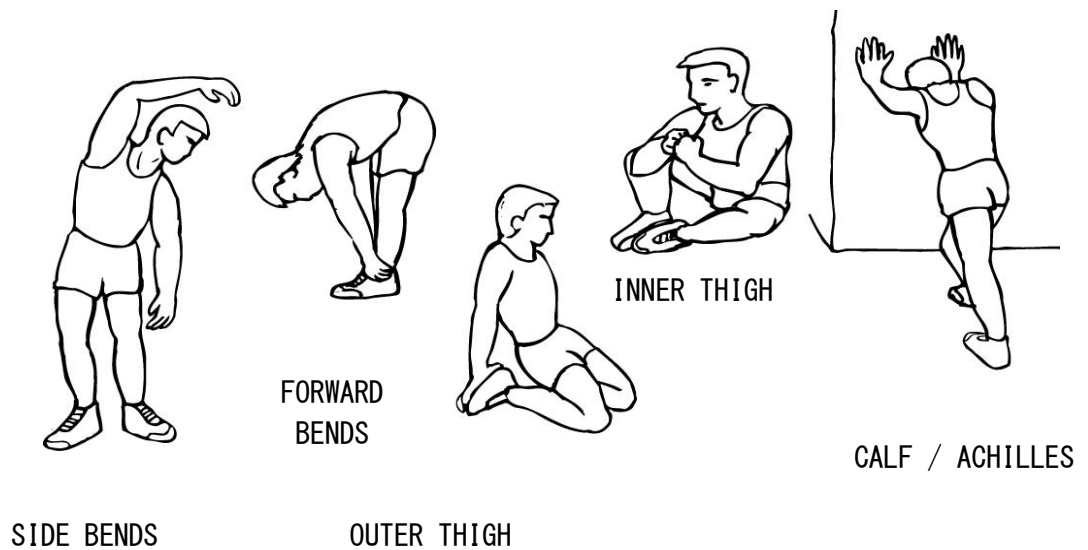


# EXERCISE INSTRUCTIONS

Using your Recumbent BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

## 1. The Warm Up Phase

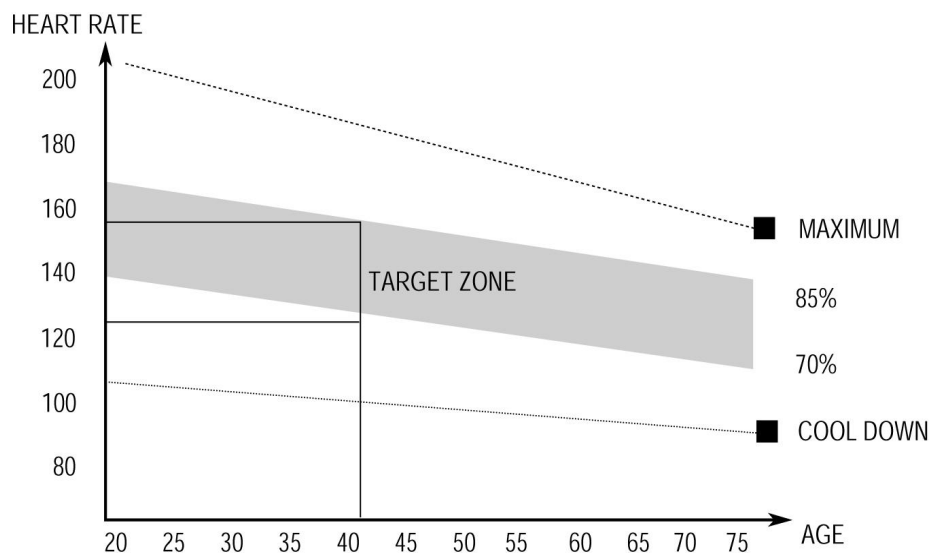
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



## 2. The

### Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **MUSCLE TONING**

To tone muscle while on your ELLIPTICAL BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

### **USE**

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

## EXERCISE MONITOR INSTRUCTION MANUAL

### **SPECIFICATIONS:**

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE(DIST).....	0.00-999.9KM (ML)
CALORIE(CAL).....	0.00-9999KCAL
※ODOMETER(ODO).....	0.0-9999KM (ML)
※PULSE (PUL) .....	0, 40~240BPM

### **KEY FUNCTIONS:**

**MODE(SELECT/RESET):** This key lets you to select and lock on to a particular function you want.

### **OPERATION PROCEDURES:**

#### **1. AUTO ON/OFF**

- ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

#### **2. RESET**

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

#### **3. MODE**

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

### **FUNCTIONS:**

- 1. TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
- 2. SPEED:** Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
- 3. DISTANCE:** Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
- 4. CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
- 5. ODOMETER (IF HAVE):** Press the MODE key until the pointer advance to ODEMETER. The total accumulated distance will be shown.
- 6. PULSE (IF HAVE):** Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

**SCAN:** Automatically display changes every 4 seconds.

### **BATTERY:**

If improper display on monitor, please reinstall the batteries to have a good result.