inSPORTline

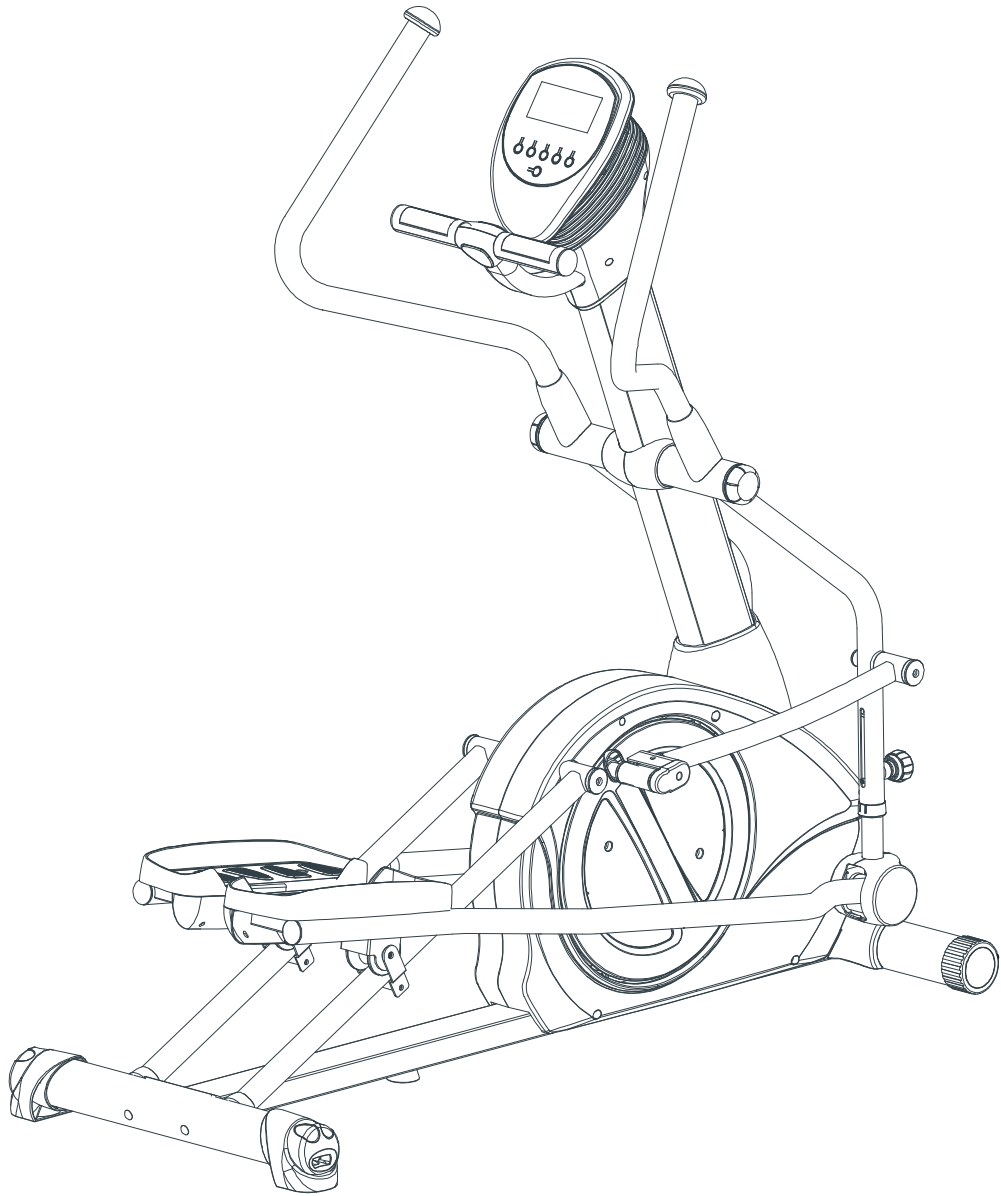## USER MANUAL – EN
IN 6447 Climber For Home Use inSPORTline SM-3276

Product May Vary Slightly From Picture

MADE IN TAIWAN

CONTENTS

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 136KG / 300LBS.

SAFETY INSTRUCTION

WARNING: To reduce the risk of serious injury, read the following safety instructions before using the Climber.

1. Read all warnings posted on the equipment

2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use

3. We recommend that two people be available for assembly of this product

4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use

5. It is recommended that you place this exercise equipment on an equipment mat

6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces

7. Inspect the equipment for worn or loose components prior to each use

8. Tighten / replace any loose or worn components prior to using the equipment

9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician

10. Follow your physician's recommendations in developing your own personal fitness program

11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising

12. Before using this product, please consult your personal physician for a complete physical examination.

13. Do not wear loose or dangling clothing while using the equipment

14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes

15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury

16. Keep both feet firmly and securely on the Foot Pedals while exercising

17. The equipment should not be used by persons weighing over 300 pounds /136 kgs

18. The equipment should be used by only one person at a time

19. The equipment is for semi-commercial, light-commercial and home usage

20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.

21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine
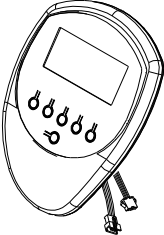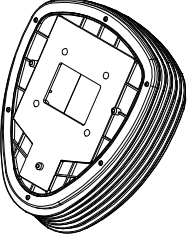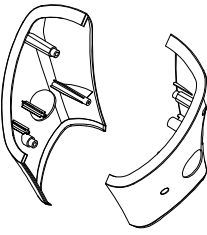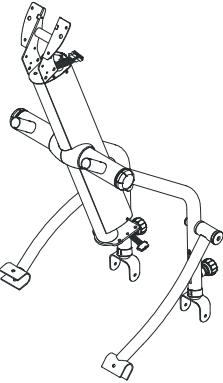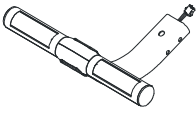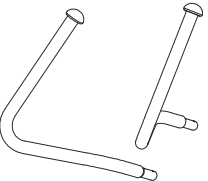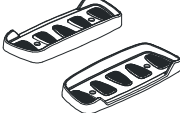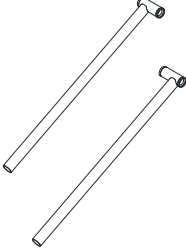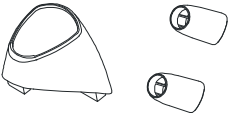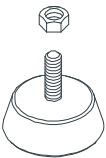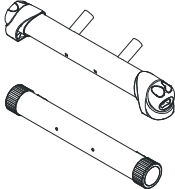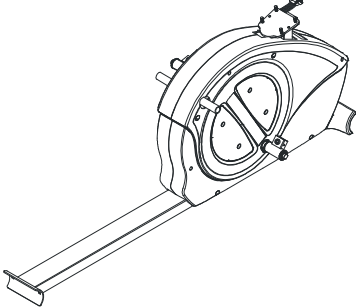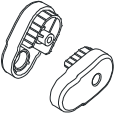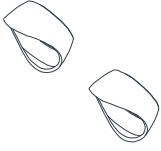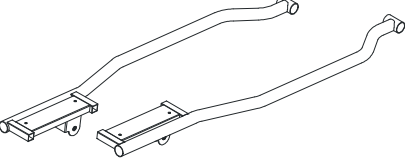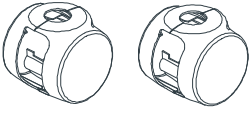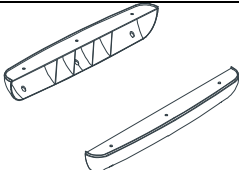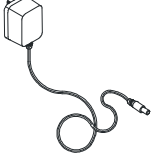
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness

READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY

ASSEMBLY PARTS

Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product.

Console Upper Cover	Console Bottom Cover	Console Sleeve	Upright Post Assembly
Fixed Handlebar	Upper Handlebar	Pedal	Sliding Rail
Upright & Handlebar Sleeve	Nut & Leveler	Front & Rear Stabilizer	Main Frame Assembly
Linkage Plug	Rail Sleeve	Securing Cap	Pedal Support Arm

Handrail Base Cover	**Pedal Bottom Case**	**Adaptor**	

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material until the assembly process is completed
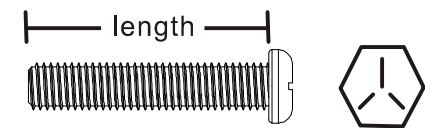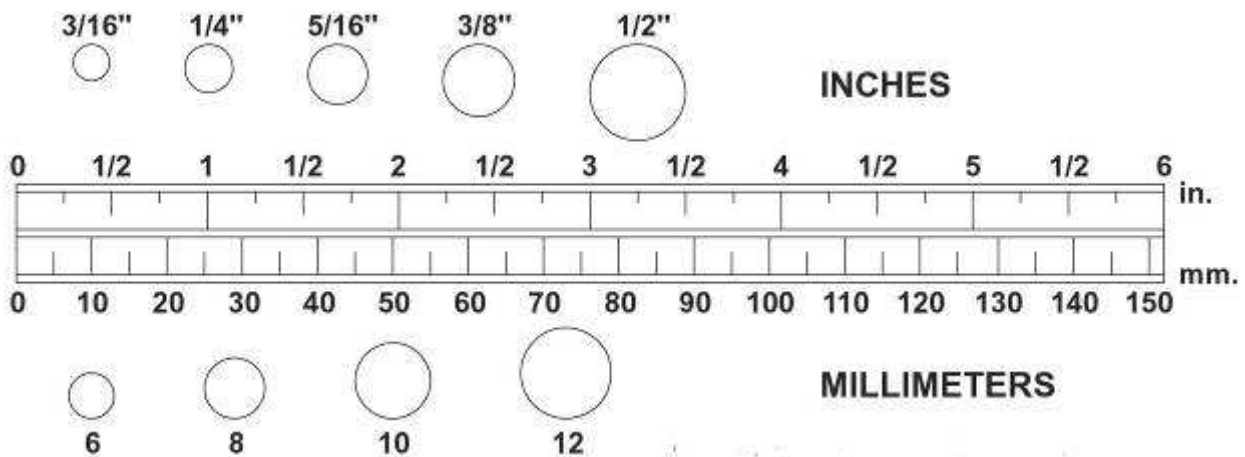
NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw

After unpacking the unit, **you will notice that the package includes 3 bags of hardware (HARDWARE KIT A, HARDWARE KIT B and HARDWARE KIT C).**
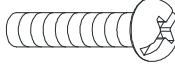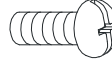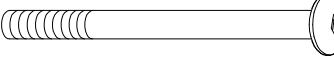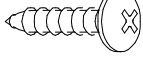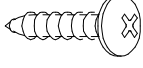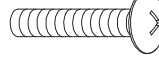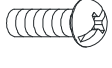
Assembly's **Step 1, 2, 3, 7, 8:** Using HARDWARE KIT **A**

Assembly's **Step 9, 10, 11:** Using HARDWARE KIT **B**

Note:

 a. Please review below to know the content of each hardware kit (A and B)

 b. Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to

see if it has been pre-assembled

HARDWARE KIT A	Part No. and Description	Q'TY
	79 Lock Washer (M8)	6 pcs
	80 Washer (8x16x2.0t)	2 pcs
	93 Bolt (M6xp1.0x25mm)	2 pcs
	94 Bolt (M8xp1.25x16mm)	4 pcs
	101 Bolt (M8xp1.25x90mm)	2 pcs
	106 Bolt (M8xp1.25x90mm)	2 pcs
	109 Carriage Bolt (M8xp1.25x90mm)	2 pcs
	112 Nylon Nut (M8xp1.25)	4 pcs
	131 Self-Tapping Screw, Flat Head (M4x10mm)	6 pcs
HARDWARE KIT B	**Part No. and Description**	**Q'TY**
	79 Lock Washer (M8)	1 pcs
	80 Washer (8x16x2.0t)	1 pcs
	88 Self-Tapping Screw, Flat Head (M4x16mm)	4 pcs
	90 Bolt (M5xp0.8x25mm)	4 pcs
	91 Bolt (M5xp0.8x15mm)	4 pcs
	98 Bolt (M6xp1.0x15mm)	4 pcs
	99 Bolt (M6xp1.0x35mm)	4 pcs
	100 Bolt (M8xp1.25x45mm)	1 pcs
	110 Nylon Nut (M6xp1.0)	4 pcs

BEFORE YOU BEGIN

Thank you for choosing the Climber. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The equipment provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.
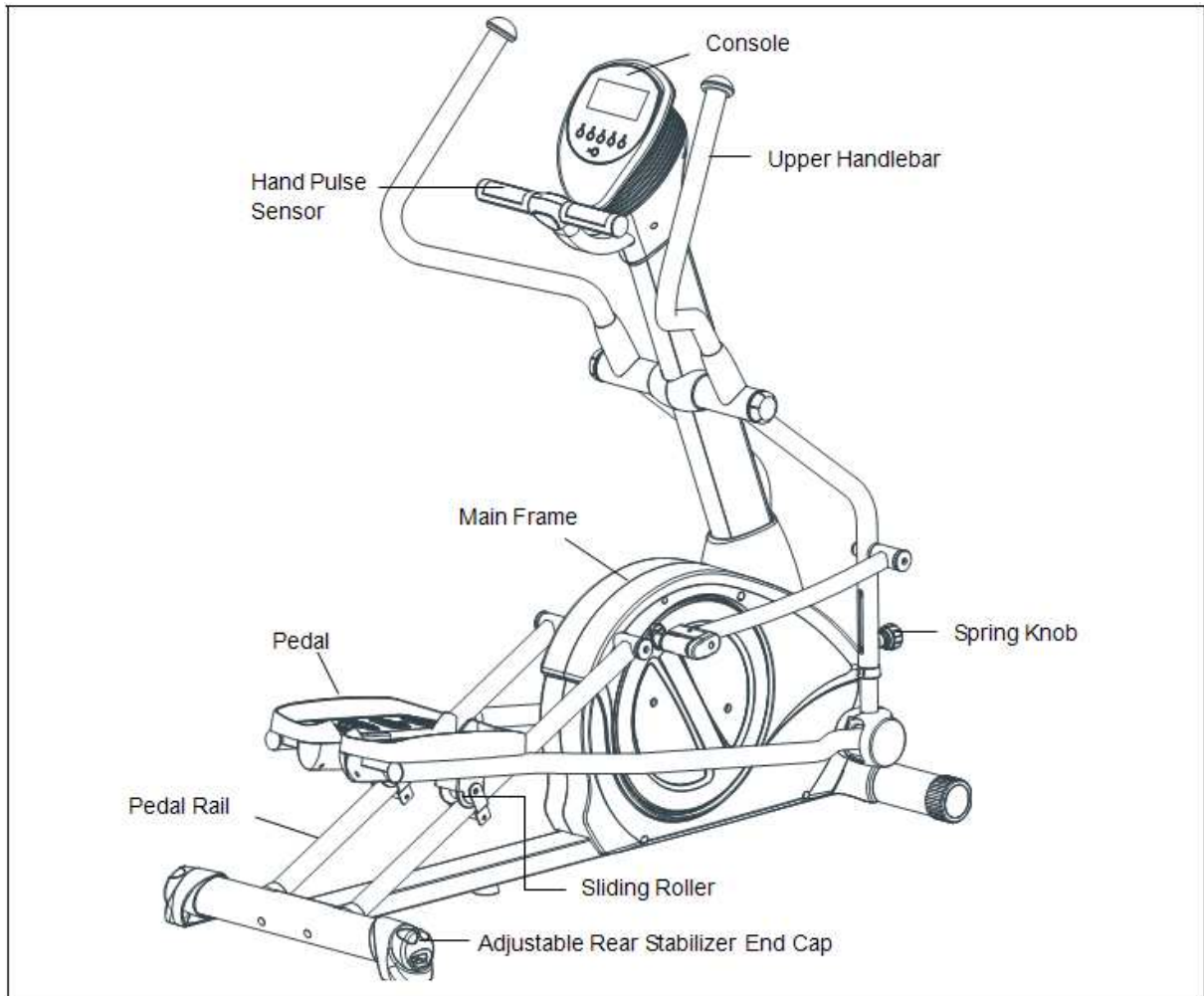
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:

PHILLIPS SCREWDRIVER (6mm)   **ALLEN WRENCH (5 mm)**   **WRENCH (10 & 13 mm)**
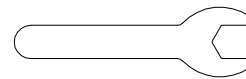
ASSEMBLE INSTRUCTIONS

STEP 1 – Front Stabilizer Assembly

For letting the sliding rail assembly attaches nicely to the rear stabilizer, please don't fully tighten on Step 2

Use tool L-6mm   Use tool 13mm
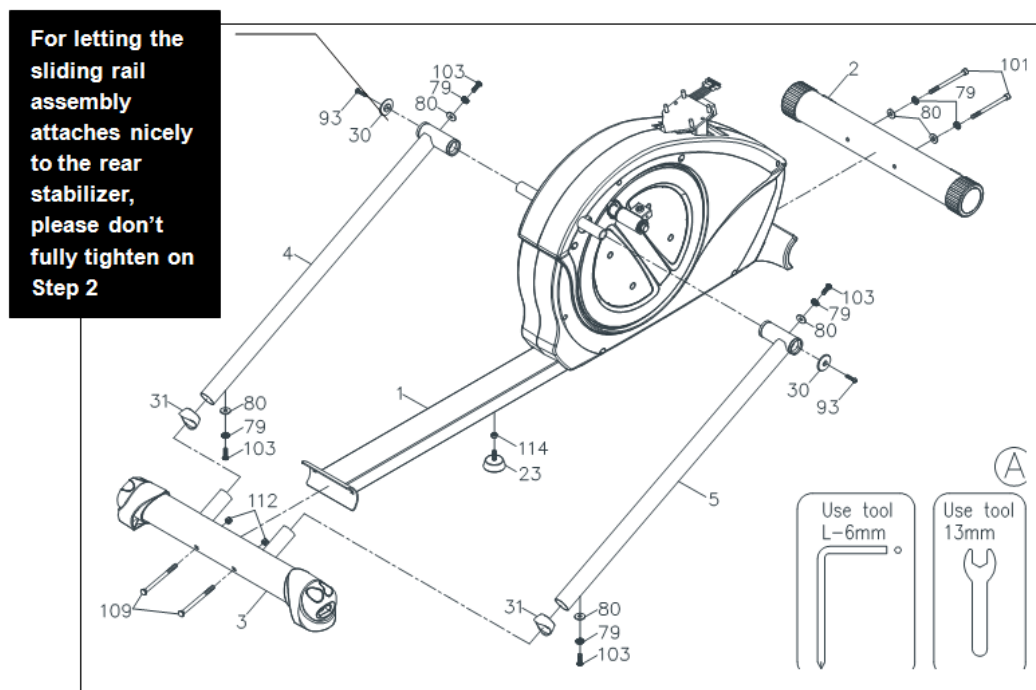
a. Attach the **Front Stabilizer (2)** to the **Main Frame (1)**.

NOTE: "Small Tip: Attach screws and bolts to the assembly parts first before secure"

To assemble the **Front Stabilizer (2)** to the **Maine Frame (1)** with more efficient and easy way, it is suggested to attach two **Washers (8x16x2.0t)(80),** two **Lock Washers (M8)(79)** and two **Bolts (M8xp1.25x90mm)(101)** to the **Front Stabilizer (2)** and the **Maine Frame (1)** first before fully secure. ****Please do not secure the bolts unless you make sure Bolts all go into screw holes of Front Stabilizer and Main Frame****

b. Fully secure two **Washers (8x16x2.0t)(80),** two **Lock Washers (M8)(79)** and two **Bolts (M8xp1.25x90mm)(101)** that attach to the **Front Stabilizer (2)** to the **Main Frame (1).**

STEP 2 – Sliding Rail Assembly
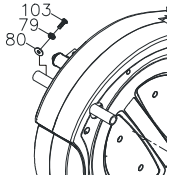
NOTE: For shipping purpose, 1pcs **Washer (8x16x2.0t)(80)**, 1pcs **Lock Washer (M8)(79)** and 1pcs **Bolt (M8xp1.25x20mm)(103)** are attached on the **Main Frame (1)** as the draft shown on the left.

a. Remove 1pcs **Washer (8x16x2.0t)(80)**, 1pcs **Lock Washer (M8)(79)** and 1pcs **Bolt (M8xp1.25x20mm)(103)** from the **Main Frame (1).**

b. Attach the **Left Sliding Rail (4)** to the **Main Frame (1)** by securing with 1pcs **Washer (8x16x2.0t)(80)**, 1pcs **Lock Washer (M8)(79)** and 1pcs **Bolt (M8xp1.25x20mm)(103). For letting the sliding rail assembly attaches nicely to the rear stabilizer, please on this step b., do not fully tighten washer and bolts (79, 80 and 103).**

c. Then attach the **Securing Cap (30)** and secure with **1pcs Bolt (M6xp1.0x25mm)(93).**

d. Repeat the above same procedure for the right side.

STEP 3 – Rail Sleeve & Rear Stabilizer Assembly

a. Attach the **Rail Sleeve (31)** to the **Rear Stabilizer (3)**.

NOTE: For shipping purpose, 2pcs **Washers (8x16x2.0t)(80)**, 2pcs **Lock Washers (M8)(79)** and 2pcs **Bolts (M8xp1.25x20mm)(103)** are attached to the back of the **Rear Stabilizer (3)** as the draft shown on the right.
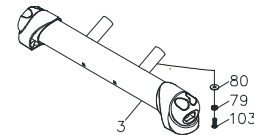
b. Remove 2pcs **Washers (8x16x2.0t)(80)**, 2pcs **Lock Washers (M8)(79)** and 2pcs **Bolts (M8xp1.25x20mm)(103)** from the back of the **Rear Stabilizer (3).**

c. Attach the **Rear Stabilizer (3)** to the **Main Frame (1)** and then go on to attach the **Left and Right Sliding Rail (4,5)** to the **Rear Stabilizer (3).**

d. Follow the drawing line to secure with 2pcs **Washers (8x16x2.0t)(80)**, 2pcs **Lock Washers (M8)(79)**, 2pcs **Bolts (M8xp1.25x20mm)(103), 2pcs Carriage Bolt (M8xp1.25x90mm)(109)** and 2pcs **Nylon Nuts (M8xp1.25)(112)**.

e. Go back to Step 2 to fully tighten 2pcs **Washers (8x16x2.0t)(80)**, 2pcs **Lock Washers (M8)(79)** and 2pcs **Bolts (M8xp1.25x20mm)(103)** on two upper sides of the sliding rail.

f. Attach the **Leveler (23)** and **Nut (M8xp1.25)(114)** to the middle of the **Main Frame's base (1)**. Adjust the **Leveler (23)** until it meets the base of the Main Frame. Then tighten the **Nut (114)** securely against the **Main Frame (1)**. **NOTE:** The purpose of adjust the **Leveler (23)** is to level the item and get more support for the base on the Main Frame. Adjust the **Leveler (23)** until the item sets on the floor without rocking

STEP 4 – Upright Sleeve & Upright Post Assembly
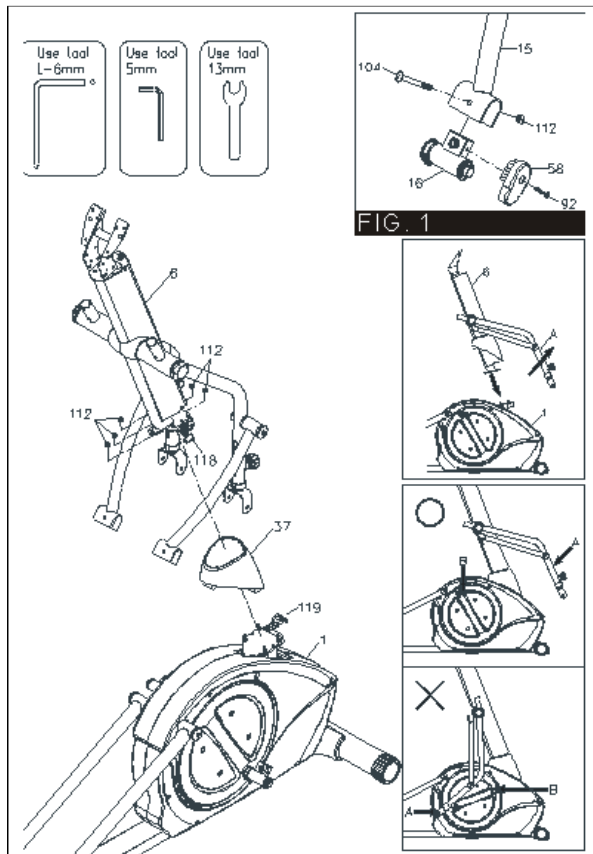
a. Slide the **Upright Sleeve (37)** onto the **Upright Post (6)**.

NOTE: For shipping purpose, 5pcs **Nylon Nuts (M8xp1.25)(112)** are attached on the **Main Frame (1).**
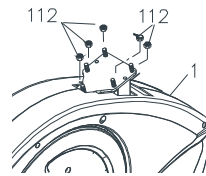
b. Remove 5pcs **Nylon Nuts (M8xp1.25)(112)** from the **Main Frame (1).**

c. Refer to **FIG.A**'s 3 following drawings, in order to let **point A** (Middle Handlebar) and **point B** (Pedal Arm Connector) could connect nicely, before attaching the **Upright Post (6)** to the **Main Frame (1)**, make sure raising **point A** (Middle Handlebar) in 45 degree, then attach the **Upright Post (6)** to the **Main Frame (1)** and secure with 5pcs **Nylon Nuts (M8xp1.25)(112). **Please don't fully tighten nuts (112), wait until Step 6 to fully tighten the nuts.****

STEP 5 – Connection Wire Assembly

Connect the **Middle Connection Wire (118)** to the **Lower Connection Wire (119)**. **NOTE: Be careful not to pinch the wires.**

STEP 6 – Linkage & Linkage Plug Assembly

NOTE: For shipping purpose, 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112)** and **1pcs Bolt (M5xp0.8x25mm)(92)** are attached to the **Pedal Arm Connector (16)** as the draft shown on the right.
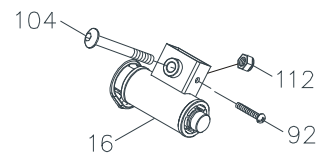
a. Remove 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112)** and 1pcs **Bolt (M5xp0.8x25mm)(92)** from the **Pedal Arm Connector (16).**

b. Follow the **FIG 1** to attach the **Right Linkage (15)** to the **Right Pedal Arm Connector (16)** by securing with 1pcs **Bolt (M8xp1.25x50mm)(104)**, 1pcs **Nylon Nut (M8xp1.25)(112). NOTE: In order to let the Linkage (15) rotate smoothly, after fully tighten the Bolts (104) and Nuts (112), please loose the Nuts (112) just 1/8 counterclockwise turn.**

c. Attach the **Right Linkage Plug (58)** to the **Right Pedal Arm Connector (16)** and secure with 1pcs **Bolt (M5xp0.8x25mm)(92).**

d. Repeat the above same procedure for the left side.
e. Go back to Step 4 to fully tighten 5pcs **Nylon Nuts (M8xp1.25)(112)** on the bottom of the **Upright Post (6)**.
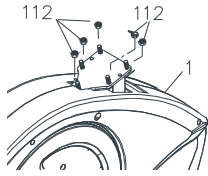
f. Slide the **Upright Sleeve (37)** down to cover the open area of the **Main Frame (1)**.

STEP 7 – Pedal Support Arm Assembly
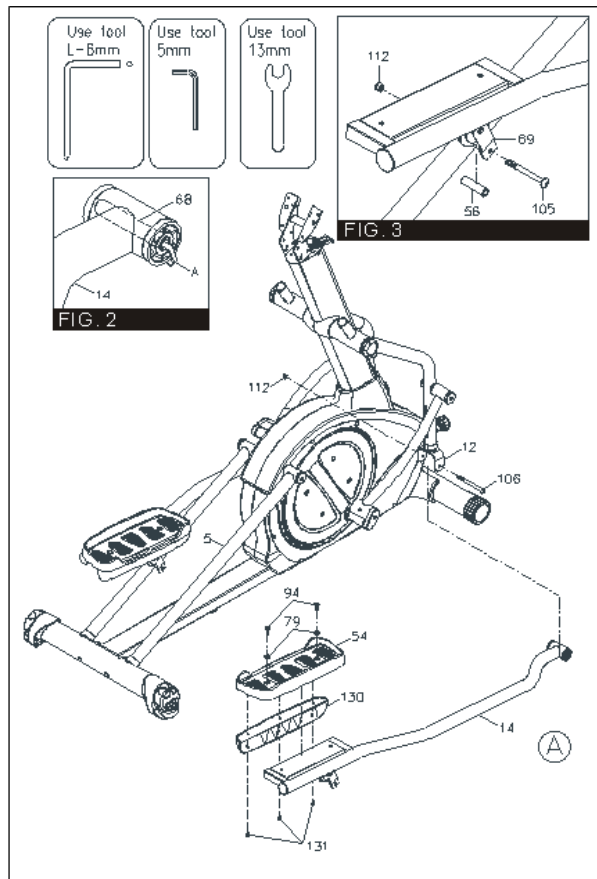
a. Refer to the inset drawing **FIG .2**, cut off the **tie (A)** on the front end of the **Right Pedal Support Arm (14)**. **NOTE:** Please be sure that the **Shaft Sleeve (68)** inside the **Pedal Support Arm (14)** does not fall off while cutting off the tie.
b. Attach the front end of the **Right Pedal Support Arm Assembly (14)** to the **Right Pivoting Arm (12)** with 1pcs **Bolt (M8xp1.25x90mm)(106)** and 1pcs **Nut (M8xp1.25)(112) NOTE:** Please be sure that **Bolt (106)** would screw through the **Shaft Sleeve (68)** inside front end of the **Right Pedal Support Arm Assembly (14)** during assembly.

NOTE: Refer to the inset drawing **FIG.3**, for shipping purpose, 1pcs **Roller Spacer (56)**, 1pcs **Bolt (M8xp1.25x65mm)(105)**, 1pcs **Nylon Nut (M8xp1.25)(112)** are attached to the **Right Roller Bracket (69)** as the draft shown on the left.

c. Remove 1pcs **Roller Spacer (56)**, 1pcs **Bolt (M8xp1.25x65mm)(105)**, 1pcs **Nylon Nut (M8xp1.25)(112)** from the **Right Roller Bracket (69)**.
d. Refer to **FIG 3**. Place the roller under the **Right Pedal Support Arm (14)** onto the **Right Sliding Rail (5)**.
e. Then place the **Roller Spacer (56)** under the **Right Sliding Rail (5)**, secure 1pcs **Bolt (M8xp1.25x65mm)(105)** through the **Roller Spacer (56)** with 1pcs **Nylon Nut (M8xp1.25)(112)**.

NOTE: Please be sure not to over-tighten **Bolt (105)** and **Nut (112)**, after tightening, make sure the **Roller Spacer (56)** could still rotate nicely by using finger to rotate the **Roller Spacer (56)**. If the **Roller Spacer (56)** is unable to rotate, would cause the roller couldn't slide smoothly on the Sliding Rail.

f. Repeat the above same procedure for the left side.

STEP 8 – Pedal Assembly

a. Attach the **Pedal Bottom Case(130)** to the **Right Pedal (54)** and secure with 3pcs **Self-Tapping Screw, Flat Head (M4x10mm) (131).**
b. Attach the **Right Pedal (54)** to the upper **Pedal Plate** located on the rear of the **Right Pedal Support Arm (14)** and secure with 2pcs **Lock Washers (M8)(79)** and 2 pcs **Bolts (M8xp1.25x16mm)(94)**.
c. Repeat the above same procedure for the left side.

STEP 9 – Handrail Base Cover Assembly
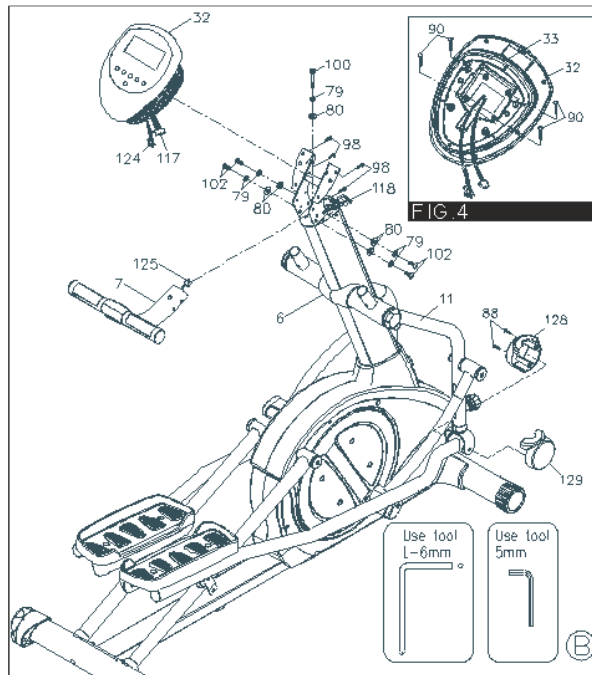
To assemble the **Handrail Base Cover (42, 43)**, place the **Left Handrail Base Cover (128)** at the inner side of the **Right Middle Handlebar (11)**. Place the **Right Handrail Base Cover (129)** at the outer side of the **Right Middle Handlebar (11)**. Bolt the **Handrail Base Cover (128, 129)** with 2pcs **Self-Tapping Screws, Flat Head (M4x16mm)(88)**. Repeat the above assembly process on the left side.

STEP 10 – Fixed Handlebar Assembly

NOTE: 4pcs **Washers (8x16x2.0t)(80)**, 4pcs **Lock Washers (M8)(79)** and 4pcs **Bolts (M8xp1.25x16mm)(102)** will already be attached on two sides of the **Fixed Handlebar (7).**

a. Remove 4pcs **Washers (8x16x2.0t)(80)**, 4pcs **Lock Washers (M8)(79)** and 4pcs **Bolts (M8xp1.25x16mm)(102)** from the **Fixed Handlebar (7).**
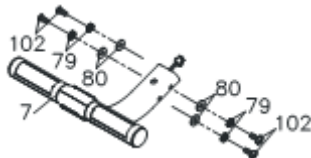
b. Position the **Fixed Handlebar (7)** in place through the **Upright Post Assembly (6)** and secure with 5pcs **Washers (8x16x2.0t)(80)**, 5pcs **Lock Washers (M8)(79)** and 4pcs **Bolts (M8xp1.25x16mm)(102)**and 1pcs **Bolt (M8xp1.25x45mm)(100) NOTE:** 1pcs **Washer (8x16x2.0t)(80)**, 1pcs **Lock Washer (M8)(79)**, 1pcs **Bolt (M8xp1.25x45mm)(100)** will be packed into **HARDWARE KIT B**.

STEP 11 – Console and Connection Wire Assembly

a. Follow **FIG.4** to attach the **Console Bottom Cover (33)** to the **Console (32)** and secure with 4pcs **Bolts (M5xp0.8x25mm)(90).**

b. Place and secure the **Console Assembly (32, 33)** onto the iron plate of the **Upright Post Assembly (6)** using 4pcs **Bolts (M6xp1.0x15mm)(98).**

c. Connect the **Front Connection Wire (117)** to the **Middle Connection Wire (118). Be care not to pinch the wires**

d. Connect the **Front Pulse Sensor Wire (124)** to the **Rear Pulse Sensor Wire (125). Be care not to pinch the wires**

STEP 12 – Console Sleeve, Handlebar Sleeve & Upper Handlebar Assembly
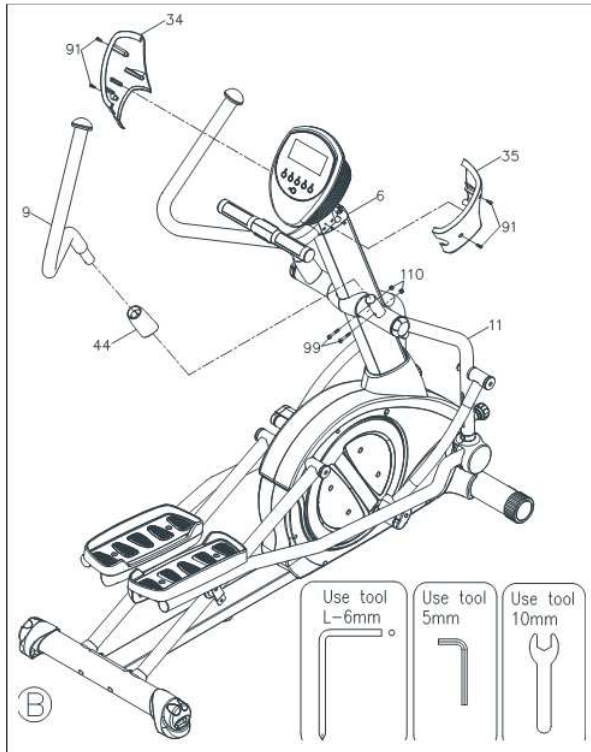
a. Attach the **Right Console Sleeve (35)** and the **Left Console Sleeve (34)** to the **Upright Post Assembly (6).** Bolt the **Console Sleeve (34, 35)** with 4pcs **Bolts (M5xp0.8x15mm)(91).**

NOTE: Make sure that the **Right Console Sleeve (35)** and the **Left Console Sleeve (34)** would cover the **Upright Cover** and the lowest layer of the **Console Bottom Cover (33)** as the following illustration shown.

The lowest layer of the Console Bottom Cover
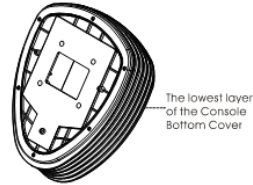
b. Slide the **Right Handlebar Sleeve (44)** onto the **Right Upper Handlebar (9)**.
c. Attach the **Right Upper Handlebar (9)** onto the **Right Middle Handlebar (11)** and secure with **2 Bolts (M6xp1.0x35mm)(99)** and **2pcs Nylon Nuts (M6xp1.0)(110)**.
d. Slide the **Right Handlebar Sleeve (44)** down until it touches the middle part of Handlebar.
e. Repeat the above same procedure for the left side.
f. Finish the assembly, <u>make sure that all parts are tightened before you use the equipment</u>.

STEP 13 – AC Adaptor

a. Connect the **Adaptor** to the connector located on the front side of the **Main Frame (1).**
b. Plug the **Adaptor** into an electrical outlet to light up the console.

OPERATION INSTRUCTIONS

HOW TO ADJUST THE ADJUSTING ENDCAPS OF THE REAR STABILIZER

a. After placing the equipment in the intended location for use, check the stability of the equipment

b. If it's the one of the **Adjusting EndCaps (27)** on rear end of the **Rear Stabilizer (3)** causes a slight rocking motion. To level the equipment, turn one or both of the **Adjusting EndCaps (27)** in clockwise or counter-clockwise direction until the equipment sets on the floor without rocking.

Rear Stabilizer's
Adjusting EndCap

HOW TO ADJUST CONSOLE ANGLE

To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console and gently adjust the console angle to the proper position.
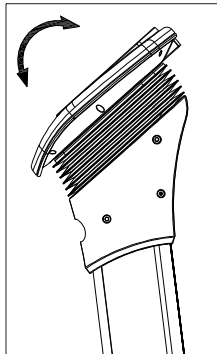
HOW TO TOW THE ITEM SAFELY

Hold the **Rear Stabilizer (3)** up with two hands and tow the item to the desired place carefully

- Make sure the floor is level while towing the item
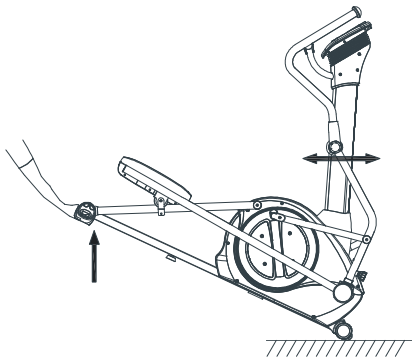
HOW TO ADJUST THE STAND ON THE MIDDLE OF MAIN FRAME'S BASE

NOTE: The purpose of adjust the **Leveler (23)** is to level the item and get more support for the base on the Main Frame. After finishing all assembly process, place the item on a flat surface. Adjust the **Leveler (23)** until the item sets on the floor without rocking, then tighten the **Nut (114)** securely against the **Main Frame (1)**.

114
23
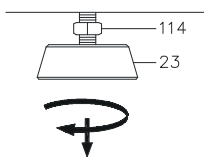
HOW TO ADJUST THE STRIDE LENGTH

The Climber is equipped with three adjustable stride lengths from 19'' (483mm) to 21'' (539mm)

a. To adjust the stride length, loosen and pull the **Spring Knob (48)**. Move the **Pivoting Arm (12)** to the proper desired position
b. Release the **Spring Knob (48)** and make sure the pin on the knob get into the adjustment hole in the **Pivoting Arm (12).**
c. Repeat the above process to adjust the stride length on left side
    NOTE:
    1. Always adjust the **Right & Left Pivoting Arm (12)** in the same height.
    2. Securely tighten **Right & Left Spring Knob (48)** before exercising

Position A

Position B

Position C
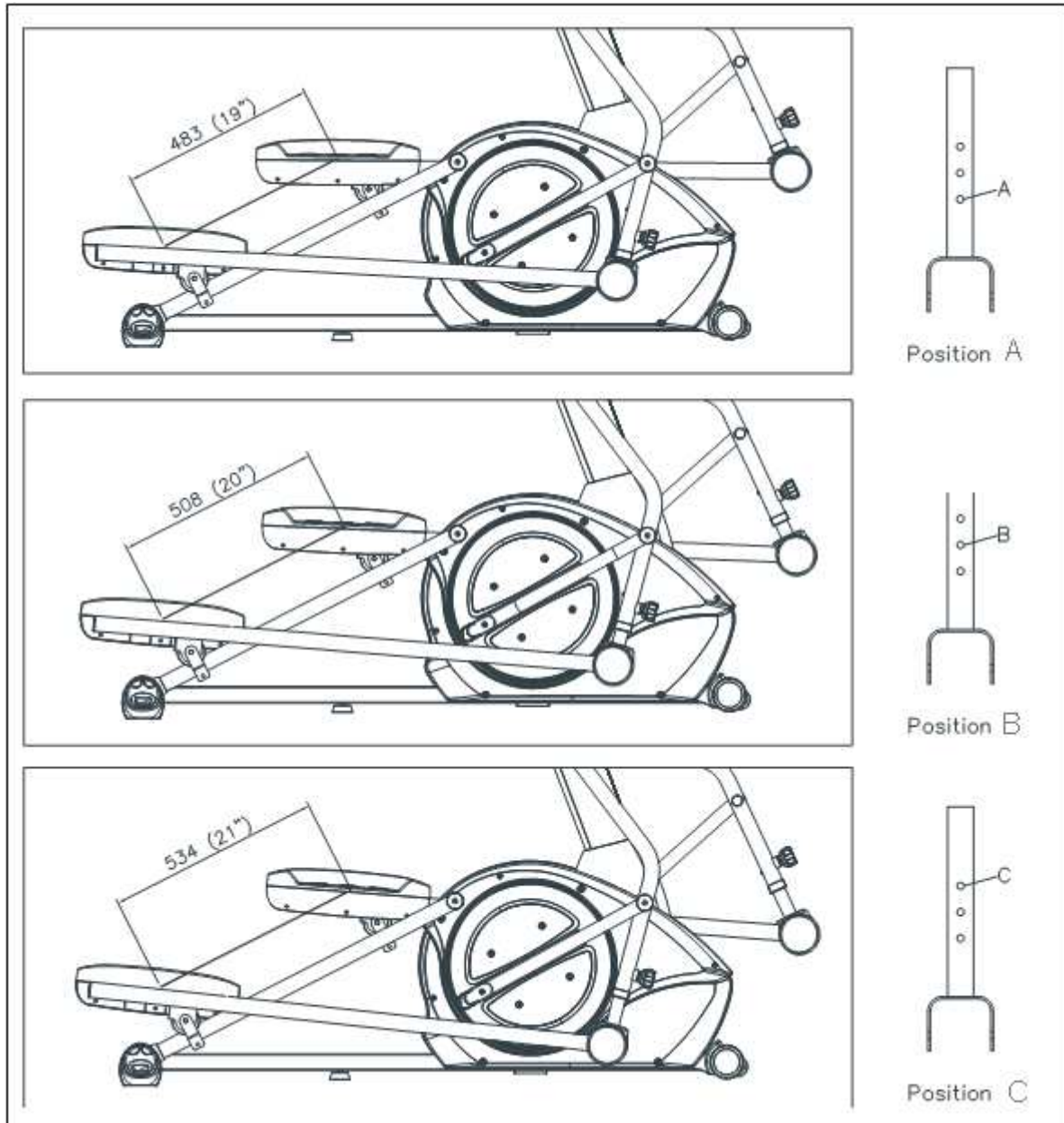
CONSOLE INSTRUCTIONS
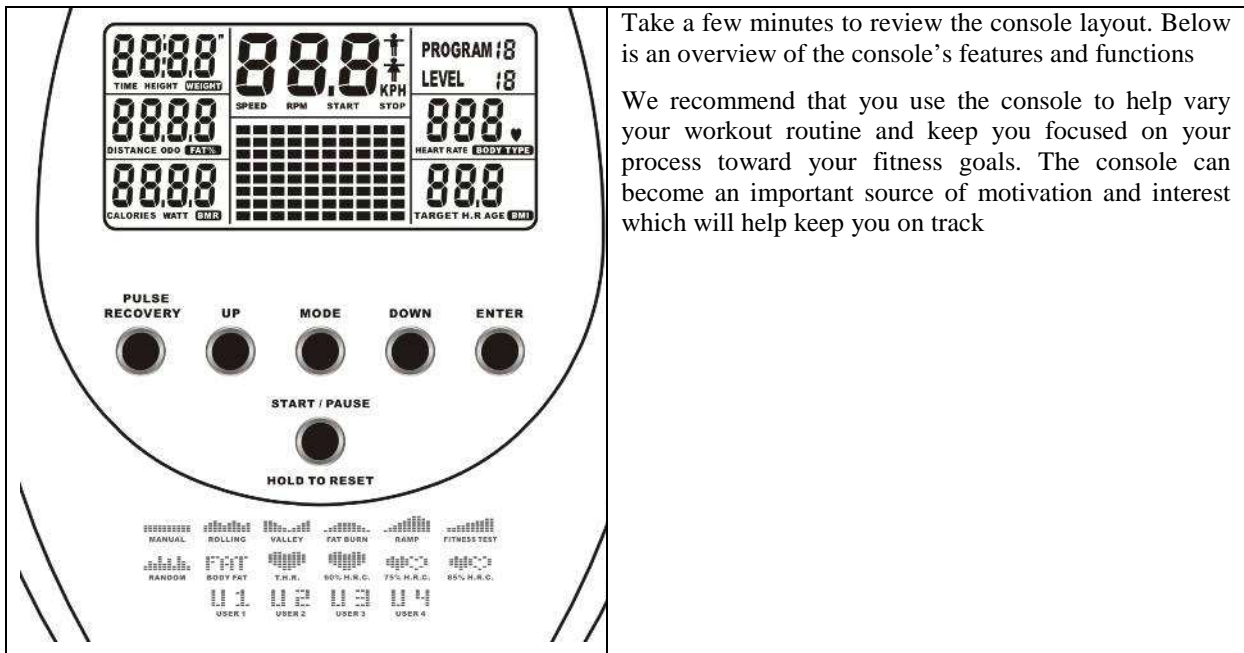
Take a few minutes to review the console layout. Below is an overview of the console's features and functions

We recommend that you use the console to help vary your workout routine and keep you focused on your process toward your fitness goals. The console can become an important source of motivation and interest which will help keep you on track

Power ON

   a. Make sure the item's adaptor is correctly plugged into the socket

   b. Pedaling or pressing any keys to active the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

Power Off
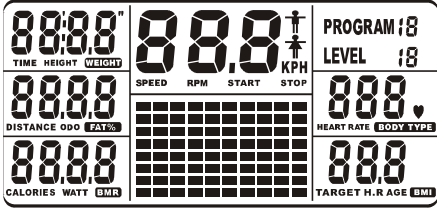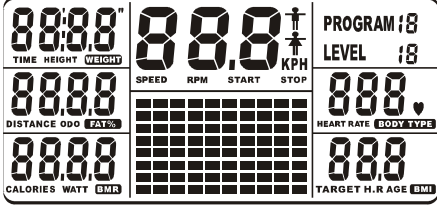
The console would automatically shut off after 4 minutes of inactivity

Program List

P1 MANUAL PROGRAM	P2 ROLLING PROGRAM	P3 VALLEY PROGRAM	P4 FAT BURN PROGRAM
P5 RAMP PROGRAM	P6 FITNESS TEST PROGRAM	P7 RANDOM PROGRAM	P8 BODY FAT PROGRAM
P9 TARGET H.R. PROGRAM	P10 60% H.R.C. PROGRAM	P11 75% H.R.C. PROGRAM	P12 85% H.R.C. PROGRAM
P13 USER 1 MODE PROGRAM	P14 USER 2 MODE PROGRAM	P15 USER 3 MODE PROGRAM	P16 USER 4 MODE PROGRAM

Console Buttons

START / PAUSE **HOLD TO RESET**	a. Press **START/PAUSE** to begin your exercise b. Press **START/PAUSE** again to stop and pause all functions during your exercise program. All the date on the display will then freeze. c. Press **START/PAUSE** again to resume the program and all the date displayed will continue until the program has finished. d. **HOLD TO RESET** function: Continue pressing **START/PAUSE**, all the date will return to 0 and the console will return to POWER ON status
ENTER	Press **ENTER** to confirm the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)
UP	Press **UP** to increase the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)
DOWN	Press **DOWN** to decrease the values of the program function (**PROGRAM, TIME, HEIGHT, WEIGHT, DISTANCE, CALORIES, AGE, GENDER, TARGET H.R.** and **TORQUE/RESISTANCE LEVEL in each time interval**)

MODE	During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**
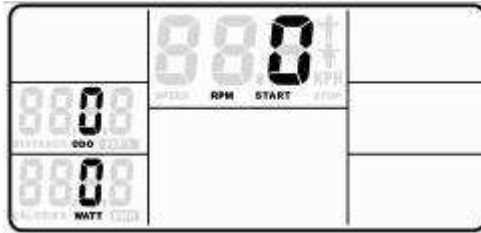
<u>**RPM**, **ODO**, **WATT** will show at the same time</u> | <u>**SPEED**, **DISTANCE, CAL.** will show at the same time</u>

DISTANCE and **ODO (ODOMETER)** information:

● **DISTANCE:**

    a. This measures the total distance from 0 to 999 km/Mile.

    b. After pressing **START/PAUSE**, **DISTANCE** will count up. Press **START/PAUSE** again to pause all functions and **DISTANCE** value during your exercise program.

    c. Press **START/PAUSE** again to resume the program and **DISTANCE** value will continue counting up until the program finish

    d. The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart from zero after pedaling or pressing any keys to active the console again

● **ODO (ODOMETER):** The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout. <u>If there is any necessary to reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero</u>

UP   MODE
DOWN   ENTER
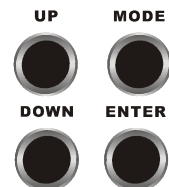
PULSE RECOVERY	a. **PULSE RECOVERY** button measures how quickly you return to a resting hear rate after exercising. You could use this button to measure improvement as you get into shape

    b. The console will monitor your pulse for 60 seconds and calculate a **HEART RATE RECOVERY** value from F1.0 to F6.0. <u>F1.0 is best; F6.0 is worst (For Reference Only)</u>

    c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. <u>Stop exercising before starting the function</u>.

    d. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
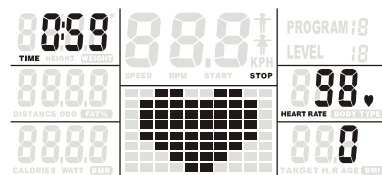
NOTE:
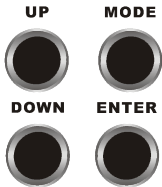
If you don't hold the **HEART RATE SENSORS** on the handrails with both hands properly, <u>the console's **HEART RATE** value would show "0" and the main screen would show "F6.0"</u>

after the console counts down to zero, which means the **HEART RATE SENSORS** won't be able to pick up the signals. Press any keys to stop the long beep sound, then press **PULSE RECOVERY** button again and make sure to hold the **HEART RATE SENSORS** on the handrails with both hands properly this time.

Console Functions

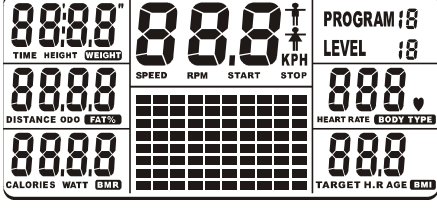|	
PROGRAM 18 **LEVEL 18**	**PROGRAM:** ● The console comes with 16 preset programs ● Displays programs for selection during setup, from P1 ~ P16 ● Displays the selected program during exercise **LEVEL:** ● Displays torque/resistance level of the current program, from 1 to 16 torque/resistance level; 1 level increment
88:8.8" TIME HEIGHT WEIGHT	**TIME:** ● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes ● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00 **HEIGHT:** ● Display range: 110 ~ 250cm; 0.5 cm increment / 3'08'' ~ 8' 00''; 1 inch increment; **the product is not recommended for children's use** **WEIGHT:** ● Display range: 10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; **the product is not recommended for children's use**
88.8.8 DISTANCE ODO FAT%	**DISTANCE:** ● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile ● Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0 ● During workout (after pressing **START/PAUSE**), the user could press **MODE** button to select **DISTANCE**, or **ODO (Odometer)**
88.8.8 DISTANCE ODO FAT%	**ODO:** ● The function of **ODO** and **DISTANCE** are similar will accumulate the total distance traveled by the item during workout **DIFFERENT RESET INFO. of DISTANCE & ODO:** ● **RESET INFO. of DISTANCE:**

The console would automatically shut off after 4 minutes of inactivity. The **DISTANCE** value's counting will restart to zero after pedaling or pressing any keys to active the console again

- **RESET INFO. of ODO**:

  To reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

UP	MODE
⬤	⬤
DOWN	ENTER
⬤	⬤

FAT%:

- During **BODY FAT TEST**, the result would display the percentage of body fat in **BODY FAT PROGRAM (P8)**

- Your body fat percentage is simply the percentage of the fat your body contains

---

CALORIES:

- Count Up: If target calories were not selected, this measures total calories your body burned during exercise

- Count Down: If you have set the preference value of calories, the console will count down from that selected target calories down to 0

BMR:

- During **BODY FAT TEST**, the result would display the value of **BMR** in **BODY FAT PROGRAM (P8)**

- **BMR (BASAL METABOLIC RATE)** is a rate at which the body burns calories to maintain normal body functions while at rest

WATT:

- Display the current value of Watt during exercise

TARGET H.R.:

- Display range:

  60 ~ 220 BPM (beats per minute) ; 1 BPM increment

AGE:

- Display range:

  10 ~ 99 years old; 1 year-old increment

  NOTE: Although the console allows input for age beginning at 10 years old, the product is not recommended for children's use

BMI:

- During **BODY FAT TEST**, the result would display the value of **BMI** in **BODY FAT PROGRAM (P8)**

- **BMI (BODY MASS INDEX)** is a height/weight formula. From the value of your BMI, you can see whether you are underweight, normal weight, overweight or obese

	HEART RATE:
	• You must place both of your hands on the **Pulse Sensors** on the **Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed • If you do not place your hands correctly and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again **BODY TYPE:** • During **BODY FAT TEST**, the result would display the value of **BODY TYPE** in **BODY FAT PROGRAM (P8)**

MANUAL PROGRAM (P1)

1. **Prior information: Press any button on the console or begin pedaling to turn on the console**

   a. Make sure that the power cord is properly plugged into the socket.

   b. The console would automatically shut off after 4 minutes of inactivity

   c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

 Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status

POWER ON status

3. **Normal way to operate MANUAL PROGRAM (P1)**

A. ENTER MANUAL PROGRAM (P1)

ENTER button: When the power is turned on, the manual program (P1) will be selected, pressing ENTER button to confirm and enter MANUAL PROGRAM (P1)	a. START/PAUSE button: If you have selected other program (P2~P16), pressing START/PAUSE button to pause the current program b. UP or DOWN button: Press UP or DOWN button to select MANUAL PROGRAM (P1) c. ENTER button: Press ENTER button to confirm and enter MANUAL PROGRAM (P1)

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or DOWN button:	ENTER button and then UP or DOWN button:
a. After pressing the ENTER button to enter into MANUAL PROGRAM (P1), the TIME function mode will appear with the display flashing "0:00". b. Use UP or DOWN buttons to set the desired TIME (1:00 TO 99:00; 1 MINUTE INCREMENT) NOTE for TIME: ● Count Up: If a target time was not selected, TIME will count up from 0:00 to maximum 99:59 minutes ● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	a. After pressing the ENTER button to enter into MANUAL PROGRAM (P1), the TIME function mode will appear with the display flashing "0:00". b. Press the ENTER button again, the DISTANCE function mode will then appear with the display flashing "0.0" c. Use UP or DOWN buttons to set the desired DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT) NOTE for DISTANCE: ● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile ● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

1. ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

2. ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

NOTE: **Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen

E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS"

NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO "STRENGTHEN YOUR CARDIOVASCULAR WORKOUT

- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum

heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%

- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

RPM, **ODO**, **WATT** will show at the same time

SPEED, **DISTANCE, CAL.** will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero
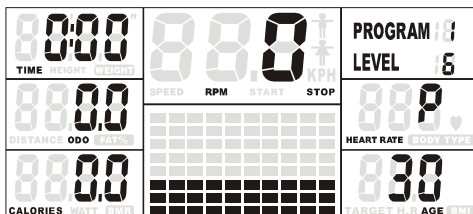
PROGRAM (P2 ~ P7)

1. **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket
b. The console would automatically shut off after 4 minutes of inactivity
c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

START / PAUSE

HOLD TO RESET

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status

POWER ON status

3. **Normal way to operate PROGRAM (P2~P7)**

A. ENTER MANUAL PROGRAM (P2~P7)

a. **START/PAUSE** button:

  If you have selected other program (P1 or P8 ~ P16), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

  Press **UP** or **DOWN** button to select **PROGRAM (P2 ~ P7)**

c. **ENTER** button:

  Press **ENTER** button to confirm and enter **PROGRAM (P2 ~ P7)**

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00"	a. After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00".
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**	b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
	c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**
NOTE for TIME:	**NOTE for DISTANCE:**
● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes	● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

1. **ENTER** button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:

- Count Up: If target calories was not selected, this would measure total calories burned during exercise
- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

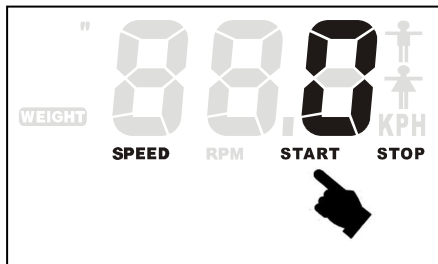**2. ENTER** button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for CALORIES:

NOTE: **Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use**

D. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen
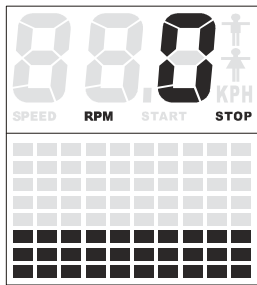
E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS"

NOTE for HEART RATE

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

F. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO "STRENGTHEN YOUR CARDIOVASCULAR WORKOUT"
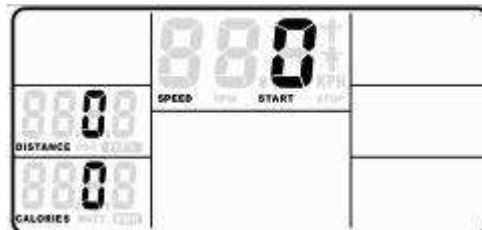
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%
- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

H. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**
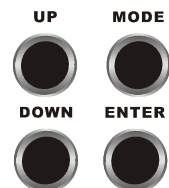
RPM, **ODO**, **WATT** will show at the same time

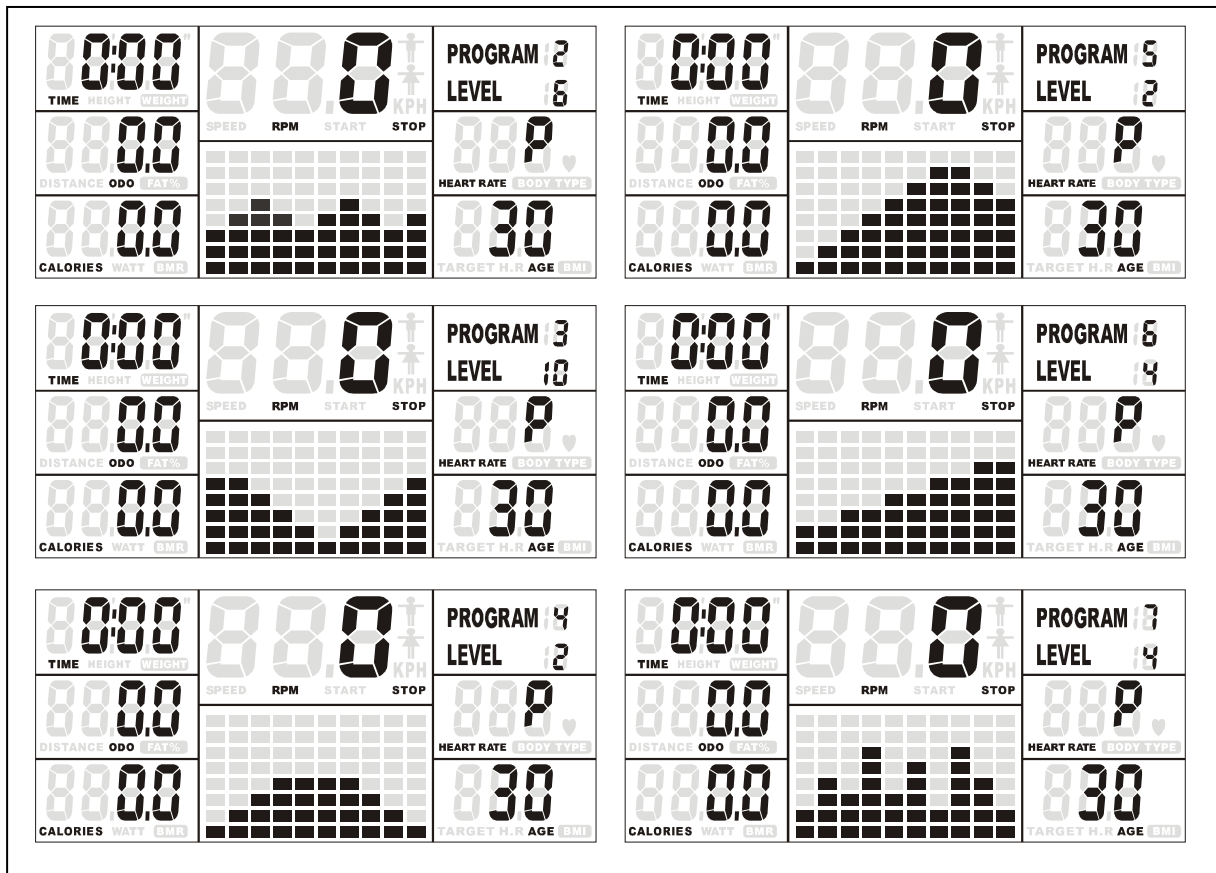**SPEED**, **DISTANCE, CAL.** will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

BODY FAT PROGRAM (P8)

1. **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket.

b. The console would automatically shut off after 4 minutes of inactivity

c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
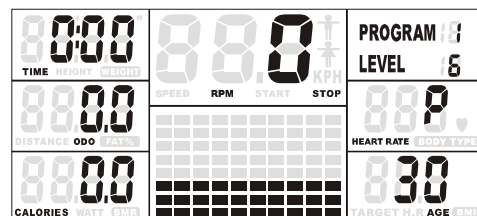
2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status

POWER ON status

3. **Normal way to select and operate BODY FAT PROGRAM (P8)**

A. **ENTER BODY FAT PROGRAM (P8)**

 a. **START/PAUSE** button:

 If you have selected other program (P1 ~ P7, P9 ~ P16), pressing **START/PAUSE** button to pause the current program

 b. **UP** or **DOWN** button:

  Press **UP** or **DOWN** button to select **BODY FAT PROGRAM (P8)**

 c. **ENTER** button:

Press **ENTER** button to confirm and enter **BODY FAT PROGRAM (P8)**

B. **SET THE PERSONAL INFO. (GENDER, HEIGHT and AGE)**

1. **UP** or **DOWN** button:

After pressing the **ENTER** button, the **GENDER** function mode will appear with the display flashing "⛄". Use **UP** or **DOWN** buttons to set your **GENDER**

2. **ENTER** button and then **UP** or **DOWN** button:

   a. Press **ENTER** button to confirm your **GENDER** and enter the mode to set your **HEIGHT**

   b. Use **UP** or **DOWN** buttons to set your **HEIGHT (110 ~ 250CM; 0.5 CM INCREMENT / 3'08'' ~ 8' 00''; 1 INCH INCREMENT)**

NOTE for HEIGHT:

NOTE: The product is not recommended for children's use

3. **ENTER** button and then **UP** or **DOWN** button:

   a. Press **ENTER** button to confirm your **HEIGHT** value and enter the mode to set your **WEIGHT**

   b. Use **UP** or **DOWN** buttons to set your **WEIGHT (10 ~ 200KG; 0.2 KG INCREMENT / 23 ~ 440 LBS; 0.5 LBS INCREMENT)**

NOTE for WEIGHT:

NOTE: The product is not recommended for children's use

4. **ENTER** button and then **UP** or **DOWN** button:

   a. Press **ENTER** button to confirm your **WEIGHT** value and enter the mode to set the **AGE**

   b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

C. **START TESTING YOUR BODY FAT**

START/ PAUSE button: Press **START/ PAUSE** to start testing your body fat. The testing time takes about 10 seconds, please review the next page to understand the meaning of the result

D. **THE BODY FAT RESULT INFORMATION**

| | The illustration on the left is just an example to show you what the result should look like, each person has different body fat condition depends on the user's current health condition from time to time |

1. **BMI (BODY MASS INDEX):**

   Body Mass Index is a height / weight formula used by health and weight professionals around the world to asses a person's body weight, measuring the level of body fatness in an individual. From your body mass index number you can see if you are underweight, normal weight, overweight or obese

THE RESULT	THE VALUE OF BMI	BMI conclusion very slightly according to gender. Here is a general summary of weight-status based on BMI
Underweight	Under 20 (19 for women)	
Normal Weight	Between 20 and 24.99	
Overweight	Between 25 and 29.99	
Obese 1	Between 30 and 34.99	
Obese 2	Between 35 and 39.99	
Extreme Obesity	40 and above	

2. **BMR (BASAL METABOLIC RATE):**
   Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

   To lose weight, you should try to eat fewer calories than your basic calories need. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

3. **BODY FAT%:**

   You body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass, such as bone, muscle, organ tissue, blood and everything else.

4. **BODY TYPE:**
   Refer to the following list to determine what your body type is:

Type 1	5% ~ 9% (fat %)	Underweight	Type 2	10% ~ 14% (fat %)	Slim Class 1

Type 3	15% ~ 19% (fat %)	Slim Class 2	Type 4	20% ~ 24% (fat %)	Slim Class 3

Type 5	25% ~ 29% (fat %)	Standard	Type 6	30% ~ 34% (fat %)	Overweight

Type 7	35% ~ 39% (fat %)	Obese Class 1	Type 8	40% ~ 44% (fat %)	Obese Class 2

Type 9	45% ~ 50% (fat %)	Extreme Obesity			

5. ERROR INFORMATION:
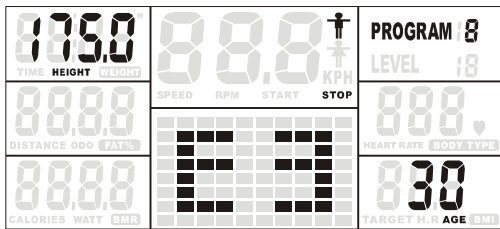
If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly

H. R. C. PROGRAM (P9 ~ P12)

T.H.R.

60% H.R.C.

75% H.R.C.

85% H.R.C.

1. **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket

b. The console would automatically shut off after 4 minutes of inactivity

c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use
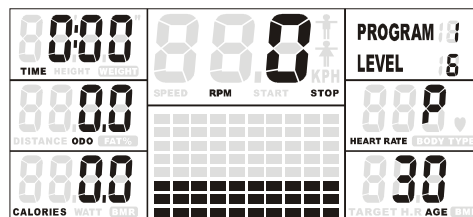
2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

START / PAUSE

HOLD TO RESET

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status

POWER ON status

3. **Normal way to operate H.R.C. PROGRAM (P9~P12)**

A. **ENTER H.R.C. PROGRAM (P9~P12)**

a. **START/PAUSE** button:

If you have selected other program (P1 ~ P8 or P13 ~ P16), pressing **START/PAUSE** button to pause the current program
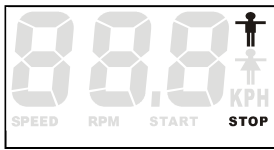
b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **H.R.C. PROGRAM (P9 ~ P12)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **H.R.C. PROGRAM (P9 ~ P12)**

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select **TIME** value, not **DISTANCE** value:	If you would like to select **DISTANCE** value, not **TIME** value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
a. After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ P12)**, the **TIME** function mode will appear with the display flashing "0:00"	b. After pressing the **ENTER** button to enter into **H.R.C. PROGRAM (P9 ~ 12)**, the **TIME** function mode will appear with the display flashing "0:00".
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**	c. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
NOTE for TIME:	d. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**
• Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes	**NOTE for DISTANCE:**
• Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	• Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
	• Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES

ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:

• Count Up: If target calories was not selected, this would measure total calories burned during exercise

• Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

D. SET THE TARGET HEART RATE or YOUR AGE

If you have selected PROGRAM 9, select TARGET HEART RATE:	**If you have selected PROGRAM 10~12, select your AGE:**
ENTER button and then **UP** or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
`98` TARGET H.R AGE BMI	`30` TARGET H.R AGE BMI
a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **TARGET H.R.**	a. Press **ENTER** button *to* confirm the **CALORIES** value and enter the mode to set the **AGE**
b. Use **UP** or **DOWN** buttons to set the desired **TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENT)**	b. Use **UP** or **DOWN** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**
	NOTE for AGE:
	NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

E. **MUST-KNOWN HEART RATE PROGRAM INFO.**

a. **SIMPLE FORMULA OVERVIEW:**

BEGINNER: 60% of maximum heart rate; 60% of (220 – you age)

TRAINER: 75% of maximum heart rate; 75% of (220 – you age)

ACTIVE TRAINER: 85% of maximum heart rate; 85% of (220 – you age)

FIND YOUR TARGET HEART RATE
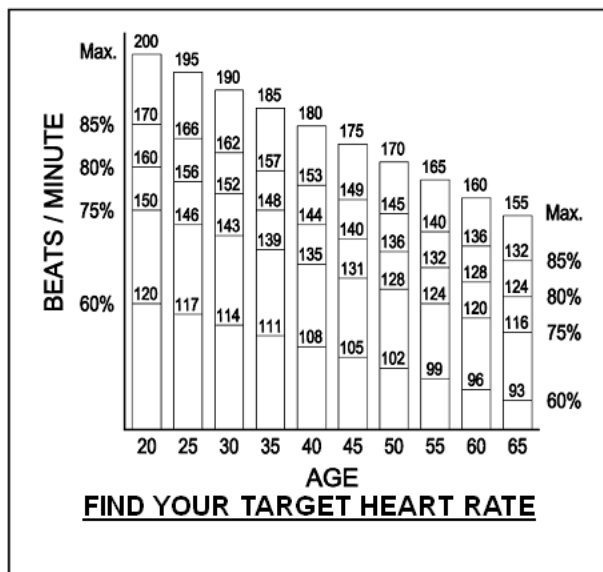
b. **CONSOLE MONITOR YOUR CURRENT PULSE**

- The console will monitor your actual pulse and adjust the resistance/torque level automatically to keep your pulse within your **TARGET HEART RATE ZONE.**

- If you current pulse > (the value of the **TARGET HEART RATE** $\pm$ 5), the console would decrease one resistance/torque level automatically

- If you current pulse < (the value of the **TARGET HEART RATE** $\pm$ 5), the console would increase one resistance/torque level automatically

For example: if your age is 30, 60% of your max. heart rate is 114. To determine your **HEART RATE ZONE**, the minimum number in your zone is 109 (114 – 5) and your maximum number in your zone is 119 (114 $+$ 5),

so you **TARGET HEART RATE ZONE** in this example is 109 to 119. The program will monitor your pulse and adjust the torque/resistance level automatically to keep your pulse within the **HEART RATE ZONE** (109 – 119) during workout

F. **START EXERCISE**

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear on the screen

G. **DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS**

NOTE for HEART RATE:

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed
- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

H. **DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME**

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

I. **DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT**

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

RPM, **ODO**, **WATT** will show at the same time

SPEED, **DISTANCE**, **CAL.** will show at the same time

About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

USER SETTING PROGRAM (P13 ~ P16)

1. **Prior information: Press any button on the console or begin pedaling to turn on the console**

a. Make sure that the power cord is properly plugged into the socket

b. The console would automatically shut off after 4 minutes of inactivity

c. Press any button on the console or begin pedaling to turn on the console. After a few seconds, the console will then light up with a short beep sound, indicating the console will be ready for use

2. **Prior information: "HOLD TO RESET" button, an easy way to reset and enter into POWER ON status**

Continue pressing **START/PAUSE** a few seconds, all the date will reset to the initial value and the console will return to **POWER ON** status

POWER ON status

3. **Normal way to operate USER MODE PROGRAM (P13~P16)**

A. ENTER USER MODE PROGRAM (P13~P16)

a. **START/PAUSE** button:

If you have selected other program (P1 ~ P12), pressing **START/PAUSE** button to pause the current program

b. **UP** or **DOWN** button:

Press **UP** or **DOWN** button to select **USER MODE PROGRAM (P13 ~ P16)**

c. **ENTER** button:

Press **ENTER** button to confirm and enter **USER MODE PROGRAM (P13 ~ P16)**

B. SET THE DESIRED TIME or DESIRED DISTANCE

To avoid the user to select TIME and DISTANCE in the same program to confuse the user couldn't distinguish which one (TIME or DISTANCE) as the first priority. User could only select TIME or DISTANCE in the same program, one at the time

If you would like to select TIME value, not DISTANCE value:	If you would like to select DISTANCE value, not TIME value:
UP or **DOWN** button:	**ENTER** button and then **UP** or **DOWN** button:
a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"	a. After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"
b. Use **UP** or **DOWN** buttons to set the desired **TIME (1:00 TO 99:00; 1 MINUTE INCREMENT)**	b. Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
NOTE for TIME:	c. Use **UP** or **DOWN** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**
● Count Up: If a target time was not selected, **TIME** will count up from 0:00 to maximum 99:59 minutes	**NOTE for DISTANCE:**
● Count Down: If you have set the target time, the console will count down from that selected target time down to 0:00	● Count Up: If a target distance was not selected, this would measure the total distance from 0:00 to 999 km/mile
	● Count Down: If you have set the target distance, the console will count down from the selected target time down to 0

C. SET THE DESIRED CALORIES and YOUR AGE

ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm **TIME** or **DISTANCE** value and enter the mode to set the **CALORIES**

b. Use **UP** or **DOWN** buttons to set the desired **CALORIES (10 TO 9990KCAL; 10 KCAL INCREMENT)**

NOTE for CALORIES:

● Count Up: If target calories was not selected, this would measure total calories burned during exercise

- Count Down: If you have set the preference value of calories, the console will count down from that selected value down to 0

D. SET THE DESIRED CALORIES and YOUR AGE

ENTER button and then **UP** or **DOWN** button:

a. Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**

b. Use **UP** or **DOWN** buttons to set your **AGE** (**10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT**)

NOTE for CALORIES:

NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

E. SET THE TORQUE/RESISTANCE LEVEL

ENTER button and then **UP** or **DOWN** button:
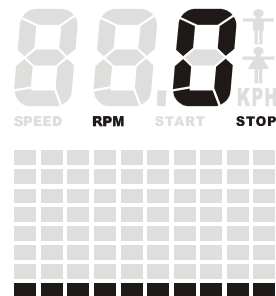
a. The **USER SETTING PROGRAM** allows the user to manually set the torque/resistance level, the console will divide the time into 10 intervals. The user could through their preference to set the desired torque/resistance level in each time interval

b. Press **ENTER** button to confirm the **AGE** value and enter the mode to set the **EACH TIME INTERVAL OF TORQUE/RESISTANCE LEVEL (1 TO 16 TORQUE/RESISTANCE LEVELS; 1 TORQUE/RESISTANCE LEVEL INCREMENT)**, then press **ENTER** button to confirm

c. Continue following the above process to finish setting the preference **TORQUE/RESISTANCE LEVEL** in 10 time intervals. The program profile will be storied in the memory after setup. You can modify the profile anytime under the **STOP** mode
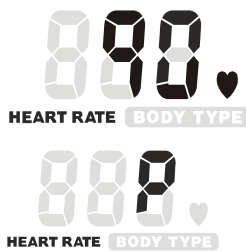
F. START EXERCISE

START/ PAUSE button: Press **START/ PAUSE** to begin exercise. "**START**" would then appear to the screen

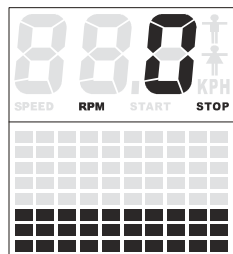## G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

- You must place both of your hands on the **Pulse Sensors** located on the **Seat Handlebar**. Your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed

- If you do not place your hands correctly and a few seconds pass without a pulse input, the console will turn off the pulse circuit. The console will then display an error message "P". Place your hands back on the **Pulse Sensors** correctly, the pulse readout will appear again

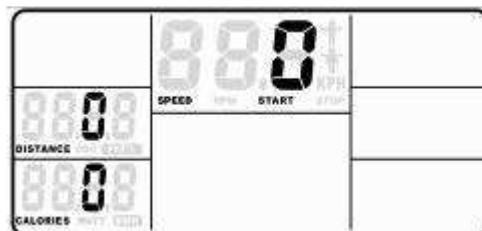## H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME

UP or **DOWN** button: You can change the torque/tension level (from 1 to 16 levels) at any time during workout by pressing **UP** or **DOWN** button

I. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO "STRENGTHEN YOUR CARDIOVASCULAR WORKOUT

- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically

- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate. For example: For a 30-year-old user, the max. user heart rate should be 161 = (220-30) x 85%

- The console will monitor your pulse and compare the value of your pulse with **TARGET HEART RATE**. The value of **HEART RATE** will keep flashing to warn you to slow down or lower the torque/resistance level if your pulse value is greater than **TARGET HEART RATE**

J. DURING WORKOUT, HOW TO REVIEW SPEED, DISTANCE, CALORIES, RPM, ODO (ODOMETER) AND WATT

During workout (after pressing **START/PAUSE**), the user could press **MODE** to select **SPEED**, **DISTANCE** and **CALORIES**, or **RPM**, **ODO (Odometer)** and **WATT**

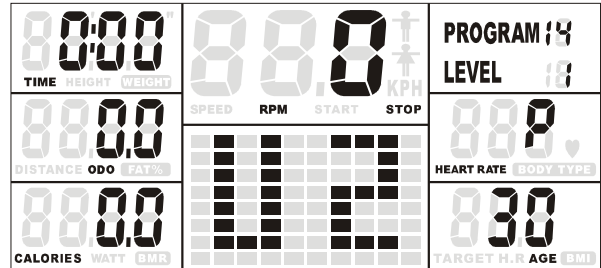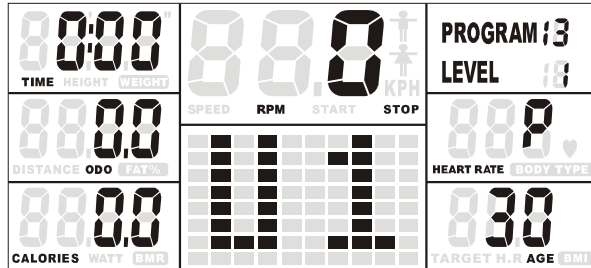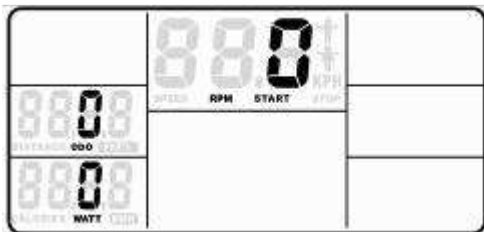**RPM**, **ODO**, **WATT** will show at the same time
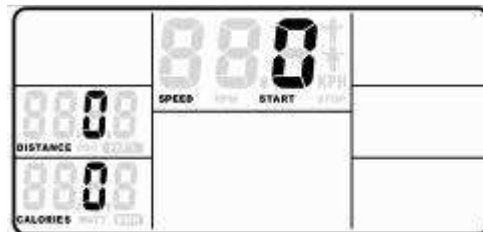
SPEED, **DISTANCE, CAL.** will show at the same time
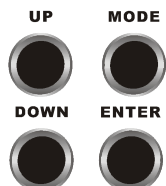
About **ODO (odometer)**, the function is similar to **DISTANCE**, will accumulate the total distance traveled by the item during workout. If there is any necessary to reset **ODO**'s distance value, press **UP**, **MODE**, **DOWN** and **ENTER** at the same time to let the motor automatically calibrate to reset **ODO** value to zero

CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
E1	No Motor signal	1. Motor Malfunction	Replace Motor
		2. Magnetic System Malfunction or got stuck	Replace Magnetic System/Flywheel
		3. Connection Wires are not well-connected or broken	Check whether the wires are well-connected or replace the broke wires with the new wires
		4. Console Malfunction	Replace Console
E2	The Computer cannot make contact with the IC Chip	1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly	
		2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip	
		3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip	
E3	No heart rate signal after Body Fat testing result when in **Body Fat Program (P8)**	If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly	
E5	Motor couldn't return to the initial setup value/zero point	1. Check whether the wires are broken or well-connected	Replace the broken wires with new wires or re-connected the wires
		2. Check whether the motor is broken (has struggle to adjust the resistance and will make an abnormal noise)	Replace Motor
			Replace Magnetic System
No Hand Pulse Signal or incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly	
	The Computer is receiving a faint or intermittent Pulse Signal	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.	
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors	
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors	
		The problem still exists, replace the Hand Pulse Sensors.	
The LCD Screen does not display anything	The Adaptor is not plugged in (item power supply from Adaptor)	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly	
	The Computer is faulty	Replace the Computer	
The Speed Display Show "O"	The Computer isn't receiving a signal from the Speed Sensor?	Verify the gap between Speed Sensor and the Magnet is 5mm or less	
		Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged	

		Verify that the sensor Magnet is installed correctly
	The Sensor is faulty	Replace the Speed Sensor
	The Computer is faulty	Replace the Computer
The LCD Screen Partially Displays	4. The connection between the Circuit Board and the LCD Membrane is loose. 5. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance
	The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover	1. Open the Console. 2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane. 3. Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance
	The Computer is faulty	Replace the Computer

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the item gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

· Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

· Begin your training program slowly with realistic goals that have been set by you and your doctor.

· Monitor your pulse frequently. Establish your target heart rate base on your age and condition.

· Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.
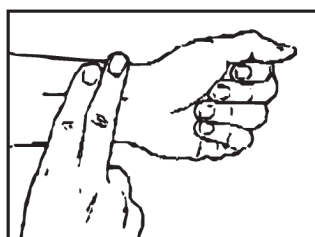
WARM-UP AND COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises

Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. DO NOT BOUNCE! When the pull on the back of the legs lessen, try a lower position gradually.
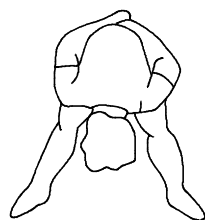
Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. DO NOT BOUNCE! Do this stretch 10 times. Repeat the stretch with the left leg

Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hand down. DO NOT BOUNCE! Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

R**emember always to check with your physician before starting any exercise program.**

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PRODUCT PARTS DRAWING (A)
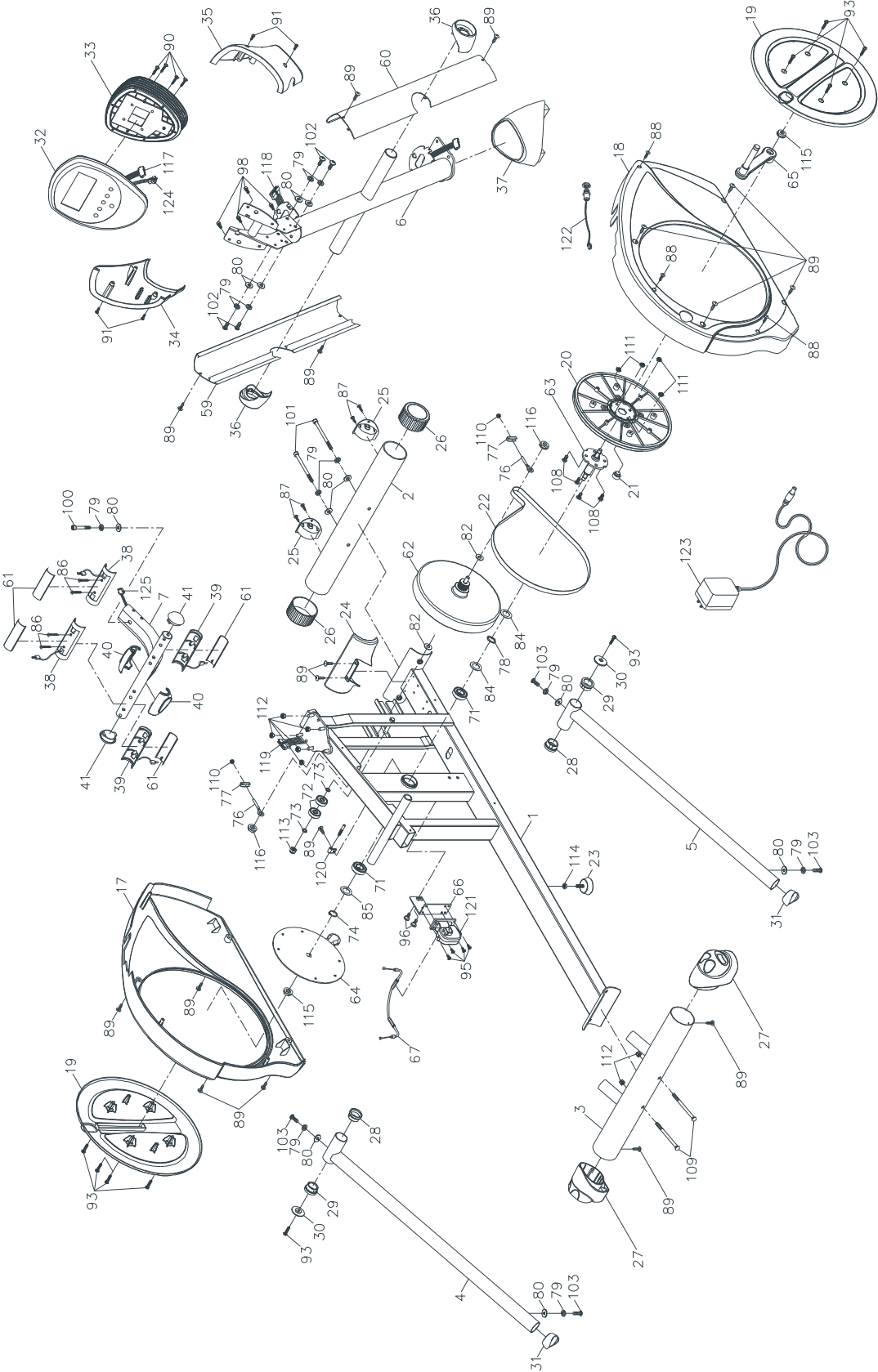
PRODUCT PARTS DRAWING (B)
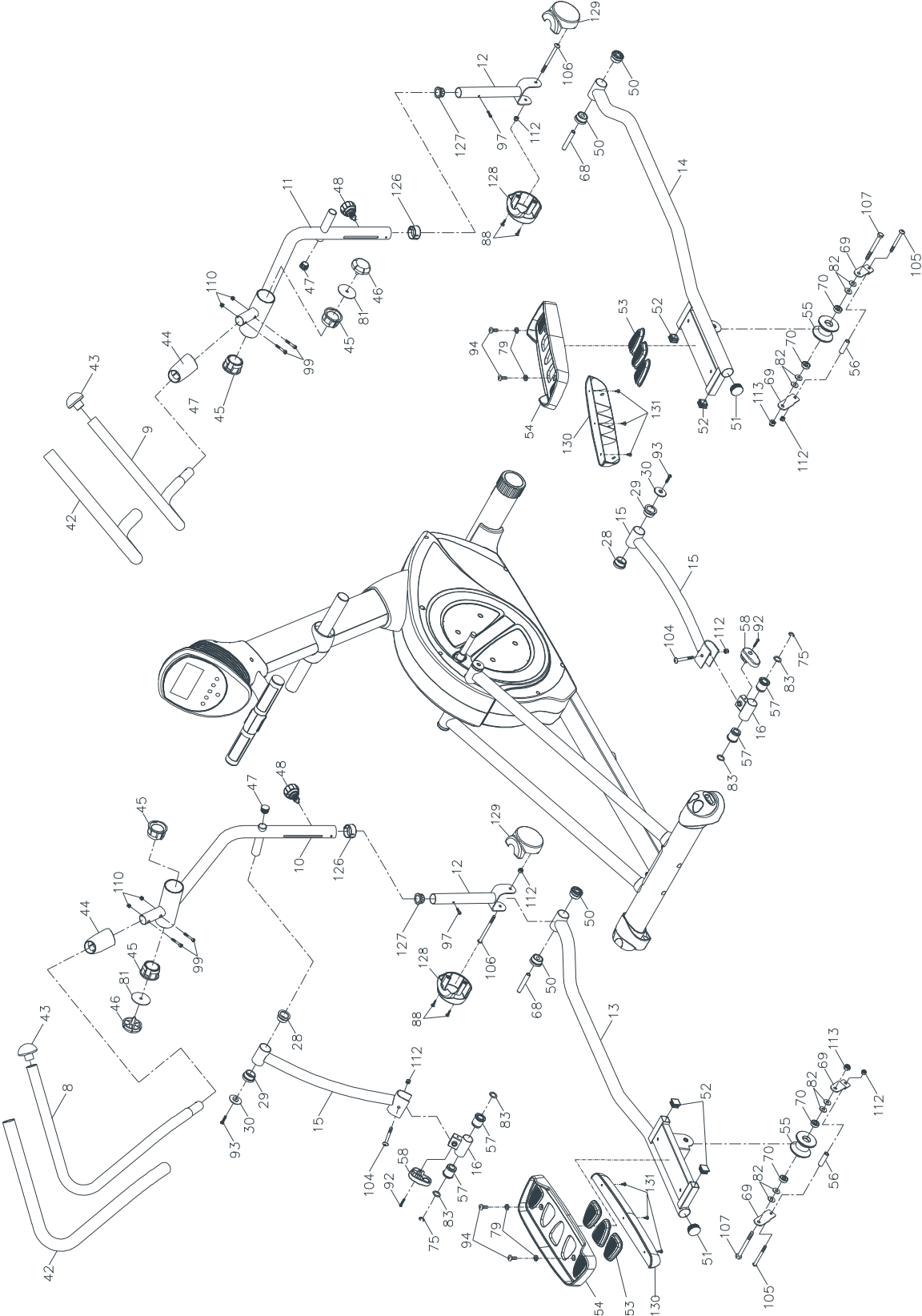
PARTS LIST

NO.	Part Name	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Sliding Rail	1
5	Right Sliding Rail	1
6	Upright Post	1
7	Fixed Handlebar	1
8	Left Upper Handlebar	1
9	Right Upper Handlebar	1
10	Left Middle Handlebar	1
11	Right Middle Handlebar	1
12	Pivoting Arm	2
13	Left Pedal Support Arm	1
14	Right Pedal Support Arm	1
15	Linkage	2
16	Pedal Arm Connector	2
17	Left Chain Cover	1
18	Right Chain Cover	1
19	Crank Cover	2
20	Pulley	1
21	Magnet	1
22	Belt (1168 J6)	1
23	Leveler	1
24	Tube Decoration Cover for Stabilizer	1
25	Transportation Wheel	2
26	EndCap	2
27	Adjusting Rear Stabilizer EndCap	2
28	Bushing	4
29	Bushing (flat)	4
30	Securing Cap (38.1mm)	4
31	Rail Sleeve	2
32	Console	1

33	Console Bottom Cover	1
34	Left Console Sleeve	1
35	Right Console Sleeve	1
36	Rotator Cuff	2
37	Upright Sleeve	1
38	Hand Pulse Upper Cover	2
39	Hand Pulse Bottom Cover	2
40	Handlebar Decoration Cover	2
41	Round Plug	2
42	Foam Grip for Upper Handlebar	2
43	Handheld Plug	2
44	Handlebar Sleeve	2
45	Middle Handlebar Bushing	4
46	Securing Cap (ψ60)	2
47	Round Plug (25.4mm)	2
48	Spring Knob	2
50	Bushing (12×38mm)	4
51	Round Plug (38.1mm)	2
52	Square Plug (25.4mm)	4
53	Non-Slip Pad	6
54	Pedal Upper Case	2
55	Sliding Roller	2
56	Roller Spacer	2
57	Bushing (17×33.4mm)	4
58	Linkage Plug	2
59	Left Upright Post Cover	1
60	Right Upright Post Cover	1
61	Pulse Sensor Housing w/ Sensor Plate	4
62	Flywheel	1
63	Axle	1
64	Left Crank	1
65	Right Crank	1
66	Fixed Plate for Motor	1
67	Cable	1
68	Shaft Sleeve	2
69	Roller Bracket	4

70	Bearing (6000)	4
71	Bearing (6004)	2
72	Bearing (6300)	2
73	Spacer (10×14×2mm)	2
74	C-Ring	1
75	E-Ring	2
76	Eye Bolt	2
77	Tension Bracket	2
78	Wave Washer	1
79	Lock Washer	15
80	Washer (8×16×2.0t)	11
81	Washer (8×60×2.0t)	2
82	Washer (10×23×2.0t)	10
83	Washer (17×33.4×0.5t)	4
84	Washer (21×30×0.5t)	2
85	Washer (21×30×1.0t)	1
86	Screw (M3×25mm)	4
87	Screw (M4×16mm)	4
88	Screw (M4×16mm)	7
89	Bolt (M5×18mm)	17
90	Bolt (M5×p0.8×25mm)	4
91	Bolt (M5×p0.8×15mm)	4
92	Bolt (M5×p0.8×25mm)	2
93	Bolt (M6×p1.0×25mm)	12
94	Bolt (M8×p1.25×16mm)	4
95	Bolt (M5×p0.8×12mm)	4
96	Bolt (M8×p1.25×15mm)	2
97	Bolt (M5×p0.8×15mm)	2
98	Bolt (M6×p1.0×15mm)	4
99	Bolt (M6×p1.0×35mm)	4
100	Bolt (M8×p1.25×45mm)	1
101	Bolt (M8×p1.25×90mm)	2
102	Bolt (M8×p1.25×16mm)	4
103	Bolt (M8×p1.25×20mm)	4
104	Bolt (M8×p1.25×50mm)	2
105	Bolt (M8×p1.25×65mm)	2

106	Bolt (M8×p1.25×90mm)	2
107	Bolt (M10×p1.5×85mm)	2
108	Bolt (M8×p1.25×16mm)	4
109	Carriage Bolt (M8×p1.25×90mm)	2
110	Nylon Nut (M6×p1.0)	6
111	Thin Nylon Nut (M8×p1.25)	4
112	Nylon Nut (M8×p1.25)	13
113	Nylon Nut (M10×p1.5)	3
114	Nut (M8×p1.25)	1
115	Flange Nut (M10)	2
116	Flange Nut - Black Color (M10)	2
117	Upper Connection Wire	1
118	Middle Connection Wire	1
119	Lower Connection Wire	1
120	Sensor Wire & Stand	1
121	Motor	1
122	Adaptor Connection Wire	1
123	Adaptor	1
124	Upper Pulse Sensor Wire	1
125	Lower Pulse Sensor Wire	1
126	Middle Handlebar Connection Plug	2
127	Pivoting Arm Connection Plug	2
128	Left Handrail Base Cover	2
129	Right Handrail Base Cover	2
130	Pedal Bottom Case	2
131	Screw (M4×10mm)	6

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

"The Buyer who is the End Costumer" or simply the "End Costumer" is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

"The Buyer who is not the End Customer" is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from:

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to

require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

SEVEN SPORT, s.r.o.

Borivojova 35/878 130 00 Praha 3, Czech Rebublic   CRN: 268 47 264, VAT ID: CZ26847264

Orders:	+420 556 300 970,	objednavky@insportline.cz
Warranty Claims:	+420 556 770 190, Mobile: +420 604 853 019,	reklamace@insportline.cz
Service:	+420 556 770 190, Mobile: +420 604 853 019,	servis@insportline.cz
Fax:	+420 556 770 192, (Service +420 556 770 191)	
Web:	www.insportline.cz, www.worker.cz, www.worker-moto.cz	

INSPORTLINE, s.r.o.

Bratislavska 36, 911 05 Trencin, Slovakia   CRN: 36311723, VAT ID: SK2020177082

Orders:	+421(0)326 526 701, +421(0)917 649 192,	objednavky@insportline.sk
Warranty Claims:	+421(0)326 526 701, +421(0)918 408 519,	reklamacie@insportline.sk
Fax:	+421(0)326 526 705	
Web:	www.insportline.sk, www.worker.sk, www.worker-moto.sk	

Date of Sale: Stamp and Signature of Seller: