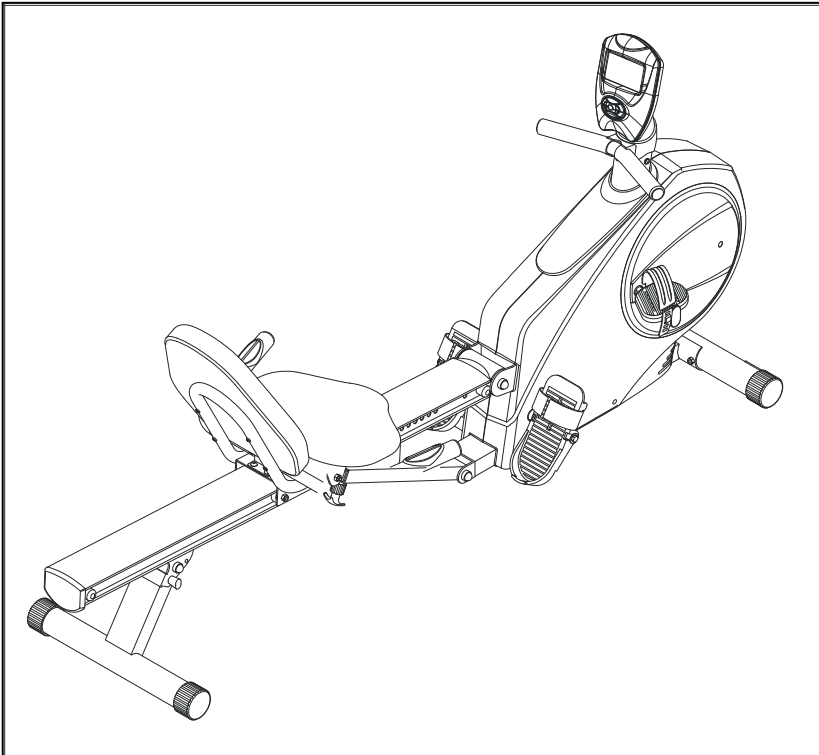


2 in 1 Rower / Recumbent Bike

Owner's Manual



WARNING



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 others 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 136 kgs / 300 lbs.

Product May Vary Slightly
From Pictured

v.V

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SAFETY INSTRUCTIONS

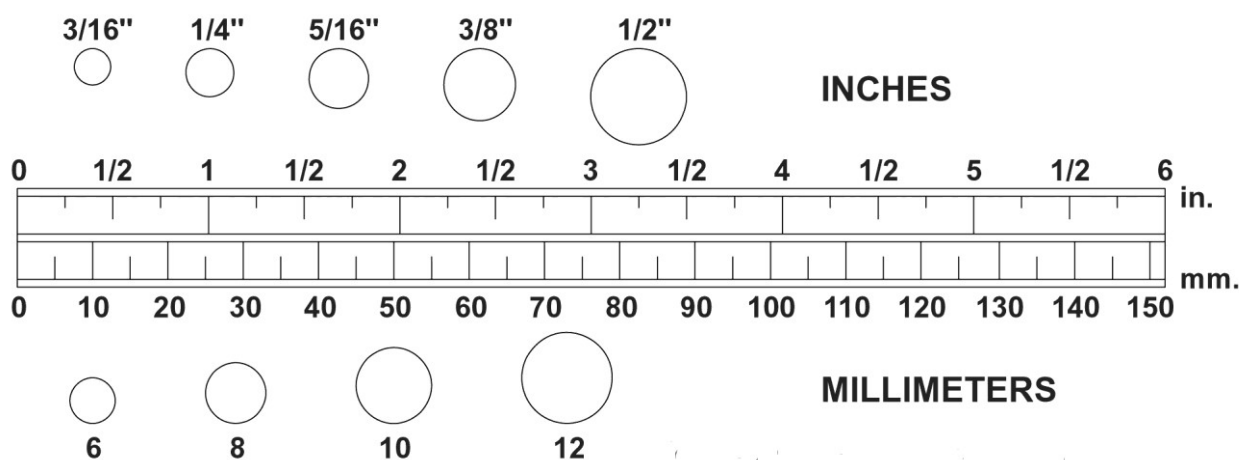
WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the 2 in 1 Rower / Recumbent Bike.

1. Read all warnings posted on the 2 in 1 Rower / Recumbent Bike.
2. Read this Owner's Manual and follow it carefully before using the 2 in 1 Rower / Recumbent Bike. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the 2 in 1 Rower / Recumbent Bike. Do not allow children to use or play on the 2 in 1 Rower / Recumbent Bike. Keep children and pets away from the 2 in 1 Rower / Recumbent Bike when it is in use.
4. Set up and operate the 2 in 1 Rower / Recumbent Bike on a solid level surface. Do not position the 2 in 1 Rower / Recumbent Bike on loose rugs or uneven surfaces.
5. Inspect the 2 in 1 Rower / Recumbent Bike for worn or loose components prior to use.
6. Tighten / replace any loose or worn components prior to using the 2 in 1 Rower / Recumbent Bike.
7. Make sure the Rear Support(62) is locked properly with the Pull Pin (63) before using the 2 in 1 Rower / Recumbent Bike
8. Make sure the Rail(52) is locked properly by the Release Knob(59) located on the Support Tube(56) when in storage.
9. Keep fingers clear of all pinch points when folding and unfolding the 2 in 1 Rower / Recumbent Bike.
10. Lock seat in position with at least one adjustment hole visible in front of the seat before lifting rail to storage position. This will prevent the seat from damaging the covers.
11. 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.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. 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 exercise.
14. Do not wear loose or dangling clothing while using the 2 in 1 Rower / Recumbent Bike.
15. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the 2 in 1 Rower / Recumbent Bike, loss of balance may result in a fall and serious bodily injury.
17. The 2 in 1 Rower / Recumbent Bike should not be used by persons weighing over 300 lbs / 136 kgs.
18. The 2 in 1 Rower / Recumbent Bike should be used by only one person at a time.
19. The 2 in 1 Rower / Recumbent Bike is for consumer use only. It is not for use in public or semipublic facilities.

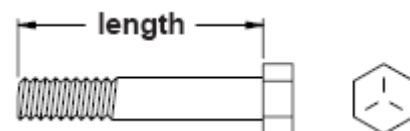
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

HAREWARE INDETIFICATION CHART

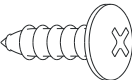
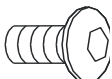
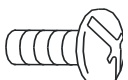
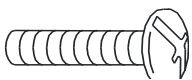
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

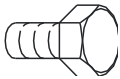
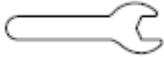
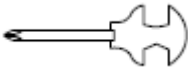


NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



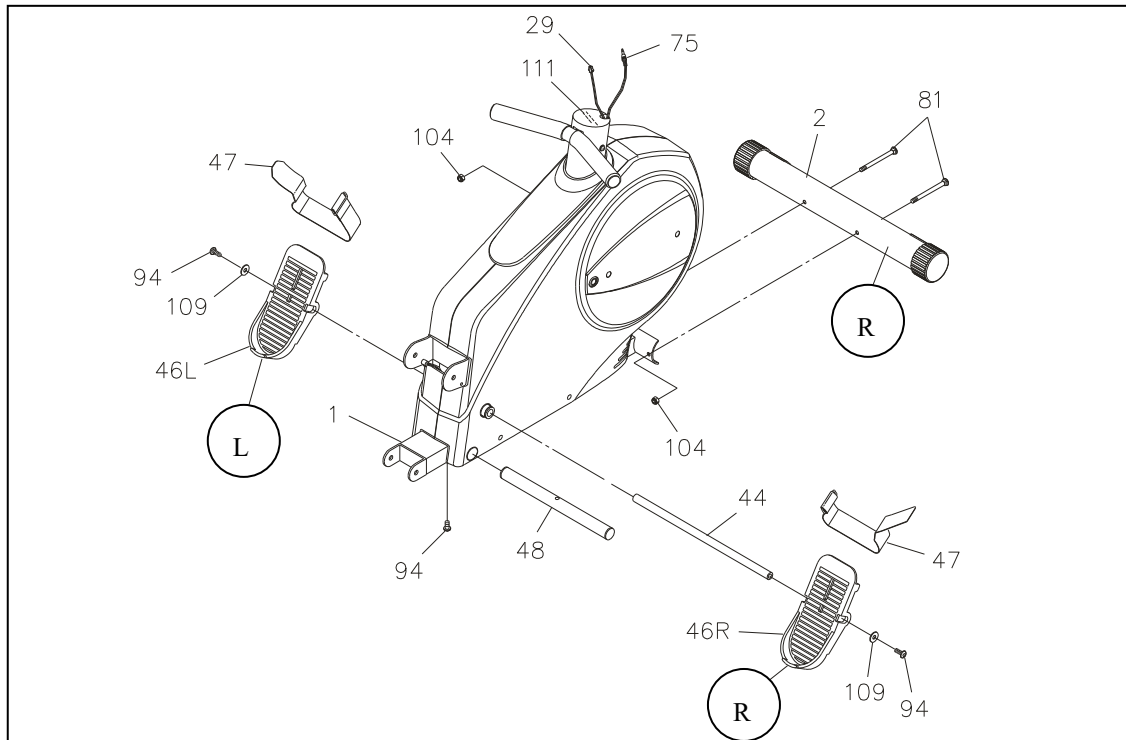
After unpacking the unit, open the hardware bag and make sure that you have all the following items.
Some hardware may be already attached to the part.

	Part No. and Description	Qty
	63 Pull Pin	1
	79 Nut Cap M10	8
	84 Screw, Round Head M5x18mm	1
	94 Bolt, Button Head M8x1.25x15mm	2
	95 Bolt, Round Head M6x1x15mm	4
	96 Bolt, Round Head M6x1x30mm	4

	Part No. and Description	Qty
	97 Bolt, Hex Head M8x1.25x16mm	4
	109 Large Washer M8x23mm	2
	Wrench (17 mm)	2
	Allen Wrench(6 mm)	2
	Combination Wrench	1

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed.



NOTE: Don't remove or damage the DEACL(111) located on the top of the MAIN FRAME(1). The DECAL(111) is for preventing from the Sensor Wires drop into the Upright Tube.

- STEP 1: NOTE: For shipping purpose, CARRIAGE BOLTS(M8x70mm)(81) and NYLOCK NUTS(M8)(104) will already be attached to the FRONT STABILIZER (2).
- Remove CARRIAGE BOLTS(M8x70mm)(81) and NYLOCK NUTS(M8)(104) from the FRONT STABILIZER (2).
 - There is a "R" decal on one end of the FRONT STABILIZER(2). Attach the FRONT STABILIZER(2) onto the MAIN FRAME(1) with the "R" decal end at right side and secure with CARRIAGE BOLTS(M8x70mm)(81) and NYLOCK NUTS(M8)(104).

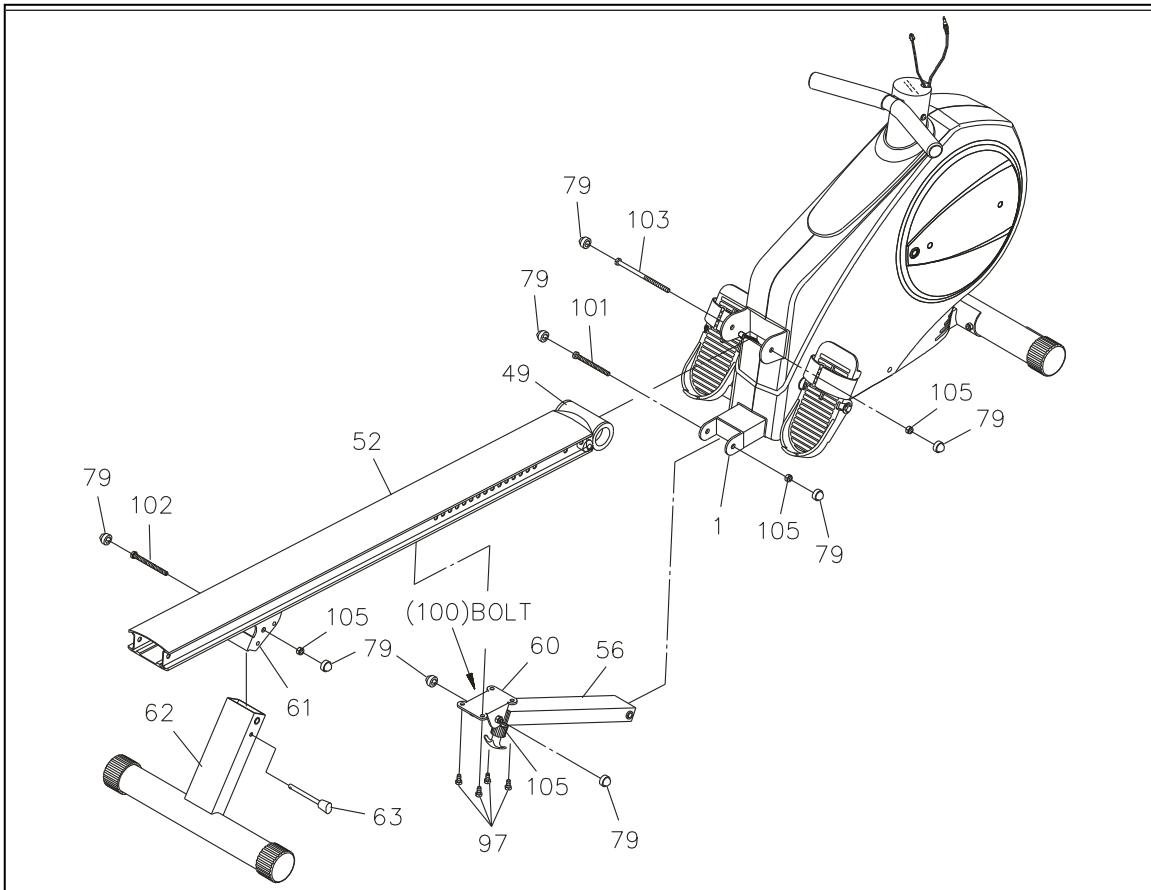
- STEP 2: NOTE: For shipping purpose, BUTTON HEAD BOLT(M8x15mm)(94) will already be attached to the bottom of the MAIN FRAME (1).
- Remove BUTTON HEAD BOLT(M8x15mm)(94) from the bottom of the MAIN FRAME (1).
 - Insert the STOPPER TUBE(48) through the MAIN FRAME(1) and secure with BUTTON HEAD BOLT(M8x15mm)(94).

NOTE: The PEDAL STRAPS(47) are pre-assembled to the FOOT PEDALS(46). The pedal and strap assembly for the left side has a "L" decal. The pedal and strap assembly for the right side has a "R" decal.

- STEP 3: Insert the PEDAL SHAFT(44) through the MAIN FRAME(1). Place the RIGHT FOOT PEDAL ASSEMBLY(46R) onto the right end of the PEDAL SHAFT(44) and place the LEFT FOOT PEDAL ASSEMBLY(46L) onto the left end. Secure the FOOT PEDALS with BUTTON HEAD BOLTS (M8x15mm)(94) and LARGE WASHERS(M8)(109) at both ends of the PEDAL SHAFT(44).

NOTE: You need to use two Allen Wrenches to tighten the BUTTON HEAD BOLTS(M8x15mm)(94) at both ends of the PEDAL SHAFT(44) at the same time.

ASSEMBLY INSTRUCTIONS



STEP 4: Attach the SUPPORT BRACKET(60) onto the RAIL(52) with HEX BOLTS(M8x16mm)(97). Press the NUT CAPS(79) onto NYLOCK NUT(M10)(105) and HEX BOLT M10x75mm (100).

STEP 5: NOTE: For shipping purpose, HEX BOLT (M10x125mm)(103) and NYLOCK NUT(M10)(105) will already be attached to the MAIN FRAME (1).

- Remove HEX BOLT (M10x125mm)(103) and NYLOCK NUT(M10)(105) from the MAIN FRAME (1).
- Attach the RAIL(52) onto the MAIN FRAME(1) by sliding the RAIL PIVOT(49) into the bracket on the MAIN FRAME(1) and securing with HEX BOLT (M10x125mm)(103) and NYLOCK NUT(M10)(105). Press the NUT CAPS(79) onto HEX BOLT(M10x125mm)(103) and NYLOCK NUT(M10)(105).

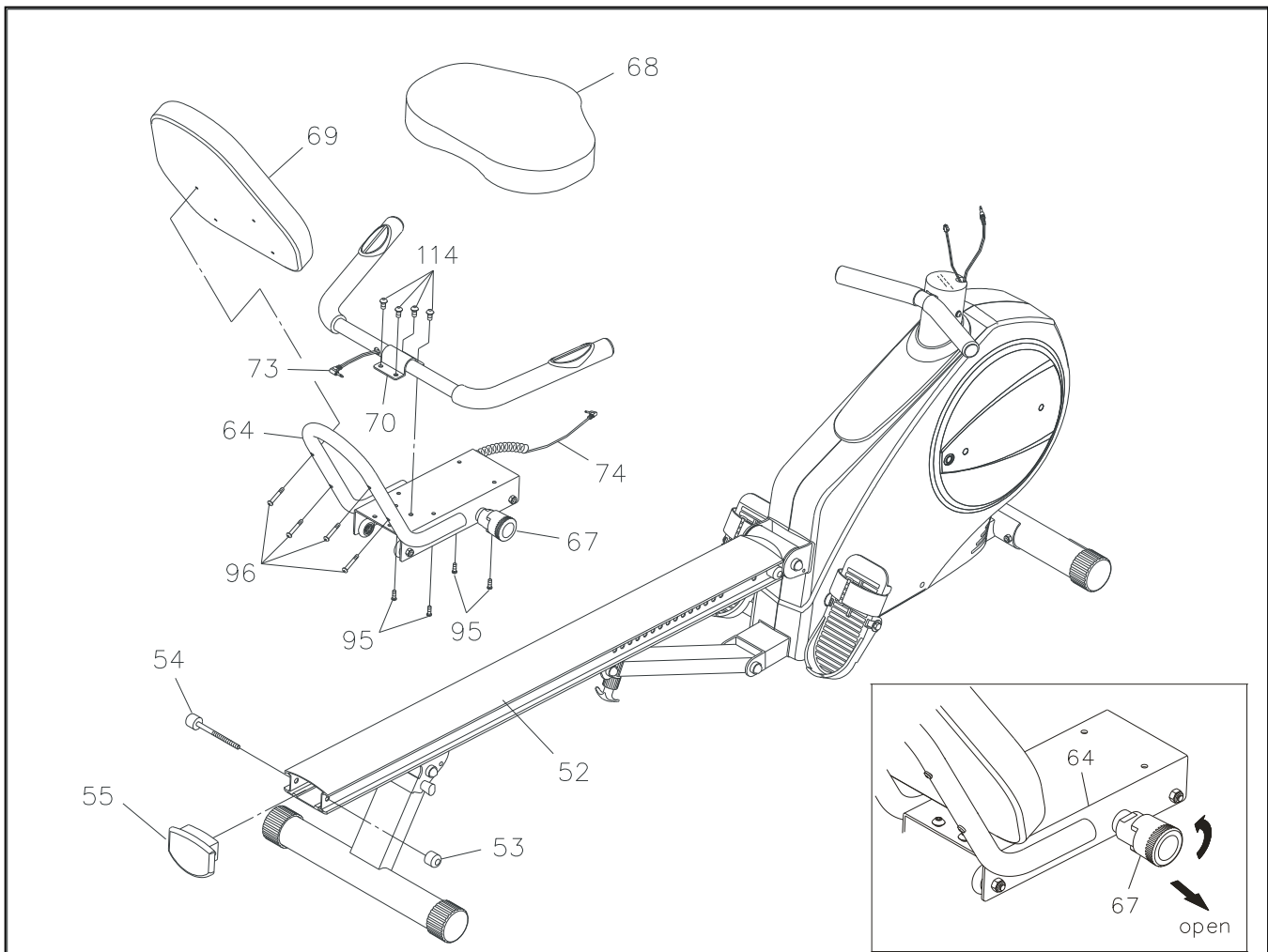
STEP 6: NOTE: For shipping purpose, HEX BOLT (M10x85mm)(101) and NYLOCK NUT(M10)(105) will already be attached to the MAIN FRAME (1).

- Remove HEX BOLT (M10x85mm)(101) and NYLOCK NUT(M10)(105) from the MAIN FRAME (1).
- Connect the lower end of the SUPPORT TUBE(56) to the MAIN FRAME(1) with HEX BOLT (M10x85mm)(101) and NYLOCK NUT(M10)(105). Press the NUT CAPS(79) onto HEX BOLT(M10x85mm)(101) and NYLOCK NUT(M10)(105).

STEP 7: NOTE: For shipping purpose, HEX BOLT(M10x95mm)(102) and NYLOCK NUT(M10)(105) will already be attached to the RAIL (52).

- Remove HEX BOLT(M10x95mm)(102) and NYLOCK NUT(M10)(105) from the RAIL (52).
- Attach the REAR SUPPORT(62) into the REAR SUPPORT BRACKET(61) located on the RAIL(52) with HEX BOLT(M10x95mm)(102) and NYLOCK NUT(M10)(105). Lock the REAR SUPPORT(62) in position with the PULL PIN(63). Press the NUT CAPS(79) onto HEX BOLT(M10x95mm)(102) and NULOCK NUT(M10)(105).

ASSEMBLY INSTRUCTIONS



NOTE: Be careful not to damage the PULSE SENSOR WIRES(73,74) while doing assembly STEP 8 to STEP 10.

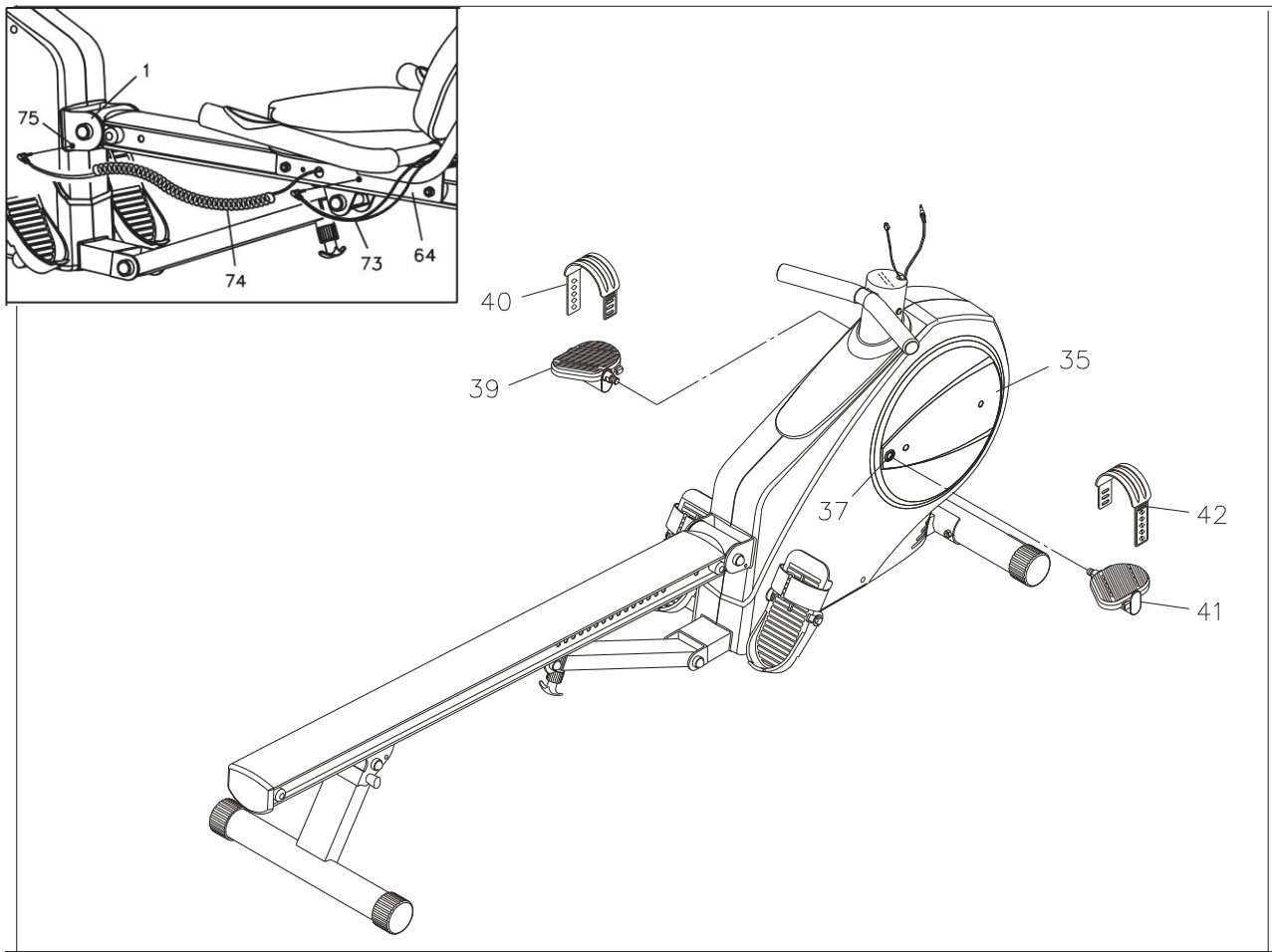
STEP 8: **NOTE:** For shipping purpose, BUTTON HEAD BOLTS (M8x12mm)(114) will already be attached to the SEAT CARRIAGE (64).

- Remove BUTTON HEAD BOLTS (M8x12mm)(114) from the SEAT CARRIAGE (64).
- Attach the HANDRAIL(70) onto the SEAT CARRIAGE(64) with BUTTON HEAD BOLTS (M8x12mm)(114).

STEP 9: Attach the SEAT(68) onto the SEAT CARRIAGE(64) with ROUND HEAD BOLTS(M6x15mm)(95). Attach the BACK CUSHION(69) onto the SEAT CARRIAGE(64) with ROUND HEAD BOLTS (M6x30mm)(96).

STEP 10: Turn the knob of the SPRING PIN(67) counterclockwise and lock the knob in the release position, refer to the insert drawing. Slide the SEAT CARRIAGE ASSEMBLY(64) onto the RAIL(52). Press the RAIL CAP(55) into the back end of the RAIL(52). Insert the STOPPER BOLT(54) through the RAIL(52) and RAIL CAP(55) to bolt them together with the STOPPER(53). Please verify that the other STOPPER BOLT(54) at the front end of RAIL(52) was assembled at the factory.

ASSEMBLY INSTRUCTIONS



NOTE: The RIGHT PEDAL(41) has R stamped on the end of the pedal shaft. The RIGHT PEDAL(41) has right hand threads and is tightened by turning clockwise. The LEFT PEDAL(39) has L stamped on the end of the pedal shaft. The LEFT PEDAL(39) has left hand threads and is tightened by turning counter clockwise.

STEP 11: Thread the RIGHT PEDAL(41) onto the RIGHT CRANK(37) located at inside of the CRANK COVER(35) as shown. Tighten the pedal securely. Select the RIGHT PEDAL STRAP(42) which has R marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the RIGHT PEDAL(41). Snap the other end onto the outside edge of the RIGHT PEDAL(41) with the R mark on the bottom of the RIGHT PEDAL STRAP(42). Select adjustment holes which allow your foot to be easily removed from the pedals. Do the same way to attach the LEFT PEDAL(39) onto the LEFT CRANK(36) and snap the LEFT PEDAL STRAP(40) onto the LEFT PEDAL(39).

STEP 12: Refer to the inset drawing. Plug the PULSE SENSOR WIRE(73) into the socket of PULSE COIL WIRE(74) located on the SEAT CARRIAGE(64). Plug the PULSE COIL WIRE(74) into the socket of PULSE CONNECTION WIRE(75) located on the bracket on the MAIN FRAME(1).

ASSEMBLY INSTRUCTIONS

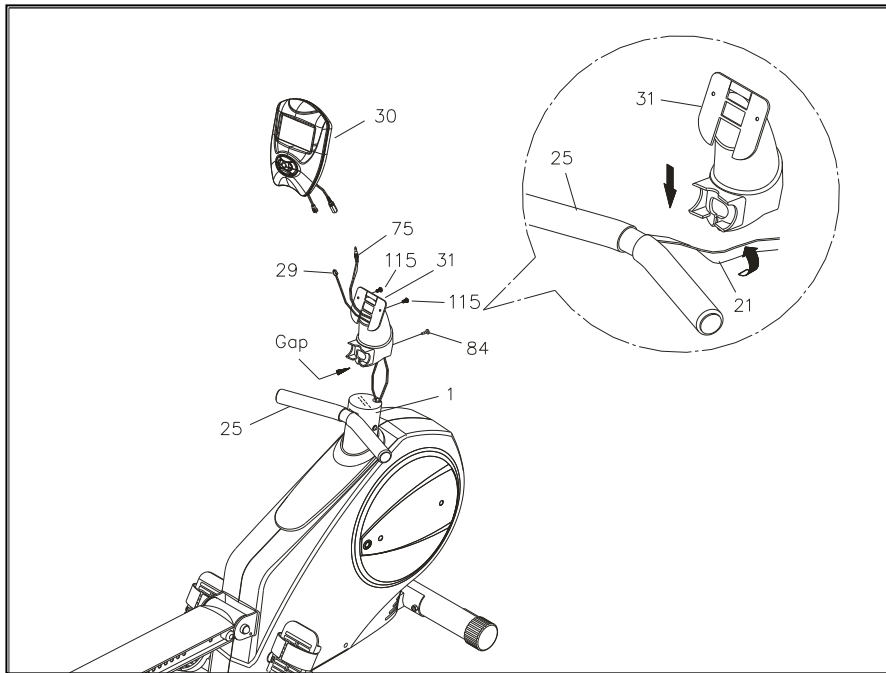
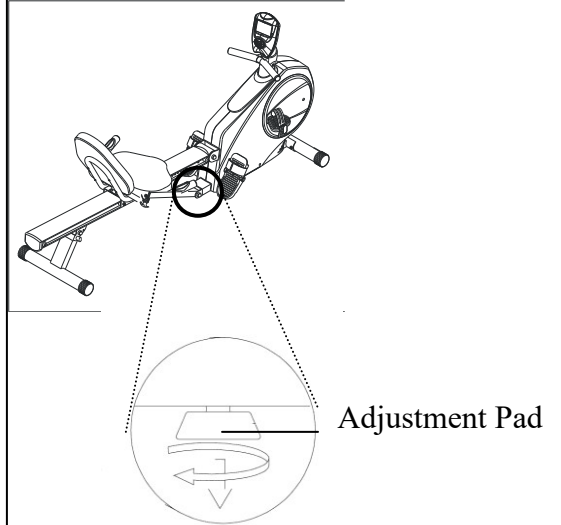


FIG 1



STEP 13: Insert the SENSOR WIRE(29) and PULSE CONNECTION WIRE(75) into the bottom end of METER POST(31) and pull them out of the top of the METER POST(31). Pull the HANDLEBAR(25), twist the STRAP(21) and slide the strap thru the gap into the hole in the bottom of the METER POST(31). Slide the METER POST(31) onto the MAIN FRAME(1) and secure with SCREW(M5x18mm)(84).

STEP 14: Plug the SENSOR WIRE(29) and PULSE CONNECTION WIRE(75) to the METER(30) and push the excess wires back into the METER POST(31). Attach the METER(30) onto the METER POST(31) with two BOLT, BUTTON HEAD M5x0.8x12mm(115).

NOTE: Please be careful not to damage the SENSOR WIRE when attaching the METER(30).

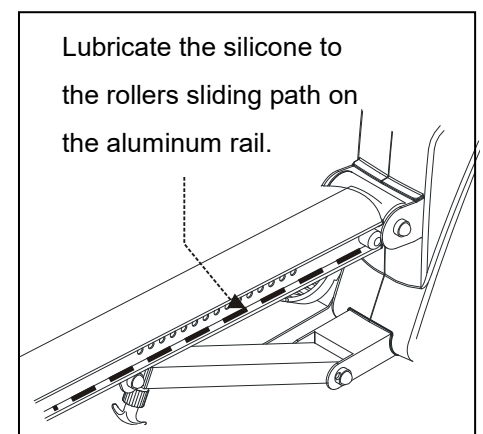
STEP 15: Refer to FIG. 1 above. Turn counter clockwise the Adjustment Pad until it stands on the ground completely to ensure the stability when using.

STEP 16:

- A bottle of silicone is packed together with user's manual.
- Gently apply the silicone to the rollers sliding path (inner upper side and inner bottom side) on the aluminum rail.

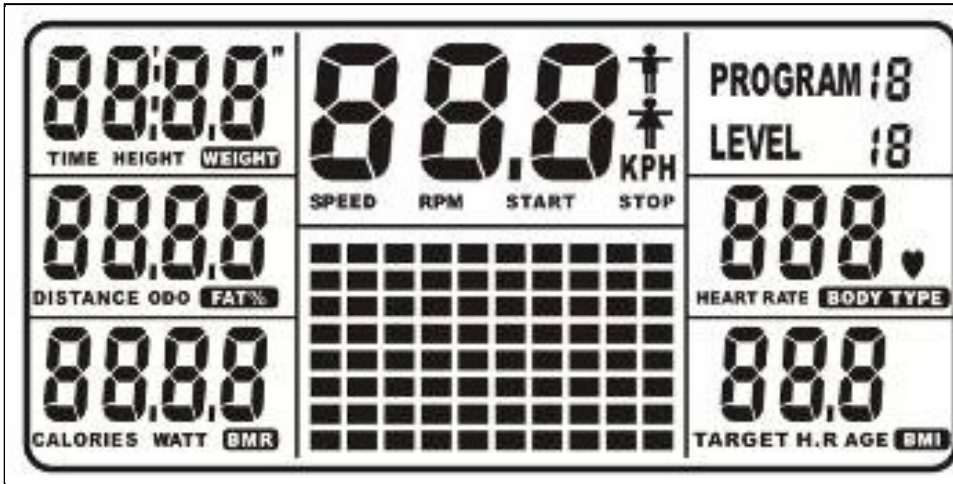
Note: Apply liberally but be cautious not to spill the lubricant as applied surfaces will become very slippery. To clean spills use warm soapy water, repeat if necessary.

- Then slowly slide the Seat forward and backward for a few seconds allowing the lubricant spread evenly on the rollers sliding path on aluminum rail.



CONSOLE INSTRUCTIONS

v. 1.1



- 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

Power ON

- Make sure the item's adaptor is correctly plugged into the socket
- 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 60 seconds of inactivity

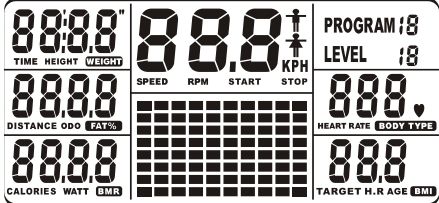
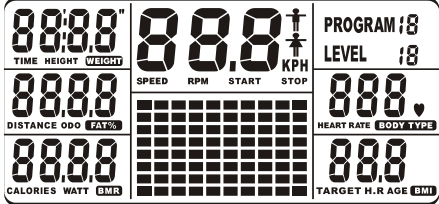
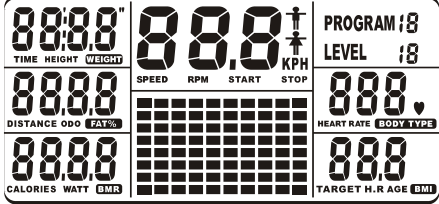
Program List



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 INSTRUCTIONS – CONSOLE BUTTONS

Console Buttons

START / STOP	- Press START/STOP to begin your exercise - Press START/STOP again to stop and pause all functions during your exercise program. All the data on the display will then freeze. - Press START/STOP again to resume the program and all the data displayed will continue until the program has finished. HOLD TO RESET function: Continue pressing START/STOP, all the data 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) 

CONSOLE INSTRUCTIONS – CONSOLE BUTTONS

During workout (after pressing **START/STOP**), 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

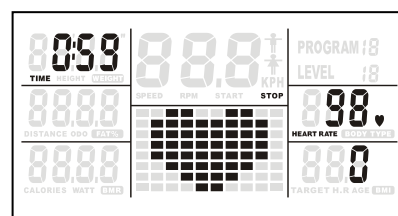
MODE

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

- **DISTANCE:**
 - a. This measures the total distance from 0 to 999 km/Mile.
 - b. After pressing **START/STOP**, **DISTANCE** will count up. Press **START/STOP** again to pause all functions and **DISTANCE** value during your exercise program.
 - c. Press **START/STOP** 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. 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

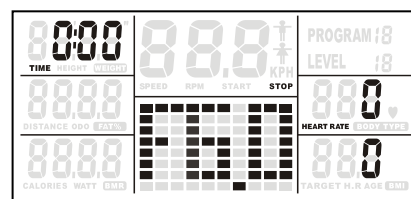
PULSE RECOVERY

- 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. F1.0 is best; F6.0 is worst (For Reference Only)
- c. The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. Stop exercising before starting the function.
- 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, the console's **HEART RATE** value would show "0" and the main screen would show "F6.0" 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.

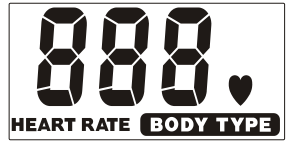


CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

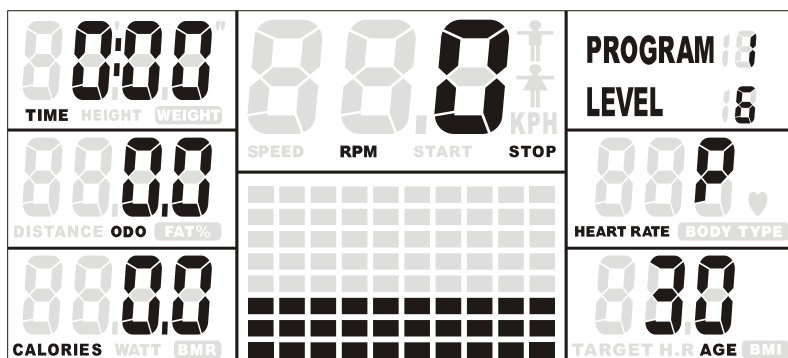
Console Functions

	PROGRAM: - The console comes with <u>16 preset programs</u> - 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 <u>1 to 16 torque/resistance level; 1 level increment</u>
	TIME: - Count Up: If a target time was not selected, TIME will count up from <u>0:00 to maximum 99:59 minutes</u> - 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: <u>110 ~ 250cm; 0.5 cm increment / 3'08" ~ 8' 00"; 1 inch increment; the product is not recommended for children's use</u> WEIGHT: - Display range: <u>10 ~ 200KG; 0.2 KG increment / 23 ~ 440 LBS; 0.5 LBS increment; the product is not recommended for children's use</u>
	DISTANCE: - Count Up: If a target distance was not selected, this would measure the total distance from <u>0:00 to 999 km/mile</u> - 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/STOP), the user could press MODE button to select DISTANCE, or ODO (Odometer)
	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 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

CONSOLE INSTRUCTIONS – CONSOLE FUNCTIONS

	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)

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

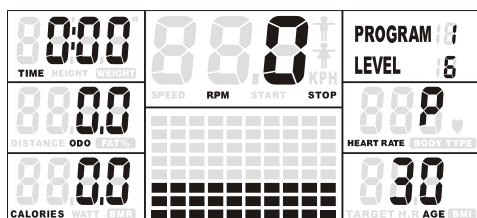


1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket.
- The console would automatically shut off after 60 seconds of inactivity
- 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: an easy way to reset and enter into POWER ON status

Continue pressing **START/STOP** a few seconds, all the data 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)**

or

a. **START/STOP** button:

If you have selected other program (P2~P16), pressing **START/STOP** 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

CONSOLE INSTRUCTIONS – 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:

UP▲ or DOWN▼ button:



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- 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

If you would like to select DISTANCE value, not TIME value:

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



- After pressing the **ENTER** button to enter into **MANUAL PROGRAM (P1)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP▲** or **DOWN▼** buttons to set the desired **DISTANCE (1 TO 999KM/MILE; 1 KM/MILE INCREMENT)**

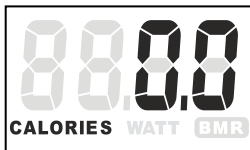
NOTE for DISTANCE:

- 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

CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

C. SET THE DESIRED CALORIES and YOUR AGE

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



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



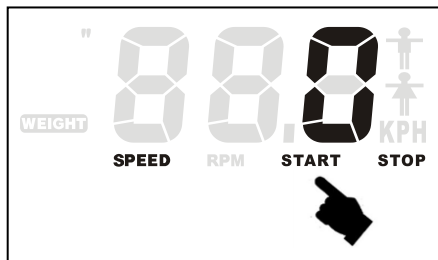
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP▲** or **DOWN▼** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for AGE:

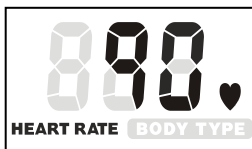
NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

D. START EXERCISE

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

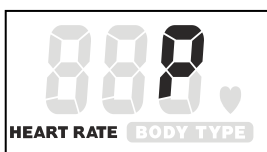


E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



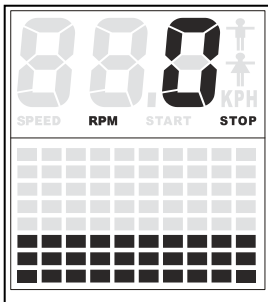
NOTE for HEART RATE:

- 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



CONSOLE INSTRUCTIONS – MANUAL PROGRAM (P1)

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

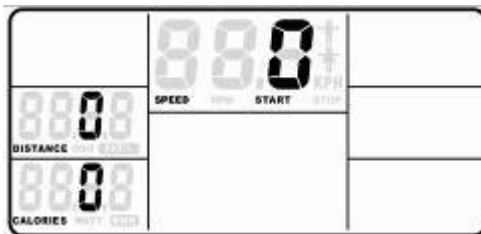
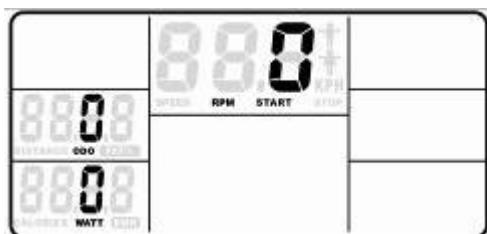
G. DURING WORKOUT, ALWAYS NOTICE TARGET HEART RATE – A EASY WAY TO SET A GOAL TO STRENGTHEN YOUR CARDIOVASCULAR WORKOUT



- 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 $161 = (220-30) \times 85\%$
- 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/STOP**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**

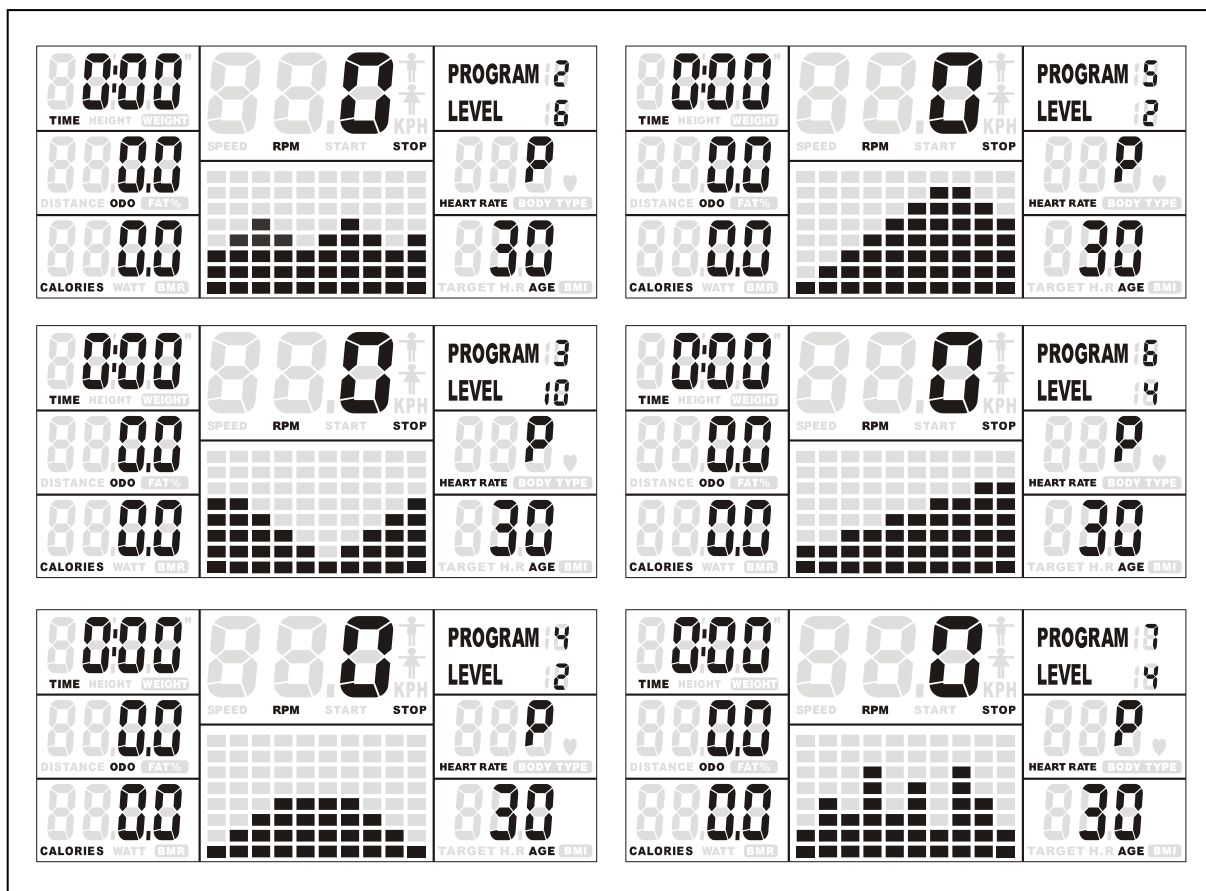


RPM, ODO, WATT will show at the same time

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 INSTRUCTIONS – PROGRAM (P2 ~ P7)

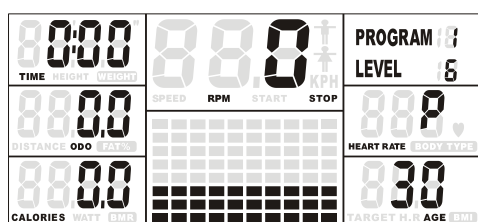


1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket
- The console would automatically shut off after 60 seconds of inactivity
- 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 : an easy way to reset and enter into POWER ON status

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



POWER ON status

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

3 Normal way to operate PROGRAM (P2~P7)

A. ENTER MANUAL PROGRAM (P2~P7)

a. **START/STOP** button:

If you have selected other program (P1 or P8 ~ P16), pressing **START/STOP** 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:

UP▲ or **DOWN▼** button:



- After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00"
- 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

If you would like to select **DISTANCE** value, not **TIME** value:

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



- After pressing the **ENTER** button to enter into **PROGRAM (P2 ~ P7)**, the **TIME** function mode will appear with the display flashing "0:00".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- 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

CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

C. SET THE DESIRED CALORIES and YOUR AGE

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



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



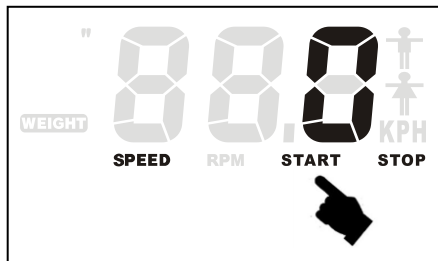
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP▲** or **DOWN▼** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

NOTE for CALORIES:

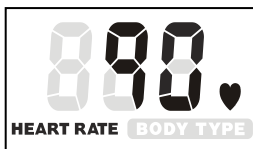
NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

D. START EXERCISE

START/ STOP button: Press **START/ STOP** to begin exercise. “**START**” would then appear on the screen

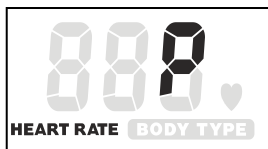


E. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



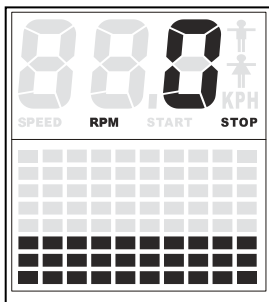
NOTE for HEART RATE:

- 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



CONSOLE INSTRUCTIONS – PROGRAM (P2 ~ P7)

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 $161 = (220-30) \times 85\%$

- 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/STOP**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**

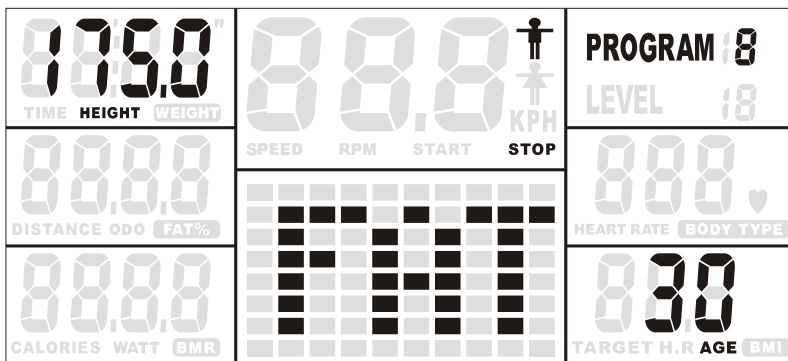


RPM, ODO, WATT will show at the same time

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 INSTRUCTIONS – BODY FAT PROGRAM (P8)

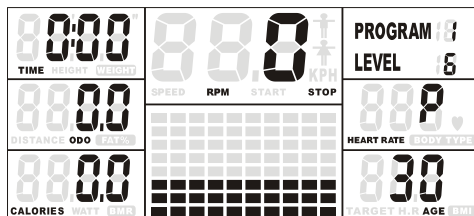


1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket.
- The console would automatically shut off after 60 seconds of inactivity
- 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 : an easy way to reset and enter into POWER ON status

Continue pressing **START/STOP** a few seconds, all the data 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)

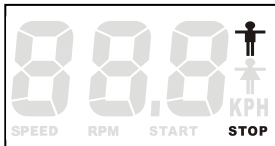
A. ENTER BODY FAT PROGRAM (P8)

- START/STOP** button:
If you have selected other program (P1 ~ P7, P9 ~ P16), pressing **START/STOP** button to pause the current program
- UP▲** or **DOWN▼** button:
Press **UP▲** or **DOWN▼** button to select **BODY FAT PROGRAM (P8)**
- ENTER** button:
Press **ENTER** button to confirm and enter **BODY FAT PROGRAM (P8)**

CONSOLE INSTRUCTIONS – 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:

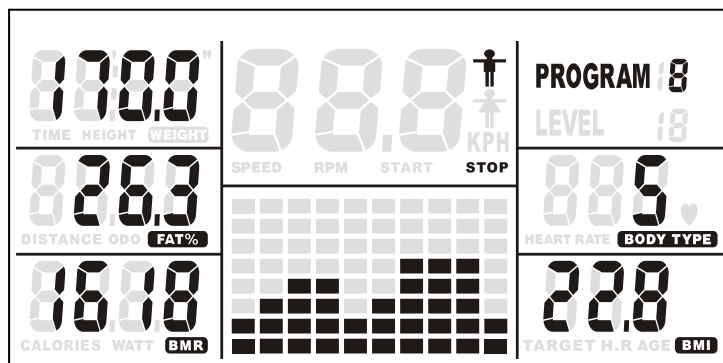
NOTE: Although the console allows input for ages beginning at 10 years old, the product is not recommended for children's use

C. START TESTING YOUR BODY FAT

START/ STOP button: Press **START/ STOP** 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

CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)

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 assess 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
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

BMI conclusion very slightly according to gender. Here is a general summary of weight-status based on BMI

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%:

Your 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.

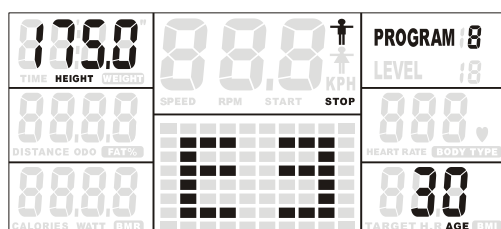
CONSOLE INSTRUCTIONS – BODY FAT PROGRAM (P8)

D. THE BODY FAT RESULT INFORMATION

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			

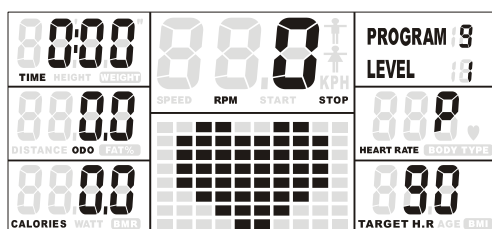


5. ERROR INFORMATION:

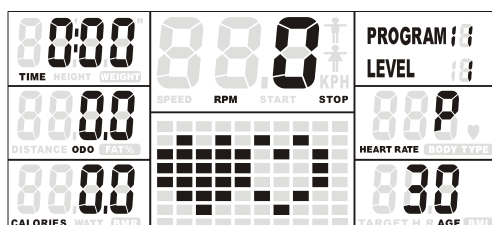
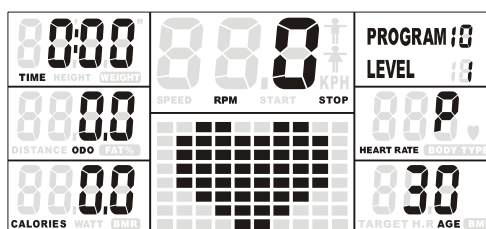
If you do not place your hands on the **Pulse Sensors** correctly, the **Pulse Sensors** won't be able to pick up the signals. The console would then display an error message "E3". To test it again, be sure to place your hands back on the **Pulse Sensors** correctly.

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

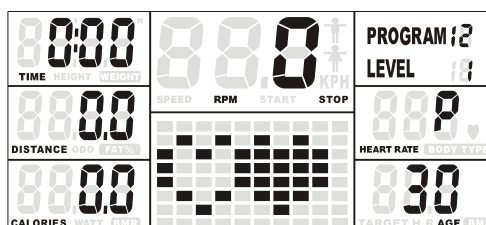
T.H.R.



60% H.R.C.



75% H.R.C.



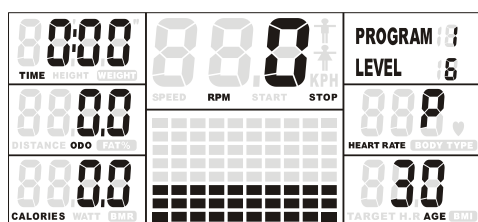
85% H.R.C.

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

- Make sure that the power cord is properly plugged into the socket
- The console would automatically shut off after 60 seconds of inactivity
- 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 : an easy way to reset and enter into POWER ON status

Continue pressing **START/STOP** a few seconds, all the data 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)

- START/STOP** button:
If you have selected other program (P1 ~ P8 or P13 ~ P16), pressing **START/STOP** button to pause the current program
- UP▲** or **DOWN▼** button:
Press **UP▲** or **DOWN▼** button to select **H.R.C. PROGRAM (P9 ~ P12)**
- ENTER** button:
Press **ENTER** button to confirm and enter **H.R.C. PROGRAM (P9 ~ P12)**

CONSOLE INSTRUCTIONS – 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:

UP▲ or DOWN▼ button:



- 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"
- 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

If you would like to select DISTANCE value, not TIME value:

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



- 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".
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- 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

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



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

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

D. SET THE TARGET HEART RATE or YOUR AGE

If you have selected PROGRAM 9, select **TARGET HEART RATE**:

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



- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **TARGET H.R.**
- Use **UP▲** or **DOWN▼** buttons to set the desired **TARGET H.R. (60 ~ 220 BPM (BEATS PER MINUTE) ; 1 BPM INCREMENT)**

If you have selected PROGRAM 10~12, select your **AGE**:

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



- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- 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)

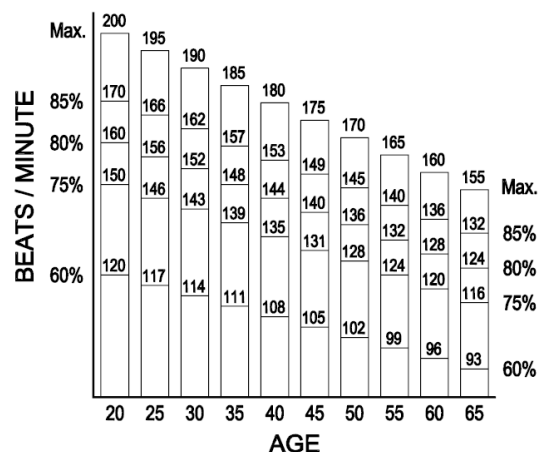
TRAINER: 75% of maximum heart rate; 75% of (220 – you age)

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

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

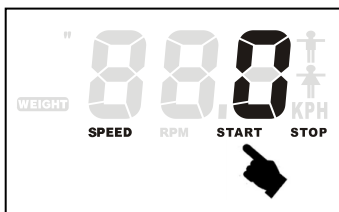


FIND YOUR TARGET HEART RATE

CONSOLE INSTRUCTIONS – H. R. C. PROGRAM (P9 ~ P12)

F. START EXERCISE

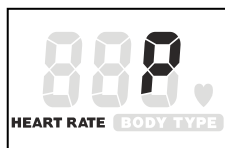
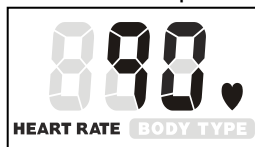
START/ STOP button: Press **START/ STOP** to begin exercise. “**START**” would then appear on the screen



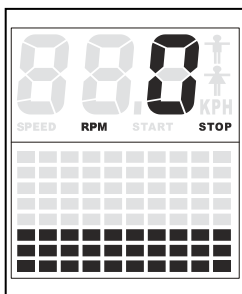
G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS

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



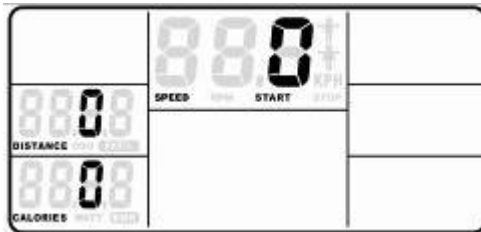
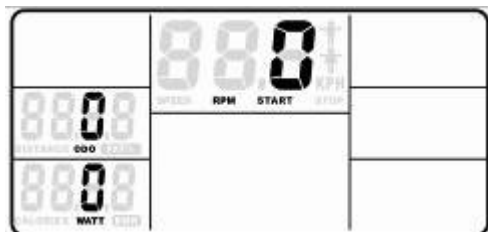
H. DURING WORKOUT, THE TORQUE/TENSION LEVEL IS EASILY CHANGED AT ANY TIME



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/STOP**), the user could press **MODE** to select **SPEED, DISTANCE** and **CALORIES**, or **RPM, ODO (Odometer)** and **WATT**

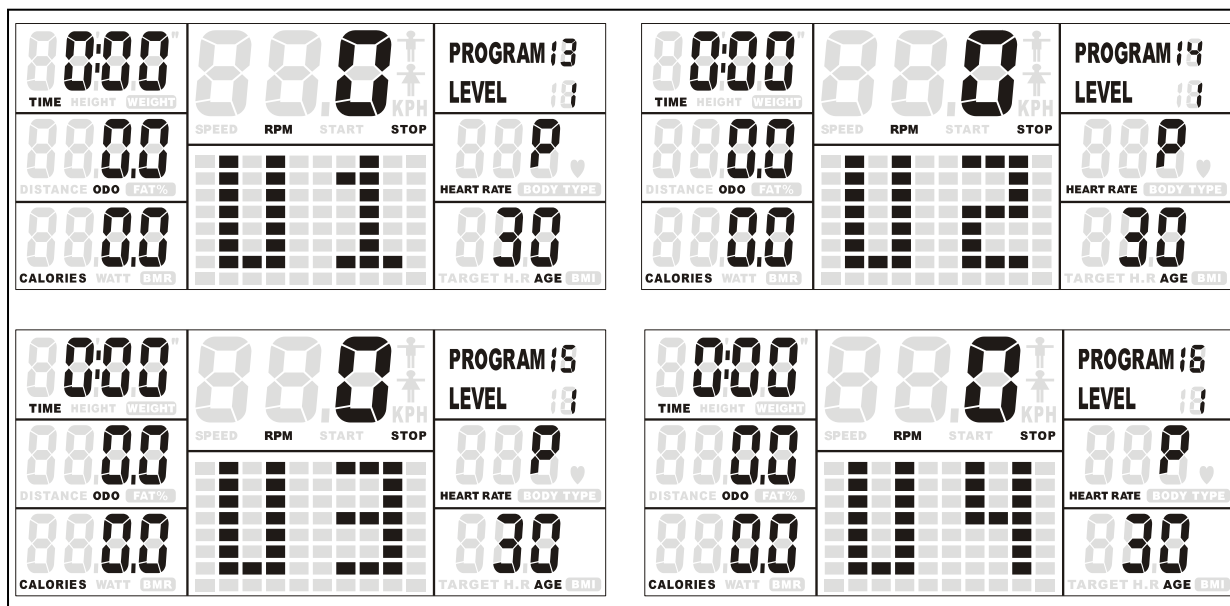


RPM, ODO, WATT will show at the same time

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 INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

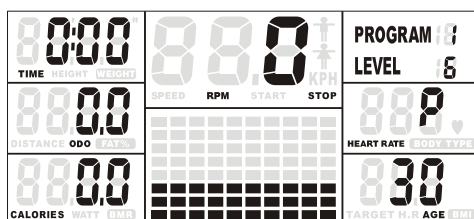


1 Prior information: Press any button on the console or begin pedaling to turn on the console

- Make sure that the power cord is properly plugged into the socket
- The console would automatically shut off after 60 seconds of inactivity
- 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 : an easy way to reset and enter into POWER ON status

Continue pressing **START/STOP** a few seconds, all the data 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)

- START/STOP** button:
If you have selected other program (P1 ~ P12), pressing **START/STOP** button to pause the current program
- UP▲** or **DOWN▼** button:
Press **UP▲** or **DOWN▼** button to select **USER MODE PROGRAM (P13 ~ P16)**
- ENTER** button:
Press **ENTER** button to confirm and enter **USER MODE PROGRAM (P13 ~ P16)**

CONSOLE INSTRUCTIONS – USER SETTING 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:

UP▲ or DOWN▼ button:



- 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"
- 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

If you would like to select DISTANCE value, not TIME value:

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



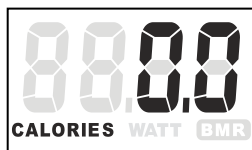
- After pressing the **ENTER** button to enter into **USER MODE PROGRAM (P13 ~ P16)**, the **TIME** function mode will appear with the display flashing "0:00"
- Press the **ENTER** button again, the **DISTANCE** function mode will then appear with the display flashing "0.0"
- Use **UP▲** or **DOWN▼** 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

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



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

CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

D. SET THE DESIRED CALORIES and YOUR AGE

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



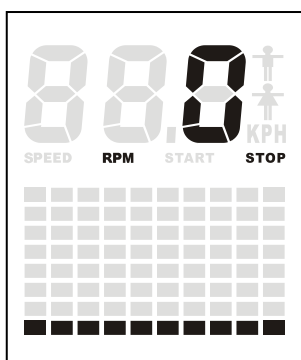
- Press **ENTER** button to confirm the **CALORIES** value and enter the mode to set the **AGE**
- Use **UP▲** or **DOWN▼** buttons to set your **AGE (10 TO 99 YEARS OLD; 1 YEAR OLD INCREMENT)**

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

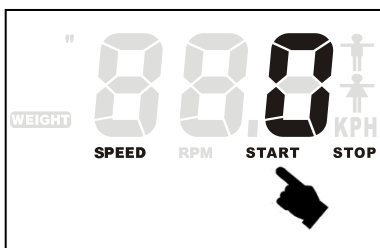
ENTER button and then **UP▲** or **DOWN▼** button:



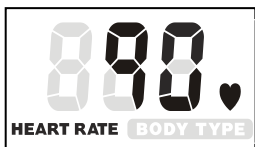
- The **USER SETTING PROGRAM** allows the user to manually set the torque/resistance level, the console will divide the time into 10 intervals. The user could through their preference to set the desired torque/resistance level in each time interval
- Press **ENTER** button to confirm the **AGE** value 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
- 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/ STOP button: Press **START/ STOP** to begin exercise. "**START**" would then appear to the screen

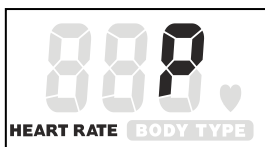


G. DURING WORKOUT, ALWAYS MONITOR YOUR CURRENT HEART RATE STATUS



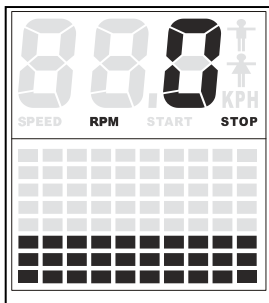
NOTE for HEART RATE:

- 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



CONSOLE INSTRUCTIONS – USER SETTING PROGRAM (P13 ~ P16)

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



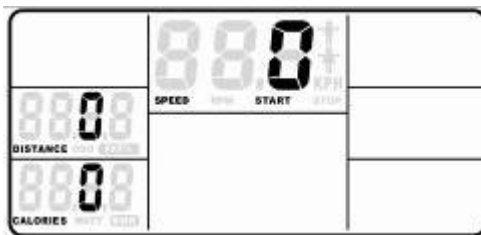
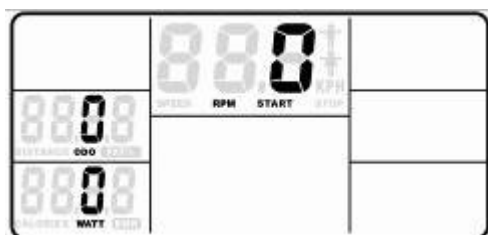
- To improve your cardiovascular condition, while input your personal age during the setting mode, the console will calculate the appropriate **TARGET HEART RATE** for you automatically
- The **TARGET HEART RATE calculation** is based on 85% of the maximum heart rate.

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

- 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/STOP**), 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

OPERATIONAL INSTRUCTIONS

RECUMBENT BIKE MODE AND ROWER MODE

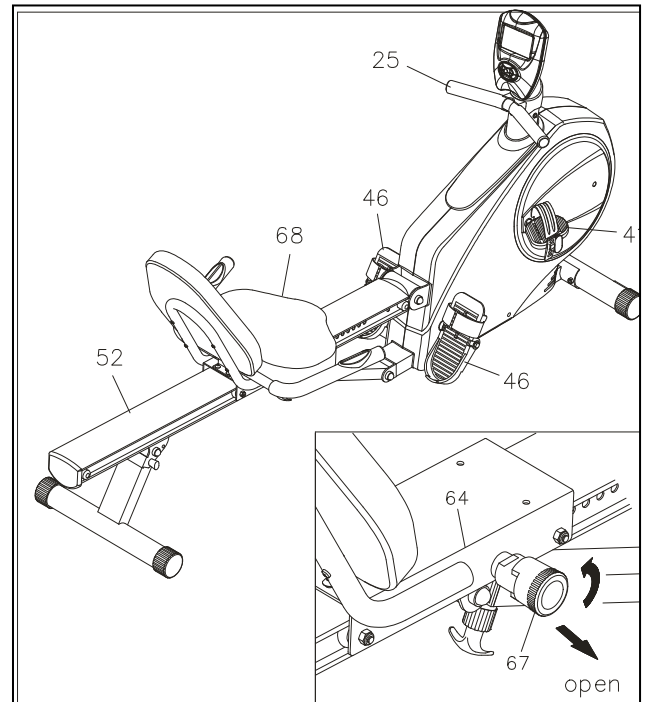
Your 2 in 1 Rower / Recumbent Bike can be used in the Recumbent Bike mode or the Rower mode. When the SPRING PIN(67) locks the SEAT ASSEMBLY to the RAIL(52), the 2 in 1 Rower/ Recumbent Bike is in the Recumbent Bike mode. When the SPRING PIN(67) is in the Release position, the SEAT ASSEMBLY is not locked to the RAIL(52) and the 2 in 1 Rower / Recumbent Bike is in the Rower mode.

RECUMBENT BIKE MODE: Pull the knob on the SPRING PIN(67), turn it clockwise and release the knob to allow it to lock the seat in position. Sit on the seat and pedal with the PEDALS(39,41).

ROWER MODE: Pull the knob on the SPRING PIN(67) and turn it counter-clockwise to lock it in the release position. Refer to the inset drawing. This will allow the SEAT ASSEMBLY to slide freely on the RAIL(52). To workout, sit on the seat, place your feet on the FOOT PEDALS(46) and pull on the HANDLEBAR(25).

NOTE: If the FRONT STABILIZER(2) raises off the floor during use, adjust the STAND(43) to a higher position.

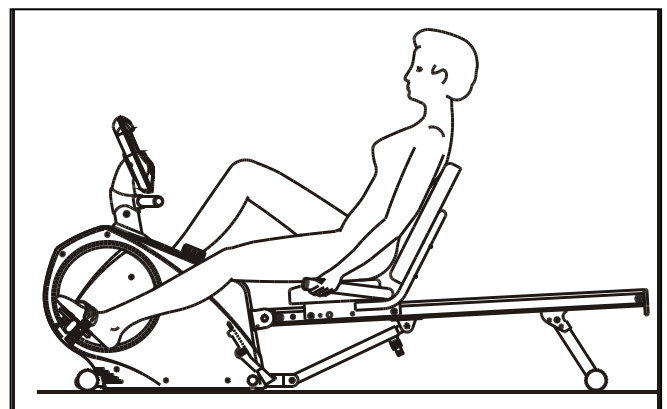
CAUTION: Always verify that the SPRING PIN (67) is in the correct position before you begin your workout.



SEAT ADJUSTMENT

Proper seat adjustment is important for Recumbent Bike mode.

0. Pull the knob on the SPRING PIN(67) and slide the SEAT ASSEMBLY forward or backward to adjust the seat. Release the knob on the SPRING PIN(67) and make sure it is inserted into one of the adjustment holes in the RAIL(52).
1. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustrations below.



WARNING: Do not attempt to adjust the seat while you are on the 2 in 1 Rower/Recumbent Bike.

OPERATIONAL INSTRUCTIONS

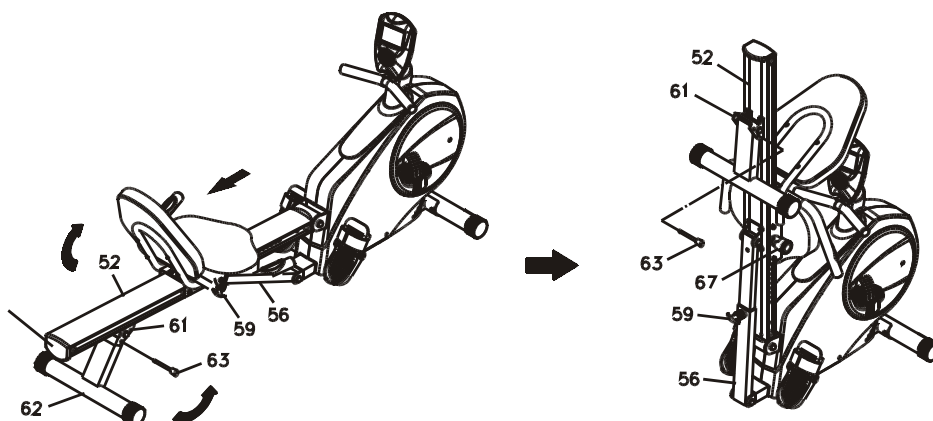
MAINTENANCE

The safety and integrity designed into the 2 in 1 Rower / Recumbent Bike can only be maintained when the 2 in 1 Rower / Recumbent Bike is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the TENSION KNOB(27) and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. Clean the roller tracks in the RAIL(52) with an absorbent cloth.
3. It is the sole responsibility of the user / owner to ensure that regular maintenance is performed.
4. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. Worn or damaged components shall be replaced immediately or the 2 in 1 Rower / Recumbent Bike removed from service until repair is made.
6. Keep your 2 in 1 Rower / Recumbent Bike clean by wiping with an absorbent cloth after use.

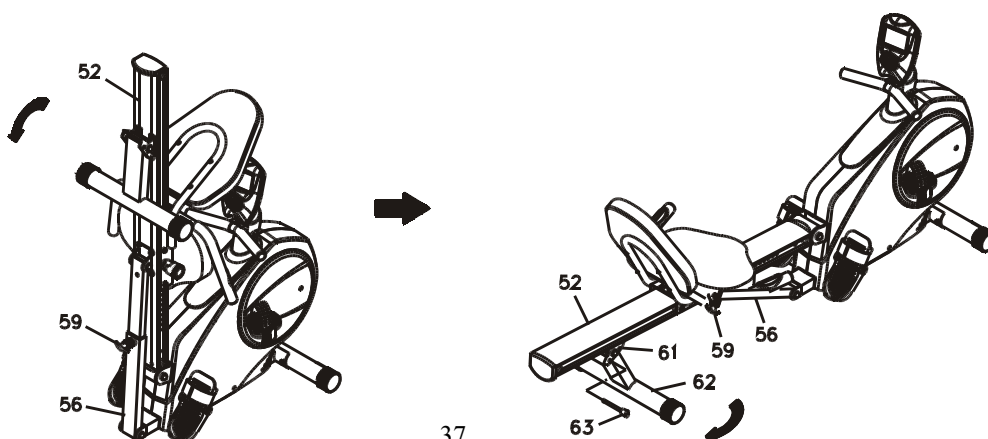
STORAGE

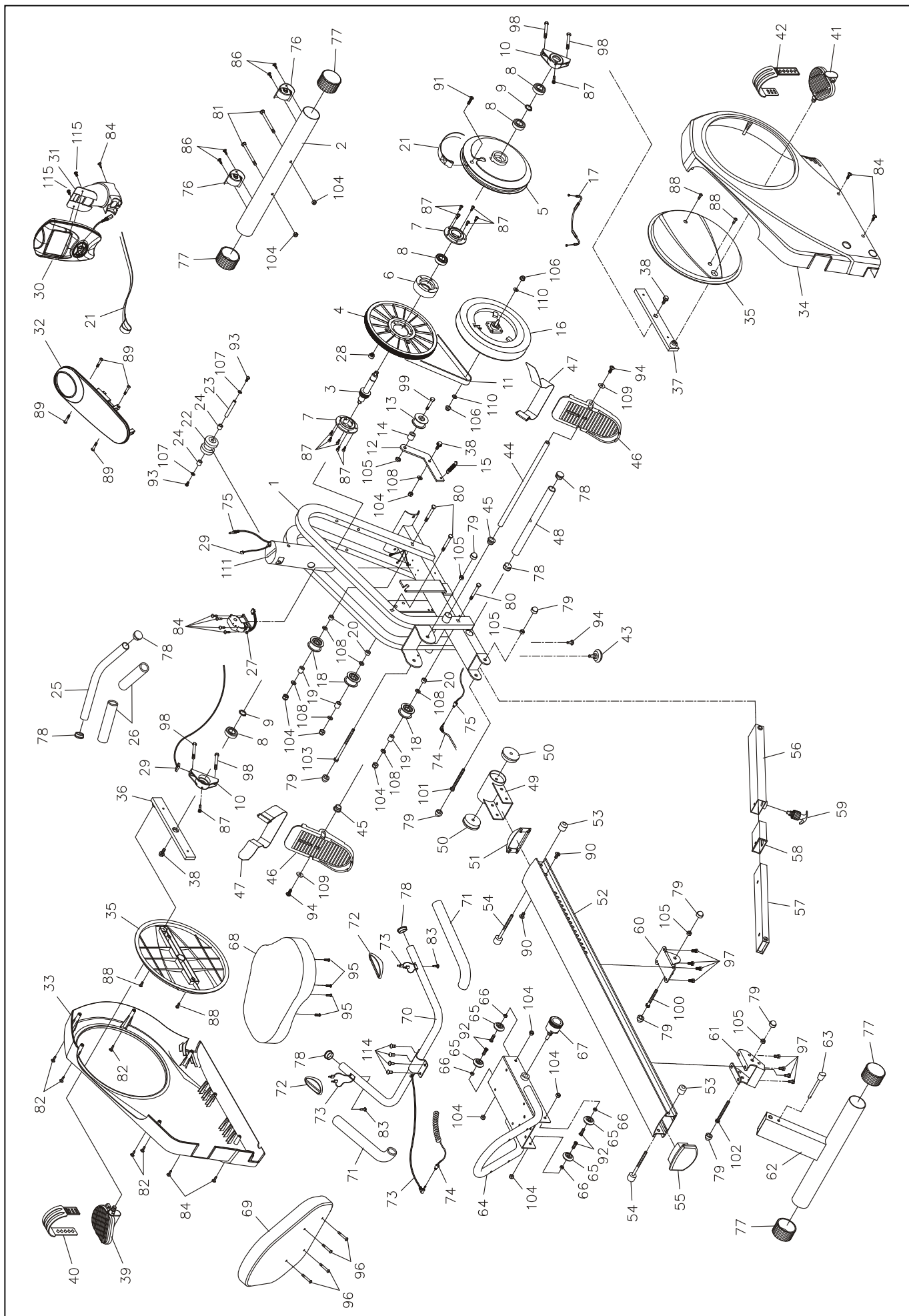
1. To store the 2 in 1 Rower / Recumbent Bike simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the 2 in 1 Rower / Recumbent Bike for one year or more.
3. Move the 2 in 1 Rower / Recumbent Bike with the moving wheels on the Front Stand. Grasp the Rail Cap to move the 2 in 1 Rower / Recumbent Bike. Do not use the Seat to move the 2 in 1 Rower / Recumbent Bike. The Seat will move and the Seat Carriage may pinch your hand or fingers.
4. Follow the following process to fold the 2 in 1 Rower / Recumbent Bike as illustrated for easy storage.
 - a. Adjust and lock the seat in position with at least one adjustment hole visible in front of the seat.
NOTE: This will prevent the seat from damaging the covers.
 - b. Remove the PULL PIN(63) and swing the REAR SUPPORT(62) toward the front.
NOTE: This will allow you to pull out the RELEASE KNOB(59) easily.
 - c. Pull out the RELEASE KNOB(59) and fold up the RAIL(52). Make sure the RAIL(52) is locked securely in folded position by RELEASE KNOB(59).
 - d. Lock the REAR SUPPORT(62) in folded position with the PULL PIN(63).



UNFOLD THE 2 IN 1 ROWER / RECUMBENT BIKE

- a. Pull out the RELEASE KNOB(59) and unfold the RAIL(52). Make sure the RAIL(52) is locked securely in the unfolded position by RELEASE KNOB(59).
- b. Remove the PULL PIN(63) and swing the REAR SUPPORT(62) backward, then lock the REAR SUPPORT(62) in position with the PULL PIN(63).





PARTS LIST

NO.	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Axle	1
4	Pulley	1
5	Strap Wheel	1
6	Connection Wheel	1
7	One Way Bearing	2
8	Bearing (6004Z)	4
9	C Ring M20	2
10	Bearing Housing	2
11	V-Ribbed Belt	1
12	Idler Arm	1
13	Idler Wheel	1
14	Idler Wheel Spacer	1
15	Tension Spring	1
16	Magnetic System	2
17	Bungee Cord	1
18	Bungee Wheel	3
19	Wheel Bushing	3
20	Wheel Spacer	3
21	Strap	1
22	Strap Roller	1
23	Roller Axle	1
24	Roller Spacer	2
25	Handlebar	1
26	Foam Grip	2
27	Motor	1
28	Magnet	1
29	Sensor Wire	1
30	Meter	1
31	Meter Post	1
32	Top Cover	1
33	Left Cover	1
34	Right Cover	1
35	Crank Cover	2
36	Left Crank	1
37	Right Cover	1

No.	PART NAME	QTY
38	Flange Bolt M8x1.25x25mm	3
39	Left Pedal	1
40	Left Pedal Strap	1
41	Right Pedal	1
42	Right Pedal Strap	1
43	Stand	1
44	Pedal Shaft	1
45	Spacer	2
46	Foot Pedal	2
47	Pedal Strap	2
48	Stopper Tube	1
49	Rail Pivot	1
50	Pivot Bushing	2
51	Rail Connection Cap	1
52	Rail	1
53	Stopper	2
54	Stopper Bolt	2
55	Rail Cap	1
56	Support Tube	1
57	Inner Support Tube	1
58	Bushing	1
59	Release Knob	1
60	Support Bracket	1
61	Rear Support Bracket	1
62	Rear Support	1
63	Pull Pin	1
64	Seat Carriage	1
65	Seat Roller	4
66	Seat Roller Spacer 8x12x6.5mm	4
67	Spring Pin	1
68	Seat	1
69	Back Cushion	1
70	Handrail	1
71	Foam Grip	2
72	Pulse Sensor Plate	2
73	Pulse Sensor Wire	1
74	Pulse Coil Wire	1

NO.	PART NAME	QTY
75	Pulse Connection Wire	1
76	Moving Wheel	2
77	Round Endcap 60mm	4
78	Round Plug 25mm	6
79	Nut Cap M10	8
80	Carriage Bolt M8x1.25x60mm	3
81	Carriage Bolt M8x18mm	1
82	Screw, Round Head M4x20mm	5
83	Screw, Round Head M4x25mm	2
84	Screw, Round Head M5x18mm	5
85	Screw, Round Head M5x0.8x15mm	1
86	Screw, Round Head M5x0.8x18mm	4
87	Bolt, Socket Head M5x0.8x15mm	12
88	Bolt, Round Head M6x1x15mm	4
89	Bolt, Round Head M6x1x30mm	4
90	Bolt, Flat Head M8x1.25x16mm	2
91	Bolt, Flat Head M8x1.25x25mm	1
92	Bolt, Flat Button Head M8x1.25x25mm	4
93	Bolt, Button Head M6x1x12mm	2
94	Bolt, Button Head M8x1.25x15mm	3
95	Bolt, Round Head M6x1x15mm	4
96	Bolt, Round Head M6x1x30mm	4
97	Bolt, Hex Head M8x1.25x16mm	8
98	Bolt, Hex Head M6x1.25x55mm	4
99	Bolt, Hex Head M10x1.5x45mm	1
100	Bolt, Hex Head M10x1.5x75mm	1
101	Bolt, Hex Head M10x1.5x85mm	1
102	Bolt, Hex Head M10x1.5x95mm	1
103	Bolt, Hex Head M10x1.5x125mm	1
104	Nylock Nut M8x1.25mm	10
105	Nylock Nut M10x1.5mm	5
106	Flange Nut M10x1.25mm	2
107	Washer M6	2
108	Washer M8	7
109	Large Washer M8x23mm	2
110	Washer M10	2
111	Decal	1
112	Allen Wrench 6mm	2

113	Manual	1
114	Bolt, Button Head M8x12mm	4
115	Bolt, Button Head M5x0.8x12mm	2