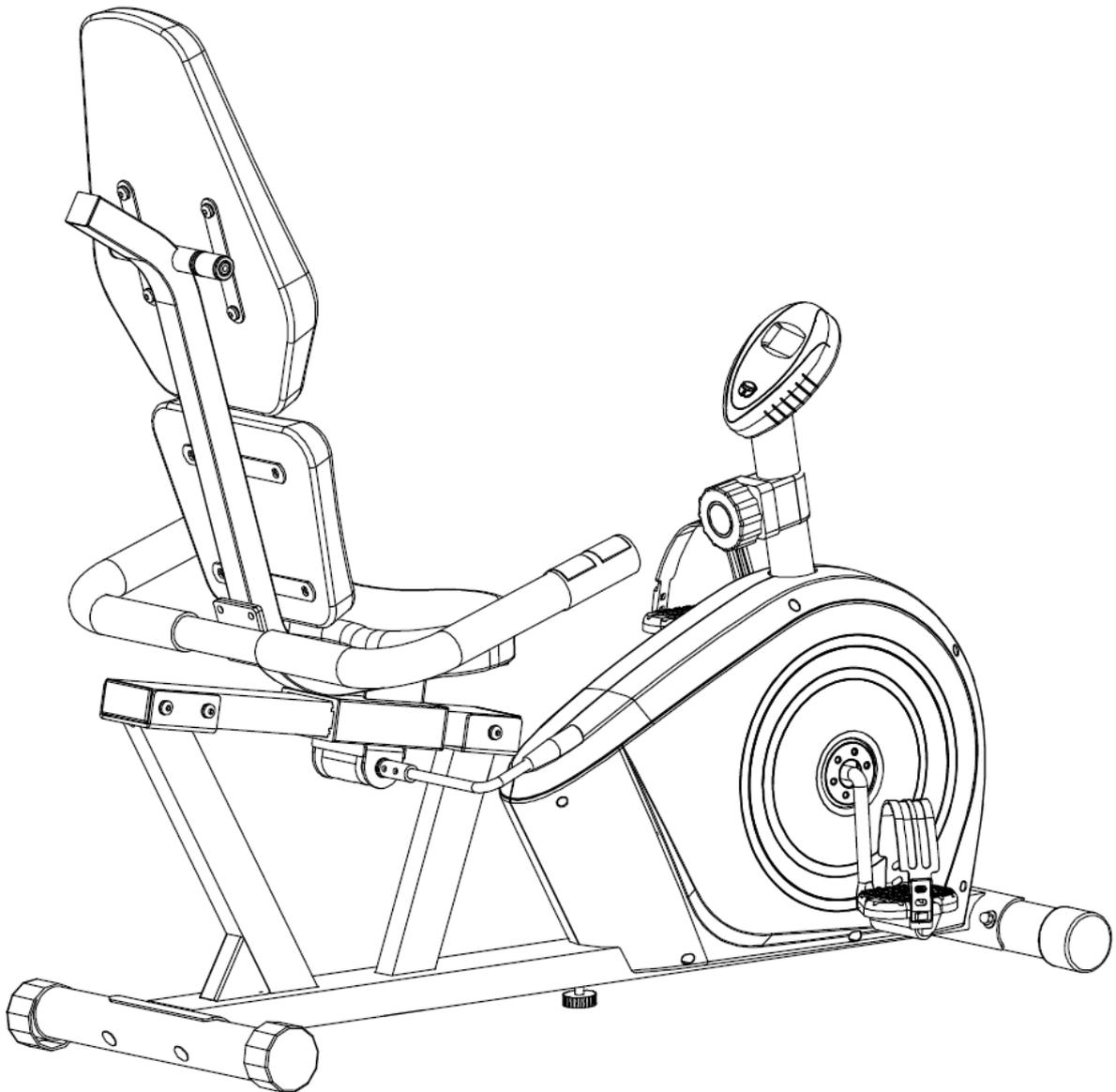




FB@Bike

RECUMBENT BIKE

OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Before You Start

Thank you for purchasing this Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

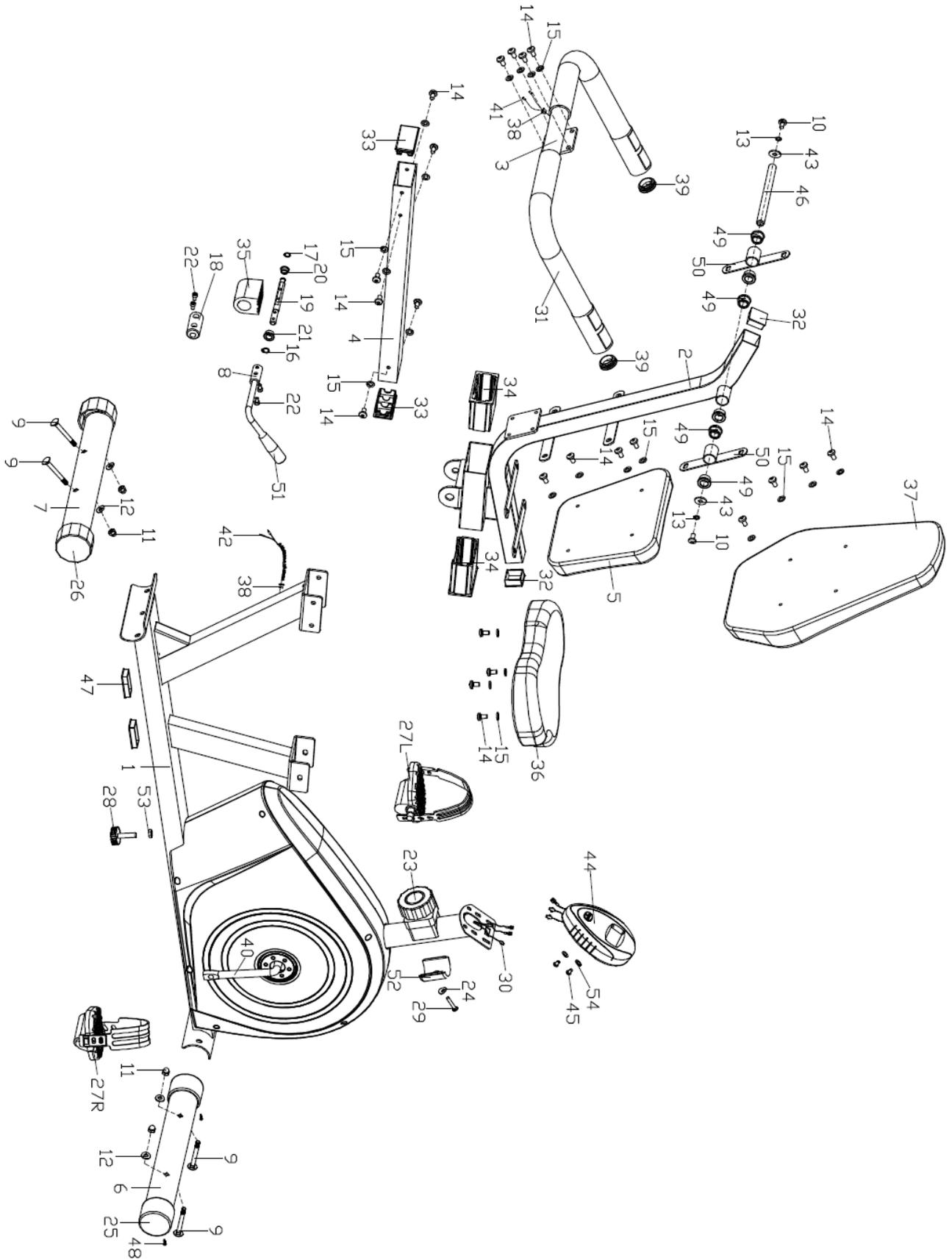
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 1、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 2、 Set up the machine in a dry level place and leave it away from moisture and water.
- 3、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 4、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 5、 DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 6、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 7、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 8、 This machine can be used for only one person's training at a time.
- 9、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 100KG

EXPLODED DIAGRAM



PARTS LIST

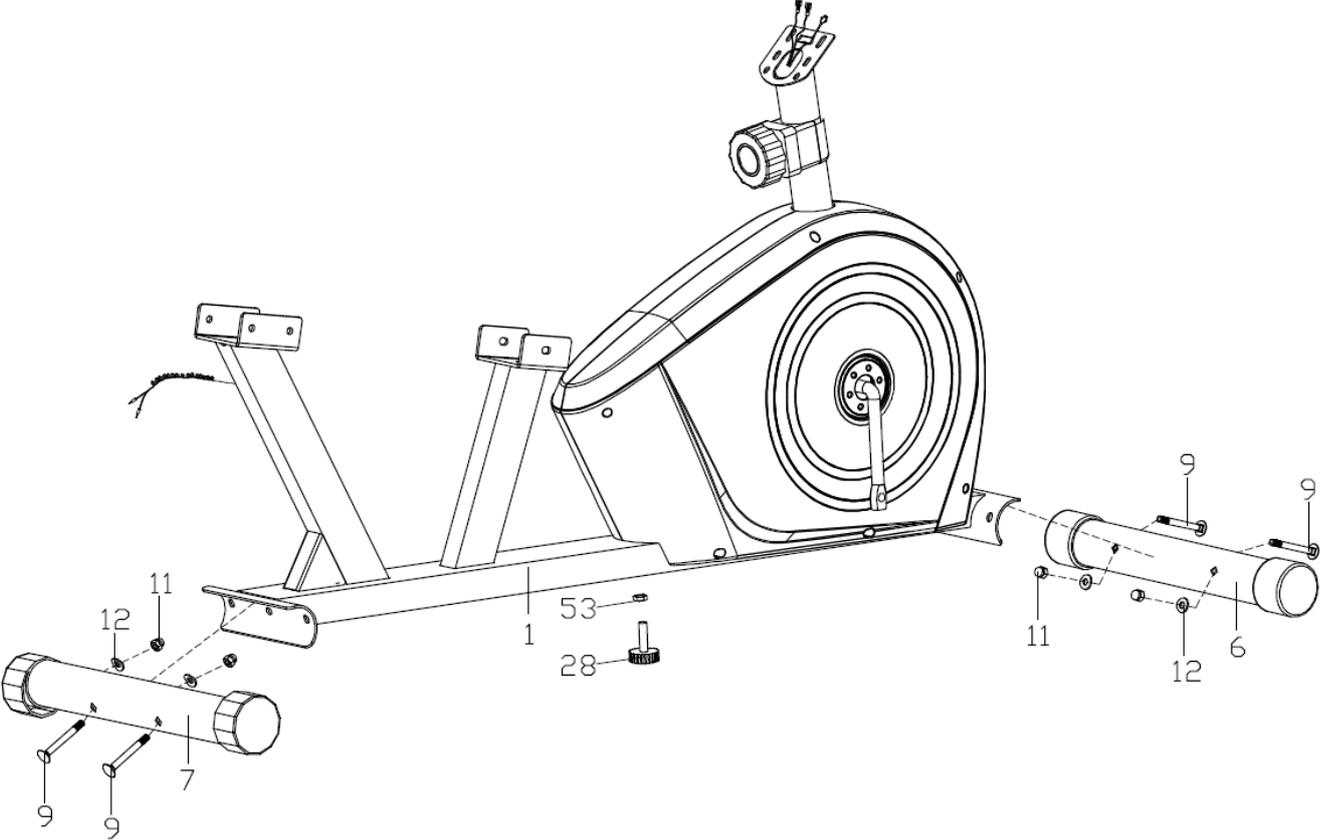
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	28	Adjusting pad	1
2	Seat frame	1	29	Cross screw	1
3	Handlebar	1	30	Sensor wire	1
4	Guide rail	1	31	Foam grip	2
5	Pad	1	32	Square end cap	2
6	Front stabilizer	1	33	Square end cap	2
7	Rear stabilizer	1	34	Bushing	2
8	Handle	1	35	Bracket	1
9	Carriage bolt M8×L74	4	36	Saddle	1
10	Hexagon socket pan head screw M8x20	2	37	Backrest	1
11	Acorn nut M8	4	38	Plug	2
12	Arc washer Φ8.5×1.5×Φ25xR33.5	4	39	Round end cap	2
13	Spring washer D8	2	40L/R	Crank	1pr
14	Hexagon socket pan head screw M8x16	22	41	Pulse wire	2
15	Washer D8×1.5×Φ16	22	42	Extension pulse wire 1	1
16	Axle spring washer D12	1	43	Flat washer D8xΦ28x2	2
17	Axle spring washer D10	1	44	Computer	1
18	Eccentric gear	1	45	Cross screw	2
19	Eccentric shaft	1	46	Long axis	1
20	Small alloy bushing	1	47	Square end cap	2
21	Big alloy bushing	1	48	Cross tapping screw ST4.2x18	2
22	Hex bolt M6×10	4	49	Big plastic bushing	6
23	Tension controller	1	50	Backplane fixed frame	2
24	Arc washer	1	51	Handlebar cover	1
25	Front end cap	2	52	Tension controller cover	1
26	Rear end cap	2	53	Hex nut M10	1
27L/R	Pedal	1pr	54	Flat washer	2

ASSEMBLY INSTRUCTION

STEP 1:

A: Assemble the Front stabilizer (6),Rear stabilizer (7) to the Main frame (1) with Carriage bolts (9), Arc washers (12) and Acorn nut (11).

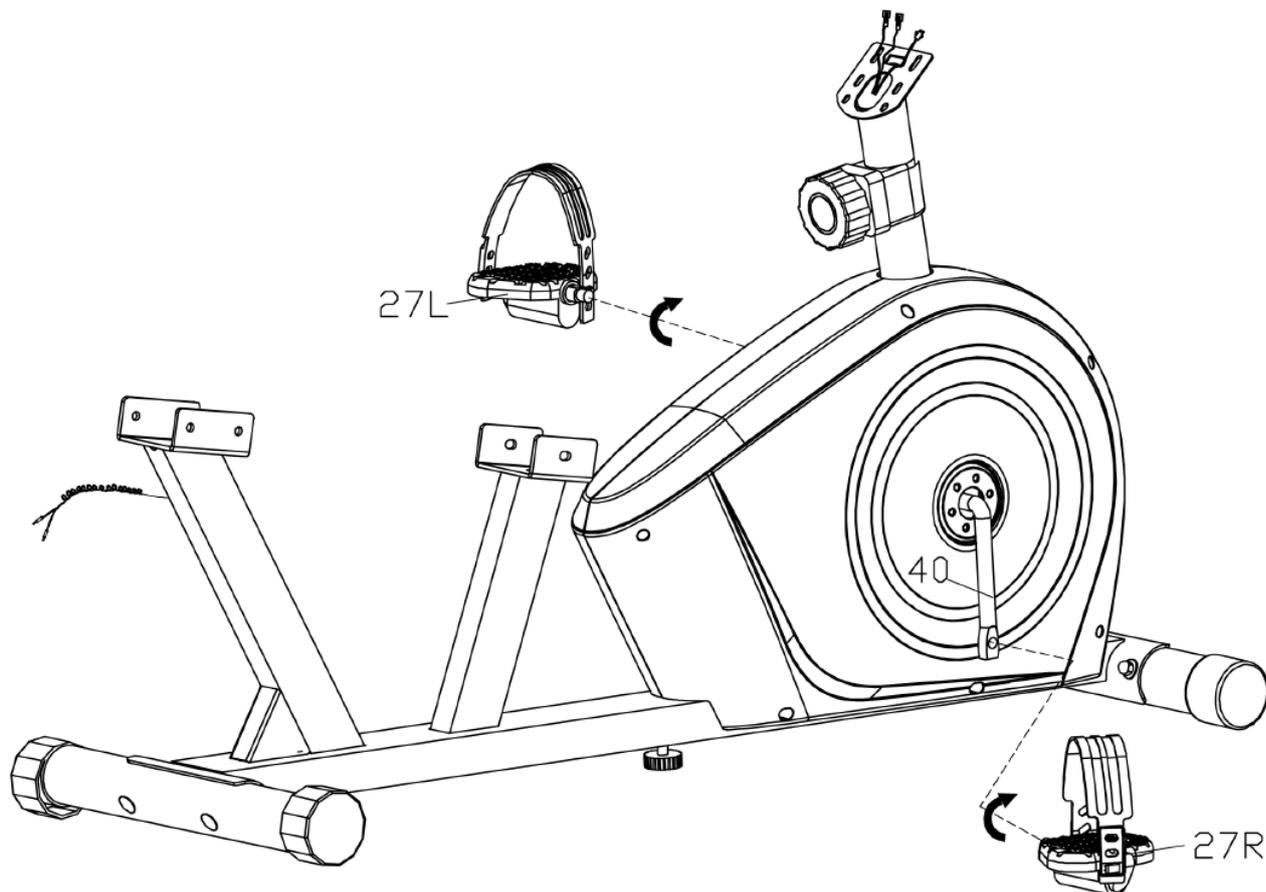
B: Screw the Adjusting pad(28) and Hex nut (53) to the Main frame (1).



STEP 2:

Lock the Pedal (27L/R) to the Crank (40L/R) with wrench.

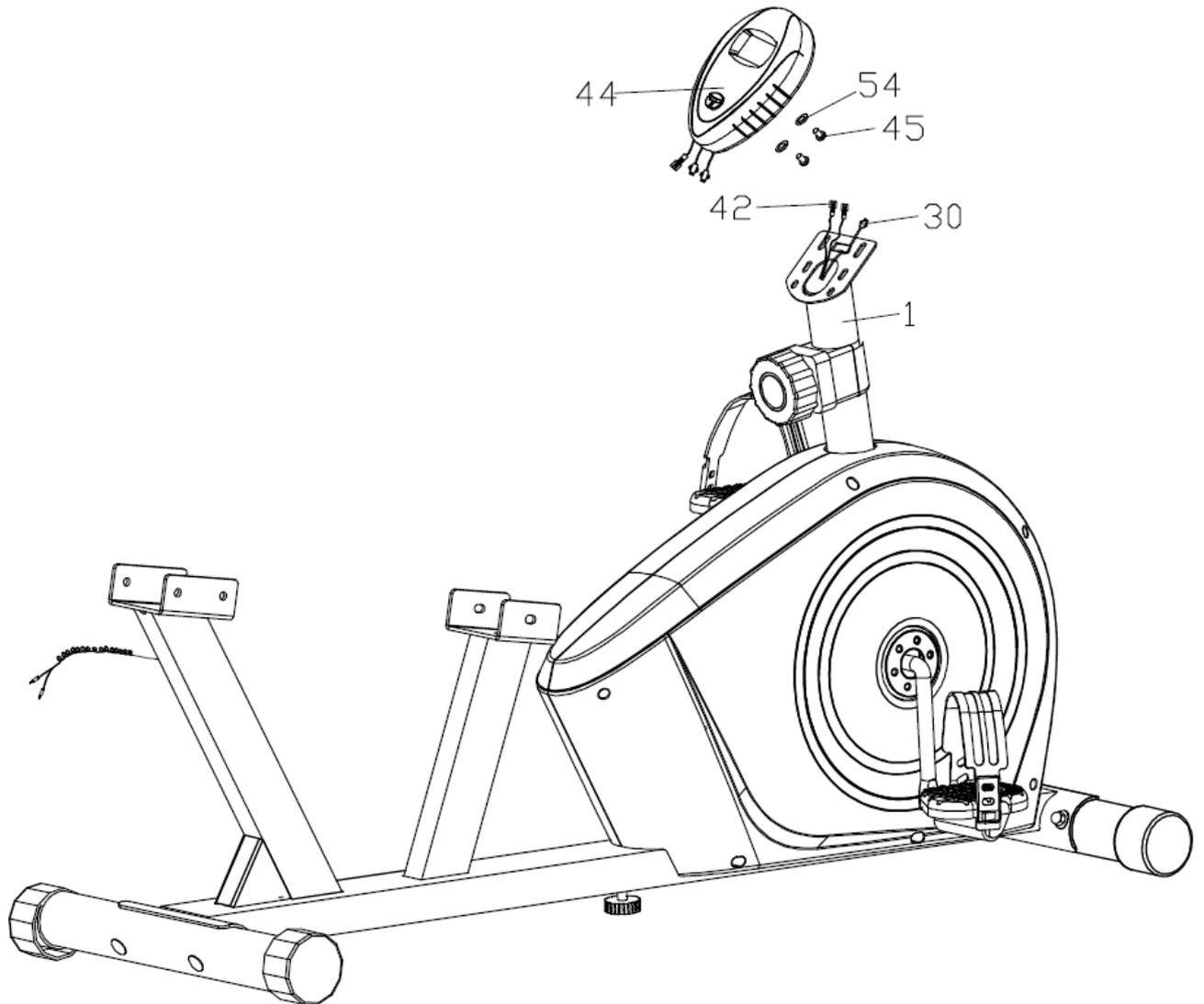
Please note: lock the left pedal (27L) in counter-clockwise and lock the right pedal (27R) in clockwise as shown. And make sure the pedal (27L/R) are locked tightly during your movement, otherwise the pedal teeth will be damaged.



STEP 3:

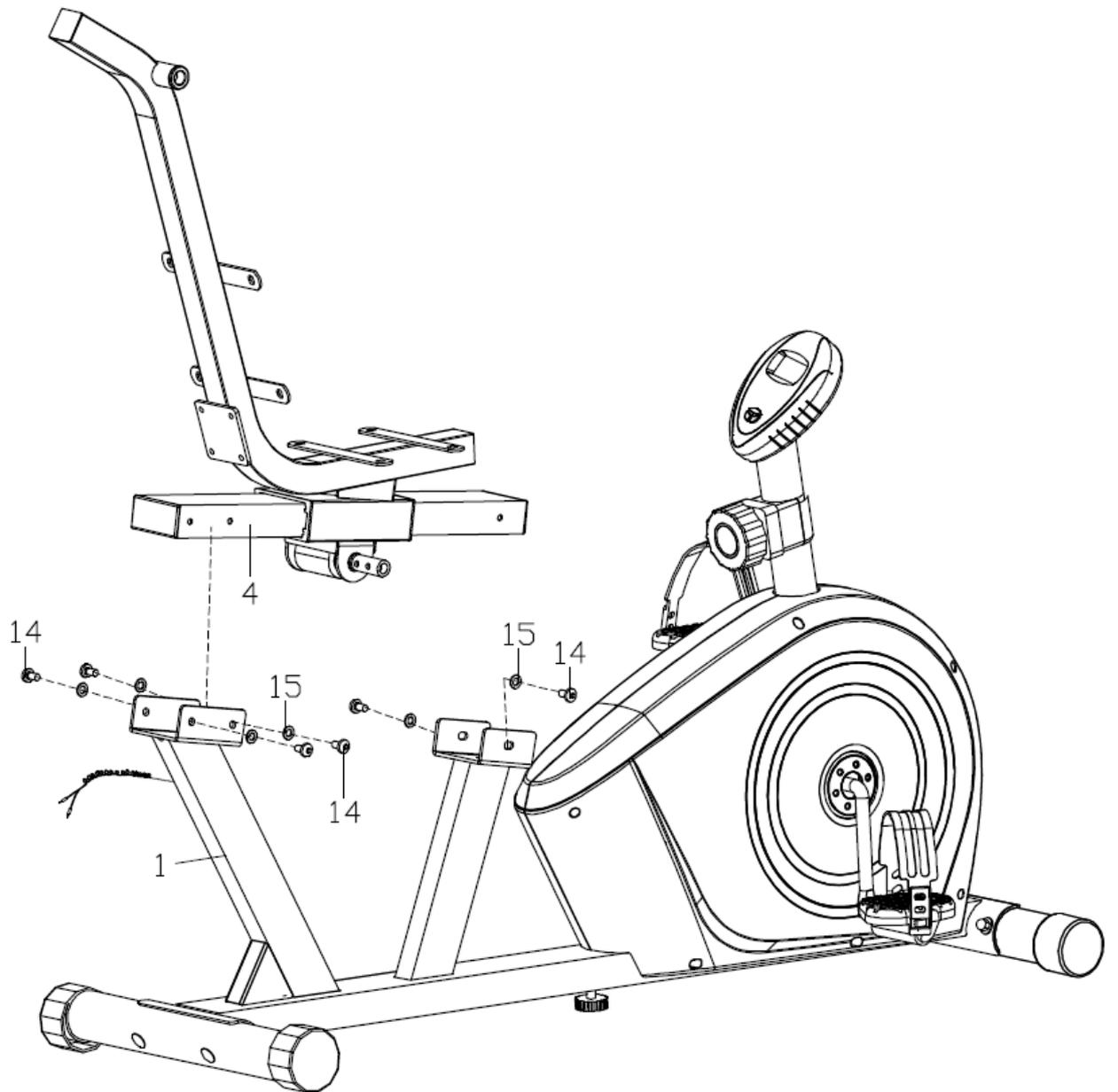
A: Connect Extension pulse wires (42) and Sensor wire (30) with the corresponding wires of Computer (44)

B: Secure the Computer (44) on the Main frame (1) with Cross screw (45).



STEP 4:

Secure Guide rail(4) to Main frame (1) with Hexagon socket pan head screw (14) and Washer (15).

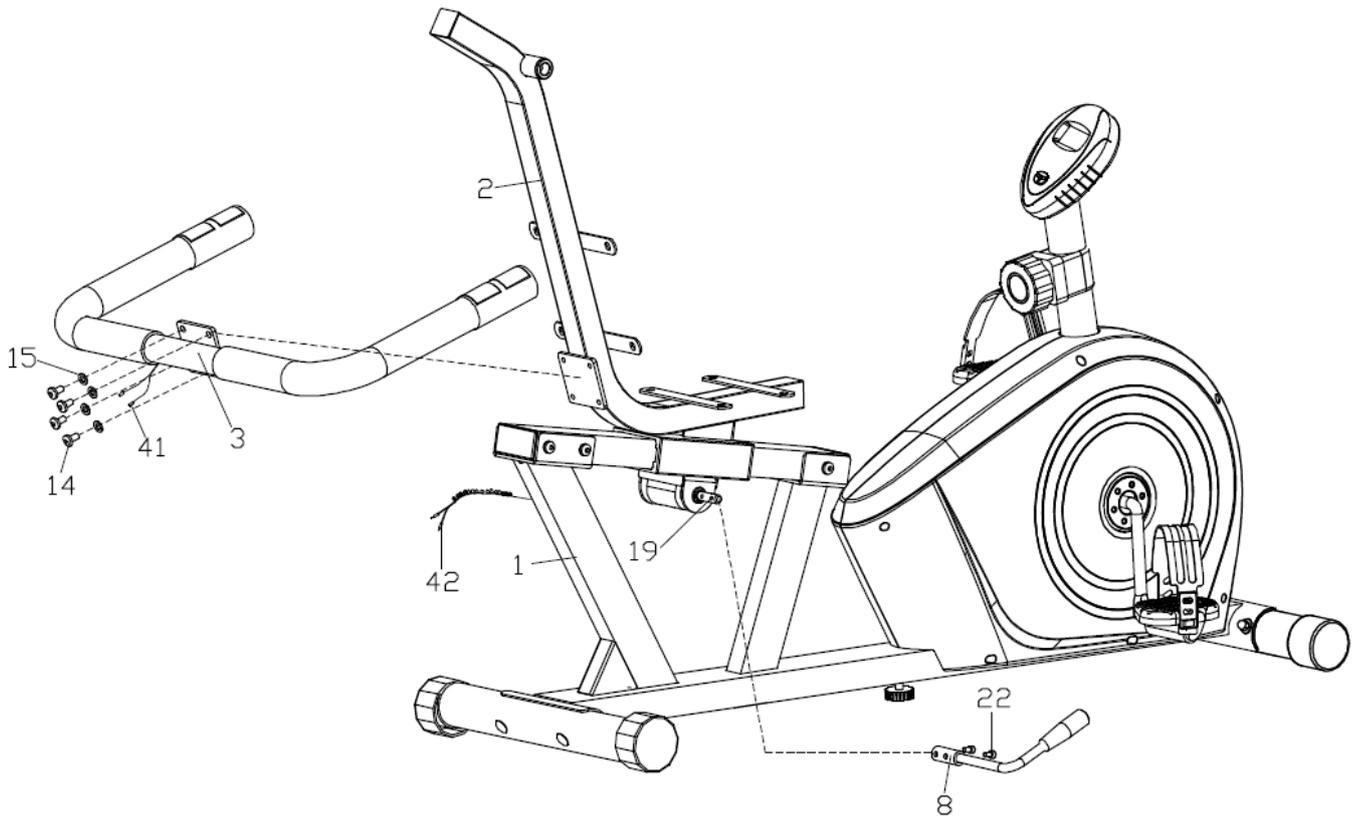


STEP 5:

A: Insert the Handle (8) into the Eccentric shaft (19) ,and lock it with Hex bolt (22).

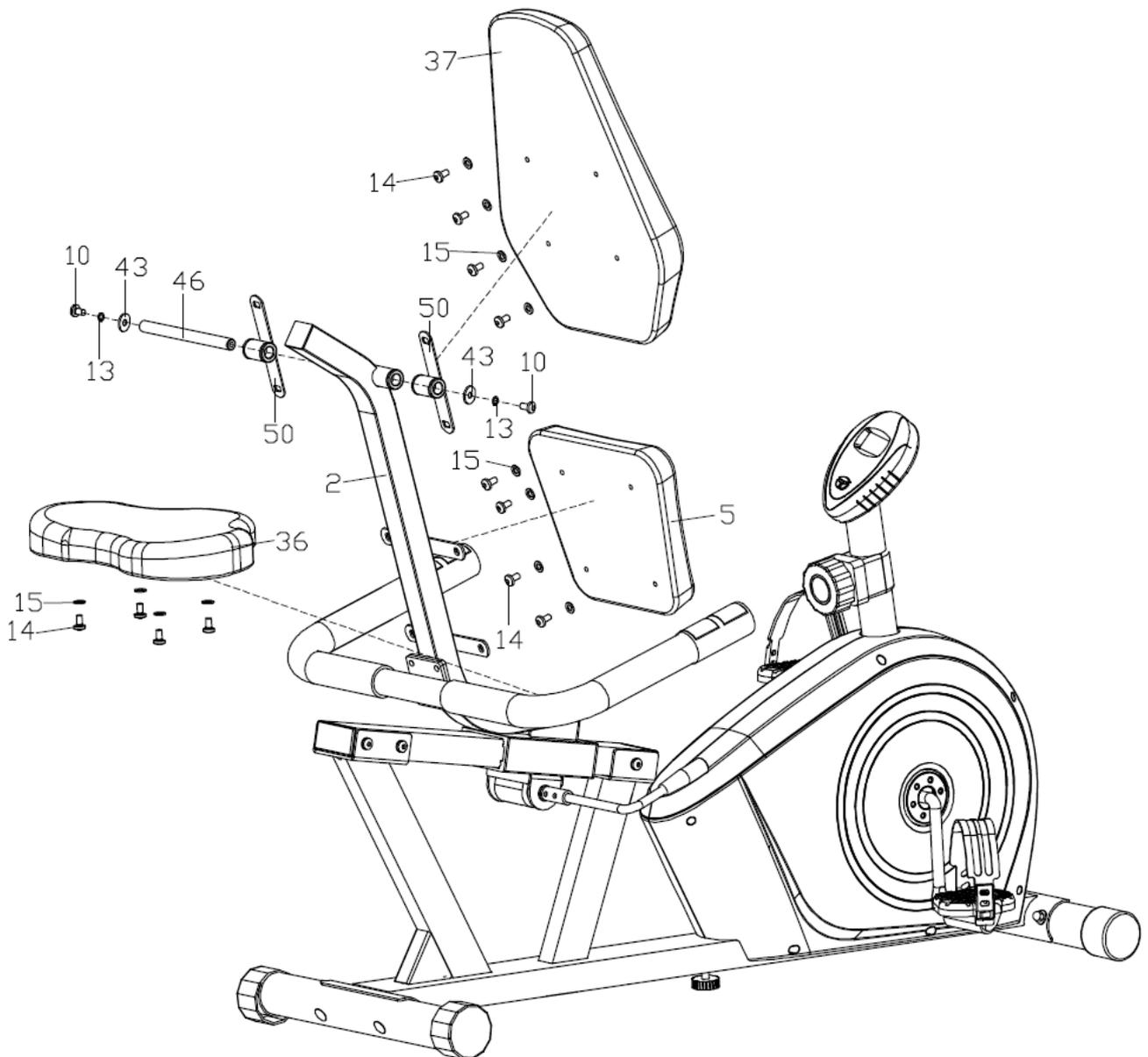
B: Insert the Handlebar (3) into Seat frame (2),and fasten it to Seat frame (2) with Hexagon socket pan head screw (14) and Washer (15).

C: Connect the Pulse wire (41) with the Extension pulse wire 1 (42).



STEP 6:

- A: Assembly the Backplane fixed frame (50) to Seat frame (2) with Hexagon socket pan head screw (10), Spring washer(13), Flat washer (43) and Long axis (46).
on the Seat frame (2) with Allen screws (14) and Washer (15) .
- B: Using Hexagon socket pan head screw (14) and Washer (15) to secure the Saddle (36),
Pad (5) and Backrest (37) on the Seat frame (2) and Backplane fixed frame (50) .



EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:

TIME -----	0:00~99:59MIN
CALORIE -----	0.0~999.9KCAL
SPEED -----	0.0~999.9ML/H (KM/H)
ODOMETER (IF HAVE) -----	0.00~99.99ML (KM)
DISTANCE -----	0.0~999.9ML (KM)
PULSE (IF HAVE) -----	40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

SET(IF HAVE): To set the values of time, distance and calories when not in scan mode.

RESET/CLEAR (IF HAVE): The key to reset the value to zero by pressing the key.

FUNCTIONS:

1.TIME: Press the MODE key until pointer lock in to TIME. The total working time will be shown when starting exercise.

2.SPEED: Press the MODE key until pointer lock on to SPEED Display current speed during working time .

3.DISTANCE: Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.

4.CALORIE: Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed when starting exercise.

5. ODOMETER(IF HAVE): Automatically accumulates workout distance when starting exercise.

6.RPM(IF HAVE): Calculate the number of pulses per minute movement (lap) or steps.

7.PULSE(IF HAVE): Please press the MODE of health, switch to the "PULSE" function.
Through the heart rate sensor, measuring the number of beats per minute.

SCAN: Display changes according to the next diagram every 4 seconds.

TIME---SPEED---DISTANCE---CALORIE---ODOMETER (IF HAVE)
---RPM(IF HAVE)---PULSE (IF HAVE) ---SCAN

NOTE:

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input,the monitor automatically turns on.
3. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the batteries at the same time.
4. Please according to the battery compartment labeled with battery.
5. If there is abnormal, please use the conductive metal in the power of the positive and negative pole.

(Note: When installed in a battery at the same time, please don't press the button switch)

WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

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.**



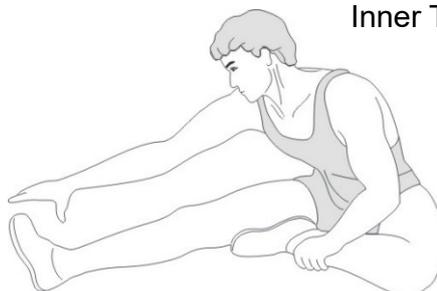
Side Stretch



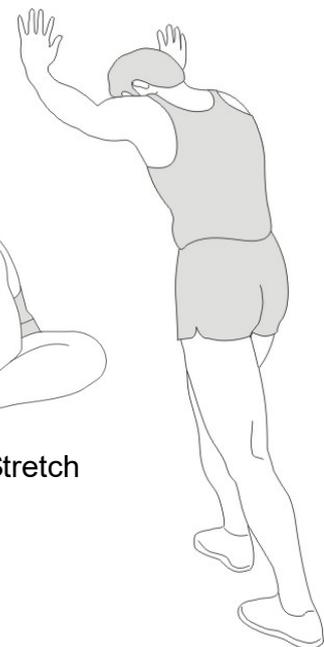
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember 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 slowly lowers your heart rate and allows blood to return to the heart.

