

Owner's Manual

GREEN Series



CIR-UB7000-G1 **Full Commercial Upright Bike**



Install Date: _____

Serial Number: _____

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SAFETY PRECAUTIONS

Dear Customer,

Thank you for your purchasing our products. This product has been designed and manufactured for full commercial use, even though we go to great efforts to ensure the quality of each product, occasional error, and/or omissions do occur. In any event should you find this product to be defective or missing parts please contact us.

IMPORTANT: Read all instructions and warnings before assembly and operation.

- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this upright bike, stop the workout at once.
- **Warning:** incorrect/ excessive training can cause health injuries. Stop using the upright bike when feeling uncomfortable.
- Consult your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Always use this upright bike on a clear and level surface. Do not use outdoors or near water.
- Don't insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Replace defective components immediately and keep the equipment out of use until repair.
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments, not recommended by the manufacture.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- The appliance is intended for commercial use.
- Maximum user weight: 500lbs (227 kg).

SAFETY PRECAUTIONS

CONSULT A PHYSICIAN IMMEDIATELY

Warning: before starting any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury damage sustained by or through the use of this treadmill.

How often you exercise:

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

How hard you exercise:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system.

Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

How long you exercise:

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

TECHNICAL SPECIFICATIONS

SPECIFICATIONS:

Length: 41" (104 cm)

Width: 27" (69cm)

Height: 58" (147 cm)

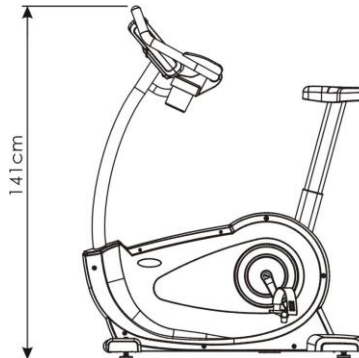
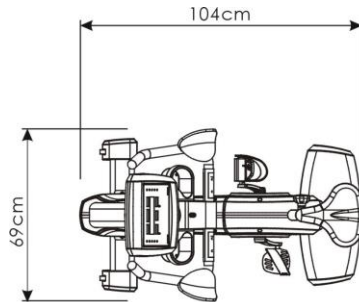
Weight of product: 135lbs (61kgs)

Program : 9 programs, 4 HRC

Standard features: 6 LED+8x32 dot matrix HR receive

Resistance System : Electromagnet

Power source : Built-in generator & rechargeable battery 12V-1.2AH



The Serial Number of the products

The serial number contains of ten values. The location of the serial number shows as the figure.

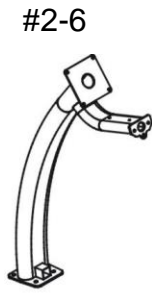


UNPACKING & ASSEMBLY

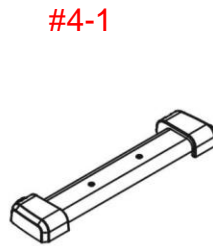
Parts



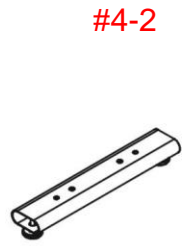
Main frame / 1pc



Console upright Tube / 1pc



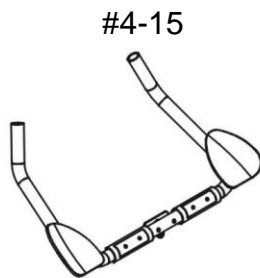
Front stabilizer X 1pc



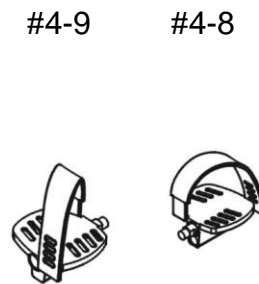
Rear stabilizer X 1pc



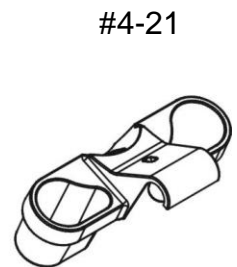
Console set X 1pc



Handlebar X 1pc



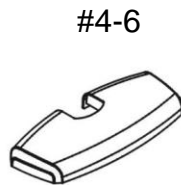
Pedal set X 1set



Upper water bottle holder cover X1pc



Lower water bottle holder cover X1pc




















Rear stabilizer cover x1pc





Upright tube cover, right / left x1 set


UNPACKING & ASSEMBLY

Hardware kit

Step2	<p>#4-7  M4x12mm X 2 (rear stabilizer)</p>						
Step7	<table border="0"> <tr> <td data-bbox="397 695 586 926"> <p>#4-12  M8x20mm X 1 (handlebar)</p> </td> <td data-bbox="755 695 937 926"> <p>#4-19  M8x65mm X 2 (handlebar)</p> </td> <td data-bbox="1101 695 1304 926"> <p>#4-13  M8 S washer X 1 (handlebar)</p> </td> </tr> <tr> <td data-bbox="397 1045 602 1255"> <p>#4-14  M8 Washer X 3 (handlebar)</p> </td> <td data-bbox="755 1031 937 1255"> <p>#4--20  M8 curve X 2 (handlebar)</p> </td> <td></td> </tr> </table>	<p>#4-12  M8x20mm X 1 (handlebar)</p>	<p>#4-19  M8x65mm X 2 (handlebar)</p>	<p>#4-13  M8 S washer X 1 (handlebar)</p>	<p>#4-14  M8 Washer X 3 (handlebar)</p>	<p>#4--20  M8 curve X 2 (handlebar)</p>	
<p>#4-12  M8x20mm X 1 (handlebar)</p>	<p>#4-19  M8x65mm X 2 (handlebar)</p>	<p>#4-13  M8 S washer X 1 (handlebar)</p>					
<p>#4-14  M8 Washer X 3 (handlebar)</p>	<p>#4--20  M8 curve X 2 (handlebar)</p>						
Step8	<p>#4-24  M4x20mm X 2 (lower water bottle holder cover)</p>						

Allen wrench
(6mm)

X 1

Allen wrench
(5mm)

X 1

M15/M15

X 1

UNPACKING & ASSEMBLY

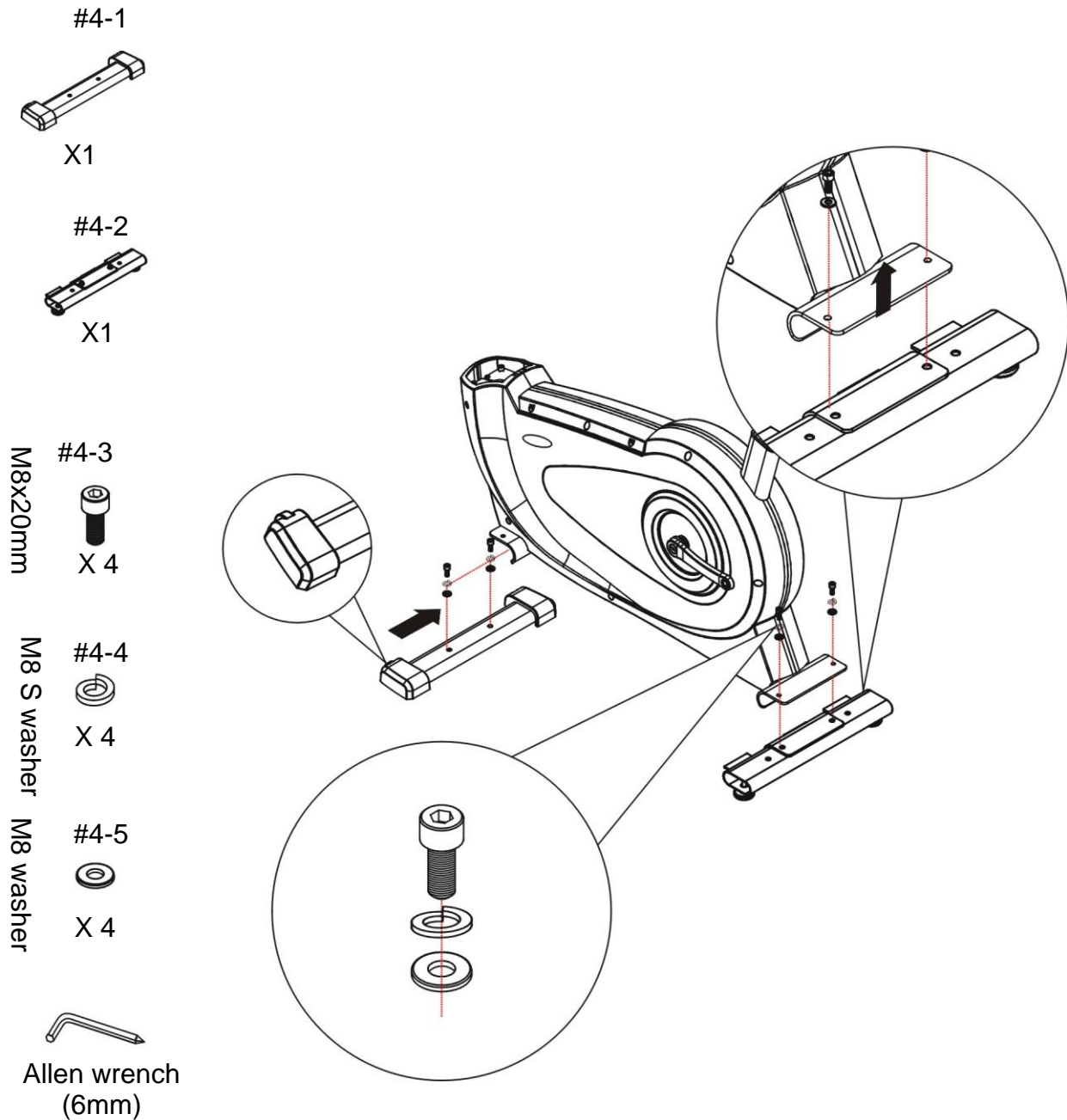
Unpacking your bike where will be using it. Being careful not to damage. Place your bike on a level flat surface. It is recommended that you place a protective covering on your floor.

1

Step1: Assembling Front/Rear Stabilizer with main frame.

1).Using (2) M8x20mm screw and Washer , fixing front stabilizer with main frame.

2).Using (2) of M8x20mm screw and washer , fixing rear stabilizer with main frame.



UNPACKING & ASSEMBLY

2

Step2: Assembling Rear Stabilizer cover with main frame.

1).Using (2) of M4x12mm screw, fixing rear Stabilizer cover with main frame.

#4-6



X1

M4x12mm

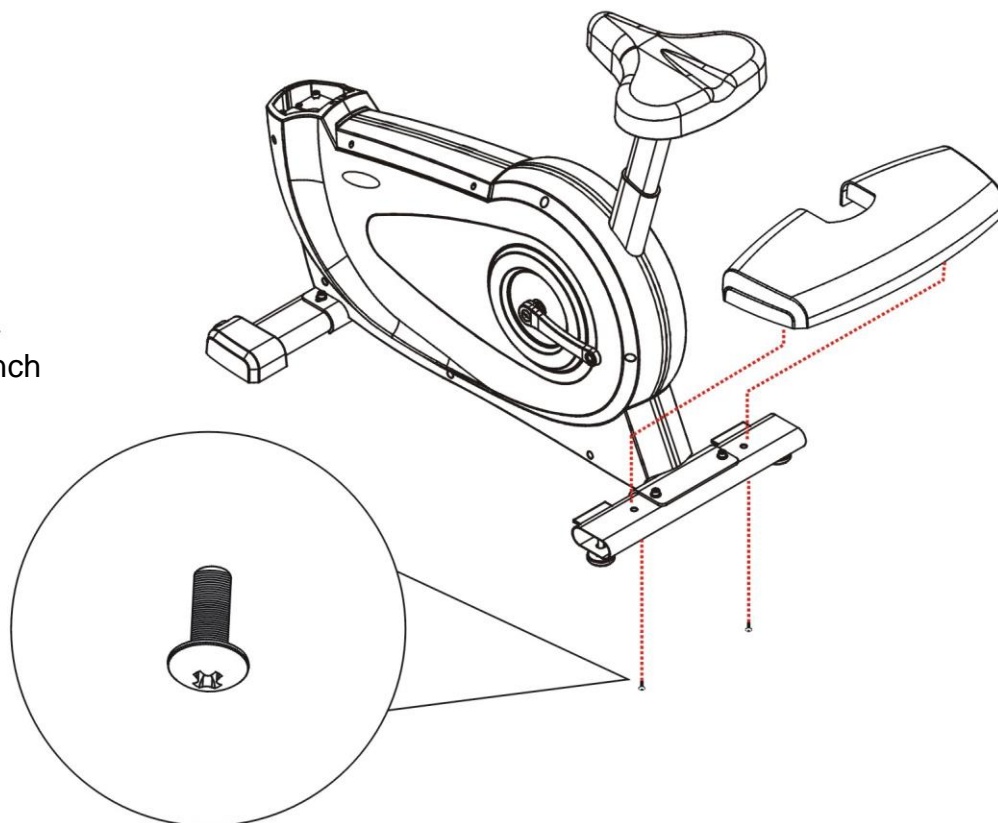
#4-7



X 2



Allen wrench
(6mm)



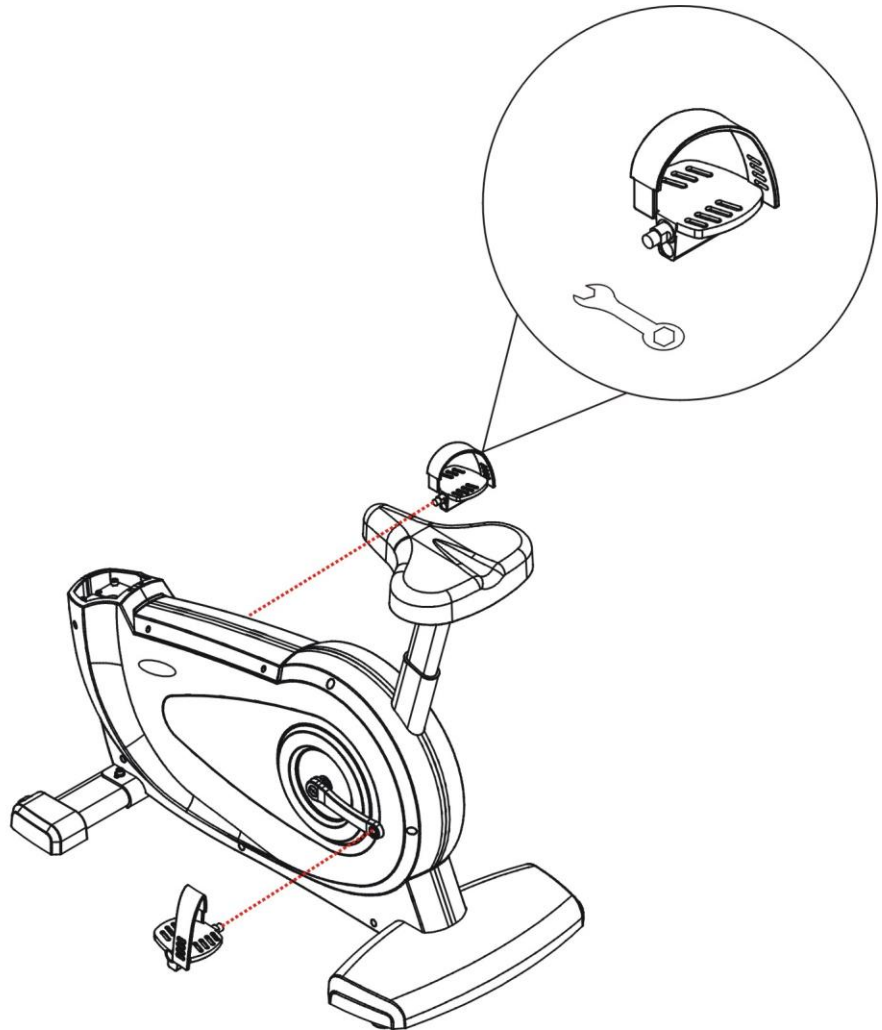
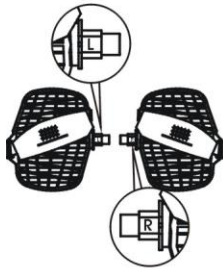
UNPACKING & ASSEMBLY

3

Step3: Assembling upright tube cover, right / left with handle bar post
1).Using wrench, fixing pedal set with crank set.

#4-9

#4-8

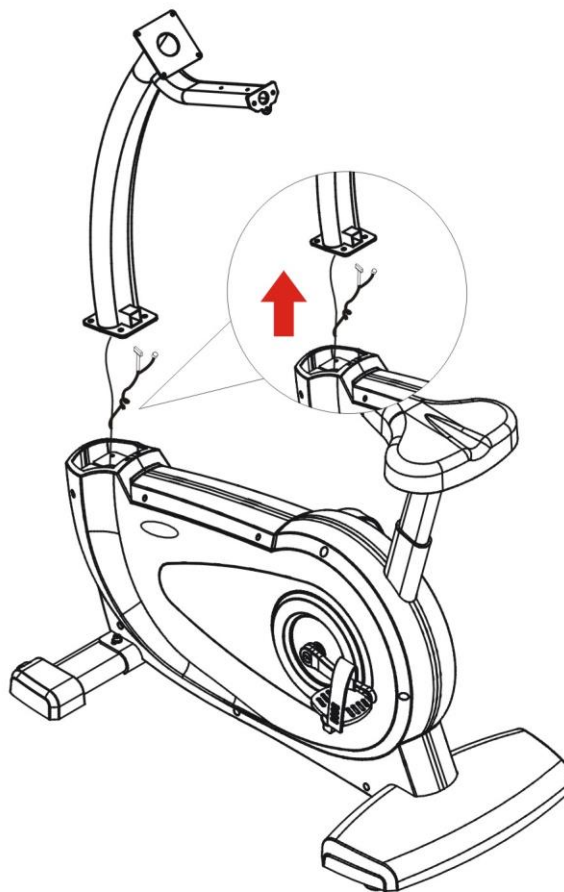
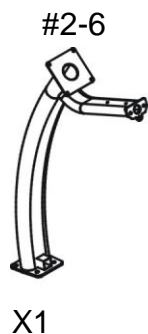


UNPACKING & ASSEMBLY

4

Step4:

- 1). Please take off pre-lock screws on the main frame.
- 2). Use the guide wire to make the console wire and cable connector through the console upright tube. Don't take off the guide wire and tied it up on the console upright tube.

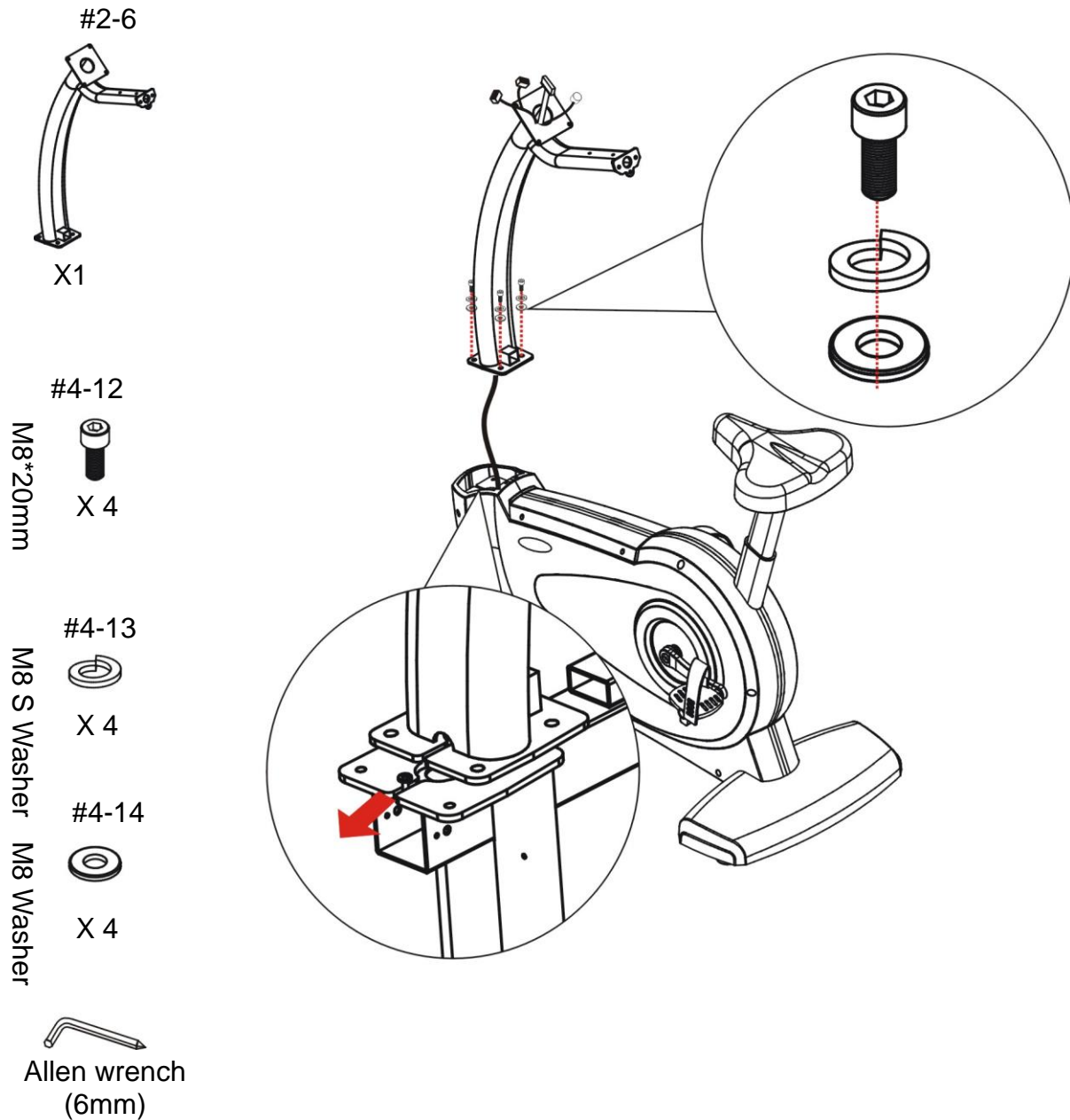


UNPACKING & ASSEMBLY

5

Step5: Assembly console upright tube with main frame

- 1).Slide the console upright tube into the main frame, lock the console upright tube via Round head phillips screw.
- 2).Use Allen wrench (6mm) to lock on 4pcs M8x20mm screw, M8 S washer and washer for fixing the console upright tube to main frame.



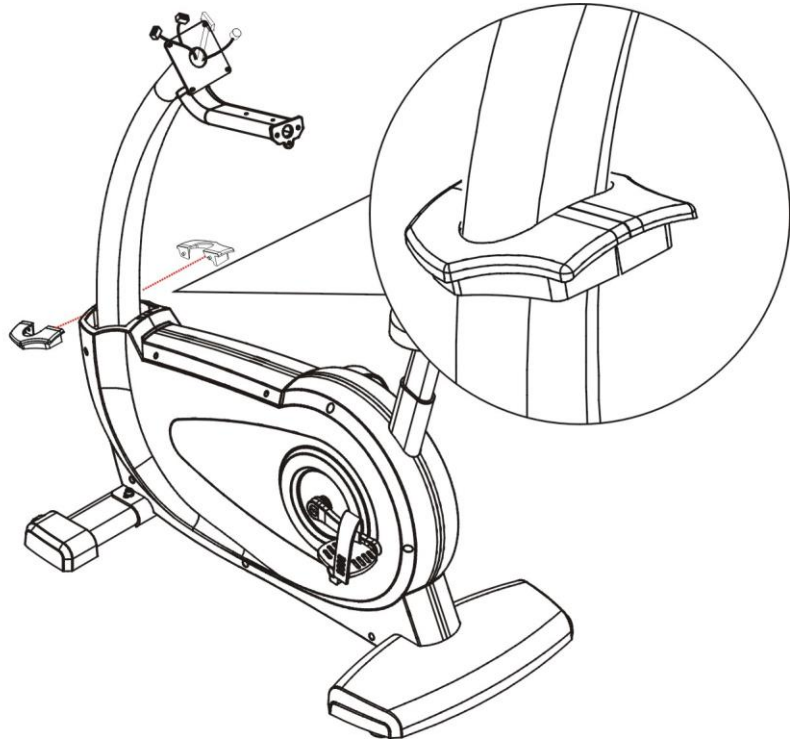
UNPACKING & ASSEMBLY

Step6: Assembly upright tube cover, right / left with console upright tube.

#4-11 #4-10



X1 set

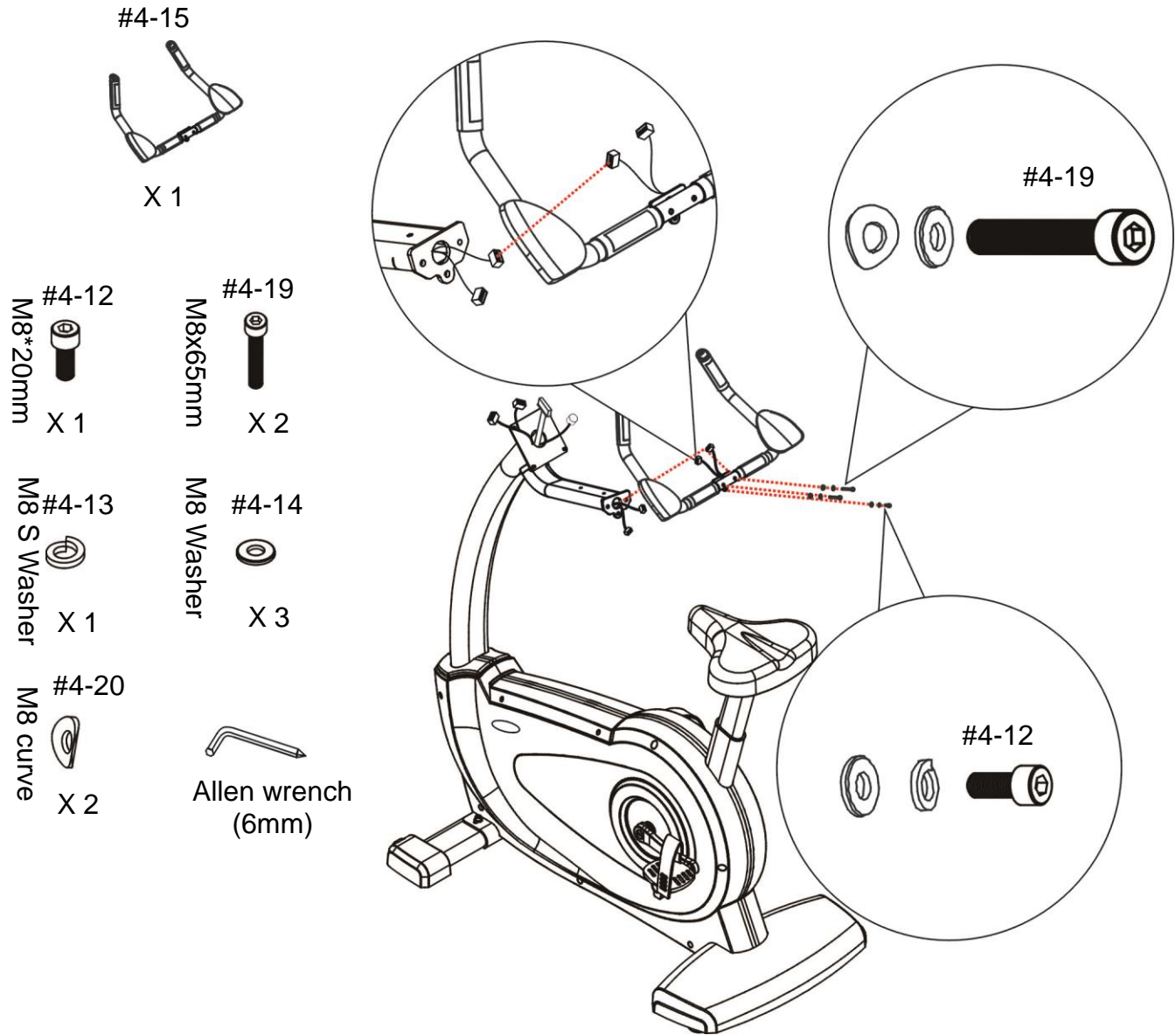


UNPACKING & ASSEMBLY

Step7: Assembly handlebar set with console upright tube

1).Connect the hand pulse wire.

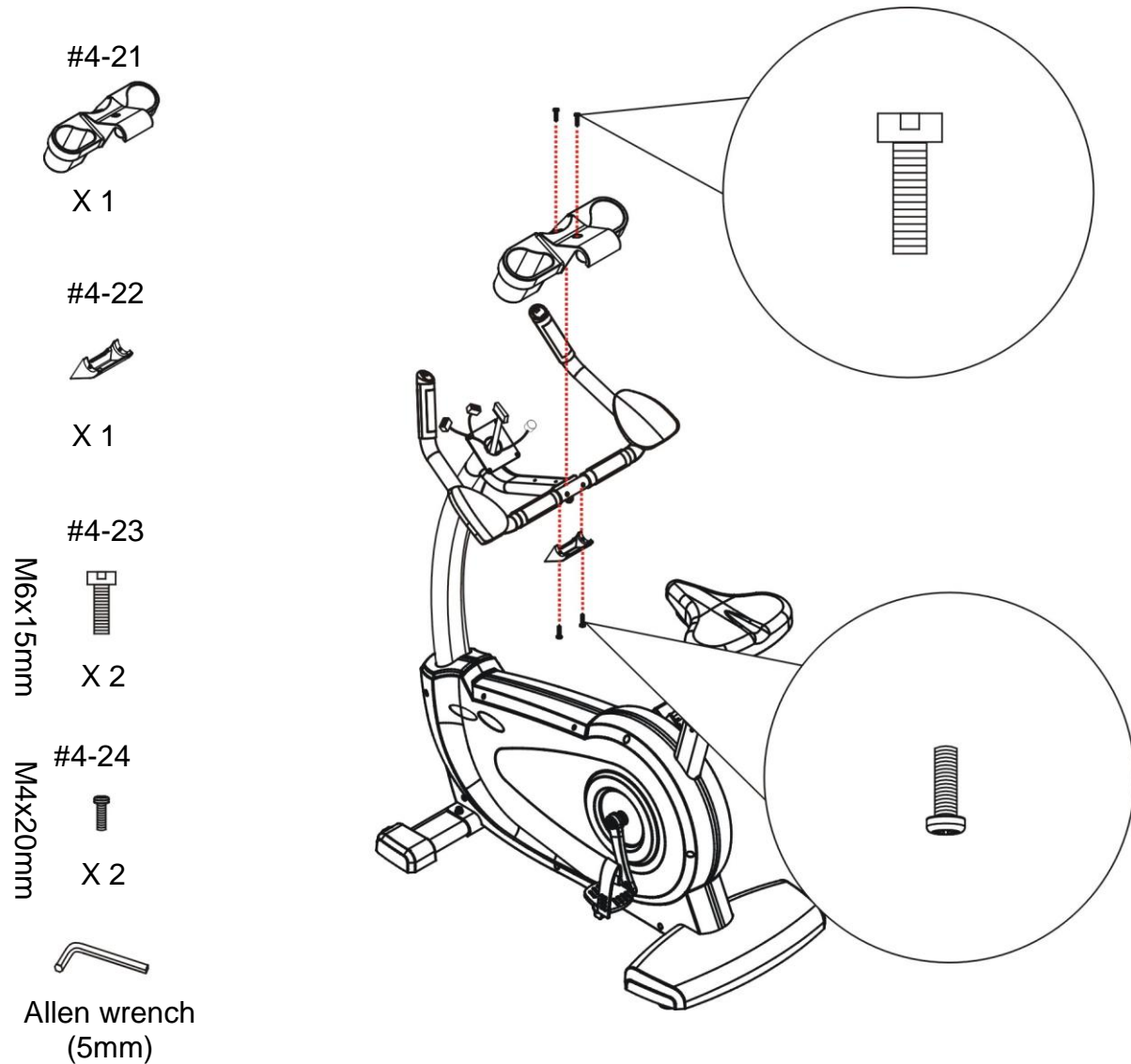
2).Use Allen wrench (6mm) to lock on 1pcs M8*20mm screw、2pcs M8*65mm screw、2pcs M8 Wave Washer、3pcs M8 Washer、1pcs M8 S Washer for fixing the handlebar to console upright tube.



UNPACKING & ASSEMBLY

Step8: Assemble bottle holder cover with handlebar.

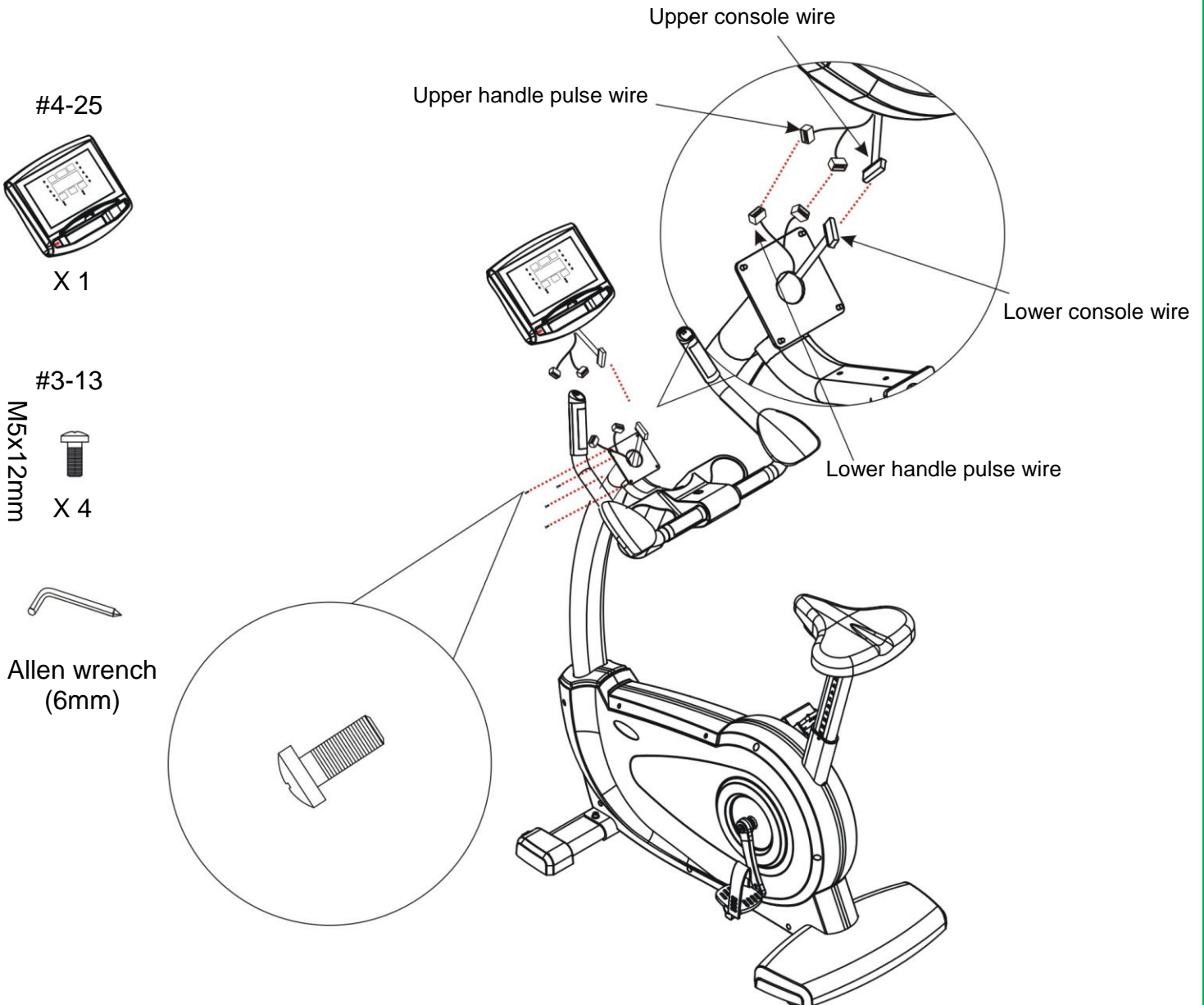
- 1) Please take off pre-lock screws on the bottle holder.
- 2).Use Allen wrench (5mm) to lock on 2pcs M6x15mm screw for fixing the Upper bottle Holder cover to handlebar.
- 3).Use Allen wrench (5mm) to lock on 2pcs M4x20mm screw for fixing the Lower bottle Holder cover to handle bar.



UNPACKING & ASSEMBLY

Step9: Assemble console with handle bar post

- 1). Please take off pre-lock screws on the console.
- 2). Take off the guide wire after connecting upper and lower wires, such as console wires & hand pulse wires.
- 3). Use Allen wrench (6mm) to lock on 4pcs M5*12mm screw for fixing the console to console upright tube.



WARM UP & COOL DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count. Repeat this action for several times.



SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder. Repeat this action for several times.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot up.



SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



CALF/ACHILLES STRETCH

Step your right foot in front of your body. Lean against a wall with your arms and stretch your left foot backward your body. Bend forwards your right foot, and slightly push your buttock toward to the wall for 15 seconds. Repeat the action with front left foot and rear right foot for another 15 seconds.



INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 seconds. Repeat this action 3-5 times.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

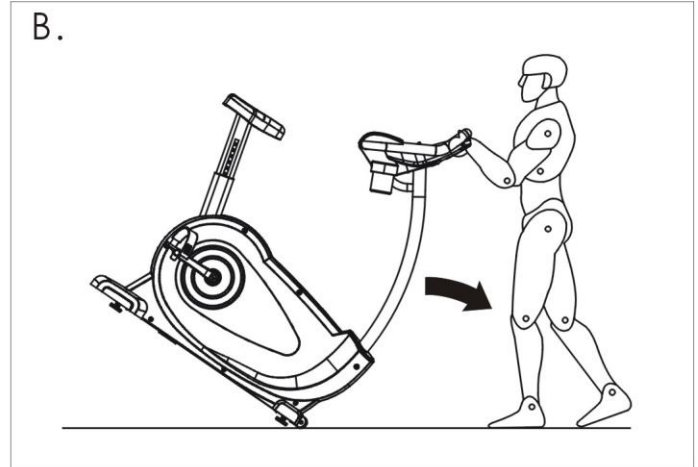
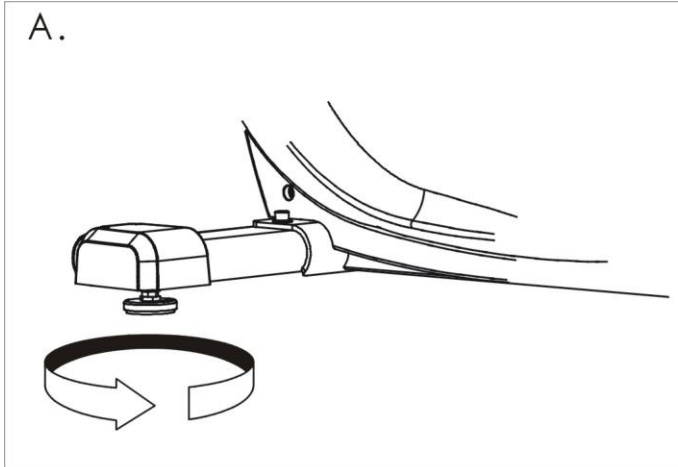


HAMSTRING STRETCHES

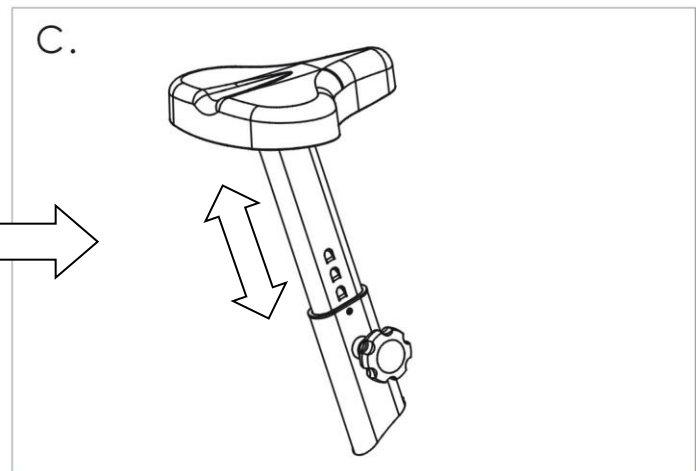
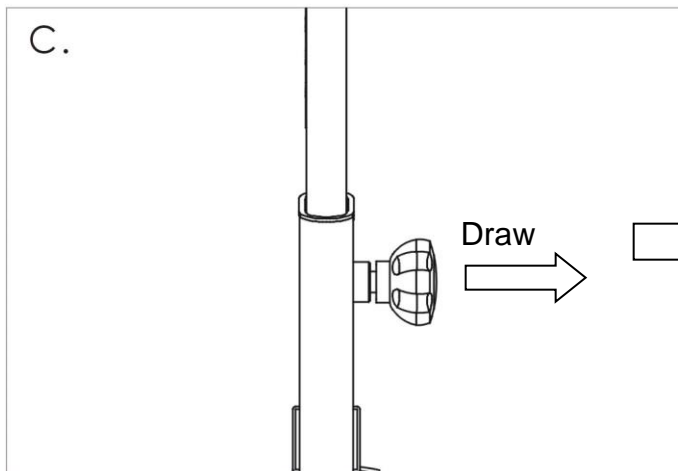
Keep your right leg straight and the left foot on the floor; try to stretch your right hand toward the toe, hold this posture for 15 seconds. Relax, and then repeat the action for left leg.

OPERATION

- A. After assembly, the rear stabilizer can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the rear foot caps to level the rear stabilizer to the floor.
- B. The transportation wheels on the front foot caps allow for easy maneuvering. Simply pull back on the handle bars until the wheels touch the floor. Then roll the unit to a desired location.



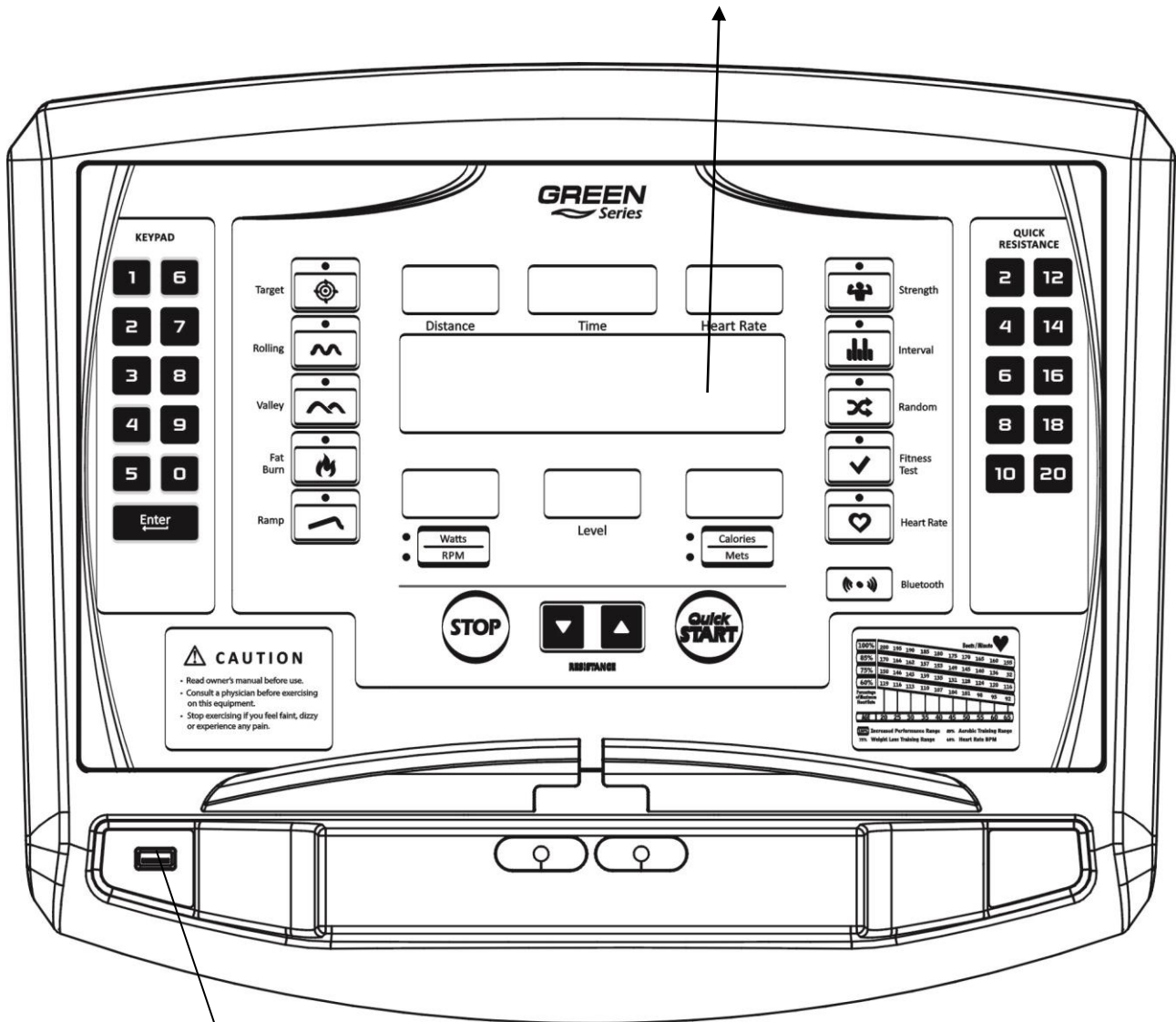
- C. The handle bar can be adjusted to personal preference. Loosen the handle bar fixing tube. Retighten the fixing tube.



PANEL CONTROL

Display & Keys

Message window, display program profiles & message



USB port on the console mainly acts as a smartphone charger, and it will not upload any file/data from your smartphone to the treadmill console. Charging spec : 5V/0.5A

PANEL CONTROL

Display function

Display	Definition
Distance	Displays total distance KM/Mi.
Time	Displays time remaining or total time.
Heart Rate	Displays hand grip and wireless Heart Rate reading.
Watts	Displays consuming watt.
RPM	Displays pedaling RPM.
Level	Displays current resistance level L1~L25
Calories	Displays calories burned.
Mets	Displays the multiple of rest.

Key function

Key	Function
▲ / ▼	Adjusts the resistance level while in use. Adjusts program types and program values.
Watts / RPM	Switch display Watts←→RPM
Calories / Mets	Switch display Calories←→Mets
Keypad	Set value.
Enter	Confirm value entered.
Quick Start	Quick start or program start.
Reset / Clear	Clear the setting value while setting. Reset back to idle mode while pause.
Program keys	Select program directly.
Quick keys for level	Adjusts level to a predetermined value. There are 10 level quick keys.
Bluetooth	Turn on the Bluetooth function and search for the device to connect with App.

PROGRAM

Program operation :

1. 【Target】

1.1. Press 『Target』 key to select **【Target】 program.**

1.1.1. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

1.1.2. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

1.1.3. Set distance : Message window show 『**SET DISTANCE THEN PRESS ENTER**』, set distance then press 『ENTER』 to next setting.

1.1.4. Set calories : Message window show 『**SET CALORIES THEN PRESS ENTER**』, set calories then press 『QUICK START』 to begin workout.

1.2. Beginning the workout :

1.2.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end. If no goal is set the program will not end unless manually stopped.

2. 【Preset Programs】:

2.1. Press program key to select a preset program, there are 7 preset program keys (ROLLING、VALLEY、FAT BURN、RAMP、STRENGTH、INTERVAL、RANDOM).

2.1.1. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』, set body weight then press 『ENTER』 to next setting.

2.1.2. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』, set time then press 『ENTER』 to next setting.

2.1.3. Set level : Message window show 『**SET LEVEL**』 once then show program profile, press ▲ or ▼ to set level 1~5 (if select RANDOM program, Message window show 『CHANGE PROFILE BY PRESS ARROW KEY』 once, press ▲ or ▼ to change the profile randomly), press 『QUICK START』 to begin workout.

2.2. Beginning the workout :

2.2.1. The resistance level will change automatically according to the program settings, if time is entered during setup then the segment time = time set / 32. You can use any resistance level key to change resistance level during your workout.

2.2.2. The program will end when the counter reaches 0.

2.3.Preset program profiles :

P1=ROLLING 、 P2=VALLEY 、 P3=FAT BURN 、 P4=RAMP 、 P5=STRENGTH 、 P6=INTERVAL 、 P7=RANDOM

PROGRAMS

Pro g.	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	LEVEL 1	3	4	4	5	6	6	7	7	6	6	5	4	4	3	3	4
	LEVEL 2	5	6	6	8	8	9	9	9	8	8	7	7	6	6	5	6
	LEVEL 3	7	8	9	10	10	11	11	11	10	10	10	9	9	8	8	9
	LEVEL 4	9	10	10	11	12	12	13	13	12	12	11	10	10	9	9	10
	LEVEL 5	11	12	13	12	12	13	14	15	14	13	12	11	11	10	9	11
P2	LEVEL 1	9	9	8	7	6	6	5	5	4	4	3	3	2	2	2	1
	LEVEL 2	11	11	10	9	9	8	8	7	7	6	5	4	3	2	2	1
	LEVEL 3	12	12	11	10	9	9	8	8	7	7	6	6	4	3	3	1
	LEVEL 4	14	14	11	11	10	10	9	8	8	7	7	6	4	3	3	1
	LEVEL 5	15	15	13	13	12	11	10	10	9	8	7	6	5	4	3	1
P3	LEVEL 1	1	1	3	3	3	5	5	5	6	7	7	8	8	9	9	10
	LEVEL 2	1	1	5	5	5	7	7	7	8	9	9	10	10	11	11	12
	LEVEL 3	1	2	5	6	6	7	8	8	9	10	10	11	12	12	13	13
	LEVEL 4	2	3	6	6	7	8	9	9	10	10	10	11	12	12	13	14
	LEVEL 5	3	4	7	7	8	8	9	9	10	10	11	12	12	13	14	15
P4	LEVEL 1	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6
	LEVEL 2	1	1	2	2	3	3	3	3	5	5	5	6	6	7	7	7
	LEVEL 3	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9
	LEVEL 4	2	2	2	3	3	4	5	5	5	6	6	7	7	8	9	9
	LEVEL 5	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9
P5	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7
	LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8
	LEVEL 3	3	3	4	4	5	5	6	6	6	6	7	7	7	8	8	9
	LEVEL 4	4	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10
	LEVEL 5	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10	10
P6	LEVEL 1	1	2	3	4	6	3	4	7	3	4	8	3	4	9	3	4
	LEVEL 2	3	4	5	6	8	5	6	9	5	6	10	5	6	11	5	6
	LEVEL 3	4	5	6	7	10	5	7	10	5	7	11	5	7	12	5	7
	LEVEL 4	4	5	7	8	11	6	8	11	6	8	11	6	8	12	6	8
	LEVEL 5	5	6	7	8	12	7	9	12	7	9	12	7	9	13	7	9

PROGRAMS

Prog	SEG	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
P1	LEVEL 1	4	5	6	6	7	7	6	6	5	4	4	3	4	5	6	6
	LEVEL 2	6	7	7	8	9	9	8	8	7	6	5	6	6	7	7	8
	LEVEL 3	10	10	11	11	10	11	10	9	8	8	7	7	6	7	8	9
	LEVEL 4	10	11	12	12	13	13	12	12	11	10	10	9	10	11	12	12
	LEVEL 5	12	13	14	14	15	15	14	13	13	12	11	10	12	13	14	14
P2	LEVEL 1	1	2	2	2	3	3	4	4	5	5	6	6	7	7	8	8
	LEVEL 2	1	2	3	3	4	5	6	7	7	8	8	8	9	9	9	10
	LEVEL 3	1	2	3	4	5	6	7	7	8	8	9	9	10	10	11	11
	LEVEL 4	1	3	3	4	6	7	7	8	8	9	10	10	11	11	14	14
	LEVEL 5	1	3	4	5	6	7	8	9	10	11	11	12	13	14	15	15
P3	LEVEL 1	10	9	9	8	8	7	7	6	5	5	5	3	3	3	1	1
	LEVEL 2	12	11	11	10	10	9	9	8	7	7	7	5	5	5	1	1
	LEVEL 3	13	12	12	11	10	10	9	8	8	7	6	6	5	5	3	1
	LEVEL 4	13	12	13	11	10	10	10	9	9	8	7	6	6	5	4	2
	LEVEL 5	15	14	13	12	12	11	10	10	9	9	8	8	7	7	4	3
P4	LEVEL 1	6	7	7	7	8	8	8	8	6	5	4	4	3	2	1	1
	LEVEL 2	8	8	9	9	10	10	11	11	11	9	9	8	8	7	7	6
	LEVEL 3	9	9	10	10	10	11	12	13	12	11	9	9	8	8	7	7
	LEVEL 4	9	9	10	11	12	13	13	14	14	12	10	9	9	8	8	7
	LEVEL 5	10	10	11	12	13	14	15	15	14	14	13	12	10	10	9	8
P5	LEVEL 1	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12
	LEVEL 2	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13
	LEVEL 3	9	9	9	10	10	10	11	11	11	12	12	12	13	13	14	14
	LEVEL 4	10	10	11	12	12	12	13	13	13	14	14	14	14	15	15	15
	LEVEL 5	10	11	11	12	12	13	13	14	14	14	15	15	15	16	16	16
P6	LEVEL 1	6	4	8	3	4	9	3	4	6	4	2	7	6	4	1	1
	LEVEL 2	8	6	10	5	6	11	5	6	8	6	4	9	8	6	3	3
	LEVEL 3	10	6	11	5	7	12	5	7	9	7	5	11	9	7	4	4
	LEVEL 4	11	7	12	6	8	13	6	8	11	8	6	12	11	9	6	4
	LEVEL 5	12	8	12	9	11	15	11	9	11	9	8	12	11	10	7	5

PROGRAMS

3. 【HRC】

3.1. HRC operate with chest belt only · will be reset to idle mode if no any heart rate signal input after 60 seconds.

3.2. Press **【HRC】 key to select the program** · message window show **【THR】** ,press **▲** or **▼** Key to select **【HRC 60%】** · **【HRC 75%】** or **【HRC 85%】** ,press 『ENTER』 to confirm and starting to settings. (HRC 60%=(220-Age)x 60% / 75%=(220-Age)x 75% / 85%=(220-Age)x 85%)

3.2.1. Selected **【THR】** :

3.2.1.1. Target heart rate setting : Message window show 『**SET THR THEN PRESS ENTER**』 · set Target heart rate then press 『ENTER』 to next setting.

3.2.1.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』 · set body weight then press 『ENTER』 to next setting.

3.2.1.3. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』 · set time then press 『ENTER』 to next setting.

3.2.2. Selected **【HRC 60%】** or **【HRC 75%】** or **【HRC 85%】** :

3.2.2.1. Set age : Message window show 『**SET AGE THEN PRESS ENTER**』 · set age then press 『ENTER』 to next setting.

3.2.2.2. Message window show 『**SET BODYWEIGHT THEN PRESS ENTER**』 · set body weight then press 『ENTER』 to next setting.

3.2.2.3. Set time : Message window show 『**SET TIME THEN PRESS ENTER**』 · set time then press 『ENTER』 to next setting.

3.2.3. Set beginning Level : Message window show 『**SET BEGIN LEVEL THEN PRESS ENTER**』 ,press **▲** or **▼** Key to set begin level, press 『QUICK START』 to begin workout.

3.3. Beginning the workout :

3.3.1. The program will compare the real time and preset target heart rate every 30 seconds to adjust resistance level until the actual heart rate is reaches within + or – 5 beats of the preset target heart rate.

3.3.2. During the program, if the actual pulse rate \leq target workout heart rate minus 5, will be increased one level every 30 seconds until the max. level.

3.3.3. During the program, if the actual pulse rate \geq target workout heart rate plus 5, will be decreased one level every 30 seconds until the min. level.

3.3.4. You can use any level key to change the level during your workout.

3.3.5. The program will end when the counter reaches 0, then enter cool down.

PROGRAMS

4. Fitness Test :

4.1. Press 『 Fitness Test 』 to select the program.

4.2. Message window show 『 SET BODYWEIGHT THEN PRESS ENTER 』 · set body weight then press 『 ENTER 』 to next setting.

4.3. Set age, message window show 『 SET AGE THEN PRESS ENTER 』, set age then press 『 Quick Start 』 to begin workout.

4.4. Beginning the workout :

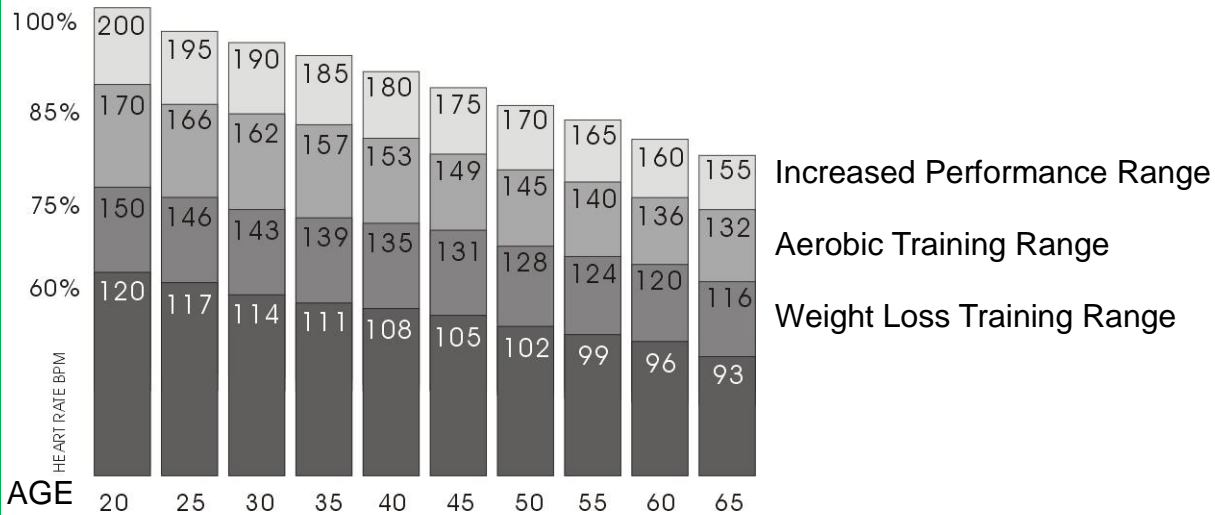
4.4.1. 3 minutes workout per stage, first stage(0~3 minute), the WATT preset value is 50W, second begin watt depends on average heart rate of 2~3 minute of first stage show as below:

HR Stage \ 2:01~3:00 Ave.	< 80bpm	80~89bpm	90~100bpm	> 100bpm
2 - (3:01~6:00)	125W	100W	75W	50W
3 - (6:01~9:00)	150W	125W	100W	75W
4 - (9:01~12:00)	175W	150W	125W	100W
5 - (12:01~15:00)	200W	175W	150W	125W
6 - (15:01~18:00)	225W	200W	175W	150W
7 - (18:01~21:00)	250W	225W	200W	175W
8 - (21:01~24:00)	275W	250W	225W	200W
9 - (24:01~27:00)	300W	275W	250W	225W
10 - (27:01~30:00)	-----	300W	275W	250W

4.4.2. The program will end when heart rate reaches MHR 85%-10 over 10 seconds, message window will show 【 VO2 MAX = XX 】 , press 『 Reset/Clear 』 KEY back to idle mode.

PROGRAMS

Target Heart Rate Chart



Please consult your physician to find your optimal heart rate and Watt setting

Equipment adjustments

An optimal seating position is crucial for comfortable cycling.

- **Height of seat**

As a general rule you should be able to reach the pedal with your heel when straightening your leg and aligning it with the pipe supporting the seat.

- **Body position**

Your handlebars should be set to a position in which you can reach them with slightly bent arms.



PREVENTATIVE MAINTENANCE

HOW TO CARE FOR YOUR BIKE

The Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced.

Pay special attention to parts that are subject to wear as outlined in the *Preventative Maintenance Schedule*.

The following preventive maintenance will keep the exercise elliptical operating at peak performance :

- Locate the exercise bike in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid cleaning product, to clean the exercise elliptical other fabrics, including paper towels, may scratch the surface. Do not finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

NOTE :

The exercise bike can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.



PREVENTATIVE MAINTENANCE

Preventative Maintenance Schedule

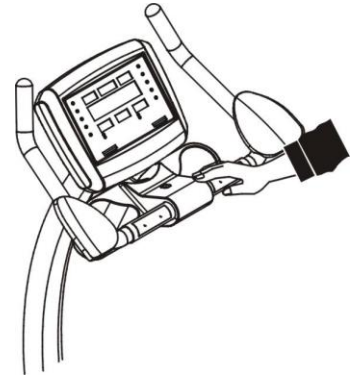
Follow the schedule below to ensure proper operation of the product.

Number	Checking Item	Daily	Weekly	Monthly	Bi-Annually	Annually
1	Display Console	C	C	I	I	
2	Console Mounting Bolts				I	
3	Accessory Tray		C	I		
4	Frame		C			I
5	Plastic Covers		C	I		
6	Pedals and Straps		C	I		

KEY: C = Clean; I = Inspect

Hand pulse

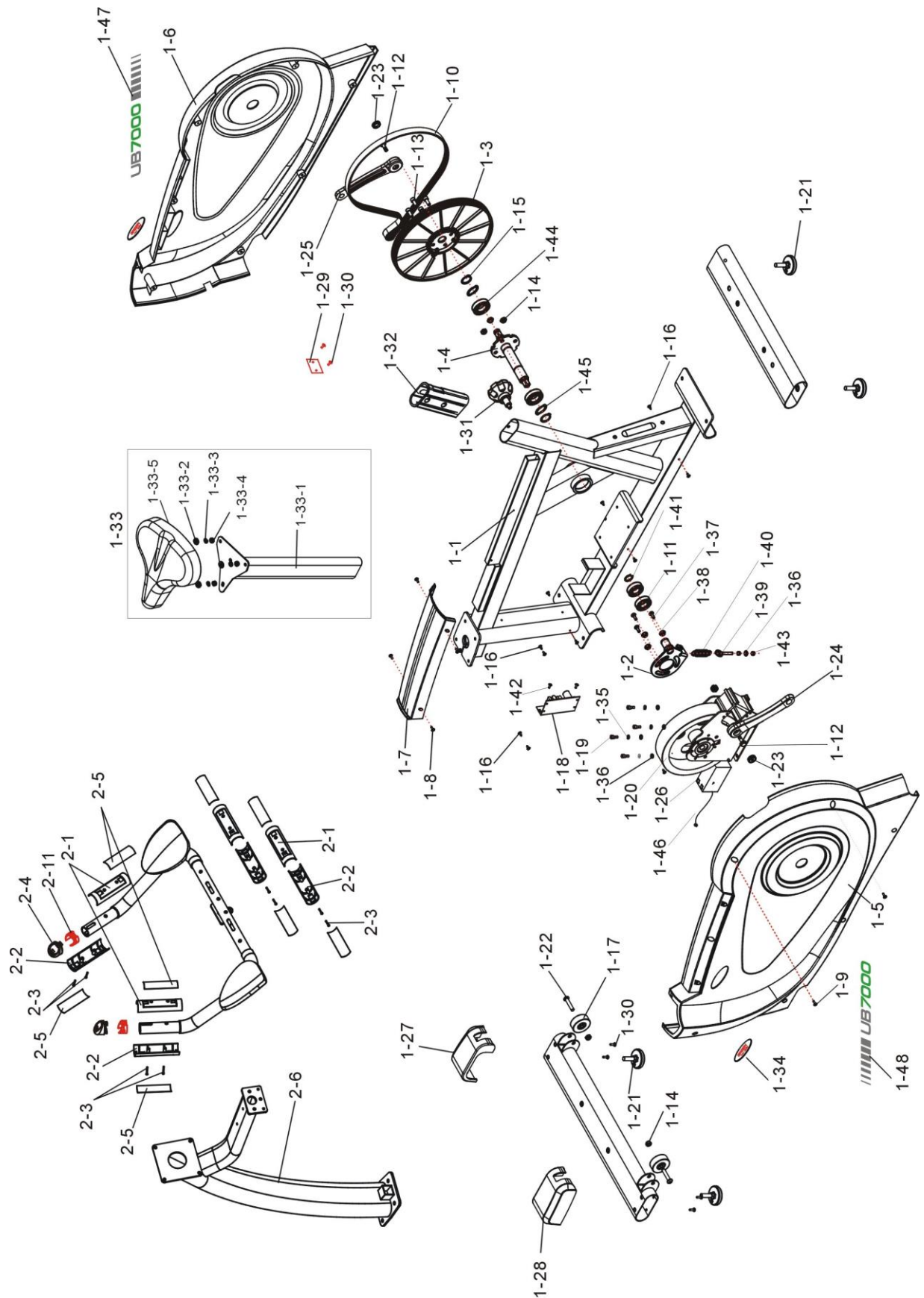
Before/after running, to put your feet separately on each side rein, then hold the hand grip, so as to avoid any shaking. If the heart beat is too high or irregular, please have your hands out of the hand grip until the pulse display returns to " 0 ", then redoing the test. Don't do this test while running.



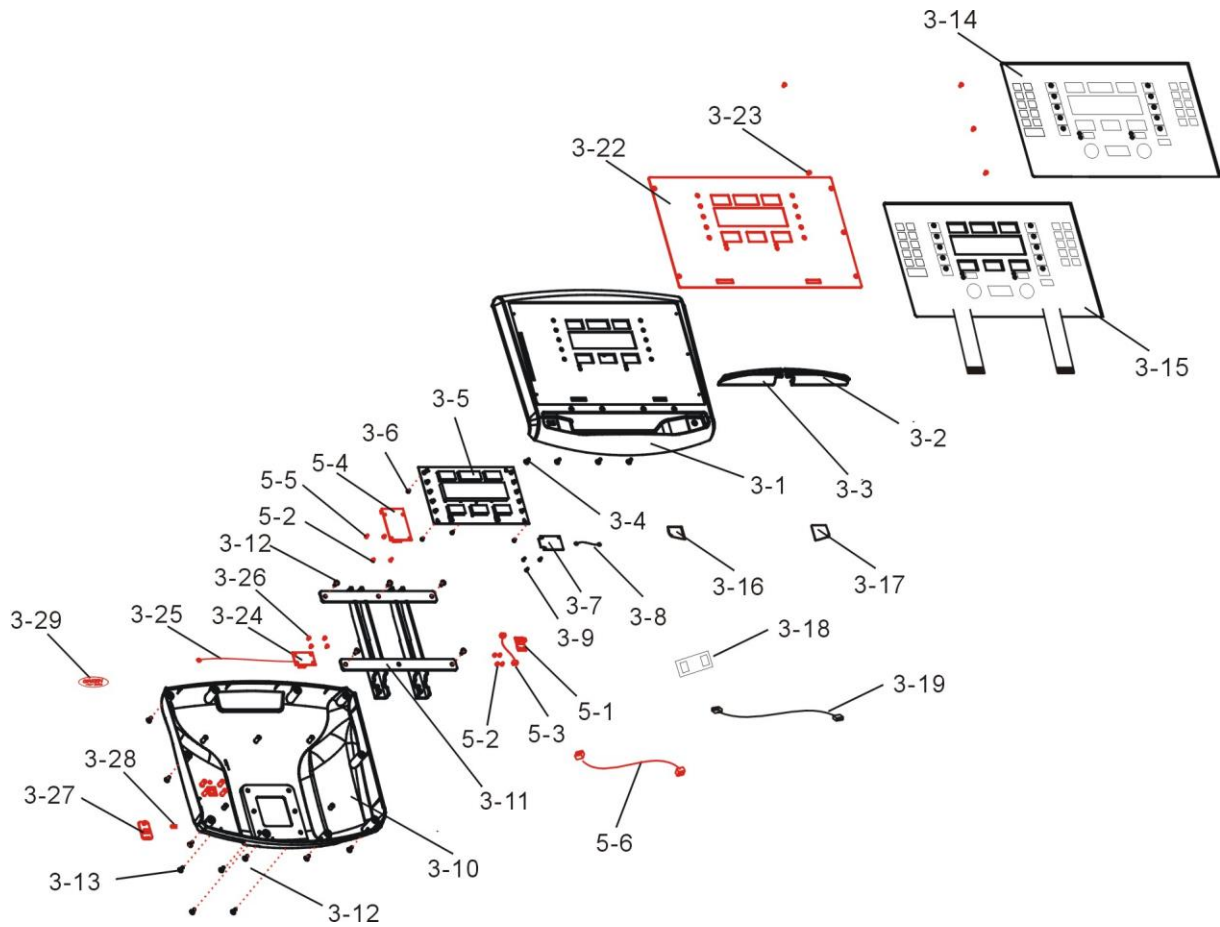
PART LIST

ITEM	Part No.	DESCRIPTION	Q'TY	ITEM	Part No.	DESCRIPTION	Q'TY
1-1	F500294-003	Main frame / K90	1			CONSOLE SET	
1-2	F500295-000	Idler set	1	3-1	F300637-101	Upper console cover / K90	1
1-3	F300443-000	Crank disk	1	3-2	F300625-102	Right Reading Rack / K90	1
1-4	F290063-000	Crank shaft	1	3-3	F300626-102	Left Reading Rack / K90	1
1-5	F300433-102	Left housing cover / K90	1	3-4	H020173-000	Bolt M4x12mm	4
1-6	F300434-102	Right housing cover / K90	1	3-5	F373413-000	Panel, console	1
1-7	F300440-100	Protector cover / K90	1	3-6	H020172-001	Bolt M3x8mm	5
1-8	H020101-002	Bolt M4x10mm	4	3-7	F373387-000	BT board	1
1-9	H020803-001	Bolt M4x10mm	2	3-8	F080198-000	BT cable	1
1-10	H041017-000	Drive belt	1	3-9	H020220-000	Bolt M2x5mm, BT board	3
1-11	H050008-000	Ball Bearing	2	3-10	F300634-102	Lower console cover / K90	1
1-12	H020104-001	Bolt with washer M8x25mm	2	3-11	F500439-000	Console metal frame	1
1-13	H020626-001	Bolt M8x20mm	4	3-12	H020202-003	Bolt M4x12mm	15
1-14	H022402-001	Nylon nut M8	6	3-13	H020801-002	Bolt M5x12mm / K90	4
1-15	H023121-001	C-ring	2	3-14	F916434-018	Overlay / K90	1
1-16	H020207-002	Bolt 4x15mm	10	3-15	F340062-000	Membrane	1
1-17	F300053-000	Rear wheel	2	3-16	F916405-010	Stickers / K90	1
1-18	F373331-000	Motor control	1	3-17	F916405-009	Stickers / K90	1
1-19	H020600-004	Bolt M6x15mm	4	3-18	F373405-000	Heart Rate PCB	1
1-20	F900437-000	Generator system	1	3-19	F080221-002	Transfer Cable, 410mm	1
1-21	F300359-000	Adjust pad	4	3-20	F080117-001	Upper Console Wire 250mm	1
1-22	H020601-000	Bolt M8x40mm	2	3-21	F080234-001	Upper Hand Pulse Cable 400mm	1
1-23	F300442-001	Crank cap / K90	2	3-22	F270776-000	Display Support	1
1-24	F900463-001	Crank(left) / K90	1	3-23	H020841-000	Bolt M3x8L	5
1-25	F900462-001	Crank(right) / K90	1	3-24	F373424-000	Csafe PCB	1
1-26	F371001-000	Lead-Acid Battery	1	3-25	F083132-000	Csafe power	1
1-27	F300437-000	Front base tube cover (left) / K90	1	3-26	H020201-002	Bolt M3x6L	4
1-28	F300436-000	Front base tube cover (right) / K90	1	3-27	F300646-100	Csafe cover	1
1-29	F300284-100	AV Terminal Cover / K90	1	3-28	F346007-000	Cooper Tube	1
1-30	H020202-003	Bolt M4x12mm	6	3-29	F916300-013	Logo	1
1-31	F300444-000	Knob	1				
1-32	F300441-000	Saddle plastic sleeve	1	4-1	F500299-004	Front base tube / K90	1
1-33	F900441-000	Seat Set	1	4-2	F500300-003	Rear base tube / K90	1
1-33-1	F500298-000	Seat post	1	4-3	H020626-003	Bolt M8x20mm / K90	4
1-33-2	H021120-012	Washer	4	4-4	H021209-000	M8 S Washer / K90	4
1-33-3	H021120-002	Washer	3	4-5	H021100-000	M8 Washer / K90	4
1-33-4	H022402-001	Nylon nut	3	4-6	F300435-000	Rear base tube cover / K90	1
1-33-5	F900461-000	Seat	1	4-7	H020202-003	Bolt M4x12mm	2
1-34	F916288-017	logo	2	4-8	F340066-000	Left Pedal with Strap / K90	1
1-35	H021203-001	M6 S Washer	4	4-9	F340067-000	Right Pedal with Strap / K90	1
1-36	H021101-001	M6 Washer	5	4-10	F330050-000	Upright Tube cover, right	1
1-37	H020801-004	Bolt M5x15L	3	4-11	F330049-000	Upright Tube cover, left	1
1-38	F060002-001	T-type bushings	3	4-12	H020626-001	Bolt M8x20mm / K90	5
1-39	H020105-000	Ditch the eves screws	1	4-13	H021600-000	M8 S Washer	5
1-40	H029400-000	Spring	1	4-14	H021120-012	M8 washer	7
1-41	H023100-001	C-ring S-20	1	4-15	F900954-000	Handlebar	1
1-42	H020803-001	Bolt M4x10L / K90	2	4-16	F916407-000	Handle Button (UP)	1
1-43	H022111-006	Nylon nut M6	2	4-17	F916407-001	Handle Button (DOWN)	1
1-44	H050063-000	Ball Bearing 6005	2	4-18	F340061-000	Handle Button Membrane	2
1-45	H021424-001	Washer	2	4-19	H020602-017	Bolt M8x65mm	2
1-46	F080115-000	Lead-Acid Battery Wire	1	4-20	H021603-000	M8 curve washer	2
1-47	F916273-155	Right side rail sticker	1	4-21	F300438-100	Upper water bottle holder cover / K90	1
1-48	F916273-156	Left side rail sticker	1	4-22	F300439-100	Lower water bottle holder cover / K90	1
				4-23	H020600-035	Bolt M6x15mm / K90	2
				4-24	H020803-002	Bolt M4x20mm	2
				4-25	F901028-002	Console set / K90	1
CONSOLE UPRIGHT TUBE							
2-1	F300281-000	Hand pulse lower cover	4	4-26	F270548-000	Joint guide	2
2-2	F300341-000	Hand Pulse upper cover	4	4-27	H020632-001	Bolt M612mm	2
2-3	H020109-014	Bolt M3x20L	8	4-28	F916438-000	Logo / K90	1
2-4	F300630-000	Resistance Level Control	2	4-29	H022813-000	Rivet nut	1
2-5	F270271-000	Hand pulse plate	8	4-30	F300607-100	Cover for TV bracket / K90	1
2-6	F500441-005	Console upright Tube / K90	1				
2-7	F080116-000	Lower Console Wire 1500mm	1				
2-8	F080235-000	Hand Pulse Wire 550mm	1				
2-9	F080236-001	Hand Pulse Cable (4P Male)	1				
2-10	F080240-001	Hand Pulse Cable (4P Female)	1				
2-11	F300648-100	Resistance button holder	2				
						USB	
				5-1	F373409-000	USB Port	1
				5-2	H020201-002	Bolt M3x6mm	6
				5-3	F080198-002	USB board cable , 300mm	1
				5-4	F373415-000	UART USB Port	1
				5-5	H020212-000	Bolt M2x8mm	2
				5-6	F080231-001	Transfer Cable	1

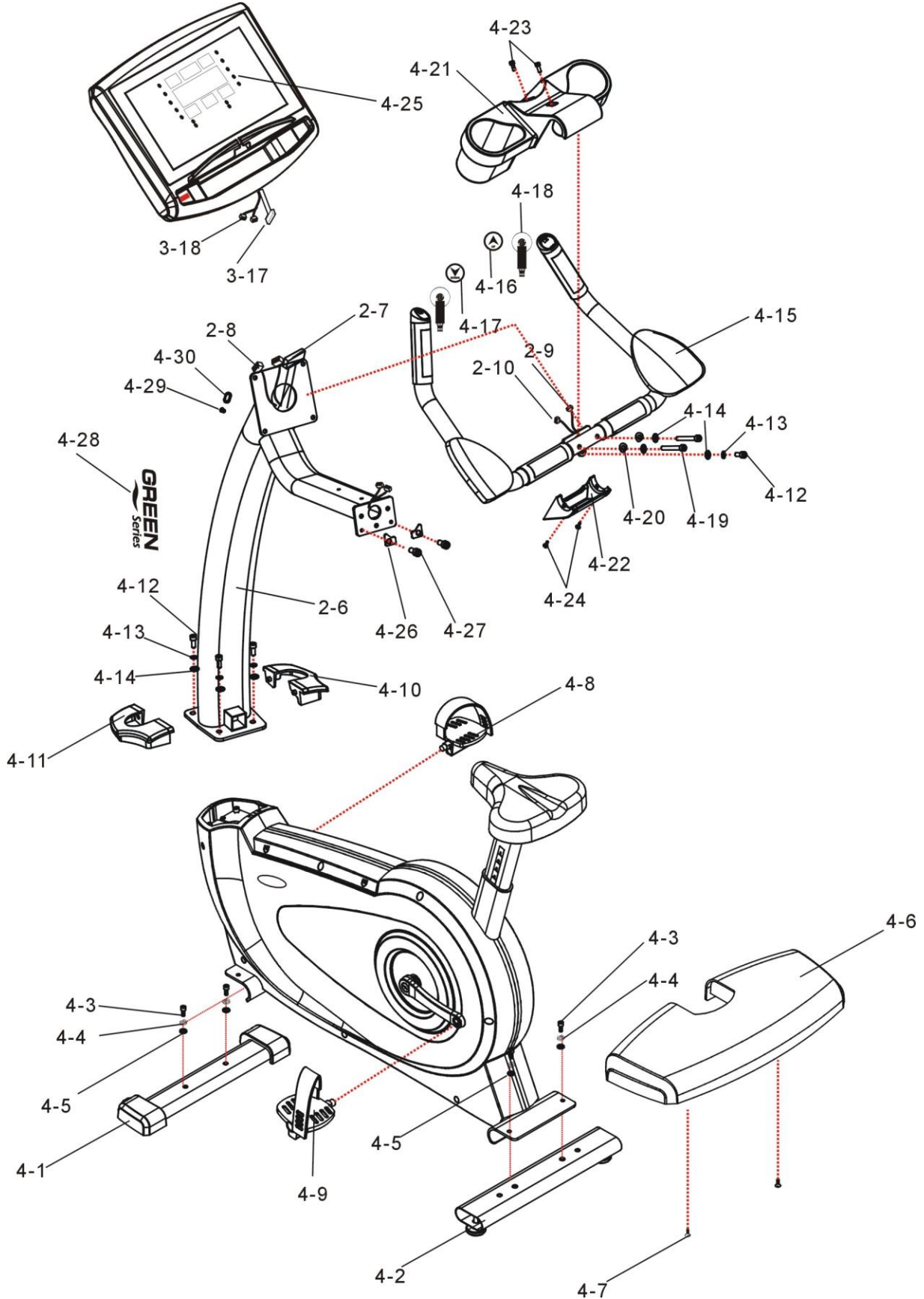
EXPLODED DRAWING



EXPLODED DRAWING (CONSOLE SET)



EXPLODED DRAWING (CONSOLE MAST SET)



GREEN



Series

Limited Warranty

6000 SERIES LIGHT COMMERCIAL WARRANTY

The Green Series™ 6000 light commercial warranty is intended for **non-dues-paying facilities** where equipment use is generally up to **six (6) hours per day**.

7000 SERIES FULL COMMERCIAL WARRANTY The Green Series™ 7000 full commercial warranty is intended for facilities where equipment use is regularly in excess of eight (8) hours per day. All dues-paying facilities fall into the category of a full commercial warranty as well as many non-dues-paying facilities.

Please note that any warranty services or questions must be accompanied by the model number and serial number from the transaction through which the warranted product was purchased. **The serial number serves as your warranty number and must be retained.** GREEN SERIES™ cannot provide warranty service without this number.

GREEN SERIES™ Cardio Machines warrant this product and its parts against defects in materials or workmanship for **ten (10) years frame, five (5) years motor, three (3) years parts, two (2) years wearables and one (1) year labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable. *(Excluding Indoor Cycling Bikes)*

GREEN SERIES™ Indoor Cycling Bikes warrant this product and its parts against defects in materials or workmanship for **five (5) years frame, two (2) years parts, one (1) year wearable and no labor** from the initial install date. During this period, GREEN SERIES™ will repair or replace defective parts or equipment with new or reconditioned parts at GREEN SERIES™ option, without charge to customer. This limited warranty extends only to the original purchaser and is non-transferable

Shipping fees incurred from returns for under-warranty service in the warranty time-line will be paid by GREEN SERIES™. All shipping fees both to and from GREEN SERIES™ following this warranty time-line period must be paid by the customer. All returns, both during and following the warranty time-line period, must be affected via the Procedures for Obtaining Warranty Service described below.

All original parts (parts installed by GREEN SERIES™ at the original system build) replaced by GREEN SERIES™, its authorized service center or authorized service technician, become the property of GREEN SERIES™. Any after-market additions or modifications void all warranties. The original purchaser is responsible for the payment, at current rates, for any service or repair outside the scope of this limited warranty.

GREEN SERIES™ makes no other warranty, expressed or implied, including but not limited to implied warranties of merchantability, fitness for a particular purpose, or conformity to any representation or description, with respect to this warranty other than as set forth below. GREEN SERIES™ makes no warranty or representation, either expressed or implied, with respect to any other manufacturer's product or documentation, its quality, performance, merchantability, fitness for a particular purpose, or conformity to any representation or description.

Except as provided below, GREEN SERIES™ is not liable for any loss, cost, expense, inconvenience or damage that may result from use or inability to use the equipment. Under no circumstances shall GREEN SERIES™ be liable for any loss, cost, expense, inconvenience or damage exceeding the purchase price of the equipment.

The warranty and remedies set forth below are exclusive and in lieu of all others, oral or written, expressed or implied. No reseller, agent or employee is authorized to make any modification, extension or addition to this warranty.

Warranty Conditions and Restrictions

The above Limited Warranty is subject to the following conditions:

1. This warranty extends only to products distributed and/or sold by **GREEN SERIES™**. It is effective only if the products are purchased and operated in the USA, (Within the USA including US 48 States, Alaska and Hawaii), Puerto Rico, Canada and Mexico. All countries outside the USA for warranty service do not include labor rates.
2. This warranty covers only normal use of the equipment. **GREEN SERIES™** shall not be liable under this warranty if any damage or defect results from (i) misuse, abuse, neglect, improper shipping or installation; (ii) disasters such as fire, flood, lightning or improper electric current; or (iii) service or alteration by anyone other than an authorized **GREEN SERIES™** representative; (iv) damages incurred through irresponsible use, including those resulting from equipment placed into humid environments, unfinished structures, structures under construction or remodel or placed in an outdoors setting, or other non-recommended practices.
3. **GREEN SERIES™** shall not be held liable or responsible for any damages to the units caused during the install of any product.
4. **GREEN SERIES™** shall not be held liable or responsible for any structural or cosmetic damages to facilities caused by the placement or operation of any equipment sold and installed by a **GREEN SERIES™** authorized service technician or installer.
5. Changes in the cosmetic appearance of components and parts within the unit that do not affect its performance will not be covered by any part of this warranty.
6. Damage due to normal wear and tear as defined by items subject to normal use and/or exposure, consumables, and cosmetic items, including, but not limited to the following: grips, seats, paint scratches, and labels.
7. Travel costs associated with service more than 100 miles or two hours outside the service area of **GREEN SERIES™** service technicians shall be the responsibility of the customer.
8. Any and all shipping damages, visible or hidden, shall be the responsibility of the shipper. Note: Damage caused by common carrier is, by federal law, the carrier's responsibility and must be claimed with the carrier at the time of delivery. The recipient who signed for the equipment is responsible for the filling of the damage claim and notification to **GREEN SERIES™**.
9. The end user of the equipment shall ensure that the facility has proper height, width and length clearances, including ADA requirements, for the product(s) being placed into operation. **GREEN SERIES™** will not be held liable or responsible for the fitment of equipment sold to the customer.
10. Customer must retain bill of sale or other proof of purchase and register equipment within thirty (30) days of installation to receive warranty service. Registration of the equipment ensures **GREEN SERIES™** the ability to provide prompt and complete service.
11. No warranty extension will be granted for any replacement part(s) furnished to the purchaser in fulfillment of this warranty.
12. **GREEN SERIES™** and its Authorized Service Center, dealers or authorized technicians accept no responsibility for any parts of any products returned for repair to **GREEN SERIES™**.
13. **GREEN SERIES™** makes no warranty either expressed or implied regarding third-party (**non-GREEN SERIES™**) installed parts, accessories or modifications.
14. All **GREEN SERIES™** equipment shall be properly cleaned and cared for in accordance to the procedures outlined the in the owner's manual.

Return of Non-Defective Products

A non-defective product may be returned to **GREEN SERIES™** within thirty (30) days of the invoice or installation date for a refund of the original purchase price, not including shipping fees, under the following conditions/fees:

1. **GREEN SERIES™** will refund the cost of equipment only. Customer is responsible for shipping and handling fees incurred to and from the product(s) return.
2. No refund will be granted for equipment which has been opened, used, or tampered with in any way which jeopardizes **GREEN SERIES™** ability to remarket or resell the product. **GREEN SERIES™** maintains full discretion in decisions regarding product returns.
3. Any non-defective returns are subject to a twenty-five percent (25%) restocking fee. This fee will be deducted from the equipment purchase price refund less any shipping or handling charges.

To return a defective product, please contact the selling dealer or Green Series Customer Service Department for a Return Merchandise Authorization (RMA) number and follow the Return of Products Instructions below. The RMA is valid for thirty (30) days from date of issuance. **Returns will not be accepted without an RMA.** Manufacturer restrictions do apply. Any item missing the UPC on the original packaging may not be returned.

Procedures for Obtaining Warranty Service

RMA (Return Merchandise Authorization) Policy:

The customer must obtain an RMA number and provide proof of purchase. RMA and services are rendered by **GREEN SERIES™** only. Any shipping costs after the for-mentioned warranty lengths (starting from the original date of install) on any item returned for repair or replacement is the customers' responsibility. All returned parts and equipment must have an RMA number written clearly on the outside of the package along with a letter detailing the problems and a copy of the original proof of purchase. No COD packages will be accepted. No package will be accepted without a RMA number written on the outside of the package. RMA numbers are only valid for thirty (30) days from the date of issue.

Should you have any problems with your equipment, please follow these procedures to obtain the service:

1. If the equipment must be repaired, contact our Customer Care Department and a **Service Order Number** will be issued by Customer Care for dispatch of an authorized technician.
2. Upon receiving the technician service report, **GREEN SERIES™** will repair or replace your defective parts and will ship replacement parts to the location specified (dependent on parts availability) via UPS.
3. **GREEN SERIES™** will pay for shipping to and from the customer only within the time allocated under the warranty time-line following the original product installation date. Following this period all shipping fees for post warranty repairs are the sole responsibility of the customer. The customer also assumes full liability for losses or damages resulting from shipping as well as all responsibility to pursue remuneration for such issues with their selected carrier.

After Warranty – Post Warranty Repair

For post warranty repair, the procedure is the same as outlined above for service and shipping. However, customer is responsible for shipping charges both ways, labor, trip charges and the current price of part(s) needed to repair the product(s).

WARRANTY EXCLUSIONS

GREEN SERIES™ does not offer technical support for any product or parts installed by other manufacturers. Technical support should be pursued through channels offered by the equipment's individual technician support. **GREEN SERIES™** accepts no liability for problems caused by after-market hardware modifications or additions. **GREEN SERIES™** is not responsible for giving any technical support concerning the installation or integration of any component the customer did not pay **GREEN SERIES™** to install. **GREEN SERIES™** is not responsible for loss of time, even with hardware failure. **GREEN SERIES™** is not responsible for any loss of work ("down time") caused by a product requiring service. This warranty is null and void if the defect or malfunction was due to damage resulting from operation not within manufacturer specifications. It will also be null and void if there are indications of misuse and/or abuse. **GREEN SERIES™** has the option of voiding the warranty if anyone other than a **GREEN SERIES™** authorized technician attempts to service the product. **GREEN SERIES™** will not warrant any problems arising from an act of God (lighting, flooding, tornado, etc.), electrical spikes or surges, or problems arising out of hardware or additional devices added to complement any system/component bought at **GREEN SERIES™**. Under no circumstances will **GREEN SERIES™** be responsible for any refund or remuneration exceeding the original purchase price of the product less any shipping fees. **GREEN SERIES™** will not be held responsible for typographical errors on sales receipts, repair tickets, or on our websites. **GREEN SERIES™** makes every effort to ensure all information on our websites, owner's manuals, marketing and other published materials is accurate.

- **By using this product, I indicate that I understand and agree to the terms of this warranty.**

