

USERS MANUAL

XT-800 Recumbent Bike with UBE



Healthcare International, Inc.
PO Box 1509, Langley, WA 98260

www.HCIFitness.com

p.360.321.7090



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

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

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

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

SAFETY INSTRUCTION



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

1. Read all warnings posted on the equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment. Make sure that it is properly assembled and tightened before use.
3. Two people available for assembly of this product is recommended.
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces
7. Inspect the equipment for worn or loose components prior to each use.
8. Tighten / replace any loose or worn components prior to using the equipment.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the equipment.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The equipment should not be used by persons weighing over 300 pounds /136 kgs.
18. The equipment should be used by only one person at a time.
19. The equipment is for semi-commercial, light-commercial and home usage.
20. Maintenance: Replace the defective components immediately and / or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine.

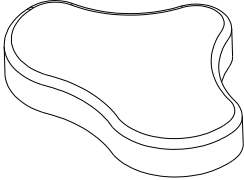
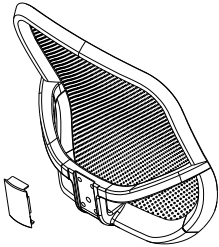
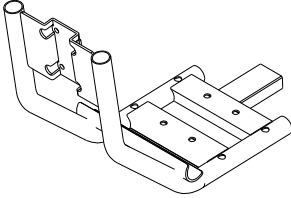
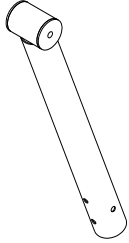
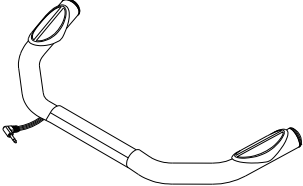
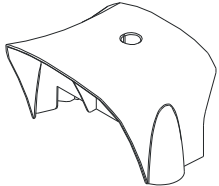
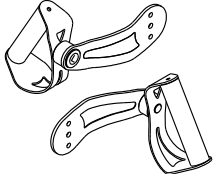
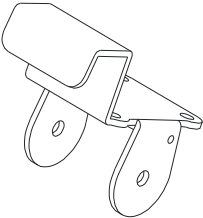
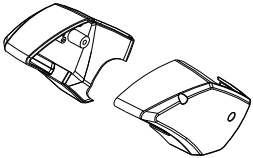
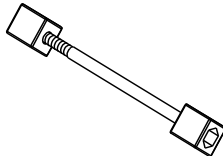
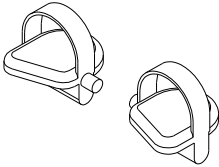
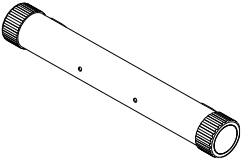
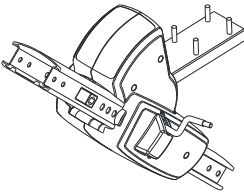
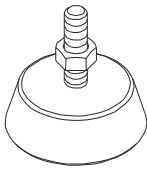
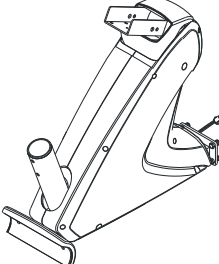
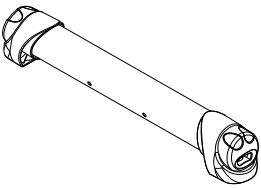
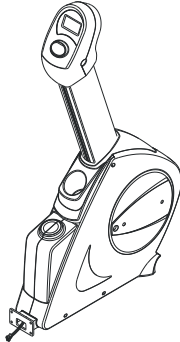
WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.



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

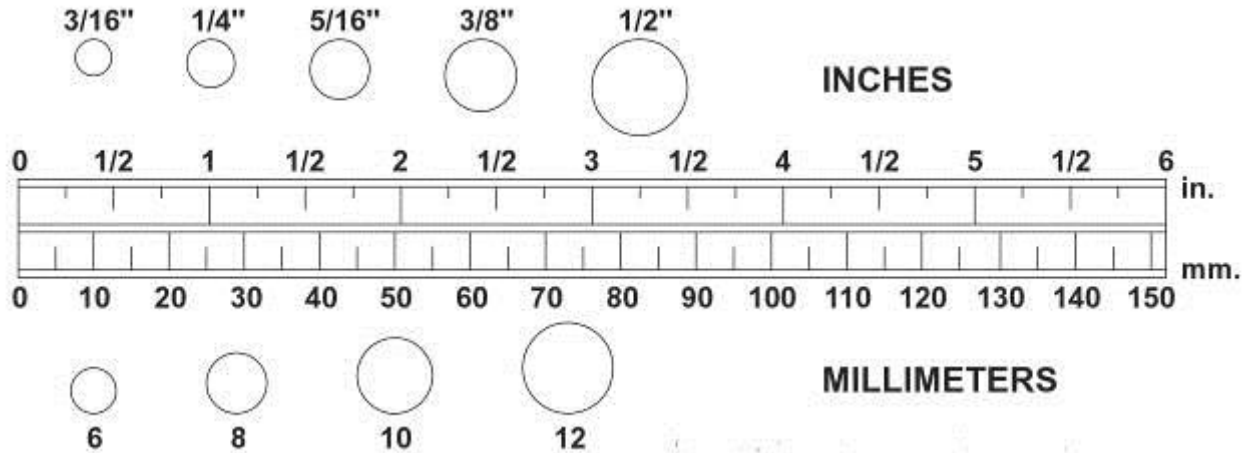
ASSEMBLY PARTS

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

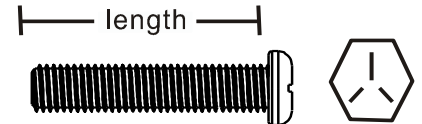
Seat Cushion	Mesh Backrest & Mesh Backrest Cover	Seat Frame	Inner Seat Carriage Slider
			
Seat Handlebar Assembly	Connection Cover	Upper Handlebar	Fixed Bracket for Seat Rail
			
Rail Decoration Cover	Square Stopper, Hex Head Bolt & Nut (M8)	Pedal	Front Stabilizer
			
Seat Carriage Assembly	Leveler	Rear Support Frame Assembly	Rear Stabilizer
			
Main Frame Assembly			
			

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Follow the **List of Hardware Kit** below. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws. Do not dispose of the packing material until the assembly process is completed



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



After unpacking the unit, **you will notice that the package includes 2 bags of hardware (HARDWARE KIT A and HARDWARE KIT B).**

Assembly's **Step 1~5:** Using **HARDWARE KIT A**




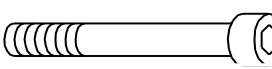


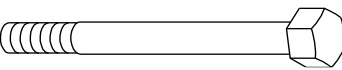
Assembly's **Step 6~8 :** Using **HARDWARE KIT B**

Assembly's **Step 9~11 :** Using **HARDWARE KIT C**

Note:

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

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

HARDWARE KIT A	Part No. and Description	Q'TY
	92 Lock Washer (M8)	6 pcs
	94 Washer (8x16x2.0t) 95 Washer (8x23x2.0t)	2 pcs 2 pcs
	108 Screw, Round Head (M5xp0.8x40mm)	1 pc
	121 Bolt, Socket Head (M8xp1.25x30mm) 125 Bolt, Socket Head (M8xp1.25x70mm) 126 Bolt, Socket Head (M8xp1.25x90mm)	2 pcs 2 pcs 2 pcs
HARDWARE KIT B	Part No. and Description	Q'TY
	92 Lock Washer (M8)	14 pcs
	94 Washer (8x16x2.0t)	14 pcs
	115 Bolt, Hex Head (M10xp1.5x90mm)	1 pc
HARDWARE KIT B	Part No. and Description	Q'TY

	120 Bolt, Bottom Head (M8x1.25x20mm)	4 pcs
	123 Bolt, Socket Head (M8x1.25x16mm)	10 pcs
	138 Nylock Nut (M10x1.5)	1 pc
HARDWARE KIT C	Part No. and Description	Q'TY
	98 Self-Tapping Screw, Truss Head (M4x20mm)	1 pc
	106 Screw, Round Head (M5xp0.8x15mm)	2 pcs
	118 Carriage Bolt (M8x1.25x50mm)	2 pcs
	124 Bolt, Socket Head (M8x1.25x40mm)	4 pcs
	131 Nut (M8x1.25)	1 pcs
	136 Nylock Nut (M8x1.25)	2 pcs

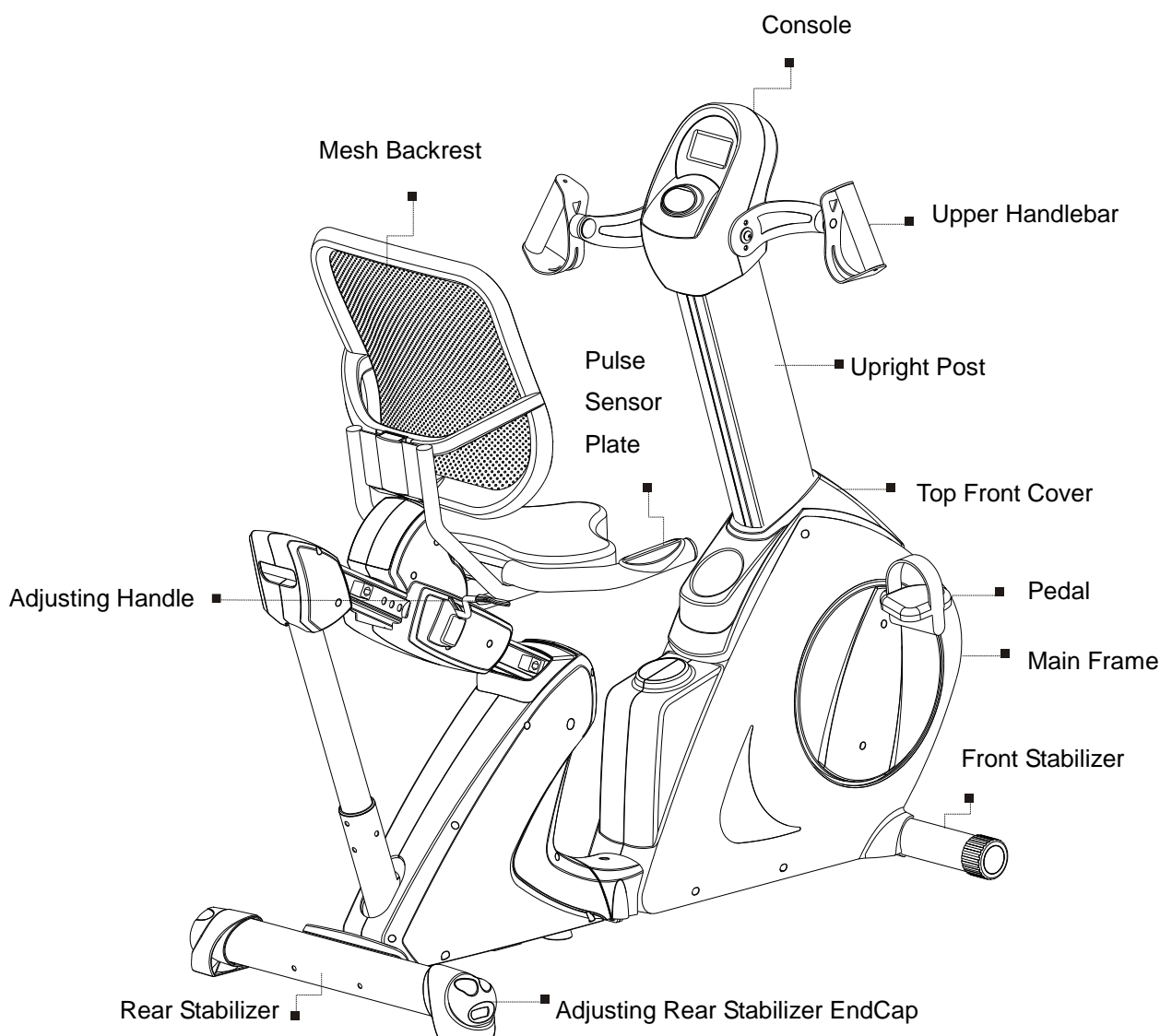
BEFORE YOU BEGIN

Thank you for choosing the **PhysioCycle XT-800**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

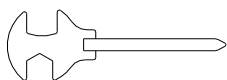
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

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

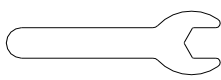
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the equipment.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



MULTI WRENCH TOOL
W/PHILLIPS
SCREWDRIVER



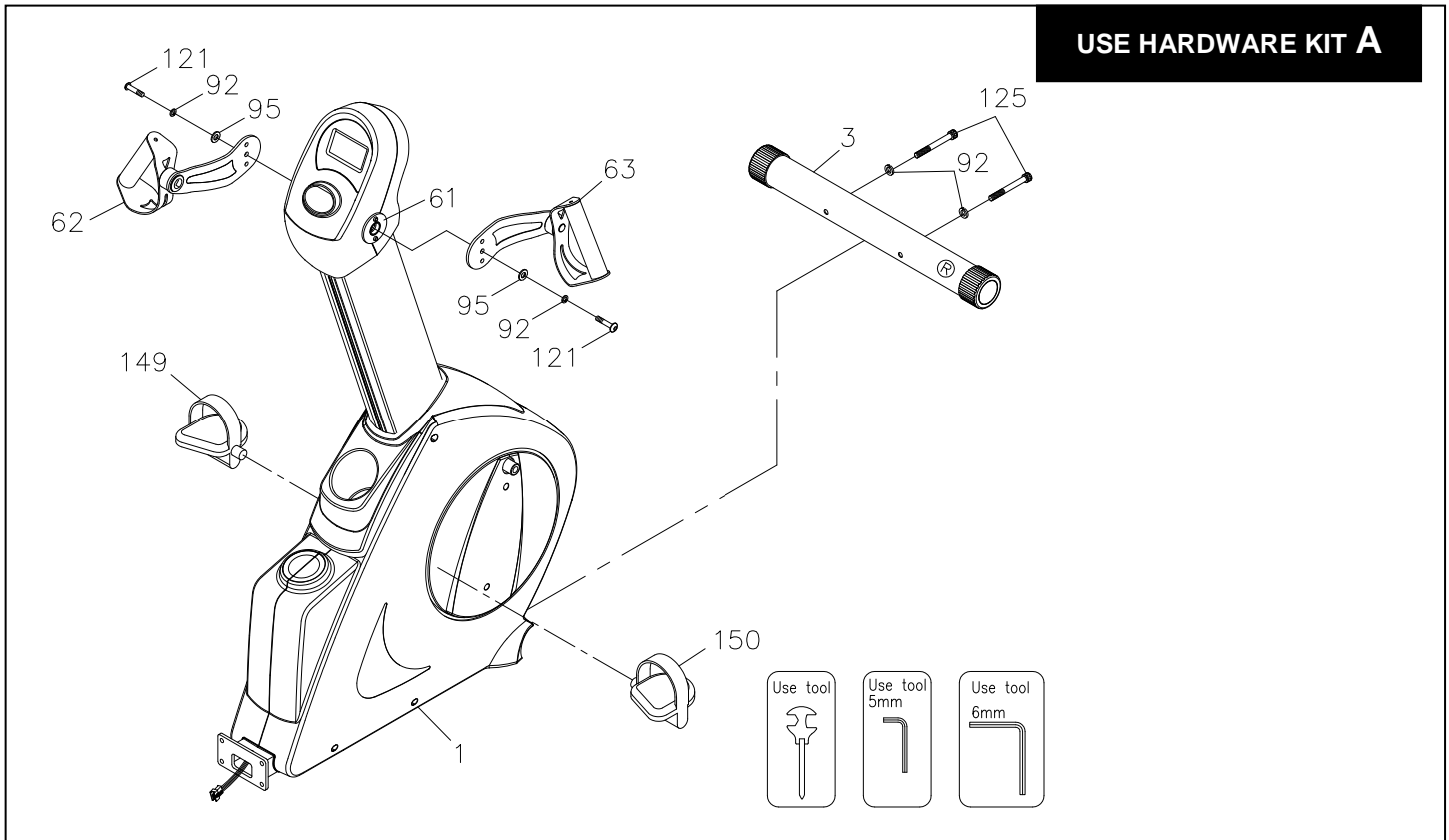
HEX WRENCH
(17mm x 2 pcs)



ALLEN WRENCH
(5 & 6 mm)

ASSEMBLE INSTRUCTIONS

USE HARDWARE KIT A



STEP 1 – Front Stabilizer Assembly

- Identify the correct direction of the **Front Stabilizer (3)**, there is an “R” decal on the right side of the **Front Stabilizer (3)**.
- Attach the **Front Stabilizer (3)** to the **Main Frame (1)**

NOTE: “Small Tip: **Attach screws and bolts to the assembly parts first before secure**”

To assemble the **Front Stabilizer (3)** to the **Main Frame (1)** with more efficient and easy way, it is suggested to attach two **Lock Washers (M8)(92)** and two **Bolts, Socket Head (M8xp1.25x70mm)(125)** to the **Front Stabilizer (3)** and the **Main Frame (1)** first before fully secure. ****Please do not secure the bolts unless you make sure Bolts all go into screw holes of Front Stabilizer and Main Frame****

- Fully secure two **Lock Washers (M8)(92)** and two **Bolts, Socket Head (M8xp1.25x70mm)(125)** that attach to the **Front Stabilizer (3)** to the **Main Frame (1)**.

STEP 2 – Pedal Assembly

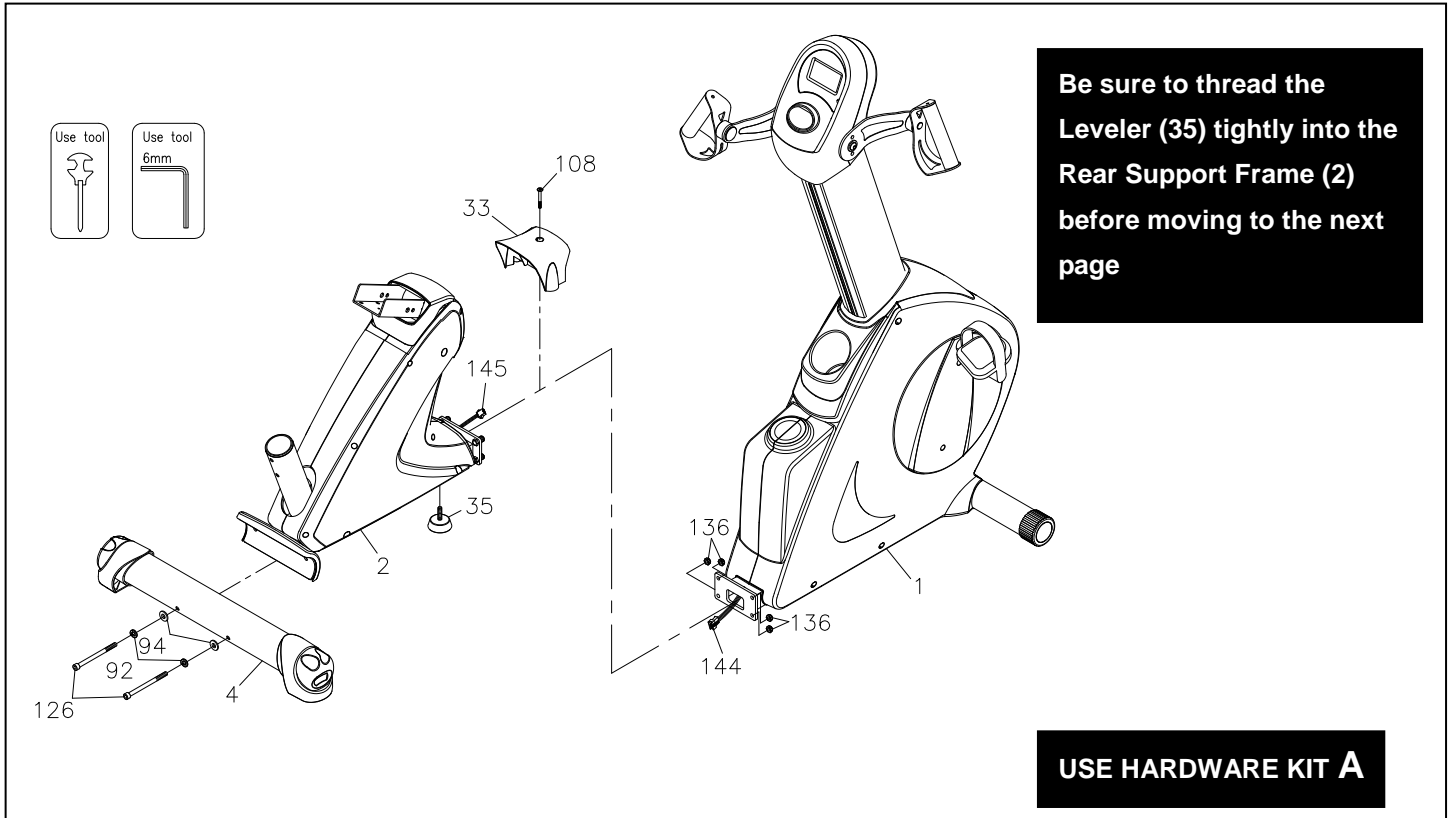
- Thread the **Right Pedal (150)** into the right crank area of the **Main Frame (1)**. Firmly tighten the **Right Pedal (150)** **clockwise** into the right crank. **Tighten the Pedal as firmly as possible**
- Thread the **Left Pedal (149)** into the left crank area of the **Main Frame (1)**. Firmly tighten the **Left Pedal (149)** **counter-clockwise** into the left crank. **Tighten the Pedal as firmly as possible**

STEP 3 – Handlebar Assembly

- Attach the **Right Upper Handlebar Assembly (63)** onto the **Fixed Mounting Bracket (61)** and secure with one **Washer (8x23x2.0t)**, one **Lock Washer (M8)(92)** and one **Bolt, Socket Head (M8xp1.25x30mm) (121)**.
- Repeat the above same procedure on the left side

****Make sure the above parts are tightened before moving on to the next page****

ASSEMBLE INSTRUCTIONS



STEP 4 – Rear Stabilizer Assembly

- a. Attach the **Rear Stabilizer (4)** to the **Rear Support Frame (2)**.

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

****Please do not secure the bolts unless you make sure Bolts all go into screw holes of Rear Stabilizer and Rear Support Frame****

- b. Fully secure two **Lock Washers (M8)(92)**, two **Washers (8x16x2.0t)(94)** and two **Bolts, Socket Head (M8xp1.25x90mm)(126)** that attach to the **Rear Stabilizer (4)** to the **Rear Support Frame (2)**.

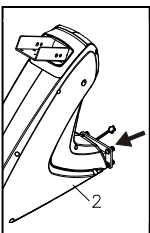
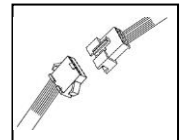
STEP 5 – Rear & Main Frame Assembly

- a. Thread the **Leveler (35)** tightly into the **Rear Support Frame (2)**.

To make the Leveler (35) rest firmly on the floor, please review page 13 on the manual.

- b. Connect the **Pulse Sensor Wire 3 (145)** to the **Pulse Sensor Wire 2 (144)**. **Be careful not to pinch the wires.**

NOTE: After connecting the wires' pins, slightly and gently pull two sides of wires to test and make sure whether the wires are fully connected.

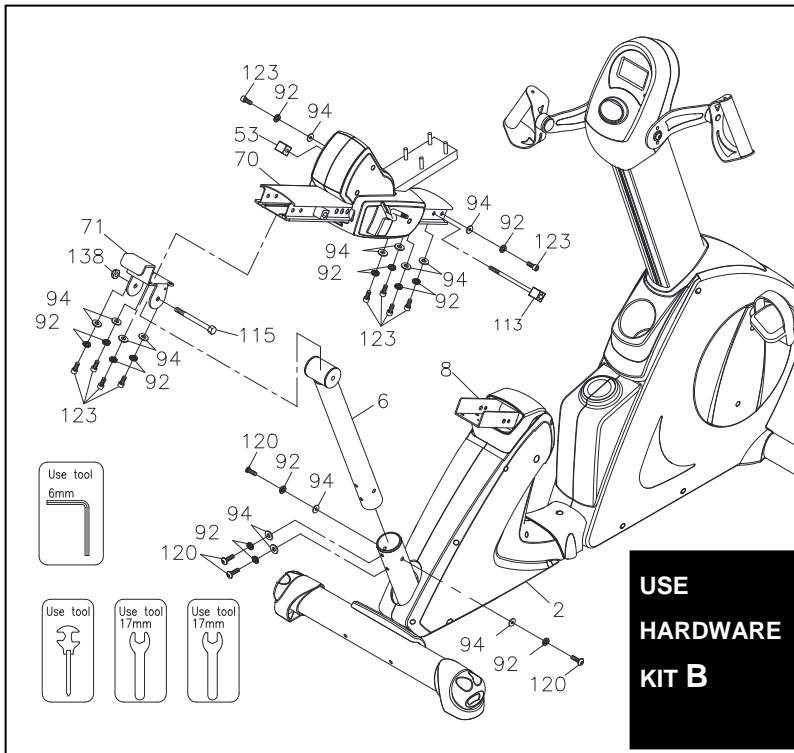


NOTE: Four **Nylock Nut (M8xp1.25)(136)** will be pre-attached on the front of the **Rear Support Frame Assembly (2)**

- c. Remove four **Nylock Nut (M8xp1.25)(136)** from the front of the **Rear Support Frame Assembly (2)**
d. Attach the **Rear Support Frame Assembly (2)** to the **Main Frame (1)** by securing four **Nylock Nut (M8xp1.25)(136)**. **Be careful not to pinch the wires**
e. Attach the **Connection Cover (33)** to the **Main Frame (1)** by securing **Screw, Round Head (M5xp0.8x40mm) (108)**.

****Make sure the above parts are tightened before moving on to the next page****

ASSEMBLE INSTRUCTIONS

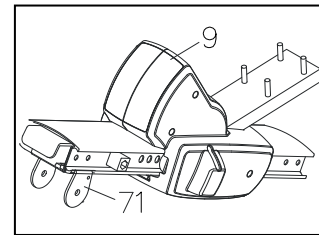


STEP 6 – Inner Seat Carriage Slider Assembly

Slide the **Inner Seat Carriage Slider (6)** into the **Rear Support Frame Assembly (2)** with four sets of **Washers (8x16x2.0t)(94)**, **Lock Washers (M8)(92)** and **Bolt, Bottom Head (M8xp1.25x20mm)(120)**. **Do not tighten bolts until Step d. of Step 8.**

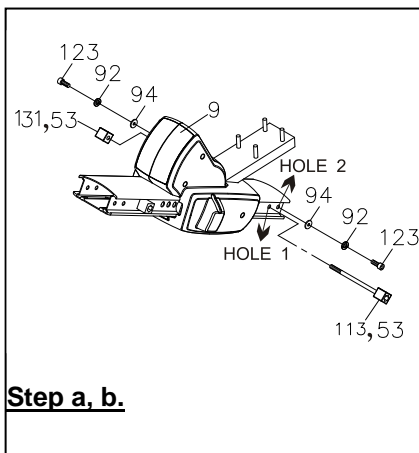
STEP 7 – Fixed Bracket for Seat Rail Assembly

Attach the **Fixed Bracket for Seat Rail (71)** to the rear side of the **Seat Carriage Assembly (9)** and secure with four sets of **Washers (8x16x2.0t)(94)**, **Lock Washers (M8)(92)** and **Bolts, Socket Head (M8xp1.25x16mm)(123)** as the figure shows below.



STEP 8 – Seat Carriage Assembly

NOTE: For clear assembly purpose, please notice that **Square Stoppers (53)**, **Hex Head Bolt (M8)(113)** and **Nuts (M8)(131)** have been pre-assembled together as the figure shows on the right



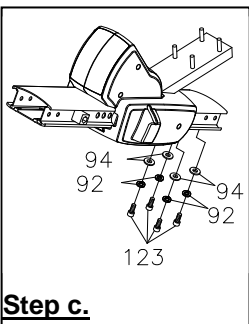
Step a, b.

a. The Hole 1 of the Seat Carriage Assembly (9):

Follow the figure on the left, slide **Seat Carriage Assembly (9)** into the **Rail Pivot (8)** and secure one Square Stoppers (53) and one Bolt, Hex Head (M8xp1.25x115mm)(113) through the **Hole 1** of the **Seat Carriage Assembly (9)** with one Square Stopper (53) and one Nut (M8xp1.25)(131).

b. The Hole 2 of Seat Carriage Assembly (9):

Then move on to slightly secure one Washer (8x16x2.0t)(94), one Lock Washer (M8)(92) and one Bolt, Socket Head (M8xp1.25x16mm)(123) through the **Hole 2** of **Seat Carriage Assembly (9)** with one Washer (8x16x2.0t)(94), one Lock Washer (M8)(92) and one Bolt, Socket Head (M8xp1.25x16mm)(123). **Do not tighten bolts until Step d.**

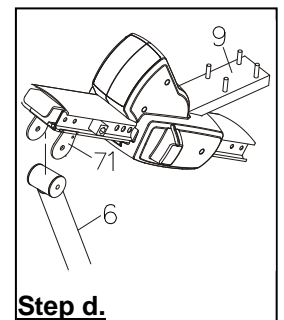


Step c.

c. Secure the bottom of the front **Seat Carriage Assembly (9)** and the bottom of the **Rail Pivot (8)** with four sets of **Washers (8x16x2.0t)(94)**, **Lock Washers (M8)(92)** and **Bolts, Socket Head (M8xp1.25x16mm)(123)** as the figure shows on the left. **Do not tighten until Step d.**

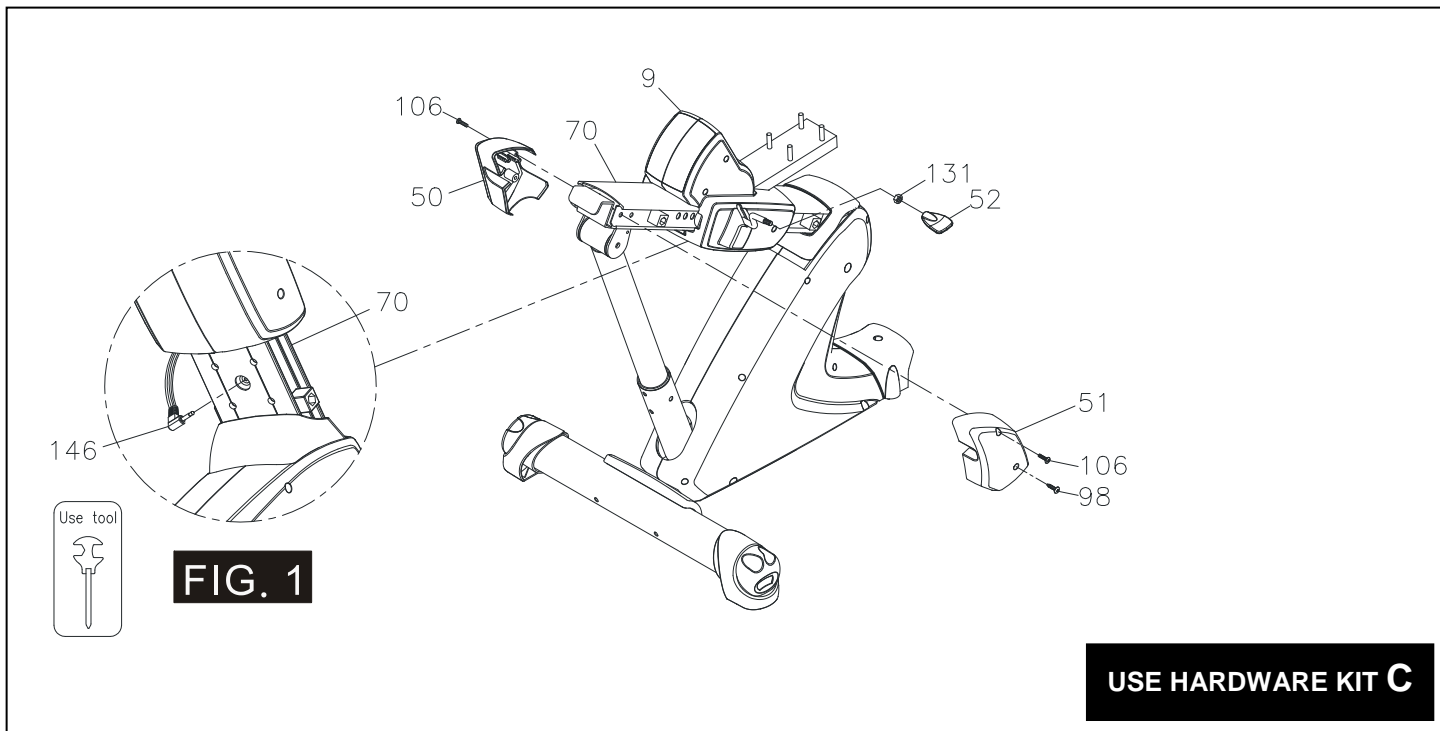
d. Follow the figure on the right to attach the **Fixed Bracket for Seat Rail (71)** to the **Inner Seat Carriage Slider (6)** and tightly secure with one **Bolt, Hex Head (M10xp1.5x90mm)(115)** and one **Nylock Nut (M10xp1.5)(138)**.

Start to tightly secure all the bolts, screws on the front side of the **Seat Carriage Assembly (9)**. **Make sure all bolts and screws related to STEP 6, 7 and 8 are tightened before moving on to the next page**



Step d.

ASSEMBLE INSTRUCTIONS

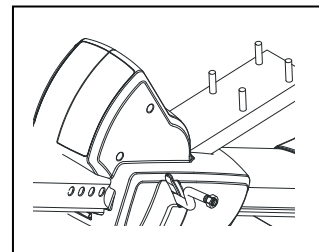


STEP 9 – Rail Decoration Assembly

- Follow **FIG.1** to plug the **Short Extension Pulse Wire (146)** into the connector located on the front bottom side of the **Seat Rail (70)**.
- Attach the **Left Rail Decoration Cover (50)** and the **Right Rail Decoration Cover (51)** to the rear side of the **Seat Rail (70)** and secure one **Self-Tapping Screw, Truss Head (M4x20mm)(98)** and two **Screws, Round Head (M5xp0.8x15mm)(106)**.

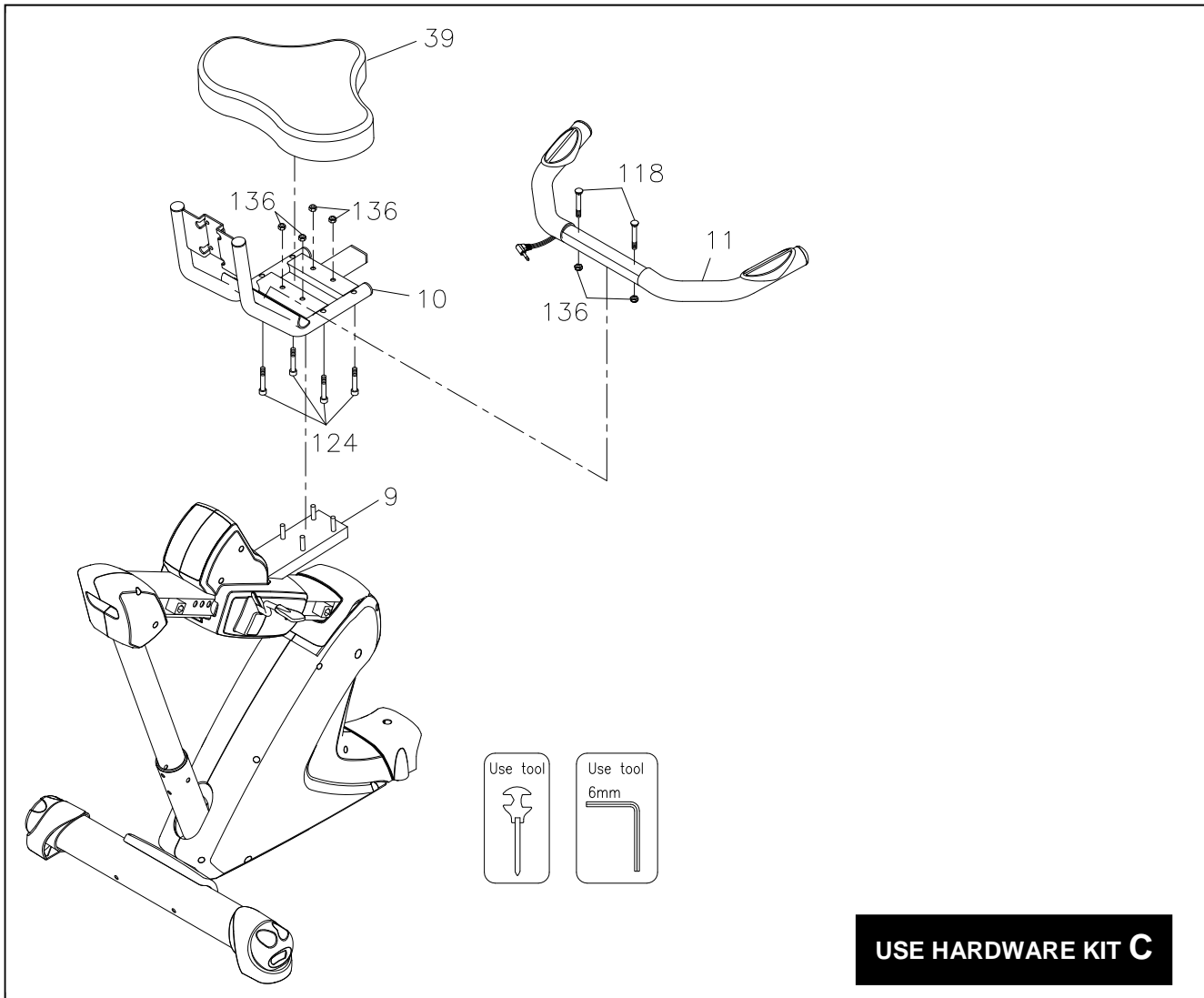
STEP 10 –Seat Adjusting Handle Assembly

- A **Nut (M8)(131)** has been pre-assembled on the **Adjusting Handle Stand** as shown on the illustration below.
- Attach the **Seat Adjusting Handle (52)** to the **Adjusting Handle Stand** located on the right side of the **Seat Carriage Assembly (9)**.
- To fully secure the **Seat Adjusting Handle (52)** by screwing the **Nut (M8)(131)** in counterclockwise until completely reach to the **Seat Adjusting Handle (52)**.



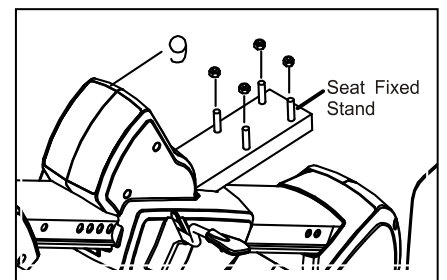
****Make sure the above parts are tightened before moving on to the next page****

ASSEMBLE INSTRUCTIONS



STEP 11 – Seat and Seat Handlebar Assembly

- Locate and secure the **Seat Handlebar (11)** on the **Seat Frame (10)** with two **Carriage Bolts (M8x1.25x50mm)(118)** and two **Nylock Nuts (M8)(136)**. **NOTE:** Be careful not to pinch the **Pulse Sensor Wire 4 (147)**.
- NOTE:** Four **Nylock Nuts (M8x1.25)(136)** will be pre-attached on the **Seat Carriage Assembly (9)**'s **Seat Fixed Stand** as the figure shows on the right
- Remove four **Nylock Nuts (M8x1.25)(136)** from the **Seat Fixed Stand** first and place them in the safe place for the following assembly process
- Attach the **Seat Frame (10)** to the **Seat Carriage Assembly (9)**'s **Seat Fixed Stand** and secure with four **Nylock Nuts (M8x1.25)(136)**

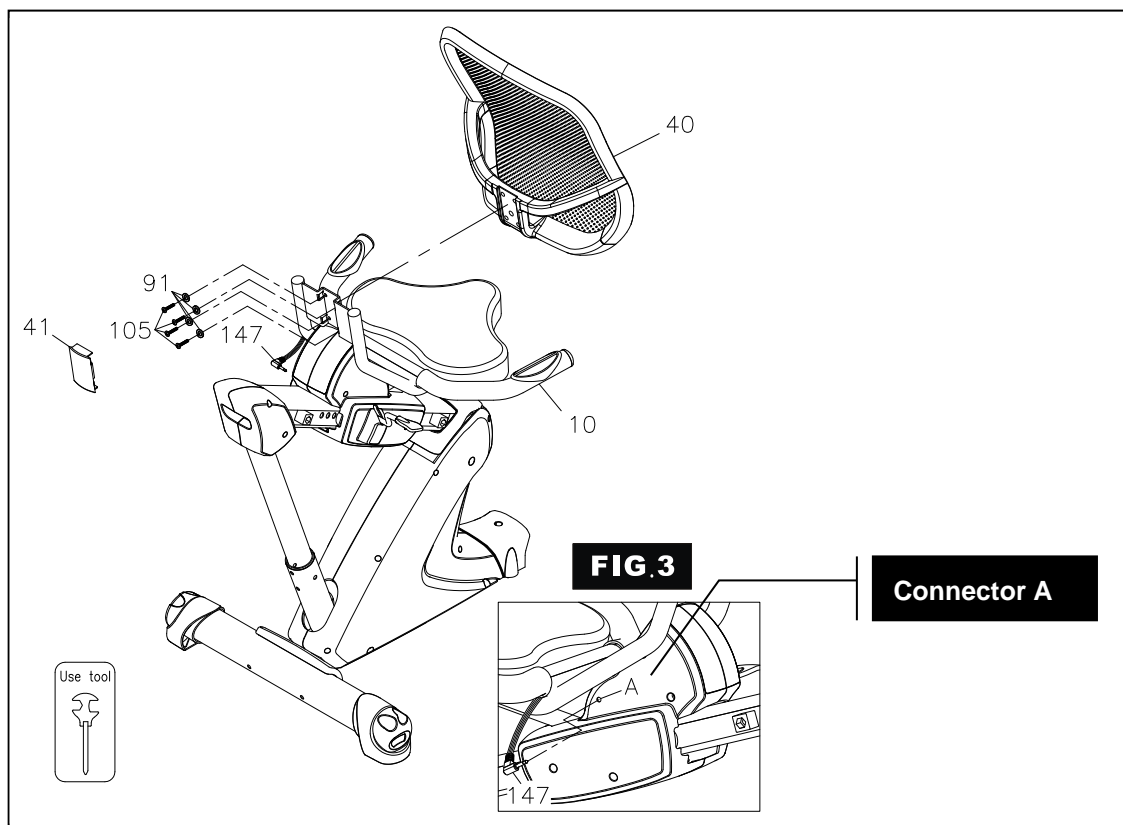


NOTE: After assembling the **Seat Frame**, slightly and gently shake the **Seat Frame** to test and make sure the **Seat Frame** are secured tightly

- Place the **Seat (39)** on the **Seat Frame (10)** and secure with four **Bolts, Socket Head (M8x1.25x40mm)(124)**.

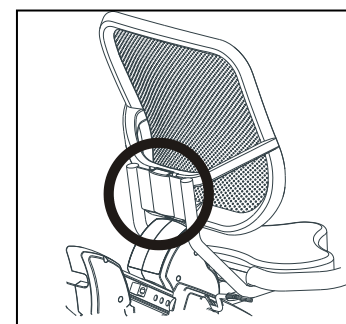
****Make sure the above parts are tightened before moving on to the next page****

ASSEMBLE INSTRUCTIONS



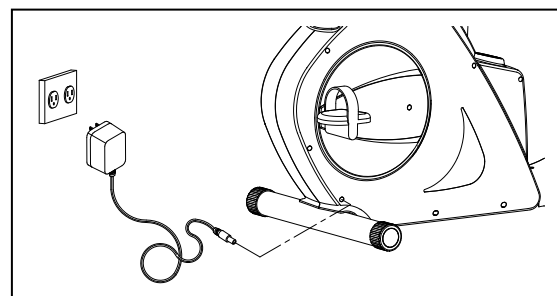
STEP 12 – Pulse Sensor Wire and Mesh Backrest Assembly

- Follow **FIG.3** to plug the **Pulse Sensor Wire 4 (147)** into the **connector A** located on the left side of the **Seat Carriage Assembly (9)** **NOTE:** Be careful not to pinch the **Pulse Sensor Wire 4 (147)**.
- NOTE:** Four **Screws, Round Head (1/4"x20mm)(105)** and Four **Lock Washer (M6)(91)** have been attached on the back side of the **Mesh Backrest (40)**.
- Remove four **Screws, Round Head (1/4"x20mm)(105)** and Four **Lock Washer (M6)(91)** from the back side of the **Mesh Backrest (40)**.
- Attach the **Mesh Backrest (40)** to the **Seat Frame (10)** with four **Lock Washer (M6)(91)** and four **Screws, Round Head (1/4"x20mm)(105)**.
- Gently insert **Mesh Backrest Cover (41)** into the recesses located on the back of the **Seat Frame (10)** as the right illustration shown.
- Finish the assembly. Make sure that all parts are tightened before you use the equipment.



STEP 13 – AC Adaptor

- Connect the **Adaptor (148)** to the connector located on the front left side of the **Main Frame (1)**.
- Plug the **Adaptor (148)** into an electrical outlet to light up the console.



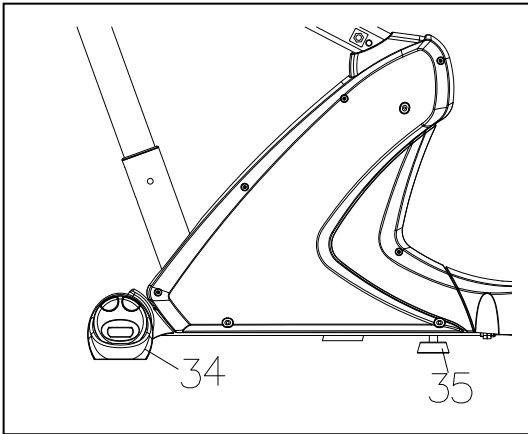
OPERATION INSTRUCTIONS

HOW TO ADJUST THE ADJUSTING ENDCAPS OF THE REAR STABILIZER

- After placing the equipment in the intended location for use, check the stability of the equipment
- If it's the one of the **Adjusting Rear Stabilizer EndCaps (34)** on rear end of the **Rear Stabilizer (4)** causes a slight rocking motion. To level the equipment, turn one or both of the **Adjusting Rear Stabilizer EndCaps (34)** in clockwise or counter-clockwise direction until the equipment sets on the floor without rocking



HOW TO ADJUST MAIN FRAME'S LEVELER

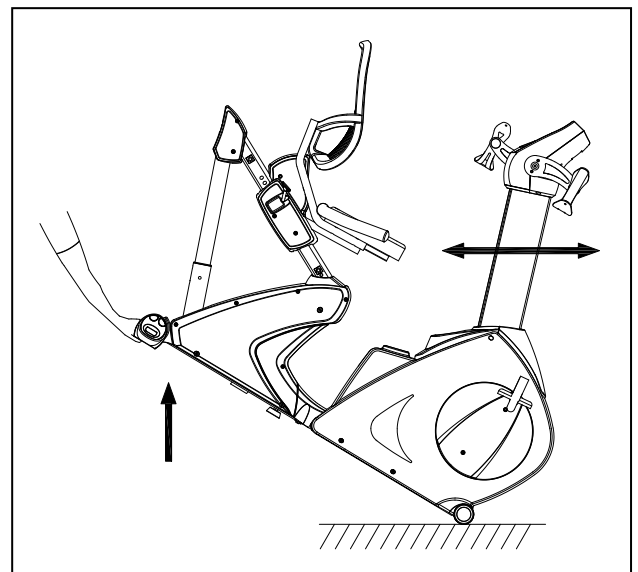


- After placing the equipment in the intended location for use, make sure the **Adjusting Rear Stabilizer EndCaps (34)** are well adjusted for leveling the item
- The purpose of the **Leveler (35)** is to support the middle **Main Frame (1)**, adjust **Leveler (35)** under the **Main Frame (1)** until it rests firmly on the floor
- To make the **Leveler (35)** rests firmly on the floor, turn the **Leveler (35)** counter-clockwise until the **Leveler (35)** touches the floor without rocking

HOW TO TOW THE ITEM SAFELY

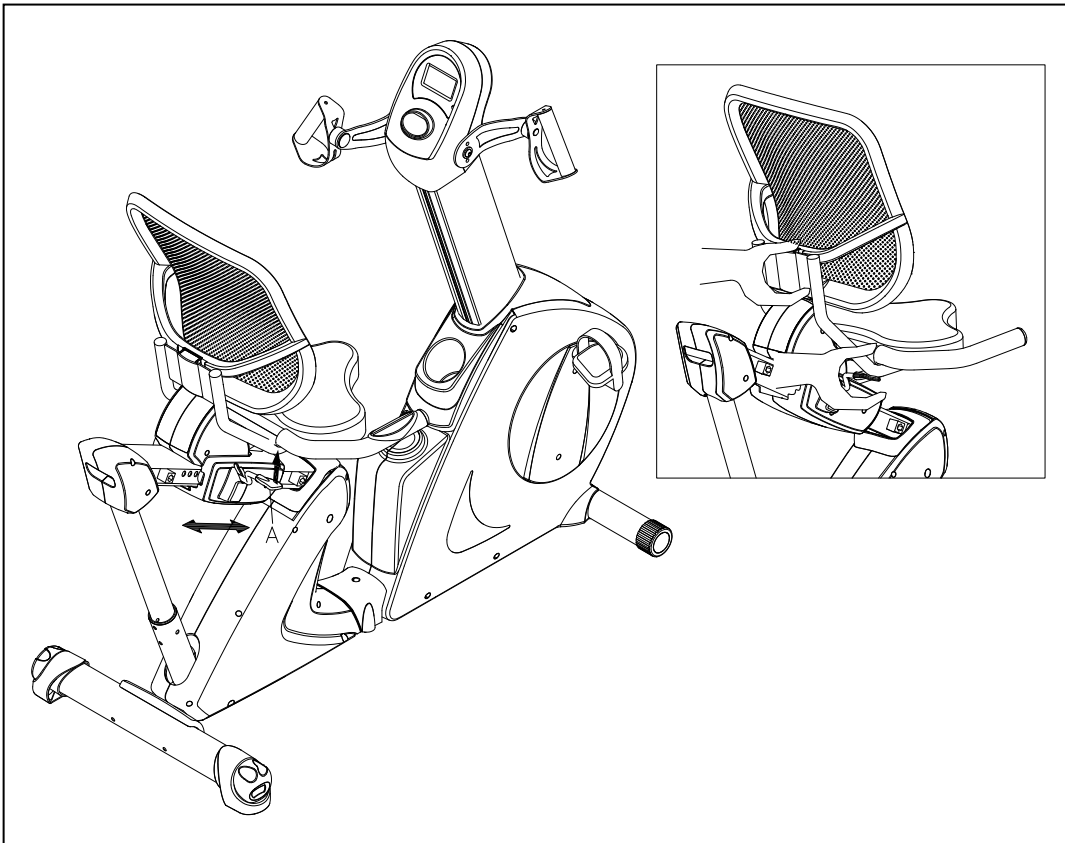
Hold the **Rear Stabilizer (4)** up with two hands and tow the item to the desired place carefully

- ◆ Make sure the floor is level while towing the item



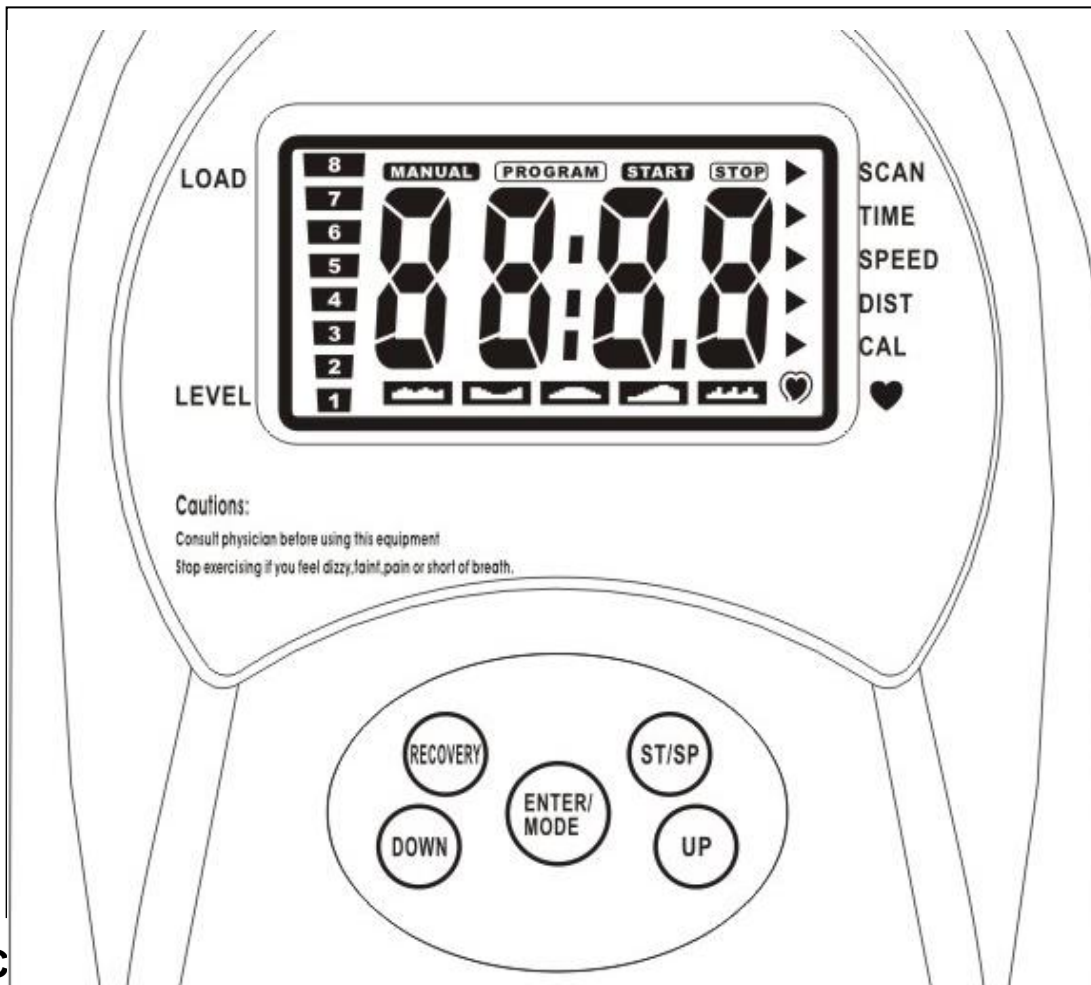
OPERATION INSTRUCTIONS

INFORMATION ABOUT THE SEAT DISTANCE ADJUSTMENT



- a. To adjust the seat distance, it's suggested to place your feet properly on each pedal
- b. Use your right hand to lift up the **Adjusting Handle (A)** while using your feet to slide the seat distance forward or backward until the seat reaches to the proper position
- c. Release and secure the **Adjusting Handle (A)**. To make sure the seat is well-adjusted and tightened, after release the **Adjusting Handle (A)**, gently adjust the seat until hearing the "click" sound

CONSOLE INSTRUCTIONS



Power ON

- Make sure the item's adaptor is correctly plugged into the socket
- Pedaling or pressing any keys to activate the console. The console display will then light up with a short beep sound, indicating the console will be ready for use

Power Off

The console would automatically shut off after 4 minutes of inactivity

C

	Press "ENTER/MODE" to confirm desired program and the setting values
	1. Press "UP" to select the programs from MANUAL and PROGRAM 1 to PROGRAM 6 . 2. Press "UP" to increase the setting value of TIME , DISTANCE , CALORIES , TARGET HEART RATE , and RESISTANCE LEVEL
	1. Press "DOWN" to select the programs from PROGRAM 6 to PROGRAM 1 and MANUAL . 2. Press "DOWN" to decrease the setting value of TIME , DISTANCE , CALORIES , TARGET HEART RATE , and RESISTANCE LEVEL
	Press "ST/SP" to start or stop exercising. Continue pressing "ST/SP", all the date will return to zero and the console will return to POWER ON status
	<ol style="list-style-type: none"> 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 The console will monitor your pulse for 60 seconds and calculate a HEART RATE RECOVERY value from F1.0 to F6.0. <u>F1.0 is best; F6.0 is worst (For Reference Only)</u> The readout should only be used as a comparison between workouts. It's recommended to use right after any aerobic exercise. <u>Stop exercising before starting the function.</u> If you hold the HEART RATE SENSORS on the handrails with both hands properly, your pulse will be displayed approximately few seconds after the heart symbol "♥" is displayed

CONSOLE INSTRUCTIONS

CONSOLE FUNCTIONS

SCAN	Automatically scans TIME, SPEED, CALORIE, PULSE, and DISTANCE in sequence with a change every five seconds. Press and release the MODE button until the arrow points to " SCAN "
TIME	TIME: <ul style="list-style-type: none"> ● 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
SPEED	Displays the current speed
DISTANCE	<ul style="list-style-type: none"> ● Count Up: If a target distance was not selected, this value would measure the total distance from <u>0:00 to 999 miles</u> ● Count Down: If you have set the target distance, the console will count down from that selected target distance down to 0
CALORIES	CALORIES: <ul style="list-style-type: none"> ● Count Up: If target calories were not selected, this value 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
PULSE	HEART RATE: <ul style="list-style-type: none"> ● 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
TENSION LEVEL	You can change the torque/tension level (from 1 to 8 levels) at any time during workout by pressing UP or DOWN button

PROGRAM DESCRIPTIONS

MANUAL	P1 is a manual program allowing the user to have full manual control of the workload. Use the " UP " button to increase the Tension Level. Use the " DOWN " button to decrease the Tension Level
PROGRAMS 1-5	P1 to P5 are preset automatic programs. The profiles are shown on the face of the console. Use the " UP " button to increase the tension level of the program. Use the " DOWN " button to decrease the tension level of the program
PROGRAM 6 (TARGET H.R.)	Program 6 allows you to select the TARGET HEART RATE you desire, from 90 to 220 BPM (beats per minute) ; 1 BPM increment <ul style="list-style-type: none"> ◆ If you <u>current pulse > (the value of the TARGET HEART RATE)</u>, the console would <u>decrease</u> one resistance/torque level automatically ◆ If you <u>current pulse < (the value of the TARGET HEART RATE)</u>, the console would <u>increase</u> one resistance/torque level automatically

CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION	
E1	No Motor signal	1. Motor Malfunction	Replace Motor
		2. Magnetic System Malfunction or got stuck	Replace Magnetic System/Flywheel
		3. Connection Wires are not well-connected or broken	Check whether the wires are well-connected or replace the broke wires with the new wires
		4. Console Malfunction	Replace Console
E2	The Computer cannot make contact with the IC Chip	1. Disconnect the Adaptor or Batteries. Reconnect the Adaptor or Batteries to REBOOT the system. Wait two minutes then verify that the system works correctly	
		2. If IC Chips is not well-assembled. Remove and reinsert the IC Chip	
		3. If the above solutions couldn't solve the problem, replace the IC chip with a New IC Chip	
No Hand Pulse Signal or incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly	
	The Computer is receiving a faint or intermittent Pulse Signal	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.	
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors	
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors	
		The problem still exists, replace the Hand Pulse Sensors.	
The LCD Screen does not display anything	The Adaptor is not plugged in (item power supply from Adaptor)	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly	
	The Computer is faulty	Replace the Computer	
The Speed Display Show "0"	The Computer isn't receiving a signal from the Speed Sensor?	Verify the gap between Speed Sensor and the Magnet is 5mm or less	
		Verify that all the Wire Plugs are connected FIRMLY, correctly and are not damaged	
		Verify that the Sensor Magnet is installed correctly	
	The Sensor is faulty	Replace the Speed Sensor	
	The Computer is faulty	Replace the Computer	

CONSOLE TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
The LCD Screen Partially Displays	<ol style="list-style-type: none"> 1. The connection between the Circuit Board and the LCD Membrane is loose. 2. Gently press down on the LCD Screen, if the partial display disappears, then it is a connection problem 	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screw when you meet resistance
	The Rubber Membranes between the Circuit Board and the LCD Screen is misaligned/not in a same line. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Console Cover	<ol style="list-style-type: none"> 1. Open the Console. 2. Remove the Circuit Board's Screws, gently remove the Circuit Board, Re-align the LCD screen and the Rubber Membrane. 3. Reassemble the Circuit Board and taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance
	The Computer is faulty	Replace the Computer

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Stepper gradually: a few minutes per workout.

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

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

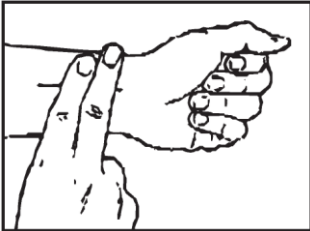
EXERCISE INTENSITY

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

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	81-135 beats per minute	150 beats per minute

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

To measure your heart rate manually, stop exercising but continue moving your legs or



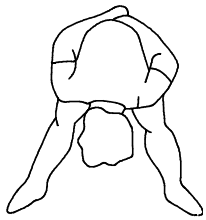
walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP AND COOL-DOWN

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

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

Suggested Stretching Exercises



Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

DO NOT BOUNCE!

When the pull on the back of the legs lessen, try a lower position gradually.



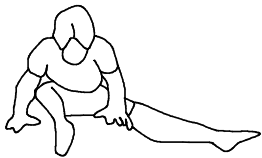
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DO NOT BOUNCE!

Do this stretch 10 times.

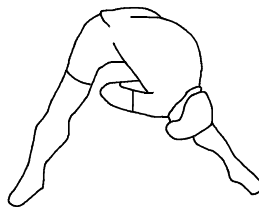
Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

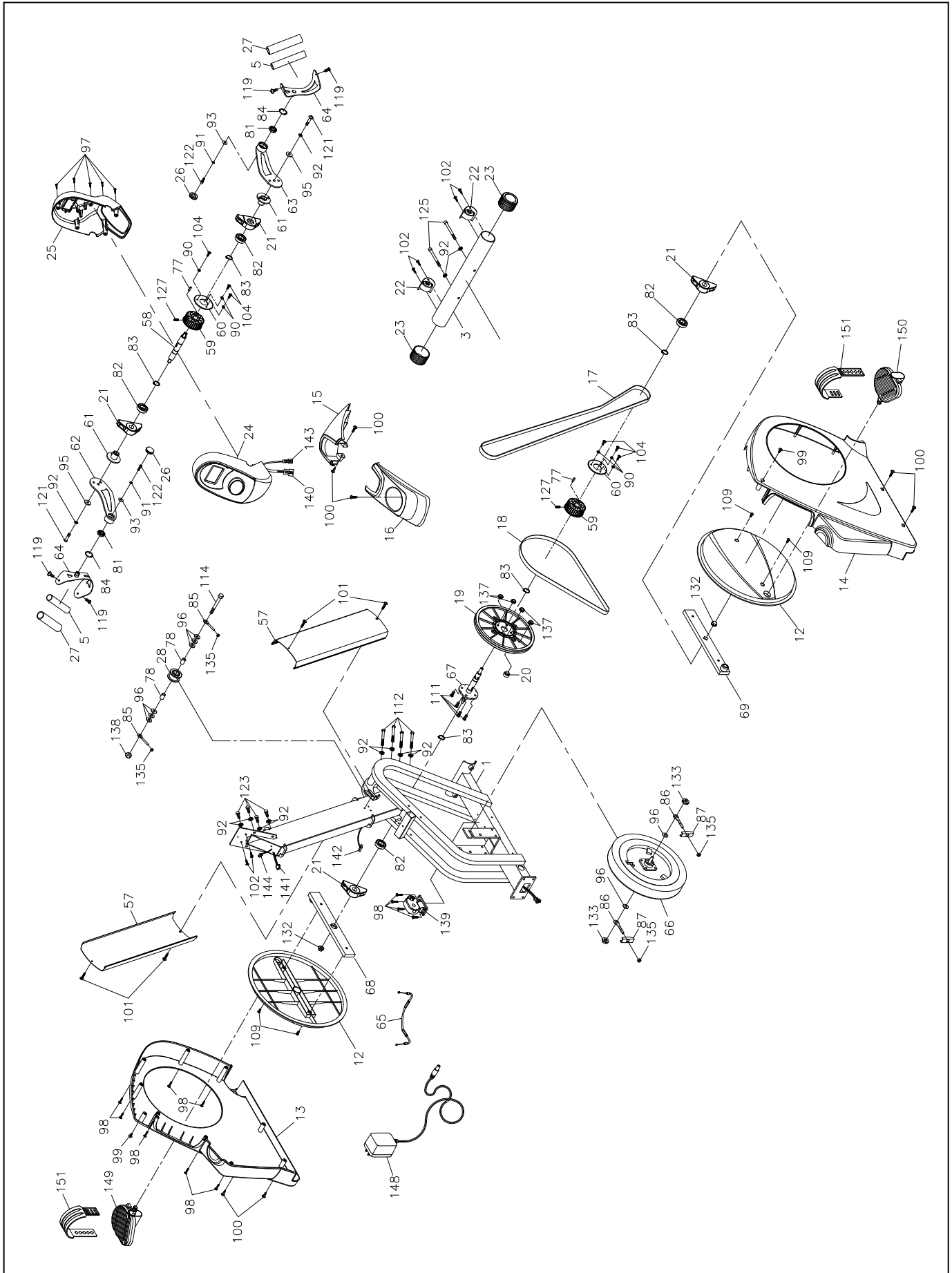
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds.

Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

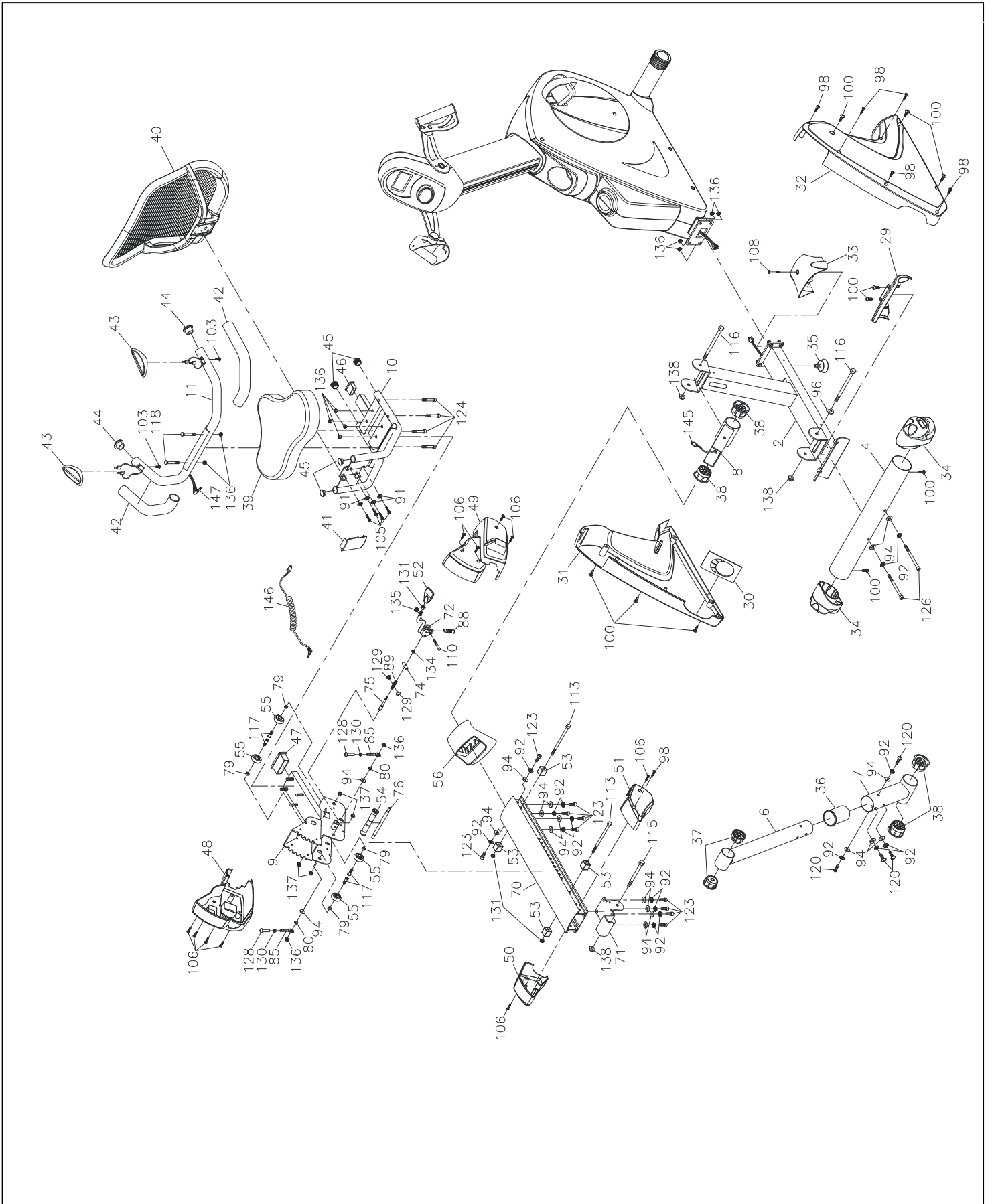
Remember always to check with your physician before starting any exercise program.

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 lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

PRODUCT PARTS DRAWING (A)



PRODUCT PARTS DRAWING (B)



PART LIST

No.	Item Name	Q'TY
1	Main Frame	1
2	Rear Support Frame	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Rotating Tube	2
6	Inner Seat Carriage Slider	1
7	Outer Seat Carriage Slider	1
8	Rail Pivot	1
9	Seat Carriage	1
10	Seat Frame	1
11	Seat Handlebar	1
12	Crank Cover	2
13	Left Chain Cover	1
14	Right Chain Cover	1
15	Top Front Cover	1
16	Top Back Cover	1
17	Timing Belt	1
18	Belt	1
19	Pulley	1
20	Magnet	1
21	Bearing Housing	4
22	Transportation Wheel	2
23	Round EndCap	2
24	Console Upper Cover	1
25	Console Bottom Cover	1
26	Dome Plug (31.8mm)	2
27	Foam Grip	2
28	Idler Wheel	1
29	Tube Decoration Cover for Stabilizer	1
30	Decoration Cover for Carriage Slider	1
31	Rear Left Chain Cover	1
32	Rear Right Chain Cover	1

No.	Item Name	Q'TY
33	Connection Cover	1
34	Adjusting Rear Stabilizer EndCap	2
35	Leveler	1
36	Slider Sleeve	1
37	Bushing ($\psi 50.8 \times \psi 10$)	2
38	Bushing ($\psi 60 \times \psi 10$)	4
39	Seat	1
40	Mesh Backrest	1
41	Mesh Backrest Cover	1
42	Seat Handlebar Foam Grip	2
43	Hand Pulse Sensor (L&R)	2
44	Round Plug	2
45	Tube Plug	4
46	Square Plug (20x40mm)	1
47	Square Plug (25x75mm)	1
48	Left Seat Carriage Cover	1
49	Right Seat Carriage Cover	1
50	Left Rail Decoration Cover	1
51	Right Rail Decoration Cover	1
52	Adjusting Handle	1
53	Square Stopper	4
54	Seat Fixed Wheel	1
55	Roller	4
56	Rail Connection Cap	1
57	Aluminum Upright (L&R)	2
58	Handlebar Axle	1
59	Timing Pulley	2
60	Timing Pulley Cover	2
61	Fixed Mounting Bracket for Upper Handlebar	2
62	Left Handle Arm	1
63	Right Handle Arm	1
64	Handle Bracket	2

PART LIST

No.	Item Name	Q'TY
65	Motor Cable	1
66	Flywheel	1
67	Crank Axle	1
68	Left Crank	1
69	Right Crank	1
70	Seat Rail	1
71	Fixed Bracket for Seat Rail	1
72	Adjusting Handle Stand	1
74	Fixed Pin	1
75	Axle for Sliding Track	1
76	Axle for Braking	1
77	Key (6x6x16mm)	2
78	Bushing (10x14x21mm)	2
79	Bushing (8x12x6.5mm)	4
80	Bushing for Seat Fixed Wheel	2
81	Bearing (6002)	2
82	Bearing (6004Z)	4
83	C-Ring	5
84	Internal Retaining Ring	2
85	Eye Bolt (67mm)	4
86	Eye Bolt (Swivel)	2
87	Tension Bracket	2
88	Spring for Adjusting Handle Stand	1
89	Spring for Fixing Pin	1
90	Lock Washer (M5)	6
91	Lock Washer (M6)	6
92	Lock Washer (M8)	28
93	Washer (6x19x2.0t)	2
94	Washer (8x16x2.0t)	18
95	Washer (8x23x2.0t)	2
96	Washer (10x23x2.0t)	9
97	Self-Tapping Screw, Flat Head (M3.5x25mm)	5

No.	Item Name	Q'TY
98	Self-Tapping Screw, Truss Head (M4x20mm)	17
99	Self-Tapping Screw, Truss Head (M5x12mm)	2
100	Self-Tapping Screw, Truss Head (M5x18mm)	17
101	Self-Tapping Screw, Truss Head (M5x25mm)	4
102	Self-Tapping Screw, Button Head (M4x15mm)	6
103	Self-Tapping Screw, Flat Head (M4x20mm)	2
104	Screw, Pan Head (M5x12mm)	6
105	Screw, Round Head (1/4"x20mm)	4
106	Screw, Round Head (M5xp0.8x15mm)	10
108	Screw, Round Head (M5xp0.8x40mm)	1
109	Bolt, Round Head (M6xp1.0x15mm)	4
110	Bolt, Round Head (M6xp1.0x30mm)	1
111	Bolt, Thin Hex Head (M8xp1.25x16mm)	4
112	Bolt, Hex Head (M8xp1.25x60mm)	4
113	Bolt, Hex Head (M8xp1.25x115mm)	2
114	Bolt, Hex Head (M10xp1.5x85mm)	1
115	Bolt, Hex Head (M10xp1.5x90mm)	1
116	Bolt, Hex Head (M10xp1.5x115mm)	2
117	Hexagon Socket Head Cap Screw (M8xp1.25x25mm)	4
118	Carriage Bolt (M8xp1.25x50mm)	2

PART LIST

No.	Item Name	Q'TY
119	Bolt, Button Head (M6xp1.0x20mm)	4
120	Bolt, Button Head (M8xP1.25x20mm)	4
121	Bolt, Button Head (M8xp1.25x30mm)	2
122	Bolt, Socket Head (M6xp1.0x15mm)	2
123	Bolt, Socket Head (M8xp1.25x16mm)	14
124	Bolt, Socket Head (M8xp1.25x40mm)	4
125	Bolt, Socket Head (M8xp1.25x70mm)	2
126	Bolt, Socket Head (M8xp1.25x90mm)	2
127	Grub Screw (M5xp0.8x4mm)	2
128	Bolt, Button Head (M6xp1.0x40mm)	2
129	Collar Screw (M8x7.5)	2
130	Nut (M6xp1.0)	2
131	Nut (M8xp1.25)	3
132	Flange Nut (M10) for Axle	2
133	Flange Nut (M10)	2
134	Nylock Nut (M5xP0.8)	1
135	Nylock Nut (M6xP1.0)	5
136	Nylock Nut (M8xp1.25)	12
137	Thin Nylock Nut (M8xp1.25)	8
138	Nylock Nut (M10xp1.5)	4
139	Motor	1
140	Upper Connection Wire	1
141	Rear Connection Wire	1
142	Sensor Wire	1
143	Pulse Sensor Wire 1	1
144	Pulse Sensor Wire 2	1
145	Pulse Sensor Wire 3	1
146	Short Extension Pulse Wire	1
147	Pulse Sensor Wire 4	1
148	Adaptor	1
149	Left Pedal	1
150	Right Pedal	1
151	Pedal Strap	2

