



---

***INSTRUCTION MANUAL***



# **SAFETY PRECAUTIONS**

## **Before You Begin**

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble and operate this machine. Also, please note the following safety precautions:

1. Read the following instructions carefully before using this machine.
2. Consult your physician before beginning this or any other exercise program.
3. Always wear proper exercise apparel when using this machine.
4. If you feel faint, dizzy or pain while operating this machine, stop exercising immediately!
5. Keep children and pets away from this machine while in use.
6. Only one person can use this machine at a time.
7. Make sure your machine is correctly assembled before using.
8. Do not operate this machine if it is damaged.
9. Do not insert any objects into the machines openings.
10. Keep clothes, jewelry or loose items away from moving parts.

## **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 THIS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS OF PRODUCT.**

## **WARNING**

**Read all instruction carefully before operating this machine.  
Retain this Owner's Manual for future reference.**

## **Thank you for your purchase of the PhysioTrainer Bi-Directional UBE**

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. The PhysioTrainer can be used as a Upper Body Trainer or a Bike and will give you a versatile cardio workout while strengthening your muscles. Whatever your fitness level may be, the PhysioTrainer will work for you. We wish you continued success in your journey towards optimum health and fitness!

We would love to hear from you! Please feel free to post a review with the dealer you purchased from or send it to us directly, [sales@hcifitness.com](mailto:sales@hcifitness.com).

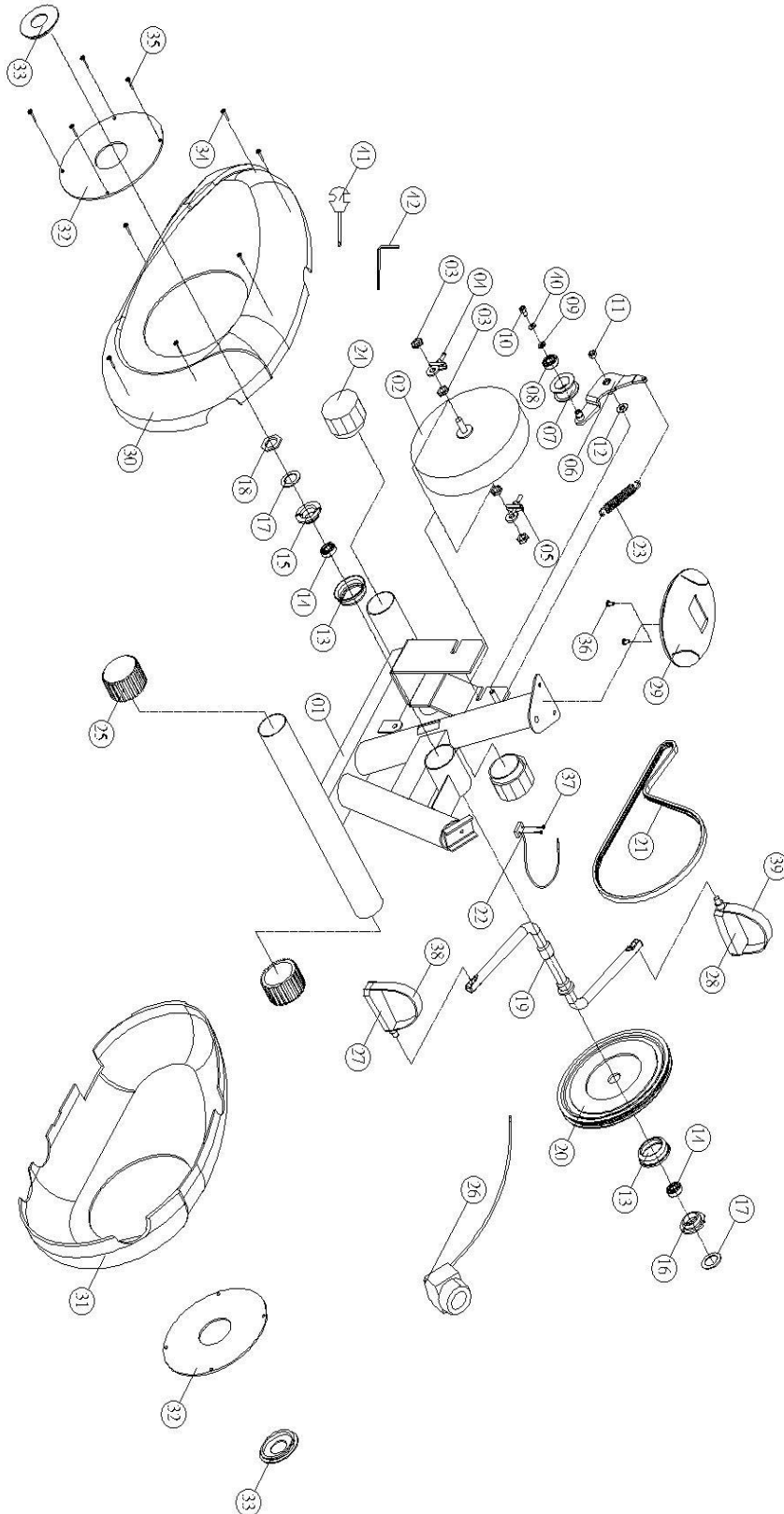
### **Assembly Overview:**

When you receive your new PhysioTrainer, some assembly is required. Assembly consists of attaching the support tubes, pedals/handles and display. The following instructions explain the assembly. There are also detailed instructions on the display. If you need assistance during assembly please call us at 360.321.7090 or email us at [service@hcifitness.com](mailto:service@hcifitness.com).

### **Please Note:**

All of the parts and screws needed for assembly are already in place on the unit.

# EXPLODED DRAWING



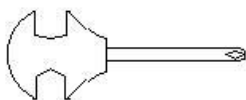
# PARTS LIST

No.	Qty	Description	NO.	Qty	Description
1	1	Frame	22	1	Sensor & Magnet
2	1	Magnetic Flywheel	23	1	Plastic Cover
3	3	Flange Nut 3/8*5T	24	2	Plastic Cover
4	2	Adjustment Bolt	25	2	Plastic Cover
5	2	Bolt stopper	26	1	Tension Knob
6	1	Idler Support	27	1	Pedal -LH
7	2	Idler (A)	28	1	Pedal -RH
8	2	Bearing 6000ZZ	29	1	Computer
9	1	Rear Support Tube	30	1	Chain Cover (L)
10	3	Self Drill Screw	31	1	Chain Cover (R )
11	2	Allen Key Bolt	32	2	Acrylic Cover (L/R)
12	1	Locking Nut 3/8*3T	33	2	Plastic Cover
13	2	bowl for crank	34	6	"+" Screw 3/16"*45L
14	2	Steel ball bearing	35	8	"+" Screw M5*10L
15	1	Steel ball rings-L	36	2	"+" Screw M5*15L
16	1	Steel ball rings-R	37	2	"+" Screw M3*10L
17	2	Washer	38	1	Foot Belt Cover with
18	1	Screw	39	1	Foot Belt Cover with
19	1	Crank	40	2	Washer D6.6*D16
20	1	Pulley	41	1	Screwdriver
21	1	Belt (6J-340)	42	1	Allen Key

## NOTE

All of the parts and screws needed for assembly are already in place on the unit.

## TOOL SET:



(41) Screw Driver 1pcs

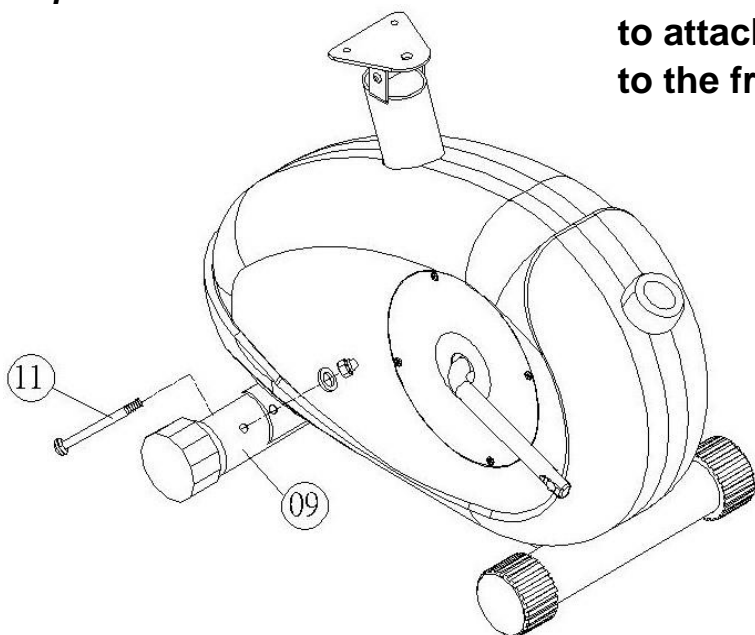


(42) 4mm Allen Key 1pcs

# ASSEMBLY

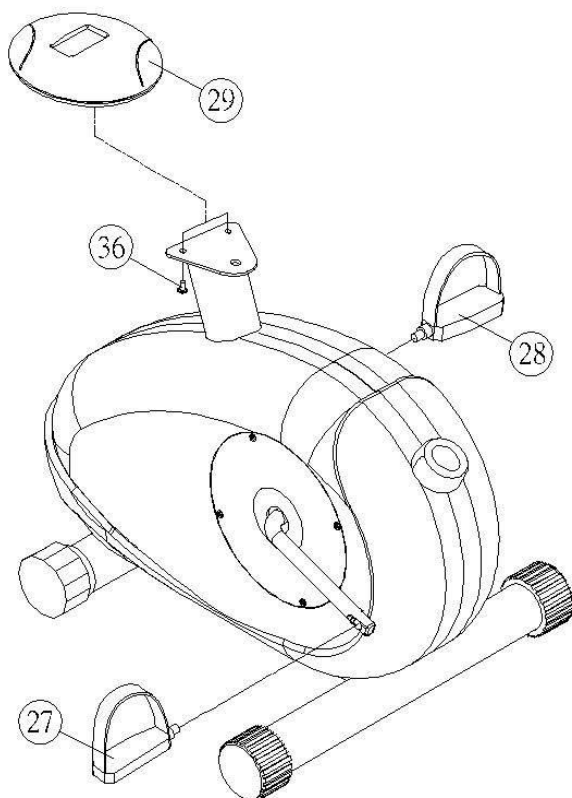
## Step 1

1. Use the Allen Key Bolt M8\*65 (#11) to attach the rear support tube (#09) to the frame.



## Step 2

1. **Meter Assembly:** Insert two AA batteries into the back of the display panel. Attach the computer meter, (No.29) to the meter stand using the (No.36) Screws. Plug the meter cord into the back of the display panel.
- **Pedal Assembly:** Use (No.27) for Left side and No.28 for Right side. Each pedal crank is marked with either an L or R. It is Important to note that the Left side pedal is a reverse thread which means to tighten use a counter clockwise rotation. After 10 hours of use retighten both pedals and then check periodically for tightness



*\*Left Pedal – Is a Reverse Thread  
Do not strip the thread!*

# COMPUTER INSTRUCTIONS

## A. MAIN DISPLAY



## B. FUNCTIONS:

1. **SCAN** : Press the “mode” key to select “scan” Scan will appear in the lower left corner of the monitor.
2. **TIME** : Automatically accumulates workout time
3. **SPEED** : Displays the current speed during your workout.
4. **DISTANCE** : Displays the distance you have gone during your workout.
5. **CALORIE** : Displays the total burned calories during your workout.
6. **PULSE** : Requires optional Chest Strap

**PRESS MODE KEY:** To select functions of time, speed, distance, calories, pulse or scan. Hold Mode Key down for 2 seconds to reset the monitor.

### NOTES:

1. If the display panel does not work: replace the batteries and check to see if the monitor is connected. \* Use 2 AA,1.5v batteries.
2. The monitor will automatically shut off, if inactive for 4 to 5 minutes.
3. The monitor starts automatically when exercising or pushing buttons.
4. “**K**” or “**M**” indicates either kilometer or mile.

## D. KEYS AND FUNCTIONS

**Mode Key:** Pressing the “Mode” key to cycle through the functions and display each consecutively. To press and hold “MODE” key down for 2 second to go into distance unit model (metric **M** or English **ML**), and then to press “SET” key to select the unit you preferred. To activate the automatic scan function, the scan symbol will appear on the display, when the scan function has been activated, the data for each function will be updated in 5-second interval throughout your exercise session.

**Set Key:** Pressing “SET” key to the data will flash to show the computer in setting mode to program your Row time, Row distance and Heart Rate High Limit.

**a.) PROGRAMMING EXERCISE TIME:**

Pressing “MODE” key to enter Time function, and pressing “SET” key to set up the time you desired. You can adjust the time by pressing and holding “SET” key. The time set symbol “((.))” will appear on display. When you start to rowing, the timer will start to count down, the computer will beep for 4 seconds after the timer counts down to 0:00.

**b.) PROGRAMMING EXERCISE DISTANCE:**

Pressing “MODE” key to enter Distance function, and pressing “SET” key to set up the distance you desired. You can adjust the distance by pressing and holding “SET” key. The distance set symbol “((.))” will appear on display. When you start to row, the exercise distance will start to count down, the computer will beep for 4 seconds after the exercise distance counts down to 0 meter/feet.

**c.) PROGRAMMING MAXIMUM HEART RATE: Optional with Chest Belt Transmitter.**

The range of Maximum heart rate is between 50 and 200. Press the “MODE” key to enter maximum heart rate function, and pressing “SET” key to set up your maximum heart rate. You can adjust the maximum heart rate by pressing and holding the “SET” key. The pulse rate limit set the symbol “((.))” will appear on display. When your heart rate is above maximum heart rate during exercise, the computer will beep to warn you to stop exercise.

**Reset Key:** The reset key will clear data for Time, Distance, and Heart Rate High Limit individually. When you press and hold “Reset” key for 2 seconds, all data will be cleared simultaneously.

*Note:*

1. The computer will start automatically when receiving signal from chest belt or pressing any key.
2. The display will turn off automatically after 3 minutes without any activity.
3. The computer will clear data of 500M, Time, SPM, Distance and Calories/hour automatically without receiving any speed signal after 40 seconds.
4. Under normal condition, make sure the symbol ♥ appear on the display before measuring your heart rate. The symbol ♥ will disappear automatically when the computer does not receive any signal from transmitter after 30 seconds. Press “SET”



or “RESET” to wake up heart rate function, the ♥ symbol will turn on again.

*Tips: Moisten Transmitter Contacts (for dry skin user)*

Before wearing the transmitter strap, moisten the 2 rectangular rubber pads (electrodes) located on the inside surface of the chest transmitter. Use water, glue or saliva to moisten these pads.

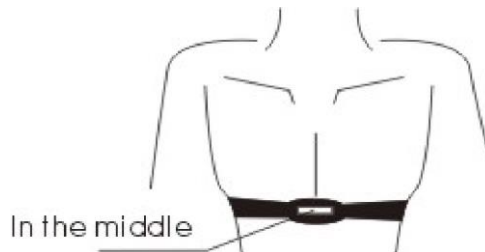


**Adjusting the strap**

The strap should be worn tight enough to prevent the transmitter from bouncing or sliding, but not so tight as to be uncomfortable.

**POSITIONING THE TRANSMITTER**

The transmitter should be positioned below the breast or pectoral muscles with the middle centered on the chest, and fasten. The transmitter starts to send a signal after worn.



**PhysioTrainer Accessories:**

**Rehab Table with Hydraulic Adjustment**

- Easy- Lift one touch height adjustment. Hydraulically assisted lift raises your tabletop from 27” to 37” easily.
- Commercial caster system with locking no skid floor plates stabilizes the table for the most strenuous workouts.



For more information contact us:

**Healthcare International, Inc.**

**PO Box 1509**

**Langley, WA 98260**

[www.HCIFitness.com](http://www.HCIFitness.com)

**p.360.321.7090**