


SPORTSART  **C570R COMMERCIAL BIKE**

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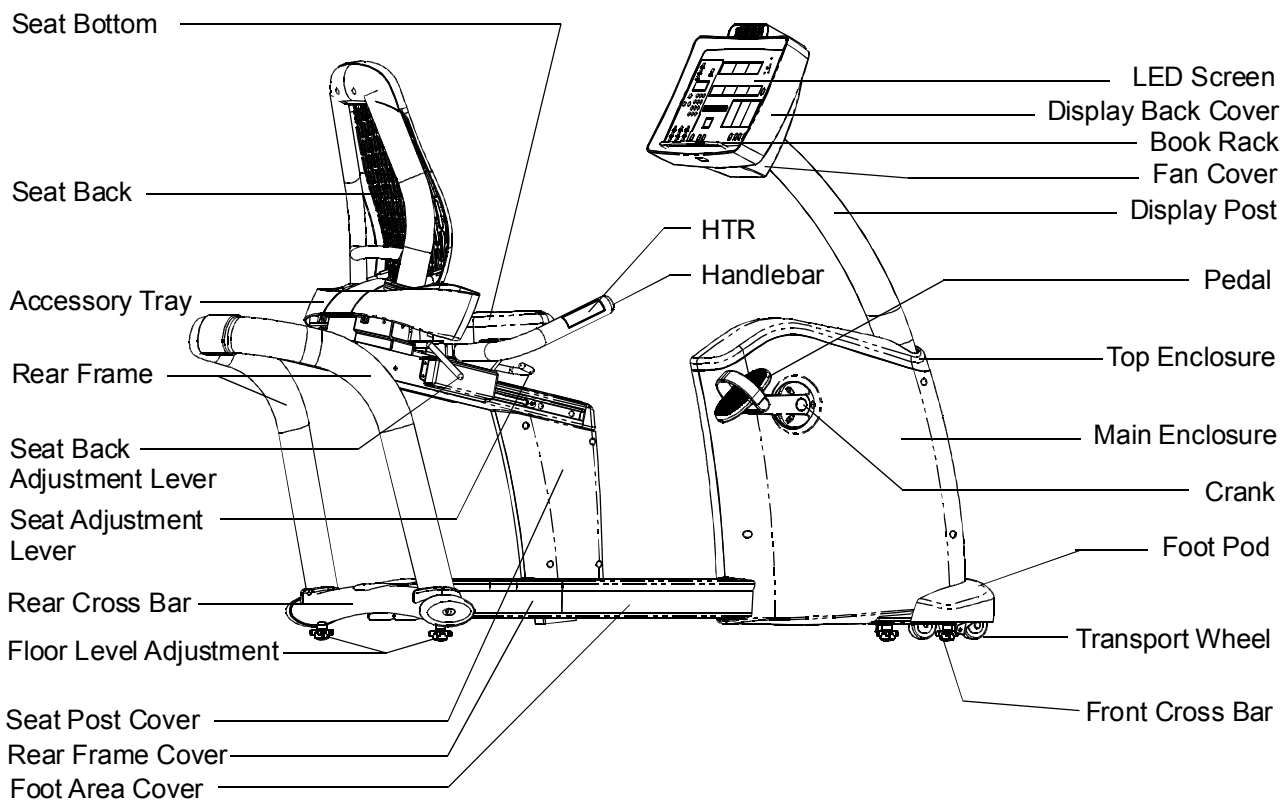
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SPORTSART C570R COMMERCIAL BIKE

INTRODUCTION

Congratulations on purchasing one of the finest pieces of commercial grade exercise equipment on the market today, the SportsArt C570R Recumbent Bike. Constructed of high quality materials and designed for years of trouble-free usage, the C570R will be an integral part of your fitness regimen.

Before using your C570R bike, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a recumbent bike or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



Your SportsArt bike was designed and built for optimum safety. However, certain precautions apply whenever you use your bike. Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

IMPORTANT SAFETY PRECAUTIONS

Please read and observe the following safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the bike on a solid, level surface.
- Never allow children on or near the bike.
- Check the machine before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.

WARNING

- Keep your hands away from moving parts.
- Wear proper workout clothing. Do NOT wear overly loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side and take care when mounting and dismounting the unit.
- Do not stand on the unit.
- Do not use accessories that are not specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- Allow sufficient space on both sides of the bike for users to mount and to dismount the unit.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.
- Work within your recommended exercise level; do NOT work to exhaustion.
- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT. Consult your physician immediately.

- The weight limit for this bike is 150 kgs (330 lbs).

CAUTION

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

ASSEMBLING YOUR BIKE

INSTALLATION REQUIREMENTS:

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. Please contact your dealer if you find this product to be defective or missing a part.

Please read this owner's manual and follow the instructions.

IMPORTANT: The packing for this bike was designed to protect it during shipment. Please store the original packing in a safe place in case you need to ship the unit in the future.

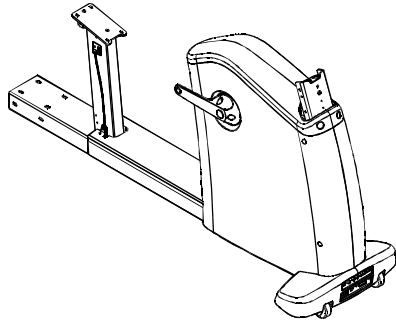
LIST OF PARTS:

Before assembling your bike, make sure that you have all of the following items.

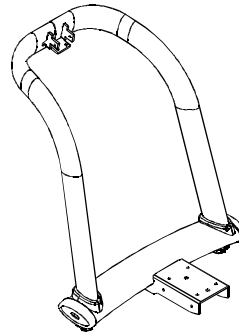
1. One main frame
2. One rear frame
3. One seat tube
4. One handlebar
5. One seat
6. One seat back
7. One electronic display and pedestal (referred to as a "post")
8. Pedals (right + left)
9. One rear frame cover
10. One seat post cover (right)
11. One seat post cover (left)
12. One tool kit

Please see the part illustrations below:

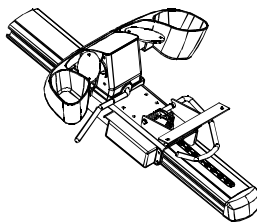
1. Main Frame



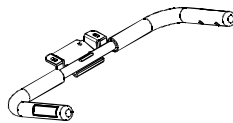
2. Rear Frame



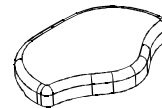
3. Seat Tube



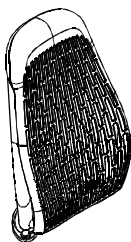
4. Handlebar



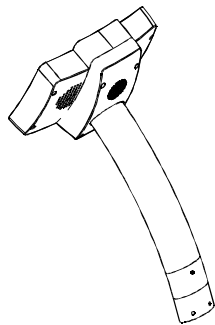
5. Seat



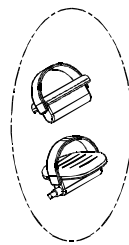
6. Seat Back



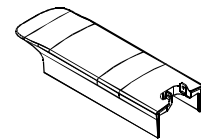
7. Electronic Display & Post



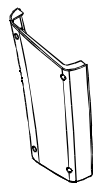
8. Pedals



9. Rear Frame Cover



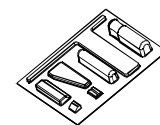
10. Seat Post Cover (Right)



11. Seat Post Cover (Left)

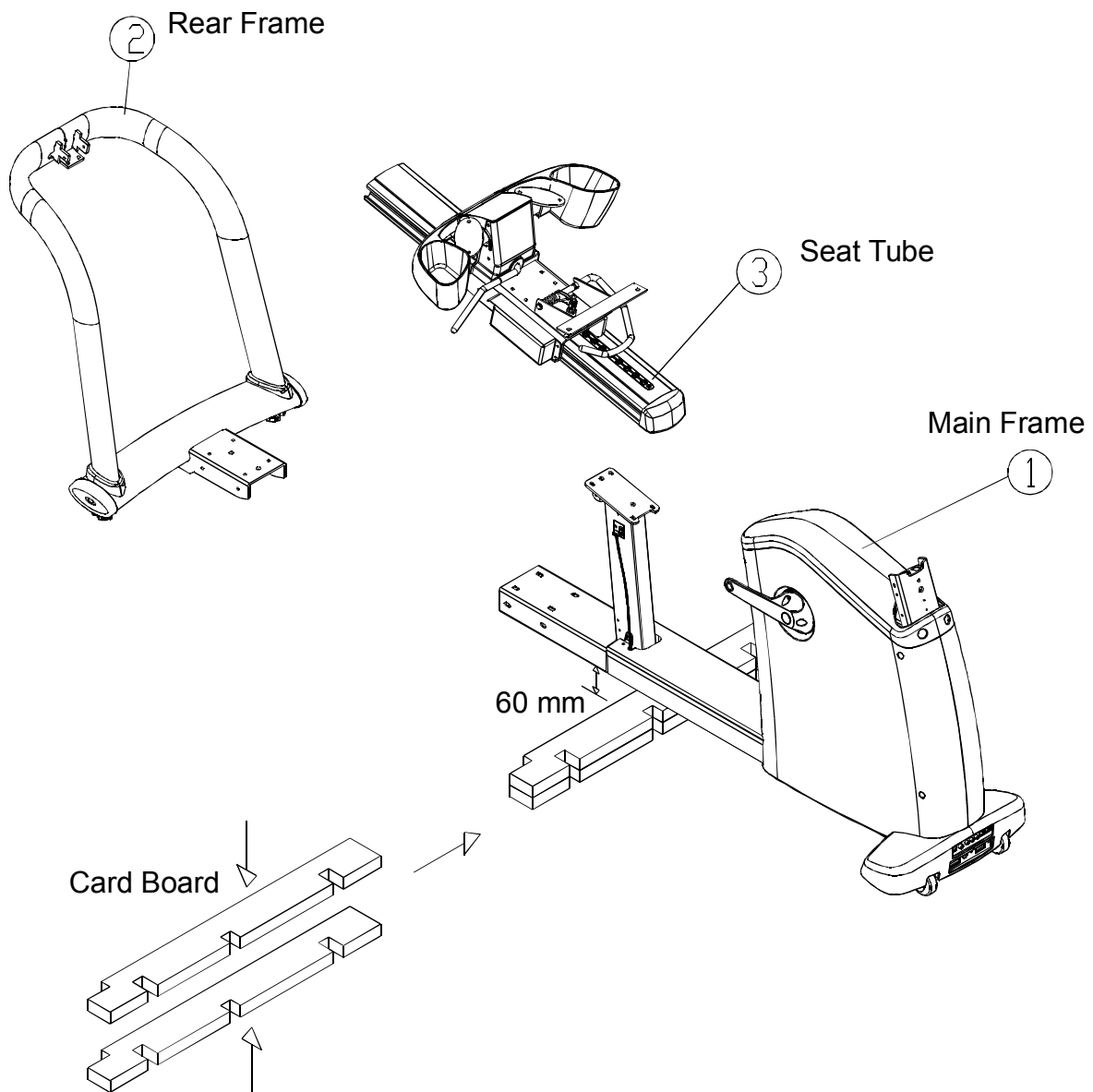


12. Tool Kit



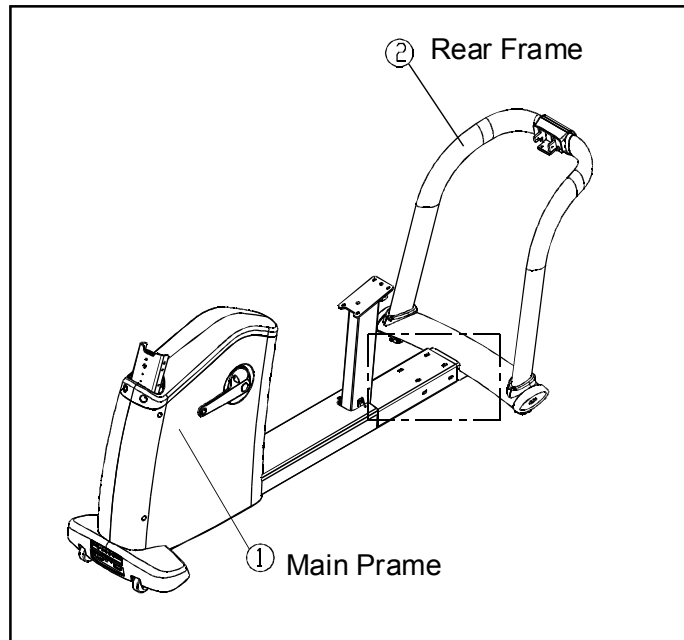
Some parts may get mixed amongst packaging material during shipping. Please locate all the parts before you discard the packaging material. Thoroughly read the assembly instructions before you begin.

STEP-BY-STEP INSTRUCTIONS



Before assembling the Rear Frame and the Seat Tube, find two pieces of card boards from the packaging material and stack them together. Place the card boards underneath the Main Frame so that it leaves a 60mm space to the ground.

FRAME ASSEMBLY



STEP 1. Remove screws and washers from the main frame. Assemble the rear frame (part #2) onto the main frame (part #1). See Fig. 1.

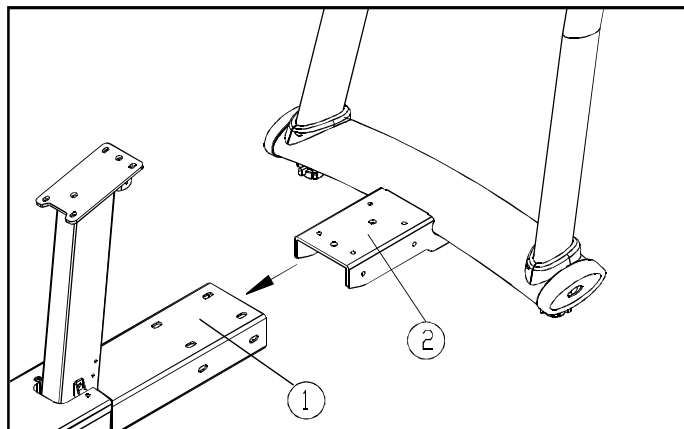


Fig.1

STEP 2. Loosely secure the screws and washers as shown in Fig. 2. At this moment, do NOT tighten this hardware fully. Leave it somewhat loose.

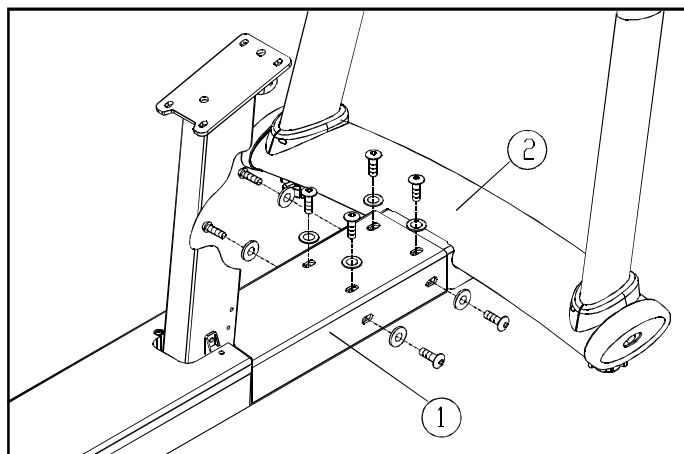
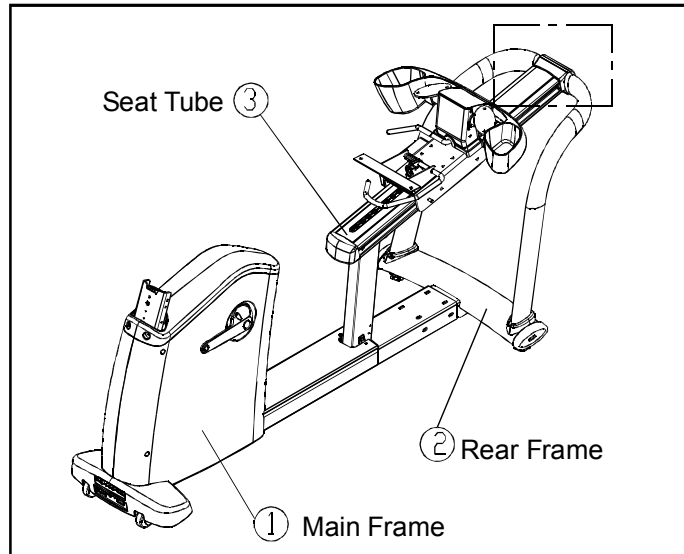


Fig.2

SEAT TUBE ASSEMBLY



STEP 1. Assemble the Seat Tube (part #3) onto the Rear Frame (part #2). See Fig.3.

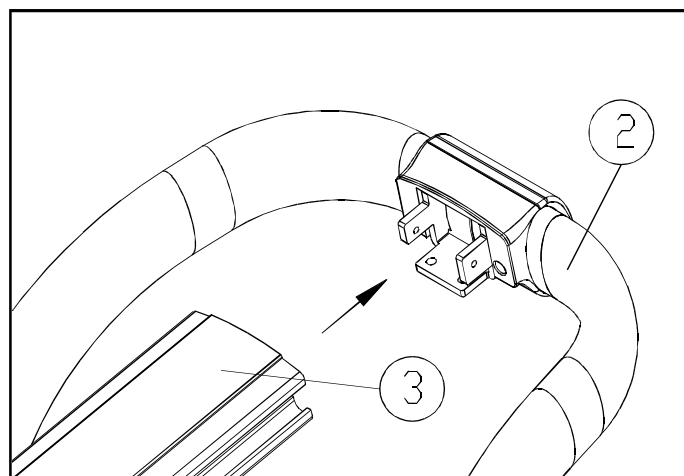


Fig.3

STEP 2. Four sets of screws and washers are provided to secure the seat tube to the rear frame. Please secure two sets of hardware from below, then secure one set into each side (one on the left, and one on the right). At this moment, do NOT fully tighten this hardware. Keep the hardware somewhat loose. See Fig. 4.

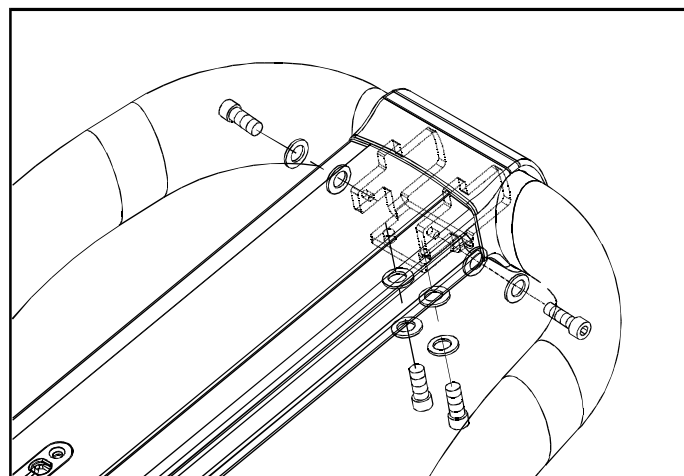


Fig.4

STEP 3. Place the Seat Tube on the Seat Post. Lightly secure screws and washers as illustrated below. Do NOT fully tighten the hardware. Leave it somewhat loose. See Fig. 5.

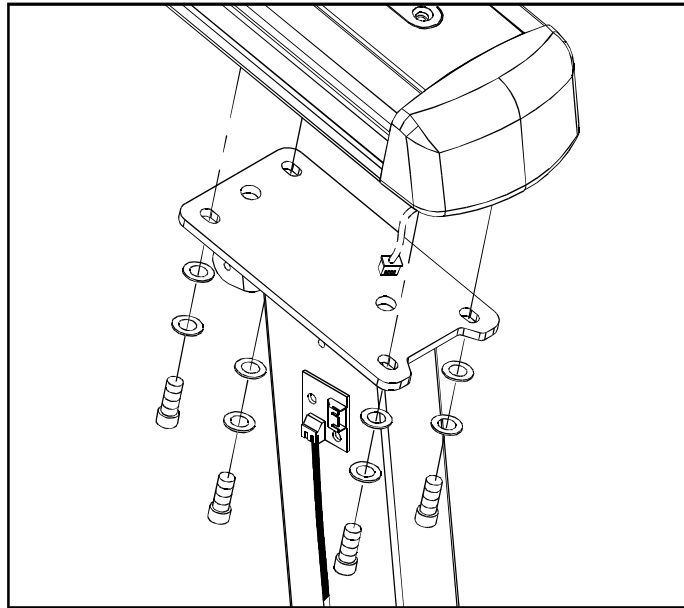


Fig.5

STEP 4. When screws at A, B, and C locations are in place loosely, pull the rear frame (part #2) backward away from the front of the bike. Use the tool provided to tighten these screws in the following order: A, B, and C. See Fig. 6.

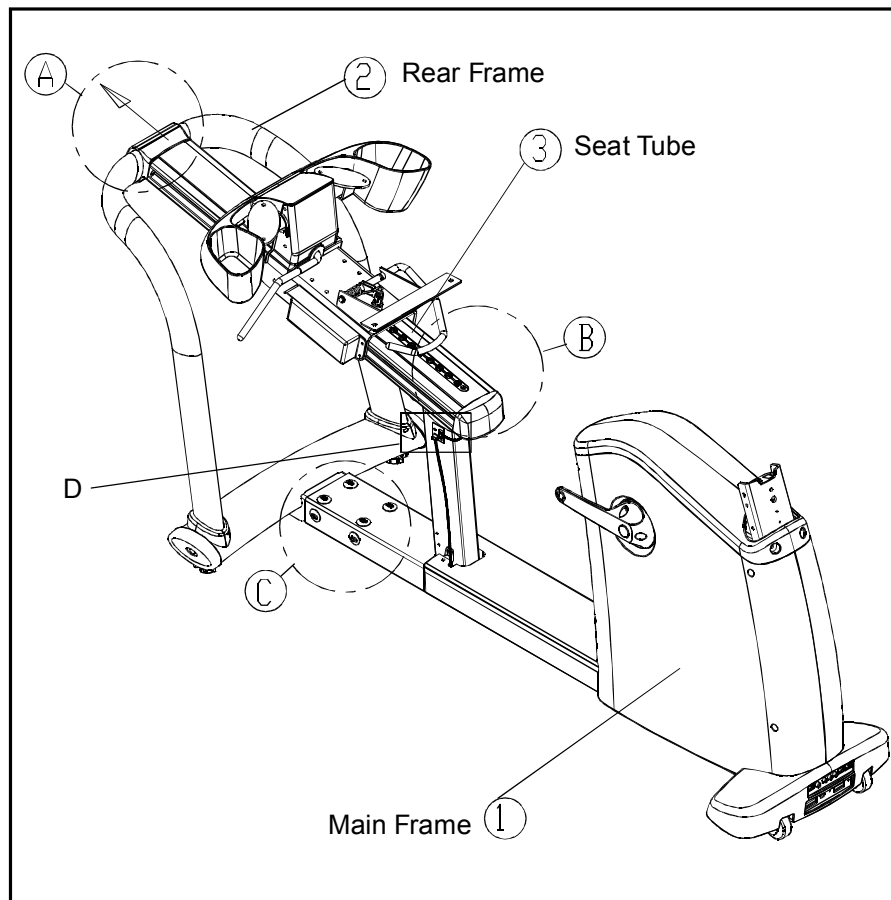


Fig.6

STEP 5. Plug the power cord connector into the socket as shown in Fig. 7.

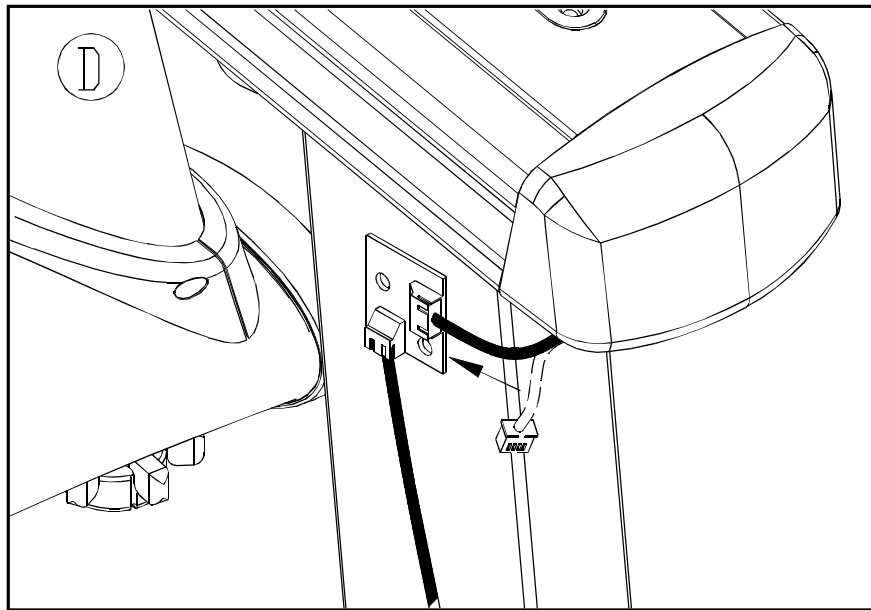
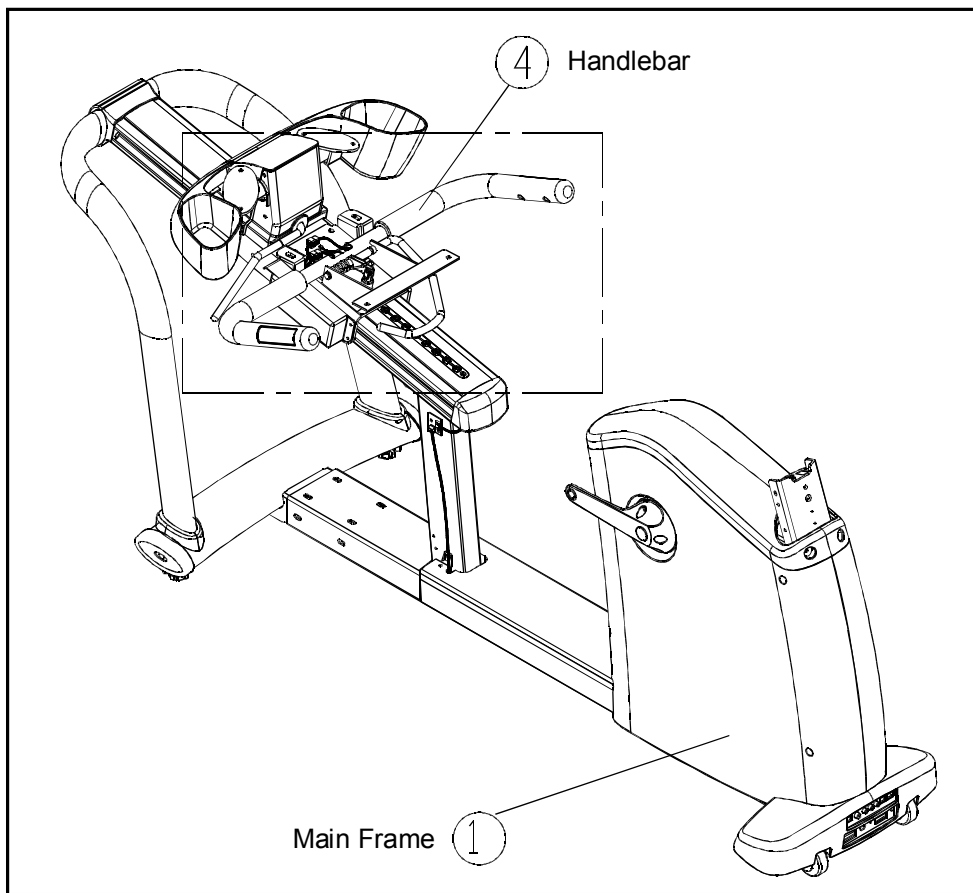


Fig.7

HANDLEBAR ASSEMBLY



STEP 1. Place the Handlebar (part #4) on the Seat Tube (part #3). When the four screw holes align, secure them in the order shown in part A of Fig. 8.

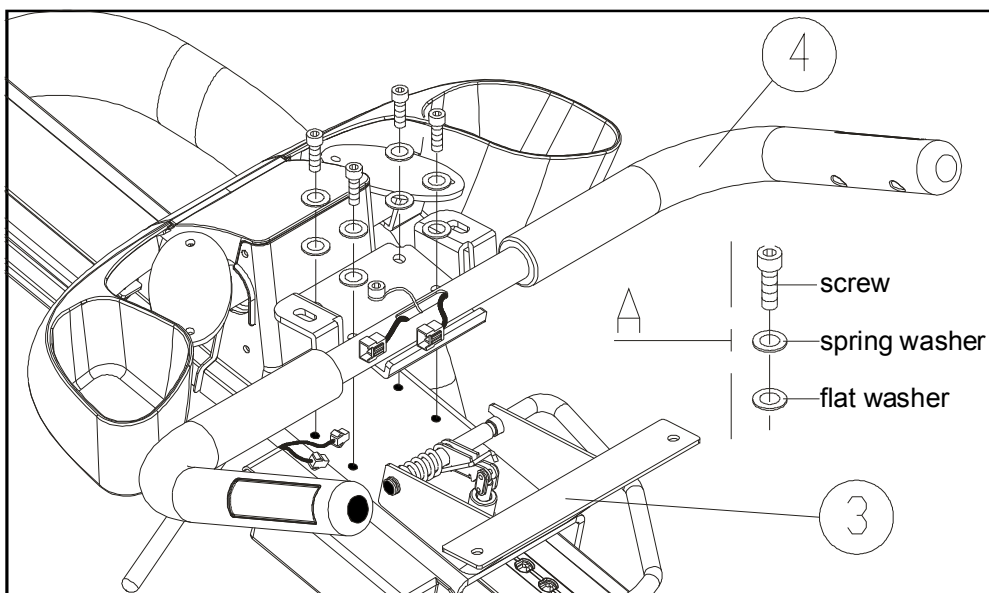


Fig.8

STEP 2. Pull the cable plugs through the gap and connect them into the sockets on the frame.

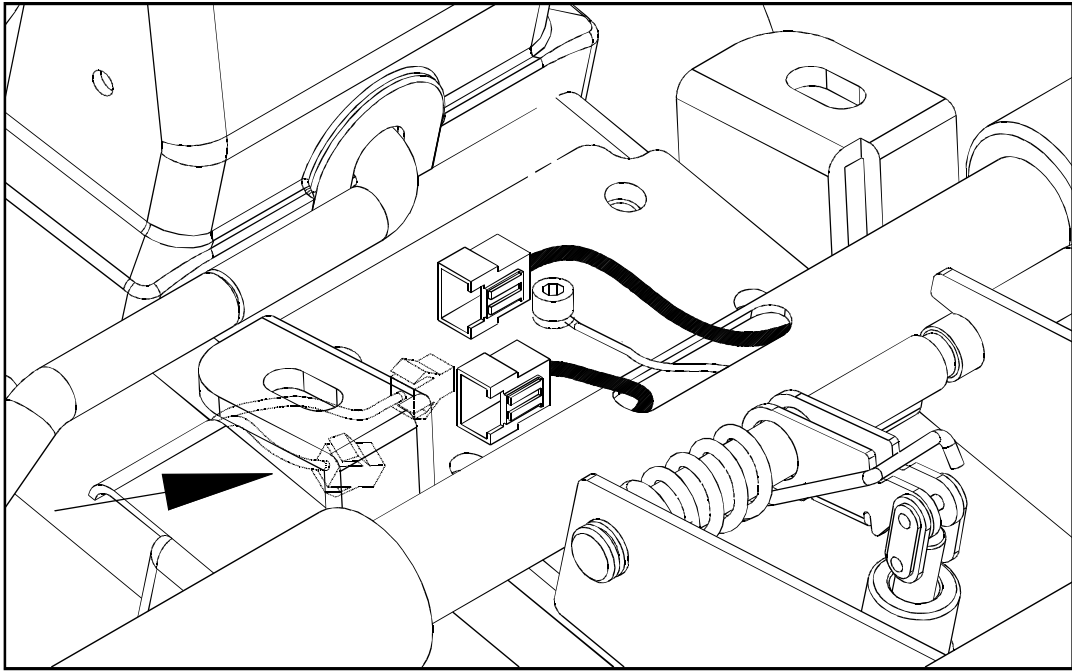


Fig.9

STEP 3. Connect cables as shown in Fig. 10.

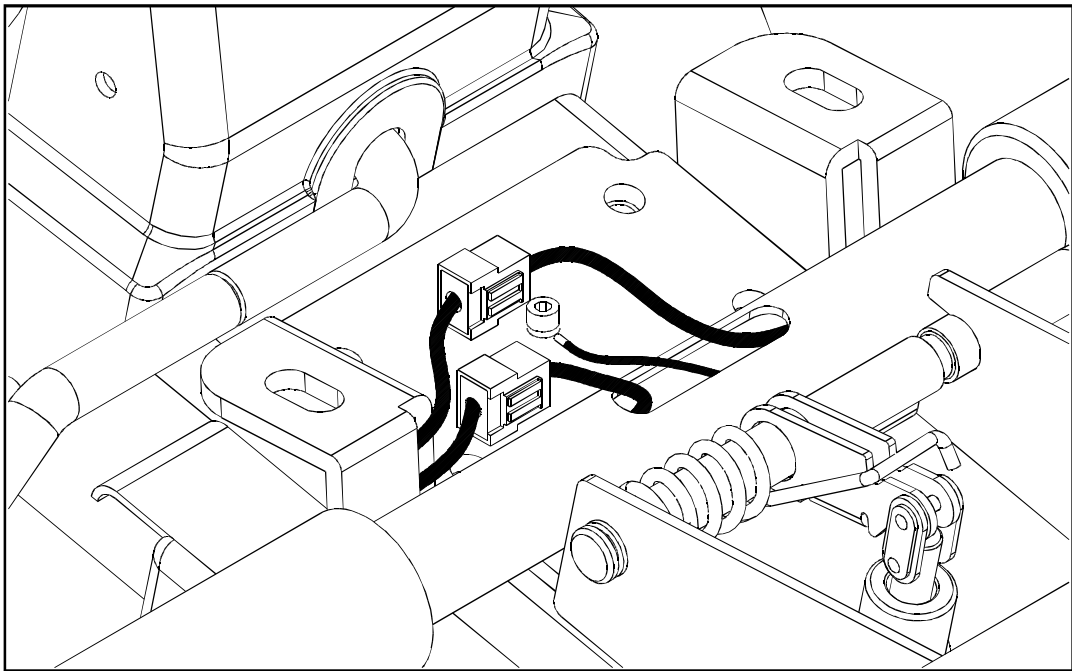
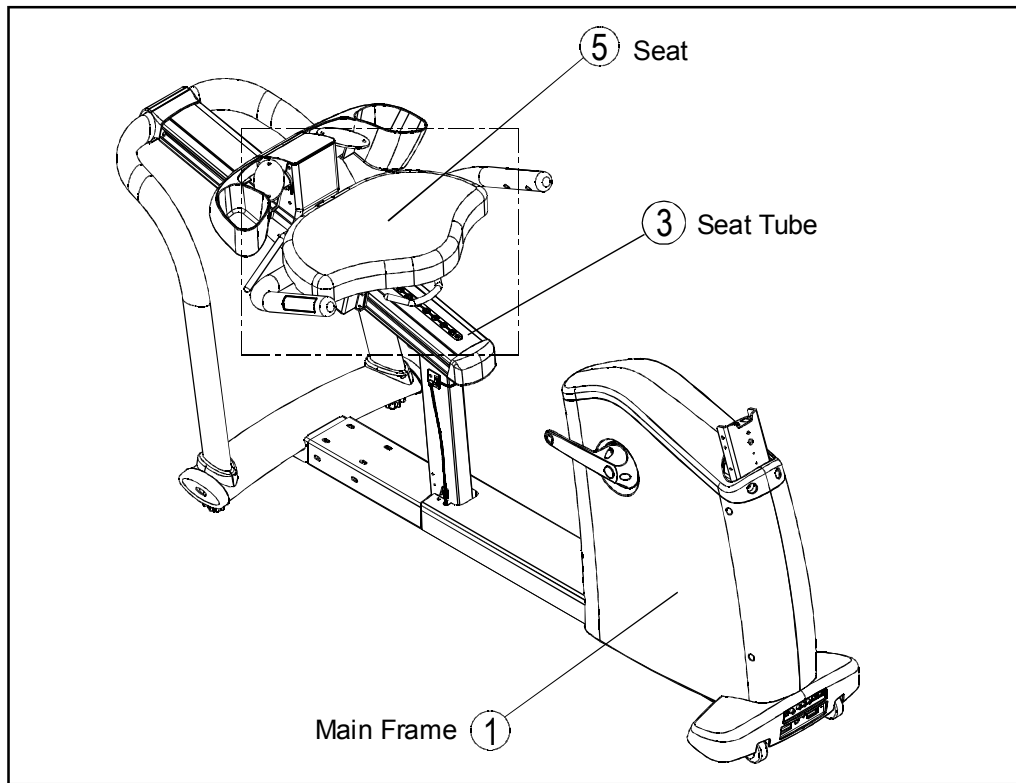


Fig.10

SEAT ASSEMBLY



Place the Seat (part #5) on top of the Seat Tube (part #3). When the four screw holes align, tighten the four sets of screws and washers from the bottom upward as shown in Fig. 11.

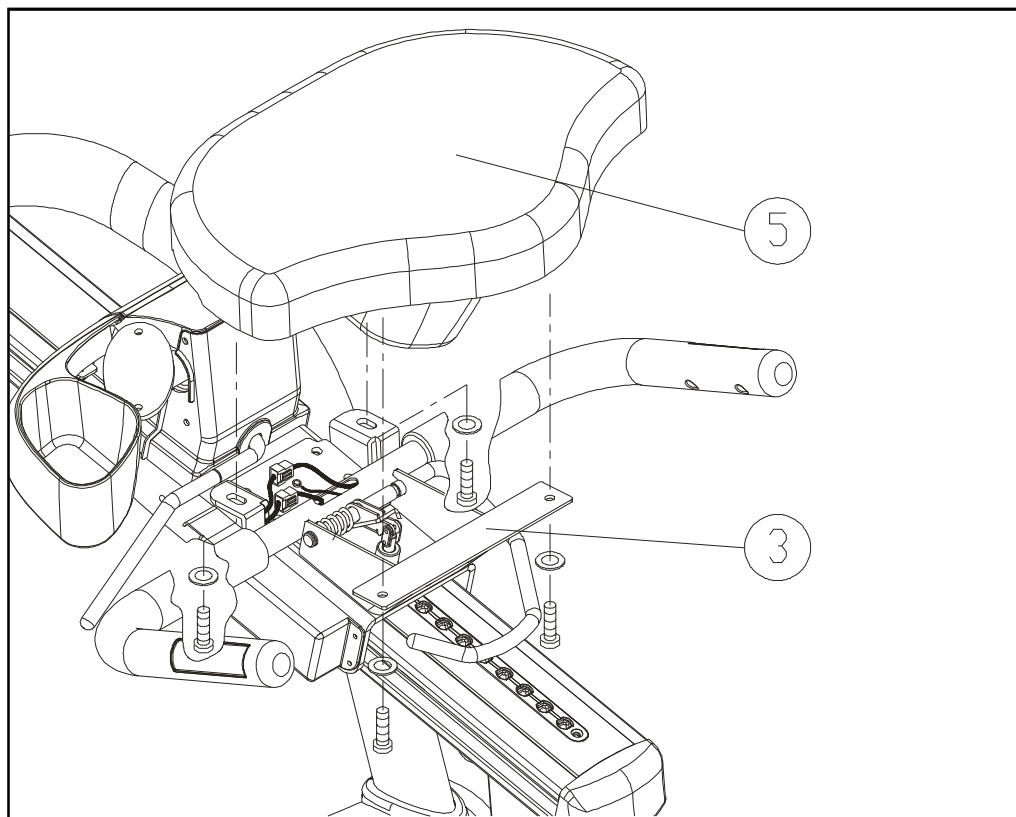
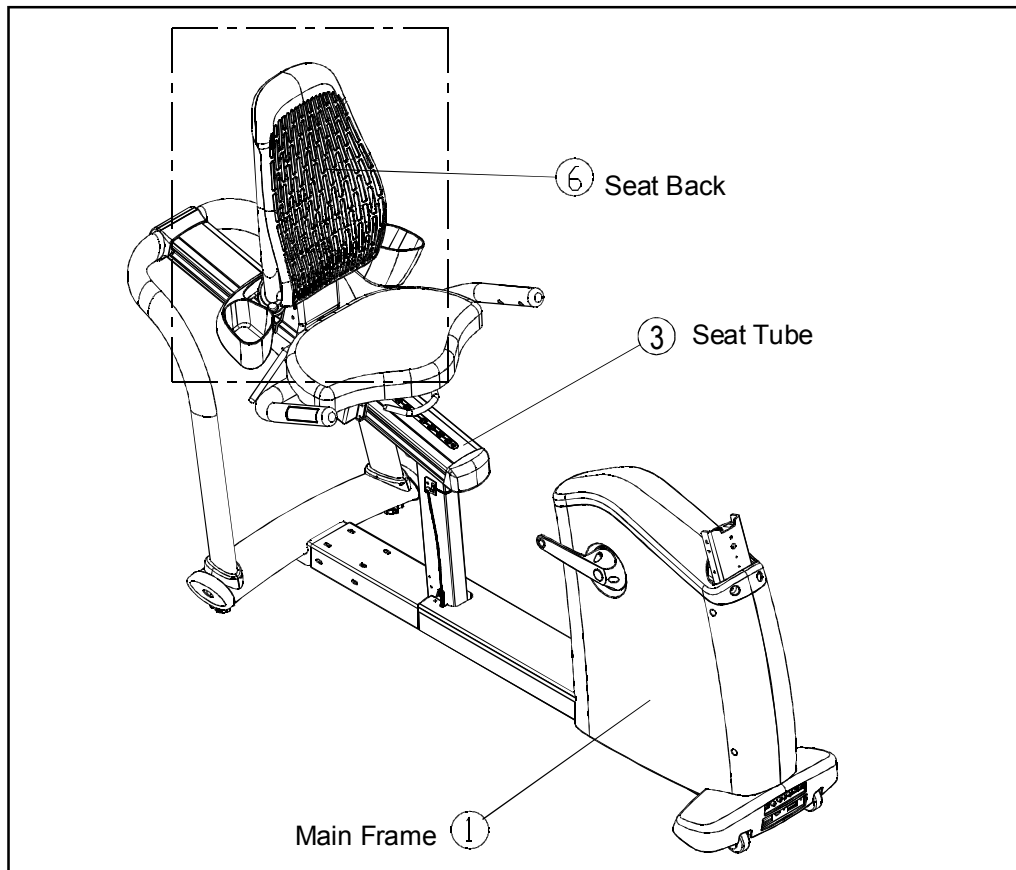


Fig.11

SEAT BACK ASSEMBLY



STEP 1. Turn the screw covers (shown as A) aside and place the Seat Back (part #6) above the Seat Tube (part #3). When the four screw holes align, secure the four sets of screws and washers. Screws should be placed from the top downward as shown in Fig. 12.

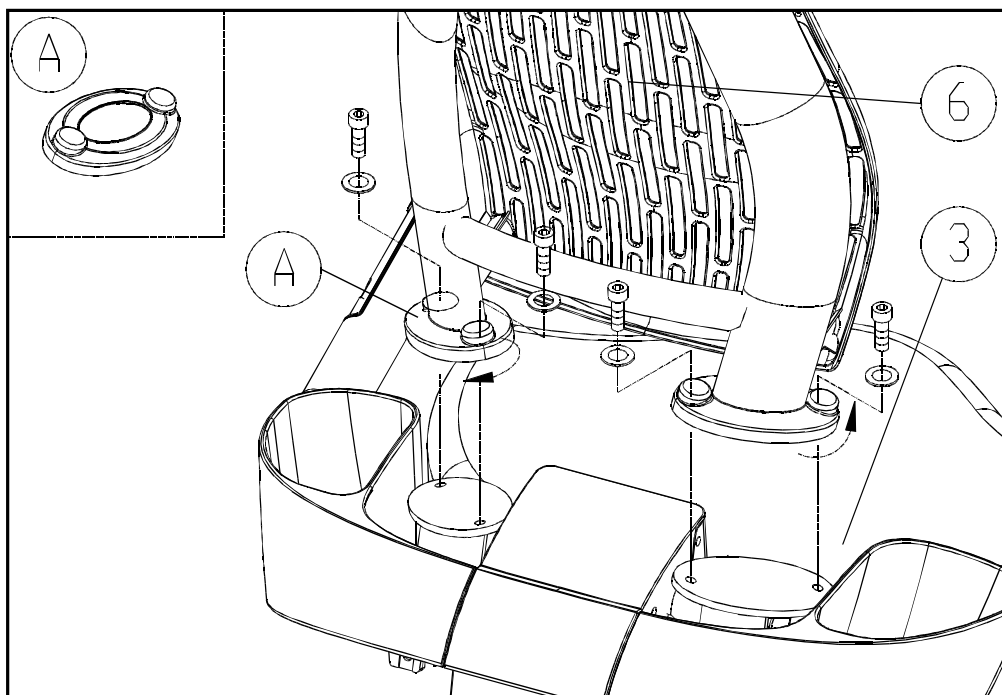


Fig.12

STEP 2. Turn screw covers back in place to cover the screws. See Fig. 13.

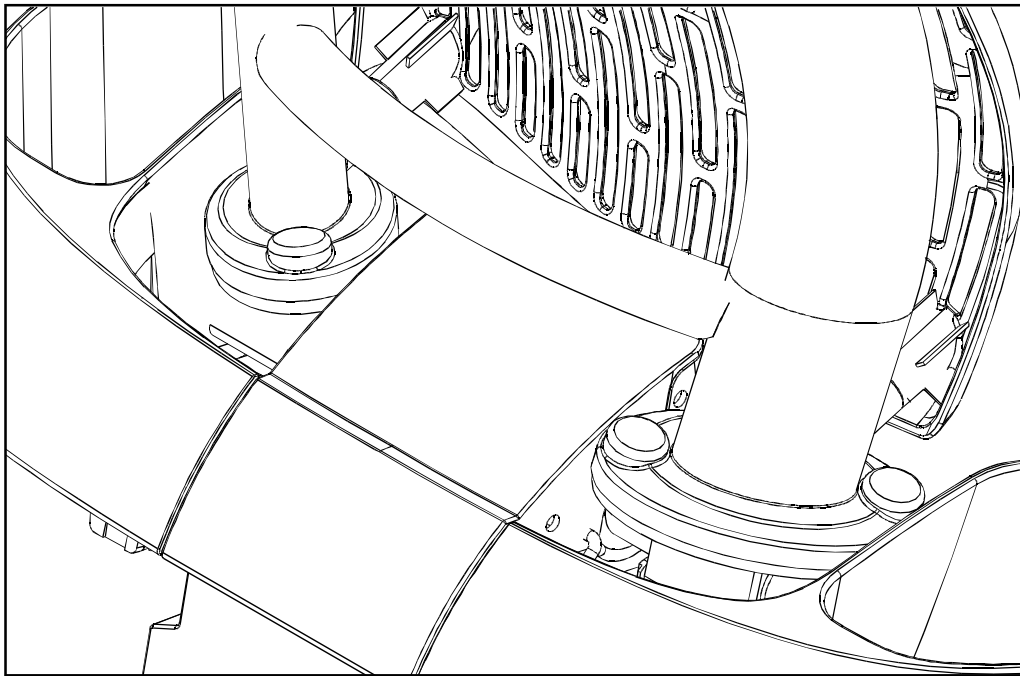
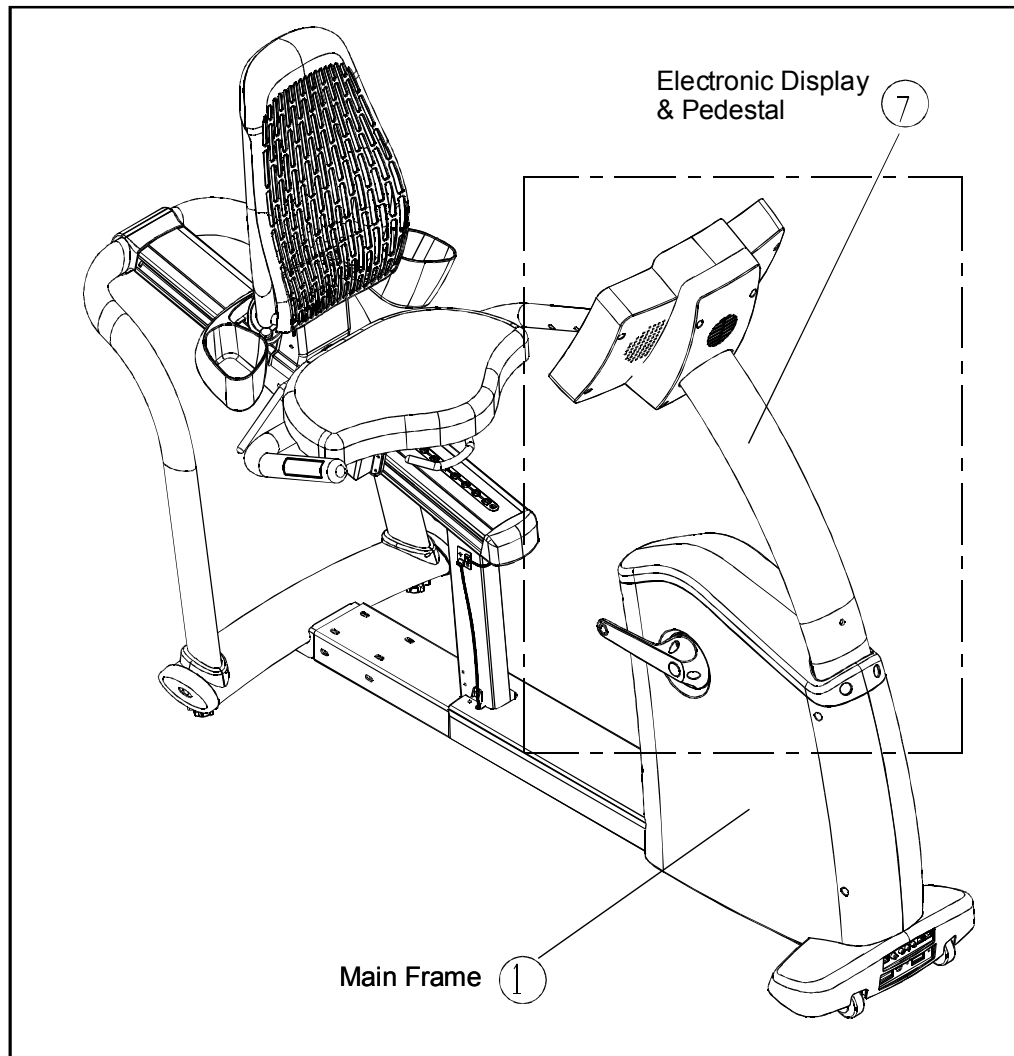


Fig.13

ELECTRONIC DISPLAY & PEDESTAL ASSEMBLY



STEP 1. Connect all data cables in the pedestal (part #7) as shown in Fig. 14.

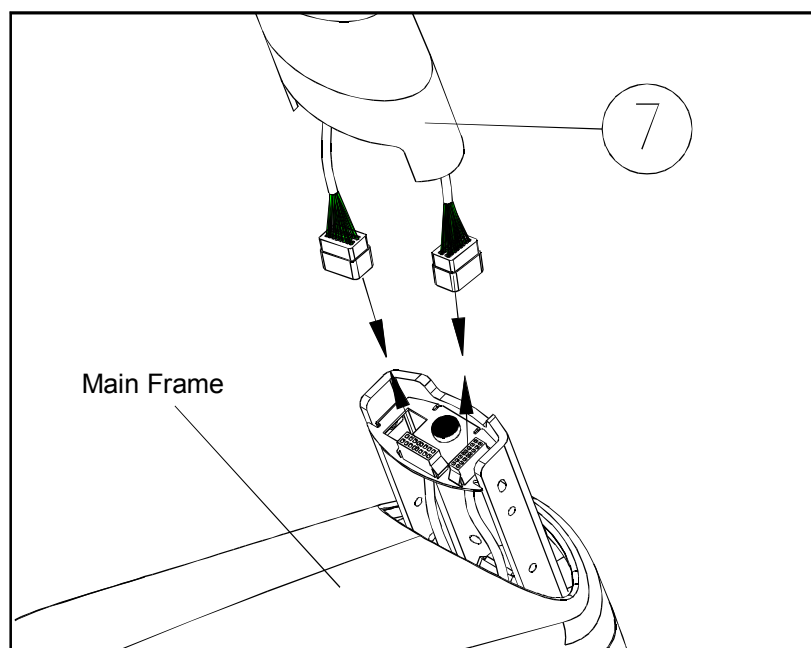


Fig.14

STEP 2. Assemble the Display Pedestal (part #7) onto the Main Frame. Loosely secure screw B in place but do not fully tighten it; Loosely secure screws C in place but do not fully tighten them yet. Finally, tighten all screws (first B, then C) to secure the Display Pedestal. Put the soft caps in place to cover the screw heads. See Fig. 15.

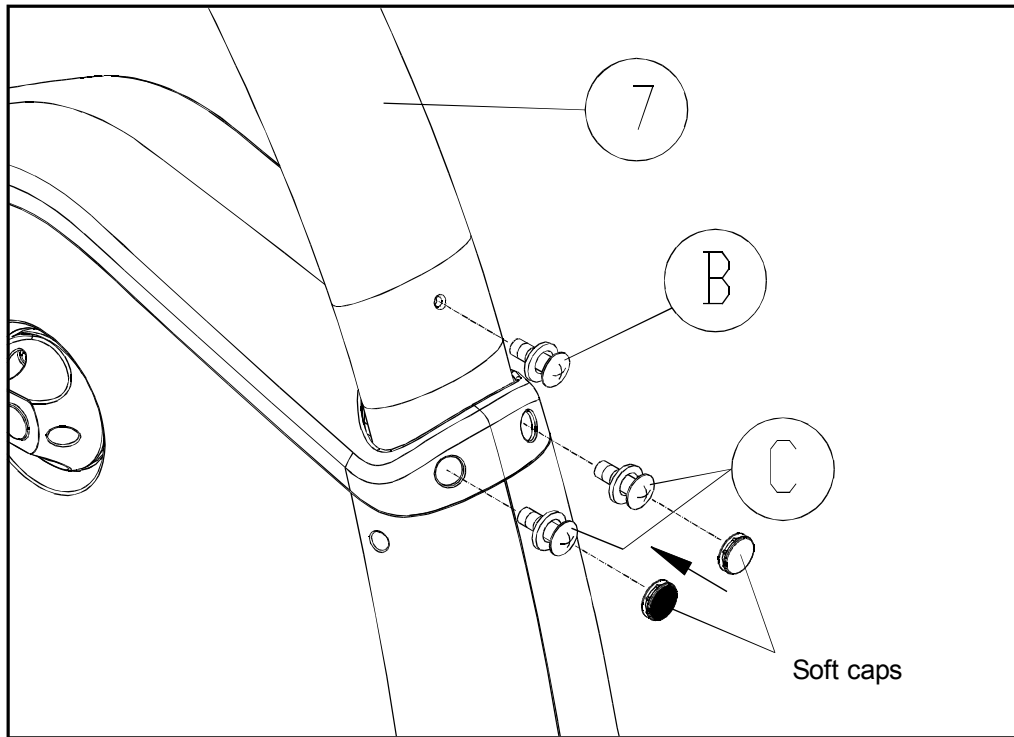
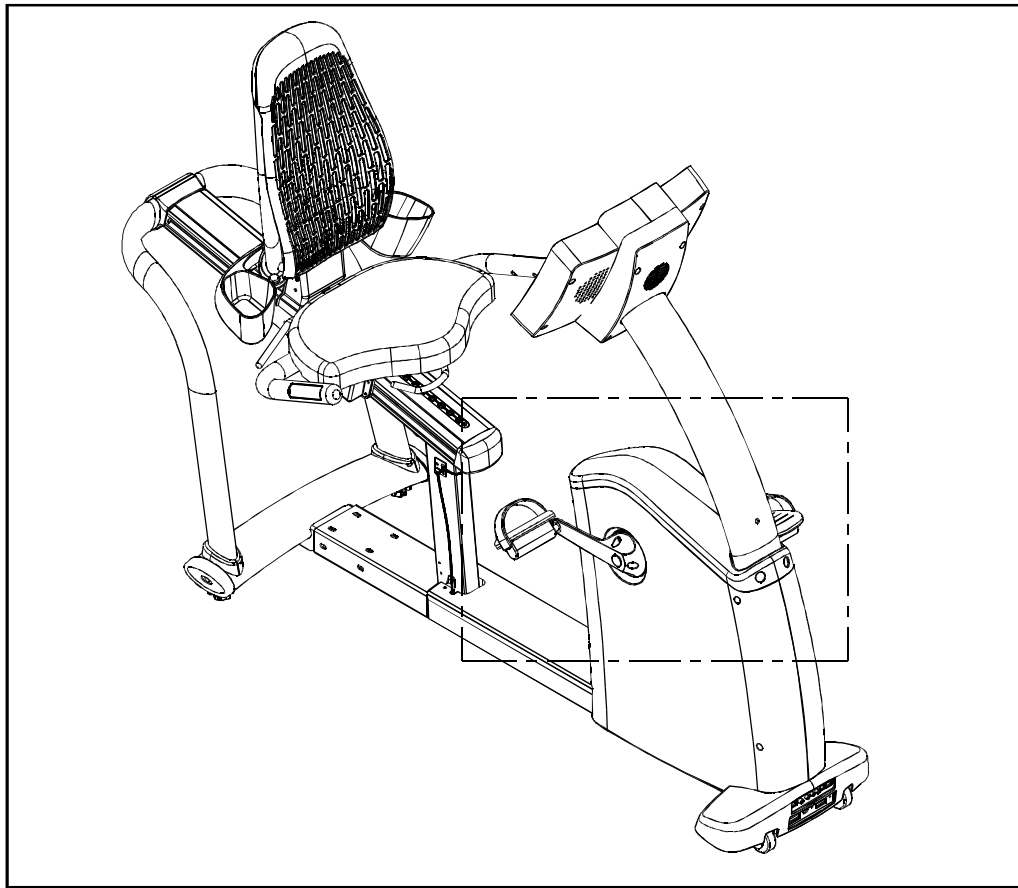


Fig.15

PEDAL ASSEMBLY



Assemble both pedals onto cranks and tighten them with the wrench provided. See Fig. 16. Note that pedals are side-specific. The left pedal threads counterclockwise. The right pedal threads clockwise. Right and left are defined as the exerciser's right and left sides. Pedals are marked with R and L for differentiation.

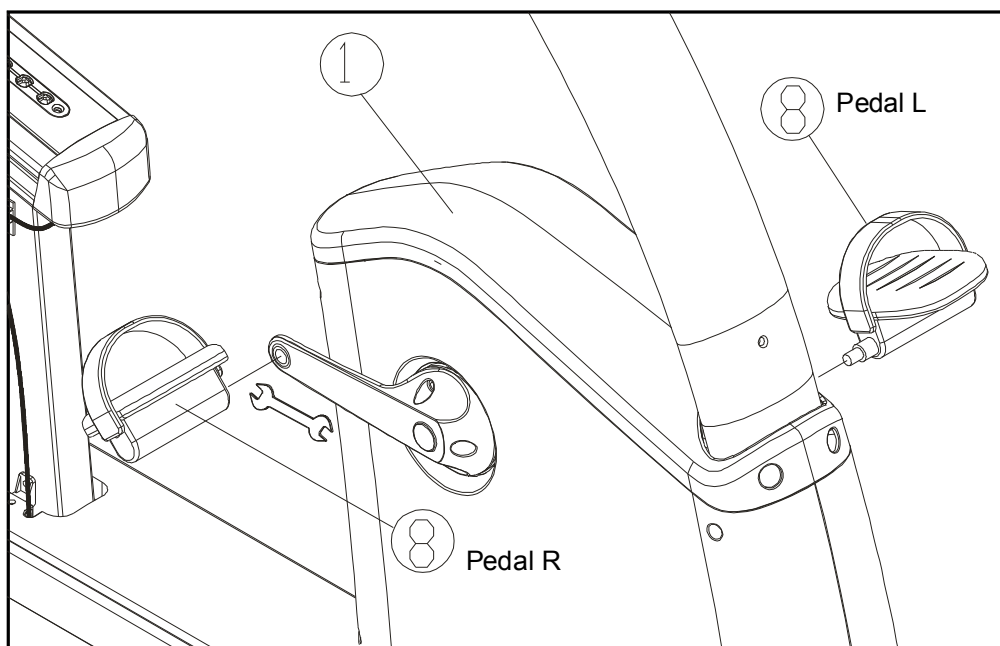
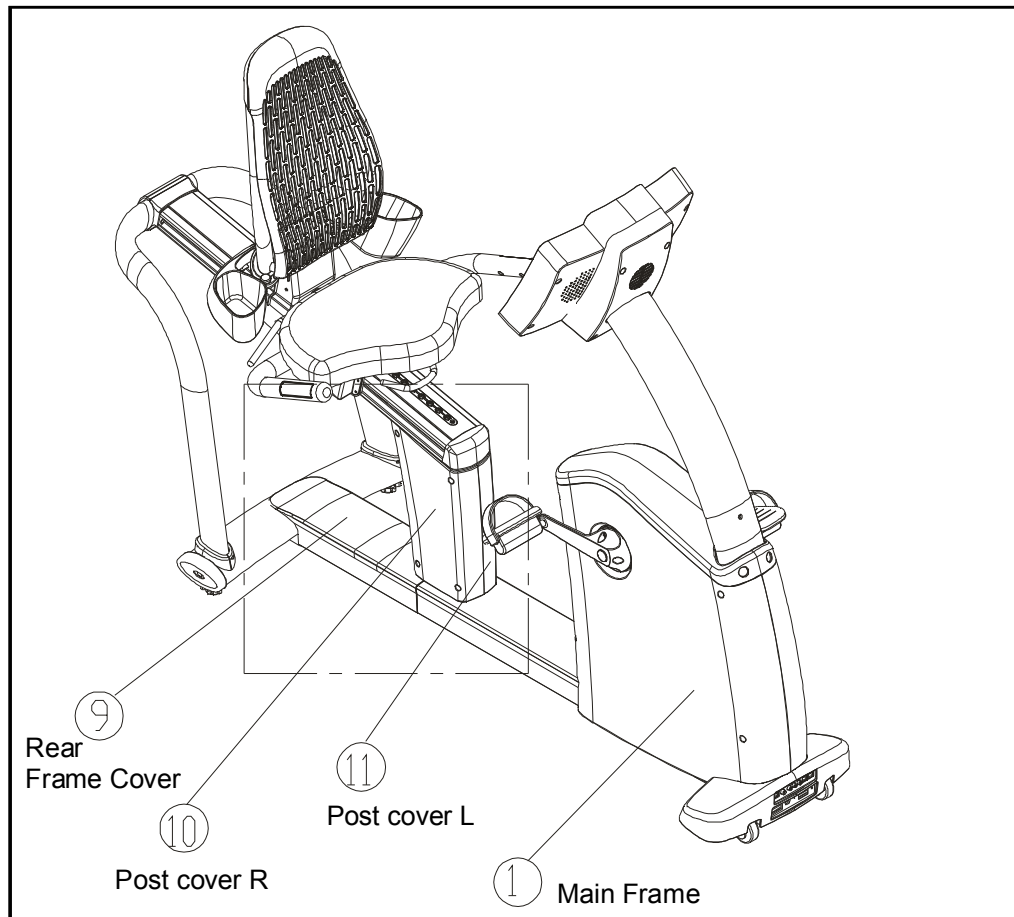


Fig.16

COVER INSTALLATION



STEP 1. Assemble the Rear Frame Cover (part #9) onto the Main Frame (part #1) as shown in Fig. 17.

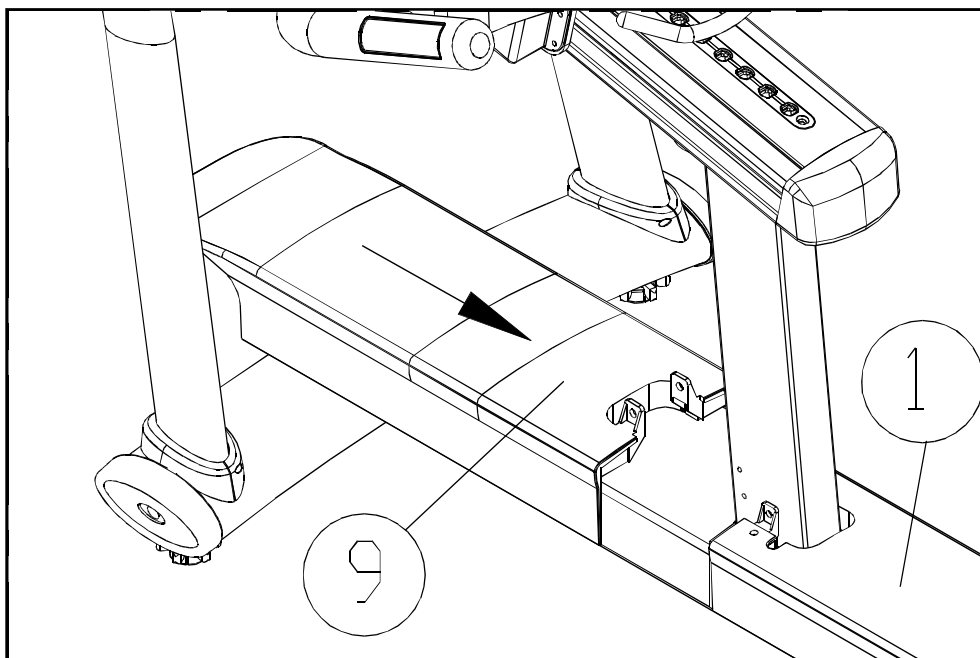


Fig.17

Secure them with screws in both sides as shown in Fig. 18.

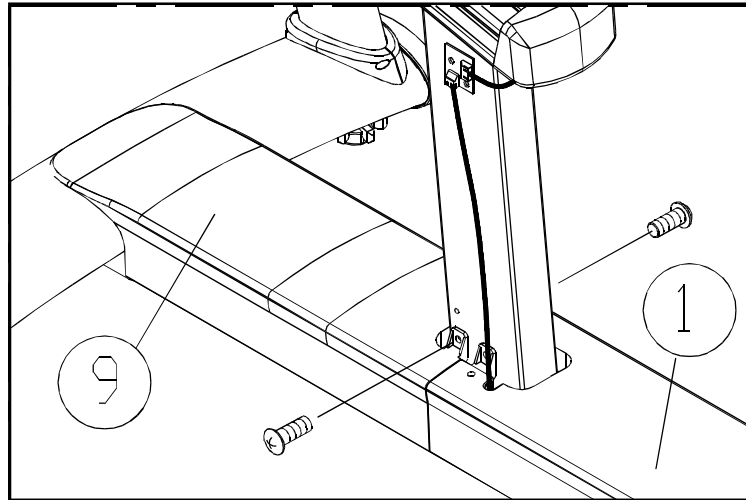


Fig.18

STEP 2. Assemble the Right Seat Post Cover (part #10) and Left Seat Post Cover (part #11) onto the Main Frame. See Fig. 19.

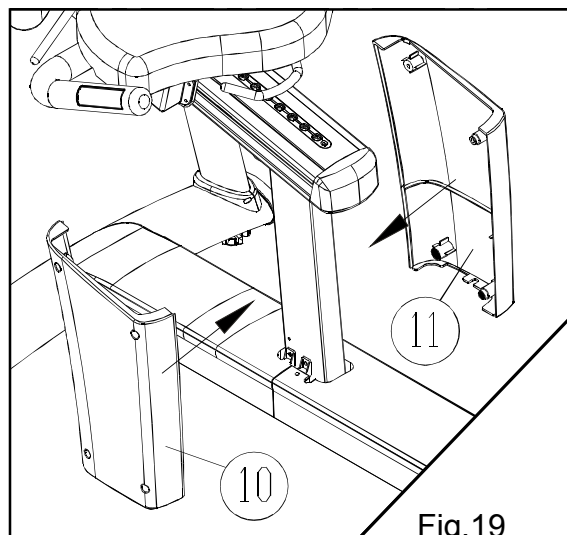


Fig.19

Secure both covers with the four screws provided. Screw in from the right hand side. See Fig. 20.

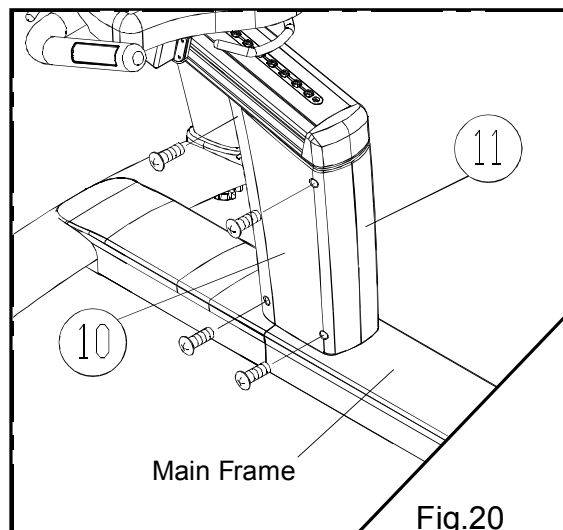
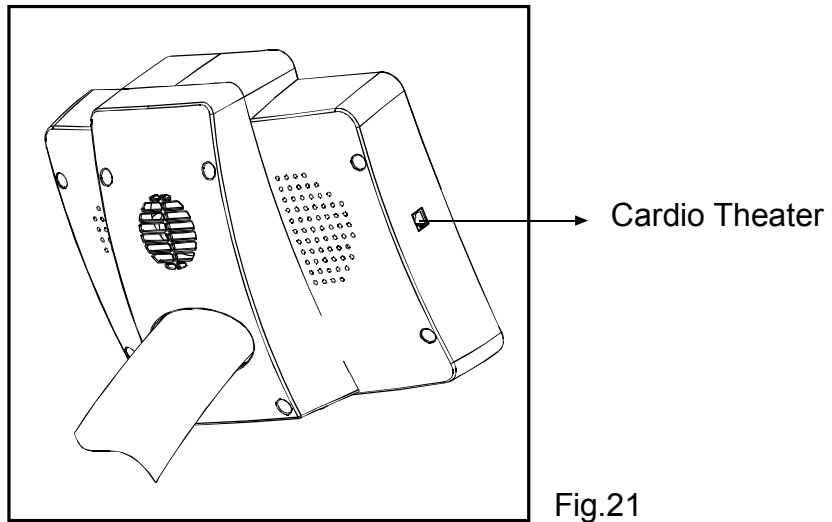


Fig.20

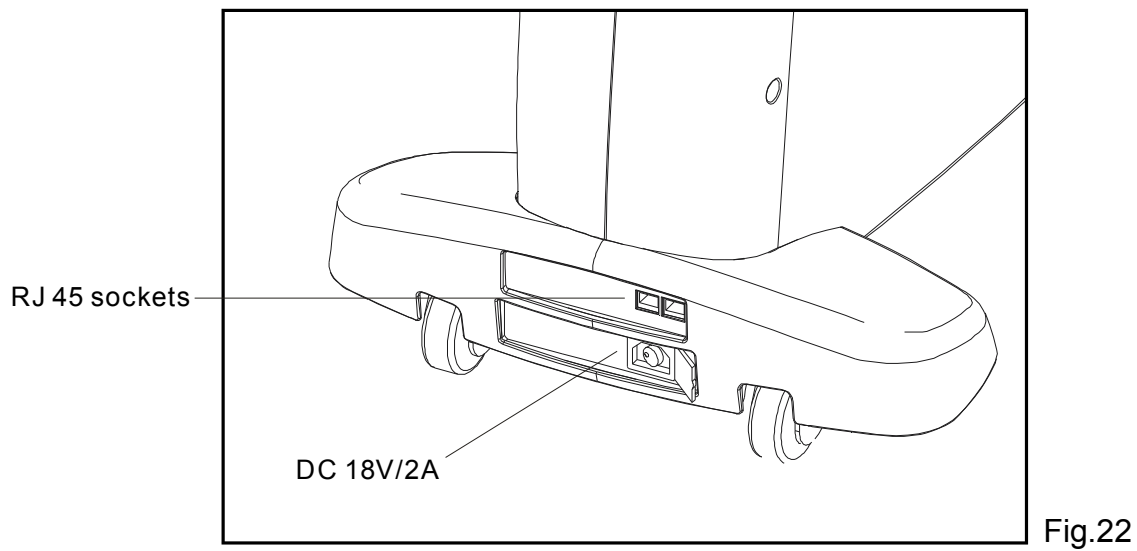
CARDIO THEATER

To operate Cardio Theater, connect cardio theater devices to the RJ45 socket on the left side of the display. See Fig. 21.



CSAFE CONNECTION

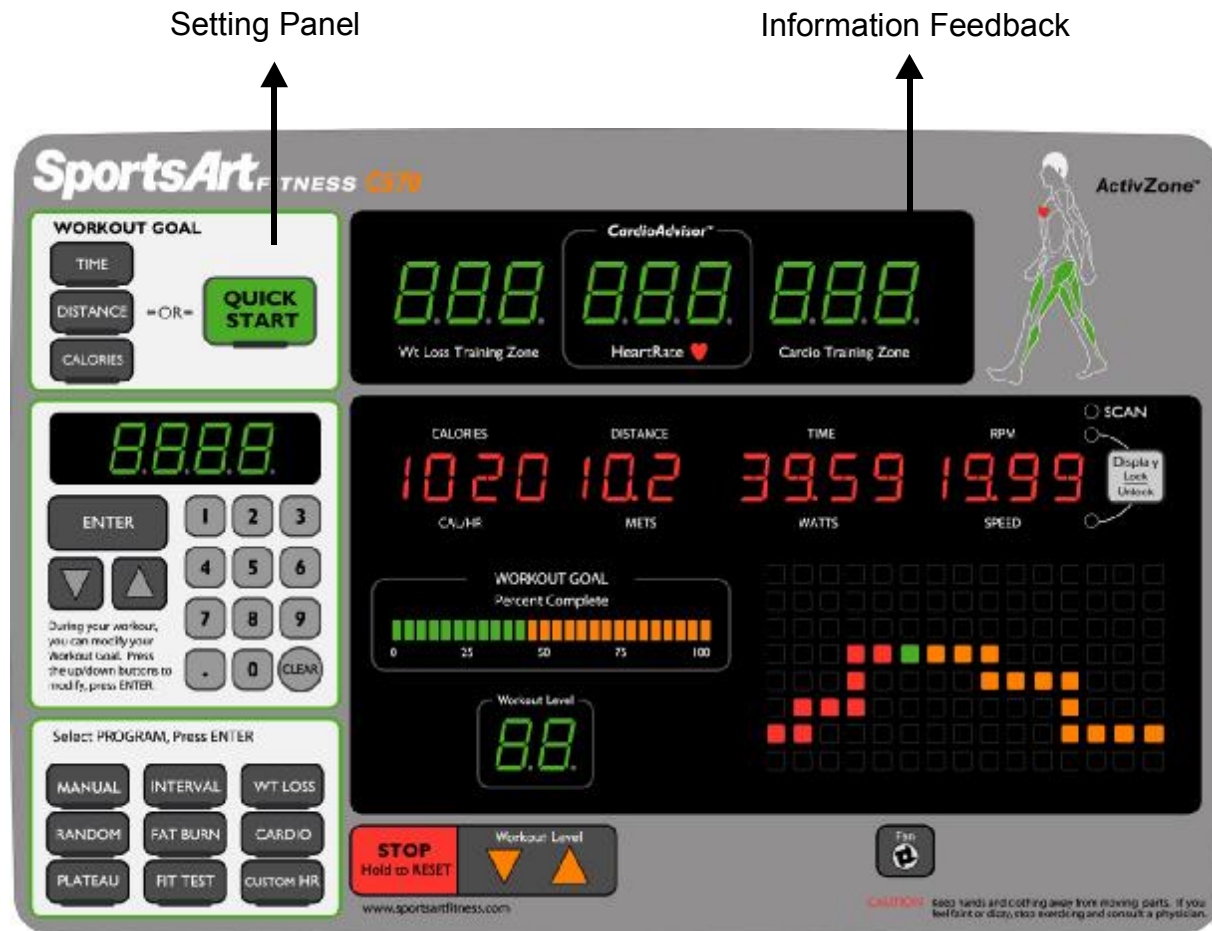
Connect CSAFE applications to the RJ45 sockets shown in Fig. 22.



The C570R Bike is now assembled and ready for use.

UNDERSTANDING THE C570R DISPLAY CONSOLE

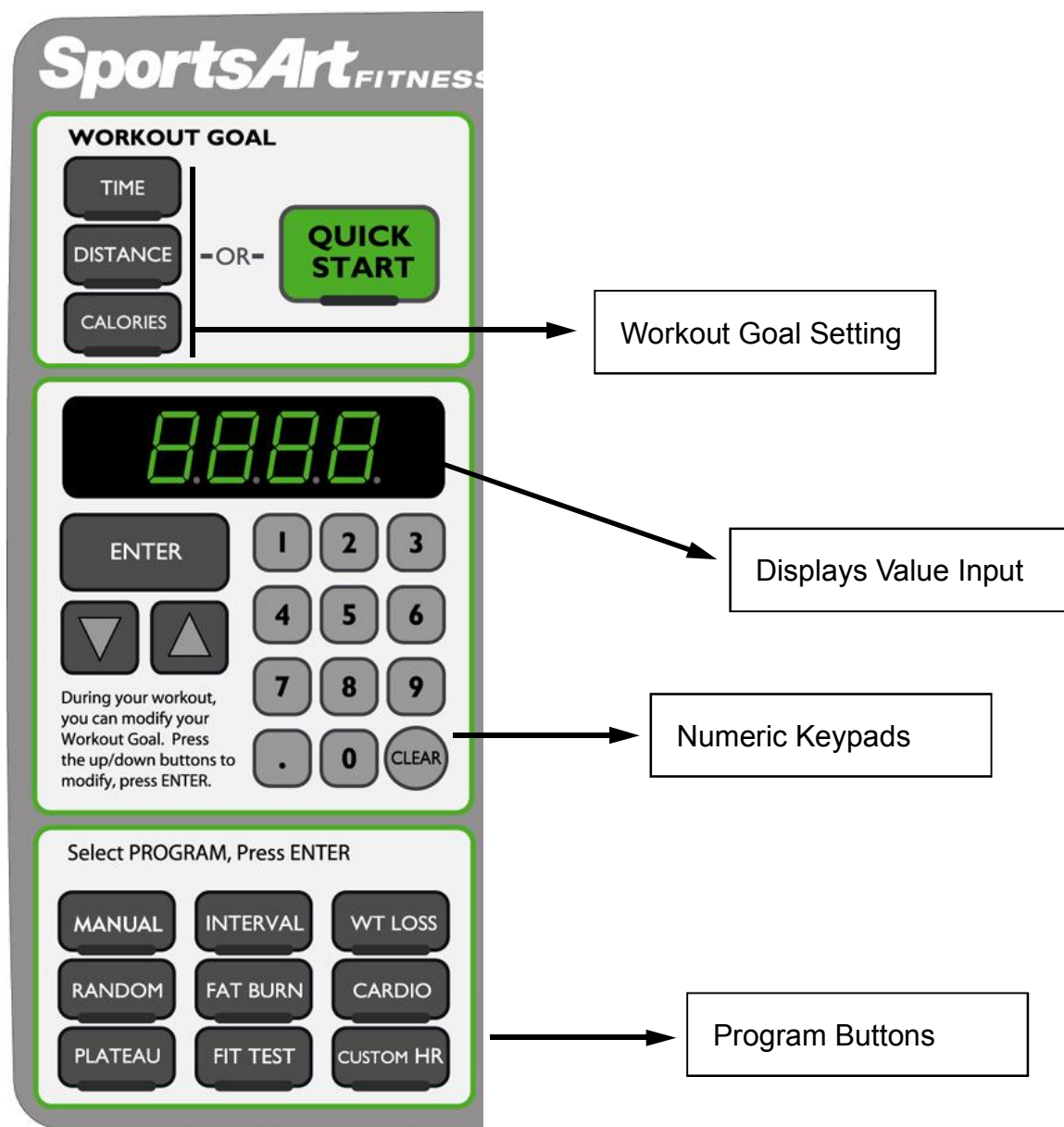
Display Features



Display Functions:

1. WORKOUT LEVEL (level of resistance): 1 to 20
2. TIME (total time accumulated): 0:00 to 99:59
3. DISTANCE (total distance accumulated): 0.01 to 9999 Km or Miles
4. CALORIES (total calories burned): 0.0 to 9999 K-CAL
5. CAL/Hr (calories per hour): 0.0 to 999.9 K-CAL
6. METS (metabolic burn rate): 0.0 to 99.0
7. HEART RATE: 40 to 250

8. WT LOSS TRAINING ZONE: this value is automatically calculated and depends on the age input.
9. CARDIO TRAINING ZONE: this value is automatically calculated and depends on the age input.
10. RPM (revolutions per minute): 0 to 250
11. WATTS (total watts already worked out): 0 to 9999
12. DOT MATRIX: displays program profiles and related information during workout.
13. PERCENT COMPLETE: shows workout progress as related to the Workout Goal.
14. SPEED: 0.00 to 99.99 KPH or MPH.



Button Functions:

1. QUICK START: press Quick Start to bypass User, Age, Weight inputs, and Program selection. Time will count up.
2. TIME: press this button to establish a workout goal based on time.
3. DISTANCE: press this button to establish a workout goal based on distance.
4. CALORIES: press this button to establish a workout goal based on calorie expenditure.
5. ENTER: after entering one parameter, press ENTER to confirm your choice.
6. NUMERIC KEYPADS (0 to 9)
The numeric keypad can replace the function of <▲/▼> buttons. Simply enter numbers (0 to 9) on the numeric keypad rather than pressing <▲/▼> buttons.
7. Decimal Point Keypad (.)
Use this key to enter the decimal point of a setup value.
8. ▲/▼
Press these buttons to adjust functions up or down. To increase or decrease adjustments rapidly, hold either button down.
9. CLEAR
Pressing this button clears input data.
10. PROGRAM BUTTONS
Program buttons include MANUAL, INTERVAL, WT LOSS, RANDOM, FAT BURN, CARDIO, PLATEAU, FIT TEST, and CUSTOM HR. Press either button to initiate the corresponding program. Refer to Program Overview for details.
11. STOP/ HOLD TO RESET
 - a. During workout, press STOP to go to initial setting stage.
 - b. At initial setting stage, hold this button to reset to the banner display.
12. WORKOUT LEVEL ▲/▼: press these buttons to increase or to reduce the level of resistance.
13. FAN: press this button to adjust the FAN to one of three different speeds.

HOW TO OPERATE YOUR C570R BIKE

Once you power up the bike, QUICKSTART and all PROGRAM LEDS will blink. You can select a PROGRAM or press QUICKSTART to start your workout.

QUICK START

If you begin a workout via QUICK START, the bike will start at resistance level one. You can modify the resistance level at any time during the workout. The system default values are Weight 165 lbs (75 kgs) and Age 35.

WORKOUT SETUP

Input user information to obtain accurate information on caloric burn, heart rate control (range is generated by age entered), and to accumulate total use time, distance, and calories burned.

A. SELECT PROGRAM

Select exercise programs by pressing program buttons on the display.

B. SET UP WORKOUT GOAL

After you select a program, TIME, DISTANCE, and CALORIES LEDs blink the Workout Goal Panel. Press one button to set up your goal.

- (1) TIME: the time setting ranges from 5:00 to 99:00. The preset value is 30:00. Use ▲/▼ keys or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.
- (2) DISTANCE: the distance range is from 0.10 to 99.9 miles or km. The preset value is 2.00 miles (or 3 km). Use ▲/▼ keys or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.
- (3) CALORIES: the calorie setting range is from 100 to 9999 K-CAL. The preset value is 100 K-CAL. Use ▲/▼ keys or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.

C. INPUT USER'S AGE & WEIGHT

- (1) Age: the age range is from 10 to 99. The preset value is 35 years old. Press ▲/▼ or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.
- (2) Weight: the weight range is from 50 to 330 lbs (or from 20 to 150 kgs). The preset value is 165 lbs or 75 kgs. Press ▲/▼ or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.

You have now established user settings. Start pedaling to begin your workout. You may change your selection of programs anytime during the workout. The new program will be used to achieve the remaining Workout Goal. The goal value remains on the control panel for reference during the workout.

COOL DOWN

Once a workout goal is completed, a message "ACCU DATA" will appear to show the user actually accumulated workout data, including TIME, DISTANCE and CALORIES. Another message, "COOL DOWN", will appear and time will count down from 2:00 to 0:00, after which the display will show the startup banner.

OVERVIEW OF PROGRAMS

MANUAL

This program allows you to adjust the level of resistance manually by pressing WORKOUT LEVEL ▲/▼ keys.

RANDOM

Random program has an infinite number of programs. Continue to press this button until you find your preferred course.

INTERVAL (1:1, 1:2, 2:2)

The INTERVAL program provides three sets of time and resistance level combinations: 1:1, 1:2, and 2:2. Once you select this program, a message "1-1:1, 2-1:2, 3-2:2" appears on the screen. Press 1, 2, or 3 on the numeric keypad to confirm your choice. During the workout, press the INTERVAL program button to change your selection.

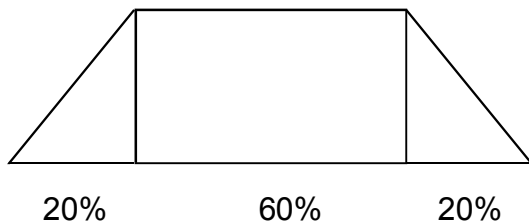
Interval combinations follow: 1:1 = 1 minute REST + 1 minute WORK; 1:2= 1 minute REST + 2 minutes WORK; 2:2= 2 minutes REST + 2 minutes WORK. You can also modify the resistance level during either REST or WORK periods; the program will memorize your modified values automatically and will operate according to your modifications during that section.

FAT BURN

This program provides 20 workout levels to choose from. The preset combination is "STAGE 5". You can press WORKOUT LEVEL ▲/▼ keys to change to another stage. A message about your current stage will appear on the screen for reference.

PLATEAU

In this program, the level of resistance will change according to the diagram shown below. The first stage occupies 20% of the workout goal; the second stage occupies 60% of the goal; and the third stage occupies the final 20% of the workout goal.



WT LOSS / CARDIO / CUSTOM HR

These programs change the resistance level to achieve desired heart rate targets:

1. Target Heart Rates:

WT LOSS: 65% Heartrate Control = $(220-AGE) * 65\%$

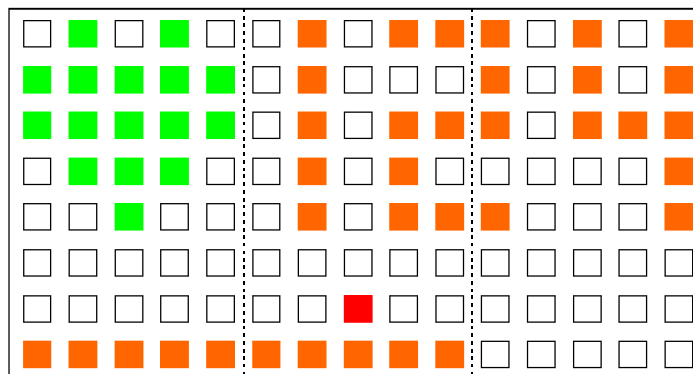
CARDIO: 80% Heartrate Control = $(220-AGE) * 80\%$

CUSTOM HR: allows users to set up their own target heart rates.

Note: When a CUSTOM HR program is selected, a message "ENTER TARGET HR" appears on the screen. The preset value of "120" flashes on the control panel. Press ▲/▼ or press numeric keys 0~9 to adjust the value. Press ENTER to confirm your choice.

2. In these programs, if no Heart Rate signal is detected during the workout, a message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear on the screen. The program will not change the level of resistance under this circumstance; only manual adjustments by pressing WORKOUT LEVEL ▲/▼ can be made at this time.

3. Once you enter a cardio program, the following figures appear:



A value (for example, 124) shows a target heart rate. The red dot represents the target RPM. Orange dots represent the actual RPM. To obtain the target heart rate, speed up until the orange dots approach the red dot.

4. Preset values include resistance Level 1 and 50 RPM. These programs will detect the user's heart rate and adjust resistance levels accordingly. Once the workout goal is obtained, the bike goes into COOL DOWN mode.

FIT TEST

This program tests the user's cardiovascular fitness. Once the test is completed, a message appears on the screen: "END OF FIT TEST" "YOUR SCORE IS ???". The score can range from 0 to 100, with 100 being optimum.

USER PARAMETER SETTING

To check system default settings, at initial setting stage (select PROGRAM or QUICK START), hold the ENTER key for 3 seconds:

- (1) Unit of Speed (MPH or KPH): press ▲/▼ keys to change the setting. Press ENTER to confirm your choice and to see the next setting. You may also press STOP to leave this setting.
- (2) The next setting, "DIST", shows the total accumulated distance. The unit of distance is either in Miles or Kilometers, depending on the speed setting selected previously. Press ENTER to confirm your choice and to see the next setting. You may also press STOP to leave this setting.
- (3) TIME: this value shows the total accumulated workout time. The unit of TIME is in Hours. Press ENTER to see the next setting or press STOP to leave this setting. This setting cannot be changed.
- (4) The next value shows you the Control Board version. Press ENTER to see the next value or press STOP to leave this setting.

MAINTAINING THE C570R BIKE

The Sports Art C570R requires little maintenance but regular cleaning is recommended to keep your bike at peak performance. Before your workout, use a dry cloth to clean the surface of the display.

NOTE: NEVER POUR LIQUIDS ON THE DISPLAY.

To clean plastic parts, use a mild detergent, and make sure the unit is completely dry before operating it.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

GUIDELINES FOR EXERCISE

How long should I exercise?

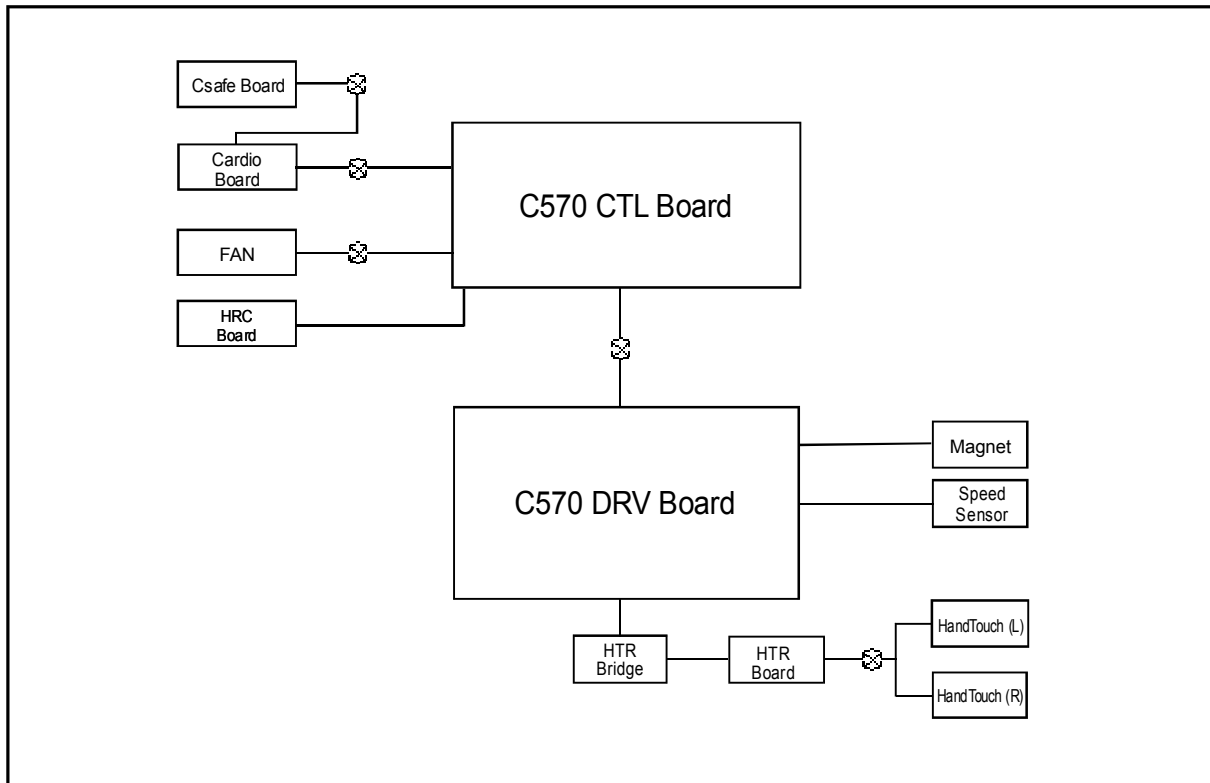
The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least ten minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload and exercise lightly as a "cool down".

How often should I exercise?

To achieve the greatest benefits, aerobic exercises should be performed three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

Appendix: Wiring Schematic:



Your Authorized SPORTS ART Distributor