

ASUNA

ASUNA 4200 UPRIGHT BIKE



*Owner's Manual
Made in China*

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ATTENTION: Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process please be sure to follow each step accordingly as it has been explained within the manual.



WARNING: During assembly it is recommended that all bolts be tightened by hand, upon completing assembly, bolts should then be properly secured using the wrench provided. To avoid injury, check bolts carefully before use.

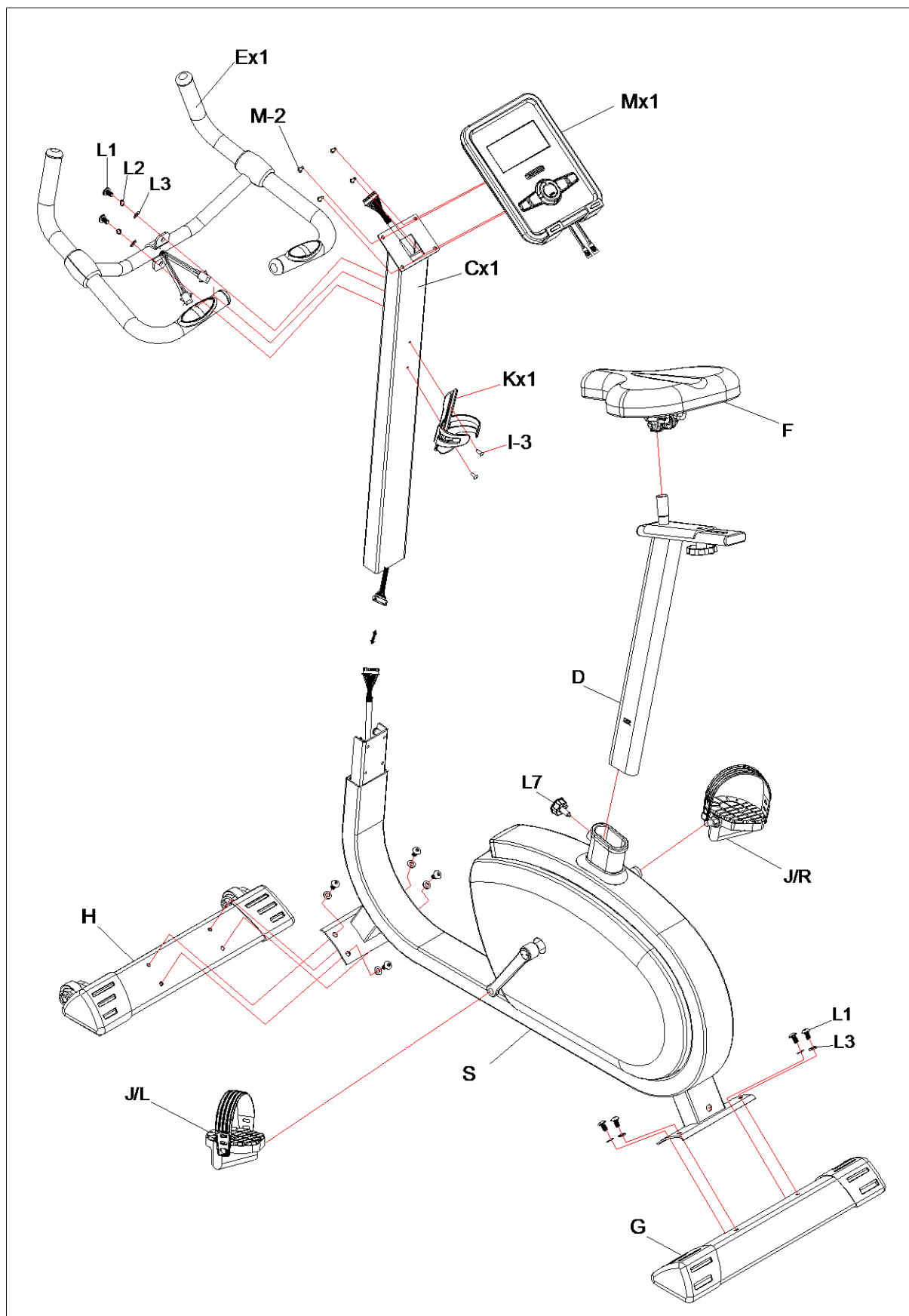
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

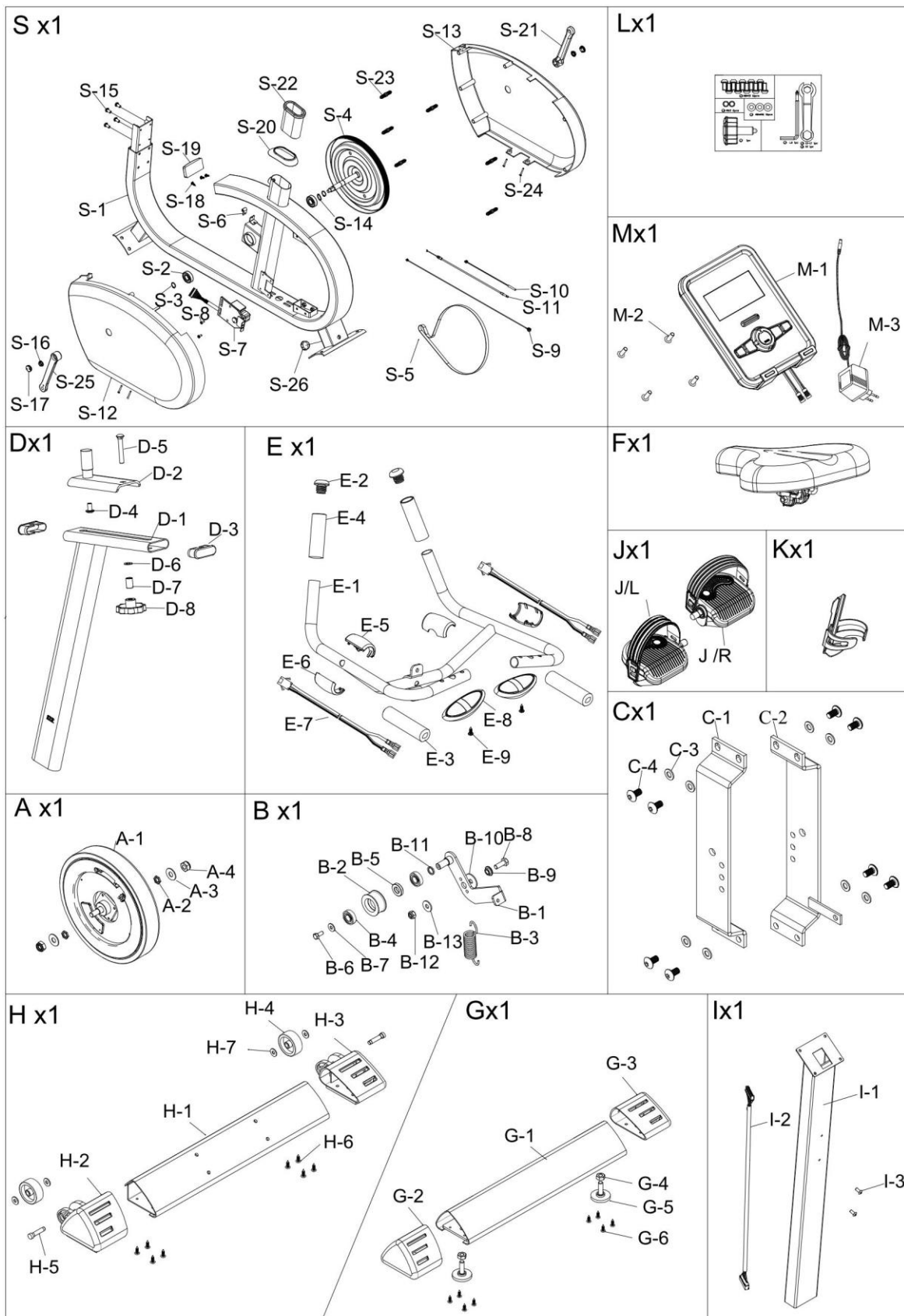
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 265 pounds.
11. The equipment is not suitable for therapeutic use.
12. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

Exploded Drawing



Exploded Drawing



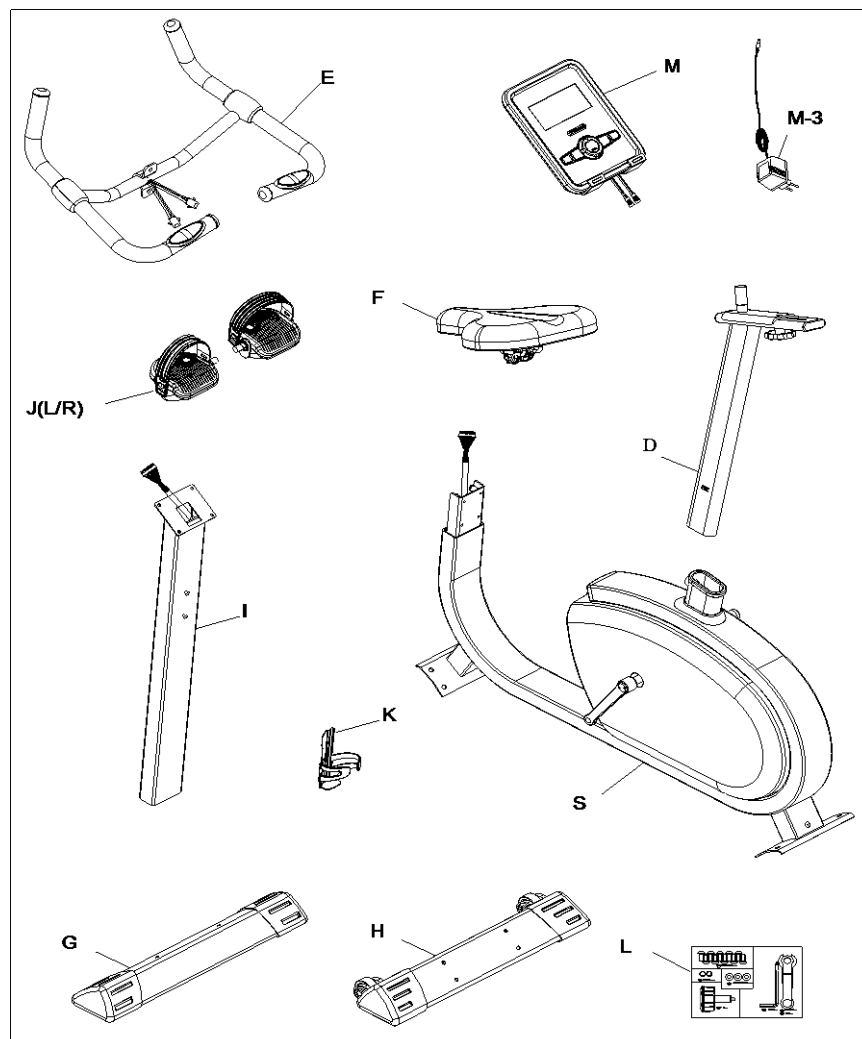
Parts List

REF.	DESCRIPTION	QTY	REF.	DESCRIPTION	QTY
A	Flywheel set		D-3	End cap/ 20*60*T1.5	2
A-1	Flywheel/8kg	1	D-4	Allen bolt /8.8 M8*15	1
A-2	Hex nut/M10	2	D-5	Carriage bolt/ M8*55	1
A-3	Flat washer/ $\Phi 10.5 \times \Phi 25 \times T1.5$	2	D-6	Flat washer/ $\Phi 8.5 \times \Phi 16 \times T1.5$	1
A-4	Nylon nut/M10	2	D-7	Bushing/ $\Phi 9 \times \Phi 13 \times 20$	1
			D-8	Knob/ M8	1
B	Idle arm set				
B-1	Fixing plate of idle wheel	1	E	Handlebar set	
B-2	Idle wheel	1	E-1	Handle bar	1
B-3	Spring/ $\Phi 2 \times \Phi 16 \times 63/18$	1	E-2	Handlebar end cap/ $\Phi 25.4$	4
B-4	Bearing/ 6001Z/ $\Phi 12 \times \Phi 28 \times 8$	2	E-3	Handlebar foam-1/ $\Phi 24 \times \Phi 30 \times 400$	2
B-5	Bushing/ $\Phi 25 \times \Phi 12.5 \times 5.3$	1	E-4	Handlebar foam-2/ $\Phi 24 \times \Phi 30 \times 240$	2
B-6	Hex screw/ M6*15	1	E-5	Handle cover-upper	2
B-7	Flat washer/ $\Phi 6.5 \times \Phi 16 \times T1.5$	1	E-6	Handle cover-lower	2
B-8	Hex bolt/ M8*22	1	E-7	Pulse wire	2
B-9	Powder bushing/ $\Phi 7.95 \times \Phi 13 \times \Phi 19 \times T5.8/F20$	1	E-8	Pulse sensor	2
B-10	Flat washer/ $\Phi 8.5 \times \Phi 30 \times T2.0$	1	E-9	Philip screw/ $\Phi 3.5 \times 25$	2
B-11	Flat washer/ $\Phi 8.5 \times \Phi 12 \times T2.0$	1			
B-12	Nylon nut/ M8	1	F	Saddle	1
B-13	Flat washer/ $\Phi 8.2 \times \Phi 22 \times T2.0$	1			
			G	Rear stabilizer set	
C	Fixing set of flywheel		G-1	Rear stabilizer	1
C-1	Fixing plate of flywheel/ 60*T5.0	1	G-2	Rear end cap-left (triangle)	1
C-2	Fixing plate of flywheel/ 60*T5.0	1	G-3	Rear end cap-right (triangle)	1
C-3	Flat washer/ $\Phi 8.5 \times \Phi 16 \times T1.5$	8	G-4	Hex nut/ M10	2
C-4	Allen screw/ 8.8 M8*15	8	G-5	Adjusting bolt/ $\Phi 44 \times 30 \times M10$	2
			G-6	Philip screw/ $\Phi 5 \times 15$	8
D	Saddle post set				
D-1	Saddle post tube	1	H	Front stabilizer set	
D-2	Horizontal tube for saddle	1	H-1	Front stabilizer	1

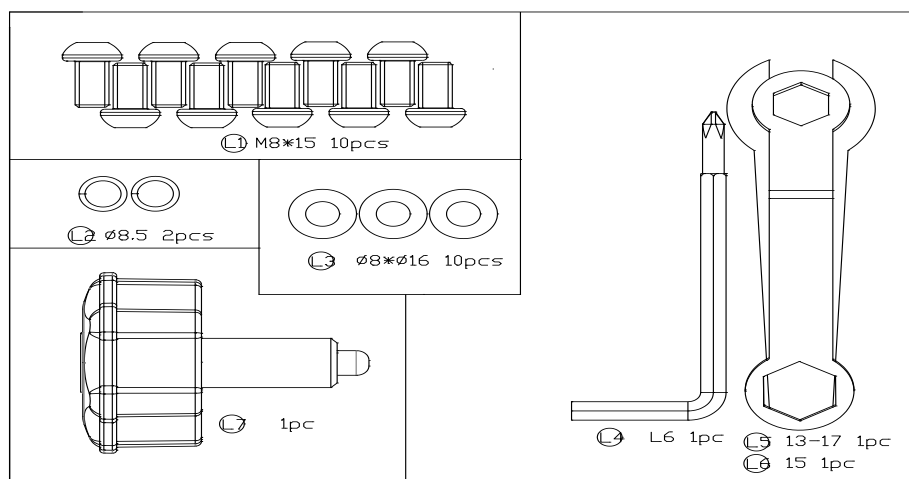
Parts List

REF.	DESCRIPTION	QTY	REF.	DESCRIPTION	QTY
H-2	Front end cap-left (triangle)	1	M-3	Adaptor	1
H-3	Front end cap-right (triangle)	1			
H-4	Transport wheel	2	S	Main frame set	
H-5	Axel of wheel/ $\Phi 12 \times \Phi 8 \times 45.5$	2	S-1	Main frame	1
H-6	Philip screw/ $\Phi 5 \times 15$	8	S-2	Bearing/ 6203Z	2
H-7	Flat washer/ $\Phi 8 \times \Phi 16 \times T1.2$	4	S-3	Jump ring $\Phi 17$	2
			S-4	Belt wheel	1
I	Front post set		S-5	Belt/ J6(440)	1
I-1	Post tube	1	S-6	Sensor seat	1
I-2	Computer middle wire	1	S-7	Lower wire and motor	1
I-3	Philip screw / M5*12	2	S-8	Philip screw / M5*15	2
			S-9	Power wire	1
J	Pedal set		S-10	Speed sensor wire	1
J/R	Right pedal	1	S-11	Tension cable	1
J/L	Left pedal	1	S-12	Left chain cover	1
			S-13	Right chain cover	1
K	Bottle Holder	1	S-14	Cover cap	1
			S-15	Allen bolt / M8*15	4
L	Hardware Package		S-16	Flange screw / M10*1.25*T6.5	2
L-1	Allen bolt / M8*15	10	S-17	Crank cap	2
L-2	Spring washer / $\Phi 8.5$	2	S-18	Philip screw/ $\Phi 5 \times 15$	3
L-3	Flat washer / $\Phi 8.5 \times \Phi 16 \times T1.5$	10	S-19	Out cover	1
L-4	Allen wrench/ L6	1	S-20	Saddle post cover	1
L-5	Spanner wrench	1	S-21	Right crank arm	1
L-6	Open wrench	1	S-22	Saddle post bushing	1
L-7	Quick released knob	1	S-23	Pillar	6
			S-24	Philip nail	4
M	Computer set		S-25	Left crank arm	1
M-1	Computer	1	S-26	Cap	1
M-2	Screw/ M5*12	4			

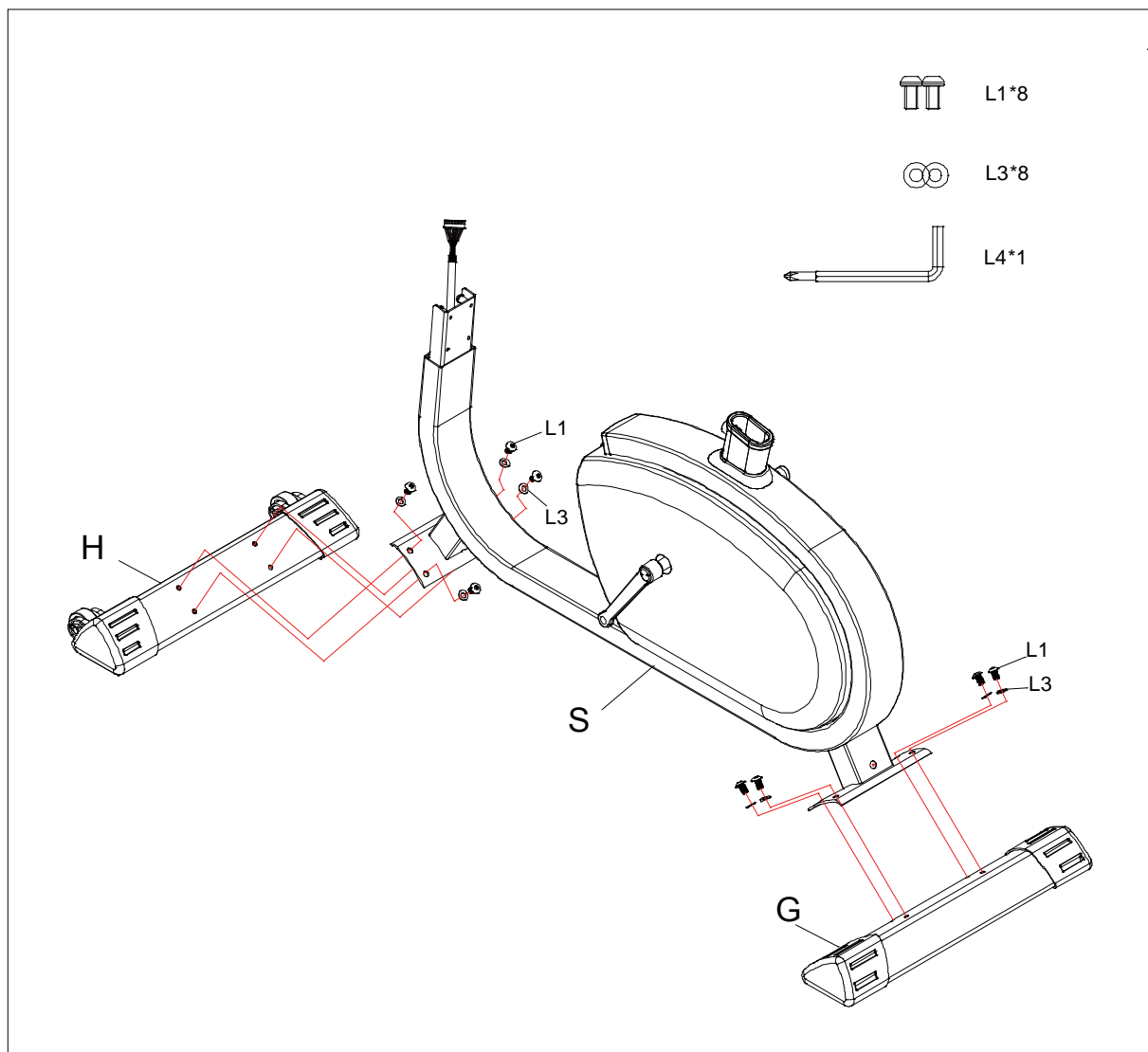
Assembly Parts List



Tools & Hardware



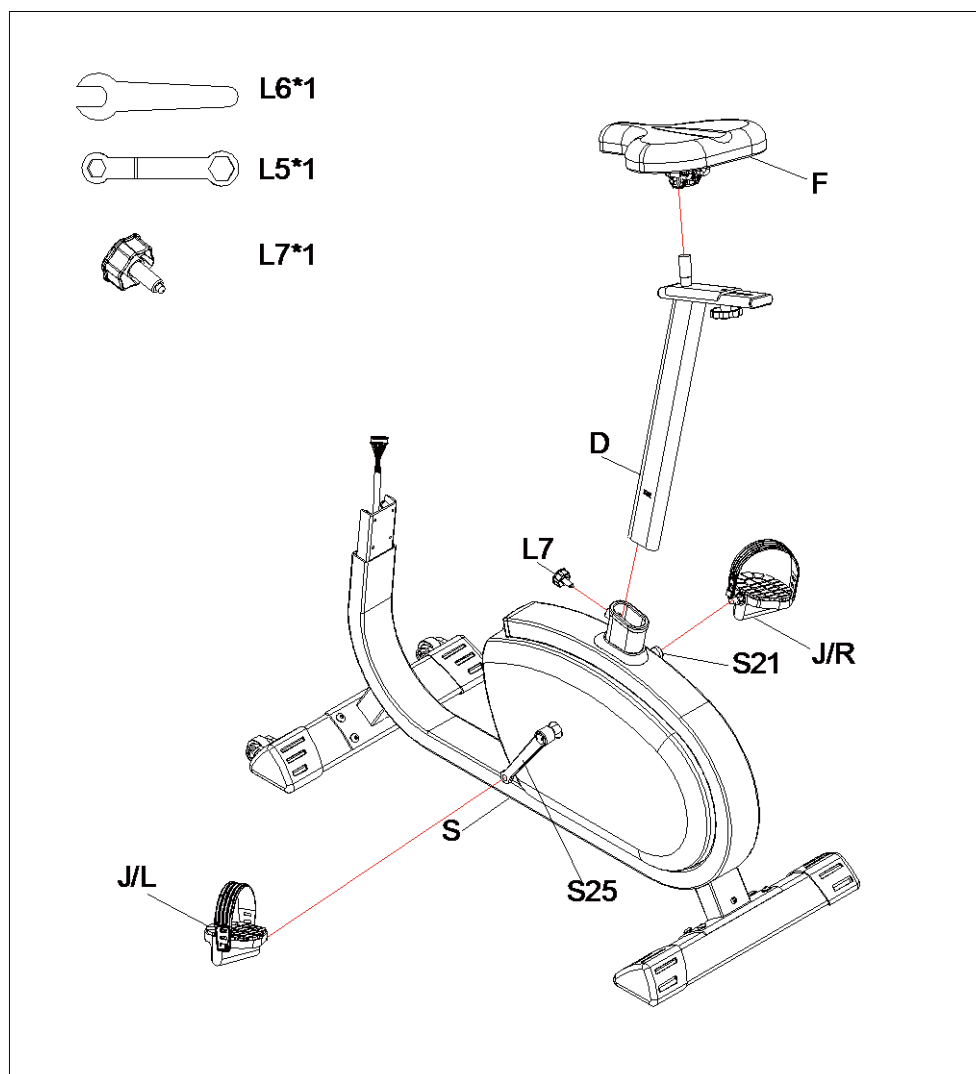
Assembly Instructions



STEP 1:

Attach the **Front Stabilizer (No. H)** and **Rear Stabilizer (No. G)** to the **Main Frame (No. S)** using 8 **Allen Bolts (No. L1)** and 8 **Flat Washers (No. L3)**. Tighten and secure using **Allen Wrench (No. L4)**.

Assembly Instructions



STEP 2:

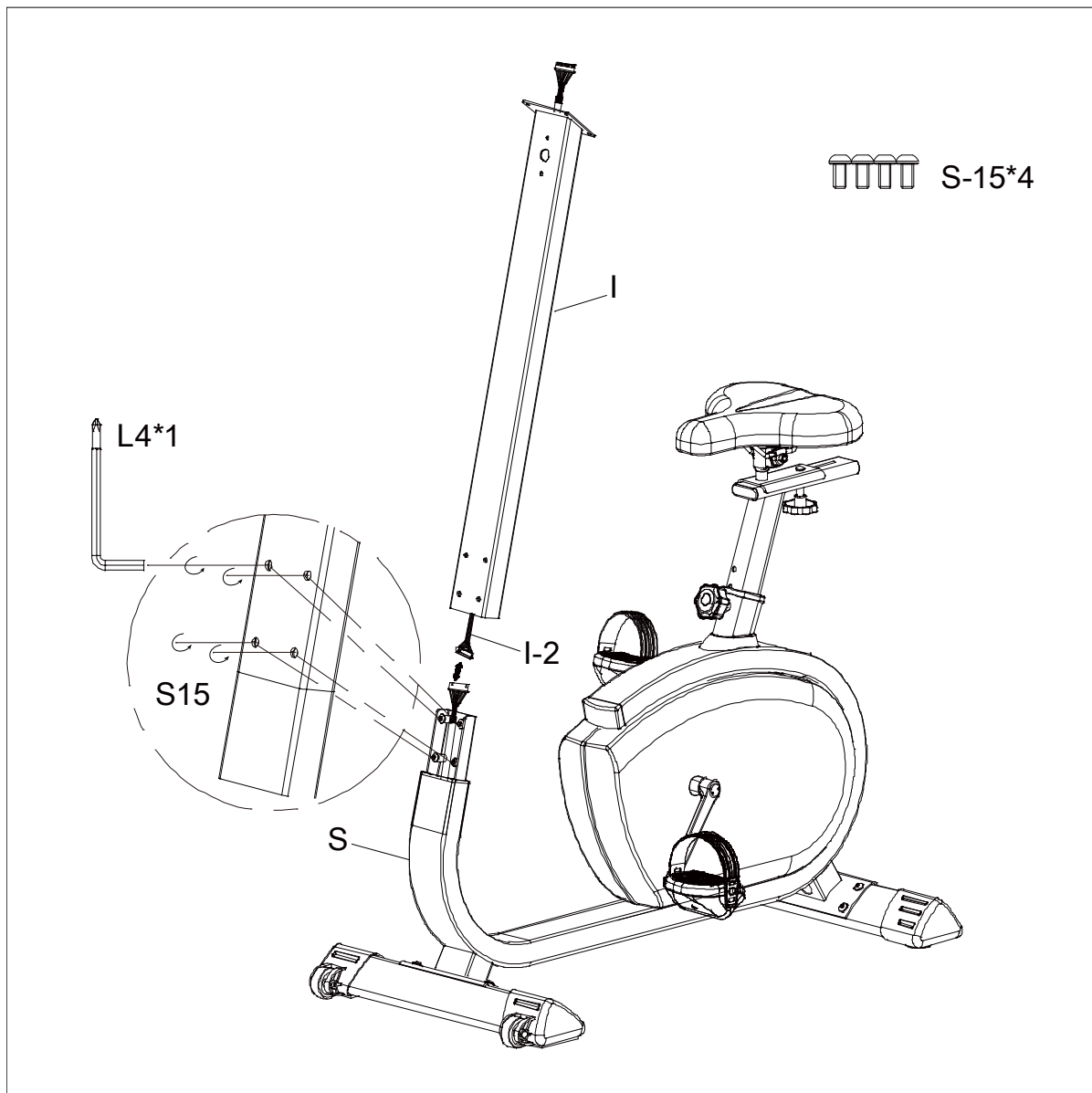
Attach the **Saddle Post Tube (No. D)** to the **Main Frame (No. S)** and lock with **Quick Released Knob (No. L7)**. Attach the **Saddle (No. F)** onto the seat tube located at the top of the **Saddle Post tube (No. D)**.

Connect the **Left and Right Pedals (No. J/L & J/R)** onto the **Left and Right Crank Arms (No. S25 & S21)**.

Left Pedal: Align the **Left Pedal (No. J/L)** with the **Left Crank (No. S25)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *counter-clockwise* as tightly as you can with your hand. Tighten and secure with **Spanner Wrench (No. L6)**.

Right Pedal: Align the **Right Pedal (No. J/R)** with the **Right Crank (No. S21)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *clockwise* as tightly as you can with your hand. Tighten and secure with **Spanner Wrench (No. L6)**.

Assembly Instructions

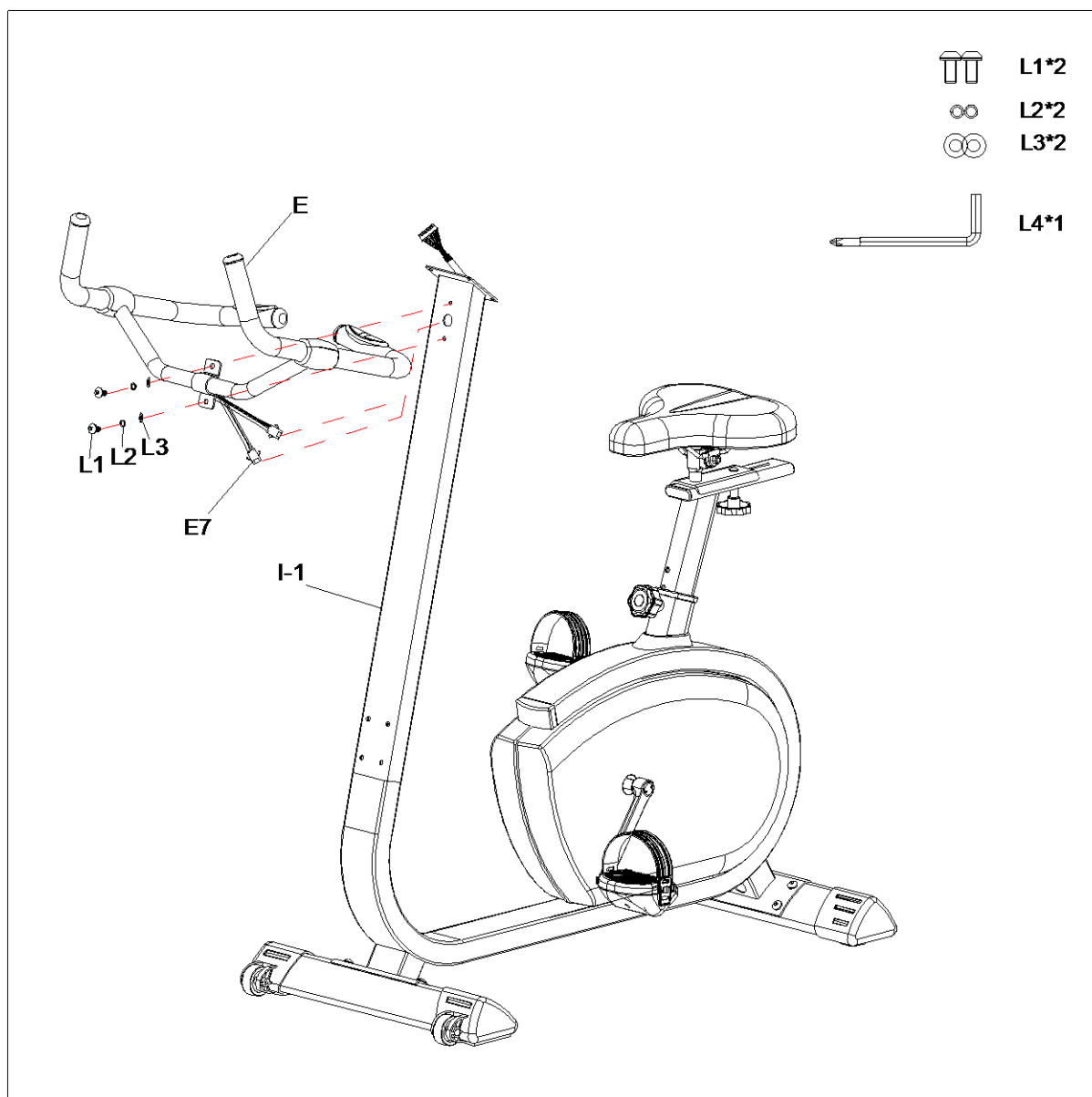


STEP 3:

Connect the **Computer Middle Wire (No. I2)** from the **Post Tube (No. I)** to the wire from the **Main Frame (No. S)** then attach **Post Tube (No. I)** to the **Main Frame (No. S)** connecting piece. Ensure that the screw holes of the **Post Tube (No. I)** are faced outward. To secure the **Post Tube (No. I)** to the **Main Frame (No. S)**, insert the **Allen Wrench (No. L4)** through each hole of the **Post Tube (No. I)** and turn the **Allen Bolts (No. S15)** counter-clockwise, as shown in the diagram above.

NOTE: Allen Bolts (S15) should not be visible after this installation.

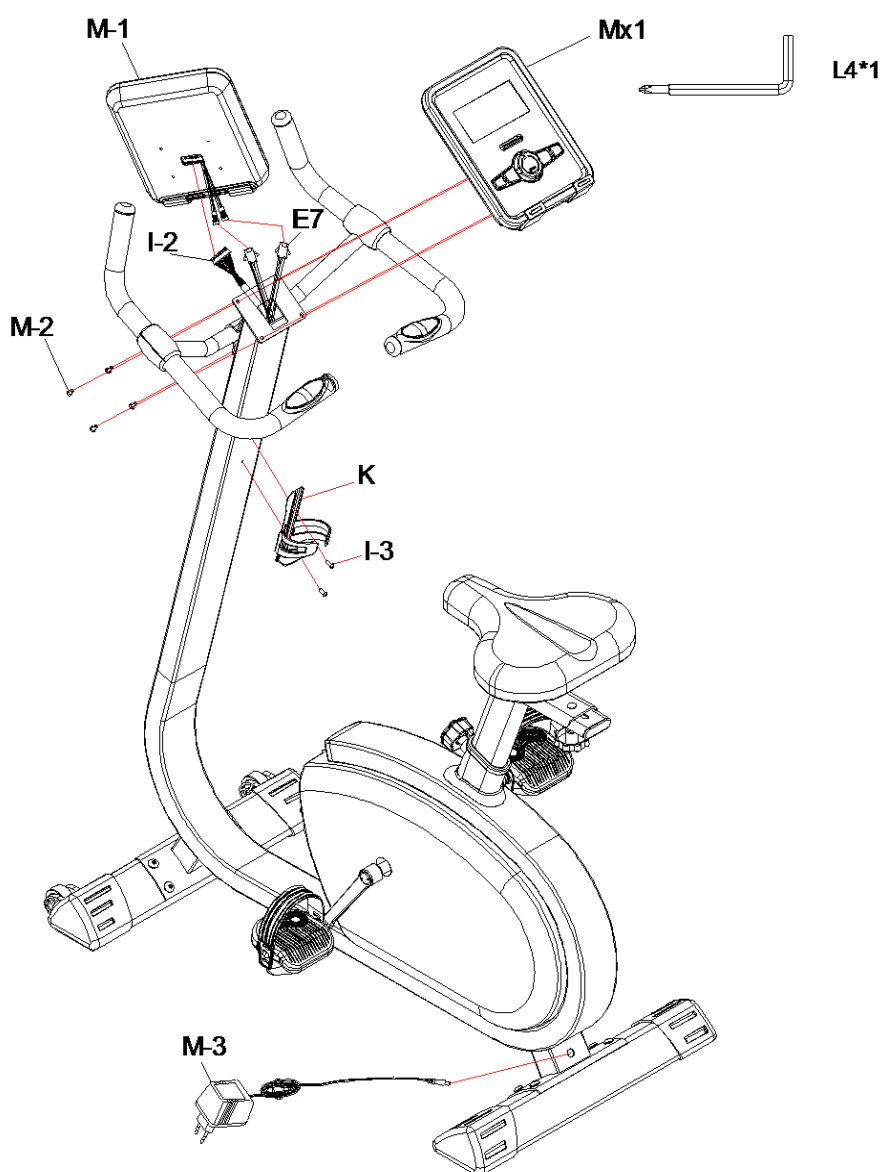
Assembly Instructions



STEP 4:

Insert the **Pulse Wires (No. E7)** into the large hole located on the front of the **Post Tube (No. I)** and pull the wires through the top of the **Post Tube (No. I)**. Next, align the holes of the mounting bracket located on the **Handlebar (No. E)** with the holes located on the **Post Tube (No. I)** and secure the **Handlebar (No. E)** using 2 **Flat Washers (No. L3)**, 2 **Spring Washers (No. L2)** and 2 **Allen Bolts (No. L1)**. Tighten with **Allen Wrench (L4)**.

Assembly Instructions



STEP 5:

Attach the **Bottle Holder (No. K)** onto the **Post Tube (No. I)** using 2 **Philip Screws (No. I3)**.

Connect the **Pulse Wires (No. E7)** from the **Post Tube (No. I)** to the pulse wires at the back of the **Computer (No. M1)**.

Insert the **Computer Middle Wire (No. I2)** from the **Post Tube (No. I)** into the connection terminal located on the back of **Computer (No. M1)**.

Attach the **Computer (No. M1)** onto the **Post Tube (No. I)** using 4 **Screws (No. M2)** and **Allen Wrench (No. L4)**. Next, plug in the **Adaptor (No. M3)**.

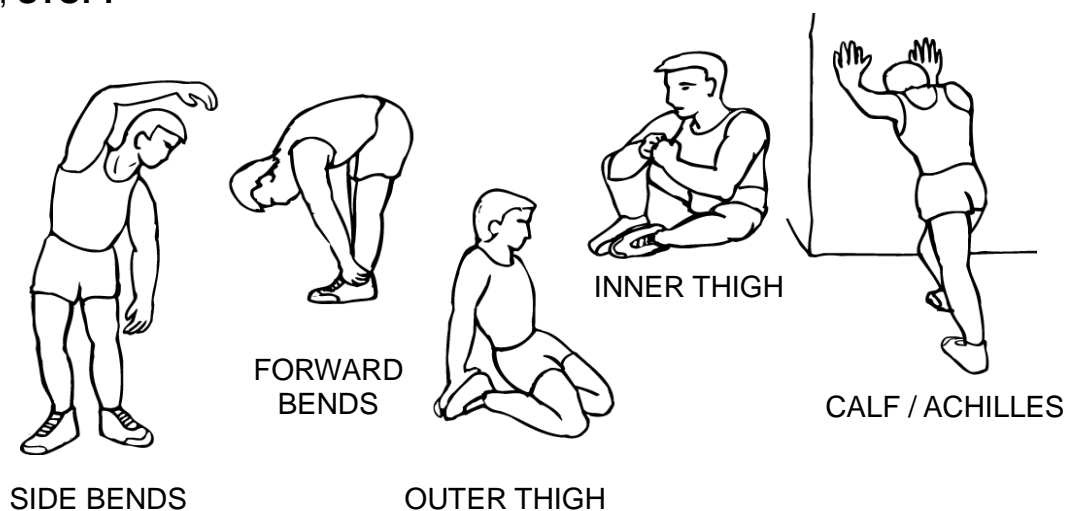
Exercise Instructions

NOTE:

Using the Asuna Upright Bike will provide you with several benefits. It will improve your physical fitness, tone muscles, and in conjunction with a calorie controlled diet, it can even help you lose weight.

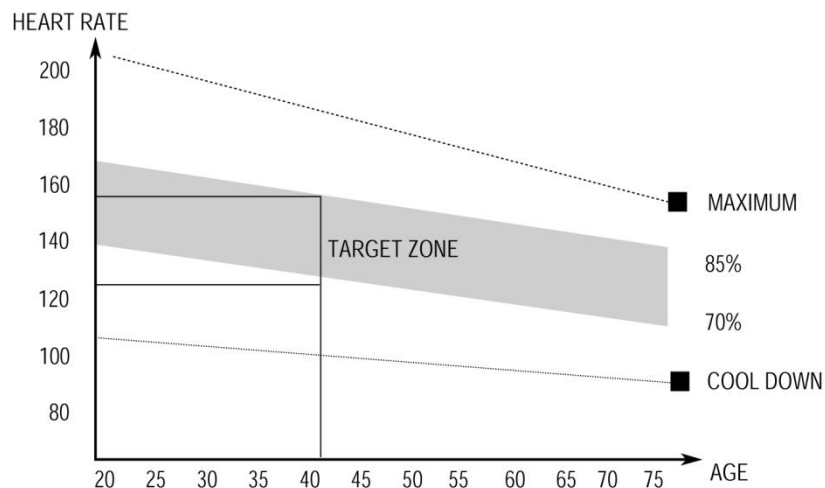
1. THE WARM-UP PHASE:

This stage helps to get the blood flowing around the body while loosening and the muscles for workout. This phase will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch, if it hurts, **STOP!**



2. THE EXERCISE PHASE:

After regular use, the muscles in your legs will become stronger as a result the duration & intensity of your workouts may increase based on your body's tolerance to physical activity, when increasing physical activity it is very important to maintain a steady tempo throughout. The rate of work should be sufficient enough to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

Exercise Instructions

Physical activity during this stage should last for a minimum of 12 minutes, although for most people it will take about 15-20 minutes for their heart rate to reach the target zone.

3. THE COOL-DOWN PHASE:

This stage is to allow your cardiovascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING:

To tone muscles using the Asuna Upright Bike, you will need to set the resistance level to high. This will increase the strain on the leg muscles, which will result in shorter training sessions. As the work load is increased, it will decrease the required time for the muscles to obtain an adequate workout. If you're trying to improve your fitness, you'll need to alternate your training programs. You should start with your usual routine, but towards the end of the exercise phase, the resistance should be increased in order to make your legs work harder than normal. You may need to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS:

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

Computer Instructions

DISPLAY FUNCTIONS:

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range: 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range: 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range: 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range: 0 ~ 999
PULSE	Pulse (BPM) displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range: 0 ~ 999
WATT	Watt is the amount of power that you are generating by pedaling. This program allows you to vary your pace or RPM to which the machine's resistance will adjust accordingly to based on your selected goal. In Watt Program Mode, the computer will remain at the preset watt value (setting range is 0-350).
MANUAL	Manual mode workout.
PROGRAM	Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	Target HR training mode.

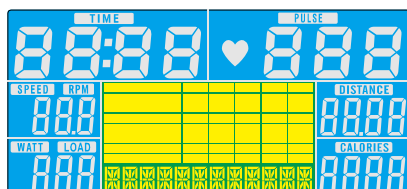
KEY FUNCTION:

ITEM	DESCRIPTION
Up	<ul style="list-style-type: none">• Increase resistance level• Setting selection.
Down	<ul style="list-style-type: none">• Decrease resistance level• Setting selection.
Enter	<ul style="list-style-type: none">• Confirm setting or selection.
Reset	<ul style="list-style-type: none">• Pressing and holding for 2 seconds will reboot the computer and re-start the user setting.• Return to main menu during or after stopping an exercise by pressing the RESET button.
Start / Stop	<ul style="list-style-type: none">• Start or Stop workout.
Recovery	<ul style="list-style-type: none">• Test heart rate recovery status.
Body fat	<ul style="list-style-type: none">• Test body fat% and BMI.

Computer Instructions

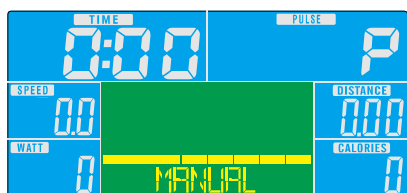
POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Pressing any key may wake the Console up.



Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

MANUAL MODE

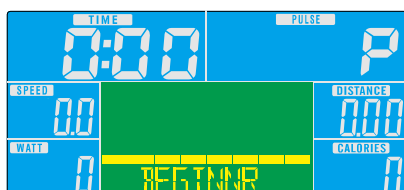


Press the START button from the main menu to begin a workout in Manual Mode.

1. Turn the control knob +UP or -DOWN to select workout program, choose Manual and press Enter to confirm.
2. Turn the control knob +UP or -DOWN to preset TIME, DISTANCE, CALORIES or PULSE and press Enter to confirm.
3. Press START/STOP keys to start workout. Turn the control knob +UP or -DOWN to increase or decrease load level.
4. Press START/STOP keys to stop workout. Press RESET to return to the main menu.

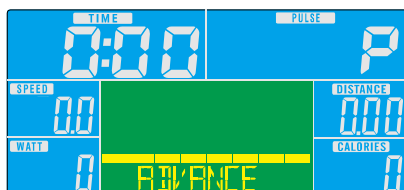
Computer Instructions

BEGINNER MODE



1. Turn the control knob +UP or -DOWN to select workout program, choose Beginner mode and press Enter to confirm. (Beginner Mode contains four levels, 1-4).
2. Turn the control knob +UP or -DOWN to preset TIME. Press enter to confirm.
3. Press START/STOP key to start workout. Turn the control knob +UP or -DOWN to increase or decrease the load level.
4. Press START/STOP key to stop workout. Press RESET to return to the main menu.

ADVANCED MODE



1. Turn the control knob +UP or -DOWN to select workout program, choose Advance Mode and press Enter to confirm. (Advance Mode contains four levels, 1-4).
2. Turn the control knob +UP or -DOWN to preset TIME. Press enter to confirm.
3. Press START/STOP key to start workout. Turn the control knob +UP or -DOWN to increase or decrease the load level.
4. Press START/STOP key to stop workout. Press RESET to return to the main menu.

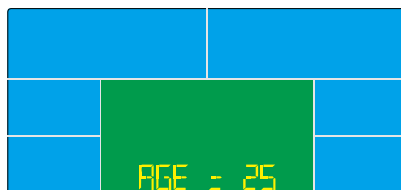
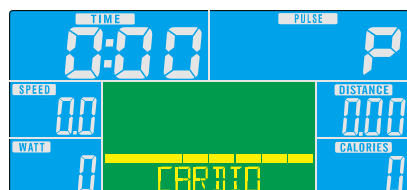
SPORTY MODE



1. Turn the control knob +UP or -DOWN to select workout program, choose Sporty mode and press Enter to confirm. (Sporty Mode contains four levels, 1-4).
2. Turn the control knob +UP or -DOWN to preset TIME. Press enter to confirm.
3. Press START/STOP key to start workout. Turn the control knob +UP or -DOWN to increase or decrease the load level.
4. Press START/STOP key to stop workout. Press RESET to return to the main menu.

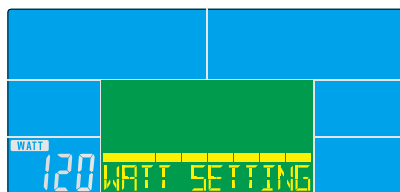
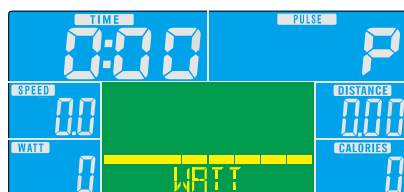
Computer Instructions

CARDIO MODE



1. Turn the control knob +UP or -DOWN to select workout program, choose H.R.C. and press Enter to confirm.
2. Turn the control knob +UP or -Down to select 55%.75%.90% or TAG (TARGET H.R.), press enter to confirm. (The default setting is 100%).
3. Turn the control knob +UP or -DOWN to preset workout TIME. Press enter to confirm.
4. Press START/STOP key to start or stop workout. Press RESET to return to the main menu.

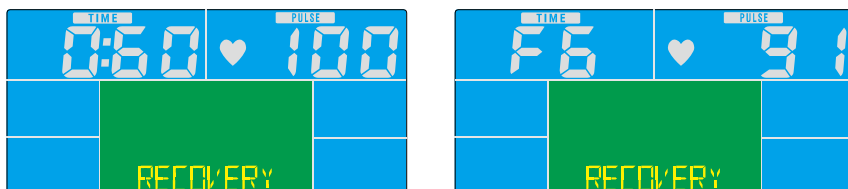
WATT MODE



1. Turn the control knob +UP or -DOWN to select workout program, choose WATT and press Enter to confirm.
2. Turn the control knob +UP or -DOWN to preset WATT target. Press enter to confirm. (The default setting is 120).
3. Turn the control knob +UP or -DOWN to preset TIME. Press enter to confirm.
4. Press START/STOP key to start workout. Turn the control knob +UP or -DOWN to adjust Watt level. Press enter to confirm.
5. Press START/STOP key to stop workout. Press RESET to return to the main menu.

Computer Instructions

PULSE RECOVERY



1. After completing an exercise hold the pulse receives located on the handlebar, press the Pulse Recovery button to activate the pulse recovery function.
2. All functions will stop, only the PULSE and TIME will be active. The TIME will begin count down from 0:60 seconds, when the TIME reaches 0:00 the computer will display your **Pulse Recovery** reading from F1.0 to F6.0.

F1.0 = Excellent

F2.0 = Good

F3.0 = Fair

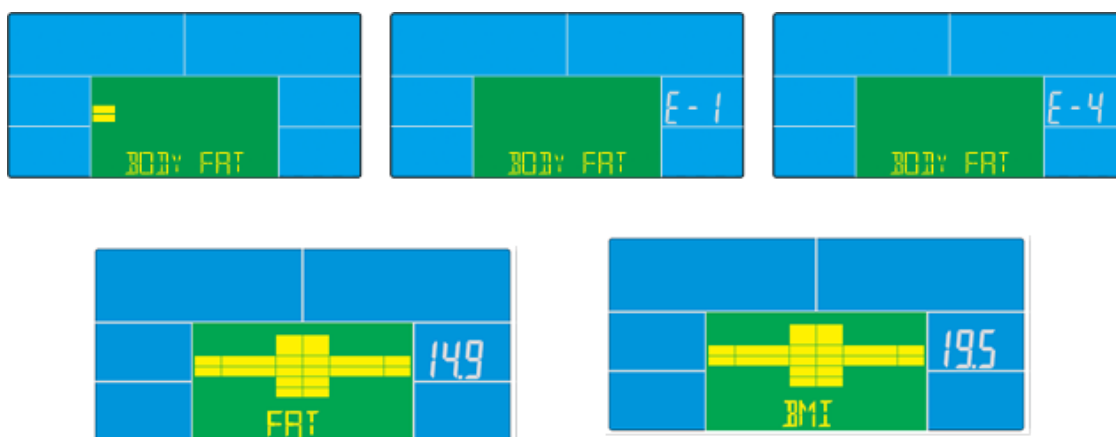
F4.0 = Below Average

F5.0 = Not Good

F6.0 = Poor

3. Press the Pulse Recovery button again to return to the main display.

BODY FAT CALCULATION



1. In stop mode, press the BODY FAT button to start BMI (Body Mass Index).
2. The selected user (E1-E4) will blink for 2 seconds and then begin measuring.
3. During measuring, users must hold the pulse receives located on the handlebar with both hands. The Monitor will display ("---" "---") for 8 seconds until the computer completes measuring.
4. Upon completion the Monitor will display Body Fat Reading, Body Fat Percentage and BMI for 30 seconds.

IMPORTANT:

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that the equipment is maintained regularly. Any components found to be worn and/or damaged should be replaced before continuing use of the equipment. Equipment should only be used and stored indoors, prolonged exposure to weathering and changes in temperature and humidity may have a severe impact on electrical components and moving parts of the machine.

Daily Maintenance:

- Clean and remove sweat and moisture after each use.
- Perform inspection of all nuts and bolts associated with moving parts of the equipment, tighten as required.
- Check the mobility of moving parts and components on the equipment, lubricate if required.
- Clean plastic parts of the equipment using a damp cloth, clean metal parts of the equipment using a dry cloth. Do not use cleaning products to clean the equipment.

Weekly Maintenance:

- Thoroughly inspect the parts of the equipment; nuts, bolts, screws and moving parts such as foot pedals, saddle, pulley's, etc. Tighten or replace parts as required.

Monthly Maintenance:

- Inspect the frame and inner working components for wear and tear and damage. Maintenance or replace as required.

