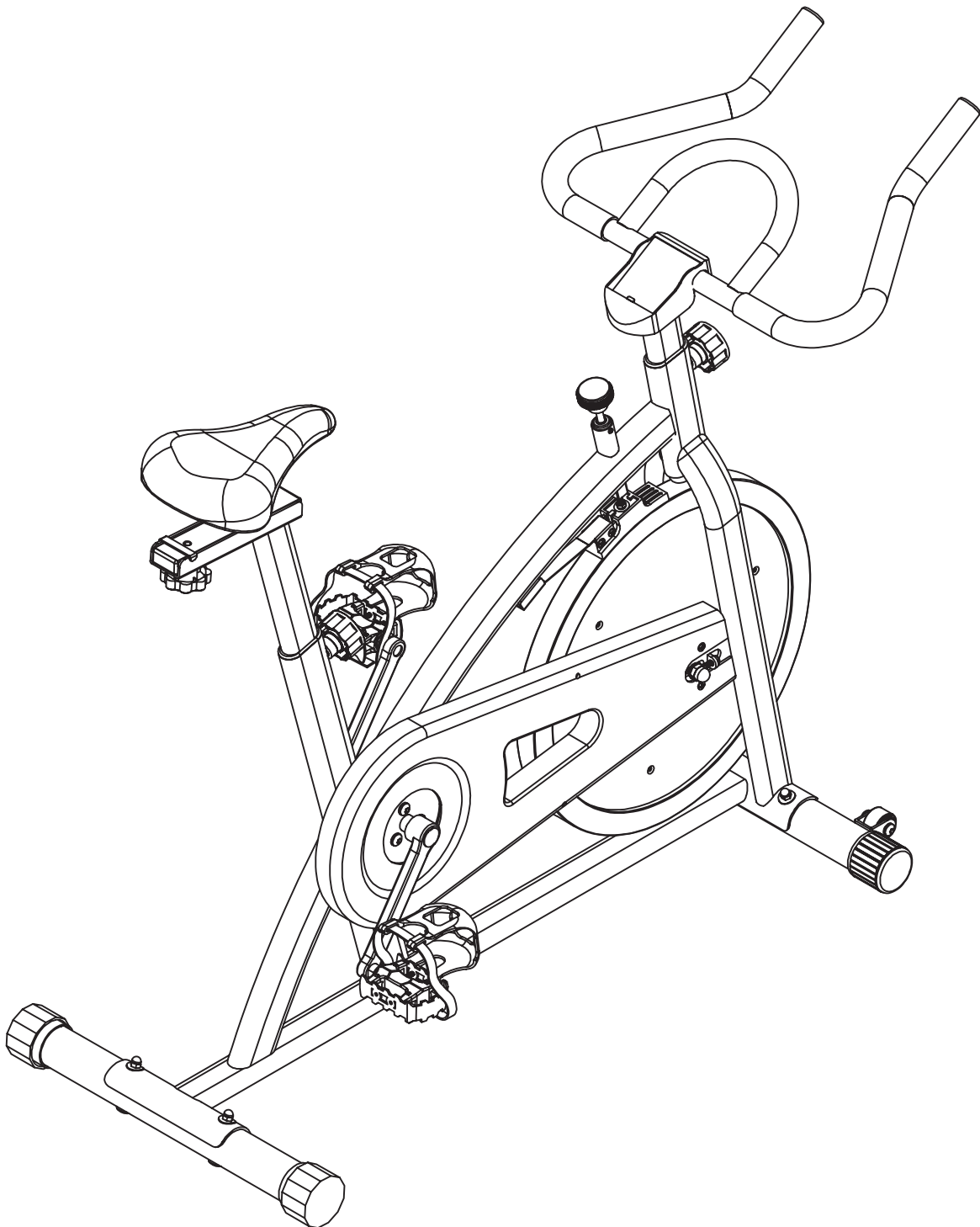


BODYRider®

ERG7000

PRO CYCLE TRAINER



This product is intended for indoor, home use only and is not to be used in a commercial setting.

OWNER'S MANUAL

**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.
DO NOT DISCARD.**

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with this Safety and Warning guidelines before use.

⚠ WARNING !

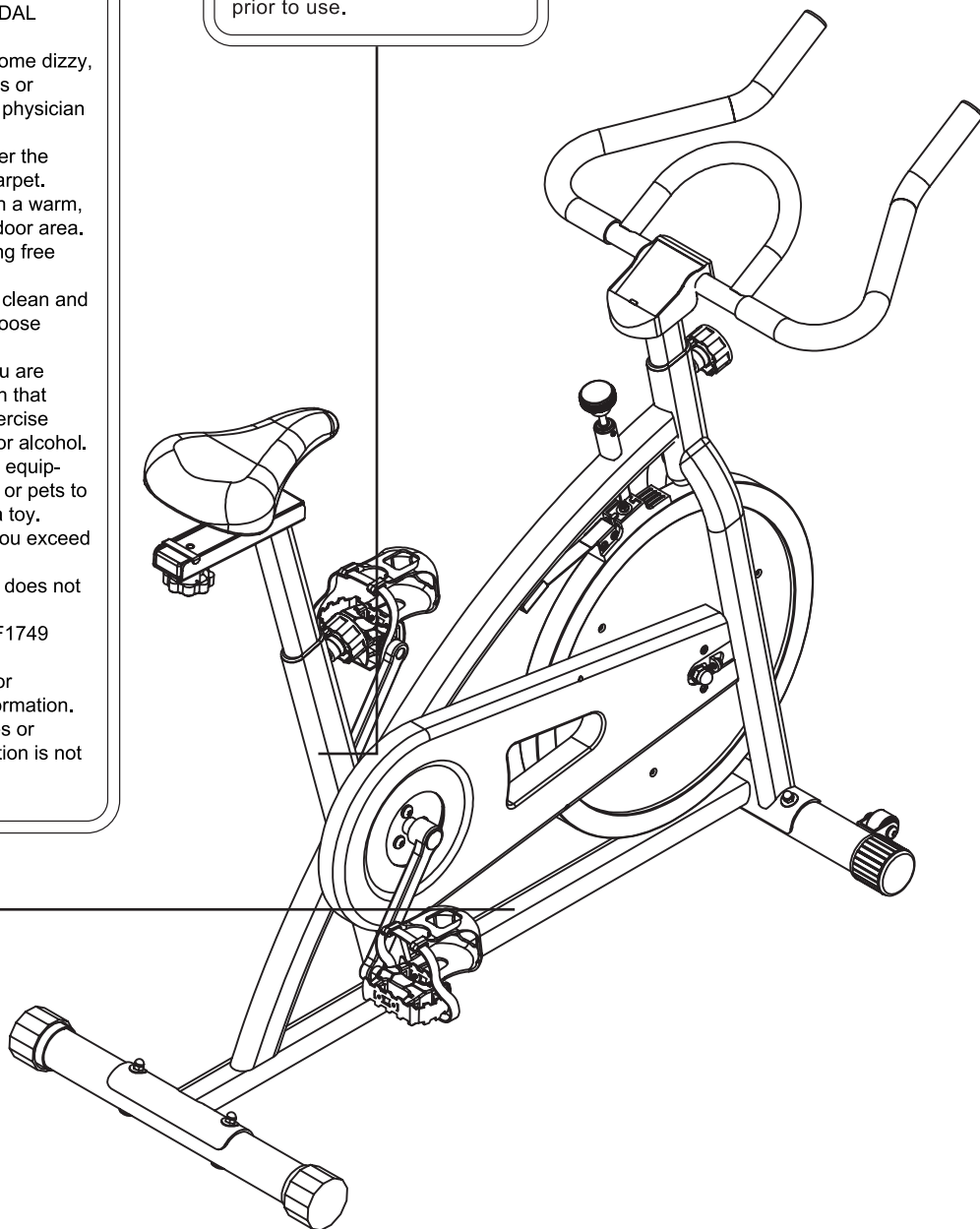
The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. Keep all children away from this equipment. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the equipment if it does not function properly.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both, (if applicable) if caution is not used.

⚠ WARNING !

DO NOT REMOVE THE SEAT FOR ANY REASON

Exercising on this unit without the seat installed can result in **SERIOUS INJURY**. Ensure the seat is fully locked in place by tightening the knobs prior to use.



General Information

Safety

Before you undertake any exercise program, please be sure to consult with your doctor.

Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential.

Excessive or incorrect training may result in health injuries.

Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there are at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement of this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, hard-flat surface.
- Do not place on carpet. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both Metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing:
250 pounds or less

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sport warrants your product is free of any defects in workmanship and materials for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially.

Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty covers parts damaged due to defect in workmanship and materials; it does not cover abuse or damages caused during use, storage or assembly. During the warranty period, Body Flex Sport reserves the right to:

1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at purchaser's cost).
3. replace the product if neither of the two previously

Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.**

Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday.

Please contact us by any of the following means :

Body Flex Sports, Inc.

21717 Ferrero Parkway, Walnut, CA 91789

Telephone: 1 (888) 266 - 6789

Fax: 1 (909) 598 - 6707

Email: info@bodyflexsports.com

Before Assembly

WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. The assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

PLEASE NOTE : Many of the parts and hardwares listed on the parts list are already *pre-assembled* or installed on the unit.

Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

Part Listing

The following parts list describes all of the parts illustrated in the exploded diagram on the following page.

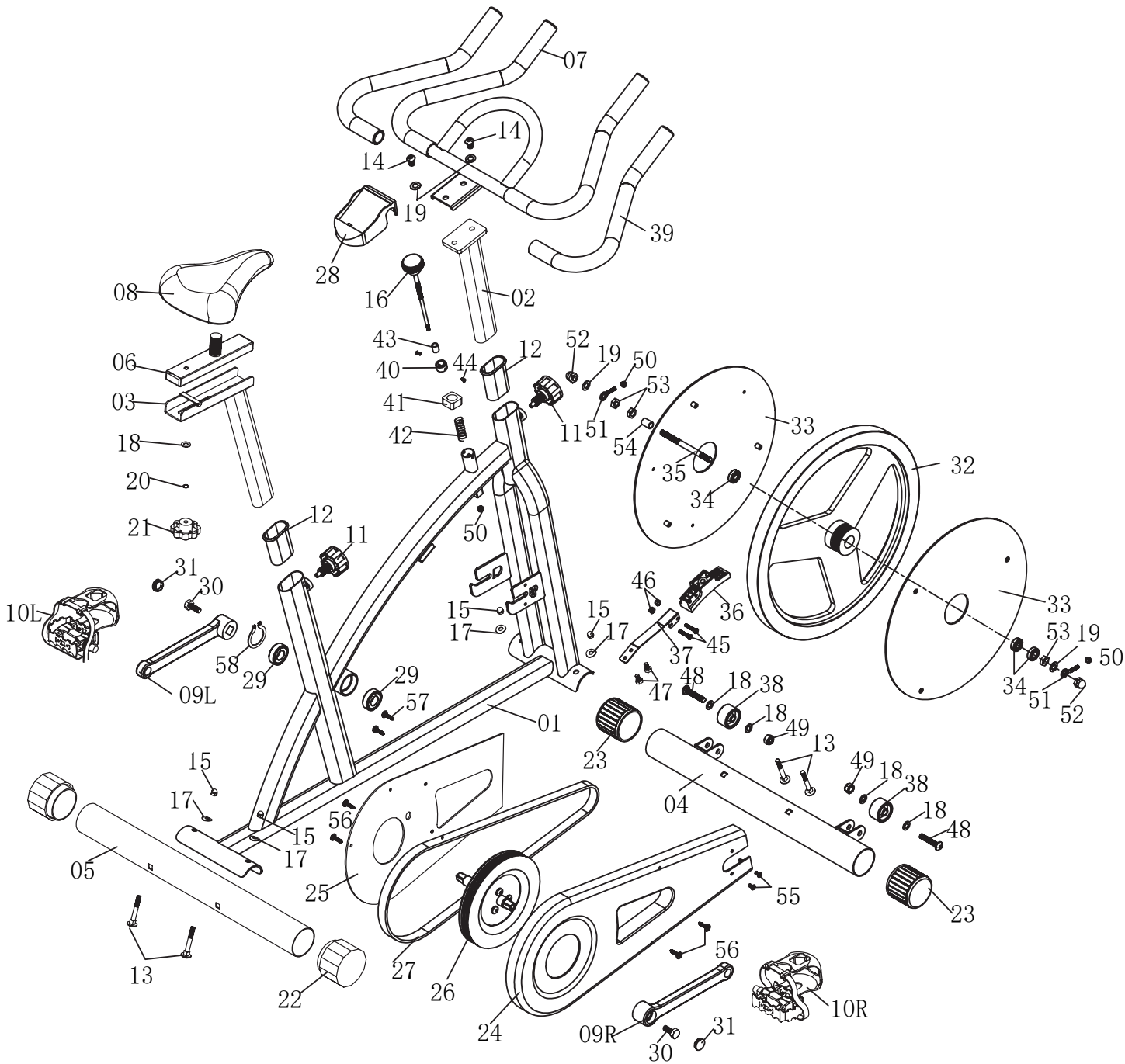
PLEASE NOTE most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	31	Crank Cap
02	Center Post	32	Wheel
03	Seat Post	33	Wheel Cover
04	Front Stabilizer	34	Bearing
05	Rear Stabilizer	35	Axle
06	Horizontal Seat Bar	36	Brake
07	Handle Bar	37	Brake Bracket
08	Seat	38	Front Roller
09L	Left Crank	39	Foam Grip
09R	Right Crank	40	Brake Base
10L	Left Pedal	41	Nut
10R	Right Pedal	42	Spring
11	Spring Loaded Knob	43	Plastic Washer
12	Sleeve	44	Screw (M4x8 mm)
13	Carriage Bolt(M8x60 mm)	45	Screw (M5x30 mm)
14	Bolt (M10x15 mm)	46	Nut (M5)
15	Cap Nut (M8)	47	Hex Bolt (M5x10 mm)
16	Emergency Brake/Tension Adjuster	48	Bolt (M8x40 mm)
17	Arc Washer (M8)	49	Nut (M8)
18	Washer (M8)	50	Nut (M6)
19	Washer (M10)	51	Bolt
20	Spring Washer (M8)	52	Cap Nut (M10)
21	Knob (M8)	53	Nut (M10)
22	End Cap for Rear Stabilizer	54	Spacer
23	End Cap for Front Stabilizer	55	Screw (M5x10 mm)
24	Outer Chain Cover	56	Screw (M4x20 mm)
25	Inner Chain Cover	57	Screw (M5x20 mm)
26	Wheel	58	Special Washer
27	Belt	59	Tool 1
28	Cell Phone Holder	60	Tool 2
29	Bearing		
30	Crank Bolt		

Exploded View

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process.

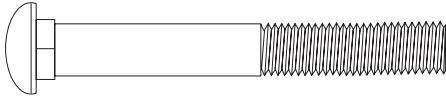
PLEASE NOTE : Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.



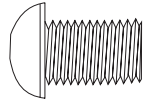
Hardware and Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.
PLEASE NOTE Most of these parts are already *pre-assembled* on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

Bolts

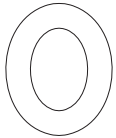


#13 Carriage Bolt (M8x60mm)
[4 pieces]

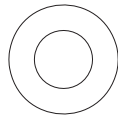


#14 Bolt (M10x15 mm)
[2 pieces]

Washers



#17 Arc Washer (M8)
[4 pieces]



#18 Washer (M8)
[1 pieces]



#19 Washer (M10)
[2 pieces]



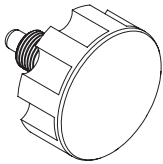
#20 Spring Washer (M8)
[1 piece]

Nuts

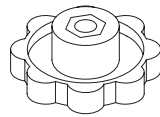


#15 Cap Nut (M8)
[4 pieces]

Others

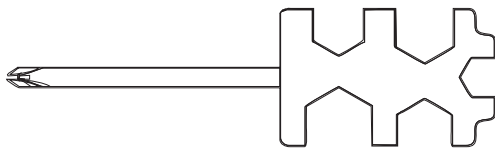


#11 Spring Loaded Knob
[2 pieces]



#21 Knob (M8)
[1 piece]

Tools (Included)



#59 Tool 1
[1 piece]



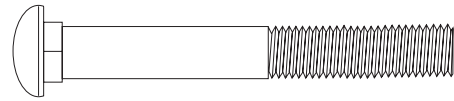
#60 Tool 2
[1 piece]

Assembly STEP 1

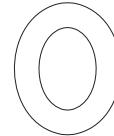
NOTE BEFORE STARTING THE ASSEMBLY PROCESS :
To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly.

Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

Hardware Required



#13 Carriage Bolt (M8x60mm)
[4 pieces]



#17 Arc Washer (M8)
[4 pieces]



#15 Cap Nut (M8)
[4 pieces]

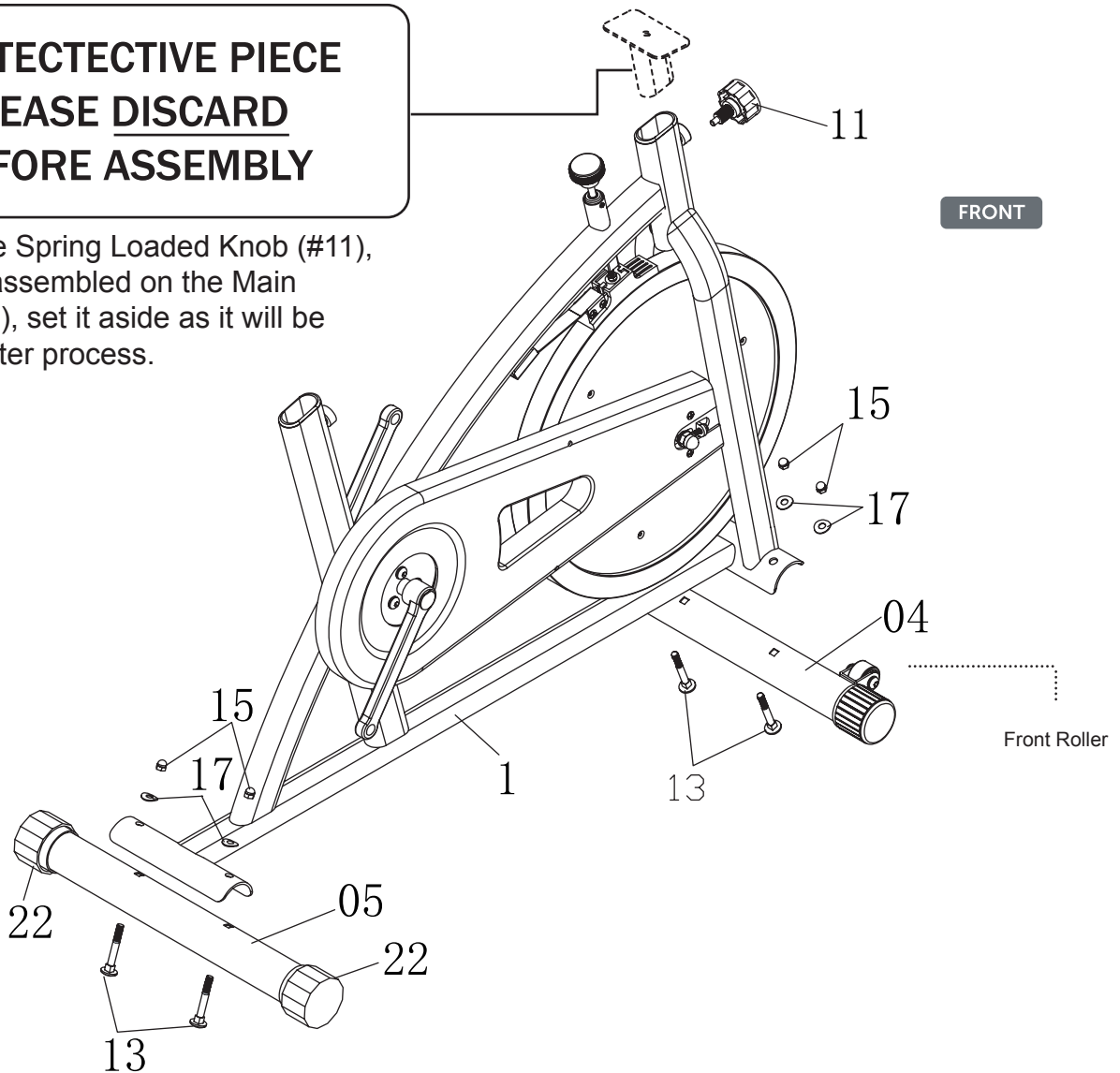
Front & Rear Stabilizer Assembly

With the help of an assistant, attach the **Front Stabilizer (#04)** to the bracket at the front of **Main Frame (#01)**. Insert two **Carriage Bolts (#13)** through the front of **Front Stabilizer (#04)** and through the **Main Frame (#01)**. Secure them together using two **Arc Washers (#17)** and two **Cap Nuts (#15)** as illustrated in the diagram.

Next, attach the **Rear Stabilizer (#05)** to the bracket at the rear of **Main Frame (#01)**. Insert two **Carriage Bolts (#13)** through the **Rear Stabilizer (#05)** and through the back of **Main Frame (#01)**. Secure them together using two **Arc Washers (#17)** and two **Nuts (#15)**.

**PROTECTIVE PIECE
PLEASE DISCARD
BEFORE ASSEMBLY**

Remove the Spring Loaded Knob (#11), that is pre-assembled on the Main Frame (#01), set it aside as it will be used in a later process.



Assembly STEP 2

Seat Assembly

A). Holding the **Seat (#08)**, slide the **Horizontal Seat Bar (#06)** on and into the front of the bracket on **Seat Post (#03)**.

B). Secure the seat composition from "A." above by inserting one **Knob (#21)**, one **Spring Washer (#20)**, and one **Washer (#18)** up through the bottom of the bracket of the **Seat Post (#03)** and the **Horizontal Seat Bar (#06)**.

C). Next, clear the path in the cylinder tube of the **Main Frame (#01)** by

1. Turning the **Spring Loaded Knob (#11)** Counter-clockwise three times, then

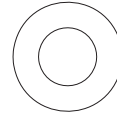
2. Pulling the knob outward, and with the help of an assistant, simultaneously insert the **Seat Post (#03)** down into the cylinder tube of the **Main Frame (#01)** a minimum of 4 inches.

D). Release the **Spring Loaded Knob (#11)** so that it engages into one of the holes on the **Seat Post (#03)**. For your safety and correct assembly, please ensure the holes on the **Seat Post (#03)** are facing the **Spring Loaded Knob (#11)** as shown in the illustration below so it can be aligned and the **Spring Loaded Knob (#11)** can fully engage.

You may adjust the **Seat Post (#03)** to the height most comfortable for you after assembly is completed. Please always check and ensure your hole setting has been fully engaged when you secure and tighten the **Spring Loaded Knob(#11)**.

To adjust make seat height adjustments: Use one hand to hold the **Seat Post (#03)** to prevent sudden slipping, and the other hand to loosen the **Spring Loaded Knob (#11)** by turning it Counter-clockwise. Adjust the seat height to your liking and then tighten the knob by turning it clockwise. Please tighten, but do not over-tighten.

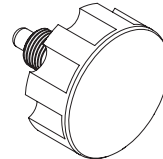
Hardware Required



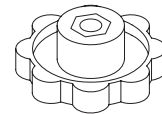
#18 Washer (M8)
[1 pieces]



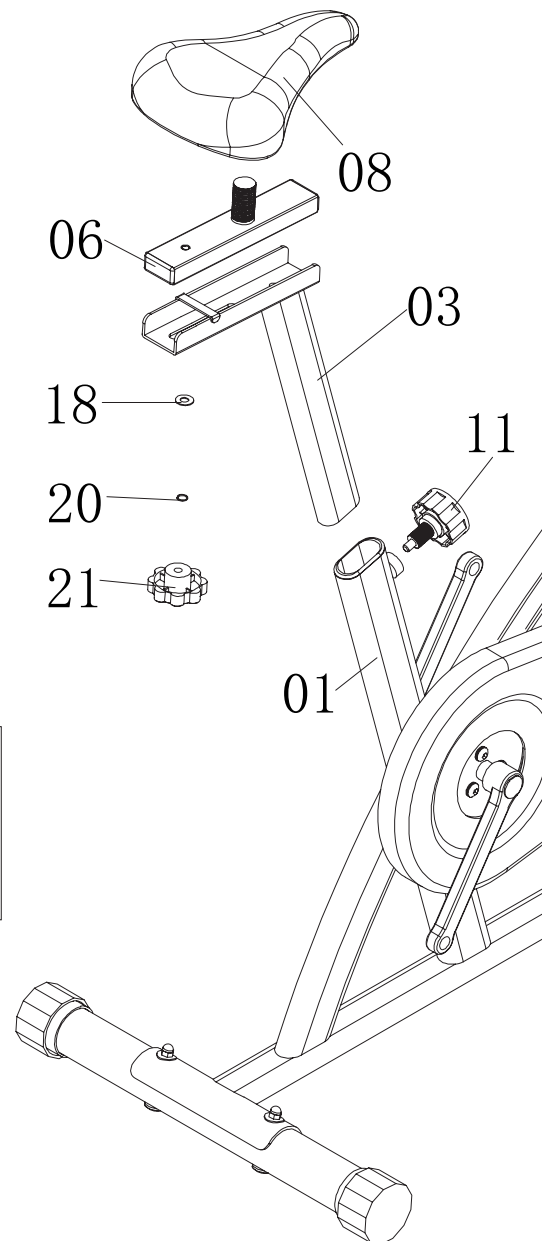
#20 Spring Washer (M8)
[1 piece]



#11 Spring Loaded Knob
[1 piece]



#21 Knob (M8)
[1 piece]



WARNING

Do not remove the Seat (#08) for any reason after you have installed it. Exercising on this unit without the Seat(#08) can result in SERIOUS INJURY. Ensure the seat is locked in place by tightening the two knobs prior to use.

Assembly STEP 3

Handle Bar Assembly

A). Align the **Handle Bar (#07)** to the bracket at the front of the **Center Post (#02)**. Insert two **Bolts (#14)** through two **Washers (#19)**, the **Handle Bar (#07)**, and the **Center Post (#02)** (in this order, as illustrated below).

Center Post Assembly

A). Clear the path in the cylinder tube at the front of the **Main Frame (#01)** by

1. Turning the **Spring Loaded Knob (#11)** Counter-clockwise three times, then

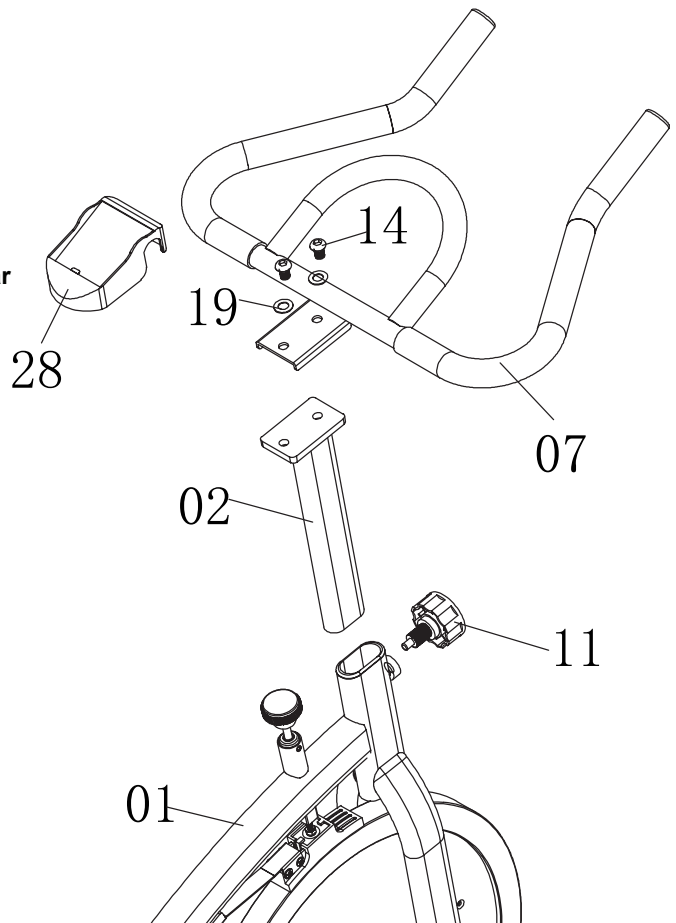
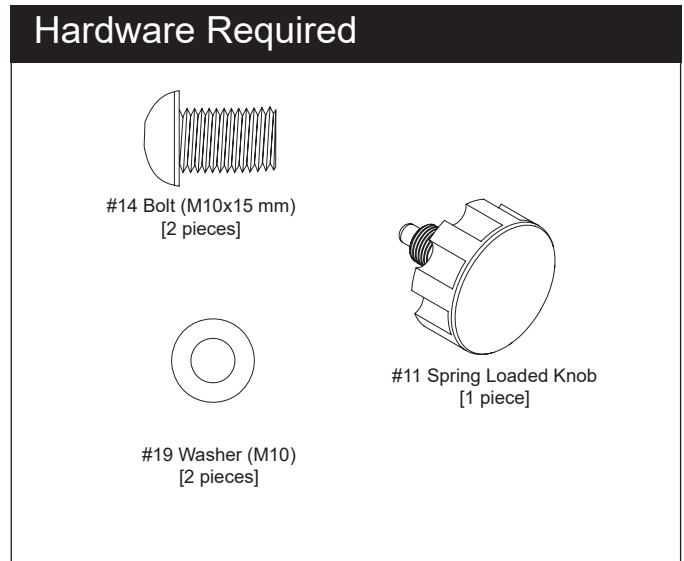
2. Pulling the knob outward, and with the help of an assistant, simultaneously insert the **Center Post (#02)** down into the cylinder tube of the **Main Frame (#01)** a minimum of 4 inches.

B). Release the **Spring Loaded Knob (#11)** so that it engages into one of the holes on the **Center Post (#02)**. For your safety and correct assembly, please ensure the holes on the **Center Post (#02)** are facing the **Spring Loaded Knob (#11)** as shown in the illustration below so it can be aligned and the **Spring Loaded Knob (#20)** can fully engage.

You may adjust the **Center Post (#02)** to the height most comfortable for you after assembly is completed. Please always check and ensure your hole setting has been fully engaged when you secure and tighten the **Spring Loaded Knob (#11)**. To make handlebar height adjustments: Use one hand to hold the **Center Post (#02)** to prevent sudden slipping, and the other hand to loosen the **Spring Loaded Knob (#11)** by turning it Counter-clockwise. Make height adjustments to your liking and then tighten the knob by turning it clockwise. Please tighten, but do not over-tighten.

Cell Phone Holder Assembly

Attach the **Cell Phone Holder (#28)** to the bracket on the **Handle Bar (#07)** as the illustration below.



Assembly STEP 4

Pedal Assembly

Screw the **Left Pedal (#10L)** to the **Left Crank (#09L)** by turning the bolt head on the **Left Pedal (#10L)** **COUNTER-CLOCKWISE**. Screw the **Right Pedal (#10R)** to the **Right Crank (#09R)** by turning the bolt head on the **Right Pedal (#10R)** **CLOCKWISE**.

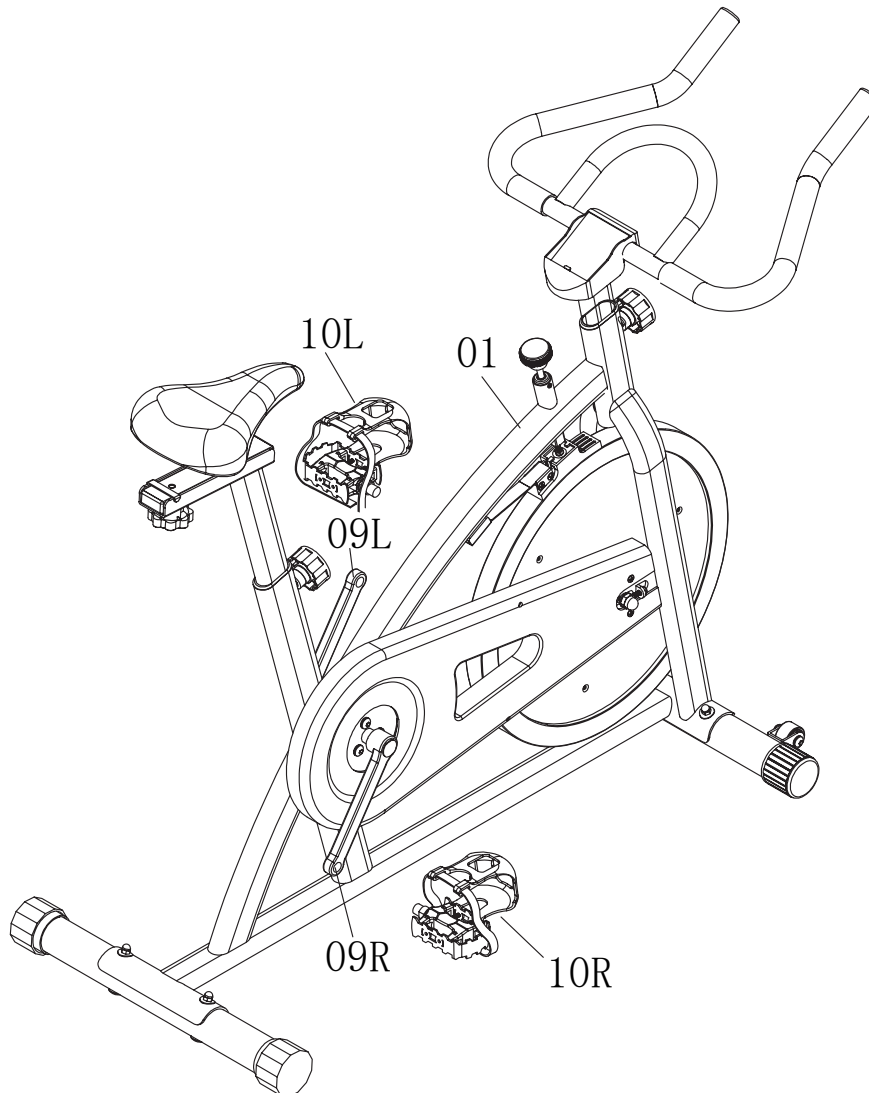
Please use drawing below for reference.

NOTE:

If labels designating the Left/Right Pedal are not present, please check pedals closely for embossed "L" / "R" letter marks. These will be "L" / "R" letters that are raised on the pedal material.

Hardware Required

No hardware needed



THE ASSEMBLY PROCESS IS NOW COMPLETE.

However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Tension Adjustment & Emergency Brake

A.) Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

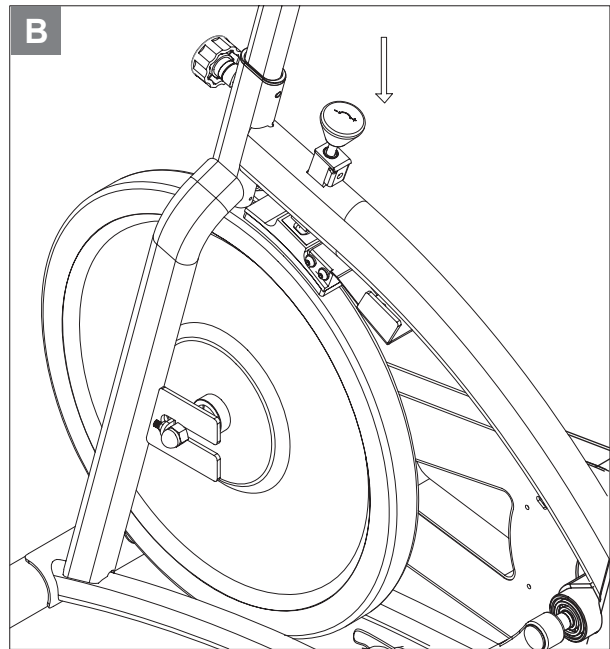
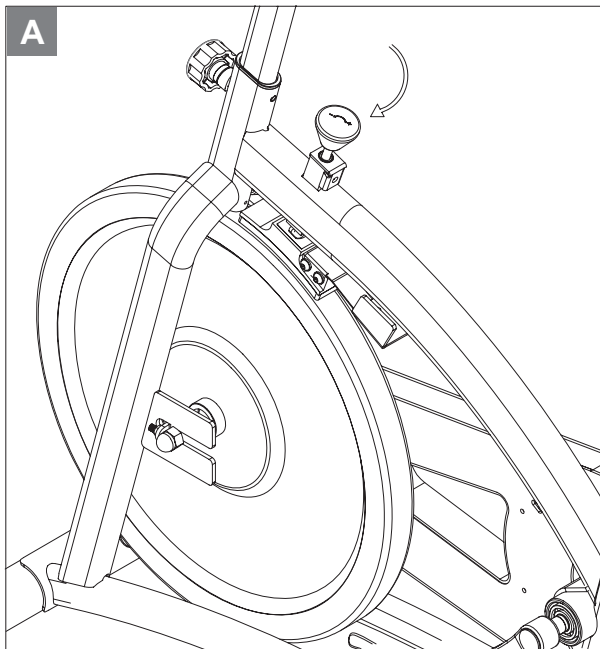
To increase tension and increase resistance (requiring more strength to pedal), turn the **Emergency Brake /Tension Adjuster (#16)** to the RIGHT.

To decrease tension and decrease resistance (requiring less strength to pedal), turn the **Emergency Brake /Tension Adjuster (#16)** to the LEFT.

B.) Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the **Emergency Brake/Tension Adjuster (#16)** to engage the friction pad for braking.



Safety and Maintenance

Safety & Warning

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- To avoid rust or corrosion to the flywheel caused by moisture and sweat, we advise wiping and drying the flywheel and surrounding parts with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product and contact CUSTOMER SUPPORT.
- When the bike is not in use, the resistance should be left loose, NOT tightened down against the flywheel. You can do this with the easy-to-adjust tension knob. This will ensure longer life of the Friction Belt mechanism from working properly. Please contact our CUSTOMER SUPPORT if you have questions regarding the cleaning of your bike.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
Knob Bolts (#21), Emergency Brake/Tension Adjuster (#16), Brake (#36), Left/Right Pedals (10L/10R), Spring Loaded Knob (#11)
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

1 (888) 266-6789 or **1 (909) 598-9876**, or mail in a written request to:

Body Flex Sports, Inc.
21717 Ferrero Parkway
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Warm-Up Instructions

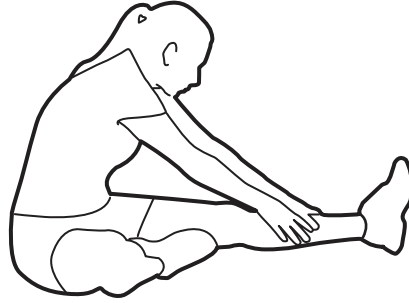
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



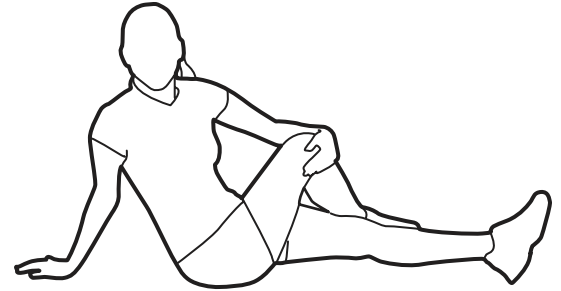
Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



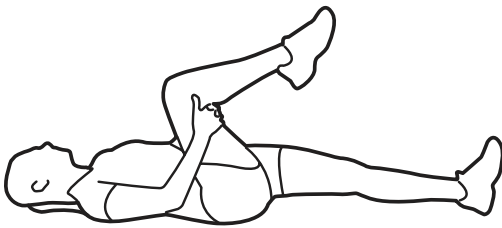
Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



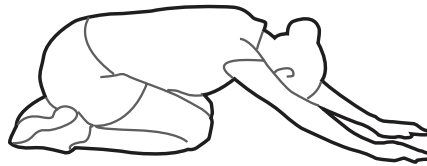
Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



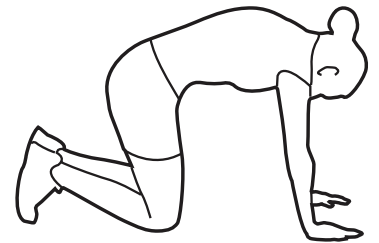
Groin Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

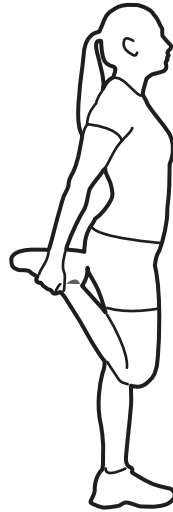


Warm-Up Instructions



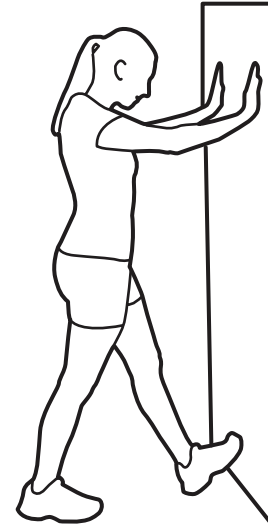
Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.
Reverse arm positions and



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down.
Repeat on the other leg.



Calf Twister

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

THANK YOU FOR YOUR PURCHASE
MODEL NO.: ERG7000

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number :

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