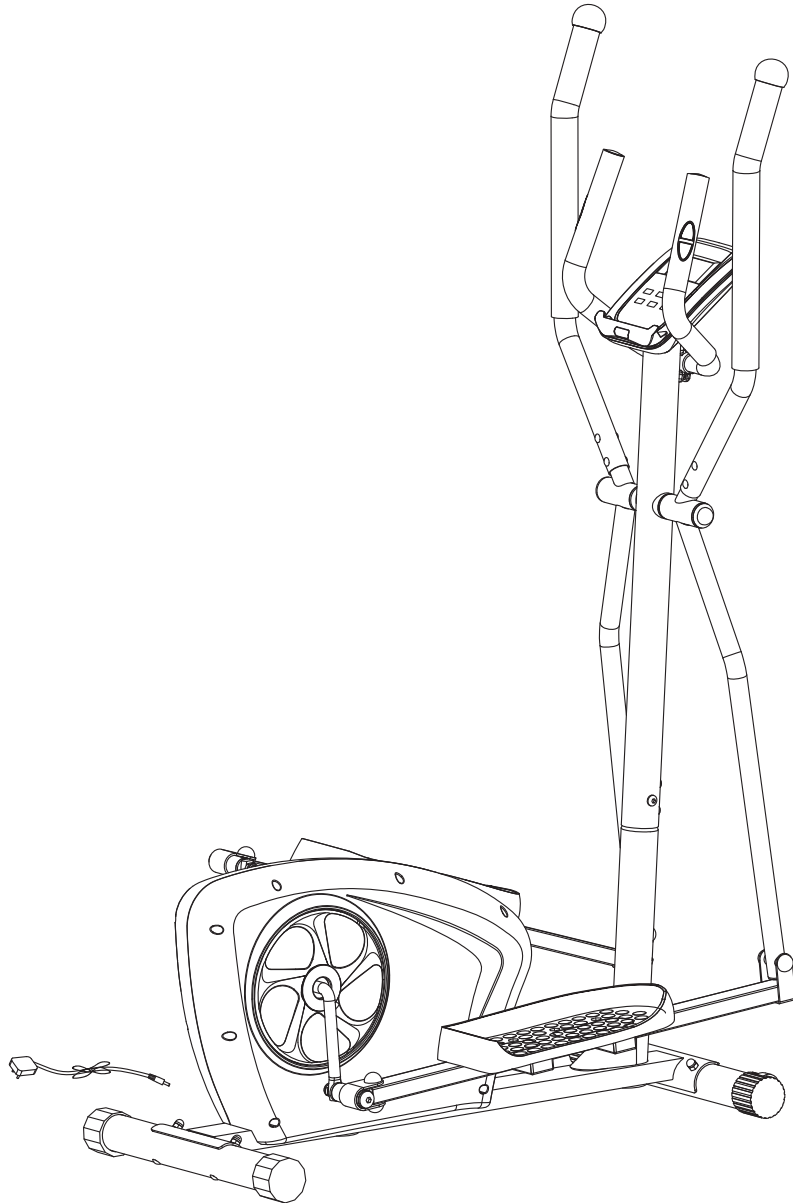


MAGNETIC ELLIPTICAL TRAINER



BR1895/2895




*This item is for consumer use only and it is not meant for commercial use.

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.

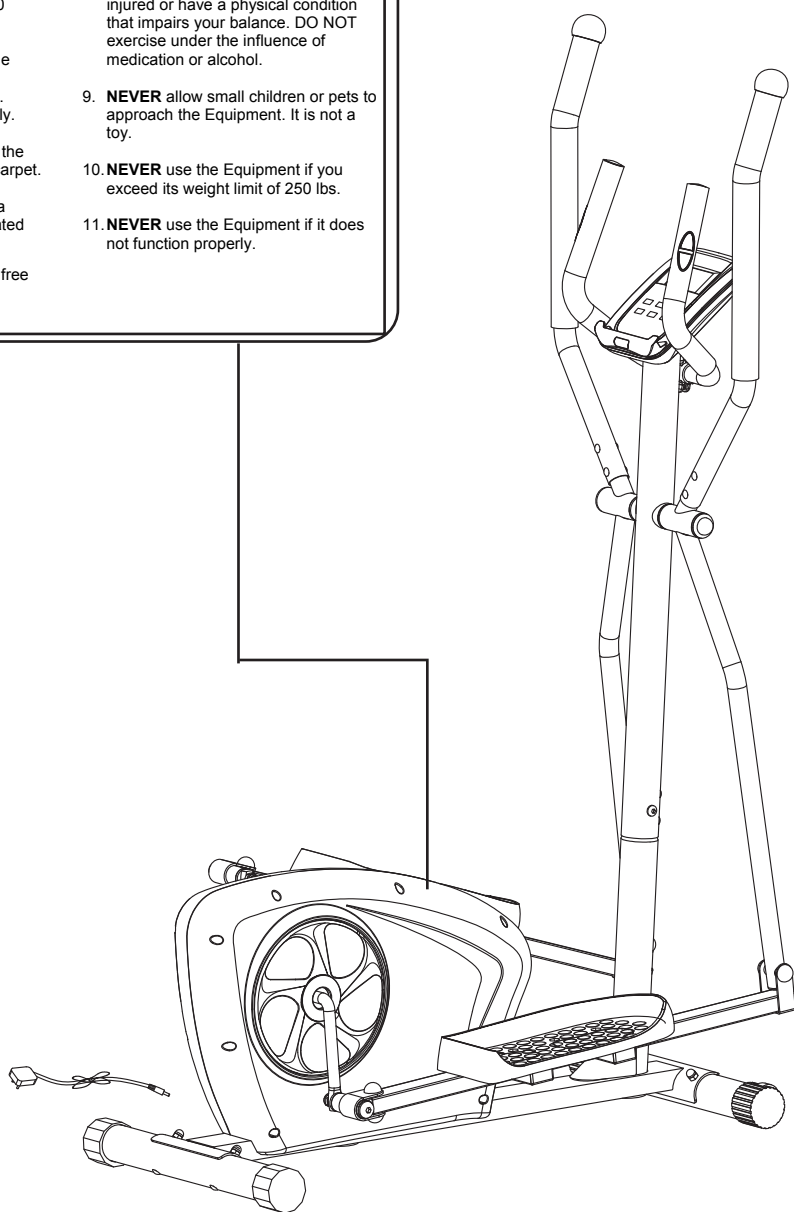
The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



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 all 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. **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.





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 to 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 them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is 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 on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. 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, flat surface. 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 Sports warrants your product 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 does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

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

This warranty does not cover normal wear and tear on upholstery.



Questions

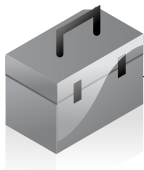
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement 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.

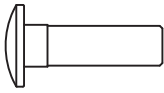
Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



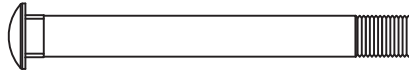
Hardware List

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.

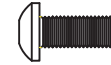
BOLTS



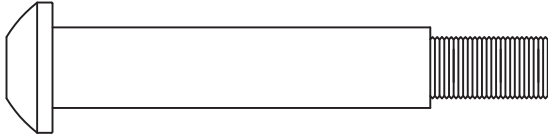
#14. Carriage Bolt (M6x16 mm)
[4 Pieces]



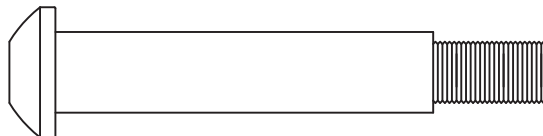
#15. Carriage Bolt (M8x70 mm)
[4 Pieces]



#17. Bolt (M6x15 mm)
[4 Pieces]



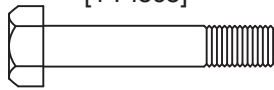
#18L. Left Pedal Hinge Bolt (1/2"x97 mm)
[1 Piece]



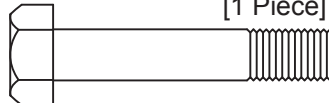
#18R. Right Pedal Hinge Bolt (1/2"x97 mm)
[1 Piece]



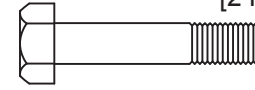
#19. Bolt (M8x30 mm)
[2 Pieces]



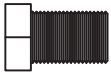
#20. Hex Bolt (M8x45 mm)
[2 Pieces]



#21. Hex Bolt (M10x55 mm)
[2 Pieces]



#22. Hex Bolt (M8x40 mm)
[6 Pieces]



#23. Hex Bolt (M8x15 mm)
[2 Pieces] Pre-assembled



#25. Screw (M5x10 mm)
[4 Pieces] Pre-assembled



#16. Bolt (M8x20 mm)
[4 Pieces] Pre-assembled

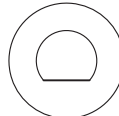
WASHERS



#29. Spring Washer (M8)
[6 Pieces]
Pre-assembled [4 Pieces]



#30. Spring Washer
(1/2")
[2 Pieces]



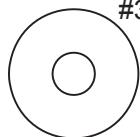
#31. Washer (M8)
[2 Pieces]
Pre-assembled



#32. Wavy Washer
(1/2")
[2 Pieces]



#33. Washer (M10)
[2 Pieces]



#34. Washer
(M8, ϕ 26 mm)
[2 Pieces]
Pre-assembled



#35. Washer
(M8, ϕ 16 mm)
[8 Pieces]



#36. Arc Washer (M8)
[8 Pieces]
Pre-assembled [4 Pieces]

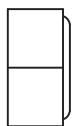


#37. Wavy Washer (ϕ 19 mm)
[2 Pieces]
Pre-assembled

NUTS



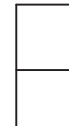
#38. Nylon Nut (M8)
[8 Pieces]



#39. Nylon Nut (M10)
[2 Pieces]



#40. Left Nylon Nut
with BLACK inner nylon ring
[1 Piece]

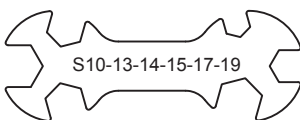


#41. Right Nylon Nut
with WHITE inner nylon ring
[1 Piece]



#42. Nut (M8)
[4 Pieces]

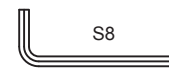
Tools



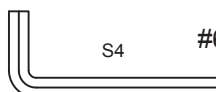
#66. Tool 1
[1 Piece]



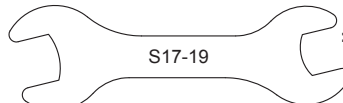
#67. Tool 2
[1 Piece]



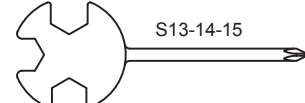
#68. Tool 3
[1 Piece]



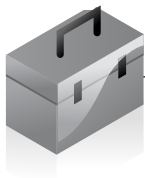
#69. Tool 4
[1 Piece]



#70. Tool 5
[1 Piece]



#71. Tool 6
[1 Piece]



Parts Listing

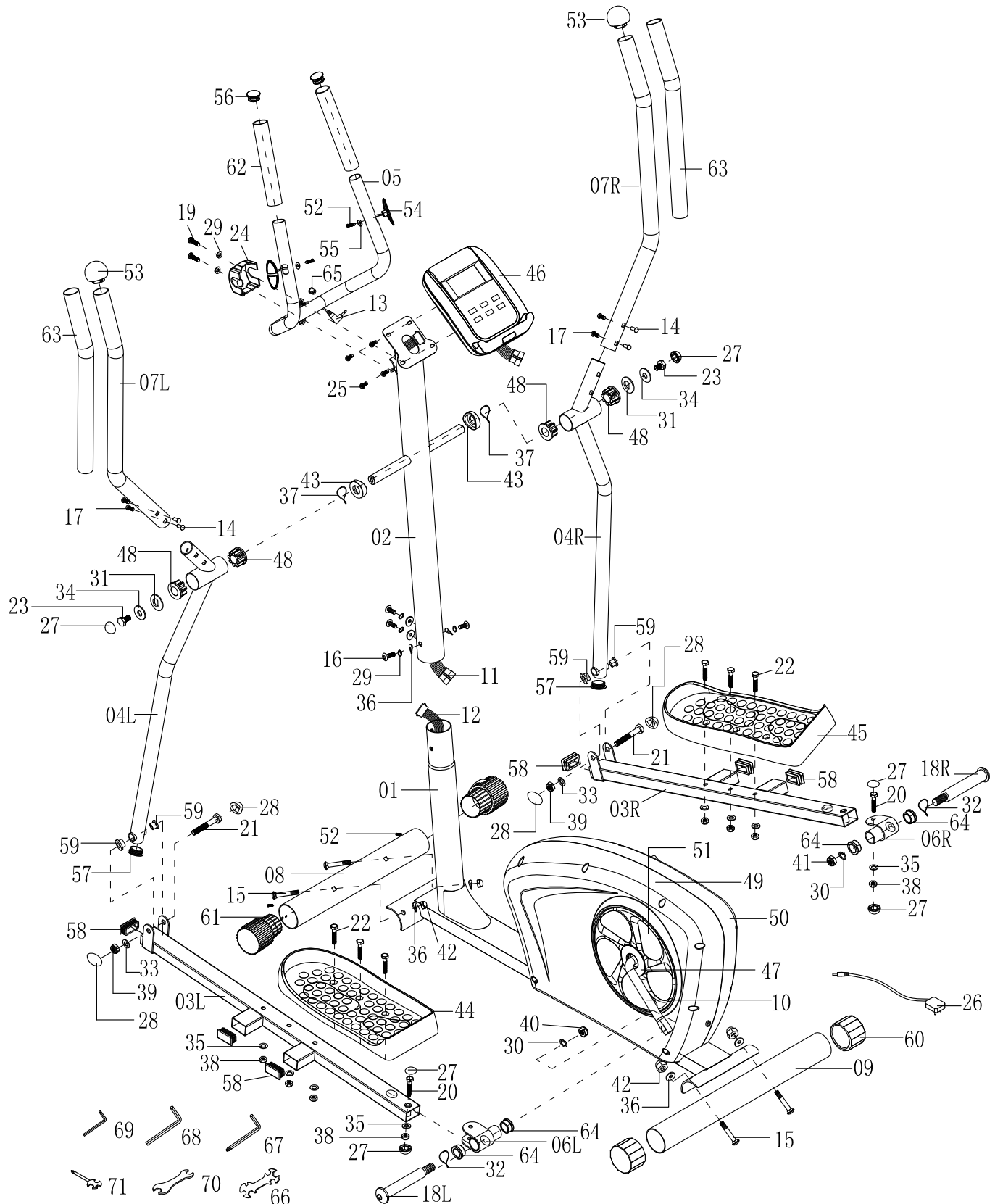
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	34	Washer (M8, ϕ 26 mm)
02	Center Post	35	Washer (M8, ϕ 16 mm)
03L	Left Pedal Tube	36	Arc Washer (M8)
03R	Right Pedal Tube	37	Wavy Washer (ϕ 19 mm)
04L	Left Coupler Bar	38	Nylon Nut (M8)
04R	Right Coupler Bar	39	Nylon Nut (M10)
05	Pulse Handle Bar	40	Left Nylon Nut with BLACK inner nylon ring
06L	Left Pedal Connection Joint	41	Right Nylon Nut with WHITE inner nylon ring
06R	Right Pedal Connection Joint	42	Nut (M8)
07L	Left Handle Bar	43	Spacer
07R	Right Handle Bar	44	Left Pedal
08	Front Stabilizer	45	Right Pedal
09	Rear Stabilizer	46	Monitor
10	Crank	47	Shroud Cover
11	Main Sensor Wire (Middle)	48	Bushing
12	Main Sensor Wire (Lower)	49	Left Shroud
13	Handle Pulse Wire	50	Right Shroud
14	Carriage Bolt (M6x16 mm)	51	Shroud Wheel
15	Carriage Bolt (M8x70 mm)	52	Screw (ST4.2x20 mm)
16	Bolt (M8x20 mm)	53	Round Cap (ϕ 31.8 mm)
17	Bolt (M6x15 mm)	54	Hand Pulse Sensor
18L	Left Pedal Hinge Bolt (1/2"x97 mm)	55	Washer (M4)
18R	Right Pedal Hinge Bolt (1/2"x97 mm)	56	Round End Cap (ϕ 25 mm)
19	Bolt (M8x30 mm)	57	Round End Cap (ϕ 28.6 mm)
20	Hex Bolt (M8x45 mm)	58	Square End Cap (25x40 mm)
21	Hex Bolt (M10x55 mm)	59	Bushing
22	Hex Bolt (M8x40 mm)	60	End Cap for Rear Stabilizer
23	Hex Bolt (M8x15 mm)	61	End Cap for Front Stabilizer
24	Clamp Cover	62	Foam Grip for Pulse Handle Bar
25	Screw (M5x10 mm)	63	Foam Grip for Handle Bar
26	Adapter	64	Bushing
27	Bolt Cap (S14)	65	Wire Plug
28	Bolt Cap (S17)	66	Tool 1
29	Spring Washer (M8)	67	Tool 2
30	Spring Washer (1/2")	68	Tool 3
31	Washer (M8)	69	Tool 4
32	Wavy Washer (1/2")	70	Tool 5
33	Washer (M10)	71	Tool 6



Exploded Diagram

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 that 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 continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

FRONT STABILIZER ASSEMBLY

Using the drawing below for reference, secure the **Front Stabilizer (#08)** to the **Main Frame (#01)** using a total of two **Carriage Bolts (#15)**, two **Arc Washers (#36)**, and two **Nuts (#42)**.

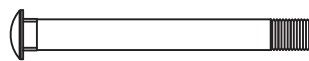
REAR STABILIZER ASSEMBLY

Secure the **Rear Stabilizer (#09)** to the **Main Frame (#01)** using a total of two **Carriage Bolts (#15)** secured by two **Arc Washers (#36)**, and two **Nuts (#42)**.

NOTE: The **Front Stabilizer (#08)** has *end caps with built-in wheels* for ease of relocating the unit and the **Rear Stabilizer (#09)** has *height adjustable end caps* for leveling of the unit.

Hardware Required

BOLTS



#15. Carriage Bolt (M8x70 mm)
[4 Pieces]

WASHERS

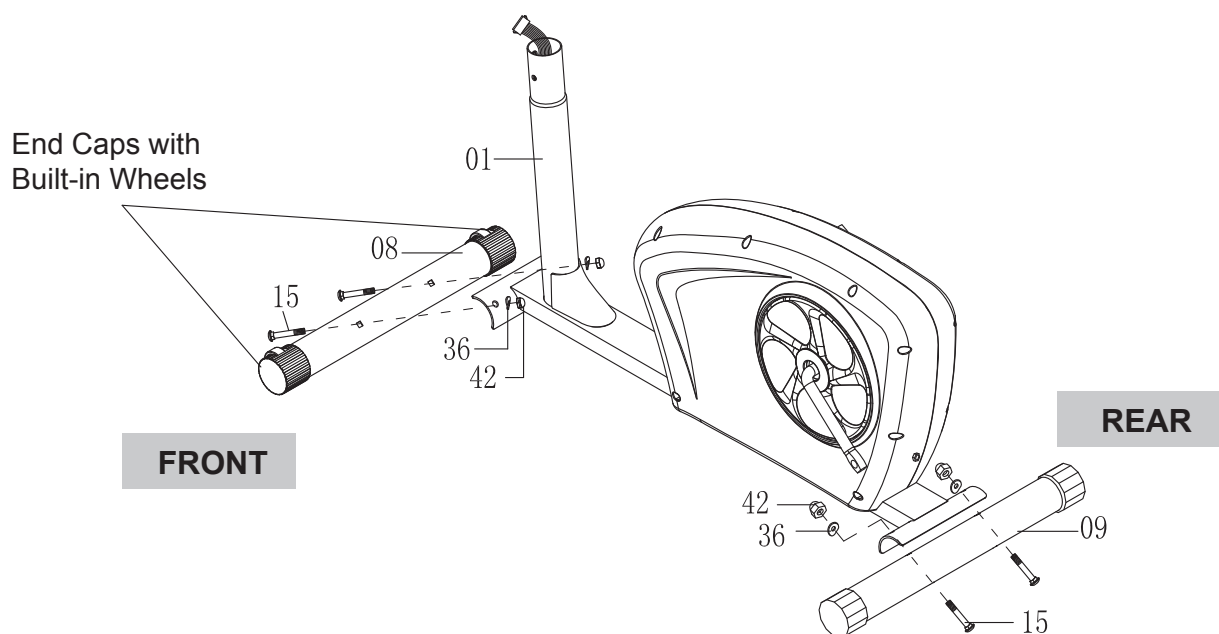


#36. Arc Washer (M8)
[4 Pieces]

NUTS



#42. Nut (M8)
[4 Pieces]





Assembly Instructions

Assembly Step 2

WIRE CONNECTIONS

Connect the **Main Sensor Wire (Middle) (#11)** to the **Main Sensor Wire (Lower) (#12)**.

CENTER POST ASSEMBLY

Remove the four **Bolts (#16)**, four **Spring Washers (#29)** and four **Arc Washers (#36)** that are pre-assembled on **Main Frame (#01)** and set them aside nearby as they will be used later in this step.

Being careful not to pinch any wires, slide the **Center Post (#02)** onto the **Main Frame (#01)** and secure it using the previously removed four **Bolts (#16)**, four **Spring Washers (#29)**, and four **Arc Washers (#36)** as shown in drawing below.

Hardware Required

BOLTS



#16. Bolt (M8x20 mm)
[4 Pieces]

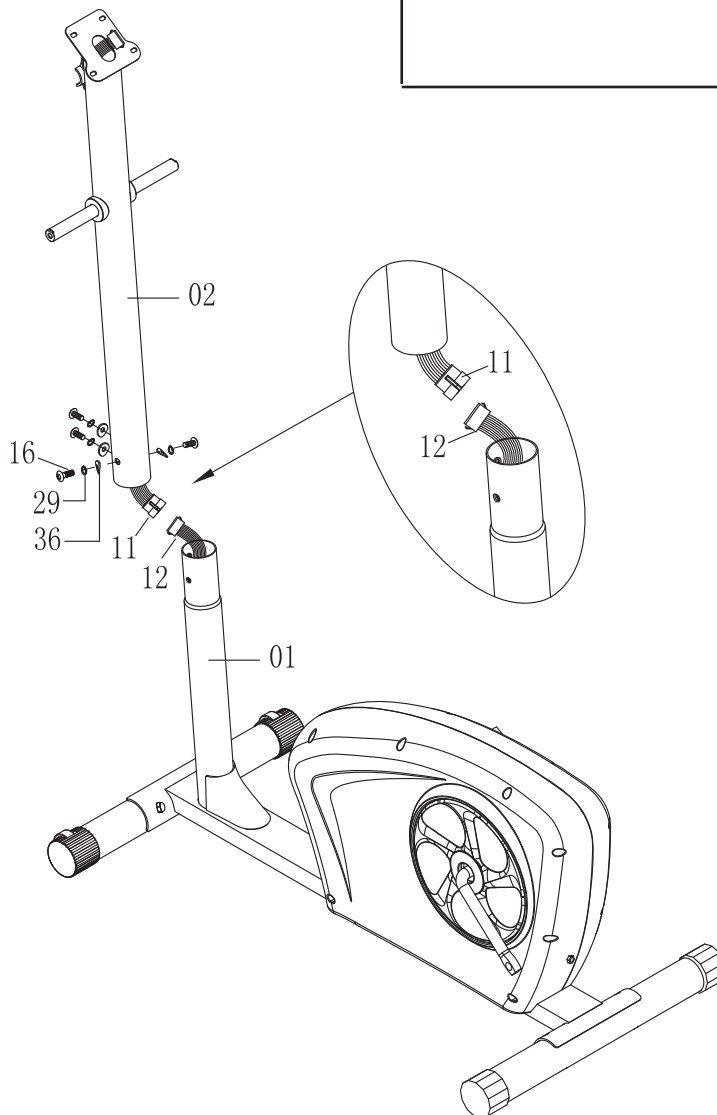
WASHERS



#29. Spring Washer (M8)
[4 Pieces]



#36. Arc Washer (M8)
[4 Pieces]





Assembly Instructions

Assembly Step 3

PEDAL CONNECTION JOINT ASSEMBLY

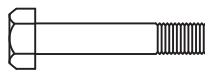
Referring to the diagram below, align the holes on the **Left Pedal Connection Joint (#06L)** to the **Left Pedal Tube (#03L)** by inserting one **Hex Bolt (#20)**, one **Washer (#35)** and one **Nylon Nut (#38)**.

Place a **Bolt Cap (#27)** on top of **Hex Bolt (#20)** and **Nylon Nut (#38)** and secure in place.

Repeat this process on the other side using **Right Pedal Connection Joint (#06R)**.

Hardware Required

BOLTS



#20. Hex Bolt (M8x45 mm)
[2 Pieces]

WASHERS

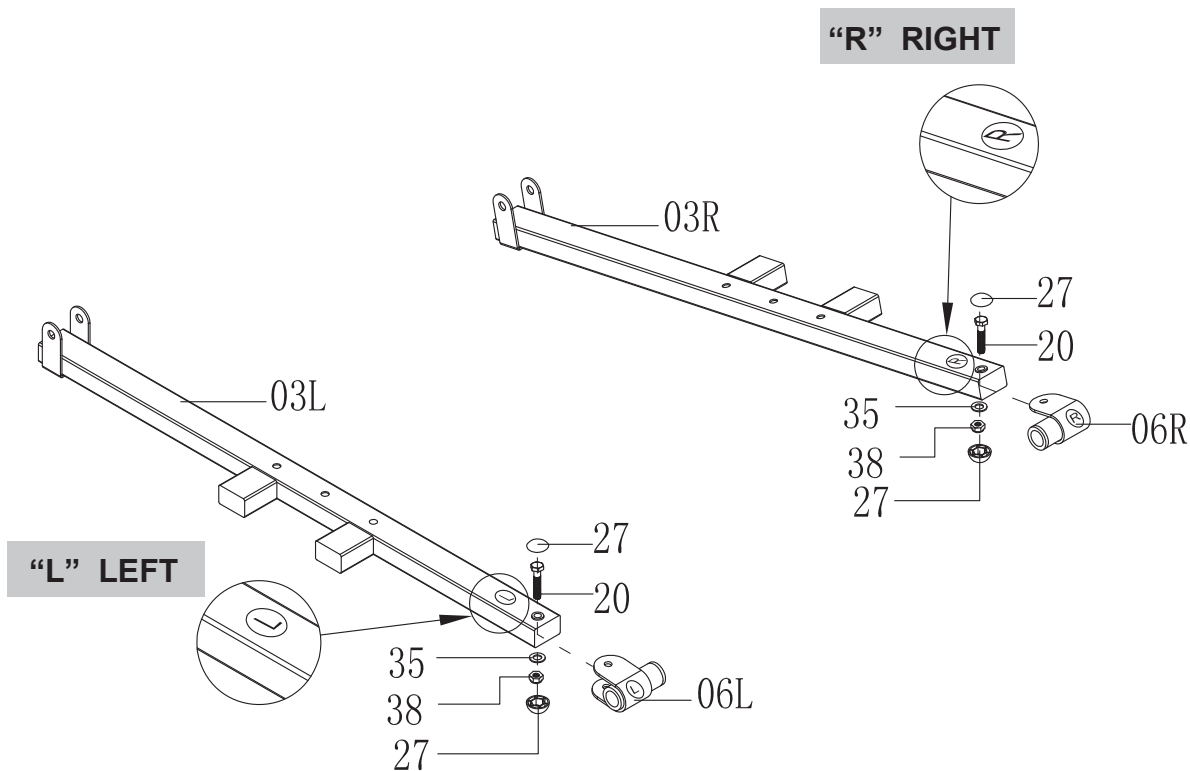


#35. Washer (M8, ϕ 16 mm)
[2 Pieces]

NUTS



#38. Nylon Nut (M8)
[2 Pieces]





Assembly Instructions

Assembly Step 4

COUPLER BAR ASSEMBLY (PART I)

Referring to the diagram below, the two **Spacers (#43)**, **Wavy Washers (#37)**, **Washer (#31)**, **Washer (#34)**, **Hex Bolt (#23)** are pre-assembled on the two bars that are protruding from the **Center Post (#02)**. You will need to sequence them as detailed below.

On the left side of the Axle, please assemble the parts in the following order: one **Spacer (#43)**, one **Wavy Washer (#37)**, **Left Coupler Bar (#04)**, one **Washer (#31)**, one **Washer (#34)**, and secure using one **Hex Bolt (#23)**. Place one **Bolt Cap (#27)** on top of **Hex Bolt (#23)** and secure in place.

COUPLER BAR ASSEMBLY (PART II)

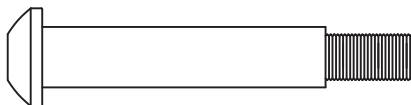
Attach the **Left Pedal Tube (#03L)** onto the left **Crank (#10)** as illustrated and secure by inserting from the outer edge of the **Left Pedal Tube (#03L)**: one **Left Pedal Hinge Bolt (#18L)** and one **Wavy Washer (#32)**. Secure from the inner edge (behind the **Crank (#10)**) with one **Spring Washer (#30)** and one **Left Nylon Nut (#40)**.

*** PLEASE DO NOT tighten the hardware until PART III on next page has been completed. This will allow you to align the holes for proper and smooth assembly.***

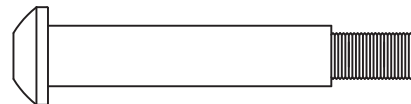
Repeat this process on the other side using the **Right Pedal Tube (#03R)**.

Hardware Required

BOLTS



#18L. Left Pedal Hinge Bolt (1/2"x97 mm) [1 Piece]



#18R. Right Pedal Hinge Bolt (1/2"x97 mm) [1 Piece]



#23. Hex Bolt (M8x15 mm) [2 Pieces]

WASHERS



#30. Spring Washer (1/2") [2 Pieces]



#31. Washer (M8) [2 Pieces]



#32 Wavy Washer (1/2") [2 Pieces]



#34. Washer (M8, $\phi 26$ mm) [2 Pieces]

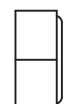


#37. Wavy Washer ($\phi 19$ mm) [2 Pieces]

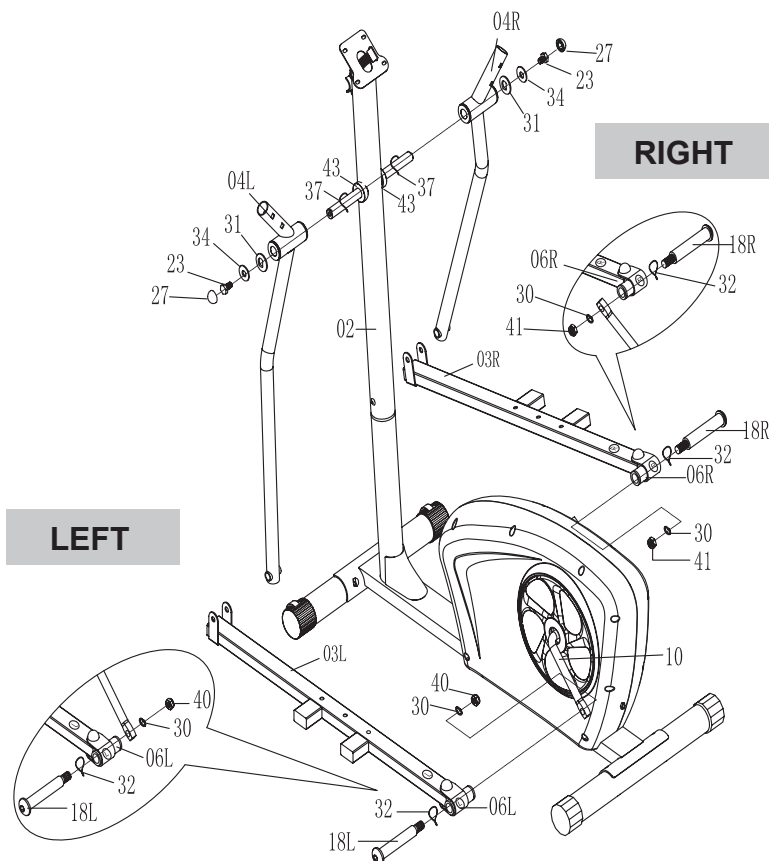
NUTS



#40. Left Nylon Nut
with BLACK inner nylon ring
[1 Piece]



#41. Right Nylon Nut
with WHITE inner nylon ring
[1 Piece]





Assembly Instructions

Assembly Step 5

COUPLER BAR ASSEMBLY (PART III)

Using the drawings as reference, attach the free end of the bottom of the **Left Coupler Bar (#04L)** to the front of the **Left Pedal Tube (#03L)** by aligning the holes. After the holes are aligned, insert one **Hex Bolt (#21)** through the **Left Pedal Tube (#03L)** followed by the **Left Coupler Bar (#04L)** and secure using one **Washer (#33)** and one **Nylon Nut (#39)**.

***NOW, you may return to PART II of this Assembly

Step to tighten the hardware on both sides.***

Place one **Bolt Cap (#28)** on top of **Hex Bolt (#21)** and **Nylon Nut (#39)** and secure in place.

PEDAL ASSEMBLY

Attach the **Left Pedal (#44)** onto the **Left Pedal Tube (#03L)** as shown in the drawing below using three **Hex Bolts (#22)** and securing from the bottom with three **Washers (#35)**, and three **Nylon Nuts (#38)**.

Repeat this process on the other side using **Right Pedal (#45)** and **Right Pedal Tube (#04R)**.

HANDLE BAR ASSEMBLY

On the left side, insert **Left Handle Bar (#07L)** over the opening at the tip of **Left Coupler Bar (#04L)**. Align the holes of the **Left Handle Bar (#07L)** and **Left Coupler Bar (#04L)** and secure by using two **Bolts (#17)** and two **Carriage Bolts (#14)** as illustrated.

Repeat this process on the other side using **Right Handle Bar (#07R)** and **Right Coupler Bar (#04R)**.

Hardware Required

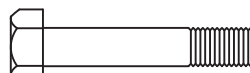
BOLTS



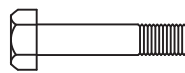
#14. Carriage Bolt (M6x16 mm)
[4 Pieces]



#17. Bolt (M6x15 mm)
[4 Pieces]



#21. Hex Bolt (M10x55 mm)
[2 Pieces]



#22. Hex Bolt (M8x40 mm)
[6 Pieces]

WASHERS



#33. Washer (M10)
[2 Pieces]



#35. Washer (M8, φ16 mm)
[6 Pieces]

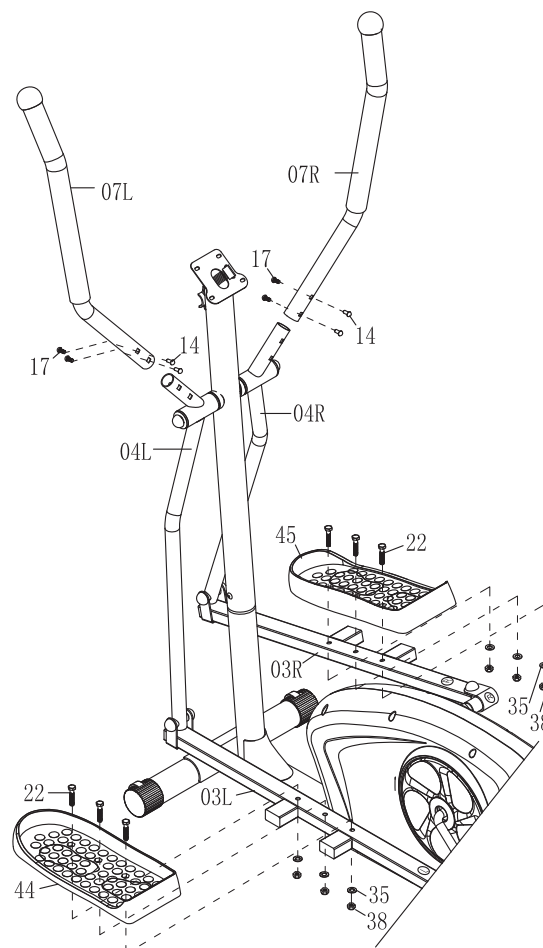
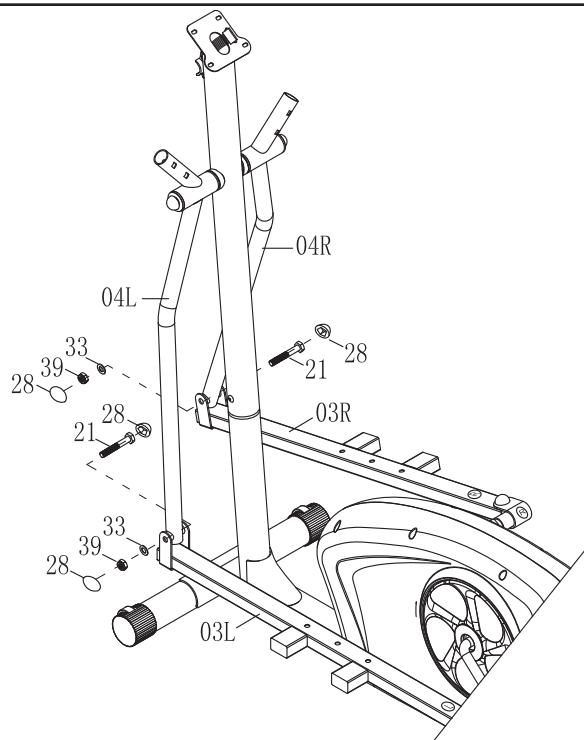
NUTS



#38. Nylon Nut (M8)
[8 Pieces]



#39. Nylon Nut (M10)
[2 Pieces]





Assembly Instructions

Assembly Step 6

PULSE HANDLE BAR ASSEMBLY

Install the **Pulse Handle Bar (#05)** onto the front side of the **Center Post (#02)** as shown in the illustration below using two **Bolts (#19)** and two **Washers (#29)**. Please ensure the **Hand Pulse Wire (#13)** is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the **Monitor (#46)** later.

Attach the **Clamp Cover (#24)** onto the **Pulse Handle Bar (#05)** as illustrated.

COMPUTER ASSEMBLY

Remove the four **Screws (#25)** that are pre-assembled on the **Monitor (#46)**. Set them aside nearby as they will be used later in this process.

With the help of an assistant, connect the **Main Sensor Wire (Middle) (#11)** to the corresponding wire on the **Monitor (#46)** (diagram A). Connect the end of **Hand Pulse Wire (#13)** to the **Monitor (#46)** by inserting it into the back hole as illustrated below (diagram B).

Being careful not to pinch/damage any of the wires, tuck in the connected wires through the mouth of **Center Post (#02)** and attach the **Monitor (#46)** to the bracket on the **Center Post (#02)** by using the four **Screws (#25)** that were previously removed.

Hardware Required

BOLTS



#19. Bolt (M8x30 mm)
[2 Pieces]

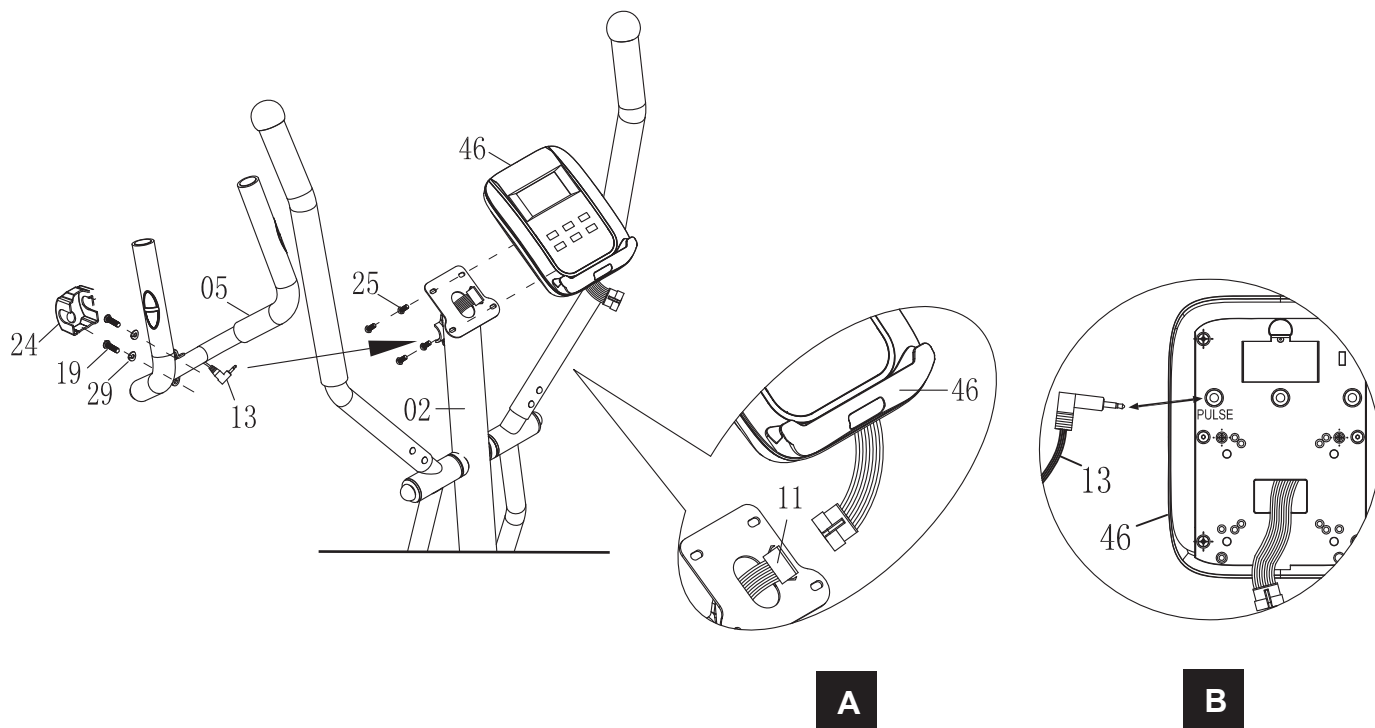


#25. Screw (M5x10 mm)
[4 Pieces]

WASHERS



#29. Spring Washer (M8)
[2 Pieces]



A

B



Assembly Instructions

Assembly Step 7

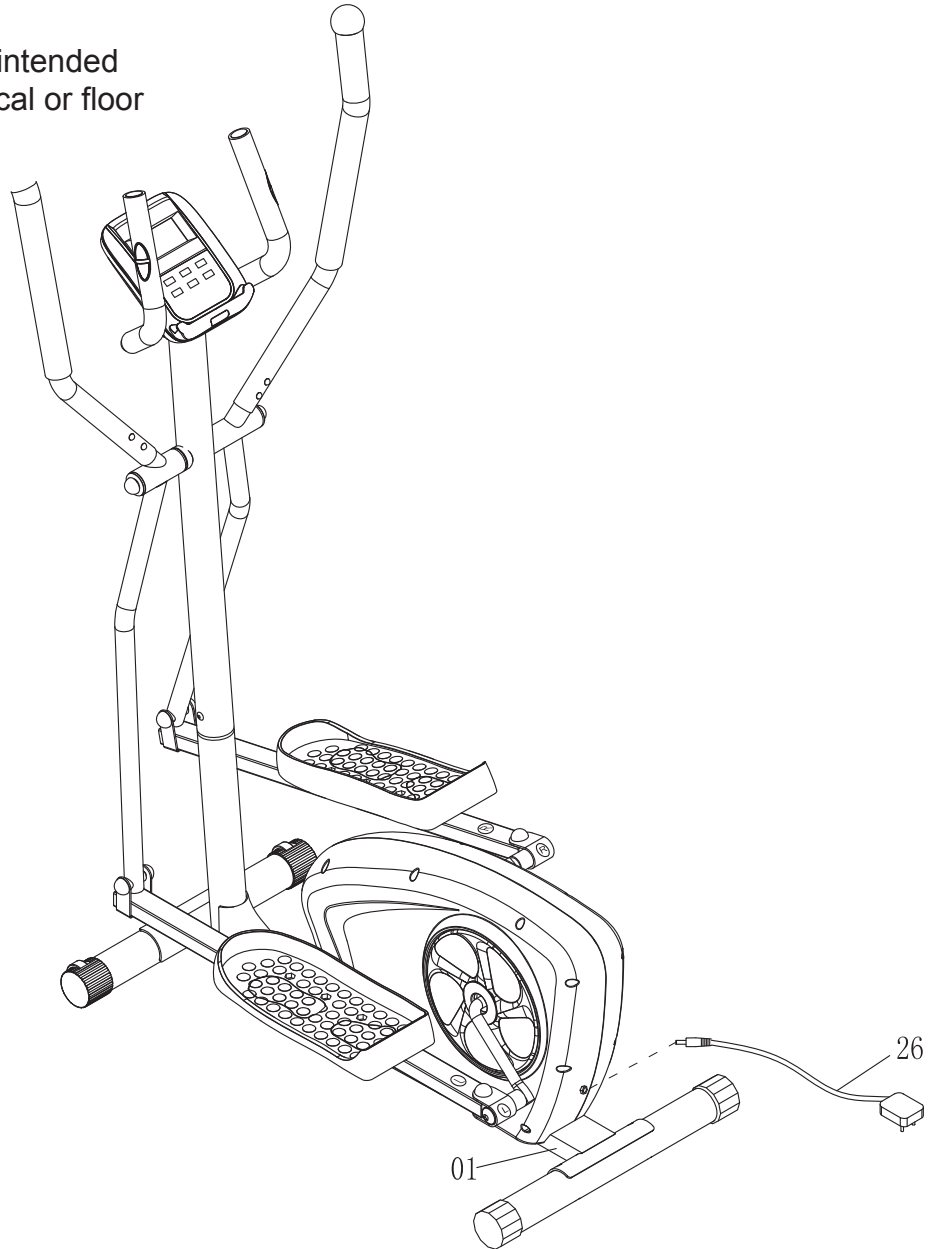
Plug in the **Adapter (#26)** male plug into the female socket located at the rear end of the unit.

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, and before each use.

Note:

This Magnetic Recumbent Bike is intended to be correctly orientated in a vertical or floor mount position.



Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), Please refer to our “Troubleshooting” section on **Page 19** for other troubleshoot issues.



Safety & Maintenance

SAFETY & WARNINGS

- 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.

HOW TO (EMERGENCY) STOP

NOTE: Always wait for the pedals and/or any other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

1. To reduce speed on the bike, you may use the combinations of your feet on the **Left/Right Pedals (#44/45)** and your hands on either set of the **Left Handle Bar (#07L)** and **Right Handle Bar (#07R)** to gently and safely apply counter-momentum.
2. Wait for the pedals to come to a complete stop.
3. Now you may safely dismount the unit

HOW TO MOVE/TRANSPORT THE BIKE FOR STORAGE

NOTE: To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum 2 people total). The unit has integrated **End Cap for Front Stabilizer (#61)** purposely intended to help ease this process.

1. Position one person on each side at the rear of the bike toward the handlebar (one person on the left, and one on the right).
2. Have each person use both hands to grip the corresponding **Foam Grip for Handle Bar (#63)**. (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the rear end of the unit, leaving the weight and pressure into the front of the unit and onto the **End Cap for Front Stabilizer (#61)** to move/transport the unit to the desired area.

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.
- Do not use solvent cleaners. If in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT
- 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): **Left / Right Pedal (#44/45); Left/Right Handle Bar (#07L/07R).**
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (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.



Usage Guidelines

HOW TO START YOUR WORKOUT (2 OPTIONS):

A. "QUICKSTART" OPTION: To begin working out without having to go through any computer set-up.

1. Begin exercising. The computer will automatically turn on with default Program 1.
2. Press ST/SP to start the computer in "Count-Up" measuring and display your workout metrics.
3. Use "UP"/"DOWN" to adjust resistance intensity during workout.

B. "PROGRAM SELECTION" OPTION: To select from a selection of workout programs

(1 Manual / 2 Rolling / 3 Valley / 4 Mountain / 5 Rally / 6 Ramp / 7 Interval / 8 Cardio / 9 Endurance / 10 Fatburn / 11 Hiking / 12 Target Heart Rate)

1. Follow the instructions in the following pages in this "Computer Operation" section.
2. Press ST/SP to start the computer and it will automatically start measuring and display your workout metrics by "Count-Down" (if you preset any target values).
3. Begin exercising.



Computer Operation

"COUNT-UP" / "COUNT-DOWN"

Your computer is able to either "Count-Up" or "Count-Down" your workout metrics.

- When the computer is "Count-Up" measuring, it will automatically show your workout metrics increasing (i.e. counting up) from 0.
- When the computer is "Count-Down" measuring, it is because you have preset a target value for one or more of the workout metrics: TIME / DISTANCE / CAL / PULSE and it will show your progress from your preset target value decreasing toward 0 (i.e. counting down). When any preset target value reaches 0, the computer will beep for 8 seconds.

COMPUTER FUNCTIONS:

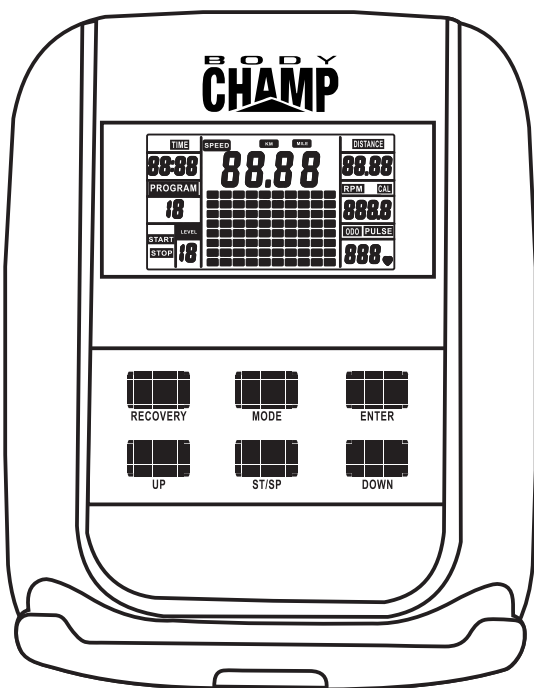
WORKOUT PROGRAMS	(Manual Program (1); Preset Programs (10); Target Heart Rate Program (1)) = Total of 12 programs
TIME	When <i>Count-Up</i> : Accumulated exercise for current workout session (in minutes/seconds) is displayed When <i>Count-Down</i> : Time will count down from the preset target value you selected to 0
SPEED	Current speed displayed (in MPH)
DISTANCE	When <i>Count-Up</i> : Accumulated distance for current workout session (in miles) is displayed When <i>Count-Down</i> : Distance will count down from the preset target value you selected to 0
PROGRAM	Indicates the current selected Workout Program number (1 through 12); Note: When flashing, you can use "UP" and "DOWN" to select desired Workout Program.
CAL	When <i>Count-Up</i> : Accumulated calories burned for current workout session is displayed When <i>Count-Down</i> : Calories will count down from the preset target value you selected to 0
START/STOP	Shows whether you are currently in "START" mode (exercise and computer calculation in progress), or "STOP" mode (resting or stopping with paused computer calculation)
LEVEL	Indicates the current level of intensity and resistance (1 through 16); Notes: The computer display uses a bar-matrix grid which shows columns up to 16 rectangular increments in the center window; Each single bar represents 2 levels of resistance; When in "START" mode and exercising, you can adjust using "UP" and "DOWN".
♥ PULSE	Current user heart rate value in BPM (beats per minute)*
RPM	Current rotations per minute
ODO	Current accumulated distance of workout session in whole miles
AUTO SHUT OFF	Computer will turn off automatically if unit is not engaged in movement after 4 min.
AUTO TURN ON	Computer will turn on automatically if movement on the unit is detected, or any button is pressed.

* Please be aware that **the pulse sensors are not medical devices**; the pulse sensors **should not** be used or applied for medical reasons.

IMPORTANT Please remember that the functions in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program.



Computer Operation



BUTTON FUNCTIONS:

RECOVERY	After computer is already reading/displaying a numeric value in the PULSE window: <ul style="list-style-type: none"> Press to enter into pulse recovery testing To exit pulse recovery mode
MODE	In STOP mode: <ul style="list-style-type: none"> To scroll and select desired function window for to set Program or preset target value In START mode: <ul style="list-style-type: none"> To select between paired display of: RPM/ODO, or, CAL/PULSE
ENTER	<ul style="list-style-type: none"> To confirm selected Program To confirm preset target value for TIME/DISTANCE/CAL
UP	<ul style="list-style-type: none"> To scroll up through workout programs To increase value of selected workout function During the workout: to increase the resistance level
ST/SP	<ul style="list-style-type: none"> Start and/or Pause workout sessions Holding button for 2 seconds will RESET all function values to be zero
DOWN	<ul style="list-style-type: none"> Scroll down through workout programs Decreases value of selected workout function During the workout: to decrease the resistance level

GENERAL COMPUTER OPERATION ("HOW-TO"):

1. Ensure that your unit is plugged-in to an electrical source. Press any button and/or pedal to power on the computer.

2. Use UP and DOWN to select your desired workout Program, then press ENTER.

3. Pre-setting Workout Functions

The computer allows you to pre-set certain functions. In other words, you can pre-set* your own workout target goals for functions TIME / DISTANCE / CALORIES.

*NOTES:

- Some functions are not adjustable in certain programs; the computer should automatically skip over any functions in such cases.
- When you preset any functions, the display will countdown from your value. Once "0" is reached, the computer will beep to signal you have reached/completed your goal.

Once a Program has been selected:

- Press ENTER so that TIME function flashes.
- Use UP or DOWN to set desired time value.



Computer Operation

- C. Press ENTER to confirm the value. The flashing prompt will move to the next function.
- D. Continue use of UP or DOWN to preset functions as desired, or use ENTER to skip any functions.
- E. Press ST/SP to begin workout.

4. The 12 Workout Programs can be categorized under 3 basic categories which will be detailed in following pages: **(Manual Program (1 option); Pre-set Programs (10 options); Target Heart Rate Program (1 option))**

*****IMPORTANT***** Please remember that the programs in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program. Additionally, please note that other devices you may use can also provide different readings from those of this computer even though similar functions are being measured; these variances occur with different products, categories, and manufacturers.

MANUAL & PRE-SET WORKOUT Programs

The **Manual Program** allows you to manually adjust the resistance levels throughout your workout session and preset certain workout metrics. It allows you to manually create your own program based on resistance levels. The **Preset Workout Programs** are pre-programmed routines that simulate different physical activities or allow you to set specified target goals.



(1 Manual / 2 Rolling / 3 Valley / 4 Mountain / 5 Rally / 6 Ramp / 7 Interval / 8 Cardio / 9 Endurance / 10 Fatburn / 11 Hiking)

How to Set Functions:

1. Use UP/DOWN to select the desired program.
2. Press ENTER to confirm.
3. If desired, you can preset values for functions of TIME/DISTANCE/CAL, or, skip through any pre-setting functions by pressing ENTER.
 - a. To set values, use UP/DOWN to increase/decrease values.
 - b. Press ENTER to confirm desired values.
4. Press ST/SP to begin workout session.

TARGET HEART RATE Program

The Target Heart Rate Program will automatically adjust resistance levels based on your preset PULSE value. In this program setting, the PULSE value will keep at the constant value which you enter. It means that if your heart rate starts to increase, the resistance levels will decrease, and, if your heart rate starts to decrease, the load resistance will increase to ensure you maintain the entered PULSE value.



How to Set Functions:

1. Use UP/DOWN to select the desired program (PROGRAM 12).
2. Press ENTER to confirm.
3. If desired, you can set desired values for functions of Time/Distance/Calories, or, skip through any pre-setting functions by pressing ENTER.
 - a. To set values, use UP/DOWN to increase/decrease values.
 - b. Press ENTER to confirm desired values.
4. Use UP/DOWN to input the desired Target Heart Rate.
5. Press ENTER to confirm.
6. Press ST/SP to begin workout session.



Computer Operation

RECOVERY Reading

NOTE: The pulse RECOVERY test compares your heart rate before and after exercise. It provides a reading that gauges your body's overall ability to come back to a resting state after exercise activity.

How to Get a RECOVERY Reading:

The pulse RECOVERY test compares your heart rate before and after exercise. It provides a reading that gauges your body's overall ability to come back to a resting state after exercise activity.

1. As you are nearing the end of your workout, place both hands gently on pulse sensors. Computer will start to read your PULSE and a numeric value will display.
2. Whenever you are ready for your RECOVERY reading, press RECOVERY, and the PULSE numeric value that was measured when you pressed RECOVERY will be recorded. 1 minute (60 seconds) will begin to countdown in the TIME window.
3. Keep both hands on the pulse sensors during the entire 1 minute for an accurate reading. After 60 seconds, the computer will beep and your test result will appear on the screen (F1-F6).

NOTES:

- You may press RECOVERY to exit the test before the 60 seconds is up.
- The computer must first detect your heart rate first; if no heart rate is detected, pressing RECOVERY will not enter into testing mode.

RESULTS GUIDE:

F1 = Excellent	F4 = Below Average
F2 = Good	F5 = Poor
F3 = Fair	F6 = Very Poor

IMPORTANT Please remember that the programs in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program. Additionally, please note that other devices you may use can also provide different readings from those of this computer even though similar functions are being measured; these variances occur with different products, categories, and manufacturers.



Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
HAND PULSE SIGNAL	<p>If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.3. Remove any rings or jewelry to prevent interference.4. Check to ensure all pulse sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</p>
CALORIES/DISTANCE/ TIME/(ETC.)	<p>If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all computer sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the sensor wires in this manual.</p>
COMPUTER Display	<p>If the computer <u>display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all sensor wires are all properly connected and are not damaged.2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. <p><i>*Please check your product manual to determine if your model uses <u>either</u></i> <i>1. an AC Adapter, <u>or</u> 2. Batteries to power your unit.</i></p>

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

WARM UP INSTRUCTIONS

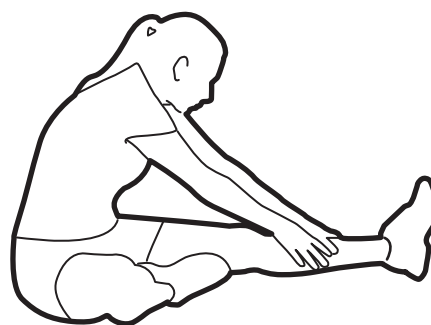
Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

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.



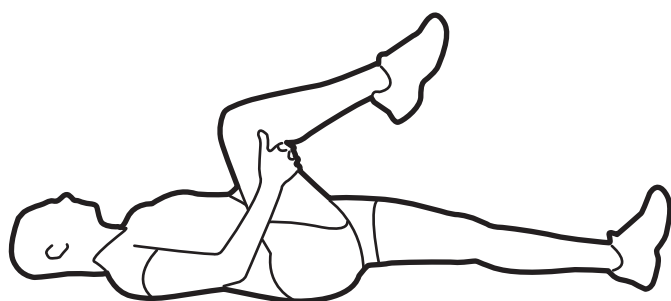
Groin Stretch

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.



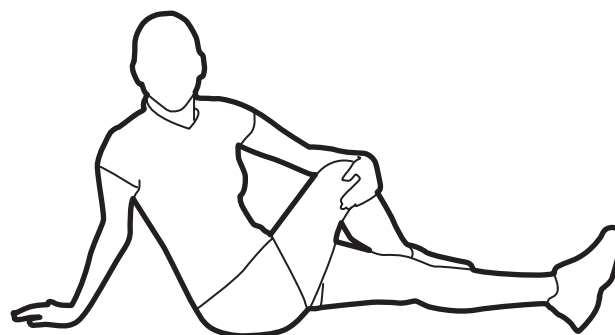
Hamstring Stretch

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.



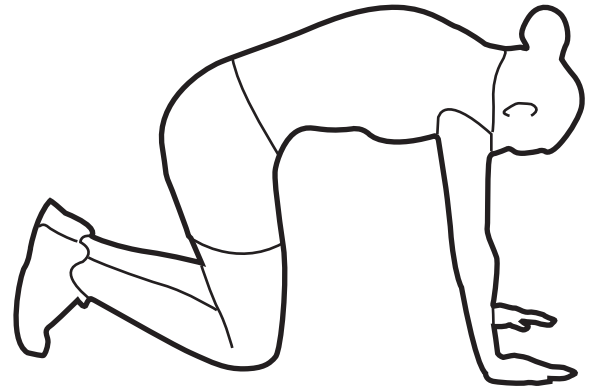
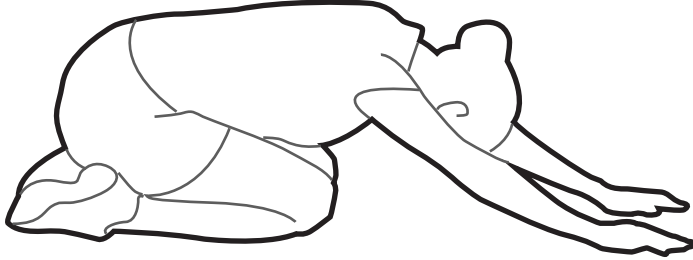
Hip Stretch

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 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 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.



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.

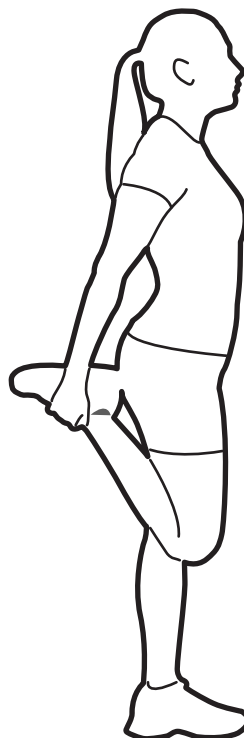
Shoulder Stretch

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 repeat.



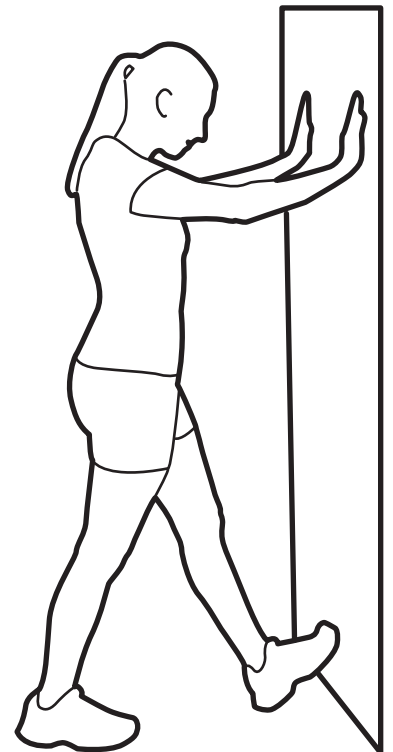
Quadriceps Stretch

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 Stretch

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.





Proof of purchase

Thanks for choosing



Model Number BR1895/2895

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

Serial Number:

Date of Purchase:

Store Name:

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

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

