*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.

**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 lightening 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. 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.
- 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.
- 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:

a). provide replacement parts to the purchaser in an effort to repair the item.

b). repair the product returned to our warehouse (at the purchaser’s cost).

c). 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 & 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.

## Bolt

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#05</td>
<td>Hex Bolt (M10x55 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#162</td>
<td>Right Pedal Hinge Bolt</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#72</td>
<td>Carriage Bolt (M8x73 mm)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#44</td>
<td>Hex Bolt (M10x45 mm)</td>
<td>4 Pieces</td>
</tr>
<tr>
<td>#46</td>
<td>Carriage Bolt (M10x57 mm)</td>
<td>4 Pieces</td>
</tr>
<tr>
<td>#82</td>
<td>Cap (S17)</td>
<td>8 Pieces</td>
</tr>
<tr>
<td>#41</td>
<td>Cap (S13)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#17</td>
<td>Knob Bolt (M8x36 mm)</td>
<td>3 Pieces</td>
</tr>
<tr>
<td>#12</td>
<td>Handlebar Axle (φ16x410 mm)</td>
<td>1 Piece</td>
</tr>
</tbody>
</table>

## Washer

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#43</td>
<td>Arc Washer (φ10x2.0xφ25xR28)</td>
<td>4 Pieces</td>
</tr>
<tr>
<td>#74</td>
<td>Arc Washer (φ8.2x2xφ20xR28)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#51</td>
<td>Spring Washer (φ12)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#56</td>
<td>Washer (φ10.2x φ25x2)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#81</td>
<td>Washer (φ8.2x1.2xφ17)</td>
<td>3 Pieces</td>
</tr>
<tr>
<td>#84</td>
<td>Washer (φ10.5x2xφ20)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#86</td>
<td>Wavy Washer (φ16.2xφ21x17x0.3t mm)</td>
<td>2 Pieces</td>
</tr>
</tbody>
</table>

## Nut

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#45</td>
<td>Nylon Nut (M10)</td>
<td>8 Pieces</td>
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<tr>
<td>#47</td>
<td>Nut (M10)</td>
<td>4 Pieces</td>
</tr>
<tr>
<td>#48</td>
<td>Left Nylon Nut (B0.5x20 S19)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#49</td>
<td>Right Nylon Nut (B0.5x20 S19)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#75</td>
<td>Nut (M8)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#82</td>
<td>Nylon Nut (M8)</td>
<td>3 Pieces</td>
</tr>
</tbody>
</table>

## Others

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>#72</td>
<td>Carriage Bolt (M8x30 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#76</td>
<td>Bolt (M8x30 mm)</td>
<td>2 Pieces</td>
</tr>
</tbody>
</table>

## Tools

<table>
<thead>
<tr>
<th>Part Number</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#68</td>
<td>Tool 1 (2-S17,S19)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#69</td>
<td>Tool 2 (S8)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#85</td>
<td>Tool 4 (S6)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#70</td>
<td>Tool 3 (S13-14-15)</td>
<td>1 Piece</td>
</tr>
</tbody>
</table>
# Description

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>#</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Main Frame</td>
<td>42</td>
<td>Cap (S17)</td>
</tr>
<tr>
<td>02</td>
<td>Front Stabilizer</td>
<td>43</td>
<td>Arc Washer (φ10x2.0xφ25xR28 mm)</td>
</tr>
<tr>
<td>03</td>
<td>Rear Stabilizer</td>
<td>44</td>
<td>Hex Bolt (M10x45 mm)</td>
</tr>
<tr>
<td>04L</td>
<td>Left Coupler Bar</td>
<td>45</td>
<td>Nylon Nut (M10)</td>
</tr>
<tr>
<td>04R</td>
<td>Right Coupler Bar</td>
<td>46</td>
<td>Carriage Bolt (M10x57 mm)</td>
</tr>
<tr>
<td>05</td>
<td>Hex Bolt (M10x55 mm)</td>
<td>47</td>
<td>Nut (M10)</td>
</tr>
<tr>
<td>06L</td>
<td>Left Pedal Tube</td>
<td>48</td>
<td>Left Nylon Nut (B0.5x20 S19) (with BLACK inner nylon ring)</td>
</tr>
<tr>
<td>06R</td>
<td>Right Pedal Tube</td>
<td>49</td>
<td>Right Nylon Nut (B0.5x20 S19) (with WHITE inner nylon ring)</td>
</tr>
<tr>
<td>07L</td>
<td>Left Handle Bar</td>
<td>50</td>
<td>Electronic Monitor</td>
</tr>
<tr>
<td>07R</td>
<td>Right Handle Bar</td>
<td>51</td>
<td>Spring Washer (D12)</td>
</tr>
<tr>
<td>208L</td>
<td>Left Chain Cover</td>
<td>52</td>
<td>Nut (M6)</td>
</tr>
<tr>
<td>208R</td>
<td>Right Chain Cover</td>
<td>53</td>
<td>Gear Shaft (φ30.5x77 mm)</td>
</tr>
<tr>
<td>09</td>
<td>Fan Wheel (φ503x55 mm)</td>
<td>55</td>
<td>Chain Wheel (1/4&quot;xφ165x2.6)</td>
</tr>
<tr>
<td>10</td>
<td>Spring (φ1.8x32xφ10 mm)</td>
<td>56</td>
<td>Washer (φ10.2xφ25x2 mm)</td>
</tr>
<tr>
<td>11</td>
<td>Pedal</td>
<td>57</td>
<td>Knob Bolt (M12x24 mm)</td>
</tr>
<tr>
<td>12</td>
<td>Handlebar Axle (φ16x410 mm)</td>
<td>58</td>
<td>Round Inner Plug (φ32x1.5 mm)</td>
</tr>
<tr>
<td>13</td>
<td>Round End Cap (φ50 mm)</td>
<td>59</td>
<td>Hex Bolt (M6x48 mm)</td>
</tr>
<tr>
<td>14</td>
<td>Foam Grip (φ23x5x300 mm)</td>
<td>60</td>
<td>Nylon Nut (M6)</td>
</tr>
<tr>
<td>15</td>
<td>Round Inner Plug (φ25x2 mm)</td>
<td>61</td>
<td>Nut (M10x1.0)</td>
</tr>
<tr>
<td>16</td>
<td>Handlebar Sleeve (φ28.5xφ25.4x84 mm)</td>
<td>162</td>
<td>Right Pedal Hinge Bolt</td>
</tr>
<tr>
<td>17</td>
<td>Knob Bolt (M8x36 mm)</td>
<td>163</td>
<td>Left Pedal Hinge Bolt</td>
</tr>
<tr>
<td>18</td>
<td>Front Rollers (φ23x6.5x32 mm)</td>
<td>65</td>
<td>U Bracket</td>
</tr>
<tr>
<td>19</td>
<td>Bushing (φ24x12xφ16.1 mm)</td>
<td>66A</td>
<td>Pedal Connection Joint</td>
</tr>
<tr>
<td>20</td>
<td>Bushing (φ14x10xφ10.1 mm)</td>
<td>67</td>
<td>Rectangular Inner Plug (25x50 mm)</td>
</tr>
<tr>
<td>21</td>
<td>Bushing (φ18x14xφ10.1 mm)</td>
<td>68</td>
<td>Tool 1 (2-S17,S19)</td>
</tr>
<tr>
<td>22A</td>
<td>Fan Wheel Axle (M10x150 mm)</td>
<td>69</td>
<td>Tool 2 (S8)</td>
</tr>
<tr>
<td>23</td>
<td>Nut (M10x1xB5)</td>
<td>70</td>
<td>Tool 3 (S13-14-15)</td>
</tr>
<tr>
<td>24</td>
<td>Adjuster Bolt (M6x36 mm)</td>
<td>71</td>
<td>Washer (φ10.2xφ20x2 mm)</td>
</tr>
<tr>
<td>25</td>
<td>Nut (M10x1xB10xφ20 S15)</td>
<td>72</td>
<td>Carriage Bolt (M8x73 mm)</td>
</tr>
<tr>
<td>26</td>
<td>Sensor</td>
<td>73</td>
<td>Center Handle Bar</td>
</tr>
<tr>
<td>27</td>
<td>Crankshaft</td>
<td>74</td>
<td>Arc Washer (φ8.2x2xφ20xR28 mm)</td>
</tr>
<tr>
<td>28</td>
<td>Washer for Crankshaft</td>
<td>75</td>
<td>Nut (M8)</td>
</tr>
<tr>
<td>29</td>
<td>Washer for Crankshaft</td>
<td>76</td>
<td>Bolt (M8x30 mm)</td>
</tr>
<tr>
<td>30L</td>
<td>Left Crankshaft Bearing Collar</td>
<td>77</td>
<td>Center Post</td>
</tr>
<tr>
<td>30R</td>
<td>Right Crankshaft Bearing Collar</td>
<td>78</td>
<td>Foam Grip (φ23x5x125 mm)</td>
</tr>
<tr>
<td>31</td>
<td>Crankshaft Bearing Set</td>
<td>79</td>
<td>Seat</td>
</tr>
<tr>
<td>32</td>
<td>Bearing Brace</td>
<td>80</td>
<td>Horizontal Seat Bar</td>
</tr>
<tr>
<td>33</td>
<td>Left Nut for Crankshaft</td>
<td>81</td>
<td>Washer (φ8.2x1.2xφ17 mm)</td>
</tr>
<tr>
<td>34</td>
<td>Chain (1/4&quot;x204 Links)</td>
<td>82</td>
<td>Nylon Nut (M8)</td>
</tr>
<tr>
<td>35</td>
<td>Friction Belt (1150L mm)</td>
<td>83</td>
<td>Seat Post</td>
</tr>
<tr>
<td>36</td>
<td>Tension Adjustment Knob</td>
<td>84</td>
<td>Washer (φ10.5x2xφ20 mm)</td>
</tr>
<tr>
<td>37</td>
<td>Square Inner Plug (□30 mm)</td>
<td>85</td>
<td>Tool 4 (S6)</td>
</tr>
<tr>
<td>38</td>
<td>Screw (ST4.8x20 mm)</td>
<td>86</td>
<td>Wavy Washer (16.2xφ21x17x0.3t mm)</td>
</tr>
<tr>
<td>39</td>
<td>Screw (ST4.8x40 mm)</td>
<td>87</td>
<td>Wavy Washer</td>
</tr>
<tr>
<td>40</td>
<td>Screw (ST4.8x16 mm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Cap (S13)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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 Step 1

With the help of an assistant, attach the Rear Stabilizer (#03) to the rear of the Main Frame (#101). Insert two Carriage Bolts (#46) through the Rear Stabilizer (#03) followed by the rear of the Main Frame (#101). Secure them together using two Arc Washers (#43) and two Nuts (#47). Now, attach the Front Stabilizer (#02) to the front of the Main Frame (#101). Insert two Carriage Bolts (#46) through the Front Stabilizer (#02) followed by the front of the Main Frame (#101). Secure them together using two Arc Washers (#43) and two Nuts (#47).

Note:
Please note that the Front Stabilizer (#02) has Front Rollers (#18) that spin for ease of relocating the unit.

Hardware & Tool Required

Bolt

#46 Carriage Bolt (M10x57 mm) [4 Pieces]

Washer

#43 Arc Washer (φ10x2.0x25xR28) [4 Pieces]

Nut

#47 Nut (M10) [4 Pieces]

Tools

#68 Tool 1 (2-S17,S19) [1 Piece]
Assembly Step 2

Remove the Nylon Nuts (#45) and Washers (#56) that are pre-assembled on the Handlebar Axle (#12) and set them aside as they will be used later in this step.

Insert the Handlebar Axle (#12) through the main frame. Make sure the Handlebar Axle (#12) is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Please refer to the “Note:” and image below and properly attach Left Coupler Bar (#04L) and Right Coupler Bar (#04R) to the main frame via the Handlebar Axle (#12). Again, use WD40 or Vaseline to reduce friction if needed. Once the Left Coupler Bar (#04L) and Right Coupler Bar (#04R) are correctly situated, fasten the end of the Handlebar Axle (#12) with a Washer (#56) and a Nylon Nut (#45) on each side. Then cap each end with a Cap (#42).

Note:
Make sure Left /Right Coupler Bar (04L/04R) are placed on the correct side when its horizontal Pivot Tube (which is welded at the top) faces the REAR of the machine as seen from the user.

Hardware & Tool Required

<table>
<thead>
<tr>
<th>Hardware &amp; Tool Required</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Washer</strong></td>
</tr>
<tr>
<td>#56 Washer (φ10.2xφ25x2) [2 Pieces]</td>
</tr>
<tr>
<td>#45 Nylon Nut (M10) [2 Pieces]</td>
</tr>
<tr>
<td><strong>Others</strong></td>
</tr>
<tr>
<td>#12 Handlebar Axle (φ16x410 mm) [1 Piece]</td>
</tr>
<tr>
<td>#42 Cap (S17) [2 Pieces]</td>
</tr>
<tr>
<td><strong>Tools</strong></td>
</tr>
<tr>
<td>#68 Tool 1 (2-S17,S19) [2 Pieces]</td>
</tr>
</tbody>
</table>

Assembly Instructions
Please refer to the "Note:" and image below and properly
Assembly Instructions

Assembly Step 3

Remove Hex Bolts (#05) and Nylon Nuts (#45) that are pre-assembled on the Pedal Connection Joint (#66A) and set them aside as they will be used in a later process.

Attach the Pedal Connection Joint (#66A) to the Right Pedal Tube (#06R). Insert a Hex Bolt (#05) through the upper bracket of the Pedal Connection Joint (#66A), followed by Right Pedal Tube (#06R) then the lower bracket of the Pedal Connection Joint (#66A). Secure them with a Nylon Nut (#45).

Attach three Caps (#42) on three Hex Bolts (#05) as illustrated in the drawing below.

Align and attach the Pedal Connection Joint (#66A) on the Right Pedal Tube (#06R) to the right Crankshaft (#27). Insert the Right Pedal Hinge Bolt (#162) through one Wavy Washer (#86), followed by Pedal Connection Joint (#66A) and Crankshaft (#27). Secure the Right Pedal Hinge Bolt (#162) tightly into the Crankshaft (#27) by turning CLOCKWISE. Then, secure with a Spring Washer (#51) and a Right Nylon Nut [with WHITE inner nylon ring] (#49).


Repeat the above process on the left side of the machine but turn the Left Pedal Hinge Bolt (#163) COUNTER-CLOCKWISE.


IMPORTANT Note:
Keep the Right/Left Pedal Hinge Bolt (#162/163) and the Wavy Washer (#86) perfectly straight as they go through the Pedal Connection Joint (#66A) and the Crankshaft (#27). If the Right/Left Pedal Hinge Bolt (#162/163) are connected to the Crankshaft (#27) incorrectly, damage to the Right/Left Pedal Hinge Bolt (#162/163) and Crankshaft (#27) will occur.
Assembly Instructions

**IMPORTANT:**
Secure both pedal hinge bolts every 30 days. Through regular use, the pedal hinge bolts may still come loose even when the initial assembly was secure. DO NOT operate the unit when these parts are loose!

**WARNING:**
Failure to keep these parts securely fastened will severely damage your unit and may cause injury to the user. This damage is not a sign of defect and is NOT covered by your limited warranty. The manufacturer is NOT liable for any damage or injury resulted in this manner.

**Hardware & Tool Required**

**Bolt**
- #05 Hex Bolt (M10x55 mm) [2 Pieces]
- #162 Right Pedal Hinge Bolt [1 Piece]
- #163 Left Pedal Hinge Bolt [1 Piece]

**Washer**
- #51 Spring Washer (D12) [2 Pieces]
- #86 Special Washer (φ16.2xφ21x17x0.3t mm) [2 Pieces]

**Nut**
- #45 Nylon Nut (M10) [2 Pieces]
- #48 Left Nylon Nut (B0.5x20 S19) (with BLACK inner nylon wing) [1 Piece]
- #49 Right Nylon Nut (B0.5x20 S19) (with WHITE inner nylon ring) [1 Piece]

**Others**
- #42 Cap (S17) [6 Pieces]

**Tools**
- #68 Tool 1 (2-S19, S17) [1 Piece]
- #69 Tool 2 (S8) [1 Piece]
Assembly Instructions

**Assembly Step 4**

Attach one Pedal (#11) as oriented below in diagram to the Right Pedal Tube (#06R) and secure them together using two Hex Bolts (#44) and two Nylon Nuts (#45).

Repeat this process on the other side using the other Pedal (#11) onto the Left Pedal Tube (#06L).

**Hardware & Tool Required**

<table>
<thead>
<tr>
<th>Component</th>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bolt</td>
<td>#44 Hex Bolt (M10x45 mm)</td>
<td>[4 Pieces]</td>
</tr>
<tr>
<td>Nut</td>
<td>#45 Nylon Nut (M10)</td>
<td>[4 Pieces]</td>
</tr>
<tr>
<td>Tools</td>
<td>#68 Tool 1 (2-S17,S19)</td>
<td>[1 Piece]</td>
</tr>
</tbody>
</table>

RIGHT SIDE
Assembly Step 5

Remove Washers (#81) and Nylon Nuts (#82) that are pre-assembled on the back of the Seat (#79) and set them aside as they will be used later in this step. Attach the Seat (#79) to the Horizontal Seat Bar (#80) using a total of three Washers (#81) and three Nylon Nuts (#82).

Remove the Knob Bolt (#57) that is pre-assembled on the Main Frame (#101) and set it aside for now, as it will be used later in this step.

Insert the Horizontal Seat Bar (#80) into the Seat Post (#83). Insert a Knob Bolt (#17) through a Washer (#84), followed by the Seat Post (#83) and Horizontal Seat Bar (#80), secure them together by tightening the Knob Bolt (#17) up through the bottom of the Horizontal Seat Bar (#80).

Insert the Seat Post (#83) a minimum of 4 inches into the Main Frame (#101) to engage the lowest hole and secure by screwing in the Knob Bolt (#57). Please ensure that the hole on the Seat Post (#83) is facing the same side as the Knob Bolt (#57) so it can be aligned and fully engage through the lowest corresponding hole on the Main Frame (#101).

You may adjust the Seat Post (#83) to the height most comfortable for you after complete assembly. Please always check to ensure a hole has been fully engaged when you secure and tighten the Knob Bolt (#57).

Hardware & Tool Required

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washer</td>
<td>81</td>
</tr>
<tr>
<td>Nut</td>
<td>82</td>
</tr>
<tr>
<td>Others</td>
<td>17, 57</td>
</tr>
<tr>
<td>Tools</td>
<td>70</td>
</tr>
</tbody>
</table>

Washer

- #81 Washer (φ8.2x1.2xφ17) [3 Pieces]
- #84 Washer (φ10.5x2xφ20) [1 Piece]

Nut

- #82 Nylon Nut (M8) [3 Pieces]

Others

- #17 Knob Bolt (M8x36 mm) [1 Piece]
- #57 Knob Bolt (M12 x24 mm) [1 Piece]

Tools

- #70 Tool 3 (S13-14-15)
Assembly Instructions

**Assembly Step 6**

Insert the *Left Handlebar (#07L)* into the *Left Coupler Bar (#04L)* to a height setting that is comfortable to the user. You can always re-adjust the height setting after complete assembly for a better fit. Secure together using one *Knob Bolt (#17)* as shown below. Attach one *Cap (#41)* over the end of the *Knob Bolt (#17)* as illustrated below.

Making sure the settings for both Handlebars is the same, repeat this process on the other side using *Right Handlebar (#07R)*, *Right Coupler Bar (#04R)*, and one *Knob Bolt (#17)*.

If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

**Hardware & Tool Required**

**Others**

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#41 Cap (S13)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#17 Knob Bolt (M8x36 mm)</td>
<td>2 Pieces</td>
</tr>
</tbody>
</table>
Assembly Step 7

Remove the Bolts (#76) that are pre-assembled on the Main Frame (#101) and set them aside as they will be used later in this step.

Making sure not to pinch any wires, secure the Center Post (#77) to the Main Frame (#101) using two Bolts (#76) as illustrated below.

Connect the Sensor Wire (#26b) to the Sensor Wire (#26a).

Attach the Center Handle Bar (#73) to the Center Post (#77). Insert a Carriage Bolt (#72) through Center Handle Bar (#73) followed by the Center Post (#77). Secure them together using an Arc Washer (#74) and one Nut (#75).

Hardware & Tool Required

Bolt

- #72 Carriage Bolt (M8x73 mm) [1 Piece]
- #76 Bolt (M8x30 mm) [2 Pieces]

Washer

- #74 Arc Washer (φ8.2x2x20xR28) [1 Piece]

Nut

- #75 Nut (M8) [1 Piece]

Tools

- #70 Tool 3 (S13-14-15) [1 Piece]
- #85 Tool 4 (S8) [1 Piece]
Assembly Instructions

Assembly Step 8

Connect the pin on the tip of the Sensor Wire (#26b) to the corresponding socket of the wire end on the Electronic Monitor (#50) as shown in diagram below. Attach the Electronic Monitor (#50) by sliding it in place onto the tip of the Center Post (#77).

ASSEMBLY IS NOW COMPLETE. HOWEVER, PLEASE READ ALL SAFETY GUIDELINES & WARNING LABELS BEFORE USING THE UNIT TO AVOID SERIOUS INJURY.
**Tension Adjustment**

**WARNING:** If the *Friction Belt* (#35) is tightened to an extremely tight/taut setting against the flywheel, you may risk damaging, over-wearing, over-stressing and/or breaking the *Friction Belt* (#35). Please see below for more details to prevent damage and breakage.

**FOR TENSION ADJUSTMENT,** simply turn the *Tension Adjustment Knob* (#36).
- To increase tension (+ higher resistance and more difficult), turn clockwise.
- To decrease tension (- lower resistance and less difficult), turn counter-clockwise.

***WARNING***: Please turn the *Tension Control* (#36) gently. **DO NOT** use excess force to avoid damaging any parts of your unit.

**FOR CALIBRATING TENSION ADJUSTMENT SYSTEM:**

NOTE: It is normal for the *Friction Belt* (#38) to periodically loosen due to regular use. Repeat the below process anytime you feel it may be necessary to recalibrate the tension adjustment system.

STEP 1: Gently turn *Tension Adjustment Knob* (#36) counter-clockwise and keep turning until the knob can no longer turn (i.e. decrease the tension fully).

STEP 2: Adjust the *Friction Belt* (#35) so that when you gently tug it out away from flywheel, there is a 1” distance of slack between the *Friction Belt* (#35) and the flywheel as shown in diagram.

***WARNING***: It is important you check for this minimum of 1-inch distance to avoid damaging, over-wearing, over-stressing and/or breaking the *Friction Belt* (#35).

NOTE: In order to clearly show parts used in Tension Adjustment process, this drawing has been modified and does not show all parts nor full assembly.
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.
• Please be aware that the pulse sensors and body fat measurement tool are not medical devices; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.

HOW TO (EMERGENCY) STOP

NOTE: 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.

Care should be taken in mounting and dismounting the stationary exercise bicycle. Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.

1. To reduce speed on the bike, you may use the combinations of your feet on the Left/Right Pedals (#11) and your hands on the Left/Right Handlebars (#07L/#07R) to gently and safely apply counter-momentum.
2. Wait for the flywheel, handlebars, and pedals to come to a complete stop.
3. Now you may safely dismount the unit.

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.
• It is recommended to keep the top surface of the pedals clean and dry by wiping with an absorbent cloth after use.
• 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): Tension Adjustment Knob (#36); Pedals (#11); Left/Right Handlebars (#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 1 of the Owner’s Manual under the “CUSTOMER SUPPORT” section.
Computer Operation

SPECIFICATIONS:
TIME...........................................0:00-99:59
SPEED...........................................0.0-99 Miles Per Hour
DISTANCE ...............................0.0-999.9 MILES
CALORIES.................................0.0-9999CAL

KEY FUNCTION:
MODE: This key lets you select or set the display to the function of your choice.

OPERATION PROCEDURES:

1. AUTO ON/OFF:
   ◆ The system turns on when any key is pressed or when it receives movement input from the speed sensor.
   ◆ The system turns off automatically when the speed sensor has no signal input (i.e. if the unit is not in use or no key is pressed for within approximately 4 minutes).

2. RESET:
The unit can be reset by changing the battery or holding the MODE key for 3 seconds.

3. FUNCTION:
   ◆ Top portion of LCD Display
     o Speed: Displays the current speed
   ◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
     o Time: Displays the total amount of time using the machine.
     o Distance: Displays the distance travelled.
     o Calories: Displays the amount of calories burned.
     o Scan: Automatically alternate between the different functions. (Time, Distance, Calories)

4. BATTERY:
   This monitor requires one (or two) "AA" Battery(ies) depending on the model.
   You can replace the battery from the back of the unit.
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.

**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.

**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.

**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.
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.

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 BRD 2000 / BRD2080

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.
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Walnut, CA 91789

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