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

OWNER’S MANUAL
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.

DO NOT REMOVE THE SEAT FOR ANY REASON
Exercising on the 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.
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
In addition to any tools listed in the "Hardware List" section of this manual, you may need the extra tools listed below to help complete the assembly process.
- 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 List

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

## BOLTS

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Quantity</th>
<th>Pre-assembled</th>
</tr>
</thead>
<tbody>
<tr>
<td>#24</td>
<td>Bolt (M10x18 mm)</td>
<td>2 Pieces</td>
<td>pre-assembled</td>
</tr>
<tr>
<td>#39</td>
<td>Carriage Bolt (M10x57 mm)</td>
<td>4 Pieces</td>
<td></td>
</tr>
<tr>
<td>#45</td>
<td>Bolt (M8x42 mm)</td>
<td>2 Pieces</td>
<td></td>
</tr>
</tbody>
</table>

## NUTS

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Quantity</th>
<th>Pre-assembled</th>
</tr>
</thead>
<tbody>
<tr>
<td>#32</td>
<td>Nylon Nut (M8)</td>
<td>3 Pieces</td>
<td>pre-assembled</td>
</tr>
<tr>
<td>#41</td>
<td>Cap Nut (M10)</td>
<td>4 Pieces</td>
<td></td>
</tr>
<tr>
<td>#48</td>
<td>Nylon Nut (M8)</td>
<td>2 Pieces</td>
<td></td>
</tr>
<tr>
<td>#49L</td>
<td>Left Nylon Nut (1/2&quot;)</td>
<td>1 Piece</td>
<td></td>
</tr>
<tr>
<td>#49R</td>
<td>Right Nylon Nut (1/2&quot;)</td>
<td>1 Piece</td>
<td></td>
</tr>
</tbody>
</table>

## WASHERS

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Quantity</th>
<th>Pre-assembled</th>
</tr>
</thead>
<tbody>
<tr>
<td>#18</td>
<td>Wavy Washer (M16)</td>
<td>2 Pieces</td>
<td>pre-assembled</td>
</tr>
<tr>
<td>#22</td>
<td>D Shape Washer</td>
<td>2 Pieces</td>
<td></td>
</tr>
<tr>
<td>#23</td>
<td>Spring Washer (3/8&quot;)</td>
<td>2 Pieces</td>
<td></td>
</tr>
<tr>
<td>#31</td>
<td>Washer (M10,φ20)</td>
<td>1 Piece</td>
<td></td>
</tr>
<tr>
<td>#33</td>
<td>Washer (M8)</td>
<td>3 Pieces</td>
<td>pre-assembled</td>
</tr>
<tr>
<td>#40</td>
<td>Arc Washer (M10)</td>
<td>4 Pieces</td>
<td></td>
</tr>
<tr>
<td>#47</td>
<td>Washer (M8)</td>
<td>4 Pieces</td>
<td></td>
</tr>
<tr>
<td>#51</td>
<td>Big Washer</td>
<td>2 Pieces</td>
<td></td>
</tr>
</tbody>
</table>

## OTHERS

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>Quantity</th>
<th>Pre-assembled</th>
</tr>
</thead>
<tbody>
<tr>
<td>#27</td>
<td>Knob Bolt (M12x17 mm)</td>
<td>1 Piece</td>
<td>pre-assembled</td>
</tr>
<tr>
<td>#54</td>
<td>Knob Bolt (M8x36 mm)</td>
<td>1 Piece</td>
<td></td>
</tr>
<tr>
<td>#52</td>
<td>Bushing</td>
<td>2 Pieces</td>
<td></td>
</tr>
<tr>
<td>#70</td>
<td>Tool 1</td>
<td>2 Pieces</td>
<td></td>
</tr>
<tr>
<td>#71</td>
<td>Tool 2</td>
<td>1 Piece</td>
<td></td>
</tr>
<tr>
<td>#</td>
<td>Description</td>
<td>#</td>
<td>Description</td>
</tr>
<tr>
<td>----</td>
<td>-------------------------------------------</td>
<td>----</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>01</td>
<td>Fan Wheel</td>
<td>39</td>
<td>Carriage Bolt (M10x57 mm)</td>
</tr>
<tr>
<td>02</td>
<td>Gear Shaft</td>
<td>40</td>
<td>Arc Washer (M10)</td>
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<tr>
<td>03</td>
<td>Nut (M10)</td>
<td>41</td>
<td>Cap Nut (M10)</td>
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<tr>
<td>04</td>
<td>Monitor Wire</td>
<td>42</td>
<td>Rear Stabilizer</td>
</tr>
<tr>
<td>05</td>
<td>Washer (M10)</td>
<td>43</td>
<td>End Cap for Rear Stabilizer</td>
</tr>
<tr>
<td>06</td>
<td>Nut (M10)</td>
<td>44L</td>
<td>Left Linkage</td>
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<tr>
<td>07</td>
<td>Adjustable Bolt (M6x36 mm)</td>
<td>44R</td>
<td>Right Linkage</td>
</tr>
<tr>
<td>08</td>
<td>U Bracket</td>
<td>45</td>
<td>Bolt (M8x42 mm)</td>
</tr>
<tr>
<td>09</td>
<td>Nut (M6)</td>
<td>46</td>
<td>Bushing</td>
</tr>
<tr>
<td>10</td>
<td>Flange Nut (M10)</td>
<td>47</td>
<td>Washer (M8)</td>
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<tr>
<td>11</td>
<td>Fan Wheel Axle</td>
<td>48</td>
<td>Nylon Nut (M8)</td>
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<tr>
<td>12</td>
<td>Chain</td>
<td>49L</td>
<td>Left Nylon Nut (1/2&quot;) with black inner nylon ring</td>
</tr>
<tr>
<td>13</td>
<td>Monitor</td>
<td>49R</td>
<td>Right Nylon Nut (1/2&quot;) with white inner nylon ring</td>
</tr>
<tr>
<td>14</td>
<td>Main Frame</td>
<td>50</td>
<td>Bearing (TY-6201)</td>
</tr>
<tr>
<td>15</td>
<td>Spring</td>
<td>51</td>
<td>Big Washer</td>
</tr>
<tr>
<td>16</td>
<td>Handlebar Axle</td>
<td>52</td>
<td>Bushing</td>
</tr>
<tr>
<td>17</td>
<td>Bushing</td>
<td>53L</td>
<td>Left Pedal</td>
</tr>
<tr>
<td>18</td>
<td>Wavy Washer (M16)</td>
<td>53R</td>
<td>Right Pedal</td>
</tr>
<tr>
<td>19L</td>
<td>Left Handlebar</td>
<td>54</td>
<td>Knob Bolt (M8x36 mm)</td>
</tr>
<tr>
<td>19R</td>
<td>Right Handlebar</td>
<td>55L</td>
<td>Left Shroud</td>
</tr>
<tr>
<td>20</td>
<td>Round End Cap</td>
<td>55R</td>
<td>Right Shroud</td>
</tr>
<tr>
<td>21</td>
<td>Foam Grip for Handle Bar</td>
<td>56</td>
<td>Screw (ST4.8x19 mm)</td>
</tr>
<tr>
<td>22</td>
<td>D Shape Washer</td>
<td>57</td>
<td>Screw (ST4.8x45 mm)</td>
</tr>
<tr>
<td>23</td>
<td>Spring Washer (3/8&quot;)</td>
<td>58</td>
<td>Screw (ST4.8x16 mm)</td>
</tr>
<tr>
<td>24</td>
<td>Bolt (M10x18 mm)</td>
<td>59</td>
<td>Screw (ST4.8x30 mm)</td>
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<tr>
<td>25</td>
<td>Tension Control</td>
<td>61</td>
<td>Washer (D24 mm)</td>
</tr>
<tr>
<td>26</td>
<td>Screw (ST4.8x20 mm)</td>
<td>62</td>
<td>Crankshaf Nut 1</td>
</tr>
<tr>
<td>27</td>
<td>Knob Bolt (M12x17 mm)</td>
<td>63</td>
<td>Crankshaft Bearing Collar</td>
</tr>
<tr>
<td>28</td>
<td>Sleeve</td>
<td>64</td>
<td>Bearing Base</td>
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<tr>
<td>29</td>
<td>Bellows</td>
<td>65L</td>
<td>Left Crank</td>
</tr>
<tr>
<td>30</td>
<td>Seat Tube</td>
<td>65R</td>
<td>Right Crank</td>
</tr>
<tr>
<td>31</td>
<td>Washer (M10,φ20)</td>
<td>66</td>
<td>Crankshaft Nut 2</td>
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<tr>
<td>32</td>
<td>Nylon Nut (M8)</td>
<td>67</td>
<td>Washer for Crankshaft</td>
</tr>
<tr>
<td>33</td>
<td>Washer (M8)</td>
<td>68</td>
<td>Nut</td>
</tr>
<tr>
<td>34</td>
<td>Horizontal Seat Bar</td>
<td>69</td>
<td>Friction Belt</td>
</tr>
<tr>
<td>35</td>
<td>Rectangular End Cap (25x50 mm)</td>
<td>70</td>
<td>Tool 1</td>
</tr>
<tr>
<td>36</td>
<td>Seat</td>
<td>71</td>
<td>Tool 2</td>
</tr>
<tr>
<td>37</td>
<td>Front Stabilizer</td>
<td>72</td>
<td>Bushing</td>
</tr>
<tr>
<td>38</td>
<td>End Cap for Front Stabilizer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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
Secure the Front Stabilizer (#37) to the Main Frame (#14) with two Carriage Bolts (#39), two Arc Washers (#40) and two Cap Nuts (#41).

REAR STABILIZER ASSEMBLY
Secure the Rear Stabilizer (#42) to the Main Frame (#14) with two Carriage Bolts (#39), two Arc Washers (#40) and two Cap Nuts (#41).

Hardware Required

BOLTS

#39. Carriage Bolt (M10x57 mm) [4 Pieces]

NUTS

#41. Cap Nut (M10) [4 Pieces]

WASHERS

#40. Arc Washer (M10) [4 Pieces]
**Assembly Step 2-A**

PEDAL ASSEMBLY

Attach the **Right Pedal (#53R)** to the **Right Linkage (#44R)** (with **Bearing (#50)** that is pre-assembled) using a **Bushing (#52)** and a **Big Washer (#51)** in between. Then screw the tightly into the right crank and then secure it with the **Right Nylon Nut (#49R)**.

Repeat this process on the left side**.

Please Note:

- **Left Hand Side**: Turn **COUNTERCLOCKWISE** to tighten the **Left Pedal (#53L)** on the left crank. Then turn **CLOCKWISE** to tighten the **Left Nylon Nut (#49L)** [BLACK inner nylon ring] to secure the left pedal assembly.
- **Right Hand Side**: Turn **CLOCKWISE** to tighten the **Right Pedal (#53R)** on the right crank. Then turn **COUNTERCLOCKWISE** to tighten the **Right Nylon Nut (#49R)** [WHITE inner nylon ring] to secure the right pedal assembly.

---

**Hardware Required**

**NUTS**

- #49L. Left Nylon Nut (1/2") [1 Piece]
- #49R. Right Nylon Nut (1/2") with white inner nylon ring [1 Piece]

**WASHERS**

- #51. Big Washer [2 Pieces]

**OTHERS**

- #52. Bushing [2 Pieces]
Assembly Instructions

**Assembly Step 2-B**

**LEFT Side:**

FOR PROPER ASSEMBLY, please ensure that the **Left Linkage (#44L)** is assembled to the outer edge (away from shroud) of the **Left Crank**.

The order of parts (from inner side to outter) should look like the exploded diagram below in the following sequence:

- **Left Nylon Nut (#49L)**
- **Left Crank**
- **Left Linkage (#44L)**
- **(with Bearing (#50) that is pre-assembled)**
- **Big Washer (#51)**
- **Bushing (#52)**
- **Left Pedal (#53L)**

**LEFT Side:**

OUTTER (SIDE) ← INNER (SIDE)

**PLEASE NOTE:**

LEFT SIDE: Please ensure that the notched side of Bushing (#52) is facing Big Washer (#51) from the left side so that Bushing (#52) can be inserted into Big Washer (#51) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.

**RIGHT Side:**

FOR PROPER ASSEMBLY, please ensure that the **Right Linkage (#44R)** is assembled to the outer edge (away from shroud) of the **Right Crank**.

The order of parts (from inner side to outter) should look like the exploded diagram below in the following sequence:

- **Right Nylon Nut (#49R)**
- **Right Crank**
- **Right Linkage (#44R)**
- **(with Bearing (#50) that is pre-assembled)**
- **Big Washer (#51)**
- **Bushing (#52)**
- **Right Pedal (#53R)**

**RIGHT Side:**

INNER (SIDE) → OUTTER (SIDE)

**PLEASE NOTE:**

RIGHT SIDE: Please ensure that the notched side of Bushing (#52) is facing Big Washer (#51) from the right side so that Bushing (#52) can be inserted into Big Washer (#51) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.
**Assembly Step 3-A**

**HANDLE BAR ASSEMBLY**

Remove the two Wavy Washers (#18), two D Shape Washers (#22), two Spring Washers (#23), and two Bolts (#24) that are pre-assembled on the Handlebar Axle (#16). Set them aside close by as they will be used in this step.

Insert the Handlebar Axle (#16) through the Main Frame (#14), making sure the Handlebar Axle (#16) is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Next, on the right side, slide one Wavy Washer (#18) on Handlebar Axle (#16) followed by Right Handlebar (#19R) and secure with one D Shape Washer (#22) ***[please see close-up diagram/note below], one Spring Washer (#23), and one Bolt (#24). Repeat this process on the left side using Left Handlebar (#19L).

Carefully cut off the zip tie on the Bushing (#46) of the Right Linkage (#44R). With the help of an assistant, on the right side as shown in drawing below, insert one Bolt (#45) through the Right Handlebar (#19R) followed by one Washer (#47) and then the Bushing (#46) of Right Linkage (#44R). Secure these together from the other “inner” side of Right Linkage (#44R) using one other Washer (#47) and one Nylon Nut (#48). Repeat this process on the left side with the Left Handlebar (#19L).

---

**Hardware Required**

<table>
<thead>
<tr>
<th>BOLTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>#24. Bolt (M10x18 mm)</td>
<td>[2 Pieces]</td>
</tr>
<tr>
<td>#45. Bolt (M8x42 mm)</td>
<td>[2 Pieces]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NUTS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>#48. Nylon Nut (M8)</td>
<td>[2 Pieces]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WASHERS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>#18. Wavy Washer (M16)</td>
<td>[2 Pieces]</td>
</tr>
<tr>
<td>#22. D Shape Washer</td>
<td>[2 Pieces]</td>
</tr>
<tr>
<td>#23. Spring Washer (3/8&quot;)</td>
<td>[2 Pieces]</td>
</tr>
<tr>
<td>#47. Washer (M8)</td>
<td>[4 Pieces]</td>
</tr>
</tbody>
</table>

***When assembling D Shape Washer (#22), please ensure the flat edge matches and is flush with the corresponding flat edge of Handlebar Axle (#16) as marked in close-up diagram below.***
**LEFT Side:**

Please ensure that the *Left Handlebar* (#19L) is assembled to the outer edge (away from shroud) of the *Left Linkage* (#44L).

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:


*RIGHT Side:

Please ensure that the *Right Handlebar* (#19R) is assembled to the outer edge (away from shroud) of the *Right Linkage* (#44R).

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

**Assembly Step 4**

**SEAT ASSEMBLY**
Remove the three Washers (#33) and three Nylon Nuts (#32) that are pre-assembled on the Seat (#36). Remove the Knob Bolt (#54) and one Washer (#31) that are pre-assembled on the Horizontal Seat Bar (#34). Then, attach the Seat (#36) to the Horizontal Seat Bar (#34) and secure it with three Washers (#33) and three Nylon Nuts (#32) that were previously removed. Attach the Horizontal Seat Bar (#34) to the Seat Tube (#30), secure by using one Knob Bolt (#54) and one Washer (#31) that were previously removed.

Please refer to the illustration below. Always ensure that the Knob Bolt (#54) is securely tightened and engaged through the hole on the Horizontal Seat Bar (#34) and the distance setting most comfortable to you on the Seat (#36) for your safety.

**SEAT TUBE ASSEMBLY**
Remove the Knob Bolt (#27) that are pre-assembled on the Main Frame (#14). Set it aside close by as they will be used in this step. Attach Bellows (#29) to the Seat Tube (#30) as shown in illustration below.

Insert the Seat Tube (#30) into the opening of the post that is protruding from the Main Frame (#14) a minimum of 4 inches to engage the lowest hole. Please ensure that the hole on the Seat Tube (#30) is facing the same side as the hole located on the Main Frame (#14) and insert the Knob Bolt (#27) through the Main Frame (#14) post and through the hole on the Seat Tube (#30). Please refer to the illustration below. Always ensure that the Knob Bolt (#27) is securely tightened and engaged through the hole on the Main Frame (#14) and the hole setting most comfortable to you on the Seat Tube (#30) for your safety.

---

**Hardware Required**

<table>
<thead>
<tr>
<th>NUTS</th>
<th>WASHERS</th>
<th>OTHERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>#32. Nylon Nut (M8) [3 Pieces]</td>
<td>#31. Washer (M10, φ20) [1 Piece]</td>
<td>#27. Knob Bolt (M12x17 mm) [1 Piece]</td>
</tr>
</tbody>
</table>
| #33. Washer (M8) [3 Pieces] | #54. Knob Bolt (M8x36 mm) [1 Piece] | }
Assembly Instructions

Assembly Step 5

Attach the Monitor (#13) to the bracket on the Main Frame (#14) and then connect the Monitor Wire (#04) to the Wire on the Monitor (#13).

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

**WARNING:** If the Friction Belt (#69) 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 (#69). Please see below for more details to prevent damage and breakage.

FOR TENSION ADJUSTMENT, simply turn the Tension Control (#25) found at the front of the unit near the Monitor (#13).

- 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 (#25) 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 (#69) 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 Control (#25) counter-clockwise and keep turning until the knob can no longer turn (i.e. decrease the tension fully).

**STEP 2:** Adjust the Friction Belt (#69) so that when you gently tug it out away from flywheel, there is a 1" distance of slack between the Friction Belt (#69) 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 (#69).

1-inch Distance
(\[ \text{1-inch Distance} \]
(use this measurement as a “test” when you gently tug on Friction Belt (#69) away from flywheel)

**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 & 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 ADJUST THE SEAT
1. Using one hand to hold Seat Tube (#30), unscrew Knob Bolt (#27) using the other hand.
2. Slide and adjust Seat Tube (#30) to the desired hole setting to your preferred height.
3. Holding Seat Tube (#30) at this setting, re-insert/re-screw Knob Bolt (#27), ensuring it engages and fully inserts through the holes of Main Frame (#14) and Seat Tube(#30). Please make sure to securely tighten Seat Tube (#30) but not over-tighten.
4. Before sitting on the cycle, press down firmly and pull up slightly on the seat to make sure it is engaged and secure.

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.
1. To reduce speed on the bike, you may use the combinations of your feet on the Left/Right Pedals (#53L/#53R) and your hands on the Left/Right Handlebars (#19L/#19R) 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.

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).
1. Position one person on each side of the bike (one on the left, and one on the right).
2. Have each person use the hand closest to the Seat (#36) to grip it. Then, grip the other hand from underneath the respective Handlebar (#19L or #19R). (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the unit 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): Tension Control (#25); Left/Right Pedals (#53L/#53R); Left/Right Handlebars (#19L/#19R).
• 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.
SPECIFICATIONS:
TIME………………………………………0:00-99:59
SPEED……………………………………0.0-99ML/H
DISTANCE ……………………………0.0-999.9ML
CALORIES………………………………0.0-9999CAL

KEY FUNCTION:
MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:
1. AUTO ON/OFF:
◆ The system turns on when any key is depressed of when it receives an input from the speed sensor.
◆ The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

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

3. FUNCTION:
◆ Top portion of LCD Display
  o Speed: Display the current speed
◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
  o Time: Display the total amount of time using the machine.
  o Distance : Display the distance travelled.
  o Calories : Display 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).
You can replace the battery from the back of the unit.

Please note: The computer is not intended for use as a medical device. Various factors may affect the accuracy of the function/mode readings, and may vary from other measurement calculations from other devices. The computer is intended only as an exercise aid to track relative progress when using the corresponding exercise unit.

NOTES (Regarding the Computer Monitor):
Warning: This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference.
(2) This device must accept any interference received, including interference that may cause undesired operation.

Caution:
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.
Thanks for choosing

Model Number BRF650/750

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