This product is intended for indoor, home use only and is not to be used in a commercial setting.
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WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

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

**WARNING!**

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

1. ALWAYS wear comfortable clothing and shoes with good traction.
2. ALWAYS make sure all nuts and bolts are secured before use. TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.
3. STOP EXERCISING if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. ALWAYS keep a large mat under the equipment to protect the floor or carpet.
5. ALWAYS use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. ALWAYS keep body and clothing free of and clear of moving parts.
7. ALWAYS keep your equipment clean and free of dust, moisture, debris and loose objects.
8. NEVER use the equipment if you are injured or have a physical condition that impairs your balance. DO NOT exercise under the influence of medication or alcohol.
9. 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 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.
Excessive or incorrect training may result in health injuries.
Please read this manual carefully before commencing the assembly of your product or starting to exercise.
• Please keep all children away from this item when in use.
  Do not allow children to climb or play on this item when it is not in use.
• Supervise teenagers while they use this unit.
• For your own safety, always ensure that there are at least 3 feet of free space in all directions around your product while you are exercising.
• Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
• Any adjustment devices that could interfere with the user’s movement of this unit should not be left projecting.
• Clean only with a damp cloth, do not use solvent cleaners. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product.
  If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
• Before use, always ensure that your product is positioned on a solid, hard-flat surface.
• Do not place on carpet. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
• Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
• Do not use this unit if it is not functioning properly or if it is not fully assembled.
• Do not use this unit for commercial purposes. This unit is for home use only.
• Before use, you must read and understand all instructions & warnings stated in this Owner’s Manual as well as posted on the equipment.
• It is the facility owner’s responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
• If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

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

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

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

This warranty covers parts damaged due to defect in workmanship and materials; it does not cover abuse or damages caused during use, storage or assembly. During the warranty period, Hupa International reserves the right to:
1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at purchaser’s cost).
3. replace the product if neither of the two previously

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

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

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

Please contact us by any of the following means:

Hupa International, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: 1 (888) 266 - 6789
Fax: 1 (909) 598 - 6707
Email: info@hupa.net

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
Before Assembly

⚠️ WARNING

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

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

Nylon Lock Safety Nuts

1. It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
2. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
3. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
4. The Nylon Nut should thread onto the Hex Bolt until the end of the Hex Bolt has passed through the Nylon insert inside the Nut. Please follow this guideline every time you see this Nylon Nut icon throughout the assembly steps.
Hardware and Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.

**PLEASE NOTE**: Most of these parts are already pre-assembled on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

**Bolts**

- **#14** Carriage Bolt (M6x27 mm) [4 pieces]
- **#15** Carriage Bolt (M8x70 mm) [4 pieces]
- **#16** Bolt (M6x20 mm) [4 pieces] Pre-assembled
- **#17** Bolt (M6x15 mm) [4 pieces]
- **#18L** Left Pedal Hinge Bolt [1 piece]
- **#18R** Right Pedal Hinge Bolt [1 piece]
- **#20** Hex Bolt (M8x45 mm) [2 pieces]
- **#21** Hex Bolt (M10x55 mm) [2 pieces]
- **#22** Hex Bolt (M8x40 mm) [4 pieces]
- **#23** Hex Bolt (M8x15 mm) [2 pieces] Pre-assembled
- **#25** Screw (M5x10 mm) [4 pieces] Pre-assembled

**Washers**

- **#29** Spring Washer (M8) [6 pieces] Pre-assembled [4 pieces]
- **#30** Spring Washer (1/2") [2 pieces]
- **#31** Big Washer [2 pieces] Pre-assembled
- **#32** Wavy Washer (1/2") [2 pieces]
- **#33** Washer (M10) [2 pieces]
- **#34** Washer (M8xφ26 mm) [2 pieces] Pre-assembled
- **#35** Washer (M8xφ16 mm) [7 pieces]
- **#36** Arc Washer (M8) [8 pieces] Pre-assembled [4 pieces]
- **#37** Wavy Washer (φ19 mm) [2 pieces] Pre-assembled
- **#51** Washer (M8) [3 pieces] Pre-assembled
Hardware and Tool List

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

### Nuts

- **#38** Nylon Nut (M8) [6 pieces]
- **#39** Nylon Nut (M10) [2 pieces]
- **#40** Left Nylon Nut (with black inner nylon ring) (1/2") [1 piece]
- **#41** Right Nylon Nut (with white inner nylon ring) (1/2") [1 piece]
- **#42** Nut (M8) [4 pieces]
- **#52** Nylon Nut (M8) [3 pieces] Pres-assembled

### Others

- **#24** Pulse Handle Bar Cover [1 piece]
- **#26** Knob Bolt (M8x36 mm) [1 piece]
- **#27** Bolt Cap (S14) [6 pieces]
- **#28** Bolt Cap (S17) [4 pieces]
- **#43** Bolt Cap (S17) [2 pieces] Pre-assembled

### Tools (Included)

- **#75** Tool (S8) [1 piece]
- **#77** Tool (S17, 19) [1 piece]
- **#79** Tool (S-10, 13, 14, 15, 17, 19) [1 piece]
- **#78** Tool (S13, 14, 15) [1 piece]
A. FRONT STABILIZER ASSEMBLY

With the help of an assistant, attach the Front Stabilizer (#08) to the front of the Main Frame (#01). Insert two Carriage Bolts (#15) through the Front Stabilizer (#08) followed by the front of the Main Frame (#01), then secure them together using two Arc Washers (#36) and two Nuts (#42).

B. REAR STABILIZER ASSEMBLY

Now attach the Rear Stabilizer (#09) to the rear of the Main Frame (#01). Insert two Carriage Bolts (#15) through the Rear Stabilizer (#09) followed by the rear of the Main Frame (#01), then secure them together using two Arc Washers (#36) and two Nuts (#42).

Note:
Front Stabilizer (#08) has end caps that spin for ease of relocating the unit and the Rear Stabilizer (#09) has height adjustable end caps for leveling of the unit.

Hardware Required

- #15 Carriage Bolt (M8x70 mm) [4 pieces]
- #36 Arc Washer (M8) [4 pieces]
- #42 Nut (M8) [4 pieces]

Make sure these two wires are accessible and exposed (as shown) before proceeding to the next step. If they have fallen inside the tube, use a bent wire to “fish” them out.
A. MONITOR WIRE & TENSION WIRE ASSEMBLY
Connect the Monitor Wire (Upper) (#11) to the Monitor Wire (Lower) (#12) and then follow the instructions in the diagram below to connect the Tension Wire (#70).

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

After connecting the Tension Wire (#70) to the Tension Controller (#72) slide the Center Post (#02) onto the Main Frame (#01) and secure it using the four Bolts (#16), four Spring Washers (#29), and four Arc Washers (#36).

B. SEAT POST ASSEMBLY
Insert the Seat Post (#47) into the mouth of the post that is protruding from the Main Frame (#01) down a minimum of 4 inches to engage the lowest hole. Make sure the holes on the Seat Post (#47) are facing the front before inserting. Secure the Seat Post (#47) using the Spring Loaded Knob (#49).
Assembly STEP 3

Attach the Pedal Connection Joint (#06R) to the Right Pedal Tube (#03R). Insert a Hex Bolt (#20) through the upper bracket of the Pedal Connection Joint (#06R), followed by Right Pedal Tube (#03R) then the lower bracket of the Pedal Connection Joint (#06R). Secure them with a Washer (#35) and a Nylon Nut (#38).

Repeat this process on the other side using the Left Pedal Connection Joint (#06L).

Attach four Bolt Caps (#27) on two Hex Bolts (#27) as illustrated in the drawing.

Hardware Required

- #20 Hex Bolt (M8x45 mm) [2 pieces]
- #35 Washer (M8xφ16 mm) [2 pieces]
- #38 Nylon Nut (M8) [2 pieces]
- #27 Bolt Cap (S14) [4 pieces]
Assembly STEP 4

A. COUPLER BAR ASSEMBLY
Remove Hex Bolt (#23), Washer (#34), Big Washer (#31), Wavy Washer (#37), Plastic Washer (#43) that are pre-assembled on Center Post welded axle (#02). Referring to the diagram below, on the left side of the Center Post (#02), in the following order, slide on one Plastic Washer (#43), one Wavy Washer (#37), followed by the Left Coupler Bar (#04L), one Big Washer (#31), one Washer (#34) and secure using one Hex Bolt (#23).

On the opposite side, assemble, in the following order, one Plastic Washer (#43), one Wavy Washer (#37), one Big Washer (#31), one Washer (#34) and secure using one Hex Bolt (#23). Attach two Bolt Caps (#27) on two Hex Bolt (#23) as illustrated in the drawing.

B. PEDAL TUBE ASSEMBLY
Attach the Left Pedal Tube (#03L) onto the Crank (#10) as illustrated and secure by inserting from the outer edge of the Left Pedal Tube (#03L): one Pedal Hinge Bolt (#18L) and one Wavy Washer (#32). Secure from the inner side (behind the Crank (#10) with one Spring Washer (#30) and one Left Nylon Nut (#40). Secure the #18L by turning it COUNTER-CLOCKWISE.
Repeat this process on the other side using the Right Pedal Tube (#03R). Secure the #18R by turning it CLOCKWISE.
Assembly STEP 5

A. COUPLE BAR TO PEDAL TUBE ASSEMBLY
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), the Left Coupler Bar (#04L) and secure using one Washer (#33) followed by one Nylon Nut (#39).

Repeat this process on the other side using Right Coupler Bar (#04R) and Right Pedal Tube (#03R).

Attach four Bolt Caps (#28) on two Hex Bolts (#21) as illustrated in the drawing.

B. SEAT ASSEMBLY
Remove Washers (#51) and Nylon Nuts (#52) that are pre-assembled on the back of the Seat (#50) and set them aside as they will be used later in this step.

Attach the Seat (#50) to the Horizontal Seat Bar (#48) using a total of three Washers (#51) and three Nylon Nuts (#52).

Insert the Horizontal Seat Bar (#48) into the Seat Post (#47).

Insert a Knob Bolt (#26) through a Washer (#35), followed by the Seat Post (#47) and Horizontal Seat Bar (#48), secure them together by tightening the Knob Bolt (#26) up through the bottom of the Horizontal Seat Bar (#48).

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Hardware Required

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#21 Hex Bolt (M10x55 mm)</td>
<td>2 pieces</td>
</tr>
<tr>
<td>#28 Bolt Cap (S17)</td>
<td>4 pieces</td>
</tr>
<tr>
<td>#33 Washer (M10)</td>
<td>2 pieces</td>
</tr>
<tr>
<td>#39 Nylon Nut (M10)</td>
<td>2 pieces</td>
</tr>
<tr>
<td>#35 Washer (M8xφ16 mm)</td>
<td>1 piece</td>
</tr>
<tr>
<td>#51 Washer (M8)</td>
<td>3 pieces</td>
</tr>
<tr>
<td>#52 Nylon Nut (M8)</td>
<td>3 pieces</td>
</tr>
</tbody>
</table>
Assembly STEP 6

A. HANDLE BAR ASSEMBLY
On the left side, insert Left Handle Bar (#07L) into the opening at the tip of Left Coupler Bar (#04L). Align the holes of the Left Handle Bar (#07L) and Left Coupler Bar (#04L), secure using two Bolt (#17) and two Carriage Bolt (#14).

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

B. PEDAL ASSEMBLY
Attach one Left Pedal (#44) as oriented below in diagram to the Left Pedal Tube (#03L) and secure them together using two Hex Bolts (#22), Two Washers (#35) and two Nylon Nuts (#38).

Repeat this process on the other side using Right Pedal (#45) onto the Right Pedal Tube (#03R).
Assembly STEP 7

A. PULSE HANDLE BAR
Install the Pulse Handle Bar (#05) onto the bracket of the Center Post (#02) as shown in the illustration below using two Bolts (#19) and two Spring Washers (#29).

Attach the Pulse Handle Bar Cover (#24) to the center of the Pulse Handle Bar (#05).

Please ensure the Pulse Sensor 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.

B. MONITOR ASSEMBLY
Remove Screws (#25) from the back of Monitor (#46) and set them aside as they will be used later for this step.

Connect the Monitor Wire (Upper) (#11) to the Monitor (#46) and connect the Pulse Sensor Wire (#13) to the Monitor (#46). Secure the Monitor (#46) to the bracket of the Center Post (#02) using four Screws (#25).

**Hardware Required**

- #19 Bolt (M8x30 mm) [2 pieces]
- #29 Spring Washer (M8) [2 pieces]
- #24 Pulse Handle Bar Cover [1 piece]
- #25 Screw (M5x10 mm) [4 pieces]

**Tension Adjustment**
To increase the tension (+ higher level of intensity), turn the Tension Controller (#16) in a clockwise direction.

To decrease the tension (- lower level of intensity), turn the Tension Controller (#16) in a counter-clockwise direction.

*"1" is the lowest level of tension (easiest level for workout); *"8" is the highest level of tension (most difficult level for workout).

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.
Computer Operation

**IMPORTANT NOTE:**
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.

### Operation Procedures

**FUNCTION**
- **TIME**: Displays the total amount of time using the machine.
- **SPEED**: Displays current speed.
- **DISTANCE**: Displays the distance traveled.
- **CALORIES**: Displays the amount of calories burned.
- **ODOMETER**: Displays total accumulated distance. ODO will reset when MODE is pressed for 3 seconds or when batteries are changed.
- **SCAN**: The monitor will then rotate displaying through the following functions: time, speed, distance, calories and odometer. Each function will display for 4 seconds.
- **PULSE**: Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

Press “MODE” button until “PULSE” appears. Press “SET” button to set exercise pulse. The setting values of 40-240 RPM, the consumer computer alarm when heart rate is below the SET value.

**NOTE**
1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will auto-power on when exercise and/or motion input is detected.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

### Specifications

<table>
<thead>
<tr>
<th>FUNCTION</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTO SCAN</td>
<td>Every 4 seconds</td>
</tr>
<tr>
<td>TIME</td>
<td>00:00-99:59 min</td>
</tr>
<tr>
<td>ODOMETER</td>
<td>0-9999 mi.</td>
</tr>
<tr>
<td>CALORIES</td>
<td>0.0-999.9 KCal</td>
</tr>
<tr>
<td>DISTANCE</td>
<td>0.0-999.9 mi.</td>
</tr>
<tr>
<td>BATTERY TYPE</td>
<td>2 pcs of AA</td>
</tr>
<tr>
<td>OPERATING TEMP</td>
<td>32°F - 104°F</td>
</tr>
<tr>
<td>STORAGE TEMP</td>
<td>32°F - 160°F</td>
</tr>
</tbody>
</table>

*IMPORTANT NOTE:
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.*
How To Install and Replace Batteries

1. Open the battery door on the back of the computer.
2. The computer operates on two AA batteries (included). Refer to the illustration to install or replace the batteries.

NOTE:
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. Battery disposal should be handled according to all state and federal laws and regulations.
5. Do not dispose of batteries in fire.
## Part Listing

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

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

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
<th>#</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Main Frame</td>
<td>39</td>
<td>Nylon Nut (M10)</td>
</tr>
<tr>
<td>02</td>
<td>Center Post</td>
<td>40</td>
<td>Left Nylon Nut (with black inner nylon ring) (1/2&quot;)</td>
</tr>
<tr>
<td>03L</td>
<td>Left Pedal Tube</td>
<td>41</td>
<td>Right Nylon Nut (with white inner nylon ring) (1/2&quot;)</td>
</tr>
<tr>
<td>03R</td>
<td>Right Pedal Tube</td>
<td>42</td>
<td>Nut (M8)</td>
</tr>
<tr>
<td>04L</td>
<td>Left Coupler Bar</td>
<td>43</td>
<td>Plastic Washer</td>
</tr>
<tr>
<td>04R</td>
<td>Right Coupler Bar</td>
<td>44</td>
<td>Left Pedal</td>
</tr>
<tr>
<td>05</td>
<td>Pulse Handle Bar</td>
<td>45</td>
<td>Right Pedal</td>
</tr>
<tr>
<td>06L</td>
<td>Left Pedal Connection Joint</td>
<td>46</td>
<td>Monitor</td>
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<tr>
<td>06R</td>
<td>Right Pedal Connection Joint</td>
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<td>Seat Post</td>
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<tr>
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<td>Left Handle Bar</td>
<td>48</td>
<td>Horizontal Seat Bar</td>
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<tr>
<td>07R</td>
<td>Right Handle Bar</td>
<td>49</td>
<td>Spring Loaded Knob</td>
</tr>
<tr>
<td>08</td>
<td>Front Stabilizer</td>
<td>50</td>
<td>Seat</td>
</tr>
<tr>
<td>09</td>
<td>Rear Stabilizer</td>
<td>51</td>
<td>Washer (M8)</td>
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<tr>
<td>10</td>
<td>Crank</td>
<td>52</td>
<td>Nylon Nut (M8)</td>
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<td>11</td>
<td>Monitor Wire (Uplper)</td>
<td>53</td>
<td>End Cap (φ31.8 mm)</td>
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<tr>
<td>12</td>
<td>Monitor Wire (Lower)</td>
<td>54</td>
<td>Hand Pulse Sensor</td>
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<tr>
<td>13</td>
<td>Hand Pulse Wire</td>
<td>55</td>
<td>Washer (M4)</td>
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<tr>
<td>14</td>
<td>Carriage Bolt (M8x27 mm)</td>
<td>56</td>
<td>Round End Cap (25 mm)</td>
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<tr>
<td>15</td>
<td>Carriage Bolt (M8x70 mm)</td>
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<td>Round End Cap (28.6 mm)</td>
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<td>16</td>
<td>Bolt (M8x20 mm)</td>
<td>58</td>
<td>Rectangular End Cap (φ25x40 mm)</td>
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<tr>
<td>17</td>
<td>Bolt (M6x15 mm)</td>
<td>59</td>
<td>Bushing</td>
</tr>
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<td>18L</td>
<td>Left Pedal Hinge Bolt</td>
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<td>End Cap for Rear Stabilizer</td>
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<tr>
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<td>Right Pedal Hinge Bolt</td>
<td>61</td>
<td>End Cap for Front Stabilizer</td>
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<td>19</td>
<td>Bolt (M8x30 mm)</td>
<td>62</td>
<td>Foam (φ23xφ31x320 mm)</td>
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<td>Hex Bolt (M8x45 mm)</td>
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<td>Foam (φ30xφ40x380 mm)</td>
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<td>21</td>
<td>Hex Bolt (M10x55 mm)</td>
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<td>Bushing</td>
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<td>Hex Bolt (M8x40 mm)</td>
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<td>Wire Plug</td>
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<td>Hex Bolt (M8x15 mm)</td>
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<td>Plastic Bushing</td>
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<td>24</td>
<td>Pulse Handle Bar Cover</td>
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<td>Rectangular End Cap (φ25x50 mm)</td>
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<td>Screw (M5x10 mm)</td>
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<td>Left Shroud</td>
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<tr>
<td>26</td>
<td>Knob Bolt (M8x36 mm)</td>
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<td>Right Shroud</td>
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<td>27</td>
<td>Bolt Cap (S14)</td>
<td>70</td>
<td>Tension Wire</td>
</tr>
<tr>
<td>28</td>
<td>Bolt Cap (S17)</td>
<td>71</td>
<td>Screw (ST4.2x20 mm)</td>
</tr>
<tr>
<td>29</td>
<td>Spring Washer (M8)</td>
<td>72</td>
<td>Tension Controller</td>
</tr>
<tr>
<td>30</td>
<td>Spring Washer (1/2&quot;)</td>
<td>73</td>
<td>Arc Washer (M5)</td>
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<td>31</td>
<td>Big Washer</td>
<td>74</td>
<td>Screw (M5x20 mm)</td>
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<tr>
<td>32</td>
<td>Wavy Washer (1/2&quot;)</td>
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<td>Tool (S8)</td>
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<tr>
<td>33</td>
<td>Washer (M10)</td>
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<td>Tool (S17,19)</td>
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<td>34</td>
<td>Washer (M8xφ26 mm)</td>
<td>78</td>
<td>Tool (S13-14-15)</td>
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<tr>
<td>35</td>
<td>Washer (M8xφ16 mm)</td>
<td>79</td>
<td>Tool (S-10,13,14,15,17,19)</td>
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<tr>
<td>36</td>
<td>Arc Washer (M8)</td>
<td>80</td>
<td>Tool (S5)</td>
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<tr>
<td>37</td>
<td>Wavy Washer (φ19 mm)</td>
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<tr>
<td>38</td>
<td>Nylon Nut (M8)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Exploded View

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. **PLEASE NOTE**: Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.
Safety and Maintenance

Safety & Warning

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

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.

- 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 the Left/Right Handlebars (#04L/#04R) to gently and safely apply counter-momentum.
- Wait for the pedals to come to a complete stop.
- Now you may safely dismount the unit

How To Move/Transport The Bike For

NOTE:
To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum of 2 people). The unit has integrated Front Rollers purposely intended to help ease this process.

- Position one person on each side at the front of the bike toward the handle Bar (one person on the left, and one on the right).
- Have each person use both hands to grip the corresponding Pulse Handle Bar (#05).
  (These are the safest areas to avoid injury during this process.)
- 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 Front Rollers 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 you are 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 Pedals (#44/45); Left/Right Handlebars (#04L/#04R).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

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

  Hupa International, 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.
## Troubleshooting

(AFTER COMPLETE ASSEMBLY)

<table>
<thead>
<tr>
<th>Troubleshoot Area</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories/Distance/Time (Etc.)</td>
<td>If the computer is <strong>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</strong> (or you are getting inaccurate readings), please adjust the following: 1. Check to ensure all computer sensor wires are properly connected and are not damaged. 2. You may need to refer to installation/assembly directions for the sensor wires in this manual.</td>
</tr>
<tr>
<td>Computer Display</td>
<td>If the <strong>computer display is blank &amp; not displaying any data</strong> (or does not appear to power on), please adjust the following: 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. 3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.</td>
</tr>
<tr>
<td>Hand Pulse Signal</td>
<td>If the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), please adjust the following: 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. 3. Gripping the sensors too tightly restricts and seizes detection of your pulse. 4. Remove any rings or jewelry to prevent interference. 5. Check to ensure all pulse sensor wires are properly connected and are not dam-aged. 6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</td>
</tr>
</tbody>
</table>
Warm-Up Instructions

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

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

**Groin Stretch**

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

**Hamstring Stretch**

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

**Trunk Twister**

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

**Groin Stretch**

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

**Trunk Flexion, Prone**

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

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.

2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and

Quadriiceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.

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

Calf Twister

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).

2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.
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THANK YOU FOR YOUR PURCHASE
MODEL NO.: BRM3635/BRM3810

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

Serial Number :

Date of Purchase :

Retailer :

Hupa International, Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: 1 (888) 266-6789
Fax : 1 (909) 598-6707
Email : info@hupa.net