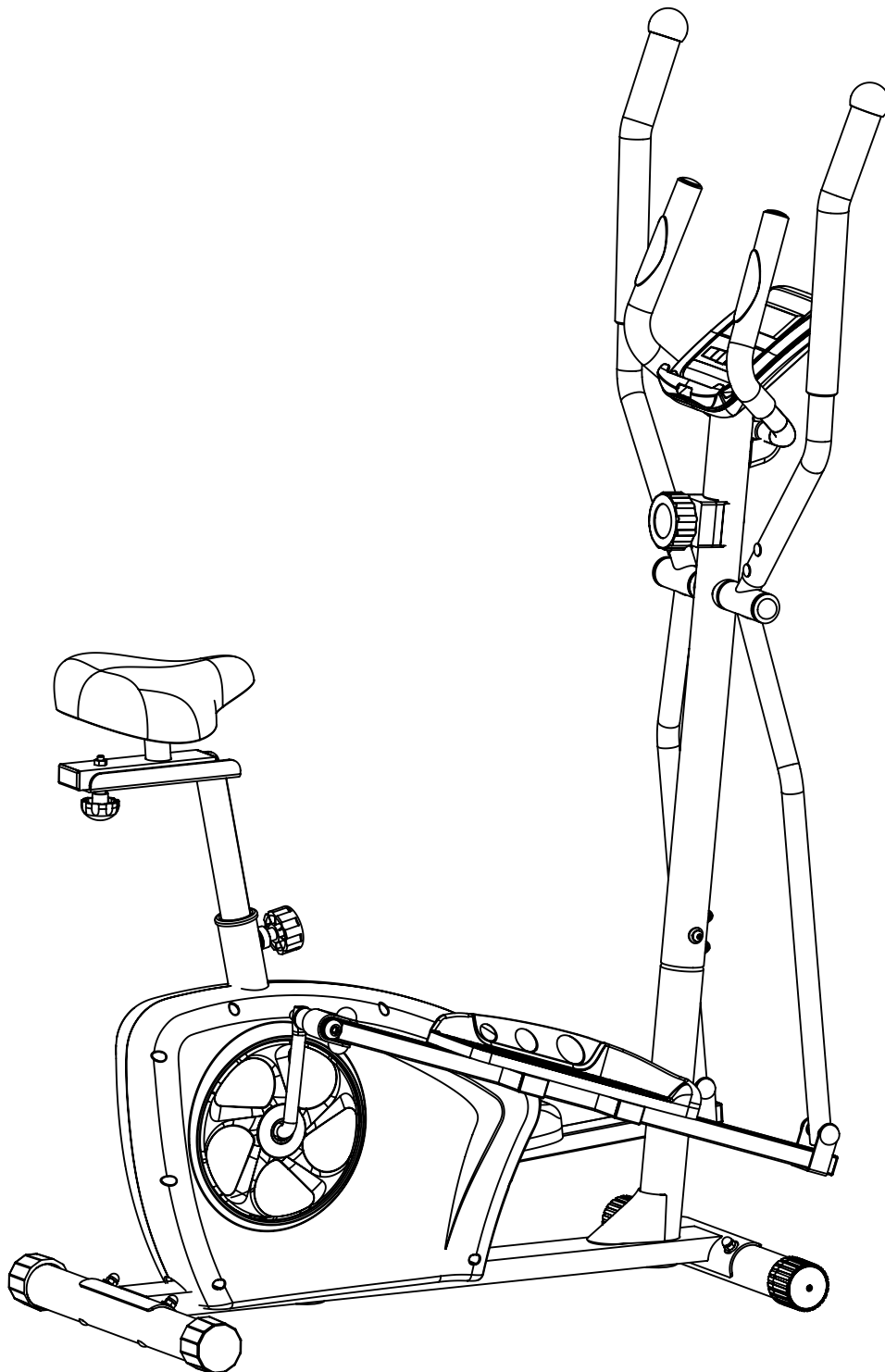




BRM3635/BRM3810 DUAL TRAINER



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

OWNER'S MANUAL

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

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

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

⚠ WARNING !

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

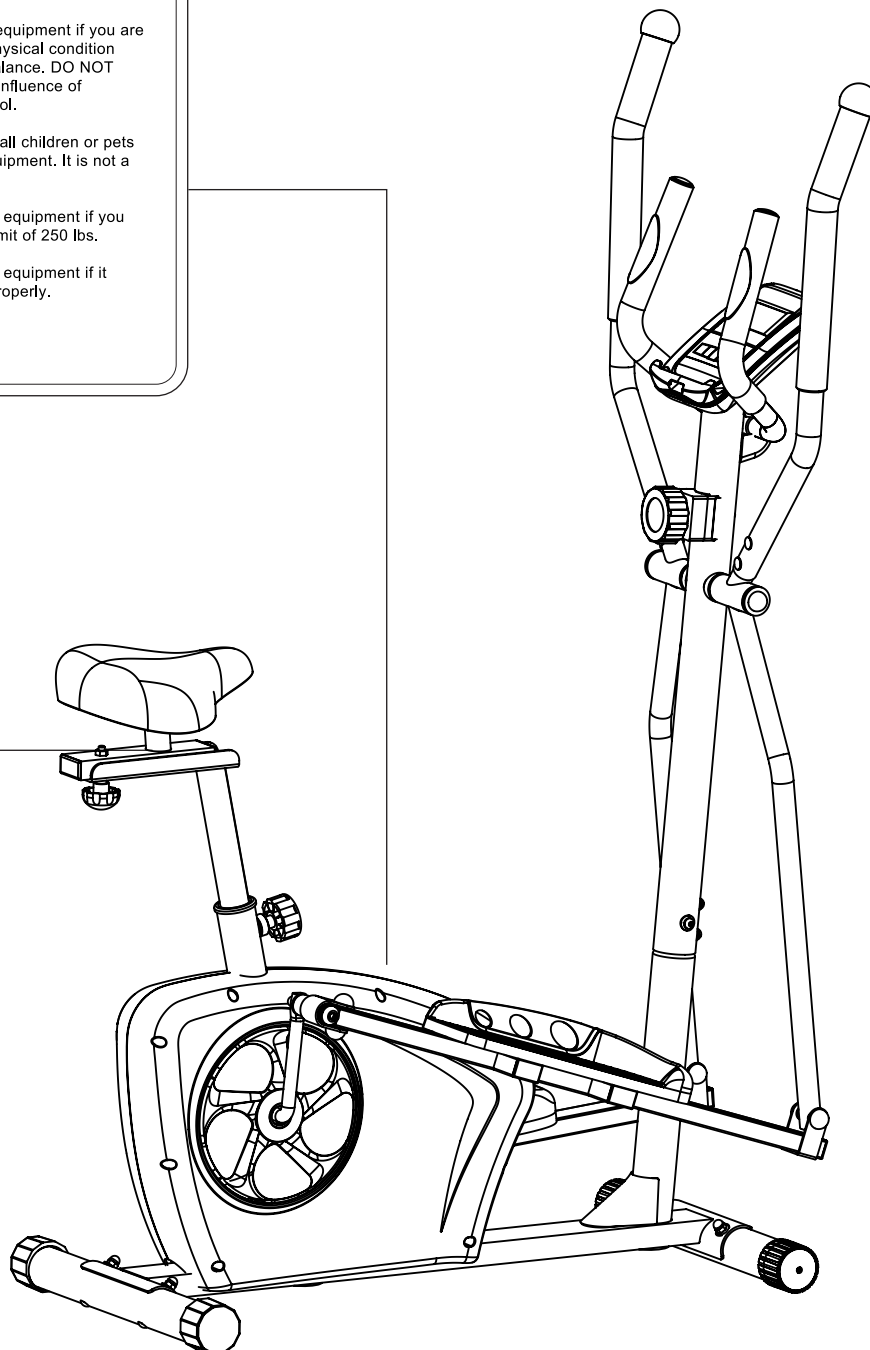
1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. **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 tightening the knobs prior to use.



General Information

Safety

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

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

Excessive or incorrect training may result in health injuries.

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

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

Assembling Tools

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

Weight Limit

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

Storage and Use

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

Warranty

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

Before Assembly

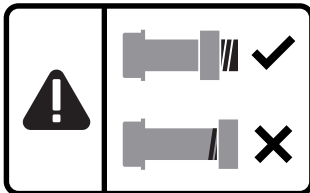
WARNING

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

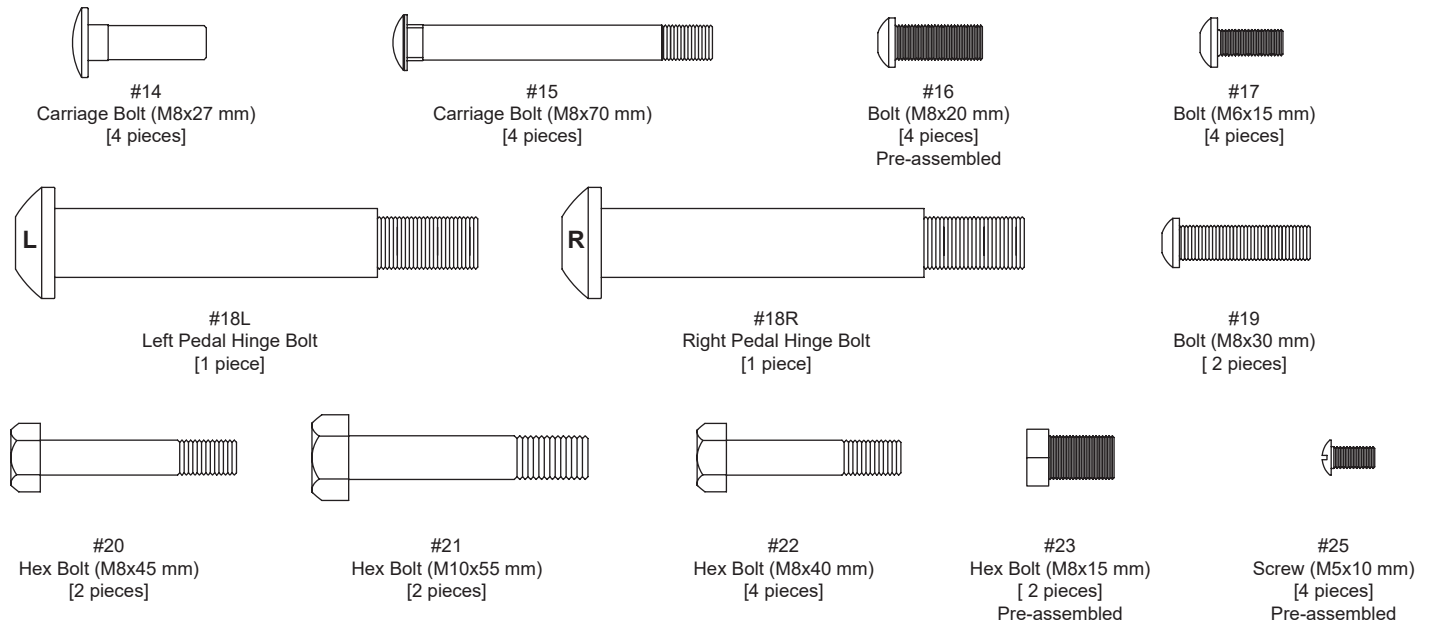
1. It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
2. Do not tighten all the nuts onto the bolts securely until after you have completed assembly 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.



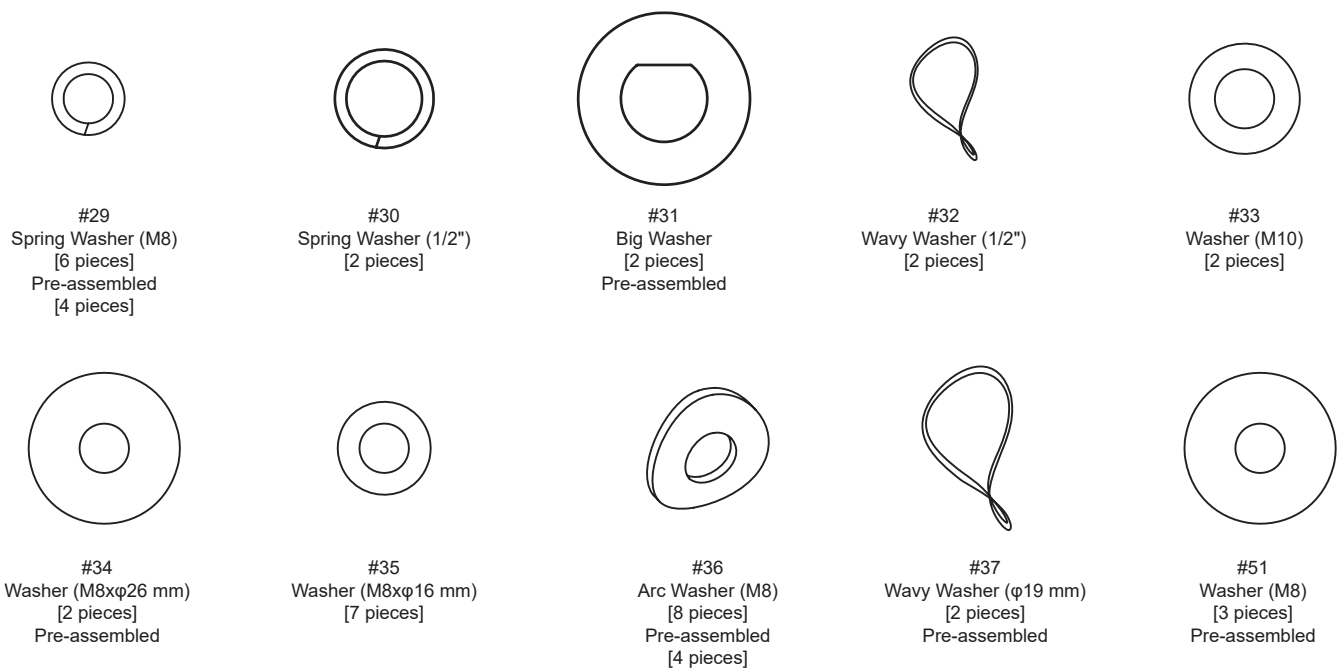
Hardware and Tool List

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



Washers



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]

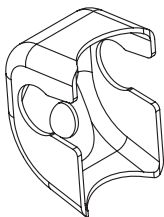


#42
Nut (M8)
[4 pieces]

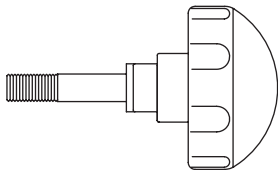


#52
Nylon Nut (M8)
[3 pieces]
Pres-assembled

Others



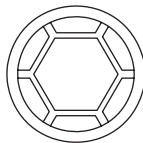
#24
Pulse Handle Bar Cover
[1 piece]



#26
Knob Bolt (M8x36 mm)
[1 piece]



#27
Bolt Cap (S14)
[6 pieces]

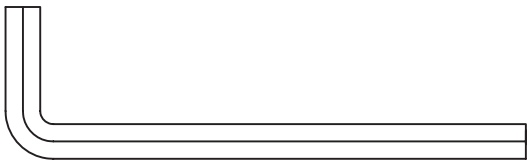


#28
Bolt Cap (S17)
[4 pieces]



#43
Bolt Cap (S17)
[2 pieces]
Pre-assembled

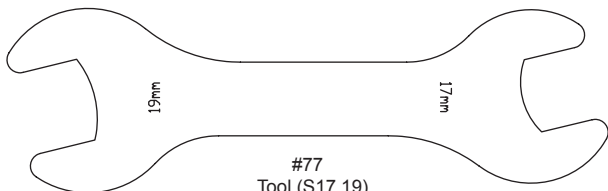
Tools (Included)



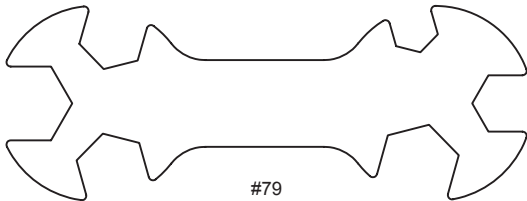
#75
Tool (S8)
[1 piece]



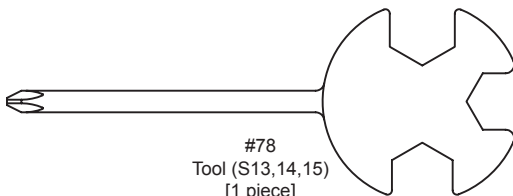
#80
Tool (S5)
[1 piece]



#77
Tool (S17,19)
[1 piece]



#79
Tool (S-10,13,14,15,17,19)
[1 piece]



#78
Tool (S13,14,15)
[1 piece]

Assembly STEP 1

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).

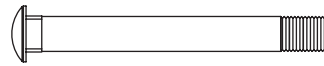
B. REAR STABILIZER ASSEMBLY

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).

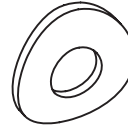
Note:

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]

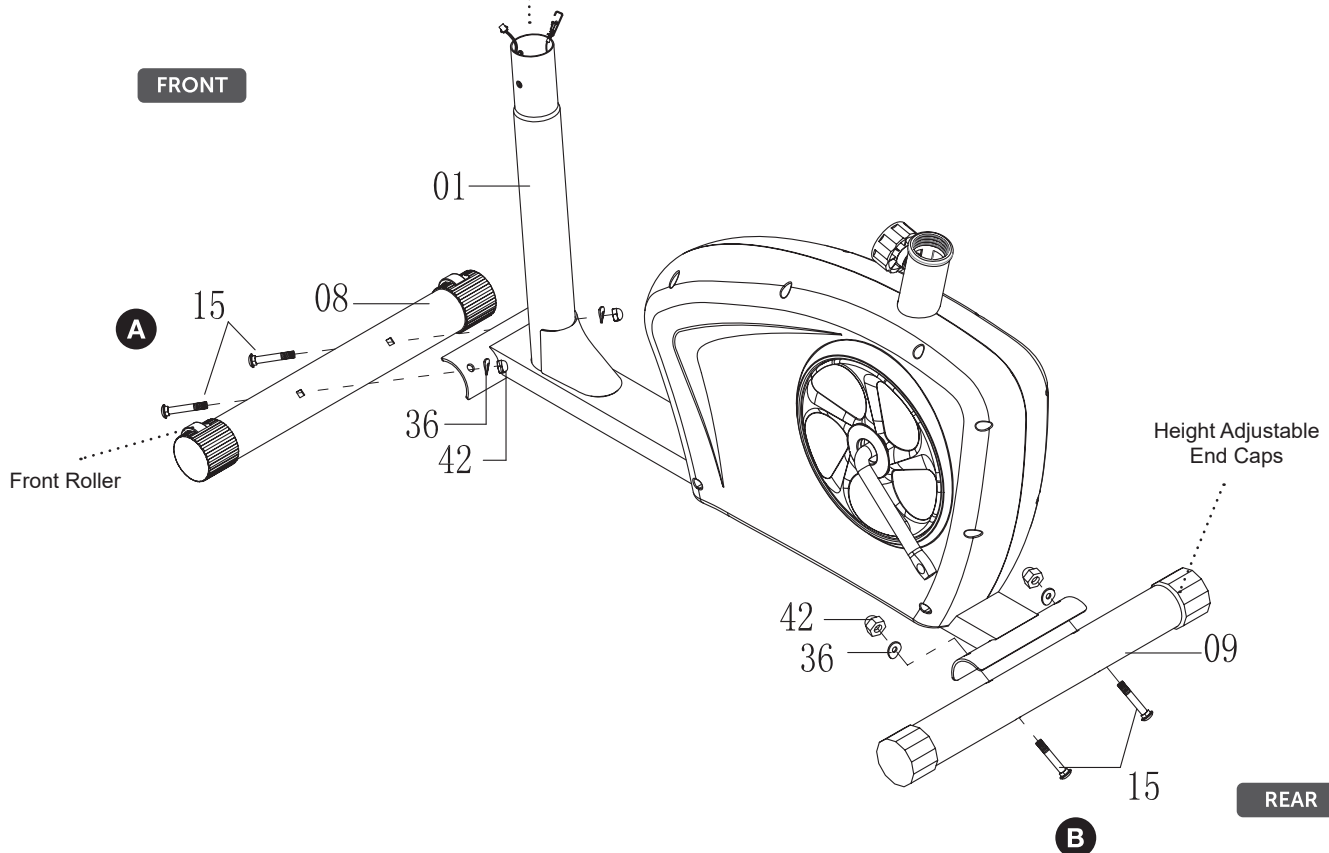


#36
Arc Washer (M8)
[4 pieces]



#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.



Assembly STEP 2

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).

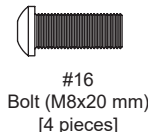
Remove four Bolts (#16), four Spring Washers (#29), and four Arc Washers (#36) that are pre-assembled on the Main Frame (#01) and set them aside as they will be used later in this step.

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).

Hardware Required



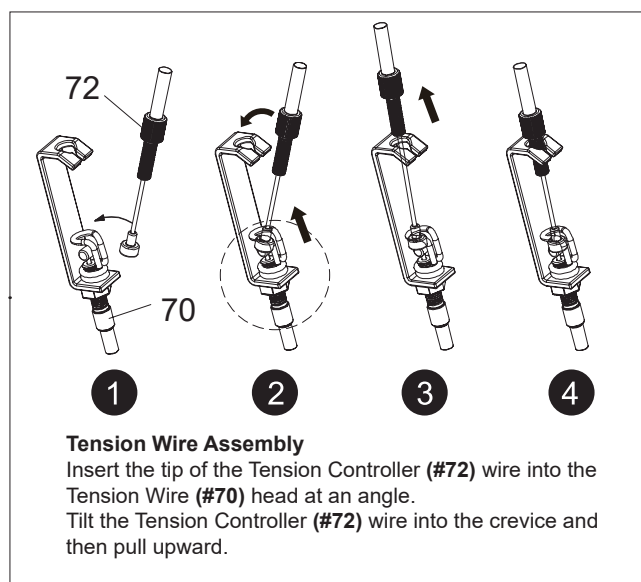
#16
Bolt (M8x20 mm)
[4 pieces]



#29
Spring Washer (M8)
[4 pieces]



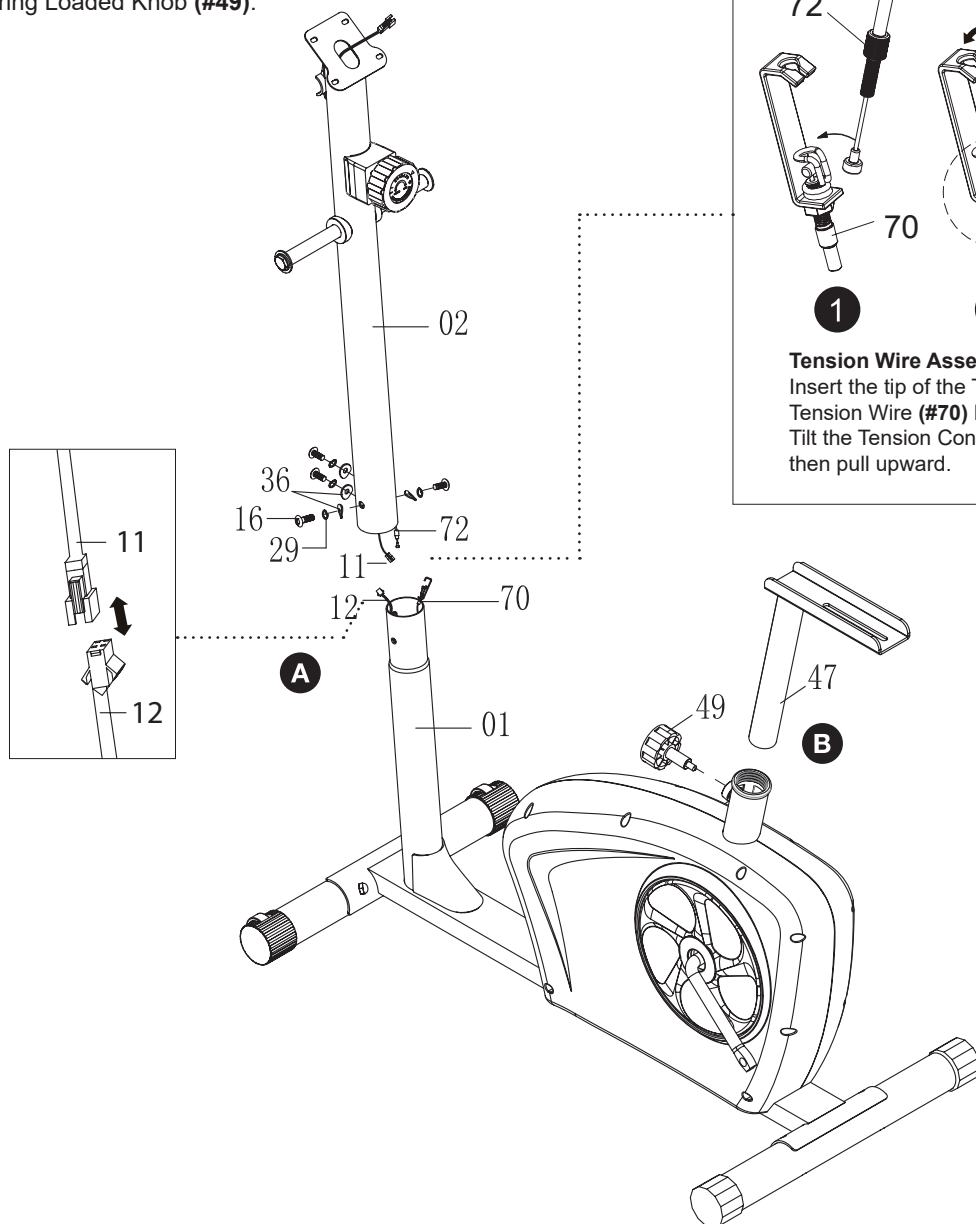
#36
Arc Washer (M8)
[4 pieces]



Tension Wire Assembly

Insert the tip of the Tension Controller (#72) wire into the Tension Wire (#70) head at an angle.

Tilt the Tension Controller (#72) wire into the crevice and then pull upward.



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.

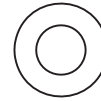
Hardware Required



#20
Hex Bolt (M8x45 mm)
[2 pieces]



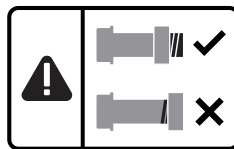
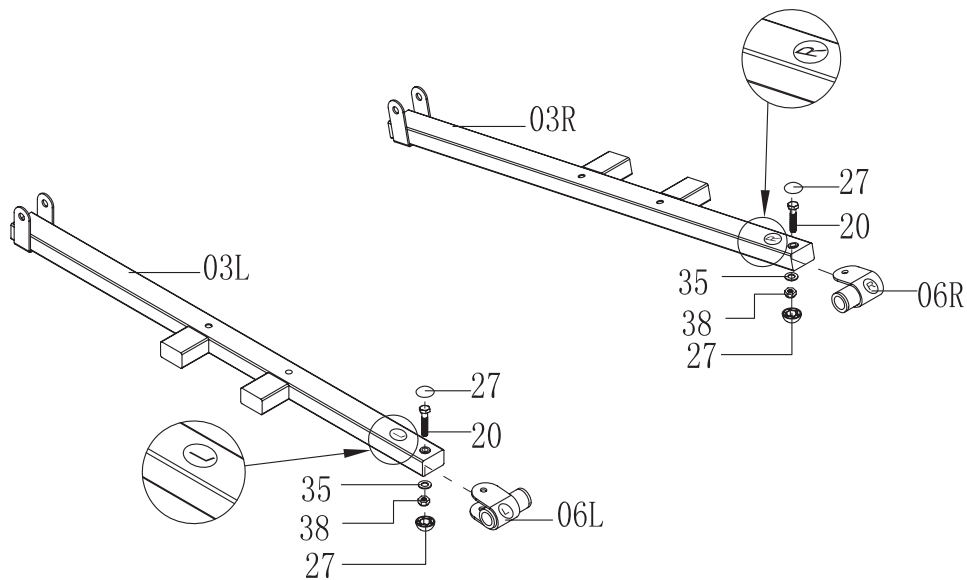
#38
Nylon Nut (M8)
[2 pieces]



#35
Washer (M8xφ16 mm)
[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).

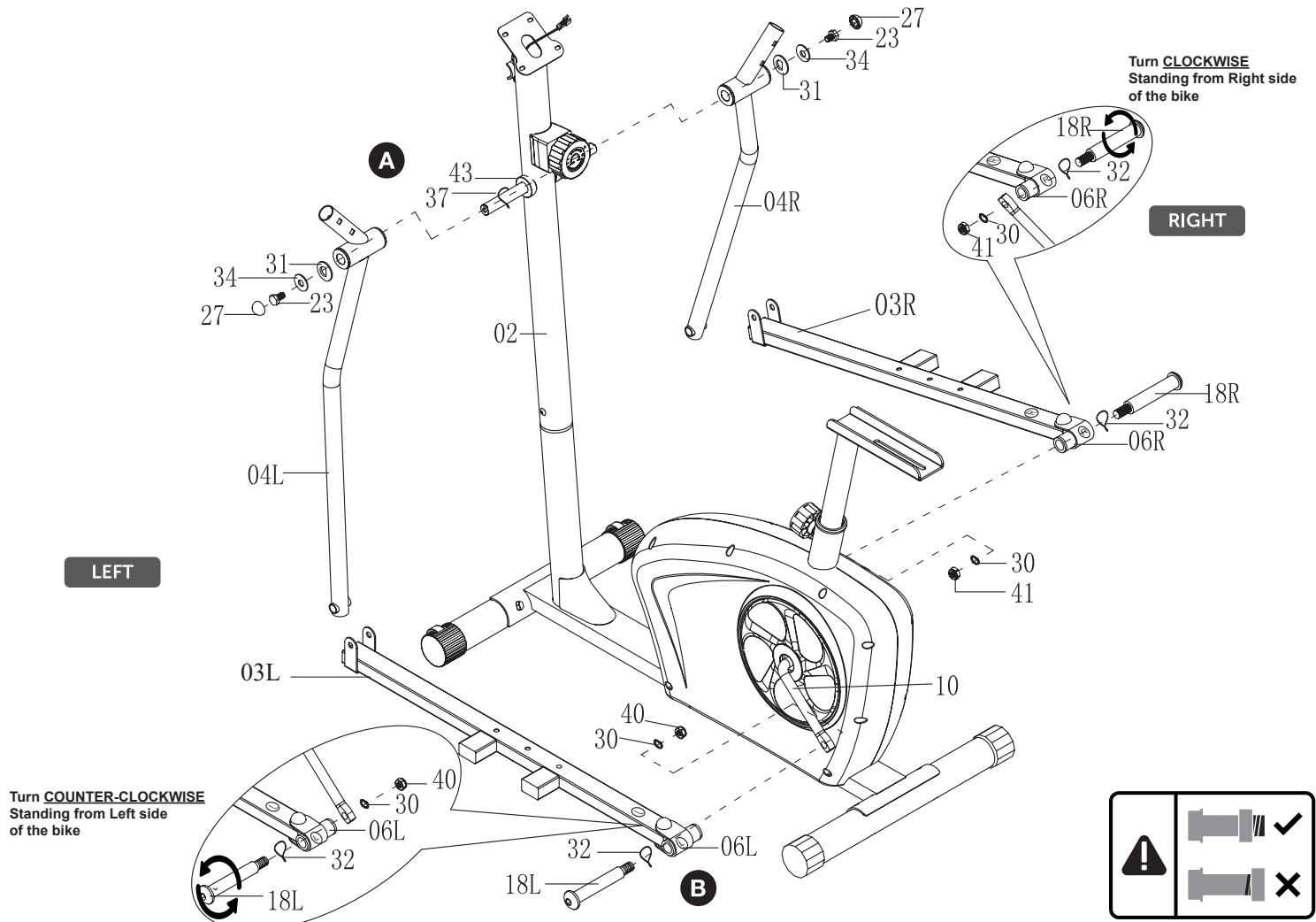
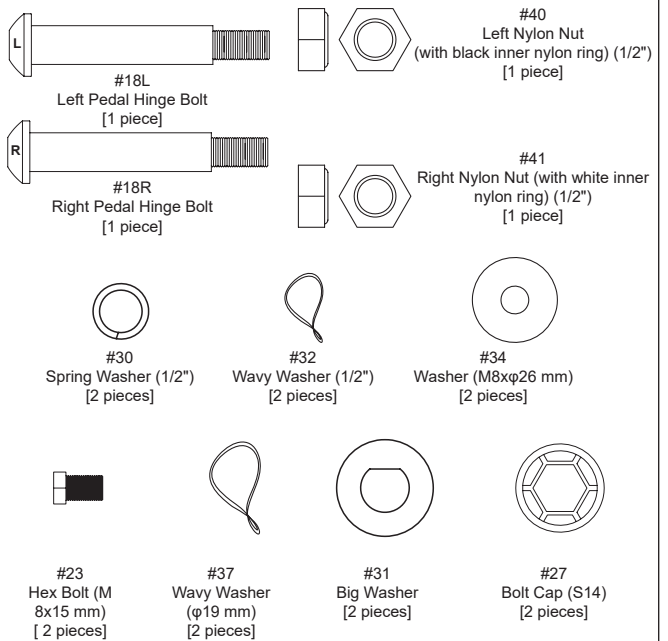
On the opposite side, assemble, in the following order, one Plastic Washer (#43), one Wavy Washer (#37), followed by the Right Coupler Bar (#04R), one Big Washer (#31), one Washer (#34) and secure using one Hex Bolt (#23). Attach two Bolt Caps (#27) on two Hex Bolt (#23) as illustrated in the drawing.

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**.

Hardware Required



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

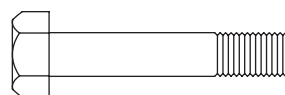
Remove Washers (#51) and Nylon Nuts (#52) that are pre-assembled on the back of the Seat (#50) and set them aside as they will be used later in this step.

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).

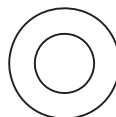
Hardware Required



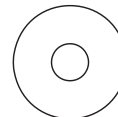
#21
Hex Bolt (M10x55 mm)
[2 pieces]



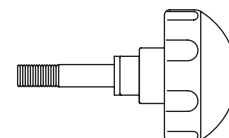
#28
Bolt Cap (S17)
[4 pieces]



#33
Washer (M10)
[2 pieces]



#51
Washer (M8)
[3 pieces]



#26
Knob Bolt (M8x36 mm)
[1 piece]



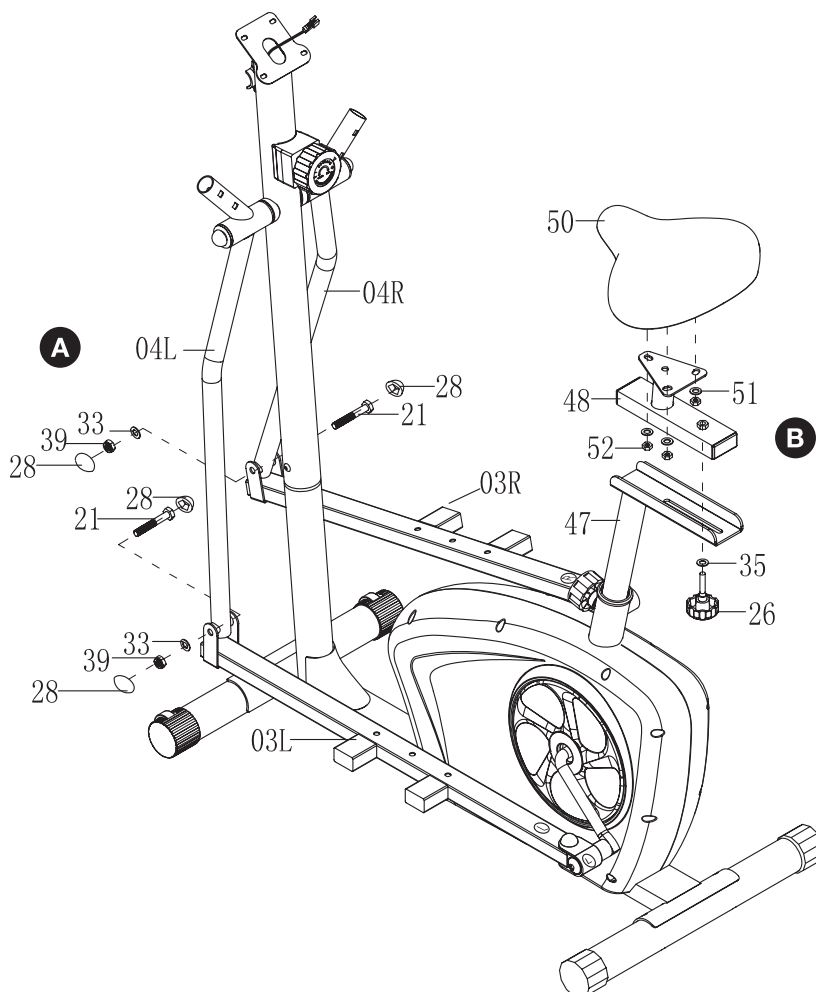
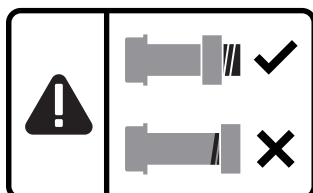
#39
Nylon Nut (M10)
[2 pieces]



#52
Nylon Nut (M8)
[3 pieces]



#35
Washer (M8xφ16 mm)
[1 pieces]



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).

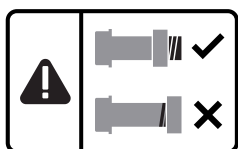
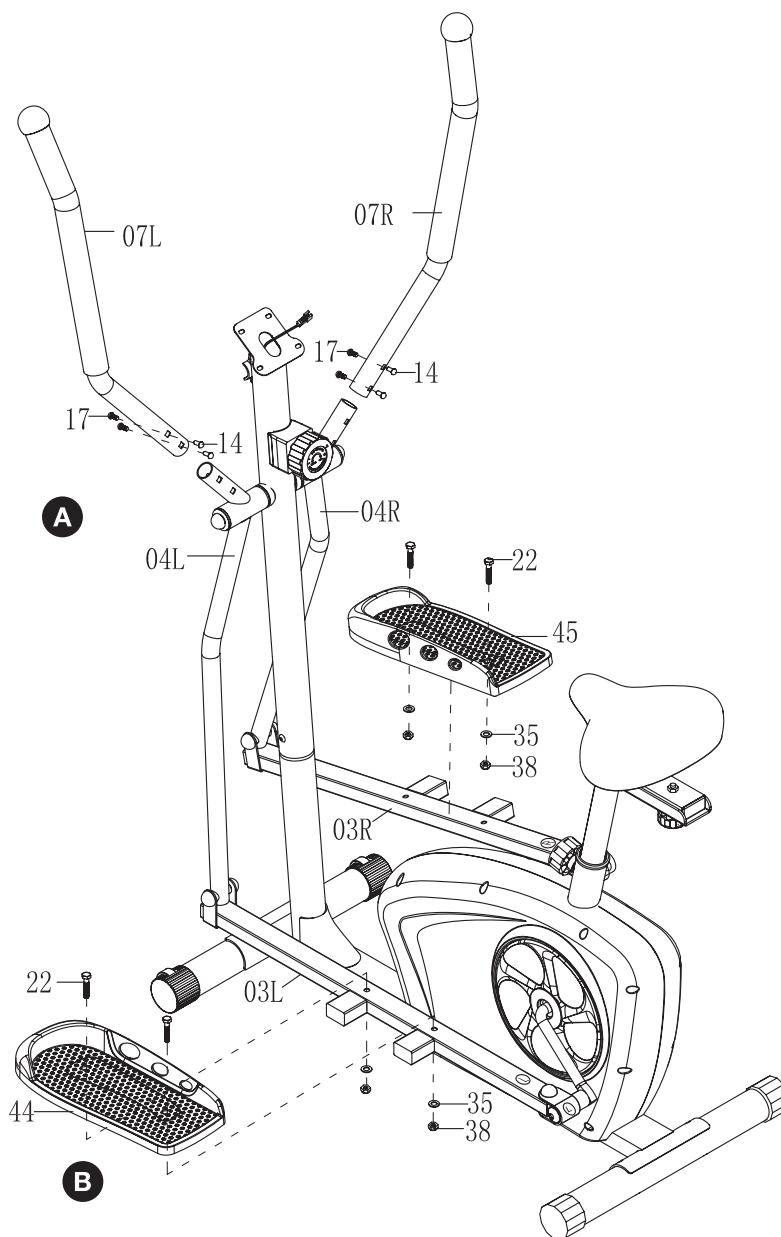
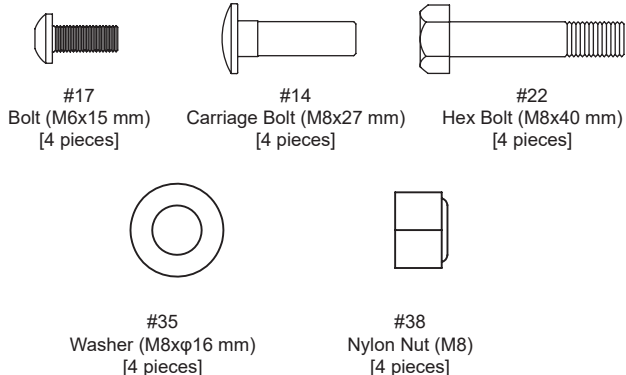
Repeat this process on the other side using Right Handle Bar (#07R) and Right Coupler Bar (#04R).

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).

Hardware Required



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).

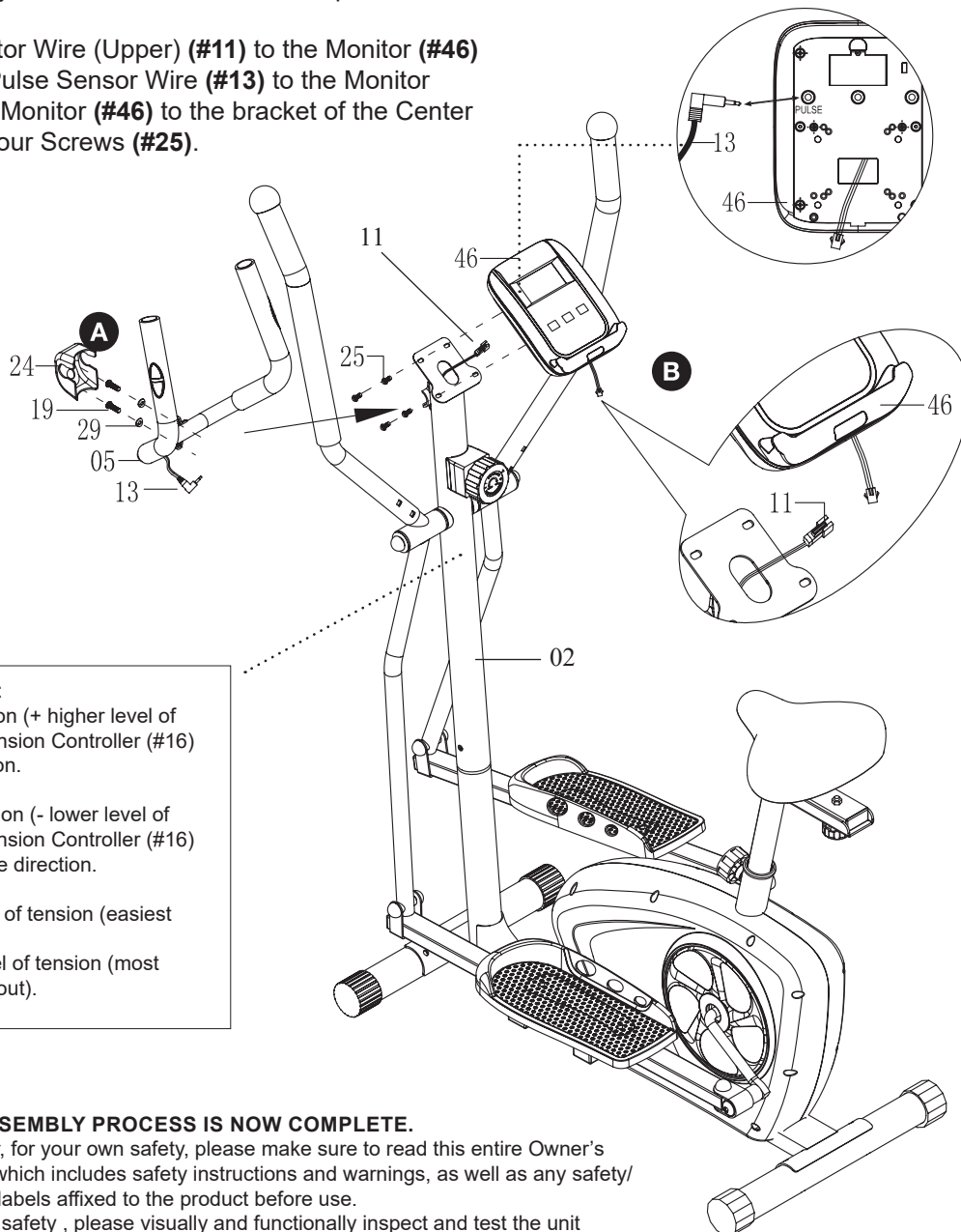
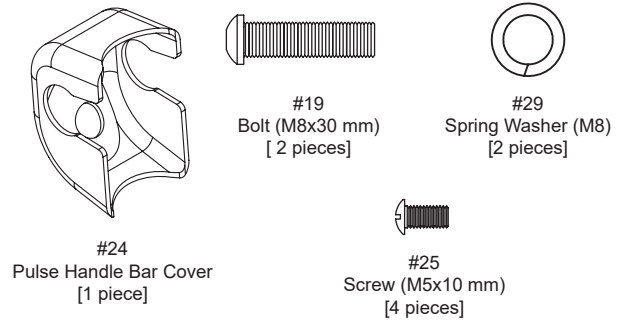
Please ensure the Pulse Sensor Wire (#13) is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the Monitor (#46) later.

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



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);

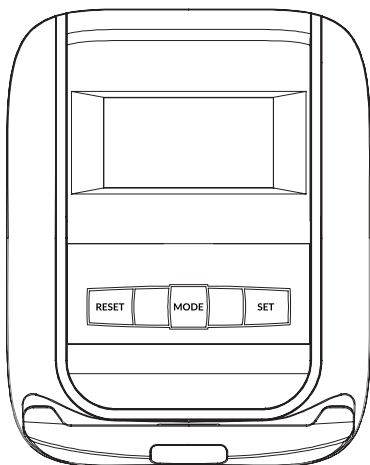
"8" is the highest level of tension (most difficult level for workout).

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



Key Function

MODE :

Press to select the display function of your choice.

SET :

Press to set the display function

RESET :

Press to reset all values

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

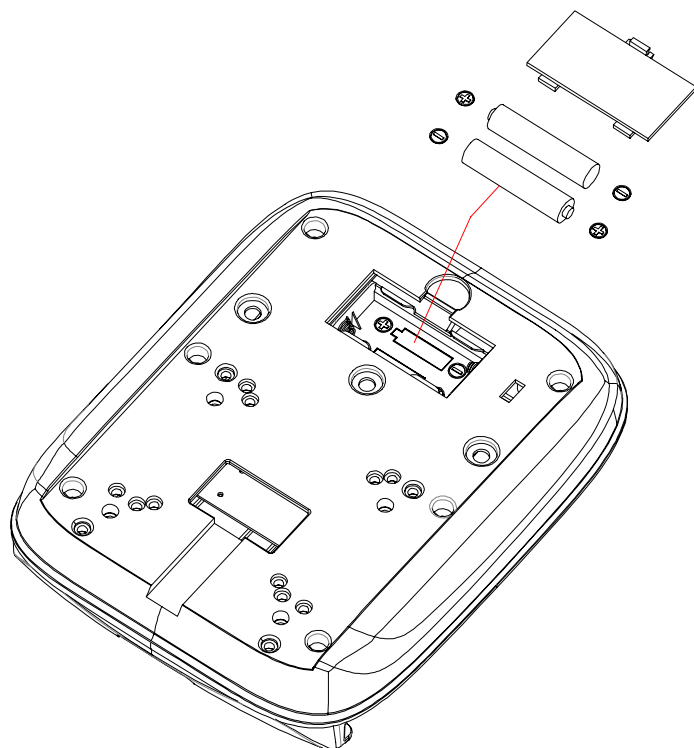
1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will auto-power on when exercise and/or motion input is detected.
4. The monitor will automatically start calculating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

Specifications

FUNCTIONS	AUTO SCAN	Every 4 seconds
	TIME	00:00-99:59 min
	ODOMETER	0-9999 mi.
	CALORIES	0.0-999.9 KCal
	DISTANCE	0.0-999.9 mi.
	BATTERY TYPE	2 pcs of AA
	OPERATING TEMP	32°F - 104°F
	STORAGE TEMP	32°F - 160°F

***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.

Description

01	Main Frame
02	Center Post
03L	Left Pedal Tube
03R	Right Pedal Tube
04L	Left Coupler Bar
04R	Right Coupler Bar
05	Pulse Handle Bar
06L	Left Pedal Connection Joint
06R	Right Pedal Connection Joint
07L	Left Handle Bar
07R	Right Handle Bar
08	Front Stabilizer
09	Rear Stabilizer
10	Crank
11	Monitor Wire (Upper)
12	Monitor Wire (Lower)
13	Hand Pulse Wire
14	Carriage Bolt (M8x27 mm)
15	Carriage Bolt (M8x70 mm)
16	Bolt (M8x20 mm)
17	Bolt (M6x15 mm)
18L	Left Pedal Hinge Bolt
18R	Right Pedal Hinge Bolt
19	Bolt (M8x30 mm)
20	Hex Bolt (M8x45 mm)
21	Hex Bolt (M10x55 mm)
22	Hex Bolt (M8x40 mm)
23	Hex Bolt (M8x15 mm)
24	Pulse Handle Bar Cover
25	Screw (M5x10 mm)
26	Knob Bolt (M8x36 mm)
27	Bolt Cap (S14)
28	Bolt Cap (S17)
29	Spring Washer (M8)
30	Spring Washer (1/2")
31	Big Washer
32	Wavy Washer (1/2")
33	Washer (M10)
34	Washer (M8xφ26 mm)
35	Washer (M8xφ16 mm)
36	Arc Washer (M8)
37	Wavy Washer (φ19 mm)
38	Nylon Nut (M8)

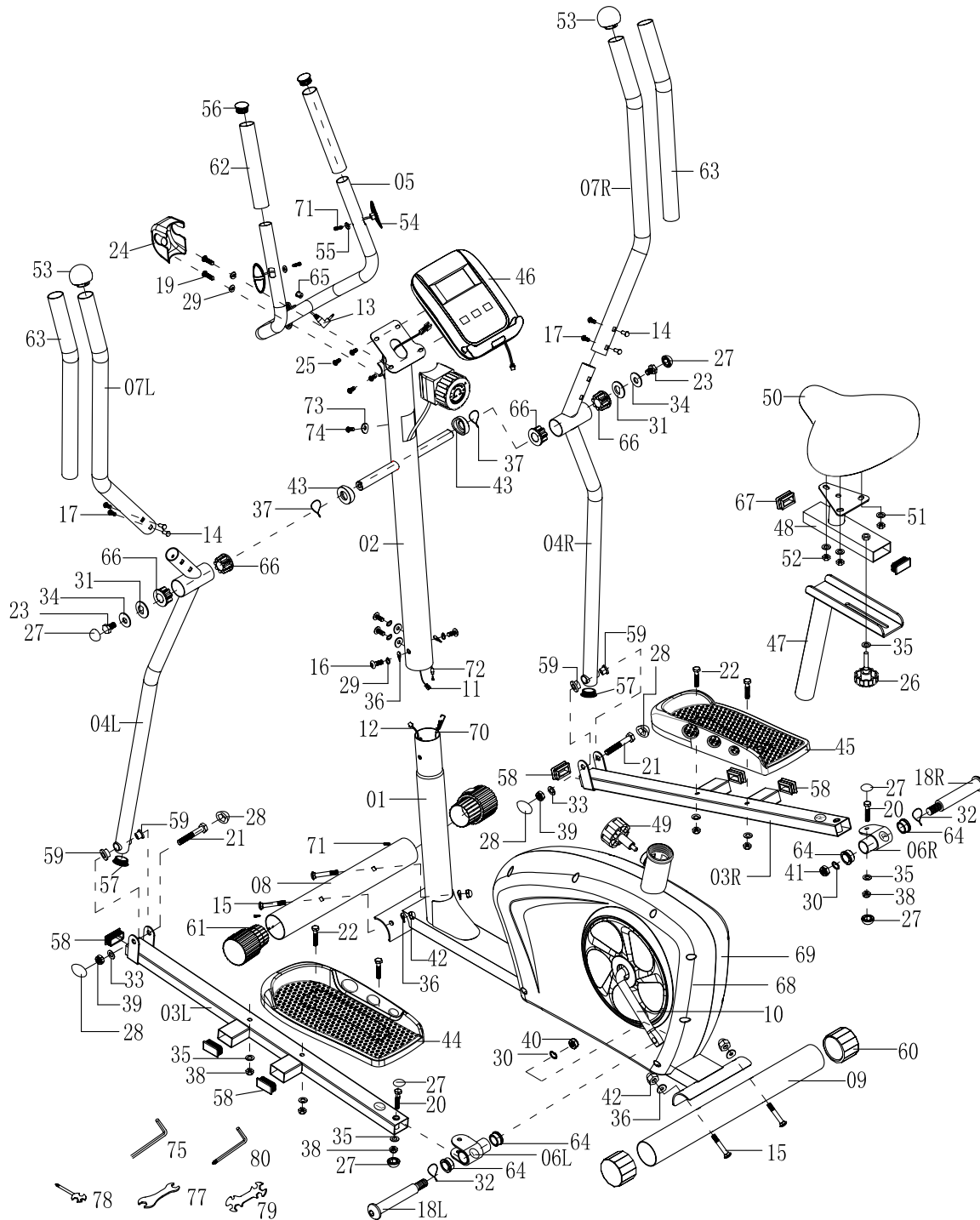
Description

39	Nylon Nut (M10)
40	Left Nylon Nut (with black inner nylon ring) (1/2")
41	Right Nylon Nut (with white inner nylon ring) (1/2")
42	Nut (M8)
43	Plastic Washer
44	Left Pedal
45	Right Pedal
46	Monitor
47	Seat Post
48	Horizontal Seat Bar
49	Spring Loaded Knob
50	Seat
51	Washer (M8)
52	Nylon Nut (M8)
53	End Cap (φ31.8 mm)
54	Hand Pulse Sensor
55	Washer (M4)
56	Round End Cap (25 mm)
57	Round End Cap (28.6 mm)
58	Rectangular End Cap (□25x40 mm)
59	Bushing
60	End Cap for Rear Stabilizer
61	End Cap for Front Stabilizer
62	Foam (φ23xφ31x320 mm)
63	Foam (φ30xφ40x380 mm)
64	Bushing
65	Wire Plug
66	Plastic Bushing
67	Rectangular End Cap (□25x50 mm)
68	Left Shroud
69	Right Shroud
70	Tension Wire
71	Screw (ST4.2x20 mm)
72	Tension Controller
73	Arc Washer (M5)
74	Screw (M5x20 mm)
75	Tool (S8)
77	Tool (S17,19)
78	Tool (S13-14-15)
79	Tool (S-10,13,14,15,17,19)
80	Tool (S5)

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)

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

Warm-Up Instructions

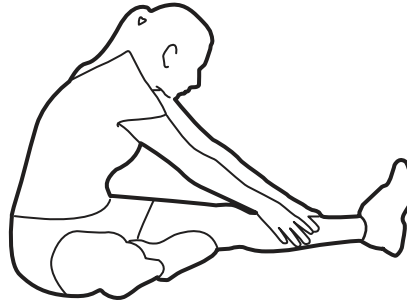
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

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



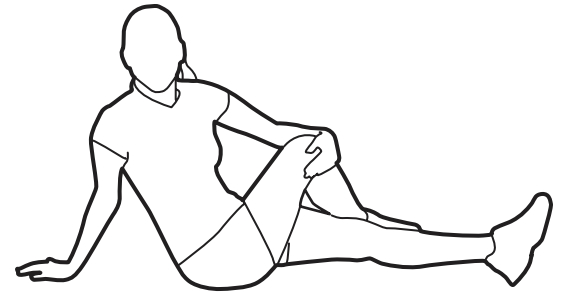
Groin Stretch

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



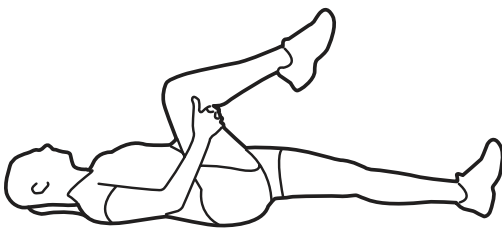
Hamstring Stretch

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



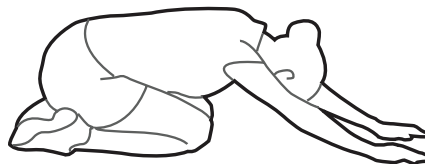
Trunk Twister

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



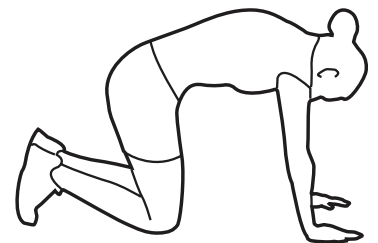
Groin Stretch

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



Trunk Flexion, Prone

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

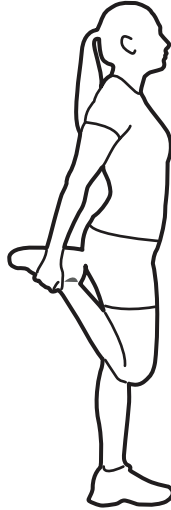


Warm-Up Instructions



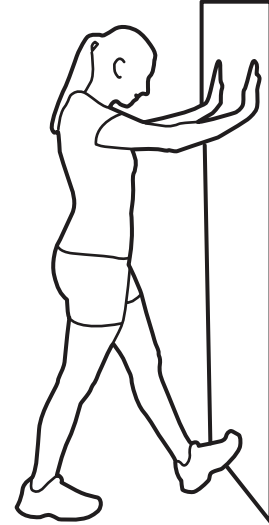
Shoulder Stretch

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



Quadriceps Stretch

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



Calf Twister

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

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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