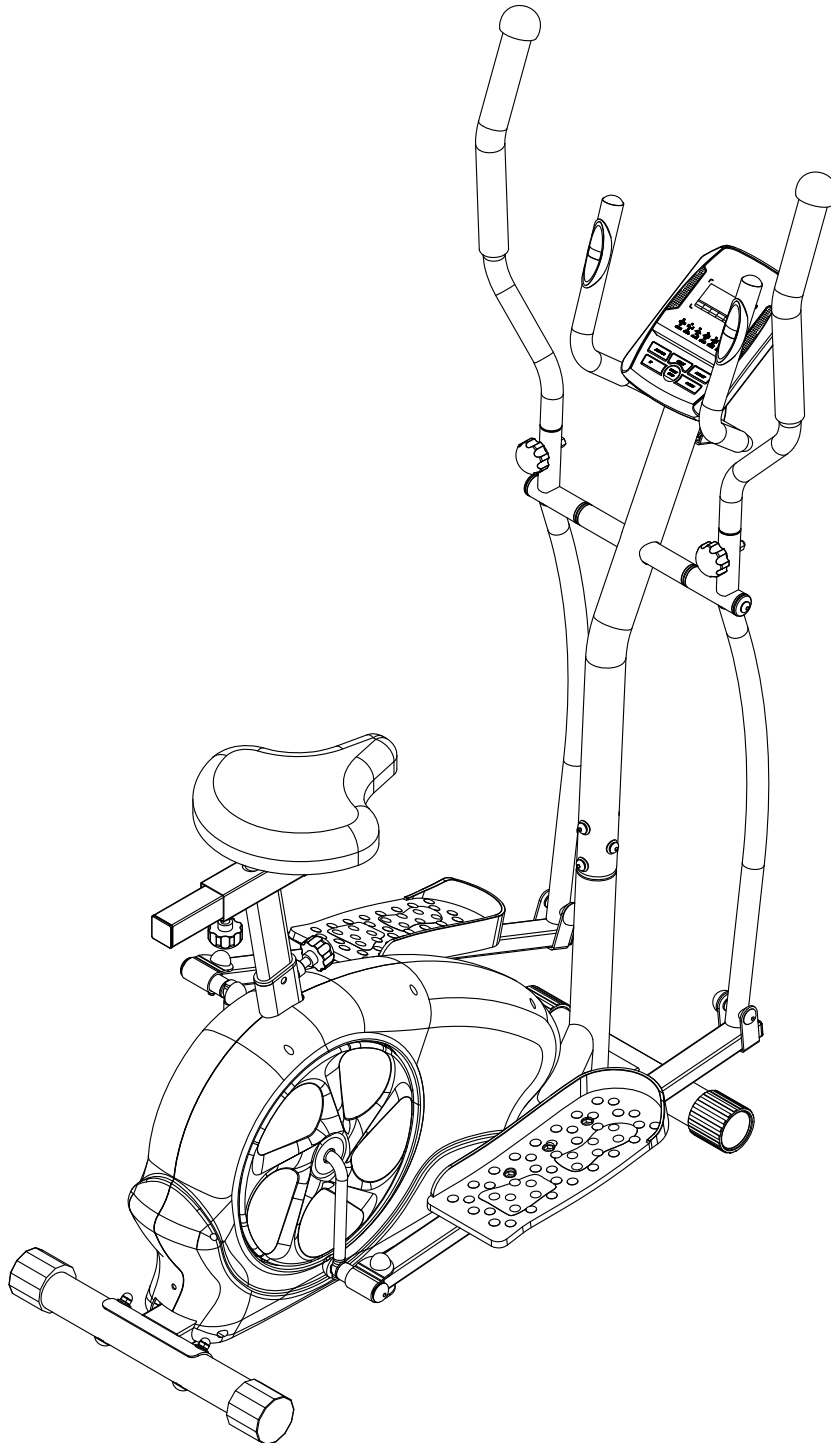




BRM3671 BRM3690 BRM3171 Cardio Dual Trainer



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

OWNER'S MANUAL

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

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

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

! WARNING!

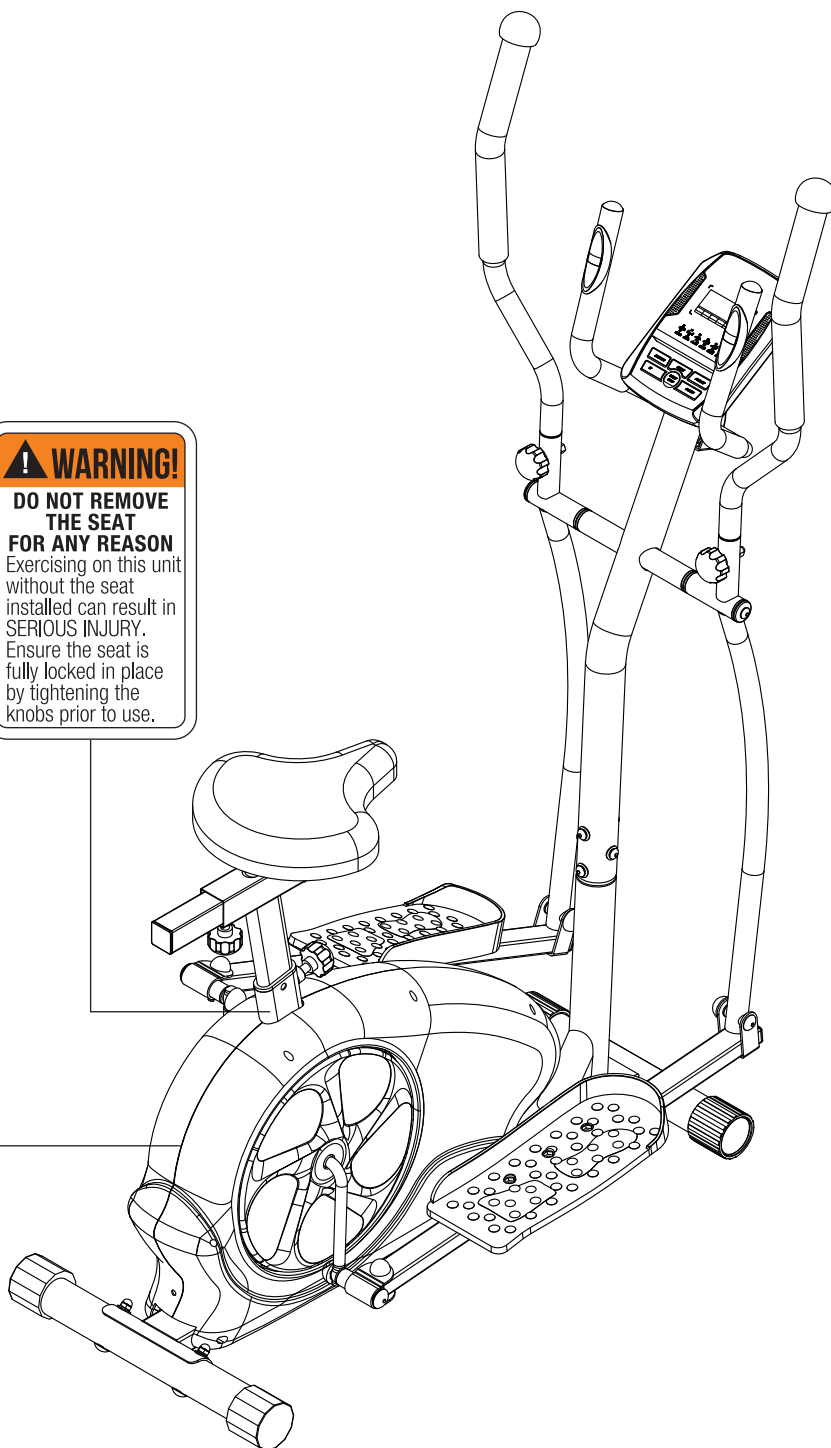
The use of this exercise equipment involves a RISK OF PHYSICAL INJURY as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of 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. Keep all children away from this equipment. **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.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both (if applicable) if caution is not used.

! 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 to health injuries.

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

- Please keep all children away from this item when in use. Do not allow children to climb or play on this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. 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 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, 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 the purchaser's cost).
3. 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 :

Hupa International

21717 Ferrero Parkway, Walnut, CA 91789

Telephone: 1 (888) 266A - 6789

Fax: 1 (909) 598 - 6707

Email: info@hupa.net

Before Assembly

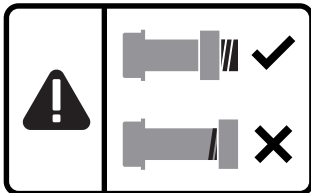
⚠ WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. 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 everytime you see this *Nylon Nut icon* throughout the assembly steps.



Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

Part Listing

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

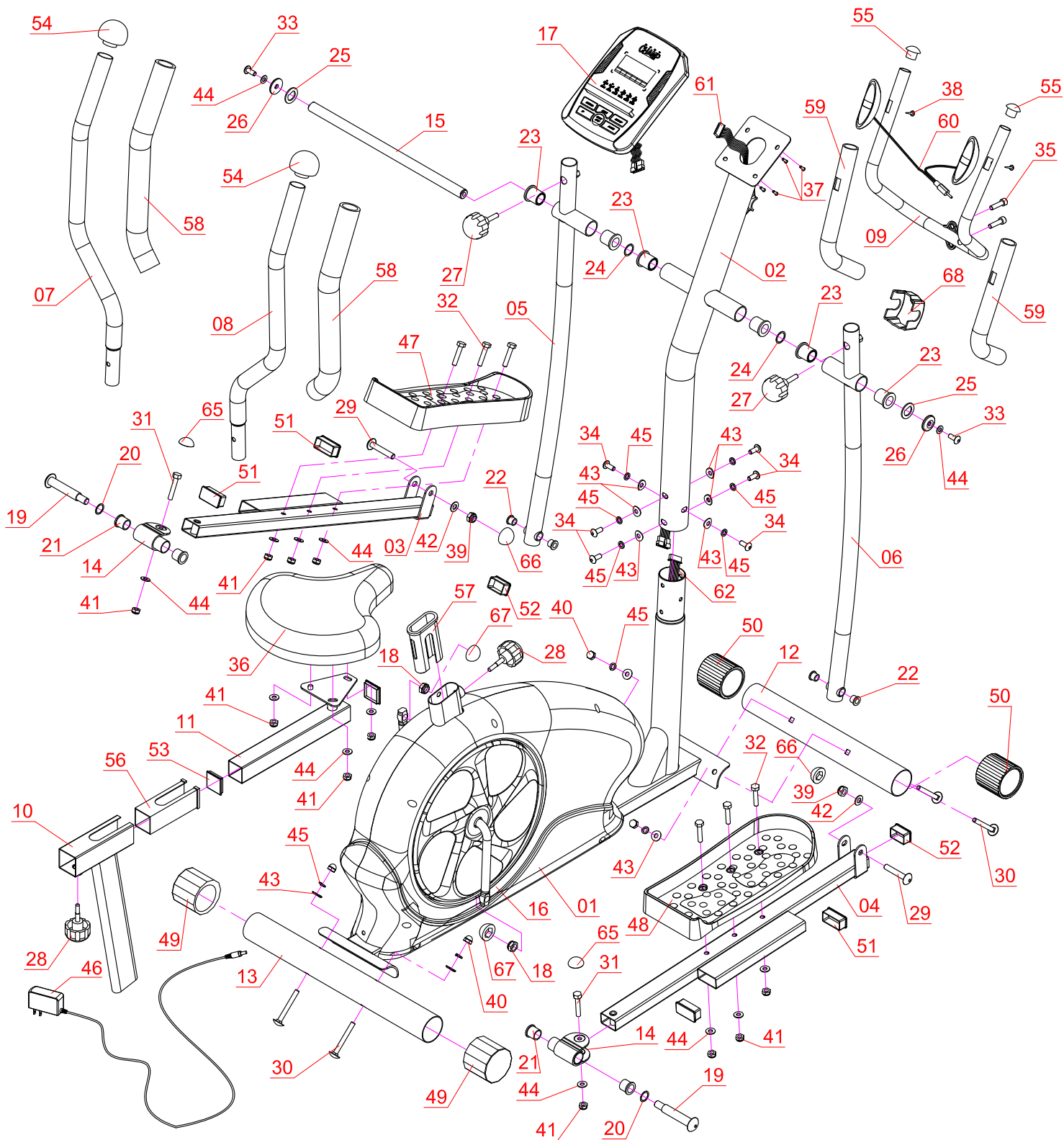
PLEASE NOTE: most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	35	Bolt (M8x30mm)
02	Center Post	36	Seat
03	Left Pedal Tube	37	Screw (M5x12mm)
04	Right Pedal Tube	38	Screw (M4x25mm)
05	Left Coupler Bar	39	Nylon Nut (M10)
06	Right coupler bar	40	Cap Nut (M8)
07	Left Handle Bar	41	Nylon Nut (M8)
08	Right Handle bar	42	Washer (M10)
09	Pulse handle bar	43	Arc Washer (M8)
10	Seat Post	44	Washer (M8)
11	Horizontal Seat Bar	45	Spring Washer (M8)
12	Front Stabilizer	46	AC-DC Adaptor
13	Rear Stabilizer	47	Left Pedal
14	Pedal Connection Joint	48	Right Pedal
15	Couple Bar Axle	49	End Cap For Rear Stabilizer
16	Crank	50	End Cap For Front Stabilizer
17	Monitor	51	Square End Cap
18	Nylon Nut (1/2")	52	Square End Cap
19	Bolt (1/2"x97mm)	53	Square End Cap
20	Special Washer (16mm)	54	Round Cap
21	Plastic Bushing	55	Round Cap
22	Metal Bushing	56	Seat Post Sleeve
23	Plastic Bushing	57	Main frame Sleeve
24	Special Washer (19mm)	58	Handle Bar Form Grip
25	D Shape Washer (19mm)	59	Pulse Handle Bar Foam Grip
26	Round Cap	60	Pulse sensor Wire
27	Knob Bolt	61	Monitor Wire (Upper)
28	Knob Bolt	62	Monitor Wire (Lower)
29	Bolt (M10x58mm)	63	Tool (5mm)
30	Carriage Bolt (T 8x65mm)	64	Tool
31	Hex Bolt (M8x45mm)	65	M8 Bolt Cover
32	Hex Bolt (M8x40mm)	66	M10 Bolt Cover
33	Bolt (M8x20 mm)	67	1/2" Bolt Cover
34	Bolt (M8x15mm)	68	Handle Bar Cover

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.

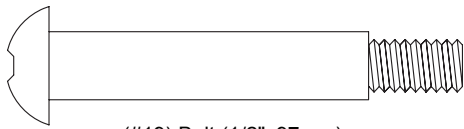


Hardware and Tool List

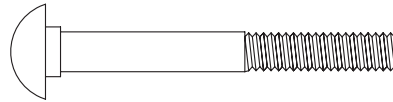
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.

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.

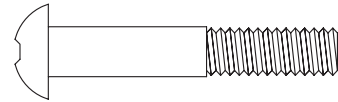
Bolts



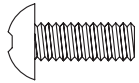
(#19) Bolt (1/2"x97mm)
[2 Pieces]



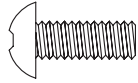
(#30) Carriage Bolt (T 8x65mm)
[4 Pieces]



(#29) Bolt (M10x58mm)
[2 Pieces]



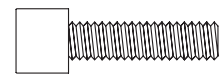
(#33) Bolt (M8x20 mm)
[2 Pieces]



(#34) Bolt (M8x15mm)
[6 Pieces] Pre-assembled



(#32) Hex Bolt (M8x40mm)
[6 Pieces]

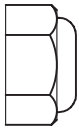


(#35) Bolt (M8x30mm)
[2 Pieces]

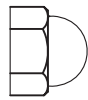


(#37) Screw (M5x12mm)
[4 Pieces] Pre-assembled

Nuts



(#18) Nylon Nut (1/2")
[2 Pieces]



(#40) Cap Nut (M8)
[4 Pieces]

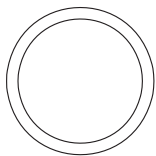


(#39) Nylon Nut (M10)
[2 Pieces]

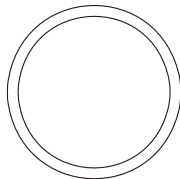


(#41) Nylon Nut (M8) [9 Pieces]
Pre-assembled [3 Pieces]

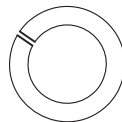
Washers & Others



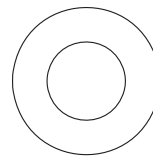
(#20) Special Washer
(16mm)
[2 Pieces]



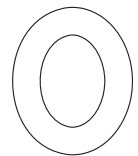
(#24) Special Washer
(19mm)
[2 Pieces]



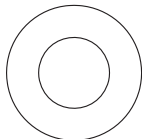
(#45) Spring Washer
(M8) [10 pieces]
[6 Pieces] Pre-assembled



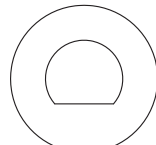
(#44) Washer (M8)
[11 pieces]
[3 Pieces] Pre-assembled



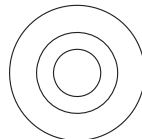
(#43) Arc Washer (M8)
[10 Pieces]
[6 Pieces] Pre-assembled



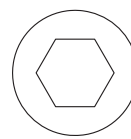
(#42) Washer (M10)
[2 Pieces]



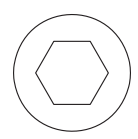
(#25) D Shape Washer
(19mm)
[2 Pieces]



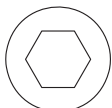
(#26) Round Cap
[2 Pieces]



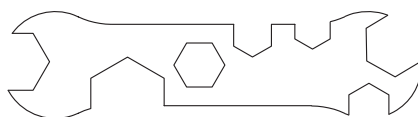
(#67) 1/2" Bolt Cover
[2 Pieces]



(#66) M10 Bolt Cover
[2 Pieces]



(#65) M8 Bolt Cover
[2 Pieces]



(#64) Tool
[1 Piece]



(#63) Tool (5mm)
[2 Pieces]

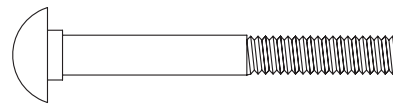
Assembly STEP 1

With the help of an assistant, attach the **Front Stabilizer (#12)** to the front of the **Main Frame (#01)**. Insert two **Carriage Bolts (#30)** through the **Front Stabilizer (#12)** followed by the front of the **Main Frame (#01)**. Secure them together using two **Arc Washers (#43)**, two **Spring Washers (#45)** and two **Cap Nuts (#40)**.

Now attach the **Rear Stabilizer (#13)** to the rear of the **Main Frame (#01)**. Insert two **Carriage Bolts (#30)** through the **Rear Stabilizer (#13)** followed by the rear of the **Main Frame (#01)**. Secure them together using two **Arc Washers (#43)**, two **Spring Washers (#45)** and two **Cap Nuts (#40)**.

*Please Note that the **Front Stabilizer (#12)** has end caps that spin for ease of relocating the unit and the **Rear Stabilizer (#13)** has height adjustable end caps for leveling of the unit.*

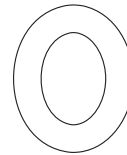
Hardware Required



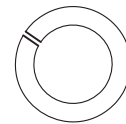
(#30) Carriage Bolt (M8x65mm)
[4 Pieces]



(#40) Cap Nut (M8)
[4 Pieces]

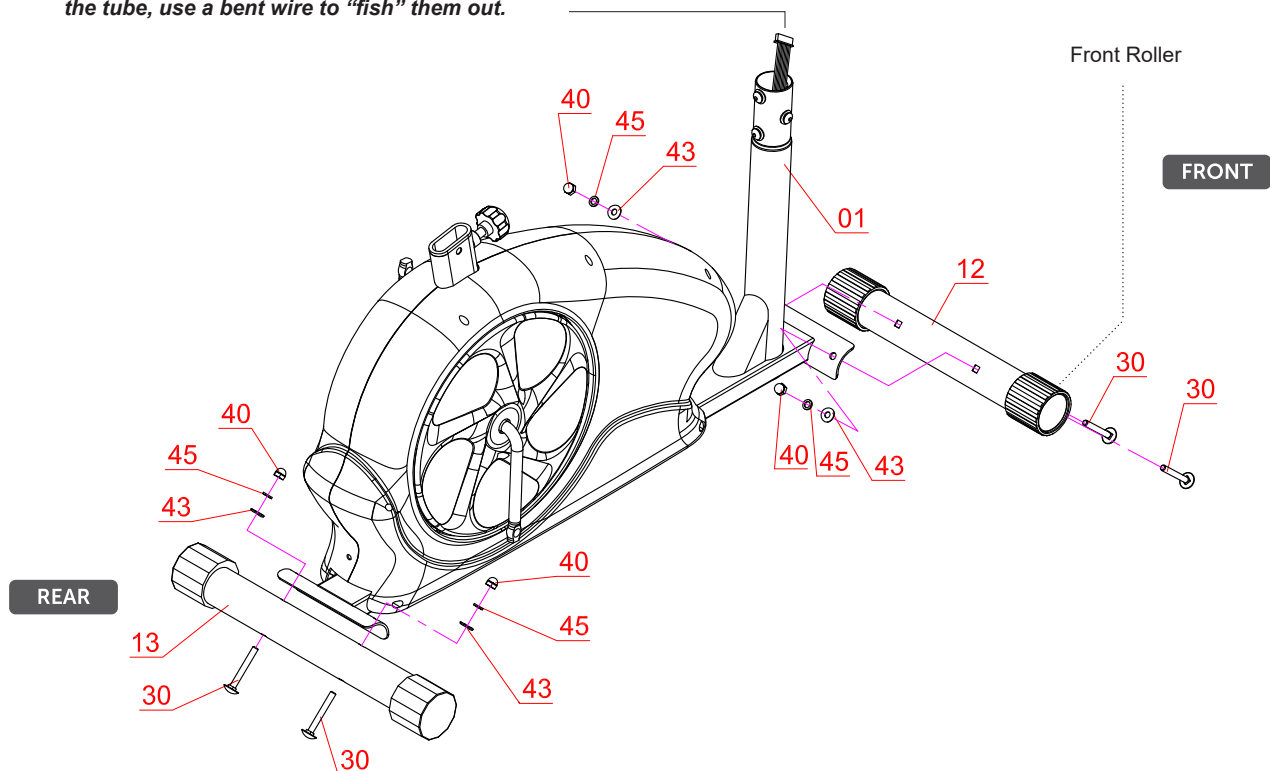


(#43) Arc Washer (M8)
[4 Pieces]



(#45) Spring Washer (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.

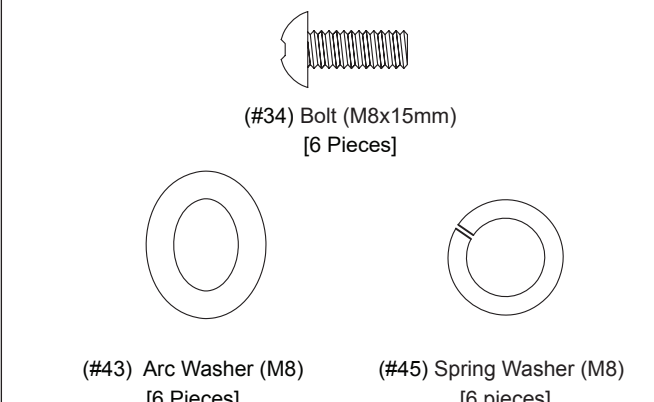


Assembly STEP 2

Remove the **Bolts (#34)**, **Spring Washers (#45)**, and **5 fW K Ugl Yfg fl (' Ł** that are pre-assembled on the **Main Frame (#01)** and set them aside as they will be used later in this step.

Connect the **Monitor Wire (Upper) (#61)** to the **Monitor Wire (Lower) (#62)**. Slide the **Center Post (#02)** onto the **Main Frame (#01)** and secure it using six **Bolts (#34)**, six **Spring Washers (#45)**, and six **Arc Washers (#43)** that were previously removed.

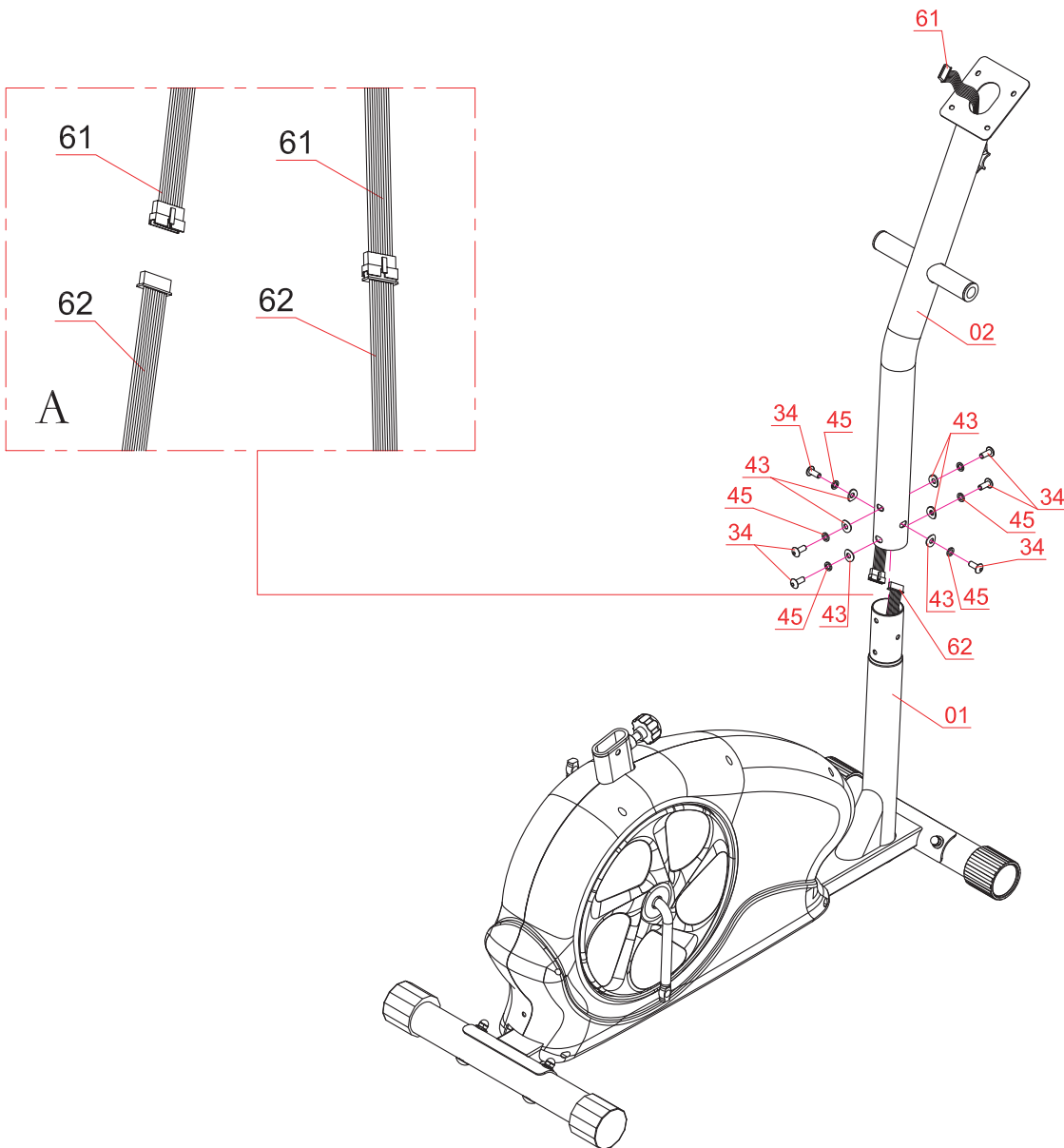
Hardware Required



(#34) Bolt (M8x15mm)
[6 Pieces]

(#43) Arc Washer (M8)
[6 Pieces]

(#45) Spring Washer (M8)
[6 pieces]



Assembly STEP 3

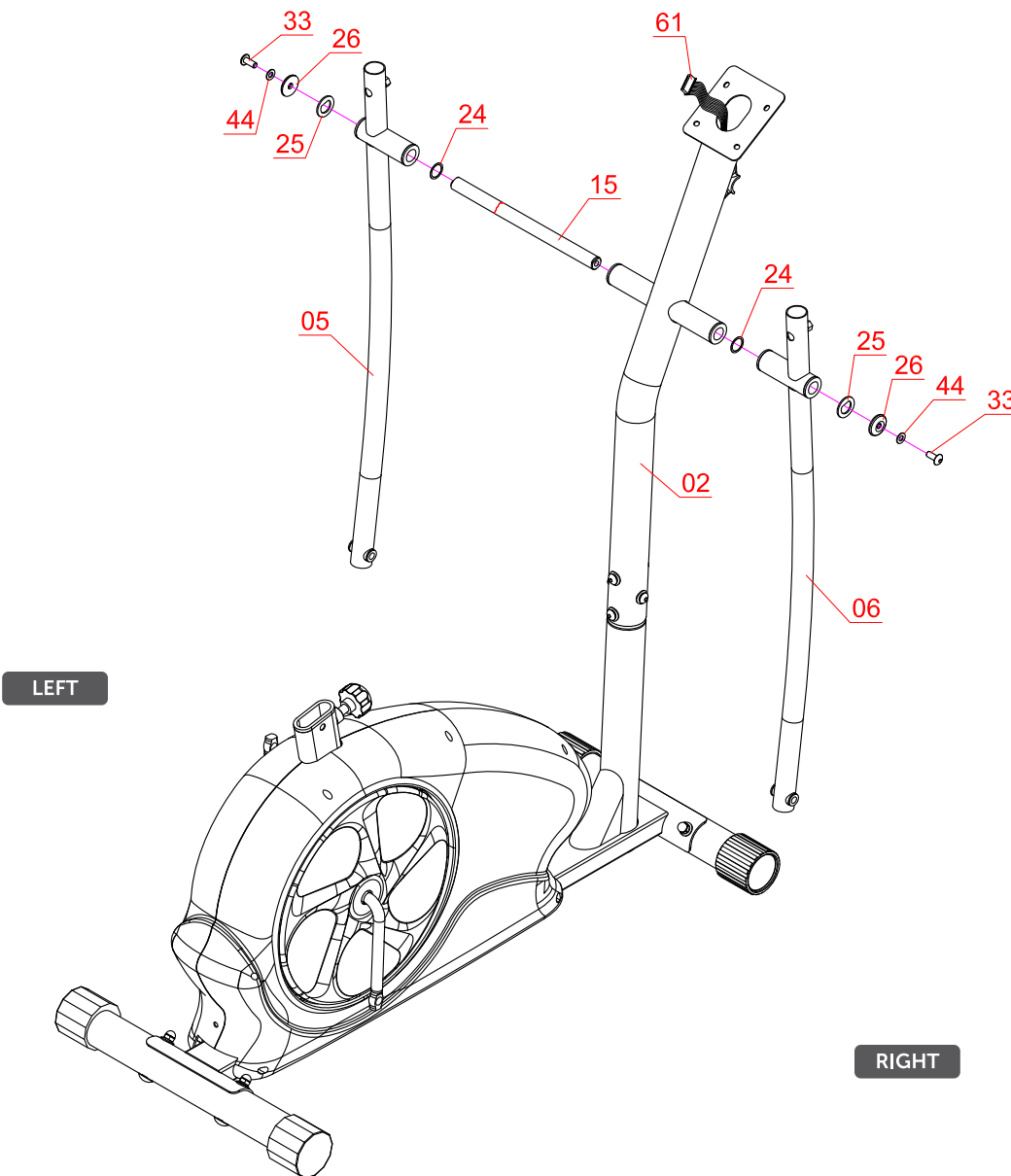
Please refer to the diagram below and pay special attention to corresponding LEFT & RIGHT side parts. Misplacing parts during assembly will lead to incorrect assembly and may result in serious injury.

Slide the **Couple Bar Axle (#15)** through the center slot on the **Center Post (#02)** and center it so it is evenly distributed on the left/right sides. Next, slide one **Special Washer (#24)** on each side then, followed by corresponding **Left/Right Coupler Bar (#05/#06)**.

Secure each side with a **D Shape Washer (#25)**, a **Round Cap (#26)**, a **Washer (#44)**, and a **Bolt (#33)**.

Hardware Required

(#24) Special Washer (19mm) [2 Pieces]	(#25) D Shape Washer (19mm) [2 Pieces]	(#33) Bolt (M8x20 mm) [2 Pieces]
(#26) Round Cap [2 Pieces]	(#44) Washer (M8) [2 pieces]	



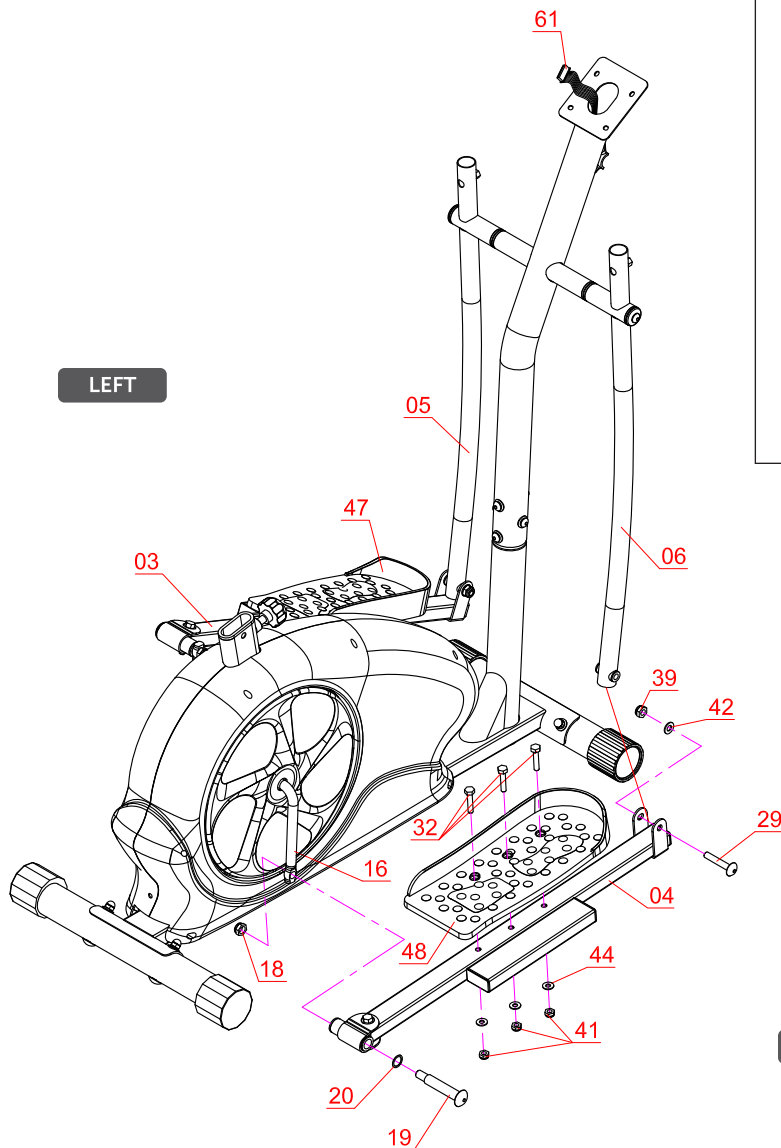
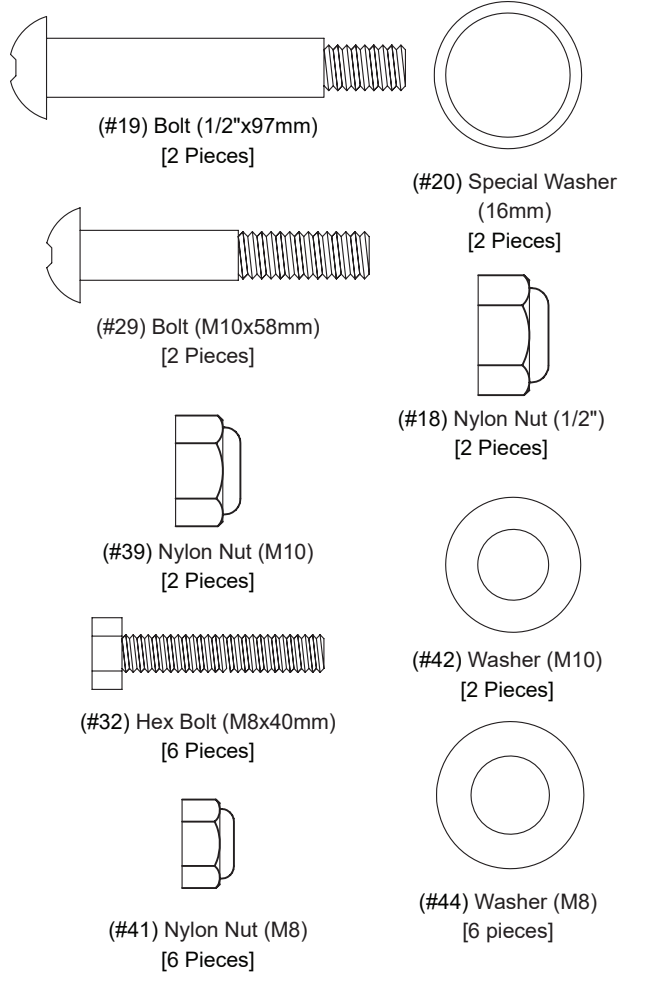
Assembly STEP 4

Align and attach the **Pedal Connection Joint (#14)** on the **Right Pedal Tube (#04)** to the right **Crank (#16)**. Insert a **Bolt (#19)** through a **Special Washer (#20)** followed by **Pedal Connection Joint (#14)** and **Crank (#16)**. Screw the **Bolt (#19)** tightly into the **Crank (#16)** by turning **CLOCKWISE** and then secure it with the **Nylon Nut (#18)** by turning it **COUNTERCLOCKWISE**.

Align and attach the **Right Coupler Bar (#06)** to the **Right Pedal Tube (#04)**. Secure them together using a **Bolt (#29)**, a **Washer (#42)** and a **Nylon Nut (#39)**. Attach the **Right Pedal (#48)** to the **Right Pedal Tube (#04)** and secure them together using three **Hex Bolts (#32)**, three **Washers (#44)** and three **Nylon Nuts (#41)**.

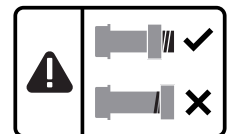
Repeat this process on the other side with the **Left Pedal Tube (#03)** and **Left Coupler Bar (#05)**.

Hardware Required



LEFT

RIGHT

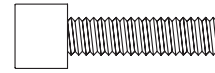


Assembly STEP 5

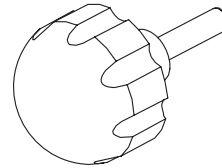
Please remove both **Knob Bolts (#27)** that are pre-assembled and set it aside. Insert the **Left Handle Bar (#07)** into the opening at the top of the **Left Coupler Bar (#05)** and secure it using one **Knob Bolt (#27)**.

Repeat this process on the other side with the **Right Handle Bar (#08)** and **Right Coupler Bar (#06)**. Align and attach the **Pulse Handle Bar (#09)** to the bracket on the **Center Post (#02)** by securing with two **Bolts (#35)**.

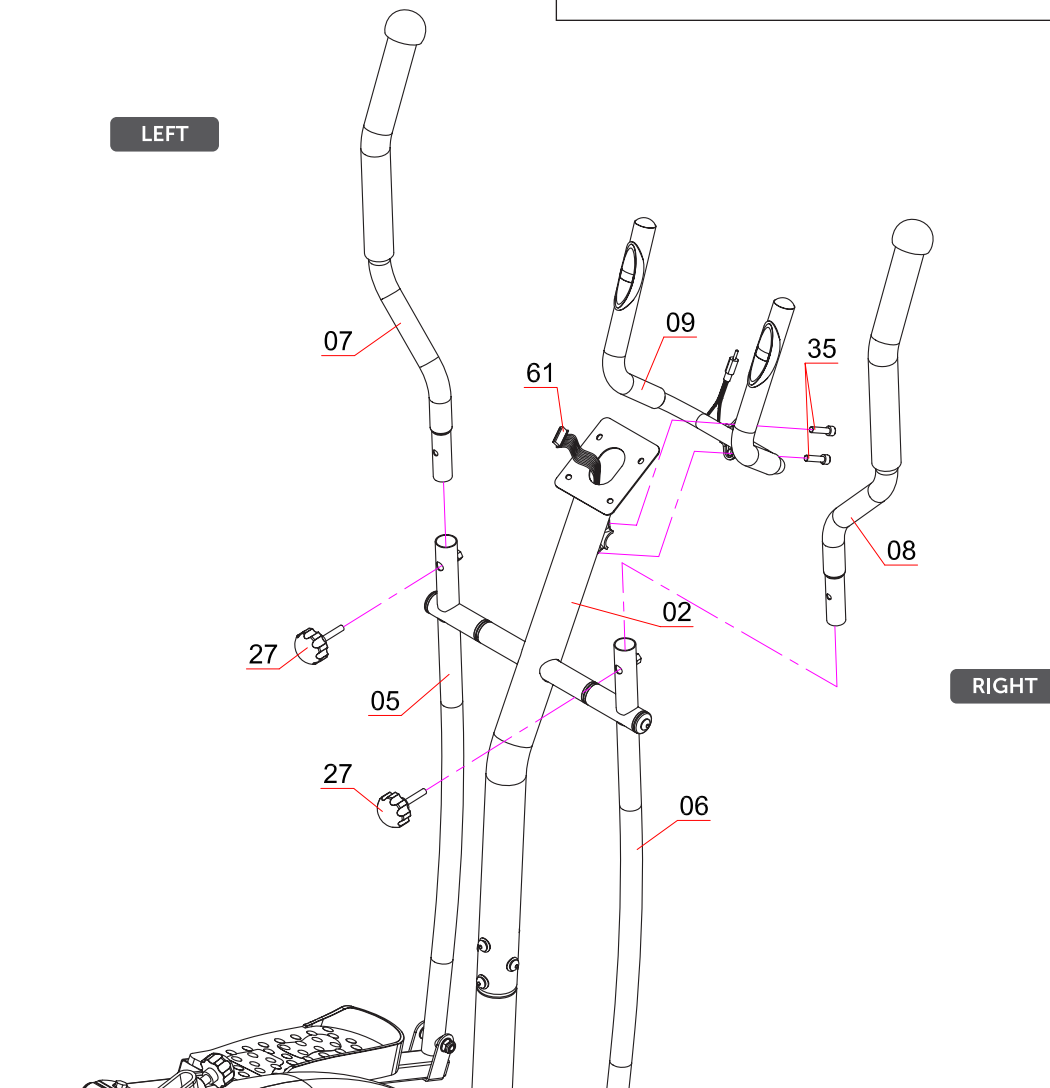
Hardware Required



(#35) Bolt (M8x30mm)
[2 Pieces]



(#27) Knob Bolt
[2 Pieces]



Assembly STEP 6

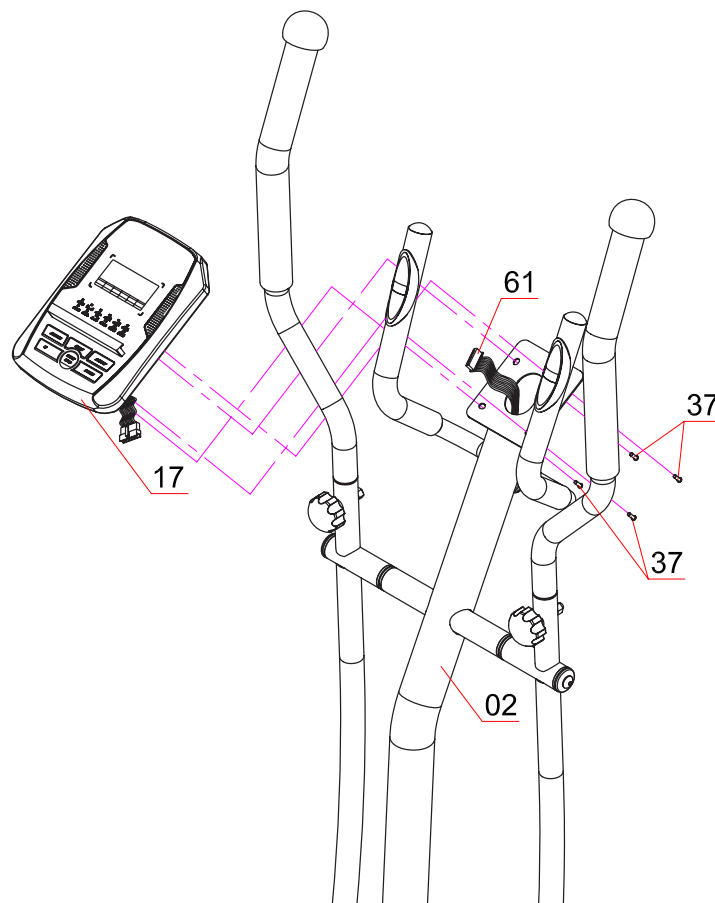
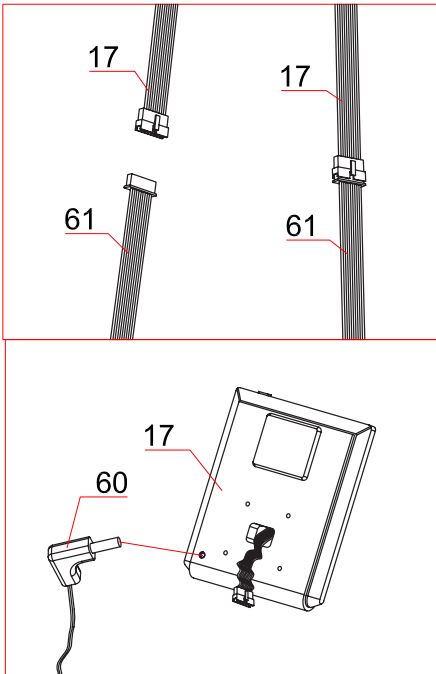
Remove the **Screws (#37)** that are pre-assembled on back of the **Monitor (#17)** and set them aside as they will be used shortly in this step.

Connect the **Wire (Upper) (#61)** to the **Monitor (#17)** and connect the **Pulse Sensor Wire (#60)** to the **Monitor (#17)**. Secure the **Monitor (#17)** to the bracket of the **Center Post (#02)** using four **Screws (#37)** that were previously removed.

Hardware Required



(#37) Screw (M5x12mm)
[6 Pieces]



Assembly STEP 7

Remove the three **Washers (#44)** and three **Nylon Nuts (#41)** that are pre-assembled on the back of the **Seat (#36)** and set them aside as they will be used later in this step.

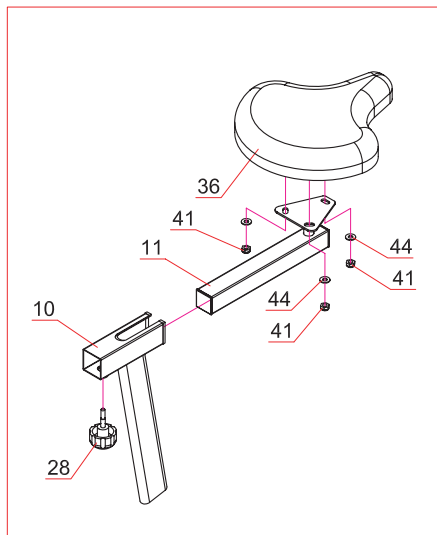
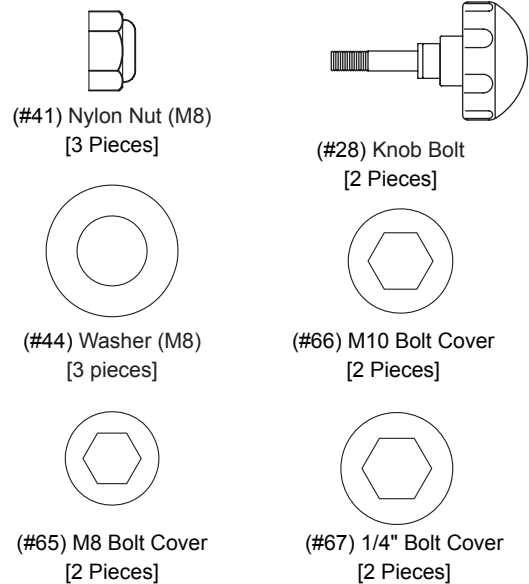
Attach the **Seat (#36)** onto the **Horizontal Seat Bar (#11)** and make sure that the **Seat (#36)** is pointing directly toward the short end of it and then tighten with three **Washers (#44)** and three **Nylon Nuts (#41)** that were previously removed.

If pre-assembled, remove the **Knob Bolt (#28)** on the mouth of the **Main Frame (#01)**. Insert the **Seat Post (#10)** 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 (#10)** are facing the front before inserting. Secure the **Seat Post (#10)** (now with **Seat (#36)** attached) using the (previously removed) **Knob Bolt (#28)**.

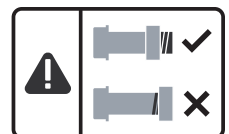
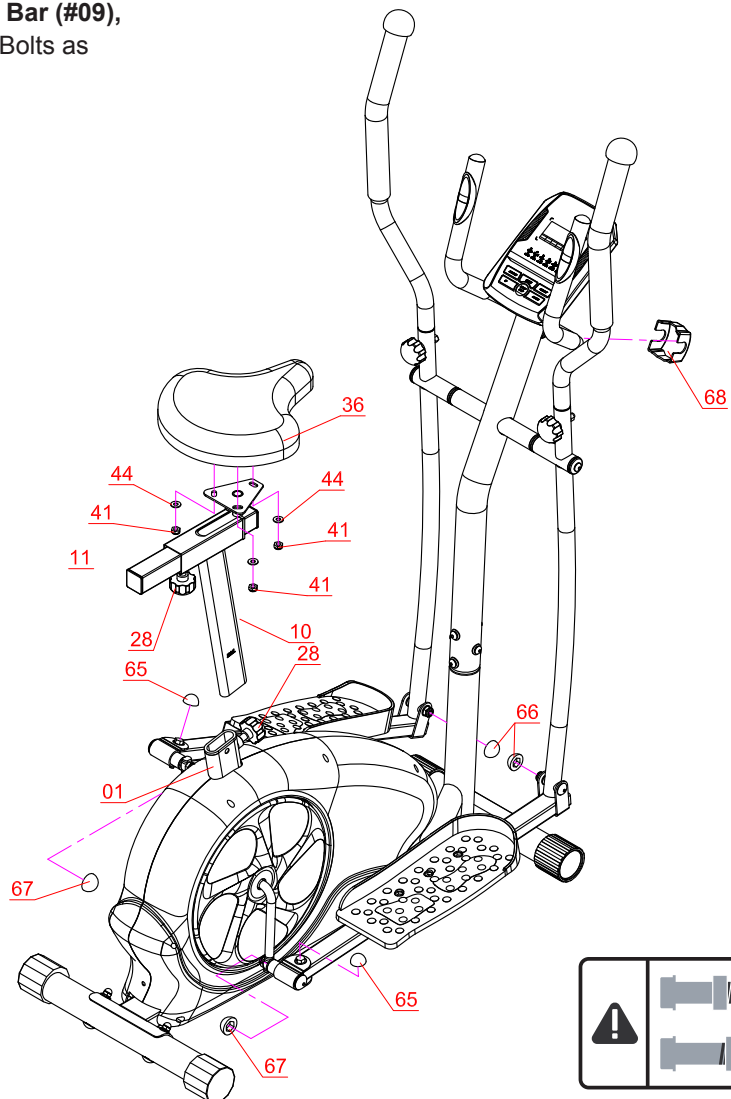
The **Knob Bolt (#28)** can be loosened to adjust the distance of the seat from the handle bars. Make sure to tighten the knob after making any adjustment.

Attach **Handle Bar Cover (#68)** onto the **Pulse Handle Bar (#09)**, **Bolt Covers (#65), (#66), (#67)** each 2 pieces onto the Bolts as illustration below,

Hardware Required



****Do not remove the Seat (#36) for any reason after you have installed it. Exercising on this unit without the Seat(#36) can result in SERIOUS INJURY. Ensure the seat is locked in place by tightening the two knobs prior to use.**

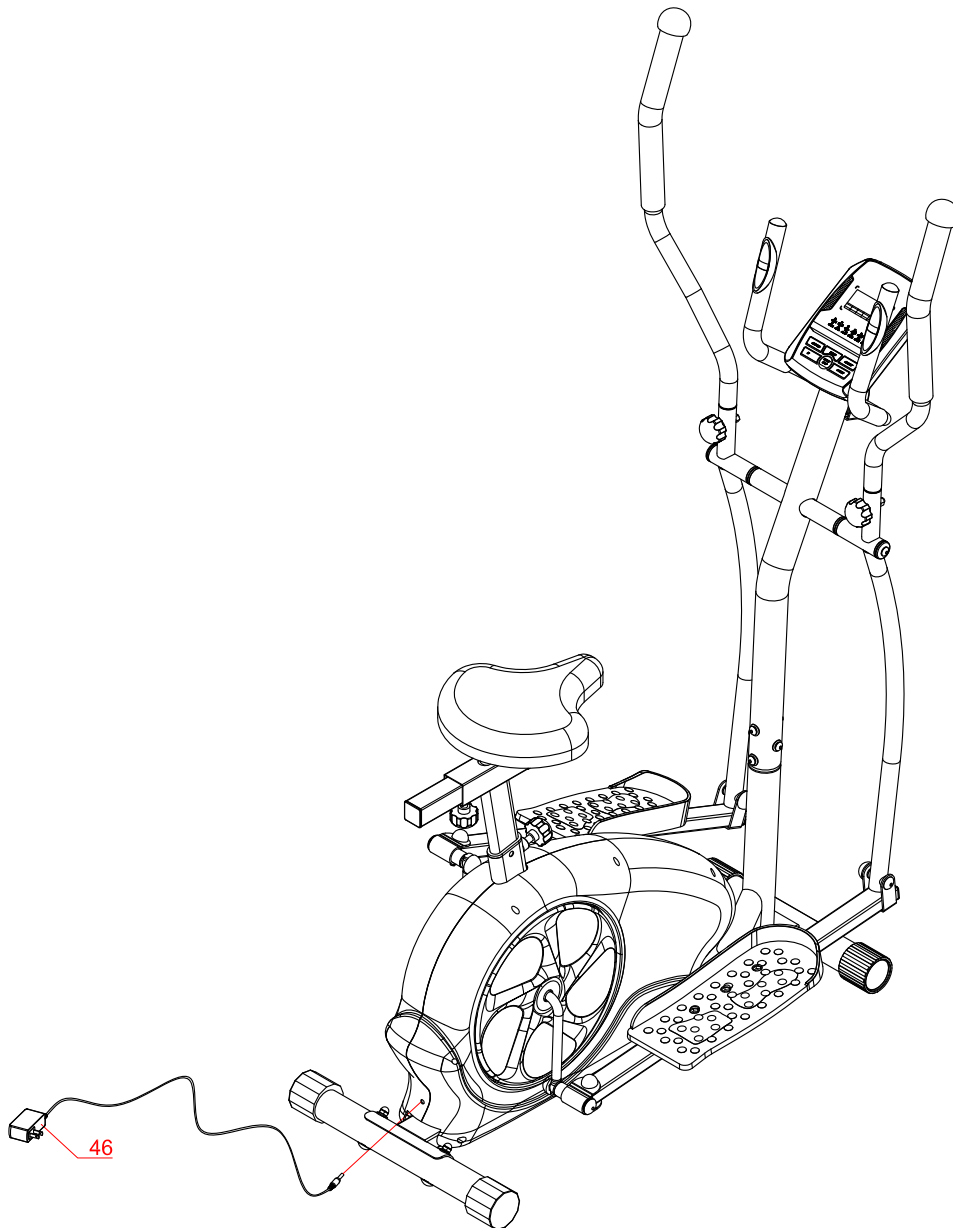


Assembly STEP 8

Plug in the **AC Adapter (#46)** male plug into the female socket located at the rear of the unit as shown below.

Hardware Required

No hardware required.



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

HOW TO START YOUR WORKOUT (2 OPTIONS):

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

1. Begin exercising. The computer will automatically start "Count-Up" measuring and display your workout metrics.
2. Use "UP"/"DOWN" to adjust resistance intensity during workout.

B. "PROGRAM SELECTION" OPTION: To select from a selection of workout programs (1 Manual + 12 Preset).

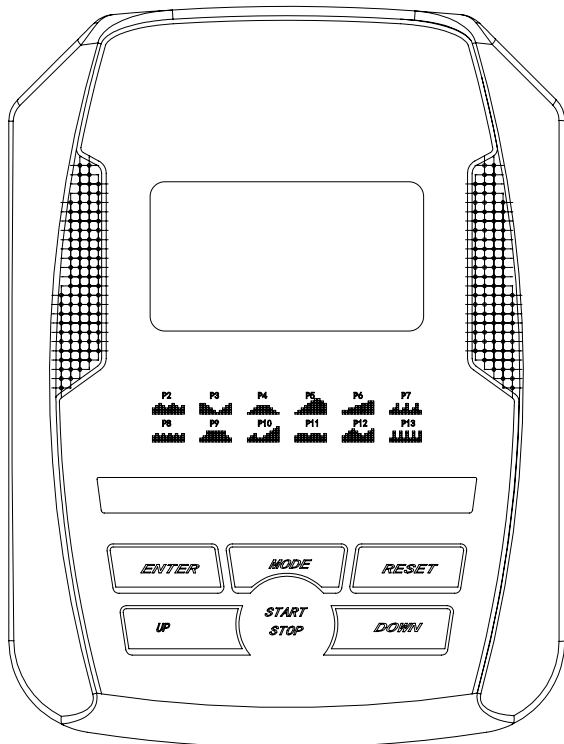
1. Follow the instructions in the following pages in this "Computer Operation" section.
2. Begin exercising. The computer will automatically start measuring and display your workout metrics by "Count-Down" (if you preset any target values).

"COUNT-UP"/"COUNT-DOWN"

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

- When the computer is "Count-Up" measuring, it will automatically show your workout metrics increasing (i.e. counting up) from 0.
- When the computer is "Count-Down" measuring, it is because you have preset a target value for one or more of the workout metrics: TIME / DISTANCE / CAL and it will show your progress from your preset target value decreasing toward 0 (i.e. counting down) when you reach/achieve your preset target value. The computer will beep once you've reached your preset target value.

NOTE: With the metrics TIME and DISTANCE, only 1 of the 2 can have a preset target value during the current workout session (i.e. For a specific workout session: if you preset value for TIME, you will not be able to preset value for DISTANCE.)



BUTTON FUNCTIONS:

ENTER	<ul style="list-style-type: none"> • To enter/select desired program • To confirm/set desired value or workout programs
MODE	<ul style="list-style-type: none"> • To switch the display between: RPM/ODO/WATT or SPEED/DIST/CAL during workout session
RESET	<ul style="list-style-type: none"> • To reset all function values to be zero
UP	<ul style="list-style-type: none"> • Scroll up through workout programs • Increases value of selected workout function • During the workout, it will increase the resistance level
DOWN	<ul style="list-style-type: none"> • Scroll down through workout programs • Decreases value of selected workout function • During the workout, it will decrease the resistance level
START/STOP	<ul style="list-style-type: none"> • Start and/or pause workout sessions

IMPORTANT

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

Computer Operation

GENERAL COMPUTER OPERATION ("HOW-TO"):

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

2. Use **UP** and **DOWN** to select your desired workout program. Then press **ENTER**.

3. Setting Workout Functions

The computer allows you to preset certain functions. In other words, you can preset* your own workout target goals for functions TIME / DIST / CAL.

When you input a value for AGE, the computer may suggest a target heart rate for your exercise. If the heart rate detected is equal to or greater than the suggested target heart rate, the value of heart rate will flash. This is a warning for users to slow down speed or decrease the level of resistance.

**NOTES:

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

Once a program has been selected:

1. Press **ENTER** so that **TIME** function flashes.
2. Use **UP** or **DOWN** to set desired time value (or to skip, press **ENTER**).
3. Press **ENTER** to confirm the value. The flashing prompt will move to the next function.
4. Continue using **UP** or **DOWN** to preset functions as desired.
5. Press **START/STOP** to begin workout.

4. The 13 workout functions can be categorized under 2 basic workout "programs" which will be detailed:
(Manual Program (1 option); Preset Programs (12 options))

COMPUTER FUNCTIONS:

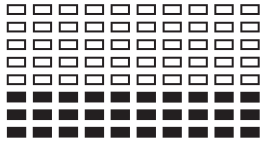
WORKOUT PROGRAMS	(Manual Program (1); Preset Programs (12)) = Total of 13 programs
SPEED	Current speed displayed (in MPH)
RPM	Current rotations per minute
TIME	When Count-Up: Accumulated exercise me for current workout session (in minutes/seconds) is displayed When Count-Down: Time will count down from the preset target value you selected to 0
DIST	When Count-Up: Accumulated distance for current workout session (in miles) is displayed When Count-Down: Distance will count down from the preset target value you selected to 0
ODO	Total distance of workout session
CAL	When Count-Up: Accumulated calories burned for current workout session is displayed When Count-Down: Calories will count down from the preset target value you selected to 0
WATT	Current wattage output of user during exercise
HEART RATE	Current user heart rate value in BPM (beats per minute)*
LEVEL	Computer will display bar matrix to show levels and intensity (16 levels available)
AUTO SHUT OFF	Computer will turn off automacally if unit is not engaged in movement after 4 min.
AUTO TURN ON	Computer will turn on automatically if movement on the unit is detected, or any button is pressed.
RESISTANCE LEVEL	The computer display uses a bar-matrix grid which shows columns up to 16 rectangular increments.
ADAPTOR	INPUT: 100-240V~50/60Hz 0.4A OUTPUT: 9V 1.0A

Computer Operation

MANUAL/PRESET WORKOUT Programs

The **Manual Program** allows you to manually adjust the resistance levels throughout your workout session and preset certain workout metrics.

Manual Program

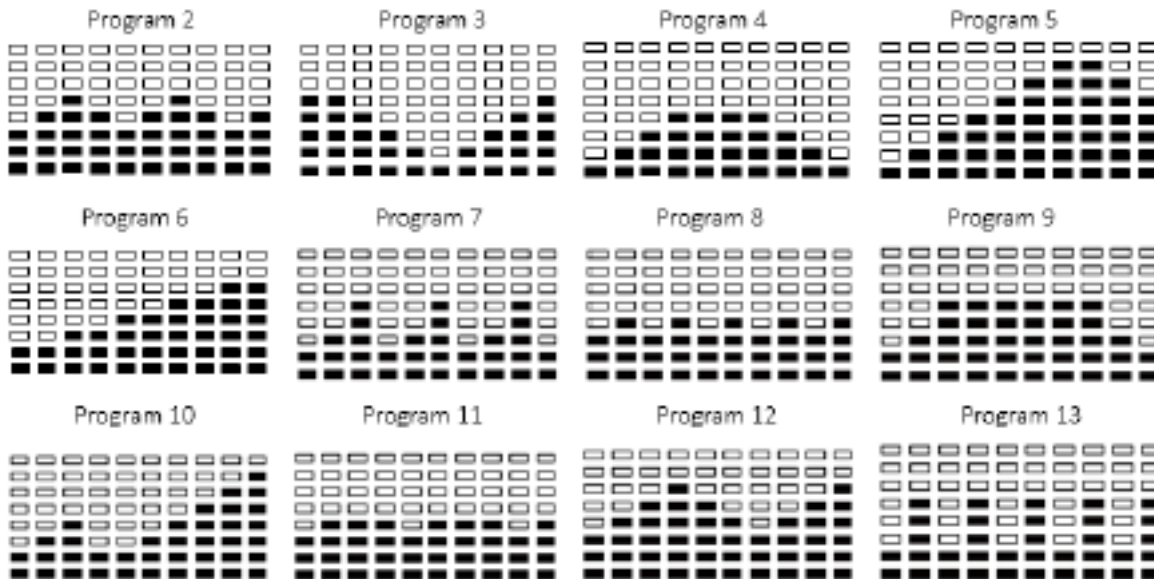


How to Set Functions:

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

MANUAL/PRESET WORKOUT Programs

The Preset Workout Programs are pre-programmed routines that simulate different physical activities or allow you to set specified target goals.



How to Set Functions:

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

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 (#47/48)** and your hands on the **Handlebars (#07/#08)** 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 (#09)**. (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 (**#47/#48**); Handlebars (**#07/#08**).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

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

Hupa International
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
Hand Pulse Signal	If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following: <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 damaged.6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.
Calories/Distance/Time (Etc.)	If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following: <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	If the <u>computer display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following: <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.

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.

Warm-Up Instructions

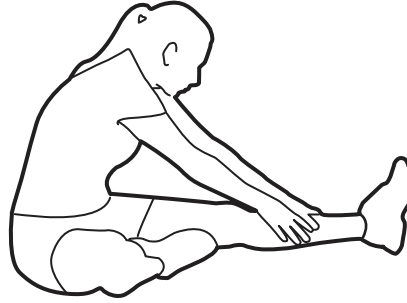
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

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.



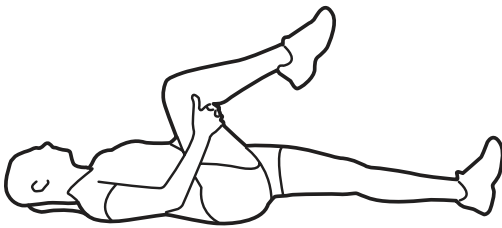
Hamstring Stretch

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.



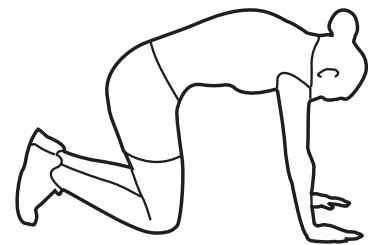
Groin Stretch

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.

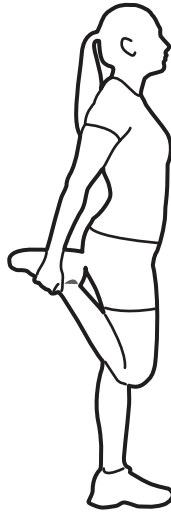


Warm-Up Instructions



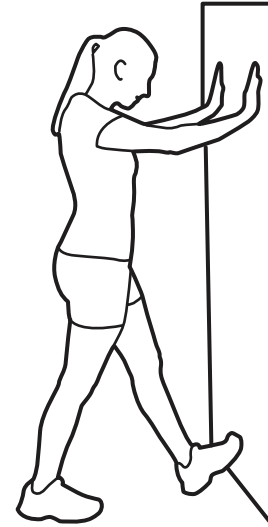
Shoulder Stretch

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.: BRM3671/BRM3690/BRM3171

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
21717 Ferrero Parkway
Walnut, CA 91789

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