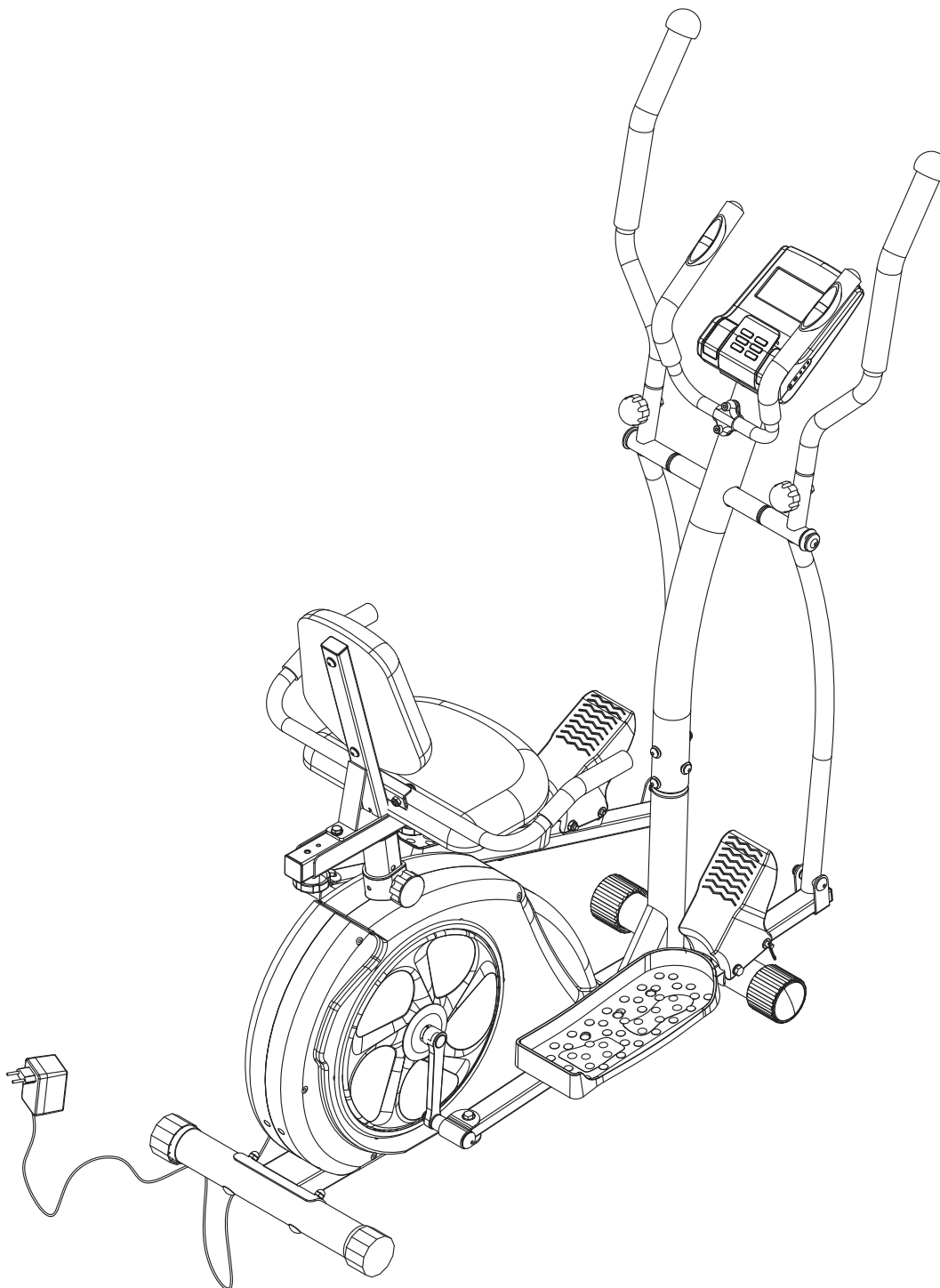




BRT5800/BRT3980
TRIO-TRAINER[®]

U.S. Patent number US9474925B1



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 !

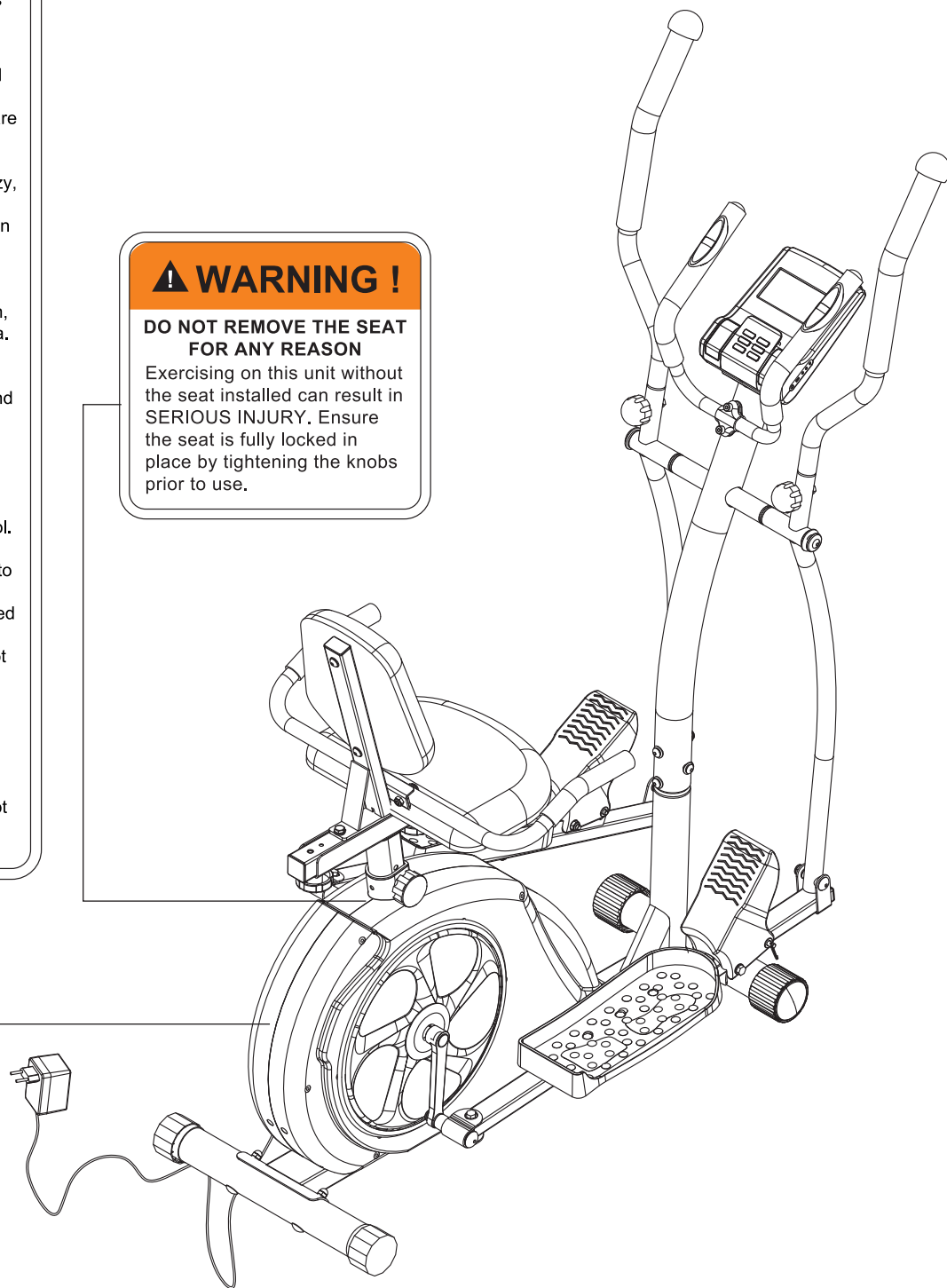
The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

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. 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 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

Body Flex Sport 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, Body Flex Sport 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 :

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: 1 (888) 266 - 6789
Fax: 1 (909) 598 - 6707
Email: infor@bodyflexsports.com

Before Assembly

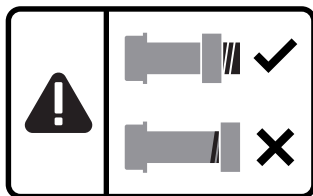
WARNING

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.



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 in the exploded diagram on the following page.

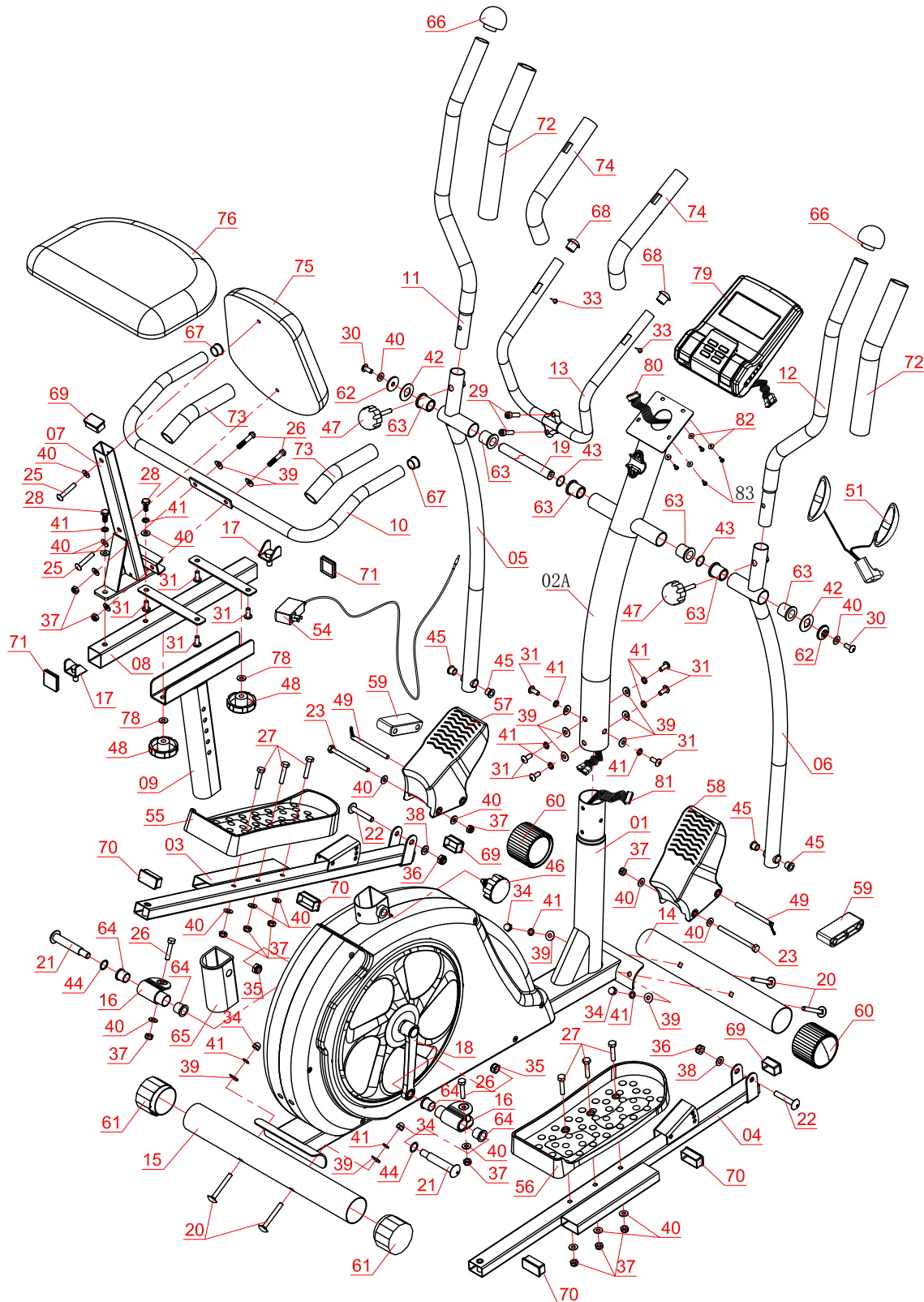
PLEASE NOTE most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	41	Spring Washer (M8)
02A	Center Post	42	D Shape Washer (19 mm)
03	Left Pedal Tube	43	Wavy Washer (ID 19 mm)
04	Right Pedal Tube	44	Wavy Washer (ID 16 mm)
05	left Couple Bar	45	Bushing
06	Right Coupler Bar	46	Spring Loaded Knob (M16)
07	Backrest Cushion Tube	47	Knob Bolt (M8)
08	Seat Cushion Tube	48	Lock Knob (M10)
09	Seat Post	49	Pop-pin
10	Rear Handle Bar	51	Pulse Sensor Wire
11	Left Handle Bar	54	Adapter
12	Right Handle Bar	55	Left Pedal
13	Pulse Handle Bar	56	Right Pedal
14	Front Stabilizer	57	Left Foot Pedal
15	Rear Stabilizer	58	Right Foot Pedal
16	Pedal Connect Joint	59	Mat
17	U Bracket	60	End Cap for Front Stabilizer (φ60 mm)
18	Crank	61	End Cap for Rear Stabilizer (φ60 mm)
19	Couple Bar Axle	62	Round Cap (φ32 mm)
20	Cariage Bolt(M8x70 mm)	63	Plastic Bushing (φ32 mm)
21	Pedal Hinge Bolt (φ16x21"x97 mm)	64	Plastic Bushing
22	Bolt (M10x58 mm)	65	Main Frame Sleeve
23	Hex Bolt (M8x105 mm)	66	Round End Cap (φ30 mm)
24	Tool 1	67	Round End Cap (φ25 mm)
25	Bolt (M8x45 mm)	68	Round End Cap (φ22 mm)
26	Hex Bolt (M8x45 mm)	69	Rectangular End Cap (25x40 mm)
27	Hex Bolt (M8x40 mm)	70	Rectangular End Cap (25x50 mm)
28	Hex Bolt (M8x20 mm)	71	Square End Cap (38 mm)
29	Bolt (M8x30 mm)	72	Handle Bar Foam Grip
30	Bolt (M8x20 mm)	73	Rear Handle Bar Foam Grip
31	Bolt (M8x15 mm)	74	Pulse Handle Bar Foam Grip
33	Screw (M4x25 mm)	75	Backrest Cushion
34	Cap Nut (M8)	76	Seat Cushion
35	Nylon Nut (1/2")	77	Tool 2
36	Nylon Nut (M10)	78	Washer (M10)
37	Nylon Nut (M8)	79	Monitor
38	Washer (M10)	80	Main Sensor Wire (Upper)
39	Arc Washer (M8)	81	Main Sensor Wire (Lower)
40	Washer (M8)	82	Washer (M4)
		83	Screw (M4x12 mm)

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.



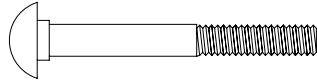
Hardware and Tool List

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.

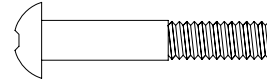
Bolts



#21 Pedal Hinge Bolt (1/2" x 97mm)
[2 pieces]



#20 Carriage Bolt (M8 x 70mm)
[4 pieces]



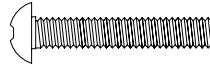
#22 Bolt (M10 x 58mm)
[2 pieces]



#83 Screw (M4 x 12mm)
[4 pieces pre-assembled]



#23 Hex Bolt (M8 x 105mm)
[2 pieces]



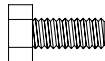
#25 Bolt (M8 x 45mm)
[2 pieces]



#26 Hex Bolt (M8 x 45mm)
[2 pieces]



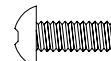
#27 Hex Bolt (M8 x 40mm)
[6 pieces]



#28 Hex Bolt (M8 x 20mm)
[2 pieces]



#29 Bolt (M8 x 30mm)
[2 pieces]

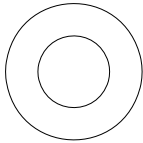


#30 Bolt (M8 x 20mm)
[2 pieces]

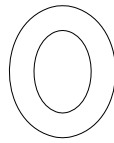


#31 Bolt (M8 x 15mm)
[10 pieces]
[6 pieces pre-assembled]

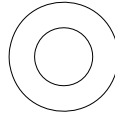
Washers



#38 Washer (M10)
[2 pieces]



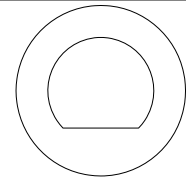
#39 Arc Washer (M8)
[12 pieces]
[6 pieces pre-assembled]



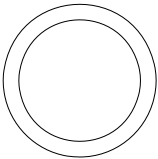
#40 Washer (M8)
[18 pieces]



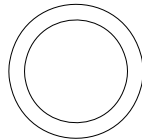
#41 Spring Washer (M8)
[12 pieces]
[6 pieces pre-assembled]



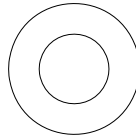
#42 D Shape Washer (19mm)
[2 pieces]



#43 Wavy Washer (Ø19mm)
[2 pieces]



#44 Wavy Washer (Ø16mm)
[12 pieces]



#78 Washer (M10)
[2 pieces pre-assembled]

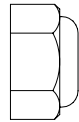


#82 Washer (M4)
[4 pieces pre-assembled]

Nuts



#34 Cap Nut (M8)
[4 pieces]



#35 Nylon Nut (1/2")
[2 pieces]

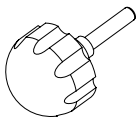


#36 Nylon Nut (M10)
[2 pieces]

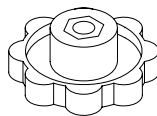


#37 Nylon Nut (M8)
[10 pieces]

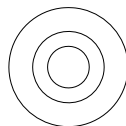
Others



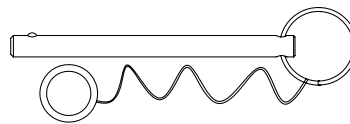
#47 Knob Bolt (M8)
[2 pieces]



#48 Lock Knob (M10)
[2 pieces pre-assembled]



#62 Round Cap
[2 pieces]



#49 Pop Pin
[2 pieces]

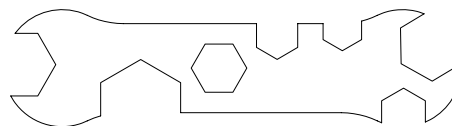


#46 Spring Loaded Knob (M16)
[1 piece]

Tools (Included)



#24 Tool 1 (5mm)
[2 pieces]



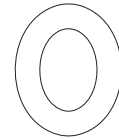
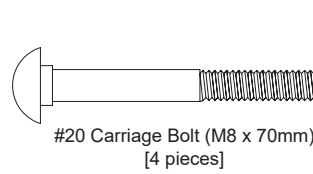
#77 Tool 2
[2 pieces]

Assembly STEP 1

NOTE BEFORE STARTING THE ASSEMBLY PROCESS :
To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly.

Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.

Hardware Required



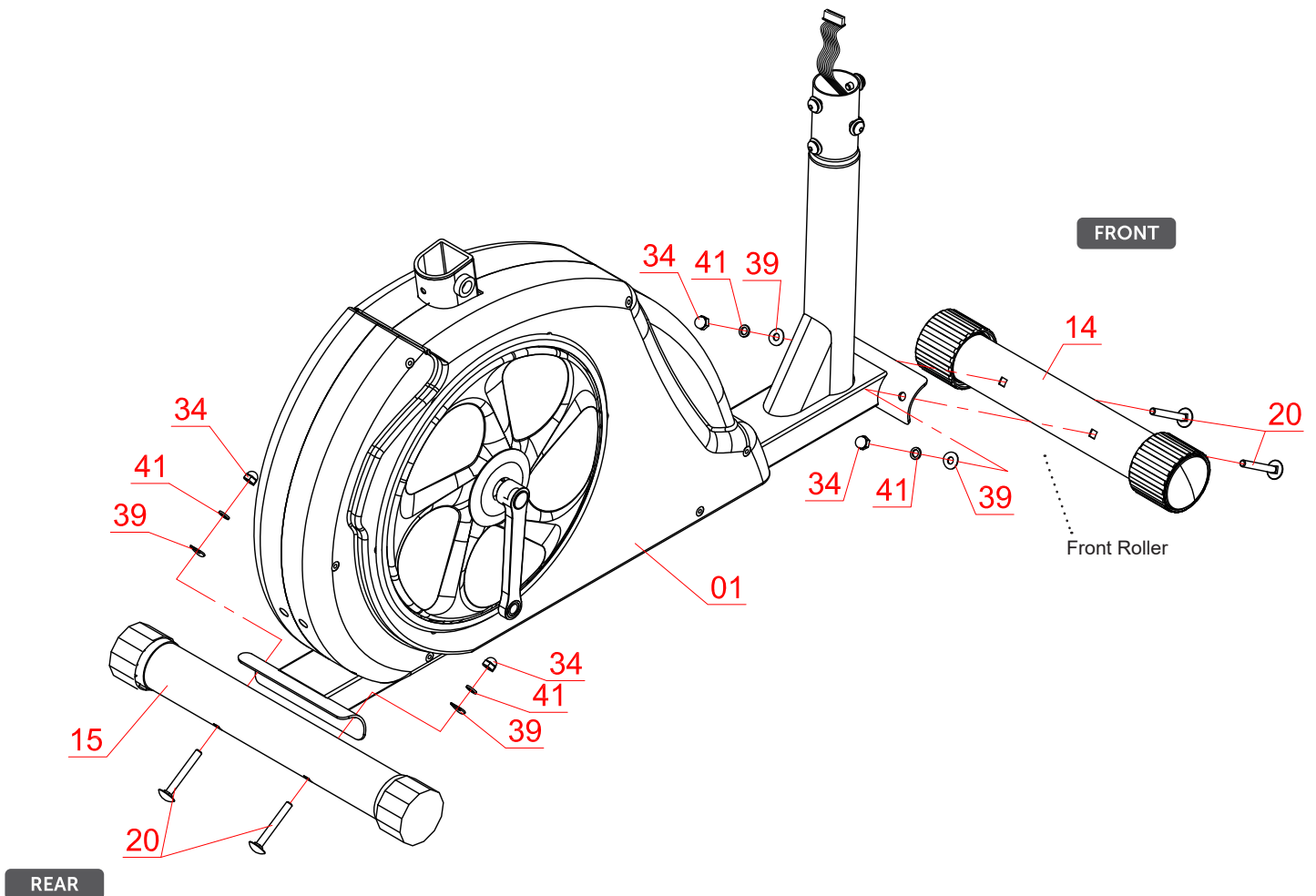
REAR STABILIZER ASSEMBLY

Secure the **Rear Stabilizer (#15)** to the **Main Frame (#01)** using two **Carriage Bolts (#20)** followed by two **Arc Washers (#39)**, two **Spring Washers (#41)**, and two **Cap Nuts (#34)**.

FRONT STABILIZER ASSEMBLY

Secure the **Front Stabilizer (#14)** to the **Main Frame (#01)** using two **Carriage Bolts (#20)** followed by two **Arc Washers (#39)**, two **Spring Washers (#41)**, and two **Cap Nuts (#34)**.

Please Note that the **Front Stabilizer (#14)** has end caps that spin for ease of relocating the unit and the **Rear Stabilizer (#15)** has height adjustable end caps for leveling of the unit.



Assembly STEP 2

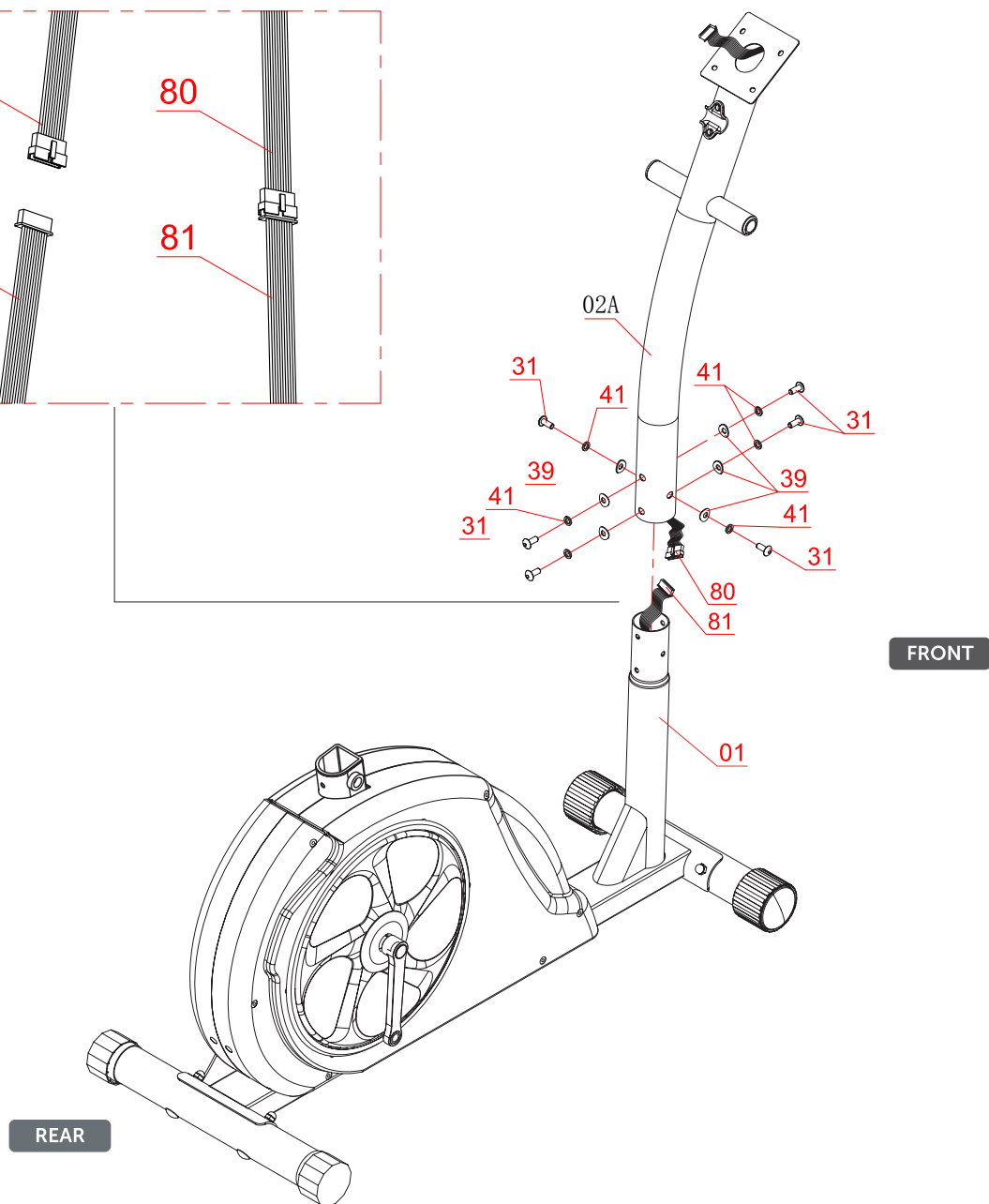
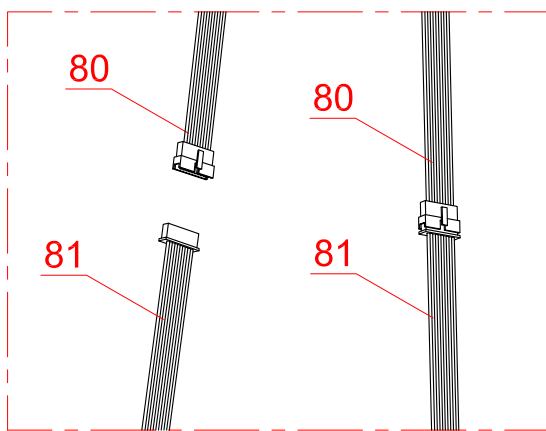
Connect the **Main Sensor Wire (Lower)**(#, ¼) to the **Main Sensor Wire (Upper)** (#, \$).

Remove the **Bolts (#31)**, **Spring Washers (#41)** and **Arc Washers (#39)** that are pre-assembled on the **Main Frame (#01)** and set them aside as they will be used later in this step.

Being careful not to pinch any wires, slide the **Center Post (#025)** onto the **Main Frame (#01)** and secure it using the previously removed six **Bolts (#31)**, six **Spring Washers (#41)** and six **Arc Washers (#39)** as shown in drawing below.

Hardware Required

- #31 Bolt (M8 x 15mm) [6 pieces]
- #41 Spring Washer (M8) [6 pieces]
- #39 Arc Washer (M8) [6 pieces]

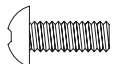
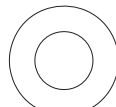
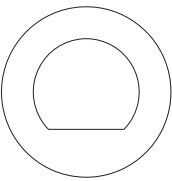
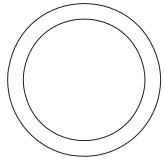
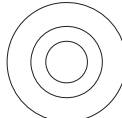


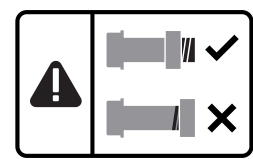
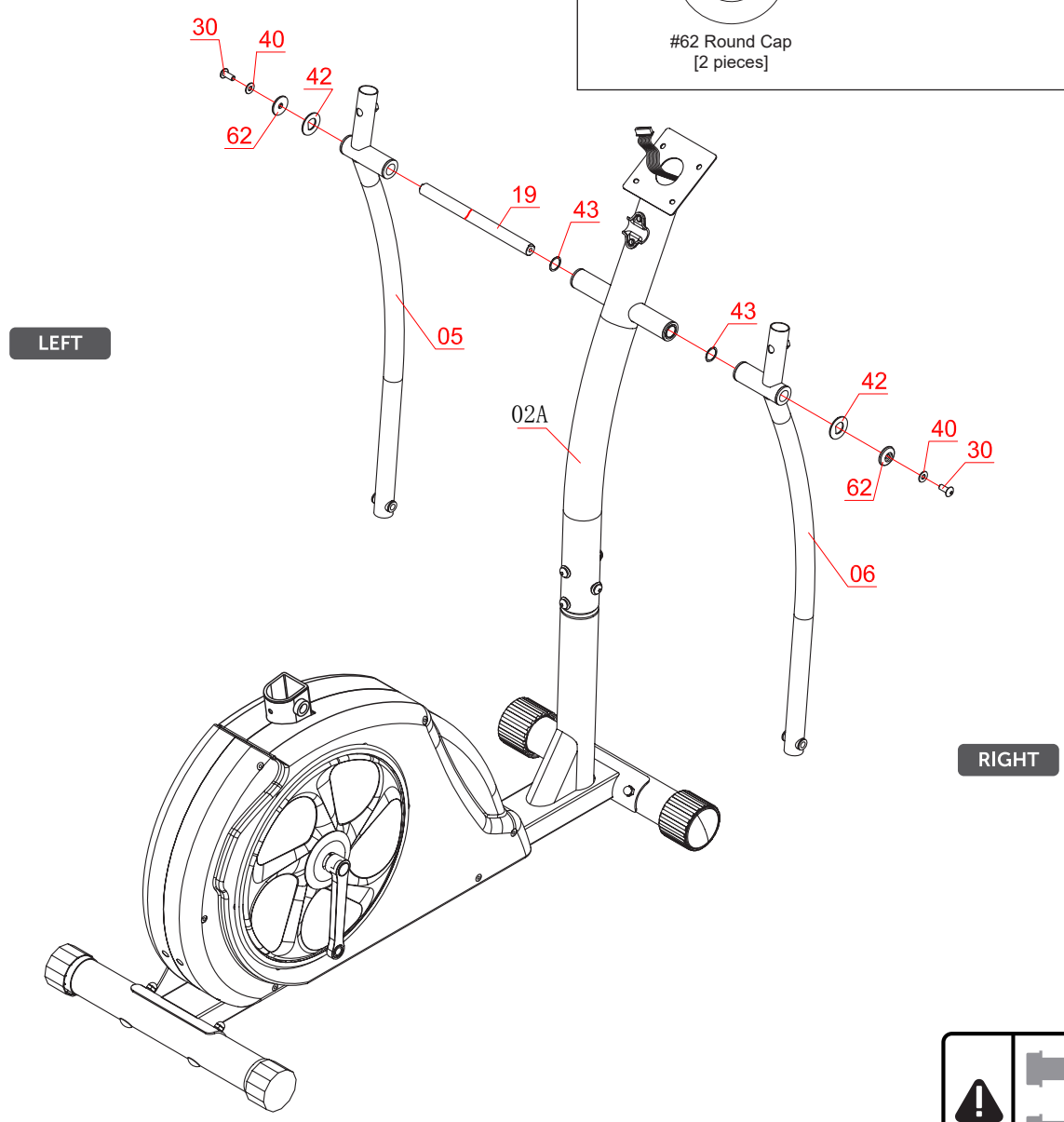
Assembly STEP 3

Referring to the drawing below, insert the Couple Bar Axle (#19) through the horizontal stems on the **Center Post (#025)**. Then, on the left side of the **Couple Bar Axle (#19)** -- in the following order, slide on: one **Wavy Washer (#43)** followed by the **Left Coupler Bar (#05)**, one **D Shape Washer (#42)**, one **Round Cap (#62)**, one **Washer (#40)**, and secure using one **Bolt (#30)**.

On the opposite side of the **Axle (#19)**, assemble -- in the following order: one **Wavy Washer (#43)** followed by the **Right Coupler Bar (#06)**, one **D Shape Washer (#42)**, one **Round Cap (#62)**, one **Washer (#40)**, and secure using one **Bolt (#30)**.

Hardware Required

 #30 Bolt (M8 x 20mm) [2 pieces]	 #40 Washer (M8) [2 pieces]
 #42 D Shape Washer (19mm) [2 pieces]	 #43 Wavy Washer (Ø19mm) [2 pieces]
 #62 Round Cap [2 pieces]	



Assembly STEP 4


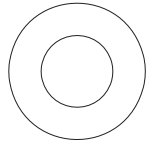
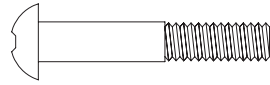
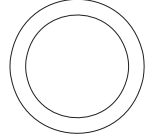
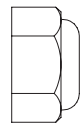
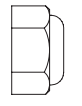
Using the drawings as a reference, attach the free end of the bottom of the **Right Coupler Bar (#06)** to the front of the **Right Pedal Tube (#04)** by aligning the holes. After the holes are aligned, insert one **Bolt (#22)** through the **Right Pedal Tube (#04)**, the **Right Coupler Bar (#06)** and secure using one **Washer (#38)** followed by one **Nylon Nut (#36)**. Repeat this process on the other side using **Left Coupler Bar (#05)** and **Left Pedal Tube (#03)**.

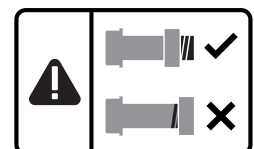
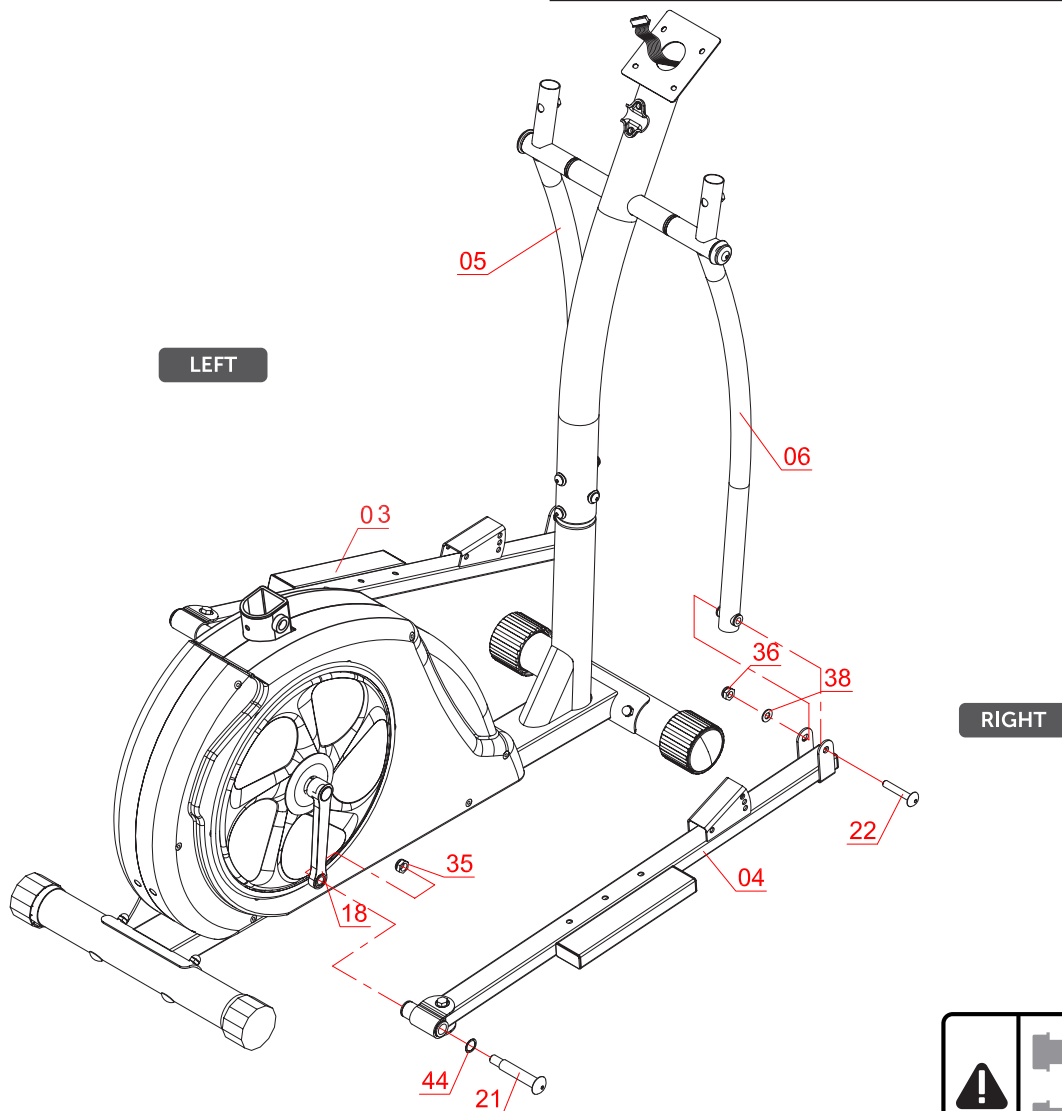
*** PLEASE DO NOT tighten the hardware until steps below have been completed. This will allow you to align the holes for proper and smooth assembly.***

Attach the **Right Pedal Tube (#04)** onto the **Crank (#18)** as illustrated and secure by inserting from the outer edge of the **Right Pedal Tube (#04)**, one **Pedal Hinge Bolt (#21)** and one **Wavy Washer (#44)**. Secure from the inner edge (behind the Crank(#18)) with one **Nylon Nut (#35)**.

Repeat this process on the other side using the **Left Pedal Tube (#03)**.

Hardware Required

	#21 Pedal Hinge Bolt (1/2" x 97mm) [2 pieces]		#38 Washer (M10) [2 pieces]
	#22 Bolt (M10 x 58mm) [2 pieces]		#44 Wavy Washer (Ø16mm) [2 pieces]
	#35 Nylon Nut (1/2") [2 pieces]		
	#36 Nylon Nut (M10) [2 pieces]		



Assembly STEP 5

Attach the **Left/Right Pedals (#55/#56)** onto the **Left/Right Pedal Tubes (#03/#04)** as shown in the drawing below using a total of six **Hex Bolts (#27)**, six **Washers (#40)**, and six **Nylon Nuts (#37)**.

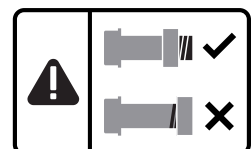
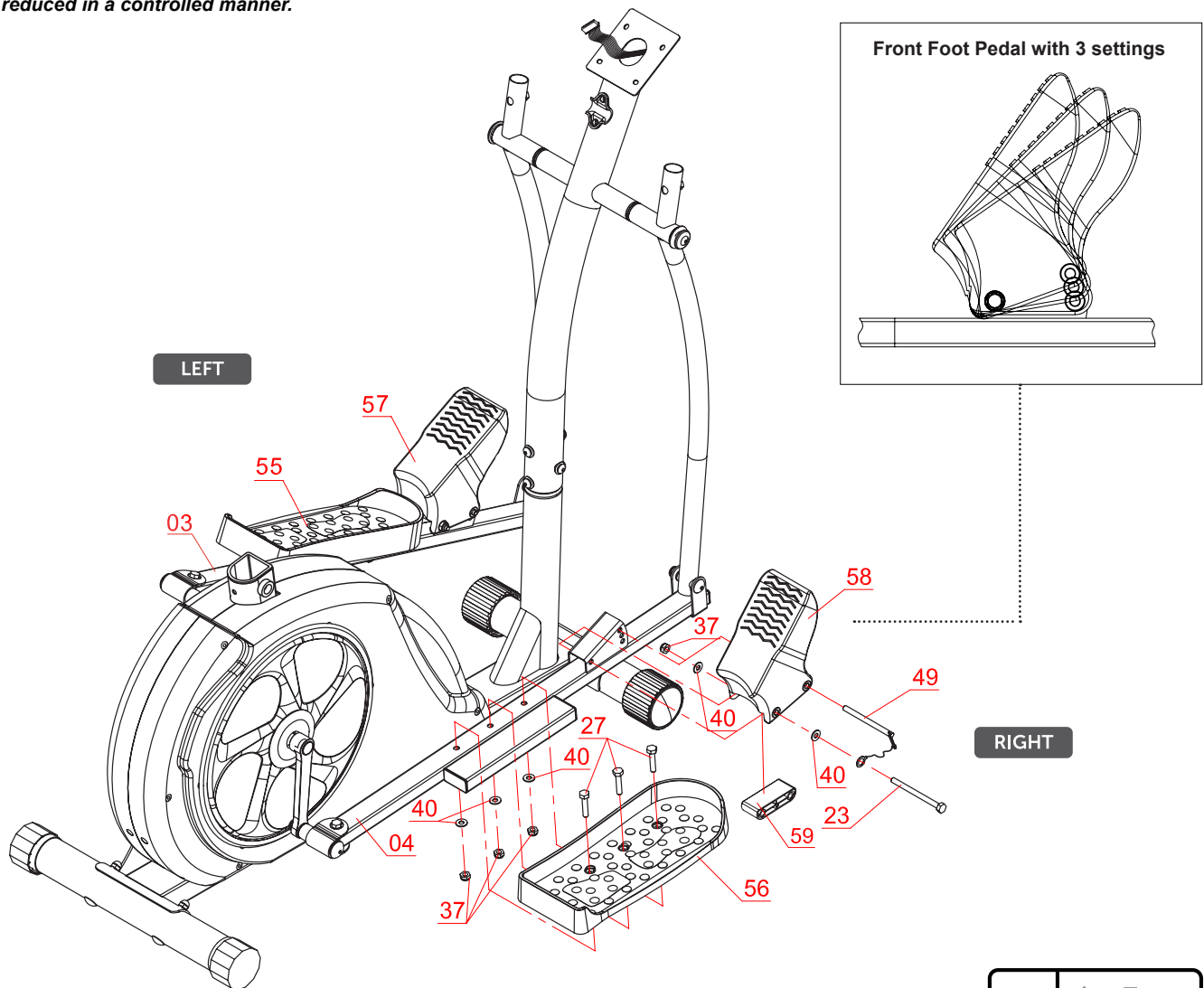
On the right side, attach the **Right Foot Pedal (#58)** to the front of **Right Pedal Tube (#04)** using one **Hex Bolt (#23)** through **Pop-pin (#49)** safety ring, and one **Washer (#40)** and secure with one **Washers (#40)** and one **Nylon Nut (#37)**. Then insert a **Pop-pin (#49)** into the front hole of the **Right Foot Pedal (#58)**.

Repeat this process on the other side.

Note: Care should be used when mounting or dismounting the machine. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop. This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

Hardware Required

	#23 Hex Bolt (M8 x 105mm) [2 pieces]		#40 Washer (M8) [10 pieces]
	#27 Hex Bolt (M8 x 40mm) [6 pieces]		#37 Nylon Nut (M8) [8 pieces]
	#49 Pop Pin [2 pieces]		



Assembly STEP 6

A. HANDLE BARS

On the left side, insert **Left Handle Bar (#11)** into the opening at the tip of **Left Coupler Bar (#05)**. Align the holes of the **Left Handle Bar (#11)** and **Left Coupler Bar (#05)** and secure by using one **Knob Bolt (#47)** through. Repeat this process on the other side using **Right Handle Bar (#12)** and **Right Coupler Bar (#06)**.

B. PULSE HANDLE BARS



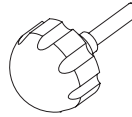

Install the **Pulse Handle Bar (#13)** onto the front side of the **Center Post (#02A)** as shown in the illustration below using two **Bolts (#29)**. Please ensure the **Pulse Sensor Wire (#51)** is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the **Monitor (#79)** later

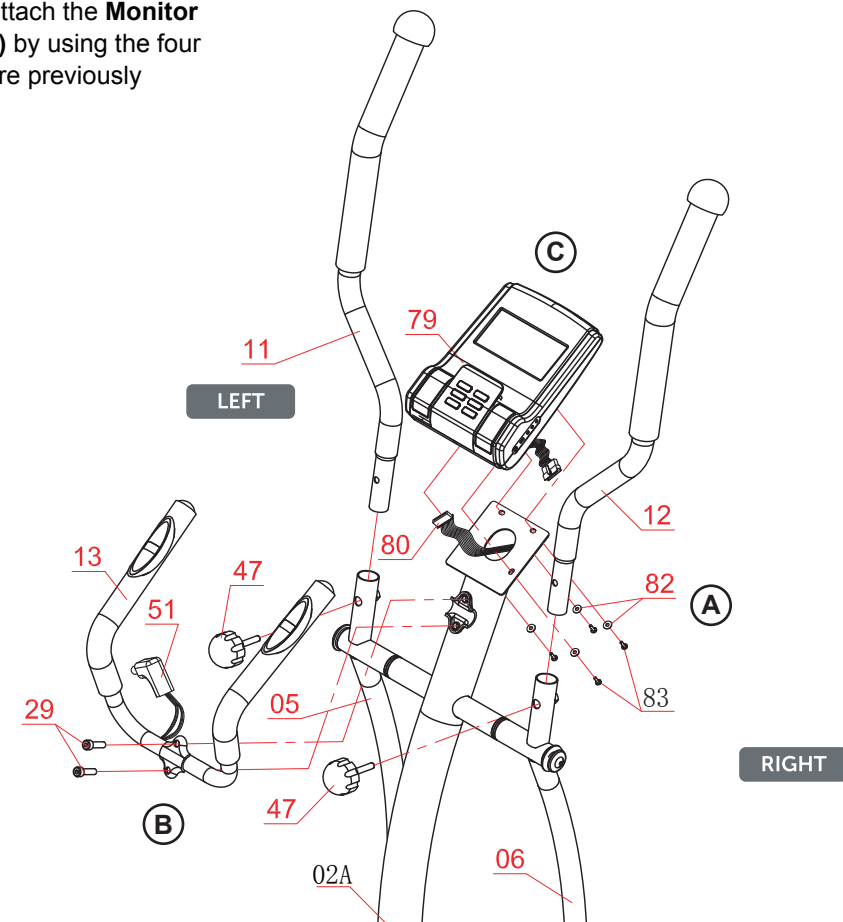
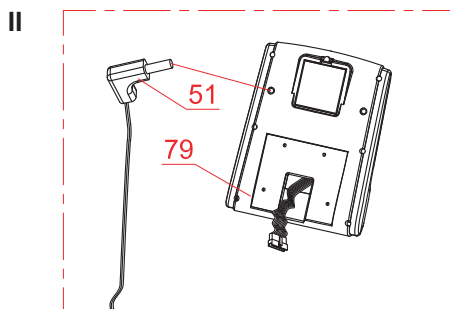
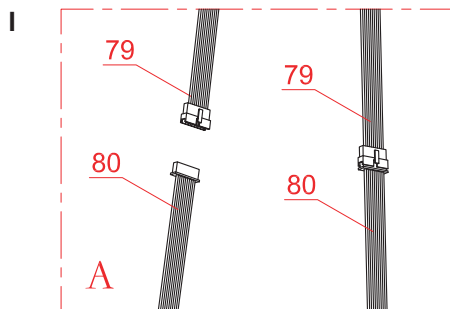
C. COMPUTER

Remove the four **Screws (#83)** and four **Washers (#82)** that are pre-assembled on the **Monitor (#79)**. Set them aside as they will be used later in this process. With the help of an assistant, connect the **Main Sensor Wire(Upper) (#80)** to the corresponding wire on the **Monitor (#79)** as illustrated on diagram I.

Connect the **Pulse Sensor Wire (#51)** to the **Monitor (#79)** by inserting it into the back socket as illustrated on diagram II. Being careful not to pinch/damage any of the wires, attach the **Monitor (#79)** to the bracket on the **Center Post (#02A)** by using the four **Screws (#83)** and four **Washers (#82)** that were previously removed.

Hardware Required

 #29 Bolt (M8 x 30mm) [2 pieces]	 #83 Screw (M4 x 12mm) [4 pieces]
 #47 Knob Bolt (M8) [2 pieces]	 #82 Washer (M4) [4 pieces]



Assembly STEP 7

Attach **Backrest Cushion Tube (#07)** to the **Seat Cushion Tube (#08)** and secure by using two **Hex Bolts (#28)**, two **Spring Washers (#41)** and two **Washers (#40)**.

With the help of an assistant, align the two holes of the **Rear Handle Bar (#10)** to the holes on the **Backrest Cushion Tube (#07)** and secure all using the two **Hex Bolts (#26)**, followed by two **Arc Washers (#39)**, two **Washers (#40)**, and two **Nylon Nuts (#37)**.

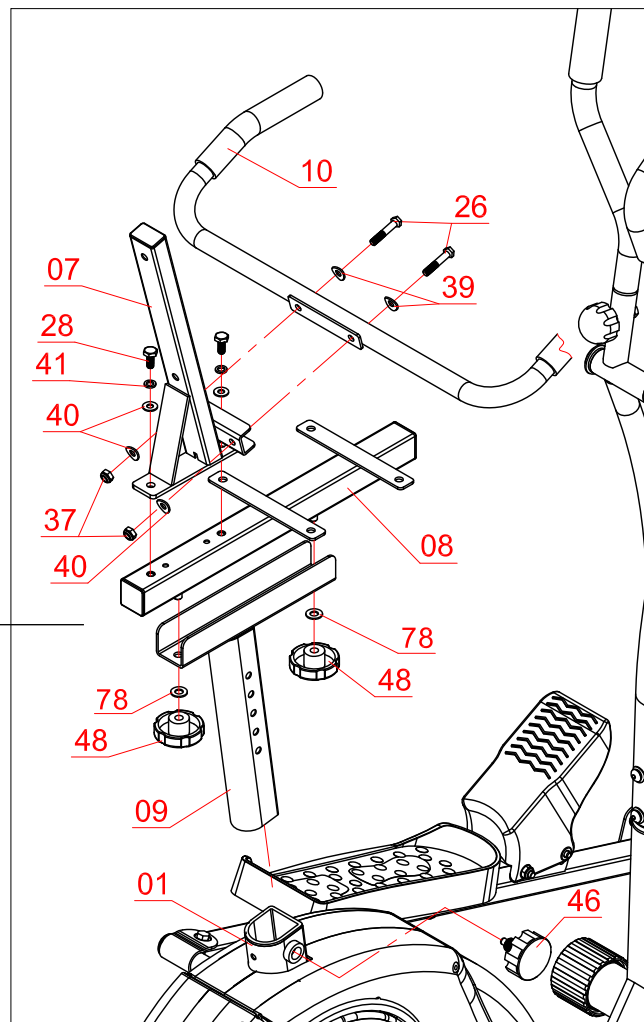
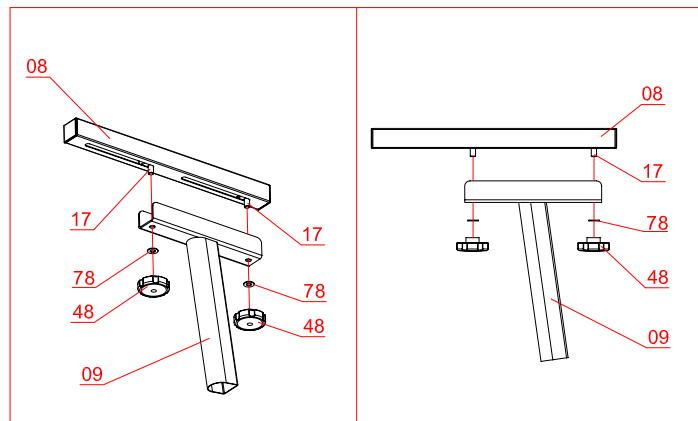
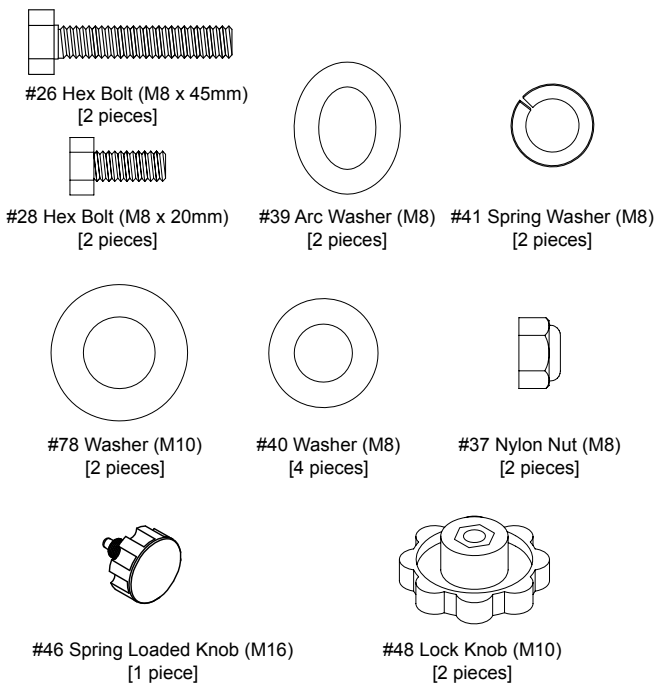
Removed the two **Washers (#78)** and two **Lock Knob (#48)** that are pre-assembled on the **Seat Cushion Tube (#08)**. Set them aside as they will be used later in this process.

Slide the **Seat Cushion Tube (#08)** onto the trough of the **Seat Post (#09)** as shown below. Secure using two **Lock Knobs (#48)** through two **Washers (#78)**.

Secure the **Spring Loaded Knob (#46)** to the **Main Frame (#01)**, then loosen the **Spring Loaded Knob (#46)** and pull back slightly on it so that you may proceed to insert the **Seat Post (#09)** assembly into the opening of the post that is protruding from the **Main Frame (#01)** down a minimum of four inches so that the corresponding holes can engage. Screw in the **Spring Loaded Knob (#46)** through the **Main Frame (#01)** and then through any one of the holes located on the **Seat Post (#09)**.

Note: The **Spring Loaded Knob (#46)** has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull it outward. This knob can be loosened to adjust the seat height. Adjust the seat height and then release the knob back in. Tighten the knob by turning clockwise.

Hardware Required



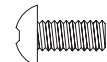
Assembly STEP 8

Attach the **Seat Cushion (#76)** to the horizontal bar of the **Seat Cushion Tube (#08)** and secure from the bottom using four **Bolts (#31)**. Then, attach the **Backrest Cushion (#75)** to the **Backrest Cushion Tube (#07)** and secure using two **Bolts (#25)** through two **Washers (#40)**.

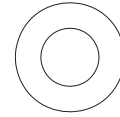
Hardware Required



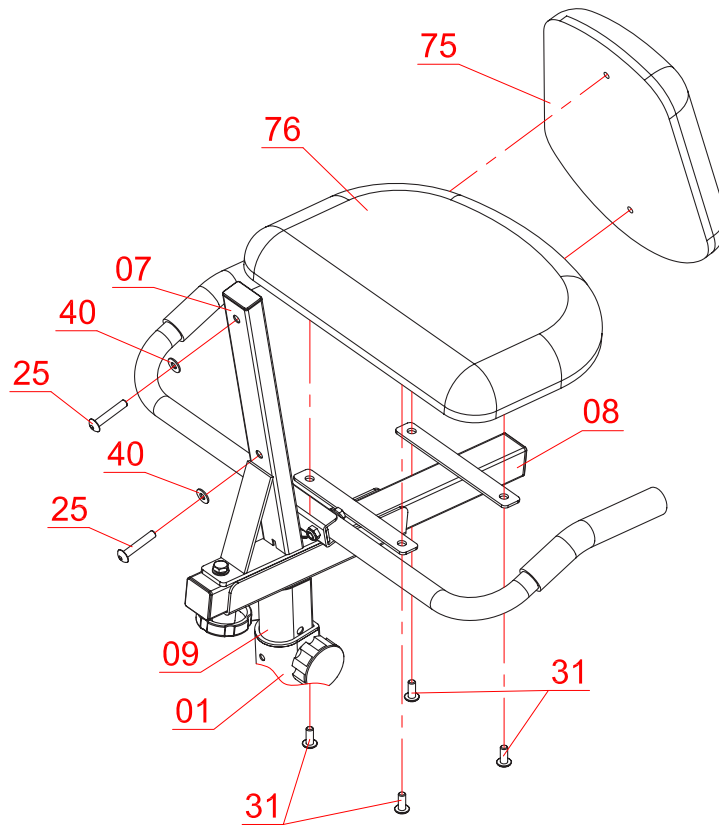
#25 Bolt (M8 x 45mm)
[2 pieces]



#31 Bolt (M8 x 15mm)
[4 pieces]



#40 Washer (M8)
[2 pieces]



Assembly STEP 9

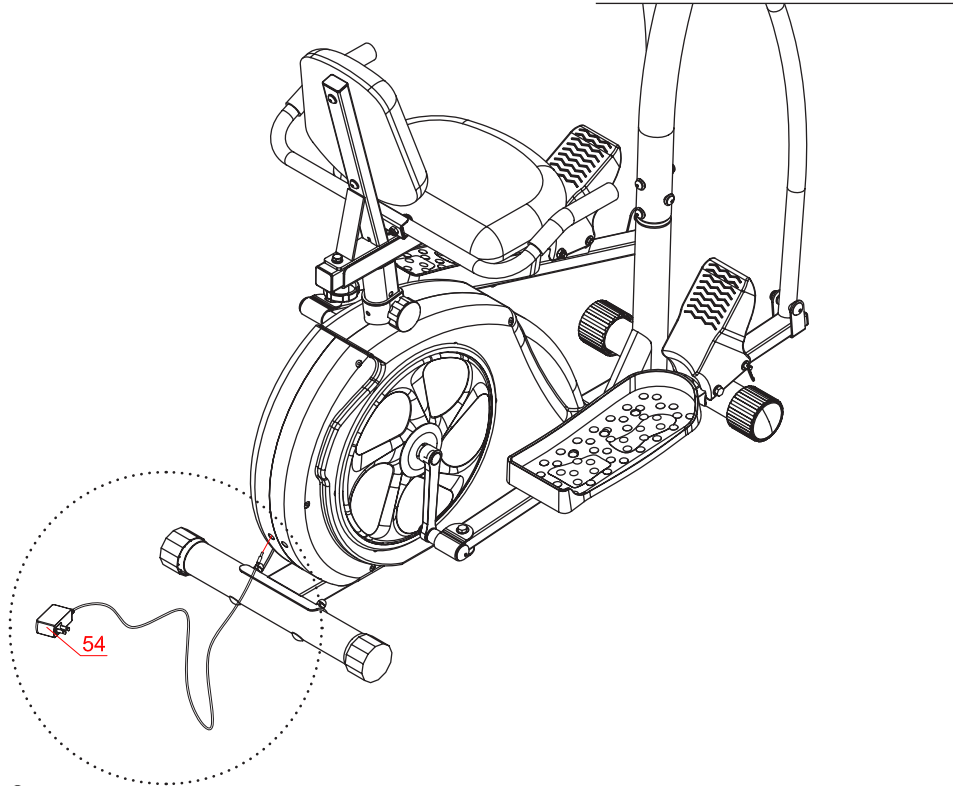
NOTE :

Please wrench-tightened all parts now that assembly is completed to ensure all nuts, bolts, and parts are tightly secured before use.

Hardware Required

No Hardware Required

Plug in the **Adapter (#54)** male plug into the female socket located at the rear end of the shroud and then plug in the **Adapter (#54)** to the electrical outlet to start your 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.

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.

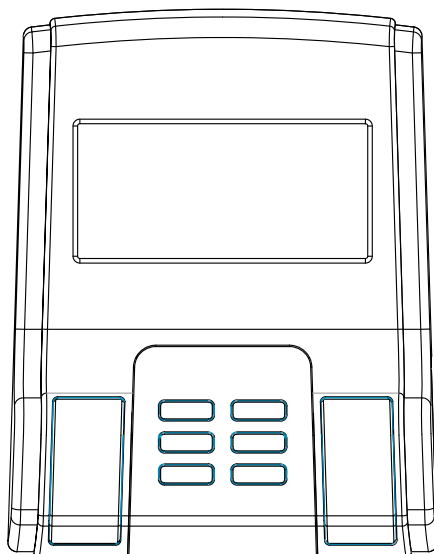
Caution:

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.

Computer Operation



The monitor is designed for programmable magnetic bikes and introduced with the following categories:

- Key Functions
- About Display
- Operating Ranges
- Things You Should Know Before Exercising
- Operation Instructions

FUNCTION KEYS (on the surface of the fitness monitor)

There are total 6 keys including START/STOP, ENTER, MODE, UP, DOWN, and TEST (RECOVERY).

START/STOP: Start or stop the program chosen. And, reset the monitor by pressing and holding for 2 seconds.

ENTER: Choose the functions from PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns. The chosen function will flash. Please note that not all the functions can be selected in every program according to the types of each program.

MODE: Change the displays of the values between RPM or SPEED, **DIST or ODO and CAL or WATT.**

UP(▲): Select or increase the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns.

DOWN (▼): Select or decrease the values of PROGRAMS, GENDER, TIME, HEIGHT, WEIGHT, DISTANCE, CAL, WATT, TARGET HEART RATE, AGE, and 10 columns.

TEST(RECOVERY): Start the function of PULSE RECOVERY.

Computer Operation

ABOUT DISPLAY

- A. START: Indicate the selected program has started.

START

- B. STOP: Indicate the selected program has stopped. And, users are free to change the programs and the value of functions applied.

STOP

- C. PROGRAM: Indicate the selected programs from PROGRAM 1 to PROGRAM 17.

PROGRAM 88

- D. LEVEL n: Indicate the selected level of loading from LEVEL 1 to LEVEL 24.

LEVEL 88

- E. GENDER: Indicate the selected gender (Male or Female).



- F. TIME/HEIGHT/WEIGHT Display: Indicate only one value of TIME, HEIGHT, or WEIGHT displayed depending on the programs.

TIME HEIGHT
0000
WEIGHT

- G. RPM/SPEED/MPH Display: Indicate only one value of RPM, SPEED, or MPH displayed depending on the programs.

RPM AV/SPEED
000
MPH

- H. DISTANCE/FAT% Display: Indicate only one value of DISTANCE or FAT% displayed depending on the programs.

DIST ODO
0000
FAT%

- I. CAL/WATT/BMR Display: Indicate only one value of CAL, WATT, or BMR displayed depending on the programs.

CAL WATT
0000
BMR

- J. TARGET H.R./BMI/AGE Display : Indicate only one value of TARGET HEART RATE. BMI or AGE displayed depending on the programs.

TARGET H.R
000
BMI AGE

- K. HEART RATE/BODY TYPE Display: Indicate only one value of HEART RATE or BODY TYPE displayed depending on the programs.

AV/HEART RATE
000
BODY TYPE

- L. LOADING Profiles : There are 10 columns of loading bars and 12 bars in each column. Each column represents 3 minutes work out (without the change of TIME value), and each bar represents 2 levels of loading.



Computer Operation

OPERATING RANGES

Value	Range (Count Up)	Count Down	Preset	Increment (Decrement)
PROGRAM	1~17	17~1	1	1
LEVEL	1~24	24~1	N/A	1
GENDER	Male/Female	N/A	Male	N/A
TIME	0:00~99:59	Manual PRO 99:00~1:00 Other PRO 99:00~5:00	0:00	1:00
HEIGHT (in)	40~100	100~40	70	1

Value	Range (Count Up)	Count Down	Preset	Increment (Decrement)
WEIGHT (lbs)	44~330	330~44	150	1
DISTANCE (mile)	0.00~99.99	99.90~0.00	0.00	0.1
WATT	20~400	400~20	100	5
TARGET H.R.	60~220	220~60	120	1
AGE	10~99	99~10	35	1

THINGS YOU SHOULD KNOW BEFORE EXERCISING

1. The values calculated or measured by the computer are for exercise purpose only, not for medical purpose.
2. The variables may be changed in different programs:

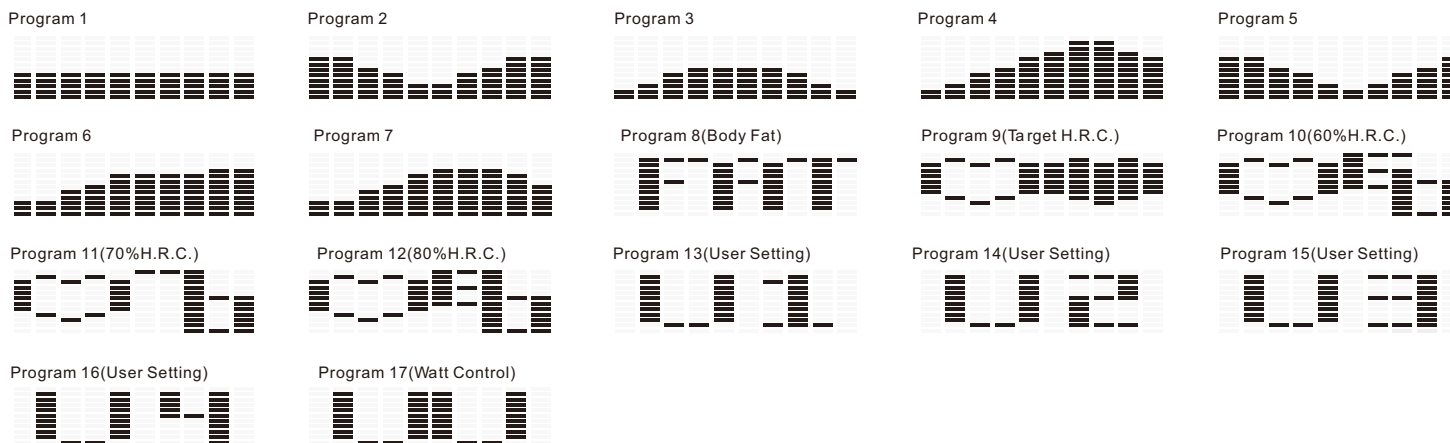
Programs	Variables
P1~P7	TIME, DISTANCE, CAL, AGE
P8	GANDER, HEIGHT, WEIGHT, AGE
P9	TIME, DISTANCE, CAL, TARGET H.R.
P10~P12	TIME, DISTANCE, CAL, AGE
P13~P16	TIME, DISTANCE, CAL, AGE, 10 intervals
P17	TIME, DISTANCE, WATT, AGE

3. Programs Selection:

There are 17 programs with 1 Recovery including 1 Manual Program, 6 Preset Programs, 1 Body Fat Program, 4 Heart Rate Control Programs, 4 User Setting Programs, 1 Speed Independent Program, and 1 Pulse Recovery Measuring.

4. Program Graph:

Each graph shown is the profile of the loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes that all the columns make up 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is set up to 40 minutes, each interval will be 40 minutes divided by 10 intervals(40/10=4). Then, each interval will be 4 minutes. The following graphs are all the profiles in the monitor.



Computer Operation

5. Body Types:

There are 4 body types divided according to the FAT% calculated.

Type	Man	Woman
Type 1	(FAT=0.0%~13.0%)	(FAT=0.0%~23.0%)
Type 2	(FAT=13.1%~25.8%)	(FAT=23.1%~35.8%)
Type 3	(FAT=25.9%~30.0%)	(FAT=35.9%~40.0%)
Type 4	(FAT=30.1%~50.0%)	(FAT=40.1%~50.0%)

6. BMR: Basal Metabolic Rate

7. BMI: Body Mass Index

OPERATION INSTRUCTIONS

Exercising with specific goal:

- TIME Control: Set up a period of time to exercise.(Except in Program 2)
- DISTANCE Control: Set up a certain distance to exercise. (Except in Program 2)
- BODY FAT Control: Computer designs various programs for different people with different body fat rate.
- WATT Control: Keep different bodies burning in desirous WATT condition

Pulse Rate:

The whole set of heart rate detector includes 2 sensors each side. Each sensor has 2 pieces of metal parts. The correct way to get detected is to gently hold both metal parts each hand. With the good signals picked up by the computer, the heart mark in the HEART RATE/ BODY TYPE Display will flash.

(Options: Chest Belt for wireless pulse system is optional. If wireless pulse system is adapted, please refer to the leaflet of wireless pulse system. It may not apply to all the models, only if the option is along with the computer.)

Manual Program:

Program 1 is a manual program. Press "ENTER" key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. The default level of loading is 6. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may exercise at any desired level (by pressing ▲ or ▼ during the workout) with a period of time or a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to slow down or to lower the level of loading.

Preset Programs:

Program2 to Program7 is the preset programs. Press "ENTER" key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise with different level of loading in different intervals as the profiles show. After pressing "START/STOP" key to exercise, please also apply the heart detector appropriately. Users may also exercise at any desired level (by pressing ▲ or ▼ during the workout) with a period of a certain distance. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80% (220-age).

So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to slow down or to lower the level of loading.

Computer Operation

Body Fat Program:

Program 8 is a special program designed to calculate users' body fat ratio and to design a specific loading profile for users. With 4 different body types, the computer can generate 4 different profiles for each. Press "ENTER" key to select GENDER, HEIGHT WEIGHT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing "START/STOP" key to calculate body fat, please also apply the heart rate detector appropriately. If the detector cannot pick up any signals, an error message "Err" will show up in the profile display. If it happens, press "START/STOP" key to calculate again. Then, the calculation values of FAT%, BMR, BMI, BODY TYPE, and a designed profile will show up shortly. Press "START/STOP" key to exercise. The profile shown in the display is specially designed for your body type.

Heart Rate Control Program:

Program 9 to Program 12 are the heart rate control programs(H.R.C.). In Program 9, press "ENTER" key to select TIME DISTANCE, CAL, and TARGET H.R. Users may setup a target heart rate to exercise in a period of time or a certain distance. In program 10 to program 12, press "ENTER" key to select TIME, DISTANCE, CAL, and AGE. Then, press ▲ or ▼ key to adjust the values. Users may exercise in a period of time or a certain distance with 60% max heart rate in program 10, and 70% max heart rate in program 11, and 80% max heart rate in Program 12, After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. In these programs, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close to the TARGET H.R. in the range of TARGET H.R.-5 and TARGET H.R.+5.

User Setting Programs:

Program 13 to Program 16 are the user setting programs. Users are free to edit the values in the order of TIME, DISTANCE, CAL, AGE, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. Users may also change the ongoing loading in each interval by pressing ▲ or ▼ key, and they will not change the level of loading stored in the memory. With the input of age, the computer may suggest a target heart rate to exercise.

The suggested heart rate is 80% (220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to speed down or to lower the level of loading.

Speed Independent Program:

Program 17 is a speed independent program. Press "ENTER" key to select the values of TIME DISTANCE, WATT, and AGE. Then, press ▲ or ▼ key to adjust the values. After pressing "START/STOP" key to exercise, please also apply the heart rate detector appropriately. During the exercise, the level of loading is not adjustable. In this program, the computer will adjust the level of loading according to the value of WATT setup. For example, the level of loading may increase while the speed is too slow. Also, the level of loading may decrease while the speed is too last. As a result, the calculated value of WATT will close to the value of WATT setup by users. With the input of age, the computer may suggest a target heart rate to exercise. The suggested heart rate is 80%(220-age). So, if the heart rate detected equals to or greater than the TARGET H.R., the value of HEART RATE will keep flashing. Please note that it is a warning for users to sleep down or to lower the level of loading.

Pulse Recovery:

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing "TEST(RECOVERY)" key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing "TEST(RECOVERY)" will not enter into the pulse recovery test. During the pulse recovery test, press "TEST(RECOVERY)" to exit the test and return to the stop status.

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 (#55/#56) and your hands on the Left/Right Handlebars (#11/#12) 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 (#13). (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):
Foot Pedals (#57/#58); Left/Right Handlebars (#11/#12).
- 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:

Body Flex Sports, Inc.
21717 Ferrero Parkway
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Warm-Up Instructions

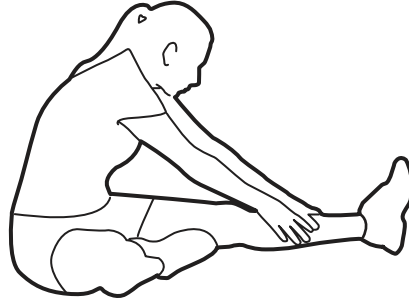
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

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.



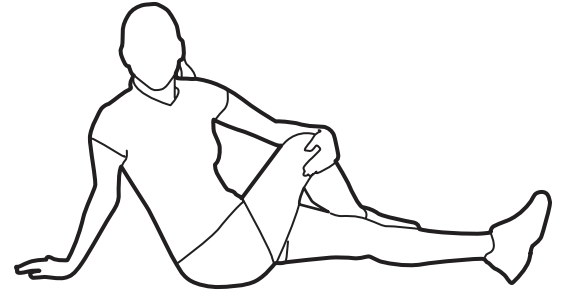
Groin Stretch

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.



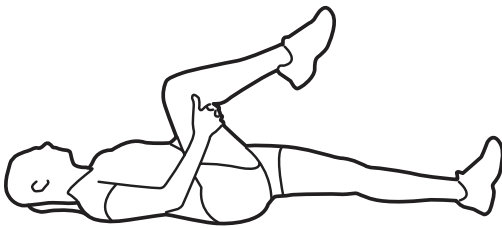
Hamstring Stretch

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.



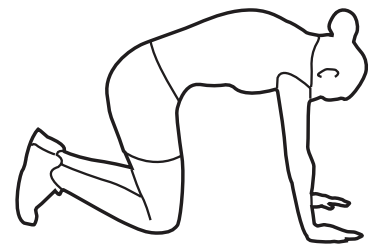
Groin Stretch

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.

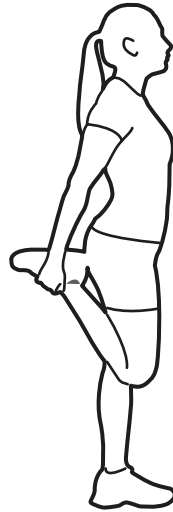


Warm-Up Instructions



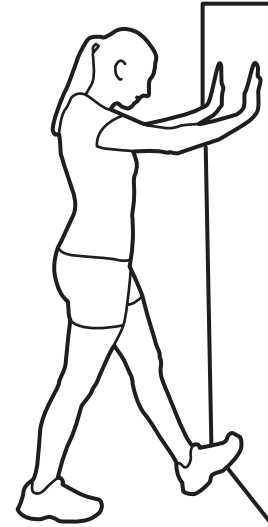
Shoulder Stretch

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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