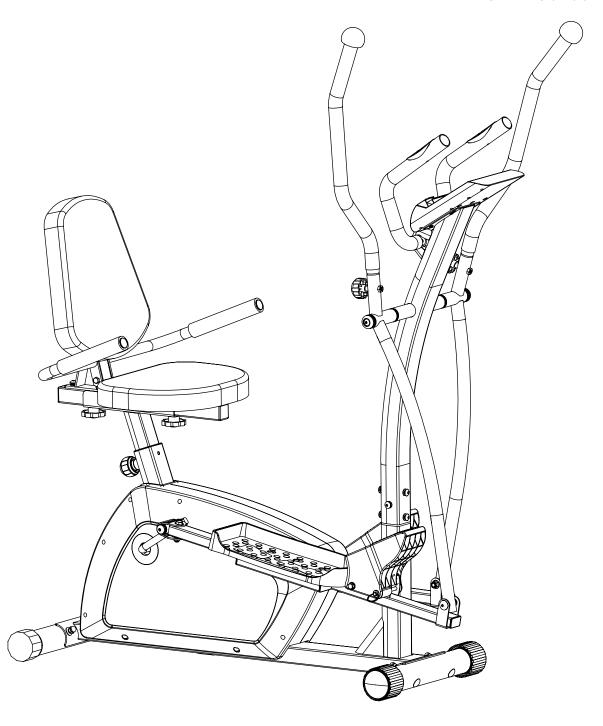# BODY CHAMP®

BRT5350 / BRT6530
TRIO-TRAINER®

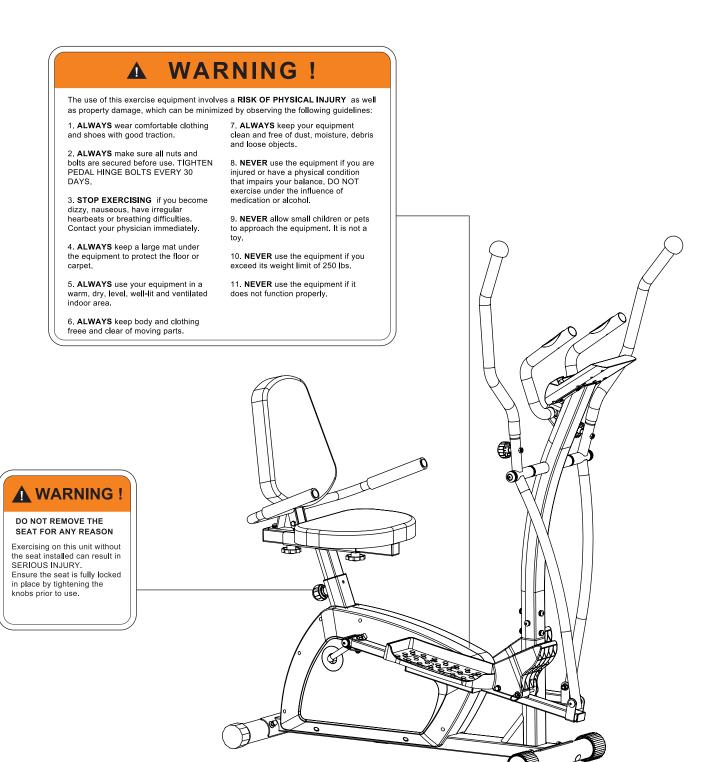U.S. Patent US9474925B1

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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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 hearbeats 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 freee and clear of moving parts.

7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.

8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. DO NOT exercise under the influence of medication or alcohol.

9. **NEVER** allow small children or pets to approach the equipment. It is not a toy.

10. **NEVER** use the equipment if you exceed its weight limit of 250 lbs.

11. **NEVER** use the equipment if it does not function properly.

⚠ WARNING !

DO NOT REMOVE THE SEAT FOR ANY REASON

Exercising on this unit without the seat installed can result in SERIOUS INJURY.
Ensure the seat is fully locked in place by tightening the knobs prior to use.

General Information

Safety

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

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

Excessive or incorrect training may result in health injuries.

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

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

Assembling Tools

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

Weight Limit

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

Storage and Use

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

Warranty

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
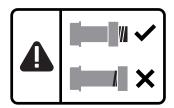Email: info@bodyflexsports.com

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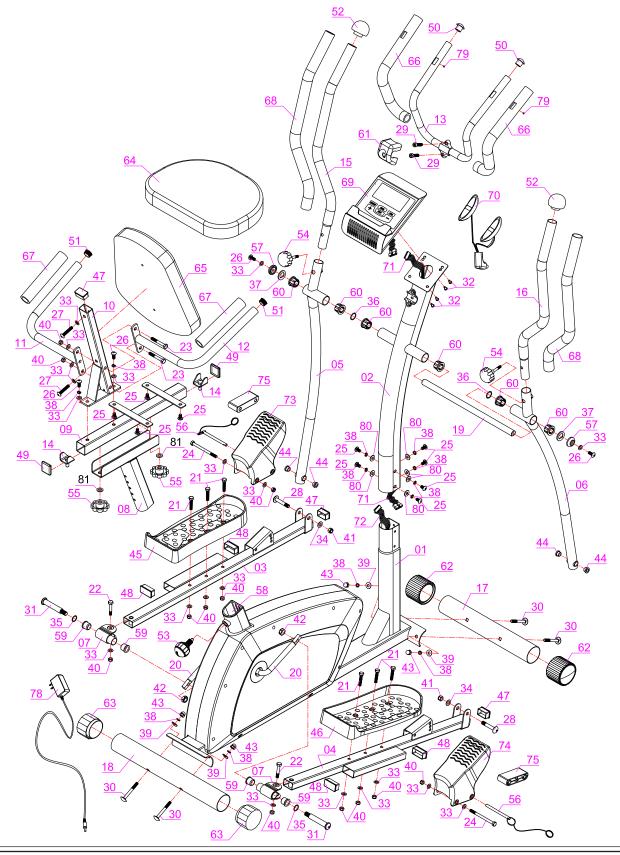**PLEASE NOTE** most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	41	Nylon Nut (M10)
02	Center Post	42	Nylon Nut (1/2")
03	Left Pedal Tube	43	Cap Nut (M8)
04	Right Pedal Tube	44	Bushing
05	Left Coupler Bar	45	Left Pedal
06	Right Coupler Bar	46	Right Pedal
07	Pedal Connect Joint	47	Rectangular End Cap (25x40 mm)
08	Seat Post	48	Rectangular End Cap (25x50 mm)
09	Seat Cushion Frame	49	Square End Cap (38 mm)
10	Backrest Chion Frameu	50	Round Cap (22 mm)
11	Left Rear Handle Bar	51	Round Cap (25 mm)
12	Right Rear Handle Bar	52	Round Cap (30 mm)
13	Pulse Handle Bar	53	Spring Loaded Knob (M16)
14	U Bracket	54	Knob Bolt (M8)
15	Left Handle Bar	55	Lock Knob (M10)
16	Right Handle Bar	56	Pop-pin (Ø8)
17	Front Stabilizer	57	Round Cap
18	Rear Stabilizer	58	Sleeve
19	Axle	59	Plastic Bushing (Ø25 mm)
20	Crank	60	Plastic Bushing (Ø32 mm)
21	Hex Bolt (M8x40 mm)	61	Pulse Handle Bar Cover
22	Hex Bolt (M8x45 mm)	62	End Cap for Front Stabilizer
23	Hex Bolt (M8x60 mm)	63	End Cap for Rear Stabilizer
24	Hex Bolt (M8x105 mm)	64	Seat Cushion
25	Bolt (M8x15 mm)	65	Backrest Cushion
26	Bolt (M8x20 mm)	66	Foam Grip for Pulse Handle Bar
27	Bolt (M8x45 mm)	67	Foam Grip for Rear Handle Bar
28	Bolt (M10x58 mm)	68	Foam Grip for Handle Bar
29	Bolt (M8x30 mm)	69	Monitor
30	Carriage Bolt (M8x70 mm)	70	Hand Pulse
31	Pedal Hinge Bolt (1/2"x97 mm)	71	Main Sensor Wire (Upper)
32	Screw (M5x12 mm)	72	Main Sensor Wire (Lower)
33	Washer (M8)	73	Left Foot Pedal
34	Washer (M10)	74	Right Foot Pedal
35	Wavy Washer (Ø16 mm)	75	Mat
36	Wavy Washer (Ø19 mm)	76	Tool 1
37	D Shape Washer	77	Tool 2
38	Spring Washer (M8)	78	Adapter
39	Arc Washer (M8)	79	Screw
40	Nylon Nut (M8)	80	Big Washer (M8)
		81	Washer (M10)

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.
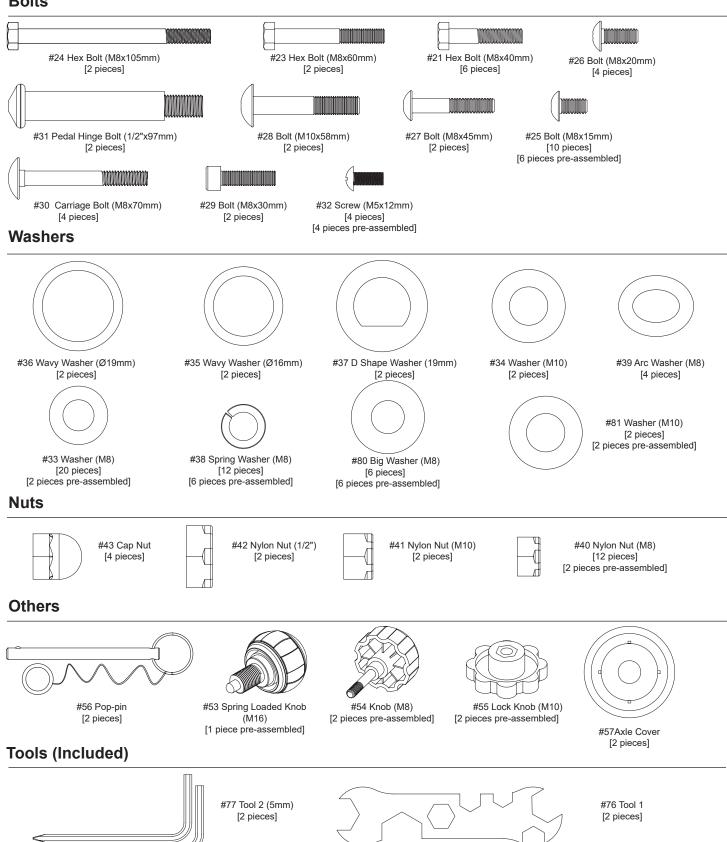
PLEASE NOTE : Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.

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

#24 Hex Bolt (M8x105mm)
[2 pieces]

#23 Hex Bolt (M8x60mm)
[2 pieces]

#21 Hex Bolt (M8x40mm)
[6 pieces]

#26 Bolt (M8x20mm)
[4 pieces]

#31 Pedal Hinge Bolt (1/2"x97mm)
[2 pieces]

#28 Bolt (M10x58mm)
[2 pieces]

#27 Bolt (M8x45mm)
[2 pieces]

#25 Bolt (M8x15mm)
[10 pieces]
[6 pieces pre-assembled]

#30 Carriage Bolt (M8x70mm)
[4 pieces]

#29 Bolt (M8x30mm)
[2 pieces]

#32 Screw (M5x12mm)
[4 pieces]
[4 pieces pre-assembled]

Washers

#36 Wavy Washer (Ø19mm)
[2 pieces]

#35 Wavy Washer (Ø16mm)
[2 pieces]

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

#34 Washer (M10)
[2 pieces]

#39 Arc Washer (M8)
[4 pieces]

#33 Washer (M8)
[20 pieces]
[2 pieces pre-assembled]

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

#80 Big Washer (M8)
[6 pieces]
[6 pieces pre-assembled]

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

Nuts

#43 Cap Nut
[4 pieces]

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

#41 Nylon Nut (M10)
[2 pieces]

#40 Nylon Nut (M8)
[12 pieces]
[2 pieces pre-assembled]

Others

#56 Pop-pin
[2 pieces]

#53 Spring Loaded Knob (M16)
[1 piece pre-assembled]

#54 Knob (M8)
[2 pieces pre-assembled]

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

#57 Axle Cover
[2 pieces]

Tools (Included)

#77 Tool 2 (5mm)
[2 pieces]

#76 Tool 1
[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

#30 Carriage Bolt (M8x70mm)
[4 pieces]

#39 Arc Washer (M8)
[4 pieces]

#38 Spring Washer (M8)
[4 pieces]

#43 Cap Nut
[4 pieces]

REAR STABILIZER ASSEMBLY
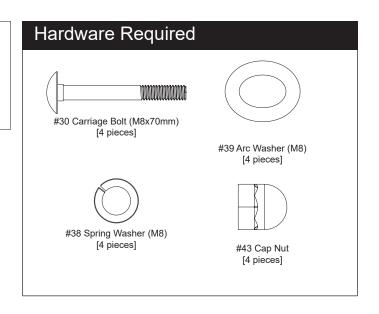
Secure the Rear Stabilizer **(#18)** to the Main Frame **(#01)** using two Carriage Bolts **(#30)** followed by two Arc Washers **(#39)**, two Spring Washers **(#38)**, and two Cap Nuts **(#43)**.
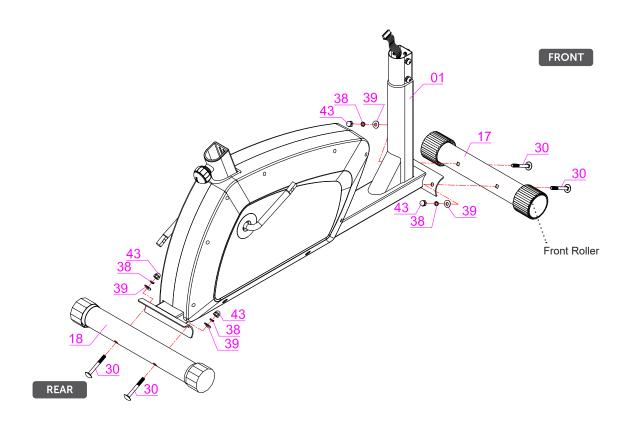
FRONT STABILIZER ASSEMBLY

Secure the Front Stabilizer **(#17)** to the Main Frame **(#01)** using two Carriage Bolts **(#30)** followed by two Arc Washers **(#39)**, two Spring Washers **(#38)**, and two Cap Nuts **(#43)**.

Note:
Please Note that the Front Stabilizer **(#15)** has end caps that spin for ease of relocating the unit.

FRONT

01

38
39
43

17

30

30

43
38
39

Front Roller

43
38
39

18

30

43
38
39

30

REAR

Assembly STEP 2
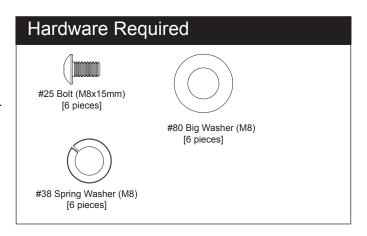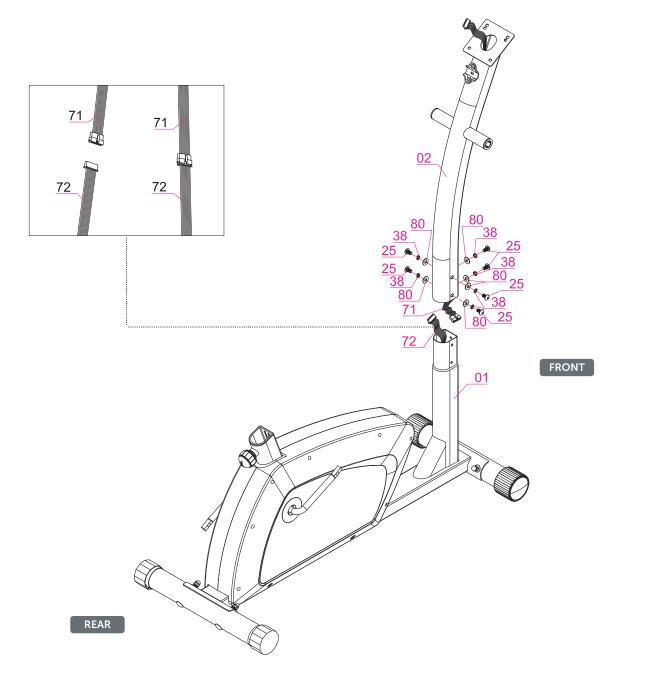
Connect the Main Sensor Wire (Lower)**(#72)** to the Main Sensor Wire (Upper) **(#71)**.

Remove the Bolts **(#25)**, Spring Washers **(#38)** and Big Washers **(#80)** 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 **(#02)** onto the Main Frame **(#01)** and secure it using the previously removed six Bolts **(#25)**, six Spring Washers **(#38)**, and six Big Washers **(#80)** as shown in drawing below.

Hardware Required

#25 Bolt (M8x15mm)
[6 pieces]

#80 Big Washer (M8)
[6 pieces]

#38 Spring Washer (M8)
[6 pieces]

Assembly STEP 3

Referring to the drawing below, insert the Axle **(#19)** through the horizontal stems on the Center Post **(#02)**. Then, on the left side of the Axle **(#19)** -- in the following order, slide on: one Wavy Washer **(#36)** followed by the Left Coupler Bar **(#05)**, one D Shape Washer **(#37)**, one Round Cap **(#57)**, and one Washer **(#33)**, and secure using one Bolt **(#26)**.

On the opposite side of the Axle **(#19)**, assemble -- in the following order: one Wavy Washer **(#36)** followed by the Right Coupler Bar **(#06)**, one D Shape Washer **(#37)**, one Round Cap **(#57)**, one Washer **(#33)**, and secure using one Bolt **(#26)**.

Attach the Right Pedal Tube **(#04)** onto the Crank **(#20)** as illustrated and secure by inserting from the outer edge of the Right Pedal Tube **(#04)**, one Pedal Hinge Bolt **(#31)** and one Wavy Washer **(#35)**. Secure from the inner edge (behind the Crank**(#20)**) with one Nylon Nut **(#42)**.
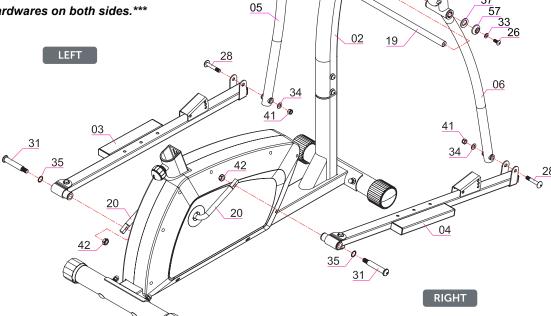
*** *PLEASE DO NOT tighten the hardwares until steps below has been completed. This will allow you to align the holes for proper and smooth assembly.****
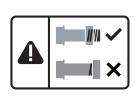
Repeat this process on the other side using the Left Pedal Tube **(#03)**.
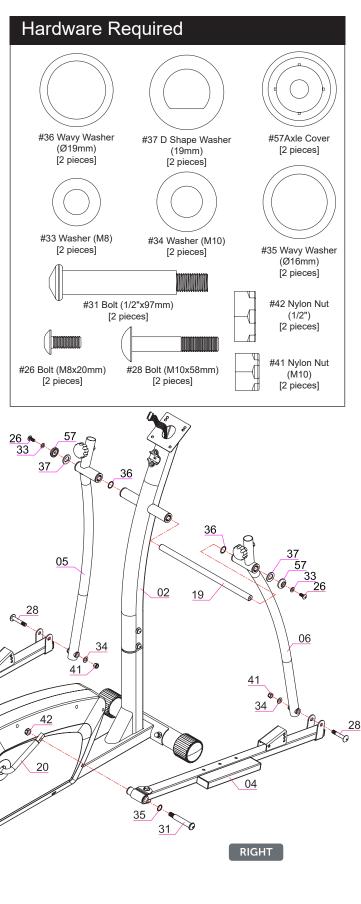
Using the drawings as a reference, attach the free end of the bottom of the Right Coupler Bar **(#06)** to the front of the Right Pedal Tube **(#04)** by aligning the holes. After the holes are aligned, insert one Bolt **(#28)** through the Right Pedal Tube **(#04)**, the Right Coupler Bar **(#06)** and secure using one Washer **(#34)** followed by one Nylon Nut **(#41)**.

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

****NOW, you may tighten the hardwares on both sides.****

Hardware Required

#36 Wavy Washer (Ø19mm) [2 pieces]

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

#57 Axle Cover [2 pieces]

#33 Washer (M8) [2 pieces]

#34 Washer (M10) [2 pieces]

#35 Wavy Washer (Ø16mm) [2 pieces]

#31 Bolt (1/2"x97mm) [2 pieces]

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

#26 Bolt (M8x20mm) [2 pieces]

#28 Bolt (M10x58mm) [2 pieces]

#41 Nylon Nut (M10) [2 pieces]
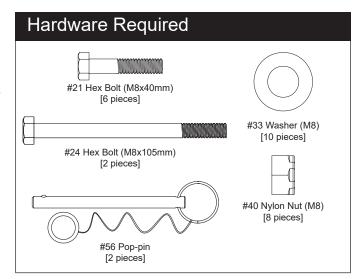

LEFT

RIGHT

Assembly STEP 4

Attach the Left/Right Pedals **(#45/#46)** onto the Left/Right Pedal Tubes **(#03/#04)** as shown in the drawing below using a total of six Hex Bolts **(#21)**, six Washers **(#33)**, and six Nylon Nuts **(#40)**.
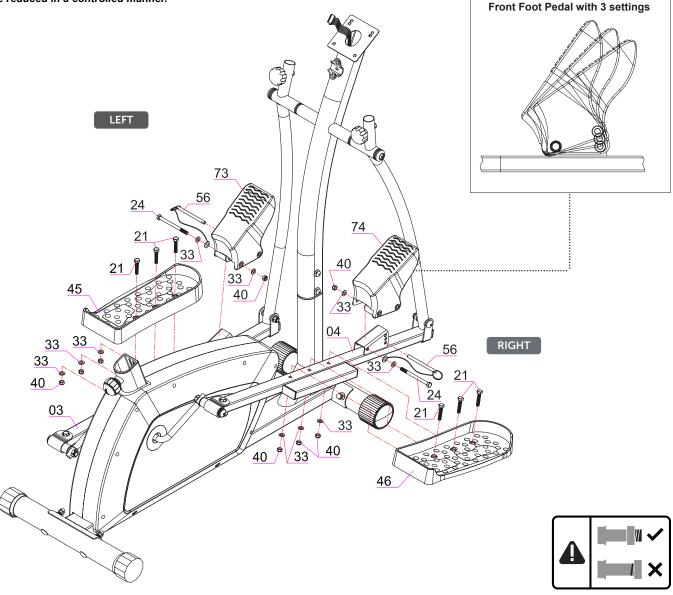
On the left side, attach the Left Foot Pedal **(#73)** to the front of Left Pedal Tube **(#03)** using one Hex Bolt **(#24)** through one Washer **(#33)** and Pop-pin **(#56)** safety ring and secure with one Washers **(#33)** and one Nylon Nut **(#40)**.

Then insert a Pop-pin **(#56)** into the front hole of the Left Foot Pedal **(#73)**.

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

#21 Hex Bolt (M8x40mm)
[6 pieces]

#24 Hex Bolt (M8x105mm)
[2 pieces]

#56 Pop-pin
[2 pieces]

#33 Washer (M8)
[10 pieces]

#40 Nylon Nut (M8)
[8 pieces]

Front Foot Pedal with 3 settings

Assembly STEP 5
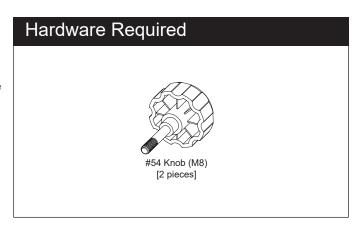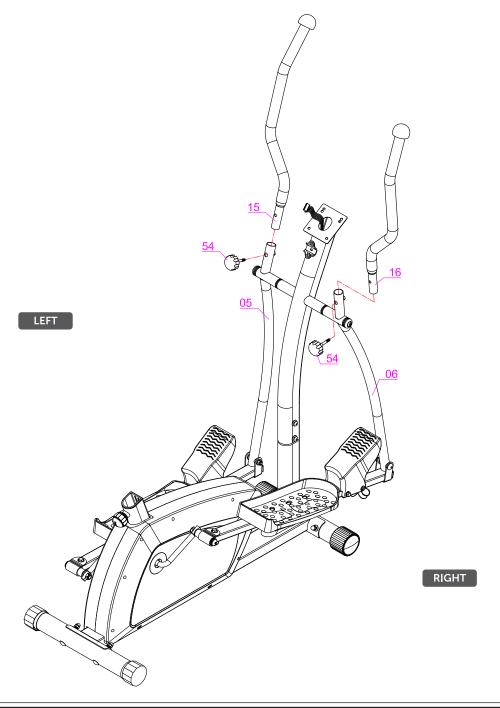
Please remove the two Knob Bolts **(#54)** that are pre-assembled on the Left/Right Coupler Bars **(#05/#06)**.

On the left side, insert Left Handle Bar **(#15)** into the opening at the tip of Left Coupler Bar (#05). Align the holes of the Left Handle Bar (#15) and Left Coupler Bar **(#05)** and secure by using one Knob Bolt **(#54)** through.

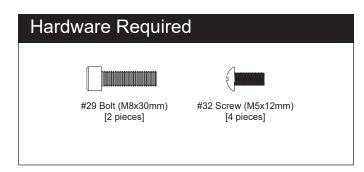Repeat this process on the other side using Right Handle Bar **(#16)** and Right Coupler Bar **(#06)**.
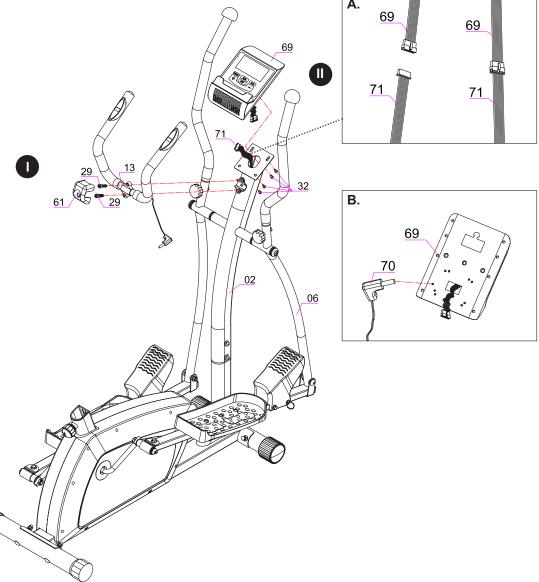
Hardware Required

#54 Knob (M8)
[2 pieces]

15

54

LEFT

05

16

54

06

RIGHT

Assembly STEP 6

A. PULSE HANDLEBAR

Install the Pulse Handle Bar **(#13)** onto the rear side of the Center Post **(#02)** as shown in the illustration below using two Bolts **(#29)**. Please ensure the wire of the Handle Pulse **(#70)** is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the Monitor **(#69)** later.

B. COMPUTER

Remove the four Screws **(#32)** that are pre-assembled on the Monitor **(#69)**. Set them aside as they will be used later in this process. With the help of an assistant, connect the Main Sensor Wire **(#71)** to the corresponding wire on the Monitor **(#69)**(diagram A).

Connect the end of Hand Pulse **(#70)** to the Monitor **(#69)** by inserting it into the back socket as illustrated below (diagram B).Being careful not to pinch/damage any of the wires, attach the Monitor **(#69)** to the bracket on the Center Post **(#02)** by using the four Screws **(#32)** that were previously removed.

Hardware Required

#29 Bolt (M8x30mm)
[2 pieces]

#32 Screw (M5x12mm)
[4 pieces]

Assembly STEP 7

Start wih loosen the pre-assembled Spring Loaded Knob **(#53)** and pull back slightly on it so that you may proceed to insert the Seat Post **(#08)** into the opening of the post that is protruding from the Main Frame **(#01)** down a minimum of <u>four inches</u> so that the corresponding holes can engage. Screw in the Spring Loaded Knob **(#53)** through the Main Frame **(#01)** and then through any one of the holes located on the Seat Post **(#08)**.
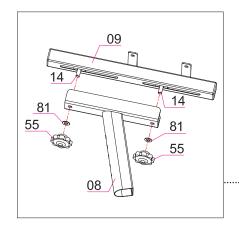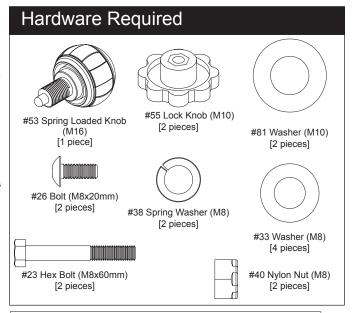
Note:
The Spring Loaded Knob (#53) has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull it outward. This knob can be loosened to adjust the seat height. Adjust the seat height and then release the knob back in. Tighten the knob by turning clockwise.
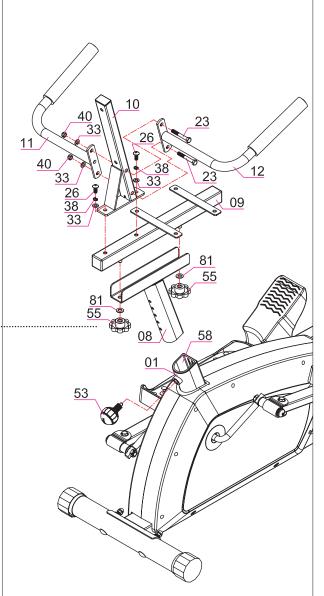
Slide the Seat Cushion Frame **(#09)** onto the trough of the Seat Post **(#08)** as shown below. Secure using two Lock Knobs **(#55)** through two Washers **(#81)**.
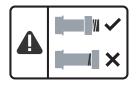
Attach Backrest Cushion Frame **(#10)** to the Seat Cushion Frame **(#09)** and secure by using two Bolts **(#26)**, two Spring Washers **(#38)**, two Washers **(#33)**.

With the help of an assistant, align the four of the Left Rear Handle Bar **(#11)** and Right Rear Handle Bar **(#12)** to the holes on the Backrest Cushion Frame **(#10)** and secure all using the two Hex Bolts **(#23)**, followed by two Washers **(#33)**, and two Nylon Nuts **(#40)**.

Hardware Required

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

#55 Lock Knob (M10) [2 pieces]

#81 Washer (M10) [2 pieces]

#26 Bolt (M8x20mm) [2 pieces]

#38 Spring Washer (M8) [2 pieces]

#33 Washer (M8) [4 pieces]

#23 Hex Bolt (M8x60mm) [2 pieces]

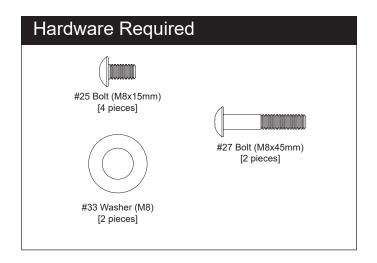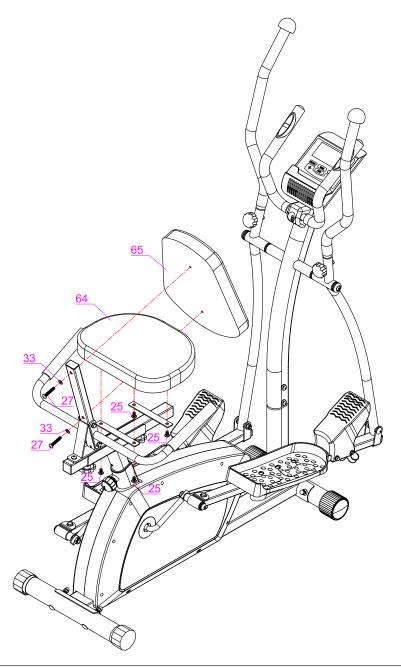#40 Nylon Nut (M8) [2 pieces]

Assembly STEP 8

Attach the Seat Cushion **(#64)** to the horizontal bar of the Seat Cushion Frame **(#09)** and secure from the bottom using four Bolts **(#25)**.Then, attach the Backrest Cushion **(#65)** to the Backrest Cushion Frame **(#10)** and secure using two Bolts **(#27)** through two Washers **(#33)**.
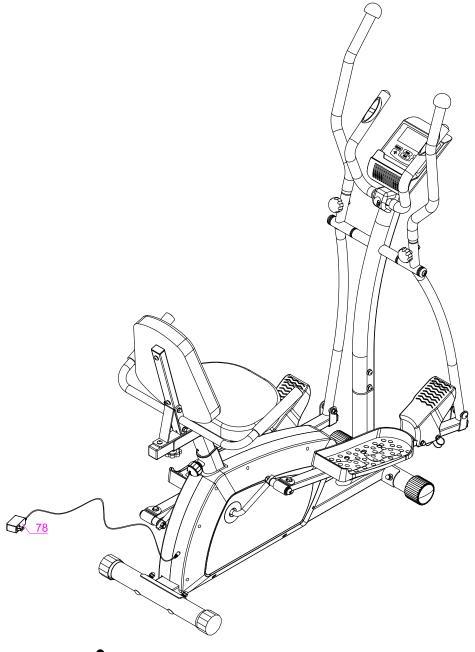
Hardware Required

#25 Bolt (M8x15mm)
[4 pieces]

#27 Bolt (M8x45mm)
[2 pieces]

#33 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.

Plug in the Adapter **(#76)** male plug into the female socket located at the rear end of the shroud and then plug in the Adapter **(#76)** to the electrical outlet to start your workout.

Hardware Required
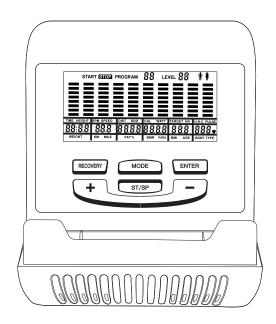
No Hardware Required

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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

BUTTON FUNCTIONS:

START/STOP:	1. Start & Pause workouts. 2. Start body fat measurement*. 3. Holding key for 3 seconds will reset all function values to be zero.
DOWN:	Decreases value of selected workout function*. During the workout, it will decrease the resistance level.
UP :	Increases value of selected workout function*. During the workout, it will increase the resistance level.
ENTER:	To input/confirm desired value or workout mode.
RECOVERY:	Press to enter into Recovery function when computer picks up and displays the heart rate value. Recovery fitness level (F1 - F6) will display after 1 minute. "F1" = excellent; "F6" = poor.
MODE:	Press to switch the display data from: RPM to SPEED, ODO to DIST, WATT to CALORIES during workout session.

* = TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

COMPUTER FUNCTIONS:

SPEED (MILE):	Shows your current speed.
RPM:	Shows your current rotations per minute.
TIME:	Shows accumulated exercise time. User may also preset this function.
DIST:	Shows exercise accumulated distance.
ODO:	Shows the total accumulated distance.
CAL:	Shows accumulated calories burnt. User may also preset this function.
WATT:	Shows current wattage output of user during exercise. User may also preset this function.
HEART RATE*:	Shows the user's heart rate value in BPM (beats per minute)*.
TARGET H.R.:	User can preset a target heart rate.
PROGRAM:	There are a total of 26 programs to select from for training.
LEVEL:	The computer display shows 10 columns of loading bars with 8 rectangular increments per bar. Each column (normally) represents 1 minute in time and each rectangular increment represents 3 levels of resistance for a total of 24 resistance levels.

* Please be aware that **the pulse sensors and body fat measurement tool are not medical devices**; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.

Computer Operation

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 mode. Then press ENTER.
3. Setting Workout Functions

      The computer allows you to preset certain functions. In other words, you can set your own workout target goals for functions TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE.

Note: Some functions are not adjustable in certain programs. TIME and DISTANCE cannot both be preset during the same workout session.

      Once a program has been selected, press ENTER so that TIME function flashes. Use UP or DOWN to set desired time value. Press ENTER to confirm the value. The flashing prompt will move to the next function. Continue use of UP or DOWN to preset functions as desired. Press START/STOP to begin workout.

4. There are 7 basic workout "modes" which will be detailed below:
(**Manual** Program, **Preset Workout** Programs, **Watt Control** Program, **Body Fat** Program, **Target Heart Rate** Program, **Heart Rate Control** Program, and **User Profiles** Program.)

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i. Manual (P1)
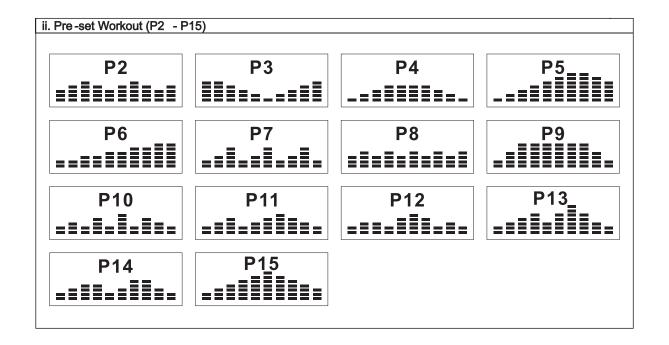
P1

Setting Function s for Manual
Select MANUAL using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted.
Continue through all desired functions, then press START/STOP whenever you are ready to start your workout.

Note:
-**If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.**
-**Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.**

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ii. Pre -set Workout (P2 - P15)

P2

P3

P4

P5

P6

P7

P8

P9

P10

P11

P12

P13

P14

P15

Computer Operation

ii. Preset Workout (P2 - P15) .... continued.

There are 14 preset programs ready for use. Each program has different patterns of resistance to add variety to workout sessions.

Setting Functions for Preset Workout
Select one of the Preset Workouts as displayed on the screen using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Adjusting during any Preset Workout
Users can exercise at different resistance levels in different intervals as the profiles flash. Users may exercise at any desired resistance level by using UP/DOWN keys to adjust during the workout.

Note:
-If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
-Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
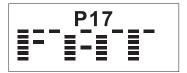
iii. Watt Control   (P16)

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    P16

▓▓▓▓▓▓▓▓▓
```

Setting Functions for Watt Control
Select "**Watt Control**" using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
- The computer will adjust the resistance load automatically depending on the user's detected speed to maintain a constant watt value. User can use UP or DOWN to adjust the watt value during workout.

iv. Body Fat (P17)

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    P17
```

Setting Data for Body Fat
Select "**BODY FAT**" using UP or DOWN then press ENTER. "MALE" icon (default) will flash so gender (male/female) can be selected using UP or DOWN; then, press ENTER to save gender and move to next data function.

Computer Operation

<table>
<tr><td colspan="2">iv. Body Fat (P15)................... continued.</td></tr>
</table>

"5.05" (default value) of HEIGHT will flash so height can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function.

"130" lbs. (default value) of WEIGHT will flash so weight can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function

"30"(default value) of AGE will flash so age can be adjusted using UP or DOWN KEY; then, press ENTER to save value.

Press START/STOP to start measurement, and place hands firmly (but not too tightly) over hand pulse sensor grips.

After 15 seconds, the display will show the detected Body Fat %, BMR, BMI & BODY TYPE.

NOTE: There are 9 body types categorized according to the FAT% calculated.

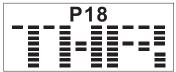|	
Type 1 is from 5% to 9% (body fat). Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%.	Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

- BMR = Basal Metabolism Ratio
- BMI = Body Mass Index

Press START/STOP to return to the Main Display.

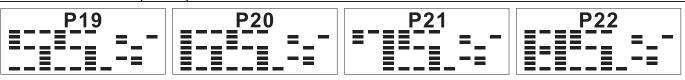
v. Target Heart Rate (P18)

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    P18
 THR
```

Setting Functions for TARGET H.R
Select "TARGET H.R." using UP or DOWN KEY then press ENTER.   The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

 Note:
- If detected PULSE is above or below(±5)of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

Computer Operation

| vi. Heart Rate Control (P19-22) |

| P19 | P20 | P21 | P22 |

There are 4 selection s for target pulse:
HRC- 55%   TARGET H.R= 55% of (220-AGE*)
HRC - 65%   TARGET H.R= 65% of (220-AGE)
HRC - 75%   TARGET H.R= 75% of (220-AGE)
HRC - 85%   TARGET H.R= 85% of (220-AGE)
  *PLEASE NOTE: This is the standard formula for calculating target heart rate.

Setting Functions for HEART RATE CONTROL
Select 1 of the 4 **"Heart Rate Control"** programs (55%, 65%, 75%, or 85%) using the UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If detected PULSE is above or below (±5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

| vii. User Custom Workout (P23-P26) |

| P23 | P24 | P25 | P26 |

There are 4 User Profiles available for multiple users to set their own personalized programs for immediate access and use.

Setting Functions for User Program
Select 1 of 4 "USER" profiles using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

RESISTANCE LEVEL
There are 24 level units that you can set to achieve the desired resistance level to create your own training program. Press UP, DOWN buttons to adjust resistance level of the first profile unit. Each bar represents 3 resistance level (3 x 8 bars = 24 levels). The resistance level is also display on the top right on the screen.
During adjustment, you will see the display changes when you press UP or DOWN buttons twice.
Press MODE button to move to the next profile unit. Then, use UP and DOWN buttons again to set the desired resistance level until you've completed program profile.

You may also adjust resistance during training. Note that the computer will save the last program set for each user.

After finished set up desired function, the level 1 will flash, use UP **or** DOWN KEY to adjust then pressing ENTER until finished. Press START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

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 **(#45/#46)** and your hands on the Left/Right Handlebars **(#15/#16)** 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 **(#73/#74)**; Left/Right Handlebars **(#15/#16)**.
- 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.

Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
Calories/Distance/ Time (Etc.)	If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions** (or you are getting inaccurate readings), please adjust the following: 1. Check to ensure all computer sensor wires are properly connected and are not damaged. 2. You may need to refer to installation/assembly directions for the sensor wires in this manual.
Computer Display	If the **computer display is blank & not displaying any data** (or does not appear to power on), please adjust the following: 1. Check to ensure all sensor wires are all properly connected and are not damaged. 2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. 3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.
Hand Pulse Signal	If the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), please adjust the following: 1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal. 2. Do not grip the sensors too tightly. Only moderate pressure need be applied. 3. Gripping the sensors too tightly restricts and seizes detection of your pulse. 4. Remove any rings or jewelry to prevent interference. 5. Check to ensure all pulse sensor wires are properly connected and are not dam-aged. 6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.

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.
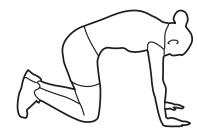
Hamstring Stretch

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.
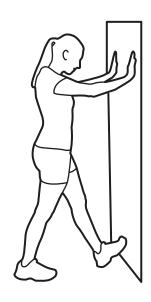
Trunk Flexion, Prone

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.

THANK YOU FOR YOUR PURCHASE
MODEL NO.: BRT5350 / 6530

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 :

_____

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

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

BODY CHAMP®