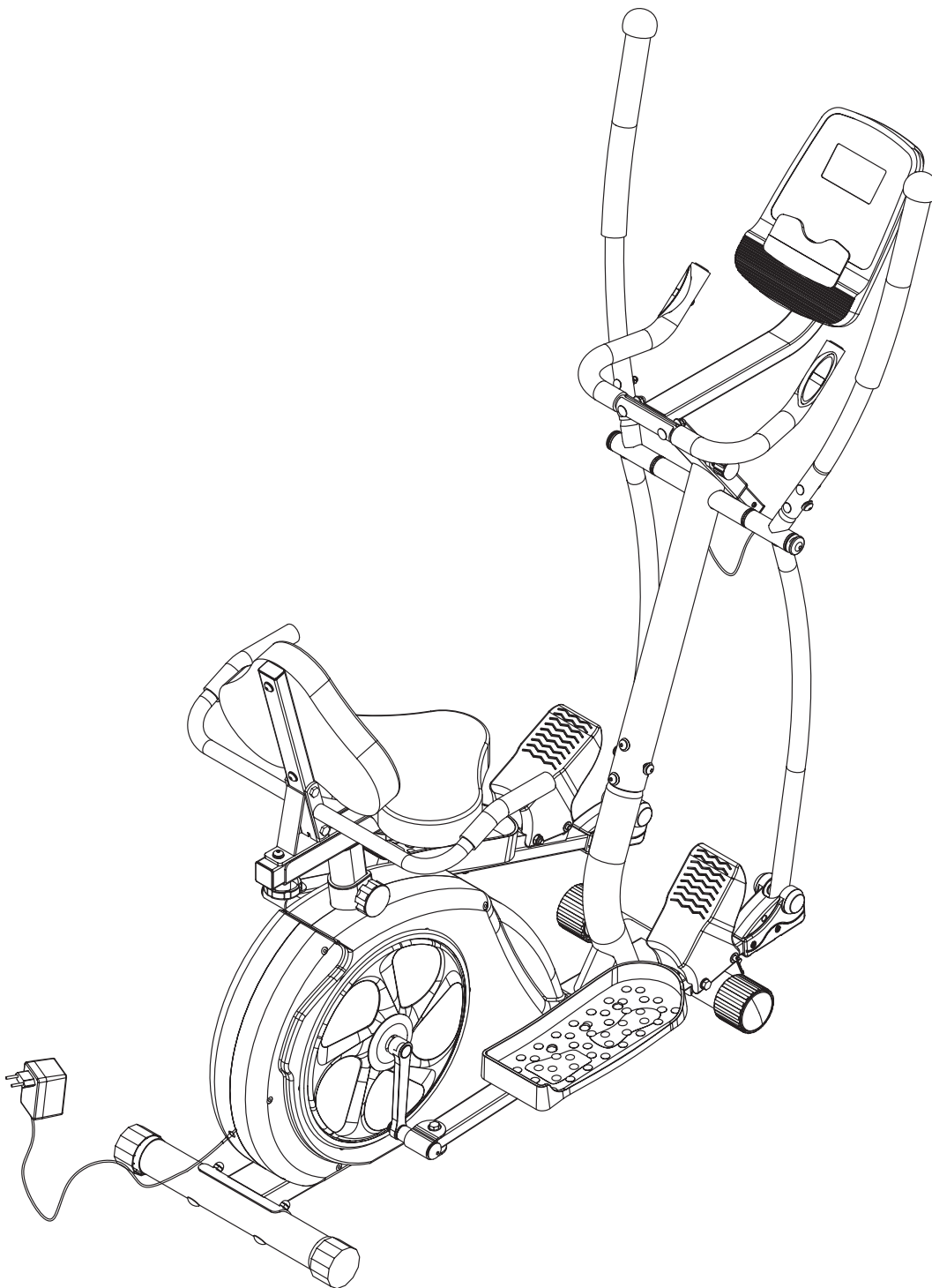# BODY CHAMP®

BRT7989/BRT7200
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

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 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 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.
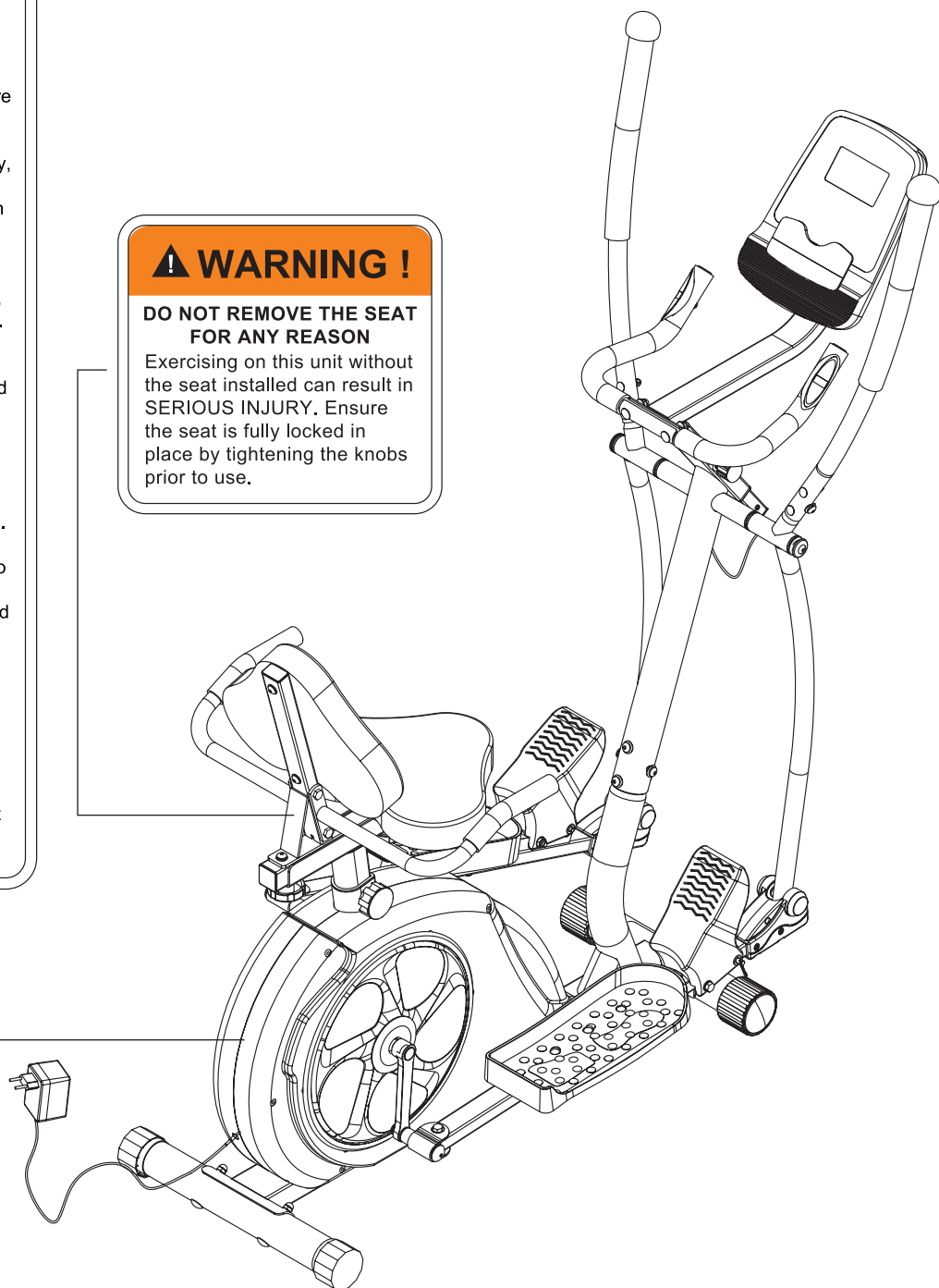
General Information

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: info@bodyflexsports.com

Before Assembly

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.
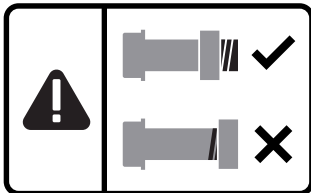
Tools Required For Assembly

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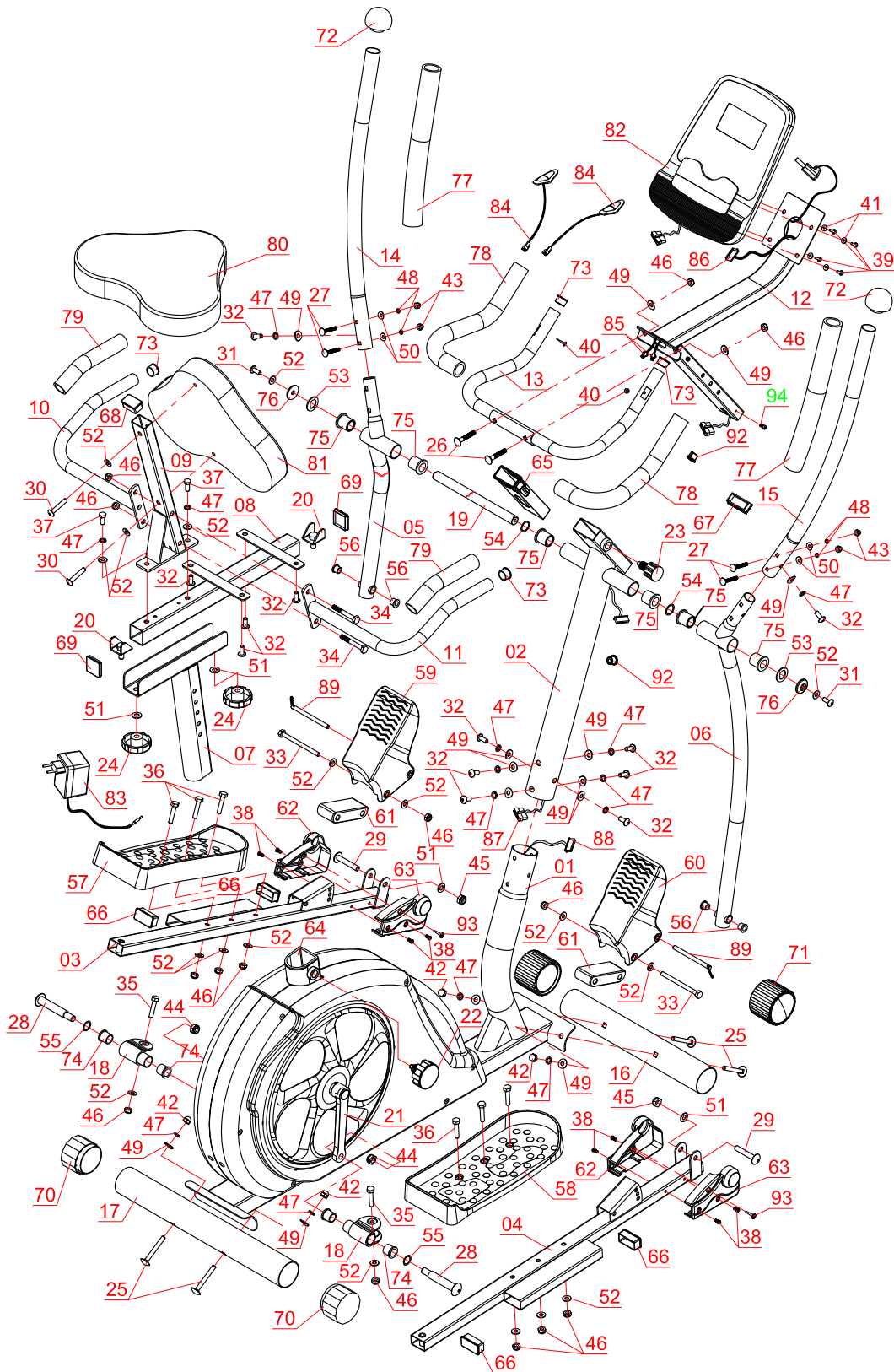**PLEASE NOTE** most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	47	Spring Washer (M8)
02	Center Post	48	Spring Washer (M6)
03	Left Pedal Tube	49	Arc Washer (M8)
04	Right Pedal Tube	50	Arc Washer (M6)
05	Left Couple Bar	51	Washer (M10)
06	Right Couple Bar	52	Washer (M8)
07	Seat Post	53	D Shape Washer
08	Seat Cushion Frame	54	Wavy Washer (19 mm)
09	Backrest Cushion Frame	55	Wavy Washer (16 mm)
10	Left Rear Handle Bar	56	Bushing
11	Right Rear Handle Bar	57	Left Pedal
12	Monitor Frame	58	Right Pedal
13	Pulse Handle Bar	59	Left Foot Pedal
14	Left Handle Bar	60	Right Foot Pedal
15	Right Handle Bar	61	Mat
16	Front Stabilizer	62	Pedal Tube Front Cover (Left)
17	Rear Stabilizer	63	Pedal Tube Front Cover (Right)
18	Pedal Connection Joint	64	Main Frame Sleeve
19	Axle	65	Rectangular Sleeve
20	U Bracket	66	Rectangular End Cap (25x50 mm)
21	Crank	67	Rectangular End Cap (23x53 mm)
22	Spring Loaded Knob (M16)	68	Rectangular End Cap (25x40 mm)
23	Spring Loaded Knob (M16)	69	Square End Cap (38 mm)
24	Knob Bolt (M10)	70	End Cap for Rear Stabilizer
25	Carriage Bolt (M8x70 mm)	71	End Cap for Front Stabilizer
26	Carriage Bolt (M8x45 mm)	72	Round End Cap (30 mm)
27	Carriage Bolt (M6x38 mm)	73	Round End Cap (25 mm)
28	Pedal Hinge Bolt (1/2"x97 mm)	74	Plastic Bushing (25 mm)
29	Bolt (M10x58 mm)	75	Plastic Bushing (32 mm)
30	Bolt (M8x45 mm)	76	Round End Cap (32 mm)
31	Bolt (M8x20 mm)	77	Handle Bar Foam Grip
32	Bolt (M8x15 mm)	78	Pulse Handle Bar Foam Grip
33	Hex Bolt (M8x105 mm)	79	Rear Handle Bar Foam Grip
34	Hex Bolt (M8x60 mm)	80	Seat Cushion
35	Hex Bolt (M8x45 mm)	81	Backrest Cushion
36	Hex Bolt (M8x40 mm)	82	Monitor
37	Hex Bolt (M8x20 mm)	83	Adapter
38	Screw (M5x10 mm)	84	Pulse Sensor
39	Screw (M4x12 mm)	85	Pulse Sensor Wire
40	Screw (M4x25 mm)	86	Main Sensor Wire (Upper)
41	Washer (M4)	87	Main Sensor Wire (Middle)
42	Cap Nut (M8)	88	Main Sensor Wire (Lower)
43	Cap Nut (M6)	89	Pop-pin
44	Nylon Nut (1/2")	90	Tool 1
45	Nylon Nut (M10)	91	Tool 2
46	Nylon Nut (M8)	92	Wire Cap
		93	Screw (M4x15 mm)
		94	Screw (M5x10 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.
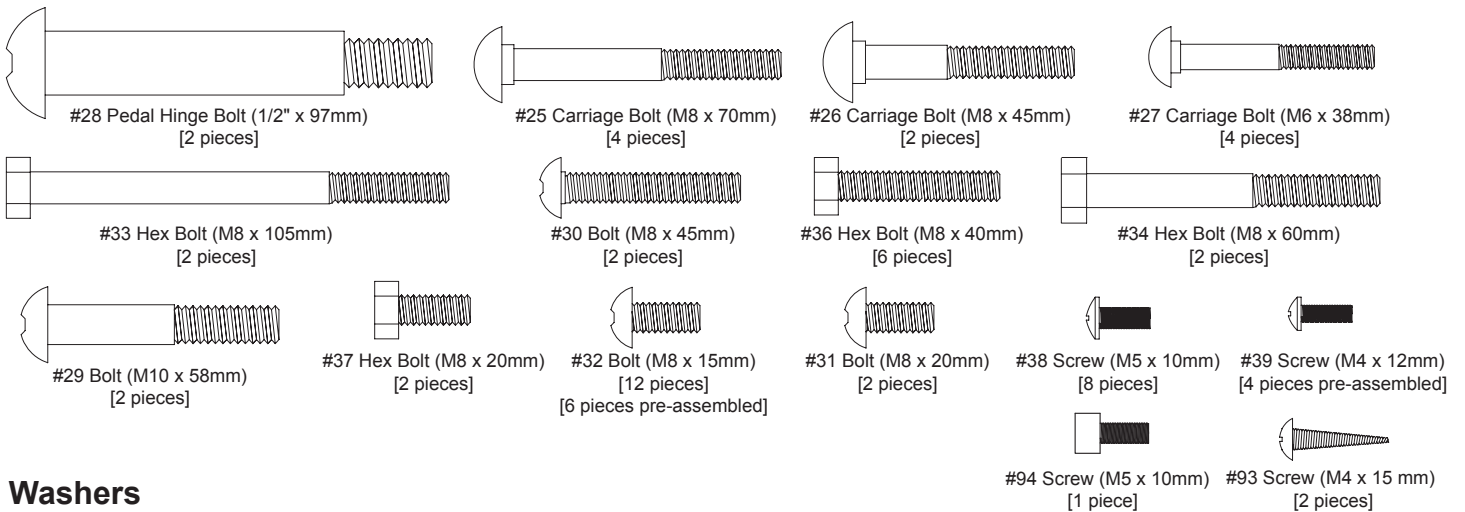
PLEASE NOTE : Not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please use this page only as a reference guide for parts and hardware.
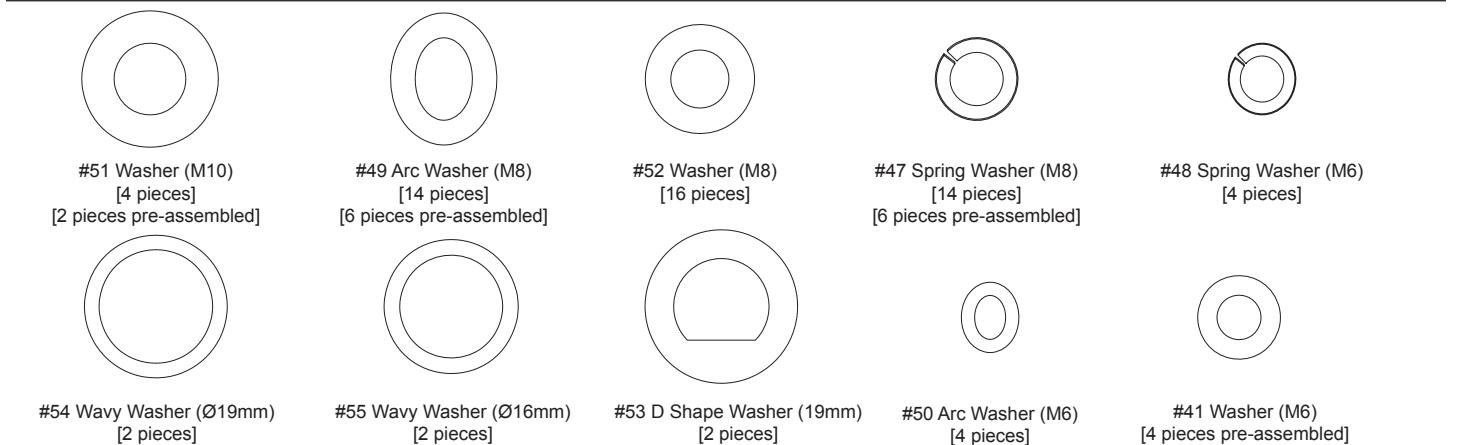
Hardware and Tool List

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

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

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

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

#27 Carriage Bolt (M6 x 38mm)
[4 pieces]

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

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

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

#34 Hex Bolt (M8 x 60mm)
[2 pieces]

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

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

#32 Bolt (M8 x 15mm)
[12 pieces]
[6 pieces pre-assembled]

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

#38 Screw (M5 x 10mm)
[8 pieces]

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

#94 Screw (M5 x 10mm)
[1 piece]

#93 Screw (M4 x 15 mm)
[2 pieces]

Washers

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

#49 Arc Washer (M8)
[14 pieces]
[6 pieces pre-assembled]

#52 Washer (M8)
[16 pieces]

#47 Spring Washer (M8)
[14 pieces]
[6 pieces pre-assembled]

#48 Spring Washer (M6)
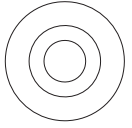[4 pieces]

#54 Wavy Washer (Ø19mm)
[2 pieces]

#55 Wavy Washer (Ø16mm)
[2 pieces]

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

#50 Arc Washer (M6)
[4 pieces]

#41 Washer (M6)
[4 pieces pre-assembled]

Nuts

#42 Cap Nut (M8)
[4 pieces]

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

#45 Nylon Nut (M10)
[2 pieces]

#46 Nylon Nut (M8)
[12 pieces]

#43 Cap Nut (M6)
[4 pieces]

Others

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

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

#24 Knob Bolt
[2 piece pre-assembled]

#92 Wire Cap
[2 pieces]

#67 Rectangular End Cap
[1 piece]

#76 Round Cap
[2 pieces]

Tools (Included)

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

#91 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

#25 Carriage Bolt (M8 x 70mm)
[4 pieces]
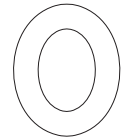
#49 Arc Washer (M8)
[4 pieces]

#47 Spring Washer (M8)
[4 pieces]

#42 Cap Nut (M8)
[4 pieces]

FRONT STABILIZER ASSEMBLY
Using the drawing below for reference, secure the **Front Stabilizer (#16)** to the **Main Frame (#01)** using a total of two **Carriage Bolts (#25)**, two **Arc Washers (#49)**, two **Spring Washers (#47)** and two **Cap Nuts (#42)**.

REAR STABILIZER ASSEMBLY
Secure the **Rear Stabilizer (#17)** to the **Main Frame (#01)** using a total of two **Carriage Bolts (#25)**, two **Arc Washers (#49)**, two **Spring Washers (#47)** and two **Cap Nuts (#42)**.

Please Note that the **Front Stabilizer (#16)** has end caps that spin for ease of relocating the unit and the **Rear Stabilizer (#17)** has height adjustable end caps for leveling of the unit.

Front Roller

FRONT

REAR

Assembly STEP 2
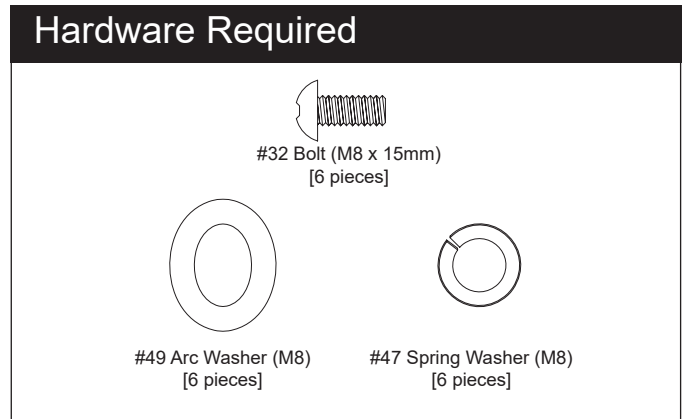
WIRE CONNECTIONS
Connect the **Main Sensor Wire (Lower)(#88)** to the Main Sensor Wire **(Middle)(#87)**.

CENTER POST ASSEMBLY
Remove the **Bolts (32)**, **Spring Washers (#47)** and **Arc Washers (#49)** that are pre-assembled on the **Center Post (#02)** and set them aside as they will be used in a later process.
Slide the **Center Post (#02)** onto the **Main Frame (#01)** and secure it using a total of six **Bolts (#32)**, six **Spring Washers (#47)** and six **Arc Washers (#49)** as shown in drawing below.

Hardware Required

#32 Bolt (M8 x 15mm)
[6 pieces]

#49 Arc Washer (M8)
[6 pieces]

#47 Spring Washer (M8)
[6 pieces]

FRONT
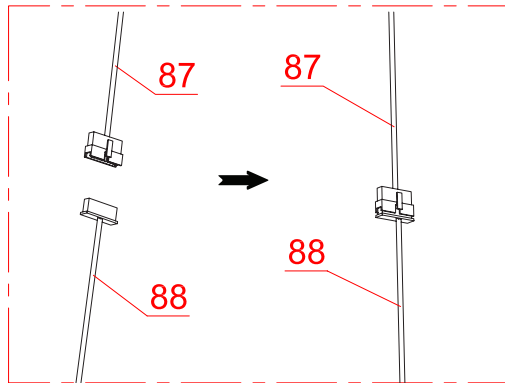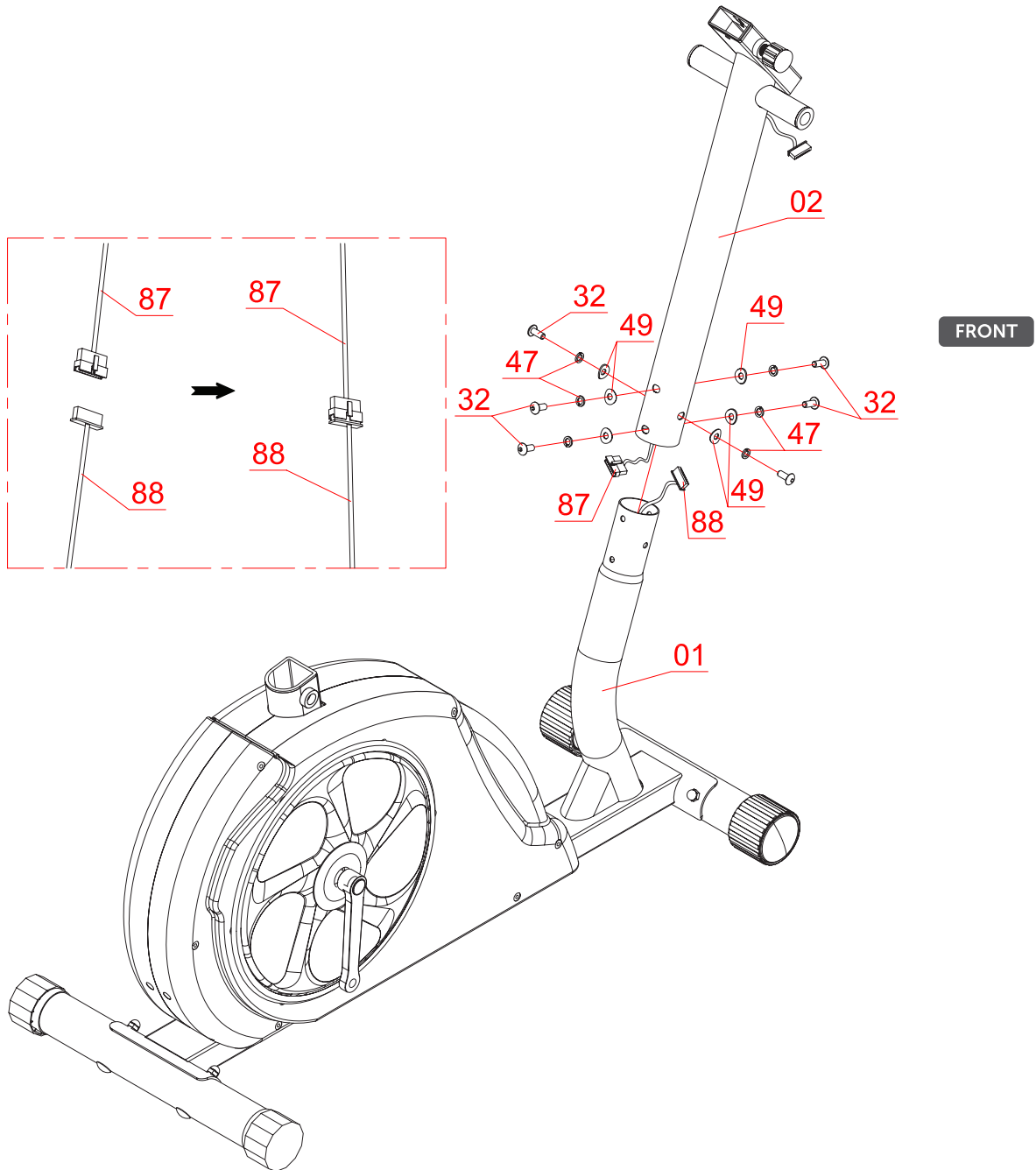
REAR
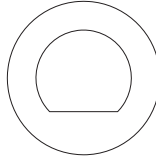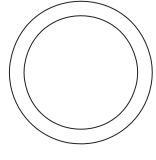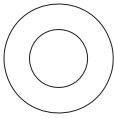
Assembly STEP 3

COUPLER BAR ASSEMBLY (Part I)
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 one **Wavy Washer (#54)** followed by the **Left Coupler Bar (#05)**, one **D Shape Washer (#53)**, one **Round Cap (#76)**, one **Washer (#52)**, and secure using one **Bolt (#31)**.

On the opposite side of the **Axle (#19)**, assemble -- in the following order: one **Wavy Washer (#54)** followed by the **Right Coupler Bar (#06)**, one **D Shape Washer (#53)**, one **Round Cap (#76)**, one **Washer (#52)**, and secure using one **Bolt (#31)**.

Hardware Required

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

#54 Wavy Washer (Ø19mm)
[2 pieces]

#52 Washer (M8)
[2 pieces]

#76 Round Cap
[2 pieces]

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

LEFT
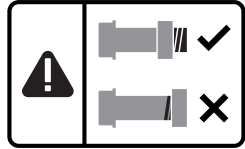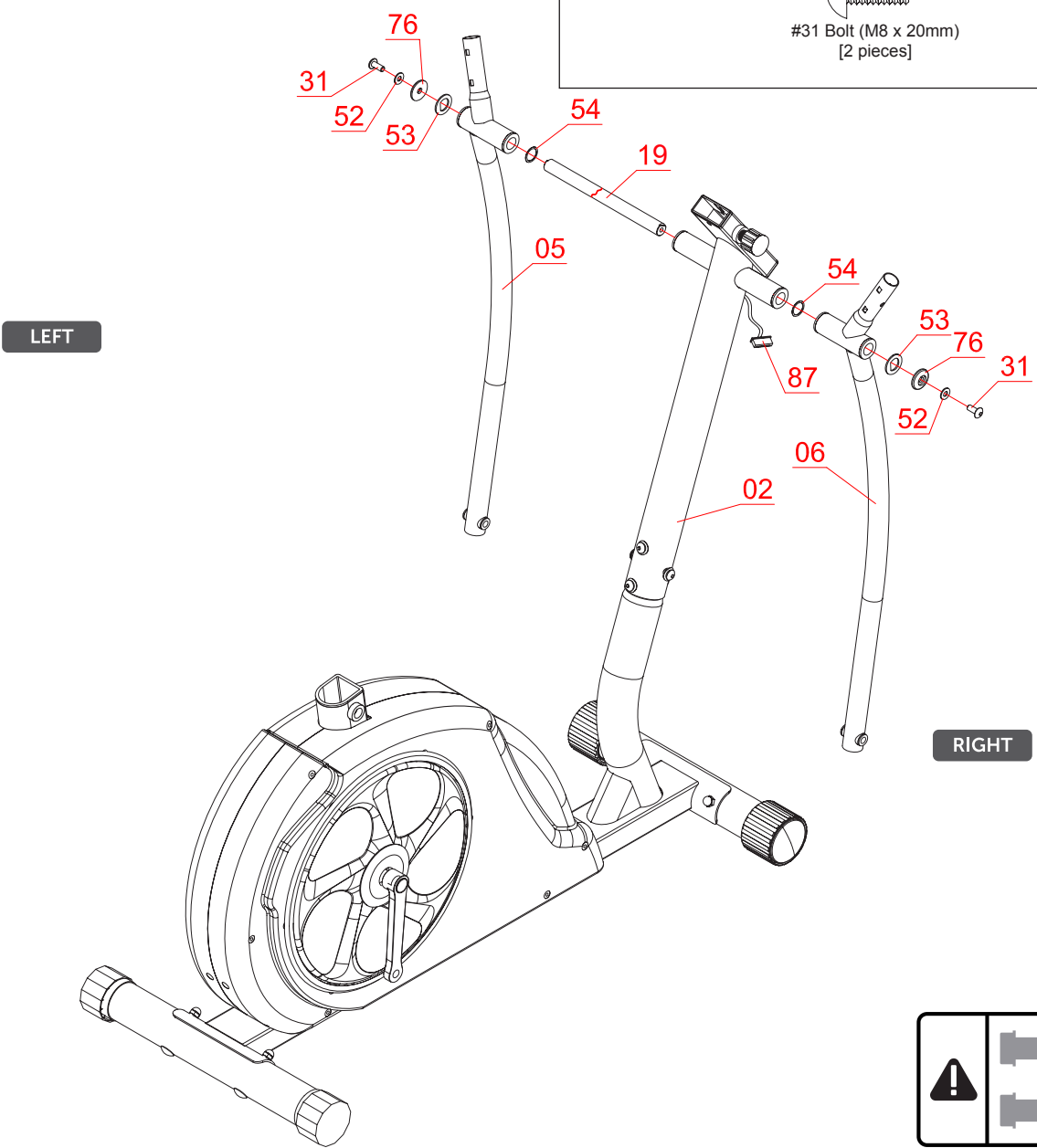
RIGHT

Assembly STEP 4

COUPLER BAR ASSEMBLY (PART II)

Attach the **Right Pedal Tube (#04)** onto the **Crank (#21)** as illustrated and secure by inserting from the outer edge of the **Right Pedal Tube (#04)**, one **Pedal Hinge Bolt (#28)** and one **Wavy Washer (#55)**. Secure from the inner edge (behind the **Crank(#21)**) with one **Nylon Nut (#44)**.

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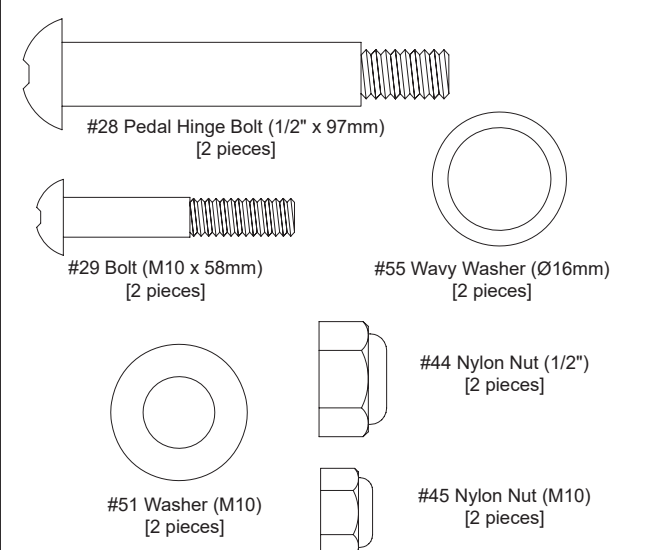
Repeat this process on the other side using the **Left Pedal Tube (#03)**.

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 (#29)** through the **Right Pedal Tube (#04)**, the **Right Coupler Bar (#06)** and secure using one **Washer (#51)** followed by one **Nylon Nut (#45)**.

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

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

Hardware Required

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

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

#55 Wavy Washer (Ø16mm)
[2 pieces]

#51 Washer (M10)
[2 pieces]

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

#45 Nylon Nut (M10)
[2 pieces]

LEFT

RIGHT

05

06

45

51

03

29

44

04

21

55

28
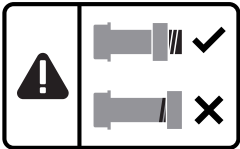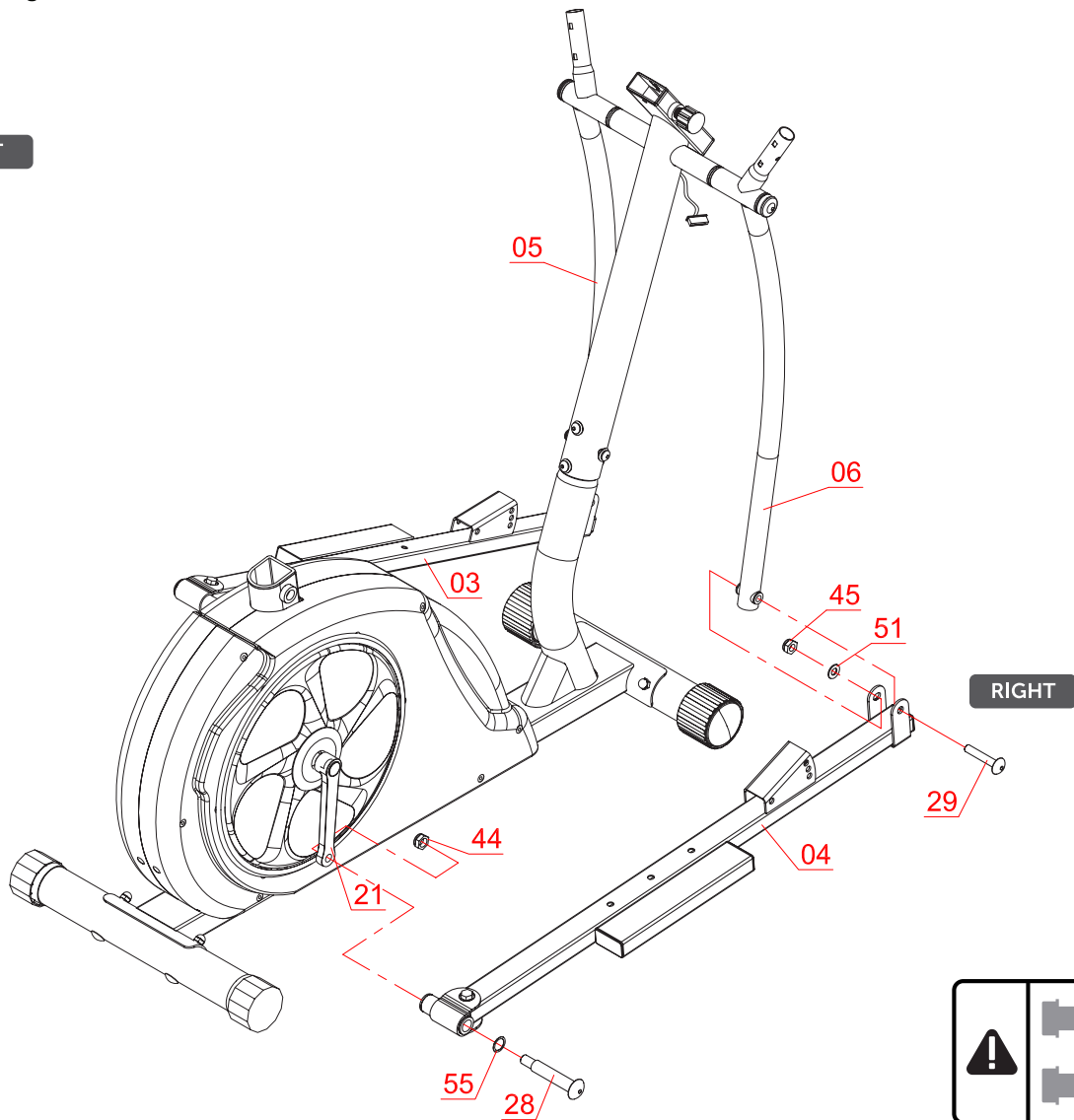
Assembly STEP 5

PEDAL ASSEMBLY
Attach the **Left/Right Pedals (#57/#58)** onto the **Left/Right Pedal Tubes (#03/#04)** as shown in the drawing below using a total of six **Hex Bolts (#36)**, six **Washers (#52)**, and six **Nylon Nuts (#46)**.

FOOT PEDAL ASSEMBLY
On the right side, attach the **Right Foot Pedal (#60)** to the front of **Right Pedal Tube (#04)** using one **Hex Bolt (#33)** through **Pop-pin (#89)** safety ring and one **Washer (#52)**, secure with one **Washers (#52)** and one **Nylon Nut (#46)**.   Then insert a **Pop-pin (#89)** into the front hole of the **Right Foot Pedal (#60)**.
Repeat this process on the other side.

PEDAL TUBE FRONT COVER ASSEMBLY
Attach the **Pedal Tube Front Cover (Left)(#62)** to the **Pedal Tube Front Cover (Right)(#63)** to the bottom corner (which connects the **Right Coupler Bar (#06)** and **Right Pedal Tube (#04)**) and secure using four **Screws (#38)** and one **Screw (#93)**.

Repeat the covers assembly on the opposite side.

Hardware Required

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

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

#93 Screw (M4 x 15mm)
[2 pieces]

#38 Screw (M5 x 10mm)
[8 pieces]

#52 Washer (M8)
[10 pieces]

#46 Nylon Nut (M8)
[8 pieces]

Front Foot Pedal with 3 settings
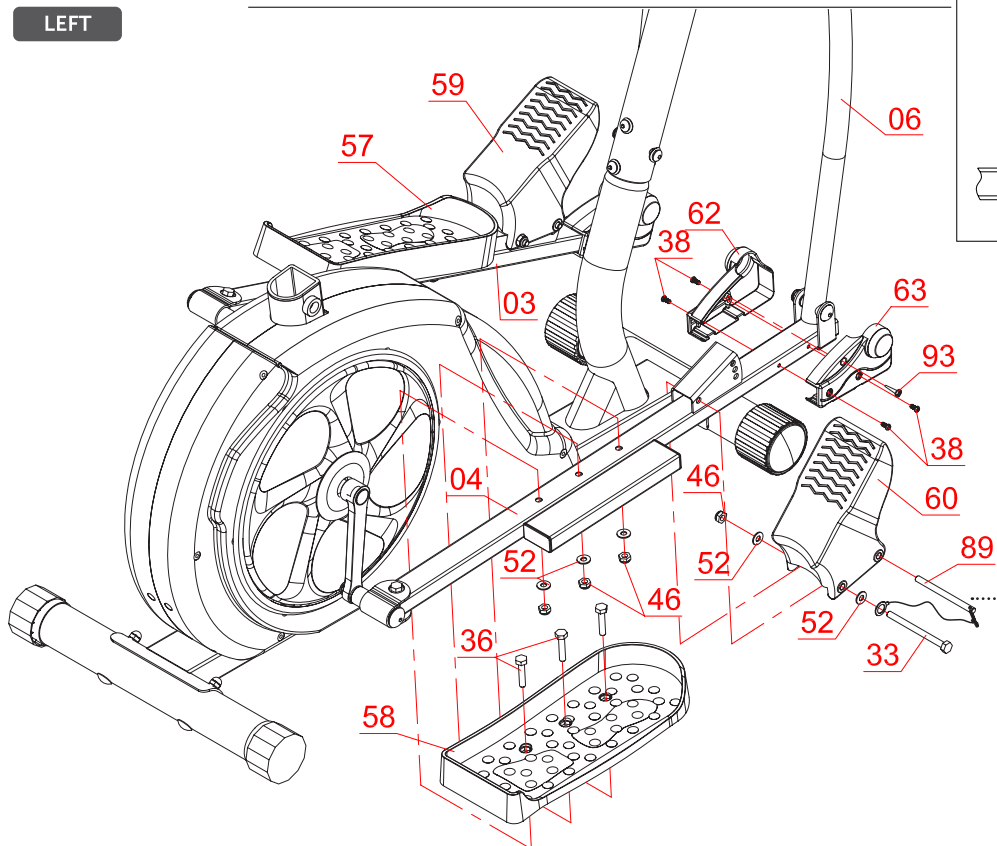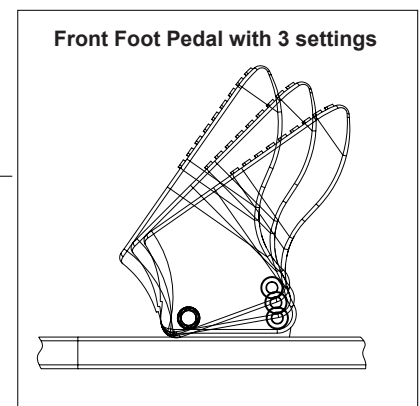
LEFT

RIGHT
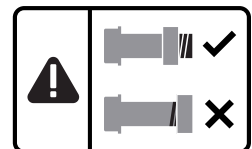
Assembly STEP 6

Hardware Required
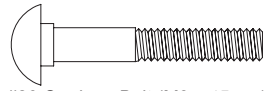
#26 Carriage Bolt (M8 x 45mm)
[2 pieces]

#94 Screw (M5 x 10mm)
[1 piece]

#49 Arc Washer (M8)
[2 pieces]

#39 Screw (M4 x 12mm)
[4 pieces]

#41 Washer (M6)
[4 pieces]

#46 Nylon Nut (M8)
[2 pieces]

#92 Wire Cap
[2 pieces]

#23 Spring Loaded Knob (M16)
[1 piece]
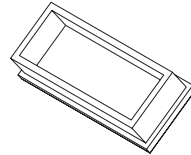
#67 Rectangular End Cap
[1 piece]
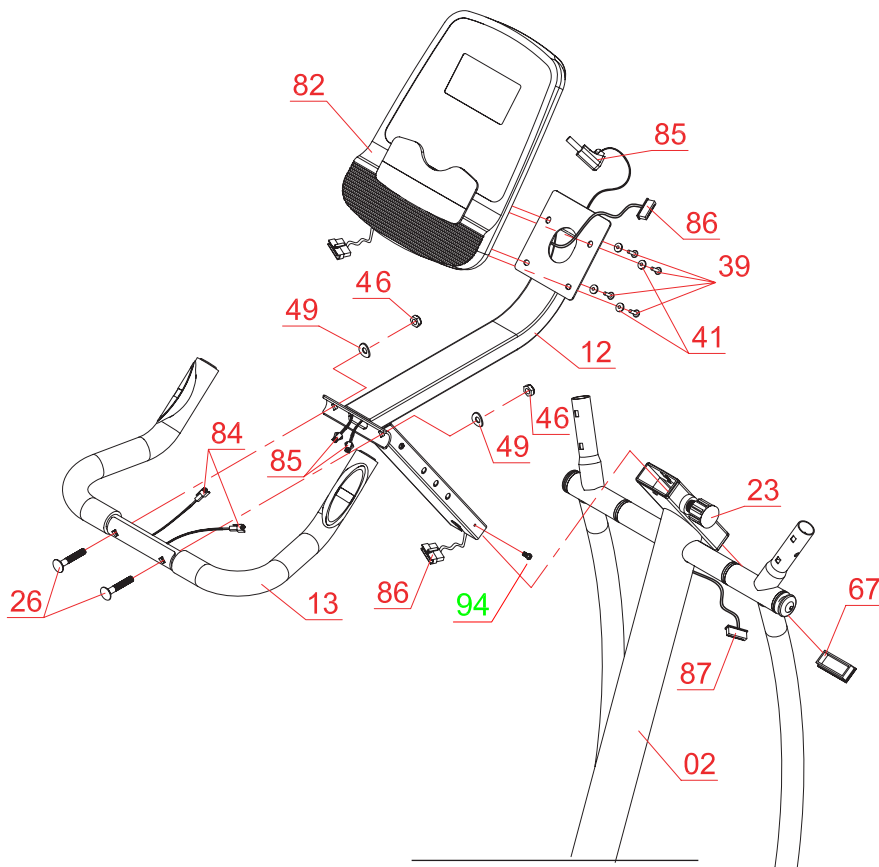
Assembly STEP 6 (Cont.)

MONITOR FRAME ASSEMBLY

Pull the **Main Sensor Wire (Upper) (#86)** into the **Monitor Frame (#12)** as illustration 1.

Loosen the **Spring Loaded Knob (#23)** and pull back slightly on it so that you may proceed to insert the **Monitor Frame (#12)** into the opening of the post that is protruding from the **Center Post (#02)**. Screw in the **Spring Loaded Knob (#23)** through the **Monitor Frame (#12)** and then through the third hole located on the **Monitor Frame (#12)** as illustration 2.

*Note: The **Spring Loaded Knob (#23)** 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 **Monitor Frame (#12)** height. Adjust the **Monitor Frame (#12)** height and then release the knob back in. Tighten the knob by turning clockwise.*

Fish the **Main Sensor Wire (Upper) (#86)** out as illustration 3. Connect the **Main Sensor Wire (Upper) (#86)** to the **Main Sensor Wire (Middle) (#87)** as illustration A. Pull the End of Main Sensor Wires into the **Monitor Frame (#12)** , plug in the **Wire Caps (#92)** and **Rectangular End Cap (#67)** as illustration 4.

After this step is completed, it will looks like the illustration 5.

To prevent the **Monitor Frame (#12)** from popping out off the **Center Post (#02)**, secure the **Monitor Frame (#12)** using one **screw (#94)**.
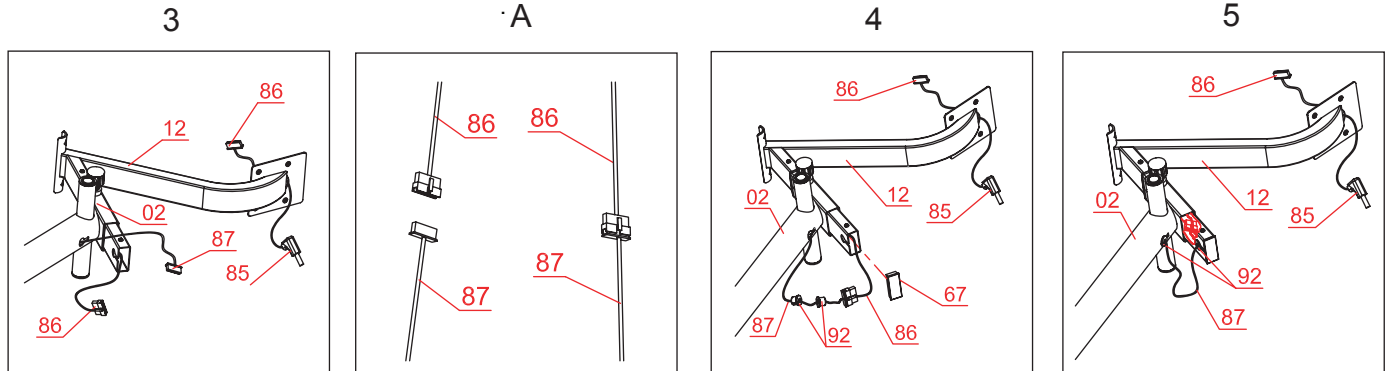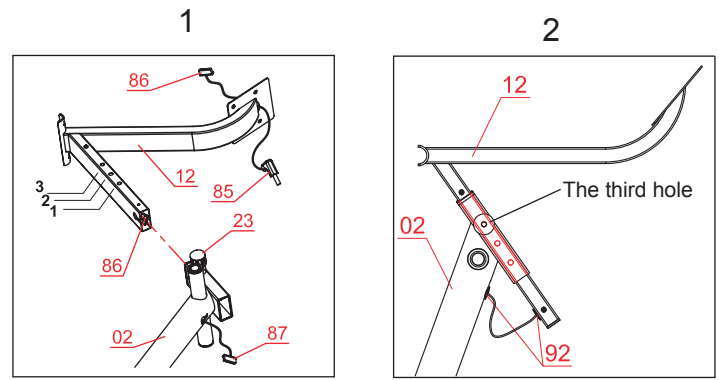
PULSE HANDLEBAR ASSEMBLY

Install the **Pulse Handle Bar (#13)** onto the bracket of the **Monitor Frame (#12)** using two **Carriage Bolts (#26)**, two **Arc Washers (#49)** and two **Nylon Nuts (#46)**. Please ensure the **Pulse Sensor (#84)** is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the **Monitor (#82)** later.

MONITOR ASSEMBLY

Remove the four **Screws (#39)** and **Washers (#41)** that are pre-assembled on the back of the **Monitor (#82)**. Set them aside as they will be used later in this process. Attach the **Monitor (#82)** to the bracket on the **Monitor Frame (#12)** by using the four **Screws (#39)** and four **Washers (#41)** that were previously removed.

Connect the end of **Pulse Wire (#85)** to the **Monitor (#82)** by inserting it into the back socket as illustration B.

Connect the **Pulse Sensor (#84)** to the **Pulse Sensor Wire (#85)** as illustration C.

Connect the **Main Sensor Wire (Upper) (#86)** to the corresponding wire on the **Monitor (#82)** as illustration D.
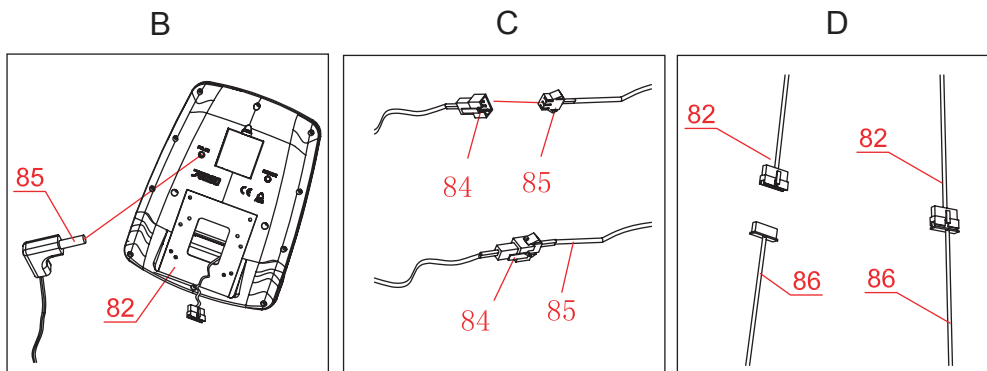
Assembly STEP 7

HANDLE BAR ASSEMBLY

On the left side, insert **Left Handle Bar (#14)** into the opening at the tip of **Left Coupler Bar (#05)**. Align the holes of the **Left Handle Bar (#14)** and **Left Coupler Bar (#05)** and secure from the side using one **Bolt (#32)**, one **Spring Washer (#47)** and one **Arc Washer (#49)**.

Then, continue from rear/front with two **Carriage Bolts (#27)**, two **Arc Washers (#50)**, two **Spring Washers (#48)** and two **Cap Nuts (#43)**. Repeat this process on the other side using **Right Handle Bar (#15)** and **Right Coupler Bar (#06)**.

Hardware Required
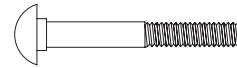
#27 Carriage Bolt (M6 x 38mm)
[4 pieces]
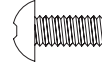
#32 Bolt (M8 x 15mm)
[2 pieces]

#49 Arc Washer (M8)
[2 pieces]

#47 Spring Washer (M8)
[2 pieces]

#48 Spring Washer (M6)
[4 pieces]
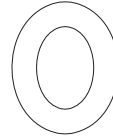
#50 Arc Washer (M6)
[4 pieces]

#43 Cap Nut (M6)
[4 pieces]
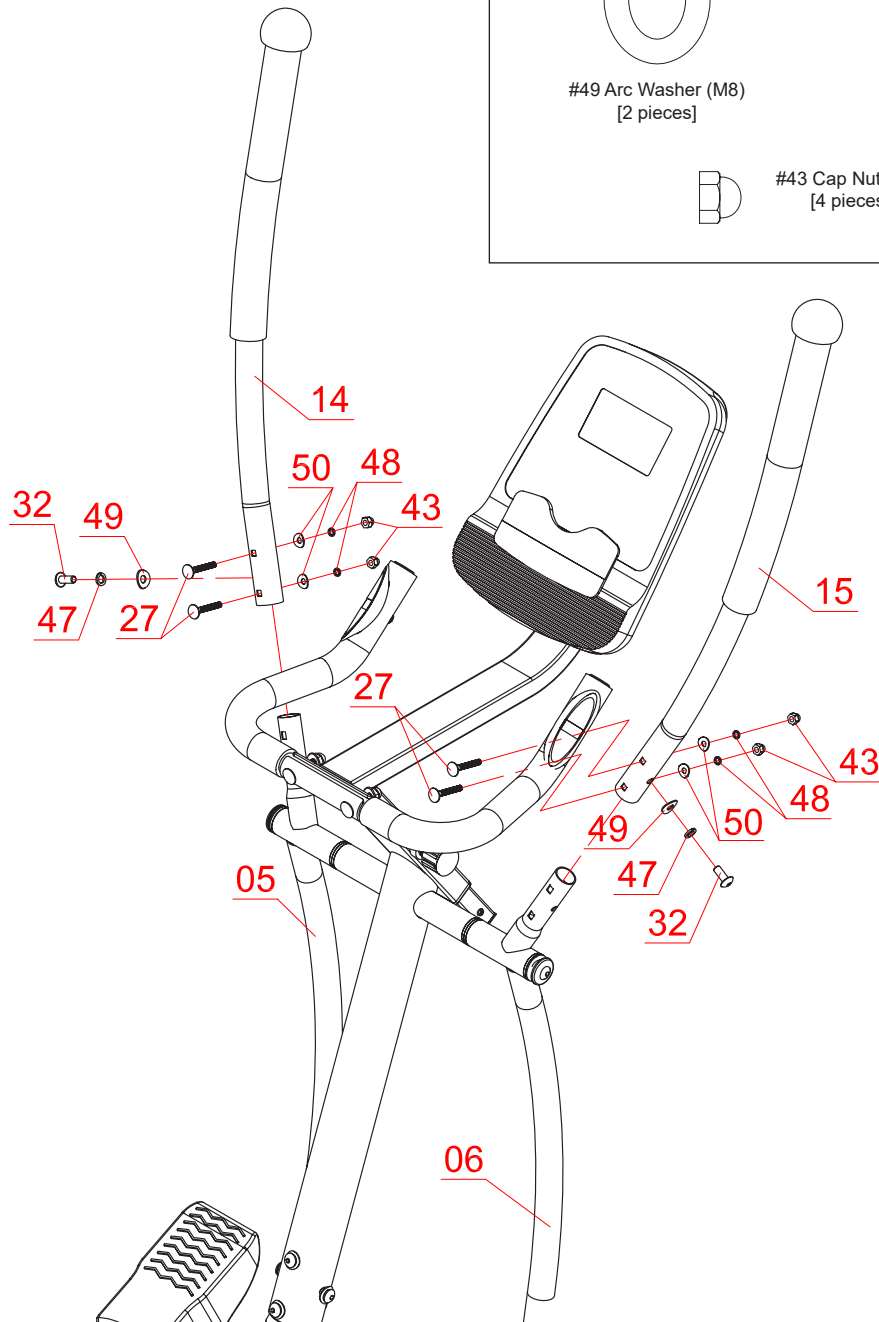
Assembly STEP 8

SEAT FRAME ASSEMBLY

Attach the **Spring Loaded Knob (#22)** to the **Main Frame (#01)**. Loosen the **Spring Loaded Knob (#22)** and pull back slightly on it so that you may proceed to insert the **Seat Post (#07)** 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 (#22)** through the **Main Frame (#01)** and then through any one of the holes located on the **Seat Post (#07)**.

Note: The **Spring Loaded Knob (#22)** has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull it out-ward. 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.
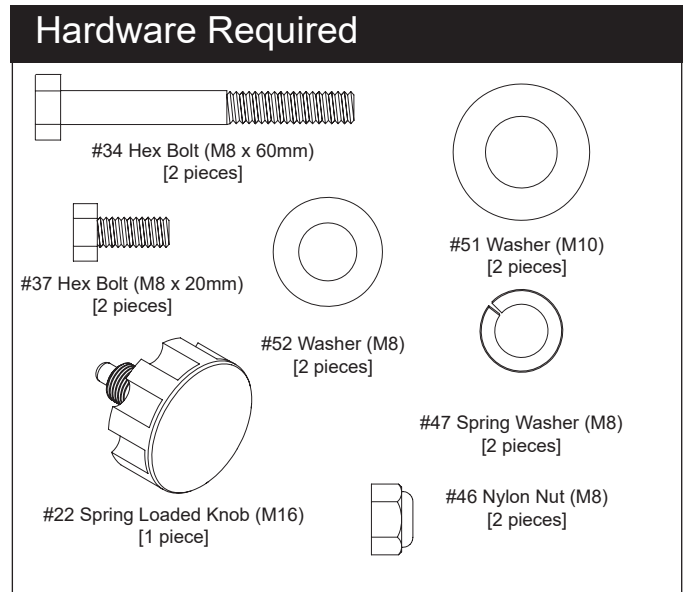
Remove the **Lock Knobs (#24)** and **Washers (#51)** from the **Seat Cushion Frame (#08).** Set them aside nearby as they will be used later in this process.

Slide the **Seat Cushion Frame (#08)** onto the trough of the **Seat Post (#07)** as shown below. Secure using two **Lock Knobs (#24)** through two **Washers (#51)** that were previously removed.

Attach **Backrest Cushion Frame (#09)** to the **Seat Cushion Frame (#08)** and secure by using two **Hex Bolts (#37)**, two **Spring Washers (#47)** and two **Washers (#52)**.

REAR HANDLE BAR ASSEMBLY

With the help of an assistant, align the four holes of the **Left Rear Handle Bar (#10)** and **Right Rear Handle Bar (#11)** to the holes on the **Backrest Cushion Frame (#09)** and secure all using the two **Hex Bolts (#34)**, and two **Nylon Nuts (#46)**.
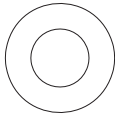
Hardware Required

#34 Hex Bolt (M8 x 60mm)
[2 pieces]

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

#52 Washer (M8)
[2 pieces]

#51 Washer (M10)
[2 pieces]

#47 Spring Washer (M8)
[2 pieces]

#46 Nylon Nut (M8)
[2 pieces]

#22 Spring Loaded Knob (M16)
[1 piece]
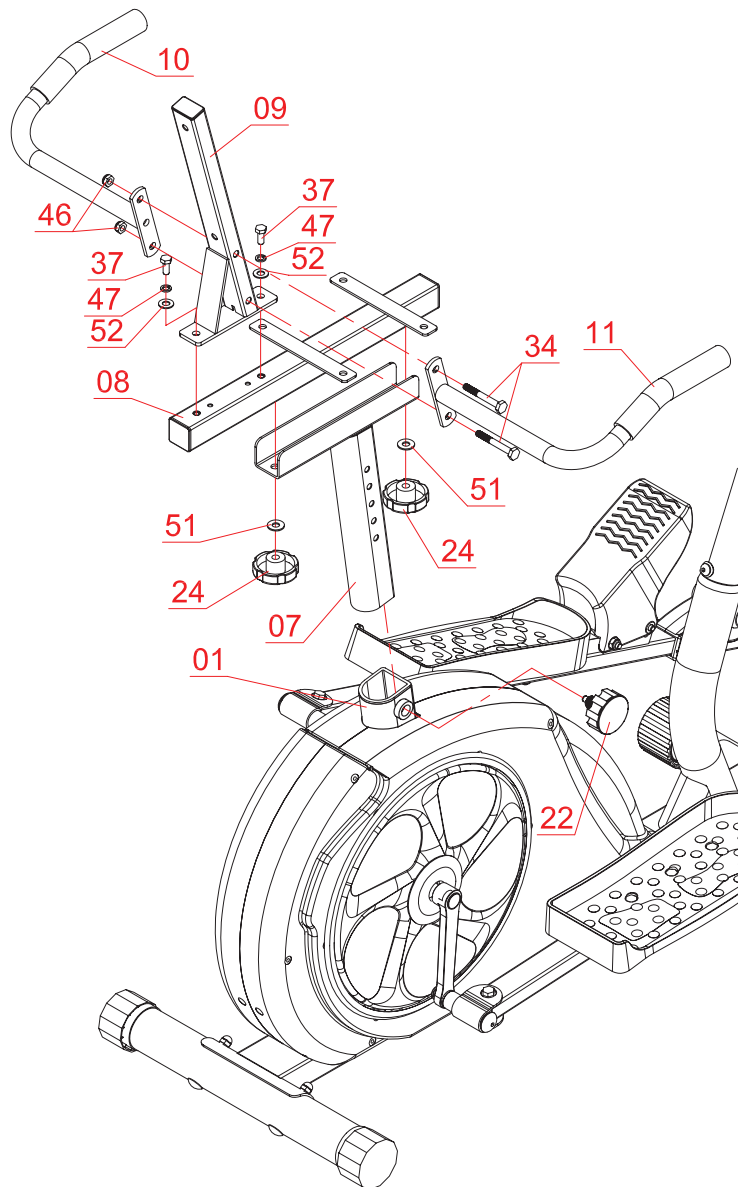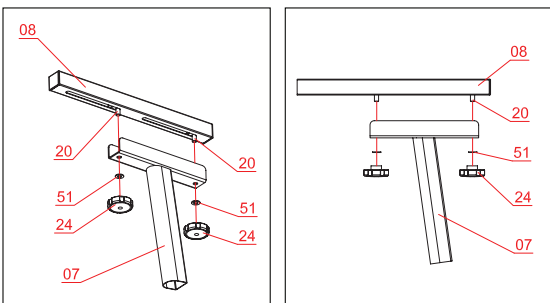
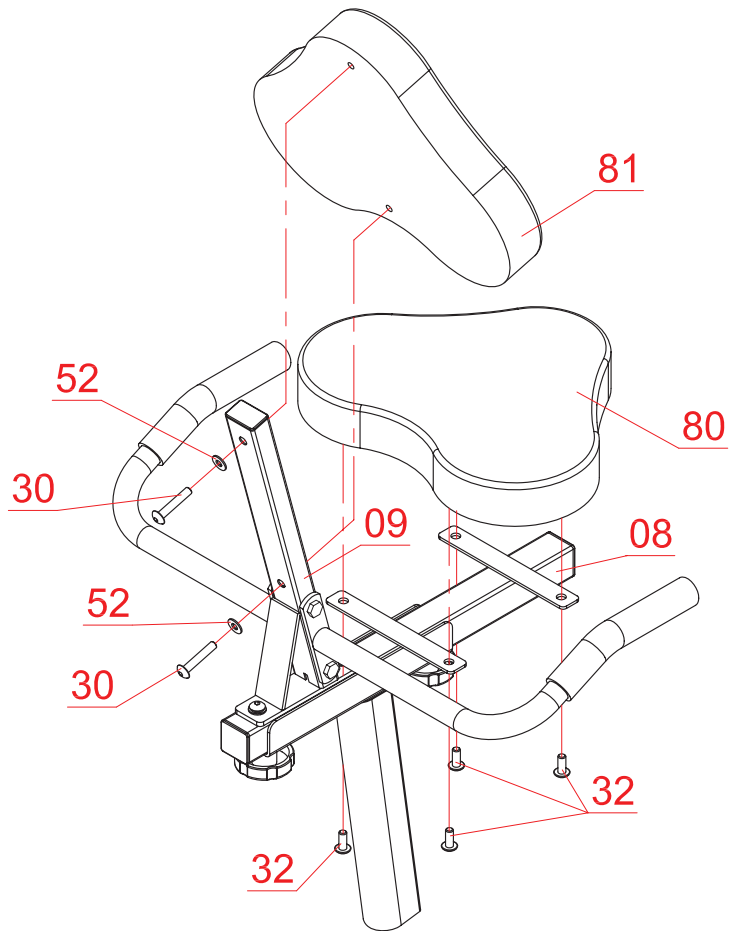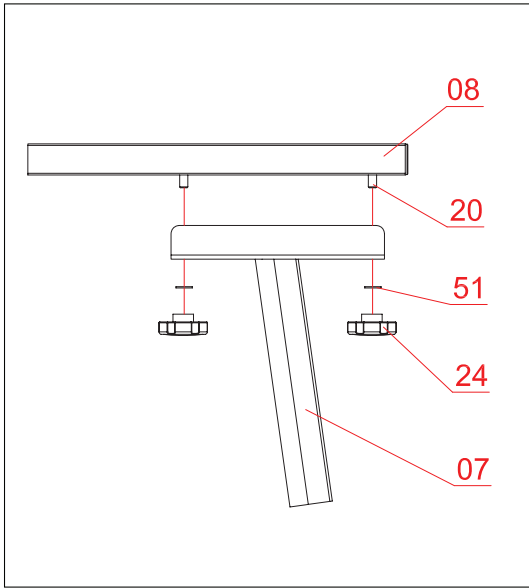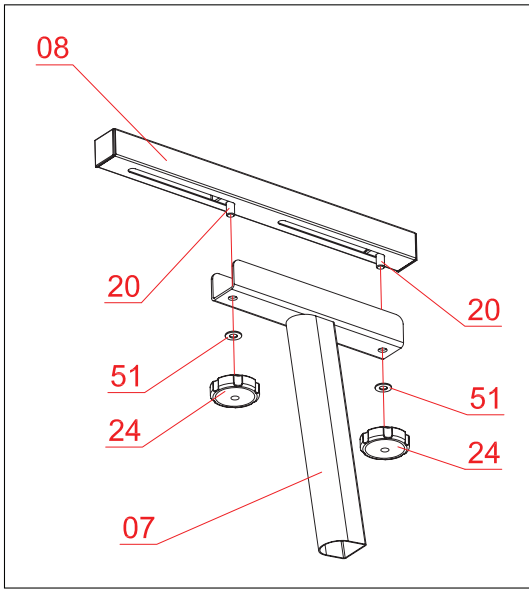# Assembly STEP 9

SEAT CUSHION ASSEMBLY
Attach the **Seat Cushion (#80)** to the **Seat Cushion Frame (#08)** and secure from the bottom using four **Bolts (#32)**.

BACKREST CUSHION ASSEMBLY
Attach the **Backrest Cushion (#81)** to the **Backrest Cushion Frame (#09)** and secure using two **Bolts (#30)** through two **Washers (#52)**.

Hardware Required

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

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

#52 Washer (M8)
[2 pieces]

# Assembly STEP 10

ADAPTER ASSEMBLY
Plug in the **Adapter (#83)** male plug into the female socket located at the rear end of the shroud and then plug in the Adapter **(#83)** to the electrical outlet to start your workout.

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

01

83
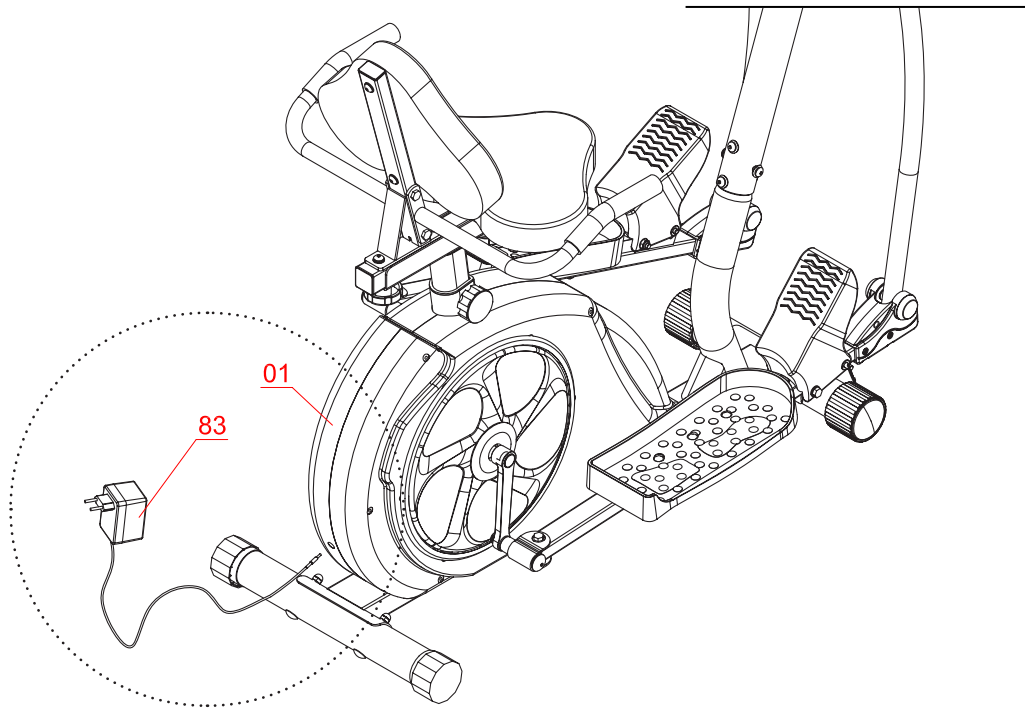
THE ASSEMBLY PROCESS IS NOW COMPLETE.
However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety , please visually and functionally inspect and test the unit after assembly is complete.

Computer Operation

Function

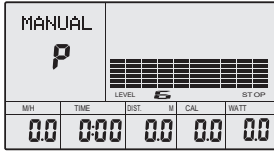**1.Program: 21 programs as following**

A: 1 Manual Program (See fig 1)

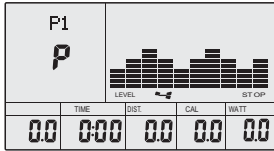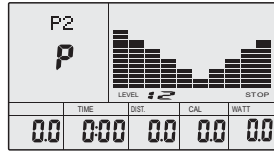fig 1

B: 10 Preset Program Profile: (See fig 2~fig 11)

fig 2

fig 3
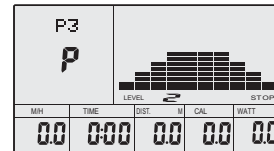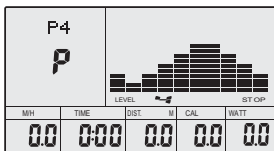
fig 4

fig 5
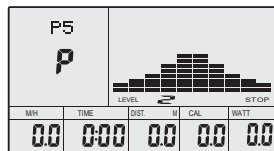
fig 6
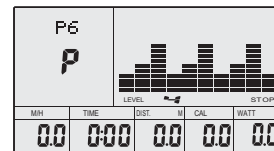
fig 7

fig 8

fig 9

fig 10

fig 11

P1: Rolling   P2: Valley   P3: Fatburn
P4: Ramp   P5: Mountain   P6: Interval
P7: Cardio   P8: Endurance   P9: Slope
P10: Rally

C: 1 Watt Control Program (See fig 12)

fig 12

D: 4 Heart Rate Control Program: □See fig 13 ~ fig 16)
   55%H.R, 75%H.R, 90%H.R and TARGET H.R

fig 13

fig 14

fig 15

fig 16

Computer Operation

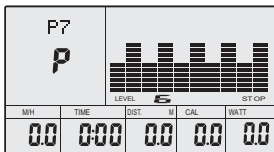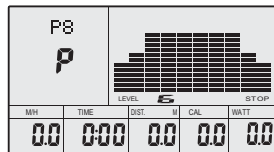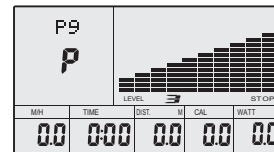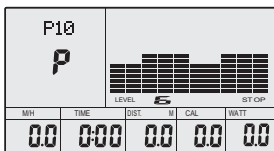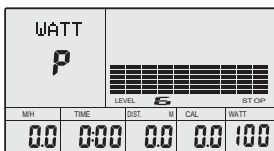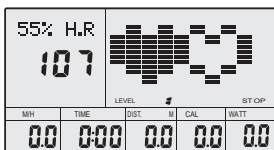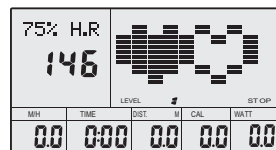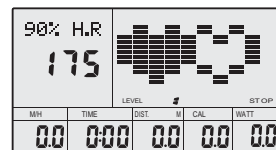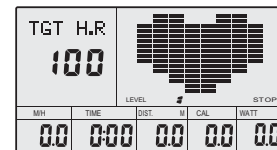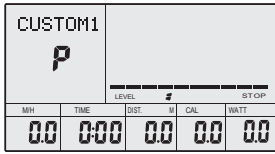E: 4 User Setting Programs: CUSTOM1 to CUSTOM4 (See fig 17 ~ fig 20)

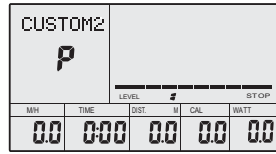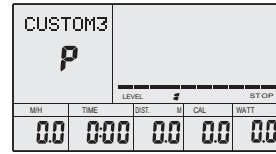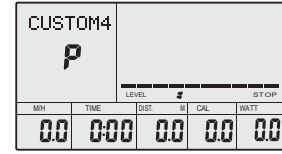fig 17   fig 18   fig 19   fig 20

F: 1 Body Fat Measuring Program (See fig 21)
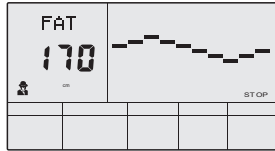
fig 21

2. Record the user's data of GENDER, HEIGHT, WEIGHT and AGE even cut off the power.
3. Dot matrix display showing your current status. (See fig 22)
4. Simulative ECG measuring the heart rate (See fig 23)
5. Display Speed(RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time.
6. The computer will turn off automatically if there is no operation, speed signal and pulse signal over
   4 minutes. Meanwhile,it will store your current exercise data and turn the loading resistance to
   the minimum. Once you press any button or in motion, the computer will turn on automatically.

fig 22   fig 23

Button

1. ENTER:
● In "stop" mode(display STOP), press ENTER button to enter into program selection and setting value which flash in related window.
  A: When you choose the program, press Enter to confirm the one you like.
  B: When in setting, press ENTER to confirm the value that you would like to preset.
● During the start mode(display START), press ENTER to choose display the speed or RPM, or switch automatically.

2. START/STOP:
● Press START/STOP button to start or stop the programs.
● During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:
● In stop mode and the dot matrix character flash, press this button (or rotate clockwise) to select the program up.
  If the related window value flash, press this button (or rotate clockwise) to increase the value.
● During the start mode(display START), press this button (or rotate clockwise) to increase the training resistance.

4. DOWN:
● In stop mode and the dot matrix character flash, press this button (or rotate anticlockwise) to select the program down.
  If the related window value flash, press this button (or rotate anticlockwise) to decrease the value.
● During the start mode(display START), press this button (or rotate anticlockwise) to decrease the training resistance.

Computer Operation

5. PULSE RECOVERY:
● First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
● When you are in pulse recovery mode, press this button to exit.

6. RESET (IF HAVE)
● When in setting, press RESET to reset the value that you would like to preset.
● During any mode, hold down this button for 2 seconds to totally reset the computer.

> ⚠ **NOTE:**
> *1. To press or rotate of UP, DOWN button should be followed by different model.*
> *2. It is suggested to cover your finger within the marked region to select functions in case of any wrong action.*

Operation

1. Turn on the computer
Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer. The computer will beep and enter into initial mode.(See fig 24)
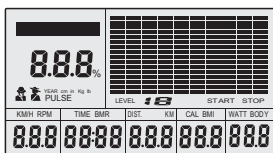
fig 24

2. Program select and value setting
● Manual Program and Preset Program P1 - P10
   A. Press(or rotate) UP, DOWN button to select the program that you like. (See fig 25)
   B. Press ENTER button to confirm the selected program and enter time setting window.
   C. The time will flash, and then press(or rotate) UP, DOWN button to set up your desired time.
   Press ENTER to confirm the value. (See fig 26)
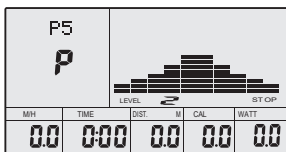
fig 25

fig 26

   D. The distance will flash, and then press(or rotate) UP, DOWN button to set up the desired distance value.
   Press ENTER to confirm the value. (See fig 27)
   E. The calories will flash, and then press(or rotate) UP, DOWN to set up the desired calories to be burnt.
   Press ENTER to confirm the value. (See fig 28)

fig 27

fig 28

Computer Operation

F. Press START/ STOP to begin exercise.(See fig 29)
● Watt Control Program
A. Press(or rotate) UP, DOWN to select the watt control program.
B. Press ENTER to confirm the selected watt control program and enter into time setting window.
C. The time will flash, and then press(or rotate) UP, DOWN button to set up the desired time.
Press ENTER to confirm the value.
D. The distance will flash, and then press(or rotate) UP, DOWN button to set up the desired distance value.
Press ENTER to confirm the value.
E. The calories will flash, and then press(or rotate) UP, DOWN button to set up the desired calories to be burnt.
Press ENTER to confirm the value.
F. The watt display will flash, and then press(or rotate) UP, DOWN button to set up the watt to do the exercise.
Press ENTER to confirm the value. (See fig 30)
G. Press START/ STOP to begin exercise.
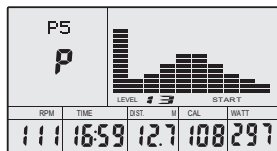
fig 29
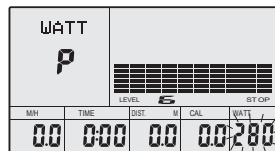
fig 30

> ⚠ **NOTE:**
> *The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.*

● HEART RATE CONTROL PROGRAM: 55%H.R, 75% H.R and 90% H.R
The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.
A. Press(or rotate) UP, DOWN button to choose the heart rate control program.
B. Press ENTER to confirm the heart rate control program and enter into time setting window.
C. The time will flash, and then press(or rotate) UP, DOWN button to set up the desired time.
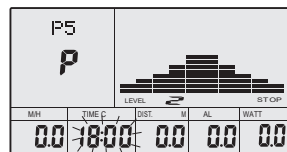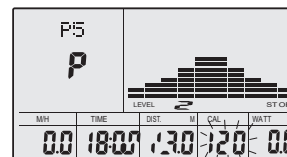Press ENTER to confirm the value.
D. The distance will flash, and then press(or rotate) UP, DOWN button to set up the desired distance value.
Press ENTER to confirm the value.
E. The calories will flash, and then press(or rotate) UP, DOWN button to set up the desired calories to be burnt.
Press ENTER to confirm the value.
F. The age will flash, and then press(or rotate) UP, DOWN button to set the user's age.
Press ENTER to confirm the value.(See fig 31)
G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age, heart rate according to user's age.
H. Press START/ STOP to begin exercise.
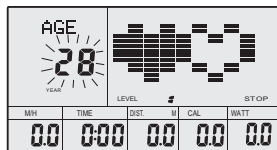
fig 31
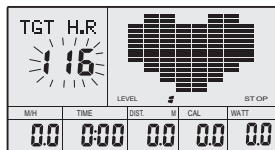
fig 32

Computer Operation

● HEART RATE CONTROL PROGRAM: TARGET HEART RATE

The user can set any target heart rate to do the exercise.

A. Press(or rotate) UP, DOWN button to select TARGET HEART RATE program.

B. Press ENTER to confirm your choice and enter time setting window.

C. The time display will flash, and then press(or rotate) UP, DOWN button to set the desired time to do the exercise.
Press ENTER to confirm the value.

D. The distance will flash, and then press(or rotate) UP, DOWN button to set up the desired distance value.
Press ENTER to confirm the value.

E. The calories will flash, and then press(or rotate) UP, DOWN button to set up the desired calories to be burnt.
Press ENTER to confirm the value.

F. The target heart rate will flash, and then press(or rotate) UP, DOWN button to set up your target heart rate.
Press ENTER to confirm the value.(See fig 32)

G. Press START/ STOP to begin exercise.

> ⚠ **NOTE:**
> *During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.*

● User Profile Programs: CUSTOM1- CUSTOM4

A. Press(or rotate) UP, DOWN button to select the user.

B. Press ENTER to confirm your choice and enter into time setting window.

C. The time display will flash, and then press(or rotate) UP, DOWN button to set up the desired time to do the exercise.
Press ENTER to confirm the value.

D. The distance will flash, and then press(or rotate) UP, DOWN button to set up the desired distance value.
Press ENTER to confirm the value.

E. The calories will flash, and then press(or rotate) UP, DOWN button to set up the desired calories to be burnt.
Press ENTER to confirm the value.

F. The first resistance level will flash, and then press(or rotate) UP, DOWN button to set the desired load resistance.
Press ENTER to confirm. Then repeat the operation to set the resistance from 2 to 10. (See fig 33)

G. Press START/ STOP to begin exercise.

● Body Fat Measurement Program

A. Press(or rotate) UP, DOWN button to select BODY FAT TEST program (See fig 34)

fig 33
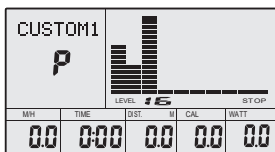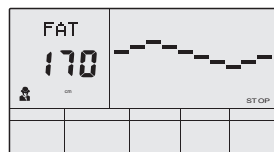

fig 34

B. Press ENTER to confirm your choice, and enter into height setting mode

C. The height display will flash, and then press(or rotate) UP, DOWN button to set up your height.
Press ENTER to confirm the value.(See fig 35)

D. The weight display will flash, and then press(or rotate) UP, DOWN button to set up your weight.
Press ENTER to confirm the value.(See fig 36)
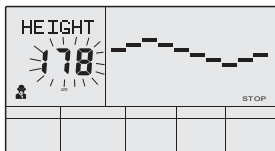
fig 35
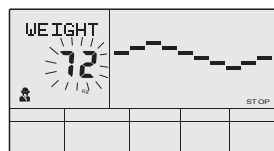
fig 36

Computer Operation

E. The age display will flash, and then press(or rotate) UP, DOWN button to set up your age.
Press ENTER to confirm the value.(See fig 37)
F. The gender display will flash, and then press(or rotate) UP, DOWN button to set up your gender.
Press ENTER to confirm.(See fig 38)
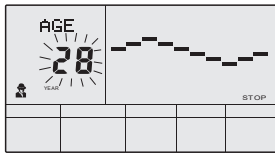
fig 37
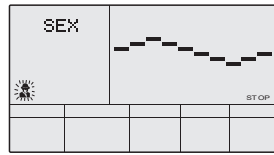
fig 38

G. Press START/STOP to begin testing your body fat. (See fig 39)

> ⚠ **NOTE:**
> *1. During the body fat measurement, place both your palms on the contact pads. The test result are: FAT%,*
>   *BMR(Basal Metabolic Rate), BMI(Body Mass Index), BODY and body shape.(See fig 40)*
>
>
> fig 39
>
>
> fig 40
>
> **FAT%**: *The total body fat in our body measured by percentage.*
> **BMR**: *Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to*
> *maintain normal bodily function.*
> **BMI**: *means Body Mass Index, which is used for body shape building*
> *2. During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot*
>   *receive any signal and it will display ERROR2. Press START/STOP to try again.*
> *3. During the test, you cannot exit the test when press any button. After the test finish, press (or rotate) UP,*
>   *DOWN button to exit the body fat measurement program and switch to other program.*
> *4. Comparison sheet of Body fat and Obese*
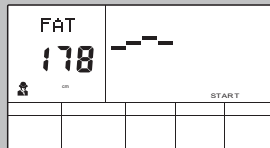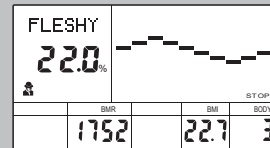
Body Shape Age/Gender FAT%	Slim Body1	Healthy Body2	Slightly Overweight Body3	Overweight Body4	Obese Body5
Male/≤30 years old	<14%	14%~20%	20. 1%~25%	25. 1%~35%	>35%
Male/>30 years old	<17%	17%~23%	23. 1%~28%	28. 1%~38%	>38%
Female/≤30 years old	< 17%	17%~24%	24. 1%~30%	30. 1%~40%	>40%
Female/>30 years old	<20%	20%~27%	25. 1%~33%	23. 1%~43%	>43%

Computer Operation

3. Pulse Recovery Test

The pulse recovery test is to compare your heart rate before and after exercise. It is target to
determine your heart strength via the measuring. Please do the test as below:

A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse(if applicable), the computer will display your current pulse value.

B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.(See fig 41)

C. Keep pulse detecting.

D. Time will count down from 60 seconds to 0 second.

E. When time reaches 0, the test result (F1-F6) appears on the display.

F1 = Excellent F2 = Good F3 = Fair F4 = below average F5 = No Good F6 = Poor (See fig 42)

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test.

During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.
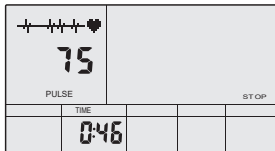
fig 41
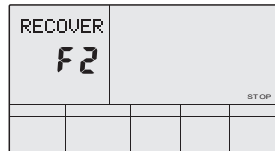
fig 42

4. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart
beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart
icon will flash with simulative ECG showing.

⚠ **REMARK:**
During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

⚠ **NOTE:**
If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the hand-measurement-signal-detecting is preferred.

Specifications

Speed (M/H)	showing your current speed. Range: 0.0~99.9 (M/H)
RPM	showing the current rotate per minute. Range : 0□999
TIME:	the accumulative exercise time, range : 0:00~99M59S. The preset time range is 5:00~99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level
DIST	the exercise accumulative distance. Range : 0.0~99.9~ 999 (MILE) the preset distance range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will alarm
CALORIE	the exercise accumulative calories burnt. Range : 0.0~99.9~999 the preset calories range :10.0~90.0~990. When the calorie reaches 0, the program will stop and the computer will alarm
PULSE	showing the exercise heart rate value. Range: 30~240 bpm (beat per minute)
RESISTANCE LEVEL	showing resistance level. Range:1~16
WATT	show the exercise watt

Computer Operation

Display Error

1. When the computer displays ERROR1, please check if the motor is good and if the motor wires connect well.
2. When the computer displays ERROR2, please check if your hands contact the sensors well as there no body fat signal detected.

Adaptor

INPUT: AC220V (The voltage depends on different country)
OUTPUT: DC 8V/600mA

NOTES (Regarding the Computer Monitor):
<u>Warning:</u> 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.

<u>Caution:</u>
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.

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 damaged. 6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.

Computer Error Code Guide

Error Code	Description	Possible Reason	Inspection	Resolution
No Code	No updates for the workout matrix values on computer display during exercise	(1) No sensor connectivity	Check if sensor malfunction or sensor position shifted	Replace sensor or reposition sensor to the correct location
		(2) Wiring or connection issue	Check if sensor wire is broken or lose connection	Reconnect or replace sensor wiring
E1	Motor Related Issues	(1) Defective motor	Check if motor damaged	Replace motor
		(2) Magnetic control system malfunction	Check if magnetic control system is damaged	Adjust or replace magnetic control system
		(3) Bad wiring or connectivity issue	Check for wire damage or loose connection	Reconnect or replace motor wiring
E2	Heart Rate not detected by the pulse-sensor on handlebar	(1) Hand position on grip is placed incorrectly	Check if hand is placed on the grip correctly	Check wire connectivity first, if issue persist, then replace pulse sensor and/or wiring
		(2) Pulse sensor malfunction	Check pulse sensor wiring and connection	Reconnect or replace hand grip pulse sensor wiring
E3	Computer Internal Error	Computer component issue	Check computer wire connection	Replace computer and/or wiring

***Note: If there are more than one error that exists with the unit, user will see all the error codes display in alteration*

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

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 **(#57/#58)** and your hands on the Left/Right Handlebars **(#14/#15)** 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 **(#59/#60)**; Left/Right Handlebars **(#14/#15)**.
- 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.
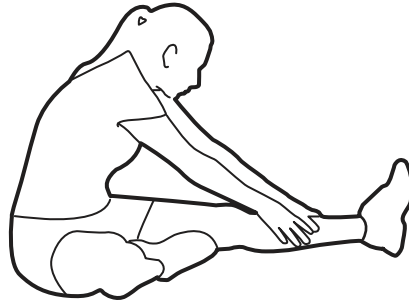
Hamstring Stretch

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.
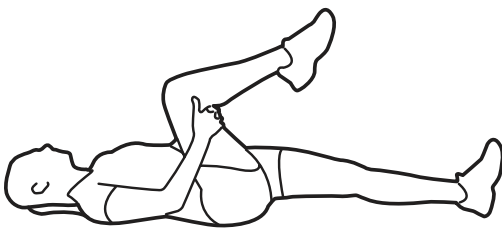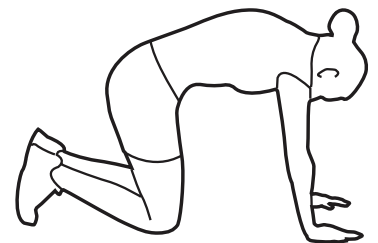
Groin Stretch

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.
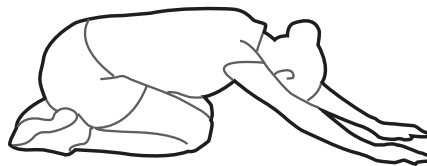
Trunk Flexion, Prone

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.
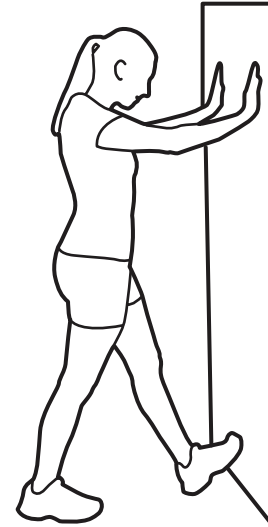
Calf Twister

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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THANK YOU FOR YOUR PURCHASE
MODEL NO.: BRT7989/BRT7200

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