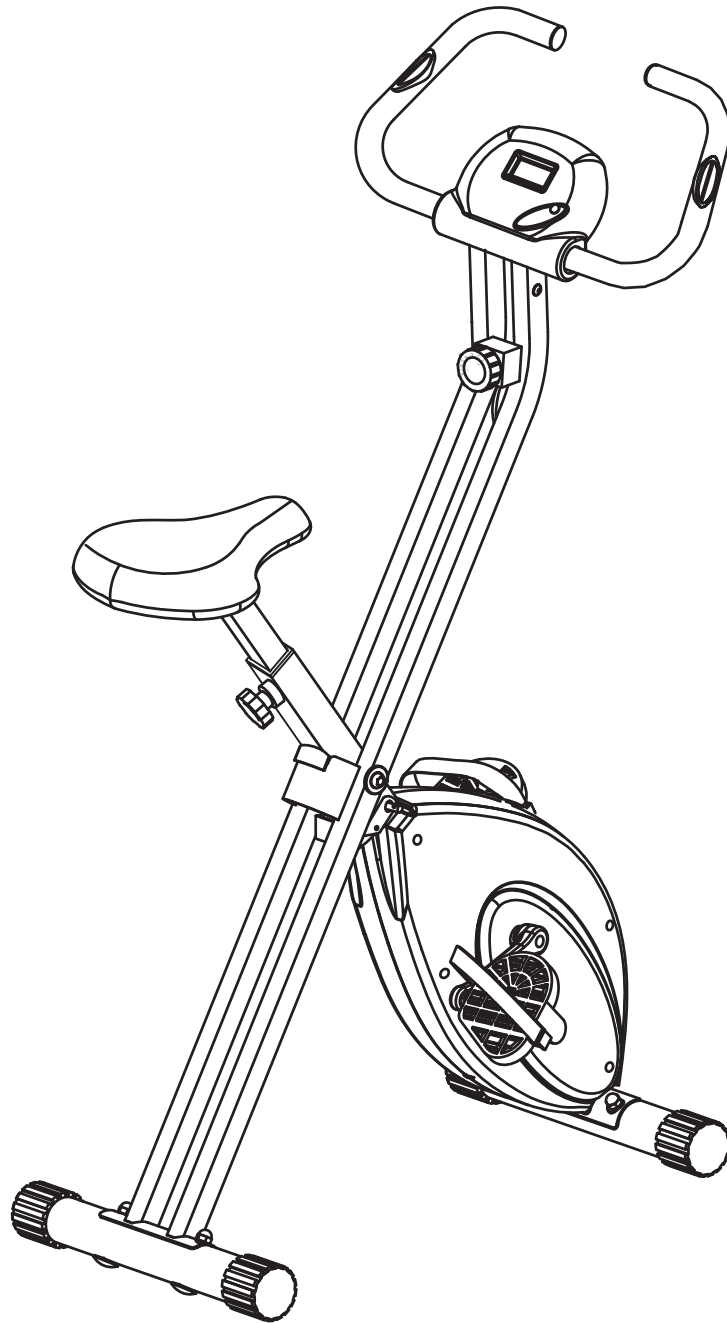


BODYFIT

BY SPORTS AUTHORITY®

DELUXE FOLDING BIKE

XRB358



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

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

Assembling Tools

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

Weight Limit

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

Storage and Use

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

Warranty

Hupa International, Inc. warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Hupa International, Inc. reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

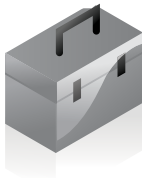
Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Hupa International, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@hupa.net



Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

Bolt



#17. Bolt (M6x12 mm)
[4 Pieces]



#20. Carriage Bolt (M8x60 mm)
[4 Pieces]

Washer



#22. Washer (M6)
[2 Pieces]



#25. Washer (M8)
[3 Pieces] Pre-assembled



#26. Spring Washer (M6)
[4 Pieces]



#27. Arc Washer (M8)
[4 Pieces]



#28. Arc Washer (M6)
[2 Pieces]

Nut



#29. Nylon Nut (M8)
[3 Pieces] Pre-assembled

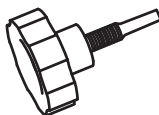


#30. Nut (M8)
[4 Pieces]

Others



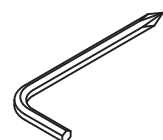
#15. Pop Pin (M8x70 mm)
[1 Piece]



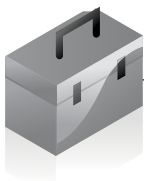
#32. Knob Bolt (M12x45.5 mm)
[1 Piece]



#43. Wrench 1
[1 Piece]



#44. Wrench 2
[1 Piece]



Parts Listing

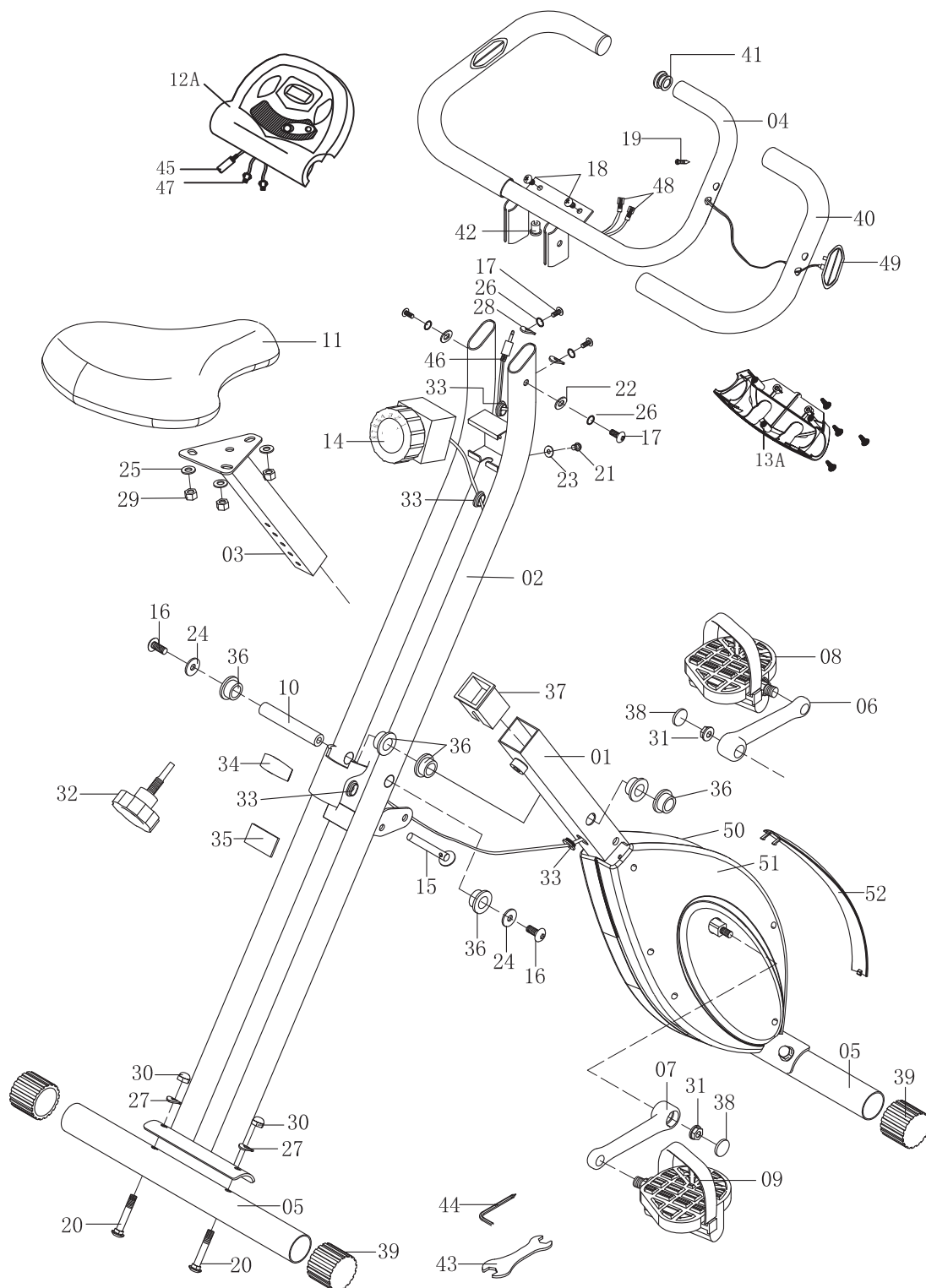
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

Part#	Description	Part#	Description
01	Shroud Frame	28	Arc Washer (M6)
02	Main Frame	29	Nylon Nut (M8)
03	Seat Post	30	Nut (M8)
04	Handlebar	31	Flange Nut (M10)
05	Stabilizer	32	Knob Bolt (M12x45.5 mm)
06	Left Crank	33	Wire Plug (ϕ 20)
07	Right Crank	34	Bumper
08	Left Pedal	35	Adhesive
09	Right Pedal	36	Bushing
10	Axis	37	Seat Post Sleeve (38-30)
11	Seat	38	Crank Cover (M22)
12A	Monitor	39	Round Outer End Cap (50 mm)
13A	Monitor Base	40	Handlebar Foam
14	Tension Controller	41	Round Inner End Cap (25 mm)
15	Pop Pin (M8x70 mm)	42	Wire Plug (ϕ 12)
16	Screw (M8x15 mm)	43	Wrench 1
17	Bolt (M6x12 mm)	44	Wrench 2
18	Screw (M5x8 mm)	45	Monitor Wire (Upper)
19	Screw (ST4.2x20 mm)	46	Monitor Wire (Lower)
20	Carriage Bolt (M8x60 mm)	47	Hand Pulse Wire (Upper)
21	Screw (M5x20 mm)	48	Hand Pulse Wire (Lower)
22	Washer (M6)	49	Handle Pulse Sensors
23	Washer (M5)	50	Left Shroud
24	Washer (M8)	51	Right Shroud
25	Washer (M8)	52	Shroud Cover
26	Spring Washer (M6)		
27	Arc Washer (M8)		



Exploded Diagram

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 that 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 continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

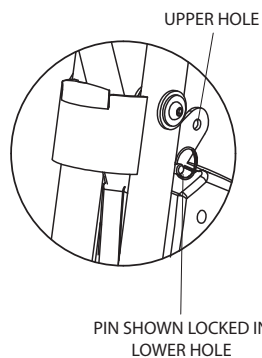
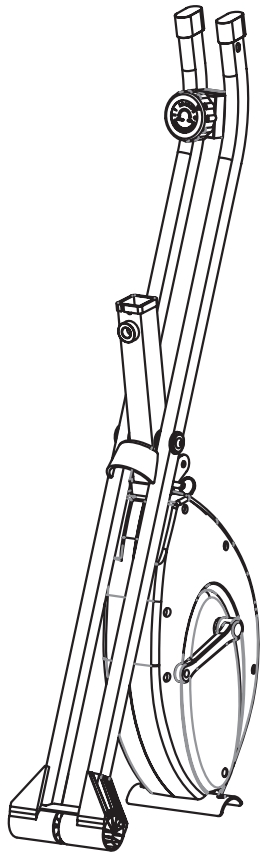
Assembly Step 1

A.) Remove the **Pop Pin (#15)** that is pre-assembled through the lower hole of the **Shroud Frame (#01)**. Then, insert it into the upper hole located on the **Shroud Frame (#01)** until it passes through and clicks into place. For your safety, this **Pop Pin (#15)** MUST remain inserted whenever the unit is in use OR if it is left unfolded and/or unattended. After you complete proper assembly, you will be able to fold the unit for storage. Please follow the instructions below for more details:

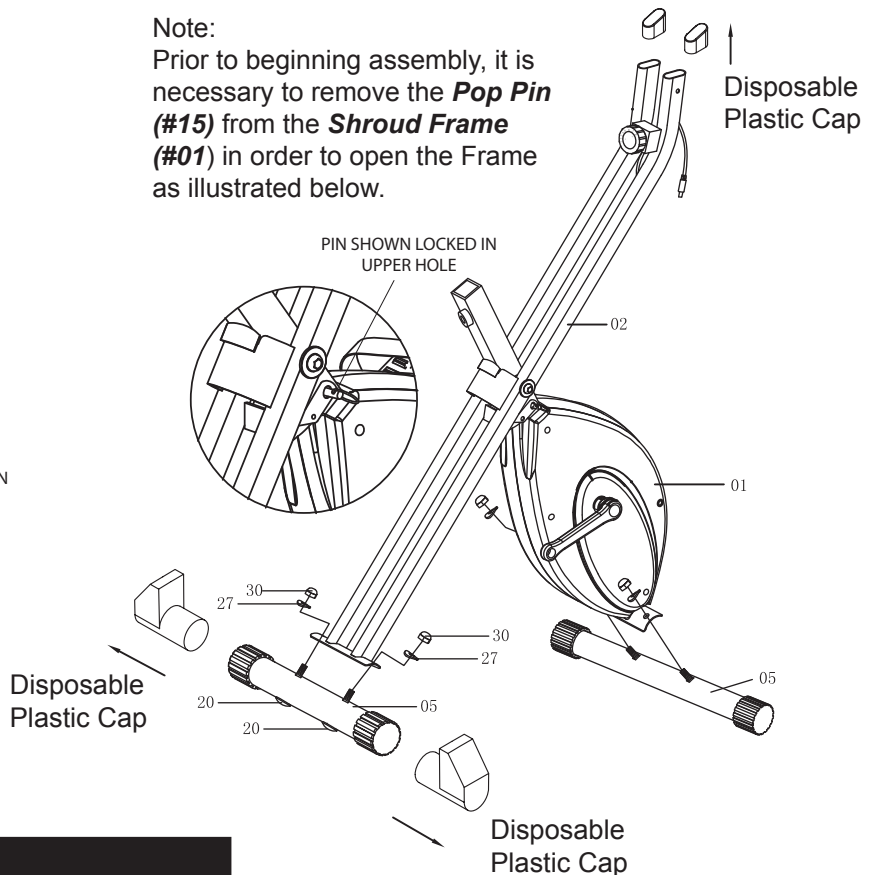
FOLDING INSTRUCTIONS (to store the unit):

To fold your unit simply remove the **Pop Pin (#15)** from the *upper* hole on the **Shroud Frame (#01)**, fold the unit and then insert **Pop Pin (#15)** into the *lower* hole of the **Shroud Frame (#01)** until pass through, ensuring the **Pop Pin (#15)** locks into place. **NOTE:** Folding your unit is intended to allow you to store it when not in use.

B.) Your unit may (or may not) also have Disposable Plastic Caps temporarily lodged on the upper of the **Main Frame (#02)** and bottom of the rear **Main Frame (#02)** as illustrated in diagram below for the purpose of proper protection during shipping. If your unit does have these Disposable Plastic Caps present, please remove them and dispose of them. Attach the two **Stabilizers (#05)** to the **Shroud Frame (#01)** and **Main Frame (#02)** with four **Carriage Bolts (#20)** four **Arc Washers (#27)** and four **Nuts (#30)**.



Note:
Prior to beginning assembly, it is necessary to remove the **Pop Pin (#15)** from the **Shroud Frame (#01)** in order to open the Frame as illustrated below.



Hardware Required

Bolt



#20. Carriage Bolt (M8x60 mm)
[4 Pieces]

Washer



#27. Arc Washer (M8)
[4 Pieces]

Nut



#30. Nut (M8)
[4 Pieces]

Others



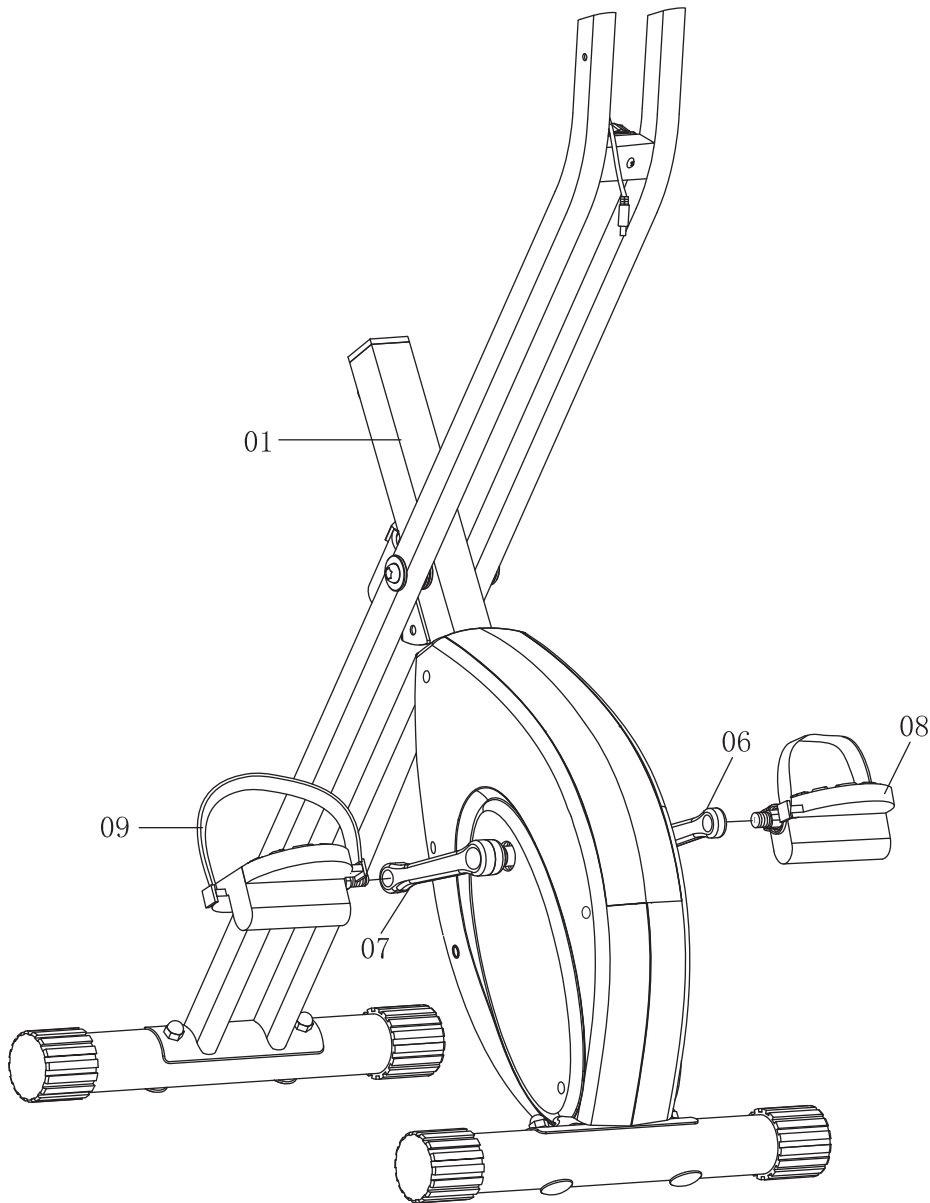
#15. Pop Pin (M8x70 mm)
[1 Piece]



Assembly Instructions

Assembly Step 2

- A. Secure **Left Pedal (#08)** onto the **Left Crank (#06)** by turning it **COUNTER-CLOCKWISE**.
You will need to use a Wrench to tighten if necessary.
- B. Secure **Right Pedal (#09)** onto the **Right Crank (#07)** by turning it **CLOCKWISE**.
You will need to use a Wrench to tighten if necessary.





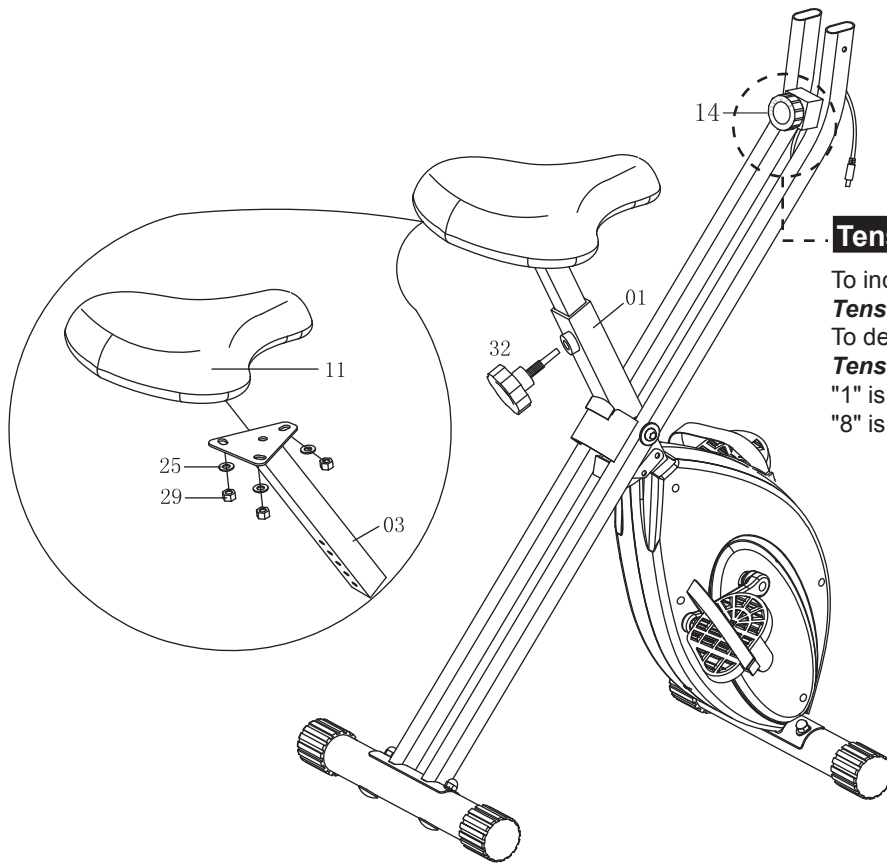
Assembly Instructions

Assembly Step 3

Remove the three **Washers (#25)** and three **Nylon Nuts (#29)** that are pre-assembled on the back of the **Seat (#11)** and set them aside as they will be used later in this step.

Attach the **Seat (#11)** to the **Seat Post (#03)** using a total of three **Washers (25)** and three **Nylon Nuts (#29)** that were previously removed and set aside.

If pre-assembled, remove the **Knob Bolt (#32)** on the mouth of the **Shroud Frame (#01)**. Insert the **Seat Post (#03)** into the mouth of the post that is protruding from the **Shroud Frame (#01)** down a minimum of 4 inches to engage the lowest hole. Make sure the holes on the **Seat Post (#03)** are facing the **back** before inserting. Secure the **Seat Post (#03)** (now with **Seat (#11)** attached) using the (previously removed) **Knob Bolt (#32)**.



Tension Adjustment

To increase the tension (+ higher level of intensity), turn the **Tension Controller (#14)** in a clockwise direction.

To decrease the tension (- lower level of intensity), turn the **Tension Controller (#14)** in a counter-clockwise direction.

"1" is the lowest level of tension (easiest level for workout);

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

Hardware Required

Washer



#25. Washer (M8)
[3 Pieces]

Nut



#29. Nylon Nut (M8)
[3 Pieces]

Others



#32. Knob Bolt (M12x45.5 mm)
[1 Piece]



Assembly Instructions

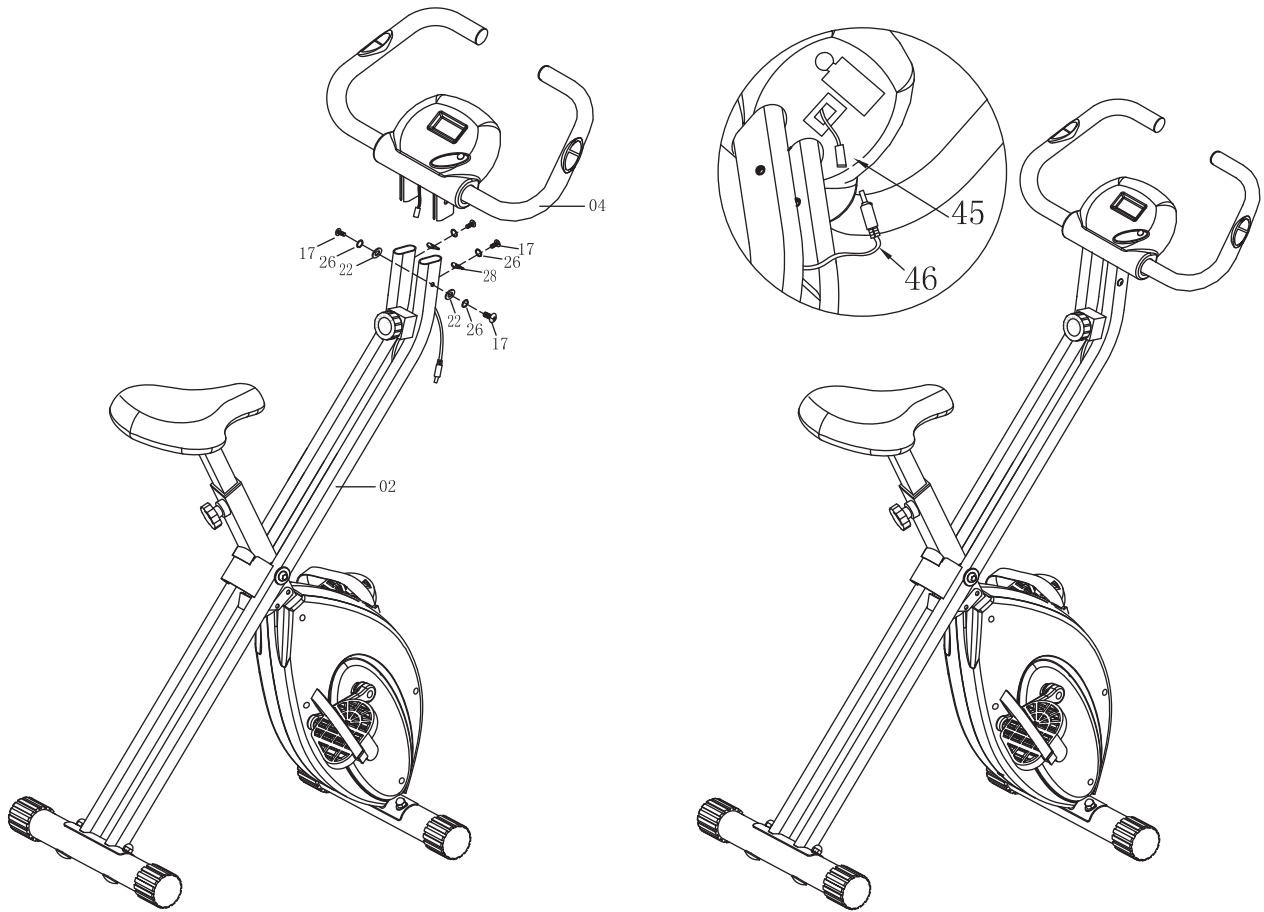
Assembly Step 4

A.) Attach **Handlebar (#04)** to the **Main Frame (#02)**, AND secure them together by using two **Bolts (#17)**, two **Spring Washers (#26)** and two **Washers (#22)** from the sides, and two **Bolts (#17)**, two **Spring Washers (#26)** and two **Arc Washers (#28)** from the front.

B.) Connect the **Monitor Wire (Upper) (#45)** to the **Monitor Wire (Lower) (#46)** as shown in the illustration below.

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.



Hardware Required

Bolt



#17. Bolt (M6x12 mm) [4 Pieces]

Washer



#22. Washer (M6)
[2 Pieces]



#26. Spring Washer (M6)
[4 Pieces]



#28. Arc Washer (M6)
[2 Pieces]

Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), Please refer to our "Troubleshooting" section on **Page 11** for other troubleshoot issues.



Safety & Maintenance

SAFETY & WARNINGS

- 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 ADJUST THE SEAT

1. Using one hand to hold **Seat Post (#03)**, unscrew **Knob Bolt (#32)** using the other hand.
2. Slide and adjust **Seat Post (#03)** to the desired hole setting to your preferred height.
3. Holding **Seat Post (#03)** at this setting, re-insert/re-screw **Knob Bolt (#32)**, ensuring it engages and fully inserts through the holes of **Shroud Frame (#01)** and **Seat Post (#03)**. Please make sure to securely tighten **Seat Post (#03)** but not over-tighten.
4. Before sitting on the cycle, press down firmly and pull up slightly on the seat to make sure it is engaged and secure.

HOW TO (EMERGENCY) STOP

NOTE: 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.

1. To reduce speed on the bike, you may use the combinations of your feet on the **Left/Right Pedals (#08/07)** to gently and safely apply counter-momentum.
2. Wait for the flywheel, handlebar, and pedals to come to a complete stop.
3. Now you may safely dismount the unit.

HOW TO MOVE/TRANSPORT THE BIKE FOR STORAGE

NOTE: To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum 2 people total).

1. Position one person on each side of the bike (one on the left, and one on the right).
2. Have each person use the hand closest to the **Seat (#11)** to grip it. Then, grip the other hand from underneath the respective **Handlebar (#04)**. (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the unit 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 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): **Seat (#11); Left/Right Pedals (#08/09); Handlebars (#04)**.
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Hupa International, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.



Computer Operation

COMPUTER MONITOR INSTRUCTIONS

MODE SPECIFICATIONS:

TIME.....	0:00 - 99:99 (Minutes)
SPEED.....	0 - 99.9 (Miles Per Hour)
DISTANCE.....	0 - 999.9 (Miles)
CALORIES	0 - 9999 (Calories)
PULSE	40 - 240 (Beats Per Minute)

OPERATION PROCEDURES:

1. Auto On/Off:
 - ◆ The system will turn on when the main BUTTON is pressed or when motion on the unit is detected
 - ◆ The system will turn off automatically after approximately 4 minutes if the main BUTTON is not pressed or no motion on the unit is detected.
2. Reset: The unit can be reset by either changing batteries or holding the main BUTTON for 3 seconds.
3. Display: To choose between "SCAN" or "(locked) MODE", press the main BUTTON til arrow pointer is next to your desired MODE. Or, press the main BUTTON until the screen automatically displays through the different modes every 4 seconds.
4. Batteries: The Computer Monitor uses two (2) 1.5V "AAA" batteries.
Batteries may be replaced at the back of the Computer Monitor.

MODES:

1. TIME:

Press the main BUTTON until the arrow pointer shows next to TIME. The duration of your workout will start displaying once the unit detects pedaling.

2. SPEED(RPM):

Press the main BUTTON until the arrow pointer shows next to SPEED. The current speed (RPM) of your workout will display on the screen.

3. DISTANCE:

Press the main BUTTON until the arrow pointer shows next to DISTANCE. The distance "traveled" will display.

4. CALORIES:

Press the main BUTTON until the arrow pointer shows next to CALORIES. The calories burned during your workout display once the unit detects pedaling.

5. ODOMETER:

Press the main BUTTON until the arrow pointer shows next to ODOMETER. The total accumulated distance will display. The ODOMETER will reset when the batteries are changed.

6. PULSE:

Press the main BUTTON until the arrow pointer shows next to PULSE. A heart logo should appear. Place both your hands on the pulse sensors on the handlebar. Grip the pulse sensors lightly and hold for about 30 seconds for an accurate reading. A number will display, showing your pulse reading. Please refer to Page 10 for Troubleshooting, if you encounter any problems.

7. SCAN:

Press the main BUTTON until you scroll through one cycle of each MODE (1.-6. above). The computer will then automatically cycle through and display each MODE every 4 seconds.



Troubleshooting

(AFTER COMPLETE ASSEMBLY)

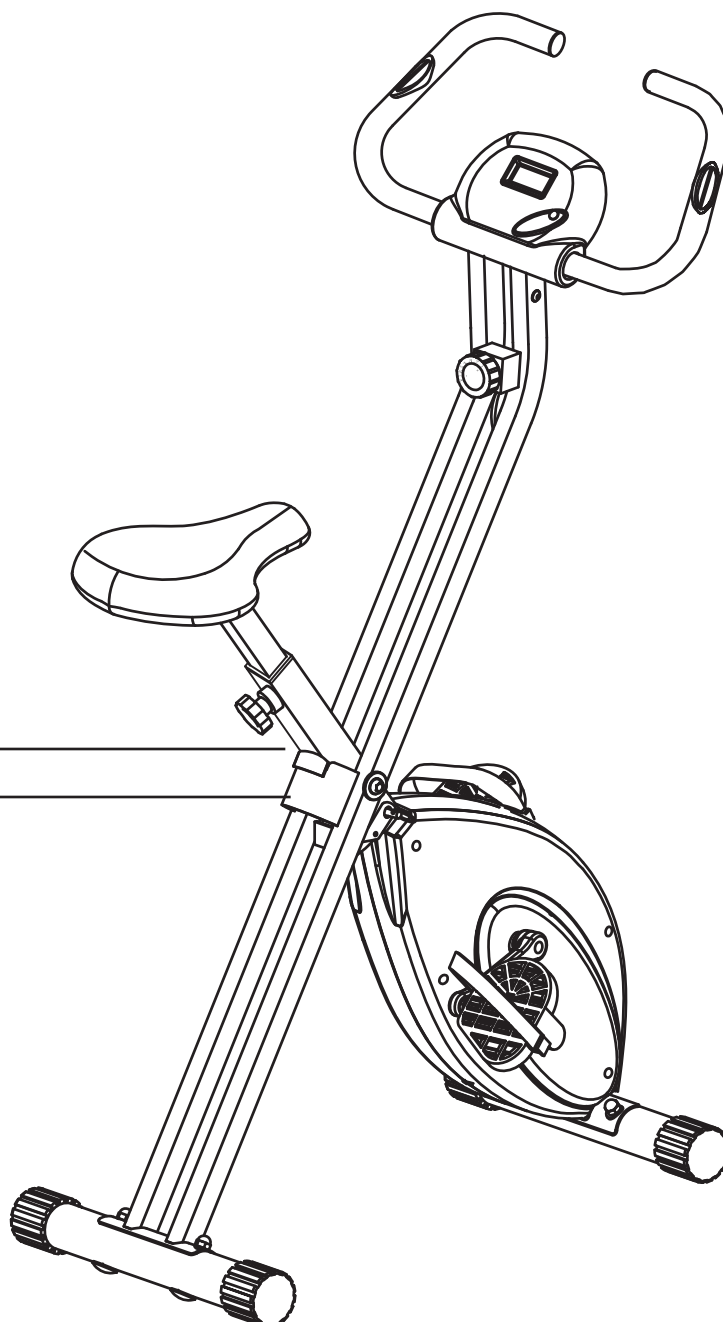
Troubleshoot Area	Solution
HAND PULSE SIGNAL	<p>If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.3. Remove any rings or jewelry to prevent interference.4. Check to ensure all pulse sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</p>
CALORIES/DISTANCE/ TIME/(ETC.)	<p>If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all computer sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the sensor wires in this manual.</p>
COMPUTER Display	<p>If the computer <u>display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all sensor wires are all properly connected and are not damaged.2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. <p><i>*Please check your product manual to determine if your model uses <u>either</u></i> <i>1. an AC Adapter, <u>or</u> 2. Batteries to power your unit.</i></p>

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.

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

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

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



Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

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 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.



Hip Stretch

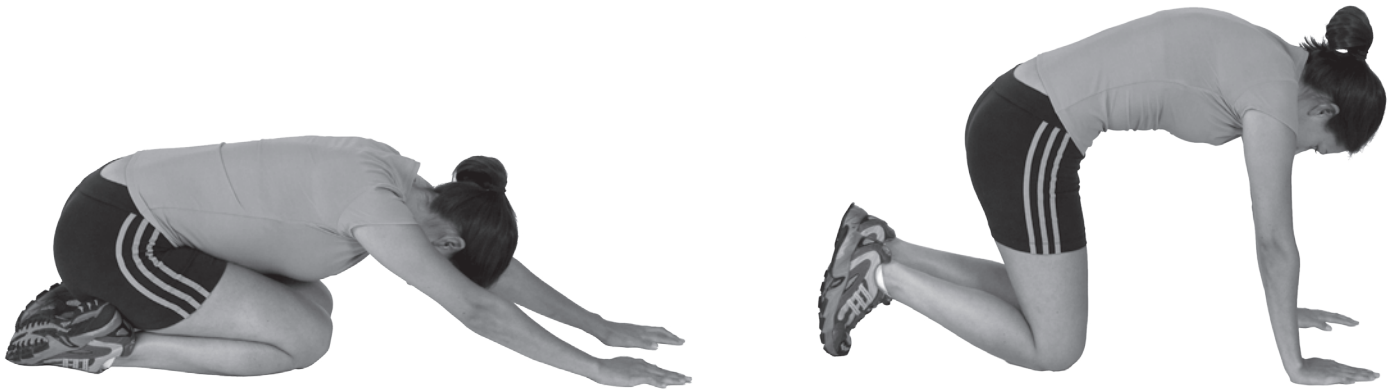
1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



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.

Warm-Up Instructions



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.

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 repeat.



Calf Stretch

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.



Thanks for choosing

BODYFIT

BY SPORTS AUTHORITY®

Model Number XRB358

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Location:

Hupa International
21717 Ferrero Parkway
Walnut, CA 91789

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