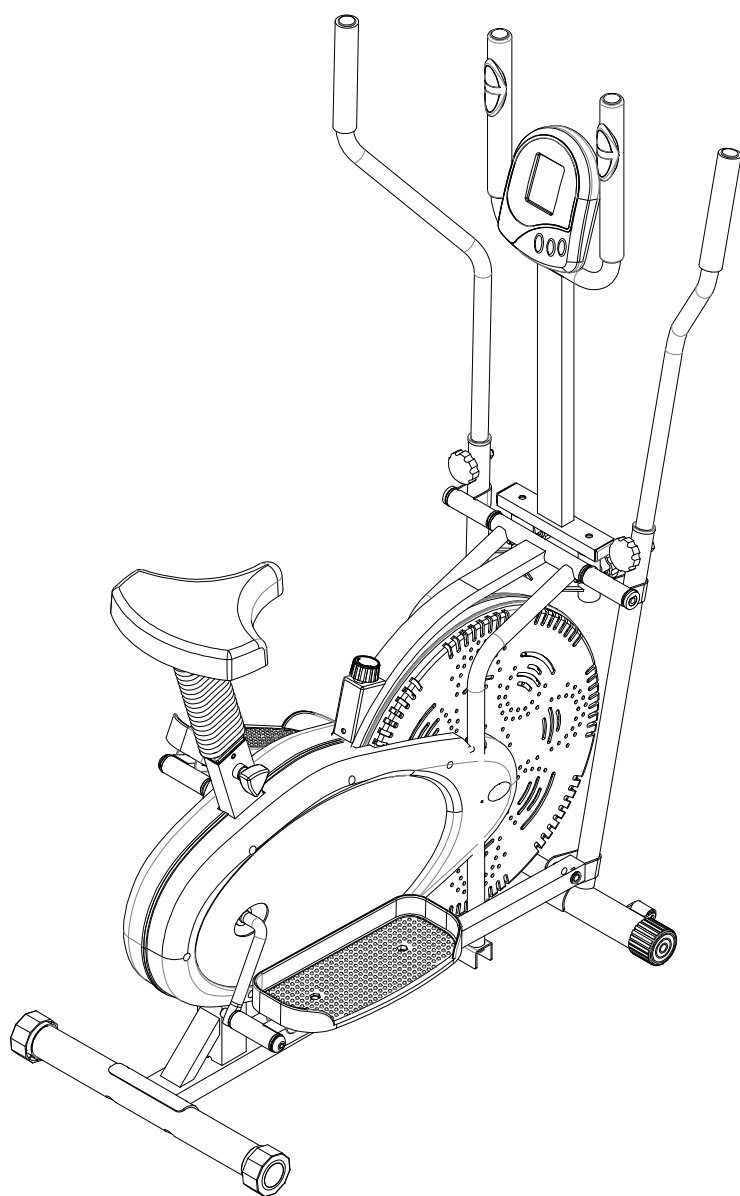




ELLIPTICAL BIKE ASSEMBLY INSTRUCTION



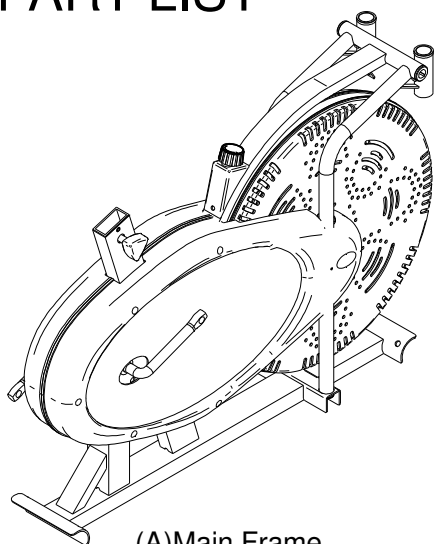
IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment: Read all instructions before using this equipment.

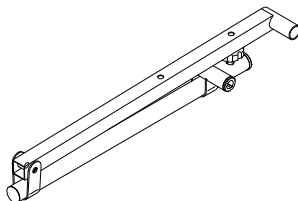
1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise is necessary. Refer to the Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal.
7. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
8. Do not use the equipment outdoors.
9. This equipment is for household use only.
10. Only one person at a time should use this equipment.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. Care should be taken in mounting or dismounting the equipment.
13. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
14. The maximum weight capacity for this product is 110KGS.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

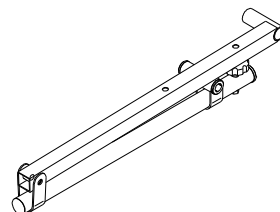
PART LIST



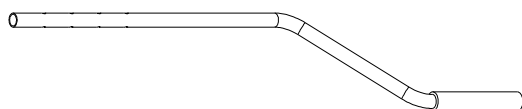
(A) Main Frame



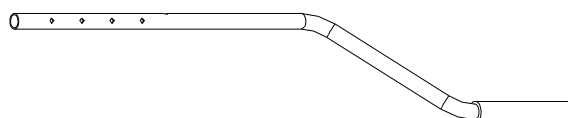
(B) Left Pedal Bar



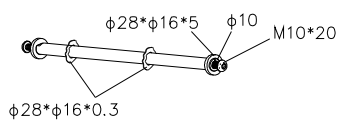
(C) Right Pedal Bar



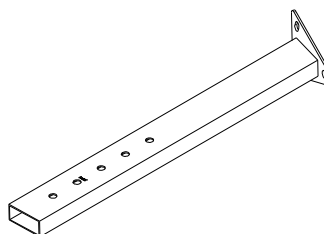
(D) Left Handle Bar



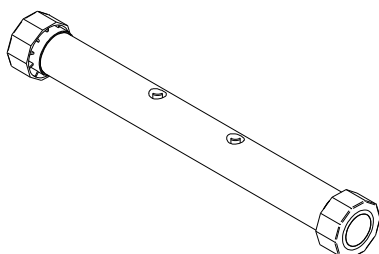
(E) Right Handle Bar



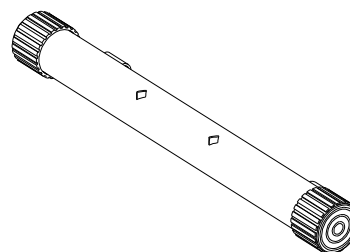
(F) Long Axle sets



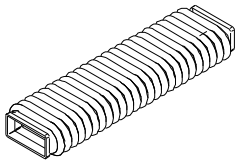
(G) Seat Post



(H) Rear Stabilizer



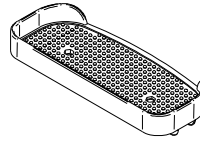
(I) Front Stabilizer



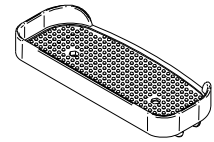
(J)Seat Post Bellows



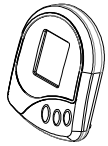
(K)Saddle



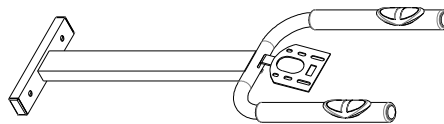
(L)Left Foot Pedal



(N)Right Foot Pedal

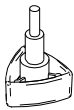


(M)Meter

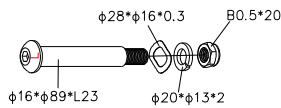


(AA)Middle Handle Bar

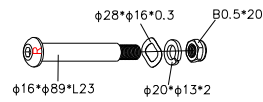
SCREW SET LIST



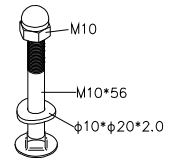
(O)Seat Knob



(P)Left Pedal Hinge Bolt sets



(Q) Right Pedal Hinge Bolt sets



(R)Bolt Sets for Front And Rear Stabilizer 4PCS



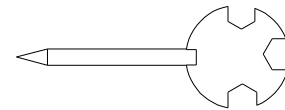
(S)S10-13-17-19 Multi Hex Tool 1PCS



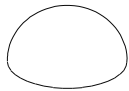
(T)S6 Allen Wrench 2PCS



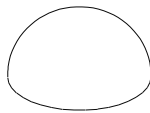
(U) S8 Allen Wrench 1PC



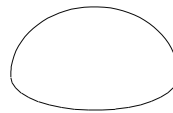
(V) S13-S14-S15 Multi Hex Tool with Phillips Screwdriver 1PC



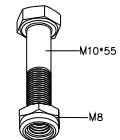
(W)S13 Nut Cap 2PCS



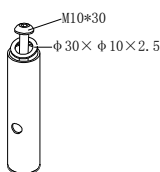
(X)S17 Nut Cap 4PCS



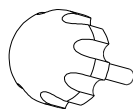
(Y)S19 Nut Cap 2PCS



(Z) Bolts Sets For Foot Pedal 4PCS



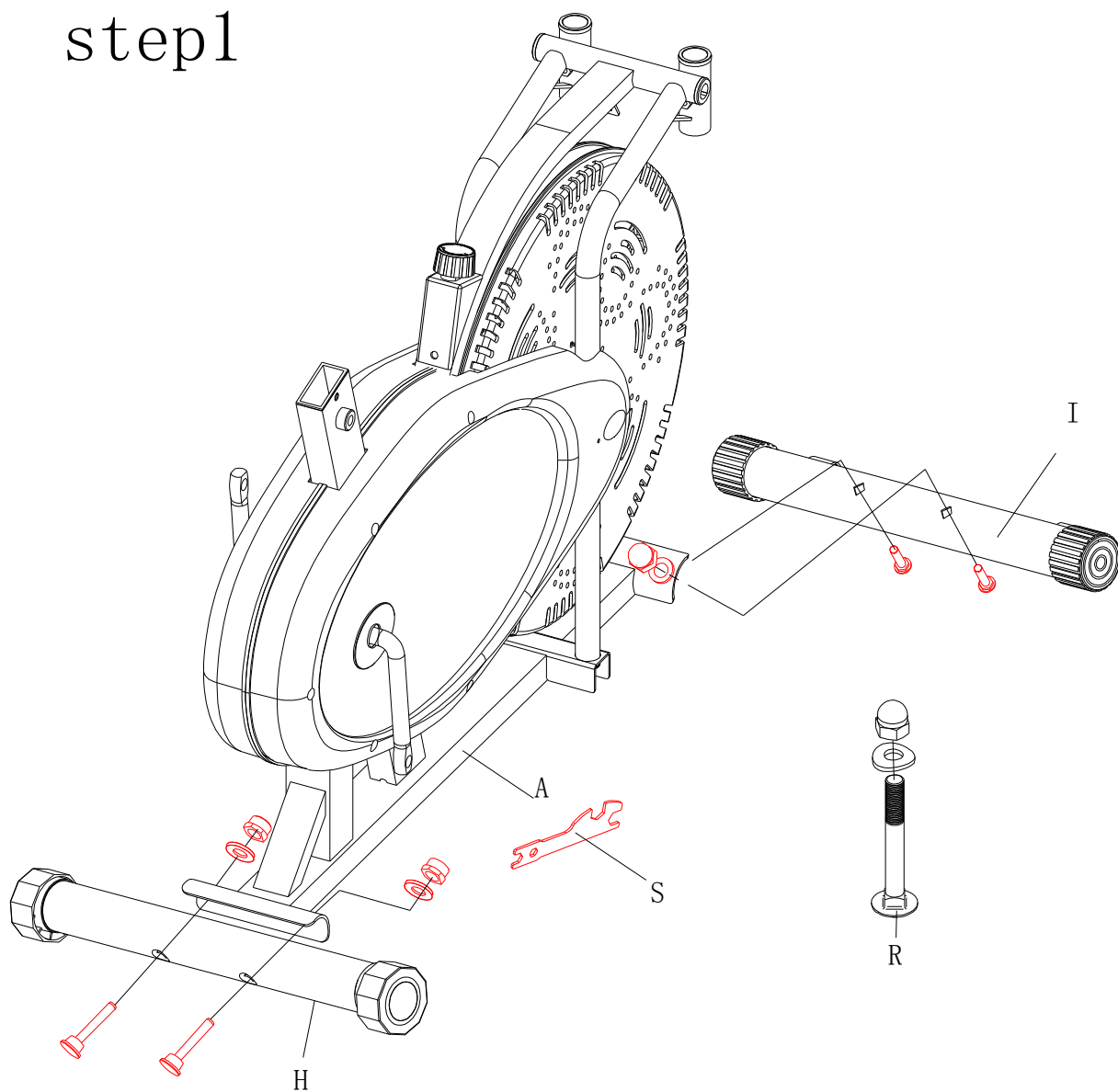
(BB) Small Tube 2PCS



(CC) Knob 2PCS

ASSEMBLY INSTRUCTIONS

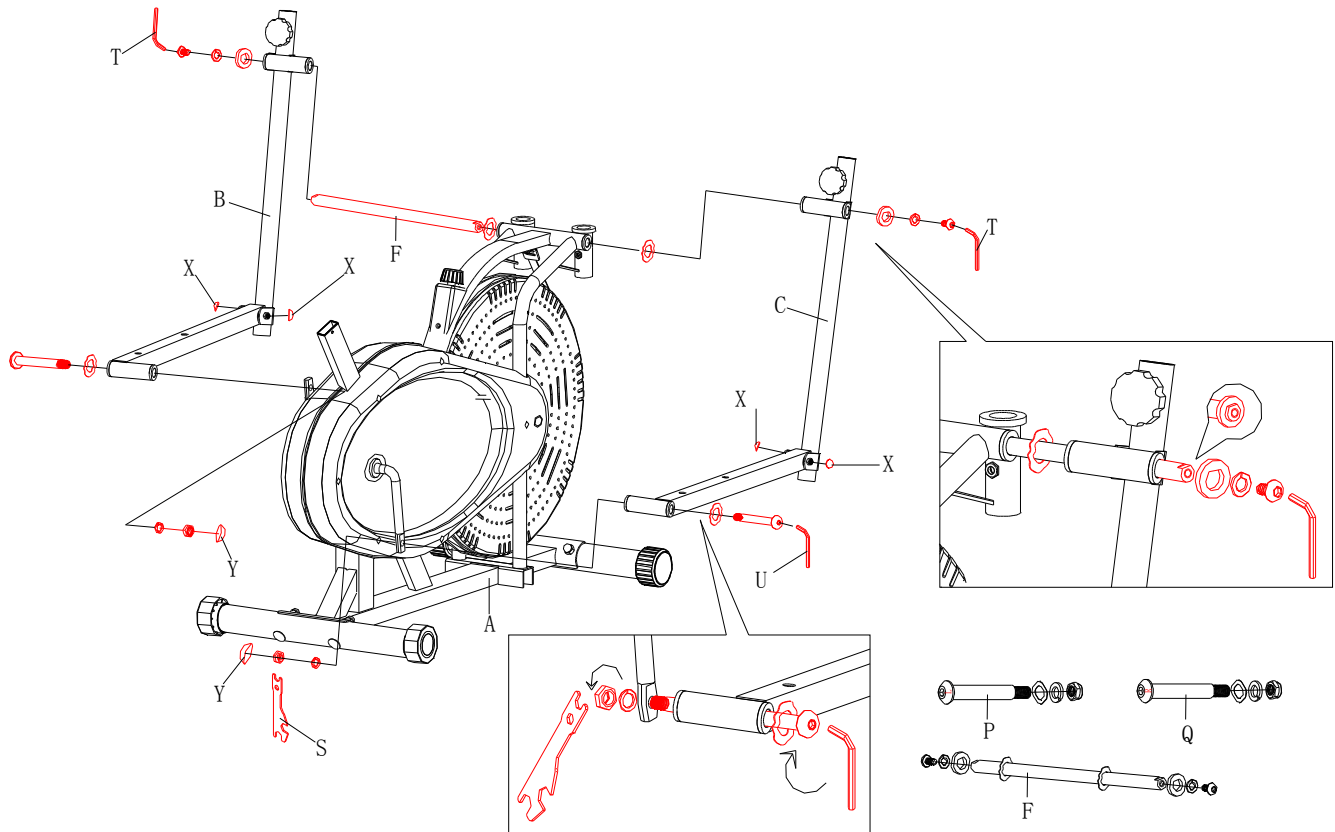
step1



Front and Rear Stabilizers Installation

Position the Front Stabilizer (I) and Rear Stabilizer (H) to Main Frame (A) by Bolt Sets(R). (by tool S)

step2

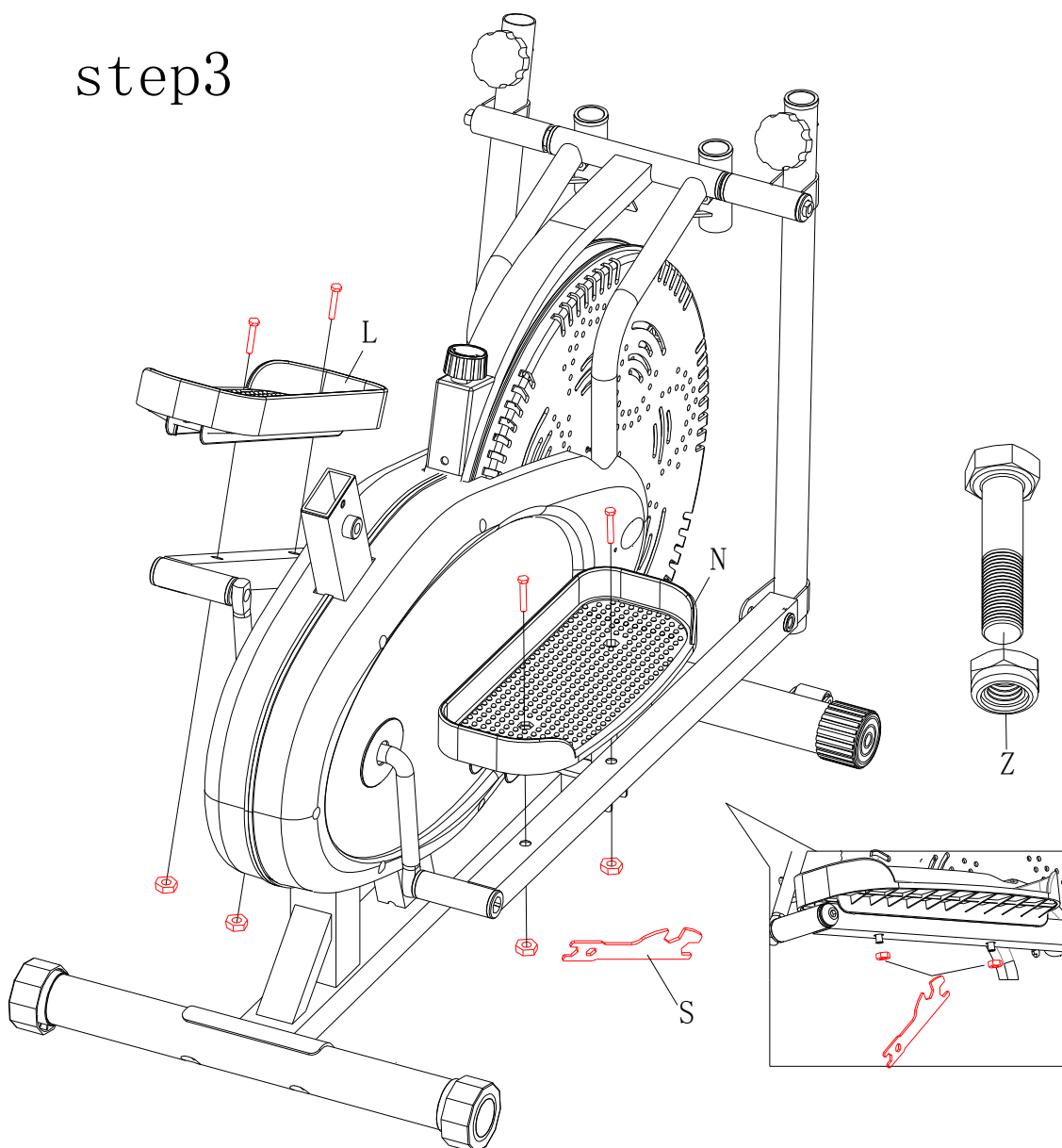


Left/Right Foot Bars Installation

1. Place the Long Axle (F) into the hole of the Main Frame (A). Slide the Left/Right Pedal Bar(B,C) onto the Long Axle(F) and secure in place with the washer, screws which are attached on the Long Axle. (By 2 pcs tool T)
2. Attach the Right Pedal Bar (C) onto the right crank, Left Pedal Bar(B) onto the Left Crank with the Left and Right Pedal Hinge Bolt (P/Q).(By Tool S and tool U)
3. After tighten the nut, please assemble 4 pcs nut cap (X) and 2 pcs nut cap (Y) as per the photo.

Please note Pedal Hinge Bolts are marked L and R. Use the “L” for left crank and the “R” for right crank. The Right bolt tightens Clockwise and Left bolt tightens counterclockwise.

step3

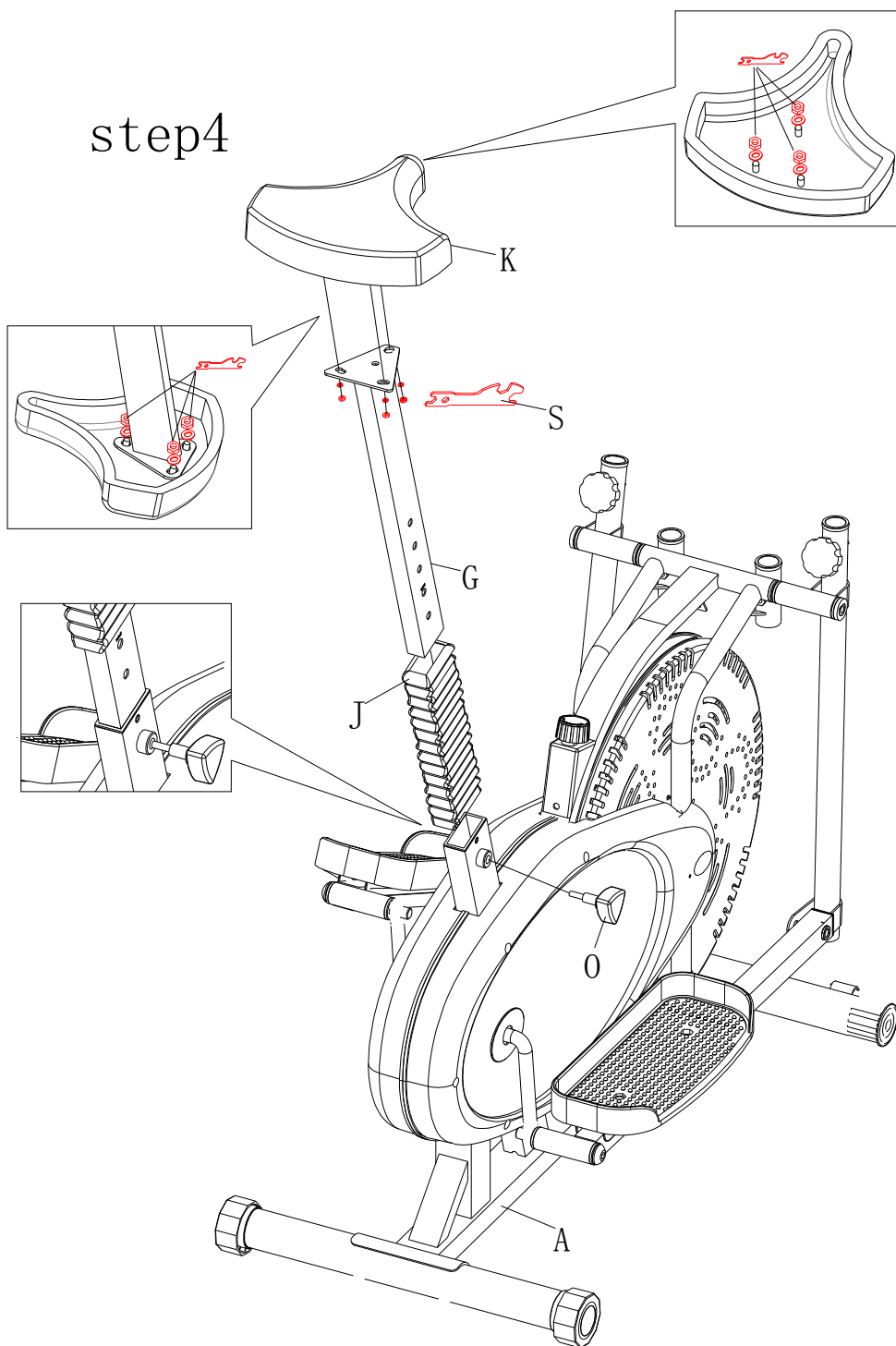


Right and Left Foot Pedals Installation

Attach the Right Foot Pedal (N) onto the Right Foot Bar with Bolt Sets (S).

Use the same procedure to attach the Left Foot Pedal (L) onto the Left Foot Bar.(By tool S)

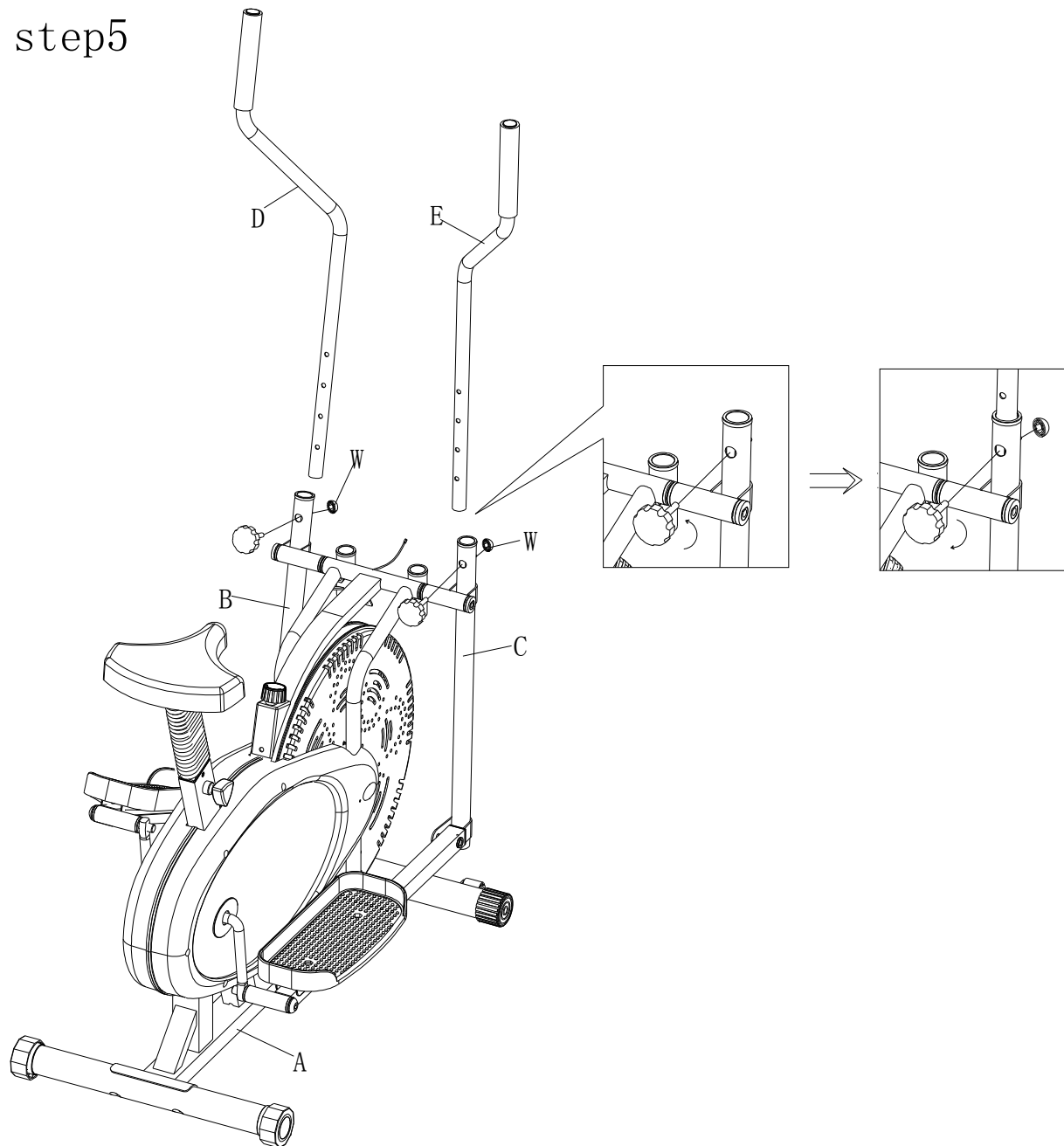
step4



Seat Post, Seat Post Bellows and Saddle Installation

1. Remove three Washers and three M8 Nylon Nuts from underside of the Saddle (K). Guide bolts on underside of the Saddle through holes on top of the Seat Post (G), attach with three removed Washers and M8 Nylon Nuts (by tool S)
2. Slide the Seat Post Bellows (J) over the Seat Post (G).
3. Insert the Seat Post (G) into the Seat Post Plastic Bushing on the tube of the Main Frame (A) and then attach the M12 Seat Height Adjustment Knob (O) onto the tube of the Main Frame by turning it in a clockwise direction to lock the Seat Post in the suitable position.

step5



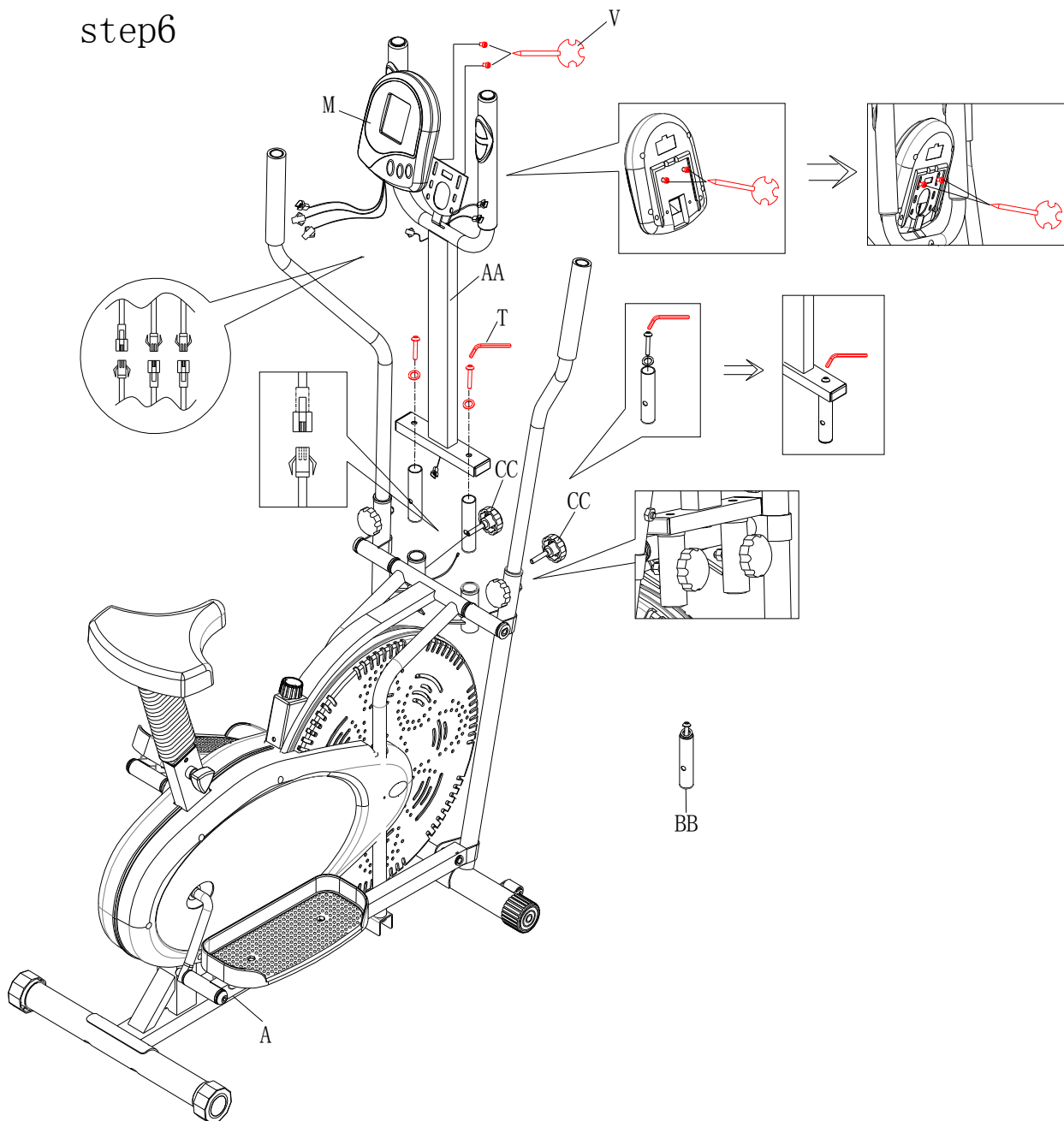
Right/Left Handle Bars, and Computer Installation

1. Insert the Right Handle Bar (E) into the Handrail Arm Plastic Bushing on the tube of Right Foot Bar(C) and then attach the height adjustment knob which attached on the tube previous by turning it in a clockwise direction to lock the Right Handle Bar in the suitable position.

Use the same procedure to attach the Left Handle Bar (D) into the Handrail Arm Plastic Bushing on the tube of the Left Foot Bar (B).

2. After above, please assemble the nut cap (W) as per the photo.

step6



Middle Handle Bar and Meter Installation

1. Remove the two bolts and two washer which are attached on the small tube (BB).(by tool T). Connect the Middle Handle Bar with Small Tube by this two bolts and washers.
2. Attach the Middle Handle Bar (AA) onto the Main Frame. Insert the small tube into the main frame and then use the two knobs (CC) to tighten it. Connect the sensor wire to the wire comes from the end of middle handle bar.
3. Remove two screws from the Meter (M) with the S13-S14-S15 Multi Hex Tool with Phillips Screwdriver provided (tool V). And then attached the Meter on the Middle Handle Bar by this two screws.
4. Connect the two handle pulse wires to the wires that come from the Meter. The last wire of meter connect to the wire comes from the other end of Middle Handle Bar.