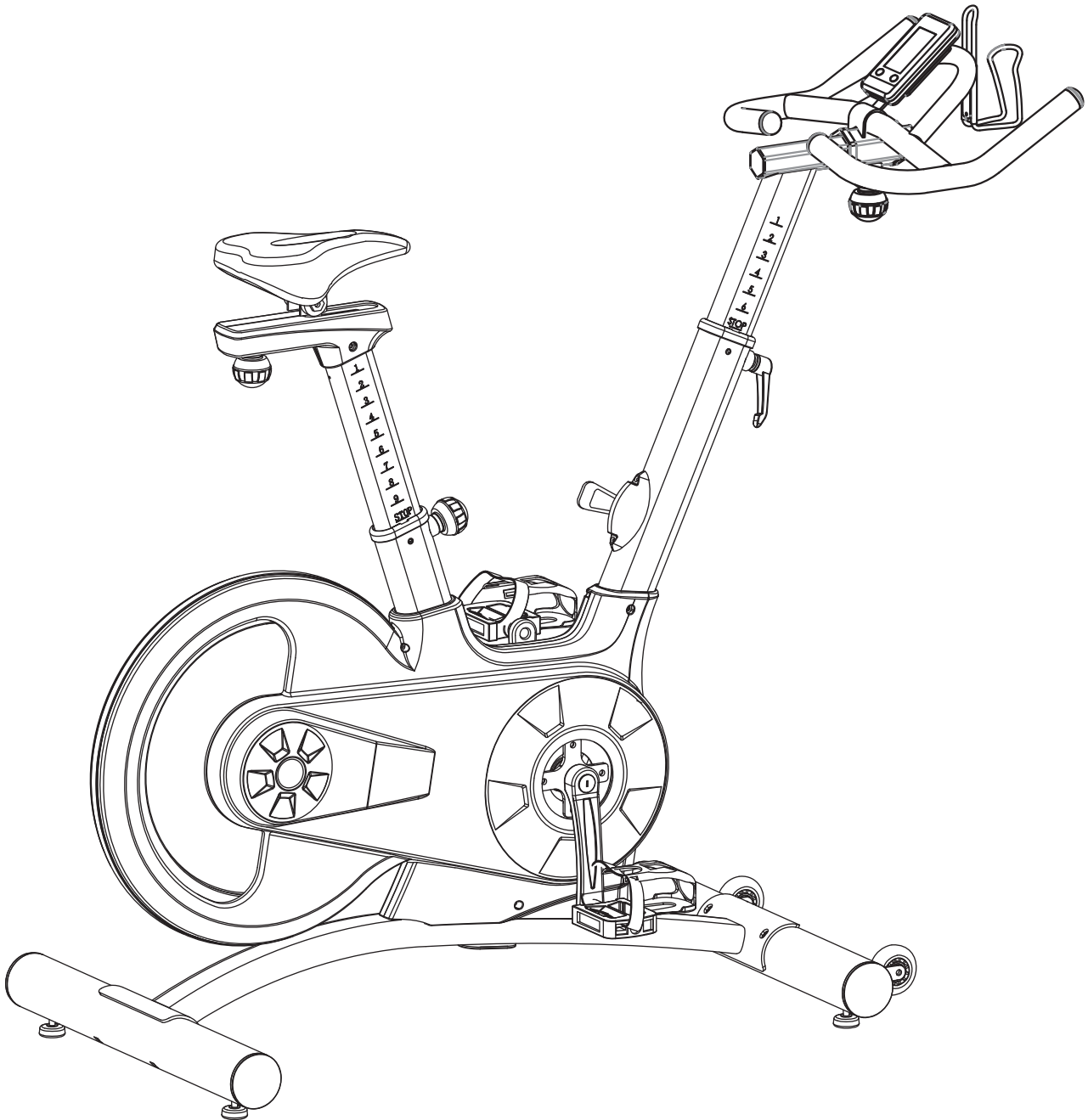


BODYWORX



# REAR DRIVE INDOOR CYCLE

Model No: AIC850



Retain this owner's manual for future reference. Read and follow all instructions in this owner's manual.



# Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.

We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty online.



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## Step 1 Visit our Website

Go to the GPI Sports website: [www.gpisports.com.au/warranty](http://www.gpisports.com.au/warranty)



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## Step 2 Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page



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## Step 3 Call Our Toll Free Number

If a warranty service request is required on your product please call the toll free number - **1800 005 770**

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# IMPORTANT SAFETY INSTRUCTIONS

**Before beginning any fitness program, you should obtain a complete physical examination from your physician.**

**This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.**

## **WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS INCLUDING THE FOLLOWING:**

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear appropriate exercise clothing and shoes for your workout, no loose clothing. Do not wear shoes with heels or leather soles. Ensure shoes are clean of dirt and embedded stones.
- Use care when getting on or off the unit.
- Do not over exert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.
- Only one person may use the machine at a time.

## **CHILDREN AND PETS**

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under strict adult supervision. To ensure safety, keep young children off the machine at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

## **PERSONAL SAFETY DURING ASSEMBLY**

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the machine on a solid, level surface. Locate the unit at least 1 meter from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

**Maximum User Weight: 150 KG**

# SAFETY GUIDELINES

**Successful fitness training programs have one prominent feature in common...safety. Fitness training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.**

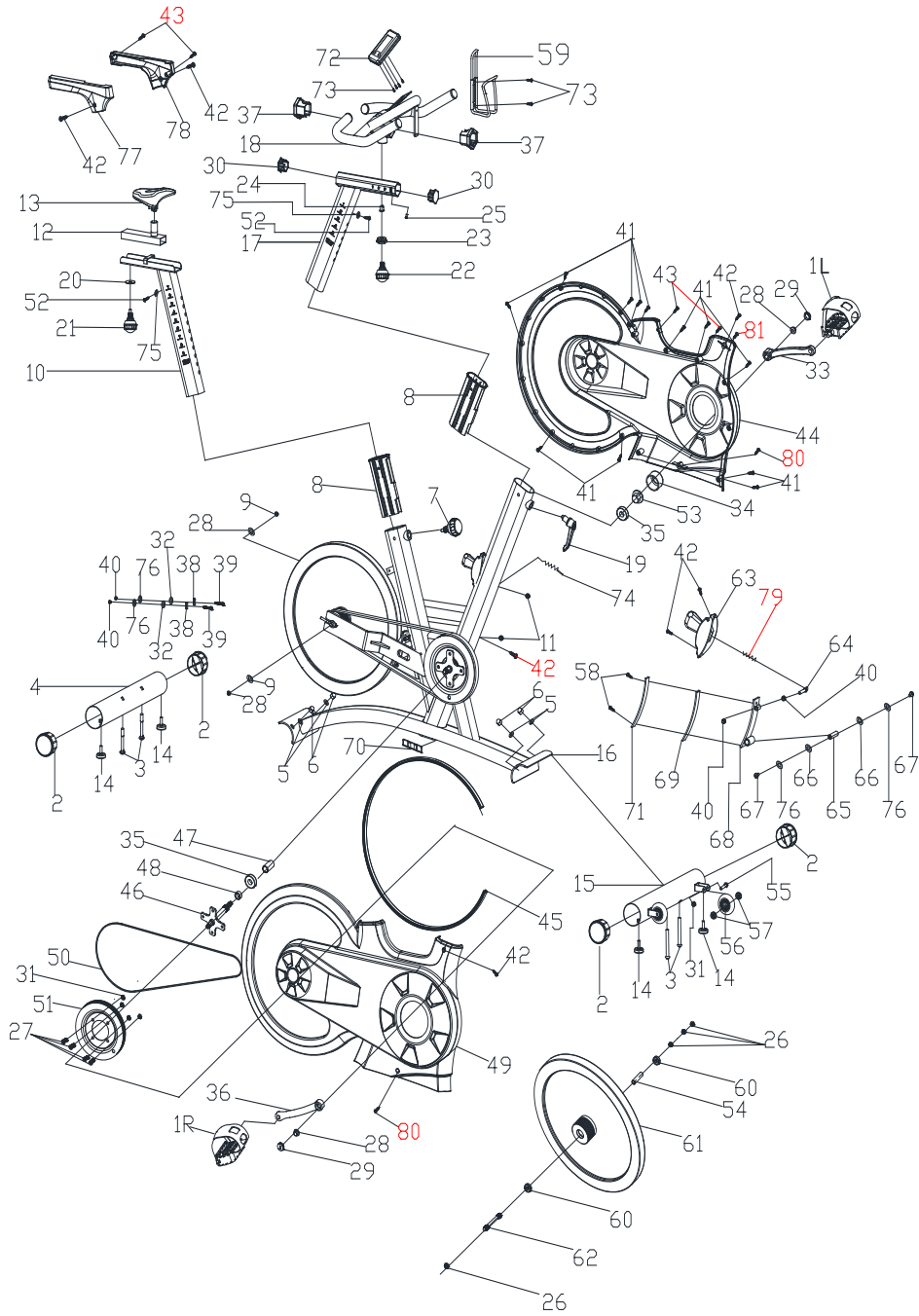
- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start.
- Maintaining equipment in proper operating condition is of utmost importance for a safe training program.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Inspect the machine before each use for loose or worn parts. Ensure all nuts and bolts are fully tightened. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

# PARTS LIST

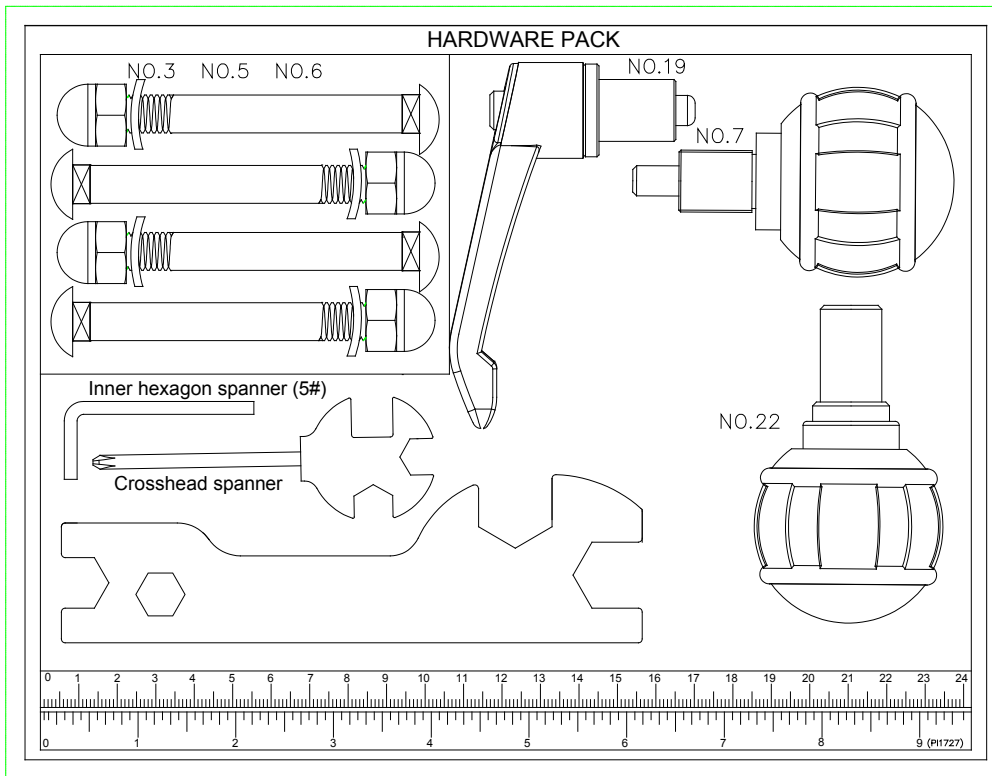
No.	Description	Qty
1L	Left pedal	1
1R	Right pedal	1
2	End cap of stabiliser	4
3	Carriage bolt M10*90	4
4	Rear stabiliser	1
5	Curved washer φ10	4
6	Domed nut M10	4
7	Ball type quick release knob	1
8	Plastic spacer	2
9	Flat washer φ12	2
10	Seat post	1
11	End cap	2
12	Sliding tube	1
13	Seat	1
14	Leveling pad	4
15	Front stabiliser	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
19	L type quick release knob	1
20	Flat washer φ32	1
21	Ball type knob for seat adjustment	1
22	Ball type knob for handlebar adjustment	1
23	Fixing nut	1
24	Fixing shaft	1
25	Screw M6*12	1
26	Hex head nut M12	4
27	Allen screw M8*16	4
28	Flange nut M12*1.25	4
29	Crank end cap	2
30	End cap of handlebar post	2
31	Nut M8	6
32	Big gasket	2
33	Left crank	1
34	Crank cover	1
35	Bearing 6004ZZ	2
36	Right crank	1
37	Plastic spacer	2
38	Pull out the fixed piece	2
39	Eye bolt M6*54	2
40	Nut M6	4
41	Self-tapping screw 1	12
42	Self-tapping screw 2	7
43	Self-tapping screw 3	4

No.	Description	Qty
44	Chain cover L	1
45	Decorative strip	1
46	Axle for crank	1
47	Long bushing for crank	1
48	Short bushing for crank	1
49	Chain cover R	1
50	Belt	1
51	Belt-drive wheel	1
52	Self-tapping screw 4	2
53	Hex head nut M20	1
54	Inner bushing for flywheel	1
55	Hex head bolt M8*40	2
56	Transportation wheel	2
57	Bearing 608ZZ	4
58	Screw M6*16	2
59	Bottle holder	1
60	Bearing 6001ZZ	2
61	Flywheel	1
62	Axle for flywheel	1
63	8 level tension knob	1
64	Fine-tuning pull block	1
65	The brake fixed axis	1
66	Flat washer	2
67	Screw M6*12	2
68	The brake block assembly	1
69	Rubber mat	1
70	End cap for main frame	1
71	Brake pad	1
72	Computer	1
73	Screw M5*10	6
74	Sensor wire	1
75	Spring washer 1	2
76	Spring washer 2	4
77	Seat post cover L	1
78	Seat post cover R	1
79	Fine-tuning spring	1
80	Self-tapping screw 5	2
81	Self-tapping screw 6	1
	Inner hexagon spanner	1
	Spanner	1
	Cross head spanner	1
	Tool Pack	1
	Silicon oil	1

# EXPLODED DIAGRAM



# HARDWARE PARTS LIST

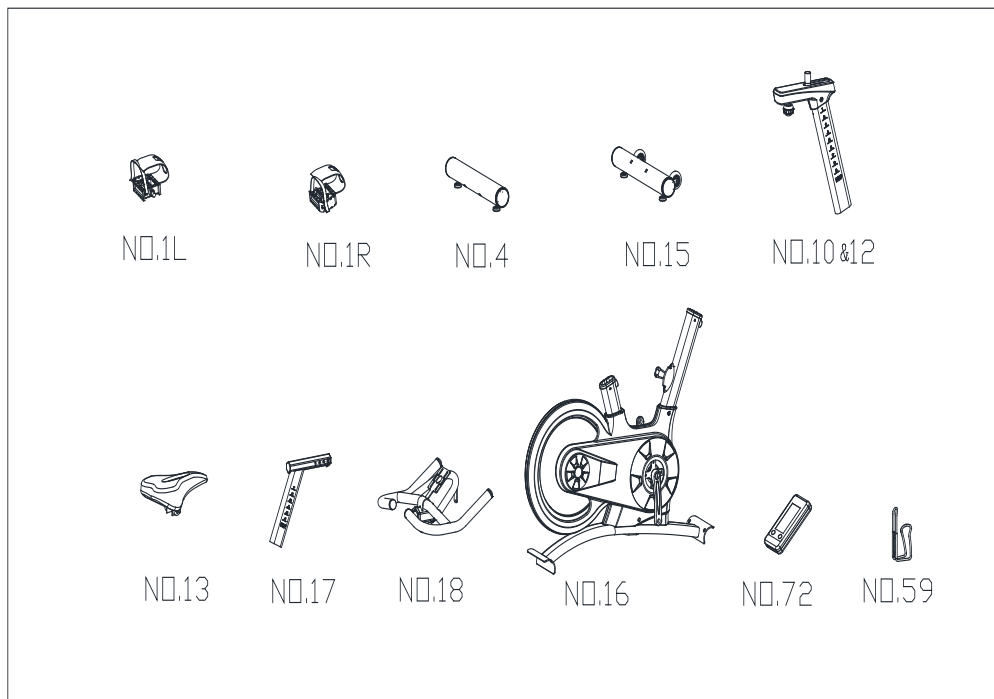


Part No	Description	Qty
3	Carriage bolt M10*90	4
5	Curved washer $\phi$ 10	4
6	Domed nut M10	4
7	Ball type quick release knob	1
19	L type quick release knob	1
22	Ball type knob	1
	Cross head spanner	1
	Spanner	1
	Inner hexagon spanner	1
	Silicon oil	1

**Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.**



# PRE-ASSEMBLY CHECK LIST

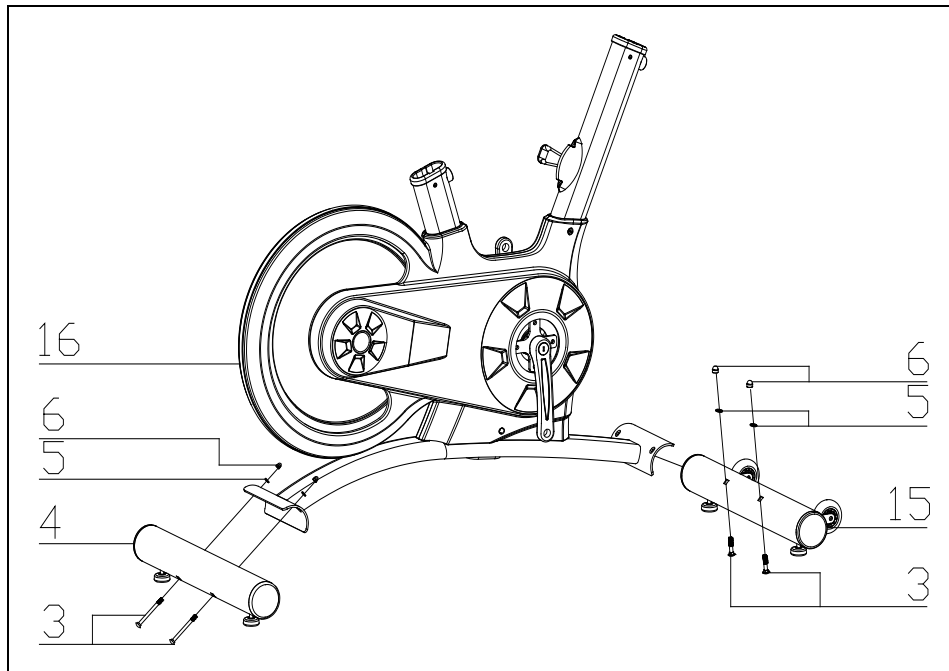


PART NO.	DESCRIPTION	Qty
1L	Left Pedal	1
1R	Right Pedal	1
4	Rear stabiliser	1
10/12/21/77/78	Seat post assembly	1
13	Seat	1
15	Front stabiliser	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
59	Bottle holder	1
72	Computer	1
	Hardware pack	1
	User manual	1

# ASSEMBLY INSTRUCTION

## Step 1

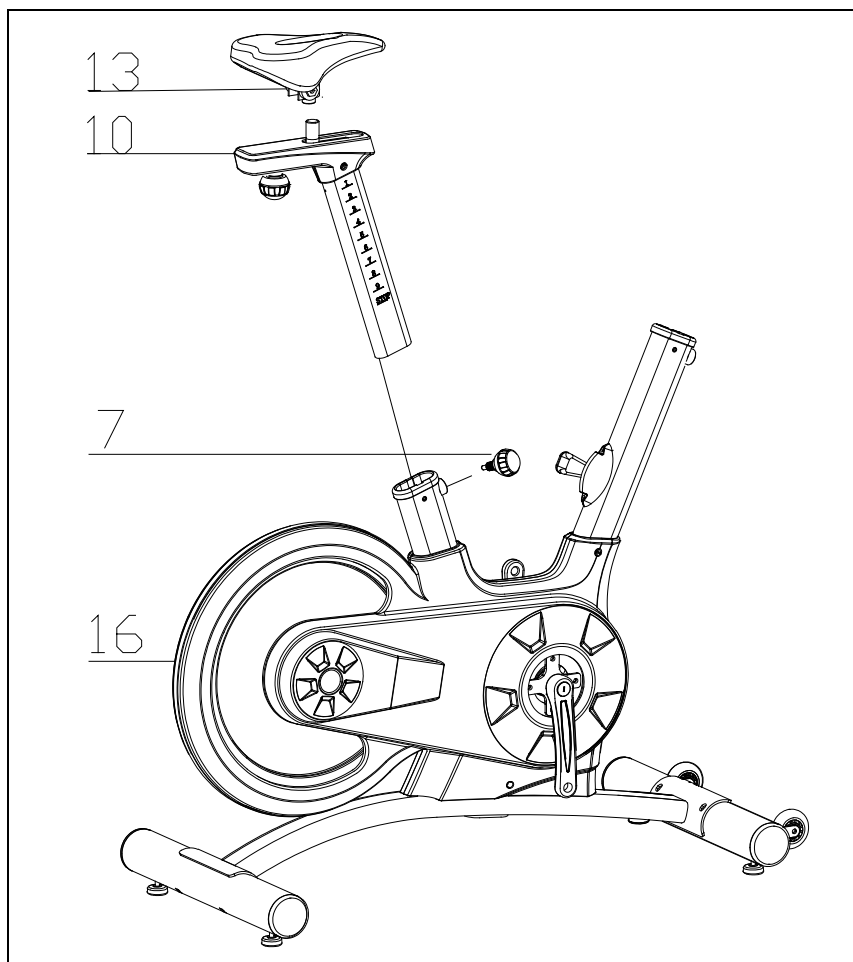
- Attach the front stabiliser (15) to the main frame (16). Secure using two carriage bolts (3), two curved washers (5) and two domed nuts (6).
- Attach the rear stabiliser (4) to the main frame (16). Secure using two carriage bolts (3), two curved washers (5) and two domed nuts (6).



## Step 2

- Release the nuts on the backside of seat (13), attach the seat (13) to sliding tube and then re-tighten the nuts.
- Insert the seat post (10) into the Main frame (16). Secure using a ball type quick release knob (7).

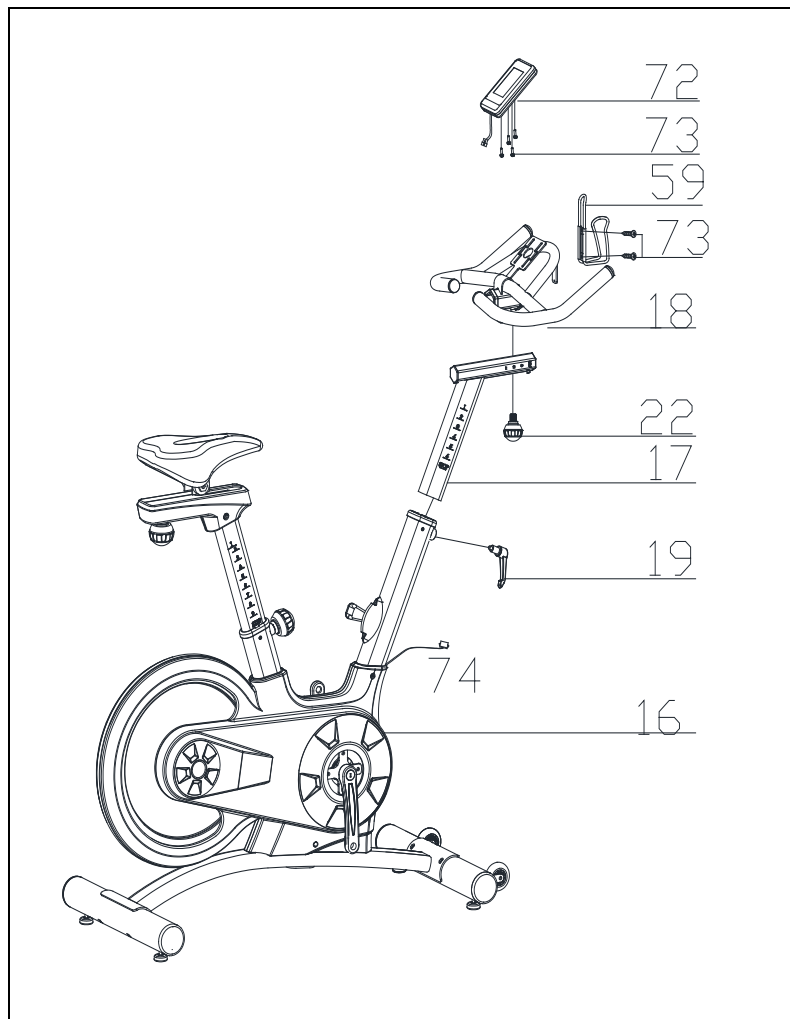
**Note: The seat can be horizontally and vertically adjusted after your cycle is fully assembled.**



### Step 3

- Insert the handlebar post (17) to the main frame (16). Secure using an L type quick release knob (19).
- Attach the handlebar (18) to the handlebar post (17). Secure using a ball type knob (22).
- Attach computer (72) onto the computer bracket and secure using 4 screws (73) which are pre-assembled on the backside of computer (72). Attach sensor wire (74) to computer (72).
- Attach the bottle holder (59) to the handlebar (18) using 2 screws (73) which are pre-assembled on the handlebar (18).

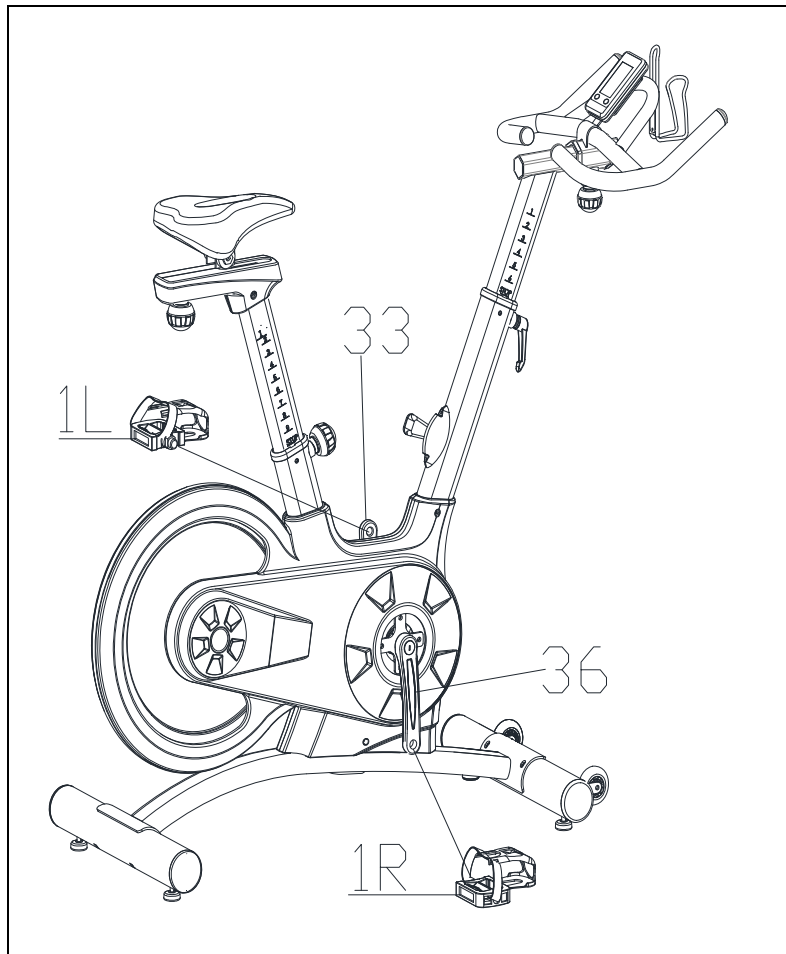
**Note: The handlebar post can be vertically adjusted and the handlebar can be horizontally adjusted after your cycle is fully assembled.**



#### Step 4

- Attach the left pedal (1L) to the left crank (33).
- Attach the right pedal (1R) to the right crank (36).

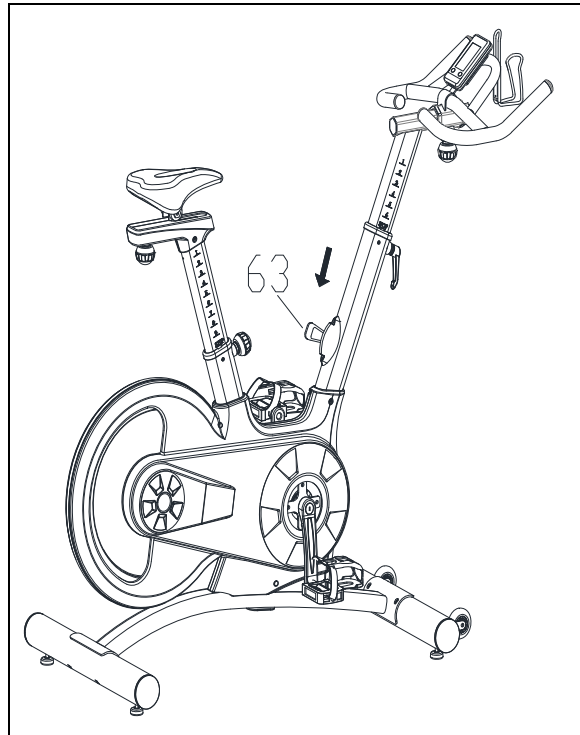
**Note: The right pedal should be threaded on clockwise and the left pedal on counter-clockwise.**



**ENSURE THAT ALL BOLTS AND NUTS ARE TIGHTENED  
BEFORE USING THE MACHINE**

## ADJUSTING THE TENSION

Turn the tension knob (63) up or down to adjust the tension.



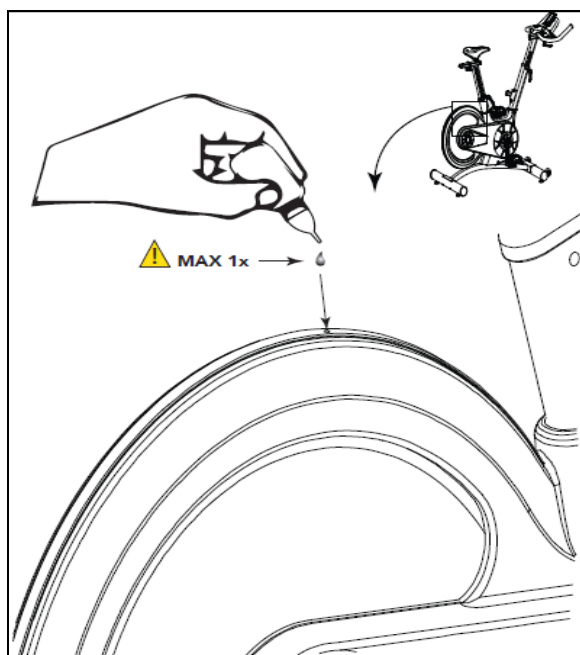
## LUBRICATION

Lubrication is a highly important service activity for the Sprinter bike ASB650.

This is absolutely essential, if the friction of the brake system increases noticeably.

Increased friction is indicated by jerky movement in higher resistance levels.

The need for re-lubrication depends to a great extent on the resistance settings and hours of use. We recommend you apply one drop of the lubrication only when you feel the movement becomes too jerky.



# CONSOLE INSTRUCTIONS



## FUNCTION BUTTON

**MODE/RESET:** To confirm all settings.

Press this button and hold for 2 seconds to reset all function figures.

**SET:** To set up the value of TIME, DISTANCE, CALORIES, PULSE.

You can hold the button to increase the value fast. (The computer has to be in stop condition.)

## FUNCTION:

**RPM:** Displays the pedaling Rotation Per Minute.

**SPEED:** Displays the user's exercise speed.

**TIME:** You can press "SET" button to set target time between 0:00 to 99:00 for count down function. It can be set up by the user or accumulated automatically for count up function.

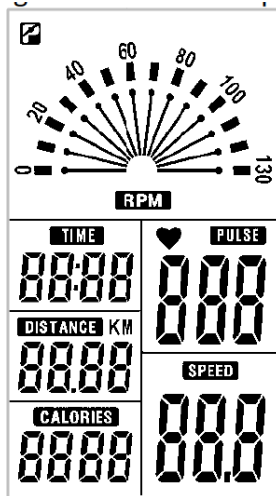
**DISTANCE:** You can press "SET" button to set target distance between 0:00 to 99:50 for count down function. It can be set up by the user or accumulated automatically for count up function.

**CALORIES:** You can press "SET" button to set target calories between 0 to 9990 for count down function. It can be set up by the user or accumulated automatically for count up function.

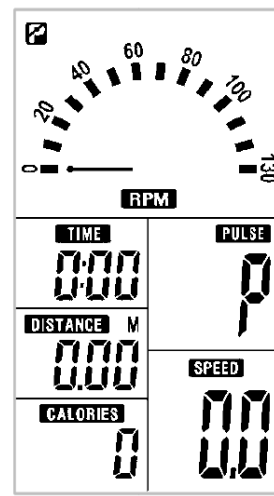
**PULSE:** Displays the user's pulse. User may set the target pulse. When pulse value reaches the target heart rate, the console will "beep". (Chest strap not included.)

## OPERATION PROCEDURE:

1. Installs 1 piece of CR2032 3V battery, then the screen will display as following “Drawing A” and have a “bi” sound at the same time. After that, it goes to the next step to the main menu as “Drawing B”.



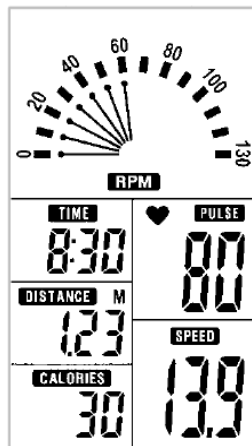
Drawing A



Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can press “SET” button to adjust the value and press “MODE” for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME.

3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When any function has been preset to target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to “beep” for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.



Drawing C

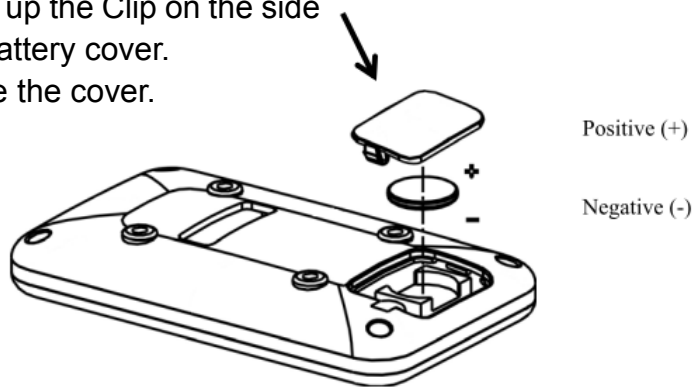
### Note:

1. Stop training for 4 minutes, the computer will enter to sleep mode. You may press any button to have the computer to restart working, the original value will retain. (If re-installing batteries, the original value will remove.)
2. If the computer displays abnormally, please re-install battery and try again
3. Battery Spec: 3V CR2032 (1PC).



## Battery replacement instruction:

1. Holding up the Clip on the side of the battery cover.
2. Remove the cover.



3. Install a new CR2032 battery by tilting the battery slightly to its side and slide it in (positive+ at upper side and negative- at down side).



4. For the battery change, please gently holding the clip on the side and the battery will pop up.



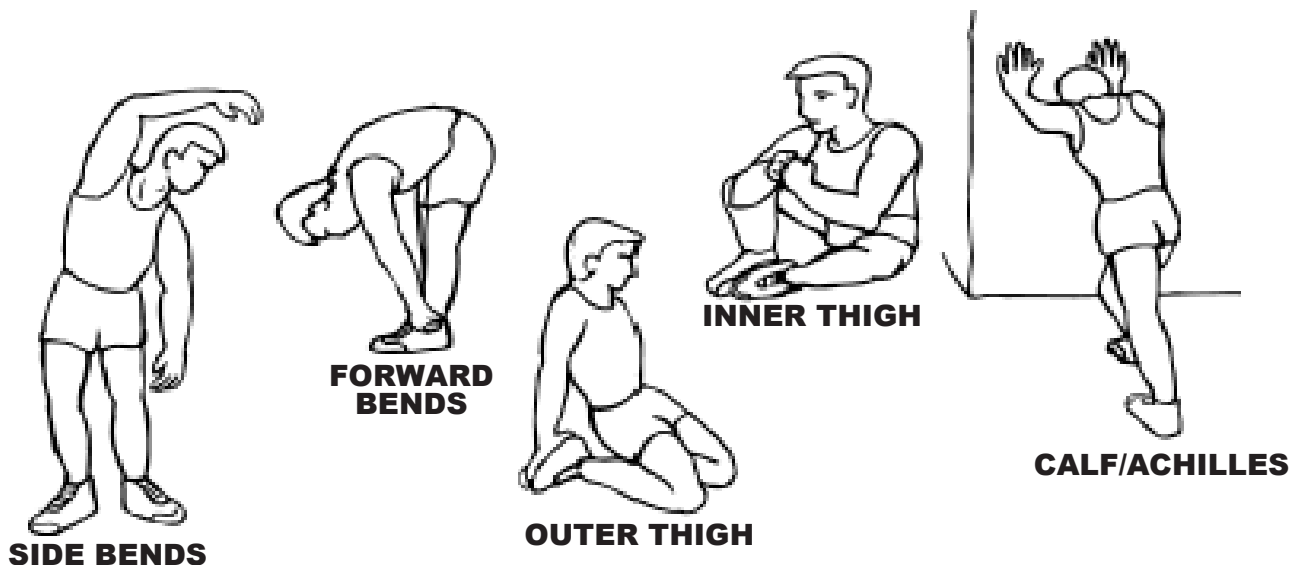
5. Put the battery cover back.

# EXERCISE INSTRUCTIONS

Using your exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

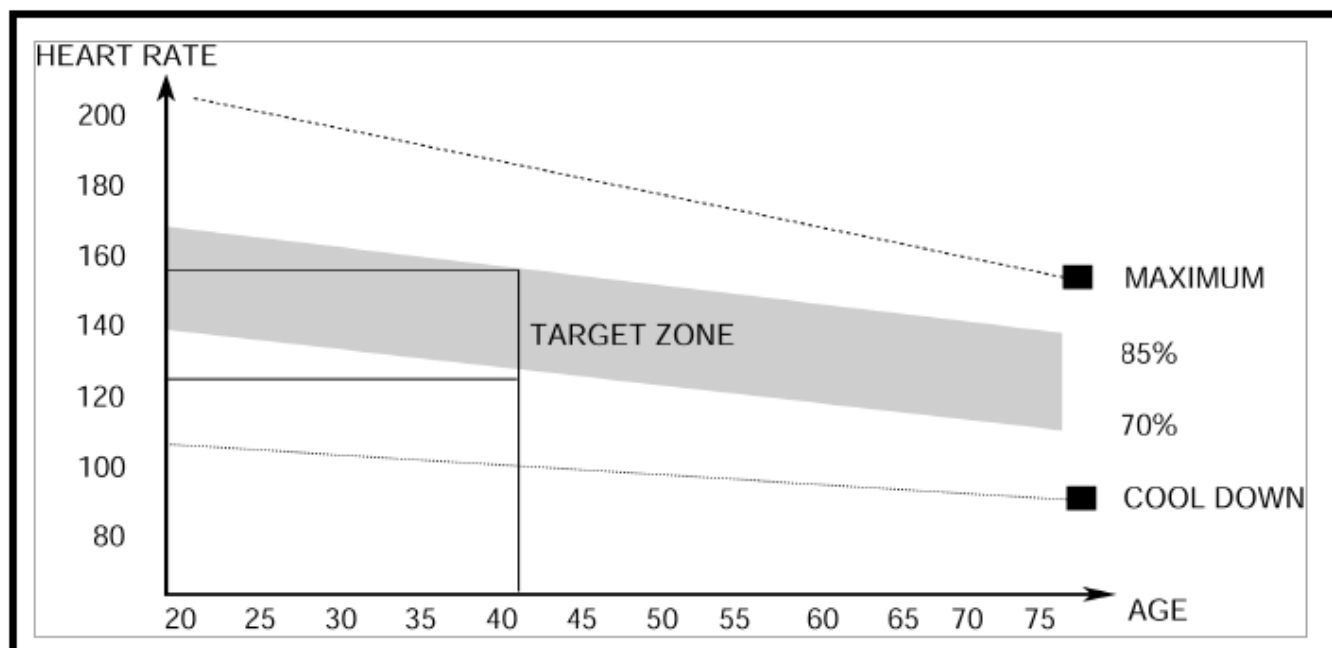
## 1. THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



## 2. THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, your muscles will become more flexible. Work to your own level but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

# EXERCISE INSTRUCTIONS

## 3. THE COOL DOWN PHASE

This stage is to let your Cardio Vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your exerciser you will need to have the resistance set quite high. This will put more strain on your muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making you work harder. You may have to reduce your tempo to keep your heart rate in the target zone.

## WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal. The calorie function, where applicable, is an estimate only and to be used for comparison between workouts.

## CARE AND MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and void the WARRANTY coverage

**Important:** Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

**After each workout:** Wipe off the console, where applicable, and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts were replaced by new ones. When you feel the exerciser is not smooth, please check the status of the parts and if need be call the service hot line.

**BODYWORX**



# REAR DRIVE INDOOR CYCLE

*Model No: AIC850*

To register your warranty, please go to

[www.gpisports.com.au](http://www.gpisports.com.au)

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