

User Manual

BE5033

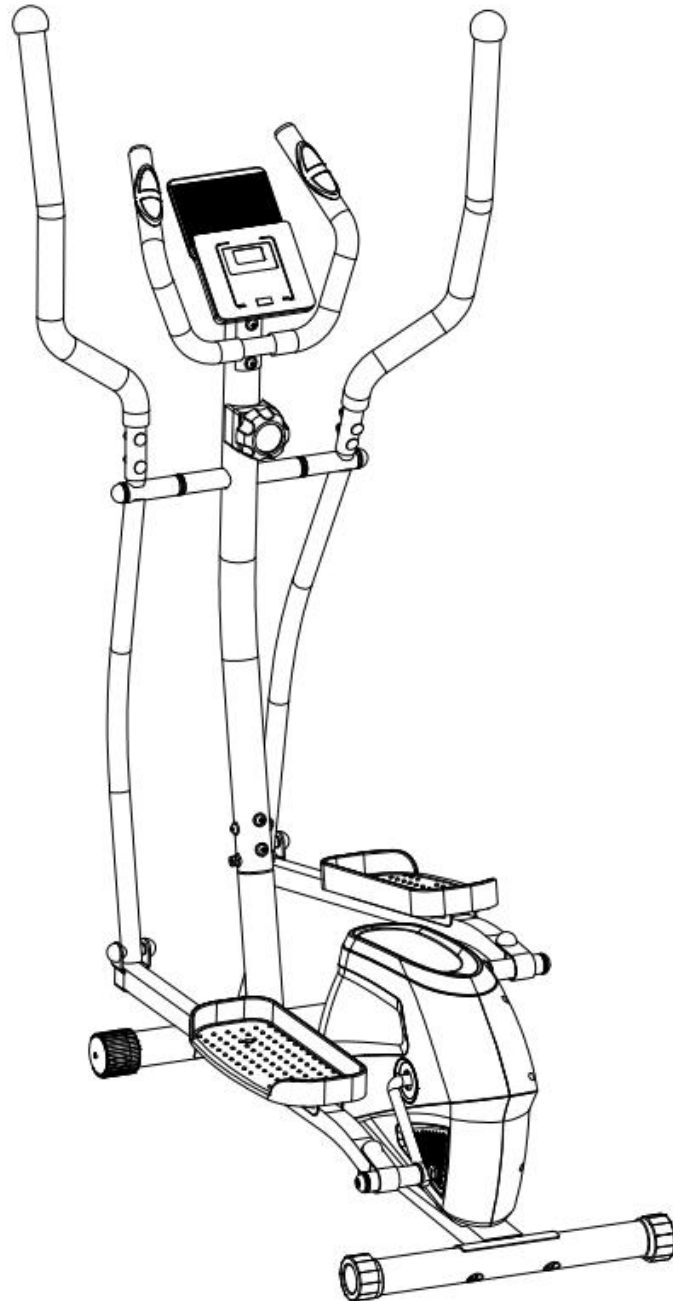


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Please read all instructions in the manual carefully before using the equipment and keep this manual properly!

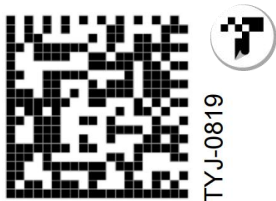
Customer Service

If you have any needs, please feel free to contact our customer service:

- ◆ yosudasports@gmail.com
- ◆ Contact us via Amazon: **Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"**

Assembling Video

- ◆ Download the Amazon Shopping APP
- ◆ Scan the *transparency barcode on the product's packaging*



- ◆ View the assembling video

Important Safety Information


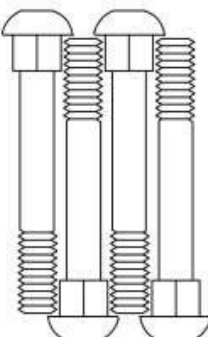
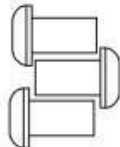

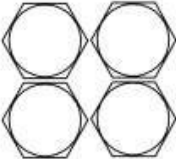

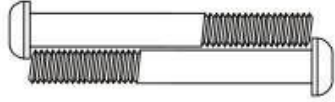





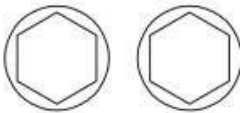

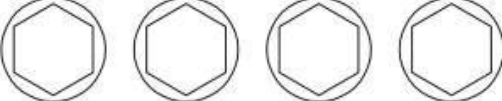
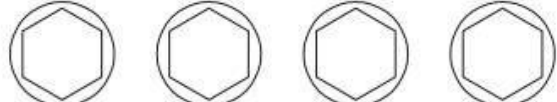
Please note the following safety precautions before exercising:

- 1 . Read all instructions before assembly & operation.
- 2 . Check all screws, nuts & other connections before using the bike.
- 3 . Do not expose the equipment to damp places, which will cause failure.
- 4 . When assembling, it is best to place parts on a mat (rubber or wood) to avoid soiling.
- 5 . Before exercise, make sure that no other items are placed within 2 meters around the equipment.
- 6 . Clean only with a damp cloth, do not use solvent cleaners and also note after each exercise should be wiped off the sweat on the equipment.
- 7 . Incorrect or excessive exercise can damage your health. It is recommended to consult a doctor before exercising. He will give you a maximum amount of training (including pulse, watts, duration, etc.) so that you can exercise and get accurate information. Note:This equipment is not suitable for therapeutic use.
- 8 . Only when the machine is in normal conditions to exercise, maintenance can only use the original accessories provide by the factory.
- 9 . This machine can only be used by one person at a time.
- 10 . Always wear sport clothes and sports shoes when exercising,especially the sports shoes must fit.
- 11 . If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- 12 . Children and disabled persons can only use when they are under guardianship.
- 13 . The design of this car can adjust the size of the resistance to adjust the motion intensity, and can be adjusted back and forth between light and heavy to select your suitable resistance.
- 14 . The maximum weight capacity of this unit is 100 kilograms.
- 15 . This equipment is designed for indoor use only!

Attention: Make sure all screws and nuts are tightened before exercise!

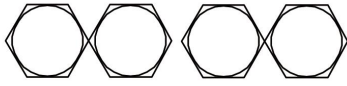
Tip: The front end cap can be moved,it allows you to move the bike!

Hardware Package 1:

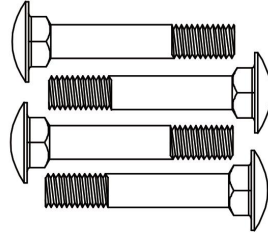
Step 1		Step 2	
 <p>#4 Arced Washer Φ20*Φ10.5*2 4PCS</p>	 <p>#1 Square Bolt M10*56 4PCS</p>	 <p>#31 Inner Hexagon Pan Bolt M8*15 3PCS</p>	 <p>#32 Arced Washer Φ8*Φ16*1.5 7PCS</p>
 <p>#5 Domed Nut M10 S17 4PCS</p>		 <p>#28 Nylon Nut M8 S13 2PCS</p>	
		 <p>#30 Inner Hexagon Pan Bolt M8*60 S5 2PCS</p>	
Step 3			
 <p>Spring Washer Ring #11 D13 2PCS</p>	 <p>#12L Nylon Nut (L) 1/2**20 S19 1PC</p>	 <p>#12R Nylon Nut (R) 1/2**20 S19 1PC</p>	 <p>#14L Pedal Bolt Φ16*89*1/2**20*S8 1PC</p>
 <p>#13 Waved Washer Ring Φ26*Φ16*0.3 2PCS</p>	 <p>#24 Ball Nut Cover S13 6PCS</p>	 <p>#14R Pedal Bolt Φ16*89*1/2**20*S8 1PC</p>	
 <p>#24 Ball Nut Cover S13 6PCS</p>		 <p>#15 Ball Nut Cover S16 4PCS</p>	

Hardware Package 2

Step 6



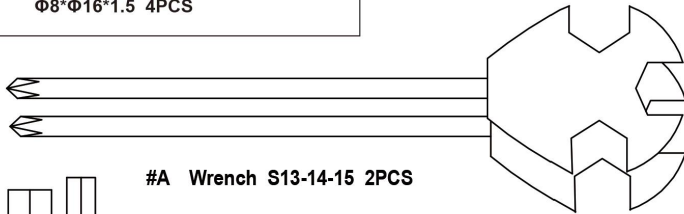
#53 Domed Nut M8 S13 4PCS



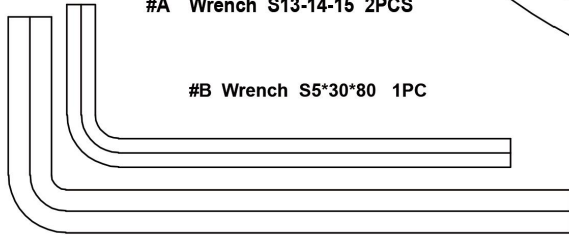
#49 Square Bolt
M8*40 4PCS



#32 Arced Washer
Φ8*Φ16*1.5 4PCS

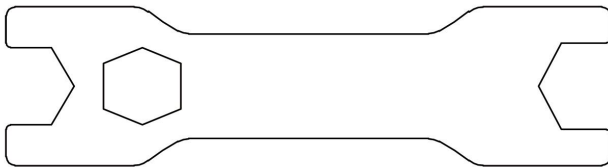


#A Wrench S13-14-15 2PCS



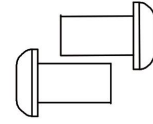
#B Wrench S5*30*80 1PC

#C Wrench S8*30*80 1PC



#D Wrench S17-19 1PC

Step 5

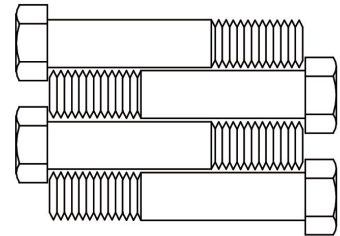


#31 Inner Hexagon Pan Bolt M8*15 S5 2PCS

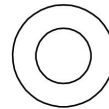


#32 Arced Washer Φ8*Φ16*1.5 2PCS

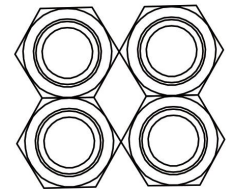
Step 4



#23 Small head Hexagon Bolt
M10*45 S14 4PCS



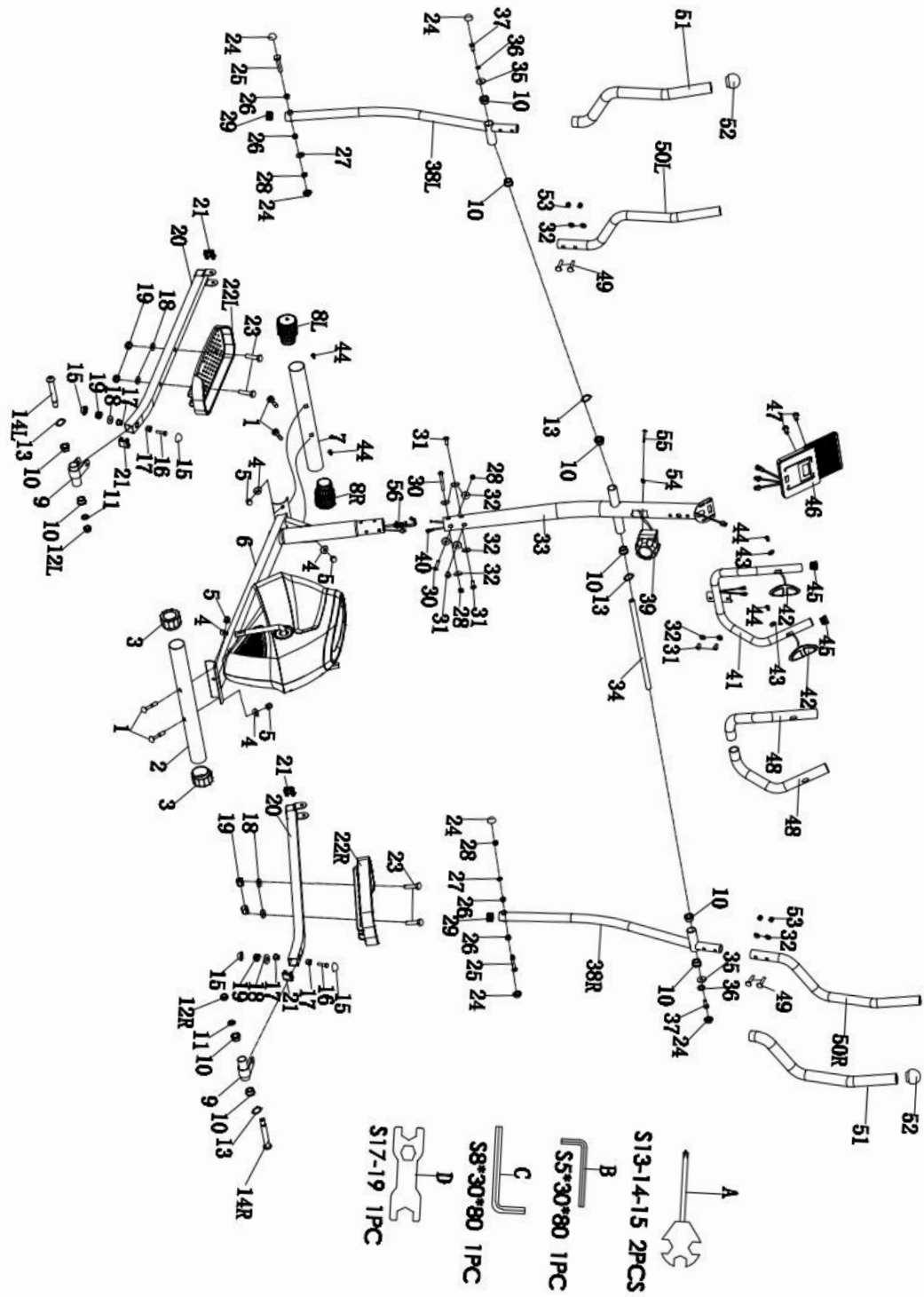
#18 Flat Washer
Φ10.5*Φ20*1.5 4PCS



#19 Nylon Nut M10 S17 4PCS

Exploding Picture and Part Lists

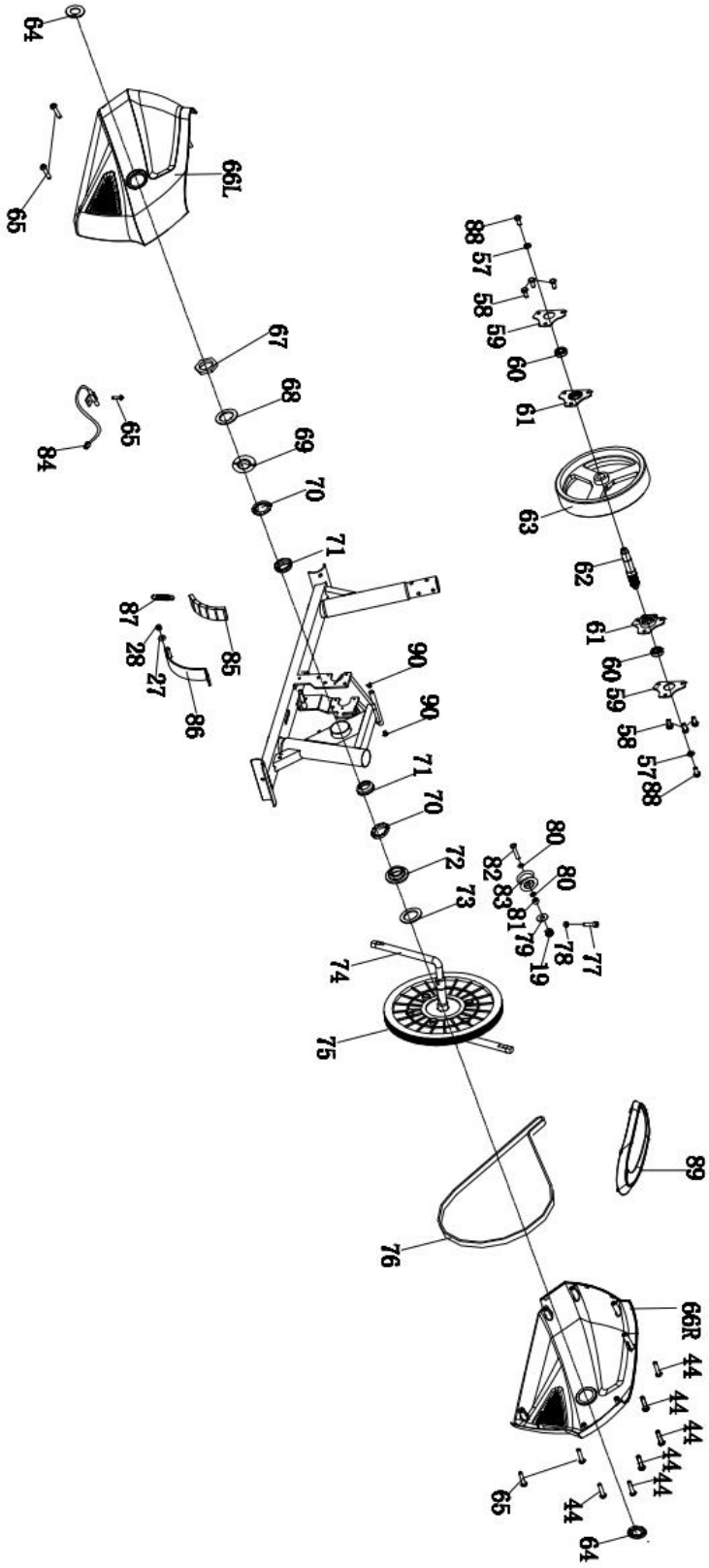
EXPLODED DRADWING 1:



HARDWARE PACKAGE No.1 :

No.	Description	Qty	No.	Description	Qty
1	Square Bolt M10*56	4	33	Upright Support	1
2	Rear Stabilizer	1	34	Long Axle $\Phi 15.8 \times 405$	1
3	Rear Stabilizer End Cap	2	35	Flat Washer $\Phi 8 \times \Phi 28 \times 2.0$	2
4	Arced Washer $\Phi 20 \times \Phi 10.5 \times 2$	4	36	Spring Washer Ring D8	2
5	Domed Nut M10 S17	4	37	External Hexagon Bolt M8*20 S14	2
6	Main Frame	1	38L/R	Swing Pole (L/R)	2
7	Front Stabilizer	1	39	Resistance Controller	1
8	Front Stabilizer End Cap	2	40	Monitor Mid Wire	1
9	Pole Conjunction	2	41	Mid Handlebar	1
10	Nylon Axle Sleeve $\Phi 28 \times \Phi 24 \times \Phi 16$	10	42	Pulse	2
11	Spring Washer Ring D13	2	43	Washer D5	2
12L	Nylon Nut (L) 1/2"×20-S19	1	44	Crossed Pan Self-tapping Screw ST4.2*20	10
12R	Nylon Nut (R) 1/2"×20-S19	1	45	Round Tube Cap $\Phi 25 \times 1.5$	2
13	Waved Washer Ring $\Phi 26 \times \Phi 16 \times 0.3$	4	46	Monitor	1
14L	Pedal Bolt $\Phi 16 \times 89 \times 1/2" \times 20$ -L S8	1	47	Crossed Pan Screw M5*10	2
14R	Pedal Bolt $\Phi 16 \times 89 \times 1/2" \times 20$ -R S8	1	48	Mid Handlebar Foam	2
15	Ball Nut Cover S16	4	49	Square Bolt M8*40	4
16	External Hexagon Bolt M10*55 S17	2	50L/R	Handlebar	2
17	Small Axle Sleeve $\Phi 18 \times \Phi 14 \times \Phi 10.2 \times 13$	4	51	Handlebar Foam	2
18	Flat Washer $\Phi 10.5 \times \Phi 20 \times 1.5$	6	52	Tube Cap	2
19	Nylon Nut M10 S17	7	53	Domed Nut M8 S13	4
20L/R	Pedal Pole Tube	2	54	Arced Washer D5	1
21	Square Tube Cap	4	55	Crossed Pan Screw M5*40	1
22L/R	Pedal	2	56	Resistance Controller Down Wire	1
23	Small head Hexagon Bolt M10*45 S14	4	A	Wrench S13-14-15	2
24	Ball Nut Cover S13	6	B	Wrench S5*30*80	1
25	External Hexagon Bolt M8*55 S14	2	C	Wrench S8*30*80	1
26	Small Axle Sleeve $\Phi 16 \times \Phi 12 \times \Phi 8.2 \times 9.5$	4	D	Wrench S17-19	1
27	Flat Washer D8* $\Phi 16 \times 1.5$	3			
28	Nylon Nut M8 S13	5			
29	Round Tube Cap $\Phi 28 \times 1.5$	2			
30	Inner Hexagon Pan Bolt M8*60 S5	2			
31	Inner Hexagon Pan Bolt M8*15 S5	5			
32	Arced Washer $\Phi 8 \times \Phi 16 \times 1.5$	13			

EXPLODED DRAWING 2:



HARDWARE PACKAGE No.2 :

57	Flat Washer $\Phi 6.5 \times \Phi 16 \times 1.5$	2	76	Belt	
58	External Hexagon Bolt M6*9	6	77	Inner Hexagon Cylinder Bolt M6*25	1
59	Bearing Board	2	78	Hexagon Nut M6 S10	1
60	Bearing 6001RS	2	79	Flat Washer D10* $\Phi 20 \times 2$	1
61	Bearing Support	2	80	Flat Washer $\Phi 10.2 \times \Phi 14 \times 1$	2
62	Flywheel Axle	1	81	Idler Wheel Spacer	1
63	Flywheel	1	82	Small head Hexagon Bolt M10*40 S14	1
64	Crank Cap	2	83	Arced Idler Wheel	1
65	Crossed Pan Self-tapping Self-drilling Screw S4.2*16	5	84	Sensor	1
66L/R	Chain Cover	2	85	Black Magnetic	5
67	Hexagon Nut	1	86	Magnetic Board	1
68	Anti-loosen Washer	1	87	Spring	1
69	Double Groove Nut	1	88	External Hexagon Bolt M6*15 S10	2
70	Ball Rack	2	89	Up Chain Cover	1
71	Bead Bowl	2	90	Tube Cap	2
72	Tri-groove Nut	1			
73	Washer	1			
74	Crank	1			
75	Belt Disk	1			

Assembly Instructions

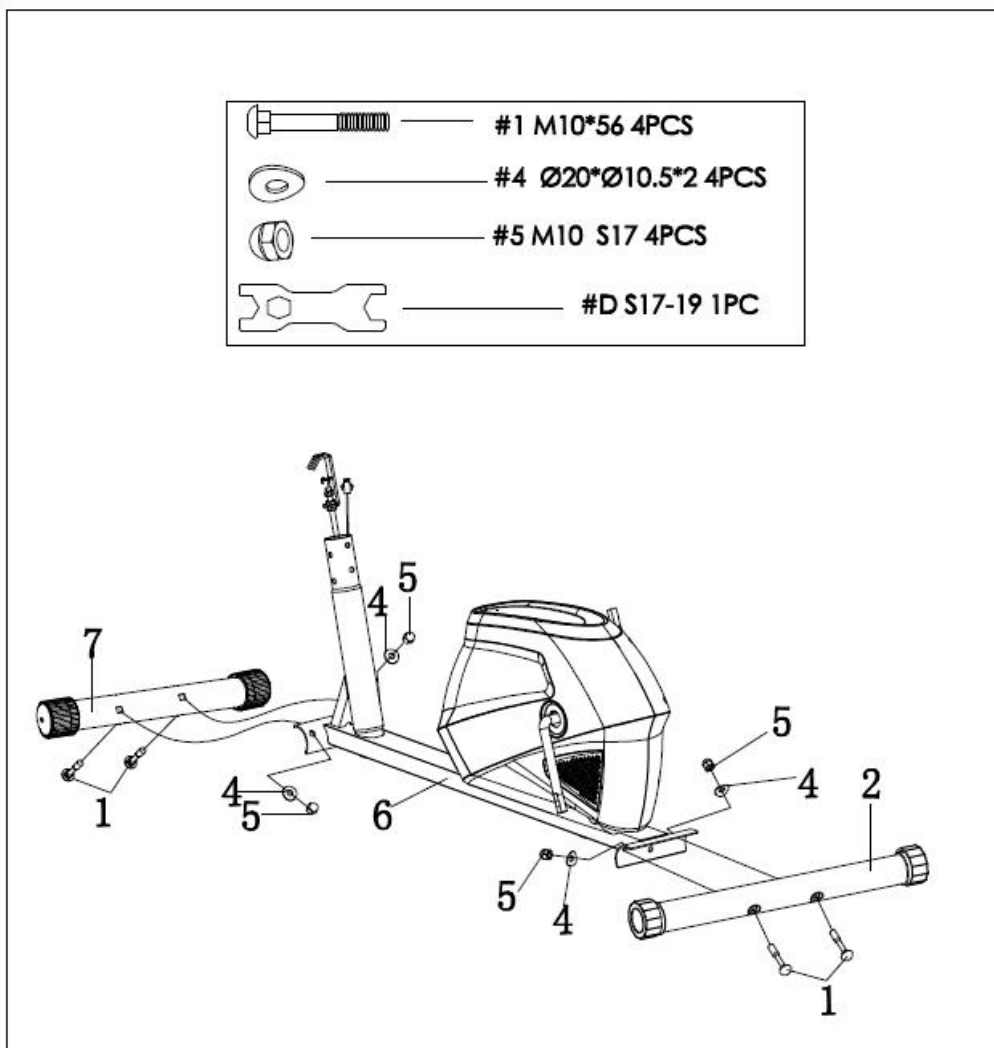
1. Preparatory work:

- A. Make sure there is enough space before installation;
- B. Confirm all of the components are all-ready before installation. (refer to previous product exploded view which indicates the name and the location of the components);
- C. Use the provided tools or the special self-contained tools to install.

2. Assembly instructions:

Step 1:

Lock Front Stabilizer (7) and Rear Stabilizer (2) into Main Frame (6) respectively by using Square Bolt (1) ,Arced Washer (4) and Domed Nut (5) .

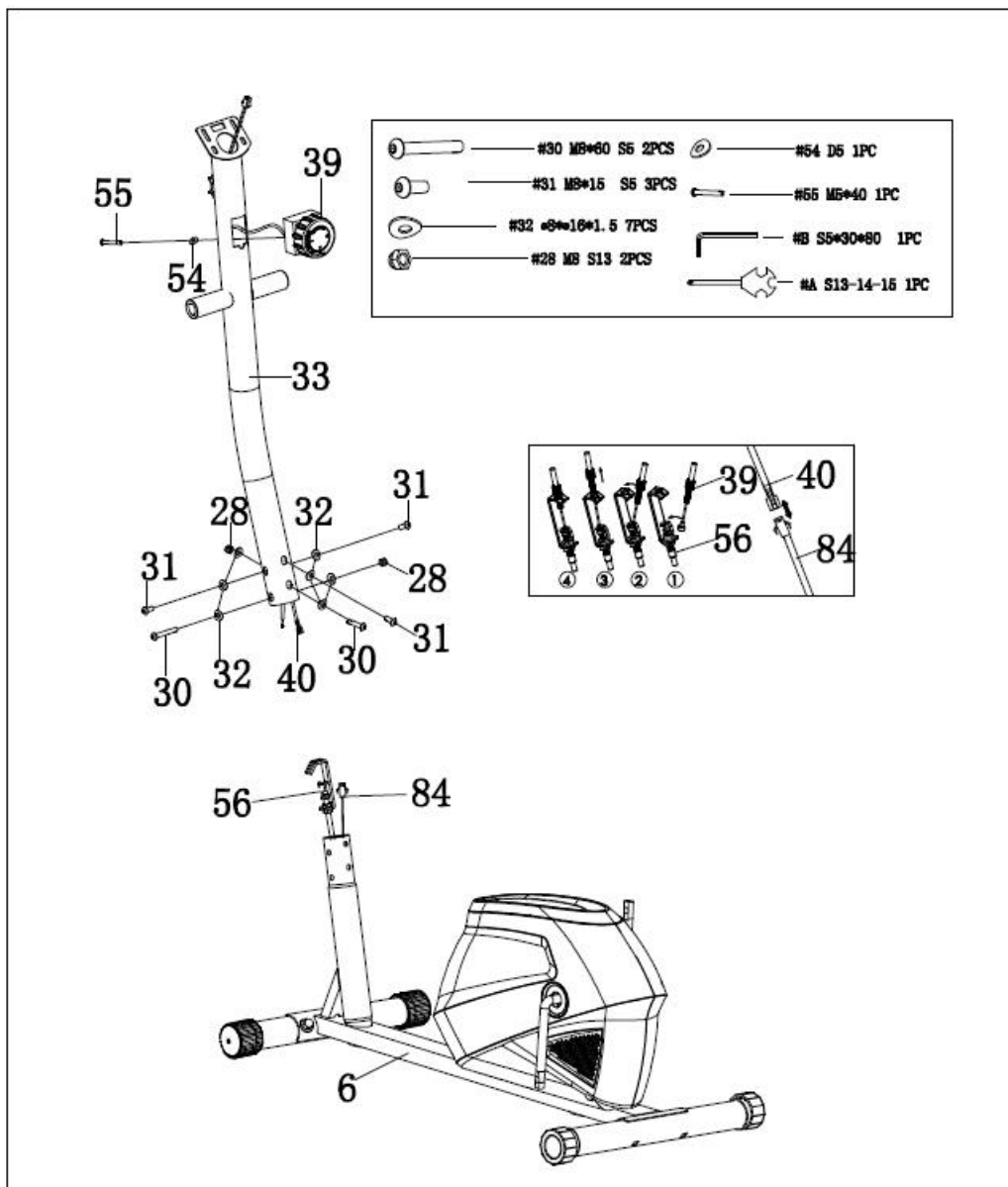


Step 2:

First, Lock Resistance Controller (39) into Upright Support (33) by using Crossed Pan Screw (55) and Arced Washer (54).

Second, Connect Monitor Mid Wire (40) and the wire of Sensor (84). Then, connect the wire of Resistance Controller (39) and Resistance Controller Down Wire (56).

Third, Lock Upright Support (33) into Main Frame (6) by using Inner Hexagon Pan Bolt (31), Inner Hexagon Pan Bolt (30), Arced Washer (32) and Nylon Nut (28).



Step 3:

First, Pull out External Hexagon Bolt (37), Spring Washer Ring (36), Flat Washer (35) and Waved Washer Ring (13) from Long Axle (34).

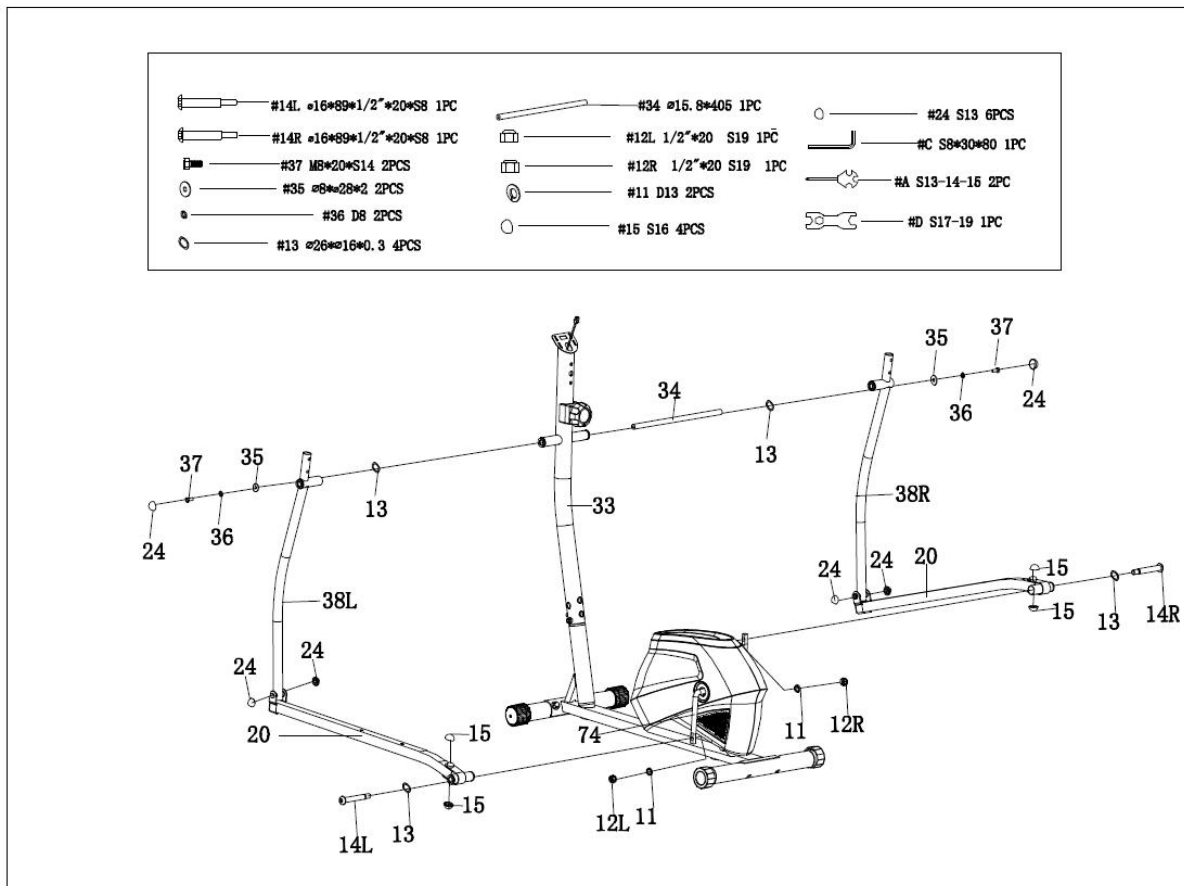
Second, Make Long Axle (34) through Upright Support (34) and install Waved Washer Ring (13) into lock Long Axle (34).

Third, Insert Swing Pole (38L/R) into Long Axle (34) respectively and lock Swing Pole (38L/R) in Long Axle (34) by using External Hexagon Bolt (37), Spring Washer Ring (36) and Flat Washer (35), then install Ball Nut Cover (24).

Finally, Lock Pedal Pole Tube (20L/R) into Crank (74) respectively by using Pedal Bolt (14L/R), Waved Washer Ring (13), Spring Washer Ring (11) and Nylon Nut (12L/R), then insert Ball Nut Cover (15).

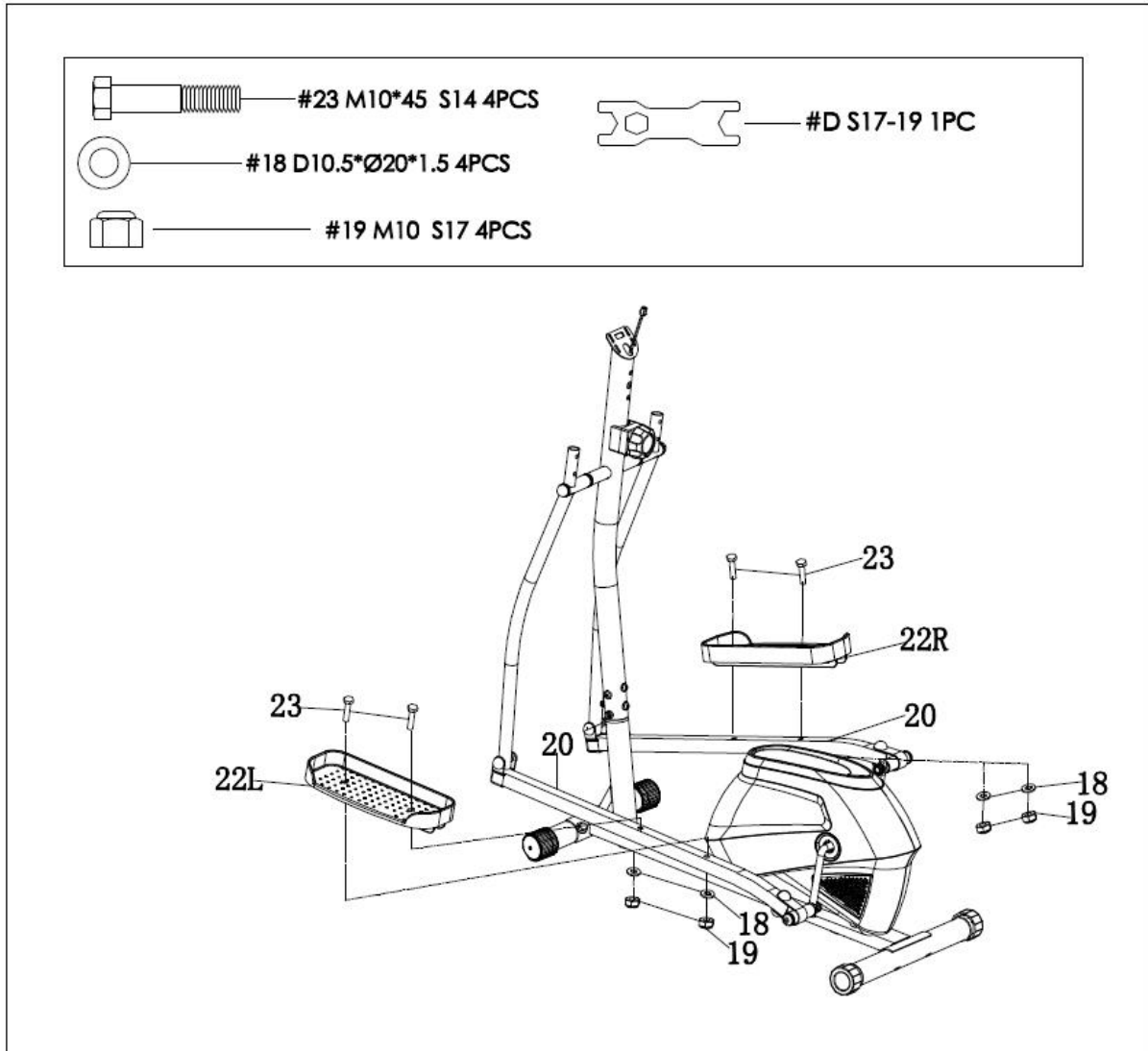
Note:

It should be toward clockwise when lock Pedal Bolt (14R), while toward anti-clockwise when lock Pedal Bolt (14L).



Step 4:

Lock Pedal (22L/R) into Pedal Pole Tube (20L/R) respectively by using Small head Hexagon Bolt (23) ,Flat Washer (18) and Nylon Nut (19) .



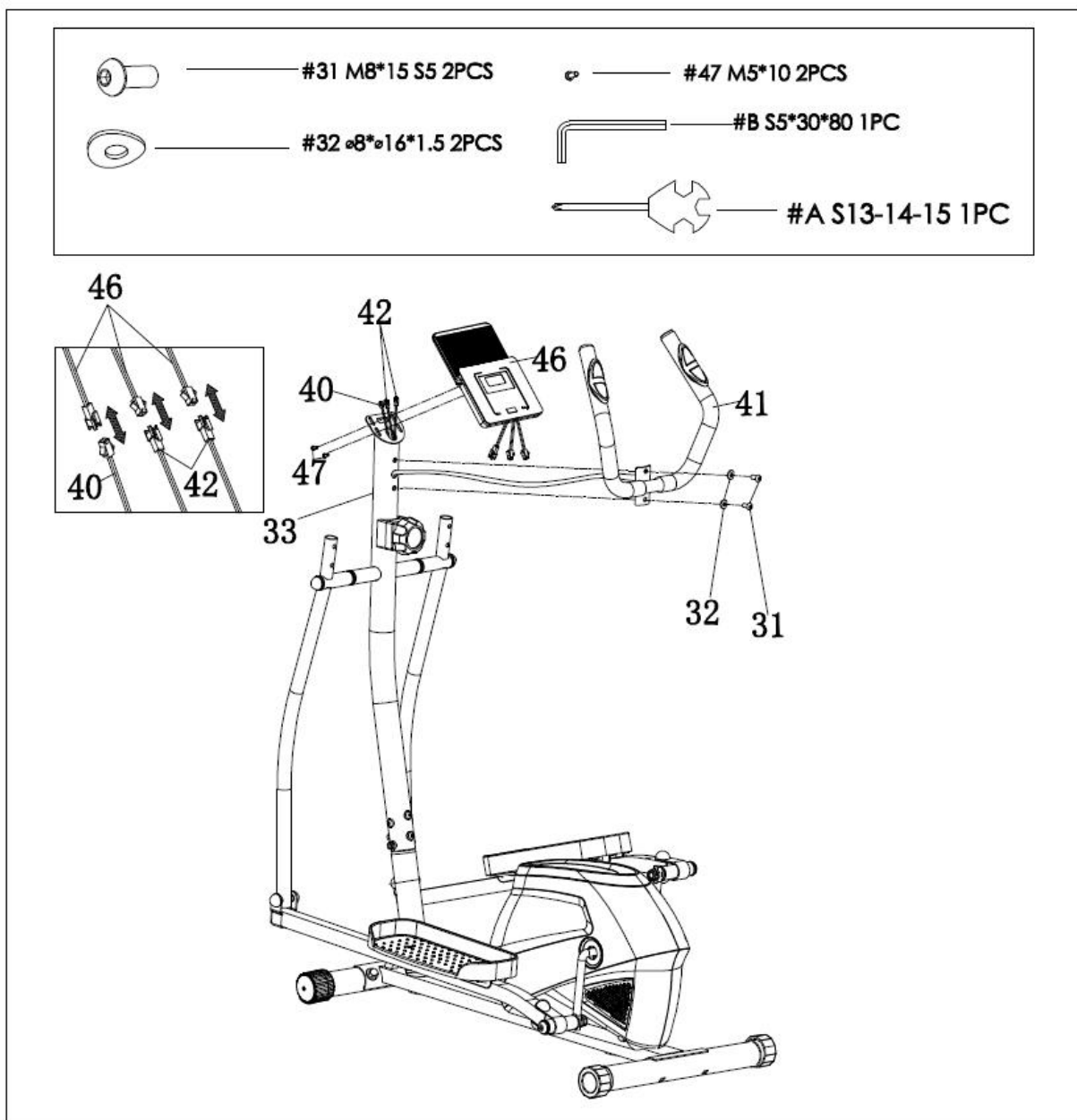
Step 5:

First, Make wire of Pulse (42) through the wire hole of Upright Support (33) and drag it out from the top of Upright Support (33).

Second, Lock Mid Handlebar (41) into Upright Support (33) by using Inner Hexagon Bolt (31) and Arced Washer (32).

Third, Pull out Crossed Pan Screw (47) from Monitor (46). Then, connect the wire of Monitor (46) with Monitor Mid Wire (40) and the wire of Pulse (42).

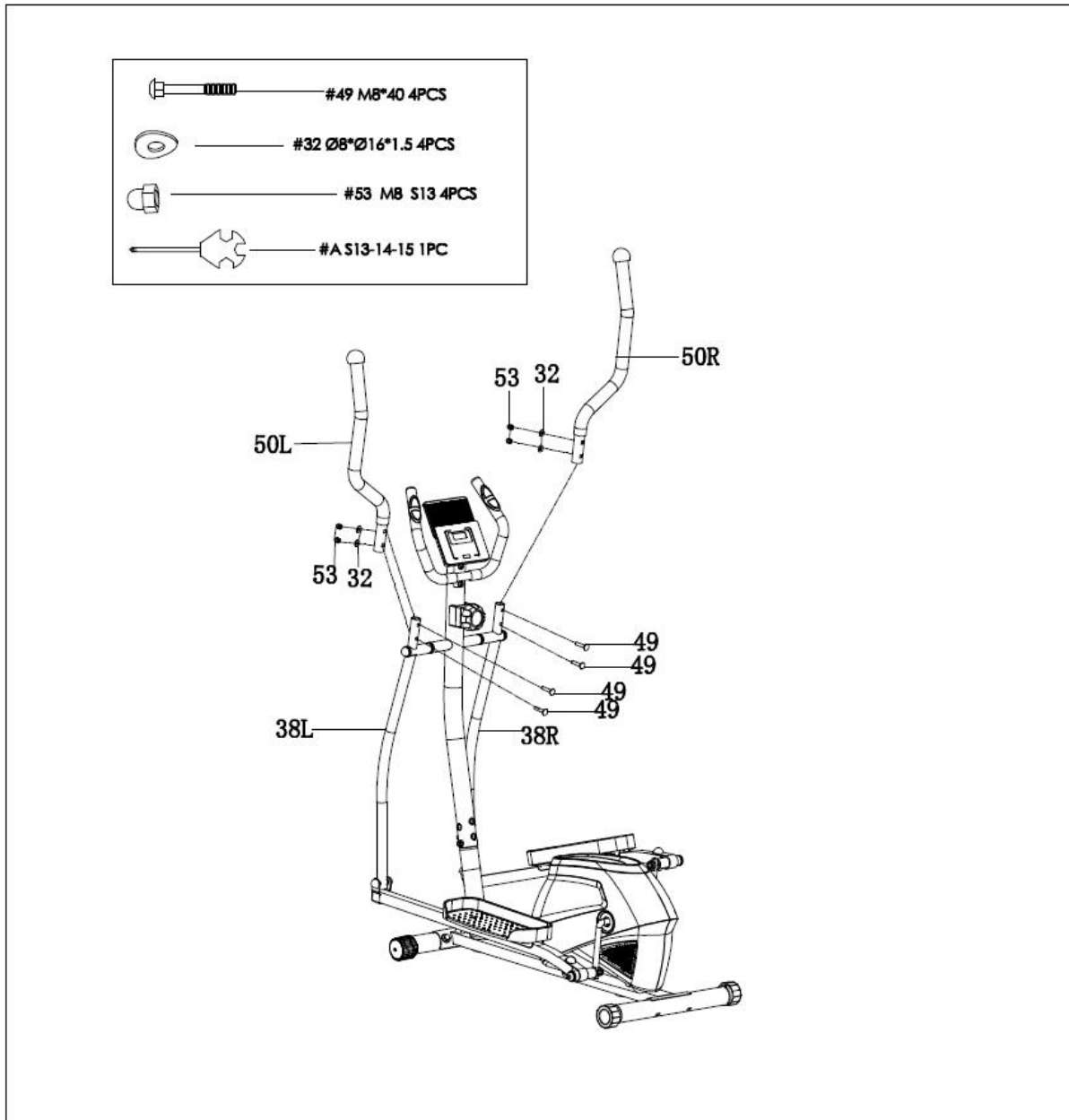
Finally, Lock Monitor (46) into Upright Support (33) by using Crossed Pan Screw (47).



Step 6:

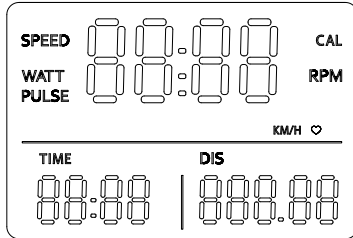
First, Insert Handlebar (50L/R) into Swing Pole (38L/R) respectively .

Second, Keep holes of Handlebar (50L/R) in line with holes of Swing Pole (38L/R) respectively and lock them together by using Square Bolt (49) , Arced Washer (32) and Domed Nut (53) .





Monitor Operating Manual

Description of instrument window



TIME	Current time for exercise	0min:00s ~ 99min:59s
DIS	Current distance for exercise	0.00-999.99 KPH(MPH)
WATT	Power	0-999 W
PULSE	Heart rate during the exercise	30-240 BPM
CAL	Current calories burned during the exercise	0~ 9999 C
RPM	Rotating speeds	0 ~ 999 RPM

Button function

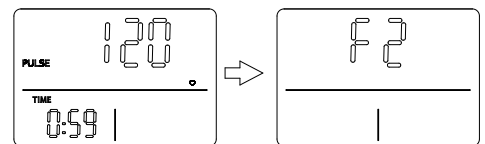
MODE	. During non-exercise, switch each setting item.
RECOVERY	. In the set state:Clears the current data to 0. . In the working state: Into the RECOVERY mode. . In the stop state:clear all data to 0.
 UP	. In the set state:Adjust upwards during setting. . In the exercise state:Select up and fix a feature display. . In the stop state:Look up the motion data.
 DOWN	. In the set state:Adjust downwards during setting. . In the exercise state:Select down and fix a feature display. . In the stop state:Look down the motion data.

1. Exercise state:

- Display automatically changes according to the next diagram every 6 seconds.
SPEED → WATT → PULSE → CALORIES → RPM
- UP:Select upwards and fix a certain function to display on the main window.
- DOWN: Select downwards and fix a certain function to display on the main window.

2. Stop State:

- RECOVERY**: Clears all data to 0;
- MODE** : switch each setting item : Heart rate limit ->calories ->time ->distance->quit;
- In the set state,The current setting item flashes, press UP or DOWN key to upwards/downwards, press RECOVERY key to clears 0.
- If there is a set heart rate limit, when the heart rate exceeds the limit, a "DI DI" tone is prompt interval 10 seconds.
- If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0,there will be "DI DI" sound prompt.



3. RECOVERY:

- a) When the control displays the heartbeat value at exercise state, press the RECOVERY key and keep the heartbeat monitoring.
- b) TIME displays "0:60" (seconds), countdown starts at 60 seconds, and the system starts testing.
- c) When the TIME display counts down to "0: 00", the main window of the meter displays F1 ~ F6, indicating the level of heartbeat recovery ability.
- d) "E1" mark will be displayed when heart rate data is lost during the test.

F1=1.0	Optimum
1.0 < F2 <2.0	Good
2.0 < F3 <2.9	Relatively good
3.0 < F4 <3.9	Normal
4.0 < F5 <5.9	Relatively poor
F6=6.0	Poor

4. Sleep and Wake:

In the stop state, the system automatically sleeps after 4 minutes, and display off .When there is any key or Pedal action, it will automatically wake up, the data is not clear 0.

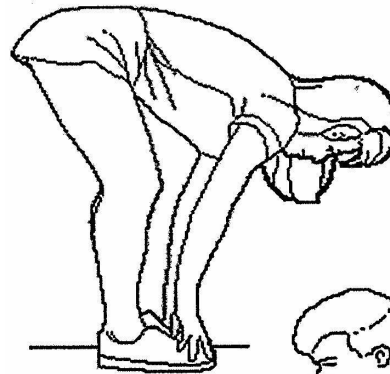
Exercise Instructions

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.

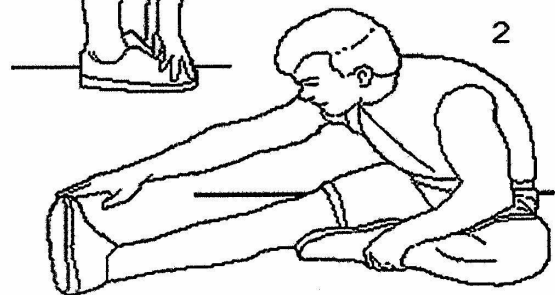
1.Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes.Keep it for 10 ~15 seconds,repeat 3 times.



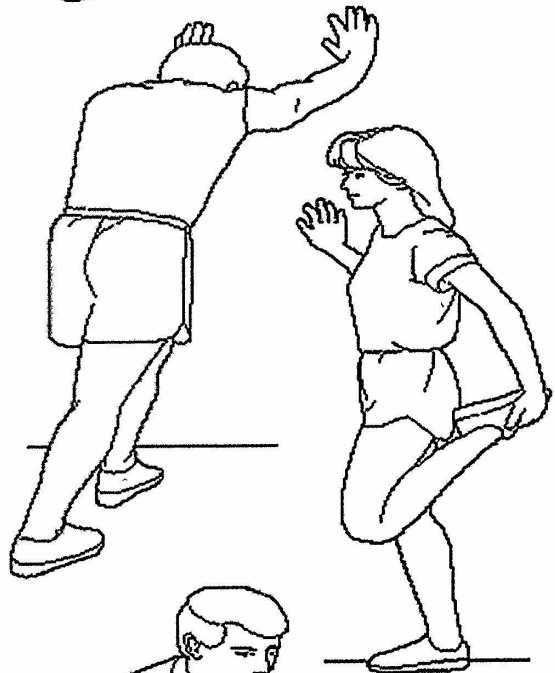
2.Hamstring Stretch

Sitting on a clean cushion,then bend your right foot.Place your left foot against the inner thigh of your right foot.Try to touch your toes .Keep it for 10 ~15 seconds,repeat each foot 3 times .



3.Calf and Foot Stretching

Stand and place both hands on a wall or a tree,one foot behind.Keep the behind foot stand and it's heel on the floor,then tilt to the wall or tree.Keep it for 10 ~15 seconds,repeat each foot 3 times.

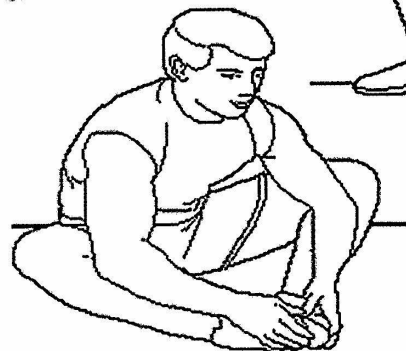


4.Quadriceps Stretch

Place your left hands against a wall or a desk to aid your balance.Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10 ~15 seconds,repeat each foot 3 times .

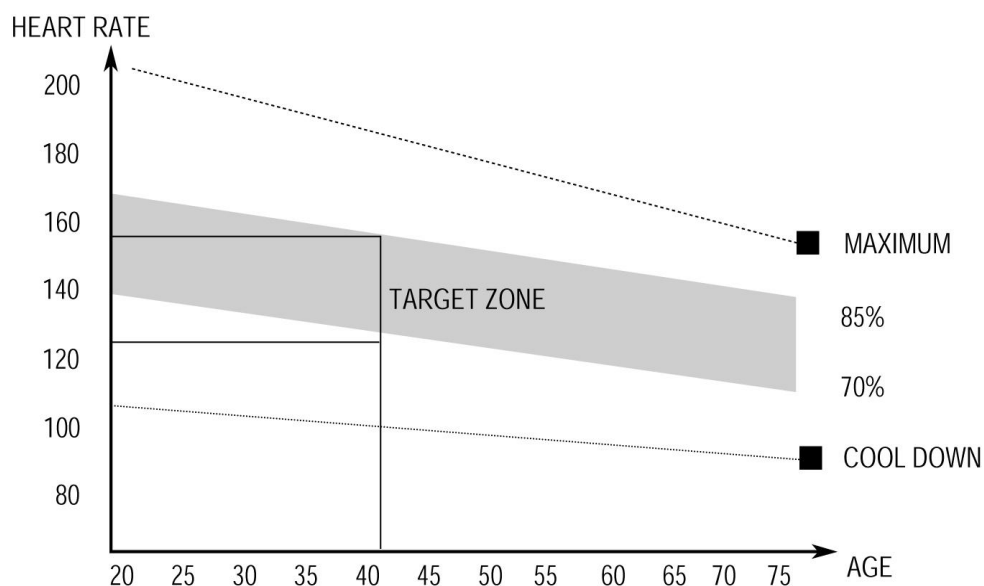
5.Groin Stretch

Sit with your knees flexed and soles of feet together.Hold your ankles and bend at your hips.Keep it for 10 ~15 seconds,repeat 3 times.



Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes. After repeat it easily for several times, you can increase training strength. After exercising for a period of time, your heart beat will be close to the best position in the graph as below (Shaded part). Note: This exercising is for your whole life, it can not complete in one night, so you should keep it .



Recovery 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. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

When using elliptical exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the high resistance the harder to step. Users can use this device to find a suit.