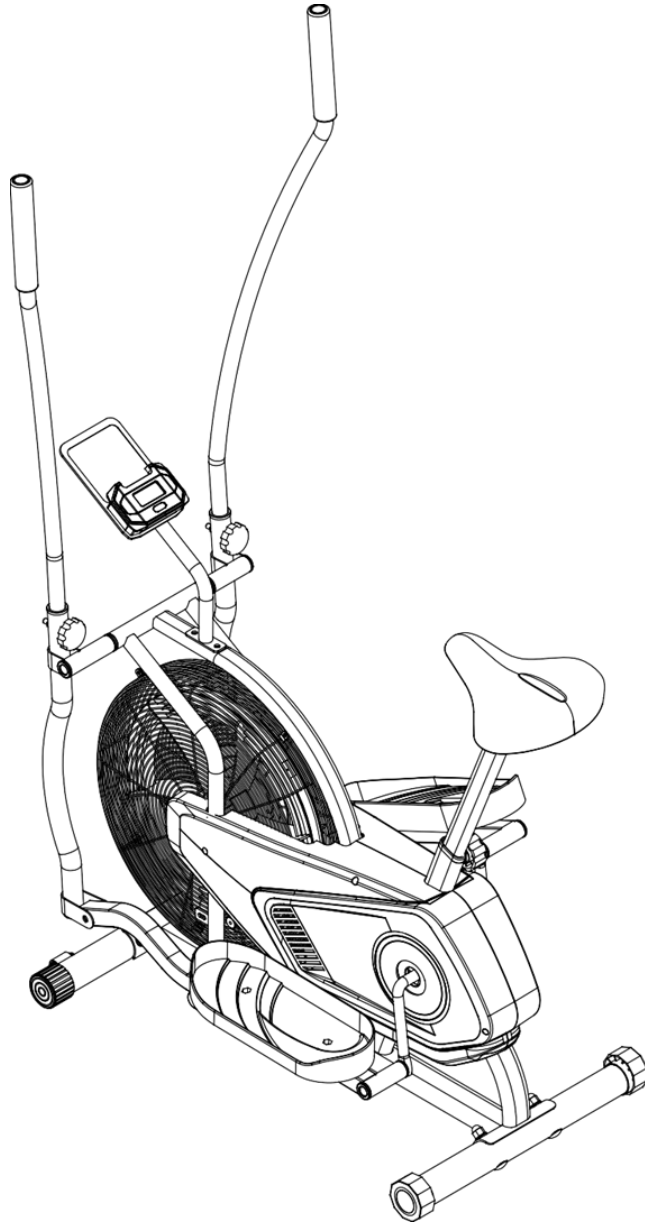


PHILOSOPHY GYM

Air Bike



Owner's Manual

Model: A569

IMPORTANT!

Please read all instructions carefully before using this product.
Retain this manual for future reference.

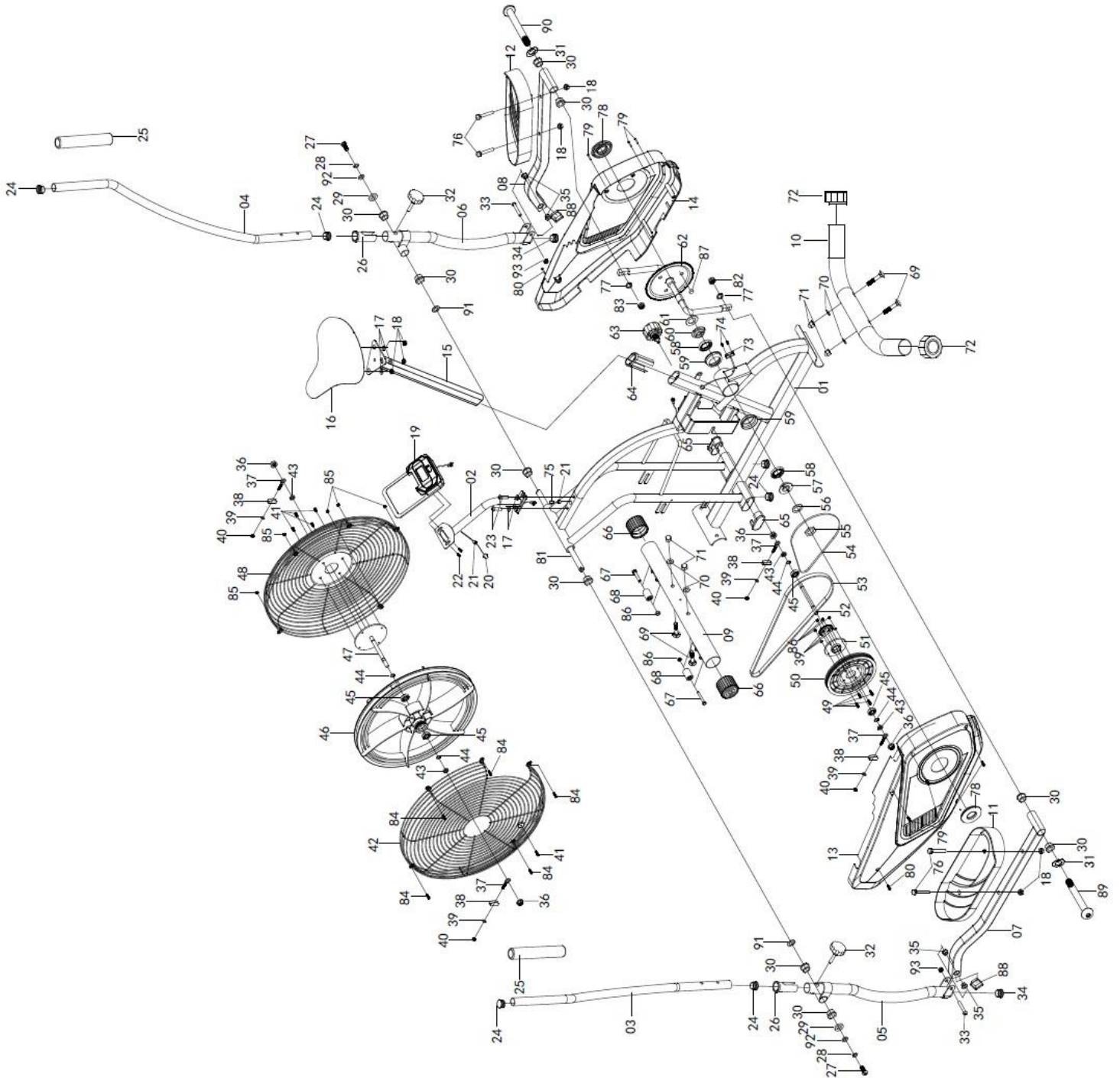
WARNING:

Misuse of this machine may result in serious injury.

Please read and follow all precautions below.

- Consult a medical doctor prior to use to address risks involved with this machine or to determine if you have any medical or physical conditions that could put your health and safety at risk.
- Read entire manual carefully prior to use. Only use the machine as explained in this booklet and for its intended purpose.
- This machine is not a toy. Keep away from children.
- Keep body, hair, pets, and all loose items clear of all moving parts. Always wear appropriate workout clothing, including running or aerobic shoes while exercising.
- Only use the equipment on a flat, level, clear surface. Do not use the machine near water or outdoors. Check for any potential hazards around the unit.
- Incorrect or excessive exercise can be dangerous to your health. If you feel dizziness, nausea, chest pain, back pain or other symptoms stop the workout at once and seek medical attention before continuing.
- Do not use machine if user weight exceeds the maximum capacity of 250 pounds.
- Check for damage, loose, or broken parts, and confirm all nuts, bolts, straps, and other hardware are securely tightened or adjusted before using. Discontinue use if damage or unusual sounds are present.

PARTS DIAGRAM



PARTS LIST

PART NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Computer Post	1
3	Left Handrail Arm	1
4	Right Handrail Arm	1
5	Left Handrail	1
6	Right Handrail	1
7	Left Foot Bar	1
8	Right Foot Bar	1
9	Front Stabilizer Ø50	1
10	Rear Stabilizer Ø50	1
11	Left Foot Pedal	1
12	Right Foot Pedal	1
13	Left Cover	1
14	Right Cover	1
15	Seat Post	1
16	Seat Cushion	1
17	Flat Washer Ø8xØ16x1.5	5
18	Nylon Nut M8	7
19	Computer	1
20	Extension Sensor Wire L=450mm	3
21	Wire Plug Ø12	2
22	Cross Pan Head Screw M5 x 10	2
23	Hexagon Bolt M8x30	2
24	Handrail Arm End Cap Ø25	6
25	Handrail Arm Foam Grip Ø24xØ35x280	2
26	Plastic Bushing Ø32x1.5	2
27	Hexagon Bolt M10x20	2
28	Spring Washer Ø19.5xØ11.5x2.5	2
29	Washer Ø28xØ16xØ5	2
30	Bushing Ø28xØ16x16	10
31	Wave Washer Ø26xØ16xØ0.3	2
32	Handrail Arm Adjustable Knob M8	2
33	Hexagon Bolt M10x50	2
34	Plug Ø32	2
35	Spacer Bushing Ø18xØ14xØ10x10	4
36	Flange Nut M10xP1.0	4
37	Eyebolt M6x36	4
38	U-shape Bracket	4
39	Spring Washer Ø6	8
40	Nut M6	4
41	Cross Pan Head Screw M6x10	5
42	Left Cover for Flywheel Ø490	1
43	Hexagon Nut M10xP1x5	4
44	Circlip Ø10	4

PARTS LIST

PART NO.	DESCRIPTION	QUANTITY
45	Bearing 6000Z	4
46	Flywheel Ø415x55	1
47	Axle Sleeve	1
48	Right Cover for Flywheel Ø490	1
49	Hexagon Bolt M6x15	4
50	Belt Pulley with crank Ø170	1
51	Gear	1
52	Axle Ø10x140	1
53	Belt PJ390/J5	1
54	Chain	1
55	Hexagon Flat Nut 7/8"	1
56	Washer Ø35x2	1
57	Puller Bushing 15/16"	1
58	Bearing Ø44.5	2
59	Bearing Bush Ø55.6x16	2
60	Puller Bushing 7/8"	1
61	Flat Washer Ø40x2.8	1
62	Chain Pulley with Crank Ø165	1
63	Seat Height Adjustable Knob M16	1
64	Seat Post Plastic Bushing 50x25x1.5	1
65	End Cap for Main Frame	2
66	End Cap for Front Stabilizer Ø50	2
67	Hexagonal Bolt M6x45	2
68	Movable Wheel Ø22xØ6.5x30.5	2
69	Bolt M10x56	4
70	Curve Washer Ø10xØ20x2.0	4
71	Cap Nut M10	4
72	End Cap for Rear Stabilizer Ø50	2
73	Sensor L=350mm	1
74	Cross Pan Head Self-Tapping Screw ST2.9x9.5	2
75	Sensor Wire L=500mm	1
76	Hexagon Bolt M8x50	4
77	Spring Washer 1/2"	2
78	Crank Cover Ø60	2
79	Cross Pan Head Tapping Screw ST4.2x20	6
80	Cross Countersunk Head Tapping Screw ST4.2x20	2
81	Rotation Rod	1
82	Nylon Nut for Left Crank	1
83	Nylon Nut for Right Crank	1
84	Cross Pan Head Screw M5x10	5
85	Nylon Nut M5	5
86	Nylon Nut M6	6

PARTS LIST

PART NO.	DESCRIPTION	QUANTITY
87	Magnet Ø18	1
88	End Cap 30x30	2
89	Bolt for Left Crank Ø16x89xL23	1
90	Bolt for Right Crank Ø16x89xL23	1
91	Wave Washer Ø22xØ17x0.3	2
92	Flat Washer Ø10xØ25x2.0	2
93	Nylon Nut M10	2

PLEASE READ BEFORE ASSEMBLING

- Find an open space with adequate ventilation and lighting.
- Avoid moving the machine during assembly. Protect the floor or carpet with a large mat before removing parts from carton.
- Identify and locate all hardware and tools necessary to assemble the machine.
- Review all safety warnings before beginning assembly.

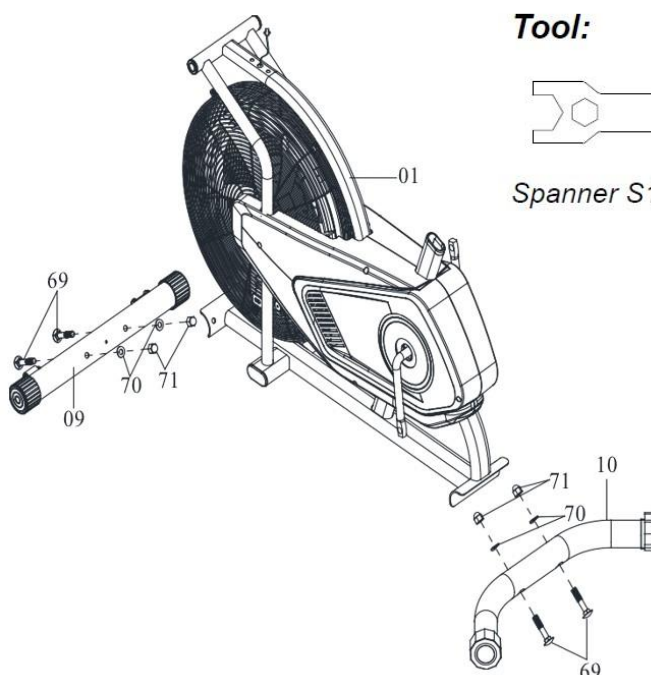
ASSEMBLY INSTRUCTIONS

STEP 1:

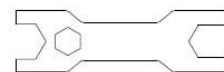
Front and Rear Stabilizer

Attach the Rear Stabilizer (10) on to the Main Frame (1) with two M10 Cap Nuts (71), two Ø 10x Ø 20 x 2.0 Curve Washers (70) and two M10x56 Bolts (69).
Tighten with the Spanner provided.

Attach the Front Stabilizer (10) on to the Main Frame (1) with two M10 Cap Nuts (71), two Ø 10x Ø 20 x 2.0 Curve Washers (70) and two M10x56 Bolts (69).
Tighten with the Spanner provided.



Tool:



Spanner S13-S17-S19

ASSEMBLY INSTRUCTIONS

STEP 2:

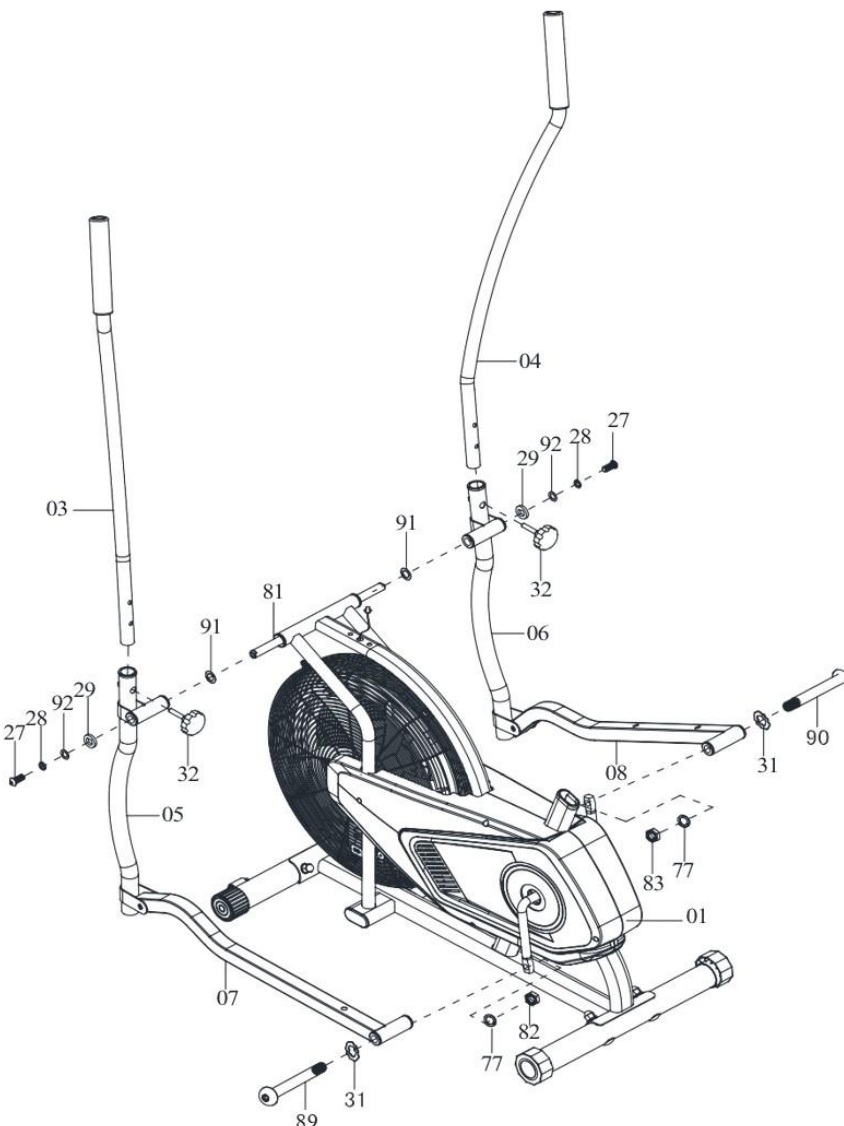
Left and Right Foot Pedals Left and Right Foot Bar Left and Right Handrail Arm

Remove two M10x20 Hexagon Bolts (27), two $\text{\O}19.5 \times \text{\O}11.5 \times 2.5$ Spring Washers (28), two $\text{\O}25 \times \text{\O}20 \times 2.0$ Flat Washers (92), two $\text{\O}28 \times \text{\O}16 \times \delta 5$ Washers (29) and two $\text{\O}22 \times \text{\O}17 \times \delta 0.3$ Wave Washers (91) from the Rotation Rod (81).

Insert the Rotation Rod (81) into the hole of the Main Frame (1). Attach two $\text{\O}22 \times \text{\O}17 \times \delta 0.3$ Wave Washers (91) onto the Rotation Rod (81), then attach L & R Handrails (5) (6) onto the Rotation Rod (81) using two M10x20 Hexagon Bolts (27), two $\text{\O}19.5 \times \text{\O}11.5 \times 2.5$ Spring Washers (28), two $\text{\O}25 \times \text{\O}20 \times 2.0$ Flat Washers (92) and two $\text{\O}28 \times \text{\O}16 \times \delta 5$ Washers (29). Tighten with Allen Wrench provided.

Attach the Right Foot Bar (8) onto the right Crank with one $\text{\O}16 \times 89 \times \text{L}23$ Bolt for right Crank (90), one $\text{\O}26 \times \text{\O}16 \times 0.3$ Wave Washer (31), one 1/2" Spring Washer (77), and one Nylon Nut for right Crank (83).

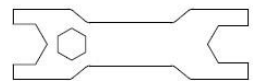
Tighten bolt and nylon nut with one 8mm Allen Wrench and Multi Hex Tool provided.



Tool:



Allen Wrench S6



Spanner S13-S17-S19

NOTE:

$\text{\O}16 \times 89 \times \text{L}23$ Bolt for Right Crank (83) and $\text{\O}16 \times 89 \times \text{L}23$ Bolt for Left Crank (82) are marked "R" for Right and "L" for Left.

Use the same procedure to attach the left Foot Bar (7) onto the left Crank.

Insert the Right Handrail Arm (4) into the Plastic Bushing on the tube of the Right Handrail (6) using M8 Handrail Arm Adjustable Knob (32).

Repeat the same procedure to assemble the Left Handrail Arm (3).

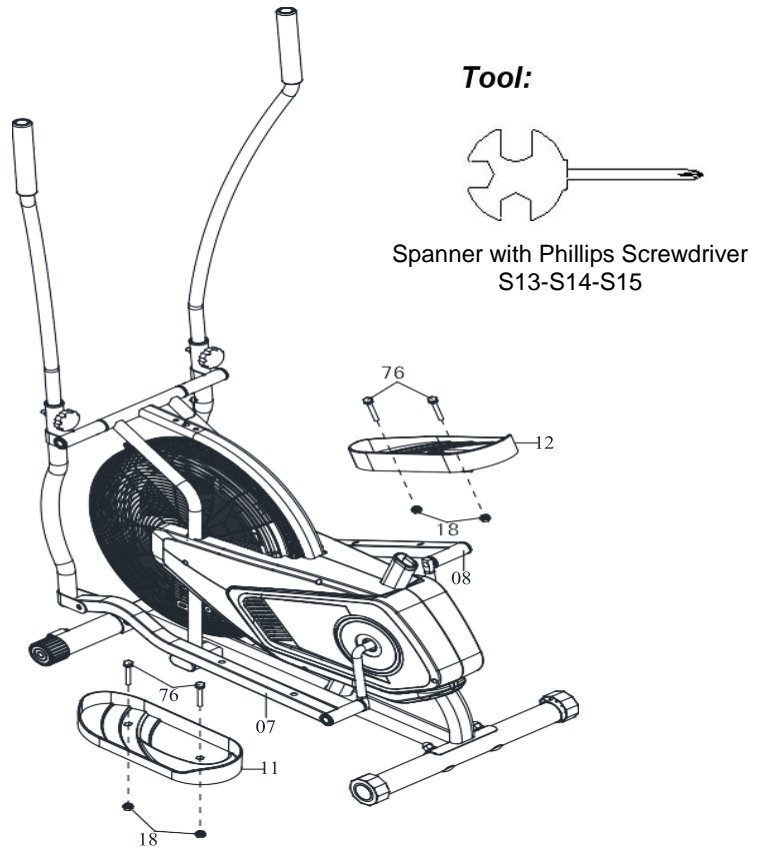
ASSEMBLY INSTRUCTIONS

STEP 3: Right and Left Foot Pedals

Attach the Left Foot Pedal (11) onto the Left Foot Bar (7) with two M8x50 Hexagon Bolts (76) and M18 Nylon Nuts (18).

Tighten nylon nuts with the Spanner with Phillips Screwdriver provided.

Use the same procedure to attach the Right Foot Pedal (12) onto the Right Foot Bar (8).



STEP 4: Seat Post, Seat Cushion

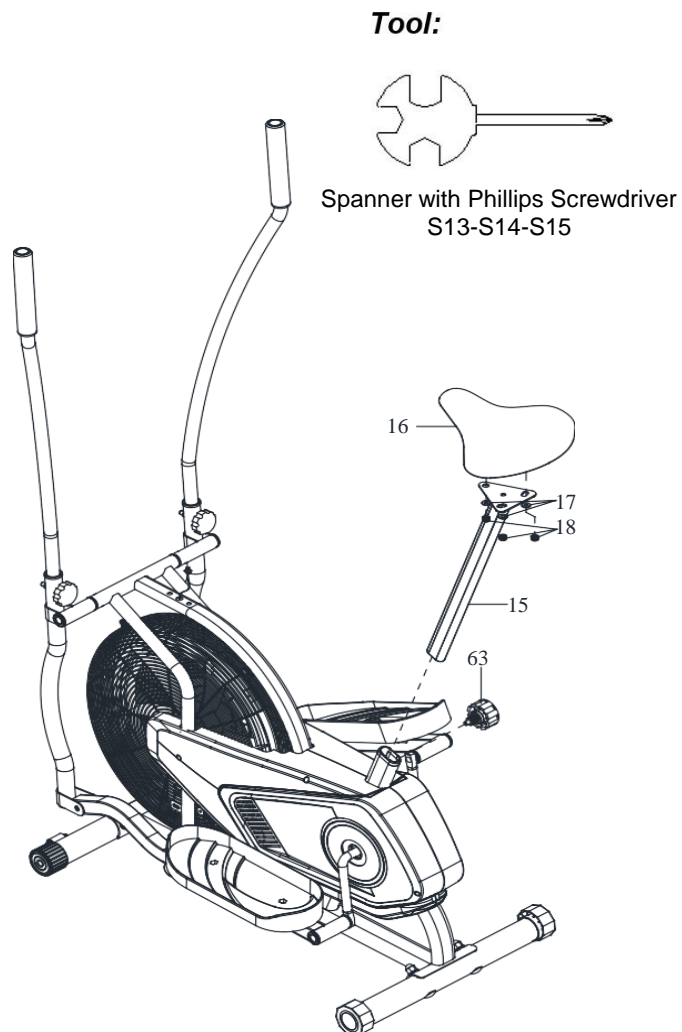
Remove three $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and three M8 Nylon Nuts (18) from under the Seat Cushion (16). Attach the Seat Post (15) to the Seat Cushion (16) using three $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and three M8 Nylon Nuts (18) that were removed. Tighten with the Spanner with Phillips Screwdriver provided.

Insert the Seat Post (15) into the Seat Post Plastic Bushing on the tube of the Main Frame (1) and then attach the M16 Seat Height Adjustable Knob (63) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (15) in the suitable position.

Adjusting the Seat Height

Turn the M16 Seat Height Adjustable Knob (63) in a counterclockwise direction to release the Seat Post (15) and then slide the Seat Post (15) up or down slightly to the desired hole for the suitable position. Lock the Seat Post (15) in place by tightening the M16 Seat Height Adjustable Knob (63) in a clockwise direction.

NOTE: When adjusting the height of the seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.



ASSEMBLY INSTRUCTIONS

STEP 5: Computer Post

Remove two $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and two M8x30 Hexagon Bolts (23) from the Main Frame (1).

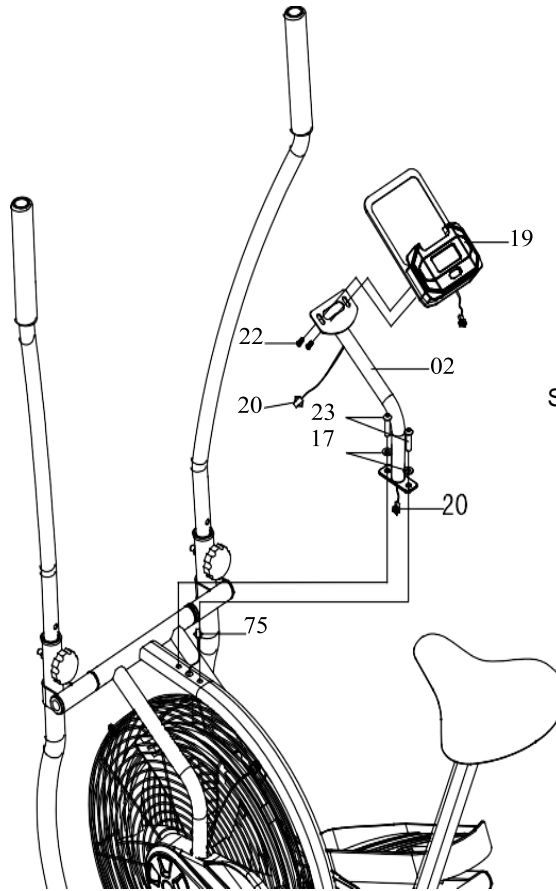
Attach the Computer Post (2) onto the Main Frame (1) with two $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and two M8x30 Hexagon Bolts (23). Tighten with the S6 Allen Wrench provided.

Connect the Extension Sensor Wire (20) with the wire of the Computer (19).

Remove two M5x10 Cross Pan Head Screws (22) from the Computer (19).

Attach the Computer (19) onto the top end of Computer Post (2) use two M5x10 Cross Pan Head Screws (22).

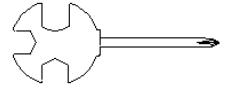
Tighten with the Spanner with Phillips Screwdriver provided.



Tool:



Allen Wrench S6



Spanner with Phillips Screwdriver
S13-S14-S15

CARE AND MAINTENANCE

Cleaning

The air bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Wipe any perspiration off the air bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or the electronics to fail.

Keep the air bike out of direct sunlight to prevent screen damage.

Before use, inspect all assembly bolts and pedals on the machine to make sure they are tightened properly.

Storage

Store the air bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the handlebar post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer console may be dead. Change to new batteries.
The air bike wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the air bike.
The air bike makes squeaking noise when in use.	The bolts may be loose on the bike. Inspect all the bolts and tighten any loose bolts.