

vive®



RECUMBENT BIKE

Owner's Manual
RHB1O92BLG

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Recumbent Bike as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you.

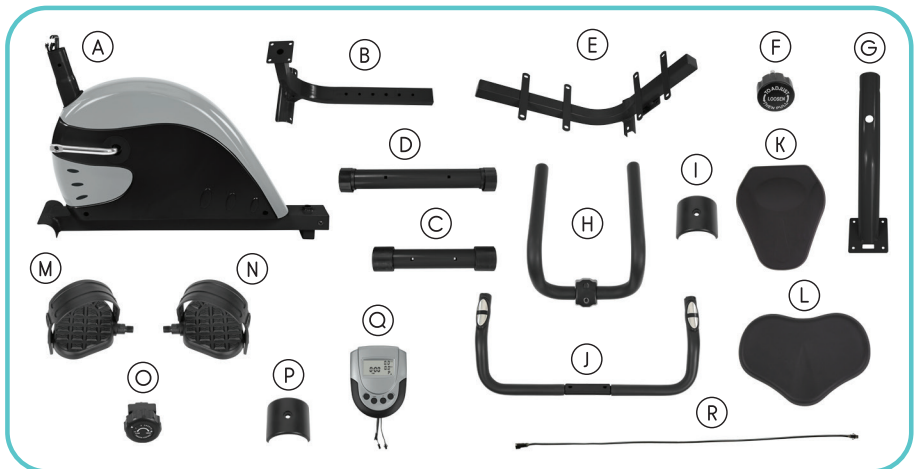


To see all FAQ's in one place
visit vhealth.link/6IO

WHAT'S INCLUDED

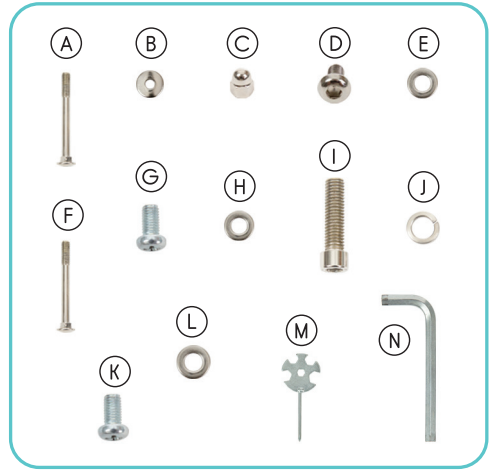
Main Parts

- (A) 1x Front Frame
- (B) 1x Rear Frame
- (C) 1x Front Base Tube
- (D) 1x Rear Base Tube
- (E) 1x Seat Frame
- (F) 1x Positioning Knob
- (G) 1x Handlebar Post
- (H) 1x Front Handlebar
- (I) 1x Handlebar Bracket Cover
- (J) 1x Seat Handlebar
- (K) 1x Backrest Pad
- (L) 1x Seat Pad
- (M) 1x Left Pedal
- (N) 1x Right Pedal
- (O) 1x Tensioner
- (P) 1x Tensioner Cap
- (Q) 1x Display
- (R) 1x Wire Extension (2x pulse wires, 1x sensor)
- (S) 2x AAA Batteries



Bolts/Screws

- (A) 4x Base Carriage Bolts
- (B) 8x Curved Washers
- (C) 6x Cap Nuts
- (D) 16x Frame Allen Bolts
- (E) 12x Frame Flat Washers
- (F) 2x Handlebar Carriage Bolts
- (G) 1x Long Phillips Screw
- (H) 1x Small Flat Washer
- (I) 2x Handlebar Allen Bolts
- (J) 2x Spring Washers
- (K) 4x Display Phillips Screws
- (L) 4x Display Flat Washers
- (M) 1x Multi-Tool
- (N) 1x Allen Wrench



ASSEMBLY INSTRUCTIONS



For a video demonstration,
check out vhealth.link/6eu

1. Set the Front Frame on the floor and fit the Front Base Tube beneath the curved bracket on the end.



2. Align the tube so that the screw holes in the tube and bracket align, and fasten together on each side by fitting a Base Carriage Bolt up through the tube, the bracket, and a Curved Washer before securing with a Cap Nut.



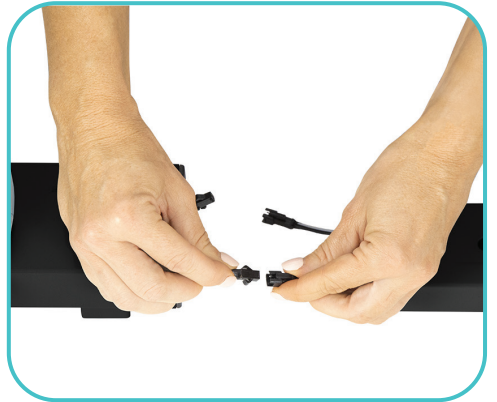
3. Set the Rear Frame on the floor and fit the Rear Base Tube beneath the curved bracket on the end.



4. Align the tube so that the screw holes in the tube and bracket align, and fasten together on each side by fitting a Base Carriage Bolt up through the tube, the bracket, and a Curved Washer before securing with a Cap Nut.



5. Bring the ends of the Front and Rear Frames close together and connect the two (2) wires in the Rear Frame to their wire sockets in the Front. The front wire sockets may be tucked inside the rectangular frame, so you'll need to gently pull them into position. Either wire can be connected to either socket.



- Slide the end of the Rear Frame into the open rectangular Front Frame. Align the length adjustment holes in the two frames and lock the frames into place by screwing the Positioning Knob into the aligned holes. This can be used later to adjust the distance between the Seat and the Pedals as needed based on your comfort level.



- Position the Seat Frame in the mounting socket on top of the Rear Frame and secure it in place using four (4) Frame Allen Bolts and Flat Washers.





8. Position the Seat Pad and Backrest Pad on the Seat Frame and secure each in place using four (4) Frame Allen Bolts and Flat Washers. Make sure to place the washer between the bolt head and the pad bracket on the Seat Frame.





9. Position the Seat Handlebar into the square bracket on the underside of the Seat Frame and secure it in place using two (2) Handlebar Carriage Bolts, Flat Washers, and Cap Nuts. Make sure the Handlebar is fitted with the metal heart rate sensors facing up.



10. Connect the two (2) pulse wires from the Seat Handlebar to the matching wires protruding from the Rear Frame.



11. Screw the Left and Right Pedals to the matching sides of the crank on the Front Base, with left and right lining up to how a user would sit on the Bike. Each Pedal strap is labelled left (L) or right (R) to indicate the proper side to attach them to.

NOTE: You will need to turn the Left Pedal counterclockwise to install it. Be careful not to cross-thread the pedals into the threaded sockets.



12. Feed the 3 Wire Extensions (2 pulse wires and 1 sensor wire) through the post for the Display. Pull the tension control line through the middle hole of the post (this is where the tension knob will be installed in a later step). Lastly connect the 3 wire extensions to the 3 wires (2 pulse wires and 1 sensor wire) protruding out of the neck of the Front Frame.





13. Connect the Handlebar Post to the Front Frame and secure it in place using 4 Frame Allen Bolts and Curved Washers.



14. Add the curve bracket to the tension knob. Connect the Tensioner to the Tensioner cable by inserting the small metal bead on the end of the cable on the back of the Tensioner into the wire catch on the bottom of the tensioner cable bracket.



15. Fit Tension knob into center rectangular hole. Position the Tensioner Cap on the backside of the Handlebar Post opposite the Tensioner, and secure in place with the Small Flat Washer and the Long Phillips Screw.



16. Attach the Handlebar onto the Handlebar Post so that the bars point up and the holes in the mounting bracket line up with those on the Post. Then fit the Bracket cover over the bracket. Secure the Handlebar in place using two (2) Handlebar Allen Bolts and Spring Washers.



17. Connect the two (2) pulse wires and the sensor wire from the top of the Handlebar Post to the matching wires on the back of the Display.



18. Position the Display on the mounting bracket at the top of the Handlebar Post and secure it in place using four (4) Display Phillips Screws and Flat Washers. Use the Multi-Tool to tighten them down.



19. Install the AAA batteries into the back of the Display.

QUICKSTART

1. Position yourself on the Seat so that you can reach the pedals comfortably with your back against the Backrest. If needed, adjust the length of the bike frame with the Positioning Knob. Begin pedaling to start your exercise; the Display will turn on and begin counting.
2. Turn the Tensioner Knob to increase or decrease the pedal tension.
3. When you're done working out, the screen will automatically shut off after a few minutes of inactivity.

HOW TO USE THE CONTROL DISPLAY

1. Red (Mode) Button

Turns the Folding Pedal Exerciser on. Hold the button down to reset any previous information to zero. Press it quickly to cycle through the four (4) different display modes: Time, Calories, Revolutions per Minute, and Scan.

2. Time Display

Shows how long the current workout has lasted.

3. Speed Display

Shows a projected speed you'd be travelling if traveling on a real bicycle based on the current RPMs.

4. RPM (Revolutions per Minute) Display

Shows approximately how many revolutions are made on average during the current workout minute-by-minute.

5. Calories Display

Shows approximately how many calories have been burned during the current workout.

6. Distance Display

Shows the projected total "distance travelled" for the current workout.

7. Pulse Display

Shows the user's current heart rate when measured. The user must place both hands on the metal contacts on the Seat Handlebars in order to measure pulse.

8. Cooldown Button

Starts a one (1) minute timer on the Bike, allowing you to cool down your exercise and slowly return to a normal heart rate.

9. Up/Down Buttons

Increase or decreases the target values for your exercise based on which metric is selected using the Enter button. Once the desired target is displayed, press the Enter button to set it and start exercising. The display will count that value down from the set value to zero to help you clearly identify when you've reached your target for the day.

10. Enter Button

Press this to toggle through the various metrics to set them for your exercise goals. Each press will enter the value selected using the UP/DOWN buttons and move to the next value: time, distance, and calories.

Press and hold the button down to reset all settings to zero.

REPLACING THE BATTERY

If the display will not turn on, it may require a new battery.

1. Push on the tab of the battery cover to release and remove it.
2. Remove the old batteries from the compartment, and replace them with two (2) new AAA batteries.
3. Replace the battery cover.

ADDITIONAL INFO & SAFETY WARNINGS

- Read all instructions before assembly and use.
- Make sure that the Recumbent Bike is on a flat, level surface before using.
- The pedal arms can heat up after extended use. This is normal and is created by the friction in the resistance mechanism. Avoid touching these components until you've allow the Bike time to rest and cool down to prevent injury.
- Assemble the Bike according to the provided directions. You may need 2 people for the assembly.
- Check the tightness of all screws, nuts, and other connective parts prior to first use.
- Do not use the Bike in areas of excessive wetness or humidity. Do not use in areas of excessive heat or cold.
- Place a protective mat or board beneath the Bike to prevent the accumulation of dirt, debris, etc.
- Do not operate the Bike near furniture or other obstacles. Make sure to keep all obstacles at least three (3) feet away from the Bike during operation.
- Don't use harsh cleaning products or tools on the Bike.
- Wipe sweat from the Bike after each use.
- Only use the tools provided, or appropriate tools of your own, to assemble or repair the Bike.
- Consult a doctor before beginning any new exercise routine. Your doctor can help you determine the appropriate frequency, intensity, and duration of your workouts.
- Don't use the machine if it's malfunctioning in any way.
- Use only the provided spare parts to make necessary repairs.
- Wear appropriate exercise clothing and supportive athletic shoes when using the Bike.
- Stop exercising immediately if you experience nausea, shortness of breath, dizziness, headache, pain, tightness in your chest, or any other severe discomfort.
- The Bike should only be used by one person at a time.

- Keep children and pets away from the machine during use. The machine should only be operated by adults and shouldn't be used or played on by children.
- Handicapped persons should only use the machine with supervision and with approval from a trained medical professional.
- The machine increases in power when the speed increases and decreases in power when the speed is decreased. You can adjust the resistance of the machine using the Tensioner located on the Handlebar Post.
- The maximum user's weight is 220 lb. (100kg).

WORKOUT TIPS

Remember always to check with your physician before starting any exercise program.

A successful exercise program consists of a warmup, aerobic exercise, and a cooldown. The entire program should be done two (2) to three (3) times a week, resting for a day between workouts. After several months, you can increase your workouts to four (4) or five (5) times per week if desired.

Warmup

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two (2) to five (5) minutes before working out. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching

Stretching your muscles after a proper warmup and again after your exercise session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Hold each stretch for fifteen (15) to thirty (30) seconds. DO NOT BOUNCE.

Cooldown

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cooldown slowly lowers your heart rate and allows blood to return to the heart.

WARRANTY INFO



1 YEAR GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at vhealth.link/610 for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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