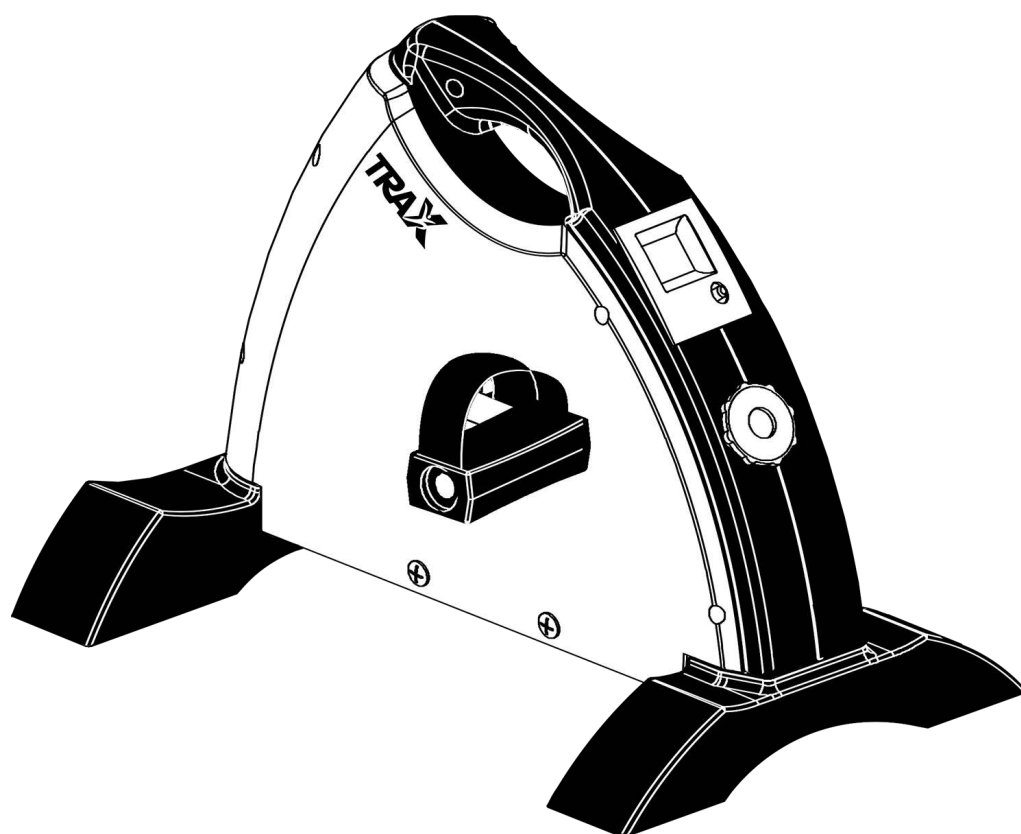


TRAX

MINI CYCLE



INSTRUCTION MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY NOTICE.....	2
COMPONENTS FOR ASSEMBLY.....	3
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM.....	5
PARTS LIST.....	6
COMPUTER INSTRUCTIONS.....	7
TENSION BELT ADJUSTMENT.....	8
EXERCISE GUIDELINES.....	9

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

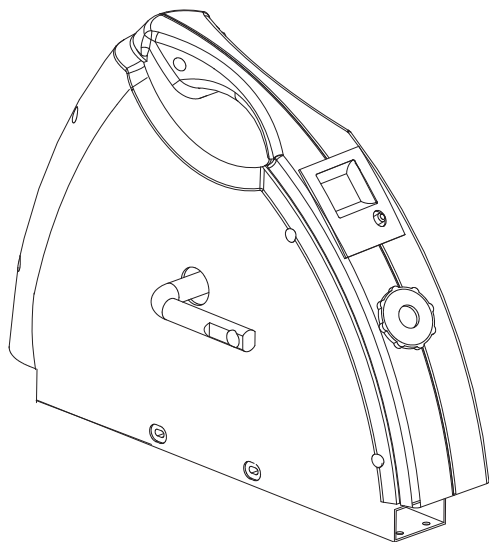
1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Read all warnings posted on the equipment.
13. Inspect the equipment for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. This equipment can be used by hand or feet. Do not stand with full weight on the pedals.
15. This equipment is for consumer and home use only.

CARE AND MAINTENANCE

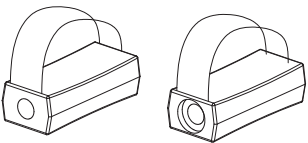
1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the equipment INDOOR. Excess moisture and water would cause rust on the frame.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. THE MANUFACTURER ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

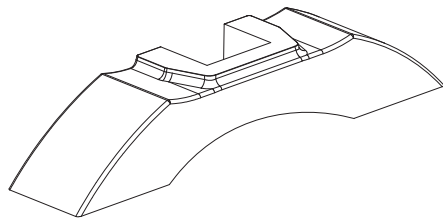
COMPONENTS FOR ASSEMBLY



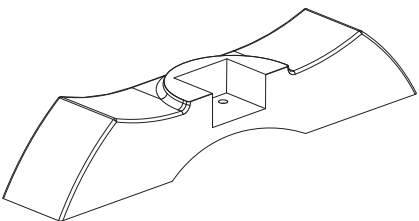
1



28L/R



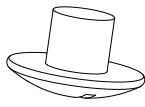
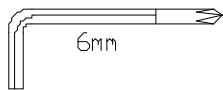
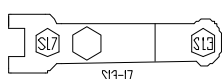
2



3

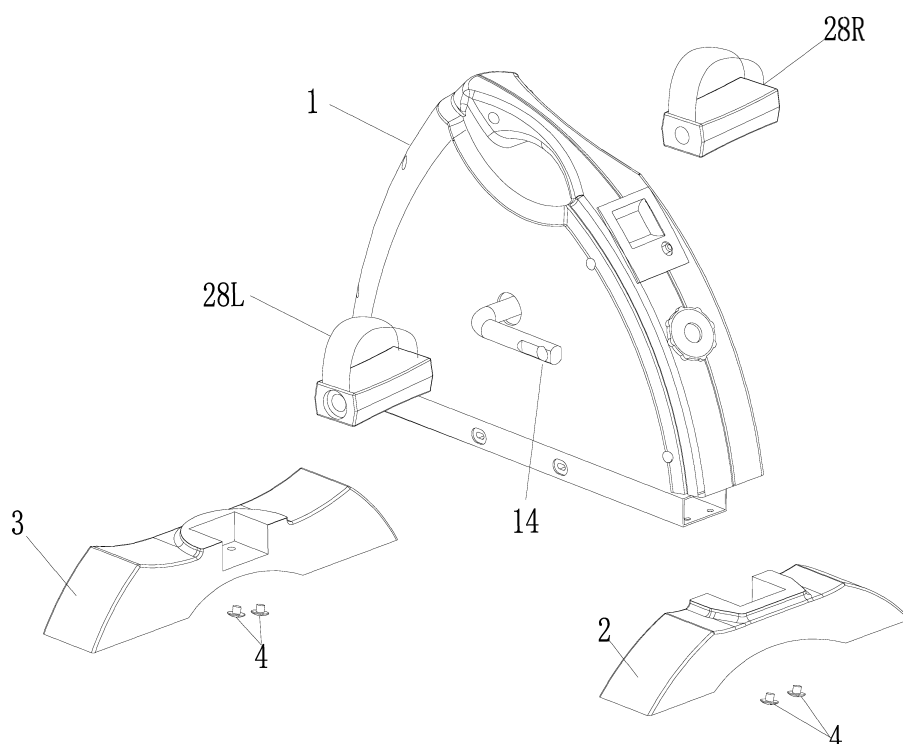
No.	Description	QTY.
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
28L/R	Pedal (L / R)	1/1
	Hardware kit	1
	User manual	1

HARDWARE PACK

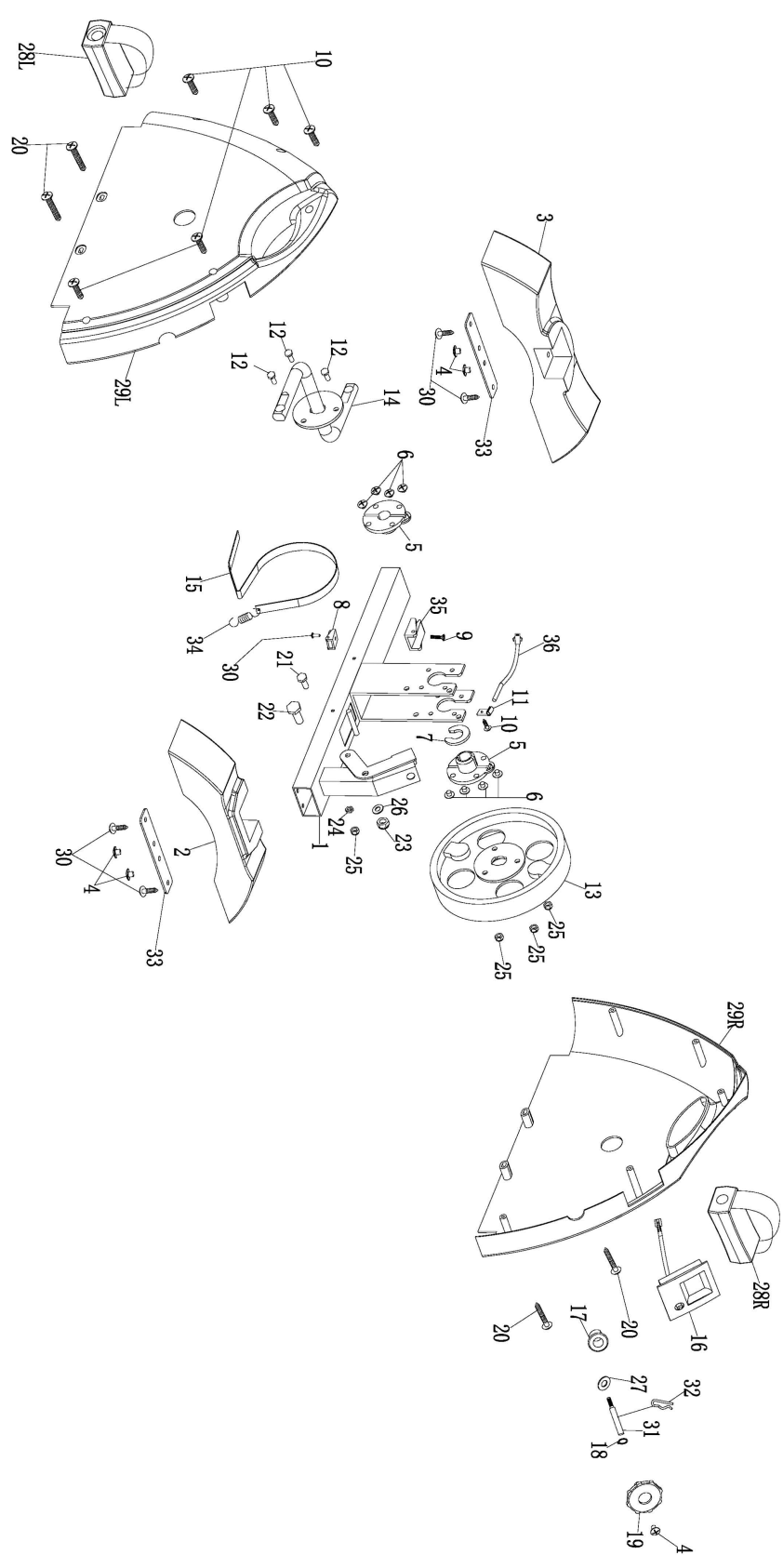
No.	Description	Qty	Drawing
4	Hex head bolt M6*20	4	
	Allen key 6	1	
	Allen wrench	1	

ASSEMBLY INSTRUCTIONS

1. Attach the front stabilizer (2) to the front of the main frame (1) securing with two sets of hex head bolt (4).
2. Attach the rear stabilizer (3) to the rear of the main frame (1) securing with two sets of hex head bolt (4).
3. Attach the left pedal (28L) to the left crank (14). The left pedal is on the left side of the cycle as you face the tension knob. Repeat for the right pedal (28R). Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



EXPLODED DIAGRAM



PARTS LIST

Part No.	Description	Qty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Hex head bolt M6*20	5
5	Cover for crank	2
6	Hex head bolt M6*10	8
7	Type C plastic sleeve	1
8	Buckle	1
9	Allen bolt M6*15	1
10	Self-tapping screw ST4*15	6
11	Sensor bracket	1
12	Allen bolt M6*20	3
13	Flywheel	1
14	Crank	1
15	Belt	1
16	Console	1
17	Cap nut	1
18	C-clip	1
19	Tension knob	1
20	Self-tapping screw ST5*35	4
21	Allen bolt M6*30	1
22	Allen bolt M6*40	1
23	Nylon nut M8	1
24	Allen bolt M6	1
25	Nylon nut M6	4
26	Washer $\Phi 8 \times \Phi 17 \times 1.5$	1
27	Washer $\Phi 10 \times \Phi 20 \times 1.5$	1
28L/R	Pedal L/R	1/1

Part No.	Description	Qty
29L/R	Chain cover L/R	1/1
30	Self-tapping screw ST5*15	5
31	Bolt	1
32	Split pin	1
33	Fixed plate	2
34	Spring	1
35	Plastic holder	1
36	Sensor wire	1

COMPUTER INSTRUCTIONS



Press button to scan Time, Count, Calories, and TTR (Total Reps).

DISPLAY:

Time : Displays the elapsed time (Minute: Second).

Count : Displays the count of repetitions.

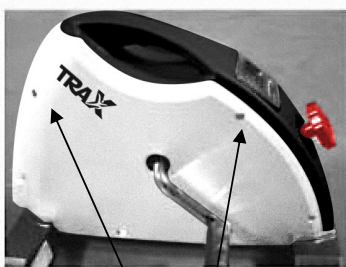
Calories : Displays the calorie consumption in cal.

TTR : Displays the total repetition exercised.

- The display mode will change every five seconds automatically.
- The computer will be automatically turned off when idle for 5 minutes.
- Press the button and hold for 4 seconds to reset all values to zero.

REPLACE BATTERY:

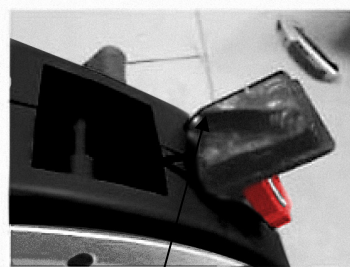
1. Remove the battery cover on the back of the computer.
2. Replace one 1.5V (AAA) battery.
3. Make sure the battery is installed correctly and the polarities are correct.
4. The battery life is approx. 3 months under normal usage.
5. When the battery is removed, all functional values will reset to zero.



Loosen the 2 Screws



Remove the Computer
by lightly pulling the
Computer casing up



Insert into the battery compartment

Tension Belt Adjustment

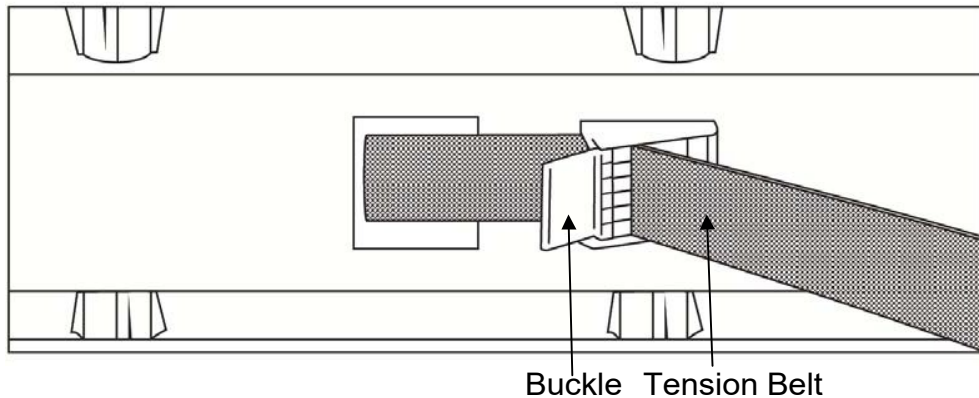
When the tension knob is set to the highest setting and the tension is still too light, please follow the steps below to adjust the tension belt.

STEP 1

Turn the tension adjustment knob so it is at the lowest tension setting.

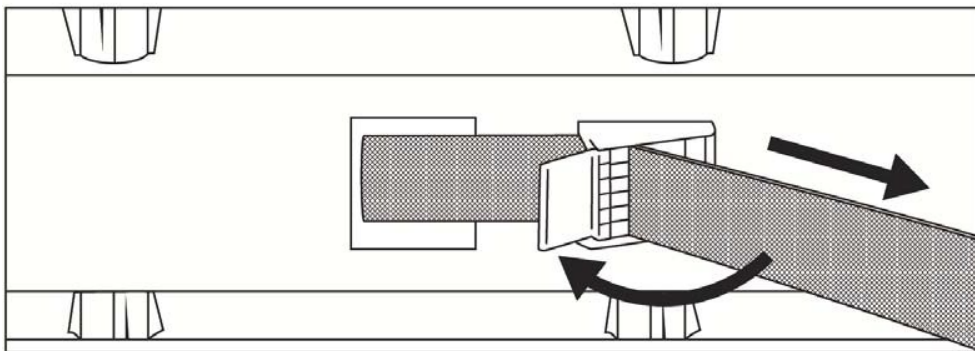
STEP 2

Flip over the mini cycle so the bottom tension belt is visible.



STEP 3

Flip up and disengage the Locking Buckle, and pull the Tension Belt forward to remove any slack, ensuring that the belt is taut.



STEP 4

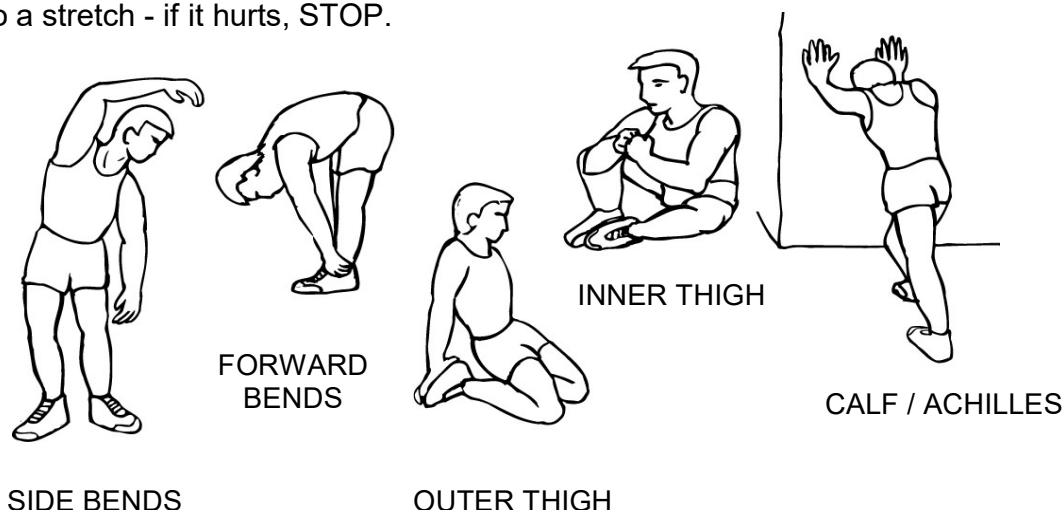
Flip down and re-engage the Locking Buckle to secure the Tension Belt.

EXERCISE GUIDELINES

Using your **TRAX Mini Cycle** will provide you with several benefits, it will improve your physical fitness, tone muscles, and in conjunction with calorie controlled diet, help you lose weight.

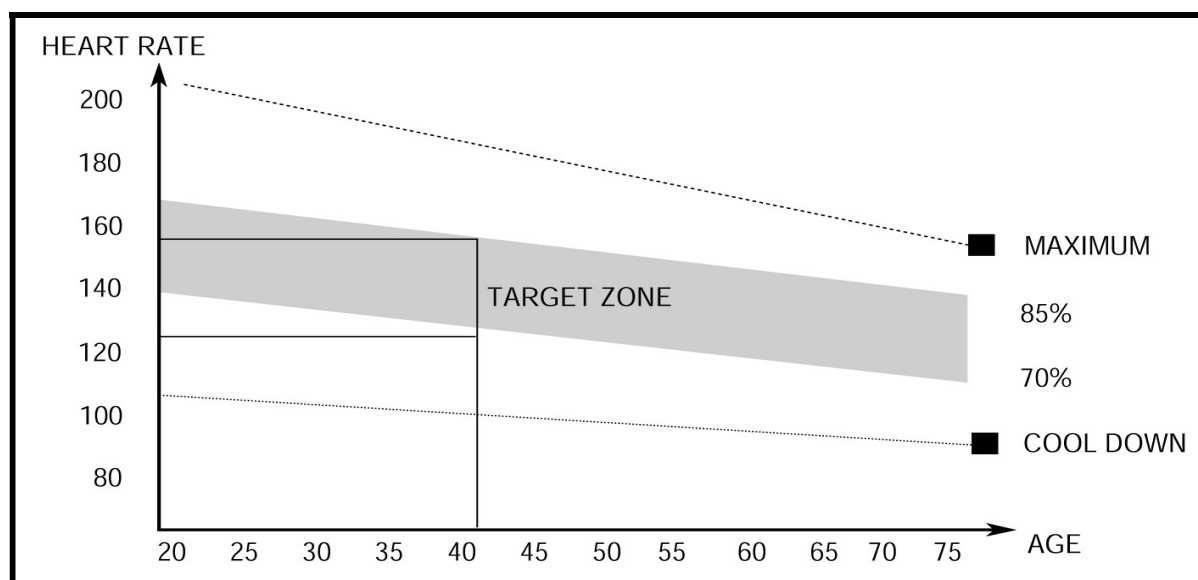
1. The Warm Up Phase

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, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat 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.

3. The Cool Down Phase

This stage is to let your cardiovascular 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. Please do not 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 **TRAX Mini Cycle** you will need to have the resistance set quite high. This will put more strain on our leg 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 your legs work harder. You will have to reduce your speed 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.