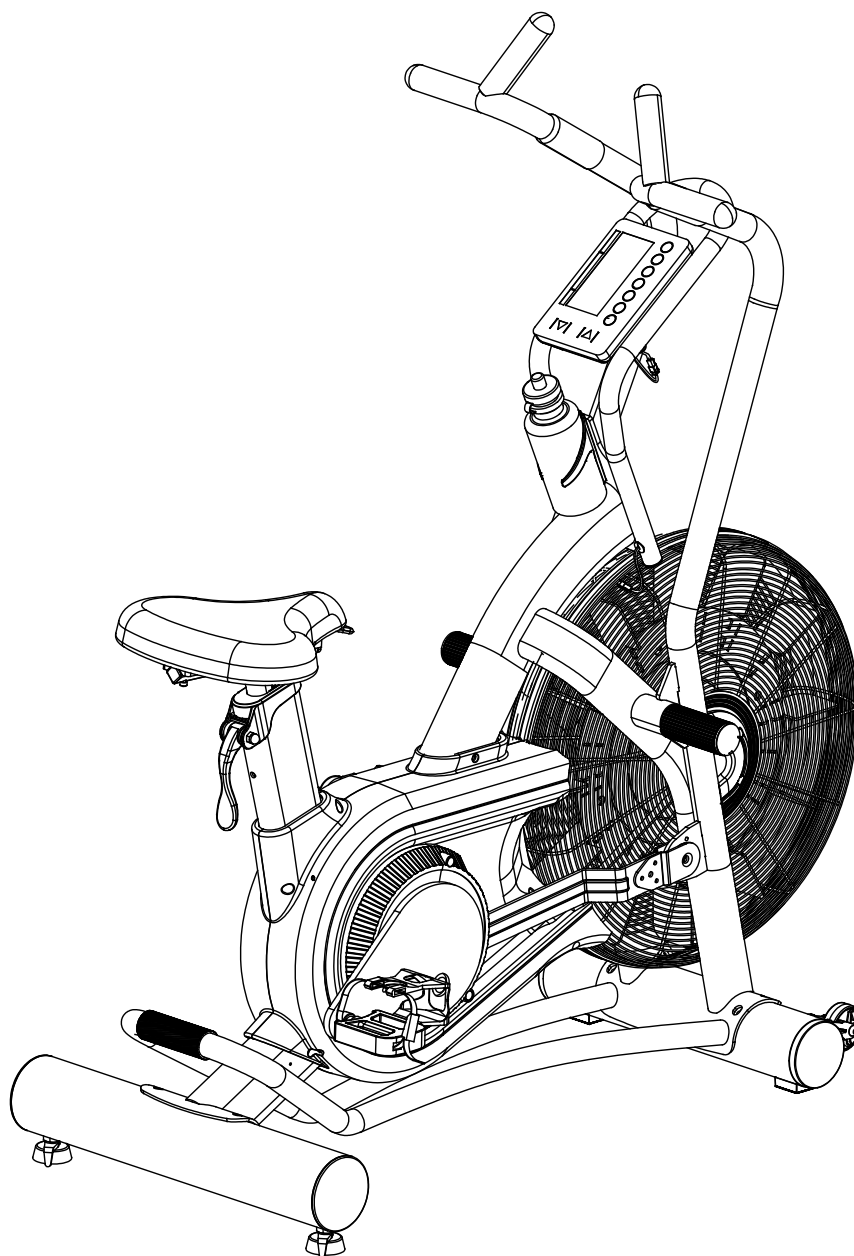


PUREDESIGN

OWNER'S MANUAL



CONTACT INFO

Address: 72 South Street, Rydalmere,
NSW 2112

Phone: 02 9808 1405

**PLEASE READ THIS INSTRUCTION MANUAL
BEFORE YOU BEGIN EXERCISING**

ITEM NO.: AB10

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Safety Information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN EXERCISING. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU FOR QUICK ASSEMBLY AND MINIMIZE THE RISK OF INJURY.

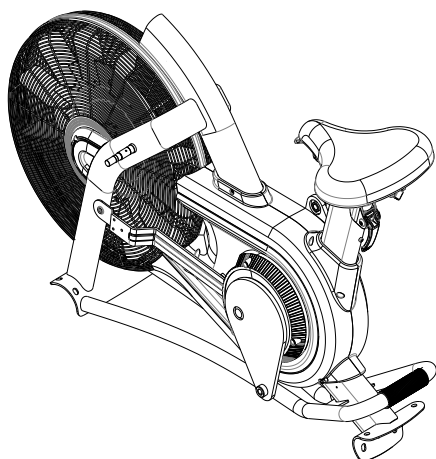
- Always assemble and operate the product on a level surface.
- Always ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front and back.
- Ensure that the seat height is adjusted to fit the appropriate distance between pedals and legs.
- Stability and balance should be maintained while riding.
- Try to keep your body straight while exercising, especially for long period training.
- Regular examination of component wear should be done to ensure the safety of product.
- Replace defective components immediately. Keep the product out of use until it is repaired.
- Follow only the adjustment instructions described in the manual, with the appropriate hardware.
- Always perform checking of screws and bolts prior to the exercising. Make sure every parts are tightened.
- Always consult your doctor before proceed any exercise program.
- Always wear suitable clothing and footwear for the training.
- Remove all personal jewelry before exercising.

Assembly Instruction

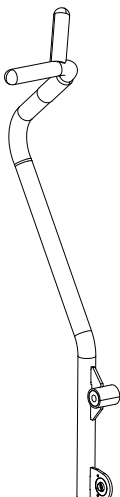
Before you start

- 1. Prepare your work area**
It is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend**
We recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton**
Check all the warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:

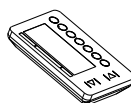
Part #1
Main Frame x 1 pc



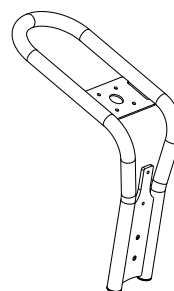
Part #51
Left Handlebar x 1 pc



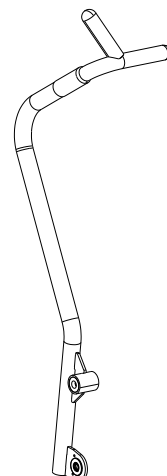
Part #85
Console x 1 pc



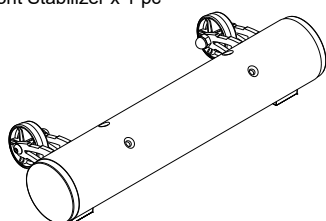
Part #48
Console Support Frame x 1 pc



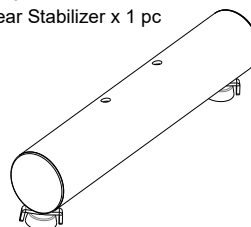
Part #52
Right Handlebar x 1 pc



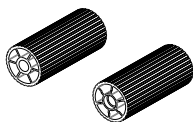
Part #40
Front Stabilizer x 1 pc



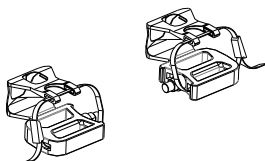
Part #44
Rear Stabilizer x 1 pc



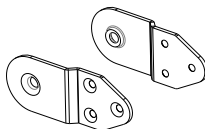
Part #83
Foot Peg x 2 pcs



Part #38, #39
Pedal Set x 1 pair



Part #74
Fix Plate x 2 pcs



Part #46
Edn Cap x 2 pcs



Part #78
Bottle Holder x 1 pc



Hardware

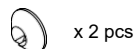
Part #108
Allen Head Bolt
M10 x 20mm



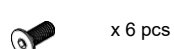
Part #105
Screw
M8 x 30mm



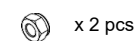
Part #75
Conical Sleeve



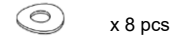
Part #107
Screw
M6 x 15mm



Part #93
Nylon Locknut
M8



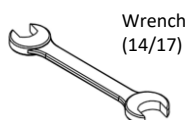
Part #117
Arc Washer



Tools and Consumables



Allen Key (4,5,6mm)



Wrench
(14/17)



Wrench

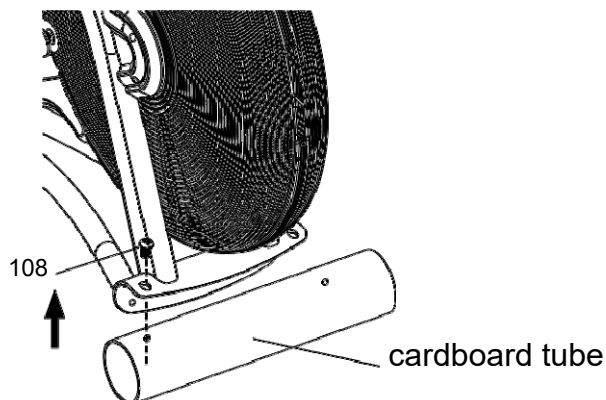


Phillips Screwdriver

Step 1: Front Stabilizer Assembly

(1) Remove the cardboard tube from the front stabilizer bracket

- Loosen two **Button Head Hex Screw M10*20 (#108)** from the front stabilizer bracket and remove the cardboard tube.
- The cardboard tube is used for packaging protection purpose, and will not be used again during the assembly.

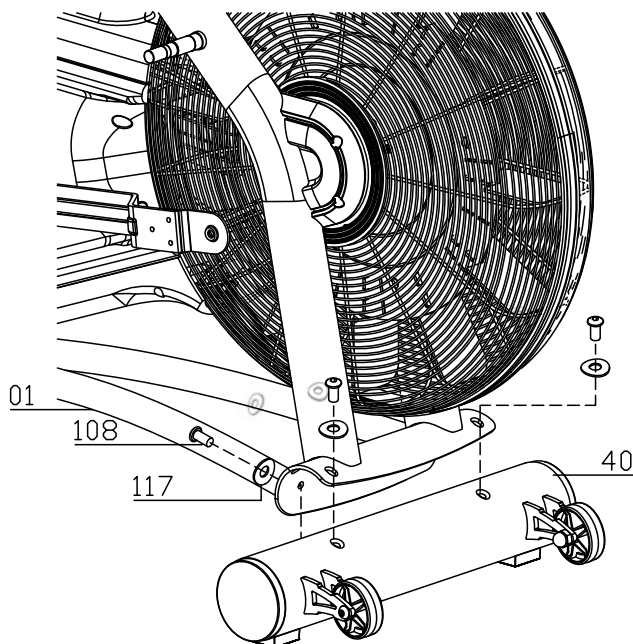


(2) Attach the Front Stabilizer

- Attach the **Front Stabilizer Tube (#40)** to the **Main Frame (#01)**, with four **Button Head Hex Screw M10*20 (#108)** and **Arc Washer (#117)**. Use **Allen Wrench 6mm (#113)** to tighten all screws and washers.

Be sure to fit the parts in the same order as the diagrams shown.

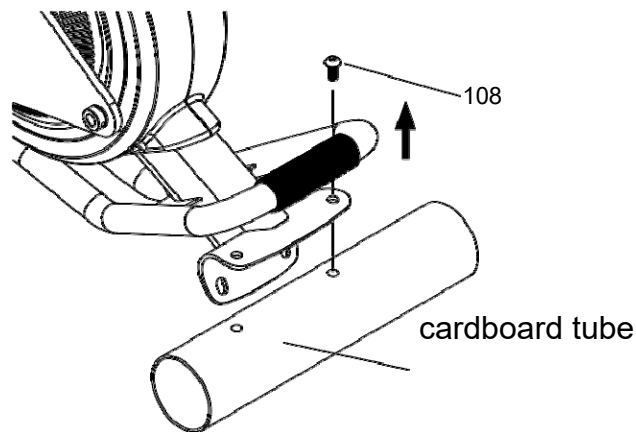
Make sure the screws are fully tightened.



Step 2: Rear Stabilizer Assembly

(1) Remove the cardboard tube from the rear stabilizer bracket

- Loosen two **Button Head Hex Screw M10*20 (#108)** from the rear stabilizer bracket and remove the cardboard tube.
- The cardboard tube is used for packaging protection purpose, and will not be used again during the assembly.

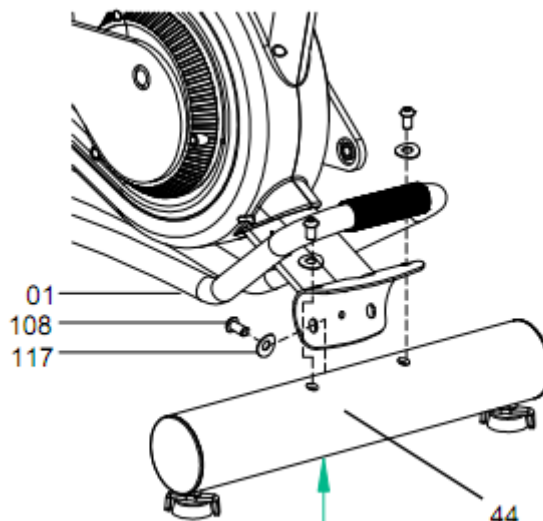


(2) Attach the Rear Stabilizer

- Attach the **Rear Stabilizer Tube (#44)** to the **Main Frame (#01)**, with four **Button Head Hex Screw M10*20 (#108)** and **Arc Washer (#117)**. Use **Allen Wrench 6mm (#113)** to tighten all screws and washers.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the screws are fully tightened.



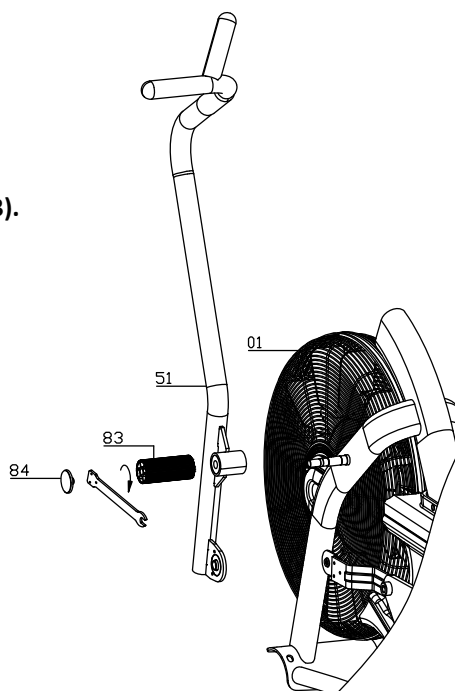
Step 3: Dual Action Handlebar Assembly

(1) Attach the Left Dual Action Handlebar

- Attach the **Left Dual Action Handlebar (#51)** onto the pivot axle carefully.
- Install the **Feet Peg (#83)** on.
- Attach the **Feet Peg Cap (#84)** onto the **Feet Peg (#83)**.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the foot peg is fully tightened.

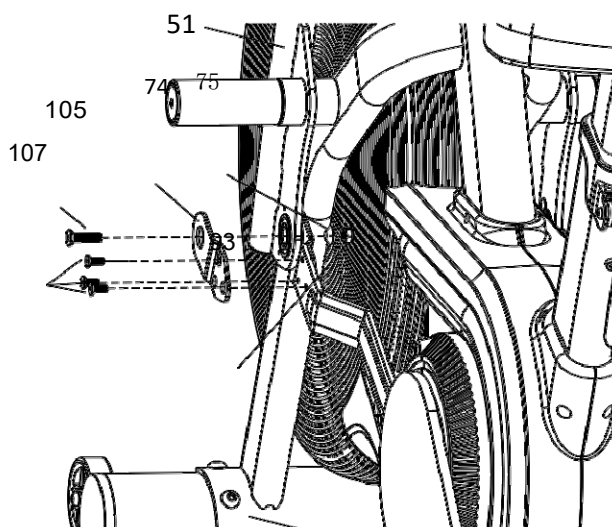


(2) Assemble the Left Swing Arm Linkage

- Connect the **Left Dual Action Handlebar (#51)** and **Connection Bracket (#74)**, with **Conical Sleeve (#75)**, **Head Hex Screw M8*30 (#105)**, and **Nylon Nut M8 (#93)**. Use **Allen Wrench 5mm (#113)** and **Multifunction Wrench (#114)** to tighten all screws.
- Double secure the **Connection Bracket (#74)** onto the **Left Swing Arm Linkage (#26)**, with three **Flat Head Hex Screw M6*15 (#107)** by **Allen Wrench 4mm (#113)**.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the screws are fully tightened.

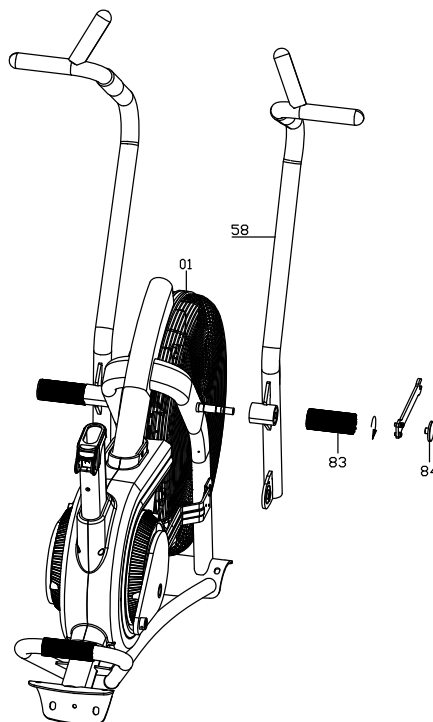


(3) Attach the Right Dual Action Handlebar

- Attach the **Right Dual Action Handlebar (#58)** onto the pivot axle carefully.
- Install the **Foot Peg (#83)** on.
- Attach the **Feet Peg Cap (#84)** onto the **Feet Peg (#83)**.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the foot peg is fully tightened.

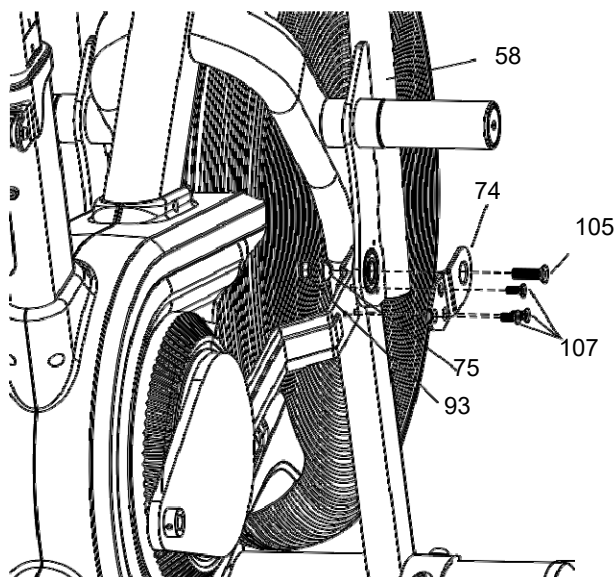


(4) Assemble the Left Swing Arm Linkage

- Connect the **Right Dual Action Handlebar (#58)** and **Connection Bracket (#74)**, with **Conical Sleeve (#75)**, **Head Hex Screw M8*30 (#105)**, and **Nylon Nut M8 (#93)**. Use **Allen Wrench 5mm (#113)** and **Multifunction Wrench (#114)** to tighten all the screws.
- Double secure the **Connection Bracket (#74)** onto the **Left Swing Arm Linkage (#26)**, with three **Flat Head Hex Screw M6*15 (#107)** by **Allen Wrench 4mm (#113)**.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the screws are fully tightened.



Step 4: Pedal Assembly

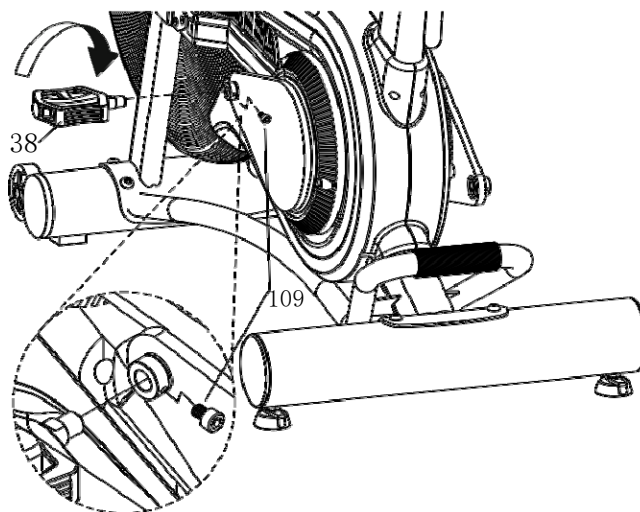
(1) Attach the Left Pedal

- Loosen the **Socket Head Screw M6*10 (#109)** installed on the **Left Crank Arm**.
- Attach the **Left Pedal (#38)** to the **Left Crank Arm**.
- Fasten the pedal with **Socket Head Screw M6*10 (#109)** by **Allen Wrench 5mm (#113)**.

Be sure to fit the parts in the same order as the diagrams shown.

This pedal will be threaded on clockwise.

Make sure the screw is fully tightened.



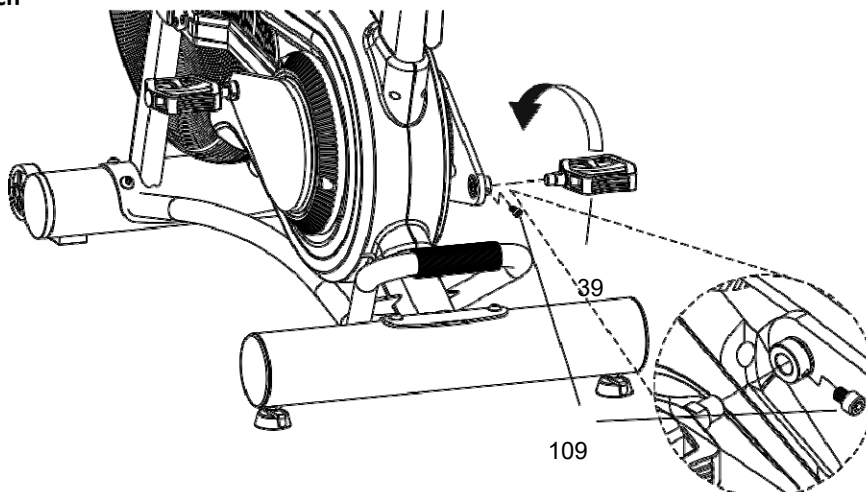
(2) Attach the Right Pedal

- Loosen the **Socket Head Screw M6*10 (#109)** installed on the **Right Crank Arm**.
- Attach the **Right Pedal (#39)** to the **Right Crank Arm**.
- Fasten the pedal with **Socket Head Screw M6*10 (#109)** by **Allen Wrench 5mm (#113)**.

Be sure to fit the parts in the same order as the diagrams shown.

This pedal will be threaded on clockwise.

Make sure the screw is fully tightened.



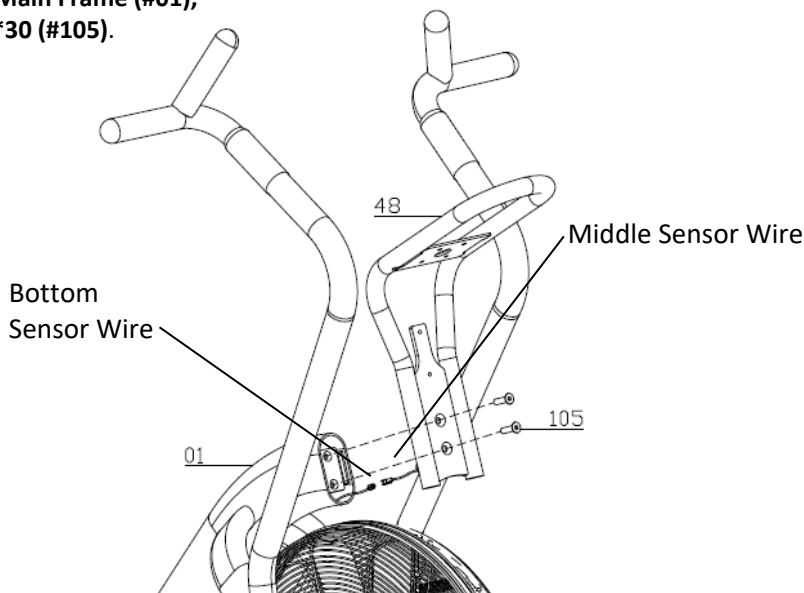
Step 5: Console Support Assembly

- Connect the **Bottom Sensor Wire** and **Middle Sensor Wire** together, and then attach the **Console Support Tube (#48)** to the front end of the **Main Frame (#01)**, with two **Flat Head Hex Screw M8*30 (#105)**.

Be sure to fit the parts in the same order as the diagrams shown.

Make sure the cables are fully connected.

Make sure the screws are fully tightened with the allen key.



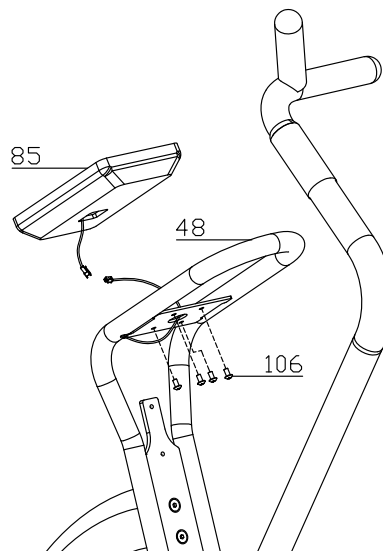
Step 6: Console Assembly

- Remove the four **Button Head Phillips Screw M5*12 (#106)** which are located on the back of the **Console (#85)**.
- Connect the **Console Cable** and **Middle Sensor Wire** together. Then attach the **Console (#85)** to the **Console Support Tube (#48)**, with four **Button Head Phillips Screw M5*12 (#106)**.

Be sure to fit the parts in the same order as the diagrams shown.

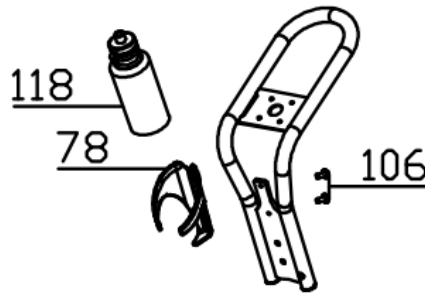
Make sure the cables and wires are fully connected.

Make sure the screws are fully tightened.



Step 7: Water Bottle Holder Assembly

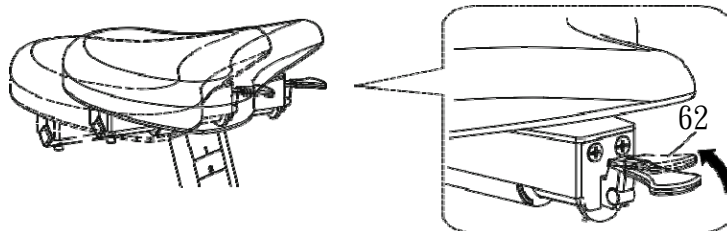
- Attach the **Water Bottle Holder (#78)** to the **Console Support Tube (#48)** and fasten it with two **Button Head Phillips Screw M5*12 (#106)**. Then place the **Water Bottle (#118)** in.



Features Introduction

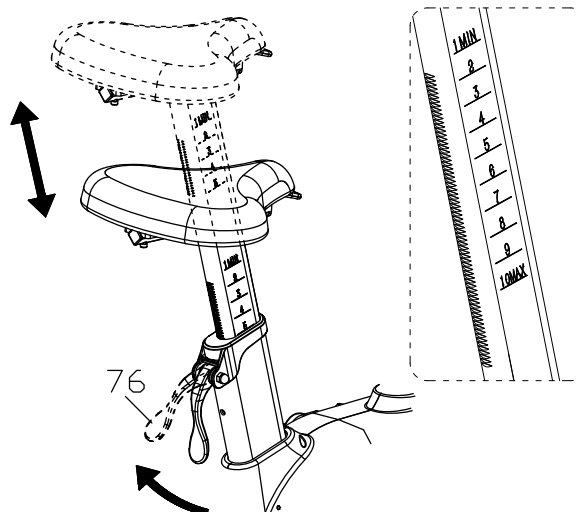
(1) Horizontal Adjustment

1. Hold and lift up the **Horizontal Adjustment Bracket (#62)** to adjust the position of Seat Cushion.
2. Release the **Horizontal Adjustment Bracket (#62)** after the adjustment is completed.



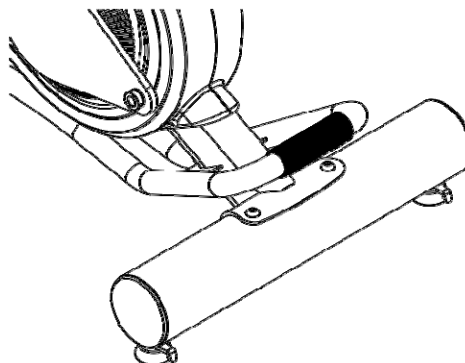
(2) Vertical Adjustment

1. Pull up the **Pressure Handle (#76)** and adjust the height of Seat Cushion.
2. Press down the **Pressure Handle (#76)** after the adjustment is completed.



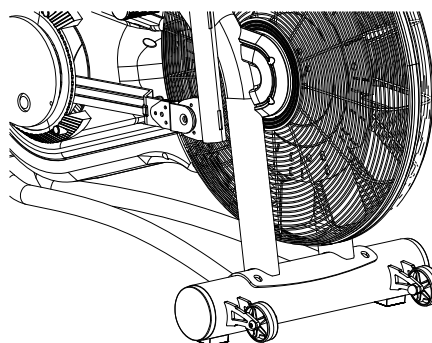
(3) Level the Air Bike

1. To level the air bike on an un-even surface, **Adjustment Feet (#45)** can be turned to fit the surface.

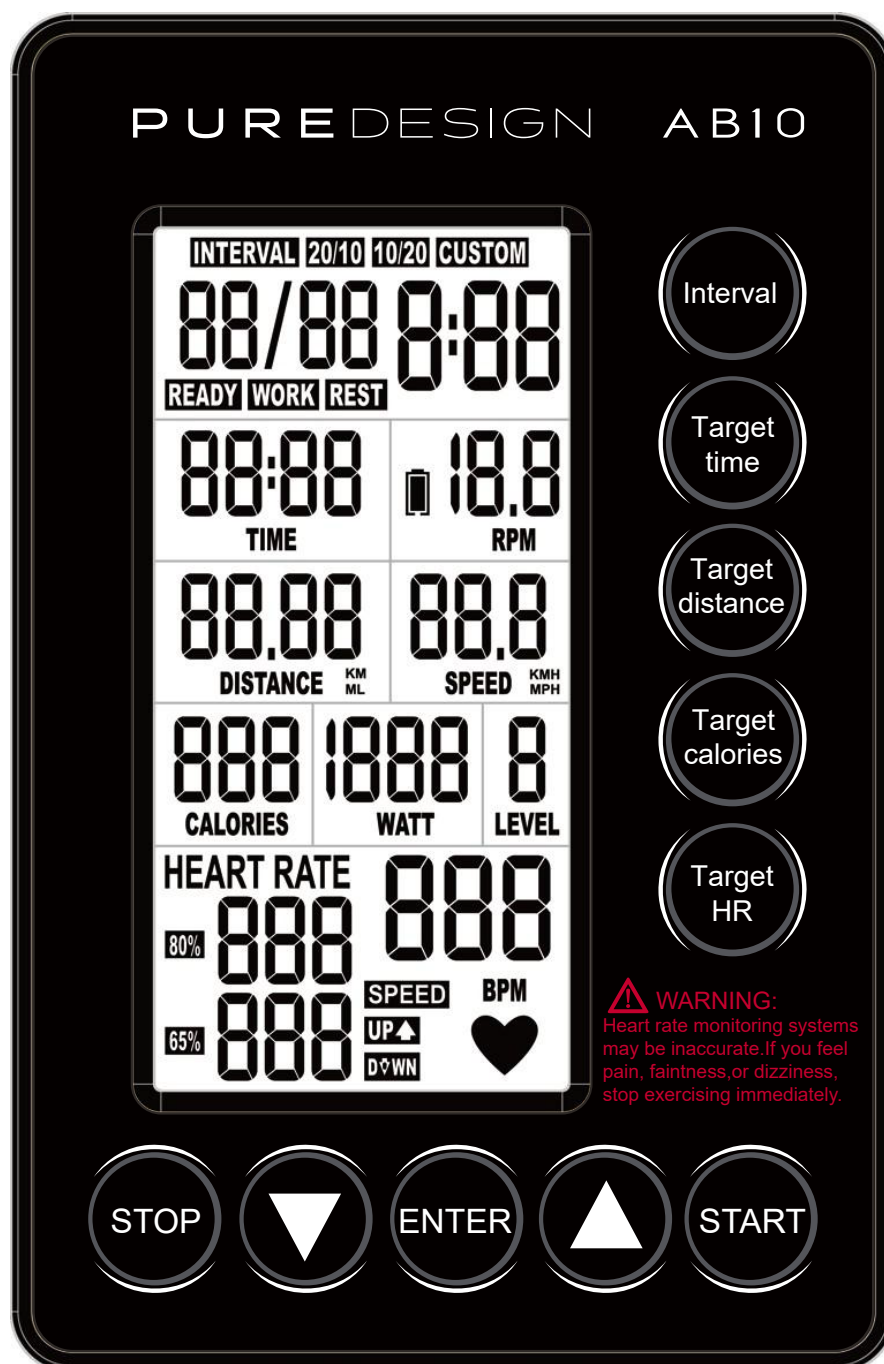


(4) Transport the Air Bike

1. Lift the bike up from the rear stabilizer tube and make sure the 2 **Transport Wheel (#43)** touch the floor in order to move the bike around.



Console Introduction



Operating the console:

1. QUICK START OPERATION

Under STAND BY display, the user can enter "QUICK START" mode by pressing the "START" button. And then "TIME, DISTANCE, CALORIES" will ready to count up from zero. After starting the machine, the lever of resistance can be adjusted manually. The system will pause counting TIME/DISTANCE/CALORIES if not receiving RPM signals. The system will continue previous counting once receiving RPM signal. While using, pressing "STOP" button will cease the operation of the console.

2. INTERVAL – PROGRAM

Under STANDBY DISPLAY, pressing "INTERVAL" button one time can enter default setting of interval 20/10 program ; pressing two times continuously can do the setting in Interval 10/20 program ; pressing three times continuously can enter Interval Custom Program to set your own settings.

(A). Setting interval laps on Interval 20/10 Program

Under operating status, when choosing Interval 20/10, Internal 0/10 display will blink, the user can do the setting using "UP/DOWN" button. Press "ENTER" when setting is finished and then press "START" to run the program.

When pressing "START", the program will operate based on WORK TIME 20 seconds/ REST TIME 10 seconds. Interval takes record on each cycle until reaching the setting laps.

(B). Setting Interval laps on INTERVAL 10/20 program

Under STANDBY mode, when choosing INTERVAL 10/20 program, " INTERVAL 0/10" display will blink. Use "UP/DOWN" button to do the setting. Press "ENTER" when finishing the setting and then press "START" to start the workout.

When pressing "START", the program will operate based on WORK TIME 10 seconds/ REST TIME 20 seconds. Interval takes record on each cycle until reaching the setting laps.

(C). Operation on INTERVAL CUSTOM mode

Under STANDBY DISPLAY, when choosing "INTERVAL CUSTOM", "WORK TIME" will blink.

(1). Setting "WORK TIME"

Use "UP/DOWN" button to set the time on "WORK TIME". Press "ENTER" when finish the setting, and the program will switch to display on the next setting column.

(2). Setting "REST TIME"

Use "UP/DOWN" button to set the REST TIME. Press "ENTER" when finish the setting, and the program will switch to display on the next setting column.

(3). Setting on INTERVAL laps

Use "UP/DOWN" button to set the INTEVAL laps. Press "ENTER" when the setting is finished. Press "START" to begin the workout.

When pressing "START", the program will operate based on WORK TIME/ TEST TIME the user has set. Interval takes record on each cycle until reaching the setting laps.

3. TARGET TIME – PROGRAM

Under STANDBY DISPLAY, pressing “TIME” program will enter the operation of this program.

(1). Setting TIME

When choosing TIME PROGRAM and pressing “ENTER”, the program switch to the default time of 30 seconds in blinking display.

Press “UP/DOWN” button to set TIME or not changing the default time, press “ENTER” to save the setting.

(2). The processing mode after “START”

- a. Under processing mode, TIME counts in decrement, DISTANCE/CALORIES counts in increment.
- b. Console will stop function when pressing “STOP” during operation.

4. TARGET DISTANCE – PROGRAM

Under STANDBY DISPLAY, press “DISTANCE” program to enter the setting of this program.

(1). Setting DISTANCE

When choosing DISTANCE PROGRAM and pressing “ENTER”, the program switches to the default setting of 5.00 and display in blink.

Press “UP/DOWN” button to set DISTANCE or not changing the default distance. Press “ENTER” to save the setting.

(2). The processing mode after “START”

- a. Under processing mode, DISTANCE display counts in decrement, TIME/CALORIES counts in increment.
- b. Console will stop function when pressing “STOP” during operation.

5. TARGET CALORIES – PROGRAM

Under STANDBY DISPLAY, pressing “CALORIES” program to enter the setting of this program.

(1). Setting CALORIES

When choosing CALORIES PROGRAM and pressing “ENTER”, the program switches to the default setting of 50 calories and display in blink.

Press “UP/DOWN” button to set CALORIES or not changing the default calories. Press “ENTER” to save the setting.

(2). The processing mode after “START”

- a. Under processing mode, CALORIES display counts in decrement, TIME/DISTANCE counts in increment.
- b. Console will stop function when pressing “STOP” during operation.

6. TARGET HR PROGRAM

Under STANDBY DISPLAY, press “HR” program to enter the setting of this program.

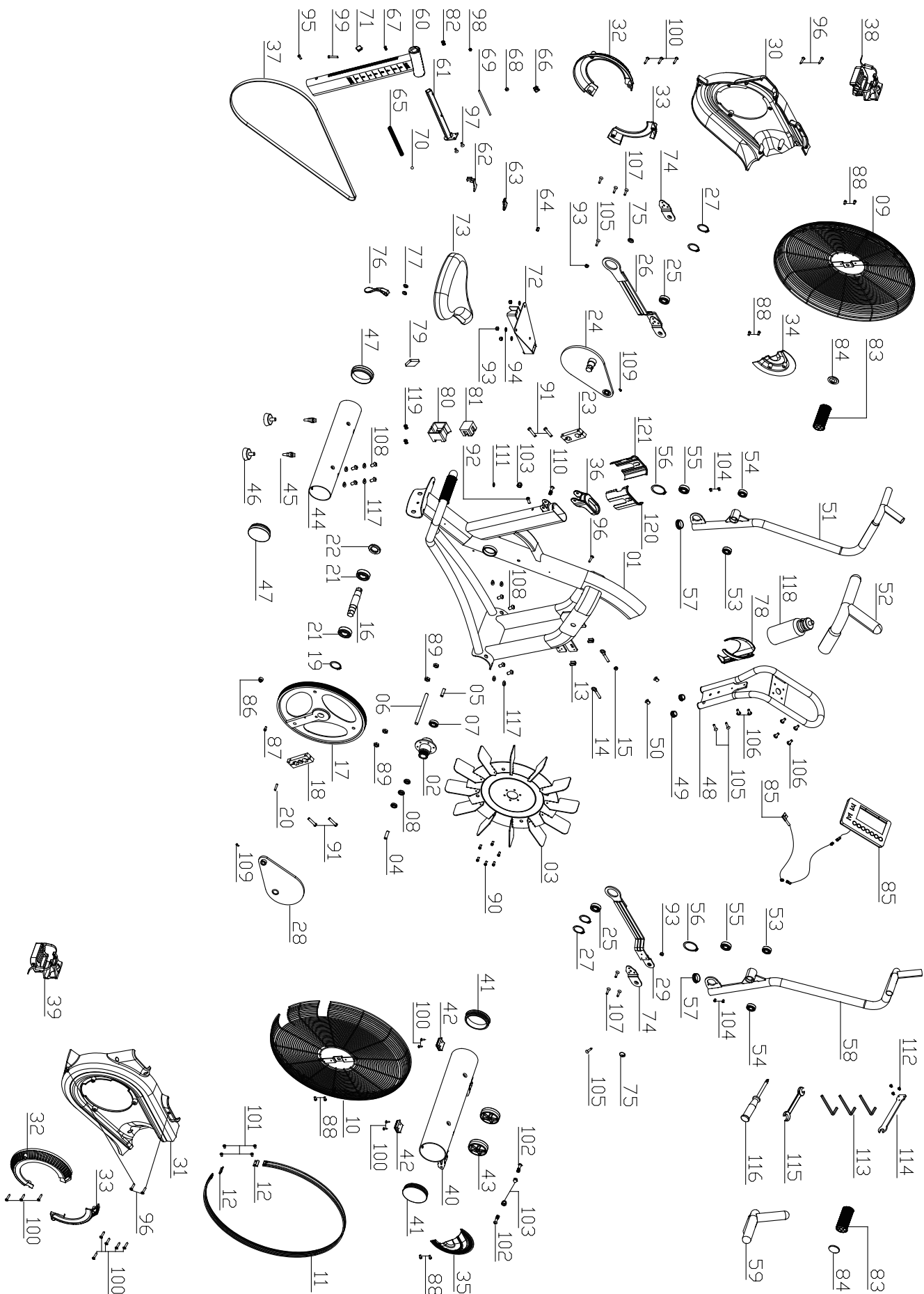
(1). Setting AGE

When pressing HR program, console displays initial age setting of 30 years old. Press “UP/DOWN” button to setting age, and press “ENTER” to save the setting. Press “START” to begin the workout.

(2). The processing mode after “START”

- a. Under processing mode, TIME/DISTANCE/CALORIES display counts in increment.
- b. Console will stop function when pressing “STOP” during operation.

Exploded Diagram



Parts List

NO.	DESCRIPTION OF PARTS	Q'TY	NO.	DESCRIPTION OF PARTS	Q'TY
01	Main Frame	1	45	Adjustment Feet	1
02	Fan Wheel Hub Set	1	46	Round Feet Pad	2
03	Fan Wheel	1	47	Rear Stabilizer Cap	1
04	Fan Wheel Spacer Φ16	1	48	Console Support Tube	1
05	Fan Wheel Spacer Φ19	1	49	Support Tube Cap	2
06	Fan Axle	1	50	Wire Plug	2
07	Bearing 6301Z	1	51	Left Dual Action Handlebar	1
08	Bearing 6901Z	3	52	Dipping Handle	1
09	Left Fan Cage	1	53	Bearing 6003Z	2
10	Right Fan Cage	1	54	Bearing 6202Z	2
11	Fan Cage Ring	1	55	Bearing 6203Z	2
12	Fan Cage Fixation Plate	2	56	C Ring (for Bearing 6203Z)	2
13	Stopper	2	57	Handlebar Tube Cap	2
14	Bolt M8*45	2	58	Right Dual Action Handlebar	1
15	Nut M8	2	59	Dipping Handle	1
16	Crank Axle	1	60	Seat Tube (for Vertical Adjustment)	1
17	Pulley	1	61	Seat Tube (for Horizontal Adjustment)	1
18	Right Crank	1	62	Horizontal Adjustment Bracket	1
19	C Ring Φ6 (for Crank Axle)	1	63	Horizontal Adjustment Bracket Cover	1
20	Spring Pin	1	64	Short Shaft for Horizontal Adjustment Bracket	1
21	Bearing 6005	2	65	Long Compression Spring	1
22	Crank Lock Nut	1	66	Stopper Ball	1
23	Left Crank	1	67	Short Compression Spring	1
24	Left Crank Disc	1	68	Adjustment Spacer	1
25	Bearing 22052RS/NR	2	69	Long Shaft for Horizontal Adjustment Bracket	1
26	Left Swing Arm Linkage	1	70	Ball Pin	1
27	C Ring (for Bearing 22052RS/NR)	4	71	Square Plug	1
28	Right Crank Disc	1	72	Seat Carriage	1
29	Ring Swing Arm Linkage	1	73	Seat Cushion	1
30	Left Housing	1	74	Connection Bracket of Left Swing Arm	1
31	Right Housing	1	75	Conical Sleeve	2
32	Large Plastic Cover (for Crank Disc)	1	76	Pressure Handle	1
33	Small Plastic Cover (for Crank Disc)	1	77	Collar	2
34	Left Side Cover	1	78	Water Bottle Holder	1
35	Right Side Cover	1	79	Thin Adjustment Plate	1
36	Plastic Cover (for Seat Tube)	1	80	Thick Adjustment Plate	1
37	Belt	1	81	Compression Block	1
38	Left Pedal	1	82	Reset Spring	1
39	Right Pedal	1	83	Aluminum Alloy Feet Peg	2
40	Front Stabilizer Tube	1	84	Feet Peg Cap	2
41	Front Stabilizer Cap	2	85	Console (include Bottom Sensor Wire and Middle Sensor Wire)	1
42	Square Feet Pad	2	86	Magnet	1
43	Transport Wheel	2	87	Socket Head Screw M8*20	1
44	Rear Stabilizer Tube	1	88	Socket Head Screw M5*12	8

NO.	DESCRIPTION OF PARTS	Q'TY	NO.	DESCRIPTION OF PARTS	Q'TY
89	Hex Nut M12	4	106	Button Head Phillips Screw M5*12	4
90	Socket Head Screw M6*12	6	107	Flat Head Hex Screw M6*15	6
91	Socket Head Screw M10*40	4	108	Button Head Hex Screw M10*20	8
92	Socket Head Screw M6*20	1	109	Socket Head Screw M6*10	2
93	Nylon Nut M8	5	110	Button Head Hex Screw M8*50	1
94	Flat Washer M8	3	111	Spring Washer M8	1
95	Socket Head Screw M6*16	1	112	Socket Head Screw M5*6	3
96	Button Head Phillips Self-tapping Screw ST4*10	7	113	Allen Wrench 4MM/ 5MM/ 6MM	1/ 1/ 1
97	Flat Head Phillips Screw M6*15	2	114	Multifunction Wrench	1
98	Nylon Nut M6	1	115	Wrench	1
99	Socket Head Screw M6*35	1	116	Phillips Screwdriver	1
100	Phillips Self-tapping Screw ST4*15	12	117	Arc Washer	8
101	Flat Head Phillips Screw M4*10	4	118	Water Bottle	1
102	Button Head Hex Screw M8*50	2	119	Small Compression Spring	2
103	Cap Nut M8	3	120	Right Plastic Cover (for Seat Tube)	1
104	Button Head Phillips Screw M5*8	4	121	Left Plastic Cover (for Seat Tube)	1
105	Flat Head Hex Screw M8*30	4			