XTERRA® FITNESS™

SU139-43 FITNESS BIKE
OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW FITNESS BIKE

Safety Hints

WARNING - Read all instructions before using this appliance.

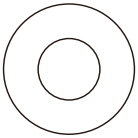
- Do not operate upright on deeply padded, plush or shag carpet. Damage to both carpet and upright may result.
- Keep children away from the upright. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the upright if it has a damaged cord or plug. If the upright is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to use your upright for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your upright. Quality athletic shoes are recommended to avoid leg fatigue.

SAVE THESE INSTRUCTIONS - THINK SAFETY!
CAUTION!! Please be careful when un-packing the carton.

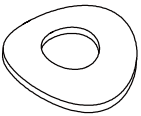
SU139-43 _1407B (Xterra)

Assembly Pack Check List

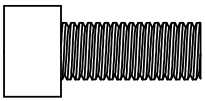
STEP 1.



#33-5/16"
Flat Washer (4pcs)

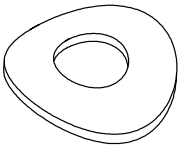


#34- 5/16"
Curved Washer (1pc)



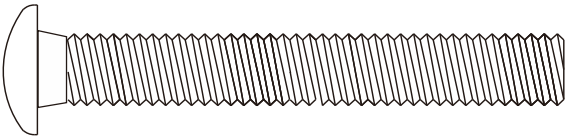
#32- 5/16" × 3/4" Socket
Head Cap Bolt (5pcs)

#35- 5/16"X1.5T
Split Washer (5pcs)



#96-3 /8"Curved
Washer (4pcs)

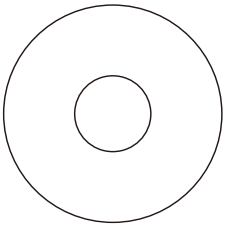
#98- 3/8"
Cap Nut (4pcs)



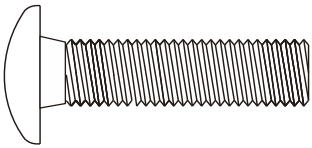
#95- 3/8" × 2-3/4"
Carriage Bolt (4pc)

STEP 2.

#41- M5 × 12 mm Phillips Head Screw (4pcs)

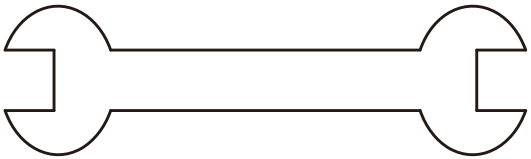


#72- 3/8” Flat Washer (1pc)

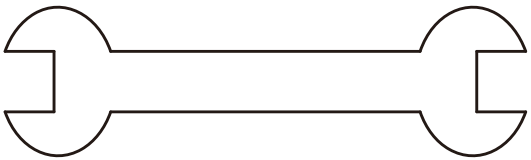


#71- 3/8" × 1-1/2" Carriage Bolt (1pc)

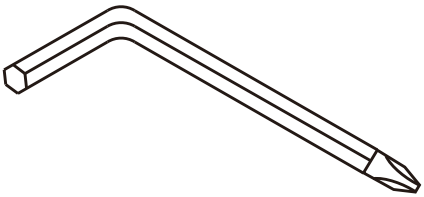
TOOLS.



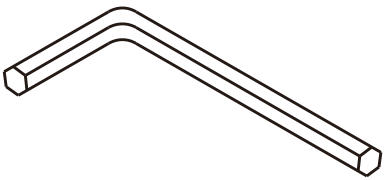
#79- 14&15mm open end Wrench



#108- 13&14mm open end Wrench



#43- Combination M5 Allen Wrench & Phillips Head Screw Driver (1pc)

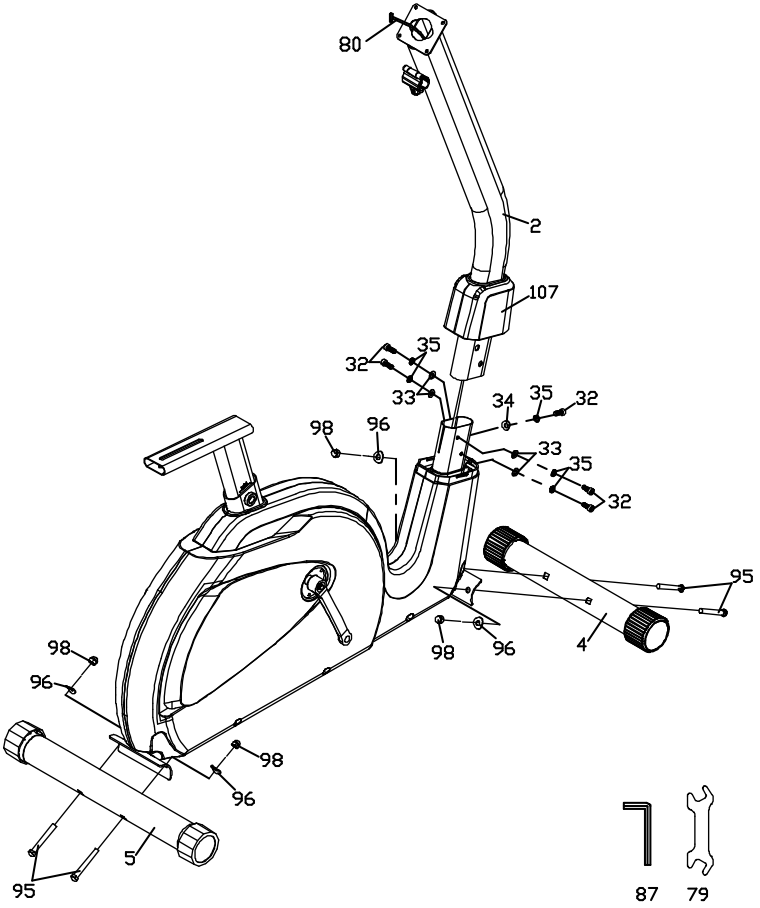


#87- 6mm Allen Wrench (1pc)

Assembly Instructions

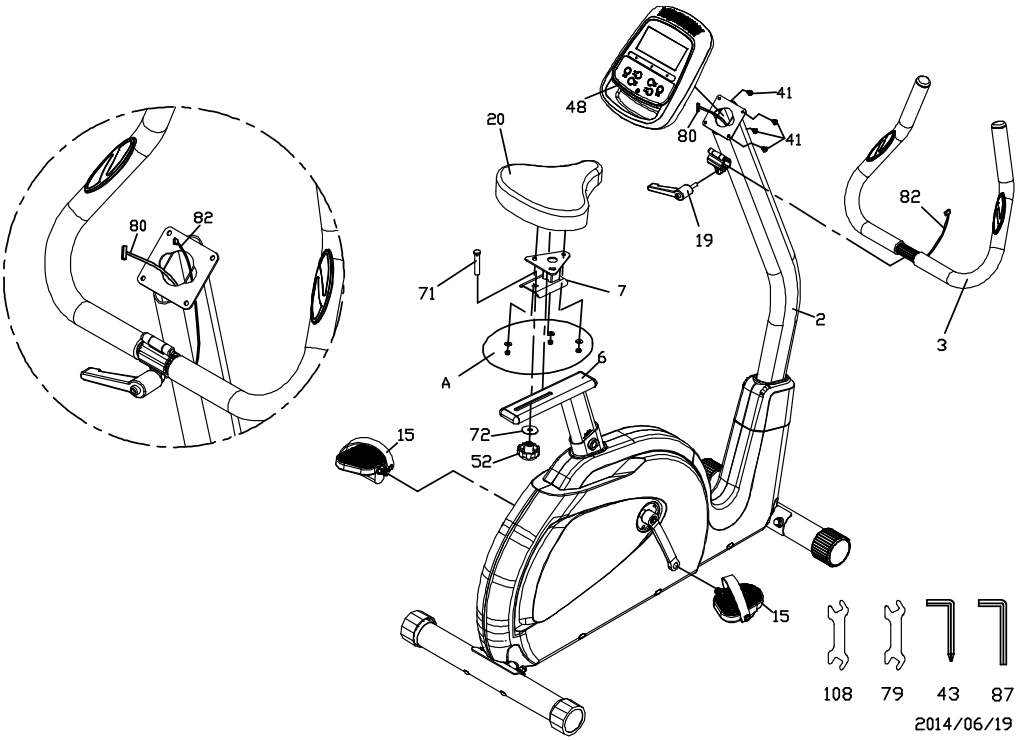
STEP 1:

1. Locate the Console Mast (2) and slide on the Console Mast Cover (107). Make sure the cover is facing the correct direction, as shown below, before sliding onto mast. Install the wiring harness (80) into the bottom of the mast and out the top. Be careful when installing the console mast to the mainframe so as not to pinch or cut the wiring harness, damage to the console may occur.
2. Secure Front Stabilizer (4) and Rear Stabilizer (5) with 4pcs of 3/8" Cap Nuts (98), 4pcs of 3 /8"Curved Washers (96)and 4pcs of 3/8" × 2-3/4" Carriage Bolts (95) by using 14&15mm Wrench (79).
3. Install the console mast on the mainframe using the 6mm Allen Wrench (87) to tighten 5pcs of 5/16" × 3/4" Socket Head Cap Bolts (32) , 4pcs of 5/16 Flat Washers (33) , 5pcs of 5/16" Split Washers (35)and 1pcs of 5/16" Curved Washer (34). Snap the Console Mast Cover (107) in place on the body of the bike.



STEP 2:

1. Install Handle Bar (3) on Console Mast (2) and lock with Quick Release lever (19). Install the Hand Pulse Cable (82) through the console mounting plate as shown below.
2. Connect Computer Cable (80) and Hand Pulse Sensor Cable (82) to the Console (48) and assemble on the Console Mast (2) using Phillips Head Screw Driver (43) to tighten 4pcs of M5 × 12L Phillips Head Screws (41).
3. Use 14.15m/m Wrench (79) to install both Pedals (15 left and right) on the crank axle. The left pedal is a reverse thread and will screw in a counterclockwise direction. The pedals are marked with an R or L on the end of the threaded pedal axle. Make sure to tighten the pedals firmly or a clicking noise can occur during pedaling. It may be necessary to retighten the pedals after use if clicking occurs.
4. Locate the 3/8" ×1-1/2" Carriage Bolt (71) and assemble through Seat slide bracket (20) and seat tube Slide (6). Use 13mm/14mm open end wrench (108) to Secure the slides with 3/8” Flat Washer (72) and fore/aft adjustment Knob (52).



Console

Key Functions

START/STOP: 1. Start & Pauses workouts.
2. Start body fat measurement.
3. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER: To input desired value or work out mode.

RECOVERY: Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute.F1 is the best, and F6 is the worst.

MODE: Press to switch display form RPM to SPEED, ODO to DIST, WATT to CALORIES during workout.

Workout Selection

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

There are 7 basic workout modes:

Manual, Pre- programs, Watt Program, Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Functions:

1. SPEED: Display current training speed. Maximum speed is 99.9 KM/H or MILE/H.
2. RPM: Display current rotation per minute.
3. TIME: Accumulate the workout time from 00:00 to 99:59. Or users can preset the target time they want.
4. DIST: Accumulate the workout distance form 0.00 up to 999.9 KM or Mile. Or users can preset the target distance they wan to reach.
5. ODO: Display the total accumulated distance from 0.0 to 999.9KM or Mile
6. CAL: Accumulate the calories consumption from 0 to 9999. Or users can preset the target Calories they want to consume.
7. WATT: Display current watt.
8. HEART RATE: Display the current heart rate in beats per minute.
9. TARGET .H. R.: Users can preset their Target Heart Rate.
10. PROGRAM: There are 24 different programs to choose for training.
11. LEVEL: The program has 24 levels loading and 8 bars in each column. Each column represents 1 minute workout (without the change of time value) and each bar represents 3 levels loading.
12. Music playing：There is an audio-input port on the top of the monitor, user can connect the MP3 to the Audio-input , and turn on the MP3 ,it will be playing music.

Workout Parameters:

TIME / DISTANCE / CALORIES /AGE/WATT/TARGET HEART RATE

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, Watt Program, Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

Note: **Some parameters are not adjustable in certain programs.**

Time and Distance can not be set up at the same time.

Once a program has been selected, pressing ENTER, will make “Time” parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value.

Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

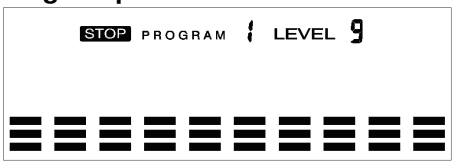
More About Workout Parameters

Field	Setting Range	Default Value	Increment/ Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0.0	±5	1.When display is 0, Calories will count up. 2.When Calories is 5~9995, it will count down to 0.
Watt	40~250	100	±5	User can set watt value only in Watt control program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash
Pulse	60~220	90	±1	Setting Parameters for Target heart rate

Program Operation

Manual（P1）

Program profile



Selecting "***Manual***" using UP OR DOWN KEY then pressing ENTER KEY.

1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2~P13)

Program profile

STOP PROGRAM 2 LEVEL 9

ROLLING

STOP PROGRAM 3 LEVEL 15

VALLEY

STOP PROGRAM 4 LEVEL 3

FAT BURN

STOP PROGRAM 5 LEVEL 3

RAMP

STOP PROGRAM 6 LEVEL 6

STEPS

STOP PROGRAM 7 LEVEL 6

OBSTACLE

STOP PROGRAM 8 LEVEL 9

INTERVALS

STOP PROGRAM 9 LEVEL 6

PLATEAU

STOP PROGRAM 10 LEVEL 6

CLIMBING

STOP PROGRAM 11 LEVEL 9

OFF ROAD

STOP PROGRAM 12 LEVEL 9

HILL

STOP PROGRAM 13 LEVEL 6

FARTLEK

There are 12 program profiles ready for use：ROLLING, VALLEY, FAT BURN, RAMP, STEPS, OBSTACLE, INTERVALS, PLATEAU, CLIMBING, OFF ROAD, HILL and FARTLEK. All program profiles have 24 levels of resistance.

Setting Parameters for Pre-programs

Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY.
1St parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next
parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

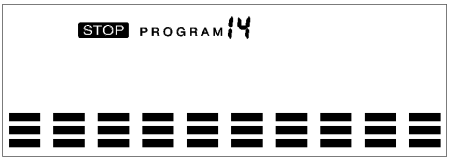
Workout in any pre-program

Users can exercise with different level of loading in different intervals as the profiles flash. Users may exercise in any desirous of resistance level adjusting by UP/DOWN keys during the workout.

Note: If user sets up the target time to workout, then the next parameter of Distance can not be adjusted. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the other unfinished parameter will continue counting down.

Watt control program(P14)

Program profile



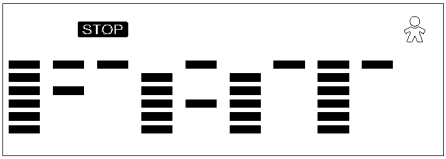
Setting Parameters for Watt control program

Selecting “***Watt control program***” using UP OR DOWN KEY then pressing ENTER KEY.
1St parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**
Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.
Computer will adjust the resistance load automatically depends on the speed to maintain the constant watt value. User can use up down key to adjust the watt value during workout.

BODY FAT PROGRAM

Program profile



Setting Data for Body Fat

Selecting "***BODY FAT Program "*** using UP OR DOWN KEY then pressing ENTER.
"Male" will flash so Gender can be adjusted using UP OR DWON KEY, press ENTER to save gender & move to next data.
" 175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY , press ENTER KEY save value & move to next data.
" 75 "of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY , press ENTER KEY to save vale & move to next data.
"30" of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.
Press START/STOP to start measurement, please also grasp hand pulse grips**.**
After 15 seconds the display will show out Body Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

There are 9 body types divided according to the FAT% calculated. Type 1 is from 5% to 9%. Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%. Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

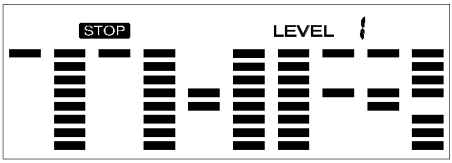
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program

Program profile



Setting Parameters for TARGET H.R

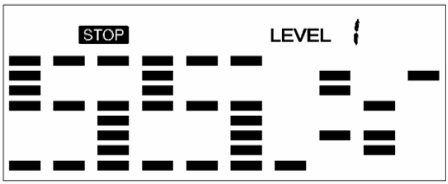
Selecting "***TARGET H.R.***" using UP OR DOWN KEY then pressing ENTER KEY.
1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**
Continue through all desired parameters, pressing START/STOP to start workout.

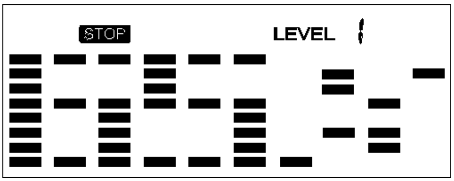
Note: If Pulse is above or below (± 5) the setting TARGET H.R, the computer will adjust the resistance load automatically. It will check Every 10 seconds approx. I level load will increase or decrease (Note: each resistance load represents 3 levels of loading).when the heart rate signal disappeared, the computer will keep the resistance load constant for 60s, then it will decrease the resistance load 1 level per 10s.

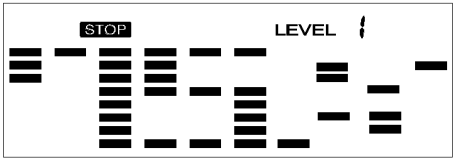
One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

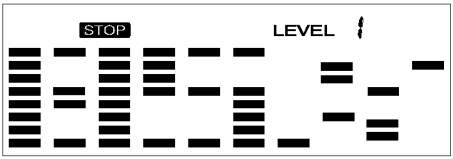
HEART RATE CONTROL Program

Program profile









There are 4 selection for target pulse:

HRC- 55% TARGET H.R= 55% of (220-AGE)
HRC - 65% TARGET H.R= 65% of (220-AGE)
HRC - 75% TARGET H.R= 75% of (220-AGE)
HRC - 85% TARGET H.R= 85% of (220-AGE)

Setting Parameters for HEART RATE CONTROL

Selecting "***One of Heart Rate Control Program .***" using UP OR DOWN KEY then pressing ENTER KEY . 1St parameter "Time" will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.

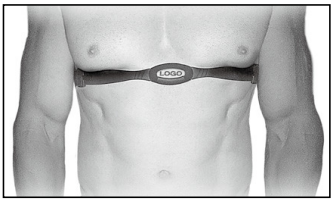
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

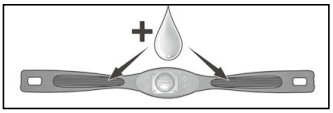
Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the setting TARGET H.R. the computer will adjust the resistance load automatically. It will check Every 10 seconds approx. I level load will increase or decrease (Note: each resistance load represents 3 levels of loading).when the heart rate signal disappeared, the computer will keep the resistance load constant for 60s, then it will decrease the resistance load 1 level per 10s.

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

Wearing The Chest Strap (Sold Separately)

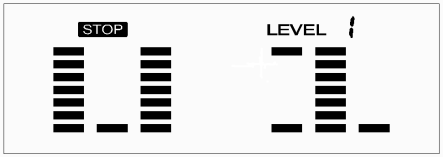


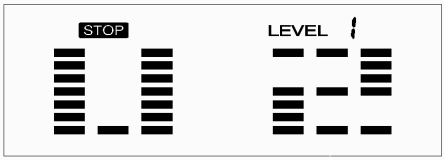


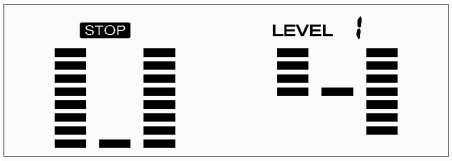
1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

User Program

Program profile







4 User program allow user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting user using UP OR DOWN KEY then pressing ENTER KEY.
1St parameter “Time” will flash so value can be adjusted using UP OR DOWN KEY .Press ENTER KEY to save value & move to next parameter to be adjusted.
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**
Continue through all desired parameters.

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.