

TKO®



ASSEMBLY MANUAL

9GU - COMMERCIAL UPRIGHT BIKE

IMPORTANT SAFETY INSTRUCTIONS



- Read this Owner's Manual and follow its instructions carefully before using the machine. Make sure that it is properly assembled and tightened before each use.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children and pets, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Never exercise in bare feet or socks, always wear correct footwear, such as running, walking, or cross-training shoes.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

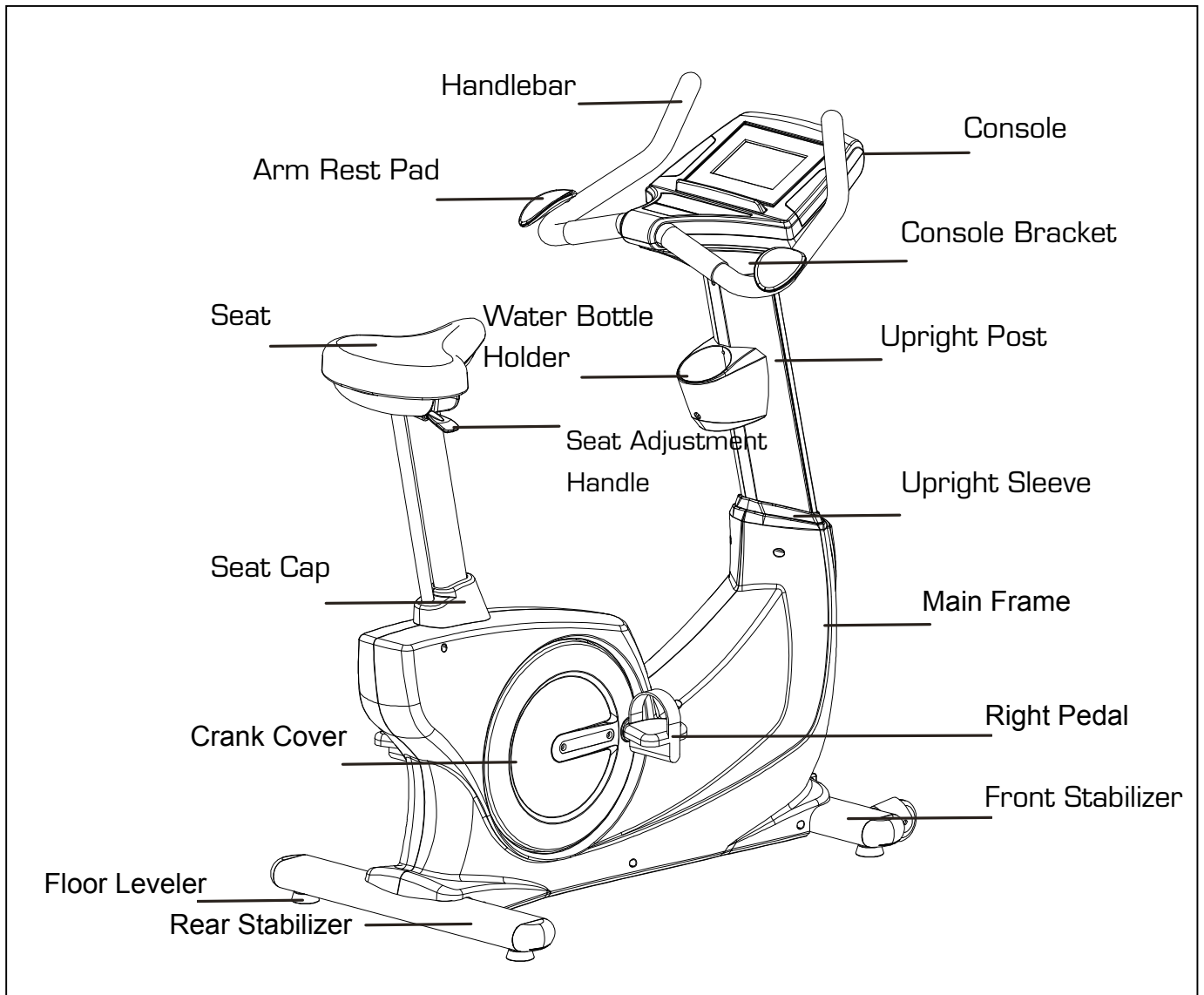
MEDICAL WARNING

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

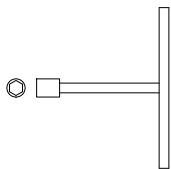
Maximum recommended exercise weights not to exceed 400Lbs (181.8Kgs)

BEFORE YOU BEGIN

Note: Before you begin, remove all parts and hardware from the carton, ensure you have everything according to the list.



TOOLS NEEDED FOR THE ASSEMBLIES (INCLUDED)



**T-HANDLE SOCKET
WRENCH (17MM)**



**COMBINATION
WRENCH**



**ALLEN WRENCH
(M5 & M6)**



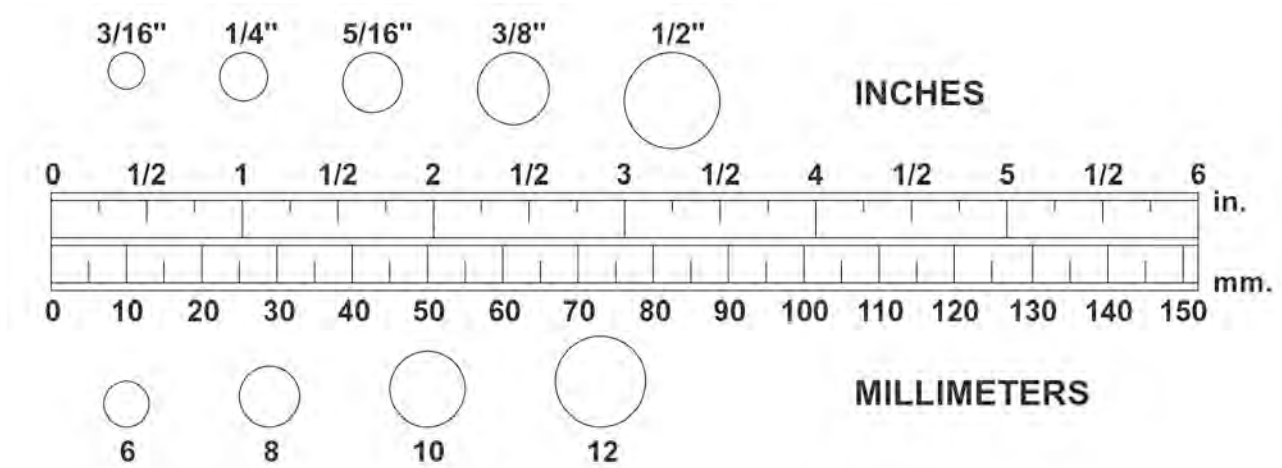
SOCKET WRENCH

HARDWARE

This chart below is provided to help identify the hardware used in the assembly process.

Use the circles below to confirm the diameter of each Washer, Bolt and Screw.

Use the small ruler to check the length of the bolt and screw.



NOTICE: The length of the bolt or screw DOES NOT include the head to the bolt or screw.

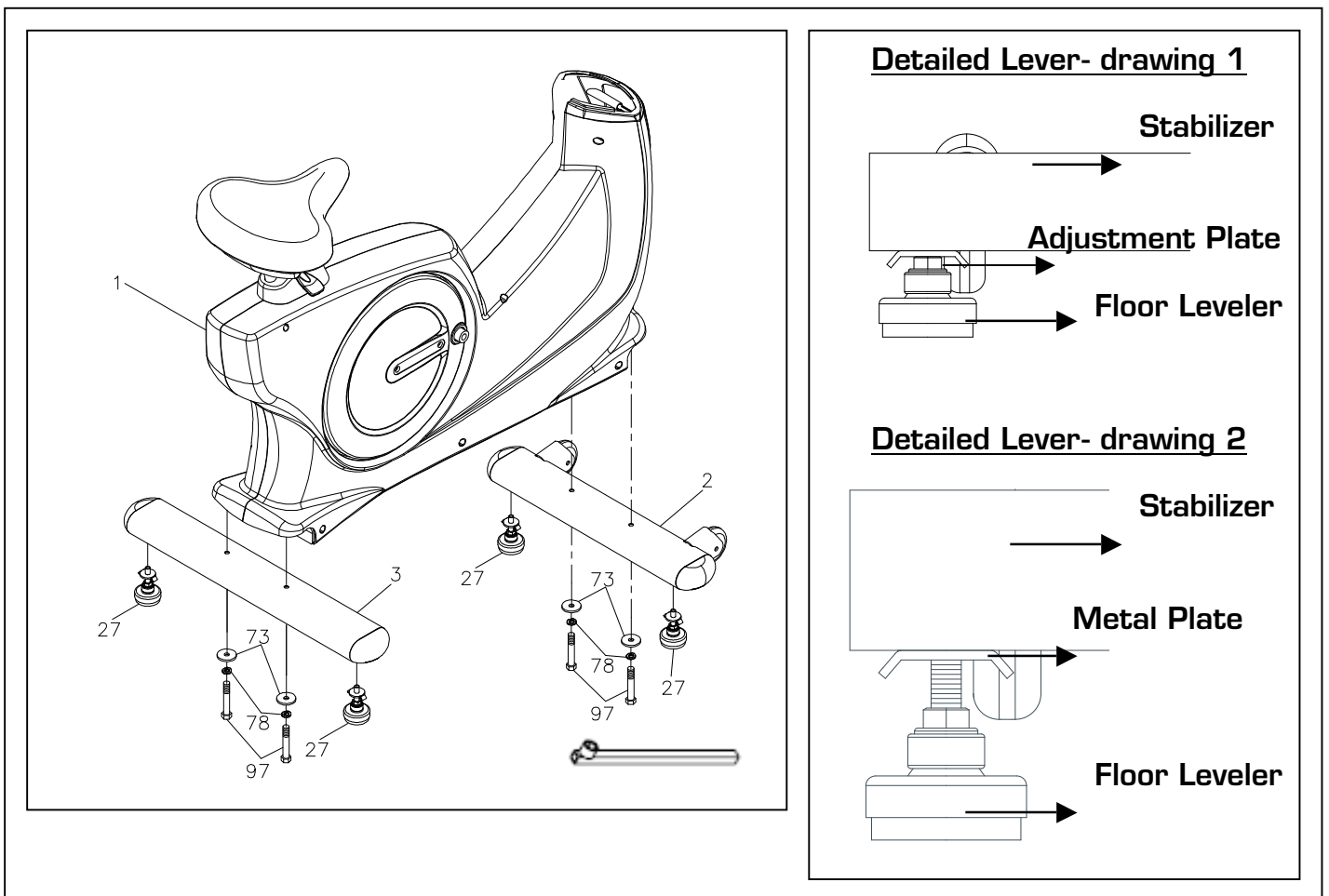


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

Part Number	Description	Qty
78	Lock Washer (M8)	4
73	Washer (8x38x2.0t)	4
83	Screw, Round Head (M5xp0.8x15mm)	12
84	Screw, Round Head (M5xp0.8x50mm)	2
88	Bolt, Button Head (M6xp1.0x12mm)	2
97	Bolt, Hex Head (M8xp1.25x65mm)	4
99	Bolt, Hex Head (M10xp1.5x50mm)	2

ASSEMBLE INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



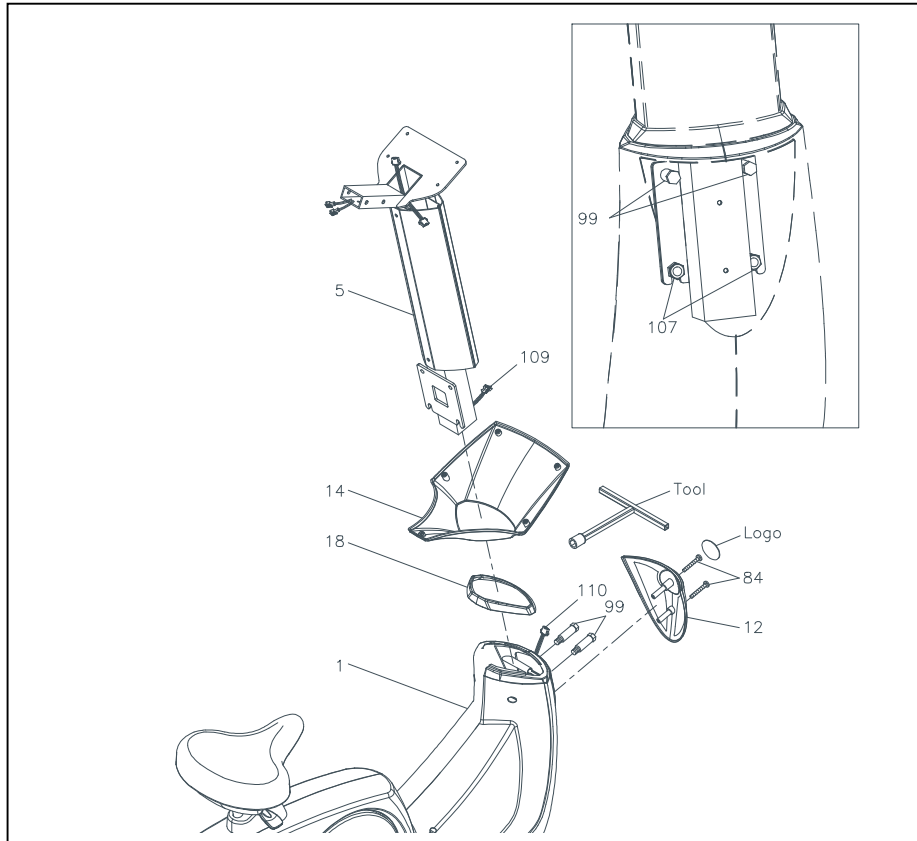
STEP 1

Attach the Floor Leveler (27) to the Front Stabilizer (2)

STEP 2

Attach the Front Stabilizer (2) and the Rear Stabilizer (3) to the Main Frame Assembly (1), secure it using 4 Washers (8x38x2.0t)(73), 4 Lock Washers (M8)(78) and 4 Hex Bolts (M8x1.25x65mm)(97). Tighten it securely with the socket wrench (as shown).

Adjust the Floor Leveler if the Bike is NOT leveled to the floor. **Make sure the Metal Plates are fully tightened.**



STEP 3

Slide the **Console Bracket (14)** and the **Upright Sleeve (18)** onto the **Upright Post (5.)** Make sure the Metal Plate that holds the Display Console is facing forward (as shown).

Be careful not to pinch the wire (**Middle Connection Wire (109)**).

STEP 4

Insert 2 **Nylon Lock Nuts (M10) (107)** into the front of the **Main Frame (1)** (as shown)

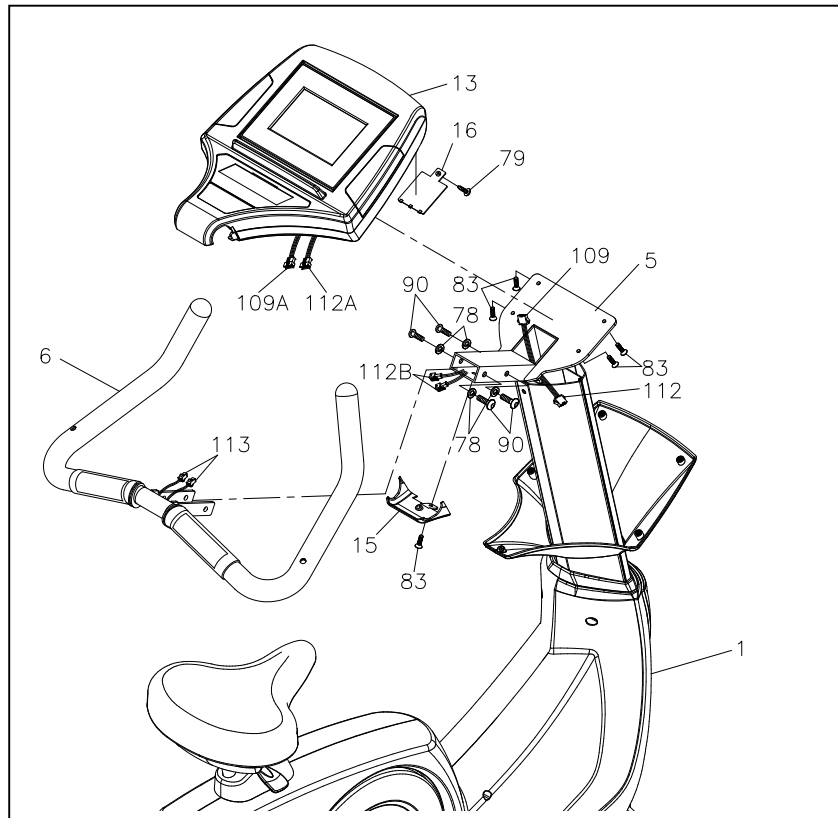
Install the **Upright Post (5)** to the **Main Frame (1)** using 2 **Hex Bolts (M10xp1.5x50mm) (99)**. Secure it with the **T-HANDLE SOCKET WRENCH (17MM)**.

STEP 5

Connect the **Middle Connection Wire (109)** to the **Lower Connection Wire (110.)**

Attach the **Front Decorative Cover (12)** onto the front of the **Main Frame (1)**, secure it with 2 **Screw, Round Head (M5xp0.8x50mm)(84.)**

Paste a Logo Sticker on the surface of the **Front Decorative Cover (12)**. Lower the **Sleeve (18)** to cover the gap on the **Main Frame Housing**.



STEP 6

Connect the **Lower Pulse Sensor Wire (113)** and the **Middle Pulse Sensor Wire (112B)**.

Install the **Handlebar (6)** to the **Upright Post (5)**, secure it using 4 **Lock Washers (M8)(78)** and 4 **Bolts, Button Head (M8xp1.25x16mm)(90)**. Tighten it securely with wrench.

STEP 7

Loosen the **Screw (M3x10mm)(79)** then open the **Battery cover**. Install 4 AA rechargeable batteries (included) **(Please only use the Nickel-Metal Hybrid/NI-MH rechargeable battery)**.

STEP 8

Re-Attach the **Battery Cover (16)** back of the **Display Console (13)** and the **Screw (M3x10mm)(79)**.

STEP 9

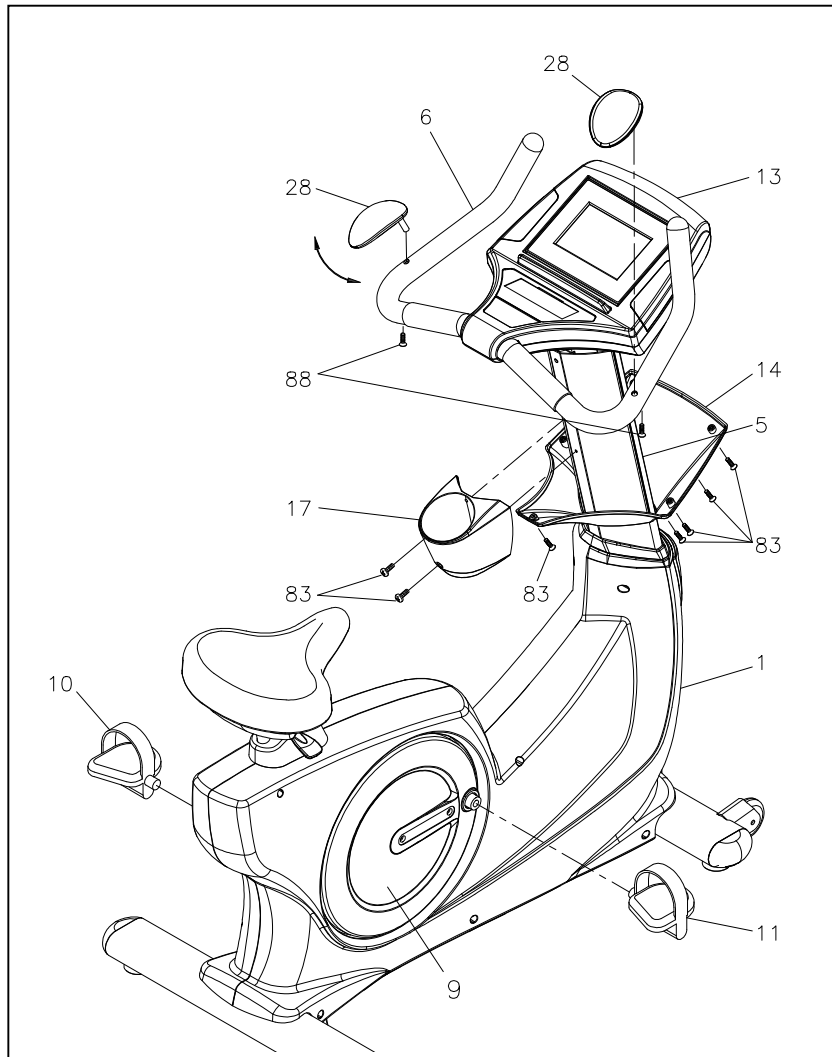
Connect the **Middle Pulse Sensor Wire (112A)** to the **Middle Pulse Sensor Wire (112)** then connect the **Middle Connection Wire (109A)** to the **Middle Connection Wire (109)**.

STEP 10

Install the **Display Console (13)** to the **Metal Bracket on the Upright Post (5)**, secure it with 4 **Screws, Round Head (M5xp0.8x15mm)(83)** using a Philip screw driver.

STEP 11

Attach the **Console Lower Case (15)** to the **Display Console (13)** and secure it with 1 **Screw, Round Head (M5xp0.8x15mm)(83)** using a Philip screwdriver.



STEP 12

Install the **Display Console Bracket (14)** onto the **Console (13)** and secure it with 4 **Screws, Round Head (M5xp0.8x15mm)(83)**. Tighten it securely with wrench.

STEP 13

Install the **Arm Rest Pads (28)** onto the **Handlebar (6)**, secure it with 2 **Bolts, Button Head (M6xp1.0x12mm)(88)**. Tighten it securely with wrench.

STEP 14

Install the **Water Bottle Holder (17)** onto the **Upright Post (5)** using 2 **Screws, Round Head (M5xp0.8x15mm)(83)**, secure it with a Philip Screw Driver.

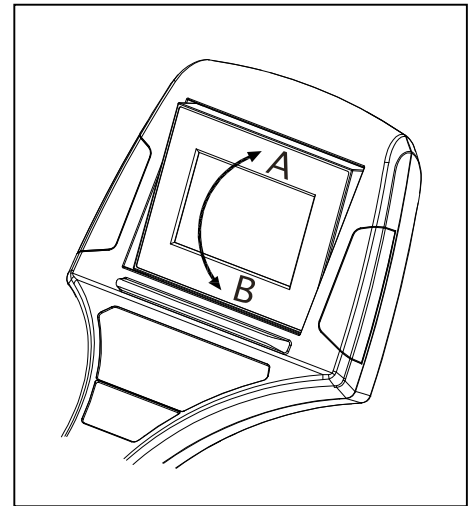
STEP 15

Install the **Right Foot Pedal (11)** onto the **Right Crank Cover (9)**, Securely tighten it with wrench by turning it Clockwise. Install the **Left Foot Pedal** onto the **Left Crank Cover** by turning it Counter-Clockwise.

OPERATIONS INSTRUCTIONS

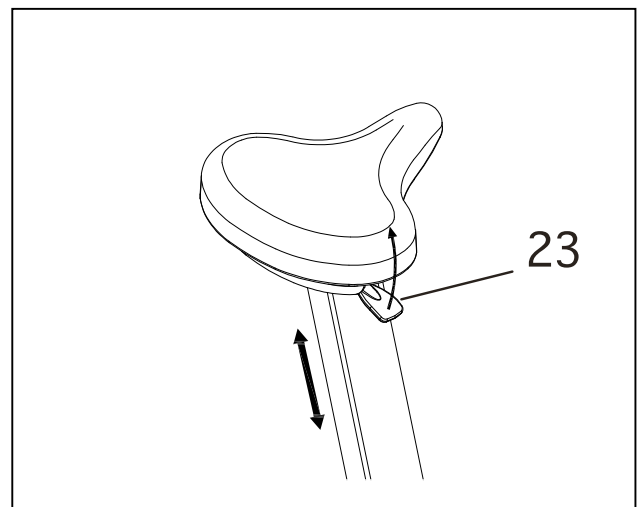
CONSOLE ANGLE ADJUSTMENT

The Display Console angle may be adjusted by pushing the
A or B on the Display Console



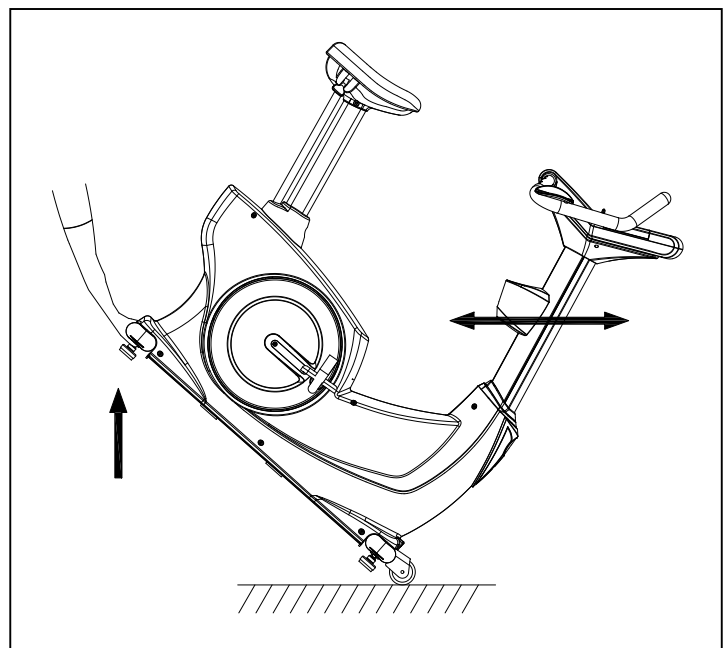
SEAT HEIGHT ADJUSTMENTS

The Seat Height may be adjusted by pull the
Adjustment Handle (23) upward to adjust
the seat height.
Release the **Adjustment Handle (23)** after
it's done.



TRANSPORT YOUR UPRIGHT BIKE SAFELY

Lift and Hold the **Rear Stabilizer (3)** up
with two hands and move your upright
bike to the desired place carefully.
Make sure the floor is level while
transporting the upright bike.

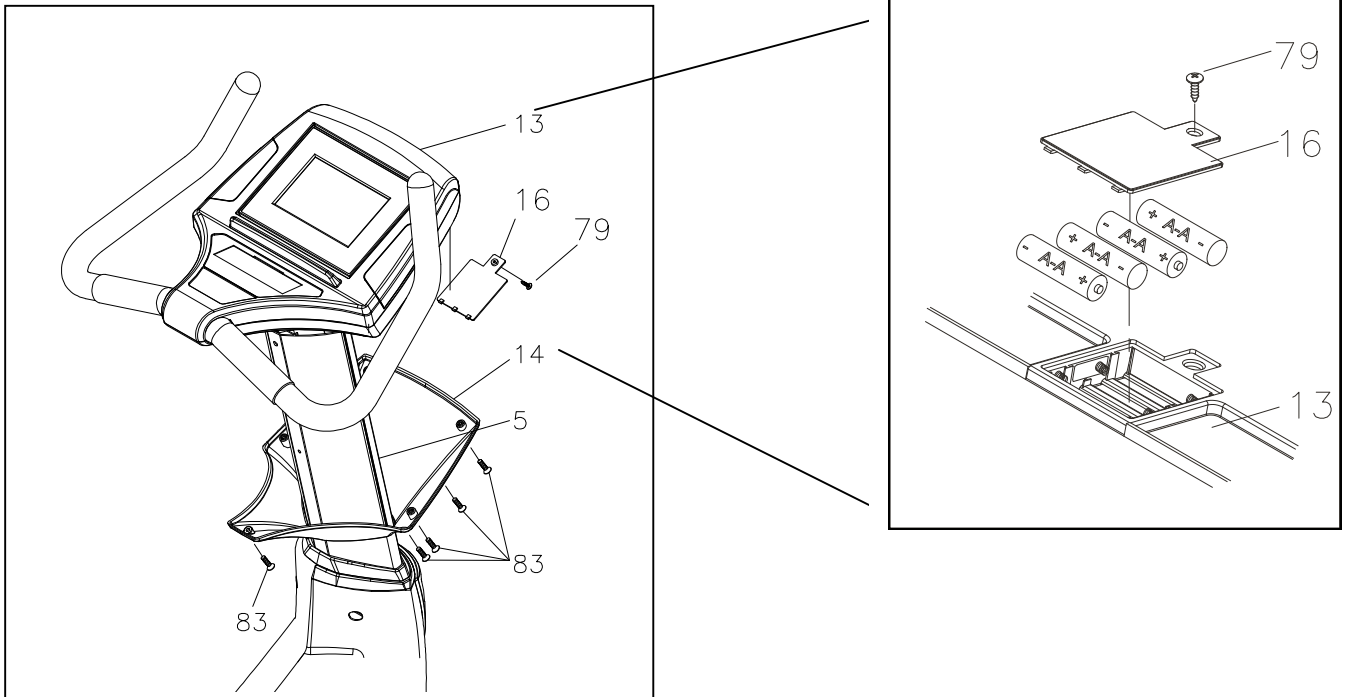


HOW TO INSTALL AND REPLACE BATTERIES:

Loosen the **Screw (83)** at the bottom on the **Console Bracket (14)**.

Loosen the **Screw (M3x10mm)(79)** that locks the battery cover.

Install (or Replace) only the **Nickel-Metal Hybrid/NI-MH** rechargeable batteries.



PARTS LIST

NO.	Description	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Post	1
5	Upright Post	1
6	Handlebar	1
7	Left Cover	1
8	Right Cover	1
9	Crank Cover	2
10	Left Pedal	1
11	Right Pedal	1
12	Front Decorating Upright Cover	1
13	Console	1
14	Console Bracket	1
15	Console Lower Case	1
16	Battery Door	1
17	Accessory Tray	1
18	Upright Sleeve	1
19	Seat	1
20	Seat Lower Case	1
21	Seat post Sleeve	1
22	Seat Cap	1
23	Adjustment Bar	1
24	Slider	1
25	End Cap (50x100mm)	4
26	Moving Wheel	2
27	Leveler (φ50)	4
28	Hand Wrist Pad	2
29	Foam Grip (550mm)	2
30	Foam Grip (40mm)	2
31	Pulse Sensor Top Housing	2
32	Pulse Sensor Bottom Housing	2
33	Pulse Sensor Plate	4
34	Generator	1
35	Pulley (120mm)	1
36	Belt (762mm J8)	1

NO.	Description	Q'TY
36	Belt (762mm J8)	1
37	Pulley (235mm)	1
38	Magnet	1
39	Belt (1092mm J8)	1
40	Front Aluminum Upright Cover	1
41	Rear Aluminum Upright Cover	1
42	Air Pressure Bar	1
43	Seat Adjustment Lever	1
44	Fixed Stand	1
45	Spacer	1
46	Cable	1
47	Cable Spring	1
48	Roller Axle	1
49	Stand Spring	1
50	Spacer Stand	1
51	Arc Washer	1
52	Resistor	1
53	Controller	1
54	Right Mounting Plate	1
55	Left Mounting Plate	1
56	Idler Spring	1
57	Washer ($\psi 10.6 \times \psi 60 \times 2.0t$)	1
58	Idler Arm	1
59	Axle Connection Cap	1
60	Bearing 6004ZZ	8
61	Idler Wheel Spacer	1
62	One Way Pulley (51)	1
63	One Way Bearing (2520)	1
64	Axle	1
65	Right Crank	1
66	Left Crank	1
67	Crank Shaft	1
68	Eye Bolt	4
69	Tension Bracket	2
70	Square Key (6×6×15mm)	1
71	E Ring	1
72	Crescent Ring	4

NO.	Description	Q'TY
73	Washer (8×38×2.0t)	4
74	Washer (10×23×2.0t)	2
75	Washer (17×25×1.0t)	1
76	Washer (18.3×25×1.0t)	1
77	Washer (20×1.0t)	2
78	Lock Washer (M8)	13
79	Screw (M3×10mm)	1
80	Screw (M4×20mm)	4
81	Screw (M5×18mm)	19
82	Screw, Round Head (M3×35mm)	4
83	Screw, Round Head (M5×p0.8×15mm)	12
84	Screw, Round Head (M5×p0.8×50mm)	2
85	Screw, Round Head (M5×p0.8×75mm)	2
86	Bolt, Round Head (M6×p1.0×10mm)	4
87	Bolt, Round Head (M6×p1.0×15mm)	4
88	Bolt, Button Head (M6×p1.0×12mm)	4
89	Bolt, Button Head (M8×35mm)	2
90	Bolt, Button Head (M8×p1.25×16mm)	5
91	Bolt, Button Head (M10×p1.5×45mm)	1
92	Screw, Flat Head (M8×p1.25×12mm)	5
93	Bolt, Socket Head (M8×p1.25×55mm)	2
94	Bolt, Socket Head (M10×p1.5×30mm)	1
95	Bolt, Hex Head (M8×p1.25×15mm)	4
96	Bolt, Hex Head (M8×p1.25×10mm)	1
97	Bolt, Hex Head (M8×p1.25×65mm)	4
98	Bolt, Hex Head (M8×p1.25×80mm)	4
99	Bolt, Hex Head (M10×p1.5×50mm)	2
100	Nut (M3)	4
101	Flange Nut (M5)	2
102	Nut (M6)	3
103	Nut (M8)	3
104	Nylon lock Nut (M6)	2
105	Nylon lock Nut (M8×6.2t)	8
106	Nylon lock Nut (M8)	6
107	Nylon lock Nut (M10)	4

NO.	Description	Q'TY
108	Generator Wire	2
109	Middle Connection Wire	1
110	Lower Connection Wire	1
111	Sensor Wire	1
112	Middle Pulse Sensor Wire	1
113	Lower Pulse Sensor Wire	2
114	Washer (8×23×2.0t)	2

EXPLODED DRAWING

