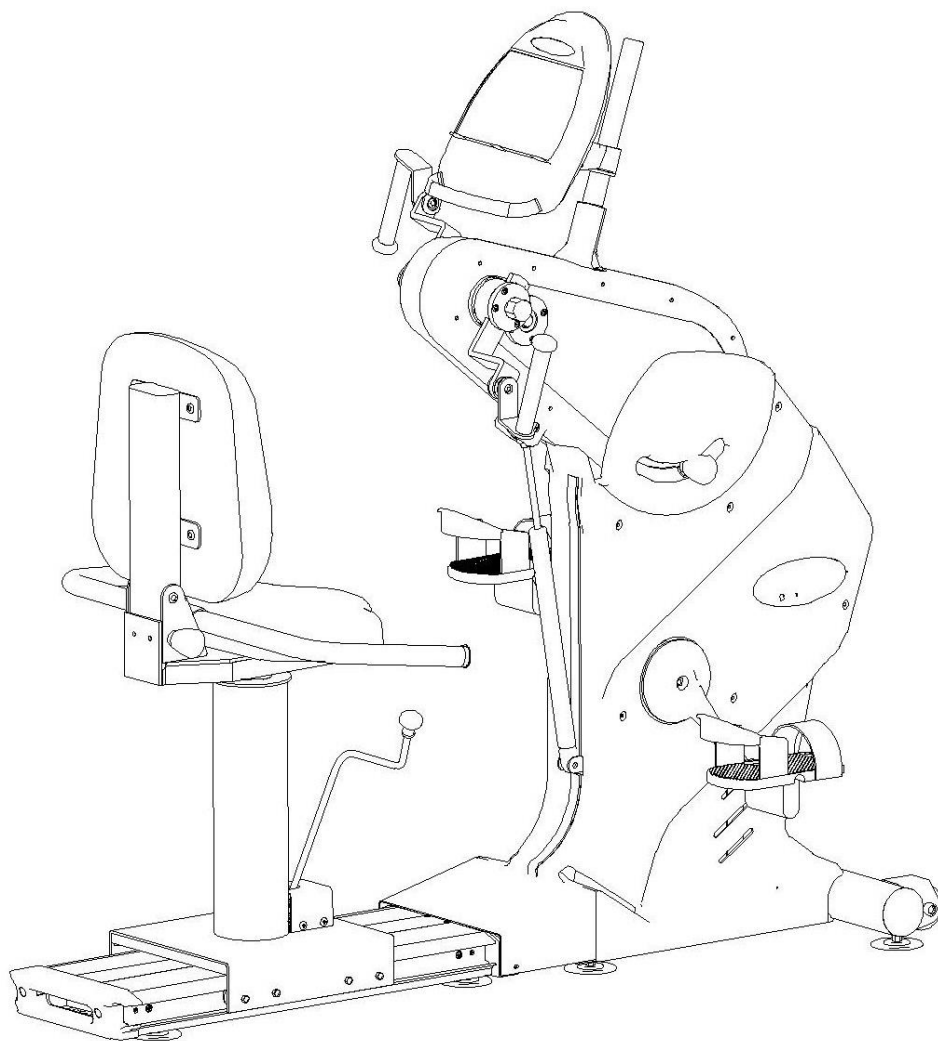




Total Body Trainer

OWNER'S MANUAL



HealthCare International, Inc.
PO Box 1509, Langley, WA 98260

www.HCIFitness.com

p.360.321.7090

SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry or loose items away from moving parts.



Please note:

Maximum weight capacity for the PhysioMax is 350 lbs (159 kg)



WARNING

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

PhysioMax TBT-1000 Total Body Trainer

Thank you for your purchase!

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. The PhysioMax allows users to safely use their arms and legs completely independent from each other, using a unique patent pending design. The PhysioMax is easy to use, and will give users a cardiovascular workout while engaging their legs, arms and core. We wish you continued success in your journey towards optimum health and fitness!

We would love to hear from you! Please feel free to post a review with the dealer you purchased from or send it to us directly, sales@hcifitness.com.

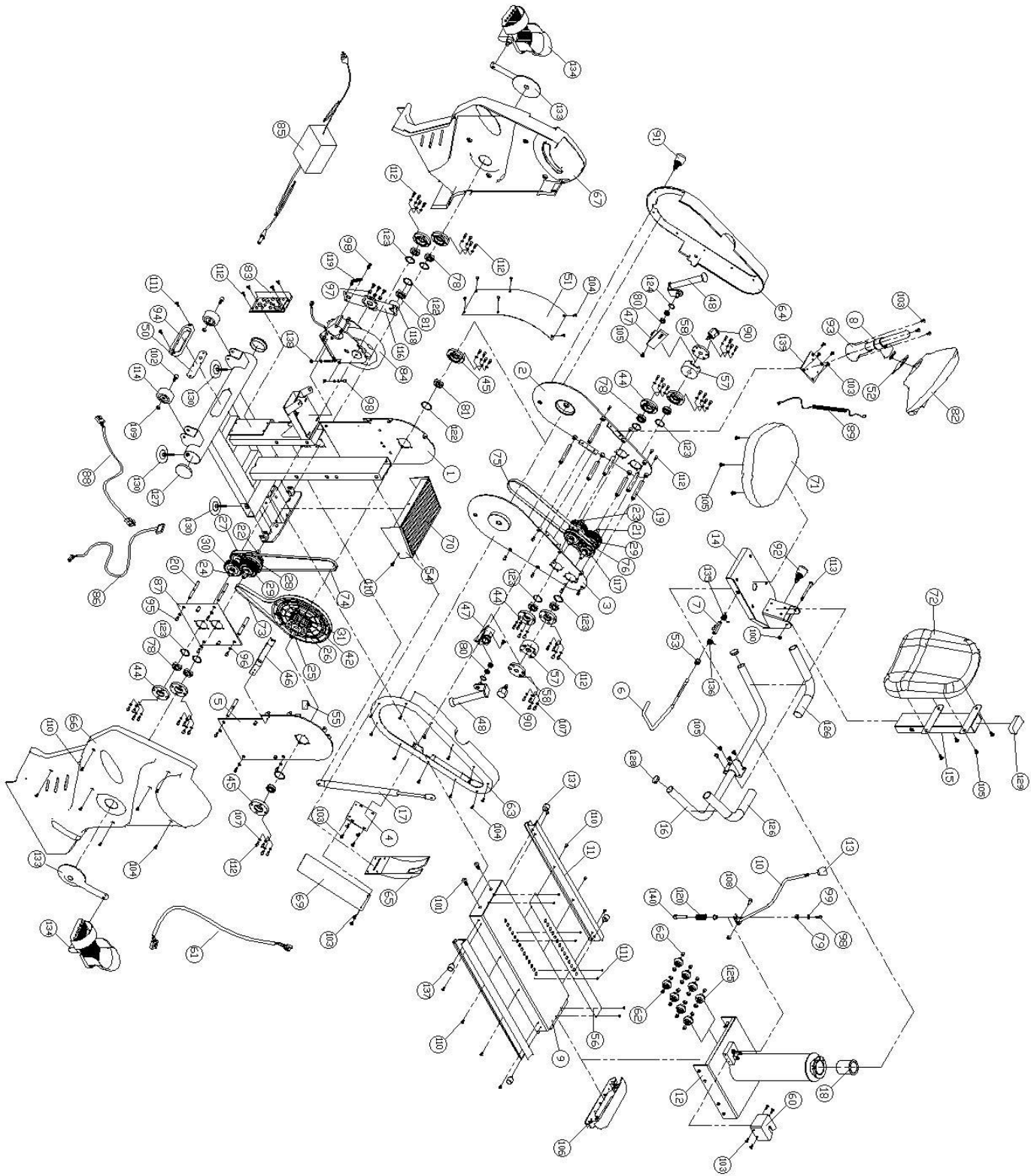
Assembly Overview

When you receive your PhysioMax, minimal assembly is required. Assembly consists of putting on the seat, seat back, display, hand cranks, and pedals. The following instructions explain the assembly. There are also detailed instructions on how to operate the display. If you need assistance during assembly please call us at 360.321.7090, 800.398.9121 or email us at service@hcifitness.com.

Before You Begin

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.

EXPLODED DRAWING




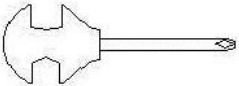
PARTS LIST

No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	29	Main Gear	2	57	Crank Hub	2
2	Left Plate	1	30	Sub Gear	2	58	Crank Seat Covered	2
3	Right Plate	1	31	Pulley Sleeve	1	59	Plastic Washer	4
4	Cylinder Bracket	1	32	Copper Washer(2)	2	60	Level Base Cover	1
5	Stabilizer Board(C)	1	33	Copper Washer(1)	2	61	Controller Line	1
6	Swivel Handle	1	34	Interval Tube(6)	2	62	Interval Tube for Roller	8
7	Located Pin	1	35	Interval Tube(7)	1	63	Upper Housing(L)	1
8	Display Post	1	36	Interval Tube(3)	1	64	Upper Housing(R)	1
9	Rail-Board	1	37	Interval Tube(9)	1	65	Decorated cover	1
10	Movement Level	1	38	Interval Tube(5)	1	66	Lower Housing(L)	1
11	Aluminum Rail	2	39	Interval Tube(4)	1	67	Lower Housing(R)	1
12	Seat Base Frame	1	40	Plate Washer	1	68	Interval Ring	1
13	Level Head	1	41	Plastic Washer	6	69	PC Sleeve	1
14	Seat Support Frame	1	42	Aluminum Pulley	1	70	Sand Paper	1
15	Back Seat Fixed	1	43	Interval Tube(11)	1	71	Seat	1
16	Seat Handle	1	44	Bearing Base(A)	8	72	Back Seat	1
17	Cylinder	1	45	Bearing Base(B)	2	73	V-Belt 460 J6	1
18	POM Bushing	1	46	Housing Stabilizing	1	74	Timing Belt HTD5M1100	1
19	Fixed Column	7	47	Arm Crank Handle	2	75	Timing Belt HTD5M1200	1
20	Fixed Column	7	48	Hand Bar	2	76	Timing Belt HTD5M400	2
21	Upper Main Axis	1	49	Located Block	1	77	One-Way Bearing HL3530-INA	4
22	Lower Main Axis	1	50	Power Connected Board	1	78	Bearing #6004zz	10
23	Upper Sub Axis	1	51	Cover Plate	1	79	Sleeve Bearing STC-F1006+8	2
24	Lower Sub Axis	1	52	Display Bracket	1	80	Bearing #6001zz	4
25	Mid Axis	1	53	Located Tube	1	81	Bearing #6204zz	3
26	Timing Pulley A	1	54	Feet Board	1	82	Display	1
27	Timing Pulley B	2	55	Magnet Seat	1	83	PCB Control Board	1
28	Timing Pulley C	1	56	Decorated Tin Plate	1	84	EMS Magnetic Flywheel	1

PARTS LIST

No.	Description	Q'y	No.	Description	Q'y	No.	Description	Q'y
85	Power Adapter	1	107	Spring Washer M6	52	129	Square Plug 40*80*1.5T	1
86	Speed Sensor & Magnet	1	108	Hex Head Bolt M8*22L	4	130	Adj. Fix Cushion 3/8"*25L	8
87	Stabilizer Board	1	109	Nylon Nut M8	2	131	Square Key 6*6*20L	4
88	Power Inlet	1	110	Set Screw M5	2	132	Square Key 6*6*65L	1
89	Display Wire	1	111	Set Screw M4	2	133	Crank(Pair)	1
90	Black Knob	2	112	Hex Bolt M6*15L	62	134	Foot Paddle(Pair)	1
91	Grey Knob(25mm)	1	113	Mushroom Head Hex Bolt M8*100L	2	135	Scroll Spring(R)	1
92	Grey Knob(19mm)	1	114	Grey PU Roller	2	136	Scroll Spring(L)	1
93	Display Arm	1	115	Spring Washer M10	2	137	Stopper	
94	Power Connect Cover	1	116	Idle Support	1	138	Nylon Nut M6	
95	Hex Bolt M8*15L	14	117	Timing Pulley (D)	1	139	Arms Seat	
96	Plate Washer ID8*OD16*1.6T	14	118	Idle Pulley	1	140	Located Pin	
97	Interval Column for Idler	3	119	Tension Spring	1			
98	Hex Bolt M6*20L	5	120	Compress Spring	1			
99	Plate Washer ID6.5*16*1.5T	15	121	C-ring S20	10			
100	Nylon Nut M8	11	122	R-ring R47	3			
101	Hex Bolt M12*25L	4	123	R-ring R42	8			
102	Hex Bolt M10*55L	2	124	R-ring R28	2			
103	Mushroom Screw M5*15L	22	125	Roller	8			
104	Mushroom Screw M5*6L	40	126	Handle Sponge ID31.8*550L	2			
105	Mushroom Head Bolt M8*25L	8	127	Round Plug OD76	2			
106	Back Covered	1	128	Round Plug OD31.8	2			

TOOL SET:

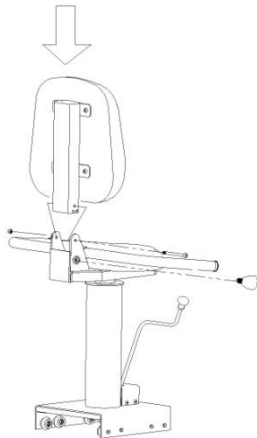
	10m/m L Type Tool	1pc
	13*14 Tool	1pc

Please Note:

Before you start to assemble this unit, please check to be sure you have the correct quantity of parts that are listed above.

ASSEMBLY

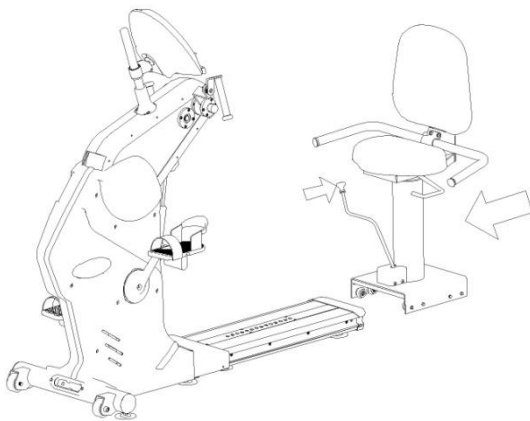
Step 1



Assembling the Seat Back

Insert the seat back support frame (14) that is connected to the seat back (72) into the seat base frame (12). Using the bolt (113) and the nut (109) secure in place.

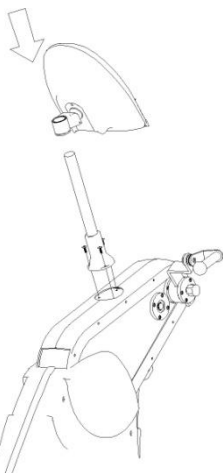
Step 2



Connecting the Seat to the Frame

Pull back and hold the Movement Lever (10) then slide the entire assembly forward into the seat-rail, making sure the rollers are moving smoothly within the Aluminum rail (11).

Step 3

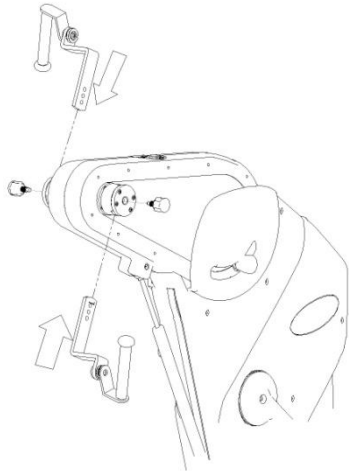


Attaching the Display

Attach the Display post (8) to the PhysioMax using 3 of the M5 screws (22). Slide the Display (82) onto the Display post (8), and tighten the screws.

ASSEMBLY

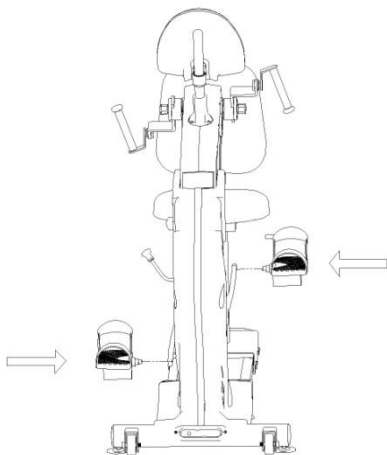
Step 4



Inserting the Arm Cranks

Place each arm crank handle rod (47) through the slot into the crank hub (57). To secure the crank handle, fasten with the black adjustment knob (90).

Step 5



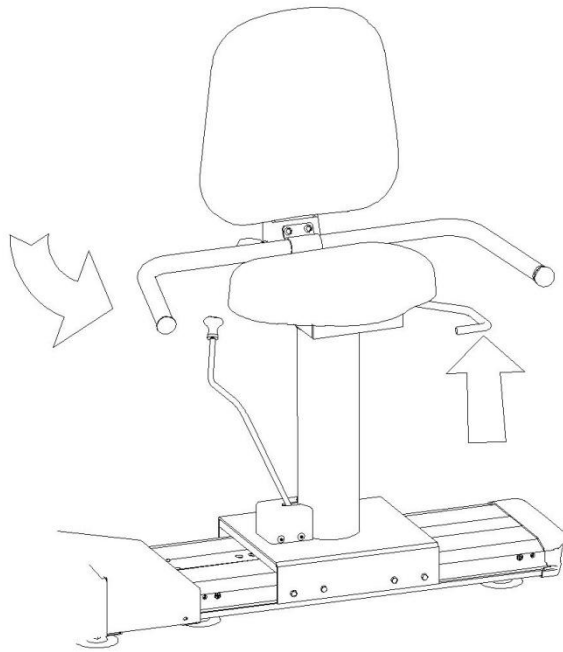
Attaching the foot pedals

Fasten each foot pedal (134) to the pedal cranks (133) using the open-end wrench, tool “13*14”. Please note the left pedal will be a reverse thread.

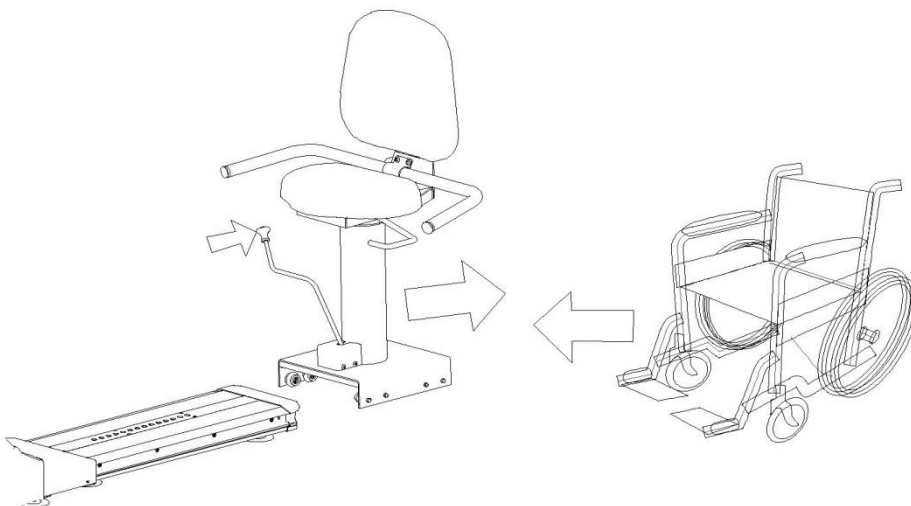
Please note:

Connect the power adaptor to the unit and power on before use.

OPERATING INSTRUCTIONS

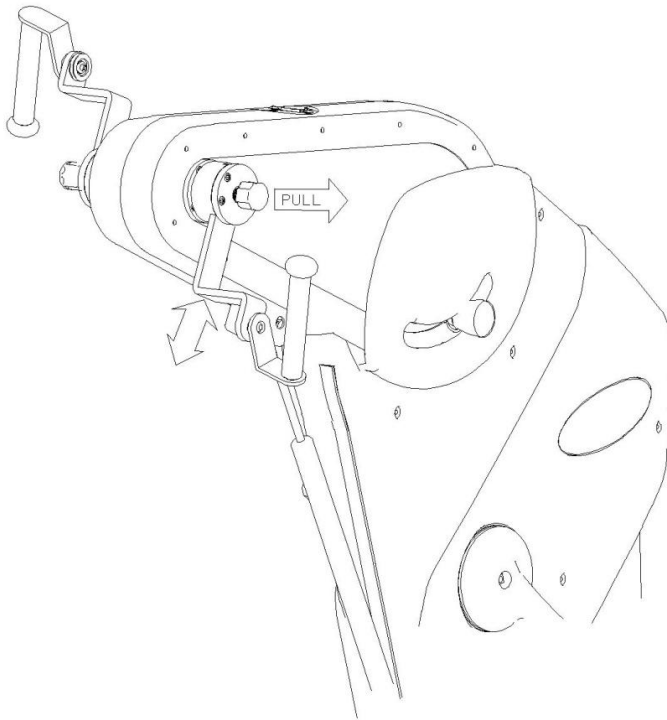


1. **Swivel Seat:** Pull up on the yellow, horizontal seat handle, and swivel to rotate the seat right or left, up to 90 degrees. Release the handle to lock into position.

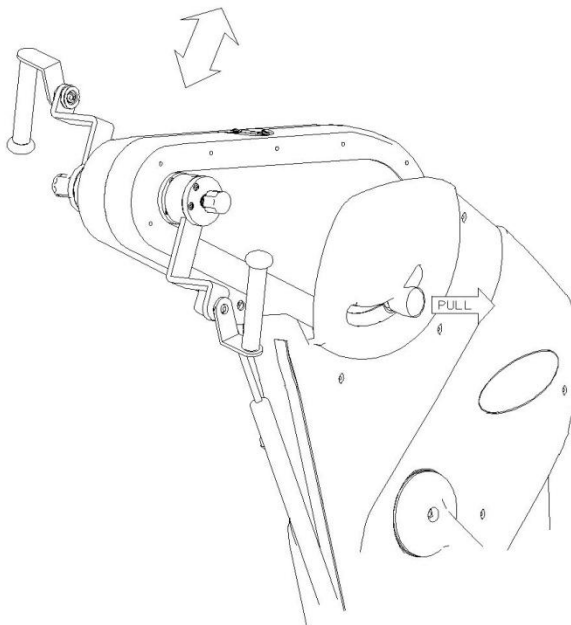


2. **Wheelchair Access:** Pull back on the seat adjustment lever to adjust the seat position. Continue to slide the seat off the rail to allow for wheel chair access.

OPERATING INSTRUCTIONS

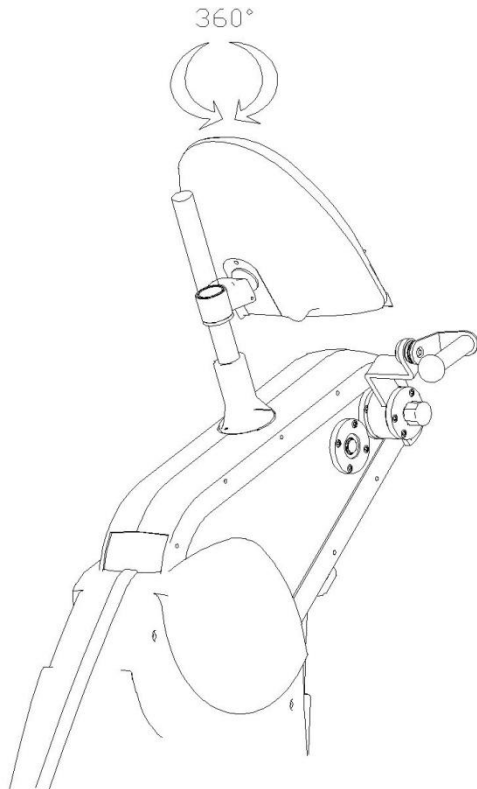


3. **Crank Arm Length:** Pull out the black knob to adjust the crank arm length, there are 3 positions. Be sure to hold onto the handle so the arm does not drop.

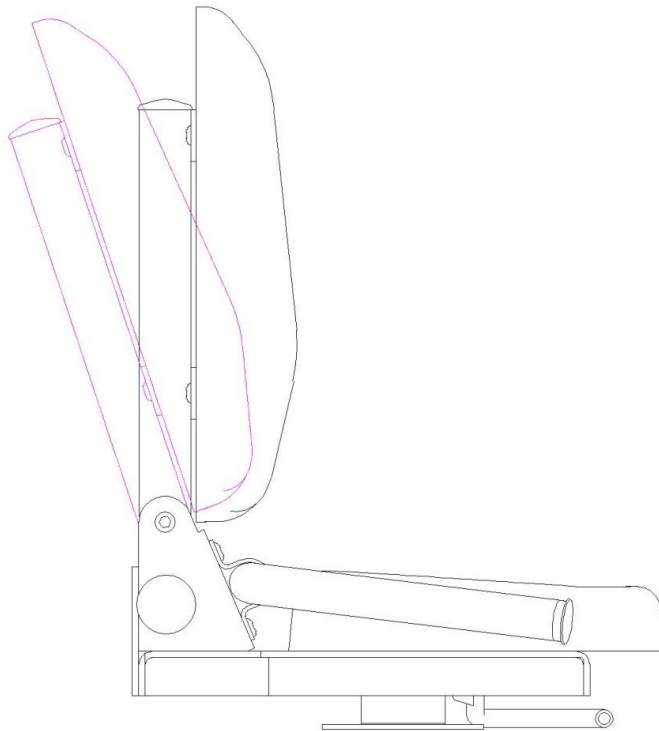


4. **Pivoting Crank Arm Head:** Pull out the orange knob to adjust the arm crank height and positioning, there are multiple angle settings. Lock into place by releasing the orange knob and tightening.

OPERATING INSTRUCTIONS

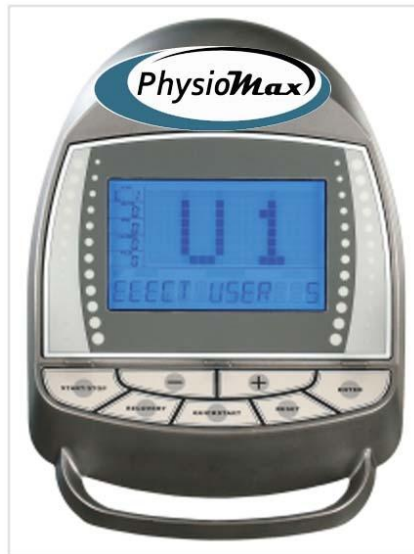


5. **Rotating Display:** The display rotates 360 degrees for adjusted viewing angles.



6. **Seatback Adjustments:** Pull out the back seat knob to adjust the angle of seat back.

PhysioMax: DISPLAY INSTRUCTION MANUAL



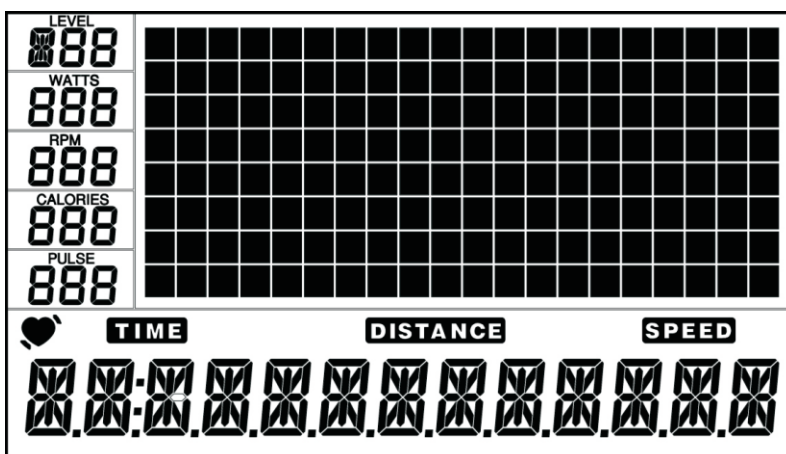
1. Display:

The Console is an LCD screen displaying RPM, SPEED, TIME, DISTANCE, CALORIES, WATTS, PULSE (HEART RATE).

2. Modes:

2.1 POWER UP Mode: When powered on, there is a long beep, and all LCD functions light up for 2 seconds, then the display enters initial workout mode and is ready to begin.

LCD WINDOWS DISPLAY OVERVIEW:



Please note: After 10 minute of inactivity, the display will shut off.

DISPLAY INSTRUCTION MANUAL

3. Computer Function – Setting up your User Profiles

**Please note: Quick Start requires no setup*

3.1 Select User 1 or User 2:

The screen will display “U1” and a scrolling message that reads “SELECT USER”. By pressing the UP or DOWN key you can toggle between User 1 (“U1”) and User 2 (“U2”).

- If you are setting up a user profile for the first time, select the User to setup and then press the RESET key for a few seconds to enter the User Data (see step 3.2).
- Once your user profile is setup, press the ENTER key to select the USER and continue to the workout program selection.

3.2 Entering & Changing USER Data:

3.2.1 GENDER:

- First, enter the gender of the user for the profile you are setting up. A scrolling message that reads “ENTER GENDER” will show until a selection is made. Press the UP or DOWN keys to toggle between the choices, Male (“MALE”) and Female (“FEM”).
- Press ENTER to accept either Male or Female.

3.2.2 AGE:

- Next, enter the age of the user for the profile you are setting up. A scrolling message that reads “ENTER AGE” will show until a selection is made. Press the UP or DOWN keys to increase or decrease the Age displayed on the screen.
- Press ENTER to accept the AGE.

3.2.3 WEIGHT:

- Finally, enter the weight of the user for the profile you are setting up. A scrolling message reads that “ENTER WEIGHT” will show until a selection is made. Press the UP or DOWN keys to increase or decrease the Weight displayed on the screen.
- Press ENTER to accept WEIGHT and move to program selection.

DISPLAY INSTRUCTION MANUAL

4. Program Selection:

- “**SELECT WORKOUT PROGRAM**” will scroll across the screen before the program names are displayed. The screen will display the resistance profile of each program. Press the UP or DOWN keys to scroll through all the program names.
- Press the ENTER key to select a program and move to workout time.
- Press the START key to select program and begin workout.

WORKOUT PROGRAMS

- **Manual**
- **Rolling Hill**
- **Peak**
- **Plateau**
- **Mountain Climb**
- **Hill Internal**
- **Strength Interval**
- **Fat Burn HR**
- **Cardio HR**
- **Custom**

4.1 Target Heart Rate: (FAT BURN and CARDIO only)

- The TARGET HEART RATE is displayed in the Pulse window (flashing). A message that reads “**ENTER TARGET HEART RATE**” will scroll across the screen until a selection is made. The default value is $(220-AGE)*0.65$ for FAT BURN and $(220-AGE)*0.80$ for CARDIO.
- Press the UP and DOWN keys to change the TARGET HEART RATE value.
- Press the ENTER key to accept the TARGET HEART RATE and continue to set the workout time.
- Press the START key to accept the TARGET HEART RATE and begin your workout.

4.2 Workout Time:

- The WORKOUT TIME is displayed on the screen (default time is 20:00). The scrolling message will read “**ENTER WORKOUT TIME**” until a selection is made.
- Press the UP or DOWN key to adjust the WORKOUT TIME, press the RESET key to change the WORKOUT TIME to 0:00.
- Press the ENTER key to accept the WORKOUT TIME and continue to set the resistance level.
- Press the START key to accept the WORKOUT TIME and begin workout.

DISPLAY INSTRUCTION MANUAL

4.3 Resistance Level:

- (MANUAL, ROLLING HILL, PEAK, PLATEAU, MOUNTAIN CLIMB, HILL INT., STRENGTH INT. only)
- The maximum RESISTANCE LEVEL for the profile is displayed in the Level window (flashing) and the resistance profile is displayed on the screen. The scrolling message will read “**ENTER MAXIMUM RESISTANCE LEVEL**” until a selection is made. Press the UP or DOWN key to adjust the maximum RESISTANCE LEVEL.
- The MAXIMUM RESISTANCE LEVEL is the peak resistance for the workout profile that you selected in step 4.
- Press the ENTER or START key to accept the maximum RESISTANCE LEVEL and your workout will begin. The maximum RESISTANCE LEVEL can be adjusted during the workout by pressing the UP or DOWN key. During the workout, the Level window displays the resistance level during each program segment. Then begin your workout!

4.4 Custom Profiles – User 1 & User 2:

- There is a Custom Workout Program stored for User 1 and User 2 (U1 and U2). When you select the custom workout program, you will be asked to enter the workout time. Follow Step 4.2. Next, you will set your desired resistance level. Hold both UP and DOWN keys at the same time for a few seconds. A scrolling message reads “**CREATE CUSTOM RESISTANCE PROFILE**” will appear on the display.
- Press the UP or DOWN key to adjust RESISTANCE LEVEL in each profile segment.
- Press the ENTER key to accept RESISTANCE LEVEL and move to the next profile segment.
- Press and hold the ENTER key for three seconds to accept Custom profile changes and move to workout time. Then begin your workout!

4.5 End of the Workout:

- When you have preset the workout time, the time will count down to 0:00, when the time reaches 0:00 you will hear a beep. A scrolling message reads “**WORKOUT SUMMARY AVE.SPEED XX MPH TOTAL DISTANCE XX.X MILES**” will appear on the screen. The message show until any key is pressed or the computer goes into Sleep mode. Your workout will also be ended by pressing and holding the START key for three seconds.

DISPLAY INSTRUCTION MANUAL

4.6 Constant Speed

In this mode, press the ENTER key to select the RPM level as

L1=20/L2=30/L3=40/L4=50/L5=60/L6=70/L7=80/L8=90 RPM, Then press the ENTER key to adjust TIME 0:00~99:00 setting. Press ENTER key to start countdown.

4.6 Constant Watt

In this mode, press the ENTER key to select the RPM level as

L1=10/L2=20/L3=30/L4=40/L5=50/L6=60/L7=70/L8=80/L9=90/L10=100/L11=110/L12=120/L13=130/L14=140/L15=150/L16=160 WATTS. Then press the ENTER key to adjust the TIME 0:00~99:00 setting. Press the ENTER key to start countdown.

5. Functions:

Item #	Item	Display Range	Default	Stored	Zeroing	Description
5.1	TIME	0 : 00-99 : 00	20:00	NO	YES	1. When the set value is 0:00, counting up cycles. 2. When the set value is 01:00-99:00, it will count down, when it reaches 0, it beeps.
5.2	DISTANCE	0.00-99.99	0.00	NO	YES	Value is 0:00, counting up cycles.
5.3	PULSE	30-240BPM	0	NO	YES	
5.4	CALORIES	0-999	0	NO	YES	
5.5	WATT	0-999	0	NO	YES	
5.6	RPM	0-250	NO	NO	YES	
5.7	AGE	10-100	30	YES	NO	
5.8	WEIGHT	50-300 lbs 20-150 kg	150 lb 70 kg	YES YES	NO NO	
5.9	SPEED	0.0-99.9	0.0	NO	YES	

DISPLAY INSTRUCTION MANUAL

6. Key Functions:

6.1 Enter KEY

- To confirm set value and enter into the next set value

6.2 Recovery KEY

- When HR is not equal to zero, press recovery key to test HR Recovery rate. It will display profile 8. Press this key again, it will restore the previous mode.
- When Time Displays 0:60 seconds, it begins counting down. When counting down, GRADE (A+ thru C) will display in the main field. When it counts down to 0, it will display GRADE. GRADE is in stop state, and restored HR value after 1 minute.

A+: Excellent

A: Very Good

B+: Good

B: Fair

C+: Poor

C: Very Poor

6.3 RESET KEY

- During Stop Mode only, press this key to clear up the set value to zero, except for work level in custom program and age program.
- Only in Pause State, press this key to switch the current program into another program.
- Hold for three seconds for Total Reset (go to Power Up Mode).

6.4 START/STOP KEY

- During exercising, press this key to pause the workout. Each value will be stored. Press this key again to continue your workout. All set values will be continued until it goes down to zero.

6.5 UP KEY

- Used to scroll through the different programs and profiles.
- Used to change time value and work level.
- Work level can be changed during a workout.

DISPLAY INSTRUCTION MANUAL

6.6 DOWN KEY

- Used to scroll through the different programs and profiles.
- Used to change time value and work level.
- Work level can be changed during a workout.

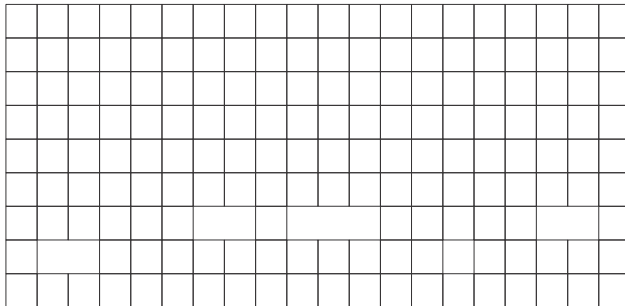
6.7 QUICK START KEY

- At anytime, press this key to start your workout in manual mode with time value 0:00.

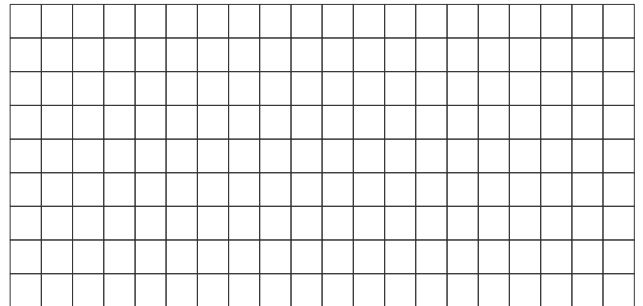


Workout Programs:

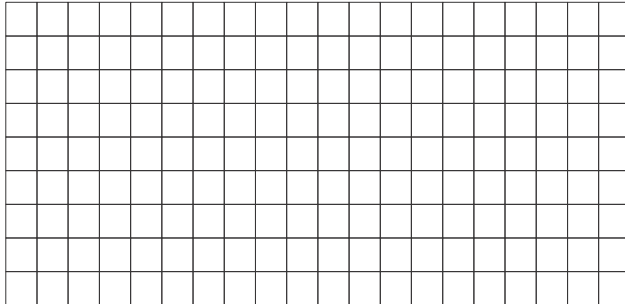
Rolling Hill



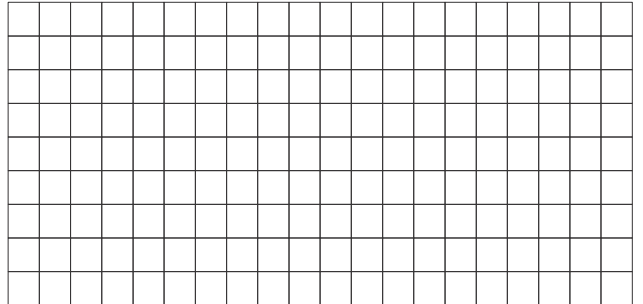
Peak



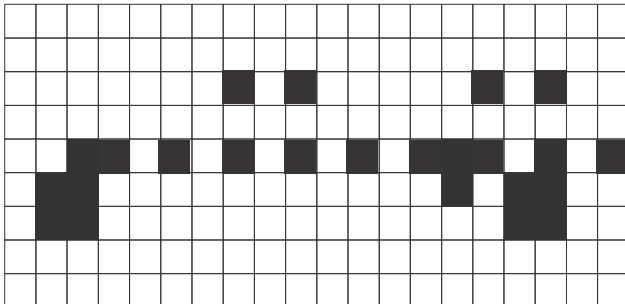
Plateau



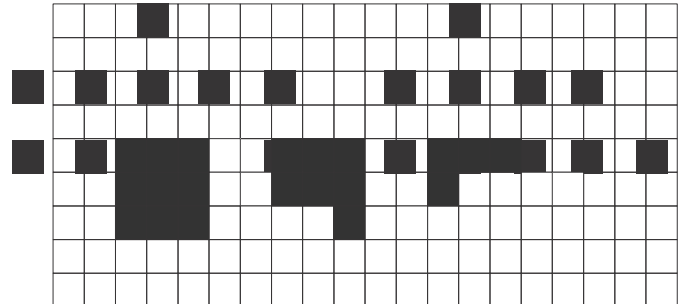
Mountain Climb



Hill Interval



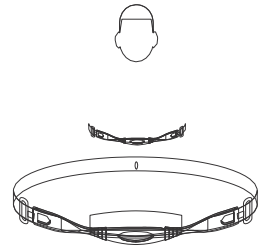
Strength Interval



For Optional Heart Rate Chest Strap:

The PhysioMax is equipped with a Polar® Telemetry Receiver, the heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the Bike console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is OPTIONAL. See the drawing of Right side to show you how to correctly wear the strap on your chest.

The electrodes which have two grooved surfaces inside of the strap must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moistening the electrodes is very important and be sure to fasten the strap correctly below your pectoral muscle.



MAINTENANCE AND TECHNICAL DATA

Maintenance Tips

Keep the trainer well maintained to ensure peak performance and safety.

- Clean the display and all exterior surface parts routinely. Use soft cotton cloth with a soft cleaner for best results. Do not use Ammonia or acid based cleaners.
- Vacuum the area directly surrounding and under the unit regularly.
- Keep the Pedal Straps fastened securely when using the PhysioMax

Routine Maintenance Schedule

- Clean the following items daily:
 - Display and Overlay, Hand Contact Sensors, Chain Cover, Pedals and Straps, End Caps and all other exterior parts, Handle Bar, Seat.
- Inspect the following items weekly and adjust if necessary:
 - Hand Contact Sensors, Leg Levelers, End Caps, Seat Adjust Position Knob, Seat Upright Adjust Knob, Crank Shaft and Pedals, Display, all Nuts and Bolts and the Display Control Wire.
- Monthly Inspection and Adjustments:
 - Crank, Seat Adjust Position Knob, Upright Post Adjust Knob, Drive Belt.
- Quarterly Inspections
 - Hardware for display.
- Semi-Annual Inspection and Adjustments:
 - Hardware for Handlebar and Frame, Handle Bar, Electronic Compartment, Drive Belt, Crank Axle.

Trouble Shooting Guide for the PhysioMax

Malfunction	Cause	Solution
The Display does not turn on when pedaling lightly.	<ol style="list-style-type: none"> 1. Display wire is disconnected or connected improperly. 2. Low Batteries in the Display 3. Damaged Display Control Wire 4. Damaged Generator, Display PCB or Control PCB 	<ol style="list-style-type: none"> 1. Detach and Re-connect Display wires to make sure they are connected properly. 2. Replace the Batteries in the Display 3. Replace any damaged Wires, Control Panels or Generators
Display Works well but no resistance.	<ol style="list-style-type: none"> 1. Brake Control Wire is improperly connected or damaged. 2. The Display PCB or Low Control PCB may also be damaged. 	<ol style="list-style-type: none"> 1. Detach and Re-connect brake control wires to make sure they are connected properly 2. Replace Damaged Power Board if needed.
Meter does not display the RPM Value.	<ol style="list-style-type: none"> 1. Damaged Generator or Lower Control PCB 	<ol style="list-style-type: none"> 1. The component will need to be repaired or replaced by a qualified technician.
Heavy resistance when you begin pedaling	<ol style="list-style-type: none"> 1. Remove the Display Control Wires, If there is now less resistance it may be caused by a wrong the VR Default Value. 2. Remove the Display Control Wires, if the resistance is still when pedaling it may be a damaged Lower Control PCB 	<ol style="list-style-type: none"> 1 and 2. In both cases, this component will need to be repaired or replaced by a qualified technician.

Warranty Information:

Serial #: _____ **Purchase Date:** _____

3 Year Parts Warranty, One Year Labor, Lifetime Frame

HealthCare International, Inc. - Customer & Technical Service

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