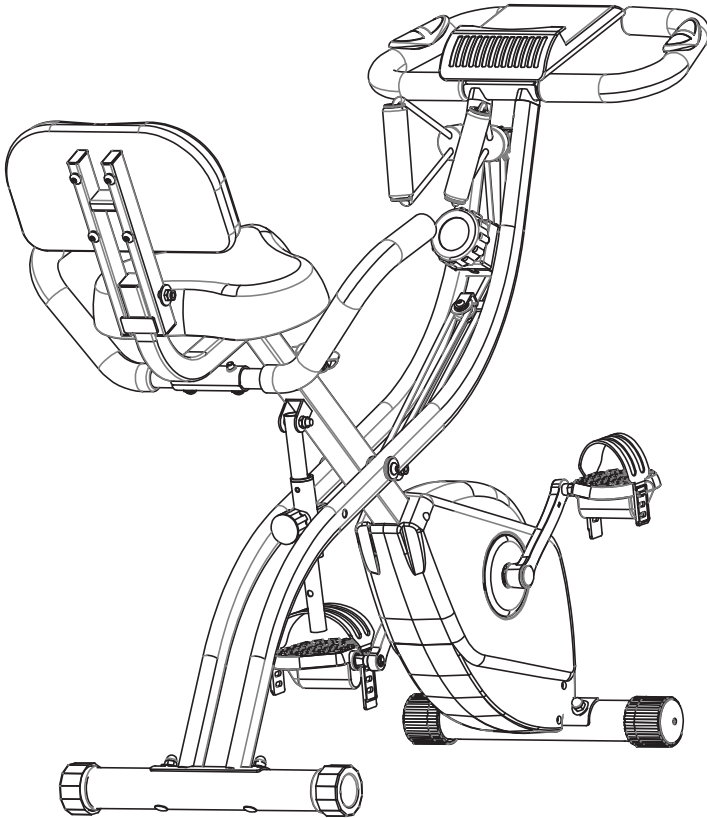


CIRCULATION[™] CYCLE

The easy way to do 5 minutes more than the day before!



USER MANUAL

These instructions contain **important information** which will help you get the **best** from your equipment and ensure **safe and correct** assembly, **use** and **maintenance**.

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SAFETY INFORMATION



IMPORTANT - PLEASE READ FULLY BEFORE ASSEMBLY OR USING

To reduce the risk of serious injury, read the entire manual before you assemble or operate the Circulation Cycle™. In particular, note the following safety precautions:

ASSEMBLY

- Check that your Circulation Cycle™ includes all components and tools listed on Pages 3 and 4, some components are pre-assembled.
- Keep children and animals away from the work area. Small parts could cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface. Dispose of all packaging carefully and responsibly.

BATTERY SAFETY

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** mix old and new batteries, or batteries of different types.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



USING

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely. This product is intended for domestic use only.
- **Do not** use in any commercial, rental, or institutional setting. Before using the equipment, always warm up properly.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.** Only one person at a time should use the equipment.
- Keep hands away from all moving parts. Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment.
- Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Keep unsupervised children away from the equipment.
- Injuries to health may result from incorrect or excessive training. The equipment shall be installed on a stable base and properly leveled.
- The braking system is adjustable.



WARNING: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.


































The pedal crank training equipment is not suitable for therapeutic purposes. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

COMPONENTS - PARTS

PLEASE CHECK YOU HAVE ALL PARTS BELOW

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Seller regarding any missing components.

Total mass of the product is 14,5 kg/ 32.0 lb. Foot print of the product is 82 x 49 cm | 32.3 x 19.3 inch.

No.	Accessory Drawing	Name	Qty	No.	Accessory Drawing	Name	Qty	No.	Accessory Drawing	Name	Qty
1		Main Frame	1	12		Flat Washer (M8)	5	23		Short Screw (M8 x 10)	2
2		Front Bottom Tube	1	13		Nylon Nut (M8 x 62)	5	24		Ball Pin	1
3		Rear Bottom Tube	1	14		Backpack Frame	1	25		Inner Adjustable Tube	1
4		Long Bolt (M8x62)	4	15		Long Screw (M8 x 45)	2	26		Seat Support Tube	1
5		Curved Washer (M8)	8	16		Rear Handlebar	1	27		Front Support Tube	1
6		Nut (M8x62)	4	17		Short Bolt (M8 x 35)	2	28		Right Crank	1
7		Right Pedal	1	18		Backpack	1	29		Left Crank	1
8		Left Pedal	1	19		Medium Screw (M8 x 40)	2	30		Monitor Wires	1
9		Seat Tube	1	20		Handlebar	1	31		Sensor Wire	1
10		Adjustable Knob	1	21		Spring Washer (M8)	2	32		Handle Pulse Wires	1
11		Cushion	1	22		Monitor	1	33		Monitor Support	1



#WRENCH (S13) (S15)

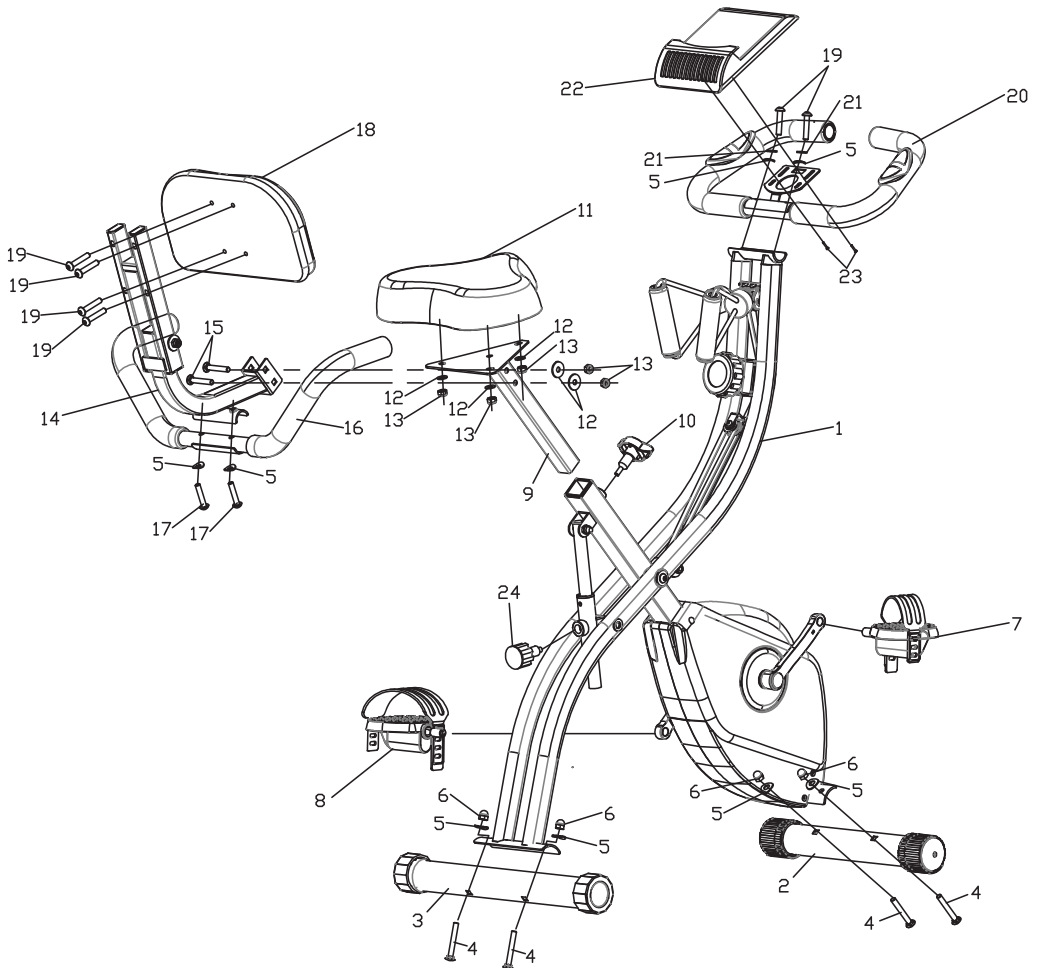


#ALLEN WRENCH (L5)

EXPANDED PARTS DIAGRAM

Helpful Tip;

To assist with the assembly please note the screws, bolts and washers are already attached to the part of the bike they attach to during assembly. This makes it much easier for you to know you are using the correct screw or bolt for the correct part!



ASSEMBLY INSTRUCTIONS

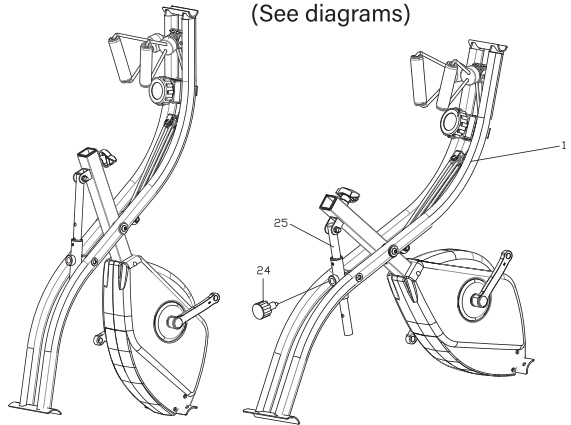
Notice:

- A. Please make sure there is enough space around the machine before assembly
- B. Please use the provided tools only.

Step 1

Remove the **Main Frame (1)** from the packaging and unfold it. Align with the **Inner Adjustable Tube (25)**, then screw with the **Ball Pin (24)**.

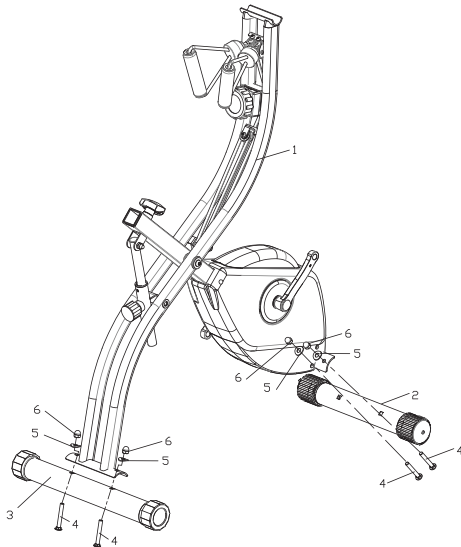
Scan this QR code to take you to our helpful assembly video, showing the step by step instructions for this circulation cycle!



Step 2

Use the **Nut (6)**, **Curved Washer (5)** and **Bolt (4)** connect the **Front Bottom Tube (2)** and the **Rear Bottom Tube (3)** to the **Main Frame (1)**.

(See diagram)

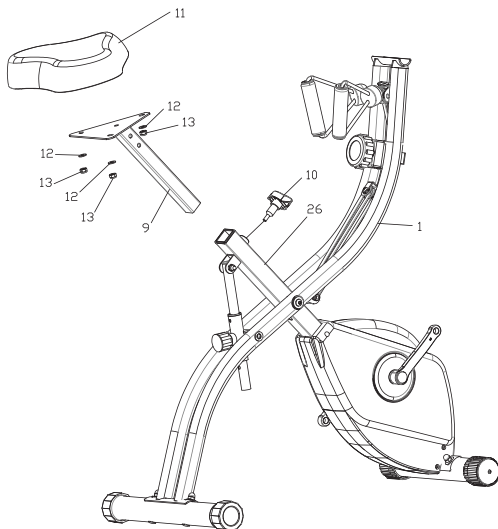


ASSEMBLY INSTRUCTIONS

Step 3

Connect the **Cushion (11)** to the **Seat Tube (9)** using the **Washer (12)** and Nylon Nut (13). Then attach the **Seat Support Tube (26)** with the **Knob (10)**.

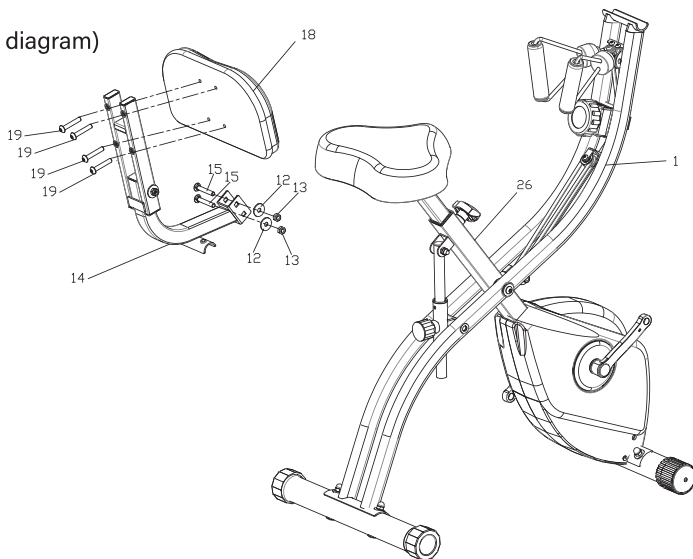
(See diagram)



Step 4

Connect the **Backpack Frame (14)** to the **Seat Tube (26)** using the **Bolt (15)**, **Washer (12)** and **Nylon Nut (13)**. Next screw the **Backpack (18)** to the **Backpack Frame (14)** with the **Bolt (19)**.

(See diagram)



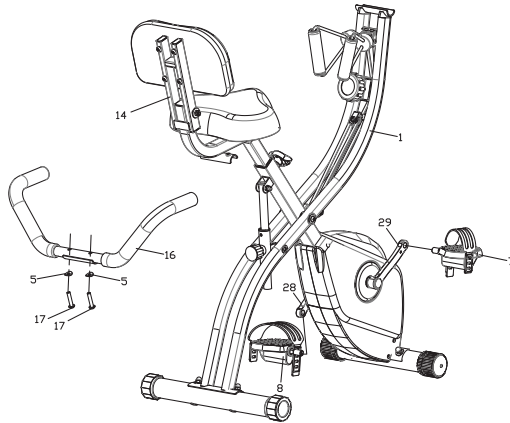
ASSEMBLY INSTRUCTIONS

Step 5

Screw the **Rear Handlebar (16)** to the **Backpack Frame (14)** using the **Bolt (17)** and **Curved Washer (5)**. Next Screw **Pedals (7)** and **(8)** to **Cranks (29)** and **(28)** respectively.

Note: Pedal (7) needs to be locked clockwise and **Pedal (8)** needs to be locked counter clockwise at all times during use and exercising. If the Pedals are not in a locked state when in use they will become damaged.

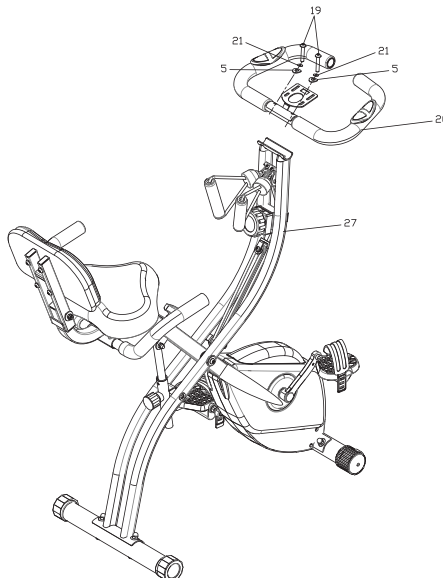
(See diagram)



Step 6

Line up the **Handlebar (20)** and **Front Support Tube (27)** so the holes are aligned, then screw them together with the **Screws (19)**, **Spring Washer (21)** and **Curved Washer (5)**.

(See diagram)

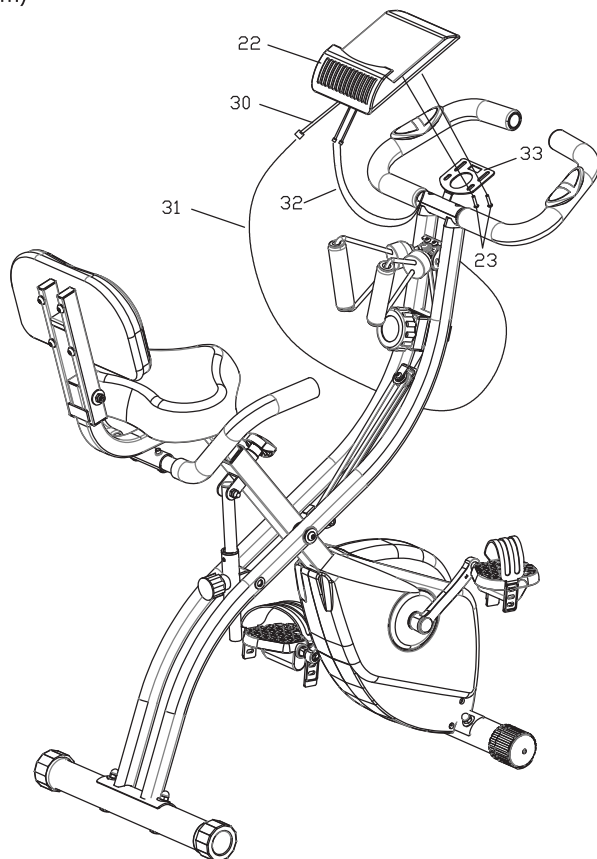


ASSEMBLY INSTRUCTIONS

Step 7

Connect the **Monitor Wire (30)** to the **Sensor Wire (31)** and **Handle Pulse Wire (32)**, then screw the **Monitor (22)** to the **Monitor Support (33)** with **Screw (23)**.

(See diagram)



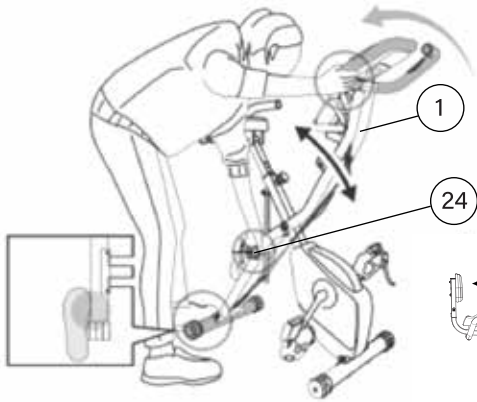
Step 8

Finally, Double Check each screw is fastened as tight as possible.

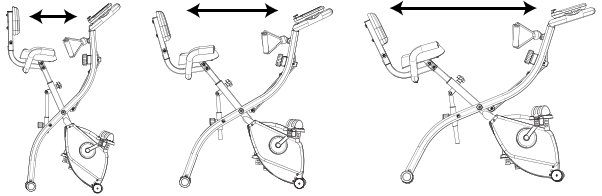
**Please assure that the wires are connected to the right colour.
If NOT connected to the right wire the monitor will not function correctly
and no measurements are countdown will be shown.**

ADJUSTMENT/FOLDING AWAY

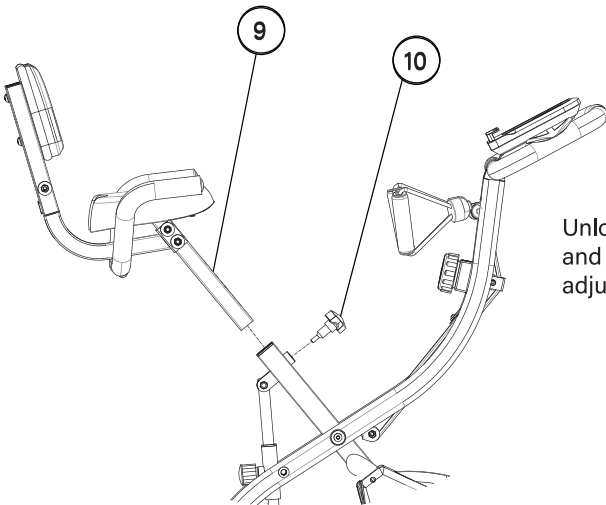
Adjustment Position



The Circulation Cycle™ can be set to One of Three Exercise Positions and One Storage Position. To Adjust the Circulation Cycle™ Position loosen the **Ball Pin (24)** and pull it outwards, while adjusting the **Front Frame (1)** to your preferred position. Release the **Ball Pin (24)** to set the Cycle Position.



Adjustment Seat Height



Note: Adjusting Bike Position. Lift up rear of bike from the ground to release pressure on adjustment knob. Then pull the pin to adjust the bike position.

Unlock the **Adjustable Knob (10)** and **Pull** or **Push** the **Seat (9)** to adjust the seat Height.

COMPUTER OPERATION

Functions & Operations

EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL

Functional Buttons

MODE: Press **MODE** to select a function. Holding down the **MODE** button for a long time will set the Mode to 0.

SET: To set the values for **Time, Distance, Pulse** and **Calories** press **SET** when not in **SCAN** mode.

IMPORTANT: You CANNOT set the values for distance, time, pulse and calories when Scan indicator is flashing. To turn off SCAN press mode once.

RESET: Press **Down** to reset the **Time, Distance** and **Calories** Settings, and the current data will change to 0, If the **RESET** button is held down for a long time all data will reset to 0, unless in the **ODO** position.

Function And Operations

PLEASE NOTE: YOU CANNOT SELECT SOME FUNCTIONS WHILST PEDALLING, this includes the Countdown Timer, Countdown Distance and Calories Countdown.

1. Scan: Press the **MODE** button until the **SCAN** option appears in the top left, When **SCAN** is flashing, the monitor will rotate through and display all 6 functions; Time, Speed, Distance, Calories, ODO and PULSE, for 5 seconds each. When **SCAN** is not flashing the monitor will remain displaying the function that has been selected with the **MODE** button.

2. Time: Time function counts the total time exercised from start to finish, Press the **MODE** button until the **TIME** option appears (without the **SCAN** flashing) and press the **SET** button once. The display time of 0:00 will start flashing, then press **SET** again to increase the time a minute at a time. Once you have finished pressing **SET**, as you have reached the desired time to exercise, the time will flash 3 times. The Time will not begin counting down until you start peddling. If you increase the time too far, press the **RESET** button to start the "Set timer" process again. **Please note you cannot set a countdown timer whilst pedalling.** The Alarm will sound 4 times once the countdown reaches 0.

3. Speed: Displays current speed.

4. Distance: The Distance function records the equivalent distance cycled from the start to the end of your workout. Press the **MODE** button until the **DIST** option appears (without the **SCAN** flashing) and press the **SET** button once. The display distance of 0:00 will start flashing, then press **SET** again to increase the distance a kilometre at a time. Once you have finished pressing **SET**, as you have reached the desired distance to exercise, the displayed distance will flash 3 times. The distance will not begin counting down until you start peddling. If you increase the distance too far, press the **RESET** button to start the "Set Distance" process again. **Please note you cannot set a distance countdown whilst pedalling.** The Alarm will sound 4 times once the countdown reaches 0.

COMPUTER OPERATION

5. Calories: The Calories function records the total number of calories burned during your workout. Press the **MODE** button until the **CAL** option appears (without the **SCAN** flashing) and press the **SET** button once. The display Calories of 0:00 will start flashing, then press **SET** again to increase the calories you would like to burn. Once you have finished pressing **SET**, as you have reached the desired calories to exercise, the calories will flash 3 times. The calories will not begin counting down until you start peddling. If you increase the calories too high, press the **RESET** button to start the "Set Calories" process again. **Please note you cannot set a calories countdown whilst pedalling.** The Alarm will sound 4 times once the countdown reaches 0.

6. ODO: The **ODO** records the lifetime distance off the bike. Please note that after each of your workout sessions, the measurement of your current workout will be added onto the **ODO** lifetime bike measure. The **ODO** will reset to 0 every time the batteries are taken out of the monitor.

NOTE: Please assure that the wires are connected to the right colour. If the red is not connected with the red, and the black connected with the black, the monitor will not work correctly.

7. Pulse Rate: Press the **MODE** button until the **PULSE** option appears. Place the palms of your hands onto both of the **Contact pads**, which is located on each side of the handle bars, You must make sure your palms are covering the pads in order for the monitor to pick up on your heart rate. The monitor will then read and display your current heart rate in beats per minute (BPM) for 6-7 seconds.

NOTE: The Pulse Rate measured cannot be regarded as a basis for medical treatment. The Measurement for BPM may be higher than medically accurate during the first 2-3 seconds, due to potential contact jamming.

8. Alarm/Noise: The monitor will "Beep" when pressing the **MODE**, **SET** and **RESET** buttons. The Alarm will also sound 4 times once the countdown for time, distance and calories reaches 0, if a countdown has been set.

9. Auto On/Off & Auto Start/Stop: The Circulation Cycle™ will automatically turn off after 4 minutes of no use or action. The monitor will be in action as long as the Cycle Wheel is in motion or any buttons are pressed.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 5 seconds
	Running Time	00: 00 - 99:59
	Current speed	0.0 ~ 999.9 (ML)KM
	Trip Distance	0.00 ~ 9999 (ML)KM
	Total Distance (ODO)	0.0 ~ 9999 (ML)KM
	Calories	0.0 ~ 9999 Kcal
	Pulse Rate	40~240 BPM
Battery Type		2x AAA
Operating Temperature		0°C ~ + 40°C
Storage Temperature		-10°C ~ +60°C

EXERCISING INFORMATION

EXERCISE INSTRUCTIONS

Using your Circulation Cycle™ Bike provides you with many benefits, such as improvements in physical fitness, muscle tone and weight loss when used in tandem with a calorie controlled diet.

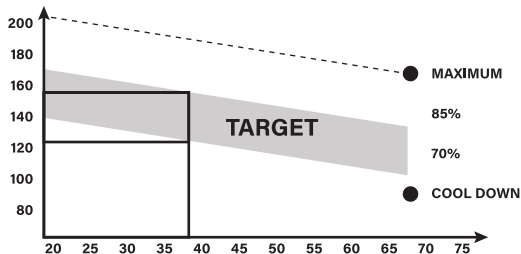
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce risks of cramping and muscle injuries. 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 own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat 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.

EXERCISING INFORMATION

EXERCISE INSTRUCTIONS

(Continued)

3. Cool Down Phase

This stage allows your Cardio-Vascular System and muscles to cool down. To do this repeat the warm up and stretching exercises and reduce your tempo and heart rate, continue for approximately 5 minutes. Do not force or jerk your muscles into a stretch or exercise, if anything begins to hurt **STOP**.

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 **CIRCULATION CYCLE™** Bike you will need to have the resistance set quite high. This will put more strain on your 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 by making your legs work harder than normal. 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.

CARE AND MAINTENANCE

Using the Exercise Bike

1. Make sure to examine your Circulation Cycle™ Bike regularly in order to detect any damage or wear to ensure consistently safe usage.
2. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. connection points.
3. Lubricate moving parts with light oil periodically to prevent premature wear.
4. Inspect and Tighten **all** parts before using the equipment, replace any defective parts immediately, and **Do Not** use the equipment again until it is in perfect working order.
5. Replace defective components immediately and/or keep the equipment out of use until repair.
6. Pay special attention to any components more susceptible to damage and wear during examinations
7. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.
8. **Do not** attempt to repair the Circulation Cycle™ yourself. Should you have any difficulty with assembling, operating or using the Exercise Bike contact:

KLEVA RANGE®

☎ 02 9387 4100

✉ enquiries@klevarange.com.au

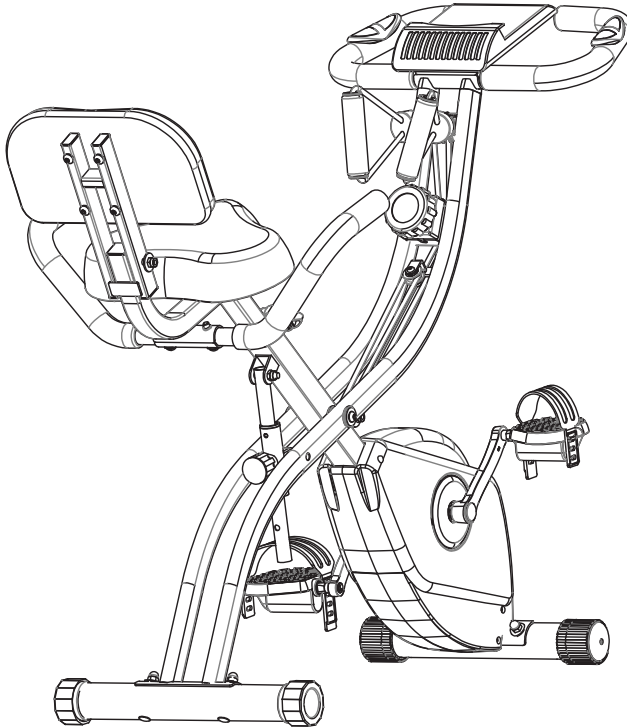
Information for Users on Disposal of Old Equipment and Batteries

To safely dispose of your old Batteries please check online to find your nearest Community Recycling Centre where you can safely drop off household problem waste for free.

Guarantee: For guarantee purposes, please retain your purchase receipt.

CIRCULATION CYCLE™

The easy way to do 5 minutes more than the day before!



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KLEVARANGE®

🌐 www.klevarange.com.au

☎ 02 9387 4100

✉ enquiries@klevarange.com.au

📍 Suite 301 / 209 Oxford St

Bondi Junction NSW 2022 Australia

ZENSSENTIALS™

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