TFAIRBIKE

OWNER'S MANUAL
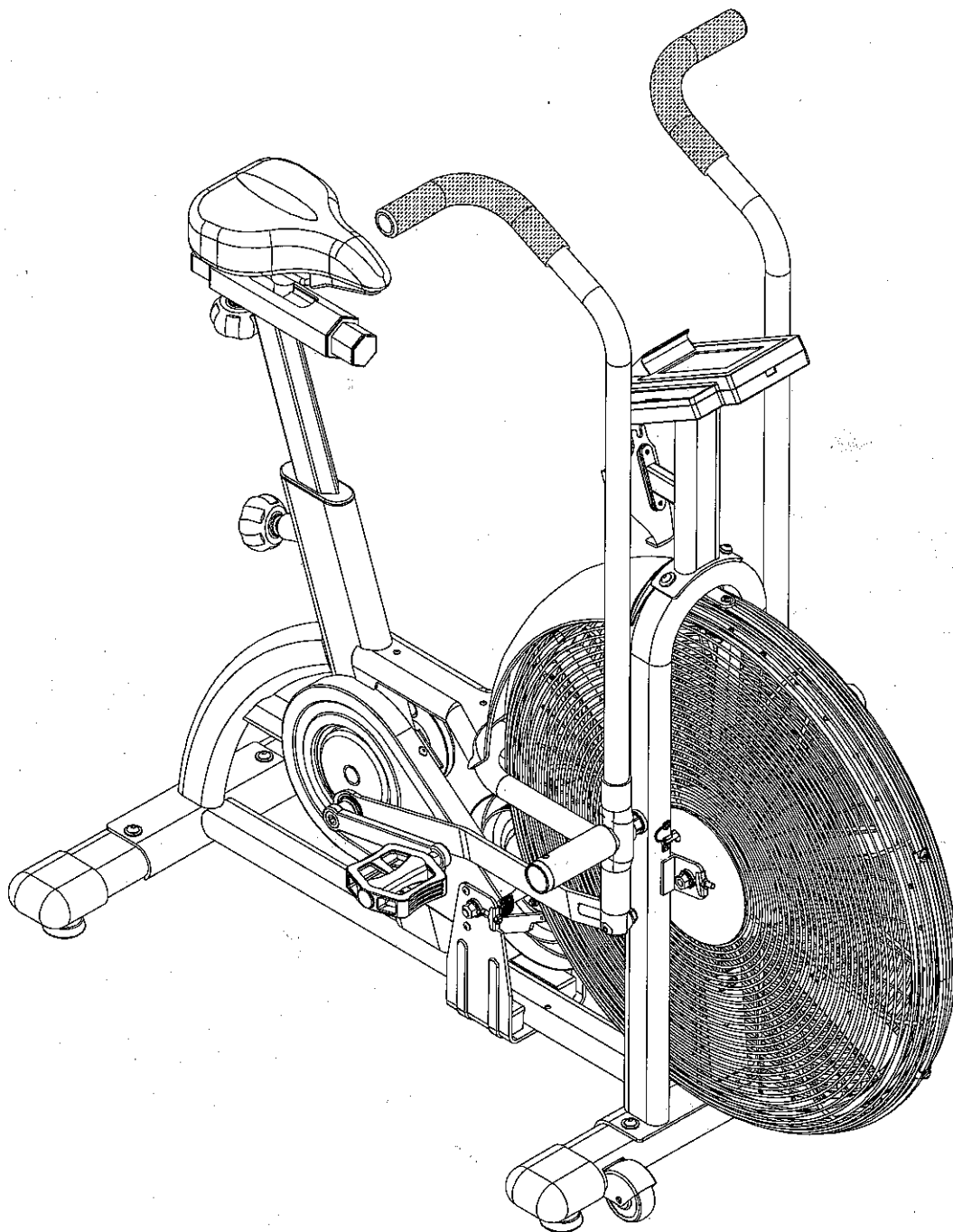
THOR *FITNESS*

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(2019-04 TFAIRBIKE)

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.**(136** Kilograms)
3. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur.
4. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
5. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
6. Do not attempt to perform dip movements on handlebars.
7. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
8. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
9 .Always examine your unit before using to ensure all parts are in working order.
10. Allow the unit to fully stop before dismounting.
11. Pets should never be allowed near the unit.
12. Do not leave children unsupervised near or on the unit.
13. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

14. Never insert any object or body parts into any opening.

15. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.

16. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

17. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing this new **AIR BIKE !!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.

Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.

-5-
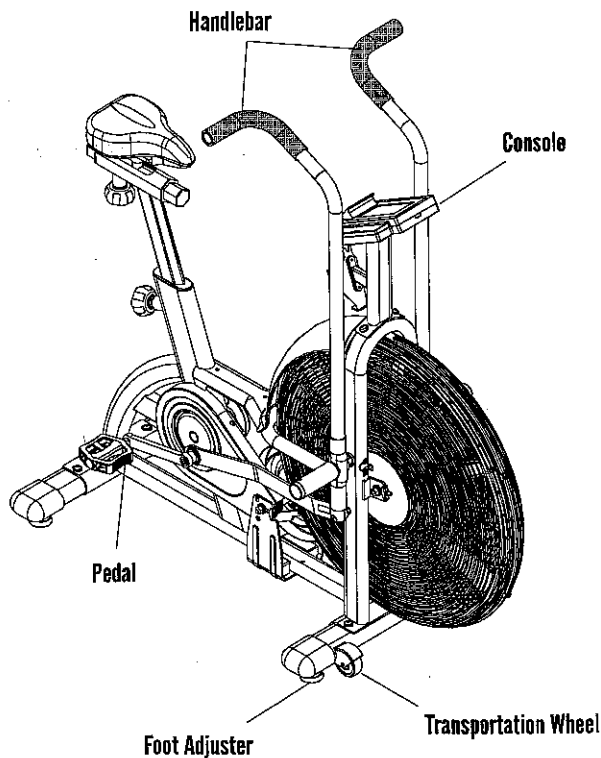
## REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

FIGURE 1   Stabilizers   Assembly

STEP 1
Assemble the Front and Rear Stabilizers (A06)&(A07) to the Main Frame (A01) with
four Flat Washers (D03) , four Spring Washer (D06) and four Screws (B06) as show on the
following picture .

NOTE :
1.) Each Stabilizer (A06 , A07) have two Foot Adjusters (E10) , you can turn foot adjusters
to adjust each side banlance for the bike when the ground is uneven.
2.) Please be sure that the Stabilizers(A06. A07) already screwed firmly with Main Frame
(A01) before riding onto the bike .
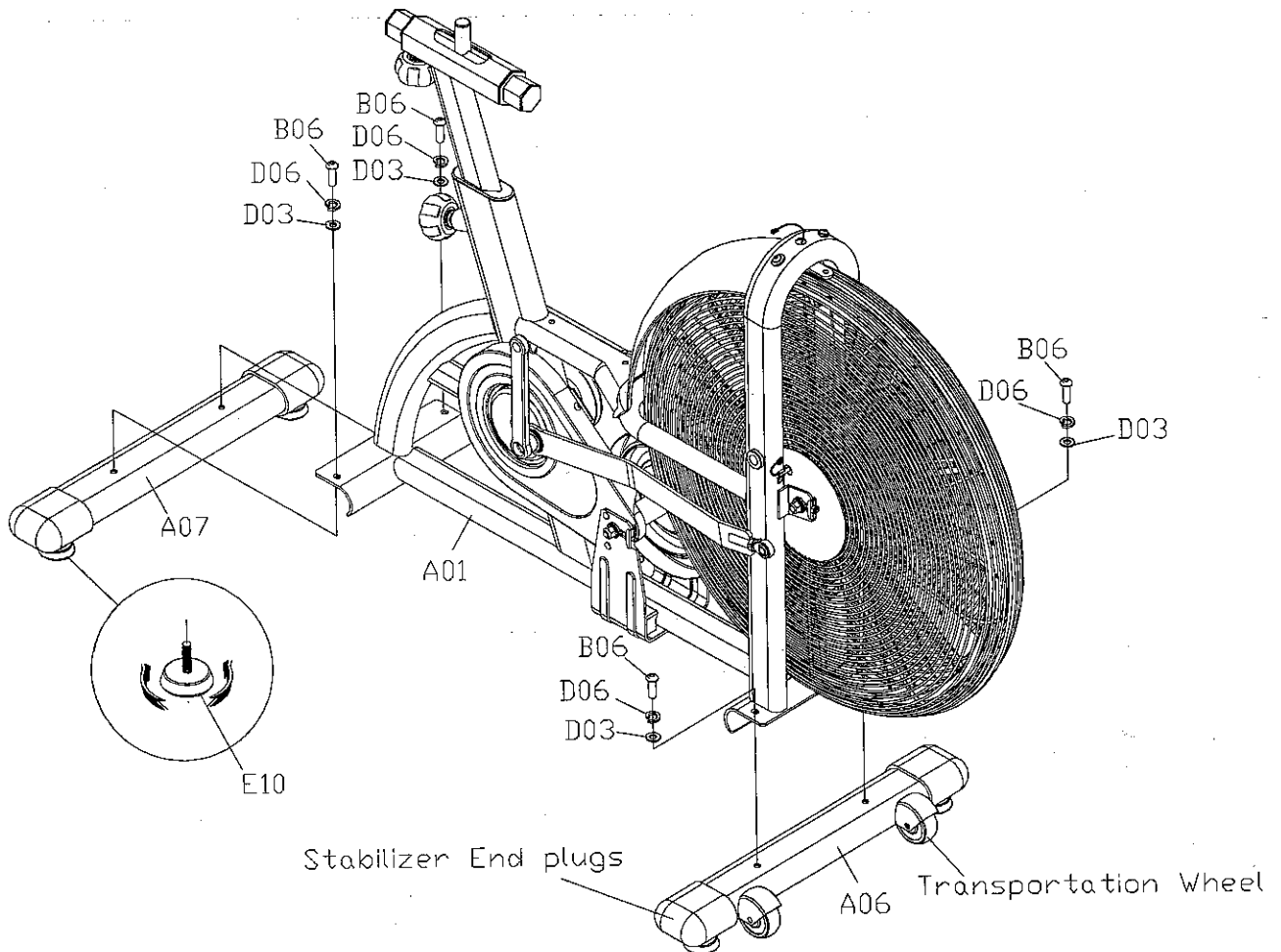
Assembly Instruction

FIGURE 2   Right & Left   Handlebars   Assembly

Step 1
Install the Right Handlebar Assembly (A02) onto U shape tube of the main fame (A01) by threading the backside part of the Foot Peg into the position A as the below drawing , then holding Foot Peg and turn foot peg & the locknut   sit on the other side by Allen Wrench clockwisely till tight
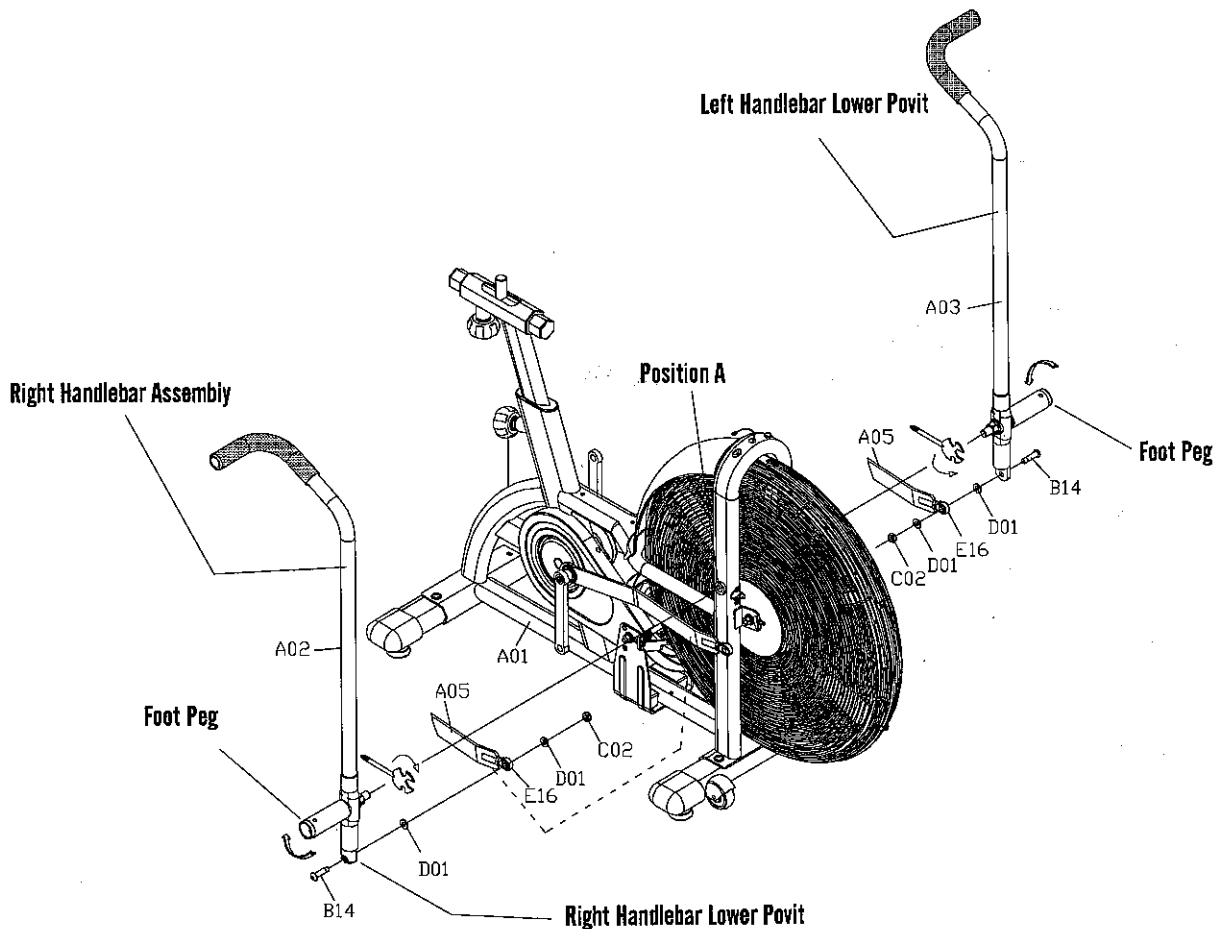
Step 2
Assemble Right Handlebar Assembly (A02) with Right Linkage Arm (A05) per one Screw (B14) ,two Washers (D01) , the POS bearing (E16)   and one Nylon Nut (C02) as shown as below drawing.

Step 3
Repeat Step1 through Step 2 for the Left Side Handlebar Assembly.

FIGURE 2

Assembly Instruction

FIGURE 3   Pedals Assembly and Seat Pad Assembly

Step 1:

Thread the Right Pedal (G11) into the hole of Right Crank (E05). Secure in place by turning it **clockwise** to tighten.

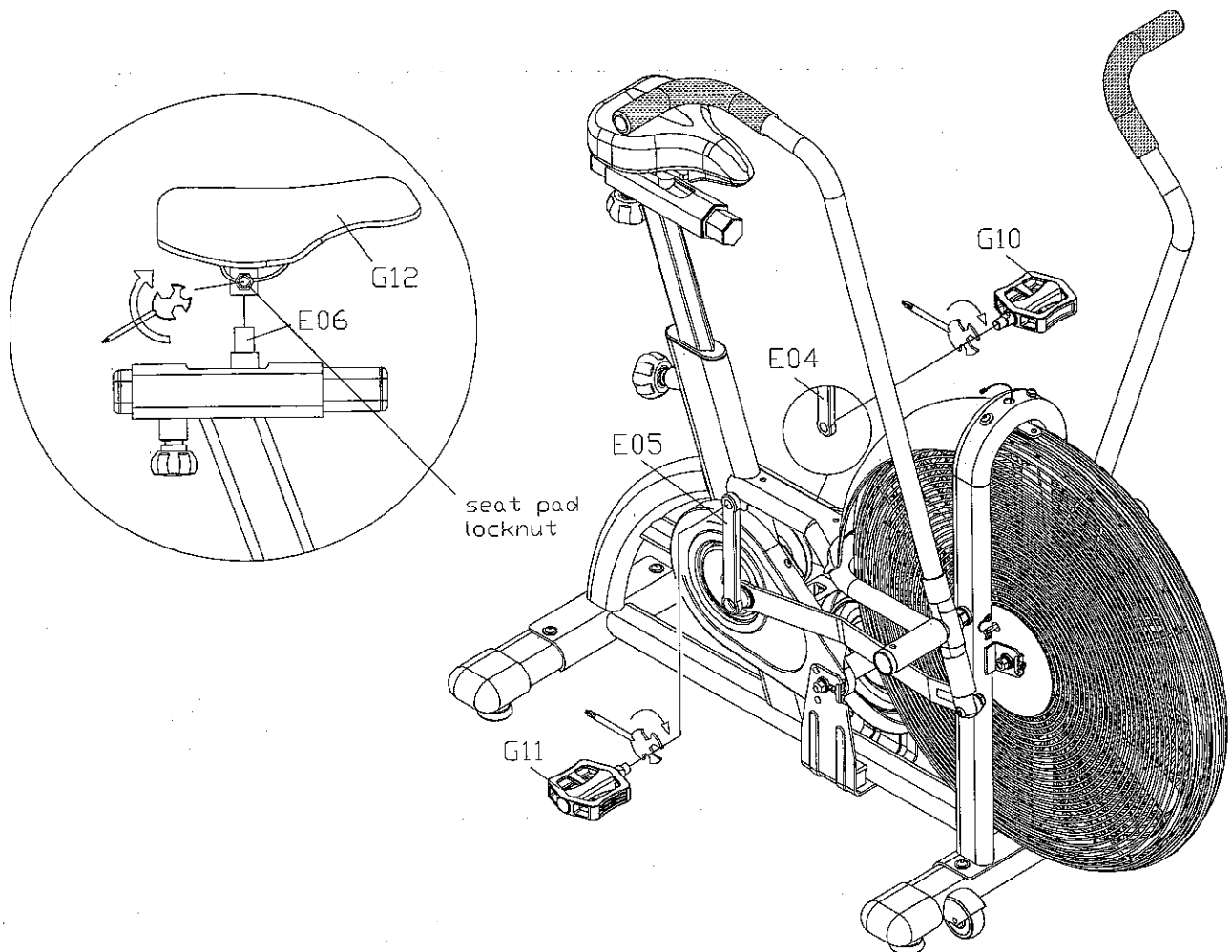**Note: Right Pedal (G11) is marked with an "R".**

Step 2:

Thread the Left Pedal (G10) into the hole of Left Crank(E04). Secure in place by turning it **clockwise** to tighten.

Note: Left Pedal (G10) is marked with an "L"

Step 3:

Fix the Seat Pad (G12) with the Seat Fixing Rod (E06) by using one Allen Wrench to turn the Locknuts beside of Seat Pad to tighten .

FIGURE 3

Assembly Instruction

FIGURE 4   Monitor & Water bottle Holder Assembly

Step 1

Lead the Sensor Wire (H02) which is out from the Main Frame (A01) to get through the Console Mast (A11) till the top opening of Console Mast (A11)

Assemble Console Mast (A11) onto the Main Frame (A01) with two Screws (B06) and two Washers (D03) as show as below picture .
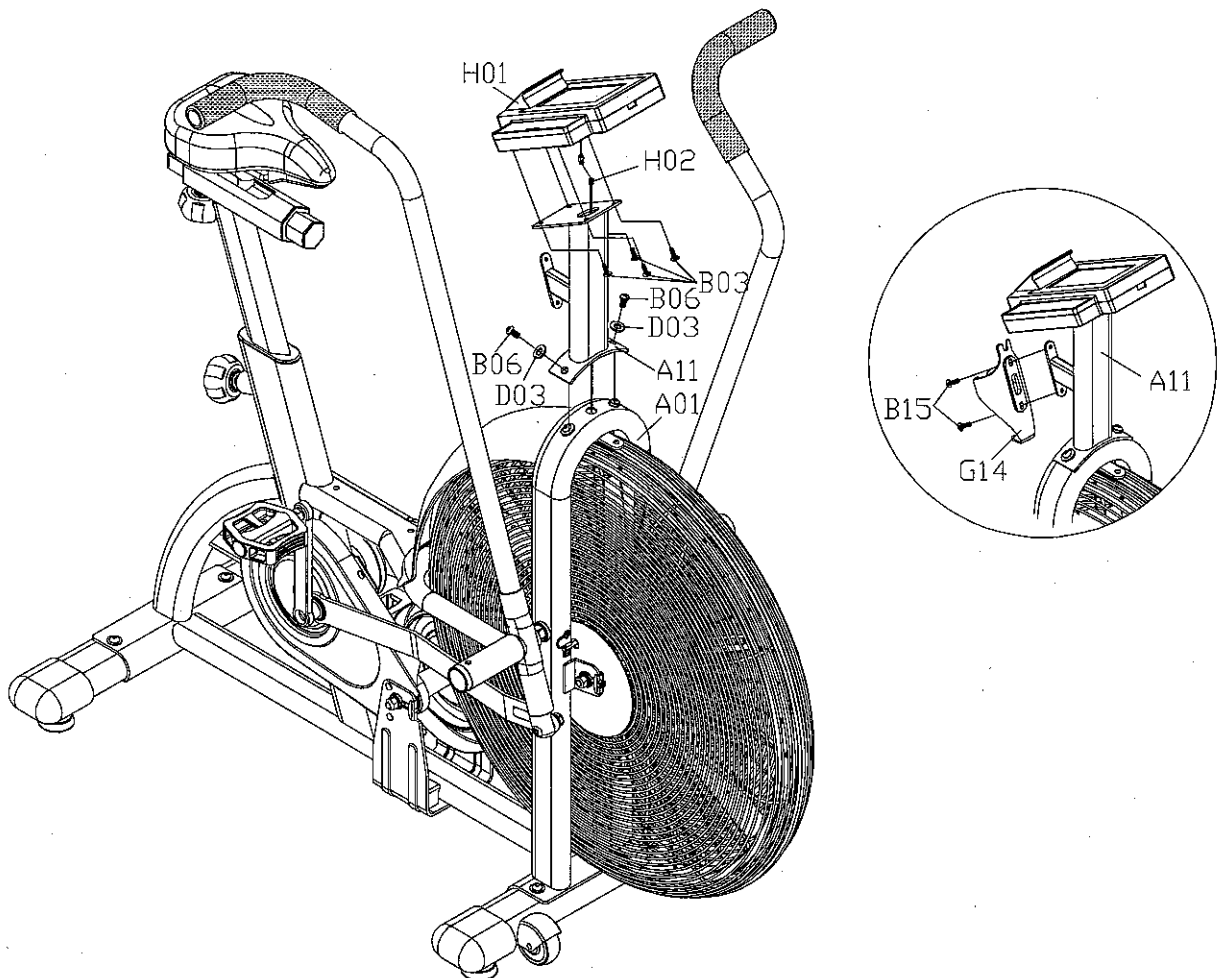
Step 2

Connect the Sensor Wire (H02) to the cable of Console (H01) , then fix the Console (H01) onto the Console Mast (A11) per four Screws (B03).
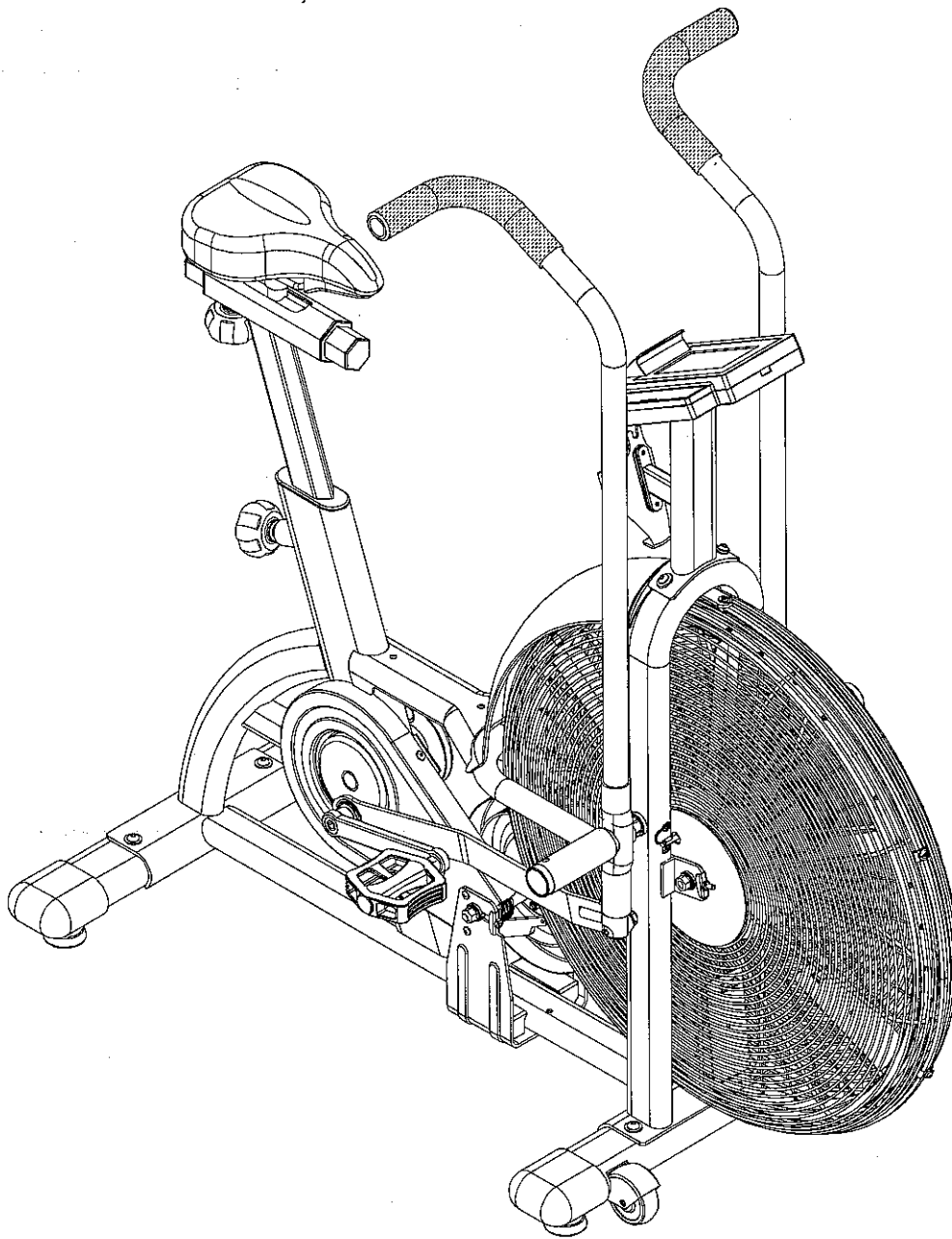
Step 3

Then fix the Water Bottle Holder (G14) to Console Mast (A11) with two Screws (B15) .
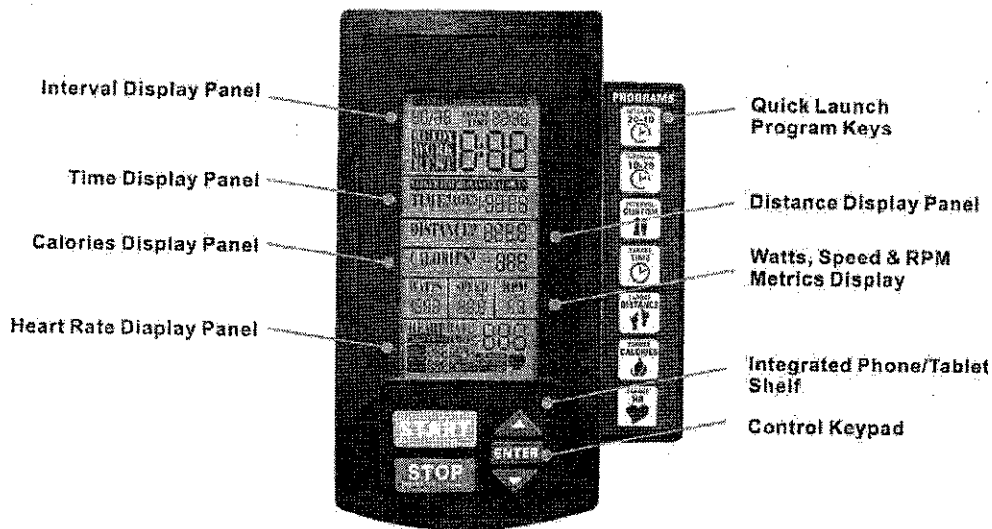
FIGURE 4

Congratulations!

You have completed the assembly of your new Air Bike   !

Console Instruction

Interval Display Panel

Time Display Panel

Calories Display Panel

Heart Rate Display Panel

Quick Launch Program Keys

Distance Display Panel

Watts, Speed & RPM Metrics Display

Integrated Phone/Tablet Shelf

Control Keypad

1. KEY FUNCTION :

● **START :** Press " Start " to standby Mode, then choose the desired program.

● **STOP :** Press " Stop" for 1~2 secs will make working programs to temperately pause, but press over 2 seconds will clear all your setting data and get back to standby Mode.

● **ENTER :** Press " Enter key " to confirm all your desired values.

● **UP & DOWN :** Set your desired value by pressing UP or Down key.

Note : In standby mode, if no data is keyed in, console will be off automatically.

2. INTERVAL DISPLAY

Interval Display Panel

Program :

(1) Interval 20/10(Work:20 Seconds,Rest:10 Seconds)

(2) Interval 10/ 20 (Work:10 Seconds,Rest:20 Seconds)

(3) Interval Custom

The above three programs all display on this Interval Display Panel.

Console Instruction

Interval Display Panel

Time Display Panel

Calories Display Panel

Heart Rate Diaplay Panel

Quick Launch Program Keys

Distance Display Panel

Watts, Speed & RPM Metrics Display

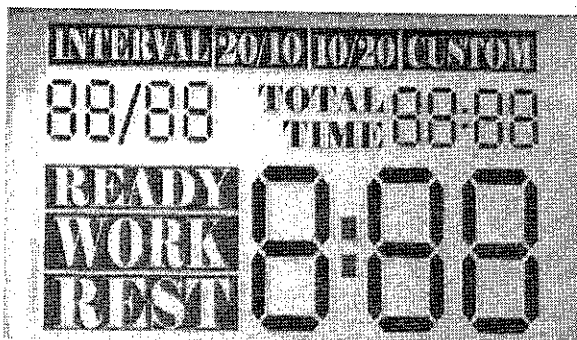Integrated Phone/Tablet Shelf

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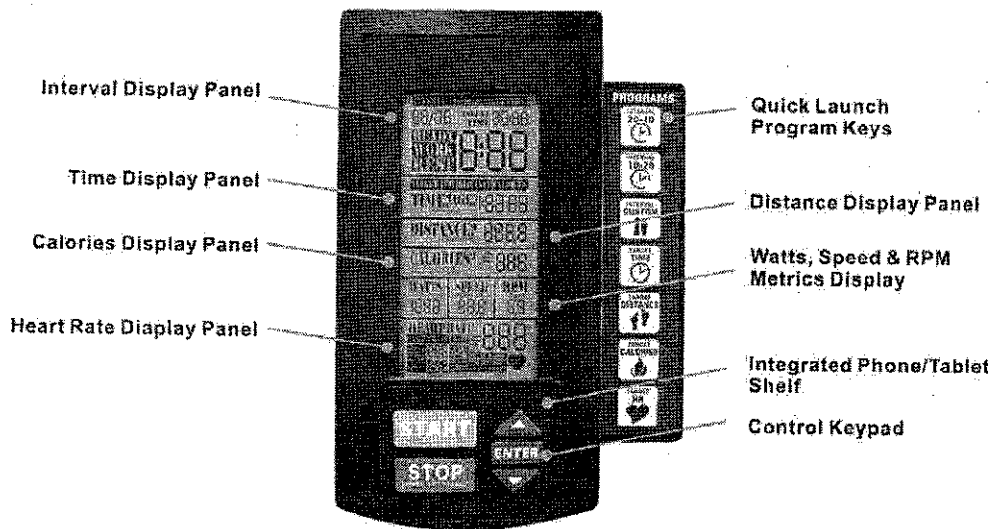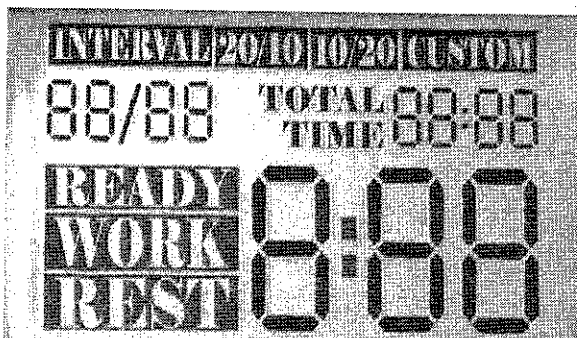
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Interval Display Panel

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(1) Interval 20/10(Work:20 Seconds,Rest:10 Seconds)

(2) Interval 10/ 20 (Work:10 Seconds,Rest:20 Seconds)

(3) Interval Custom

The above three programs all display on this Interval Display Panel.

(A) The upper banner -- will signal which interval program is running and tell you the currently running interval is a Work or Rest period. **(Program (1) and (2) -Work and Rest interval are preset for 8 circles, while the program (3) is 1circle preset).**

(B) The Total Time display -- will count up the total program run time while the large numeric display will count up the Work or Rest segment time.

(C)The 88/88 Display -- will show the current interval and the total number of intervals in the program.

3. TARGET TIME, DISTANCE & CALORIES DISPLAY
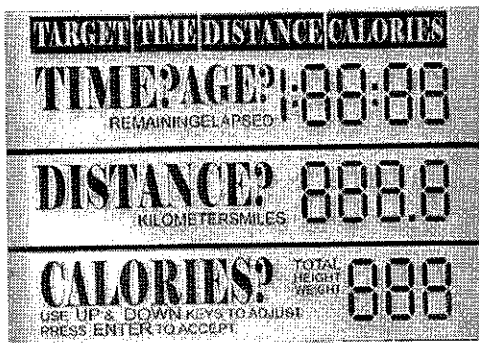
Program: (4) Target Time (5) Target Distance (6) Target Calories, three programs all display on this Target Display Panel.

**(A) A top banner shown as right diagram**-- will signify which target program is running.

(B) The time display-- will alternate between the remaining and elapsed values throughout the program.

(C)Total distance --will be displayed in miles or kilometers depending upon how the console was programed during the initial setup.

(D)The Calories display --will track the number of calories burned during the workout.

4. WATTS/ SPEED / RPM DISPLAY
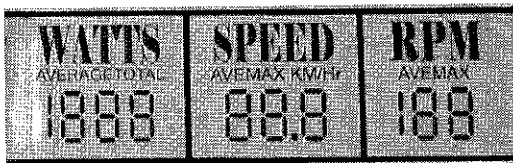
Regular display : Watt, Speed, RPM
--The above will be displayed for all programs.

Watt: A measurement of energy generation and will track the amount of work generated at any given time during a workout.

Speed display :will post a value which simulate that of riding a standard bicycle and is derivative of the current RPM or pedal speed.

RPM: relates to the speed at which the cranks are spinning

(A) Under active situation :Watts, Speed and RPM will offer currently active value.

(B) Under pause mode or stop situation : Watt, Speed and RPM display will show the max value, summarized value, average value

5. HEART RATE DISPLAY
Heart Rate Display panel
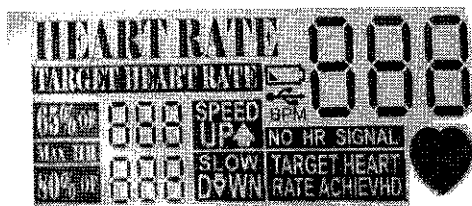
Program : Target Heart Rate
This console is implanted wireless receiver, so pulse can be read per wearing wireless pulse belt **(optional accessory)** When user's pulse is detected by console, it will display current heart rate value in the large, three-digiit BPM (beats-per-minute) filed and Heart icon will flash. There is BPM range control, from 65% of Max

HR to 80% of Max HR. Your target heart rate vaule will bring out the BPM range, and SPEED BANNER (increase or decrease) will signal you to speed up or slow down when you are not in the BPM range. When the user's heart rate is within the target range, the Target Heart Rate Achieved banner will post.

To calculate your maximum heart rate and find the appropriate target training zone, use the following formulas. The following estimation would be relevant for a 35 year-old user.

220 - 35 = 185 BPM   (220 - Age = Calculated Maximum Heart Rate in BPM)
0.65 x 185 = 120 BPM   (65% of 185 BPM [Calculated Maximum Heart Rate] = 120 BPM)
0.80 x 185 = 148 BPM   (80% of 185 BPM [Calculated Maximum Heart Rate] = 148 BPM)

6. ADDITIONAL   INFORMATION:

(A) In any condition, pressing " stop " key for over 2 seconds will reset this console.

(B) In standby mode, no key press for over 30 seconds will enter into sleep mode .

(C) The console will be active if any key is pressed in the sleep mode.

(D) 1 minute only for Pause mode,, after 1 min the console will enter into sleep mode, user can press " start " mode to start the training again.

(E) Once stop pedaling and console did not sense RPM for over 1 min, the console will enter into sleep mode automatically.

(F) To switch KM and ML, please press Start key and Enter key simutaneously, then press UP or DOWN to choose then press Enter to confirm.

PART LIST

ITEM	PART NAME	QTY
A01	Main Frame	1
A02	Right Handle Bar	1
A03	Left Handle Bar	1
A04	Chain Transmission Axle	1
A05	Linkage Arm	2
A06	Front Stabilizer	1
A07	Rear Stabilizer	1
A08	Seat Post	1
A09	Seat Post Slider	1
A10	Fan Steel Bracket Set	1
A11	Console Mast	1
A12	Fan Netting fixed plate	7
A13	*None*	*
B01	10x16x17mm Screw	7
B02	TP4x16L Screw (black)	1
B03	M5x10L Phillips Screw	4
B04	M5xP0.8x8L Phillips Screw (black)	7
B05	M5xP0.8x8L Phillips Screw (stainless)	1
B06	M8x20L Hex Round Head Screw (DIA 6mm)	6
B07	M8x45L Hex Round Head Screw (carbon)	2
B08	M22 x17x91.4 Hex Head Screw	2
B09	M6x12L Hex Head Screw (Loctite, silver)	4
B10	M6x16L Hex Head Screw (carbon , silver)	4
B11	M6x6L Hex Round Head Screw (black)	2
B12	Crank Fixing Bolt	3
B13	M6xP1.0x15L Socket Head Screw	4
B14	M10x40 Hex Flat Head Screw	2
B15	M5x12LHex Round Head Screw	2
B16	TP4x16L Screw (stainless)	3
C01	3/8x26" Acorn Nut Cap	4
C02	M10 Nylon Nut (thin) (black)	2

HR to 80% of Max HR. Your target heart rate vaule will bring out the BPM range, and SPEED BANNER (increase or decrease) will signal you to speed up or slow down when you are not in the BPM range. When the user's heart rate is within the target range, the Target Heart Rate Achieved banner will post.

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C03	M14xP1.5 , R Locknut (Loctite)	2
C04	M6 Hex Nut (silver)	4
C05	M6 Nylon Nut (silver)	4
C06	M8 Nylon Nut (thick)	2
C07	* None*	*
C08	M10 Hex Nut(black)	2
D01	10x19x2.0t Washer (black)	4
D02	16x21.8x2.0t Washer (black)	2
D03	8x19x1.0t Washer (black)	10
D04	5x1t Spring Washer (black)	7
D05	6x1t Spring Washer (black)	12
D06	8x2t Spring Washer (black)	4
D07	* None*	*
D08	16x21.8x1.0t Washer (black)	2
D09	Ø 26* Ø 20*1.0m/m Washer(stainless)	5
D10	Ø 21* Ø 16*0.3m/m Washer(stainless)	2
E01	Foot Peg (38.4x32x110.6)	2
E02	Crank Fixed Round Plate (L)	1
E03	Crank Fixed Round Plate(R)	1
E04	Left Crank	1
E05	Right Crank	1
E06	Seat Fixing Rod	1
E07	C Retainer (S-20)	1
E08	Adjustment Channel	4
E09	Pop Pin Knob	2
E10	Foot Adjuster	4
E11	Chain Tensioner	4
E12	#6004 Precise Bearing	2
E13	#6803 Precise Bearing	8
E14	#99502ZZ Ball Bearing	2
E15	Cir –Clip	4
E16	POS10 Bearing (M10x1.5)	2
E17	Inner Lock Tablet (Ø 23* Ø 9*23L)	1
E18	Inner Lock Tablet (Ø 23* Ø 9*37.5L)	1

E19	Front Chain Wheel	1
E20	*None*	*
E21	*None*	*
E22	Rear Chain Wheel	1
F01	Chain Guard (Left)	1
F02	Chain Guard (Right)	1
F03	Fan Cage (Left)	1
F04	Fan Cage (Right)	1
G01	Transportation Wheel	2
G02	Seat Post Support Bushing	1
G03	DIA 50 Hex End Plug *Låda*	2
G04	Seat Fixed Hex Spacer *Låda*	1
G05	DIA38 Hex End Plug *Låda*	2
G06	Handlebar Sleeve	2
G07	V-Belt	1
G08	Fan Cage Cover (Left)	1
G09	Fan Cage Cover (Right)	1
G10	Left Pedal	1
G11	Right Pedal	1
G12	Seat Pad	1
G13	Stabilizer End Cap	4
G14	Water Bottle Holder	1
G15	*None*	*
G16	Steel Chain *Låda*	1
G17	Wind Shield	1
G18	Frame Decoration Cover	1
G19	Wire Plug *Låda*	2
H01	Console	1
H02	Sensor Wire *Låda*	1
H03	Magnet *Låda*	1