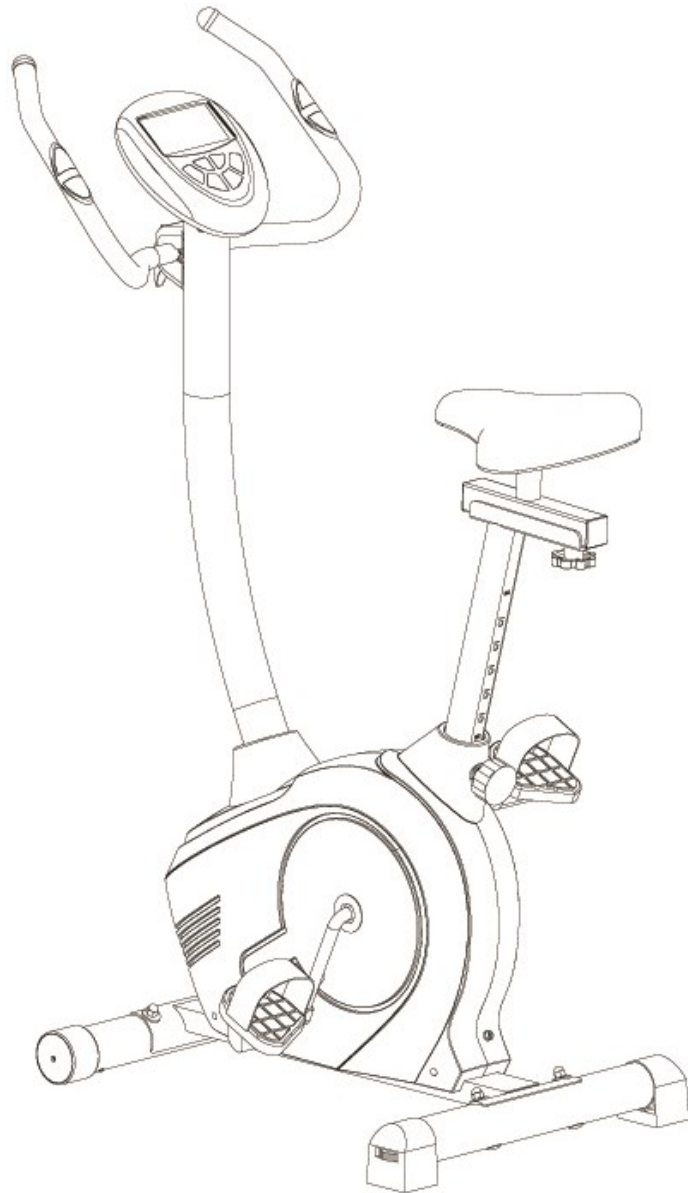


GYMSTICK™

IC 3.0 EXERCISE BIKE

USERMANUAL



IMPORTANT: Read all instructions carefully before using this product.

Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine pages. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 110 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

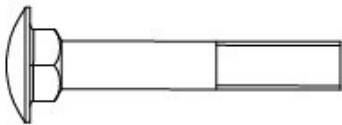
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	030	Cap Nut M8	4
002	Front Stabilizer	1	031	Flywheel Ø230x40xØ32	1
003	Rear Stabilizer	1	032	Bearing Cup	2
004	Idle Wheel Bracket	1	033	Bearing 6000ZZ	2
005	Seat Post	1	034	Bearing Nut I 15/16"	1
006	Seat Sliding Tube	1	035	Bearing Nut II 7/8"	1
007	Handlebar Post	1	036	Washer I Ø24xØ40x3.0	1
008	Handlebar	1	037	Washer II Ø23xØ34.5x2.5	1
009	U Bracket	2	038	Hexagon Nut 7/8"	1
010	Washer Ø16xØ8x1.5	5	039	Belt Pulley with Crank	1
011	Eyebolt M8x85	1	040	AC Adapter	1
012	End Cap For Front Stabilizer	2	041	Power supply wire	1
013	End Cap For Rear Stabilizer	2	042	Bolt M5X10	4
014	Big Curve Washer Ø8	8	043	Handlebar Foam Grip Ø24xØ30x490	2
015	Adjustable Leveler M8	1	044	Left Pedal YH-30X	1
016	Spring Ø6	2	045	Right Pedal YH-30X	1
017	Bolt M8x70	4	046	End Cap for Handlebar	2
018	Seat Sliding Tube End Cap (Ø38)	2	047	Cover Cap	2
019	Bolt M8x15	4	048	Round Knob M16	1
020	Bolt M8x20	1	049	Hand Pulse Sensor with Wire L=750mm	2
021	Eyebolt M6x36	2	050	Sensor with Wire L=750mm	1
022	Idle Wheel Ø10xØ35	1	051	Left Chain Cover	1
023	Screw ST2.9×12	2	052	Right Chain Cover	1
024	Screw ST4.2×20	6	053	Seat Post Bushing	1
025	Screw ST4.2×25	7	054	Motor	1
026	Pan Head Phillips Self Drilling Screw ST4.2x20	8	055	Motor Tension Cable L=500mm	1
027	Nylon Nut M8	6	056	Clamp Cover	1
028	Nut M6	2	057	Spacer (Ø12x20x1.5)	1
029	Hexagon Nut M10	2	058	Handlebar Post Cover	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
059	Seat Post Cover	1	065	Washer Ø12x Ø6x1.0	1
060	Belt PJ360 J6	1	066	Bolt M6X10	1
061	Seat Cushion DD-982AT	1	067	Wire End Cap	1
062	Computer	1	068	Washer Ø8x Ø20x2.0	1
063	Extension Sensor Wire (L=1000mm)	1	069	Sensor Wire L=600mm	1
064	Handlebar T-Knob M8x55	1			

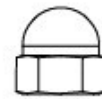
HARDWARE PACKING LIST



17 Bolt M8x70
4PCS



14 Big Curve Washer Ø8
4PCS

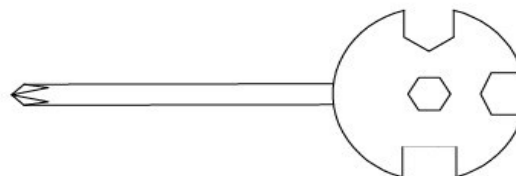


30 Cap Nut M8
4PCS

TOOLS

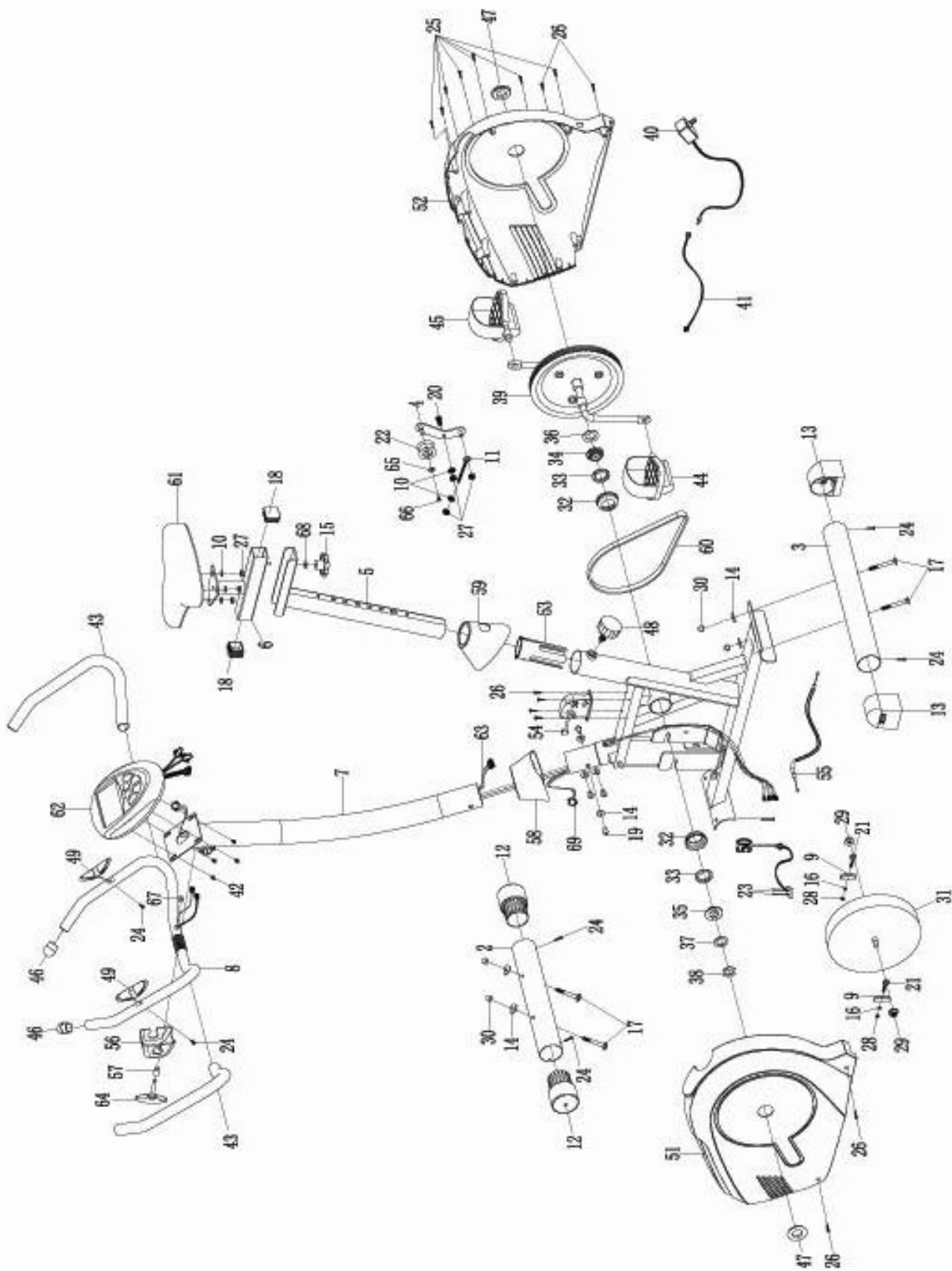


ALLEN WRENCH S6
1PC

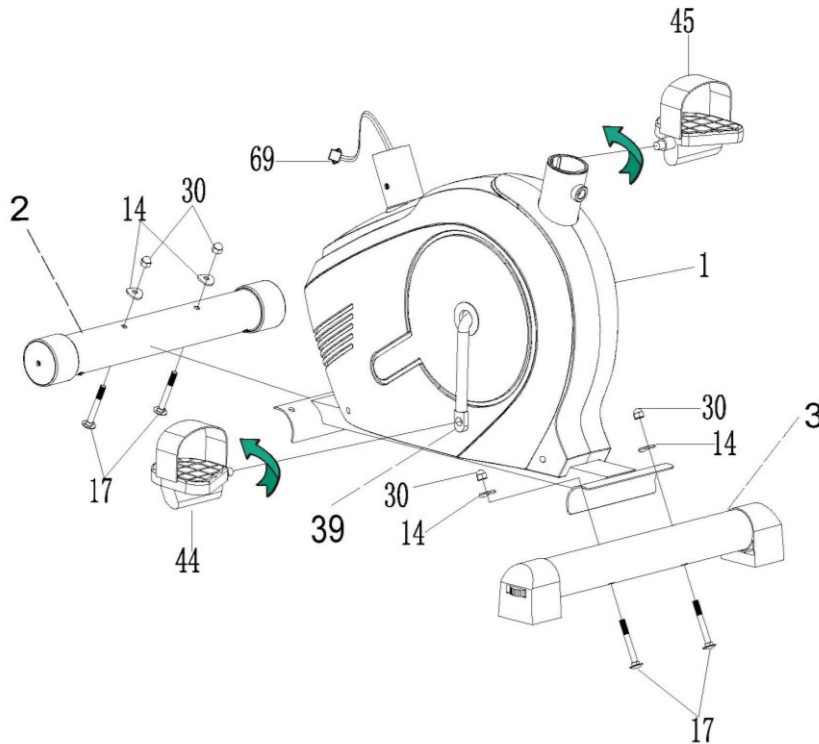


Multi Hex Tool with Philips Screwdriver
S10, S13, S14, S15
1PC

OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



1. Front and Rear Stabilizers Installation

Attach the Front Stabilizer (2) onto the front curve of the Main Frame (1) and tighten it with two M8x70 Bolts (17), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (30).

Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) and tighten it with two M8x70 Bolts (17), two Ø8 Big Curve Washers (14), and two M8 Cap Nuts (30).

Foot Pedals Installation

The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (44) into threaded hole in the left Crank (39). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

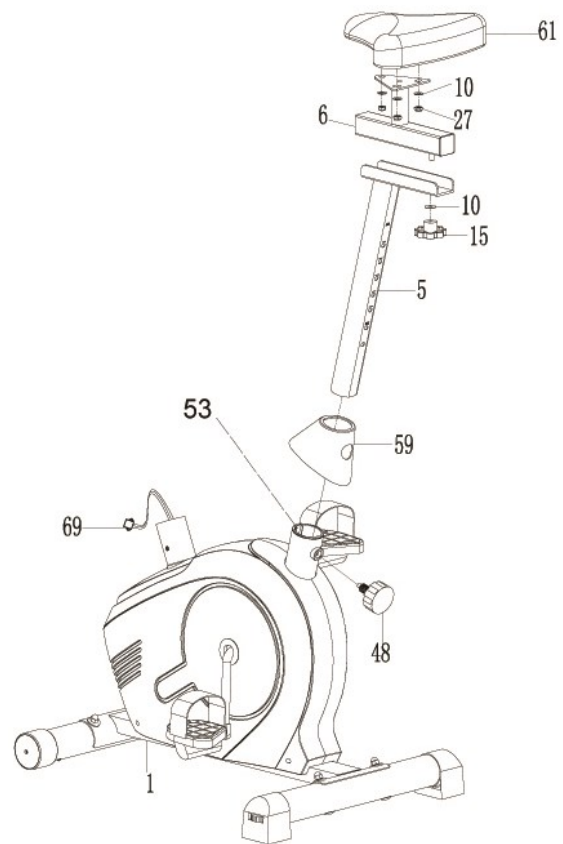
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Screwdriver provided Insert pedal shaft of Right Foot Pedal (45) into threaded hole in right Crank (39). Turn the pedal shaft by hand in the clockwise direction until snug.

Tighten the Right & Left Pedals with the Multi Hex Tool that provided.

2. Seat Post, Seat Post Cover, Seat Cushion, and Seat Sliding Tube Installation

Slide the Seat Post Cover (59) onto the tube of the Main Frame (1). Insert the Seat Post (5) into the Seat Post Bushing (53) on the tube of the Main Frame (1) and then attach the Seat Post Knob (48) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (5) in the suitable position. Remove three M8 Nylon Nuts (27) and three Ø16xØ8x1.5 Washers (10) from underside of the Seat Cushion (61). Remove nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided. Guide bolts on underside of the Seat Cushion (61) through holes on top of the Seat Sliding Tube (6), attach with three removed M8 Nylon Nuts (27) and Ø16xØ8x1.5 Washers (10). Tighten nylon nuts and washers with the Multi Hex Tool with Phillips Screwdriver provided. Guide the Seat Sliding Tube Bolt on underside of the Seat Sliding Tube (6) through hole on top of the Seat Post (5), tighten it with one Ø10xØ20x2 Washer (10) and Seat Adjustment Knob (15).



3. Handlebar Post, Handlebar Post Cover

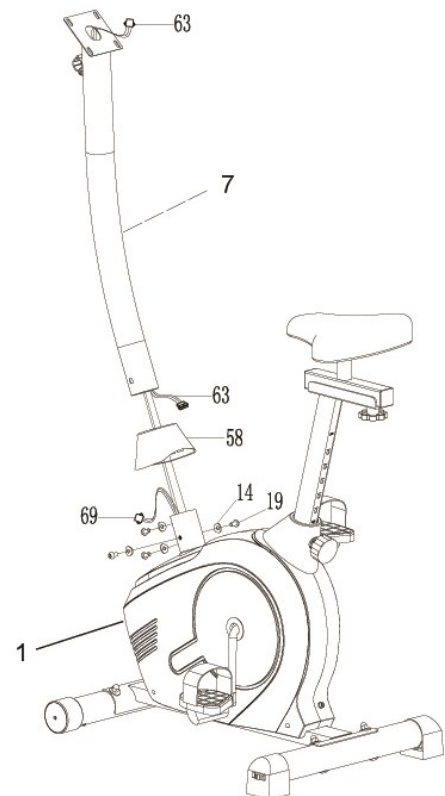
Remove four M8x15 Bolts (19), four Ø20xØ8x2.0 Washers (14) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided.

Slide the Handlebar Post Cover (58) up to the Handlebar Post (7).

Connect the Sensor Wire (69) from the Main Frame (1) to the Extension Sensor Wire (63) from the Handlebar Post (7).

Insert the Handlebar Post (7) onto the tube of the Main Frame (1) and secure it with four M8x15 Bolts (19), four Ø20xØ8x2.0 Washers (14) that were removed.

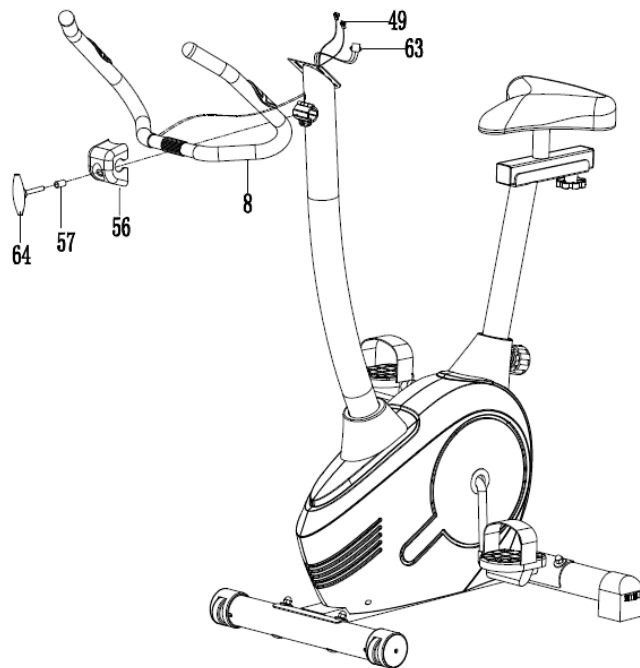
Tighten those bolts with the S6 Allen Wrench provided. Slide the Handlebar Post Cover (58) down to the Handlebar Post (7).



4. Handlebar Installation

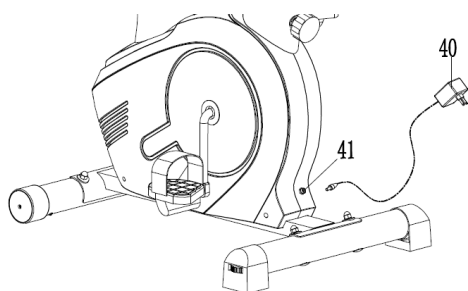
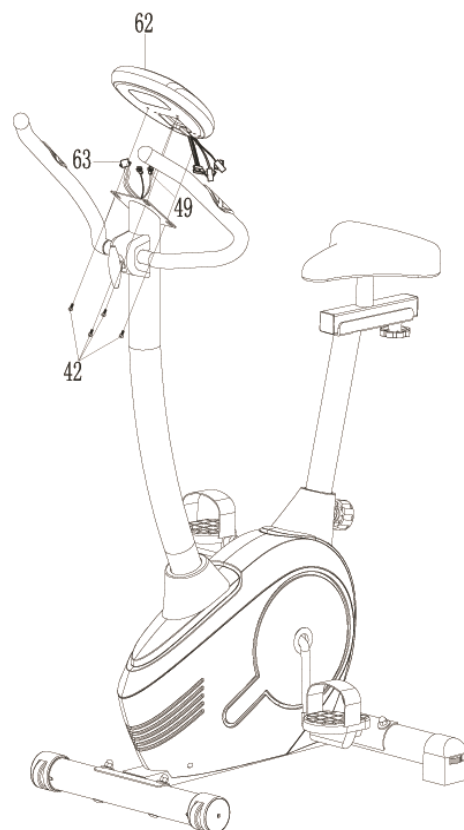
Insert the Hand Pulse Sensor Wires (49) out from handle bar (8) into the hole on the Handlebar Post (7) and then pull them out from the top end of the Handlebar Post (7). Place the Handlebar (8) through clamp on the Handlebar Post (7) with hand pulse sensors facing the seat. Hold the Handlebar (8) in desired position and fasten Clamp Cover (56), Ø12x20x1.5 Spacer (57), and Handlebar T-Knob (64) onto clamp. Tighten the Handlebar T-Knob (64) after adjustment.

NOTE: Handlebar T-Knob should be tightly secured before using.



5. Computer Installation

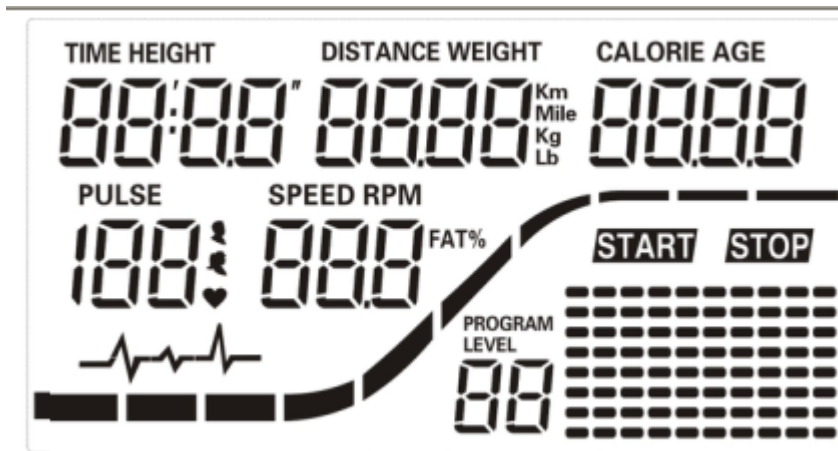
Remove two M5x10 Bolts (42) from the Computer (62). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided. Connect the Hand Pulse Sensor Wires (49) and Extension Sensor Wire (63) to the wires that come from the Computer (62). Tuck wires into the Handlebar Post (7). Attach the Computer (62) onto the top end of the Handlebar Post (7) with two M5x10 Bolts (42) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



6. AC Adapter Installation

Plug one end of the AC Adapter (40) into the power jack of the Power Supply Wire (41) on the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (40) into the electrical wall outlet.

OPERATING THE COMPUTER



The things you should know before exercise

A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

C. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

Functions and Features:

1. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.

3. RPM: Your pedal cadence.
4. SPEED: Displays your workout speed value in KM/MILE per hour.
5. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
6. PULSE: Your computer displays your pulse rate in beats per minute during your workout.
7. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
8. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.
9. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

1.0 means OUTSTANDING
1.0 < F < 2.0 means EXCELLENT
2.0 ≤ F ≤ 2.9 means GOOD
3.0 ≤ F ≤ 3.9 means FAIR
4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
6.0 means POOR

Note: If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips.

Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key:
 - a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
 - b. During the exercise mode, press the key to STOP exercise.
 - c. During the stop mode, press the key to START exercise.
2. UP key:
 - a. Press the key to increase the resistance during exercise mode.
 - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
3. DOWN key:
 - a. Press the key to decrease the resistance during exercise mode.
 - b. During the setting mode, press the key to decrease the value of Time, Distance,

Calories, Age and select Gender and Program.

4. ENTER key:

- a. During the setting mode, press the key to accept the current data entry.
- b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
- c. During setting the Clock, press this key can accept the setting hour and setting minute.

5. BODY FAT key:

Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio,

6. PULSE RECOVERY key:

Press the key to activate heart rate recovery function.

Program Introduction & Operation:

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 7. Users may exercise in any desired of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select the MANUAL (P1) program.
 2. Press the ENTER key to enter MANUAL program.
 3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
 4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
 5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
 7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in

any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting

your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.

10. Press the START/STOP key to begin exercise.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. - - Target H.R. = $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

Operations:

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your

exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

Body Fat Program: Body Fat

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2: $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

Operations:

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

OPERATION GUIDE:

1. Sleep Mode:

The computer will enter the sleep mode when there is no signal input and no keys be

pressed after 4 minutes. You can press any key to wake up the computer.

2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

ERROR MESSAGE:

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

Technical data of the current adapter

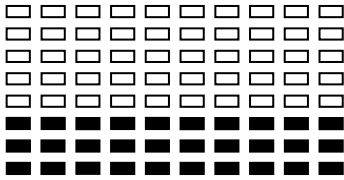
1. Available for Input: 230V/50Hz or 60Hz Output: 6V DC/0.5~1A
2. Available for Input: 110V/50Hz or 60Hz Output: 6V DC/0.5~1A

LCD Workout Graphics

PRESET PROGRAM PROFILES:

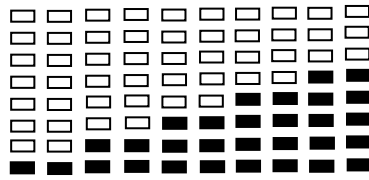
PROGRAM 1

MANUAL



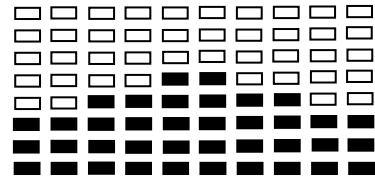
PROGRAM 2

STEPS



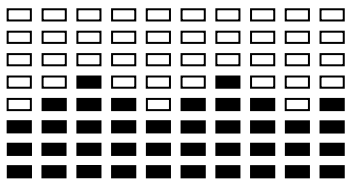
PROGRAM 3

HILL



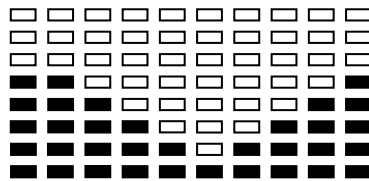
PROGRAM 4

ROLLING



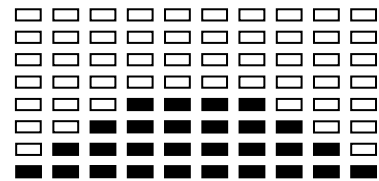
PROGRAM 5

VALLEY



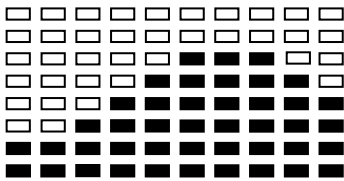
PROGRAM 6

FAT BURN



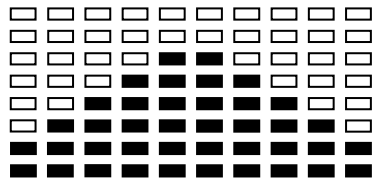
PROGRAM 7

RAMP



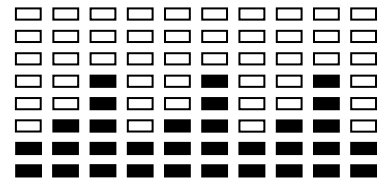
PROGRAM 8

MOUNTAIN



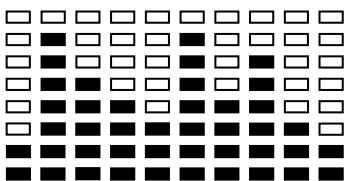
PROGRAM 9

INTERVALS



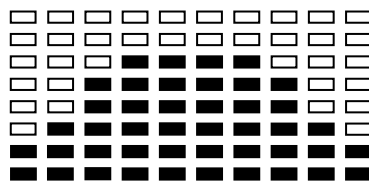
PROGRAM 10

RANDOM



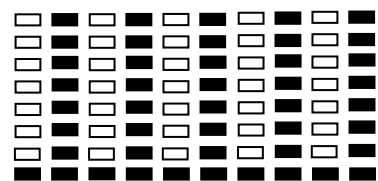
PROGRAM 11

PLATEAU



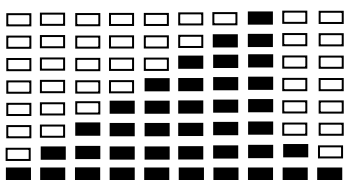
PROGRAM 12

FARTLEK



PROGRAM 13

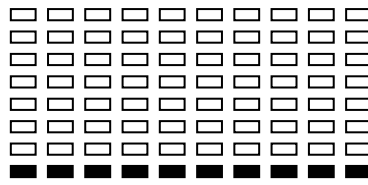
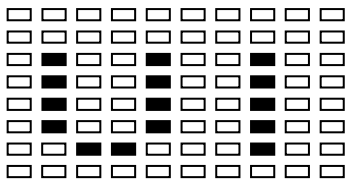
PRECIPICE



USER SETTING PROGRAM

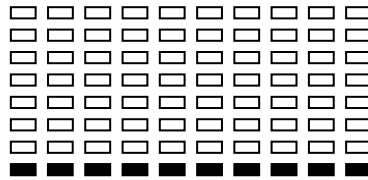
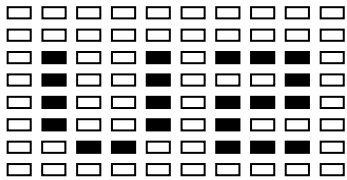
PROGRAM 14

USER 1



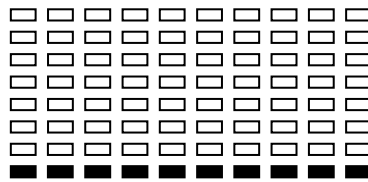
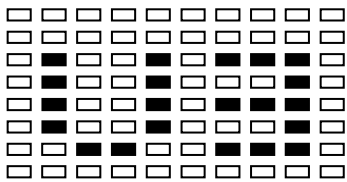
PROGRAM 15

USER 2



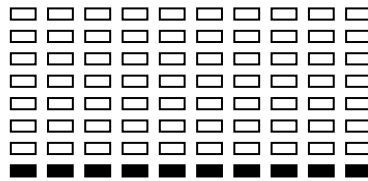
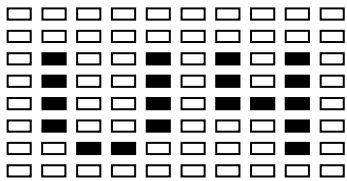
PROGRAM 16

USER 3



PROGRAM 17

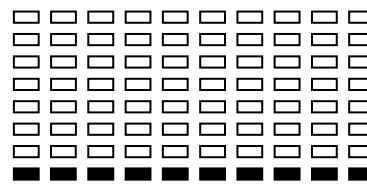
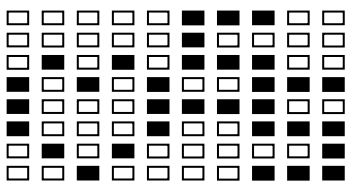
USER 4



HEART RATE PROGRAM PROFILES:

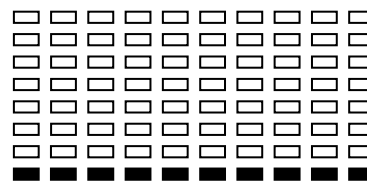
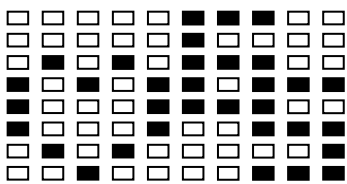
PROGRAM 18

55% H.R.C.



PROGRAM 19

65% H.R.C.



PROGRAM 20



PROGRAM 21

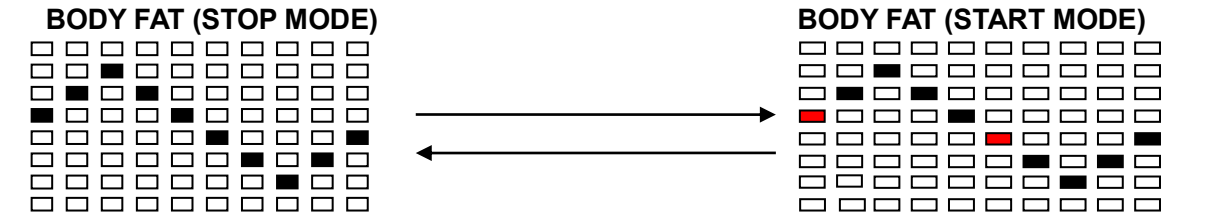


PROGRAM 22

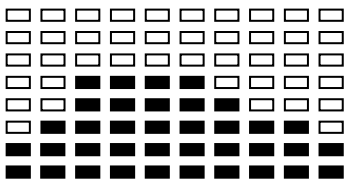


BODY FAT TEST PROGRAMS:

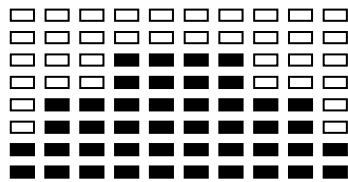
PROGRAM 23



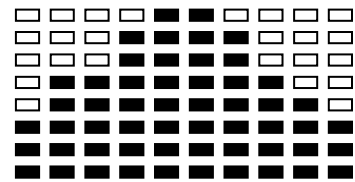
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



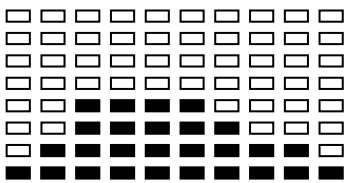
Workout Time: 40 minutes



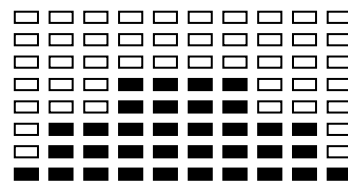
Workout Time: 40 minutes



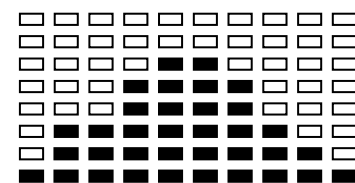
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

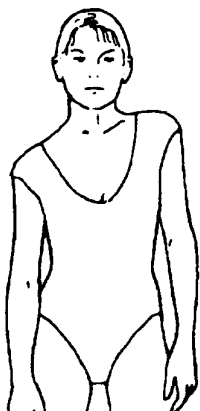
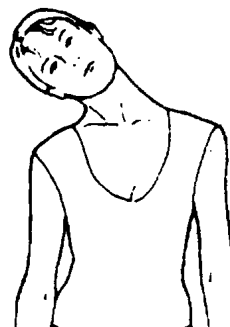
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

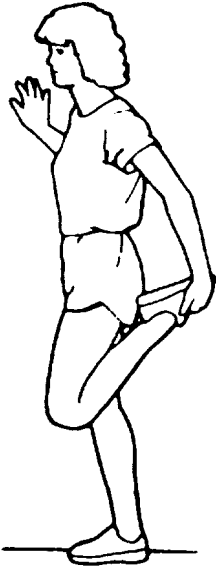
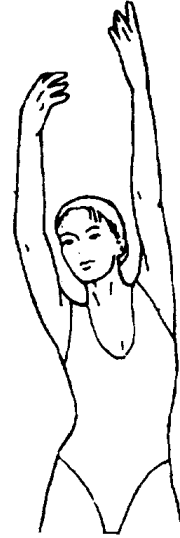


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



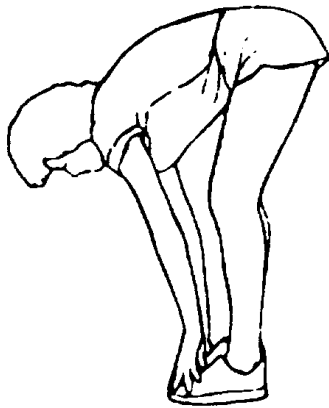
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



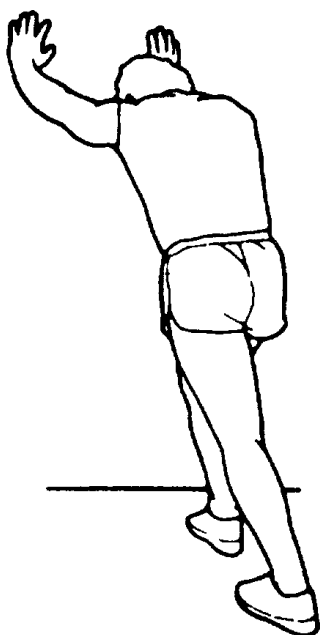
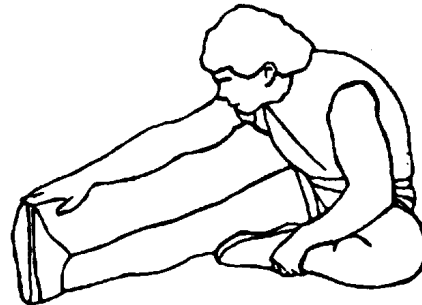


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period .

The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, wheels, pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND