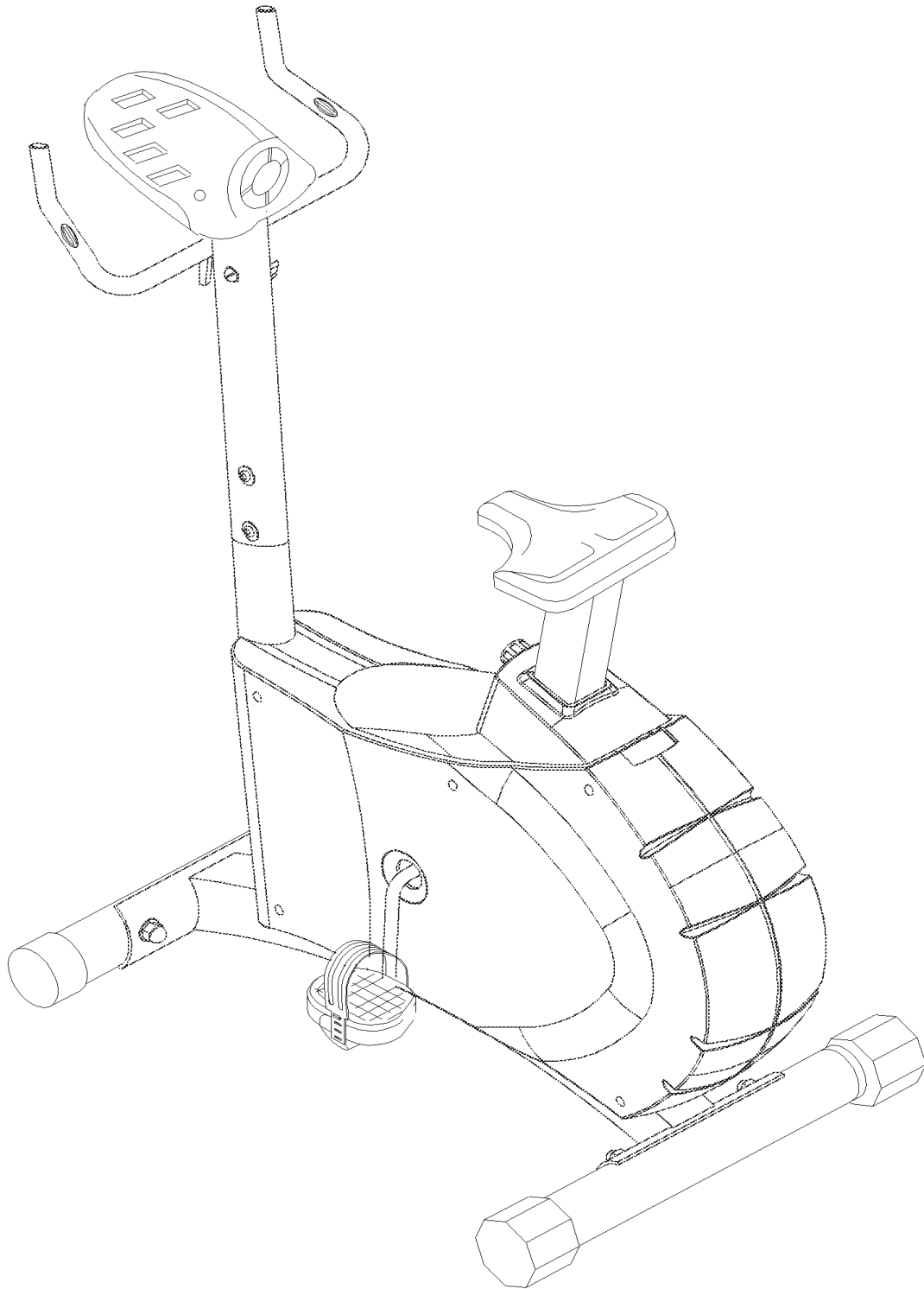


# MAGNETIC BIKE

PL- 22100

## INSTRUCTION MANUAL



## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

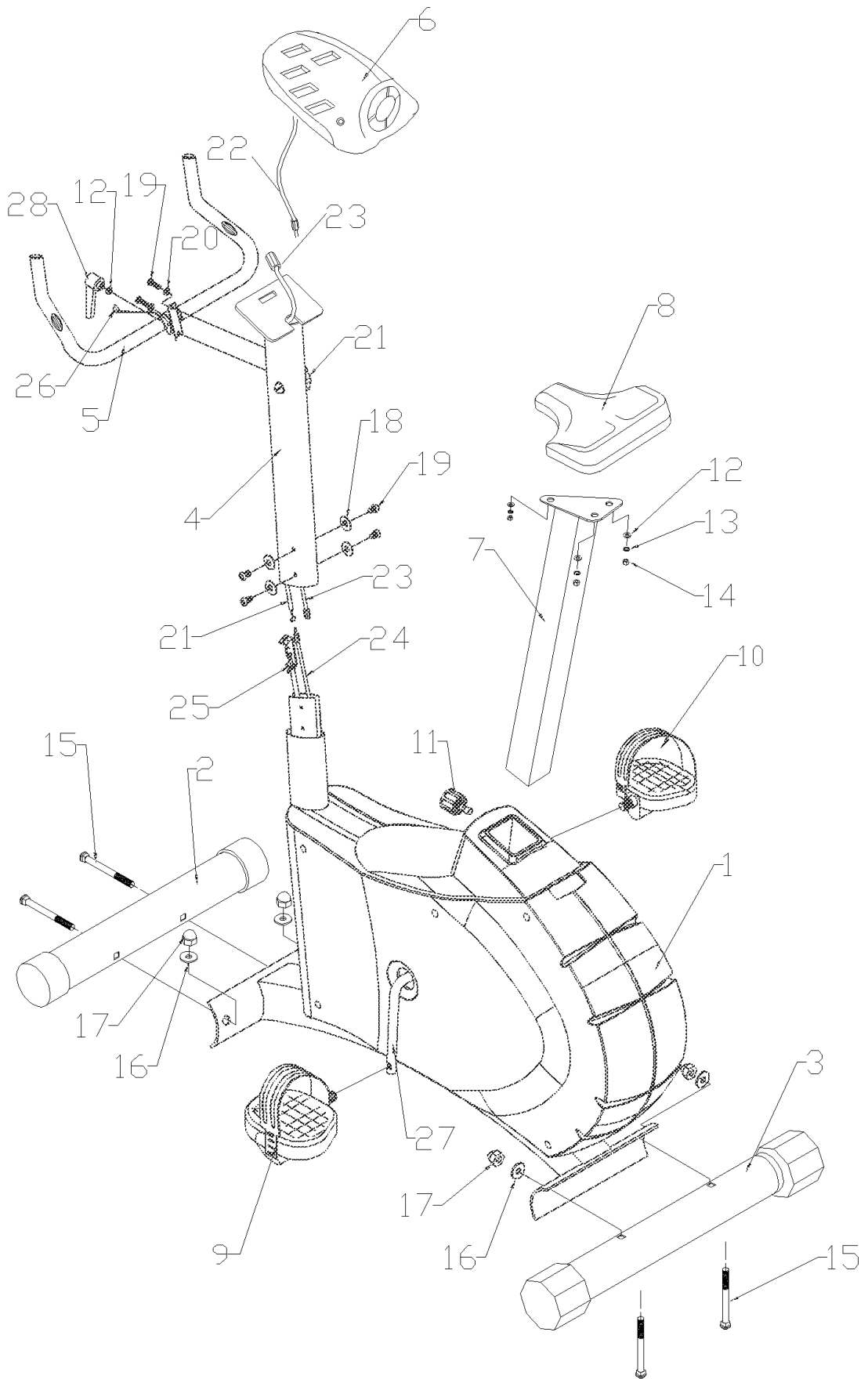
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The equipment has been tested and certified to EN957 under class HC. Suitable for domestic, home use only. Maximum weight of user is 100kg. Breaking is speed dependent ◦

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

**SAVE THESE INSTRUCTIONS.**



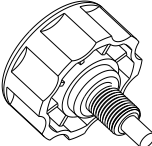
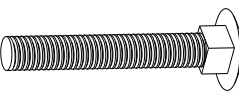




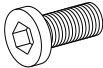

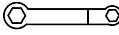

# **EXPLODED DIAGRAM**



## **PARTS LIST**

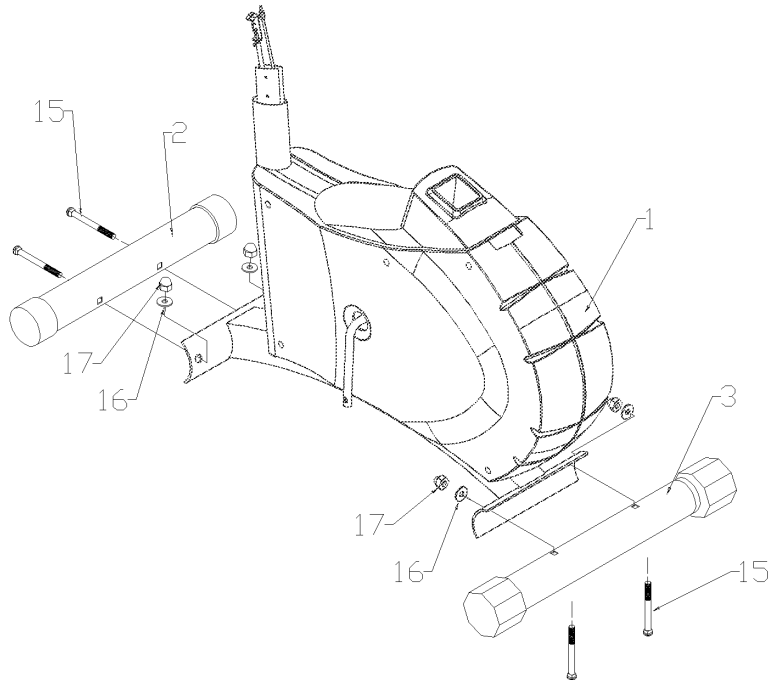
| <b>NO</b> | <b>DESCRIPTION</b>                 | <b>Q'TY</b> |
|-----------|------------------------------------|-------------|
| 1         | Main Body                          | 1 PC        |
| 2         | Front Stabilizer                   | 1 PC        |
| 3         | Rear Stabilize                     | 1 PC        |
| 4         | Front Post                         | 1 PC        |
| 5         | Handlebar w/Grip                   | 1 PC        |
| 6         | Computer                           | 1 PC        |
| 7         | Seat Post                          | 1 PC        |
| 8         | Seat                               | 1 PC        |
| 9         | Left Pedal                         | 1 PC        |
| 10        | Right Pedal                        | 1 PC        |
| 11        | Adjustment Knob                    | 1 PC        |
| 12        | ≠16 Flat Washer                    | 4 PCS       |
| 13        | Spring Washer                      | 3 PCS       |
| 14        | Nylon Lock Nut                     | 3 PCS       |
| 15        | M10x80mmCarriage Bolt              | 4 PCS       |
| 16        | ≠25 Curve Washer                   | 4 PCS       |
| 17        | M10 Domed Nut                      | 4 PCS       |
| 18        | ≠28 Curve Washer                   | 4 PCS       |
| 19        | M8 X 20mm Bolt                     | 6 PCS       |
| 20        | ≠20 Curve Washer                   | 2 PCS       |
| 21        | Tension Knob w/Upper Tension Cable | 1 PC        |
| 22        | Upper Computer Wire                | 1 PC        |
| 23        | Middle Computer Wire               | 1 PC        |
| 24        | Lower Computer Wire                | 1 PC        |
| 25        | Lower Tension Cable                | 1 PC        |
| 26        | Hand Pulse Wire                    | 1 PC        |
| 27        | Crank Arm                          | 1 PC        |
| 28        | L Type Knob                        | 1 PC        |
|           |                                    |             |
|           |                                    |             |

# HARDWARE PACKING LIST

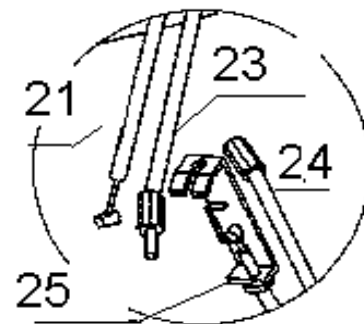
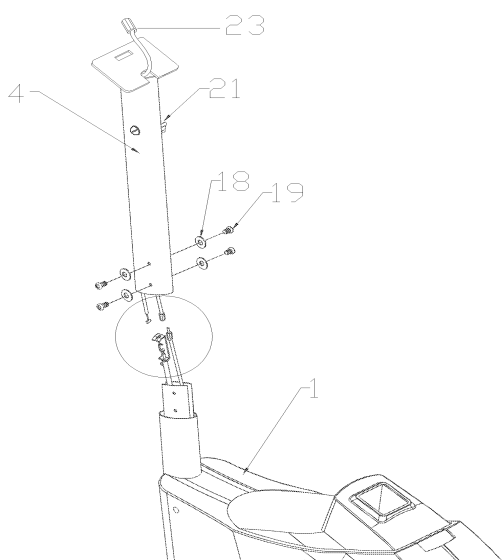
| <u>Key#</u> | <u>Description</u>  | <u>Quantity</u> |
|-------------|---|-----------------|
| 9.          | Left Pedal                                 | 1               |
| 10.         | Right Pedal                                | 1               |
| 11.         | Quick Release Knob                         | 1               |
| 15.         | Cariage Bolt M10*80                        | 4               |
| 16.         | Arch Washer $\Phi 10.5 * \Phi 25 * T1.5$   | 4               |
| 17.         | Domed Nut M10                             | 4               |
| 18.         | Arch Washer $\Phi 8.2 * \Phi 22 * T1.2$  | 4               |
| 19.         | Screw M8*15                              | 4               |
| 20.         | Screw M8*20                              | 2               |
|             | Allen Wrench (Hex Key)L6                 | 1               |
|             | Box Wrench 13/17                         | 1               |
|             | Spanner 15                               | 1               |

## **ASSEMBLY STEPS**

1. Attach the Front Stabilizers (2) and the Rear Stabilizer (3) to the Main Body (1), using 4 sets of M10x80mm Carriage Bolts (15), Washers (16) and Domed Nuts (17).

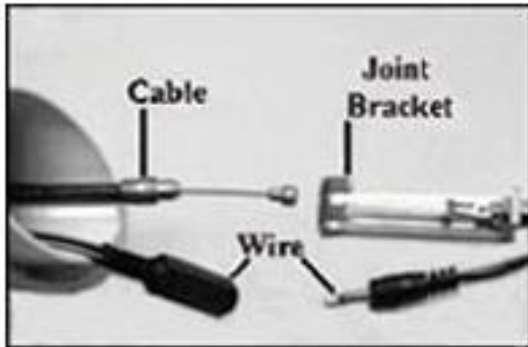


2. Take the Front Post (4) and join the Middle Computer Wire (23) with Lower Computer Wire (24). Release the Tension Knob (21) from the Front Post (4) and connect the Upper Tension Cable (21) to the Lower Tension Cable (25). (\* Please read next note\*). Tighten with 4 sets of M10 X 20mm Bolts (19) and  $\neq$ 28 Curve Washers (18).

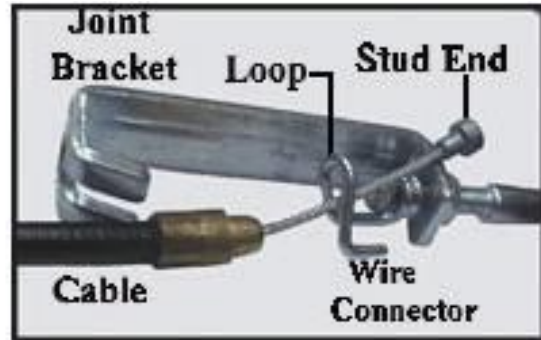


## NOTE FOR CONNECTING CABLES AND WIRES

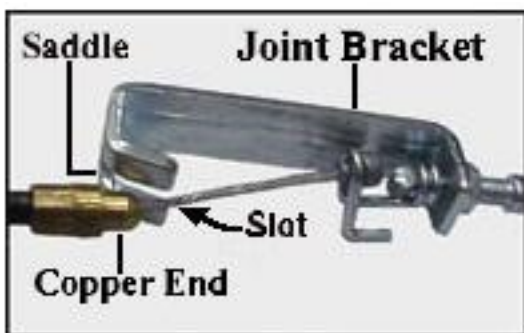
**Please follow the steps to assemble the cable and wire.  
This is main doing when assembly handlebar post with main body.**



**Step a.** Prepare to connect cable and Computer wire. Maybe need a Friend to hold the Handlebar Post.



**Step b.** Slide the cable wire into the slot of wire connector of the joint bracket. Pull up to let the casting stud end of The cable wire fixed in the loop of connector.



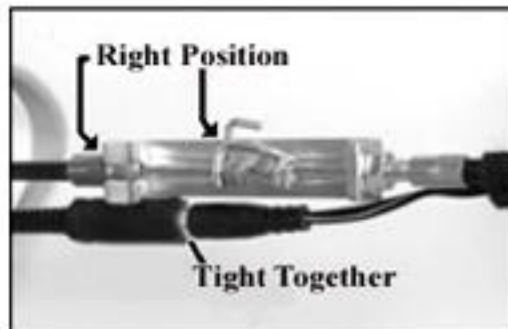
**Step c.** Put the connecting cable wire into the slot of the joint bracket. Pull a little hard to let the copper End of upper cable jump over the Saddle then to the hole.



**Step d.** Fix the salience of the copper end Of the upper cable into the fixing hole of the joint bracket.

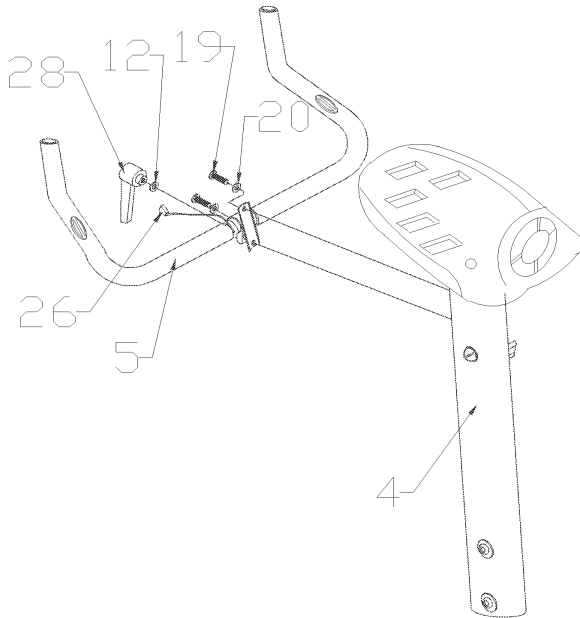


**Step e.** Connect the upper computer wire with the lower computer wire. Push together to be whole piece.

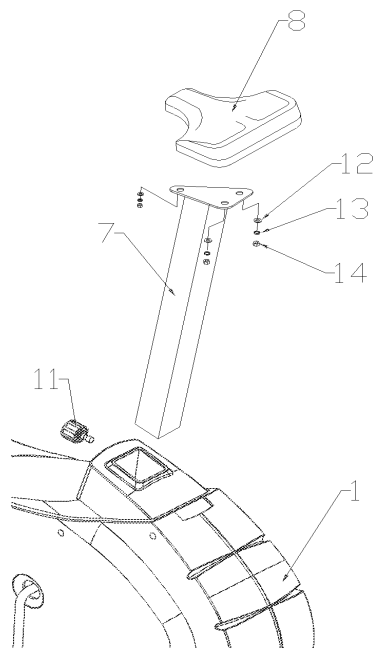


**Step f.** Make sure the cable and wire were right connected. Carefully put back whole set inside tube before assembly.

3. Fix the Handlebar (5) to the Front Post (4) and tighten with 2 sets of M10x20 (19) and Arc Washers (20)., then use a L type knob(28) to tight the handlebar(5).



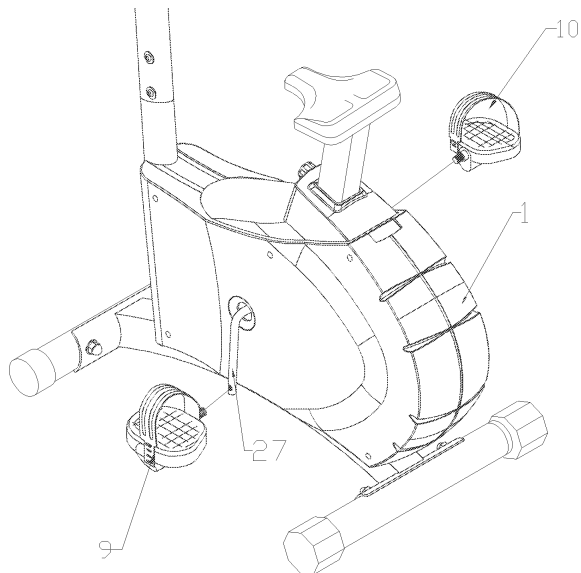
4. Fix the Seat (8) to the Seat Post (7) using 3 sets Nylon lock Nuts (14) and Washers (13) & (12), then insert into the Main Body (1). Line up the holes and secure the seat in position with the Adjustment Knob (11). The Correct height for the seat can be adjusted after the bike is fully assembled.



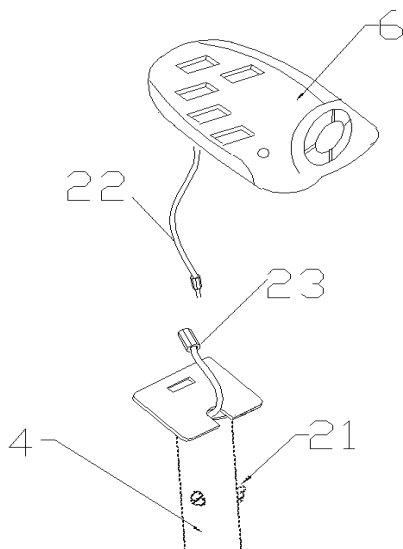


5. The Left and Right Pedal (9) & 10) are marked "L" and "R".

Connect them to their appropriate Crank Arm (27). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



6. Slide to fix the Computer (6) onto the computer holder of Front Post (4). Note to let the Middle Compute Wire(23) comes out from the rear gap, then plug to the Upper Computer Wire (22).



**Recheck all bolts and nuts are tightened securely before use the machine**

