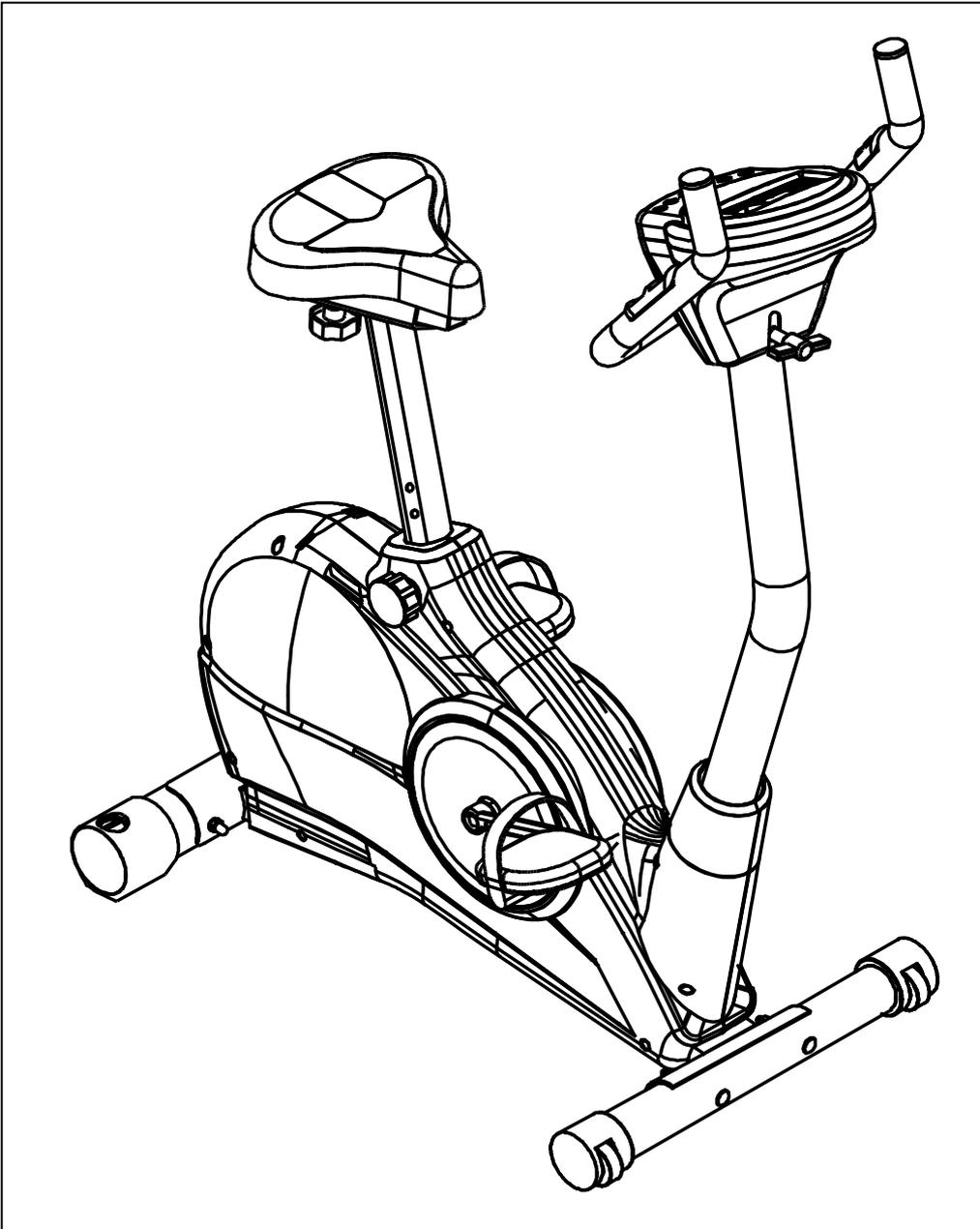
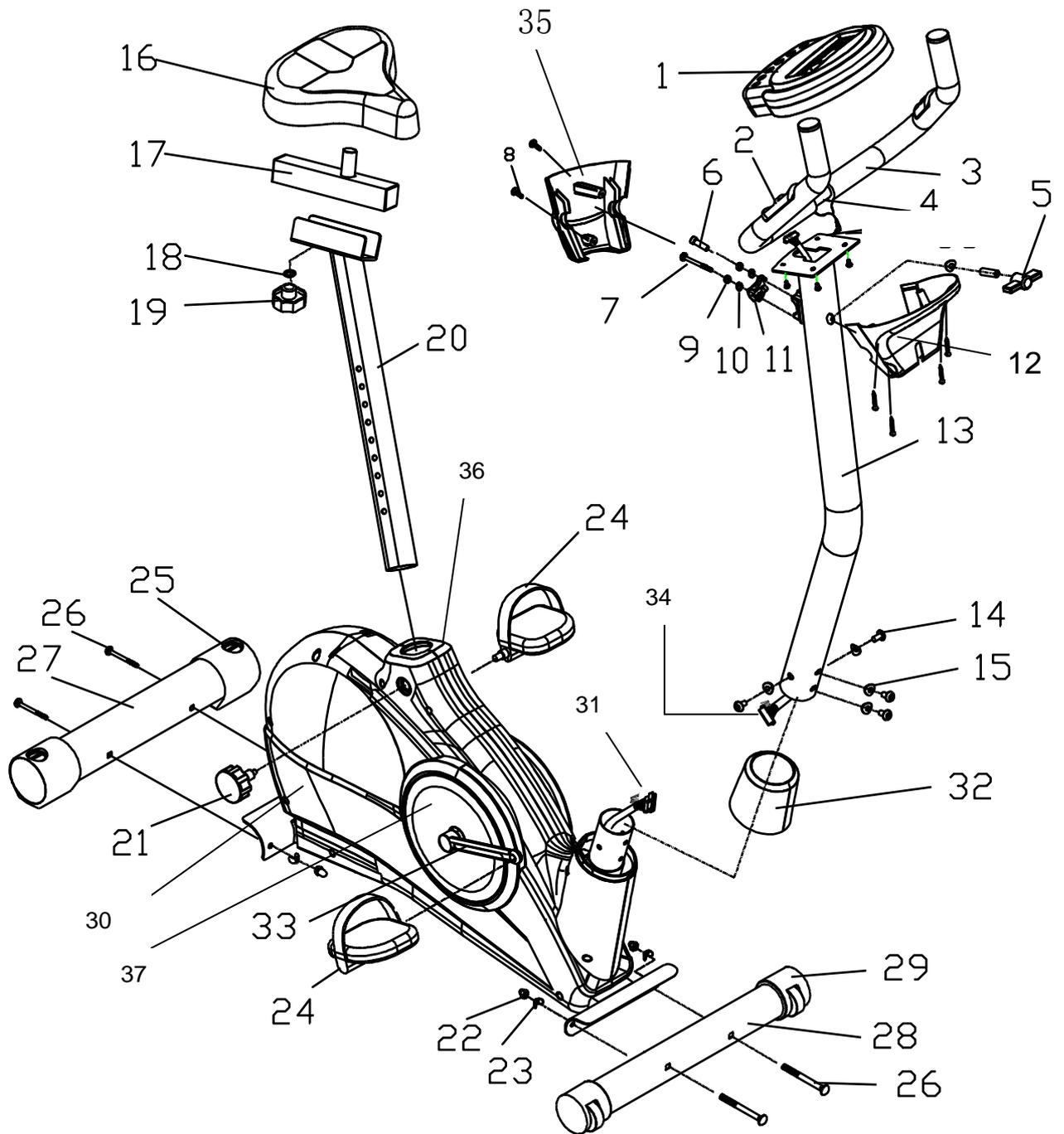


W **WINNER**



CARDIO
CONCEPT
magnetic

EXPLODE PICTURE

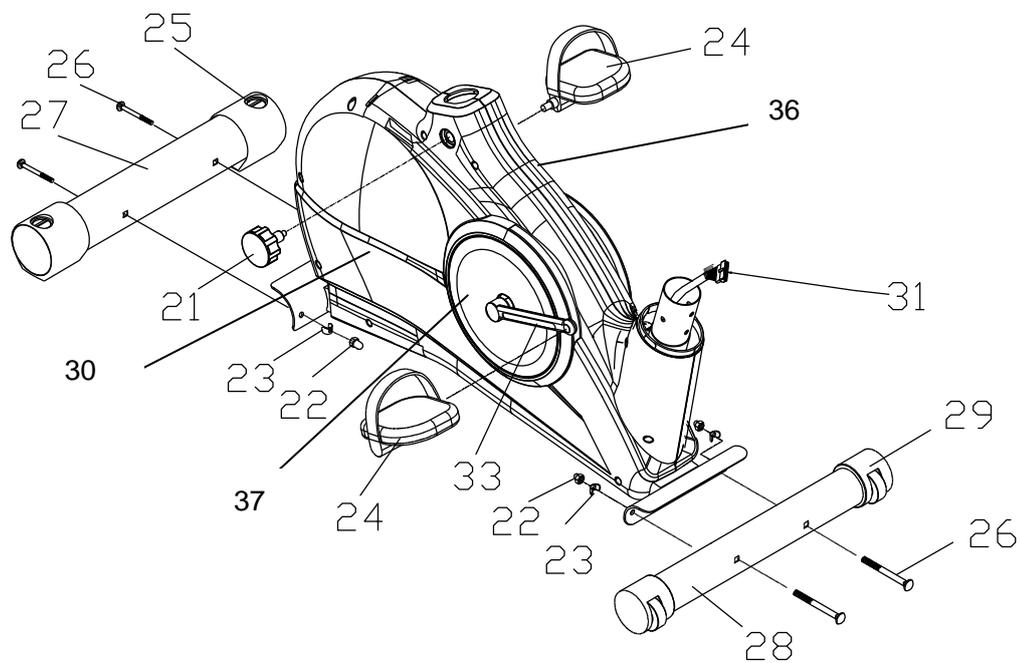


PARTS LISTS

NO	DESCRIPTION	QUANTITY
1	COMPUER	1PC
2	PULSE SENSOR	1SET
3	FOAM GRIP FOR HANDLEBAR	1SET
4	HANDLEBAR	1PC
5	T-KNOB FOR HANDLEBAR	1PC
6	BOLT FOR FIXING HANDLEBAR	1PC
7	CARRIAGE SCREW	1PC
8	ROUND-HEADED SCREW	6PCS
9	SPRING WASHER	2PCS
10	FLAT WASHER	2PCS
11	METAL COVER FOR HANDLEBAR	1PC
12	REAR COVER FOR COMPUTER	1PC
13	HANDLEBAR POST	1PC
14	SCREW FOR FIXING HANDLEBAR POST	4PCS
15	WASHER FOR FIXING HANLEBAR POST	4PCS
16	SADDLE	1PC
17	SEAT SLIP SET	1PC
18	FLAT WASHER	1PC
19	KNOB FOR SADDLE	1PC
20	SEAT POST	1PC
21	KNOB FOR SEAT POST	1PC
22	NUT FOR REAR&FRONT STABILIZER	4PCS
23	WASHER FOR REAR&FRONT STABILIZER	4PCS
24	PEDAL	1SET
25	FOOT CAP FOR REAR STABILIZER	1SET
26	BOLT FOR FRONT&REAR STABILIZER	4PCS
27	REAR STABILIZER	1PC
28	FRONT STABILIZER	1PC
29	TRANSPORT WHEEL	1SET
30	RIGHT COVER	1PC
31	COMPUTER CABLE (DOWN)	1PC
32	COVER FOR HANDLEBAR POST	1PC
33	CRANK ARM	2PCS
34	COMPUTER CABLE (UP)	1PCS
35	FRONT COVER FOR COMPUTER	1PCS
36	LEFT COVER	1PCS
37	COVER FOR CRANK ARM	2PCS

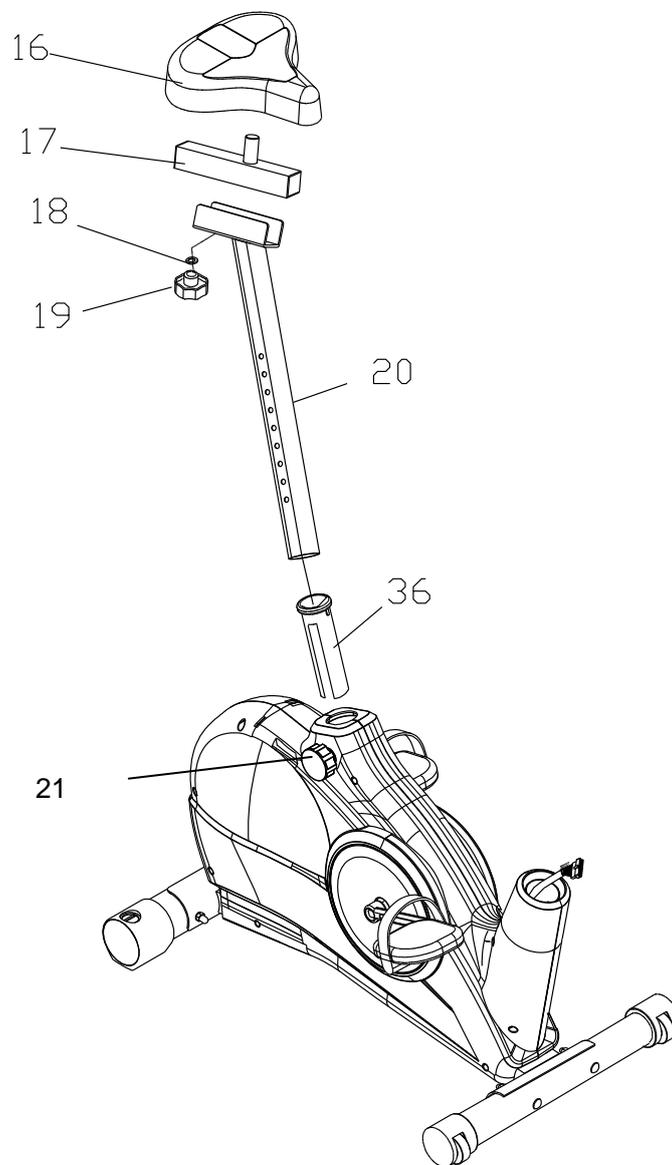
STEP I.

1. Assemble the front (28) and rear (27) stabilizer to the base post with 4 bolts (26) wave washers (23) and 4 nuts (22).
2. Assemble the left (24) pedal onto left crank and assemble right pedal (24) onto right crank.



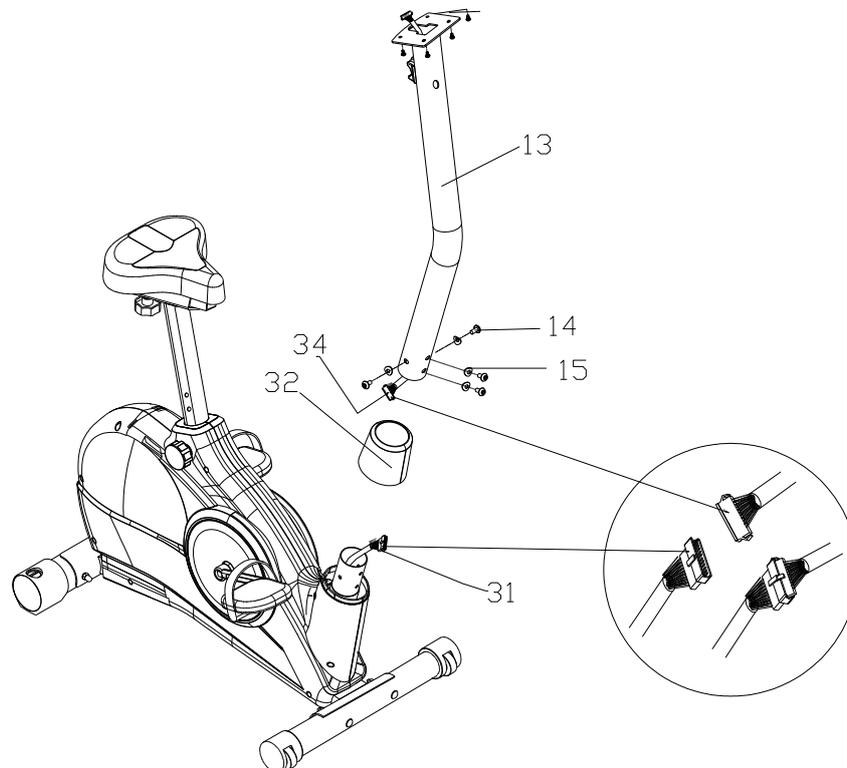
STEP 2.

1. Assemble the seat (16) to the seat slip set (17) and use the knob for saddle (19) and one flat washer (18) , tighten it.
2. Put the plastic sleeve (36) for seat upright into the base post.
3. Put the seat post (20) into the base post.
4. Put the knob for seat post (21) into the hole of base post and tighten it.



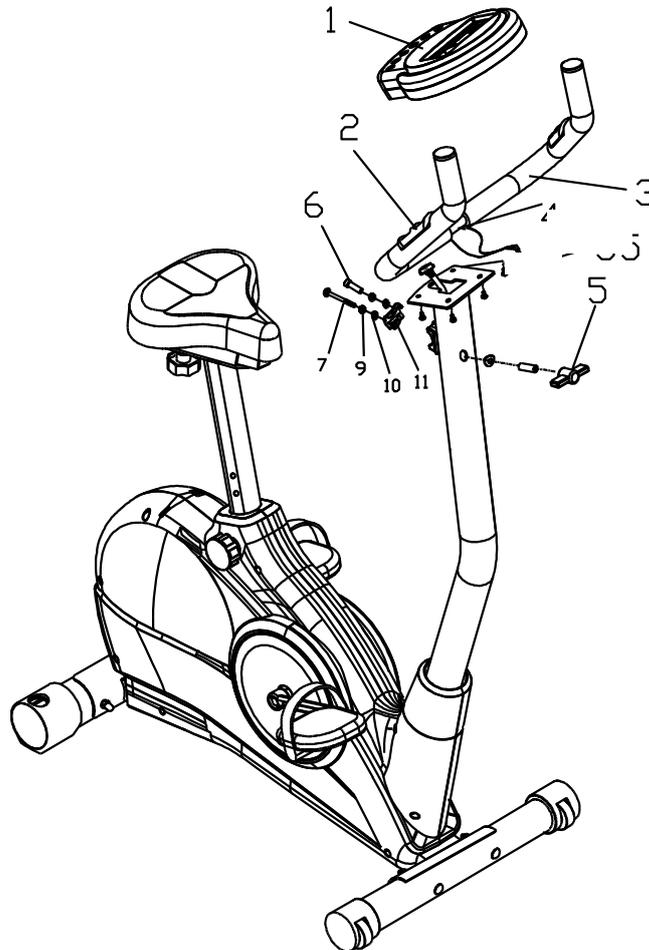
STEP 3.

1. Assemble the cable of the exercise computer 1 (34) and the cable 2 (31) between the main frame and handlebar post as shown in the right picture. Make sure the assemble is tightness.
2. Assemble the handlebar post (13) to the main frame after the above one step. Fasten those 4 screws(14) and 4 bend washers (15) .
3. Assemble the cover (32)for handlebar post (13) onto the handlebar post and main frame.



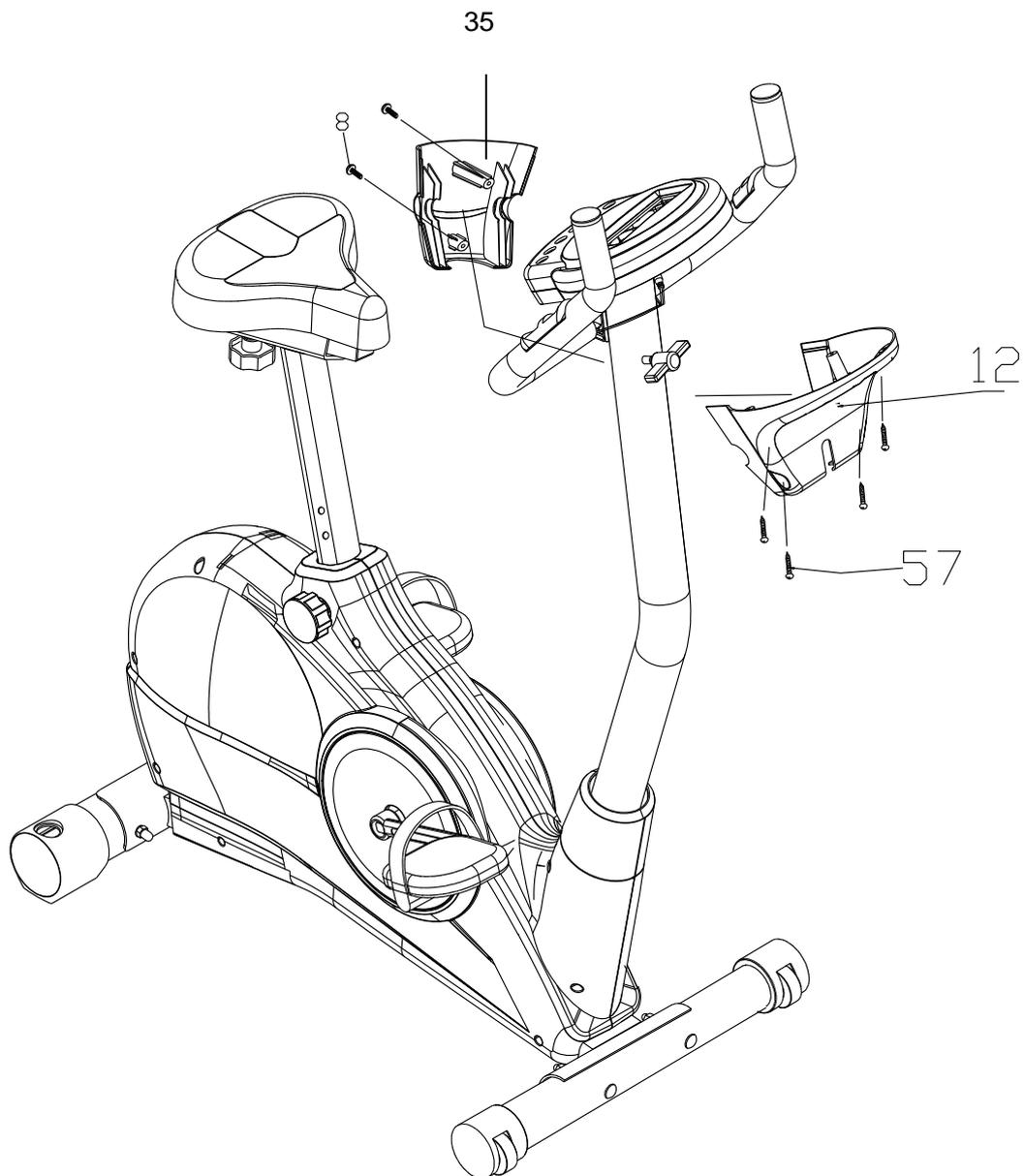
STEP 4.

1. Assemble the handlebar (4) on the handlebar fixture and put the metal cover (11) on the top of handlebar, just put all together with flat washer (10) spring washer (9) and two screw (6&7) and fix it a little bit.
2. Please do not screw too tight at this moment. And then put the T-knob (5) into handlebar.
3. Assemble the computer (1) to the computer board with four screws .



STEP 5.

1. Assemble the bracket for front cover for computer (12) & rear cover for computer with 6 round-headed screws. Tighten the T-KNOB.



Training Computer

Button Function

MODE : press this button to select function.

RESET :To reset the value of “Tome”,”Distance”, “Calories”, “Pulse”and “Watt”.

Keep pressing this button for 3 seconds,all the value on display will reset to zero and LCD display will go vack to the original face with word “U1” keeping flashing.

ST/STOP : To start or stop the exercise program.

UP : To select the functions upwards for display or presetting by using this button.

DOWN : To select the functions downwards for display or presetting by use this button.

RECOVERY: To display your heart rate status after exercise with grade from F1 to F6. F1 is the best and F6 is the worst.

Function Description:

SPEED : To display current speed with range from 0.0 to 99.9 km/h.

RPM : To display current Rpm(Repetition per minute) with range from 20 to 999 rpm.

TIME : Count-Up : To accumulate total working time from zero up to 99.59 min:sec
Count-Down: To count time backwards from preset value down to zero.

DISTANCE : Count-Up : To accumulate total working distance

from zero up to 99.59km
 Count-Down: To count the distance backwards from
 preset value down to zero.

WATT : To display the power value which the user is working
 on.
 Range is from 0 to 999 watts.

CALORIES: Count-Up : To accumulate total calorie
 consumption from zero up to 9999 cal.
 Count-Down : To count the calorie backwards from

Functions	Display Range	Preset Range
SPEED	0.0 ~ 99.9 km/h	None
RPM	20 ~ 999 rpm	None
TIME	00.00 ~ 99.59 min:sec	01:00 ~ 99:00 min:sec
DISTANCE	0.00 ~ 99.99 km	0.50 ~ 99.50 km
WATT	0 ~ 999 watts	0 ~ 350 watts
CALORIES	0 ~ 9999 cal	0 ~ 9990 cal
PULSE	30 ~ 240 bpm	30 ~ 240 bpm
RECOVERY	F1 ~ F6	None

preset value down to zero.

PULSE : To display current heart rate figures. with preset heart
 rate value, as soon as the actual heart
 rate reaches the preset value, the
 computer will beep to remind you to
 stop exercise.

Step 1

1. Install the batteries into the battery box on back side of the computer.
2. The LCD will show first the figure "78.0", then switch to the main display with the word "U1" flashing. "78.0" is the wheel circumference for this ergometer preset in the software. "U1" means user 1. Altogether, this computer allows 4 users to have memory feature for preset function value in last exercise program. For the second and later users, you may use "UP" button to select "U2", "U3" and "U4". Press the "MODE" button to finalize this function.

Step 2

1. On the main display, the words "P", "MANUAL", "PROGRAM", "USER" and "TARGET H.R." is flashing. ("P" means pause)
2. Use "Up" and "Down" buttons to select one of them for your program. Press "MODE" button to finalize this function.

Step 3

1. If you select "MANUAL", use "UP" and "DOWN" button to select the load level. There are altogether 16 level for the brake system in this computer. Press "MODE" button to finalize this function.
2. "TIME" is flashing. Use "UP" and "DOWN" buttons to set your target exercise time. If do not intend to set distance, just press the "MODE" button again.
3. "DISTANCE" is flashing. Use "UP" and "DOWN" buttons to set your target distance. If you do not intend to set distance, just press the "MODE" button again.
4. "CALORIES" is flashing. Use "UP" and "DOWN" buttons to set your target calorie consumption. If you do not intend to set calories, just press the "MODE" button again.
5. "WATT" is flashing. Use "UP" and "DOWN" buttons to set your target watt. Only in the "MANUAL" mode, you are able to set the target "WATT". If you do not intend to set watt, just press "MODE" button again.
6. "PULSE" is flashing. Use "UP" and "DOWN" buttons to set your max. heart rate you may refer to your personal physician for such information. If you do not intend to set pulse, just press "MODE" again. So, the monitor will display your heart rate value only.
7. Now, you may start your exercise program by press the "ST/STOP" button.

STEP 4

1. If you select "PROGRAM", use "UP" and "DOWN" buttons to select the program from profile 1 to profile 12. press "MODE" button to finalize the program profile.
2. Press AGAIN THE "mode" BUTTON". Then, you are now able to set your target value for function " TIME", "DISTANCE", "CALORIES" and "PULSE". Follow the Procedure of point(2) to(6) in step 3,you are able to finalize this program. But in this "PROGRAM" mode,the "WATT" value can not be preset. Please take notice of this difference.
3. If you do not intend to preset any target value as illustrated in point (2),after point (1),do not press "MODE" button. Instead,press directly the "ST/STOP" button to start your exercise program.

Step 5

1. If you select "USER" ,use "UP" AND"DOWN" buttons to set up your own program profile. There are altogether 16 load levels and 16 load segments in the program.
2. In each segment,after setting the load level,remember to press again the button of "MODE". When you have finalized the program profile,you may decide either go directly for exercise program by pressing the "ST/STOP" button only onr time without setting your target value of the functions. If you intend to set such target value,press "ST/STOP" button for onr time,then,press again the same button the second time. In this moment,the "P" and"TIME" are lashing. You may follow the same procedure of step 3 to set your target value.
3. Press the "ST/STOP" button to start your exercise program.

Step 6

1. If you select "TARGET H.R.",use "UP" and "DOWN"buttons to enter your age first.
2. Press "MODE" button. The "55%" is flashing. Use "UP" and "DOWN" buttons to select "55%',"75%"or "90%" or "THR". Press "MODE" button again to finalize it.
3. If you select "55%',"75%"or "90%",after pressing "MODE" button, "TIME" is flashing. Follow the procedure of step 3,you may set your target value of the functions. Press the "ST/STOP"

button to start your exercise program.

4. If you select "THR", after pressing the "MODE" button, the figure "100" on the LCD of "PULSE" is flashing. Use "UP" and "DOWN" buttons to set your target heart rate. Press "MODE" again to finalize it. Press "ST/STOP" button to start your exercise program.

To go back to the main programs of "MANUAL", "PROGRAM", "USER" or "TARGET H.R.", you need to stay in "STOP" mode (Top left area of the LCD shows "P") and press one time the "RESET" button. Then, you may use "UP" and "DOWN" buttons to select the above program modes.



Special

Instructions:

1. In "MANUAL" mode, when you have set the "WATT" value, it becomes a speed independent ergometer. The "WATT" value which you have preset will be kept the same whatever your pedaling speed is. That means the tension load will automatically adjust according to your pedaling speed to keep always the same "WATT" value on the monitor.
2. In "TARGET H.R." mode, when you are pedaling the ergometer, keep holding the hand-pulse sensor with your 2 hands on the handlebar. The load tension will keep always the same direction to adjust automatically to let heart rate display keep up with your actual heart rate. The load level will jump one step in each 30 seconds, if your actual heart rate is less than the value shown on the monitor until they are the same. Then the load level will stay there. If your actual heart rate is higher than your monitor heart rate, the load level will drop one step each time in every 15 seconds until the heart rate are in the same level. If the load level is already down to the 1st level and your actual heart rate is still higher than the monitor value,

the computer will beep 6 times, after 30 seconds, the computer function will stop automatically.

3. For a new exerciser to use this ergometer, to reset all the value which the former user kept in the computer, keep pressing the "RESET" button for 3 seconds and release. You may start the program from the beginning.
4. Battery specifications required: 4 pcs of 1.5V SUM 2 battery
5. Without any signal transmitted to the computer for 4 to 5 minutes, the computer will switch of automatically to conserve the battery power.