

# MAGNETIC BIKE

PL- 30008

## 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 HB. 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.**

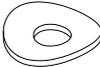
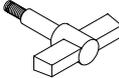
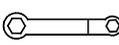
# **EXPLODED DIAGRAM**

## **PARTS LIST**

NO	DESCRIPTION	Q'TY
1	Main Body	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Front Post	1
5	Handlebar W/Grip	1
6	Computer	1
7	Seat Post	1
8	Seat	1
9	Left Pedal	1
10	Right Pedal	1
11	Crank Arm	1
12	Quick Release Adjustment Knob	1
13	Seat Adjustment Knob	1
14	Front End Cape(left)	1
15	Front End Cape(right)	1
16	ø16 Curve Washer	4
17	M8*15 Bolt	4
18	M8*20 Bolt	1
19	Clamp	1
20	Clamp Cover	1
21	T Knob	1
22	M5*12 Philippe Screw	3
23	M10*75 Bolt	4
24	Upper Computer Wire	1
25	Upper Tension Control Wire	1
26	Middle Computer Wire	1
27	Lower Tension Control Wire	1
28	Lower Computer Wire	1
29	Hand Pulse Wire	1
30	Level Adjustment Screw	4
31	Rear End Cape	2
32	Rear Stabilizer Cover	1
33	ø5*15 Screw	2
34	Tension Knob	1

# HARDWARE PACKING LIST

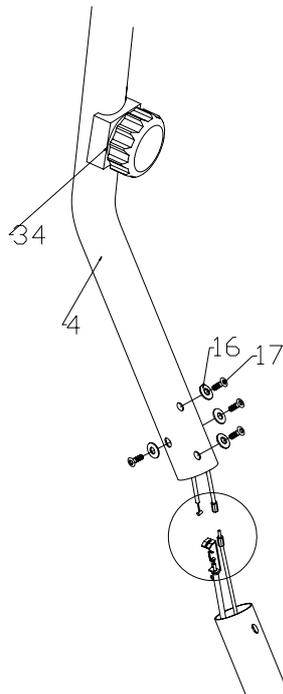
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9. Left Pedal		1
10. Right Pedal		1
12. Adjustment Knob		1
16. $\Phi 16$ Curve Washer		4
17. M8*15 Bolt		4
21. T Knob		1
23. M10*75 Bolt		4
33. $\Phi 5$ *15 Screw		2
Spanner		1
Box Wrench		1
Allen Wrench(Hex Key)		1

## **ASSEMBLY STEPS**

1. Attach the Front Stabilizers (2) and the Rear Stabilizer (3) to the Main Body (1), Using 4 M10X75mm Round Head Bolts(23).

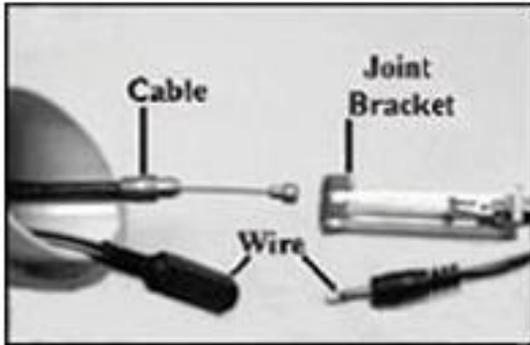
2. Take the Front Post (4) and join the Middle Computer Wire (26) with Lower Computer Wire (28). Release the Tension Knob (34) from the Front Post (4) and connect the Upper Tension Cable (25) to the Lower Tension Cable (27). (\* Please read next note\*). Tighten with 3 sets of M8 X 15mm Bolts (17) and 16 Curve Washers (16).



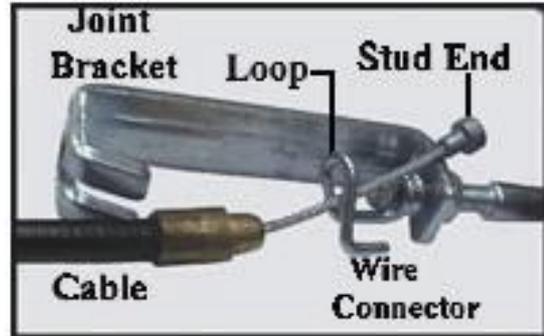
## NOTE FOR CONNECTING CABLES AND WIRES

**Please follow the steps to assemble the cable and wire.**

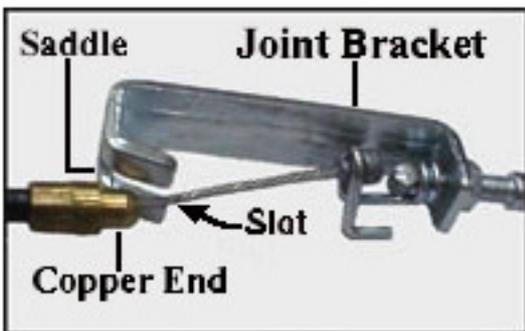
**This is main doing when assembly handlebar post with main body.**



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



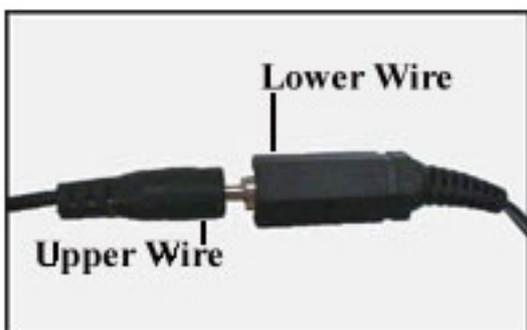
**Step b.** Slide the cable wire into the slot of wire connector of the joint bracket. Pull up to let the casting stud end of The cable wire fixed in the loop of connector.



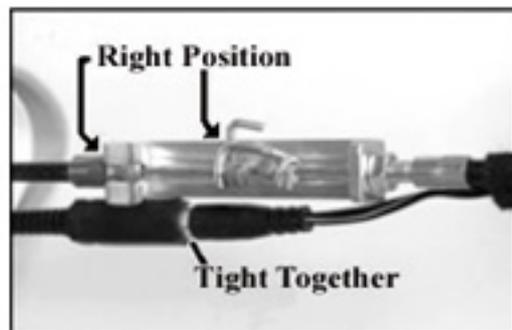
**Step c.** Put the connecting cable wire into the slot of the joint bracket. Pull a little hard to let the copper End of upper cable jump over the Saddle then to the hole.



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



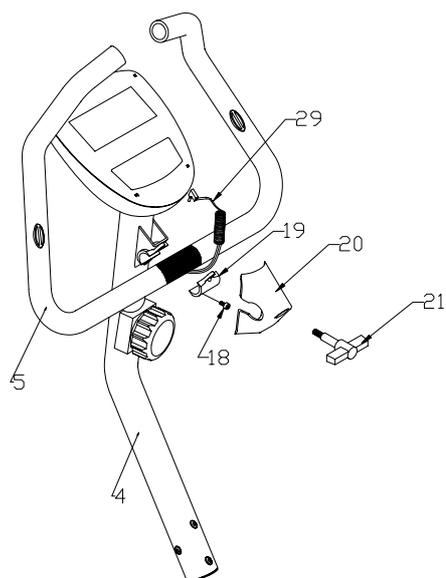
**Step e.** Connect the upper computer wire with the lower computer wire. Push together to be whole piece.



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

- Fix the Handlebar (5) to the Front Post (4) with 1set of M8x20 (18). Then fix clamp cover (20) with T Knob (21).

3.



4. Fix the Seat (8) to the Seat Post (7) using box wrench, then insert into the Main Body (1). Line up the holes and secure the seat in position with the Adjustment Knob (12). 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 the Pedals to the Crank Arms (11). 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.



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

### **EXERCISE COMPUTER**

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#### **FRONT VIEW**



#### **KEY GUIDE:**

MODE: 1. Select function to be preset.

Time, Calories, Pulse and Distance.

2. Select function and display on the screen during exercise

Scan, Time, Speed, Calories, Pulse and Distance.

RESET: 1. Hold two seconds to reset all of the values to zero.

2. During the setting mode, press this button to clear the setting values to zero.

3. During the stop mode, press this button to clear the values on the display to zero.

START/STOP: Press this button to start or stop exercise.

SET : Press to set the values of Time, Speed, Calories, Pulse and distance to zero.

PULSE: Select function of pulse.

#### **HOW TO INSTALL BATTERIES:**

1. Take out the batteries on the back of monitor.

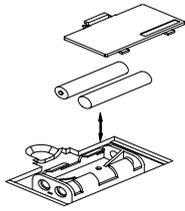
2. Place two pieces of SIZE-AA or SUM-3 batteries into the battery housing.

3. Insure batteries are correctly positioned and battery spring is in proper contact with batteries.

4. Batteries life is approx. three months under normal usage.

5. If the display is illegible or only partial segments appear, please remove the batteries and wait for 15 seconds before reinstalling.

6. Removing the batteries will erase monitor memory.



**FUNCTIONS AND OPERATIONS:**

**AUTO ON /OFF:**

The monitor will wake up automatically if the exercise machine is in motion. If you stop exercising over 4 minutes, monitor will turn off automatically.

**RESET:**

Press the button over 3 seconds will reset all functional values to zero except Odometer value.

**SCAN:**

Press the button until the monitor display SCAN. Monitor will automatically rotate display Speed, Distance, Time & Calories every 24 seconds. Each display will be held for 6 seconds.

**SPEED:**

Press the button until the arrow points to SPEED. Monitor will display the current speed.

**DISTANCE:**

Press the button until the arrow points to DIST. Monitor will display the trip distance you are traveling.

**TIME:**

Press the button until the arrow points to TIME. Monitor will count up your riding time.

**CALORIE:**

Press the button until the arrow points to CAL. Monitor will accumulate the calorie consumption.

**PULSE:**

Press the button until the arrow points to PULSE. Monitor will display your current heart rate per minute. Before measuring your pulse, place the palms of your hands on both of the contact pads and the monitor will show up your current pulse per minute (BPM) in the LCD display.



**SPECIFICATION:**

FUNCTION	Auto Scan	Every 6 seconds
	Speed	Unit: KPH or MPH (According to inside setting)
	Distance	0.1-999.9 Mile or KM (According to inside setting)
	Time	0:00-99:59 (Minute: Second)
	Calorie	0.1-999.9 Kcal
	Pulse	40-240 BPM
Sensor		No-contact magnetic type

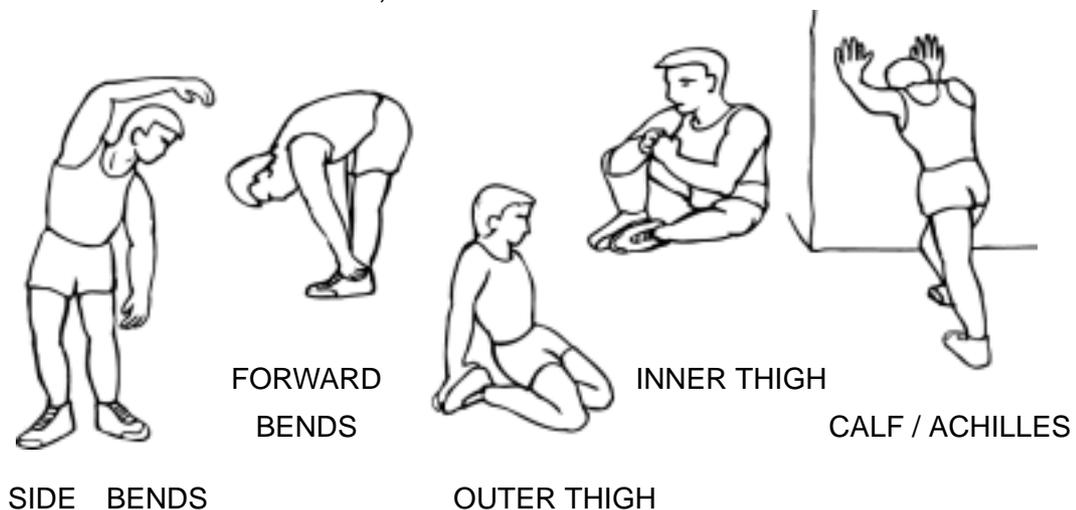
Battery type	Two pieces of SIZE-AA or UM-3		
Operation temperature	0	- +40	( 32 - 104 )
Storage temperature	-20	- +50	( -4 - 122 )

## **EXERCISE INSTRUCTIONS**

Using your Magnetic cycle will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

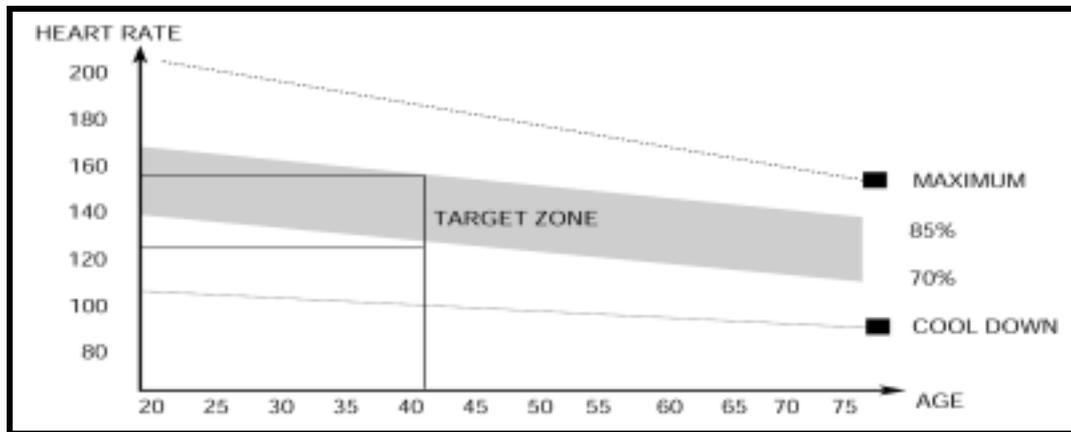
### **1.The Warm Up Phase**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. 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 but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat 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

### **Tension Adjustment**

The assembly of your strider is now complete. When you try it for the first time, you should adjust the tension to the correct level before you begin a full workout.

For minute tension adjustment, simply use the tension adjustment knob (21) found at the top center. Using this adjustment knob to vary intensity of workout when you exercise can change the tension level

### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

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 Magnetic cycle you will need to have the resistance set quite high. This will put more strain on our 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 making your legs work harder. 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.

### **TROUBLE SHOOTING.**

1. **Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and

the computer still not working, then please make sure the batteries are installed correctly in the computer and that the batteries are still working.

2. **No resistance.** If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable.

## **MAINTENANCE**

1. Before using the bike, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.