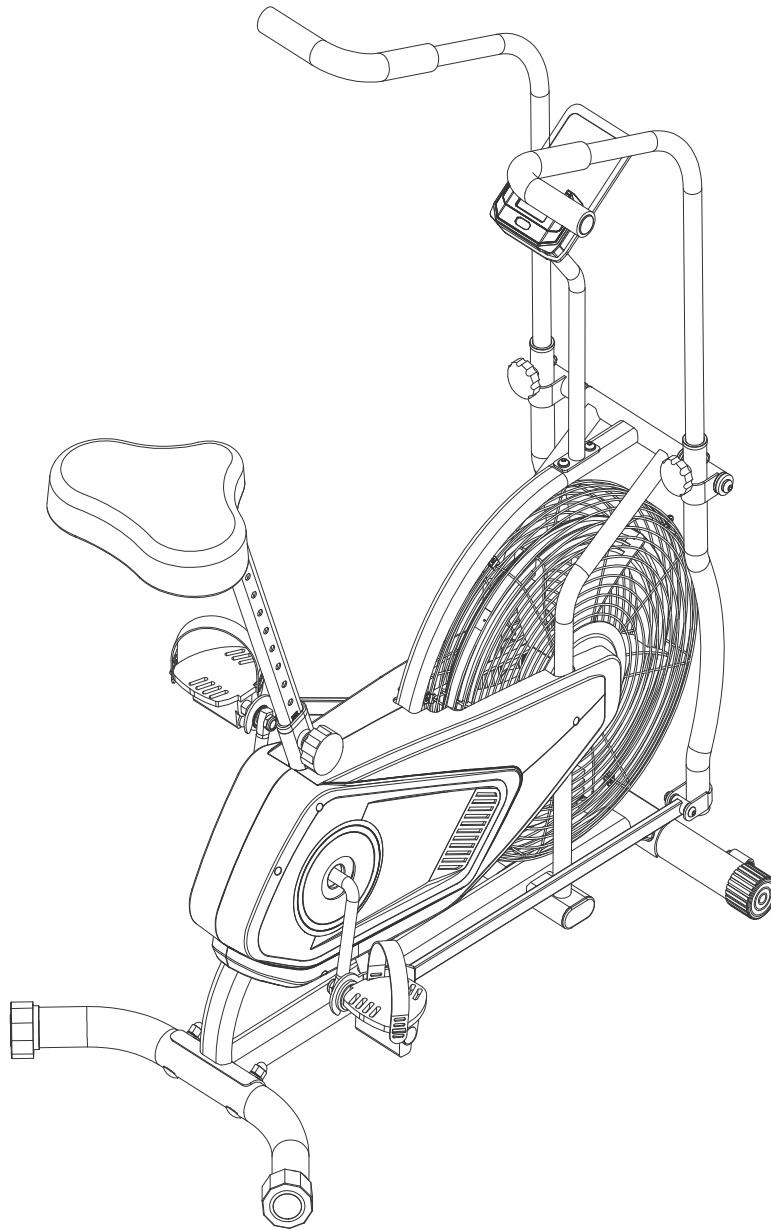


USER'S MANUAL



***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.***

IMPORTANT SAFETY INSTRUCTIONS

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

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise is necessary. Refer to the 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.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person at a time should use this equipment.
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. Care should be taken in mounting or dismounting the equipment.
12. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
13. The maximum weight capacity for this product is 120 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.

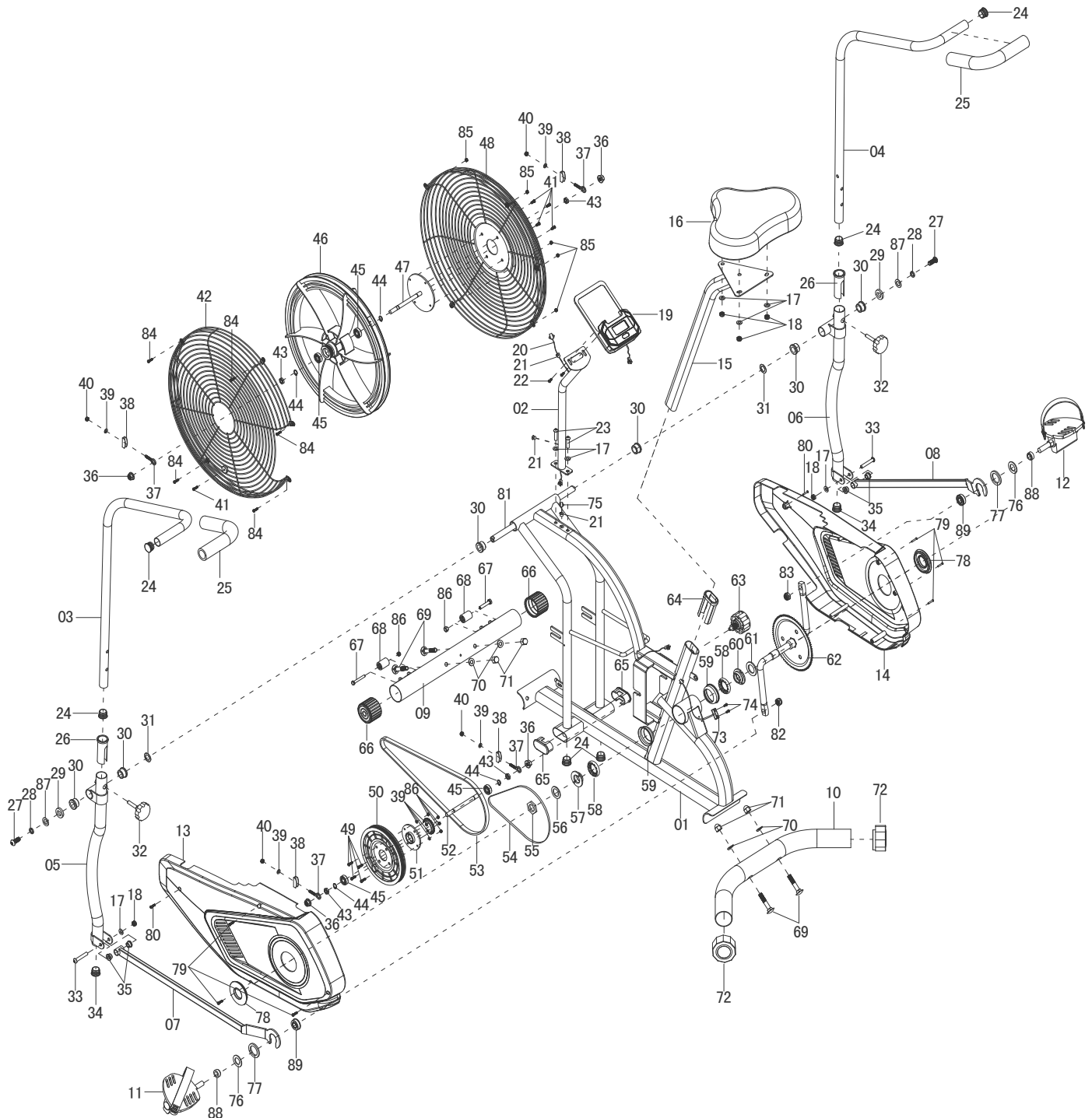
Retain this Owner's Manual for future reference.

PARTS LIST

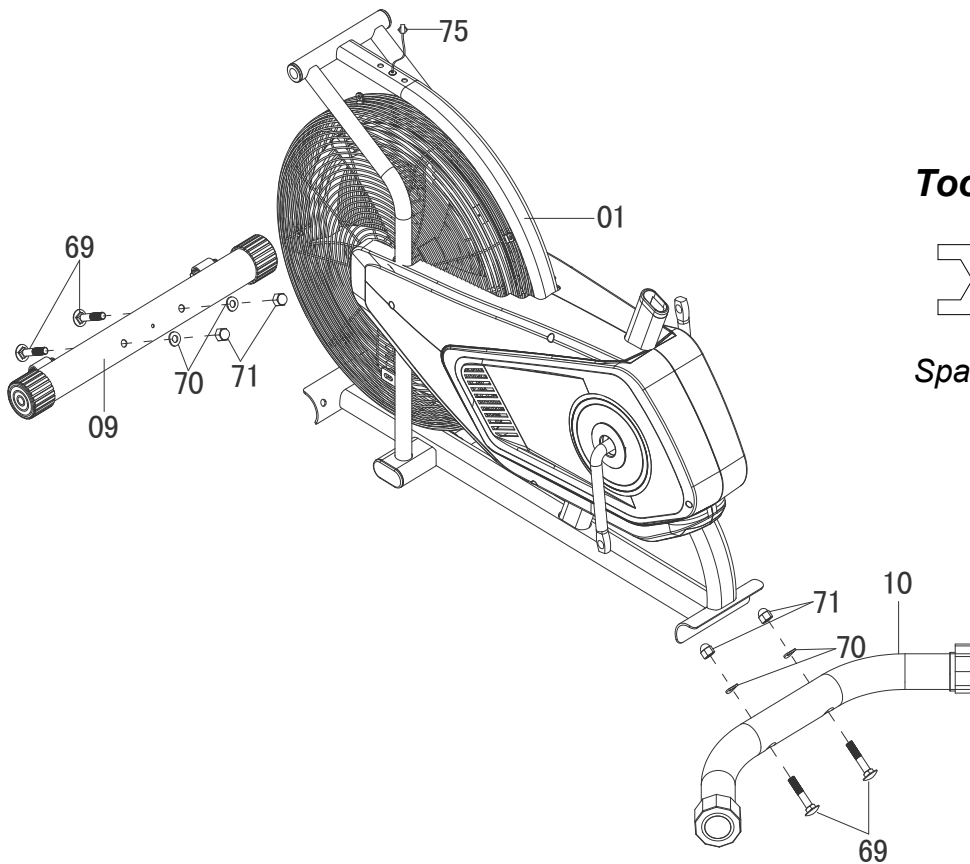
No.	Description	Qty	No.	Description	Qty
01	Main Frame	1	32	Handrail Arm Adjustable Knob M8	2
02	Computer Post	1	33	Hexagon Bolt M8×48	2
03	Left Handrail Arm	1	34	Plug Ø 32	2
04	Right Handrail Arm	1	35	Spacer Bushing Ø 18×Ø 14×Ø 8×10	4
05	Left Handrail	1	36	Flange Nut M10×P1.0	4
06	Right Handrail	1	37	Eyebolt M6×36	4
07	Left Foot Bar	1	38	U-shape Bracket	4
08	Right Foot Bar	1	39	Spring Washer Ø 6	8
09	Front Stabilizer Ø50	1	40	Nut M6	4
10	Rear Stabilizer Ø50	1	41	Cross Pan Head Screw M6×10	5
11	Left Foot Pedal	1	42	Left Cover for Flywheel Ø 490	1
12	Left Foot Pedal	1	43	Hexagon Nut M10×P1×5	4
13	Left Cover	1	44	Circlip Φ10	4
14	Right Cover	1	45	Bearing 6000Z	4
15	Seat Post	1	46	Flywheel Ø 415×55	1
16	Seat Cushion	1	47	Axle Sleeve	1
17	Flat Washer Ø8×Ø16×1.5	7	48	Right Cover for Flywheel Ø 490	1
18	Nylon Nut M8	5	49	Hexagon Bolt M6×15	4
19	Computer	1	50	Belt Pulley with crank Ø 170	1
20	Extension Sensor Wire L=450mm	1	51	Gear	1
21	Wire Plug Ø 12	3	52	Axle Φ10×140	1
22	Cross Pan Head Screw M5×10	2	53	Belt PJ390/J5	1
23	Hexagon Bolt M8×30	2	54	Chain	1
24	Handrail Arm End Cap Ø25	6	55	Hexagon Flat Nut 7/8"	1
25	Handrail Arm Foam Grip Ø 24×Ø 35×280	2	56	Washer Ø 35×2	1
26	Plastic Bushing Ø 32×1.5	2	57	Puller Bushing 15/16"	1
27	Hexagon Bolt M10×20	2	58	Bearing Φ44.5	2
28	Spring Washer Ø 19.5×Ø11.5×2.5	2	59	Bearing Bush Ø 55.6×16	2
29	Washer Ø 28×Ø 16×δ5	2	60	Puller Bushing 7/8"	1
30	Bushing Ø 28×Ø 16×16	6	61	Flat Washer Ø 40×2.8	1
31	Wave Washer Ø 22×Ø 17×δ0.3	2	62	Chain Pulley with Crank Ø 165	1

No.	Description	Qty	No.	Description	Qty
63	Seat Height Adjustable Knob M16	1	77	Bushing $\varnothing 41 \times \varnothing 29 \times 4.0$	2
64	Seat Post Plastic Bushing 50×25×1.5	1	78	Crank Cover $\varnothing 60$	2
65	End Cap for Main Frame	2	79	Cross Pan Head Tapping Screw ST4.2×20	6
66	End Cap for Front Stabilizer $\varnothing 50$	2	80	Cross Countersunk Head Tapping Screw ST4.2×20	2
67	Hexagonal Bolt M6×45	2	81	Rotation Rod	1
68	Movable Wheel $\varnothing 22 \times \varnothing 6.5 \times 30.5$	2	82	Left Nylon Nut	1
69	Bolt M10×56	4	83	Right Nylon Nut	1
70	Curve Washer $\varnothing 10 \times \varnothing 20 \times 2.0$	4	84	Cross Pan Head Screw M5×10	5
71	Cap Nut M10	4	85	Nylon Nut M5	5
72	End Cap for Rear Stabilizer $\varnothing 50$	2	86	Nylon Nut M6	6
73	Sensor L=350mm	1	87	Flat washer $\varnothing 10 \times \varnothing 25 \times 2.0$	2
74	Cross Pan Head Self-tapping Screw ST2.9×9.5	2	88	Bushing $\varnothing 21 \times \varnothing 13 \times 10$	2
75	Sensor Wire L=500mm	1	89	Bearing $\varnothing 31 \times \varnothing 29 \times \varnothing 13 \times 11$	2
76	Washer $\varnothing 17.6 \times \varnothing 34 \times 2.0$	2			

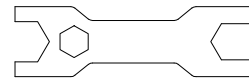
EXPLODED DRAWING



ASSEMBLY INSTRUCTIONS



Tool:

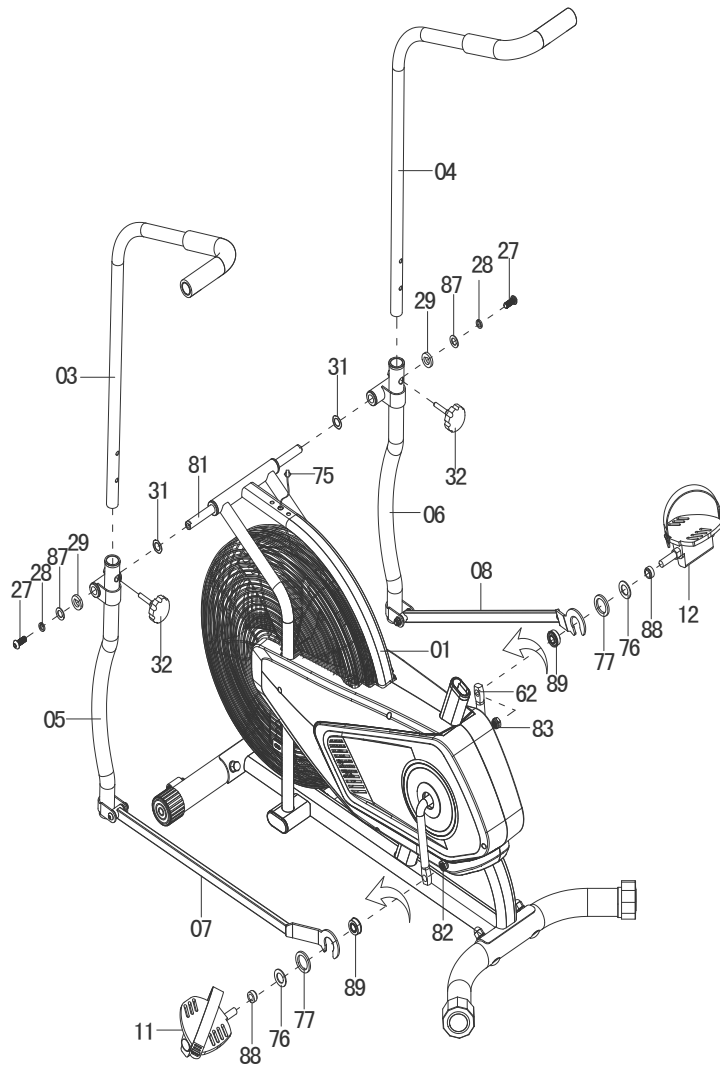


Spanner S13-S17-S19

Step 1: Front and Rear Stabilizers Installation

Attach the Rear Stabilizer (10) onto the Main Frame (1) with two M10 Cap Nuts (71), two $\text{Ø } 10 \times \text{Ø } 20 \times 2.0$ Curve Washers (70) and two M10 \times 56 Bolts (69). Tighten with the Spanner provided.

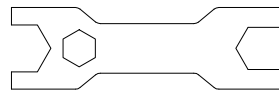
Attach the Front Stabilizer (9) onto the Main Frame (1) using two M10 Cap Nuts (71), two $\text{Ø } 10 \times \text{Ø } 20 \times 2.0$ Curve Washers (70) and two M10 \times 56 Bolts (69). Tighten with the Spanner provided.



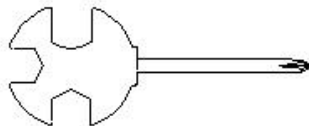
Tool:



Allen Wrench S6



Spanner S13-S17-S19



Spanner with Phillips Screwdriver S13-S14-S15

Step 2: Left and Right Foot Pedals, Left and Right Foot Bar, Left and Right

Handrail Arm Installation

Remove two M10×20 Hexagon Bolts (27), two Ø 19.5×Ø11.5×2.5 Spring Washers (28), two Flat Washers Ø10×Ø25×2.0 (87), two Ø28×Ø16×Ø5 Washers (29), and two Ø 22×Ø 17×Ø0.3 Wave Washers (31) from the Rotation Rod (81).

Insert the Rotation Rod (81) into the hole of the Main Frame (1). Attach two Ø 22×Ø 17×Ø0.3 Wave Washers (31) onto the Rotation Rod (81), then attach L & R Handrails (5)(6) onto the Rotation Rod (81) using two Ø 28×Ø 16×Ø5 Washers (29), two Flat Washers Ø10×Ø25×2.0 (87), two Ø 19.5×Ø11.5×2.5 Spring Washers (28) and two M10×20 Hexagon Bolts (27). Tighten with Allen Wrench provided.

Remove Washer Ø 17.6×Ø 34×2.0 (76), Bushing Ø 41×Ø 29×4.0 (77) and Right Nylon Nut (83) from the Right Foot Pedal (12).

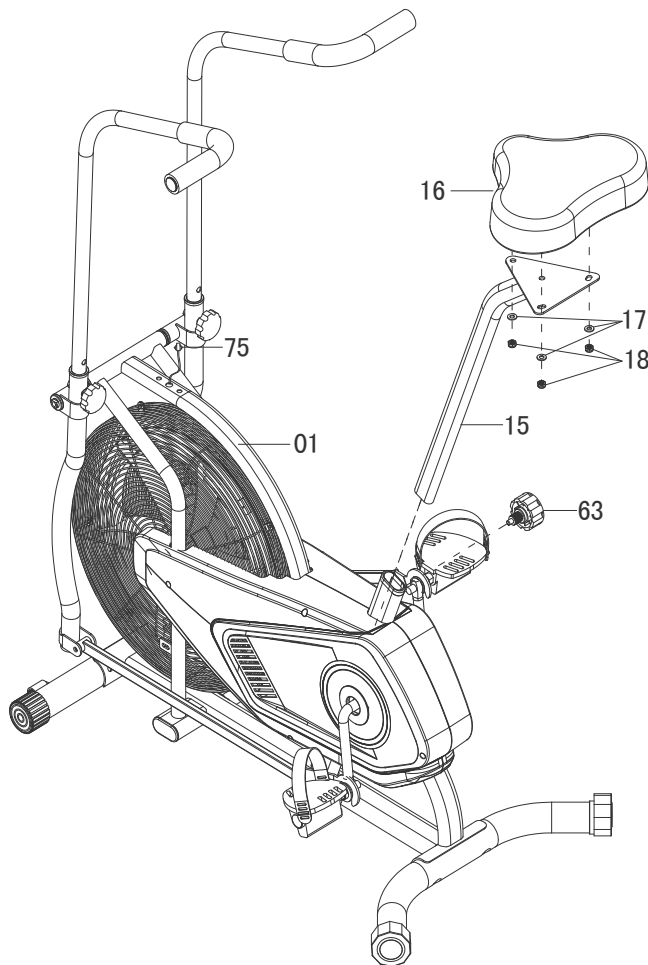
Attach the Right Foot Pedal (12) onto the right Crank (62) using Washer Ø 17.6×Ø 34×2.0 (76), Bushing Ø 41×Ø 29×4.0 (77), Right Foot Bar (8) and Right Nylon Nut (83). Tighten the Right Foot Pedal (12) by hand **clockwise** and tighten the Right Nylon Nut (83) **clockwise** with Allen Wrench and Spanner provided.

Repeat the same procedure to attach the Left Foot Pedal (11) onto the left Crank (62), tighten the Left Foot Pedal (11) **counter-clockwise** and tighten the Left Nylon Nut (82) **counter-clockwise** with Allen Wrench and Spanner provided.

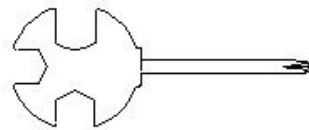
NOTE: Do not turn the Left pedal clockwise to tighten or will strip the threads.

Insert the Right Handrail Arm (4) into the Plastic Bushing on the tube of the Right Handrail (6) using M8 Handrail Arm Adjustable Knob (32).

Repeat the same procedure to assemble the Left Handrail Arm (3).



Tool:



*Spanner with Phillips
Screwdriver S13-S14-S15*

Step 3: Seat Post, Seat Cushion Installation

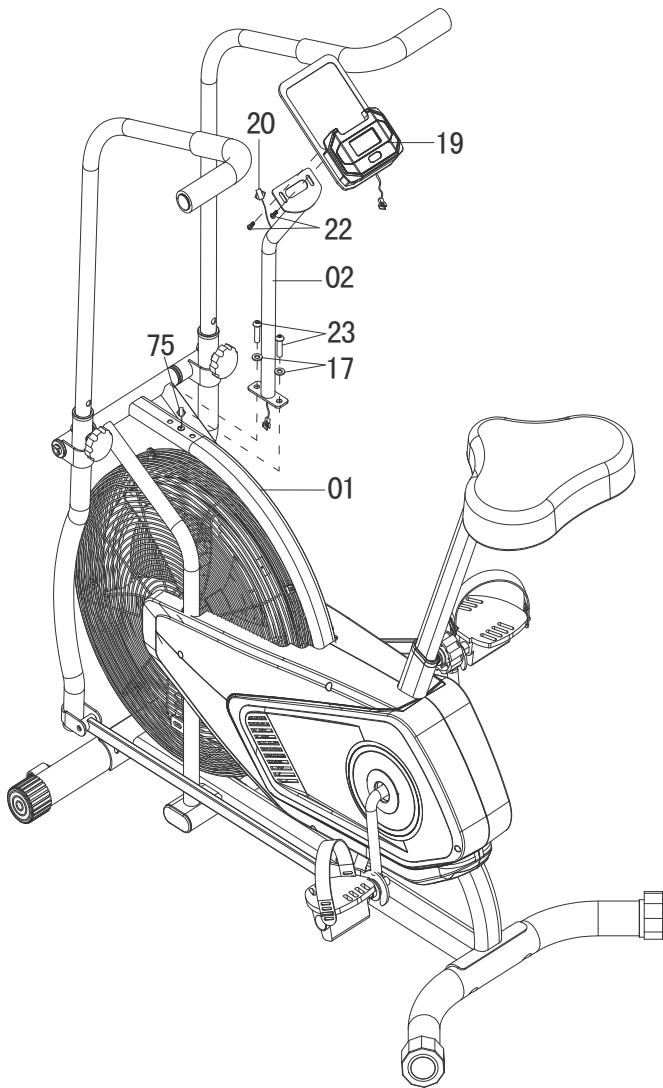
Remove three $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and three M8 Nylon Nuts (18) from under the Seat Cushion (16). Attach the Seat Post (15) to the Seat Cushion (16) using three $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and three M8 Nylon Nuts (18). Tighten with the Spanner with Phillips Screwdriver provided.

Insert the Seat Post (15) into the Seat Post Plastic Bushing on the tube of the Main Frame (1) and then attach the M16 Seat Height Adjustable Knob (63) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (15) in the suitable position.

Adjusting the Seat Height

Turn the M12 Seat Height Adjustable Knob (63) in a counterclockwise direction to release the Seat Post (15) and then slide the Seat Post (15) up or down slightly to the desired hole for the suitable position. Lock the Seat Post (15) in place by tightening the M12 Seat Height Adjustable Knob (63) in a clockwise direction.

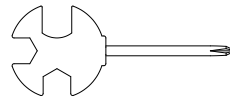
NOTE: When adjusting the height of seat post, make sure the seat post plastic bushing does not exceed the mark line on the seat post.



Tool:



Allen Wrench S6



*Spanner with Phillips Screwdriver
S13-S14-S15*

Step 4: Computer, Computer Post Installation

Connect the Sensor Wire (75) with the Extension Sensor Wire (20).

Remove two $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and two $\text{M}8 \times 30$ Hexagon Bolts (23) from the Main Frame (1).

Attach the Computer Post (2) onto the Main Frame (1) with two $\text{Ø}8 \times \text{Ø}16 \times 1.5$ Flat Washers (17) and two $\text{M}8 \times 30$ Hexagon Bolts (23). Tighten with the S6 Allen Wrench provided.

Connect the Extension Sensor Wire (20) with the wire of the Computer (19).

Remove two $\text{M}5 \times 10$ Cross Pan Head Screws (22) from the Computer (19).

Then attach the Computer (19) onto the top end of Computer Post (2) use two $\text{M}5 \times 10$ Cross Pan Head Screws (22). Tighten with the Spanner with Phillips Screwdriver provided.

MAINTENANCE

Cleaning

The air bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the 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 air bike, especially the computer console out of direct sunlight to prevent screen damage.

Before use and every week, please inspect all assembly bolts and pedals on the machine to make sure they are tightened properly.

Storage

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

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	<ol style="list-style-type: none">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes 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.
The air bike wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the air bike.
The air bike makes squeaking noise when in use.	The bolts may be loose on the air bike. Please inspect all of the bolts and tighten any loose bolts.

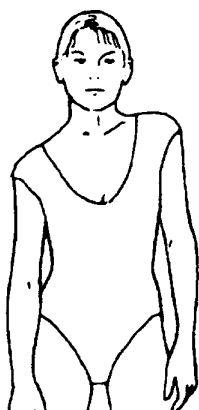
WARM UP AND COOL DOWN ROUTINE

The WARM-UP is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. 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. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

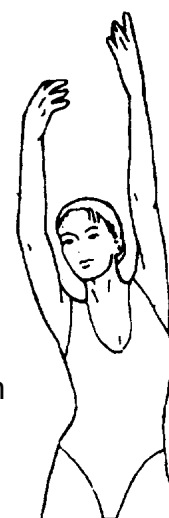
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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.



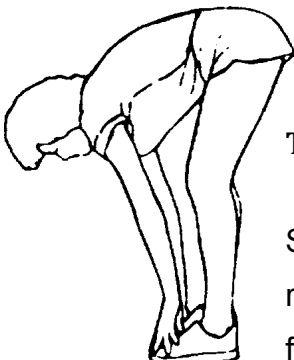
QUADRICEPS STRETCH

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.

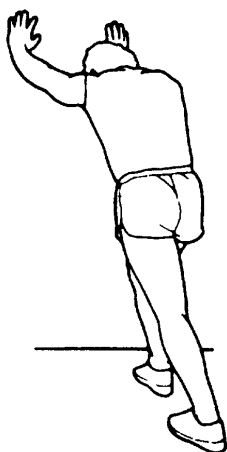
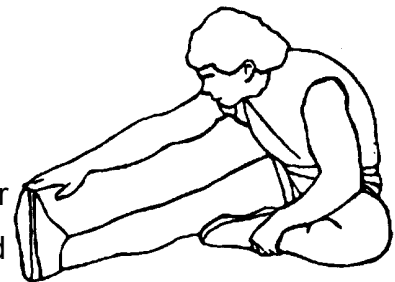


TOE TOUCHES

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.