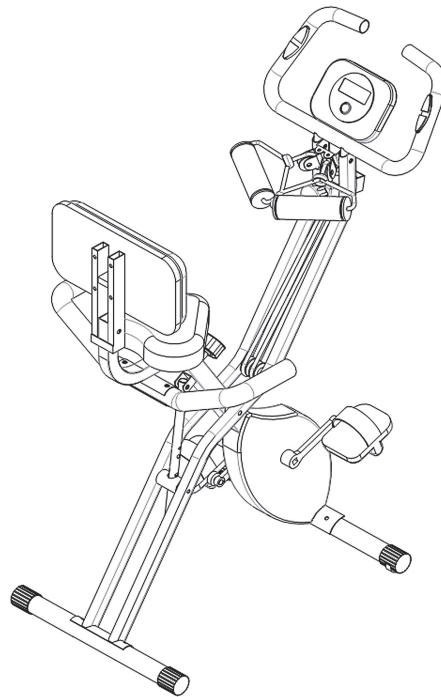


ASSEMBLY INSTRUCTIONS

Foldable Magnetic Exercise Bike



CAUTION! Please make sure the right pedal is attached to the right side, and vice versa. Fasten the **LEFT** pedal by turning in an **ANTI-CLOCKWISE** direction, fasten the **RIGHT** pedal by turning in a **CLOCKWISE** direction.

IMPORTANT! PLEASE READ THESE ASSEMBLY INSTRUCTIONS ENTIRETY BEFORE ASSEMBLING YOUR PRODUCT.

Thank you for your purchase of this product!












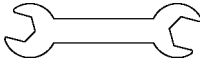
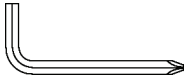
We work around the clock and around the globe to ensure that products maintain the highest possible quality. However, in the rare instance that your product is defective or missing parts, contact your retailer to submit parts requests or warranty claims. Please read the warranty information at the back of these assembly instructions for further details.

The information contained in this manual is subject to change without notice.

USER GUIDE

1. Please consult a doctor for your health condition before training to prevent injuries or health issues.
2. If you're taking medication that would affect heart rate, blood pressure or cholesterol index, please follow your doctor's advice before training.
3. For reliable heart rate measurement, please place both palms on the sensors of the handle bar.
4. Inaccurate or excessive training may cause harm to your body and health. Please stop training immediately should you experience headache, chest oppression, arrhythmia, abnormally rapid breathing, dizziness or nausea.
5. This equipment is for adults only, NOT for children.
6. Please place the equipment on a sturdy and flat surface with added protection from floor damage. For your safety, please keep the space clear around the equipment.
7. Please make sure all the screws and bolts are tightly screwed before using for the first time.
8. For equipment repair and maintenance, please use the spare parts the seller provided only.
9. Please wear clothes and shoes suitable for fitness training and exercise every time you use the equipment.
10. This equipment is not for therapeutic or medical use.
11. The equipment is heavy. Please be cautious while moving it around to avoid any accident. It's highly recommended that it's moved by at least 2 people.

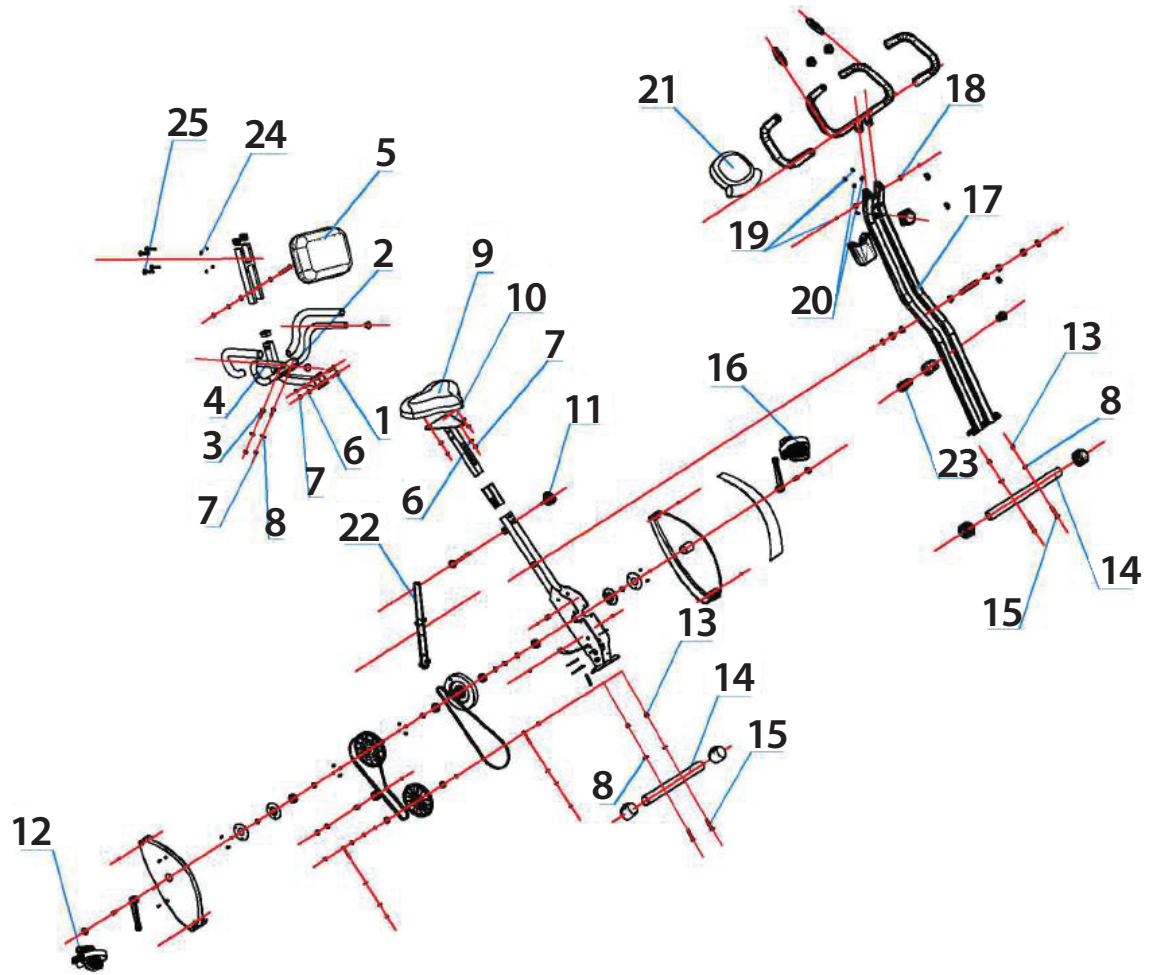
KIT LIST

 <p>Semi-Round Head Screw (M6 x 12)</p>	 <p>Arc Washer (M6)</p>	 <p>Flat Washer (M6)</p>	 <p>Arc Washer (M8)</p>
 <p>Carriage Bolts (M8 x 50)</p>	 <p>Cap Nut (M8)</p>	 <p>Semi-Round Head Screw (M8 x 40)</p>	 <p>Lock Nut (M8)</p>
 <p>Carriage Bolts (M8 x 45)</p>	 <p>Spring Washer (M8)</p>	 <p>Flat Washer (M8)</p>	 <p>Outer Hexagonal Spanner (13-15)</p>
 <p>Socket Spanner (L5)</p>			

ACCESSORIES LIST

No.	Name	QTY.
1	M8*50 Carriage Bolts	2
2	Back Stator	1
3	M8*40 Semi-Round Head Screw	2
4	Back Armrest	1
5	Back	1
6	Ø 8.5 Flat Washer	5
7	M8 Locknut	7
8	Ø 8.5 Arc Washer	6
9	Seat	1
10	Seat Holder	1
11	Adjustable Knob for Seat	1
12	Pedal (Right)	1
13	M8 Cap Nut	4
14	Foot Tube	2
15	M8*50 Carriage Screw	4
16	Pedal (Left)	1
17	Main Frame	1
18	Ø 6.2 Flat Washer	2
19	M6*12 Semi-Round Head Screw	4
20	Ø 6.2 Arc Washer	2
21	Armrest of Main Frame	1
22	Frame Regulating Lever	1
23	Regulating Rod Fixed Nut	2
24	Spring Washer	4
25	M8*45 Carriage Bolts	4

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

	NO.	PART DIAGRAM	PART NAME	QTY.
	8		Arc Washer (M8)	4
	13		Cap Nut (M8)	4
	15		Carriage Bolts (M8 x 50)	4

Step 1

To align hole site of Foot tube (14) with Main Frame (17), use Carriage Screw (15), Arc Washer (8), and Cap Nut (13) then connect and tighten Cap Nut (13).

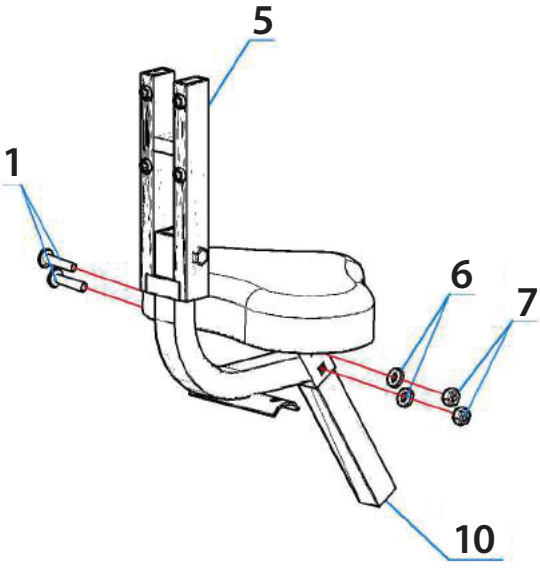
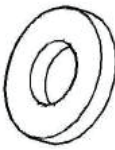


Note: The tube with transporting wheels is the front foot tube, which should be assembled under the flywheel.

	NO.	PART DIAGRAM	PART NAME	QTY.
	6		Flat Washer (M8)	3
	7		M8 Lock Nut (M8)	3

Step 2

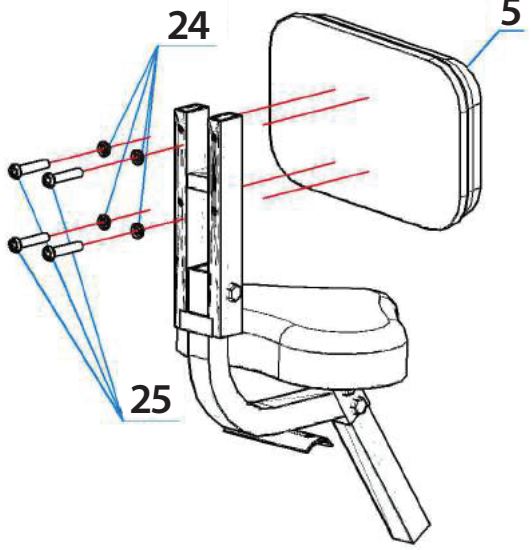


To align hole site of Seat (9) & Seat Holder (10), use \varnothing 8.5 Flat Washer (6), M8 Lock Nut (7) to connect, then tighten M8 Lock Nut (7).

ASSEMBLY INSTRUCTIONS

	NO.	PART DIAGRAM	PART NAME	QTY.
	6		Flat Washer (M8)	2
	7		M8 Lock Nut (M8)	2
1		Carriage Bolts (M8 x 50)	2	

Step 3

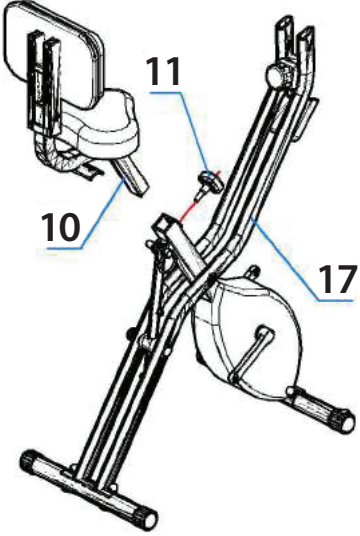

To align hole site of Back (5) & Seat Holder (10), use M8*45 Carriage Bolts (1), Ø 8.5 Flat Washer (6), M8 Lock Nut (7) to connect, then tighten M8 Lock Nut (7).

	NO.	PART DIAGRAM	PART NAME	QTY.
	24		Spring Washer (M8)	4
	25		Carriage Bolts (M8 x 45)	4

Step 4

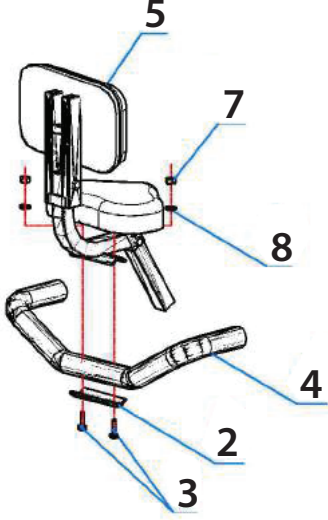



Align the 4 holes on the back (5), insert (25) with Ø 8.5 Spring Washer (24) attached, and then tighten M8 x 50 Carriage Bolts (25).

ASSEMBLY INSTRUCTIONS

	NO.	PART DIAGRAM	PART NAME	QTY.
	11		Cushion Adjusting Knob	1

Step 5

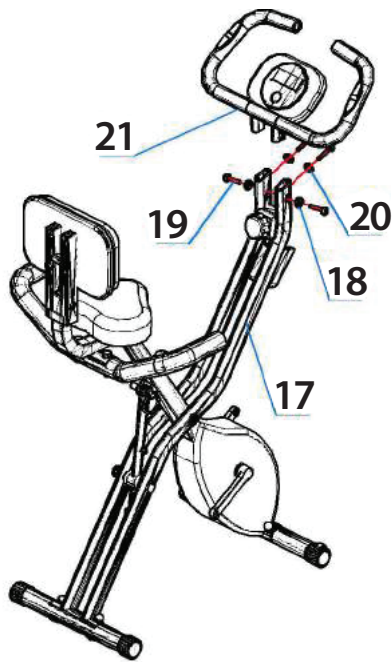
Insert seat (10) into Main Frame (17) and fix with Adjustable Knob for Seat (11). The height can be adjusted after assembly.




	NO.	PART DIAGRAM	PART NAME	QTY.
	8		Arc Washer (M8)	2
	7		Lock Nut (M8)	2
	3		Semi-Round Head Screw (M8 x 40)	2

Step 6

To align hole site of Back Armrest (4) & Back (5), Use M8*40 Semi-Round Head Screw (3), Back Stator (2), Ø8.5 Arc Washer (8), M8 Lock Nut (7) to connect and tighten M8 Lock Nut (7).

ASSEMBLY INSTRUCTIONS

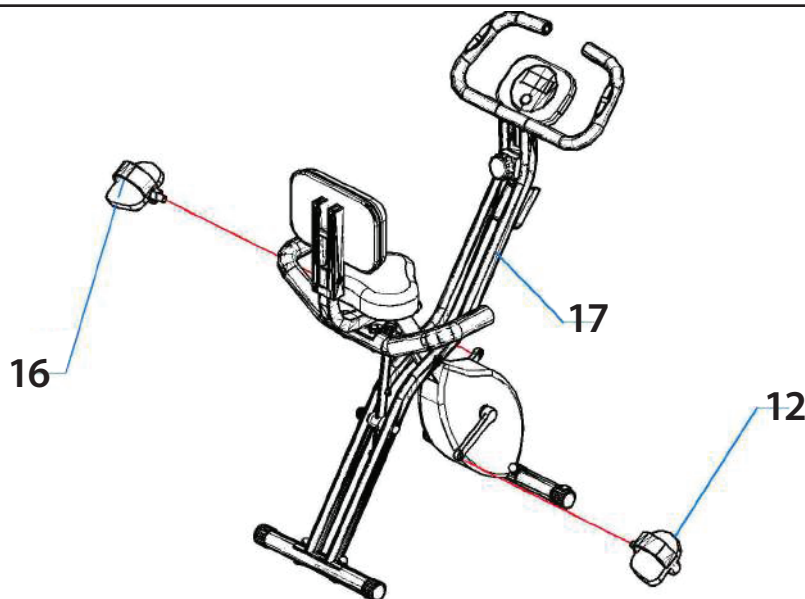


NO.	PART DIAGRAM	PART NAME	QTY.
20		Arc Washer (M6)	2
18		Flat Washer (M6)	2
19		Semi-Round Head Screw (M6 x 12)	4

Step 7

Put Arm rest (21) into Main Frame (17), align hole site on both sides and the back. Use M6*12 Semi-Round Head Screw (19), Ø 6.2 Flat Washer (18) to connect the side holes, M6*12 Semi-Round Head Screw (19), Ø 6.2 Arc Washer (20) for back holes, and then tighten all Semi-Round Head Screw (19). Lastly, connect wire between monitor & frame.

LEFT pedal ANTI CLOCKWISE



RIGHT Pedal CLOCKWISE

Step 8

Install right Pedal (12) into right Crank of Main Frame (17) as instructed above, and tighten it up.
 Note: Identify the right and left pedal before assembly. Same method to assemble Left Pedal (16).
IMPORTANT: MAKE SURE THE STRAPS ARE TIGHTLY SECURED ON THE PEDAL BEFORE USING IT FOR THE FIRST TIME.

HOW TO CHANGE BIKE POSITIONS

The bike can be adjusted to 2 cycling positions or folded up to half its size for storage.

UPRIGHT CYCLING OR RECUMBENT CYCLING POSITION

1. Stand on the side of the bike where the safety knob is located.
2. Gently pull the knob and let the rear and front frames open all the way for recumbent cycling position or just half-way for the upright cycling position. Pay attention to the corresponding holes for different bike positions.
3. Align the knob to corresponding hole where the screw will automatically lock into place.
4. Always make sure that the safety lock is secured in place before getting on the bike.
5. Dimensions:
 - Recumbent: 32 L x 19.5 W x 41 H inches
 - Upright: 26.4 L x 19.5 W x 46 H inches

STORAGE POSITION

1. Gently pull the safety knob.
2. "Fold" the bike by carefully pushing the rear and front frames together.
3. Align the knob to corresponding hole where the screw will automatically lock into place.
4. Use built-in wheels to move the exercise bike into a storage area.
5. Dimensions: 19.5 L x 19.5 W x 54.3 H inches

HOW THE LCD MONITOR WORKS

SPECIFICATIONS:

TIME	--- 0:00-99:59 MIN/SEC
SPEED	--- 0:00-999.9 MPH
DISTANCE	--- 0:00-999.9 KM
CALORIES	--- 0:00-999.9 KCAL
PULSE	--- 40-240 BEATS/MIN

FUNCTIONS:

POWER ON/OFF: Press the button once or start to pedal to power on. The power will automatically shut off after 4 minutes of inactivity.

SCAN: Press the button until the screen displays SCAN. The computer will automatically scan each function every 6 seconds: SPEED, TIME, DISTANCE, CALORIES and PULSE RATE. Press the button once to stay in a particular function. Press the button again once to move to the next function.

TIME: Workout time is displayed in minutes and seconds. The computer automatically counts from 0:00 to 99:59.

SPEED: Workout speed is displayed in miles per hour.

DISTANCE: Accumulated distance traveled with every use is displayed to a maximum of 999.9 kilometers.

CALORIE: Calorie Readout is an estimate for an average user. It should be used only as a comparison between workouts in this unit.

PULSE: Pulse Readouts are more precise when two hands are both on the handlebar grip sensors.

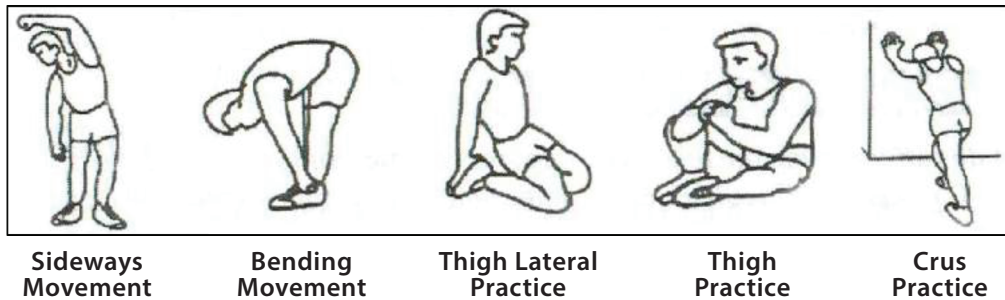
RESET: Press and hold the button for more than 2 seconds to reset all values to zero.

TRAINING INSTRUCTION

Training with this equipment can help you strengthen your muscles and get fit accompanied by a healthy diet.

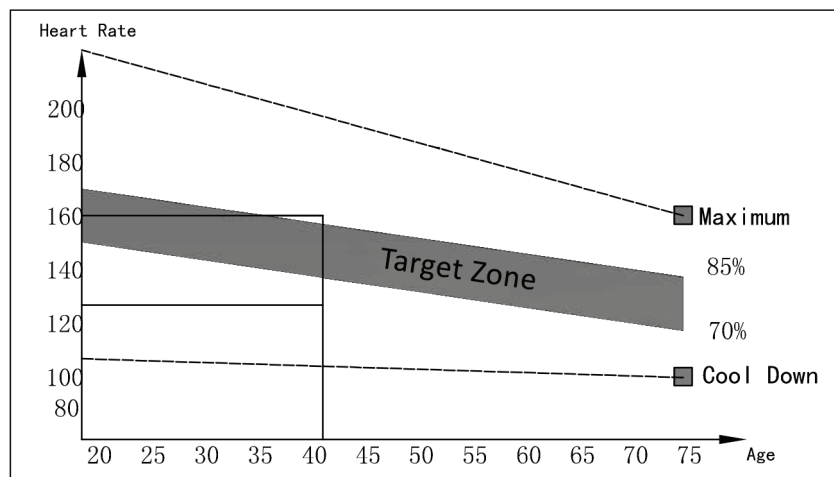
Warm up before workout

Stretching before a workout can help with blood circulation, and reduce chances of muscle spasms. Please follow the instruction below for warm up before you start training. Each move should last for at least 30 seconds. Do NOT stretch fiercely to avoid muscle injury.



Training Phase

This is for formal exercise, which can improve leg muscle flexibility. Please adjust the training level according to your body and health condition, and choose a training intensity that is most suitable for you.



To improve cardiovascular fitness and gain the most benefits, it is necessary that you exercise at your Target Heart Rate Zone for at least 12 minutes. Some people might need to exercise for 15-20 minutes.

90-DAY LIMITED WARRANTY

We warrant to the original retail purchaser that this product will be free from defects in material or workmanship for a period of 90 days from the date of purchase.

This warranty does not cover defects or damage due to improper installation, alteration, accident or any other event beyond the control of the manufacturer. Defects or damage resulting from misuse, abuse or negligence will void this warranty. This warranty does not cover scratching or damage that may result from normal usage.

This product is not intended for institutional or commercial use; We do not assume any liability for such use. Institutional or commercial use will void this warranty.

This warranty is nontransferable and is expressly limited to the repair or replacement of the defective product. During the warranty period, we shall repair or replace defective parts at no cost to the purchaser. Shipping charges and insurance are not covered and are the responsibility of the purchaser. Labor charges and related expenses for removal, installation or replacement of the product or components are not covered under this warranty.

We reserves the right to make substitutions to warranty claims if parts are unavailable or obsolete.

We shall not be liable for loss of use of the product or other consequential or incidental costs, expenses or damages incurred by the consumer of any other use. The user assumes all risk of injury resulting from the use of this product.

This warranty is expressly in lieu of all other warranties, expressed or implied, including warranties of merchantability or fitness for use to the extent permitted by Federal or State law. Neither we nor any of its representatives assumes any other liability in connection with this product.

All warranty claims must be made through the retailer where the product was originally purchased. A purchase receipt or other proof of date of purchase will be required to process all warranty claims. The model number and part numbers found within the assembly instructions will be required when submitting any parts requests or warranty claims.

For further warranty information or inquiries, please call 626-912-8886 Ext. 100