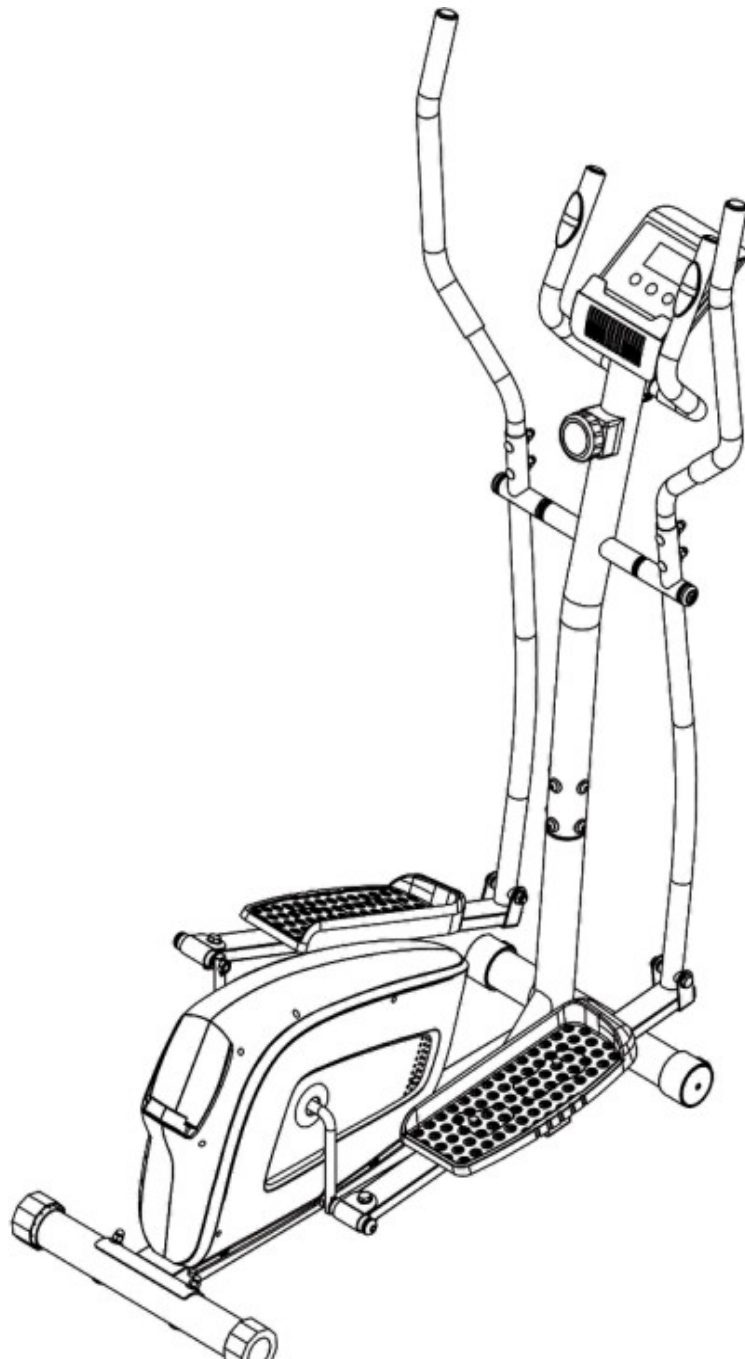


ELLIPTICAL BIKE



Scan this QR Code to watch
our assembly tutorials

Or go to: <https://youtu.be/Xd5QrIXvWxM>



PLEASE DO NOT RETURN TO STORE



Please do not return this product to the retailer!!

We are able to assist you in ANY way.

If you find that you have any trouble with assembly or missing or damaged parts, please contact the seller.

SAFETY NOTICE

SAFETY

- Always wear appropriate clothing and footwear such as training shoes when exercising.
- Please keep all children away from this item when in use.
- Please keep air circulation when exercising.
- Please put the packages and the bags on somewhere the children couldn't touch in case of some troubles.

WARNING

- Do not wear loose clothing that could become caught in moving parts during exercise.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Please consult your doctor before using this product if you are receiving medical treatment or you feel sick.
- Please stop exercising and consult your doctor if you feel backache, numb or faint during exercise.
- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Please check all around if someone or pet before you use or take the product.
- Do not jump when exercising.
- Don't do too much exercise suddenly if you do that less in normal times.
- Do not use it after eating or some time you feel tired.
- Do not use it when you are doing others.
- Do not use it after drinking or feel not good.
- Without a flywheel transmission, in use process, pay attention to the foot with the inertia motion, so as to avoid accident injury.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- This product couldn't be taken place of rehabilitation instrument.

Exercise Suggestion

Warm Up

Please do warm-up for 5-10 mins every time before you use this machine.

Breathing

Please do not holding your breath when exercising. Stop exercising immediately if you feel breath hardly.

Load

Please exercise according to your body and increase it gradually. It is normal if you feel muscular soreness, and it would be better if you keep exercising.

Relax

Please do relax actions for 5 mins after exercising in case of muscular tone, and keep muscle elasticity.

Diet

Please do exercises one hour after meal, and eat something half an hour after training. Do not drink so much water when exercising.

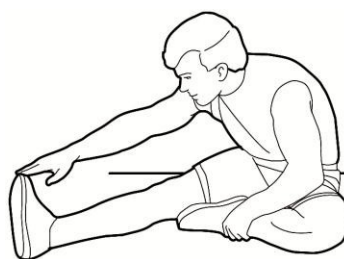
Stretching

Please do warm-up before exercising, and do relax actions after training. Do as below.

Trunk Flexion, Prone



Hamstring Stretch



Groin Stretch



Quadriceps Stretch



Calf Stretch



Hardware List

Bolt



#31L Bolt for Left Pedal Connection Joint
[1 piece]



#31R Bolt for Right Pedal Connection Joint
[1 piece]



#32 Hex Bolt (M10*70MM)
[2 pieces]



#34 Hex Bolt (M8*40MM)
[4 pieces]



#35 Carriage Bolt (M8*75MM)
[4 pieces]



#36 Carriage Bolt (M8*45MM)
[4 pieces]



#37 Bolt (M8*35MM)
[2 pieces]



#38 Bolt (M8*15MM)
[4 pieces]



#39 Bolt (M8*15MM)
[2 pieces]

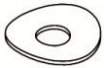


#41 Bolt (M5*10MM)
[4 pieces]

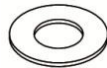


#58 Bolt (M8*70MM)
[2 pieces]

Washer



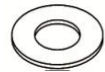
#47 Arc Washer (M8)
[16 pieces]



#49 Washer (M10)
[4 pieces]



#50 D Shape Washer (Φ32x19.5 mm)
[2 pieces]



#51 Washer (M8)
[6 pieces]



#52 Spring Washer (M8)
[14 pieces]



#53 Special Washer (Φ25x19.5 mm)
[2 Pieces]



#55 Washer (Φ25x17 mm)
[2 Pieces]



#59 Washer (Φ25x13 mm)
[2 Pieces]

NUT



#43 Nut (M8)
[8 pieces]



#44L Left Nut (M12)
[1 piece]



#44R Right Nut (M12)
[1 piece]



#45 Nylon Nut (M10)
[2 pieces]



#46 Nylon Nut (M8)
[6 pieces]

OTHERS



Tool 1 (6mm)
[2 pieces]



Tool 2 (8mm)
[1 piece]



Tool 3 (S14-17)
[1 piece]



Tool 4 (S17-19)
[1 piece]

Parts Listing

#	Description	#	Description
1	Main Frame	33	Hex Bolt (M10x45 mm)
2A	Front Stabilizer	34	Hex Bolt (M8x40 mm)
2B	Rear Stabilizer	35	Carriage Bolt (M8x75 mm)
3	Center Post	36	Carriage Bolt (M8x45 mm)
4	Left Coupler Bar	37	Bolt (M8x35 mm)
5	Right Coupler Bar	38	Bolt (M8x15 mm)
6	Left Pedal Tube	39	Bolt (M8x15 mm)
7	Right Pedal Tube	40	Bolt (M5x55 mm)
8	Pedal Connection Joint	41	Bolt (M5x8 mm)
9	Left Handle Bar	42	Screw (ST4x20 mm)
10	Right Handle Bar	43	Nut (M8)
11	Pulse Handle Bar	44L	Left Nylon Nut for #31L Bolt (1/2")
12	Monitor	44R	Right Nylon Nut for #31R Bolt (1/2")
13	Crank	45	Nylon Nut (M10)
14L	Left Pedal	46	Nylon Nut (M8)
14R	Right Pedal	47	Arc Washer (M8)
15	Grip of Handle Bar	48	Arc Washer (M6)
16	Foam Grip of Pulse Handle Bar	49	Washer (M10)
17	Tension Controller	50	D Shape Washer (Φ 32x19.5 mm)
18	Tension Controller Cable	51	Washer (M8)
19	Monitor Wire (Lower)	52	Spring Washer (M8)
20	Monitor Wire (Middle)	53	Special Washer (Φ 25x19.5 mm)
21	Monitor Wire (Upper)	54	End Cap (Φ 32x8.5 mm)
22	Hand Pulse Cable	55	Washer (Φ 25x17 mm)
23	End Cap for Front Stabilizer	56	Washer (M5)
24	End Cap for Rear Stabilizer	57	Round End Cap (28 mm)
25	Round End Cap (25 mm)	58	Bolt (M8x70 mm)
26	Rectangular End Cap (53x23 mm)	59	Washer (Φ 25x13 mm)
27	Plastic Bushing (Φ 32xΦ 19 mm)	60	Tool 1 (6mm)
28	Axle	61	Tool 2 (8mm)
29	Bushing (Φ 25xΦ 16 mm)	62	Tool 3 (S14-17)
30	Bushing (Φ 18xΦ 10 mm)	63	Tool 4 (S17-19)
31L	Bolt for Left Pedal Connection Joint		
31R	Bolt for Right Pedal Connection Joint		
32	Hex Bolt (M10x70 mm)		

Assembly Video 

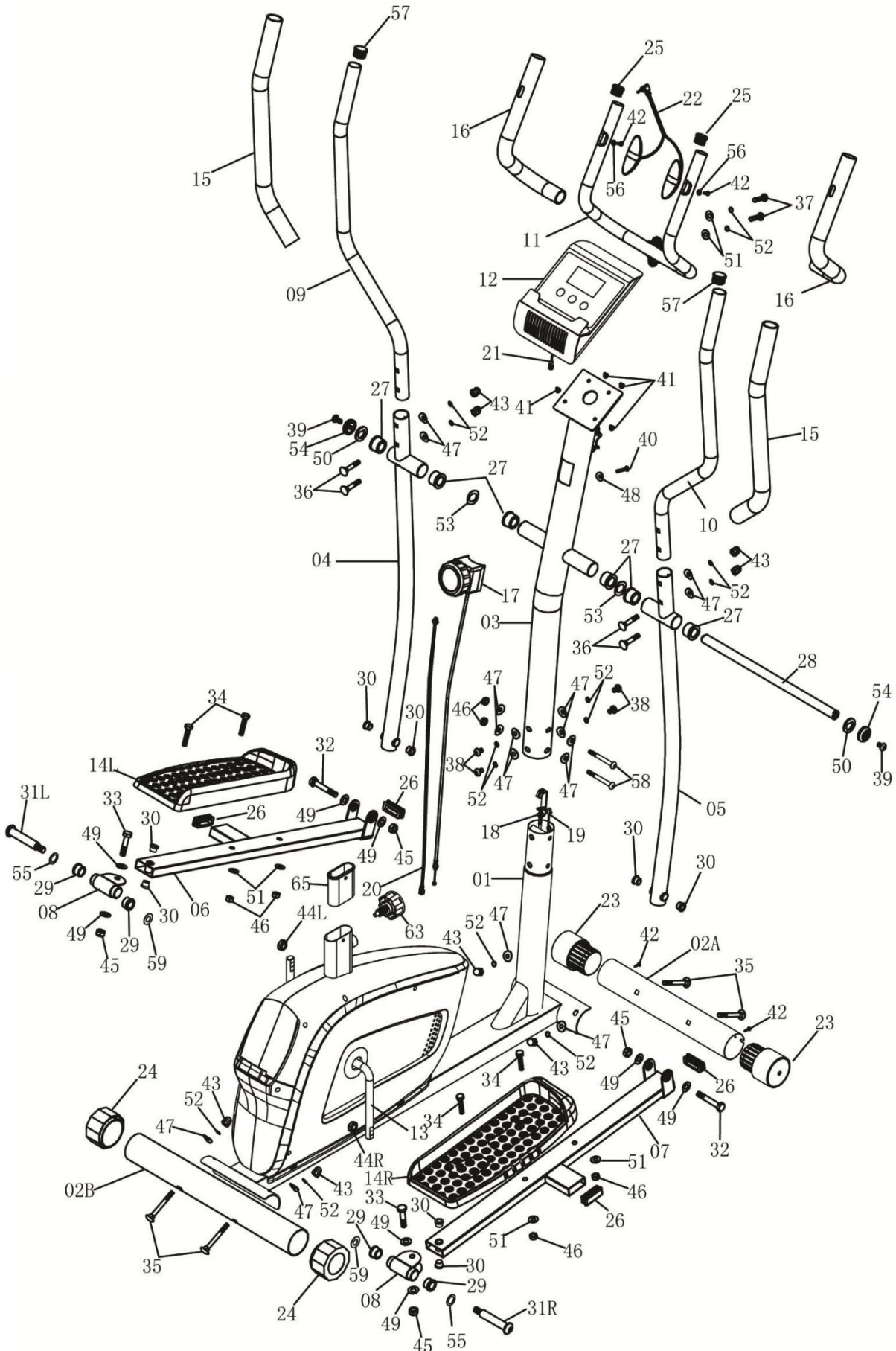
Input the link: <https://youtu.be/Xd5QrIXvWxM>
or scan the QR code below



Exploded Diagram

Note: Some parts were pre-assembled in factory.

1. Please unpack all needed spare parts on the ground, and prepare the hardware will be used in each step.
2. Please place the product on a level surface, and follow the assembly instructions correctly.



Assembly Instructions

Assembly Step 1

A) Front Stabilizer Assembly





- Please note the **Front Stabilizer (#02A)** is the one with end caps that spin for ease of relocating the unit (see illustration below).
- Attach the **Front Stabilizer (#02A)** to the front of the **Main Frame (#01)** with two **Carriage Bolts (#35)**, two **Arc Washers (#47)**, two **Spring Washers (#52)**, and two **Nuts (#43)**.

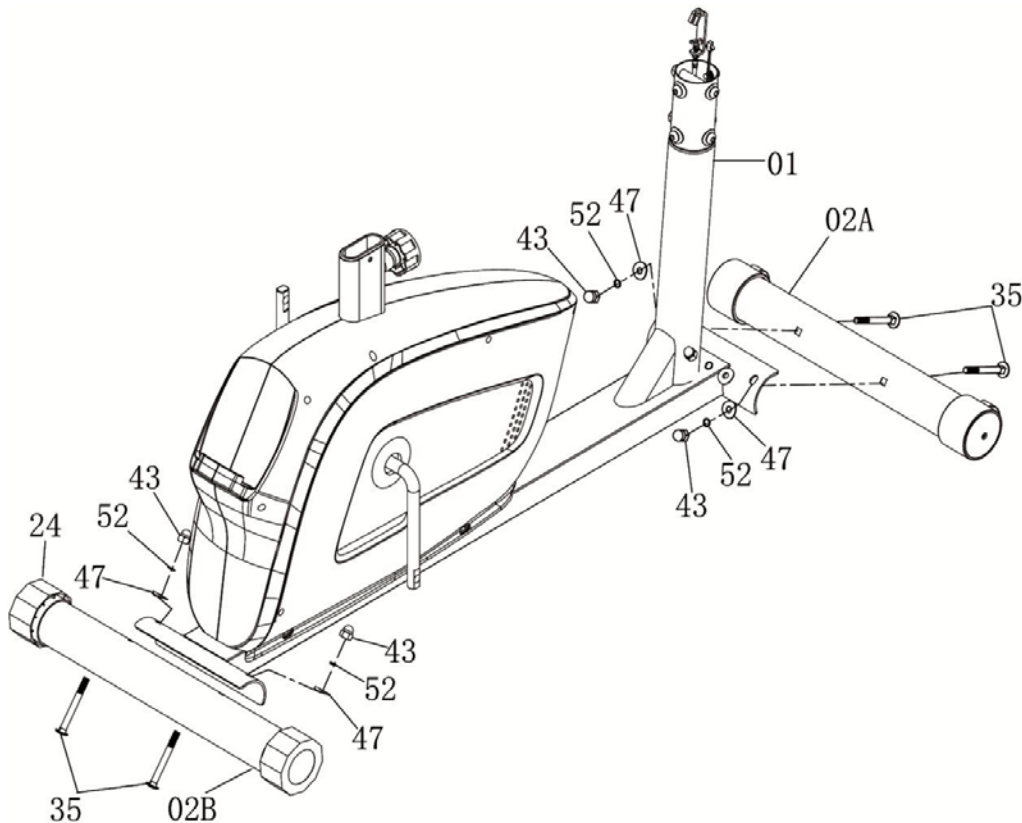
B) Rear Stabilizer Assembly

- Attach the **Rear Stabilizer (#02B)** to the back of the **Main Frame (#01)** with two **Carriage Bolts (#35)**, two **Arc Washers (#47)**, two **Spring Washers (#52)**, and two **Nuts (#43)**.

NOTE: Adjust / rotate the **pipe plug (#24)** slightly if you find it hard to align.

Hardware Required

Bolt	Washer		Nut
			
#35 Carriage Bolt (M8*75MM) [4 pieces]	#47 Arc Washer (M8) [4 pieces]	#52 Spring Washer (M8) [4 pieces]	#43 Nut (M8) [4 pieces]



Assembly Instructions

Assembly Step 2

- Remove the following pre-assembled parts from **Main Frame (#01)** and put them aside: 4pcs **Bolts (#38)**, 2pcs **Bolts (#58)**, 4pcs **Spring Washers (#52)**, 8pcs **Arc Washers (#47)**, and 2pcs **Nuts (#46)**.
- With the help of an assistant, connect the **Monitor Wire (Middle) (#20)** to **Monitor Wire (Lower) (#19)**, and **Tension Controller (#17)** to **Tension Controller Cable (#18)**.
- Carefully tuck the connected wires into the hollow tubing to avoid pinching/damaging the wires. Slide the **Center Post (#03)** into the **Main Frame (#01)**. **DO NOT PINCH WIRES!**
- Secure the **Center Post (#03)** with the tools previously removed: 4pcs **Bolts (#38)**, 2pcs **Bolts (#58)**, 4pcs **Spring Washers (#52)**, 8pcs **Arc Washers (#47)** and 2 pcs **Nuts (#46)**.

Hardware Required

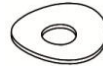
Bolt



#38 Bolt (M8*15MM)
[4 pieces]



#58 Bolt (M8*70MM)
[2 pieces]



#47 Arc Washer (M8)
[8 pieces]

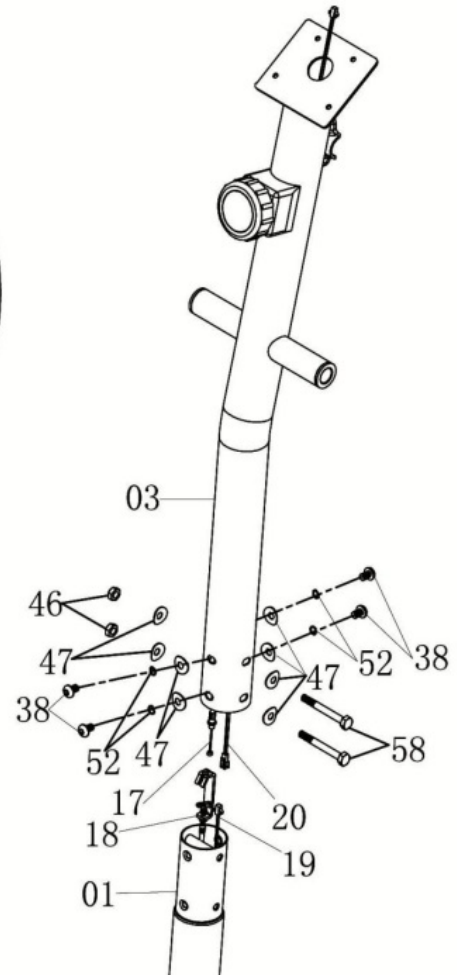
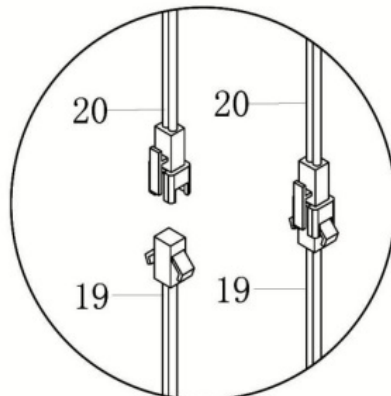
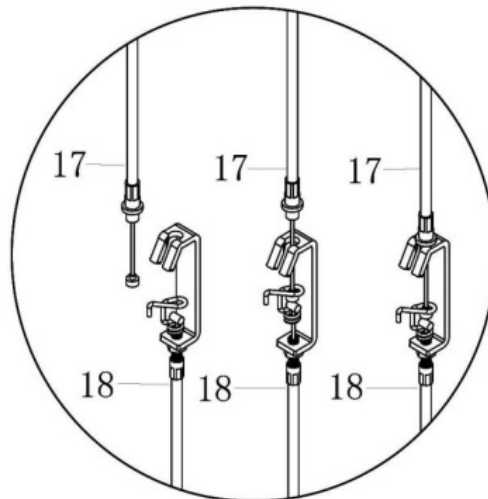


#52 Spring Washer (M8)
[4 pieces]

Nut



#46 Nylon Nut (M8)
[2 pieces]



Assembly Instructions

Assembly Step 3

A) Coupler Bar Assembly

Insert the Axle (#28) through the hollow shaft on **Center Post (#03)**. On the right side, using one **Special Washer (#53)** followed by the **Right Coupler Bar (#05)**, one **D Shape Washer (#50)**, one **End Cap (#54)** and secure with one **Bolt (#39)**.

Repeat this process to finish assembly on the left side using the **Left Coupler Bar (#05)**.

B) Pedal Tube Assembly

On the right side, align and attach the **Pedal Connection Joint (#08)** on the **Right Pedal Tube (#07)** to the **Right Crank (#13)**. Insert the Bolt for **Right Pedal Connection Joint (#31R)** through one **Washer (#55)** and **Washer (#59)**, rotate to secure with **Right Nylon Nut (#31R)** and **Bolt (#44R)**.

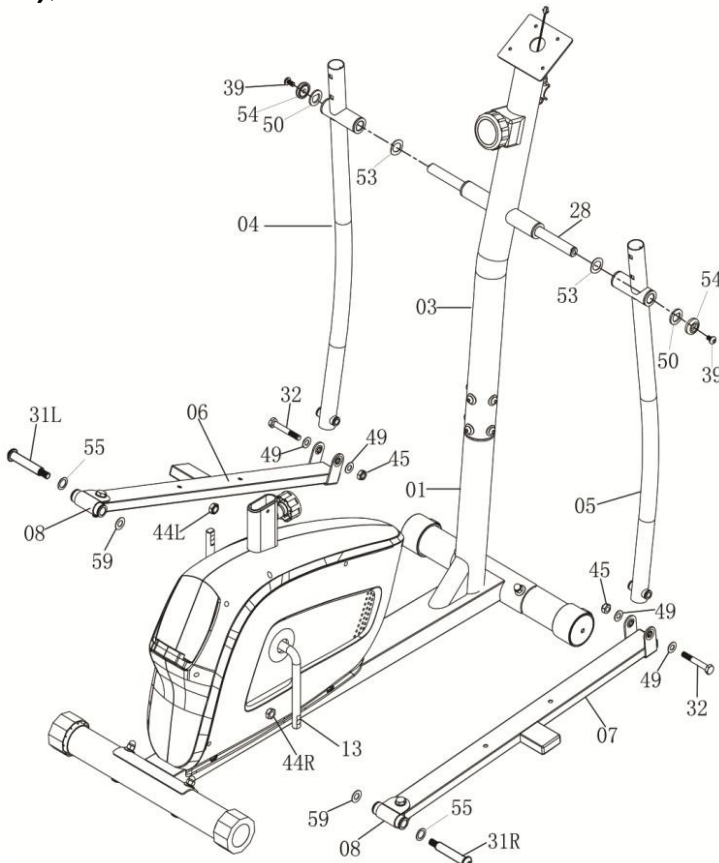
PLEASE NOTE:

a) Turn **COUNTERCLOCKWISE** to tighten the **Bolt** for Left Pedal Connection Joint(#31L) and **CLOCKWISE** to tighten Left **Nylon Nut** for #31L Bolt (#44L).

b) Turn **CLOCKWISE** to tighten the **Bolt** for Right Pedal Connection Joint (#31R) and **COUNTERCLOCKWISE** to tighten Right **Nylon Nut** for #31R Bolt (#44R).

Next, align and attach the **Right Pedal Tube (#07)** to the **Right Coupler Bar (#05)**. Secure with one **Hex Bolt (#32)** through one **Washer (#49)** fastened by one **Washer (#49)** and one **Nylon Nut (#45)**.

Repeat this process on the left side using **Left Pedal Tube (#06)**, and **Bolt for Left Pedal Connection Joint (#31L)**.



Bolt



#31L Bolt for Left Pedal Connection Joint
[1 piece]



#31R Bolt for Right Pedal Connection Joint
[1 piece]

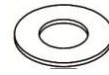


#32 Hex Bolt (M10*70MM)
[2 pieces]



#39 Bolt (M8*15MM)
[2 pieces]

Washer



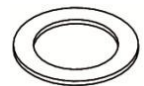
#49 Washer (M10)
[4 pieces]



#50 D Shape Washer
[2 pieces]



#53 Special Washer (Φ25x19.5 mm)
[2 pieces]



#55 Washer (Φ25x17 mm)
[2 pieces]



#59 Washer (Φ25x13 mm)
[2 pieces]

Nut



#44L Left Nut (M12)
[1 piece]



#44R Right Nut (M12)
[1 piece]



#45 Nylon Nut (M10)
[2 pieces]

Assembly Instructions

Assembly step 4

A) Handle Bar Assembly

Insert the **Right Handle Bar (#10)** into the **Right Coupler Bar (#05)** and secure with two **Carriage Bolts (#36)** and fastening with two **Arc Washers (#47)**, two **Spring Washers (#52)** and two **Nuts (#43)**.

Repeat this process on the left side using **Left Handle Bar (#09)** and **Left Coupler Bar (#04)**.

B) Pulse Handle Bar Assembly

Align and attach the **Pulse Handle Bar (#11)** to the bracket on the **Center Post (#03)**. Secure with two **Bolts (#37)**, two **Spring Washers (#52)** and two **Washers (#51)**.

C) Monitor Assembly

Remove the four **Bolts (#41)** pre-assembled on the **Monitor (#12)** and put them aside. Connect the **Monitor Wire (Upper) (#21)** to the **Monitor Wire (Middle) (#20)**. Secure the **Monitor (#12)** to the bracket of the **Center Post (#03)** with four **Bolts (#41)** that previously removed. Then, plug the **Hand Pulse Cable (#22)** into the hole on the back of the **Monitor (#12)**.

Hardware Required

Bolt



#36 Carriage Bolt
(M8*45MM)
[4 pieces]



#37 Bolt (M8*35MM)
[2 pieces]



#41 Bolt (M5*10MM)
[4 pieces]



#43 Nut
(M8)
[4 pieces]

Washer



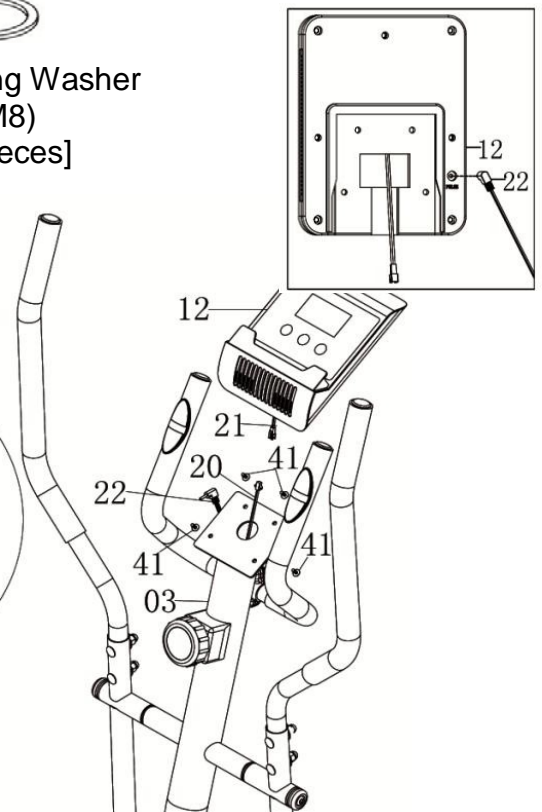
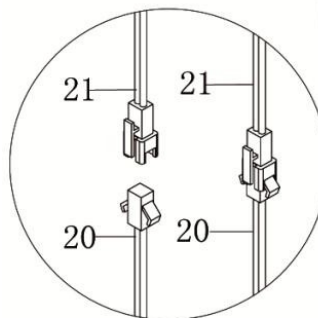
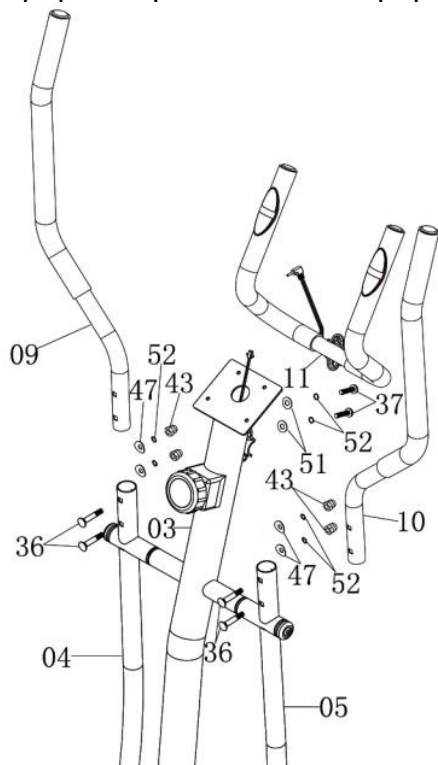
#47 Arc Washer (M8)
[4 pieces]



#51 Washer
(M8)
[2 pieces]



#52 Spring Washer
(M8)
[6 pieces]



Assembly Instructions

Assembly step 5

Pedal Assembly

- Place the **Right Pedal (#14R)** onto the **Right Pedal Tube (#07)** as shown, and attach by inserting two **Hex Bolts (#34)** secured by two **Washers (#51)** and two **Nylon Nuts (#46)**.
- Repeat this process on the left side using **Left Pedal (#14L)** and the **Left Pedal Tube (#06)**.

NOTE: To Distinguish between left and right side, find the "L" (left) and "R" (right) foot inscribed on the pedals.

Hardware Required

Bolt

Nut

Washer



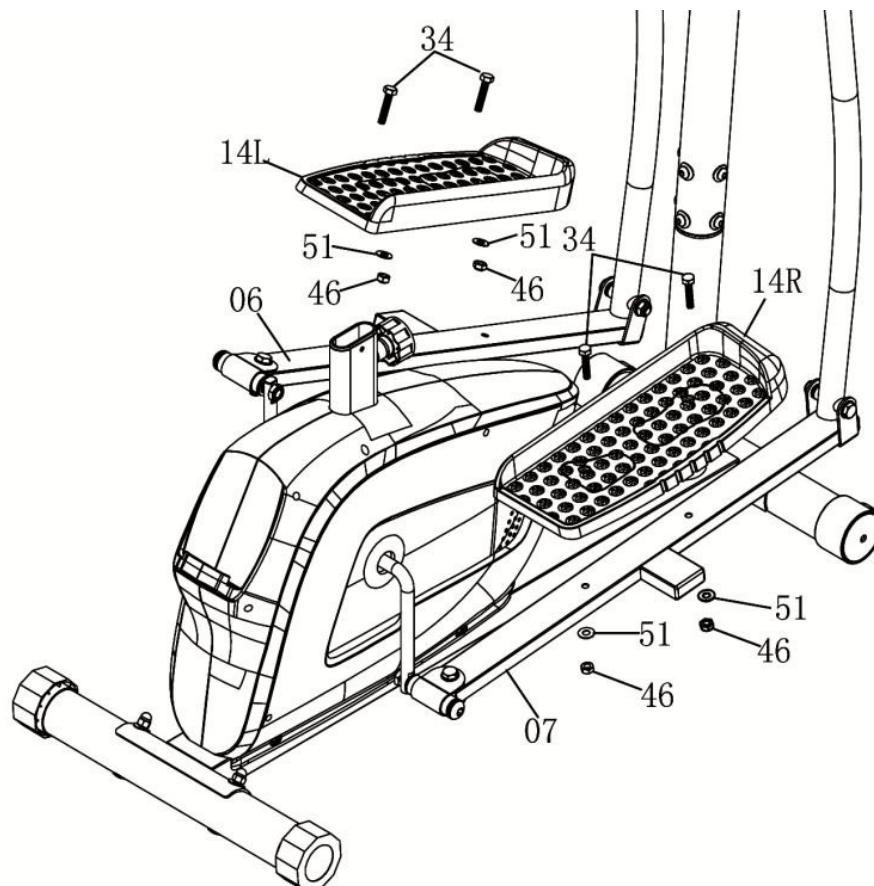
#34 Hex Bolt
(M8*40MM)
[4 pieces]



#46 Nylon Nut
(M8) [4 pieces]

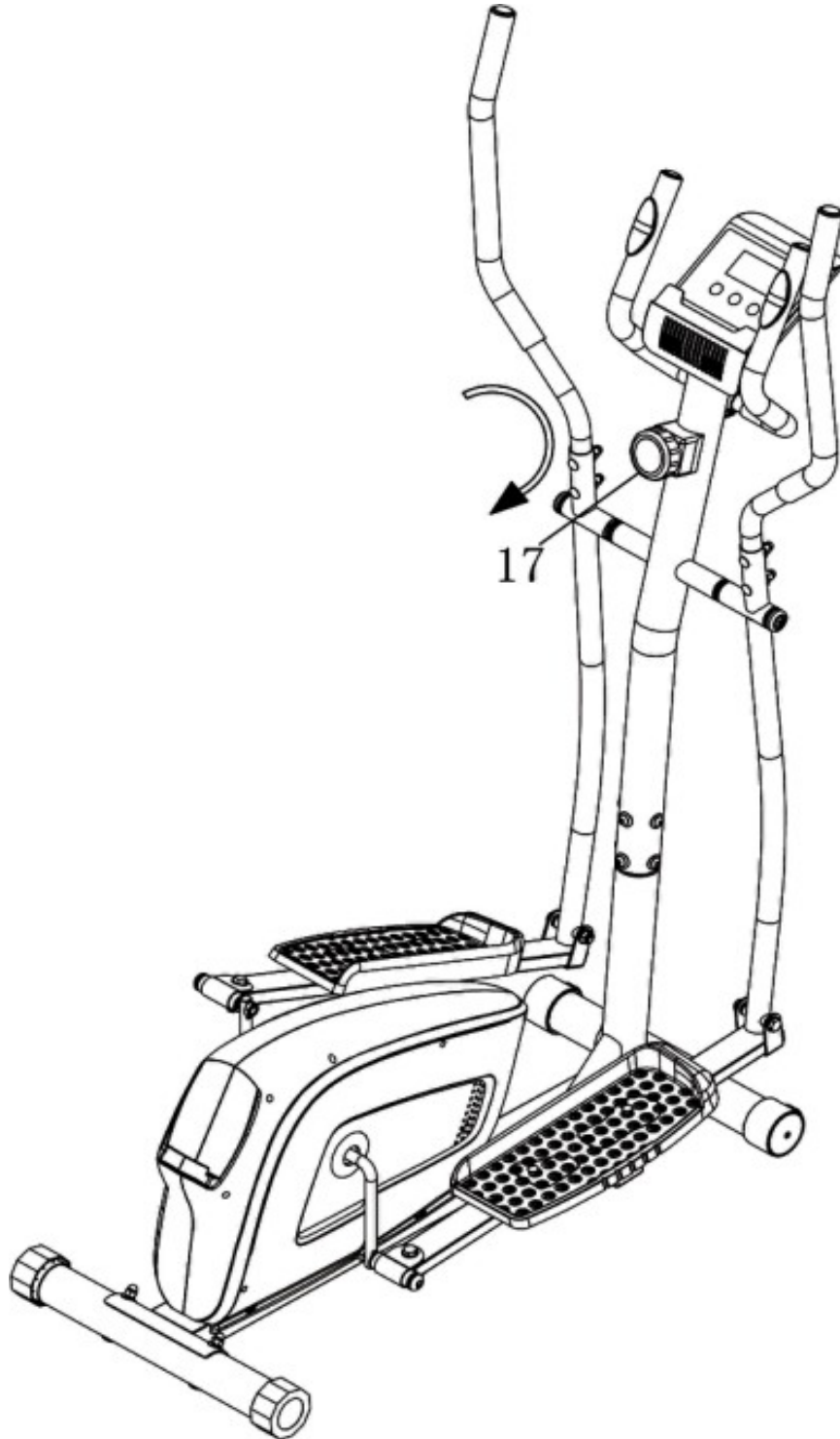


#51 Washer (M8)
[4 pieces]



Assembly Instructions

- Rotate the Adjustable Knob (#17) to adjust the resistance.



Directions for Use

1. Please put the product on the level ground, and tighten all of the hardware after you finished all of the steps.
2. Please adjust all adjustable parts to the place and level you are comfortable with.
3. Please do warm-up before you using this product.

