

STATIONARY INDOOR CYCLING EXERCISE BIKE

ITEM #96115



OWNER'S MANUAL AND SAFETY INSTRUCTIONS

SAVE THIS MANUAL: KEEP THIS MANUAL FOR SAFETY WARNINGS, PRECAUTIONS, ASSEMBLY, OPERATING, INSPECTION, MAINTENANCE AND CLEANING PROCEDURES. WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL NEAR THE ASSEMBLY DIAGRAM (OR MONTH AND YEAR OF PURCHASE IF PRODUCT HAS NO NUMBER).

FOR QUESTIONS PLEASE CALL OUR CUSTOMER SUPPORT: (909) 628 0880 MON-FRI 9AM TO 3PM PST



GENERAL SAFETY WARNINGS

Before using this exercise bicycle, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person using this exercise bicycle. Retain this user manual for future reference.

SAFETY

IMPORTANT: Attention User: This User's Guide contains important information about the installation, operation and safe use of this exercise bicycle. This Guide should be given to the owner and/or operator of this equipment.

- Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.
- If you have any known medical condition, or any physical limitation on your ability to exercise, seek the advice of a physician before using the machine, in order to avoid possible personal injury.
- If while using the bicycle, you experience any dizziness, faintness, shortness of breath or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.
- Always follow the directions on the bicycle's console for proper operation. Close supervision is required when the bicycle is used by or near, children or disabled persons.
- **DO NOT** operate the bicycle while tired or under the influence of drugs, alcohol or other medication.
- Always take care when getting on and off the bicycle. Use the handles on the bike as needed, to maintain stability when getting on and off the machine.
- Never reach into or under the bicycle, or tip the bicycle on its side, while it is in operation.
- Replacement parts must be specific to this bicycle and supplied by the manufacturer only. Unauthorized substitutions may result in bodily injury or equipment damage.
- The bicycle should be set up on a hard, level surface in an area free of obstructions.
- The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity
- It is important at all times to maintain balance while on the bicycle.
- Only one person should use the bicycle at a time. Failure to do so may cause injury or damage the bicycle.
- **DO NOT** use this machine for anything other than intended purposes.
- **DO NOT** operate or touch the machine with wet hands. Doing so may cause electric shock and/or damage to the machine.
- **DO NOT** exceed the weight limit of 200kgs for the bicycle.

IMPORTANT SAFETY INFORMATION

WARNINGS AND DISCLAIMERS

XtremePowerUS claims no liability for any damage or injury that result from the use of the bicycle by persons who have not read and understood the cautions contained in this manual, or through any misuse of the unit. You are responsible for your safety while operating this bicycle.

To receive maximum performance and satisfaction from the bicycle, it is important that you read and understand the safety precautions before using the bicycle.

IMPORTANT: The manufacturer does not accept responsibility for damages caused to or by the bicycle resulting from an inadequate use or assembly.

DO NOT store this machine near heat or an open flame, under direct sunlight or in especially humid areas.

- If the machine is not in use for an extended period of time, cover it to protect from dust.
- **DO NOT** store the machine under direct sunlight or in high temperatures.
- **DO NOT** use the machine in wet areas such as a bathroom, spa or pool.
- Using a corrosive cleaner is prohibited. **DO NOT** use benzene or thinner to clean the machine.
- **DO NOT** use the machine for an extended period of time the first time. Get used to the machine first. Increase over time.



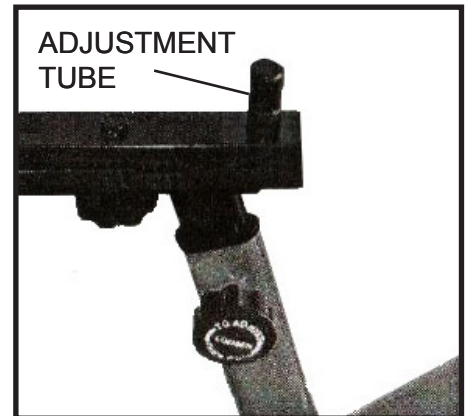
SAVE THESE WARNINGS

ASSEMBLY

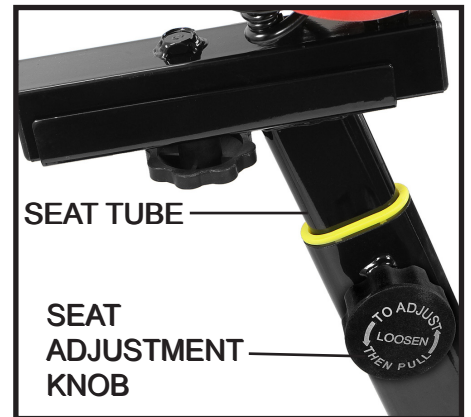
1. FOOT MOUNTING: Affix the rear wheel base with the provided fixing screws, tighten.



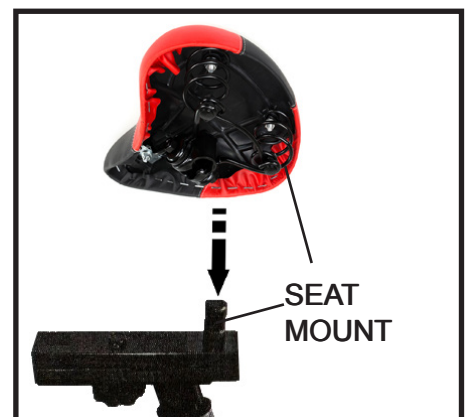
2. CUSHION INSTALLATION STEP 1: Seat adjustment knob mounted on the top and bottom screw holes. Screw in 3-5 turns, then lift the seat tube, pull out the knob to adjust the hole, then tighten.



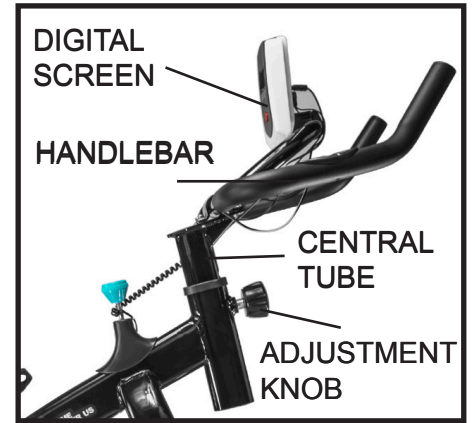
3. CUSHION INSTALLATION STEP 2: The seat will move back and forth above the steel pipe. Install the cushion onto the lift with screws and tighten.



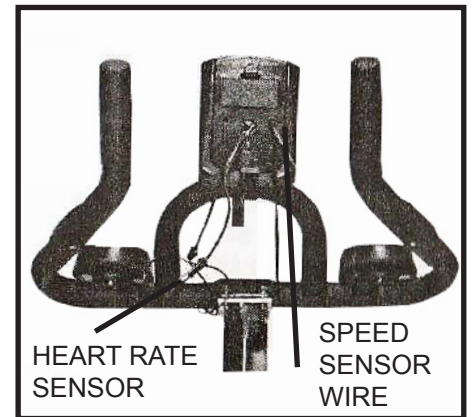
4. CUSHION INSTALLATION STEP 3: The seat is mounted on the front. Adjust the angle then tighten the screws.



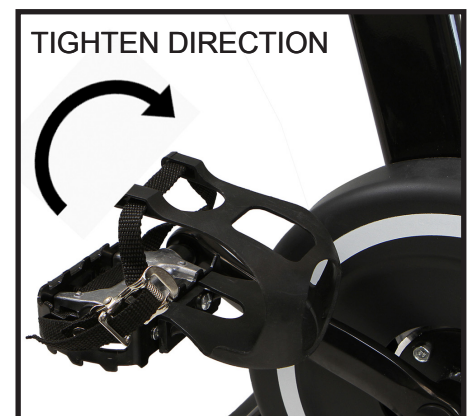
5. HANDRAIL INSTALLATION: Install the handrails onto the adjustment knob. Mount on and line up with three screw-holes. Screw 3-5 turns, then lift the armrest tube, pull out the knob to adjust the hole, then tighten.



6.METER INSTALLATION: Seat adjustment knob mounted on the top and bottom screw holes. Screw in 3-5 turns, then lift the seat tube, pull out the knob to adjust the hole, then tighten.



3. FOOT PEDAL INSTALLATION: First distinguish the left and right pedals and install on the pedal crank, flywheel direction toward tightening, loosen the direction towards the cushion.



OPERATION

SCAN: Automatically shows the motion parameters

TIME: Timer shows how long rider has exercised

SPD: (SPEED) Shows the rider their current speed

DIST: (DISTANCE) Shows the rider current mileage distance

CAL: (CALORIES) Shows the rider their current calorie consumption

ODO: (ODOMETER) Shows total distance travelled by the rider

PUL: (PULSE) Displays the riders current heart rate



FEATURES

1. Pressing any key signals the machine to start. If buttons are not activated for four minutes, the meter will automatically shut down.
2. In any state, press and hold the center button for three seconds, the motion data will be cleared.
3. A file function indicator flashes on the display, the instrument enters the automatic scan mode, then click the 'select' button. The instrument can be locked on motion parameters.
4. When the instrument enters scan mode, the instrument automatically scans in the following order: Time, Speed, Mileage, Heart Rate and Calorie
5. The fitness bike dashboard using environmentally friendly batteries No. AA5 section opposite the instrument can replace the battery.

OPERATION

Adjust the seat. When the pedal is at the lowest position, your leg should be almost, but not quite, straight. You shouldn't have to strain or rock your hips to pedal. Your knees shouldn't feel crunched when they're at the top of the pedal stroke. With a recumbent bike, you adjust the seat forward and back, rather than up and down, but the principles are the same.

Get to know the display panel. For instance, notice how many levels the bike has. Also, pay attention to your cadence — that is, how many revolutions per minute (rpm) you're cycling. Varying your cadence is a good idea. You may want to hum along at 80 rpm for 5 minutes and then do 30-second intervals at 100 rpm using the same tension level.

Adjust the pedal straps so that your feet feel snug — but don't let the straps cut off your circulation. Riding a bike with the foot straps is much more comfortable and efficient than pedalling without them. Don't remove the pedal straps from your bike; this forces the next person to waste time putting them back on.

Don't pedal with just your toes. Otherwise you may bring on foot and calf cramps. Instead, press from the ball of your foot and through your heel as you pump downward on the pedal, and pull up with the top of your foot on the upstroke.

Don't hunch over. Rounding your back is the way to develop back and neck pain. Don't get your upper body into the effort, either. Instead, keep your chest up, shoulders back and down, ears in line with your shoulders.

Pedal slowly for the first 5 to 10 minutes of your workout. This is called a warm up and allows your body time to adapt to being in a state of motion, decreasing your chance of injury.

Grasp the silver heart rate monitors to allow the machine to monitor your heart rate. Most beginners will want to begin working at about 70 percent of their maximum heart rate. As your fitness improves, you will be able to work out at a higher percentage of your maximum heart rate.

OPERATION

PLEASE READ THE FOLLOWING CAREFULLY

THE MANUFACTURER AND/OR DISTRIBUTOR HAS PROVIDED THE PARTS LIST AND ASSEMBLY DIAGRAM IN THIS MANUAL AS A REFERENCE TOOL ONLY. NEITHER THE MANUFACTURER OR DISTRIBUTOR MAKES ANY REPRESENTATION OR WARRANTY OF ANY KIND TO THE BUYER THAT HE OR SHE IS QUALIFIED TO MAKE ANY REPAIRS TO THE PRODUCT, OR THAT HE OR SHE IS QUALIFIED TO REPLACE ANY PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND/OR DISTRIBUTOR EXPRESSLY STATES THAT ALL REPAIRS AND PARTS REPLACEMENTS SHOULD BE UNDERTAKEN BY CERTIFIED AND LICENSED TECHNICIANS, AND NOT BY THE BUYER. THE BUYER ASSUMES ALL RISK AND LIABILITY ARISING OUT OF HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THERETO, OR ARISING OUT OF HIS OR HER INSTALLATION OF REPLACEMENT PARTS THERETO.

Record Product's Serial Number Here: _____

Note: If product has no serial number, record month and year of purchase instead.

Note: Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.



SAVE THESE INSTRUCTIONS.



Questions, problems, missing parts?

Before returning to your retailer, our exceptional customer service is available.

Call us Tel: **909 628 0880**

Hour : **9am To 3pm PST (Monday to Friday)**

Email : **customer@xtremepowerusa.com**

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