

1-888-340-0482  
Monday-Friday  
8:30-5:30 Central Time



Keys Fitness Products, L.P.  
4009 Distribution Dr.  
Suite 250  
Garland, Texas 75041

# AirBike

## OWNER'S MANUAL

### QUESTIONS?

Call Our Toll Free  
Keys Fitness Helpline  
1-888-340-0482



### CAUTION!

Please read the precautions and instructions  
in this manual before using this equipment.  
Please save this manual for future reference.

06/04



*Keys Fitness is committed to quality  
products that demonstrate  
our commitment to excellence!*

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Keys Fitness AirBike

Questions?

*Please call if:*

- you need assistance about operating your exercise bike.
- parts are missing
- parts become worn or need to be replaced.

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*When requesting information please have the following:*

- The Name
- The Model
- The Part Number
- The Description
- The Serial Number (located at the bottom of the unit)

## Before You Start

Thank you for purchasing a Keys Fitness exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

## Important Safety Information WARNING!

- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

## Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise bike has a maximum user capacity of 300 pounds.
- The AirBike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys Fitness recommends an equipment mat be placed under the bicycle to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise bicycle.
- Never operate the exercise bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your AirBike should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys Fitness technician. Failure to follow these instructions will void the warranty.

## Assembly of the AirBike

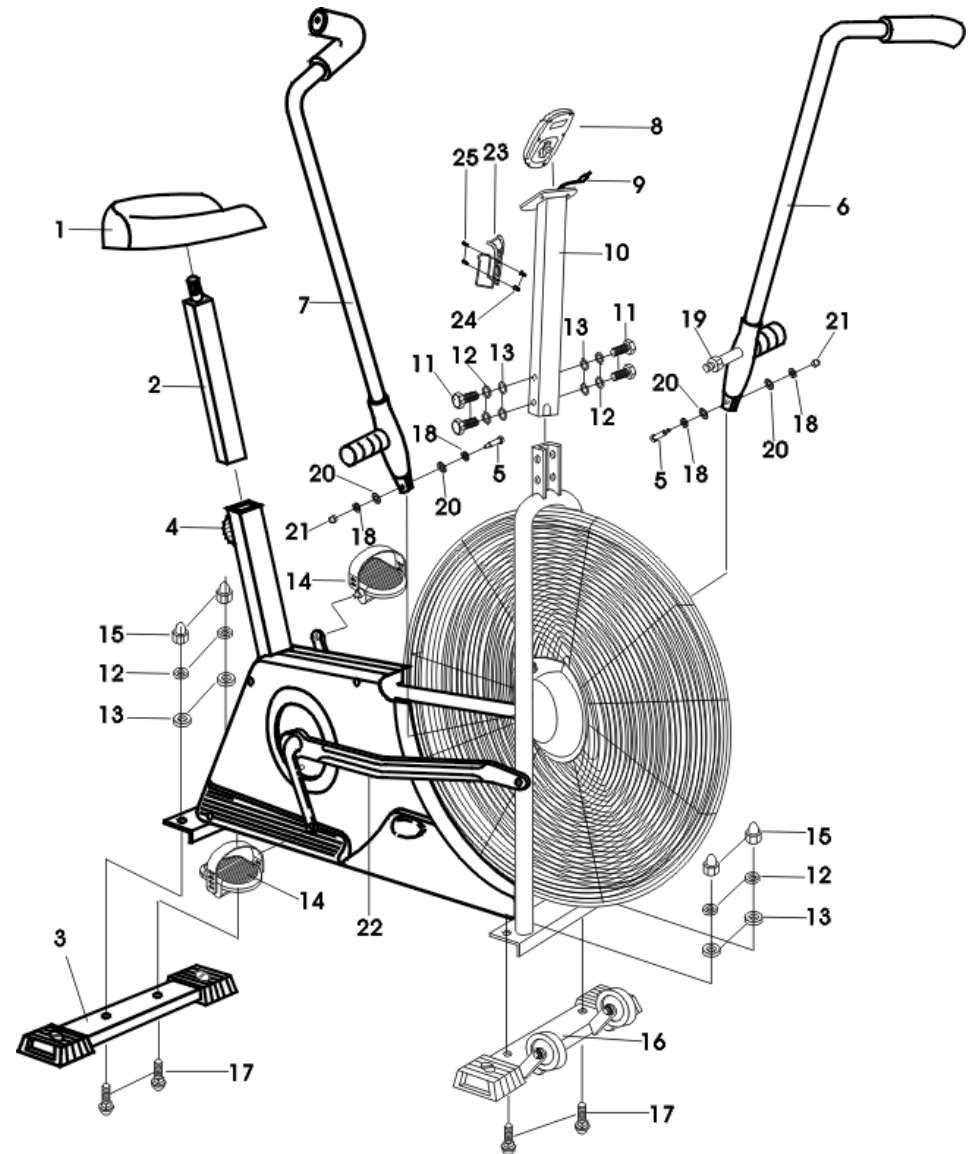
### REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING.

1. Attach front stabilizer bar (16) and rear stabilizer bar (3) to the frame by using the bolts (17), washers (12, 13) and cap nuts (15) provided. Please note that the center distance between the two screw holes of the front stabilizer bar is longer than the center distance between the two screw holes of the front stabilizer bar is longer than the center distance between the two screw holes of the rear stabilizer bar.
2. Attach pedals (14). Axles of pedals are branded "L" and "R". The pedal marked "R" goes on the right hand side of the bike and the one marked "L" on the left hand side. Tighten each pedal by turning bolt towards the front of the bike. (Tighten the left pedal bolt counter-clockwise and the right pedal bolt clockwise.)
3. Mount the saddle (No.1) to the seat post (2). Level the saddle then fasten the nuts and both sides of the saddle.
4. Adjust the height of the seat post according to your requirements by using the quick release seat knob (4)
5. Using the cord provided, tie to the computer cable (9) and pull up through the head stem (10) then untie the cord. Connect the computer cable in the console tube to the computer cable in the main frame.
6. Insert the head stem onto the frame. Secure in position with bolts (11) and washers (12, 13) provided.

8. Attach handlebars (6, 7) Use allen wrench to fasten the pivot bolts (19) placed in the footrest grips to the pivot holes provided on the frame. *Note: There is a hole at the end of the footrest grip where you insert the allen wrench.* Ensure the handlebar leans toward the rider and the handlebar grips face outward.
9. Connecting the link bar (23) to the bottom of the handlebar fit the screw (5), washer (22), and star washer (20) through the bottom of the handlebar. Fasten the screw with the star washer (20), washer (22) and cap nut (21).
10. Connect the computer cable (No. 9) with the cable under the computer (8).

### ***Important***

*This product is designed for use by adults. Precautions must be taken to prevent children from using or playing with this exercise bike. This bike must be used on a level surface at all times. Do not pedal backwards as this will damage the computer, cable and drive and void the warranty.*



## Assembly Parts

1. Seat
2. Seat post
3. Rear stabilizer bar
4. Quick release seat knob
5. Screw
6. Handlebar (Right)
7. Handlebar (Left)
8. Computer
9. Computer cable
10. Head stem
11. Hex bolt
12. Spring washer
13. Washer (M8)
14. Pedals
15. Cap nut
16. Front stabilizer bar
17. Carriage bolt
18. Washer
19. Pivot bolt
20. Star Washer
21. Cap Nut
22. Washer
23. Link Bar

## Setting Up the Cycle

### *Stabilizing the Cycle*

To maximize your performance, ensure the exercise cycle is stable. After locating the exercise cycle on a reasonably level floor, check to see if the bike is stable. If all four levelers do not maintain floor contact, the unit requires stabilizing.

To do so, turn the grey stabilizing wheel located on the rubber footpad and rotate clockwise until the leveler touches the floor. Usually the back ones need adjusting, if at all. If the floor is very uneven adjust a front leveler. Always use care when tipping your exercise cycle.

### *Adjusting the seat*

Proper seat height is critical to exercise efficiently and avoid the risk of injury. To determine whether the seat is properly adjusted sit on the exercise bike, place one pedal in the down position and center the ball of your foot over the center of the pedal. Your leg should be slightly bent at the knee. If you are stretching or your leg isn't extended sufficiently the seat should be lowered or raised as required.

After adjusting it is very important to make sure that the seat post is securely locked into position.

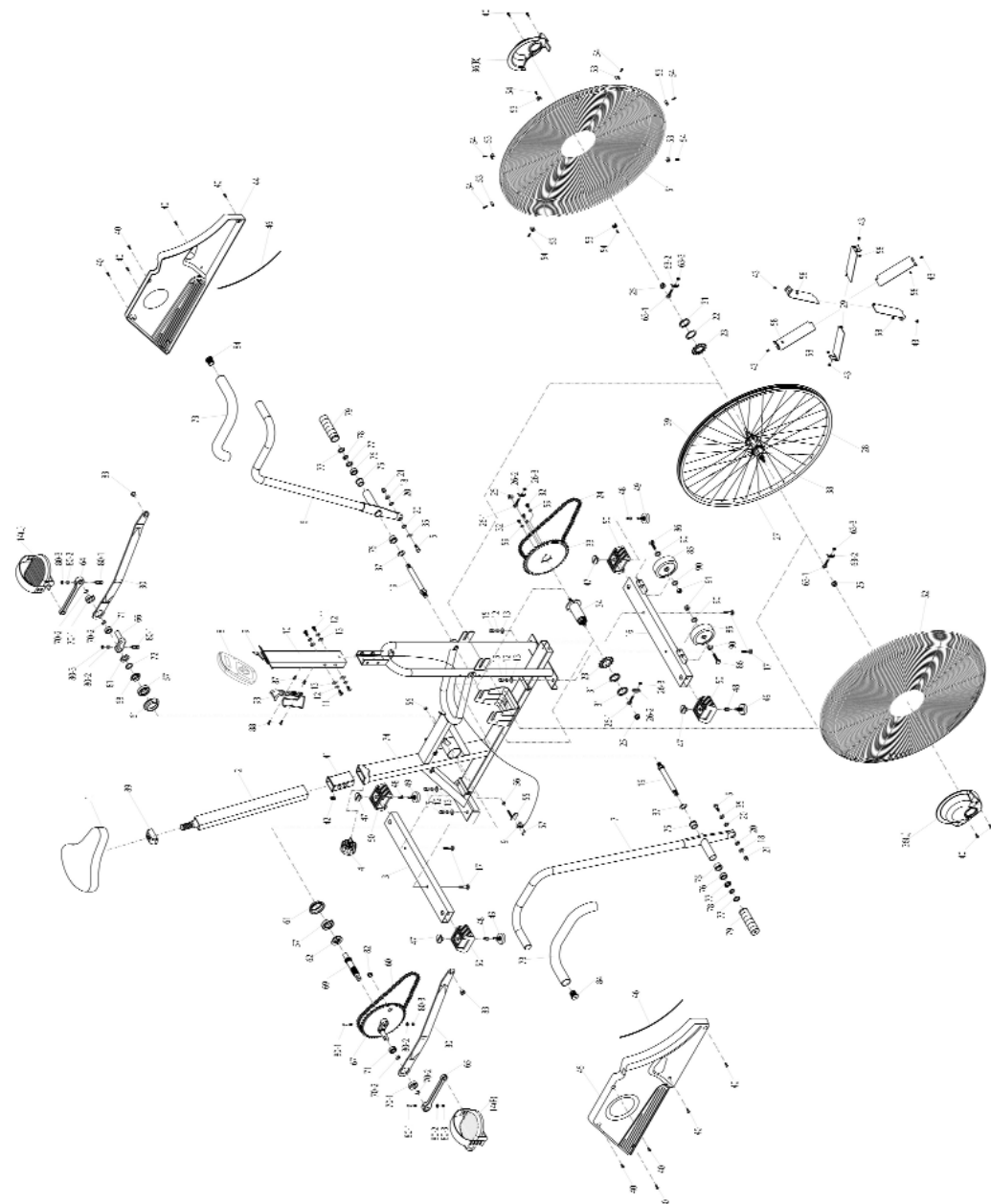
### *Moving the Exercise Bike*

Your exercise cycle has been fitted with transport wheels to allow easy movement from room to room.

Obviously, when the cycle has to be moved up or down stairs or negotiate other obstacles, suitable assistance will be required to help you carry the cycle safely.

### *Pedal Straps*

Your cycle is NOT fitted with pedal straps. Pedal straps on exercise bikes are designed for use in fitness testing programs under strictly controlled supervision. For normal exercise programs no pedal straps should be used.



**EXPLODED VIEW**

REF	KEYS #	DESCRIPTION	QTY
1	328-00013	SEAT	1
2	323-00078	SEAT POST	1
3-1	323-00065	REAR STABILIZER	1
3-2	302-00087	CARRIAGE BOLT	2
3-3	302-00101	FOOT ADJUSTING KNOB	2
3-4	306-00044	FOOT CAP	2
3-5	302-00052	INSERT NUT	2
3-6	302-00099	FOOT ADJUSTING BOLT	2
3-7	302-00051	CAP NUT	2
3-8	302-00088	SPRING WASHER	2
3-9	302-00089	FLAT WASHER	2
4	310-00045	POP PIN KNOB	1
5	302-00053	LINKING SCREW	2
6	323-00038	HANDLEBAR-LEFT	1
7	323-00039	HANDLEBAR-RIGHT	1
8	307-00009	CONSOLE	1
9	313-00053	SENSOR CABLE SET	1
9-1	313-00052	SENSOR CABLE	1
9-2	302-00059	ROUND HEAD SCREW	2
9-3	302-00103	CABLE BRACKET	1
9-4	302-00102	HEX NUT	2
10-1	323-00083	STEM	1
10-2	302-00100	INSERT NUT	2
10-3	302-00056	ROUND HEAD SCREW	2
11	302-00058	OVAL HEAD ALLEN BOLT	4
12	302-00088	SPRING WASHER	8
13	302-00089	FLAT WASHER	8
14	306-00253	PEDAL SET(R&L)	1
15	310-00116	MAGNET	1
16-1	323-00021	FRONT STABILIZER	1
16-2	302-00054	CARRIAGE BOLT	2
16-3	302-00101	ADJUSTING KNOB	2
16-4	306-00044	FOOT CAP	2
16-5	302-00100	INSERT NUT	2
16-6	302-00099	ADJUSTING BOLT	2
16-7	302-00098	HEX BOLT	2
16-8	302-00097	FLAT WASHER	4
16-9	306-00193	TRANSPORTATION WHEEL	2
16-10	302-00095	NYLON NUT	2
16-11	302-00051	CAP NUT	2
16-12	302-00088	SPRING WASHER	2
16-13	302-00089	FLAT WASHER	2
17	306-00181	SEAT POST COVER	1
18	302-00055	FLAT WASHER	2

REF	KEYS #	DESCRIPTION	QTY
19	302-00057	CRANK PIN	4
20	302-00070	STAR WASHER	4
21	302-00096	CAP NUT	2
22	323-00110	FRAME ASSEMBLY	1
23	306-00257	SPACER	2
24	302-00064	CHAIN (90 LINKS)	1
25	302-00066	FRANGE NUT	4
26	302-00090	CHAIN ADJUSTER	2
27	311-00028	C/WHEEL & OFFSET BOSS	1
28-1	311-00015	FAN WHEEL	1
28-2	305-00027	WHEEL CAGE-LEFT	1
28-3	305-00027	WHEEL CAGE-RIGHT	1
28-4	302-00068	FIXED GEAR	1
28-5	310-00115	FREEWHEEL SPACER	1
28-6	310-00114	LOCK NUT	1
28-7	310-00081	CLIP	8
28-8	310-00113	TAPPING SCREW	8
29	306-00130	PLUG	1
30	323-000123	LINK BAR(R&L) ASSEMBLY	2
31	330-00013	CRANK- RIGHT	1
32	330-00012	CRANK- LEFT	1
33	330-00017	LEFT-SMALL CRANK	1
34-1	302-00065	HUB	1
34-2	310-00112	FIXED GEAR	1
34-3	302-00094	LOCK NUT	2
34-4	310-00111	CHAIN WHEEL	1
34-5	302-00093	SPRING WASHER	3
34-6	302-00092	ROUND HEAD SCREW	3
35	302-00091	FLAT WASHER	2
36	305-00043	SAFE COVER(L)	1
37	305-00042	SAFE COVER(R)	1
38	302-00076	CHAIN (68 LINKS)	1
39	330-00014	CROMO AXLE	1
40	302-00067	ROUND HEAD SCREW	14
41	306-00281	SEAT POST SLEEVE	1
42	302-00077	SEAT POST WASHER	1
43	306-00280	RUBBER STRAP	2
44	305-00030	RIGHT SHROUD	1
45	305-00029	LEFT SHROUD	1
46	302-00090	CHAIN ADJUSTER	1
47	331-00003	B.B SET	1
48	310-00110	BOTTLE RACK	1
49	310-00026	EAR CLIP	1



EAR CLIP INPUT

## AirBike Console Instructions

Your exercise bike is equipped with a programmable monitor to help you track your progress and motivate you to reach your fitness goals.

### **Batteries**

The AirBike console requires two AA batteries. To insert the batteries remove the cover located on the back of the console.

### **Key Functions**

#### **SET:**

Turn on the monitor and select the SET models of TIME, DISTANCE, CALORIES AND PULSE.

#### **+ &-:**

1. These two keys allow you to choose a target value for TIME, DISTANCE, CALORIES, AND PULSE. Pressing the

2. + & - keys at the same time will clear the value to zero.

#### **RESET:**

This button will bring all values to zero.

## Operation

### **1. TURN ON THE CONSOLE:**

The console will turn on automatically when you start to pedal the bike or you can turn it on manually by pressing the SET key.

### **2. SET GOALS:**

#### **TIME SETTING**

Press the SET key once, the monitor shows the TIME display only. Use the + & - keys to set the time you wish to exercise.

#### **DISTANCE SETTING**

Press the SET key until the console shows DISTANCE only. Use the + & - keys to set the total distance you wish to go during your workout.

#### **CALORIES SETTING**

Press the SET key until the console shows CALORIES only. Use the + & - keys to set the total calories you wish to burn.

#### **PULSE SETTING**

To set the target pulse, begin by clipping the detector to your ear lobe. Press the SET key until the monitor shows the PULSE display only. Use the + & - to choose a target heart rate. Refer to the Heart Rate table at the back of the manual to find your target heart rate.

#### **Turn Off**

The monitor will automatically turn off after 2 minutes of no pedaling or key activity.



## Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone- 60%, then gradually progressing up to 75%.

According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

### Fitness Safety

The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

**(MHR) = Maximum Heart Rate**

**(THR) = Target Heart Rate**

**220 - age = maximum heart rate (MHR).**

**MHR x .60 = 60% of your maximum heart rate.**

**MHR x .75 = 75% of your maximum heart rate.**

**For example, if you are 30 years old, your calculations will be as follows:**

**220 - 30 = 190**

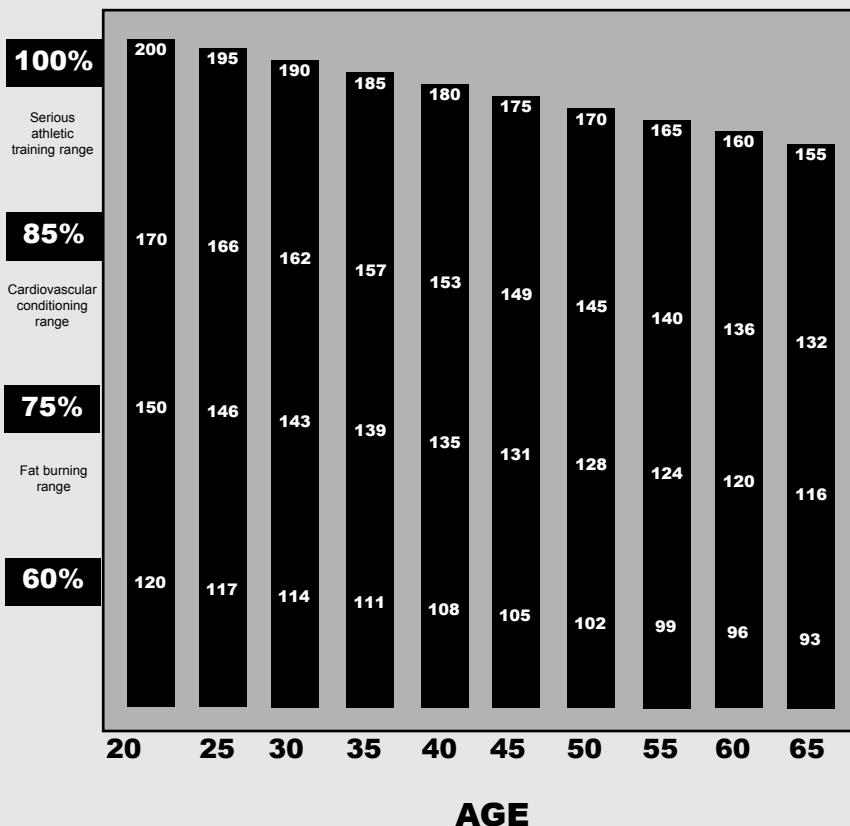
**190 x .60 = 114 (low end or 60% of MHR)**

**190 x .75 = 142 (high end or 75% of MHR)**

**For a 30 year-old the (THR) Target Heart Rate would be 114-142.**

**See Table on right for additional calculations.**

## TARGET HEART RATE ZONE



## KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: KEYS AIR BIKE  
HOME USE WARRANTY: Lifetime Frame, 2 years parts, 1 year labor

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This Limited Warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR EXERCISE BIKE WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:  
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

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