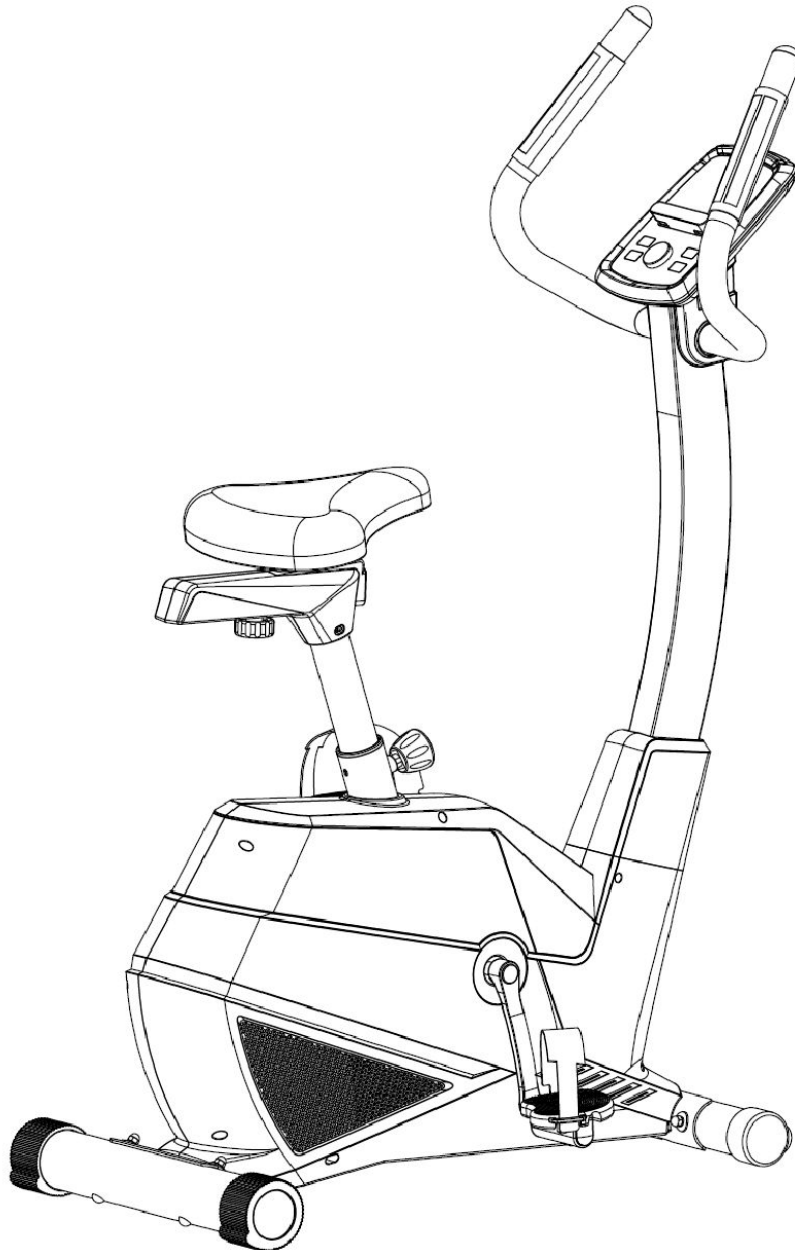


UPRIGHT BIKE

PMS System

OWNER'S MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

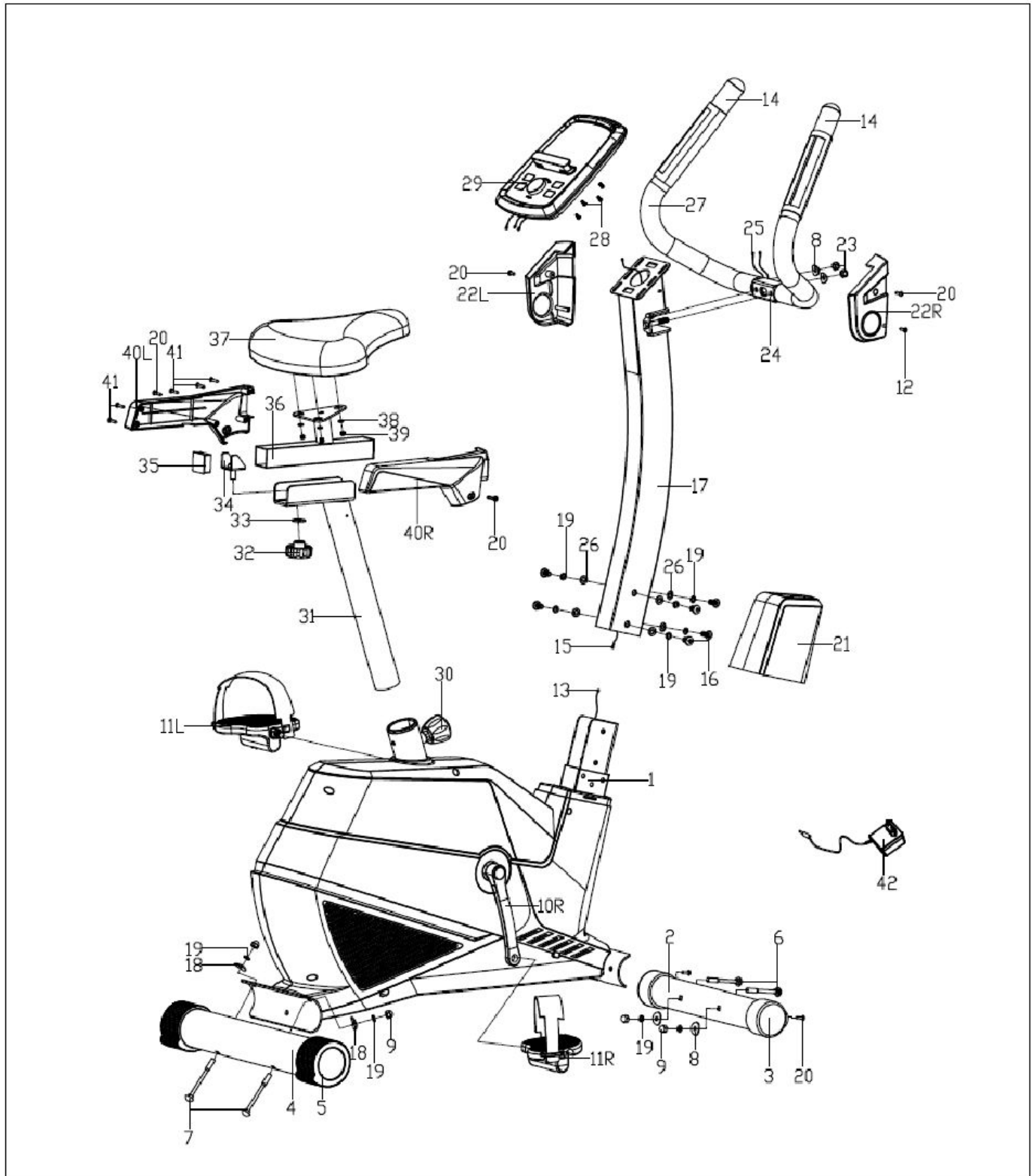
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

A DCF H5 BH'G5 : 9 HMBC H7 9

★Note the following precautions before assembling or operating the machine.

01. Assemble the machine exactly as the descriptions in the instruction manual.
02. Check all the screws, nuts and other connections before using the machine, only do exercising on the machine when it is in correct working way. Ensure that all users are adequately informed of all precautions.
03. Set up the machine in a dry level place and leave it away from moisture and water; before beginning exercising, remove all objects within a radius of 2 meters from the machine.
04. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly or exercise to avoid scratch, dirt and etc.
05. Do not use aggressive cleaning articles to clean the machine, remove drops of sweat from the machine immediately after finishing exercising.
06. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine, use only original spare parts for any necessary repairs.
07. Your health can be affected by incorrect or excessive exercising. Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
08. This machine is intended for home use only, not suitable for therapeutic purpose.
09. Wear appropriate clothes and athletic shoes when exercising.
10. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop immediately and consult your doctor.
11. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.
12. The maximum user's weight is 120 KGS.

9LD@C898'8-5; F5A



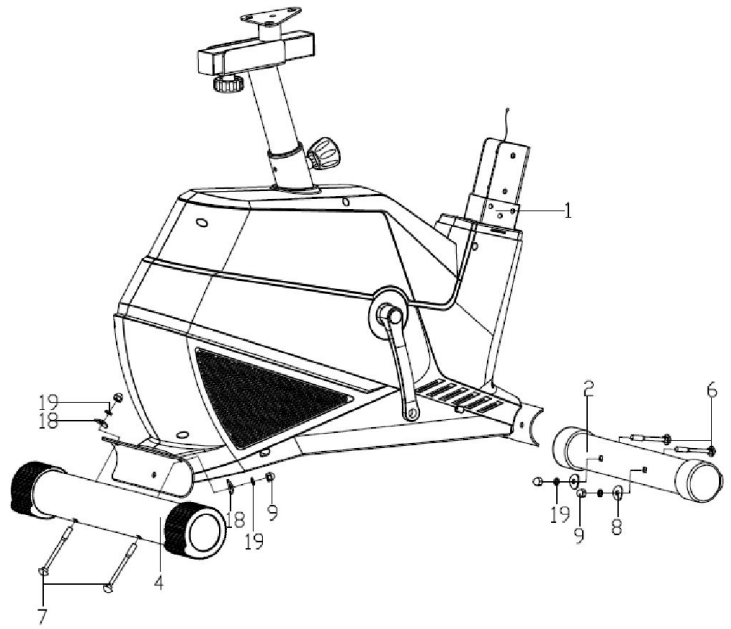
D5 F HG' @GH

DUFh Bc''	8 YgWJdHcb	EIm	DUFh Bc''	8 YgWJdHcb	EIm
1	Main frame	1	22L/R	Console cover	1p.r.
2	Front stabilizer	1	23	Nylon nut M8	3
3	Front end cap	2	24	Handlebar	1
4	Rear stabilizer	1	25	Handle pulse wire	2
5	Rear end cap	2	26	Flat washer D8*D16*1.5	6
6	Square bolt M8*74	2	27	Foam grip 2	2
7	Square bolt M8*93	2	28	Pan head screw	4
8	Arch washerΦ8.5*Φ20*1.5*R16	4	29	Console	1
9	Nut M8	4	30	Pop-pin knob	1
10 L/R	Crank L/R	1 pr.	31	Saddle post	1
11 L/R	Pedal L/R	1 pr.	32	Plum knob	1
12	Screw ST3.5*20	1	33	Flat washer	1
13	Sensor wire	1	34	U-shaped washer	1
14	Foam grip 1	2	35	Square end cap	2
15	Extension wire	1	36	Saddle slider	1
16	Hex bolt M8*15	6	37	Saddle	1
17	Handlebar post	1	38	Flat washer	3
18	Arch washerΦ8.5*Φ25*1.5*R30	2	39	Nylon nut	3
19	Spring washer D8	10	40L/R	Saddle post cover	1pr.
20	Screw ST4.2*18	7	41	Screw ST3×15	5
21	Front cover	1	42	Adaptor	1

5 GG9 A 6 @M-BGHFI 7 H-CBG

GhYd'%

Lock the front stabilizer (2) and rear stabilizer (4) to the main frame (1) with the hex bolt (6), flat arc washer (8), hex bolt (7), arch washer (18), spring washer (19) and nut (9).

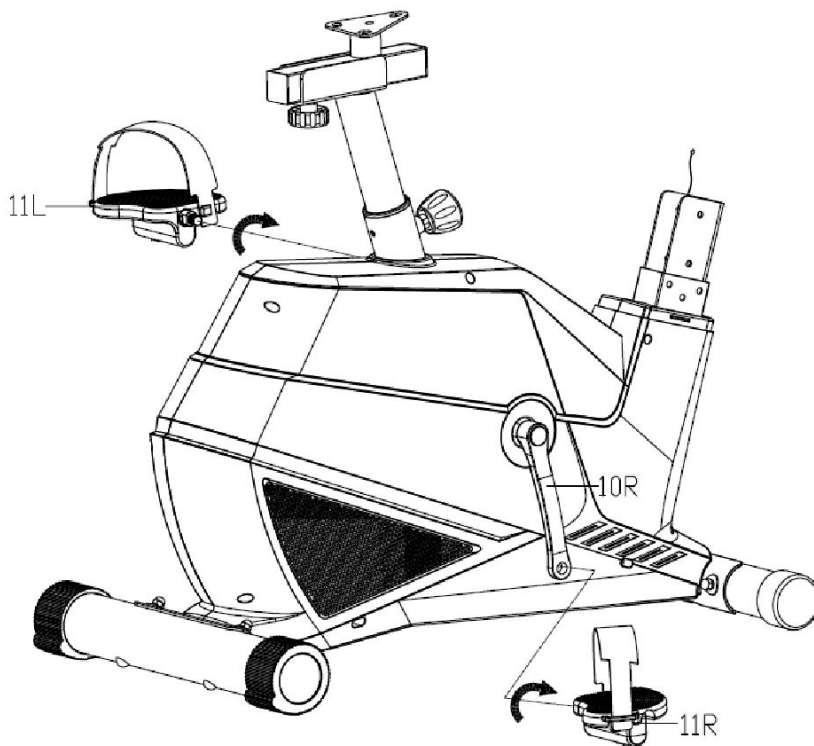


GhYd'&

Lock the pedal (11L/R) to the crank (10L/R) with wrench.

D'YUgY'bcHY. lock the pedal (11L) in counter-clockwise and lock the pedal (11R) in clockwise as shown.

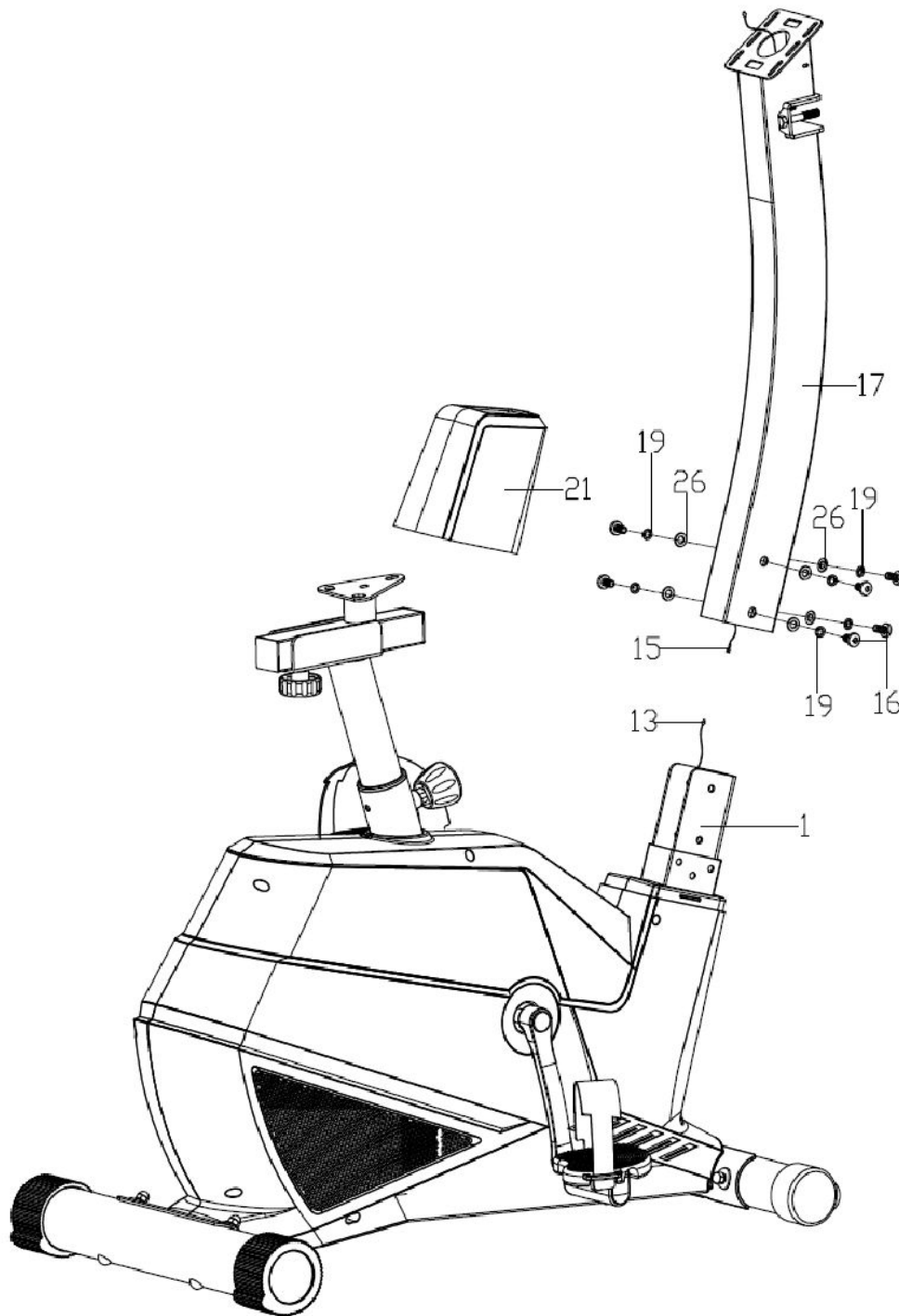
Always make sure the pedal (11L/R) are locked tightly during your movement, otherwise the pedal (11L/R) will be broken.



GHyd™ .

5: Firstly, insert the front cover (21) into the handlebar post (17), and connect the sensor wire (13) and extension wire (15).

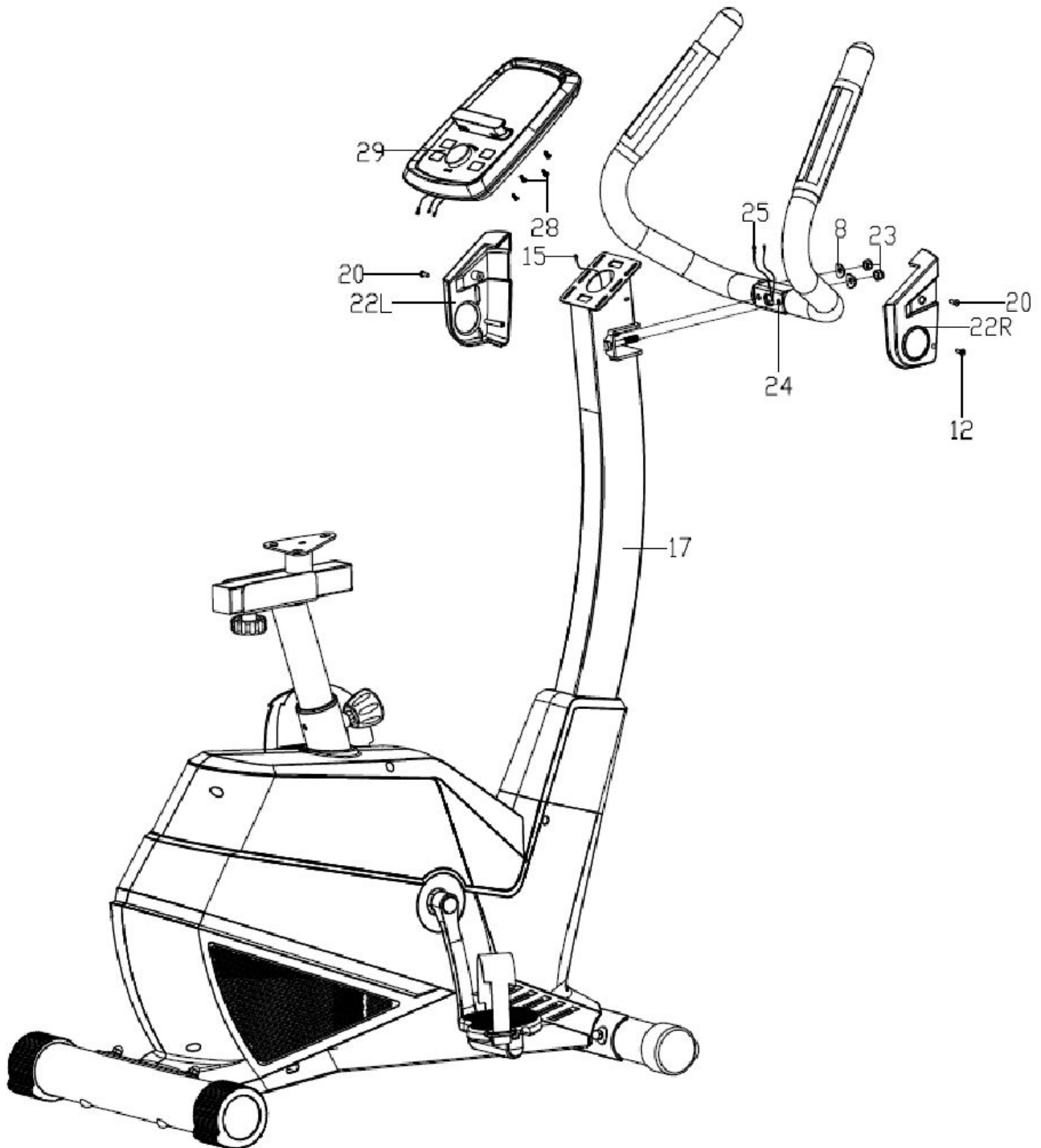
6: Insert the handlebar post (17) into the main frame (1), and lock the handlebar post (17) in the main frame (1) with hex bolt (16), spring washer (19) and flat washer (26), and then put down the front cover (21).



GhYd' .

5: Insert the console cover (22L/R) into the two side of handlebar (24), and pull the handle pulse wire (25) through the hole of handlebar post (17) and go through the hole of the console bracket, and then lock the handlebar (24) in the handle post (17) with nylon nut (23) and arch washer (8).

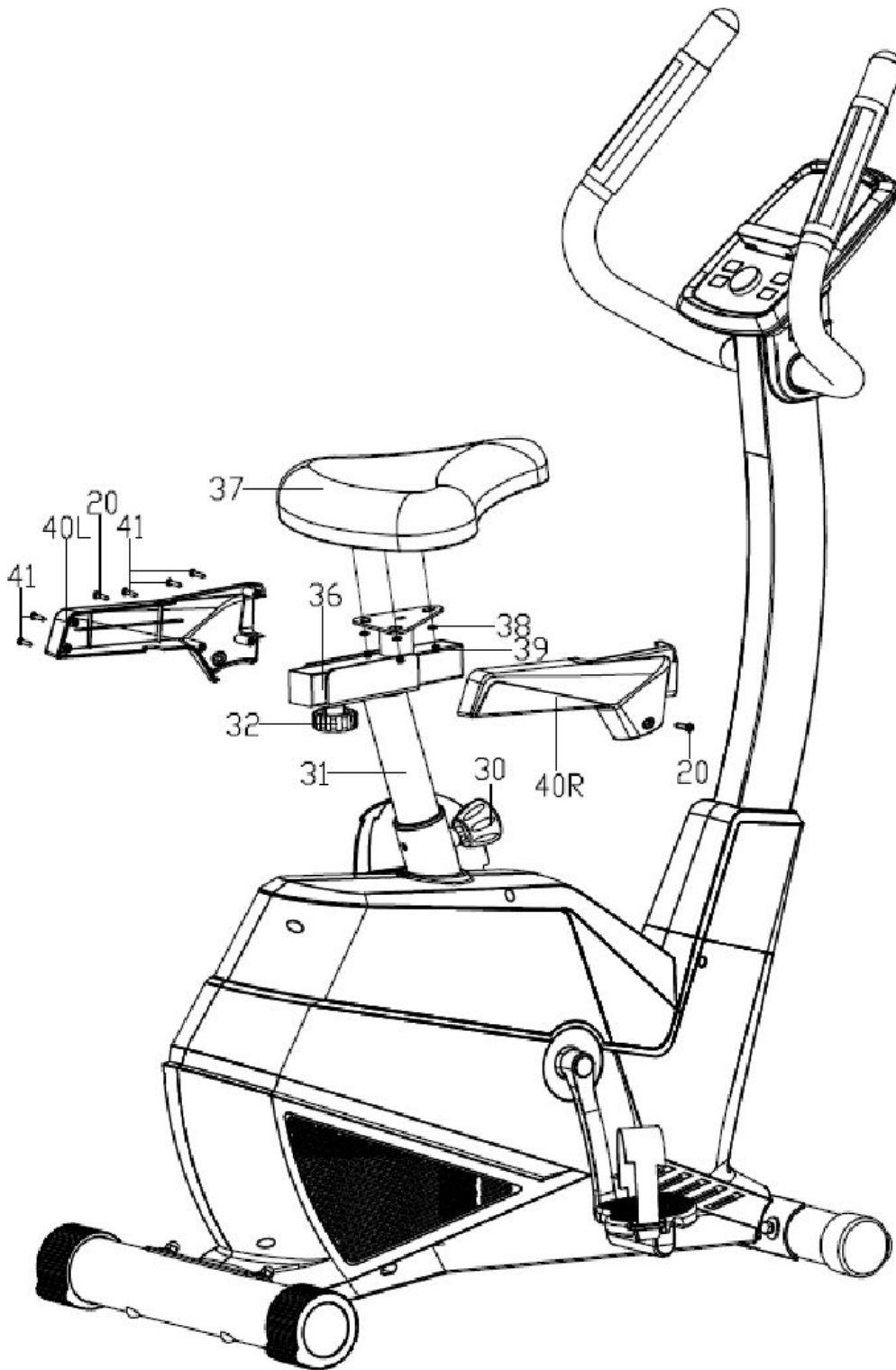
6: Connect the handle pulse wire (25) and extension wire (15) with the relevant cables of the console (29) respectively, and then lock the console (29) on the bracket of the handlebar post (17) with the screw (28). Lock the console cover (22L/R) in the handlebar post (17) with screw (20) and screw (12). Make sure lock all the screws tightly now.



GhYd').

A: Lock the saddle (37) on the saddle slider (36) with nylon nut (39) and flat washer (38), and then loosen the plum knob (32) and Pop-pin knob (30) to adjust the place of the saddle (37) and saddle post (31) and tighten it.

B: Lock the saddle post cover (40 L/R) to the saddle post (31) with the screws (20) (41).



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