

PROFLEX

PROFLEX
ASSEMBLY
AFX Air
Resistance
Bike

CLICK ME

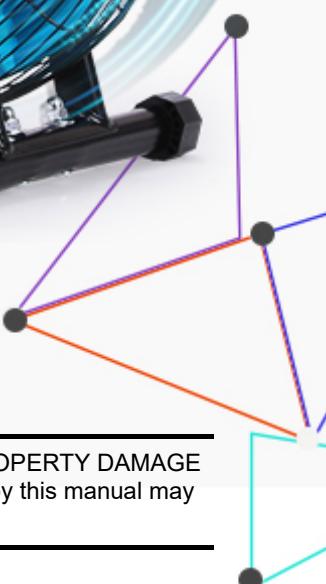
AFX Air Resistance Bike



User Manual

[Revision 3.0 May 2020]

READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.



Safety

Safety messages are designed to alert you to possible dangers or hazards that could cause death, injury or equipment or property damage if not understood or followed. Safety messages have the following symbols:



You **WILL** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be KILLED or SERIOUSLY INJURED if you do not follow instructions.



You **CAN** be INJURED if you do not follow instructions or equipment damage may occur.

It is vital that you read and understand this user manual before using the product, including safety warnings, and any assembly and operating instructions. Keep the manual for future reference.

Safety precautions and recommendations detailed here must be fully understood and followed to reduce the risk of injury, fire, explosion, electrical hazard, and/or property damage.

Safety information presented here is generic in nature – some advice may not be applicable to every product. The term "equipment" refers to the product, be it electrical mains powered, battery powered or combustion engine powered.

- Before Use** - If you are not familiar with the safe operation/handling of the equipment or are in any way unsure of any aspect of suitability or correct use for your application, you should complete training conducted by a person or organization qualified in safe use and operation of this equipment, including fuel/electrical handling and safety.

- Do NOT operate the equipment in flammable or explosive environments, such as in the presence of flammable liquids, gases or dust. The equipment may create sparks or heat that may ignite flammable substances.
- Keep clear of moving parts.
- Equipment may be a potential source of electric shock or injury if misused.
- Do NOT operate the equipment if it is damaged, malfunctioning or is in an excessively worn state.
- Do NOT allow others to use the equipment unless they have read this manual and are adequately trained.
- Keep packaging away from children - risk of suffocation! Operators must use the equipment correctly. When using the equipment, consider conditions and pay due care to persons and property.

General Work Area Safety

- Work areas should be clean and well lit.
- Do not operate the equipment if bystanders, animals etc are within operating range of the equipment or the general work area.
- If devices are provided for connecting dust extraction / collection facilities, ensure these are connected and used properly. Dust collection can reduce dust-related hazards.

General Personal Safety

- Wear appropriate protective equipment when operating, servicing, or when in the operating area of the equipment to help protect from eye and ear injury, poisoning, burns, cutting and crush injuries. Protective equipment such as safety goggles, respirators, non-slip safety footwear, hard hat, hearing protection etc should be used for appropriate equipment / conditions. Other people nearby should also wear appropriate personal protective equipment. Do not wear loose clothing or jewellery, which can be caught in moving parts. Keep hair and clothing away from the equipment.
- Stay alert and use common sense when operating the equipment. Do not over-reach. Always maintain secure footing and balance.
- Do not use the equipment if tired or under the influence of drugs, alcohol or medication.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.

General Fuel Safety

- Petrol/fuel/gasoline is extremely flammable – keep clear of naked flames or other ignition sources.
- Do not spill fuel. If you spill fuel, wipe it off the equipment immediately – if fuel gets on your clothing, change clothing.
- Do NOT smoke near fuel or when refuelling.
- Always shut off the engine before refuelling.
- Do NOT refuel a hot engine.
- Open the fuel cap carefully to allow any pressure build-up in the tank to release slowly.
- Always refuel in well ventilated areas.
- Always check for fuel leakage. If fuel leakage is found, do not start or run the engine until all leaks are fixed.

General Carbon-Monoxide Safety

- Using a combustion engine indoors **CAN KILL IN MINUTES**. Engine exhaust contains carbon-monoxide – a poison you cannot smell or see.
- Use combustion engines **OUTSIDE** only, and far away from windows, doors and vents.

General Equipment Use and Care

- The equipment is designed for domestic use only.
- Handle the equipment safely and carefully.
- Before use, inspect the equipment for misalignment or binding of moving parts, loose components, damage or any other condition that may affect its operation. If damaged, have the equipment repaired by an authorised service centre or technician before use.
- Prevent unintentional starting of the equipment - ensure equipment and power switches are in the OFF position before connecting or moving equipment. Do not carry equipment with hands or fingers touching any controls. Remove any tools or other items that are not a part of the equipment from it before starting or switching on.
- Do not force the equipment. Use the correct equipment for your application. Equipment will perform better and be safer when used within its design and usage parameters.
- Use the equipment and accessories etc. in accordance with these instructions, considering working conditions and the work to be performed. Using the equipment for operations different from those intended could result in hazardous situations.
- Always keep equipment components (engines, hoses, handles, controls, frames, housings, guards etc) and accessories (cutting tools, nozzles, bits etc) properly maintained. Keep the equipment clean and, where applicable, properly lubricated.
- Store the equipment out of reach of children or untrained persons. To avoid burns or fire hazards, let the equipment cool completely before transporting or storing. Never place or store the equipment near flammable materials, combustible gases or liquids etc.
- The equipment is not weather-proof, and should not be stored in direct sunlight, at high ambient temperatures or locations that are damp or humid.
- Do not clean equipment with solvents, flammable liquids or harsh abrasives.
- For specific equipment safety use and care, see Equipment Safety.

General Electrical Safety	General Electrical Safety	General Service Information
<ul style="list-style-type: none"> Inspect electrical equipment, extension cords, power bars, and electrical fittings for damage or wear before each use. Repair or replace damaged equipment immediately. Ensure all power sources conform to equipment voltage requirements and are disconnected before connecting or disconnecting equipment. When wiring electrically powered equipment, follow all electrical and safety codes. Wherever possible, use a residual current device (RCD). High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal. 	<ul style="list-style-type: none"> Electrically grounded equipment must have an approved cord and plug and be connected to a grounded electrical outlet. Do NOT bypass the ON/OFF switch and operate equipment by connecting and disconnecting the electrical cord. Do NOT use equipment that has exposed wiring, damaged switches, covers or guards. Do NOT use electrical equipment in wet conditions or in damp locations. Do NOT use electrical cords to lift, move or carry equipment. Do NOT coil or knot electrical cords, and ensure electrical cords are not trip hazards. 	<ul style="list-style-type: none"> The equipment must be serviced or repaired at authorised service centres by qualified personnel only. Replacement parts must be original equipment manufacturer (OEM) to ensure equipment safety is maintained. Do NOT attempt any maintenance or repair work not described in this manual. After use, the equipment and components may still be hot – allow the equipment to cool and disconnect spark plugs and/or electrical power sources and/or batteries from it before adjusting, changing accessories or performing repair or maintenance. Do NOT adjust while the equipment is running. Perform service related activities in suitable conditions, such as a workshop. Replace worn, damaged or missing warning/safety labels immediately.

Air Resistance Bike Safety

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

- Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
- Before exercise, in order to avoid injuring your muscles, warm-up exercises are recommended.
- Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
- Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
- Be careful when step on or leave the pedal always hold the handlebars first. Make the pedal at your side at the lowest position, step on the pedal, and stride over the main frame then step on the other pedal. When using, please hold the handlebar by hands, make the pedals running smoothly by push or pull handlebars, then run the equipment regularly by cooperation of hands and feet. After exercise, please also make one pedal at the lowest position and leave your foot on the higher pedal first and then another.
- Do not use the equipment outdoors. It is not a commercial model.
- This equipment is for household use only.
- Only one person at a time should use this equipment.
- If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
- Care should be taken in mounting or dismounting the equipment.
- Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this User Manual for future reference.

Safety Symbols

The product may have safety warning labels attached to it, explained below. Understand the symbols on your product and their meanings. If any stickers become unreadable, unattached etc., replace them.

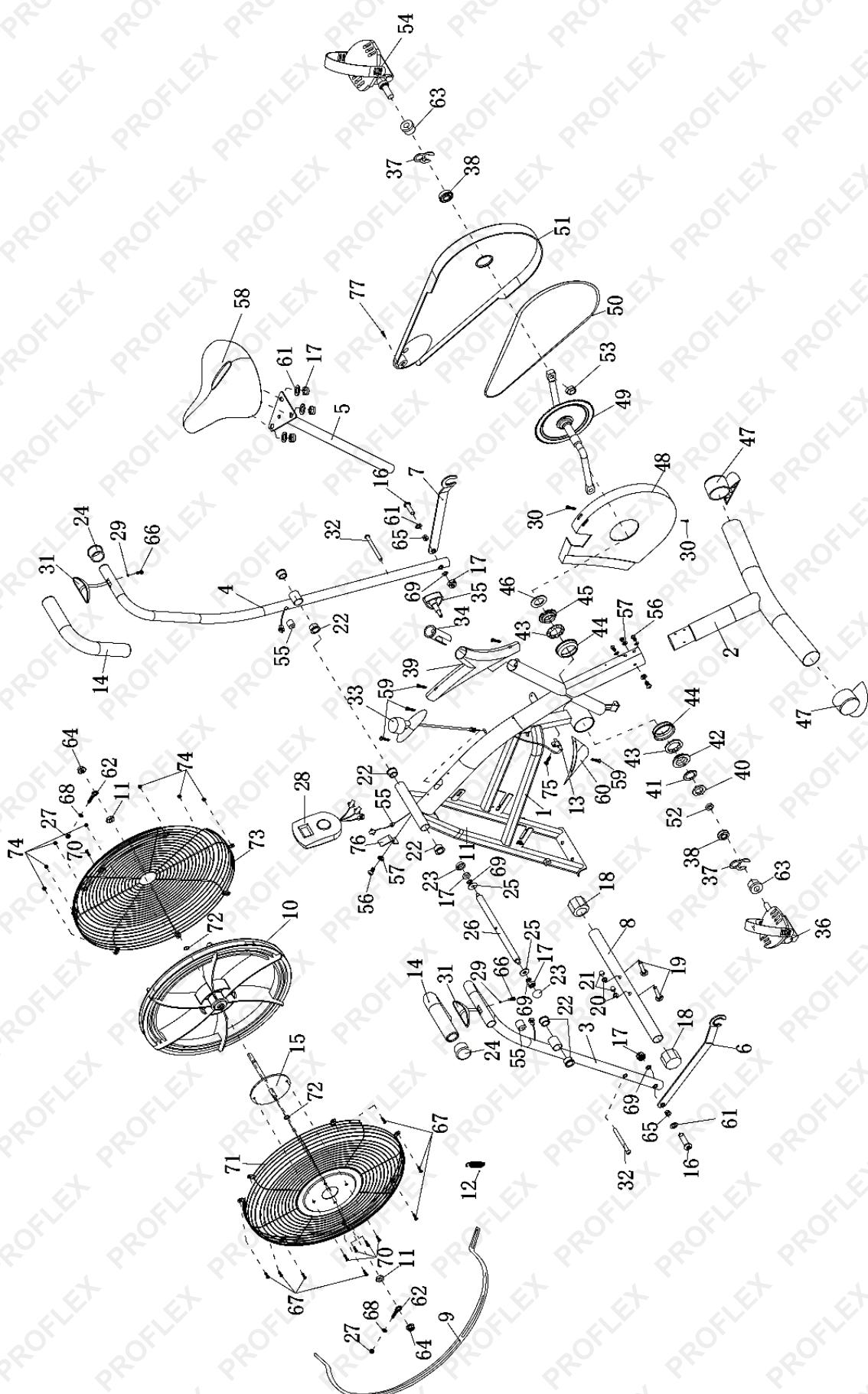
			 WARNING EXHAUST FUMES
			
			
			
			

 <p>Carbon-Monoxide Hazard Do not use the product in confined areas or without adequate ventilation. Carbon-monoxide poisoning can be fatal.</p>	 <p>Pull Hazard Be aware that the product contains or uses mechanical devices that can pull in objects and can cause severe injury to fingers, limbs etc. Take due care when handling and using the product.</p>	 <p>Slope / Fall Injury Hazard Be aware that using the product on sloping surfaces or in slippery conditions may present additional dangers from falls and contact with blades, moving parts, hot surfaces etc.</p>	 <p>"Slam Dunk" Warning Do NOT attempt "slam dunk" manoeuvres as this may result in severe injury due to falling, product breakage or collapse etc.</p>
 <p>Electrocution / Electrical Shock Hazard - Outdoor High voltage or high current electricity may be present or required by the product. Do NOT use in rain, damp or wet conditions. Electrical shock can be fatal.</p>	 <p>Electrocution / Electrical Shock Hazard - Disconnect High voltage or high current electricity may be present or required by the product. Always disconnect the product from the electrical supply before handling the product, adjusting, maintenance etc.</p>	 <p>Power Line Electrocution Hazard High voltage / high current power lines may be present. Use extreme caution to avoid contact or interference with power lines. Electrical shock can be fatal.</p>	 <p>"Kick-Back" Hazard High level of "kick-back" hazard that can cause the machine to suddenly rotate towards operator. Kick-back injury can be fatal.</p>
 <p>Winch Operator Position Hazard Do NOT stand between winch and load. Do NOT use winch to move people.</p>	 <p>Winch Lift Hazard Do NOT LIFT load vertically. Use machine to PULL only.</p>	 <p>Cable Hazard Ensure that load bearing cable is not kinked or knotted.</p>	 <p>Winch Cable Hazard Ensure that there is a minimum number of cable coils on winching mechanism.</p>
 <p>Winch Hook Hazard Carry hook to load – do NOT throw or run.</p>	 <p>Flash / Blinding Hazard Wear appropriate eye protection for welding. Direct exposure to weld arcs may cause permanent eye injury.</p>	 <p>Laser Hazard Laser may be in use – do NOT look directly at laser or allow others to.</p>	

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Parts Identification



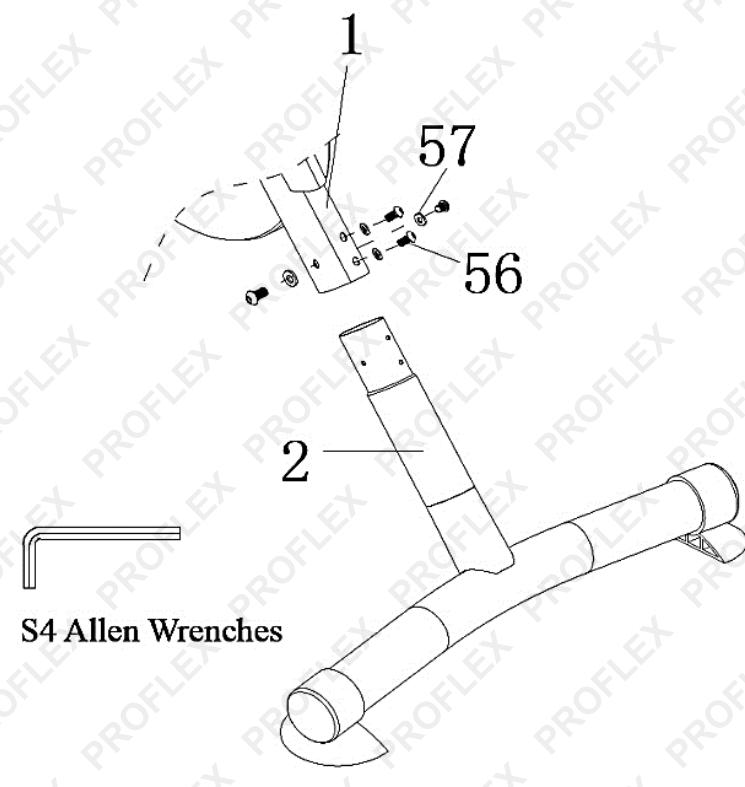
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	40	Hexagon Flat Nut 7/8"	1
2	Rear Stabilizer	1	41	Stop Washer Ø35×2.0	1
3	Left Handrail	1	42	Puller Sleeve 7/8"	1
4	Right Handrail	1	43	Ball Bearing Ø44.5	2
5	Seat Post	1	44	Bearing Bush Ø55.6×16	2
6	Left Connection Bar	1	45	Puller Sleeve 15/16"	1
7	Right Connection Bar	1	46	Flat Washer Ø40×2.8	1
8	Front Stabilizer	1	47	End Cap for Rear Stabilizer	2
9	Belt	1	48	Decorative Cover 250×290×30	1
10	Fly Wheel	1	49	Crank	1
11	Hexagon Nut M10	2	50	Chain	1
12	Tension Spring	1	51	Chain Cover	1
13	Sensor with Wire	1	52	Left Nylon Nut 1/2"	1
14	Foam Grip Ø24×Ø35×280	2	53	Right Nylon Nut 1/2"	1
15	Fan Wheel Axle	1	54	Right Pedal	1
16	Hexagon Bolt M8×50	2	55	Wire Plug Ø12	6
17	Nylon Nut M8	7	56	Hexagon Bolt M5x15	5
18	End Cap for Front Stabilizer	1	57	Arc Washer Ø5×Ø14×1	5
19	Carriage Bolt M8x40	2	58	Seat Cushion	1
20	Arc Washer Ø8×Ø20×1.5	2	59	Cross Pan Head Tapping Screw ST3.9×16	5
21	Cap Nut M8×16	2	60	Decorative Cover 158×23×58	1
22	Round End Cap Ø25×1.5	6	61	Flat Washer Ø8×Ø16×1.5	5
23	Nut Cap Ø24×13	2	62	Eye Bolt M6x36	2
24	Handlebar End Cap	2	63	Spacer Bush Ø21×Ø13×10	2
25	Flat Washer Ø8×Ø24×2	2	64	Flange Nut M10	2
26	Rotation Rod Ø16.0×261.5	1	65	Steel Bushing Ø18×Ø14×Ø8×10	2
27	Hexagon Nut M6	2	66	Cross Pan Head Self-Drilling Screw ST4.2×20	2
28	Meter	1	67	Cross Pan Head Bolt M5×10	7
29	Flat Washer Ø5×Ø9×0.8	2	68	Spring Washer Ø6	2
30	Cross Pan Head Screw M5×15	2	69	Spring Washer Ø8	4
31	Hand Pulse with Wire L=700mm	2	70	Screw M6x10	5
32	Hexagon Bolt M8×85	2	71	Left Flywheel Cover	1
33	Tension Control Knob	1	72	Circlip Ø10	2
34	Plastic Bushing Ø32×1.5	1	73	Right Flywheel Cover	1

No.	Description	Qty	No.	Description	Qty
35	Seat Height Adjustment Knob M12	1	74	Nylon Nut M5	7
36	Left Pedal	1	75	Cross Pan Head Tapping Screw ST4.2x12	1
37	Clip 50x40x2.0	2	76	Meter Plate	1
38	Alien Bearing Ø31xØ29xØ 13x11	2	77	Bolt M5x25	1
39	Decorative Cover 350x130x47	1			

Assembly

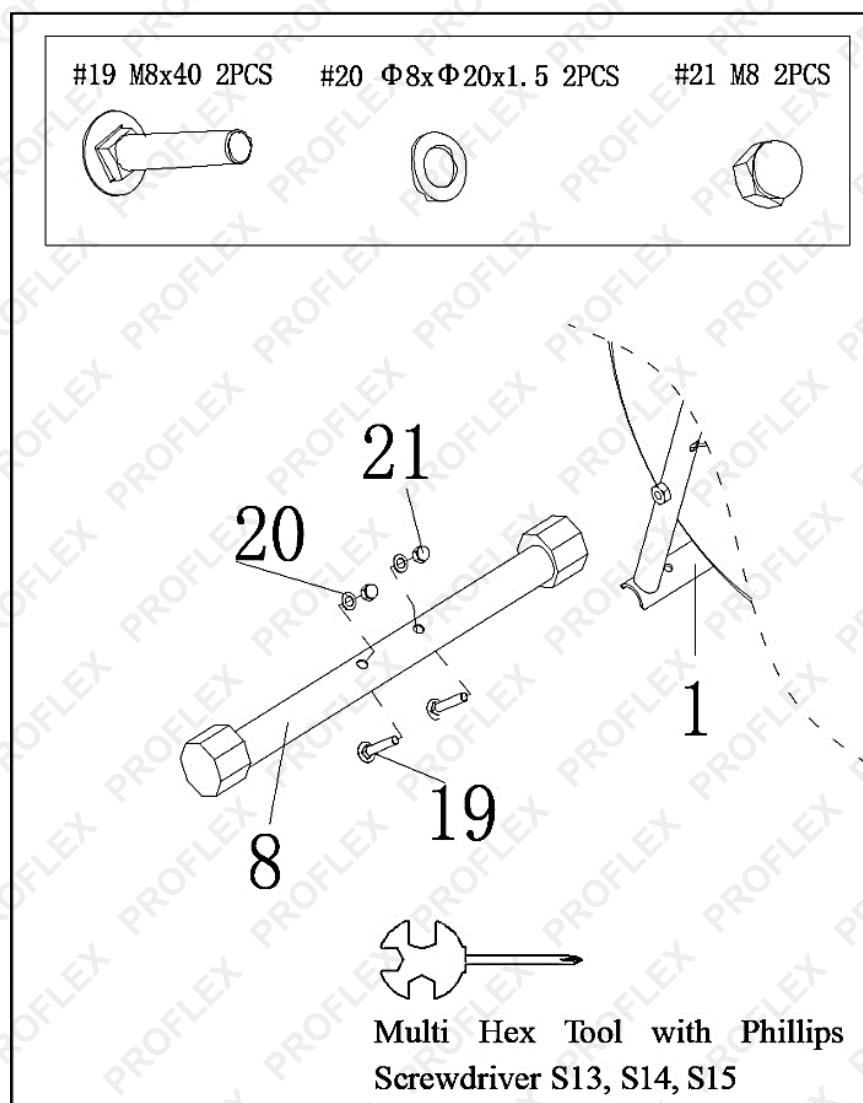
Step 1

Video Tutorial: [Assembly Guide](#)



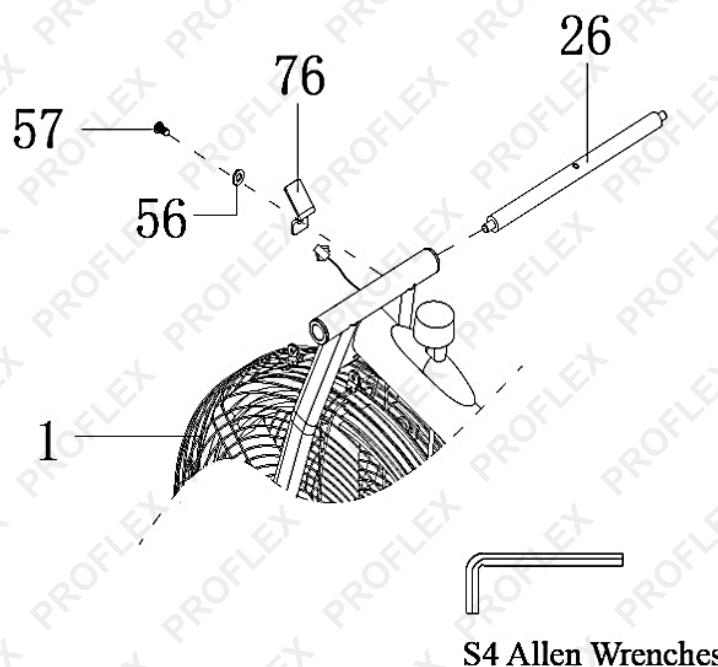
Attach the Rear Stabilizer (2) onto the rear curve of the Main Frame (1) with four Hexagon Bolts (56) and four Arc Washers (57).

Tighten bolts with S4 Allen Wrenches provided.

Step 2

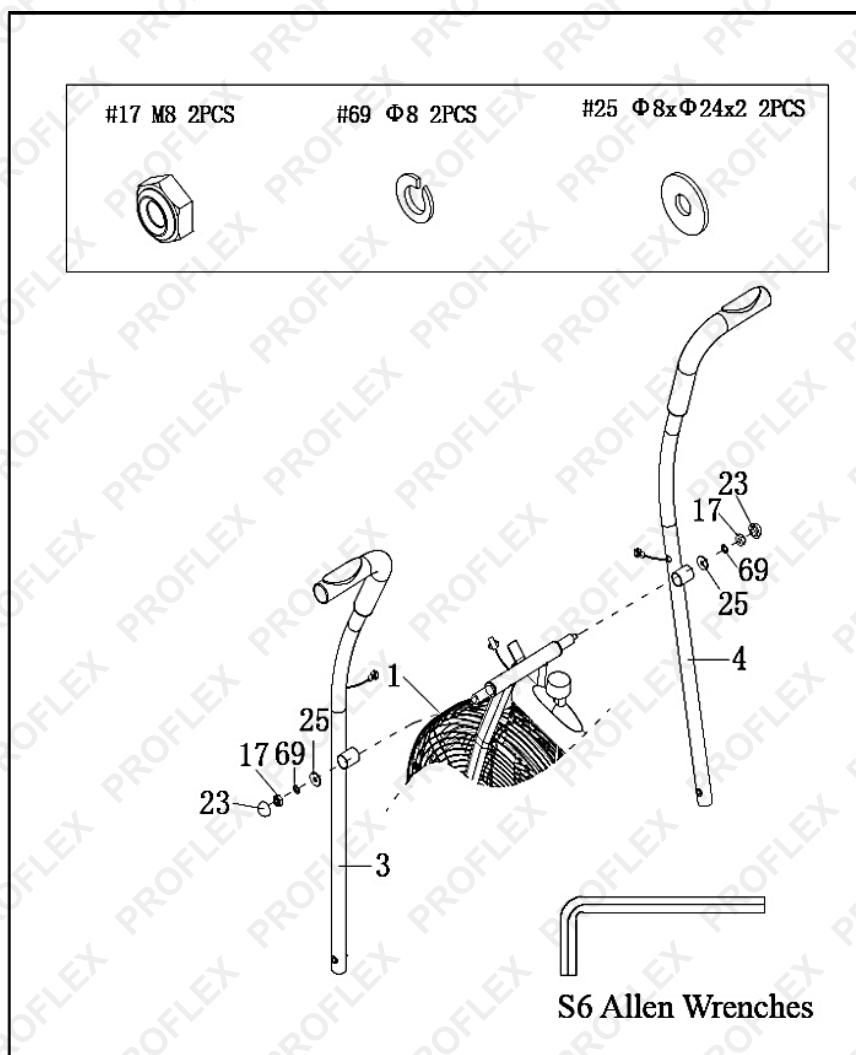
Attach the Front Stabilizer (8) onto the front curve of the Main Frame (1) with two Cap Nuts (21), two Arc Washers (20) and two Carriage Bolts (19).

Tighten nuts with Multi Hex Tool with Phillips Screwdriver provided.

Step 3#56 M5x15 1PC #57 $\Phi 5 \times \Phi 14 \times 1$ 1PC

Place the Rotation Rod (26) into the hole of the Main Frame (1).

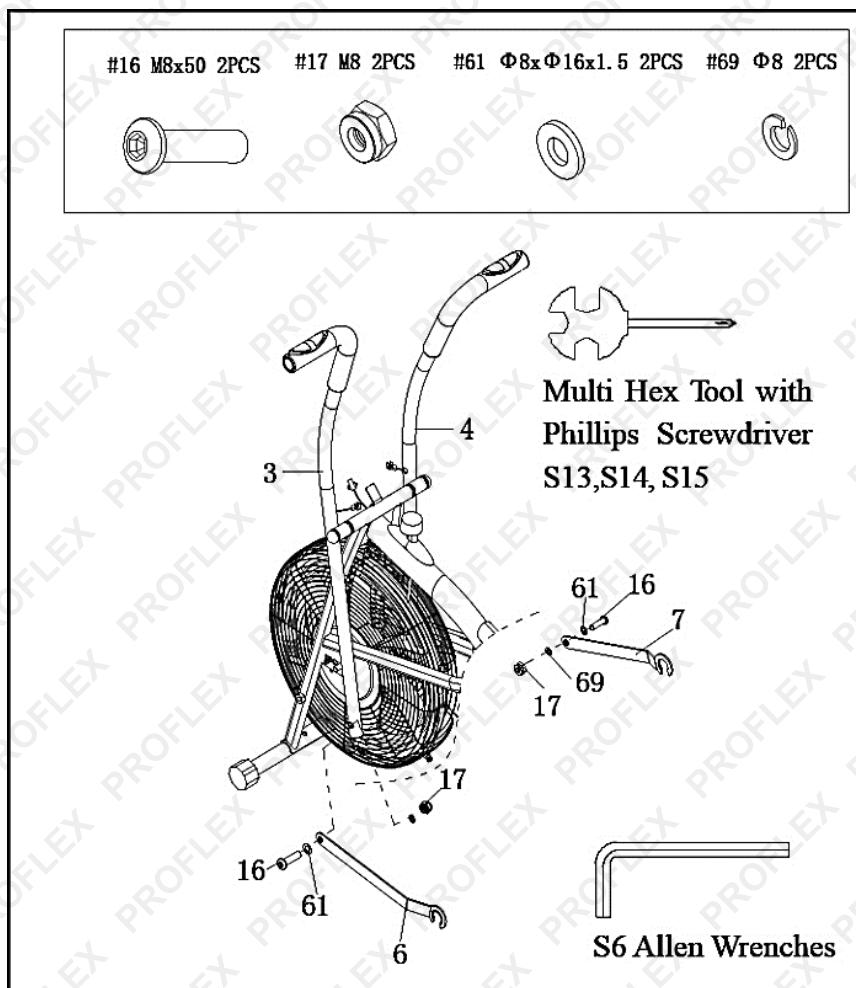
Install the Meter Plate (76) to the Main Frame (1) with one Hexagon Bolt (56) and one Arc Washer (57). Tighten bolts with Allen Wrenches provided.

Step 4

Slide the Left/Right Handrails (3)(4) onto the Rotation Rod (26) and secure in place with two Flat Washers (25), two Spring Washers (69) and two Nylon Nuts (17).

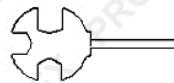
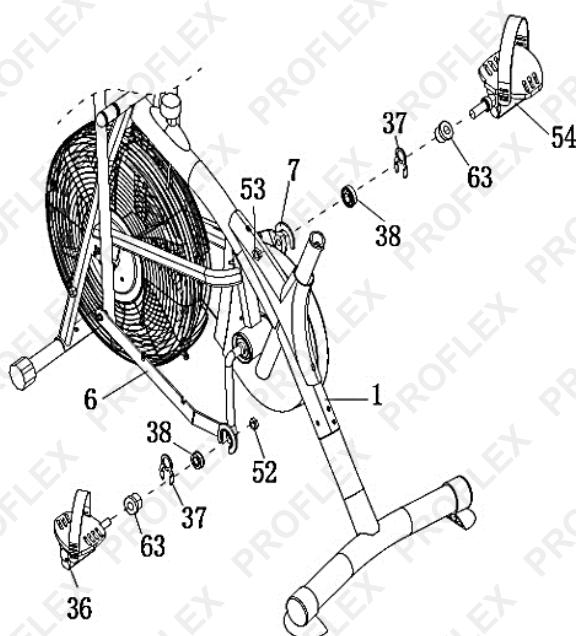
Tighten bolts with S6 Allen Wrenches provided.

Then install two Nut Caps (23) onto the Nylon Nuts (17).

Step 5

Install the Left/Right Connection Bar (6)(7) to the Left/Right Handlebar (3)(4) with two Hexagon Bolts (16), two Flat Washers (61), two Spring Washers (69) and two Nylon Nuts (17).

Tighten nuts and bolts with Multi Hex Tool with Phillips Screwdriver and Allen Wrenches provided.

Step 6

Multi Hex Tool with Phillips Screwdriver S13, S14, S15

Attach the Left Connection Bar (6) and Left Pedal (36) to the crank with one Spacer Bush (63), one Clip (37), one Alien Bearing (38) and one Left Nylon Nut (52) with clockwise direction.

Tighten nuts with Multi Hex Tool with Phillips Screwdriver provided.

Attach the Right Connection Bar (7) and Right Pedal (54) to the crank with one Spacer Bush (63), one Clip (37), one Alien Bearing (38) and one Right Nylon Nut (53) with counter-clockwise direction.

Tighten nuts with Multi Hex Tool with Phillips Screwdriver provided.

Note: Install the clip based on the sequence of images below:



Pic. 1



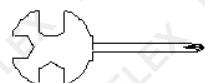
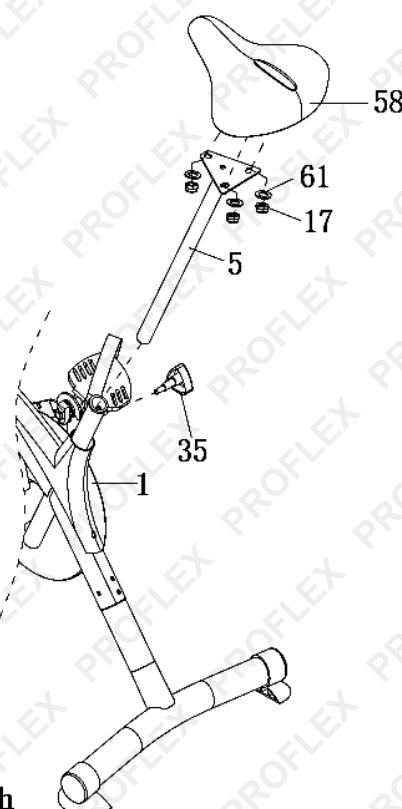
Pic. 2



Pic. 3

Step 7

#17 M8 3PCS	#61 $\Phi 8 \times \Phi 16 \times 1.5$ 3PCS	#35 M12 1PC
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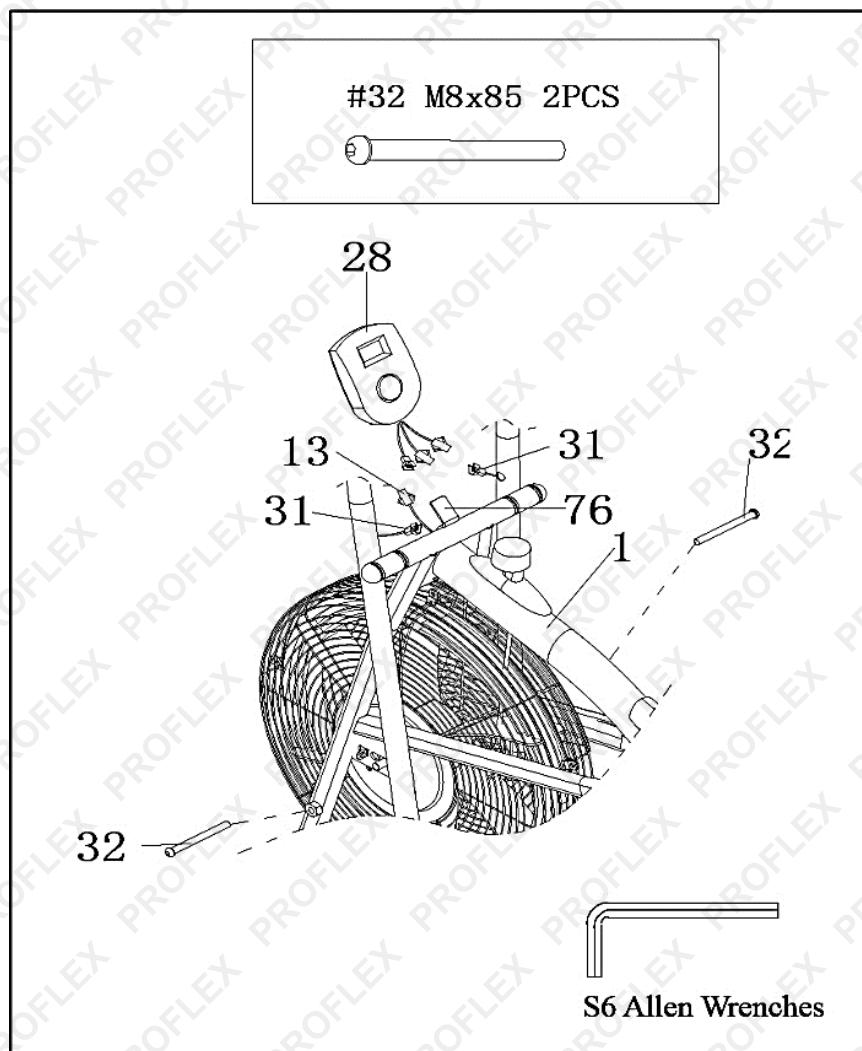


Multi Hex Tool with
Phillips Screwdriver
S13, S14, S15

Attach the Seat Cushion (58) onto the Seat Post (5) with three Flat Washers (61) and three Nylon Nuts (17).

Tighten bolts with Multi Hex Tool with Phillips Screwdriver provided.

Insert the Seat Post (5) into the Seat Post Plastic Bushing on the tube of the Main Frame (1), and then attach the Seat Height Adjustment Knob (35) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (5) in the suitable position.

Step 8

Slide the Meter (28) onto the Meter Plate (76).

Then Connect the Sensor with wires (13), Hand Pulse with Wire (31) and Extension Sensor Wire (68) to the wires that comes from the Meter (28).

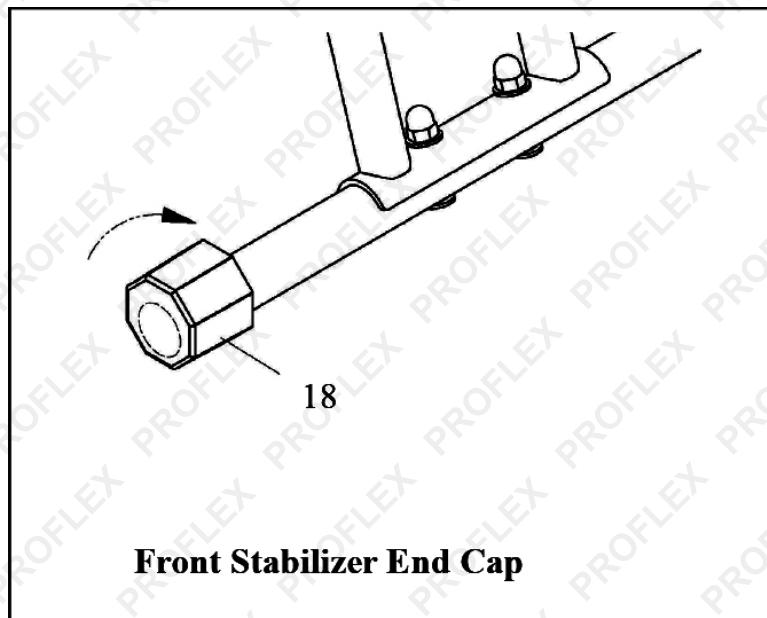
Lock two Hexagon Bolts (32) to the Main Frame (1).

Tighten bolts with the Allen Wrench provided.

Adjustments

Adjusting the Front Stabilizer End Cap

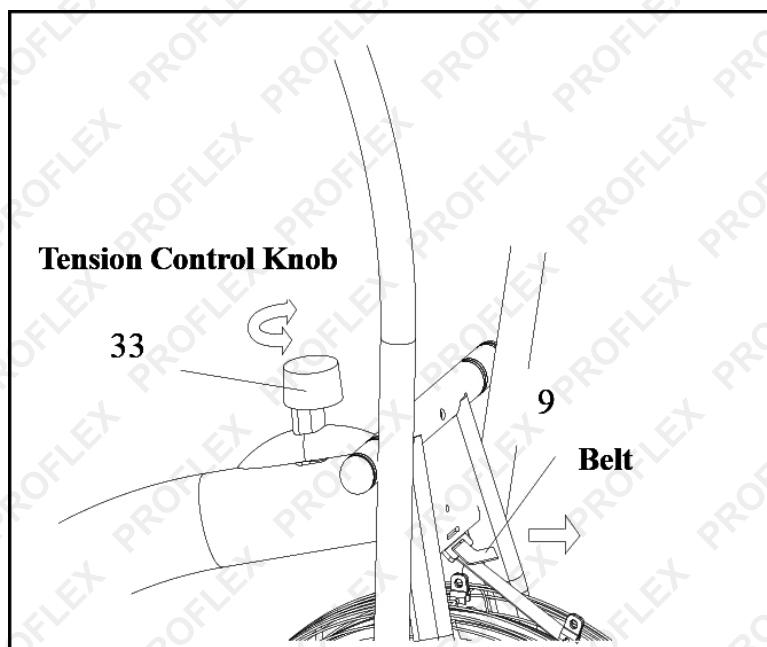
Turn the front stabilizer end cap (18) on the front stabilizer as needed to level the air bike.



Adjusting the Tension Control Knob

- To increase the tension, turn the tension control knob (33) in a clockwise direction.
- To decrease the tension, turn the tension control knob (33) in an anti-clockwise direction.

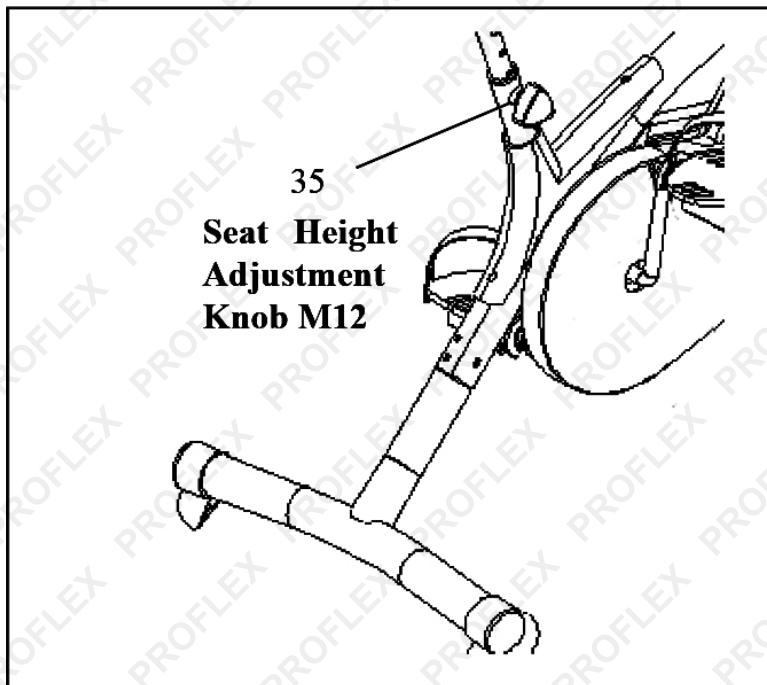
NOTE: Resistance may lower over time. If this happens, simply adjust the tensioning bolt.



Adjusting the Seat Height

Remove the seat height adjustment knob (35) from the tube of the main frame. Then slide the seat post up or down slightly to the desired hole for the suitable position. Lock the seat post in place by tightening the seat height adjustment knob (35) in a clockwise direction.

NOTE: When adjusting the height of the seat post, make sure the seat post plastic bushing does not exceed the marked line on the seat post.



Specifications

Display functions	Distance, Time, Speed, Calorie, Scan
Drive system	Chain
Frame	Steel
Pulse Sensors	Yes

Note: Assembly Required



Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.

