

# PROFLEX

## EXB1

### Recumbent Exercise Bike



*Colour and branding may vary from the image above*

## User Manual

[Revision 7.0 March 2020]

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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.

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# Safety

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



Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

- Use this product for its intended use only as described in this user manual. Do not use attachments not supplied or recommended by the manufacturer.
- **Maximum weight capacity = 120 kg.**
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Any information or data provided by the equipment is a guide only and is not to be used as medical data or scientific evidence.
- Do not use the unit outdoors.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the equipment in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- Keep the unit on a solid, level surface with a minimum safety area clearance of two meters around it. Be sure the area around the equipment remains clear of any obstructions during use.
- The equipment is for domestic household use only.
- One person only should use the equipment at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the equipment barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the equipment and create a hazard.
- Always hold on to the handrails while using the equipment.
- Do not leave children unsupervised near or on the equipment.
- Children should not be allowed to play or operate the equipment at any time.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- Keep hands clear of all moving parts. Never place hands or feet off the handles or pedals while the equipment is in use.
- Before using the equipment, check that all visible fasteners are sufficiently tightened and secure.
- Handle or move the equipment with due care to avoid personal injury or damage to the equipment.

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# Parts Identification

The equipment comes partially assembled. The unit comes with the following parts. Ensure that all parts are included before assembly.



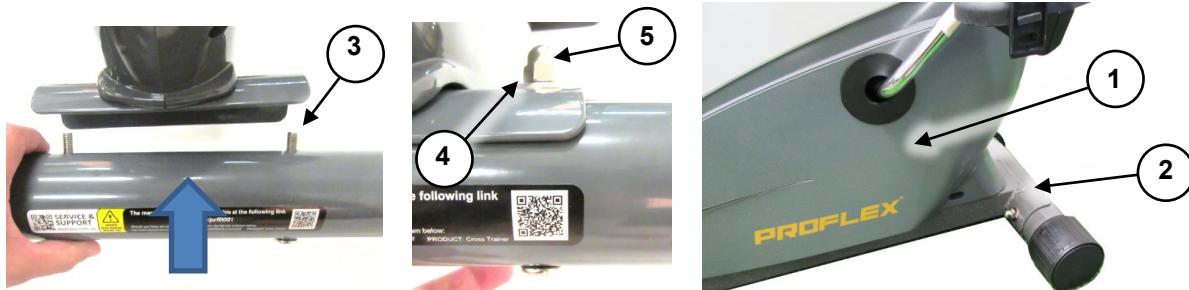
No.	Qty.	Description
1	1	Main Body (includes flywheel, crank and frame lock nut)
2	1	Front Foot (includes rotating caps)
3	1	Rear Foot
4	1	Centre Frame
5	2	Pedal (left and right)
6	1	Seat Brace
7	1	Handlebar
8	1	Vertical Handlebar
9	1	Front Mounting Tube
10	1	Seat

No.	Qty.	Description
11	1	Backrest
12	1	Tension Adjuster
13	1	Console
14	1	Fasteners / Tools: 2 M6 Screw 2 M6 Washer 2 M6 Acorn Nut 2 Pedal Strap 1 Bracket Cover Multi-Tool 6mm Allen Key

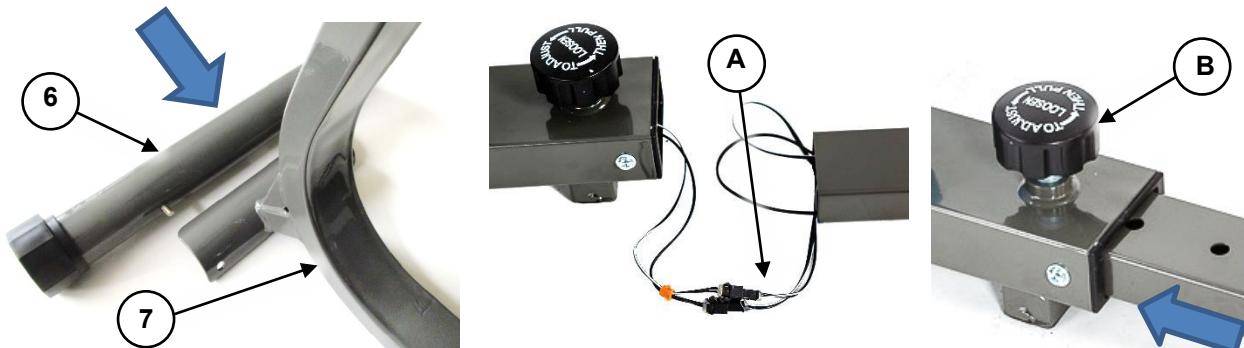
# Assembly

Video Tutorial: [Assembly](#)

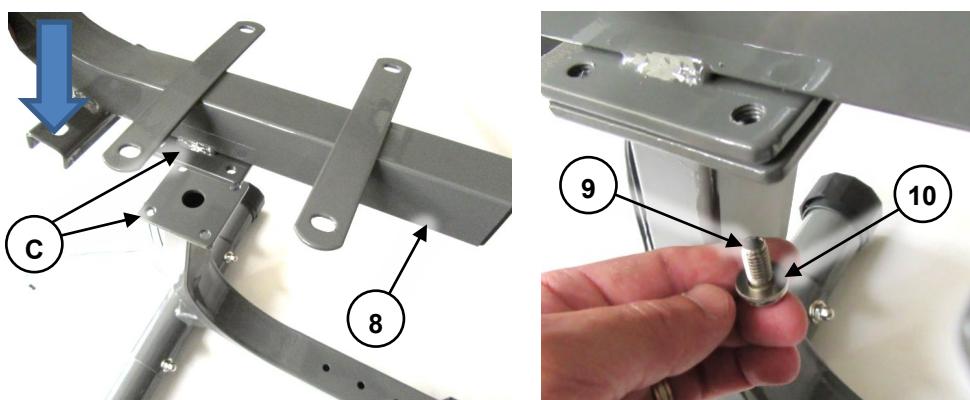
1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials. Check that all parts have been supplied. Note that some parts, such as the feet, have the necessary fasteners pre-assembled – these will need to be removed during the assembly process.
2. Attach the front foot (has rotating caps) (2) to the main body (1). Attach the feet using the 2 pre-assembled captive bolts (3), curved washers (4) and acorn nuts (5). Ensure that the bolts are inserted from the outer side of the feet. Tighten (rotate right) the nuts firmly.



3. Attach the rear foot (6) to the centre frame (7) using the 2 pre-assembled captive bolts, curved washers and acorn nuts. Ensure that the bolts are inserted from the outer side of the feet. Tighten (rotate right) the nuts firmly. Bring the "inside" ends (not the feet) of the main body and centre frame near, then connect the 2 sets of pulse sensor cables (A) from each. Tuck excess cable into the centre frame tube.



4. Carefully slide the centre frame into the main body tube. When a hole in the centre frame tube is aligned with the frame lock nut hole, screw the frame lock (B) nut in (rotate right) until the parts are secure. Note that the lock nut is used for adjusting the distance between the pedals and seat, so the position of the parts is not important at this stage.
5. Bring the seat bracket (8) into position on top of the upright section of the centre frame so that the connection plates (C) are aligned. Attach the parts using 4 M8 screws (9) and washers (10). Use the Allen key to firmly tighten (rotate right) the screws.



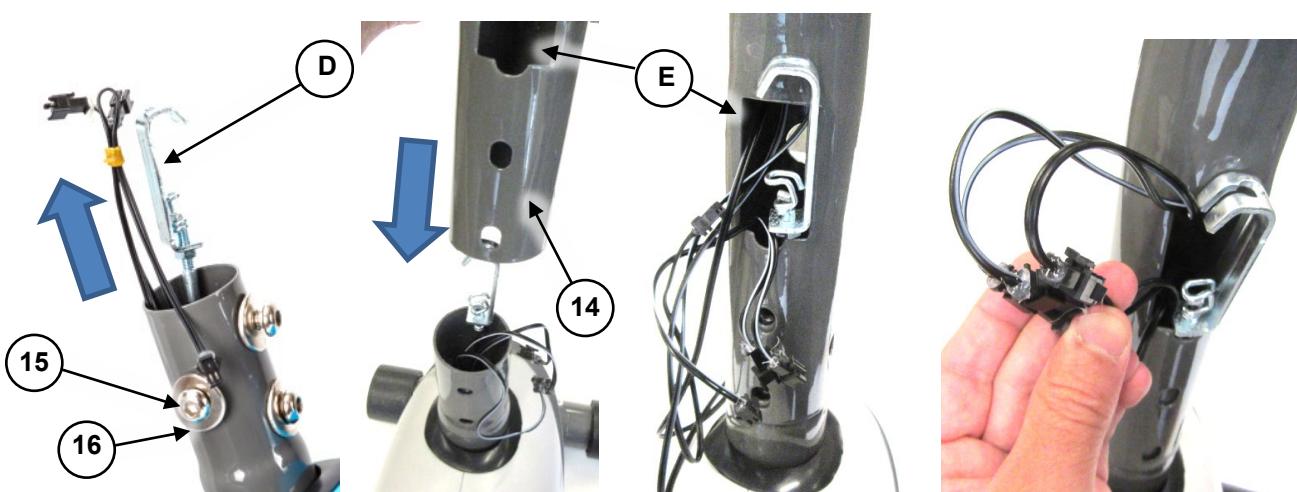
6. Bring the seat (11), pointed end facing forward, into position on the seat bracket, and attach it from underneath using the 4 pre-assembled screws and washers. Bring the backrest (12) into position against the back of the seat bracket, and attach it from the rear using the 4 pre-assembled screws and washers. Use the Allen key to firmly tighten (rotate right) all screws.



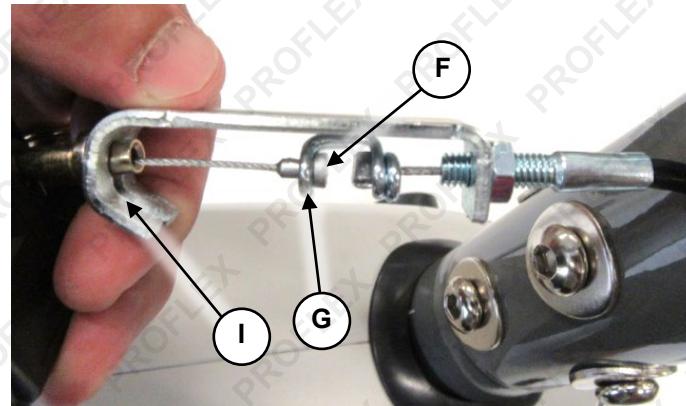
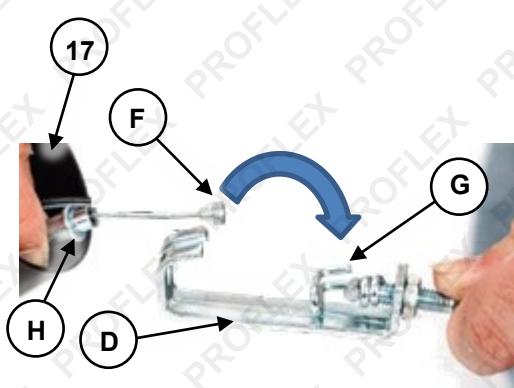
7. Bring the handlebar (with pulse sensors) (13) into position at the rear of the seat bracket so that the arms are facing forward and the sensors facing up. Attach it using the 2 pre-assembled screws, acorn nuts and washers, with the screws inserted from the underside of the seat bracket. Use the spanner to firmly tighten (rotate right) the nuts. When the handlebar is installed, connect the pulse sensor cables from the handlebar to the cables in the seat bracket (in any order), then tuck the excess cable into the handlebar/seat bracket tubing.



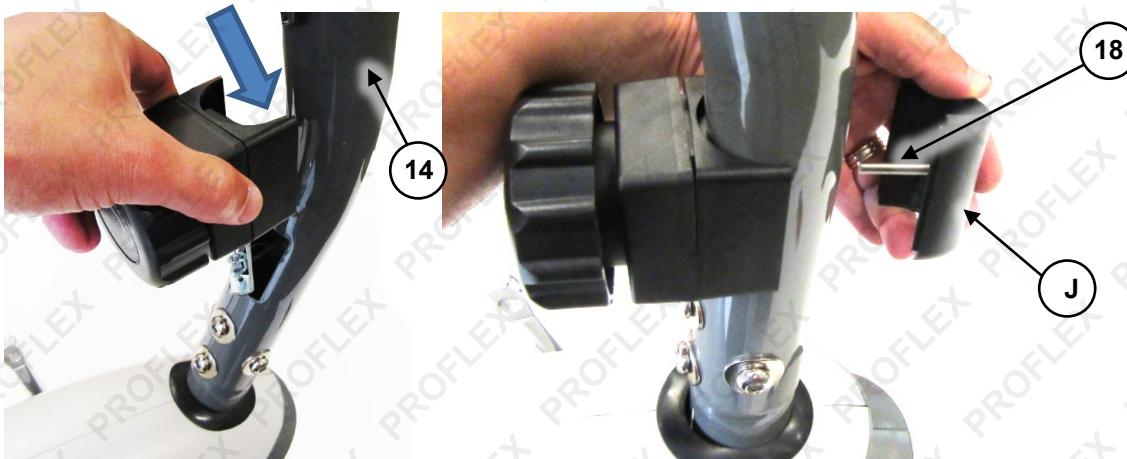
8. Pull the cable connection bracket (D) and wiring from the main body tube (where the front mounting tube is to attach). Ensure that the cable connection bracket and wiring remains in position by itself and does not slip back inside the tube. Then, carefully slide the front mounting tube (14) over the main body tube – ensure that the front mounting tube slot (E) is facing toward the seat and tensioner and wires remain in position and do not get caught or pinched between the tubes.



- Pull the cable connection bracket and all wiring (from main body and front mounting tube) through the slot (**E**) in the front mounting tube, then connect the wiring (in any order), then tuck the excess cable into the tube. Attach the front mounting tube to the main body using the 4 pre-assembled screws (**15**) and curved washers (**16**). Use the Allen key to firmly tighten (rotate right) the screws.
- Join the cable from the tension adjuster (**17**) (place the tensioning knob in the "1" position – the tension cable will be at its longest at this setting) to the cable connection bracket (**D**) protruding from the front mounting tube. The "ball" (**F**) on the end of the centre brace tensioning cable must sit in the "hook" (**G**) in the connection bracket on the end of the main body tensioning cable. Once the cable end is hooked into position, pull the cable collar (**H**) up and over the slot (**I**) at the top of the cable connection bracket.



- Carefully push the cable connection bracket down into the front mounting tube and place the tension adjuster into position against the tube. Ensure that no cables etc are caught between the adjuster and tube. Place the adjuster clamp (**J**) on the opposite side of the tube, then secure the parts using the pre-assembled screw (**18**).



- Bring the vertical handlebar (**19**) into position against the front mounting tube so the handlebars are facing up and towards the rear of the machine, and the brackets are aligned. Then, attach it using the 2 pre-assembled screws (**20**) and lock washers (**21**) and tighten (rotate right) using the Allen key, then clip the cover (**22**) into position.

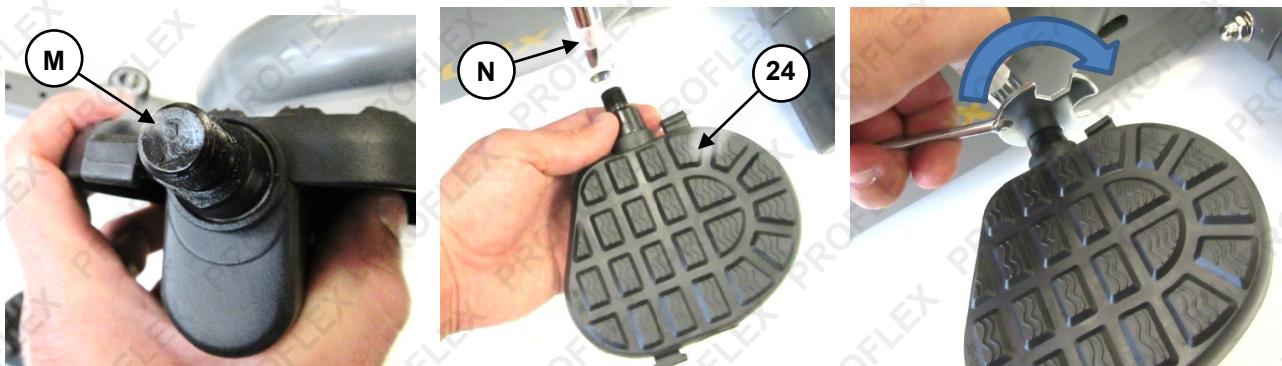


13. Remove the pre-assembled screws from the rear of the console (23), then connect the wiring between the console and front mounting tube (K). Attach the console to the top of the front mounting tube using the 2 screws (L) – there are two possible positions – use the one most comfortable for you.



**It is critical that you follow the pedal arm to crank attachment procedure carefully to ensure correct assembly.** • During assembly, do NOT use excessive force to screw the pedals into the crank arms – this may indicate misalignment of the pedals or mis-matched threads. If the pedal does not "feel right" when being screwed in, STOP immediately and check that it is the correct pedal and that it is aligned properly with the crank arm. **Failure to follow the instructions here or take due care may damage the equipment and void any product warranty.**

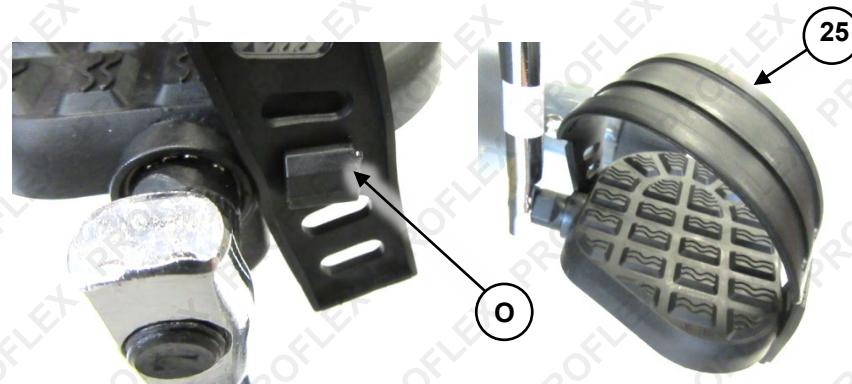
14. Starting with the right-hand pedal, identify the right-hand pedal (24), which is identified by having a right-hand thread (this is the usual type – rotate right / clockwise to tighten) and an "R" (M) on the end of the pedal bolt thread and on the underside of the pedal.



15. Very carefully begin screwing the pedal bolt into the crank arm (N) (rotate right / clockwise). If the pedal bolt does not "feel right" when being screwed in, STOP immediately and check that it is the correct pedal and that it is aligned properly with the crank arm. Firmly tighten (rotate clockwise) the pedal bolt using the spanner.

16. **Repeat steps 14 to 15 for the left-hand pedal (has an "L" on the end of the pedal bolt thread and on the underside of the pedal), noting that the pedal bolt and crank arm thread is left-hand (rotate left / anti-clockwise to tighten).**

17. For each pedal, attach the foot strap (25) to the protrusions on each side of the pedal. The end of the strap with three holes should be placed over the protrusion (O) on the inside of the pedal (near the crank arm). Attach the other end of the strap using a slot that is suitable for your foot.



When correctly assembled, the machine should resemble the image below and is ready for use.



### Moving

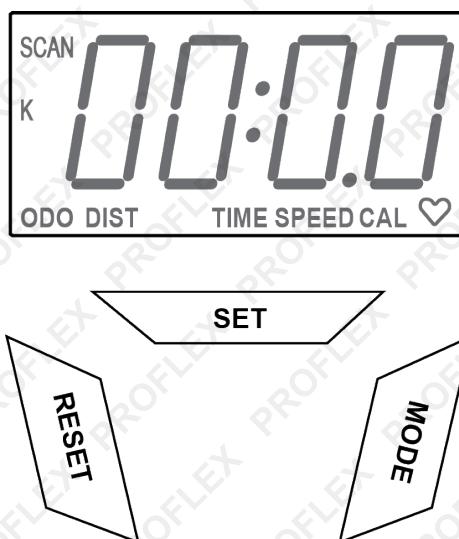
The unit can be tilted onto its front foot rotating caps for easy moving and storage. Firmly grasp the vertical handlebar with both hands. Next, carefully tilt the equipment forward until it rolls freely on the rotating caps.



# Operation

## Console and Functions

The equipment features a computerized display that provides you with workout information, such as duration, speed, distance travelled, pulse etc. The console activates as soon as a key is pressed or the pedals are moved. When the machine is not being used, the console switches off automatically after 4 minutes.



Control	Description
<b>Display</b>	<p>Shows various information depending on current function. For example, current speed, used calories, current pulse etc.</p> <p><b>Note:</b> When displaying pulse, you must have both hands on the metal sensors on the handlebar. If no pulse is detected, "P" may be displayed and some functions are unavailable • To approximately convert calories to kilojoules, multiply the number of calories by 4</p>
<b>MODE</b>	<p>Press to switch between available functions. The current function is displayed at the bottom of the display.</p> <p><b>DIST</b> - When in "setting" mode, program a target distance (range = 0 to 999.9 km). When exercising, shows the current distance travelled for the session.</p> <p><b>CAL</b> - When in "setting" mode, program a target calorie amount (range = 10 to 9999 cal). When exercising, shows the current calories used for the session.</p> <p><b>ODO</b> - When exercising, shows the current distance travelled for all sessions combined (returns to zero if the batteries are removed).</p> <p><b>♥</b> - When in "setting" mode, program a target heart rate (range = 40 to 239 bpm). When exercising, shows your current heart rate.</p> <p><b>TIME</b> - When in "setting" mode, program a target session duration (range = 0 to 99 minutes). When exercising, shows the current time elapsed for the session.</p> <p><b>SCAN</b> - When exercising, automatically steps the display between each function every 4 seconds.</p>
<b>SET</b>	Press to activate "setting" mode and to increase the current value when setting target values (for example, time, distance etc).
<b>RESET</b>	When in "setting" mode, press to return the current value to zero "0".

## Setting a Pre-Set Session Time / Distance / Calorie / Pulse

When training to pre-set session values, the console beeps once you have achieved each target value. For example, setting a time of 5 minutes, distance of 3km, calories used of 50, and pulse of 110 will cause the console to beep if your pulse reaches 110, beep again if you use 50 calories, beep again if you travel 3km and beep again after 5 minutes. You can set targets for all values, or whichever ones you want.

1. Press **MODE** as required until the required function name is shown at the bottom of the display (distance, calories, pulse or time).
2. Press **SET** to enter "setting" mode and apply a target value. Press again to increase the value or hold down to more quickly increase the target value.
3. Press **MODE** to step to the next function you want to set a target value for, then use **SET** to enter the value and so on. Repeat this process as required, then begin your workout.

To cancel the target value and start again, press **RESET** (any other currently set values will remain unchanged).

## Adjusting Resistance

The resistance of the crank to being rotated can be adjusted. Increased resistance requires more effort and, therefore, uses more energy. To adjust crank resistance, rotate the knob on the central brace – 1 = least resistance, 8 = greatest resistance.



# Care, Maintenance and Troubleshooting



Some maintenance activities described may be beyond the scope of some users. For procedures that you are not comfortable with or have the tools or experience for, have the unit serviced by a service centre or qualified technician.

## Cleaning

The equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives, solvents or harsh chemicals. Be careful not to get excessive moisture on the display panel as this may damage it.

After each use, wipe the unit of any sweat, dirt or liquids. Keep the equipment, especially the display console, out of direct sunlight to prevent damage to the screen.

## Storage

Store the equipment in a clean and dry indoor environment. Never leave or use the unit outdoors.

## Troubleshooting

The following information may assist in identifying a problem and rectifying it.

Problem	Potential Reason	Correction
<i>Console not working.</i>	<b>A.</b> Batteries no longer serviceable. <b>B.</b> Connection problem. <b>C.</b> Console problem.	<b>A.</b> Replace batteries. <b>B.</b> Check all connections are secure and wiring is not pinched or damaged. Replace is necessary. <b>C.</b> Replace console.

### **When to Call for Help**

This equipment is designed with user safety as a priority. In the event of equipment failure, call an authorized service centre or technician for servicing.

## Specifications

**Weight Capacity**

120kg

# Warm-Up and Cool-Down Routine

The *warm-up* routine is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Always perform a *cool-down* routine after your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

## Head Roll

Rotate your head to the right for one second, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one second, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one second, then drop your head to your chest for one second.



## Shoulder Lift

Lift your right shoulder toward your ear for one second. Then lift your left shoulder up for one second as you lower your right shoulder.



## Side Stretch

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one second. Repeat this action with your left arm.



## Quadricep Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot.



## Inner Thigh Stretch

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible, then gently push your knees toward the floor. Hold for 15 seconds.



**Toe Touch**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 seconds.

**Hamstring Stretch**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds. Relax and then repeat with left leg.

**Calf / Achilles Stretch**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.





**Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third-party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example), there is always a small chance of technical issues that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error after considering the points above, simply contact the retailer directly for details of their returns policy, if required.



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