

# PROFLEX



*Colours may vary*

## EB1 Exercise Bike

### User Manual

[Revision 2.0 March 2019]

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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 the product. 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.

**WARNING!** To reduce the risk of injury, read the following:

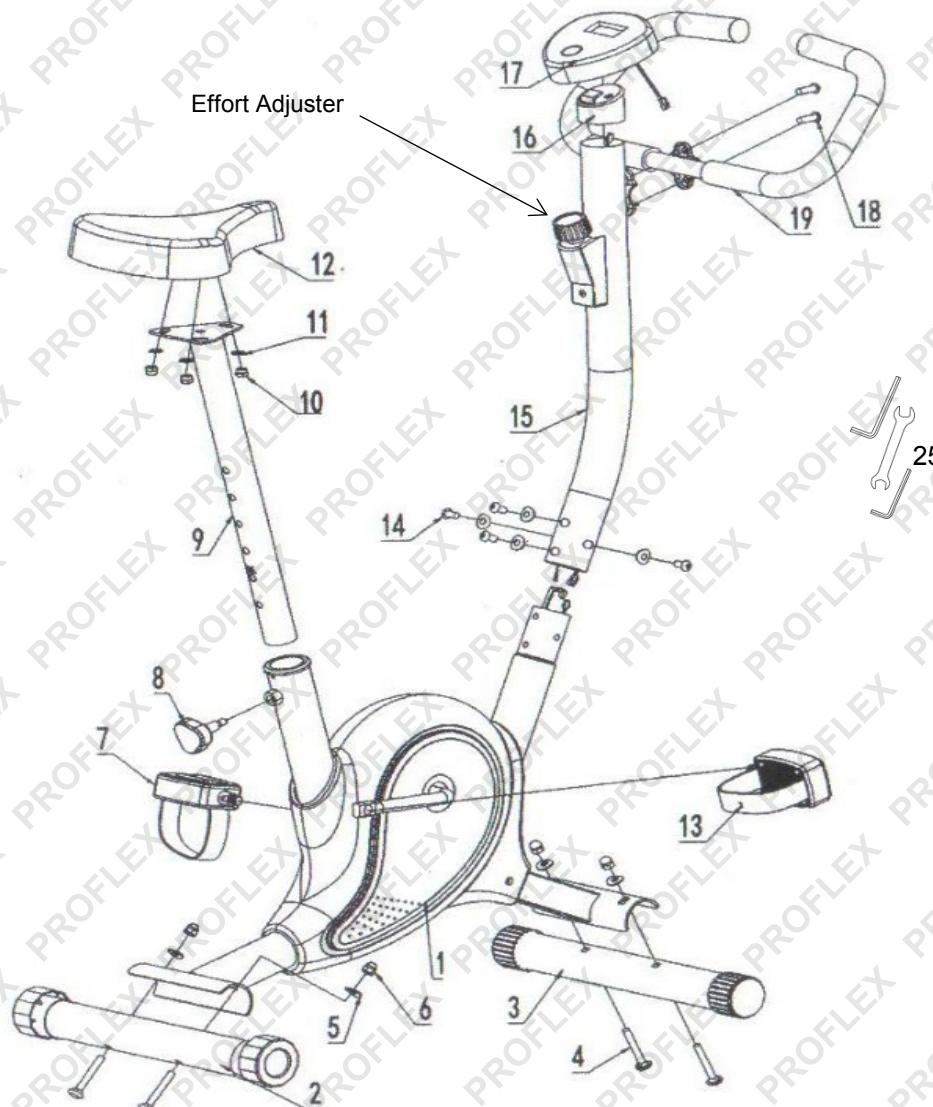
- **Maximum weight capacity = 100 kg.**
- Use this product for its intended use only as described in this user manual. Do not use attachments not recommended by the manufacturer.
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Do not use the unit outdoors.
- Do not get on or get off the machine if the pedals are moving – wait for the wheel is completely stopped before getting on/off.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the unit 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 2 meters around it. Be sure the area around the unit remains clear of any obstructions during use.
- The product is for domestic household use only.
- Only **one** person should use the unit at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the product barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on moving parts and create a hazard.
- 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 appliance by a person responsible for their safety.
- Keep hands clear of all moving parts.
- Before using the product, check that all visible fasteners are sufficiently tightened and secure.

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# Setting Up the Exercise Bike

The EB1 exercise bike comes partially assembled. The unit comes with the following parts. Ensure that all parts are included before assembly.



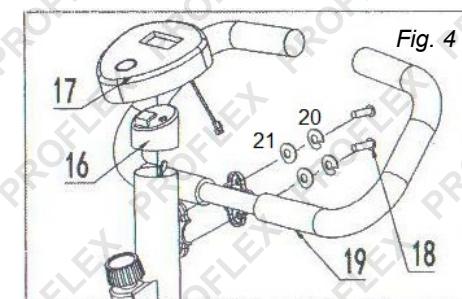
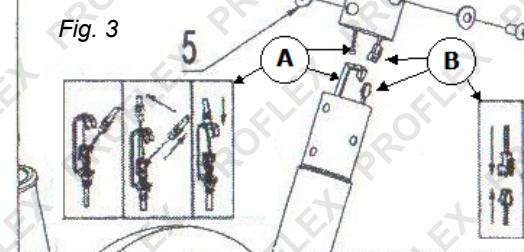
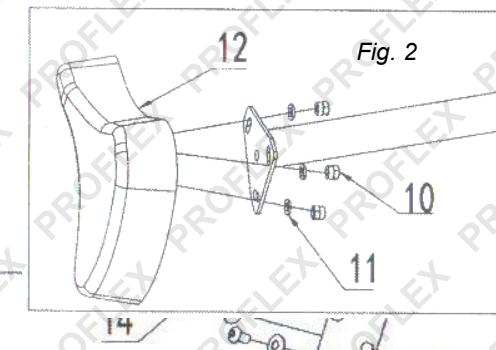
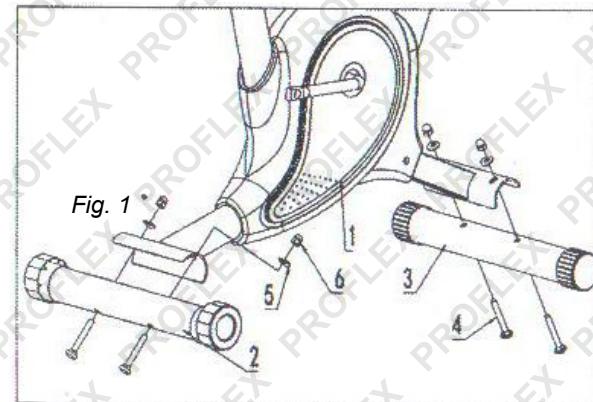
No.	Qty.	Description
1	1	Frame
2	1	Rear foot
3	1	Front foot
4	4	M8 coach screw
5	8	M8 curved washer
6	4	M8 cap nut
7	1	Left-side pedal
8	1	Saddle post locking screw (M12)
9	1	Saddle post
10	3	M8 lock nut
11	3	M8 large flat washer

No.	Qty.	Description
12	1	Saddle
13	1	Right-side pedal
14	4	M8 button head socket screw
15	1	Handlebar post
16	1	Console mounting cap
17	1	Console
18	2	M8 socket head screw
19	1	Handlebar
20	2	M8 spring washer
21	2	M8 small flat washer
22	1	Tools

## Assembly

**!** **IMPORTANT!** If the exercise bike hasn't been fitted properly, it will result in a lack of resistance, if any at all.

1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials.
2. See *Fig. 1*. Attach the front foot (3) and rear foot (2) to the frame (1) using 4 coach screws (4), curved washers (5) and cap nuts (6). Ensure the square holes in the feet are facing the ground. Ensure the washers follow the shape of the tube when installed. Tighten (rotate right) the nuts using the supplied spanner.
3. See *Fig. 2*. Remove the nuts and washers (10 and 11) from under the saddle (12). Place the saddle on top of the saddle post (9) and secure with the nuts and washers (10 and 11). Tighten (rotate right) the nuts with the supplied spanner.
4. Insert the saddle post (9) into the frame (1), with the height adjustment holes facing rearward. Secure it at the desired height with the saddle post locking screw (8) – the pin on the end of the screw must enter a hole in the post to be able to secure properly. Firmly tighten (rotate right) the screw by hand.
5. See *Fig. 3*. Bring the handlebar post (15) near to its location on the bike frame (1). Hook the tension cable in the handlebar post to the bracket on the end of the tension cable in the frame (A). Note that you may need to loosen the cable by rotating the effort adjuster left in order to connect the cables. Then, connect the wiring in the handlebar post to the wiring in the frame (B).
6. Insert the handlebar post into the frame, being careful not to pinch the electrical cables. Secure the handlebar post using 4 screws (14) and curved washers (5). Ensure the washers follow the shape of the tube when installed. Tighten (rotate right) the screws using the supplied Allen key.
7. See *Fig. 4*. Plug the console (17) electrical cable to the handlebar post electrical cable. If the cable in the handlebar post is not visible, pull the console mounting cap (16) off the post and gently pull the cable out. Ensure that the cable passes through the hole on top of the console mounting cap and push the cap back onto the top of the post. Excess cable can be stored in the handlebar post. Slide the console onto the mounting cap. Install the supplied battery into the console.
8. Attach the handlebar (19) to the top of the handlebar post using 2 screws (18), spring washers (20) and washers (21). Tighten (rotate right) the screws using the supplied Allen key. Gradually tighten both screws in stages and ensure that the handlebar clamp remains parallel to its mounting.



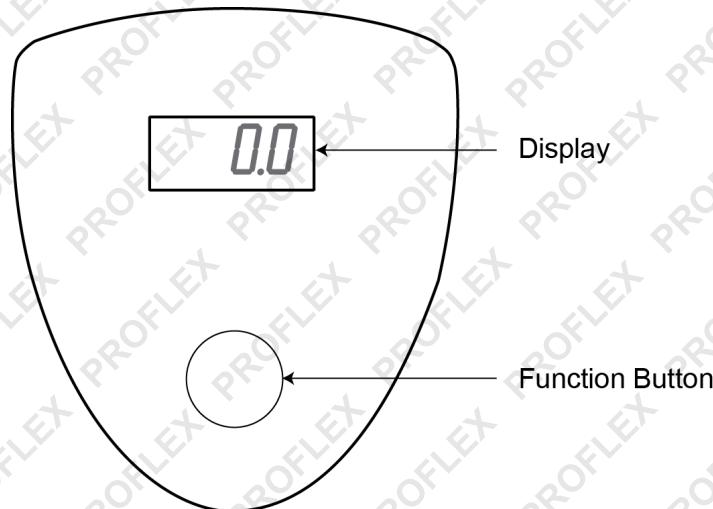
**IMPORTANT – Failure to correctly follow the following step may void your warranty.** The left pedal, marked "L" on the end of the pedal bolt, must be fitted to the left-side crank arm and rotated left (anti-clockwise) to install. The right pedal, marked "R" on the end of the pedal bolt, must be fitted to the right-side crank arm and rotated right (clockwise) to install.

9. Attach the left-side pedal (7) and right-side pedal (13) to the respective crank arms. Tighten the pedal bolts using the supplied spanner. Once assembled, the machine is ready for use.

# Operating the Exercise Bike

## Console and Functions

The exercise bike features a computerized display that provides you with workout information, such as duration, speed, distance travelled etc. Whenever the console is activated, a new “session” starts, with all values at “zero”. If the bike is not being used and the console is not touched (button pressed), it will automatically switch off after approximately 4 minutes. To activate the console, press the function button or start riding.

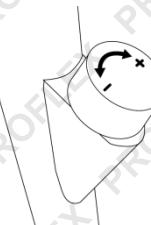


Console Button	Description
<b>Display</b>	Shows current information, such as speed, time etc.
<b>Function</b>	<p>Press to switch between display modes. Press once to enter “scan” mode, starting at the next function. Press twice to stop “scan” mode and lock the display to the selected function. For each mode, an indicator displays the type of information being displayed; for example, “DST” shows near the bottom of the display:</p> <p><b>Scan</b> – Automatically switch between display modes approximately every 5 seconds. When in this mode, “SCAN” displays along the bottom of the display.</p> <p><b>Time</b> – Current elapsed time of the session in minutes (limits 0 to 99.59).</p> <p><b>Speed</b> – Current speed in km/h (limits 0 to 99.9).</p> <p><b>Distance</b> – Current distance travelled during the session (limits 0 to 99.99). The distance value increments every 10 meters travelled.</p> <p><b>Calories</b> – The number of calories used during the current session (limits 0 to 999.9). To approximately convert calories to kilojoules, multiply the number of calories by 4.</p> <p>At any time you can reset all values to “zero” for the current sessions by pressing and holding for at least 3 seconds.</p>

## Adjusting Effort

The exercise bike allows you to adjust the effort required to turn the wheel by “braking” the wheel.

The greater the effort, the larger the number of energy (calories) required to “ride”. To adjust the effort, turn the adjuster on the main frame tube as required to either increase (rotate right) or decrease (rotate left) effort.



# Care and Troubleshooting

## Cleaning

The exercise bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this may damage it and create an electrical hazard.

After each use, wipe the unit of any sweat, dirt or liquids.

Keep the exercise bike, especially the display console, out of direct sunlight to prevent damage to the screen.

## Storage

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

## Troubleshooting

Problem	Potential Reason	Correction
<i>Riding difficult.</i>	Effort brake over-adjusted.	Reduce effort – rotate adjuster left.
<i>No console display.</i>	No connection.	Check batteries are okay and electrical cables are in good condition and properly connected.

## When to Call for Help

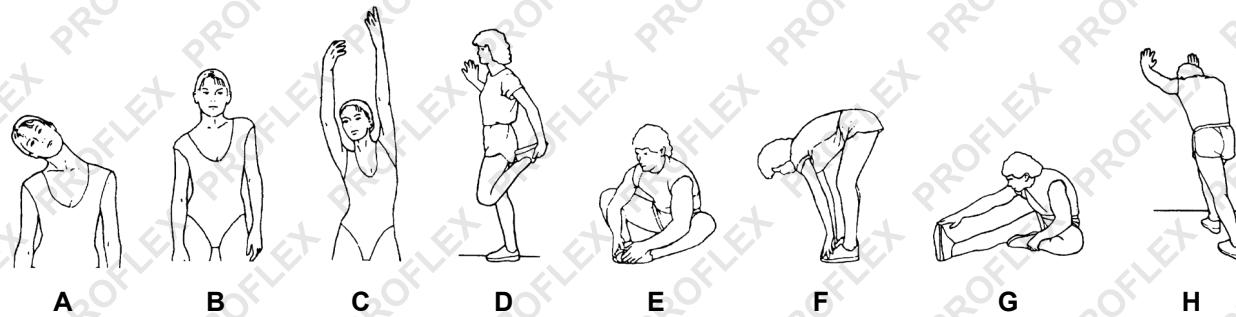
This exercise bike is designed with user safety as a priority. If after you check the equipment and possible adjustments that it is still not operational, call an authorized service center or technician for servicing.

# 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.

- A. 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.
- B. 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.
- C. 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.
- D. 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.
- E. 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.
- F. 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.
- G. 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.
- H. 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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