

PROFLEX



EB2 Exercise Bike

User Manual

[Revision 1.0 February 2018]

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

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 = 100 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.

Table of Contents

Safety.....	2
Parts Identification.....	4
Assembly	5
Operation	8
Console and Functions	8
Adjusting Effort.....	8
Care and Troubleshooting	9
Cleaning.....	9
Storage	9
Troubleshooting	9
Specifications.....	9
Warm-Up and Cool-Down Routine.....	10

Parts Identification

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

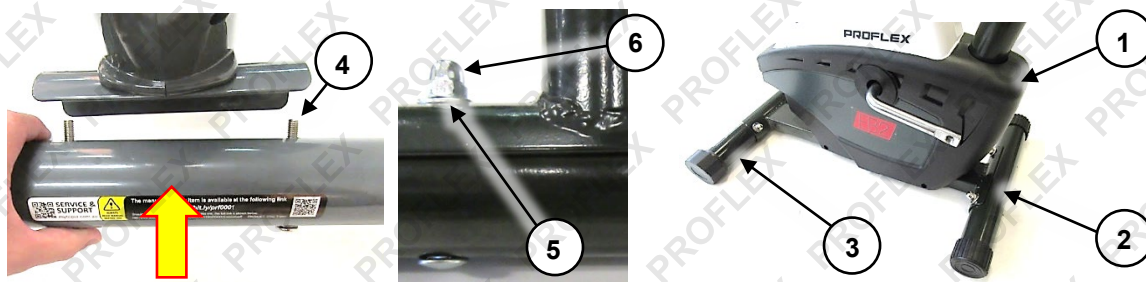


No.	Description
1	Main Body (includes flywheel and crank)
2	Front Foot (short)
3	Rear Foot (long)
4	Handlebar Post
5	Pedal (2 - left and right)
6	Seat Post
7	Handlebar
8	Seat
9	Console
10	Console Cap (for handlebar post)

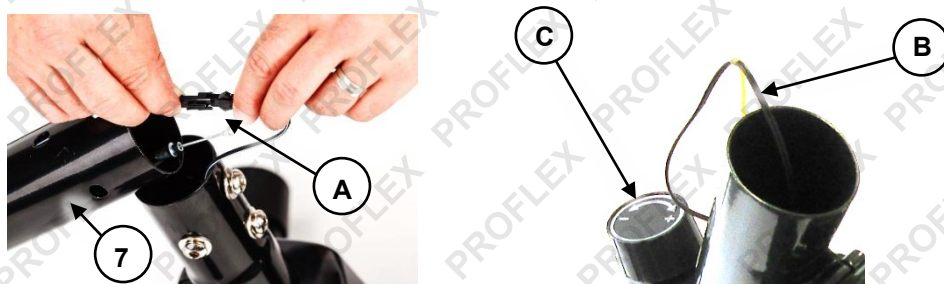
No.	Description
11	Fasteners / Tools: M8x45 Bolt (4) M8x15 Button Head Screw (4) M6x60 Coach Screw (4) M8 Washer (3) M8 Curved Washer (8) M8 Acorn Nut (4) M8 Nut (3) Multi-Tool 6mm Allen Key

Assembly

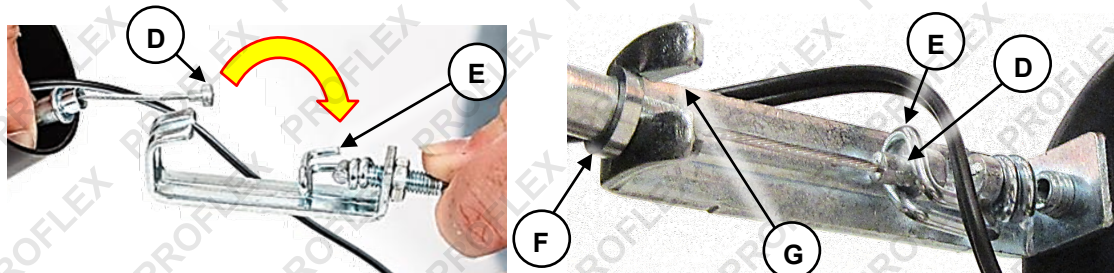
1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials. Check that all parts have been supplied. Note that some parts may have the necessary fasteners pre-assembled – these will need to be removed during the assembly process.
2. Attach the front foot (short) (2) and rear foot (3) to the main body (1). Attach each foot using 2 M6 coach screws (4), curved washers (5) and acorn nuts (6). Ensure that the screws are inserted from the under side of the feet. Tighten (rotate right) the nuts firmly.



3. Bring the handlebar post (7) near its location on the main body and connect the wiring in the main body and handlebar post together (A). Do not remove the rubber band holding the wiring at the top of the post (B) at this stage. Additionally, ensure that the tension adjuster is in the most minimum "-" setting (C) – the tension cable will be at its longest at this setting.



4. Join the tensioning cables in the handlebar post and main body together. The "ball" (D) on the end of the handlebar post tensioning cable must sit in the "hook" (E) 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 (F) up and over the slot (G) at the top of the cable connection bracket.



5. Slide the handlebar post down over the main body – ensure that not cables or wiring are pinched or caught. Secure the two parts together using 4 M8 button head screws (8) and curved washers (9). Firmly tighten (rotate right) all fasteners using the Allen key.

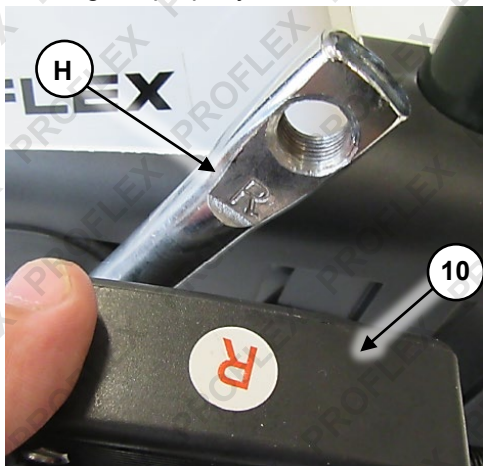




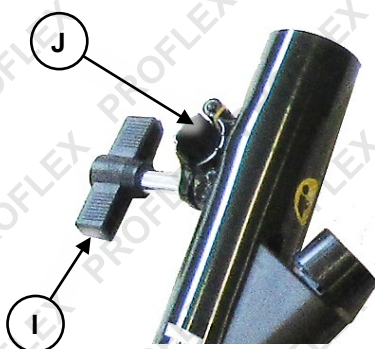
It is critical that you follow the pedal arm to crank attachment procedure carefully to ensure correct assembly.

• During assembly, do NOT use excessive force to screw the pedal bolts into the crank arms – this may indicate misalignment of the bolts or mis-matched threads. If the bolt does not "feel right" when being screwed in, STOP immediately and check that it is the correct bolt 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.**

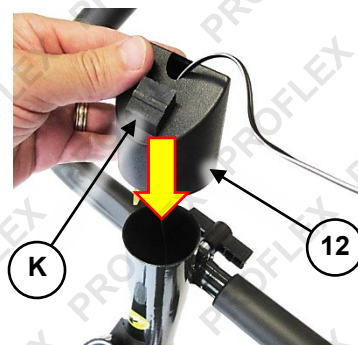
6. Starting with the right-hand pedal arm (H), stamped "R", identify the right-hand pedal (10), which is identified by having a right-hand thread (this is the usual type – rotate right / clockwise to tighten) and a "R" sticker.
7. Very carefully begin screwing the pedal into the crank arm (rotate right / clockwise). 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. Firmly tighten (rotate clockwise) the pedal using the spanner.



8. Repeat step 7 for the left-hand pedal arm, noting that the pedal and crank arm thread is left-hand (rotate left / anti-clockwise to tighten).
9. Remove the locking bolt (I) from the handlebar bracket (J) at the front of the handlebar post and open bracket up. Bring the handlebar (11) into position in the handlebar bracket so it will be at a comfortable reach and angle when using the machine.
10. Re-install the locking bolt and firmly tighten it by hand.



11. Thread the cable in the handlebar post through the hole in the top of the console cap (12), then firmly push the cap onto the top of the handlebar post. Ensure that no cabling is pinched or caught, and that the locating tab (K) for the console is facing towards the rear.



12. Connect the wiring between the console and handlebar post (L). Allow any loose cable to sit in the handlebar post tube.
13. Slide the console (13) onto the console cap tab (K).



14. Attach the seat (14) to the seat post (15) using 3 M8 nuts (16) and washers (17). Firmly tighten (rotate right) the nuts using the spanner.
15. Remove the lock bolt (M) from the seat tube (N), then insert the seat post into the tube. When the seat is at a comfortable height, re-insert the lock bolt, ensuring that it is entering a locating hole in the seat post. Firmly tighten the lock bolt by hand.



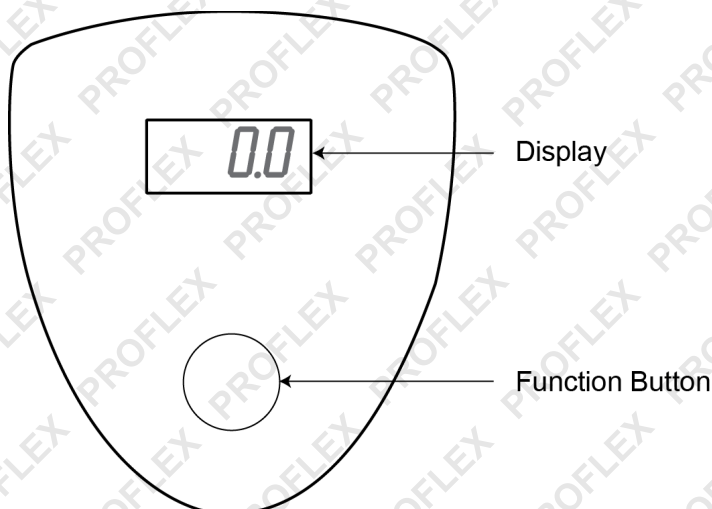
When correctly assembled, the machine should resemble the image below and is ready for use.



Operation

Console and Functions

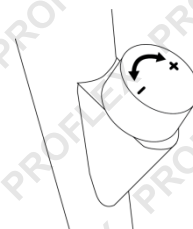
The exercise bike features a computerized display that provides you with workout information, such as duration, speed, distance travelled etc. Whenever the console is activated, a new “session” starts, with all values at “zero”. If the bike is not being used and the console is not touched (button pressed),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



Console Button	Description
Display	Shows current information, such as speed, time etc.
Function	<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>Scan – Automatically switch between display modes approximately every 5 seconds. When in this mode, “SCAN” displays along the bottom of the display.</p> <p>Time – Current elapsed time of the session in minutes (limits 0 to 99.59).</p> <p>Speed – Current speed in km/h (limits 0 to 99.9).</p> <p>Distance – Current distance travelled during the session (limits 0 to 99.99). The distance value increments every 10 meters travelled.</p> <p>Calories – 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 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>Riding difficult.</i>	Too much resistance.	Reduce resistance – rotate adjuster left.
<i>Console not working.</i>	A. Batteries no longer serviceable. B. Connection problem. C. Console problem.	A. Replace batteries. B. Check all connections are secure and wiring is not pinched or damaged. Replace is necessary. C. 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

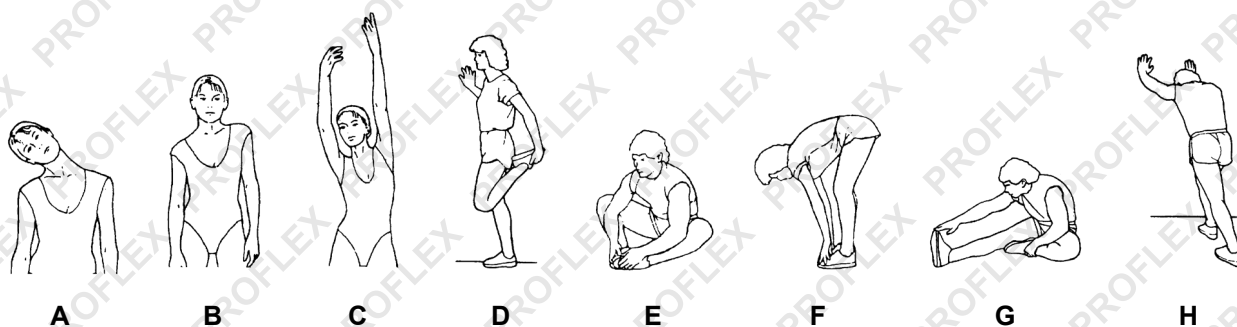
100kg

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

- | | |
|---|--|
| <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • 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. |
|---|--|



©2018 Proflex. All rights reserved. No part of this document, including descriptive content, concepts, ideas, diagrams or images may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, scanning or recording, or any information storage and retrieval system, without express permission or consent from the publisher.