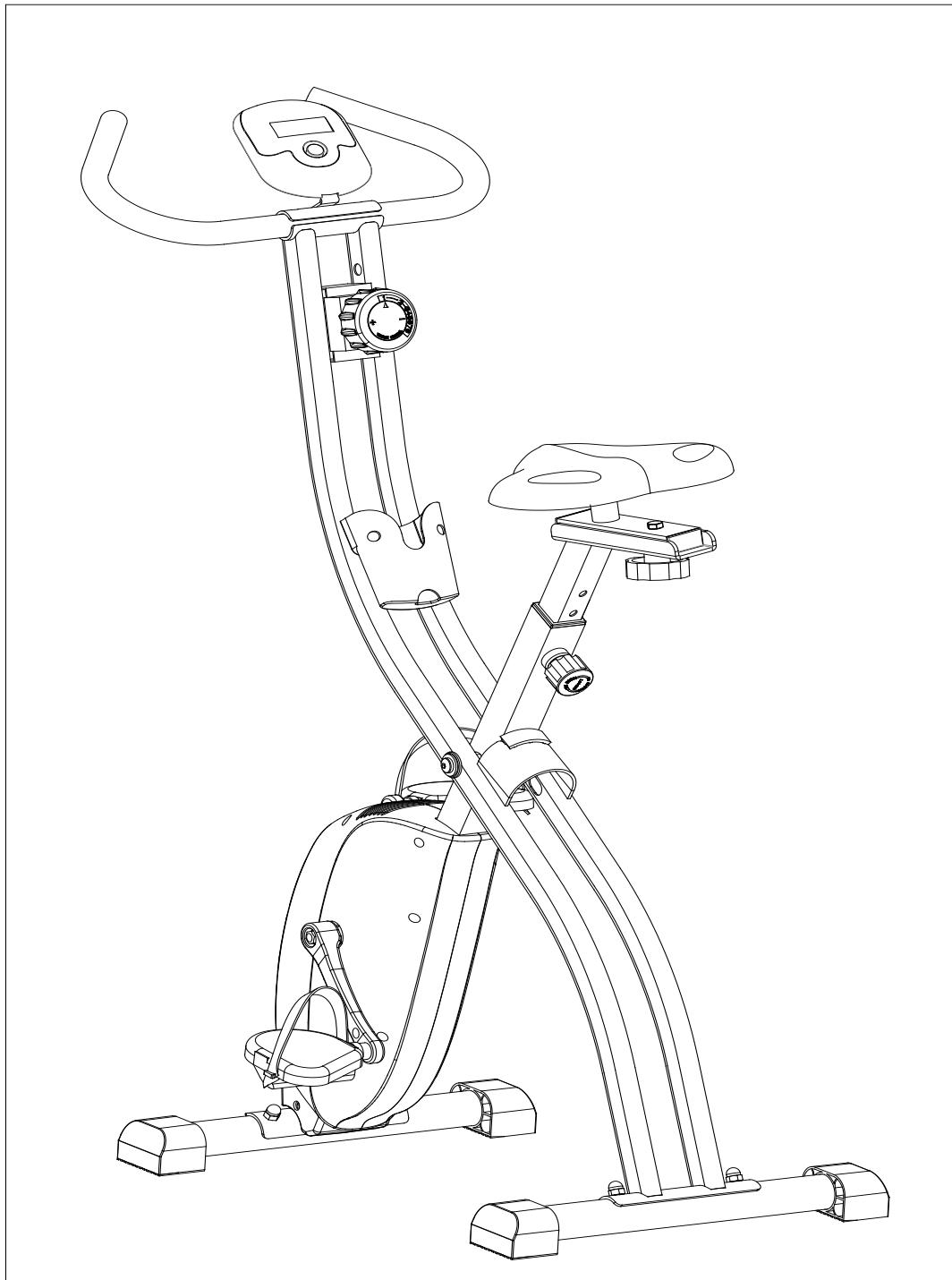


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# OWNER'S MANUAL

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***IMPORTANT!***

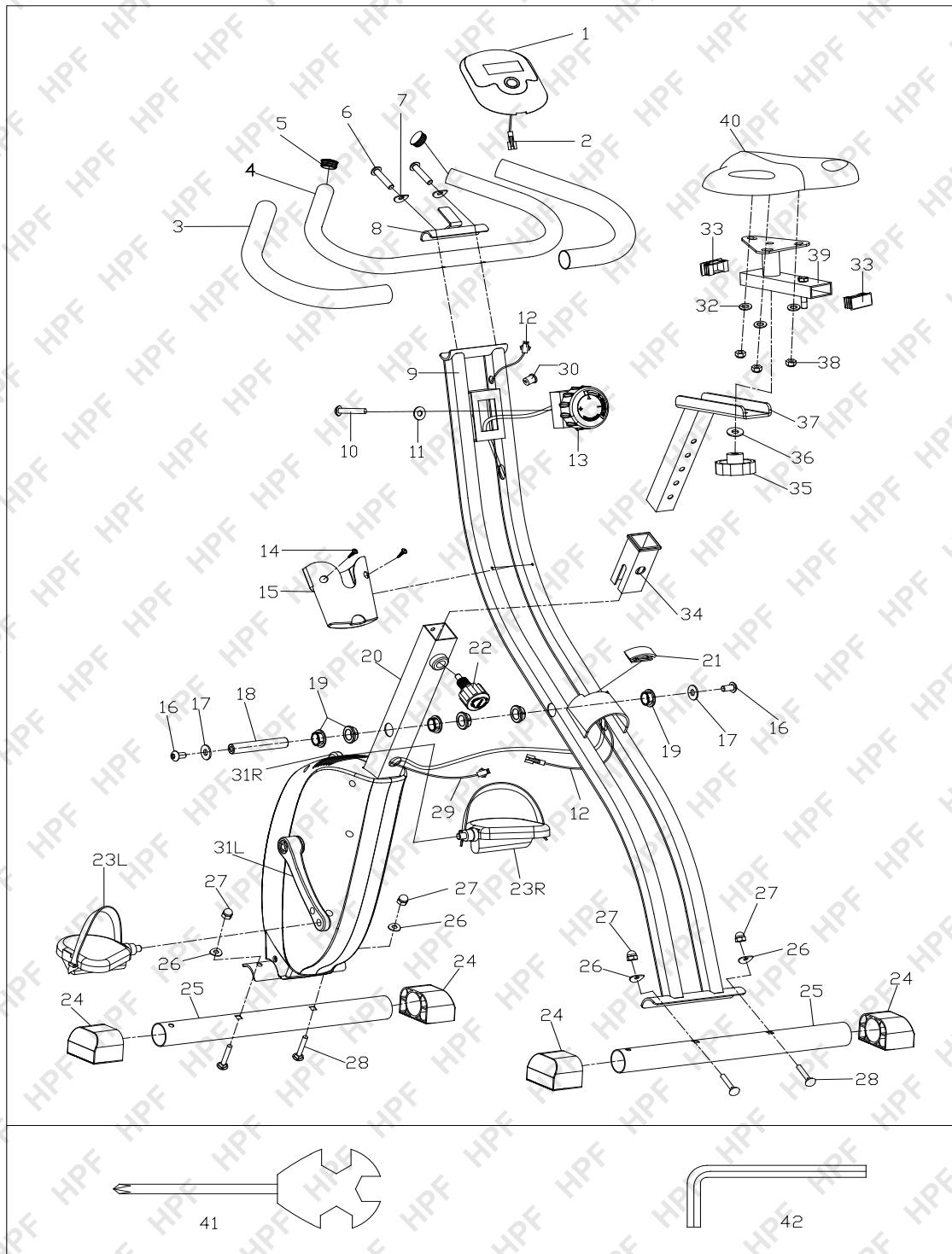
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.

# **Important Safety Information**

**Thank you for purchasing our product. Proper use can ensure your safety and health, so please read the following text carefully before using this equipment.**

1. It is very important to read all the instructions carefully before assembling or operating this product. Your exercise will be safe and effective only if you assembly, maintain and use this equipment properly,
2. Before beginning any exercise program, consult your personal physician to evaluate your present fitness level and determine whether the exercise will hurt your health or not. It is essential to consult your doctor if you are under treatment for pulse, blood pressure or cholesterol.
3. Pay attention to signals of your own body. Incorrect and superfluous exercise will hurt your health. If you experience any pain or tightness in your chest, irregular heartbeats, short breath, faintness, nausea or any other unusual discomfort while exercising, stop immediately and consult your doctor if you want to continue.
4. Please keep children and pets away from this equipment; it is only designed for adults.
5. To protect your ground and carpet, please put a firm and level material under this product. In order to ensure safety, please make sure to keep 0.5m free space around the equipment.
6. Please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.
7. Be carefully while using this equipment. Please stop exercise immediately if you find any problem or sound with the equipment when assembling or using it, and don't use it till these problems are solved.
8. Always wear suitable clothing and footwear during exercise to avoid loose fitting clothing entangled with the moving parts of your exercise machine or restricted your exercise.
9. This equipment is intended for home or indoor use only. The maximum weight capacity of this equipment is 120KG.
10. To avoid unnecessary injury, please be more carefully when moving this equipment.
11. The equipment is not suitable for therapeutic use.
12. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

# EXPLODE-VIEW:

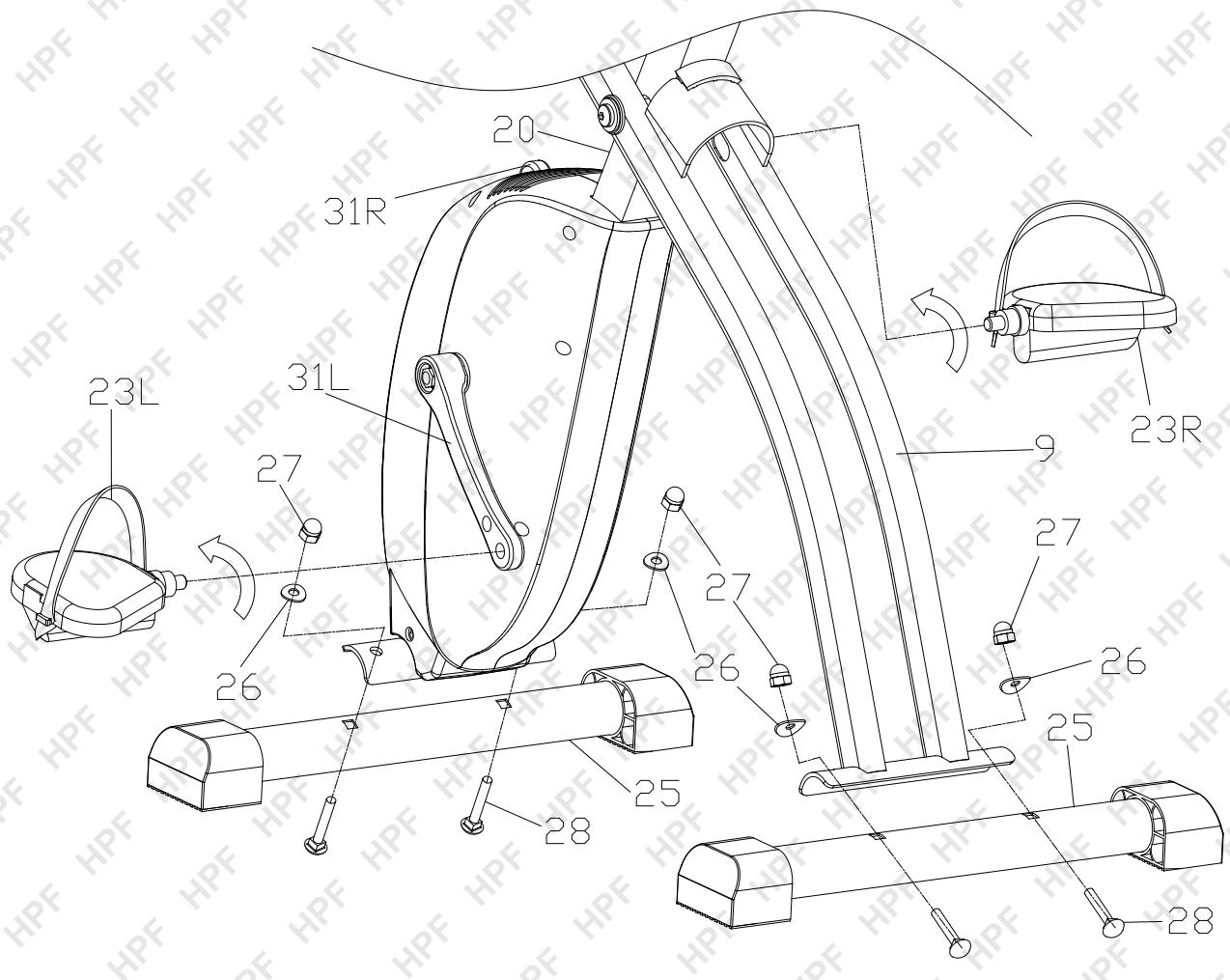
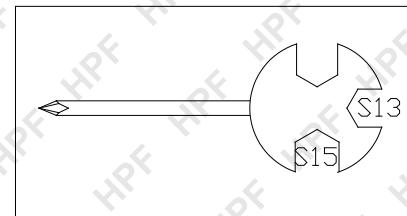
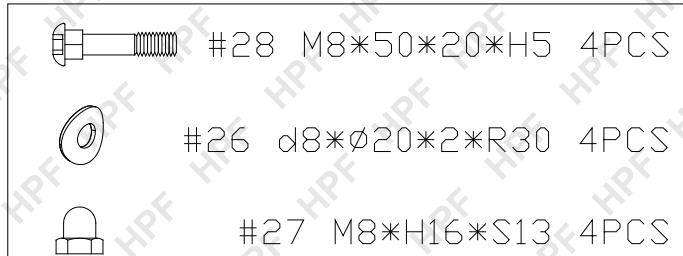


# PART LIST

NO	SEPCIFICATION	QTY
1	COMPUTER	1
2	SENSOR WIRE	1
3	FOAM GRIP $\Phi 23*5*350$	2
4	FRONT ARMREST	1
5	END CAPE $\Phi 25*16$	2
6	SCREW M8*40*20*S6	2
7	ARC WASHER $d8*\Phi 20*2*R16$	2
8	THE UPPER COVER FOR HANDELBAR	1
9	BACK BRACKET JOIN	1
10	SCREW M5*16	1
11	WARSHER d5	1
12	SENSOR WIRE	1
13	8-LEVEL TENSION CONTROL	1
14	SCREW ST4*13* $\Phi 8$	2
15	MOBILE RACK	1
16	SCREW M8*16*S6	2
17	WARSHER $d8*\Phi 25*2$	2
18	AXLE	1
19	BUSHING $\Phi 28*3*\Phi 21.8*7*\Phi 17$	6
20	FRONT BRACKET JOIN	1
21	LIMIT PAD	1

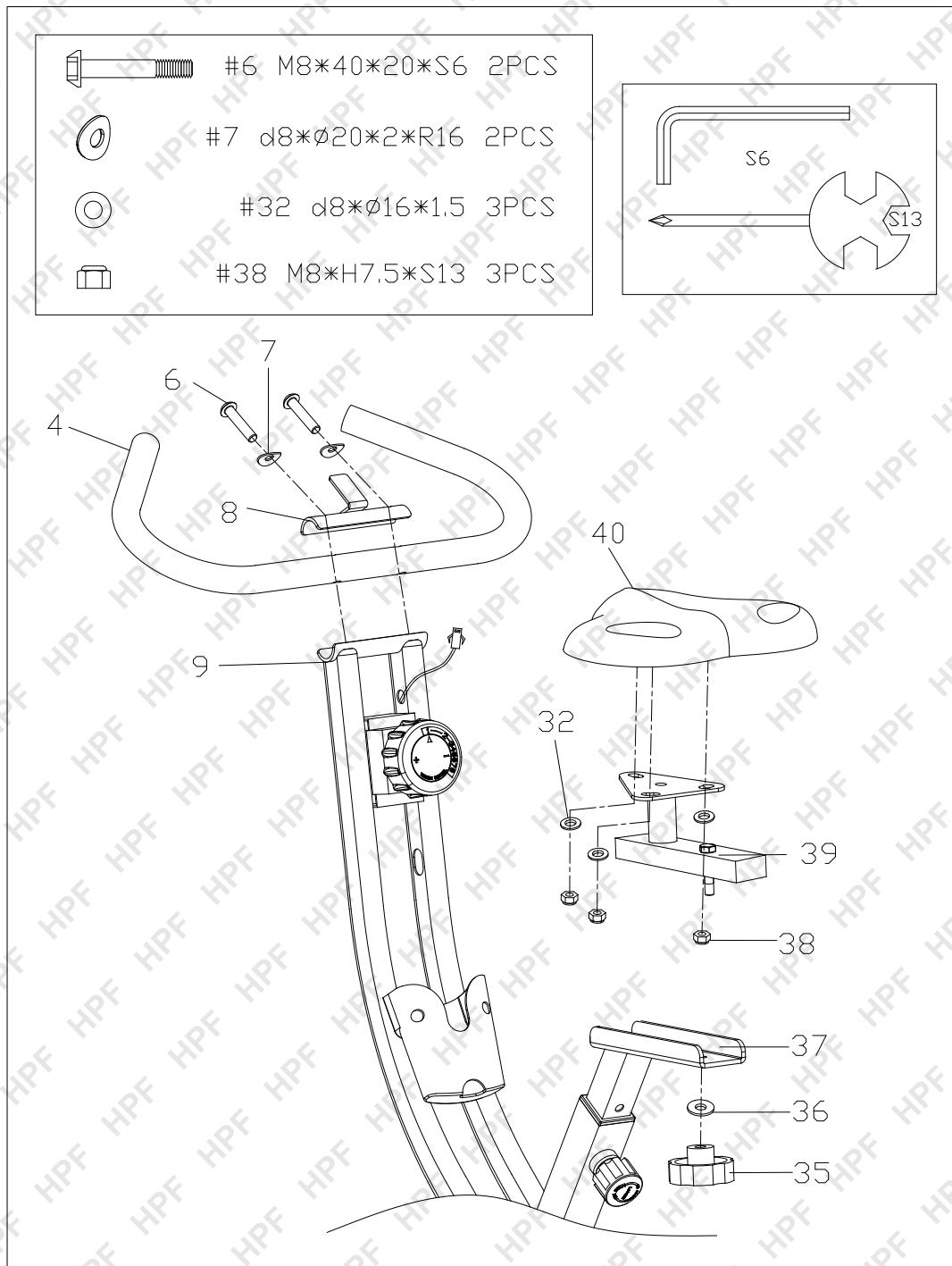
NO	SEPCIFICATION	QTY
22	KNOB M16*1.5*22* $\Phi 37$	1
23	PEDAL L/R	2
24	END CAP $\Phi 38*75*50*48$	4
25	BOTTOM TUBE	2
26	ARC WASHER $d8*\Phi 20*2*R30$	4
27	NUT M8*H16*S13	4
28	BOLT M8*50*20*H5	4
29	SENSOR WIRE	1
30	GROMMET PLUG $\Phi 12*11*\Phi 3$	1
31	CRANK L/R	2
32	WASHER $d8*\Phi 16*1.5$	3
33	END CAP $J40*20*17$	2
34	BUSHING $F38*38*F30*30*L96$	1
35	KNOB M8* $\Phi 60*30$	1
36	WASHER $d8*\Phi 20*2$	1
37	SADDLE POST	1
38	NUT M8*H7.5*S13	3
39	SADDLE POST JOIN	1
40	SADDLE PU-7	1
41	WRENCH S13-14-15	1
42	WRENCH S6	1

## STEP 1:

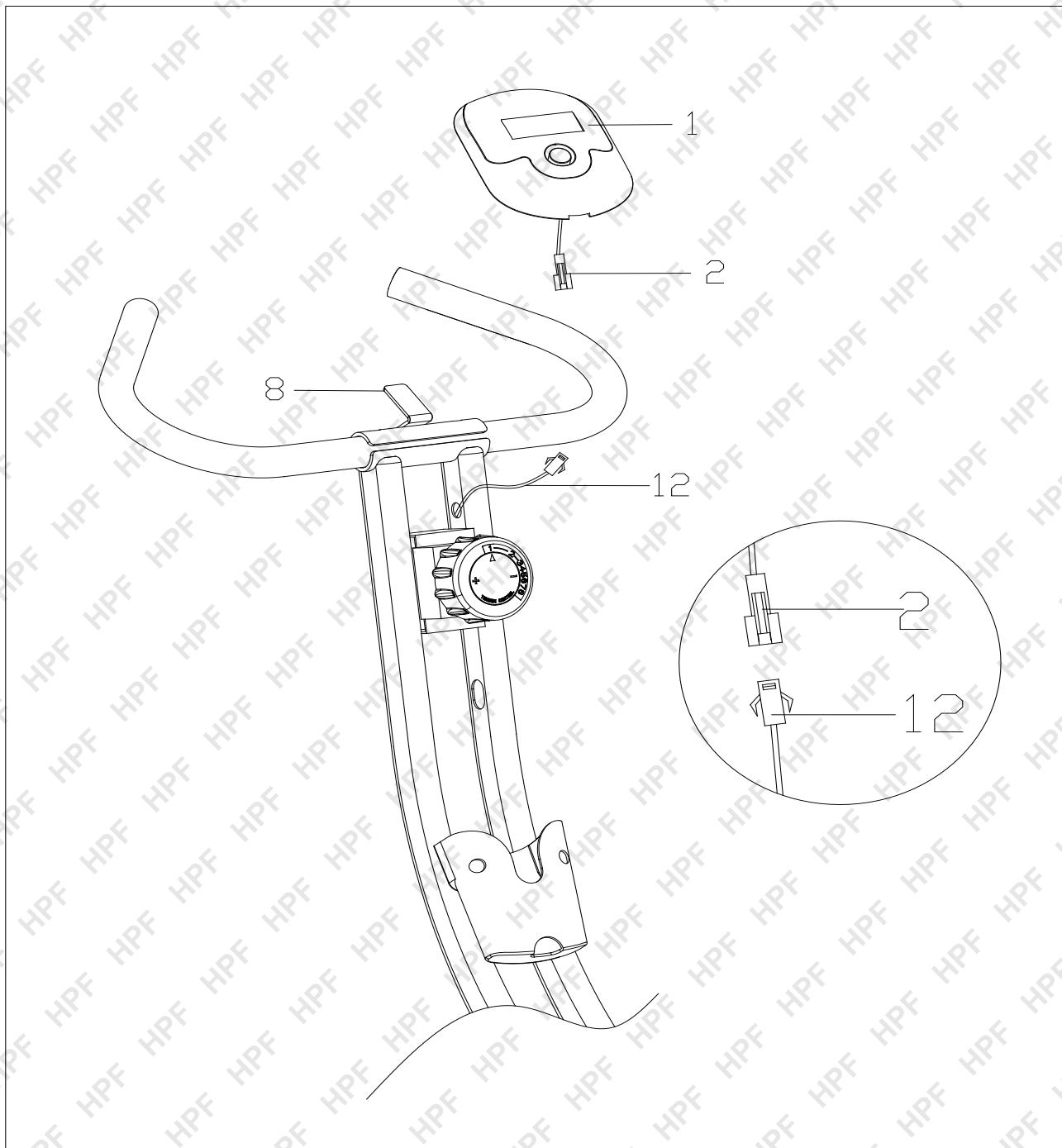


- Secure bottom tube(25) to front bracket join(20) and back bracket join(9) with bolts(28), arc washers(26) and nuts(27).
- Secure pedal(23L/R) to crank(31L/R).

## STEP 2:



- a. Secure front armrest(4) and the upper cover for handlebar(8) to back bracket join(9) with screws(6) and arc washers(7).
- b. Secure saddle(40) to saddle post join(39) with washers(32) and nuts(38).
- c. Secure saddle post join(39) to saddle post(37) with knob(35) and washer(36).

**STEP 3:**

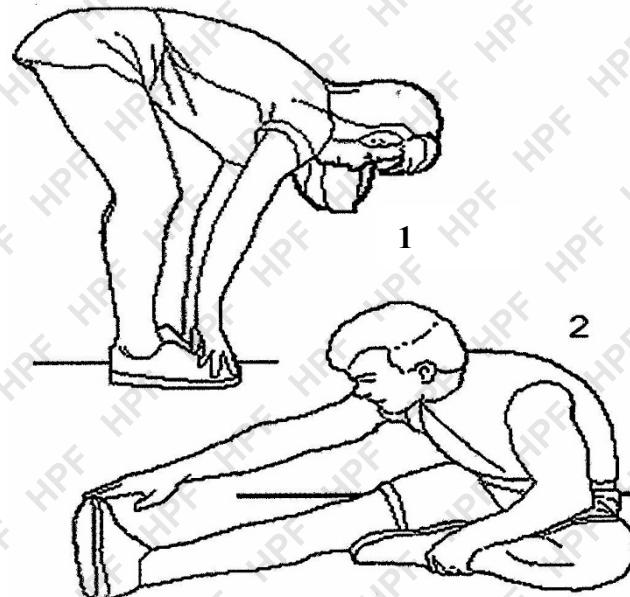
Connect sensor wire(2) with sensor wire(12), then insert computer(1) into the upper cover of handlebar(8), finish the assembly.

## Stretch exercise

No matter how you do sports, please do some stretch at first . The warm muscle will extend easily, so, warm up yourself with 5-10minutes, Then We suggest the following stretch exercise, five times.10counts for each time or longer , do these exercise again after sports.

### 1、Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes, Reach down as far as you can and hold for 15 counts. ( picture 1 )



### 2、Hamstring Stretch

Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extend. ( picture 2 )



### 3、Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward, Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts. ( picture 3 )



### 4、Quadriceps 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. hold for 10-15counts,relax.Repeat three times for each foot. ( picture 4 ).



### 5、Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close Into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts. ( picture 5 ).





**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](http://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.
- 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.
- 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.



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