

## Recumbent Exercise Bike - EXB1

### User Manual

RETAIN THIS MANUAL FOR FUTURE REFERENCE  
PLEASE READ THIS MANUAL CAREFULLY BEFORE USE

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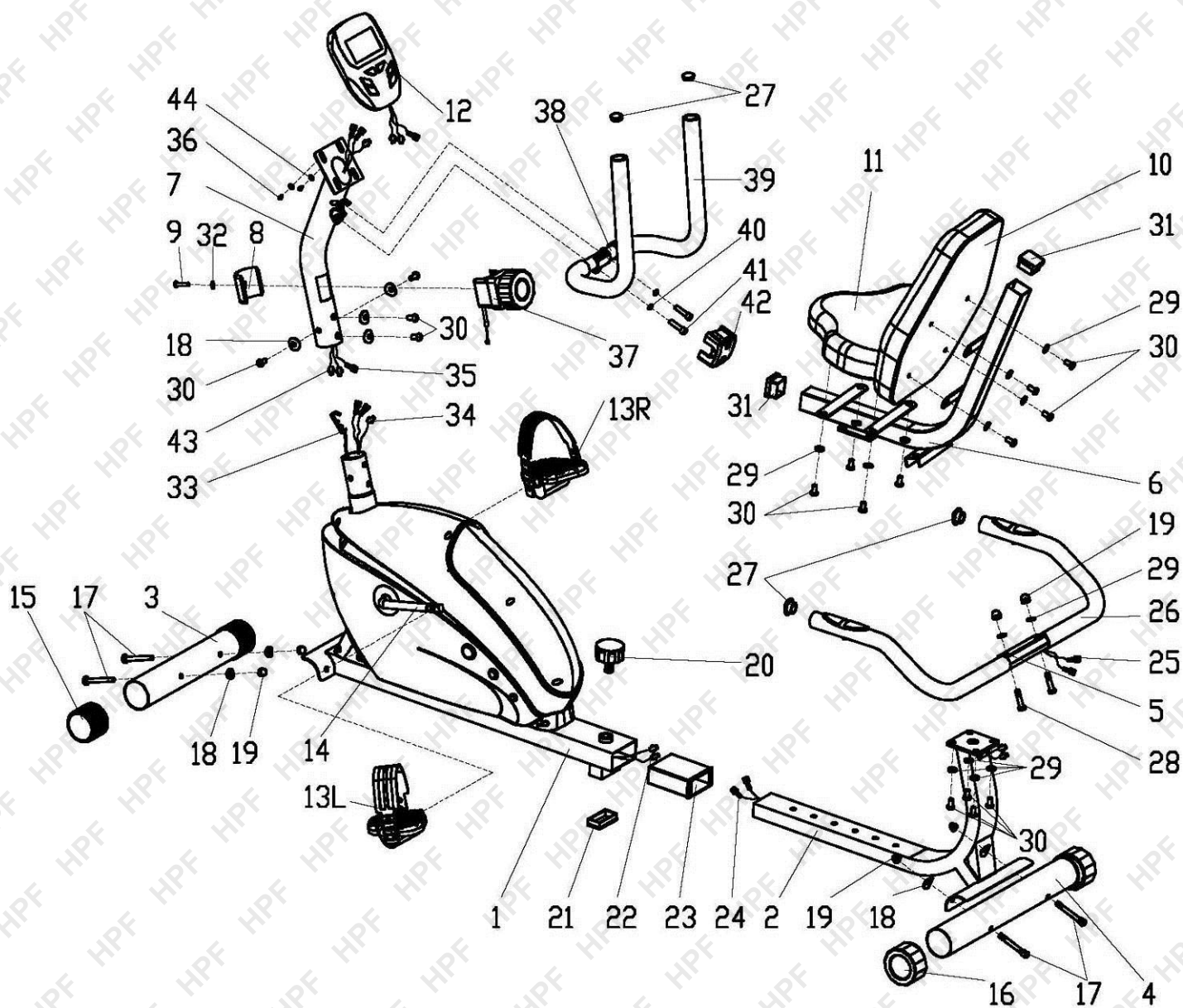
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## Safety Information and Precautions

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
2. Ensure user is aware of speed when starting. Turning on device at a high speed then starting exercise can cause serious injury.
3. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
4. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, light headedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only.
6. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it, and should have enough free space when users get on and off the equipment.
7. Before using the equipment, check that the nuts and bolts are securely tightened. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
8. There are many functions which will be displayed when using the equipment. These measurements are as accurate as possible but are not 100% exact. They are to be used as a guide, not scientific evidence.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. This equipment is designed for indoor and family use only. Maximum weight of user: **120KG**.
11. Care must be taken when lifting or moving the equipment so as not to injure your back.
12. The equipment is not suitable for therapeutic use.
13. Please save this manual and assembling tools well.

# Assembly Instructions

## Exploded View Diagram



## Parts List

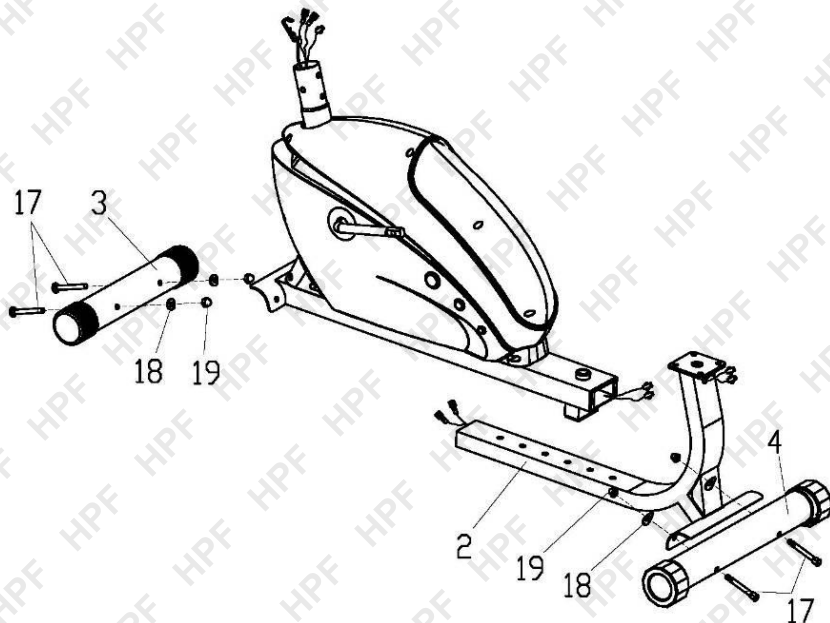
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Front main frame	1	23	Bushing	1
2	Rear main frame	1	24	Pulse extension wire 2	2
3	Front footing support	1	25	Pulse sensor wire	2
4	Rear footing support	1	26	Foam grip	2
5	Front support frame	1	27	End cap	4
6	Seat frame	1	28	Carriage bolt	2
7	Handlebar post	1	29	Flat washer	14
8	Tension cover	1	30	Inner hex bolt	16
9	Cross bolt	1	31	Square end cap	2
10	Backrest	1	32	Flat Washer	1
11	Seat	1	33	Tension cable	1
12	Display	1	34	Sensor wire	1
13L/R	Pedal	1	35	Sensor extension wire	1
14	Crank	1	36	Cross bolt	2
15	End cap	2	37	Tension Controller	1
16	End cap	2	38	Small handlebar	1
17	Carriage bolt	4	39	Foam grip	2
18	Arc Washer	8	40	Spring Washer	2
19	Acorn nut	6	41	Inner hexagon bolt	2
20	Pop-pin Knob	1	42	Handlebar chuck cover	1
21	Square end cap	1	43	Pulse extension wire 3	2
22	Pulse extension wire 1	2	44	Flat washer	2



## Assembly

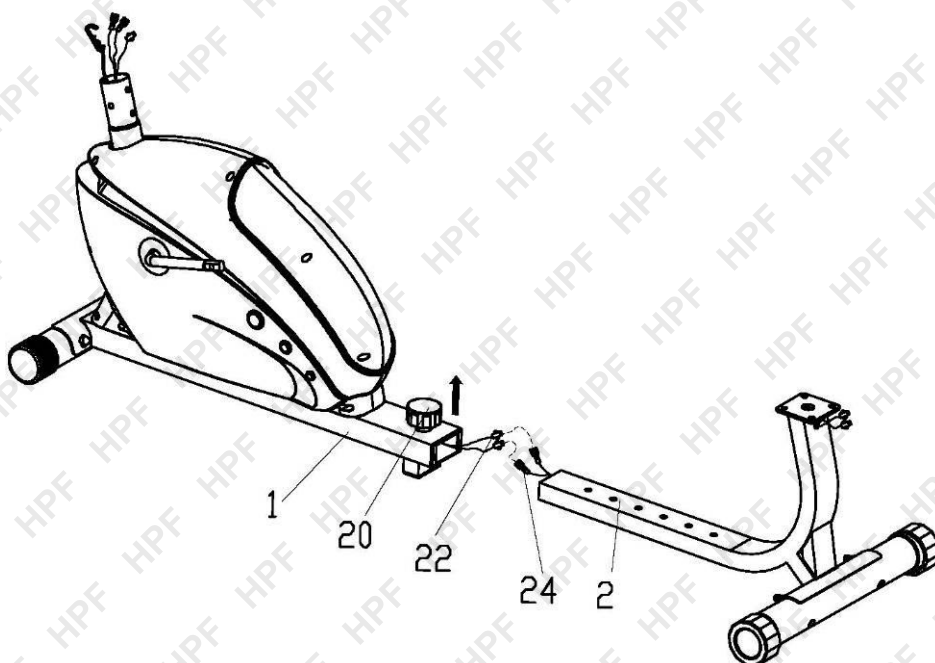
### Step 1

Attach the base support feet to the base frame.



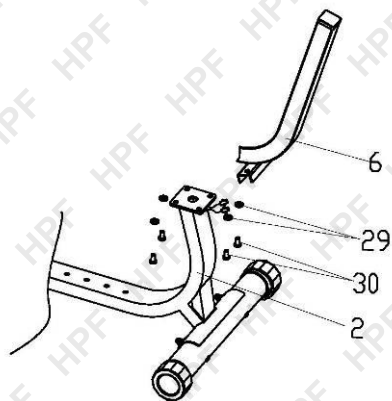
### Step 2

Attach the front and back frames



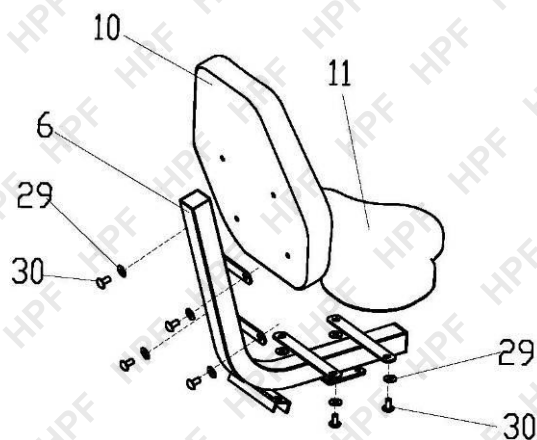
### Step 3

Fix the seat support frame to the back frame



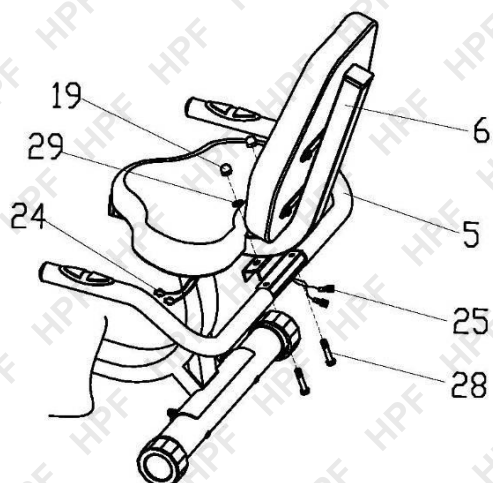
### Step 4

Attach the seat and back rest to the frame



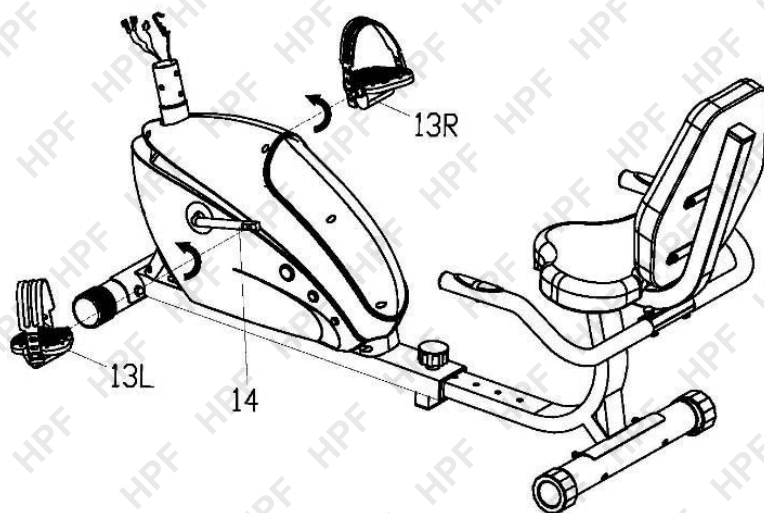
### Step 5

Attach the handlebar to the seat frame



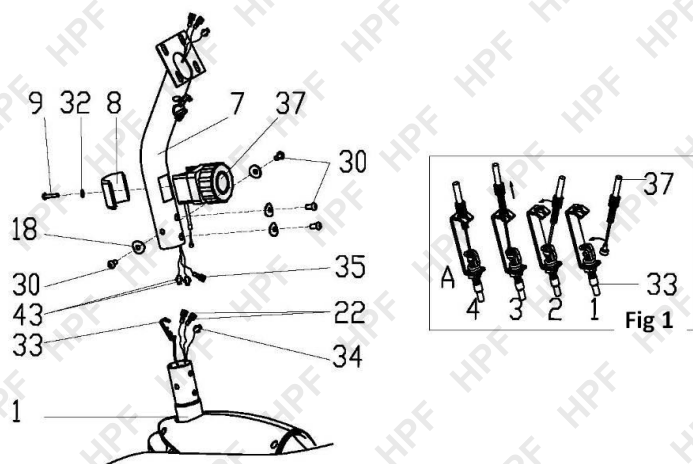
### Step 6

Attach the foot pedals to the crank shafts



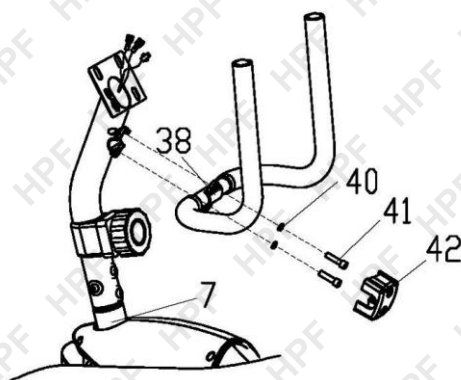
## Step 7

Attach the front support frame to the front base frame and connect the display wires. Also fit tensioning cable as shown in **Fig 1**



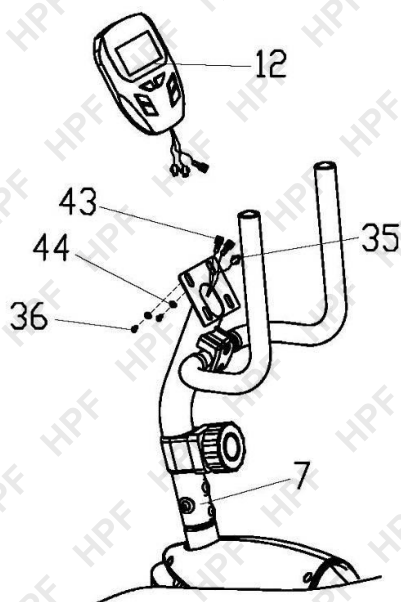
## Step 8

Attach the handle bars



## Step 9

Attach the display wires and mount the display with screws





## Operations

### AUTO ON/OFF

- The unit will automatically turn on once movement of cycling begins or when any button is pressed.
- The unit will automatically turn off when there is approximately 4 minutes of inactivity. This includes no cycling movement or pressing of any buttons.

### RESET

The unit can be reset by either removing battery or by holding the MODE key for 3 seconds.

### MODE

Choose SCAN or LOCK. If you do not want the scan mode, press the MODE key when the pointer begins blinking on the function that you want.

## Functions

**TIME:** Press the MODE key until the pointer locks on to TIME. The total working time will be shown when you begin exercising.

**SPEED:** Press the MODE key until the pointer advances to SPEED. The current speed will then be shown.

**DISTANCE:** Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will then be displayed.

**CALORIE:** Press the MODE key until the pointer locks on to CALORIE. The calories burned will be displayed when you begin exercising.

**ODOMETER (if equipped):** Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will then be shown.

**PULSE (if equipped):** Press the MODE key until the pointer advances to PULSE. User's current heart rate will then be displayed in beats per minute. Place the palm of your hands on both of the contact pads (or put the ear-clips to your ears), and wait for about 30 seconds for the most accurate reading.

**SCAN:** This will display each function (TIME, SPEED, DISTANCE, CALORIE, ODOMETER & PULSE) for 4 seconds each.

## Key Functions

- **MODE:** This key lets you select different functions.
- **SET:** This key displays "TIME" "DISTANCE" or "CALORIES" and allows you to monitor desired unit of measurement during workout.
- **CLEAR (RESET):** This key will reset all values and parameters to "0" zero.
- **ON/OFF (START/STOP):** This key will stop or start monitoring of workout

## Specifications

<b>TIME</b>	00:00 – 99:59 (mins: secs)
<b>SPEED (SPD)</b>	0 – 99.9 km/h (or miles/h)
<b>DISTANCE</b>	0 – 999.9 km (or miles)
<b>CALORIES</b>	0 – 9999 CAL (calories)
<b>ODOMETER (ODO)</b>	0 – 999.9 KM (or miles)
<b>PULSE (PUL)</b>	40~240 BPM (beats per minute)

## Suggested Warm Up Exercises

These exercises are ideal maintaining strength and flexibility and help avoid stiffness which can result from workouts. A few minutes of these, before and after your workouts, are the best times to do them.



### Inner Thigh Stretch

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor with your elbows. Hold this position for 30 seconds.

### Hamstring Stretch

Sit with your leg extended and rest the sole of your other foot against your inner thigh. Lean toward your toe as far as possible. Hold this position for 15 seconds. Relax and then repeat with opposite leg extended.



### Head Roll & Shoulder Lifts

Lean your head to the right for 5 seconds feeling the stretch up the left side of your neck. Bend your head back for 5 seconds, stretching your chin to the ceiling. Lean your head to the left for 5 seconds and finally, drop your head forward with your chin touching your chest for 5 seconds.

Lift your right shoulder towards your ear for 10 seconds. Lift your left shoulder up for 5 seconds as you lower your right shoulder.

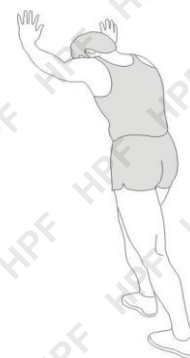
### Calf-Achilles Stretch

Lean against a wall with your left leg in front and your arms forward. Keep your right leg straight and your left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold this position for 15 seconds then do the same on the opposite side.



### Toe Touch

Stand up straight and slowly bend forward at your waist, letting your back and shoulders relax. Reach as far as you can and hold for 15 seconds.



### Side Stretch

Spread your arms to the side (like a plane) and slowly lift them up to the ceiling. Bend one hand in at the wrist and hold for 15 seconds. Spread your arms to the side and repeat with opposite hand.





**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 recognised 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 a technical issue 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 or could financially affect 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 considering the points above simply contact the retailer directly for details of their returns policies if required.

