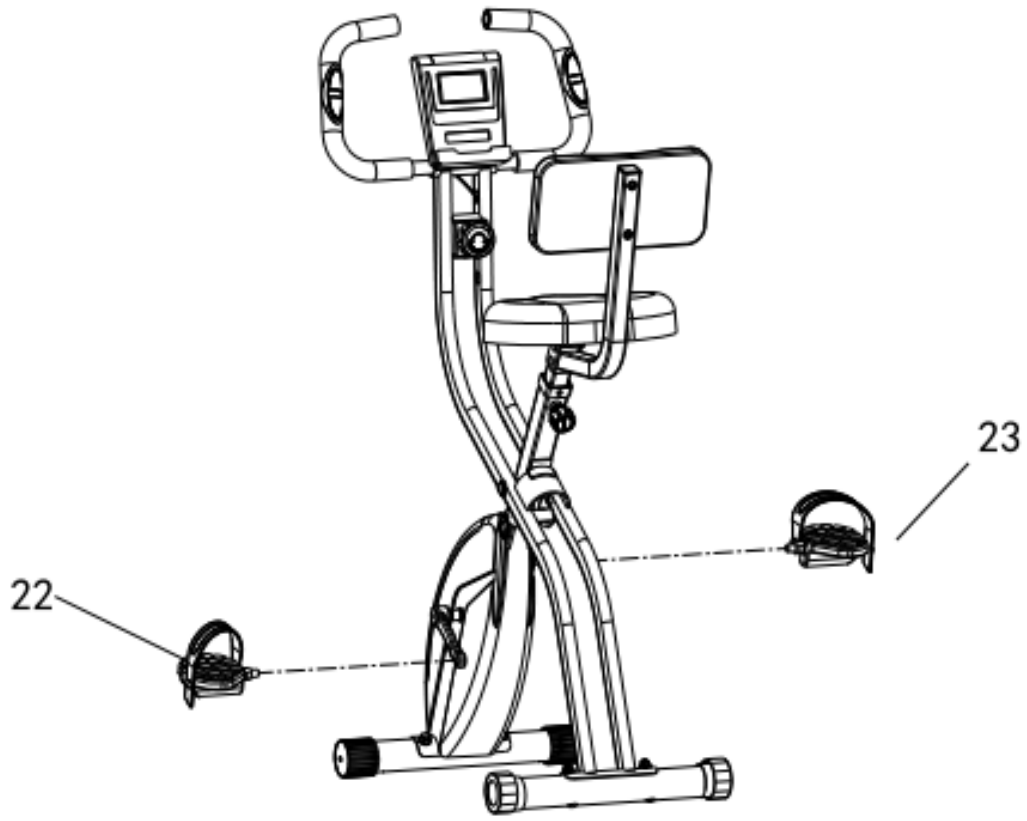


STEP 5 The pedals Assembly

Pedal (22) and (23) is marked "L" and "R" - Left and Right. Use the Wrench 15 to provided connect them to their appropriate crank arms. The right crank arm is on the right hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anti-clockwise.

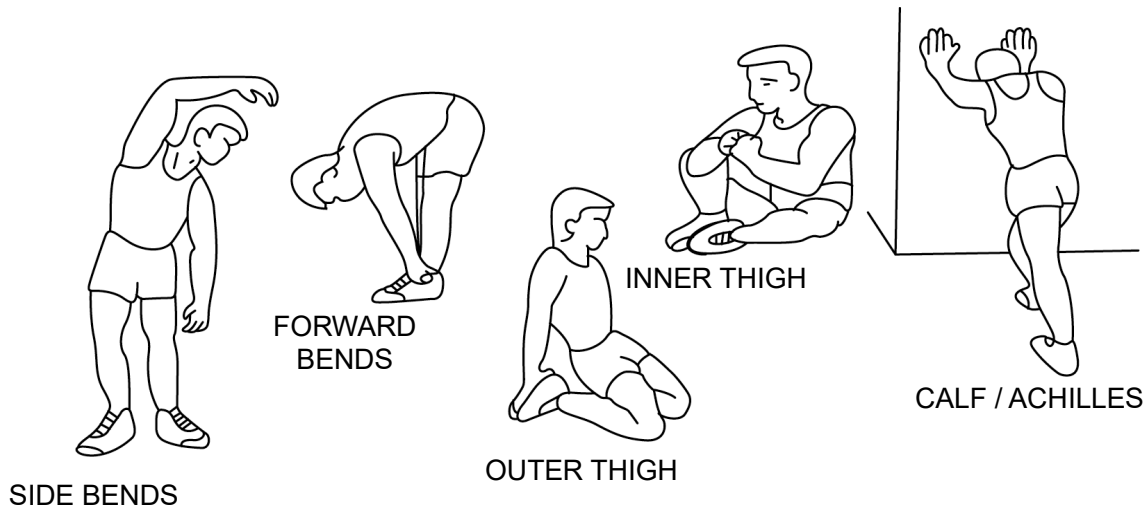


EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

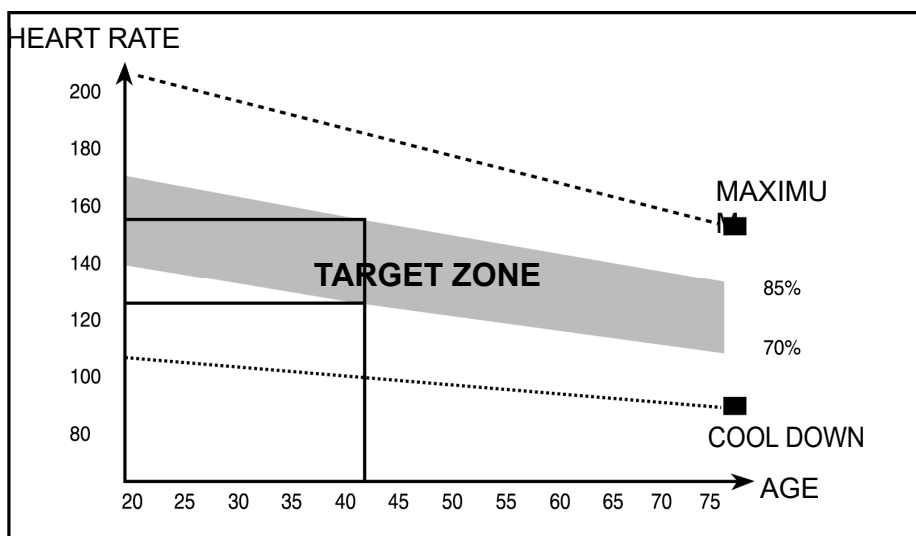
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

Series Monitor

SPECIFICATIONS:

TIME(TMR).....	00:00-99:59 MIN
SPEED(SPD).....	0.0-99.9Mile/H
DISTANCE (DST)	0.00-999.9Mile
ODO (Total distance)	0.0-999.9KM
CALORIES (CAL)	0.0-9999KCAL
PULSE (PUL).....	40-240BPM (Optional)

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

RESET: Pressing and holding the button more than 3 seconds will reset all functional values to zero except the odometer data values.

SET: Lock on a particular function can use this key except SPD and ODO function. Set a value for particular function. When you start to exercise, the value is counting down. The value reach zero, a continuous 'dididi' sound will last around 5 seconds

AUTO ON/OFF:

▲ The system turns on when any key is pressed or when it receives an input from the speed sensor.

▲ The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

RESET: The unit can be reset by changing the batteries or pressing the RESET key for 3 seconds.

SCAN: Press the button until the screen displays SCAN; the digital monitor will automatically scan the function of TIME, TOTAL DISTANCE, CALORIE, PULSE, SPEED, and DISTANCE.

TIME: Displays your elapsed workout time in minutes and seconds. The computer will automatically count up from 0:00 to 99:59 in one second intervals.

SPEED: Current speed will be shown by pressing MODE key until brand DST appear.

DISTANCE: Displays the accumulative distance traveled during each workout.

ODO : Displays the total accumulative distance traveled during each workout. The data values of TOTAL DISTANCE can not be reset to zero by pressing and holding the button more than 2 ~3 seconds. If user takes out the batteries from the computer, the TOTAL DISTANCE data values will reset to zero.

PULSE: Display your pulse rate in beats per minute after holding both hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of one.

CALORIES: The computer will estimate the cumulative calories burned at any given time during your workout.