

Customer Service/ Company Address:

Room 6705, Yongkang International Convention And Exhibition Center


Please read the instructions carefully and follow the instructions correctly
Please keep it in order to confirm at any time after reading
When this product is transferred to another person, be sure to attach the instructions to
ensure safety

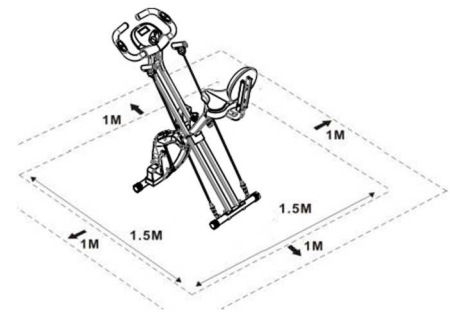
INSTRUCTION MANUAL

Thank you for purchasing a new smart oxygen exercise bike, please read the instructions before use, and confirm the purchase of goods is complete, without any damage caused by the transport.

1. CONSIDERATIONS

Be sure to read and follow the safety precautions described below

&WARNING	
 PLEASE OBEY	If feel body no well When using this product, must stop it immediately, and consult your doctor immediately after using the doctor's instructions. "WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately"
	To ensure safety, please check whether there is any damage or wear before use, especially the seat, screw, knob, if there is cracks or damage, should immediately stop using.
	Warning early use, do not exceed 30 minutes a day, and please follow the instructions to exercise, to avoid the wrong posture caused by sports injuries.
	If you feel abnormal or discomfort during exercise, stop using it immediately to avoid injury.
	Do not use this product after drinking or after a meal and use it at least one hour after a meal to avoid discomfort or accident.
	This product should be placed in a suitable place, such as flat and strong floor, so as not to fall or hurt.
	Wear suitable clothing during exercise to avoid injury or accident. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
	Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be waved away.
	Start using this product before the warm-up, light step and adjust the breathing and pace, slowly into the state of motion.
	Please read the use of sections in detail, such as the instructions picture across the seat, feet to ensure that stamped on the pedal, according to the use of mode instructions, the hand holding the handrail.
	When folding, please pay attention to children close to avoid injury.
	Home use only. Maximum weight of user, 100kg. Breaking is speed independent. The equipment is not suitable for therapeutic use
The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.	
Warning that if any of the adjustment devices are left projecting, they could interfere with the user's movement	







When using this product, please reserve the range of motion B, and reserve a free range of 1 meter around the A, the movement to ensure that the surrounding items, personnel and pets safe distance.

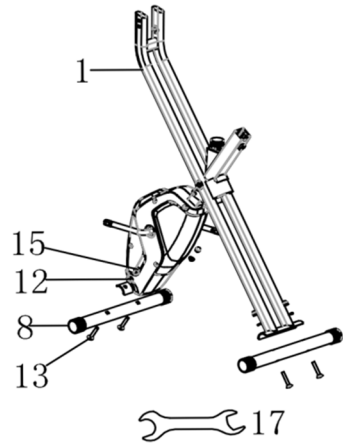
Minimum insertion length of seat tube is 3 cm.

First of all, sit down, put your hands on the handlebar. One foot into the pedal, the other foot into the pedal, and then you can start using the other foot into the pedal, and then you can start using both feet. To stop using or in a sudden emergency, you can take both feet off the pedal, land on both feet, and take both hands off the handlebar

& WARNING

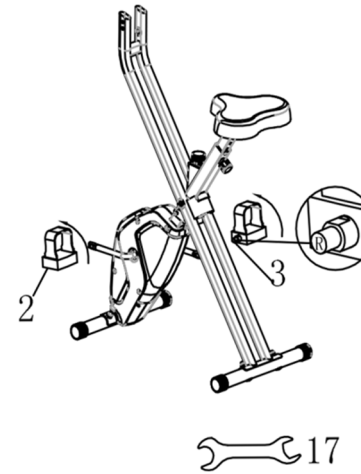
 PLEASE OBEY	Accuracy Class: C Notice that class B and class C crank training requirement are not suitable for high accuracy purposes.
 PLEASE DO NOT DISASSEMBLE	Do not modify or modify the product yourself to avoid any abnormality or accident.
 CONFIRM	When using this product, make sure that the screws, and knobs have been posited to reduce the risk of accidents. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
 PROHIBIT	Do not use this product if the knob is not in right position.
	Please do not use the instructions beyond to avoid injury or cause accidents.
	Do not use it for more than two people to avoid injury or cause accidents.
	This product is used in home, please do not apply to Commercial use, so as to avoid injury or cause accident.
	This product prohibits the use of children, elderly or inconvenient, please use under the supervision of someone. Using, others or pets do not close, so as to avoid injury or cause accidents.

2.ASSEMBLE METHOD



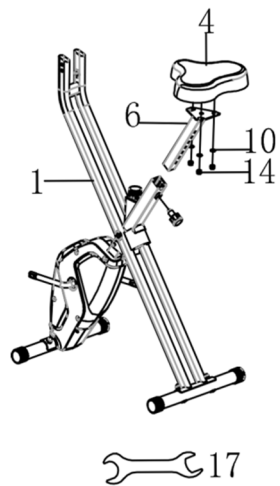
Step:1 assembly foot stool

Install the foot tube, the semi-circular head square neck screws through the foot tube, the main frame arc gasket, and cover the cap, with an open wrench lock



Step: 3 assembly pedal

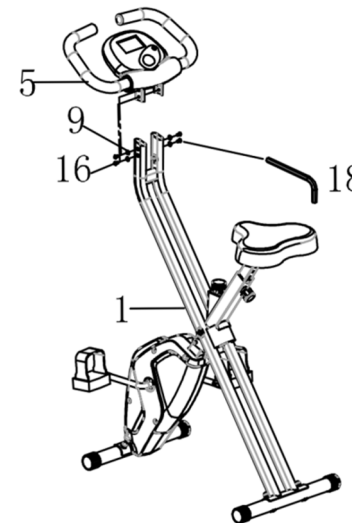
Install the foot pedal left on the left side of the main frame and install the foot pedal right on the right side of the main frame. Note: When the foot pedal is assembled, the foot is on the letter L, whether the left or the letter R is right.



Step: 2 Assembly seat

Remove the seat pre-set flat and nut, the cushion installed in the seat tube telescopic tube, with an open-end wrench to the flat and nut fixed lock, the cushion group into the tube, then the plum lotus knob inserted into the hole fixed lock tight.

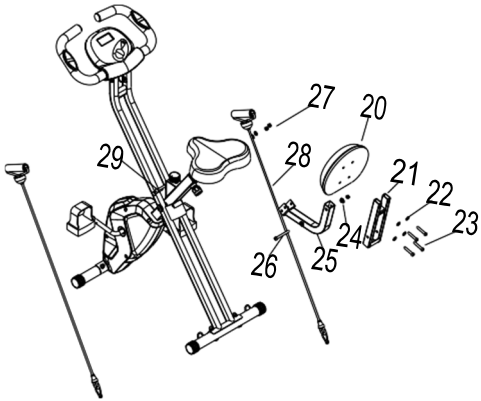
Minimum insertion length of seat tube is 3 cm



Step: 4 assembly handrail

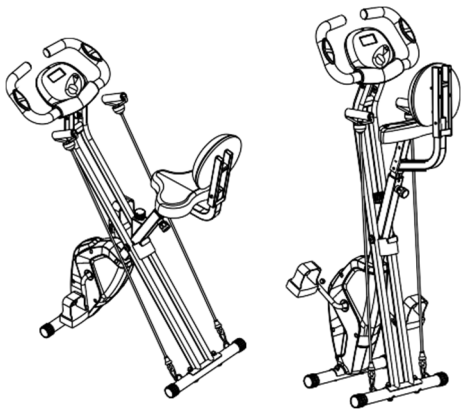
Handrail installed to the front of the main frame, take the semi-round head of the hexagonal screw two were inserted through the gasket on both sides of the threaded hole. Take the two round head hexagon screws, respectively, through the arc washer into the back of the two screw holes, and fixed with a cross wrench lock. Reinstall the sensor head into the back of the electronic watch on the socket.

2.ASSEMBLE METHOD



Step: 5

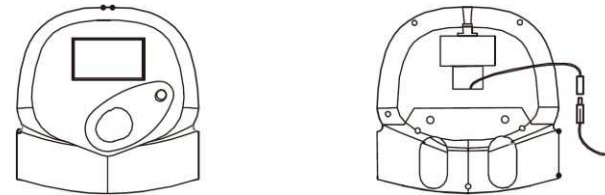
20 backrest pads, 21 backrest fixing welding parts, 22 6 d8-D16-T1.2 flat washers, 23 M8*45 hexagon socket head bolts, 24 d10-D20-T1.3 plastic washers, 25 backrest Link welding group, 26 M8*75 hexagon socket head bolts, 27 M8-T7.2 loose nuts, 28 drawstring 2 groups, 29 M8*45 square neck half round head bolts, and use hexagon socket L-shaped wrench 6# and Tighten open-end wrench 13-15.



Compact folding design perfect for limited spaces or small apartment. When the exercise bike is folded, the safety pin is in the inside hole site. Before exercising, put out the safety pin, unfold the exercise bike, put safety pin into the outside hole site.

3.ELECTRONIC WATCH PARAMETER

TIME (TMR) □□□□□□□□□□□□□□□□. from 0 to 99:59
 SPEED (SPD) □□□□□□□□□□□□□□□□ from 0 to 99.9 KM/H (ML/H)
 DISTANCE (DIST) □□□□□□□□□□□□□□□□..... from 0 to 99.99 KM(ML)
 CALORIES (CAL) from 0.0 to 9999 KJ
 ODOMETER(ODO) from 0 to 9999 KM(ML)
 PULSE(PUL) from 40 to 240 BPM



Key function

This button is used to select or lock a function
 This button is used to set the movement time, mileage, calories. Set the data countdown to zero followed by 15 beeps.
 Clear: This button is used to clear all data

Operational guidance

1. Auto ON/OFF
 The system automatically opens to work, when there is a key operation or a motion signal into the system.
 The system automatically shut down to stop working, when no key operation within four minutes or no motion signal into the system.
2. Reset
 Reinstall the battery or press the mode button for three seconds or press to clear the system will automatically reset the restore.
3. Mode
 This button can select Auto Scan or point to a specific function.

Function Description

TIME: Press the mode button, so that the arrow points to the time position, will record the movement to start to stop the time.
 SPEED : Press the mode button, so that the arrow points to the speed position, the record shows the movement of the appropriate speed.
 DISTANCE : Press the mode button, Let the arrow point to the mileage position and record the number of miles that the movement starts to stop.
 CALORIES: Press the mode button, Let the arrow point to the calorie position and record the movement to start to stop the consumption of calories.

ODOMETER :Press the mode button, Let the arrow point to the time position and record the total mileage of the movement until the battery movement is changed.
PULSE: Let the arrow point to the heartbeat position, the record shows the movement every minute heart rate data timely display.
SCAN: Every four seconds automatically switch to display the various function parameters
BATTERY: If the display is blurred or abnormal, re-power or replace the battery.

Seat height adjustment

First remove the plum lotus leaf knob after the height adjustment for the appropriate height of the seat, the plum lotus knob fixed lock.

Pedal resistance adjustment.

Peal resistance adjustment, totating the main frame of the resistance adjustment device, you can set the required foot resistance, clockwise rotation to increase the resistance, counterclockwise rotation to reduce resistance.

Fitness single ride

Hold your hand in front of your hand.

Maintain

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a drycloth.
 Do not use alkaline solvents, solvents such as solvents, volatile oils and other solvents.

Maintenance / inspection

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.
 When not in use please fold the admission, and placed in the children can not touch the Department.
 If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.
 When you accidentally wet the product, use a dry cloth to avoid skidding.
 In case of malfunction, abnormality or any operational problem, please contact us at the company.

Product recycling

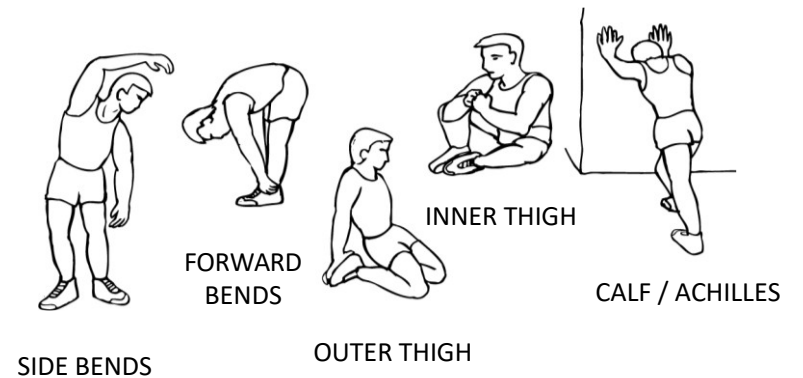
Due to the different national recycling regulations, please refer to the relevant regulation.

XERCISE 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.

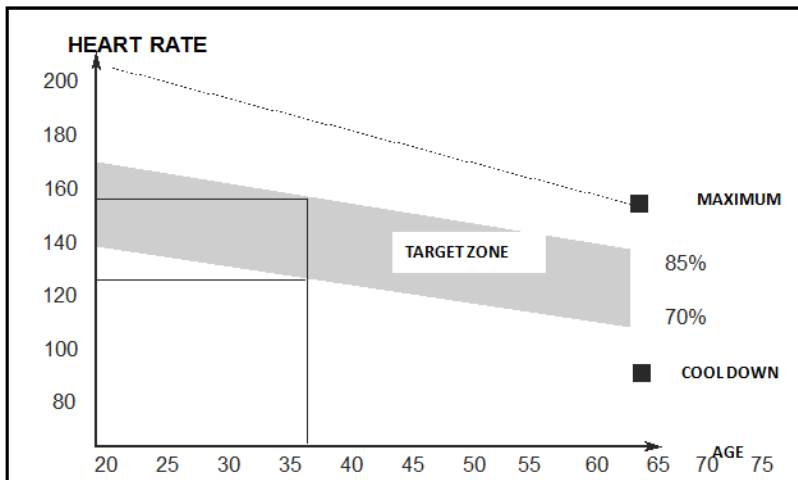
1. The Warm Up Phase

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 15-20 minutes.

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

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 6 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.