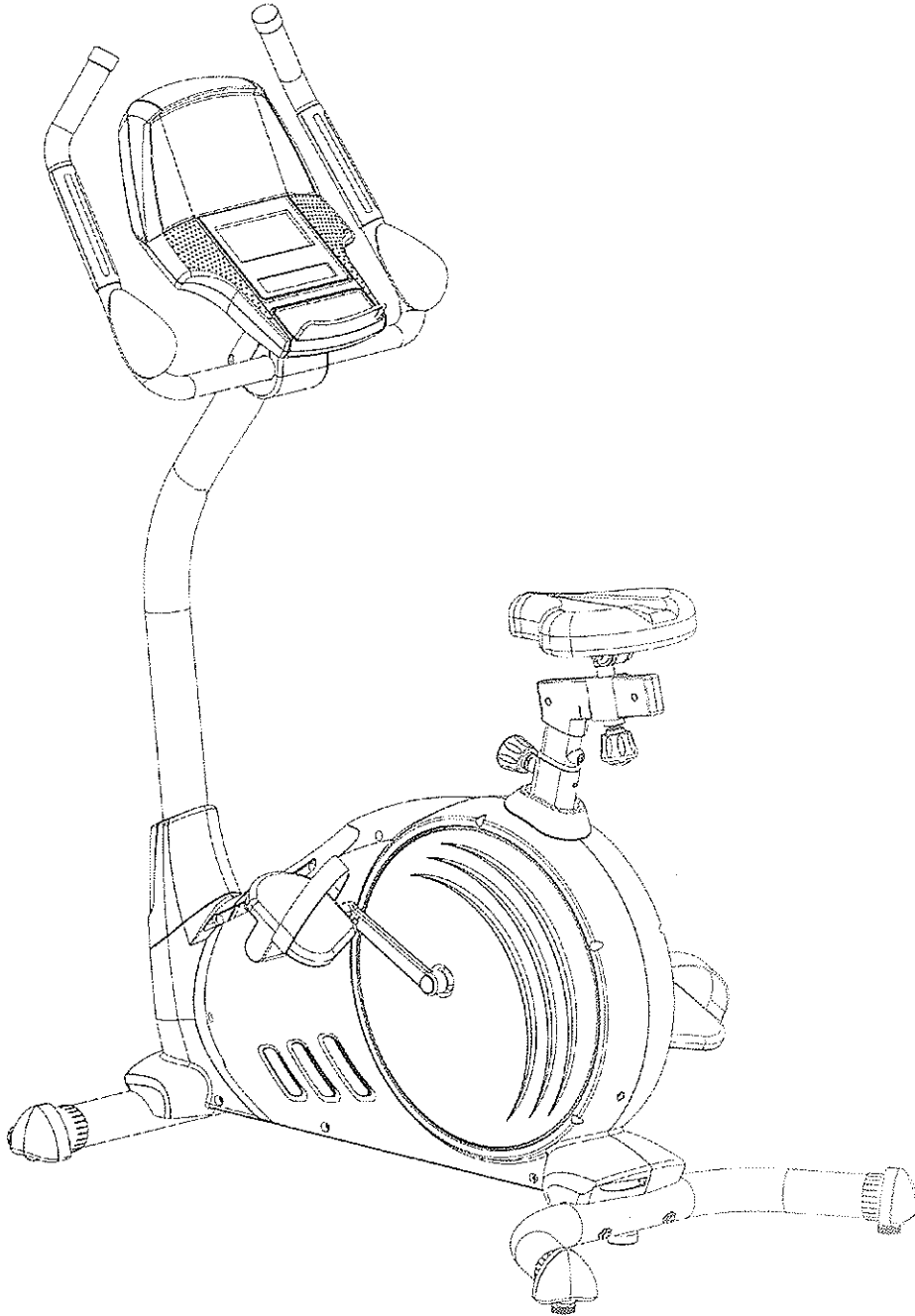
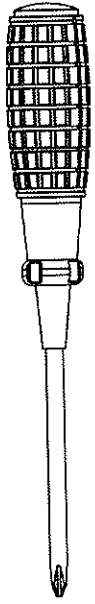


BIKE KINETIC OWNER'S MANUAL



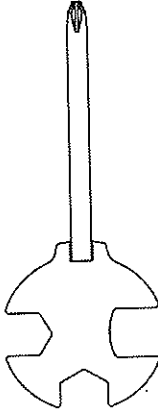
Screws Bag



(96) Screwdriver(plastic handle)—1PCS



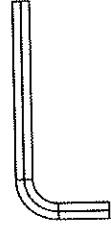
(85) Bumper TPR—1PCS



(95) Open Spanner—1PCS



(97) Screw M6 x 20—1PCS



(93) Allen Wrench—1PCS



(94) Self Tapping Screw ST3.0 x 15—4PCS

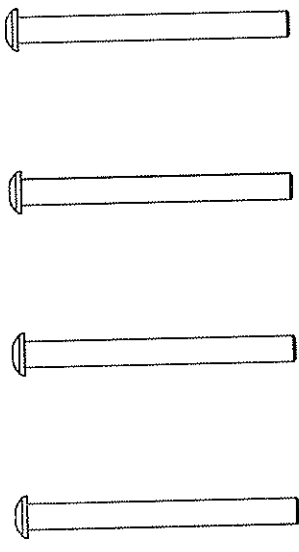


(92) Washer $\phi 18 \times \phi 9 \times 2.0t$ —4PCS



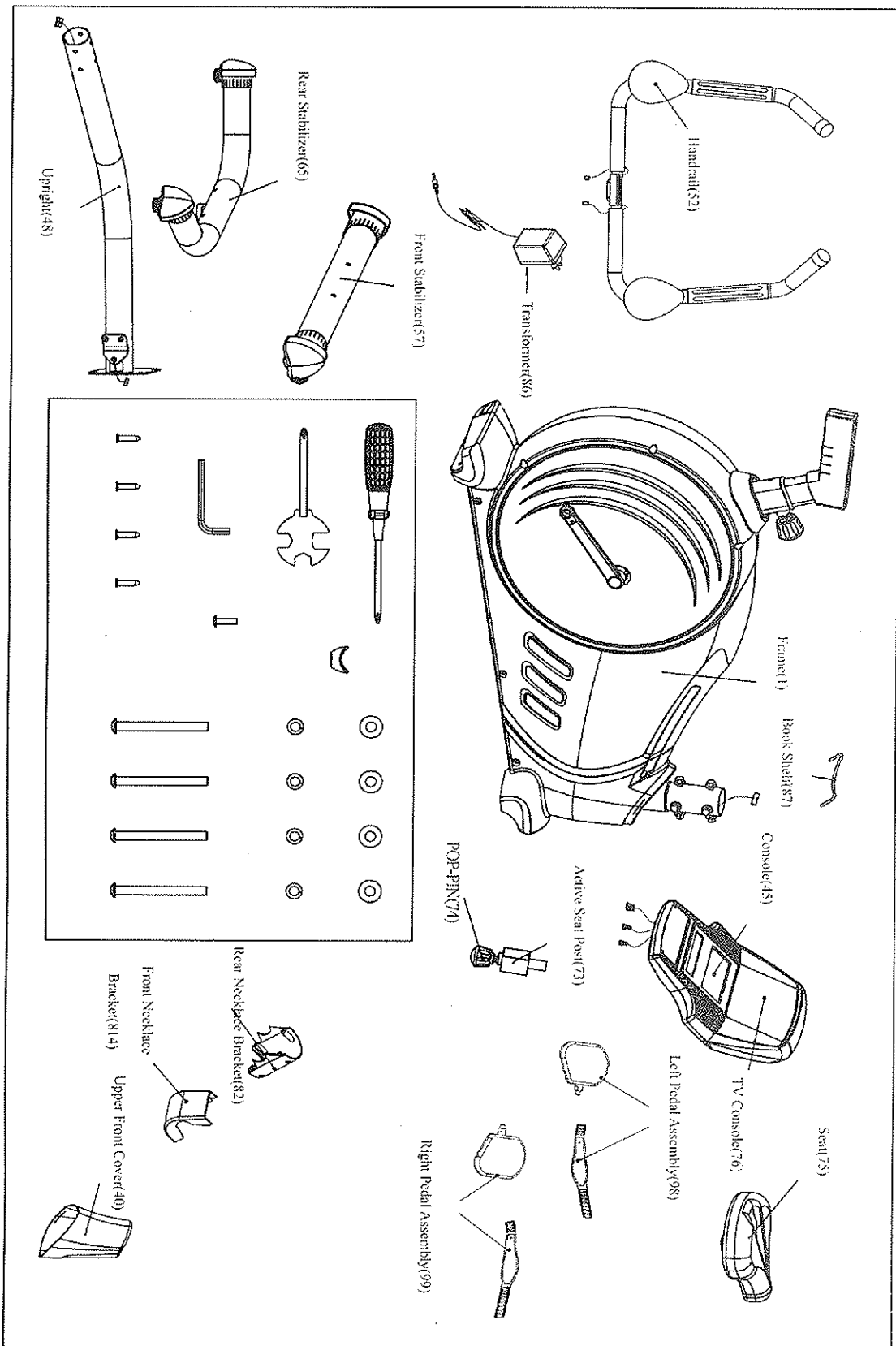
(91) Spring Washer M8 x 2.0t—4PCS

CS

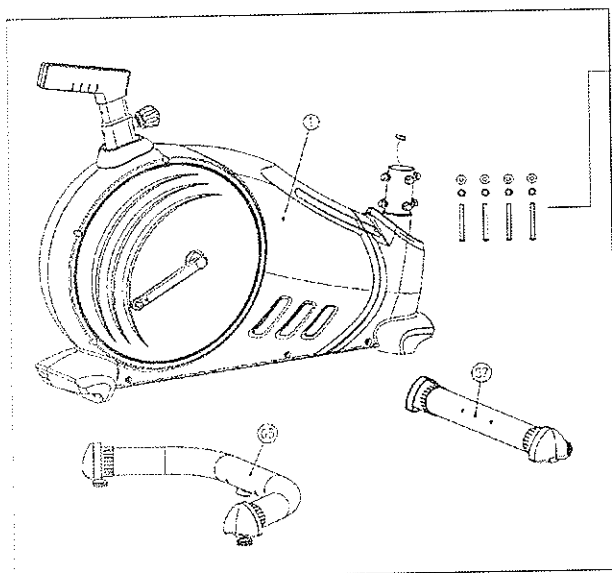


(90) Allen Bolt M8 x 75—4PCS

Assembly Parts

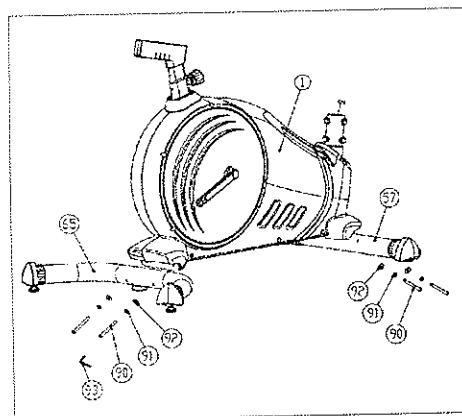
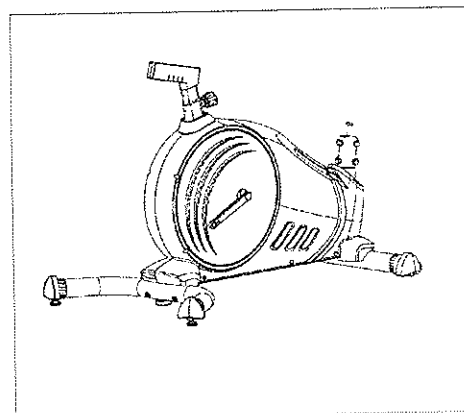


1. To assemble the Stabilizers

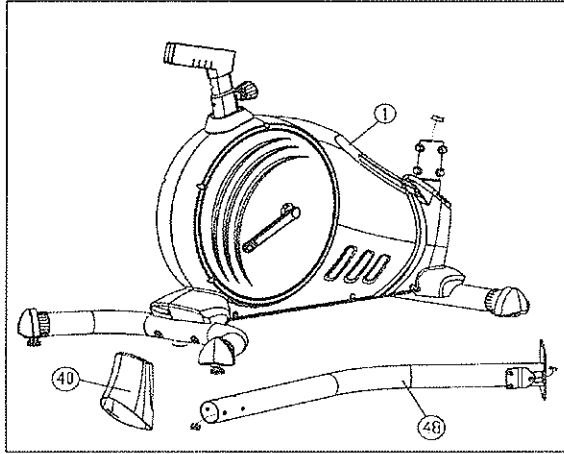


Washer $\phi 18 \times \phi 9 \times 2,01 (92)$	
Spring Washer M8 x 2,01 (91)	
Allen Bolt M8 x 75 (93)	

Refer to the right drawing, attach the Stabilizers (57,65) to the Frame with Bolt (90), Spring Washer (91), Washer (92), pay attention to the assembly sequence of the washers and then tighten Screw (90) with Allen Wrench (93).



2. To assemble the Uprights

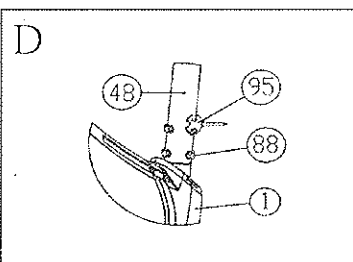
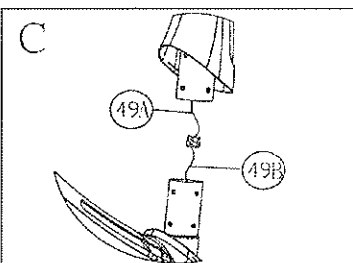
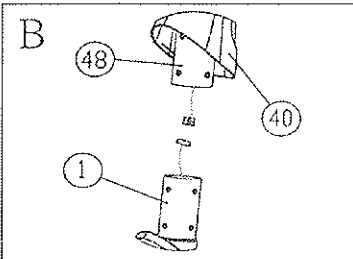
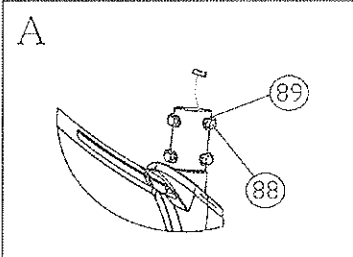
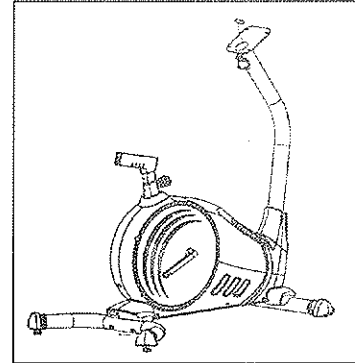


Step A: Unscrew the Screw (88), Arc Washer (89) from the Frame.

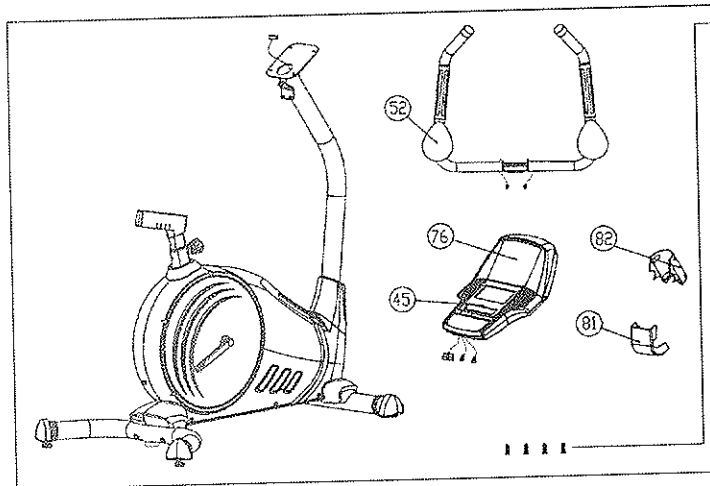
Step B: Refer to picture B, slide the Upper Front Cover (40) onto the Upright from the lower Upright (48).

Step C: Connect the Middle Control Wire (49A) connector and the Lower Control Wire(49B) connector between the Upright and Frame(shown as picture C).

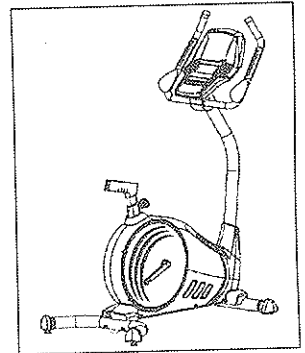
Step D: Attach the Upright (48) to the Frame with Bolt (88), Arc Washer (89) and Open Spanner (95). And then slide the Upper Front Cover (40) down and snap into place.



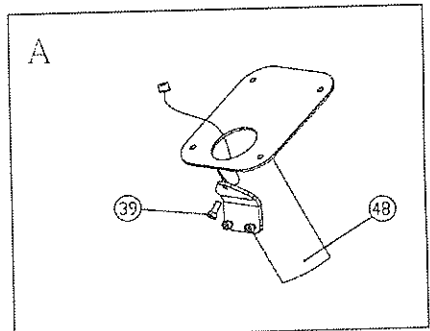
3. Assemble Handrail, Necklace Brackets and Computer



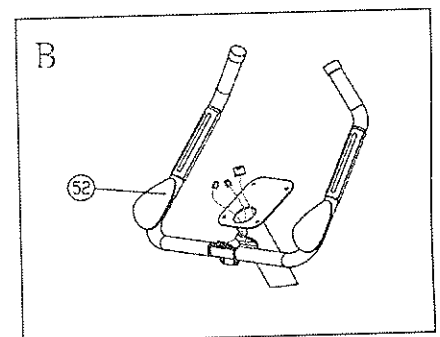
Self-Tapping Screw ST3.0 x 15---4PCS(94)



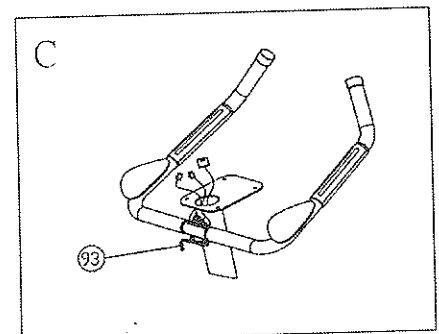
Step A: Unscrew the Bolt(39) from the Upright (48).



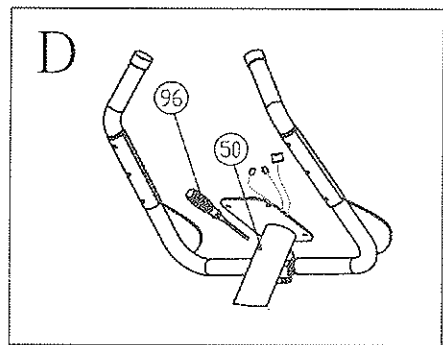
Step B: Attach the Handrail (52) to the Upright, shown as Picture B.



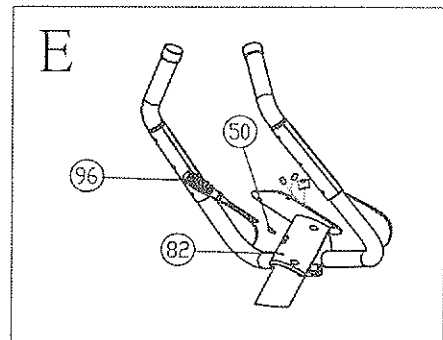
Step C: Attach the Handrail to the Upright with Bolt (39) then tighten the bolt with Allen Wrench (93).



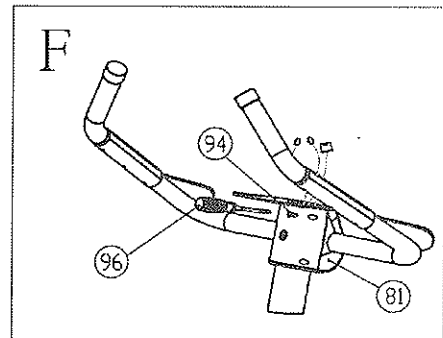
Step D: Unscrew the Screw(50) with Screwdriver (96) from the rear Upright.



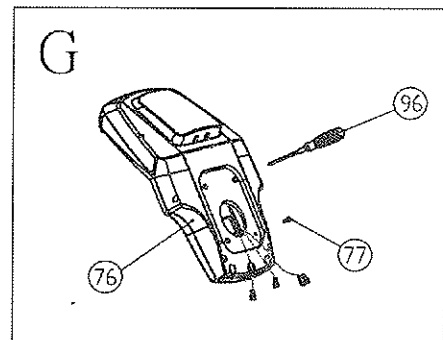
Step E: Attach the Rear Necklace Bracket (82) to the Upright with Screw (50) and tighten with Screwdriver (96).



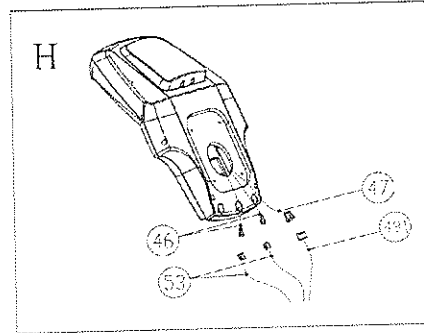
Step F: Attach the Front Necklace Bracket (81) to the Rear Necklace Bracket (82) with Screw (94) and tighten with Screwdriver (96).



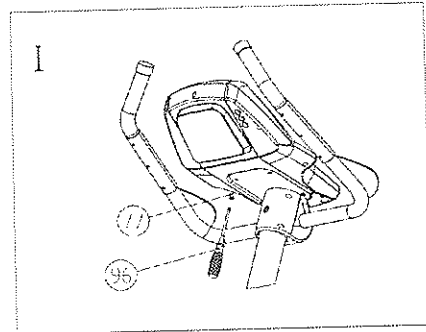
Step G: Unscrew the Screw (77) from the TV Console with the Screwdriver(96).



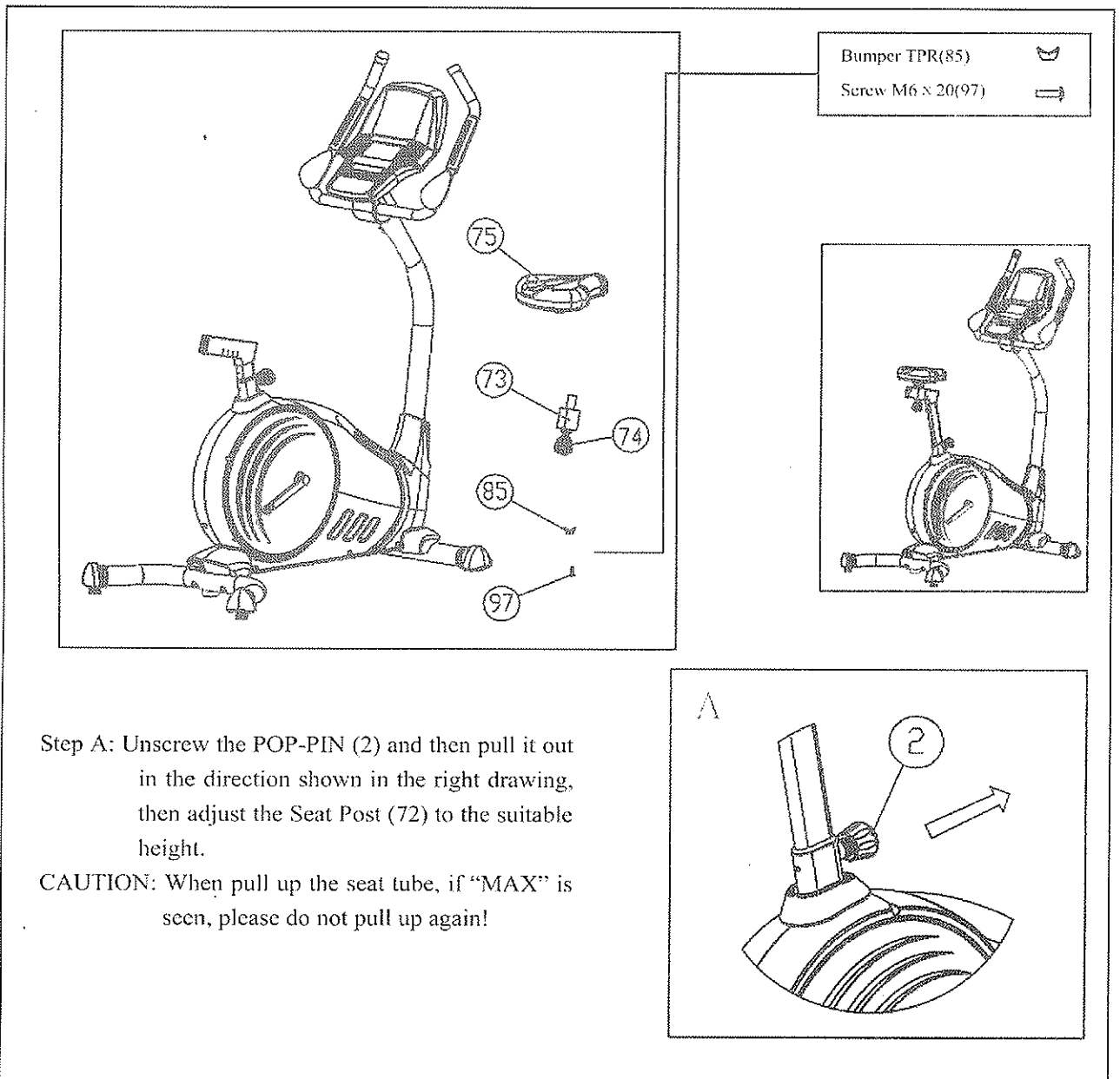
Step II: Refer to the inset drawing, connect the wires from the Console, connect (46) to (53), (47) to (49A).



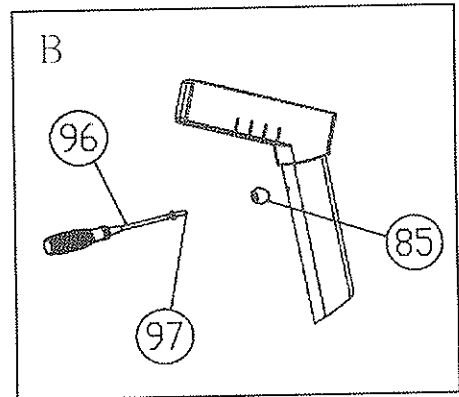
Step I: Attach the Console to the Upright with Screw (77) and Screwdriver (96).



4. To assemble the Seat

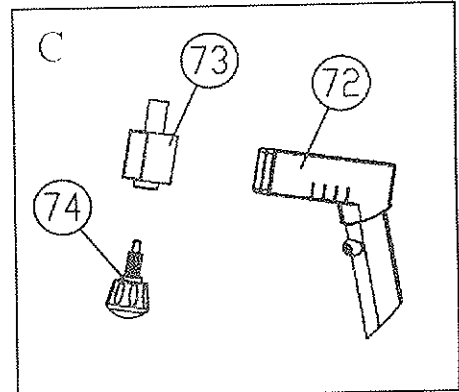


Step B: Attach the Bumper TPR (85) to the Seat Post with Screw (97) and Screwdriver (96).

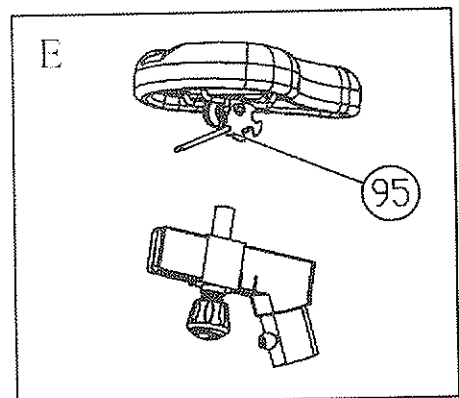
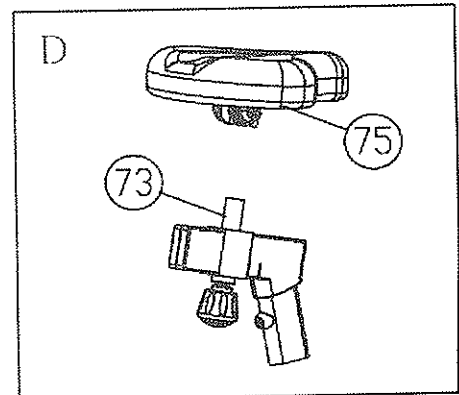


Step C: Refer to picture C, attach the Active Seat Post (73) into the Seat Post (72) and tighten with POP-PIN (74).

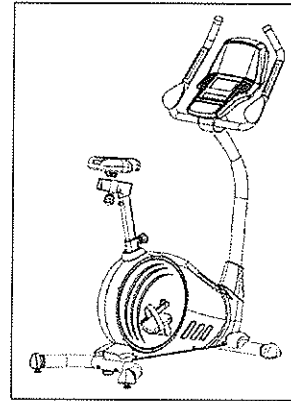
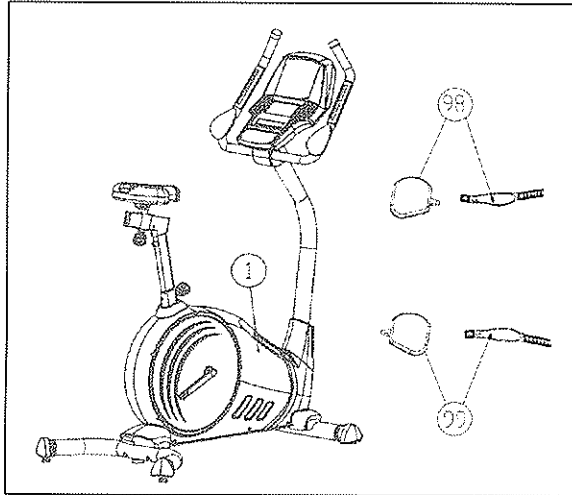
CAUTION: Unscrew POP-PIN (74), and pull it down, then you can adjust the position of the Seat. After the adjustment, make sure to tighten the POP-PIN (74).



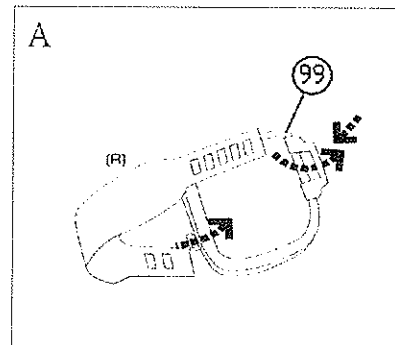
Step D+E: Refer to picture D, insert the Seat (75) into the Active Seat Post (73); refer to picture E, tighten the bolts on the Seat with Open Spanner (95).



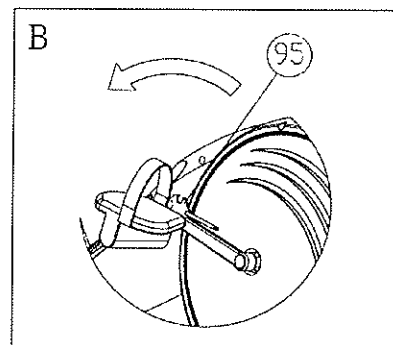
5. To assemble the Pedals



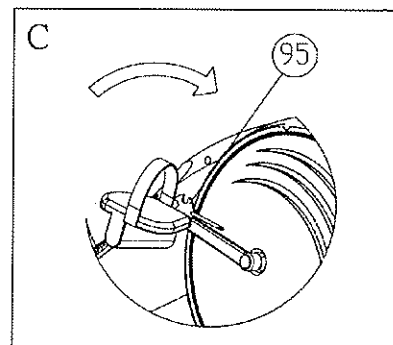
Step A: Refer to picture A, attach the Pedal Belt to the Pedal.



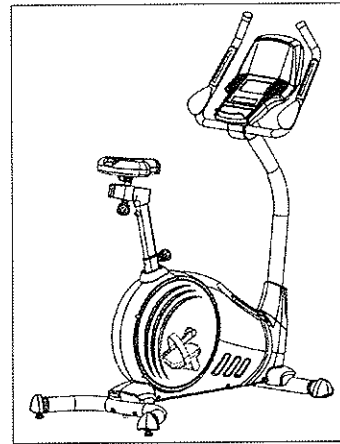
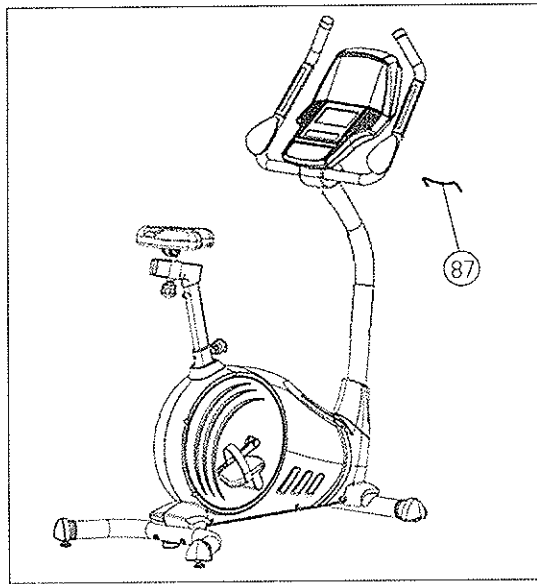
Step B: Firmly tighten the Pedal with Open Spanner (95) in the direction shown in Picture B.



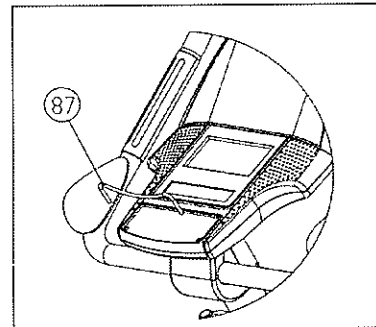
Step C: If you want to disassemble the Pedal, dismantle it with Open Spanner (95) in the direction shown in Picture C.



6. To Assemble the Book Shelf



Insert the Book Shelf into the console
in the direction shown in
the picture.

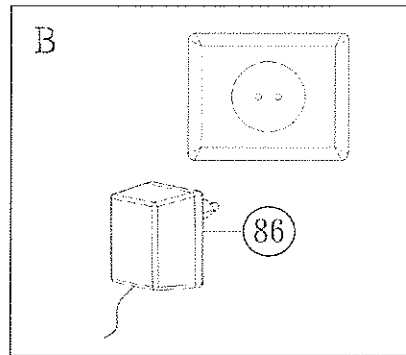
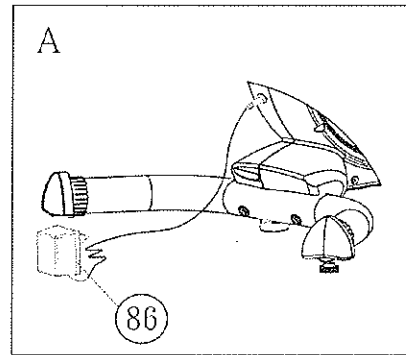


7. To Assemble the ConsolePower Supply

Step A: Plug the Transformer (86) Connector into the Frame Power jack.

Step B: Plug the other end of the Transformer (86) into your home Power socket and then the computer is ready for use.

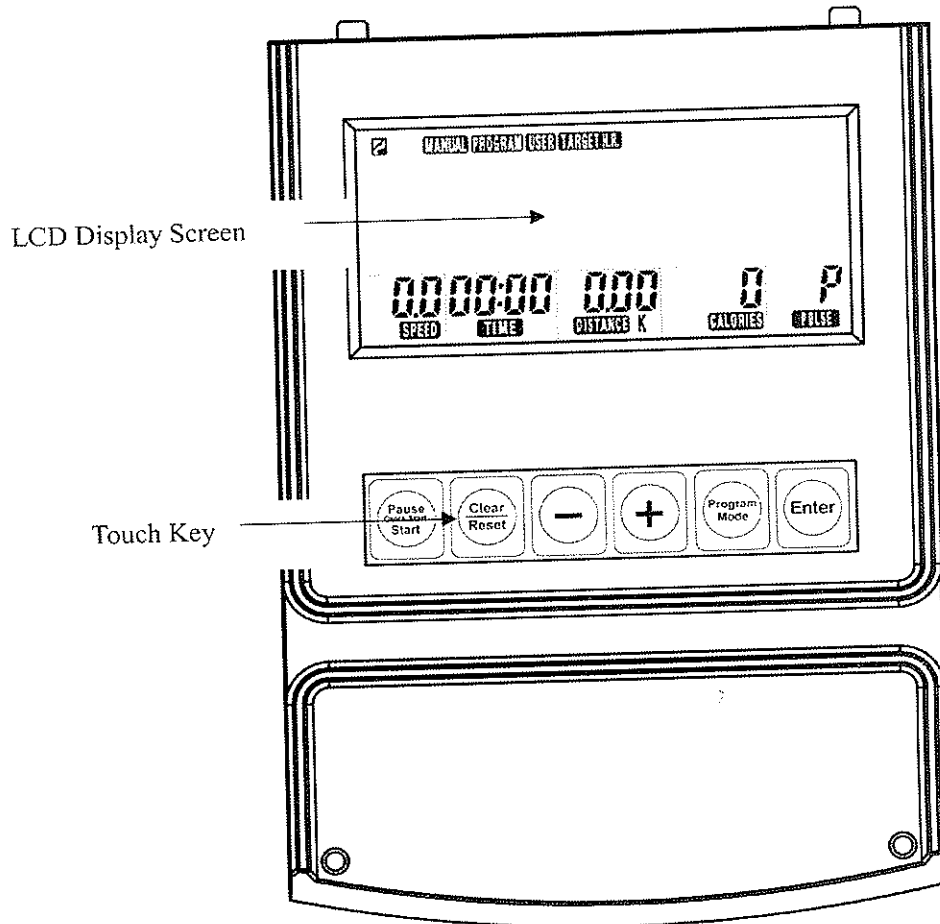
Caution: Please check the parameters of the Transformer before plug (such as the input voltage ,the output voltage and so on).



Assembly is finished.

Computer Operation Instructions

1. Schematic drawing



2. Power Up

Note: Self generating elliptical requires pedaling to power-up. When turned on, the display will emit a long beep as all LCD displays light up.



Note: When there is no signal or data input for 4 minutes, the machine will enter sleep mode. Pedaling the machine or key selection will wake-up the elliptical.

Quick Start

Quick Start may be used at power-up and with all workout modes. Quick Start at power up will default the elliptical to manual workout mode.



Note: Quick start will set work out parameters such as time, distance, calories to default values.

Pause

Workout can be paused by pressing . A flashing "P" will be displayed in upper left corner of panel indicating workout is paused. Workout will resume when  is pressed again.

Workout Selection

There are 4 basic workout modes:
Manual, Pre-program, Uer, Target HR


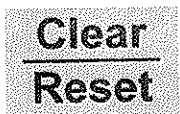


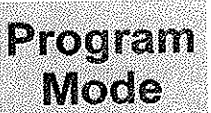
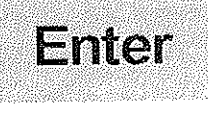
- At power up press  to scroll flashing prompt to desired mode.
- Press  to select desired mode.
- Quick Start can be initiated once mode is entered.

Heart Rate Monitoring & Control

All bikes have heart rate monitoring capability through contact heart rate grips. Wireless pulse sensor is optional for this style, the operation method is shown as below.

To use the Heart Rate Strap, wear it directly against your skin, about one inch below the pectoral muscles/ breast line. Women should be careful to place the transmitter below their bra line. Some moisture is necessary between the strap and your skin. Sweat from exercise works best, but ordinary tap water may be used prior to your workout

3. Key Functions

KEY FUNCTIONS	DESCRIPTION
	Dual function key, starts & pauses workouts. Note: Quick start is initiated when start key is selected prior to selecting a program or workout parameters: TIME, DISTANCE, etc.
	Operates only when in pause mode. Holding key for 3 seconds will reset elliptical to power-up condition.
	Decrease value of selected workout parameter: TIME, DISTANCE, etc.
	Increases value of selected workout parameter.
	Allows selection of workout mode: Manual, Program, User, Target HR. Note: Must press “Enter” key to select desired workout.
	To input desired value or workout mode. May advance flashing prompt to next parameter or mode for selection.

4. Setting Workout Parameters

After selecting desired workout mode: Manual, Program, User & Target HR, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

RPM
SPEED
TIME
DISTANCE
WATTS
CALORIES
PULSE

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing **Enter**, will make "**Time**" parameter flash.

Using **- +** you may select desired time value. Press **Enter** to input value.

Flashing prompt will move to the next parameter. Continue use of **Enter** **- +** until desired values are set.

Press **Pause Quick Start Start** to begin workout.

On The Fly Changes

Parameters: Time, Distance, etc. maybe reset after program begins by

pressing **Pause Quick Start Start**.

when in pause mode, "**Time**" will flash and **- +** can be used to adjust time.

Clear Reset can be used to clear value. Press **Enter** to move flashing prompt to next

value. Repeat sequence for other parameters. Press **Pause Quick Start Start** to resume workout.





More About Workout Parameters


Field	Display Range	Store Information	Zeroing	Description
TIME	0: 00-99	Yes	Yes	1. When display is 0:00 will count up. 2. When TIME is 01:00 it will count down to 0.
DISTANCE	0.00 – 99.90	Yes	Yes	1. When display is 0:00 DISTANCE will count up. 2. When DISTANCE is 99.90, it will count down.
PULSE	30-240 BPM	Yes	Yes	When Heart Rate exceeds range, user will be alerted (Range 70-240)
CALORIES	00-990 CAL	Yes	Yes	1. When display is 0:00 CALORIES will count up. 2. When CALORIES is 990, it will count down.
WATT	30-450 VARIES BY MODEL	Yes	Yes	1. When display is 0:00 WATTS will count up.
RPM	0-250	No	No	During workout, the WATT / CALORIES / F SPEED fields Scroll on display seconds.


5. Manual Workout “Manual”

Default program when elliptical is Quick started at power-up.   adjusts work resistance levels.

Setting Parameters for Manual

Selecting “*Manual*” using , press  twice. 1st parameter “Time” will flash so value can be adjusted using  

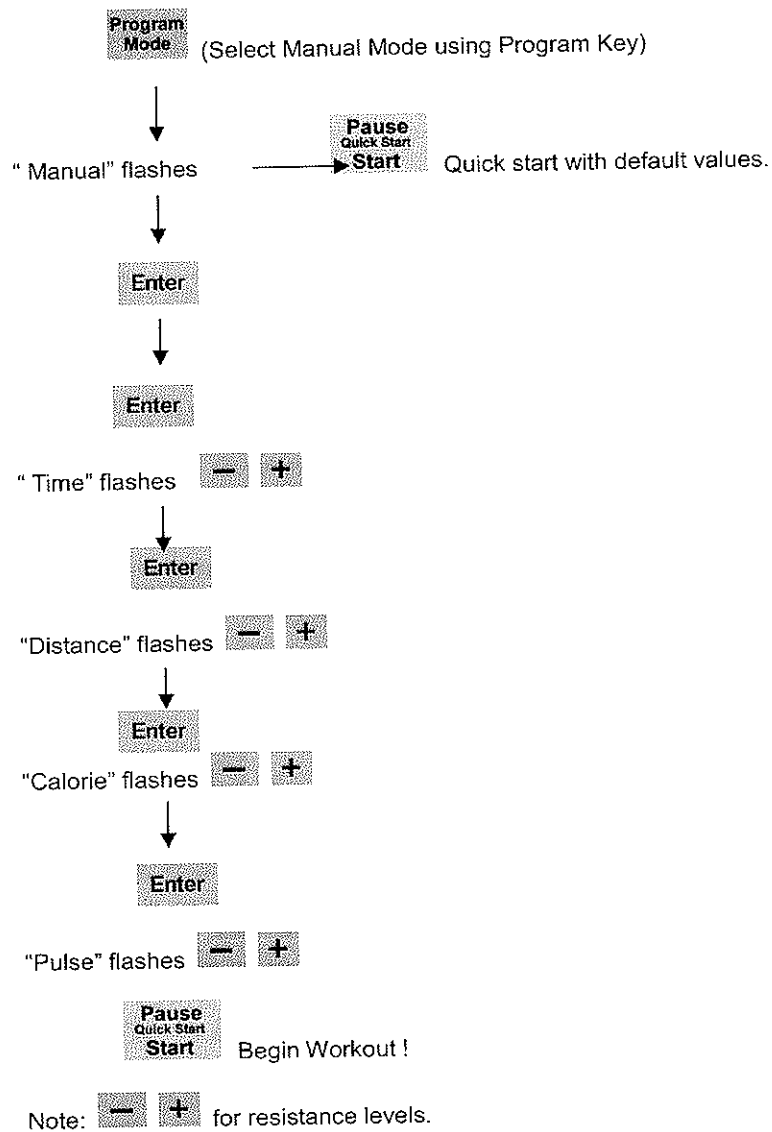
Press  to save value & move to next parameter to be adjusted. Continue through

all desired parameters, press  to begin workout.

Notes:1. Parameters can be reset at any time during workout, on the fly.

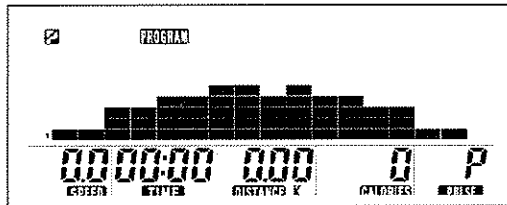
2. Some parameters are not adjustable in certain workout modes. See “Setting Workout Parameters” for further details.

“Manual” Operating Instructions

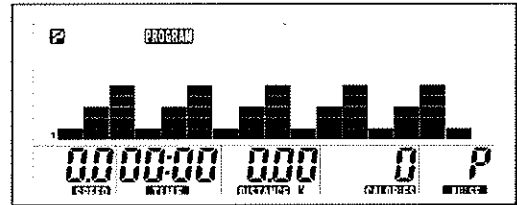


6. Pre-program Workouts” Program”

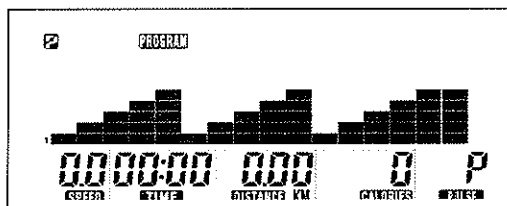
There are 12 program profiles ready for use. All program profiles have 16 levels of resistance that can be user adjusted.



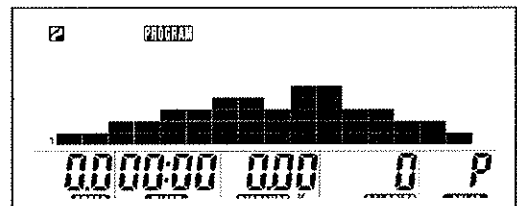
Profile #1



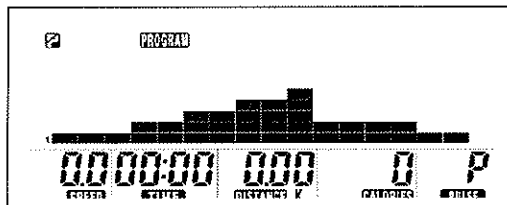
Profile #2



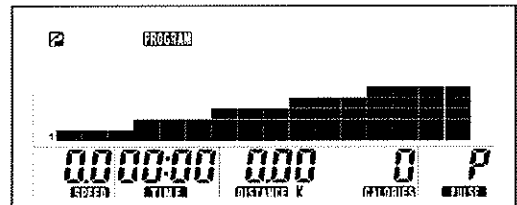
Profile #3



Profile #4

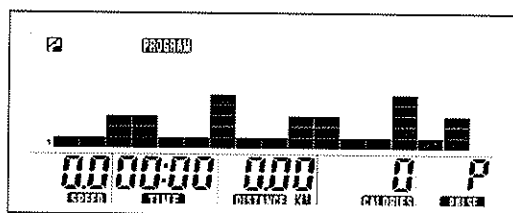


Profile #5

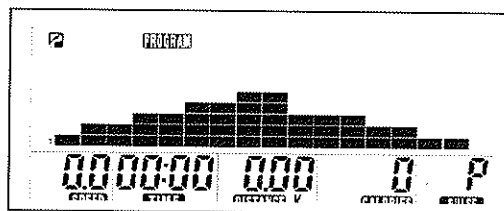


Profile #6

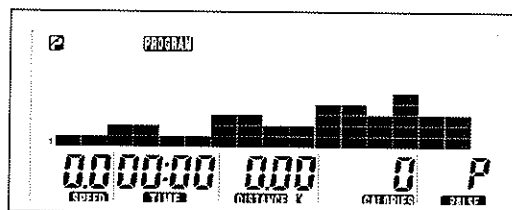
Pre- Programs continued...



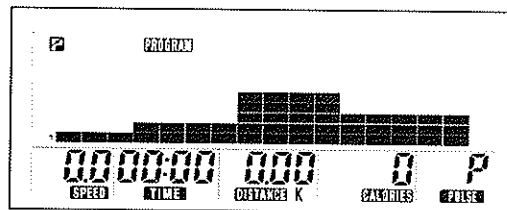
Profile #7



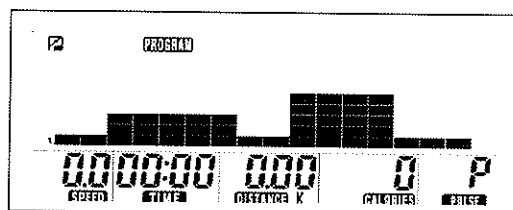
Profile #8



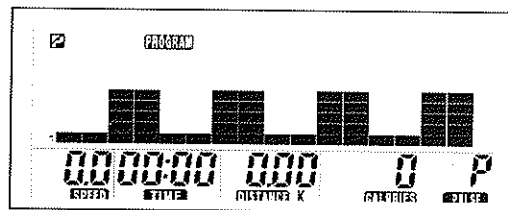
Profile #9



Profile #10



Profile #11



Profile #12

Selecting a Program

Select "Program" mode, using **Program Mode** then press **Enter**.

Using **-** **+** to find desired program press **Enter** to select program.

Pause Quick Start may be pressed to start workout if parameters will not be user set.

Setting Parameters For Program Profile.

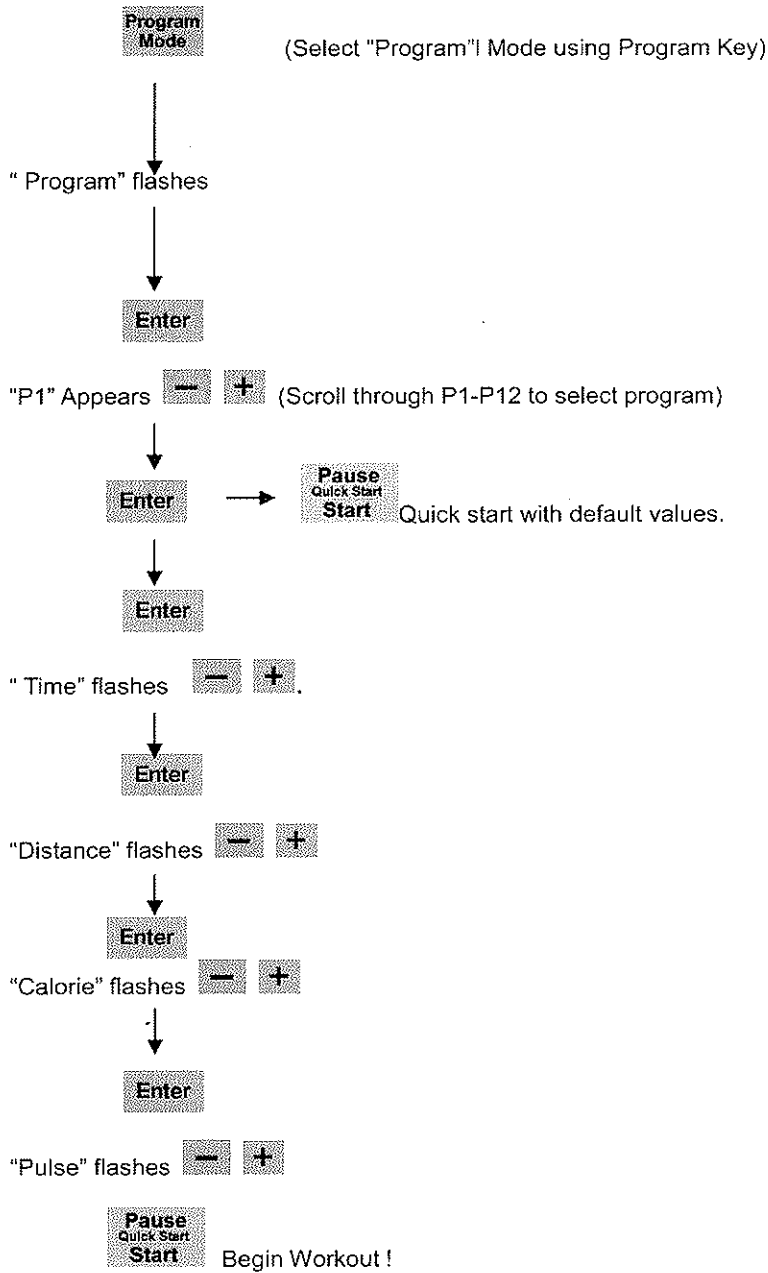
After selecting desired program (P1-P12). Press **Enter**, 1st parameter "Time" flashes. Set

value using **-** **+**. Press **Enter** to save parameter value and to scroll through to

next parameter. Continue through all parameters. Press **Pause Quick Start** to begin workout,

- **+** will adjust resistance levels, at any time during workout.

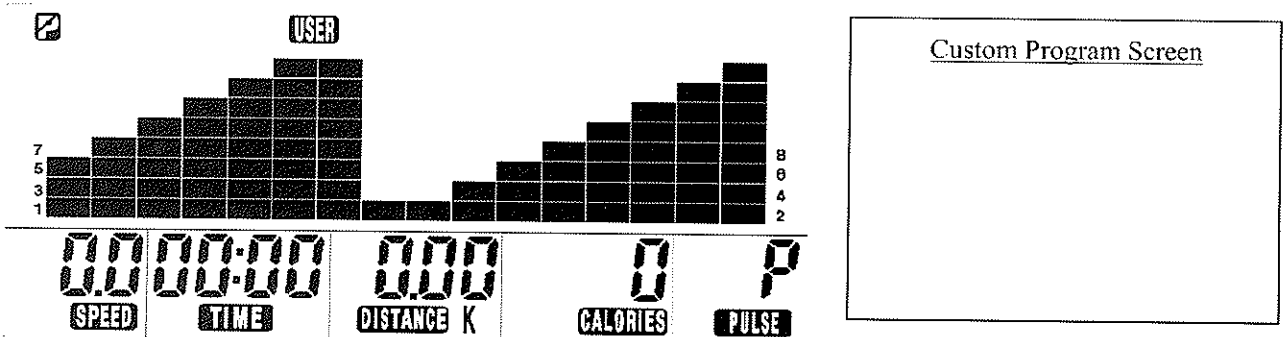
“Program “ Operating Instructions



Note: for resistance levels.

7. User Workout "User"

User program allows user to create their own program that can be used immediately and on subsequent workouts.



Create User Profile

Selecting user mode with **Program Mode** press **Enter** to select "User" mode. Segment 1

will flash. Adjust **- +** to set desired resistance level. Press **Enter** to

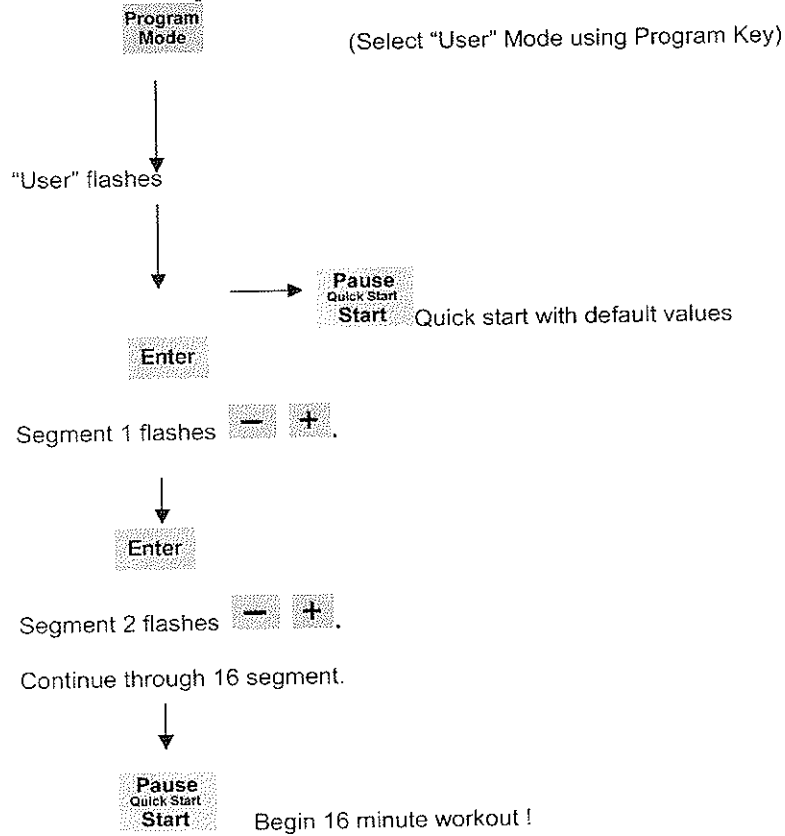
move to next segment continue for all 16 segments. Press **Pause Quick Start Start**

to begin 16 minute workout; 16 minutes is the default time.

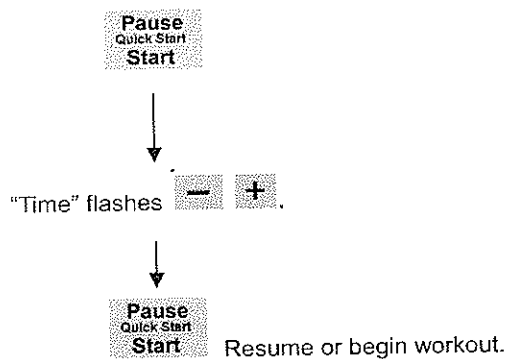
Workout time may be adjusted by pressing **Pause Quick Start Start**. "Time" flashes set total

workout time using **- +**.

“User” Operating Instruction



Workout Time Adjustment (0-99 minutes.)



Note: **-** **+** for resistance levels.

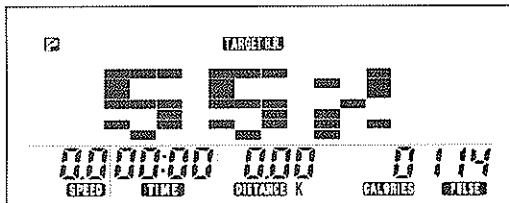
8. Target Heart Rate Workout “Target HR”

The Target Heart Rate workout allows user to maintain a specified desired

heart pulse rate throughout workout. The elliptical software will adjust resistance levels to maintain target HR.
User cannot adjust resistance levels manually .

There are 4 selections for target **PULSE**:

55%	= 55% of (220-AGE)	} (See Examples below)
75%	= 75 % (220-AGE)	
90%	= 90% of (220-AGE)	
THR	= Set by user	



When heart rate target is achieved WORK LEVEL resistance will vary to maintain selected heart rate.

Setting parameter for “ Target HR”

Select “Target HR” using **Program Mode** press **Enter** “Age 30” will flash.

Press **- +** to change age.(Range from 5 to 99)Press **Enter** , 55% flashes, **- +**. allows selection of 55%,75%, 90% and THR”. Press **Enter** .

Note: 55%- 90%, sets target HR pulse based on age and % of max HR selected. “ THR” allows user to set target personal HR pulse rate.

If choosing “ 55%-90%” mode. Press **Enter** to adjust “Time” using **- +**.

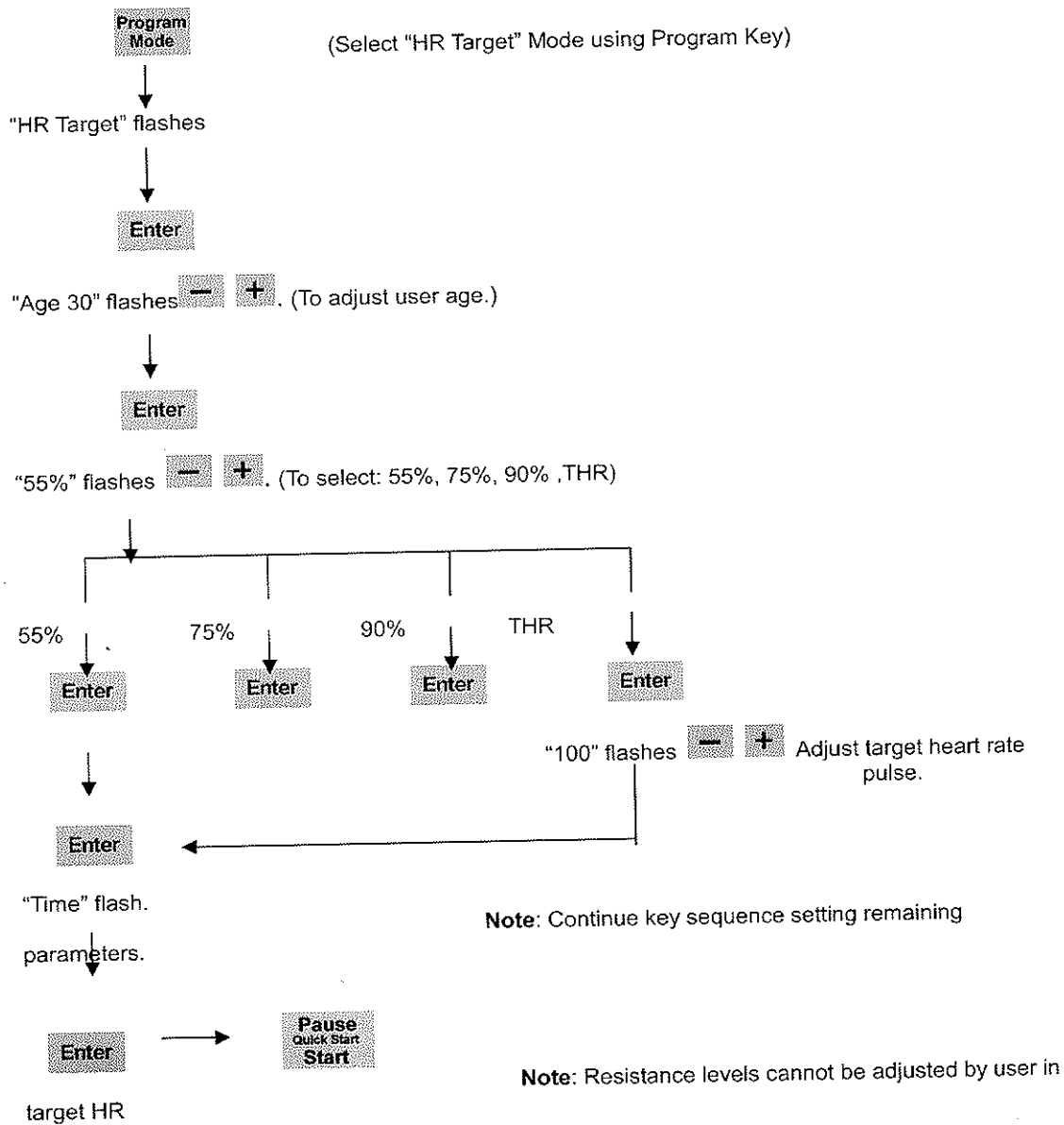
continue setting desired parameters. Press **Pause Quick Start** to begin workout.

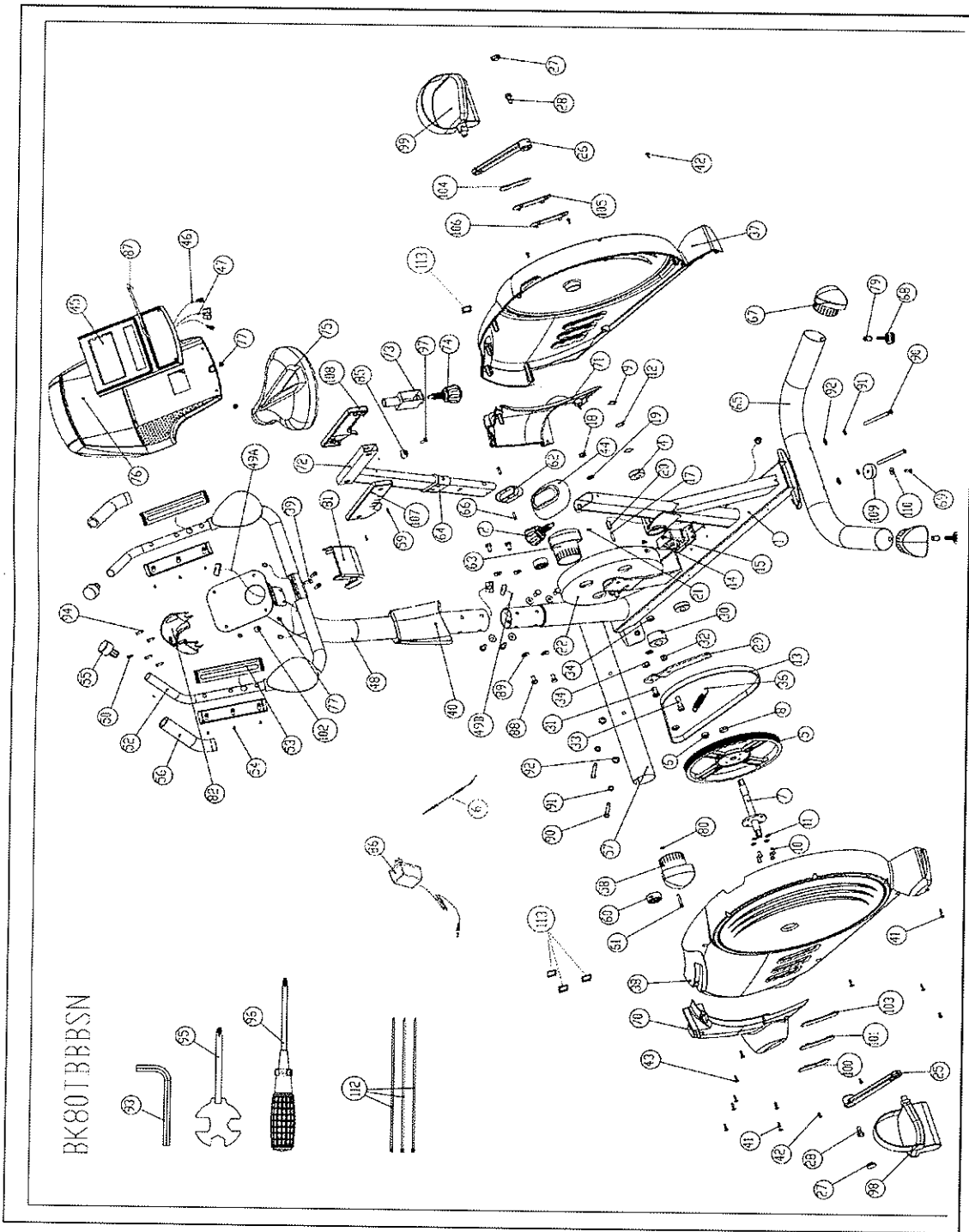
When choosing “THR” mode “Pulse” will flashes “100 **- +**.to adjust pulse.

Press **Enter** , “ Time” will flash use **- +**. to enter value press **Enter**

continue with other parameters. Press **Pause Quick Start** to begin workout.

"Target HR" Operating Instructions





PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1.	Frame	1	43.	Self Tapping Screw ST4x15	9
2.	POP PIN	1	44.	Upper Frame Cover	1
4.	Bearing 6203zz	2	45.	Computer	1
5.	Belt Wheel	1	46.	Hand Pulse Wire	2
6.	Magnet	1	47.	Upper Sensor Wire	1
7.	Crank Shaft + Iron Plate	1	48.	Upright	1
8.	Bushing	1	49A.	Middle Control Wire	1
9.	C-Ring	1	49B.	Lower Control Wire	1
10.	Bolt M6x15	4	50.	Screw M4x12	1
11.	Spring Washer M6x1.5t	4	52.	Handrail	1
12.	Wave Washer Ø22xØ17.5x0.3t	2	53.	Hand Pulse Sensor	2
13.	Belt 44'J6	1	54.	Self Tapping Screw ST3x12	6
14.	Adjustment Motor	1	55.	End Cap	2
15.	Screw M5x10 BK	4	56.	HDR Foam Grip	2
16.	Adjustment Tightwire	1	57.	Front Stabilizer	1
17.	Sensor Wire	1	58.	Front Stabilizer End Cap(L)	1
18.	Nut 3/8"-26,5.0t	2	59.	Self Tapping Screw ST3.5x15	2
19.	Washer Ø18xØ10x2.0t	2	60.	Plastic Wheel	2
20.	Sensor Fixing Plastic	1	61.	Screw M5x35	2
21.	Self Tapping Screw ST4x10	1	62.	Seat Post Cap	1
22.	Fly Wheel	1	63.	Front Stabilizer End Cap(R)	1
25.	Crank(L)	1	64.	Seat Post Bushing	1
26.	Crank(R)	1	65.	Rear Stabilizer	1
27.	Crank Cover	2	66.	Screw M3x10	2
28.	Bolt M8x20	2	67.	Rear Stabilizer Bushing	2
29.	Idler Fixing Plate	1	68.	Adjustable Supporter	2
30.	Idler	1	69.	Screw M6x20 BK	1
31.	Allen Bolt M10x20	1	70.	Front Frame Cover(L)	1
32.	Idler Sleeve	1	71.	Front Frame Cover(R)	1
33.	Allen Bolt M10x32	1	72.	Extension Seat Post	1
34.	M10Nylon Nut(14 sides)	2	73.	Active Seat Post	1
36.	Idler Spring	1	74.	POP PIN	1
37.	Right Chain Guard	1	75.	Seat	1
38.	Left Chain Guard	1	76.	TV Computer	1
39.	Allen Bolt M6x15	3	77.	Screw M5x10 Nickel	6
40.	Upper Front Cover	1	79.	Rivet Nut	2
41.	Self Tapping Screw ST4x20	2	80.	Nylon Nut M5	2
42.	Screw M4x12	6	81.	Necklace Bracket(F)	1

82.	Necklace Bracket(R)	1	99.	Right Pedal Assembly	1
85.	Bumper TPR	1	100.	Small Decorative Bar(L)	1
86.	Transformer	1	101.	Middle Decorative Bar(L)	1
87.	Book Shelf	1	102.	Wire Clip	2
88.	Bolt M8x15	8	103.	Large Decorative Bar(L)	1
89.	Arc Washer Ø20x Ø 9x2.0t	8	104.	Small Decorative Bar(R)	1
90.	Allen Bolt M8x75	4	105.	Middle Decorative Bar(R)	1
91.	Spring Washer M8x2.0t	4	106.	Large Decorative Bar(R)	1
92.	Washer Ø18x Ø 9x2.0t	4	107.	Seat Post Cover(L)	1
93.	Allen Wrench 5mm	1	108.	Seat Post Cover(R)	1
94.	Self Tapping ScrewST3x15	4	109.	TPR Supporter	1
95.	Open Spanner	1	110.	Washer Ø 18x Ø 7x1.5t	1
96.	Screwdriver(plastic handle)	1	112.	Clip 4.8x300	3
97.	Screw M6x20 Nickel	1	113.	Foam Sticker	4
98.	Left Pedal Assembly	1			