

UNPACKING

Unpack your Exercise Bike where you will be using it. Place your bike on a level flat surface. It is recommended that you place a protective covering on your floor. You will only need to attach the following items. Verify that the following parts and tools are included:

Parts

- 1 Rear Foot Tube
- 1 Handlebar Set
- 1 Seat Rail
- 1 Seat Back
- 1 Seat Bottom
- 1 Seat Frame
- 1 Console Mast
- 1 Console Mast Boot
- 2 Mobile Wheels
- 1 Console
- 2 AA Batteries
- 2 Pedals
- 2 Wheel Sleeves
- 1 Tension Knob
- 1 Seat Rail Boot
- 1 Hardware Pack (contents listed below)

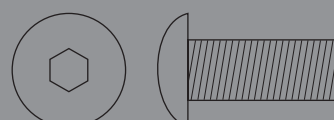
Tools (included)

- 5mm Allen Wrench/Phillips Screw Driver
- Flat Wrench

Hardware (Actual Size)



E) 40mm Bolt
Quantity: 8



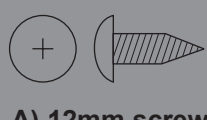
B) 20mm Bolt
Quantity: 2



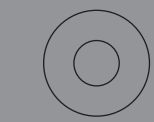
C) 15mm Bolt
Quantity: 10



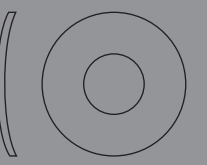
G) 20mm Bolt
Quantity: 2



A) 12mm screw
Quantity: 2



F) 14mm Washer
Quantity: 2



D) Washer
Quantity: 8

NOTE: It is recommended that you apply grease to the threads of each bolt as you assemble your Exercise Bike, to prevent loosening and noise. Also, during each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

STEP 1

Attach the Foot Wheels

- a. Insert the wheel sleeves on each side of the front wheel tube.
- b. Align the holes in the wheel sleeves with the holes in the wheel tube. Insert two 12mm screws (A) and secure with a screwdriver.
- c. Attach the mobile wheels to the wheel sleeves. Insert two 14mm washers (F) and two 20mm bolts (G) and secure with a screwdriver.

STEP 2

Attach the Rear Foot Tube

- a. Align the holes of the rear foot tube with the holes on the seat rail.
- b. Insert two 20mm bolts (B) and secure with a 5mm allen wrench.

STEP 3

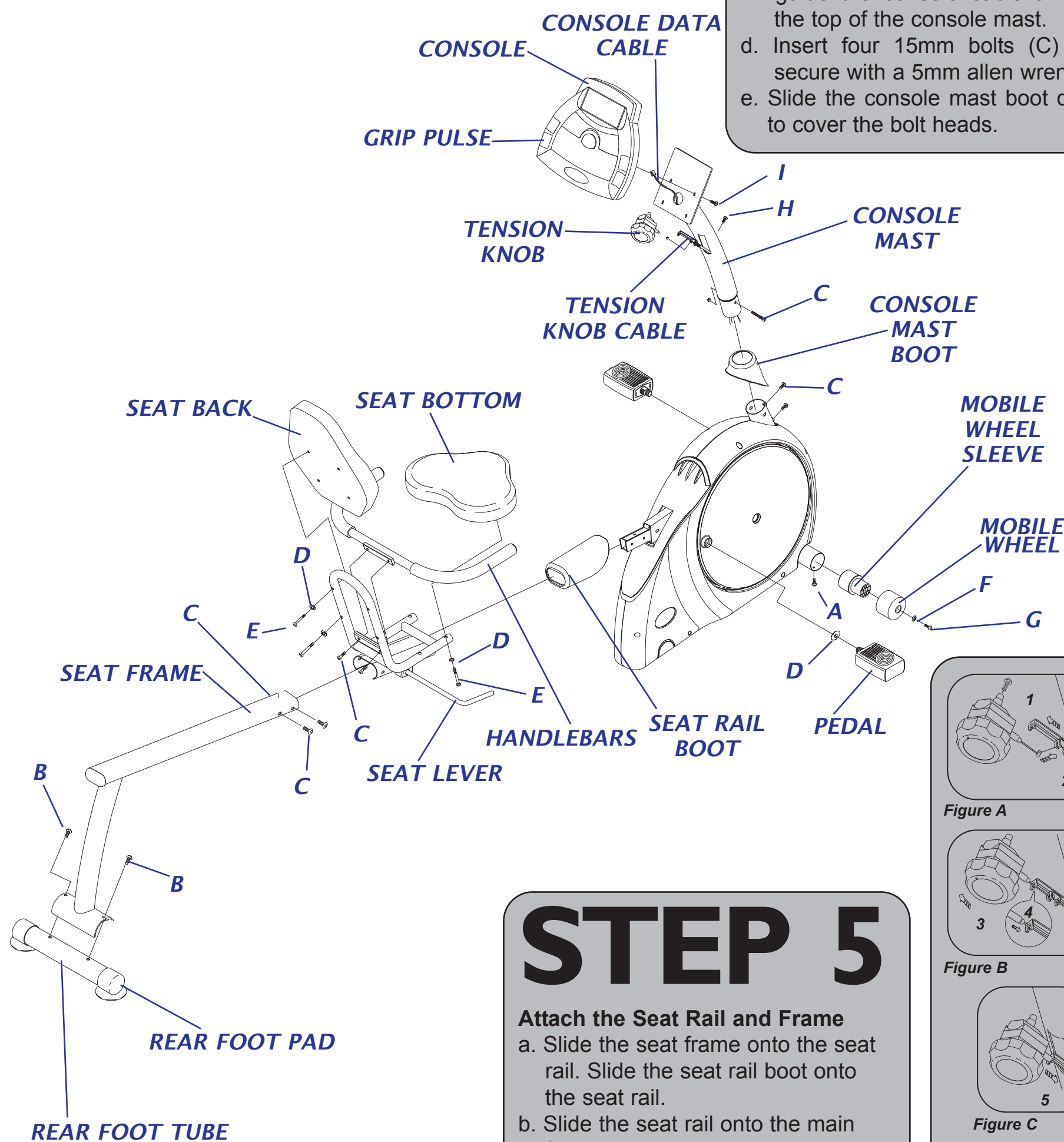
Attaching the Handlebars

- a. Attach the handlebars to the seat frame using two 15mm bolts (C). Secure with a 5mm allen wrench.

STEP 4

Attach the Seat Back and Bottom

- a. Align the holes in the seat frame with the holes in the seat bottom.
- b. Insert four washers (D) and four 40mm bolts (E) and secure with a 5mm allen wrench.
- c. Align the holes in the seat frame with the holes in the seat back.
- d. Insert four washers (D) and four 40mm bolts (E) and secure with a 5mm allen wrench.



STEP 6

Attaching the Console Mast

- a. Slide the console mast boot onto the console mast.
- b. Slide the tension knob cable along with the console cable into the console mast.
- c. Holding the console mast above the top console mast bracket, guide both cables through the console mast while simultaneously sliding the console mast onto the console mast bracket. Continue to guide the console cable through the top of the console mast.
- d. Insert four 15mm bolts (C) and secure with a 5mm allen wrench.
- e. Slide the console mast boot down to cover the bolt heads.

STEP 7

Attaching the Console

- a. Open the battery cover on the back of the console, insert two AA batteries into the console and replace the battery cover.
- b. Connect the cable from the console to the console cable running through the console mast, making sure that both ends snap together tight.
- c. Attach the console to the console mast plate with the 15mm screws (H). Secure using a screwdriver. Note: Screws (H) are located on the back side of the console.

STEP 8

Attach the Pedals

- a. Thread the right pedal into the right side pedal crank arm. Note: The pedals are labeled on the end of the threaded shaft for reference.
- b. Tighten the pedal with the flat wrench.
- c. Repeat this process on the left side.

STEP 9

Connecting the Tension Knob

- a. Remove the 20mm long bolt (I) on the back of the tension knob.
- b. Turn the tension knob to level 15. Connect the tension knob to the bottom of the tension knob cable (Figure A, Step 2).
- c. Grasp the tension knob and firmly pull the tension knob assembly away from the machine in order to attach to the top of the tension knob cable (Figure B, Step 3). Make sure that the copper cable end is seated properly into the "key hole".
- d. Insert the tension knob into the rectangular opening on the console mast (Figure C, Step 5).
- e. Secure the tension knob with the 20mm bolt (I) by using a screw driver (Figure D, Step 6).

STEP 5

Attach the Seat Rail and Frame

- a. Slide the seat frame onto the seat rail. Slide the seat rail boot onto the seat rail.
- b. Slide the seat rail onto the main frame bracket until the holes on the seat rail and main frame bracket are aligned.
- c. Insert four 15mm bolts (C) and secure with a 5mm allen wrench.

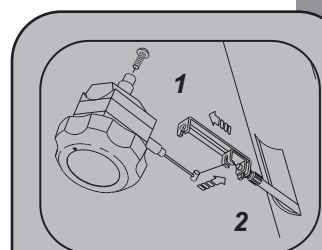


Figure A

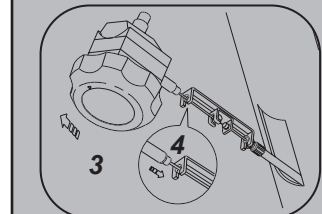


Figure B

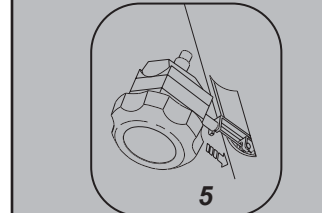


Figure C

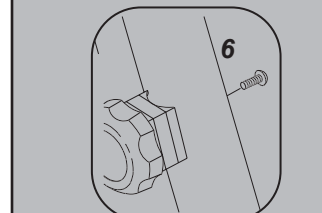


Figure D