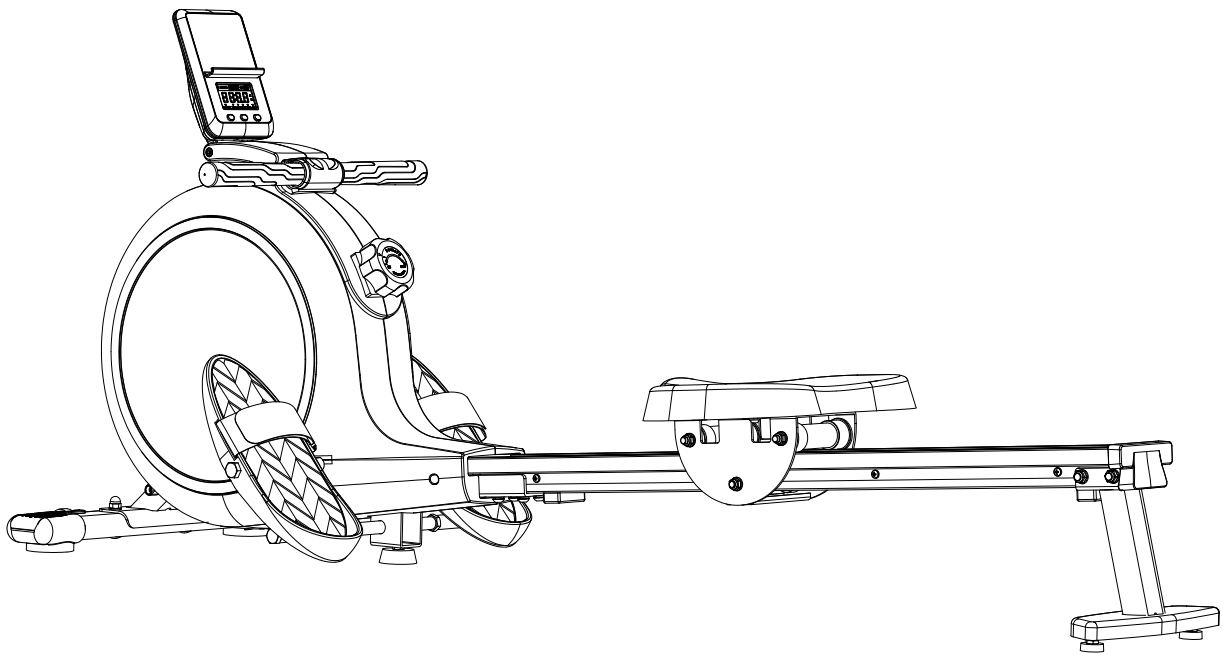


INSTRUCTION MANUAL

BGB-322



CONTENTS

IMPORTANT INFORMATION.....	2
ASSEMBLY PARTS.....	4
ASSEMBLY INSTRUCTIONS.....	5
COMPLETE EXOLOSION DRAWING.....	13
PARTS LIST.....	14
CONSOLE INSTRUCTION.....	16

IMPORTANT INFORMATION

SAFETY

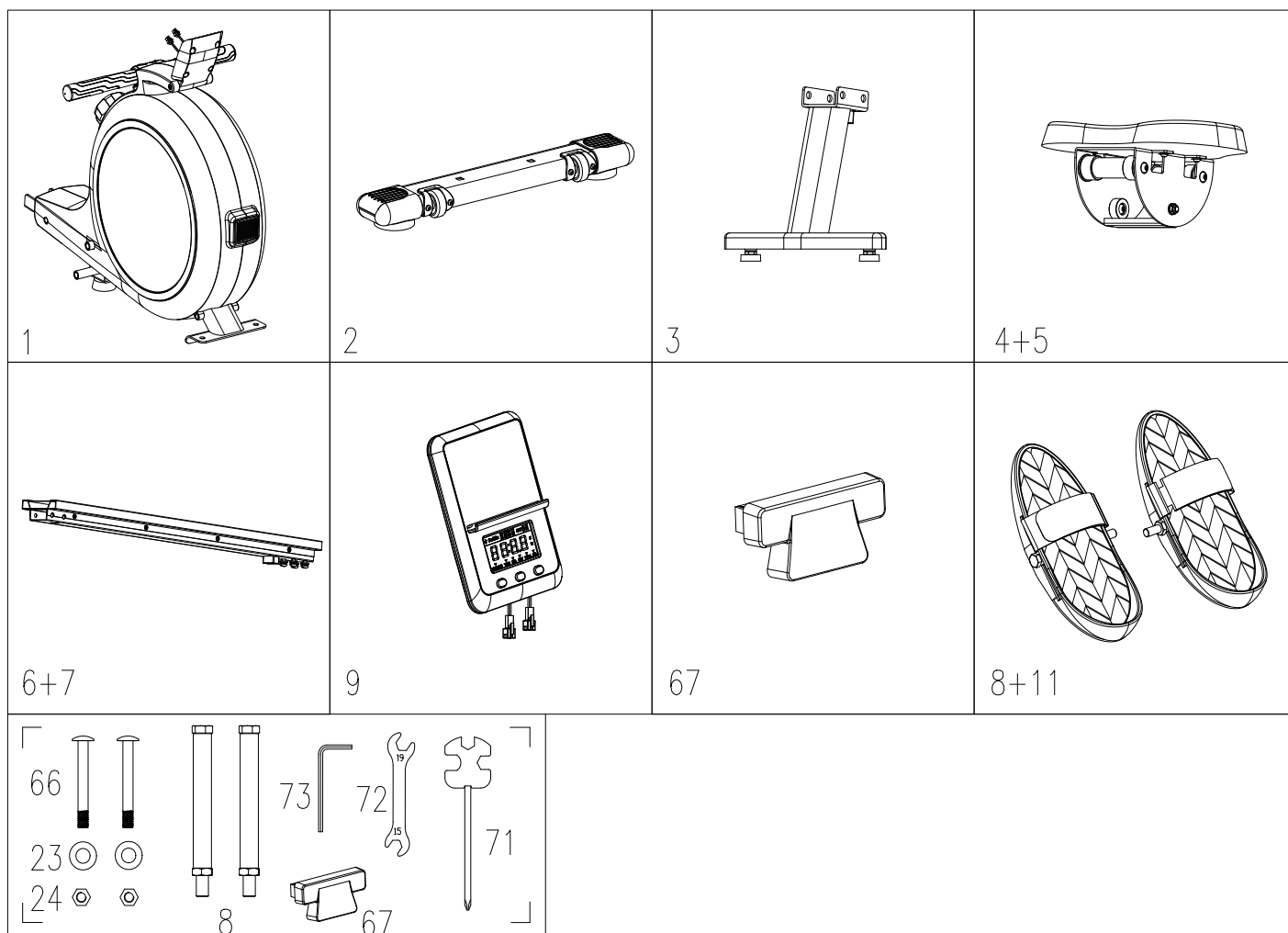
1. Please keep this manual in a safe place for your reference when necessary.
2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully. The safety and efficiency only can be achieved when the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all the users are informed of all the warnings and precautions.
3. For totally safe use, a stable, leveled surface is required. Protect your floor with a mat. Do not use the equipment in damp areas such as swimming pool sauna, etc. For safety space, the equipment must have at least 0.5meter of free space all around it.
4. Before starting any exercise program you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, 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.
5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you must consult your doctor before continuing with your exercise program.
6. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.
7. The equipment is designed for home use only, Maximum weight of the user is: 100kg.
8. The equipment is not suitable for therapeutic use.
9. Wearing proper clothing while using the equipment, Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.
10. Keep your back straight while exercising.
11. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.
12. 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 solved.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and /or seek assistance if necessary.
14. All moveable accessories (e.g. pedal, handlebar, saddle...etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using them only after they return to good conditions.
15. Pay attention to the absence of a free wheel system which will cause serious risk.

16. Lock the equipment when stop using.

MAINTENANCE

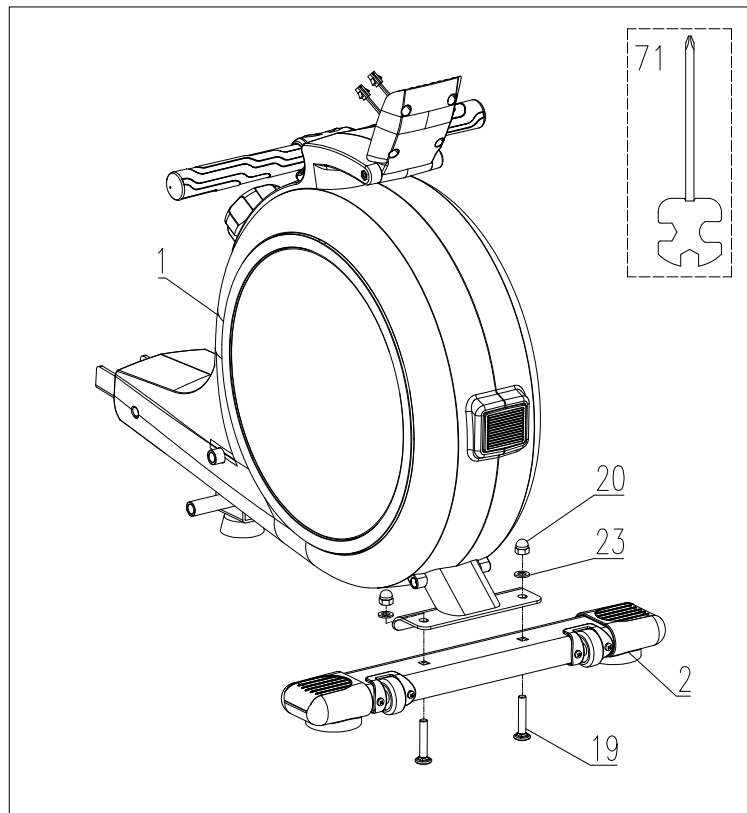
1. The safety level of the equipment only can be maintained if it is regularly examined for damage and or /wear and tear. (E.g. handle bar, pedals and seat ...etc.).It is vital that any faulty parts are replaced and it is not used until completed repaired.
2. Regularly check that the elements fastened with nuts and bolts are correctly tightened.
3. Remember regularly to grease moving parts.
4. Special attention to the component, most of them are susceptible to wear like brake system, foot pad etc..
5. As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after using. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products must be avoided.
6. Store the equipment in a clean and dry environment away from children.

ASSEMBLY PARTS



NO.	Name	QTY.	Tool bag		
			No.	Name	QTY..
1	Main frame	1			
2	Front stabilizer	1	23	Flat washer	2
3	Rear stabilizer	1	24	Lock nut	2
4+5	Saddle sliding set	1	66	bolt	2
6+7	Sliding rail set	1	67	Sliding rail tube plug	1
9	console	1	8	Pedal pole	2
67	Sliding rail tube plug	1	71	Multi-functional spanner	1
8+11	pedal	2	72	spanner	1
			73	Allen wrench	1

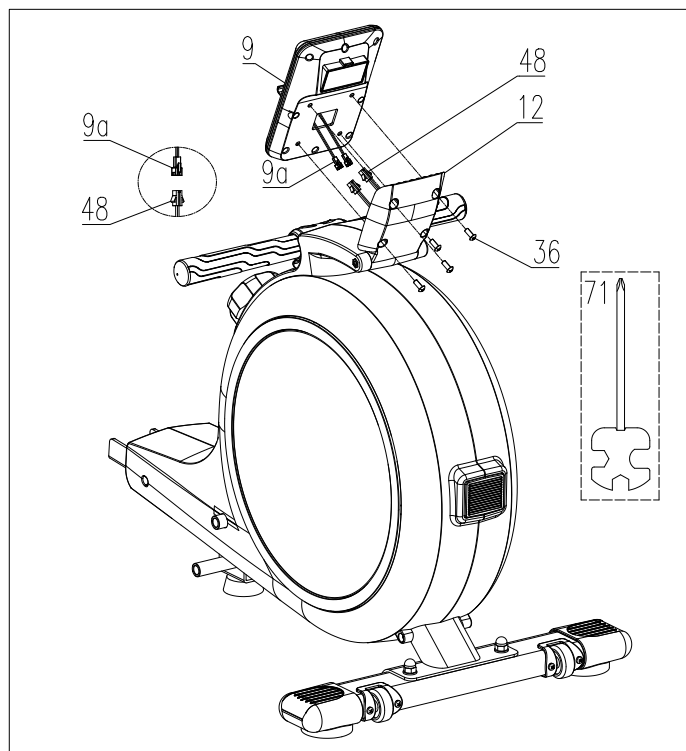
Step1:



--Attach the front stabilizer (2) onto main frame (1) first, then put the bolts (19) into the holes after the holes aligned, finally put the two flat washers (23), & cap nuts(20) on the bolts(19)and tighten it by multi-functional spanner (71)

Attention: The front stabilizer is with transportation wheels

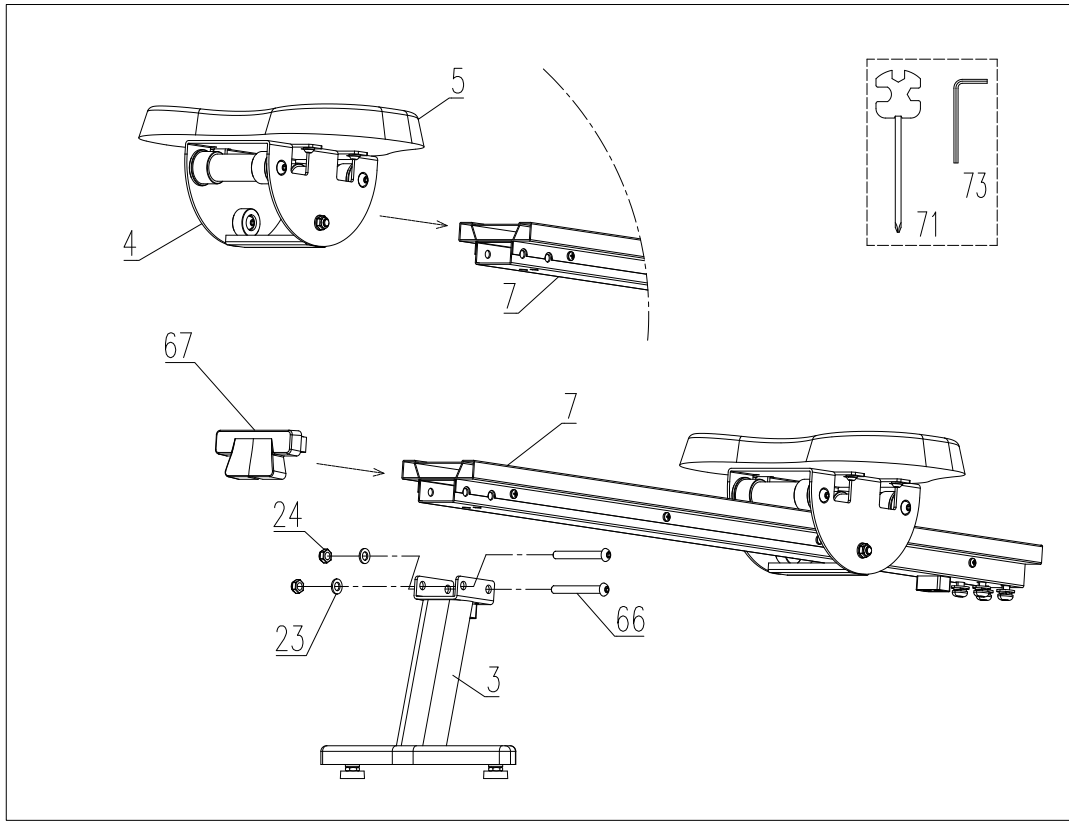
Step2:



-- Screw out the 4 screws (36) on the console (9) and keep them well first, then connect the console wire (9a) with the sensor wire (48) correctly.

--Fix the console (9) on the console fixing plate (12) with 4 kept screws (36) by multi-functional spanner (71).

Step3:

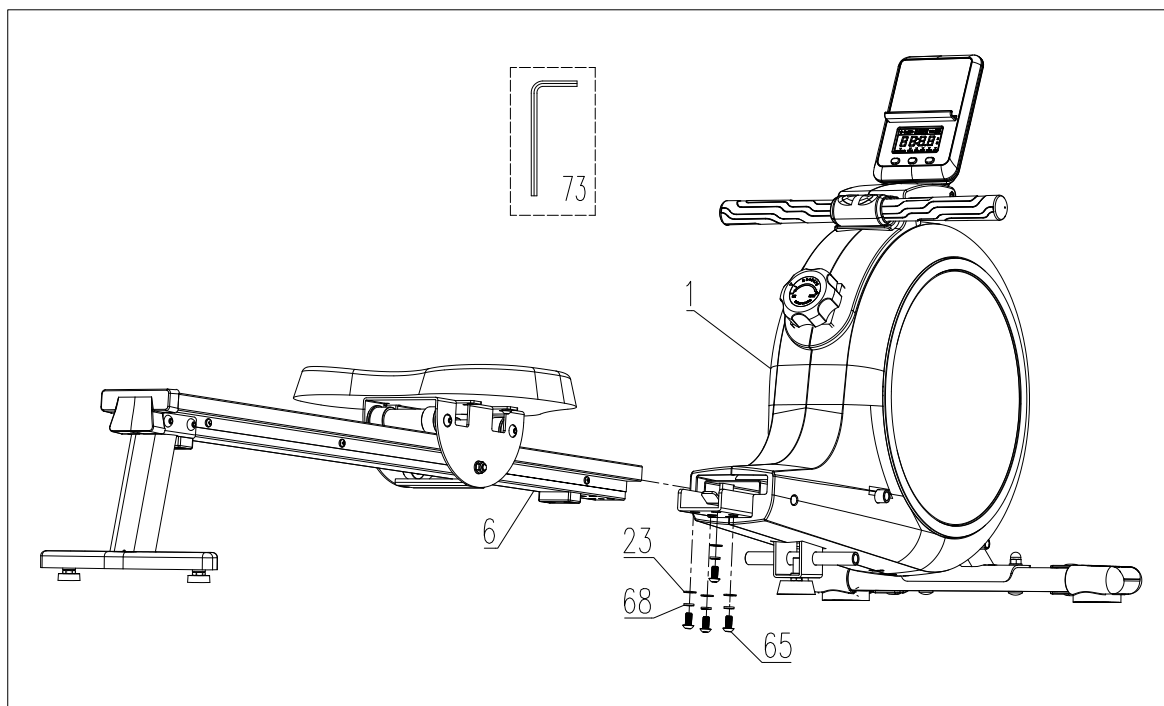


--Insert the saddle (4) into the sliding rail (7) carefully.

--Attach the rear stabilizer (3) onto the sliding rail (7) and align all the holes, then fix it tightly with two sets of bolts (66), flat washers (23) & lock nuts (24) by Allen wrench (73) & multi-function spanner (71) at the same time.

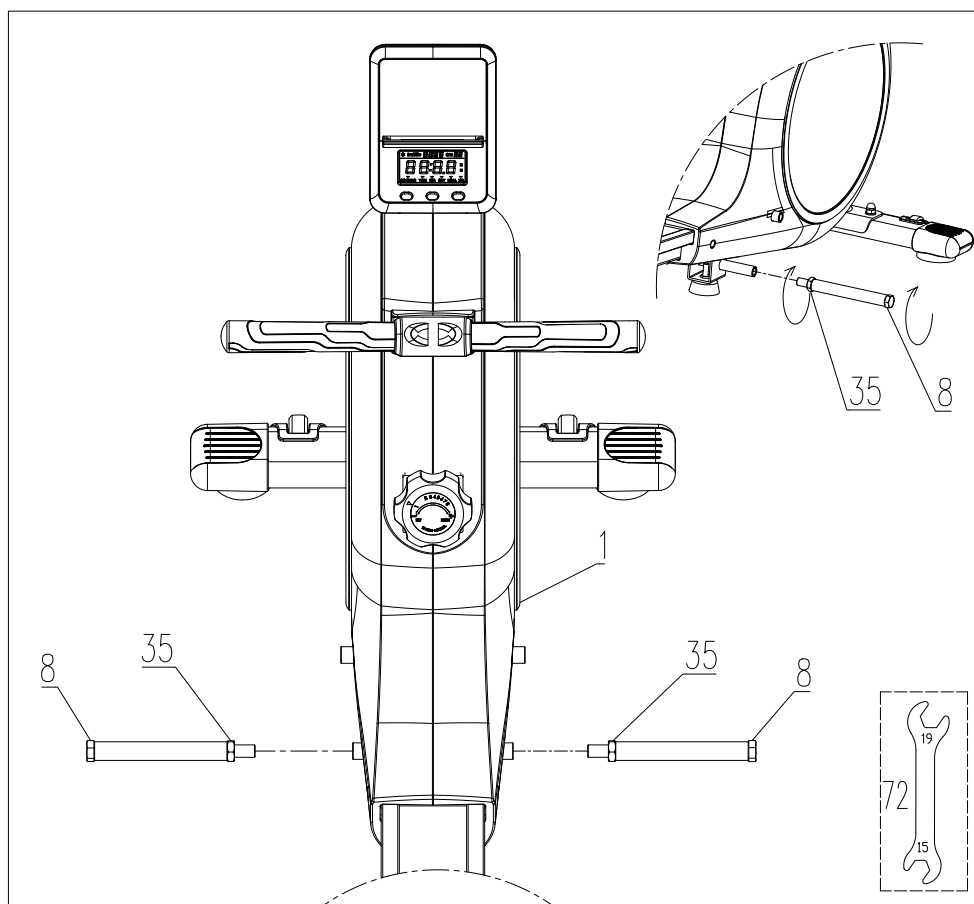
--Insert the sliding rail tube plug (67) into the sliding rail (7) properly.

Step4:



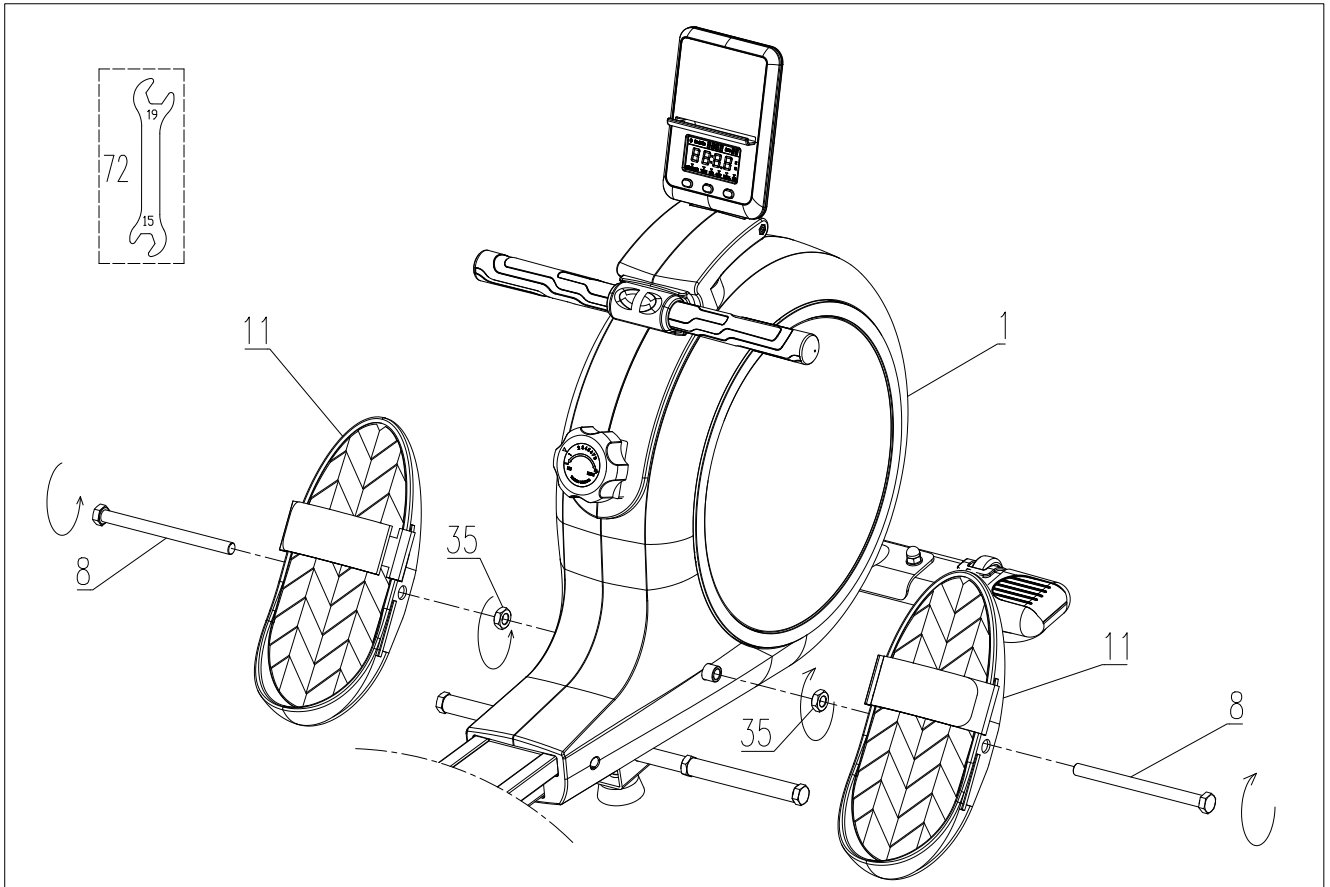
--Put the reinforcement tube(6) on the main frame (1) as shown, then fix it tightly with 4 sets of flat washers(23), spring washers(68) & screws(65) by Allen wrench(73).

Step5:



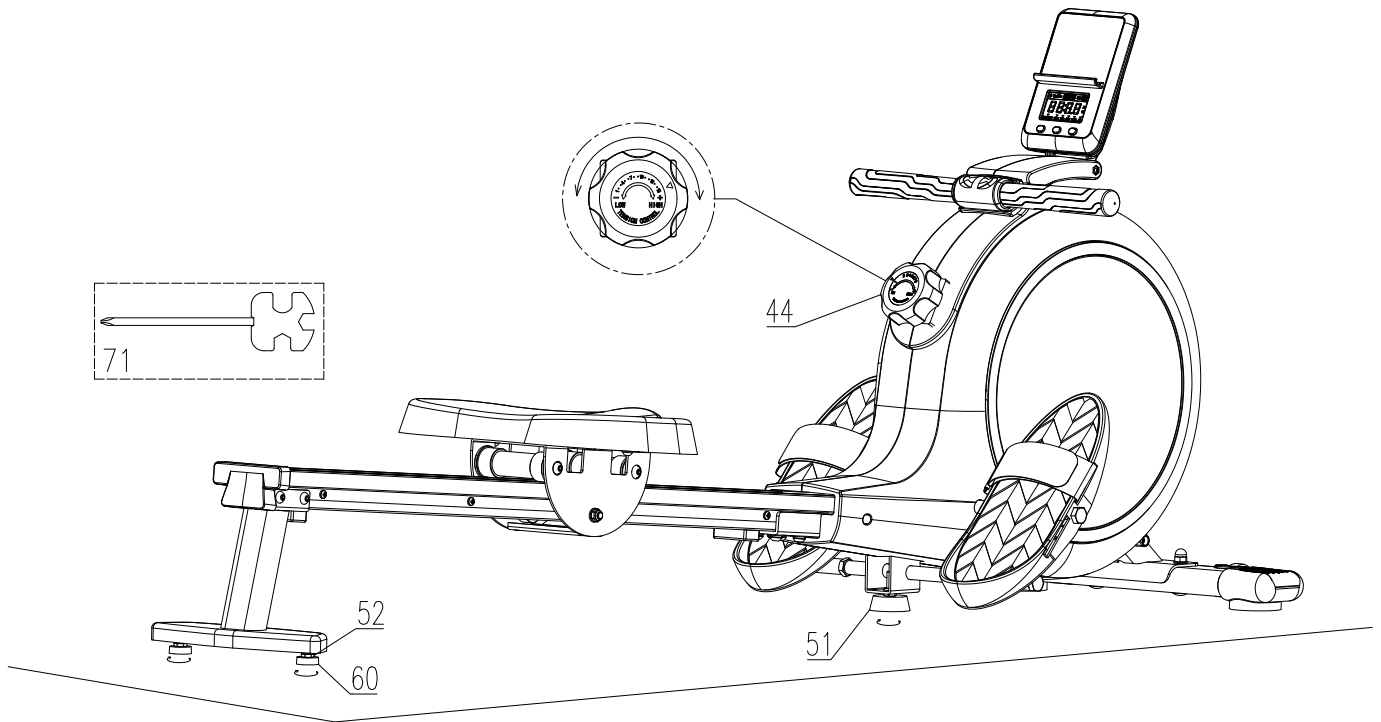
--Screw the two pedal poles (8) into the hole as pointed on the main frame (1) in clockwise direction and don't stop until the hex nuts (35) fit to the frame tube, then fix the hex nuts (35) tightly by spanner (72) in clockwise direction.

Step6:



--Screw the two pedal poles (8R) in the pedals (10) into the holes as pointed on the main frame (1) in clockwise direction and don't stop until the hex nuts (3) fit to the frame tube, then fix the hex nuts (35) tightly by spanner (72) in clockwise direction.

Step7:



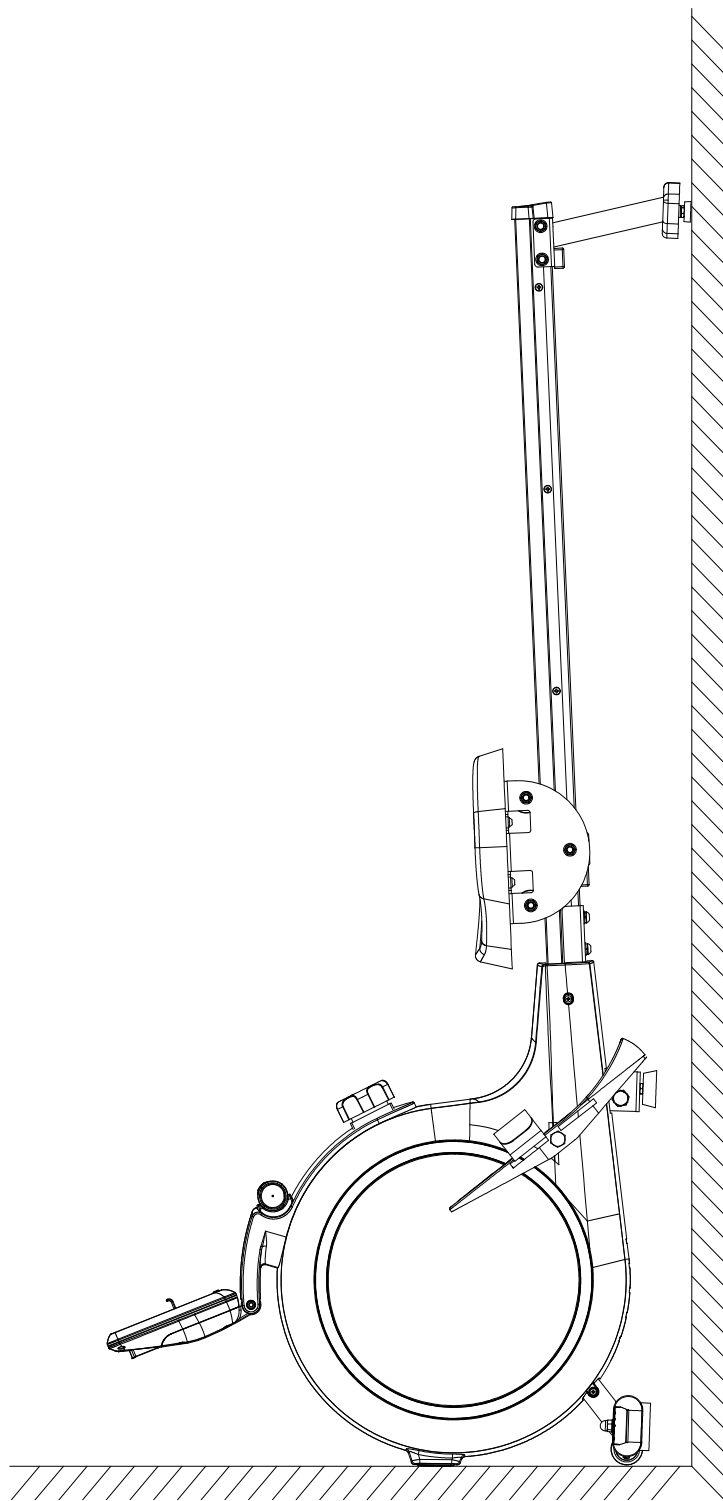
--Now the equipment has been completely assembled, please make sure to double-check all the screws and bolts are tightly fixed.

-- You can adjust it by the adjusting foot pad (60) while keeping the hex nuts (52) loose if you find the equipment is not stable on the floor, but please make sure the hex nuts (52) are tightened by multi-functional spanner (71) in the upward direction to the stabilizer tube.

--. Please keep at least 3-5mm distance from the adjusting foot pad (51) to the floor to ensure the equipment is stable while exercising.

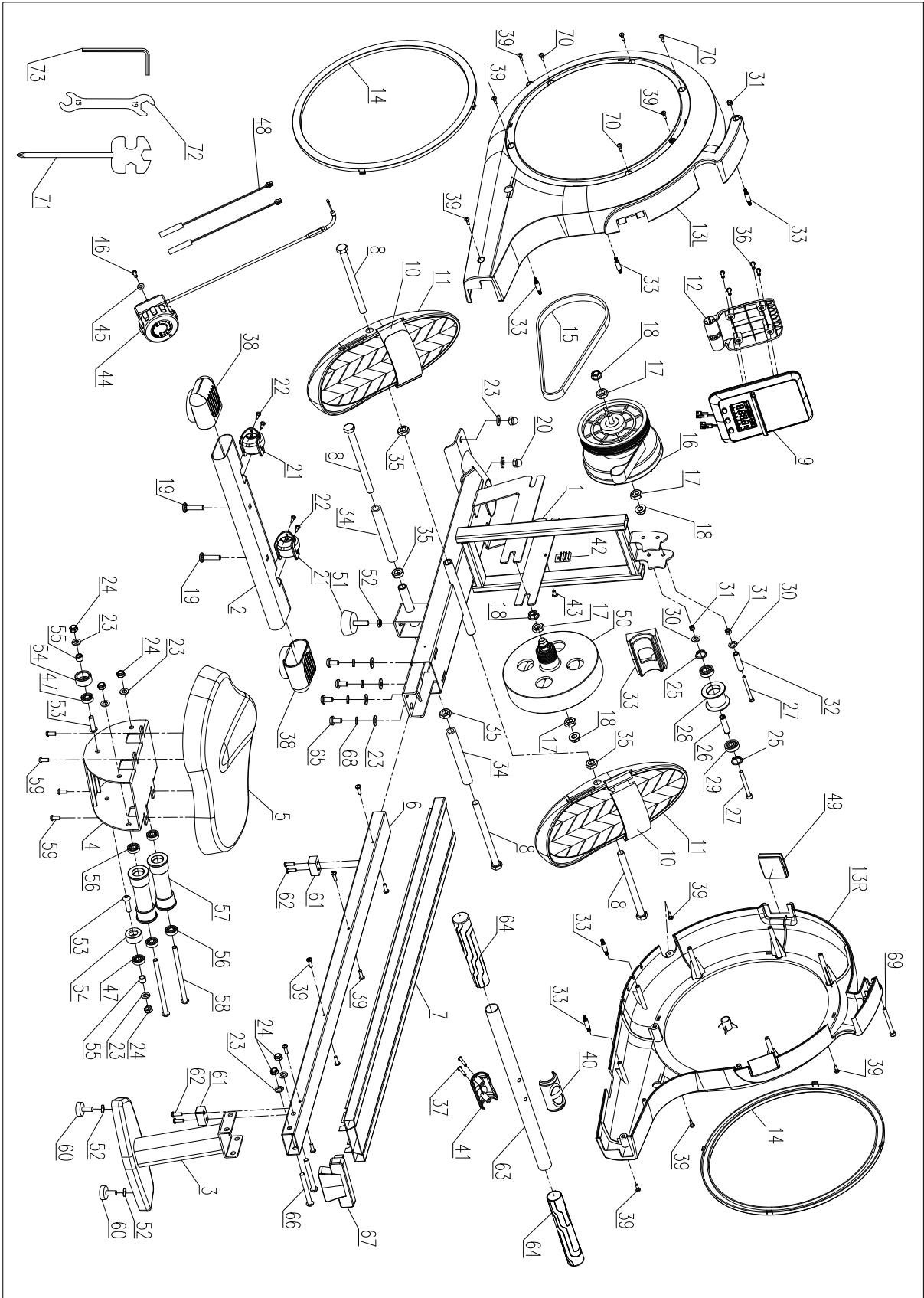
-- You can adjust the resistance by turning around the resistance adjusting knob (44).

Step8:



--You can store it like above photo after exercising finished.

COMPLETE EXPLOSION DRAWING



PARTS LIST

NO.	Name	QTY.	Specification
1	Main frame	1	
2	Front stabilizer	1	
3	Rear stabilizer	1	
4	Saddle sliding set	1	
5	saddle	1	
6	Reinforcement tube	1	25×50×1.5t×950L
7	Sliding rail	1	950L 6063
8	pedal pole	4	M12×160
9	console	1	
10	pedal bandage	2	
11	pedal	2	PP
12	console fixing plate	1	ABS
13L	left cover	1	ABS
13R	right cover	1	ABS
14	Decoration circle	2	ABS
15	belt	1	PJ5-250
16	Spring case	1	Φ130
17	Hex nut	4	M10×1×4t
18	Flange hex nut	4	M10×1
19	bolt	2	M8×1.25×45H
20	Cap nut	2	M8
21	Transportation wheels	2	
22	screw	4	M4×10
23	Flat washer	12	Φ8.5×Φ16×1.5t
24	Lock nut	6	M8×1.25
25	circlip	2	Φ10
26	Bearing bushing	1	φ10×40
27	bolt	2	M6×55L
28	Belt pulley	1	φ12×φ8.2×34.8
29	bearing	2	6000-2RS
30	Flat washer	2	Φ6×Φ13×1.5t
31	Lock nut	3	M6
32	belt limit bushing	1	Φ10×Φ6.2×40

33	Connecting rod	5	ABS
34	pedal limit tube	2	rubber
35	Hex nut	4	M12
36	screw	4	M5×14
37	screw	2	ST3.5×16H
38	Front stabilizer tube plug	2	PVC
39	screw	16	ST4.2×16H
40	Handle bar cover top	1	ABS
41	Handle bar cover bottom	1	ABS
42	Speed sensor	1	
43	screw	1	M5×10H
44	Resistance adjusting knob	1	
45	Flat washer	1	Φ5.5×Φ18×1.5t
46	screw	1	M5×14H
47	bearing	4	608
48	Sensor wire	2	450L
49	pad for folding storage	1	PVC
50	flywheel	1	Φ182×40W
51	Adjusting foot pad	1	PVC Φ48×16L×M8×25L
52	Hex nut	3	M8×1.25×6t
53	bolt	2	M8×30L
54	Small pulley	2	Φ30×14
55	Pulley sleeve tube	2	Φ12×Φ8.1×10L
56	bearing	4	608Z
57	Big pulley	2	Φ38.5×108.5
58	bolt	2	M8×1.25×130L
59	screw	4	M6×14H
60	Adjusting foot pad	2	BLC-116 M8×20L
61	Crash pad	2	50×25×13
62	screw	4	M5×16H
63	Handle bar	1	Φ25×1.5t×398L
64	Handle bar foam	2	Φ25×5.0t×170L
65	screw	4	M8×16H
66	screw	2	M8×70H
67	Sliding rail tube plug	1	ABS
68	Spring washer	4	Φ8.2×Φ13×2t

69	bolt	1	M6×90
70	screw	4	ST4.2×19H
71	Multifunctional spanner	1	13/14/15
72	Allen wrench	1	15/19
73	spanner	1	5mm

H500 operating instructions

1. LCD full display Fig



2. Main function table

Item	item	indication range	Brief description
1	SCANING		Functionally in sequential order under SCAN: TIME-DIST- CNT-CAL- HRSwitch the wheel every 5 seconds to display a function display on the large window.
1	TIME	0:00~99:99	1.Cycount with no setting. 2.There is a set current count, It ends at 0 o'clock. 3.No input signal for 4 minutes, enter the standby screen.
2	TIME/500M	0:00~99:99	In the START state: The sensor signal is displayed after 3 seconds, Count the time required for the current speed movement of 500 m.
3	DIST	0~99.99	1.Cycount with no setting. 2.There is a set current count, until 0 hours to the end. 3. No input signal for 4 minutes, enter the standby screen.
4	CAL	0~9999	1.Cycount with no setting. 2.There is a set current count, until 0 hours to the end. 3. No input signal for 4 minutes, enter the standby screen.
5	S/M	0~999	In the START state: a. A sensor signal input after 2 seconds to display its value. b. No sensor signal input is zero after 6 seconds. c. Display values indicate the average paddle strokes per minute.
6	CNT	0~9999	1、 Under sensor input: Count the current side paddle.
7	STOP		1. Do it when there is a signal inputQUICK START。 A STOP without a sensor signal within 6 seconds.

2. Power-on and shutdown:

1.starting up:

1.1 Load 2 # 5 dry battery power on LCD full display.

1.2 No signal input within 4 minutes, and the IC enters the SLEEP mode。

1.3 When there is signal input or key input, electronic watch WAKE UP.

3. operation declaration:

A. In standby mode, without pressing any button, no RPM signal, and no heartbeat signal input for 4 minutes, the electronic meter enters the SLEEP.

B. In the standby mode, press MODE KEY: STROKES-TIME-DIST-CNT-CAL to select the target to set the motion mode successively, and press UP / DOWN to set the required motion target value. Set the number count of the target value item when there is a sensor signal input, and end at 0 time (the last number cycle count when not set)

A. CNT setting range: 0~9990 (rise by ± 1 per adjustment of UP / DOWN, and return to zero by RESET value)。

B. TIME setting range :0:00~99:00(Up $\pm 1:00$ per up / down, zero by RESET)

C. DIST setting range: 0~99.50 (rise by ± 0.5 per adjustment of UP / DOWN, and return to zero by RESET value)

D. CAL set range: 0~9990 (rise by ± 10 per adjustment by UP / DOWN, and return to zero by RESET value)

E. PULSE setting range: 30~240 (to zero by UP / DOWN preset value of 30, ± 1 per adjustment)

4. KEY FUNCTION:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to

have all function values reset except the **ODOMETER(TOTAL)**.

SET(if have): To input the target value by the key except the **ODOMETER(TOTAL)**.

RESET/CLEAR(if have): To let the value reset except the **ODOMETER(TOTAL)**.

emarks:

When the window shows desalination, for the battery power is not enough, replace the battery If there is no signal input, please check if the connection line is connected