

# 118R RED COLLECTION

## YATAY BİSİKLET/ RECUMBENT BIKE



**KULLANIM KILAVUZU/OWNER'S MANUEL**

**TÜRKÇE/ENGLISH**

## **IMPORTANT!**

**Please read all instructions carefully before using this product.**

**Retain this manual for future reference.**

**The specifications of this product may vary slightly from the illustrations and are subject to change without notice.**

Thank you for purchasing the Magnetic Bike.

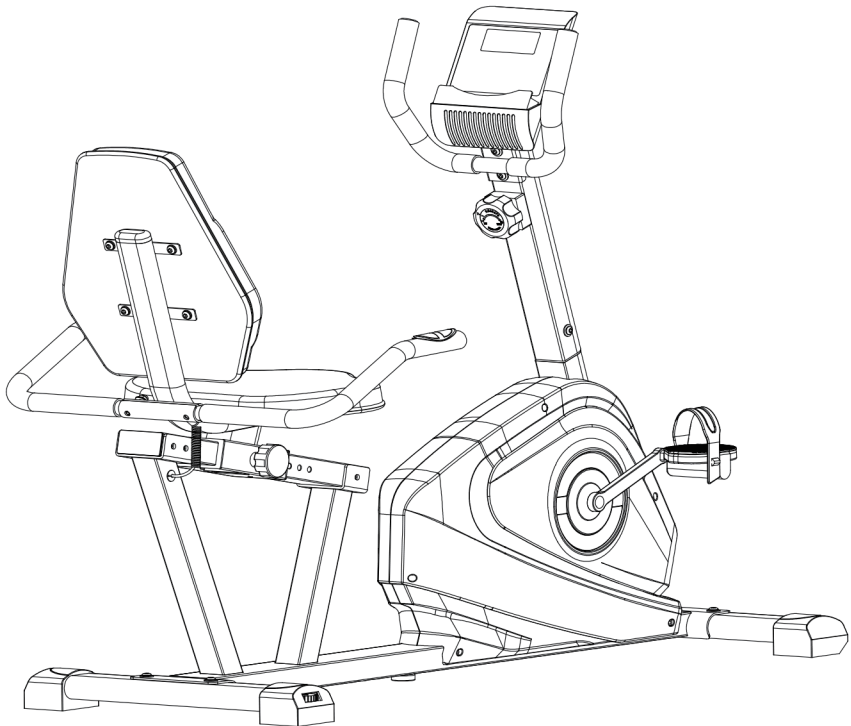
Before operating this unit, please read this manual carefully to ensure optimum performance and safety.

This manual should be kept available for future reference.

## **REMARK:**

For product improvement, the company reserves the right to change the design and specification at any time without prior notice.

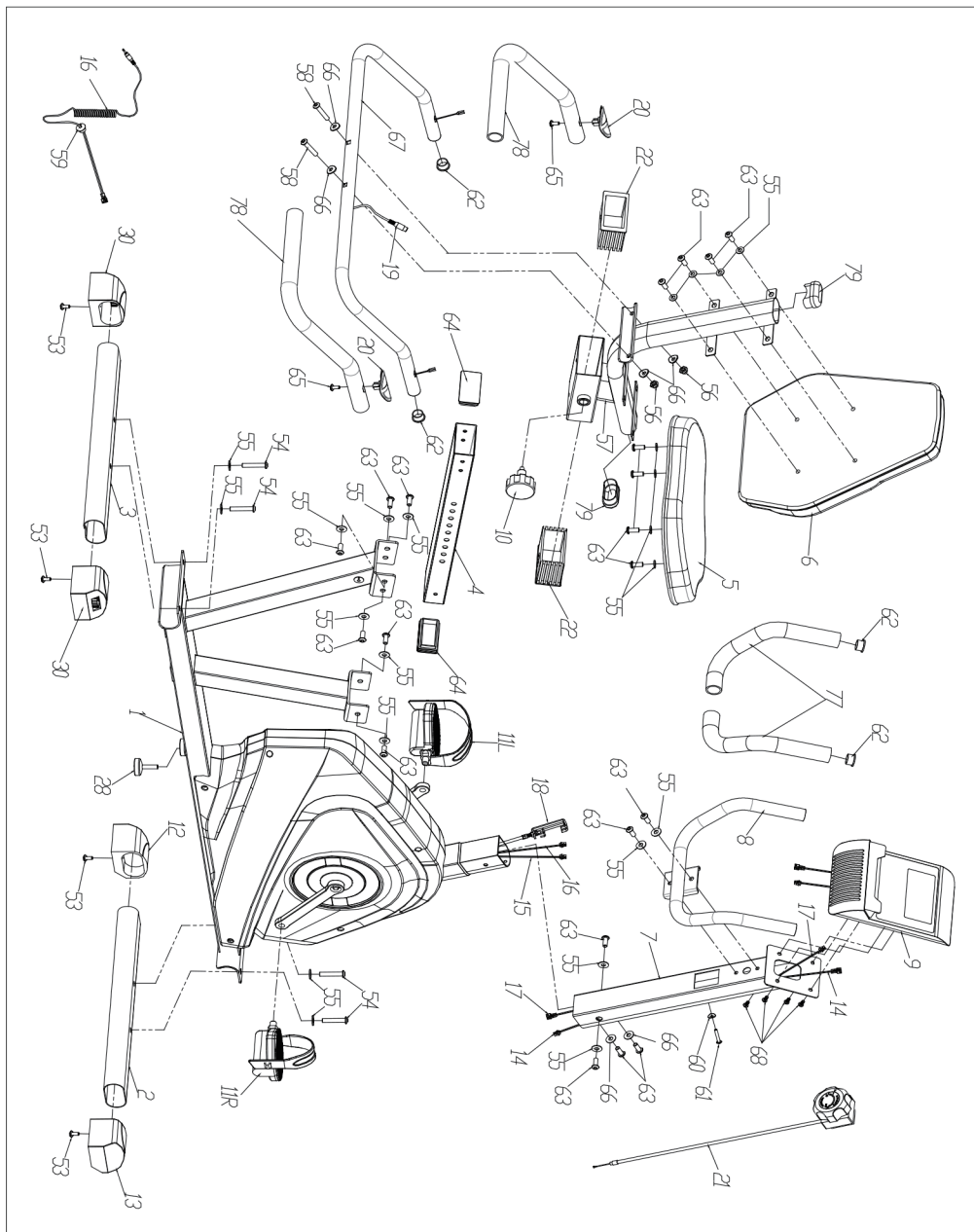
Pictures are for reference use only and may differ from the actual product



**Please read the instructions and warnings carefully before use, to ensure safe and satisfactory operation of this product.**

**Follow the assembly instructions carefully.**

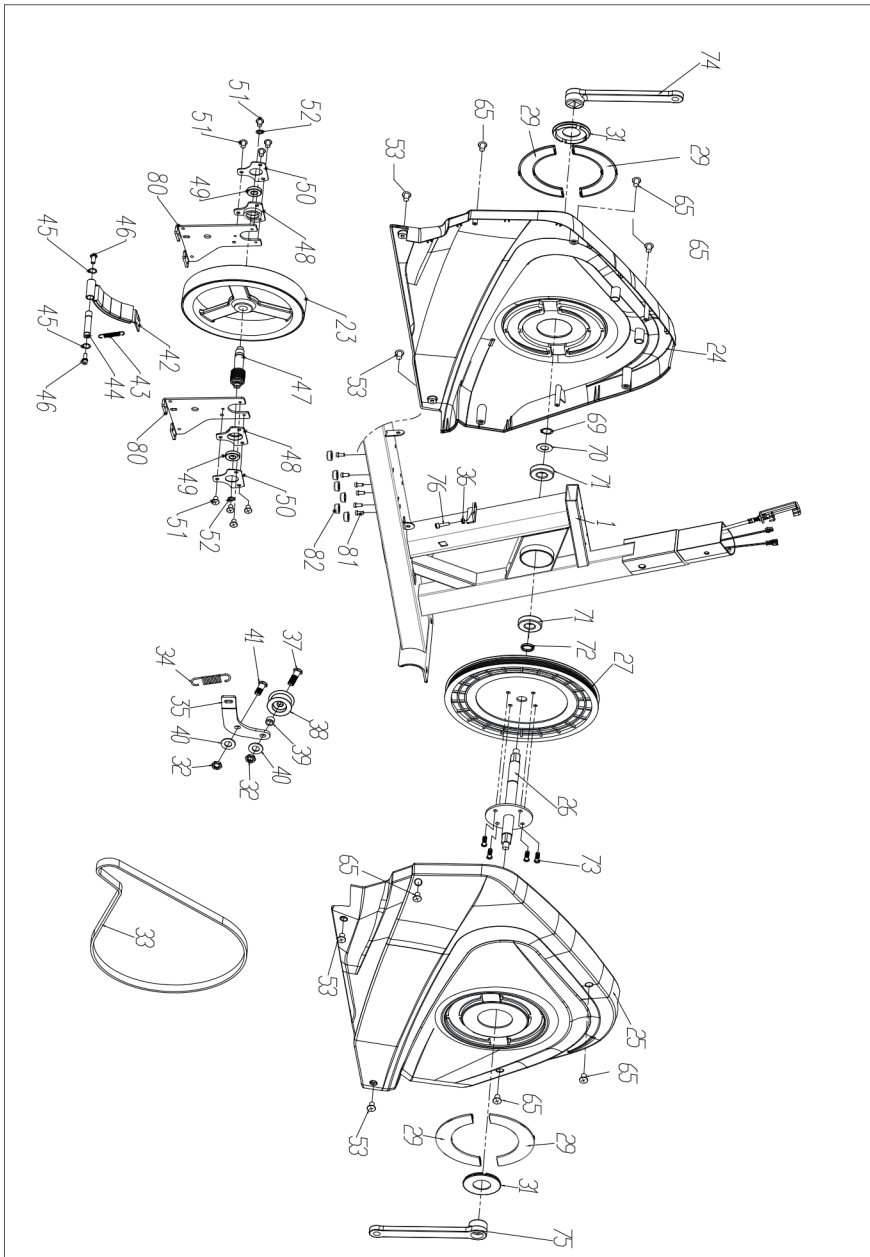
1. Please keep this manual in a safe place for your reference when necessary.
2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully. The safety and efficiency only can be achieved when the equipment is assembled ,maintained and used properly. It is your responsibility 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 a 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. Do not workout immediately after meals.
7. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.
8. The equipment is designed for home use only, Maximum weight of the user is :120kg.
9. The equipment is not suitable for therapeutic use, may only be used for exercises indicated in the training instructions
10. Wearing proper clothing and athletic shoes while using the equipment, Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.
11. Keep your back straight while exercising.
12. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.
13. For adjustable parts, bear the maximum position in your mind, do not exceed the mark "stop", otherwise will cause risk.
14. 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.
15. 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.
16. 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.
17. Pay attention to the absence of a free wheel system which will cause serious risk.
18. Keep power cord away from heat sources.
19. Do not insert or drop any object into any opening.
20. Unplug exercise bike before moving or cleaning it. To clean, wipe surfaces down with mild detergents and a slightly damp cloth only; never use solvents.
21. Do not use the exercise bike in any location that is not temperature controlled, such as, but not limited to, garages, porches, pool rooms, bathrooms, car ports or outdoors.
22. Use the bike only as described in this manual.
23. Incorrect repair and structural modifications(e.g. removal or replacement of original parts) may endanger the safety of the user.
24. The rotating disk flywheel will get hot during the operation.
25. Lock the equipment when stop using.



# PART LIST

ENG

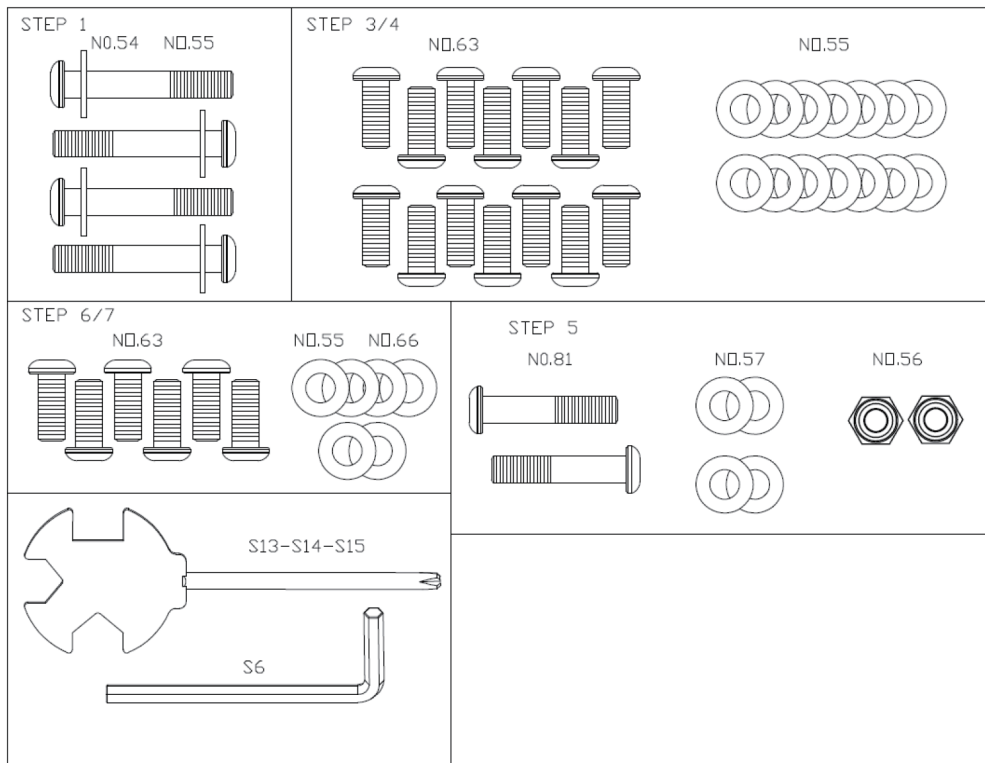
NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	saddle adjusting tube		1
5	Saddle		1
6	Back cushion		1
7	Front post		1
8	Front handle bar		1
9	Console		1
10	Knob		1
11L	Pedal-L	1/2"-20-L	1
11R	Pedal-R	1/2"-20-R	1
12	Front stabilizer tube plug-left	PT40×80	1
13	Front stabilizer tube plug-right	PT40×80	1
14	Console wire -top		1
15	Console wire-bottom		1
16	Pusle sensor wire-middle		1
17	Pusle sensor wire-top		1
18	Resistance Adjusting Wire(Bottom)		1
19	Pusle sensor wire		1
20	Pusle sensor		2
21	Resistance Adjusting Set		1
22	Tube bushing	40×80-50×100	2
23	Flywheel	Ø240×40	1
24	Cover-left	ABS	1
25	Cover-right	ABS	1
26	Pulley Axle welding Group		1
27	Belt pulley	Ø240×20×PJ6	1
28	Adjusting pad	Ø48×16L	1
29	Decorative cover	ABS	2
30	Rear stabilizer tube plug	PT40×80	2
31	Crank decorative cover	PVC	2
32	Nylon nut	M10×1.5	2
33	Belt	PJ6 - 390	
34	Tension spring	Ø2.5×Ø16×75L	
35	Pinch roller fixing plate		
36	Hex nut	M6	
37	Fixing plate screw	M10×1.5×42L	
38	Pinch roller	Ø37×Ø30×22.4L	
39	Idler Shaft Bushing	Ø14×Ø10.2×6L	
40	Flat washer	Ø10.2×Ø20×1.5t	
41	Fixing plate screw	M10×1.5×20L	



# PART LIST

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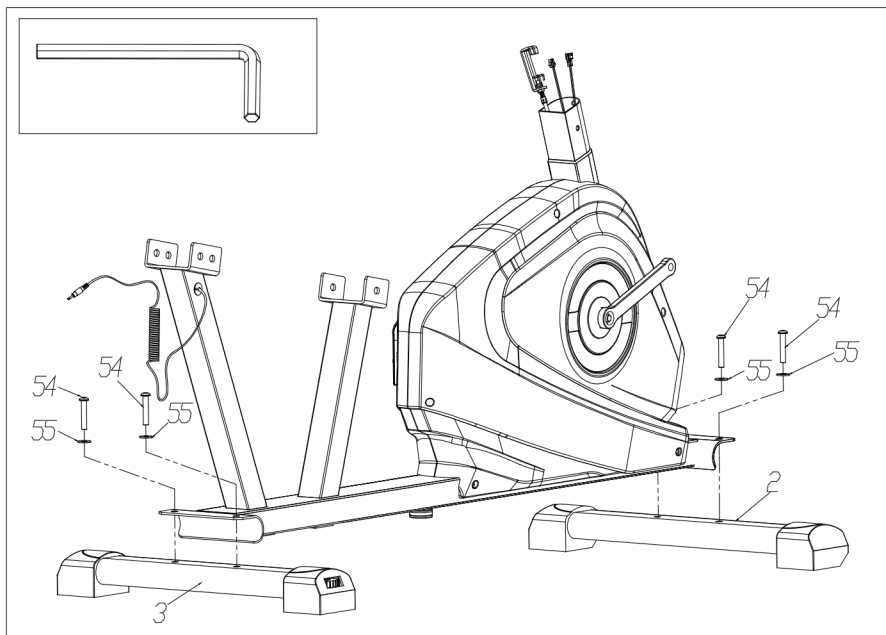
NO.	NAME	SPECIFICATION	QTY
42	Magnet board		1
43	Tension spring	Ø1.0×Ø15×55L	1
44	Axle of rotation	Ø12×67	1
45	Circlip	Ø10	2
46	Screw	M6×20L	2
47	Flywheel axle	Ø20×107L	1
48	Bearing seat	ABS	2
49	Bearing	6001ZZ	2
50	Bearing end cover piece		2
51	Screw	M6×10L	8
52	Flat washer	Ø6×Ø13×1.5t	2
53	Screw	ST4.2×19H	8
54	Screw	M8×50H	4
55	Flat washer	Ø8.5×Ø20×1.5t	22
56	Cap nut	M8×1.25	2
57	Saddle support set		1
58	Screw	M8×45	2
59	Protective plug	Ø22×Ø12.2×12.5L	1
60	Curved washer	Ø5×Ø13×1.5t	1
61	Screw	M5×40L	1
62	Handle bar tube plug		4
63	Screw	M8×16H	20
64	Rectangular tube plug	40×80	2
65	Screw	ST4.2×16H	9
66	Curved washer	Ø8.2×v20×1.5t	6
67	Rear handle bar		1
68	Screw	M5×15H	4
69	Circlip		1
70	Waved washer		1
71	Bearing		2
72	Pulley Axle Spacer Bush		1
73	Screw	M6×12	4
74	Left crank		1
75	Right crank		1
76	Screw	M6×35L	1
77	Front handle bar foam		2
78	Rear handle bar foam		2
79	Oval tube plug	PT30×60	2
80	Flywheel retainer		2
81	Screw		6
82	Trim Cover		6





Follow these easy steps:

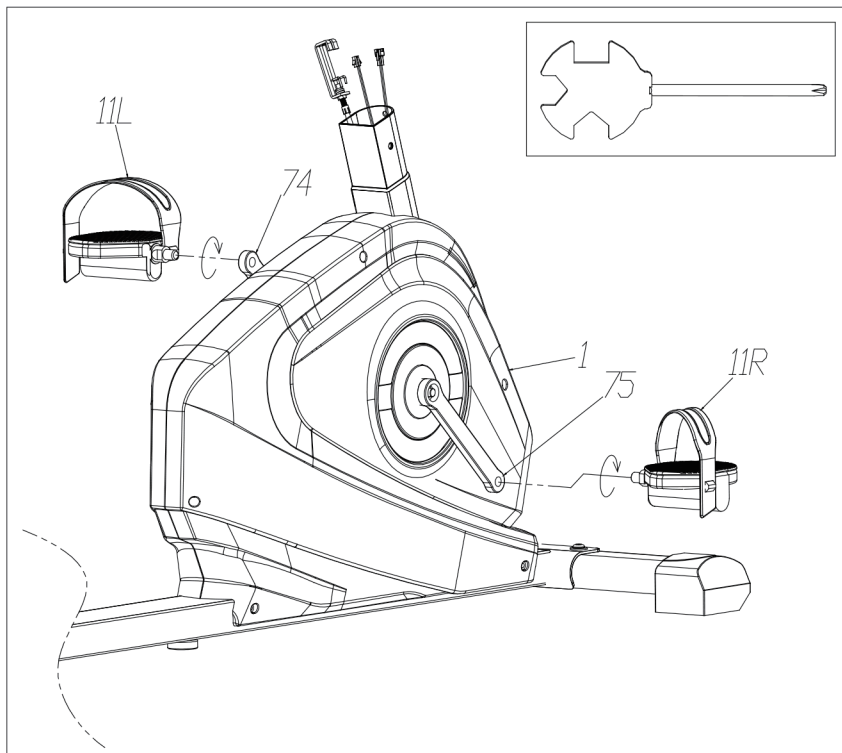
Open the carton so the sides fall down. You can use the base of the cardboard to assemble the cross trainer on to avoid damaging your floor surface. Please tighten all screws loosely until final stage.



## STEP 1

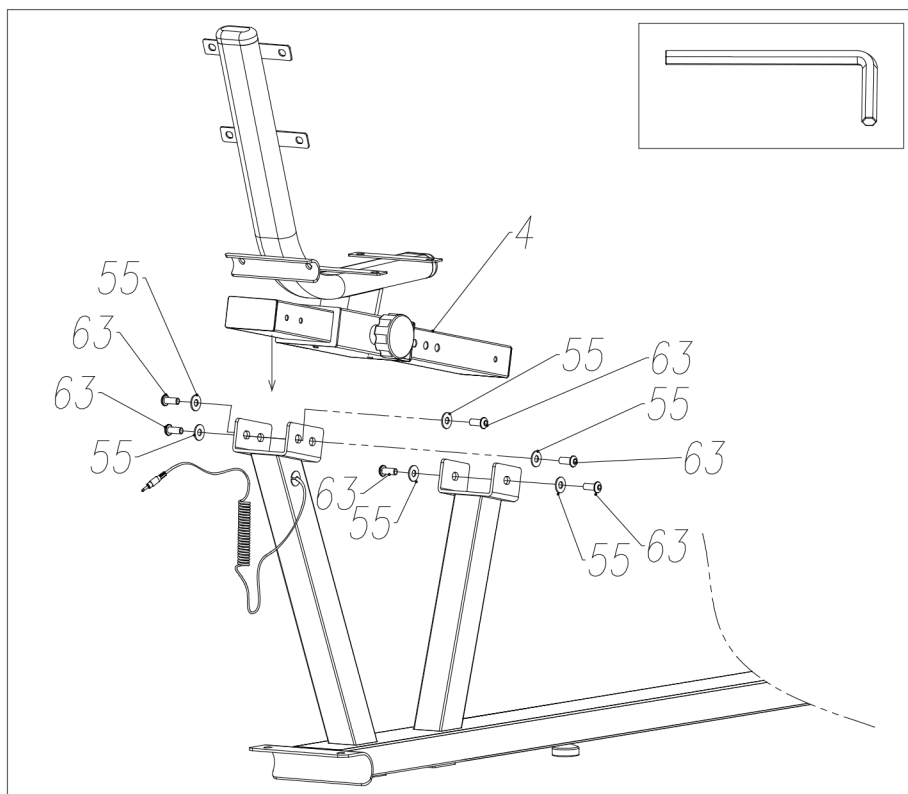
--Screw out all the screw (54) and flat washer (55) on the front stabilizer (2) and the rear stabilizer (3) by the Allen wrench and keep them well.

--Attach the front stabilizer (2) which is with transport wheel to the main frame (1) and fix it by wrench tightly with the kept hardware. Then attach and fix the rear stabilizer (3) to the main frame (1) in the same way



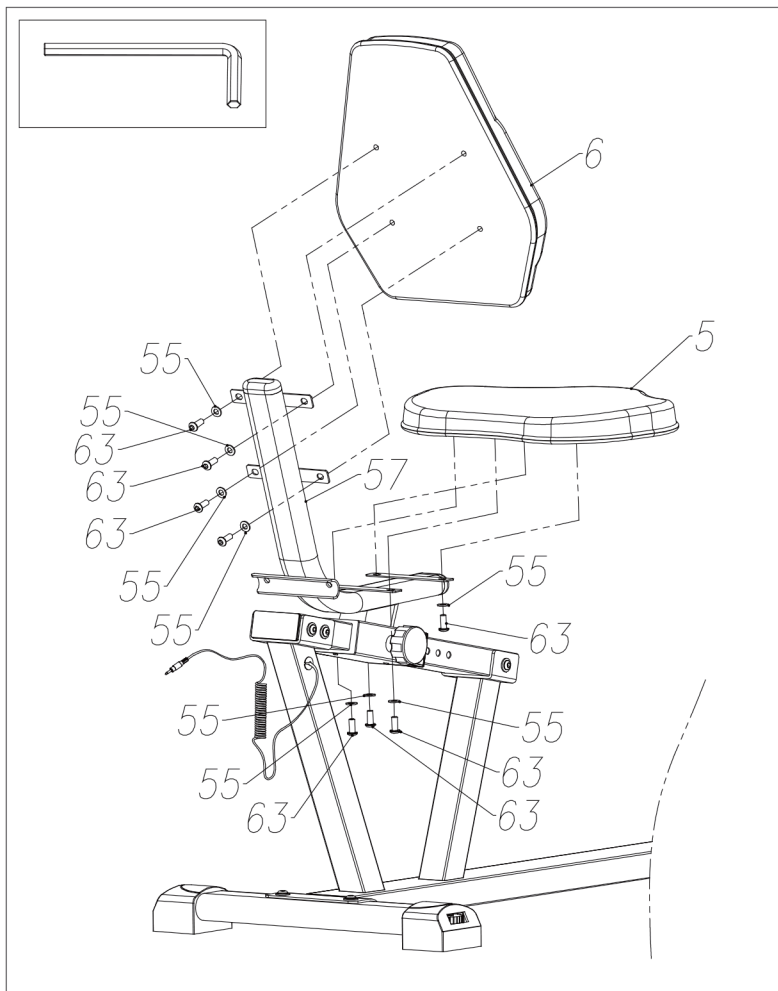
## STEP 2

-Fix the pedal (11L) which is marked "L" onto the crank (74) marked "L" side by spanner tightly in anticlockwise; and then fix the pedal (11R) which is marked "R" onto the crank (75) marked "R" side by spanner tightly in clockwise.



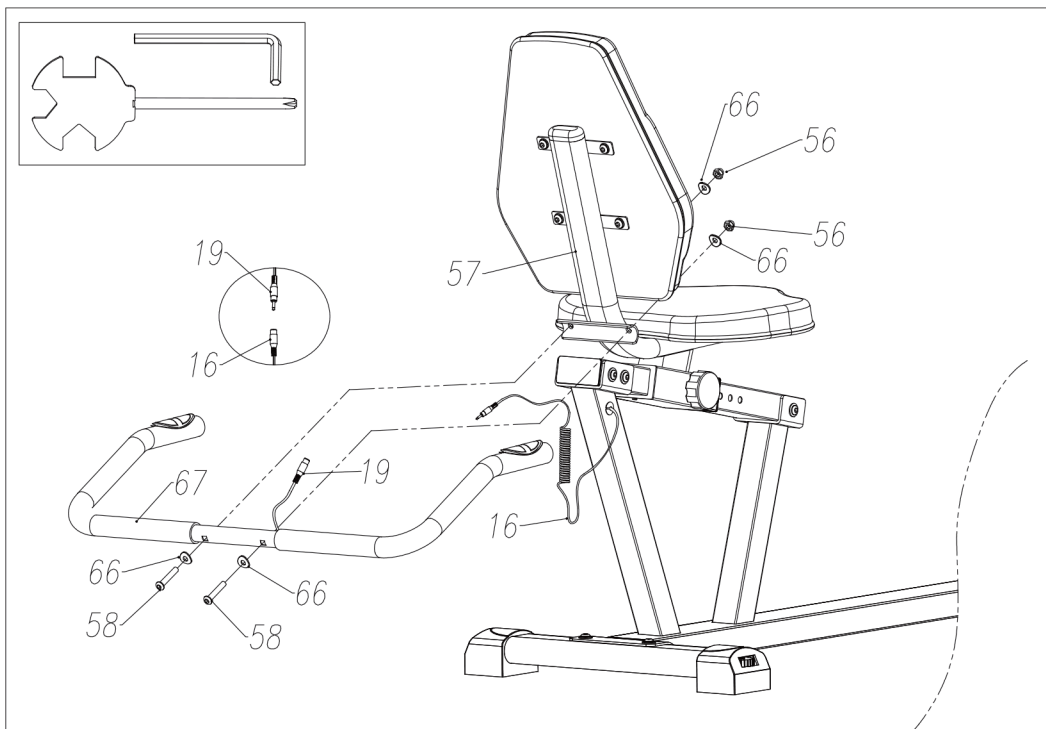
### STEP 3

- Screw out all the screw (63) and flat washer (55) on the saddle adjusting tube (4) by the wrench and keep them well.
- Fix the saddle adjusting tube (4) on the main frame (1) with the screw (63) and flat washer (55) by wrench tightly.



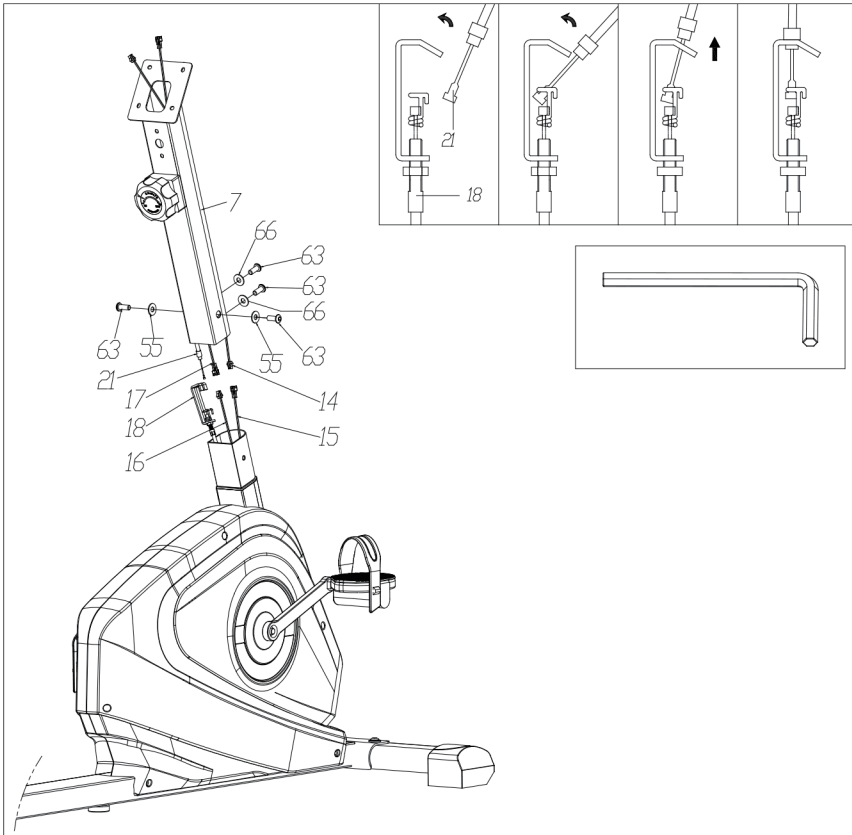
## STEP 4

--Fix the saddle (5) and back cushion (6) on the saddle support set (57) with screw (63) and flat washer (55) as shown separately and tightly by wrench.



## STEP 5

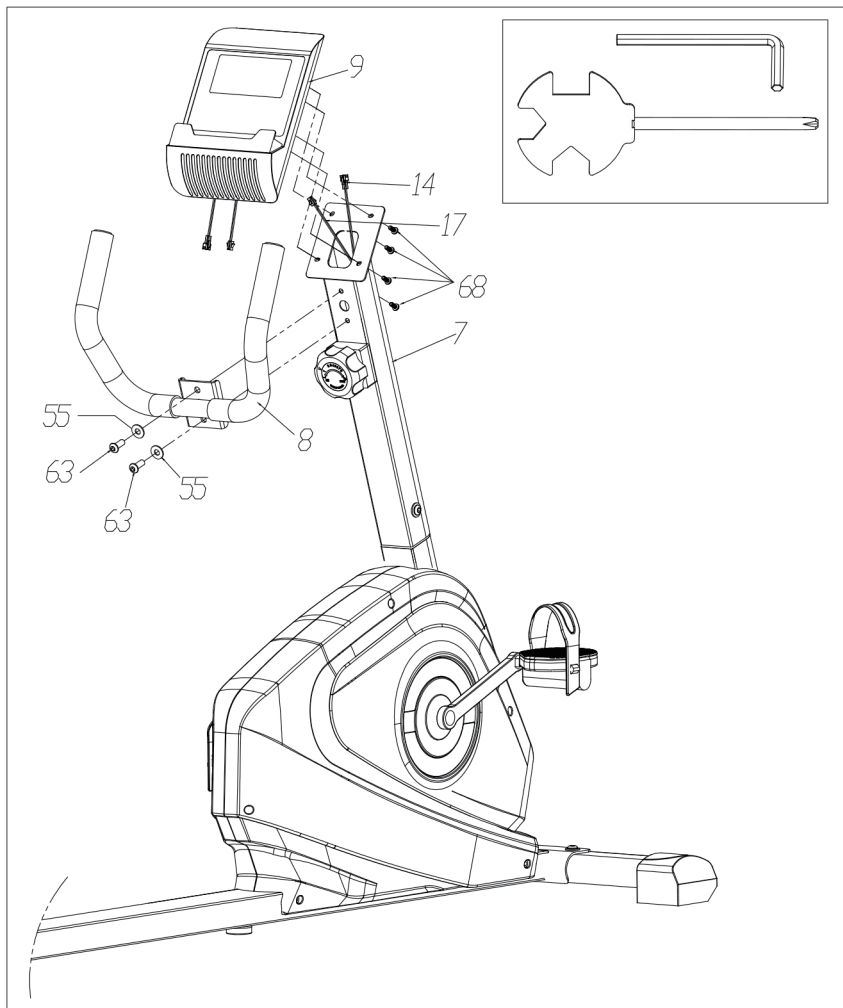
- Fix the rear handle bar (67) onto the saddle support set (57) with screw (58), curved washer (66) and cap nut (56) by wrench tightly.
- Connect the pulse sensor wire (16&19) together correctly.



## STEP 6

--Connect the console wires (14&15) together carefully. Also connect the sensor wires (16&17) and resistance adjusting wire(18&21) correctly. Please ensure that all the pins are straight when connecting 14 & 15, 16&17 and 18&21. Failure to do so will result in console malfunction.

--Put the front post (7) on the main frame (1) as shown and tighten it with screw (63) and flat washer (55) & curved washer (66) tightly by wrench.



## STEP 7

- Fix the handle bar (8) on the front post (7) with flat washer (55) and screw (63) tightly.
- Connect the console wire-top(14), pulse sensor wire -top (17) together with the wire on the console (9) correctly, please ensure that all the pins are straight when connecting.
- Fix the console (9) on the plate of the front post (7) with the screws (68) tightly.

**Caution:** Now the equipment is completed assembled, if you find it not leveled on the floor, you can adjust it by the adjusting rear stabilizer tube plug(13). Make sure you have tightened all the screws and nuts well before beginning your workout.

1. When you don't use the exercise bike for a long time, please take out the console battery to avoid running out of battery.
2. Often clean the exercise bike with clean cloth to keep the clean appearance.
3. 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 the it is not used until completed repaired.
4. Regularly check that the elements fastened with nuts and bolts are correctly tightened.
5. Remember regularly to grease moving parts.
6. Special attention to the component, most of them are susceptible to wear like brake system, foot pad etc.
7. 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.
8. Storing the equipment in a clean and dry environment away from children.



## 1. How often?(frequency of workouts)

Doctors recommend that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness programme if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness programme, you have to make it a priority in your life. So decide on a time, pull out your diary and pencil in your exercise times for the next month!

## 2. How long?(duration of workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 25 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 50 minutes or more is recommended for best weight loss results.

## 3. How hard? ( intensity of workouts)

How hard you workout is also determined by your goals. If you use your exercise equipment to prepare for a 5K run, you will probably workout at a higher intensity than if your goal is to improve your general fitness. Regardless of your long term goals, always begin an exercise programme at low intensity. Aerobic exercise does not have to be painful to be beneficial. The easiest way to measure intensity is by monitoring your heart rate using the grip pulse handle bar or chest strap (optional).

## 4. Perceived exertion level

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too out of breath to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

## 5. Stretching

Before using your product, it is best to take a few minutes doing some gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gently motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.

## 6. Standing calf muscle stretch

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.

## 7. Standing quadriceps stretch

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.

## 8. Sitting hamstring and lower back muscle stretch

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.

## 9. Warm up

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

## 10. Cool down

Never stop exercising suddenly! A cool down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool down, repeat the stretching exercises listed to loosen and relax your muscles to avoid the build up of lactic acid and post exercise muscle pain.

## 11. Achieving your fitness goals

An important step in developing a long term fitness programme is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for a race? Knowing what your goals are will help you develop a more successful exercise programme. Below are some common exercise goals and the type of activity that will help you to achieve these goals:

A. Weight loss - lower intensity, longer duration workouts.

B. Improve body shape and tone - interval workouts, alternate between high and low intensities.

C. Increased energy level-more frequent daily workouts.

D. Improved sports performance-high intensity workouts.

E. Improved cardiovascular endurance - moderate intensity, longer duration workouts. If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits.

Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress.

## SPECIFICATIONS:

TIME.....	<b>NO:SMS_402</b> 00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE.....	0.00-9999KM (ML)
CALORIES.....	0.0-9999KCAL
ODOMETER(ODO).....	0.0-9999KM (ML)
PULSE (PUL) .....	0-40~240BPM

## KEY FUNCTIONS:

- MODE: This key lets you to select and lock on to a particular function you want.
- SET: Can to proceed the data establish for "TIME" "DISTANCE" "CALORIES""PULSE".
- CLEAR(RESET): The key to reset the value to zero by pressing the key.
- ON/OFF(START/STOP): The key to pause the signal input by pressing the key.

## OPERATION PROCEDURES:

### 1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor.  
The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

### 2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

### 3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

## FUNCTIONS:

1. TIME: Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
  2. SPEED: Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
  3. DISTANCE: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
  4. CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
  5. ODOMETER(IF HAVE): Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
  6. PULSE(IF HAVE): Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.
- SCAN: Automatically display changes every 4 seconds.  
BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.