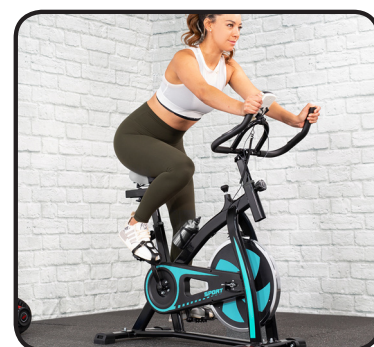


STATIONARY EXERCISE BICYCLE

ITEM: 96115 RED/BLK, 96115-1 AQUA/BLK, 96124 BLUE/BLK



OWNER'S MANUAL AND SAFETY INSTRUCTIONS

SAVE THIS MANUAL: KEEP THIS MANUAL FOR SAFETY WARNINGS, PRECAUTIONS, ASSEMBLY, OPERATING, INSPECTION, MAINTENANCE AND CLEANING PROCEDURES. WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL NEAR THE ASSEMBLY DIAGRAM (OR MONTH AND YEAR OF PURCHASE IF PRODUCT HAS NO NUMBER).

FOR QUESTIONS PLEASE CALL OUR CUSTOMER SUPPORT: (909) 628 0880 MON-FRI 9AM TO 3PM PST



GENERAL SAFETY WARNINGS

Read all safety warnings and instructions. Failure to follow the warnings and instructions may result in serious injury. Save all warnings and instructions for future reference.

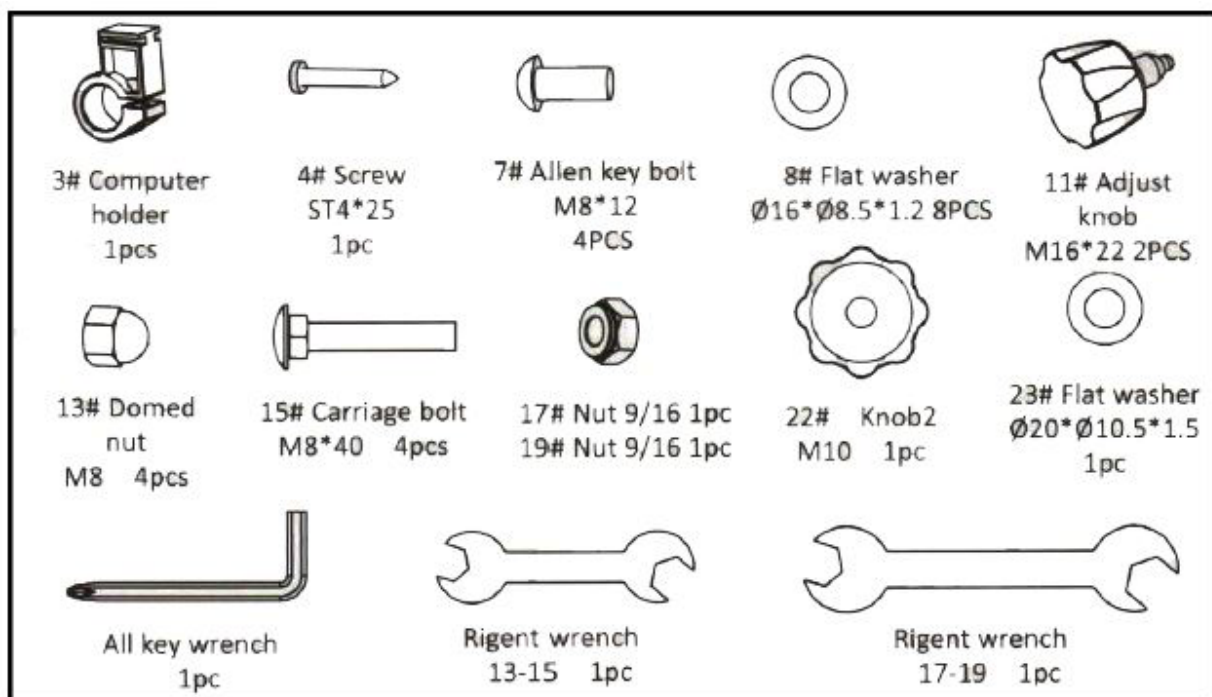
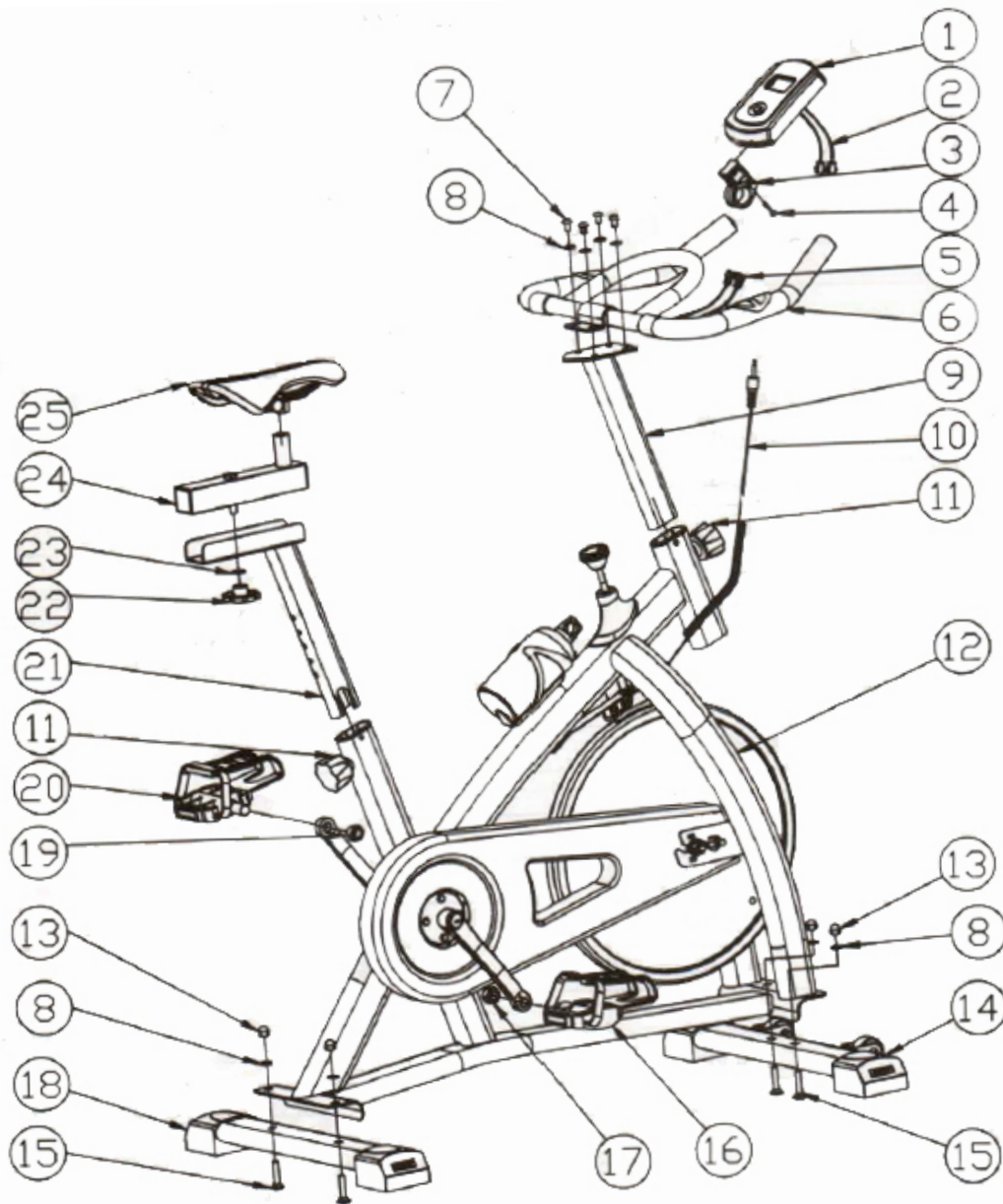
SAFETY

The warnings, precautions, and instructions discussed in this instruction manual cannot cover all possible conditions and situations that may occur. It must be understood by the operator that common sense and caution are factors which cannot be built into this product, but must be supplied by the operator. Read carefully and understand all ASSEMBLY AND OPERATION INSTRUCTIONS before operating. Failure to follow the safety rules and other basic safety precautions

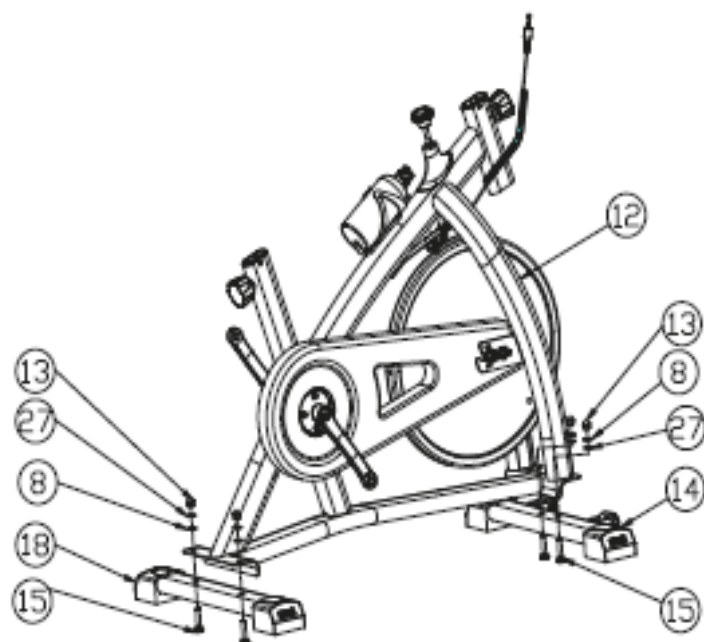
- It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
- Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
- Use the exercise bike only as described in this manual.
- The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
- Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
- Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- Keep children under age 12 and pets away from the exercise bike at all times.
- Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
- The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
- Be careful when mounting and dismounting the exercise bike.
- Always keep your back straight while using the exercise bike; do not arch your back.
- The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
- Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

PARTS INFORMATION

#	DESCRIPTION	QTY
1	Computer	1
2	Contact Line	3
3	Computer Holder	1
4	Screw	1
5	Pulse Line	2
6	Handlebar	1
7	Allen Key Bolt	4
8	Flat Washer	8
9	Handle Post	1
10	Sensor Contact Line	1
11	Adjusting Knob	2
12	Main Frame	1
13	Domed Nut	4
14	Front Base	1
15	Carriage Bolt	4
16	Right Pedal	1
17	Nut for R Pedal Lock	1
18	Rear Base	1
19	Nut for L Pedal Lock	1
20	Left Pedal	1
21	Seat Post	1
22	Knob 2	1
23	Flat Washer	1
24	Saddle Slider	1
25	Seat	1



INSTALLATION

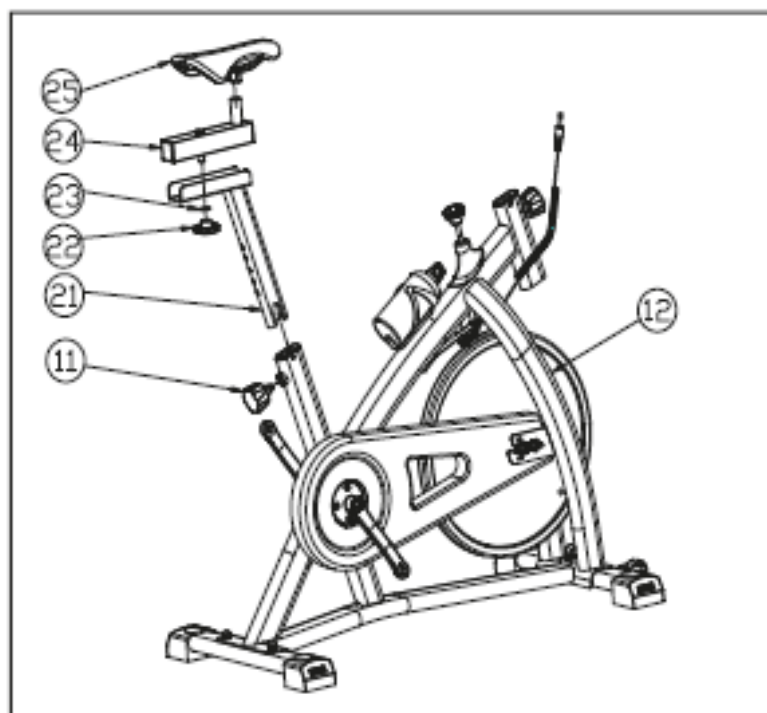


Step 1

Take the Bike Main Frame out from the carton.

Attach the Front Base (14) to the Main Frame(12), using Carriage bolt (15), Washer (8/27) and Domed nut (13). Tighten it by Wrench.

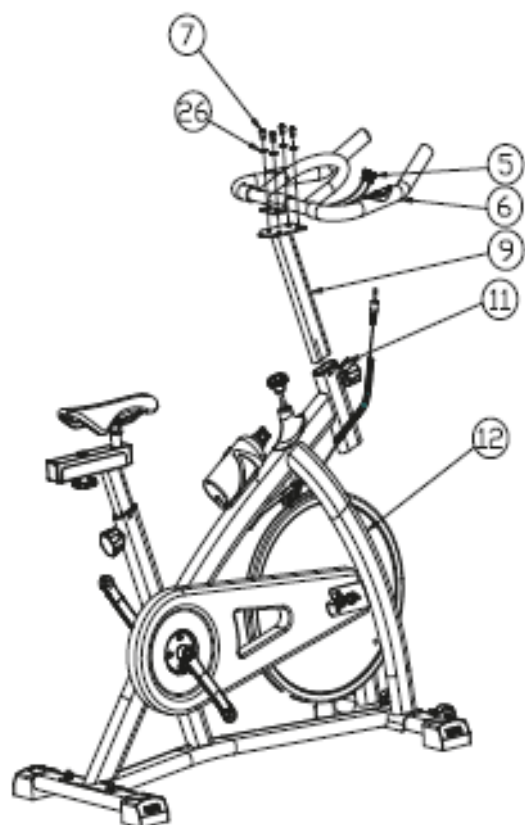
Attach the Rear Base (18) to the Main Frame too, using Carriage bolt (15), washer (8/27) and Domed nut (13). Tighten it by Wrench.



Step 2:

Insert the Saddle Post (21) to the main frame(12), fasten it by adjust knob (11).

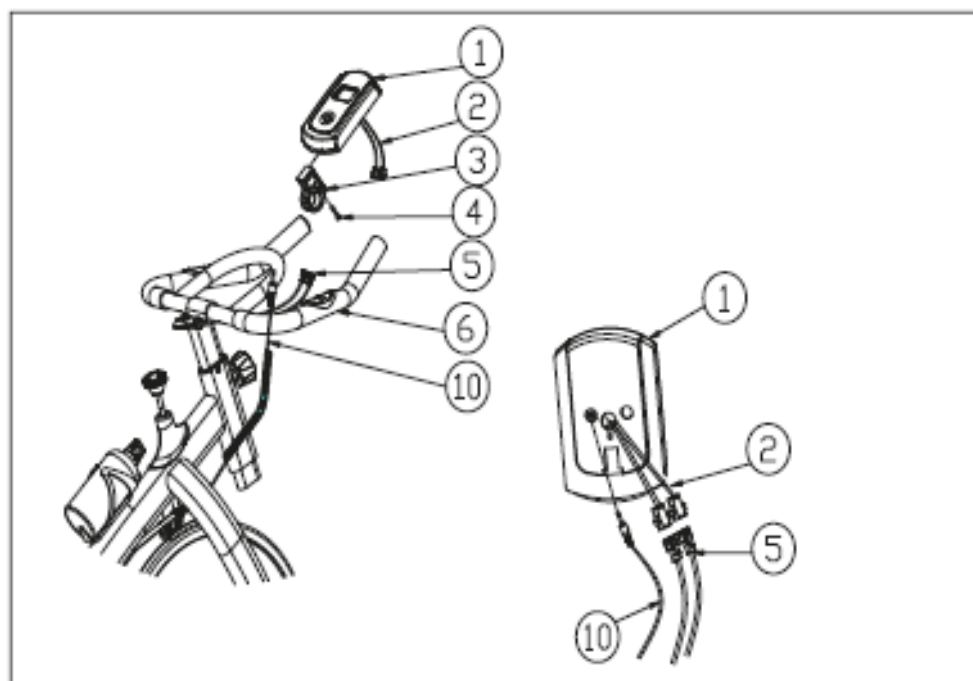
Attach saddle slider (24) to the Saddle post (21), fasten it using Washer (23) and knob2 (22). Tighten the saddle by wrench.



Step 3

Insert Handle Post (9) to the main frame(12). Tighten by adjust knob (11).

Attach handle bar (6) to the Handle Post (9), using Allen key bolt (7) and washer (26). Tighten by Allen key wrench.

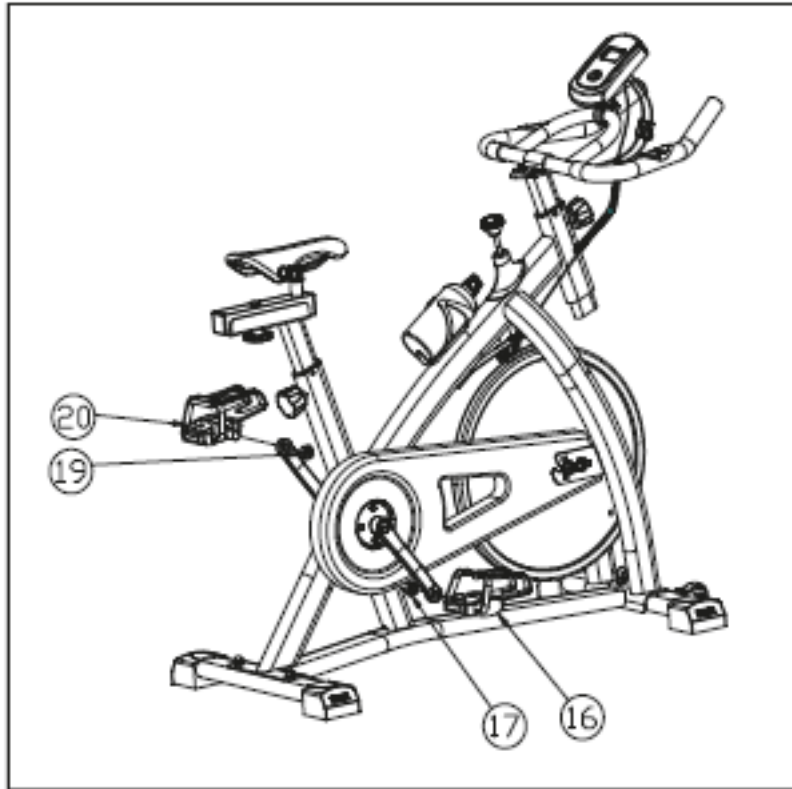


Step 4

Attach Computer Holder (3) to the handle bar, using screw (4).

Slide the computer (1) onto the computer holder (3).

Then contact the lines by corresponding.



Step 5:

Remove the nut (17) which on the right pedal (16) firstly.

Then attach the right pedal (16) to the main frame (12) tuning by clockwise.

Lock the removed nut (17) back use 17-19 wrench. Completely tighten by wrench.

Remove the nut (19) which on the left pedal firstly.

Then attach the left pedal (20) to the main frame (12) tuning by anti-clockwise.

Lock the removed nut (19) back use 17-19 wrench. Completely tighten by wrench.

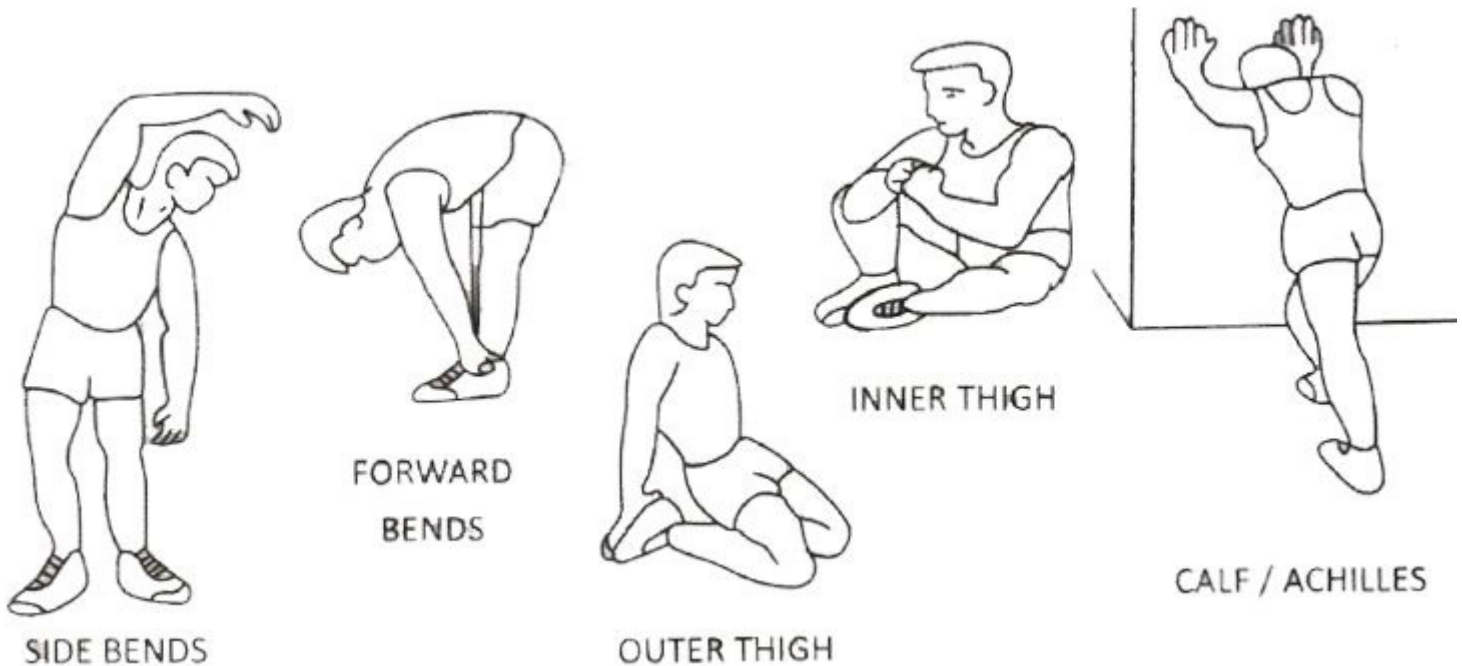
IMPORTANT NOTES:

Note that the Right pedal should be threaded on clockwise and the Left pedal anti-clockwise!

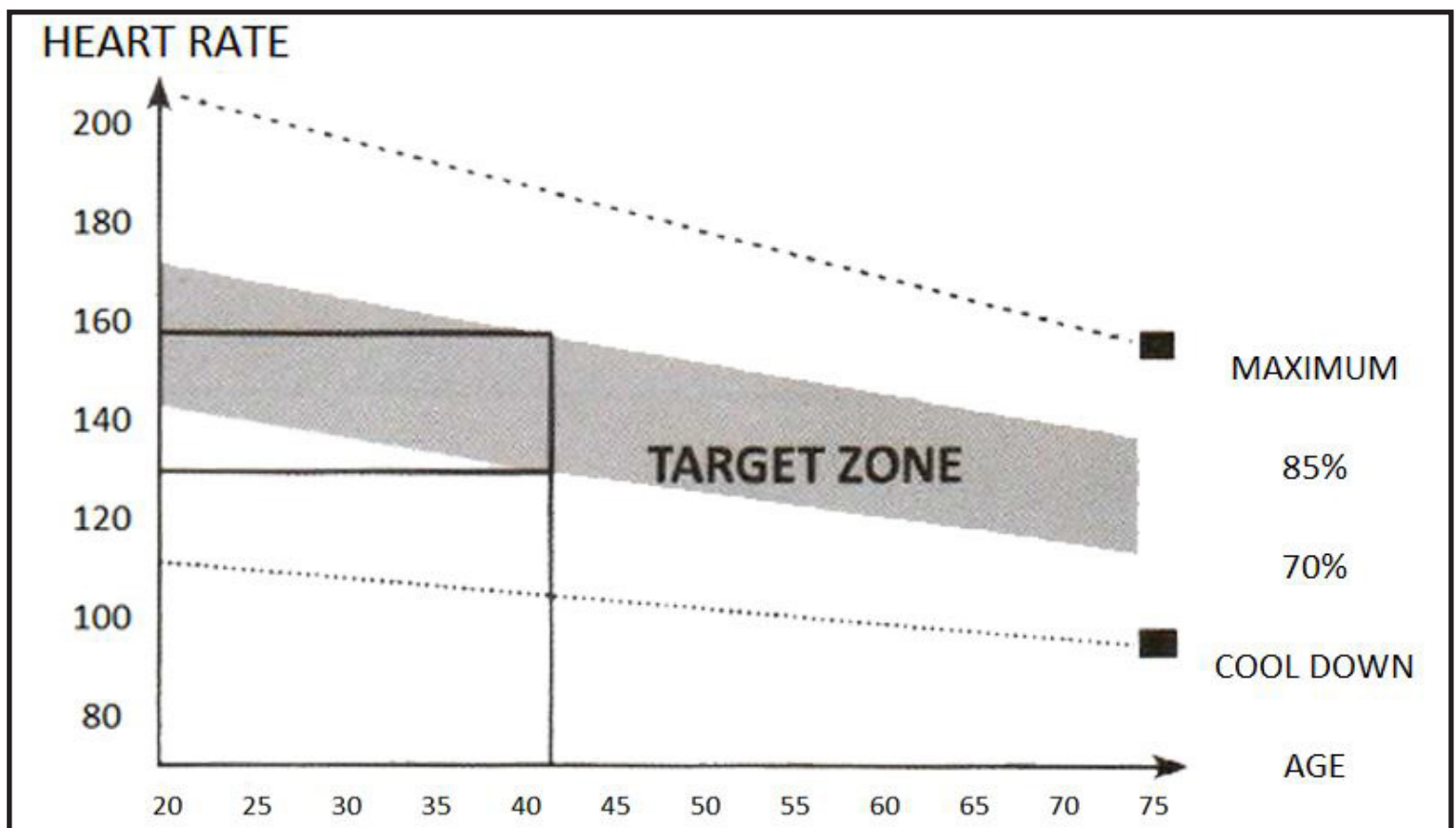
EXERCISE INSTRUCTIONS

Using your new Exercise Bike, will provide you with several benefits. It can help you improve your physical fitness, tone muscles and in conjunction with a controlled diet, help you lose weight.

Warming up before using the bike. This will help get your blood flowing and muscles working. This will also reduce the risk of cramps and injury. It is advisable to do stretching exercises prior to using the stationary bike. Each of the following stretches should be held for approximately 30 seconds.



After regular use, the muscles in your legs will become more flexible. Work at your own pace. It is imperative you maintain a steady tempo throughout your workout. The rate of work should be sufficient to raise your heartbeat to the target zone shown below.



COOL DOWN PHASE

This stage is to let your cardiovascular system and muscles wind down. This is a repeat of the warm up exercise: Reduce your tempo, continue for approx. 5 minutes. The stretching exercises should now be repeated. Remember not to force or jerk your muscles in upon stretching. The more you are accustomed to the exercise routine you can continue to add more time and levels to your routine.

FAULT FINDER

If numbers do not appear on the computer, double check that all connections are made and correct.

MUSCLE TONING

To tone muscles when using the bike, you will need to set the resistance levels higher. This will increase the strain on your muscles and may mean you will not be able to train for extended periods of time. If you are trying to improve your fitness, you need to alter your training program. You should train as normal during the warm up and cool down phase 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 amount of effort in put in will determine how much weight you will lose. The harder and longer you work out, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness.

USING THE BIKE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are holes in the seat post allowing for a range of heights. Once the correct height is 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 and a low resistance makes pedaling easier. For best results, set the tension while the bike is in motion.

CONTROL PANEL

SPECIFICATIONS

TIME	00:00-99:59MIN
SPEED (SPD)	0.0-99.9KM/H (ML/H)
DISTANCE (DST)	0.00-99.99KM (ML)
CALORIES (CAL)	0.00-999.9KCAL
ODOMETER (ODO)	0-9999KM (ML)
PULSE (PUL)	40-240BPM

KEY FUNCTIONS

MODE: This key lets you select and lock on the function you want. The monitor will be reset by changing the battery or pressing the MODE key for 3-4 seconds

AUTO ON/OFF: The system turns on when any key is depressed or when it senses input from the speed sensor.

MODE: To choose the SCAN or LOCK option if you do not want the SCAN mode, press the MODE key when the indicator is on the function you want starts blinking.

TIME: Press the MODE key until the indicator locks on TIME. The total working time will be shown when pedaling starts.

SPEED: Press the MODE button until the indicator lands on SPEED, the current speed will be shown.

DISTANCE: Press the MODE button until the indicator lands on DISTANCE, the distance of your workout will be displayed.

CALORIE: Press the MODE button until the indicator lands on CALORIE, the calories burned will be displayed.

ODOMETER: Press the MODE button until the indicator lands on ODOMETER, the total accumulated distance of your workout will be displayed.

PULSE: Press the MODE button until the indicator lands on PULSE, the user's current heart rate will be displayed in beats per minute. Place the palms of your hands on both contact pads located on the handlebars and wait for 30 seconds for the most accurate reading.

SCAN: This automatically displays changes every 4 seconds.

NOTE: If there is an incorrect readout on the monitor, change or replace the batteries.



DISCLAIMER

PLEASE READ THE FOLLOWING CAREFULLY

THE MANUFACTURER AND/OR DISTRIBUTOR HAS PROVIDED THE PARTS LIST AND ASSEMBLY DIAGRAM IN THIS MANUAL AS A REFERENCE TOOL ONLY. NEITHER THE MANUFACTURER OR DISTRIBUTOR MAKES ANY REPRESENTATION OR WARRANTY OF ANY KIND TO THE BUYER THAT HE OR SHE IS QUALIFIED TO MAKE ANY REPAIRS TO THE PRODUCT, OR THAT HE OR SHE IS QUALIFIED TO REPLACE ANY PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND/OR DISTRIBUTOR EXPRESSLY STATES THAT ALL REPAIRS AND PARTS REPLACEMENTS SHOULD BE UNDERTAKEN BY CERTIFIED AND LICENSED TECHNICIANS, AND NOT BY THE BUYER. THE BUYER ASSUMES ALL RISK AND LIABILITY ARISING OUT OF HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THERETO, OR ARISING OUT OF HIS OR HER INSTALLATION OF REPLACEMENT PARTS THERETO.

Record Product's Serial Number Here: _____

Note: If product has no serial number, record month and year of purchase instead.

Note: Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.



SAVE THESE INSTRUCTIONS.

Questions, issues or missing parts?

Before returning to your retailer, our customer service team is here to help.



Call Us: 909.628.0880

Email Us: customer@xtremepowerusa.com

Hours of Operation: 9am - 3pm PST Monday - Friday

PRODUCT MADE IN CHINA