

Recovery Phase after exercise

Repeat Warm up in recovery phase, but can reduce exercise range and speed, keep around 5min, to adjust body heat, relax the muscles, but please note, don't do fierce stretch exercises to prevent muscle injury.

If you have adapted these exercises training, you can increase training time and intensity of training step by step,

ADVICE: Every week, you need to exercise 3 times at least.

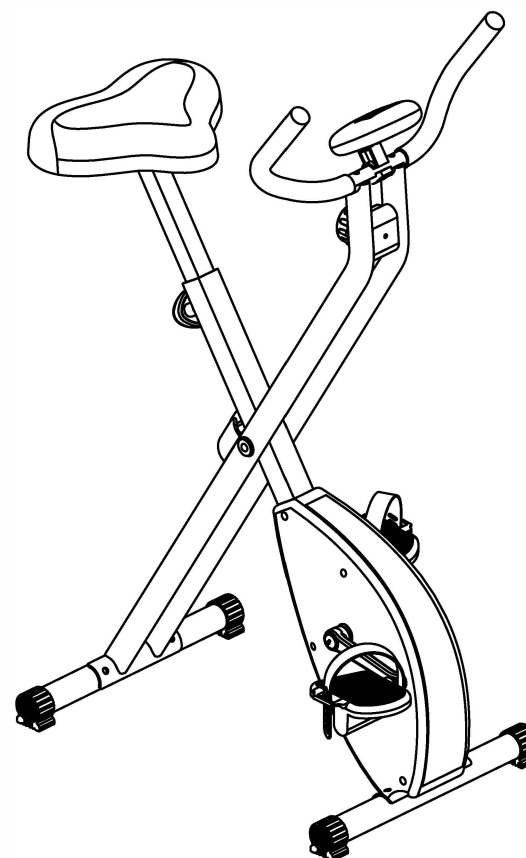
Muscular augments

If you want to strengthen your muscle, the resistance must be adjusted higher, that you can achieve Muscular augments in short time. If you want strong muscle also want to achieve the effect of fitness, you need other training method: Warm up firstly, then do normal training, when the training will be finished, to increase training intensity and resistance, but please noted, this time you need reduce speed of training. Keep standard heart rate as schedule, after training, must adjust body state.

Losing Weight

If you want to lose weight, the key is training time & intensity, Long time and more intensity exercise, that will burns more calories. Also you can achieve the effect of fitness, intensify your body. You can do different training according your demand.

EXERCISE BIKE USER MANUAL



Important Safety Common Sense

Please pay close attention to what is written in this manual

1. Before Installation & Use, carefully read this user manual to ensure training effect, must keep correct installation, maintenance & use.
2. Before use, User must consult a Doctor according to physical condition in order to prevent accidents and health issues. If the user is on drug therapy, and this drug therapy effects the heart rate, blood pressure and cholesterol index, the user must comply with doctor's advice before training.
3. In training, also pay attention to your health. Incorrect or overload training is unhealthy, if you have any condition such as headache, choking sensation in chest, arrhythmia, tachypnea, wamble, Dizziness, nausea etc.), please stop training at once.
4. Please let the child and pets keep away from this Training equipment, as it is strictly for Adults ONLY.
5. Please use it in a strong & flat place, and also put protective layer on the floor or mat to prevent damage, For your safety, please keep 0.5m distance between Equipment and others.
6. Before use, please make sure all the screws & bolts are tight.
7. Regarding parts which easily damage, worn out parts, easily cracked parts. Please ensure all are repaired and maintained constantly.
8. Please comply with this user manual. Once you observe any defective parts when assembling or hear noises while using, please stop use at once. Solve all problems. Then continue using.
9. When using this equipment, please dress in suitable clothes. Don't dress unsuitably.
10. This equipment is suitable for family use. The Max load is 150kgs.
11. This Equipment is not suitable for Medical use.
12. When moving this equipment, be careful to prevent hurting your back. Use correct method to move.

Notice: the Pictures & diagram of this manual are just for reference, any change will be informed.

Training Introduction

Use this equipment that can strengthen your body, exercise your muscle. also can lose weight through reasonable diet collocation.

Training in the warming up before exercise

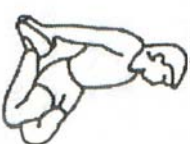
Warming up can adjust blood circulation, and make muscle to achieve training state, reduce muscle cramp or pull the risk of loss. Every time Before exercise, please warm up according below indication, each action must keep 30s at least. Don't do fierce stretch exercises to prevent muscle injury, once happen, please stop it.



Sideways movement



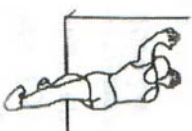
Back movement



thigh lateral practice



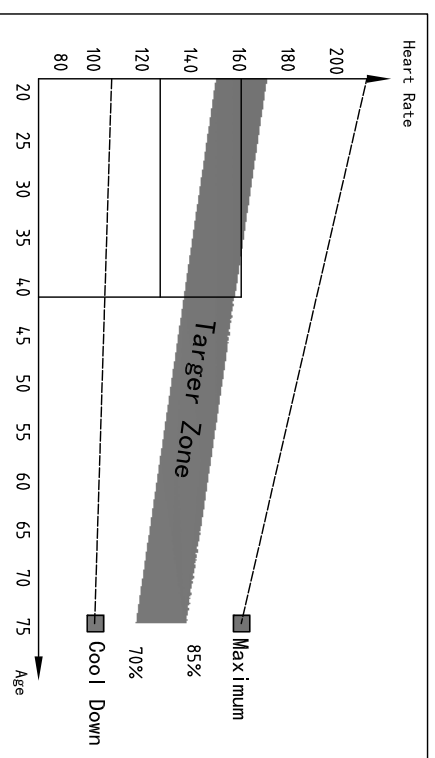
Thigh practice



Crus practice

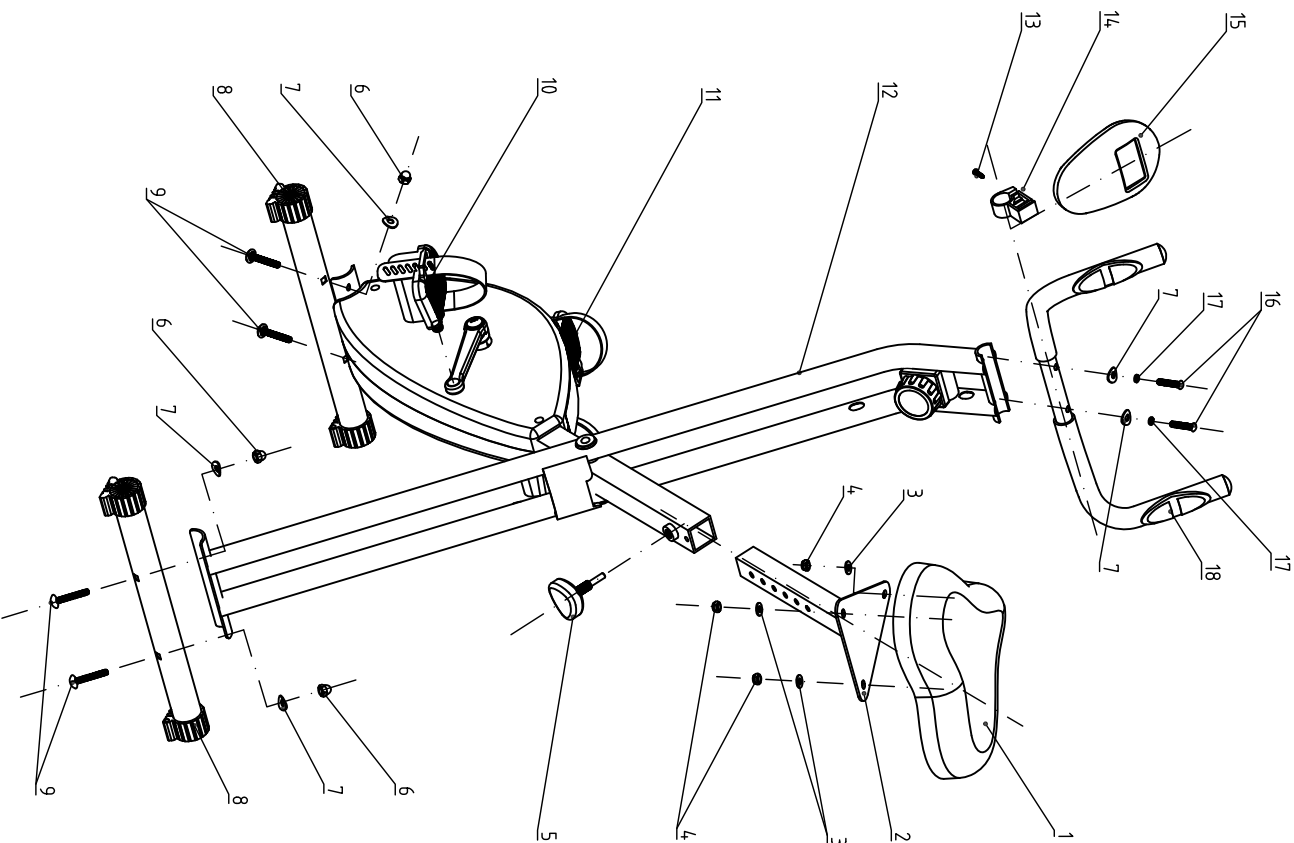
Training Phase



This phase is formal exercise, that can improve the leg muscles flexible. the key of exercise is according to your exercise state to keep. That should select suitable training intensity, pls refer to below data to control heart rate.






You must keep 12minutes at least in target zone. More people start training in 15-20 minutes

Explosive View





No.	Parts Diagram	Parts Name	QTY.
10		Pedal(left)	1
11		Pedal(right)	1

Step 4
Make correct position between Pedal 10 and Crank of Main frame 12, then tightening, Noted: distinguish correct position of right & left. Same method to assemble right pedal

No.	Parts Diagram	Parts Name	QTY.
7		Φ8.5 Arc washer	2
16		M8*35 semi-round head screw	2
17		Φ8.5 Spring washer	2

Step 5
Aligning hole site of Armrest 18 & Main frame 12, use M8*35 semiroundscrew 16, Φ8.5 spring washer 17, Φ8.5 Arc washer to connect, tighten M8*35 semi round head screw.





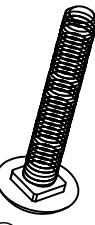

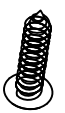
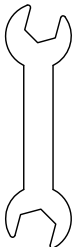
No.	Parts Diagram	Parts Name	QTY.
13		4*25 self-tapping screw	1
14		Monitor holder	1

Step 6
Put monitor holder 14 on armrest 18, use 4*25 self-tapping screw 13 to fix and tighten. Put monitor 15 into holder 14, then contact wire. That we can use it. Noted: QB-1917D without heart rate.

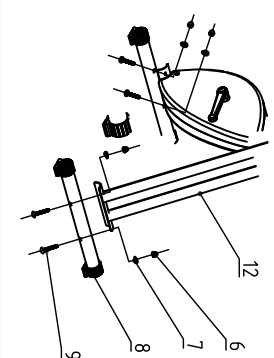
Accessories List




No.	Name	QTY.	No.	Name	QTY.
1	Seat	1	10	Pedal (left))	1
2	Holder for seat	1	11	Pedal(right)	1
3	Φ8.5 flat washer	3	12	Main frame	1
4	M8 locknut	3	13	4*25 cross self-tapping screw	1
5	Cushion adjusting knob	1	14	Monitor holder	1
6	M8 cap nut	4	15	Monitor	1
7	Φ8.5 arc washer	6	16	M8*35 Semi-round head socket screw	2
8	Foot tube	2	17	Φ8.5 spring washer	2
9	M8*50 carriage bolts	4	18	Armrest	1

Tools List

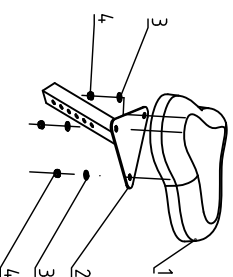
	Cap nut M8 4PCS		Semi-round head screw M8*35 2PC
	Arc washer Φ8.5 6PCS		Spring washer Φ8.5 2PCS
	Carriage bolts M8*50 4PCS		Socket spanner L5 1PC
	cross self-tapping screw 4*25 1PC		Outer hexagonal spanner 13-15 1PC



Installation Instruction



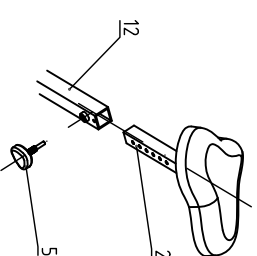
No.	Parts Diagram	Parts Name	QTY.
6		M8 Capnut	4
7		Φ8.5 Arc washer	4
9		M8*50 Carriage screw	4


Step 1
Aligning hole site of Foot tube 8 with Main frame 12, use carriage screw 9, arc washer 7, capnut 6 to connect and tighten capnut 6



No.	Parts Diagram	Parts Name	QTY.
3		Φ8 flat washer	3
4		M8 lock nut	3

Step 2
Aligning hole site of Seat 1 & Seat holder 2, fix by Φ8.5 flat washer 3, M8 locknut 4, tighten M8 locknut 4.



No.	Parts Diagram	Parts Name	QTY.
5		Cushion adjusting knob	1

Step 3
Put seat holder 2 into Main frame 11, use cushion adjustable knob to fix, you can adjust height after finishing installation.