

DynaSpace



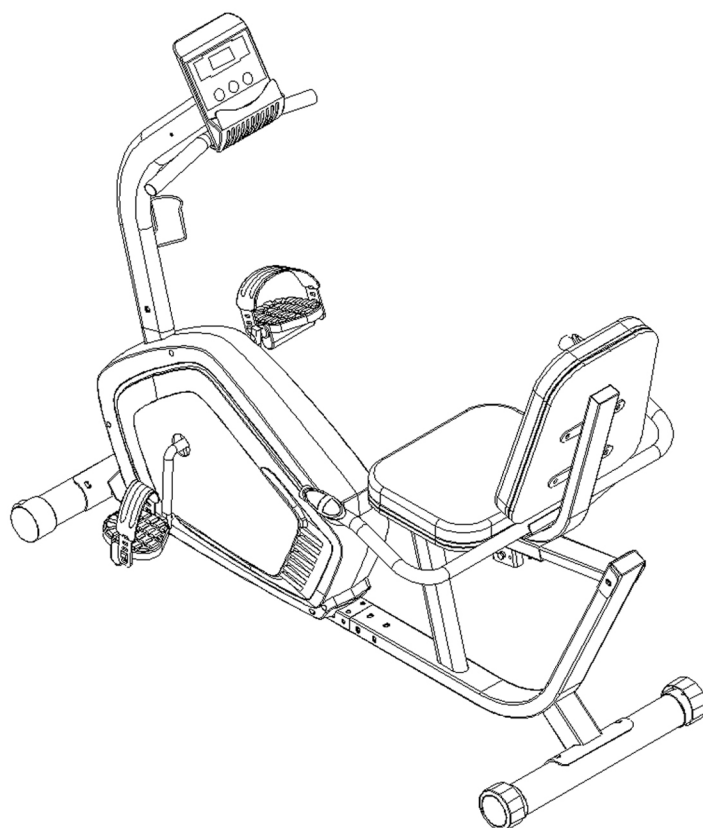
Recumbent Bike

User's Manual

Read all precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

Note: The product photo is for reference only and may differ slightly from the actual product.



Model: SGC2331

Dear Customer,

Please read this instruction very carefully before using this item.

You will find important information regarding safety of your magnetic bike.

IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

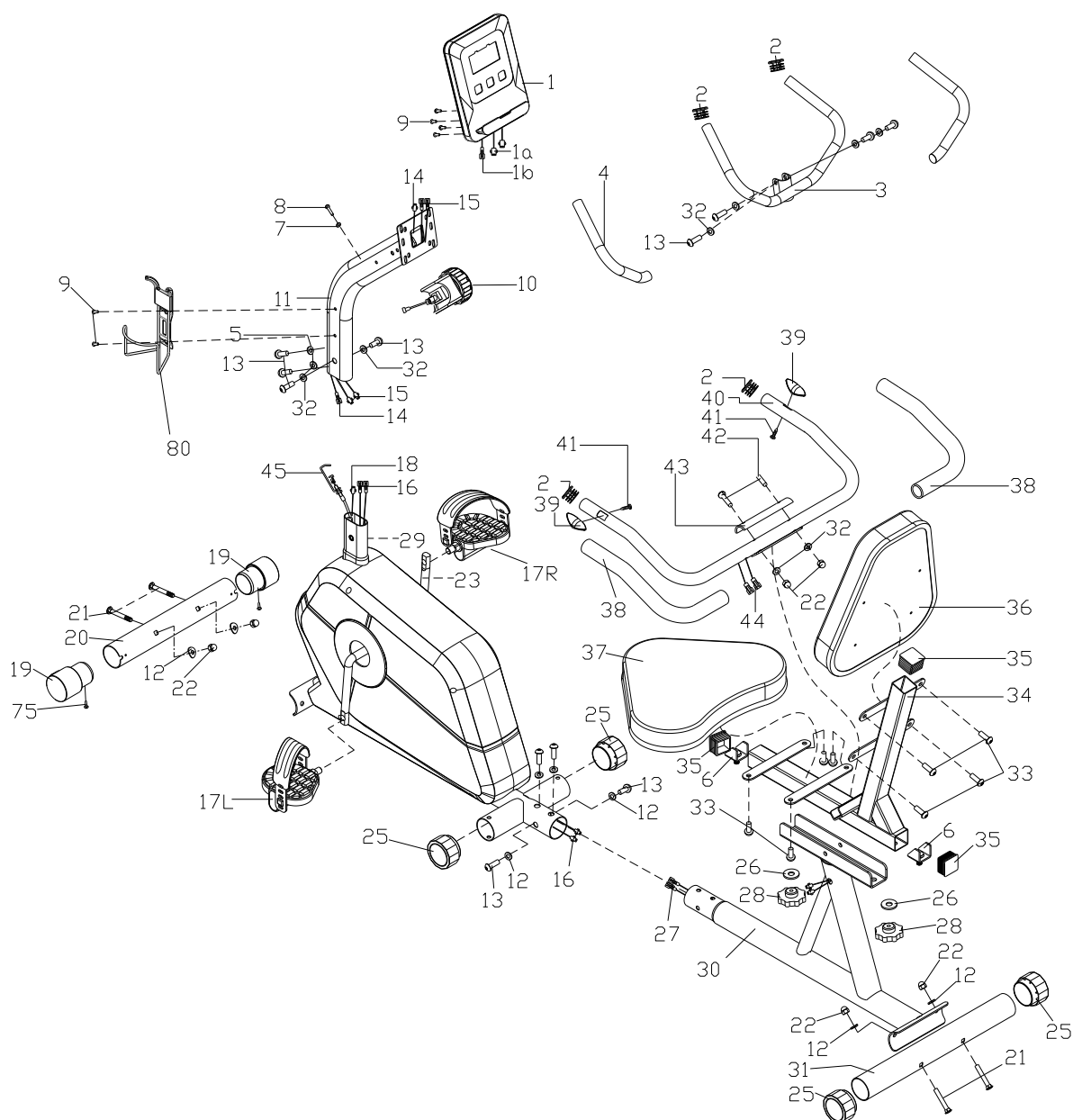
- ★ The maximum weight capacity of this training bike is 120kg/240Lbs; person whose body weight exceeds this limit should not use this machine.
- ★ Locate a comfortable work site, assemble your training bike in an open space with adequate ventilation and lighting.
- ★ Keep children and pets away from the training bike, do not leave unattached children in the same room with the machine.
- ★ Position the machine on a clear, level surface. Do not use near the water or outdoors.
- ★ Always wear appropriate workout clothing when exercising, running or aerobic shoes are also required.
- ★ Use the training bike only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
- ★ Do not place any sharp objects around this machine.
- ★ Always inspect your machine to make sure the bolts, screw, nuts and other parts are in safe and stability situation.
- ★ Before exercising, always do warning-up exercises first.
- ★ If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the workout at once, and consult your physician immediately if necessary.
- ★ Handicapped or disabled persons should not use the training bike without the presence of a qualified health professional of physician.
- ★ Never operate this machine if it is not functioning properly.

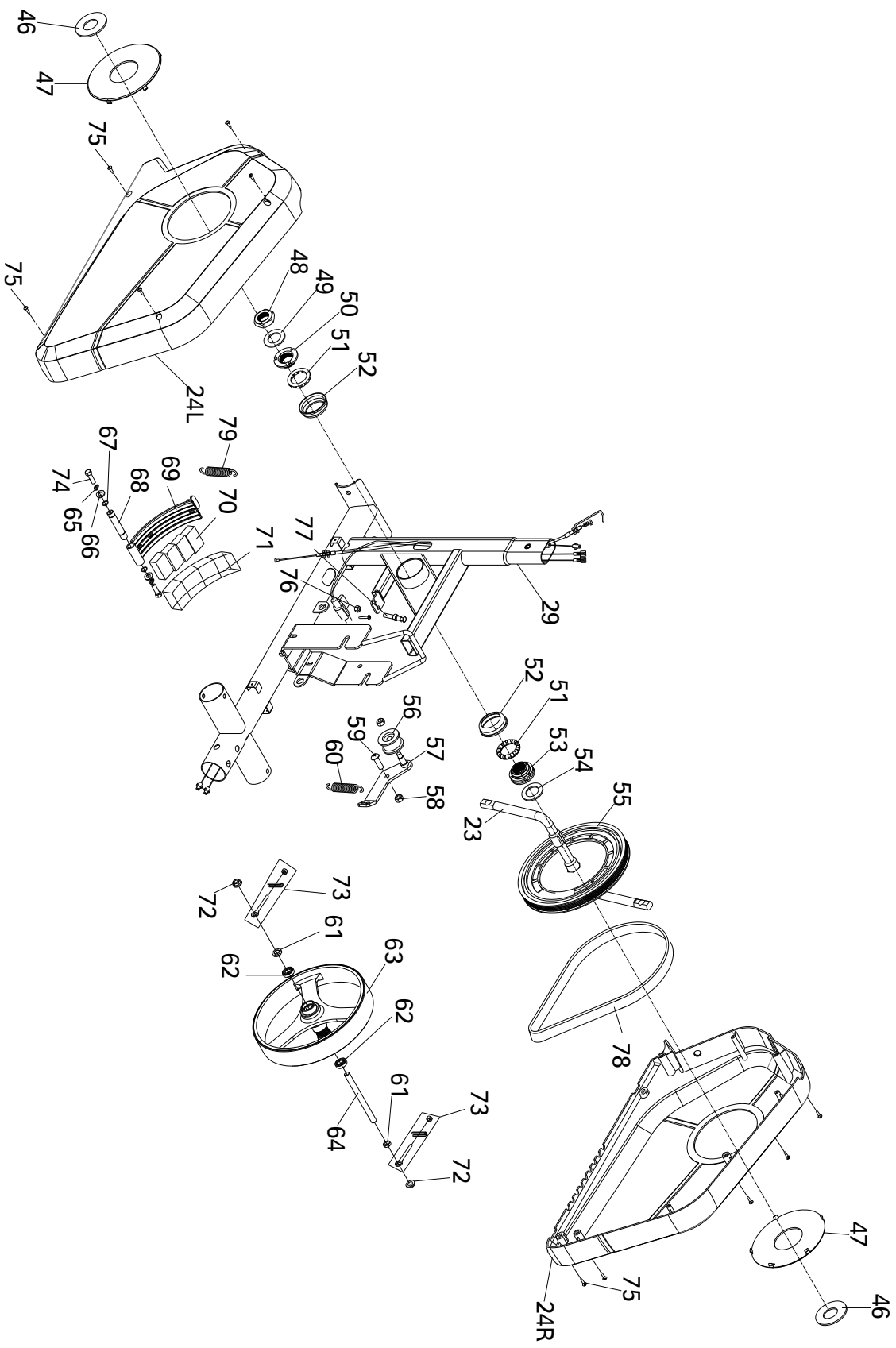
When the user don't need to operate this machine, make the tension control to lowest load.

WARNING :

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM. CONSULT YOUR PHYSICIAN FIRST, THIS IS ESPECIALLY IMPORTANT FOR THE INDIVIDUAL OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS, READ ALL INSTRUCTIONS BEFORE USING.

EXPLODED-VIEW & PARTS LIST:





NO	DESCRIPTION	QTY
1	computer	1
2	Plug $\phi 25$	4
3	Handlebar	1
4	Foam	2
5	Arc washer d8* $\phi 16$ *1.5*R15	2
6	U bracket	2
7	Spring washer D5	1
8	Screw M5*25	1
9	Screw M5*10	6
10	Tension knob	1
11	Suppost tube	1
12	Arc washer d8* $\phi 20$ *1.5*R30	8
13	Bolt M8X16	12
14	Line of induction	1
15	Sensor line	2
16	Tension line	2
17L/R	pedal	2
18	Sensor line	1
19	End cap $\phi 50$	2
20	Front stabilizer	1
21	Carriage bolt M8X62	4
22	Cap nut M8	6
23	Crank	1
24LR	Chain cover	2
25	end cap	4
26	Washer D10x $\phi 25$ x2	2
27	Sensor line	2
28	Knob M10	2
29	Main frame	1
30	Back bracket	1
31	Rear stabilizer	1
32	Washer D8x $\phi 16$ x1.5	8
33	Screw M6x16	8
34	Seat tube	1
35	End cap F38X38	3
36	Back cushion	1
37	Seat	1
38	Foam grip	2
39	Pulse $\phi 25$	2
40	Handlebar	1
41	Fixing screw ST4.2X16	2
42	Carriage Bolt M8x45	4
43	cover plate	1

NO	DESCRIPTION	QTY
44	Sensor line	2
45	Tension Line	1
46	Stopper	2
47	Plastic ring	2
48	Nut	1
49	Washer	1
50	Left collar housing	1
51	Collar ball	2
52	Collar housing	2
53	Right collar housing	1
54	Washer	1
55	Belt pulley	1
56	Pinch roller	1
57	U board	1
58	Nylon nut M8	2
59	Bolt	1
60	Tension spring	1
61	Hex thin nut	2
62	Bearing	2
63	Flywheel	1
64	Axle	1
65	Spring washer D6	2
66	Washer	2
67	Snap spring	2
68	Axle	1
69	Magnetic board	1
70	Magnet	4
71	Plastic lattice	1
72	Nut	2
73	Screw group	2
74	Bolt M6*15	2
75	Tapping screw	13
76	Nut M6	2
77	Bolt M6*35	1
78	Belt	1
79	Tension spring	1
80	bottle cage	1
	Cross wrench S13-14-15	1
	Allen wrench S6	1

ASSEMBLY INSTRUCTION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

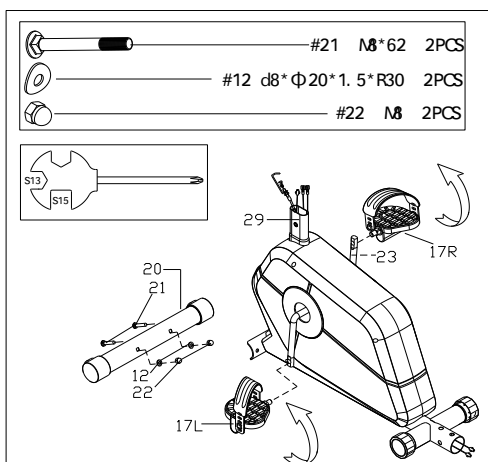


FIG.1: Attach the front stabilizer (20) to the main frame (29) with carriage bolt (21), domed nut (22) and arc washer (12) . Install left & right pedal (17L/R) to crank. Then, lock the left pedal (17L) tightly in counterclockwise direction. In addition, lock the right pedal (17R) tightly in clockwise direction.

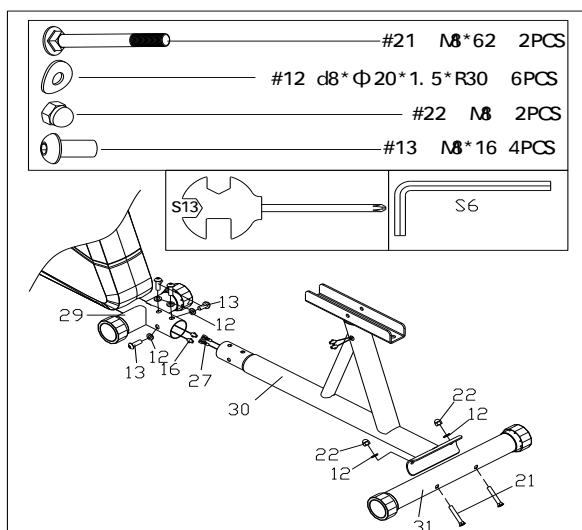


FIG.2: Attach the rear stabilizer (31) to the back bracket (30) with carriage bolt (21), domed nut (22) and arc washer (12). connect the sensor 16 & 27, then insert the back bracket (30) to the main frame (29) with screw (13) and arc washer (12).

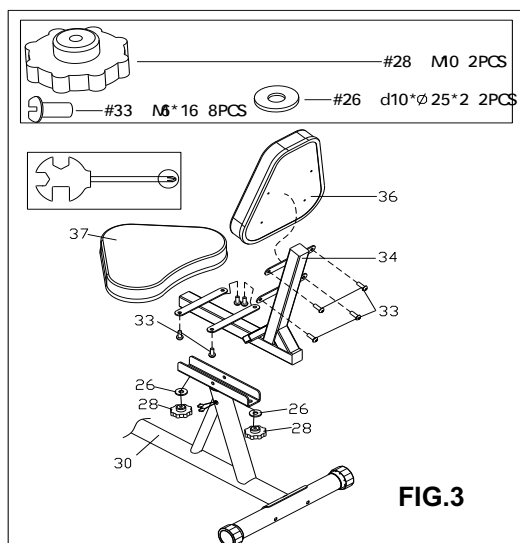


FIG.3:

Attach the cushion post (34) to the back bracket (30) with the flat washer (26) and knob (28). Attach the back cushion (36) and the cushion (37) to the cushion post (34) with the screw (33).

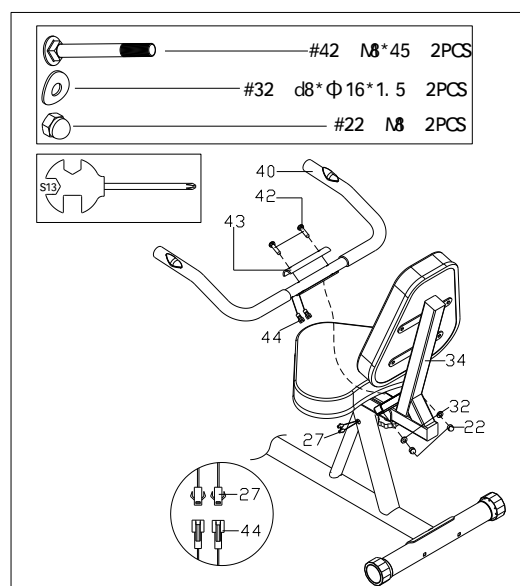


FIG.4:

connect handle wire (27) with pulse wire (44). Then, fix cover plate (43) and handlebar (40) onto seat tube (34) with carriage bolt (42), flat washer (32) and nut (22).

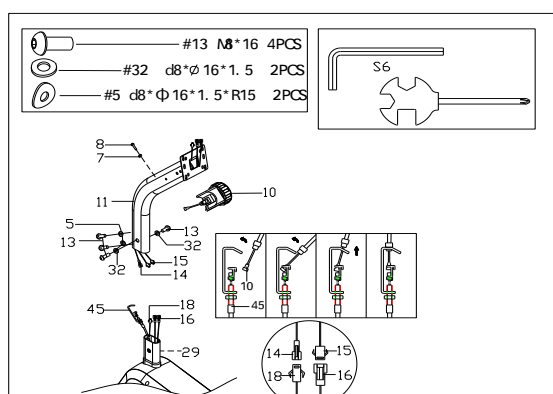


FIG.5:

Connect tension control wire (10&45) and sensor line (14&18 15&16); then install support tube (11) to main frame (29) with bolt (13), arc washer (5), washer (32). Attached the tension

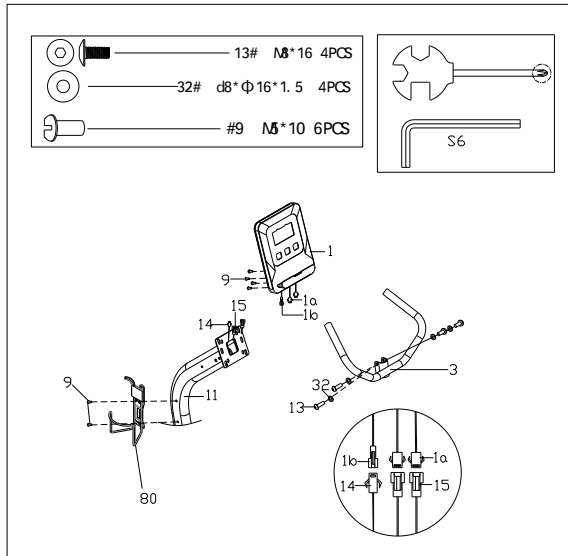


FIG.6:

Attached the handlebar (3) to the support tube (11) with washer (32) and bolt (13). Connect the sensor(1a&15;1b&14) as shown in FIG.6, Attach the computer (1) to the support tube (11) with the screws (9).

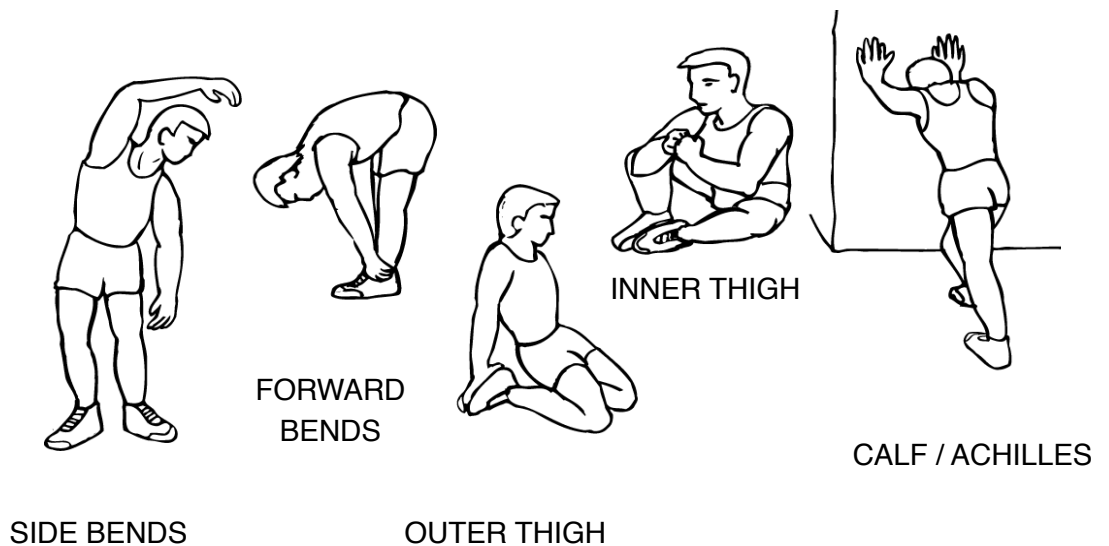
Lock the water pot bracket (80) on the support tube (11) with a cross groove head bolt (9)

EXERCISE INSTRUCTIONS

Using your Recumbent BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

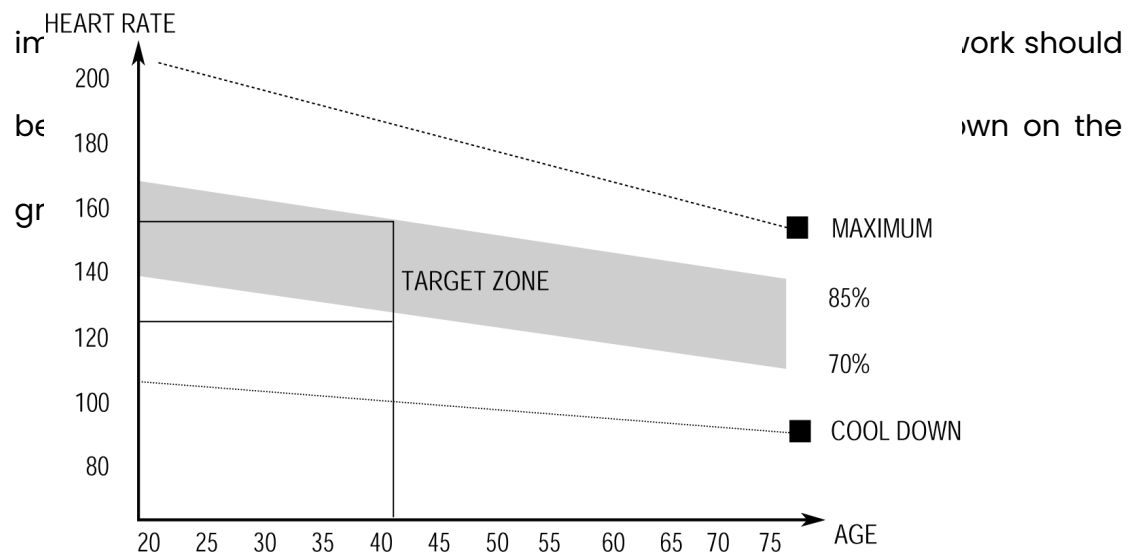
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch – if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your but it is very



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your Recumbent BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

EXERCISE MONITOR INSTRUCTION MANUAL

FUNCTIONAL BUTTON:

MODE – Press it to select functions.

– Hold it for 5 seconds to convert KM/H or Mile/H

SET – To set value of time, distance and calories when not in scan mode.

RESET – Press to reset time, distance and calories.

– Hold it for 3 seconds to reset time, distance and calories.

FUNCTION AND OPERATIONS:

1. SCAN: Press MODE button until “SCAN” appears, monitor will rotate through the following functions: time, calories, speed, distance , total distance and pulse. Each display will be hold 6 seconds.

2. TIME: Count the total time from exercise start to end.

3. CALORIE: Count the total calories from exercise start to end .

4. SPEED: Display current speed.

5. DISTANCE: Count the distance from exercise start to end.

6. TOTAL DISTANCE(ODO): Count the total distance after installing the batteries.

7. PULSE RATE:

Press MODE button until “ ” appears. Before measuring your pulse rate, please place both your palms on the contact pads and

the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

8. AUTO ON/OFF & AUTO START/STOP

Without any signal for 4 minutes, the power will turn off automatically.

When the wheel is in motion or pressing the button, the monitor is in action.

9. SET:

The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will Flash warning for 10 seconds.

After establishing a good target pulse, if the user's actual pulse exceed the target pulse, the computer will Flash warning.

Press MODE to select the function, then press SET to adjust the value.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME(TMR)	0:00~99:59 (minutes:seconds)
	CURRENT SPEED(SPD)	The maximum pick-up signal is 999.9KM/H or Mile/H
	TRIP DISTANCE(DST)	0~999.9KM or Miles
	CALORIES(CAL)	0~9999Kcal
	TOTAL DISTANCE(ODO)	0~999.9KM or Miles
	PULSE RATE(♥)	40~240BPM (beat per minute)
BATTERY TYPE		2PCS of SIZE-AAAor UM-4