

DynaSpace



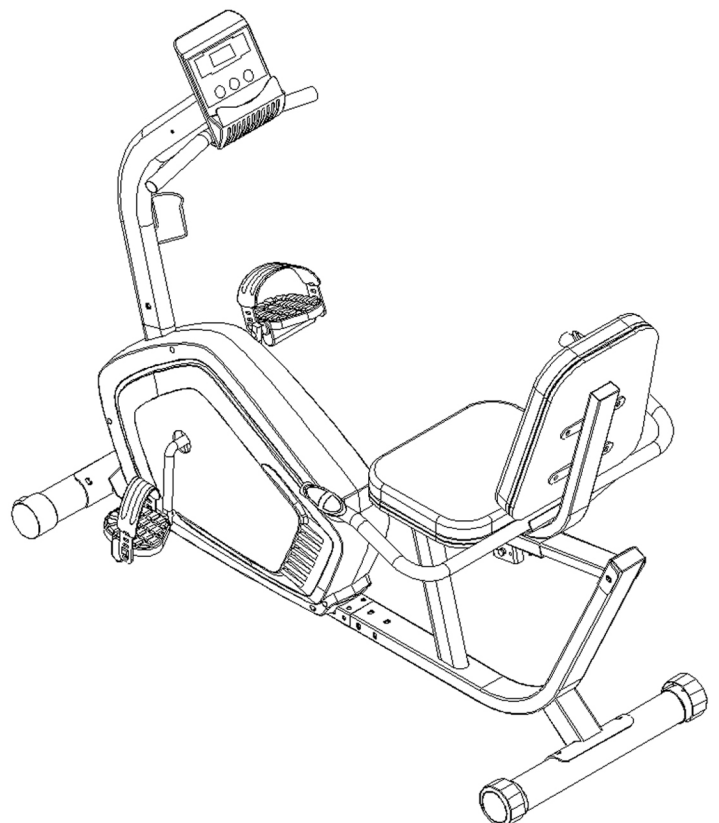
Recumbent Bike

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,

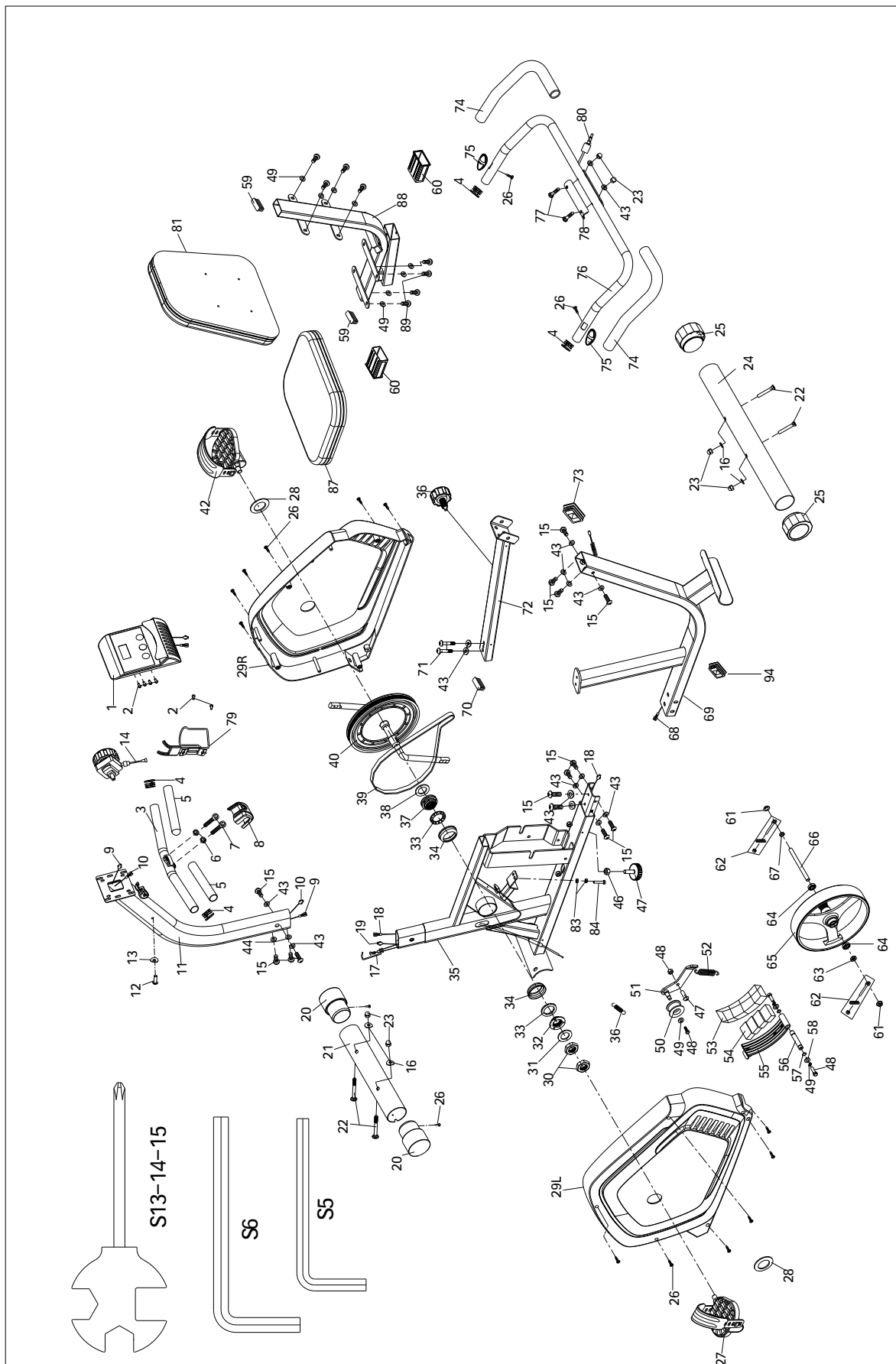
Please read this instruction very carefully before using the item.

IMPORTANT SAFETY NOTICE:

Note the following precaution before assembling or operating the machine

- 1、 Assemble the machine exactly as the descriptions in the instruction manual.
- 2、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 3、 Set up the machine in a dry level place and leave it away from moisture and water.
- 4、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 5、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 6、 Do not use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 7、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 8、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 9、 This machine can be used for only one person's training at a time.
- 10、 Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asp.
- 12、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 13、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8. The maximum user's weight is 100kg.
- 14、 Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

EXPLODED-VIEW & PARTS LIST:



Part list

No	Description	Qty
1	Computer	1
2	Screw M5*10	6
3	Middle handlebar	1
4	End capΦ25	4
5	Foam	2
6	Spring washer d8	2
7	Bolt M8*30	2
8	Small cover	1
9	Sensor wire	1
10	Handle pulse wire	1
11	Support tube	1
12	Screw M5*45	1
13	Arc washer d5*Φ16*1*R30	1
14	Tension control	1
15	Screw M8*16	12
16	Arc washer d8*Φ20*2*R30	4
17	Tension wire	1
18	Handle pulse wire	2
19	Sensor wire	1
20	End capΦ60	2
21	Front stabilizer	1
22	Carriage bolt M8*72	4
23	Domed nut M8	6
24	Rear stabilizer	1
25	End cap	2
26	Screw ST4.2*16	16
27	Left pedal	1
28	Crank cover	2
29	Left chain cover	1
30	Hexagon nut	1
31	Washer	1
32	Left collar housing	1
33	Collar ball	2
34	Collar housing	2
35	Main frame	1
36	Knob	1
37	Right collar housing	1
38	Washer	1
39	Belt	1
40	Crank+crank wheel	1
41	Right chain cover	1
42	Right pedal	1
43	Washer d8*Φ20*1.5	16

No	Description	Qty
44	Arc washer d8*Φ20*1.5*R16	2
45	Bolt M10*20	1
46	Hexagon nut M8	1
47	Foot pad M8*20	1
48	Hexagon boltM6*16	1
49	Washer d6*Φ16*1.2	8
50	Pinch roller	1
51	U bracet	1
52	Tension spring	1
53	Plastic lattice	1
54	Magnet	4
55	Magnetic board	1
56	Axle	1
57	End cap PT60*30	1
58	Washer d6	2
59	Bushing	2
60	End cap J40*20	2
61	Flange nut M10*1	2
62	Bolt group	2
63	Hexagon thin nut M10*1	1
64	Bearing	2
65	Flywheel	1
66	Axle	1
67	Thin nut M10*1*t2	1
68	Handle pulse wire	1
69	Rear bracket	1
70	End cap53*25	1
71	Hexagon bolt M8*35	2
72	Sliding tube	1
73	End cap J60*30	1
74	Foam	2
75	Pulse	2
76	Rear handlebar	1
77	Carriage bolt M8*445	2
78	Cover plate	1
79	bottle cage	1
80	Handle pulse wire	1
81	Back cushion	1
82	--	
83	--	
84	Hexagon bolt M6*35	1
85	--	
86	--	

87	Seat	1		89	Bolt M6*16	8
88	Seat bracket	1				

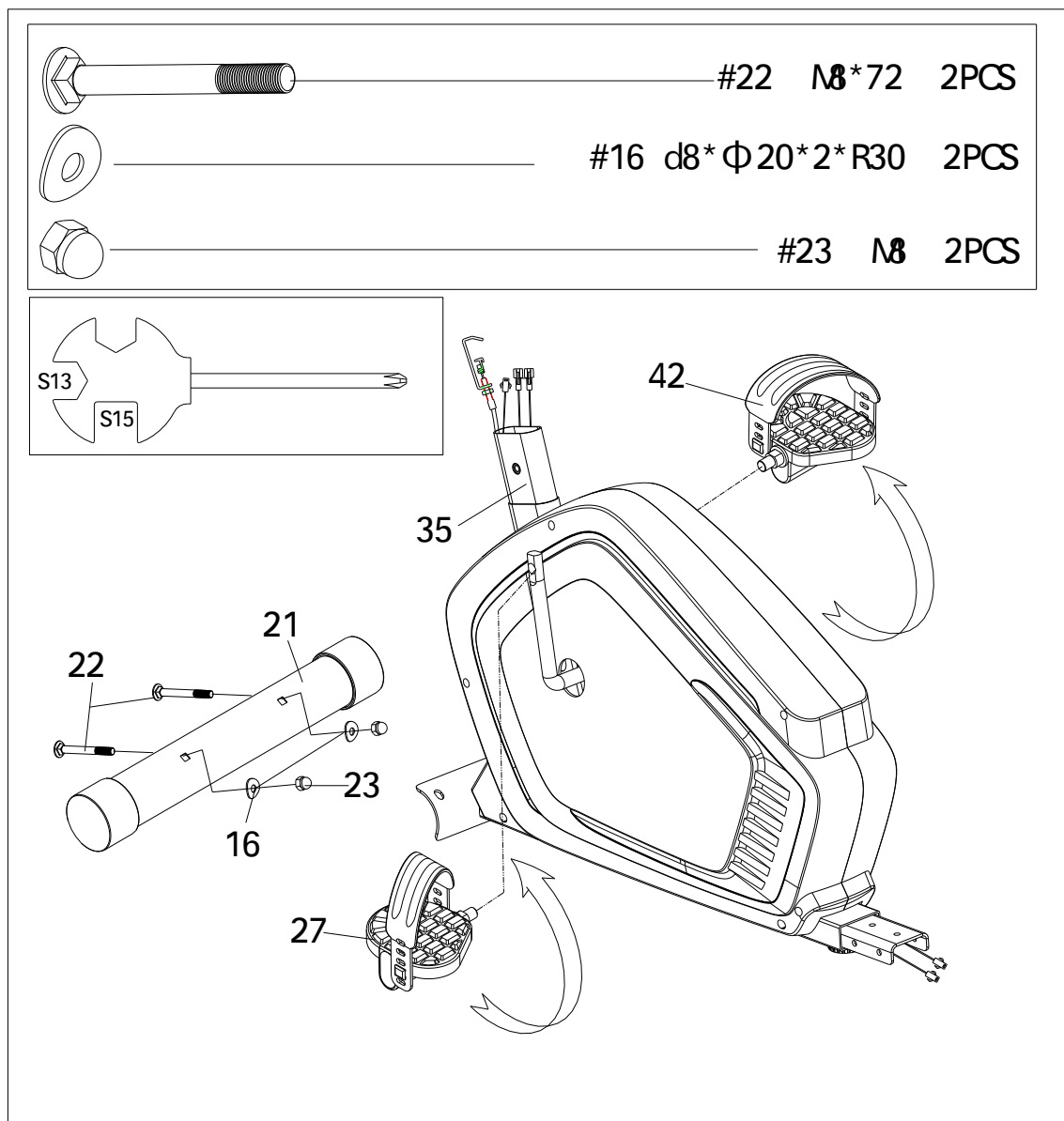
ASSEMBLY INSTRUCTION:

1. PREPARATION:

- 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.

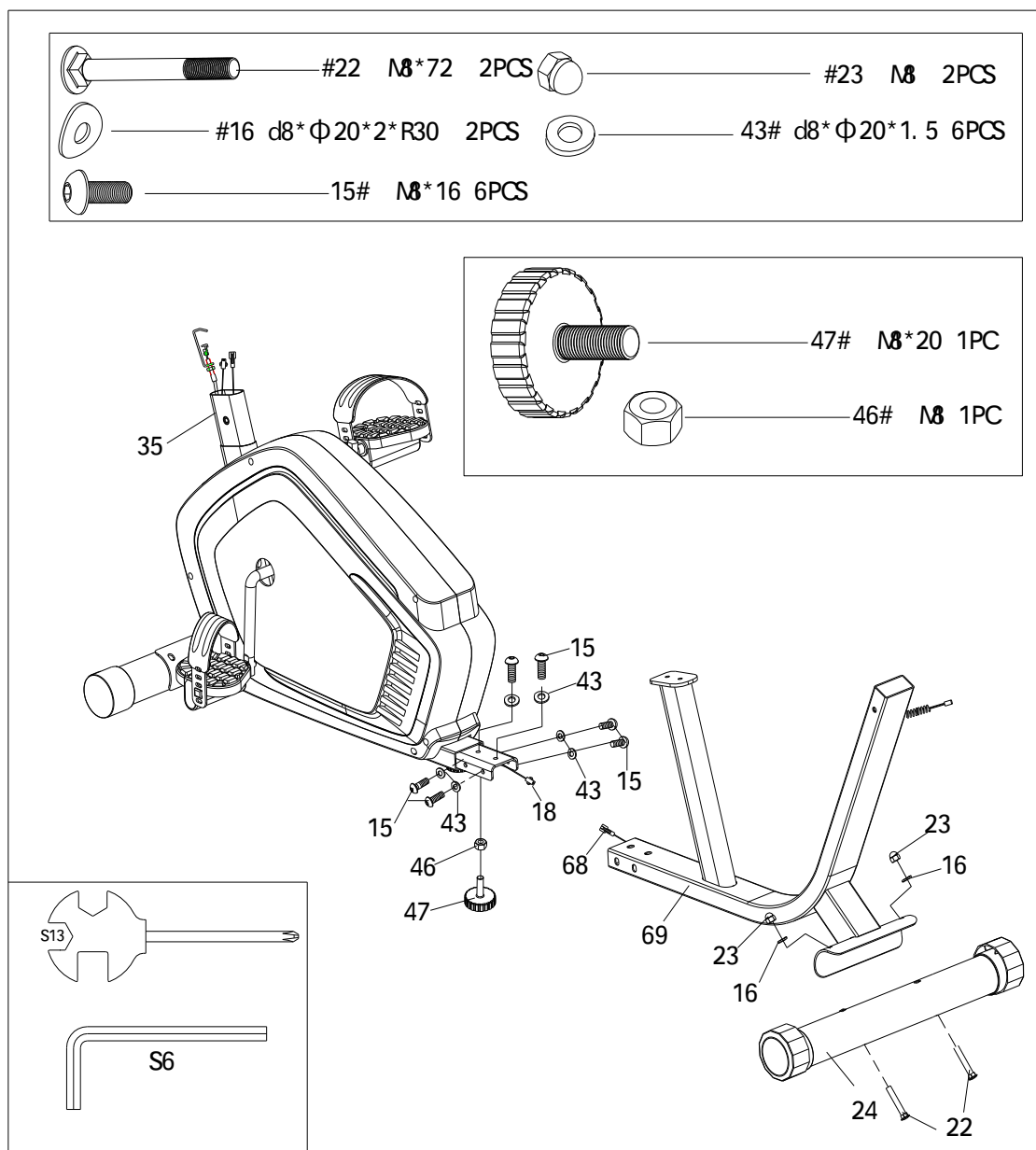
2. ASSEMBLY INSTRUCTION:

Step 1:



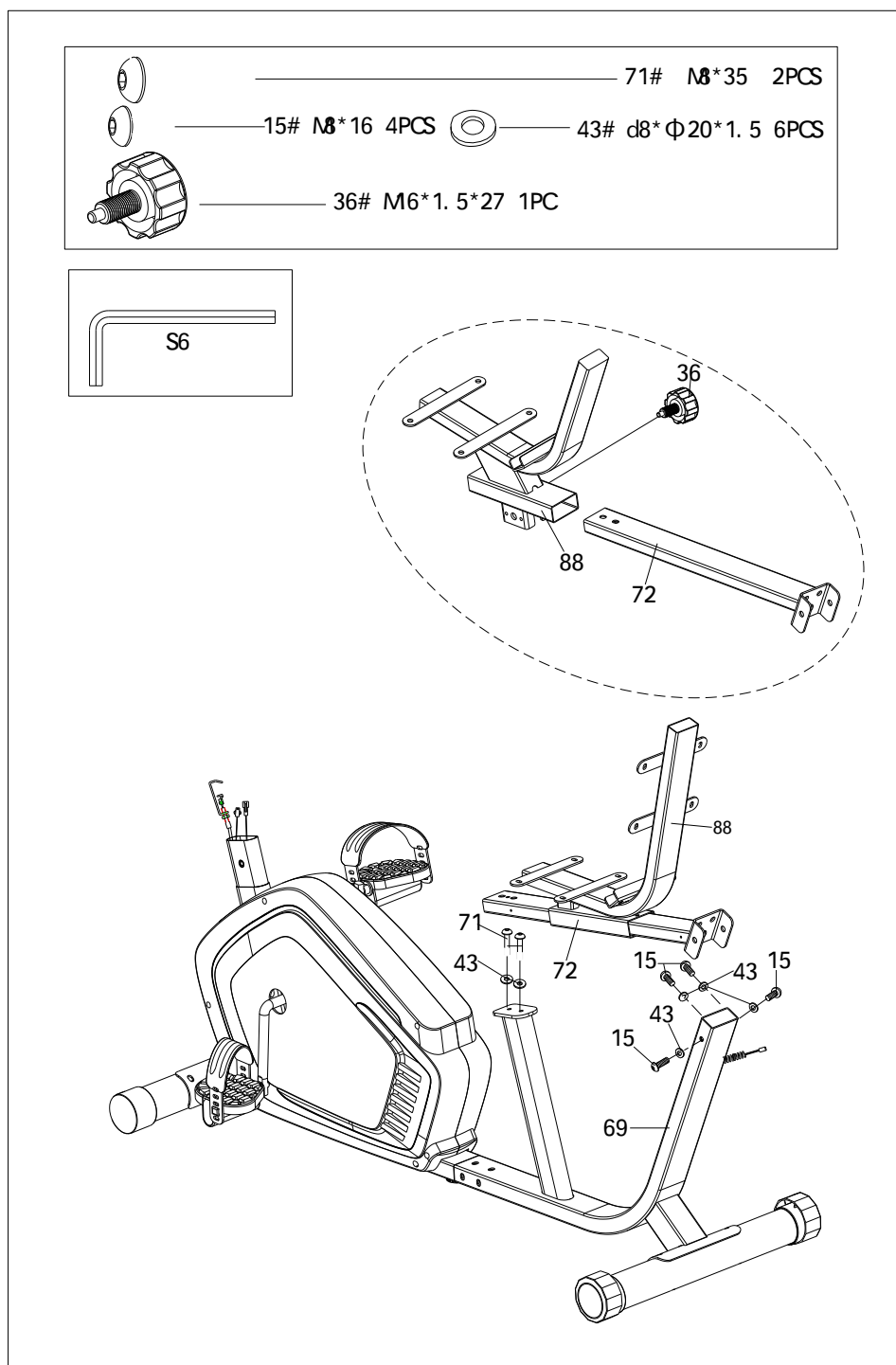
- 1) Attach front stabilizer (21) to main frame (35) with carriage bolt (22), arc washer (16) and domed nut (23).
- 2) Attach pedal (27/42) to main frame (35) as shown above,

Step 2:



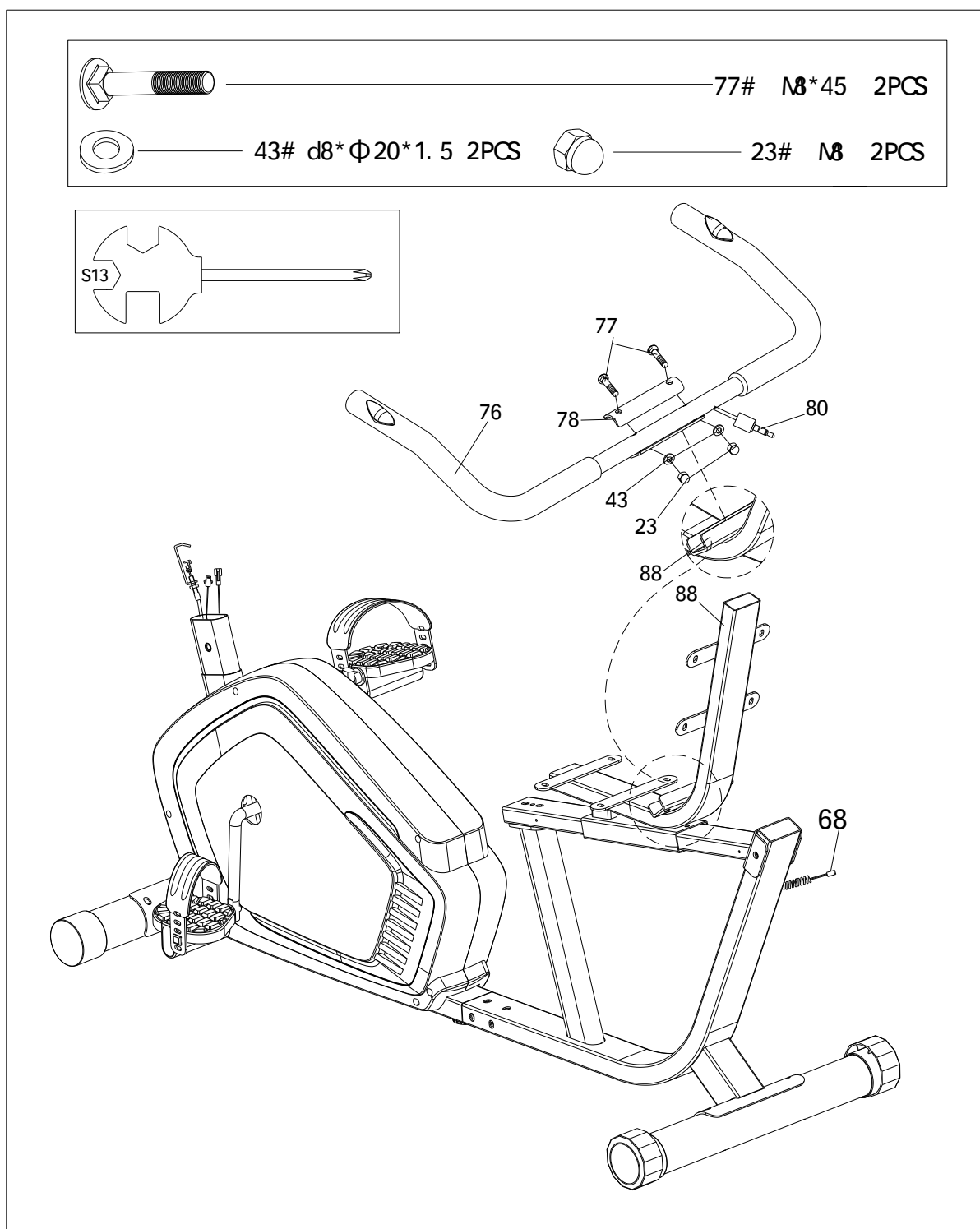
- 1) Attach rear stabilizer (24) onto main frame (69) with carriage bolt (22), arc washer (16) and domed nut (23). Then, attach foot pad (47)
- 2) Connect handle pulse wire (18)&(68). Attach back bracket (69) onto main frame (35), secure by tightening bolt (15) and washer (43).
- 3) Attach foot pad (47) to the connection point of main frame and back bracket as shown above , tighten and secure with hexagon nut (46).

Step 3:



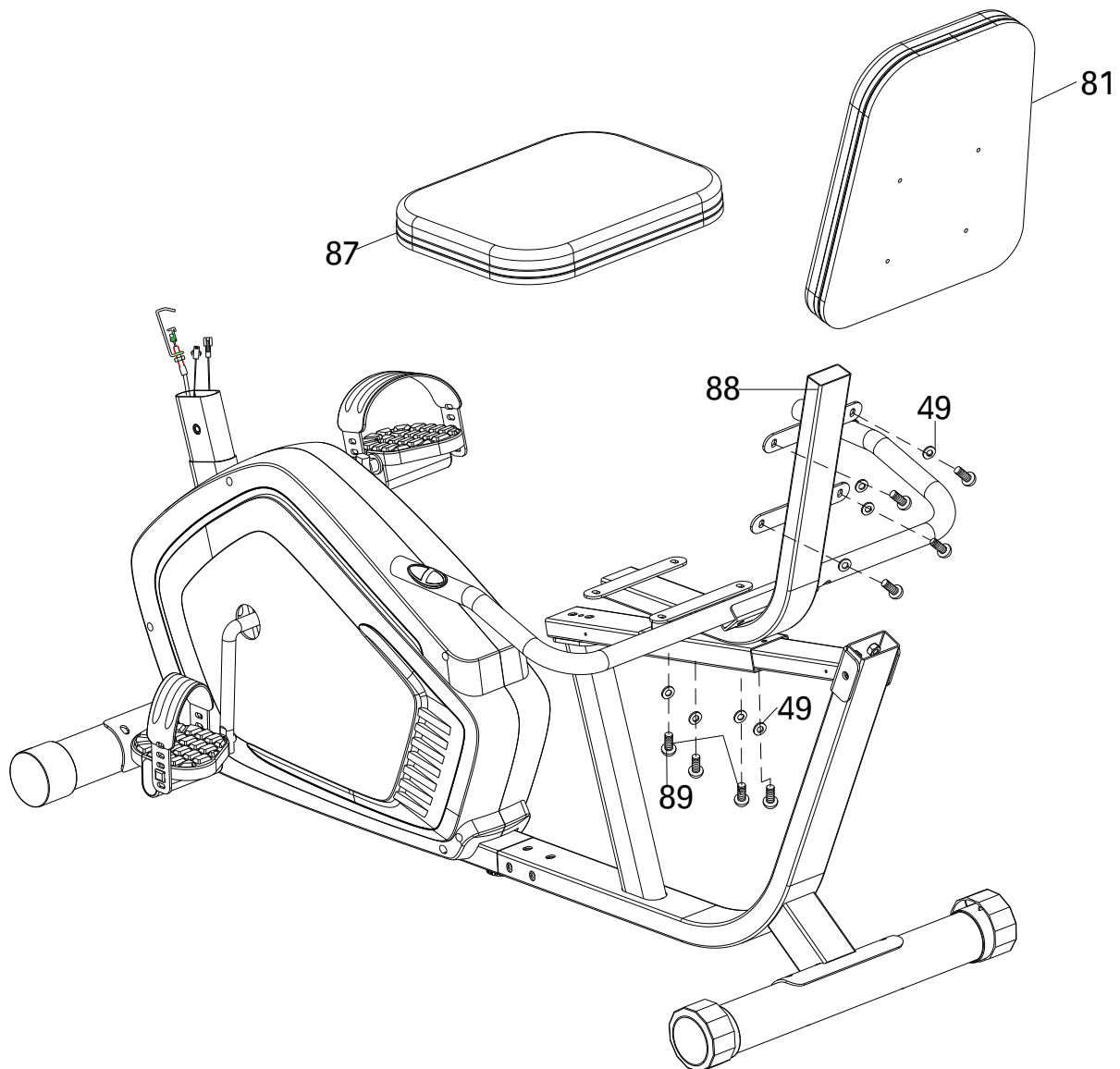
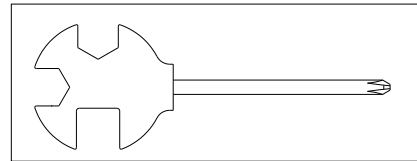
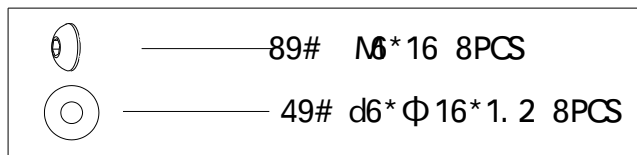
- 1、 Slide sliding tube (72) onto back bracket (88), Lock with a large pop-pin knob (36).
- 2、 Attach back bracket (88) onto rear frame (69), secure by tightening bolt (71), washer (43) , bolt (15), washer (43) and sliding tube (72).

Step 4:



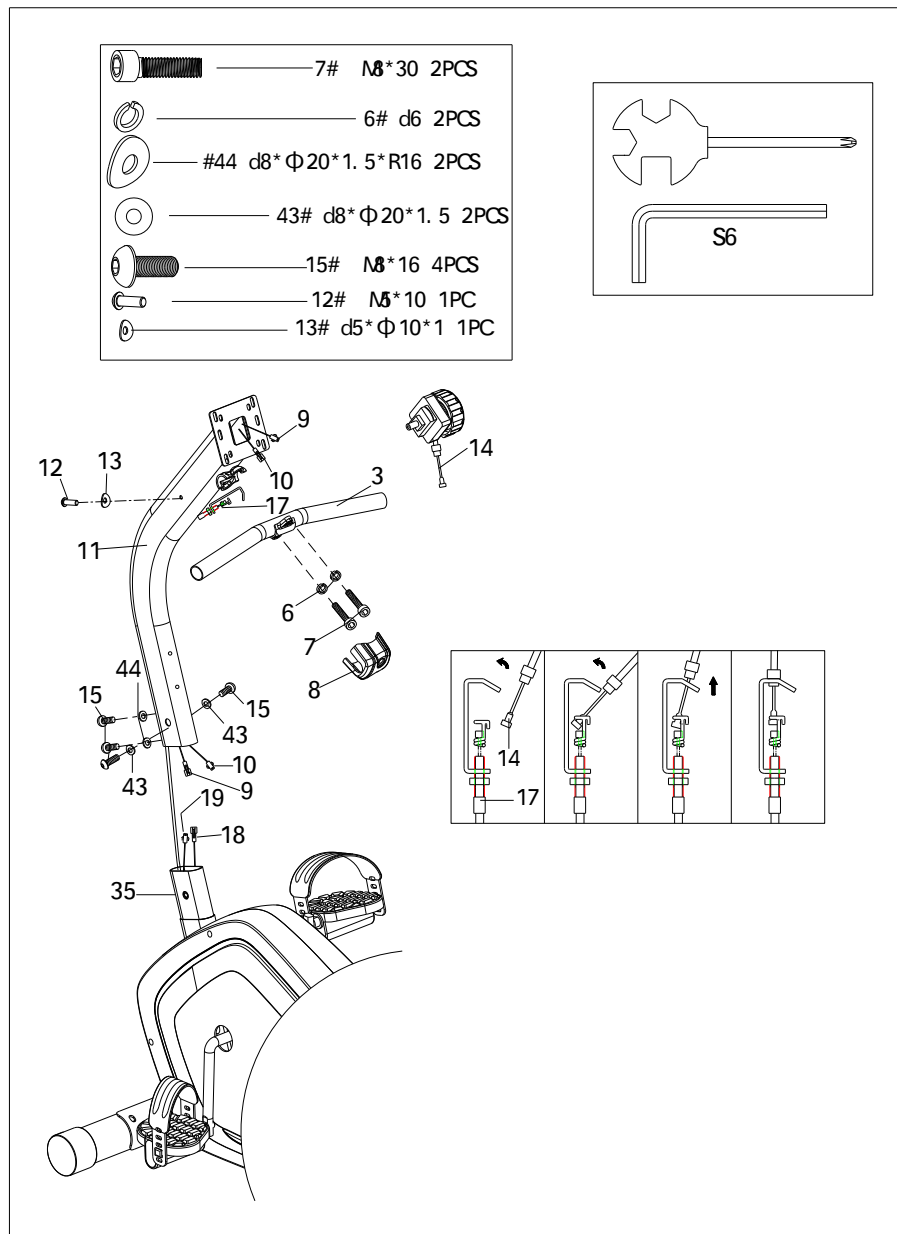
- Attach rear handlebar (73) onto back bracket (88) with carriage bolt (77), cover plate (78) , washer (43) and domed nut (23).
- Connect handle pulse wire (68) & (80)。

Step 5:



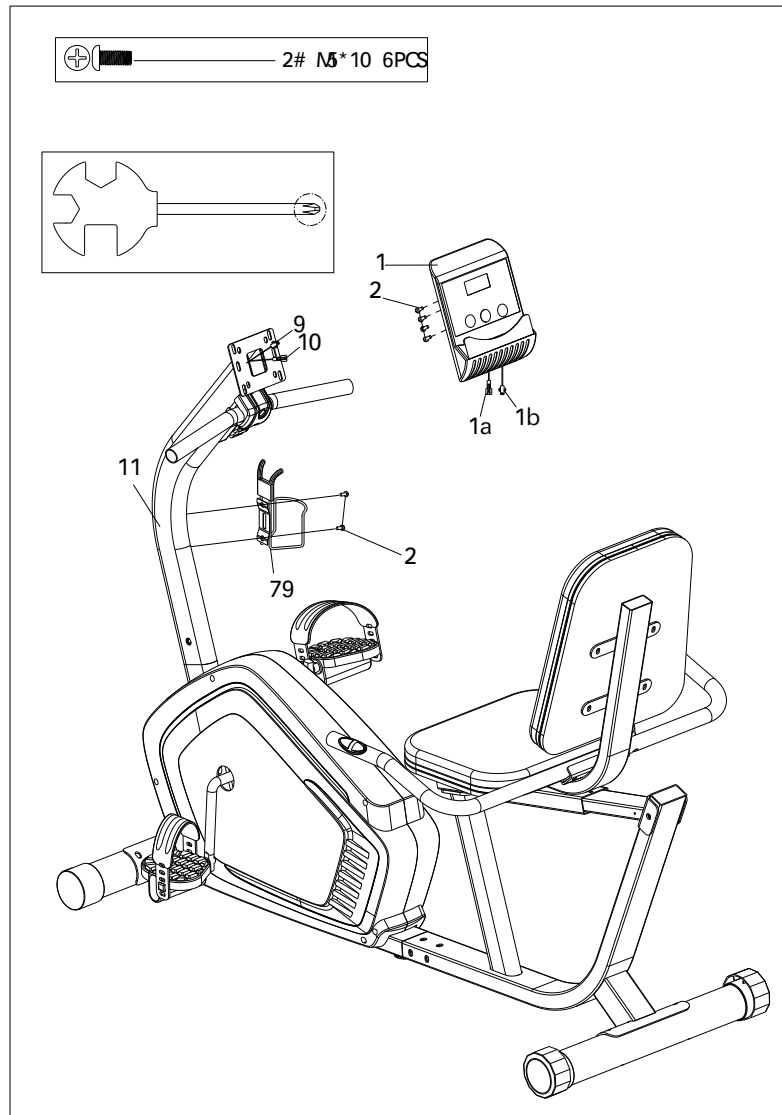
1. Attach seat (87) and back cushion (81) onto back bracket (88) with (89) and washer (49).

Step 7:



1. Connect tension control wire (14)&(17). Attach tension control (14) to support tube (11) with screw (12) and washer (13).
2. Connect sensor wire (9&19). Connect handle pulse wire (10&18)
3. Attach support tube (11) to main frame (35) with bolt (15), arc washer (44) and washer (43).
4. Attach handlebar (3) to support tube (11) with bolt (7) and spring washer (6).
5. Attach small cover (8) to handlebar (3).

Step 8:



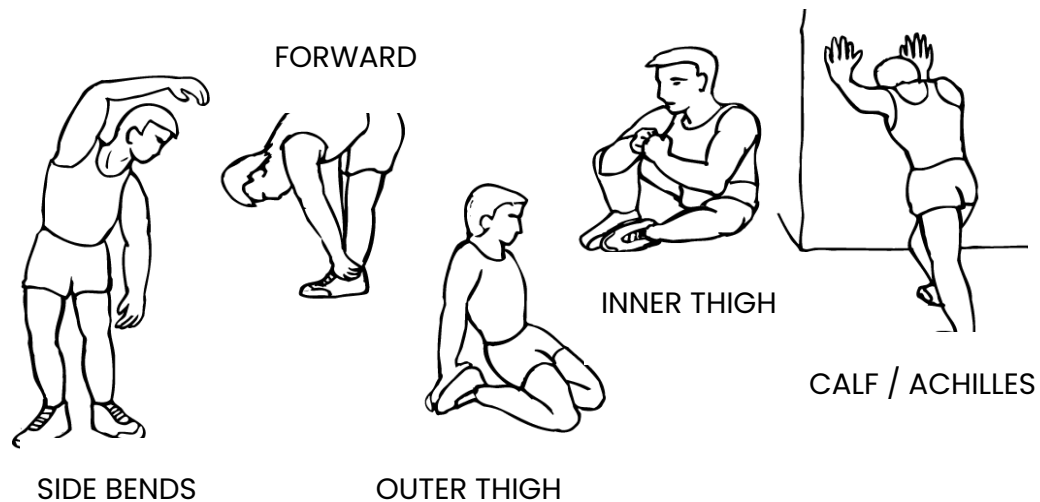
- 1、 Connect middle wire (9) and handle pulse wire (10) with computer wire (1a&1b).
- 2、 Attach computer (1) to support tube (11) with screw (2).
- 3、 Lock the water kettle bracket (79) onto the support tube (11) with a countersunk screw (2)

EXERCISE INSTRUCTIONS

Using your Upright 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

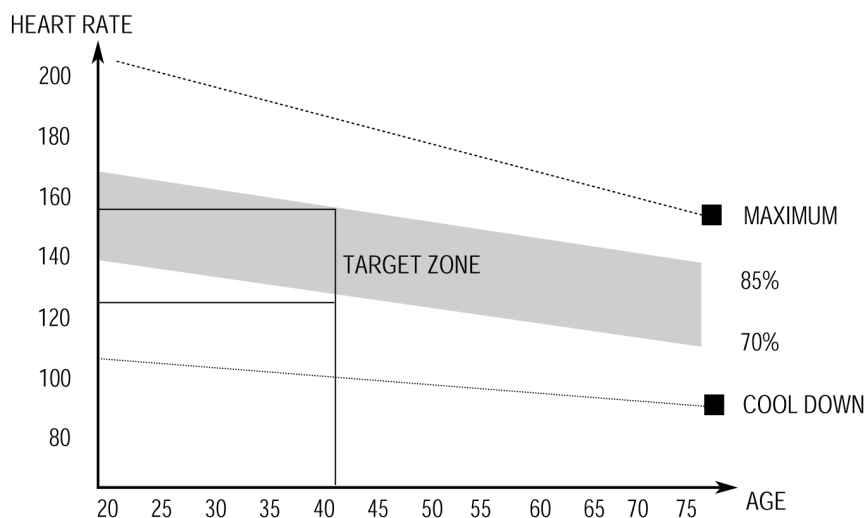
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles 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 important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most

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 Upright 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

SPECIFICATIONS:

TIME.....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)

※RPM.....0-9999

※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. **RPM (IF HAVE):** Measure the average number of times.

7. **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.