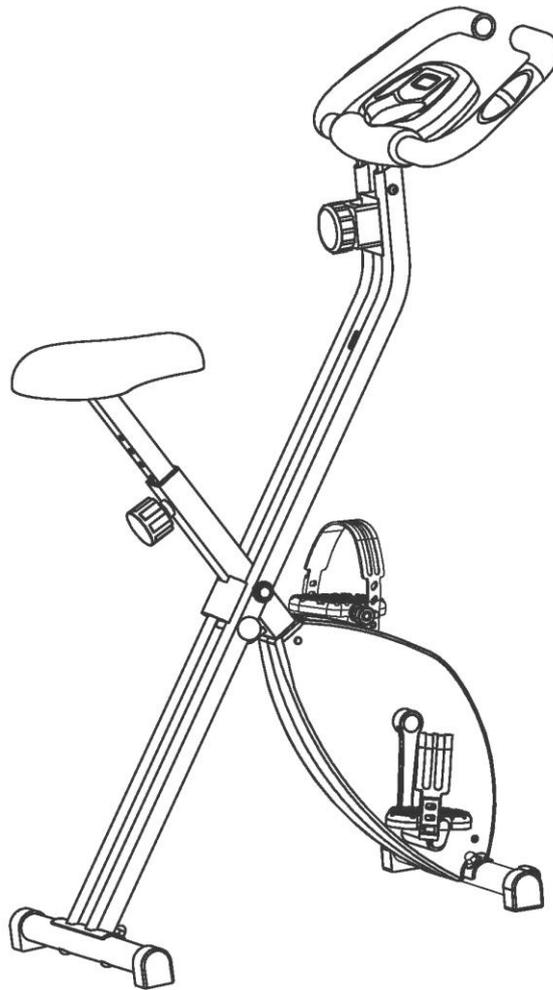


MAGNETIC VX-BIKE

OWNER'S MANUAL



IMPORTANT!

*Please read all instructions carefully before using this product.
Retain this manual for future reference.*

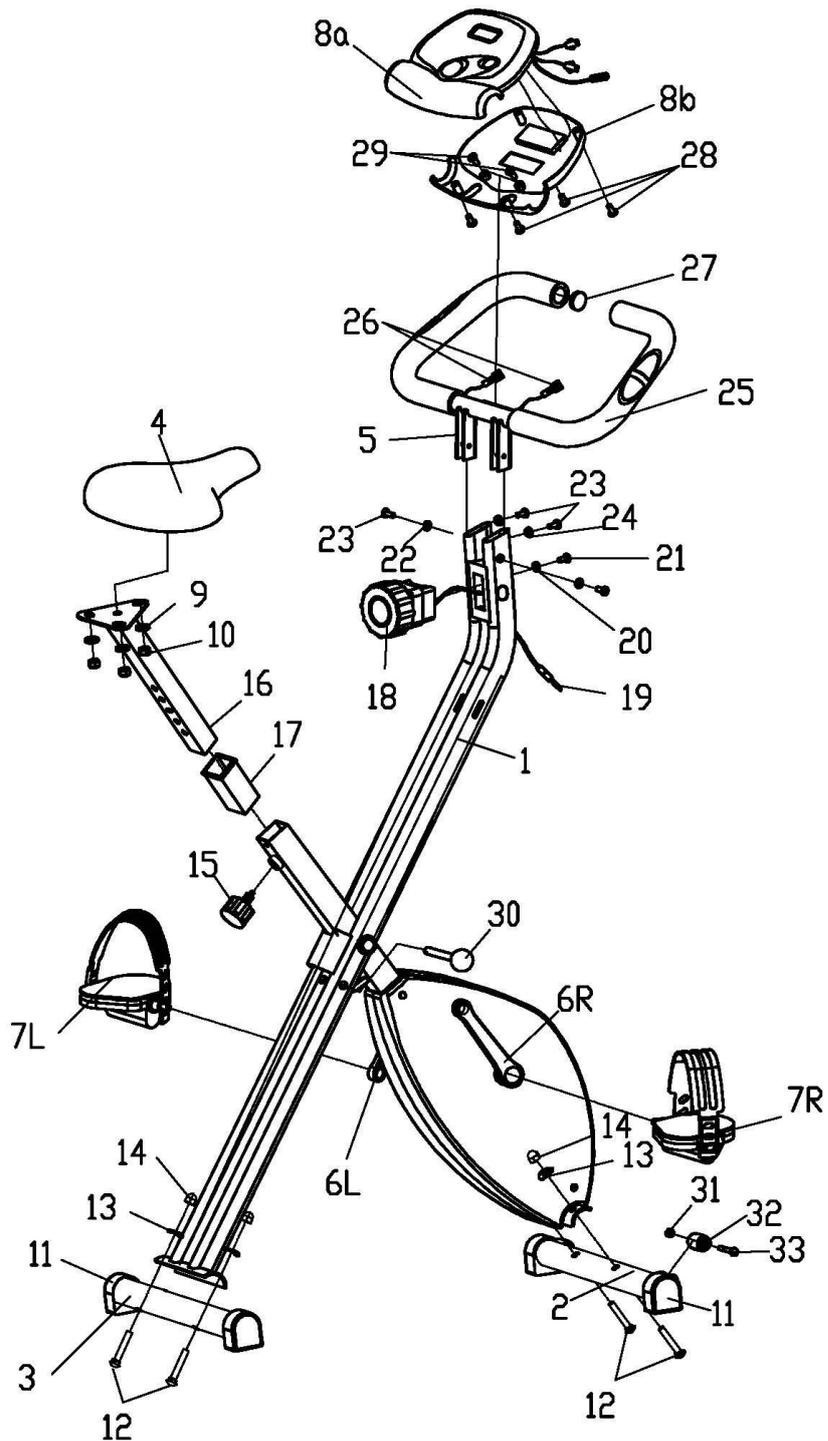
The specifications of this product may vary slightly from the illustrations and are subject to change without notice

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 asap.
- 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.
- 14、 The maximum user's weight is **100kg**.

EXPLODED DIAGRAM



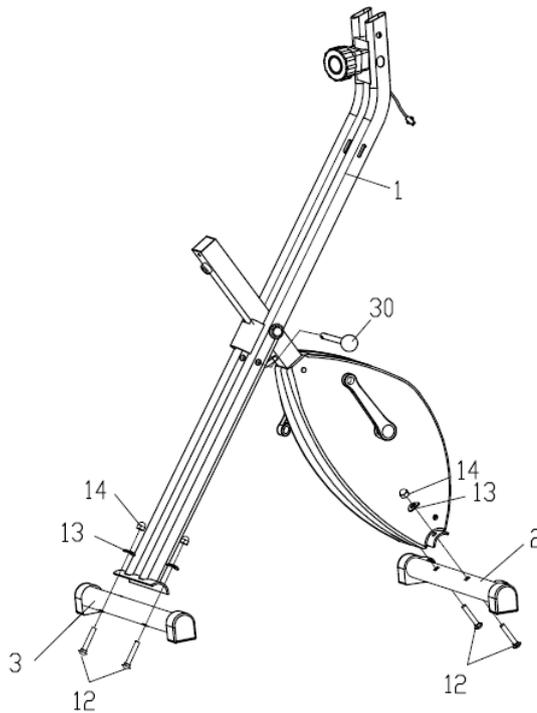
PARTS LIST

No.	Item name	QTY	No.	Item name	QTY
1	Main frame	1	18	Tension control	1
2	Front bottom tube	1	19	Sensor cable	1
3	Rear bottom tube	1	20	Flat washer	1
4	Saddle	1	21	Cross head screw	1
5	Handlebar	1	22	Flat washer D6×1.5×φ16	2
6L/R	Crank	1pr.	23	Socket head cap screw M6×15	4
7L/R	Pedal	1pr.	24	Arc washer D6×1.5	2
8a/b	Console cover	1pr.	25	Foam grip	2
9	Flat washer D8	3	26	Pulse cable	2
10	Nylon nut M8	3	27	Round end caps	2
11	End cap	4	28	Cross pan head screw	4
12	Carriage bolt M8×50	4	29	Cross head screw	2
13	Arc washer D8×1.5	4	30	Pop-pin knob	1
14	Acorn nut M8	4	31	Nylon nut M6	2
15	Pin knob	1	32	Transport wheel	2
16	Saddle post	1	33	Hex bolt M6×L45×112	2
17	Plastic bushing	1			

Assembly instructions

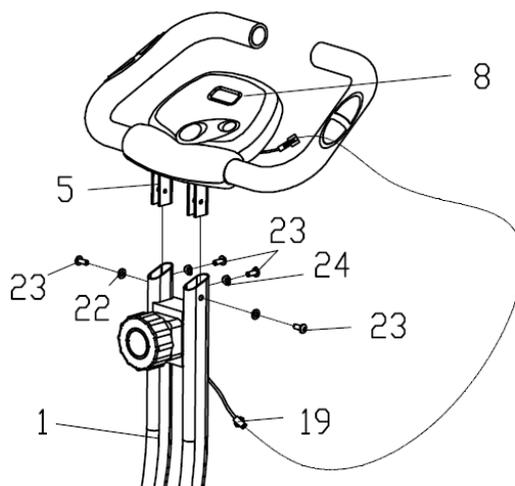
Step1

1. First pull out the Pop-pin knob (30) and unfold Main frame (1), then insert the Pop-pin knob (30) back to the hole of Main frame(1).
2. Lock the Front bottom tube(2) and Rear bottom tube(3) separately to the Main frame(1) with Carriage bolt(12), Arc washer(13) and Acorn nut(14).



Step 2

Attach the Handlebar (5) to the Main frame (1) with Socket head cap screw (23), Arc washer (24) and Flat washer(22), then put the connector of Sensor cable (19) to the hole of Computer (8) accordingly.



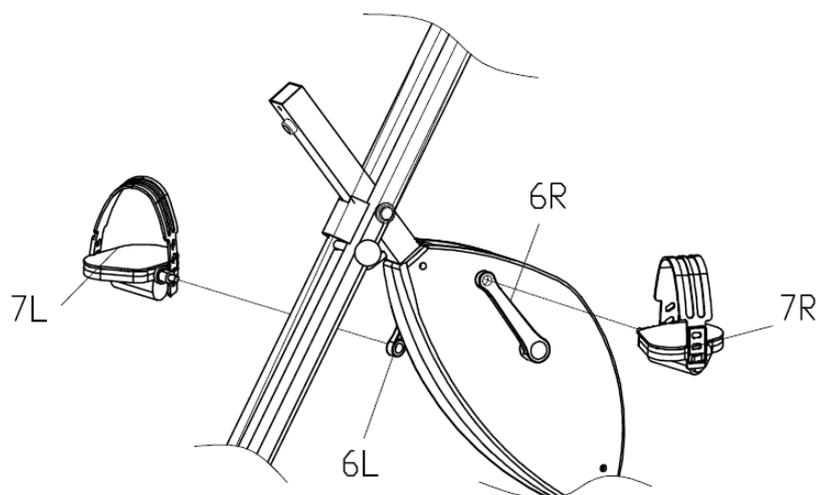
Step 3

Attach the L/R pedal (7 L/R) to the crank (6 L/R)) respectively as shown.

Note:

Both Pedals are labeled L FOR LEFT and R FOR RIGHT.

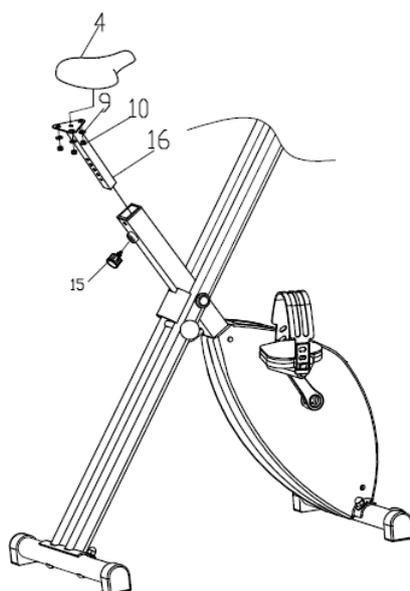
To tighten turn the Left pedal COUNTERCLOCKWISE and the Right pedal CLOCKWISE.



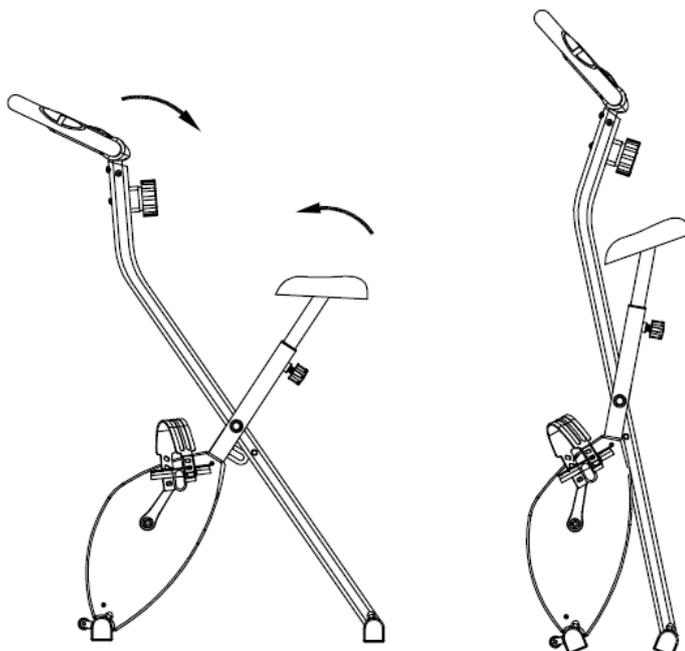
Step 4

Lock the Saddle(4) to the Saddle post (16) with Nylon nut(10) and Flat washer (9); then align the Saddle post (16) to the tube of Main frame (1) and lock with Pin knob (15) after having the right height.

Note: The height of Saddle post (16) can be adjusted by unscrewing Pin knob (15).



This VX-bike is foldable, please be careful when folding or unfolding the bike !



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

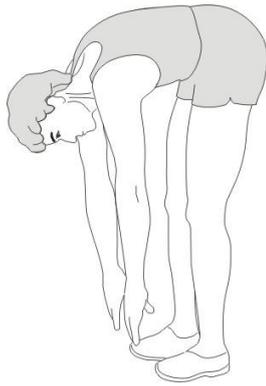
STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15

to 30 seconds. **DO NOT BOUNCE.**



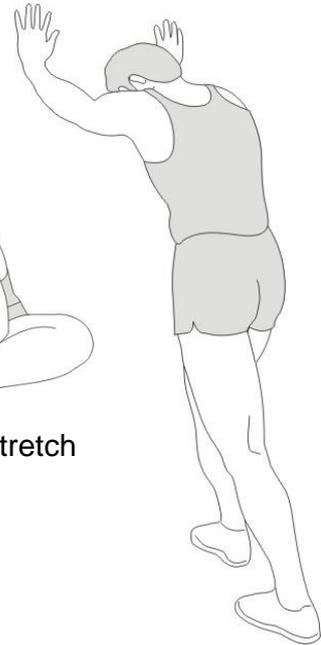
Side Stretch



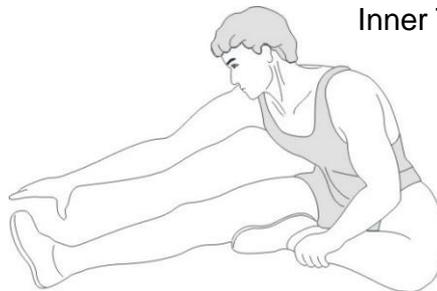
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.