

ADVANCED RECUMBENT BIKE

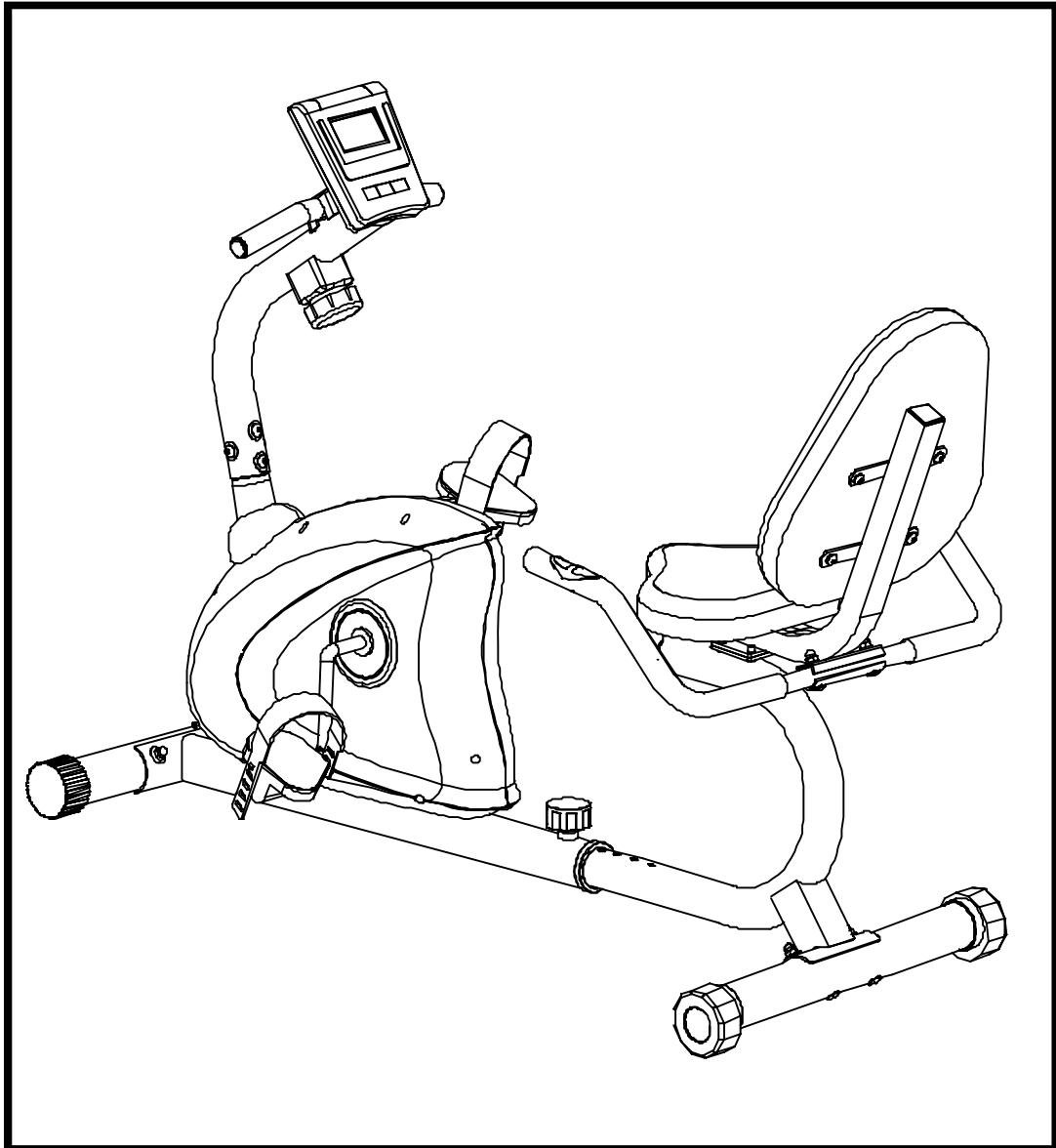


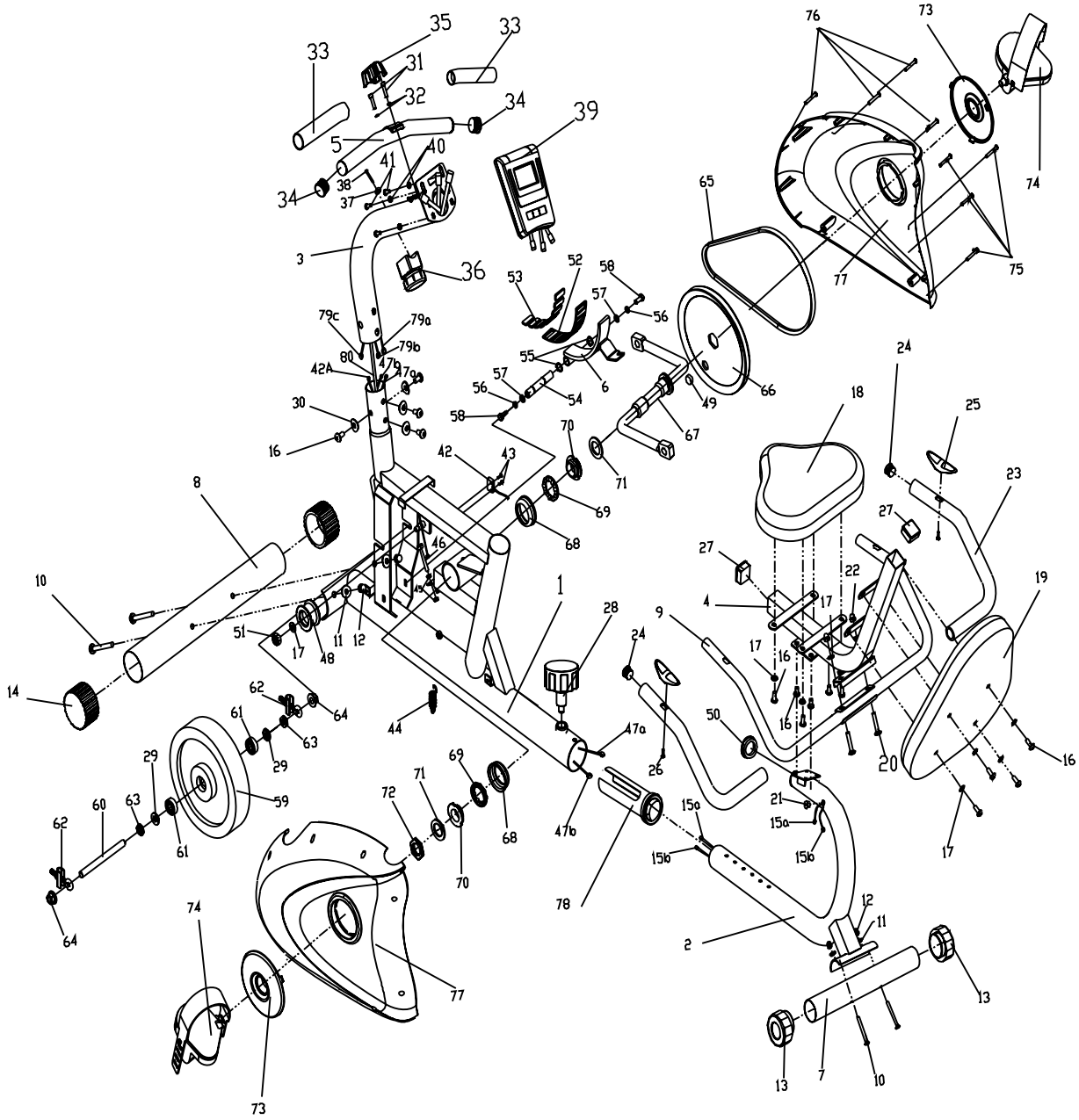
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Important Safety Information

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Always be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 1.65 feet of free space around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. **The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 220lbs. Braking ability is independent of speed.**
11. **The equipment is not suitable for therapeutic use.**
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.



Parts List



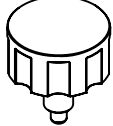





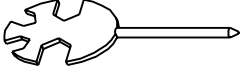
No.	Product name	Quantity	Specification
1	Main frame assembly	1	
2	Rear frame assembly	1	
3	Handle upright	1	
4	Backboard frame assembly	1	
5	Handle Bar	1	
6	Magnetic board assembly	1	
7	Rear leg assembly	1	
8	Front leg assembly	1	
9	Armrest assembly	1	
10	Square neck bolt	4	
11	Arc gasket	4	
12	Cap nut	4	
13	Rear leg end cap	2	
14	Front leg end cap	2	
15	Inductive connection wire	2	Length 850 (15a、15b)
16	Inner hexagon cheese-head bolt	16	
17	Gasket	11	
18	Seat cushion	1	Vinyl bottom
19	Back cushion	1	Vinyl bottom
20	Square neck bolt	2	
21	Wire-passing vent plug	1	
22	Cap nut	2	
23	Seat handlebar grip	2	
24	Round pipe plug	2	welded pipe

25	Grip splicing	2	socket, plug
26	Cross pan head self tapping bolt	2	
27	Square pipe plug	2	
28	Elastic bolt	1	
29	Cone nut	2	
30	Cambered gasket	4	
31	Inner hexagon cheese-head bolt	2	
32	Spring gasket	2	
33	Handlebar grip	2	
34	Round pipe plug	2	welded pipe
35	Clip cover	1	
36	shift tuning knob assembly	1	
37	Cambered gasket	1	
38	Cross pan head self tapping bolt	1	
39	Electronic meter	1	
40	Gasket	4	
41	Cross pan head self tapping bolt	4	
42	Sensor	1	
43	Cross pan head self tapping bolt	2	
44	Tension spring	1	16 loops
45	Hexagonal nut	2	
46	Hexagonal bolt	1	
47	Inductive connection wire	2	Length 1100 (47a、 47b)
48	Idler wheel	1	
49	Round magnet	1	
50	Pipe stopper	1	Round pipe plug

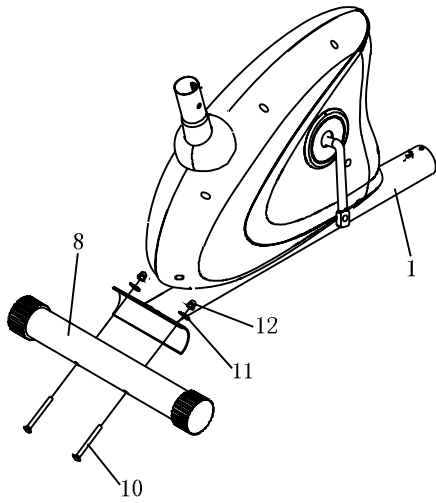
51	Hexagonal nut	1	
52	Magnetic block positioning grid	1	PVC, 9 grids, 28×84
53	Square magnet	6	
54	Magnetic board shaft	1	
55	Shaft closing ring	2	
56	Gasket	2	
57	Elastic gasket	2	
58	Hexagon bolt	2	full teeth
59	Inertia wheel	1	
60	Inertia wheel	1	
61	Bearing	2	
62	Adjust bolt	2	
63	Thin nut	2	
64	Flange nut	2	
65	Triangle belt	1	Manufacturer: Sanwei 864
66	Belt pulley	1	
67	Crank	1	left and right reverse teeth
68	Bottom bracket cup	2	Nine-piece type
69	Ball rack	2	
70	Shaft sleeve	2	
71	Gasket	2	
72	Crank hexagonal nut	1	
73	Crank cover	1	7. 2D
74	Foot pedal	1	L.R. with binding band.
75	Cross pan head self tapping bolt	4	
76	Cross pan head self tapping bolt	6	

77	Chain cover	1	7. 3D
78	Floor tube bush	1	
79	Inductive connection wire	3	Length 650 (79a、79b、79c)
80	Micro adjusting connection wire	1	Jacketed line connecting bolt 1300, with a thrum length of 42

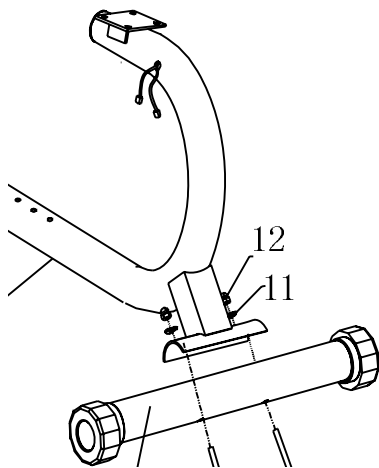
Enclosed tools and spare parts list

	Name	Model	Quantity	Thumbnail
10	Square neck bolt		4	
11	Cambered gasket		4	
12	Cap-shaped nut		4	
28	Elastic bolt		1	
20	Square neck bolt		2	
21	Gasket		2	
22	High cap-shaped nut		2	
36	8-shift fine tuning		1	
A	Inner hexagon spanner		1	
B	Cross head multipurpose spanner		1	

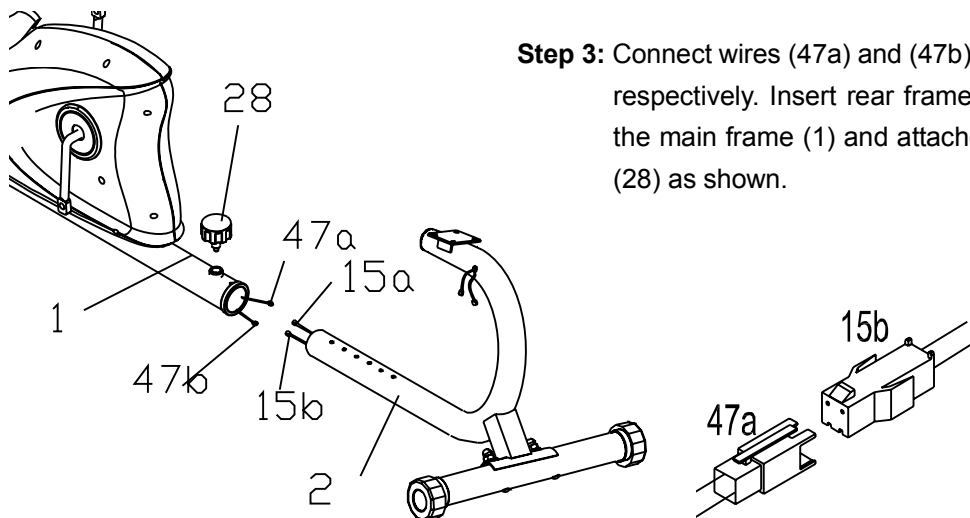
Assembly Instructions



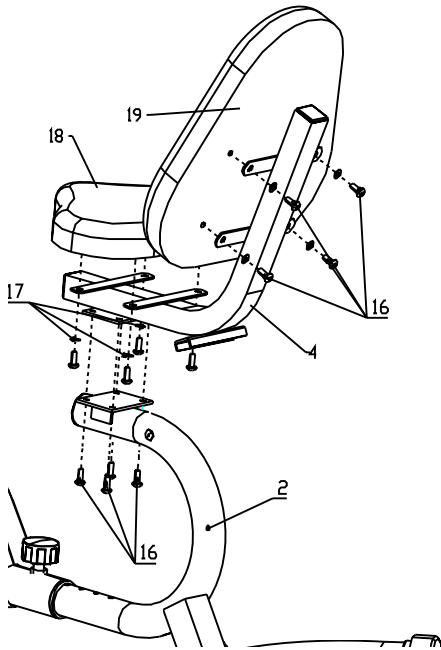
Step 1: Connect the rear leg assembly (8) to the main frame (1) with 2-square neck bolts (10), cambered gaskets (11) and high cap-shaped nuts (12).



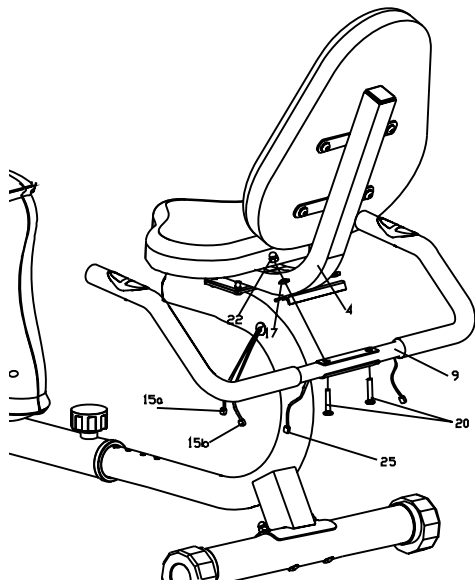
Step 2: Connect the rear leg assembly (7) to the rear frame (2) with 2-square neck bolts (10), cambered gaskets (11) and high cap-shaped nuts (12).



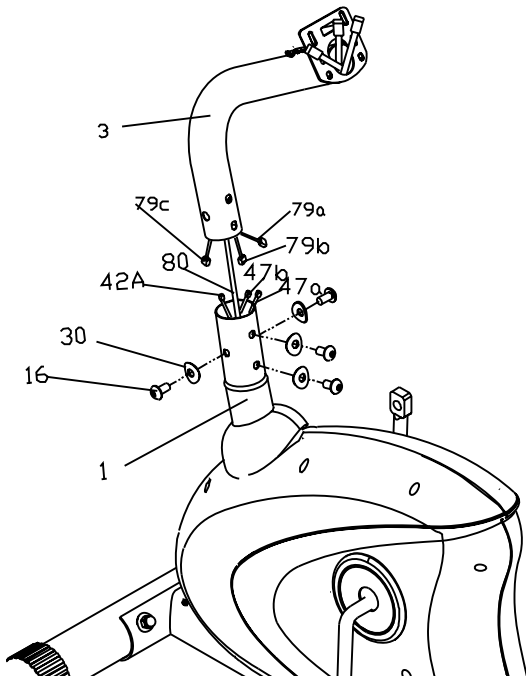
Step 3: Connect wires (47a) and (47b) to (15a) and (15b) respectively. Insert rear frame assembly (2) into the main frame (1) and attached with elastic bolt (28) as shown.



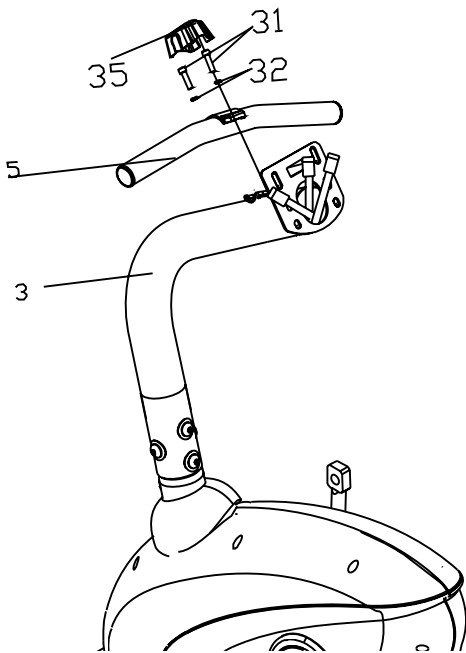
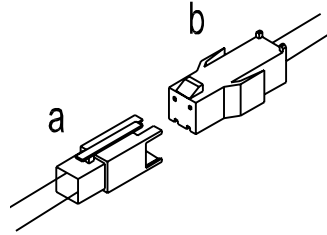
Step 4: The backboard frame assembly (4) is connected to the rear frame assembly (2) by 4-inner hexagon pan head bolts (16). The seat cushion (18) and the back cushion (19) are attached to the backboard frame respectively by 4-inner hexagon pan head bolts (16) and the gaskets (17) as shown



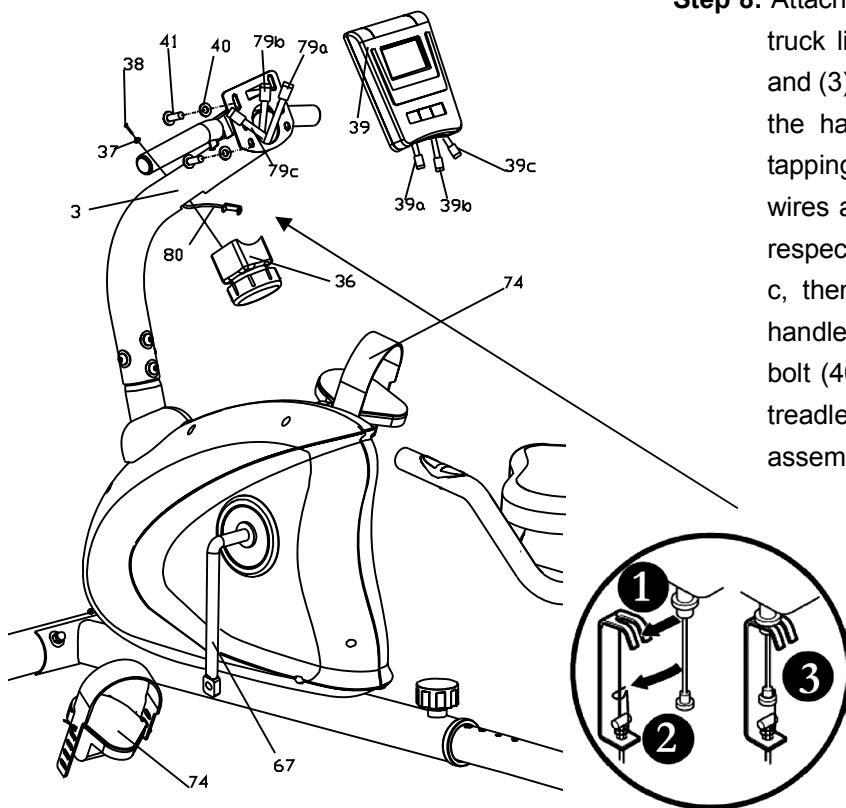
Step 5: The armrest assembly (9) is attached to the backboard assembly (4) by 2-square neck bolts (20), gaskets (17) and high cap-shaped nuts (22). Connect hand pulse wires (15a) and (15b) to their respective cables (25a) and 25b) on the armrest assembly (9).



Step 6: connect inductive connection wire (79a) with sensor wire (42a) and inductive connection wires 79 b and c to sensor wires (47) a, b as shown below. Insert the handle upright (3) on the main frame (1) and lock the upright in place with 4-inner hexagon cheese-head bolts (16) and cambered gaskets (30).



Step 7: Attach handlebar (5) to handle upright (3) with 2-inner hexagon cheese head bolts (31) and spring gaskets (32). Snap clip cover (35) over top to protect head bolts.



Step 8: Attach the shift tuning knob assembly (36) with the truck line (80) as shown in the sub-figure (1), (2) and (3). Lock the shift tuning knob assembly (36) on the handle upright (3) with cross pan head self tapping bolt (38) and cambered gasket (37). Attach wires a, b and c of the electronic meter (39) to the respective inductive connection wires (79) a, b and c, then fix and lock the electronic meter on the handle upright (3) by cross pan head self tapping bolt (40) and a gasket (41). Lock the left and right treadles (74) on the crank (67) to finish the assembly.

Exercise Computer Instructions

FUNCTION BUTTONS:

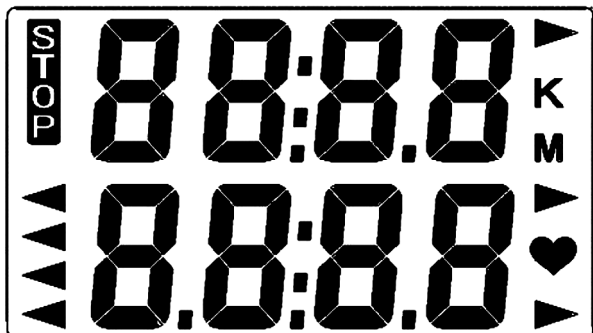
1. MODE: Press to select all functions in sequence. Hold the button for 2 seconds to reset all function values.
2. SET: Press to set function value.
3. RESET: Press to reset function value and go back to last setting stage. Hold the button for 2 seconds to reset all function values and clear all functions.

FUNCTIONS:

1. SCAN: Automatically scans through all functions.
2. TIME: Automatically counts exercise time during exercise. Automatically counts down exercise time from target during exercise.
3. SPEED: Displays current exercise speed during exercise.
4. DISTANCE: Automatically counts exercise distance during exercise. Automatically counts down exercise distance from target during exercise.
5. CALORIES: Automatically counts calorie consumption during exercise. Automatically counts down calorie consumption from target during exercise.
6. ODO: Automatically counts total distance from various work out sessions. You will not be able to reset this function value by the RESET button.
7. PULSE: Displays current heart rate (beats per minute).

NOTES:

1. When stopped exercising, there will be a stop sign shown in the upper-left corner.
2. Without any signal for 4 minutes, the display will shut off automatically with all function values stored.
3. Turn on the monitor by pressing the Mode button or pedaling the Bike.
4. If the display becomes dim you will need to replace the batteries. See TROUBLE SHOOTING for battery replacement details.
5. Batteries: 2 x AAA 1.5V



Trouble Shooting Electronic Meter:

1. **Change the battery.** To change the computer battery, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2-AA batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.
2. **Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and that the batteries are still working.
3. **No resistance.** If there is no tension resistance on the elliptical strider, please make sure the upper tension cable is connected to the lower tension cable.

BATTERY DISPOSAL

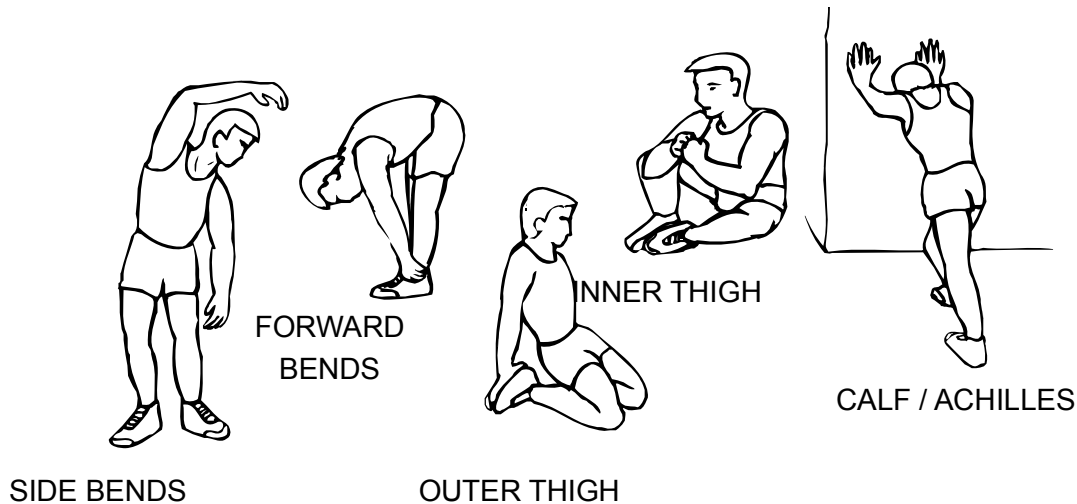
1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash. Please see your local battery retailer for disposal options.
2. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.

Exercise Instructions:

Using your **RECREATIONAL BIKE** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

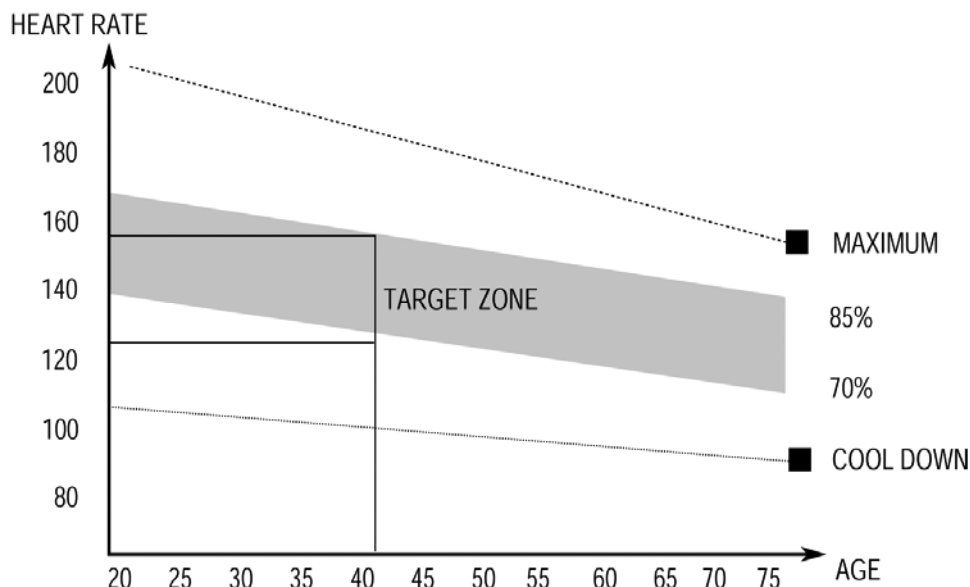
1. The Warm-Up Phase

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

After regular use, the muscles in your legs will become more flexible. Work at your own pace, but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



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

3. The Cool-Down Phase

This stage lets your cardio-vascular system and muscles wind down. This is a repeat of the warm-up phase. First, reduce your tempo, and continue for approximately 5 minutes at this slower pace before getting off. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles while stretching.

As your fitness level increases you may need to train longer and harder. It is advisable to train at least three times per week and if possible to space your workouts evenly throughout the week.

Muscle Toning:

To tone muscle while on your RECREATIONAL BIKE you will need to set the resistance quite high. This will put more strain on your 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 may 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 the resistance to make your legs work harder than normal. You will 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 exert. The harder and longer you work, the more calories you will burn. This is essentially the same as if you were training to improve your fitness, the difference being the goal.

Care And Maintenance

1. Check before the Recreational Bike is first used and again at regular intervals that all screws, bolts, nuts and other connections have been done up tightly to ensure that your training equipment is in safe operating condition.
2. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement parts are necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. DO NOT use the EQUIPMENT until repaired.
3. Lubrication of all moving parts is essential to the longevity and optimal performance of your Recreational Bike. We recommend the use of a clear aerosol, silicone or Teflon spray. Do not use oil based lubricants as they will attract dust, dirt and grime and will eventually gum up and erode bushings and sealed bearings.
4. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
5. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe the machine down with a commercial grade or automotive type chrome polish.
6. Check welds for signs of cracks. Discontinue use immediately if cracks are found.
7. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

Safety Notice

Not recommended for use without competent adult supervision.

It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

If you experience any problems or require any further assistance, please contact our Customer Service line on 818-357-2339.

Limited USA Warranty

NuQuest International Inc. Warrants iGym® Fitness Equipment to be free from defects in workmanship and material under normal use and service conditions. Parts are warranted for one hundred and eighty (180) days after the date of purchase.

This warranty extends only to the original purchaser. NuQuest Intl's obligation under this warranty is limited to replacement parts. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by NuQuest International.

NuQuest International is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature.

Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Congratulations on your purchase of fitness equipment. You may register your product with the form below or simply go to our website at:

http://www.nuquestintl.com/Warranty_Page.html.

Registering your product makes it easier for us to help you obtain service for your product so don't delay and register today.

Registration form can be sent to:

Nuquest International Inc.
19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326

Product Warranty and Registration Card

Your name:

Address:

City:

State: * Zip Code:

Email:

Product Name

Product Number

Purchased at?

Date of Purchase



Nuquest International Inc.

19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326

www.nuquestintl.com

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