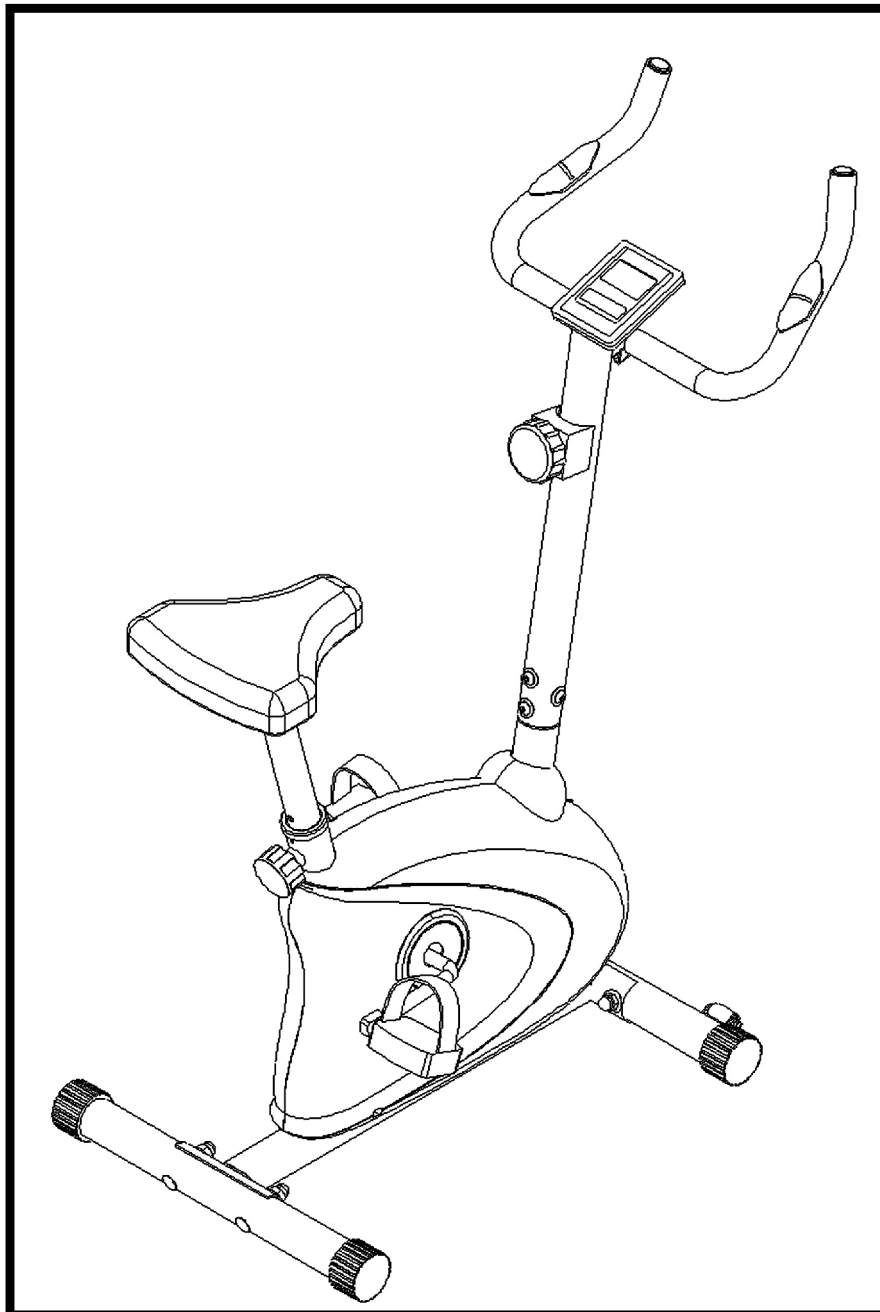




## ADVANCED MAGNETIC BIKE



**FN-10275**

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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 0.5 meters of free space all 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. Warning: This equipment must be installed on a stable base and properly leveled floor. 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: 220 lbs. 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. It is important to check the integrity of guards and safety devices on a regular basis.
13. Parents and those in charge of children should be aware of their responsibility around this equipment. The natural play instinct and fondness for experimenting of children can lead to situations and use of the training equipment for which it is not intended.



## PARTS LIST

Serial No.	Name	Quantity	Specification
1	Bicycle frame assembly	1	
2	Handle bar stem assembly	1	
3	Handlebar assembly	1	
4	saddle pipe assembly	1	
5	Idle wheel	1	
6	Magnetism board assembly	1	
7	Front bottom tube assembly	1	
8	Rear bottom tube assembly	1	
9	Square Neck Bolt	4	
10	Acorn nut	4	
11	Arc washer	4	
12	Small arc washer	4	
13	Inner hexagon barrel-head bolt	4	
14	Spring washer	2	
15	Inner hexagon cheese-head bolt	2	
16	Cross barrel-head tapping screw	8	
17	Cross barrel-head tapping screw	2	
18	Electronic watch	1	
19	Inertia wheel	1	4kg

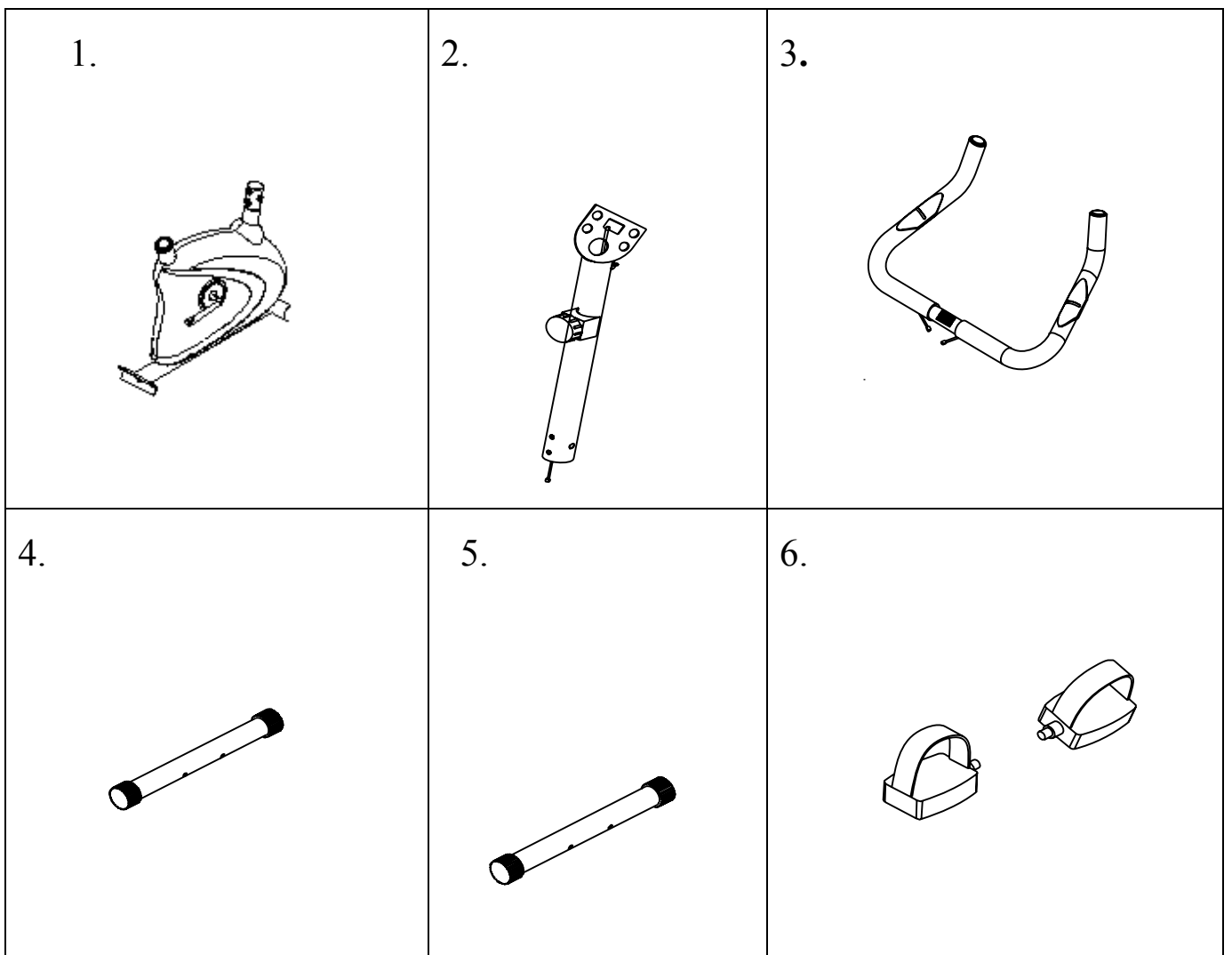
20	Bearing	2	
21	Square magnetic block	6	
22	Localization lattice of magnetic block	1	PVC , 9 shelf , 28×84
23	Inertia axle	1	
24	Cone nut	2	
25	Thin nut	2	
26	Flange nut	2	
27	Shaft of magnetism board	1	
28	Hexagon head bolt	2	
29	Spring washer	2	
30	Washer	2	
31	Collar for shaft	2	
32	Hexagon head bolt	1	
33	Tensioned spring	1	
34	Nut	2	
35	Rolling wheel	2	
36	Washer	1	
37	Nylon nut	1	
38	Cross barrel-head screw	4	
39	Crank	1	
40	Big belt pulley wheel	1	
41	Bottom bracket cup	2	
42	Ball rack	2	
43	Shaft cover	2	
44	Washer	2	
45	Crank hexagon head nut	1	
46	Foot pedal	1 pair	L or R with strap.1/2"×20 teeth/hour
47	Saddle	1	
48	Nylon nut	3	

49	Hexagon head bolt	2	
50	Nylon nut	2	
51	Chain cover	1 pair	
52	Decoration cover	2	
53	Protective End Caps	4	
54	Cross countersunk head screws	1	
55	Round pipe stopper	2	
56	Spring pin	1	
57	Internal lining of Saddle pipe	1	
58	resistance adjustment	1	
59	Inductor	1	With line of induction 550mm
60	Induction lead	1	L700, One-head socket, and One-head plug L700
61	Round magnetism plug	1	
62	V-belt	1	
63	Head cover	1	
64	Bolt	2 pairs	
65	Knob case	1	
66	Hand pulse	2 pairs	
67	Small arc washer	1	
68	plastic cover	1	
72	Washer	3	

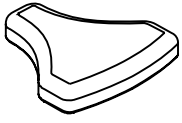
#### ASSEMBLY DRAWINGS

Parts no.	Name	Specification	Quantity
1.	Bicycle frame		1
2.	Combination of handle bar stem		1
3.	Handlebar		
4.	Front tube		1
5.	Back tube		1
6.	Pedal		1sets

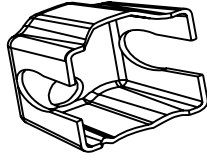
7.	Saddle		1
8.	Decorative cover		1
9.	Computer		1
10.	Spring pin		
70	Cross barrel-head spanner	S=13.1 14.1 15.1 17.1 $\Phi$ 5	1
71	Inner hexagon barrel-head spanner	S6	



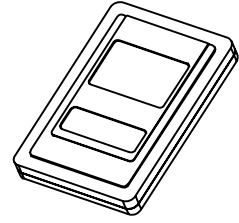
7.



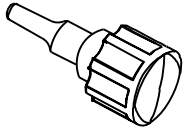
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9.



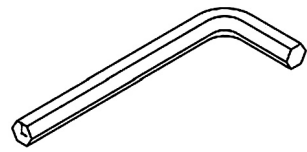
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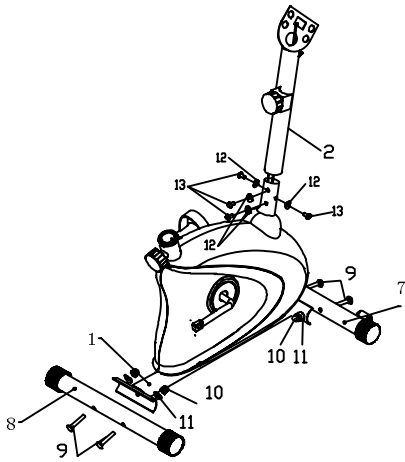
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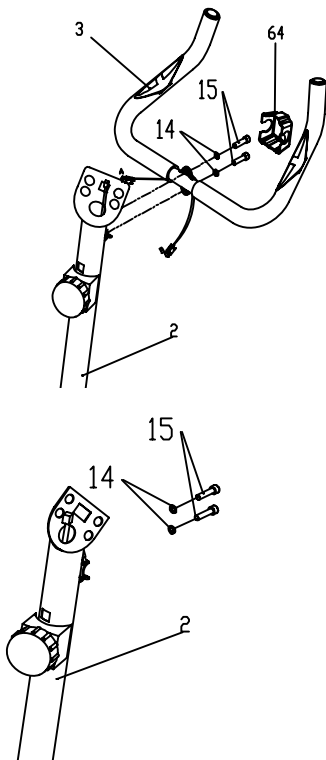
71.



# ASSEMBLY INSTRUCTIONS

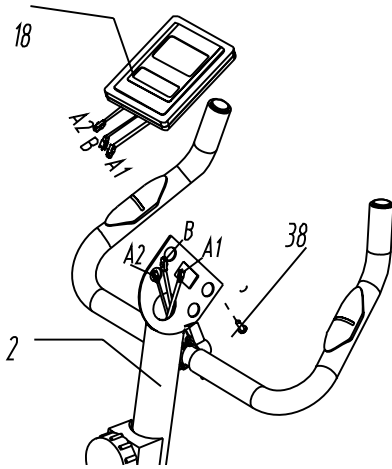


**Step 1:** Attach the Front and Rear Stabilizers (7, 8) to the Main Frame (1) with 4-square neck bolts (9), 4-arc washers (11) and 4-acorn nuts (10). Then insert the Handle Bar Stem assembly (2) into the Main Frame (1), and attach it with inner hexagon barrel-head bolt (13) and small arc washer (12).

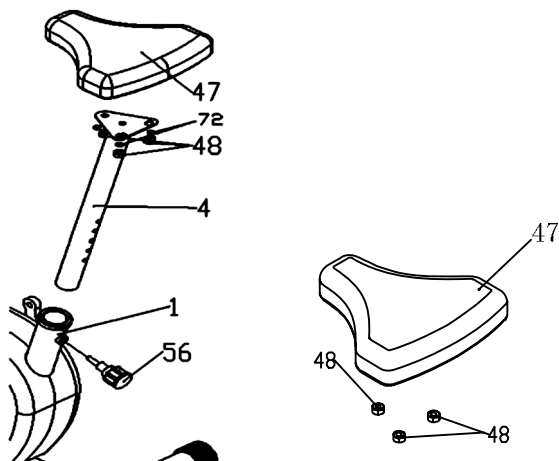
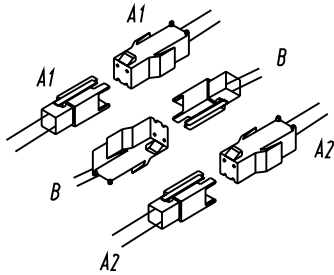


**Step 2:** Let sensor wires A1, and A2 on the Handlebar (3) pass through the hole with sensor wire B in the Handle (2). Leave them loose for later installation. Remove spring washer(14) and cross barrel-head tapping screw(16) off Handle Bar(2); then use spring washer(14) and inner hexagon cheese-head bolt (15) to attach the Handle Bar (3) to the Handle(2). Install the Decorative Cover (64) over top the exposed hexagon cheese-head bolts.

## Assembly Instructions (continued)

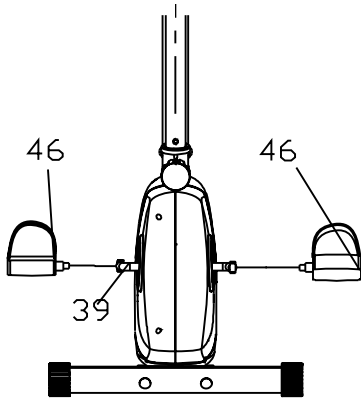


**Step 3:** Connect the sensor line (A1)(A2) and (B) of Handle Bar (2) and (A1)(A2) and (B) of Computer(18) ,then attach the Computer (18) to the Handle Bar (2) with cross barrel-head screw (38)



**Step 4:** Attach the Saddle (47) to the Seat Post (4) with 3-nylon nuts (48). Align the Saddle and tighten the nylon nuts and insert the complete assembly into the Main Frame (1). Select the most suitable height and secure in place with 1-Spring Pin (56).

## Assembly Instructions (continued)

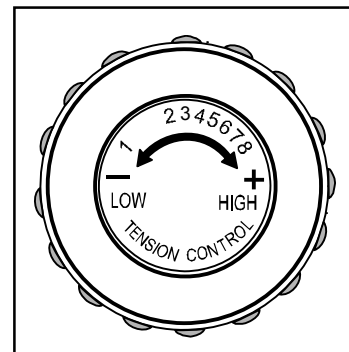


**Step 5:** Assemble the Pedals (46) to the Pedal Crank (39). The Pedal marked "R" for the right hand side of the cycle and must be fitted by turning it *Clockwise*. The Pedal marked "L" for the left hand side and must be fitted by turning *Counter-clockwise*

Note: Recheck the connected parts again after completing the installation to ensure the safest use.

### TENSION CONTROL

Turn the tension knob clockwise to increase the resistance. To decrease the resistance, turn the knob by counter-clockwise.



## **BENEFITS**

Using your **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.

### **MUSCLE TONING**

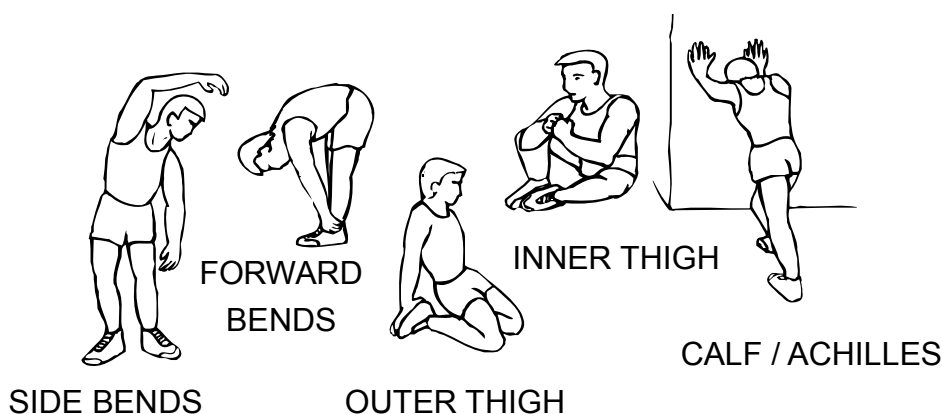
To tone muscles while on your **BIKE** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train 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. 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 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.

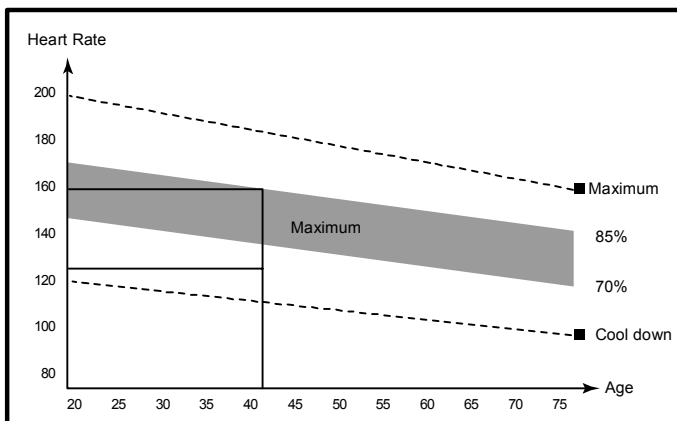
### **THE WARM UP PHASE**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps 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 IMMEDIATELY.



## THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The amount of work should be sufficient to raise your heart rate 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 minutes

## 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

# EXERCISE COMPUTER

## FUNCTION BUTTONS:

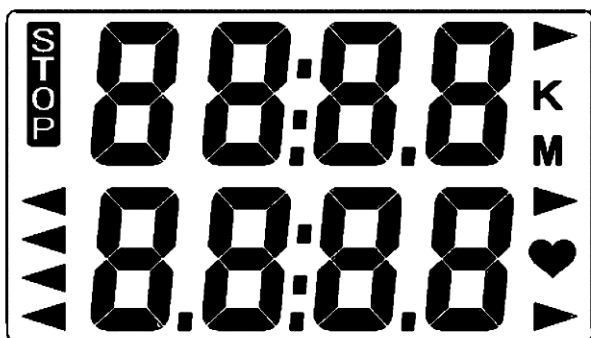
1. MODE: Press to select all functions in sequence. Hold the button for 2 seconds to reset all function values.
2. SET: Press to set function value.
3. RESET: Press to reset function value and go back to last setting stage. Hold the button for 2 seconds to reset all function values and clear all functions.

## 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:**

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.

## **CARE AND MAINTENANCE**

1. Check before the Elliptical 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 Elliptical 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](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

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## 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**

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