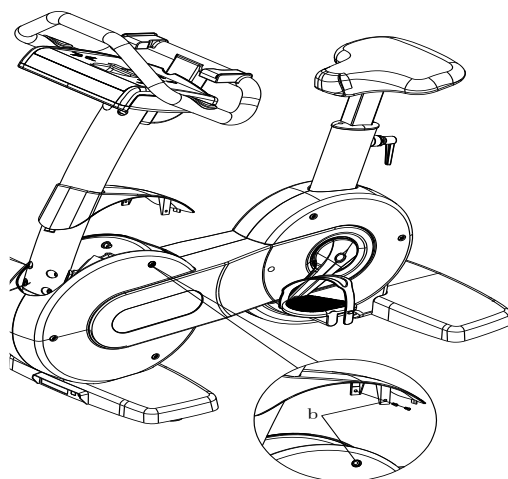


OWNER'S MANUAL

DHZ-X9107 Upright Exercise Bike



Note: The ultimate translation of this model code is subject to final confirmed order.
The training equipment is in compliance with EN957-10 class S (S=studio)

ADDRESS OF CUSTOMER SERVICE:
YINHE DEVELOPMENT ZONE, DEZHOU CITY, SHANDONG, CHINA
MANUFACTURER:
SHANDONG DAHUZI FITTING EQUIPMENT CO., LTD.

TEL: (0086) 534-5534588 (0086) 534-5060988
FAX: (0086) 534-5060988

Safety instruction

Warning: this Manual includes important safety information, please always read the safety instruction carefully before using the equipment.

- ◆ This training equipment is only intended for using in training areas of organizations such as sport associations, educational establishments, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).
- ◆ The training equipment shall only be used in areas where access and control is specifically regulated by the owner; the extent of control depends on the users, e.g. degree of reliability, age, experience, etc.
- ◆ User under 12 years old and the disabled is not allowed and the under ages must training with instructors' guide.
- ◆ This product need to place at a plain floor with low humidity.
- ◆ User need to do some warm-up exercise before training and wear the suitable sport suits.
- ◆ User can adjust a most suitable resistance according to actual body status. If feel under the weather after training, please consult with doctors.
- ◆ Incorrect usage will lead to machine broken and harmful to trainers' health.
- ◆ Please re-check the machine status such as stability etc before training.
- ◆ Please follow the proper range to adjust the saddle according to stature.
- ◆ Once feel dizziness & nausea & chest stuffy or other symptoms, please stop training immediately and consult with doctors.
- ◆ This bike need to be monitored during usage.
- ◆ The max load of this bike is 150KG/330 lbs.
- ◆ The commercial low accuracy of this bike is class SC.
- ◆ This bike is belong to gym equipment and can not be used as Medical Devices.
- ◆ Length 1190mm; Width 600mm; Height 1370mm.
- ◆ Weight: 85kg.
- ◆ Minimum security space for using the machine is: 3000x1200x2400mm(LxWxH)
- ◆ This product belongs to fitness equipment category, cannot be used as medical equipment

A. ASSEMBLY SPECIFICATIONS

1.Explosive View

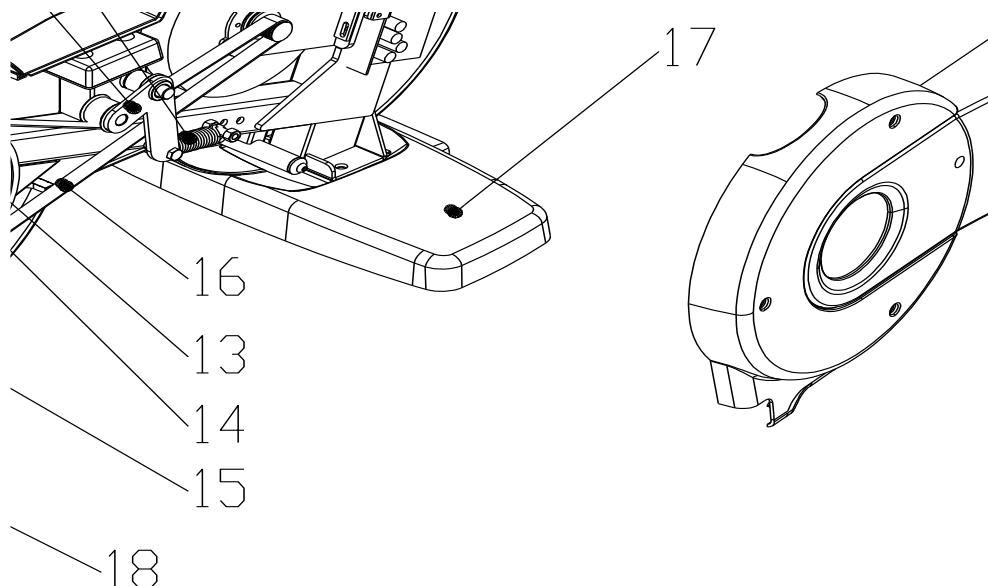


Figure 1

2. Particulars of parts

No.	Name	No.	Name
01	Armrest	11	Spontaneous motor
02	Grip Pulse	12	Main Control Panel
03	Electronic Meter	13	Belt Pulley
04	Riser Component	14	Crank
05	Frame Components	15	Pedal
06	Cylinder head socket screw	16	Multi-groove belt
07	Seat Cushion Group	17	Front Decorate Cover stick in ground
08	Regulating handle of seat cushion	18	Rear Decorate Cover stick in ground
09	Pressure Roller Components	19	Decorate Cover
10	Spring	20	Shroud of Mainframe

3.Assembly Drawing

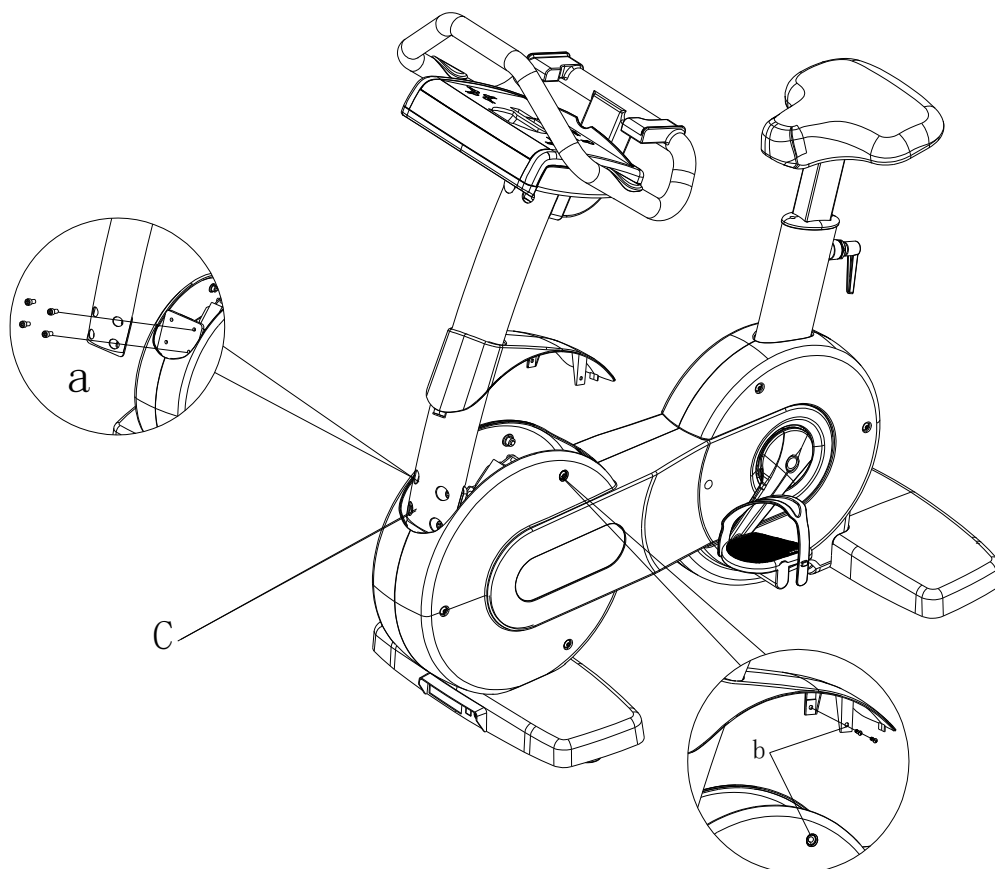


Figure2

4.Particulars of Assembly parts

No.	Name	Quantity
01	Cylinder head socket screwM10*20	4
02	Round head socket screwM8*20	2

5. Assembly Procedures

1. Align the holes in Pic (a) and place the post properly as shown in Pic (a). Then fasten the screws (M10*20) as shown in Pic (c).

2.Align the screw hole on the decorate cover with the hole on the external cover, as shown in Pic (c), then fix with screw (M8*20) .

6. Test accomplishment of assembly

- 1) Every assemble parts joins normally, and every regulating handle is fixed without loosening.
- 2) Both of the handle components and seat components are fixed firmly, without rocking relatively.
- 3) The pedal is fixed without loosening.
- 4) It is operating smoothly while in use without obvious noise.
- 5) The electric meter reveals normally.

Note: Before use, it is necessary to fasten the screw, in order to avoid loosening.

B、 Instructions

1.Adjustments of Seat Cushion

Before exercising, please adjust oneself to the location of seat. To loosen the seat it is swirling the adjustable handle in anticlockwise direction, while to fasten it is in clockwise direction.

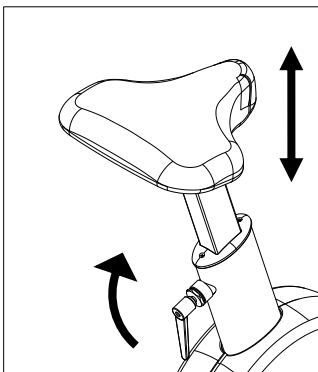


Figure 3

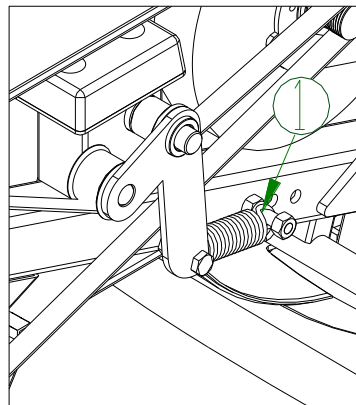


Figure 4

2.The adjustment of belt

At the initial phase, the manufacturer of belt has finished resistance adjustment (shown as ①on figure 4), so it is unnecessary to adjust it the first time.

After some time, it is possible to be loosening. At that time, it is essential to adjust the belt of upright bike.

First open the shroud of mainframe, and twist off the screw with a wrench, to loosen the spring. Then extract the screw putting it into suitable hole.

Hang up the spring. Fix and fasten the screw with a wrench. After adjustment, the shroud of mainframe should be fastened with screws.

3. The adjustment of safety belt on pedal

The users will adjust his own foot to the length of safety belt on pedal as shown on the picture. Firstly, loosen the safety belt and then adjust one's feet to suiting for comfortable location on the pedal. Fix it.

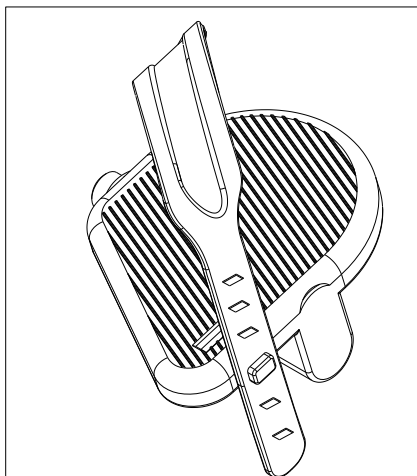


Figure5

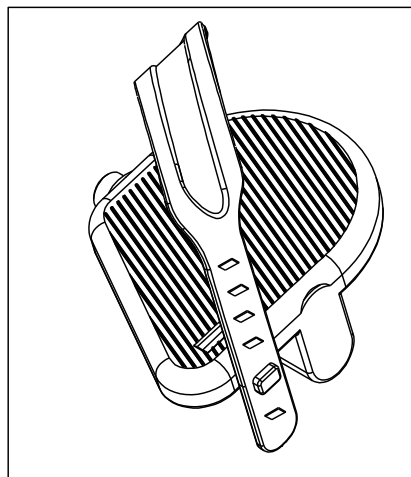


Figure6

NOTE:

Teach the young people about good behaviour on the cycles. E.g. always keep hands on handlebar when cycling in upright position.

C、Magnetic Control System Operating Instructions

1、QUICK START

Press QUICK START button to start the machine, then machine becomes effort-adjustable. Press “EFFORT LEVEL +” and “EFFORT LEVEL —” button to change effort levels. Press “EFFORT DIRECT” 3, 6, 9, 12 to directly change the effort level to the button marking value.

Note: Effort level range: 1—20

2、PAUSE

Press Pause button when machine is in motion, then effort level makes zero, each windows countings stop. Program window rolling displays PAUSE.

3、STOP

Press STOP button when machine is in motion, then effort level and windows countings make zero. Machine enters state of STANDBY.

4、START COUNTDOWN MODE

(Press upward arrow key or downward arrow key to change countdown mode of each function)

- 1) In state of STANDBY, press “upward arrow key” once, and enter settings of time countdown mode, PROGRAM window scrolling displays TIME , and time window blinking displays “30: 00”; at this time, press “EFFORT LEVEL +” and “EFFORT LEVEL —” to set time premium, once done, press “ENTER” to confirm; when time window value stops blinking, press QUICK START to start the machine, time window set value begins to count backwards, (other windows numerical value count forwards). At the same time, program window circular horse race lamps begin to lighten in turn, when all horse race lamps lighten and time window backward counting makes zero, each windows count value makes zero, and horse race lamps extinguish. Machine enters state of STANDBY.
- 2) Press “upward arrow key” twice, enter settings of distance countdown mode; press “upward arrow key” three times, enter settings of calorie countdown mode; settings of distance and calorie countdown mode is the same as those of time countdown mode.

- 3) Set value range of each countdown mode: time: 5:00 — 99:00 Distance: 0.50 — 99.0
Calorie: 20.0 — 990

5、 Automatic Control System Start

1. Press upward arrow key or downward arrow key to change fixed programs.
2. In the state of STANDBY, press upward arrow key four times, enter fixed program “P1”; 5 times, enter fixed program “P2”, and so forth. The eleventh press enters fixed program “P8”. When eight fixed programs are changed, effort level window always show accordance with the first period of effort level of fixed programs.
3. Choose a fixed program at random, and time window number blinking displays “30:00”, press effort level plus and minus key to set time cycle of fixed programs, once done, press QUICK START button to start machine, time windows number begins to count backwards, and program window circular horse race lamp begin to lighten in turn; when all horse race lamps lighten and time window backward counting makes zero, each windows count value makes zero, and horse race lamps extinguish. Machine enters the state of STANDBY. (Please note that each fixed program is divided into 20 periods of effort level, and switching time between each period of effort level is determined by the program runtime set by users: user setting time/20)

Parameters:

Crank	aluminium alloy(antioxidant)
Saddle adjust material	Stainless steel
resistance	Electromagnetic resistance
Power	Self power
Voltage	220V
resistance level	1 – 20
Exercise data	time,speed,distance,calorie
heart rate	handgrip
Exercise type	Auto , hand movement
Language	English
Assemble Size	L*W*H : 1190*600*1370mm
Net Weight	85KG
Max Load	150KG