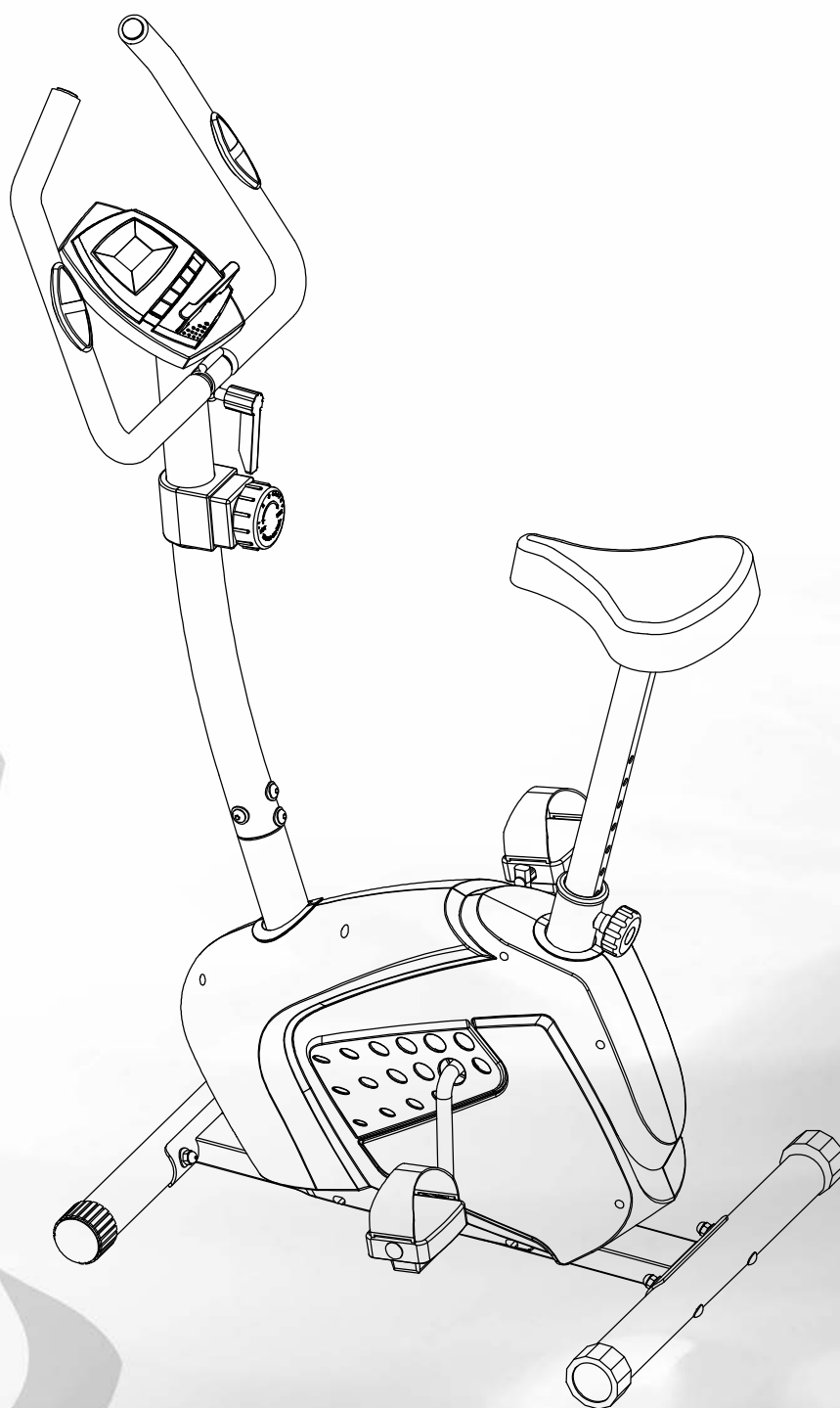


BC-1720-H MAGNETIC BIKE

BODY
SCULPTURE

SINCE 1965



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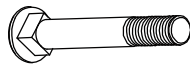
Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient 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 physical or health conditions that could create a risk to your health and safety, 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. 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, extreme shortness of breath, feeling light headed, dizzy or nauseous. 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. For safety space, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the handlebar, seat, pedals, and the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. (E.g. handle bar, pedals, and seat.....)
8. Replace defective components immediately and keep the equipment out of use until repair.
9. Pay attention to check the connection point and gearing parts before use to prevent danger.
10. Warning that the equipment shall be installed on a stable base and properly leveled. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
11. Wear suitable clothing while using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
12. The equipment has been tested and certified to EN957 under class H.C, suitable for domestic, home use only. Maximum weight of user: 100kg/225lbs. Braking is speed independent.
13. The equipment is not suitable for therapeutic use.
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.

This exploded view diagram illustrates the assembly of a stationary bike. The main frame (1) is the central component. The crankset (2) is shown with its pedals (3) and chainrings (4). The flywheel (5) is attached to the bottom bracket (6). The seat post (7) is shown with the seat (8) and seat clamp (9). The handlebar assembly (10) includes the handlebars (11), grips (12), and the display unit (13). The pedals (14) are shown with their straps (15). The rear wheel assembly (16) includes the rear wheel (17), spokes (18), and the rear fender (19). The front wheel assembly (20) includes the front wheel (21), spokes (22), and the front fender (23). The pedals (24) are shown with their straps (25). The handlebar assembly (26) includes the handlebars (27), grips (28), and the display unit (29). The pedals (30) are shown with their straps (31). The rear wheel assembly (32) includes the rear wheel (33), spokes (34), and the rear fender (35).

PART LIST		
PART NO.	DESCRIPTION	QTY
1.	Main frame	1
2.	Front stabilizer	1
3.	Carriage bolt(M8*60)	4
4.	End cap	2
5.	Rear stabilizer	1
6.	Rear end cap (Angle adjustable)	2
7.	Crank arm(L + R)	1
8.	Chain cover (right)	1
9.	Chain cover (left)	1
10.	Domed nut (M8)	4
11.	Curved washer (Ø8)	8
12.	Front post	1
13.	Upper cable wire	1
14.	Lower cable hook	1
15.	Computer sensor wire	1
16.	Lower computer sensor wire	1
17.	Allen key bolt (M8*15)	4
18.	Tension control knob	1
19.	Seat	1
20.	Seat Post	1
21.	Lock nut (M8)	3
22.	Washer (Ø8)	3
23.	Adjustment knob	1
24.	Handlebar knob(M8)	1
25.	Washer (Ø8* Ø16)	1
26.	Pedal (Left)	1
27.	Pedal (Right)	1
28.	Fixing screw (M5x10)	2
29.	Pulse plug wire (Optional)	1
30.	Computer bracket	1
31.	Computer	1
32.	Handle bar	1
33.	Pulse sensor (Optional)	2
34.	Foam grip	2
35.	Round End cap	2



#3 Carriage Bolt x4
(M8 x 60mm)



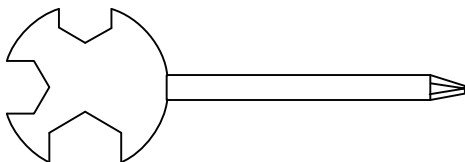
#10 Domed Nut x4
(M8)



#11 Curved Washer x8
(Ø8)



#17 Allen Key Bolt x4
(M8 x 15mm)

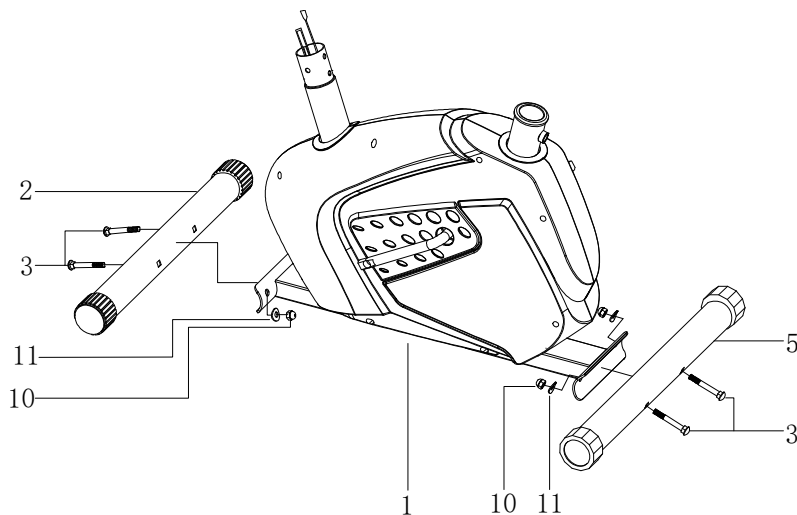


Bolt / Screw Wrench X 1



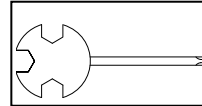
Allen Key Wrench X 1

ASSEMBLY INSTRUCTIONS



STEP 1

Attach the Front Stabilizer (pt. 2) and Rear Stabilizers (pt. 5) to the Main Frame (pt. 1) using 4 sets of M8 Domed Nuts (pt. 10), Ø8 Curved Washers (pt. 11) and M8 x 60mm Carriage Bolts (pt. 3).

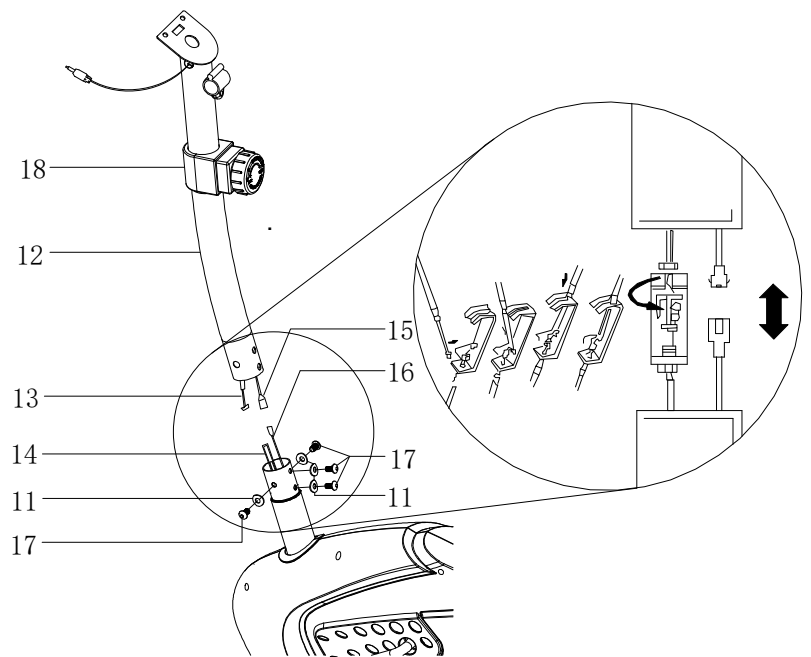
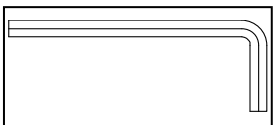


STEP 2

Take the Front Post (pt.12) and join the Upper Computer Wire (pt.15) with Lower Wire (pt.16). Then connect the Upper cable wire (pt.13) to the Tension Hook (pt.14). **(See figure shown)**

Slide the Front Post (pt.12) into the front post housing, then fix using 4 sets of M8 X 15mm Allen Key Bolts (pt.17) and Ø8 Curved Washers (pt.11).

Note: Before connecting the tension cables, please switch the tension knob to "8"

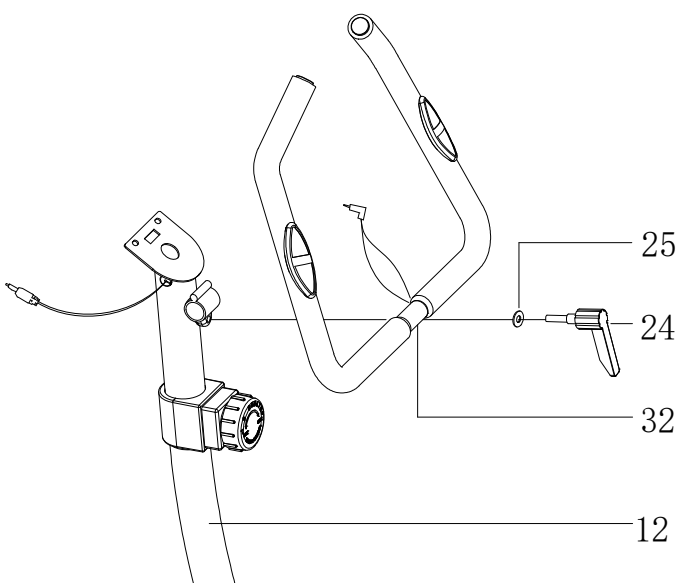


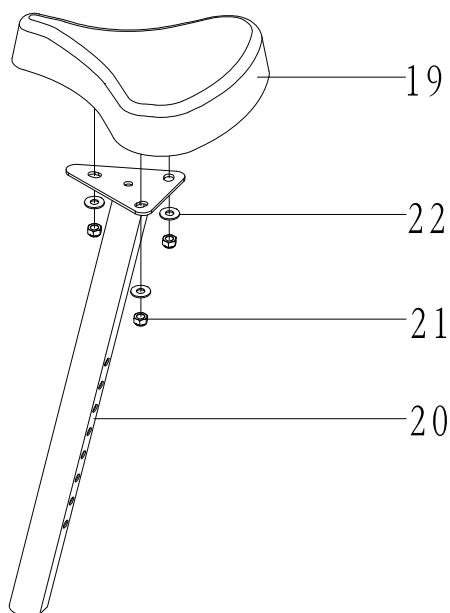
STEP 3

Attach the Handlebar (pt. 32) to the Front Post (pt. 12), fix with Ø8 Washer (pt. 25) and Handlebar Adjustment Knob (pt. 24),

ADJUSTING THE HANDLE BAR

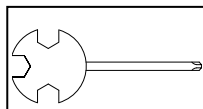
To adjust the handlebar, loosen handlebar locking knob (pt.24) anti- clockwise. Rotate handlebar (pt.32) properly position. Lock handlebar (pt.32) by firmly tightening clockwise locking knob (pt.24)





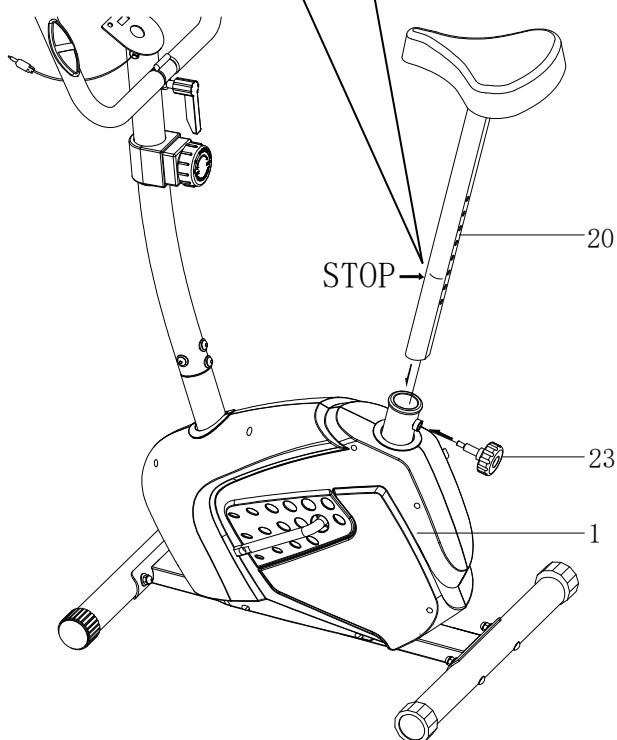
STEP 4

Fix the Seat (pt.19) to the Seat post (pt.20) by using 3 sets of Ø8 Washers (pt.22) and M8 Lock Nuts (pt.21) located under the seat.



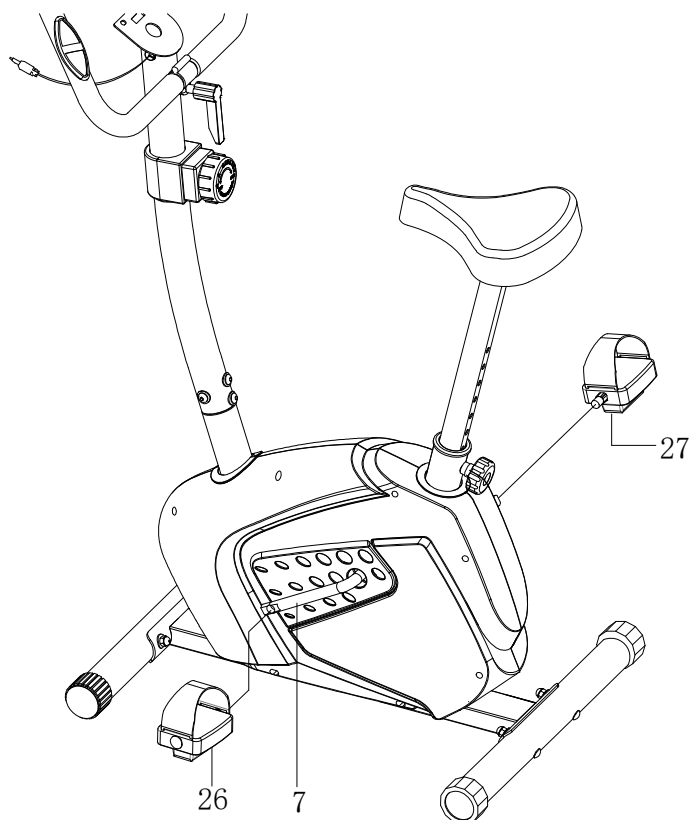
NOTICE!

This line mark on the seat post is for "STOP" position.



STEP 5

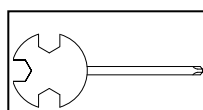
Insert the Seat Post (pt.20) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt.23).

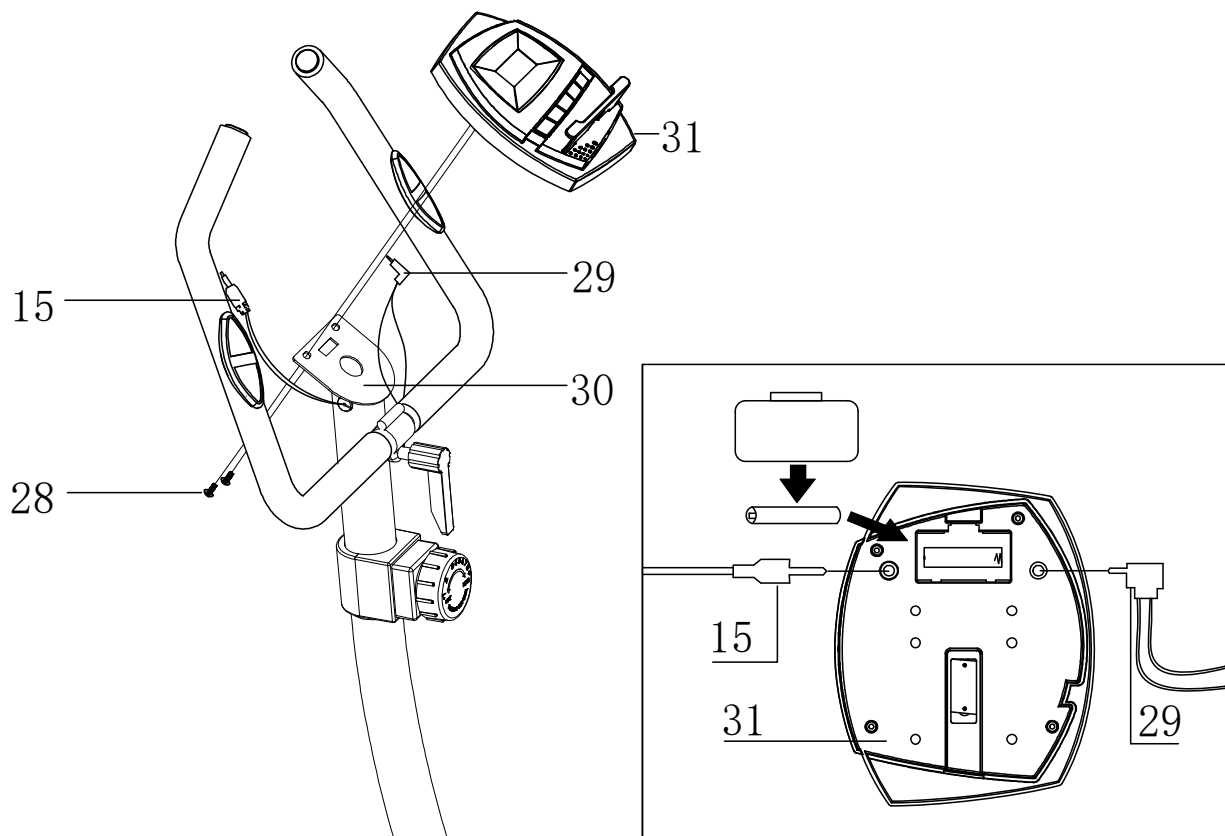


STEP 6

The Pedals (pt.26 & pt.27) are marked "L" and "R" - Left and Right.

Connect them to their appropriate Crank Arms (pt.7). The right crank arm is on the right hand side of the bike as you sit on it. Note that the Right Pedal (pt.27) should be threaded on clockwise and the Left pedal (pt.26) anti-clockwise.

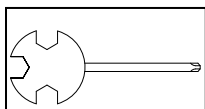




STEP 7

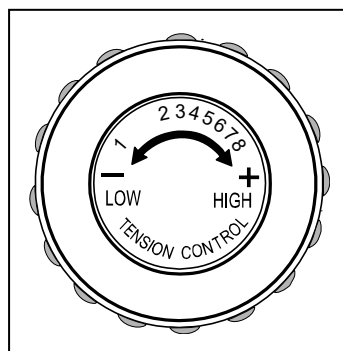
Plug the upper computer Sensor Wire (pt.15) to the back of Computer (pt.31), and then slide the Computer (pt.31) onto the Computer bracket (pt.30) and then fixing with 2 x M5 Screw (pt.28).

If your computer has the function of HANDPULSE (Optional function); please plug the Pulse Sensor Wire (pt.29) into the back of Computer (pt.31)



TENSION CONTROLL

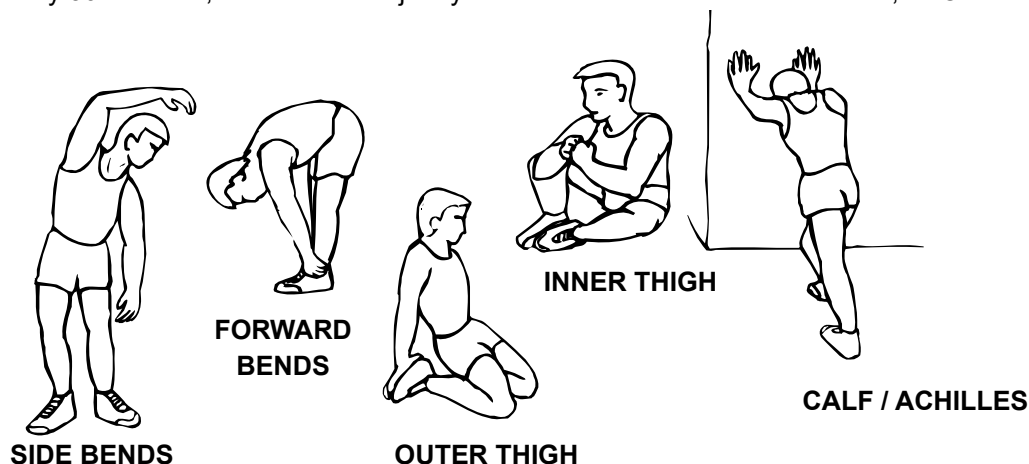
Turn the tension knob by clockwise to increase the resistance. To decrease the resistance, turn the knob by anti-clockwise.



EXERCISE INSTRUCTIONS

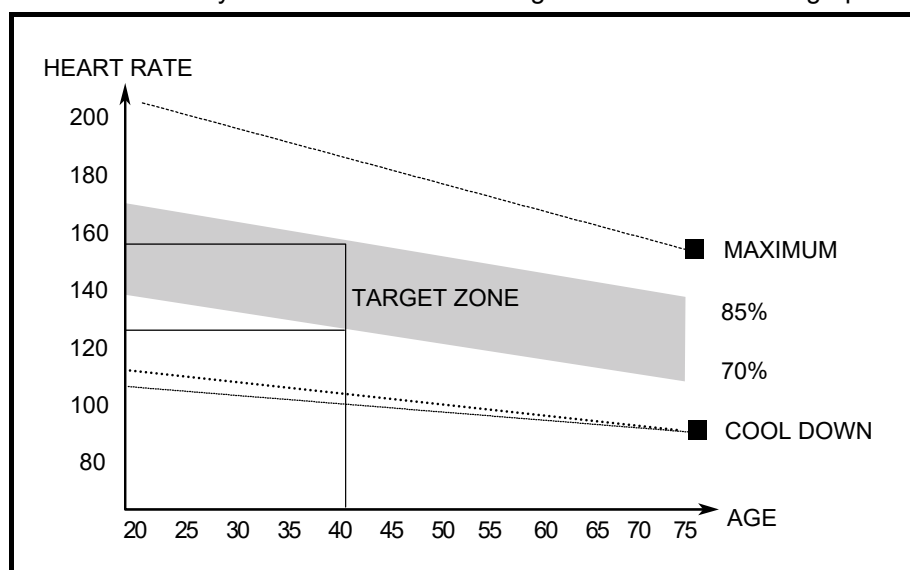
1. The Warm Up Phase

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 more flexible. Work to your own pace 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 people start at about 15-20 minutes.

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.

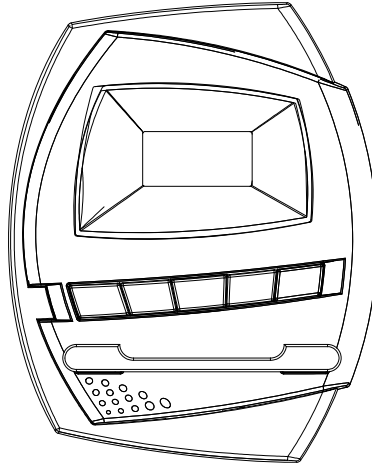
MUSCLE TONING

To tone muscle while on your **MAGNETIC 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 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 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. This is effectively the same as if you were training to improve your fitness, the difference being the goal..

EXERCISE COMPUTER



Functions and Operations

1. Batteries Installation

Please install 1 pieces of AAA 1.5V batteries in the battery case on the back of monitor.
(Whenever Batteries are removed, all the functions values will be reset to zero.)

2. Auto On/Off

While the user starts to do exercise, the Display will show out the workout value automatically. Once stop exercising over 256 sec, the Display will turn off, and all the function values will be held. While user starts exercise again, the monitor will be wake up.

** Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

3. Auto Scan

After the monitor is power on or press the button, the LCD will display all functions values from Time-Calories- Speed - Distance -Odometer- Pulse. Each value will be held for 6 seconds.

4. Speed

Display the current training speed from 0.0 to 999.9 KPH or MPH. User also can press the button to display the Speed value.

5. Distance

Display the trip distance from 0.0 to 999.9 Km or Mile. User also can press the button to display the distance value.

6. Time

Display the workout time from 00:00 to 99:59. User also can press the button to display the workout time value.

7. Calories

Display the calories consumption during training from 0.0 to 9999. User also can press the button to display the calories consumption value.

8. Odometer

Display the total accumulated distance from 0.0 to 999.9. User also can press the button to display the Odometer value.

9. Pulse

Display the current heart rate in beats per minute.

10. Reset

Press the button for 2 seconds, all the function value except Odometer will be reset to zero.

Note:

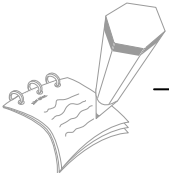
1. If the computer displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V AAA (1PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. **WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately”.**

TROUBLE SHOOTING.

1. **Changing the batteries.** To change the computer batteries, please slide off the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 1 AAA 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 that the upper sensor wire is connected to the computer. If you have checked for the above, and the computer still not working, then please make sure the batteries are still working and are installed correctly in the computer.
3. **No resistance.** If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable. Turn the tension knob anticlockwise to its lowest level. Next, find the tension strap buckle situated on top of the flywheel cover at the base of the front post. Loosen the tension strap, pull it through the buckle until you can feel some resistance on the strap, and then lock it back around the buckle. Now mount the cycle and turn the pedals. The tension control knob can now be used for a finer adjustment. If you find it is now too tight, go back to the tension strap buckle and loosen the strap slightly.

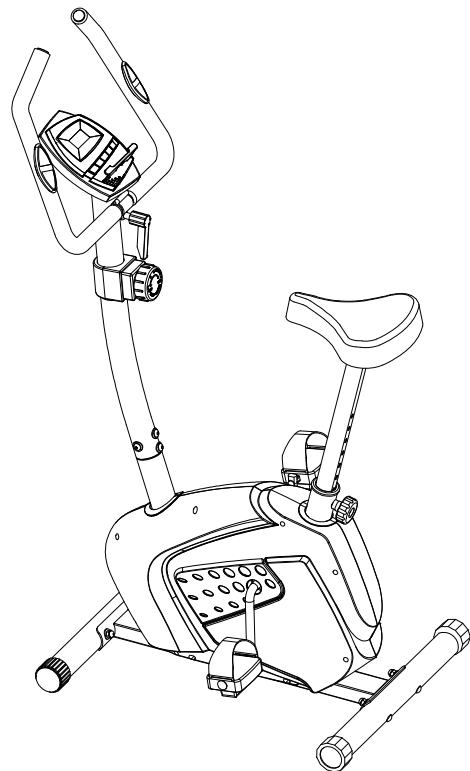
MAINTENANCE

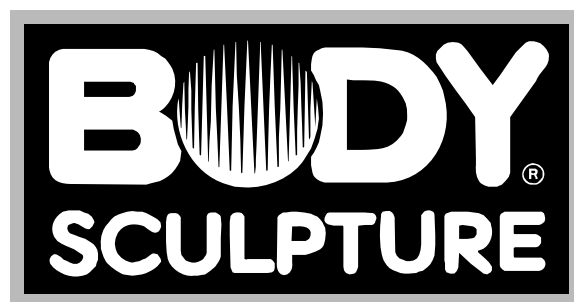
1. Before using the bike, always make sure all bolts/nuts are fully tightened.
2. A spent battery is hazardous waste – please dispose of it correctly and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer and dispose of them separately as hazardous waste.



EXERCISE NOTES

Use this space to record your own exercise routine results.





S I N C E 1 9 6 5