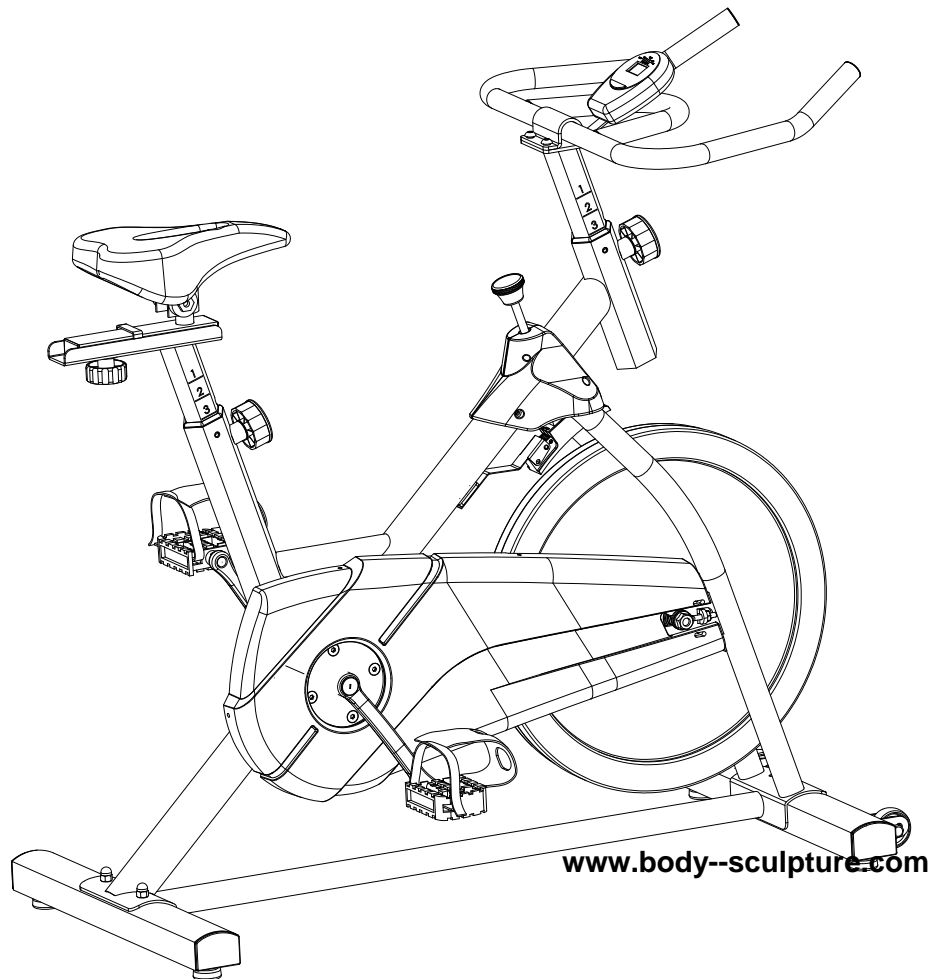


# BC-4604

## PRO-RACING BIKE

**BODY**  
**SCULPTURE**

SINCE 1965





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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. 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, 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. 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: 125kg. 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.
13. All moveable accessories (eg. pedal, handlebar, saddle....etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using bike after they return to good conditions.

**Please contact our customer services on 01274-693888**

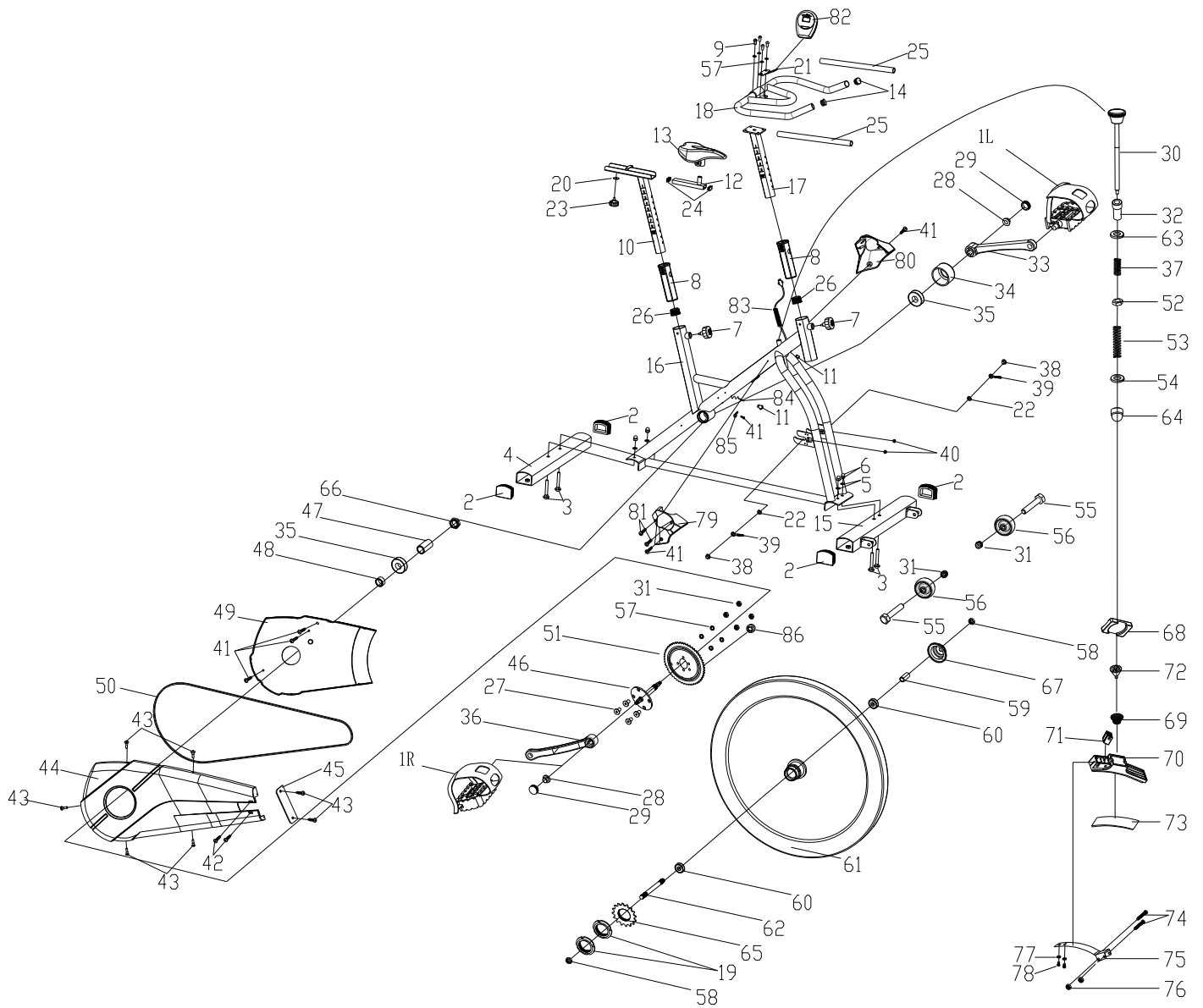
**Monday-Thursday 08:00~16:30**

**Friday 08:00~15:30**

**or by mail [support@hi-markgroup.co.uk](mailto:support@hi-markgroup.co.uk)**

**\* This service is available for UK residents only**

# EXPLODED-VIEW ASSEMBLY DRAWING

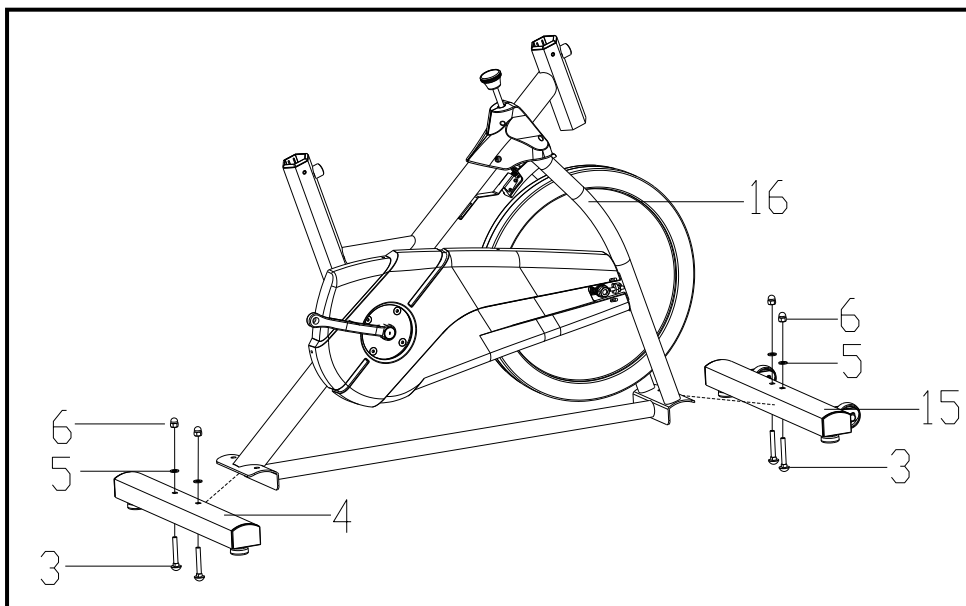


## PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1.	Pedal	1	44.	Outer chain cover	1
2.	Pipe plug	4	45.	Little chain cover	1
3.	Carriage bolt (M8*57)	4	46.	Axis	1
4.	Rear stabilizer	1	47.	Long fixing tube	1
5.	Flat washer (Ø8)	4	48.	Short fixing tube	1
6.	Domed nut (M8)	4	49.	Inner chain cover	1
7.	Adjustment knob	2	50.	Chain	1
8.	Plastic bushing	2	51.	Round hole chain plate	1
9.	Bolt (M8*15)	4	52.	Adjusting nut (M10)	1
10.	Vertical seat post	1	53.	Long plastic tube	1
11.	Plastic plug	2	54.	Flat washer (Ø16)	1
12.	Seat post	1	55.	Bolt (M8*40)	2
13.	Seat	1	56.	Wheel	2
14.	Plastic plug	2	57.	Elastic washer	8
15.	Front stabilizer	1	58.	Fixing nut (M12)	2
16.	Main frame	1	59.	Fixing tube	1
17.	Handlebar post	1	60.	Bearing	2
18.	Handlebar	1	61.	Flywheel	1
19.	Lock nut (M33)	2	62.	Flywheel shaft	1
20.	Flat washer (Ø32)	1	63.	Flat washer (Ø16)	1
21.	Handlebar cover	1	64.	Domed nut (M6)	1
22.	Flat washer	2	65.	Chain wheel	1
23.	Adjustment knob	1	66.	Fixing nut	1
24.	Pipe plug	2	67.	Flywheel cover	1
25.	Sponge sleeve	2	68.	Spring cover	1
26.	Pipe plug	2	69.	Spring	1
27.	Bolt (M8*18)	4	70.	Plastic frame	1
28.	Fixing nut (M10)	2	71.	Brake plug	1
29.	Crank cap	2	72.	Brake plug	1
30.	Brake knob	1	73.	Woolly block	1
31.	Lock nut (M8)	6	74.	Bolt (M5*30)	2
32.	Plastic bushing	1	75.	Brake sheet metal	1
33.	Left crank	1	76.	Lock nut (M5)	2
34.	Crank cover	1	77.	Elastic washer (Ø5)	2
35.	Bearing	2	78.	Bolt (M5*10)	2
36.	Right crank	1	79.	Right brake cover	1
37.	Spring	1	80.	Left brake cover	1
38.	Fixing nut (M12)	2	81.	Screw (ST2.9*9.5)	2
39.	Fixing Bolt (M6*57)	2	82.	Computer	1
40.	Nut (M6)	2	83.	Sensing line	1
41.	Screw (ST4.2*19)	6	84.	Sensor	1
42.	Screw (ST4.2*13)	2	85.	Sensor holder	1
43.	Screw (ST4.2*9.5)	7	86.	Magnet	1

## **ASSEMBLY INSTRUCTIONS**

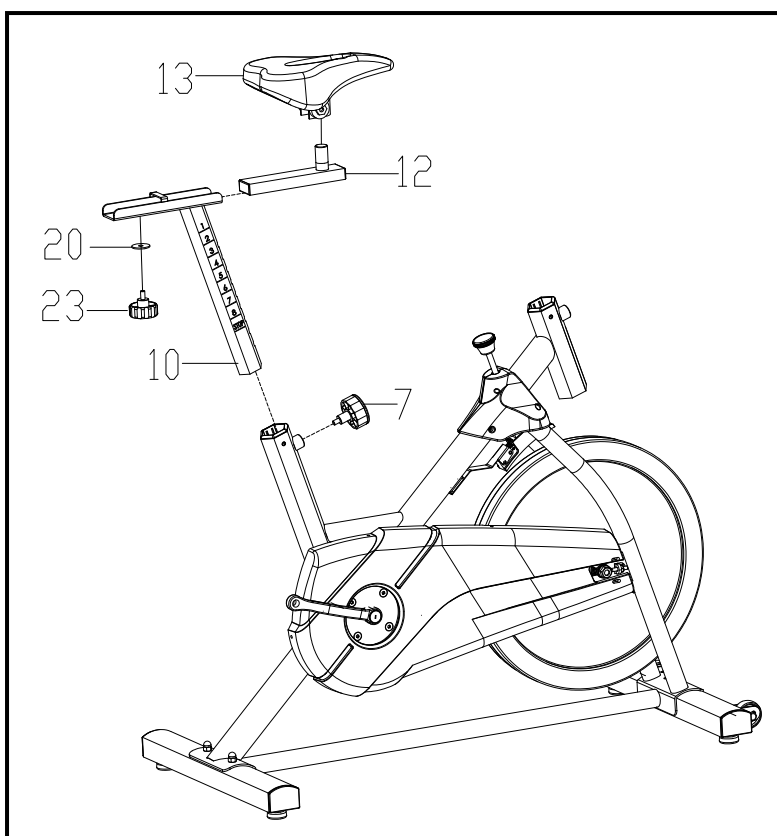
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.



### **STEP 1**

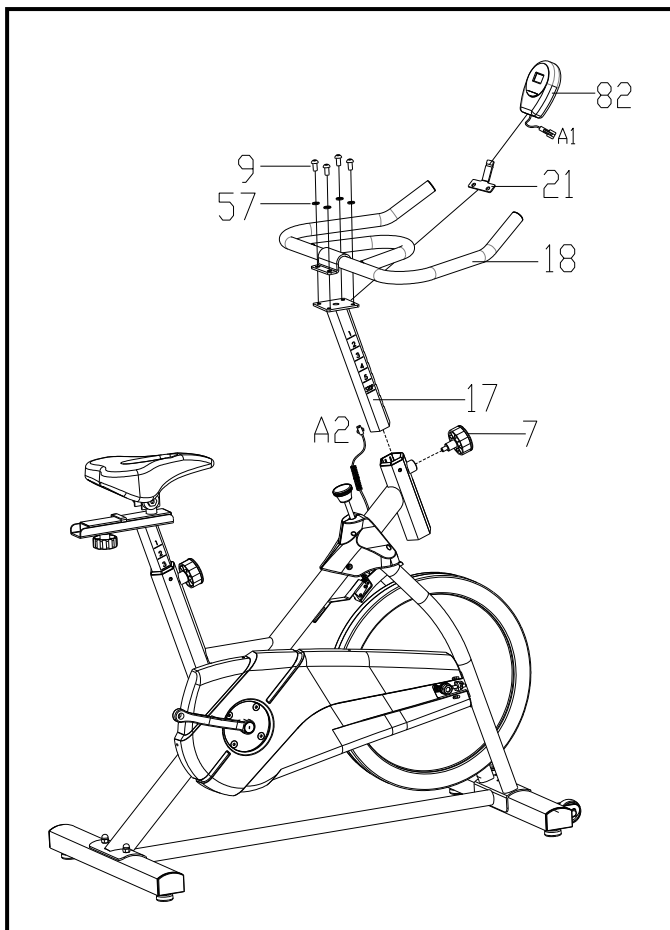
Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8\*57 Carriage Bolt (pt.3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8\*57 Carriage Bolt (pt.3).



### **STEP 2**

Slide the Vertical Seat Post (pt.10) into the seat post housing on the Main Frame. You will have to slacken the knurled section of the Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion. Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10), use the Knob (pt.23) and the Flat Washer (pt.20) to tighten. Finally the Seat (pt.13) fixed on the Seat Post (pt.12) as shown, and tighten the nuts under the seat.



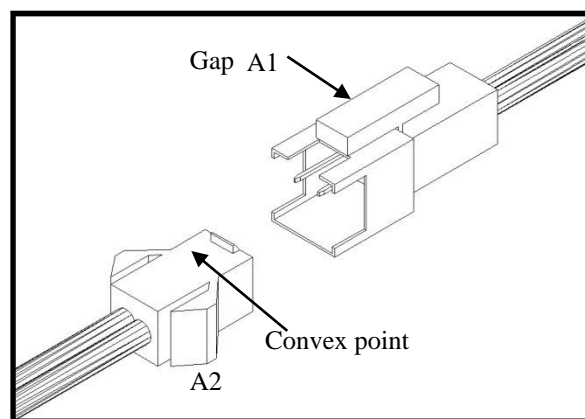
### STEP 3

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Then the Handlebar (pt.18) and the Computer Holder (pt.21) fixed on the Handlebar Post (pt.17), use four sets of Bolts (pt.9) and the Elastic Washer (pt.57) to tighten.

Finally the Computer (pt.82) inserted on the supporting plate.

**ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY**



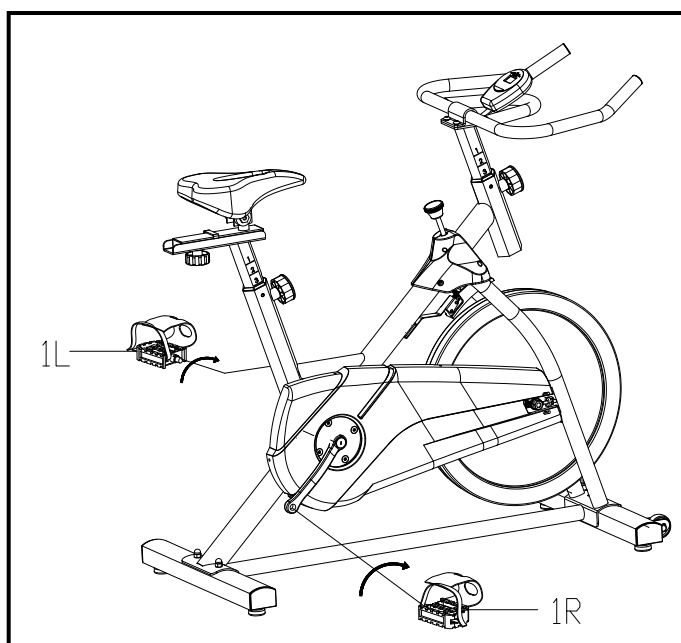
#### ATTENTION:

Connected with the computer line, to Gap (A1) corresponding to the convex point (A2) to insert link.

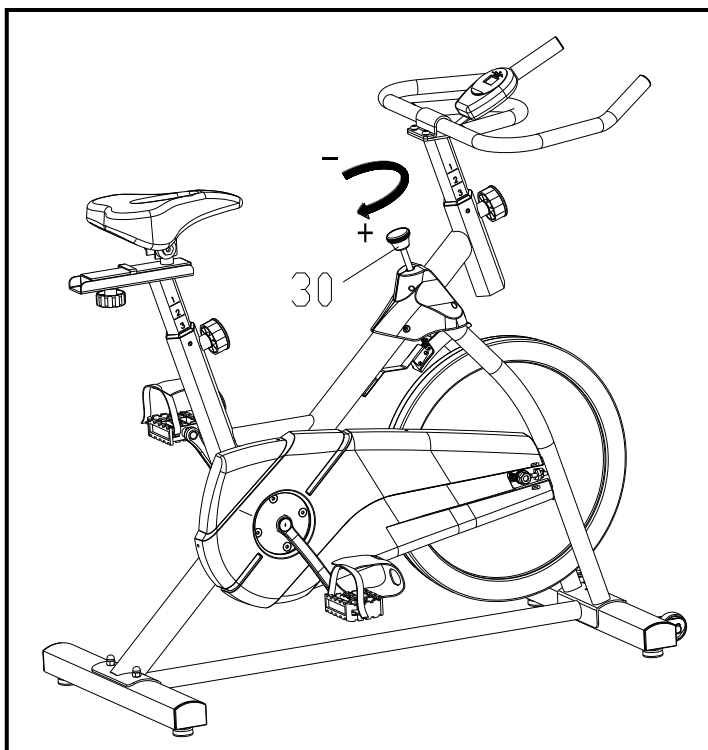
### STEP 4

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.







### **Adjusting the Tension:**

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

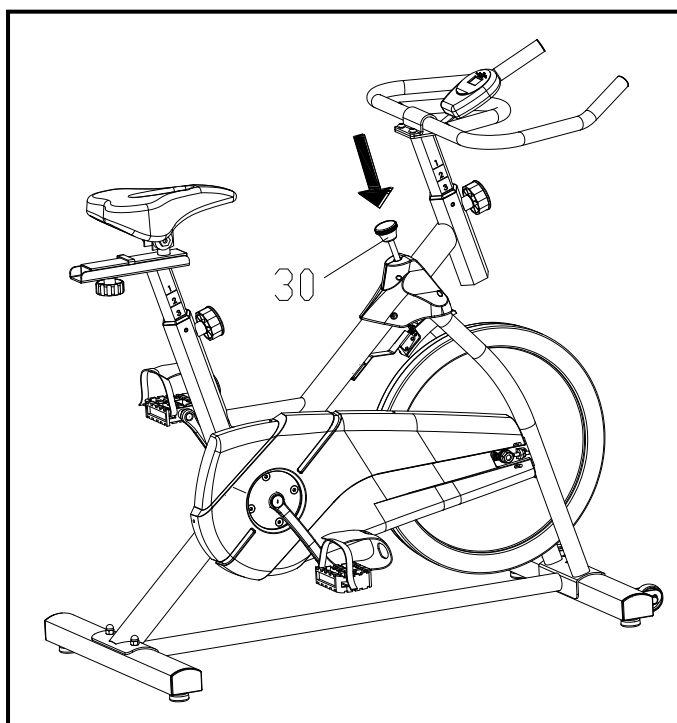
To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the right.

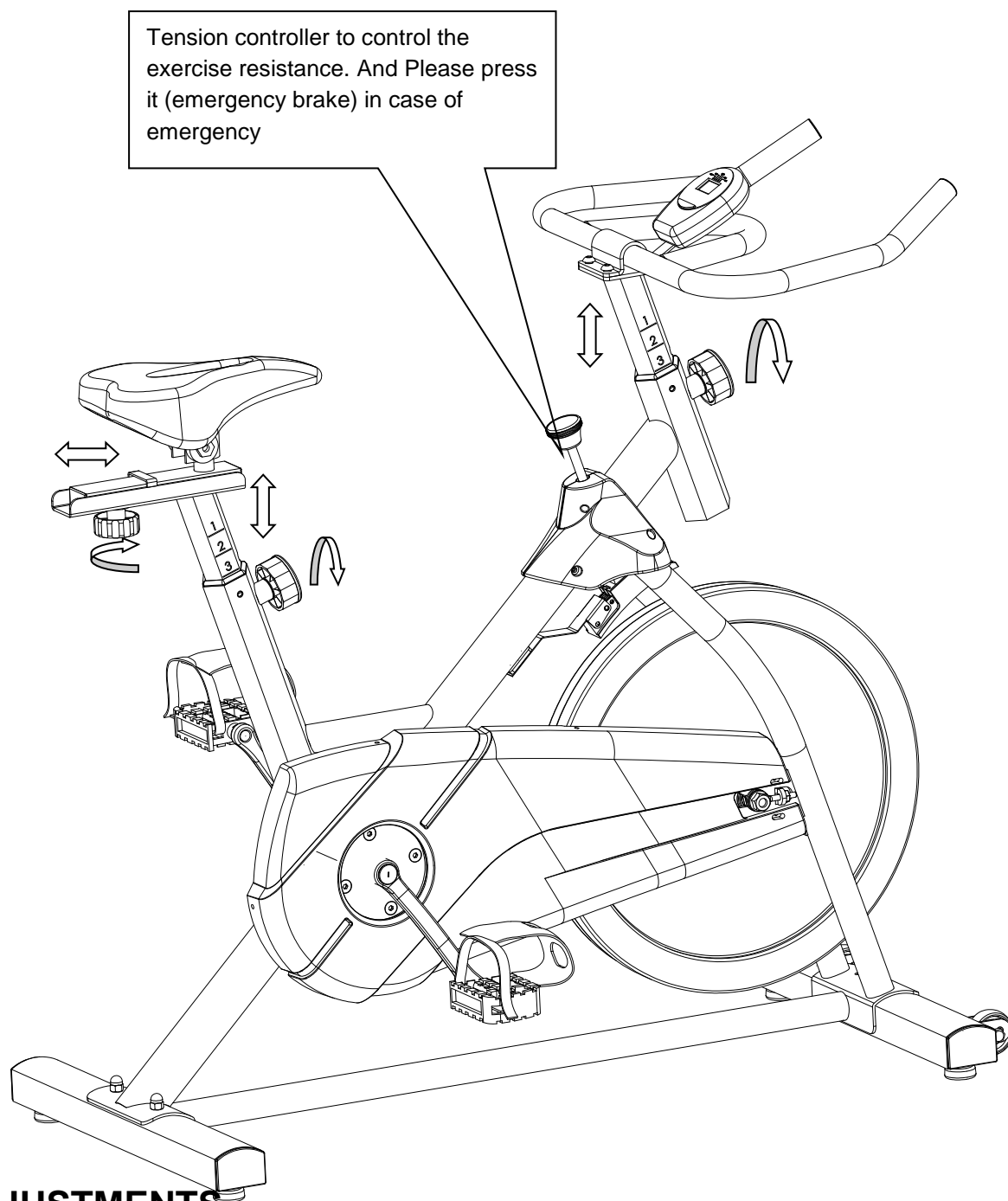
To decrease tension and Decrease resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30).

### **Using the Emergency Brake Function:**

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob (#30).





## **ADJUSTMENTS**

\*To adjust the seat height, slacken the adjusting knob on the vertical post stem on the main frame a. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

\*To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob. Slide horizontal seat post into desired position.

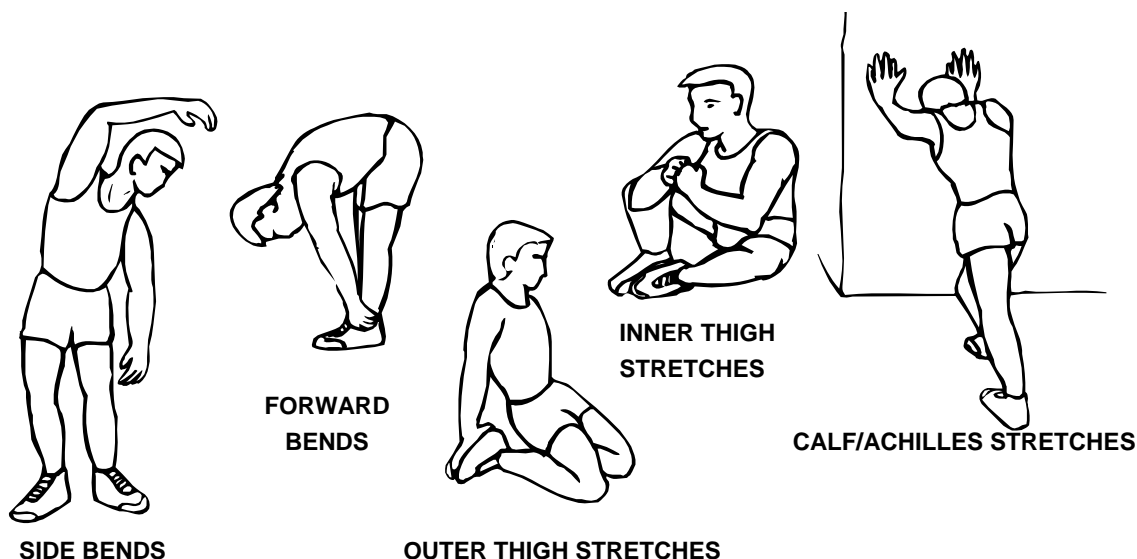
\*To adjust the handlebar height, slacken the adjusting knob. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.

## EXERCISE INSTRUCTIONS

Using your RACING 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.

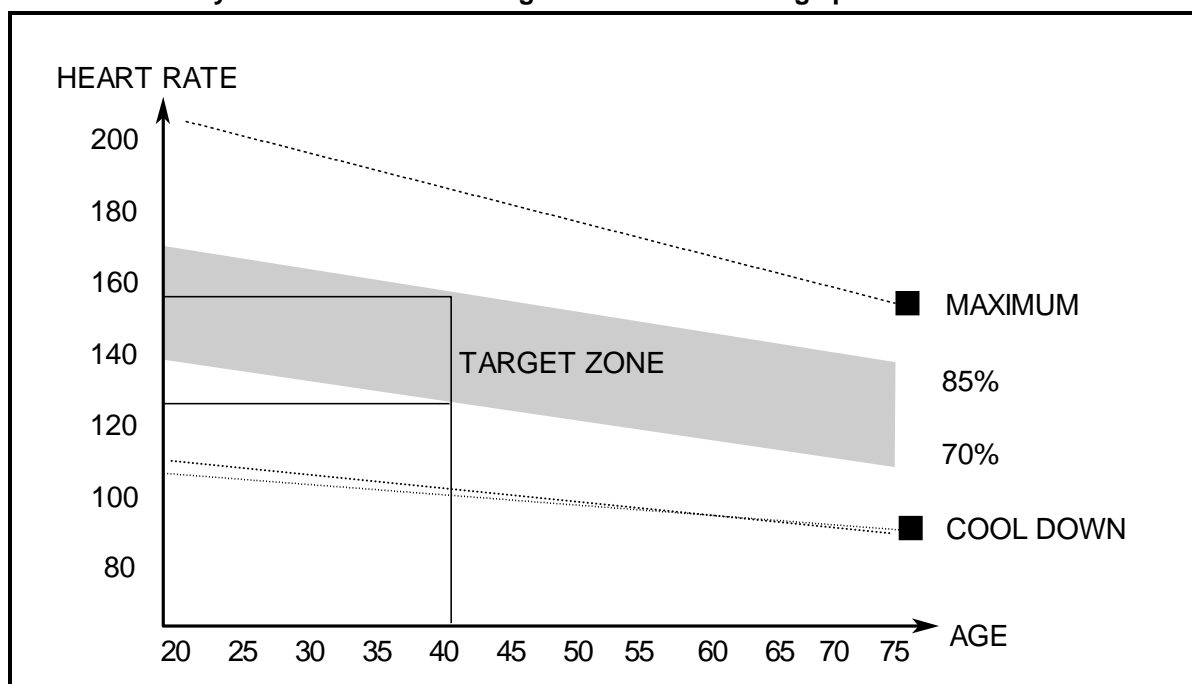
### 1.The Warm-Up Phase

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

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 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 minutes.

### 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 at this slower pace for approximately 5 minutes before you get off your Exercise Bike. 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 to space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your RACING 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.

## SAFETY

1. Make sure all parts are securely fastened before using your cycle - tighten any loose nuts and bolts.
2. Always consult your physician before engaging in any exercise program.
3. Wear sensible clothing while exercising.
4. Do not let children around the bike whether it is in use or not.
5. Do not exercise within 2 hours of eating a large meal, or for one hour before.
6. Exercise should be stopped if any of the following occur: Nausea, Trembling, Extreme Shortness of Breath, Excessively Fast Heart Rate, A Throbbing Head or Pains in the Chest. Your physician should be consulted if any of the symptoms of discomfort persist.

## **EXERCISE COMPUTER**

### **Over view**

The unit is an electronic that display all workout parameters on LCD display. The workout parameters include: Odometer (Option), Time, Speed, Distance, Calories and Pulse (Option). All workout parameters may be selected by the select key.

### **Mode or Function Action**

#### **Power on**

If push the button, the unit will be on and display the parameters of the last exercise.

#### **Select function**

Push the button, the unit will display 5 parameters one by one. Push the mode key until the "SCAN" signal shows on right down side. The unit will scan by through Time, Speed, Distance, Calories and Pulse each for 4 seconds.

#### **Odometer (Option)**

Push the mode key again, the scan will stop and the "SCAN" signal will disappear. If push the button until the "ODO" points to "ODO", the display shows the Odometer on the meter. The reading of the odometer will be reset to zero after replacing the batteries.

#### **Time**

Push the mode key until the "TMR" points to "Time" to display the exercises time. If the bike stop moving, the unit will stop count time also.

#### **Speed**

When the "SPD" points to "SPD" to display the speed value. unit: km/h.

#### **Distance**

When the "DIST" points to "Dist" to display the distance value. unit: km.

#### **Calories**

When the "CAL" points to "CAL" to display the calories value. unit: K Cal.

#### **Pulse (Option)**

When the "PULSE" points to "pulse" to display the heart rate of biker in per minute. If the sensor is contact with ear, clip the sensor to earlobe before measuring your pulse rate. If the pulse sensor is contact with hand, place the palms of your hands on the both of the contact pads before measuring your pulse rate. If the pulse signal is not in put over 30 second, the unit will return the "Time" function

**WARNING! Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately".**

#### **Reset**

Push the mode key over 3 seconds the showing will become to zero.

#### **Auto off**

The unit will be off if the speed signal stops over 4 minutes.

## **Specifications**

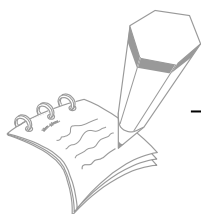
<b>FUNCTION</b>	<b>Auto Scan</b>	Every 4 seconds
	<b>Elapsed Time</b>	00:00~99:59
	<b>Speed</b>	0.0~99.9km/h
	<b>Distance</b>	0.00~99.99km
	<b>Calorie</b>	0.00~999.9kcal
	<b>Pulse</b>	40~180/min
<b>Controller</b>		4 bit single chip microprocessor
<b>Sensor</b>		No-contact magnetic type
<b>Battery type</b>		2 pcs of Size-AA or UM-3
<b>Operating temperature</b>		0°~+40°C
<b>Storage temperature</b>		-10°~+60°C

## **TROUBLESHOOTING.**

1. **Changing the battery.** To change the computer battery, please slide the computer from the computer holder, remove the battery cover from the back of the computer console, and remove the batteries. Replace with batteries. Finally, put the cover back on the console, and slide the computer back on the computer holder.

## **BATTERY DISPOSAL**

1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash.
2. When you eventually want to scrap the machine, you should remove the batteries from the computer, and dispose of them separately as hazardous waste.



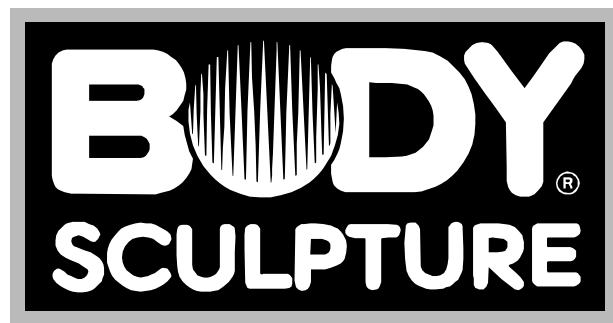
## EXERCISE NOTES

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*Use this space to record your own exercise routine results*







S I N C E 1 9 6 5