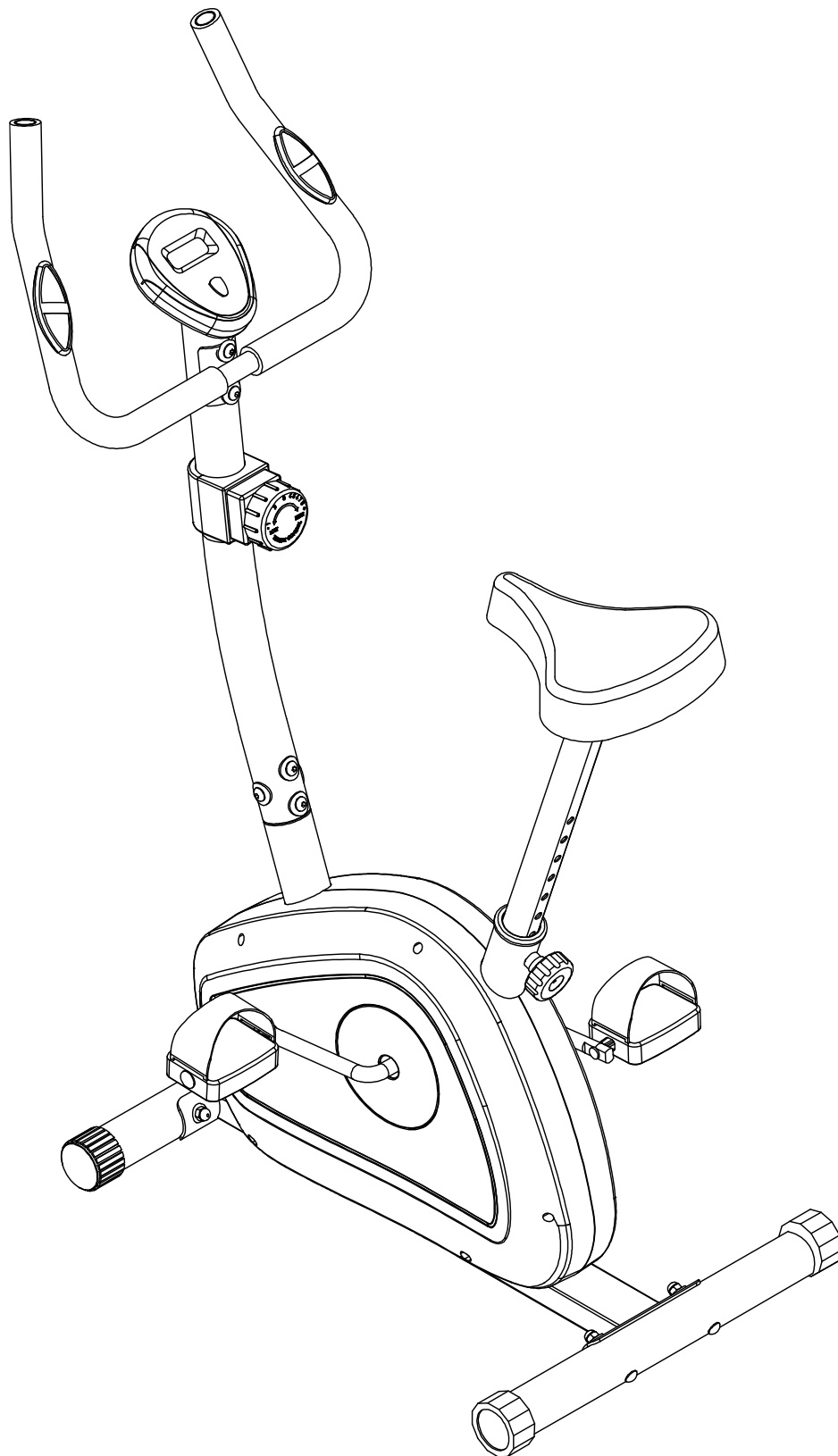


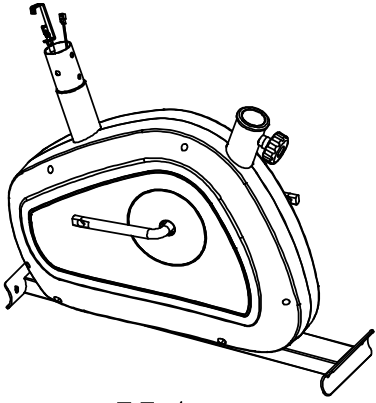
MK-B002 MAGNETIC BIKE
43238552



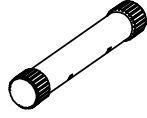
Important Safety Information

Please keep this manual in a safe place for reference.

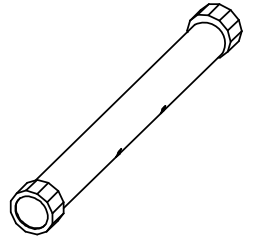
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
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 repaired.
9. Check the connection point and gearing parts before use to prevent danger.
10. Warning the equipment should 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 EN20957 and AS4092 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.



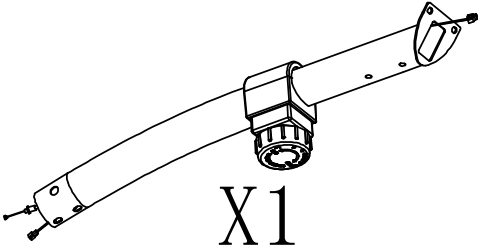
X1



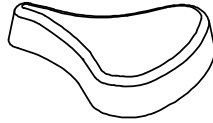
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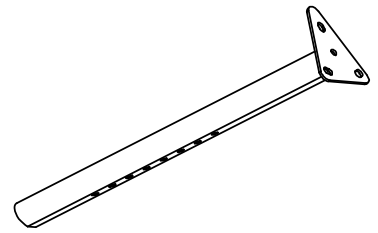
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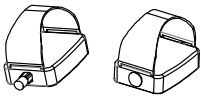
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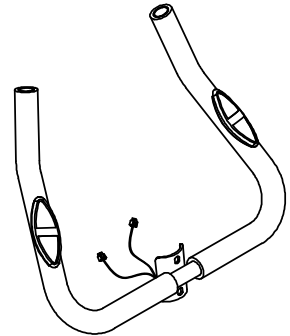
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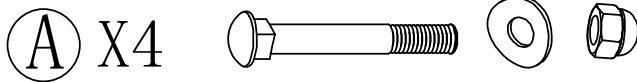
R/L



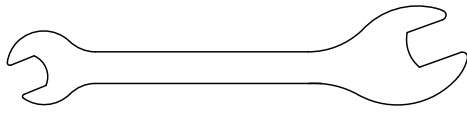
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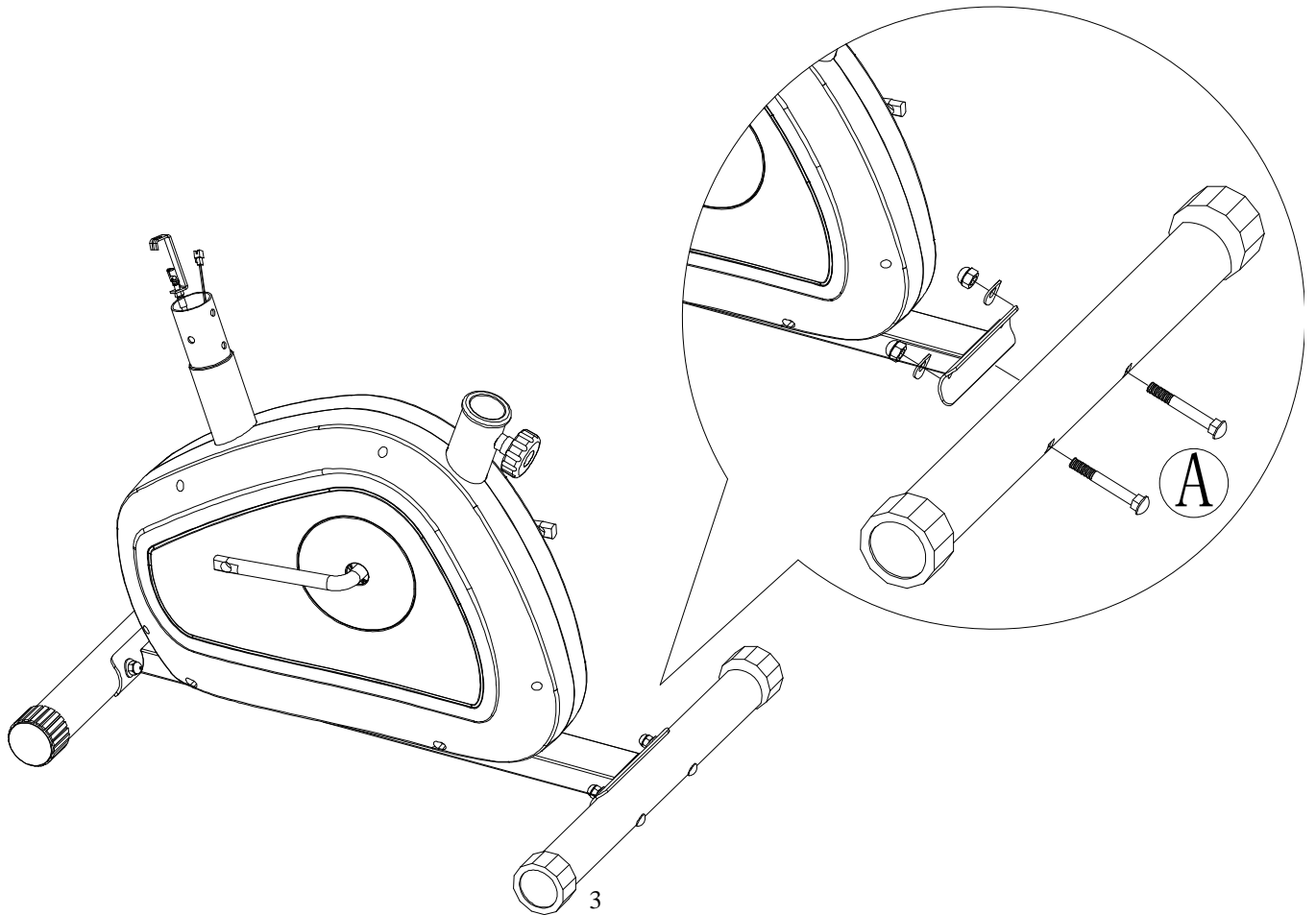
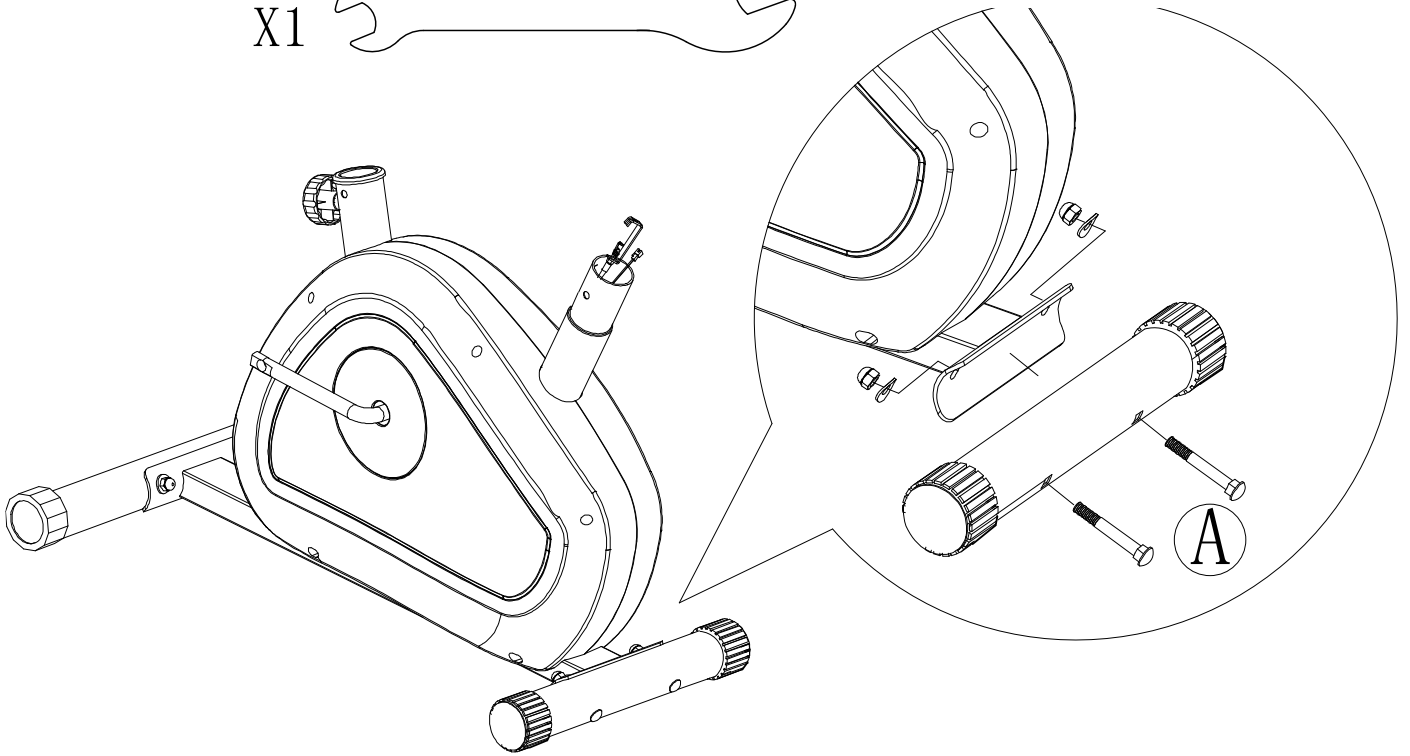


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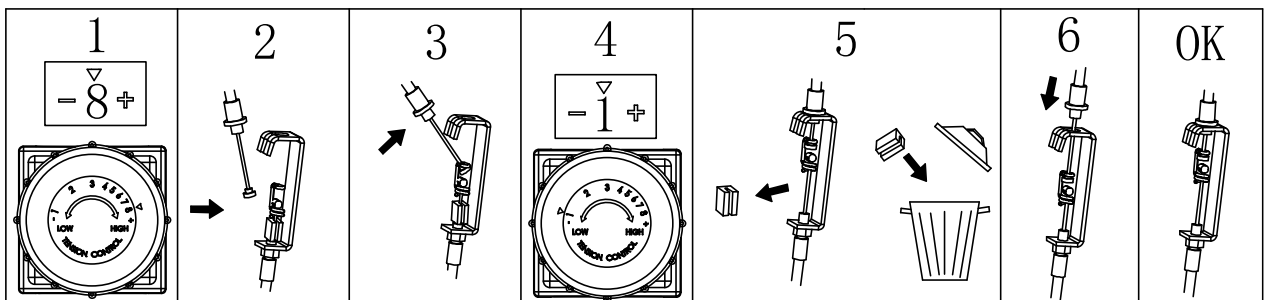
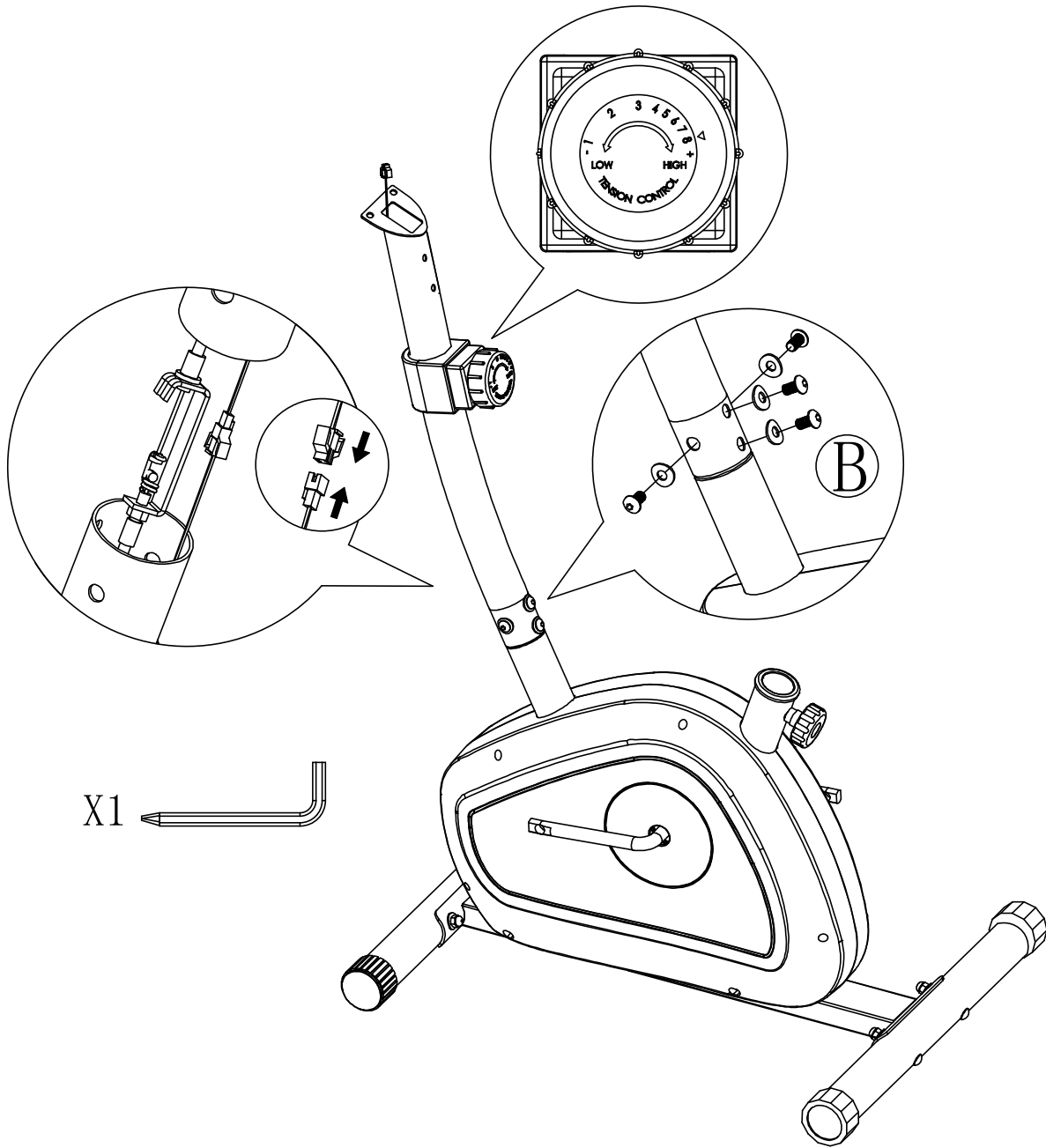


STEP 1

X1 

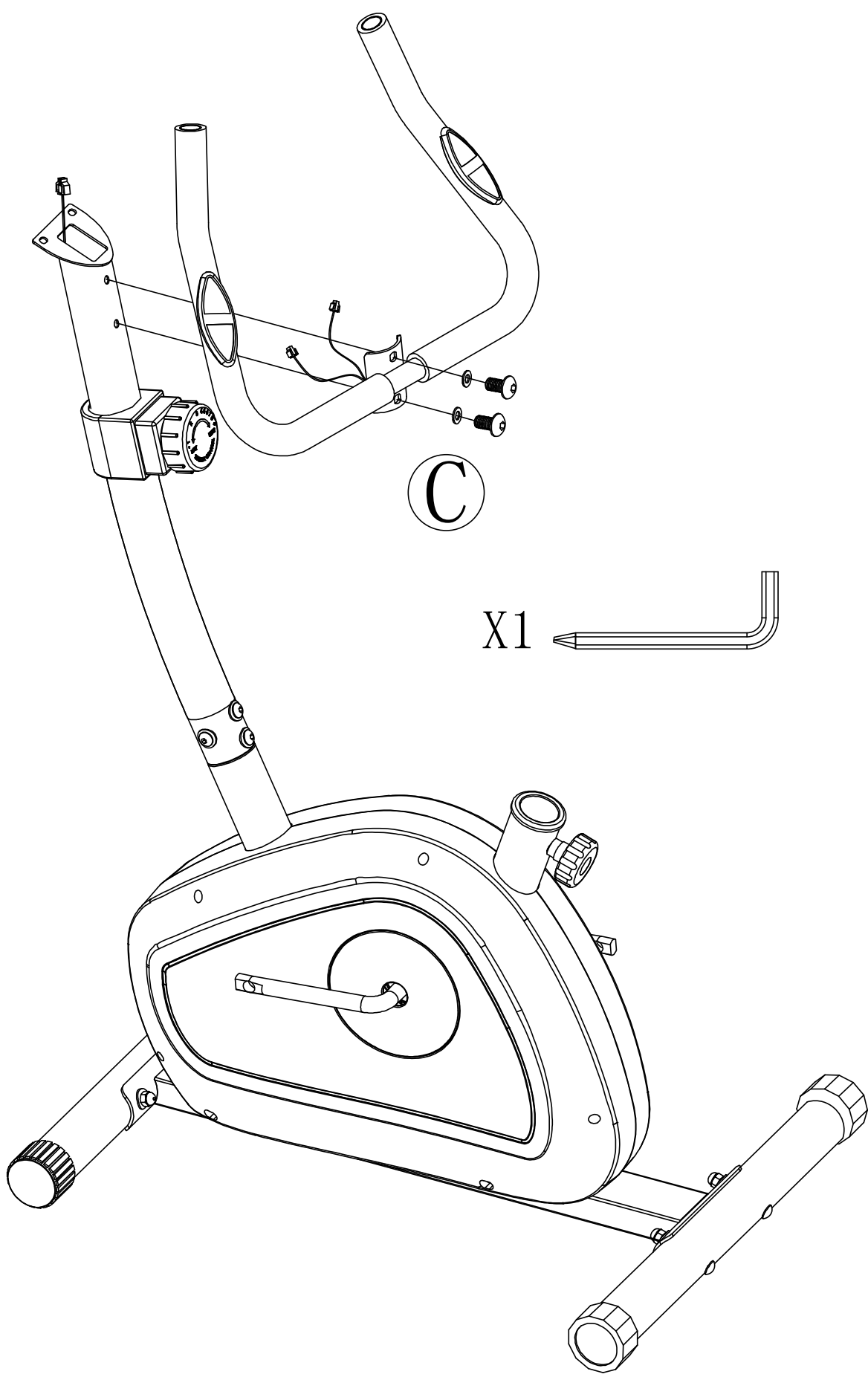


STEP 2




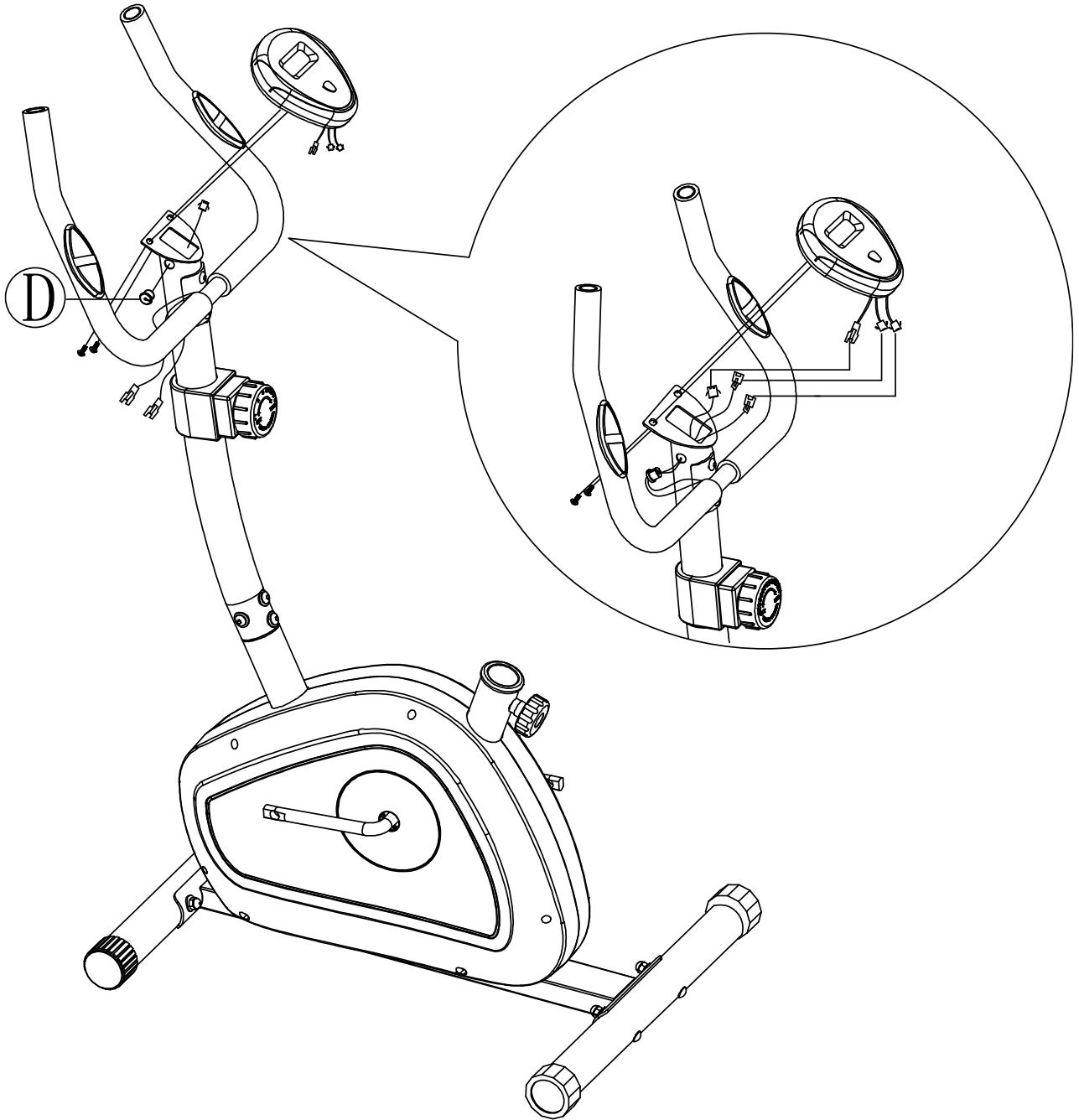
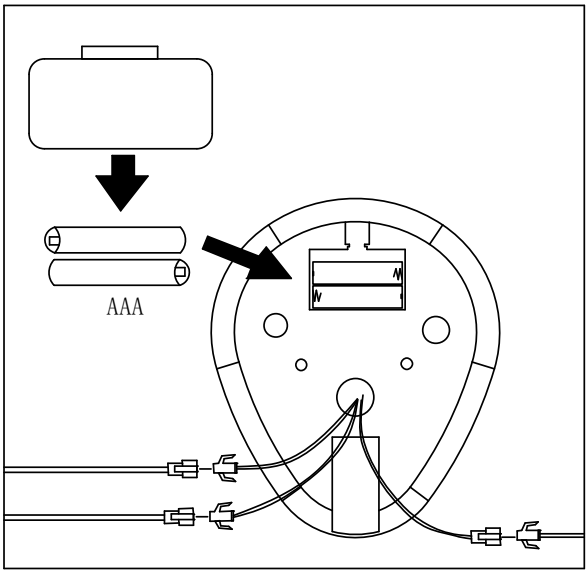
IMPORTANT: STEP 5, REMOVE THIS BLACK CLIP

STEP3



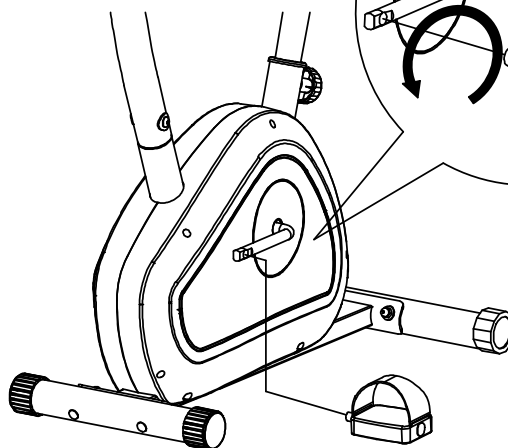
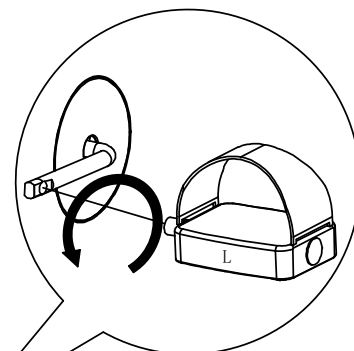
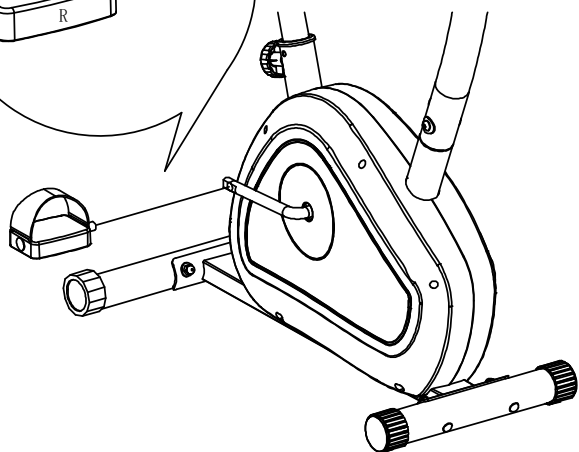
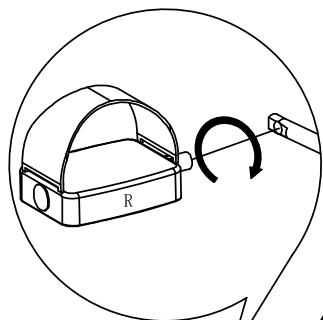
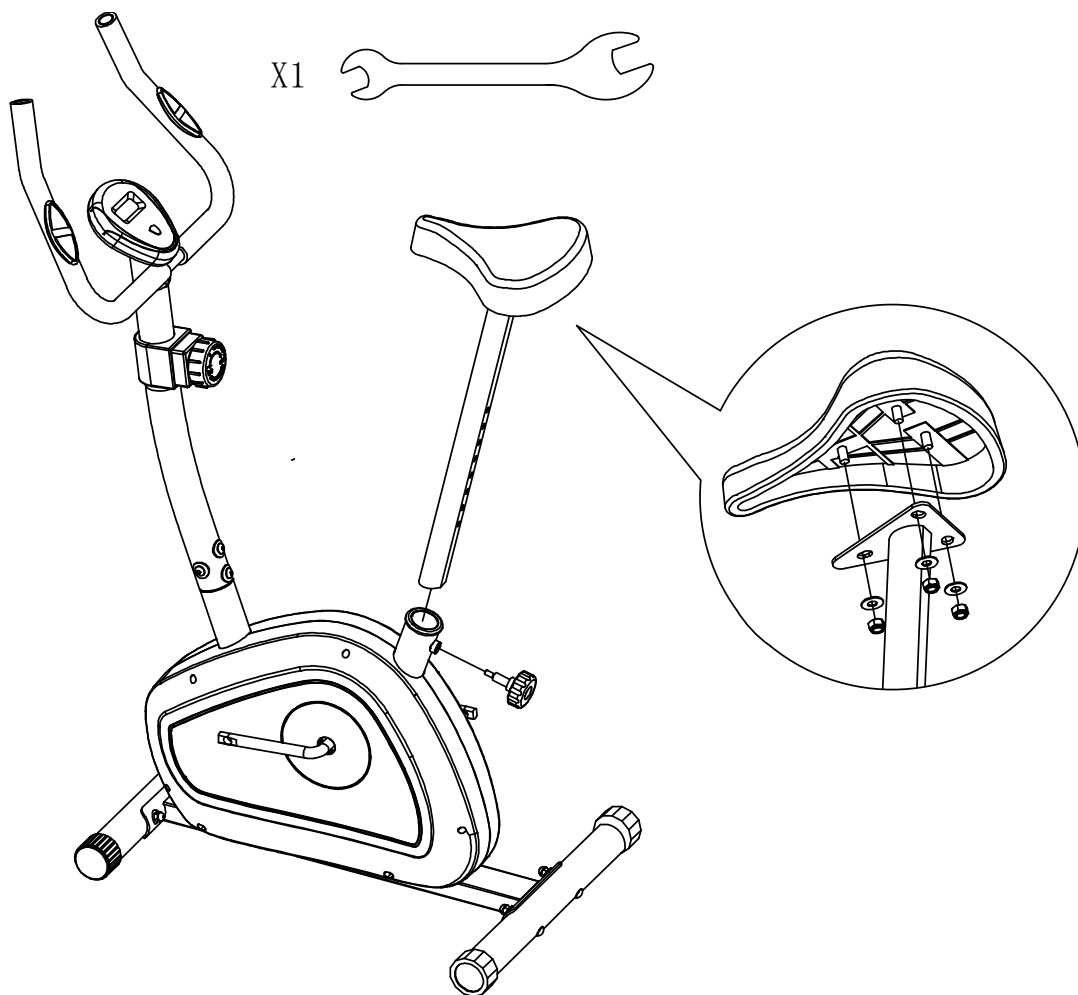
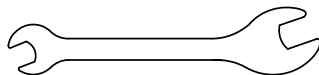
STEP 4

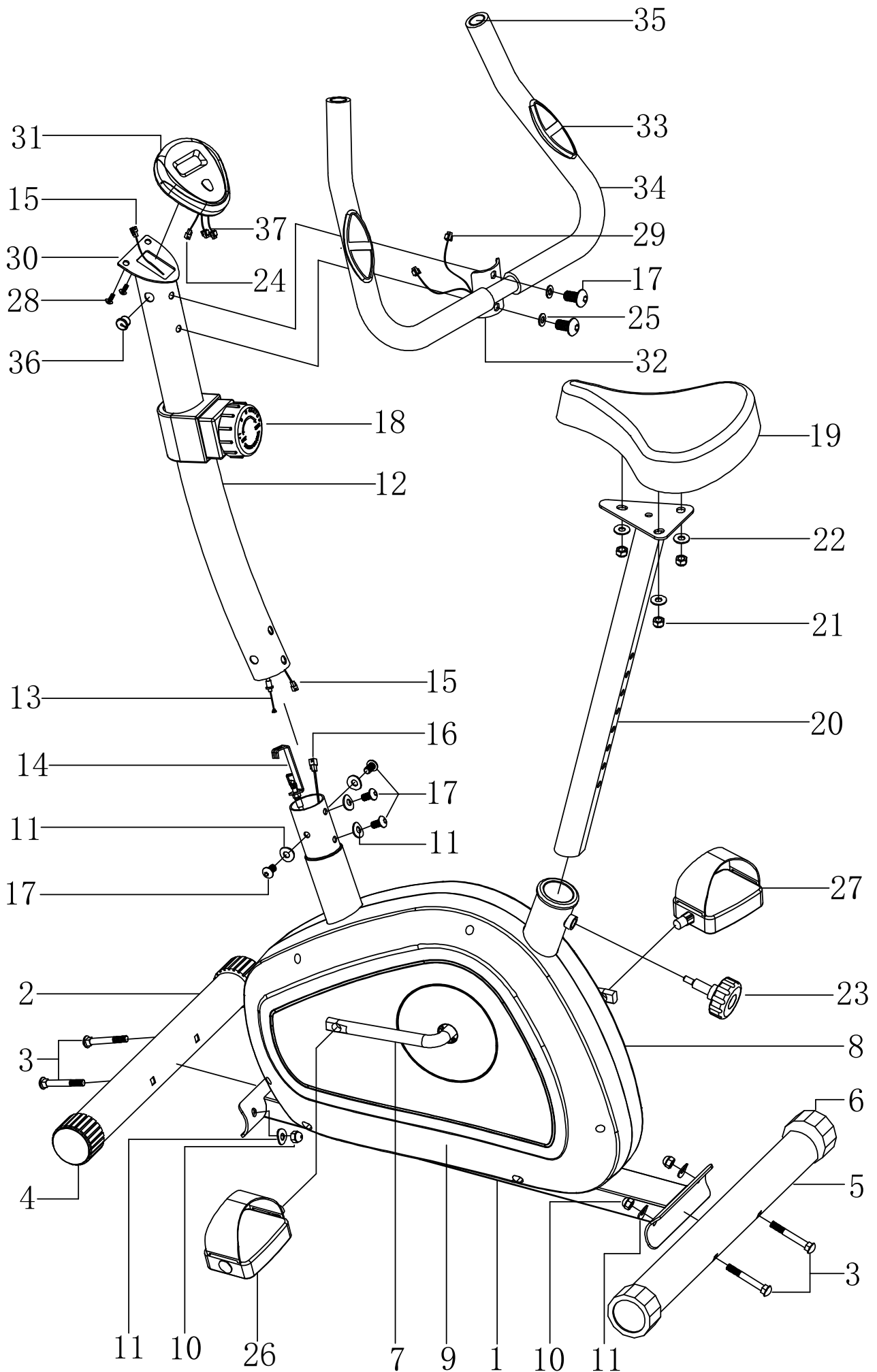
X1 



STEP5

X1





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 (angel 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 (φ 8)	8
12.	Front post	1
13.	Upper cable wire	1
14.	Lower cable hook	1
15.	Upper sensor wire	1
16.	Lower sensor wire	1
17.	Allen key bolt (M8*15)	6
18.	Tension control knob	1
19.	Seat	1
20.	Seat post	1
21.	Lock nut (M8)	3
22.	Washer (φ 8)	3
23.	Adjustment knob	1
24.	Computer sensor wire	1
25.	Washer (φ 8* φ 16)	2
26.	Pedal (left)	1
27.	Pedal (right)	1
28.	Fixing screw (M5*10)	2
29.	Pulse plug wire	2
30.	Computer bracket	1
31.	Computer	1
32.	Handlebar	1
33.	Pulse sensor	2
34.	Foam grip	2
35.	Round end cap	2
36.	Plug	1
37.	Pulse sensor wire on computer	2

SEAT ADJUSTMENT: USE Part 23(Adjustment Knob) to adjust seat height . Be sure to tight the knob .Be sure to choose suitable height for exercise. Wrong seat height may result in serious injury

EXERCISE COMPUTER



Functions and Operations

1. Batteries Installation

Please install 2 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 9999. 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 (2PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safety.
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. **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 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 bike, please make sure the upper tension cable is connected to the lower tension cable.

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 separately as hazardous waste.

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.
3. 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.