

# MAGNETIC

Art.-Nr. BP 200



MONTAGE-  
ANLEITUNG

BEDIENUNGS-  
ANLEITUNG

TRAININGS-  
ANLEITUNG

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# IMPORTANT SAFETY PRECAUTIONS

**WARNING:** Before using the bike, please read the following safety precautions carefully in order to reduce the risk of injury.

1. This bike is designed for household use only. Do not use it in a commercial, rental, or institutional setting.
2. Use the bike only on a level and solid surface.
3. Wear appropriate clothing when exercising. Do not wear loose clothing which may get caught in the bike. Always wear athletic shoes for foot protection.
4. Keep small children away from the bike at all times.
5. Ensure that all bolts and nuts are securely tightened before exercising.
6. Warm up for 5 to 10 minutes before using this bike, and cool down for 5 to 10 minutes afterwards.
7. When operating the bike, start pedaling slowly, gradually increasing the rate of speed until you reach the desired workout level. Do not complete your workout abruptly; reduce it gradually until your heart rate returns to normal.
8. Do not exercise within 2 hours of eating or one hour before.
9. Do not exercise standing up or leaning backward which may cause damage to or cause this bike to tip over.
10. The exercise should be stopped if any of the following occur: nausea, trembling, extreme shortness of breath or throbbing chest pain. Consult your physician at once.

## IMPORTANT

Before starting this or any exercise program, consult your physician. This is extremely important for persons over the age of 35 or persons with pre-existing health problems.

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## BEFORE YOU BEGIN

For your benefit, read all instructions carefully. Set-up this Bike in accordance with the steps in the manual.

Remove each parts from its packing material. Place all parts on a clear area and check you have all the parts listed before beginning assembly. Do not dispose of the packing materials until assembly is completed.

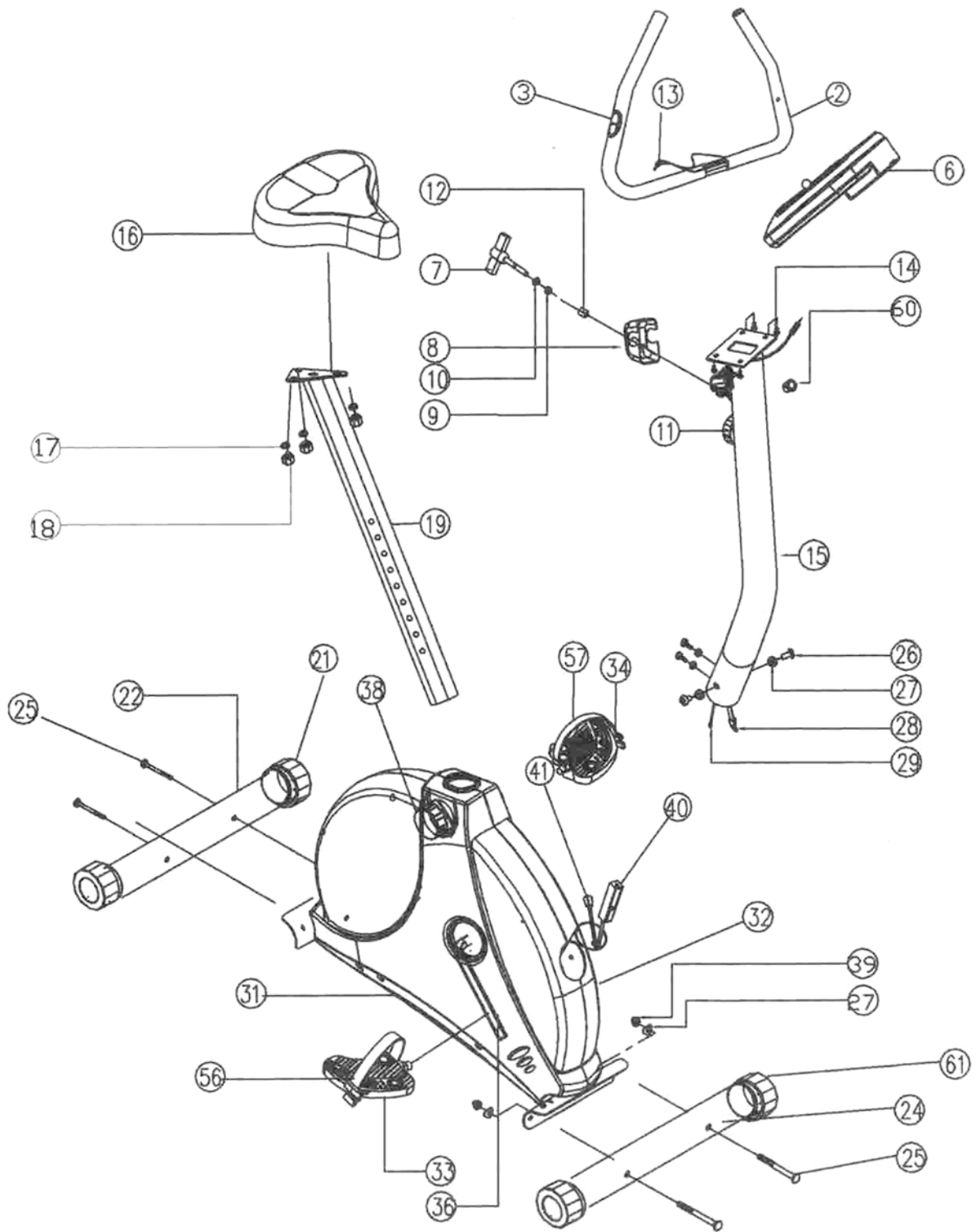
For helping you to easily assemble, please review the drawing below and familiarize yourself with the parts that are marked.



## PARTS LIST

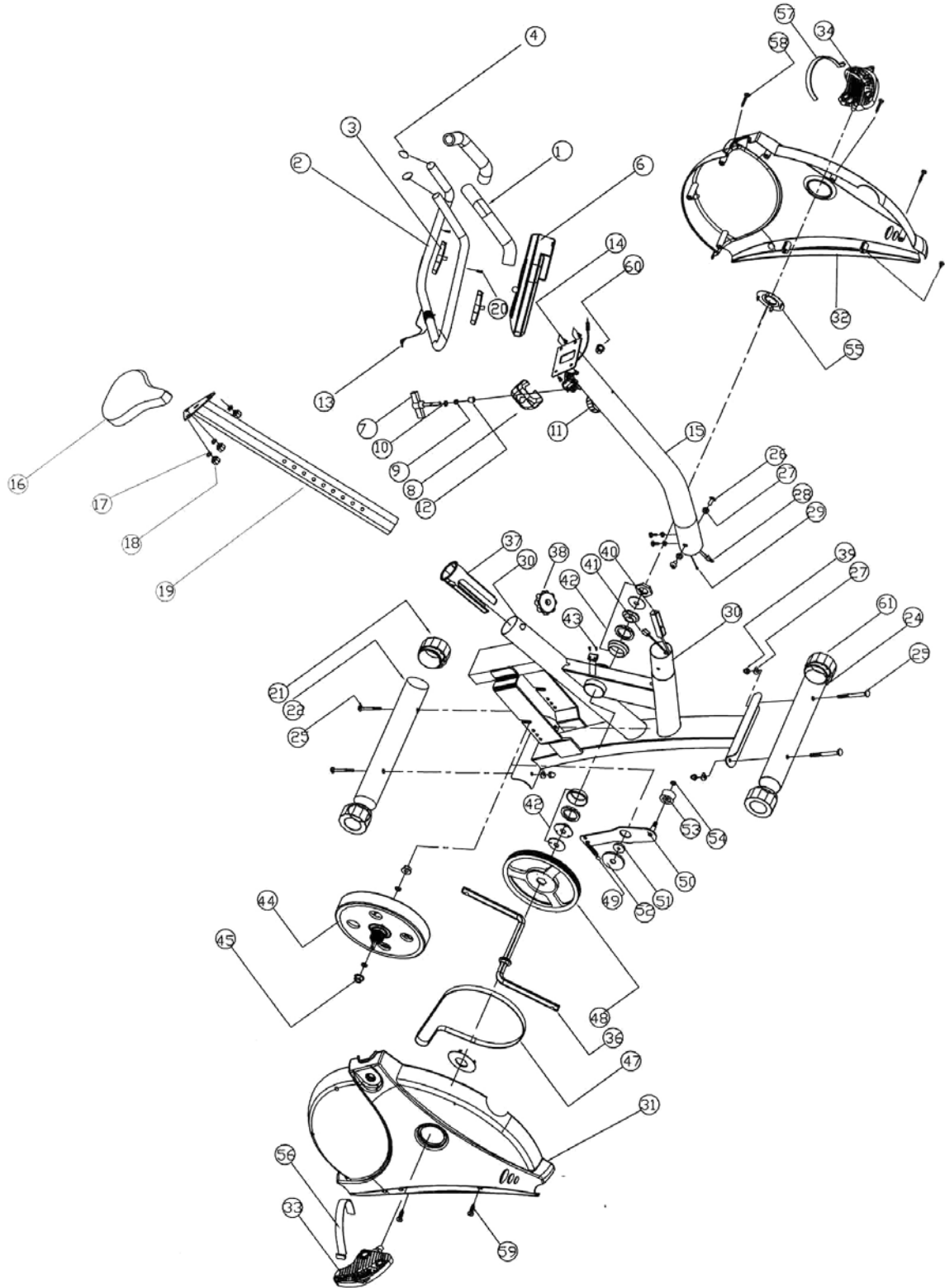
| No. | Description                                       | Number |
|-----|---|--------|
| 2   | Handlebar   | 1      |
| 3   | MEGA hand-pulse sensors                           | 2      |
| 6   | Computer  | 1      |
| 7   | T-bolt for handlebar M8*55                        | 1      |
| 8   | Front plastic handlebar cover                     | 1      |
| 9   | Washer for affixing handlebar                     | 1      |
| 10  | Spring washer for affixing handlebar              | 1      |
| 11  | Resistance regulator                              | 1      |
| 12  | Bush for T- bolt                                  | 1      |
| 13  | Hand - pulse cable                                | 1      |
| 14  | Screws or affixing computer                       | 4      |
| 15  | Handlebar column                                  | 1      |
| 16  | Saddle  | 1      |
| 17  | Plate washer                                      | 3      |
| 18  | Nylon nut   | 3      |
| 19  | Saddle post                                       | 1      |
| 21  | Rear stand foot cover cap                         | 2      |
| 22  | Rear stand foot                                   | 1      |
| 24  | Front stand foot                                  | 1      |
| 25  | Coach bolt for stand foot                         | 4      |
| 26  | Handlebar column hexagon screw                    | 4      |
| 27  | Curved washer for handlebar column and stand foot | 8      |
| 28  | Resistance regulator cable [upper]                | 1      |
| 29  | Computer cable [upper]                            | 1      |
| 31  | Side cover,right                                  | 1      |
| 32  | Side cover,left                                   | 1      |
| 33  | Pedal,right                                       | 1      |
| 34  | Pedal,left  | 1      |
| 36  | Crank   | 1      |
| 38  | Quick-adjustment screw for saddle post            | 1      |
| 39  | Capsule nut for affixing stand foot               | 4      |
| 40  | Resistance regulator cable [lower]                | 1      |
| 41  | Computer cable [lower]                            | 1      |
| 56  | Safety strap for pedal [right]                    | 1      |
| 57  | Safety strap for pedal [left]                     | 1      |
| 60  | Screw for resistance regulator                    | 1      |
| 61  | Front stand foot cover cap                        | 2      |

# Parts Chart



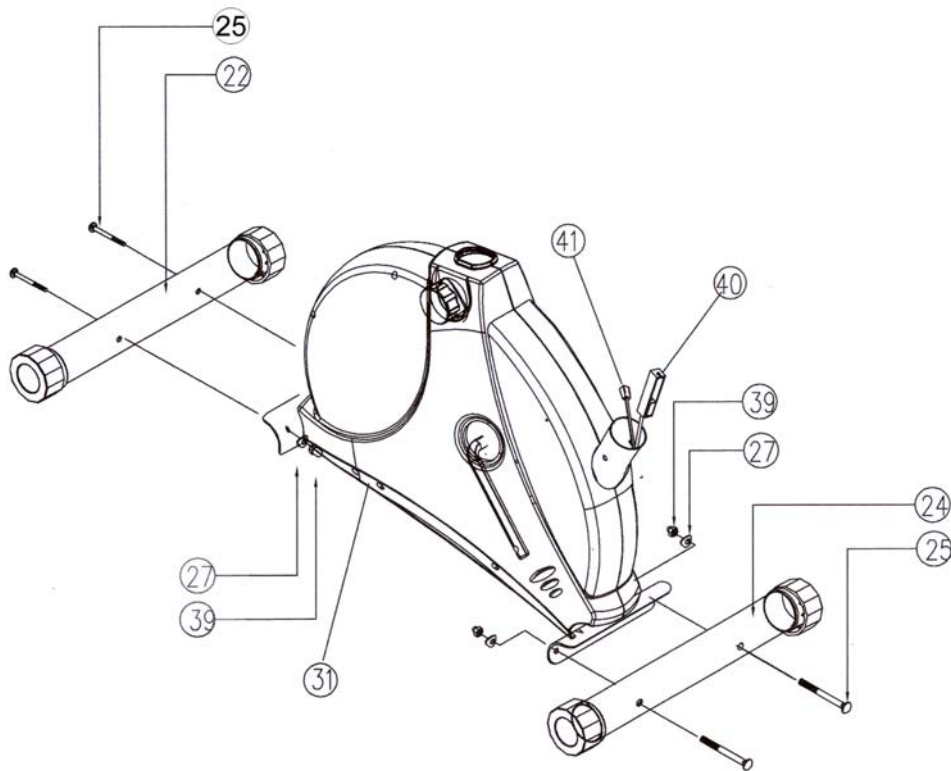
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# EXPLOSION CHART

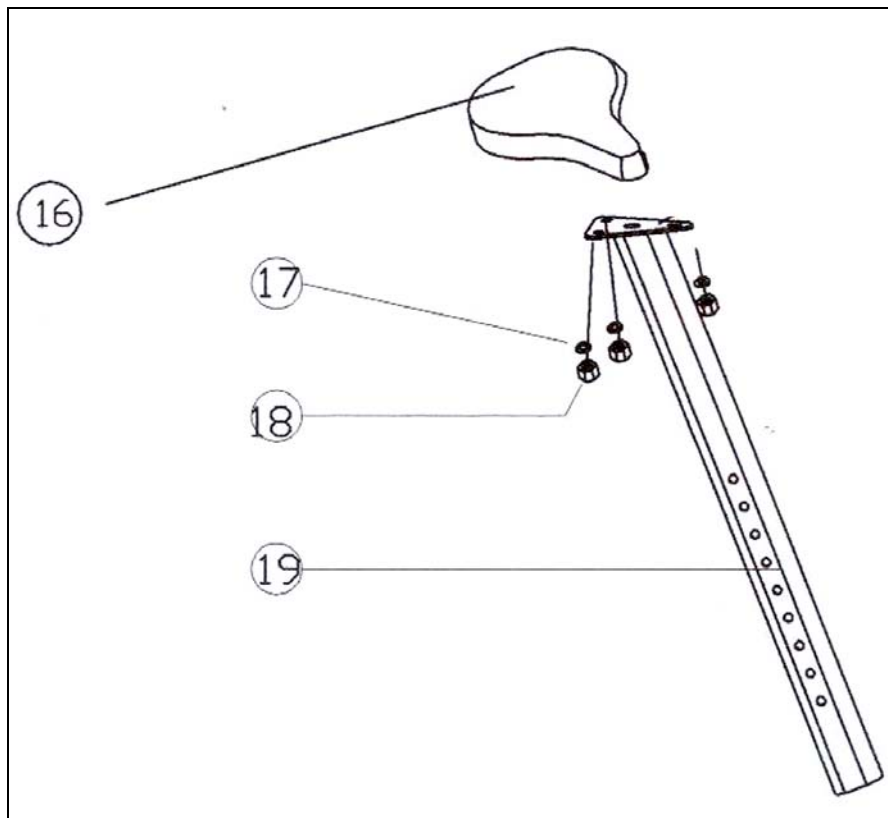


# Assembly Instruction

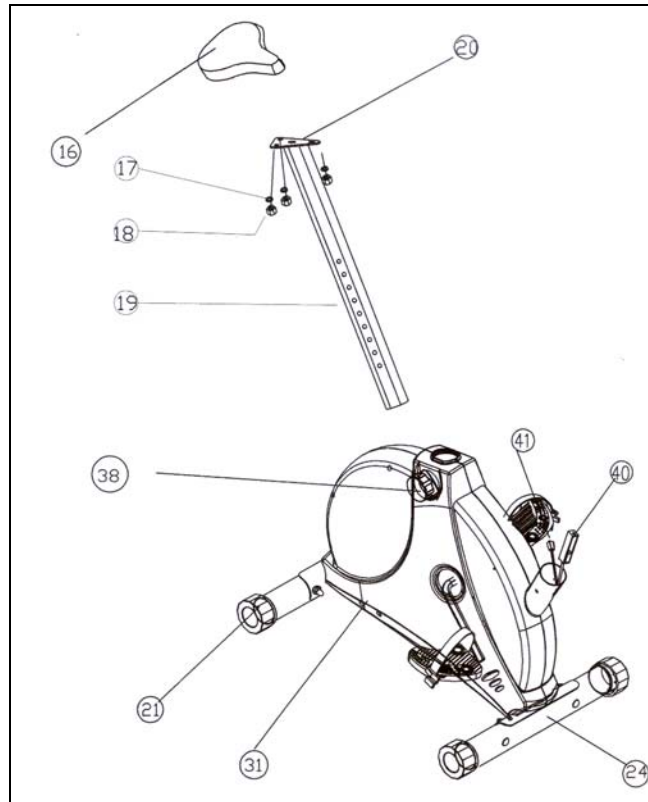
1. Attach the two stabilizers (22/24) to the main frame (30) with four coach bolts (25), four curved washers (27) and capsule nut (39).



2. Loosen the three nylon nuts (18) and the three-plat washers (17) under the seat (16). Fix the seat (16) to the seat post (19) using the said three nylon nuts (18) and three washers (17).

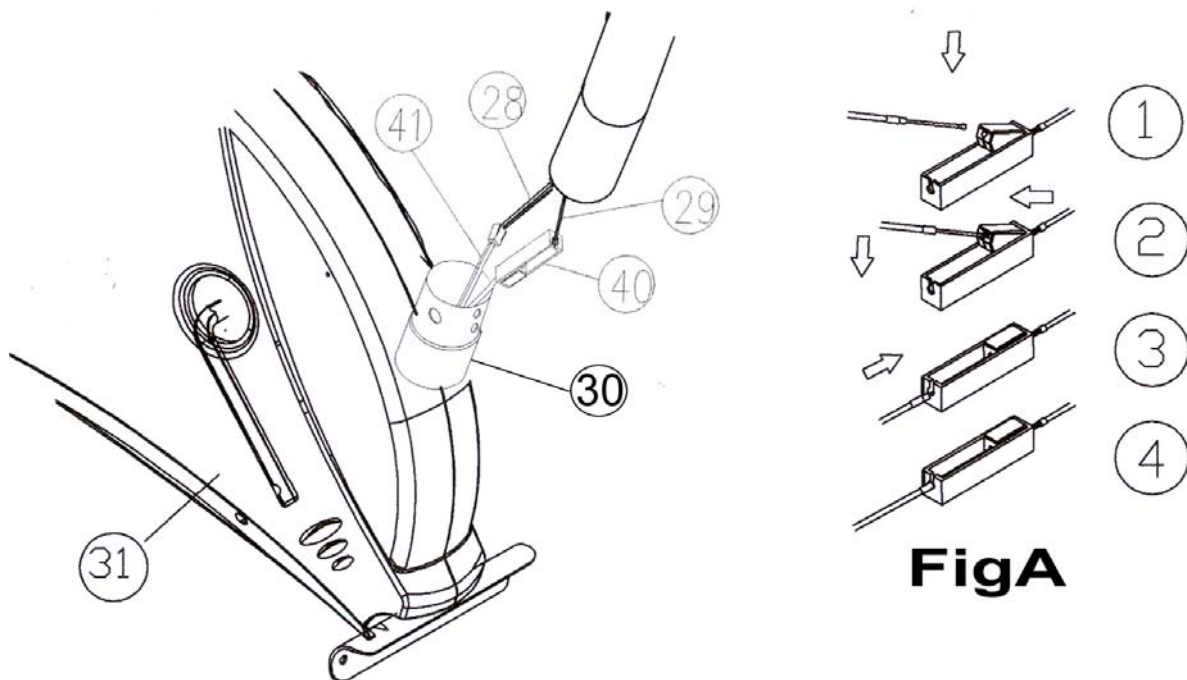


3. Loose the Adjustable knob (38) on the main frame (30). Slide the saddle post (19) into the rear stem of the main frame (30), and secure with the knob (38) in a proper height.



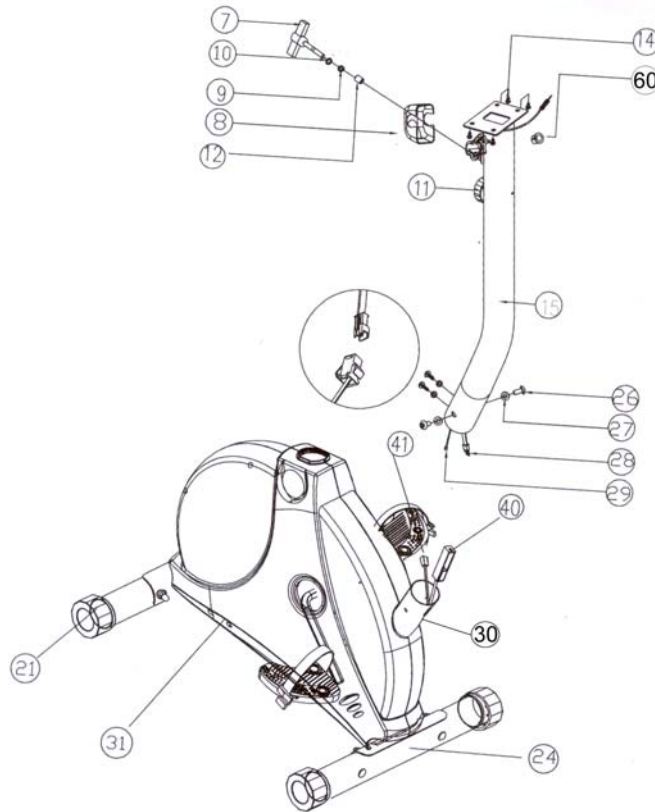
4. Thread the computer cable (Upper) (28) into the handlebar column(15) carefully lift the end of the Resistance regulator cable (Lower) (40) away from the main frame (30) and dispose of the card slip. Connect the aluminum ferrule of the Resistance regulator cable (Upper) (29) into the small spring assembly at the top end of the Resistance regulator cable (Lower) see Fig A. Pull hard against the spring resistance and slot into the top of the “U” shaped cradle to secure in place.

Connect the ends of the computer cable (Lower) (41) and computer cable (Upper) ( 28).

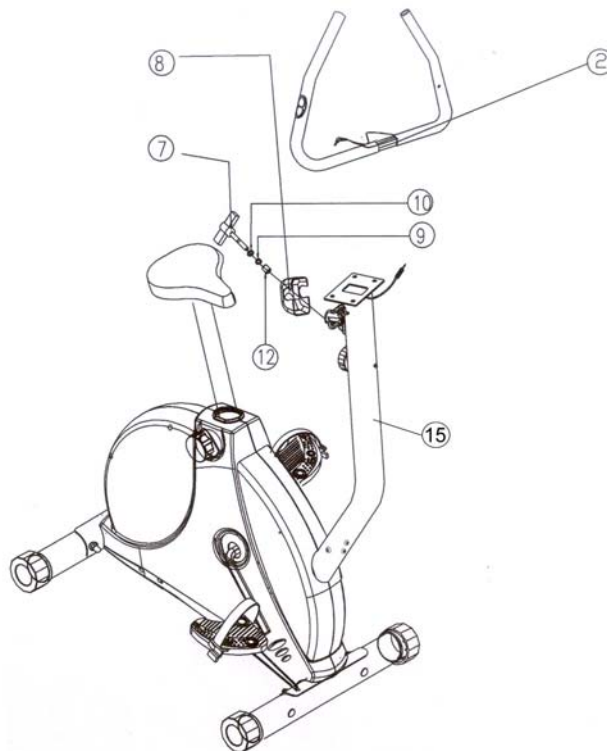




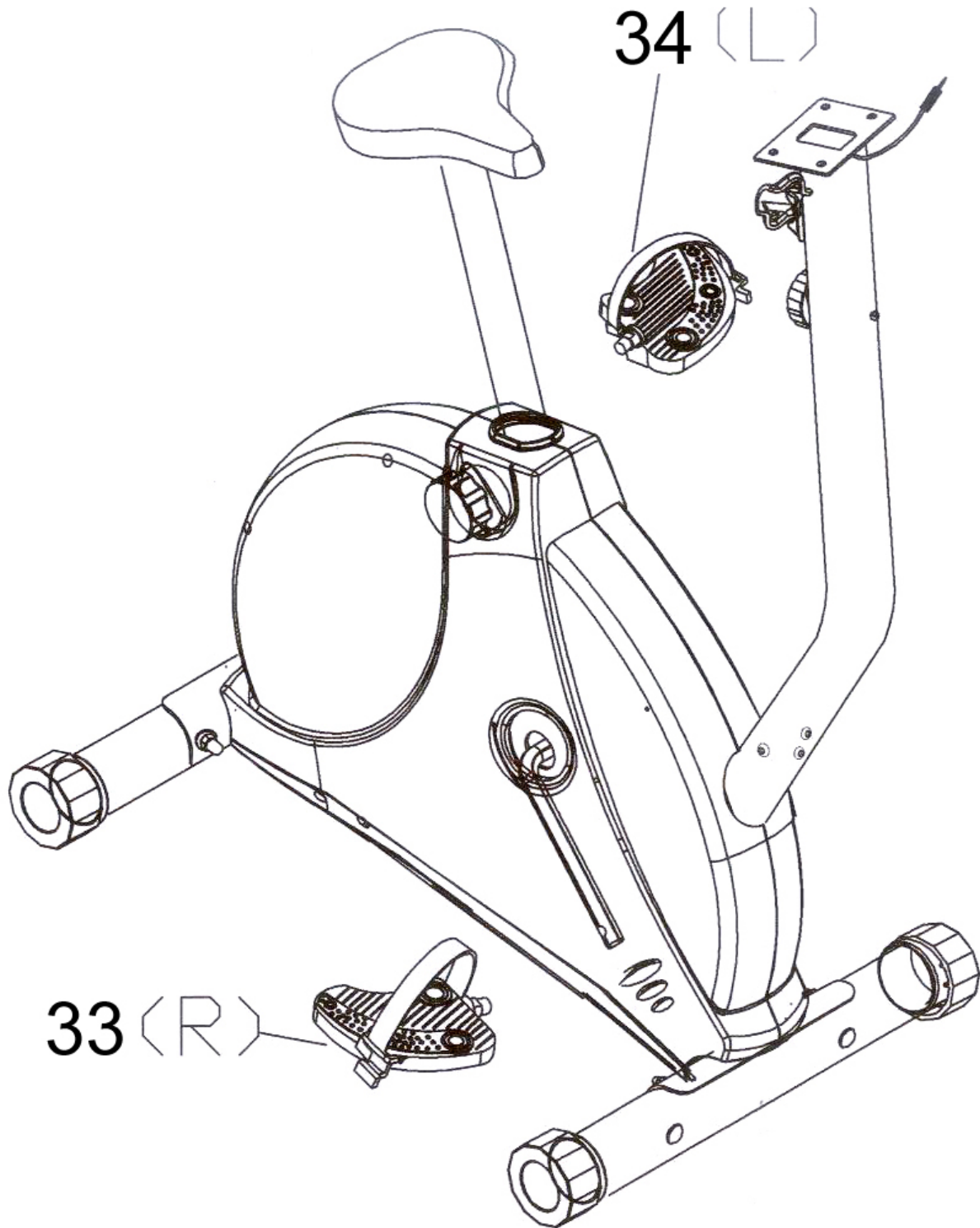
**5. Attach the handlebar column (15) to the front stem of the main frame (30) with three plat washers (27) and three M8 x 15 L bolts (26).**



**6. Fix the front plastic handlebar cover(4) and the handlebar (2) onto the handlebar column (15) with the T-bolt(9),washer (7) and spring washer(9) through the bush (12) .**  
**Insert the computer (6) into the computer bracket and plug the head of computer cable (Upper) into the computer.**



7. The pedals (33/34) are marked "R" (right) and "L" (left).  
Carefully tighten the "L" pedal into the left arm of the crank (34) anti-clockwise.  
Carefully tighten the "R" pedal into the right arm of the crank (33) clockwise.



## **Maintenance**

- 1. Regularly check all component parts of the bike and tighten them.**
- 2. To clean the bike, use only mild soapsuds or a generally mild and not abrasive detergent.**
- 3. Always protect the computer from damages.**
- 4. Be sure to always keep liquids away from the computer, adapter and from the plug as well as from the bike at all times.**
- 5. Do not expose the computer to direct sunlight.**
- 6. Always store the home exerciser in a dry and warm room.**

# EXERCISE MONITOR INSTRUCTION MANUAL ST8366-7

## FUNCTION BUTTON

MODE PRESS TO SELECT EACH FUNCTION OF TIME,SPEED,DISTANCE,CALORIES,PULSE DISPLAY ON THE MONITOR.

## FUNCTIONS

SCAN AUTOMATICALLY SCANS THROUGH EACH FUNCTION BETWEEN TIME,SPEED, DISTANCE,CALORIES IN SEQUENCE FOR EVERY 6 SECONDS.

TIME ACCUMULATES THE TRAINING TIME FROM 00:00 UP TO 99:59.

SPEED THE MONITOR WILL DISPLAY CURRENT TRAINING SPEED.

DISTANCE ACCUMULATES TRAINING DISTANCE UP TO 99.99KM OR ML FROM ZERO DURING EXERCISE.

CALORIES ACCUMULATES CALORIES CONSUMPTION DURING EXERCISE, THE MAXIMUM IS 9999 CAL.  
(THIS DATA IS A ROUGH GUIDE FOR COMPARISON OF DIFFERENT EXERCISE SESSIONS WHICH CAN NOT BE USED IN MEDICAL TREATMENT.)

PULSE DISPLAYS CURRENT HEART RATE FIGURES AFTER YOU HOLD BOTH HANDS ON HANDGRIP SENSORS. TO ENSURE MORE PRECISE READOUT OF HEART RATE FIGURES, PLEASE HOLD BOTH HANDS ON GRIP SENSORS ALL THE TRAINING PERIOD.

## NOTE

1. WITHOUT ANY SIGNAL IN FOR A PERIOD OF 4 MINUTES,THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY. YOU MAY TURN ON THE MONITOR DISPLAY BY PRESSING THE BUTTON OR START TRAINING AGAIN.
2. BUTTON "MODE" WORKS ONLY WHEN THE MONITOR IS STOP.
3. IF IMPROPER DISPLAY ON MONITER, PLEASE RE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.
4. BATTERY SPEC: 1.5V UM-3 OR AA(2PCS).