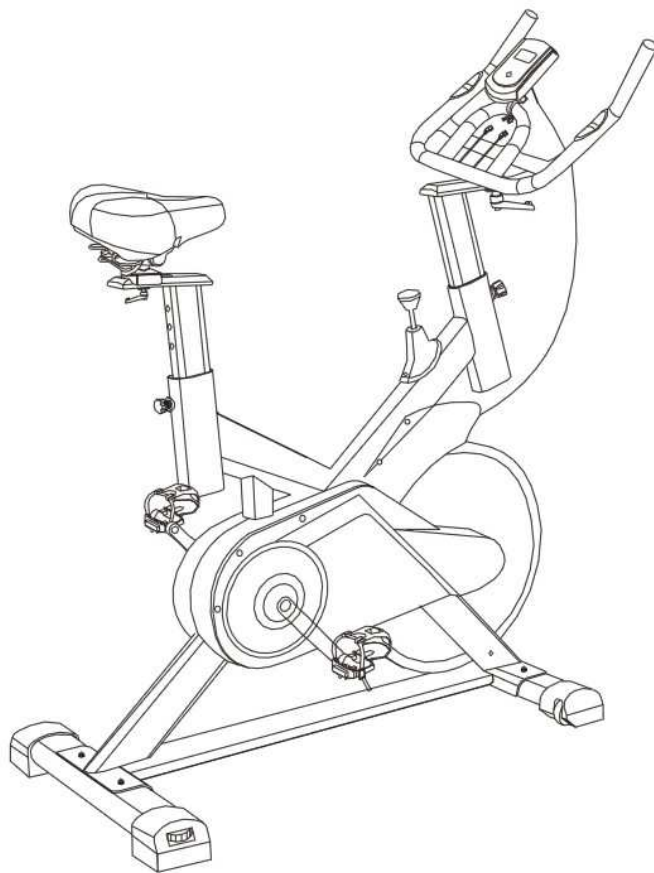


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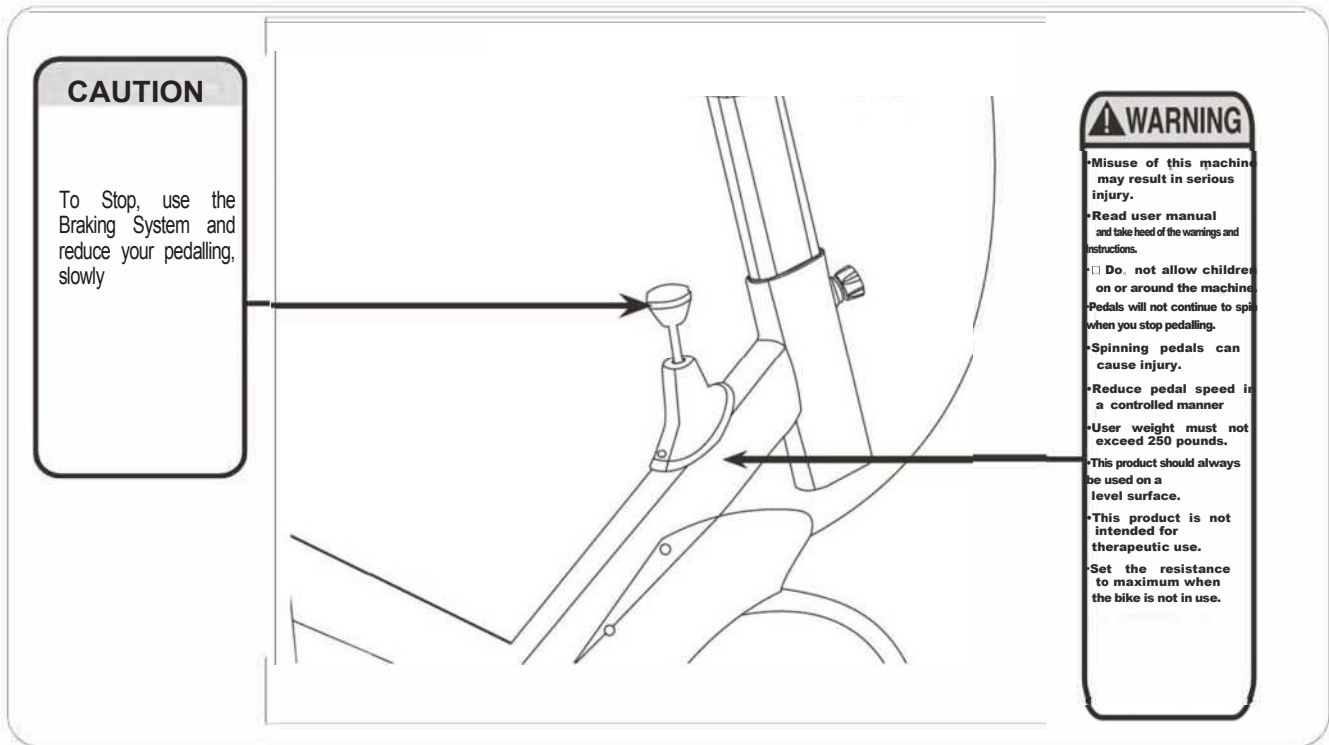
USER'S MANUAL



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Warning



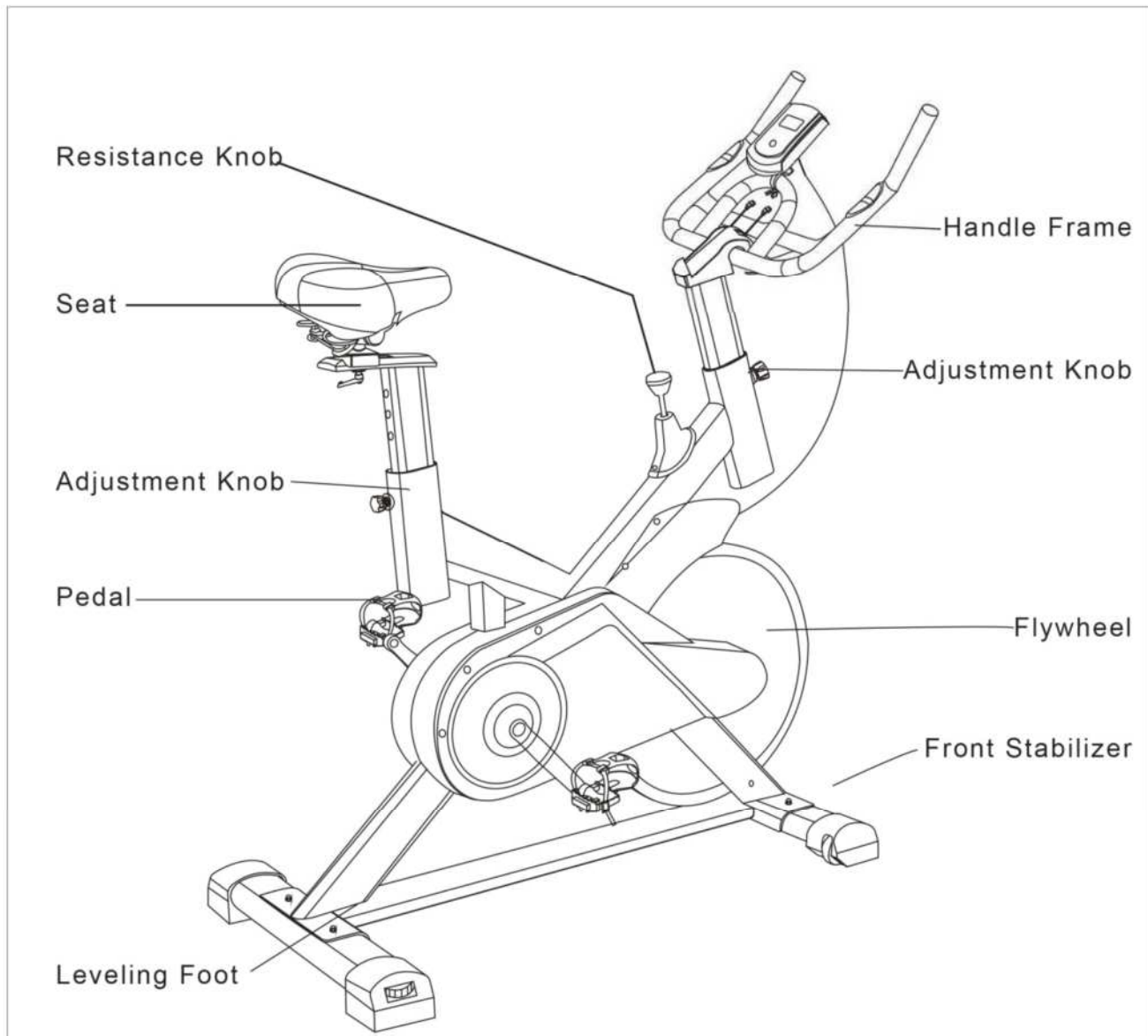
1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. Keep young children away from the bike.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Always keep your back straight while using the exercise bike; do not arch your back.
12. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. To stop the flywheel quickly, press the resistance knob downward.
14. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down. Consult your physician.

BEFORE YOU BEGIN:

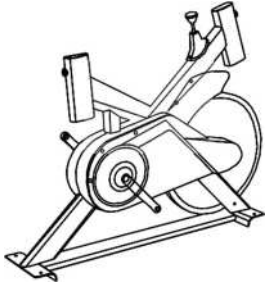
Thank you for selecting the new exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The Provide selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number before contacting us. The model number is shown on the front cover of this manual.

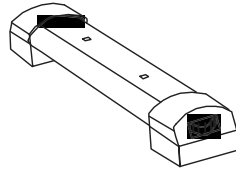
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



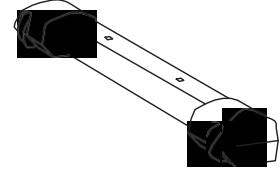
Parts
PARTS



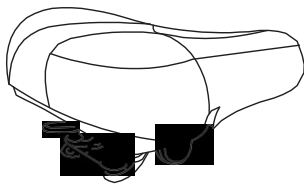
1.Main Body×1



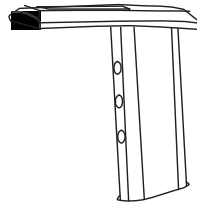
2.Rear Stabiliser×1



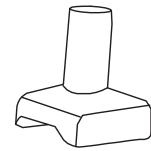
3.Front Stabiliser×1



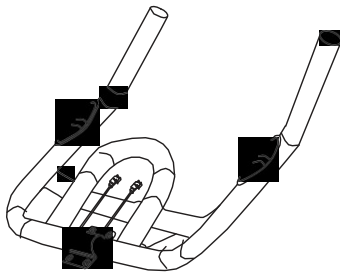
4.Seat×1



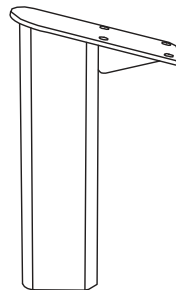
5.Seat Post ×1



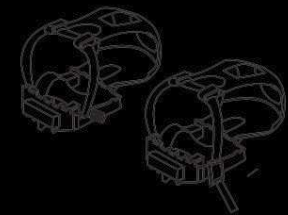
6.Seat Carriage×1



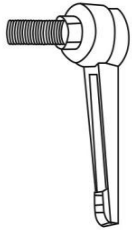
7.Handle Frame×1



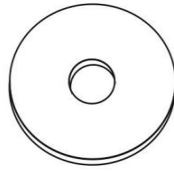
8.Handlebar Post ×1



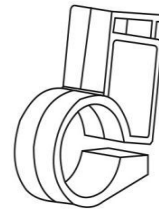
9.Pabal(L/R)Set×1



10.L-shaped Lock Knob L1×1



11.Big Washer×1



12.Display Holder×1

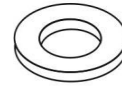
1



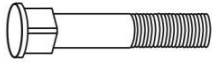
13.Electronic Watch×1



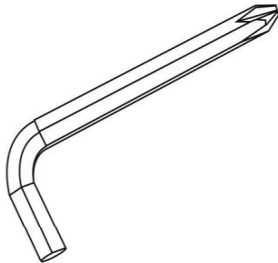
14.Locknuts×4



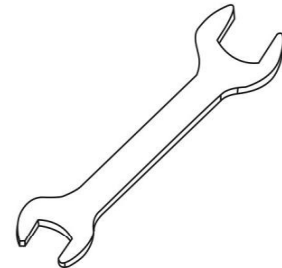
15.Small Washer×8



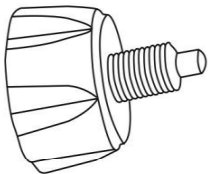
16.Bolt S1×4



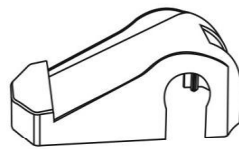
17.Allen Wrench×1



18.Multi Wrench×1



19.Lock Knob x 2

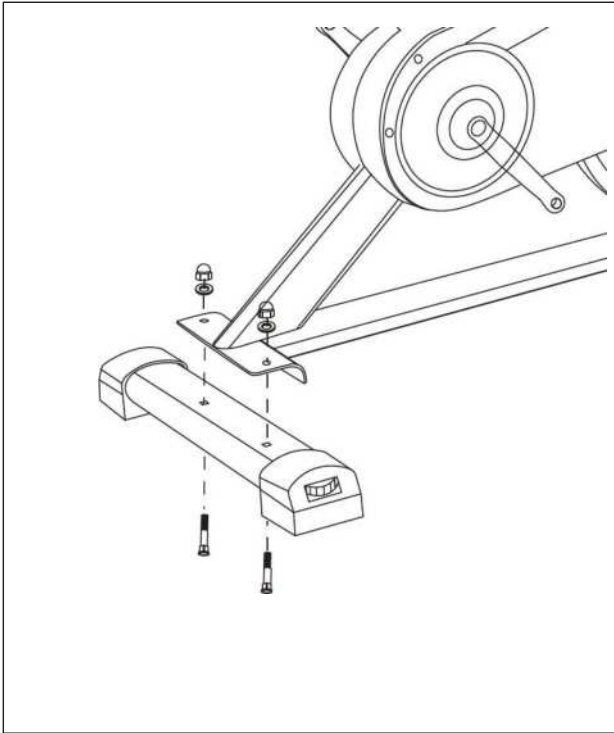


20.phone holder x 1



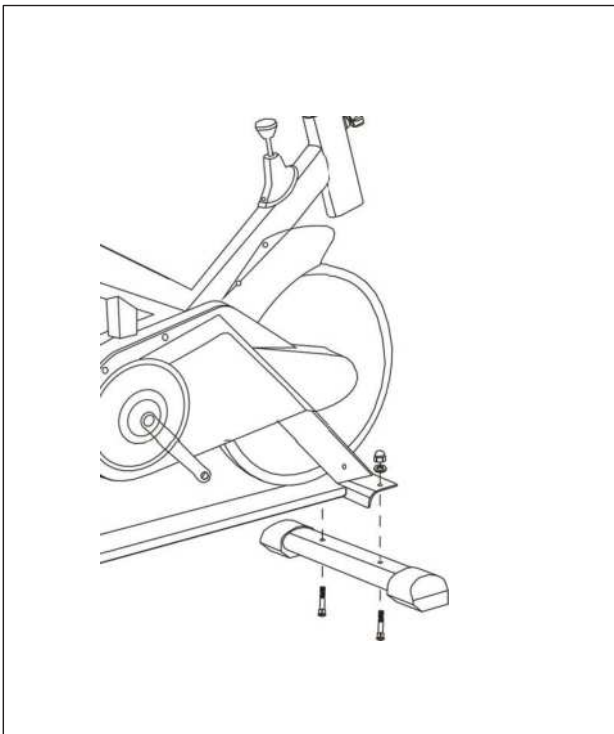
21.hexagonal screw x 4

1.



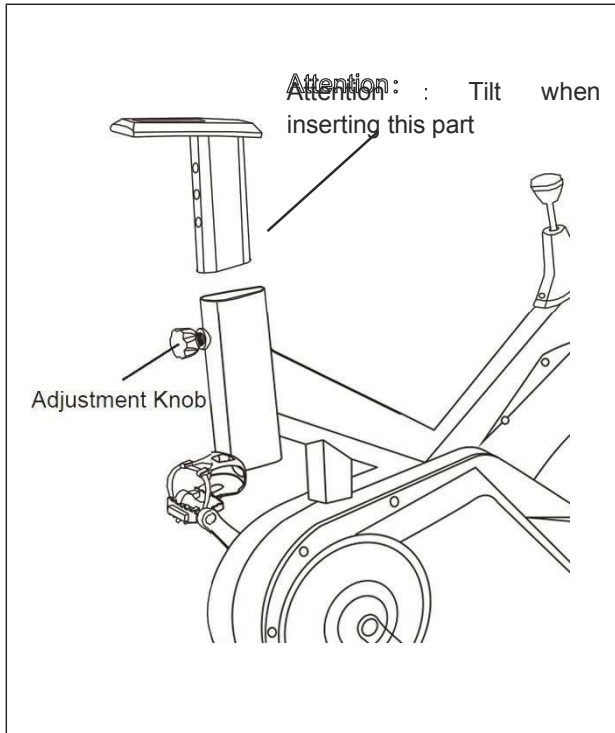
While another person lifts the rear of the Main Body (1), attach the Rear Stabiliser (2) to the Main Body (1) with two Bolts (16), two washers (15) and two Locknuts(14)

2.



While another person lifts the front of the Main Body (1), attach the Front Stabiliser (3) to the Main Body (1) with two Bolts (16), two washers (15) and two Locknuts (14)

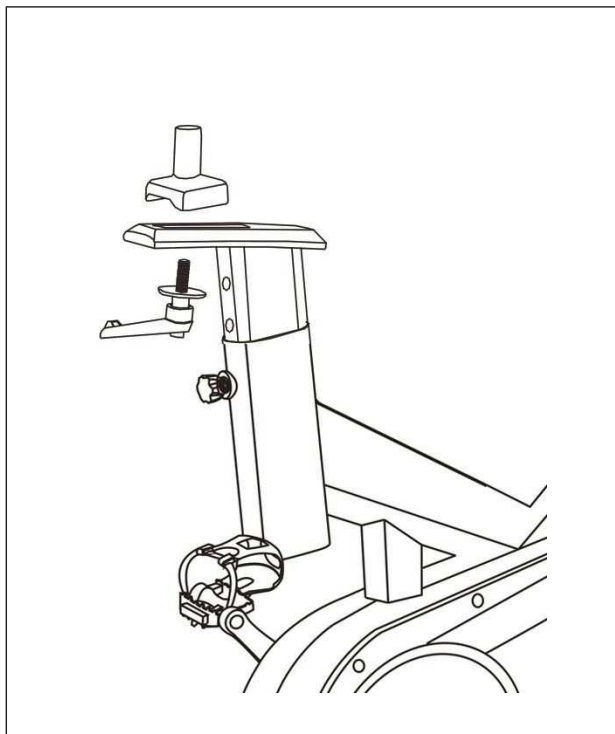
3.



Orient the Seat Post (5) as shown.

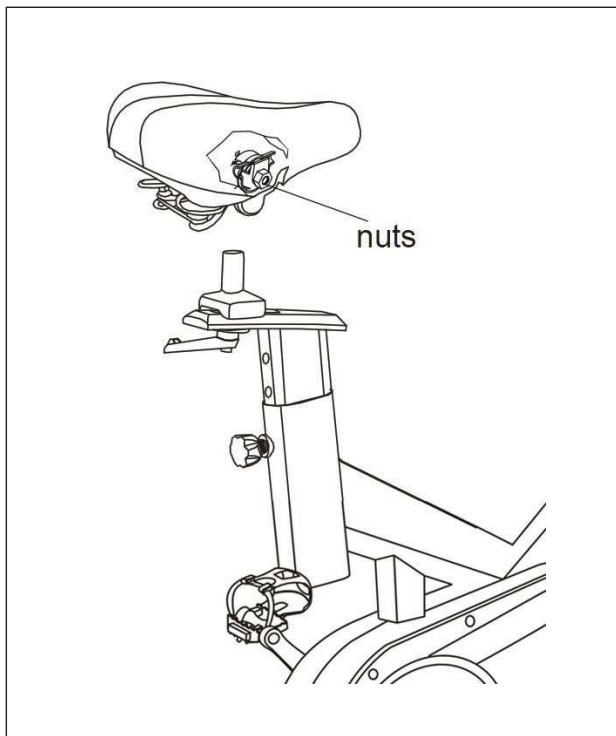
Loosen the indicated Adjustment Knob and pull it outward. Next, insert the Seat Post (5) into the Main Body (1). Move the Seat Post upward or downward to the desired position, and release the Adjustment Knob into the hole in the Seat Post (5). Make sure that the Adjustment Knob is engaged in the hole in the Seat Post. Then, tighten the Adjustment Knob.

4.



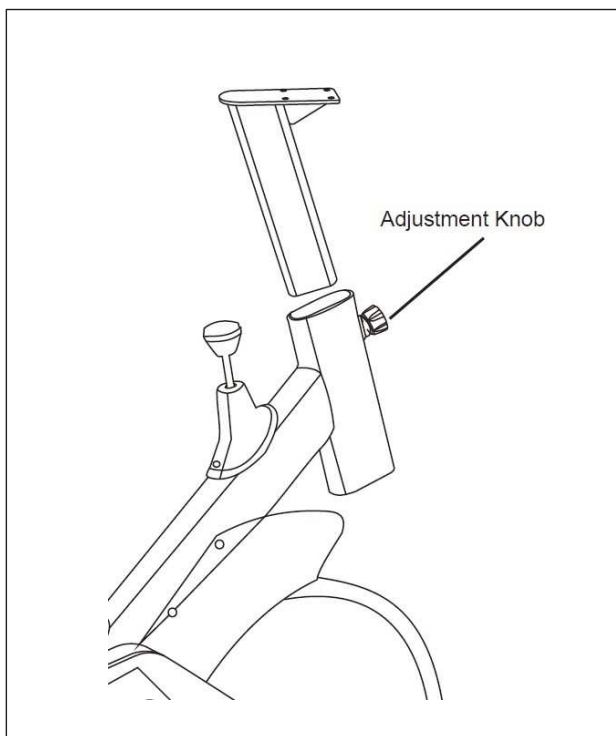
Orient the Seat Carriage (6) as shown. Slide the Seat Carriage to the desired position. Use one L-shaped Lock Knob (10) and one big Washer (11) to fix the Seat Carriage. Then, pull the lock knob downward and tighten the Seat Carriage

5.



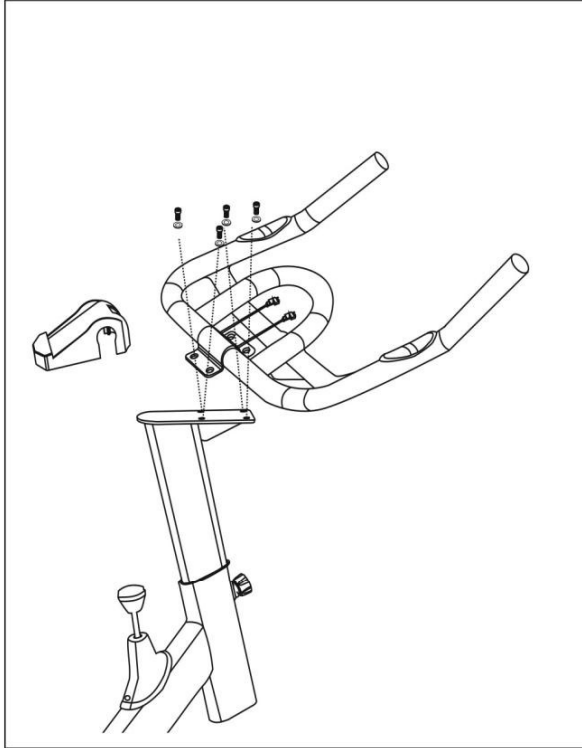
Slide the Seat (4) onto the post on top of the Seat Carriage (6). Make sure that the Seat (4) is pointing straight forward and that the top of the Seat is level. Then, tighten the two nuts (only one nut is shown) beneath the Seat.

6.



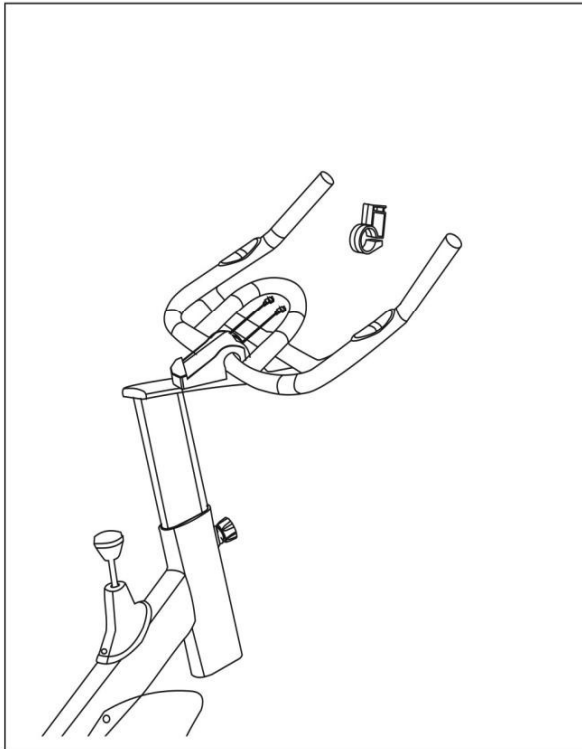
Loosen the indicated Adjustment Knob and pull it outward. Next, insert the Handlebar Post (8) into the Main Body (1). Move the Handlebar Post upward or downward to the desired position and release the Adjustment Knob into the hole in the Handlebar Post. Make sure that the Adjustment Knob is engaged in the hole in the Handlebar Post. Then, tighten the Adjustment Knob.

7^{7.}



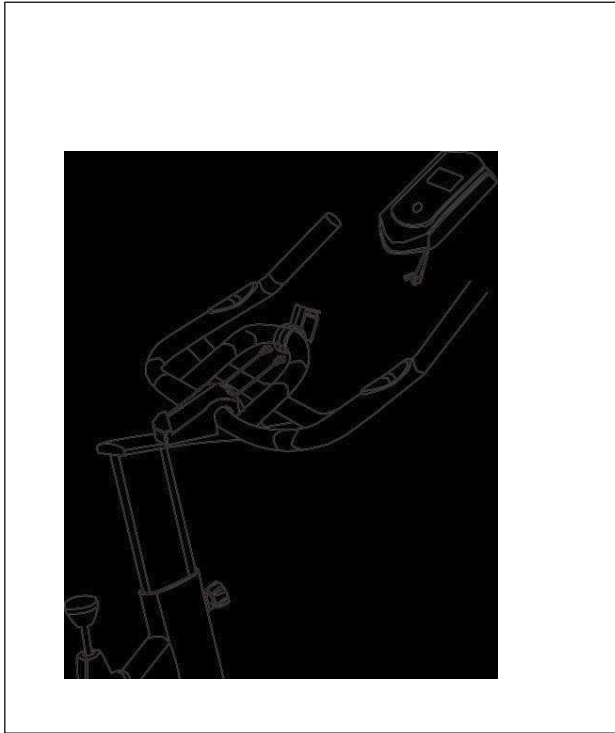
Attach the handlebar(7) to the Handlebar Post(8) with four hexagonal screws(21)

8.



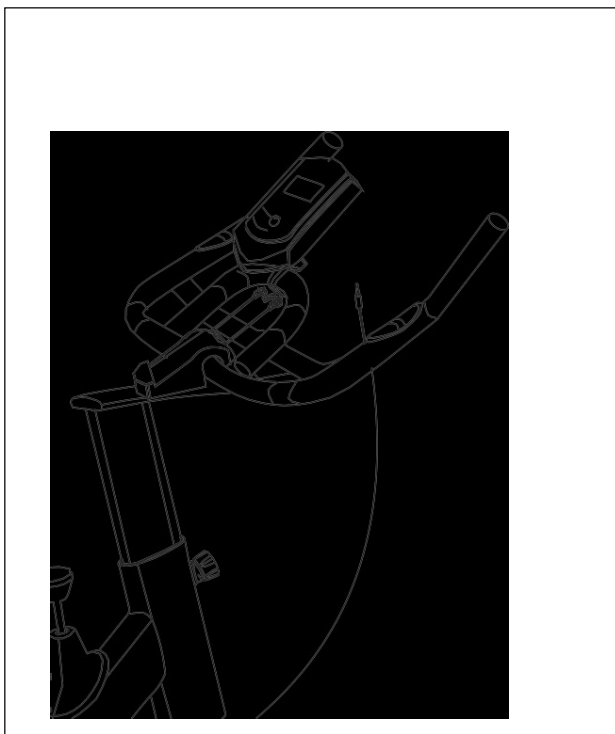
Fix the display holder(12) on the handlebar(7)

9.



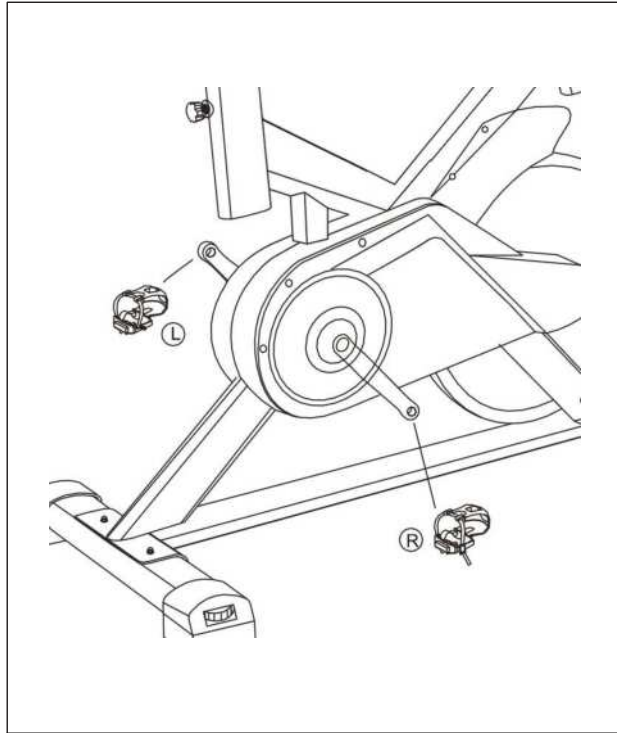
Attach the LCD Monitor (13) to the display holder(12)

10.



Then, connect the wires

11.



Identify the Right Pedal (9-R), which is marked with an "R." Using an adjustable wrench, firmly tighten the Right Pedal (9-R) clockwise into the Right Crank Arm. Then, firmly tighten the Left Pedal (9-L) counter-clockwise into the Left Crank Arm .

12.

Make sure that all parts are correctly tightened before you use the Bike.
Note: After assembly is complete, there may be some parts left over.

EXERCISE GUIDELINES:

⚠️ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

SUGGESTED STRETCHES:

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

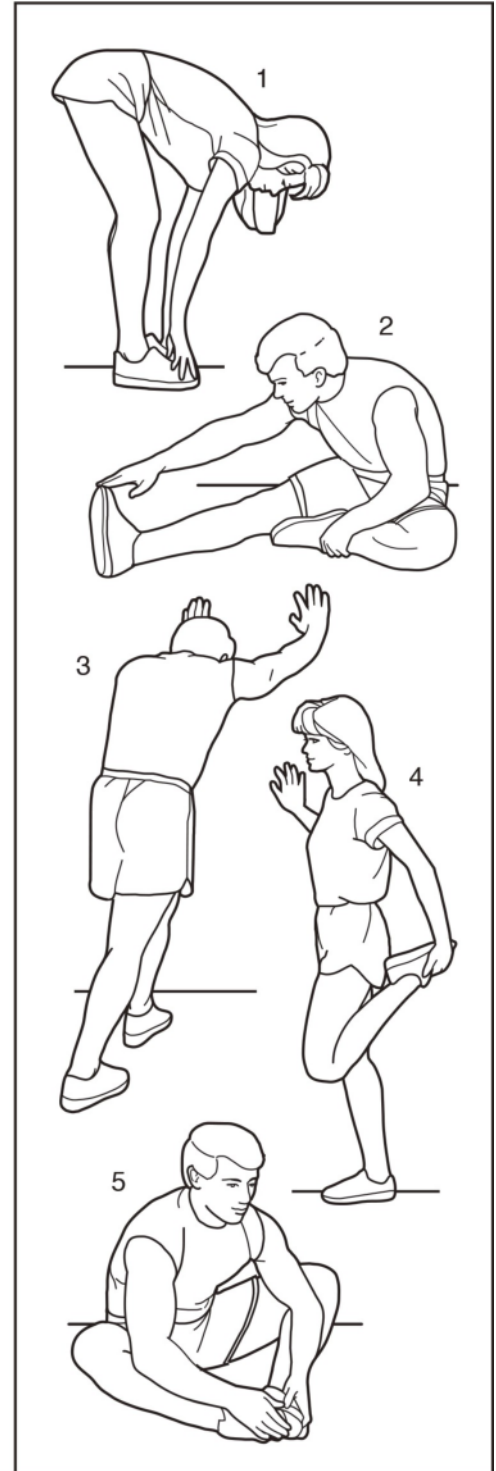
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



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We hope that you have many happy years with your new EDGE Bike. Please note that even outside of your warranty, we carry spares and we also have a repair service available, so your product will last for many, many years.

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