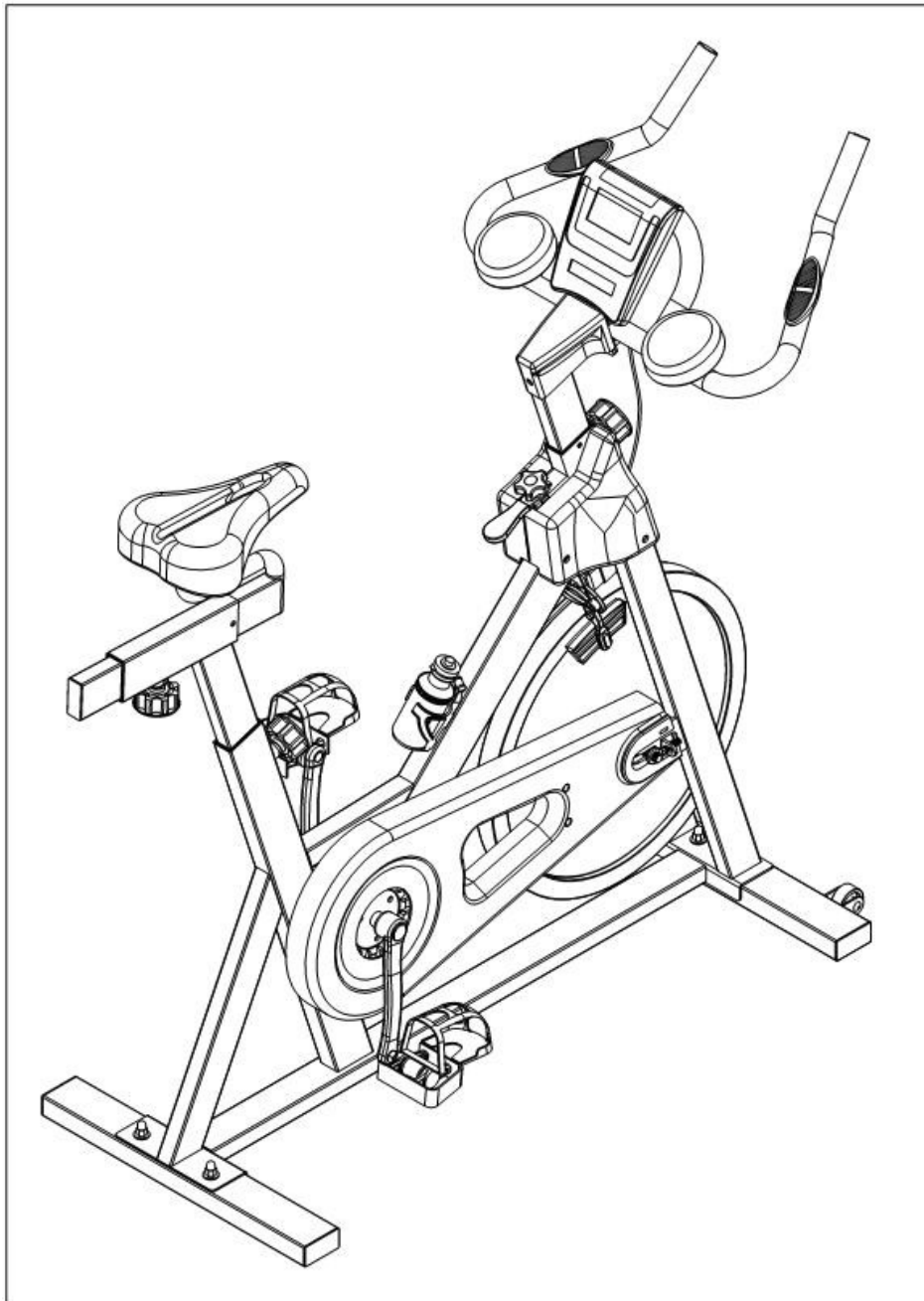


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# S5000 USER MANUAL



# ASSEMBLY INSTRUCTIONS

## GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

- 1 This unit has been designed for home use. The weight of the user must not exceed 275 lbs. (125 kg.)
- 2 Keep your hands well away from the moving parts.
- 3 Parents and/or those responsible for children, should always supervise children who may be near or around the bike. Under no circumstances should this appliance be used by a child.
- 4 The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
- 5 Wear suitable clothing and footwear. Make sure all laces/cords are tied correctly.

## IMPORTANT SAFETY ADVICE- PRECAUTIONS

This bike has been designed and constructed to provide a safe experience. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bike. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bike is kept.
2. This bike does not free-wheel. You can stop the bike immediately by pulling up or pushing down the emergency break on the tension knob while you are exercising.
3. It can only be used by one person at a time.
4. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP immediately and seek medical attention.
5. Use the unit on a level, solid surface. Ideally on a mat. Adjust the stabiliser to assure stability.
6. Keep your hands well away from the moving parts.
7. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the bike. Always wear running shoes or trainers when using the machine.
8. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
9. Do not place sharp objects near the machine.
10. Physically challenged people should not use the machine without the advise and/or assistance of a qualified person.
11. Do warm up stretching exercises before using the equipment.
12. Do not use the bike if it is not working correctly.
13. Review all the warnings affixed to the machine and replace all the labels if damaged, illegible, or removed.
14. Functional and visual inspections of the equipment should be made after assembly is complete.

15. Don't exceed the MAX mark when you're adjusting the handlebar post or seat post.
16. Spinning pedals can cause injury. Pedal speed should be reduced in a controlled manner.
17. Before using the bike, thoroughly inspect the bike to ensure that it has been assembled correctly.
18. A parameter distance of 3 feet / 1meter is required before operating the unit.
19. Users must adjust the seat and handlebars to the user's height requirements. Please be sure the adjustment knob is locked tightly and that the seat and handlebars are secure.
20. The bike should not be stored in a damp environment.
21. Before every use, examine brake pads for signs of wear. Brake pads are susceptible to wear and should be replaced over time. They can be purchased from us on 021 4389345.
22. This bike is not suitable for therapeutic use. Consult a physician prior to starting an exercise program.
23. This bike should only be used after a through review of the operation manual and the warning label.

**Caution: Consult your doctor before any exercise regime. This advice is especially important for those over 35 or for those suffering from health problems. Read all of the instructions before using any exercise equipment.**

## TROUBLE SHOOTING

### **RESISTANCE ADJUSTMENT:**

Peddalling resistance is controlled by the tension knob. Adjusting the seat will help reducing the risk of injury and ensure maximum exercise efficiency and comfort. The most appropriate position while using this bike is with one pedal in the downward position, while the other leg is slightly bent at the knee. To adjust the seat height simply turn the adjustable knob loose, then pull the knob to move the seat up or down to the desire height (there are different seat height positions for adjustment).

### **HOW TO LEVEL THE BIKE:**

There are 4 knobs under the rear and front stabiliser. Adjust the knob(s) when the bike is not level with the floor.

### **HANDLEBAR ADJUSTMENT:**

There are different handlebar heights that can be adjusted. Please adjust the seat height first then adjust the proper height of handlebar to match the seat.

### **BELT ADJUSTMENT:**

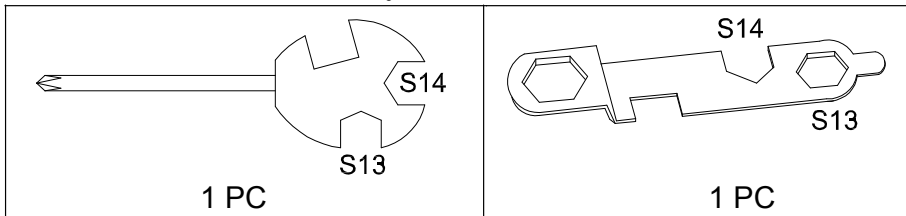
The belt on your bike has been preadjusted and should not require immediate attention. Continuous use of the bike may cause the chain to stretch or become loose causing the need for bike adjustments. If so, simply loosen the bolts on both side of flywheel and pull forward until the belt becomes tight.

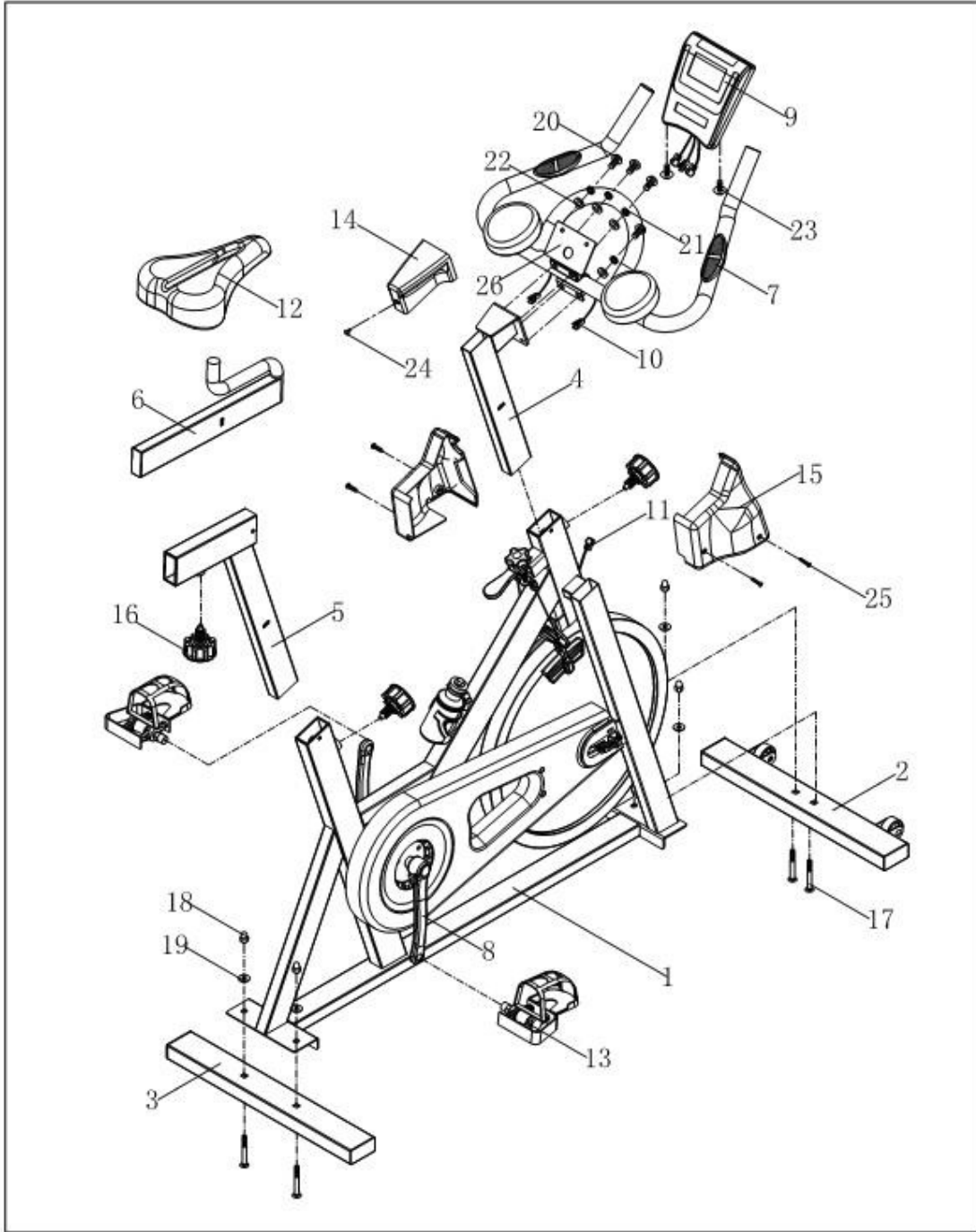
# MAINTENANCE INSTRUCTIONS

1. Care has been taken to assure that your bike has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service the internal components. Instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty. Following the instructions listed below will restore and preserve the original finish.
2. Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.
3. From time-to-time the console surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores, especially made for antistatic surfaces. It is strongly recommended that you purchase such a cleaning compound.
4. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
5. Care must be taken when lifting or moving the equipment so as not to cause injury.
6. The brake pad is most susceptible to wear. Before exercising inspect braking system for suitable functionality.
7. Please check if all warning labels are in good condition and are readable.

## TOOLS

**Note: Use these tools only for this exercise bike.**





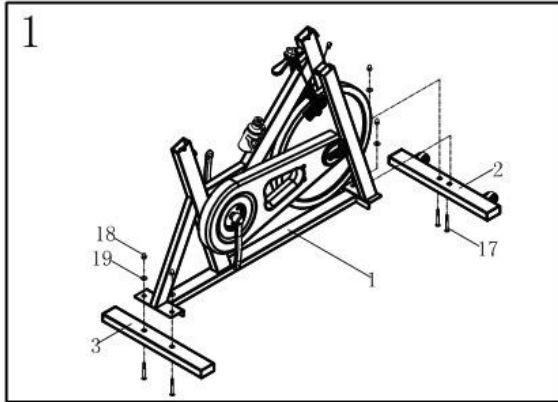
# PART LIST

Part number	Description	Quantity
01	Main frame	1
02	Front Stabiliser	1
03	Rear Stabiliser	1
04	Handle bar supporter	1
05	Seat post	1
06	Horizontal seat post	1
07	Handle bar	1
08	Crank L/R	1
09	Computer	1
10	Upper sensor cable	1
11	Lower sensor cable	1
12	Seat	1
13	Pedal L/R	1
14	Upper support cover	1
15	Lower support cover	2
16	Knob	3
17	Bolt	4
18	Cap nut	4
19	Washer	4
20	Screw	4
21	Washer	4
22	Spring washer	4
23	Screw	2
24	Screw	1
25	Screw	4
26	Monitor holder	1

# ASSEMBLY INSTRUCTIONS

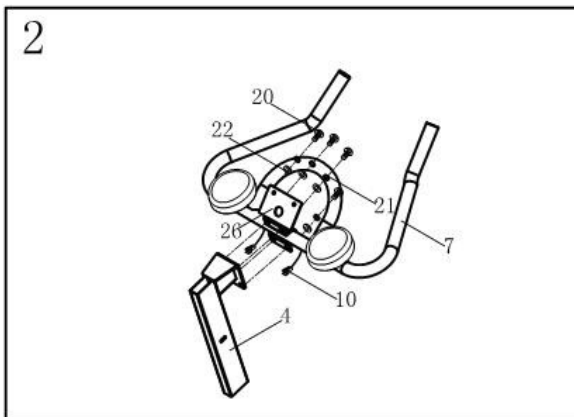
## STEP 1

Fasten the front stabiliser (2) and rear stabiliser (3) on the frame (1) with 2 sets of bolt (17), washer (19) and cap nut (18).



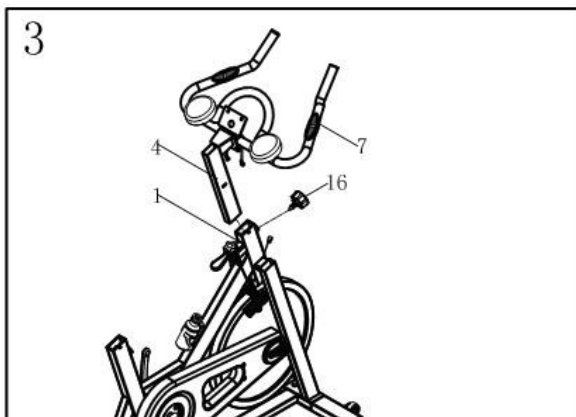
## STEP 2

Fasten the Handle Bar (7) and monitor holder (26) on the Handle bar supporter (4) with 4 sets of screw (20), washer (21) and spring washer (22).



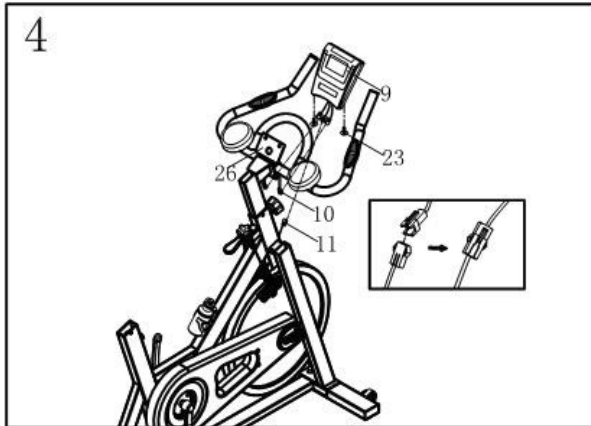
## STEP 3

Fasten the Handle Bar post (4) in the frame (1) with knob (16).



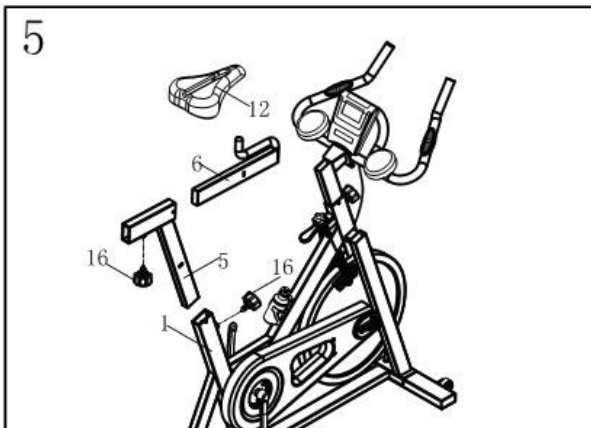
#### STEP 4

Fasten the Monitor (9) on the holder (26) with screw (23), then connect the sensor cable (10) and (11).



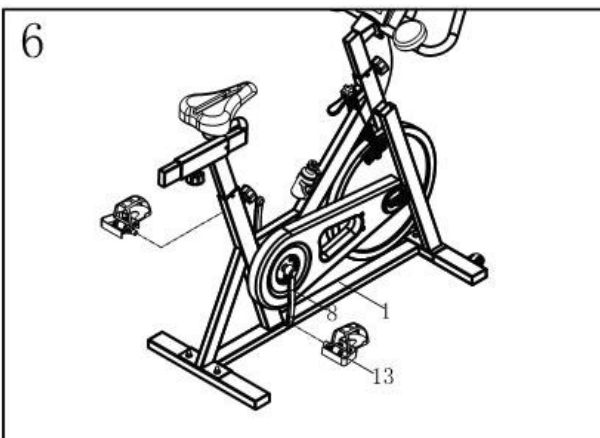
#### STEP 5

Fasten the seat post (5) on the frame (1) and fasten the horizontal seat post (6) to the seat post (5) with knob (16), then fasten the seat (12) on the horizontal seat post (6).



#### STEP 6

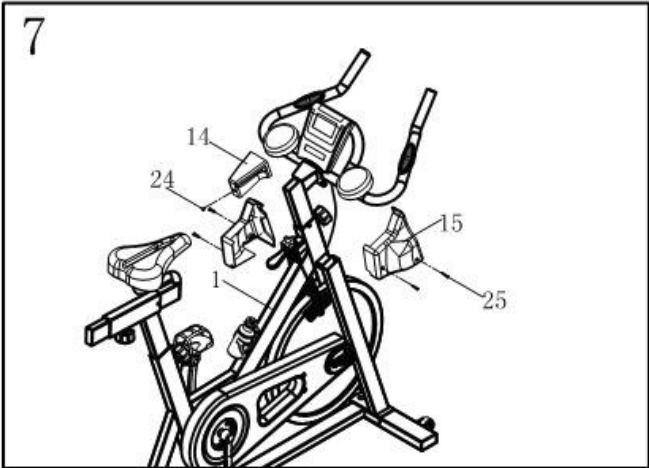
Attach the pedal (13) to the crank (8). **IMPORTANT:** Note that the Right pedal should be threaded on clockwise and the left pedal anti-clockwise.





**STEP 7**

Attach the Upper support cover (14) on the Handle bar supporter (4) with screw (24), then attach the lower support cover (15) on the frame with screw (25).



## EXERCISE MONITOR-2007 K/M

### SPECIFICATIONS:

TIME.....  
.....00:00-99:59MIN:SEC  
SPEED.....  
.....0.0-999.9KM/H  
DISTANCE.....  
.....0-99.99KM  
CALORIES.....  
.....0-999.9KCAL

### KEY FUNCTIONS:

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset (total reset)

SET: To input the target value by the key.

RESET: To reset the value.

### OPERATION PROCEDURES:

#### AUTO ON/OFF

To conserve power, the monitor will automatically shut off if there is no speed signal sensed or no key pressed in 4 minutes. The monitor will be auto-powered when the exercise begins or at any key press.

### FUNCTION:

<1>TIME	Displays work out time lapse while exercising.
<2>SPEED	Displays the current speed.
<3>DISTANCE	Accumulates the distance travelled.
<4>CALORIES	Displays calories consumed while exercising.
<7>SCAN	Scan through each function, between: TIME-SPEED-CALORIES-DISTANCE.

**BATTERY** If there is an incorrect display on the monitor, please replace the batteries.  
This monitor uses two "AA" batteries.  
Always replace both batteries at the same time.

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