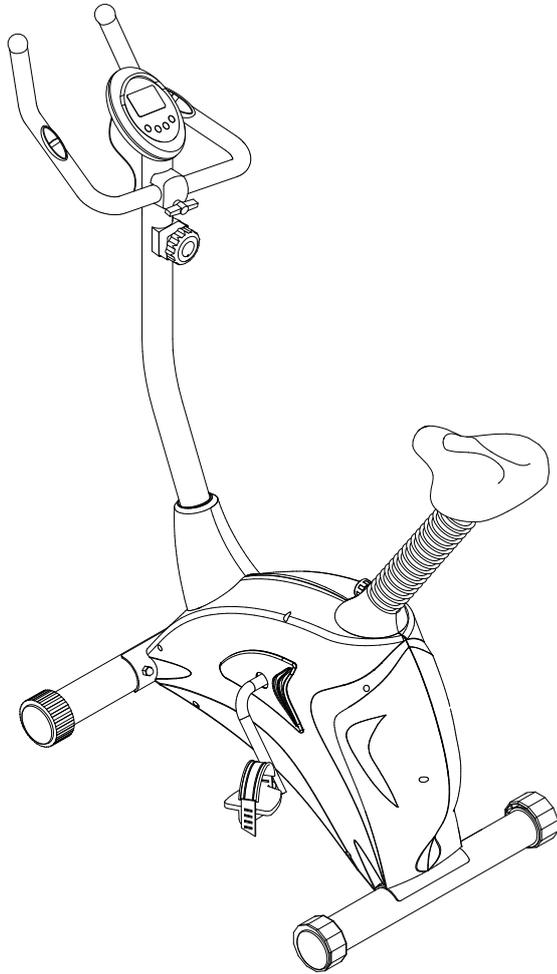


MAGNETIC BIKE M2005



HMS

OWNER'S MANUAL

IMPORTANT SAFETY INFORMATION

This product has been designed for home use only and built for optimum safety. Please note the following safety precautions:

1. **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. This is especially important for persons over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.**
2. Before using this equipment to exercise, always do stretching exercises to properly warm up.
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 exercise program.
4. **During exercises and after keep children and pets away from the equipment.**
 5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it. Move all sharp objects to.
 6. Before each use, visually inspect the unit including hardware and resistance bands.
 7. Before using the equipment, check if the nuts, bolts and other bends are securely tightened.
 8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment while using, stop. Do not use the equipment until the problem has been rectified.
 9. Do not insert any object into any openings.
 10. Be aware of all regulation and constructions parts which may disturb during exercises.
 11. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
 12. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
13. **The equipment has been tested and certified according to EN 957 under class H. It 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.
15. The equipment is designed for adult use only. Adults should take care and responsibility for children.
16. Assemble this unit as described in this manual. Use only parts from the set. Check all parts

with the part list

WARNING: READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE CAUSED BY OR THROUGH THE USE OF THIS PRODUCT

SPECIFICATIONS

Weight – 25 kg

Dimensions – 105*58*136

Maximum weight of user – 110kg

MAINTENANCE

Your unit has been carefully designed to require minimum maintenance. To ensure this, we recommend that you do the following:

- Keep your unit clean by wiping sweat, dust or other residue off with a soft, clean cloth after each use
- Always make sure that the bands are secure and show no signs of wear
- Regularly check the tightness of nuts and bolts

SADDLE ADJUSTMENT

Loosen seat post screw. Set height according to growth. Tighten up screw. Do not take out seat post from the main frame.

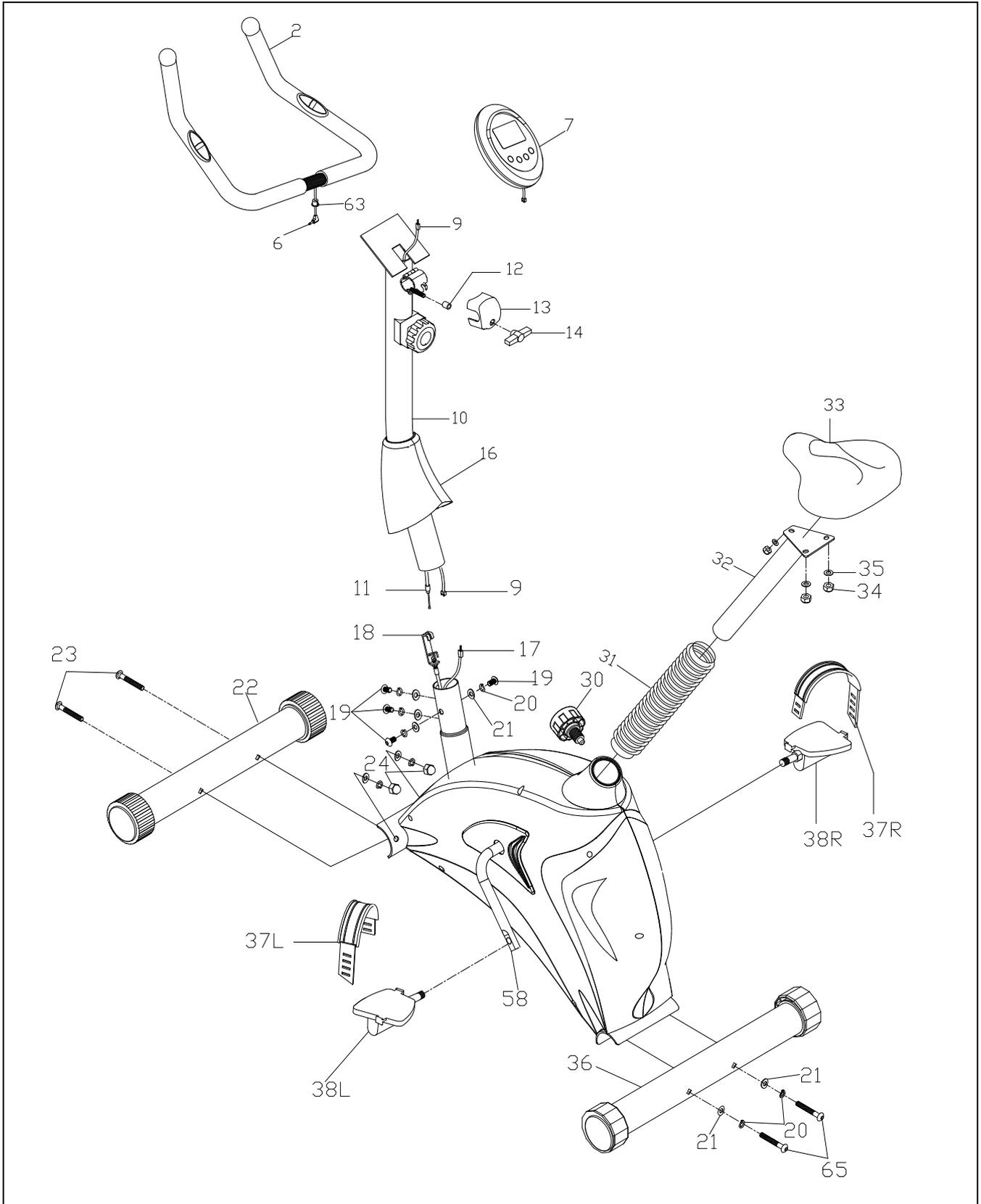
TENSION ADJUSTMENT

To reduce tension turn control into sign "-" direction, to increase tension turn control into sign "+" direction.

REAKING

Stop to pedal when you want stop the item. Exercise bike W2126 not acquire breaking system or emergency break.

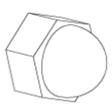
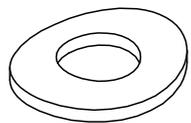
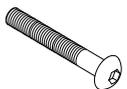
ASSEMBLY DRAWING:

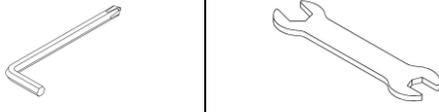


PRE-ASSEMBLY CHECK LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
27/40	Main frame/chain cover	1set	7	Meter	1set
36/25	Rear stabilizer w/ adjustable end cap	1 set	16	Decoration cover for front post	1
22/26	Front stabilizer W /transport wheels	1 set	29	Bellow	1
1/2/3/5	Handlebar w/foam grip/handle pulse	1 set	32	Seat tube	1
10/11/12/ 13/14	Post tube w/tension control/clamp cover/T knob/spacer	1 set		Instruction manual	1
33/34/35	Seat/flat washer/nut	1 set			
38(R)/ (L)	Pedal R&L	1set			
37 R&L	Pedal strap R&L	1set			

HARDWEAR PACKING LIST

PART	DESCRIPTION	Q'TY	SKETCH	
24	Cap nut M8	2		
21	Curved washer ϕ 8mm	4		
20	Spring washer ϕ 8mm	4		
23	Carriage bolt M8X70	2		

61	Tool 1	1	
62	Tool 2	1	

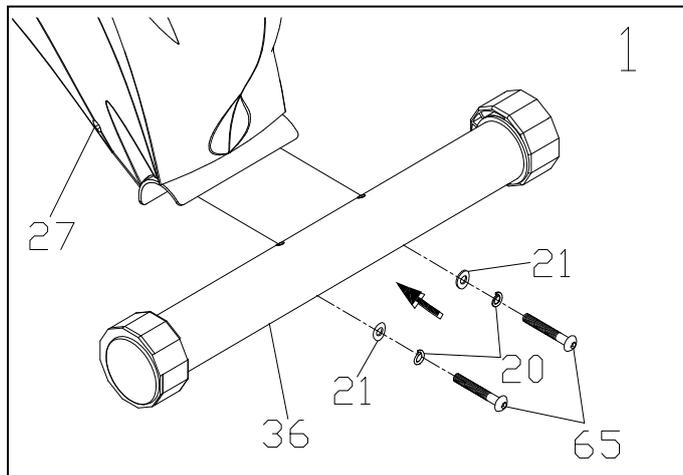
ASSEMBLY INSTRUCTION

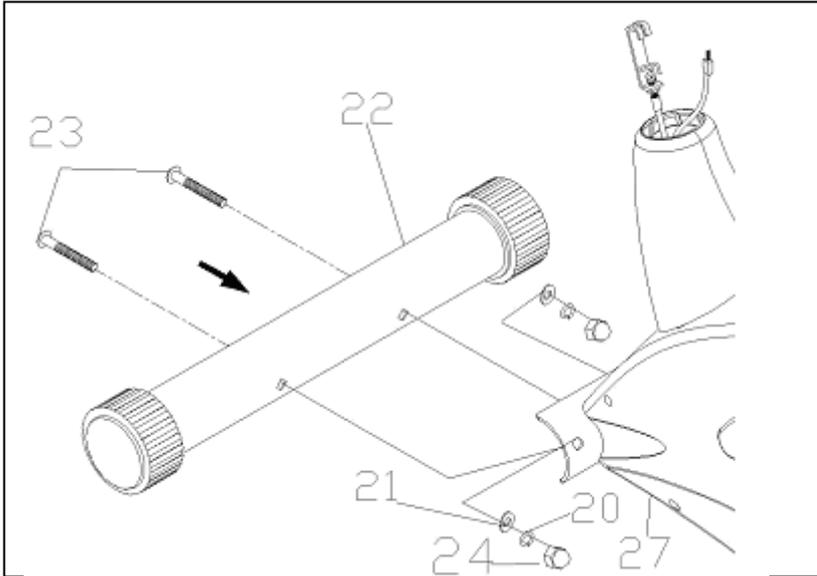
GENERAL:

REMOVE ALL THE PART OF YOUR CYCLE FROM THE CARTON AND PLACE THEM TO THE FLOOR CAREFULLY. ASSEMBLING YOUR CYCLE IS SIMPLE. FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT SHOULD TAKE YOU AROUND 15-20 MINUTES.

STEP 1 ATTACH THE STABILIZERS

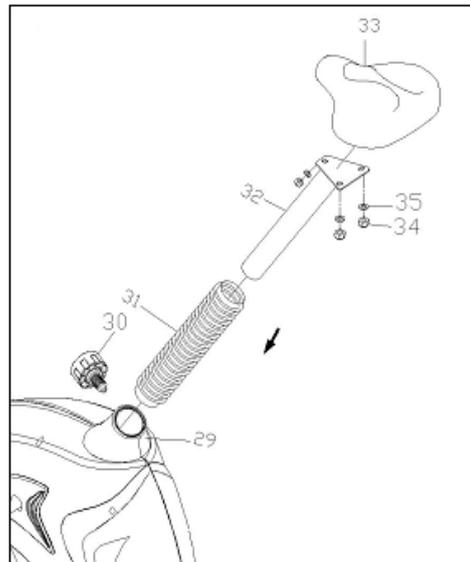
- Attach rear stabilizer (36) with 2 leveling caps (25) to the welded cross bar bracket of main frame (27) and fasten with 2 curved washers (21) , 2 spring washers(20) and 2 allen head bolts(65).
- Attach front stabilizer (22) with 2 transportation wheels (26) to the welded cross bar bracket of main frame (27) and fasten with 2 curved washers (21) , 2 spring washers(20) , 2 carriage bolts(23) and 2 cap nuts(24).





STEP 2 ATTACH THE SEAT AND SEAT POST

- Remove the pre-assembled 3 nylon nuts (34) and flat washers (35) from back of the seat (33). Fix the seat (33) with the top bracket of seat tube (32) and fasten with nylon nuts (34) and flat washers (35). Attach bellow (31) to the seat tube (32).
- Attach seat tube (32) with the bellow (31) into the main frame (27) and secure in right position with the seat post quick release knob (30). Adjust the height of seat by choosing the hole of seat tube.

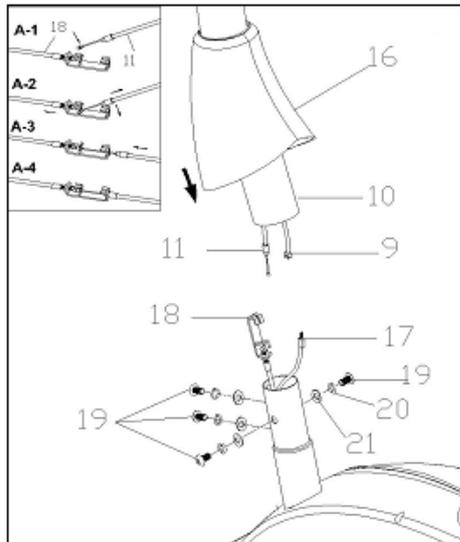


STEP 3 ATTACH THE FRONT POST

- Connect the middle section sensor wire (9) of the front post with the lower section sensor wire (17) securely. Connect the middle section tension cable (11) to the bracket of lower section tension cable (18). (See figure A1-A4).
- Remove the pre-assembled 4 Allen head bolts (19), 4 curve washers (21) and 4 spring

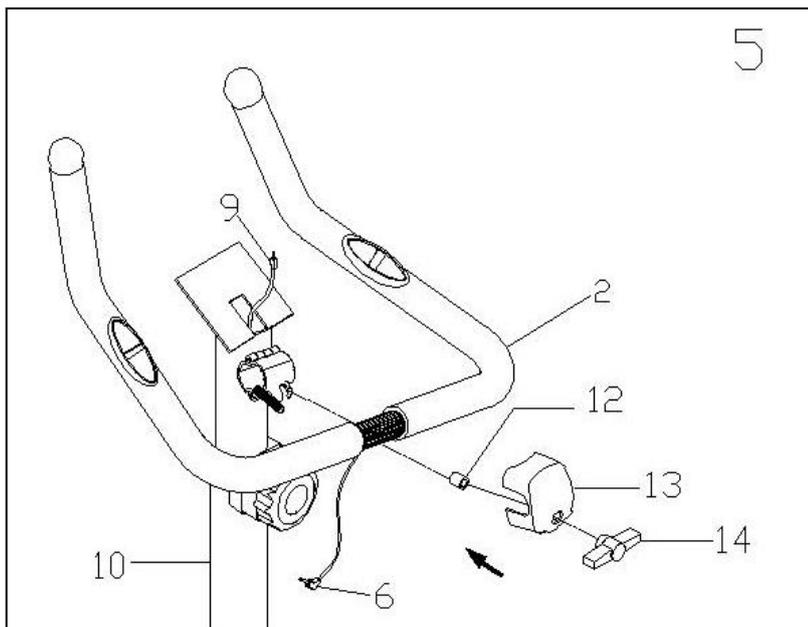
washers (20) from the main frame (27).

- Put the front post (10) with the decoration cover (16) into the bottom post of main frame (27) and fasten with 4 Allen head bolts (19), 4 spring washers (20) and 4 curve washers (21). Please note don't tighten Allen head bolts (19) too much at the beginning. When all parts are fixed already, and then fasten each one piece tightly.

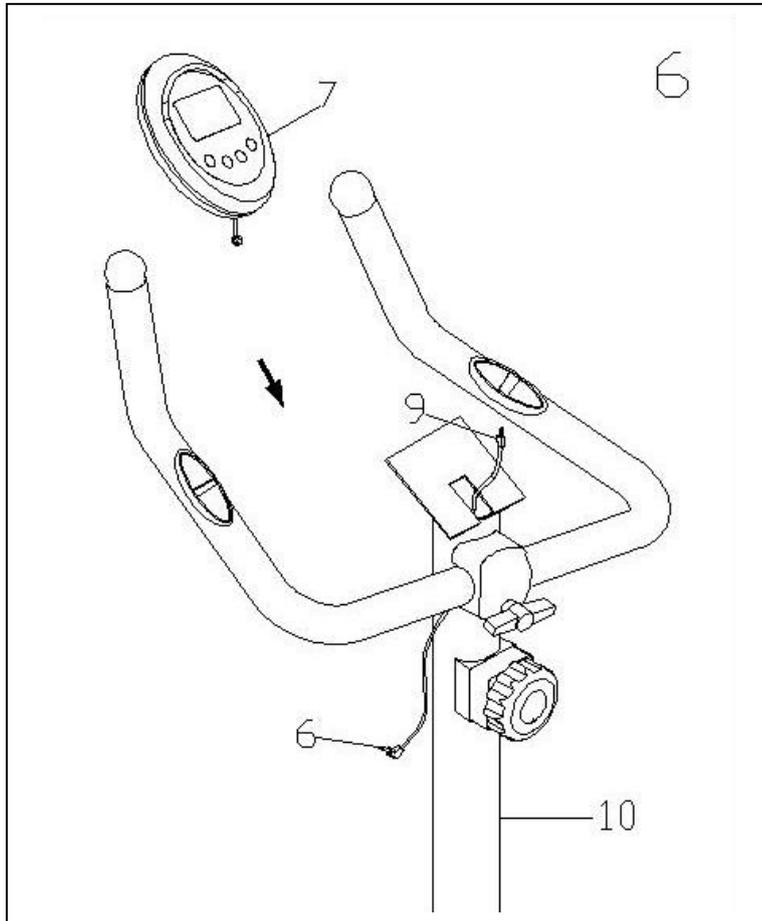


STEP 4 ATTACH HANDLEBAR AND METER

- Put handlebar (2) with 2 hand pulse (5), grip (3) to the top welded shape handlebar bracket of the front post (10) and fasten clamp with spacer (12), clamp cover (13) and T-knob (14).

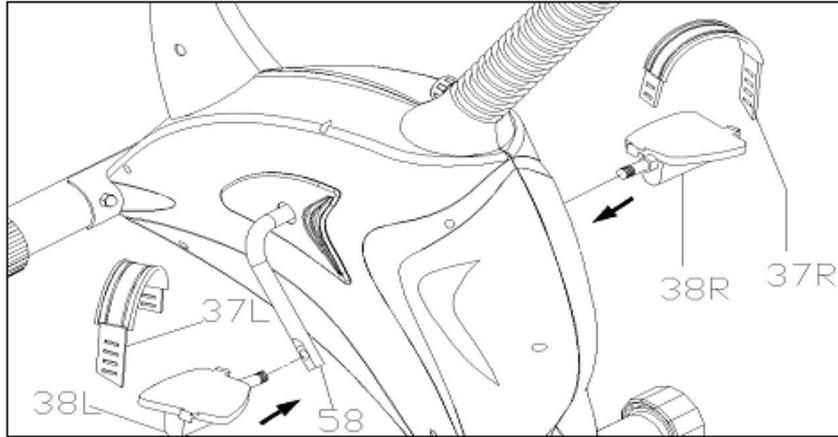


Connect the plug of middle section sensor wire (9) to the sensor socket of meter (7). Insert the meter (7) into front post (10) .Insert the plug of hand pulse wire (6) to the back of meter (7).

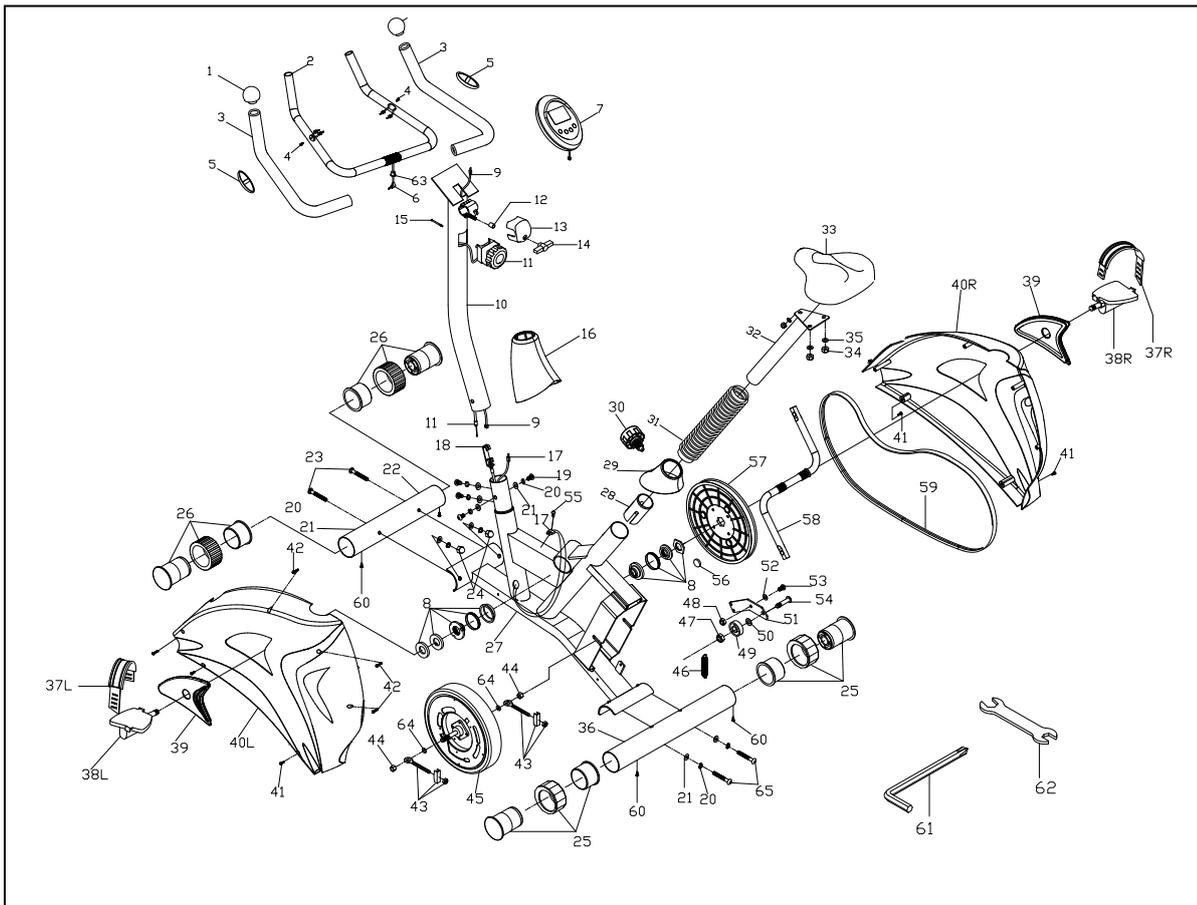


STEP 5 ATTACH THE PEDAL

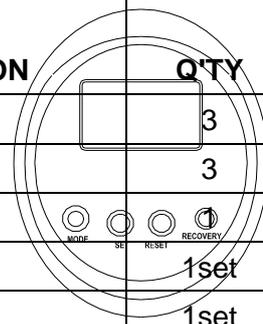
- Assemble each pedal (38R&38L) to the crank (58). Pedal "R" assemble with crank right side , Pedal "L" assemble with crank left side : See the mark "R" & "L"(right and left) on the pedals (38R&38L) and crank (58).
NOTE: The right pedal "R" should be threaded on clockwise. The left pedal "L" should be threaded on counter-clockwise.
- Attach the pedal straps (37R&37L) to the pedals (38R&38L).
NOTE: Adjust the pedal straps (37R&37L) to meet your foot/shoes size by 4 adjustable holes.



EXPLODER



PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
1	Plug	2	34	Nylon nut	3
2	Handle bar	1	35	Flat washer	3
3	Foam grip	2	36	Rear stabilizer	
4	Screw M 4*15mm	2	37	pedal strap (R&L)	1set
5	Hand pulse	2	38	Pedal (R&L)	1set
6	Hand pulse wire	1	39	Side cover R&L	1set
7	Meter	1	40	Chain cover (R&L)	1set
8	BB sets	1 set	41	Screw for chain cover	4
9	Middle section sensor wire	1	42	Screw M5*35mm	4
10	Post tube	1	43	Belt adjustable (3 in 1)	2 set
11	Tension control with cable wire	1	44	Nut 3/8*7 mm	2
12	Spacer	1	45	Flywheel	1
13	Clamp cover	1	46	Spring	1
14	T-knob	1	47	Bearing	1
15	Screw for tension control	1	48	Nylon nut M 8*6mm	1
16	Cup for front post tube	1	49	Press wheel	1
17	Sensor with wire	1	50	Washer M10 D20*11*2T	1
18	Tension cable	1	51	Bracket	1
19	Bolt M8x15mm	4	52	Flat washer 19*8.5 mm	1
20	Spring washer M 8	8	53	Allen head bolt M8*15mm	1
21	Curve washer M 8	8	54	Allen head bolt M10*35 mm	1
22	Front stabilizer	1	55	Screw	1
23	Carriage bolt M8X70mm	2	56	Magnet	1
24	Nut M8	2	57	Pulley	1
25	Rear end cap R&L	2set	58	Crank	1
26	Front end cap R&L	2set	59	Belt	1
27	Main frame	1	60	Screw for adjustable knob	4
28	Sleeve for seat post	1	61	Tool 1	1
29	Cup for seat tube	1	62	Tool 2	1
30	Quick release knob	1	63	Plug	1
31	Bellow	1	64	Flat washer $\phi 10.5 * \phi 19 * 2.0T$	2
32	Seat tube	1	65	Allen head bolt	2
33	Seat	1			



METER INSTRUCTION

A. GENERAL DESCRIPTION

- 1. **Power:** DC 3V (2 pieces alkaline batteries)
- 2. **Function:** Speed, Time, Distance, Calorie, Pulse, Temperature, Scan
- 3. **Key:** Set, Mode, Reset, Recovery
- 4. **Auto Start / Stop:**As long as you are exercising, it will be in action.

B. POWER ON

- 1. To connect the middle section sensor wire with the meter.
- 2. To load 2 pieces of UM-3/ 1.5V batteries into the battery house on the back of meter.
- 3. If the battery symbol “LO” appears on the screen, you should replace the batteries with new ones.

C. KEY AND FUNCTION

- 1. **MODE** To press this key, you select a new function. If you press it for more than 3 seconds, the CPU will erase all data values and it will go back to the initial state.
- 2. **SET** When you select one function (Time, distance, Calories and so on), you can press SET key to set your desired value. Had you set your pulse target value, the meter will give alarm when your pulse rate reaches to it. If you want to change the target value quickly, do not release the key before you are satisfied.
- 3. **RESET** To press it, you can erase the data values to zero.
This key can make you get a lower exercise resistance level.
- 4. **RECOVERY** If you have set up an up limited value of PULSE, press down this key, there will be 60 seconds count-clockwise. After this process has been done, it will show F1-F6. It means your pulse

F1	WELL	F4	SLOW
F2	BETTER	F5	SLOWER
F3	NORMAL	F6	WORSE

The Statement of Function

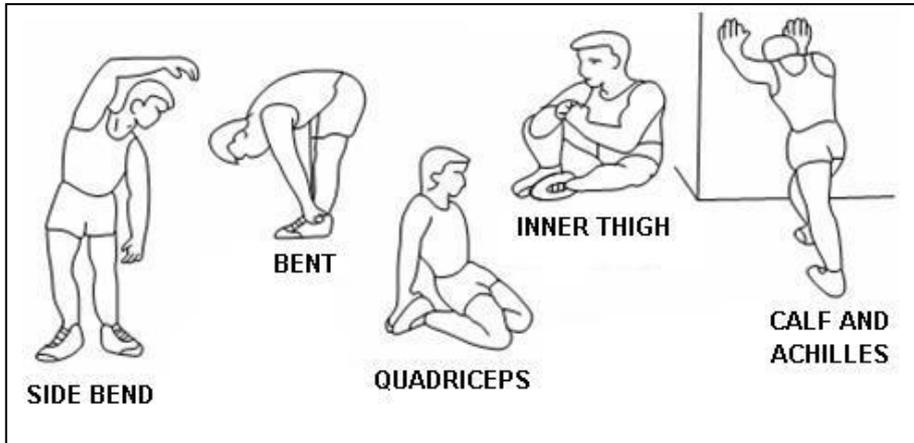
1. **SPEED:** Displaying the current speed values that you are exercising.
2. **TIME:** Displaying the elapsed time you are exercising.
3. **CALORIE:** Displaying the current energy spend/ calorie values that you are exercising.
4. **PULSE:** Displaying the current pulse value that is exercising.
5. **TEMP:** Displaying the temperature of the environment where you are exercising.
6. **DISTANCE:** Displaying the distance values, which it has added during you are exercising.
7. **SCAN:** Automatically scan through, the function of DISTANCE, CALORIE and so on.

USAGE

Stationary bike exercises are replacing bicycle exercises. **Exercise bike W2126 is item class H. Unit is not intended for therapy or rehabilitation.**

TRAINING INSTRUCTION

1. Warm-Up



To prevent injury and maximize performance we recommend that each workout period starts with a warm-up. We suggest you do the following exercise as the sketch map. Each exercise at least about 30 seconds.

2. Position



Seat down at the saddle, put feet's in to pedals, hands put on the Handlebar. Keep your back straight.

3. Training Organization

Warm-up:

Before every training you should warm-up for 5-10 minutes. Here you can do some stretching and training with low resistance.

Training session:

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down:

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes. Stretching is also helpful for the prevention of muscle aches.

Success

Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day. For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your training session and do not start training too aggressively. An old quote amongst sportsmen says: "The most difficult thing about training is to start it."

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to has either a defective or a missing part, Please contact us for a replacement.

Importer: ABISAL Sp. z o. o.
ul. Św. Elżbiety 6
41-905 Bytom
abisal@abisal.pl

