

dyaco

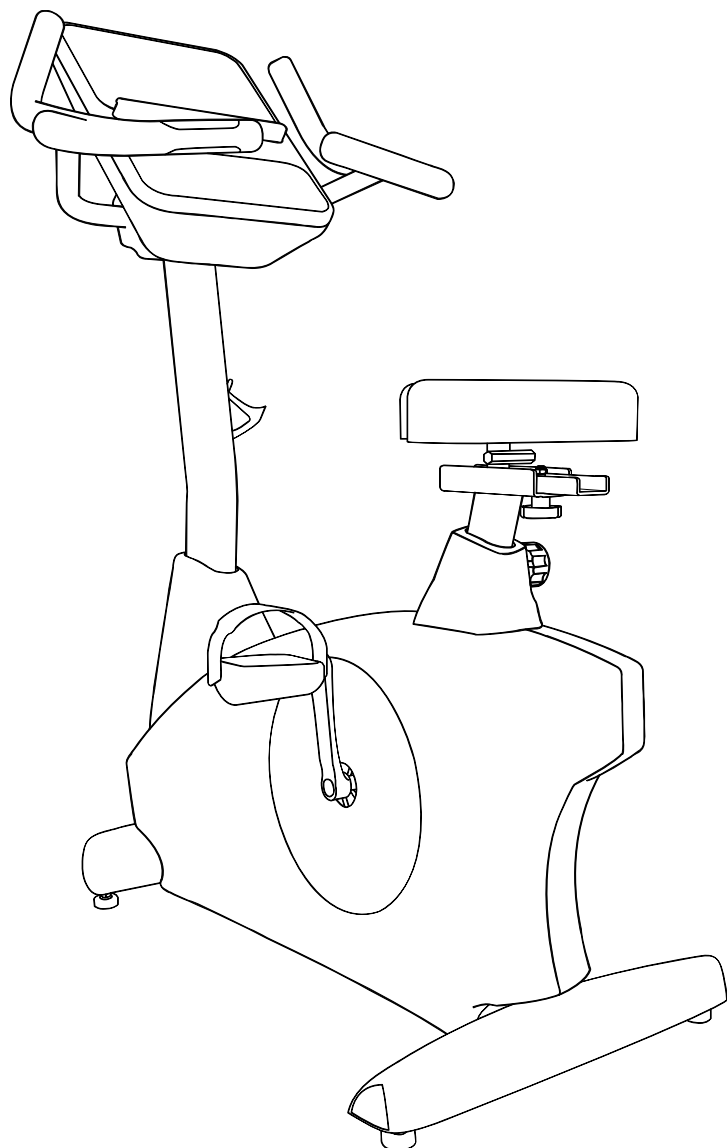
PT

Upright bike

4.0 U

User manual

Please read this entire manual carefully before operating your new upright bike and save it for future use.



Thank you for your recent purchase of the upright bike 4.0 U. Dyaco provides simple, reliable products that offer the most relevant feedback to users to achieve best-in-class outcomes and empower individuals to build confidence in maintaining healthy lifestyles.

Your new product has been manufactured by one of the world's leading fitness product manufactures. It is backed by one of the most comprehensive warranties in the industry. Your warranty and service needs will be addressed either through your regional sales representative or our highly trained service technicians.

It is our responsibility to provide you with both the technical knowledge and access to service personnel to make your ownership experience more informed, and resolve any issues quickly.

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Important safety instructions

Attention

Read all instructions in this manual before using this device.

Warning

- Before beginning exercise on this product, or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with preexisting health conditions.
- Keep children away from the bike. There are obvious pinch points and other caution areas that can cause harm.
- Children should be supervised to ensure that they do not play with the device.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not operate this product on deeply padded, plush or shag carpet. Damage to both carpet and product may result.
- Do not attempt to use this product for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aids in determining heart rate trends in general.
- Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your bike. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Notes on the correct posture and the fact the pedal crank training equipment of class B and C are not suitable for therapeutic purposes.
- The bike is not a medical device.
- Maximum User Weight: 159 kg (350 lbs.)
- Place the machine on a level surface. For ease of access, there should be an accessible space preferentially on both sides of the machine equal to 2 ft (0.6 meters) to allow a user access to the machine from either side. Do not place the machine in any area that will block any vent or air openings. The machine should not be located in a garage, covered patio, near water or outdoors.

Figure 1: Training Area

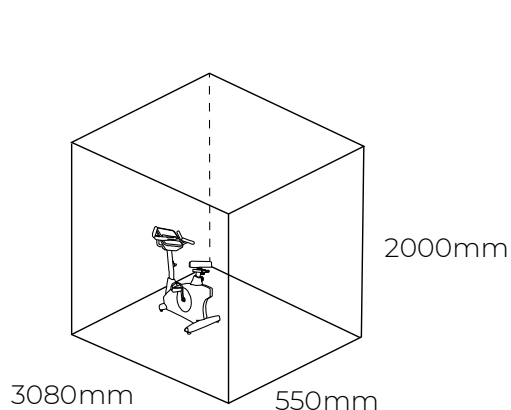
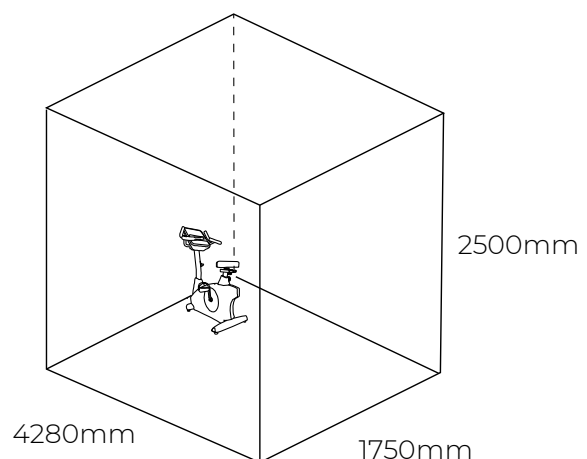


Figure 2: Free Area



- Save these instructions - think safety!

إرشادات السلامة المهمة

⚠️ تنبيه

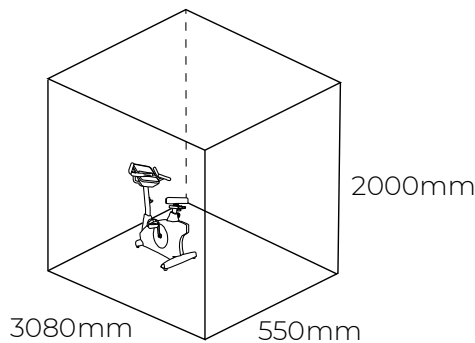
اقرأ جميع الإرشادات الواردة في هذا الدليل قبل استخدام الجهاز.

⚠️ تحذير

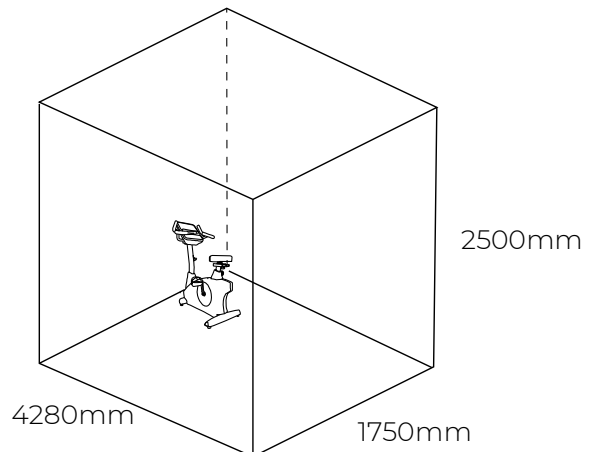
- استشر الطبيب قبل بدء ممارسة التمرينات على هذا الجهاز، وقبل بدء أي برنامج تدريبي. ويمثل هذا أهمية خاصة للأشخاص الذي يتجاوزون 35 عامًا أو الأشخاص الذين كانوا يعانون من حالات صحية سابقًا.
- أبقِ الأطفال بعيدًا عن الجهاز. هناك نقاط تضيق واضحة، ومناطق أخرى تستدعي الانتباه إليها، ويمكن أن تتسبب في إحداث ضرر.
- يجب الإشراف على الأطفال لضمان عدم العبث بالجهاز.
- أبقِ الأيدي بعيدًا عن جميع الأجزاء المتحركة.
- تجنب مطلقًا إسقاط أو إدخال أي شيء في أي فتحات.
- لا تستخدم الجهاز في المناطق الخارجية.
- لا تعتمد إلى تشغيل هذا الجهاز على سجادة عميقة أو من الصوف الخشن أو من نسيج البلش. قد يتسبب ذلك في إتلاف الجهاز والسجادة على حدٍ سواء.
- لا تحاول استخدام هذا المنتج لأي غرض آخر بخلاف الغرض المخصص له.
- مستشعرات نبضات اليد ليست جهازًا طبيًا. قد تؤثر العوامل المختلفة، التي من بينها حركة المستخدم، في دقة قراءة معدل ضربات القلب. مستشعرات النبض فقط، وذلك بتحديد اتجاهات ضربات القلب بشكل عام.
- قد تكون أنظمة مراقبة معدل ضربات القلب غير دقيقة. قد تتسبب التدريبات الزائدة في التعرض لإصابة جسيمة أو الوفاة. إذا شعرت بدوار الإغماء، فتوقف عن ممارسة التدريبات في الحال.
- ارتدِ أحذية ملائمة. لا يكون من الملائم ارتداء الأحذية ذات الكعب أو الأحذية الرسمية أو الصنادل عند استخدام دراجتك. يُنصح بارتداء الأحذية الرياضية لتفادي إرهاق الساقين.

- يمكن للأطفال من عمر 8 سنوات وأكبر والأشخاص الذين يعانون من قدرات جسدية أو حسية أو ذهنية أقل، أو من نقص الخبرة والمعرفة استخدام هذا الجهاز، إذا ما تلقوا الإشراف أو التعليمات الخاصة باستخدامه بأمان وفهموا المخاطر التي ينطوي استخدام الجهاز عليها. يتعين عدم عبث الأطفال بالجهاز. يجب ألا يُعهد للأطفال بأعمال تنظيف الجهاز وصيانته دون الإشراف عليهم.
- هذا الجهاز غير مُخصص للاستخدام من قبل الأشخاص (بما في ذلك الأطفال) الذين يعانون من إعاقات في القدرات الجسدية أو الحسية أو الذهنية، أو من نقص الخبرة والمعرفة ما لم يتلقوا الإشراف، أو التعليمات الخاصة باستخدام هذا الجهاز بأمان من قبل شخص مسؤول عن سلامتهم.
- انتبه إلى الوضع الصحيح للجهاز وحقيقة أن جهاز التدريب بدواسة الكرنك من الفئتين B و C ليسا مناسبين للأغراض العلاجية.
- الدراجة ليست جهازًا طبيًا.
- الوزن الأقصى للمستخدم: 159 كجم (350 رطلاً)
- ضع الجهاز على سطح مستوٍ. لسهولة الوصول، يجب توفير مساحة وصول على كلا جانبي الجهاز، ويُفضل أن تساوي قدمين (0.6 مترًا) للسماح للمستخدم بالوصول إلى الجهاز من كلا الجانبين. لا تضع الجهاز في منطقة من شأنها أن تحجب فتحات التهوية. ينبغي عدم وضع الجهاز في جراج أو مساحة مغطاة أو بجوار المياه أو في المناطق الخارجية المفتوحة.

الشكل 1: منطقة التدريب



الشكل 2: منطق خالية



- احتفظ بتلك الإرشادات - وجّه فكرك نحو الأمان!

Wichtige Sicherheitshinweise

Achtung

Lesen Sie vor dem Gebrauch dieses Geräts alle Anweisungen in diesem Handbuch.

Warnung

- Konsultieren Sie einen Arzt, bevor Sie mit dem Training an diesem Gerät oder einem Trainingsprogramm beginnen. Dies gilt besonders für Personen, die älter als 35 Jahre sind oder für Personen mit vorbestehenden Gesundheitsproblemen.
- Kinder von dem Rad fernhalten. Es gibt offensichtliche Stellen, an denen man sich einklemmen kann und andere Gefahrenbereiche, die zu Verletzungen führen können.
- Kinder sollten beaufsichtigt werden, um sicherzustellen, dass sie nicht mit dem Gerät spielen.
- Hände von allen beweglichen Teilen fernhalten.
- Niemals Gegenstände in Öffnungen fallenlassen oder hineinstecken.
- Nicht im Freien verwenden.
- Das Gerät nicht auf weichen, Plüs- oder Hochflorteppichen betreiben. Es kann zu Schäden am Teppich und Gerät führen.
- Versuchen Sie nicht, dieses Produkt für einen anderen als den vorgesehenen Zweck zu verwenden.
- Die Handpulssensoren sind keine medizinischen Geräte. Verschiedene Faktoren, einschließlich der Bewegung des Benutzers, können die Genauigkeit der Auslesedaten der Herzfrequenz beeinträchtigen. Die Pulssensoren sind nur als Übungshilfe bei der Bestimmung von Herzfrequenztrends im Allgemeinen gedacht.
- Die Herzfrequenzüberwachungssysteme können ungenau sein. Überanstrengung kann zu schweren Verletzungen oder Tod führen. Wenn Sie sich schwach fühlen, hören Sie sofort mit dem Training auf.
- Tragen Sie geeignete Schuhe. High Heels, Anzugsschuhe, Sandalen oder nackte Füße sind nicht für die Verwendung auf Ihrem Rad geeignet. Qualitätssportschuhe werden empfohlen, um Beinermüdung zu vermeiden.
- Dieses Gerät kann von Kindern ab 8 Jahren und Personen mit eingeschränkten körperlichen, sensorischen oder geistigen Fähigkeiten oder fehlender Erfahrung und Wissen benutzt werden, wenn sie in Bezug

auf den sicheren Gebrauch des Geräts beaufsichtigt oder unterwiesen wurden und die damit verbundenen Gefahren kennen. Kinder dürfen nicht mit dem Gerät spielen. Reinigung und Benutzerwartung dürfen ohne Aufsicht nicht von Kindern durchgeführt werden.

- Dieses Gerät ist nicht für die Benutzung von Personen (einschließlich Kindern) mit eingeschränkten körperlichen, sensorischen oder geistigen Fähigkeiten oder fehlender Erfahrung und Wissen vorgesehen, es sei denn, sie werden in Bezug auf den Gebrauch des Geräts von einer Person, die für ihre Sicherheit verantwortlich ist, beaufsichtigt oder unterwiesen.
- Hinweise zur richtigen Körperhaltung und zur Tatsache, dass die Tretkurbeltrainingsgeräte der Klassen B und C nicht für therapeutische Zwecke geeignet sind.
- Das Rad ist kein medizinisches Gerät.
- Maximales Benutzergewicht: 159 kg (350 lbs.)
- Stellen Sie das Gerät auf ebenem Untergrund auf. Um den Zugang zu erleichtern, sollte auf beiden Seiten der Maschine ein zugänglicher Bereich von 0,6 m (2 ft.) vorhanden sein, damit der Benutzer von beiden Seiten auf die Maschine zugreifen kann. Stellen Sie die Maschine nicht in Bereichen auf, die Belüftungs- oder Luftöffnungen blockiert. Die Maschine sollte nicht in einer Garage, überdachten Terrasse, in der Nähe von Wasser oder im Freien aufgestellt werden.

Abbildung 1: Trainingsbereich

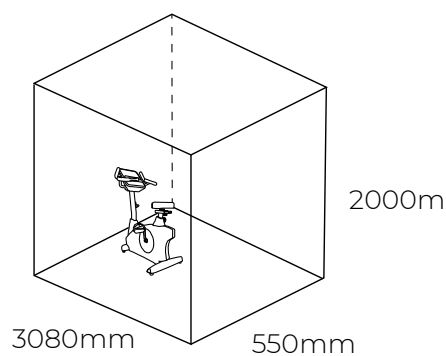
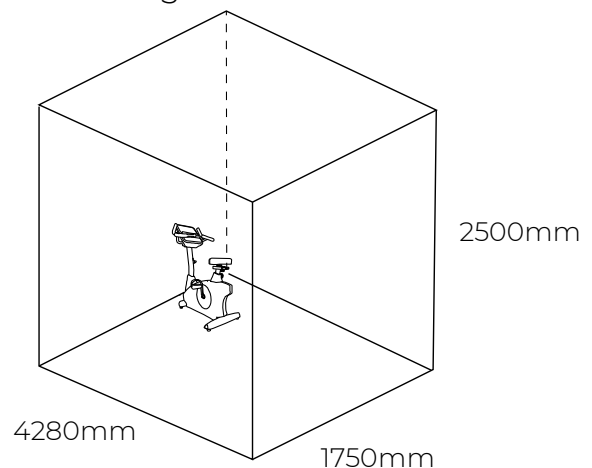


Abbildung 2: Freier Bereich



- Bewahren Sie diese Anweisungen auf - denken Sie an Sicherheit!

Consignes de Sécurité importantes

Attention

Lire toutes les instructions de ce manuel avant utilisation.

Avertissement

- Avant de commencer à faire de l'exercice avec ce produit ou de pratiquer tout autre programme d'exercice, consultez un médecin. Cette consigne est particulièrement importante pour les personnes de plus de 35 ans ou souffrant de problèmes de santé préexistants.
- Tenir les enfants éloignés du cycle exerciceur. Des points de pincement apparents ainsi que d'autres zones nécessitant la plus grande prudence afin d'éviter tout dommage.
- Les enfants doivent être surveillés pour s'assurer qu'ils ne jouent pas avec l'appareil.
- Éloignez vos mains de toutes les pièces mobiles.
- Ne jamais laisser tomber ou insérer un objet dans un orifice.
- Ne pas utiliser à l'extérieur.
- Ne pas utiliser ce produit sur un tapis rembourré, en peluche ou à poils longs. Cela pourrait endommager la moquette et le produit même.
- N'essayez pas d'utiliser ce produit à d'autres fins que celles pour lesquelles il a été conçu,
- Les capteurs de pouls manuels ne sont pas des dispositifs médicaux. Divers facteurs, y compris les mouvements de l'utilisateur, peuvent affecter la précision des mesures de la fréquence cardiaque. Les capteurs de pouls ne sont destinés qu'à faciliter l'exercice pour déterminer les tendances de la fréquence cardiaque en général.
- Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, arrêtez-vous immédiatement.

- Portez des chaussures adaptées. Les talons hauts, les chaussures habillées, les sandales ou les nu-pieds ne sont pas appropriés. Des chaussures de sport de qualité sont recommandées pour éviter la fatigue des jambes
- Cet appareil peut être utilisé par des enfants à partir de 8 ans minimum, et par des personnes dont les capacités physiques, sensorielles ou mentales sont réduites, ou dénués d'expérience et de connaissances à condition d'être supervisés ou d'avoir reçu des consignes concernant son utilisation en toute sécurité et compris les dangers implicites. Les enfants ne peuvent en aucun cas jouer avec l'appareil. Le nettoyage et l'entretien par l'utilisateur ne doivent pas être effectués par des enfants sans surveillance.
- Cet appareil peut être utilisé par des personnes (dont des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou dénuées d'expérience et de connaissances à condition d'être supervisées ou d'avoir reçu des consignes concernant son utilisation en toute sécurité et compris les dangers implicites.
- Indications concernant la posture correcte et le fait que les appareils exerciteurs à pédalier des classes B et C ne sont pas adaptés à des fins thérapeutiques.
- Le cycle n'est pas un appareil médical.
- Poids maximal de l'utilisateur : 159 kg (350 lbs.)
- Placez la machine sur une surface plane. Pour un accès facile, prévoir un espace accessible de préférence des deux côtés de la machine égal à 2 pieds (0,6 mètre) pour permettre à l'utilisateur de passer des deux côtés. Ne placez pas la machine dans un endroit qui bloquerait les ouvertures de ventilation ou d'aération. L'appareil ne doit pas se trouver dans un garage, dans un patio couvert, à proximité d'une source d'eau ou à l'extérieur.

Illustration 1 : Zone d'exercice

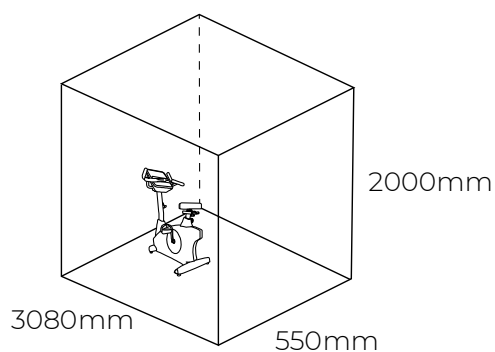
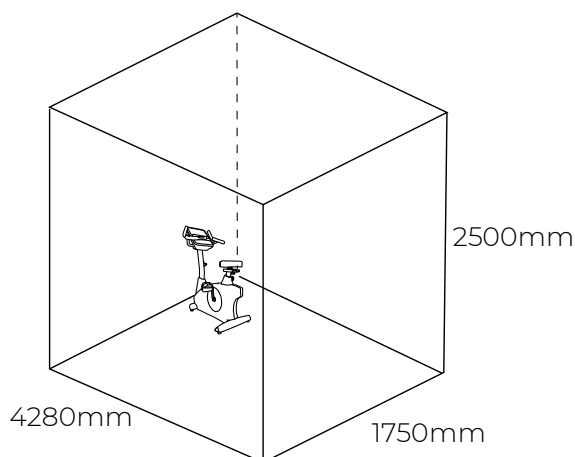


Illustration 2 : Zone libre



- Conservez ces instructions - pensez sécurité !

Belangrijke veiligheidsinstructies

Let op

Lees alle instructies in deze handleiding voordat u dit apparaat gebruikt.

Waarschuwing

- Raadpleeg een arts voordat u dit product gebruikt of een ander trainingsprogramma begint. Dit is vooral belangrijk voor personen ouder dan 35 jaar of personen met reeds bestaande gezondheidsproblemen.
- Houd kinderen uit de buurt van de fiets. Er zijn duidelijke knelpunten en andere, voorzichtigheid vereisende gebieden die schade kunnen veroorzaken.
- Kinderen moeten onder toezicht staan om te voorkomen dat zij met het apparaat spelen.
- Houd uw handen uit de buurt van alle bewegende delen.
- Laat nooit een voorwerp in één van de openingen vallen of steek hier geen voorwerpen in.
- Niet buitenshuis gebruiken.
- Gebruik dit product niet op hoogpolige tapijten. Dit kan zowel tapijt als product beschadigen.
- Probeer dit product niet te gebruiken voor een ander doel dan waarvoor deze is bestemd.
- De handpulssensoren zijn geen medische apparaten. Verschillende factoren, waaronder de beweging van de gebruiker, kunnen de nauwkeurigheid van de hartslagmetingen beïnvloeden. De pulssensoren zijn alleen bedoeld als hulpmiddel bij het bepalen van hartslagtrends in het algemeen.
- Hartslagbewakingssystemen kunnen onnauwkeurig zijn. Overmatig trainen kan leiden tot ernstig letsel of de dood. Stop onmiddellijk met trainen als u zich zwak voelt.

- Draag geschikte schoenen. Hoge hakken, schoenen, sandalen of blote voeten zijn niet geschikt voor gebruik op uw fiets. Sportschoenen van hoge kwaliteit worden aanbevolen om vermoeide benen te voorkomen.
- Dit apparaat kan worden gebruikt door kinderen van 8 jaar en ouder en personen met verminderde lichamelijke, zintuiglijke of mentale vermogens of gebrek aan ervaring en kennis als zij onder toezicht staan of instructie hebben ontvangen over het veilige gebruik van het apparaat en de bijbehorende gevaren begrijpen. Kinderen mogen niet met het apparaat spelen. Reiniging en gebruikersonderhoud mogen niet zonder toezicht door kinderen worden uitgevoerd.
- Dit apparaat is niet bedoeld voor gebruik door personen (inclusief kinderen) met verminderde lichamelijke, zintuiglijke of mentale vermogens, of gebrek aan ervaring en kennis, tenzij zij onder toezicht staan of instructies hebben gekregen over het gebruik van het apparaat door een persoon die verantwoordelijk is voor hun veiligheid.
- Opmerkingen over de juiste houding en het feit dat de pedaalcranktrainingsapparatuur van klasse B en C niet geschikt is voor therapeutische doeleinden.
- De fiets is geen medisch hulpmiddel.
- Maximaal gebruikersgewicht: 159 kg (350 lbs,)
- Plaats het apparaat op een vlakke ondergrond. Voor gemakkelijke toegang moet er bij voorkeur aan beide kanten van de machine een toegankelijke ruimte zijn die gelijk is aan 0,6 m (2 ft) om een gebruiker van beide kanten toegang tot de machine te geven. Plaats de machine niet op een plek die ventilatie- of luchtopeningen blokkeert. Het apparaat mag niet in een garage, overdekt terras, in de buurt van water of buitenshuis worden geplaatst.

Figure 1: Training Area

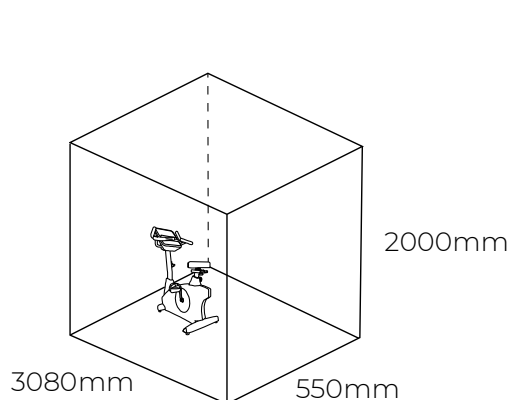
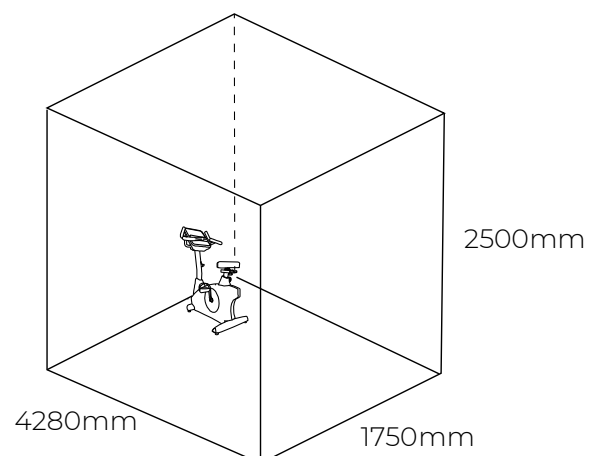


Figure 2: Free Area



- Bewaar deze instructies - denk aan de veiligheid!

Important electrical information

Warning

- Be aware that the generator is producing A.C. power while the bike is being used. Do not service the bike while the generator is spinning; serious electric shock could occur.
- Never expose this product to rain or moisture. This product is not designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 5 to 48 degrees Celsius (40 to 120 degrees Fahrenheit), and humidity is 95% non-condensing (no water drops forming on surfaces).

معلومات

كهربائية مهمة

⚠ تحذير

- يجب أن تعي أن المولد ينتج تيار كهربائي متردد في أثناء استخدام الدراجة. لا تحاول صيانة الدراجة في أثناء دوران المولد؛ فقد يعرضك هذا إلى صدمة كهربائية خطيرة.
- تجنب مطلقاً تعريض هذا المنتج للمطر أو الرطوبة. هذا المنتج غير مصمم للاستخدام في المناطق الخارجية ولا بجوار حمام سباحة أو مركز صحي ولا في أي بيئات تتميز بالرطوبة العالية. تتراوح درجة حرارة التشغيل بين 5 و 48 درجة مئوية (40 إلى 120 درجة فهرنهايت)، والرطوبة عند 95% غير مكثفة (لا تتشكل قطرات المياه على الأسطح).

Wichtige elektrische Hinweise

Warnung

- Beachten Sie, dass der Generator Wechselstrom erzeugt, während das Fahrrad benutzt wird. Warten Sie das Fahrrad nicht, während sich der Generator dreht. Es kann zu einem schweren Stromschlag kommen.
- Setzen Sie dieses Gerät niemals Regen oder Feuchtigkeit aus. Dieses Produkt ist nicht zur Verwendung im Freien, in der Nähe eines Pools oder Spas oder in einer anderen Umgebung mit hoher Luftfeuchtigkeit konzipiert. Die Betriebstemperatur beträgt 5 bis 48 Grad Celsius (40 bis 120 Grad Fahrenheit) und die Luftfeuchtigkeit ist zu 95% nicht kondensierend (keine Bildung von Wassertropfen auf Oberflächen).

Consignes Renseignements importants en matière d'électricité

Avertissement

- Sachez que le générateur produit du courant alternatif pendant l'utilisation du cycle. Ne pas effectuer l'entretien du cycle pendant que le générateur tourne ; un choc électrique grave pourrait se produire.
- Ne jamais exposer ce produit à la pluie ou à l'humidité. Ce produit n'est pas conçu pour être utilisé à l'extérieur, près d'une piscine ou d'un spa, ni dans aucun autre environnement particulièrement humide. La température de fonctionnement varie de 5 à 48 degrés Celsius (40 à 120 degrés Fahrenheit) et le taux d'humidité est de 95 % sans condensation (aucune goutte d'eau ne se forme sur les surfaces).

Belangrijke informatie betreffende elektriciteit

Waarschuwing

- Houd er rekening mee dat de generator wisselstroom produceert terwijl de fiets wordt gebruikt. Onderhoud de fiets niet terwijl de generator draait; ernstige elektrische schokken kunnen het gevolg zijn.
- Stel dit product nooit bloot aan regen of vocht. Dit product is niet ontworpen voor gebruik buitenshuis, in de buurt van een zwembad of spa, of in een andere, zeer vochtige omgeving. De bedrijfstemperatuurspecificatie is van 5 tot 48 graden Celsius (40 tot 120 graden Fahrenheit) en de luchtvochtigheid is 95% zonder condensvorming (geen vorming van waterdruppels op oppervlakken).

Important operation instructions

- Never operate this product without reading and completely understanding the results of any operational change you request from the console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the console and release the adjustment key. The console will obey the command gradually.
- Use caution while participating in other activities while pedaling on your product; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handle bar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

معلومات إرشادات التشغيل المهمة

- تجنب مطلقاً تشغيل هذا المنتج دون قراءة نتائج أي تغيير تشغيلي تطلبه من وحدة التحكم.
- يجب عليك إدراك أن التغييرات التي تُجرى على المقاومة لا تحدث في الحال. عيّن مستوى المقاومة المطلوب على الوحدة وحرر مفاتيح الضبط. ستلبي الوحدة الأمر بشكل تدريجي.
- انتبه عند المشاركة في الأنشطة الأخرى بينما تستخدم الدواسة في المنتج لديك، مثل مشاهدة التلفزيون والقراءة وغيرها. قد تؤدي هذه الملهيات إلى فقدان توازنك مما قد يؤدي إلى إصابة خطيرة.
- لا تضغط بشدة على مفاتيح التحكم في الوحدة. فهي مصممة لتعمل بشكل ملائم مع الضغط البسيط عليها بالإصبع.
- أمسك دائماً بالمقود بينما تجري تغييرات على مستوى التحكم.
- لا تضغط بشدة على مفاتيح التحكم في الوحدة.
- فهي مصممة لتعمل بشكل ملائم مع الضغط البسيط عليها بالإصبع. إذا شعرت بأن الأضرار لا تعمل بشكل صحيح عند الضغط العادي عليها، فاتصل بالوكيل.

Wichtige Bedienungsanwei- sungen

- Betreiben Sie dieses Produkt niemals, ohne die Ergebnisse einer von Ihnen über die Konsole angeforderten Betriebsänderung gelesen und vollständig verstanden zu haben.
- Seien Sie sich bewusst, dass Widerstandsänderungen nicht sofort auftreten. Stellen Sie Ihre gewünschte Widerstandsstufe auf der Konsole ein und lassen Sie die Einstelltaste los. Die Konsole folgt dem Befehl nach und nach.
- Seien Sie vorsichtig, wenn Sie auf Ihrem Produkt andere Aktivitäten ausüben, wie Fernsehen, Lesen, etc. Diese Ablenkungen können dazu führen, dass Sie die Balance verlieren und so zu ernsthaften Verletzungen führen.
- Üben Sie keinen übermäßigen Druck auf die Steuertasten aus. Sie sind präzise eingestellt, um mit geringem Fingerdruck richtig zu funktionieren.
- Bei Änderungen an der Steuerung halten Sie sich immer an einer Haltestange fest.
- Üben Sie keinen übermäßigen Druck auf die Steuertasten aus. Sie sind präzise eingestellt, um mit geringem Fingerdruck richtig zu funktionieren. Wenn Sie das Gefühl haben, dass die Tasten bei normalem Druckkontakt nicht richtig funktionieren, kontaktieren Sie Ihren Händler.

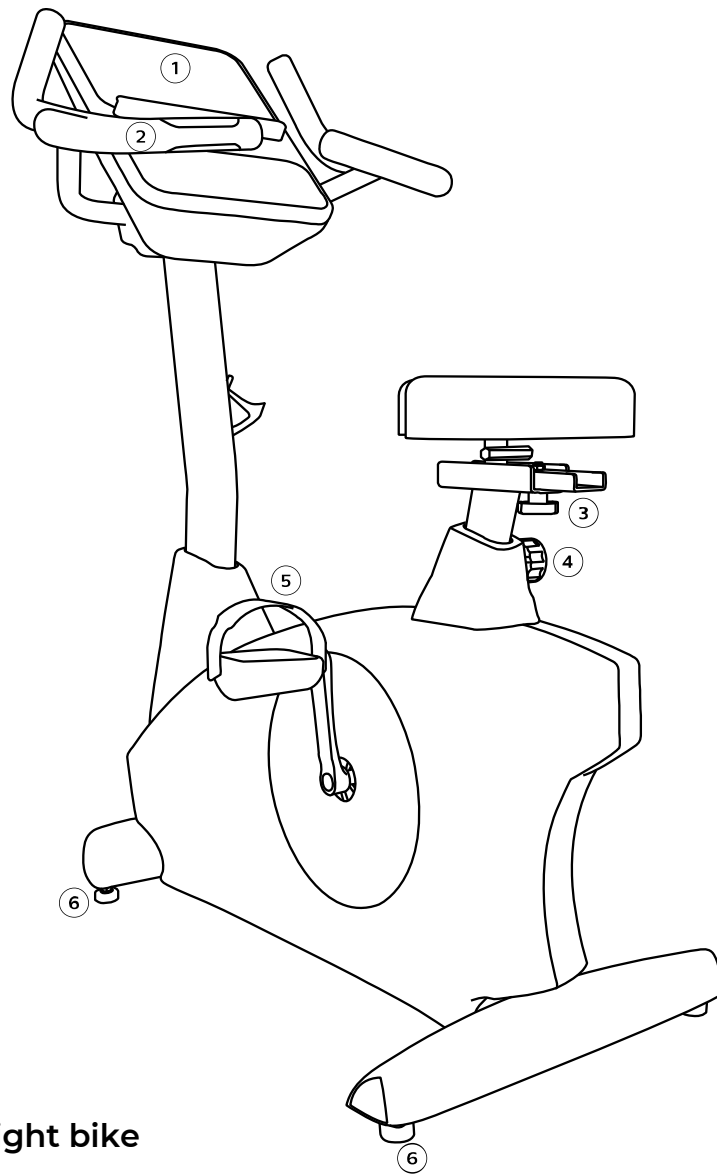
Consignes d'utilisation importantes

- N'utilisez jamais ce produit sans lire ni comprendre pleinement les conséquences de tout changement opérationnel opéré sur la console.
- Vous devez comprendre que les variations de résistance ne se produisent pas immédiatement. Réglez le niveau de résistance désiré sur la console et relâchez la touche de réglage. La console obéira progressivement à la commande.
- Faites preuve de prudence en faisant d'autres activités en marchant sur votre tapis, par exemple, regarder la télévision, lire ou autres. Ces distractions peuvent vous faire perdre l'équilibre, et ainsi entraîner des blessures graves.
- N'exercez pas une pression excessive sur les touches de commande de la console. Elles sont réglées avec précision pour un fonctionnement optimal d'une simple pression du doigt.
- Tenez toujours le guidon lorsque vous effectuez des changements de contrôle.
- N'exercez pas une pression excessive sur les touches de commande de la console. Elles sont réglées avec précision pour un fonctionnement optimal d'une simple pression du doigt. Si vous avez l'impression que les touches ne répondent pas efficacement, malgré une pression normale, contactez votre revendeur.

Belangrijke bedieningsinstructies

- Gebruik dit product nooit zonder de resultaten te lezen en volledig te begrijpen van een eventuele operationele wijziging die u van de console vraagt.
- Onthoud dat weerstandsveranderingen niet onmiddellijk optreden. Stel het gewenste weerstandsniveau in op de console en laat de regeltoets los. De console zal de opdracht geleidelijk uitvoeren.
- Wees voorzichtig wanneer u deelneemt aan andere activiteiten terwijl u fietst, zoals televisie kijken, lezen, etc. Deze afleidingen kunnen ertoe leiden dat u uw evenwicht verliest, wat kan leiden tot ernstig letsel.
- Oefen geen overmatige druk uit op de bedieningstoetsen van de console. Ze zijn nauwkeurig ingesteld om goed te kunnen functioneren door een kleine vingerdruk.
- Houd altijd het stuur vast terwijl u bedieningswijzigingen aanbrengt.
- Oefen geen overmatige druk uit op de bedieningstoetsen van de console. Ze zijn nauwkeurig ingesteld om goed te kunnen functioneren door een kleine vingerdruk. Indien de knoppen niet goed werken bij het uitoefenen van normale druk, neem dan contact op met uw dealer.

Features



4.0 U-Upright bike

Parts and adjustments

1. Console
2. Hand pulse grips
3. Fore / aft seat adjustment
4. Vertical seat adjustment
5. Pedal
6. Leveling glides

Optional parts (not shown)

- 2.1 Adjustable crank set

Assembly instructions

Unpacking

- Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.
- Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

Tools included

- 13/15mm wrench
- 12/14mm wrench
- 6 mm L allen wrench
- Phillips screwdriver

Parts included

- | | |
|----------------------------|---------------------------|
| • 1 main frame | • 1 rear stabilizer cover |
| • 1 rear stabilizer | • 1 console |
| • 1 console mast | • 1 drink bottle holder |
| • 1 handle bar | • 2 pedals |
| • 1 console mast cover | • 1 hardware kit |
| • 1 front stabilizer cover | |

Assembly

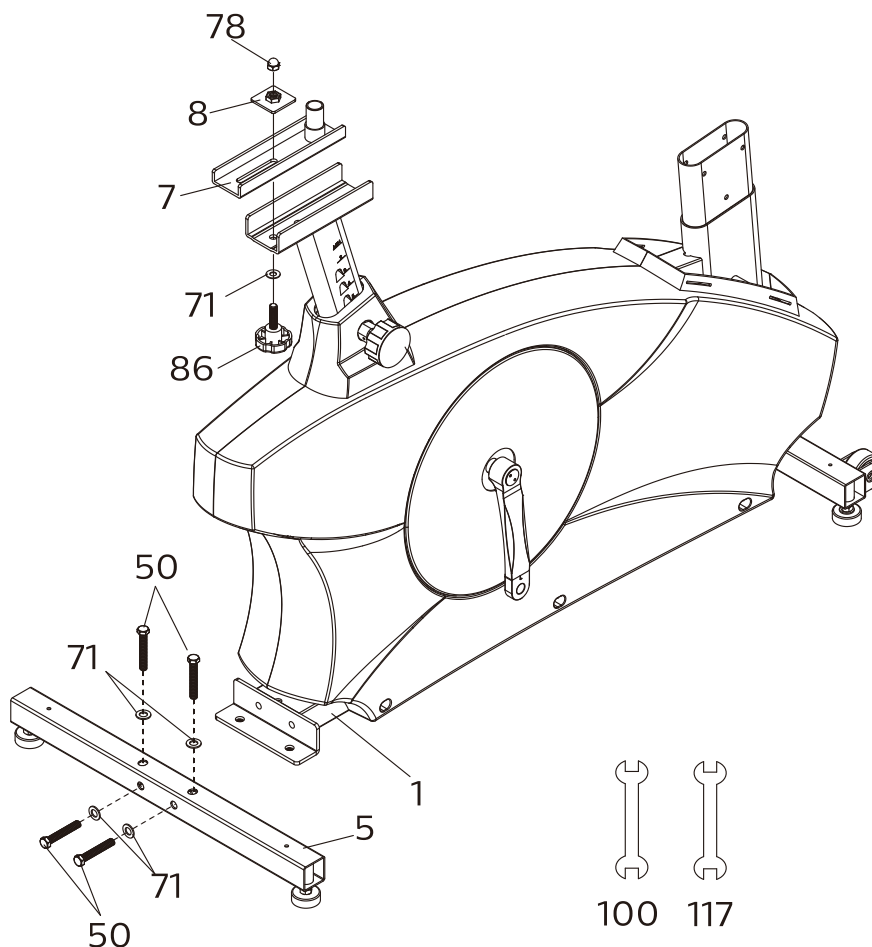
Read each step's instructions and study the drawing carefully to become familiar with all the parts and procedures before beginning each step.

Step 1.

- Install the rear stabilizer (5) onto the main frame (1) with the four hex head bolts (50) and four flat washers (71).
- Install the seat mount slide (7) onto the track on top of the seat tube with the seat post facing forward with the seat adjustment knob (86), flat washers (71), fixing plate (8) and nut (78).

Hardware for step 1

Part	Type	Description	Qty
50	Hex head bolt	3/8" × 2-1/4"	4
71	Flat washer	Ø3/8"	5
78	Cap nut	3/8" × 12.5T	1

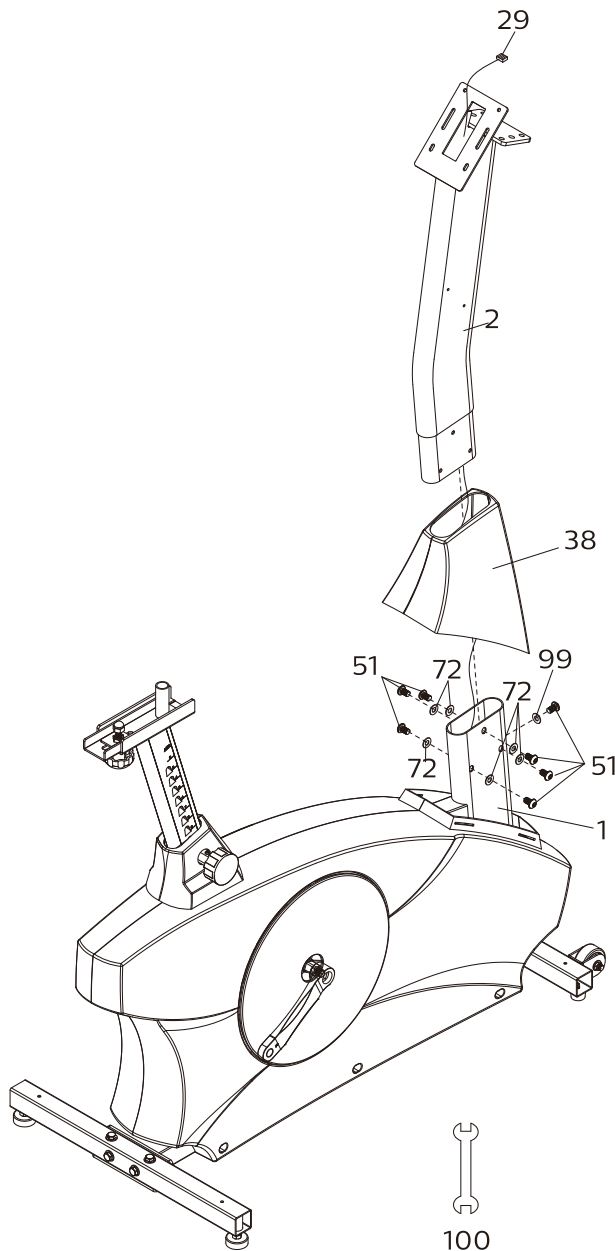


Step 2.

- Run the wiring harness (29) through the console mast (2) and console mast cover (38) and out the top.
- Assemble console mast (2) to main frame (1) with 6 bolts (51) and 6 washers (72) on the both side screws, 1 bolt (51) and 1 curved washer (99) on the front screw. Do not pinch any wires.

Hardware for step 2

Part	Type	Description	Qty
51	Hex head bolt	5/16" × 5/8"	7
72	Flat washer	Ø5/16"	6
99	Curved washer	Ø5/16"	1

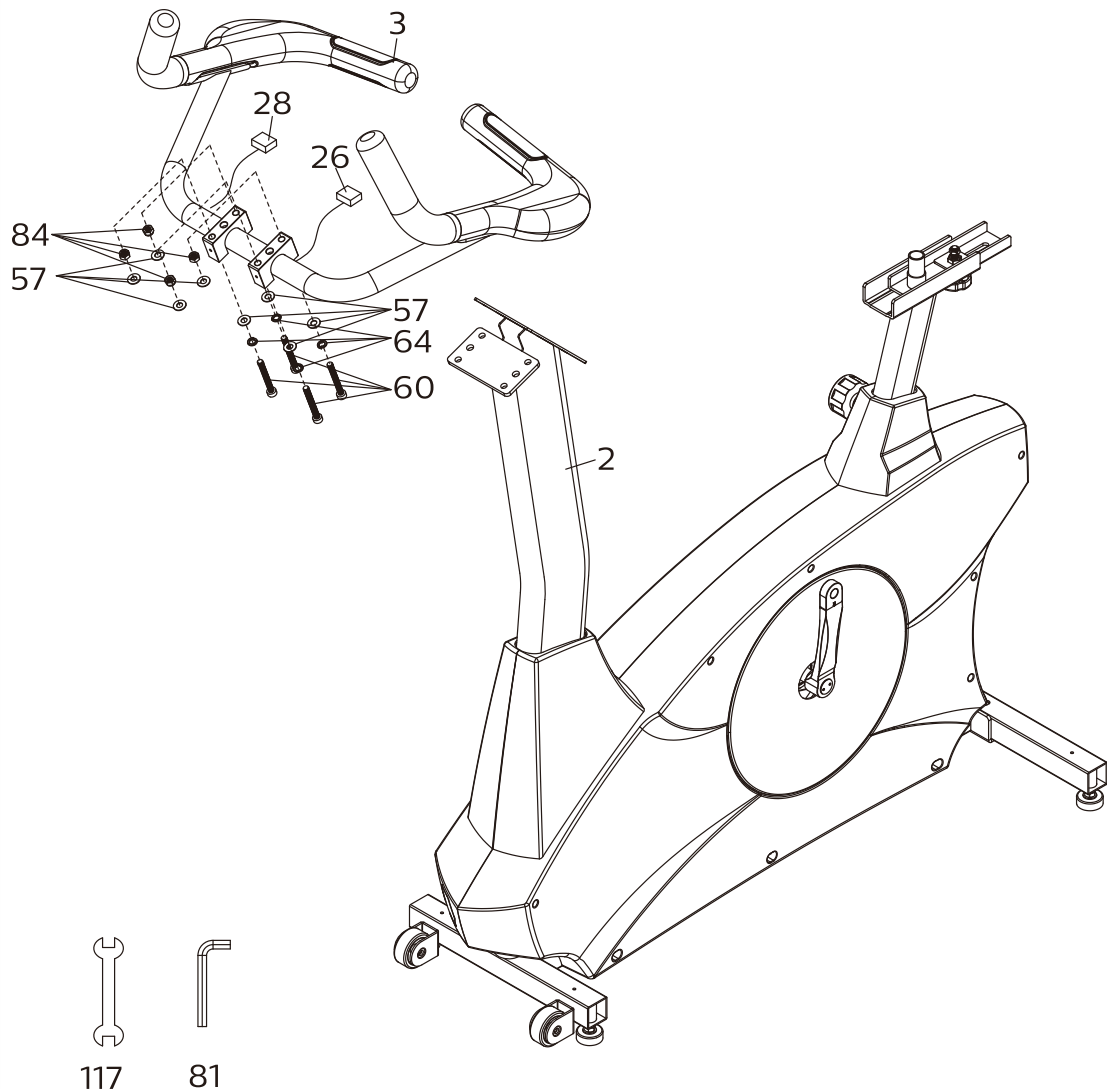


Step 3.

- Install the handlebars (3) to console mast (2) with 4 bolts (60), 4 lock washers (64), 8 washers (57), and 4 nuts (84).
- Run the 2 hand pulse wires (26 & 28) into the hole in the handle bar mounting plate and out through the hole in the console plate.

Hardware for step 3

Part	Type	Description	Qty
57	Flat washer	Ø8.5	8
60	Socket head cap bolt	M8 × 65L	4
64	Split washer	Ø8 × 1.5T	4
84	Nyloc nut	M8 × 7T	4

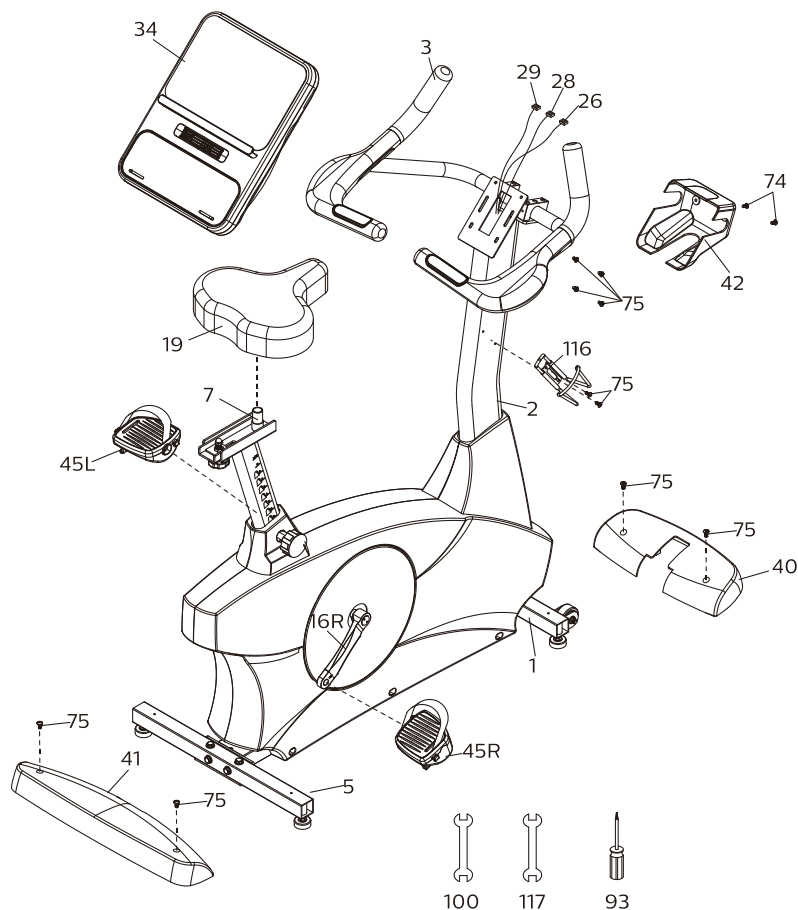


Step 4.

- Connect wiring harness (26 & 28 & 29) to console (34). Attach console (34) to console mast (2) using 4 screws (75). Be careful not to pinch any wires.
- Attach console bracket cover (42) to handlebars (3) using 2 screws (74).
- Install the front stabilizer cover (40) and the rear stabilizer cover (41) onto the main frame (1) with 4 screws (75).
- Attach cup holder (116) to console mast (2) using 2 screws (75).
- Install the left and right pedals (45 L & 45 R) onto the left and right crank arms (16 L & 16 R). The left pedal has a reverse thread and will be screwed in with the opposite rotation. Make sure to tighten the pedals as much as possible.
- Install the seat (19) onto the seat post (7).

Hardware for step 4

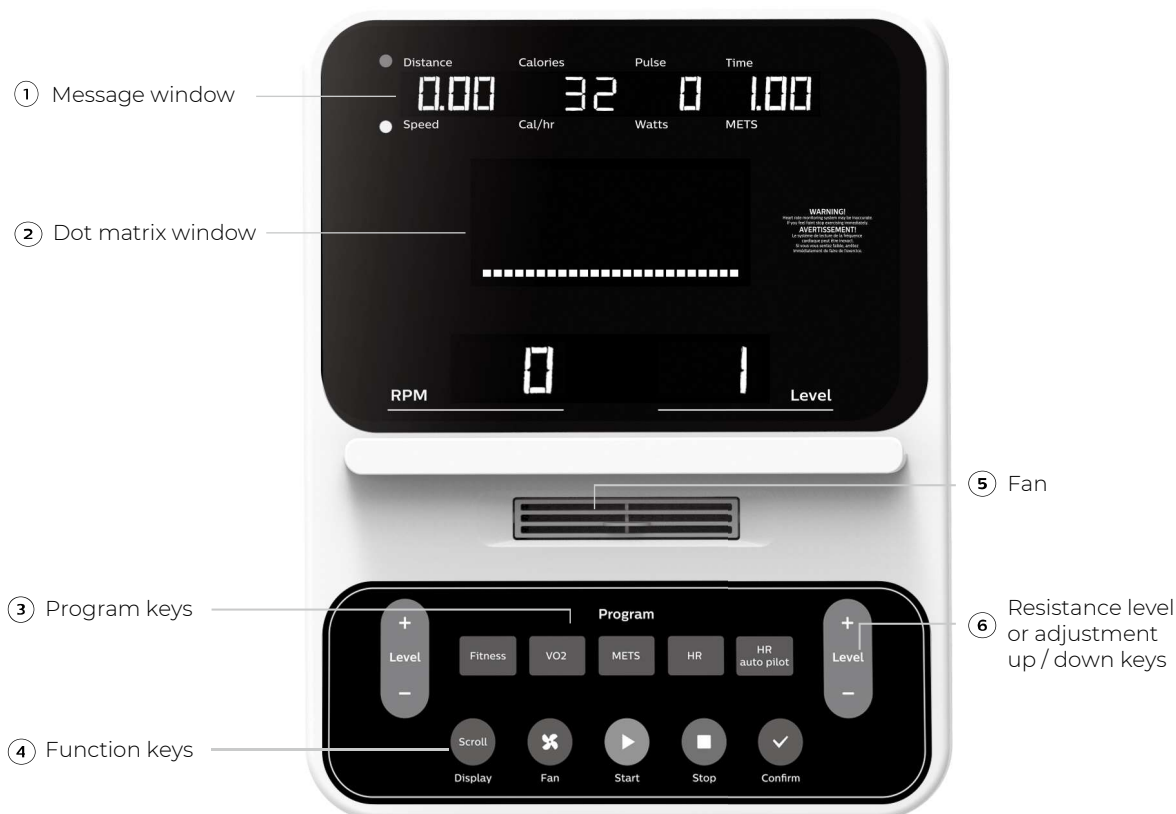
Part	Type	Description	Qty
74	Phillips head screw	M5 × 8L	2
75	Phillips head screw	M5 × 12L	10



Size: 108 × 55 × 136 cm Weight: 60.5 kg

Console operation

4.0 U console



Power on

The 4.0 U has a built-in generator for power and does not need to be plugged into an AC outlet. To power up the bike simply start to pedal, the console will turn on automatically.

The console will go to the start up display, also known as Idle mode. The message window will be scrolling the start up message. You may now begin to use the 4.0 U.

CSAFE feature

Your console is equipped with a CSAFE feature. The power (POWER) port can be used for powering a remote controlled audio-visual system by connecting a cable from the remote to the power port at the back of the console. The Communication port (COMM) can be used to interact with software applications.

Quick start

This is the quickest way to start a workout. After the console powers up you just press the start key to begin. This will initiate the quick start mode. In quick start, the time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Plus and Minus keys. As you increase the workload more rows will light indicating a harder workout. The bike will get harder to pedal as the rows increase.

There are 40 levels of resistance available for plenty of variety. The first 10 levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. Levels 10-20 are more challenging but the increases from one level to the next remain small. Levels 20-30 start getting tough as the levels jump more dramatically. Levels 30-40 are extremely hard and are good for short interval peaks and higher performance training.

Basic information

When you begin a program the dot matrix will display the workout profile.

The message window will initially be displaying distance, calories, pulse and time information. On the bottom left of the key pad is a key labeled display. Each time this display key is pressed the next set of information will appear. If the display key is pressed during the second set of information display the scan mode will come on and the message window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the display button again will bring you back to the first set of information as beginning.

The product has a built in heart rate monitoring system. Simply grasping the hand pulse sensors, or wearing a heart rate chest belt transmitter will start the heart rate detection. The message window will display your heart rate, or pulse, in beats per minute (this may take a few seconds). NOTE: You must enter your correct age during program setup for heart rate control program to be accurate. Refer to using a heart rate transmitter section for details about these features and how they can help you work out more efficiently.

The stop key actually has several functions. Pressing the stop key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during pause just press the start key or start pedaling. If the stop key is pressed twice during a workout the program will end and a summary of information of the exercise session will be displayed, and then the console will return to the start up screen. If the stop key is held down for 3 seconds the console will perform a complete reset. During data entry for a program the stop key performs a previous screen function. This allows you to go back one step in the programming each time you press the stop key.

The program keys may be used to preview each program when in the idle mode. When you first turn the console on you may press each program key to preview what the program profile looks like. If you decide that you want to try a program, press the corresponding program key and then press the confirm key to select the program and enter into the data-setup mode.

The console includes a built-in fan to help keep you cool.

Programmable features

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age ensures that the heart rate window shows the correct number. Your age is also necessary during the heart rate control program to ensure the correct settings are in the program for your age. Otherwise the work settings could be too high or low for you; entering your weight aides in calculating a more correct calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

Calorie note: Calorie readings on every piece of exercise equipment, whether it is in a facility or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

Entering a program and changing settings

When you enter a program (by pressing a program key, then confirm key) you have the option of modifying the settings. If you want to begin without entering new settings just press the start key. This will bypass the programming of data and take you directly to the start of the program. If you want to change the settings just follow the instructions in the message window. If you start a program without changing the settings the default or pre-saved setting will be used.

Manual

The manual program works as the name implies, manually. This means that you control the workload yourself, not the computer. To start the manual program follow the instructions below or just press the manual key then the confirm key and follow the directions in the message window.

- Press the manual key then press the confirm key.
- The message window will ask you to enter your age. You may enter your age, using the Plus and Minus keys, then press the confirm button to accept the new number and proceed on to the next screen.
- You are now asked to enter your weight. You may adjust the weight number using the Plus and Minus keys, then press confirm to continue.
- The next setting is time. You may adjust the Time and press confirm key to continue.
- Now you are finished editing the settings and can begin your workout by pressing the start key. You can also go back and modify your settings by pressing the confirm key.
- Note: At any time during the editing of data you can press the stop key to go back one level, or screen.
- The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Plus key; the Minus key will decrease the workload.
- During the manual program you will be able to scroll through the data in the message window by pressing the display key.
- When the program ends you may press start to begin the same program again or stop to exit the program.

Preset programs

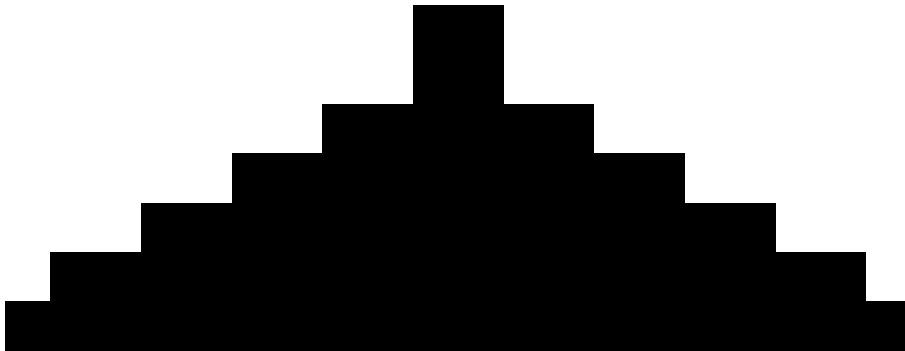
The bike has three different programs that have been designed for a variety of workout goals. These programs factory preset work level profiles for achieving different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (max level) for each program before beginning.

Programming preset programs

- Select the desired program by pressing fitness key then press confirm key.
- The message window will ask you to enter your age. You may adjust the age setting, using the Plus and Minus keys, then press confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter your weight. You may adjust the weight number using the Plus and Minus keys, then press confirm to continue.
- Next is time. You may adjust the Time and press confirm to continue.
- Now you are asked to adjust the max level. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press confirm.
- Now you are finished editing the settings and can begin your workout by pressing the start button. You can also go back and modify your settings by pressing the stop key to go back one level, or screen.
- If you want to increase or decrease the workload at any time during the program press the Plus and Minus key. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the message window will show the current column, and program maximum, levels of work.
- During the program you will be able to scroll through the data in the message window by pressing the display key
- When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

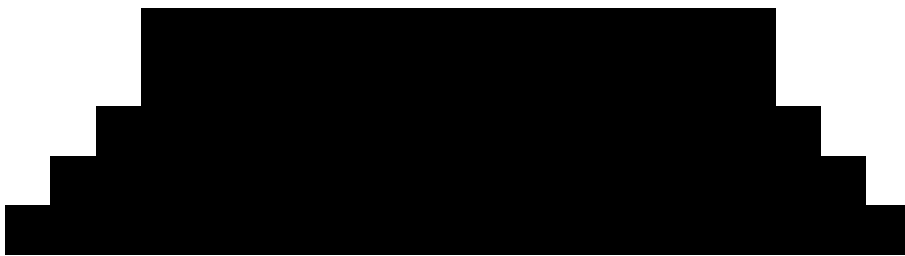
Hill

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



Plateau

The Plateau program provides a steady state exercise with warm up and cool down periods.



Interval

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.



Custom program

The custom program allows you to build and save a custom program. You can build your own custom program by following the instructions below. The custom program allows you to further personalize it by adding your facility name.

- Designing and saving a new program as a custom program. The message window will show a welcome message; if you had previously saved a program the message will contain the name you gave it. Then press the Enter key to begin programming.
 - When you press confirm, the message window will show “name – a”, if there is no name saved. If the name “custom workout” had been previously saved the message window will show “name – custom workout” and the c in custom will be blinking. If there is a name saved you can change it or you may press the stop key to keep the name and continue to the next step. If you want to enter a name use the plus and/or the minus key to change the first letter then press confirm to save the first letter and continue to the next letter. When you have finished entering the name press the stop key to save the name and continue to the next step.
 - The message window will ask you to enter an age. You may enter an age, using the plus and minus keys, then press the confirm key to accept the new number and proceed on to the next screen.
 - You are now asked to enter a weight. You may adjust the weight number using the plus and minus keys and then press confirm to continue.
 - Next is time. You may adjust the time and press confirm to continue.
 - Now you are asked to adjust the max level. This is the peak exertion level you will experience during the program. Adjust the level and then press confirm.

- Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press confirm to continue to the next segment.
- The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press confirm. Continue this process until all twenty four segments have been set.
- The message window will then tell you to press confirm to save the program. After saving the program the message window says "new program saved" then will give you the option to start or modify the program. Pressing stop will exit to the start up screen.
- During the custom program you will be able to scroll through the data in the message window by pressing the display key.
- Use the heart rate monitoring features and can switch to heart rate auto-pilot mode (see hr auto pilot section for details of this feature).
- Running a saved program – Enter the custom program then press confirm key.
 - Enter time and press confirm. Then press start to begin program.

VO2 Test

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are determined based on the heart rate readings measured as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on the fitness level of the user. The test ends when the user's heart rate reaches 85% of maximum at any time during the test, or the heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be displayed. VO2 stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol employs two to four stages, lasting 3 minutes each, of continuous exercise (see charts below). You will be prompted to choose either, Male or Female at the beginning of the test. This choice determines which protocol will be used during the test as shown in the charts below. The only caveat is if you are a very de-conditioned male you may need to choose option Female. If you are a very conditioned female you may need to choose option Male.

Workload chart for male or very fit female

1st Stage				50 watts - 300 kgm/min					
HR		< 90			90 -105			> 105	
2nd Stage		150 watts - 900 gm/min			125 watts - 750 gm/min			100 watts- 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	225 watts - 1350 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	125 watts- 750 kgm/min

Workload chart for female or de-conditioned male

		1st Stage	25W 150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min	50W 300 kgm/min
3rd Stage	150W 900 kgm/min	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min
4th Stage (if needed)	175W 1050 kgm/min	150W 900 kgm/min	117W 700 kgm/min	100W 600 kgm/min

VO2 test programming

- Press the VO2 key and press confirm.
- The message window will prompt you to enter your Gender. Use the Plus and Minus keys to change and press the confirm key to accept and proceed on to the next screen.
- You are now prompted to enter your age. You may adjust the age using the Plus and Minus key then press confirm to continue.
- You are now prompted to enter your weight. You may adjust the weight using the Plus and Minus key then press enter to continue.
- Now press start to begin the test.

Before the test

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Adjust the seat to the proper position so that when your leg is extended during pedaling there is a slight bend at the knee of about 5 degrees.
- Make sure you have warmed up and stretched before taking the test.
- Do not take caffeine before the test.

During the test

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter, although chest strap transmitter is recommended.
- The user must maintain a steady 50 RPM pedal speed. If the pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound and the RPM number will flash until the speed is within this range.
- You may scroll through the various data readings in the message window by pressing the display key.
- The message window will always display your pedal speed on the right side to help you maintain 50 RPM.
- The data shown during the test is
 - Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 - HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 - Time is the total elapsed time of the test.

After the test

- Cool down for about one to three minutes.
- Take note of the score because the console will automatically return to the start-up mode after a few minutes.

What the score means

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

METs program

METs stands for metabolic equivalent, which is one way that exercise physiologists estimate how many calories are burned during physical activity.

1 MET is essentially the amount of energy produced relative to body mass whilst at rest. As you sit here now reading you are expending 1 MET of energy.

Using 1 MET as the reference value, light activities burn up to 3 times as many calories as rest, moderate activities burn 3-6 times as many and vigorous exercise more than 6 times as much energy as rest.

METs programming

- Press the METs key and then press confirm.
- The message window will prompt you to enter your age. Use the plus and minus keys to change and press the confirm key to continue.
- You are now prompted to enter your weight. You may adjust the age using the plus and minus key then press confirm key to continue.
- You are now prompted to enter your workout time. You may adjust the time using the plus and minus key then press confirm to continue.
- You are now prompted to enter your target METs. You may adjust the target METs using the plus and minus keys then press confirm to continue.
- Now press start to begin the program.

Metabolic rate activity chart

Physical activity	MET
Light intensity activities	<3
sleeping	0.9
watching television	1.0
writing, desk work, typing	1.5
walking, 1.7mph (2.7 km/h), level ground, strolling, very slow	2.3
walking 2.5 mph (4 km/h)	2.9
Moderate intensity activities	3 to 6
bicycling, stationary, 50 watts, very light effort	3.0
walking 3.0 mph (4.8 km/h)	3.3
calisthenics, home exercise, light or moderate effort, general	3.5
walking 3.4 mph (5.5 km/h)	3.6
bicycling, <10 mph (16 km/h), leisure, to work or for pleasure	4.0
bicycling, stationary, 100 watts, light effort	5.5
sexual activity	5.8
Vigorous intensity activities	> 6
jogging, general	7.0
calisthenics (e.g. pushups, situps, pullups, jumping jacks), heavy, Vigorous effort	8.0
running jogging, in place	8.0
jogging, 5.6 mph (9.0 km/h)	8.8
rope jumping (66/min)	9.8
rope jumping (70/min)	10.0
rope jumping (84/min)	10.5
rope jumping (100/min)	11.0
jogging, 6.8 mph (11.0 km/h)	11.2

Heart rate program

The old motto; “no pain, no gain” is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your maximum heart rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the maximum Heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

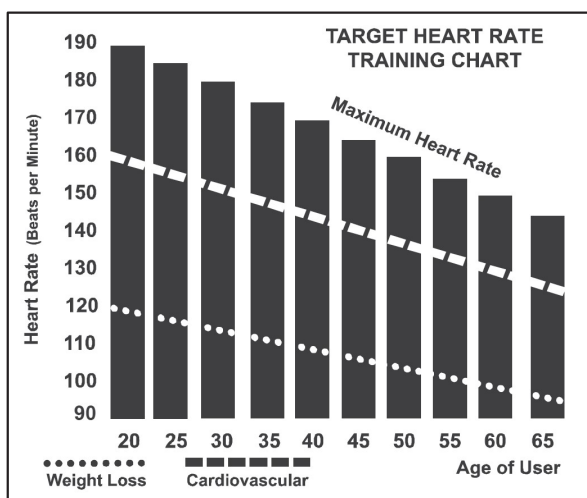
For someone who is 40 years old their target heart rate zone is calculated:

$220 - 40 = 180$ (maximum heart rate)

$180 \times .6 = 108$ beats per minute (60% of maximum)

$180 \times .8 = 144$ beats per minute (80% of maximum)

So for a 40 year old the training zone would be 108 to 144 beats per minute.



If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the heart rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate programs you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any other different programs. The heart rate program automatically controls resistance at the pedals.

Rate of perceived exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort. The scale is as follows:

Rating perception of effort	
6	Minimal
7	Very, very light
8	Very, very light +
9	Very light
10	Very light +
11	Fairly light
12	Comfortable
13	Somewhat hard
14	Somewhat hard +
15	Hard
16	Hard +
17	Very hard
18	Very hard +
19	Very, very hard
20	Maxi

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

Heart rate program programming

To start the HR program follow the instructions below and follow the directions in the message window.

- Press the HR key to select the HR program (TA HR 65% / TA HR 80% /HR interval) and then press the confirm key to enter.
- The message Window will ask you to enter your age. You may enter your age, using the plus and minus key, then press the confirm key to accept the new number and proceed on to the next screen.
- You are now asked to enter your weight. You may adjust the weight number using the plus and minus keys, then press confirm to continue.
- Next is Time. You may adjust the Time and press enter to continue.
- Now you are asked to adjust the target HR. This is the 65% / 80% heart rate level you will experience during the program. Adjust the target number and then press confirm.
- Now you are finished editing the settings and can begin your workout by pressing the start key. You can also go back and modify your settings by pressing the confirm key. NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.
- If you want to increase or decrease the workload at any time during the program press the plus or minus keys. This will allow you to change your target heart rate at any time during the program.
- During the HR program you will be able to scroll through the data in the message window by pressing the display key.

When the program ends you may press Start to begin the same program again or Stop to exit the program.

Heart rate auto pilot mode

The HR auto pilot mode only works in Fitness programs (manual / hill / plateau / interval / custom). When you are exercising in a fitness program and decide to just maintain the HR level you are at currently you can just press auto pilot and the console will automatically switch to HR control and will maintain your current HR. To start the HR auto pilot mode follow the instructions below and the directions in the message window.

- Press the HR auto pilot key during the fitness programs. It is necessary to wear HR strap to enter this mode. If a HR is not detected the message window shows NO HEART RATE.
- At the end of the HR auto pilot program a workout summary will be displayed in the message window.

Using a heart rate transmitter

Note: The chest strap transmitter is not a standard part, but is a separate purchase. Most transmitters that operate at Bluetooth or ANT+ will also work.

How to wear your wireless chest strap transmitter?

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
- Position the transmitter immediately below the pectoral muscles.

- Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
- Your workout must be within range - distance between transmitter / receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life.

Erratic operation

Caution! Do not use this product for heart rate control unless a steady, solid actual heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look at for interference, which may cause erratic heart rate

- Microwave ovens, TVs, small appliances, etc.
- Fluorescent lights.
- Some household security systems.
- Perimeter fence for a pet.
- Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
- The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
- If there is another person wearing a chest strap within 1 meter, it will interfere.
- If you continue to experience problems contact your dealer.

Maintenance

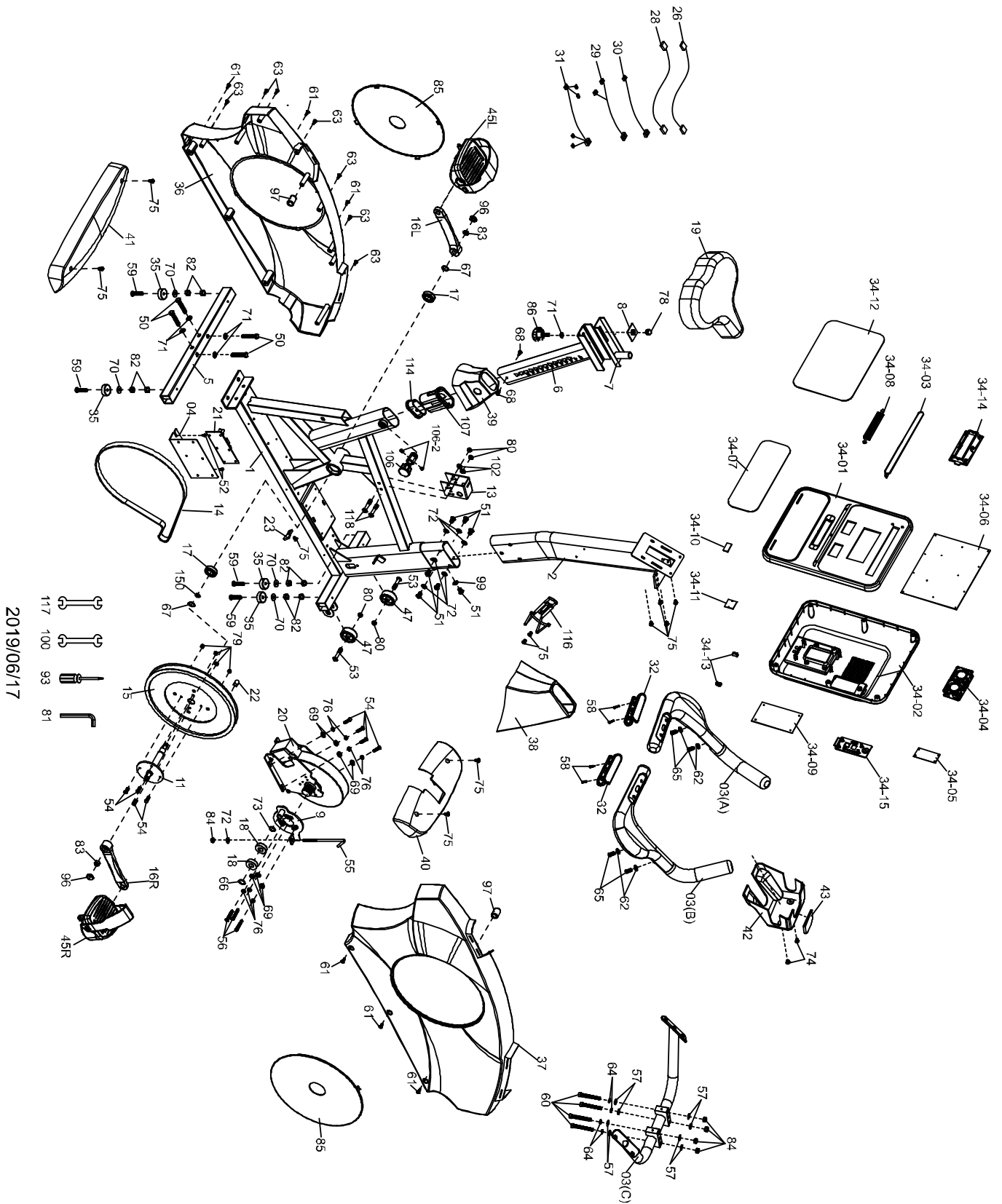
- Wipe down all areas in the sweat path with a damp cloth after each use to prevent rust.
- Check the pedal to make sure they are tight (monthly).
- If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - The crank arm nut and/or the pedals need to be retightened.
- If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a ½" (14mm) wrench (or adjustable wrench) to adjust the levelers.

Maintenance mode in console software

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the maintenance mode press and hold down the start, stop and confirm key. Keep holding the keys down for about 2 seconds and the message window will display "maintenance mode". Press the confirm key to access the menu below:

- Key test
 - Will allow you to test all the keys to make sure they are functioning. Press all the keys one at a time.
- Display test
 - Tests all the display functions by lighting each LED light sequentially.
- Functions (press confirm key to access menu)
 - Units
 - ① Set to English (imperial units) or metric display readings. The default is imperial, which means data such as bodyweight and height will be in pounds and inches.
 - Pause mode
 - ① Turn on allow 5 minutes of pause, turn off to have the console pause indefinitely.
 - Odometer reset
 - ① Resets the odometer to zero (Time and distance)
 - Beep sound
 - ① Turn on or off the speaker to silence beeping sound.
 - LED brightness
 - ① Adjust the LED brightness.
 - Model
 - ① Select the kind of device.
- Service
 - Brake test
 - ① Adjust PWM value.
 - CSAFE test
 - ① Test the CSAFE functions.
- ANT ID
 - Adjust the ANT ID.
- Update code
 - Switch bootloader on/off. The default is off.
- Exit
 - Press confirm key to leave maintenance mode and restart.

Exploded view drawing



4.0 U parts list

Item	Description	Qty
1	Main Frame	1
2	Console Mast	1
3(A)	Seat Handle Bar (L)	1
3(B)	Seat Handle Bar (R)	1
3(C)	Rear Folding End Assembly	1
4	Plate	1
5	Rear Stabilizer	1
6	Seat Slider	1
7	Sliding Seat Mount	1
8	Fix Plate	1
9	Idler Wheel Assembly	1
11	Crank Axle	1
13	Chain Cover Bracket	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm (L)	1
16R	Crank Arm (R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Induction Brake	1
21	Generator/Brake Controller	1
22	Magnet	1
23	Sensor W/Cable	1
26	950m/m_Handpulse Wire (XHP-3)	1
28	950m/m_Handpulse Wire (XHP-4)	1
29	2100m/m_Computer Cable	1
30	200m/m_Wire Brake Coil Harness	1
31	Generator Wire Harness	1
32	30m/m_Handpulse Assembly	2
34	Console Assembly	1
34~01	Console Top Cover	1
34~02	Console Bottom Cover	1
34~03	Book Rack	1
34~04	Fan Assembly	1

Item	Description	Qty
34~05	Interface Board	1
34~06	Console Display Board	1
34~07	Resistance Button W/Cable	1
34~08	Deflector Fan Grill	1
34~09	Bluetooth	1
34~10	CSAFE W/Board	1
34~11	Interface Board	1
34~12	Faceplate Label	1
34~13	Fan Grill Anchor	2
34~14	Wind Duct	1
34~15	End Cap	1
35	Rubber Foot	4
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
39	Seat Post Cover	1
40	Front Stabilizer Cover	1
41	Rear Stabilizer Cover	1
42	Rear Cover	1
43	End Cap	1
45	Pedal (L.R)	1
47	Transportation Wheel	2
50	3/8" × 2-1/4"_Hex Head Bolt	4
51	5/16" × 5/8"_Hex Head Bolt	7
52	5 × 19m/m_Tapping Screw	2
53	5/16" × 1-3/4"_Button Head Socket Bolt	2
54	1/4" × 3/4"_Hex Head Bolt	8
55	M8 × 170m/m_J Bolt	1
56	M6 × 15m/m_Phillips Head Screw	3
57	Ø8.5 × Ø18 × 1.5T_Flat Washer	8
58	3 × 20m/m_Tapping Screw	4
59	3/8" × 2m/m_Flat Head Socket Bolt	4
60	M8 × P1.25 × 65L_Socket Head Cap Bolt	4
61	Ø5 × 16m/m_Tapping Screw	6
62	Ø8 × Ø19 × 2T_Flat Washer	4
63	Ø3.5 × 16m/m_Sheet Metal Screw	7

Item	Description	Qty
64	Ø8 × 1.5T_Split Washer	4
65	M8 × 20L_Button Head Socket Bolt	4
66	Ø17_C Ring	1
67	Ø20_C Ring	2
68	4 × 12m/m_Sheet Metal Screw	2
69	1/4" × 13 × 1T_Flat Washer	7
70	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
71	Ø3/8" × Ø25 × 2.0T_Flat Washer	5
72	Ø5/16" × Ø18 × 1.5T_Flat Washer	7
73	Ø17 × 23.5 × 1T_Flat Washer	1
74	M5 × P0.8 × 8L_Phillips Head Screw	2
75	M5 × 12L_Phillips Head Screw	11
76	Ø1/4"_Split Washer	7
78	3/8" × UNC16 × 12.5T_Cap Nut	1
79	1/4" × 8T_Nyloc Nut	4
80	5/16" × 6T_Nyloc Nut	4
81	6_L Allen Wrench	1
82	3/8" × 7T_Nut	8
83	M10 × P1.25 × 10T_ Nut	2
84	M8 × 7T_Nyloc Nut	5
85	Round Disk	2
86	Fore Aft Adjustment Knob	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
97	Spacer for Stopper Axle	2
99	Ø5/16" × 19 × 1.5T_Curved Washer	1
100	12/14m/m_Wrench	1
102	Ø5/16" × 16 × 1.0T_Flat Washer	2
106	Knob Adjustor	1
106~2	M4 × 5L_Phillips Head Screw	2
107	Slider Sleeve	1
114	Slide Spacer	1
116	Drink Bottle Holder	1
117	13/15m/m_Wrench	1
118	5/16" × 2-1/4"_Hex Head Bolt	2
150	Rubber Pad	1