

body power ERG8000

Body Power Deluxe Indoor Cycle Trainer User Manual

Model: ERG8000

Brand: body power

INTRODUCTION

The Body Power Deluxe Indoor Cycle Trainer with Curve-Crank Technology is designed to provide an effective cardio workout in the comfort of your home. This machine features a magnetic resistance system for smooth pedaling and quick adjustments. Its exclusive Curve-Crank Technology ensures ultra-smooth, low-impact motion, minimizing discomfort and promoting efficient biomechanics. The enclosed flywheel protects against dust, sweat, and rust, ensuring durability and safety. With adjustable saddle and handlebars, low-noise belt transmission, and a durable emergency brake system, this trainer offers a comfortable and versatile exercise experience for various fitness levels.

SETUP

The Body Power Deluxe Indoor Cycle Trainer is designed for straightforward assembly. Most components come pre-assembled, requiring minimal effort to set up. Ensure the unit is placed on a flat, stable surface to prevent wobbling during use. Adjust the leveling feet at the base if necessary to achieve optimal stability.



The Body Power Deluxe Indoor Cycle Trainer, showcasing its sleek design and robust frame.

OPERATING INSTRUCTIONS

Adjusting Seat and Handlebars

Both the seat and handlebars are adjustable to accommodate various user heights and preferences. To adjust the seat height, locate the screw knob at the rear of the seat post. Loosen the knob, pull it out, and slide the seat post up or down to your desired position. Tighten the knob securely. Similarly, for handlebar adjustment, loosen the knob on the front post, pull it out, and slide the handlebars up or down. Ensure both are firmly secured before beginning your workout.



A user actively cycling on the trainer, highlighting the ergonomic design and comfortable riding position.



Oversized Comfort Seat

A user engaged in a workout, illustrating the adjustable handlebars and stable ride.

Resistance Adjustment

The trainer features an 8-level magnetic resistance system. To increase or decrease resistance, simply turn the resistance knob located on the main frame. Turning it clockwise will increase the resistance, making your workout more challenging, while turning it counter-clockwise will decrease it for an easier ride.

OVERSIZED ADJUSTABLE COMFORT SEAT



8-LEVEL RESISTANCE KNOBS



EASY TRANSPORTATION WHEELS



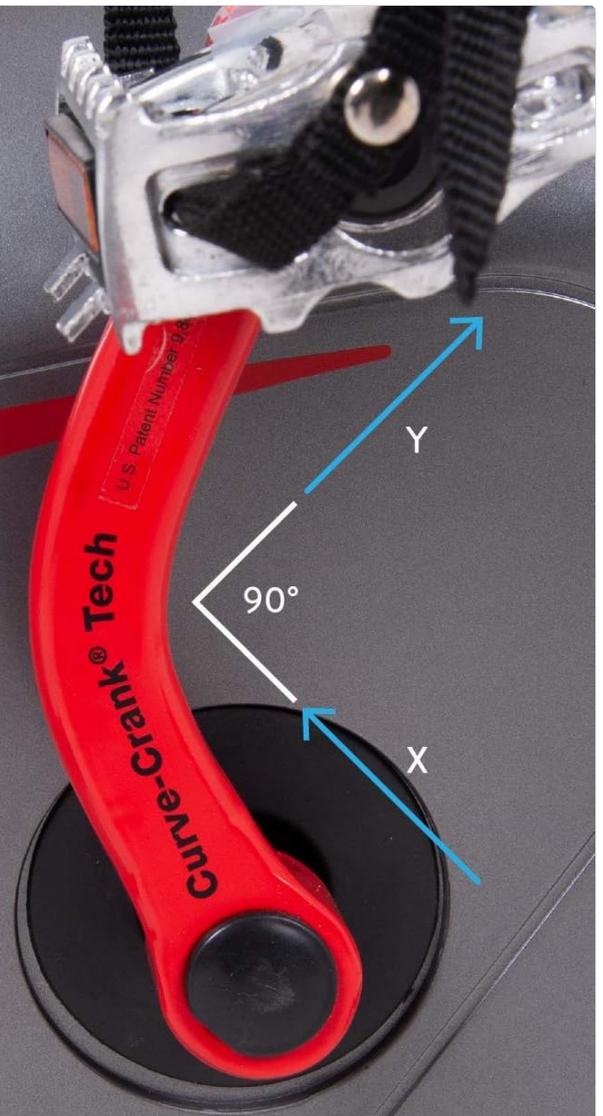
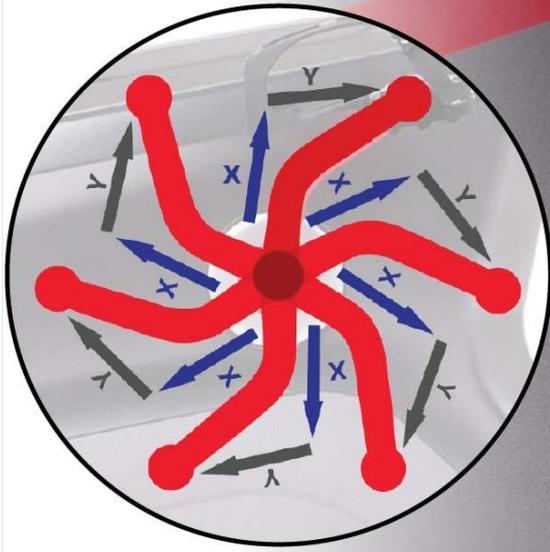
The easily accessible resistance knob, allowing users to select from 8 distinct levels of magnetic resistance.

Pedals and Foot Straps

The pedals are equipped with adjustable straps to secure your feet during your workout, ensuring stability and preventing slippage. Adjust the straps to fit your footwear snugly for optimal performance and safety.

CURVE-CRANK® TECHNOLOGY

eliminates standard pedal dead-zones for ultra smooth operation which is gentle on joints



Our patented Crank Applies constant tension to the X & Y axis, resulting in a dead-zone-free rotation as you pedal

The durable pedals equipped with adjustable straps to secure feet during intense workouts.

Transporting the Trainer

For easy relocation, the trainer features transport wheels at its front base. To move the unit, simply tilt it forward onto these wheels and roll it to your desired location. This allows for convenient storage when not in use.



Convenient transport wheels located at the front base of the trainer for effortless relocation and storage.

Curve-Crank Technology

The Body Power Deluxe Indoor Cycle Trainer incorporates patented Curve-Crank Technology. This innovative design applies constant tension to the X and Y axes during pedaling, eliminating 'dead spots' and providing an ultra-smooth, low-impact rotation. This results in more efficient biomechanics and reduced joint stress, enhancing your overall workout experience.



An illustration detailing the patented Curve-Crank Technology, which applies constant tension to the X and Y axes for smooth, dead-zone-free pedaling.

Official video demonstrating the exclusive Curve-Crank Technology, highlighting its smooth and efficient pedaling motion.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your indoor cycle trainer. After each use, wipe down the frame and handlebars with a damp cloth to remove sweat and dust. Periodically check all bolts and connections to ensure they are tight and secure. Inspect the pedals and straps for any signs of wear and tear. Keep the area around the flywheel clean and free of obstructions. Avoid using abrasive cleaners or solvents that could damage the finish.

TROUBLESHOOTING

If you encounter any issues with your Body Power Deluxe Indoor Cycle Trainer, please refer to the following general troubleshooting tips:

- **Squeaking or Noise:** Check for loose bolts or components. Ensure the unit is level. A small amount of silicone lubricant can be applied to moving parts if necessary, avoiding the flywheel or resistance mechanism.
- **Resistance Issues:** Verify the resistance knob is functioning correctly and turning smoothly. Ensure no debris is obstructing the magnetic resistance system.
- **Unstable Unit:** Adjust the leveling feet at the base of the trainer until the unit is stable on your floor surface.
- **Pedal Slippage:** Ensure foot straps are properly adjusted and tightened around your shoes.

For persistent issues or problems not covered here, please contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	body power
Model Name	Deluxe Indoor Cycle Trainer with Curve-crank Technology
Model Number	ERG8000
Color	Red Black Silver Metallic
Product Dimensions	46.46"D x 23.62"W x 48.62"H
Item Weight	68.3 Pounds
Maximum Weight Recommendation	300 Pounds
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Drive System	Belt
Material	Alloy Steel

Feature	Detail
Power Source	Pedal-powered (non-electric)
Recommended Uses For Product	Indoor
Special Feature	Speed, Foldable, Adjustable Seat
UPC	878932005857
Manufacturer	Hupa International, Inc.
Included Components	Deluxe Indoor Cycle Trainer with Curve-crank Technology®
Sport Type	Exercise & Fitness

WARRANTY AND SUPPORT

Warranty Information

Hupa International warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty. Proof of purchase must be presented for any warranty validation. This warranty applies to the original purchaser only and is not transferable. This warranty does not cover abuse or defects caused during use, storage or assembly. During the warranty period, Hupa International reserves the right to: a). provide replacement parts to the purchaser in an effort to repair the item. b). repair the product returned to our warehouse (at the purchaser's cost). c). replace the product if neither of the two previously mentioned actions effect repair. This warranty does not cover normal wear and tear on upholstery.

Customer Support

For customer support, inquiries, or to claim warranty service, please contact Hupa International, Inc. directly. Refer to your purchase documentation for specific contact details or visit the manufacturer's official website for assistance.