

HOI

RIDE+ Ergometer



HOI RIDE+ Ergometer Instruction Manual

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HOI RIDE+ Ergometer



Specifications

- Model: RIDE+
- Item Number: EM1058-400US / EM1058-900US
- Assembly Time: ~45 – 60 minutes
- Max User Weight: 286 lbs
- Dimensions:
 - A: 110 cm
 - B: 51 cm
 - C: 155 cm
- Weight: 41 kg

FAQ

Can children use the equipment?

The device is suitable for individuals aged 14 and above. Children should not play with the equipment and must not carry out maintenance without supervision.

What are the power requirements for the device?

The device requires a lower voltage of 230V, 50Hz. Always connect the power cord to a properly grounded socket and do not use multiple sockets for connection.

Is training on this device suitable for everyone?

Prior to starting your training program, consult with your doctor to ensure your health is suitable for training with this device. Incorrect or excessive training can lead to health issues.

IMPORTANT INSTRUCTIONS

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the device. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts. The training device is intended for home use as well as for commercial use and be operated in dry rooms. For commercial use, the stationary training device must be operated in a supervised room.

FOR YOUR SAFETY

- This device can be used by people 14 years of age and older, as well as those with reduced physical, sensory or mental abilities or lack of experience and knowledge when supervised or have been instructed on the safe use of the device and understand the resulting dangers.
- Children are not allowed to play with the device. Cleaning and user maintenance must not be carried out by children without supervision.
- DANGER! During assembly of the product, keep children away (Swallow small parts).
- DANGER! The device requires a mains voltage of 230V, 50Hz. – Connect the power cord to a properly grounded socket. Do not use multiple sockets for connection! If an extension cable is used, it must comply with VDE guidelines. The device may only be used with the originally supplied power adapter. Never intervene in the main power supplying the product yourself, if necessary, hire qualified personnel. Make sure that the electrical cable does not become trapped or becomes a “trip hazard”.
- WARNING! This device is designed exclusively for home use and may only be used in dry interior areas.
- Any other use is prohibited and potentially dangerous. The manufacturer cannot be held responsible for damage caused by improper use.
- The device may only be used for its intended purpose (i.e. for the physical training of adults).
- DANGER! Inform people present (especially children) of possible dangers during the exercise.
- DANGER! Always pull the mains plug before any repair, maintenance, and before cleaning.
- DANGER! Improper repairs and structural changes (disassembly or original parts, attachment of non-approved parts, etc.) may pose a risk to the user.
- DANGER! All electrical devices emit electromagnetic signals when they are in operation. Be careful not to use particularly high radiation devices in the vicinity of the cockpit or control electronics, otherwise the displayed values could be falsified (i.e. heart rate measurement).
- WARNING! Please also pay attention to the instructions for training in the training instructions.
- WARNING! All interventions/manipulations of the device not described here can cause damage or endanger the user. Further interventions are only permitted by specially trained personnel.
- WARNING! The training device is intended exclusively for home use. You train with a device that has been designed according to the latest safety standards. Possible danger points that can cause injuries are avoided and secured in the best possible way. In case of doubt and if you have any questions, please contact your dealer or HOI Service. Carry out a check of all equipment parts, especially the screws and nuts, approximately every 1 to 2 months. Before starting your training, have your family doctor clarify whether your health is suitable for training with this device. The medical findings should be the basis for the construction of your training program. Incorrect or excessive training can lead to damage to your health.
- Before each use, always check all screw and plug connections as well as respective safety devices for their

correct fit.

- Our products are subject to constant, innovative quality assurance. We reserve the right to make technical changes resulting from this.
- The location of the device must be chosen in such a way that sufficient safety distances to obstacles are ensured. The free area around the machine must be at least 1 meter larger than the training area. Make sure that no one else is in the free area while the device is in use.
- Observe the general safety regulations and precautions for handling electrical equipment.
- When not in use for a long period of time, unplug the product from the power outlet.
- Only exercises from the training instructions may be carried out on this training device.
- The training device must be setup on a level surface. Place suitable cushioning material underneath (rubber mats or similar) to absorb shock. Only for devices with weights: avoid hard impact of the weights.
- When assembling the product, pay attention to the recommended rotational dimensions (= xx Nm).
- The actual human performance performed may differ from the mechanical performance displayed.
- For devices without a freewheel, note that the moving parts cannot be stopped immediately.
- The training device complies with DIN EN ISO 20957-1:2014-05/ DIN EN ISO 20957-5:2017-04, class SA.
- Class B and C devices are not suitable for high accuracy.
- The product is not suitable for persons with a body weight of more than 130 kg / 286 lbs.
- The device has an electromagnetic braking system. This is a speed-dependent/speed-independent depending on the computer setting.

HEART RATE MONITORING / HRC TRAINING

DANGER! Heart rate monitoring systems may be inaccurate. Excessive exercise can result in serious injury or death. Stop exercising immediately if you feel dizzy or weak.

WARNING! If the pulse signal is lost, the power from the device will stay constant for 60 seconds and then slowly ramp down. Please check your heart rate measurement system (e.g. heart rate chest strap) so that the signal can be picked up again by the electronics. For heart rate training (HRC) a chest strap is recommended for better accuracy.

This manual can also be downloaded from www.hoi-fitness.com

ASSEMBLY INSTRUCTIONS

DANGER! Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!

- Ensure that you have received all the parts required (see checklist) and that they are undamaged. Should you have any cause for complaint, please contact your HOI dealer or HOI service.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible, technically talented.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material exactly as instructed.
- Please note that there is always a possible risk of injury with every use of tools and with manual activities.

Therefore, proceed carefully and prudently when assembling the device!

- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the bolts by hand until resistance is felt, then use the indicated tool to finally tighten completely. Then check that all screw connections have been tightened firmly.
- For technical reasons, we reserve the right to pre-assemble components (e.g. addition of tubing plugs).

HANDLING THE EQUIPMENT

CAUTION! We do not recommend using the device in the immediate vicinity of damp rooms due to the associated formation of rust.

- Before using the equipment for exercise, carefully check to ensure that it has been correctly assembled.
- Familiarize yourself thoroughly with all the functions and settings of the unit prior to beginning your first training session.
- Any slight, design-related noise that may occur when the flywheel rotates has no effect on the function of the device. Any noises that occur during reverse pedalling result from technical reasons and are absolutely harmless.
- The training device has an electromagnetic brake system.
- Before each use, always check all screws and plug connections as well as the respective safety devices to ensure their proper function.
- Wear suitable footwear (i.e. sports shoes) when using the equipment.
- If available, please adjust the handlebars and saddle so that you can find the most comfortable training position for your individual body size.
- **WARNING!** Protruding adjustment devices can endanger the movement of the user.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

MAINTENANCE – SERVICE – SPARE PARTS

- Damaged components may endanger your safety or reduce the lifetime of the equipment.
- Therefore, replace damaged or worn components immediately and remove the device until it has been repaired. Only use original HOI spare parts.

SPARE PARTS ORDER PAGE 33

When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product (see handling).
























Example order: Art. no.XXXX-XXX/ spare-part no. 7000XXXX/ 1 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary. Goods may only be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description/damage report!

Important: spare part prices do not include fastening material if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words “with fastening material”.

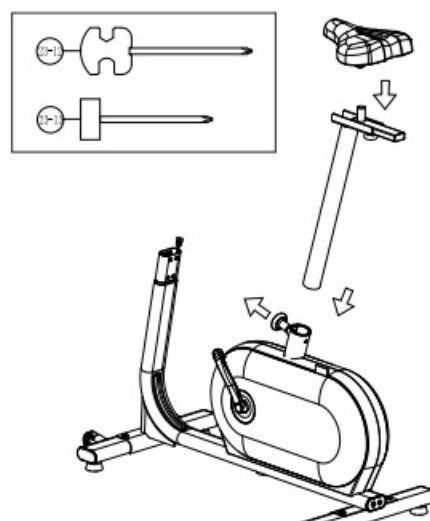
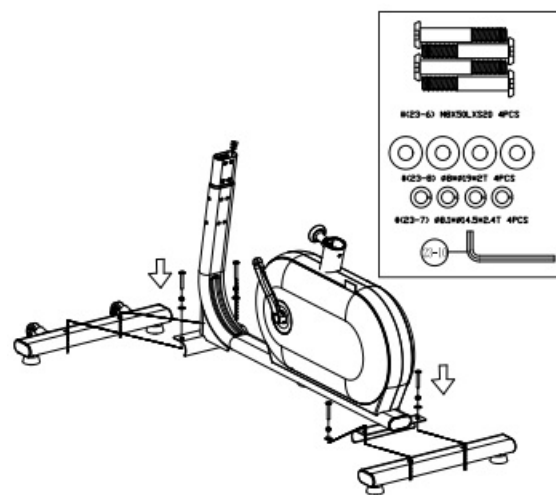
DISPOSAL INSTRUCTIONS

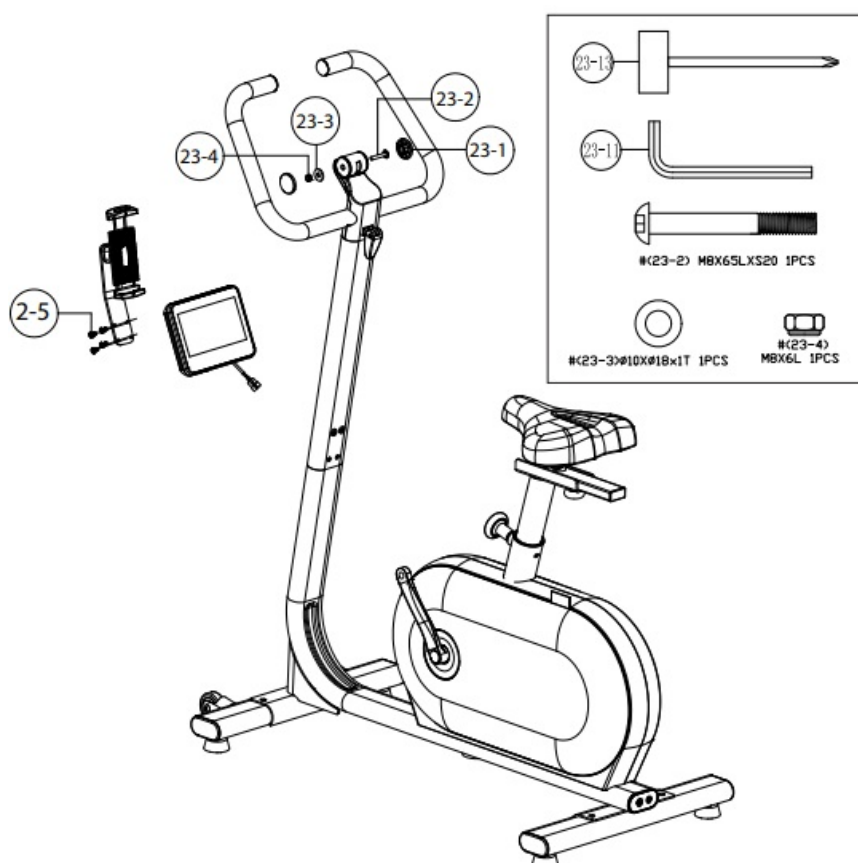
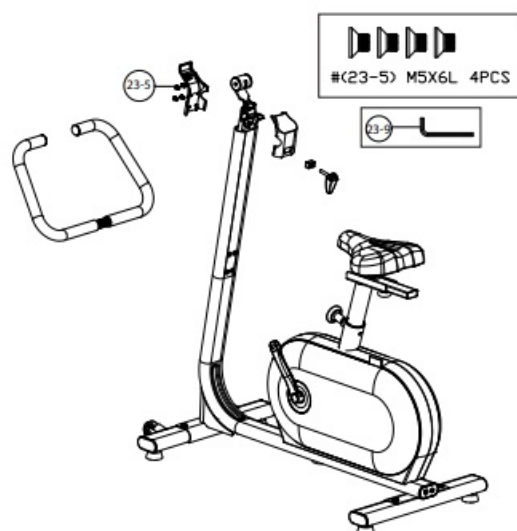
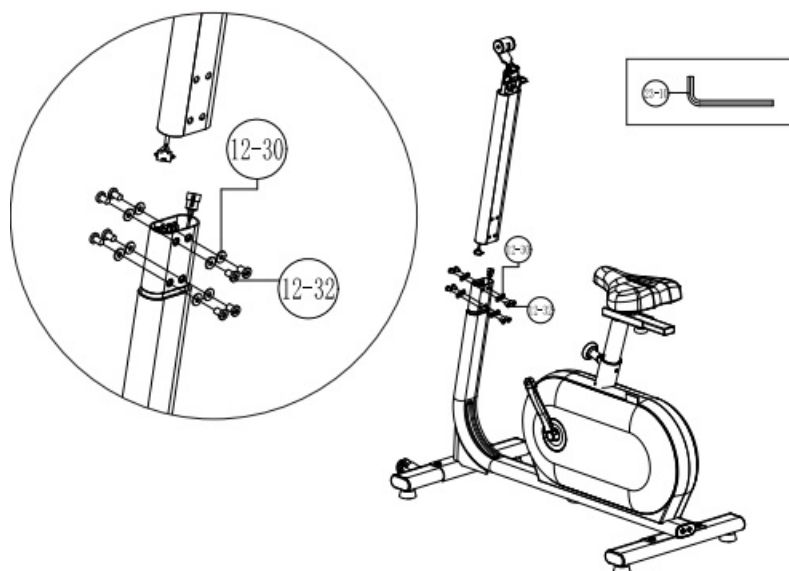
HOI products are recyclable.
At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

CHECKLIST (CONTENTS OF PACKAGING)

	Stck 1	23 	
	1		M8x65Lx S201
	1		M8x6T1
	1		ø10x181
	1		M5x6L4
	1		M8x50Lx S204
	1		ø8x19x2T4
	1		ø8.1x14.5 x2.4T4
	1		
	1		
	1		1
	1		1
			2

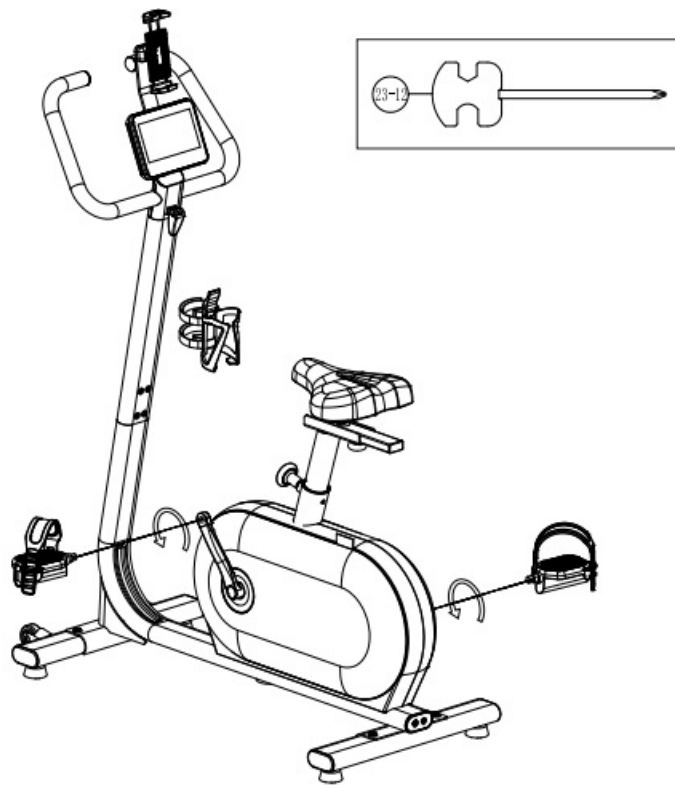
ASSEMBLY MANUAL



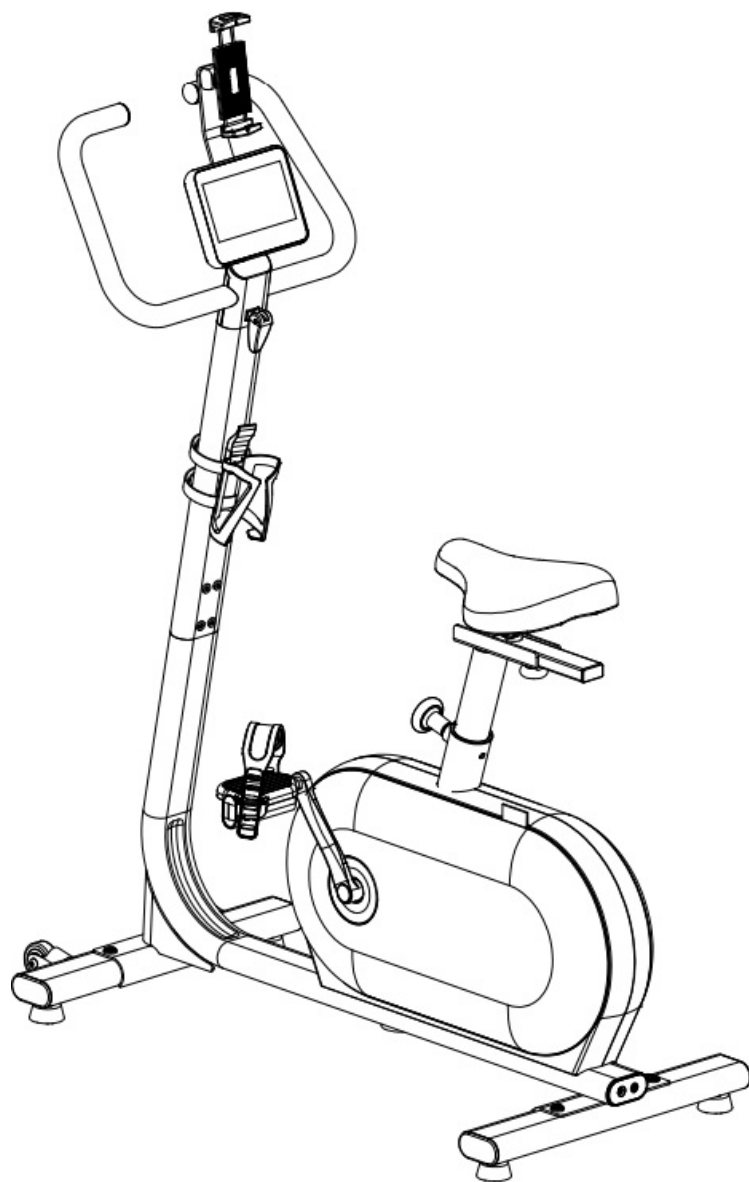


Mount pedals to the crank arms.

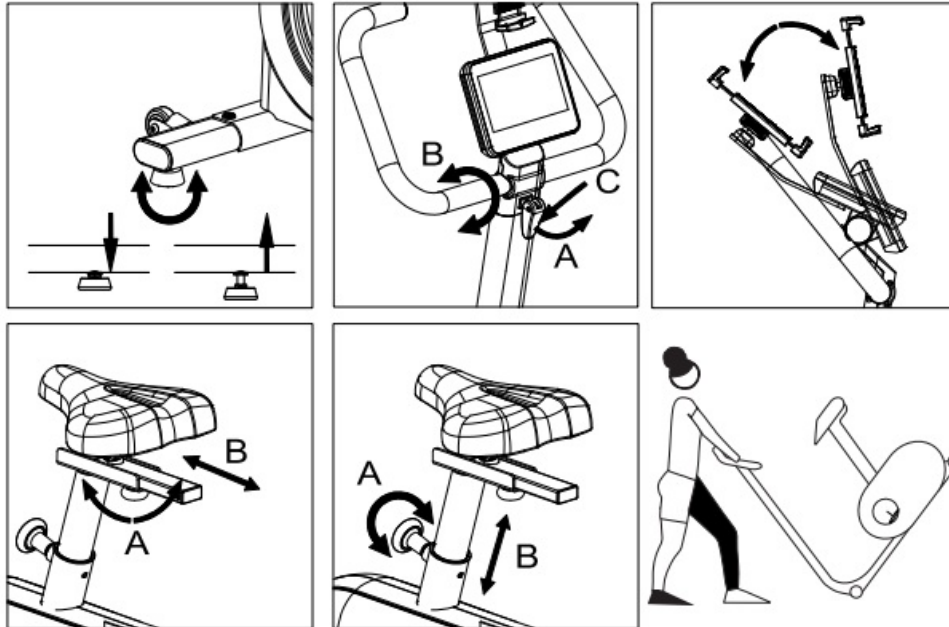
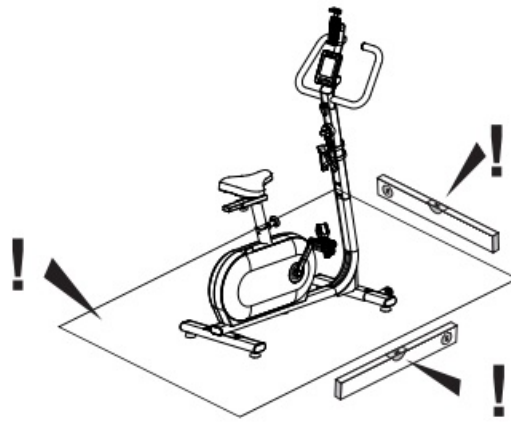
Mount the pedals to the crank arms using an open-end spanner. The crank arms have an ,L' or ,R' stamped into them to differentiate the right from the left. The right pedal has a right-hand thread (normal). The left pedal has a left-hand thread (opposing).



CAUTION! The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar). The safety distance around the bike must be at least 1 metre larger than the area in which you are exercising.



HANDLING



BIOMETRY

For anyone who likes cycling and wants to avoid strain on the joints. Due to the round leg movement, this is a particularly gentle form of exercise for foot, knee and hip joints. It is ideal for regulated cardiovascular training with the training goal of fat burning, as the physical strain is lower than with running training. Therefore home trainers are also suitable for people who are overweight or who have physical problems and want to avoid too much strain on knee and hip joints.

For training related to the heart rate, a chest strap is recommended.

The advantages:

- ergonomic, optimally adjustable to the desired training position-
- ideal for cardiovascular training and fat-burning
- low strain on joints
- also suitable for overweight people and beginners
- space-saving and easy-to-transport

Setting the optimum sitting position

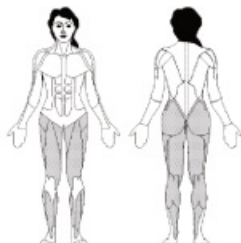
The ideal posture is to have your upper body slightly bent forward. If you have back problems, adjust the tilt angle so that the upper body is in an upright sitting position, which protects the spine and joints.

Seat height

First of all adjust the saddle to the optimum seat height. This is achieved when you can just reach the pedals with your heel with bent knees. You will maintain a round movement of the legs if you never completely stretch out the knee. Therefore you have a training which is gentle on foot, knee and hip joints.

Distance from saddle to handlebars

The saddle of your home trainer can also be adjusted horizontally (according to the model). To do this loosen the screws underneath the saddle and slide the saddle forwards or backward down the bar, depending on your body height.



Tilting the handlebars

The tilt of the handlebars of your home trainer can be adjusted. Loosen the screws underneath the cockpit and set it in the optimum position. Then tighten the screws again so that the handlebars do not slip!!

Training variations

In order to increase the strain on the thigh and buttock muscles, emphasise your steps on the pedals. In order to achieve increased training of the back of the thighs, emphasise pulling the pedals with the loop upwards. Furthermore you will have the opportunity to simulate a mountain ascent with high pedal resistance. In this training the stomach and back muscles, upper body and shoulder muscles will be included as well as leg muscles.



	1st week	2nd week	3rd week	4th week
Monday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Tuesday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Wednesday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	Break	Break
Thursday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Friday	15 minutes at low impact stage 1 -3	20 minutes at low impact stage 1 -3	Break	Break
Saturday	Break	Break	30 minutes at low impact stage 1 -3	30 minutes at medium impact stage 4-6
Sunday	Break	Break	Break	Break

Training recommendation

Always remember the stretching exercises afterwards in order to avoid injuries and muscle ache.

4 week training plan for beginners on the home trainer

Tip: From the 5th week increase the duration of the exercise intervals until you can run for 20 to 30 minutes without interruption. Ensure that your training pulse is approx. 60 – 65% of your maximum pulse frequency in the first 8 weeks and does not exceed 75%.

TRAINING INSTRUCTIONS

Sports medicine and physical education also use the exercise bike to check how well the cardiovascular and respiratory systems are working.

You can verify whether your training sessions are having the desired effect after a few weeks in the following way:

1. You are able to reach a certain level of endurance with less strain on your cardiovascular system than before.
2. You are able to maintain a certain level of endurance with the same cardiovascular output over a longer period.

of time.

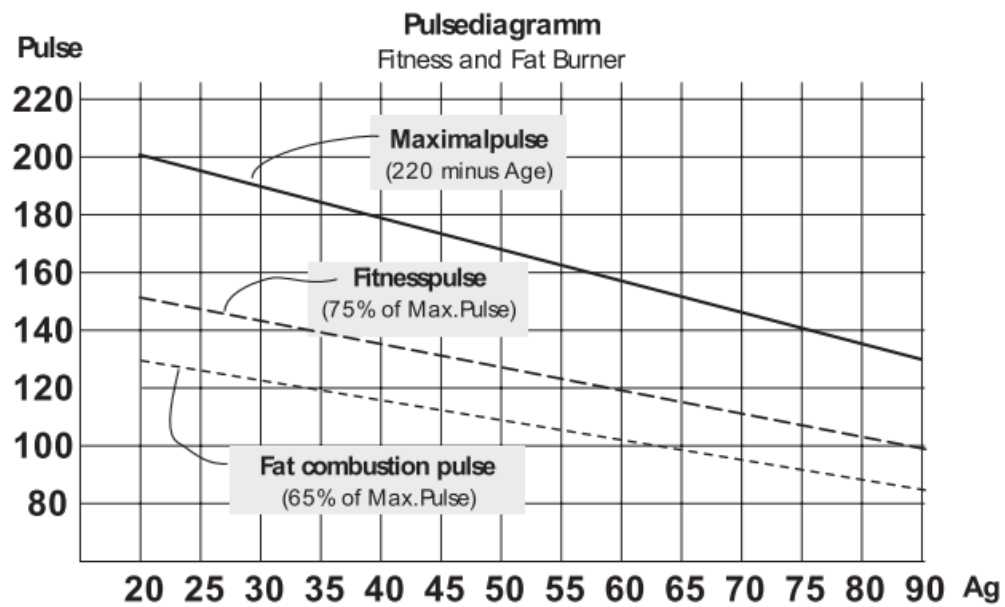
3. You recover quicker than before when your cardiova-scular system is performing at a certain level.

The training sessions are designed to provide intensive bike training across different terrain. Different terrain and routes are simulated by using various different trai-ning features.

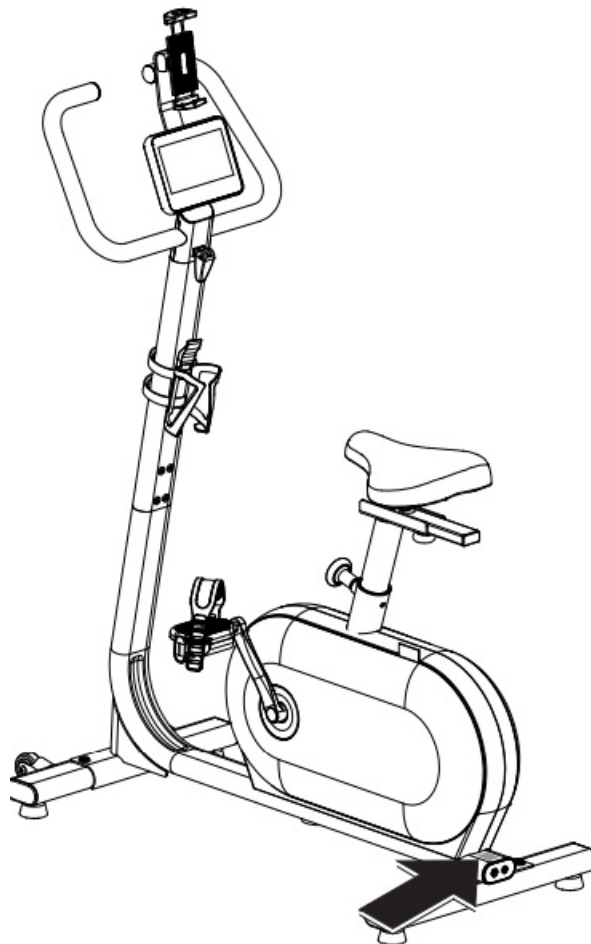
PULSE ZONES

Heart rate monitor:

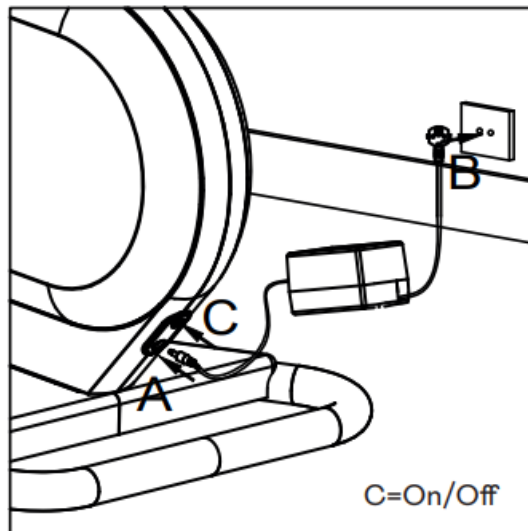
- The bike has a heart rate monitor, A chest belt for heart rate measurement is not included.
- If you use a heart rate monitor during your training session, please note the following advice: Maximum heart rate: The maximum heart rate is dependant on age. Maximum heart rate per minute equals 220 beats minus your age. Example: 50 years old $> 220 - 50 = 170$ beats/min.
- The exertion levels are shown as a percentage (%) of this calculated value. e.g. 50 years old: 100% = 170 beats/min.; 70% = 119 beats/ min. etc.
 - Recovery $> 50 - 65\%$
 - Endurance $> 65 - 80\%$
 - Power $> 75 - 85\%$
 - Interval $> 65 - 92\%$
 - Racing mode $> 80 - 92\%$
- You should only be in a racing mode of $> 92\%$ for a short period of time!
- Being able to combine different training features all-ows you to customise your own training session.
- Length and frequency of each training session each week:
- The ideal exertion range is achieved if 65 – 75% of the cardiovascular output level is reached over a longer period of time. Rule of thumb: Beginners should start with short training sessions of between 20 and 30 minutes.
- During the first four weeks, a beginner's training programme might look like the following: 5 minutes of stretching both before and after the training session to either warm up or cool down. Between two training sessions, there should be one day where you do not train if you intend at a later date to increase training sessions of 3 times a week to between 30 and 60 minutes each. Otherwise, there is no rea-son not to train every day.|



SPARE PARTS ORDER



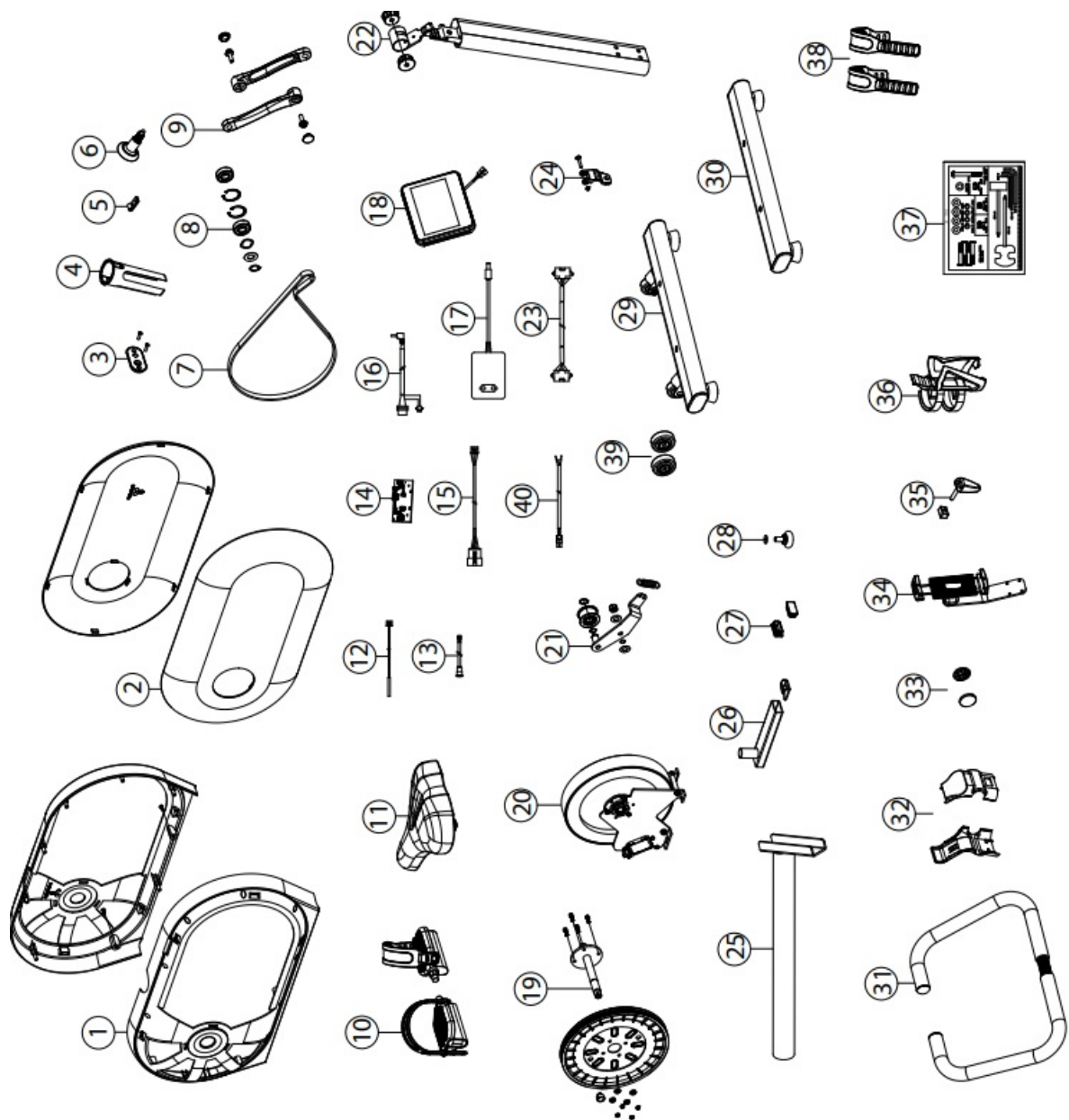
When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product.



Example Type label – Serial number



SPARE PARTS ORDER



Explo No.	HOI RIDE+ Stone EM1058-400 Trisport Article No.	HOI RIDE+ Blueberry-Green EM1058-900 Tr isport Article No	X
1	70001400	70001439	
2	70001445	70001440	
3	70001402	70001441	
4	70001403	70001403	
5	70001404	70001404	
6	70001405	70001442	X
7	70001406	70001406	X
8	70001407	70001407	X
9	70001408	70001408	X
10	70001409	70001409	X

11	70001410	70001410	
12	70001446	70001446	
13	70001447	70001447	
14	70001448	70001448	X
15	70001449	70001449	X
16	70001450	70001450	
17	70001451	70001451	
18	70001452	70001452	
19	70001414	70001414	
20	70001453	70001453	
21	70001454	70001454	X
22	70001455	70001438	X
23	70001456	70001456	
24	70001421	70001421	
25	70001422	70001458	
26	70001423	70001459	
27	70001424	70001460	
28	70001425	70001457	
29	70001426	70001443	
30	70001430	70001399	X
31	70001431	70001431	
32	70001432	70001398	
33	70001433	70001433	
34	70001434	70001434	
35	70001463	70001463	X
36	70001436	70001436	X
37	70001437	70001437	X
38	70001461	70001461	X
39	70001428	70001428	X
40	70001462	70001462	X

NOTE: The components marked with an “X” are available from stock as spare parts.

FCC RF STATEMENT

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

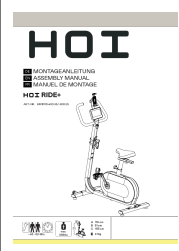
FCC RF Exposure Warning Statements:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment shall be installed and operated with minimum distance 20cm between the radiator & body.

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@ HOI
@ HOI

Documents / Resources

	<p>HOI RIDE+ Ergometer [pdf] Instruction Manual CT1062-400US, EM1058-400US, EM1058-900US, RIDE Ergometer, RIDE, Ergometer</p>
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References

- [ear stiftung elektro-altgeräte register](#)
- [User Manual](#)

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