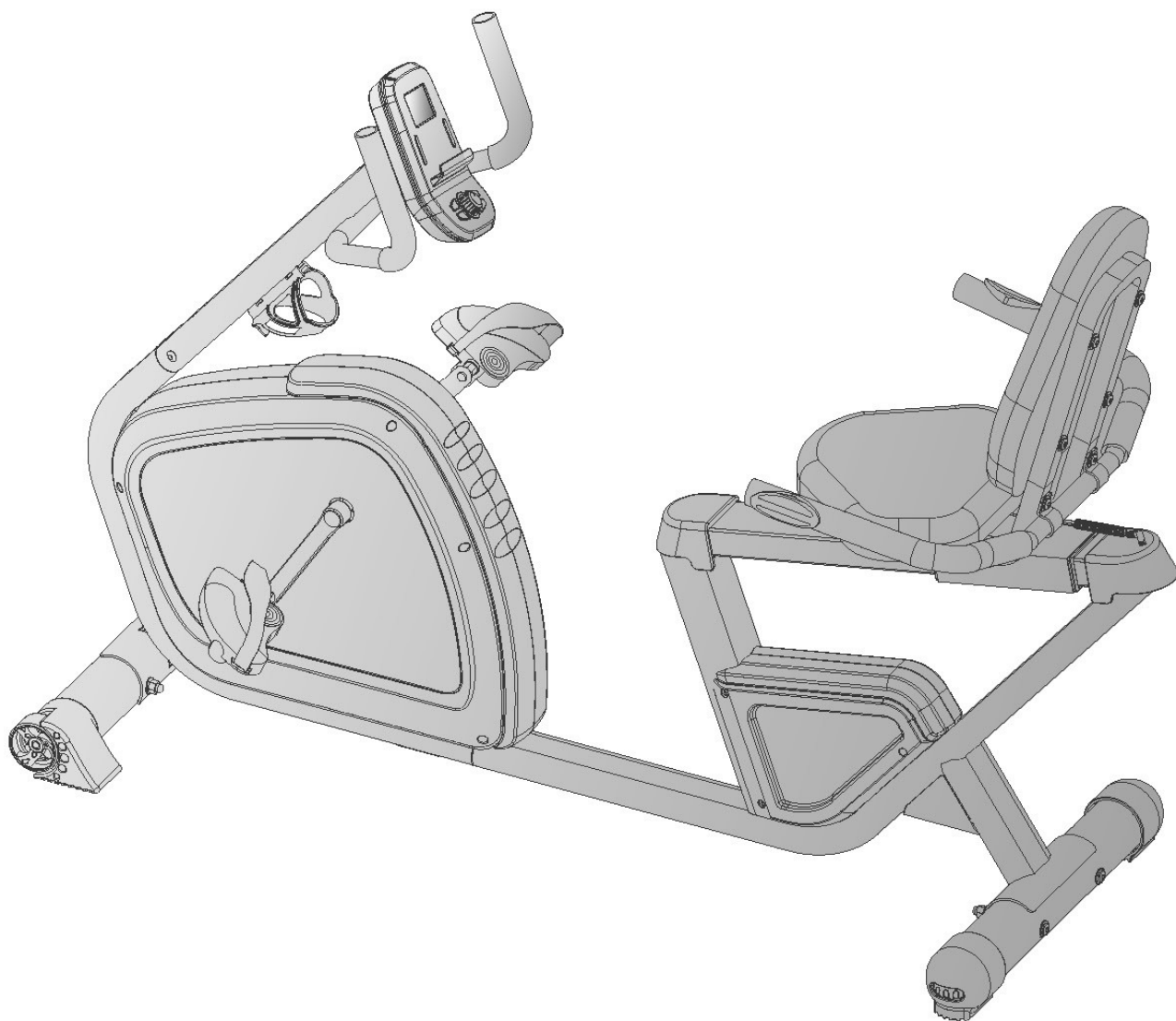


USER MANUAL
BodyMax 60 recumbent bike



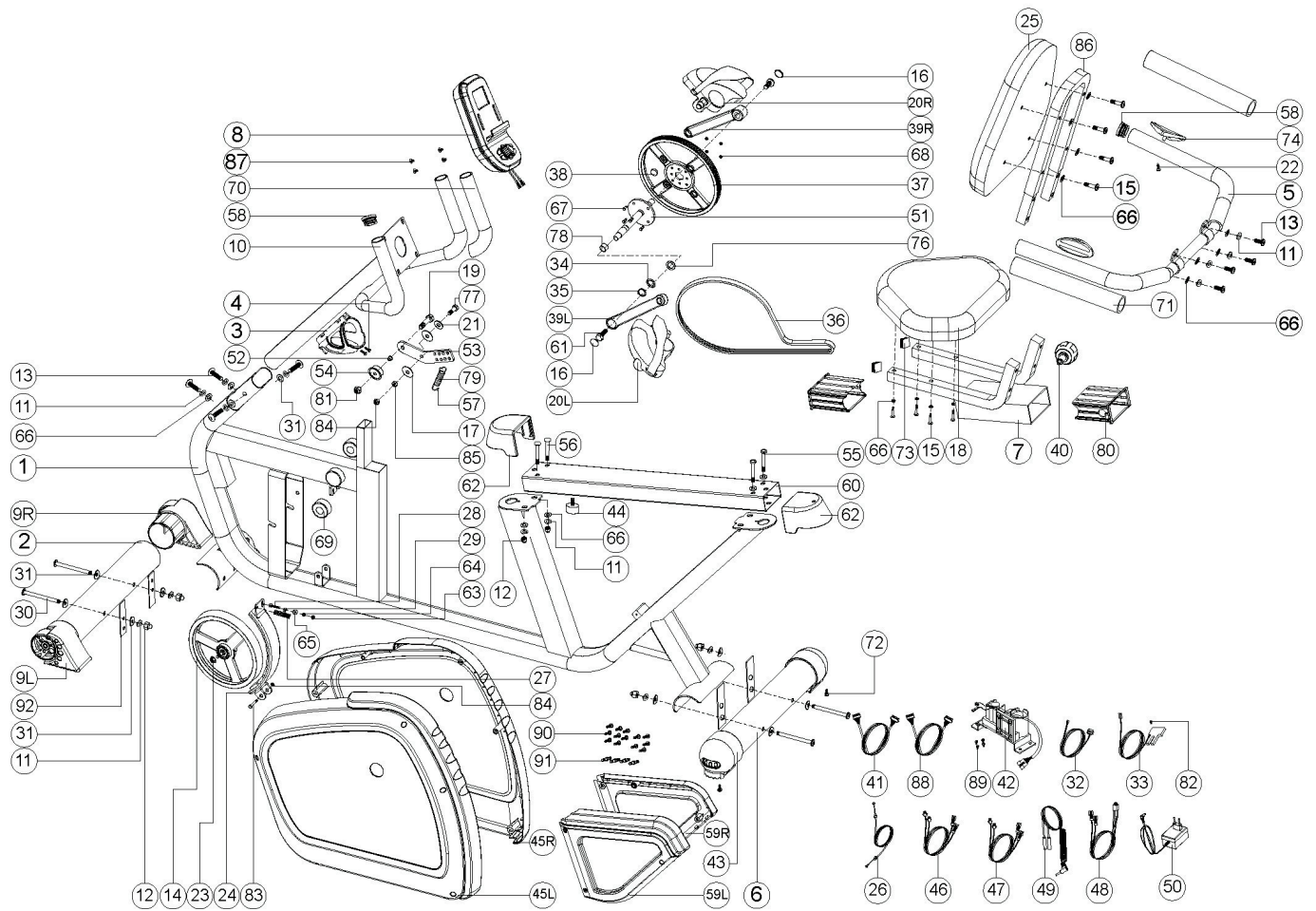
Safety Instructions



- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

Exploded drawing



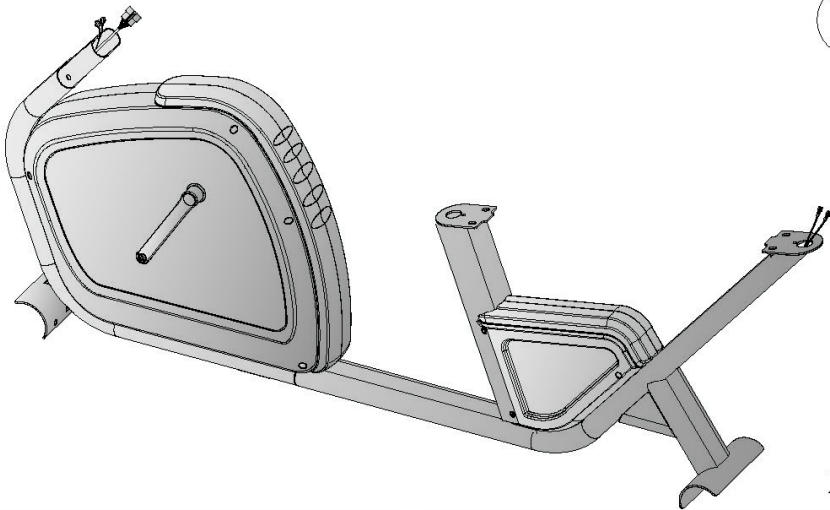
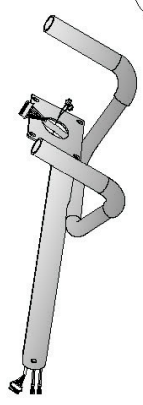
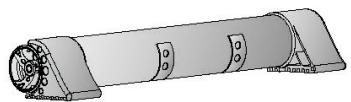
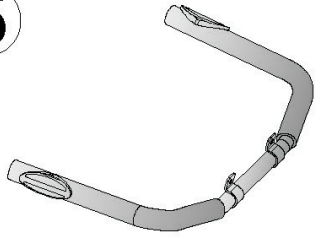
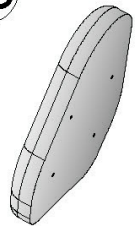
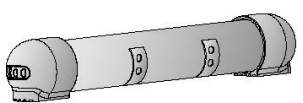
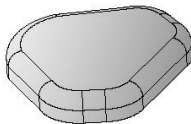
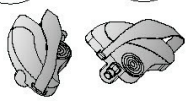
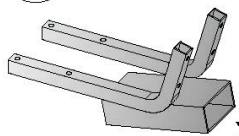
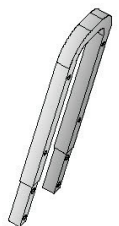
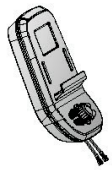
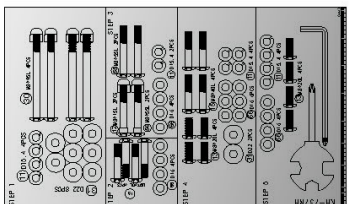
Part List

Part no.	Description	Drawing no.	Material	Specification	Q'ty
1	Main frame	737RB-3-1000-J6			1
2	Front stabilizer	70501-6-2101-J0	Q195	D76x1.5Tx480L	1
3	Bottle holder	70402-6-2074-00	PVC	120*87*3T	1
4	Bolt	52605-5-0015-F0	10#	M5*0.8*15L	2
5	Handlebar set	80201-3-2400-J5			1
6	Rear stabilizer	70501-6-2107-J1	Q195	D76x1.5Tx480L	1
7	Seat post	711RB-3-2200-J1			1
8	Computer	737RK-6-2501-B0		SM-1730-31	1
9L	Left rolling foot cap	554C0-H-0076-B11	PP	D76*120L	1
9R	Right rolling foot cap	554C0-R-0076-B11	PP	D76*120L	1
10	Handlebar post tube	737RB-3-2000-J0			1
11	Spring washer	55108-2-1520-FA	70#	D15.4xD8.2x2T	14
12	domed nut	55208-6-2015-FA	35#	M8x1.25x15L	6
13	Bolt	50308-5-0020-F0	35#	M8x1.25x20L	8
14	Flywheel set	737RF-2-3100-00			1
15	Bolt	50308-5-0040-F3	35#	M8*1.25*40	8
16	Screw cover	81502-6-2779-B0	PE	D26*11L	2
17	Plastic washer	55110-1-2404-BF	NL66	D10*D24*0.4T	2
18	Seat	80700-6-1146-B10	PVC	348*270*52	1
19	Bolt	50310-5-0035-C3	35#	M10*35L	1
20L&R	Pedal set	58029-6-1032-B0		JD-22A 9/16"tooth	1
21	Flat washer	55108-1-3020-NA	Q235A	D30*D8.5*2.0T	1
22	Screw	50904-2-0020-D0	10#	ST4*1.4L*20L	2
23	Anti-slip nut	18600-6-3175-N1	Q235A	3/8"-26UNFx6.5T	2
24	Fixed bracket for magnet	706E2-3-3200-N0			1
25	Backrest	80700-6-1145-B10	PVC	410*340*57	1
26	Tension cable	719M0-6-2602-02		D1.5*130L,	1
27	Spring	58003-6-1054-N0	72A	D1.0*55L	1
28	Bolt	50106-5-0065-N0	35#	M6*65L	1
29	Nut	55206-2-2006-NA	Q235A	M6*1*6T	1
30	Bolt	50308-5-0095-F4	35#	M8*1.25*95L	4
31	Curved washer	55108-3-2215-FA	Q235A	D22xD8.5x1.5T	10
32	Power cord	702A2-6-2596-00		400L	1
33	Sensor cable	737RB-6-2576-00		400L	1
34	Waved washer	55117-5-2203-DA	65Mn	D22*D17*0.3T	2
35	C-ring	55517-1-0010-00	65Mn	S-17(1T)	1

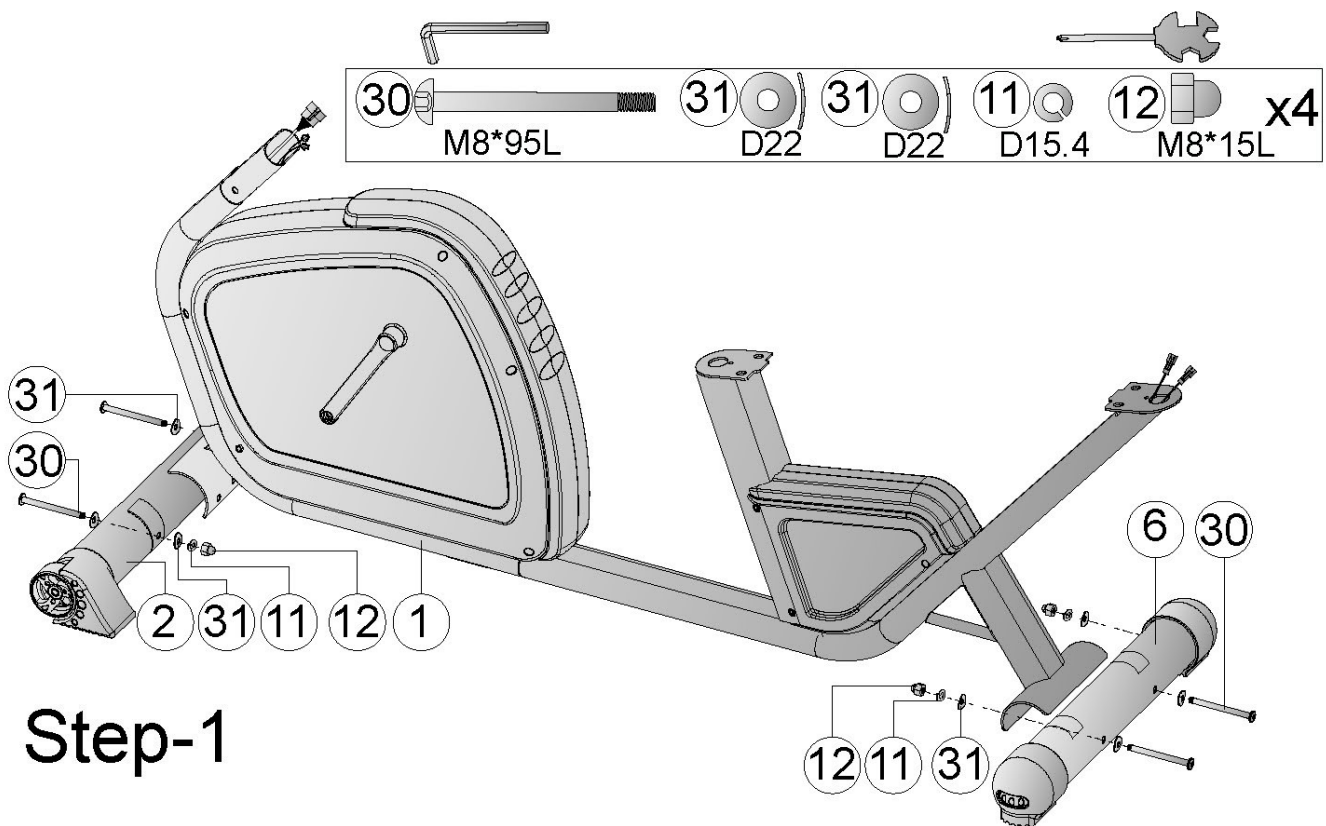
36	Belt	58004-6-1046-00		410 J5 (1041 J5)	1
37	Belt wheel	58008-6-1017-03	ZL102	D260*19	1
38	Round magnet	174R4-6-2574-00		M02	1
39L	Left crank	58007-6-1045-02	1015A	6 1/2"x9/16"-20UNF	1
39R	Right crank	58007-6-1046-02	1015A	6 1/2"x9/16"-20UNF	1
40	Ball knob	52916-2-0032-BB1	Q235A+ABS	D50xM16x32xD8	1
41	Upper computer cable	807E2-6-2572-00		700L	1
42	Motor	73002-6-2571-00			1
43	Adjustable foot cap	55486-L-0076-B11	PP	D76*86	2
44	Buffer	55308-4-0010-BB	NBR+Q235A	D20*10L*M8*1.25	1
45L	Left chain cover	737RB-6-4501-B0	HIPS88	594*80.3*495	1
45R	Right chain cover	737RB-6-4502-B0	HIPS88	594*76*495	1
46	Upper handle pulse cable	802S0-6-2585-00		600L	2
47	Middle handle pulse cable	737RB-6-2587-00		2400L	2
48	Lower handle pulse cable	737RB-6-2586-00		100L	1
49	Handle pulse cable	802S0-6-2479-00		800L	1
50	Adaptor	804C2-6-2584-01		OUTPUT:9VA,500MA	1
51	Crank welding set	803MC-3-2903-00			1
52	Spacer bushing	58002-6-1081-01		D13.5*D10*9	1
53	Fixed plate for idle	24500-6-2674-N1	Q235A	156*62.2*5T	1
54	Idle	745S0-6-1671-00		D42*D38*24	1
55	Bolt	50308-5-0055-F3	35#	M8*1.25*55L	2
56	Square neck bolt	50508-5-0055-F3	35#	M8x1.25x55L	2
57	Plastic sleeve	803K0-6-1082-00	PVC	D3*30L	2
58	Cap	553F0-1-0031-B3	PVC	D25.4x31L	4
59L	Rear chain cover(Left)	737RB-6-4512-BU0	HIPS88	321*44*242	1
59R	Rear chain cover(Right)	737RB-6-4513-BU0	HIPS88	321*39.6*242	1
60	Sliding beam	711RB-3-5100-C2			1
61	Bolt	50108-2-0025-U0	35#	M8x1.25x25	2
62	Front rear cover	73600-6-4514-B0	ABS	100*93*66	1
63	Anti-loose nut	55206-1-2006-NA	Q235A	M6*1*6T	1
64	Nylon washer	55106-1-1915-B1	NL66	D6*D19*1.5T	1
65	Flat washer	55106-1-1310-NA	Q235A	D13*D6.5*1.0T	1
66	Flat washer	55108-1-1612-FA	Q235A	D16xD8.5x1.2T	18
67	Bolt	50106-5-0015-C0	35#	M6x1.0x15L	4
68	Anti-loose nut	55206-1-2006-CA	Q235A	M6x1.0x6T	4
69	Bearing	58006-6-1018-00	GCr15	#6003ZZ	2
70	Foam	58015-6-1287-B1	NBR	D23*4T*415L	2

71	Foam	58015-6-1058-B0	NBR	D23*4T*500L,with hole	2
72	Screw	50904-2-0010-D0	10#	ST4x1.41x10.L	2
73	Square cap	55313-2-2525-B8	PE	25*25*13L	2
74	Handle pulse	16800-6-2478-00		PE18	2
75	Rear protective cover	73600-6-4515-B0	ABS	100*93*66	1
76	Flat washer	55117-1-2315-NA	Q235A	D23*D17.2*1.5T	1
77	Bolt	50108-5-0025-N3	35#	M8*25	1
78	Spacer ring	80700-6-2781-00	Fe	D22.5*D17.2*6.4T	1
79	Spring	58003-6-1024-N0	72A	D2.2*D14*65L	1
80	Inner tube	73600-6-1071-B0	PE	40*80*102L	2
81	Anti-loose nut	55210-1-2010-CA	Q235A	M10x1.5x10T	1
82	Bolt	52605-2-0012-N0	Q235A	M5x0.8x12L	1
83	Bolt	50108-5-0052-N3	35#	M8*52L	1
84	Anti-loose nut	55208-1-2008-CA	Q235A	M8*1.25*8T	2
85	Nut	55208-2-2006-NA	Q235A	M8*1.25*6T	1
86	Seat supporting tube	809A2-3-1100-J1			1
87	Bolt	52605-5-0010-F0	10#	M5*0.8*10L	4
88	Lower computer cable	703H2-6-2573-01		1200L	1
89	Screw	53342-2-0015-N0	10#	ST4.2*1.4*15L	4
90	Screw	53342-2-0020-N0	10#	ST4.2x1.4x20L	13
91	Pin	71600-6-4586-60	ABS	D6*26.5*7.7	4
92	Buffer	708S0-6-1081-B0	NBR	20*90*1.7T	4
\	Allen wrench	58030-6-1031-N1	35#	M6	1
\	Spanner	58030-6-1005-N2	Q235A	121*D6	1

CHECK LIST

 1 x1		 10 x1
 2 x1	 5 x1	 25 x1
 6 x1		
 3 x1	 50 x1	 18 x1
		 20L & 20R x1
 75 x1	 62 x1	 60 x1
		 7 x1
 86 x1	 8 x1	 x1

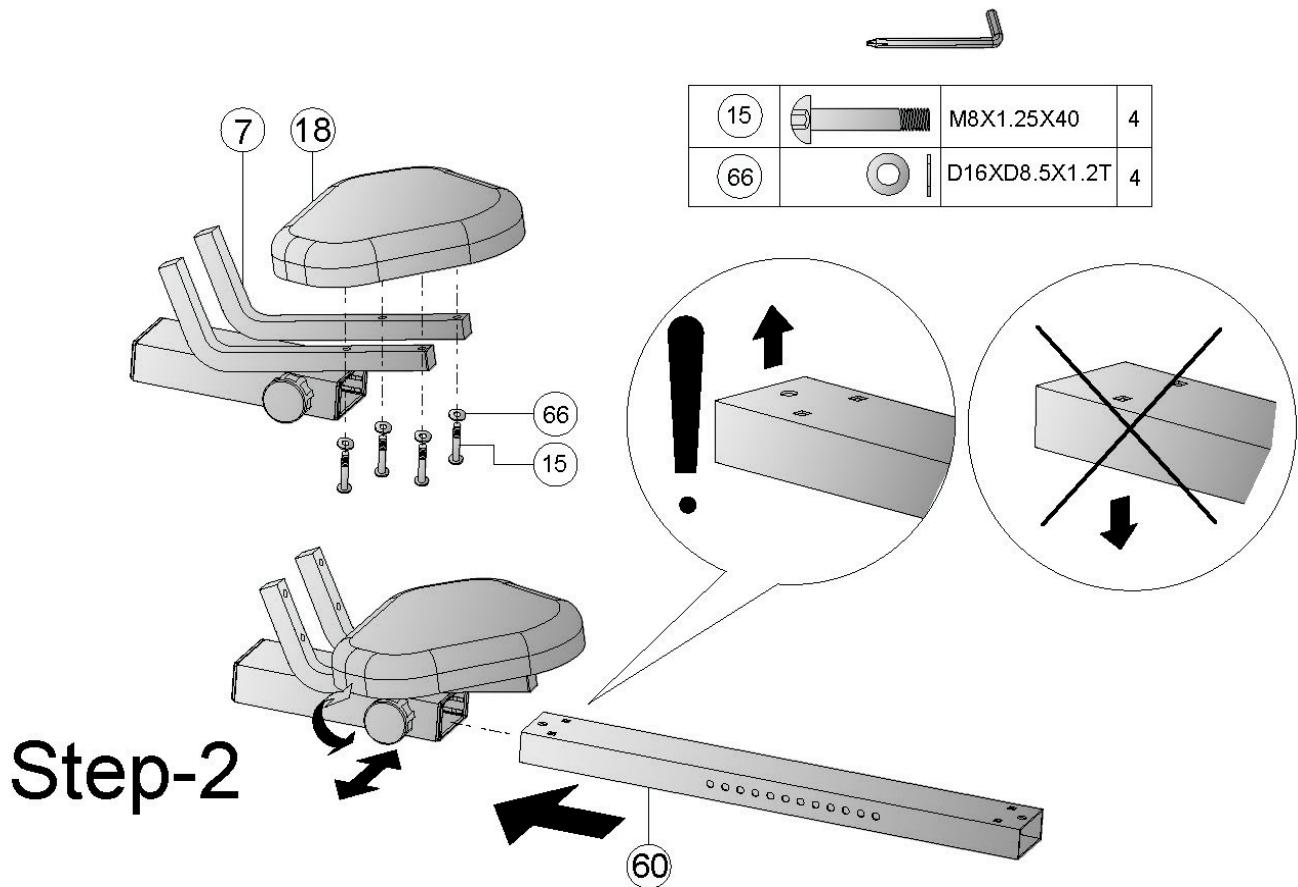
STEP 1



Step-1

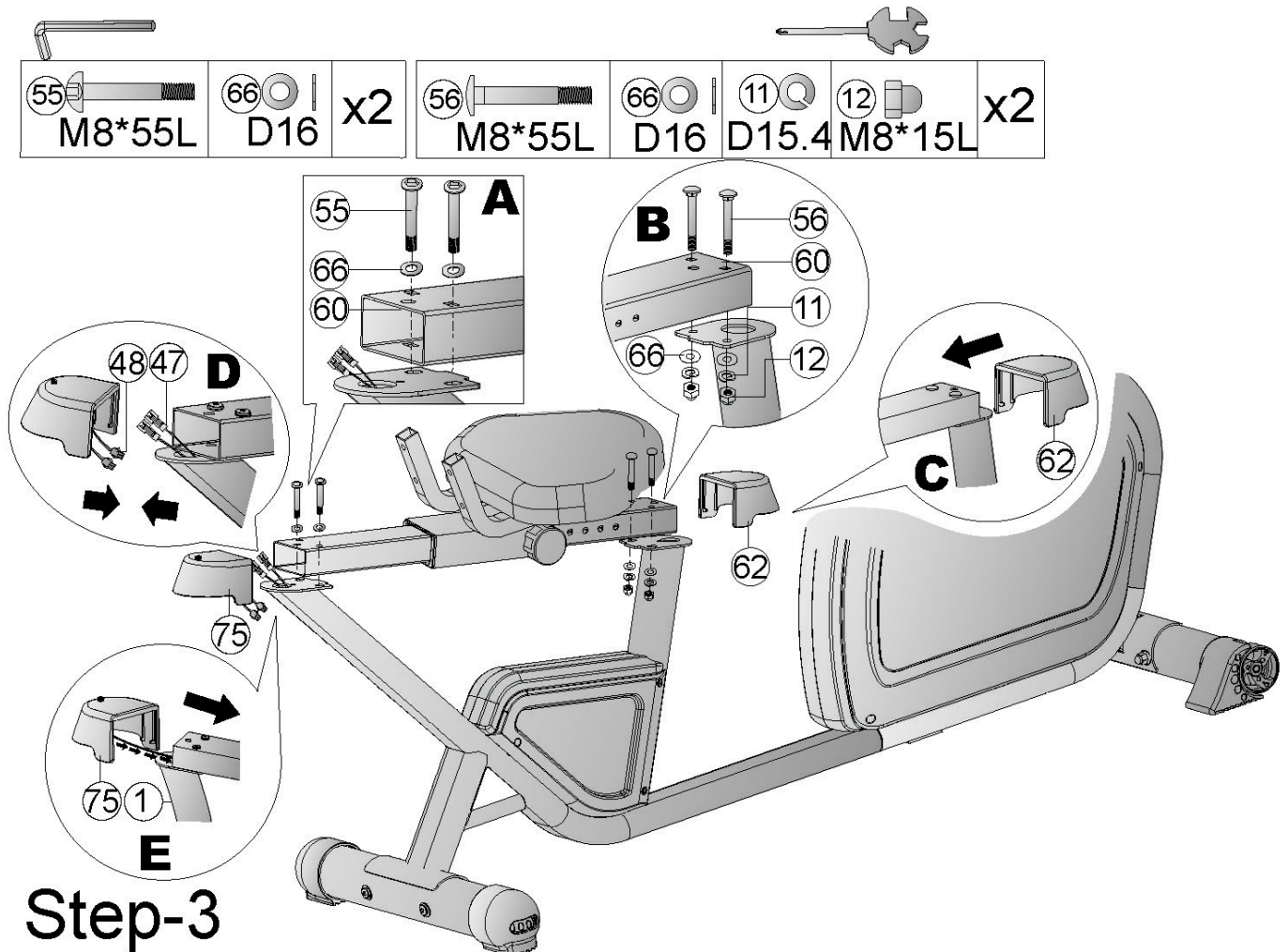
- 1) Assemble the front stabilizer (2) onto the main frame (1) by using 4pcs curved washer (31), 2pcs spring washer (11), 2pcs domed nut (12) and 2pcs allen bolt (30).
- 2) Assemble the rear stabilizer (6) onto the main frame (1) by using 4pcs curved washer (31), 2pcs spring washer (11), 2pcs domed nut (12) and 2pcs allen bolt (30).
- 3) Adjust the proper height by turning the wheel of rear adjustable foot cap (43).

STEP 2



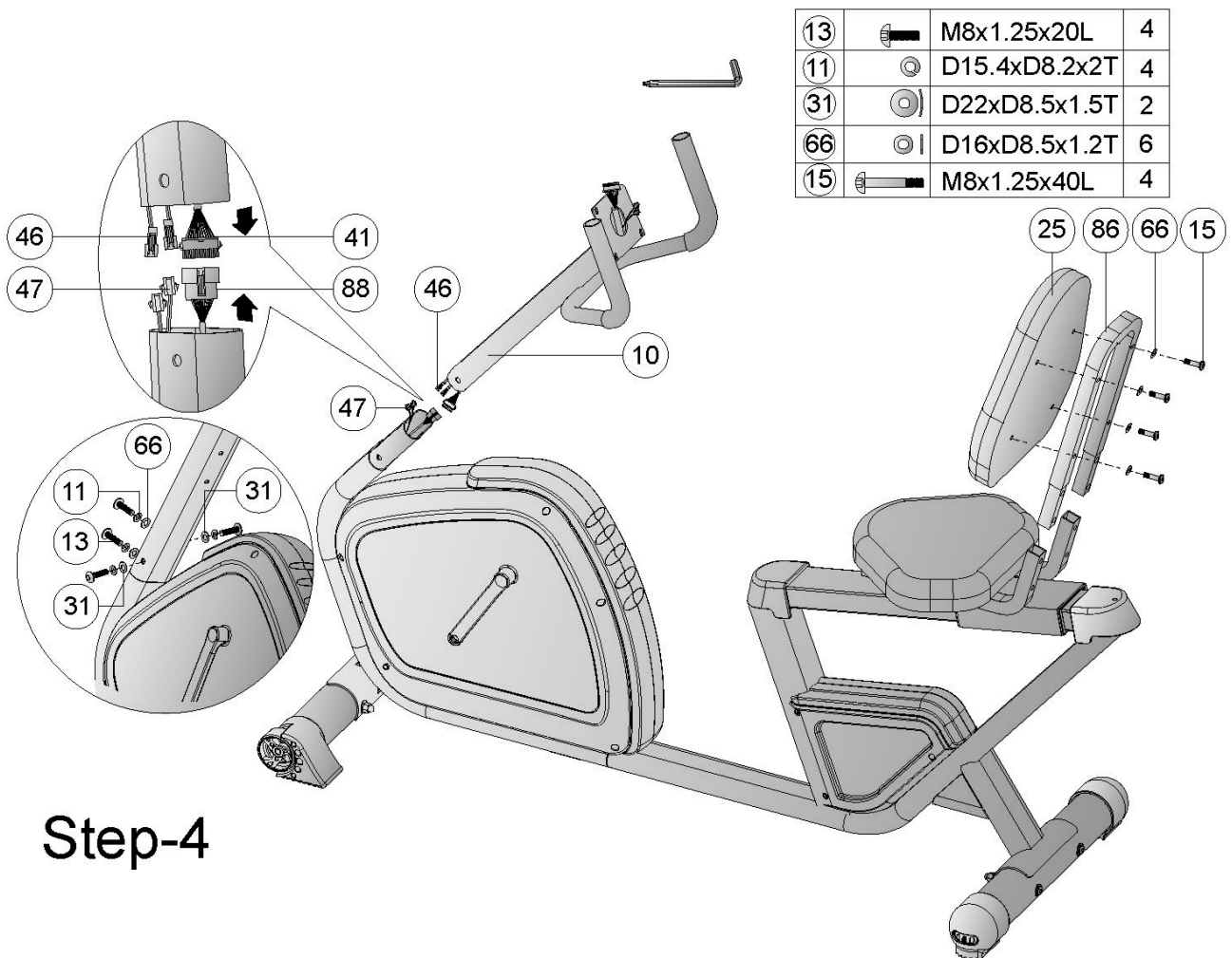
- 1) Assemble the seat (18) on the seat post(7) by using 4pcs flat washer (66) and 4pcs allen bolt (15).
- 2) Assemble the seat post(7) to the sliding beam(60) as the picture shown.

STEP 3



- 1) Suggest assembling this step by two persons.
- 2) Assemble sliding beam(60) to main frame(1) by using 2pcs flat washer(66) and 2pcs allen bolt(55) shown as fig A. and 2pcs bolt(56) ,2pcs spring washer(11),2pcs domed nut(12) and 2pcs flat washer(66) shown as fig B. Then fix the front rear cover (62) on the sliding beam shown as fig C. Connect the lower handle pulse cable(48) to middle handle pulse cable(47).Finally, fix the rear protective cover(75) with the main frame(1).

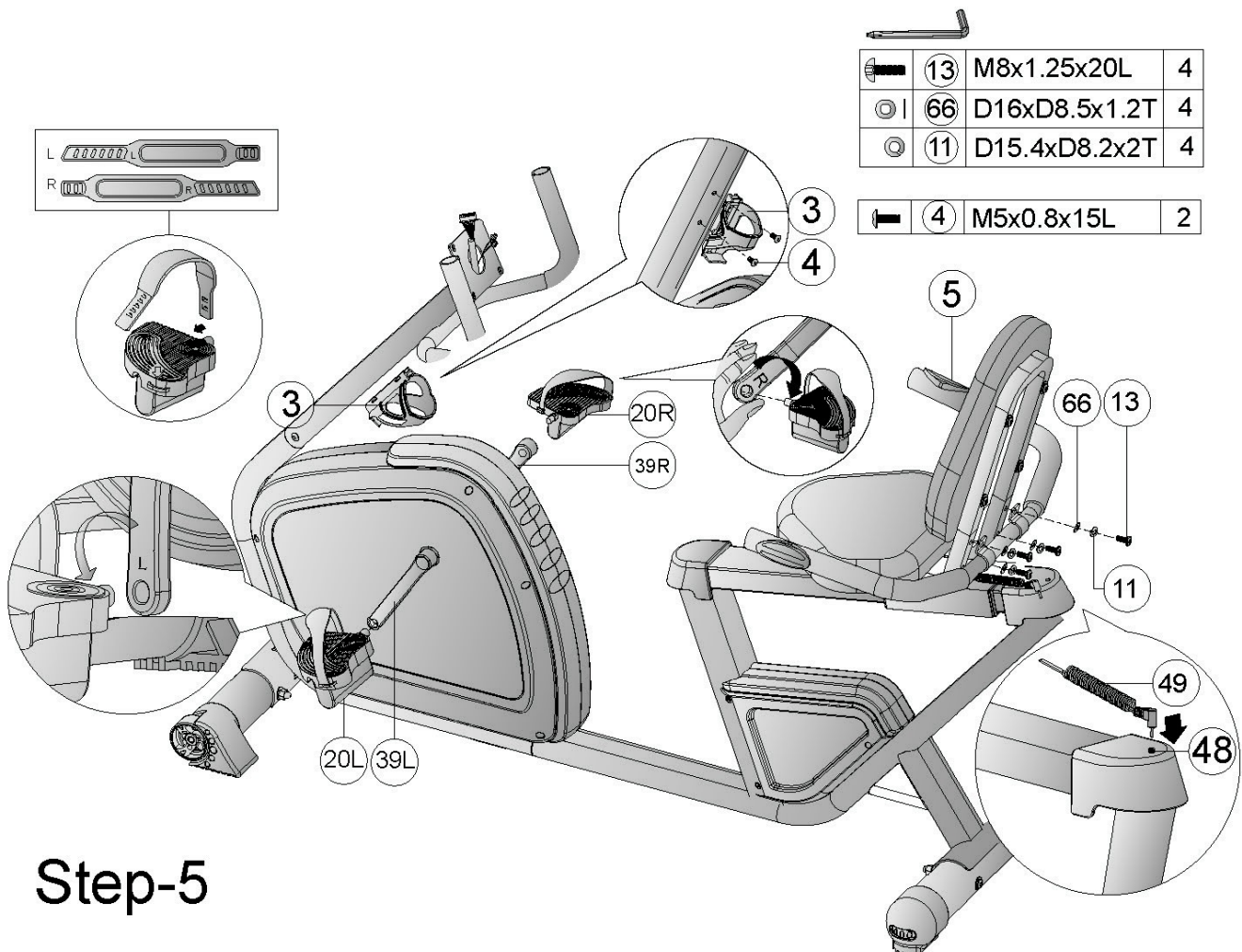
STEP 4



Step-4

- 1)First, lift up the handlebar post tube(10) , then connect the Upper& Lower computer cable (41 & 88), the upper handle pulse cable(46) with middle handle pulse cable (47).
- 2)Insert the handlebar post tube(10) on the main frame(1) and fix it by using 4pcs spring washer(11),2pcs flat washer(66),4pcs allen bolt(13),2pcs curved washer(31).
- 3)Assemble the backrest(25) to backrest supporting set(86) by using 4pcs flat washer(66) and 4pcs allen bolt(15).

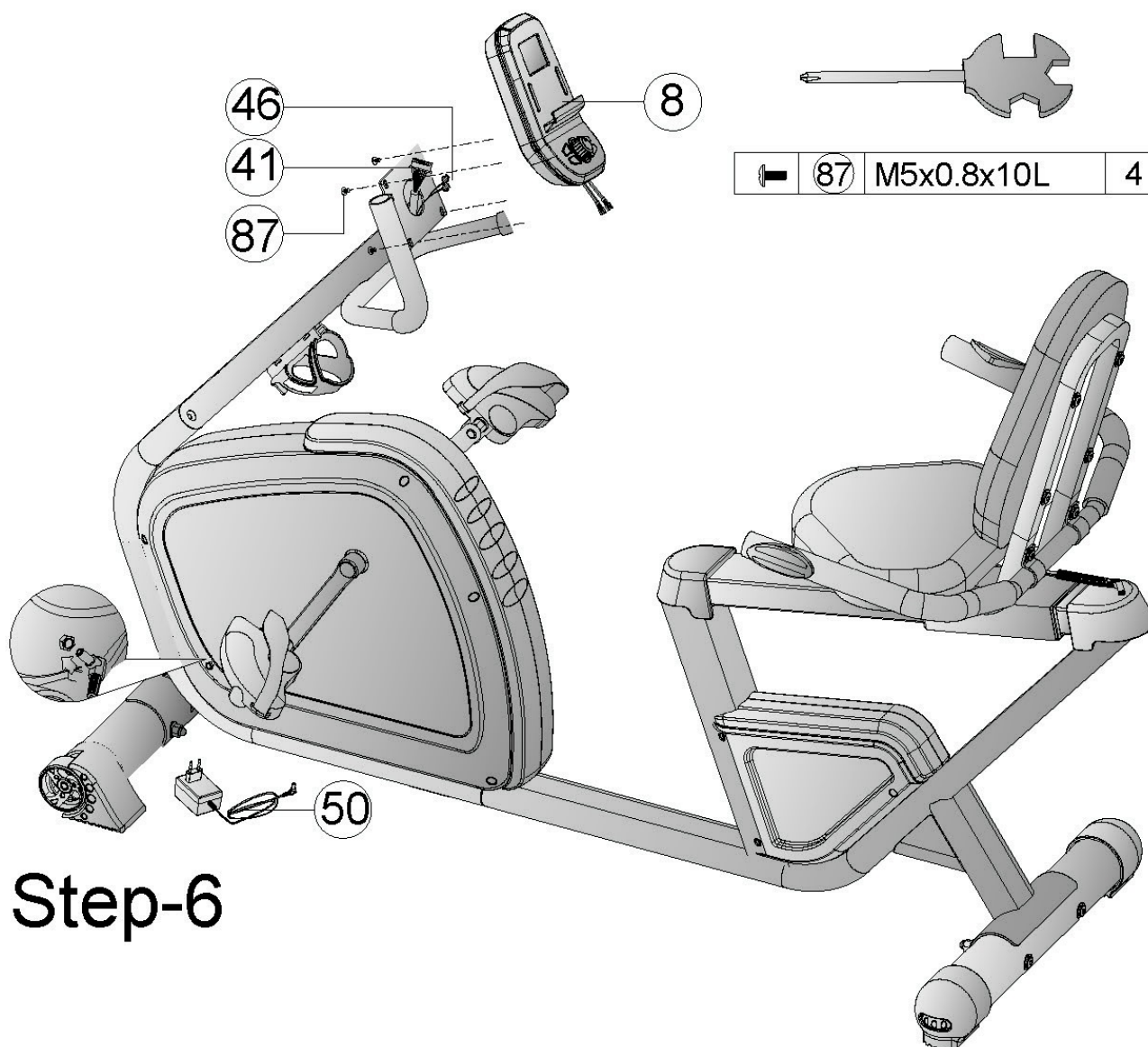
STEP 5



Step-5

- 1) Assemble the left and right pedal (20L & 20R) on the crank (39L & 39R).
- 2) Assemble the bottle holder (3) to handlebar post tube(10) with 2pcs bolt(4).
- 3) Assemble handlebar set (5) to the backrest supporting set (86) by using 4pcs flat washer (66), 4pcs spring washer (11), 4pcs allen bolt (13).Then connect the handle pulse cable (49) with the lower handle pulse cable (48).

STEP 6



Step-6

- 1) Connect the upper handle pulse cable (46), the upper computer cable (41) to the cable of computer (8).
- 2) Assemble the computer (8) to the handlebar post (10) by using 4pcs bolt (87).
- 3) Plug the adaptor (50) to the adaptor input on the front of the bike.

SM(SE)17 / 27 / 37 SERIES INSTRUCTION MANUAL

I1248

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up – No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
DISTANCE	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset target distance data by using UP/DOWN button. Each incensement or decrement is 0.1KM or ML between 0.00~99.9.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
RPM	Displays the Rotation Per Minute. Display range 0~999
WATTS	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will remain preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
USER PROGRAM	User creates resistance level profile.
H.R.C.	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

KEY FUNCTION

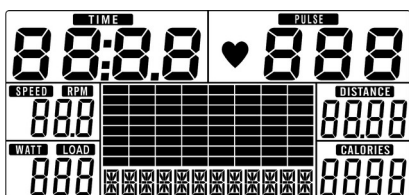
ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.

Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press it for body fat measurement.

OPERATION:

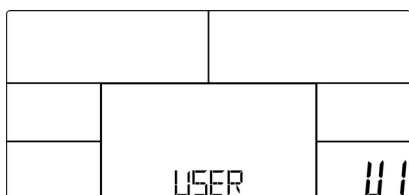
POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).

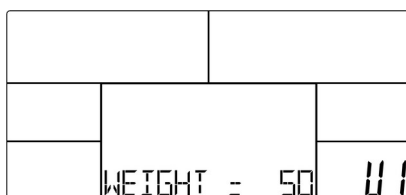


Drawing 1

Then enter into User data setting. Use UP or DOWN (Encoder) to select U1~U4 (Drawing 2), then set SEX, AGE, HEIGHT, WEIGHT (Drawing 3) and confirm by pressing MODE / ENTER button. When finishing user data profile, Console come to main menu.



Drawing 2



Drawing 3

WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing4)→Program (Drawing 5) →User Program (Drawing 6)→ H.R.C. (Drawing 7) → Watt(Drawing 8).



Drawing 4



Drawing 5



Drawing 6



Drawing 7



Drawing 8

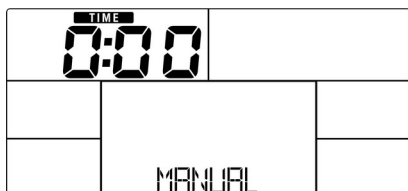
Manual Mode

Press START in main menu may start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset TIME (Drawing 9), DISTANCE (Drawing 10), CALORIES (Drawing 11), PULSE (Drawing

12) and press MODE / ENTER to confirm.

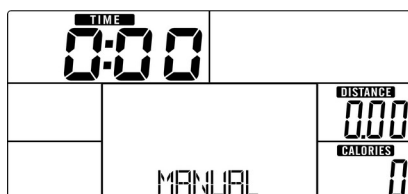
- Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 13).
- Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



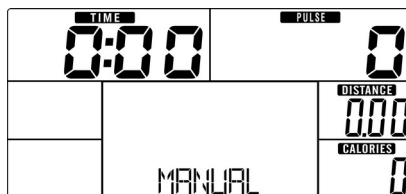
Drawing 9



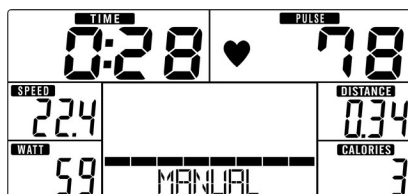
Drawing 10



Drawing 11



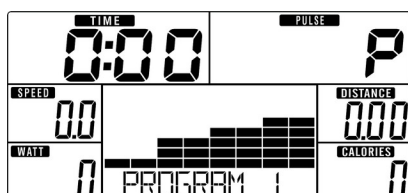
Drawing 12



Drawing 13

Program Mode

- Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
- Use UP or DOWN (Encoder) to select program 1~12 (Drawing 14) and press MODE / ENTER to get into.
- Use UP or DOWN (Encoder) to preset TIME.
- Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
- Press START/STOP key to pause workout. Press RESET to reverse to main menu.

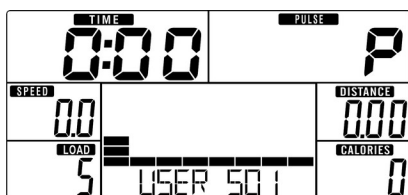


Drawing 14

User Program Mode

- Use UP or DOWN (Encoder) to select workout program, choose User Program mode and press MODE / ENTER to get into.
- Use UP or DOWN (Encoder) to create user profile (Drawing 15). There are total 20 column, user can adjust each column load level. User can hold MODE / ENTER 2 seconds to quit during setting.

3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



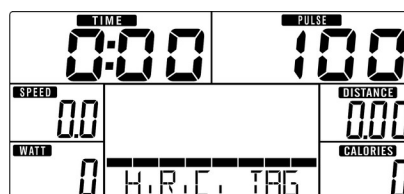
Drawing 15

H.R.C. Mode

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select 55% (Drawing 16).75%.90% or TAG (TARGET H.R.) (default : 100, Drawing 17).
3. Use UP or DOWN (Encoder) to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



Drawing 16



Drawing 17

Watt Mode

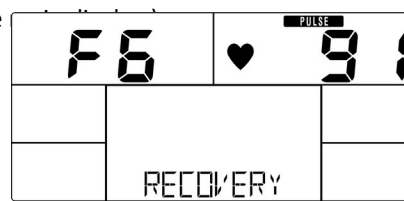
1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 18

RECOVERY

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 19). Screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 20). User may keep exercising to improve the heart rate recovery status.



Drawing 19

Drawing 20

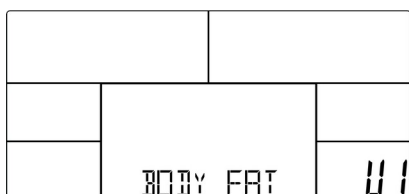
BODY FAT

1. In STOP mode, press the BODY FAT key to start body fat measurement (Drawing 21).
2. During measuring, users have to hold both hands on the hand grips. And the LCD will display “= ” “= ” (Drawing 22)for 8 seconds until computer finish measuring.
3. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
4. Error message:

*The LCD displays “= ” “= ” (Drawing 25)–means not hand the grip or wear chest strap correctly.

*E-1–There is no heart rate signal input detected.

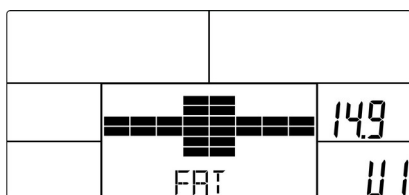
*E-4–Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



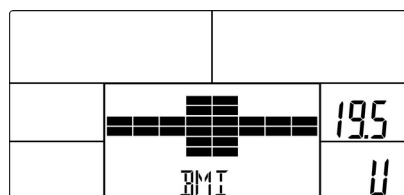
Drawing 21



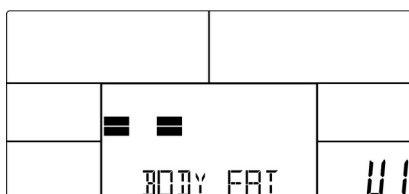
Drawing 22



Drawing 23



Drawing 24



Drawing 25



Drawing 26

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.