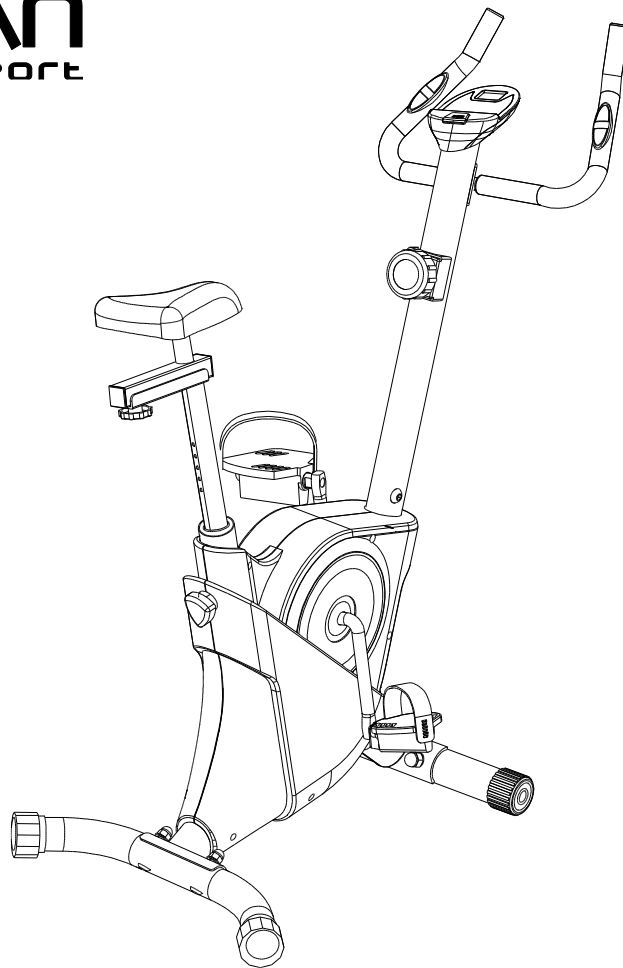


Magnetic 999

Magnetic Upright Bike

ITEM NO: 999



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo, subject to change without notice.

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS -----	2
PARTS LIST -----	3
HARDWARE PACKING LIST -----	4
TOOLS -----	4
OVERVIEW DRAWING -----	5
ASSEMBLY INSTRUCTIONS -----	6
OPERATING THE COMPUTER -----	10
ADJUSTMENTS -----	11
MAINTENANCE -----	12
TROUBLESHOOTING -----	12
WARM UP AND COOL DOWN ROUTINE -----	13

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this equipment. Read all instructions before using this equipment.

1. Read all instructions and follow it carefully before using this equipment. Make sure the equipment is properly assembled and tightened before use.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercises are recommended.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that may catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Do not use the equipment outdoors.
7. This equipment is for household use only. It is not a commercial model.
8. Only one person at a time should use this equipment.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Care should be taken in mounting or dismounting the equipment.
11. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This machine is designed for adults use only. The minimum free space required for safe operation is not less than two meters.
12. The maximum weight capacity for this product is 110 kgs.

WARNING: Before beginning any exercise program consult your physician.

This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

No.	Description	Qty	No.	Description	Qty
-----	-------------	-----	-----	-------------	-----

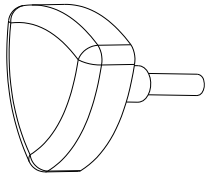
001	Main Frame Ø50x1.5t	1	027	Seat Cushion DD-98-2AT	1
002	Handlebar Ø25x1.5t	1	028	Front Stabilizer End Cap Ø50	2
003	Handlebar Post L650xØ50	1	029	Rear Stabilizer End Cap Ø50	2
004	Rear Stabilizer Ø50x1.5x523mm	1	030	Bearing 6001	2
005	Flywheel Ø203	1	031	Spring Clip	1
006	Front Stabilizer Ø50x1.5x360mm	1	032	Seat Sliding Tube End Cap 38.5x38.5	1
007	Tension Control Knob L=500	1	033	Extension Sensor Wire L=1100mm	1
008	Seat Post Knob M12xL40	1	034	Cap Nut M10	4
009	Belt 280J4	1	035	Carriage Bolt M10x60	4
010	Computer	1	036	Big Curve Washer Ø10	4
011	Wave Washer	1	037	Curve Washer Ø18xØ8x1.5t	6
012	Seat Post Bushing	1	038	Washer Ø18xØ8x1.5t	4
013	Left Cover	1	039	Big Spring	1
014	Right Cover	1	040	Cross Recessed Pan Head Tapping Screw ST4x16	12
015	Cross Recessed Pan Head Tapping Screw ST3x10	2	041	Small Spring	1
016	Washer Ø34.5x23x2.5t	1	042	Nylon Nut M8	4
017	Bearing Nut I 15/16"	1	043	Hexagon Bolt M5x30	1
018	Hexagon Nut 7/8"	1	044	Idler Arm	1
019	Belt Pulley with Crank 200J6	1	045	Bearing 6000-2Z	2
020	Left Foot Pedal JD-12A	1	046	Big Washer Ø5xØ20x1.5t	1
021	Right Foot Pedal JD-12A	1	047	Cross Recessed Pan Head Bolt M4x12	2
022	Bearing Cup	2	048	Washer Ø24xØ40x3t	1
023	Ball Bearing	2	049	Handlebar End Cap Ø25	2
024	Hexagon Socket Pan Head Cap Bolt M8x16	6	050	Handlebar Foam Grip Ø30xØ24x455	2
025	Seat Post 38x1.5t	1	051	Cross Recessed Pan Head Tapping Screw ST4.2x20	2
026	Sensor with Wire L=550mm	1	052	Cross Recessed Pan Head Bolt M8x16	1

PARTS LIST

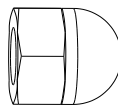
PARTS LIST

No.	Description	Qty	No.	Description	Qty
053	Hand Pulse Sensor with Wire L=750mm	2	061	Magnet Bracket	1
054	Tension Cable L=1150mm	1	062	Washer Ø10xØ5.5xT1.5	1
055	Washer Ø12xØ6x1.5t	1	063	Cross Recessed Pan Head Bolt M5x8	1
056	Washer Ø22.5xØ17.5xT3	1	064	Magnet	3
057	Cross Recessed Pan Head Bolt M5x45	1	065	Hexagon Nut M5	2
058	Bearing Nut II 13/16"	1	066	Seat Adjustment Knob M10	1
059	Axle	1	067	Washer Ø18Ø10.5x1.5	1
060	Cover Cap Ø60xØ27xT7	2	068	Seat Sliding Tube	1

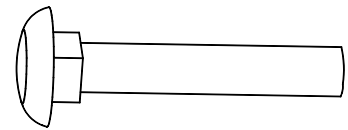
HARDWARE PACKING LIST



(8) Seat Post Knob M12xL40
1 PC



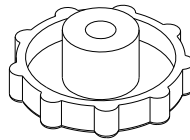
(34) Cap Nut M10
4 PCS



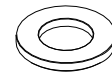
(35) Carriage Bolt M10x60
4 PCS



(36) Big Curve Washer Ø10
4 PCS

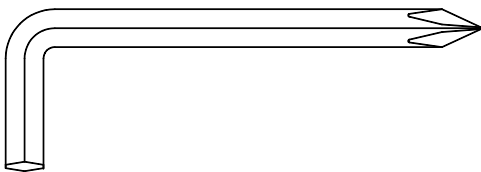


(66) Seat Adjustment
Knob M10
1 PC

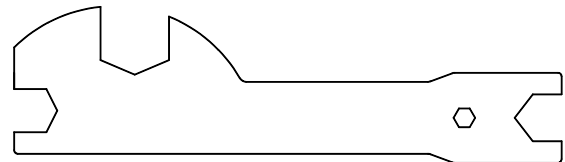


(67) Washer Ø18Ø10.5x1.5
1 PC

TOOLS

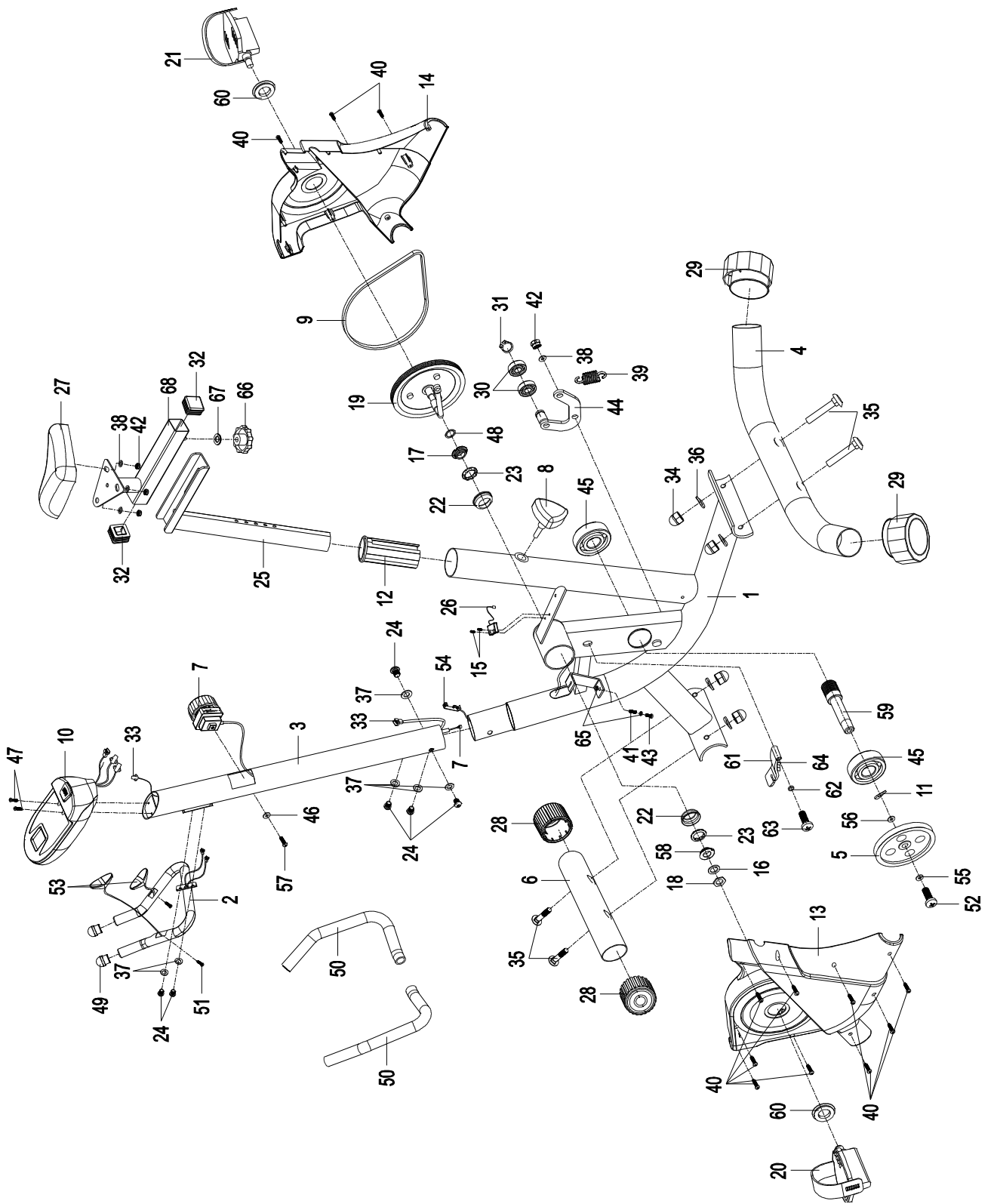


5mm Allen Wrench with
Phillips Screwdriver
1 PC

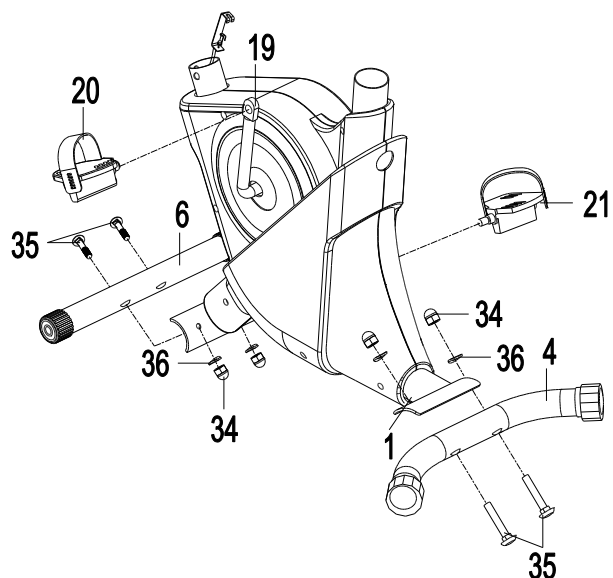


Multi Hex Tool
1 PC

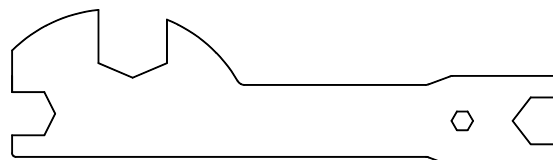
OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



Tool:



Multi Hex Tool

1. Front/Rear Stabilizers and Right/Left Foot Pedals Installation

Position the Front Stabilizer (6) in front of the Main Frame (1) and align bolt holes.

Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M10 Cap Nuts (34), two M10x60 Carriage Bolts (35), and two Ø10 Big Curve Washers (36). Tighten cap nuts with the Multi Hex Tool provided.

Position the Rear Stabilizer (4) behind the Main Frame (1) and align bolt holes.

Attach the Rear Stabilizer (4) onto the rear curve of the Main Frame (1) with two M10 Cap Nuts (34), two M10x60 Carriage Bolts (35), and two Ø10 Big Curve Washers (36). Tighten cap nuts with the Multi Hex Tool provided.

Foot Pedals Installation

The Pedal Shafts and Pedals are marked “R” for Right and “L” for Left.

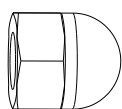
Insert the pedal shaft of Left Foot Pedal (20) into threaded hole in the left Crank (19). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

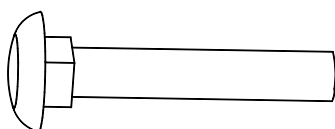
Tighten the pedal shaft of Left Foot Pedal (20) with the Multi Hex Tool provided.

Insert pedal shaft of Right Foot Pedal (21) into threaded hole in right Crank (19). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (21) with the Multi Hex Tool provided.

Hardware:



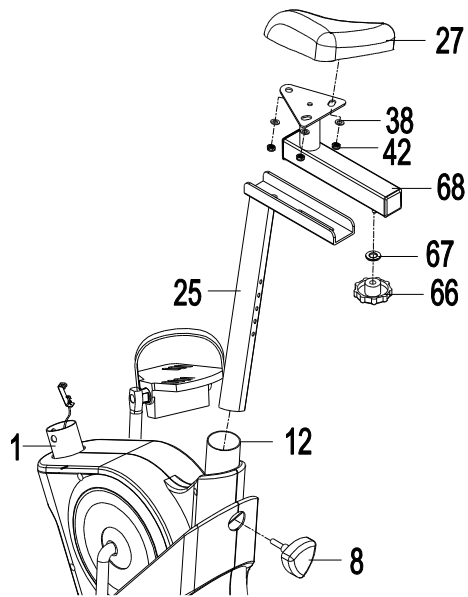
(34) Cap Nut M10
4 PCS



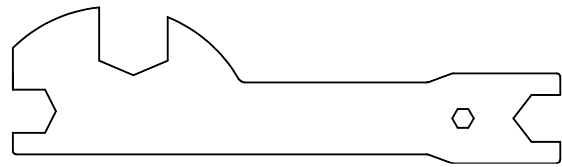
(35) Carriage Bolt M10x60
4 PCS



(36) Big Curve Washer Ø10
4 PCS



Tool:



Multi Hex Tool

2. Seat Post, Seat Sliding Tube, and Seat Cushion Installation

Remove three Ø18xØ8x1.5t Washers (38) and three M8 Nylon Nuts (42) from underside of the Seat Cushion (27). Remove nylon nuts with the Multi Hex Tool provided.

Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Sliding Tube (68), attach with three removed Ø18xØ8x1.5t Washers (38) and M8 Nylon Nuts (42).

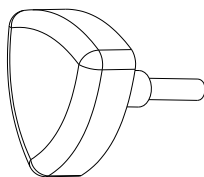
Tighten nylon nuts with the Multi Hex Tool provided.

Guide the bolt on underside of the Seat Sliding Tube (68) through hole on top of the Seat Post (25), attach with one Ø18xØ10.5x1.5 Washer (67) and M10 Seat Adjustment Knob (66).

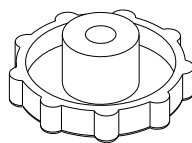
Slide the

Insert the Seat Post (25) into the Seat Post Bushing (12) on the tube of the Main Frame (1) and then attach the M12xL40 Seat Post Knob (8) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (25) in the suitable position.

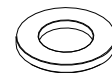
Hardware:



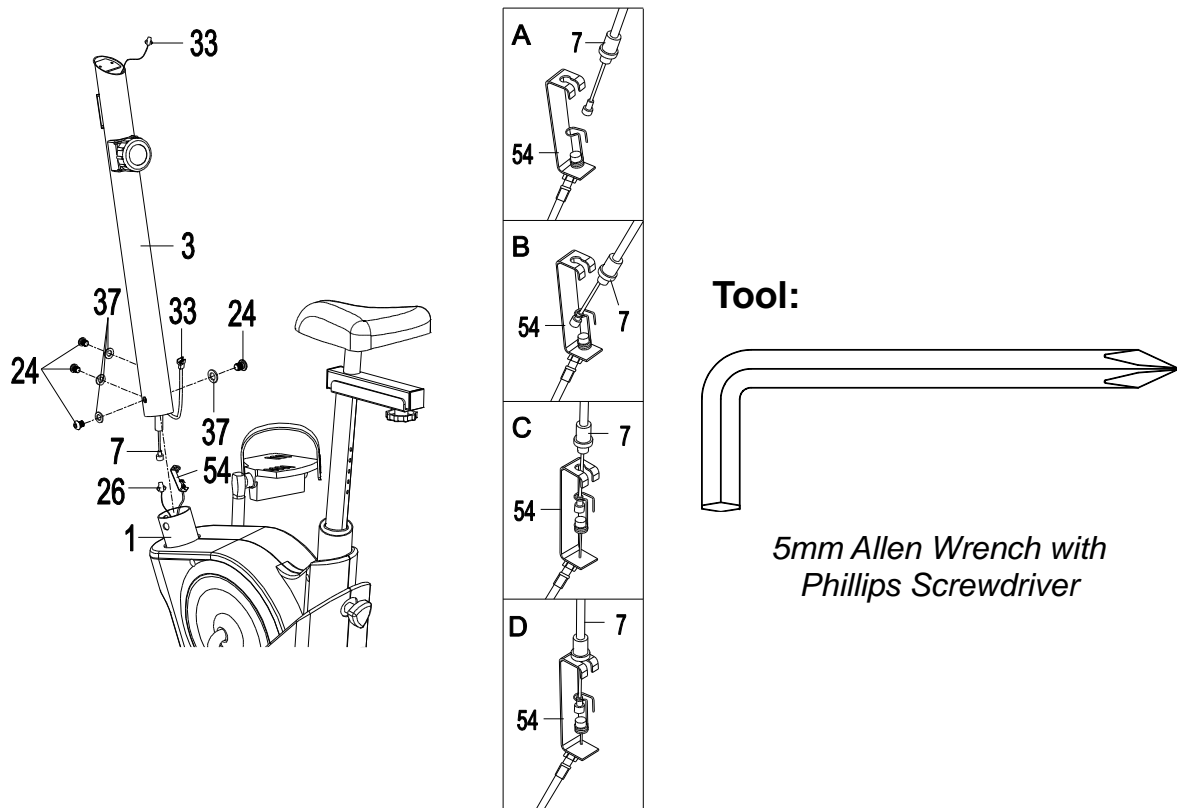
(8) Seat Post Knob M12xL40
1 PC



(66) Seat Adjustment Knob M10
1 PC



(67) Washer Ø18Ø10.5x1.5
1 PC



3. Handlebar Post Installation

Remove four M8x16 Hexagon Socket Pan Head Cap Bolts (24) and four Ø18xØ8x1.5t Curve Washers (37) from the Main Frame (1). Remove bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Connect the Sensor Wire (26) from the Main Frame (1) to the Extension Sensor Wire (33) from the Handlebar Post (3). It is recommended to have a second person assist with this step. One person should hold the Handlebar Post (3) in place while the other person connects the sensor wires.

Put the cable end of resistance cable of Tension Control Knob (7) into the cable lock of Tension Cable (54), see Figure A.

Pull the resistance cable of Tension Control Knob (7) up and force it into the slot of metal bracket of Tension Cable (54), see Figure B.

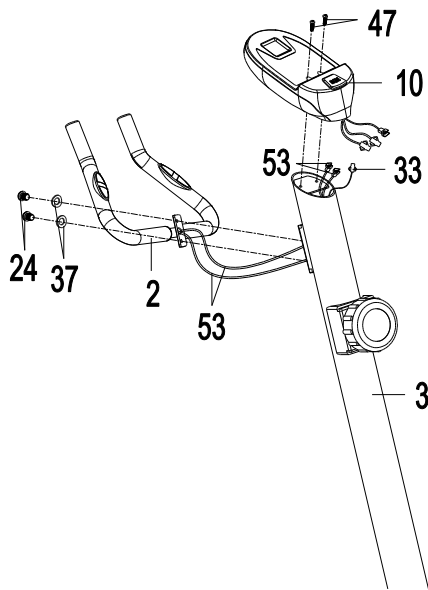
Insert the metal fitting on the resistance cable of Tension Control Knob (7) into the hole at the end of the slot in the metal bracket of Tension Cable (54), see Figure C.

Connect the resistance cable of Tension Control Knob (7) to Tension Cable (54) complete, see Figure D.

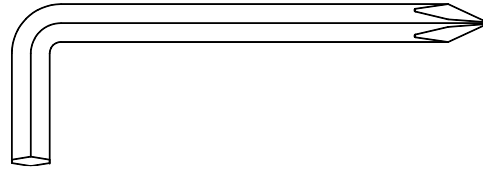
Carefully tuck wires into Main Frame (1) while sliding Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x16 Hexagon Socket Pan Head Cap Bolts (24) and four Ø18xØ8x1.5t Curve Washers (37) that were removed.

PLEASE FOLLOW THIS PROCEDURE TO TIGHTEN BOLTS WITH THE 5MM ALLEN WRENCH WITH PHILLIPS SCREWDRIVER PROVIDED:

Tighten two M8x16 Hexagon Socket Pan Head Cap Bolts (24) in front of the Main Frame (1) first then the other two M8x16 Hexagon Socket Pan Head Cap Bolts (24) on the side to secure the Handlebar Post (3) successfully.



Tool:



*5mm Allen Wrench with
Phillips Screwdriver*

4. Handlebar and Computer Installation

Remove two M8x16 Hexagon Socket Pan Head Cap Bolts (24) and two Ø18xØ8x1.5t Curve Washers (37) from the Handlebar Post (3). Remove bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3) and then pull the Hand Pulse Sensor Wires (53) out from the top end of the Handlebar Post (3).

Attach the Handlebar (2) onto the Handlebar Post (3) with two M8x16 Hexagon Socket Pan Head Cap Bolts (24) and two Ø18xØ8x1.5t Curve Washers (37) that were removed.

Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Remove two M4x12 Cross Recessed Pan Head Bolts (47) from the Handlebar Post (3).

Remove bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

Connect the Extension Sensor Wire (33) and Hand Pulse Sensor Wires (53) to the wires that come from the Computer (10). Tuck wires into the Handlebar Post (3). Attach the Computer (10) onto the top end of the Handlebar Post (3) with two M4x12 Cross Recessed Pan Head Bolts (47) that were removed. Tighten bolts with the 5mm Allen Wrench with Phillips Screwdriver provided.

OPERATING THE COMPUTER



USING YOUR COMPUTER

The computer can be activated by pressing the MODE button or by pedaling. If you leave the equipment idle for 4-5 minutes, the power will turn off automatically.

BUTTON FUNCTIONS:

Press the MODE button to select one of the functions of the computer.

Press and hold the MODE button for 3 seconds to reset all data values to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

SCAN: Automatically scans each function in sequence with change every 5 seconds.

NOTE: If you do not want to use the SCAN function, press the button to select one of the other functions.

TMR (TIMER): Displays your elapsed workout time in minutes and seconds.

KM (SPEED): Displays the current training speed.

CAL (CALORIES): Displays approximate amount of calories burned during workout. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical treatment).

P (PULSE): Displays your current heart rate figures after you grip the handlebar pulse sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar pulse sensors with both hands instead of just with one hand when you try to test your heart rate figures.

DIS (DISTANCE): Displays the cumulative distance traveled during workout.

ODO (ODOMETER): Displays the total accumulative distance traveled. The ODOMETER data values can not be clear to zero by pressing and holding the button for 3 seconds. If you take out the batteries from the computer, the ODOMETER data values will clear to zero.

HOW TO INSTALL THE BATTERIES:

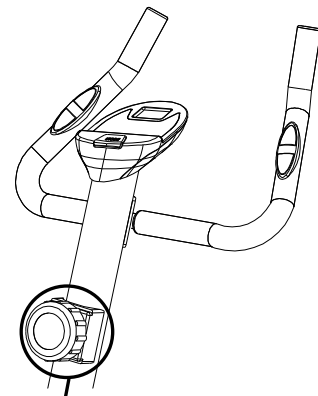
1. Remove the battery cover on the back of the computer.
2. Place two size AAA batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appears, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the tension, turn the tension control knob in a clockwise direction.

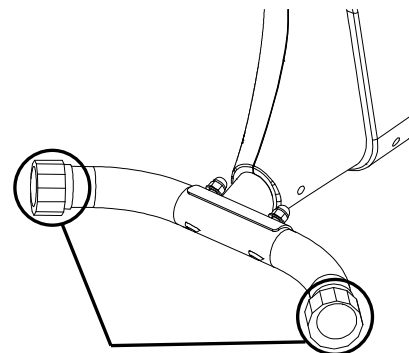
To decrease the tension, turn the tension control knob in a counterclockwise direction.



Tension Control Knob

Adjusting the Rear Stabilizer End Cap

Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.

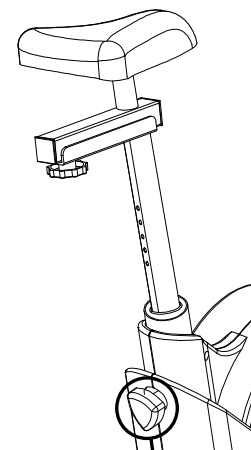


Rear Stabilizer End Cap

Adjusting the Seat Height

Turn the seat post knob in a counterclockwise direction until the seat post can be slid up or down and then slide the seat post up or down direction to the suitable position. Lock the seat post in place by tightening the seat post knob in a clockwise direction.

NOTE: When adjusting the height of seat post, make sure the seat post bushing does not exceed the mark line on the seat post.

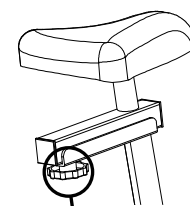


Seat Post Knob

Adjusting the Seat Forward or Back

Turn the seat adjustment knob to loosen the seat sliding tube. Slide the seat sliding tube forward or back to desired position and turn the seat adjustment knob to tighten.

NOTE: Continue to turn the seat adjustment knob until the seat sliding tube is secure before exercising.



Seat Adjustment Knob

MAINTENANCE

Cleaning

The upright bike can be cleaned with a soft clean damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, especially the computer console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts, nuts, screws, and pedals on the machine for proper tightness every week.

Storage

Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the rear stabilizer end cap on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Replace with new batteries.
There is no heart rate reading or heart rate reading is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with both hands instead of just with one hand when you try to test your heart rate figures. 3. Avoid gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike. Please inspect all of the bolts and tighten any loose bolts.

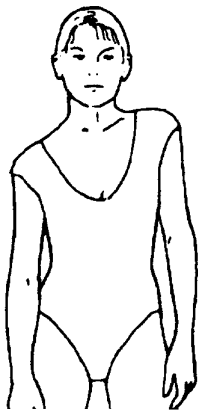
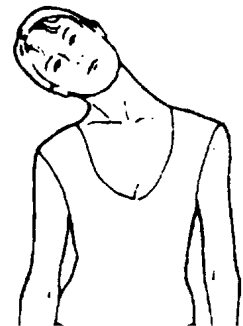
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

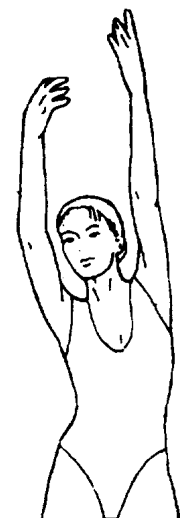
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

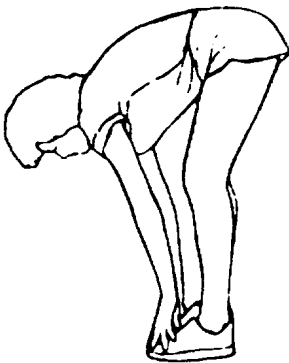


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

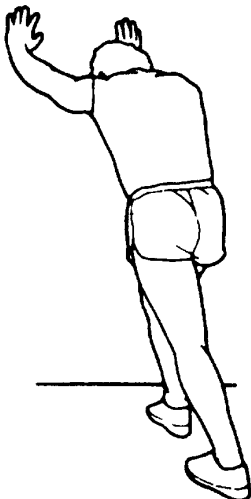
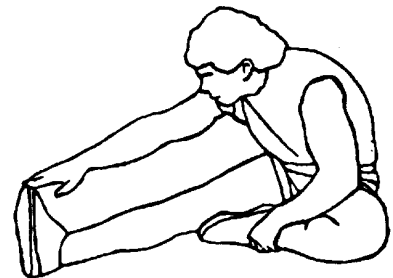


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.