

Recumbent Bike/Rower

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

- Keep children and pets away from the machine at all times.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
- Keep hands and clothes away from all moving parts
- The max. user capacity is 120 KG

POWER ADAPTOR

Plug in the power adaptor into the socket at the front of the bike. Ensure that the cord does not present a tripping hazard.

GENERAL EXERCISE GUIDELINES

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to exercising and using the bike, work at a level that you can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Your progress from here is up to you. Using your heart rate is an effective way to monitor exercise and achieve your goals. Exercise at a level where you can maintain a normal conversation without constantly being out of breath.

If you want to work harder on the bike, but don't feel comfortable pedaling faster, use a higher resistance level to make it more difficult to pedal or use a harder program. Try watching television or listening to music when exercising to help the time pass.

Wear comfortable clothing with supportive and cushioned footwear.

Drink plenty of fluids before, during and after exercise.

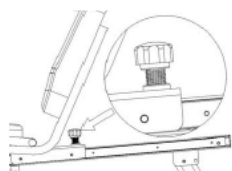
COMPUTER OPERATION

Use the UP or DOWN keys to select program mode and then press ENTER to confirm

Press the START/STOP key to start exercise.

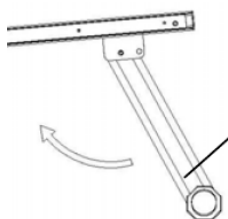
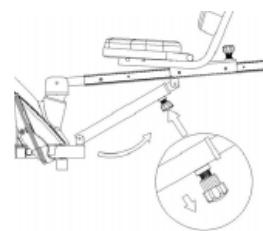


HOW TO FOLD UP FOR STORAGE OR TRANSPORT



Move seat backward to furthest position & turn adjuster knob clockwise to lock

Pull pin on folding mechanism, raise seat rail until pin locks into place



Fold away rear stabiliser & lock into position with lock pin

HOW TO UNFOLD

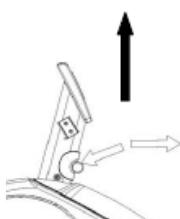
Unfold rear stabilizer (refer to folding procedure), pull pin on seat rail folding mechanism and lower seat rail. Refer to procedure below to set up as recumbent bike or rower.

SETTING UP AS RECUMBENT BIKE OR ROWER

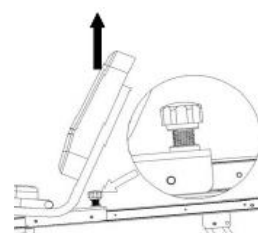


BIKE MODE: Insert rower handle in cradle below computer

BIKE MODE: Set seat to desired position on seat rail, and insert seat adjuster knob by turning it clockwise



ROWER MODE: remove seat adjuster knob by turning it anti-clockwise until completely out. Store knob in a safe place



BIKE MODE: unscrew levelling feet anti-clockwise to stabilise bike

ROWER MODE: turn levelling feet clockwise so that they do not make contact with floor

PULSE

Hand grip pulse indicators can be found on the silver panels on the hand rails. Both hands must be on the grips at the same time. The readings may not appear right away and will not be 100% accurate. The readings however, can be used as a guide.

TROUBLESHOOTING

While your equipment has been checked and cleaned prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time.

Call your hire agent if you have any difficulty using the equipment.