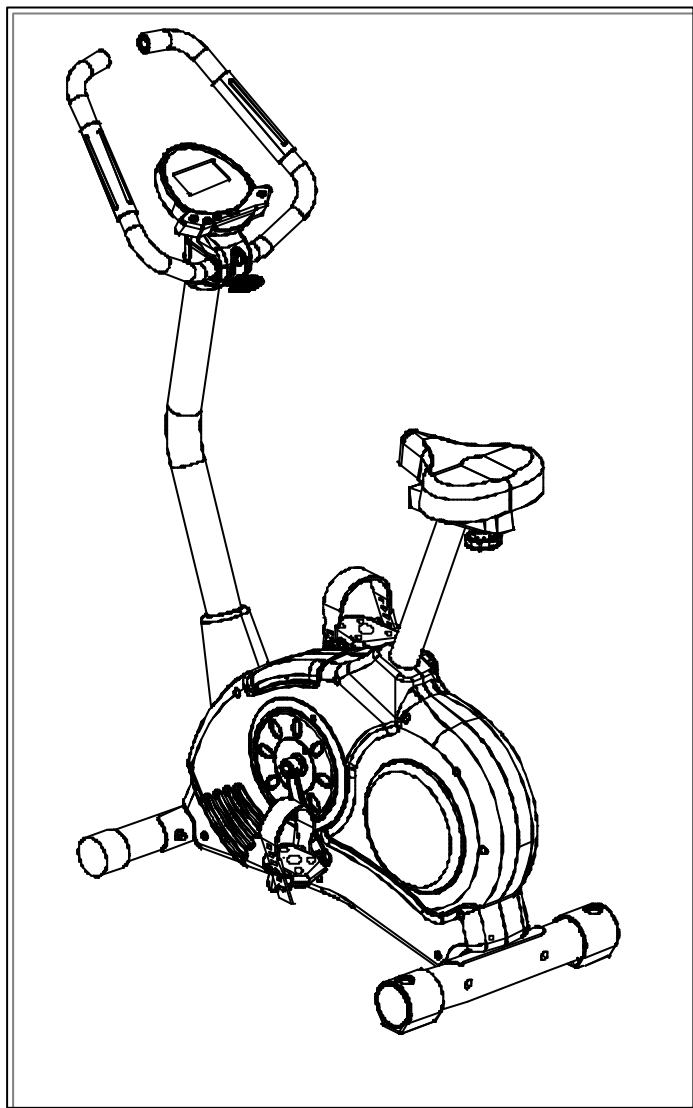


OWNERS ASSEMBLY MANUAL & OPERATING
INSTRUCTIONS

ESCALADE INT. LTD



PRODUCT CODE : LS2005 ERGOMETER BIKE

Escalade International Limited, Unit 1 Viking Way, Winch Wen Industrial
Estate, Swansea. SA1 7DA. Tel 01792 796893 Fax 01792 796627
Email: sales@escaladeinternational.co.uk

READ ALL INSTRUCTION BEFORE EXERCISING

THIS USER MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. TAKE CARE OF YOUR SELF, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

1. This machine is intended for household use only. It is not designed for commercial use.
2. Read this USER MANUAL and all accompanying literature and follow it carefully before using your machine.
3. Inspect your exercise machine prior to exercising to ensure that all nuts and bolt are fully tightened before each use.
4. Most exercise equipment is not recommended for small children. Children should not use the bike unless they are under adult supervision.
5. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
6. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your hear rate to gradually increase and decrease and will help prevent straining muscles.
7. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
8. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
9. Remove all jewelry, including rings, chains and pins before commencing exercise.
10. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT!!!

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR CYCLE IS 115KG, PER USER.



**The Surgeon General
Has determined that lack of
Physical activity is
Detrimental to your health**

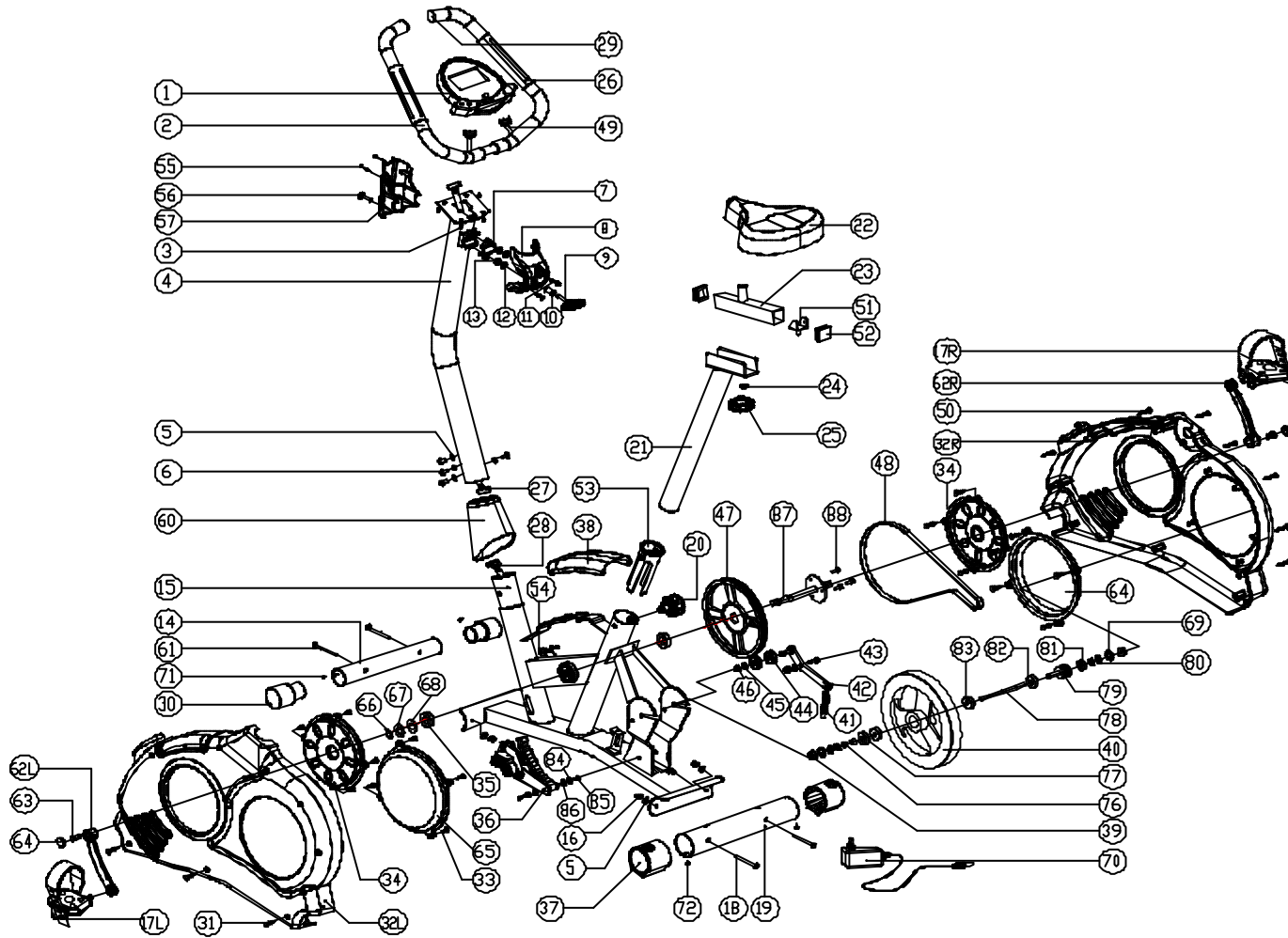
WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event that any of the above mentioned warnings are ignored by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's rights and will not affect their statutory rights. They are being supplied strictly to ensure the safety of the individuals using this product.

PARTS LIST

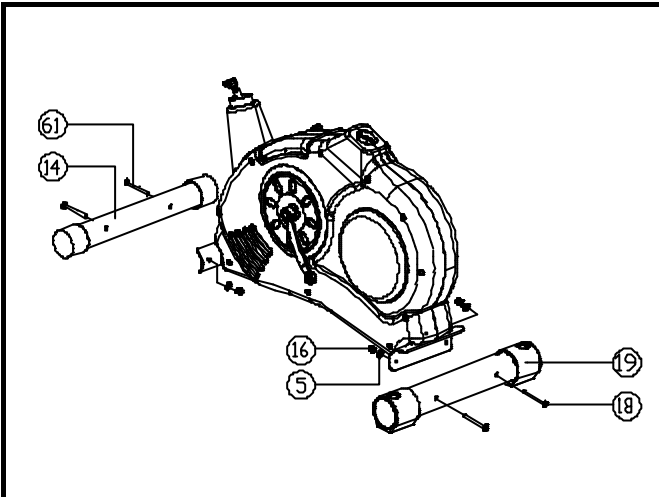
No.	Description	Spec	Q' ty
1	Computer	SM8000	1PCS
2	Handlebar	TF2004(36B)	1PCS
3	Screw for computer	M5 x 10L	4PCS
4	Handlebar post	F 60 x1.5t x857.5L	1PCS
5	Semicircular washer	F 8 xF 19 x2t	8PCS
6	Cone hex. screw	M8 xP1.25 x16L(6m/m)	4PCS
7	Metal cover		1PCS
8	Handlebar cover	TF2004	1PCS
9	T-knob	M7 xP1.0 x 65L	1PCS
10	Bushing	F 7 xF 12 x40MML	1PCS
11	Cone hex. screw	M7 xP1.0 x 30L	1PCS
12	Flat washer	F 7 xF 12 x1t	2PCS
13	Spring washer	F 7 x 2t	2PCS
14	Front stabilizer	F 60 x1.5t x400L(190W)	1PCS
15	Main frame		1SET
16	Nut	M8	4PCS
17	Pedal	E16(9/16")	1SET
18	Carriage bolt	M8 xP1.25 x90L	2PCS
19	Rear stabilizer	F 76 x 1.5t x430L(190W)	1PCS
20	Knob for saddle post	707A M16 x P1.5t x 22L	1PCS
21	Saddle post	F 50.8 x1.5t x 510L	1PCS
22	Saddle	LS-A12+GEL	1PCS
23	Slider	38x38x1.5tx215L	1PCS
24	Flat washer	f 12.5xf20x2t	1PCS
25	Horizontal knob	3/8"ABS	1PCS
26	Hand pulse	WP1007-36B	1SET
27	Cable(upper)	900L12P +12P	1SET
28	Cable(lower)	760L12P +,2P,3P	1SET
29	End cap	Black	2PCS
30	Transportation wheel	Nylon-6(Black)	2PCS
31	Cone cross screw	3/16"x3/4"	6PCS
32	Cover	Black ABS	1PCS
33	Cone cross screw	M4x12L	22PCS
34	Crank cover	Silver(ABS)	1PCS
35	Bearing	6203	1PCS
36	Magnetic adjustment	f 12x50L	1PCS
37	Adjustable end cap	f 76	2PCS
38	Front cover	I007-4 (ABS)	1PCS
39	Patten nut	3/8" -26(Black)	2PCS
40	Flywheel	9KG	1PCS
41	Idler spring	ODf 12xf 1.8x45T	1PCS
42	Idler clamping	5T	1PCS
43	Hex. Screw	M8x20	1PCS

44	Bearing	6300	2PCS
45	Flat washer	f 8xf 12x1t	2PCS
46	Hex. Screw	M8	2PCS
47	Pulley	f 232*6	1PCS
48	Belt	1059J6	1PCS
49	Hand pulse wire	650+650 5P	1SET
50	Cone cross screw	M4x50L	7PCS
51	Slider fixed set	3/8"	1PCS
52	End cap	38x38(Black)	2PCS
53	Plastic sleeve	f 60(Black)1.5t	1PCS
54	Sensor box	400L(- 2P)PVC	1SET
55	Round cross screw	M3x14L	2PCS
56	Cone cross screw	M5x12L(Black)	2PCS
57	Handlebar cover	TF2004 Black (ABS)	1PCS
60	Cover for handlebar post	Black(ABS)	1PCS
61	Carriage bolt	M8xP1.25x75L	2PCS
62	Pedal(R、L)	(9/16")6.5"	1SET
63	Nylok screw	M8xP1.0x20L	2PCS
64	Crank cover		2PCS
65	Chain cover	PC	2PCS
66	C type	f 17(Black)	1PCS
67	Flat washer	f 17.5xf25x0.3t (Black)	1PCS
68	Wave washer	f 17.5xf25x0.3t(Black)	1PCS
69	Star washer	f 10xf17x1t	2PCS
70	Adapter		1PCS
71	Cone cross screw	M3x8L	2PCS
76	Bushing	f 10xf14x9mmL	2PCS
77	Bearing	6300	1PCS
78	Axle for flywheel	3/8"-26x145L	1PCS
79	Pulley	f 34*8(f 26Bearing hole)	1PCS
80	Hex. Screw	3/8"-26x4.5t	4PCS
81	Bearing	6000	1PCS
82	Bearing	6003	2PCS
83	One way bearing	*(KR-6003)	1PCS
84	Spring washer	f 6	2PCS
85	Hex. Screw	M6xP1.0*16L	2PCS
86	Flat washer	f 6xf 13x1t	2PCS
87	Axle	168	1SET
88	Hex. Screw	M8xP1.25x12Lx5t (Black)	3PCS

EXPLODED DIAGRAM



ASSEMBLY INSTRUCTIONS

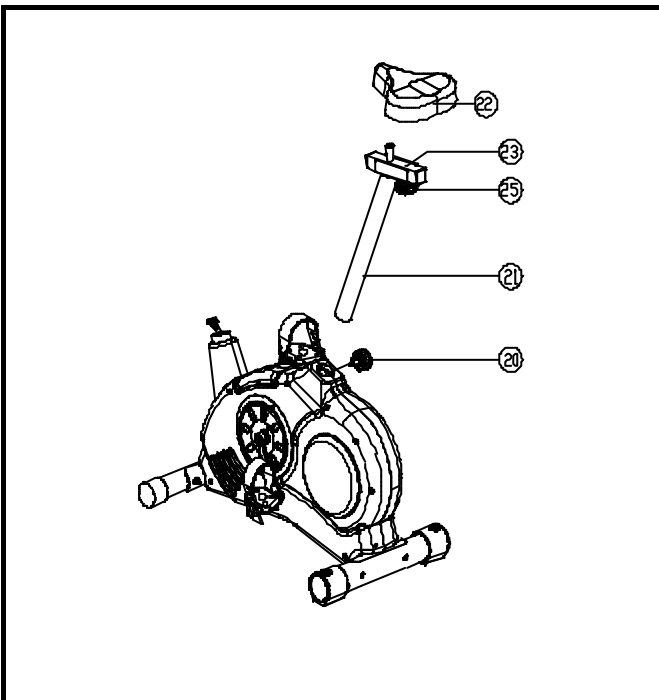
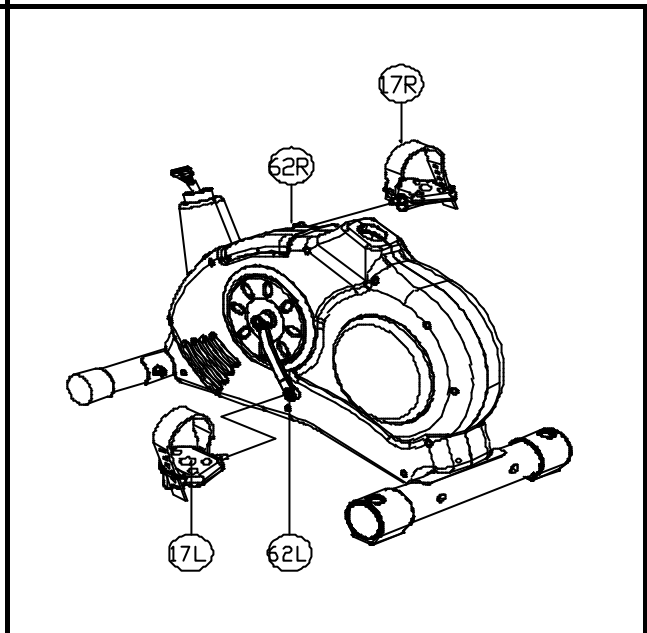


Step 1

1. Loosen the pre-assembly screws on the front / rear stabilizer.
2. Fasten front and rear stabilizers each with 4 screws and washers to the base construction.
3. After assembly the bike can be adjusted to slightly uneven ground by adjusting the height of the foot caps in the back. The pre-assembled transportation wheels in the front allow easy maneuverings of the bike:

Step 2

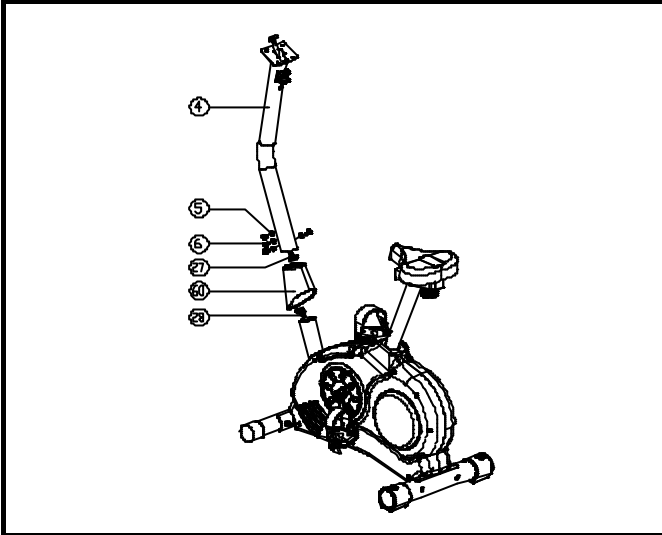
1. Screw the pedals onto the crank. The pedals are marked with R and L at the screw.
2. Tighten the left pedal anti-clockwise, the right pedal clockwise.



Step 3

1. Assemble the saddle with horizontal slider for saddle post.
2. Insert the saddle pole in the main frame, choose the desired position and tighten the knob. Ensure that the knob is always tightened.

ASSEMBLY INSTRUCTIONS

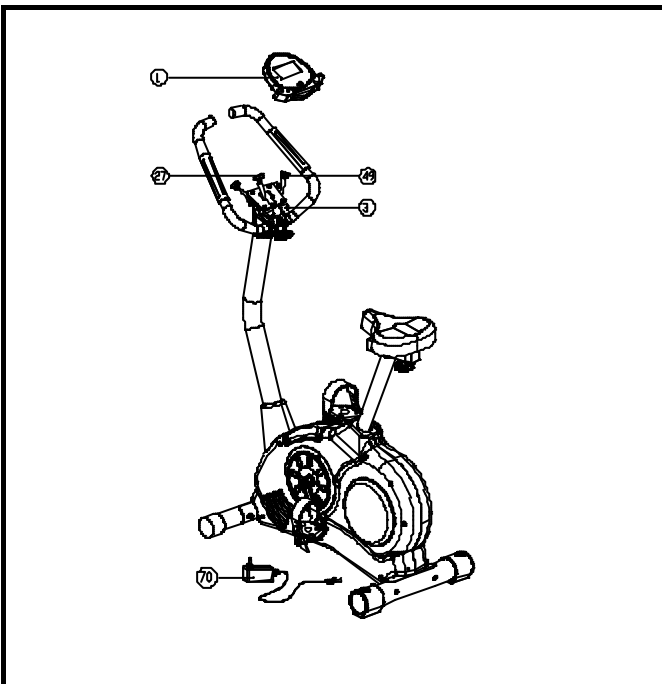
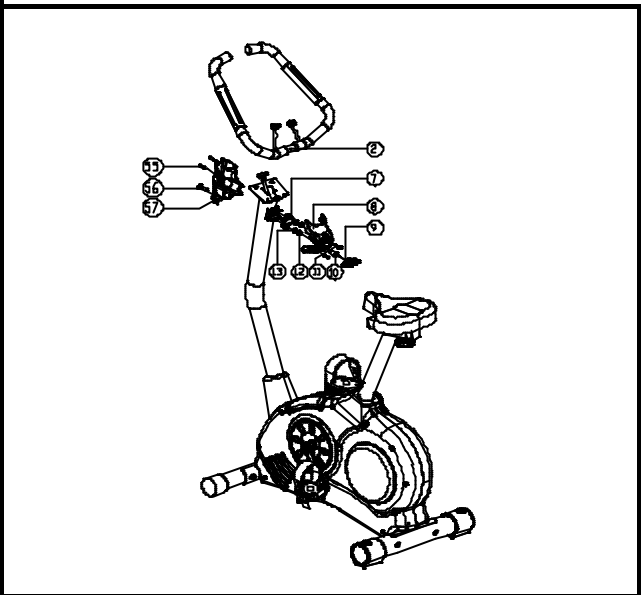


Step 4

1. Connect the computer cable.
2. First, loosen the pre-assembled screws. Then, put the handlebar post into the cover and main frame and fix it with 4 hexagon screws and washers.

Step 5

1. Place handlebar on the handlebar fixture, and put the metal cover on the top of handlebar.
2. Then assemble the upper screw, spring washer, and flat washer.
3. Place the plastic cover on the handlebar and insert T-shape knob into the metal cover and assemble with the lower spring washer, flat washer. Please ensure it is tightened very well.
4. Make sure the handlebar is located right position by adjusting both upper and lower screws together



Step 6

1. Connect the computer cable insert the computer socket.
2. Mount the computer to the hold of the handlebar pole with the enclosed screws and connect the computer cables.
3. Plug the delivered of hand-on pulse wire in the socket at the computer.
4. Wear chest belt for pulse measurement.

Monitor manual instruction

SM8000-11

Operating process

1. Have power connection (with power supply)
2. Initial display : **U0** is blinking. The monitor has 5 users for selection. Press UP button to select U0 to U4.
3. Press UP/DOWN button to input personal data of sex, age, height and weight. Press MODE to enter each setting.
4. After personal data has been set-up, press UP/DOWN button to select training program mode : MANUAL/PROGRAM/WATT/PERSONAL/H.R.C., press MODE button to enter.
5. Press UP/DOWN button to set-up each function target : Time, Distance, Calories, and Pulse. Press MODE to enter.
6. Press START/STOP button to start training.
7. Or, you press QUICK START button to start training directly in **MANUAL** mode after the monitor is just power on.

Function buttons

QUICK START : To start training directly without any presetting necessary.

UP : To make upward adjustment of each setting.

DOWN : To make backward adjustment of each setting.

MODE : Press the button to confirm setting, or skip to next function.

START/STOP : To start or stop training.

RECOVERY : To act heart rate recovery function.

RESET : During set up mode, you may use it to clear to zero for each function.

Functions

Time :

Counting range : 0:00 ~ 99:59, setting range : 0:00~99:00 (minute).

Count up - Time starts to count up from 0:00 when the training starts.

Count down - You can set-up Time target by pressing UP/DOWN/MODE buttons with each 1 minute increment. Once the training starts, Time starts to count down from the target. The monitor starts to beep to remind you when Time has been achieved 0:00.

Speed :

Displays training speed from 0.0 to 99.9 Km/h.

RPM :

Displays training rotation per minute from 0 ~ 999 (rpm).

Distance :

Counting range :0.00 ~ 99.99, setting range : 0.0~99.0 (Km/MI).

Count up - Distance starts to count up from 0.0 when the training starts.

Count down - You can set-up Distance target by pressing UP/DOWN/MODE buttons with each 1.0 km increment. Once the training starts, Distance starts to count down from the target. The monitor starts to beep to remind you when Distance has been achieved 0.0.

Calories :

Counting range 0~9999, setting range : 0 ~ 9990 cal.

Count up - Calories starts to count up from 0 when the training starts.

Count down - You can set-up Calories target by pressing UP/DOWN/MODE buttons with each 10 cal increment. Once the training starts, Calories starts to count down from the target. The monitor starts to beep to remind you when Calories has been achieved to 0.

Pulse :

Working range : 30 ~ 240, setting range : 30 ~ 240 (bpm). The monitor can display either handpulse figure or chest pulse figure (the chest belt is attached), or earpulse, and the pulse priority sequence is earpulse, chest pulse, and handpulse. If you would like to check handpulse, please do not wear on the chest transmitter belt and remove the earclip cable while holding two hands to the handgrip sensors.

User :

0 ~ 4 ; when the user selection is User 0, all training data will be not kept. If the user is from U1 to U4, the monitor will keep the preset function data, and each program profile created in U1 to U4.

Recovery :

Press the button to act heart rate recovery function. After the button is pressed, please keep heart rate sensor attached, Time starts counting down for 1 minute. Once 0:00 is achieved. the monitor will display recovery grade with Fx. F1 is the best, F6 is the worst. You may press RECOVERY button again to switch back to previous training display.

Personal data content

Age : 0 ~ 99 years.

Sex : Male or Female

Height : Setting range : 100 ~ 200 (cm), 40~80 (inches).

Weight : Setting range : 20 ~ 150 (kgs), 40 ~ 350 (lbs).

Training programs**MANUAL :**

1. There are 16 training resistance that you can adjust during or before training.
2. Each profile unit will move forward in the time duration of the preset time divided by 16.

3. If there is no preset time target, each profile unit will move forward in every 0.5 km of the training distance.

PROGRAM :

1. There are 12 program profiles for training, and 16 resistance level as well.
2. You can adjust training resistance during or before training.
3. Each profile unit will move forward in the time duration of the preset time divided by 16.
4. If there is no preset time target, each profile unit will move forward in every 0.5 km of the training distance.

WATT :

1. Preset Watt target range is from 10 to 350 watts by each 10 watt adjustment.
2. Once the Watt has been set-up, the training resistance level will be adjusted automatically according to your current training speed and rpm.
3. When your current speed is too fast, the resistance level will be dropped down; when your current speed is too slow, the resistance level will be increased.

PERSONAL :

1. Press UP/DOWN/MODE buttons to create your personal training profile.
2. Each profile unit will move forward in the time duration of the preset time divided by 16.
3. If there is no preset time target, each profile unit will move forward in every 0.5 km of the training distance.
4. When you select your personal number Ux next time, the profile created in this training will be called out for next training.

H.R.C. :

1. The monitor will calculate your target heart rate automatically according to your age input.
2. There are 55%, 75%, 90%, and manually set-up target figure for selection.
3. Once a target range is selected, the training resistance level is not able to be manually adjusted by UP/DOWN buttons pressing.
4. When your current heart rate figure is exceeded to the target, the resistance level will be dropped down one level immediately, and keep decreased one level in every 15 seconds if your heart rate is still higher, till level 1 is achieved. If the resistance level is dropped to level 1 but your heart rate is still higher, the monitor will keep beeping to remind you to stop. If this condition keeps for over 30 seconds, the system will stop automatically as a protection action.
5. When your current heart rate figure is less than the target, the resistance level will be increased one level in every 30 seconds, till level 16. If the resistance level is achieved 16, but your heart rate is still less than the target, the monitor will start to beep to remind you.
6. Each profile unit will move forward in the time duration of the preset time divided by 16.

7. If there is no preset time target, each profile unit will move forward in every 0.5 km of the training distance.

Extra Training program :

This is a special feature on the monitor. The monitor has three additional training plugs in red, yellow and green colors attached to the monitor console. You may use one of them to choose specified heart rate training program to improve your training. Here below is the specification content of these three additional programs :

Green : Beginning

Yellow : Intermediate

Red : Advanced

Once you connect any color of the plug, the monitor will reset automatically and start the training to the program specified directly from zero. Those training will be not kept to the monitor memory that any user can use it any time.

Note

1. The monitor will not save your training and preset data after you pressing **RESET** button for 2 seconds.
2. When you have preset function target or have been training for a while, if you change to another Training mode, all previous data will be kept and keep counting up or counting down when you start training in different mode.
3. The monitor display will switch off automatically if you stop training and pressing any button for 4 minute. You may wake up the monitor display by pressing any button or start training directly.
4. After the monitor display is switch off, all previous function datas and training datas will be kept. You may keep training after awake the monitor display up, all function datas will keep counting up or down from previous data.
5. The monitor user initially set is U0 after production. For the first time use, you may either choose using a user U1 ~ U4 for training or use U0 for training.
6. When you have preset a target function data, once the target is achieved, the monitor will stop. You may either press **START/STOP** button to have a new training. In this case, the function that is count down to zero will start counting down again from the last preset target. Other functions will keep counting up or down from previous data.
7. There is one information indicates monitor failures :
E-2 When the monitor appears this information, it means the monitor and control board connection is failed. After the failure is fixed, this information will disappear.
8. Power requirement: AC adaptor(Output : DC9V, 500mA)