

USER'S MANUAL

LEVEL 1 FITNESS™

608 RECUMBENT BIKE

MODEL NUMBER: 99608



USER WEIGHT LIMITATION: **250lbs.**

TOLL FREE CUSTOMER SERVICE NUMBER: **1.888.535.8637**

SERIAL NUMBER (found on frame):

APPLICATION STANDARD



PREASSEMBLY

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE**. Instead, call our Customer Service Department Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays) at: 1.888.535.8637

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

PRECAUTIONS**For future service or related questions:**

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Level 1 Fitness Exercise Bicycle.

Name: _____ Phone Number: _____ Receipt: _____

Precautions:

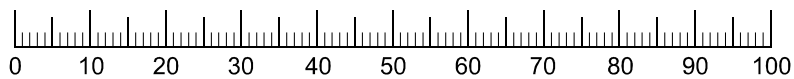
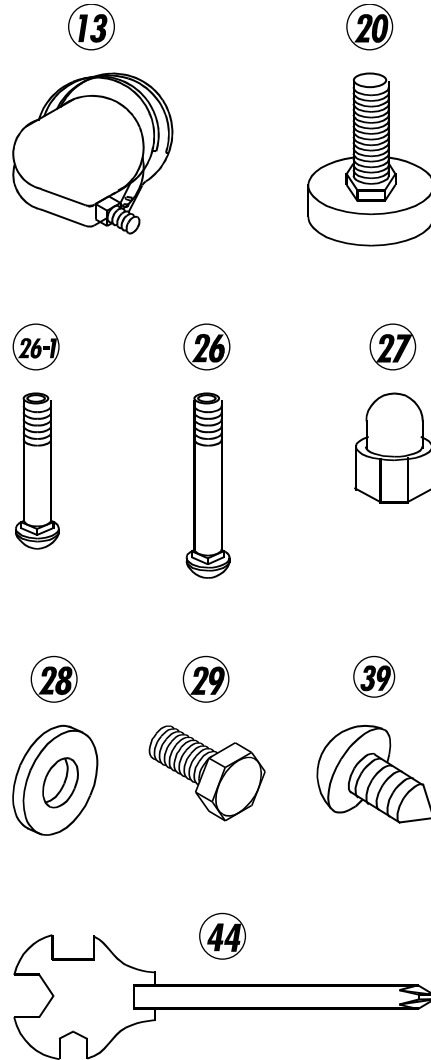
WARNING: Read the owners manual and follow it carefully before using your Exercise Bicycle. This product is for in-home use only, not for commercial or rental use. It is the responsibility of the owner to ensure that all users of this bicycle are adequately informed of all warnings and precautions.

- Use the bicycle only as described in this manual. Read all warnings that are posted on the Exercise Bicycle.
- Place on a level surface, with 3 feet (1 m) of clearance all around the entire bicycle. To protect the floor or carpet from damage, place a mat under the bicycle.
- Inspect the Exercise Bicycle for worn or loose components prior to use. Tighten all bolts and components prior to use.
- Keep the bicycle indoors, away from moisture and dust. Do not put the bicycle in a garage or covered patio, or near water.
- Keep children and pets away from the bicycle at all times.
- The bicycle should not be used by persons weighing more than 250lbs.
- Wear appropriate exercise clothing when using the bicycle. Do not wear loose clothing that could become caught in the bicycle. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the bicycle with bare feet, wearing only stockings, or in sandals.
- Always examine your bicycle before using to ensure all parts are in working order.
- Never insert any object or body parts into any opening.
- To move your Exercise Bicycle from one location to another will require two people. Each person should pick up one end of the bike by grasping the floor stabilizers at each end and lifting together. Do not attempt to lift the assembled bike by yourself.

HARDWARE COMPARISON CHART**Hardware chart:**

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.

No.	Description	Qty.
13	Pedal (Left and Right)	1pair
20	Supporter	1
26-1	M8 x 60mm Carriage Bolt	2
26	M8 x 70mm Carriage Bolt	2
27	Domed Nut	4
28	Washer	12
29	Bolt	8
39	Screw (for main frame)	2
44	Spanner	1



MILLIMETERS

ASSEMBLY**STEP 1:**

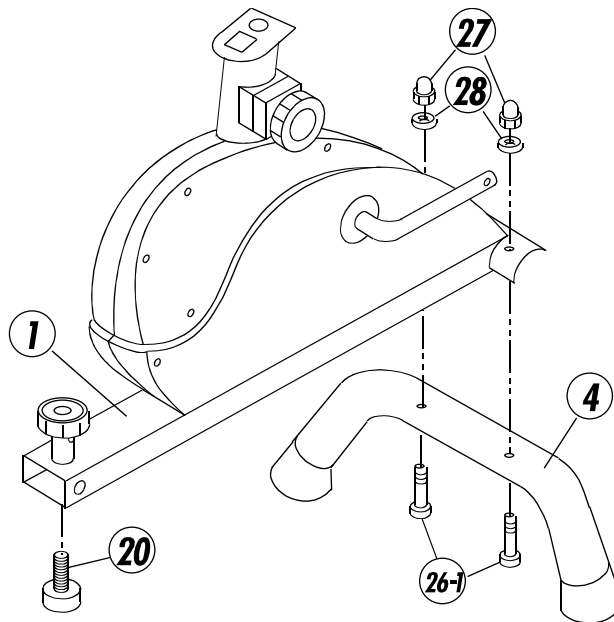
Remove your Magnetic Recumbent Bike and all its parts from the carton and inspect the unit for possible damage or missing parts. A Spanner (included in the hardware kit) is required to assemble your Magnetic Recumbent Bike.

IMPORTANT: Be sure to read and follow the instructions carefully while assembling the unit. Use the hardware diagram to identify the different types of screws, nuts and washers.

Unpack the carton and arrange all of the parts in order on the floor.

Attach the Front Stand (4) to the Main Frame (1) and secure firmly with Carriage Bolts (26-1), Washers (28) and Domed Nuts (27).

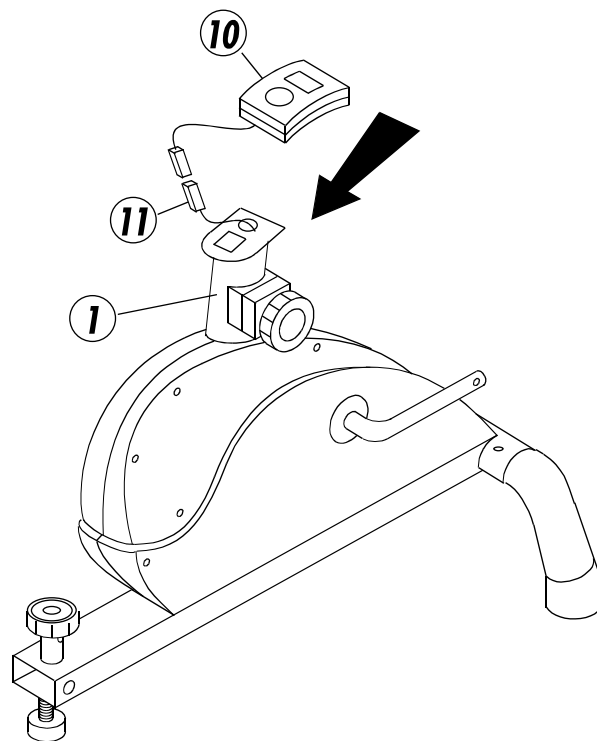
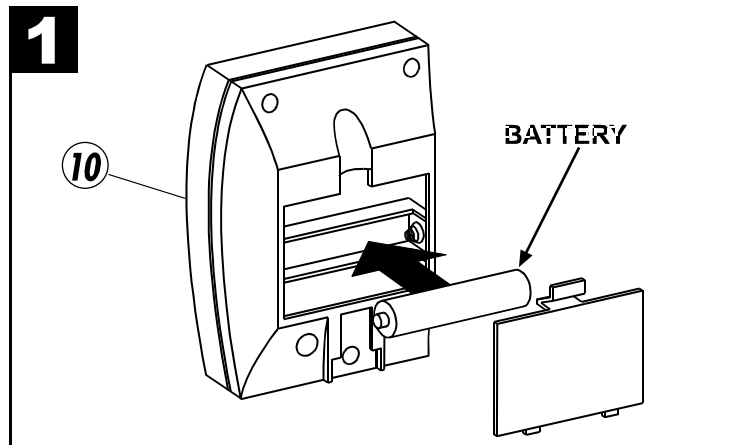
Mount the Supporter (20) into the threaded hole underneath the Main Frame (1). **NOTE:** Do not tighten the Supporter (20) all the way yet.



ASSEMBLY**STEP 2:**

A Battery is included with the Computer (10). If the battery is not already installed please insert it into the back of the Computer (10) as shown in figure 1.

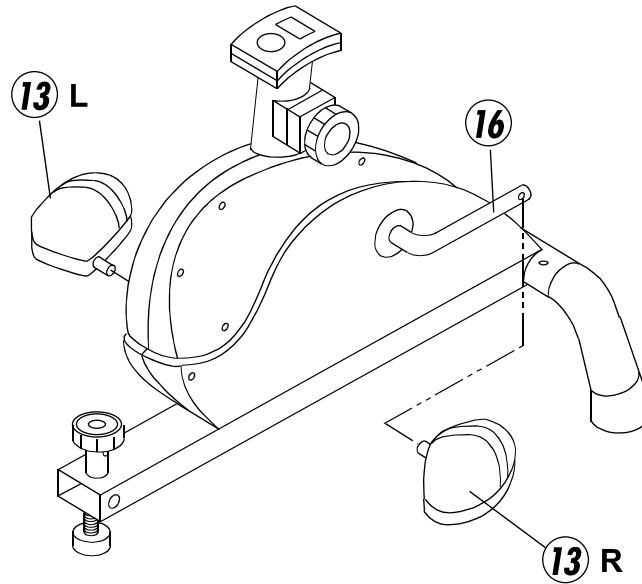
Connect the Computer Cable (11) with the Cable on the back of the Computer (10). Slide the Computer (10) onto the bracket of the front post of the Main Frame (1). Please make sure the Computer (10) is secure.



ASSEMBLY**STEP 3:**

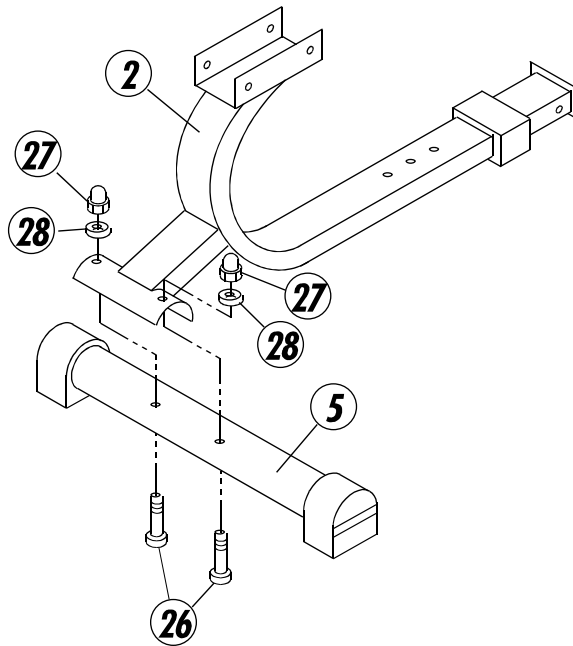
Locate the Pedal (13) marked "R" on the end of the pedal shaft. Thread the strap marked "R" onto the right Pedal (13). Repeat for the left Pedal (13).

Tighten the right Pedal (13) clockwise onto the right side of the Crank Arm (16). Tighten the left Pedal (13) counterclockwise into the left side of the Crank Arm (16).



ASSEMBLY**STEP 4:**

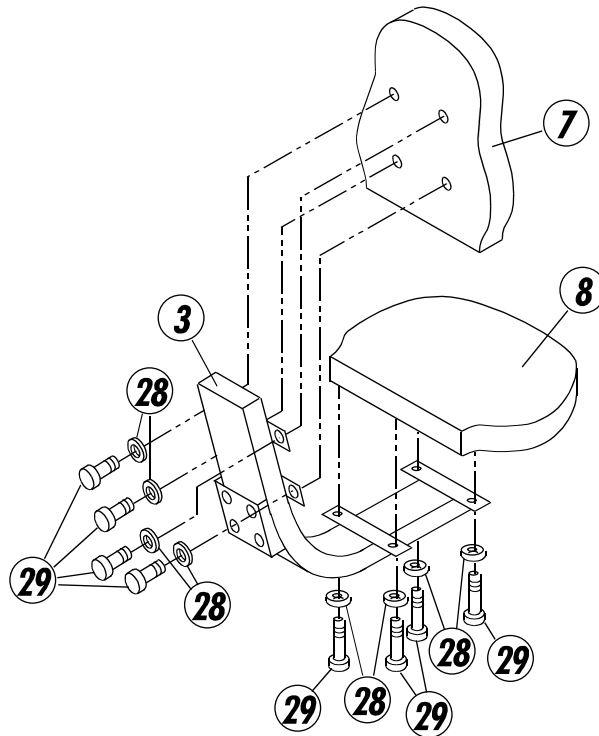
Attach the Rear Stand (5) to the Seat Support Frame (2) and secure with Carriage Bolts (26), Washers (28) and Domed Nuts (27).



ASSEMBLY**STEP 5:**

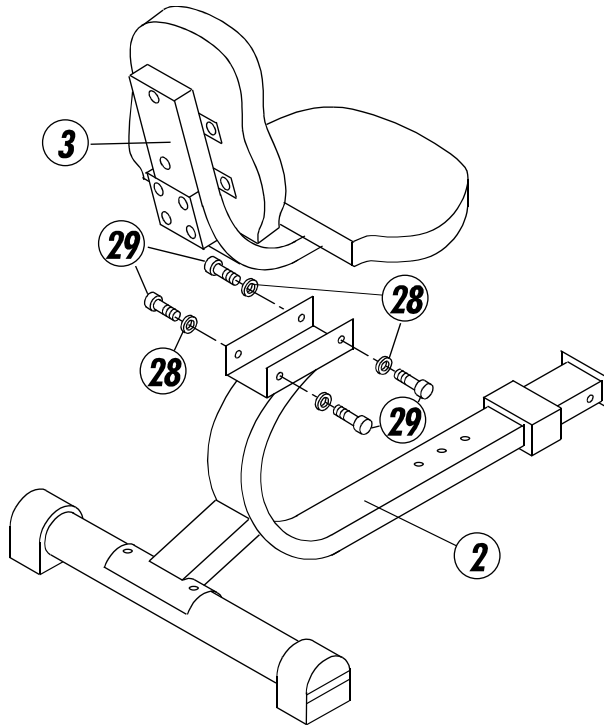
Remove the Washers (28) and Bolts (29) from the Seat Post (3). Place Seat (8) onto Seat Post (3) and secure with Washers (28) and Bolts (29).

Place Seat Back (7) on Seat Post (3) and secure with Washers (28) and Bolts (29).



ASSEMBLY**STEP 6:**

Place assembled Seat Post (3) onto Seat Support Frame (2) and firmly secure with Washers (28) and Bolts (29).

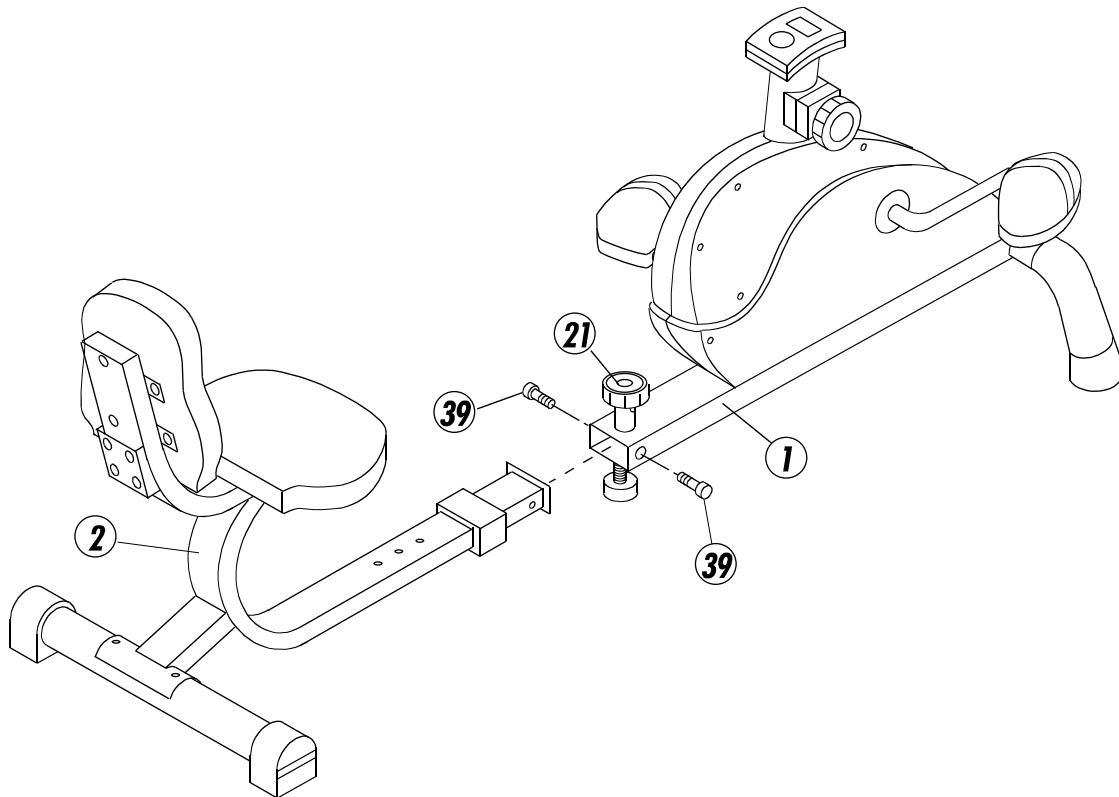


ASSEMBLY**STEP 7:**

Loosen the Spring Loaded Knob (21). Connect the assembled Seat Support Frame (2) to the Main Frame (1) and secure with Screws (39).

NOTE: Always make sure the Screws (39) have been fastened securely.

Select the desired seat position and tighten the Spring Loaded Knob (21).



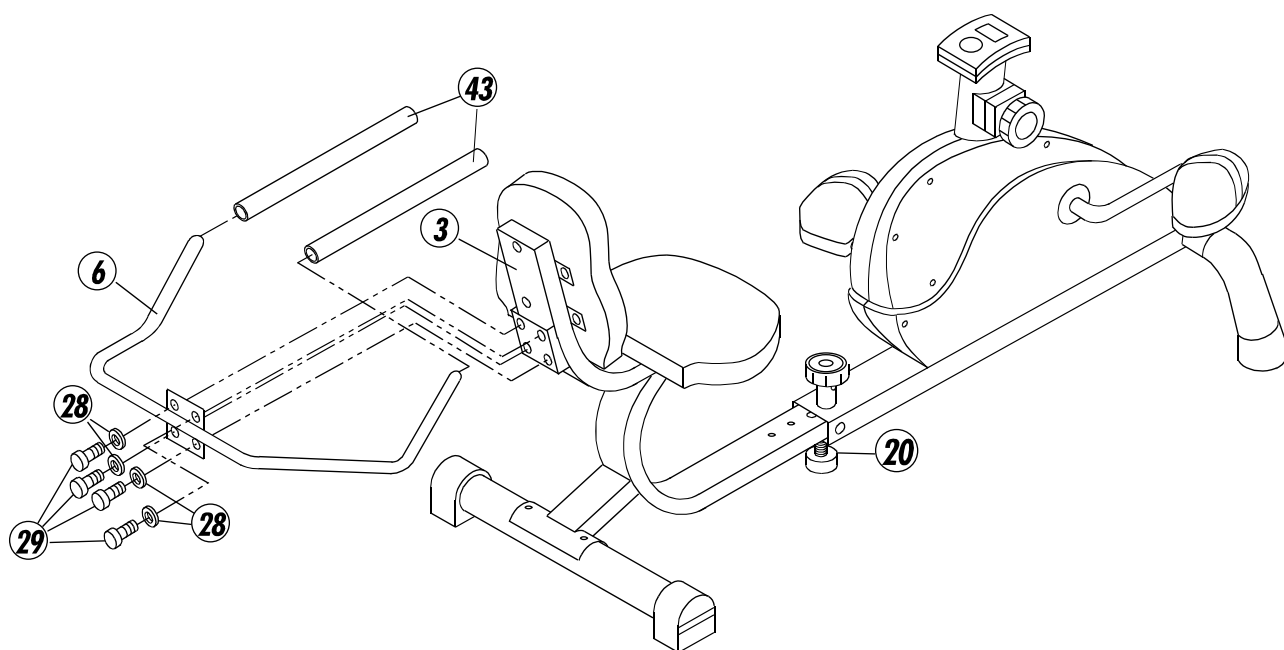
ASSEMBLY**STEP 8:**

Attach the Foam Grips (43) to the Handlebar (6) by sliding each over the end of the Handlebar (6). If you have any difficulty sliding the grips over the Handlebar (6) simply lubricate the Handlebar (6) with a small amount of water or Windex first.

Attach the Handlebar (6) to the assembled Seat Post (3) and firmly secure with Washers (28) and Bolts (29).

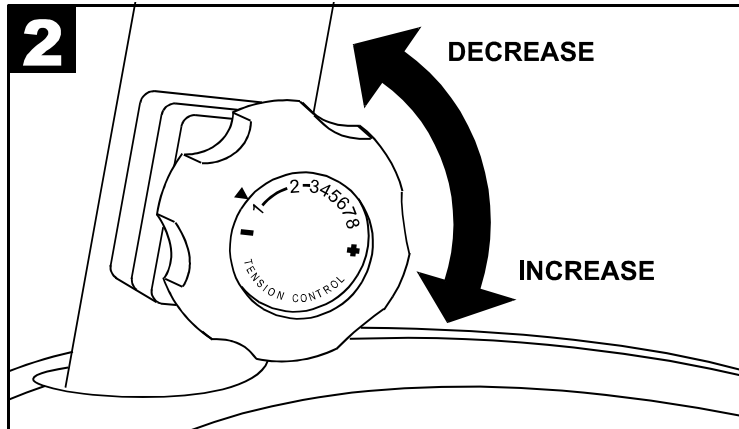
Finally, adjust the Supporter (20) so that it rests firmly on the floor.

IMPORTANT: Please make sure to adjust the Supporter (20) so that it sits firmly on the floor any time you adjust the seat position.



TENSION ADJUSTMENT**TENSION ADJUSTMENT:**

To adjust the tension simply turn the tension knob to the right to increase tension or to the left to decrease tension as shown in figure 2.

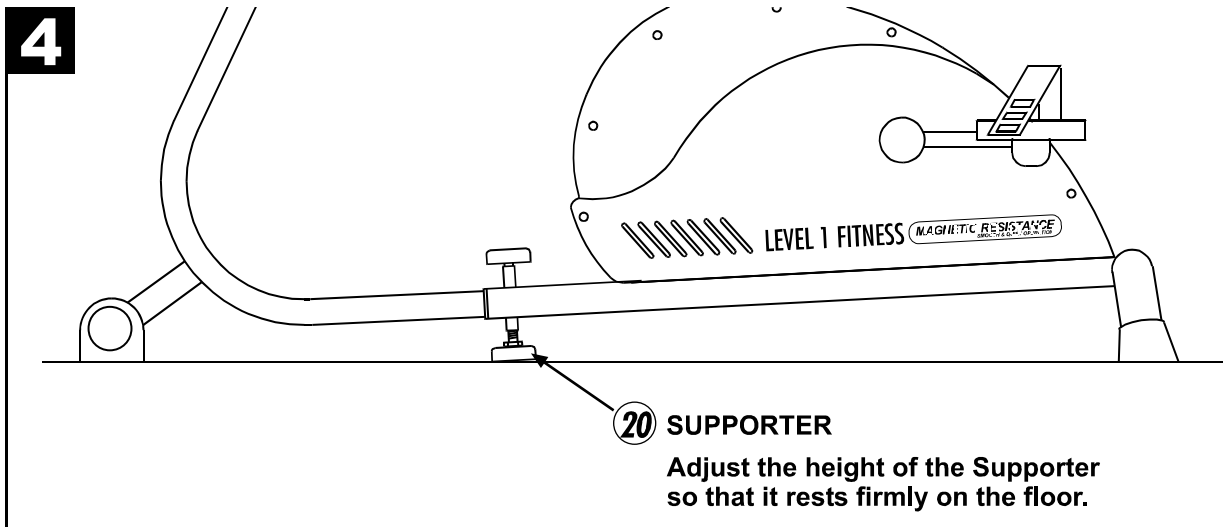
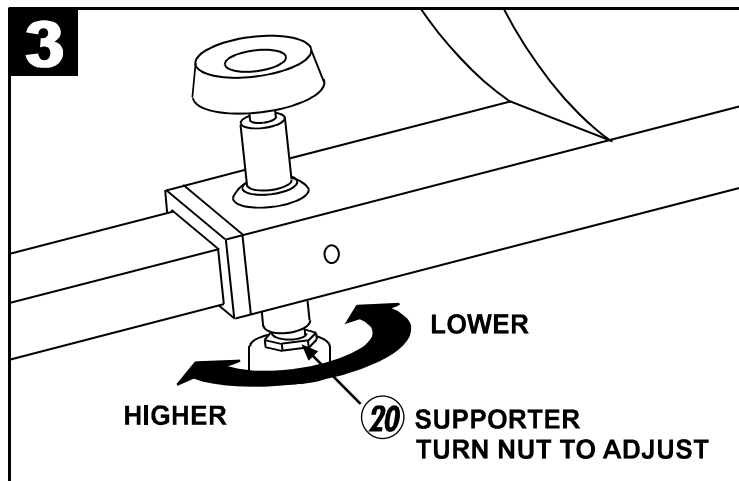


SUPPORTER ADJUSTMENT**SUPPORTER ADJUSTMENT:**

To adjust the Supporter (20) use the Spanner (44) to turn the nut right or left as shown in figure 3. Adjust the height or the Supporter so that it rests firmly on the floor as shown in figure 4.

IMPORTANT:

Anytime you adjust the seat position please make sure to adjust the Supporter (20) so that it sits firmly on the floor.



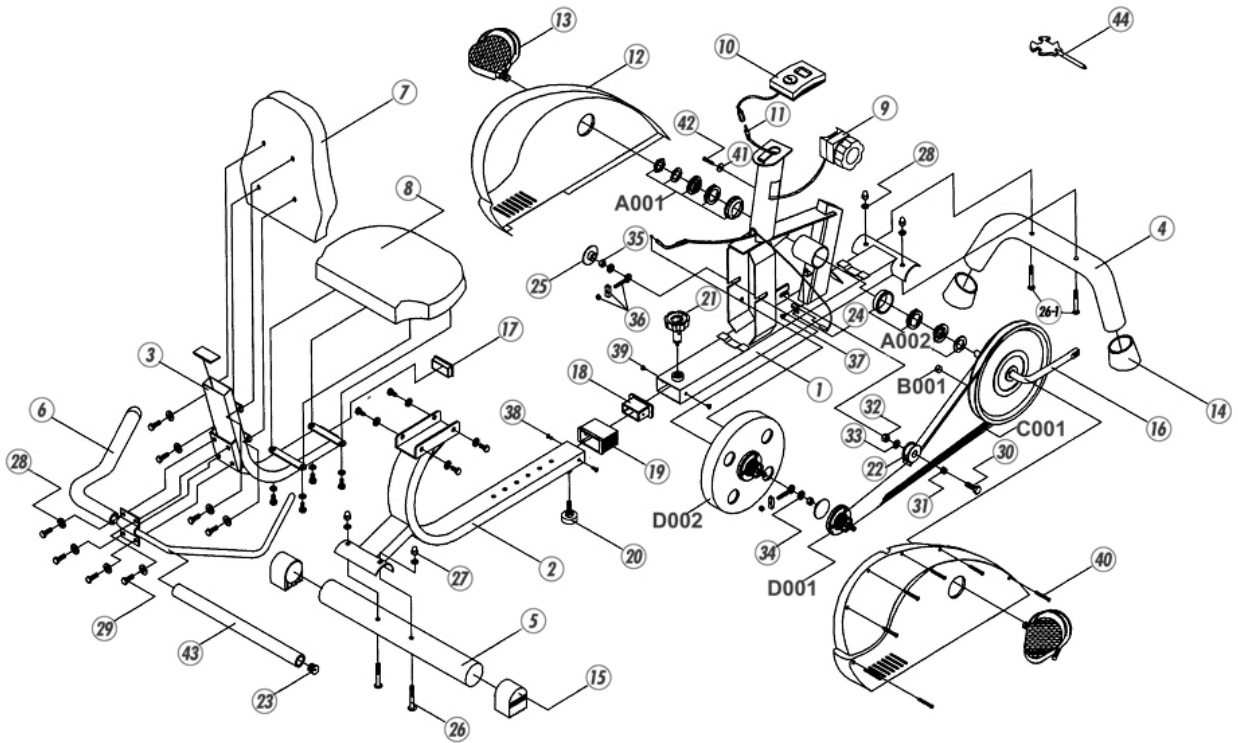
LEVEL 1 FITNESS 608 RECUMBENT BIKE

PARTS LIST

No.	Description	Qty.	Order Number
1	Main Frame	1set	99608-01
2	Seat Support Frame	1set	99608-02
3	Seat Post	1set	99608-03
4	Front Stand	1	99608-04
5	Rear Stand	1	99608-05
6	Handlebar	1	99608-06
7	Seat Back	1	99608-07
8	Seat	1	99608-08
9	Tension Control	1set	99608-09
10	Computer	1	99608-10
11	Computer Sensor Wire	1	99608-11
12	Chain Cover (L & R)	1pair	99608-12
13	Pedal (L & R)	1pair	99608-13
14	Front Stand Cap	2	99608-14
15	Rear Stand Cap	2	99608-15
16	Crank Arm (L & R)	1pair	99608-16
17	Cap (for seat post)	2	99608-17
18	Sleeve (for main frame)	1	99608-18
19	Sleeve (for main frame)	1	99608-19
20	Supporter	1	99608-20
21	Spring Loaded Knob (for main frame)	1	99608-21
22	Idle Wheel	1	99608-22
23	End Caps (for foam grips)	2	99608-23
24	Fixture (for computer sensor wire)	1	99608-24
25	Caps (for flywheel)	2	99608-25
26	M8 x 70mm Carriage Bolt	2	99608-26
26-1	M8 x 60mm Carriage Bolt	2	99608-26-1
27	Domed Nut	4	99608-27
28	Washer	20	99608-28
29	Bolt	16	99608-29
30	Bolt (for idle wheel)	1	99608-30
31	Sleeve (for idle wheel)	1	99608-31

PARTS DIAGRAM

A MAJORITY OF THE PARTS SHOWN HERE HAVE BEEN PREASSEMBLED AT THE FACTORY.



OPERATING INSTRUCTIONS

Please refer to the separate operating instructions for the computer monitor that are included in the next section of this manual. The instructions below are for the operation of the bicycle only.

- Insure that all bolts and nuts are tightened down especially in the seat area prior to use.
- Begin to pedal the bicycle.
- Alter the resistance level of the pedaling action by turning the tension control dial on the front of the frame. There are 8 resistance settings. Setting number 1 is the lightest tension level, and number 8 is the highest or most difficult. The tension can be changed in either direction during the workout to suit your fitness level.
- Do not attempt to turn the tension control beyond level 1 or level 8. Doing so may result in permanent damage to the tension control system.

COMPUTER INSTRUCTIONS**OPERATION:**

AUTO ON/OFF: To turn the computer on press the MODE button or simply begin pedaling. The computer will turn off automatically after approximately 4 minutes without input.

RESET: To reset the computer press and hold the MODE button for 4 seconds. The computer will also be reset when the battery is removed.

BUTTON FUNCTION:

MODE: Use this button to select the desired function display.

LCD DISPLAY:

SCAN: Cycles through the TMR, SPD, DST and CAL displays.

TMR: Displays TIME from 00:00 up to 99:59 minutes.

SPD: Displays SPEED from 0.0 up to 99.9 kilometers or miles per hour.

DST: Displays DISTANCE from 0.00 up to 999.9 kilometers or miles.

CAL: Displays estimated CALORIES BURNED from 0.0 up to 9999 kilocalories. Please note that this is an estimate of calories burned and should not be used as a basis for monitoring any type of medical condition.

FUNCTION DISPLAY:

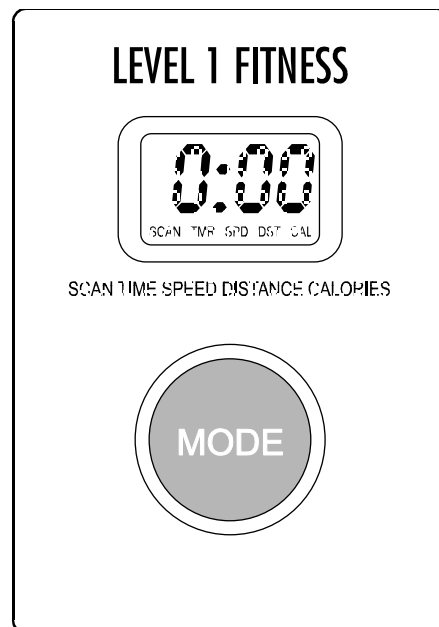
SCAN: Automatically cycles through the TIME, SPEED, DISTANCE and CALORIES displays.

TIME: To view the TIME display press the MODE button until the LCD shows a blinking TMR display. Press the MODE button once to lock onto the TMR display. The display will stop blinking.

SPEED: To view the SPEED display press the MODE button until the LCD shows a blinking SPD display. Press the MODE button once to lock onto the SPD display. The display will stop blinking.

DISTANCE: To view the DISTANCE display press the MODE button until the LCD shows a blinking DST display. Press the MODE button once to lock onto the DST display. The display will stop blinking.

CALORIES: To view the CALORIES display press the MODE button until the LCD shows a blinking CAL display. Press the MODE button once to lock onto the TMR display. The display will stop blinking.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Your doctor should approve frequent and strenuous exercise first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

MAINTENANCE REQUIRED

Following are the steps required to maintain your 608 Recumbent Bike.

1. Before use each time, check to insure that all nuts and bolts are tightened. Pay close attention to the seat mount, seat post and pedals.
2. When the workout is complete, wipe off the sweat from your workout that has fallen on the electronics or any painted parts, including the frame. This will help to prevent corrosion.
3. Apply some type of light machine oil (we recommend WD-40) to moving parts including the area around the pedal crank arms where they go into the crank, as well as the pedal axles. Only a very small amount (1 or 2 sprays) is required. This only needs to be done every 6-12 months depending upon use of the product.

If you have any questions, call our toll-free customer service number at 888-535-8637.

TRAINING INSTRUCTIONS

TRAINING INSTRUCTIONS:

To achieve a considerable improvement of your physical fitness level and general health, some aspects of how to find the most efficient amount of training should be followed: NOTE: If you have not been physically active for a long period of time be sure to avoid health risks and consult your general physician before starting to exercise.

Intensity -

To achieve maximum results the right intensity has to be chosen. The heart rate is used as a guideline to calculate the right intensity. As a rule of thumb the following formula is commonly used:

$$\text{Maximum heart rate} = 220 - \text{Age}$$

While exercising your heart rate should always be between 60% and 85% of your maximum heart rate. For your personal training rates please see the target heart rate chart page in this manual. When starting to exercise you should keep your rate at 60% of your maximum heart rate in the first couple of weeks. With increasing improvement of fitness the heart rate should be slowly increased to 85% of your maximum heart rate.

Fat burning -

The body starts to burn fat at approximately 60% of the maximum heart rate. To reach an optimum fat burning rate, it is advisable to keep the heart rate between 60% and 70% of the maximum heart rate. The optimum training amount consists of three workouts per week of 30 minutes each.

Example -

You are 52 years of age and would like to start exercising.
Maximum heart rate: $220 - 52(\text{age}) = 168$ beats per minute
Minimum heart rate: $168 \times 0.6 = 101$ beats per minute
Highest heart rate: $168 \times 0.7 = 117$ beats per minute

During the first few weeks it is advisable to start with a heart rate of 101, afterwards increase it to 117. As your fitness level improves the training intensity should be increased to 70% - 85% of your maximum heart rate. Increasing the resistance, frequency or length of your workout periods can do this.

TRAINING ORGANIZATION:

Warm up -

Before every training session you should warm-up for 5-10 minutes. Here you can do some light stretching or training with low resistance. You will find a warm-up and cool-down stretching guide printed in this manual.

Training session -

During the actual training session a rate of 70% -85% of your maximum heart rate should be chosen. The time length of your training session can be calculated with the following rule of thumb:

- Daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down -

To introduce an effective cool-down of the muscles and the metabolism the intensity of your workout should be drastically decreased during the last 5 - 10 minutes of exercise. Stretching is also helpful for the prevention of muscle aches. You will find a warm-up and cool-down stretching guide printed in this manual.

Success -

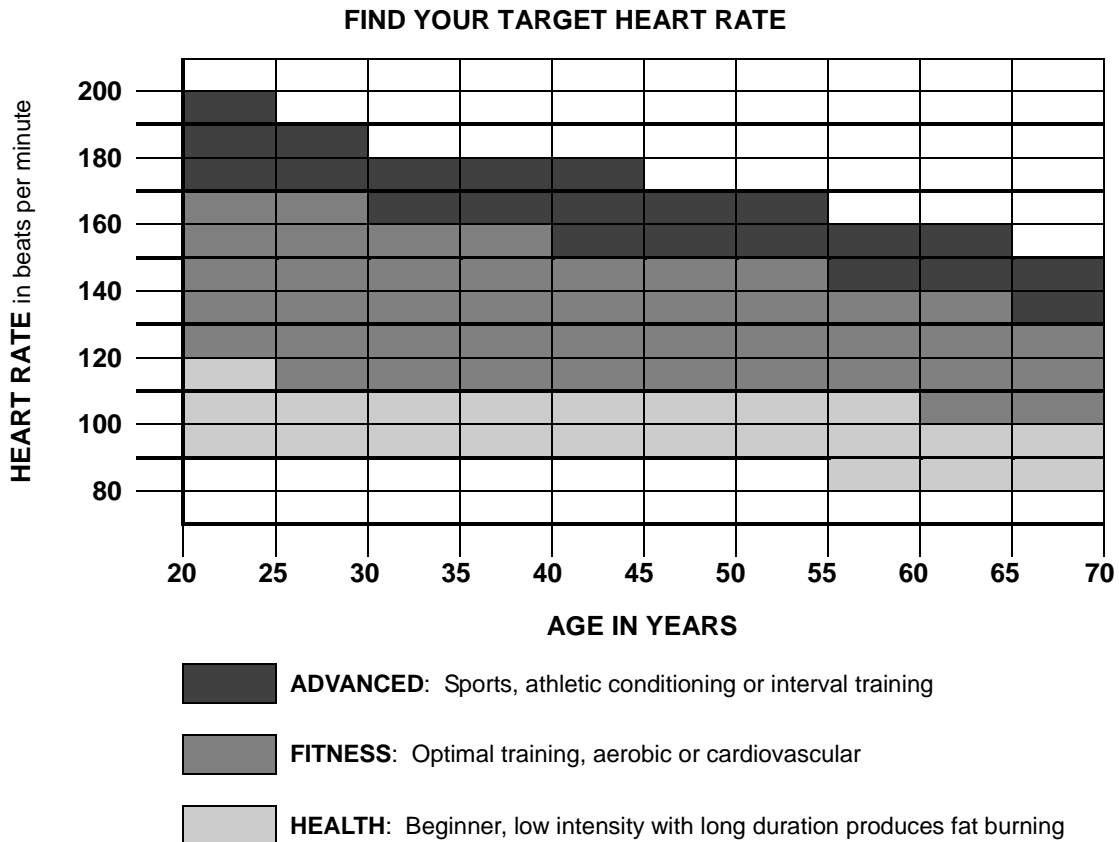
Even after only a short period of regular exercising you will notice that your fitness level will increase and you will constantly have to increase the resistance to reach your target heart rate.

TARGET HEART RATE

Finding your pulse:

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



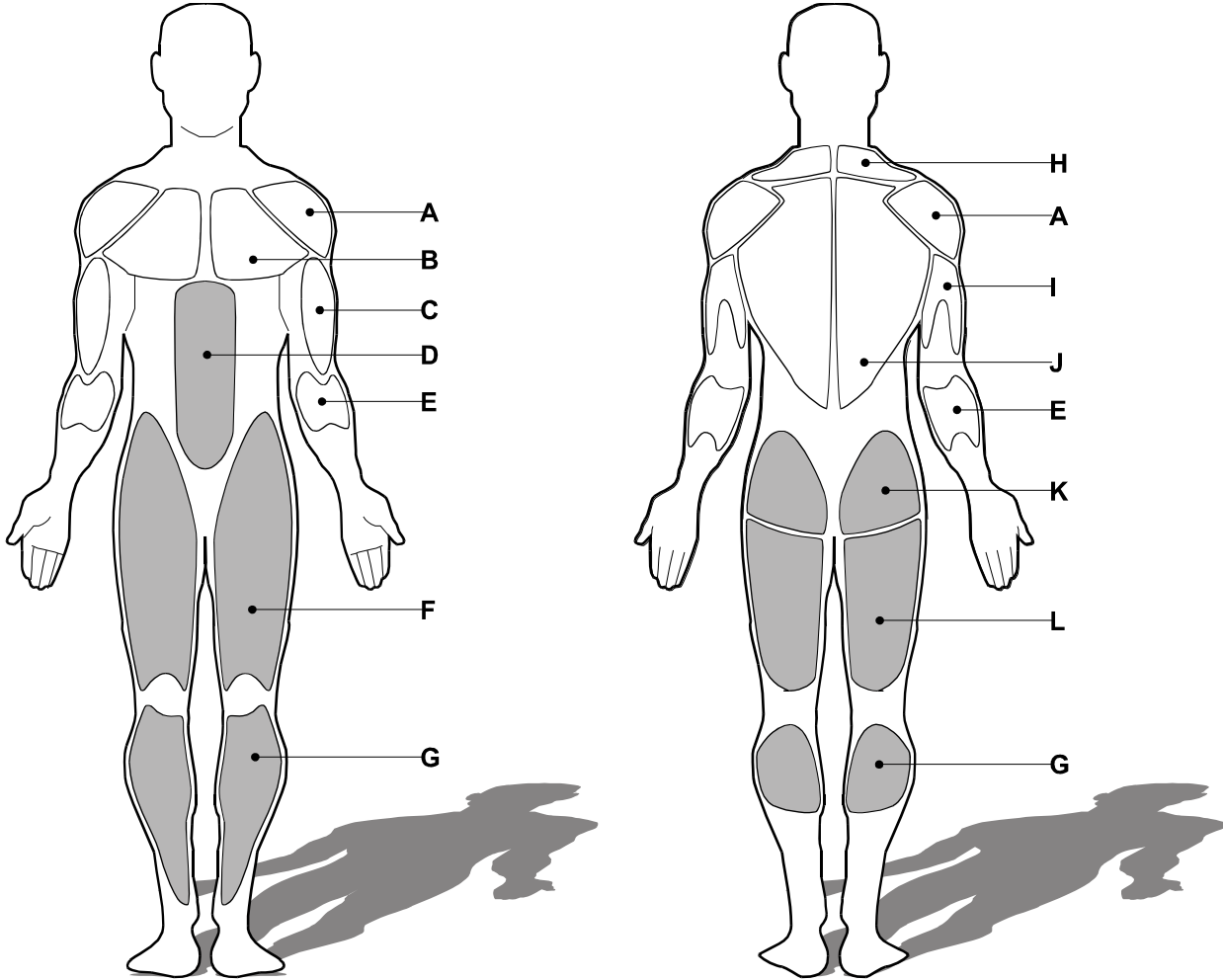
Aerobic exercise:

Is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown on the chart below.



Shoulder muscles	<input type="checkbox"/> A	<input type="checkbox"/> B	Pectoral muscles
Bicep muscle	<input type="checkbox"/> C	<input type="checkbox"/> D	Abdominal muscles
Forearm muscles	<input type="checkbox"/> E	<input type="checkbox"/> F	Quadricep muscles
Calf muscles	<input type="checkbox"/> G	<input type="checkbox"/> H	Trapezius muscles
Tricep muscles	<input type="checkbox"/> I	<input type="checkbox"/> J	Back muscles
Gluteal muscles	<input type="checkbox"/> K	<input type="checkbox"/> L	Hamstring muscles

STRETCHING ROUTINE

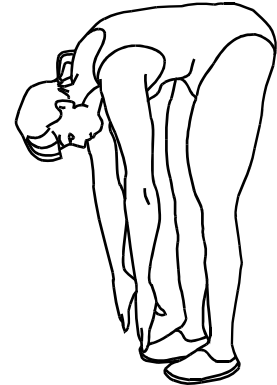
Warm up and cool down:

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and heart rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down stretches on the following pages:

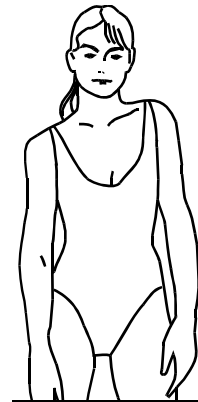
Toe Touch:

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



Shoulder Lift:

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



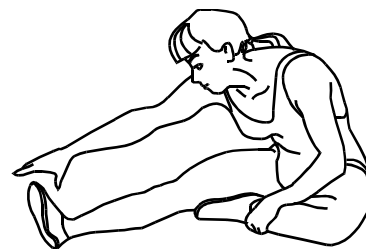
Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, 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, and finally, drop your head to your chest for one count.



STRETCHING ROUTINE**Hamstring Stretch:**

Sit with your right leg extended. 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 extended.

**Inner Thigh Stretch:**

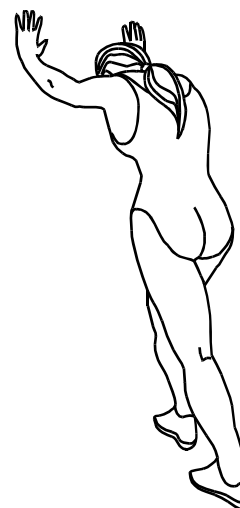
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

**Side Stretch:**

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

**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, and then repeat on the other side for 15 counts.



WARRANTY

Warranty Coverage: Phoenix Health and Fitness, Inc. ("Phoenix Health and Fitness") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs for a period of NINETY (90) days on parts and TWO (2) years on the steel frame from the date of your purchase.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Phoenix Health and Fitness: Phoenix Health and Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement part.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Phoenix Health and Fitness products is furnished without charge and on the basis that it represents Phoenix Health and Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: In the event you discover a defect in this product, please phone our Customer Service Department at 1 (888) 535.8637 between the hours of 8:00 a.m. and 4:00 p.m. (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within ninety (90) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

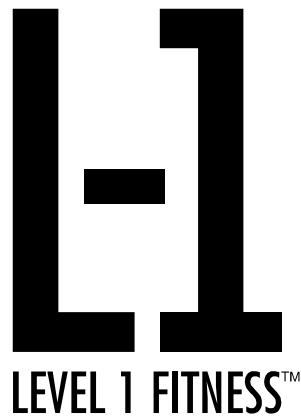
You may also fax your parts request to Phoenix Customer Service at 562-903-8558. You must include the part number and ship to address along with your telephone number.

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9115 Dice Road
Unit 12
Santa Fe Springs, CA 90670

Toll Free Customer Service:
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