

Apollo Air Cycle

AC2

Assembly & User Manual

Contents

Section

Page

<i>General Information</i>	<i>4</i>
<i>Before you start</i>	<i>5</i>
<i>Safety</i>	<i>6</i>
<i>Exercise Information</i>	<i>7</i>
<i>Assembly</i>	<i>16</i>



General Information

Quality

This V-fit exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

*Tel:- 0871 222 0881 or
Fax:- 01535 637722 or
Email:- beny@benysports.co.uk*

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.
Greenroyd Mill,
Sutton in Craven,
Keighley, West Yorkshire
BD20 7NG

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

*YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
PRODUCT MAKE OR BRAND
PRODUCT MODEL
PRODUCT SERIAL NUMBER
DATE OF PURCHASE
NAME OF RETAILER
PART NUMBERS REQUIRED*

Guarantee

Beny Sports Co. UK Ltd. guarantee's its V-fit product range for DOMESTIC USE only for a period of 2 years from certified date of purchase. During this period we have the right to:-

- a). provide parts for the purchaser to effect repair.*
- b). repair the product returned (at the purchaser's cost) to our warehouse.*
- c). replace the product if it is deemed economical to do so.*

This guarantee applies to the original purchaser only and is not transferable.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse or defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product, we may ask for proof of purchase. To enable us to service your requirement for replacement parts, you must return the enclosed Guarantee Registration Card within 14 days of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This does not affect your statutory rights as a consumer.

Customer Support

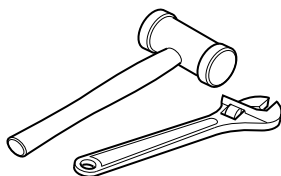
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Before you Start



Tools

All V-fit products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved your doctor and proper use of your V-fit product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- *Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- *For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- *Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- *Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your V-fit product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- *Before use, always ensure that your V-fit product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- *Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

Your V-fit product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your V-fit product is suitable for users weighing:
253LBS / 18 Stone / 115KG or less.*

Conformity

*This V-fit product conforms to:
(BS EN 957) - PARTS 1 and 5 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.



Exercising Information

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone *(con't)*

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

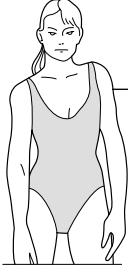
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.

Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



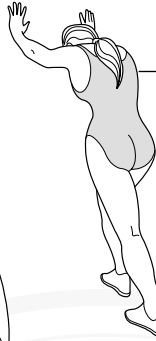
Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch



Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



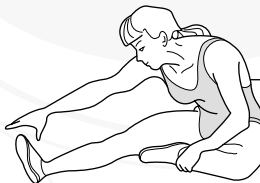
Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.



Exercising Information

Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

Week 1 & 2

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 4 minutes at 'A'
Rest 1 minute
Exercise 2 minutes at 'A'
Exercise slowly 1 minute

Week 3 & 4

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Rest 1 minute
Exercise 3 minutes at 'A'
Exercise slowly 2 minutes

Week 5 & 6

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 6 minutes at 'A'
Rest 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 7 & 8

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Exercise 4 minutes at 'A'
Exercise slowly 3 minutes

Week 9 & beyond

Warm Up 5 - 10 Minutes
Cool Down 5 Minutes

Exercise 5 minutes at 'A'
Exercise 3 minutes at 'B'
Exercise 2 minutes at 'A'
Exercise slowly 1 minute
Repeat entire cycle 2 or 3 times

This is only a suggested programme and may not suit every individual's needs.



Exercising Information

EXERCISING WITH YOUR APOLLO AIR CYCLE

It is possible to use your Apollo Air Cycle in three different ways, made possible by its ability to be converted quickly from its special DUAL ACTION mode with linked Handlebars to normal SINGLE ACTION, cycle only mode with static Handlebars.

TOTAL BODY WORKOUT

With your Apollo Air Cycle set up with the Handlebars to linked to the Pedals in synchronised mode, sit on the cycle and start pedalling, initially with the cycle tension set to a low setting while holding the Handlebars. Increase the cycle tension as desired while exercising or when your fitness level increases. Muscles in the legs and thighs are exercised by the pedalling motion and the lower back and arm muscles are exercised by the rotational effort generated by the Handlebars.

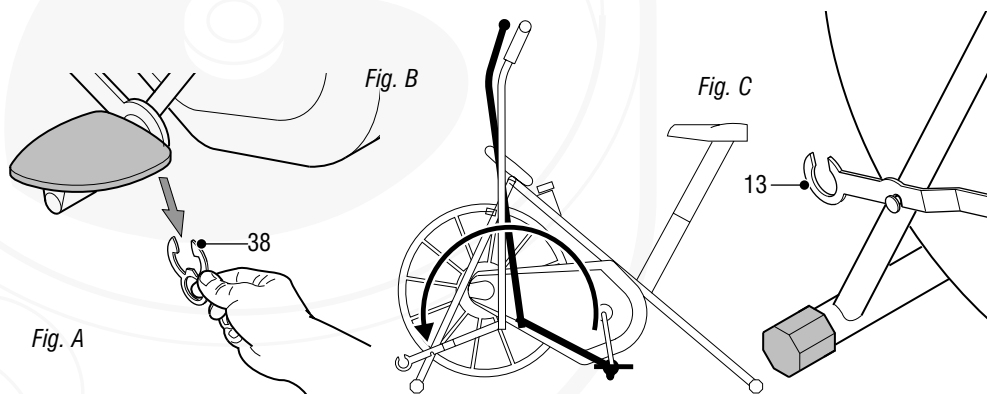


Note

Refit the Pedal-Link Plate Lock Ring to each Pedal Assembly again before use.

LOWER BODY WORKOUT

To convert your Apollo Air Cycle for CYCLE ONLY mode, simply remove the Pedal-Link Plate Lock Ring (38) from each Pedal Assembly Spacer (37) and disconnect the left and right hand Link Plates (13) from each Pedal (16). At this point rotate each Link Plate 180° and locate the small cut-out which is positioned approximately halfway along the plate onto the Lock Peg which is welded to the lower part of the Wheel Supporting Tube. The Handlebars will then be locked in position. See figures A, B and C below.





Exercising Information



Note

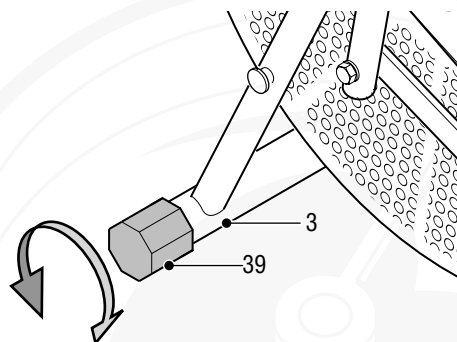
It will not be possible to use the Pulse function on the Exercise Monitor (18) when exercising in this manner.

UPPER BODY WORKOUT

With the Handlebars linked to the Pedals in special DUAL ACTION synchronised mode, stand on the Rear Frame Stabiliser (2) with the back of the Saddle (4) positioned comfortably in the midriff area for support. With the cycling resistance set at a low setting, lean slightly forward to grasp both Handlebars. Using a push - pull motion, move the Handlebars towards your body and maintain a good momentum. This will provide rotational exercise to aid mobility to the lower back, as well as helping increase arm muscle tone and strength.

LEVELLING THE CYCLE

For security and stability, your Apollo Air Cycle has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Apollo Air Cycle is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Adjustable Hex End Cap (39) fitted to the Front Frame Stabiliser (3), to compensate for uneven floors.





Exercising Information



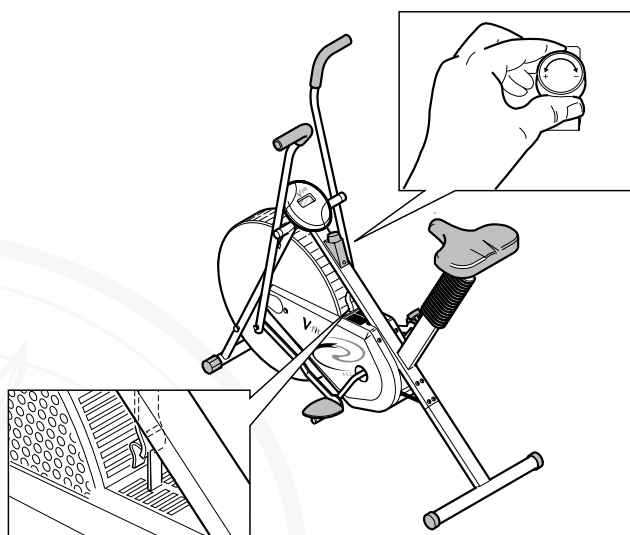
Note

In accordance with BS EN 957, the braking (resistance) system on this cycle is speed independent.

RESISTANCE ADJUSTMENT

To ensure smooth efficient cycling action, it is essential that the Tension Belt (23) is correctly adjusted. To adjust the belt, turn the Tension Controller Knob (24) fully ANTI-CLOCKWISE and slightly loosen the belt through the small bracket at the top of the Main Frame (1) until minimal resistance is felt when the Fan Wheel (21) is rotated by hand.

To INCREASE cycling resistance during use, gradually turn the Tension Controller Knob CLOCKWISE to the desired setting.



Note

There will be a small amount of built in resistance present at first due to the general tight fit of the new bearings, bushes and chain.

When you have finished your routine, turn the Tension Controller Knob (24) fully ANTI-CLOCKWISE again to ensure that neither the Tension Adjuster Cable or the Tension Belt are under tension when your Apollo Air Cycle is not in use.



Exercising Information

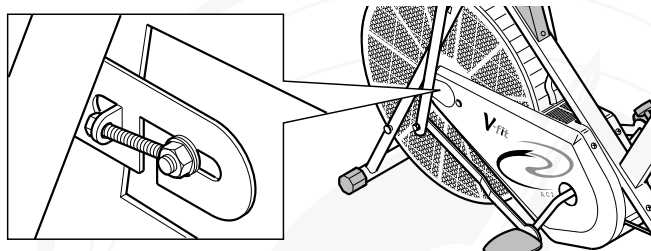
EXERCISE MONITOR FUNCTIONS

With your Apollo Air Cycle the single screen, 6 function Exercise Monitor is set to start automatically when you begin to cycle. However, it is possible to switch on the monitor by pressing the large Mode Button at the bottom of the monitor. To save battery consumption, the monitor will also switch off after it has been idle for approximately four minutes.

Please refer to the leaflet supplied with the Exercise Monitor for all operational functions.

CHAIN and FAN WHEEL ALIGNMENT

It may be necessary at some stage to adjust the Drive Chain (25) on your Apollo Air Cycle. This can be achieved by removing the pre-fitted M4 Machine Screws (27) in the Drive Chain Guard (26). Loosen the Fan Wheel Spindle Dome Nuts on both sides and adjust the two 10mm Alignment Bolt Nuts. Please take care to adjust each side equally to ensure that the Fan Wheel (21) is kept in alignment and that there is approximately 10mm of FREEPLAY on the Drive Chain (25) when correctly adjusted.



Caution

In the interest of safety, do NOT use polish or any lubricant on the saddle or pedals

LUBRICATION and MAINTENANCE

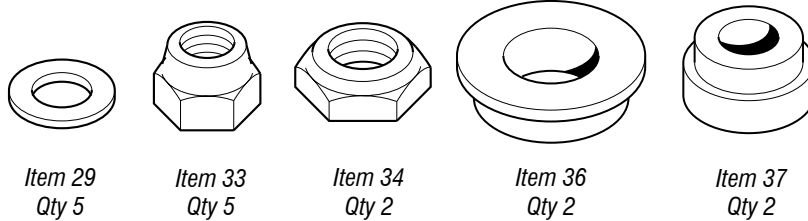
The moving parts in your Apollo Air Cycle are all pre-lubricated at assembly and should not require further attention. We recommend however that the cycle is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the cycle and any attachments before use.

Assembly

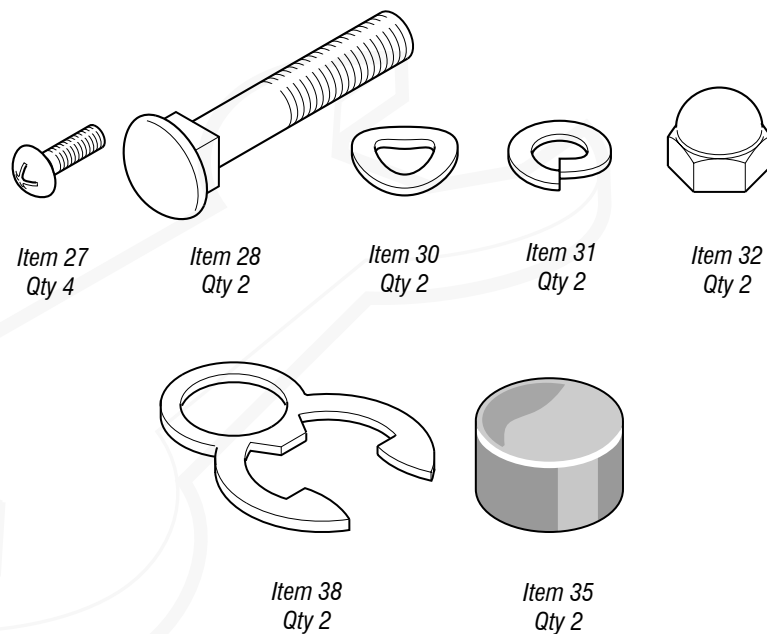
ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your V-fit product.

The following accessories are loosely assembled to the frame or master component and will need to be removed prior to assembly.



The following accessories are supplied in a pack and should be checked before attempting assembly.



All accessories are drawn to scale.



Assembly

Beny Sports Co. UK Ltd.
Greenroyd Mill,
Sutton in Craven,
Keighley, West Yorkshire
BD20 7NG

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

PLEASE NOTE that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

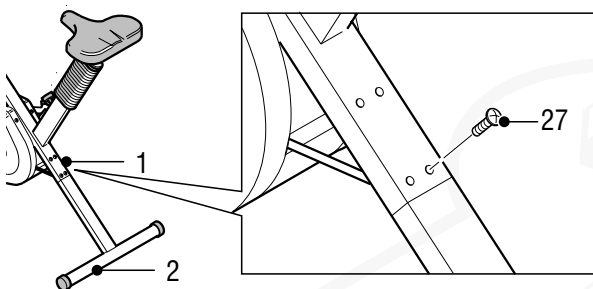
Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

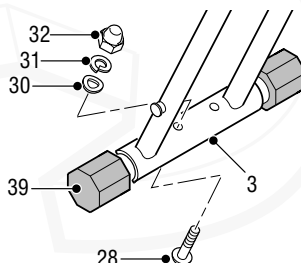
E-mail:- beny@benysports.co.uk

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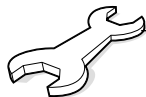
- 1** Attach the Rear Frame Stabiliser (2) to the Main Frame (1) with 4 x M4 Machine Screws (27).



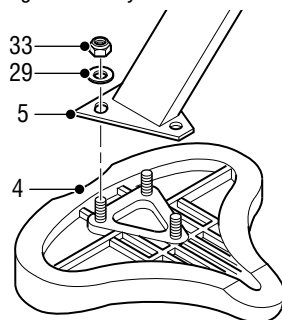
- 2** Attach the Front Frame Stabiliser (3) to the Main Frame using 2 x M8 x 40mm Carriage Bolts (28), 2 x M8 Curved Washers (30), 2 x M8 Spring Washers (31) and 2 x M8 Dome Nuts (32). Fit an Adjustable Hex End Cap (39) to each end of the Front Frame Stabiliser.



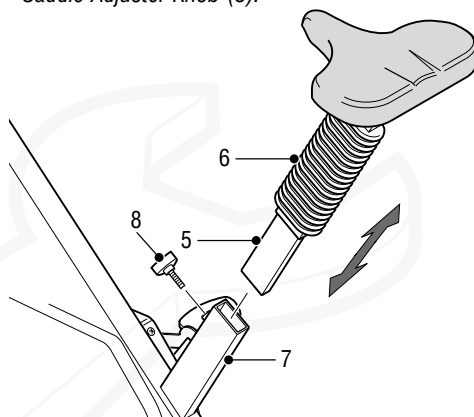
Assembly



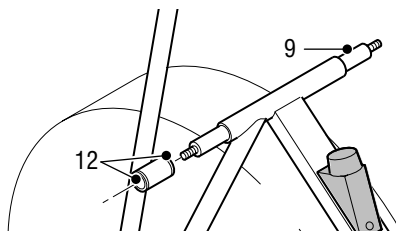
- 3** Remove the 3 x M8 Nylon Locknuts (33) and 3 x M8 Flat Washers (29) from the underside of the Saddle (4). Attach the Saddle to the Saddle Stem (5), re-fit the Flat Washers and Nylon Locknuts, align the Saddle and tighten the Nylon Locknuts securely.



- 4** Fit the Saddle Stem Cover (6) to the Saddle Stem and insert the complete assembly into the Saddle Support Post (7) in the rear of the Main Frame. Select the desired height to allow for a slight knee bend at the bottom of the pedalling action and secure in place with the Saddle Adjuster Knob (8).



- 5** Carefully slide the Handlebar Pivot Shaft (9) into the Link Tube at the top of the Main Frame making sure that you do not damage the two Handlebar Pivot Bushes (12).



Assembly



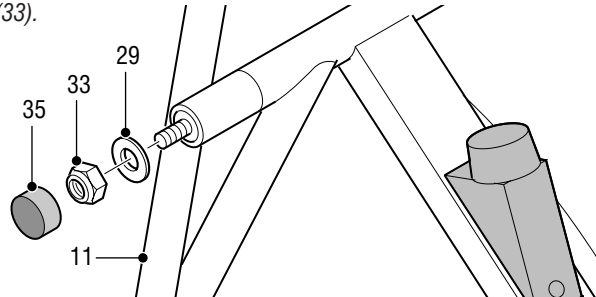
6

Attach the right and left handed Handlebar assemblies (L 10) (R 11) to the exposed ends of the Handlebar Pivot Shaft and secure by refitting the 2 x M8 Flat Washers (29) and 2 x M8 Nylon Locknuts (33).



Note

These should be tightened fully to ensure that the ends of the Pivot Shaft pass through the NYLON INSERT in the Locknut. Fit the 2 x Grey Plastic Caps (35) over the Locknuts when they are fully tightened.



Fit the 2x Grey Plastic Caps (34) over the Locknuts when they are fully tight.

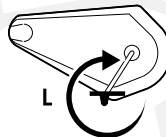
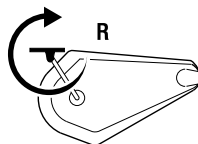
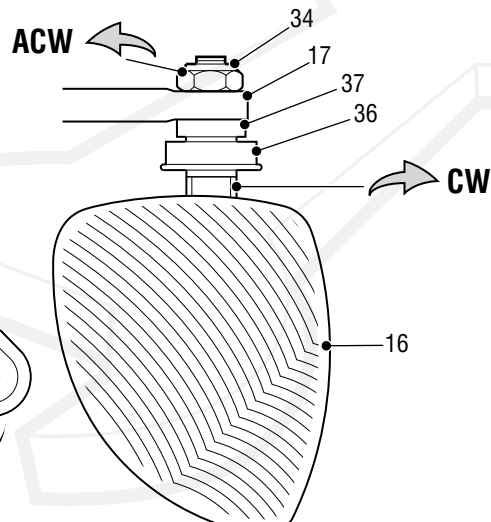
7

Please ensure that the Pedal Assembly Bearings (36) and Pedal Assembly Spacers (37) are fitted in the correct sequence with the LARGE FACE of the Bearing facing OUT to the pedal and the FLAT FACE of the Spacer AGAINST THE CRANK. When fitted securely, please refit the M10 Nylon Locknut (34) to the EXPOSED THREAD of the Pedal Spindle that has passed through the Crank. This should be done by turning the Locknut ANTI - CLOCKWISE until the ends of the Pedal Spindles pass through the NYLON INSERT in the Locknut. This Locknut MUST be tightened securely otherwise damage may occur to the Crank.



Note

These Pedals are BOTH supplied with a RIGHT HAND THREAD and can be fitted to either side of the Pedal Crank (17). Both Pedals should be fitted by turning CLOCKWISE.



Tighten Pedals **Clockwise** First
Then Locknuts **Anti-Clockwise**

Assembly

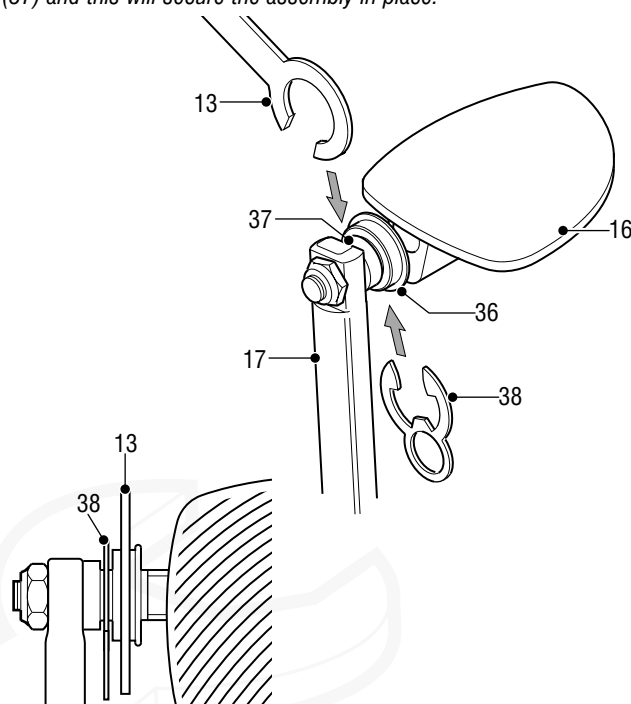


Note

The Link Plate Lock Ring will probably rotate on the Pedal Assembly Spacer during use. This is perfectly normal and should not cause problems with the operation of your cycle.

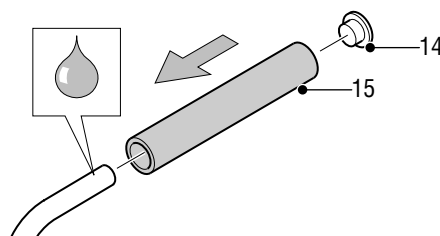
8

To connect the Handlebar Link Plates (13) to the Pedal Crank (17), slide the open end of the Link Plate over the smallest part of the Pedal Spindle and when viewed from the side of the cycle, pull the Link Plate sideways away from the Crank in order that the open face of the Link Plate fits securely onto the Pedal Assembly Bearing (36). Finally, fit the Link Plate Lock Ring (38) to the Pedal Assembly Spacer (37) and this will secure the assembly in place.



9

Lubricate the Handlebar ends with a small amount of liquid soap or spray polish and slide the Handlebar Foam Handgrips (15) onto the bar. Cap the Handlebar ends with the Handlebar Tube Plugs (14).



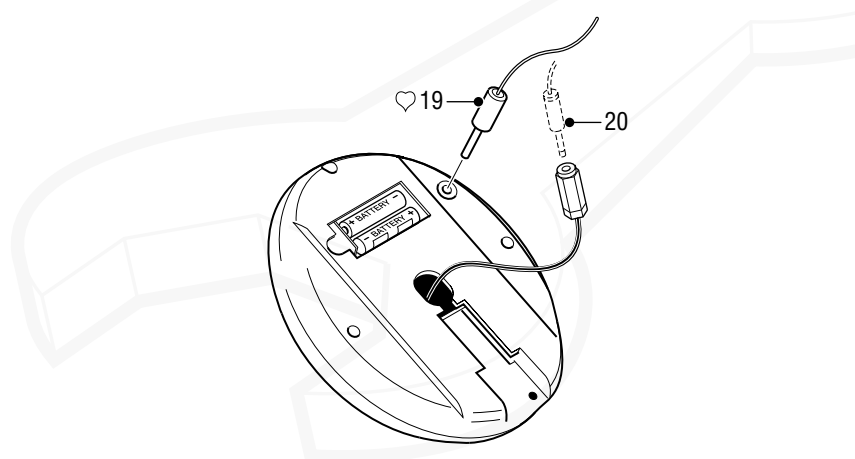
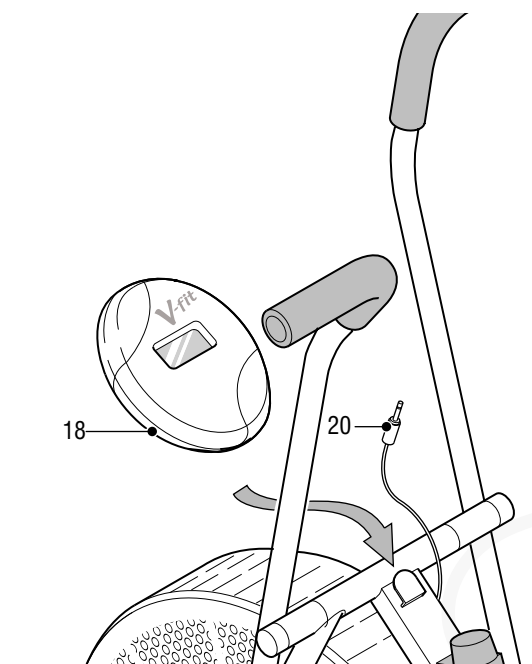
Assembly



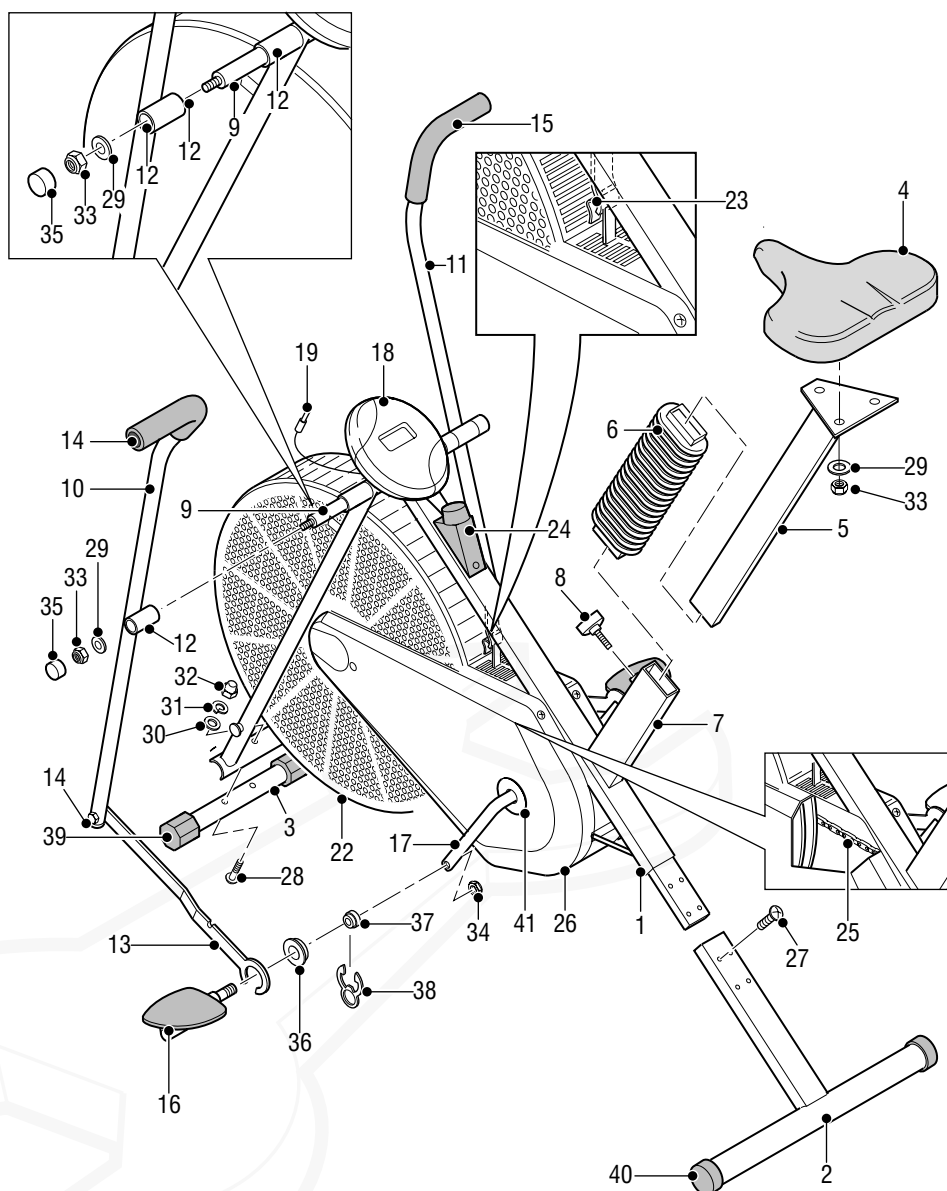
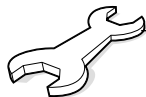
Note

If supplied, fit the Exercise Monitor Pulse Pickup Lead (19) into the Pulse Pickup Socket in the rear of the Exercise Monitor, which is positioned to the upper back right edge of the Exercise Monitor.

Connect the end of the Exercise Monitor Cable (Lower) (20) to the jack plug inside the Exercise Monitor (18) and slide the assembly onto the top of the Exercise Monitor Mount. Carefully fit the Batteries (supplied) to the housing in the rear of the Exercise Monitor.



Assembly



Assembly



MASTER PARTS & ACCESSORY LIST

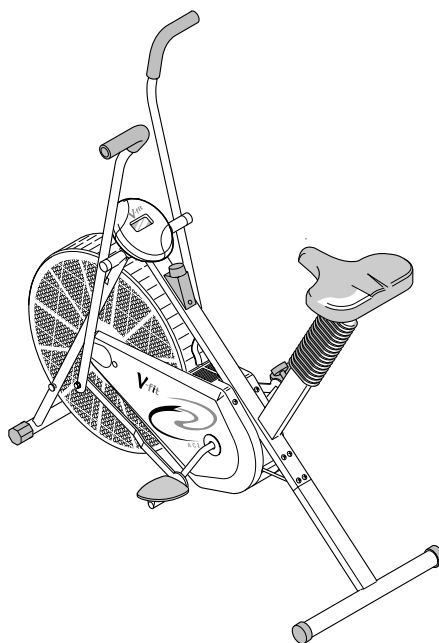
PART No.	DESCRIPTION	QTY			
1	MAIN FRAME	1	21	FAN WHEEL	1
2	REAR FRAME STABILISER	1	22	FAN WHEEL CASING	2
3	FRONT FRAME STABILISER	1	23	TENSION BELT	1
4	SADDLE	1	24	TENSION CONTROLLER	1
5	SADDLE STEM	1	25	DRIVE CHAIN	1
6	SADDLE STEM COVER	1	26	DRIVE CHAIN GUARD (LEFT & RIGHT)	2
7	SADDLE SUPPORT POST	1	27	M4 MACHINE SCREW	4
8	SADDLE ADJUSTER KNOB	1	28	M8 x 40mm CARRIAGE BOLT ...	2
9	HANDLEBAR PIVOT SHAFT	1	29	M8 FLAT WASHER	5
10	HANDLEBAR (LEFT)	1	30	M8 CURVED WASHER	2
11	HANDLEBAR (RIGHT)	1	31	M8 SPRING WASHER	2
12	HANDLEBAR PIVOT BUSH	6	32	M8 DOME NUT	2
13	HANDLEBAR LINK PLATE (LEFT & RIGHT)	2	33	M8 NYLON LOCKNUT	5
14	HANDLEBAR TUBE PLUG	4	34	M10 NYLON LOCKNUT	2
15	HANDLEBAR FOAM HANDGRIP ..	2	35	GREY PLASTIC CAP	2
16	PEDAL (LEFT & RIGHT)	2	36	PEDAL ASSEMBLY BEARING ...	2
17	PEDAL CRANK	1	37	PEDAL ASSEMBLY SPACER ...	2
18	EXERCISE MONITOR	1	38	PEDAL-LINK PLATE LOCK RING ..	2
19	EXERCISE MONITOR PULSE LEAD	1	39	ADJUSTABLE HEX END CAP ...	2
20	EXERCISE MONITOR CABLE (LOWER)	1	40	REAR ROUND END CAP	2
			41	CHAIN GUARD CRANK TRIM ...	2



Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

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