USER MANUAL BT10.5 91006

BT10.5

K-10 Carriage Bolt   M8*P1.25*55MM (4)

NO.K-1 Metal cover (1)

NO.K-3 Regular Washer ·7(2)

K-5 Allen Bolt
M7*P1.0*30MM (1)

NO.K-7 T-shape knob
M7*65L(1)

NO.K-8 Curved Washer ·8*·19*2t (4)

NO.K-6 Bushing
·12*40MM (1)

NO.K-9 Acorn Nut
for M8 Bolt (4)

NO.K-4
Spring Washer
·7(2)

Screwdriver (1)

Allen Key(1)

Box Spanner(1)

(MM)

Exploded view

1
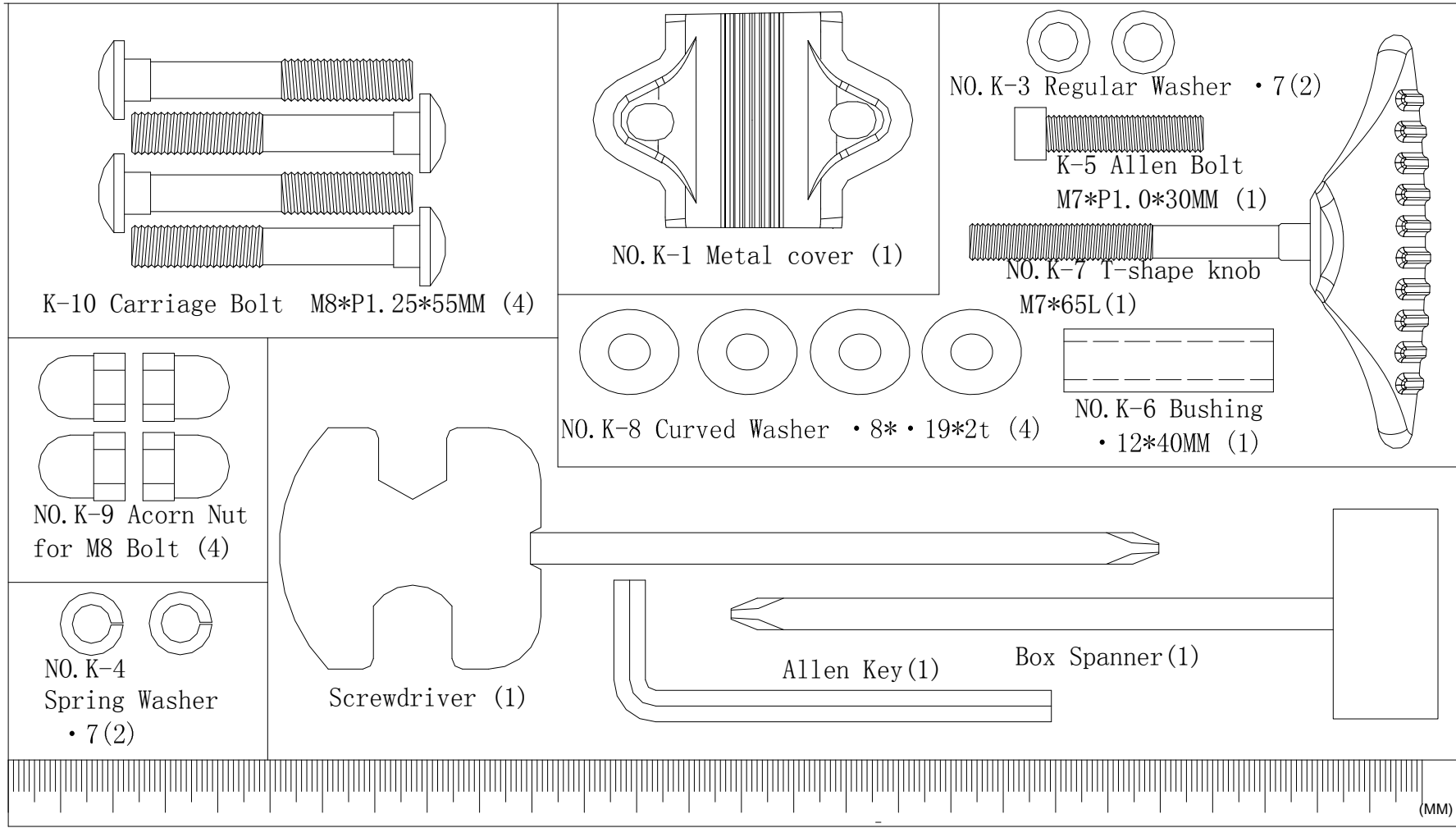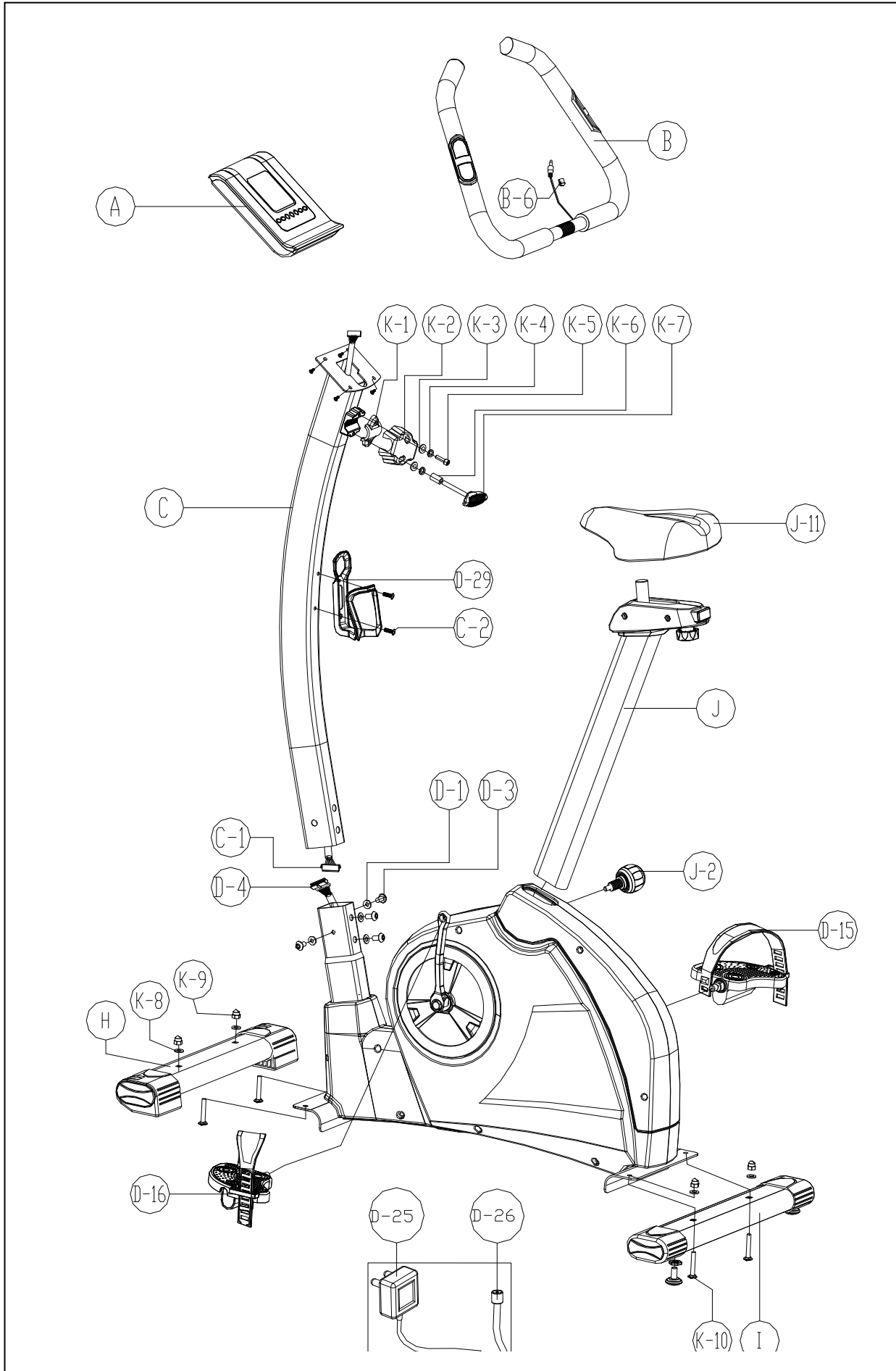
PARTS LIST AND TOOLS

No.	Description	Q'ty
A	Computer	1PCS
A-1	Screw M5X10L	4PCS
B	Handlebar Set	1SET
B-1	Cap for handlebar	2PCS
B-2	Hand Pulse	1SET
B-3	Screw M3.5x20L	2PCS
B-4	Pulse Wire	1PCS
B-5	Foam grip	1PCS
C	Handlebar post set	1SET
C-1	Upper cable wire	1PCS
C-2	Screw M5xP0.8x20L	2PCS
D	Main Frame	1SET
D-1	Flat washerφ 8*φ 19*2T	4PCS
D-3	Screw M8*P1.25*16L	4PCS
D-5	Bearing 6203 (RS)	2PCS
D-6	Screw M4x10L	1PCS
D-7	Sensor Box	1SET
D-8	Flat washerφ 17.5xφ 25x0.3t	1PCS
D-9	C type ringφ 17	1PCS
D-10	Right front cover	1PCS
D-11	Right chain cover	1PCS
D-12	Screw M3x8	10PCS
D-13	Cover for crank	2PCS
D-14	Right crank	1PCS
D-15	Pedal Right	1PCS
D-16	Pedal Left	1PCS
D-17	Nylok nut M8xP1.0x20L	2PCS
D-18	Left crank	1PCS
D-19	Screw M4x40L	5PCS
D-20	Left front cover	1PCS
D-21	Screw 3/16″ (#10) x3/4″	6PCS
D-22	Left chain cover	1PCS

D-23	Wave washerφ 17.5xφ 25x0.3t	1PCS	
D-24	Flat washerφ 4*φ 10*1T	10PCS	
D-25	Adaptor	1PCS	
D-26	DC wire	1PCS	
D-27	Spring for idler	1PCS	
D-29	Bottle holder	1PCS	
E~E-11	Flywheel Set	1SET	
F~F-8	Idler set	1SET	
G-1	Bushingφ 22xφ 17x7.5mmL	1PCS	
G-2	Pulley	1PCS	
G-3	Shift	1PCS	
G-4	Screw M8xP1.25x12Lx5t	3PCS	
G-5	Belt	1PCS	
H	Front Stabilizer	1PCS	
H-1	Screw M8xP1.25x12Lx5t	2PCS	
H-2	End cap (Right) for front Stabilizer	1PCS	
H-3	End cap (Left) for front Stabilizer	1PCS	
I	Rear Stabilizer	1PCS	
I-1	End cap for rear Stabilizer	2PCS	
I-2	Adjustor	2PCS	
I-3	Nut 3/8"-16x3t	2PCS	
J	Seat post set	1SET	
J-1	Plastics sleeve	1PCS	
J-2	Adjustor knob	1PCS	
J-3	Screw M5x6L	4PCS	
J-4	Left cover for seat slider	1PCS	
J-5	Right cover for seat slider	1PCS	
J-6	Seat knob	1PCS	
J-7	Flat washerφ 14.3xφ 25x2.0t	1PCS	
J-8	Screw set for seat slider	1PCS	
J-9	cap	2PCS	
J-10	Seat slider	1PCS	
J-11	Saddle	1PCS	
K-1	Metal cover	1PCS	
K-2	Cover for metal cover	1PCS	

K-3	Flat washerφ 7xφ 12x1t	2PCS
K-4	Spring washerφ 7x2t	2PCS
K-5	Screw M7xP1.0x30L	1PCS
K-6	Bushingφ 7xφ 12x40mmL	1PCS
K-7	Screw M7xP1.0x65L	1PCS
K-8	Flat washer φ 8*φ 19*2T	4PCS
K-9	Nut M8	4PCS
K-10	Screw M8xP1.25x55L	4PCS
L	Gear box set	1SET
L-1	Screw M8*22L	1PCS
L-2	Flat washer φ 8*φ 19*2T	2PCS
L-3	Screw M6xP1.0*16L	2PCS
L-4	Spring washer φ 6	2PCS
L-5	Flat washer φ 6xφ 13x1t	2PCS
L-6	Bushing φ 10xφ 14x6mmL	2PCS
L-7	Chain M6*φ 18*63L	1PCS
L-8	Nut M6	2PCS

## ASSEMBLY INSTRUCTIONS

Stage#1
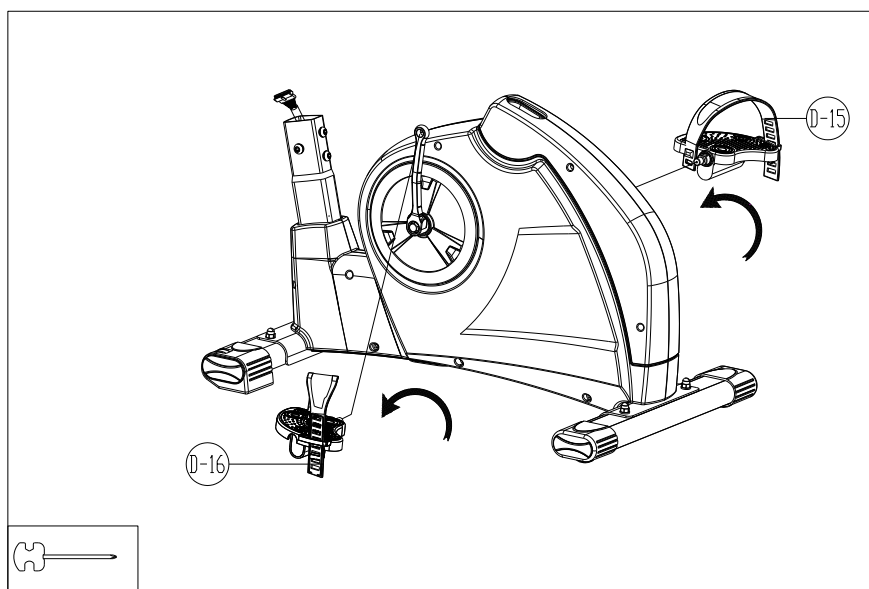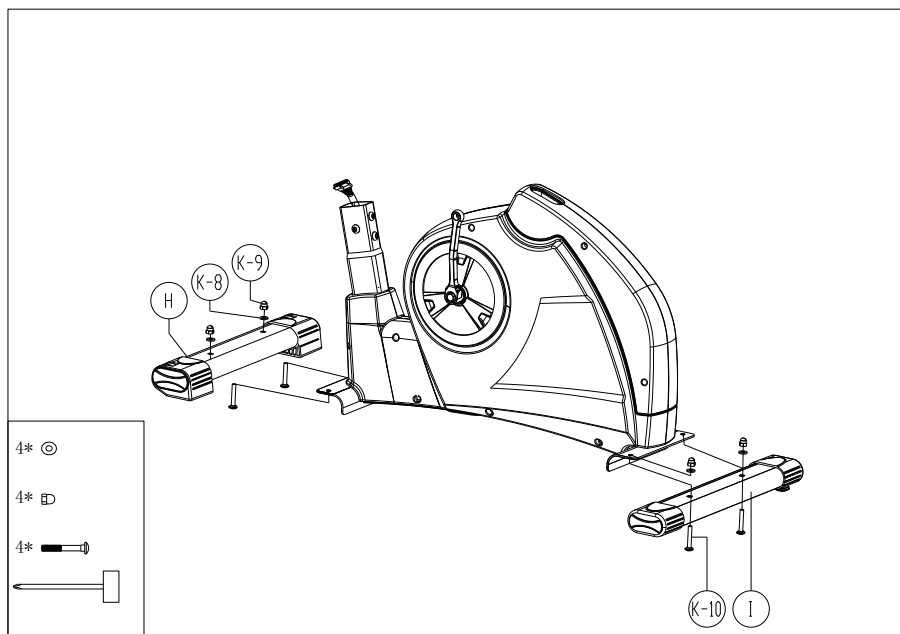
1. Put on front stabilizer (H) and rear stabilizer (I) to the mainframe assembly.
   Be noted: the front stabilizer has transportation wheel. Use carriage bolts(K-10),
   curve washer (K-8) and crown nut (K-9) to fix the stabilizers tightly.

2. Fix the right pedal (D-15) and left pedal (D-16) tightly to the right/left crank.
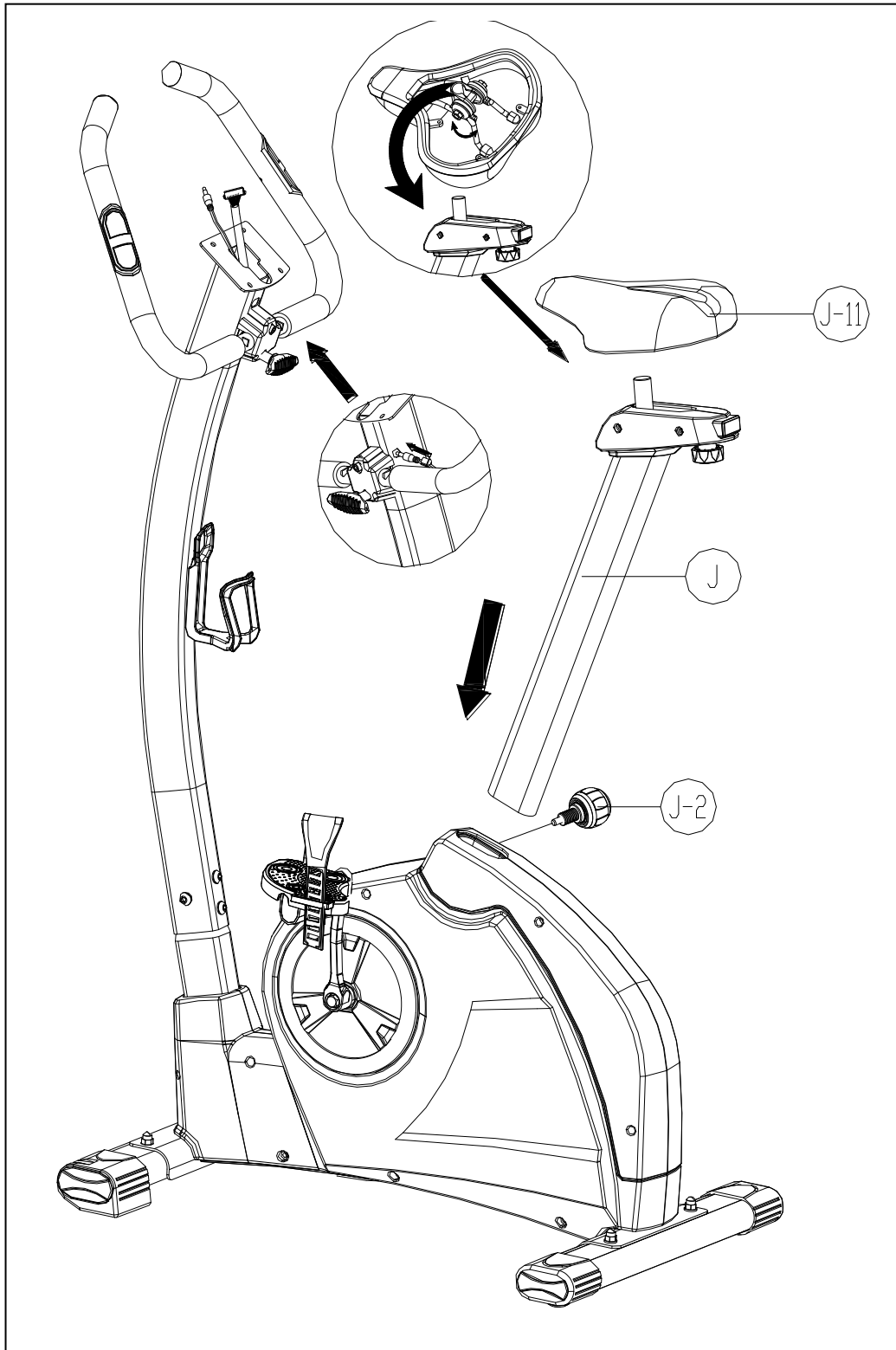
Stage#2

| 4* | M8✳16L ∅8✳2T | ⌐ |
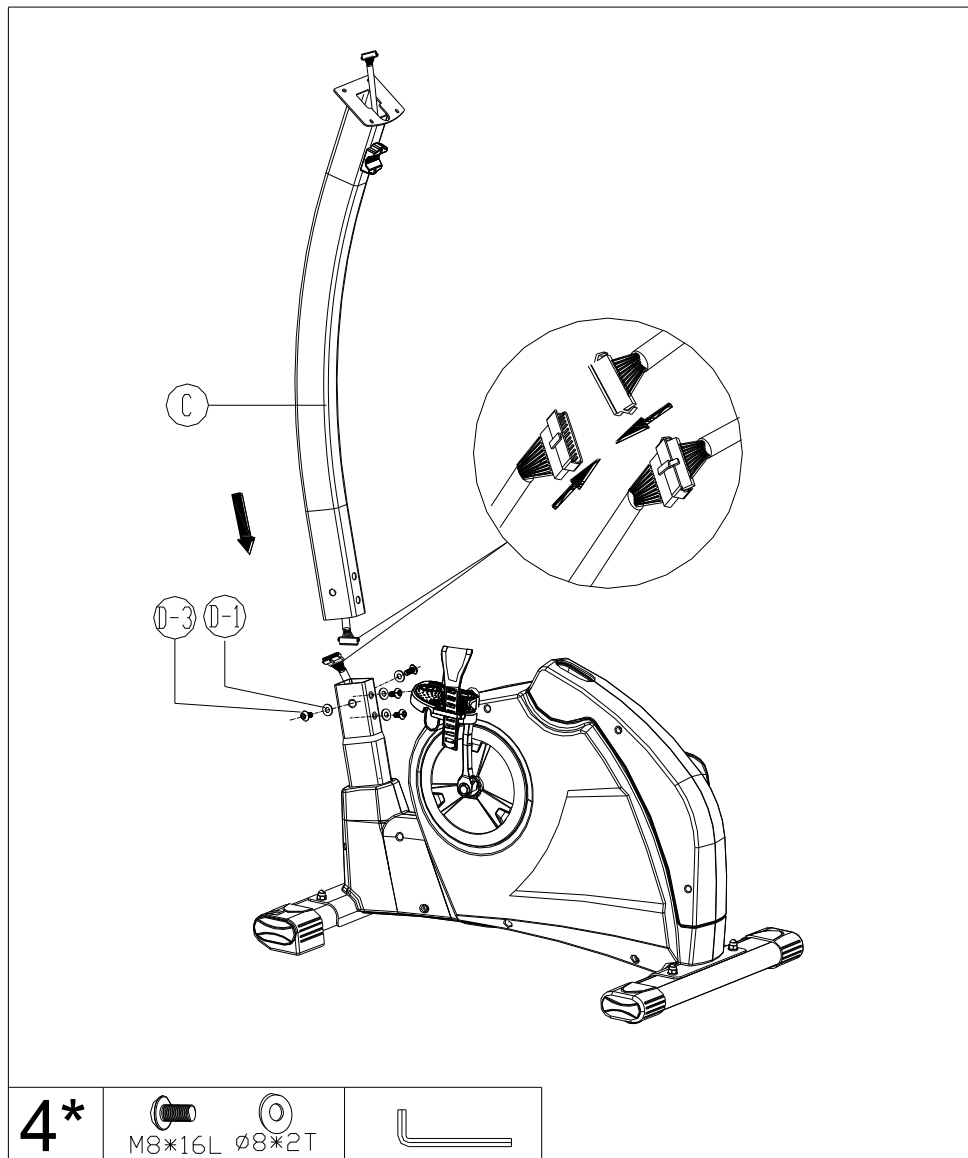
1. Connect the upper and lower table together.
2. Fix the handlebar post to the main frame with Screws (D-3) and washer (D-12).

Stage#3
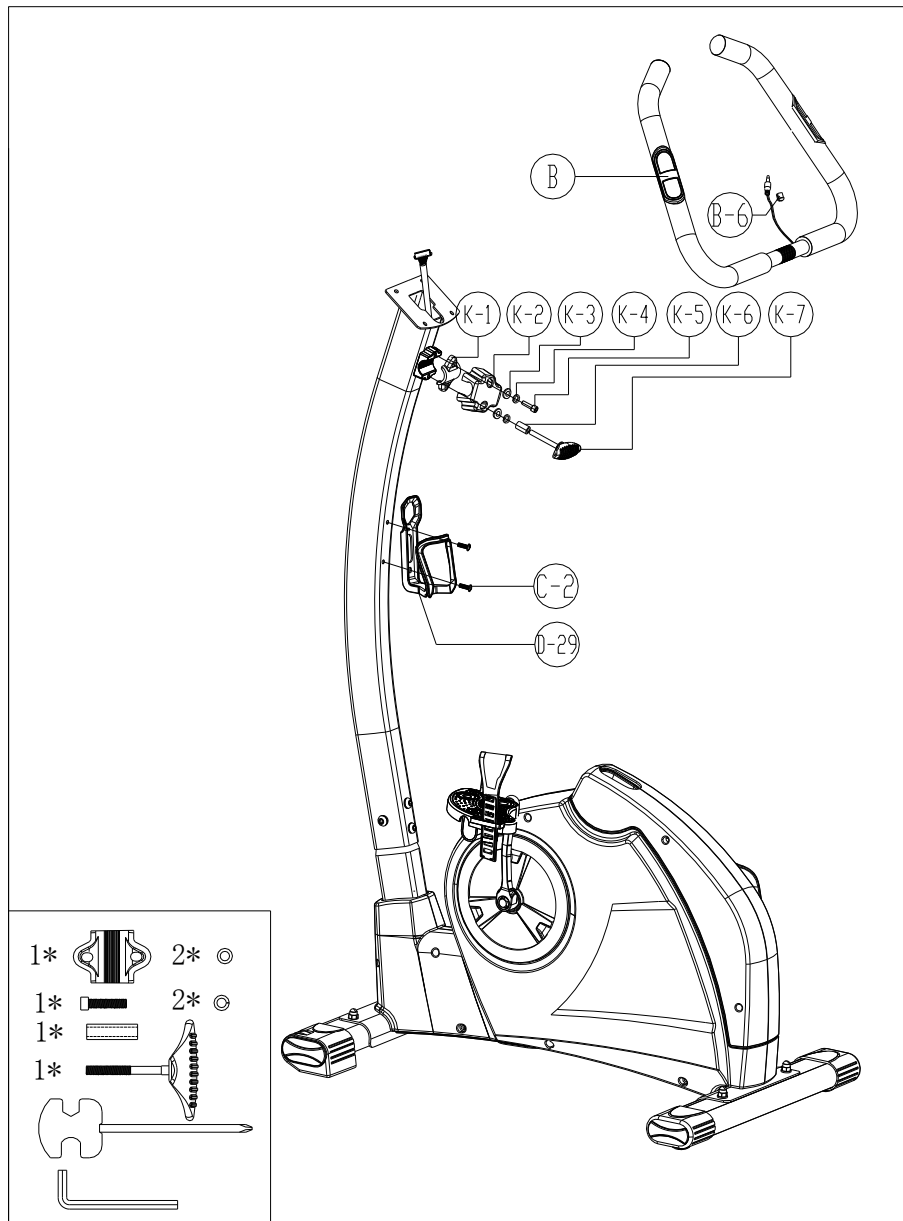
1. Assemble the handlebar (B) to the bracket on the handlebar post with handlebar clamp (K-1), spring washer (K-3), washer (K-4) and screw (K-5).
2. Fix the spring washer (K-3), washer (K-4) and metal bush (K-6) into the handlebar clamp. Insert the plastic cover to the handlebar clamp.
3. Fix the T-knob (K-7) to the plastic cover. Adjust the handlebar with your desired angle. Fasten the T-knob. Tight the bottle holder (D-29) to the handlebar post with two screws (C-2).

Stage#4

Fasten the saddle (J-11) to the seat post (J). And fix the seat post to the main frame with seat knob (J-2).

Stage#5
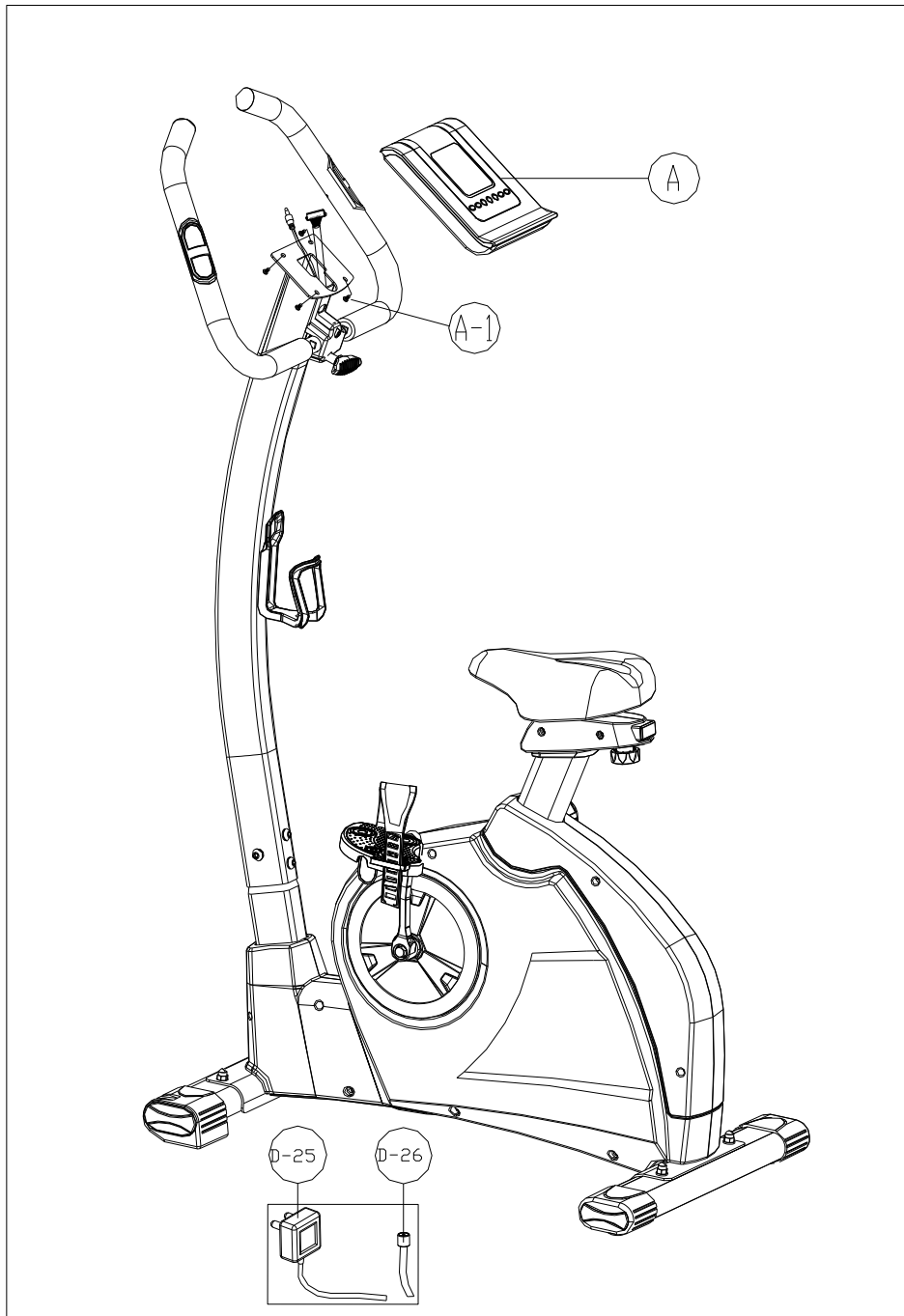
1. Connect the pulse cable coming out of the handlebar and the RPM sensor cable to the computer (A). Place the computer to the computer mast and fasten with Screws (A-1). Then the assembly is done.

Fix the handlebar to the console mast with attached hardware. Have T knob (J) to go through bushing (J-4), handlebar cover (J-5), flat washer (J-6) and spring washer (J-7) to fix.

INSTRUCTION MANUAL OF SM2704-67

BUTTON FUNCTION:

| MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET	In stop mode, press the button back to main menu.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

DISPLAY EXERCISE DATA:

| TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0.00~9990
PULSE	Display range P-30~240 ; Setting range 0-30~240
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0~99.9km
RPM	0~999

OPERATION PROCEDURE

1. Connect power supply and computer will power on with a long beep sound, LCD display all segments for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing A~F)

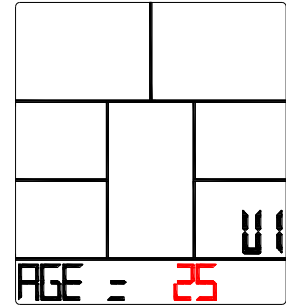2. After user data set up, computer will display main menu (drawing G).
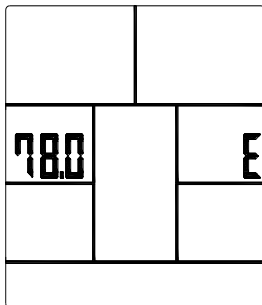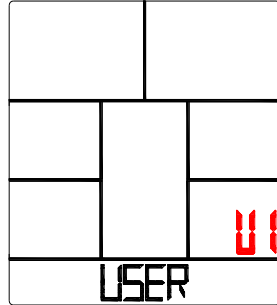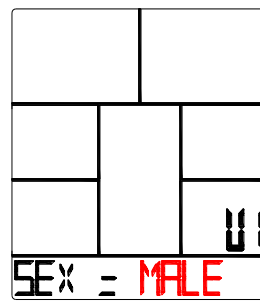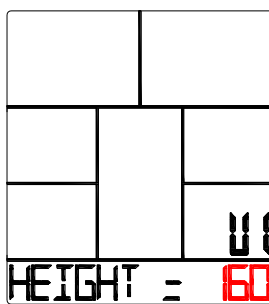

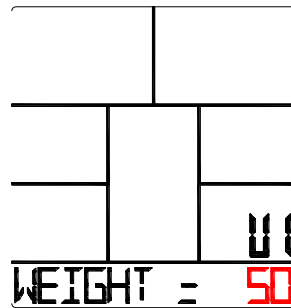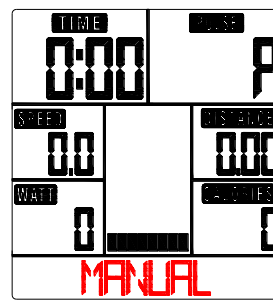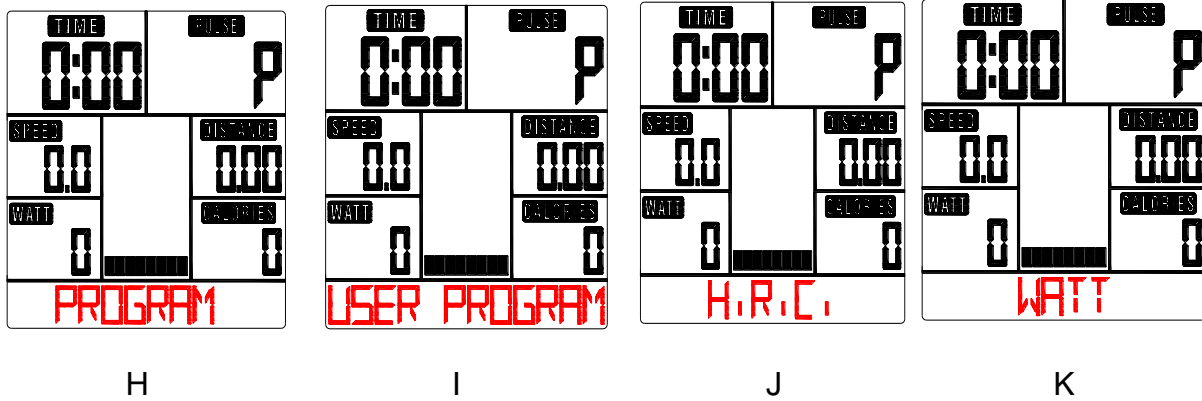A   B   C   D

E   F   G

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) →USER PROGRAM→HRC→WATT. (Drawing H~K)

H	I	J	K

4. Quick Start and Manual :

Before exercise in Manual mode, user my set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.

5. PROGRAM：

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.

Level can be adjusted during exercise by press UP or DOWN.

6. H.R.C.：

Before exercise, computer will ask for user AGE first to calculate TARGET pulse.　User may still press UP and DOWN to change target pulse from 30 to 240.

7. USER PROGRAM：

User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT :

The preset watt value 120 is flashing on screen in WATT setting mode.　User may use UP, DOWN button to set target value from 10 to 350.　Press MODE button for confirm.

9.　RECOVERY :

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1,F2….to F6. F1 is the best, F6

F6 is the worst. User may keep exercising to improve the heart rate recovery status.

　(Press the RECOVERY button again to return the main display.)

10. BODY FAT:

10-1 In STOP mode, press the BODY FAT button to start body fat measurement.

10-2 Then selected user (U1~U9) will blinking for 2 seconds.　Then start measuring.

10-3 During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

10-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30
seconds.

NOTE:
1. This computer require 9V, 0.5mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting
   and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.