

Mexico Magnetic Cycle

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use



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General Information

Quality

This 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 exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact CUSTOMER SUPPORT, by either of the following means.

Customer Support

Email:- help@disupport.co.uk

Fax:- 01535 637722

**Post: D.I. Support
c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire
BD20 7BW**

Queries

If you do have any queries, please ensure that you include the following information

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

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original 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 to our warehouse (at the purchaser's cost).

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

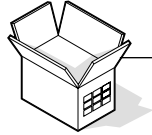
This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

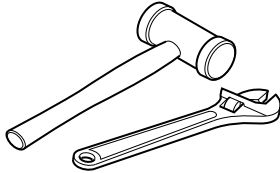
This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.



Before you Start



Tools

If required, most of our 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 by your doctor and proper use of your 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 product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * *Before use, always ensure that your 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 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 product is suitable for users weighing:
253LBS / 18 Stones / 115KG or less.*

Conformity

*This 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 (cont')

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.

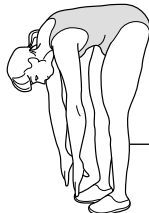
Warm Up and Cool Down Exercises

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

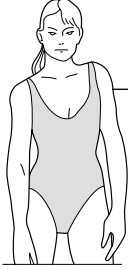
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest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

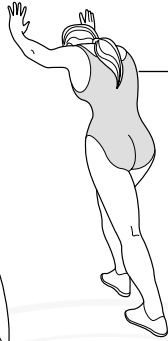
Exercising Information



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.



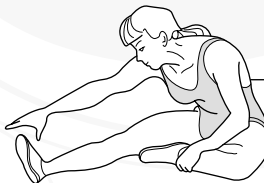
Side Stretch

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.



Exercise Information

Use this space to record your own exercise routine results.





Assembly & Adjustments

RESISTANCE ADJUSTMENT

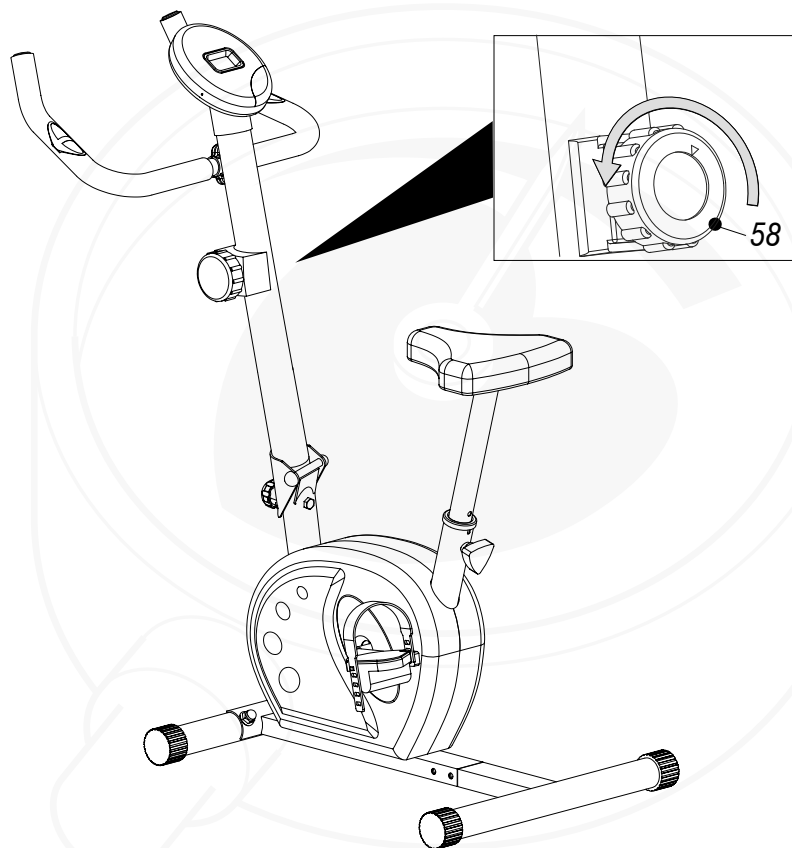
To adjust the pedalling resistance during use, start by turning the Tension Controller Knob (58) fully **CLOCKWISE** at the start of your workout. Gradually increase the pedalling resistance by turning the Tension Controller Knob **ANTI-CLOCKWISE** as required.

When you have finished your routine, turn the Tension Controller Knob (58) fully **CLOCKWISE** again to ensure that the Tension Controller Cable is not under tension when your Mexico Folding Cycle is not in use.



Note

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





Assembly & Adjustments

EXERCISE MONITOR FUNCTIONS

With your Mexico Folding 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 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.



Assembly & Adjustments



Note

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

LUBRICATION and MAINTENANCE

The moving parts in your Mexico Folding 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.



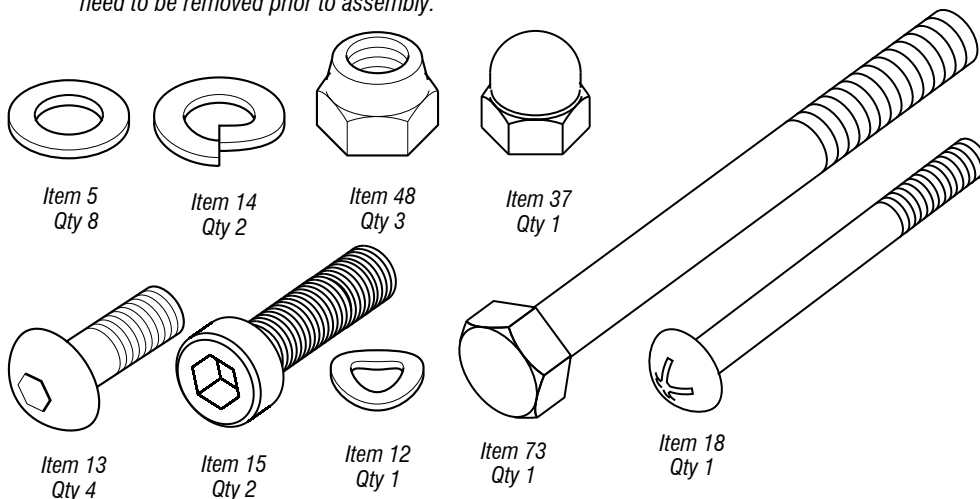
Assembly & Adjustments



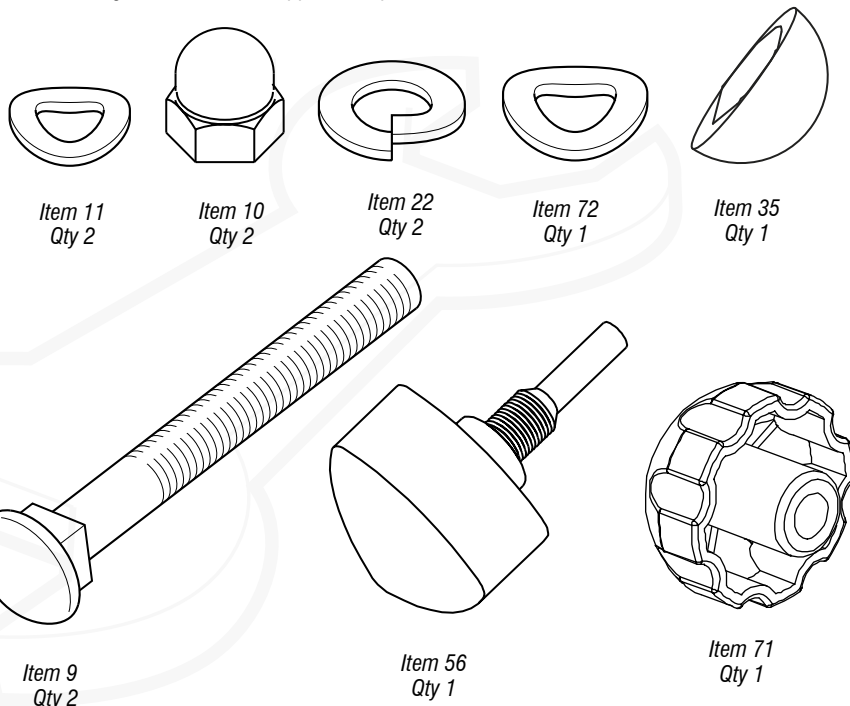
ACCESSORY FITMENT LIST

These are all the accessories you will need to complete the assembly of your 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.



Assembly & Adjustments



D.I. Support

c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

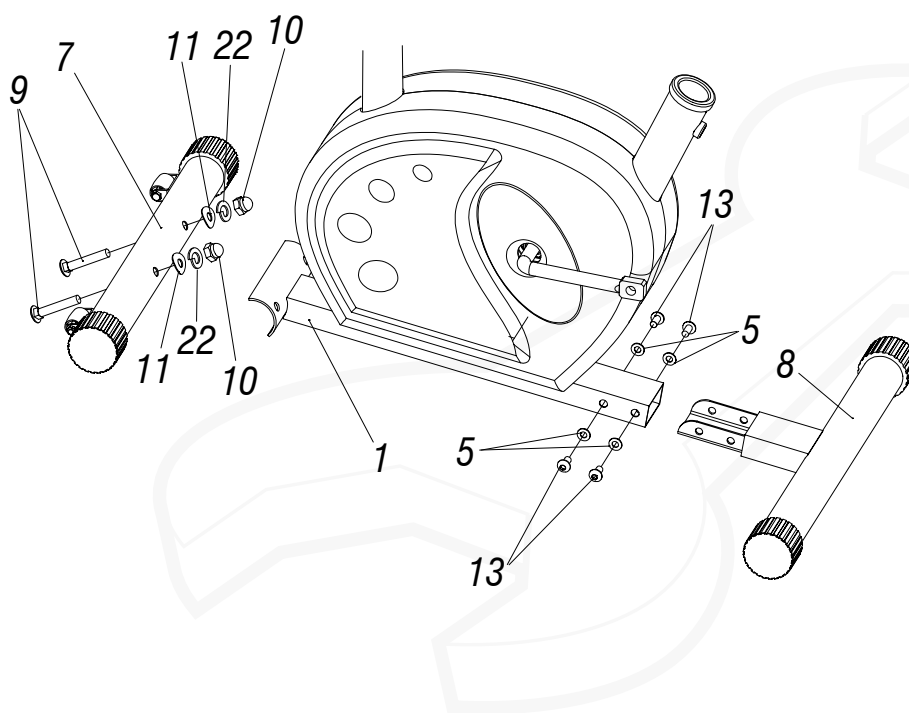
Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

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.

Fax:- 01535 637722 or
E-mail:- help@disupport.co.uk

- 1** Attach the Front Stabiliser (7) to the Main Frame (1) with 2 x M10 x 65mm Carriage Bolts (9), 2 x M10 Curved Washers (11), 2 x M10 Spring Washers (22) and 2 x M10 Dome Nuts (10). Attach the Rear Stabiliser (8) to the Main Frame (1) and align 4 holes using 4 x M8 x 16mm Allen Bolts (13) and 4 x M8 Flat Washers (5).



Assembly & Adjustments



2

Before attempting this stage of the assembly operation, disconnect the Tension Cable (59) and Control Knob (58) that has been connected as part of our operational QC check. To do this, simply set the Control Knob to position "1" and pull the OUTER Cable of the Control Knob away from the top of the metal bracket on the Tension Cable.



Note

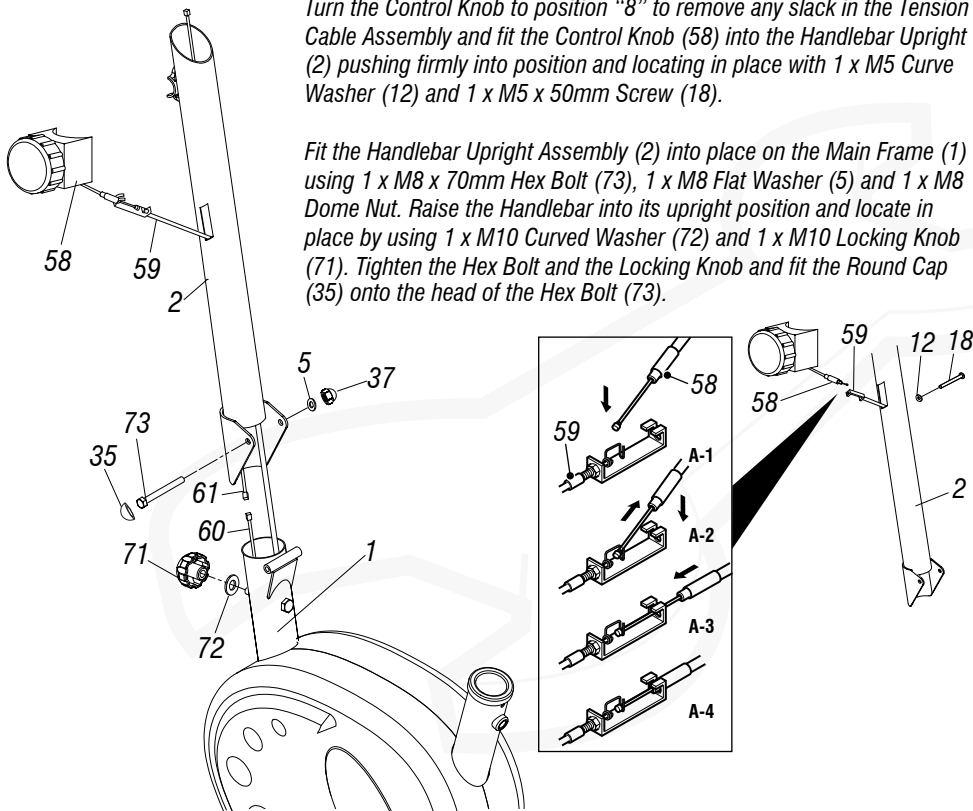
Assembly of this stage may be easier with 2 people

Pass the Tension Cable (59) up the Handlebar Upright (2) and out through the Control Knob mount hole on the upper left side of the Handlebar Upright (2). Connect both ends of the Lower Exercise Monitor Cable (60) and the Exercise Monitor Link Cable (61) together - pushing firmly to ensure a good connection.

- A-1. Hold the Tension Cable (59) below the metal bracket. Guide the lower part of the INNER Cable of the Tension Control Knob (58) into the formed metal loop on the INNER Cable of the Tension Cable.
- A-2. Still holding the Tension Cable (59), pull the Tension Control Knob (58) away from the Metal Bracket (you will notice some resistance at this stage) and guide the INNER Cable through the open slot in the Metal Bracket.
- A-3. Slowly release the tension on the UPPER Cable and guide it carefully into the hole in the top of the Metal Bracket.

Turn the Control Knob to position "8" to remove any slack in the Tension Cable Assembly and fit the Control Knob (58) into the Handlebar Upright (2) pushing firmly into position and locating in place with 1 x M5 Curve Washer (12) and 1 x M5 x 50mm Screw (18).

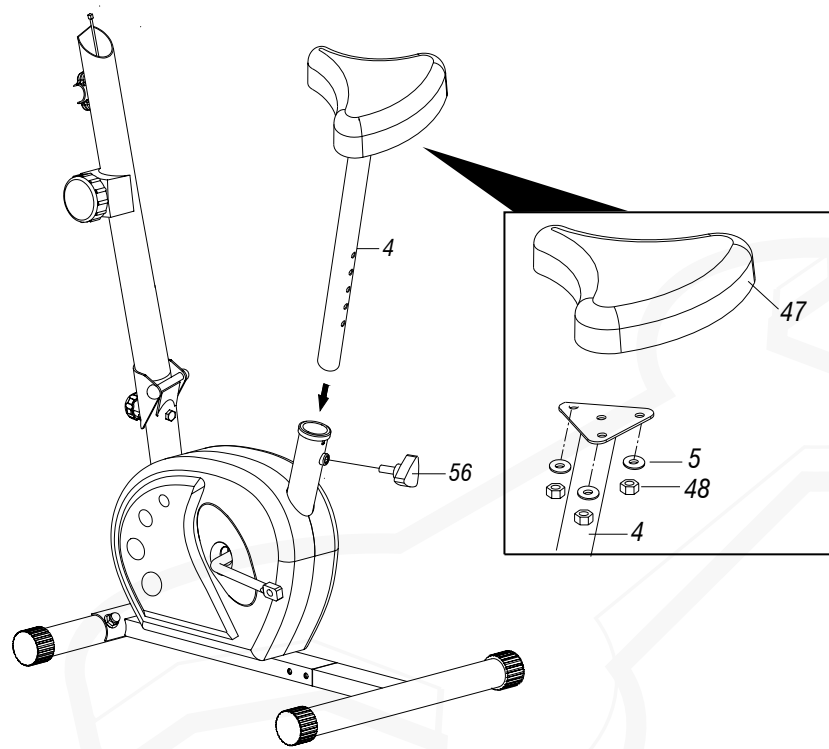
Fit the Handlebar Upright Assembly (2) into place on the Main Frame (1) using 1 x M8 x 70mm Hex Bolt (73), 1 x M8 Flat Washer (5) and 1 x M8 Dome Nut. Raise the Handlebar into its upright position and locate in place by using 1 x M10 Curved Washer (72) and 1 x M10 Locking Knob (71). Tighten the Hex Bolt and the Locking Knob and fit the Round Cap (35) onto the head of the Hex Bolt (73).



Assembly & Adjustments



- 3** Remove the 3 x M8 Nylon Locknuts (48) and 3 x M8 Flat Washers (5) from the underside of the Saddle (47). Attach the Saddle to the Saddle Stem (4) then loosely refit the Flat Washers and Nylon Locknuts. Slide the assembled Saddle Stem into the Main Frame (1), 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 Adjustment Knob (56). Align the Saddle with the Saddle Adjustment Knob (56). Align the Saddle and tighten the Nylon Locknuts securely.



Assembly



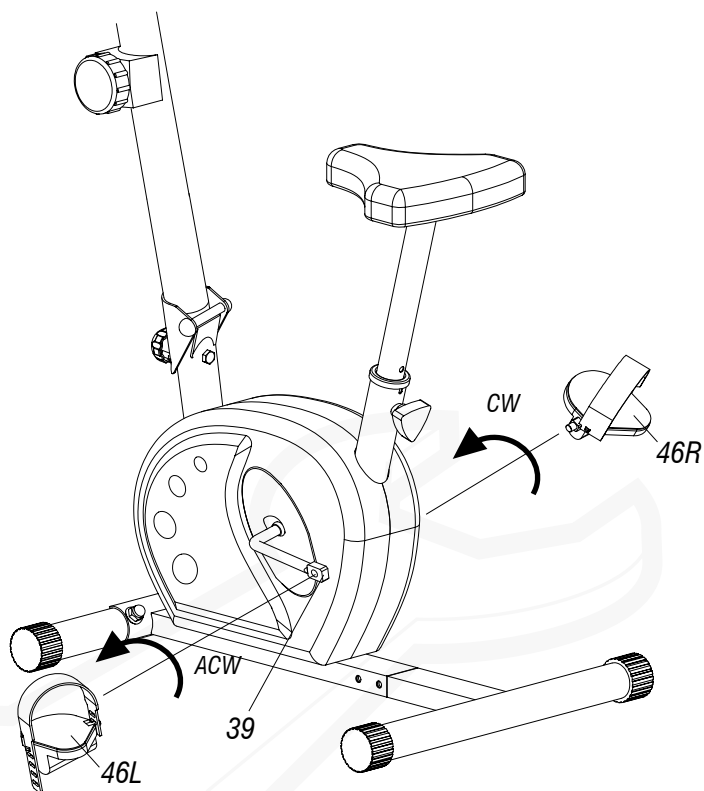
- 4** Assemble the Pedals (Left and Right) (46L & R) to the Pedal Crank (39) (See note). Both Pedals **MUST** be tightened securely other wise damage may occur to the Crank.

Fit the Pedal Straps (Marked L and R) ensuring a snug, but not tight fit with your normal footwear.

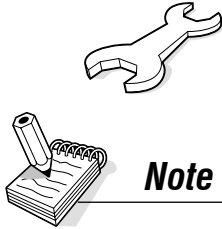


Note

One Pedal is supplied with a **RIGHT HAND THREAD** for the **RIGHT HAND SIDE** of the cycle and must be fitted by turning **CLOCKWISE**. The other Pedal is supplied with a **LEFT HAND THREAD** for the **LEFT HAND SIDE** and must be fitted by turning **ANTI-CLOCKWISE**.



Assembly & Adjustments

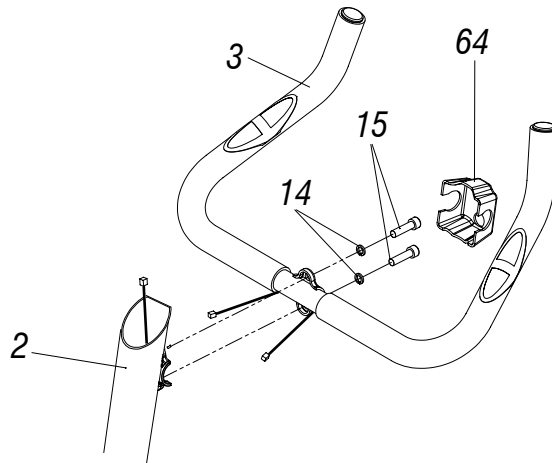


5

Place the Handlebar Assembly (3) into the bracket at the top of the Handlebar Upright (2) then hold the fixture closed and secure in place using 2 x M8 x 30mm Allen Bolts (15) and 2 x M8 Spring Washers (14). Push the Handlebar Bracket Trim (64) on the bracket at the top of the Handlebar Upright (2). Adjust the Handlebar for your own personal position and securely fasten in place.

Note

For safety during use do NOT lean your full bodyweight onto the Handlebar. Please regularly check the security of the Handlebar bolts.



Note

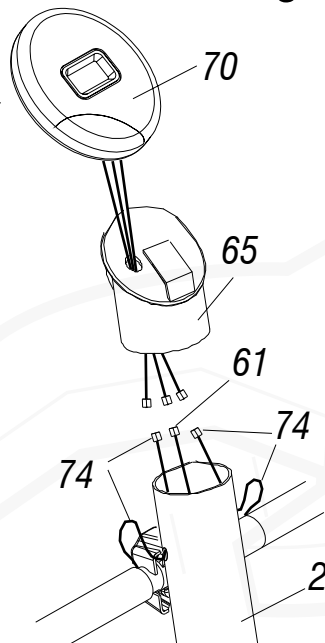
The Exercise monitor Cables have been colour coordinated for easy assembly.

6

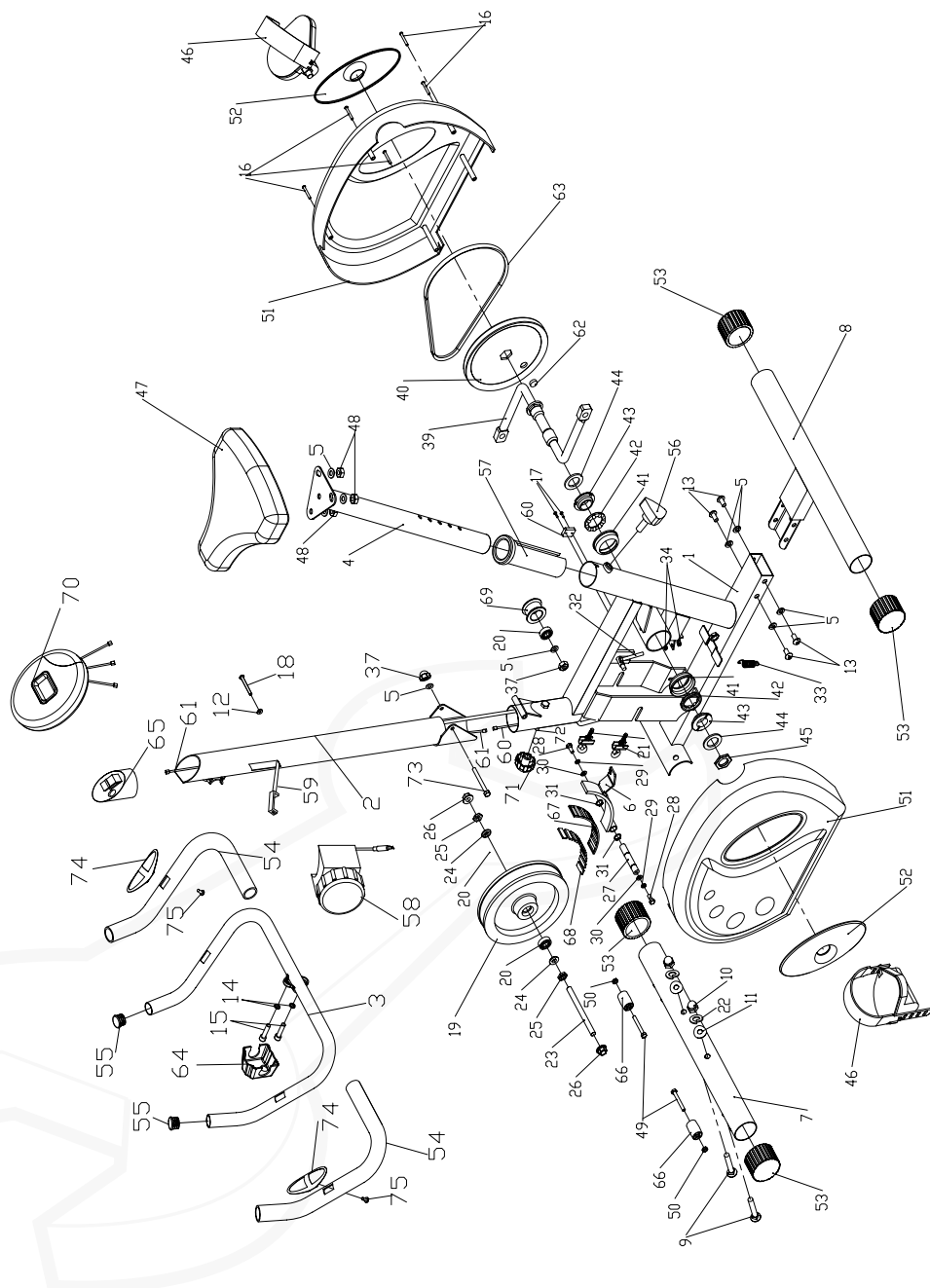
Pass the Connectors at the Back of the Exercise Monitor (70) through the hole in the top of the Monitor Mount Bracket (65) and fix the Exercise Monitor (70) to the Monitor Mount Bracket (65).

Pass the Hand Pulse Sensor Wires (74) through the hole in the Handlebar Upright (2) and out of the top of the Handlebar Upright (2).

Connect the Exercise Monitor Link Wire (61) and Hand Pulse Sensor Wires (74) to the connectors that have been passed through the Monitor Mount Bracket (65), then slide the assembly onto at the top of Handlebar Upright (2).



Assembly



Assembly



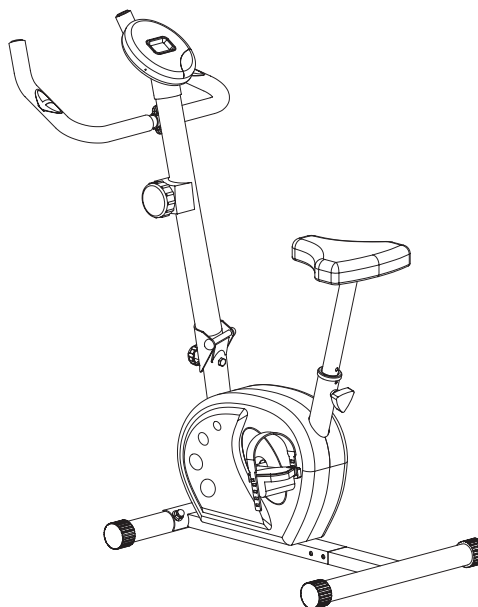
MASTER PARTS & ACCESSORY LIST

PART No.	DESCRIPTION	QTY
1	MAIN FRAME	1
2	HANDLEBAR UPRIGHT	1
3	HANDLEBAR	1
4	SADDLE STEM	1
5	M8 FLAT WASHER	8
6	MAGNETIC BRACKET ASSEMBLY	1
7	FRONT STABILISER	1
8	REAR STABILISER	1
9	M10 x 65mm CARRIAGE BOLT	2
10	M10 DOME NUT	2
11	M10 CURVED WASHER	2
12	M5 CURVED WASHER	1
13	M8 x 16mm ALLEN BOLT	4
14	M8 SPRING WASHER	2
15	M8 x 30mm ALLEN BOLT	2
16	M4 x 30mm SELF TAPPING SCREW	5
17	M3 x 10mm SELF TAPPING SCREW	2
18	M5 x 50mm SCREW	1
19	MAGNETIC FLYWHEEL	1
20	BEARING	3
21	TENSION ADJUSTER BOLT	2
22	M10 SPRING WASHER	2
23	MAIN SHAFT	1
24	M10 TAPER NUT	2
25	M10 x 1T NUT	2
26	M10 FLANGE NUT	2
27	MAGNETIC AXLE	1
28	M6 x 15mm HEX BOLT	2
29	M6 SPRING WASHER	2
30	M7 WASHER	2
31	C CLIP	2
32	M6 x 45mm HEX BOLT	1
33	TENSION SPRING	1
34	M6 NUT	2
35	ROUND CAP	1
36	N/A	
37	M8 DOME NUT	1
38	N/A	
39	CRANK	1
40	DRIVE WHEEL	1
41	BOWL BRACKET	2
42	ROUND BRACKET	2
43	BUSHING	2
44	FLAT WASHER	2
45	NUT	1
46	PEDAL (LEFT & RIGHT)	2
47	SADDLE	1
48	M8 NYLON LOCKNUT	3
49	M6 x 48mm HEX BOLT	2
50	M6 NYLON LOCKNUT	2
51	CHAIN COVER (LEFT & RIGHT)	2
52	CRANKSHAFT GUARD TRIM	2
53	FRONT & REAR FRAME END CAP	4
54	HANDLEBAR FORM GRIP	2
55	HANDLEBAR END CAP	2
56	SADDLE ADJUSTMENT KNOB	1
57	SADDLE STEM INSERT	1
58	TENSION CONTROL KNOB	1
59	TENSION CABLE	1
60	LOWER EXERCISE MONITOR CABLE	1
61	EXERCISE MONITOR LINK WIRE	1
62	ROUND MAGNETIC INSERT	1
63	DRIVE BELT	1
64	HANDLEBAR BRACKET TRIM	1
65	MONITOR MOUNT BRACKET	1
66	SLEEVE	2
67	PLASTIC MAGNETIC FIXED BRACKET	1
68	MAGNETIC	7
69	PULLEY	1
70	EXERCISE MONITOR	1
71	M10 LOCKING KNOB	1
72	M10 CURVED WASHER	1
73	M8 x 70mm HEX BOLT	1
74	HAND PULSE SENSOR PAD & WIRE	2
75	M5 x 15mm SELF TAPPING SCREW	2



Note

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



D.I. Support

*c/o Unit 8, Riparian Way,
The Crossings, Cross Hills,
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