

TM

PRO
FIVE

IN-HOME CYCLE

OWNER'S MANUAL



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I N T R O D U C T I O N

Giant Tempo™ Indoor Exercise Bicycle

Congratulations. You have purchased one of the finest indoor exercise bicycles made; the Giant Tempo™ indoor exercise bicycle. Whether you want to maintain your cycling form or improve your physical fitness, Giant's Tempo™ indoor exercise bicycle can help you reach your goals.

Tempo™ is designed to allow you to duplicate the fit and feel of your bicycle, or to simply select a comfortable riding position for a custom fit that makes the bicycle feel like an extension of your body. From its sturdy and attractive tubular steel frame to the fully adjustable rider compartment, Tempo™ will become an important part of your total fitness program.

Giant, the world's leading distributor of quality bicycles, has developed a truly remarkable indoor cycle with a list of features not found on other indoor exercise bicycles. For example, a ratcheted micro-adjustable tension control knob allows you to precisely set the exact amount of pedaling resistance. A standard direct-pull alloy brake mechanism, equipped with oversized felt pads, applies resistance to both sides of the 40-pound flywheel insuring a smooth pedaling action. Tempo's™ dual-sided pedals feature SPD compatible clipless fittings on one side, while toe clips can be installed on the other side of the pedal.

Whether you want to go easy or hard, for a long time or just a short while, Tempo™ will make indoor exercise more enjoyable and beneficial.

Before using your Tempo™ Indoor Exercise Bicycle, it is essential to read this entire manual carefully. No one should use this equipment without first reading, and following, the instructions and safety warnings contained in this manual. The Tempo™ indoor exercise bicycle is not a toy, and it is not intended for use by children.

This manual contains a number of safe practices in the "Safety Tips" section. Additional warnings are placed throughout the manual. Warnings related to your personal safety are indicated by:

WARNING

Remember, however, this manual or the warnings do not replace the need to be alert and to use your common sense when using the Tempo™ indoor exercise bicycle.



WARNING

TO AVOID SERIOUS PERSONAL INJURY:

- Before beginning any conditioning or fitness program, consult with your physician or health professional. Only this person can establish the proper conditioning or fitness program that is appropriate for your age and physical condition.
- If you feel faint, dizzy, short of breath, or if you have chest or other pains, **STOP IMMEDIATELY!** Consult your physician before you continue.
- **NEVER** attempt to use the stationary cycle when ill or in a weakened condition.
- **NEVER** use Tempo™ if your body weight exceeds 300 lb.
- **NEVER** ride Tempo™ in a standing position at high revolutions per minute (RPM) until you have practiced at low RPM.
- **ALWAYS** read operating instructions before beginning.
- **ONLY** install the indoor cycle on a solid, level surface in a well-lighted and well-ventilated area.
- **ALWAYS** properly warm up before beginning use of the indoor cycle.
- **ALWAYS** wear proper attire and footwear that fully covers your feet.
- **ALWAYS** keep children and pets clear of the indoor cycle and moving parts while in use.
- **ALWAYS** wait until the pedals are completely stopped before removing your feet from the pedals or dismounting.

SPECIAL FEATURES

Fully Adjustable Rider Compartment

Saddle tilt, reach, and height as well as handlebar height and reach are fully and easily adjusted.

Dual Sided Pedals

Allows you to use either SPD™ compatible clipless pedals or toe clips.



Micro Adjustable Tension Control

Fine-tune the exact resistance you want with the micro adjustable tension control. The ratcheted control knob allows you to duplicate resistance settings from one workout to the next.



Large Felt Resistance Pads

Two large 3 " x 1 " felt resistance pads apply tension to the side of the weighted flywheel, guaranteeing a smooth pedal action regardless of pedal rpm.

Multi Position Handlebar

Tempo's handlebar provides at least five different positions for maximum comfort.



1. WHAT IT'S CALLED

- | | |
|---|---|
| 1. Saddle | 10. Chain tension adjustment bolt |
| 2. Saddle tilt adjustment | 11. Resistance adjustment knob |
| 3. Saddle reach quick release adjustment | 12. Handlebar height quick release adjustment |
| 4. Saddle height quick release adjustment | 13. Handlebar reach quick release adjustment |
| 5. Levelers | 14. Handlebar |
| 6. Dual sided pedal | 15. Emergency brake |
| 7. Felt resistance pads | 16. Elbow pads |
| 8. Transport Wheels | 17. Water bottle cage fittings |
| 9. Fly wheel | |



2. INSTALLATION AND ADJUSTMENT

A. Positioning Tempo™

1. Pick a Cheerful Place

It is a good idea to place your Tempo™ in a large room with plenty of sunshine, light and mirrors. Tempo™ should also be placed on a solid surface or short nap carpet so it does not “walk” or build up static electricity when being used.

2. Keep Tempo™ Level

To help prevent your Tempo™ from rocking on an uneven floor, there are leveling disks at each corner (Fig. 1). To raise the height of one corner, rotate the rubber footpad counter clockwise. When the desired height is reached, hold the footpad in place with one hand while rotating the locking wing nut clockwise with the other hand.



FIGURE 1

B. Setting Up Tempo™

1. Quick Release Adjustment for Saddle and Handlebar Position

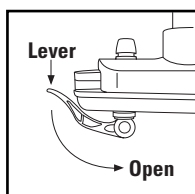


FIGURE 2

Open quick release by rotating lever out, and away from frame.

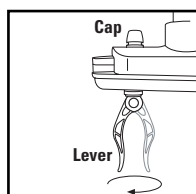


FIGURE 3

Hold the cap securely and turn lever clockwise until snug.

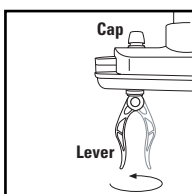


FIGURE 4

Continue holding the cap and turn lever back (counter-clockwise) one full turn.

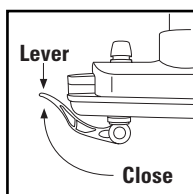


FIGURE 5

Close quick release by rotating lever in, and toward frame.

2. Duplicating Your Bike's Position

If you own a road or mountain bike and want to duplicate its rider compartment layout, we recommend the following steps for adjusting your Tempo™:

- Measure the distance from the top of your saddle to the center of the bottom bracket spindle (crack arm axle) on your bike. Adjust your Tempo's™ seat post height to the same measurement. Also adjust the tilt of your Tempo's™ saddle so that is level to the ground. A carpenter's level will make this job easier.
- Place a straight edge ruler or 2 X 4 on top of your bike's saddle and extend it out over your handlebar, making sure the straight edge is level or parallel to the ground. Measure the distance from the bottom edge of the straight edge to the top of your handle bar near the handlebar stem. Raise or lower the handlebar stem height on your Tempo™ until you duplicate this position.
- Finally, measure the distance from the nose of your road bike saddle to the front of the handlebar. Duplicate this position on your Tempo™ by sliding the handlebar forward or back.

Keep in mind these steps will get your Tempo's™ riding position close to the riding position on your bike. You may have to make further adjustments to compensate for different pedals, riding shoes, saddle, handlebar and crank arm length. Also, it is a good idea to make a note of the saddle height, saddle fore/aft position, handlebar height and handlebar for/aft position you've calculated in the event you have to re-set them again. Reference numbers are provided on the seat post (Fig.4), saddle base, handlebar stem and handlebar base for this purpose.



FIGURE 4

C. Adjusting Your Tempo™

There are five different adjustment features available on your Tempo™ to ensure your workouts are comfortable and provide maximum benefit. Taking the time to carefully adjust your Tempo™ to your dimensions is strongly recommended.

Keep in mind that the steps which follow will establish a basic neutral riding position which will work for most people, but perhaps not for you. Giant recommends following these steps and riding your Tempo™ for a week or two before making further adjustments. When further adjustments are necessary, make them in small increments of approximately two millimeters at a time.

- Adjust the saddle tilt by loosening the saddle clamp nut (Fig. 5) under the saddle with a 14 millimeter wrench or adjustable “crescent” wrench. Position the saddle so it is level with the ground. A carpenter’s level may make this adjustment easier. When the saddle is level, re-tighten the nut while holding the saddle in place.
- Adjust the saddle height so that when the ball of your foot is on the pedal and the pedal is in the lowest position, your knee is slightly bent.. If your saddle is at the correct height, your knee will be slightly below your hip at the top of the pedal stroke (your knee should not come above your hip at the top of the pedal stroke). If your hips rock downward when the pedals are at the lowest position, lower the saddle slightly until the rocking is eliminated.
- Adjust the saddle fore/aft position so the saddle is centered over the seat post (Ref # 4 on saddle base).
- Adjust the handlebar height until the handlebar is level with or about one inch below the top of the saddle. Laying a straight edge or 2 x 4 on top of the saddle and extending it out over the handlebar may make this adjustment easier (Fig. 6).
- Adjust the fore/aft position of the handlebar so that you are leaning at about a 45 degree angle when your hands are positioned at the back of the handlebar (Fig 7). This position may be somewhat uncomfortable at first unless you’ve been regularly riding a road bicycle. However, as you become accustomed to the position, it will be more comfortable because your body weight is distributed between the saddle and the handlebar.
- Adjust the pedal resistance by turning the tension adjusting knob. To increase resistance turn the knob counterclockwise. To decrease resistance turn the knob clockwise. (Fig. 8))

D. Moving Your Tempo™

To move your Tempo™ to a new location, stand at the rear of the unit and lift the angled support tube behind the seat post tube with both hands and lift the unit until the entire weight is on the two transport wheels on the forward support bar.(Fig. 9) Roll the unit to the new, properly selected location (see “Positioning Tempo™”).



FIGURE 5



FIGURE 6



FIGURE 7



FIGURE 8



FIGURE 9

3. USING YOUR TEMPO™



WARNING

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- **If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before you continue.**
- **NEVER attempt to use the stationary cycle when ill or in a weakened condition.**
- **ALWAYS read operating instructions before beginning.**
- **ALWAYS properly warm up before beginning use of the stationary cycle.**
- **ALWAYS wear proper attire and athletic or cycling shoes when using Tempo™.**
- **ALWAYS keep children and pets clear of the stationary cycle and moving parts while in use.**

1. Warm-Up

According to Lisa Brinton, Certified Personal Trainer and Indoor Cycling Instructor, "A gradual warm up will lead to efficient calorie burning by increasing the body's core temperature, increase metabolic rate so oxygen is delivered to the working muscles more quickly and reduce the possibility of injuries by improving the elasticity of the muscles. Start your ride with very little resistance on the flywheel and pedal at a moderate RPM of about 50 to 70 pedal revolutions per minute. Gradually increase flywheel resistance and pedaling speed for at least 8 to 10 minutes. You are warmed up when your breathing rate has increased and you begin to notice a light sweat."

2. Workout

If you have not been exercising regularly, Certified Personal Trainers, like Lisa Brinton, recommend limiting your workout to a moderate level and about 30 minutes for a couple weeks. Try to workout at least 3 to 4 times a week. After a couple weeks gradually increase the duration & intensity of your workouts until reaching 45 minutes.

Lisa recommends the "talk" test to determine the intensity of your workouts. If you can talk in complete sentences while exercising you are working at a moderate level. On the other hand, if you must gasp for air when trying to talk you are working out at an intense level.

3. Cool Down

Lisa points out that a cool down is just the opposite of warm-up. "After a workout, a cool down period will flush your muscles of lactic acid build-up and allow your cardiovascular system to slowly return to normal activity level". During cool down, reduce the resistance level and pedal RPM until breathing returns to near normal, approximately three to five minutes. Lisa also asks her indoor cycling students to stretch during and just after cool down. While pedaling during cool down arm and shoulder muscles can be stretched. After cool down stretch the leg muscles for a few minutes primarily the quadriceps, hamstrings, calves and gluteus.

4 . M A I N T E N A N C E

Your Tempo™ indoor exercise bicycle should require very little maintenance. To keep it looking new, wipe the surface with a clean damp cloth. Use a little dish washing liquid on stubborn dirt, but never use abrasives.

Be certain to wipe all perspiration from the Tempo™ when you are finished. Perspiration contains salt and other substances that can damage surfaces or leave a white residue.

If you should need service, contact your local Authorized Giant Dealer for qualified repair and advice.

For identification and record keeping purposes, the serial number for your Tempo™ is located on the front support tube (Fig. 11). It is a good idea to record this serial number on your purchase receipt or in the owner's manual.



FIGURE 10

GIANT INDOOR CYCLING EQUIPMENT LIMITED WARRANTY

Giant brand indoor cycling equipment is fully assembled at no additional charge by your Authorized Giant Dealer and is warranted (excluding electrical components) to be free from defect in material and workmanship for as long as the original purchaser owns the equipment.

Electrical components are warranted to be free from defect in material and workmanship for a period of two years from the date of purchase. ALL IMPLIED WARRANTIES APPLICABLE TO SUCH COMPONENTS, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THIS TWO-YEAR PERIOD.

Some states do not allow limitation on how long an implied warranty lasts, so the above limitation may not apply to you.

Free 60-Day Repair Labor

If your Giant brand indoor cycle is found to be defective in materials, workmanship, or assembly within 60 days of purchase, it will be repaired for you without charge for labor or materials. To receive this service, simply bring your Giant brand indoor cycle to the Authorized Giant Dealer from whom the unit was purchased.

LIMITED REMEDY

Unless otherwise provided, the sole remedy under the above warranty or any implied warranty is limited to the replacement of defective parts with those of equal or greater value at the sole discretion of Giant.

Unless covered by the free 60-day repair labor period you will be responsible for labor costs associated with warranty replacements.

IN NO EVENT SHALL GIANT BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, WHETHER BASED ON CONTRACT, WARRANTY, NEGLIGENCE, PRODUCT LIABILITY, OR ANY OTHER THEORY, INCLUDING, WITHOUT LIMITATION, PERSONAL INJURY DAMAGES, PROPERTY DAMAGE, OR ECONOMIC LOSSES.

EXCLUSIONS

THE ABOVE WARRANTY, OR ANY IMPLIED WARRANTY, DOES NOT COVER NORMAL WEAR AND TEAR, AND ALL WARRANTIES ARE VOID IF THE FITNESS EQUIPMENT IS USED FOR OTHER THAN NORMAL ACTIVITIES, INCLUDING, BUT NOT LIMITED TO, THE FAILURE TO FOLLOW THE OWNERS MANUAL.

Some states do not allow the exclusion or limitation of consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

WHAT YOU SHOULD DO

Bring your Giant brand indoor cycling equipment along with a purchase receipt or other proof of the date of purchase to an Authorized Giant Dealer or write to the Customer Service Department at: Giant Bicycle, Inc., 3587 Old Conejo Road, Newbury Park, CA 91320.



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