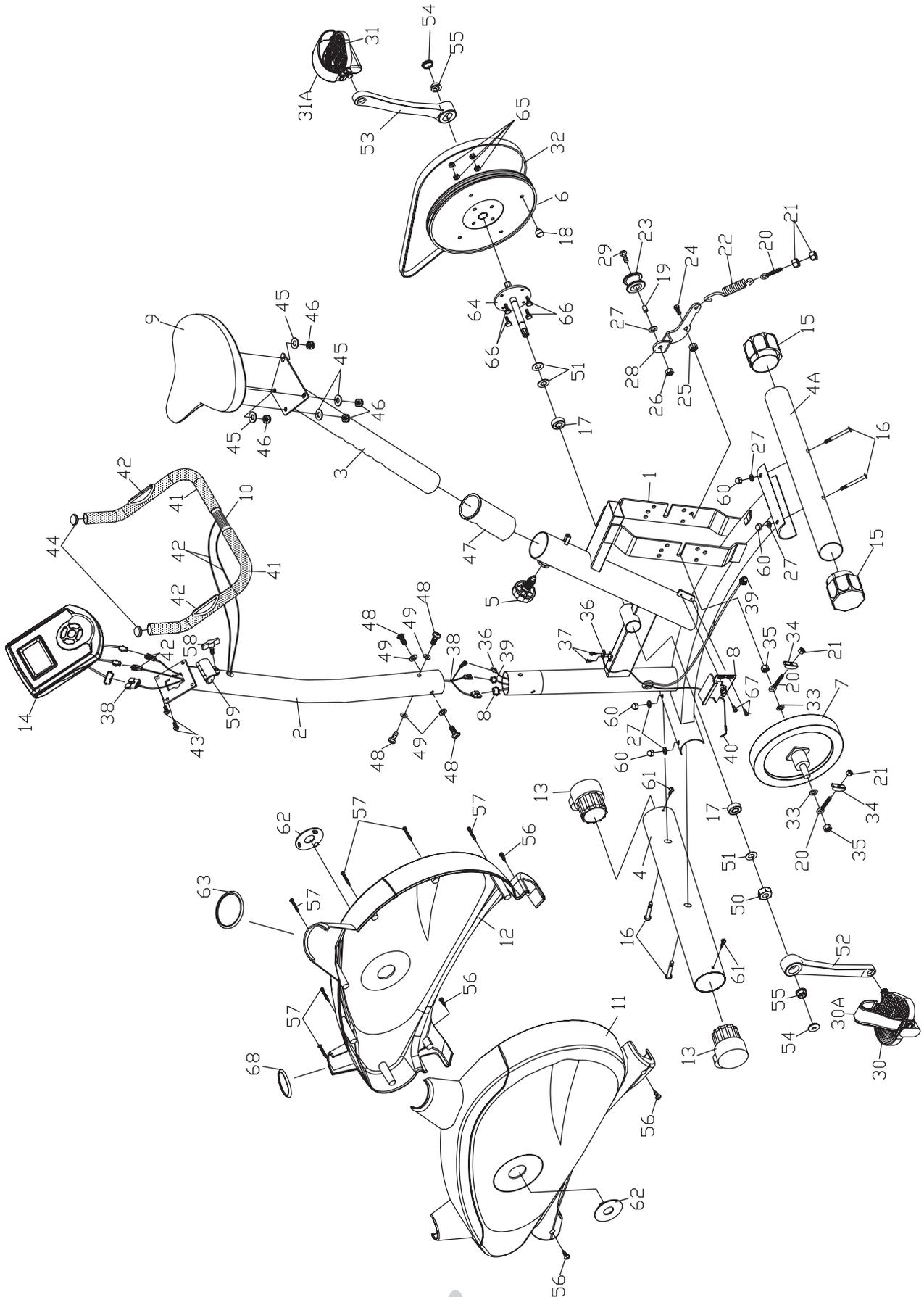


**MODEL: F000018**

***MAG BIKE C140***



# Exploded View



# Part List

ITEM	Q'TY	PART NAME	ITEM	Q'TY	PART NAME
1	1	Frame	34	2	Adjustment Channel
2	1	Console Tube	35	2	3/8"x26mm Cap Nut
3	1	Seat Post	36	1	Sensor Wire With Sensor
4	1	Front Foot Tube	37	2	TP M3x8mm Screw
4A	1	Rear Foot Tube	38	1	Extension Wire
5	1	Locking Knob (31mmL)	39	1	DC Power Cord
6	1	Pulley	40	1	Tension Cable (Drive Cable)
7	1	Mag Brake	41	2	Handlebar Sleeve
8	1	Gear Box W/Wire	42	2	Hand Pulse Wire with Sensor
9	1	Seat Pad	43	2	M5x12mm Metal Screw
10	1	Pulse Handlebar	44	2	φ 22mm Ball Plug
11	1	Bottom Left Housing	45	4	M8x19mm Washer (Silver)
12	1	Bottom Right Housing	46	4	8mm Locknut (Silver)
13	2	Transportation Wheel	47	1	Seat Post Round Bushing
14	1	Monitor	48	4	M8x15mm Hex Head Screw
15	2	Foot End Cap	49	4	M8x18mm Curved Washer
16	4	M8x65mm Carriage Bolt	50	1	Crank Shaft Nut
17	2	#6003 Precise Bearing	51	3	M17x22x1mm Washer
18	1	Magnet	52	1	Left Crank
19	1	M8x12.5x10.5L Spacer	53	1	Right Crank
20	3	Eyebolt 6x40mm	54	2	Crank Central Cap
21	4	M6 Hex Nut (Silver)	55	2	M10x P1.25R Cap Nut
22	1	Spring	56	4	TP M4x16mm Screw
23	1	Idler Pulley	57	6	TP M5x30mm Screw (Silver)
24	1	M8x20mm Screw (Silver)	58	1	Locking Pin
25	1	M8 Sliver Locknut (Thick)	59	1	Handlebar Lug
26	1	M8 Sliver Locknut (Thin)	60	4	8mm Nut Cap
27	5	M8x19mm Washer (Silver)	61	2	TP M4x12mm Screw
28	1	Belt Tension Bracket	62	2	Round End Cap
29	1	M8x30mm Hex Head Screw	63	1	Seat Post Plastic Ring
30	1	Left Pedal	64	1	Pulley Axle
30a	1	Left Pedal Strap	65	4	6mm Locknut (Silver)
31	1	Right Pedal	66	4	M6x16 Hex Head Screw (Silver)
31a	1	Right Pedal Strap	67	2	TP M5x10mm Screw
32	1	V-Belt	68	1	Console Tube Plastic Ring
33	2	M10x19mm Washer (Silver)			

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## **WARNING!**

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of 120 kg.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

# Before You Start

Thank you for purchasing this new Achieve Mag Bike! This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

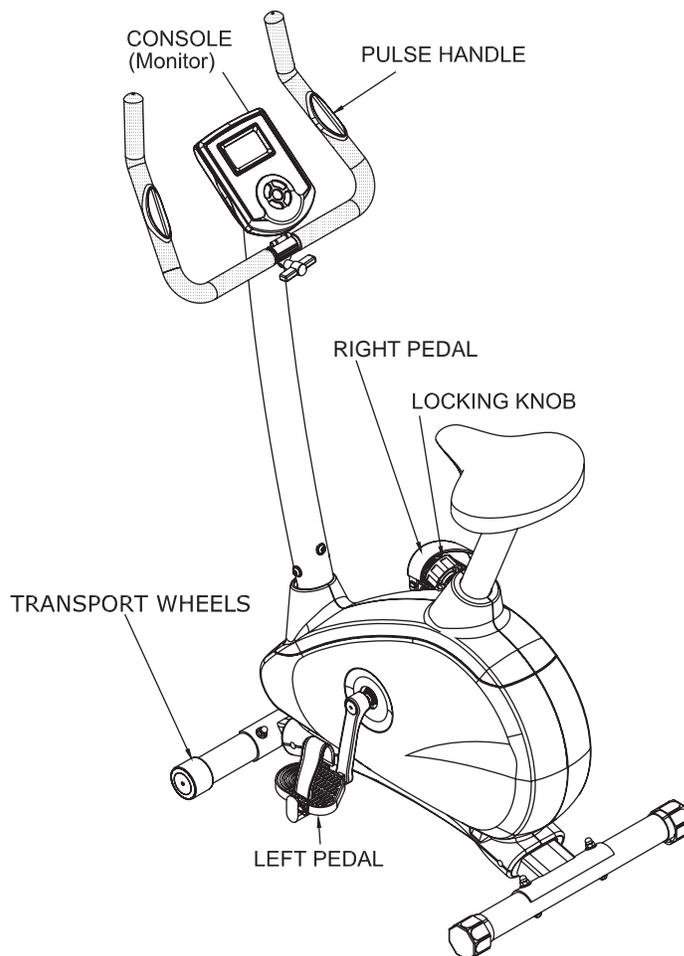
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate. If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit

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**Please review the following drawing below to familiarize yourself with the listed parts.**



# Assembly Instruction

## REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

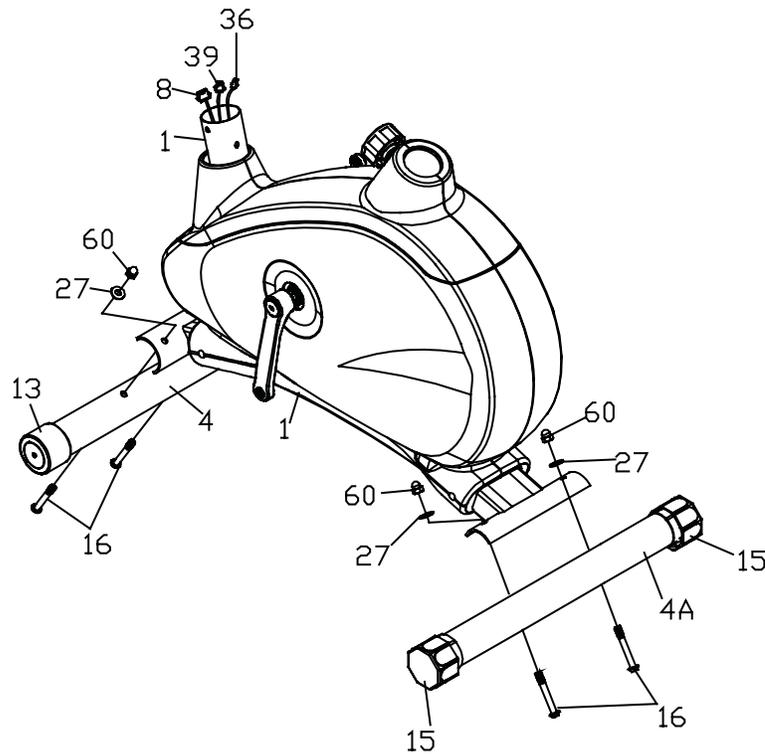
1. Attach Foot Tubes (4 & 4A) to Main Frame (1) using :

Qty 4 –(16) Carriage Bolt

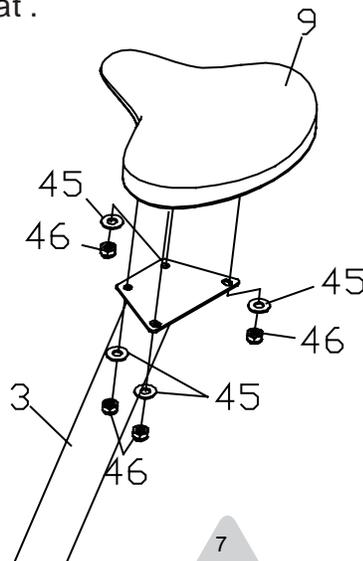
Qty 4 –(27) Washer

Qty 4 –(60) Nut Cap

Make sure that the Foot Tube (4 & 4A) with Transport Wheels (13) and Foot End Caps(15) are assembled to the front and rear of the Main Frame (1).



2. Attach Seat Pad(9) to the Seat Post (3) with the Locknuts (46) and Washers(45) already provided on the underside of Seat .

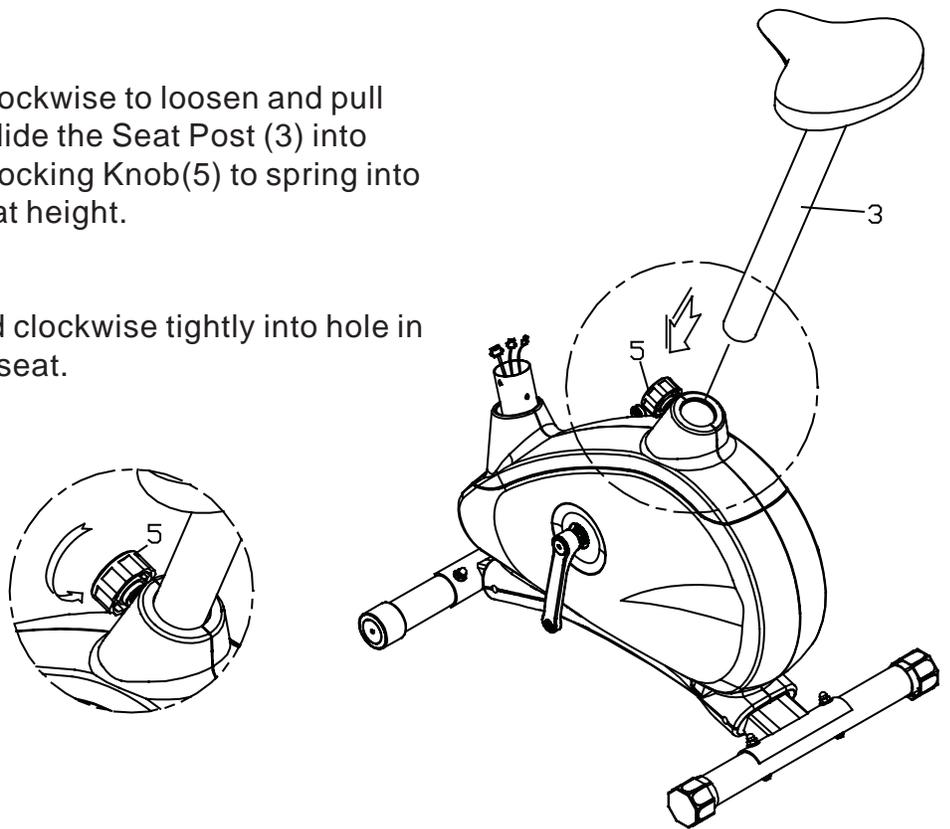


# Assembly Instruction

3. Turn Locking Knob (5) counterclockwise to loosen and pull back to hold on, at the same time slide the Seat Post (3) into Main Frame (1), then release the Locking Knob(5) to spring into the hole of Seat Post for proper seat height.

**\* IMPORTANT**

Locking Knob (5) must be locked clockwise tightly into hole in Seat Post (3) before you sit on the seat.

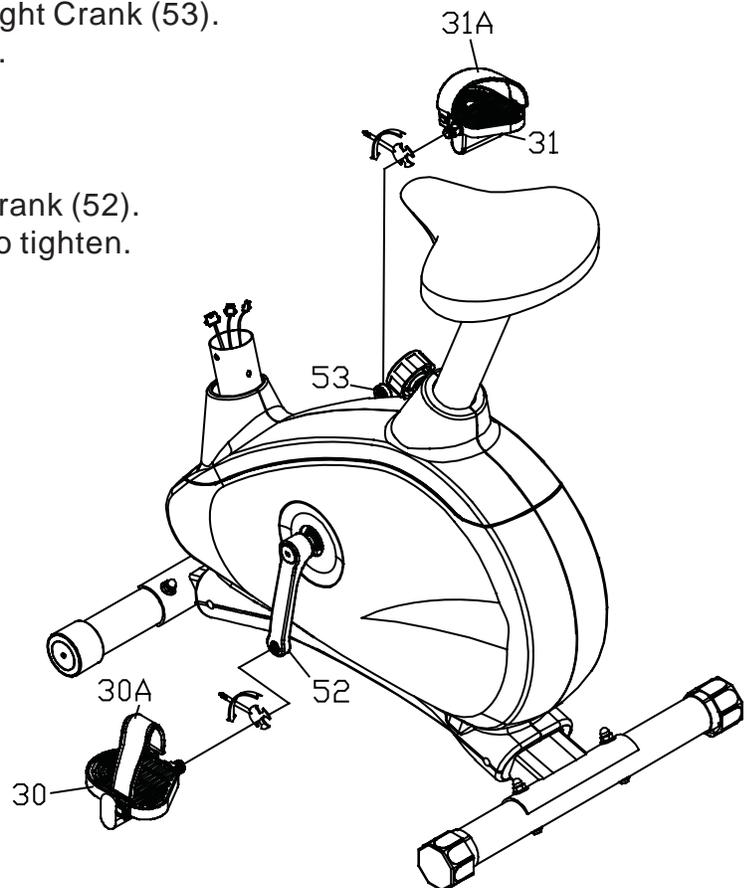


4. Thread the Right Pedal (31) into the hole of Right Crank (53). Secure in place by turning it clockwise to tighten.

*Note: Right Pedal (31) is marked with an "R".*

Thread the Left Pedal (30) into the hole of Left Crank (52). Secure in place by turning it counter-clockwise to tighten.

*Note: Left Pedal (30) is marked with an "L".*

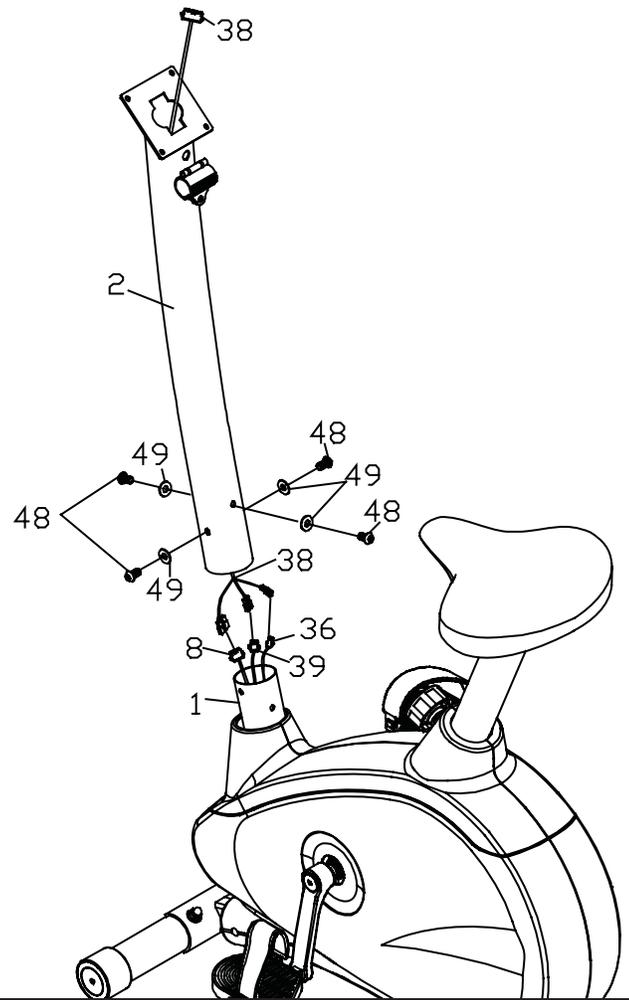


# Assembly Instruction

**5.** Connect the pins of Extension Wire(38) from the console tube to the Sensor Wire (36), Gear Box Wire (8) and DC Power Cord (39) in the main frame.

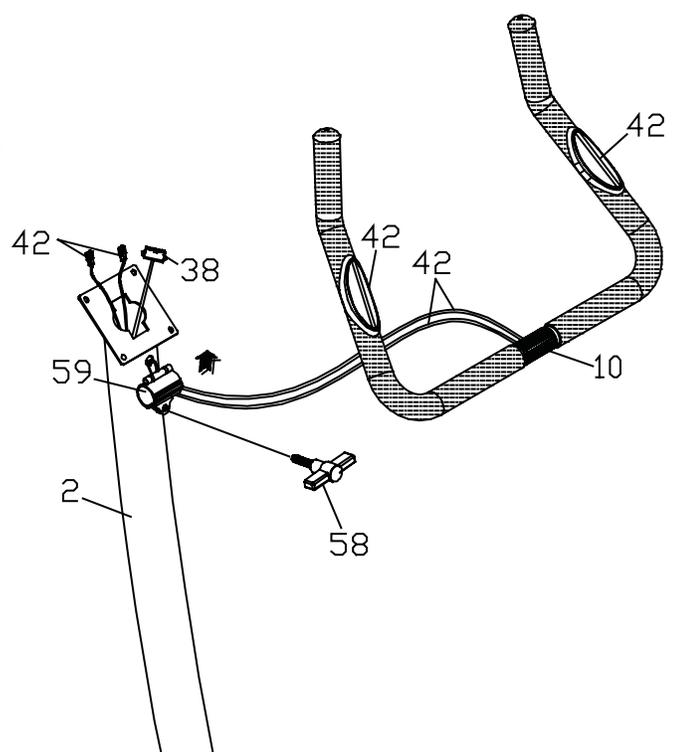
Then slide the Console Tube (2) onto the Main Frame Assembly and secure the Console Tube (2) to the main frame.

Secure the Console Tube (2) to the main frame using:  
Qty 4-(48) Hex Head Screw  
Qty 4-(49) Washer



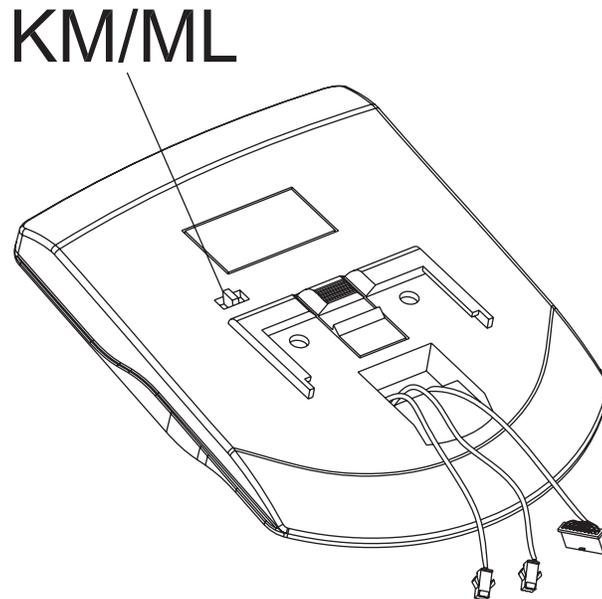
**6.** Pull the Hand Pulse Wires (42) came from the Handlebar into the hole located under the Handlebar Lug(59) and up through the Console Tube(2).

Secure Pulse Handlebar (10) to the Handlebar Lug(59) on the Console Tube(2) using one Locking Pin (58).



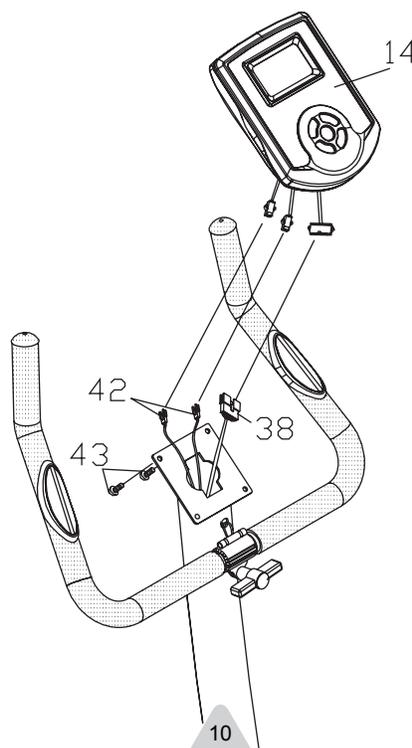
# Assembly Instruction

7. To change KM or ML , please push the switch to select scale (KM or ML)



8. Connect the Pulse Wires (42) and Extension Wire (38) to the wires out from Monitor (14). Secure Monitor (14) to Console Tube using Screws (43).

Note: The Screws(43) will already be installed into the back of Monitor (14) when you remove it from the box.



# Console

The console with large back-lit LCD which can display RPM, SPEED, TIME, DISTANCE, CALORIES, WATTS, and HEART RATE.

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## Power On

Press any button to turn on the console. A long beep will sound and the entire LCD display will light up for 2 seconds.

## Sleep

This occurs if the unit senses no pedal movement or if the console buttons have not been pressed for 3 minutes

## Wake

After the console enters sleep mode, press any button to turn on the console back on.

---

## Quick start

When console is on, press QUICK START to enter manual program (P1), press UP/DOWN to adjust tension

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## Program Operation

Press any button to turn on the console.

Use UP/DOWN to select a desired program.

Press MODE to confirm the program you wish to use.

Programs 1-10: These programs allow you to adjust your desired settings. press the START to begin your workout.

**Program 11:** This program allows you to set your target heart rate (THR).

During the setup mode for P11, the Pulse window will flash. Use UP/DOWN to set your desired THR. You will be asked to set an upper and lower limit. Press MODE to confirm the values then press the START to begin. During the workout, resistance will decrease if your heart rate exceeds the upper limit, resistance will increase if your heart rate drops below the upper limit. You must hold the pulse grips for this program to work.

See *MONITORING YOUR HEART RATE* section for more information.

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## Recovery

This mode is used to determine your physical condition. This fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Stop exercising, press RECOVERY button. The Time window will begin to count down 60 seconds. Hold onto the pulse grips until the 60 seconds has expired. Your score will be displayed in a value ranging from displayed as F1 to F6, F1 being the best.



# Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

See Fitness Safety on page 17

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

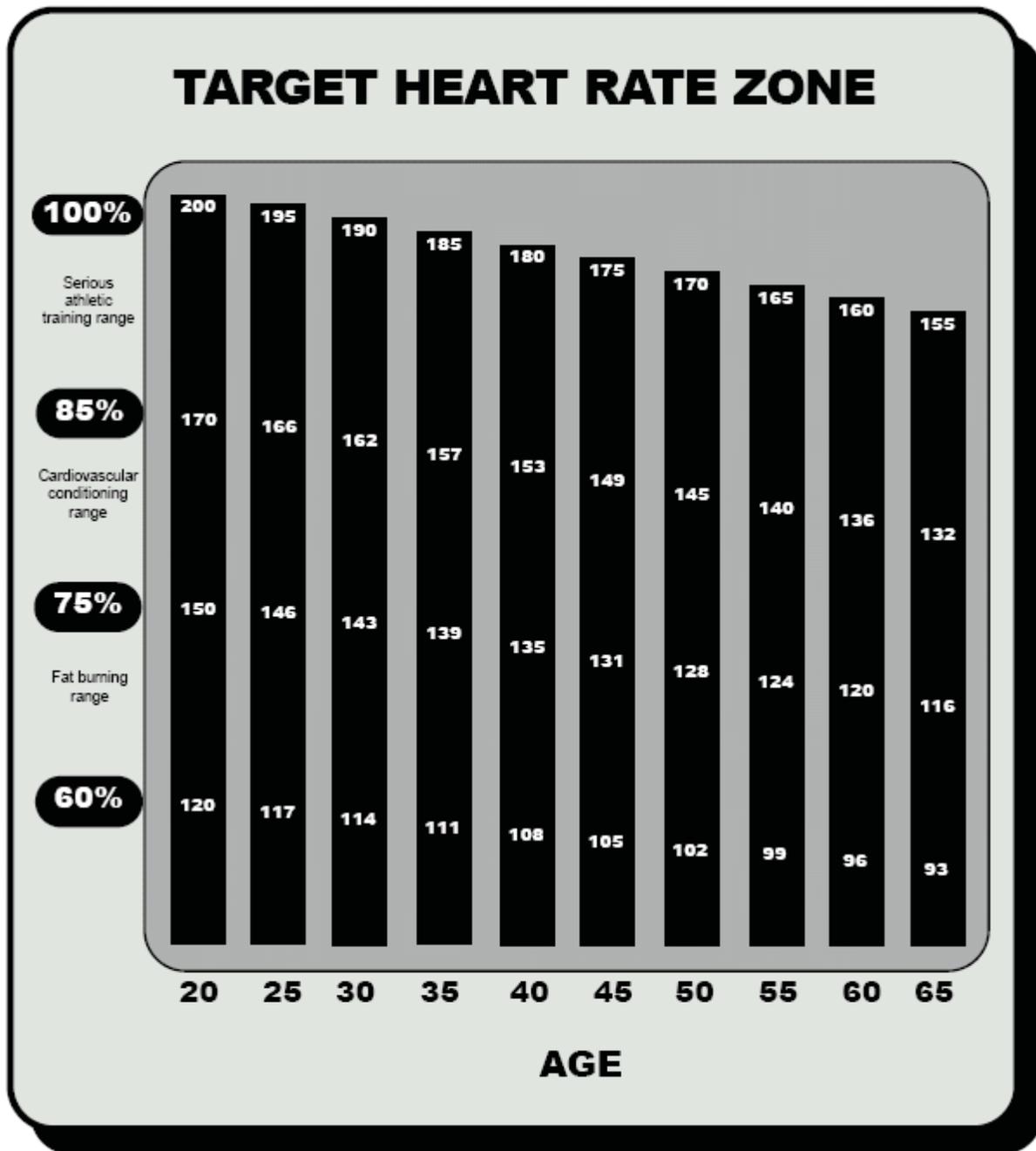
$220 - 30 = 190$

$190 \times .60 = 114$  (low end or 60% of MHZ)

$190 \times .75 = 142$  (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.



## IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

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## LIMITED WARRANTY

ACHIEVE FITNESS warrants its F0000018 (C140) Exercise Bike to be free from defects in material and workmanship under normal use and service conditions for a period of 12 months from the date of purchase of this article. Evidence of unfair usage or incorrect adjustment by the owner will void this promise.

All warranty coverage extends only to the original retail purchaser from the date of purchase. ACHIEVE FITNESS obligation under this Warranty is limited to replacing or repairing the product, at the discretion of our authorised service centre. Any enquiries relating to warranties or spare parts must first be directed to our Freecall 1800 465 070 who will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, retailer name you purchased the item from and the brand on the product.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by ACHIEVE. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by ACHIEVE.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Freecall            1800 465 070  
Hours              9:00am – 5:00pm Monday to Friday (excluding Public Holidays)  
                         9:00am – 3:00pm Saturday  
Website:          www.actionsports.com.au

