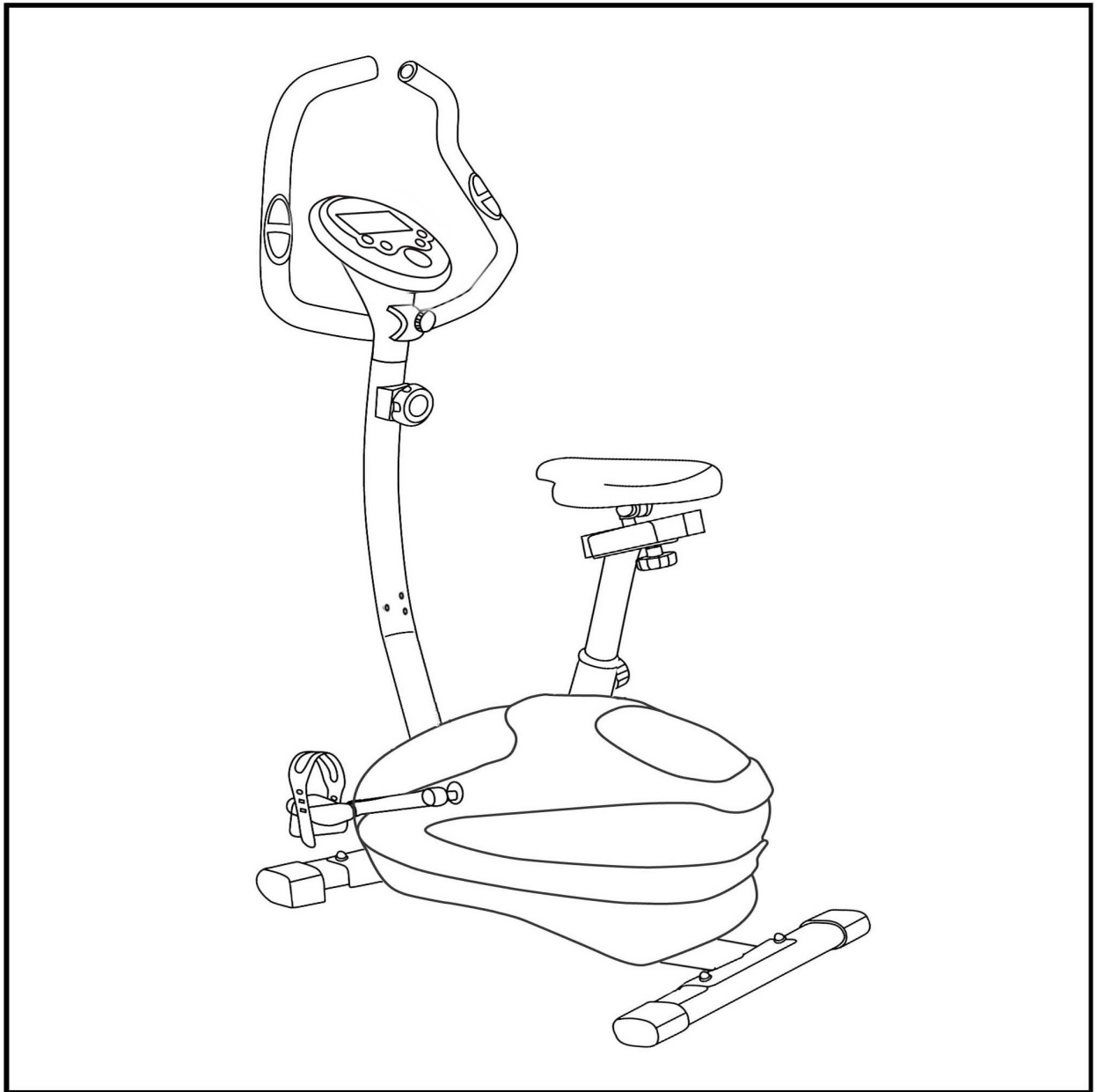


# CF-1580

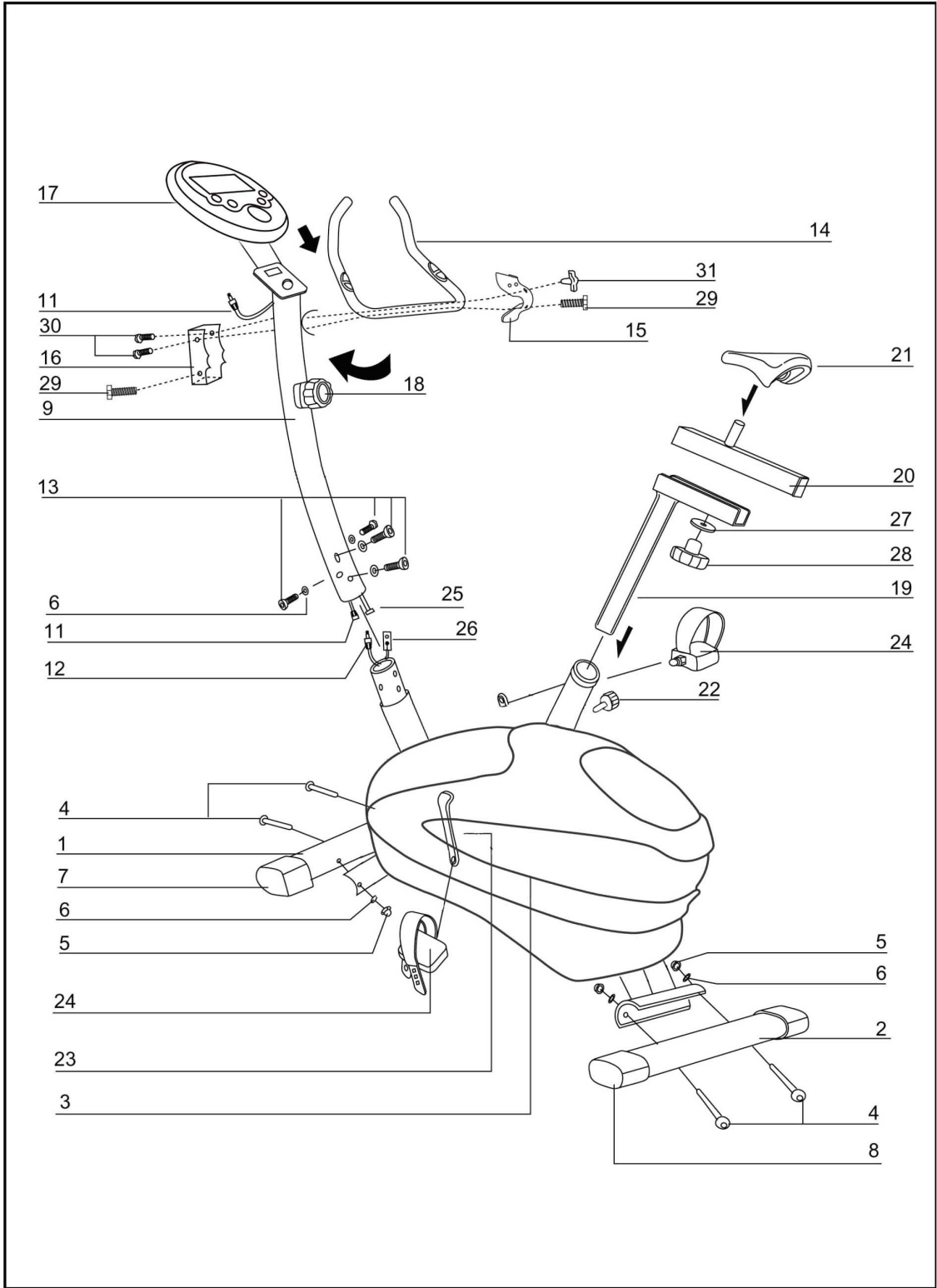
## MAGNETIC EXERCISE BIKE

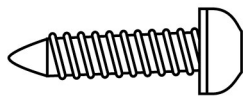


## **Important Safety Information**

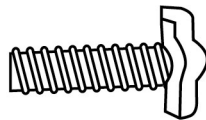
**Please keep this manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., it's easy to be wared away.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
13. Technical assistance service: contact the establishment where you purchased the product, showing the purchase receipt.

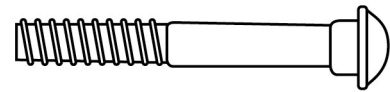




Allen key Bolt  
(M8x16mmL)



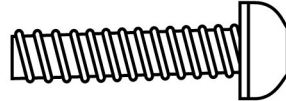
Adjusting knob  
for handle bar



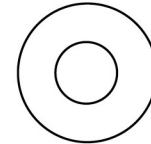
Key Head Bolt  
(M8x70mmL)



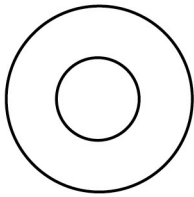
Allen key Bolt  
(M4x20mmL)



Allen key Bolt  
(M5x10mmL)



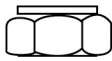
Washer (A)



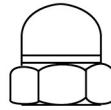
Washer (C)



Allen Wrench



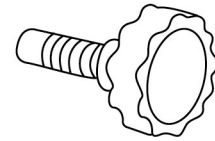
Washer (B)



Nylock Nut  
(M8)



Domed Nut  
(M8)

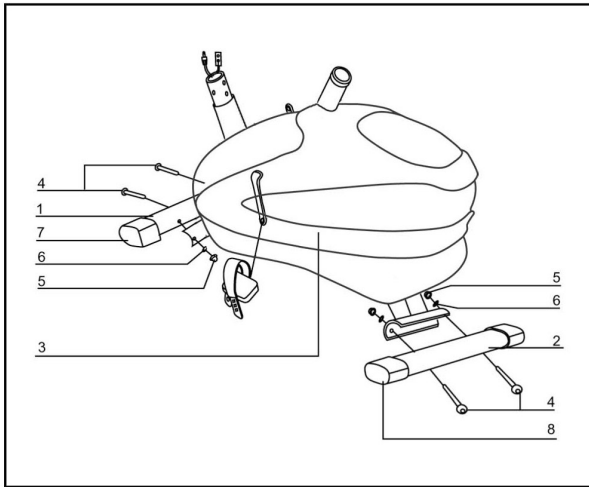


Adjusting Knob

## PART LIST

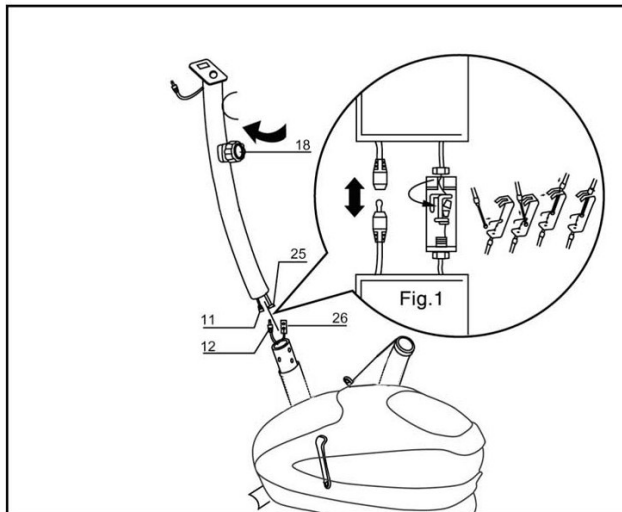
No.	Description	Qty	No.	Description	Qty
1	Front Stabilizer	1	16	Plastic protection below computer	2
2	Rear Stabilizer	1	17	Computer	1
3	Main Frame	1	18	Tension Knob	1
4	Key Head Bolt(M8x50mmL)	4	19	Seat Post	1
5	Domed Nut	4	20	Adjustment	1
6	Washer (A)	8	21	Seat	1
7	Front End Cap	2	22	Adjusting Knob	1
8	Rear End Cap	2	23	Crank Assemble	1
9	Front Post	1	24	Pedal (L & R)	2
10	Computer Extension Cable	1	25	Tension Cable	1
11	Sensor Wire	1	26	Tension Hook	1
12	Allen Key Bolt(M8x16mmL)	4	27	Washer (C)	1
13	Handle bar	1	28	Adjustment knob	1
14	Plastic protection below computer	1	29	Allen Key Bolt(M5x10mmL)	2
15			30	Allen Key Bolt(M4x20mmL)	2
			31	Adjusting knob for handle bar	1

## ASSEMBLY INSTRUCTION



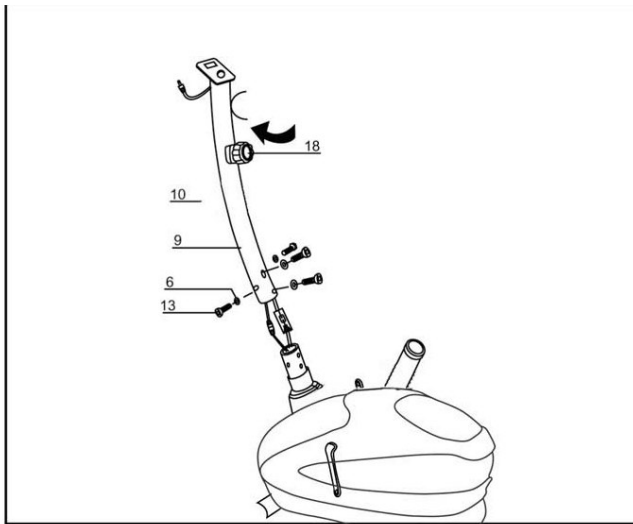
### STEP 1

Attach the two stabilizers (1) & (2) to the main frame (3) using four sets of domed nuts (5), washers (6) and M8 x 70 key head bolts (4).



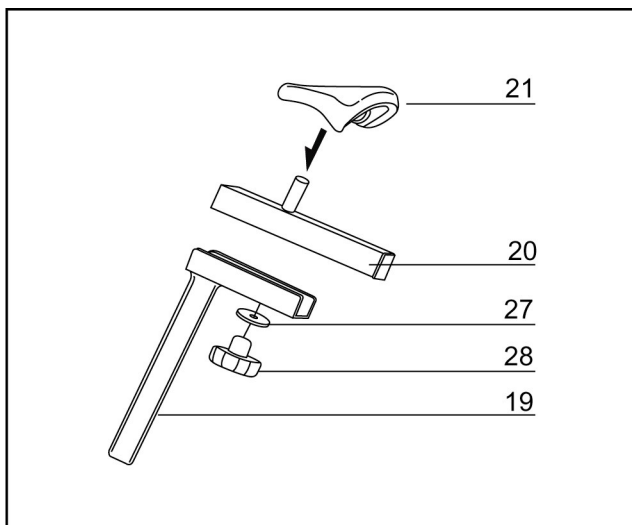
### STEP 2

Take the front post and join the upper computer wire (11) with lower computer wire (12). Then connect the bottom of the Upper Tension Cable (25) to the lower Tension Hook (26) (show in Fig.1)



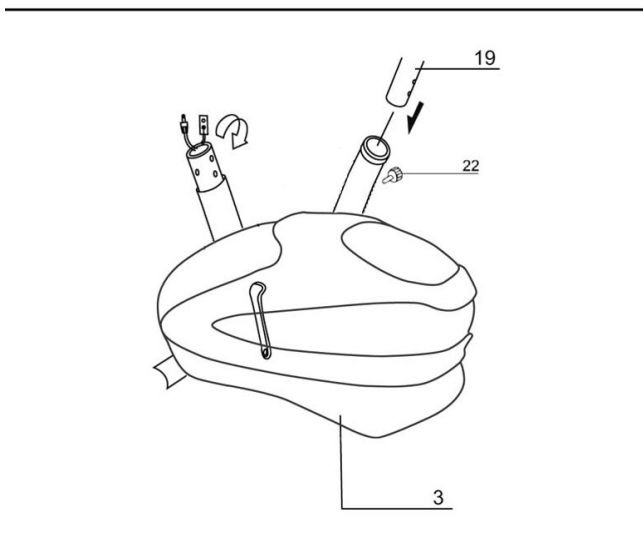
### STEP 3

Slide the front post (9) into the front post housing, and then fix with four sets of M8 x 16mm bolts (13) and washers (6). Making sure you do not trap any of the wires, and slide the plastic protection (10) into the front post housing.



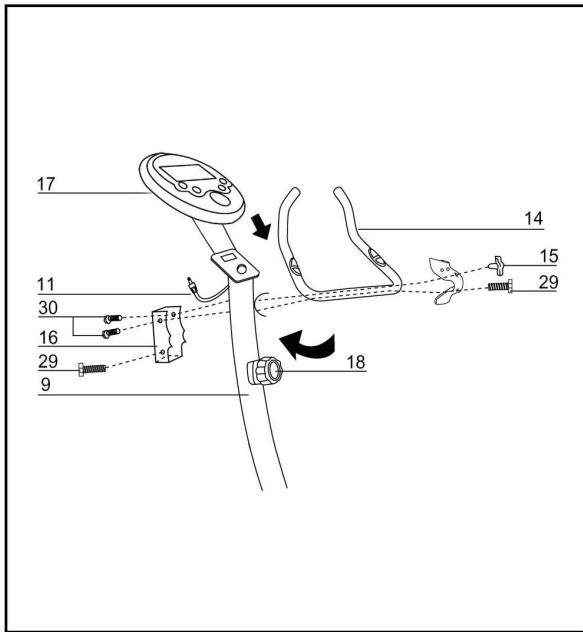
### STEP 4

Tap the Seat Post (19) into the end of the fabrication



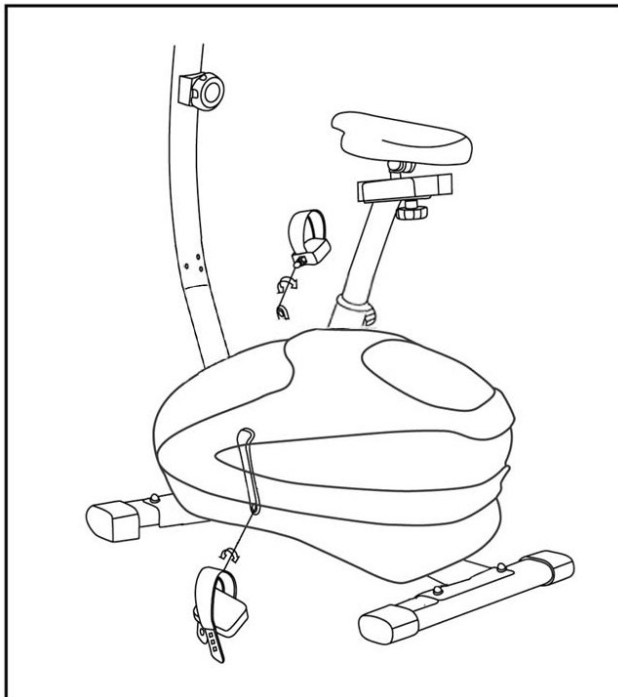
### STEP 5

Insert the seat post (19) into the frame (3) and line up the holes. Secure the seat in position with the Adjusting knob (22). The correct height for the seat can be adjusted after the bike is fully assembled.



### STEP 6

Attach the handle bar (14) to the Front post (9) as picture  
Slide the computer (17) to computer holder.



### STEP 7

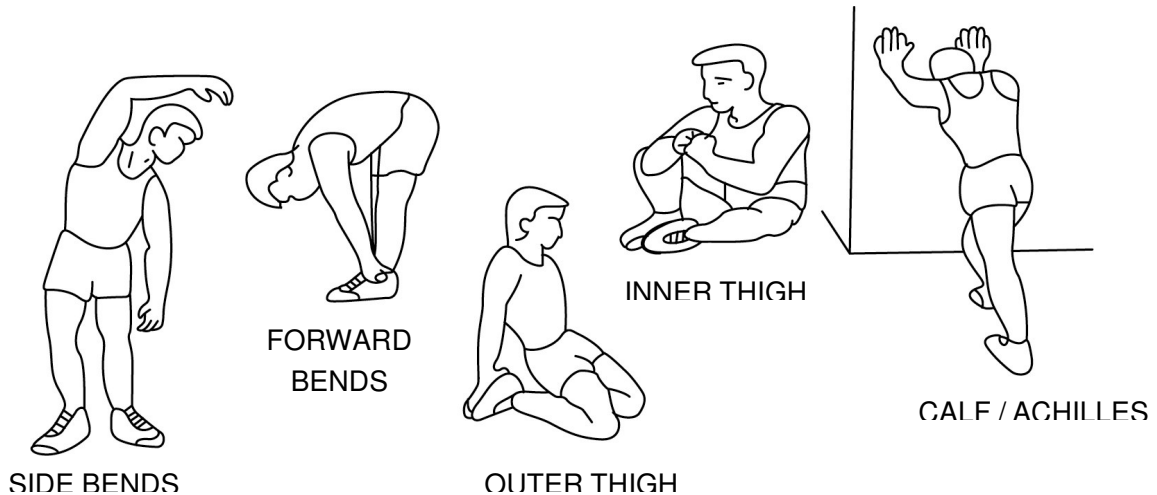
The pedals (24) are marked "L" and "R"-Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anti-clockwise.

## **EXERCISE INSTRUCTIONS**

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

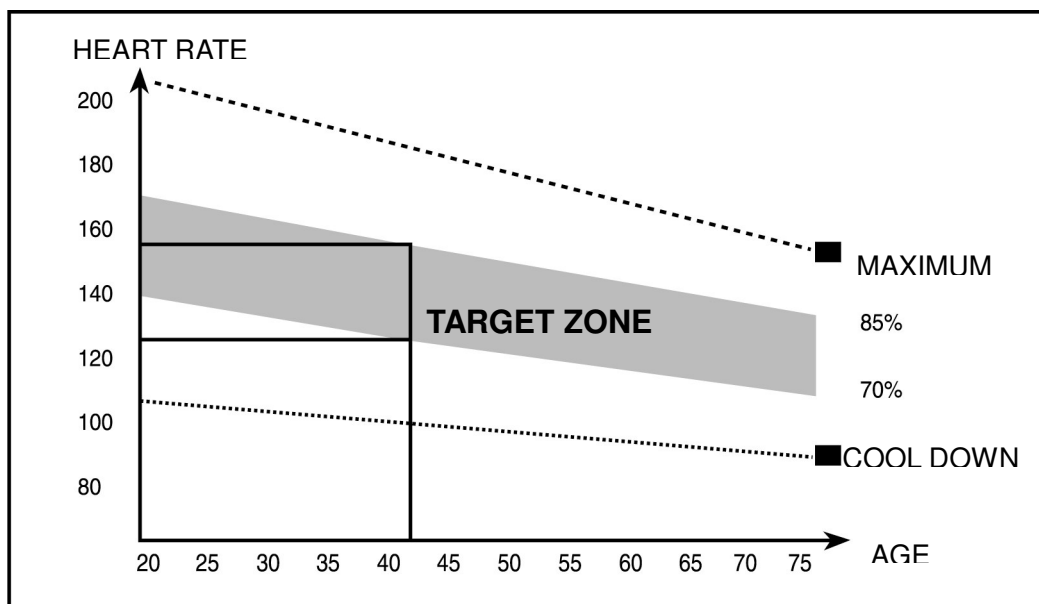
### **1. The Warm Up Phase**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



### **2. The Exercise Phase**

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.



### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **4. Fault Finder**

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

### **MUSCLE TONING**

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

### **USE**

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

# **EXERCISE MONITOR INSTRUCTION MANUAL**

## **SPECIFICATIONS:**

TIME(TMR).....00:00-99:598MIN	GENDER.....MAN/WOMAN
SPEED(SPD).....0.0-99.9KM/H	HEIGHT.....110-200CM
DISTANCE(DST).....0.00-999.9KM	WEIGHT.....10-200KG
CALORIE(CAL ).....0.00-999.9KCAL	AGE.....10-99YO
PULSE.....60-220BPM	

## **KEY GUIDE**

**MODE:** 1.select function to be preset to enter setting mode in the following order:

- Gender-Height-Weight-Age-Time-Distance-Calorie-Pulse
- Hold 2 seconds to reset all of the values to zero.
- Hold over 5 seconds, display and function will return to preset your personal data for body fat measuring.

**RECOVERY (If have):** Press this button going into pulse recovery detecting.

**MEASURE:** Press this button going to measure your body fat detecting. Before operating this function you have to enter your personal data in the monitor.

**UP:** 1.Increase the setting value you want when the monitor enters the setting mode.  
2.Select function and display on the main screen when the monitor enters the scan mode.

**DOWN:** 1.Decrease the setting value you want when the monitor enters the setting mode.  
2.Select function and display on the main screen when the monitor enters the scan mode.

## **FUNCTIONS AND OPERATIONS**

### **AUTO ON/OFF**

- The monitor will start-up automatically if the exercise machine is in motion or any key is pressed.
- The processor will turn off automatically and reset all function values to zero if stopping exercise for over 4 minutes.

### **SCAN**

●Press the button of MODE until the dot appears on the left of TIME display and flashes, the monitor enters the scan mode. The monitor will circularly display the following functions and each function will last for 5 seconds on the main screen:

TIME-SPEED-DISTANCE-CALORIE-PULSE

●In the scan mode, press the button of UP or DOWN, function and display on the main screen will be locked.

### **HOW TO PRESET TIME, DISTANCE&CALORIES:**

Press the MODE key until the function data that are going to be preset is flashing.

- Choose the value you want to exercise by pressing the UP or DOWN key.
- When speed sensor has any signal input, the monitor will begin to count down. It will beep 10 seconds to indicate the completion of workout, which is preset, press any key to stop beeping.
- If data are not preset, the function data will count up.

### **TIME**

The time of exercise will be displayed on the main screen by pressing the UP or DOWN key.

### **SPEED**

Current speed will be shown on the main screen by pressing the UP or DOWN key.

### **DISTANCE**

The distance of each workout will be displayed on the main screen by pressing the UP or DOWN key.

### **CALORIE**

The calories burned will be displayed on the main screen by pressing the UP or DOWN key.

### **PULSE (Target Heart Rate)**

●Press the button of UP or DOWN until the dot of pulse displays on the screen. The monitor will display

your current heart rate in beats per minute on the main screen. Place the palms of your hands on both of the contact pads and wait for 30 seconds for the most accurate reading. If you want to set a target value, please press the button of MODE to T.H.R. and press the UP or DOWN button to enter the value you want.

● **Pulse Limit:**

Set the value of pulse limit between 60 and 220. The monitor will measure your heartbeat. Once reaching the setting value, the monitor will flash until your heartbeat is lower than your setting value.

● **Note:**

If there is no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customers can press the UP or DOWN key to restart pulse function.

**PULSE RECOVERY (IF HAVE)**

It is function to check the condition of pulse recovery when stopping exercise. You can find the result scaled from F1.0 to F6.0 at the first left square of the lower screen. While F1.0 means the best, F6.0 means the worst and the increment is 0.1. In addition, the peak heartbeat is displayed at the second right square of the lower screen. This function may reflect your heart pulse recovery ability and you can improve it through exercise. In order to get the rate correctly, users must test it right after the workout finished by pressing the RECOVERY key and then stop exercising completely. After the key is pressed, please also apply the heart rate detector appropriately. The test will last for 1 minute and the result will be shown in the display. You can quit the PULSE RECOVERY mode by pressing the RECOVERY key for the second time.

**BODY FAT MEASUREMENT**

● When you turn on the monitor or press the MODE button over 5 seconds, the monitor will go into BODY FAT MEASUREMENT function. Before press MEASURE button to measure your body fat, you have to enter your personal data into the monitor. Select the personal data and press UP or DOWN button to enter your personal data. Then press MEASURE button and place the palms of your hands on both of the contact pads. The monitor will show your body fat ratio on LCD. The personal data will not be kept in the monitor when you remove the batteries or hold the MODE key for more than 5 seconds. The default value of personal data is described as follows:

GENDER: male, HEIGHT: 175 cm, WEIGHT: 70 kg, AGE: 30 years old.

● **Body Types:** There are 9 body types divided according to the FAT% calculated.

Type 1: Ultra-sportsman	Type 2: Ideal-sportsman	Type 3: Ultra Slim
Type 4: Sportsman	Type 5: Ideal-healthy	Type 6: Slim
Type 7: Too Fat	Type 8: Fat	Type 9: Ultra Body Fat

● **BMR (Basal Metabolic Ratio)** The monitor will calculate the data of gender, height, weight and age to show your value. The value will be shown on the screen at 1-9999 Kcal.

● **BMI (Body Mass Index)** The monitor will calculate the data of height and weight to show your value. The value will be shown on the screen at 1.0-99.9.

● **FAT % (BODY FAT RATIO):** The monitor will calculate the data of gender, height, weight and age to show your BODY FAT RATIO. The ratio will be shown on the screen at 5~55%.

**HOW TO INSTALL BATTERIES:**

1. Place two batteries at the back of monitor.
2. Make sure the batteries are correctly positioned and battery springs are in proper contact with batteries.
3. If the display is illegible or only partial segments appear, please remove the batteries and reinstall them.
4. Whenever remove batteries, all the function values will be reset to zero.