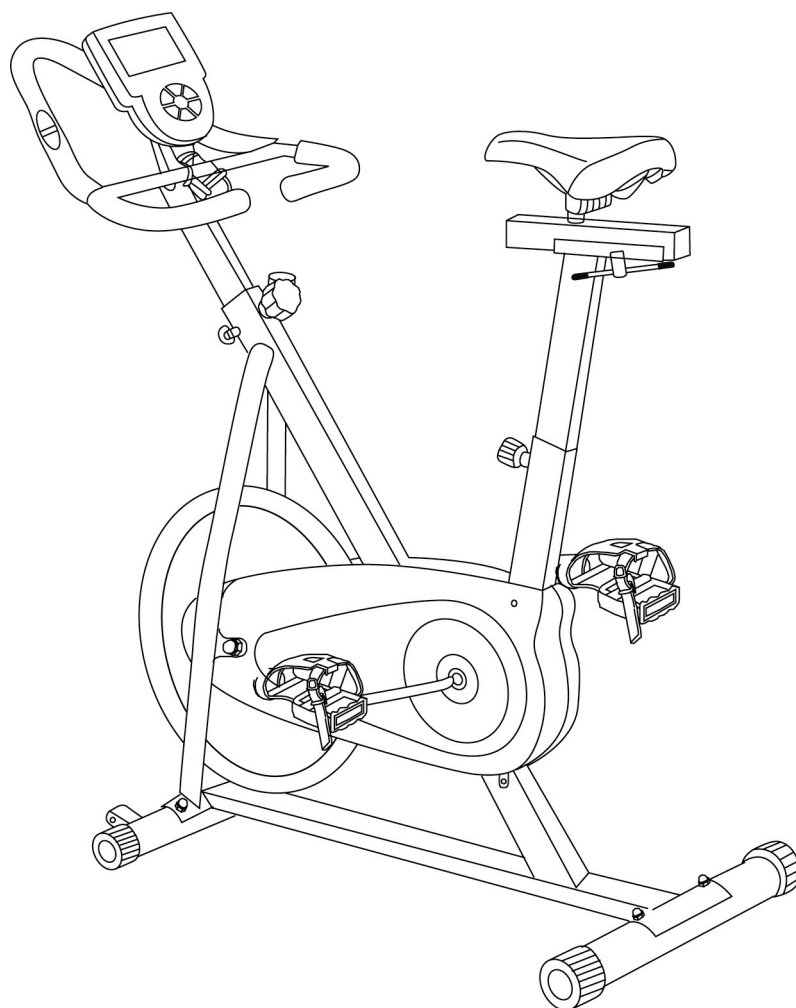


# USER'S MANUAL

## CF 4620



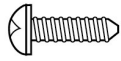
## **Important Safety Information**

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

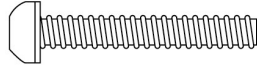
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
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 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
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.

## DM 4620

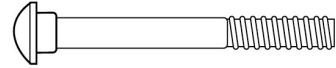




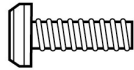
Screw  
#22(M8×20mm)



Bolt  
#8 (M8×60mm)



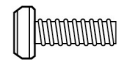
Key Head Bolt  
#3(M8×70mm)



Screw  
#28(M5×20mm)



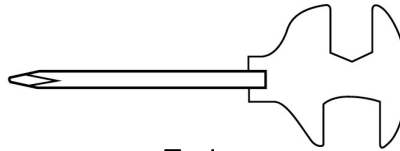
Domed Nut  
#4(M8)



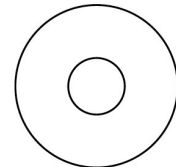
Screw  
#29(M5×10mm)



Allen Wrench



Tool



Washer  
#5(M8)



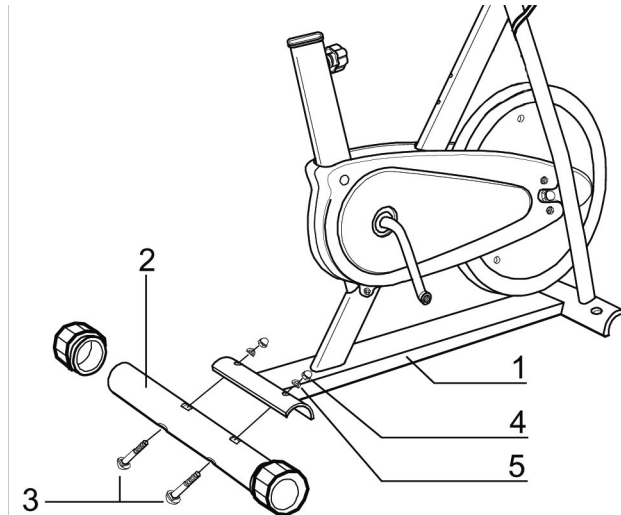
Bolt  
#36(M5×48mm)

## PartsList

No	Description	Qty
01	Main frame	1
02	Rear stabilizer	1
03	Key head bolts (M8 x 70 mm)	2
04	Domed nuts	4
05	Washer (M8)	4
06	Foot cap	2
07	Front stabilizer	1
08	Bolt (M8 x 60 mm)	2
09	Round plug	2
10	Oval bushing	1
11	Spring adjusting knob	2
12	Vertical seat post	1
13	Adjusting knob	1
14	Washer	1
15	Horizontal seat post	1
16	Oval bushing	1
17	Lower sensor wire	1
18	Handlebar post	1
19	Up sensor wire	2
20	Handlebar	1
21	Round plug	2
22	Screw	2
23	Handlebar holder	1
24	Computer holder	1
25	Computer	1
26	Crank arm	1
27	Pedal (L & R)	1 pair
28	Screw for fixing cover (M5)	6
29	Screw for fixing cover (M5)	2
30	Side cover (L + R)	1 pair
31	Front cover (L + R)	1 pair

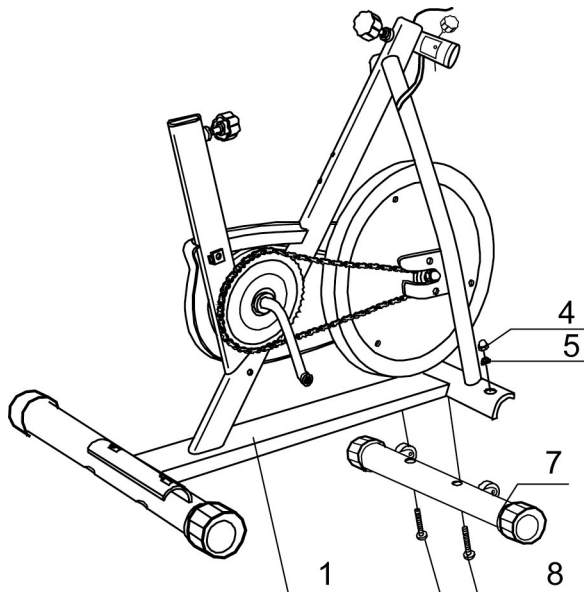
<b>32</b>	Flywheel	1
<b>33</b>	Magnetic plate	1
<b>34</b>	Tension knob (section 1-8)	1
<b>35</b>	Saddle	1
<b>36</b>	Bolt	1
<b>37</b>	Front post	1
<b>38</b>	Knob	1

## Assemble Instruction



**1.**

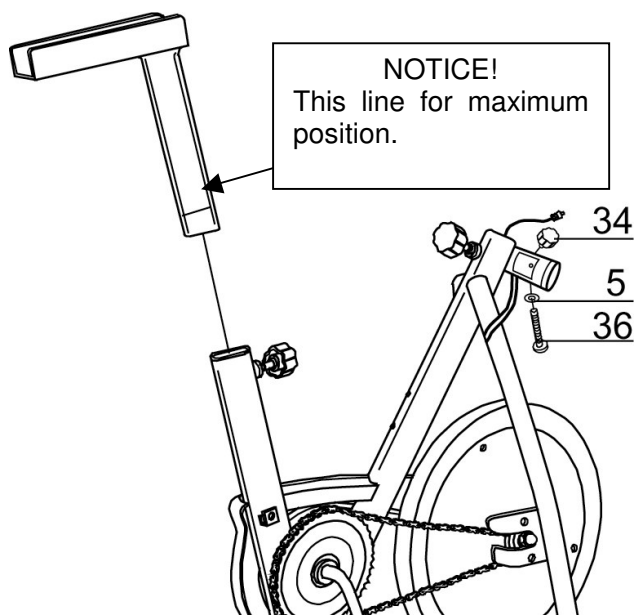
Attach the Rear stabilizer (2) to the main frame (1) using two sets of domed nuts (4), round washer (5) and key head bolts M8 (3)



**2.**

Attach the front stabilizer (7) to the main frame (1) using 2sets of domed nuts (4), round washer (5) and Bolts M8 (8)

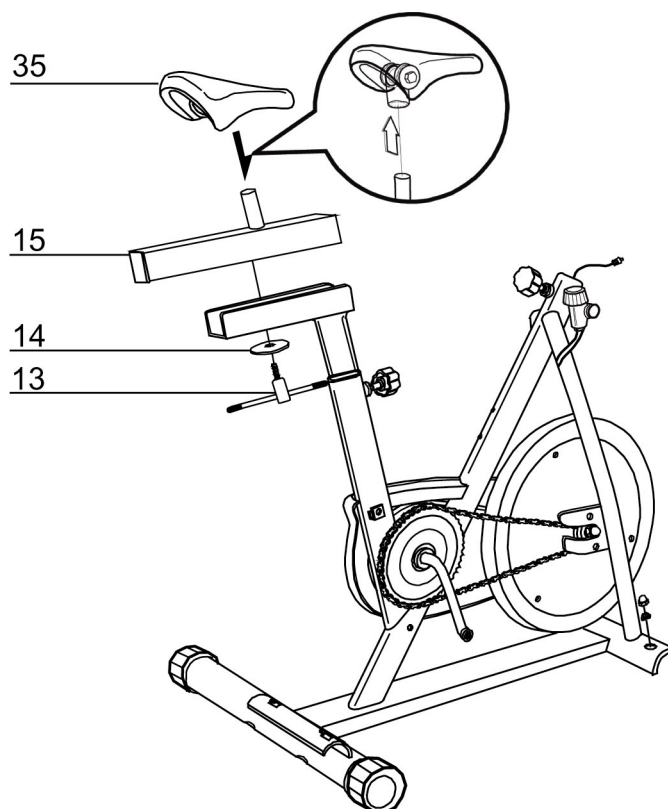
(Bolts inset from underneath.)



**3.**

Slide the seat post (12) into the seat post stem. You will have to slacken the knurled section of the spring knob and pull the knob back, then allow a suitable hole for height. Release the knob and retighten the knurled portion.

Fix the tension knob (34) with 1 set of round washer (5) & bolt (36).

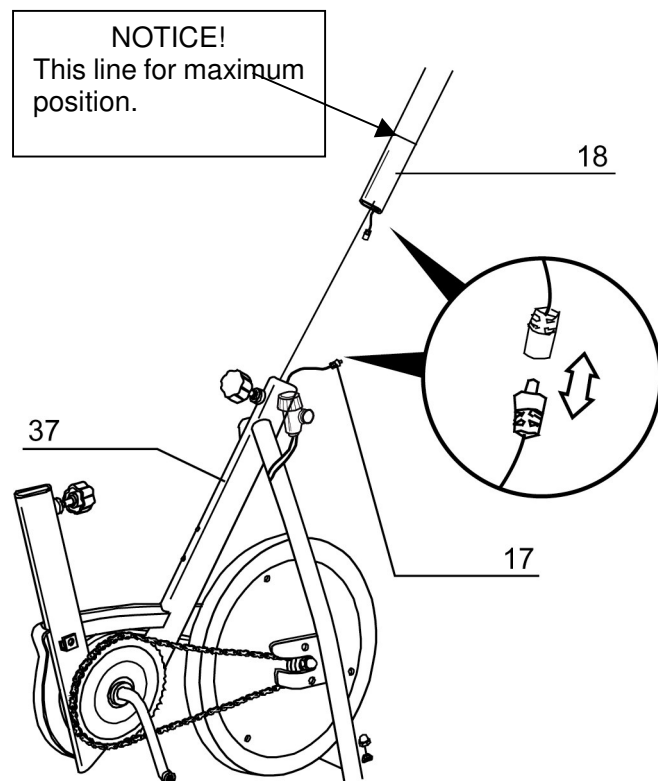


**4.** Slide the horizontal seat post (15) into position using the spring knob. Tap the Vertical Seat Post (12) into the end of the fabrication. Fix the horizontal seat post (15) with adjusting knob (13) and washer (14).

**5.**

Attach the saddle (35) to horizontal seat post (15), **fix the saddle very tightly with bolts and screw!!!**



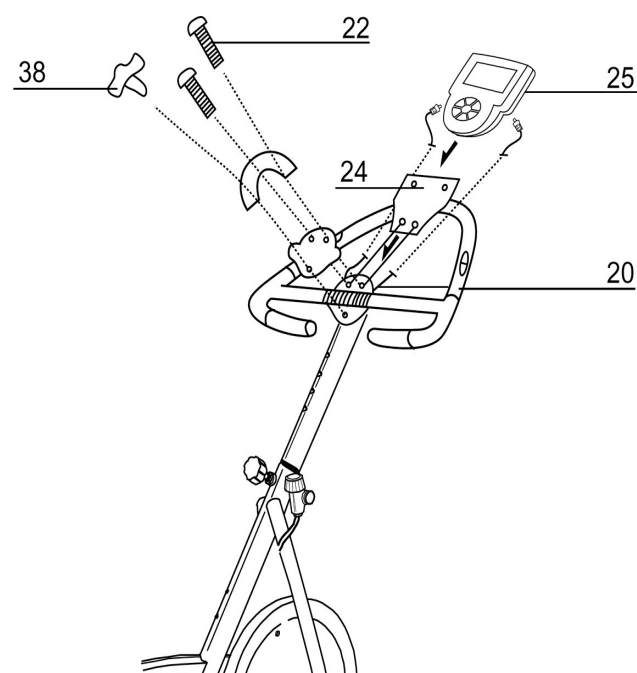


# 6.

Now join the lower sensor wire (17) to the mating sensor wire which protrudes from the bottom of the post

Mount the handlebar post(18) to the front post(37) via the handlebar clamp at the top of the post.

Slacken the spring knob by the knurled section by hand, and pull the knob back whilst locating the post in a convenient hole when positioning the post in the main frame.

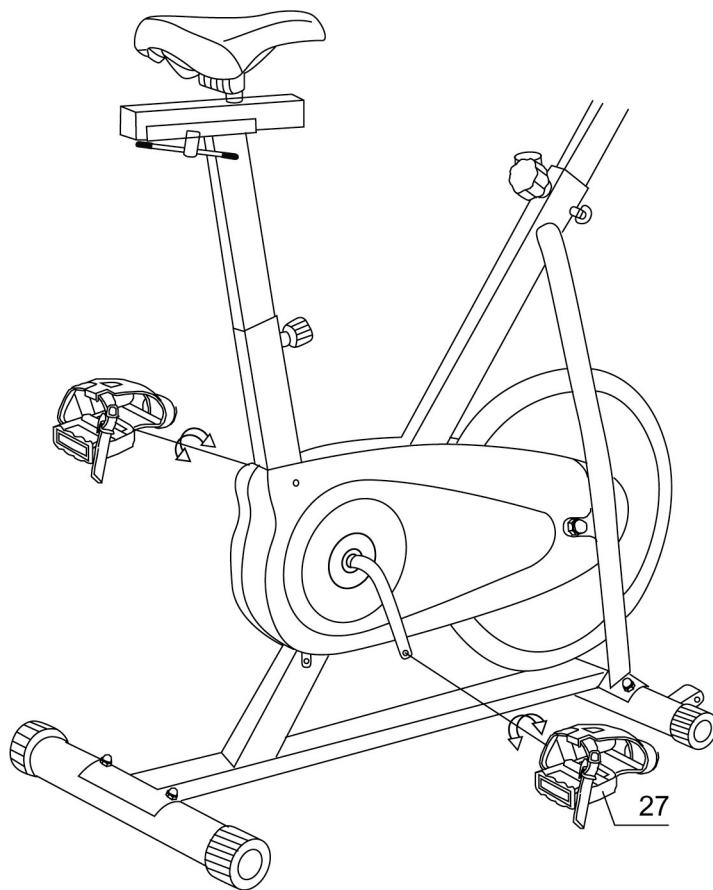


# 7.

Attach the handlebar (20) and computer holder (24) to the handlebar holder (23) with screw (22) and knob (36). **Fix it very tightly!!!**

# 8.

Slide the computer (25) into computer holder, fix it with 2pcs screws (on back of computer), connect the wires, please note wire for pulse should insert hole for pulse.

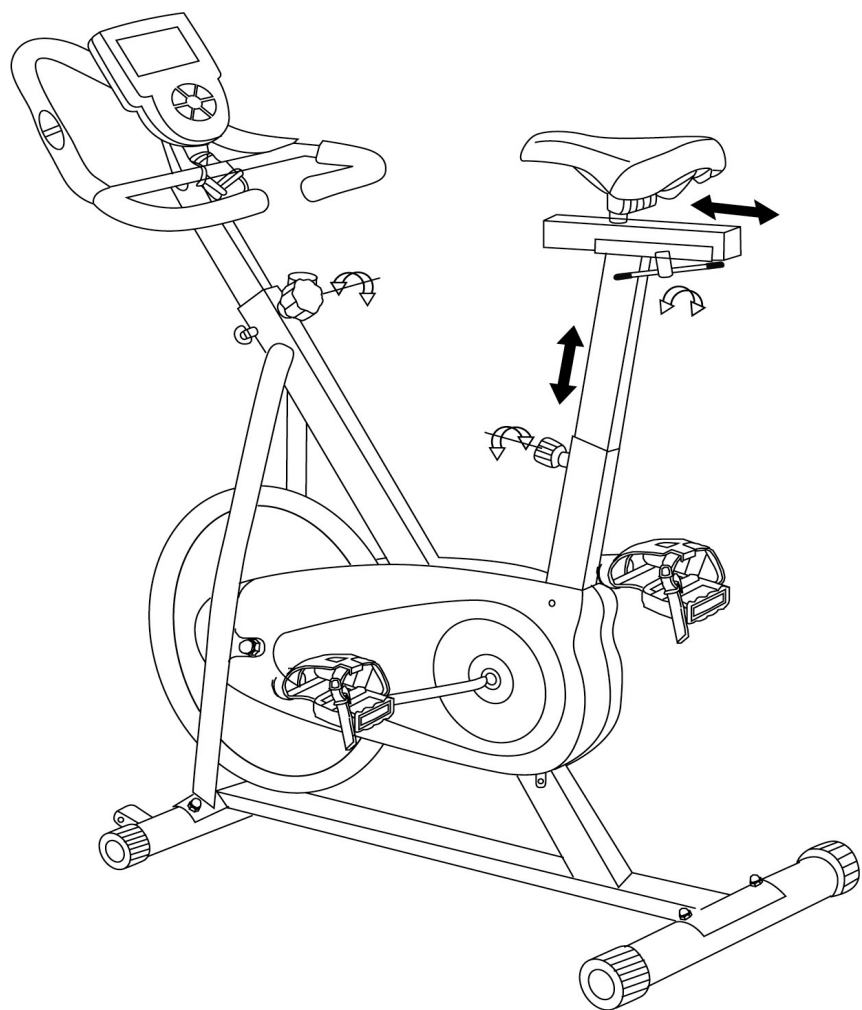


## 9.

The pedals (27) are marked “L” and “R”-let 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

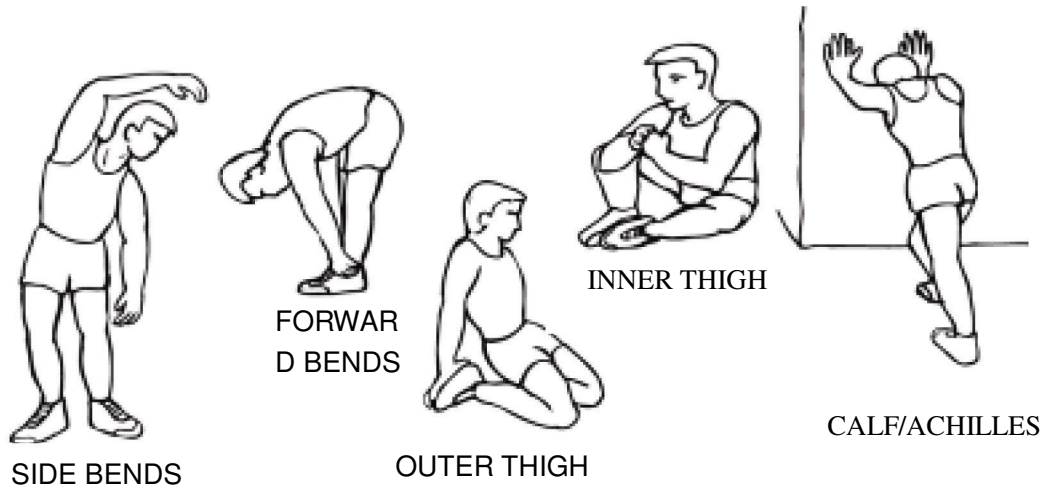


## **EXERCISE INSTRUCTIONS**

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

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

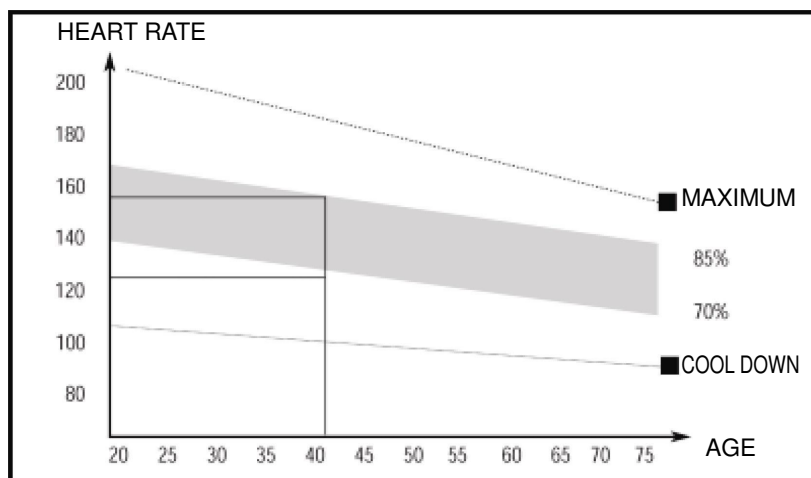
this stage helps get the blood flowing around the body and the muscles working properly, it will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles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



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

This stage is to let your Cardio-vascular System and muscles wind down. 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.

### **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 phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. 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 5 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 result set the tension while the bike is in use.

## **TROUBLE SHOOTING**

- 1. Change the battery.** To change the computer battery ,please slide the computer from the computer holder ,remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2Xaa batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.
- 2. Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer, When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and the batteries are still working.
- 3. No resistance.** If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable. Turn the tension knob abti-clockwise to it's lowest level. then go to the tension starp buckle which is situated on top of the flywheel cover at the base of the front post. Loosen the tension strap. pull it through the buckle until you can feel some resistance on the strap then lock it back around the buckle. now mount the cycle and turn the pedals, the tension control knob can now be used for a finer adjustment ,if you find it is now too tight to back to the tension strap buckle and loosen the strap slightly.

## **MAINTENANCE**

1. Before using the bike, always make sure all bolts/nuts are fully tightened
2. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.

**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

2. Hold two seconds to reset all of the values to zero

3. Hold over 5 seconds, display and function will return to preset your personal data for body fat measuring

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

**UP:** 1. Increase the setting value you want when monitor enter setting mode.

2. Select function and display on the main screen when monitor enter setting mode.

**DOWN:** 1. Decrease the setting value you want when monitor enter scan mode .

2. Select function and display on the main screen when monitor enter 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 stop exercising for over 4 minutes.

**SCAN**

- press button of mode until the dot appear at the time sign and flash, the monitor enter scan mode, monitor will circularly display the following and each function will keep 5 seconds on the mail screen: Time-speed - distance-calorie-pulse.
- in scan mode and pressing button of up or down, function and display on the main screen will be locked.

**HOW TO TRESET TIME, DISTANCE & CALORIES:**

Press the mode key until the function data, which is going to be preset, is flashing

- choose the value you want to exercise by pressing 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 is not preset, the function data will count up

**TIME**

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

**SPEED**

Current speed will be shown on the main screen by pressing up or down key.

**DISTANCE**

The distance of each workout will be display on the main screen by up or down key.

**CALORIES**

The calories burned will be displayed on main screen by pressing up or down key.

**Pulse(target heart rate)**

- press the button of up or down until the dot of pulse display 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 the both of the contact pads and wait for 30 seconds for the most accurate reading if you want to setup the 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:

setting the value of pulse limit between 60 to 220 the monitor will measure your heartbeats device. Customer can press the up & down key to restart pulse function.

- Note

If no pulse signal input within 16 seconds, the display will indicate “p”, it is a power saving device. customer can press the up & down keys to restart pulse function

### **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 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 the both of contact pads. the monitor will show your body fat ratio on lcd. The default value or personal data is as described as following, the personal data will be not kept in monitor when monitor power off or be reset.

Gender: male, height, 175cm, weight: 70kg, age: 30 year old.

- BMR : basal metabolic ratio. The monitor will calculate the data of gender height, weight and age to show your value. The value will show on the screen from 1-9999 kcal.

- BMI: body mass index. The monitor will calculate the data of height and weight to show your value, the value will show on the screen from 1.0-99.9 on screen.

- FAT % (body fat ratio): the monitor will calculate the data of gender, height, weight and age to show your body fat ratio. The will show on screen from 5~55%

### **HOW TO INSTALL BATTERIES:**

1. place two batteries on the back of monitor
2. insure that batteries are correctly positioned and battery spring are in proper contact with batteries.
3. if the display is illegible or only partial segments appear, please remove the batteries and reinstall it.
4. whenever remove batteries, all the function values will be reset to zero.