

circle
FITNESS

Stay Young

Owner's Manual

R8

Recumbent Bike

Display Type:

LED

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INTRODUCTION

Dear Customer,

Thank you for purchasing this product.

This product has been designed and manufactured for studio use, and even though we go to great efforts to ensure the quality of each product, occasional errors, and/or omissions do occur.

In any event, should you find this product to be defective in any way, or to be missing parts, please contact us.



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1. SAFETY

1. 1 Important Safety Notes

IMPORTANT: Please read all instructions and warnings before assembly and operation.

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this Owner’s Manual.

SAFETY SYMBOLS USED IN THIS OWNER’S MANUAL	
WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
DANGER	Indicates a high probability that death, severe bodily injury or major property damage could result.



IMPORTANT: It is essential that this equipment is used only indoors, in a climate controlled room.

WARNING: Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using, then please stop the workout at once.

WARNING: Always use this equipment on a clear and level surface. Do NOT use outdoors or near water.

WARNING: Do NOT insert any object into any openings.

WARNING: Do NOT wear loose clothing or jewelry. This equipment contains moving parts. Do NOT put fingers or other objects into the moving parts.

WARNING: Before using this equipment to exercise, always do stretching exercises first, in order to properly warm up.

WARNING: It’s recommended to replace defective components immediately and keep the equipment out of use until repairs have been made by a professional person.

WARNING: This equipment is designed for adults. Close supervision is necessary if the equipment is used by children or near children. This also applies to disabled persons.

WARNING: Please consult your physician before starting a workout or a training program. Its best to have your doctor review your training and diet programs first so that he can advise the best workout routine for you.

WARNING: Make sure all bolts and nuts are securely tightened before operating this equipment. Periodic maintenance is required on all exercise equipment to keep it in good condition.































WARNING: Incorrect/ excessive training can cause health injuries. Stop using the equipment when feeling uncomfortable.

WARNING: Avoid dismounting while the pedals are still in motion.

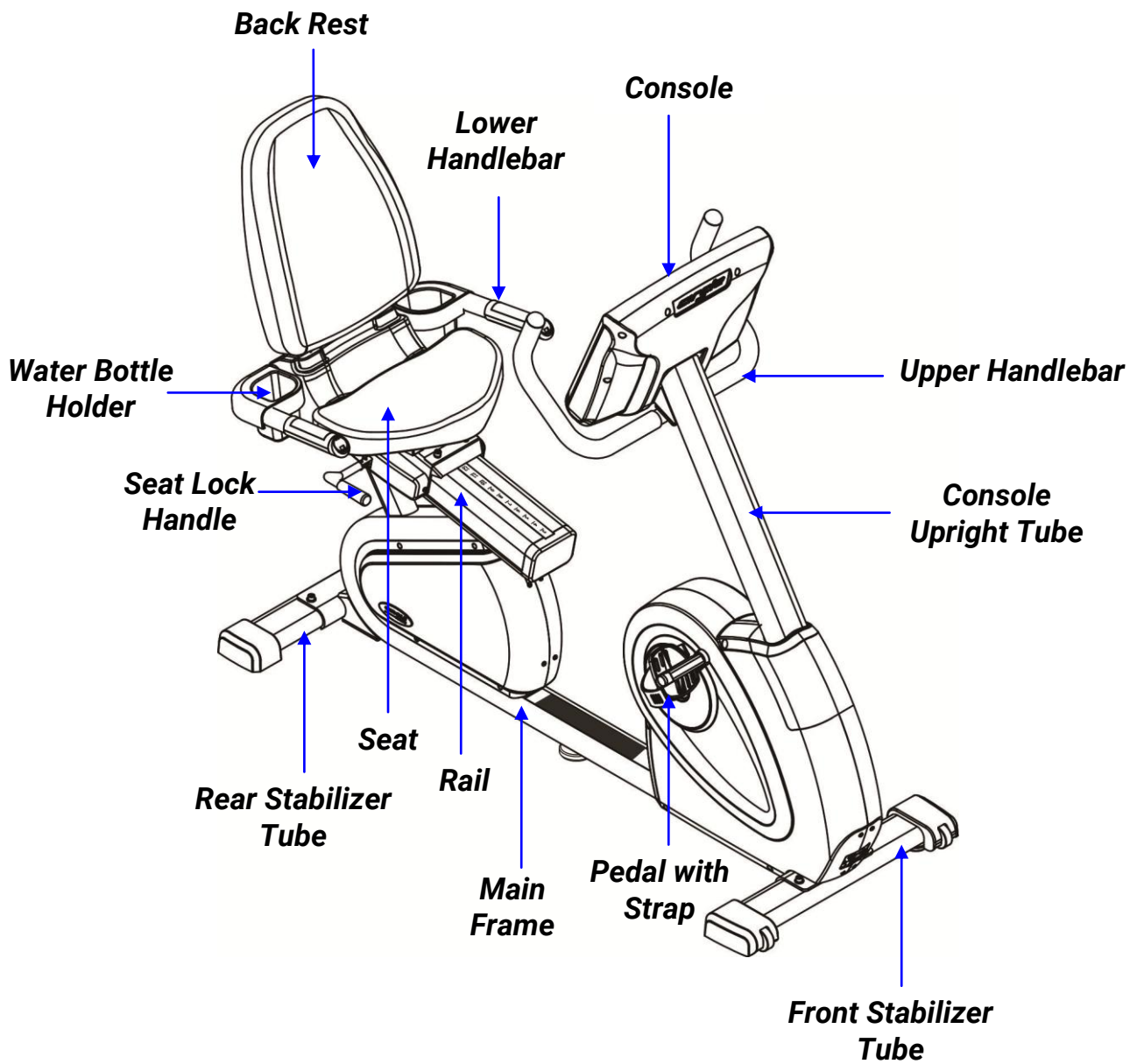
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

2. ASSEMBLY

2.1 Specifications

Model : R8													
Technical Specifications													
Resistance Level	25 Levels												
Maximum User Weight	150 kg (330 lbs)												
Features													
Display Type	6 LED + 8x32 Dot-Matrix												
Recline Adjustable	10°												
Heart Rate Receiver	Standard												
Chest Belt	Optional												
Electrical Specifications													
Power Requirement	LED Self-Powered												
Maximum Watt @120 RPM	800												
Minimum Watt @ 40 RPM	20												
Minimum RPM	30												
Display Feedback	Time, Distance, Level, Watts/RPM, Calories/Mets, Heart Rate												
Programs	<p>Preset Programs</p> <table border="0"> <tr> <td> Rolling</td> <td> Valley</td> </tr> <tr> <td> Fat Burn</td> <td> Ramp</td> </tr> <tr> <td> Strength</td> <td> Interval</td> </tr> <tr> <td> Random</td> <td></td> </tr> </table> <p>Special Programs</p> <table border="0"> <tr> <td> Target</td> <td> Fitness Test</td> </tr> <tr> <td> H.R.C</td> <td></td> </tr> </table>	 Rolling	 Valley	 Fat Burn	 Ramp	 Strength	 Interval	 Random		 Target	 Fitness Test	 H.R.C	
 Rolling	 Valley												
 Fat Burn	 Ramp												
 Strength	 Interval												
 Random													
 Target	 Fitness Test												
 H.R.C													
Diameters (L x W x H) (approx.)	1680*630*1360 mm/ 67*25*54 in												
Weight (approx.)	89.9 kgs/ 197.8 lb												

2.2 Machine Overview



2.3 Location and Setup

Place the equipment on a level surface. Do NOT place it in any area that will block any vents or air openings. This equipment should not be located in a garage, covered patio, near water or outdoors.

The equipment must have a clear floor space of 23" (0.6m) around all access points.

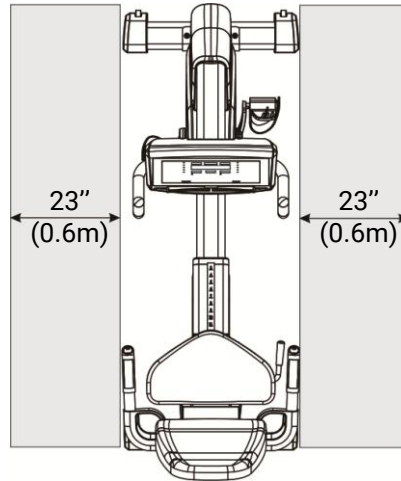


Fig 2.3-1

Leveling

After assembly, the front/rear stabilizers can be adjusted to accommodate slightly uneven ground. Turn the adjustment knobs on the ends of the foot pads to level the rear stabilizer to the floor.



Fig 2.3-2

Transportation

To move the equipment, carefully lift the rear end—by pushing down on the front of the handlebars. Carefully steer the equipment to another location.

IMPORTANT: Be careful when moving this equipment, as it is heavy and awkward. If you do not feel comfortable moving the unit by yourself, please get help.

NOTE: The transport wheels are designed for indoor use only and should not be used to move the unit over rough surfaces such as concrete or asphalt.

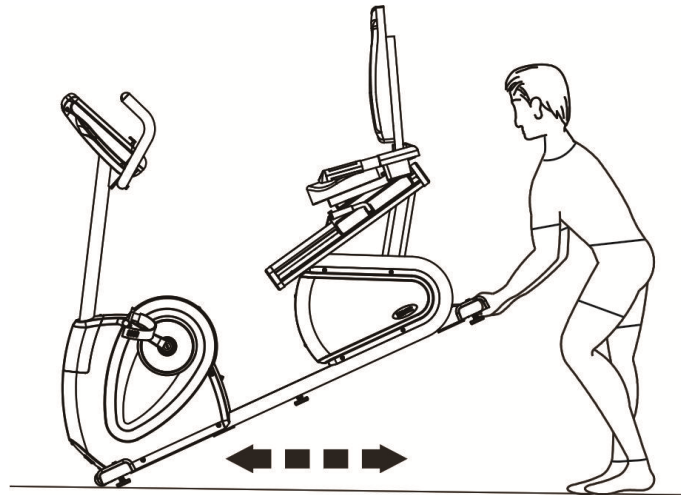


Fig 2.3-3

2.4 Unpacking

1. Carefully remove all staples from the carton.
2. Open the **Carton 1** and remove the upper cardboard piece. Lift the cover upward and set it aside. (Fig 2.4-1)

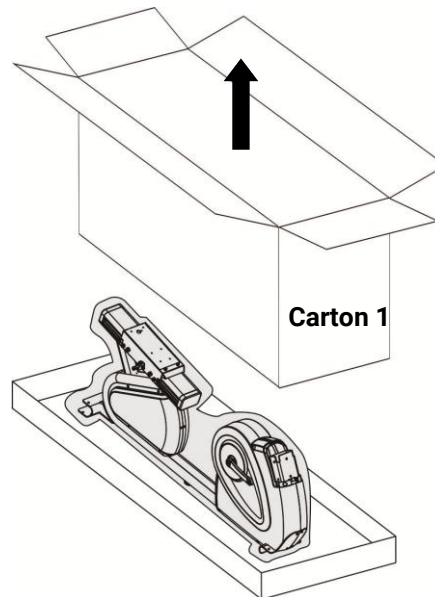


Fig 2.4-1

3. Open the **Carton 2** and remove the packing materials to take out the Console. (Fig 2.4-2)

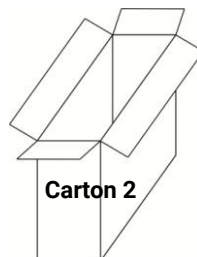
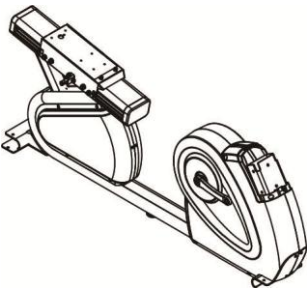

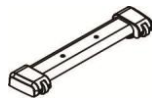






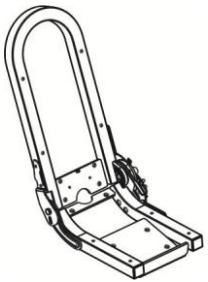

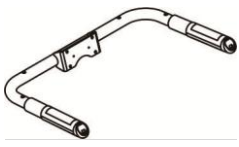
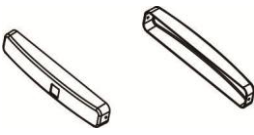


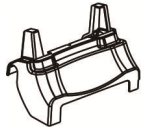

Fig 2.4-2


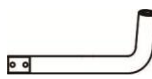
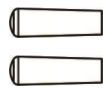


4. Cut all plastic ties securing the equipment in place.
5. Remove the inserted parts around the Styrofoam corner pieces and set them down near the spot where you plan to install the equipment.
6. With the help of at least one other person, remove all of the Styrofoam packing pieces and place the main body assembly on a level flat surface.

Please verify that you have parts as per the list shown below:

NOTE: Make sure that Serial Number on **Carton 1** matches that on **Carton 2**.





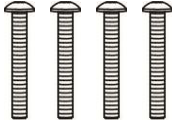





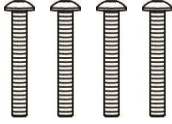

Parts: Main Frame (Carton1/ Carton 2)			
 <p>Main Frame</p>	 <p>Rear Stabilizer Tube</p>	 <p>Front Stabilizer Tube</p>	 <p>Upper Handlebar</p>
	<p>(Carton 2)</p>  <p>Console Set</p>	 <p>Console Upright Tube</p>	 <p>Pedal with Strap</p>

Parts: Seat (Carton1)			
 <p>Backrest Frame</p>	 <p>Backrest</p>	 <p>Lower Handlebar</p>	 <p>Right/ Left Track Cover</p>
 <p>Backrest Rear Cover</p>	 <p>Set Pad</p>	 <p>Seat Frame Cover</p>	 <p>Bottle Holder</p>

Parts: Accessory (Carton1)				
 <p>Recline Lever</p>	 <p>Seat Lock lever</p>	 <p>Handles</p>	 <p>Adjust Pad</p>	 <p>Anti-slip Sticker</p>

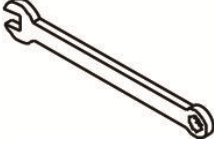
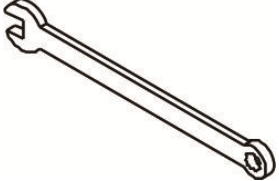






2.4.1 Hardware Kit

Please verify the hardware kit list as shown below:

<p style="text-align: center;">STEP 8</p> <p>(1) M8 x 65 mm Screws (2 PCS)</p>  <p>(2) M8 x 15 mm Screws (1 PC)</p>  <p>(3) M8 Curve Washers (2 PCS)</p>  <p>(4) M6 S Washers (3 PCS)</p> 	<p style="text-align: center;">STEP 11</p> <p>(1) M6 x 45 mm Screws (4 PCS)</p>  <p>(2) M6 S Washers (4 PCS)</p> 
<p style="text-align: center;">STEP 13</p> <p>M4 x 12 mm Screws (2 PCS)</p> 	<p style="text-align: center;">STEP 12</p> <p>(1) M6 Nuts (2 PCS)</p>  <p>(2) M6 S Washers (3 PCS)</p> 
<p style="text-align: center;">STEP 15</p> <p>M4 x 12 mm Screws (4 PC)</p> 	<p style="text-align: center;">STEP 14</p> <p>(1) M6 x 45 mm Screws (4 PCS)</p>  <p>(2) M6 S Washers (4 PCS)</p> 

2.4.2 Tools

Please verify the tools list as shown below:

M10/M10 Combination Wrench 		M15/M15 Combination Wrench 
Allen Wrench (3mm) 	Allen Wrench (4mm) 	Allen Wrench (5mm) 
Allen Wrench (6mm) 	Allen Wrench (8mm) 	Owner's Manual 

2.5 Assembly Procedure

STEP 1: Attach the Front and Rear Stabilizer Tubes to the Main Frame.

Note: You will need the help of another person while performing this procedure.

- 1) Unscrew the (2) **Pre-Locked Screws And Washers** on the **Front and Back Stabilizer Tubes #1 & #3**.
- 2) Attach the **Front Stabilizer Tube #1** to **Main Frame #2** by using (2) **Pre-locked screws and washers #3** with the provided 6mm Allen wrench. (Fig 2.5-1A)

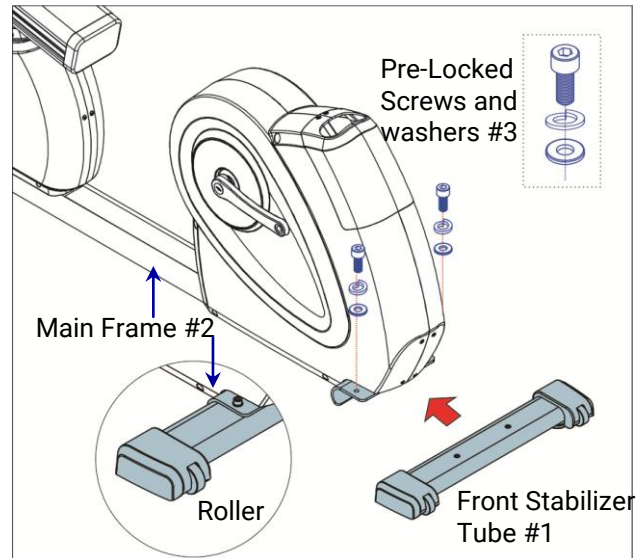


Fig 2.5-1A

- 3) Attach the **Rear Stabilizer Tube #4** to **Main Frame #2** by using (2) **Pre-Locked Screws and Washers #5** with the provided 6mm Allen wrench. (Fig 2.5-1B)

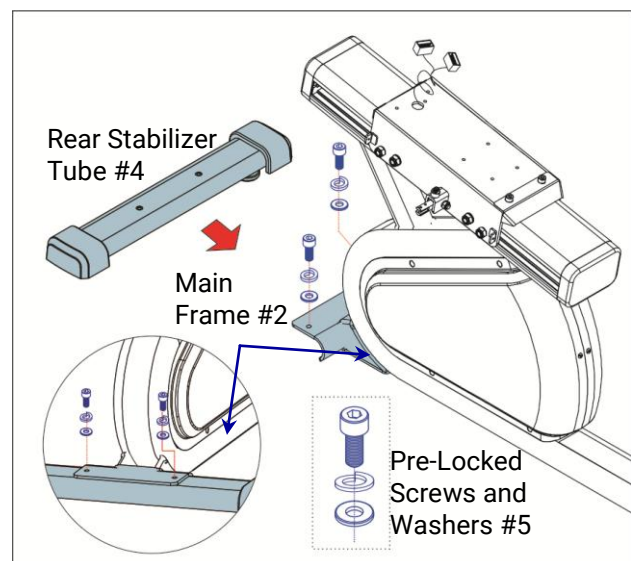

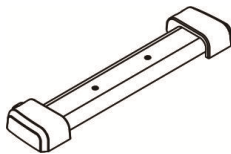
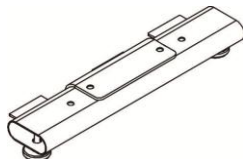


Fig 2.5-1B

Required Tool	Required Parts/ Hardware Kit	
 Allen Wrench (6mm)	 Front Stabilizer Tube	 Rear Stabilizer Tube

STEP 2: Attach the Pedal Set to the Crank Arm.

- 1) Attach the **Right Pedal #1** to the right crank arm, tightening it *clockwise* with the provided M15/M15 combination wrench. (Fig 2.5-2)
- 2) Attach the **Left Pedal #2** to the left crank arm, tightening it *counterclockwise* with the provided M15/M15 combination wrench. (Fig 2.5-2)

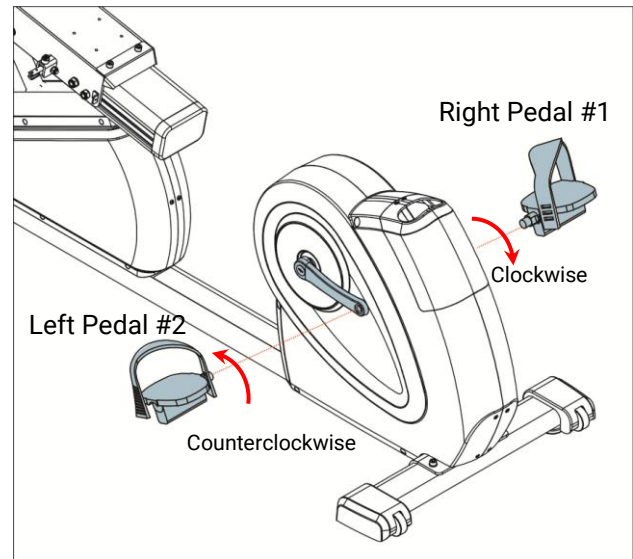
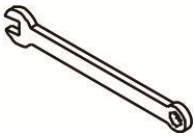
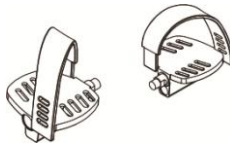


Fig 2.5-2

Required Tool	Required Parts/ Hardware Kit
 <p>M15/M15 Combination Wrench</p>	 <p>Pedal set</p>

STEP 3: Unscrew the Pre-Locked items.

- 1) Unscrew the (2) **Pre-Locked Screws #1** (①) on **Upright Tube Cover #2** with the provided Allen wrench (6mm), and then set the **Upright Tube Cover #2** aside (②). (Fig 2.5-3A)

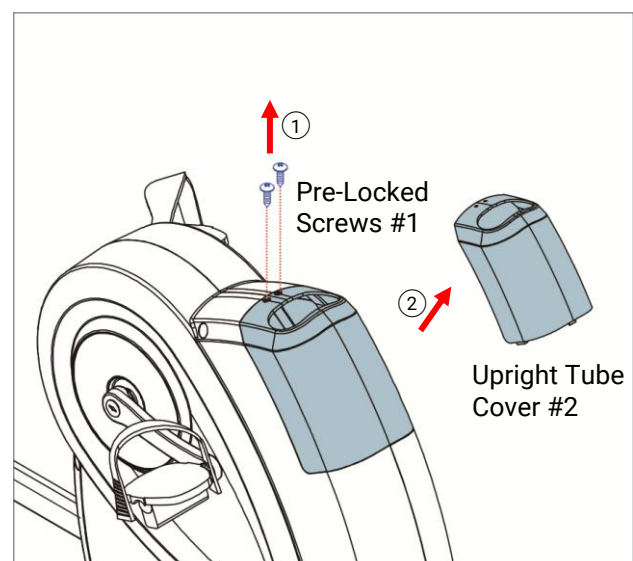


Fig 2.5-3A

STEP 3: Unscrew the Pre-Locked items. (Cont’d)

2) Unscrew the (2) **Pre-Locked Screws #3 & #4** on **Supporting Column #5** with the provided 6mm Allen wrench. (Fig 2.5-4B)

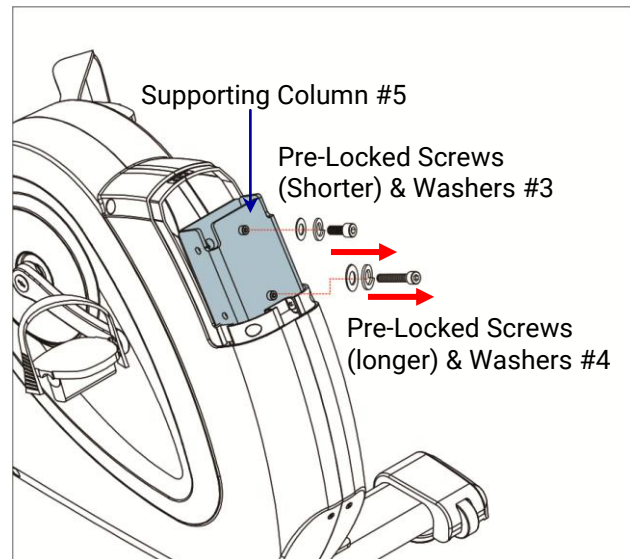


Fig 2.5-4B

3) Unscrew the (4) **Pre-Locked Screws & Washers #6** on the **Console Upright Tube #7** with the provided 5mm Allen wrench. (Fig 2.5-4C)

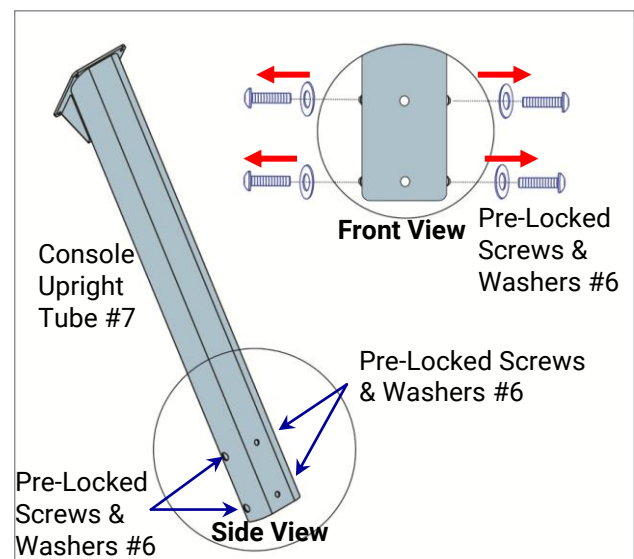





Fig 2.5-4C

Required Tool		Required Parts/ Hardware Kit
		
Allen Wrench (6mm)	Allen Wrench (5mm)	Console Upright Tube

STEP 4: Routing the Console Wire through the Console Upright Tube.

- 1) Slide the **Upright Tube Cover #1** to the **Console Upright Tube #2**. (Fig2.5-4A)
- 2) Thread the **Lower Console Wire #3** on the **Guiding Wire #4** and through the **Console Upright Tube #2**. (Fig2.5-4A)

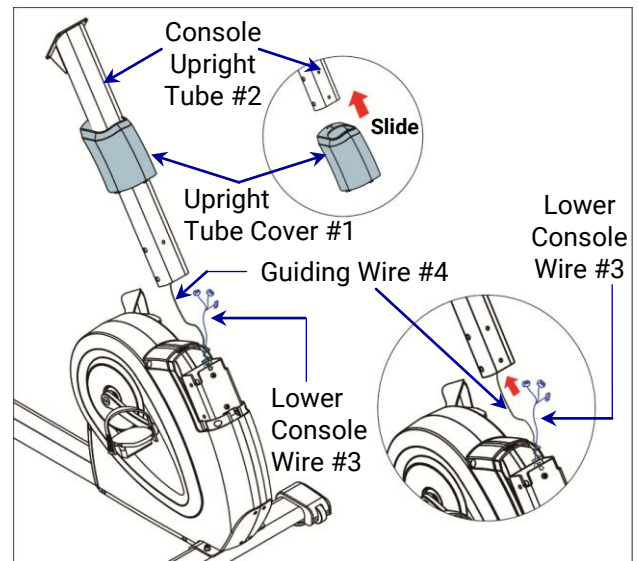


Fig 2.5-4A

- 3) While lowering the **Console Upright Tube #2** to the **Main Frame #5**, pull the **Guiding Wire #4** taught to remove any slack in the console wires. (Fig2.5-4B)

WARNING: Ensure that the console wires do not become pinched or crushed as you lower the console upright tube to the main frame. Pinched or crushed console wires will result in shorting conditions and machine damage.

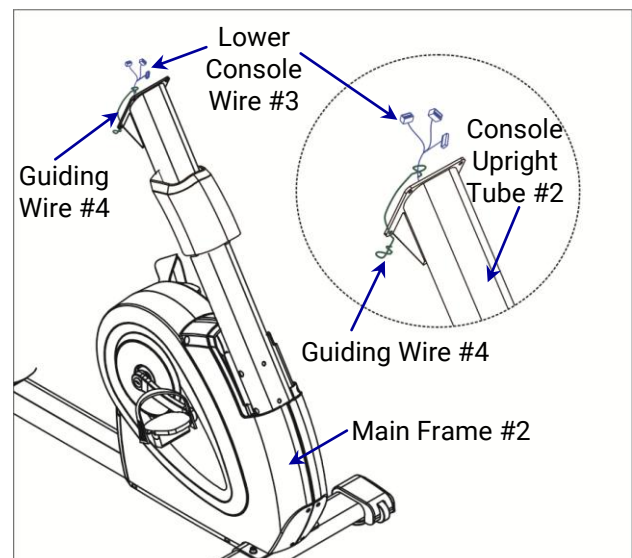


Fig 2.5-4B

Required Tool	Required Parts/ Hardware Kit
N/A	N/A

STEP 5: Secured the Console Upright Tube on the Main Frame.

- 1) Tighten (1) M8 x 70mm Screw, (1) M8 Washer and (1) M8 Flat Washer (Fig 2.5-5A, ①) with 6 mm Allen Wrench.
- 2) Tighten (1) M8 x 20mm Screw, (1) M8 Washer and (1) M8 Flat Washer (Fig 2.5-5A, ②) with 6 mm Allen Wrench.

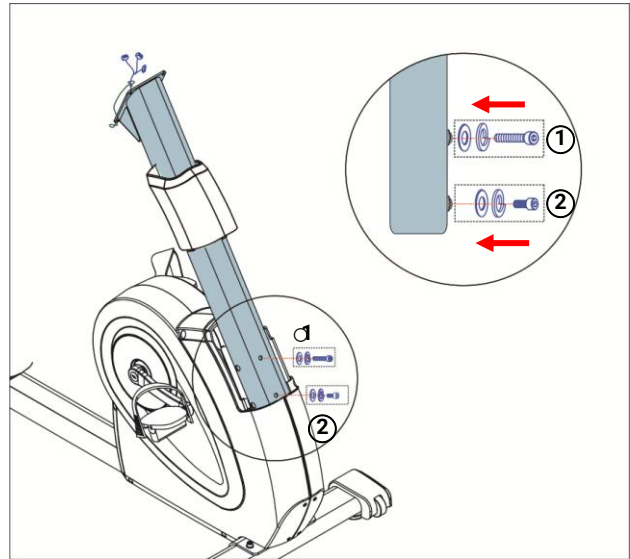


Fig 2.5-5A

- 3) Tighten (4) **M8 x 20mm Screws #6** and (4) **M8 Washers #7** (Pre-locked screws & washers on STEP 3) with 5 mm Allen Wrench to fix the Console Upright Tube on the Main Frame. (Fig 2.5-5B)

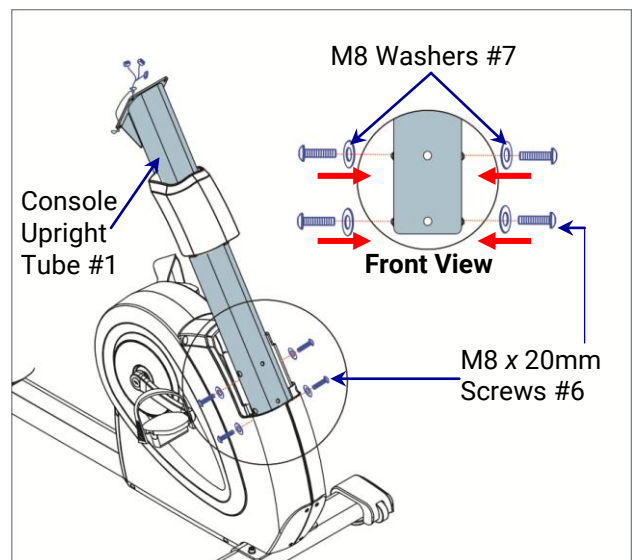




Fig 2.5-5B

Required Tool		Required Parts/ Hardware Kit
 Allen Wrench (6mm)	 Allen Wrench (5mm)	N/A

STEP 6: Align and Reinstall the Upright Tube Cover.

Reinstall the **Upright Tube Cover#1** by securing the **(2) M4 x 15mm Screws #2** (Pre-locked screws on STEP 3) with the provided 5mm Allen Wrench. (Fig 2.5-6)

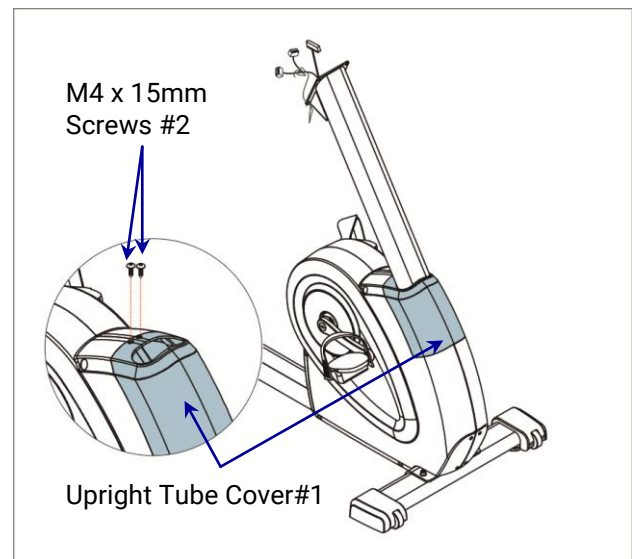



Fig 2.5-6

Required Tool	Required Parts/ Hardware Kit
 Allen Wrench (5mm)	N/A

STEP 7: Attach the Console Set to the Console Upright Tube.

- 1) Unscrew the (4) **Pre-Locked Screws #1** on the **Console Set #2**. (Fig 2.5-7A)
- 2) Connect the **Connectors** (①, ②, ③) from the **Console Upright Tube #3** to the corresponding connectors located in the **Console Set #2**. (Fig 2.5-7A)

Item	Description
① & ②	Hand Pulse Wires
③	Upper and Lower Console Wires

- 3) Remove the **Guiding Wire #4**.

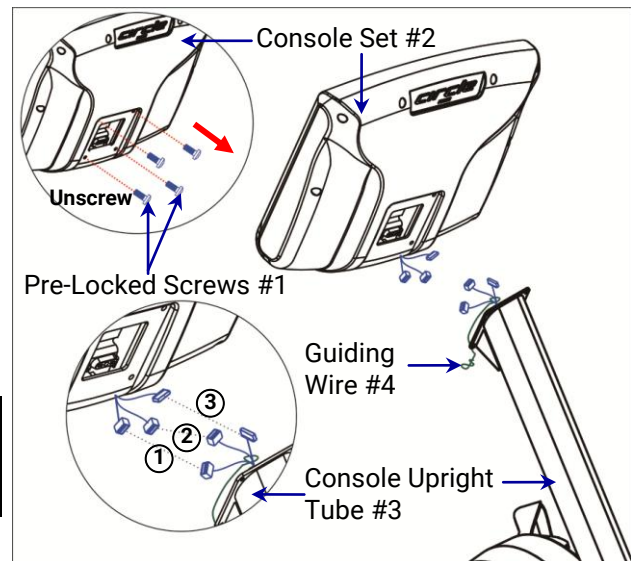


Fig 2.5-7A

- 4) Re-tighten (4) **M5 x12mm Screws (Pre-Locked Screws #1)** with 6mm Allen Wrench to fix the **Console Set #2** on the **Console Upright Tube #3**. (Fig 2.5-7B)

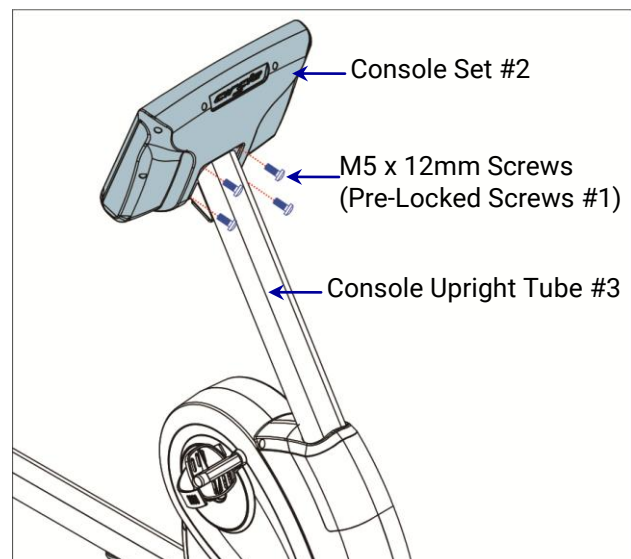




Fig 2.5-7B

Required Tool	Required Parts/ Hardware Kit
 Allen Wrench (6mm)	 Console Set

STEP 8: Attach the Upper Handlebar to the Console Set.

- 1) Attach the **Upper Handlebar #1** to the **Console Upright Tube #2** using (2) M8 x 65mm Screws, (2) M8 S Washers and (2) M8 Curve Washers (Fig 2.5-8, ①) with the provided 5mm Allen Wrench.
- 2) Tighten the M8 x15mm Screw and the M8 S Washer (Fig 2.5-8, ②) with the provided 5mm Allen Wrench.

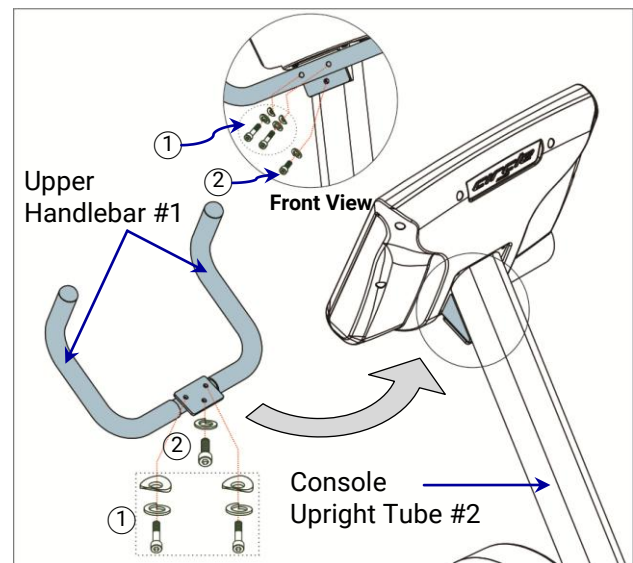








Fig 2.5-8

Required Tool	Required Parts/ Hardware Kit		
 Allen Wrench (5mm)	 Upper Handlebar	 M8 x 65 mm Screws (2 PCS)	 M8 x 15 mm Screws (1 PC)
	 M8 Curve Washers (2 PCS)	 M6 S Washers (3 PCS)	

STEP 9: Attach the Backrest to the Main Frame.

- 1) Unscrew the (6) **Pre-Locked Screws & S Washers #1** on the **Rack Set #2**. (Fig 2.5-9A)

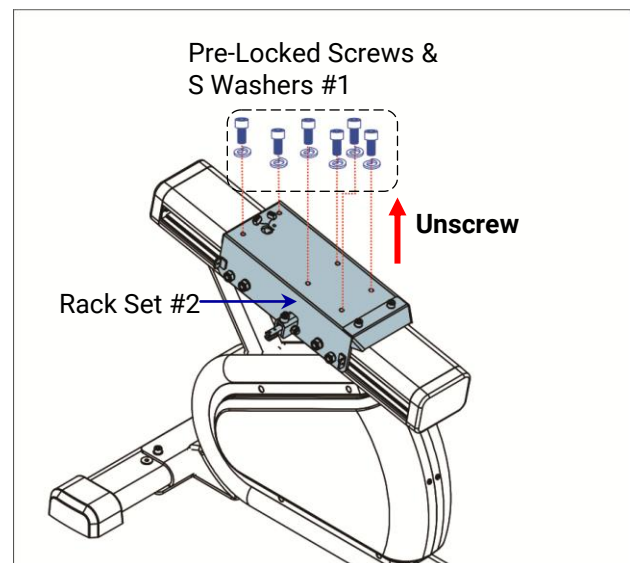


Fig 2.5-9A

- 2) Thread the **Hand Pulse Wire #3** through the hole on the **Backrest #4**. (Fig 2.5-9B, ①)
- 3) Attach the the **Backrest #3** to the **Rack Set #2** using (6) M10 x 25mm Screws and (6) M10 S Washers with the provided 8mm Allen Wrench. (Fig 2.5-9B)

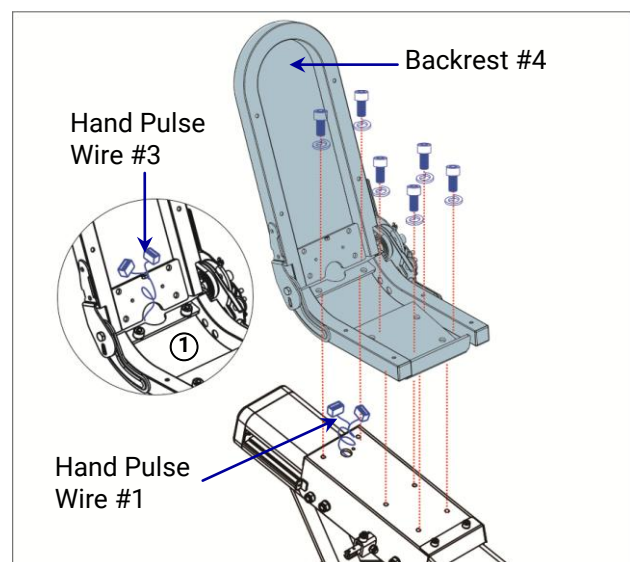

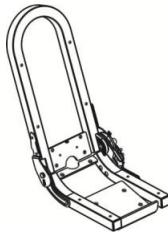


Fig 2.5-9B

Required Tool	Required Parts/ Hardware Kit
 <p>Allen Wrench (8mm)</p>	 <p>Backrest Frame</p>

STEP 10: Attach the Lower Handlebar to the Backrest Frame.

- 1) Unscrew (4) the pre-locked screw and (4) S washers on the lower handlebar. (Fig 2.5-10A)

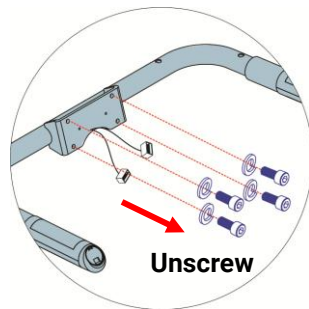


Fig 2.5-10A

- 2) Attach the **Lower Handlebar #1** to the **Backrest Frame #2** and then connect the **Hand Pulse Wires #3** the hole on the **Backrest Frame #2**. (Fig 2.5-10B)

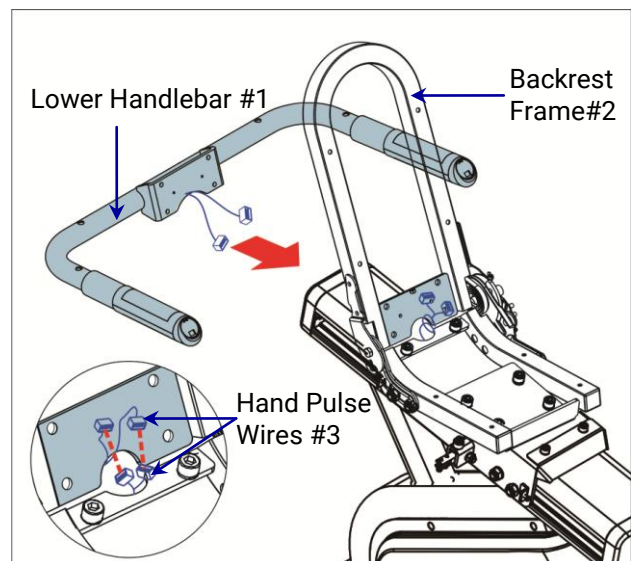


Fig 2.5-10B

- 3) Secure the (4) **M8 x 15mm Screws** and (4) **M8 S Washers** (pre-locked screw and S washers) with the provided 6mm Allen Wrench. (Fig 2.5-10C)

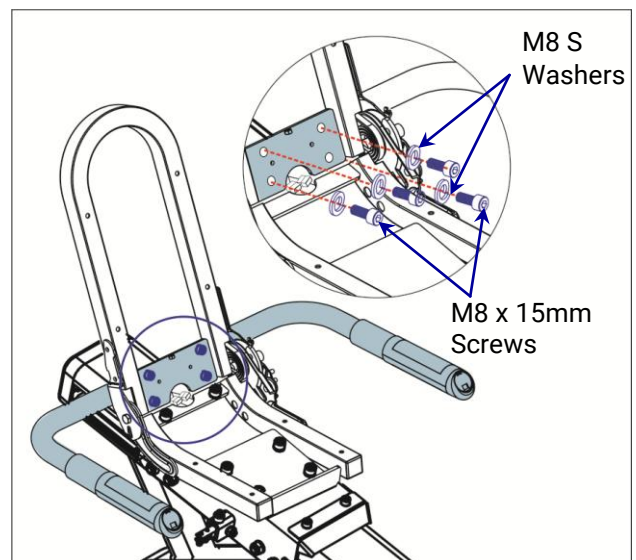

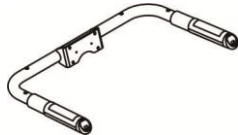


Fig 2.5-10C

Required Tool	Required Parts/ Hardware Kit
 Allen Wrench (6mm)	 Lower Handlebar

STEP 11: Attach the Seat Pad to the Backrest Frame.

- 1) Attach the the **Seat Pad #1** to the **Backrest Frame #2** using (4) **M6 x 45 mm Screws #3** and (4) **M6 S Washers #4** with the provided 6mm Allen Wrench. (Fig 2.5-11)

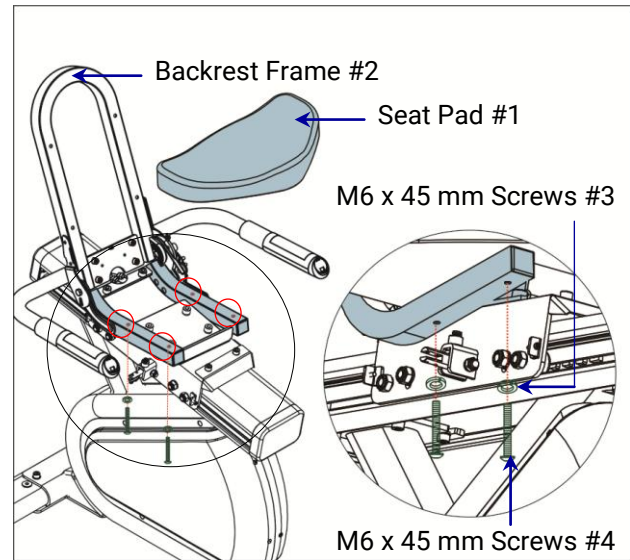


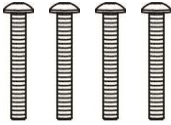



Fig 2.5-11

Required Tool	Required Parts/ Hardware Kit		
 Allen Wrench (6mm)	 Seat Pad	 M6 x 45 mm Screws (4 PCS)	 M6 S Washers (4 PCS)

STEP 12: Attach the Recline Lever Set to the Left Side of the Track.

- 1) Screw the **Handle #1** into **Recline Lever #2**.
- 2) Attach the **Recline Lever Set #3** to the left side of the **Track #4** using (2) **M6 x 45 mm Screw #5** and (2) **M6 S Washer #6** with the provided 6mm Allen Wrench and M10/M10 Combination Wrench. (Fig 2.5-12)

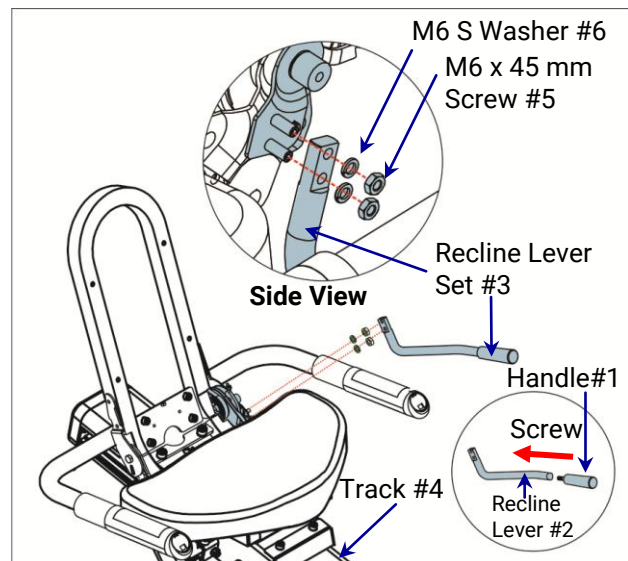


Fig 2.5-12

Required Tool	Required Parts/ Hardware Kit	
 Allen Wrench (6mm)	 M6 x 45 mm Screws (4 PCS)	 M6 S Washers (4 PCS)
 M10/M10 Combination Wrench	 Recline Lever (1 PC)	 Handle (1 PC)

STEP 13: Attach the Seat Frame Cover to the Lower Handlebar.

Attach the **Seat Frame Cover #1** to the **Lower Handlebar #2** using (2) **M4 x 12 mm Screws #3** with the provided 5mm Allen Wrench. (Fig 2.5-13)

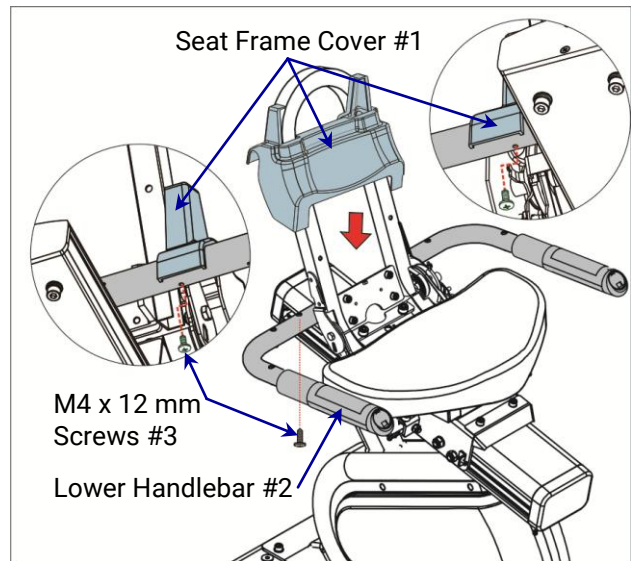





Fig 2.5-13

Required Tool	Required Parts/ Hardware Kit	
 Allen Wrench (5mm)	 Seat Frame Cover	 M4 x 12 mm Screws (2 PCS)

STEP 14: Attach the Backrest to the Backrest Frame.

Attach the **Backrest #1** to the **Backrest Frame #2** using (4) **M6 x 45 mm Screws #3** and (4) **M6 S Washers #4** with the provided 4mm Allen Wrench. (Fig 2.5-14)

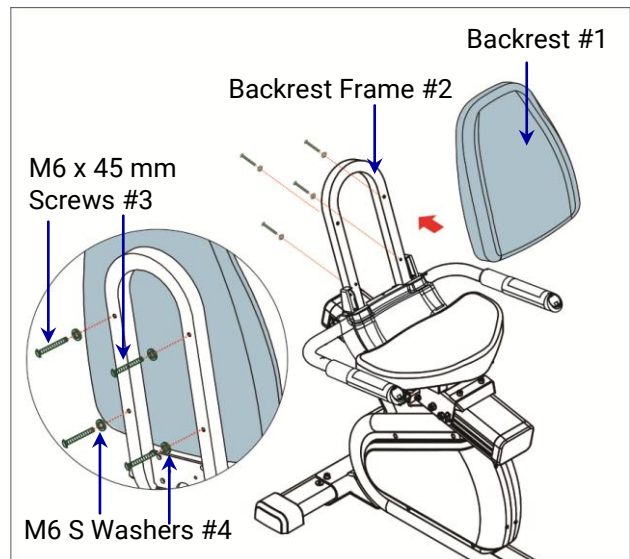


Fig 2.5-14

Required Tool	Required Parts/ Hardware Kit		
Allen Wrench (4mm)	Backrest	M6 x 45 mm Screws (4 PCS)	M6 S Washers (4 PCS)

STEP 15: Attach the Bottle Holder to the Lower Handlebar.

Attach the **Bottle Holder #1** to the **Lower Handlebar #2** using (4) **M4 x 12 mm Screws #3** with the provided 5mm Allen Wrench. (Fig 2.5-15)

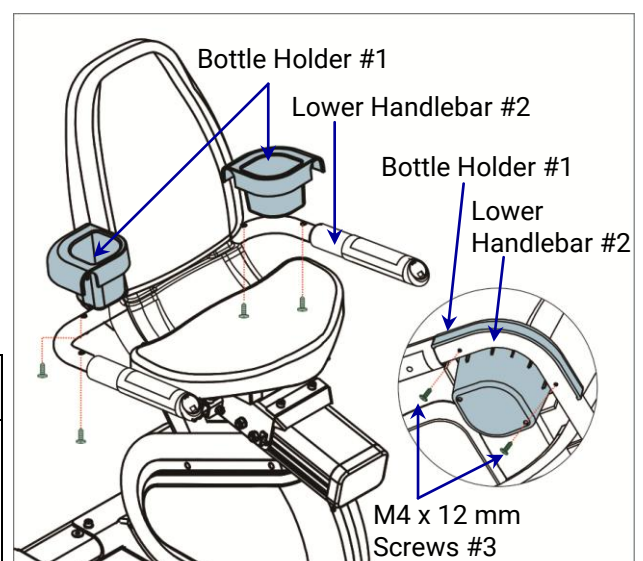




Fig 2.5-15

Required Tool	Required Parts/ Hardware Kit	
Allen Wrench (5mm)	Bottle Holder	M4 x 12 mm Screws (4 PC)

STEP 16: Attach the Rear Backrest Cover to the Lower Handlebar.

- 1) Unscrew the (2) pre-locked screws. (Fig 2.5-16, ①)
- 2) Attach the **Rear Backrest Cover #1** to the **Lower Handlebar #2** using (2) **M4 x 10 mm Screws #3** (pre-locked screws) with the provided 5mm Allen Wrench. (Fig 2.5-16, ②)

Required Tool	Required Parts/ Hardware Kit
	
Allen Wrench (5mm)	Backrest Rear Cover

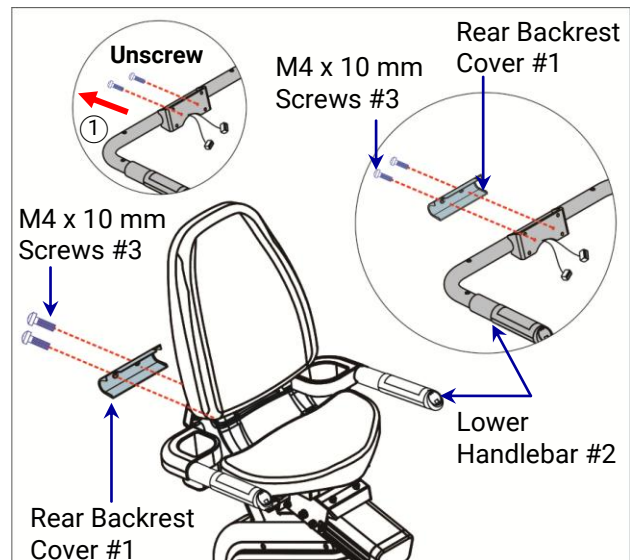


Fig 2.5-16

STEP 17: Attach the Right/ Left Track Cover to the Seat Set.

- 1) Unscrew the (4) pre-locked screws on the each side of the track. (Fig 2.5-17, ①)
- 2) Attach the **Right Track Cover #1** to the right side of the **Track #2** using the (2) **M4 x 10 mm Screws #3** (pre-locked screws) with the provided 5mm Allen Wrench. (Fig 2.5-17)
- 3) Attach the **Left Track Cover #3** to the left side of the **Track #2** using the (2) **M4 x 10 mm Screws #3** (pre-locked screws) with the provided 5mm Allen Wrench. (Fig 2.5-17)

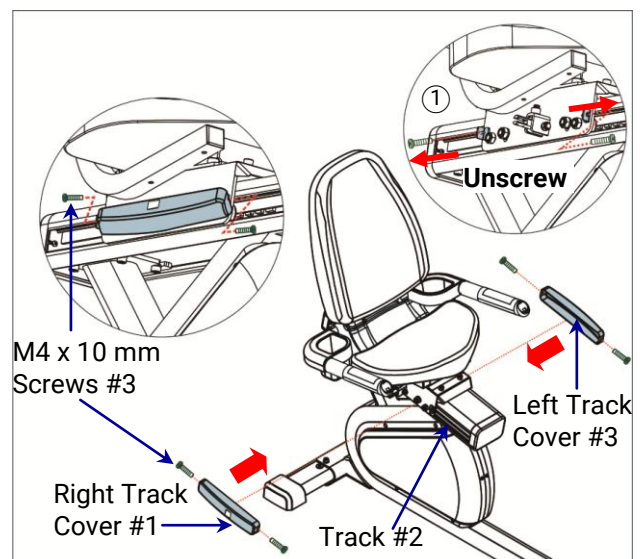

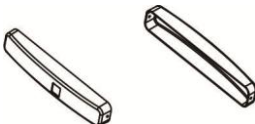


Fig 2.5-17

Required Tool	Required Parts/ Hardware Kit
	
Allen Wrench (5mm)	Right/ Left Track Cover

STEP 18: Attach the Seat Lock lever Set to the Track.

- 1) Screw the **Handle #1** into **Seat Lock lever #2**. (Fig 2.5-18, ①)
- 2) Unscrew the (2) pre-locked screws on the right side of the **Track #3**. (Fig 2.5-18, ②)
- 3) Attach the **Seat Lock lever Set #4** to the right side of the **Track #3** using (2) **M4 x 18 mm Screws #5** (pre-locked screws) with the provided 3mm Allen Wrench. (Fig 2.5-18, ③)

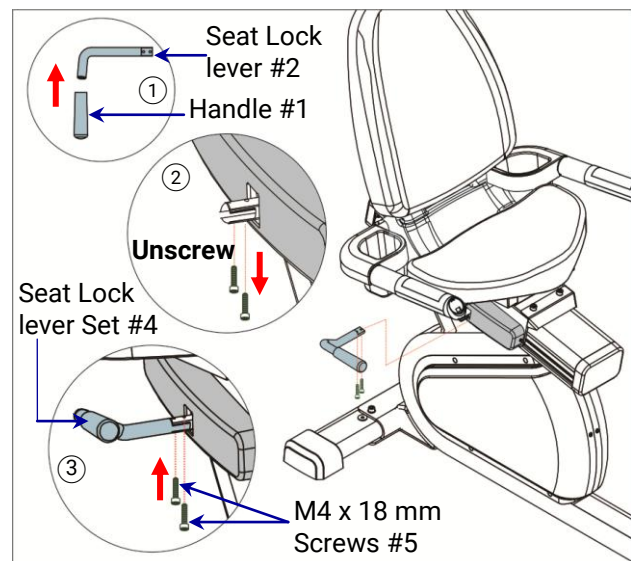

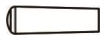



Fig 2.5-18


Required Tool	Required Parts/ Hardware Kit	
 Allen Wrench (3mm)	 Handle	 Seat Lock lever

STEP 19: Attach the Adjust Pad to the Main Frame.

Note: You will need the help of another person while performing this procedure.

Lift up the **Main Frame #1** and screw the **Adjust Pad #2** in to the bottom of the **Main Frame #1**. (Fig 2.5-19)

Turn the adjustment knobs on the ends of the adjust pads to level the stabilizers to the floor.

Required Tool	Required Parts/ Hardware Kit
N/A	 Adjust Pad

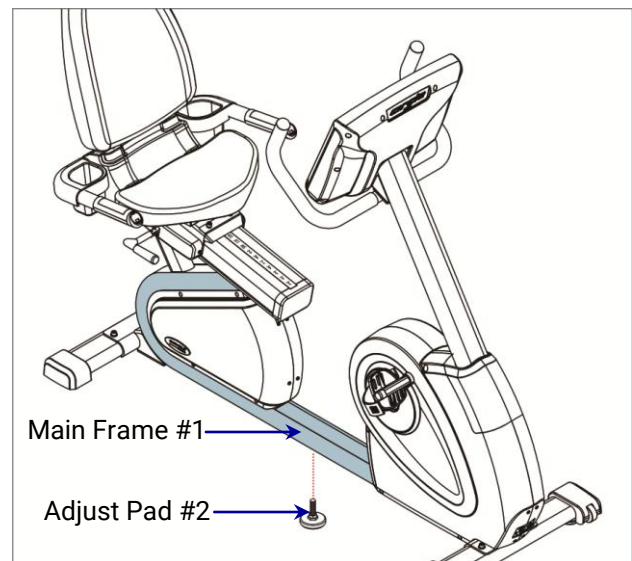



Fig 2.5-19

STEP 20: Stick the Anti-Slip Sticker.

Stick the **Anti-Slip Sticker #1** on the appropriate position of the **Main Frame #2**. (Fig 2.5-20)

Required Tool	Required Parts/ Hardware Kit
N/A	 Anti-Slip Sticker

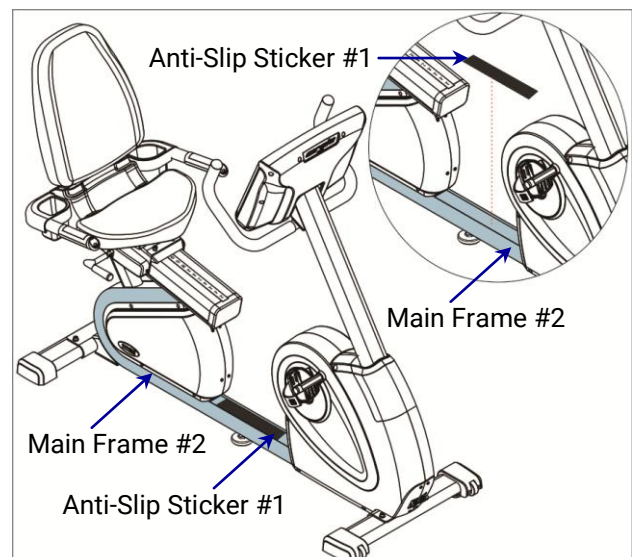


Fig 2.5-20

2.6 Adjustments

Adjusting the Pedal Straps

The pedal straps keep the user’s shoes firmly on the pedals during a workout.

The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation.

Unlock the buckle to adjust the strap. (Fig 2.6-1)



Fig 2.6-1

Seat Adjustment

Seat Forward/Backward Adjustment

The seat can be moved by pulling up on the **Seat Lock Handle (A)** and sliding the seat forward or backward to the desired location.

To lock the seat, simply push down on the seat lock handle.

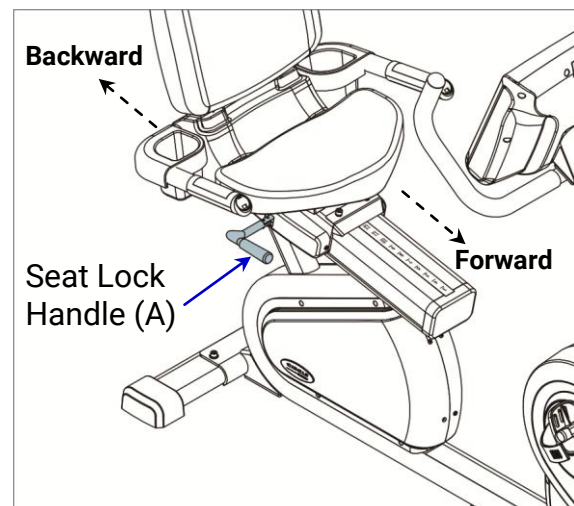


Fig 2.6-2

Backrest Tilt Adjustment

To tilt the backrest, pull up on the Backrest Adjust Lever (B) and push back on the backrest.

To adjust the backrest forward, pull up on the Backrest Adjust Lever (B) and allow the seat back to tilt forward.

When the desired position is reached, release the backrest adjustment lever.

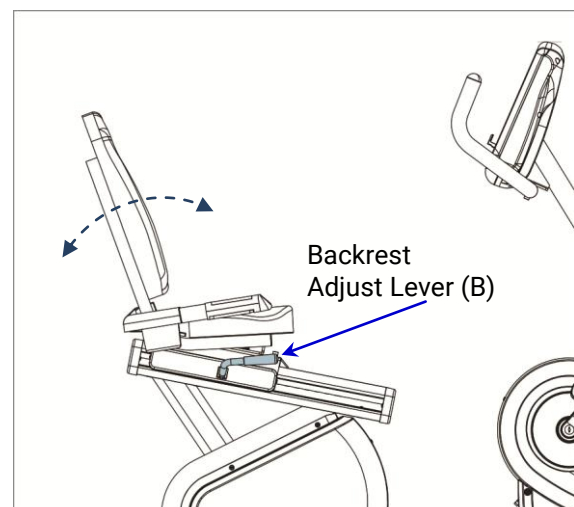




Fig 2.6-3

2.7 Engineering Settings

Press and hold the  (CLEAR/RESET) button then press  (LEVEL UP) button for 3 seconds to enter the engineering mode while in idle mode.

Software Version:

Message window shows **【VER】**, time window shows software version, press **ENTER** button to next setting.

Machine Type Selection:

Message Window shows **【SET TYPE】**, Distance & Time show **【E-7000】**, press **▲** or **▼** change to **【b-7000】** and then press **ENTER** button to next setting.

Language Selection:

Message window shows **【SET LANGUAGE】** one time then shows 『ENGLISH』. Press **▲** or **▼** button change to 『NEDERLANDS』 or 『FRANCAIS』 or 『DEUTSCH』 or 『ITALIANO』 or 『ESPANOL』 or 『POLAND』, press **ENTER** button to next setting. (This function is only for software version 1.03 or above.)

Unit Setting:

Message window shows **【SET UNIT】** one time then shows **【METRIC】**, press **▲** or **▼** button change to **【ENGLISH】** (Imperial), press **ENTER** button to next setting.

Total Used Distance:

Message Window shows **【ODO】**, DISTANCE & TIME window shows the total used distance.

Total used distance= TIME window value + (DISTANCE window value X 10000)

Press **ENTER** button to next setting.

How to reset the Total Used Distance & Total Used Hours:

*If necessary, press and hold **RESET/CLEAR** button and press **ENTER** button for 5 seconds to reset the Total Used Distance & Total Used Hours.*

Total Used Hours:

Message Window shows **【HRS】**, TIME windows shows total hours value. Press **ENTER** button to next setting.

USB port is NOT configured.

Press **ENTER** button to return to IDEL mode.

USB port is configured.

SET Year, Month, Day, Hour, and Minute.

Press **ENTER** button to return to IDEL mode.

2.8 Test Operation

Follow the instructions below to test the **full resistance range**:

- 1). Hold the handlebars to steady yourself while stepping into the pedals. Begin pedaling.
- 2). Verify the LED display will illuminate.
- 3). Run through the full resistance range.

Press the  (**Resistance level +**) button until the unit reaches its highest load.

Press the  (**Resistance level -**) button until the unit reaches its lowest load.

- 4). Wait for the recumbent bike to run down until the pedals come to a complete stop before dismounting the recumbent bike. Hold the handlebars steady while dismounting.

3.2 Body position

Your handlebars should be set to a position in which you can comfortably reach them with slightly bent arms. (Fig 3.2-1)

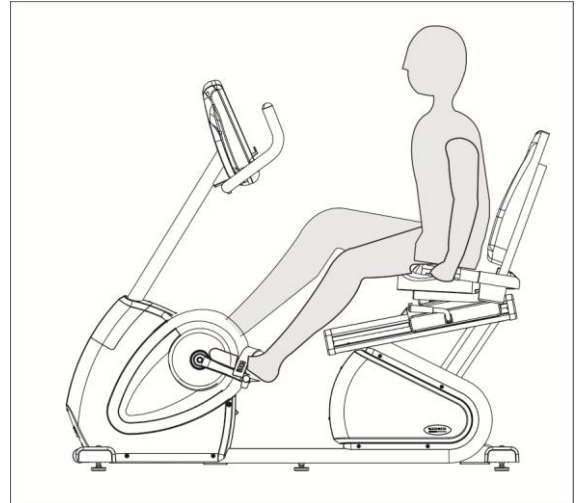




Fig 3.2-1

3.3 Changing Resistance Levels

Press the Resistance level + () or Resistance level - () buttons on the handlebar to change the resistance level at any time during a workout program. (Fig 3.3-1A)

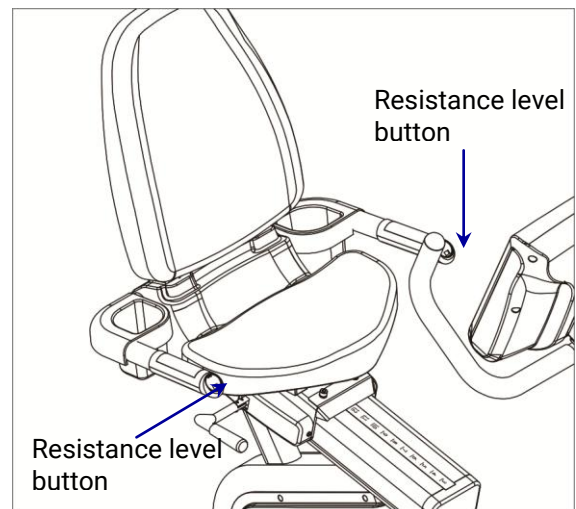


Fig 3.3-1A

To rapidly change the resistance level, press the desired number QUICK RESISTANCE button (Fig 3.3-1B). The Console will adjust the equipment to the selected resistance level of the QUICK RESISTANCE button.

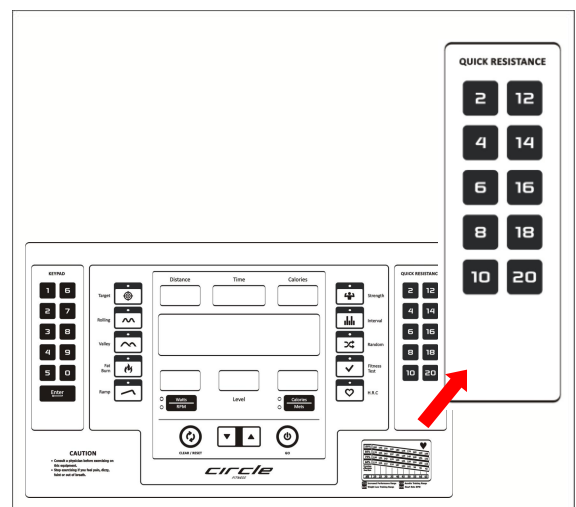


Fig 3.3-1B

4. CONSOLE OVERVIEW

4.1 Identifying the Parts of the Console

The following figure provides information about the console keys.

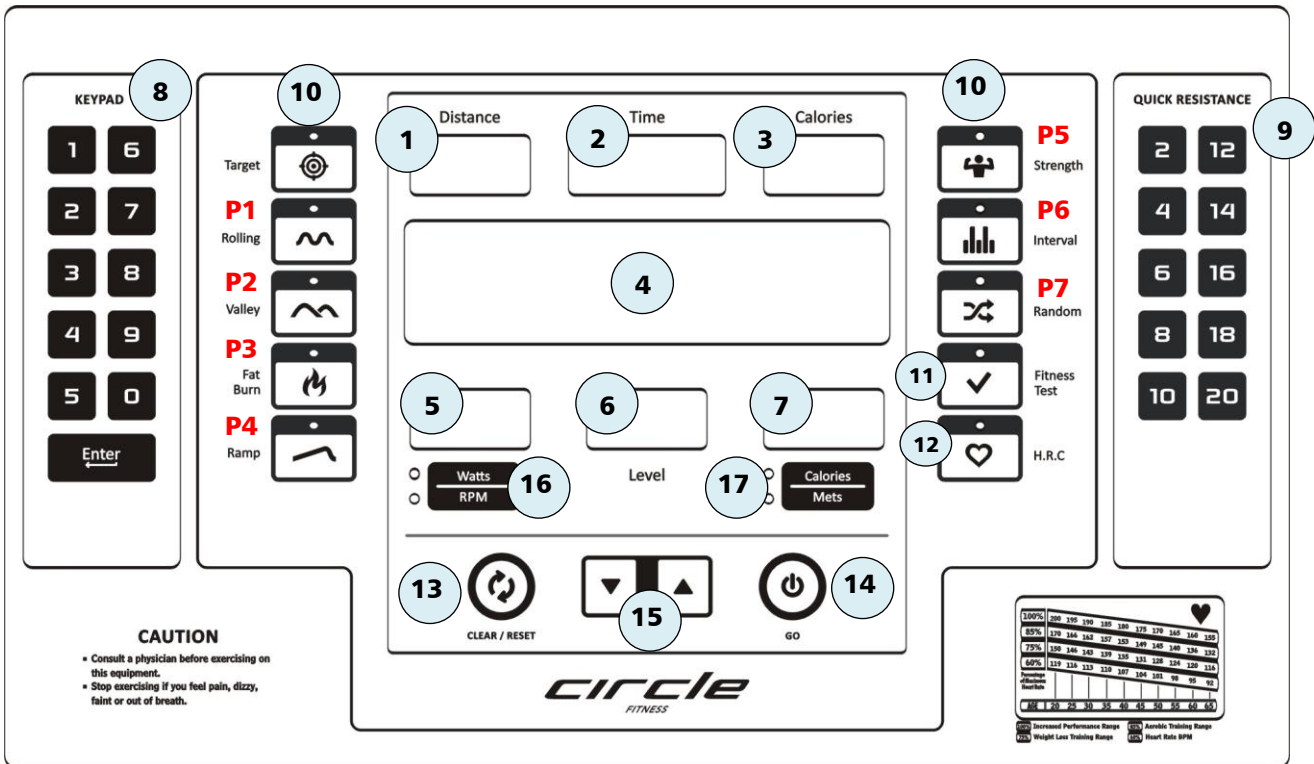


Table 4-1, Parts of the Console - Display Functions

Number	Part Name	Descriptions
1	Distance	Displays total distance KM/Mi.
2	Time	Displays time remaining or total time.
3	Heart Rate	Displays hand grip and wireless Heart Rate reading.
4	Message Window	Displays program profiles & message.
5	Watts / RPM	Displays consuming watts or pedaling RPM.
6	Level	Displays current resistance level. Level range: L1~L25
7	Calories	Displays calories burned or the multiple of rest.

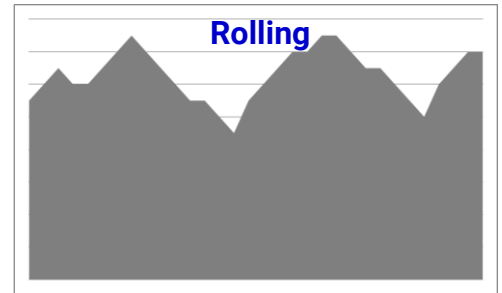
Table 4-2, Parts of the Console - Keypad Function

Number	Part Name	Descriptions
8	Number (Key) Pad	Set value.
9	Quick Resistance	Adjusts level to a predetermined value. There are 10 level quick keys.
10	Preset programs	The following 7 preset programs can be selected directly: <ul style="list-style-type: none"> · Rolling (P1) · Valley (P2) · Fat Burn (P3) · Ramp (P4) · Strength (P5) · Interval (P6) · Random (P7)
11	Fitness Test	Press this button to start Fitness Test program.
12	H.R.C (Heart Rate Control)	Displays hand grip or wireless Heart Rate reading.
13	CLEAR / RESET	Clear the setting value while setting. Reset back to idle mode while pause.
14	GO	Quick start or program start.
15	▲ / ▼	Adjusts the resistance level while in use. Adjusts program types and program values.
16	Watts / RPM	Switch display Watts to RPM.
17	Calories / Mets	Switch display Calories to Mets.

4.2 Program Profiles and Operation

4.2.1 Preset Program: Rolling (P1)

Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.

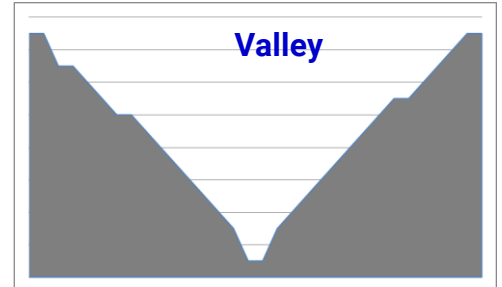


P1, Rolling	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Level 1	3	4	4	5	6	6	7	7	6	6	5	4	4	3	3	4
	Level 2	5	6	6	8	8	9	9	9	8	8	7	7	6	6	5	6
	Level 3	7	8	9	10	10	11	11	11	10	10	10	9	9	8	8	9
	Level 4	9	10	10	11	12	12	13	13	12	12	11	10	10	9	9	10
	Level 5	11	12	13	12	12	13	14	15	14	13	12	11	11	10	9	11
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	Level 1	4	5	6	6	7	7	6	6	5	4	4	3	4	5	6	6
	Level 2	6	7	7	8	9	9	8	8	7	6	5	6	6	7	7	8
	Level 3	10	10	11	11	10	11	10	9	8	8	7	7	6	7	8	9
	Level 4	10	11	12	12	13	13	12	12	11	10	10	9	10	11	12	12
	Level 5	12	13	14	14	15	15	14	13	13	12	11	10	12	13	14	14

$Segment = Preset Time / 32$

4.2.2 Preset Program: Valley (P2)

A series of gradually decreasing resistances that simulate descending hills, and then increasing resistances that simulate climbing hills.

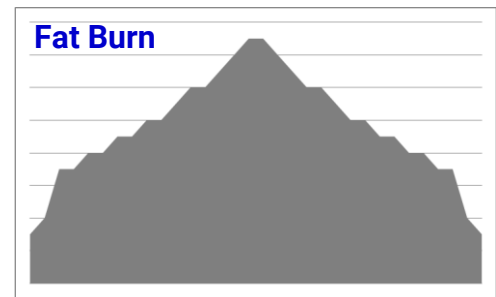


P2, Valley	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	LEVEL 1	9	9	8	7	6	6	5	5	4	4	3	3	2	2	2	1
	LEVEL 2	11	11	10	9	9	8	8	7	7	6	5	4	3	2	2	1
	LEVEL 3	12	12	11	10	9	9	8	8	7	7	6	6	4	3	3	1
	LEVEL 4	14	14	11	11	10	10	9	8	8	7	7	6	4	3	3	1
	LEVEL 5	15	15	13	13	12	11	10	10	9	8	7	6	5	4	3	1
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	LEVEL 1	1	2	2	2	3	3	4	4	5	5	6	6	7	7	8	8
	LEVEL 2	1	2	3	3	4	5	6	7	7	8	8	8	9	9	9	10
	LEVEL 3	1	2	3	4	5	6	7	7	8	8	9	9	10	10	11	11
	LEVEL 4	1	3	3	4	6	7	7	8	8	9	10	10	11	11	14	14
	LEVEL 5	1	3	4	5	6	7	8	9	10	11	11	12	13	14	15	15

$Segment = Preset Time / 32$

4.2.3 Preset Program: Fat Burn (P3)

Promotes weight loss by raising and lowering resistance level while keeping you in your fat burning zone.

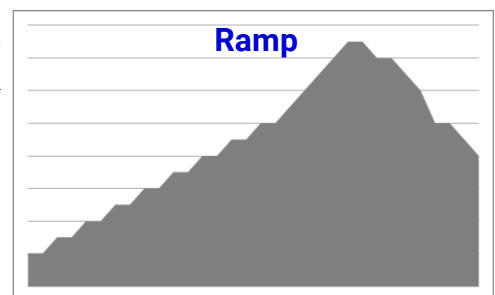


P3, Fat Burn	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Level 1	1	1	3	3	3	5	5	5	6	7	7	8	8	9	9	10
	Level 2	1	1	5	5	5	7	7	7	8	9	9	10	10	11	11	12
	Level 3	1	2	5	6	6	7	8	8	9	10	10	11	12	12	13	13
	Level 4	2	3	6	6	7	8	9	9	10	10	10	11	12	12	13	14
	Level 5	3	4	7	7	8	8	9	9	10	10	11	12	12	13	14	15
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	Level 1	10	9	9	8	8	7	7	6	5	5	5	3	3	3	1	1
	Level 2	12	11	11	10	10	9	9	8	7	7	7	5	5	5	1	1
	Level 3	13	12	12	11	10	10	9	8	8	7	6	6	5	5	3	1
	Level 4	13	12	13	11	10	10	10	9	9	8	7	6	6	5	4	2
Level 5	15	14	13	12	12	11	10	10	9	9	8	8	7	7	4	3	

$Segment = Preset\ Time / 32$

4.2.4 Preset Program: Ramp (P4)

This program with a progressively increasing resistance profile is designed to encourage the user to work towards their anaerobic energy system goals.

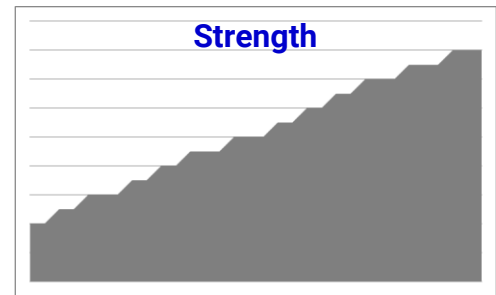


P4, Ramp	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Level 1	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6
	Level 2	1	1	2	2	3	3	3	3	5	5	5	6	6	7	7	7
	Level 3	1	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9
	Level 4	2	2	2	3	3	4	5	5	5	6	6	7	7	8	9	9
	Level 5	2	2	3	3	4	4	5	5	6	6	7	7	8	8	9	9
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	Level 1	6	7	7	7	8	8	8	8	6	5	4	4	3	2	1	1
	Level 2	8	8	9	9	10	10	11	11	11	9	9	8	8	7	7	6
	Level 3	9	9	10	10	10	11	12	13	12	11	9	9	8	8	7	7
	Level 4	9	9	10	11	12	13	13	14	14	12	10	9	9	8	8	7
Level 5	10	10	11	12	13	14	15	15	14	14	13	12	10	10	9	8	

$Segment = Preset\ Time / 32$

4.2.5 Preset Program: Strength (P5)

Helps you to gradually increase your muscle strength with a preset workout program.

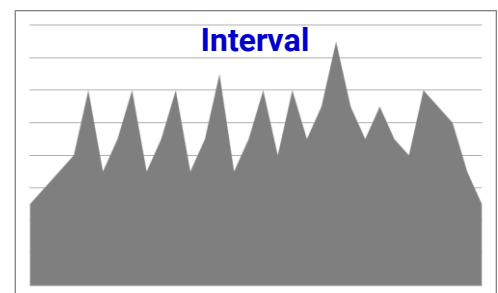


P5, Strength	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	LEVEL 1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7
	LEVEL 2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	8
	LEVEL 3	3	3	4	4	5	5	6	6	6	6	7	7	7	8	8	9
	LEVEL 4	4	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10
	LEVEL 5	4	4	5	5	6	6	6	7	7	8	8	9	9	9	10	10
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	LEVEL 1	7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	12
	LEVEL 2	8	8	9	9	9	10	10	10	11	11	11	12	12	12	13	13
	LEVEL 3	9	9	9	10	10	10	11	11	11	12	12	12	13	13	14	14
	LEVEL 4	10	10	11	12	12	12	13	13	13	14	14	14	14	15	15	15
	LEVEL 5	10	11	11	12	12	13	13	14	14	14	15	15	15	16	16	16

Segment = Preset Time / 32

4.2.6 Preset Program: Interval (P6)

Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.



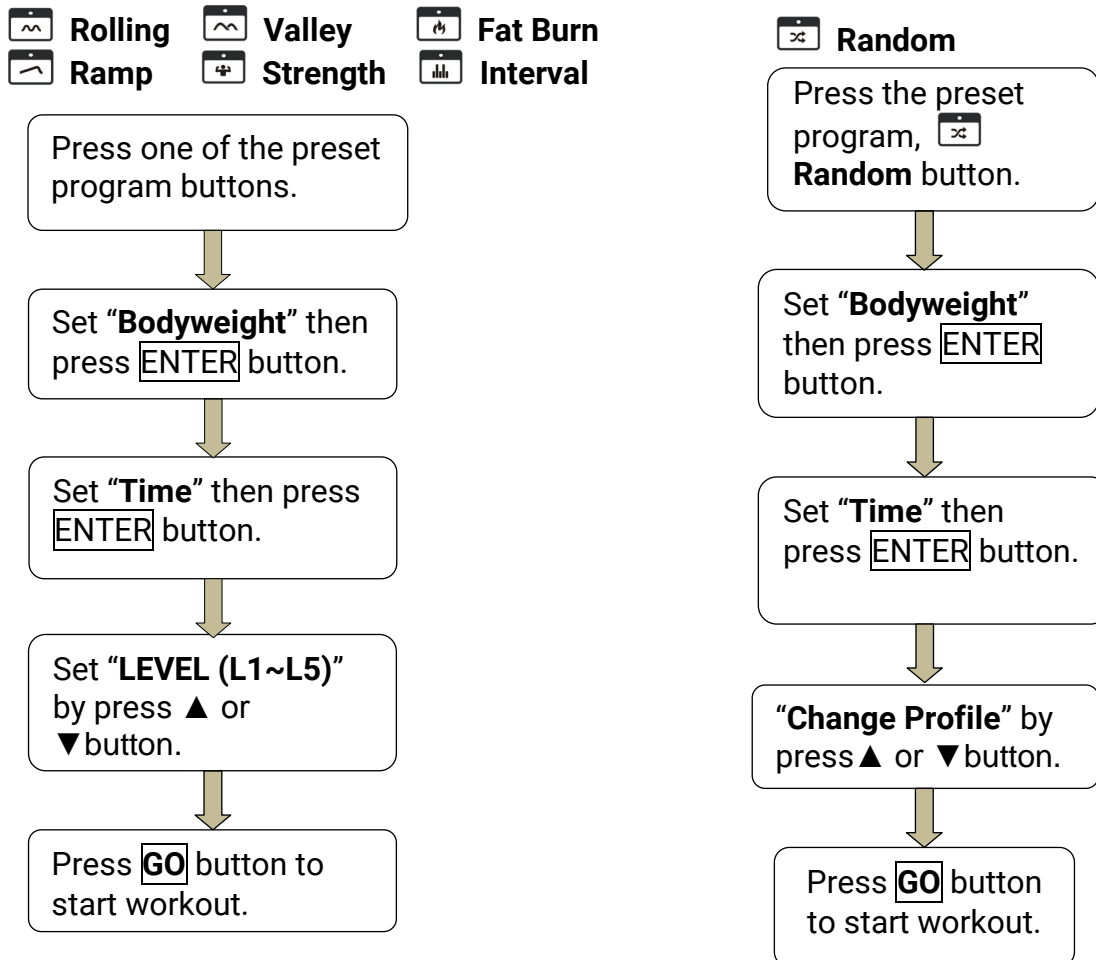
P6, Interval	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	LEVEL 1	1	2	3	4	6	3	4	7	3	4	8	3	4	9	3	4
	LEVEL 2	3	4	5	6	8	5	6	9	5	6	10	5	6	11	5	6
	LEVEL 3	4	5	6	7	10	5	7	10	5	7	11	5	7	12	5	7
	LEVEL 4	4	5	7	8	11	6	8	11	6	8	11	6	8	12	6	8
	LEVEL 5	5	6	7	8	12	7	9	12	7	9	12	7	9	13	7	9
	Segment	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	LEVEL 1	6	4	8	3	4	9	3	4	6	4	2	7	6	4	1	1
	LEVEL 2	8	6	10	5	6	11	5	6	8	6	4	9	8	6	3	3
	LEVEL 3	10	6	11	5	7	12	5	7	9	7	5	11	9	7	4	4
	LEVEL 4	11	7	12	6	8	13	6	8	11	8	6	12	11	9	6	4
	LEVEL 5	12	8	12	9	11	15	11	9	11	9	8	12	11	10	7	5

Segment = Preset Time / 32

4.2.7 Preset Program: Random (P7)

Specially designed chart based program that will simulate resistance being changed randomly.

4.2.8 Preset Programs Operation Procedures:



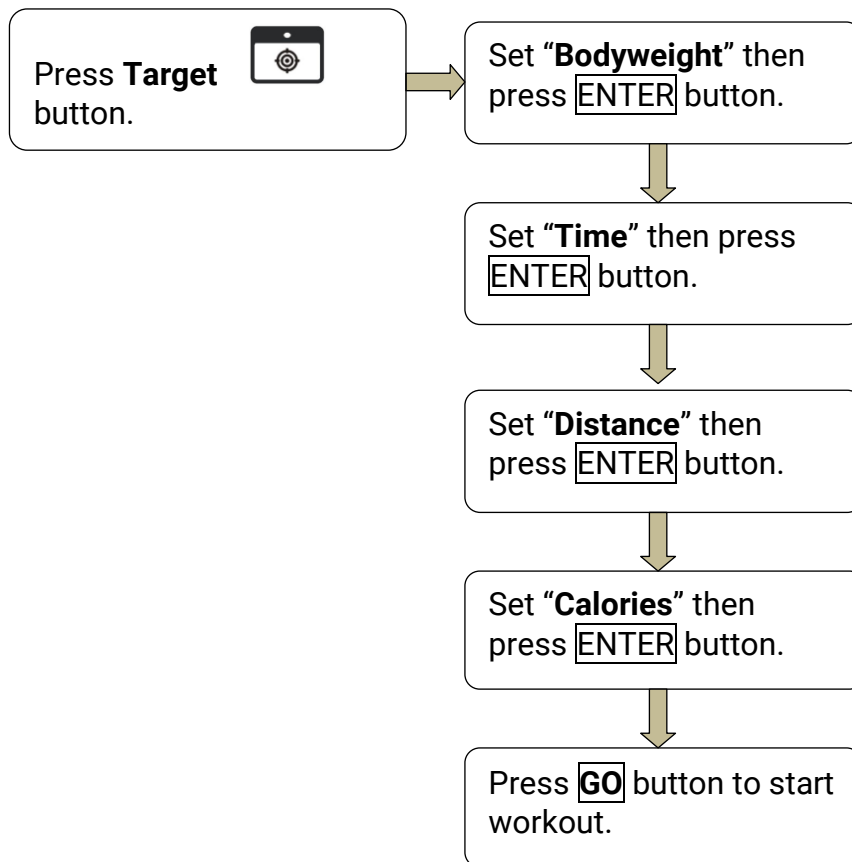
NOTES: Resistance levels change automatically according to the programs settings, but you can manually change the resistance level at any time by using the keys.

If the **Time** counter reaches Zero, the program will end automatically.

4.2.9 Target

Allow you to set the Workout Time, Distance and Calories.

Target program operation procedure:



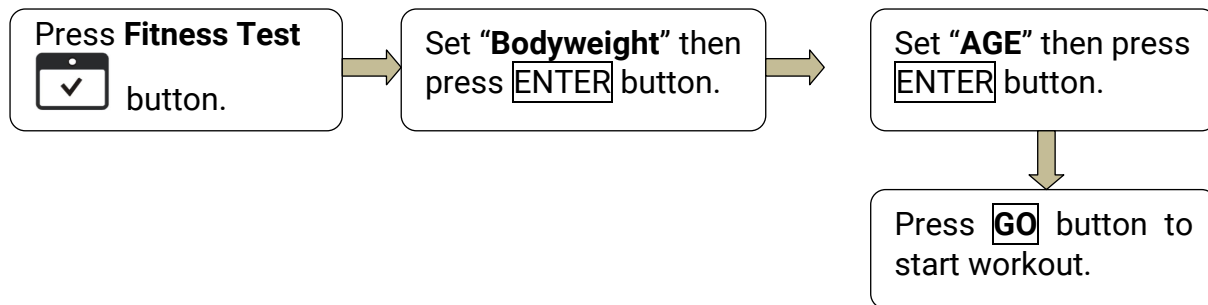
NOTES: Once one of the preset values is reached (Time/Distance/Calories) the program will end automatically.

If there are no pre-set targets then the program will not end until, the **Stop** button is pressed.

4.2.10 Fitness Test

Test your current level of physical condition.


Fitness Test Program operation procedure:



This test is divided into 10 stages of 3 minutes workout per stage. The Watt preset value of stage 1 is 50W, while the Watt values from stage 2 to stage 10 will depend on the 2:01 – 3:00 average heart rate.

Stage 1 (0:00~3:00)	Preset Watt : 50W			
2:01~3:00 Average Heart Rate	< 80 BPM	80~89 BPM	90~100 BPM	> 100 BPM
Stage				
Stage 2 (3:01~6:00)	125W	100W	75W	50W
Stage 3 (6:01~9:00)	150W	125W	100W	75W
Stage 4 (9:01~12:00)	175W	150W	125W	100W
Stage 5 (12:01~15:00)	200W	175W	150W	125W
Stage 6 (15:01~18:00)	225W	200W	175W	150W
Stage 7 (18:01~21:00)	250W	225W	200W	175W
Stage 8 (21:01~24:00)	275W	250W	225W	200W
Stage 9 (24:01~27:00)	300W	275W	250W	225W
Stage 10 (27:01~30:00)	----	300W	275W	250W

The program will end when maximum heart rate reaches a value of 85% over 10 seconds, when the heart rate window will show a message: VO2 MAX = XX. Press the Clear/Reset

button  to return to idle mode.

4.2.11 H.R.C (Heart Rate Control)

The heart rate program allows you to set a target heart rate for your workout. To use this program a chest belt (Optional) must be worn.

This program will compare the Actual Heart Rate and the Preset Heart Rate every 30 seconds and will adjust the resistance level until the Actual Heart Rate reaches a point within +5 or – 5 beats of the Preset Heart Rate.

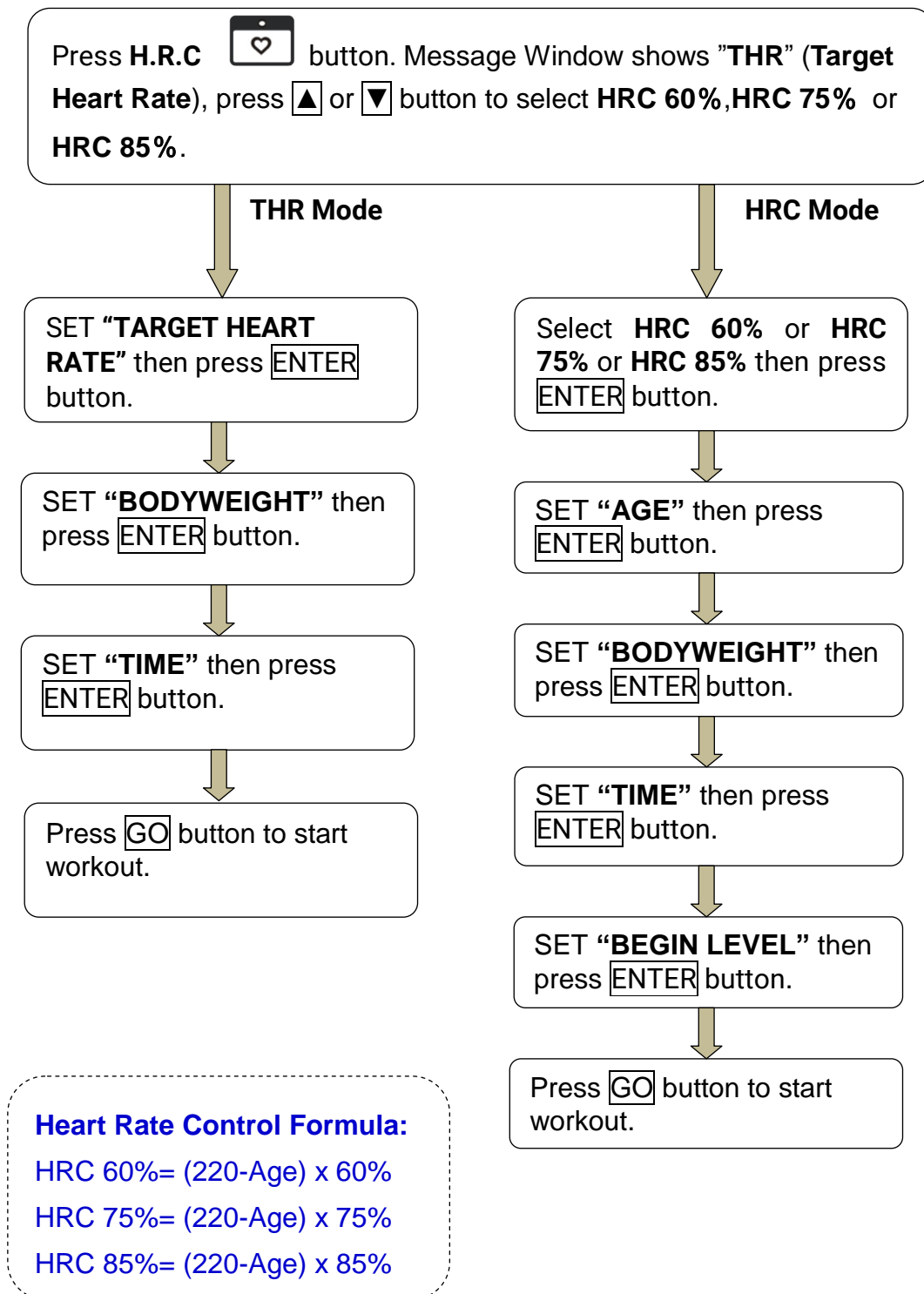
If the Actual Heart Rate is less than, or equal to the Preset Heart Rate (-5), the resistance will be increased by 1 level every 30 seconds until it reaches the maximum level.

If the Actual Heart Rate is more than, or equal to the Preset Heart Rate (+5), the resistance will be decreased by 1 level every 30 seconds until it reaches the minimum level.

Resistance levels may be changed at any time during the workout by pressing the Quick Resistance Keypad or Handlebar Buttons.

If the Preset Heart Rate is reached, the program will end automatically.

H.R.C program operation procedure:



5. ENGINEERING MODE

5.1 ENGINEERING MODE 1: Settings

While in idle mode, press and hold the  (CLEAR/RESET) button then press the  (LEVEL UP) button for 3 seconds to enter the setting mode.

Software Version:

Message window shows **【VER】**, time window shows software version, press **ENTER** button to next setting.

Machine Type Selection:

Message Window shows **【SET TYPE】**, Distance & Time show **【E-7000】**, press **▲** or **▼** change to **【b-7000】** and then press **ENTER** button to next setting.

Language Selection:

Message window shows **【SET LANGUAGE】** one time then shows 『ENGLISH』. Press **▲** or **▼** button change to 『NEDERLANDS』 or 『FRANCAIS』 or 『DEUTSCH』 or 『ITALIANO』 or 『ESPAÑOL』 or 『POLAND』, press **ENTER** button to next setting. (This function is only for software version 1.03 or above.)

Unit Setting:

Message window shows **【SET UNIT】** one time then shows **【METRIC】**, press **▲** or **▼** button change to **【ENGLISH】** (Imperial), press **ENTER** button to next setting.

Total Used Distance:

Message window shows **【ODO】**, DISTANCE & TIME window shows the total used distance.

Total used distance= TIME window value + (DISTANCE window value X 10000)

Press **ENTER** button to next setting.

How to reset the Total Used Distance & Total Used Hours:

*If necessary, press and hold **RESET/CLEAR** button and press **ENTER** button for 5 seconds to reset the Total Used Distance & Total Used Hours.*

Total Used Hours:

Message window shows **【HRS】**, TIME windows shows total hours value. Press **ENTER** button to next setting.

USB port is NOT configured.



Press **ENTER** button to return to IDEL mode.

USB port is configured.

SET Year, Month, Day, Hour, and Minute.

Press **ENTER** button to return to IDEL mode.

5.2 ENGINEERING MODE 2: Test Mode

Press and hold the  (CLEAR/RESET) button then press  (GO) button for 3 seconds to enter the Engineering Mode 2 while in idle mode.

Software Version:

Message Window shows **[VER]**, time window shows software version, press **ENTER** to start Test Mode.

LED ON/OFF Test:

All the led displays will light up then light off. Press **ENTER** button to next test.

LED Scan Mode:

This is for production test mode, press **ENTER** button to next test.

LED Indicator Scan Test:

This is for production test mode, press **ENTER** button to next test.

Keys Test:

Message Window shows **[KEY]**, each key has their own code when press it. (Refer to the **Table 5-1**.) Press **ENTER** button to next test.

Heart Rate & RPM Test:

Message Window shows **[IO]**, you can test Heart Rate & RPM function. Press **ENTER** button to return to **LED ON/OFF Test**.



Press and hold the  (CLEAR/RESET) button then press  (GO) button to exit.

Table 5-1, Corresponding Code of the Keypad

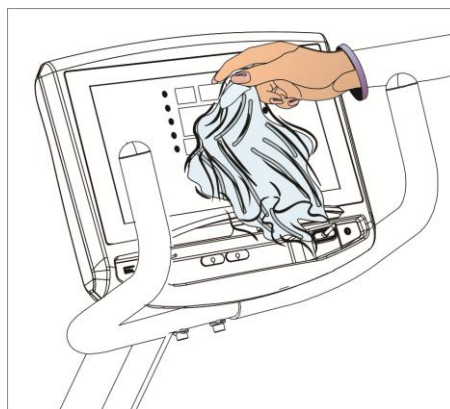
KEY	CODE	KEY	CODE	KEY	CODE	KEY	CODE
Target	001	Watt/RPM	011	9	021	Level-16	031
Rolling	002	Calories/Mets	012	0	022	Level-18	032
Valley	003	1	013	ENTER	023	Level-20	033
Fat Burn	004	2	014	Level-2	024	RESET/CLEAR	034
Ramp	005	3	015	Level-4	025	▼	035
Strength	006	4	016	Level-6	026	▲	036
Interval	007	5	017	Level-8	027	QUICK START	037
Random	008	6	018	Level-10	028		
Fitness Test	009	7	019	Level-12	029		
H.R.C	010	8	020	Level-14	030		

6. MAINTENANCE

6.1 Preventive Maintenance Tips

The Safety of the equipment can be maintained only if it is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. The following preventive maintenance tips will keep the machine operating at peak performance:

- Locate in a cool, dry place.
- Clean the top surfaces of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Use a 100% cotton cloth, lightly moistened with water and a mild liquid cleaning product, to clean. Other fabrics, including paper towels, may scratch the surface.
- Do NOT use ammonia or acid-based cleaners.



6.2 Preventive Maintenance Schedule

Follow the schedule below to ensure proper operation of the recumbent bike.

ITEM	Weekly	Monthly	Bi-annually	Annually
Surface of the Console	Clean	Inspect		
Console Mounting Bolts			Inspect	
Bottle holder	Clean	Inspect		
Frame	Clean			Inspect
Plastic Covers	Clean	Inspect		
Pedals and Straps	Clean	Inspect		

6.3 Troubleshooting

Item	Error Message	Descriptions
1.	COMMUNICATION FAIL	<p>CAUSE: Communication timeout. This error message pops up if console and generator lose communication for over 90 seconds.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Check that the console and generator are connected properly. - If the connection is correct, please replace the console or generator.
2.	DC BUS ERROR	<p>CAUSE: The generator cannot transform AC power to DC power.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
3.	DCV VOLT OVERLOAD	<p>CAUSE: The voltage of DC generator is too high (over 300V for 3 seconds). User may be peddling too fast (normal peddling speed should be under 180 RPM).</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
4.	DCV VOLT OVERVOLT	<p>CAUSE: The voltage of DC generator is too high (over 300V for 3 seconds). User may be peddling too fast (normal peddling speed should be under 180 RPM).</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.

Item	Error Message	Descriptions
5.	MV VOLT OVERLOAD	<p>CAUSE: The generator output voltage is overloaded.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
6.	CMP CURR OVERLOAD	<p>CAUSE: The output current of the generator is over 3amps for 3 seconds.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
7.	CMP CURR OVERCURR	<p>CAUSE: The output current of generator is over 3.5amps for 1 second.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
8.	SHORT CIRCUIT	<p>CAUSE: The IGBT of generator is short circuit.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Stop peddling and wait for the power to shut down. - Peddle to power up the console. If the error message pops up again, replace the generator.
9.	CURRENT STATE NG	<p>CAUSE: The output circuit of the generator is abnormal or the coil did not connect to the controller.</p> <p>SOLUTION:</p> <ul style="list-style-type: none"> - Check the coil connection. - If coil connection is correct, replace the generator.

7. CUSTOMER SERVICE

7.1 Warranty Claim Process

Please apply online for submission of warranty claims.

For submission online of warranty claims please go to <http://goo.gl/forms/OplmbWO9kXHJuDYc2>.

To submit warranty claims, you will be asked to provide information in your submission, and also to upload your pictures/video clips.

Before you begin submission, you should have the following items ready:

- (1) Vendor's Code**
- (2) Your email address**
- (3) Your name**
- (4) Your phone number**
- (5) Model Description:** For example, please fill in M8, M7, M7A00A1, EP7, B7 EPlus or etc. Please fill in only one model per submission.
- (6) Serial Number:** It is a one-letter-9-digit code like T141000525, E141200021, R141000064, or B14100059. You may fill in multiple serial numbers if you submit a warranty claim for the same model equipment.
- (7) Problem Description:**
 - Example 1: The running belt is too dry and noisy. Motor current is too high.
 - Example 2: Incline window showed "Err". All functions of the treadmill are normal except lift. Our engineer has made diagnostics according to the document "Engineering Manual - Trouble Shooting". Also there is a loud noise while pressing the "UP" button. So, he considers to be faulty.
 - Example 3: Display problem: One led segment is always off.
- (8) Issue solved or not?** Solved/ Not solved yet/ others
- (9) Requested Part Name/Number**
- (10) Link to the Folder of Pictures/Video Clips:**
 - Photos of warranty labels are essential for warranty claims on electronics like console, lift motor, motor control, generators and etc.
- (11) End Customer Site Description and Contact**
- (12) Reported Failure Date**
- (13) Preferred Shipping Method**
- (14) Comments:** Please leave comments for this issue here if you have any.

Automatic confirmation email will be sent out via warranty.claim259@gmail.com so please make sure this email address is not blocked by your server or email software.

circle
FITNESS

Stay Young



Recumbent Bike R8

