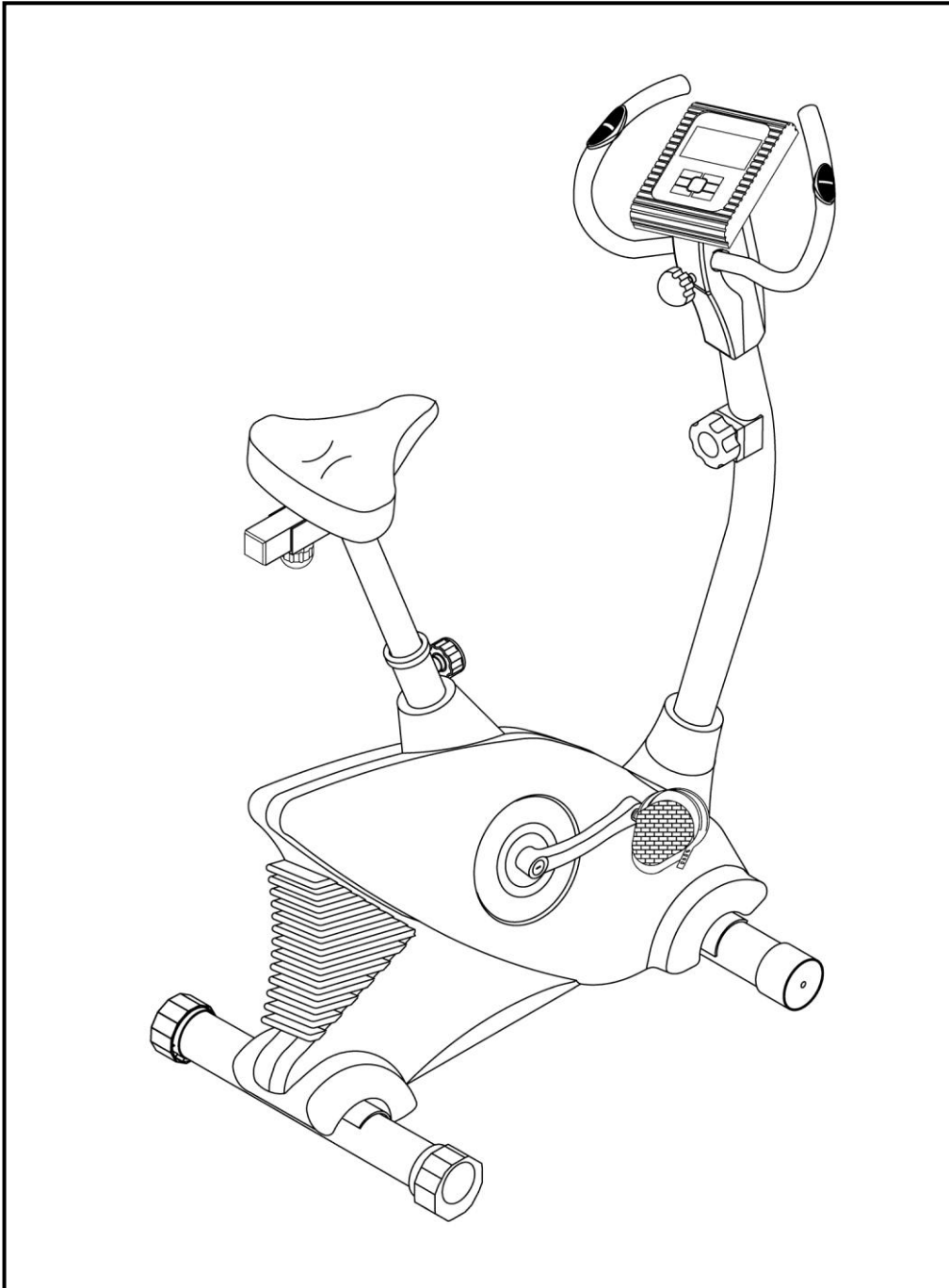


MAGNETIC BIKE USER'S MANUAL

GB



This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.

Dear Customer:

We want to thank you for having chosen a MAGNETIC BIKE. Wish you a lot of fun and success during training. Please note and follow the enclosed safety and assembly instructions carefully.

If you have questions, please do not hesitate to contact us.

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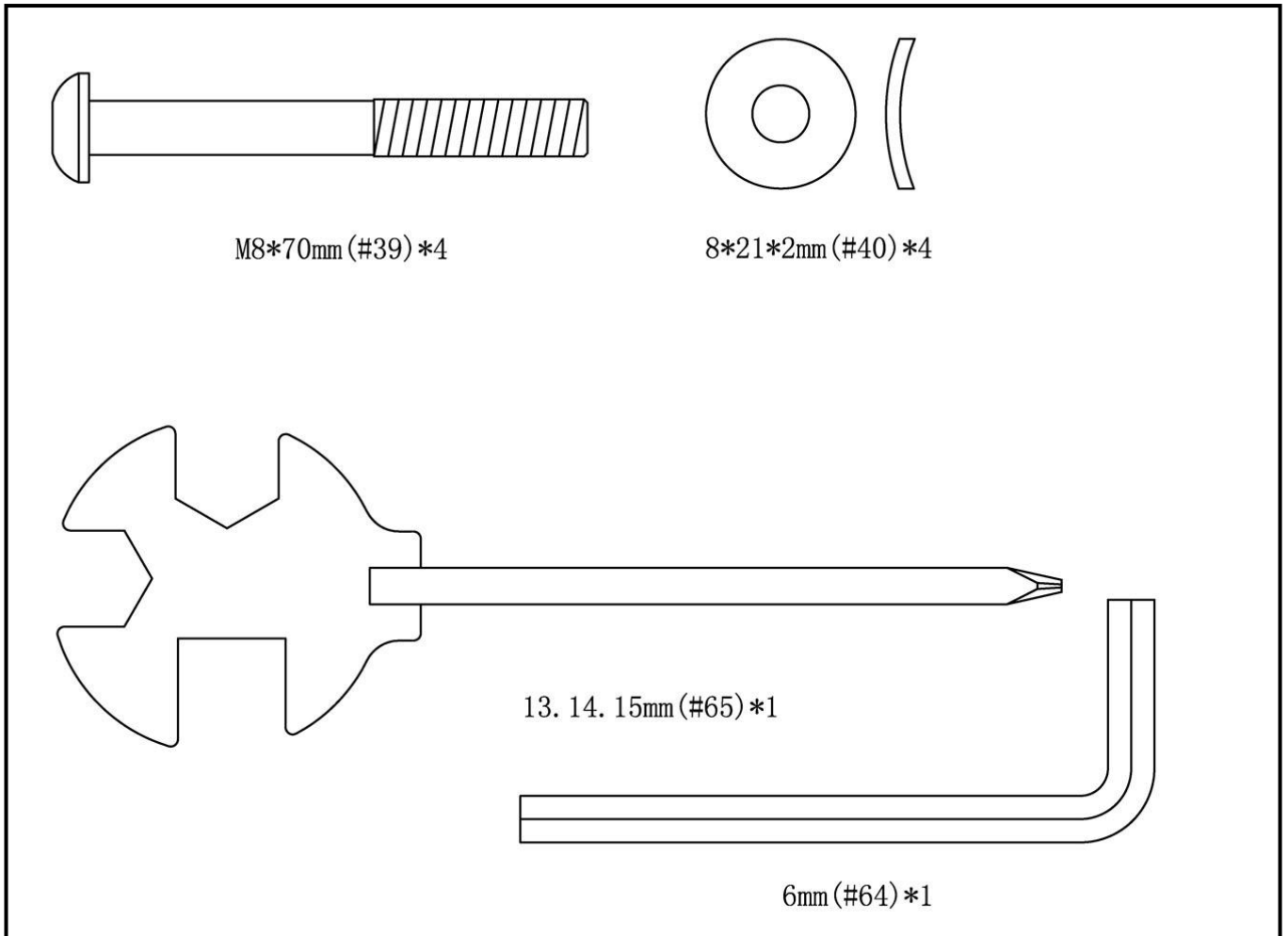
Safety Instructions




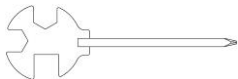


Before you start training on your MAGNETIC BIKE, please read the instructions carefully.

Be sure to keep the instructions for information, in case of repair and for spare part delivery.

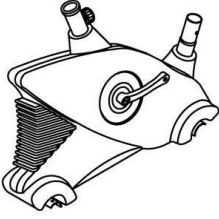
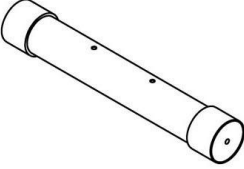
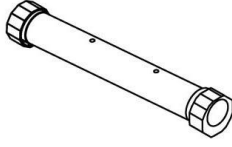

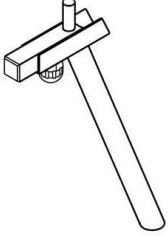


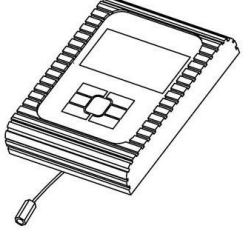
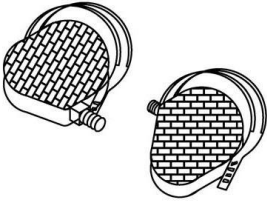
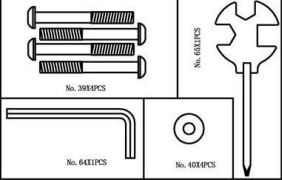

- HM-6100 is made for home use only and tested up to a max. body weight of 150 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly, use only suitable tools and ask for assistance if necessary.
- Place the bike on an even, non-slippery surface. Because of possible corrosion, the usage of the exercise bikes in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/or keep the equipment out of use until repair. For repairs, use only original spare parts.
- In case of repair, please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning the exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts, be aware of the maximum positions to which they can be adjusted/tightened to.
- The exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable. Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions
- The load/work level can be adjusted by adjusting tension control knob on the handle bar stem.



NO.	Description	Q'ty	Specification	Picture
39	Carriage Bolt	4	M8 x 70 mm	
40	Washer	4	8 x 21 x 2 mm	
64	Allen key wrench	1	6 mm	
65	Screw driver	1	13.14.15 mm	

Package Component List

GB

 <p>No.1 Main Frame</p>	 <p>No.2 Front Stabilizer</p>	 <p>No.3 Rear Stabilizer</p>	 <p>No.4 Handlebar Post</p>
 <p>No.5 Saddle Post</p>	 <p>No.7 Handlebar</p>	 <p>No.9 Saddle</p>	 <p>No.10 Computer</p>
 <p>No.26 Pedal</p>	 <p>Hardware Package</p>	 <p>Manual</p>	

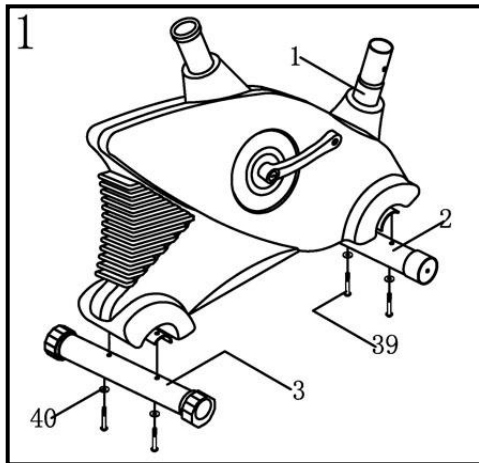
Assembly Instructions

GB

Step 1

GB

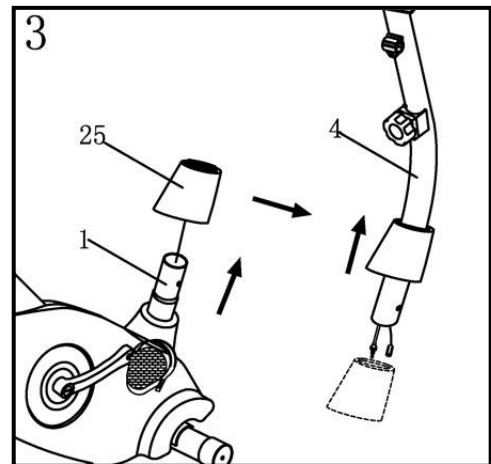
1. Fasten front stabilizer (2) and rear stabilizer (3) to main frame (1) with 4 carriage bolts (39) & washers (40) from the underside of stabilizer.



Step 3

GB

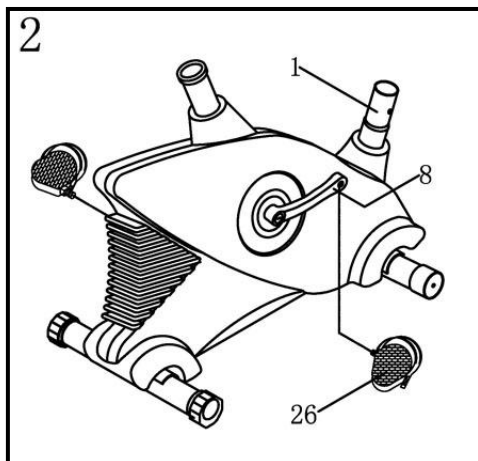
1. Take out protector (25) from main frame (1) and put it to handlebar post (4).



Step 2

GB

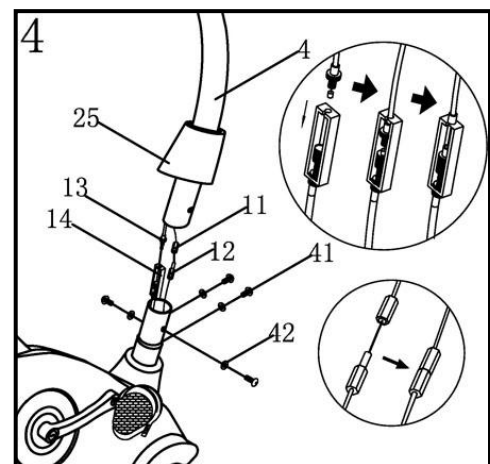
1. Screw pedal (26) onto crank (8). The pedals are marked with R and L at the screw. Tighten the left pedal counter-clockwise, the right pedal clockwise.



Step 4

GB

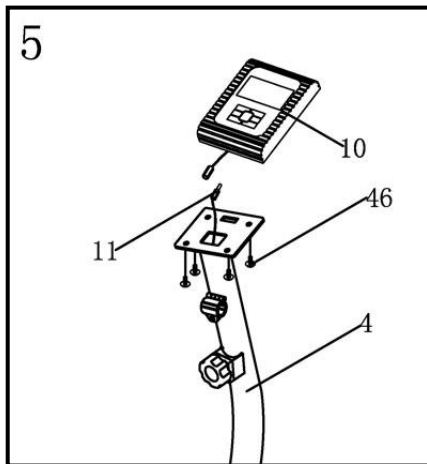
2. Unscrew the pre-assembled 4 hex. bolts (41) & washers (42).
3. Hook box of tension control cable (14) with stoppage of tension control (13) firmly.
4. Connect upper computer cable (11) with lower computer cable (12).
5. Put handlebar post (4) into main frame (1). Fix it with 4 hex.bolts (41) and washers (42) again.
6. Assemble the protector (25) back main frame.



Step 5

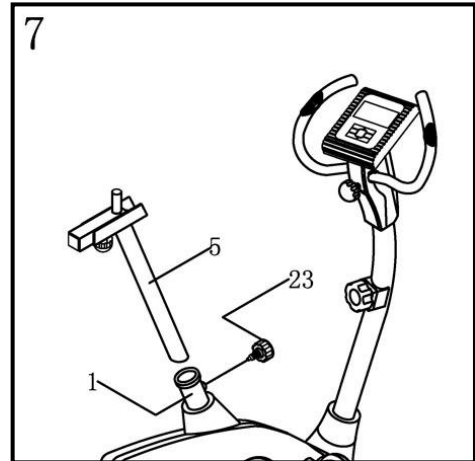
GB

7. Plug upper computer cable (11) to cable at back of computer (10). Attach and fix computer (10) onto bracket at top of handlebar post (4) by 4 bolts (46) tightly.

**Step 7**

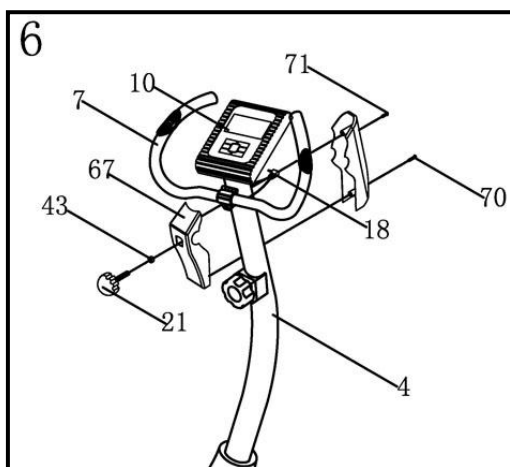
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1. Loosen saddle post knob (23). Insert saddle post (5) to main frame (1), choose the desired height and tighten saddle post knob (23) again.
2. Ensure that the knob is always tightened.

**Step 6**

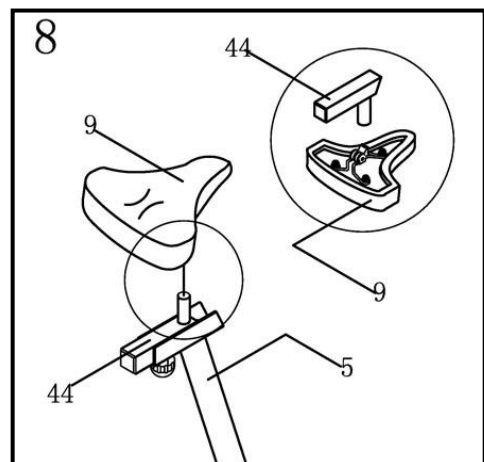
GB

1. Release round knob (21) & sleeve (43) from fastener at handlebar post (4). Open fastener and put handlebar (7) onto fastener of handlebar post (4).
2. Attach plastic cover (67) (front & rear) to handlebar post (4), secure with 1 screw (70) & screw (71). Select the desired position for handlebar (7), fasten round knob (21) with 1 sleeve (43) again.
3. Plug hand pulse sensor wire (18) to jack at the back of computer (10).

**Step 8**

GB

1. Attach saddle adjustable post (44) to saddle (9) firmly.



The things you should know before exercise

SLEEP MODE:

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes.

Functions and Features:

1. **SCAN:** At the exercise mode, press the MODE key until appears the SCAN on the LCD. Monitor will display the following function and each function will keep 6 seconds on the main screen.
TIME-SPEED-DISTANCE-CALORIE-RPM-PULSE
2. **TIME:** Shows your elapsed workout time in minutes and seconds.
3. **SPEED:** Displays your workout speed value in KM or MILE per hour from 0.0 to 99.9 .
4. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.99KM/MILE..
5. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
6. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display 0 on the window.
7. **RPM:** Your pedal cadence.

Key function:

There are one button key and the function description as follows:

1. **MODE key:**
 - a. Press the key can accept these setting values of TIME, DISTANCE and CALORIE.
 - b. During the STOP mode, by holding this key for over two seconds then the computer will re-power-on.
 - c. During the exercise mode, press the key can check the function from SCAN-TIME-SPEED-DISTANCE-CALORIES-RPM-PULSE for a circle.

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:

If you have not been physically active for a longer period of time and also to avoid health risks, you should consult your general physician before starting to exercise.

Intensity

To achieve maximum results, the right intensity has to be chosen.

The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising, the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates, please see the attached pulse rate chart on page 9.

When starting to exercise, you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate = $220 - 52(\text{age}) = 168$ pulse/min

Minimum pulse rate = $168 \times 0.6 = 101$ pulse/min

Highest pulse rate = $168 \times 0.7 = 117$ pulse/min

During the first week, it is advisable to start with a pulse rate of 101. Afterwards, increase it to 117.

With increasing improvement of fitness, the training intensity should be increased to 70% - 85% of your maximum pulse rate.

Increasing the resistance, a higher frequency or longer training periods can do this.

Training Organization

Warm-up:

Before every your training, you should warm-up for 5-10 minutes.

Training session:

During the actual training, a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

Cool down:

To introduce an effective cool-down of muscles and metabolism, the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle aches.

Success

Even after a short period of regular exercises, you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement, you should motivate yourself to exercise regularly.

Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your bike.

HEART RATE CHART

AGE	RECOVERY 50%–65%	ENDURANCE 65%–75%	STRENGTH 75%–85%	INTERVAL 65%–92%	RACE DAY 80%–92%
20–23	100–129	129–149	149–168	129–182	160–182
24–27	98–126	126–146	146–165	126–178	155–178
28–31	96–123	123–143	143–162	123–175	153–175
32–35	94–120	120–140	140–159	120–172	150–172
36–39	92–118	118–137	137–155	118–168	146–168
40–43	90–116	116–134	134–151	116–164	143–164
44–47	88–113	113–131	131–148	113–161	140–162
48–51	86–110	110–128	128–145	110–157	137–157
52–55	84–108	108–125	125–141	108–153	133–153
56–60	82–105	105–122	122–139	105–150	131–150

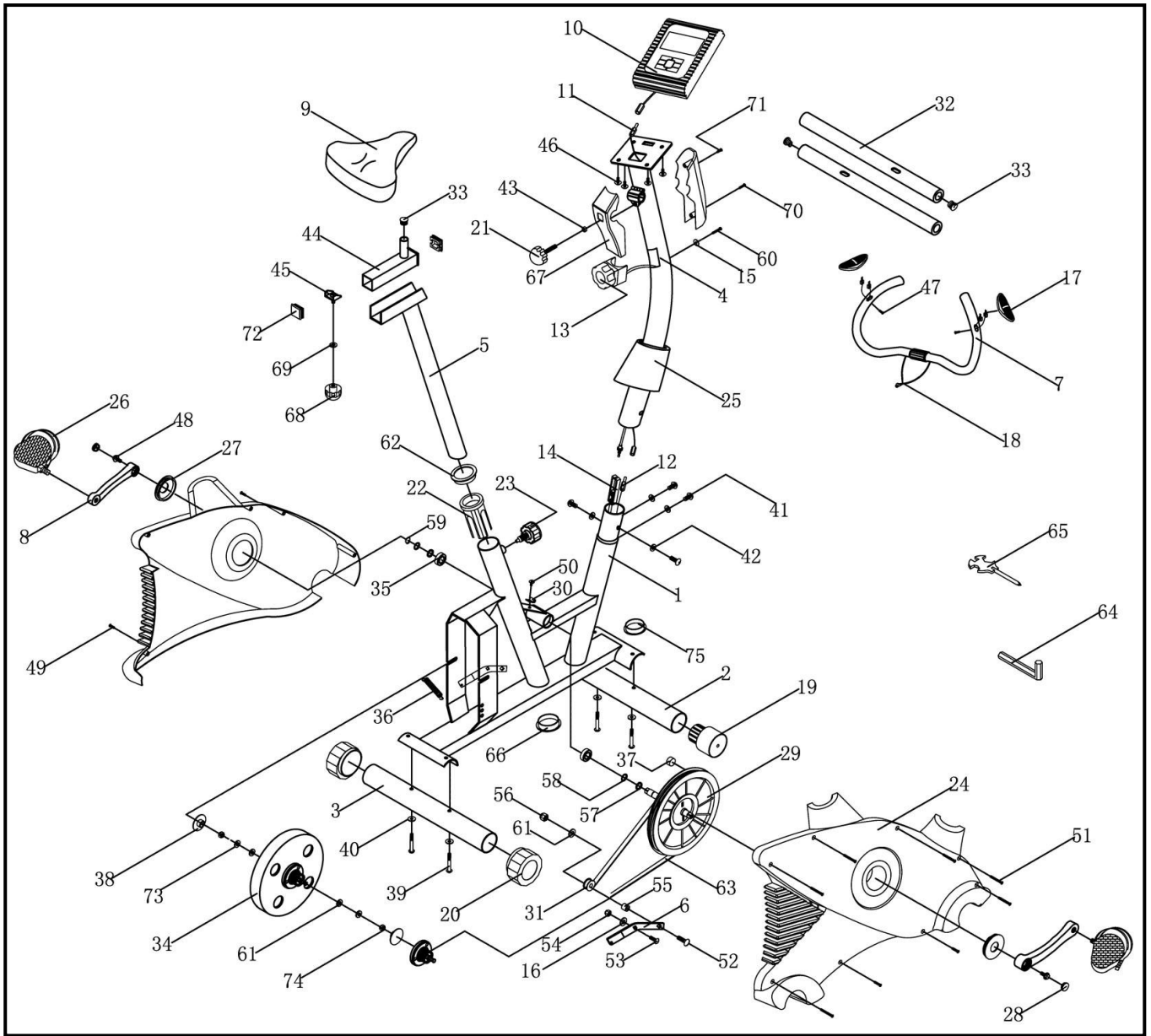
The HEART RATE CHART is only for the customer reference.

Parts List

GB

No.	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar post	1
5	Saddle post	1
6	Idle wheel fixture	1
7	Handlebar	1
8	3pcs Crank (L & R)	1
9	Saddle	1
10	Computer	1
11	Computer cable (upper)	1
12	Computer cable (lower)	1
13	Tension control	1
14	Tension control cable	1
15	Washer (for tension control)	1
16	Washer (for idle wheel fixture)	1
17	Hand pulse sensor	2
18	Hand pulse sensor wire	1
19	Front stabilizer cap	2
20	Rear stabilizer cap	2
21	Round knob (for handlebar)	1
22	Fastener (for seat post)	1
23	Saddle post knob	1
24	Chain cover (L & R)	1
25	Protector (for front post)	1
26	Pedal (R & L)	1
27	Protector (for chain cover)	2
28	Cap (for 3pcs Crank)	2
29	Belt flywheel	1
30	Sensor holder	1
31	Idle wheel	1
32	Foam grips	2
33	End cap (for foam grips & saddle adjustable post)	3
34	Flywheel	1
35	Steel bearing	2
36	Spring	1
37	Magnet	1
38	Protector (for flywheel)	2

No.	Description	Q'ty
39	Carriage Bolt (for front & rear stabilizer)	4
40	Washer (for front & rear stabilizer)	4
41	Hex. bolt (for handlebar post)	4
42	Washer (for handlebar post)	4
43	Steel Sleeve (for handlebar)	1
44	Saddle adjustable post	1
45	Bracket (for saddle adjustable post)	1
46	Bolt (for computer)	4
47	Screw (for hand pulse sensor)	2
48	Bolt (for crank)	2
49	Screw (for chain cover)	4
50	Screw (for sensor holder)	1
51	Screw (for chain cover)	6
52	Bolt (for idle wheel)	1
53	Bolt (for idle wheel fixture)	1
54	Nut (for idle wheel fixture)	1
55	Steel sleeve (for idle wheel)	1
56	Nut (for idle wheel)	1
57	Washer (for belt wheel)	2
58	Washer (for belt wheel)	2
59	C –ring	1
60	Bolt (for tension control)	1
61	Washer (for flywheel)	3
62	Ring (for saddle post)	1
63	Belt	1
64	Allen key wrench	1
65	Screw driver	1
66	End cap (for middle post)	1
67	Plastic cover (for handlebar post) (pair)	1
68	Round knob (for saddle adjustable post)	1
69	Washer (for saddle adjustable post)	1
70	Screw (for plastic cover #66 & 67)	1
71	Screw (for plastic cover #67)	1
72	End cap (for saddle adjustable post)	1
73	Washer (for flywheel)	2
74	Nut (for flywheel)	2
75	End cap (for front post)	1



The owner's manual is only for the customer reference.