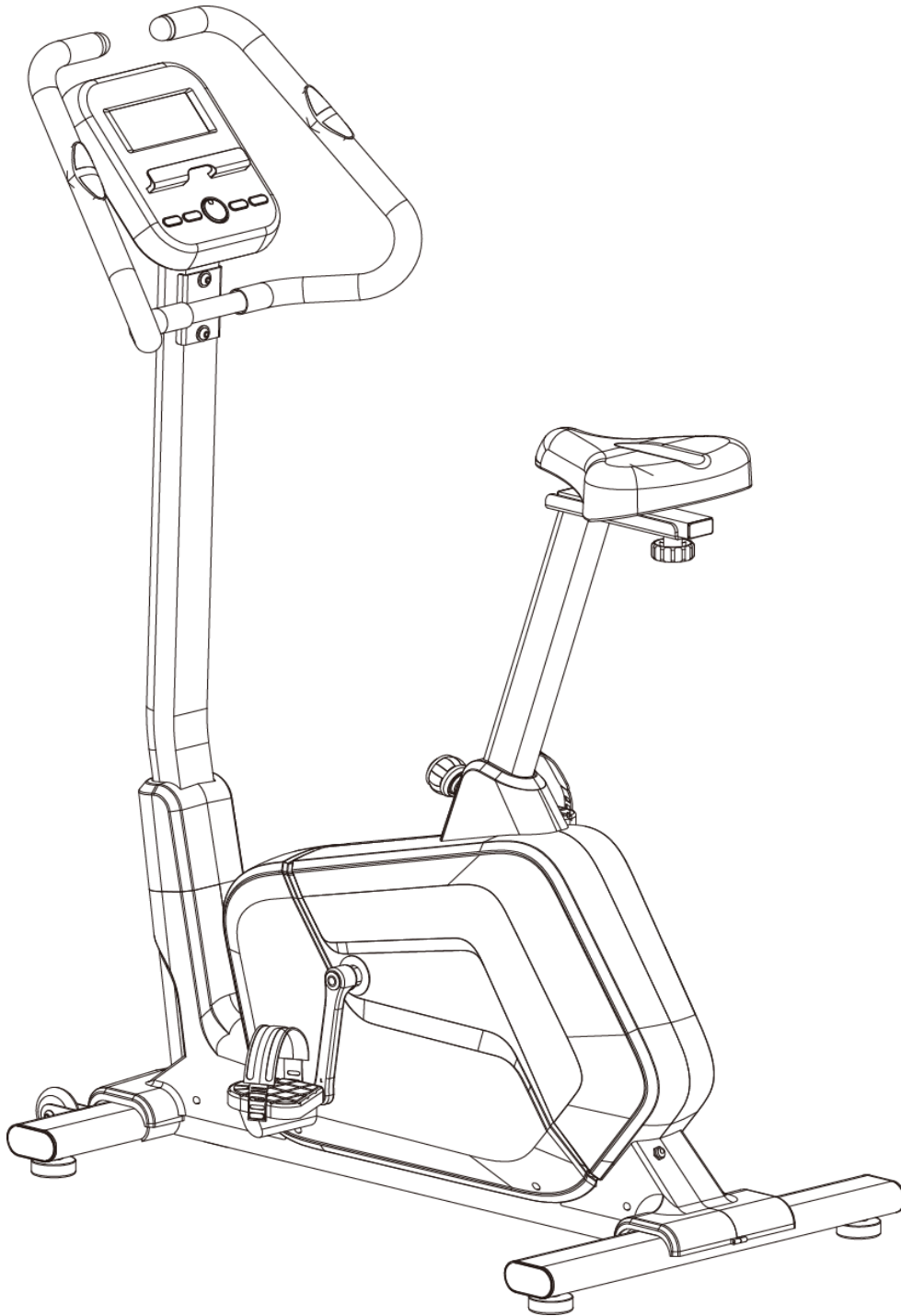


GYMSTICK™

GB4.0 EXERCISE BIKE USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick GB4.0 Exercise Bike. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

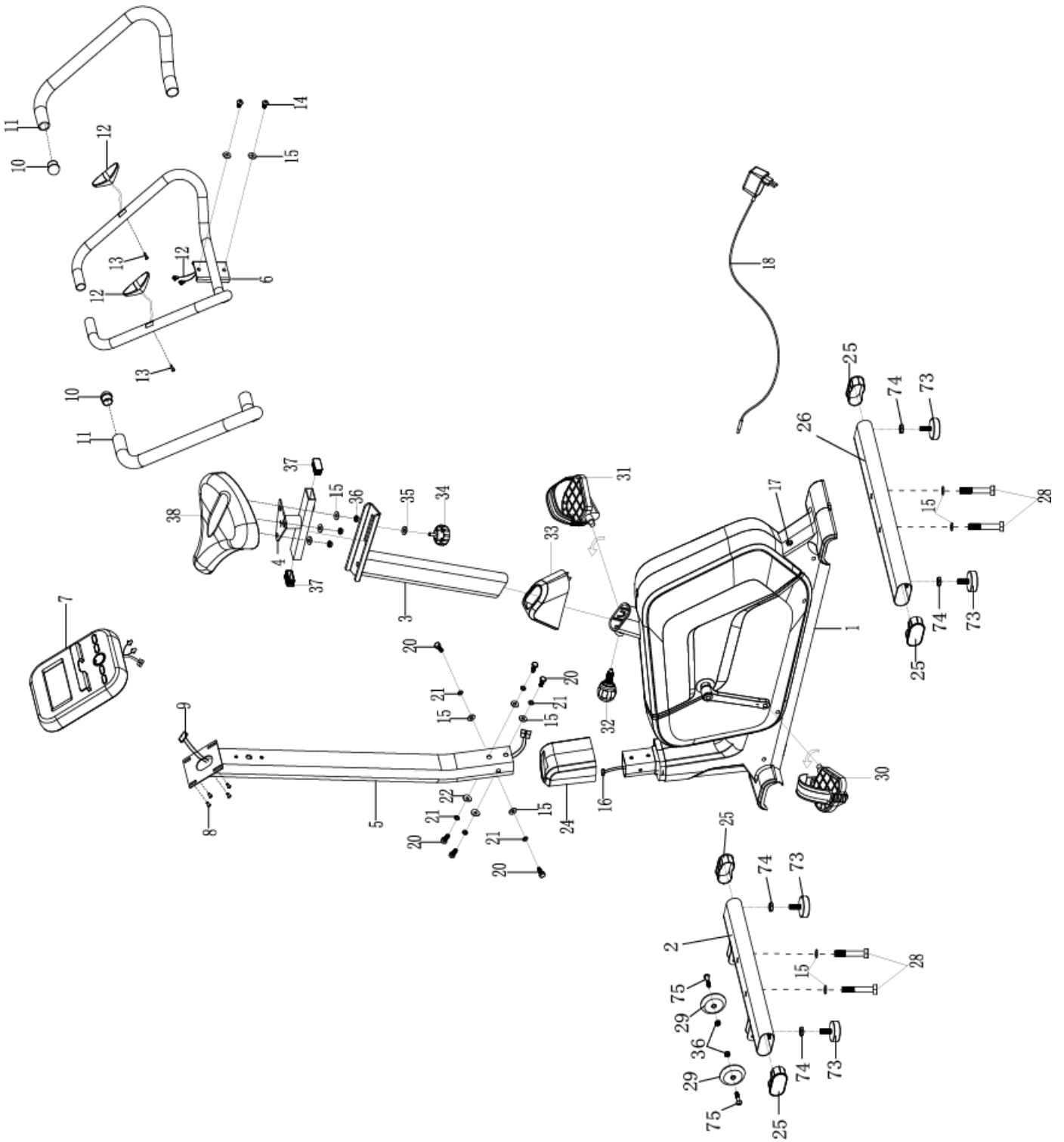
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

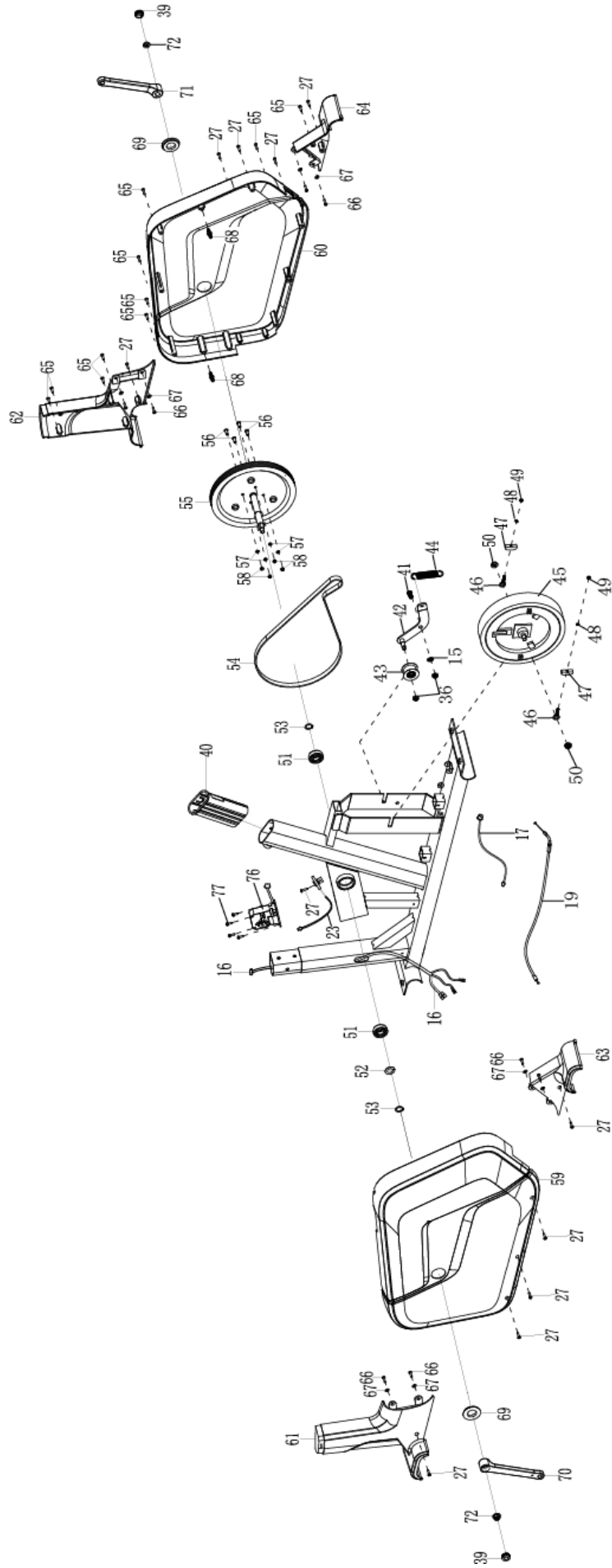
1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do warm-up and stretching first.
15. The maximum weight capacity for this product is 110kgs.



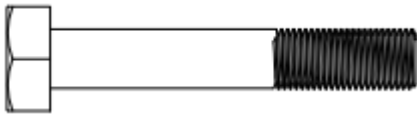
WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

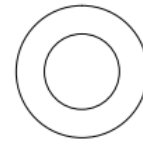




| No. | Description | Qty | No. | Description | Qty |
|-----|--|-----|-----|--|-----|
| 001 | Main Frame | 1 | 032 | Round Knob M16*1.5 | 1 |
| 002 | Front Stabilizer | 1 | 033 | Seat Post Cover | 1 |
| 003 | Seat Post | 1 | 034 | Round Knob M10 | 1 |
| 004 | Seat Sliding Tube | 1 | 035 | Big Washer Ø8*Ø20*2.0 | 1 |
| 005 | Handlebar Post | 1 | 036 | Nut M8 | 7 |
| 006 | Handlebar | 1 | 037 | Square End Cap40*20*2.0 | 2 |
| 007 | Computer | 1 | 038 | Seat Cushion | 1 |
| 008 | Bolt M5x10 | 4 | 039 | Crank Cover | 2 |
| 009 | Extension Sensor Wire (L=800mm) | 1 | 040 | Bushing | 1 |
| 010 | Handlebar End Cap Ø25x1.5 | 2 | 041 | Bolt M8*18 | 1 |
| 011 | Handlebar Foam Grip Ø24xØ30x700 | 2 | 042 | Idle Wheel Bracket | 1 |
| 012 | Hand Pulse Sensor with Wire L=850mm | 1 | 043 | Idle Wheel Roller | 1 |
| 013 | Screw ST4.2x20 | 2 | 044 | tension spring | 1 |
| 014 | Bolt M8x15 | 2 | 045 | Flywheel | 1 |
| 015 | Washer Ø8xØ16x1.5 | 14 | 046 | Eyebolt M6x36 | 2 |
| 016 | Extension Sensor Wire L=600mm | 1 | 047 | U-Shape Bracket | 2 |
| 017 | Power Supply Wire L=750mm | 1 | 048 | Spring Washer Ø6 | 2 |
| 018 | AC Adapter | 1 | 049 | Nut M6 | 2 |
| 019 | Motor Tension Cable | 1 | 050 | Nut M10x1.0x6 | 2 |
| 020 | Bolt M8x20 | 6 | 051 | Bearing6203ZZ | 2 |
| 021 | Spring Washer Ø8 | 6 | 052 | Wave spring washer Ø17x Ø21x0.3 | 1 |
| 022 | Big Arc Washer Ø8xØ20x2.0 | 2 | 053 | Shaft Ring | 2 |
| 023 | Sensor with Wire L=400mm | 1 | 054 | Belt | 1 |
| 024 | Handlebar Post Cover | 1 | 055 | Belt Pulley with Crank | 1 |
| 025 | End Cap For Foot tube | 4 | 056 | Bolt M6x15 | 4 |
| 026 | Rear Stabilizer | 1 | 057 | Spring Washer Ø6 | 4 |
| 027 | Self-tapping self-drilling screw ST4.2*20 | 11 | 058 | Nut M6 | 4 |
| 028 | Bolt M8x50 | 4 | 059 | Left Chain Cover | 1 |
| 029 | Roller | 2 | 060 | Right Chain Cover | 1 |
| 030 | Left Pedal | 1 | 061 | Left Front Decorative Cover | 1 |
| 031 | Right Pedal | 1 | 062 | Right Front Decorative Cover | 1 |
| 063 | Left Rear Decorative Cover | 1 | 071 | Right crank | 1 |
| 064 | Right Rear Decorative Cover | 1 | 072 | Nut M10*1.25 | 2 |
| 065 | Self-tapping screw ST4.2*25 | 10 | 073 | Foot Pad | 4 |
| 066 | Self-tapping screw ST4.2*15 | 8 | 074 | Nut M10 | 4 |
| 067 | Washer Ø5x Ø12x1.0 | 8 | 075 | Bolt M8*35 | 2 |
| 068 | Plastic Bolt | 2 | 076 | Motor | 1 |
| 069 | Cover Cap | 2 | 077 | Self-tapping self-drilling screw ST4.2*15 | 4 |
| 070 | Left crank | 1 | | | |



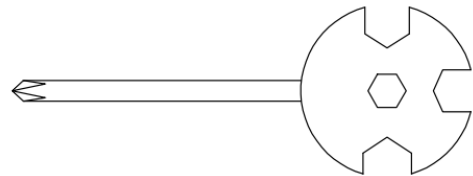
(28) Bolt M8x50
4 PCS



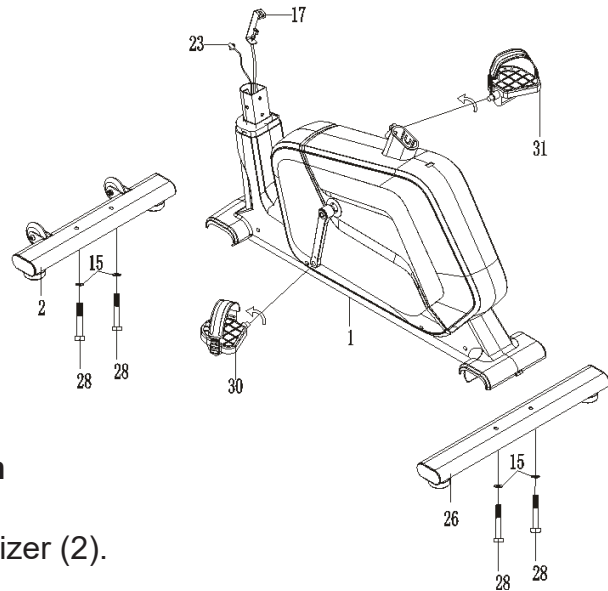
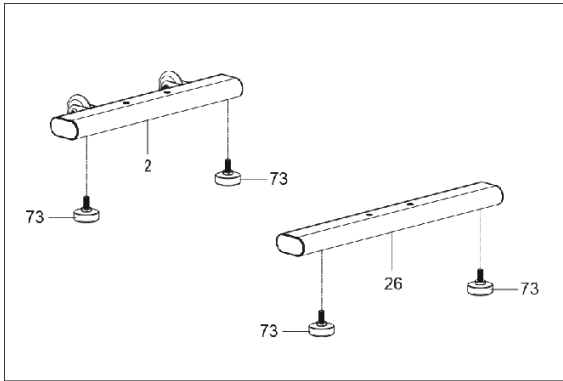
(15) Washer Ø8xØ16x1.5
4 PCS



Allen Wrench S6
1 PC



Multi Hex Tool with Philips Screwdriver
1 PC



STEP 1. Front and Rear Stabilizers Installation

A. Position two Foot Pad(73) onto the Front Stabilizer (2).

B. Position two Foot Pad(73) onto the Rear Stabilizer (26).

C. Position the Front Stabilizer (2) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (2) onto the front of the Main Frame (1) with two M8x50 Bolts (28), two Big Washers Ø8xØ16x1.5 (15).

D. Position the Rear Stabilizer (26) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (26) onto the rear of the Main Frame (1) with two M8x50 Bolts (28), two Big Washers Ø8xØ16x1.5 (15).

STEP 2. Foot Pedals Installation

The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left. Insert the pedal shaft of Left Foot Pedal (30) into threaded hole in the Belt Pulley with Left Crank (70). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Screwdriver provided Insert pedal shaft of Right Foot Pedal (31) into threaded hole in the Belt Pulley with Right Crank (71). Turn the pedal shaft by hand in the clockwise direction until snug.

ASSEMBLY INSTRUCTIONS

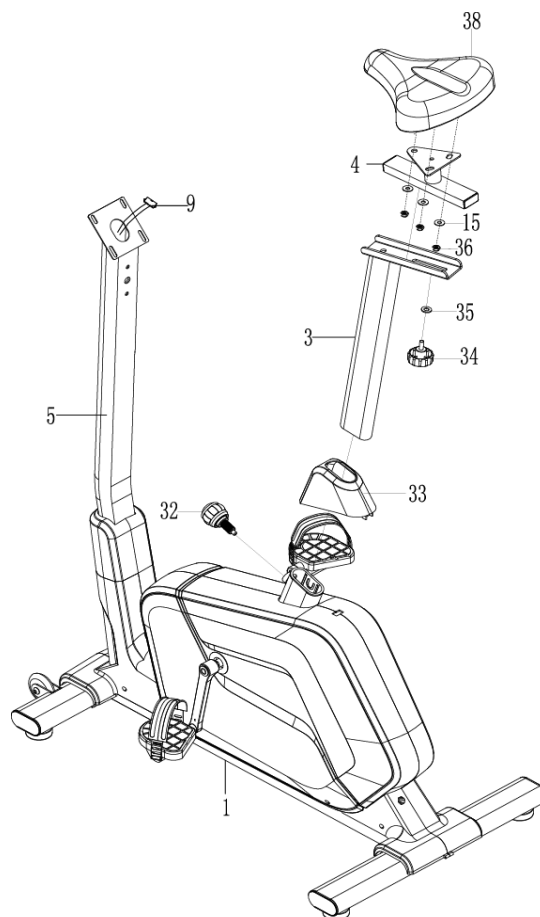
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STEP 3. Handlebar Post and Handlebar Post cover Installation

Remove six M8x20 Bolts (20), four Ø8xØ16x1.5 Washers (15), two Ø8xØ20x2.0 Big Arc Washers(22) and six Spring Washers Ø8 (21) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided. Insert the Handlebar Post cover (24) onto the tube of the Handlebar Post (5) and Slide the Handlebar Post cover (24).

Connect the Sensor Wire (23) from the Main Frame (1) to the Extension Sensor Wire (9) from the Handlebar Post (5).

Insert the Handlebar Post (5) onto the tube of the Main Frame (1) and lock with six M8x20 Bolts (20), four Ø8xØ16x1.5 Washers (15), two Ø8xØ20x2.0 Big Arc Washers(22) and six Spring Washers Ø8 (21) that were removed. Tighten bolts with the S6 Allen Wrench provided.



STEP 4. Seat Post, Seat Post Cover and Seat Cushion Installation

Remove three M8 Nuts (36) and three Ø16xØ8x1.5 Washers (15) from underside of the Seat Cushion (38).

Then attach the Seat Cushion (38) onto the triangle plate of Seat Sliding Tube(4) with three M8 Nuts (36) and three Ø16xØ8x1.5 Washers (15) that were removed.

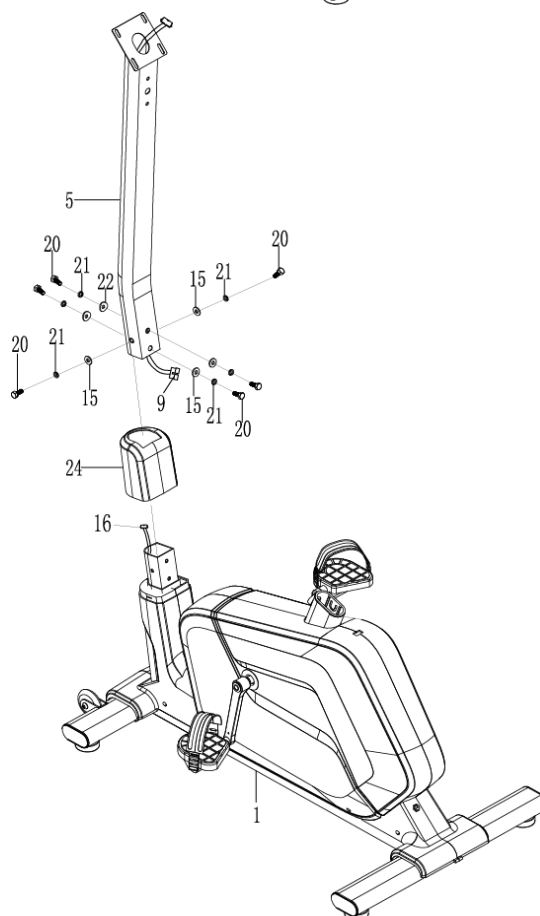
Remove one Ø8xØ20x2.0 Washers (35) and one Round Knob M10 (34) from below of the Seat Sliding Tube(4).

Then attach the Seat Sliding Tube(4) onto the Seat Post(3) with one Ø8xØ20x2.0 Washers (35) and one Round Knob M10 (34) that were removed.

Insert the Seat Post cover (33) onto the tube of the Seat Post (3) and Slide the Seat Post cover (33).

Attach the Seat Post (3) onto the tube of the Main Frame (1) with the Round Knob Knob M16*1.5(32).

NOTE:When adjusting the height of seat post,the maximum insert depth mark line cannot higher than the edge of seat post cover.



Adjusting the seat cushion:

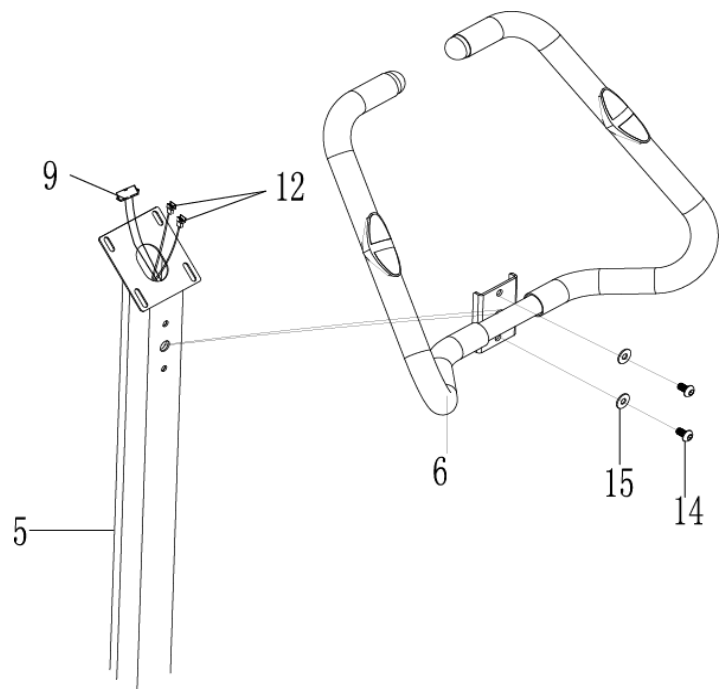
Release the Round Knob M10 (34) and then slide the Seat Sliding Tube(4) forth or back direction for the suitable position. Tighten the Round Knob(32) after adjustment.

STEP 5. Handlebar Installation

Remove two M8x15 Bolts (14) and two $\phi 8 \times \phi 16 \times 1.5$ Washers (15) from the Handlebar (6).

Insert the Hand Pulse Sensor Wires (12) into the hole on the Handlebar Post (5) and then pull them out from the top end of the Handlebar Post (5).

Attach the Handlebar (6) onto the Handlebar Post (5) with two M8x15 Bolts (14) and two $\phi 8 \times \phi 16 \times 1.5$ Washers (15) that were removed.



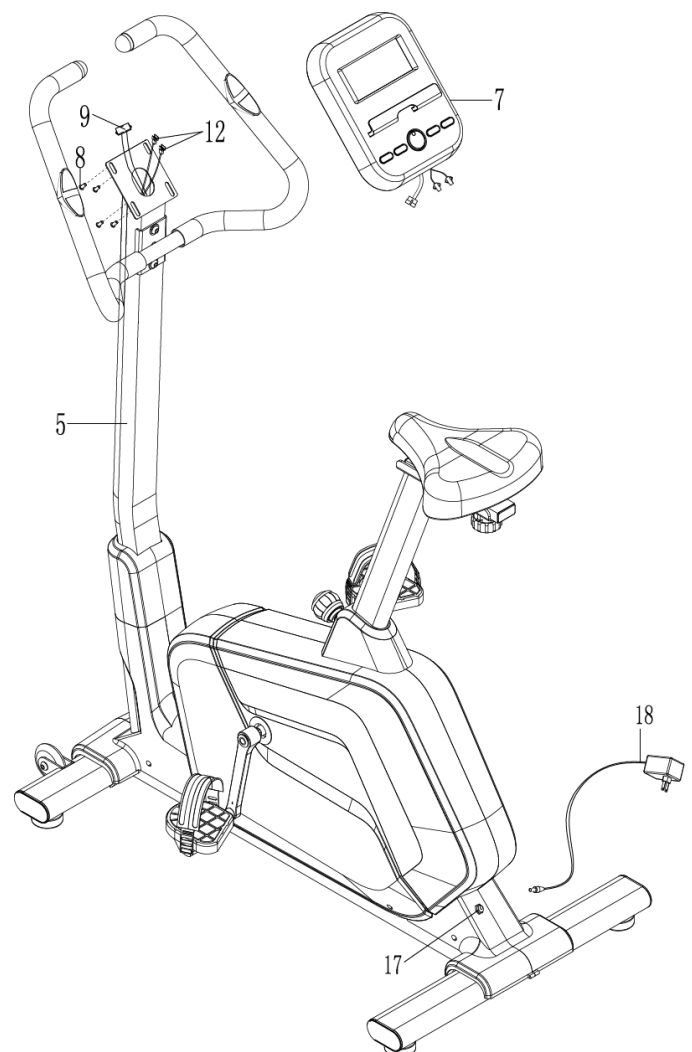
STEP 6. Computer and AC Adapter Installation

Remove four M5x10 Bolts (8) from the Computer (7). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (12) and Extension Sensor Wires (9) to the wires that come from the Computer (7). Tuck wires into the Handlebar Post (5).

Attach the Computer (7) onto the top end of the Handlebar Post (5) with four M5x10 Bolts (8) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Plug one end of the AC Adapter (18) into the power jack of the Power Supply Wire (17) on the Front of the Left Chain Cover. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (39) into the electrical wall outlet.





KEY FUNCTIONS

START/STOP(ST/SP):

1. Starts and Pauses workouts
2. Start body fat measurement

DOWN:

Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout it will decrease the resistance load

UP:

Increases value of selected workout parameter. During the workout, it will increase the resistance load.

MODE (ENTER):

1. To input desired value or workout mode.
2. Press to switch display form RPM to SPEED, ODO to DIST, WATT to Calories during workout.

TEST (PULSE-RECOVERY):

Press to enter into Recovery function when computer has the heart rate value. Recovery is Fitness Level 1-6 after 1 minute. F1 is the best, F6 is the worst.

RESET:

To reset current setting. Holding the key for 3 seconds will reset all function values to zero.

BODY FAT:

Quickly select the BODY FAT program.

WORKOUT SELECTION

After power-up using UP or DOWN keys to select then pressing ENTER to enter the desired mode.

SETTING WORKOUT PARAMETERS

After selecting your desired program, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS: TIME / DISTANCE / CALORIES /AGE

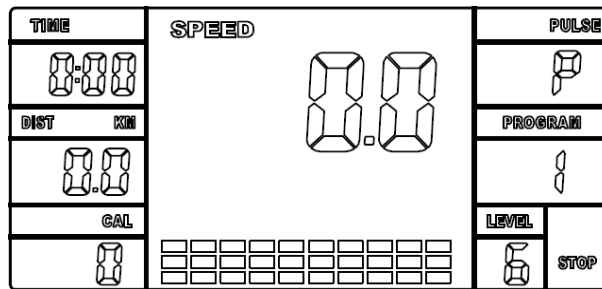
Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing ENTER, will make "TIME" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value. Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY. Press START/STOP to start workout.

MANUAL PROGRAM (P1)

Selecting “**MANUAL**” using UP OR DOWN KEY then pressing ENTER KEY. First parameter “**TIME**” will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have BEEP-sound and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

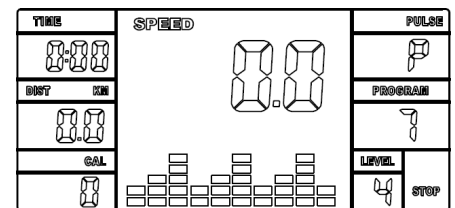
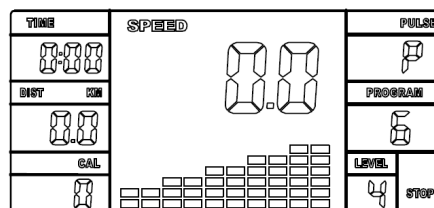
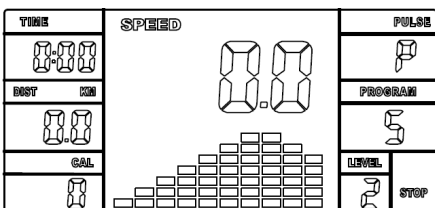
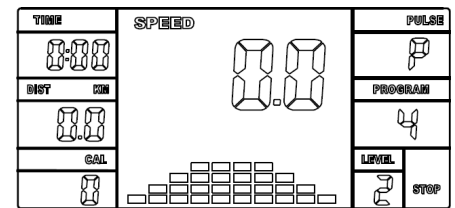
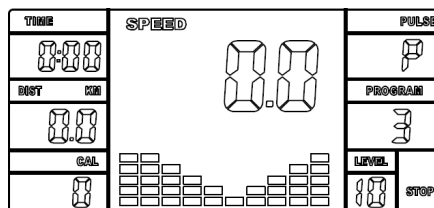
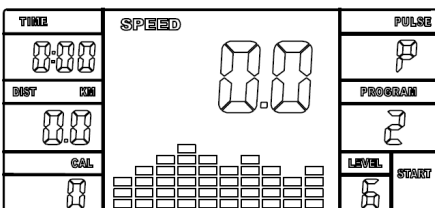


PRE-PROGRAMS (P2-P7)

There are 6 program profiles ready for use. Setting Parameters for PRE-PROGRAMS:

Selecting one of pre-programs using UP OR DOWN KEY then pressing ENTER KEY. First parameter “**TIME**” will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have BEEP-sound and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.



HEART RATE CONTROL PROGRAM (P8-P10)

There are 3 selection for target pulse:

P8 - 55% TARGET H.R= 55% of (220-AGE)

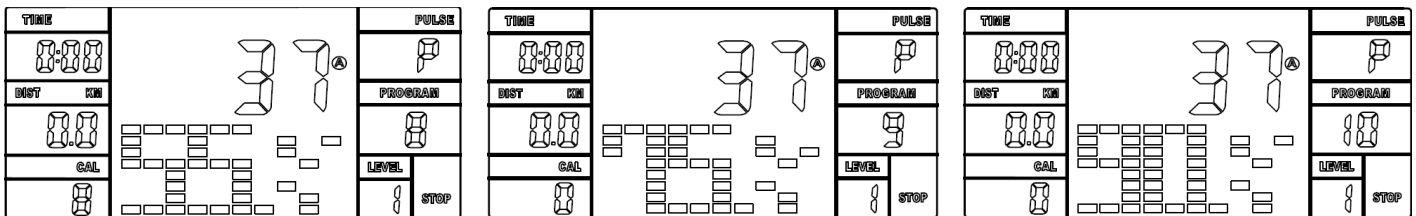
P9 - 75% TARGET H.R= 75% of (220-AGE)

P10 - 90% TARGET H.R= 90% of (220-AGE)

Setting Parameters for HEART RATE CONTROL:

Selecting “**One of HEART RATE CONTROL PROGRAM**” using UP OR DOWN KEY then pressing ENTER KEY. First parameter “TIME” will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R. computer will adjust the resistance load automatically. It will check every 10 seconds approx. I resistance load will increase or decrease. One of workout parameters counts down to be zero, it will have BEEP-sound and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

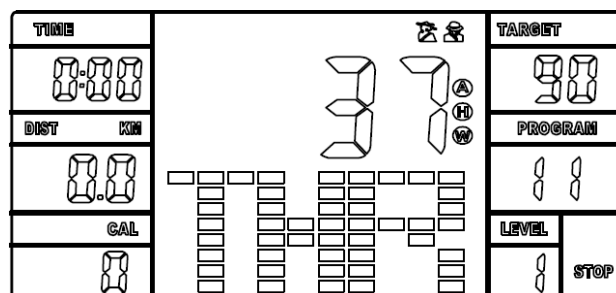


TARGET HEART RATE PROGRAM (P11)

Setting Parameters for TARGET H.R.:

Selecting “**TARGET H.R.**” using UP OR DOWN KEY then pressing ENTER KEY. First parameter “TIME” will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R. computer will adjust the resistance load automatically. It will check every 10 seconds approx. I resistance load will increase or decrease. One of workout parameters counts down to be zero, it will have BEEP-sound and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.



BODY FAT PROGRAM (P12)

Setting Parameters for BODY FAT PROGRAM:

Selecting “**BODY FAT PROGRAM**” using UP OR DOWN KEY then pressing ENTER.

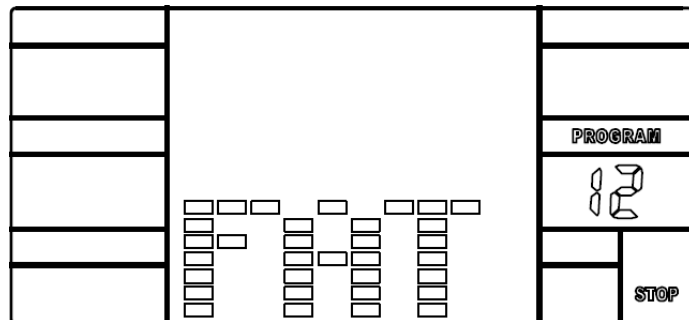
1. “MALE ” will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender and move to next data.
2. “175” of Height will flash so Height can be adjusted using UP OR DOWN KEY, press ENTER KEY save value and move to next data.
3. “75” of Weight will flash so Weight can be adjusted using UP OR DOWN KEY, press ENTER KEY to save value and move to next data.
4. “30” of Age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.

Press START/STOP to start measurement, please also grasp hand pulse grips.
After 15 seconds the display will show Body Fat %, BMR, BMI and BODY TYPE.

Note: There are 9 body types divided according to BODY FAT % calculated:

- Type 1 is from 5% to 9%
- Type 2 is from 10% to 14%
- Type 3 is from 15% to 19%
- Type 4 is from 20% to 24%
- Type 5 is from 25% to 29%
- Type 6 is from 30% to 34%
- Type 7 is from 35% to 39%
- Type 8 is from 40% to 44%
- Type 9 is from 45% to 50%

BMR: Basal Metabolism Ratio
BMI: Body Mass Index



CONNECT THE INSTRUMENT POWER SUPPLY

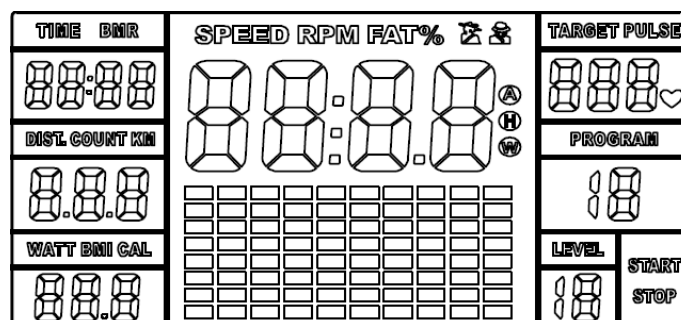
Plug one end of the power adapter into the ac power socket and the output of the other end into the power interface of the meter. At this time, the meter will emit a “BEEP” sound for 1 second, and the instrument will be fully displayed into the initial state of the meter.

Li alarm prompt

Instrument display ERROR1 indicates that the connection wire of the motor is not in good contact or the motor is damaged

Instrument display ERROR2 indicates no handheld heart rate signal input during body fat test

Power supply: power adapter. Input A C (according to national grid standards)



Research has shown that exercise and fitness are beneficial to a person's health. The Surgeon General released a report on physical activity and stated exercise as key component for disease prevention and healthier living. Your heart rate level can help you gauge the intensity of your exercise. The Gymstick console has a wireless heart rate receiver that can detect a signal being transmitted from a wireless chest strap.

Wireless Heart Rate Receiver (not included)

Generally, a wireless heart rate chest strap will provide the most accurate and easiest way to monitor a heart rate. Certain Wi-Fi networks and cordless telephones may disrupt the signal from a chest strap which will show erratic signal results on the console. If this occurs, please move the bike away from potential disturbances. Here is how to use the wireless heart rate chest strap:

- a) Put on your Heart rate chest belt.
- b) If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- c) Your heart rate will be seen on the pulse window. You are ready to workout.

MAINTENANCE

CLEANING

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE

Store the upright bike in a clean and dry environment away from children.

| Problem | Possible cause | Solution |
|----------------|--|--|
| E1 | 1. Motor problem | a) Check the Magnetic Resistance System to ensure that it is set correctly and the resistance can be freely adjusted. A symptom of this problem is the Motor will struggle to adjust the resistance and will start making an abnormal sound. If this happens the Motor may already be damaged (by some kind of interference). After freeing the interference the Motor will have to be checked that it still functional. b) Motor Problem. Symptoms include an unusually loud noise coming from the Motor, which means the Gears are NOT meshing correctly. Try reversing the resistance and try again. If this fails then Replace the Motor. |
| | 2. There is something wrong with cables | Check if the cables are damaged. Check if the cables are properly connected. |
| | 3. There is something wrong with computer | Change the computer. |
| E2 | 1. There is something wrong with cables | Check if the cables are damaged. Check if the cables are properly connected. |
| | 2. There is something wrong with computer | Change the computer. |
| | 3. There is something wrong with motor | Change the motor. |
| E3 | 1. There is something wrong with cables | Check if the cables are damaged. Check if the cables are properly connected. |
| E4 | When analyzing body fat, no heart rate detection in the first 8 seconds. | Make sure both hands are firmly on the handgrips. |
| | The device wobbles when in use. | Turn the rear stabilizer end cap on the rear stabilizer as needed to level the device. |
| | There is no display on the computer console. | a) Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front post. b) Ensure the adapter is plugged in |
| | There is no heart rate reading or heart rate reading or is erratic / inconsistent. | a) Make sure that the wire connections for the hand pulse sensors are secure. b) To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. |

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

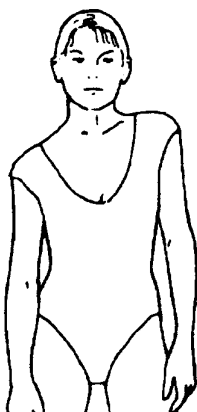
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

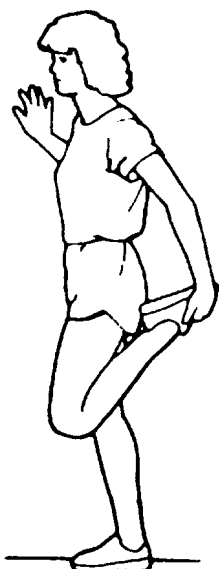
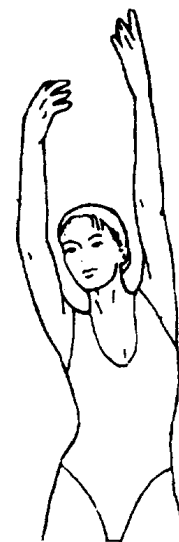


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

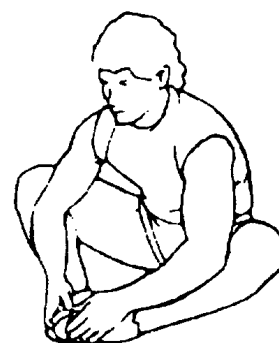


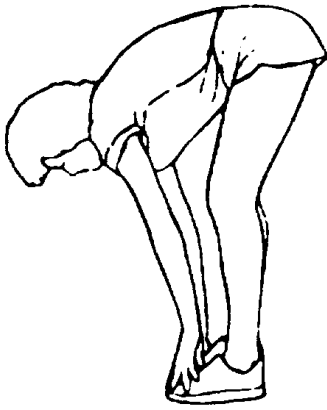
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



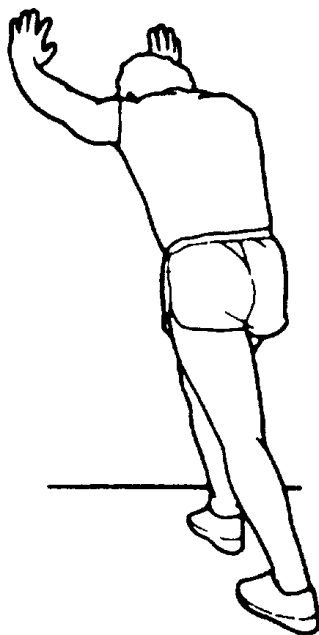
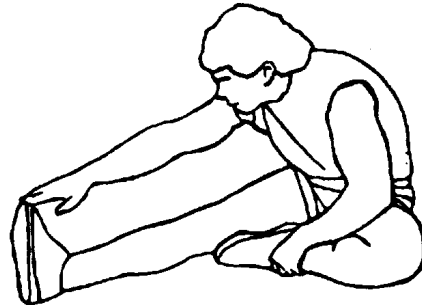


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

The device is intended only for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

