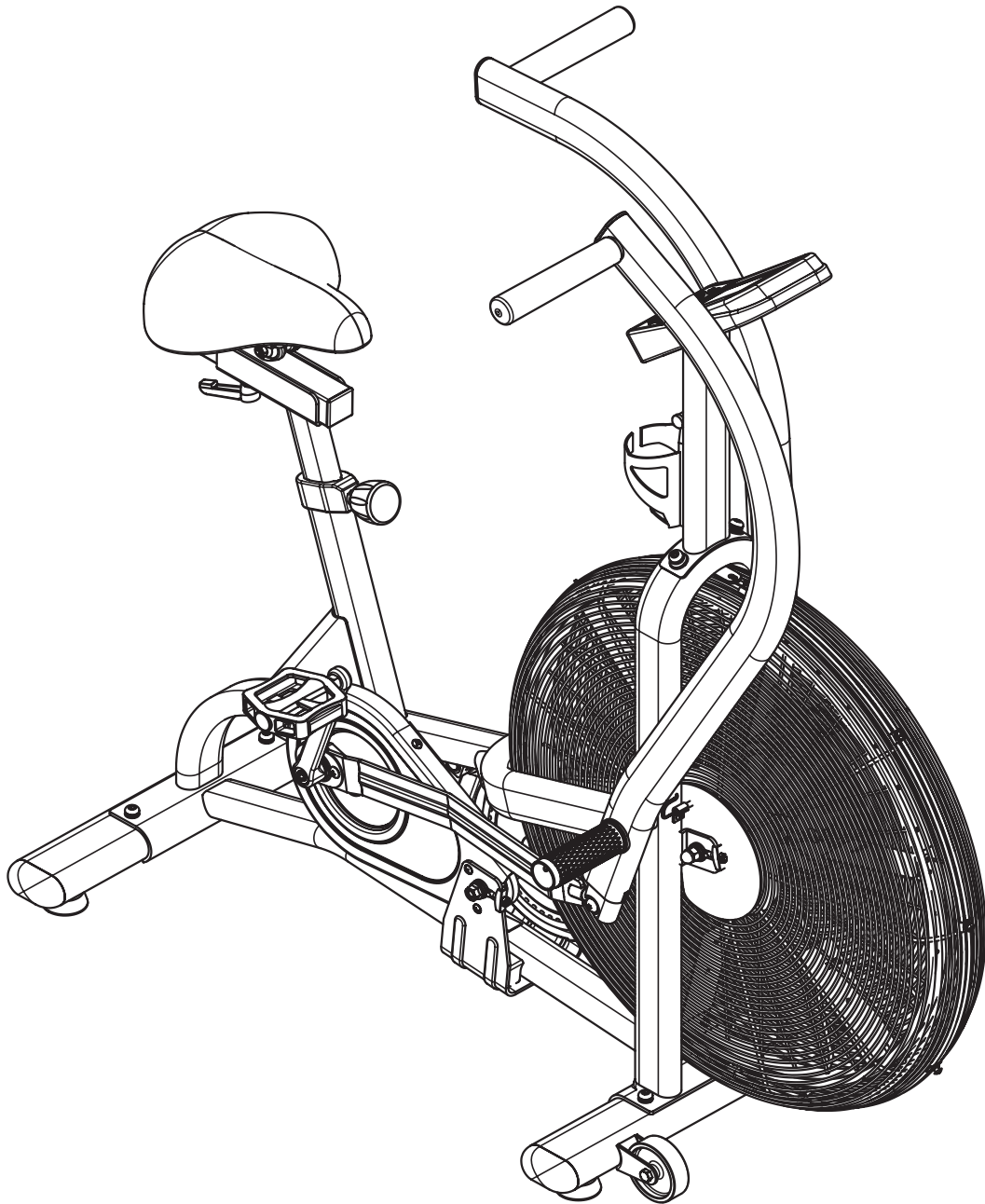


GYMSTICK™

AIR BIKE PRO 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 Air Bike Pro. 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.

TABLE OF CONTENT

1.	SAFETY INSTRUCTIONS.....	3
2.	EXPLODED DRAWING.....	4
3.	PARTS LIST.....	5
4.	ASSEMBLY PARTS.....	6
5.	ASSEMBLY INSTRUCTIONS.....	8
6.	TROUBLESHOOTING.....	13
7.	PREVENTATIVE MAINTENANCE.....	14
8.	CONSOLE OPERATION INSTRUCTIONS.....	17
9.	WARM UP AND COOL DOWN ROUTINE.....	23
10.	IMPLIED WARRANTY.....	26



NOTIFICATION!

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

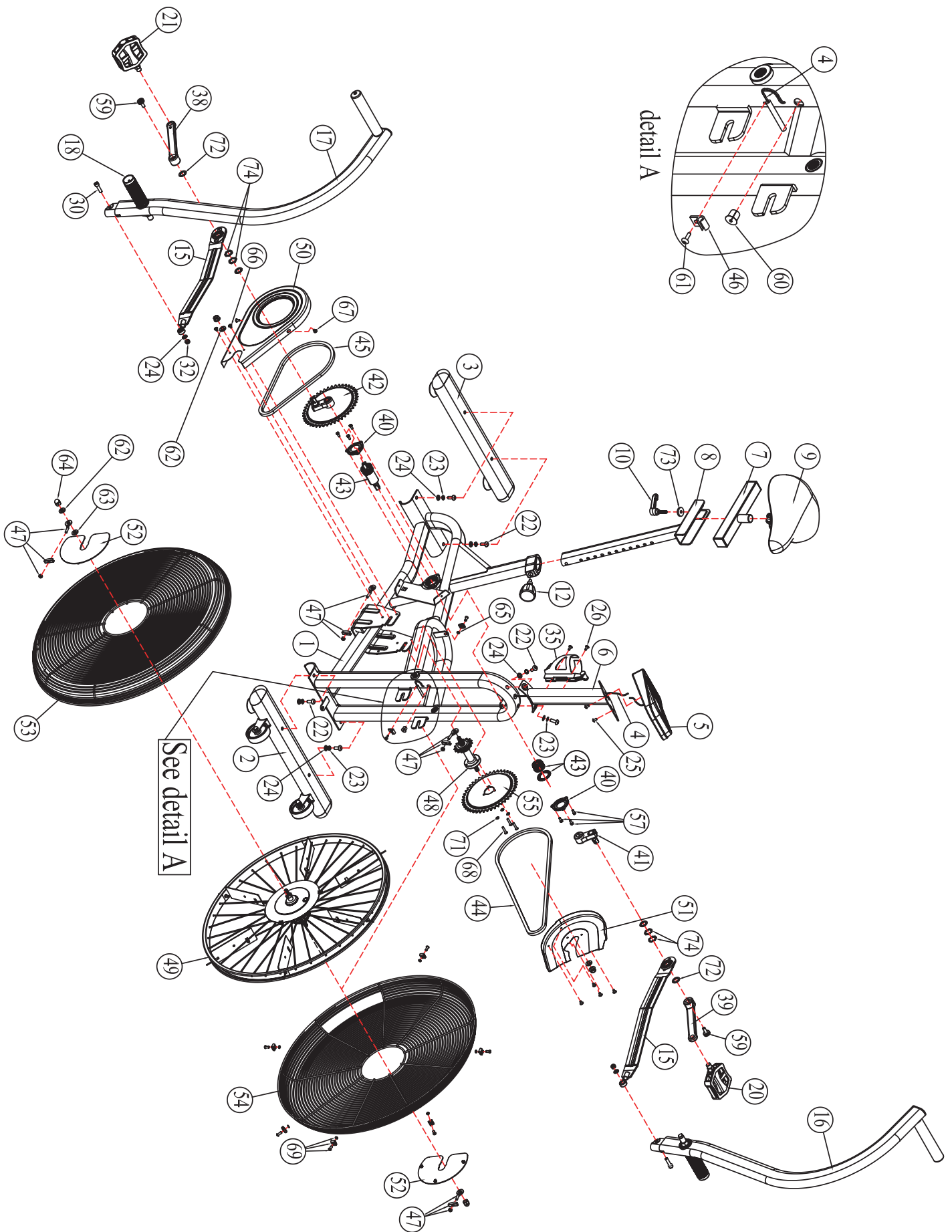
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

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. Maximum user weight 159 kg.



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.

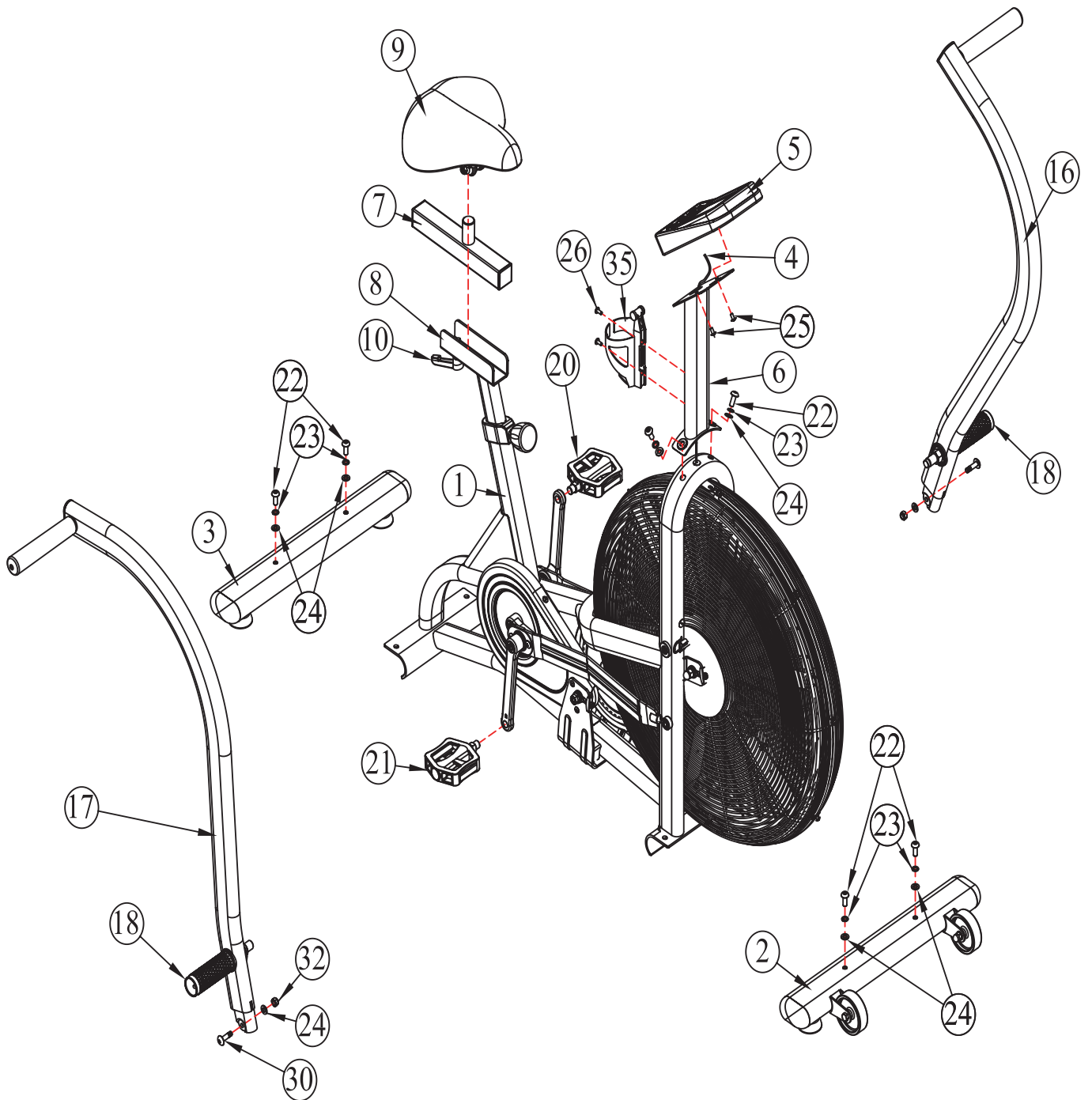


PARTS LIST

GYMSTICK™

No.	Description	Qty.
1	FRAME	1PC
2	FRONT STABILIZER	1PC
3	REAR STABILIZER	1PC
4	COMPUTER WIRE	1PC
5	COMPUTER	1PC
6	COMPUTER POST	1PC
7	SEAT TRACK	1PC
8	SEAT POST	1PC
9	SEAT	1PC
10	FIX HANDLEBAR	1PC
12	KNOB	1PC
15	CONNECTING ARM PAIR	1PAIR
16	LEFT LEVER ARM	1PC
17	RIGHT LEVER ARM	1PC
18	FOOT REST	2PC
20	LEFT PEDAL	1PC
21	RIGHT PEDAL	1PC
22	BUTTON HEAD ALLEN BOLT M8*20L	6PC
23	SPRING WASHER	12PC
24	WASHER 18*8.5*1.5T	14PC
25	BOLT M5*10L	2PC
26	PAN HEAD SCREW M5*10L	2PC
30	ALLEN BOLT M8	2PC
32	NYLON NUT	2PC
35	BOTTLE CAGE	1PC
38	CRANK ARM RIGHT	1PC
39	CRANK ARM LEFT	1PC
40	BRACKET	1PC
41	LEFT CRANK ECCENTRIC	1PC
42	RIGHT CRANK ECCENTRIC W/46T SPROCKET	1PC
43	BOTTOM BRACKET SET	1SET

No.	Description	Qty.
44	CHAIN	1PC
45	CHAIN	1PC
46	SPEED SENSOR BRACKET ZEPHYR	1PC
47	CHAIN TENSIONER	4PAIR
48	IDLER HUB	1PC
49	WHEEL	1PC
50	RIGHT CHAINGUARD	1PC
51	LEFT CHAINGUARD	1PC
52	SPOKE PROTECTOR	2PC
53	WHEEL CAGE RIGHT	1PC
54	WHEEL CAGE LEFT	1PC
55	46T SPROCKET	1PC
57	HEX BOLT M5*10L	6PC
59	CRANK BOLT	2PC
60	SENSOR STOPPER	1PC
61	SCREW M4*16L	1PC
62	WASHER 10*20*3T	2PC
63	WASHER 10*19*1.5T	2PC
64	DOME NUT 3/8"	2PC
65	WASHER 5*12*1T	1PC
66	SCREW M5*12L	4PC
67	SCREW M5*10L	2PC
68	ALLEN BOLT M5*25L	3PC
69	SPEED NUT SET	6SET
71	WASHER 5*10*1T	3PC
72	WASHER 22*16*2T	2PC
73	WASHER 8.5*28*5	1PC
74	WASHER #16	4PC



NOTE: THE EXPLODED PARTS VIEW IS SHOWN FOR REFERENCE ONLY. SOME ITEMS MAY BE PREASSEMBLED. PLEASE REFER TO THE INDIVIDUAL ASSEMBLY STAGE INSTRUCTIONS FOR DETAILED PARTS ORIENTATION.

ASSEMBLY PARTS

GYMSTICK™

No.	Description	Qty.
1	BASE FRAME ASSEMBLY	1
2	FRONT STABILIZER ASSEMBLY	1
3	REAR FRONT STABILIZER ASSEMBLY	1
4	SENSOR CABLE	1
5	CONSOLE	1
6	CONSOLE MAST	1
7	ADJUSTABLE SEAT SLIDER	1
8	SEAT POST	1
9	SEAT	1
10	SEAT SLIDER ADJUSTABLE KNOB	1
15	CONNECTING ARM (PREINSTALLED)	2
16	LEFT PIVOT ARM ASSEMBLY	1
17	RIGHT PIVOT ARM ASSEMBLY	1
18	FOOT REST	2
20	LEFT PEDAL	1
21	RIGHT PEDAL	1
22	BUTTON HEAD ALLEN BOLT M8*20 LENGTH	6
23	SPRING WASHER 12*8.5*1.5T	12
24	WASHER 18*8.5*1.5T	14
25	BOLTS M5*10 LENGTH	2
26	PAN HEAD SCREW	2
30	PIVOT BOLT M8*35 LENGTH	2
31	SPACER WASHER 12*8.2*3.5T	2
32	NYLON NUT M8	2
35	CAGE, WATER BOTTLE	1

Assembly hardware required:

#22	Button Head Allen Bolt	Qty. 4
#23	Spring Washer	Qty. 4
#24	Washer	Qty. 4

STEP 1.

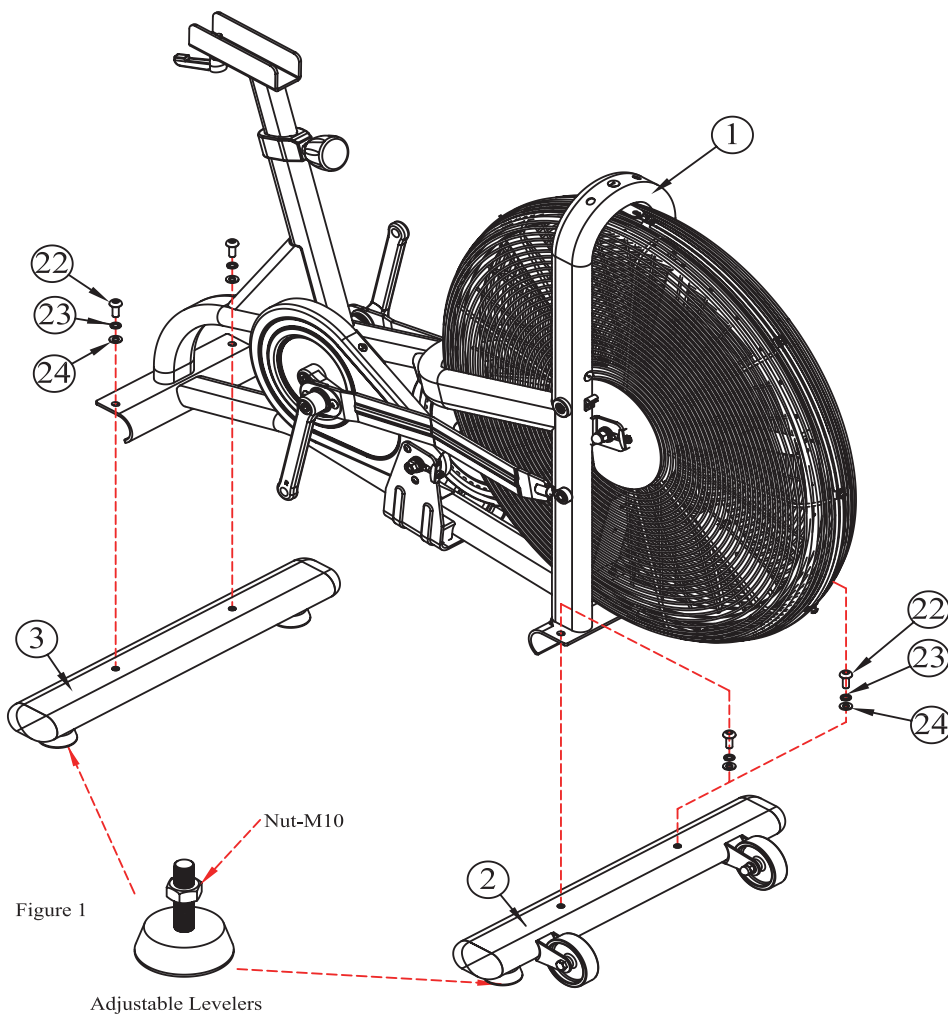
A) Assemble the Front Stabilizer Assembly (#2) to the Main Base Assembly (#1) using 2-Button Head Allen Bolt (#22), 2-Spring Washers (#23), and 2-Washers (#24).

Note: Make sure that the transport wheels on the Front Stabilizer are facing away from the Main Base Assembly as shown.

B) Assemble the Rear Stabilizer Assembly (#3) to the Main Base Assembly (#1) using 2-Button Head Allen Bolt (#22), 2-Spring Washers (#23), and 2-Washers (#24).

C) Use the Adjustable Levelers on the bottom of the Stabilizer Assemblies to adjust the bike and keep it from rocking on an uneven surface (Figure 1).

Assembly Step #1 completed.



Assembly hardware required:

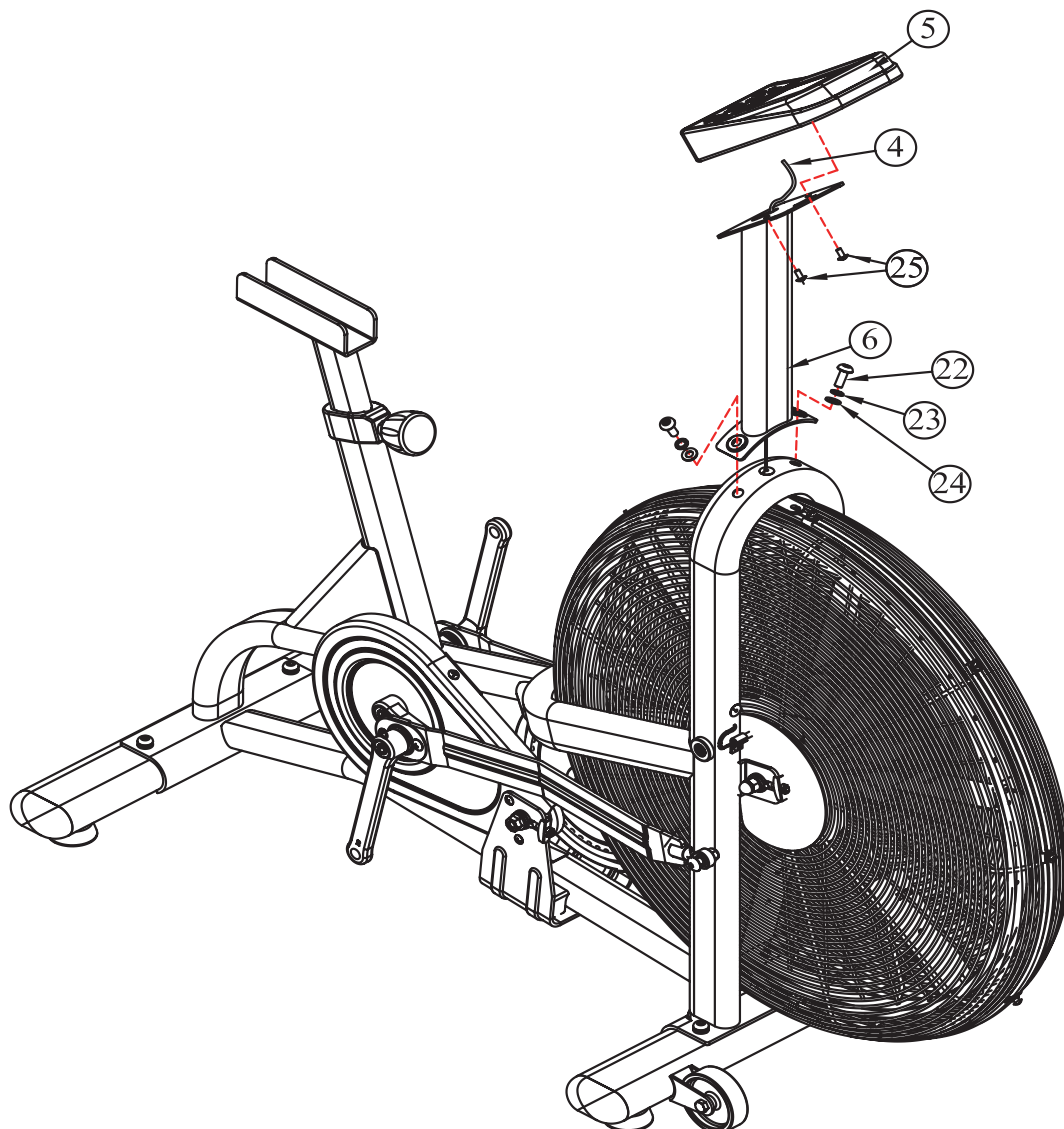
#22	Button Head Allen Bolt	Qty. 2
#23	Spring Washer	Qty. 2
#24	Washer	Qty. 2

STEP 2.

A) Carefully route the Sensor Cable (#4) through the Computer Mast (#6) and slide the mast down onto the corresponding mounting area of the Base Frame Assembly. Secure the mast to the base frame using 2-Button Head Allen Bolts (#22), 2-Spring Washers (#23), and 2- Washers (#24).

B) Install Batteries into the back of the Computer (#5), Connect the Sensor Cable (#4) to the receptacle end of the cable coming from the back of the computer. Tuck the excess cable length into the mast and slide the computer onto the mast mounting plate. Secure the computer in place using 2-Bolts (#25).

Assembly Step #2 completed.



STEP 3.

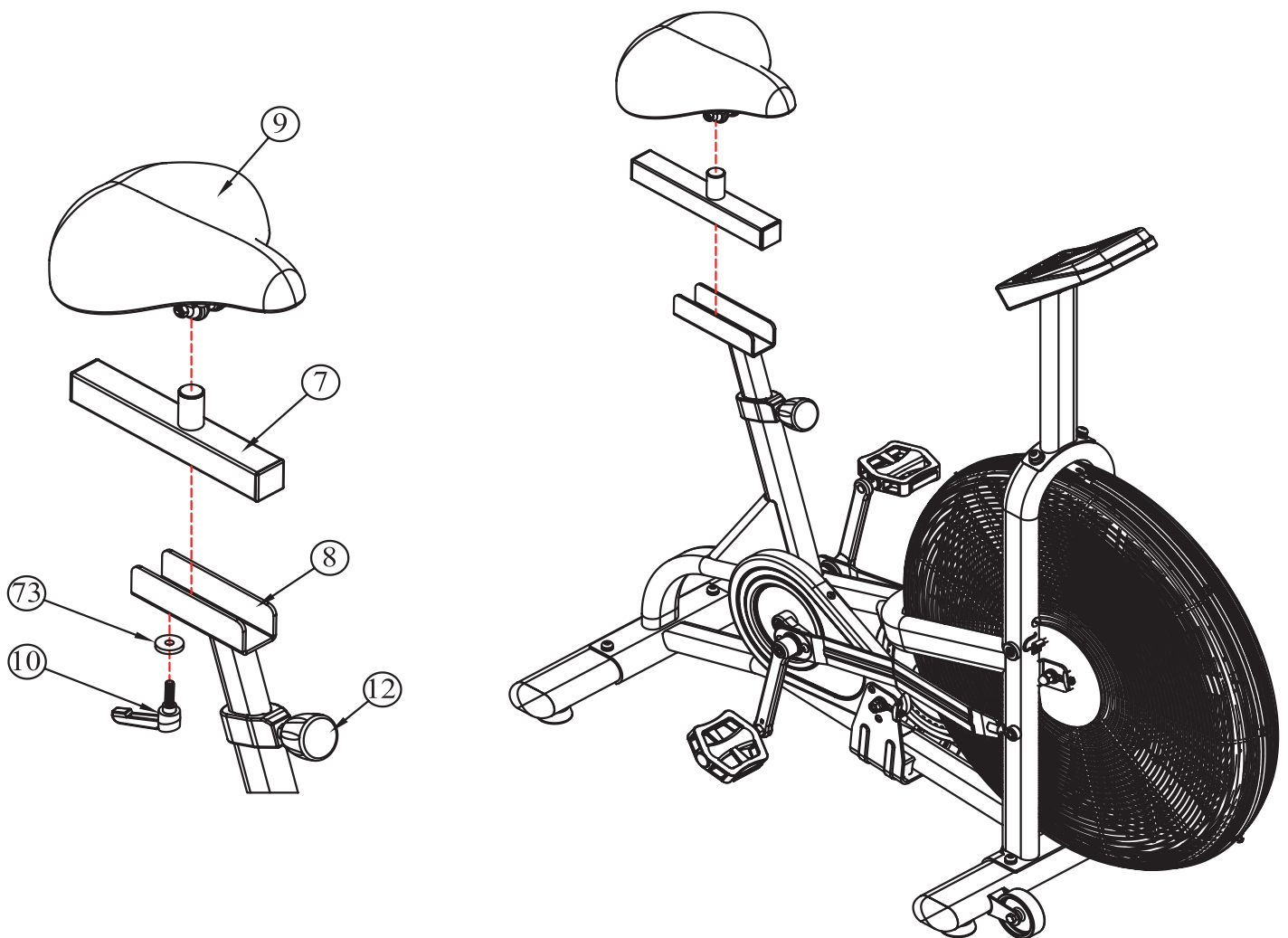
A) Insert the Adjustable Seat Slider (#7) into the u-channel of the Seat Support Post (#8). Secure the seat slider assembly in place using the 1-Seat Adjustment Knob (#10).

B) Assemble Seat (#9) onto the knurled post of the seat slider. Set the seat at the desired position and secure it in place by tightening the u-clamp on the underside. Tighten the clamp until the seat no longer twists or tilts.

Seat Adjustments:

Adjust the seat height by unscrewing and pulling out on the Seat Post Adjustment Knob (#12). Select a desired seat post height and retighten the knob until seat post is secure. Proper Height Adjustment: Adjust seat height so the user is comfortable during use (pedaling motion). As a reference point, the users leg should be slightly bent at the bottom of the pedal stroke. The horizontal seat position can be adjusted using the Seat Slider (#7). Note: If the seat post wobbles during use, make sure the u-clamp and all adjustment knobs are securely tightened.

Assembly Step #3 completed.



Assembly hardware required:

#24	Flat Washer	Qty. 2
#30	Pivot Bolt M8	Qty. 2
#32	Nylon Nut M8	Qty. 2

STEP 4.

A) Install the Pivot Arms (#16 & #17) by threading the (preinstalled) pivot shaft into the corresponding pivot-boss of the Base Frame Assembly (#1). Using a standard crescent wrench (not included), thread each shaft into the pivot-boss using a clockwise rotation. Fully tighten each shaft until it is flush against the pivot-boss of the Base Frame Assembly. (Reference Figure #3)

B) Once the Pivot Arms are mounted to the Base Frame Assembly, attach the ends of the Connecting Arms (#15) using 1-Pivot Bolt (#30), 1-Flat Washer (#24) , and 1-Nylon Nut (#32) per side. (Figure #4).

Assembly Step #4 completed.

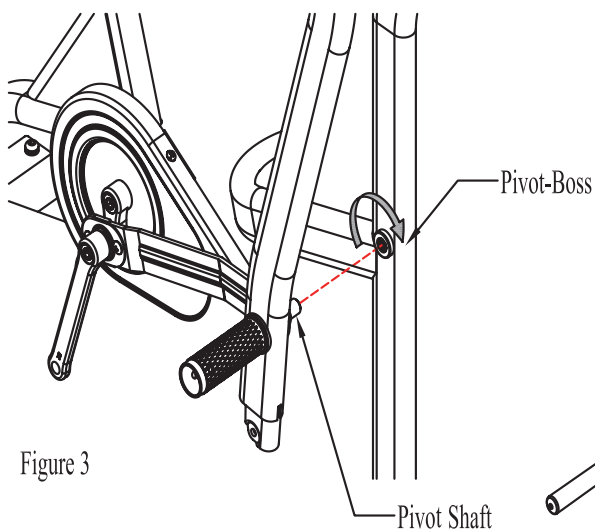


Figure 3

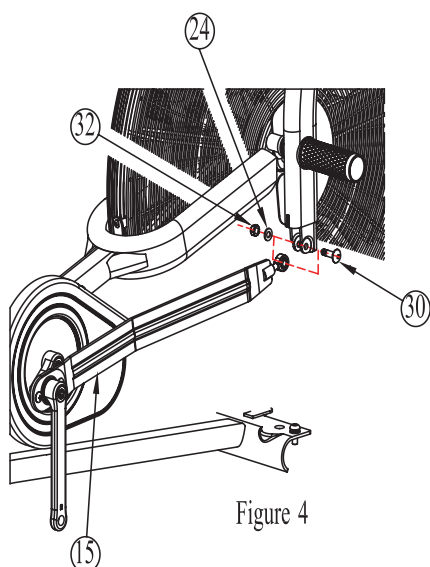
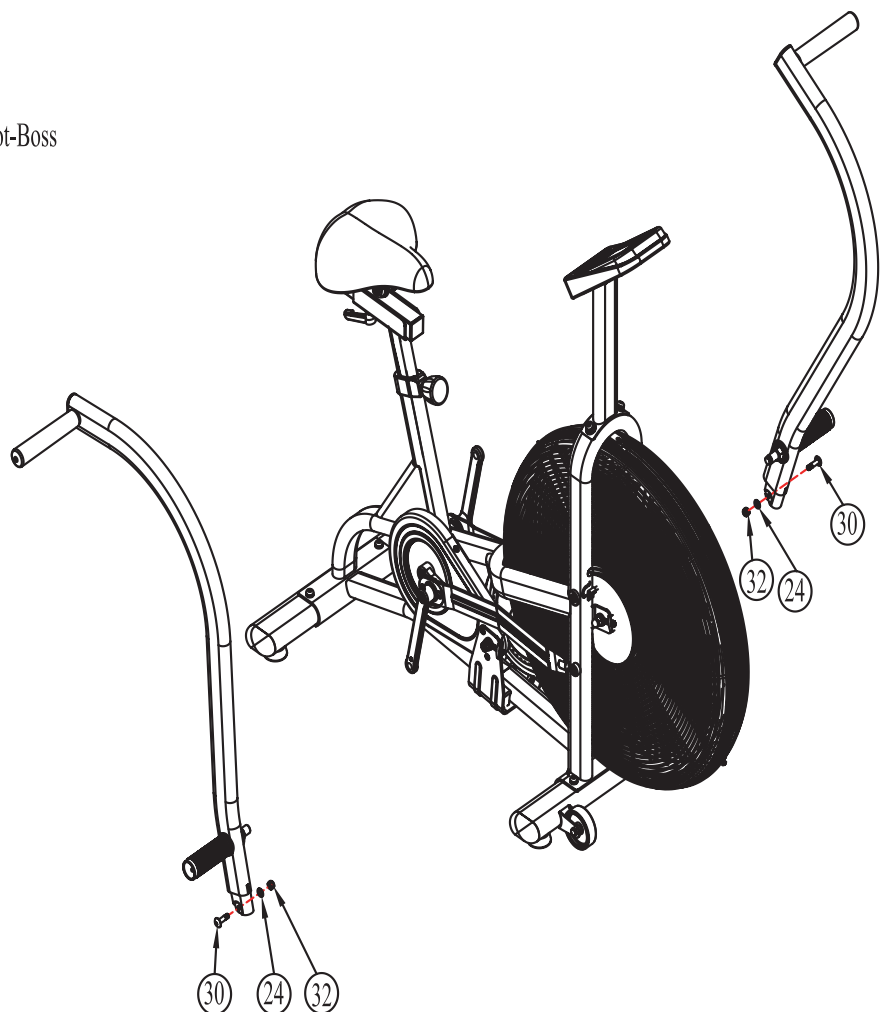


Figure 4



Assembly hardware required:

#26 Pan Head Screw Qty. 2

STEP 5.

Assembly Note:

The right and left pedals are appropriately marked (R) and (L). The threading orientation on the left pedal is reversed from the threading orientation on the right pedal. To avoid stripping of the threads on the pedals or crank arms, make sure to follow the proper assembly orientation.

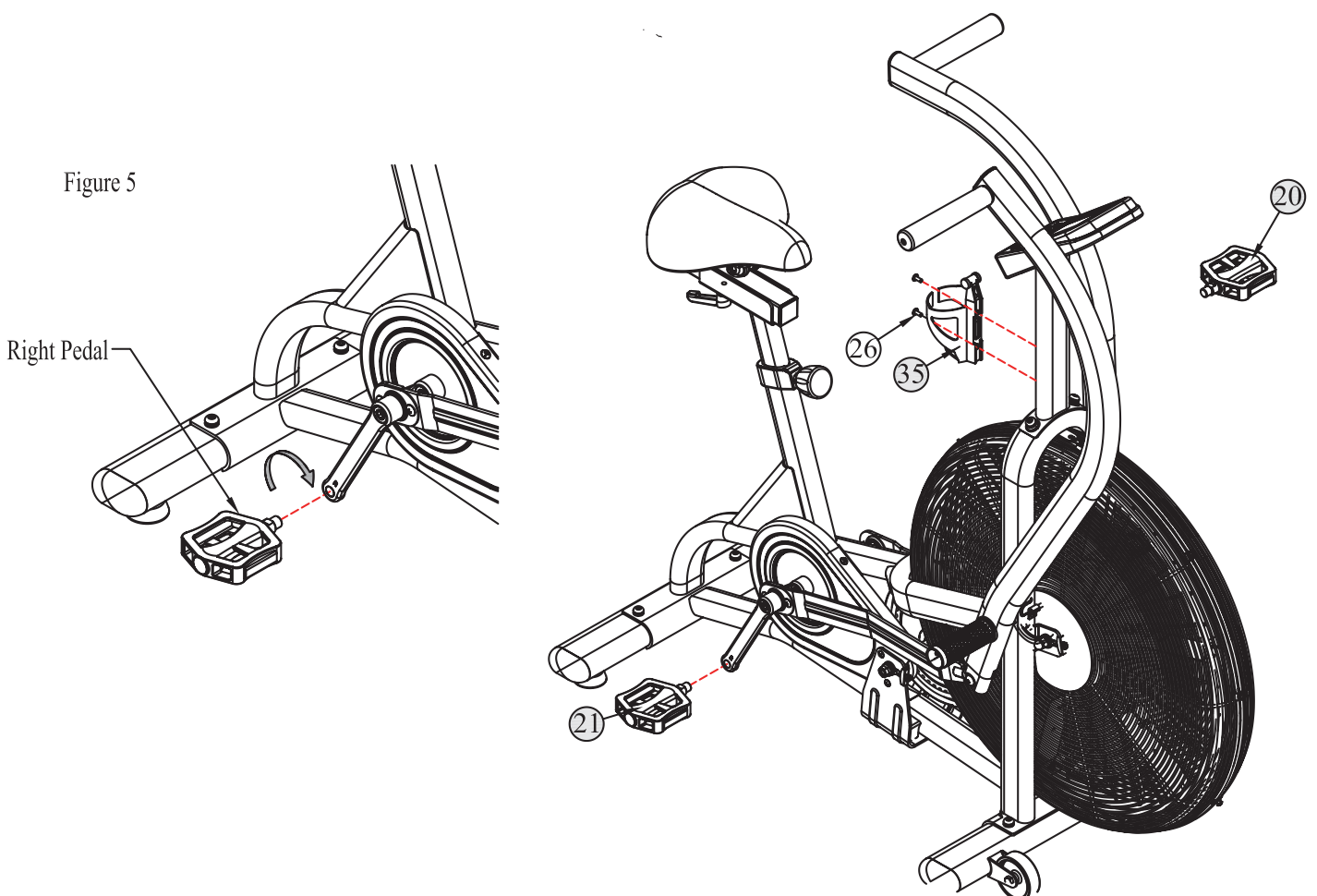
A) Assemble the Right Pedal (#20) to the Right Crank Arm on the Main Base Assembly. Thread the pedal on the crank arm (clockwise) and securely tighten with the pedal wrench (included). (Reference Figure #5)

B) Assemble the Left Pedal (#21) to the Left Crank Arm on the Main Base Assembly. Thread the pedal onto the crank arm (counterclockwise) and securely tighten with the pedal wrench (included).

C) Mount the Bottle Cage (#35) to the Computer Mast (#6) using 2-Pan Head Screws (#26).

Assembly Tip:

Take time to review the additional information regarding computer operation, product maintenance, and warranty.



PROBLEM DESCRIPTION	SUGGESTED SOLUTION
NO DISPLAY	<ol style="list-style-type: none"> 1. CHECK BATTERY ORIENTATION: + / - 2. CHECK BATTERY VOLTAGE: (2) AA BATTERIES 1.5V EACH 3. CHECK CABLE CONNECTIONS: MAKE SURE CONNECTIONS ARE SECURE AND IN THE CORRECT ORIENTATION. 4. CHECK CABLE ASSEMBLIES FOR DAMAGE: PINCH POINTS & POSSIBLE SHORTING OF WIRES. 5. CHECK FOR POSSIBLE COMPUTER DAMAGE: CRACKED DISPLAY WINDOW (BLACK SCREEN). <p>If computer still fails to operate after checking these suggestions, contact us for technical support.</p>
PRODUCT WILL NOT SIT LEVEL	<ol style="list-style-type: none"> 1. USE LEVELERS ON THE BOTTOM OF THE STABILIZERS TO ADJUST EQUIPMENT TO UNEVEN SURFACES.
SEAT POST MOVEMENT	<ol style="list-style-type: none"> 1. MAKE SURE THE ADJUSTMENT KNOB IS LOCKED INTO A SEAT POST HOLE. 2. SECURELY TIGHTEN THE SEAT POST IN PLACE BY TURNING THE ADJUSTMENT KNOB.
PEDAL WOBBLE	<ol style="list-style-type: none"> 1. CHECK TO MAKE SURE PEDALS ARE INSTALLED CORRECTLY (ORIENTATION) AND MOUNTED FLUSH WITH THE CRANK ARMS. 2. LOOSEN THE PEDALS, CHECK FOR POSSIBLE CROSS-THREADING OF CRANK ARMS.
NO SPEED READING	<ol style="list-style-type: none"> 1. CHECK COMPUTER CONNECTION: MAKE SURE CONNECTORS ARE SECURE AND IN THE CORRECT ORIENTATION. 2. CHECK SPEED SENSOR. CONFIRM CABLE CONNECTION AND ALIGNMENT WITH MAGNET.

Make sure to reference the assembly steps & parts information in this manual when performing any troubleshooting.

EQUIPMENT MAINTENANCE

- Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Avoid getting excessive moisture on computer or electronic components. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.
- Do not remove drive train shrouds or attempt any technical service on equipment without consulting an authorized service representative.
- Regularly inspect product for loose assembly hardware and worn components.
- (If applicable) For added safety, unplug equipment from the wall socket when it is not being used.
- Use a product /exercise mat underneath equipment for protection of floors & carpets.
- (If applicable) Apply recommended component lubricants at the required time periods.
- Keep product assembly manual, purchase receipt, and service records in a safe storage place.
- (If applicable) Periodically check batteries for proper voltage output & replace as needed.
- Do not store or use equipment outdoors.
- Moving equipment: Lift up the rear stabilizer and carefully tip the bike forward until the front stabilizer wheels touch the floor. Do not use the computer or pivot arms to move the unit. You may wish to lock the fan in place (which will keep the arms from moving), by turning the safety knob until it makes contact with the fan wheel.

Service	Daily	Monthly	Quarterly	Annually
Clean/Dry Frame & Console w/ mild soap and cloth	X			
Inspect Unit for Noise or loose components	X			
Ensure Unit is level-Adjust Stabilizer Feet	X			
Tighten Crank & Bell Crank Bolts, Tighten Pedals		X		
Tighten Seat Bolts		X		
Tighten Handlebars		X		
Check and Tighten Linkage Arm Pivot points		X		
Change Console Batteries			X	
Lubricate Chain			X	
Inspect & Adjust Chain Tension if Needed			X	
Tighten Main Frame Bolts and Stabilizers				X

Pedal check (Monthly)

Tighten the pedals with a 15mm wrench. The right side pedals will tighten “righty tighty” (clockwise) and the left side pedal will tighten “lefty tighty” (counter-clockwise).



Handlebar Assembly Check (Monthly)

Insert a Screw Driver through peg of bike and tighten.

Tighten the handlebar using a 22mm wrench. Tighten these down as tight as possible for both sides. Next, tighten handlebar assembly peg nut with 22mm socket wrench. Note: There will be a little play in these arms after tightening but this is normal.



Linkage Arm Check (Monthly)

Tighten the linkage bolts and nuts using a 6mm Allen wrench and 13mm wrench. Tighten these parts snug, but do not over tighten or keep tightening. Note: There will be little play in these linkages after tightening, but this is normal. Some units will have a 22mm nut instead of a 13mm nut.



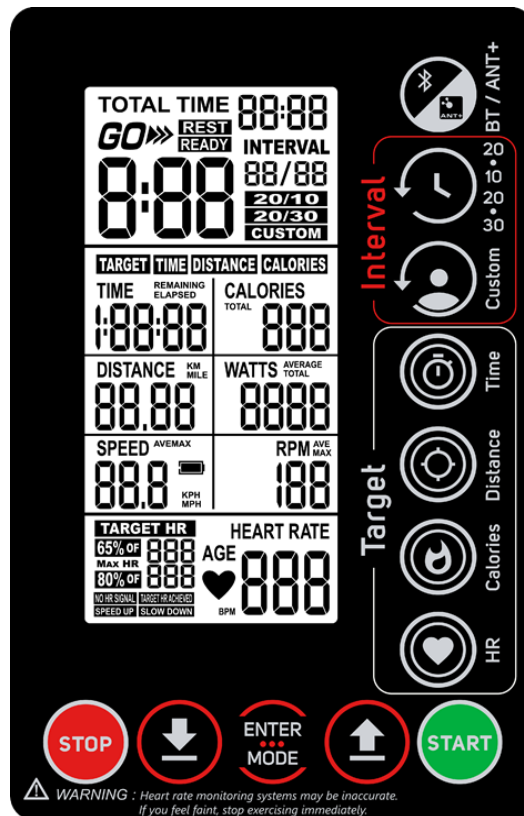
Chain Adjusting Check (Quarterly)

Check the two drive chains to make sure they are equally tight. Each chain should have just a slight flex to it, but it should also not be tightened too much. First check the main rear chain and adjust the tension if needed. Proper chain tension is about 3mm of movement up and down or a slight up and down movement.

To adjust the chain, use the 15mm wrench to loosen the crank axle nut by rotating the wrench counter-clockwise. Once the axle nut is loosened use the 10mm wrench to turn the chain tensioner nut clockwise or counter-clockwise to adjust the tension. Repeat the process to the front tensioner and check the tension on each chain again. Adjust each section to get the proper alignment. Once you get the proper chain tension, tighten the 15mm axle nuts. Make sure the tension remains the same while tightening the axle nuts. If the tension is too much, loosen the 10mm nut slightly to release slack until it is equal.

Clean and Lubricate the Chain (Quarterly)

The chain must be cleaned and lubricated at least every 50 hours. If the Air Bike is used in an institutional setting, then the chain must be cleaned and lubricated at least once a week. Use 3-in-1 Oil only, do not use anything else!



CONSOLE SETUP

Battery Installation:

The console operates on four (4) AA batteries. The battery compartment is on the back side of the console.

Toggle Between Kilometers vs. Miles

1. Remove one (1) battery from console so that the console turns off.
2. Hold the “STOP” and “DOWN” buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Either KM or Miles will appear on your console. You can release the “STOP” and “DOWN” buttons. Use the “UP” or “DOWN” button to toggle between km and miles.
4. Press “ENTER” to select setting.

Toggle Between Beep On and Beep Off

1. Remove one (1) battery from console so that the console turns off.
2. Hold the “STOP” and “UP” buttons simultaneously. Keep holding the buttons as you put the battery back in to power on console. Hold buttons even after on for at least 3-5 seconds.
3. Your console will show sound on or off. You can release the “STOP” and “UP” buttons. Use the “UP” or “DOWN” button to toggle between turning the beeping sounds on or off.
4. Press “ENTER” to select setting.

Interval Display



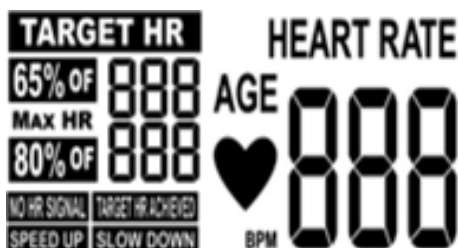
- The Interval Display provides details for the Interval 20-10, Interval 20-30 and Custom Interval programs.
- The left side will show you whether the interval is currently a work (GO) or rest period and how much time is left in that interval (8:88).
- The Total Time 88:88 will count up the total program run time.
- The Interval 88/88 display shows the current interval and total intervals in the program

Target Time, Distance & Calories and Watts/Speed/RPM Display



- The display will show Time, Calories, Distance, Watts, Speed of Resistance and RPM during all programs.
- The banner across the top will indicate if you are running one of the Target programs.
- Time, Calories and Distance will count up during your workout.
- Total distance will be displayed in miles or kilometers depending on how the console was set up.
- Use the Mode button to toggle between average vs. total watts as well as average vs. maximum Speed and RPM

Heart Rate Display



- If a signal is detected from a wireless monitor, user’s heart rate will be shown in the large 888 BPM (beats per minute). If not signal is detected, the console will read “No HR signal”
- During the Target Heart Rate Program, the console will show upper and lower values of the target range next to the 65% and 80% of Max HR banners.
- The console will tell you to “Speed up” or “Slow Down” to reach user’s target heart rate. Once target is reached, the “Target HR Achieved” icon will appear.

PROGRAMS

Bluetooth / ANT+ Button

Press this button to activate Bluetooth and Ant+ simultaneously.



Quick Start (Default Program)

1. Use the QUICK START Program to skip programming the workout and begin immediately. Either start pedaling or press the START key to turn on console. Once the console is on in standby mode, press the START key again to begin the Quick Start Program.



2. After a period of inactivity, the console will stop counting. When you start pedaling again, the console will continue counting again.

3. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.

4. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

Interval 20/10 & Interval 20/30 Programs

1. In standby mode, press INTERVAL key one time to set 20/10 program or press two times to set 20/30 program on the left side of console.

2. To set amount of intervals:

a. Once user has selected the INTERVAL 20/10 or 20/30 program, the "INTERVAL 0/8" display will flash.

b. Use the UP and DOWN buttons on the console to increase or decrease the total amount of intervals.

c. Press ENTER to finish setting the number of intervals.

3. Press START to begin the program.

4. During the program:

a. Once user presses START, the console will alternate between work time and rest time. The console will display Go (work time) and Rest (rest time).

b. The console will show the number of completed intervals out of the total number of intervals after each set.

5. The Total Time in the Interval Display (top third of console) will count the total time that the interval program is running while the Time Display (middle of console) will count the amount of time the user is pedaling.

6. If user stops pedaling for a consecutive 4 minutes, the console will automatically return to standby mode.

7. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.

8. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.



Interval Custom Program

1. The INTERVAL CUSTOM Program is similar to the INTERVAL 20/10 and INTERVAL 20/30 Programs, but the user can customize the program by work time, distance, or calories and rest time.

2. In standby mode, press INTERVAL CUSTOM program button on the left side of console.

3. To set work time and rest time:



a. Once user has selected the INTERVAL CUSTOM program, press ENTER key. The amount of work time will flash.

b. Use the UP and DOWN buttons on the console to increase or decrease the amount of work time. Press ENTER to set work time.

4. To set work distance and rest time:

a. Once user has selected the INTERVAL CUSTOM program, use the UP and DOWN buttons to select the Distance display. Press ENTER for the Distance amount to start flashing.

b. Use the UP and DOWN buttons to increase or decrease the amount of work distance. Press ENTER to set work distance.

5. To set work calories and rest time:

a. Once user has selected the INTERVAL CUSTOM program, use the UP and DOWN buttons to select the Calories display. Press ENTER for the Calories amount to start flashing.

b. Use the UP and DOWN buttons to increase or decrease the amount of work calories. Press ENTER to set work distance.

6. Next set the amount of rest time. Use the UP and DOWN buttons on the console to increase or decrease the amount of rest time. Press ENTER to set rest time.

7. Next set the number of intervals. Use the UP and DOWN buttons on the console to increase or decrease the number of intervals. Press ENTER to set rest time.

8. Press START to begin the program.

9. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.

10. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.

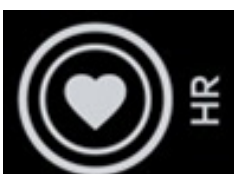
Target Time, Target Distance and Target Calories Programs

1. These three programs each work in a similar manner. The user can choose a target value for each program (either time, distance or calories) and the program will run until that target is reached.
2. In standby mode, press TARGET TIME, TARGET DISTANCE or TARGET CALORIES program button on the left side of console.
3. Depending which program the user chose, the target parameter will flash. Use the UP and DOWN buttons to set a target value.
4. Press ENTER to set the target value.
5. Press START to begin the program.
6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.



Target Heart Rate Program

1. In standby mode, press TARGET HR Program.
2. The Age value will flash. Use the UP and DOWN buttons to select your age.
3. Press ENTER to confirm.
4. Press START to begin the program.
5. During the Program:
 1. If user's heart rate is below the calculated 65% of Max HR, the console will tell the user to "SPEED UP".
 2. If user's heart rate is above the calculated 80% of Max HR, the console will tell user to "SLOW DOWN".
6. Press STOP to pause your workout. If you press STOP for a second time, the console will reset to standby mode.
7. Hold STOP for 3 seconds during your workout to clear the console and enter standby mode.



Heart rate training notes

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

Generally, a wireless heart rate chest strap (not included) 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. In order for the console to detect and show your heart rate wirelessly, the following four conditions must be met:

1. A compatible heart rate chest strap must be functional and worn correctly
2. Console must be on
3. A workout program must be running
4. Chest strap is worn within 3 feet of the console

Maximum Heart Rate and Target Training Zone

Target heart rate is determined based on your age. If the exercise intensity, based on your heart rate, is too high, injuries or fatigue may occur and counteract your fitness goals. If the exercise intensity is too low, you are likely not maximizing your workout. It is generally reported that individuals should target between 65% and 80% of your maximum heart rate to be most effective. Maximum heart rate is determined by subtracting your age from 220 BPM.

To calculate your maximum heart rate and determine the most effective target heart rate zone, the following formula is used for a 32 year old:

- $220 - 32 = 188$ BPM (220 BPM less age = calculated maximum heart rate)
- $0.65 \times 188 = 122$ BPM (65% of calculated maximum heart rate)
- $0.80 \times 188 = 150$ BPM (80% of calculated maximum heart rate)

For a 32 year old, the target heart rate zone would be between 122 BPM and 150 BPM.

Gymstick recommends that you consult with a medical professional before engaging in any form of physical exercise, exercise program, or taking supplements. Gymstick assumes no responsibility or liability for any injuries sustained or loss of life during the use/misuse of products. The user assumes all risk of injury or loss of life due to use. Improperly maintained equipment and inadequately supervised physical exercise are significant contributing factors. Please note that Gymstick does not recommend product use outdoors or storage outdoors for any of our products, unless otherwise specified. Gymstick recommends thorough inspection, maintenance, and testing of all products prior to use.

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.

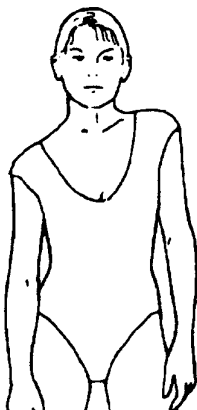
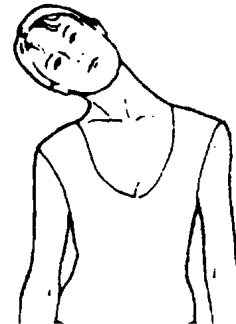
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

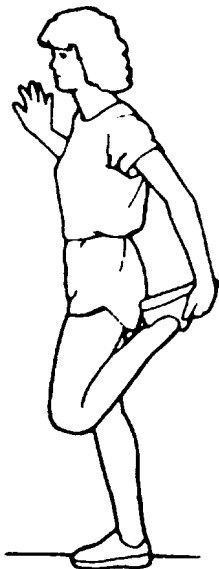
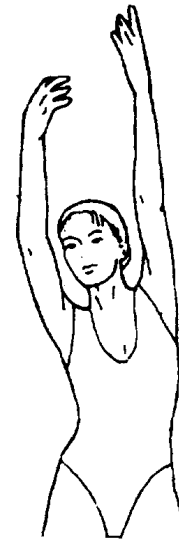


SHOULDER LIFTS

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.



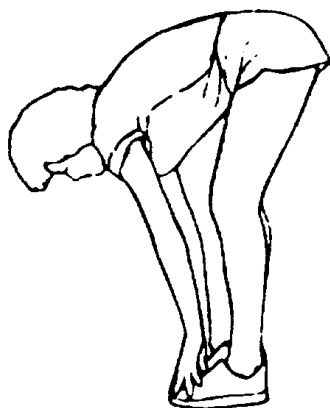
QUADRICEPS STRETCH

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.



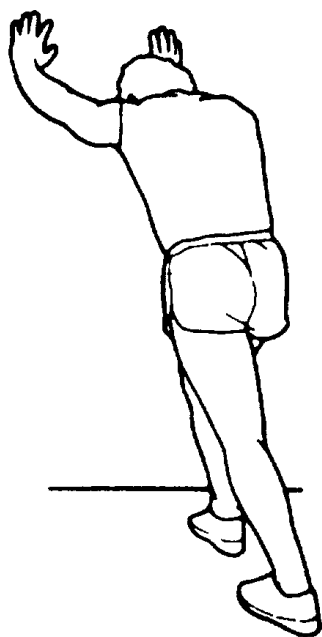
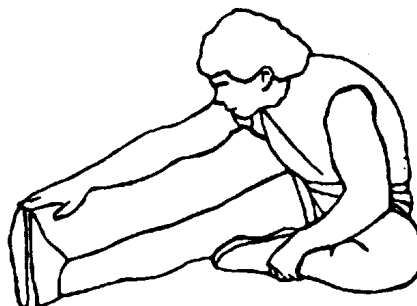


TOE TOUCHES

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

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:
Gymstick International Oy
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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.

