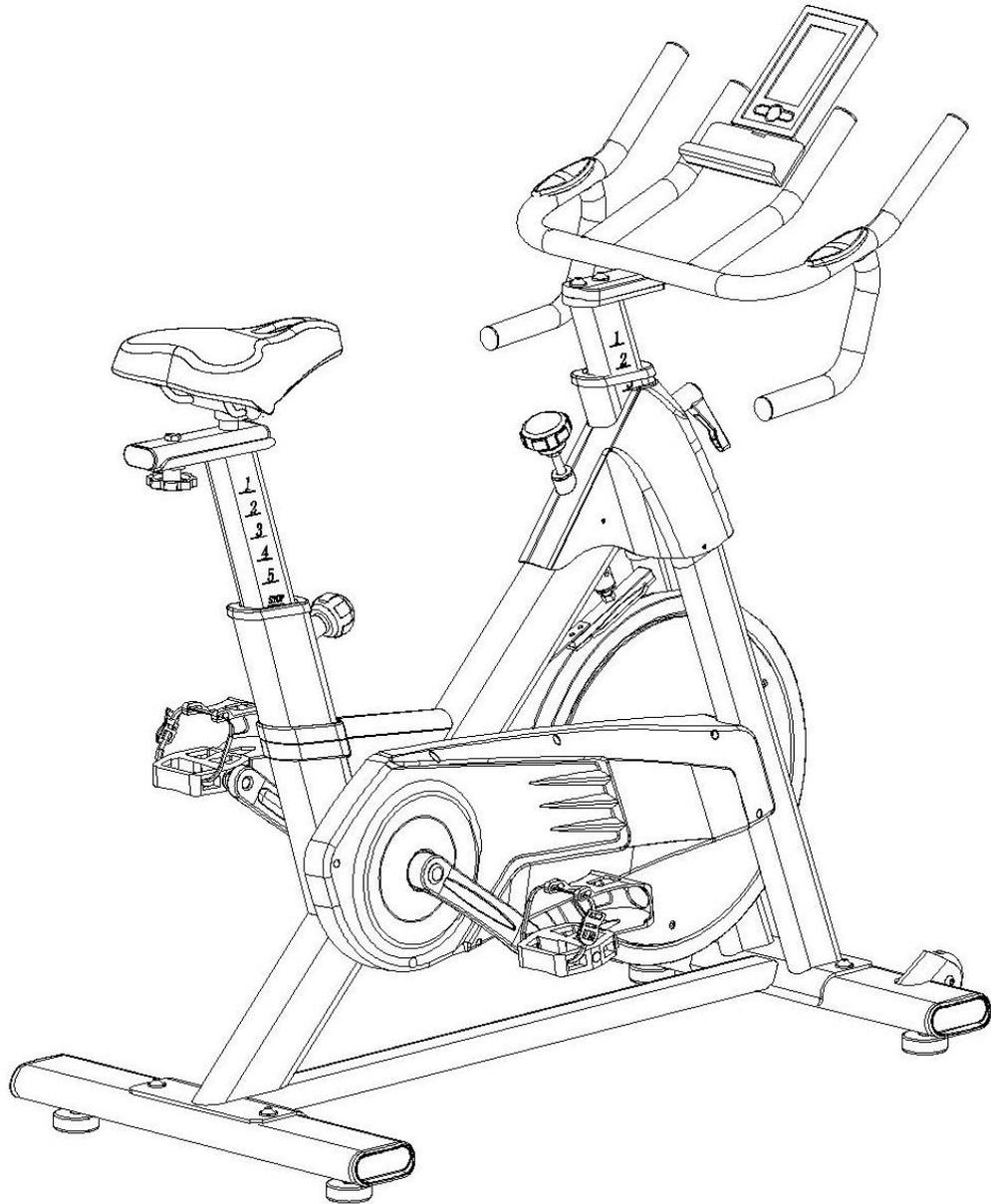


PYHIGH



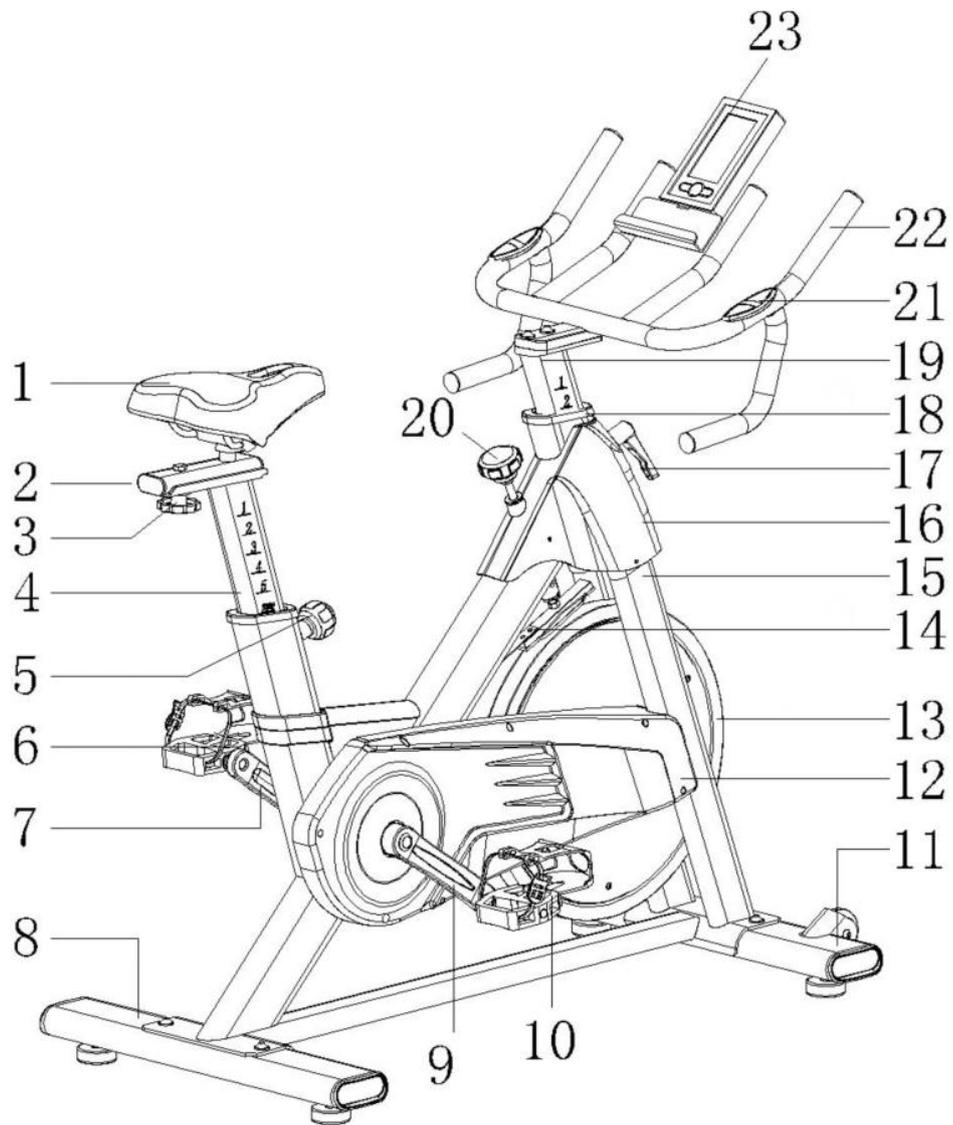
Owner's Manual(S7)

(The screws and bolts have been pre - installed)

Safety Precautions – Please Read the Instruction before Using!

1. Please keep this manual in safe place for your reference when necessary.
2. Please do not assembly or use this equipment until you read this manual thoroughly and carefully. The safety and efficiency only can be achieved when the equipment is fully assembled, maintained and used properly. Before using the equipment, check handle bar, seat, nuts and bolts are secured tightened. It's your responsibility to ensure all the users are well informed of all the warnings and precautions.
3. For totally safe use, stable and leveled surface is required. Protect floor with a mat. Do not use the equipment in a damp areas such as swimming pool sauna, etc. For safety space, the equipment must have at least 1.5 meter of free space all around it.
4. Before starting any exercise program, you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: Pain, Tightness in your chest, Irregular heartbeat, Extreme shortness of breath, feeling light Headed, Dizzy or Nauseous. If you do experience any of these conditions, you must consult your doctor before continuing with your exercise program.
6. This exercise equipment is not toy, please refrain children from playing with it, as injuries might occur, and thus, shall be used for exercise purposes only. The equipment must be assembled and used by adults only and it's not suitable for therapeutic use.
7. The equipment is designed for home use only, Maximum weight of the user is 120kgs
8. For adjustable parts, BEAR the maximum position in your mind, do not exceed the mark "stop", otherwise will cause risk.
9. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.
10. Wearing proper clothing while exercising, avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements. Keep your back straight while using.
11. All moveable parts(eg: pedal,handlebar, saddle etc.) require weekly maintenance. Checking them before using every time. If anything broken or loose, please fix them immediately.
12. Be careful when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques or seek assistance if necessary.
13. Press on the brake knob for emergency Stop. Please lock the equipment when stop using
14. Pay attention to the absence of the free wheel system which might cause serious risk.
15. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.

Part List

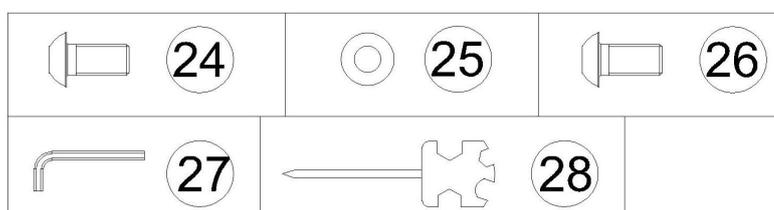


Especially Important Information

1. Handlebar Screws have been pre - installed on part 19.
2. Short Support tubes just protect bike from break during transportation, please unscrew and remove the short tubes and Use Same screws for assembling longer front and rear stabilizers.
3. Please tighten 2 nuts by wrench under the saddle to avoid seat wobble.
4. Please do not force to assemble pedals and follow manual, you may destroy threads by force and lead to uselessness of pedals and cranks.

Part List

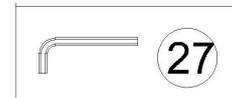
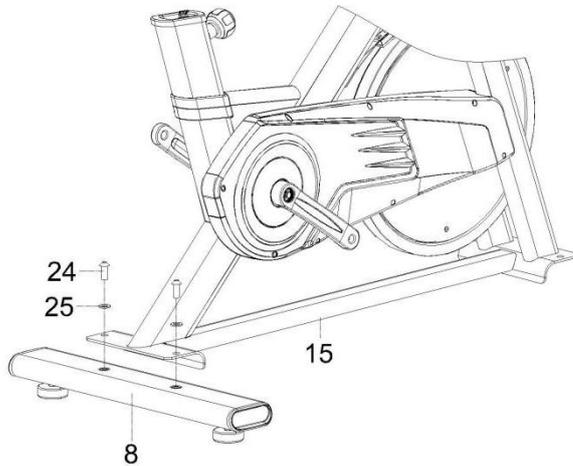
Part No.	Name	Qty	Part No.	Name	Qty
1	Seat	1	13	Flywheel	1
2	Seat Sliding set	1	14	Brake pad	1
3	Multi-angle knob	1	15	Main Frame	1
4	Seat support post	1	16	Top Cover	1
5	Seat adjusting knob	1	17	L Knob	1
6	Left Pedal	1	18	Sleeve	1
7	Left Crank	1	19	Handlebar support tube	1
8	Rear Stabilizer	1	20	Brake/Resistance knob	1
9	Right Crank	1	21	Hand pulse sensor	1 set
10	Right Pedal	1	22	Handlebar	1
11	Front Stabilizer	1	23	Monitor	1
12	Cover	1			1



Part No.	Name	Qty	Part No.	Name	Qty
24	Semi head hex bolt M10x20	4	27	L wrench	1
25	Washer $\Phi 10.2 \times \Phi 20 \times 1.5T$	6	28	Multi-functional wrench	1
26	Semi head hex bolt M10*25	2			

Installation Instructions

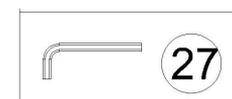
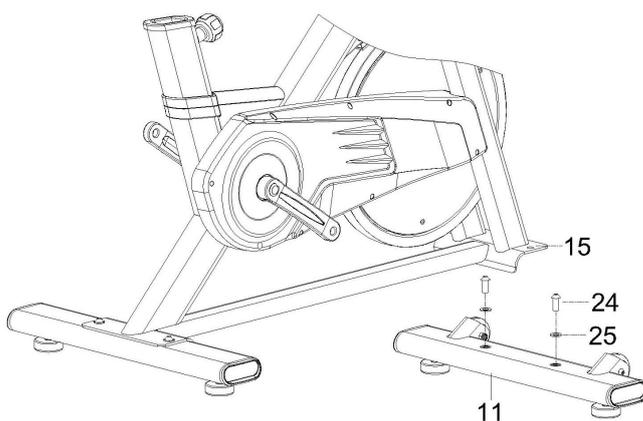
Step1.



Step1. Remove the short support tube by unscrewing 4 Semi head hex bolt M10x20, Assemble Rear stabilizer(8) to Main Frame(15) with (2pc) Semi head hex bolt M10x20 (part 24) and (2pc) Washer $\Phi 10.2 \times \Phi 20 \times 1.5T$ (part 25) by L wrench (part 27).

Note: 2 short support tubes are just for protecting bike body from break during transportation

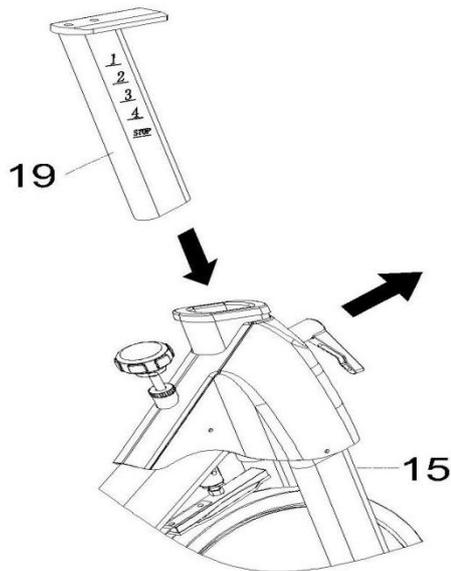
Step2.



Step2. Assemble Front stabilizer(11) to Main Frame(15) with (2pc) Semi head hex bolt M10x20 (part 24) and (2pc) Washer $\Phi 10.2 \times \Phi 20 \times 1.5T$ (part 25) by L wrench (part 27)

Note: Front Stabilizer equipped with wheels.

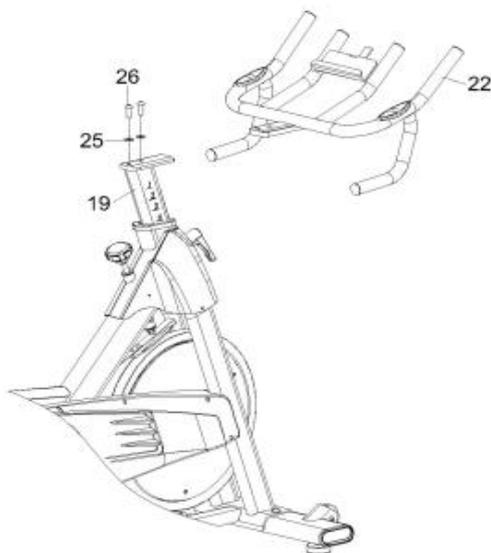
Step3.



Step3. Slide the Handlebar support post(19) into the Main frame(15) as shown above and tightly lock it with L knob(17) [Loose the L knob in anticlockwise,then pull up]

Note: 2 Semi head hex bolt M10*25 have been pre - installed to Handlebar support tube(19).

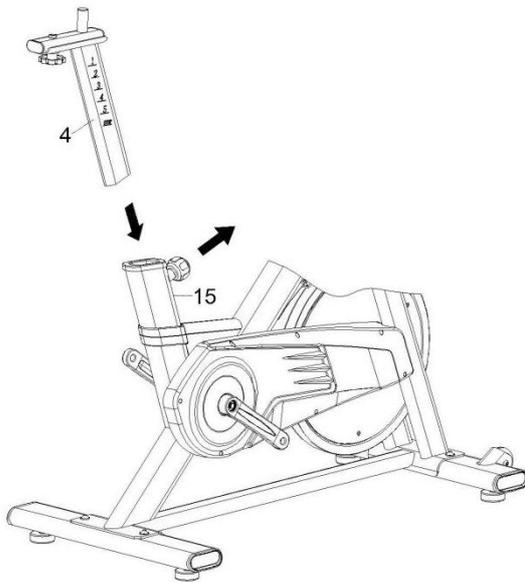
Step4.



Step4. Assemble the handle bar(22) on the handlebar support post(19) with (2pc) Washer $\Phi 10.2 \times \Phi 20 \times 1.5T$ (part25) and (2pc) Semi head hex bolt M10*25 (part26) by L wrench (part 27)

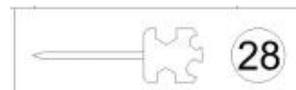
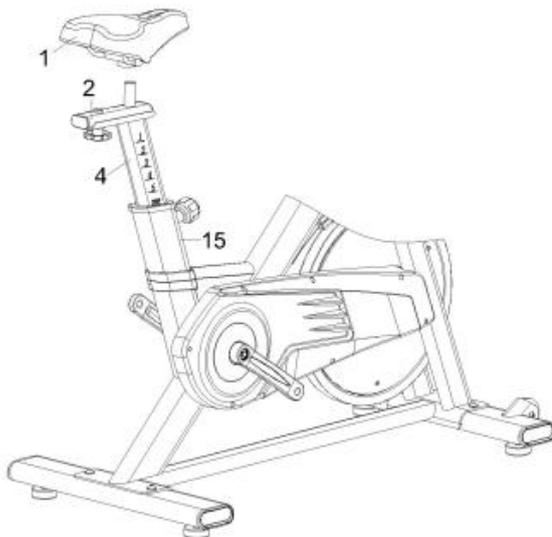
Note: 2 Semi head hex bolt M10*25 have been pre - installed to Handlebar support tube(19).

Step5.



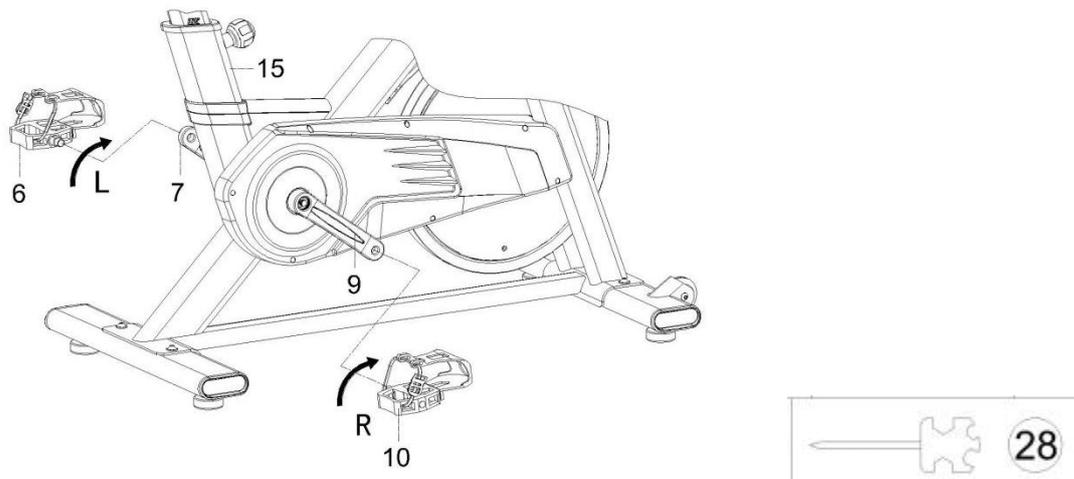
Step5. Install the seat support post(part 4) into the Main Frame(part 15) and tightly lock it by Seat adjusting knob (part 5)[Loose the knob in anticlockwise,then pull up to adjust]

Step6.



Step6. Assemble the Seat(part1) to Seat Sliding set(part 2) as shown above.Then tightly lock the Nuts by Multi-functional wrench (part 28)

Step7.



Step7.

Install the Right pedal(part10) and Left pedal(part 6) to crank as shown above.

Note: ① Put the pedal vertically to pedal arm firstly, Assemble Left pedal (part 6)[MARKED "L"] to crank [MARKED "L"] in counter-clockwise direction **by hand** FIRST, then tighten by Multi-functional wrench(28)

② Put the pedal vertically to pedal arm firstly, Assemble Right pedal (part 10)[MARKED "R"] to crank [MARKED "R"] in clockwise direction **by hand** first,then tighten by Multi-functional wrench(28)

③ You may **DESTROY** the screw threads by wrench if failed match or assemble violently by wrench.

Step8.



Step8.Insert the monitor on the handlebar as shown above, connect Speed cable to the counter, at last insert handle pulse sensor line to the counter.

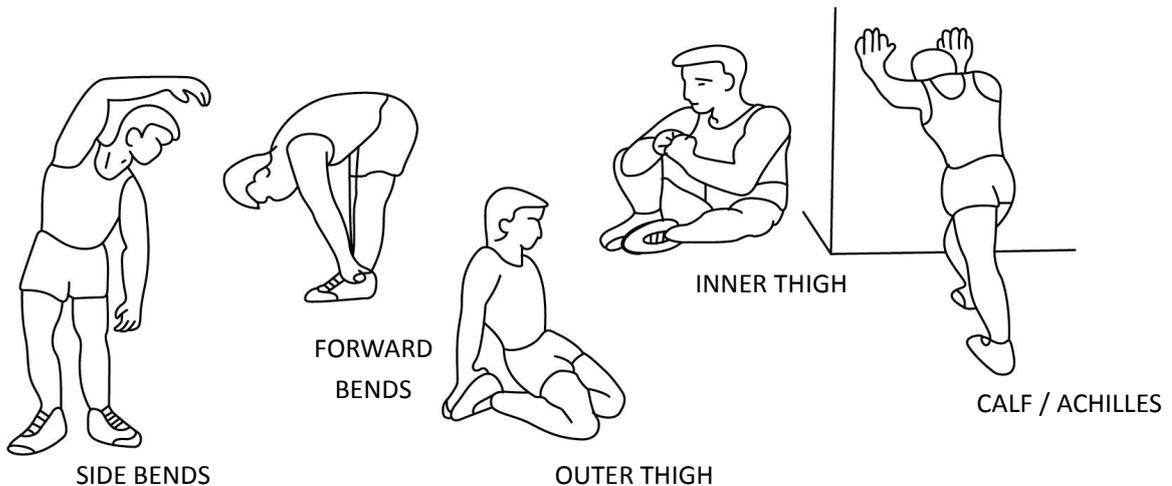
Now congratulations, you have fully assembled the bike, please be sure all bolts and nuts are tightly locked before using. Adjust the resistance knob to start your exercise.

EXERCISE INSTRUCTIONS

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

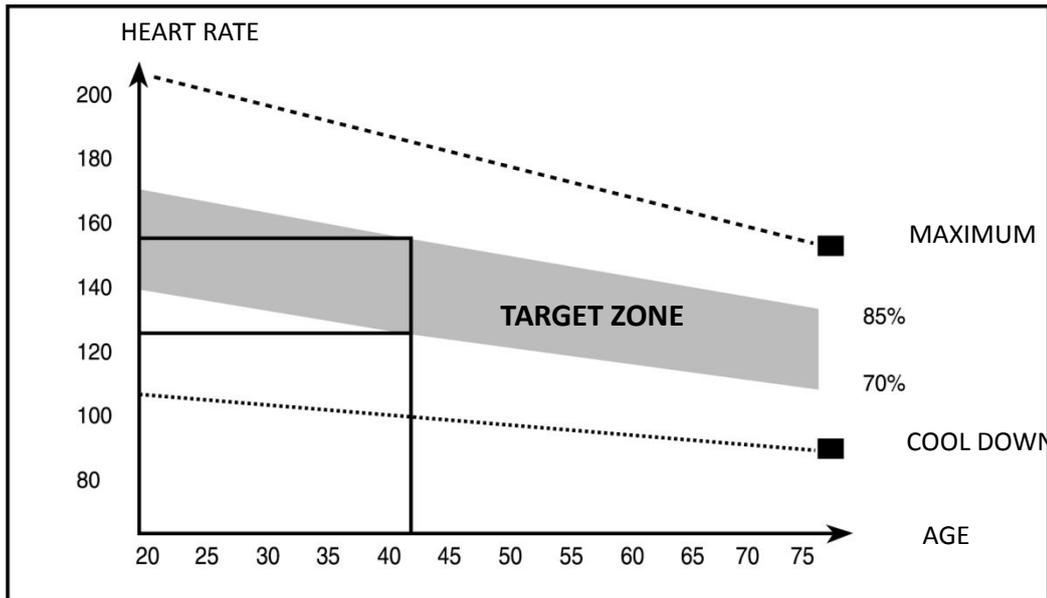
1. The Warm Up Phase

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



2. The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

To tone muscle while on your exercise cycle you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Monitor (Battery CR 2032 are not included)



HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place one of CR2032 3V battery into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait for 15 seconds before re-installing.
6. Removing the batteries will erase computer memory.

KEY GUIDE

ENTER:

1. Press this button to enter setting mode.
Normal→CAL→DIST→TIME→P
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.
CAL→DIST→TIME→P

DOWN: Decrease the setting value of the following functions.
CAL→DIST→TIME→P

FUNCTIONS AND OPERATIONS

AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:

press the button of UP to TIME function and press the UP or DOWN button to enter the value you want. Press ENTER for confirmation, Press again for next date

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:00.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, the time will count up the time from 00:00

RPM:

Displays your workout RPM. The monitor will display the current RPM from 0 ~ 999

DISTANCE:

Press ENTER to DIST function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 1~999.0Km or Mile

Count down:

Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, DIST will begin from 1km/Mile

CALORIE:

Press ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, the CAL will count up from 1

PULSE (Target Heart Rate):

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 40 to 239, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.