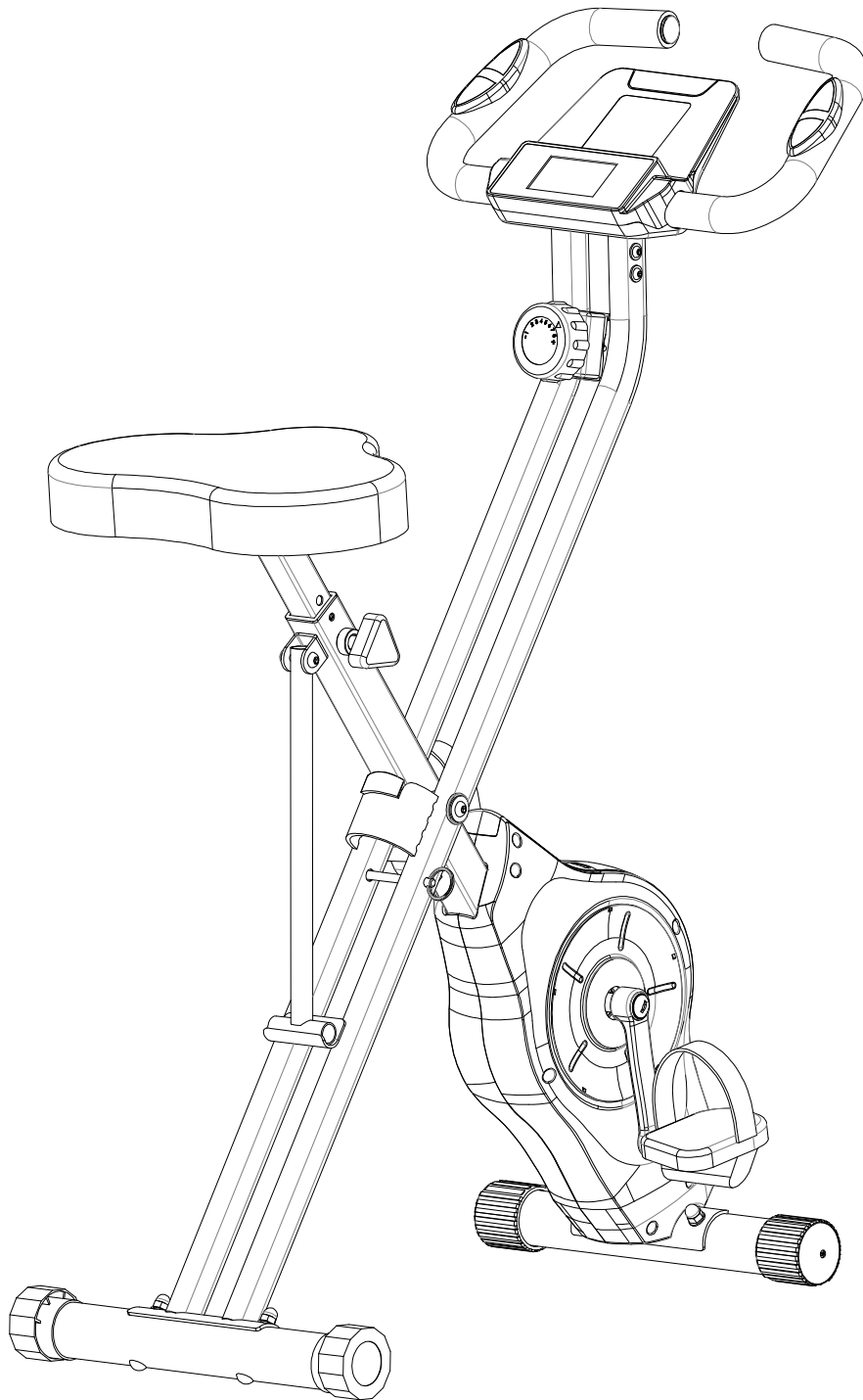

B BCAN



Customer service

If you have any questions, please feel free to contact our customer service.

Email address: Bcanservice@outlook.com

Amazon: Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"

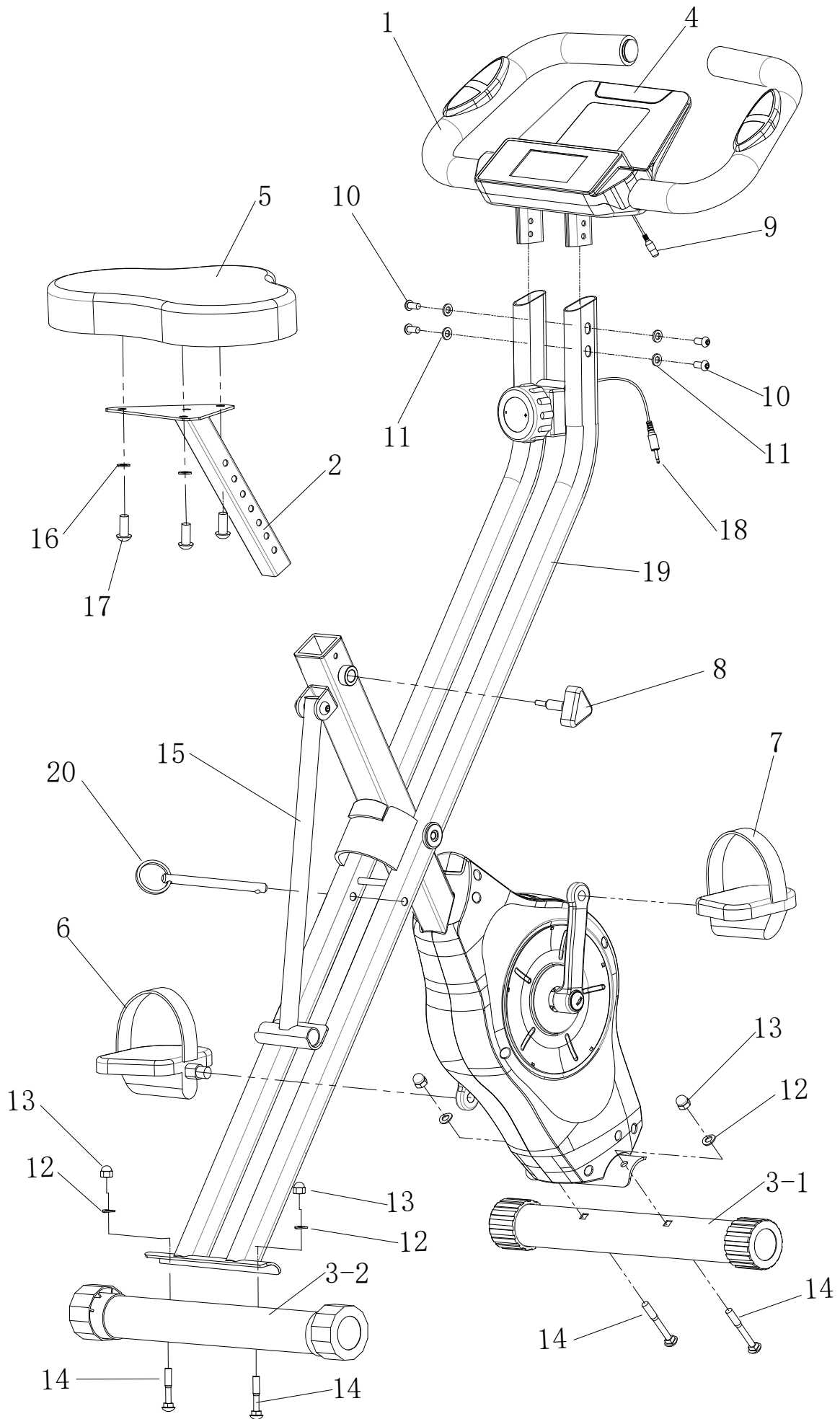
You can search "BCAN Exercise Bike- Video of Installation " on YOUTUBE to get the guide video.

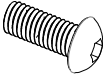

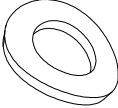
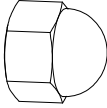
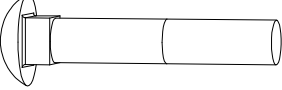
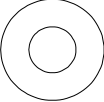
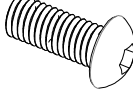
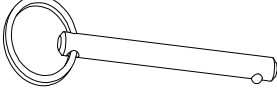
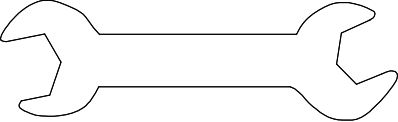

If any parts was broken or lost when you received, please contact us and we will send you the replacement.

Important Safety Information

Please keep this manual in a safe place for reference.

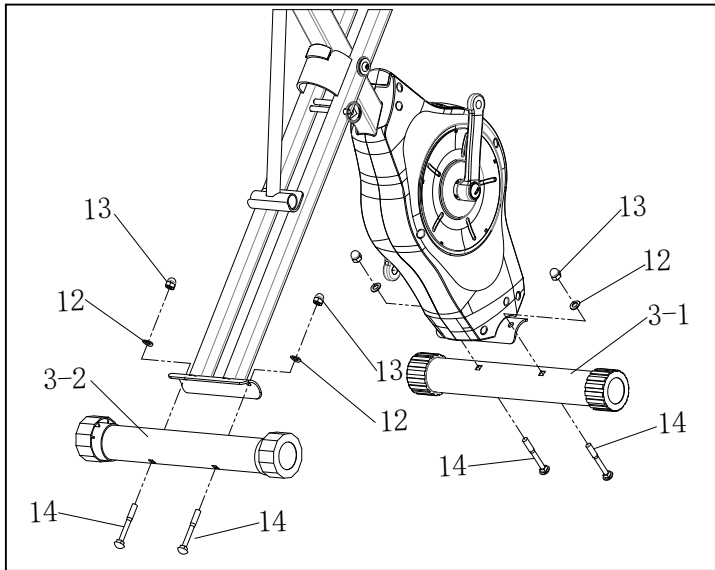
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should 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.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat-level surface with a protective cover for your floor or carpet. For safety, the equipment should be not less than 0,6 M2 greater than the training area in the directions from which the equipment is accessed.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.
10. The equipment has been tested and certified to EN957 underclass H.C. Suitable for domestic, home use only. Maximum weight of the user, 330lbs. Breaking is sped independent
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and assistance.



			
#10: Bolt M6*12 4PCS	#11: Flat Washer Ø18*6.5*1.5 4PCS	#12: Arc Washer Ø20*8.5*1.5 4PCS	#13: Cap Nut M8 4PCS
			
#14: Carriage Bolt M8*65 4PCS	#16: Flat Washer Ø20*8.5*1.5 3PCS	#17: Bolt M8*15 3PCS	#20: Safe Pin 1PC
			

NO.	DESCRIPTION	SPEC	QTY	NO.	DESCRIPTION	SPEC	QTY
1	Handlebar Frame		1	11	Flat Washer	Ø18*6.5*1.5	4
2	Seat Post		1	12	Curved Washer	Ø20*8.5*1.5	4
3-1	Front Stabilizer (with wheel)		1	13	Cap Nut	M8	4
3-2	Rear Stabilizer		1	14	Carriage Bolt	M8*65	4
4	Monitor		1	15	Support Post		1
6	Pedal L		1	17	Bolt	M8*15	3
7	Pedal R		1	18	Sensor Cable(female)		1
8	Knob		1	19	Main Frame		1
9	Sensor Cable(male)		1	20	Safe Pin		1
10	Bolt	M6*12	4				

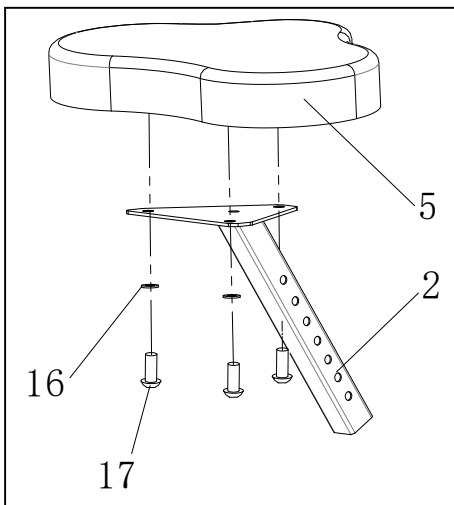
ASSEMBLY STEPS



Step 1

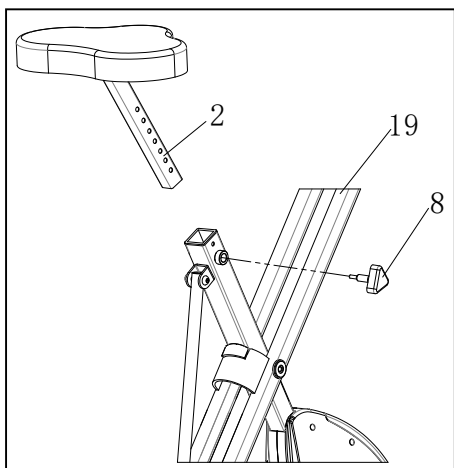
Attach the front stabilizer_(3-1) and the rear stabilizer_(3-2) onto the main frame_(19) using cap nuts (13), carriage bolt_(14), two curved washers_(12).

Note: The stabilizer with rollers is the front stabilizer.



Step 2

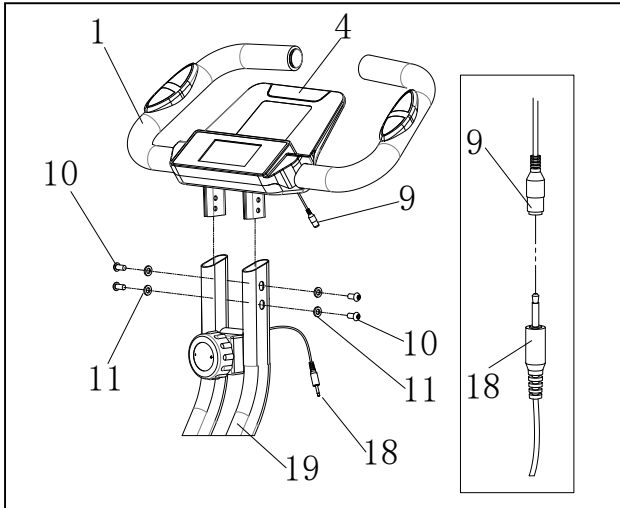
Assort the seat_(5) with seat post (2), adjust the angle of the seat, fix it tightly with bolt_(17), flat washers (16).



Step 3

Insert the seat post_(2) into the main frame (19) and line up the holes. Secure the seat in position with the adjusting knob_(8).

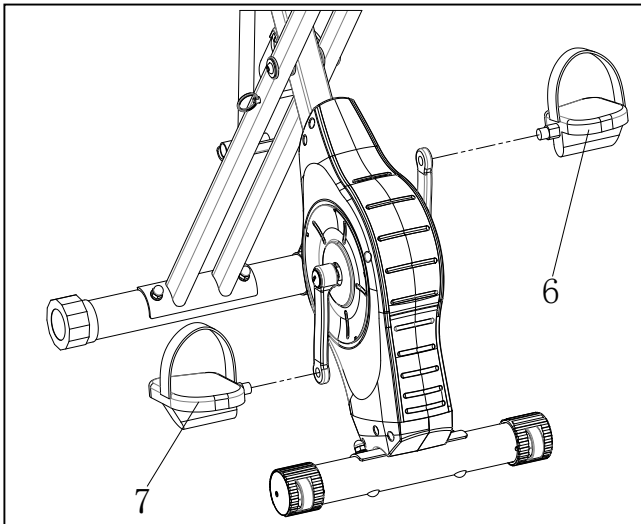
The correct height for the seat can be adjusted after the bike is fully assembled.



Step 4

Insert the handlebar_(1) into the main frame_(19) and line up the holes. Secure the handlebar with four bolts_(10) and flat washers_(11).

Connect the cables on the monitor_(9) and main frame_(18).

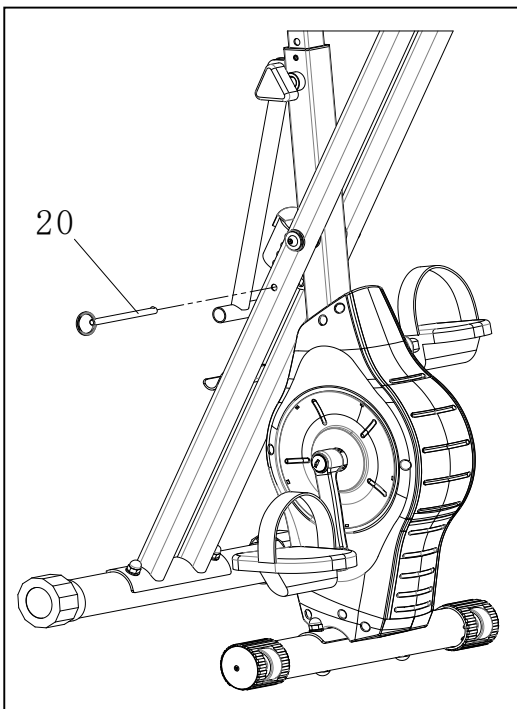


Step 5

The pedals_(6/7) are marked "L" (left) and "R" (right). Connect them to matching crank arms.

The right crank arm is on the right-hand side of the cycle as you sit on it.

NOTE: the right pedal should be threaded clockwise, the left pedal anti-clockwise. Screw-in two circles of threads by hand, and then use a wrench to tighten, which can prevent unnecessary wear of the threads on the pedal and prolong the use cycle.



Step 6

Using safe pin_(20) to fold the bike.

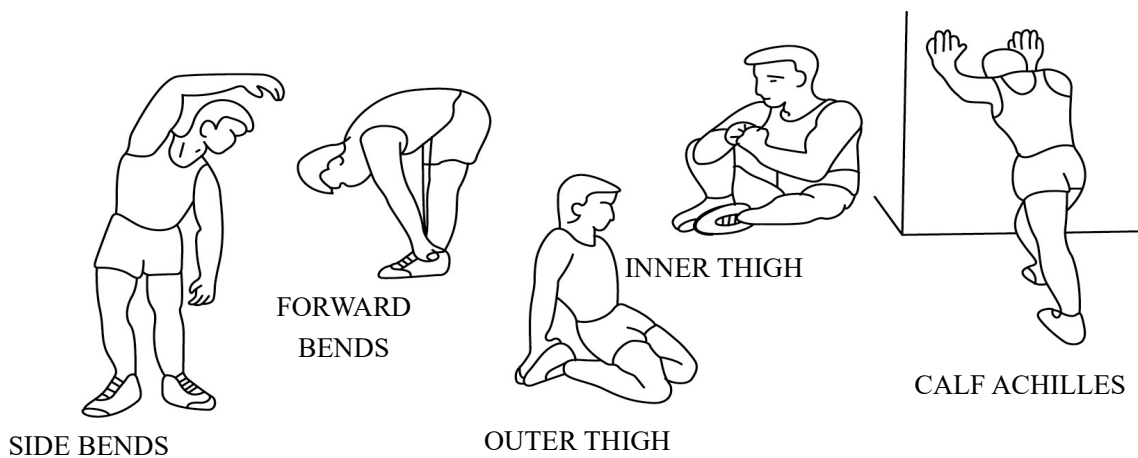
Warning: When folding, please always place the equipment on a solid, flat-level surface. Store in a safe place, keep children and pets away from the equipment at all times!

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.

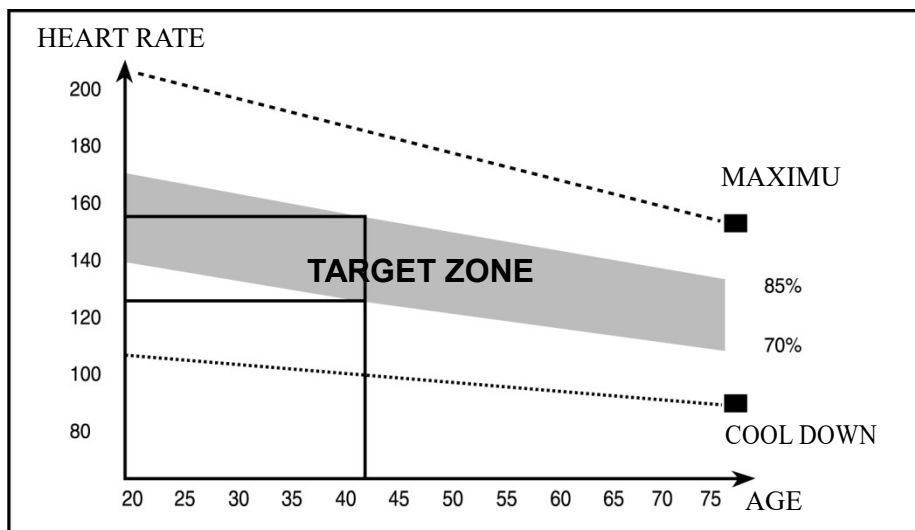
1.The Warm-Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps 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 heartbeat 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 15-20minutes.

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

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.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.