

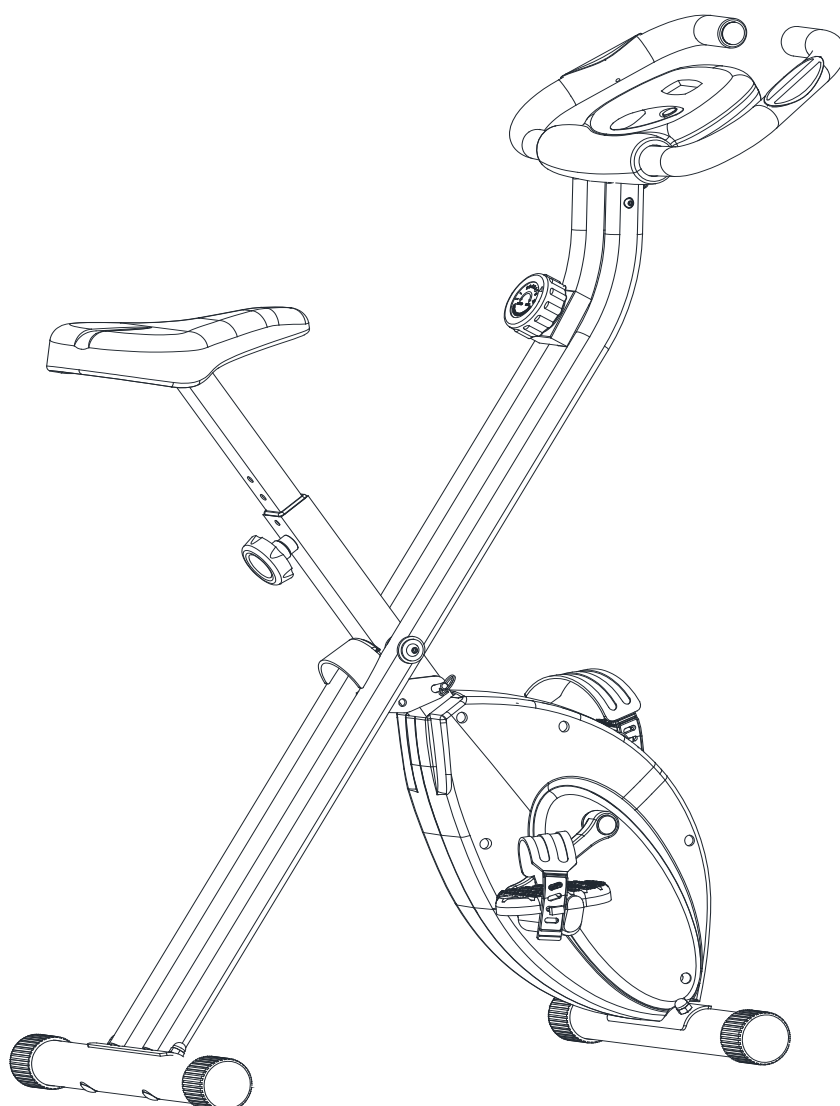


EN

NS-652

FOLDABLE BIKE

USER MANUAL



Distributed By:
Pure-Tec Limited
www.puretecfitness.com

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CONTENTS

Important safety information	2
Weight limit capacities	2
HARDWARE PACK	3
PRE-ASSEMBLY CHECK LIST	4
ASSEMBLY INSTRUCTIONS	5-11
Computer Instructions	12
Exercise Instructions	13-14
Exploded Diagram	15
Parts list	16
Additional information	17
Warranty information	18

IMPORTANT SAFETY INFORMATION










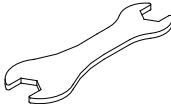
READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

- 1.This Bike is intended for class H (H=Domestic) use only. It is not designed for commercial use.
- 2.This machine has been tested to EN 957.
- 3.Read the OWNER'S OPERATION MANUAL and all accompanying literature and follow it carefully before using your Bike.
- 4.Keep children and pets away from the Bike at all times. Do not leave children unattended in the same room with the Bike. The Bike is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behavior for which the Bike is not intended.
- 5.If children are allowed to use the Bike their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
- 6.Position the Bike on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the Bike near water or outdoors.
- 7.Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- 8.Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
- 9.Rest adequately between workouts. Muscle tone develops during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- 10.Remove all jewelry, including rings, chains and pins before commencing exercise.
11. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

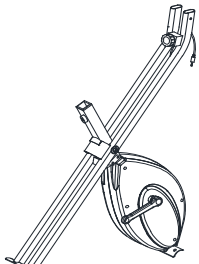
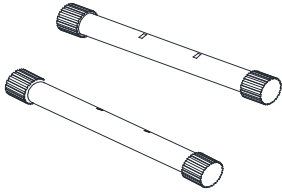


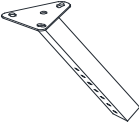

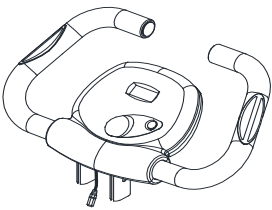
IMPORTANT!!! THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR BIKE IS 110KGS.

HARDWARE PACK

No.	Description	Identifier	Q'ty
08	Carriage Bolt M8X60L		4
09	Curved Washer $\varnothing 8.3 \times \varnothing 22 \times 1.5t$		4
10	Domed Nut M8		4
12	Club knob		1
15	Allen Bolt M6x12L		1
16	Spring Washer M6		4
17	Washer $\varnothing 6.5 \times \varnothing 13 \times 1.5t$		1
18	Curved Washer $\varnothing 6.5 \times \varnothing 13 \times 1.5t$		2
	Allen Wrench		1
	Crossing Wrench		1

Above hardware are all you need to assemble this machine. Before you start to assemble, please check the hardware pack to make sure they are included.

Pre-Assembly Check List

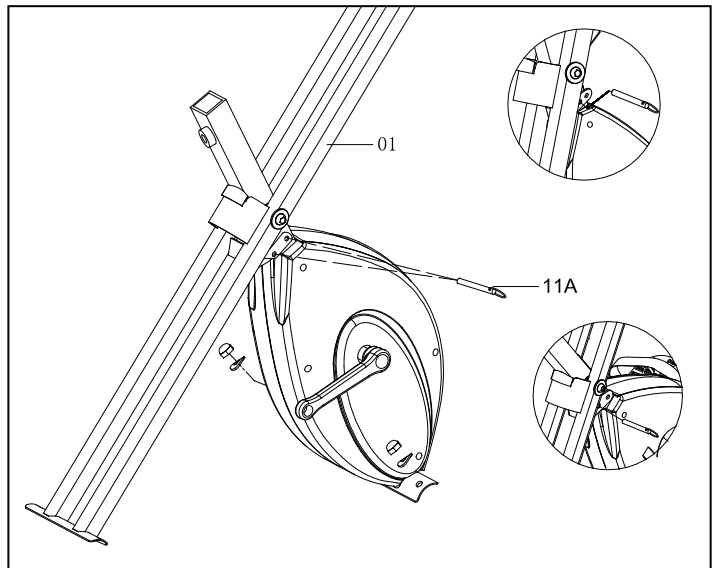
 <p>NO.01</p>	 <p>NO.02</p>	 <p>NO.03</p>
 <p>NO.04</p>	 <p>NO.05</p>	 <p>NO.06</p>
 <p>NO.07</p>		

PART NO.	DESCRIPTION	Q'TY
01	Main frame	1
02	Stabilizer	2
03	Left Pedal	1
04	Right pedal	1
05	Seat Post	1
06	Seat	1
07	Handle Bar/ Computer	1

Assembly Instructions

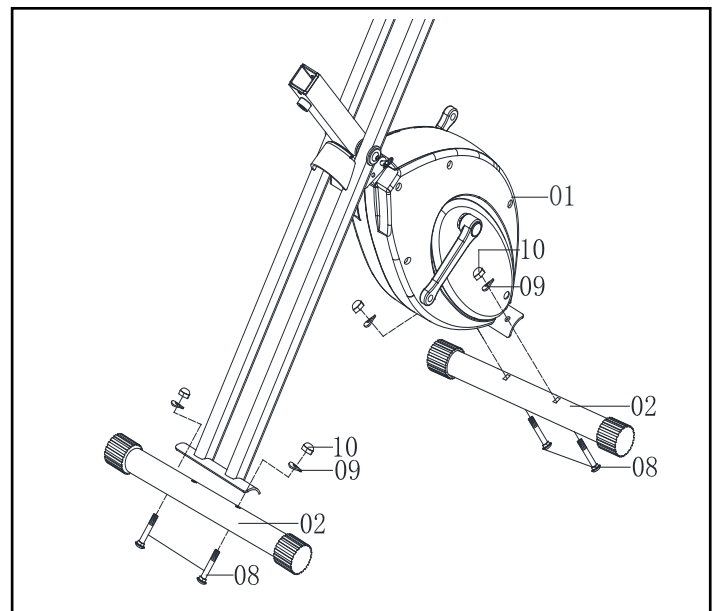
STEP 1

Pull the safety-pin (11A) as the picture Shown; insert the safety-pin (11A) when Opening the bike completely as the Picture shown.



STEP 2

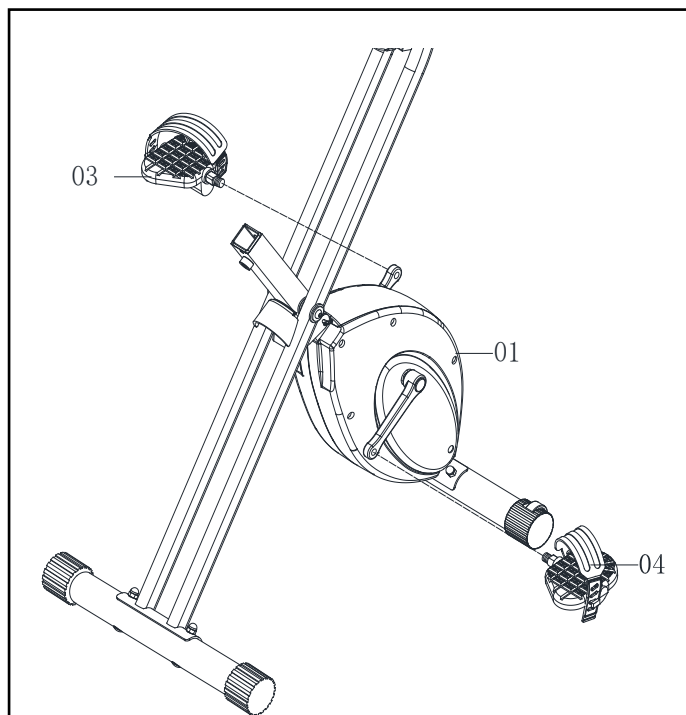
Attach the (2) Stabilizer to the Main Frame (1), tighten with 2 sets of Carriage Bolt (8) and Curve Washer (9) and Domed Nut (10).



STEP 3

The Left and Right Pedal (03L) and (03R) are marked "L" and "R". Connect them to their appropriate Crank Arm. The right pedal is on the right hand side of the cycle as you sit on it.

Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



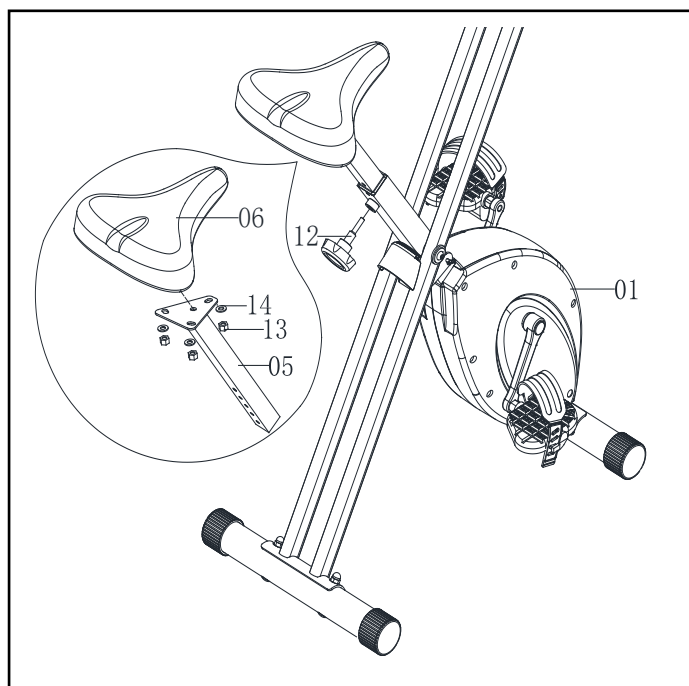
STEP 4

A)

Remove the three Nylon Nuts (13) and three Flat Washers (14) under the Seat (6).

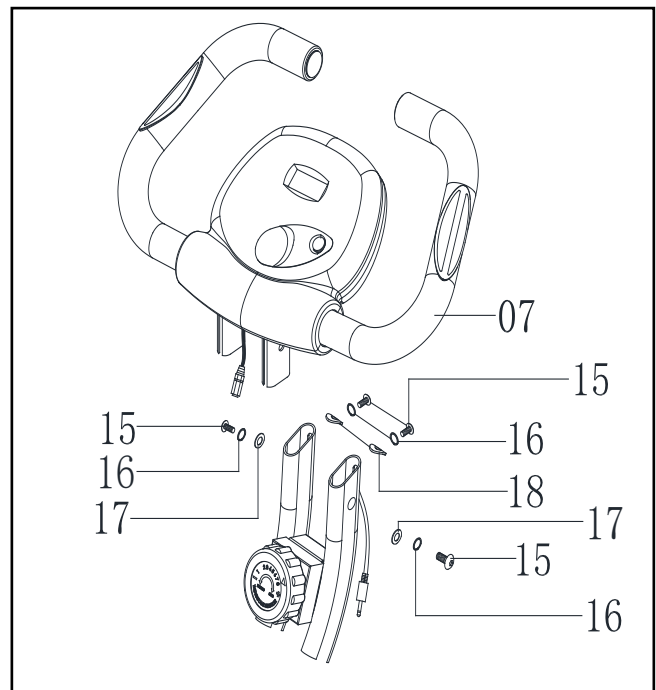
B) Fix the Seat (6) to the Seat Post (5) With nylon nut(8) and flat washer(9), then insert into the Main Frame (1). Line up the holes and secure the seat in position with the Club Knob (12).

The correct height for the seat can be adjusted.



STEP 5

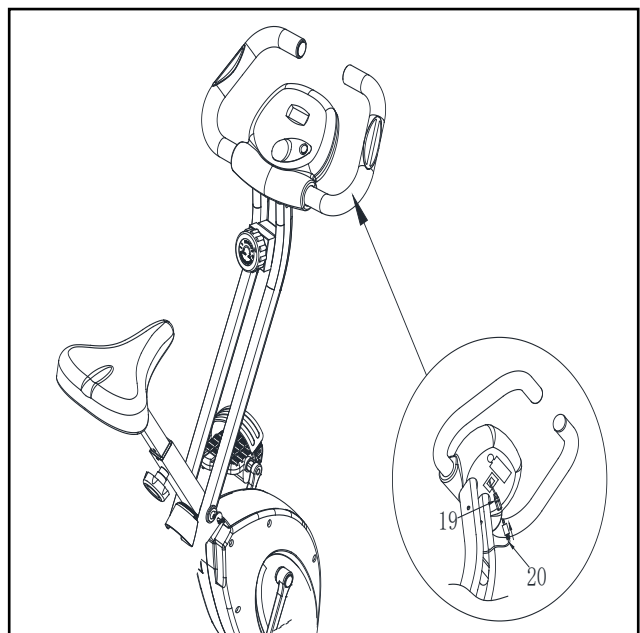
Fix the Handlebar (7) to the Front Post (1) tighten with 4 sets of Allen Bolt (15) and Spring Washer (17) and 2 pcs of curve washer (18) and flat washer (16).



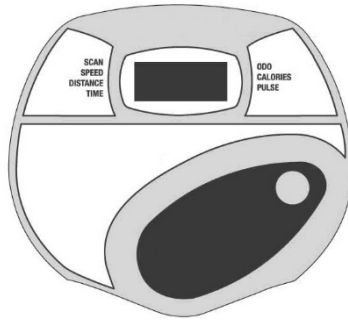
STEP 6

Ensure the Computer Wire is protruding from the gap at the rear of the main frame, then connect the Upper Computer Wire. Plug the Pulse Wire into the hole at the rear of the computer.

Recheck all bolts and nuts are tightened securely before you use the machine.



computer function



KEY GUIDE

MODE: To select functions of time, speed, distance, calories and pulse. Hold this button for 2 seconds to go to the beginning.

HOW TO INSTALL BATTERIES

Remove battery cover on the back of monitor.

1. Place 2 AAA batteries into the battery housing ensuring they are installed correctly and replace the cover.
2. If the display is illegible or only partial segments appear, please remove the batteries and wait for 15 seconds before installing new batteries. Old batteries should be disposed or correctly in line with Local Regulations.
3. Removing the batteries will erase monitor display.

FUNCTIONS AND OPERATIONS

AUTO ON /OFF: The monitor will start up automatically if the exercise machine is in motion. If you stop exercising over 4 minutes, monitor will turn off automatically.

SCAN: Press “mode” key to select “scan” mode w/a “scan” sign on the upper left corner of the Monitor. Then this function will automatically scan through all the functions and display each value in turn in the LCD display.

TIME: Automatically accumulate workout time when starting exercise.

SPEED: Display current speed during workout time

DISTANCE: Displays distance covered during workout.

CALORIES: Displays calories burned during workout.

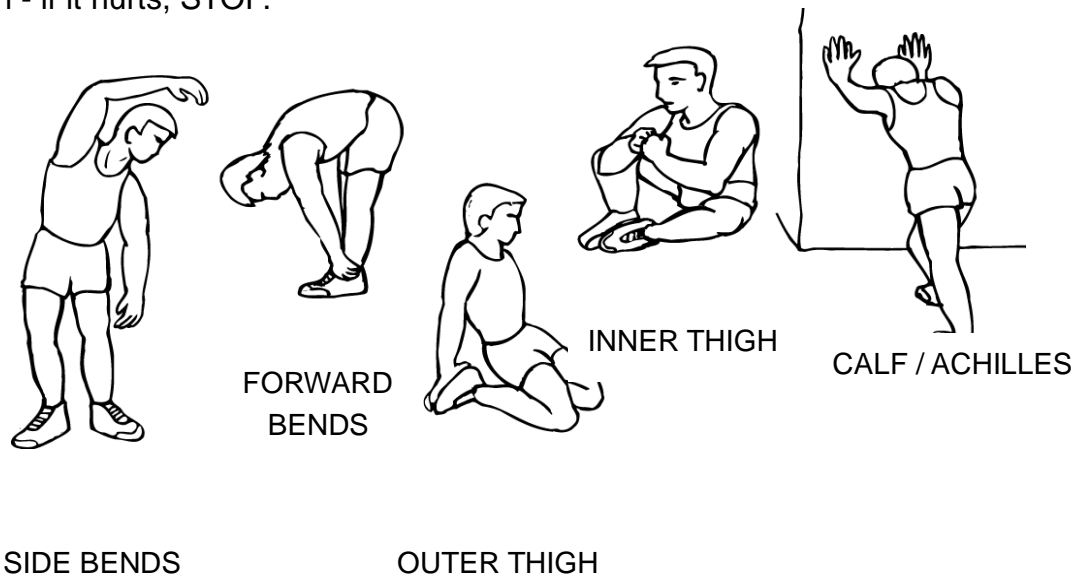
PULSE: Automatically detects and displays your current heart rate when exercising, press the button until the arrow points to PULSE. The monitor will display your current pulse rate per minute. To measure your pulse, place the pains of your hands on both of the contact pads and the monitor will show your current pulse per minute (BPM) in the LCD display. Note: the pulse sensor should be used as a workout guide only and is not a medical device.

EXERCISE INSTRUCTIONS

Using your **FOLDABLE BIKE** 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.

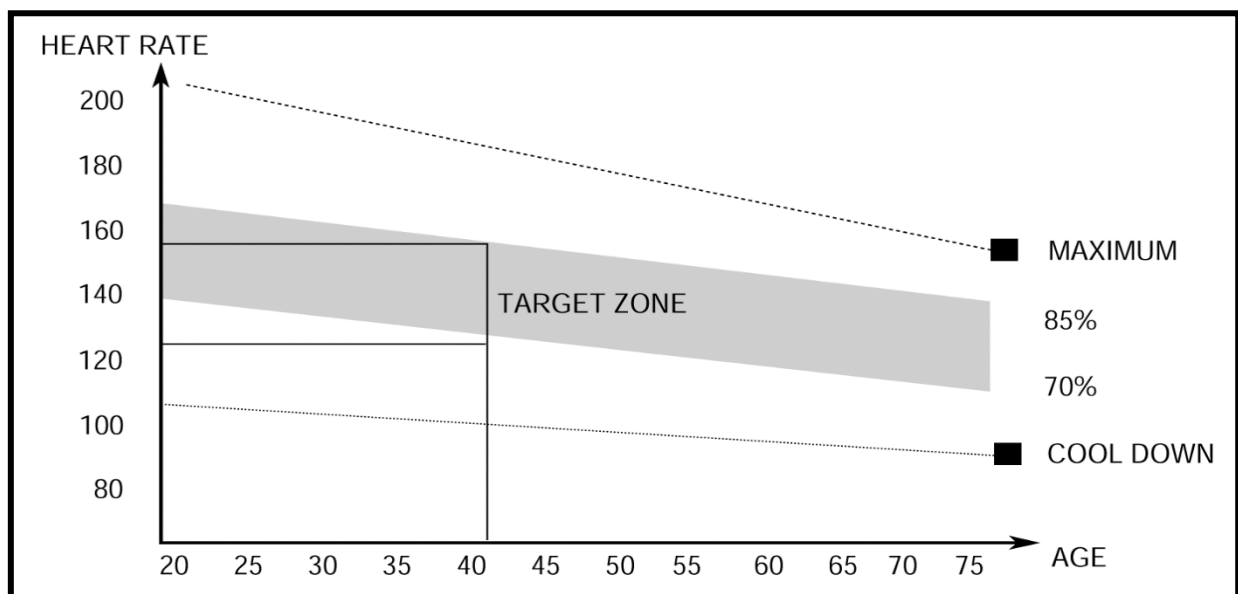
1. The Warm Up Phase

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 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 15-20 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.

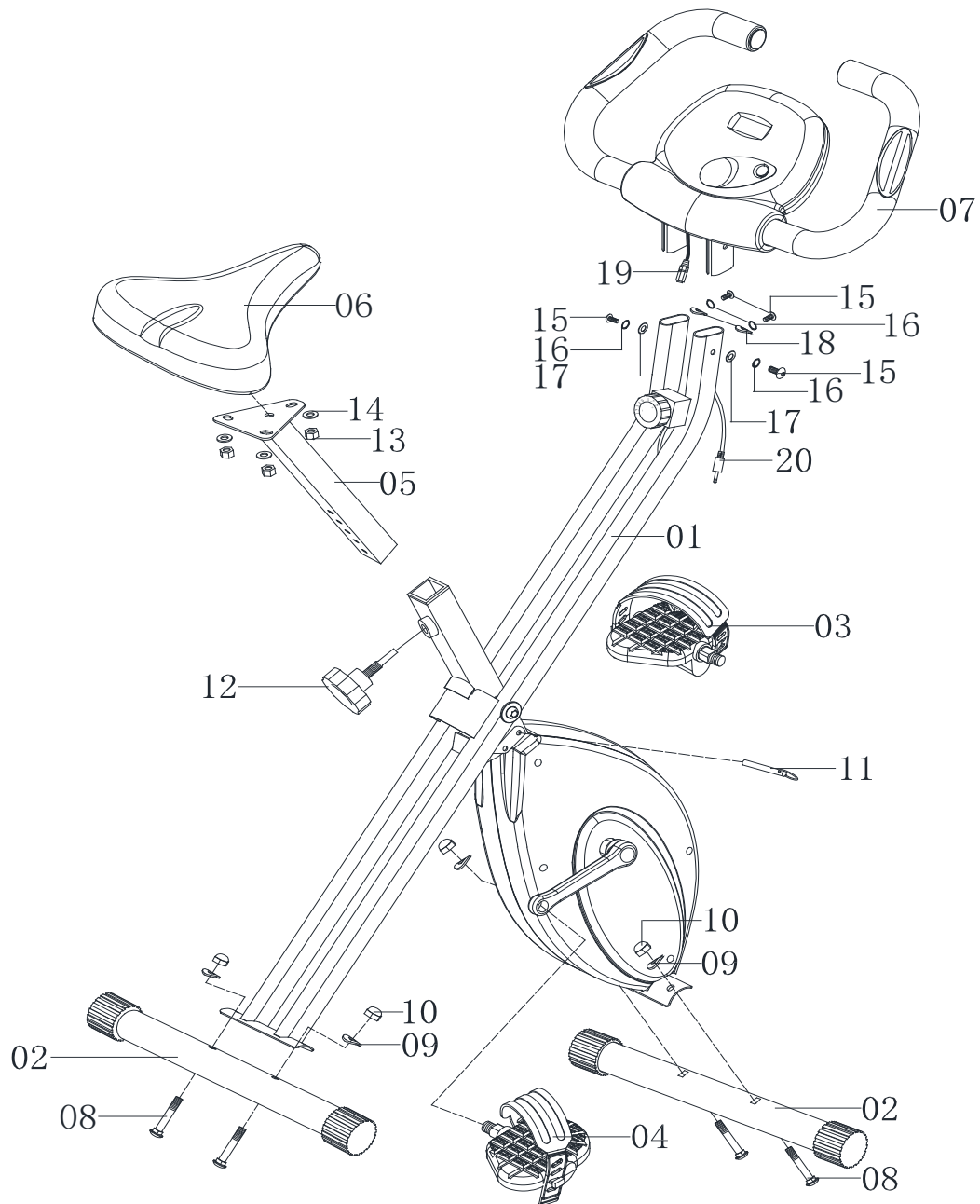
MUSCLE TONING

To tone muscle while on your **FOLDABLE BIKE** you will need to have the resistance set quite high. This will put more strain on our 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.

Exploded Diagram



Part List

PART NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Stabilizer	1
3	Left Pedal	1
4	Right Pedal	1
5	Seat Support	1
6	Seat	1
7	Handle Bar/ Computer	1
8	Carriage Bolt	1
9	Curved Washer	1
10	Domed Nut	4
11	Lock Knob	4
12	Club knob	4
13	Nylon Nut	3
14	Flat washer	5
15	Allen bolt	1
16	Spring Washer	4
17	Washer	1
18	Curved Washer	6
19	Computer wire	3
20	Sensor wire	1

ADDITIONAL INFORMATION



Packaging Disposal

Government guidelines ask that we reduce the amount of waste material disposed of in land fill sites. We therefore ask that you dispose of all packaging waste responsibly at public recycling centres.

End of Life Disposal



We at Pure-Tec Limited hope you enjoy many years of enjoyable use from your Trainer. However, a time will come when your Trainer will come to the end of its useful life. Under '**European WEEE Legislation**' you are responsible for the appropriate disposal of your Trainer to a recognized public collection facility.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the Bike.
2. The Bike can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the Bike regularly for signs of damage or wear.
4. Failure to examine the Bike regularly may affect the safety level of the equipment.
5. Replace any defective components immediately and/or keep the Bike out of use until repair.

LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty terms. This warranty extends only to the original purchaser and is valid for home use only. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorized by Pure-Tec. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pure-Tec .

Pure-Tec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by contacting our Customer Solutions Department.

Pure-Tec Limited www.puretecfitness.com

Email: service@puretecfitness.com

When ordering replacement parts, please give the following information,

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase