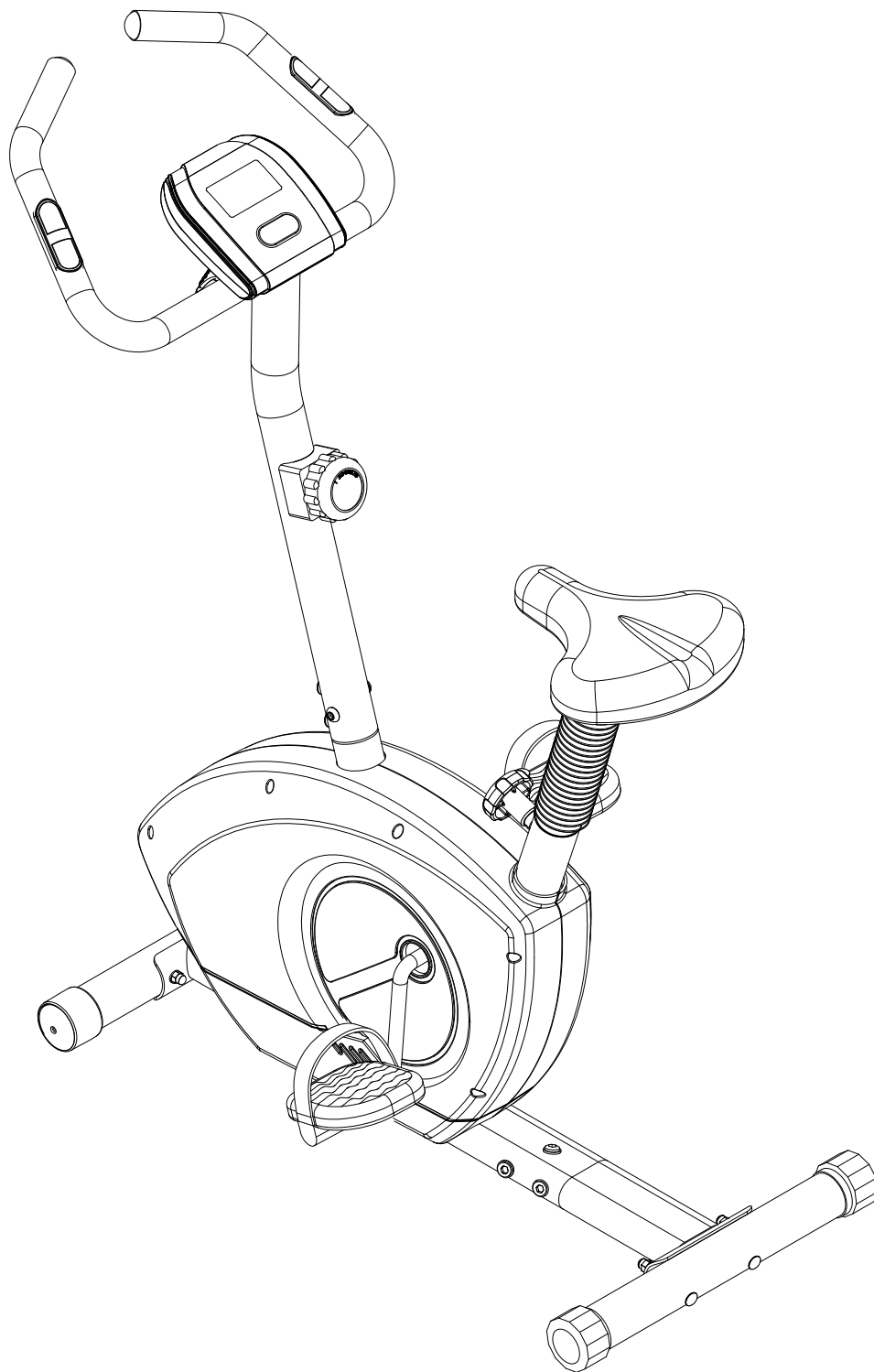


Assembly & Operating Instructions for Gym 218

Art no. 726 668 + Console #7380D



Warming up:

Following exercises are light but appropriate movements, which will wake up your body, stimulate your circulation and make your ankles more flexible. Please do these warming up exercises more than once before starting your training.



1. Calf:

Lean against the wall with both hands. Draw your right leg up and hold your left leg erect. Press your left heel slowly all the way to the ground. Hold this position for about 20 seconds. Repeat this exercise with your right leg.



3. Thigh:

Lean against the wall with your right hand and take your left foot with your left hand and move the foot slowly to your bottom. Press your foot against your bottom and not beside. Hold this position for about 15 to 20 seconds. Repeat this exercise with your right leg.



5. Rump:

Cross your right leg over the left when lying on your back with both shoulders to the floor. Pull your right knee carefully towards the floor without lifting your shoulders. Relax your muscles when stretching. Hold this position for about 15 to 30 seconds.



7. Hips:

Put your left foot on the ground and extend the right leg out behind you. Keep your leg straight and don't touch the ground with your knee. Stretch slowly and hold this position for about 15 to 30 seconds. Change position of your leg and repeat this exercise



2. Knee:

Look at the wall and put your right or left leg in front as per drawing. Bend your hips and support your own weight with both hands. Keep your legs straight. Hold this position for about 15 to 20 seconds. Repeat this exercise with your right leg.



4. Back:

Stand straight up and put your right hand behind your head. Take your right elbow with your left hand. Move lightly and bend your trunk to the left. Be aware not to bend your hips. Hold this position for about 15 to 20 seconds.



6. Thigh:

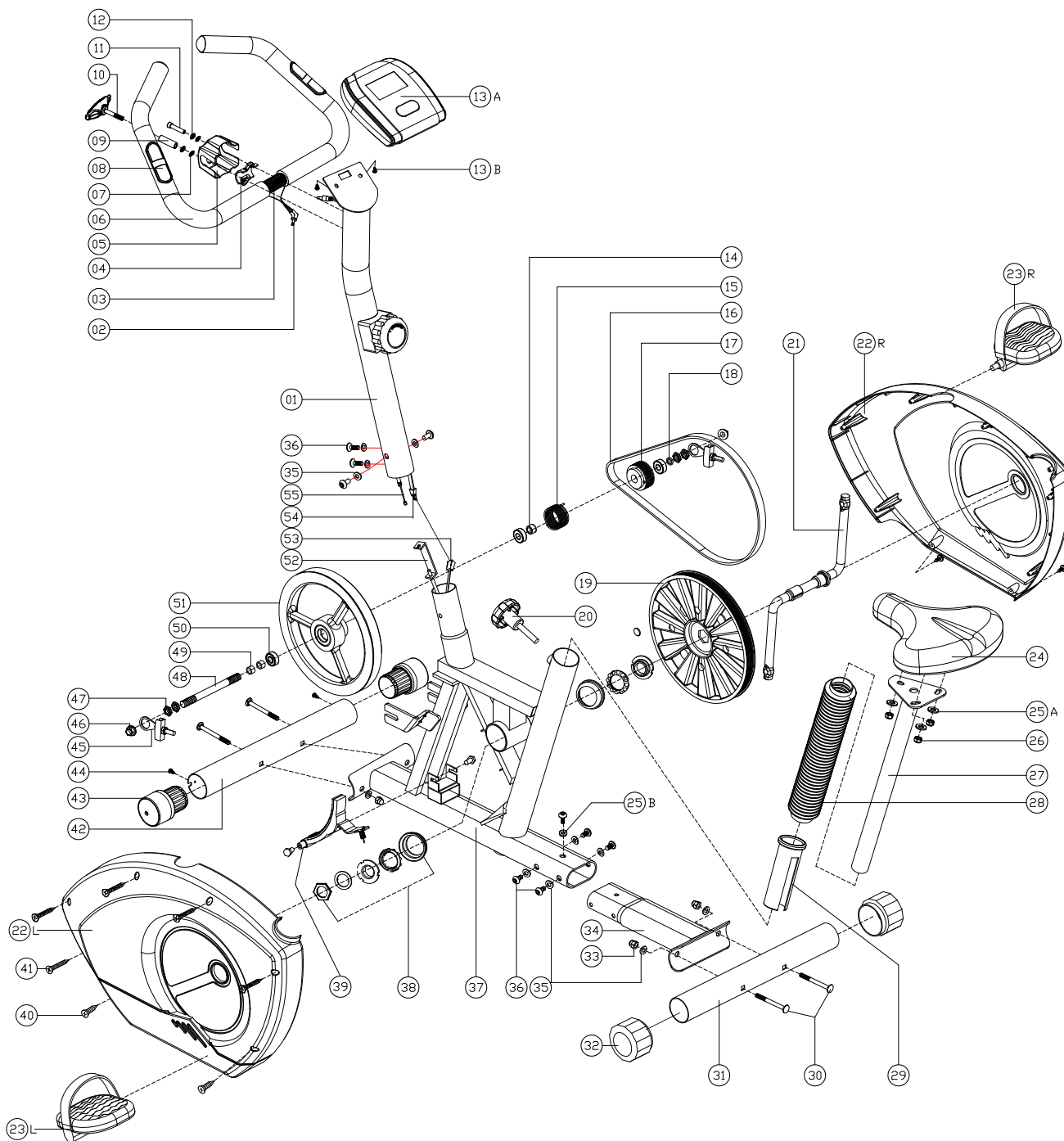
Take your heels in a sitting position; press the sole of your feet together. Bend forward from your hips but keep your back straight. Hold this position for about 15 to 30 seconds.



8. Back and shoulders:

Sit straight on the floor with your legs crossed. Crease your hands and stretch them straight above your head. Hold up your chin. Hold this position for about 15 to 30 seconds.

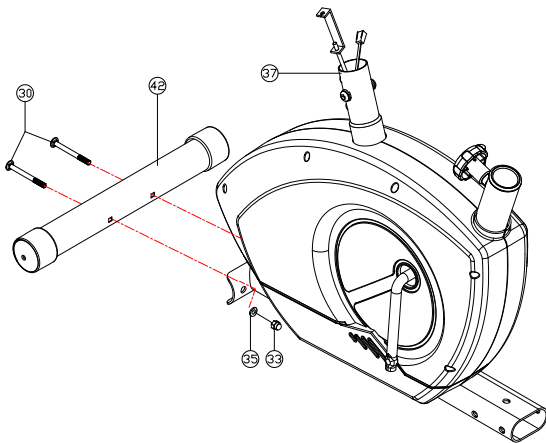
EXPLODED DRAWING



PARTS LIST AND TOOLS

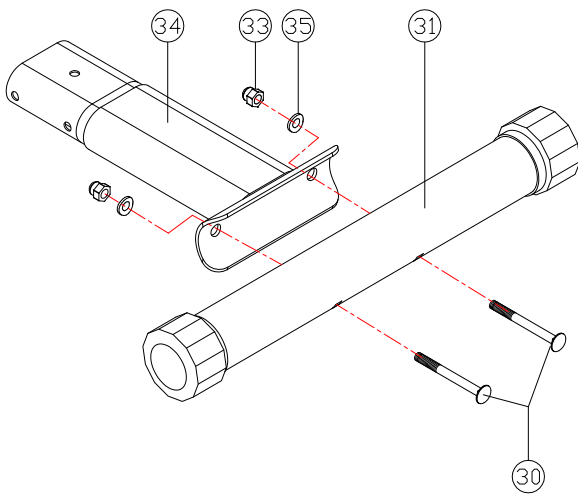
NO	Description	Q'ty	NO	Description	Q'ty
1	HANDLEBAR POST	1	40	SCREW FOR CHAIN COVER	4
2	PULSE CABLE	1	41	SCREW FOR CHAIN COVER	7
3	HANDLEBAR	1	42	FRONT STABILIZER	1
4	METAL COVER FOR HANDLEBAR	1	43	TRANSPORTATION WHEEL	2
5	PLASTIC COVER FOR HANDLEBAR	1	44	SCREW FOR FRONT STABILIZER	2
6	FOAM GRIP	2	45	STAR-KNOB FOR FLYWHEEL	2
7	FLAT WASHER	2	46	NUT FOR FLYWHEEL	2
8	PULSE	2	47	SCREW FOR FLYWHEEL	4
9	METAL BUSH	1	48	AXLE	1
10	T-SHAPE KNOB	1	49	MATEL BUSH FOR FLYWHEEL	2
11	SCREW FOR HANDLEBAR	1	50	BEARING	1
12	SPRING WASHER	2	51	FLYWHEEL	1
13	COMPUTER – 7380D	1	52	TENSION CABLE (LOWER)	1
14	COPPER BUSH	1	53	SENSOR CABLE (LOWER)	1
15	SPRING FOR FLYWHEEL	1	54	SENSOR CABLE(UPPER)	1
16	BELT	1	55	TENSION CABLE (UPPER)	1
17	SMALL PULLEY FOR BELT	1			
18	METAL BUSH	1			
19	BIG PULLEY FOR BELT	1			
20	KNOB FOR SEAT POST	1			
21	CRANK ARM	1			
22	CHAIN COVER (R+L)	1			
23	PEDAL (R+L)	1			
24	SEAT	1			
25	FLAT WASHER	4			
26	SCREW FOR SEAT	3			
27	SEAT POST	1			
28	BELLOW	1			
29	PLASTIC SLEEVE FOR SADDLE POST	1			
30	CARRIAGE BOLT	4			
31	REAR STABILIZER	1			
32	FOOT CAP	2			
33	NUT FOR CARRIAGE BOLTS	4			
34	BASE TUBE	1			
35	WAVE WASHER	12			
36	SCREW FOR BASE TUBE	9			
37	MAIN FRAME	1			
38	B.B. SET	1			
39	MAGNETIC BRAKE SYSTEM	1			

ASSEMBLY INSTRUCTION



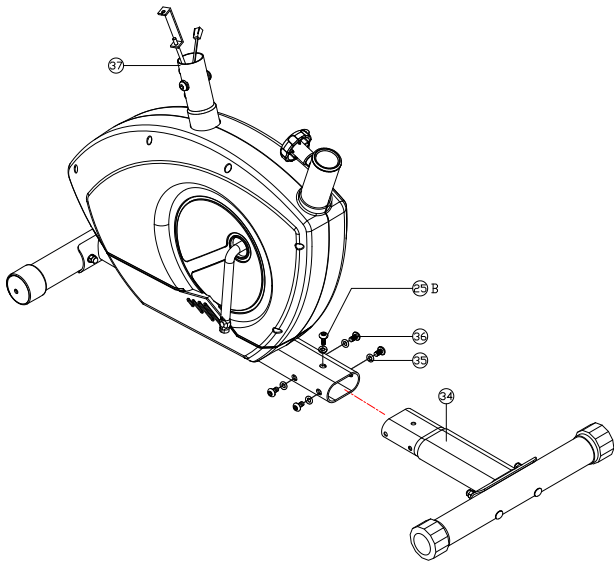
STEP 1

1. Prepare a clean area. Take the main frame bike with all parts out of the carton and put them on this area. Check the parts with the parts list to make sure there are no missing parts.
2. Install the front stabilizer (42) with 2 carriage bolts (30), washers(35) and nuts(33) by using the hand tools. Make sure the transportation wheels are in correct direction.



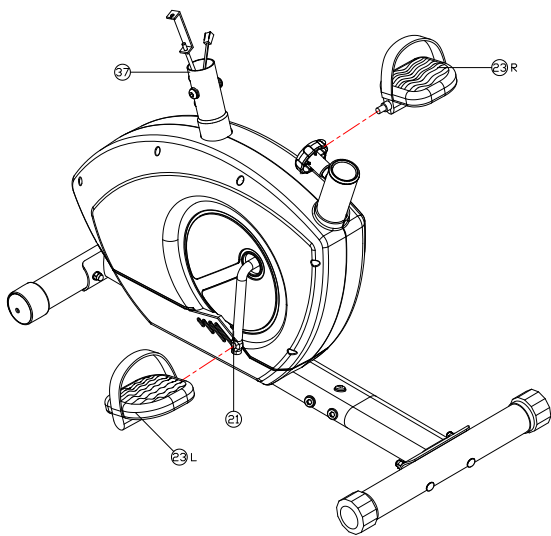
STEP 2

1. Assemble the Rear Stabilizer (31) with 2 carriage bolts(30), washers(35) and nuts(33) by using the hand tools. Adjust the end caps on the rear stabilizer to set up a stable, balanced position.



STEP 3

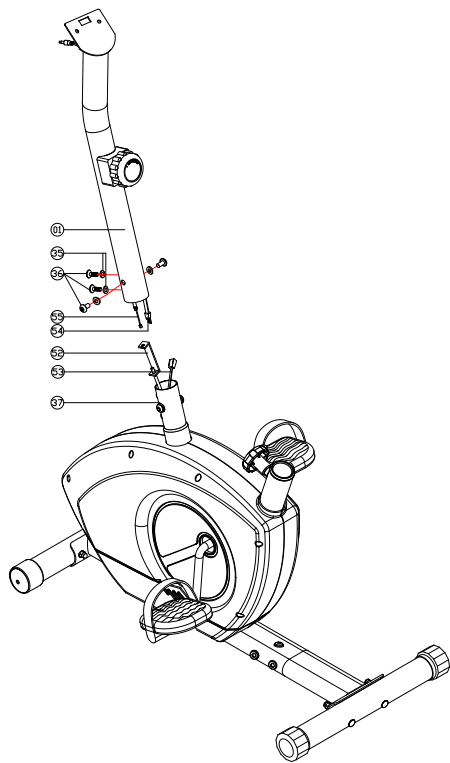
1. Assemble the base tube (34) to the main frame with 5 screws (36) and 1 flat washer (25B) and 4 wave washers (35).



STEP 4

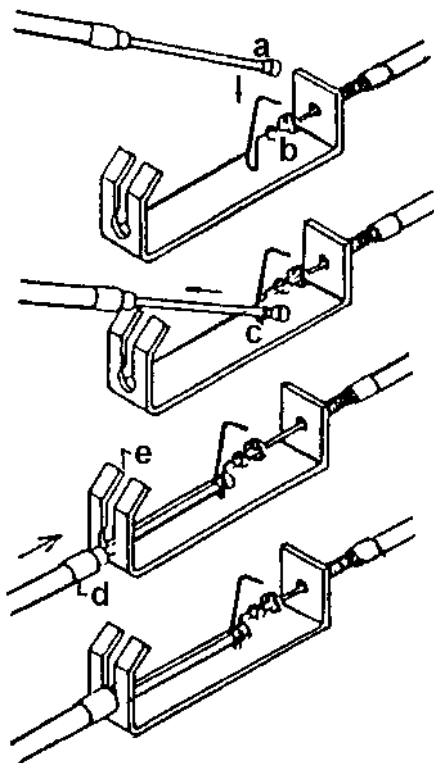
1. Assemble the straps onto the pedals as the sketches. Adjust the ideal length of the straps according to your size of feet.
2. Install the left pedal (23L) to the left crank arm and screw the right pedal (23R) onto the right crank arm (Set the pedal bolts counter-clock wise).

(Note: when assembling the straps to the pedals, make sure the right strap to the right pedal, there's an "R" on both strap and pedal and left strap to the left pedal, there's an "L" on both strap and pedal.)

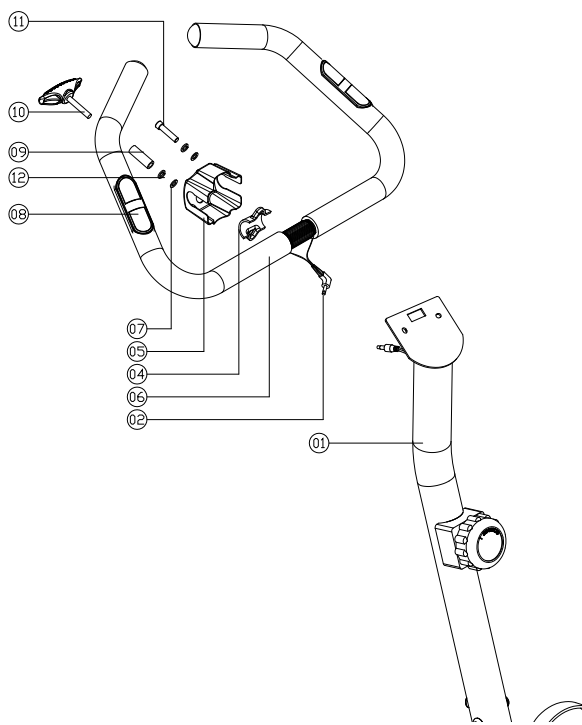


STEP 5

1. Release 4 Allen bolts (36) and wave washers (35) which are pre-assembled on the main frame (37).
2. Install the handlebar post (01) onto the main frame(37). Turn the Tension Control Knob back and forward to make sure it is smoothly moving. If not, re-assemble the tension control cables (52,55). Follow the instruction below to assemble the tension cable.
3. Assemble the cables (53 and 54) of the exercise computer between the main frame and the handlebar post.
4. Use bolt driver to fasten the Allen bolts (36) and wave washers (35).



1. Draw the tension cable out of the handlebar post. Make sure tension knob is at 1 (minimum position).
2. Connect the tension cable head (a) with the other cable head (b) by pushing it into the notch (c). Draw the tension cable with the copper end (d) to insert it to the metal bracket notch (e).
3. Fix the handlebar post (01) carefully to the main frame(37) to avoid cutting off the computer cable. Fasten the handlebar post to the main frame with 4 Allen bolts (36) and wave washers(35).

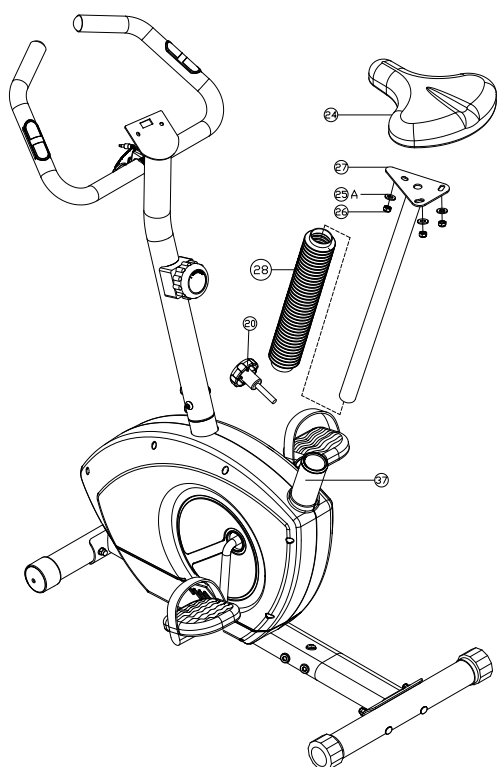


STEP 6

1. Install the handlebar (03) onto the bracket of the handlebar post (01). Make sure the pulse cable is outside the top of the handlebar post with the computer bracket (plate) protruded on top
2. Put the metal cover (04) pressing the handlebar. Then fix handlebar with one flat washer (07), one spring washer(12), and an Allen bolt (11) to fasten them firstly and then assemble the plastic cover to the handlebar by washers(7&12) and bushing(09) and T-knob(10).
3. Adjust the handlebar to be a suitable angle. Fasten the Allen bolt (11) and T-knob(10) securely.

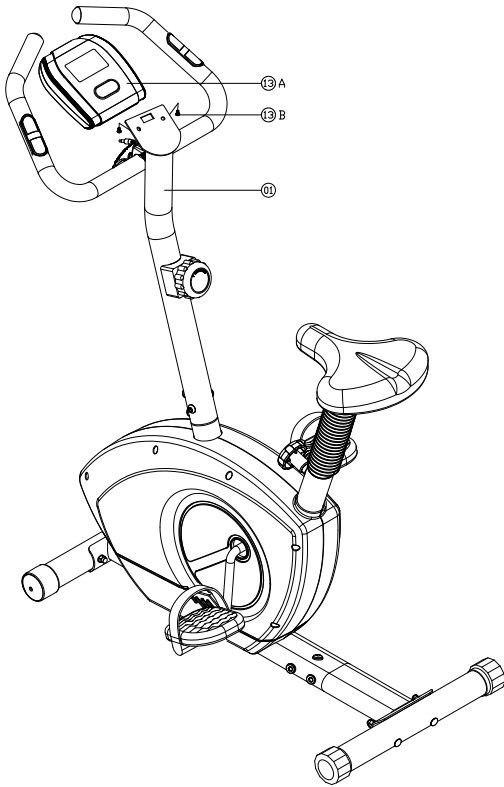
Precaution:

Before using this bike, be sure that you have fastened the Allen bolt (11) and T-knob(10) on the handlebar. This is a very important step to avoid danger.



STEP 7

1. Assemble the seat (24) to the seat post (27) with 3 nuts (26) and washers (25).
2. Insert the seat post through the bellows (28) into the base frame through the plastic sleeve (29). Select the ideal height position on the seat post. Insert the knob (20) into the hole. Fully tighten the knob.



STEP 8

1. Slide the computer (13) A to bracket.
2. Plug in the cable between the computer and the handlebar post.
3. Plug the cable of hand pulse sensor (02) from handlebar into the computer.

Exercise Computer #7380D



Buttons:

1. MODE: Press the button to select functions, and hold this button to total reset all function values.

Functions:

1. RPM SPEED: Display exercise speed.
2. TIME: Record exercise time by counting up or down.
3. DISTANCE: Record exercise distance by counting up or down.
4. CALORIES: Record calories consumption during exercise.
5. PULSE: Display heart rate value. High limit could be set as a warning.

Operation:

1. Insert battery, and the display will show all symbols and release a beep for 2 sec.
2. Display wheel size for 1 second.
3. Press MODE function to see all function values.
4. Start exercise, and all functions will activate.

Note:

1. Display will shut off if no signals are coming in for 4 minutes. Press any button or start pedaling to turn on the display.
2. In case of improper display, please replace the battery.

*** IMPORTANT SAFETY INFORMATION ***

PLEASE FOLLOW THE SAFETY RULES BELOW TO AVOID INJURY AND/OR ACCIDENTS.

1. Keep the bike away from the access of children, do not allow children to be around when using the machine.
2. Do not ride this bike standing up.
3. Do not ride this bike wearing loose robes, loose pants or skirts.
4. Always wear rubber sole shoes or tennis shoes when riding.
5. Place the bike on a smooth and hard surface.
6. The maximum allowed user weight for this bike is 100 Kgs.
7. The breaking system on this bike is speed dependent.
8. The field of application is for home use.
9. Before each use, make sure that all of the fasteners on the unit are tightened securely. If you have defective parts, keep the equipment out of use until repaired.
10. The break pad is the most susceptible to wear. Before use, make sure it is functioning adequately.
11. The safety level of the equipment can be maintained only if it is examined regularly for damage or wear.
12. This bike is not suited for therapeutic use.

SPORT SUPPLY[®]

Supplier:

Sport Supply Int. AS

PO Box 244

N-3051 Mjøndalen

Norway

E-mail: post@sportsupply.no

www.abilica.com

www.sportsupply.no

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