



Variable Resistance Exercise Cardio Bike FSCMPEXBIKA Quick Start Guide

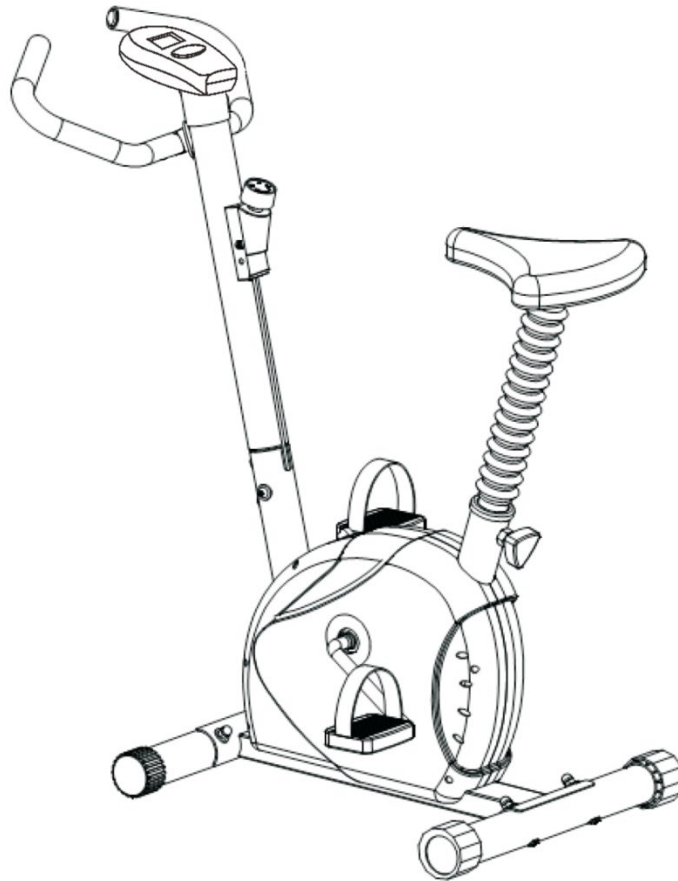


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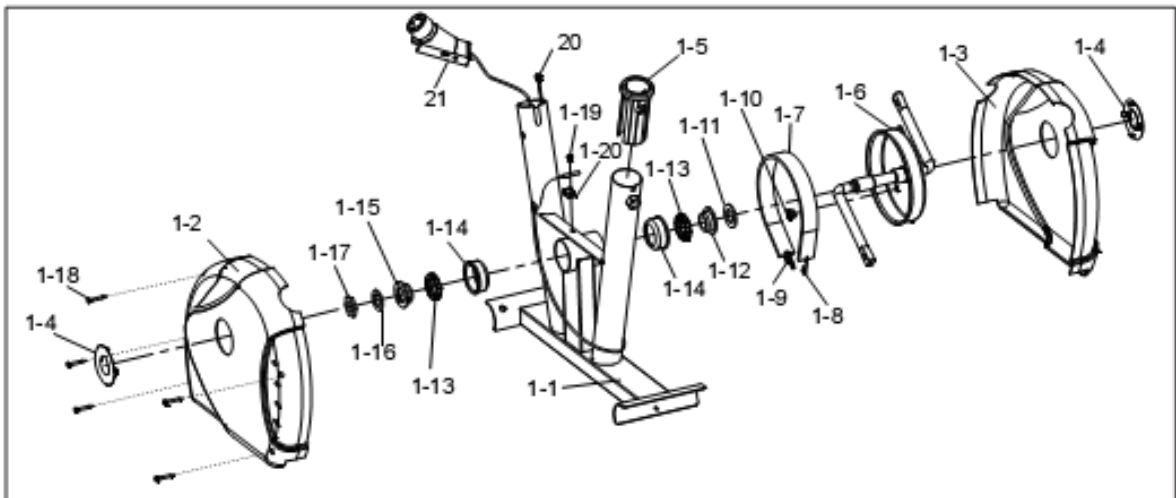
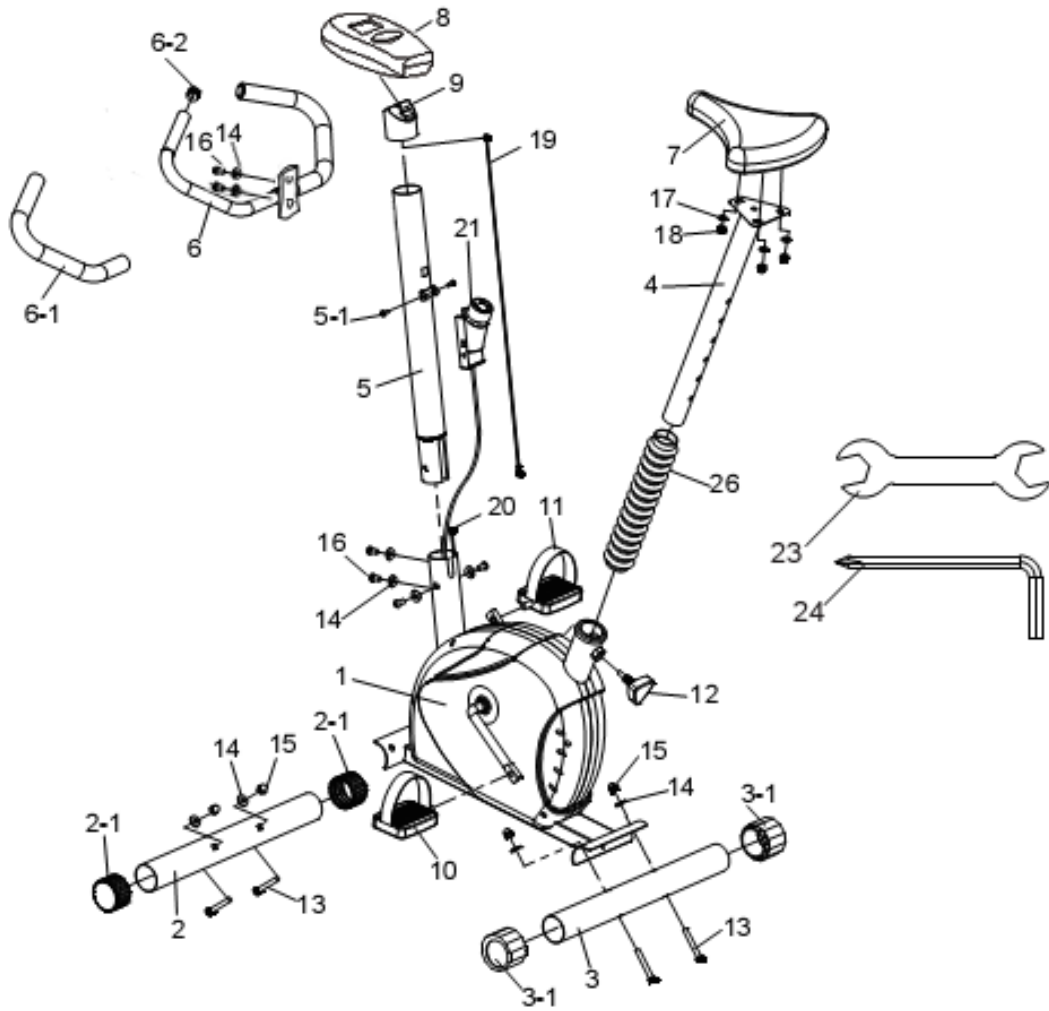
Safety & Warnings

Please Keep This Manual in A Safe Place for Reference

1. It is important to read this manual completely 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, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and to prevent you from using the equipment. Your doctor's advice is especially 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 symptoms like, pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise.
4. Keep children and pets away from the equipment. This equipment is designed for adult use only.
5. Use the equipment on a solid, flat surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metres of free space around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The equipment can only be safely and reliably used if it is maintained regularly and examined for damage 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 use or assembly immediately and contact Kogan for assistance. 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.
10. Suitable for domestic, home use only. Maximum weight of user should be no greater than 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use or commercial use.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques and/or use assistance.

Overview

Exploded-view Assembly Drawing



No.	Spare Parts Name	Instruction	Quantity
1	Main Pedal Body Assembly Set	Assembling unit	1
1-1	Internal Metal Chassis		1
1-2	Cover (Left)	Plastic	1
1-3	Cover (Right)	Plastic	1
1-4	Cover Decorative Cover	Plastic	2
1-5	Bushing	Plastic	1
1-6	Crank Set	Assembling unit	1
1-7	Belt	20 x 50mm	1
1-8	Belt Hook	Ø2.5 x 43	1
1-9	Belt Spring	Ø12 x Ø1.8 x 38	1
1-10	Response Magnetic		1
1-11	Bottom Bracket Spacer (Inside)		1
1-12	Bottom Bracket Nut (Inside)		1
1-13	Ball Rack		2
1-14	Bottom Bracket Cup		2
1-15	Bottom Bracket Spacer (Outside)		1
1-16	Bottom Bracket Nut (Outside)		1
1-17	Bottom Bracket Hex Nut		1
1-18	Cover Screw	ST-4 x 25	5
1-19	Self Tapping Screw	ST4 x 16	1
1-20	Induction Seat	Plastic	1
2	Front Stabiliser Bar	Ø50 x 1.5	1
2-1	Pipe Plug (Round)	Plastic	2
3	Rear Stabiliser Bar	Ø50 x 1.5	1
3-1	Tube Cap (Square)	Plastic	2

4	Seatpost	Ø38	1
5	Head Tube	Assembling unit	1
5-1	Tension Screw	M5 x 12	2
6	Handle	Ø22 x 1.2	1
6-1	Handle Foam	Ø30 x 4 x 420	2
6-2	Pipe Plug	Plastic	2
7	Seat		1
8	Computer		1
9	Computer Stand		1
10	Left Pedal		1
11	Right Pedal		1
12	Adjustment Knob	M12	1
13	Carriage Bolts	M8 x 60	4
14	Arc Spacer	Ø20 x Ø8.5 x 1.5	10
15	Cap Nut	M8	4
16	Disc Hexagonal Nut	M8 x 16	6
17	Flat Washer	Ø16 x Ø8.5 x 1.5	3
18	Check Nut	M8	3
19	Computer Wire Extension		1
20	Computer Wire (End)		1
21	Upper Tension Cable		1
23	Open End Wrench	13-15mm	1
24	Allen Wrench	5mm	1
26	Seatpost Cover	For Ø38 tube	1

Assembly Instruction

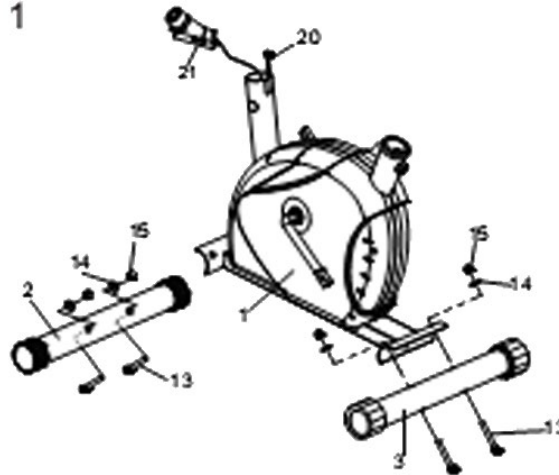
Step 1

Fix the Front Stabiliser Bar (2) on the Main Pedal Body Assembly (1) with the Carriage bolts (13) and Arc spacer (14).

The Rear Stabiliser Bar (3) is attached in the same manner as the Front Stabiliser Bar (2).

Note: The end tube cap (3-1) can be adjusted to make the whole bike stable.

STEP 1

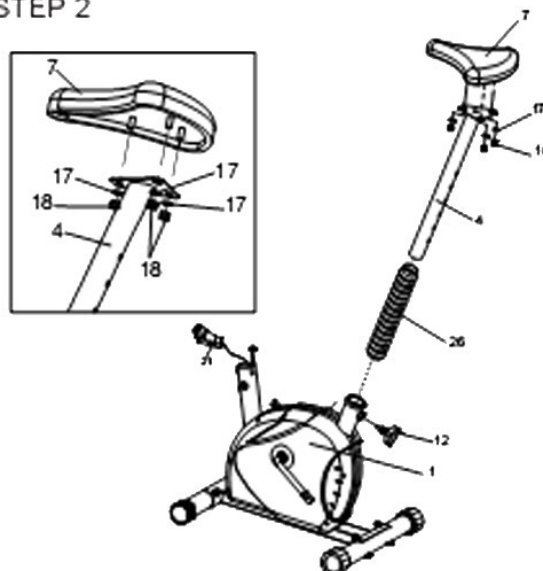


Step 2

Fix the Seat (7) onto the Seatpost (4) with the Flat washer (17) and Check nut (18). Then insert the Seatpost (4) with Seatpost Cover (26) into the Main Pedal Body Assembly (1). Set the Adjustment knob (12) into the Main Pedal Body Assembly (1) and insert the Adjustment knob (12) into the corresponding hole on the Seatpost (4).

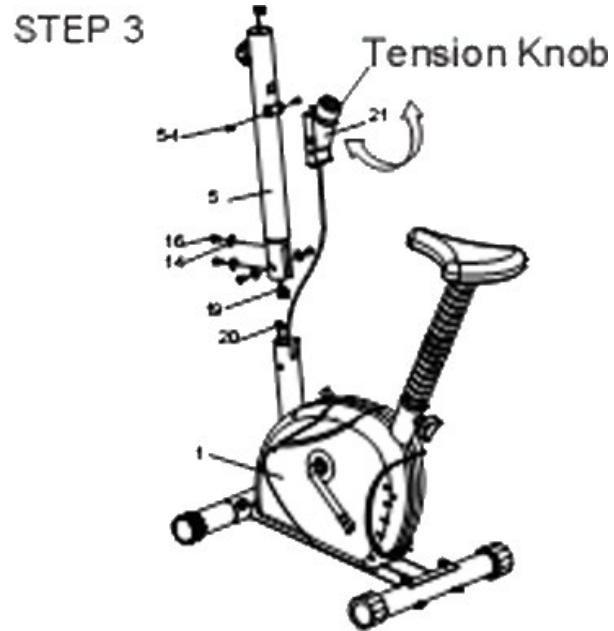
Note: The Seatpost (4) can be adjusted according to user's height, but the Adjustment knob (12) must be fixed into the Seatpost (4) and must be tightened before use.

STEP 2



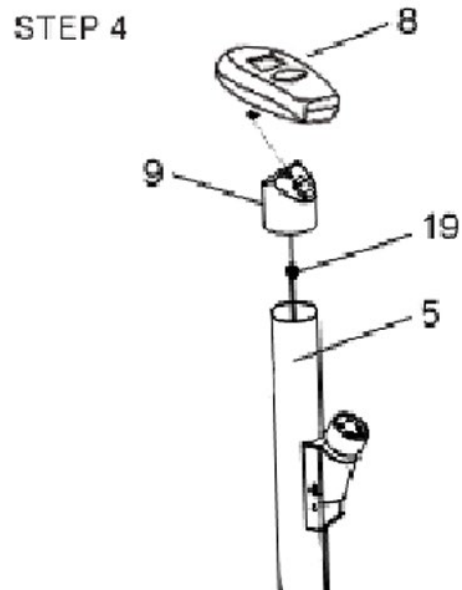
Step 3

Insert the Computer Wire (End) (20) into the Computer Wire Extension (19) and make sure the connection is OK. Insert the Head Tube (5) into Main Pedal Body Assembly set (1). Fix with the Arc spacer and Disc hexagonal nut. Fix the Upper Tension Cable (21) into the Main Pedal Body Assembly (1) with the Tension screw (5-1).



Step 4

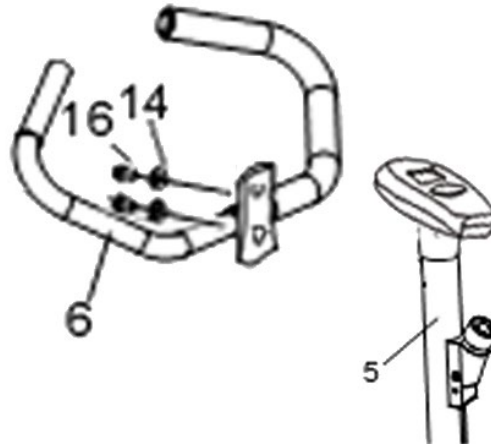
Connect the Computer Wire Extension (19) to the Computer (8) through Computer stand (9). Set the Computer stand (9) on the Stand tube (5) and then plug the Computer (8) in the Computer stand (9).



Step 5

Set the Handle (6) on the Stand tube (5) with the Bolt (16) and Washer (14).

STEP 5

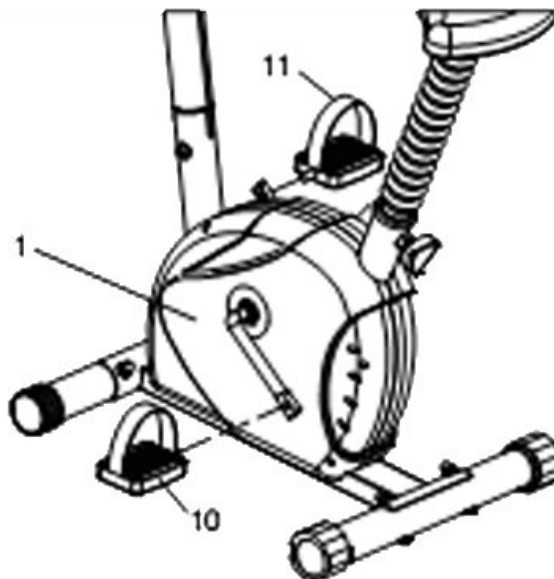


Step 6

Set the Left Pedal (10) on the left crank and set the Right Pedal (11) on the right crank and tighten them with the Open End Wrench (23).

Note: The way the right and left pedal spin is opposite to each other.

STEP 6



Operation

Button functions

Mode: Press to select a function and hold on for 4 seconds to reset. (There is no separate reset button in the Computer)

Functions

Scan: Automatically scan through each function within a period of 6 seconds.

Time: Displays the total workout time. Maximum value is 99:59hr.

Speed: Displays the current speed during exercise. Maximum value is 99.9km/h or ml/h. The value will stay on the monitor constantly.

Distance: Shows total workout distance. Maximum value is 99.99km or ml.

Calorie: Calculates calorie consumption during exercise. Maximum value is 999.9 cal. (this data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment).

Note:

1. When you stop exercising, there will be a stop sign shown on the upper-left corner.
2. Without any signal for a period of 4 minutes, the display will shut off automatically with all function values stored.
3. Turn on the monitor by pressing the button or pedalling.
4. If you see improper display on the monitor, please re-install the batteries to have good result.
5. Battery spec: 1.5V UM-3 or AA.