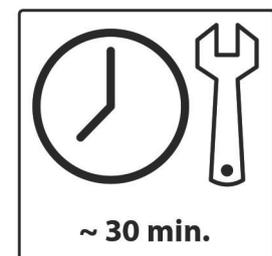
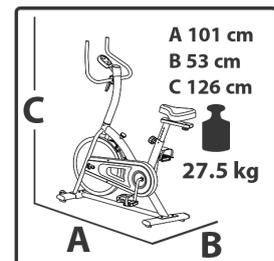
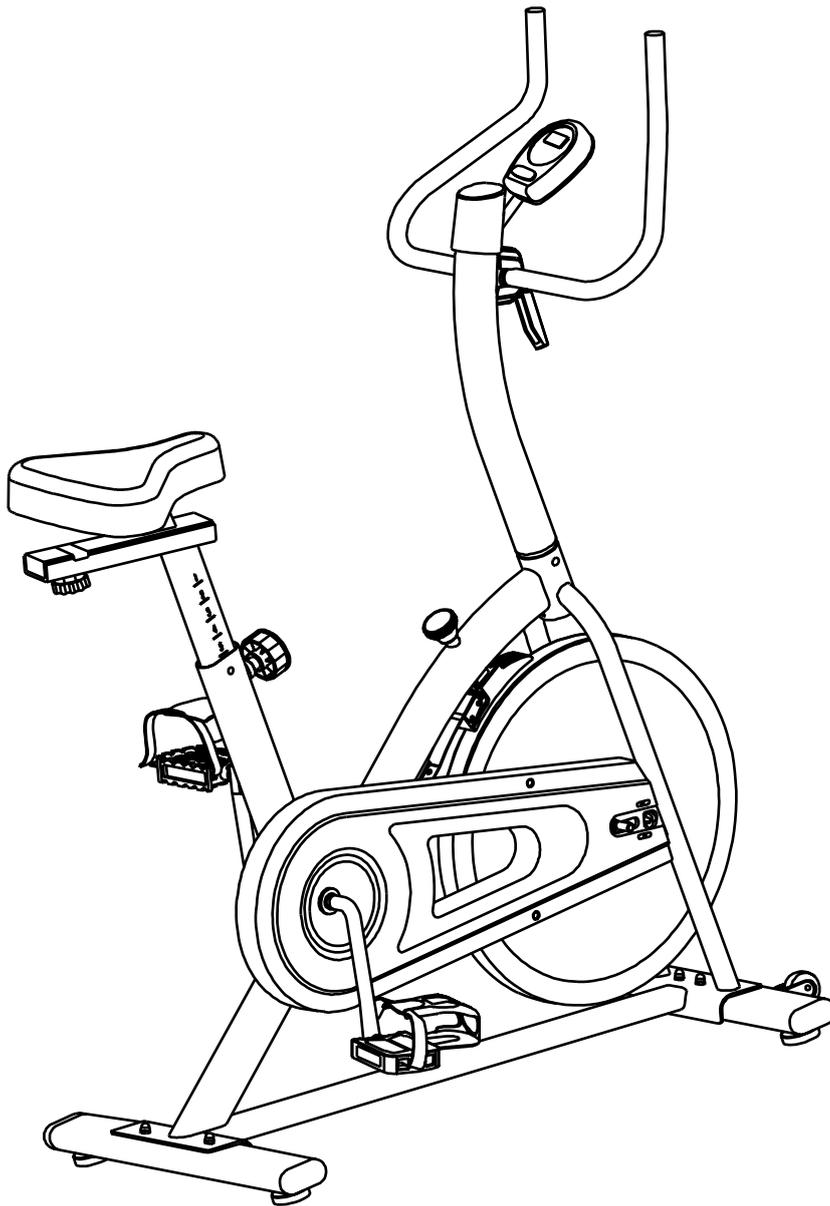




# BodyMax<sup>TM</sup>

PERFORMANCE WITHOUT COMPROMISE

## Assembly and Operating Instructions



CVEB241901.01

Item number CVEB2419

**BodyMax** B1 Racer Indoor Cycle



## Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand Bodymax, the brand that makes athlete's hearts beat faster. Bodymax offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Bodymax equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.powerhouse-fitness.co.uk](http://www.powerhouse-fitness.co.uk) or [www.bodymax-fitness.com](http://www.bodymax-fitness.com).

## SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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## 1.1 Technical data

### LCD display of

- + speed in km/h
- + training time in min
- + training distance in km
- + calories in kcal

### Weight and dimensions:

Article weight (gross, including packaging): 31.5 kg

Article weight (net, without packaging): 27.5 kg

Packaging dimensions (L x W x H): approximately 100 cm x 20 cm x 71 cm

Set up dimensions (L x W x H): approximately 101 cm x 53 cm x 126 cm

Maximum user weight: 110 kg

## 1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for running training by adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + Make sure that nobody is in the range of motion of the equipment while exercising.
- + Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.

## 1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

## 2 ASSEMBLY INSTRUCTIONS; MAINTENANCE AND CARE

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### 2.1 General instructions

- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original BodyMax spare parts.
- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided.

## 2.2 Faults and troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

## 2.3 Maintenance and service calendar

The following routine work must be done in the specified time intervals:

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Twice a year</b>	<b>Once a year</b>
Screw connections		I		
Legend: I = Inspect				

## 3.1 Package contents

**Note:**

Before you start assembling the indoor cycle, please make sure that none of the components are missing or damaged. Use the provided parts list and the exploded drawing as your reference. In such a case, please contact your contract partner.

## 3.2 Assembly instructions

Before starting assembly, look carefully through the individual assembly steps shown and assemble the equipment in the order indicated.

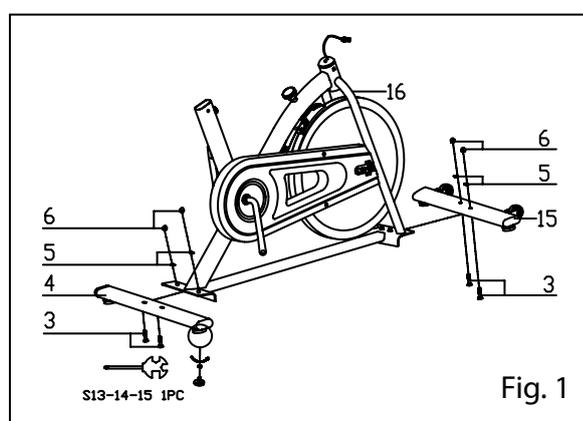


Fig. 1

**FIG.1:**

Attach the front stabilizer (15) to the main frame (16) with two flat Washers (5), two domed nuts (6) and two carriage bolts (3).

Attach the rear stabilizer (4) to the main frame (16) with two flat washers (5), two domed nuts (6) and two carriage bolts (3).

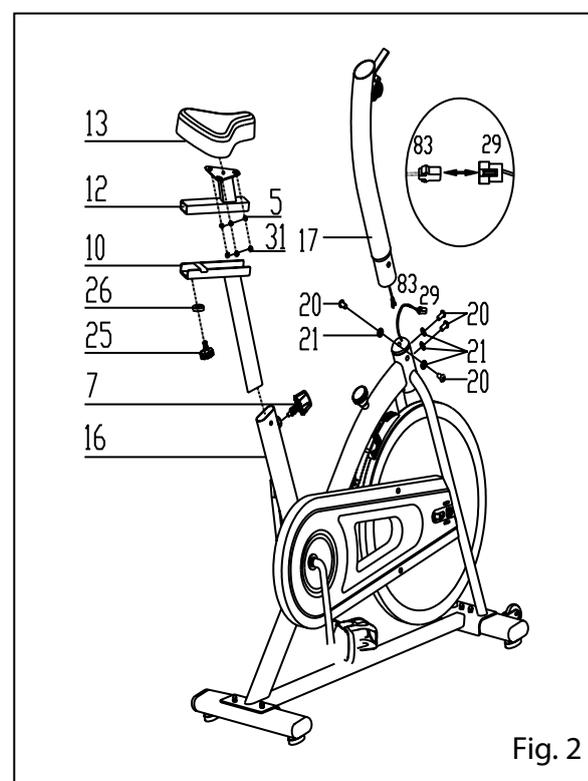


Fig. 2

**FIG.2:**

Slide the seat post (12) into the vertical seat post (10), align the holes and fix it in place with the locking knob (25) and one flat washer (26) at the desired position.

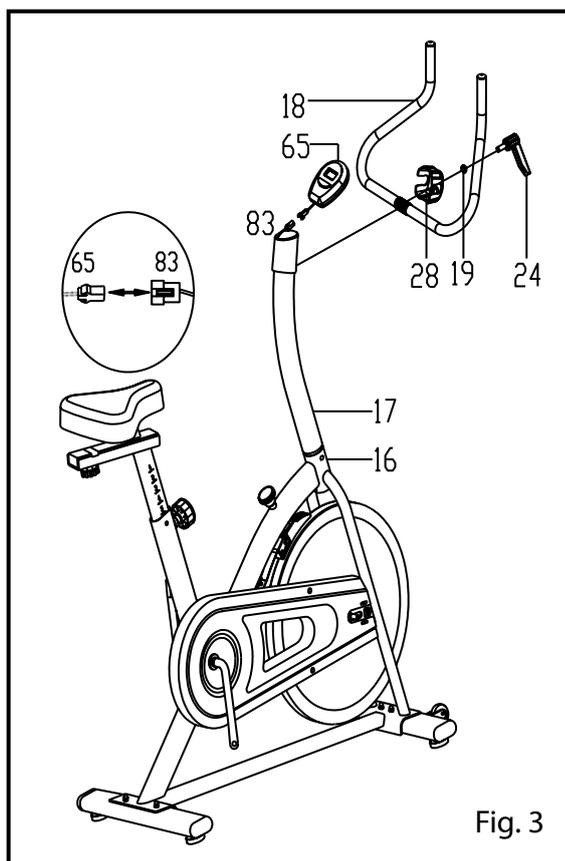
Now fix the seat (13) to the seat post (12) with three flat washers (5) and three nylon nuts (31).

Insert the vertical seat post (10) into the main frame (16) and line up the holes. Secure the saddle in the desired position with the adjustment knob (7).

**Note:**

The height of the seat can be adjusted after the cycle is fully assembled.

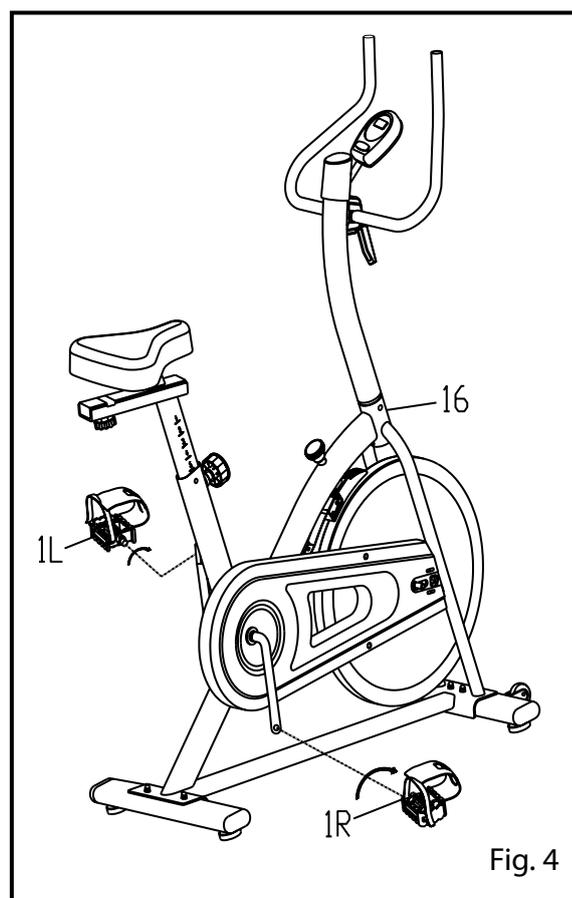
Connect the wires (29 & 83) with one another. Then install the handlebar post (17) on the main frame (16) with four arc washers (21) and four bolts (20).



**FIG.3:**

Attach the handle bar (18) and the protective cover (28) to the handlebar post (17) with the L shape knob (24) and one spring washer (19).

Slide the console onto the computer holder and connect the wires (65) and the wire (83) with one another.



**FIG.4:**

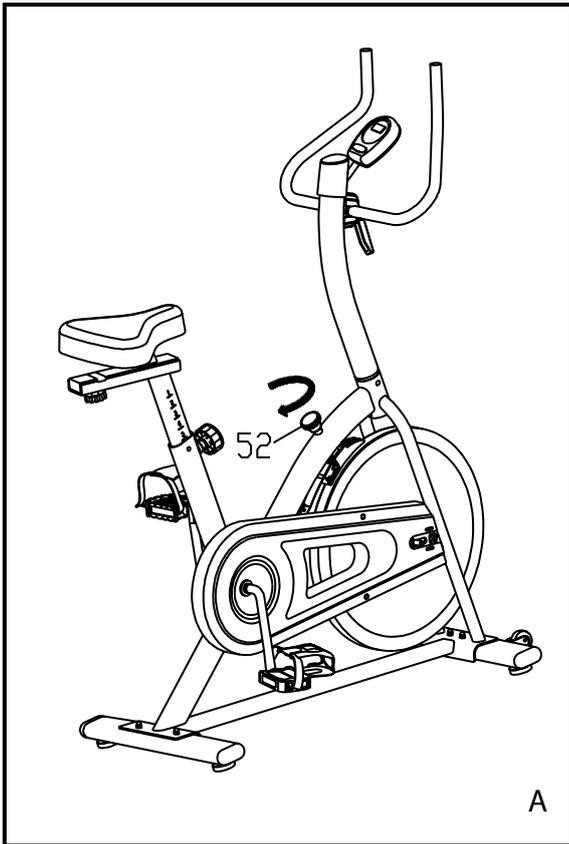
**Note:**

The Pedals (1L & 1R) are marked with an L (left) and an R (right).

Attach the pedals to their appropriate crank arms.

**Note:**

The right pedal needs to be turned clockwise and the left pedal anticlockwise.

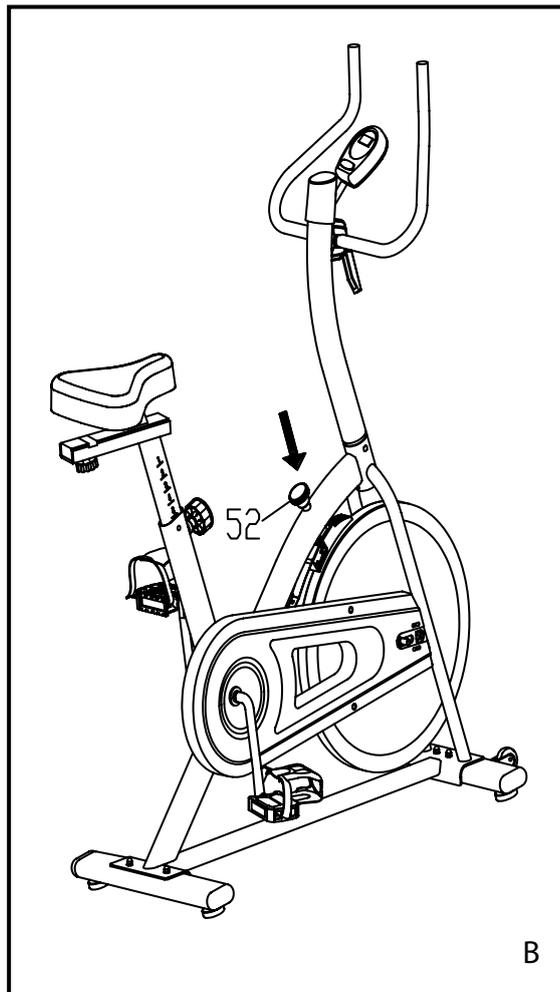


### A.) Adjusting the resistance level:

Increasing or decreasing the resistance level allows you to add variety to your workout sessions.

To increase the resistance level, turn the emergency brake & tension control knob (52) to the right.

To decrease the resistance level, turn the emergency brake & tension control knob (52) to the left.



### B.) Using the emergency brake function:

The same knob that allows you to adjust the resistance of the cycle also acts as the emergency brake. Use this safety feature in any situation where you need to get off the bike and/or stop the bike's flywheel immediately.

To use the emergency brake function, firmly press down on the emergency brake & tension control knob (52).

## **Adjustment of the seat and the handlebar**

\*To adjust the seat vertically, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height and make sure that holes are aligned, then release the knob and retighten it.

\*To adjust the seat horizontally, loosen the adjusting knob and washer and pull the knob back. Slide the horizontal seat post into the desired position and make sure that the holes are aligned. Now retighten the adjusting knob.

\*To adjust the height of the handlebar, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

### 3.3 Console display and button functions



<b>Power on</b>	If you push the selection button, the console will be switched on. The parameters of your last training session will be displayed.
<b>Selection button</b>	With this button you can switch between all the parameters manually.
<b>SCAN</b>	When the little arrow points to SCAN, the console will switch between all the parameters and display the respective value one by one every 4 seconds automatically (Time - Speed - Distance - Calories).
<b>TIME</b>	When the little arrow points to TIME, your current training time will be displayed (unit: min; range: 00:00~99:59).
<b>SPEED</b>	When the little arrow points to SPEED, your current speed will be displayed (unit: km/h; range: 0.0~99.9km/h).
<b>DISTANCE</b>	When the little arrow points to DIST, your covered distance will be displayed (unit: km; range: 0.00~99.99 km).
<b>CALORIES</b>	When the little arrow points to CAL, your burnt calories will be displayed (unit: kcal; range: 0.00~999.9 kcal).
<b>RESET</b>	Push the selection button for about 3 seconds and the parameters will be reset to zero.
<b>Auto off</b>	The console will shut down automatically when it does not receive any signal for 4 minutes.

## 4 WARRANTY INFORMATION

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Bodymax training fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

### **Warrantee**

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
CVEB2419 B1 Racer Indoor Cycle	Home use	24 months

### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

### **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

### **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

### **Warranty conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

### **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly. If you have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

### **Service outside the warranty period**

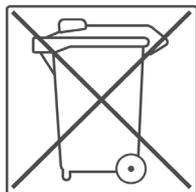
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your contract partner. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## 5 DISPOSAL

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At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 6 ORDERING ACCESSORIES

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Bodymax 6' x 4' x 10mm Commercial Rubber Gym Mat

## 7.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

### SERVICE-HOTLINE

DE	DK	FR
<p>☎ +49 4621 4210-0</p> <p>☎ +49 4621 4210-699</p> <p>✉ service@sport-tiedje.de</p> <p>Mo. - Fr. 8:00 - 18:00</p> <p>Sa. 9:00 - 18:00</p>	<p>☎ 80 90 16 50</p> <p>☎ +49 4621 4210-945</p> <p>✉ info@t-fitness.dk</p> <p>Ma. - Fr. 8:00 - 18:00</p> <p>Lø. 9:00 - 18:00</p>	<p>☎ +33 (0) 172 770033</p> <p>☎ +49 4621 4210-933</p> <p>✉ service-france@sport-tiedje.fr</p> <p>Lun. - Ven. 8:00 - 18:00</p> <p>Sam. 9:00 - 18:00</p>
NL	UK	INT
<p>☎ +31 172 619961</p> <p>✉ info@fitshop.nl</p> <p>Ma. - Do. 9:00 - 17:00</p> <p>Vr. 9:00 - 21:00</p> <p>Za. 10:00 - 17:00</p>	<p>☎ +44 141 876 3972</p> <p>✉ orders@powerhousefitness.co.uk</p> <p>Mon. - Fri. 9:00 - 17:00</p>	<p>☎ +49 4621 4210-0</p> <p>✉ service-int@sport-tiedje.de</p> <p>Mon - Fri 8:00 - 18:00</p> <p>Sat 9:00 - 18:00</p>

## 7.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

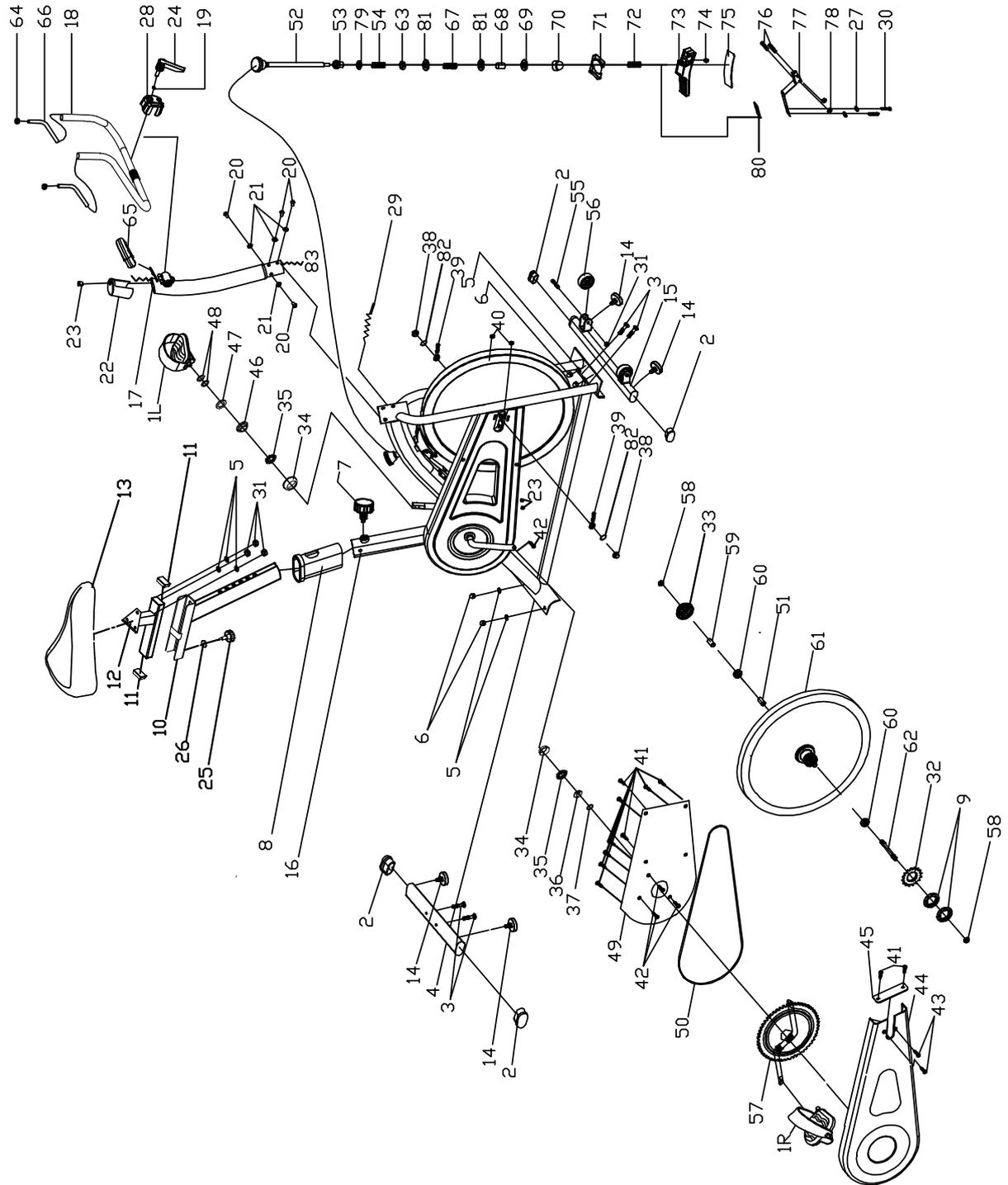
## 7.3 Parts list

No.	Description	Specification	Qty.
1	PEDAL(1L/1R)	JD-2B 1/2"	1
2	END CAP1	70*30*1.5	4
3	CARRIAGE BOLT	GB/T 12-1988 M8*42	4
4	REAR STABILIZER	WELDING	1
5	FLAT WASHER	GB/T 95-2002 8	7
6	DOMED NUT	"GB/T 802-1988 M8 (H=16mm)"	4
7	SPRING ADJUSTMENT KNOB	φ57*62 (M16*1.5)	1
8	PLASTIC SLEEVE	50*25*1.5	1
9	LOCK NUT	M33*1*4	2
10	VERTICAL SEAT POST	WELDING	1
11	END CAP2	40*20*1.5	2
12	SEAT POST	WELDING	1
13	SEAT	DD-PVC98-2	1
14	STOPPER	φ32*37/(M8X25)	4
15	FRONT STABILIZER	WELDING	1
16	MAIN FRAME	WELDING	1
17	HANDLEBAR POST	WELDING	1
18	HANDLE BAR	φ22*1.5	1
19	SPRING WASHER	GB/T 859-1987 8	1
20	BOLT	GB/T 70.2-2000 M8*15	4
21	ARC WASHER	φ8	4
22	HANDLEBAR COVER	φ58.5*82	1
23	LITTLE END CAP	φ14*14	3
24	L SHAPE KNOB	90X68(M8X25)	1
25	LOCKING KNOB	PE+Q235/φ52*47 (M8x15)	1
26	FLAT WASHER 1	φ32*φ8.2*2	1
27	SPRING WASHER 1	GB/T 859-1987 5	2
28	PROTECT COVER	35,19g	1
29	SENSOR	SR-202	1
30	BOLT 2	GB/T 5780-2000 M5*10	2
31	LOCK NUT	GB/T 889.1-2000 M8	5

No.	Description	Specification	Qty.
32	CHAIN WHEEL	A7K-16 1/2"*1/8" 16T(1.37")	1
33	FLYWHEEL COVER	φ387*6.5	1
34	COLLAR HOUSING	Φ55.5*16	2
35	COLLAR BALL/COLLAR HOUSING	Φ44.5	2
36	FIXING WASHER (R)	15/16"	1
37	WASHER (R)	Φ40*2.5	1
38	FIXING NUT 2	"GB/T 802-1988 M12X1.25 (H=16mm)"	2
39	FIXING BOLT	M6*58	2
40	NUT	GB/T 889.1-2000 M6	2
41	SCREW 1	GB/T 845-1985 ST4.2*19	11
42	SCREW 2	GB/T 15856.1-2002 ST4.2X19	4
43	SCREW 3	"GB/845-85 ST4.8X13"	2
44	OUTER CHAIN COVER	654*263*49 (507g)	1
45	LITTLE CHAIN COVER	108*37*3 (7g)	1
46	FIXING WASHER (L)	7/8"	1
47	WASHER (L)	Φ35*22.8*2	1
48	NUT	7/8"	2
49	INNER CHAIN COVER	451*260*2 (250g)	1
50	CHAIN	P=12.7, 106	1
51	FIXING TUBE	P=12.7, Z=52T	1
52	EMERGENCY BRAKE KNOB	φ40*110	1
53	BUSHING	φ18*φ10*10	1
54	SPRING 1	φ1.8X25	1
55	BOLT	GB/T 5780-2000 M8*40	2
56	WHEEL	φ50*23	2
57	crank assembly	WELDING	1
58	FIXING NUT 2	M12X1.25 H=6	2
59	FIXING TUBE	φ16*φ12.1*35	1
60	BEARING	6001ZZ	2
61	FLYWHEEL	φ450*72(13KG)	1
62	FLYWHEEL SHAFT	φ12*160	1
63	FIXING NUT 2	16X16X5 (M10)	1

No.	Description	Specification	Qty.
63	FIXING NUT 2	16X16X5 (M10)	1
64	END CAP 1	φ22*12	2
65	COMPUTER	HS-6065	1
66	FOAM GRIP	φ20*φ26*500	2
67	SPRING 2	φ1.0X35	1
68	SHORT FIXING TUBE	φ14*φ10.2*8.5	1
69	FLAT WASHER 1	6	1
70	DOMED NUT 1	GB/T 802-1988 M6	1
71	SPRING COVER	32*23*2	1
72	SPRING 3	φ2.2	1
73	PLASTIC FRAME	200*47*30	1
74	LITTLE PLASTIC	14*9*14	1
75	WOOLLY BLOCK	113*25*8	1
76	BOLT 1	GB/T 5780-2000 M5*30	2
77	SPRING BRAKE	δ1.0	1
78	LOCK NUT	GB/T 889.1-2000 M5	2
79	WASHER 2	10	1
80	FLAT WASHER2	35*20*2.0	1
81	WASHER	φ16*φ10*φ1.5	2
82	FLAT WASHER	GB/T95-2002 12	2
83	WIRE	L=700	1

## 7.4 Exploded drawing



## CONTACT

### Head office

Powerhouse Fitness  
Cloberfield House,  
57 Beardmore Way,  
Clydebank Industrial Estate,  
Clydebank, Glasgow,  
G81 4HT

### Hotline for Technical Information

<b>DE</b> ☎ +49 4621 4210-0 ☎ +49 4621 4210-698 ✉ technik@sport-tiedje.de	<b>DK</b> ☎ 80 90 16 50 ☎ +49 4621 4210-945 ✉ info@t-fitness.dk	<b>FR</b> ☎ +33 (0) 172 770033 ☎ +49 4621 4210-933 ✉ service-france@sport-tiedje.fr
<b>NL</b> ☎ +31 172 619961 ✉ info@fitshop.nl	<b>UK</b> ☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk	<b>INT</b> ☎ +49 4621 4210-0 ✉ service-int@sport-tiedje.de

[www.powerhouse-fitness.co.uk](http://www.powerhouse-fitness.co.uk)  
[www.bodymax-fitness.com](http://www.bodymax-fitness.com)

## DISCLAIMER



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Product and instructions are subject to change. Technical data can be changed without advance notice.

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Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)

**Notes**

A large grid of graph paper for taking notes, consisting of 20 columns and 30 rows of small squares.



