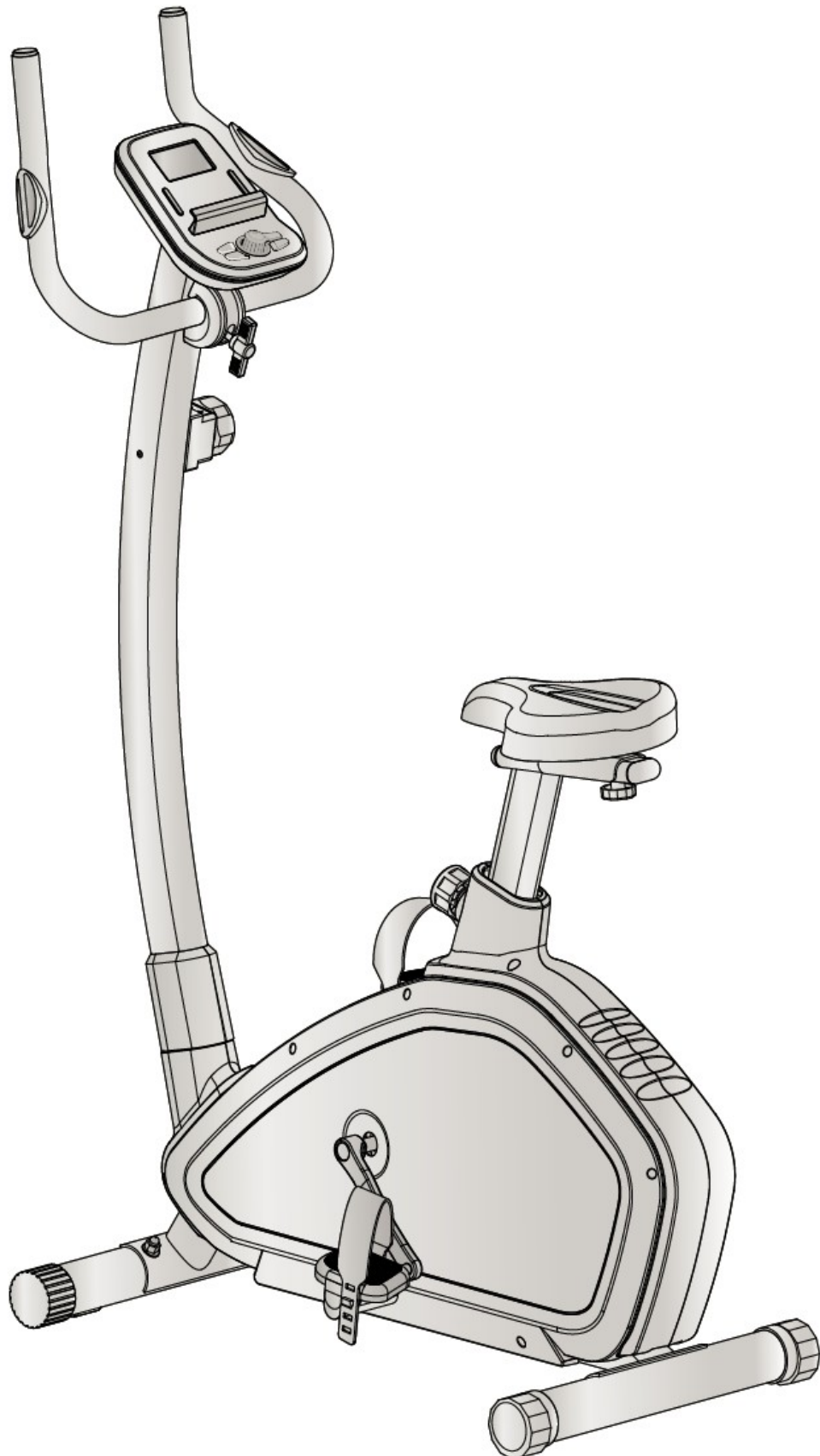


# USER'S MANUAL

BodyMax 40 upright bike



## Safety Instructions

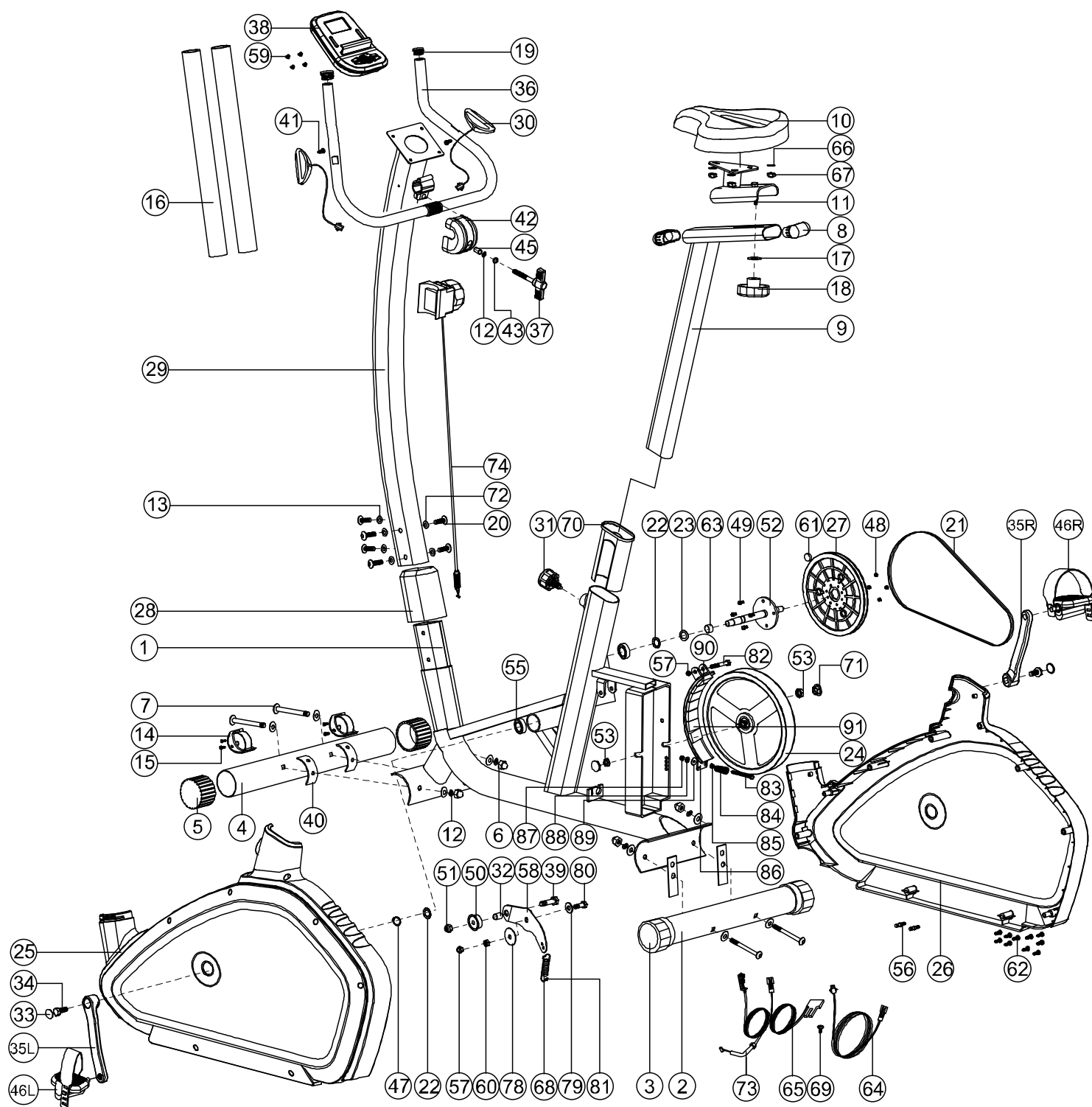




- To ensure the best safety of the exerciser, regularly check it on damages and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should use the exerciser at a time.
- Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.
- Before you start your work-out, remove all sharp-edged objects around the exerciser.
- Only use the exercise for your work-out if it works flawlessly.
- Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.
- Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.
- If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.
- Make sure there is sufficient free space around the exerciser when you set it up.
- To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.
- Please note that an improper and excessive work-out may be harmful to your health.
- Please note that levers and other adjustment mechanisms are not projecting into the area of movement during the work-out.
- When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.
- Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.
- Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

- Assemble the exerciser as per assembly instructions and be sure to only use the structural parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.
- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise
- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.
- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.
- Children, disabled and handicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.
- Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.
- When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.
- Do not work out immediately after meals!

# Exploded drawing



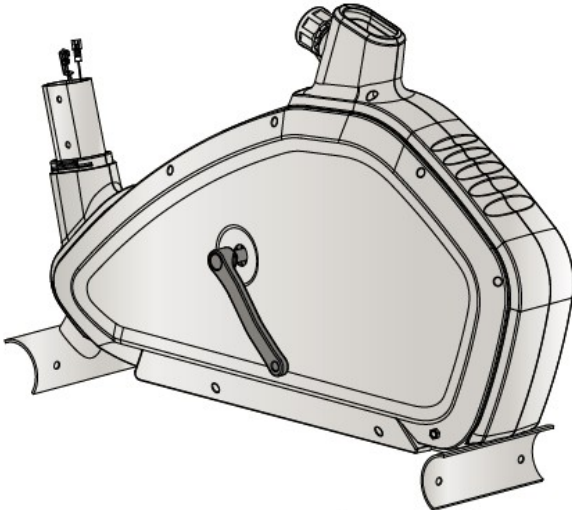

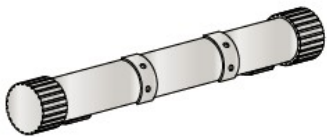

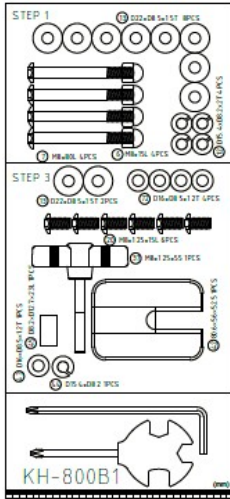

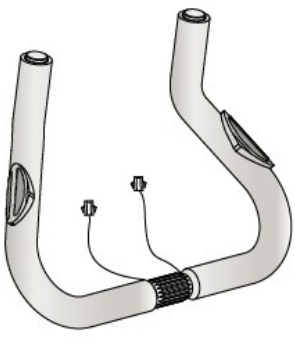


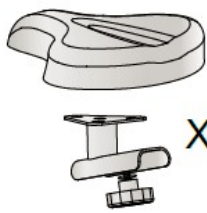
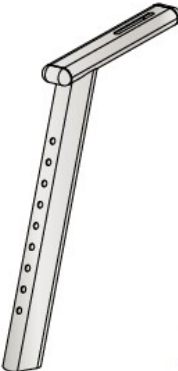
Part List

Part no.	Description	Drawing no.	Material	Specification	Q'ty
1	Main frame	800A1-3-1000-B0			1
2	Rear stabilizer	16100-6-2101-B1	Q195	D60x1.5Tx480L	1
3	Adjustable cap	55450-5-0060-B1	PP5070	D60xD75x50L	2
4	Front stabilizer	19000-6-2101-B5	Q195	D60x500Lx1.5T	1
5	round foot cap	55443-1-0060-B3	PVC	D60xD67x43	2
6	Domed nut M8x1.25x15L	55208-6-2015-FA	35#	M8x1.25x15L	4
7	Allen bolt M8*1.25*80L	50308-5-0080-F3	35#	M8*1.25*80L	4
8	Oval cap	55328-3-2550-B1	PP	25*50*28L	2
9	Seat post	195S0-3-2200-B3			1
10	Seat DD3532	58001-6-1019-B0	PVC	DD-3532	1
11	Seat adjustment tube sets	70104-3-4000-B0			1
12	Spring washer D15.4 XD8.2x2T	55108-2-1520-FA	70#	D15.4xD8.2x2T	4
13	Curved washer D22*D8.5*1.5T	55108-3-2215-FA	Q235A	D22*D8.5*1.5T	10
14	semi-round moving foot cap	55454-K-0060-B1	PP5070	D60x54.5L	2
15	cross screw ST4x1.41x12L	52804-2-0012-D0	Q235A	ST4*1.41*12L	4
16	Foam D20*7T*530L	58015-6-1113-B0	NBR	D20*7T*530L	2
17	Flat washer D25xD8.5x3T	55108-1-2830-NA	Q235A	D28*D8.5*3T	1
18	Club knob D60x32L(M8x1.25)	52008-2-0022-B0	PP+CU	D60x32L(M8x1.25)	1
19	Round cap D7/8"x17L	553D7-1-0017-B1	PP	D7/8"x17L	2
20	Allen bolt M8*1.25*15L	50308-5-0015-F0	35#	M8*1.25*15L	6
21	Belt	58004-6-1038-00		1092L PJ5	1
22	Waved washer D22*D17*0.3T	55117-5-2203-DA	65Mn	D22*D17*0.3T	2
23	Flat washer D23*D17.2*1.5T	55117-1-2315-NA	Q235A	D23*D17.2*1.5T	1
24	Flywheel set	800A1-2-3100-00			1
25	Left chain cover	800A1-6-4501-B0	PS	901.8*79.5*558.3	1
26	Right chain cover	80002-6-4502-B0	PS	901.8*75*558.3	1
27	Belt wheel	58008-6-1012-05	NL+fibres	D240x21	1
28	Oval manhead	19500-6-4578-B0	ABS		1
29	Handlebar post sets	800A1-3-2000-B0			1
30	Hand pulse	16800-6-2478-00		PE18	2
	handpulse cable	695M0-6-2479-00		500L	2
31	Knob	52716-2-0024-B1	Q235A+ABS71 7	D56xM16x24xD8	1

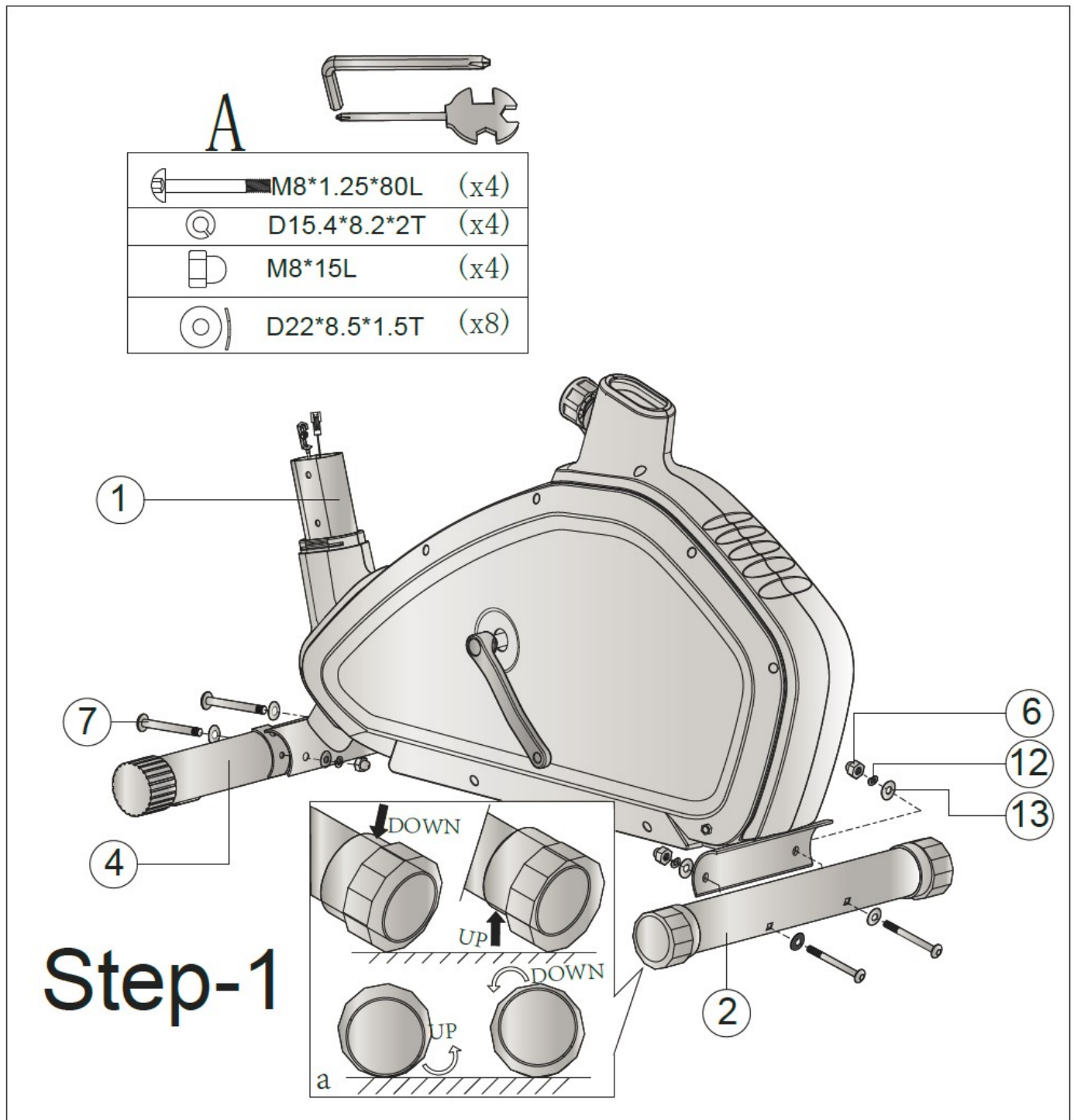
32	bushing	58002-6-1067-01	F101J	D20*D14*11.5	1
33	Screw cover	81502-6-2779-B0	PE	D26*11L	2
34	hex Bolt M8x1.25x25	50108-2-0025-U0	35#	M8x1.25x25	2
35L	Left crank	58007-6-1045-02	1015A	6 1/2"x9/16"-20UNF	1
35R	Right crank	58007-6-1046-02	1015A	6 1/2"x9/16"-20UNF	1
36	Handlebar	67900-6-2401-C0	Q195	D22.2x470x350x1.5 T	1
37	T Knob	51908-2-0055-B1	ABS+Q235A	M8x1.25x55	1
38	Computer ST-6577-71	800C1-6-2501-B0		ST-6577-71	1
39	Allen bolt M10*35L	50310-5-0035-C3	35#	M10*35L	1
40	buffer pad	800B1-6-1081-B0	NBR	23*76*1.7T	4
41	cross screw ST4*20	50904-2-0020-D0	10#	ST4*20	2
42	Protective cover	69100-6-2481-B0	ABS	80.6*56*52.5	1
43	Flat washer D16xD8.5x1.2T	55108-1-1612-FA	Q235A	D16xD8.5x1.2T	1
45	bushing D8xD12.7x23	58002-6-1033-F2	Q195	D8xD12.7x23	1
46L/ 46R	Pedal set	58029-6-1026-B0		JD-16A	1
47	C-clip S-17(1T)	55517-1-0010-00	65Mn	S-17(1T)	1
48	Nylon nut M6x1.0x6T	55206-1-2006-CA	Q235A	M6x1.0x6T	4
49	hex Bolt M6x1.0x15L	50106-5-0015-C0	35#	M6x1.0x15L	4
50	Idle wheel	745S0-6-1671-00	NL+15% Fibre	D42*D38*24	1
51	Nylon nut M10x1.5x10T	55210-1-2010-NA	Q235A	M10x1.5x10T	1
52	Crank axle sets	19802-3-2903-01			1
53	Anti-loosen nut 3/8"- 26UNF*6.5T	18600-6-3175-N1	Q23A	3/8"-26UNF*6.5T	2
55	Bearing #6003ZZ	58006-6-1018-00	GCr15	#6003ZZ	2
56	Pin	71600-6-4586-60	ABS	D6*26.5*7.7	2
57	Nylon nut M8*1.25*8T	55208-1-2008-NA	Q235A	M8*1.25*8T	2
58	Fixing plate for idle wheel	195S0-3-1600-N2			1
59	cross Screw M5x0.8x10L			M5*10L	4
60	hex Nut M8*1.25*6T	55208-2-2006-NA	Q235A	M8*1.25*6T	1
61	Round magnet	174R4-6-2574-00		M02	1
62	cross Screw ST4.2x1.4x20L	53342-2-0020-N0	10#	ST4.2x1.4x20L	10
63	Bushing D22.5*D17.2*6.4T	80700-6-2781-00	Fe	D22.5*D17.2*6.4T	1
64	Upper computer cable 1000L	707A1-6-2572-00		1000L	1
65	Lower computer cable 900L	12601-6-2573-00		900L	1
66	Spring D16xD8.5x1.2T		Q235A	D16xD8.5x1.2T	3

67	nylon nut		Q235A	M8*8T	3
68	spring	58003-6-1024-N0	72A	D2.2*D14*65L	1
69	Cross bolt M5x0.8x12L	52605-2-0012-N0	Q235A	M5x0.8x12L	1
70	Hollow end cap 40x80x129	55302-6-4080-B2	PE	40x80x129	1
71	Bolt cover	19100-6-3172-B0	PVC	D35*8	2
72	Flat washer D16*D8.5*1.2T	55108-1-1612-FA	Q235A	D16*D8.5*1.2T	4
73	Upper Tension cable 1130L	71700-6-2602-02		1130L	1
74	Lower Tension cable 640L	801A0-6-2601-B1		640L	1
78	Plastic washer D50*D10*1.0T	55110-1-5010-BF	NL66	D50*D10*1.0T	1
	Flat washer D30*D8.5*2.0T	55108-1-3020-NA	Q235A	D30*D8.5*2.0T	1
80	hex Bolt M8*25	50108-5-0025-N3	35#	M8*25	1
81	Plastic cover	803K0-6-1082-00	PVC	D3*30L	2
82	hex Bolt M8*52L	50108-5-0052-N3	35#	M8*52L	1
83	hex Bolt M6*65L	50106-5-0065-N0	35#	M6*65L	1
84	Spring D1.0*55L	58003-6-1054-N0	72A	D1.0*55L	1
85	hex Nut M6*1*6T	55206-2-2006-NA	Q235A	M6*1*6T	1
86	Fixing bracket for magnet	706E2-3-3200-N0			1
87	Nylon nut M6*1*6T	55206-1-2006-NA	Q235A	M6*1*6T	1
88	Nylon washer D6*D19*1.5T	55106-1-1915-B1	NL66	D6*D19*1.5T	1
89	Flat washer D13*D6.5*1.0T	55106-1-1310-NA	Q235A	D13*D6.5*1.0T	1
90	Magnet case	58020-6-1003-M0	PE	40*3*3	6
91	Magnet	58009-6-1007-01	NDFEB	39.5*10*25	7
\	Inner Allen spanner	58030-6-1031-D1	35#	M6	1
\	spanner	58030-6-1005-N2	Q235A	121*D6	1

## CHECK LIST (CONTENTS OF PACKAGE)

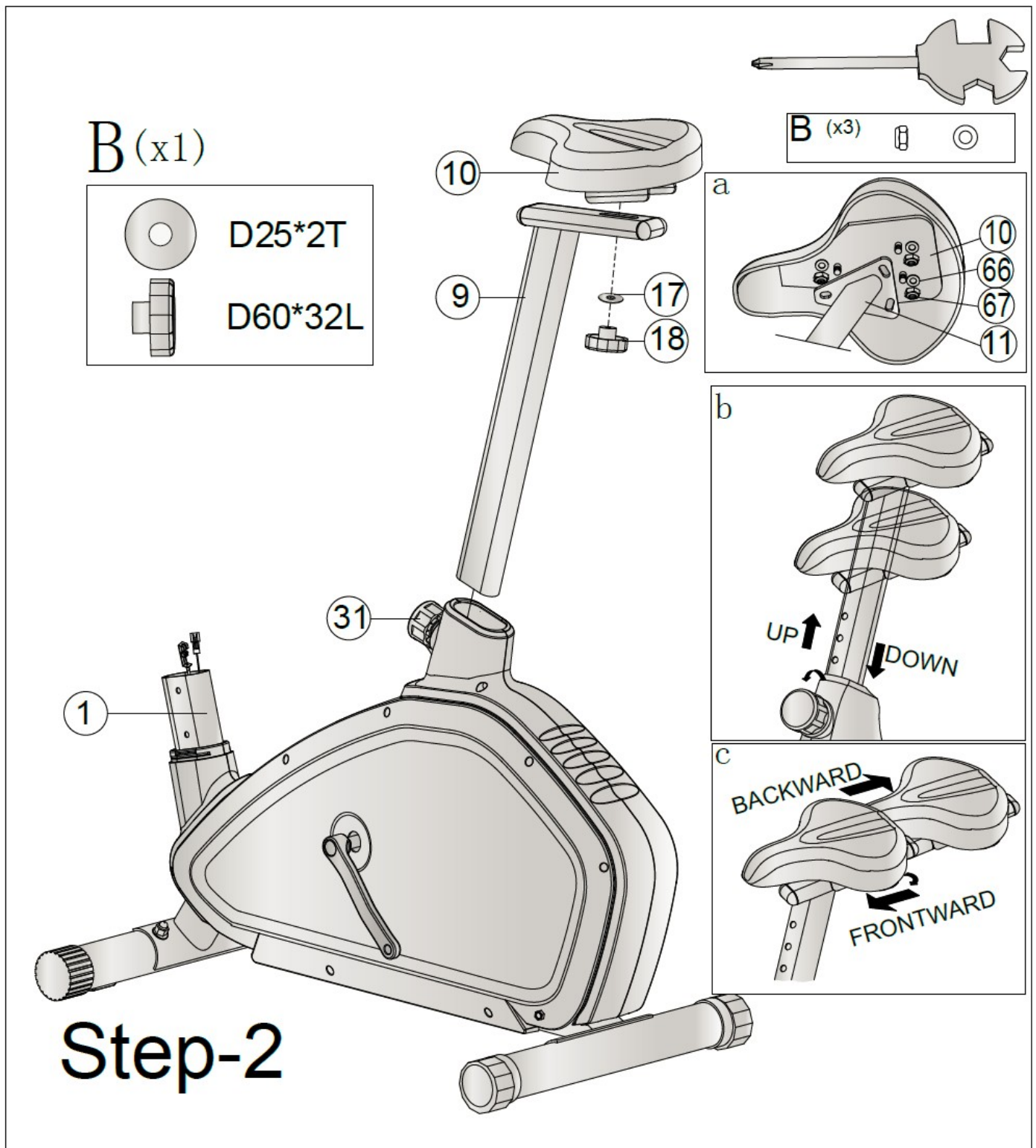
<div>1</div> <div></div> <div>x1</div>		<div>29</div> <div></div> <div>x1</div>	
<div>4</div> <div></div> <div>x1</div>	<div>28</div> <div></div> <div>x1</div>	<div></div> <div>KH-800B1</div> <div>x1</div>	
<div>2</div> <div></div> <div>x1</div>			
<div>36</div> <div></div> <div>x1</div>	<div>46L &amp; 46R</div> <div></div>		
<div>38</div> <div></div> <div>x1</div>	<div>10</div> <div></div> <div>x1</div>	<div></div> <div>x1</div>	

## STEP 1



- 1) Assemble the front stabilizer (4) and rear stabilizer (2) onto the main frame (1) by using the domed nut (6), the Allen bolt (7), the spring washer (12) and the Curved washer (13).
- 2) Adjust the proper height by turning the wheel of rear foot cap.

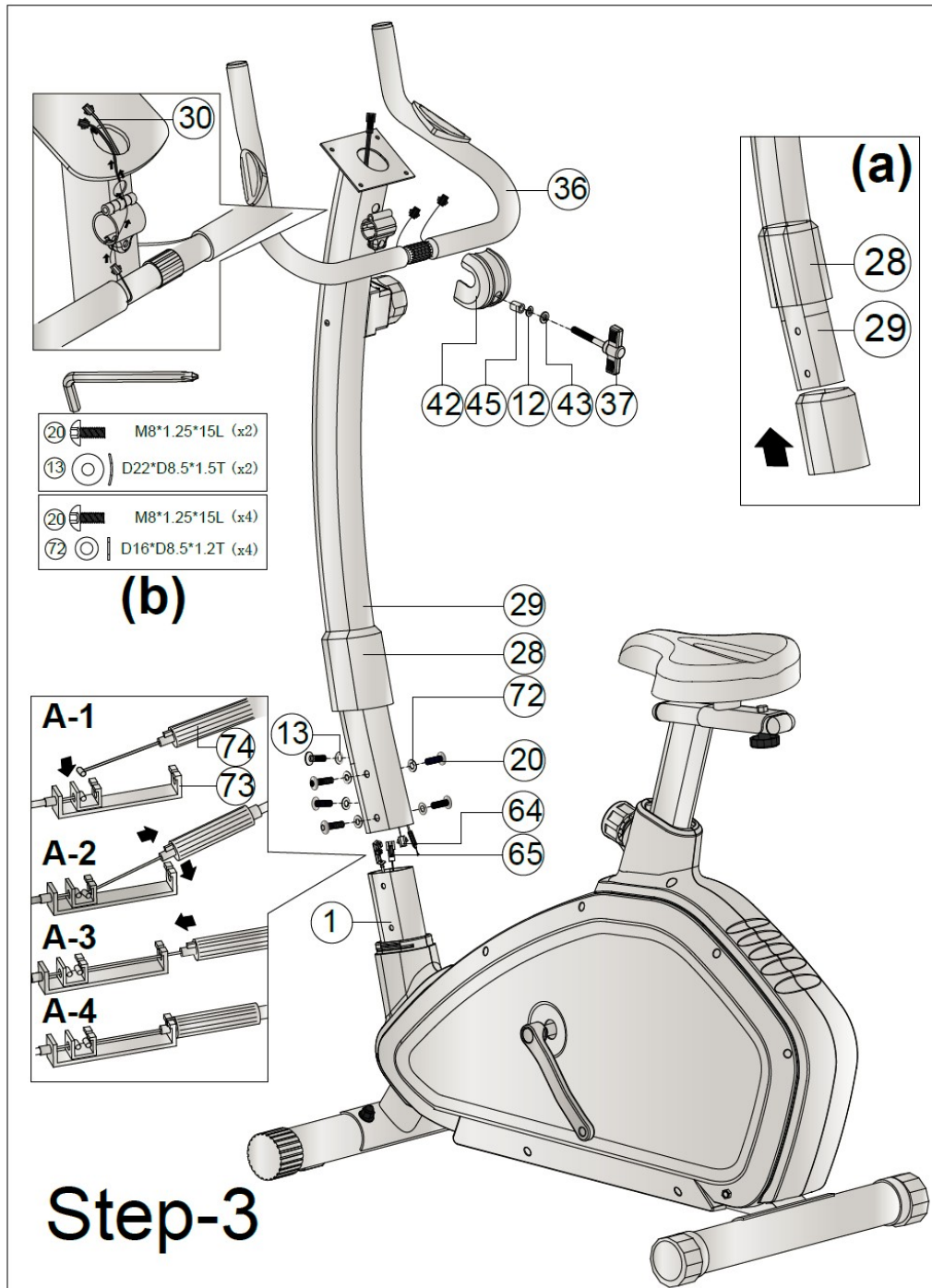
## STEP 2



- 1) Assemble the seat (10) to seat post (9) by using the flat washer (17) and Club knob (18) .
- 2) Fix the seat post (9) to the main frame (1) by using the knob (31)

3) You can adjust the saddle UP/DOWN or FRONTWARD/BACKWARD.

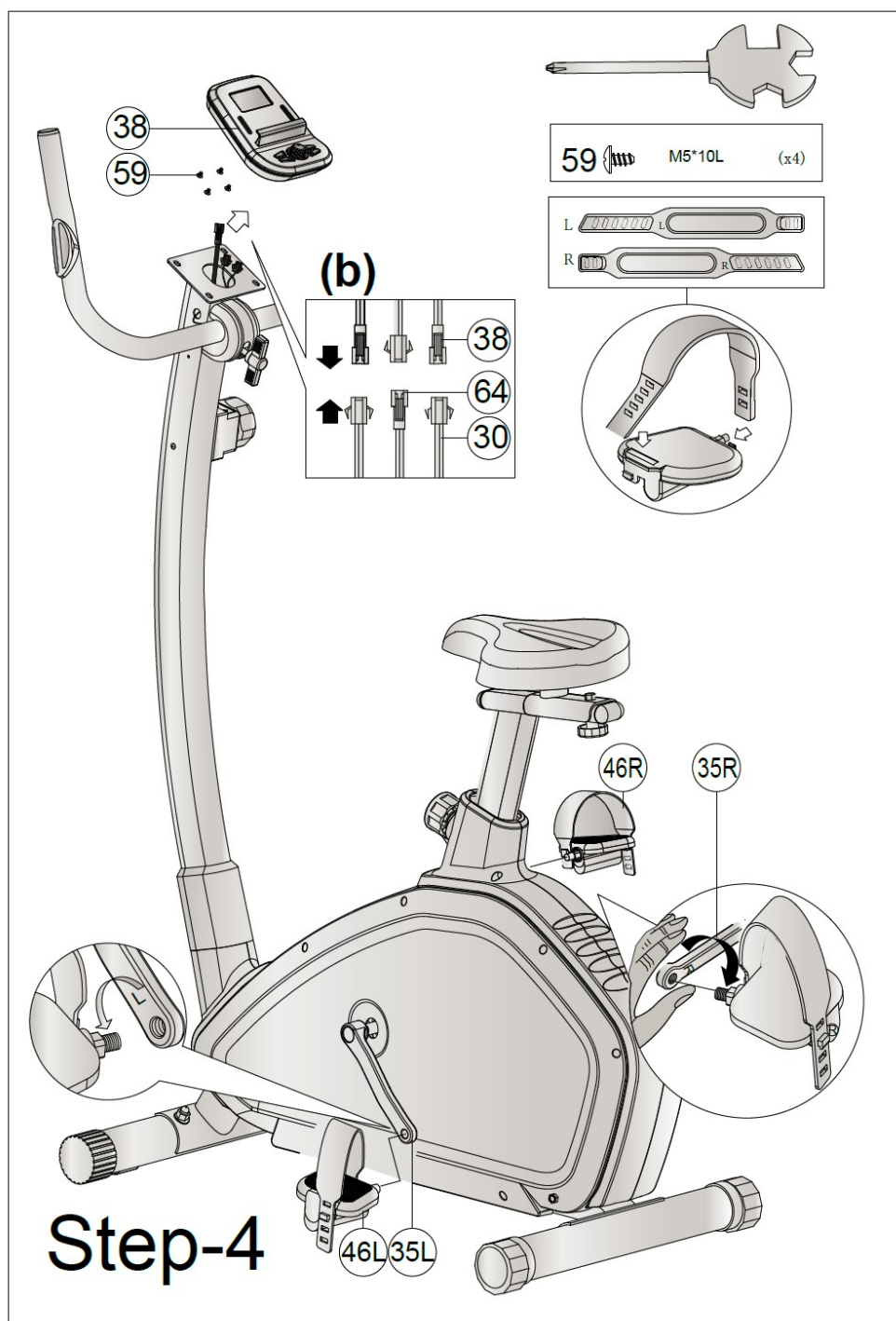
## STEP 3



- 1) Suggest assembling this step by two persons.
- 2) First, lift up the upper protective cover (28) like fig. (a), then connect the computer cable (64 & 65) and tension control cable (73 & 74) like fig.(b & A)
- 3) Insert the handlebar post (29) on the main frame and tighten it by using the curved washer (13), the Allen bolt (20) and the flat washer (72). Place down the upper protective cover and make it tight on the main frame.
- 4) Assemble the handlebar (36) to the handlebar post (29) by using the protective

cover (42), the flat washer (43), the spring washer (12), the bushing (45) and the ball shaped knob (37).

## STEP 4



- 1) Connect the upper computer cable (64) and the handle pulse cable (30) with computer (38) and then fixing the computer (38) on the handlebar post (29) by using the bolt (59) .
- 2) Fixing the pedal (46L & 46R) to the crank (35L & 35R).

# Instruction Manual of ST6577-71

## BUTTONS:

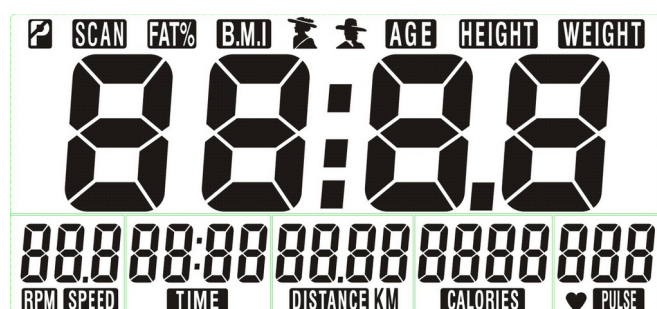
- MODE** To confirm all settings.
- Joggle wheel - UP** To select training mode and adjust function value up.
- Joggle wheel - DOWN** To select training mode and adjust function value down.
- RESET** To clear the set-up value. Press RESET key and hold for 2 seconds to reset all function figures.
- TOTAL RESET** To power on the console again
- RECOVERY** To test heart rate recovery status
- BODY FAT :** To start or stop body fat testing.

## FUNCTIONS:

- SCAN:** Displays all function TIME→DISTANCE→CALORIES→PULSE→ RPM/SPEED in sequence.
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** 1.You can use joggle wheel to set target time between 0:00 to 99:00 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** 1.You can use joggle wheel to set target distance between 0.00 to 99.50 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** 1.You can use joggle wheel to set target calories between 0 to 9990 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- BODY FAT** In STOP mode, press the BODY FAT button to start body fat measurement.
- During measuring, user has to hold both hands on the handgrip. And the LCD will display “-” “-” “-” “-” “-” for 8 seconds until computer finish measuring.
- LCD will display BMI, FAT% by turn every 3 seconds.

## OPERATION PROCEDURE:

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following “Drawing A” and have “Bi” sound at the same time, then enter to the personal data setting and press “MODE” button for confirmation. After that, it goes to the next step to the main menu as “Drawing B”.



Drawing A

Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can use joggle wheel to adjust the value and press “MODE” for confirmation. The set-up of DISTANCE, CALORIES & PULSE is the same as TIME.
3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.
4. In SCAN mode shown as “Drawing C”. RPM/SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.



Drawing C

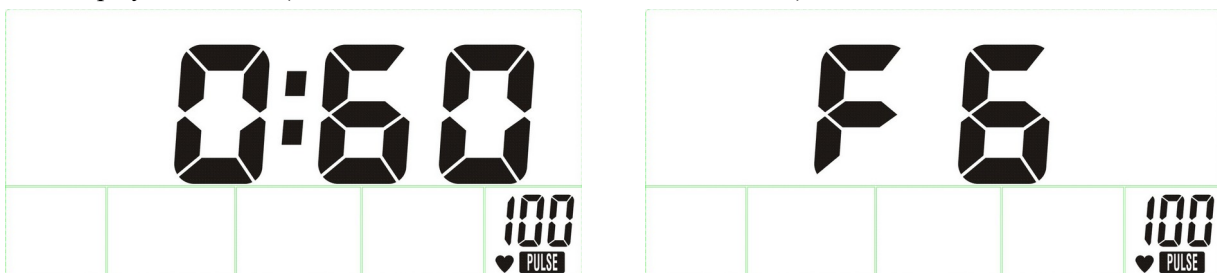
5. You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

#### 6. RECOVERY:

- (1)When the user presses “RECOVERY” button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from “0 : 60”, Pulse signal will be blinking according user’s heart rate BPM. When Time counts down to “0”, it will show F1~F6.

(F1 is the best, F6 is the worst)

- (2)LCD display as follows: (RECOVERY start condition & end condition)。



- (3)If the count down action to **0:00** is not completed and there is no pulse signal, the count down action has to be done and shown F6.

(4)If you press the RECOVERY button prior to count down to **0:00**, it will be end and return to the main menu.

Note:

1. Stop training for 4 minutes, the main screen will be off.

You may press any button to have the computer restart working, the original value will retain.

(If re-install batteries, the original value will remove.)

2. If the computer displays abnormally, please re-install batteries and try again.

3. Battery Spec: 1.5V UM-3 or AA (2PCS).