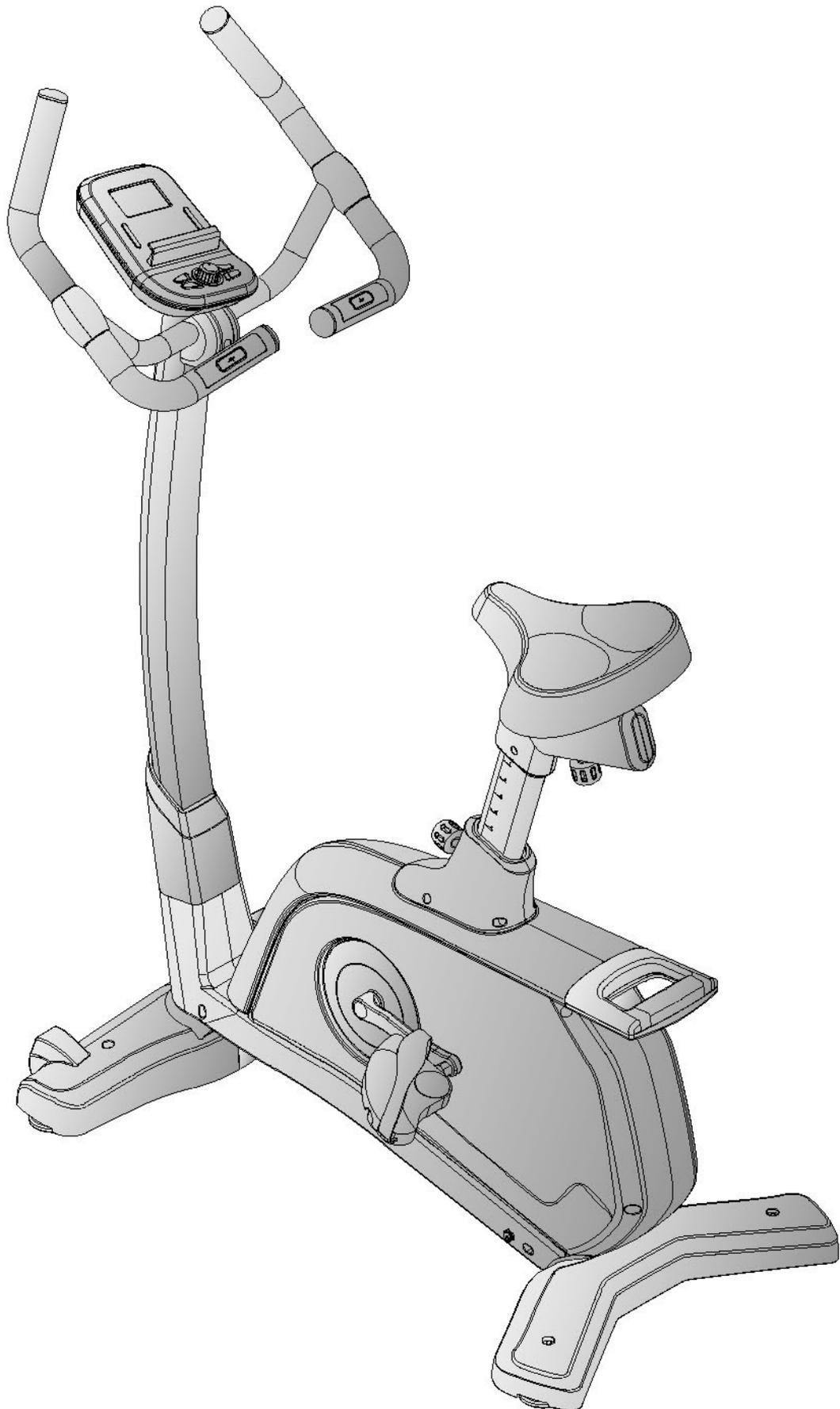


# User Manual

## BodyMax 80 upright bike



## Safety Instructions



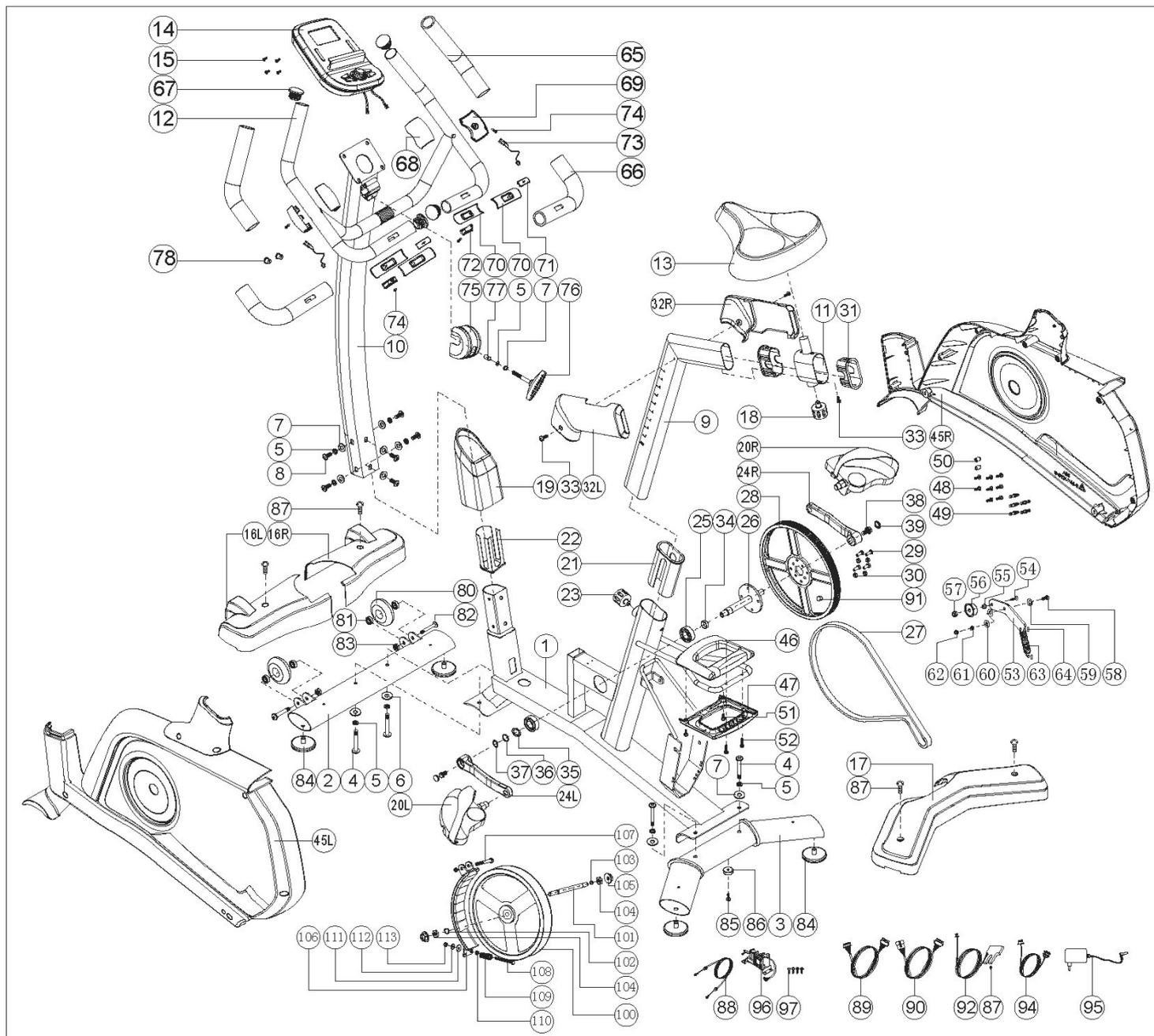


- To ensure the best safety of the exerciser, regularly check it for damage and worn parts.
- If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.
- Only one person should 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 may place them at risk .
- 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 (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 or exercise professional before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for your work-out and sensible eating habits.
- 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 floor 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

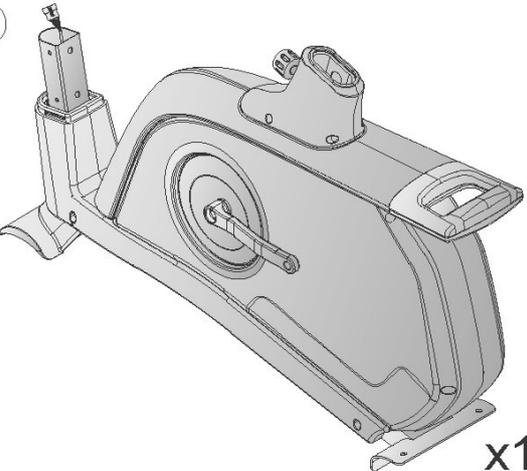
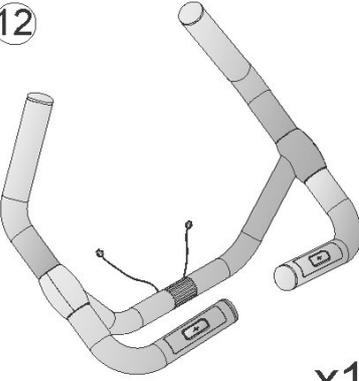
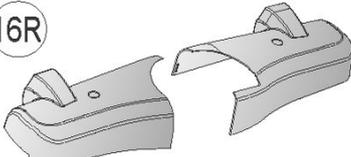
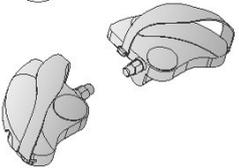
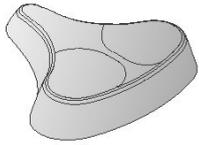
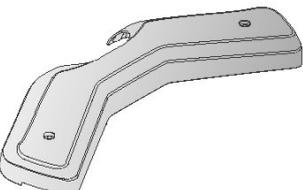
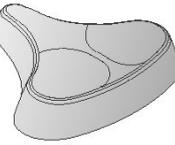
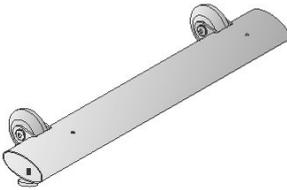
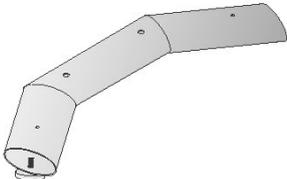
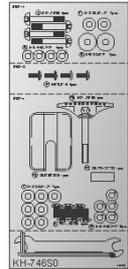
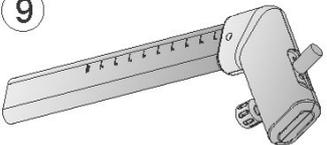
not toys. Therefore, they must only be used by properly informed or instructed persons

- Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. If in any 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, and seat height post .
- Do not work out immediately after meals!

# Exploded drawing:



# Checking list:

<p>①</p>  <p>x1</p>	<p>⑩</p>  <p>x1</p>	<p>⑫</p>  <p>x1</p>
<p>⑬L &amp; ⑬R</p>  <p>x1</p>	<p>⑭L &amp; ⑭R</p>  <p>x1</p>	<p>⑮</p>  <p>x1</p>
<p>⑯</p>  <p>x1</p>	<p>⑰</p>  <p>x1</p>	<p>⑱</p>  <p>x1</p>
<p>⑲</p>  <p>x1</p>	<p>⑲⑤</p>  <p>x1</p>	<p>⑳</p>  <p>x1</p>
<p>㉑</p>  <p>x1</p>	 <p>x1</p>	<p>㉒</p>  <p>x1</p>

# Part list:

Part no.	Description	Drawing no.	Material	Specification	Q' ty
1	Main frame	746A2-3-1000-J0			1
2	Front stabilizer	746S1-3-2100-J0			1
3	Rear stabilizer	746S1-3-2112-J0			1
4	Bolt	50308-5-0050-F3	35#	M8x1.25x50L	4
5	Spring washer	55108-2-1520-FA	70#	D15.4xD8.2x2T	9
6	Flat washer	55108-1-2520-FA	Q235A	D25xD8.5x2T	2
7	Flat washer	55108-1-1812-FA	Q235A	D18xD8.5x1.2T	9
8	Bolt	50308-5-0020-F0	35#	M8x1.25x20L	6
9	Seat post tube	745S0-3-2200-J1			1
10	Handlebar post tube	746A2-3-2000-J0			1
11	Seat adjustable tube	745S0-3-4000-J3			1
12	Handlebar welding set	737L6-3-2400-J3			1
13	Seat	58001-6-1336-BB0	PVC	DD-3618	1
14	Computer	746B2-6-2501-B0		SM-1730-31	1
15	Bolt	52605-5-0010-F0	10#	M5*0.8*10L	4
16L	Front stabilizer cover(left)	833S0-6-2186-B0	HIPS88	266.1*160.7*72.9	1
16R	Front stabilizer cover(right)	833S0-6-2187-B0	HIPS88	262.6*160.7*72.9	1
17	Rear stabilizer cover	833S0-6-2188-B0	HIPS88	530.6*225*64.3	1
18	Pull knob(two)	737L6-6-2284-B0	Q235A+ABS	D50*M16*1.5*22	1
19	upper cover	709S0-6-4580-B0	HIPS88		1
20L/20R	pedal set	58029-6-1032-B0	PP+Q235A	JD-22A 9/16"tooth	1
21	Middle empty plug	55302-6-4080-B2	PE	40x80x129	1
22	Inner tube	78000-6-1071-B1	PE	61*55*114.5	1
23	Pull knob	746S1-6-1072-B0	Q235A+ABS	D50*M16*1.5*27L	1
24L	Left crank	58007-6-1088-D0	1015A+ABS	170Lx9/16"-20BC	1
24R	Right crank	58007-6-1089-D0	1015A+ABS	170Lx9/16"-20BC	1
25	Bearing	58006-6-1018-00	NTN	#6003ZZ	2
26	Crank welding set	745S0-3-2903-01			1
27	belt	58004-6-1030-01		1118 PJ5	1
28	Belt wheel	58008-6-1017-03	ZL102	D260*19	1

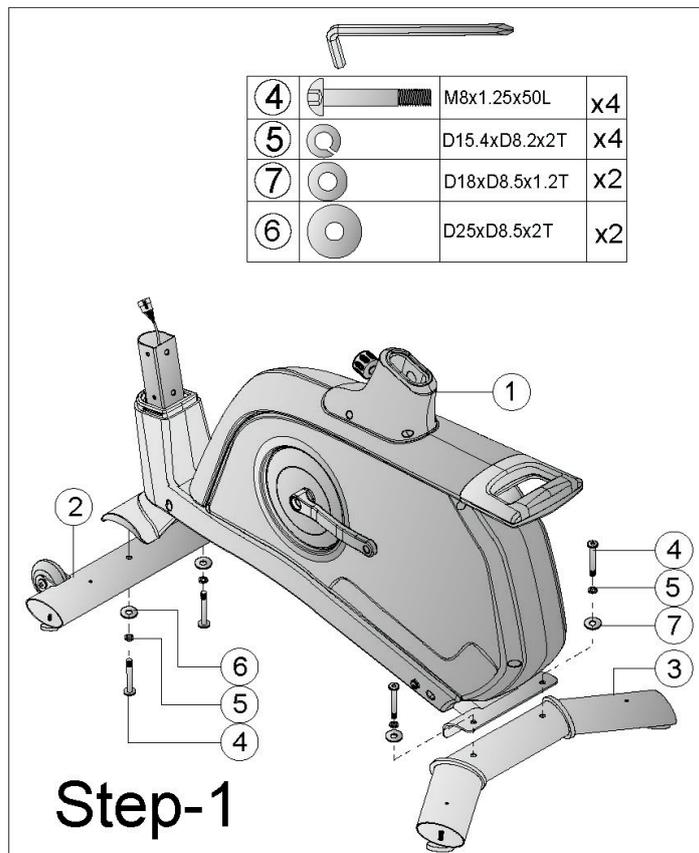
29	Bolt	50206-5-0015-C0	35#	M6x1.0x15L	4
30	Anti-loose nut	55206-1-2006-CA	Q235A	M6x1.0x6T	4
31	Inner tube	745S0-6-1071-B0	PE	40*80*39L	2
32L	Seat cover(left)	746S0-6-2282-B0	ABS	262.5*31.8	1
32R	Seat cover(right)	746S0-6-2283-B0	ABS	262.5*24.8	1
33	Screw	50805-2-0012-D0	Q235A	M5*0.8*12L	3
34	Spacer ring	80700-6-2781-00	Fe	D22.5*D17.2*6.4T	1
35	Waved washer	55117-5-2203-DA	65Mn	D22xD17x0.3T	1
36	Flat washer	55117-1-2315-NA	Q235A	D23*D17.2*1.5T	1
37	C-ring	55517-1-0010-00	65Mn	S-17(1T)	1
38	Bolt	54408-6-0025-U0	35#	M8*1.0*25,10.9	2
39	Screw cover	81502-6-2779-B0	PE	D26*11L	2
45L	Left chain cover	746G0-6-4501-B0	HIPS88	901*85*578	1
45R	Right chain cover	746G0-6-4502-B0	HIPS88	901*81.5*578	1
46	Rear cover(upper)	833G0-6-4538-B0	HIPS88	135*156*29.5	1
47	Rear cover(lower)	833G0-6-4539-B0	HIPS88	135*156*16	1
48	Screw	53342-2-0020-N0	10#	ST4.2x1.4x20L	8
49	Pin	71600-6-4586-60	ABS	D6*26.5*7.7	5
50	Buffer	55306-4-0013-B9	SBR	D9*D5.8*13	2
51	Screw	50904-2-0015-N0	10#	ST4*1.41*15L	2
52	Screw	50904-2-0025-N0	10#	ST4*25L	2
53	Fixing plate for idle wheel	24500-6-2674-N1	Q235A	156*62.2*5T	1
54	Bolt	50310-5-0035-C3	35#	M10*35L	1
55	Spacer bushing	58002-6-1081-01		D13.5*D10*9	1
56	Idle wheel	745S0-6-1671-00		D42*D38*24	1
57	Anti-loose nut	55210-1-2010-CA	Q235A	M10x1.5x10T	1
58	Bolt	50108-5-0025-N3	35#	M8*25	1
59	Plastic flat washer	55110-1-2404-BF	NL66	D10*D24*0.4T	2
60	Flat washer	55108-1-3020-NA	Q235A	D30*D8.5*2.0T	1
61	Nut	55208-2-2006-NA	Q235A	M8*1.25*6T	1
62	Anti-loose nut	55208-1-2008-NA	Q235A	M8*1.25*8T	2
63	Spring	58003-6-1024-N0	72A	D2.2*D14*65L	1
64	plastic sleeve	803K0-6-1082-00	PVC	D3*30L	2
65	Foam	58015-6-1350-B2	NBR	D30*3T*290L,no hole	2
66	Foam	58015-6-1351-B2	NBR	D30*3T*265L,with hole	2
67	Mushroom cap	553K0-1-0029-B3	PVC	D1 1/4"*29L	4
68	Cover for handlebar(left)	737L6-6-4529-B0	PS	D32*70	2

69	Cover for handlebar(right)	737L6-6-4530-B0	PS	D32*70	2
70	Handle pulse	737L6-6-2478-00		100.3*29.5*0.4T	4
71	Handle pulse fixed base(upper)	737L6-6-2491-B0	ABS	40*15.2	2
72	Handle pulse fixed base(lower)	737L6-6-2492-B0	ABS	40*15.2	2
73	Handle pulse cable	81800-6-2479-00		700L	2
74	Screw	50904-2-0015-F0	10#	ST4x1.41x15L	4
75	Protective cover	80502-6-2481-B0	ABS717	80.6*56*52.5	1
76	T-knob	51908-2-0065-B1	Q235A+PP	M8x1.25x65	1
77	Bushing	58002-6-1026-F0	Q195	D8.2xD12.7x33	1
78	Line plug	55312-1-0015-BA	PVC	D4*D12*13	2
80	Round wheel	84302-6-2175-00	PVC+PP	D70.5*23	2
81	Spacer bushing	58002-6-1099-00		D22.2*D8.2*7T	4
82	Bolt	50308-5-0040-F3	Q235A	M8*1.25*40L	2
83	Anti-loose nut	55208-1-2008-FA	Q235A	M8*1.25*8T	2
84	Adjustable round wheel	709S0-6-2174-B0	Q235A+ABS	D59*M10*40L	4
85	Screw	52842-2-0015-F0	10#	ST4.2*15L	1
86	Buffer	55304-4-2508-B9	SBR	D25*D4.5*8T	1
87	Bolt	52605-5-0015-F0	10#	M5*0.8*15L	5
88	Tension cable	84002-6-2601-00		D1.5*300L,	1
89	upper computer cable	73002-6-2572-00		1000L	1
90	lower computer cable	73002-6-2573-01		400L	1
91	round magnet	174R4-6-2574-00		M02	1
92	sensor cable	84002-6-2576-00		250L	1
94	Power cord	195E5-6-2596-00		620L	1
95	Adaptor	804C2-6-2584-01		output:9V,500MA	1
96	Motor	73002-6-2571-00			1
97	Screw	53342-2-0015-N0	10#	ST4.2x1.4x15L	4
100	Flywheel set	746A2-2-3100-00			1
101	Flywheel axle	71600-6-3171-06	45#	D10x120L(3/8"-26UNF)	1
102	C-ring	55510-1-0010-00	65Mn	S-10(1T)	1
103	Fixed ring	71600-6-3178-B0	SBR	D13*D10*1.9T	1
104	Nut	55295-2-3005-NA	Q235A	D9.5x5T(3/8"-26UNFx5T)	2
105	Anti-slip nut	18600-6-3175-N1	Q235A	3/8"-26UNFx6.5T	2

106	Magnet fixed welding set	70702-3-3200-N1			1
107	Bolt	50108-5-0052-N3	35#	M8*52L	1
108	Bolt	50106-5-0060-N0	35#	M6*60L	1
109	Spring	58003-6-1054-N0	72A	D1.0*55L	1
110	Nut	55206-2-2006-NA	Q235A	M6*1*6T	1
111	Nylon washer	55106-1-1915-B1	NL66	D6*D19*1.5T	1
112	Flat washer	55106-1-1310-NA	Q235A	D13*D6.5*1.0T	1
113	Anti-loose nut	55206-1-2006-NA	Q235A	M6*1*6T	1
/	Inner hexagon cross wrench	58030-6-1031-N1	35#	M6	1
/	Open spanner	58030-6-1049-C0		150*6T	1

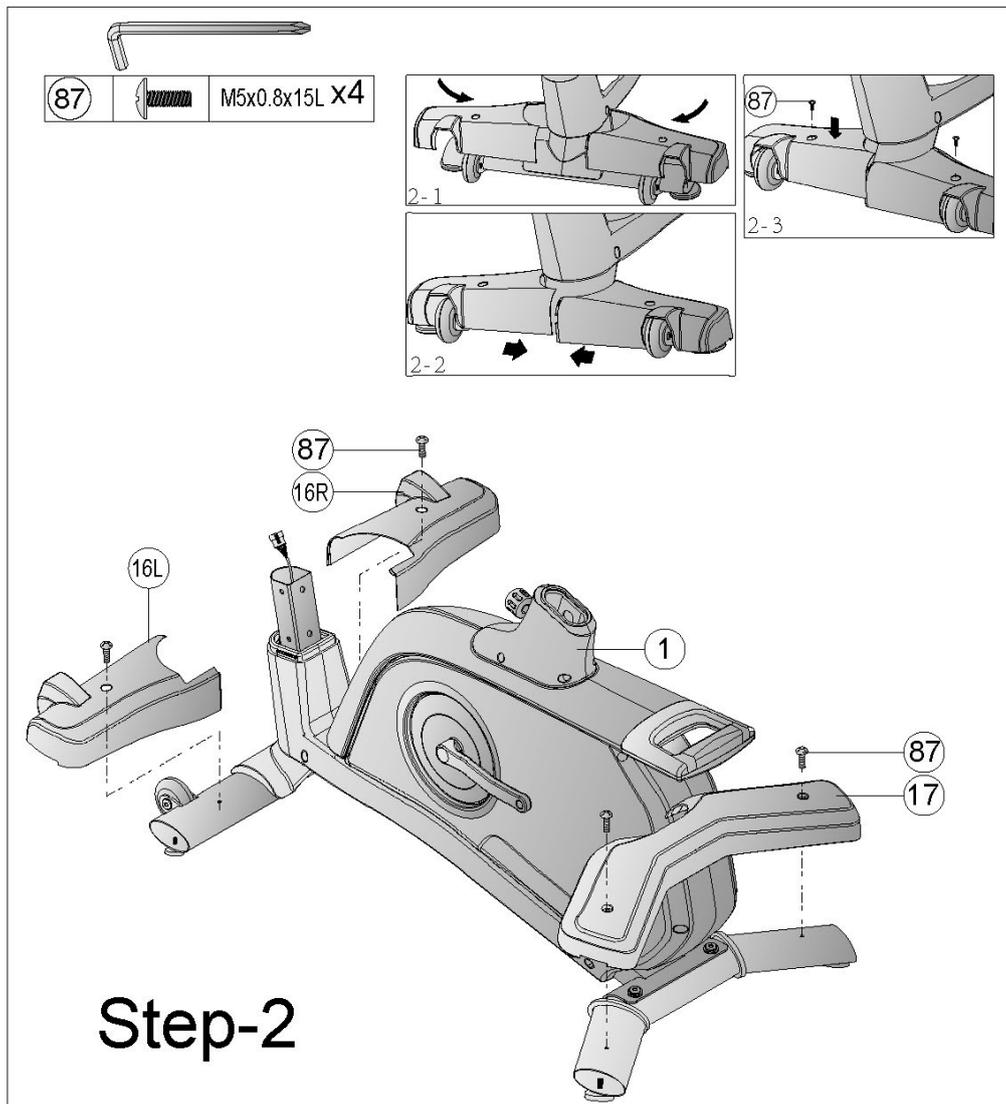
## Assembly drawing:

### Step 1



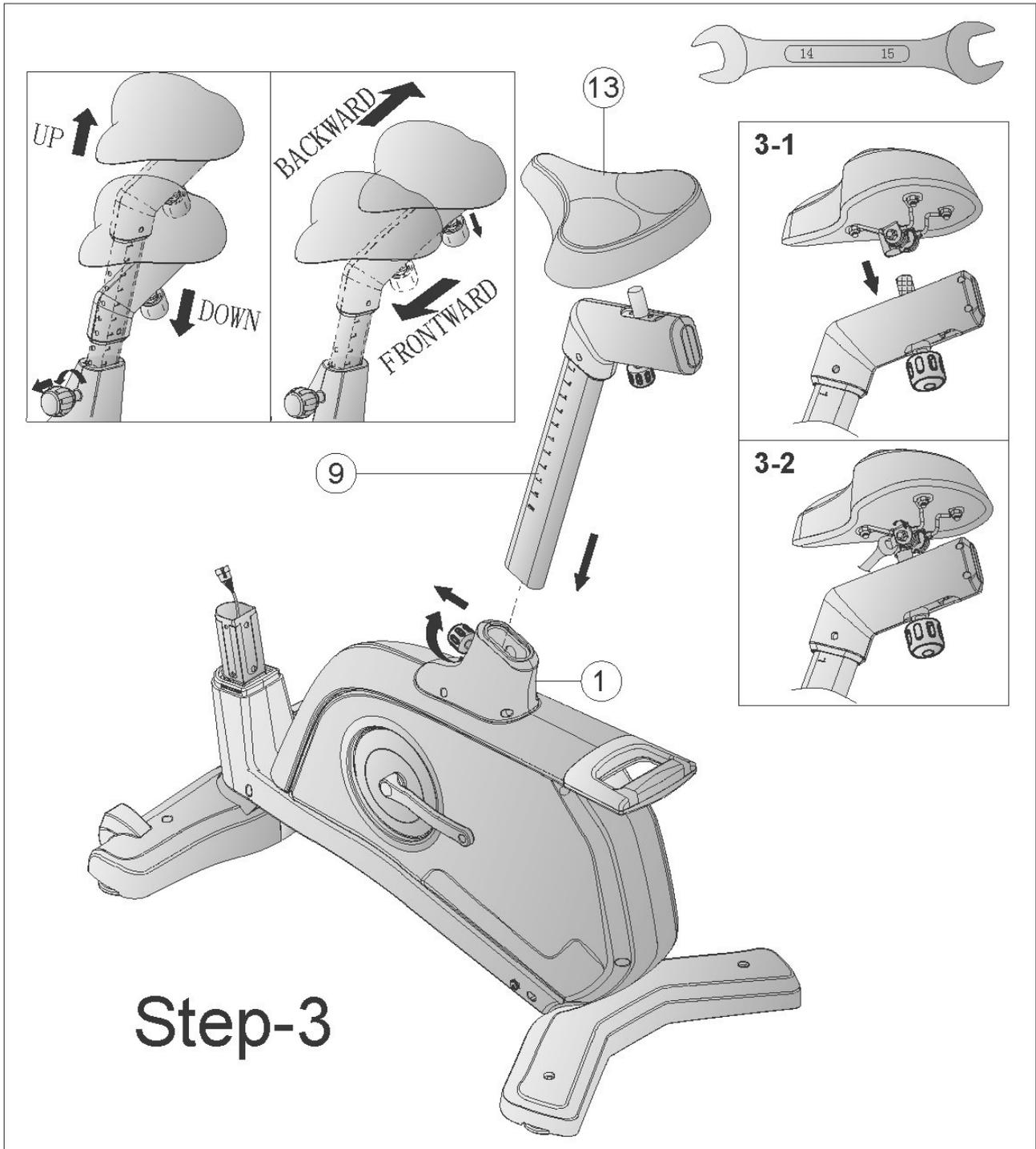
- 1) Assemble the front stabilizer (2) and the rear stabilizer (3) to the main frame (1) by Allen bolt (4), Spring washer (5), Flat washer (6) and Flat washer (7).

## Step 2



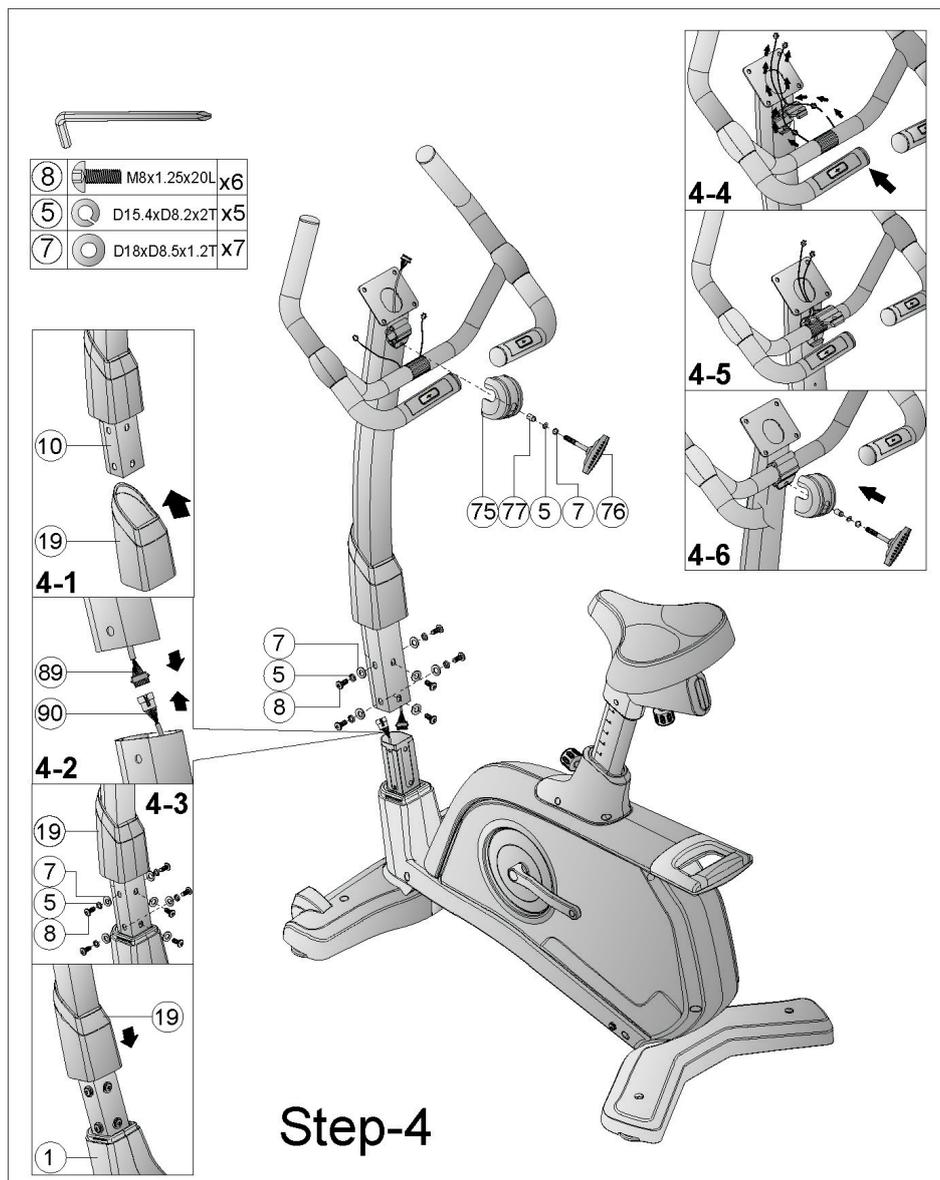
- 1) Assemble the front stabilizer cover (16L&16R) and rear stabilizer cover (17) onto the front and rear stabilizer by Bolt (87) as fig 2-1,2-2 and 2-3.

## Step 3



- 1) Insert seat post tube (9) into main frame and adjust the height by knob.
- 2) Assemble the seat onto the seat adjustment tube as fig 3-1 and 3-2. The seat can be adjusted frontward and backward by knob

## Step 4

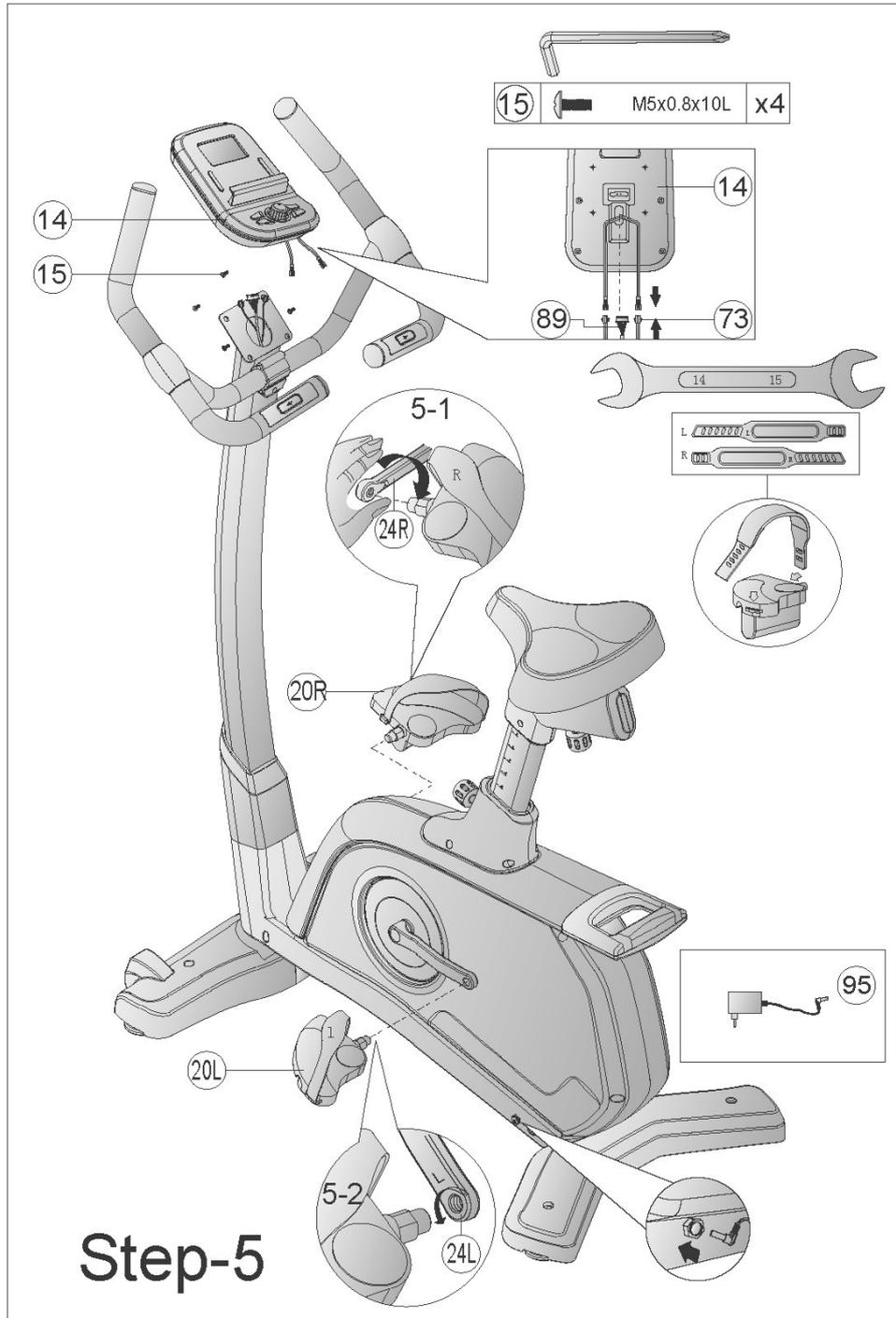


- 1) We suggest assembling this step by two persons.
- 2) Lift up the upper cover (19) as fig 4-1 and then connect upper and lower computer cable (89&90) as fig 4-2.
- 3) Insert the handlebar post (10) into the main frame and tighten it by spring washer (5), flat

washer (7) and Allen bolt (8) as fig 4-3.

- 4) Through the cable of fixed handlebar out of the handlebar post and then fix the handlebar by Spring washer (5), Flat washer (7), protective cover (75), busing (77) and T knob (76) as fig 4-4,4-5 and 4-6.

## Step 5



- 1) Connect upper computer cable (89) and Handle pulse cable (73) with cables attached to the computer (14) and then fix the computer onto the handlebar post by bolt (15).
- 2) Assemble the pedals (20L&20R) onto crank (24L&24R) as 5-1 and 5-2.
- 3) Insert the plug of adaptor and turn on the computer.

**SM(SE)17 / 27 / 37 SERIES INSTRUCTION MANUAL**

I1248

**DISPLAY FUNCTIONS**

<b>ITEM</b>	<b>DESCRIPTION</b>
<b>TIME</b>	Count up – No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>DISTANCE</b>	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset target distance data by using UP/DOWN button. Each incensement or decrement is 0.1KM or ML between 0.00~99.9.
<b>CALORIES</b>	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
<b>PULSE</b>	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~999
<b>WATTS</b>	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will remain preset watt value (setting range 0~350)
<b>MANUAL</b>	Manual mode workout.
<b>PROGRAM</b>	12 PROGRAM selection.
<b>USER PROGRAM</b>	User creates resistance level profile.
<b>H.R.C.</b>	Target HR training mode.
<b>WATT PROGRAM</b>	WATT constant training mode.

**KEY FUNCTION**

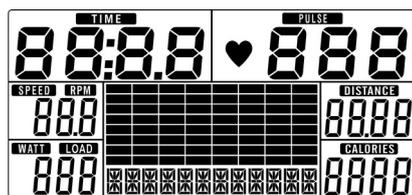
<b>ITEM</b>	<b>DESCRIPTION</b>
<b>Up (Encoder)</b>	Increase resistance level Setting selection.
<b>Down (Encoder)</b>	Decrease resistance level Setting selection.
<b>Mode / Enter</b>	Confirm setting or selection.
<b>Reset</b>	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.

<b>Start/ Stop</b>	Start or Stop workout.
<b>Recovery</b>	Test heart rate recovery status.
<b>Body fat</b>	In stop mode, press it for body fat measurement.

## OPERATION:

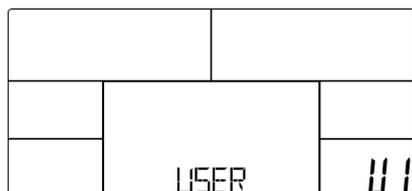
### POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

Then enter into User data setting. Use UP or DOWN (Encoder) to select U1~U4 (Drawing 2), then set SEX, AGE, HEIGHT, WEIGHT (Drawing 3) and confirm by pressing MODE / ENTER button. When finishing user data profile, Console come to main menu.



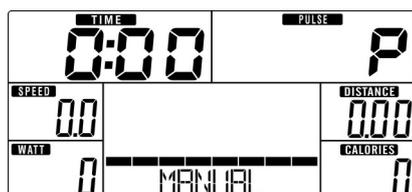
Drawing 2



Drawing 3

### WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing 4) → Program (Drawing 5) → User Program (Drawing 6) → H.R.C. (Drawing 7) → Watt (Drawing 8).



Drawing 4



Drawing 5



Drawing 6



Drawing 7

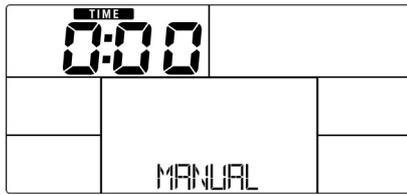


Drawing 8

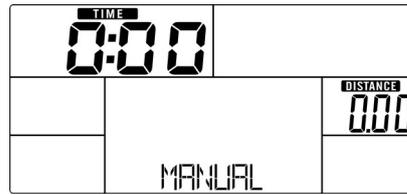
### Manual Mode

Press START in main menu may start workout in manual mode.

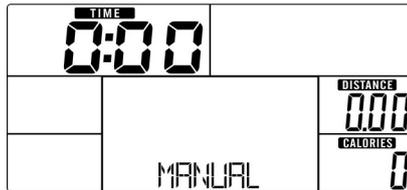
1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset TIME (Drawing 9), DISTANCE (Drawing 10), CALORIES (Drawing 11), PULSE (Drawing 12) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 13).
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



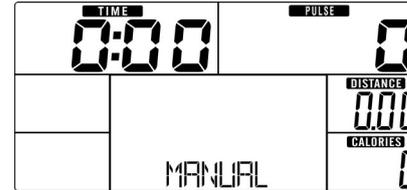
Drawing 9



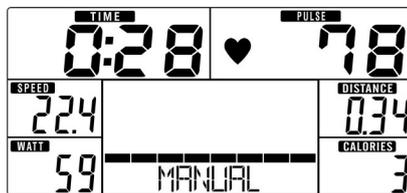
Drawing 10



Drawing 11



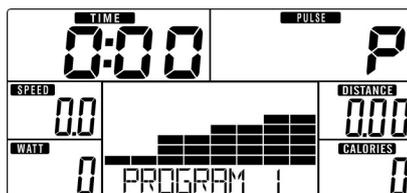
Drawing 12



Drawing 13

### Program Mode

1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select program 1~12 (Drawing 14) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 14

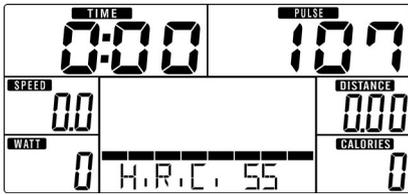
### User Program Mode

1. Use UP or DOWN (Encoder) to select workout program, choose User Program mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to create user profile (Drawing 15). There are total 20 column, user can adjust each column load level. User can hold MODE / ENTER 2 seconds to quit during setting.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

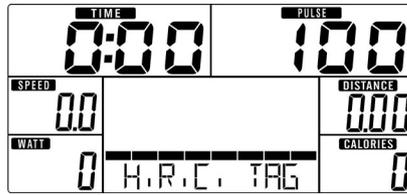


**H.R.C. Mode**

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default : 100, Drawing 17).
3. Use UP or DOWN (Encoder) to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



Drawing 16



Drawing 17

**Watt Mode**

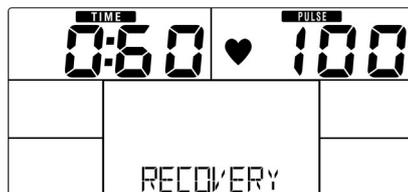
1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 18

**RECOVERY**

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 19). Screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 20). User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



Drawing 19



Drawing 20

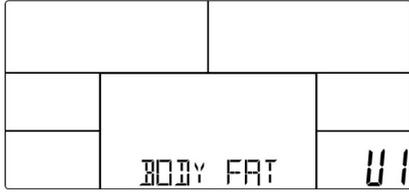
**BODY FAT**

1. In STOP mode, press the BODY FAT key to start body fat measurement (Drawing 21).
2. During measuring, users have to hold both hands on the hand grips. And the LCD will display "=" "=" (Drawing 22)for 8 seconds until computer finish measuring.
3. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
4. Error message:

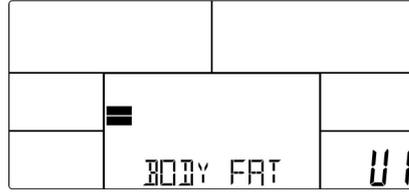
\*The LCD displays "=" "=" (Drawing 25)-means not hand the grip or wear chest strap correctly.

\*E-1-There is no heart rate signal input detected.

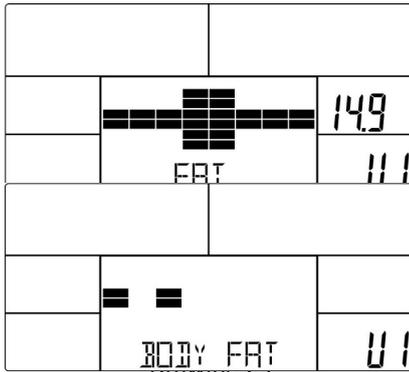
\*E-4-Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



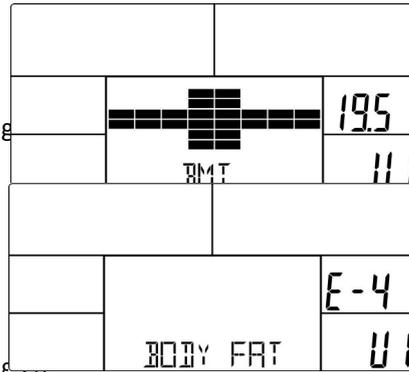
Drawing 21



Drawing 22



Drawing 23



Drawing 24

**Noted:**

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.