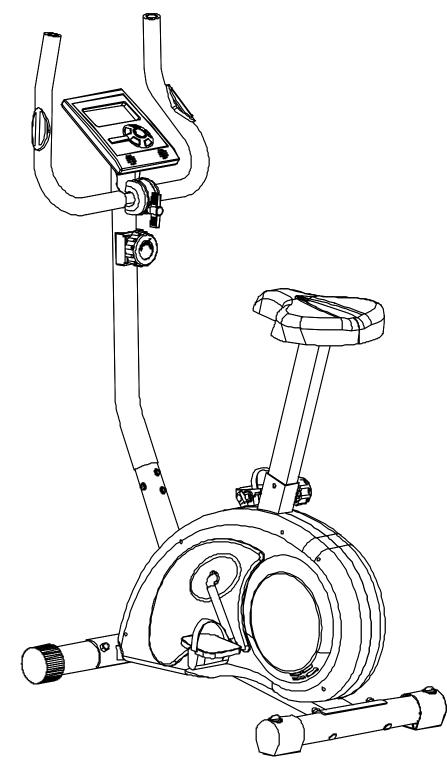# USER MANUAL
315 MAGNETIC

1. 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.

2. Important Notes

• 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 are 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 exerciser.

• The general rule is that exercisers and training devices are no toys. Therefore, properly informed or instructed persons must use them.

• 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.
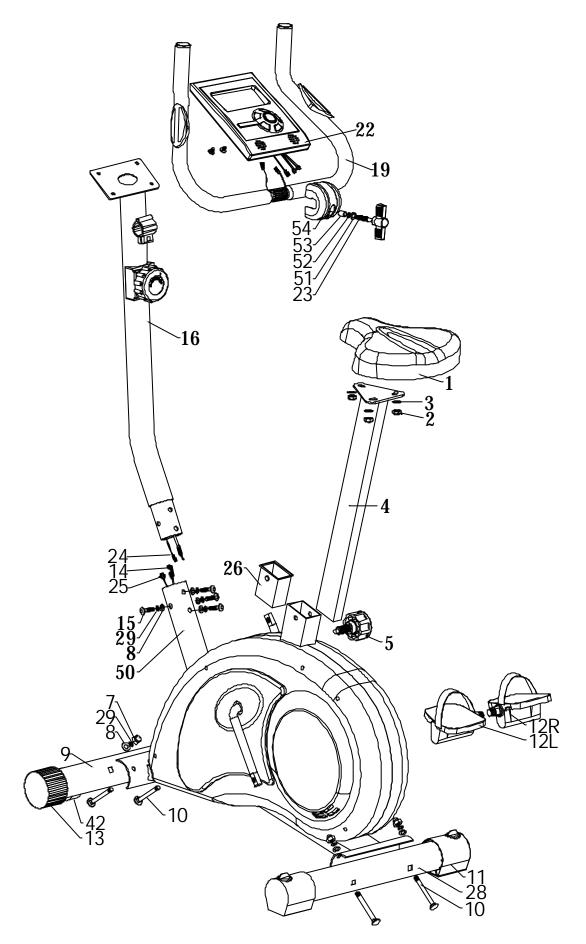
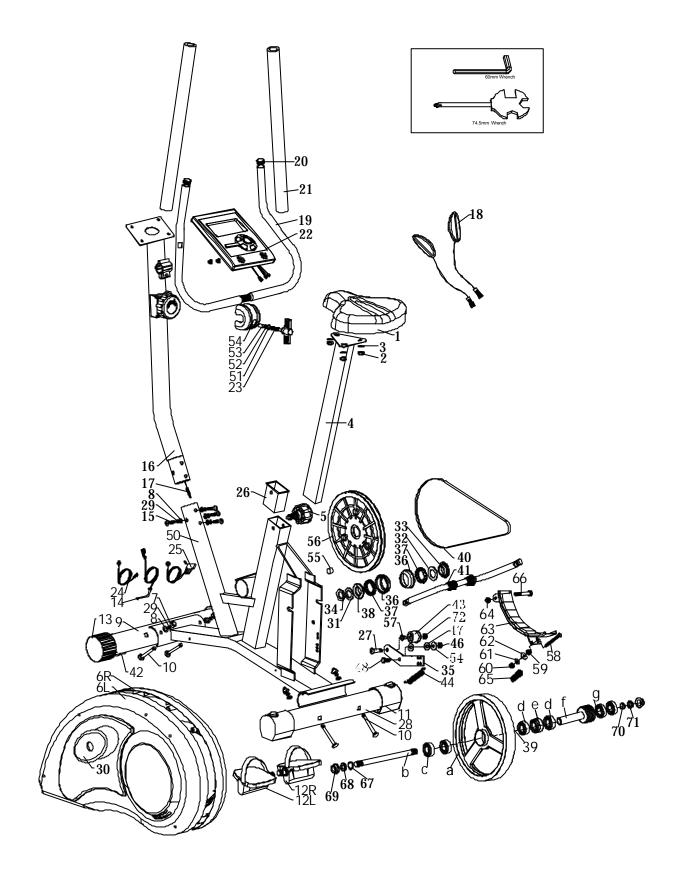•Do not work out immediately after meals!

3. Part List

part no.	description	specification	q'ty
1	seat	LS-A16	1
2	Nylon nut	M8*1.25*8T	3
3	flat washer	M8	3
4	Seat post		1
5	adjustable knob	D56xM16x24xD8	1
6L	left chaincover		1
6R	right chaincover		1
7	domed nut	M8x1.25x15	4
8	curved washer	D22xD8.5x1.5T	8
9	stabilizer	D60*1.5T*480L	1
10	carriage bolt	M8x1.25x75L	4
11	round foot cap	D60*D67*43	2
12L\R	pedal	JD-11A	1
13	adjustable foot cap	D60xD71x78L	2
14	tension cable (lower)	1100L	1
15	bolt	M8x1.25x20L	4
16	handlebar post		1
17	tension cable (upper)	500L	1
18	Handpulse	500L	2
	pulse cable	500L	2
19	handlebar	D22.2x470x350x1.5T	1
20	round end cap	D7/8"x17L	2
21	foam	D20*7T*530	2
22	computer	B-11305(A00)	1
23	T knob	M8x1.25x55	1
24	computer cable (upper)	900L	1
25	computr cable (lower)	850L	1
26	tube plug	30x60x150L*1.5T	1
27	bolt	M10*1.5*35L	1
28	stabilizer	D60*1.5T*480L	1
29	spring washer	D15.4xD8.2x2T	8
30	oval disc		2
31	fixed plate(2)	D35xD22x3T	1
32	fixing plate for gearing	D40.5xD24x3T	1
33	fixed bolt (right)	D45x12T	1
34	fixed nut	D7/8"x24x4T	1

35	fixed plate for idle wheel	156*62.2*3T	1
36	cover for bearing	D55.4xD40x17	2
37	ball bearing	5/16"x12	2
38	fixed bolt (left)	D45x11.8T	1
39	**flywheel set**		**1**
a	**flywheel**	**D240*35**	**1**
b	**flywheel axle**	**D10x120L(3/8"-26UNF)**	**1**
c	**bearing**	**6300-2RS**	**1**
d	**bearing**	**6003-2RS**	**2**
e	**bearing with single way**	**D35*16**	**1**
f	**small flywheel**	**D25.4*D17*60.9**	**1**
g	**bearing**	**6800-2RS**	**2**
40	poly belt	914J5	1
41	crank	5 1/2" W:180mm	1
42	transfer wheel	D60*54.5L	2
43	idle wheel	D23.8xD38x24	1
44	spring	D2.2xD14x65	1
45	flat washer	D25xD8.5x2.0T	1
46	nut	M8*1.25*8T	1
47	plastic flat washer	D10*D24*0.4T	2
48	bolt	M8*1.25*25L	1
49	protective cover	80.6*56*52.5	1
50	main frame		1
51	spring washer	D15.4xD8.2x2T	1
52	flat washer	D16xD8.5x1.2T	1
53	bushing	D8xD12.7x23	1
54	protective cover	80.6*56*52.5	1
55	round magnet	S10042	1
56	pulley	D240x21	1
57	bushing	D20*D14*11.5T	1
58	bolt	M6*55L	1
59	nut	M6*1*6T	1
60	nylon nut	M6*1*6T	1
61	nylon washer	D6*D19*1.5T	1
62	flat washer	D13*D6.5*1.0T	1
63	fixing base for magnet		1
64	nylon nut	M8*1.25*8T	1
65	spring	D1.0*42L	1
66	bolt	M8*52L	1
67	c ring	S-10(1T)	1
68	nut	D9.5x3T(3/8"-26UNFx3T)	1
69	anti-loose nut	A	2
70	fixing ring	D13*D10*1.9T	1
71	nut	D9.5x8T(3/8"-26UNFx8T)	1
72	nylon nut	M10x1.5x10T	1

4. Checking list
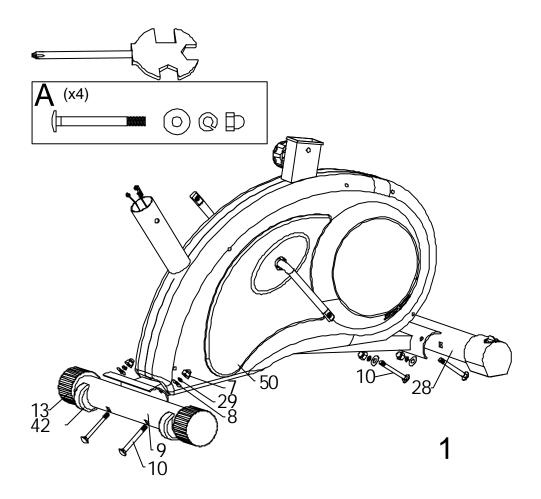
5. Exploded Drawing

6. Assembly Instruction

Before starting to assemble we recommend choosing a place with enough space and a flat underlay. Please check according to the part-list in this manual, if all parts are complete.
Perhaps some parts are already pre-assembled for your convenience.
Some screws/ nuts/ washers you need to assemble the item are there where you have to attach a part. Then you have to take away the screws/ nuts/ washers before you are able to attach the part there.
For your safety in some cases lock nuts were used. Maybe it is a little difficult to screw them tightly onto the respective screws, but they will not get loose easily (to ensure a safe connection).
If you should loose and fix those lock nuts several times, they will lose this lock mechanism.
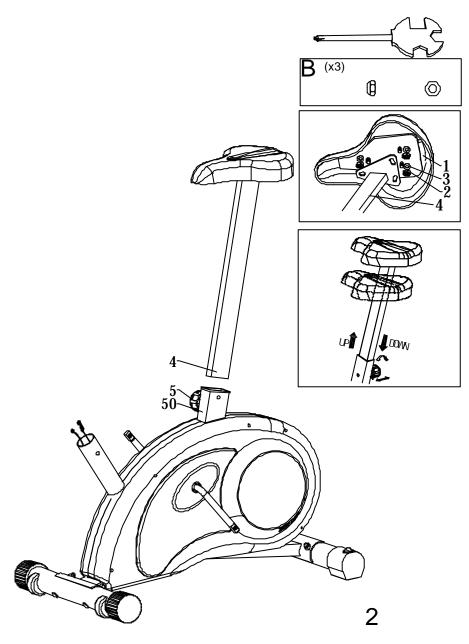In this case you should use new lock nuts of same size.
For the assembly of this item we recommend to use the provided tools.

Fitting the stand/basic assembly
First fit the front and rear stabilizers (9 at front, 28 at rear) to the main frame (50). To do so, you need 2 screws M8 x 75mm (10), 2 washers ø8.5mm (8), 2 lock washers ø8.2mm (29) and 2 nuts M8 (7). Make sure that the connections are securely tightened.
Using the adjustable end caps (11), you need to compensate for any unevenness in the floor surface. Adjust these end caps until the exercise bike is standing firmly on the floor.
The front stand is fitted with transport rollers to make it easier to move the exercise bike from one position to another.

Assembly of the saddle

Push the saddle support pipe (4) into the main frame (50). Select a height (this can be changed later according to body height), and lock the saddle support pipe (4) in this position using the locking screw (5).
Now fit the saddle (1) to the saddle support pipe (4), using 3 nuts M8 (2) and 3 washers ø8.5 mm (3).
Ensure that all the connections are securely tightened to prevent a loose saddle from causing accidents later on.
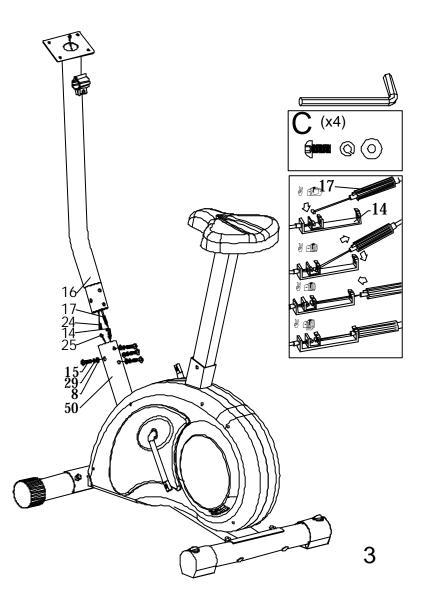
Using the locking screw (5)
Unscrew the screw head some windings and pull it out. Push the saddle support to the required position. The knob must engage in one of the drilled holes. Tighten the screw head again.
Always comply with the markings for the maximum position, never pull the saddle support pipe out for example beyond the maximum position allowed by the marking.
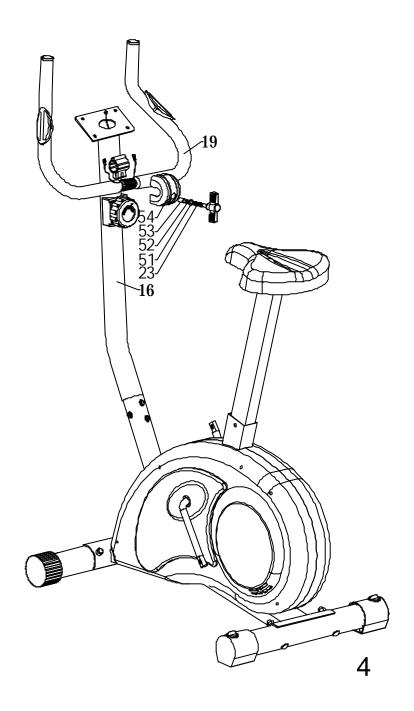**Possible settings:**
Saddle support: can be fixed at various heights.
The **seating height** is correct when the knee is slightly bent with the pedal vertically downwards and the foot parallel to the floor.
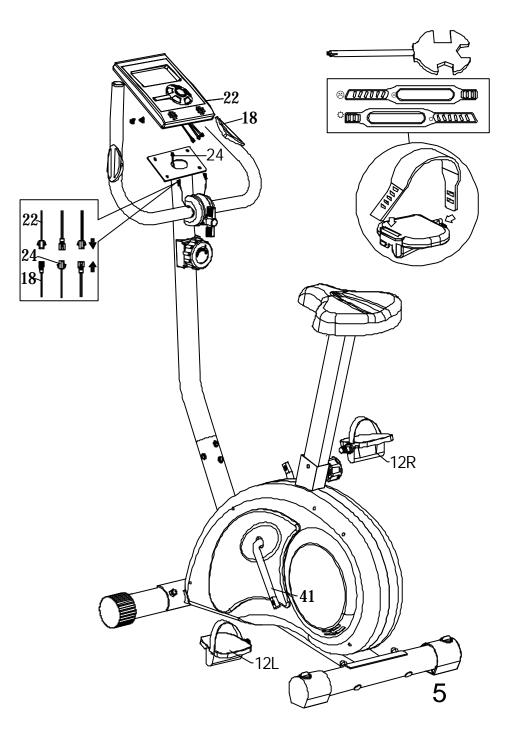
3

Assembly of the handlebar support pipe and leads

Turn the resistance adjusting knob on the handlebar support pipe (16) counter-clockwise to the setting for lowest resistance. The upper resistance cable (17) now comes further out at the bottom of the handlebar support pipe (16), making it easier to connect it to the lower resistance cable (14). Now connect the upper and lower resistance cables (17 + 14). Remove the safety clip, if there is one. Connect the computer lead ends (upper lead 24 with lower lead 25) for the computer between the main frame (50) and the handlebar support pipe (16). Then put the handlebar support pipe (16) carefully in the main frame (60) without getting any of the cables and leads caught, and secure this connection using 4 screws M8 x 20mm (15), 4 wavy washers ø8.5mm (8) and 4 lock washers ø8.2mm (29).

19

54
53
52
51
23

16

4

Assembly of the handlebars
Place the handlebars (19) in the welded holder on the handlebar support pipe (16). Fasten the handlebar (19) using the cover (54), the guide bush (53), a lock washer ø 8.2mm (52), a washer ø 8.5mm (51) and the wing nut (23). Ensure that this connection is securely tightened.
The position of the handlebars (19) can be adjusted later at any time. To do so, unscrew the wing nut (23) a few turnings, change the position of the handlebars (19) and screw the wing nut (23) tight again.

5

Assembly of the computer
Connect the upper computer cable (24) with the computer (22) and push it onto the bracket on the handlebar support pipe.

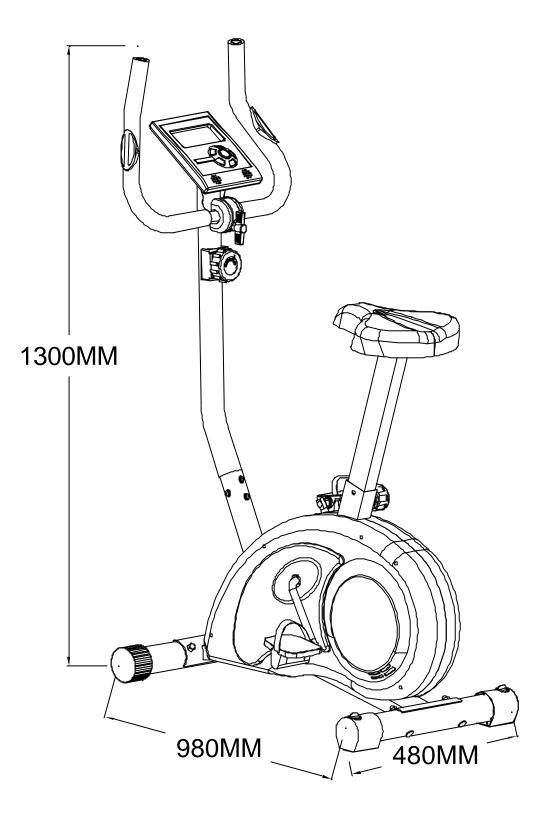**Connect the pulse cable (18) on the computer.**

Assembly of the pedals
Screw the right pedal (12R) to the pedal crank (41) on the right side of the exercise bike looking forward (caution: screw on clockwise!). The left pedal (12L) is screwed to the left side accordingly (caution: screw on counter-clockwise!) The individual parts are marked "R" for right and "L" for left to simplify which belongs where. The exercise bike is now completely assembled.

7. Maintenance

1. Regularly check all component parts of the bike and tighten them, if need be.
2. To clean the bike, use only mild soapsuds or a generally mild and not abrasive detergent.
3. Always protect the computer from damages.
4. Be sure to always keep liquids away from the computer, adapter and from the plug as well as from the bike at all times.
5. Do not expose the computer to direct sunlight.
6. This bike is driven with a motor, which is built inside the chain cover. Never allow any liquid to penetrate into this chain cover.
7. Always store the home exerciser in a dry and warm room.

8. Built-up

1300MM

980MM

480MM

English Manual For Computer

The things you should know before exercise

A. User Data:

You should input your personal data before workout. Press BODY FAT key to enter your personal data of sex, age, height and weight then the computer can save the data unless take out the batteries.

B. Clock Mode:

   a.   The computer will enter the clock mode when there is no signal input or no keys be pressed after 4 minutes. You can press ENTER key to switch the clock and temperature at the clock mode or press other keys to quit the clock mode.

   b.   You can set up the TIME or ALARM by holding ENTER key for over 2 seconds then you can set up TIME and ALARM by UP or DOWN keys.

   c.   By holding the ENTER and UP keys together for over two seconds, you can check the current clock at "NO SPEED" mode.

Functions and Features:

1. CLOCK: Display the current clock in hour and minute and second.
2. ALARM: You can set up your morning call or setting time by this computer and it will beep alarm 1 minute when your setting time is reached.
3. TEMPERATURE: Display the current temperature.
4. SCAN: During the exercise stage, the computer will automatically scan the function of TIME, SPEED, DISTANCE, CALORIES, PULSE and RPM per each for 6 seconds unless press the ENTER key to exit the auto-scan function. When the computer exits the manual-scan then the message window will show "SCAN" for 2 seconds then switch to auto-scan function.
5. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You many also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
6. SPEED: Displays your workout speed value in KM/MILE per hour. If no speed signal input then the computer will display "NO SPEED" on the window.
7. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.
8. CALORIES: Your computer will estimate the cumulative calories burned at any given time during your workout.
9. PULSE: Your computer displays your pulse rate in beats per minute during your workout. If no pulse signal input then the computer will display "NO pulse" on the window.
10. RPM: Your pedal cadence.
11. AGE: Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
12. PULSE RECOVERY: During the START stage, leave your hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, then the computer will show "HOLD SENSOR" to remind you. Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0 and message window will show your workout situation. The details as follows,

1.0   means OUSTANDING

1.0< F< 2.0 means EXCELLENT
2.0? F? 2.9 means GOOD
3.0? F? 3.9 means FAIR
4.0? F? 5.9 means BELOW AVERAGE
6.0   means POOR

Note: If no pulse signal input then the computer will show "NO PULSE" on the message window. If the computer show "DETECTED FAIL" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

Key function:

There are 6 button keys and the function description as follows:

1. UP key: During the setting mode, press the key to increase the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

2. DOWN key: During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age, Weight, Height etc. and to select sex. During the CLOCK mode, you can set up clock and alarm by this key.

   Note: During the setting mode, you can hold UP and DOWN keys together for over two seconds then the setting value will reset to Zero or default value.

3. ENTER/RESET key: a. Press the key to accept the current data entry.
                      b. During the "NO SPEED" mode, by holding this key for over two seconds then the computer will re-power-on.

4. BODY FAT key: Press the key to enter your personal data before measure your body fat ratio.

5. MEASURE key: Press the key to get your body fat ratio and BMI and BMR.
    a. FAT %: Indicate your body fat percentage after measurement.
    b. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
    c. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

F=1.0   means OUSTANDING
1.0< F< 2.0 means EXCELLENT
2.0? F? 2.9 means GOOD
3.0? F? 3.9 means FAIR
4.0? F? 5.9 means BELOW AVERAGE
F=6.0   means POOR

Error Message:

E: The speed over than 999.9 MPH/KPH then the computer will display "E".

Err: When measure the body fat function or pulse recovery function, if there is no pulse signal input within 20 seconds then the computer will display "Err". You can repress any keys to quit the Err message.