

General Information	
Safety precautions.....	2
Packaging.....	2
Disposal.....	2
The Training Apparatus	
Equipment.....	3
Parts List.....	4
Parts List.....	5
Hardware.....	6
Assembly	
1. Assembly instructions.....	7
2. Mounting the front foot.....	8
3. Mounting the back foot.....	8
4. Mounting the pedal.....	9
5. Mounting the support cover.....	9
6. Mounting the saddle.....	10
7. Mounting the handbar post.....	11
8. Mounting the tension control.....	12
9. Mounting the handlebar post.....	12
10. Mounting the computer.....	12
The Computer	
1. LCD display and computer functions.....	13
Using computer.....	13
Training Information	
Information.....	14
Other Useful Information	
Parts list.....	15
Guarantee.....	16

General Information

SAFETY PRECAUTIONS

The training device is intended for use at home. The device fulfils the requirements DIN EN 957-1/5 class HC and has been examined by the TÜV-GS (safety standards authority). The device has been tested to this norm with a constant load of a body weight of 150 kg. The CE mark relates to the electromagnetic compatibility (EC guideline 89/336/EEG and EN55081-1). If this device is used incorrectly (e.g. excessive training, jerky movements, without warming up before hand, incorrect setting, etc.) damage to health cannot be ruled out!

TRAINING DEVICES OF CLASS C ARE NOT SUITABLE FOR THERAPEUTIC PURPOSES!

Before beginning training, a general fitness check should be carried out by your doctor and any cardiac, circulatory or orthopedic problems clarified.

PACKAGING

Environmentally friendly, recyclable materials:

- ✍ Outer packaging of cardboard
- ✍ Form parts of foamed, CFC-free polystyrene (PS)
- ✍ Foils and bag of polyethylene (PE)
- ✍ Tension bands of polypropylene (PP)

DISPOSAL

Please undertake environmentally correct disposal!

The Training Apparatus BP210 Equipment details:



Contents included:

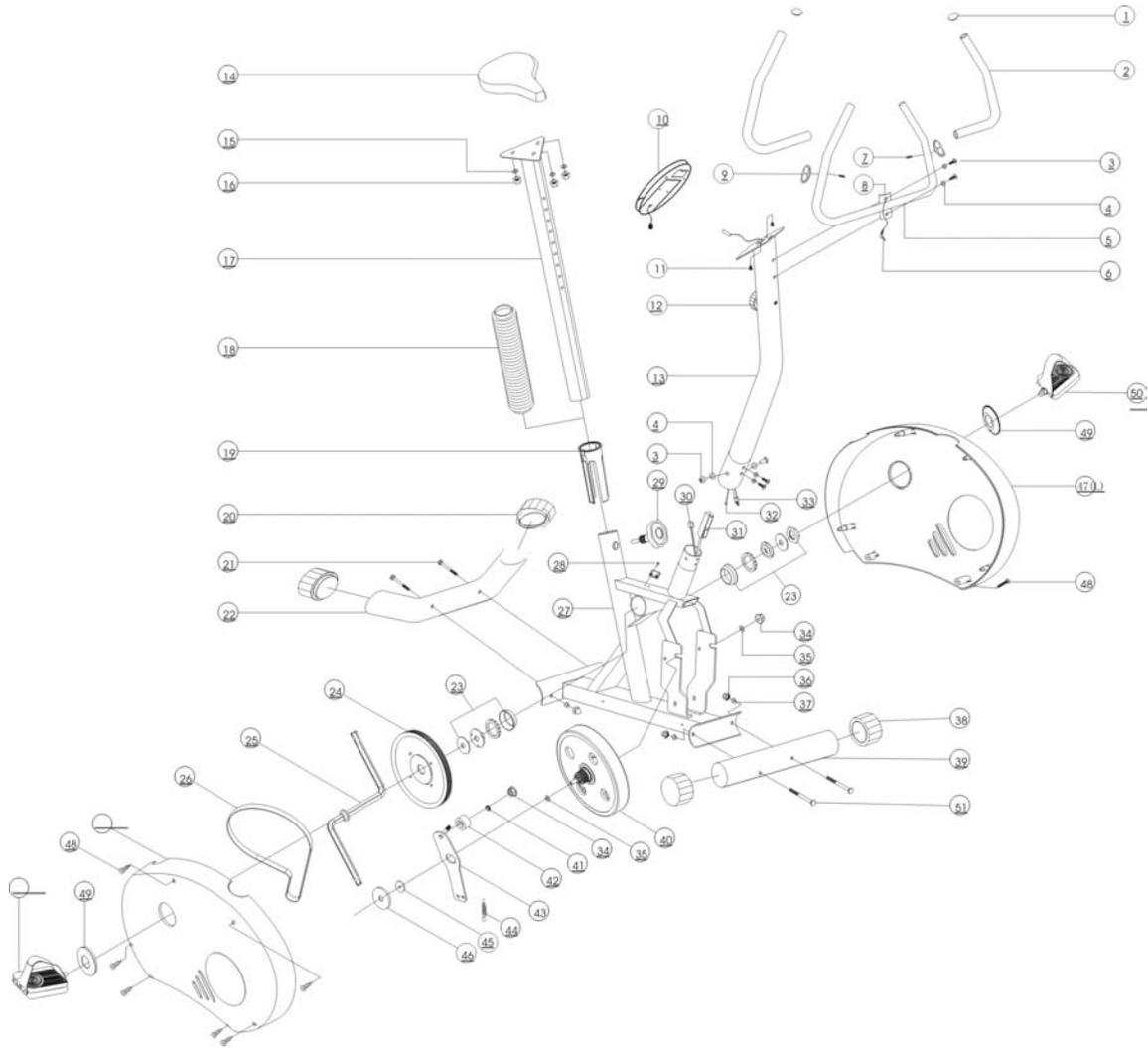
- ✍ Parts according to the parts list
- ✍ Assembly tools
- ✍ Assembly, operation, and training manuals

Important!

Please read the assembly, operating and training instructions – especially the safety notes – carefully before putting your device into operation. Then all functions can be used safely and reliably. On passing on of the device, please include the assembly, operating and training instructions.

Parts List ASSEMBLY

Before beginning assembly please first take a look at the diagram below and familiarize yourself with the labeled parts.



Parts List

Parts No	Description	Q'ty
1	End cover for handle bar	2 PCS
2	Foam grip	2 PCS
3	Screw for handle bar	6 PCS
4	Curve washer for hand pulse sensor	6 PCS
5	Handle bar	1 PC
6	Computer cable	4 PCS
7	Screw for sensor	4 PCS
8	Metal plate for handle bar	1 PC
9	Hand pulse	1 PC
10	Computer	1 PC
11	Screw for computer	2 PCS
12	Tension control	1 PC
13	Handle post	1 PC
14	Seat	1 PC
15	Curve washer for seat	8 PCS
16	Nut for seat	1 PC
17	Seat post	1 PC
18	Bellow	1 PC
19	Plastic sleeve for seat post	1 PC
20	Plastic cover for rear foot tube	2 PCS
21	Carriage bolt	4 PCS
22	Rear foot tube	1 PC
23	BB set	1 PC
24	Belt wheel	1 PC
25	Crank	1 PC
26	Belt	1 PC
27	Main frame	1 PC
28	Screw	2 PCS
29	Adjustable Height knob	1 PC
30	Lower computer cable	1 PC
31	Lower tension cable	1 PC
32	Upper computer cable	1 PC
33	Upper tension control cable	1 PC
34	Nut for idler shaft	2 PCS
35	Curve washer	2 PCS
36	Domed nut	2 PCS
37	Curve washer for stabilizer	6 PCS
38	Plastic cover for front foot tube	2 PCS
39	Plastic cover for rear foot tube	2 PCS
40	Fly wheel	1 PC
41	Sleeve	1 PC
42	Bearing	1 PC
43	Idler wheel	1 PC
44	Spring for idler wheel	1 PC
45	Washer for idler shaft	1 PC
46	Big washer idler	1 PC
47	Chain cover	2 PCS

48	Screw for chain cover	8 PCS
49	Plastic cover for crank	2 PCS
50	Pedal (L and R)	2 PCS
51	Carriage Bolt for front foot tube	2 PCS

HARDWARE

On this page all the hardware (screws, washers, nuts and tools) is shown, which you need to assemble



Nr. 3 M8*15
screw for handlebar



Nr. 36 M8
domed nut



Nr. 4/37 D19*D8.2*2.0T
curve washer for stabilizer



M6
hexgon wrench



Nr. 21 M8*70
carriage bolt for rear stabilizer



SD-01 14*15-160L
screw driver



Nr. 51 M8*75
carriage bolt for
front stabilizer

ASSEMBLY

To make assembly of the home trainer as easy as possible we have pre-assembled the most important parts. Before you assemble the device you should carefully read these assembly instructions and then proceed step-by-step as described.

Assembly Instructions

Carefully read these assembly instructions before attempting to put the Basic Home Trainer together. The base has been pre-assembled and diagrams have been included to make the assembly of the Basic Home Trainer simpler. Good luck.

1. Unpack the parts and place them on the floor in an orderly fashion. The base should be placed on a flat surface before beginning assembly.

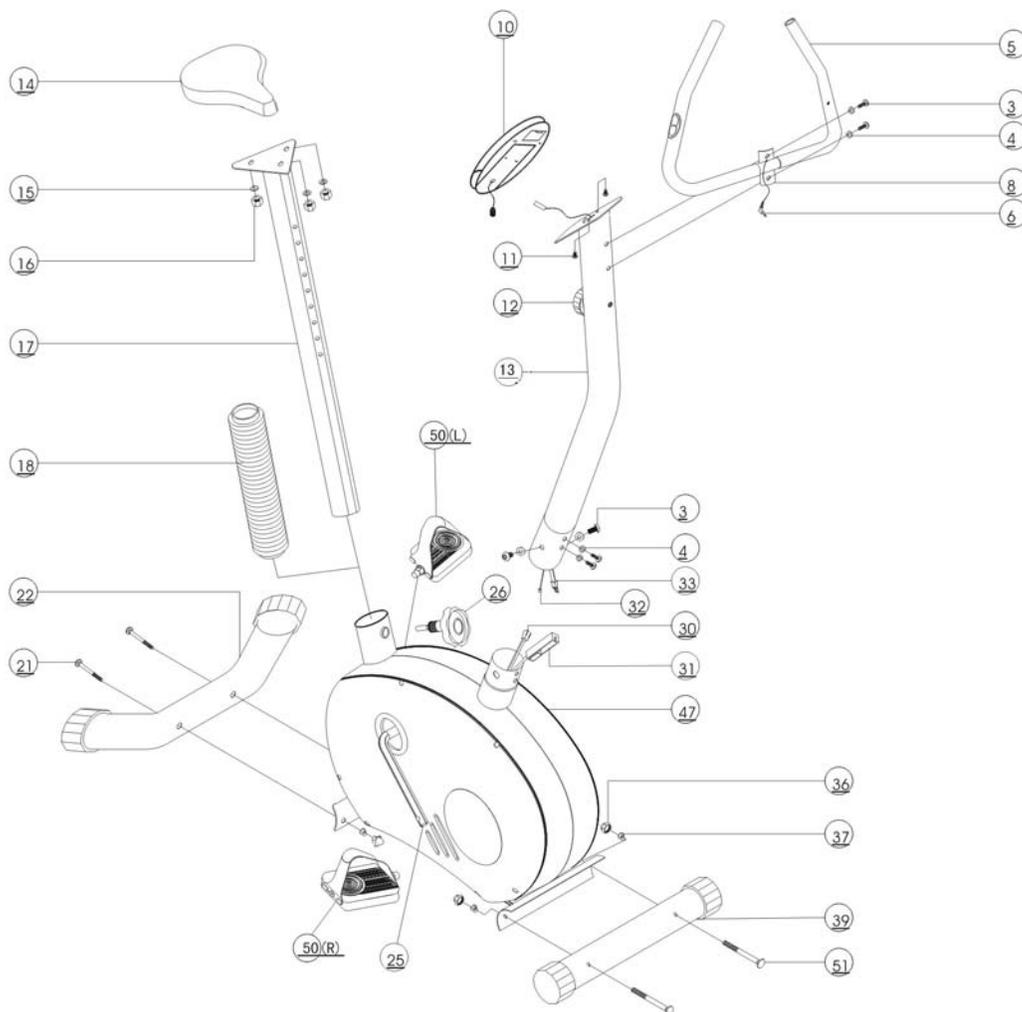


Figure 1

2. Mounting the front foot

Attach the front foot (39) to the base by using two screws (51), two washers (37) and two nuts (36).

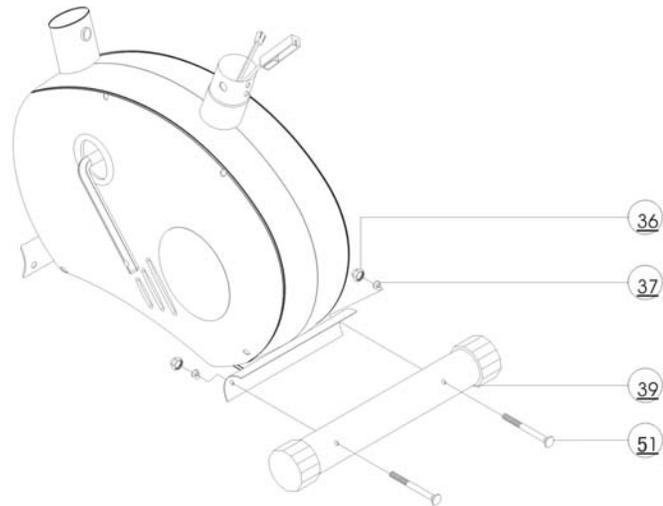


Figure 2

3. Mounting the back foot

Attach the back foot (22) to the base using two screws (21), two washers (37), and two nuts (36).

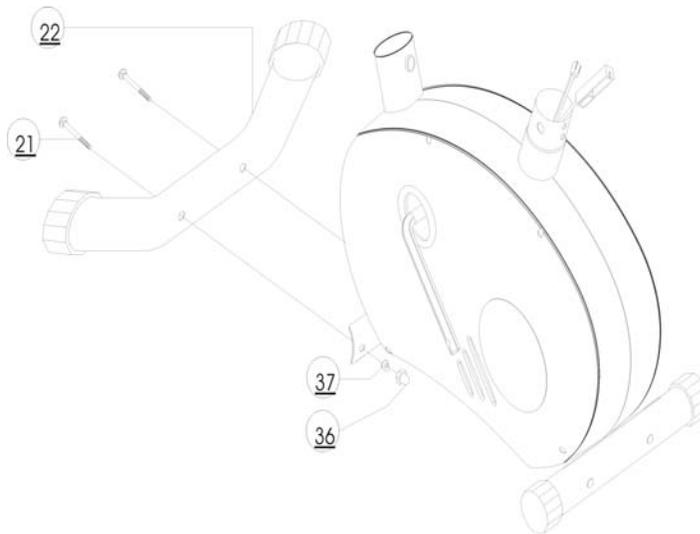


Figure 3

4. Mounting the pedal

Screw the right pedal (50)(R) in a clockwise direction and the left pedal (50)(L) in a counter-clockwise direction onto the right and left pedal cranks (25).

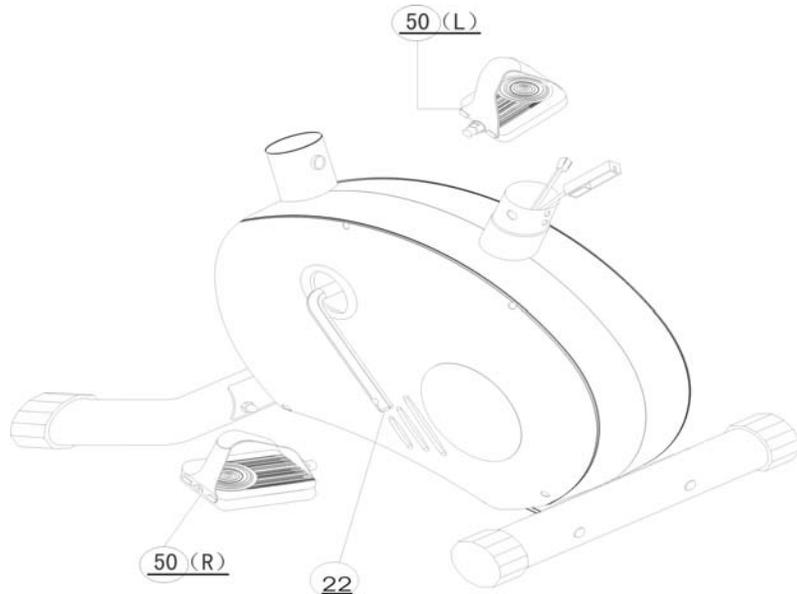


Figure 4

5. Mounting the support cover

Slide the saddle support cover (18) over the saddle support (17) and insert them into the base.

Caution!

Do not have the saddle support higher than the saddle support will allow. Adjusting the height of the saddle is achieved by pulling lightly on the quick adjusting screw (29) and positioning the saddle support higher or lower. The quick adjusting screw (29) must be released into one of the holes in the saddle support (17). Otherwise, the saddle support could loosen during training.

6. Mounting the saddle

Fasten the saddle (14) to the saddle support (17). Ensure screws are fastened tightly in order to prevent the saddle from potentially tilting during training.

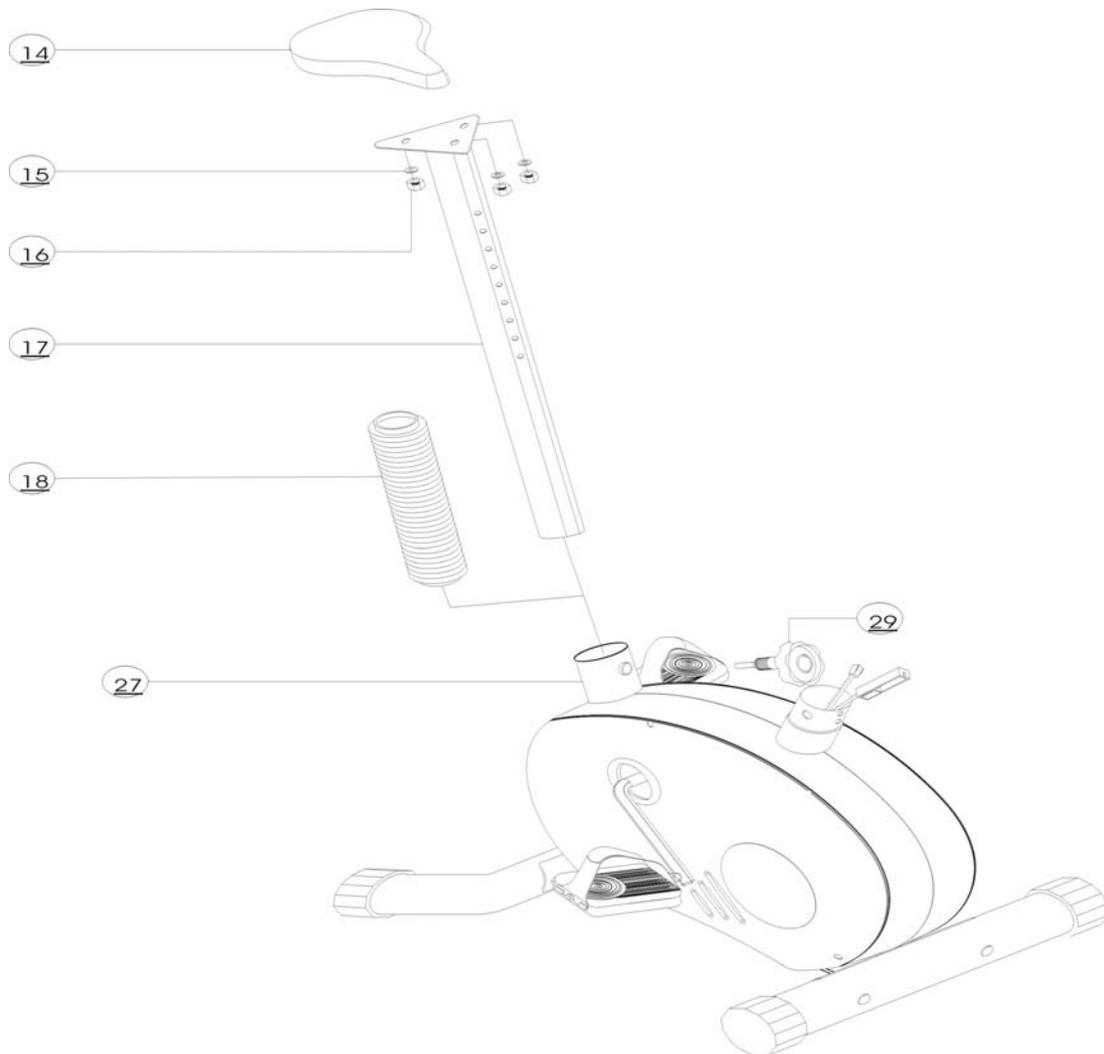


Figure 5

7. Mounting the handlebar post

Screw the four pre-assembled hexagonal socket screws (3), four washers (4), and the nuts (36) to the base. Ensure that the pedal resistance regulator (12) is set to level 1. Insert the handle bar column into the base. Connect the upper computer cable (32) and the lower computer cable (30) ensuring that the connection is correct so as to allow the signal to be transmitted to the computer. Connect the upper pedal resistance cable (33) and the lower pedal resistance cable (31). Ensure the cable connections are inside the frame. Otherwise the cable could be damaged.

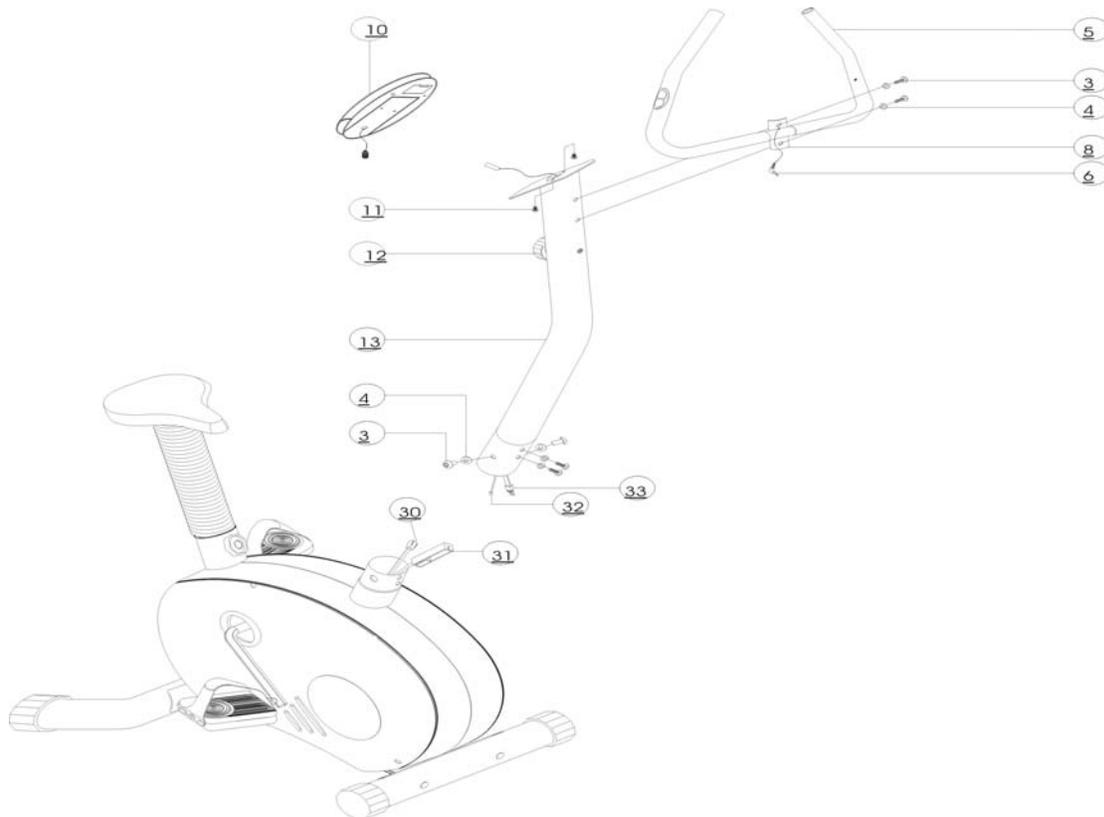


Figure 6

8. Mounting the tension control

Attach the handle bar column (13) using the four hexagonal socket screws (3), four washers (4), and four nuts (36). Turn the pedal resistance regulator (12) back and forth to ensure that it moves easily. The resistance regulating cables (31, 33) must be removed and the procedure repeated if this is not the case.

9. Mounting the handlebar post

Insert the pulse cable (6) through to the upper plate of the handle bar column (13) while holding the handle bar (5) over the handle bar column (13). Attach the handle bar (5) to the handle bar column (13) by screwing it onto the upper holes with the hexagonal socket screws (3), washers (4) and nuts (36).

10. Mounting the computer

Slide the computer (10) onto the top of the handle bar column (13) and fasten using the screws (11). Insert batteries into the battery compartment of the computer and close the compartment. Check the functions of the computer (refer to 'Using the Computer').

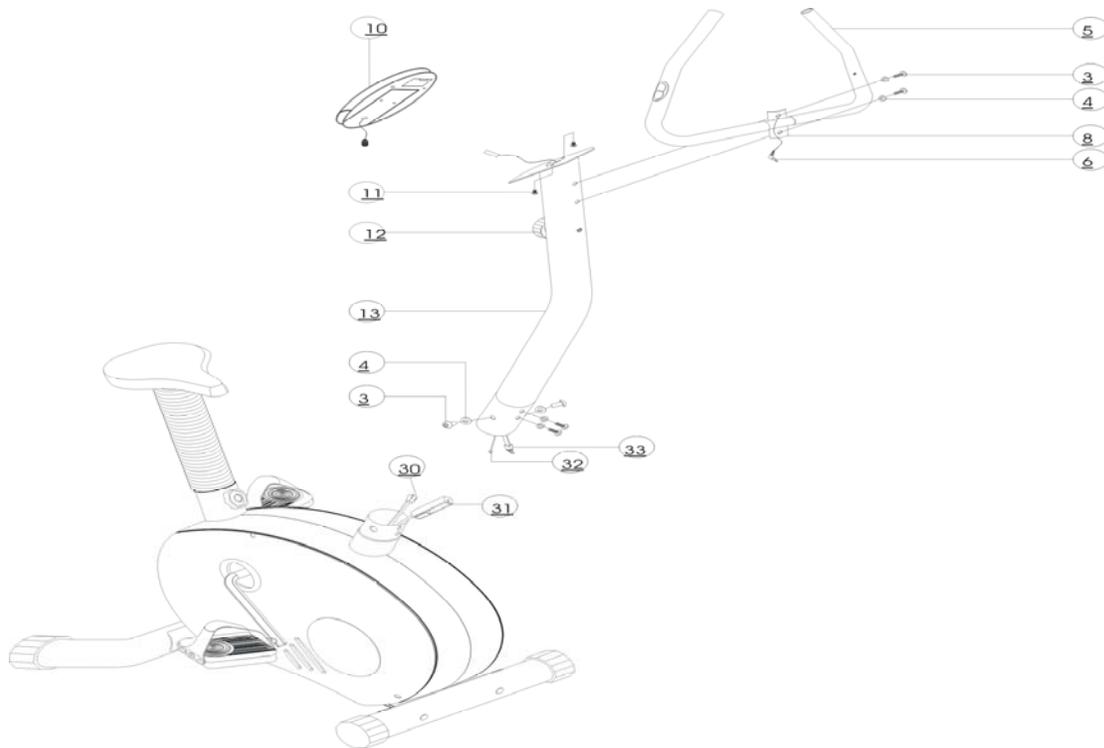


Figure 7

The Computer

1. LCD display and computer functions



Using the Computer

MODE: To select functions of time, speed, distance, calories and pulse (if available). Hold the button for two seconds in order to reset functions.

SCAN: Press “Mode” to select “Scan” mode w/a “Scan” sign on the upper left corner of the monitor. This function will automatically scan through all the functions displayed on the bottom line of the monitor.

TIME: Automatically accumulates the workout time from starting exercise.

SPEED: Displays current speed during workout time.

DIST: Automatically accumulates workout distance from starting exercise.

CALS: Automatically calculates the calories accumulated from starting exercise.

PULSE: Automatically detects and displays your current heart rate while exercising. Rub your earlobe fifteen times to obtain a signal before putting on the earlobe clip.

NOTE:

1. Do not rely on the pulse function for medical purposes.
2. Replace batteries if incorrect information is displayed on the monitor.
3. Two AA batteries are required as a power supply.
4. The monitor will be automatically shut off if there is no signal being transmitted within four to five minutes.
5. The monitor will turn on when exercise begins.
6. “K” or “M” shows on SPEED and DISTANCE columns to indicate kilometer or mile.

Training Information

Information:

Generally speaking, any healthy person can start fitness training. Keep in mind, however, that you cannot make up for a long period of neglect in a short time. Physical fitness, increased endurance and well being can easily be achieved through a suitable training program. Your level of fitness will improve after only a relatively short period of **regular** training and this keeps your heart, circulatory system and locomotors system in shape. Your oxygen absorption capability will also improve. Further positive changes occur within the metabolic system.

The important thing is that you tailor your training to your own body and not overdo it. Keep in mind that sports are supposed to be fun.

WE STRONGLY RECOMMEND THAT YOU CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN TRAINING.

Spare parts

