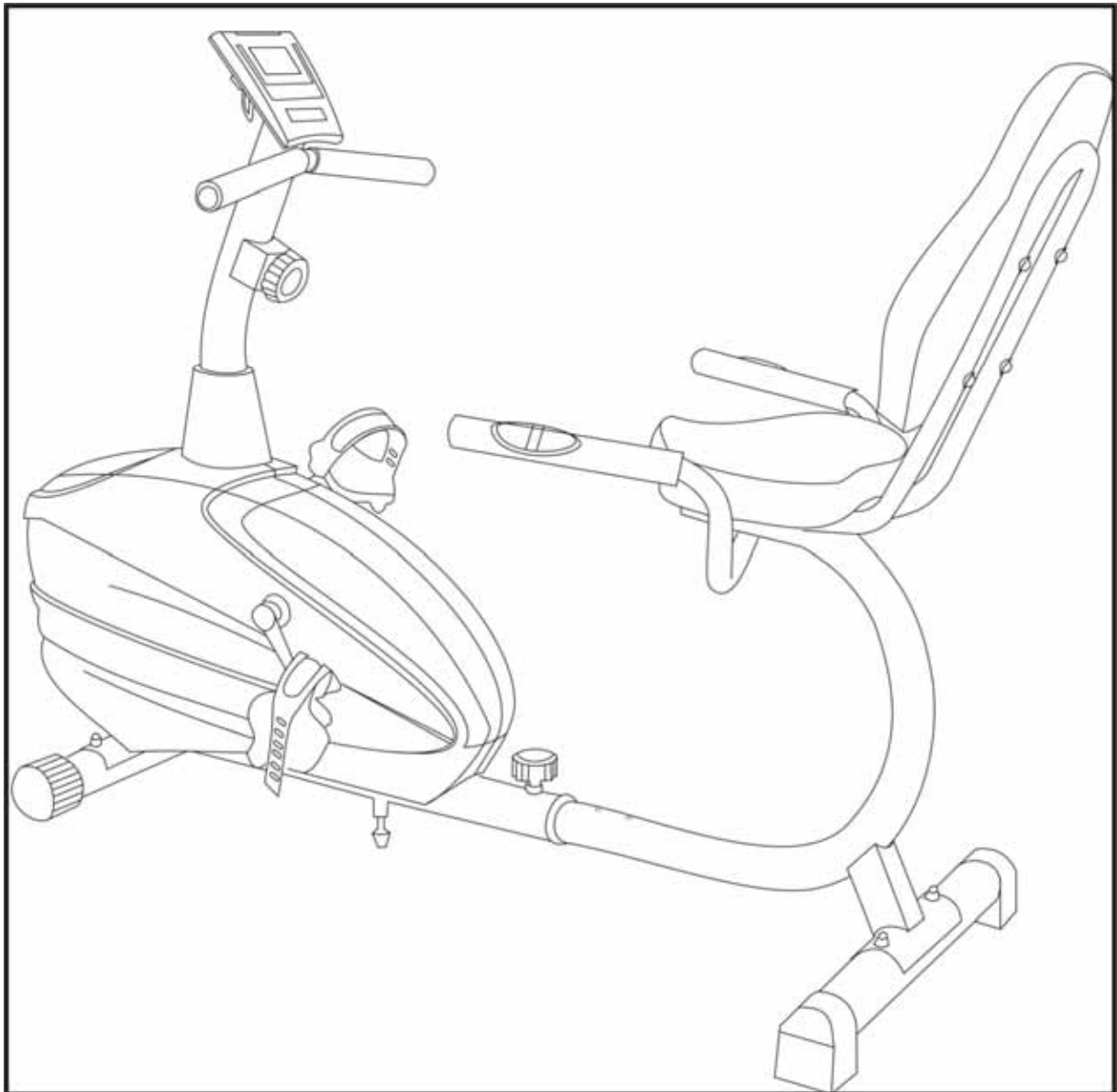


# CF-1000

## EXERCISE BIKE

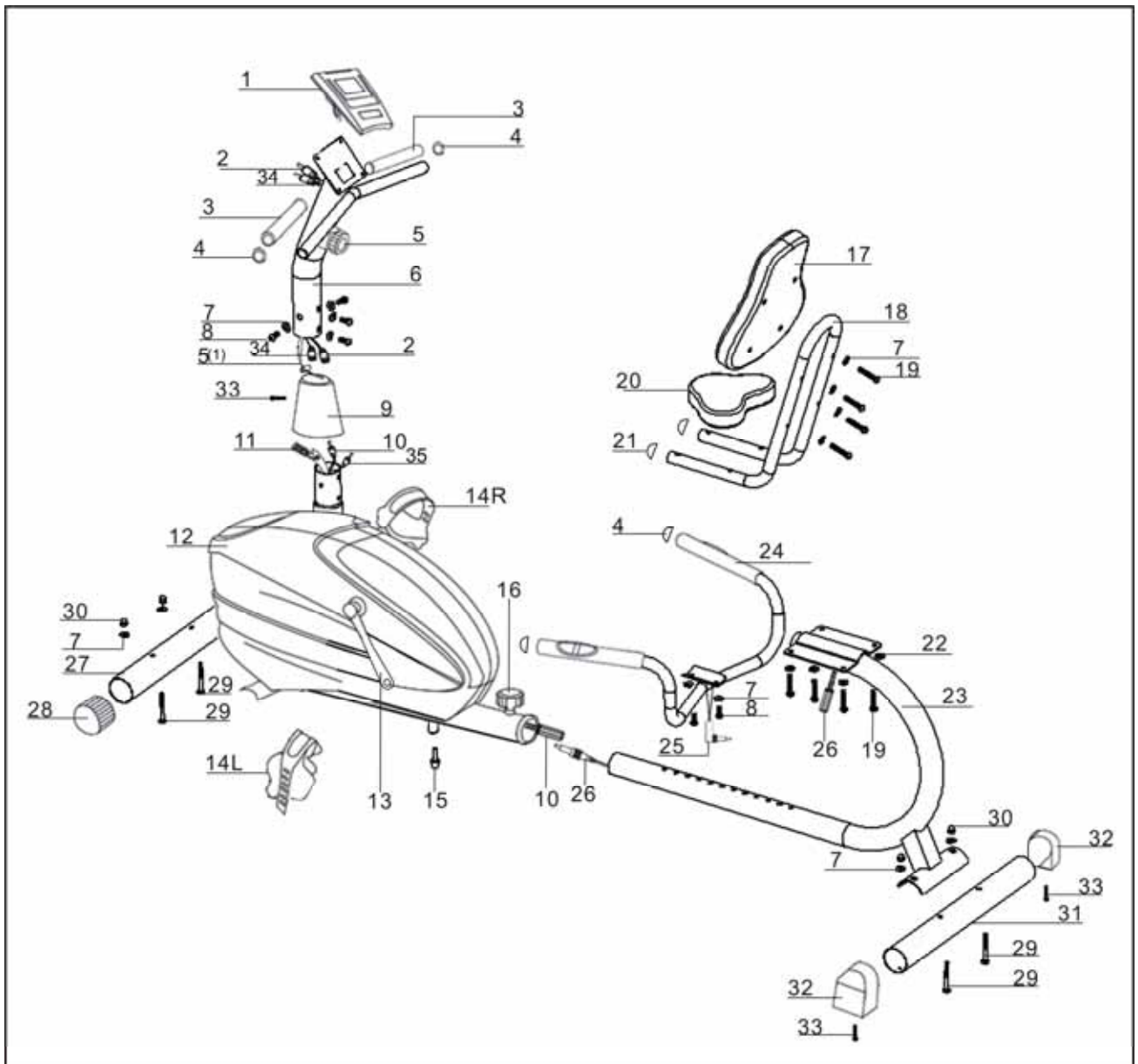


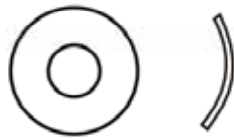
## **Important Safety Information**

### **Please keep this manual in a safe place for reference.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.
13. Technical assistance service: contact the establishment where you purchased the product, showing the purchase receipt.

# EXELODED-VIEW ASSEMBLY DRAWING

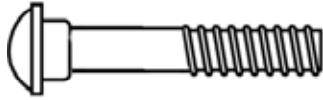




Spring Washer  
Ø20\* Ø8.2\*1.5T



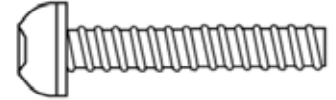
M8



Carriage Bolt  
(M8x70mm)



M8\*16



M8\*45



Washer  
Ø20\* Ø8.2\*1.5T

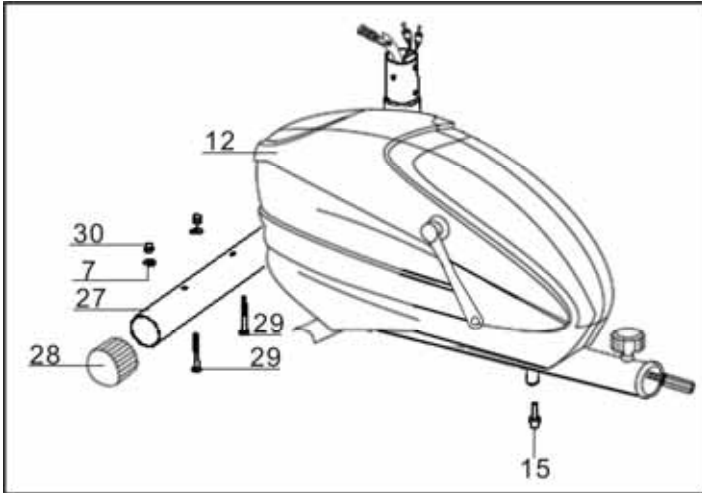
## DM-1000PART LIST

| No   | Description                  | Demonstration   | Qty   |
|------|------------------------------|-----------------|-------|
| 1    | Computer                     |                 | 1PC   |
| 2    | Upper Hand Pulse Sensor Wire |                 | 1PC   |
| 3    | Foam for Front Handle Bar    | ∅ 25*1.5T       | 2PCS  |
| 4    | Grip for Front Handle Bar    | ∅ 25*1.5T       | 4PCS  |
| 5    | Tension Knob                 |                 | 1PC   |
| 5(1) | Upper Wire of Tension Knob   |                 | 1PC   |
| 6    | Front Post                   |                 | 1SET  |
| 7    | Curved Washer                | ∅ 20*∅ 8.2*1.5T | 14PCS |
| 8    | Key Head Bolt                | M8*16           | 6PCS  |

|    |                                      |                 |      |
|----|--------------------------------------|-----------------|------|
| 9  | Plastic Protection                   |                 | 1PC  |
| 10 | Middle Hand Pulse Sensor Wire        |                 | 1PC  |
| 11 | Lower Wire of Tension Knob           |                 | 1PC  |
| 12 | Main Frame                           |                 | 1SET |
| 13 | Crank Assemble                       | L&R             | 1SET |
| 14 | Pedal                                | L&R             | 1SET |
| 15 | Cushion                              | M10             | 1PC  |
| 16 | Adjustment Knob                      | M14             | 1PC  |
| 17 | Padded Back Support                  |                 | 1PC  |
| 18 | Frame for back Support               | ∅ 25*2.0T       | 1PC  |
| 19 | Head Bolt                            | M8*45           | 8PCS |
| 20 | Seat                                 |                 | 1PC  |
| 21 | Grip                                 | ∅ 25*2.0T       | 2PCS |
| 22 | Washer                               | ∅ 20*∅ 8.2*1.5T | 4PCS |
| 23 | Seat Post                            |                 | 1SET |
| 24 | Handle Bar                           |                 | 1SET |
| 25 | Hand Pulse Sensor Wire on Handle Bar |                 | 1SET |
| 26 | Lower Hand Pulse Sensor Wire         |                 | 1PC  |
| 27 | Front Stabilizer                     |                 | 1PC  |
| 28 | Front End Cap                        |                 | 2PCS |
| 29 | Bolt                                 | M8*70           | 4PCS |

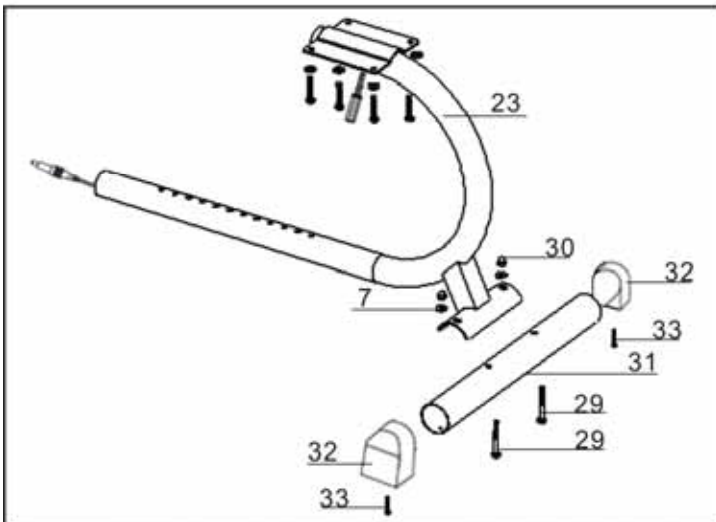
|    |                     |       |      |
|----|---------------------|-------|------|
| 30 | Domed Nut           | M8    | 4PCS |
| 31 | Rear Stabilizer     |       | 1PC  |
| 32 | Rear End Cap        |       | 2PCS |
| 33 | Key Head Bolt       | M5*20 | 3PCS |
| 34 | Upper Computer Wire |       | 1PC  |
| 35 | Lower Computer Wire |       | 1PC  |

## ASSEMBLY INSTRUCTION



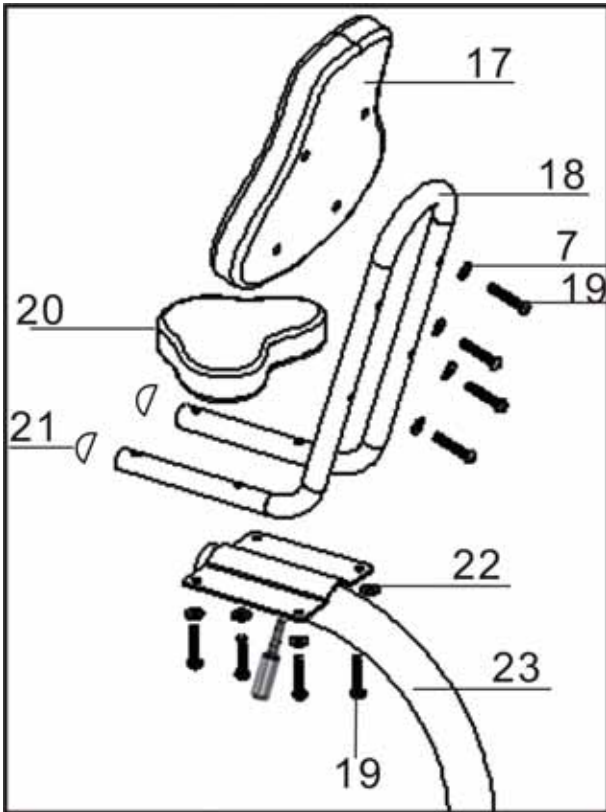
### STEP 1

Attach the Front Stabilizers (27) to the Main Frame (12) using 2 sets of Domed Nuts (30), washers (7) and Bolts (29). Then Put the Front End Cap (28) onto the Front Stabilizers (27)



### STEP 2

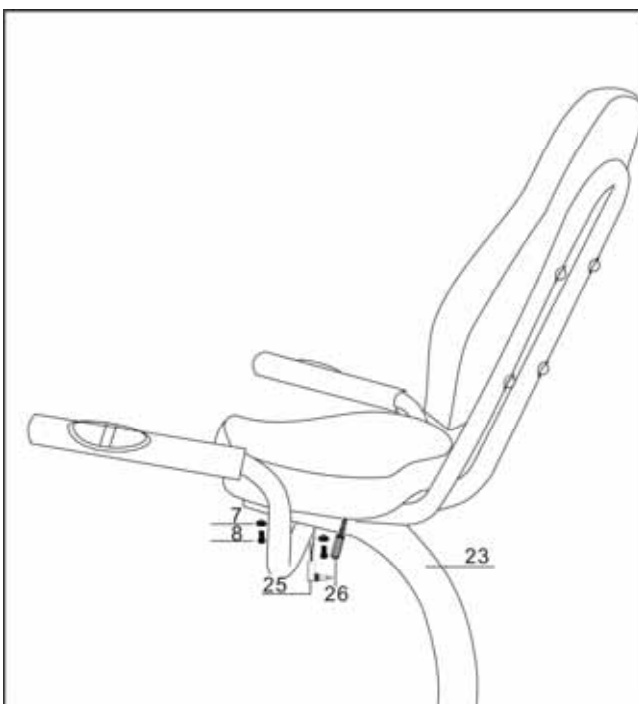
Attach the Rear Stabilizer (31) on the seat Post (23), using 2 sets of the Domed Nuts (30), washers (7) and Bolts (29). Put the Rear end Cap (32) onto the Rear Stabilizer (31), using Key Head Bolt (33)



**STEP 3**

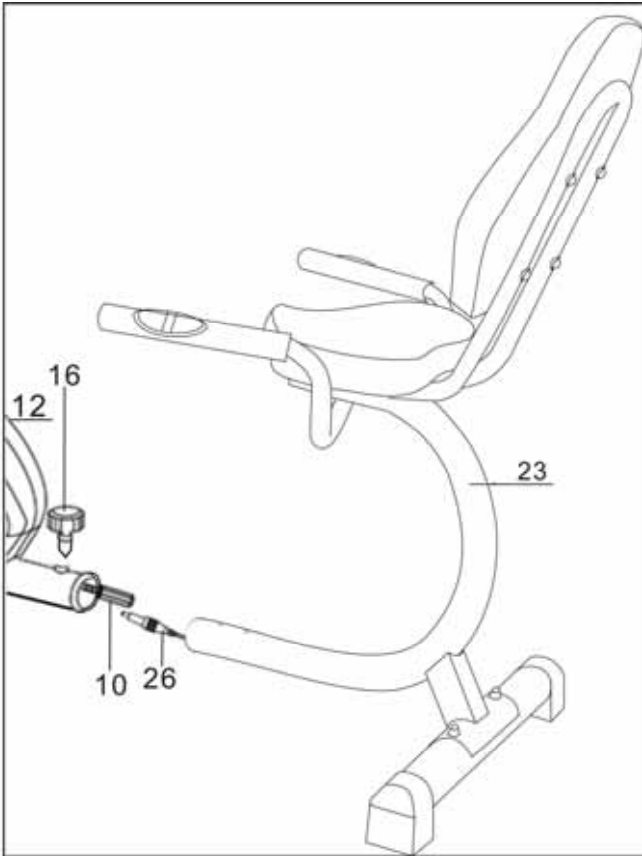
Attach the Padded back Support (17) on The Frame for Back Support (18), using key Head Bolts(19), washer(7).

Attach the Frame for Back Support (18) on the Seat Post(23), using key head Bolt(19) and Washer(22). Put on Grip (21) on the Frame for Back Support(18)



**STEP 4**

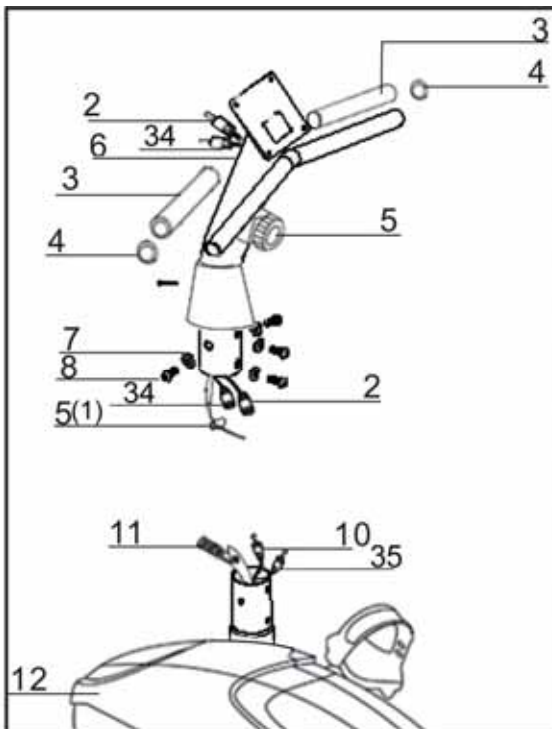
Connect the hand pulse sensor wire on the handle bar (25) and lower hand pulse sensor wire(26).



**STEP 5**

Connect lower hand pulse sensor wire(26) and Middle hand pulse sensor wire(10).

Attach the Adjustment Knob(16) on the MainFrame(12)



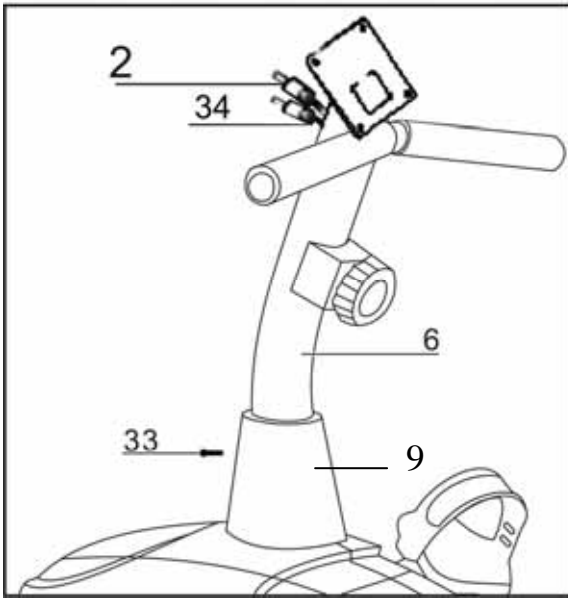
**STEP6**

Connect lower wire of tension knob (11) with upper wire of tension knob 5(1).

Connect Middle hand pulse sensor wire (10) with upper hand pulse sensor wire (2).

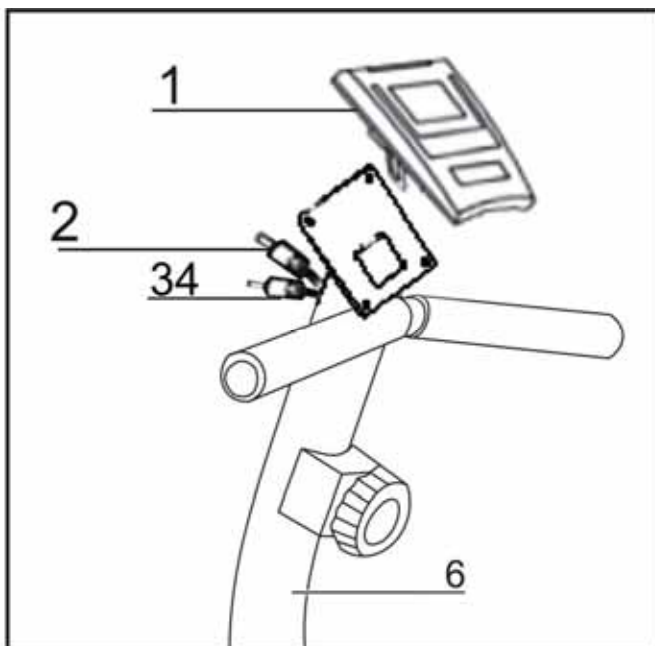
Connect upper computer wire(34) with lower computer wire (35)

Attach the front post (6) and the main frame(12),using curved washer (7) and key head bolt(8).



### **STEP7**

Fix the plastic protection (9) on the front post (6), using bolt (33).



### **STEP8**

Slide the computer (1) on the front post (6), and attach upper hand pulse sensor wire (2), and upper computer wire on the computer (1).

Exercise Computer

**SPECIFICATIONS:**

TIME(TMR).....00:00-99:59

CALORIES(CAL).....0-9999KCAL

**SPEED(SPD).....0.0-99.9KM/H      PULSE.....40-240BPM**

DISTANCE(DST).....0.00-999.9KM

**KEY FUNCTIONS:**

**MODE:** This key lets you to select and lock on to a particular function you want.

**PAUSE:** Press to start or stop the operation of functions.

**SET:** The key allows you to choose a target value for TIME, DISTANCE, CALORIES & PULSE.

**RESET:** Reset the value to zero by pressing the key.

**OPERATION PROCEDURES:**

**1. AUTO ON/OFF**

The system turns on when any key is pressed or when it sensor an input from the speed sensor.

The processor turns off automatically when the speed has no signal input or no key is pressed for approximately 4 minutes.

**2. RESET:**

The unit can be reset by either changing battery or pressing the RESET key for 3 seconds.

**3. HOW TO PRESET TIME, DISTANCE, PULSE & CALORIES:**

Press the MODE KEY until the function brand which is going to be preset is flashing.

Press the MODE key once the function brand stop flashing.

Next, Choose the value you want to exercise by the SET key.

When the speed sensor has any signal input, The monitor will begin to count down.

It will beep for 10 seconds to indicate the completion of workout which is present, press any key to stop beeping.

If data is not preset, Any function date will count up.

**TIME:** The time of exercise will be displayed by pressing MODE. Key until brand TMR appear.

**SPEED:** Current speed will be shown by pressing MODE key until brand DST appear.

**DISTANCE:** The distance of each workout will be displayed by pressing MODE key until brand DST appear.

**PULSE:** User's current heart rate is displayed in beats per minute(BPM) by pressing MODE key until brand PULSE appear, Place the palms of your hands on both of the contact pads and wait for 30 seconds for the most accurate reading.

**CALORIES:** The calories burned will be displayed by pressing MODE key until brand CAL appear.

**SCAN:** Automatic display of the following functions in the order shown:

TIME-SPEED-DISTANCE-PULSE-CALORIES(repeat).

**4. BATTERY**

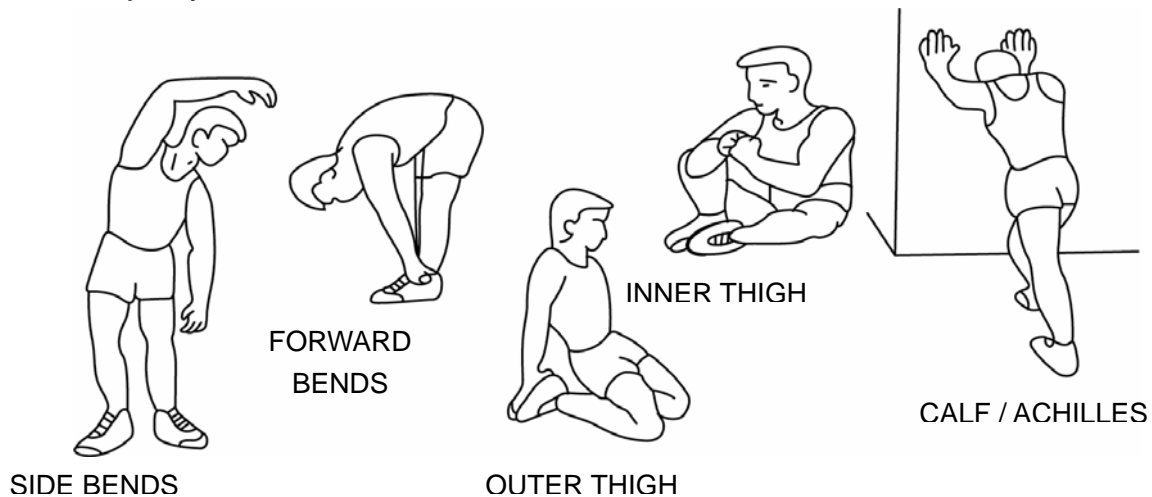
This monitor users two "AA" or AG 13 batteries. You can replace the batteries at the back of the unit.

## **EXERCISE INSTRUCTIONS**

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

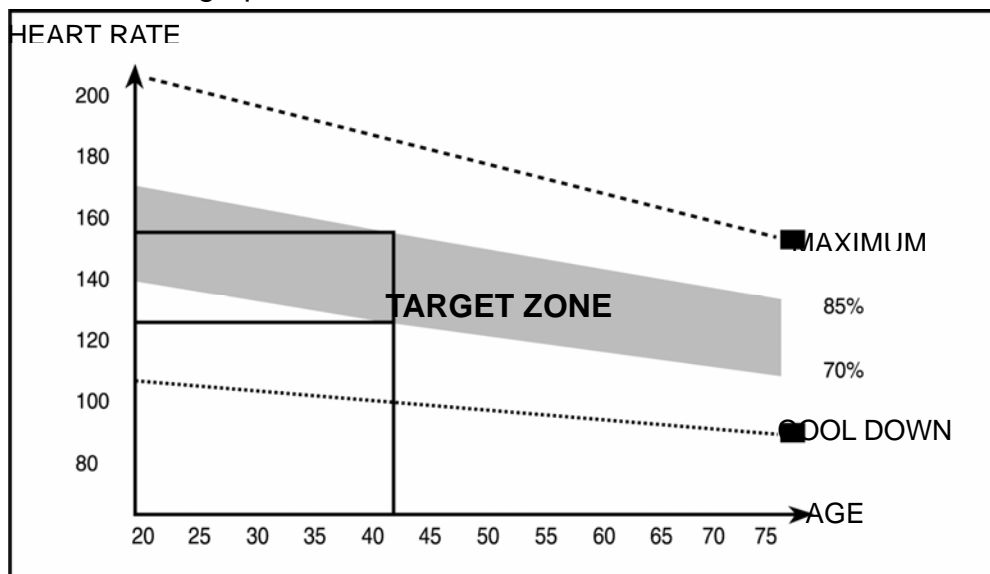
### **1. The Warm Up Phase**

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



### **2. The Exercise Phase**

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

### **3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **4. Fault Finder**

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

### **MUSCLE TONING**

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

### **USE**

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.