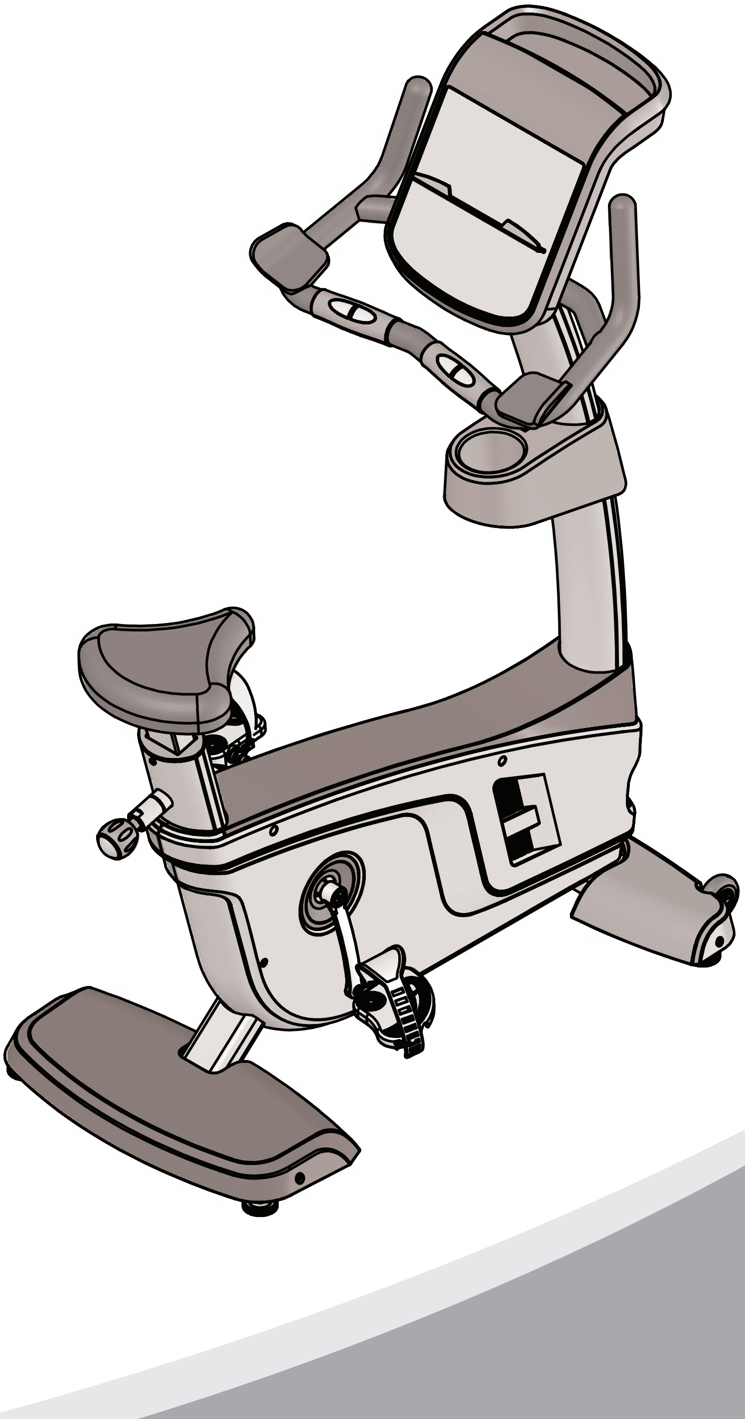
RU500

UPRIGHT BIKE

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

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Important Safety Instructions

Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

Location

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.

Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.
8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Warm Up Exercises

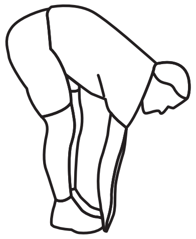
EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.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HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

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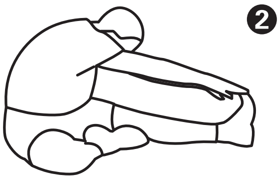
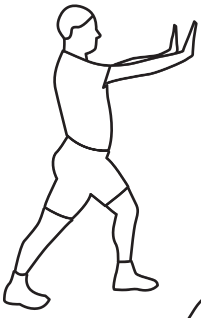


CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.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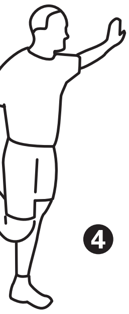
QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.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INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

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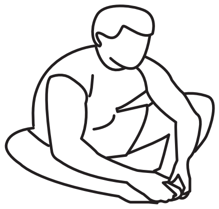


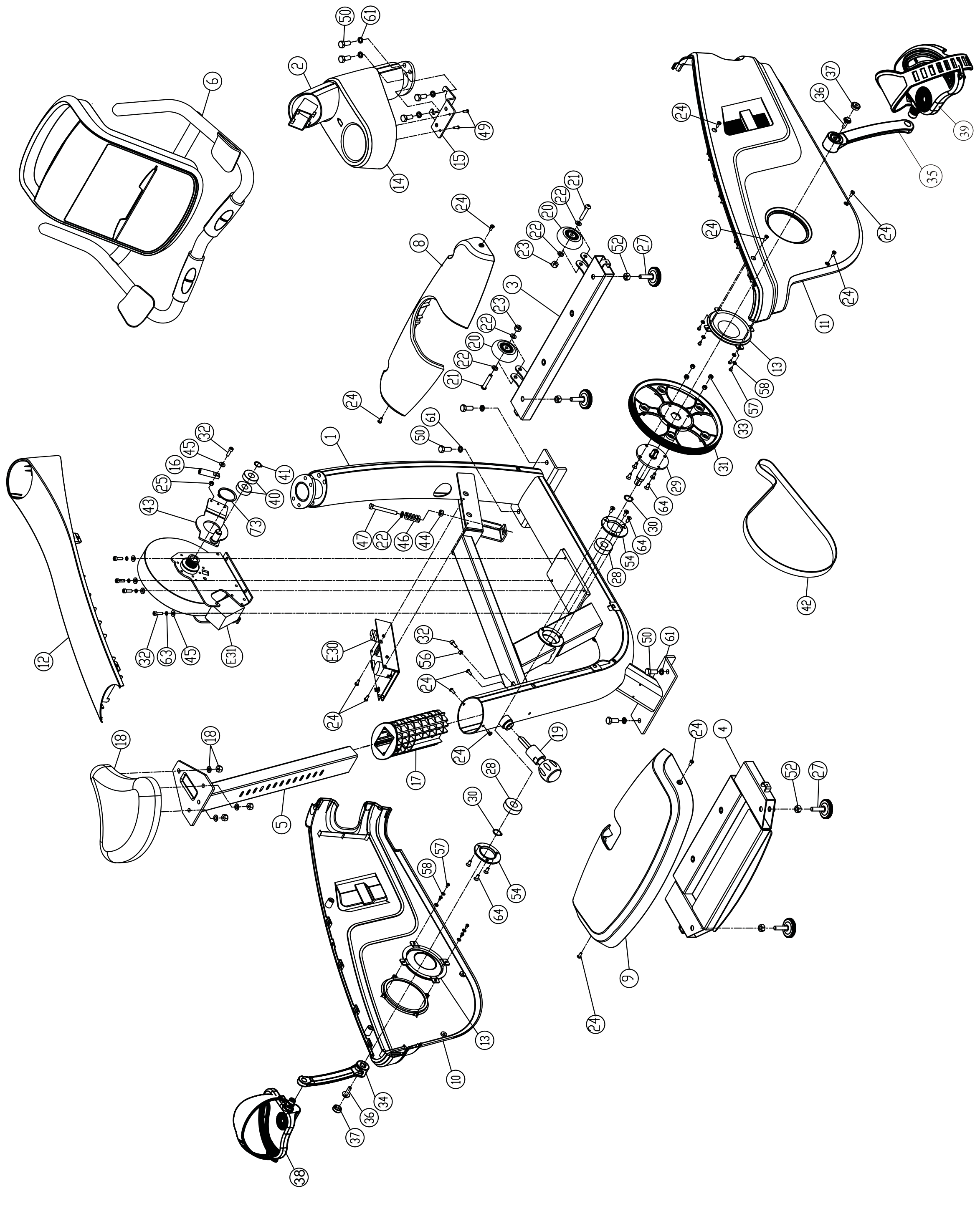
Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Frame	1	23	Lock Nut	2
2	Upright Frame	1	24	Screw	13
3	Front Base	1	25	Hex Nut	1
4	Rear Base	1	27	Leveler Foot	4
5	Seat Post	1	28	Bearing	2
6	Handlebar	1	29	Shaft	1
7	Console Bracket	1	30	Ring-Shield	2
8	Front Base Cover	1	31	Belt Pulley	1
9	Rear Base Cover	1	32	Socket Head Shoulder Screw	6
10	Left Cover	1	33	Lock Nut	4
11	Right Cover	1	34	Left Crank	1
12	Top Cover	1	35	Right Crank	1
13	Crank Ring	2	36	Hexagon Bolt with Flange	2
14	Water Bottle Holder	1	37	Plug For Crank	2
15	Cup Holder Bracket	1	38	Left Pedal	1
16	Tightening Nut	1	39	Right Pedal	1
17	Plastic Sleeve	1	40	Bearing	2
18	Seat	1	41	Ring-Shield	1
19	Pull-Pin	1	42	Poly-V Belt	1
20	PU Wheel	2	43	Tightener	1
21	Button Head Screw	2	44	Hex Nut	1
22	Washer	14	45	Washer	5

Parts List

Item No.	Description	QTY	Item No.	Description	QTY
46	Tension Spring	1	E3	Display Cabinet	1
47	Hex Head Bolt	1	E4	Circuit Board Frame	1
49	Screw	12	E5	Support Pillar	4
50	Hex Head Bolt	8	E6	Screw	4
51	U Nut	8	E7	Screw	11
52	Hex Nut	5	E8	Front Scarf	1
54	Bearing End Cover	2	E9	Rear Scarf	1
56	Spacer	1	E13	Hex Head Bolt	5
57	Screw	8	E14	Assy,Hand Pulse	2
58	Washer	8	E17	PCB	1
61	Spring Washer	8	E18	Hand Pulse Circuitry Board	1
62	Spring Washer	8	E19	Hand Pulse Cable To Console	1
63	Spring Washer	4	E20	Upper Harness	1
64	Screw	10	E21	Hand Pulse Cable	2
65	Washer	2	E22	Wireless Receiver	1
66	Socket Head Shoulder Screw	2	E24	SBM	1
67	Socket Head Shoulder Screw	7	E25	Magnet Cord	3
73	Ring-Shield	1	E26	Console Overlay	1
75	Screw	6	E30	Consollor PCB	1
76	Cover	1	E31	Hybird	1
E1	Console Top Cover	1	E32	Console Cable	1
E2	Console Bottom Cover	1			

Exploded View



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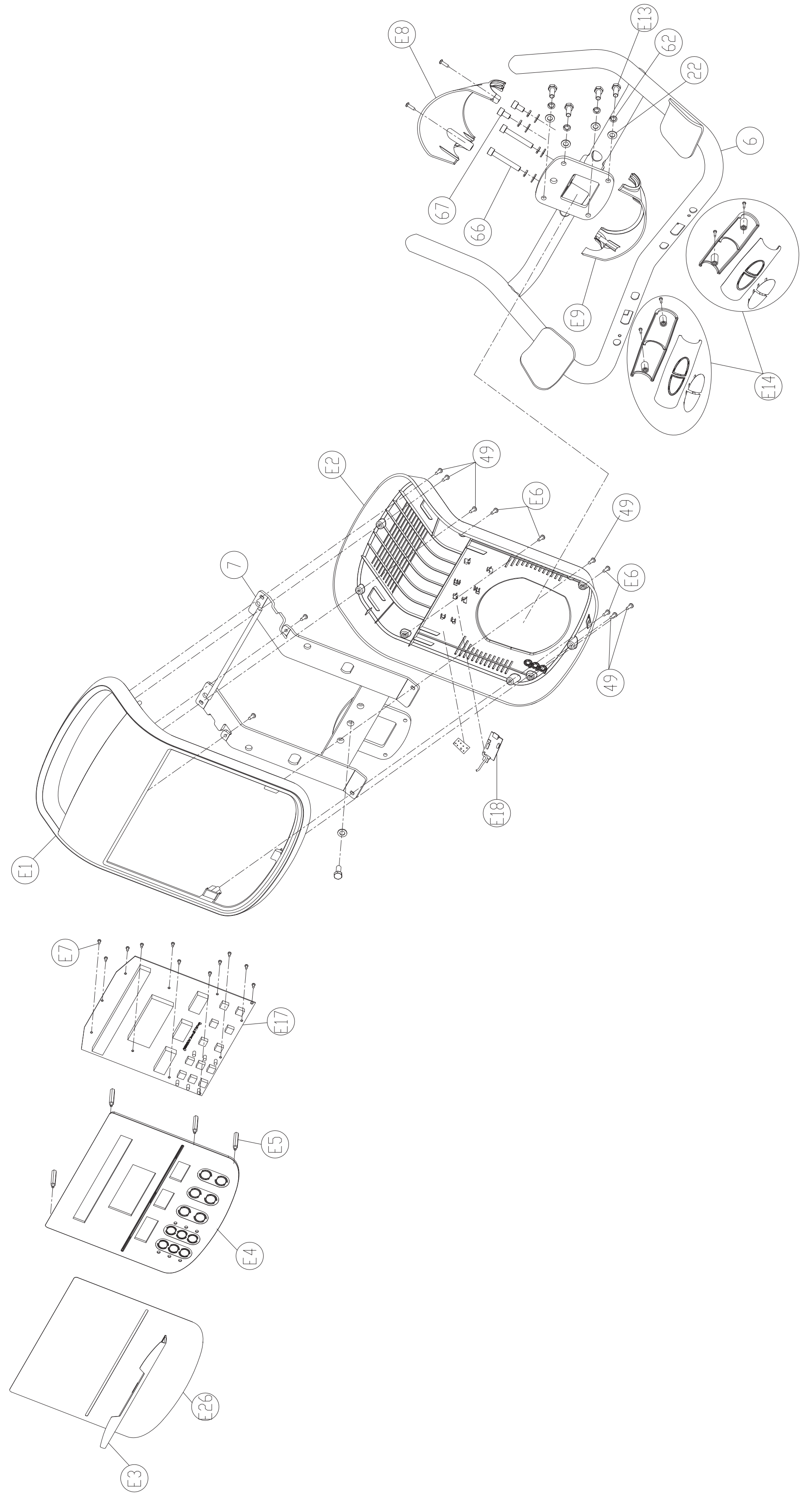
Exploded View


E8
E13
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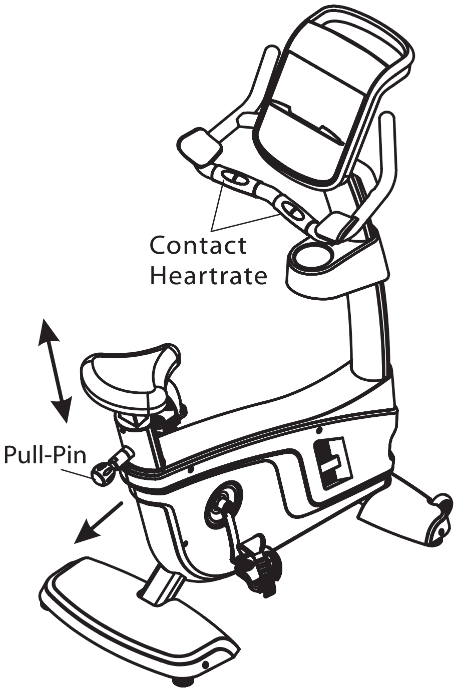
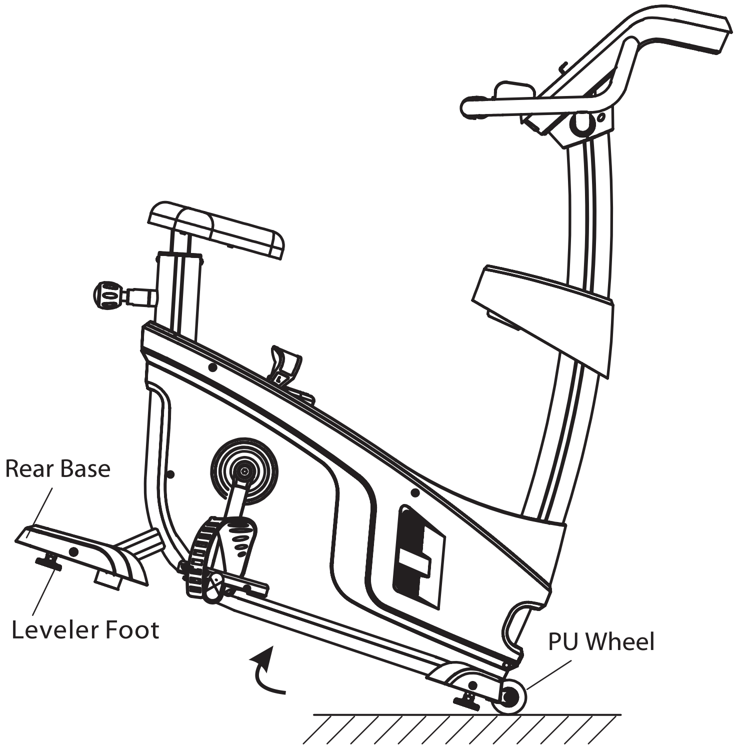
E5
E4
E26
E3

Usage And Maintenance


Contact
Heartrate
Pull-Pin


Rear Base
Leveler Foot
PU Wheel

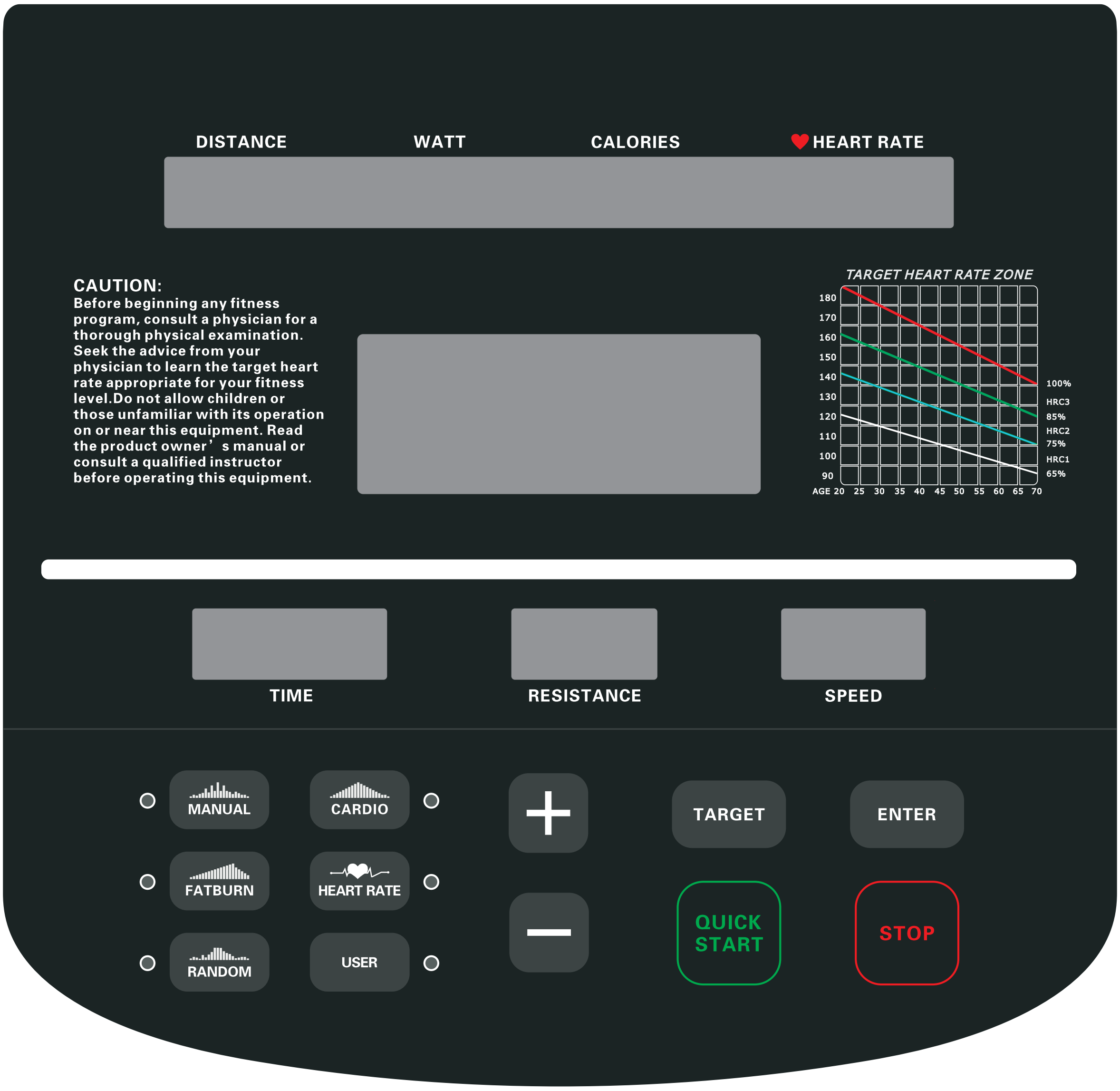
Instruction

1. Max. User Weight is 160 Kg.
2. When moving the machine, grasp the Rear Base, you can move it by the PU Wheel.
3. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Leveler Foot.
4. You can adjust the height of the seat by the Pull-Pin.
5. When adjusting the resistance, you can also use the rapid button, the "-" is down, the "+" is up.

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions



CAUTION:
Before beginning any fitness program, consult a physician for a thorough physical examination. Seek the advice from your physician to learn the target heart rate appropriate for your fitness level.Do not allow children or those unfamiliar with its operation on or near this equipment. Read the product owner' s manual or consult a qualified instructor before operating this equipment.

DISTANCE
WATT
CALORIES
HEART RATE
TARGET HEART RATE ZONE
180
170
160
150
140
130
120
110
100
90
AGE 20
25
30
35
40
45
50
55
60
65
70
100%
HRC3
85%
HRC2
75%
HRC1
65%
TIME
RESISTANCE
SPEED
MANUAL
CARDIO
FATBURN
HEART RATE
RANDOM
USER
+
−
TARGET
ENTER
QUICK START
STOP

Console Panel Functions

CONSOLE PANEL FUNCTION

DISTANCE
WATT
CALORIES
♥ HEART RATE

1. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

2. WATT WINDOW

Indicates user's current power (Watt).

3. CALORIE WINDOW

Indicates estimated calories burned, based on user's weight, speed, resistance, and time.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).

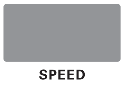
5. TIME WINDOW

Indicates elapsed time after press Start in minutes and seconds (0-99minutes, 0-59seconds).

RESISTANCE

6. RESISTANCE WINDOW

Indicates workout in degree of Resistance L1—L20 in 1 increments.



7. SPEED WINDOW

Indicates workout laps per minute on pedal.

8. DOT MATRIX

8.1 Indicates ENTER WEIGHT KGS (or Lbs) when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START QUICK START

This button is used to start the current program.

2. STOP STOP

This button is used to stop the current program.

3. + and - + −

These buttons are used to adjust the degree of Resistance of the machine during workout.

These buttons are also used to adjust the values when setting up your workout.

4. TARGET TARGET

This button is used to cycle through to the desired programs (time countdown, calories countdown, distance countdown mode).

Console Panel Functions

5. ENTER

This button is used to enter value of program mode.

6. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

7. FAT BURN ONE TOUCH

This button is used to select workout "fat burn mode".

8. RANDOM ONE TOUCH

This button is used to select workout "random mode".

9. CARDIO ONE TOUCH

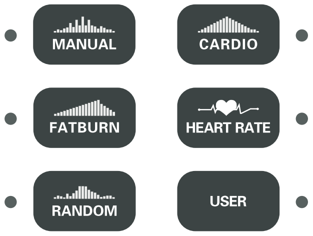
This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

11. USER ONE TOUCH

This button is used to select workout "user mode".



CONSOLE OPERATION

1. QUICK START / MANUAL MODE

1.1 Start the pedal

1.2 Indicates "ENTER WEIGHT KGS" in dot matrix, "68" will flash in degree of Resistance window. Use level of Resistance + or – button to adjust user's weight.

1.3 Press "ENTER", indicates "PRESS START OR SELECT PROGRAM" in dot matrix.
(1) If press START button through manual mode;
(2) If press FAT BURN button through fat burn mode;
(3) If press RANDOM button through random mode;
(4) If press CARDIO button through cardio mode;
(5) If press HEART RATE button through heart rate mode;
(6) If press USER button through user mode.

1.4 If press TARGET button to cycle through to time countdown, distance countdown, calories countdown mode.

1.5 If press STOP button will be reset.

2. PROGRAM MODE

2.1 TIME COUNTDOWN MODE

Press TARGET button to cycle through time countdown mode After enter weight.
(1) Indicates TIME COUNTDOWN in dot matrix, Time window will be flash 30:00, Use level + or – button to adjust value;
(2) Indicates ENTER TIME in dot matrix after 5 seconds;
(3) Indicates PRESS START in dot matrix after press ENTER button.

2.2 DISTANCE COUNTDOWN MODE

Press TARGET button to cycle through distance countdown mode after enter weight.
(1) Indicates DISTANCE COUNTDOWN in dot matrix, Distance window will be flash "0.00", Use level + or – button to adjust value;
(2) Indicates ENTER DISTANCE in dot matrix after 5 seconds;
(3) Indicates PRESS START in dot matrix after press ENTER button.

2.3 CALORIES COUNTDOWN MODE

Press TARGET button to cycle through calories countdown mode after enter weight.
(1) Indicates CALORIES COUNTDOWN in dot matrix, Distance window will be flash "000", Use level + or – button to adjust value;
(2) Indicates ENTER CALORIES in dot matrix after 5 seconds;
(3) Indicates PRESS START in dot matrix after press ENTER button.

2.4 PROGRAM

2.4.1 FAT BURN

Press FAT BURN button
(1) Indicates FAT BURN MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
(2) Indicates workout curve in dot matrix after 5 seconds;
(3) Indicates ENTER TIME in dot matrix after 5 seconds;
(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.2 RANDOM

Press RANDOM button
(1) Indicates RANDOM MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
(2) Indicates workout curve in dot matrix after 5 seconds;

(3) Indicates ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.3 CARDIO

Press CARDIO button

(1) Indicates CADIO MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;

(2) Indicates workout curve in dot matrix after 5 seconds;

(3) Indicates ENTER TIME in dot matrix after 5 seconds;

(4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.4 HEART RATE

User must wear chest belt when through HEART RATE mode

HR1: Target pulse is 65% of Max. pulse;

HR2: Target pulse is 75% of Max. pulse;

HR3: Target pulse is 85% of Max. pulse.

2.4.4.1 HR1

Press HEART RATE button to cycle through HR1, HR2, HR3

(1) Indicates HEART RATE 1 in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;

(2) Indicates ENTER TIME in dot matrix after 5 seconds;

(3) Indicates ENTER AGE in dot matrix after press ENTER button, Pulse window will show target pulse;

(4) Indicates PRESS START after press ENTER button.

2.4.4.2 HR2-HR3

Press HEART RATE button to cycle through HR2, HR3, the same as HR1.

2.4.5 USER

Press USER button

(1) Indicates USER PROGRAM in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;

(2) Indicates workout curve after 5 seconds;

(3) Indicates ENTER TIME after 5 seconds;

(4) Indicates ENTER RESISTANCE in dot matrix after press ENTER button, Level window will be flash;

(5) First segment will be flash, Using level + or – button to adjust value;

(6) Press ENTER through next segment;

(7) Finished 20 segments, Indicates PRESS START after press ENTER button.

Troubleshooting Guide

Malfunction	**Probable Cause**	**Corrective Action**
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

SYSTEM CERTIFICATION ISO 9001 SGS
SYSTEM CERTIFICATION ISO 14001 SGS
SYSTEM CERTIFICATION OHSAS 18001 SGS
SYSTEM CERTIFICATION ISO 10015 SGS