RESIDENTIAL AIRBIKE WITH WINDGUARD
SKU: AIRBK2-RES
PO:

ASSEMBLY INSTRUCTIONS

BUILDING STRENGTH, ONE BOLT AT A TIME.

Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!
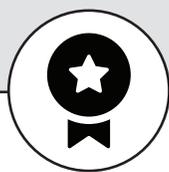
I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.
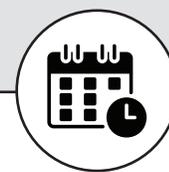
Kaevon Khoozani

Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

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Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty

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Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.

Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

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BEFORE WE BEGIN, LET'S STAY SAFE.

A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

1. Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.

2. It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.

3. Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.

4. Read all instructions in this manual before using the product and use the product only as described in this manual.

5. It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.

6. Keep hands and feet from moving parts. Do not lean or rest on the product.

7. Wear athletic shoes for foot protection while exercising.

8. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.

9. This product is designed for indoor use only.

10. Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.

11. Ensure that any handles that may be included with your product are attached securely before using the product.

12. Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.

13. Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.

14. Do not overexert yourself during any exercise program. Operate the product as intended.

15. The product should be anchored where required or whenever possible. The product should be secured when not in use.

16. The product is very heavy. Improper use or assembly can lead to serious injury or death.

17. SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...
LET THE GAINZ BEGIN
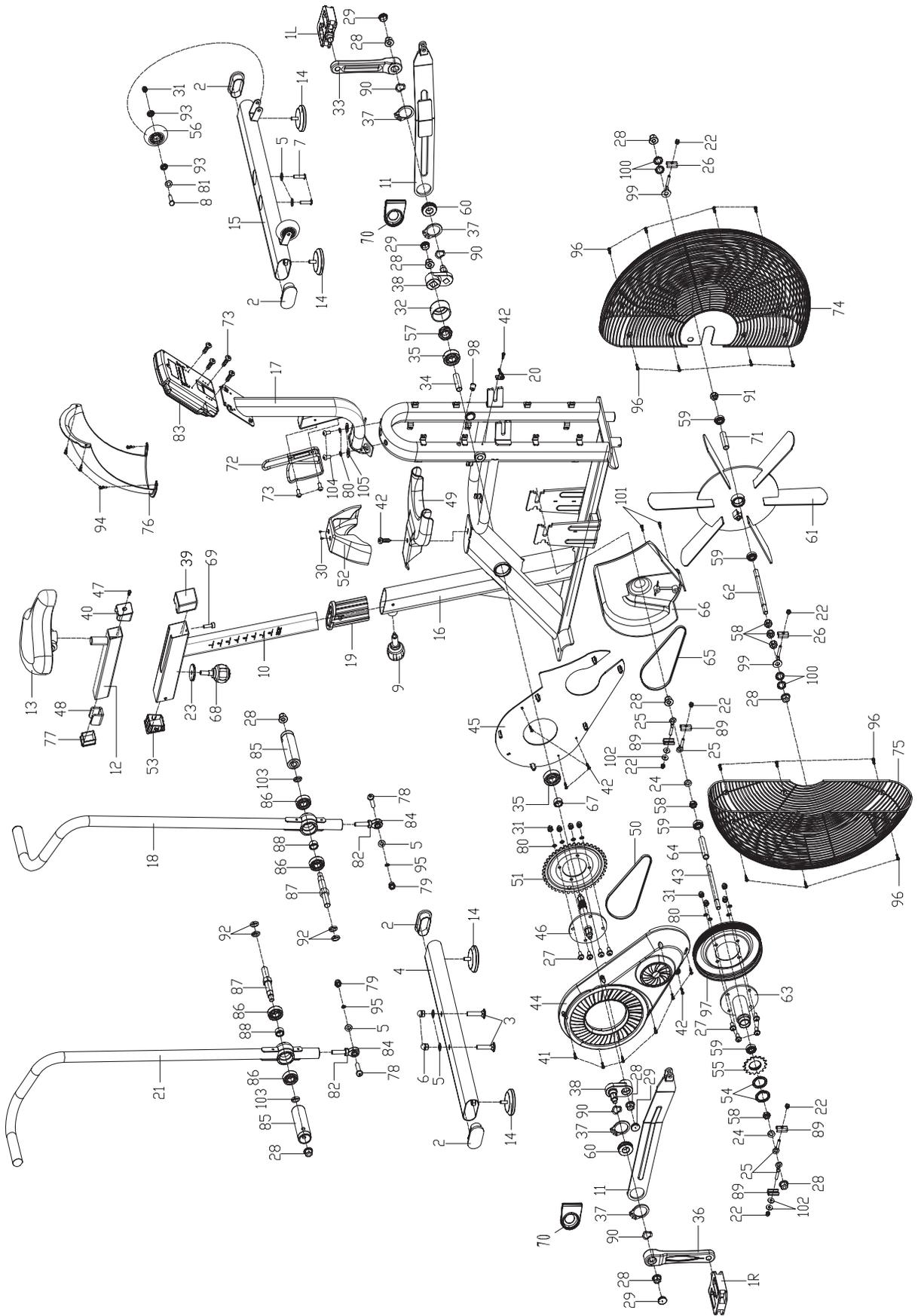
PARTS LIST

NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-304V（9/16"）
2	END CAP3	4	80*40*1.5
3	CARRIAGE BOLT	2	GB/T 12-1988 M10*55
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	6	GB/T 95-2002　10
6	DOMED NUT	2	GB/T 802-1988 M10
7	BOLT 1	2	GB/T 70.2-2000 M10*30
8	BOLT 2	2	GB/T 5780-2000 M8*40
9	SHAPE KNOB	1	φ50*91 (M16*35)
10	VERTICAL SEAT POST	1	WELDING
11	Drive assembly	2	WELDING
12	SEAT POST	1	WELDING
13	SEAT	1	DD-004
14	STOPPER	4	Φ70*36（M8）
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	Electronic watch connecting assembly	1	WELDING
18	The left handlebar assembly	1	WELDING
19	PLASTIC SLEEVE	1	60*20*2.0　80*40*2.0
20	SENSOR	1	SR-202 L=70
21	Right handlebar assembly	1	WELDING
22	NUT	6	GB/T 889.1-2000 M6
23	FIXING NUT 2	1	Φ45*Φ10.5*5
24	FLAT WASHER	2	GB/T 95-2002　12（H=2）
25	FIXING BOLT	4	M6*56
26	Pull out the fixed piece	2	δ1
27	BOLT 1	10	GB/T 70.2-2000 M8*16
28	NUT	10	M12X1.25 H=8MM
29	CRANK END CAP	4	φ28*6.5
30	Sprocket buckle	6	δ1
31	NUT	10	GB/T 889.1-2000 M8
32	PLASTIC RING	1	φ56*28
33	LEFT CRANK	1	170*15 （170*9/16"-LH）
34	LONG FIXING TUBE	1	φ25*φ20.2*41.2
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15 （170*9/16"）
37	Outer spring	4	42
38	Crank drive assembly	2	80*65
39	Square inner plug	1	50*50*2.0
40	Front plug of slide tube	1	38*38
41	SCREW 1	6	GB/T 845-1985 ST4.2*19
42	SCREW 2	6	GB/T 845-1985 ST4.2*19
43	SCREW 3	6	GB/845-85 ST4.8X19
44	CHAIN COVER 1	1	472*270*65
45	CHAIN COVER 2	1	469*241*23
46	AXIS	1	φ20*162
47	SCREW 4	1	GB/T 5780-2000 M4*10
48	Adjust the U-seat	1	Q235/δ5
49	Upper guard	1	266*196*37.5
50	SHORT CHAIN WHEEL	1	12.7，66

PARTS LIST

NO	NAME	QUANTITY	SPEC
51	BELT WHEEL	1	P=12.7,Z=52T
52	Instrument tube trim cover	1	176*67*104
53	Seat adjusting tube bushing	1	50*50 38*38
54	LOCK NUT	2	M33*1*4
55	CHAIN WHEEL 1	1	A7K-16 1/2"*1/8" 16T（1.37"）
56	WHEEL	2	φ75*24
57	FIXING NUT	1	M20*1.0
58	FIXING NUT 2	5	M12X1.25 H=6
59	BEARING	4	6001ZZ
60	BEARING	2	6004ZZ
61	Rim assembly	1	WELDING
62	FLYWHEEL SHAFT	1	φ12*160
63	Double drive assembly	1	φ110*107
64	Double drive inner sleeve	1	φ16*φ12.2*91.1
65	BELT	1	5PK50.5（50.5X25.4=1282.7）
66	CHAIN COVER 3	1	248*269*80
67	SHORT FIXING TUBE	1	φ25*φ20.5*9
68	SHAPE KNOB	1	φ50*89 (M10*25)
69	BOLT 3	1	GB/T 70.1-2000 M8*30
70	NUT	2	GB/T 889.1-2000 M16 H=12
71	Flywheel inner casing	1	φ16*φ12.2*53.1
72	B0TTLE HOLDER	1	φ6
73	SCREW 3	6	GB/T 5780-2000 M5*10
74	Front mesh cover assy	1	φ620*119
75	Left rear net cover	1	φ620*57
76	Fan baffle	1	φ170*10
77	Slide pipe back plug	1	38*38*2.0
78	BOLT 3	2	M10*50 45（φ10）
79	NUT	2	GB/T 889.1-2000 M10 H=15
80	SPRING WASHER	11	GB/T 859-1987 8
81	Seat cushion fixed shaft	1	φ22*73*M8
82	NUT	2	GB/T 889.1-2000 M14*1.5 H=10mm
83	COMPUTER	1	JSD-10421
84	Universal joint	2	82*30（M14*1.5)
85	Foot lever	2	φ38*110(M16*1.5)
86	BEARING	4	6203ZZ
87	Foot lever	2	φ22*120(M16*1.5)
88	Foot lever bushing	2	φ24*φ17.2*11.1
89	Small retaining plate	4	δ3
90	corrugated gasket	4	φ20
91	FIXING NUT 1	1	M12X1.25 H=10
92	Serrated gasket	2	GB/T 95-2002 16(26)
93	BEARING	4	608ZZ
94	SCREW 5	1	φ170*10
95	SPRING WASHER	2	GB/T 859-1987 10
96	Right rear net cover	1	φ620*57
97	BELT WHEEL	1	φ200*24
98	Plastic plug	1	φ14*14
99	FIXING BOLT	2	M6*60
100	Serrated gasket	4	GB/T 95-2002 12(26)
101	SCREW 2	2	GB/T 845-1985 ST4.2*25
102	Large gasket	2	GB/T 95-2002 Φ16*Φ6（H=3)
103	Corrugated gasket	2	Φ17
104	SCREW 1	2	GB/845-85 ST4.8X13
105	Flywheel spindle	1	Φ12*160
106	SCREW 2	14	GB/T 845-1985 ST4.2*16

ASSEMBLY

1. Preparation:

A. Before starting assembly, ensure that you have enough space around the item.
B. Use the provided tools for assembly.
C. Check that all the required parts are included. Refer to the exploded diagram in this manual for a list of all parts (labeled with numbers).

2. Assembly Instructions:

STEP 1: Attaching the Stabilizers (FIG. 1):

1. Attach the **Front Stabilizer (Part 15)** to the **Main Frame (Part 16)** using two sets of **Ø10 Flat Washers (Part 5)** and **Bolt 1 (Part 7)**.

2. Attach the **Rear Stabilizer (Part 4)** to the **Main Frame (Part 16)** using two sets of **Ø10 Flat Washers (Part 5)**, **Domed Nut (Part 6)**, and **Bolt 1 (Part 3)**.
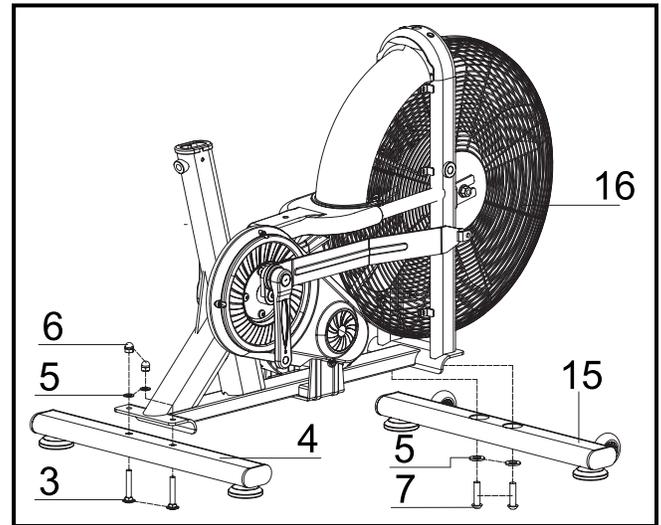
Fig. 1

STEP 2: Installing the Seat (FIG. 2):

1. Insert the **Cushion Adjustment Tube Assembly (Part 10)** into the bushing on the **Main Frame Assembly (Part 16)**. Adjust the position and tighten the **Elastic Latch (Part 9)**.

2. Secure the **Seat Post (Part 12)** to the **Cushion Slide Assembly (Part 13)** by loosening the lock nut on the **Seat Pad (Part 13)**, adjusting to the desired position, and tightening the **Ball Knob (Part 68).**

3. Attach the **Seat (Part 13)** to the **Seat Post (Part 12)** as shown, and tighten the bolts around the screws located under the seat.
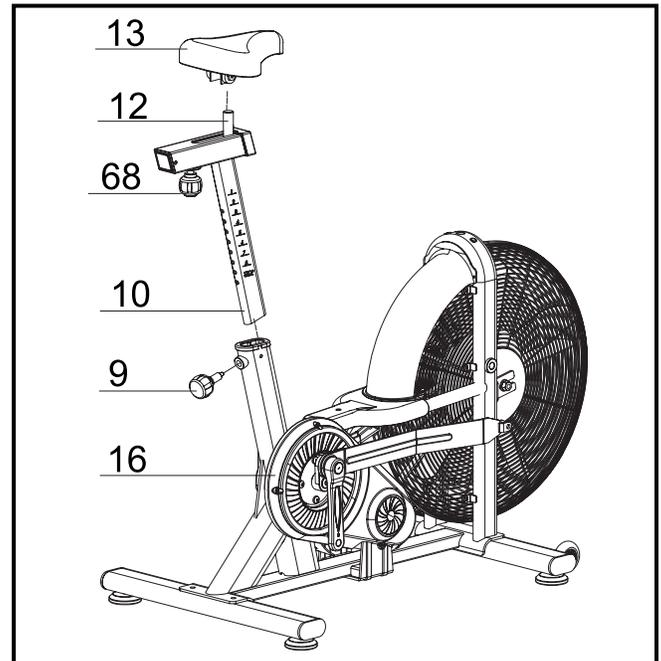
Fig. 2

STEP 3 (FIG.3):

1. Attach the **Left Handlebar Assembly (18), Right Handlebar Assembly (21),** and the **Outer Tooth Type Gasket (92)** to the **Main Frame Assembly (16)** according to the provided diagram.

   - Secure them using the following components: **Inner Six-Angle Flat Head Screws (78)**, **Flat Washer (5), Spring Washer (95), and Lock Nut (79).**

   - Ensure the drive assembly is connected before tightening.

2. Fix the **Electronic Connection Assembly (17)** to the **Main Frame Assembly (80)** using **Six-Angle Flat Head Screws (27).**

3. Use the **Cross Slot Screw (73)** to secure the **Aluminum Alloy Bottle Holder (72)** to the **Main Frame Assembly (16).**

4. **ATTENTION:** Ensure the handlebars are fixed securely and tightened properly.

5. Attach the **Electronic Meter Assembly (83)** to the **Electronic Connection Assembly (17)** using a **Cross Slot Screw (73).**

6. Finally, connect the plug labeled **A1 & A2** to complete the electronic assembly.
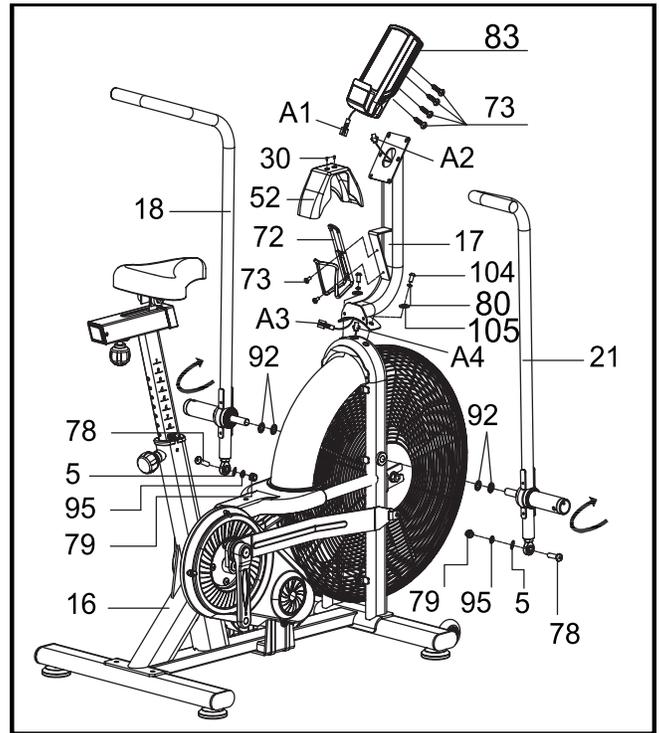
Fig. 3

STEP 4 (FIG.4):

The pedals (**Part 1 L** and **Part 1 R**) are labeled **"L"** for Left and **"R"** for Right.

1. Attach each pedal to its corresponding crank arm.

   - The **Right Crank Arm** is located on the right-hand side of the cycle when you are seated.

2. Ensure proper threading:

   - The **Right Pedal** should be threaded clockwise.

   - The **Left Pedal** should be threaded counterclockwise.
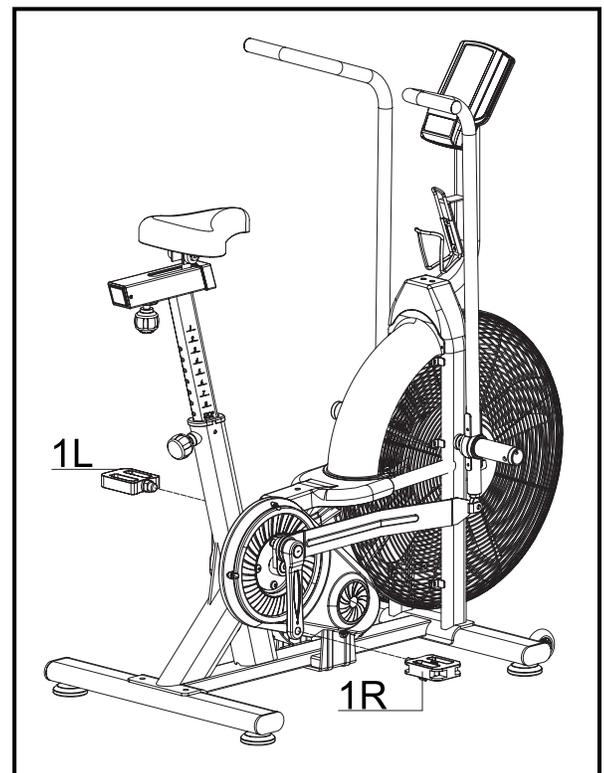
Fig. 4

ADJUSTMENT

To Adjust the Seat Height:

Loosen the spring knob on the vertical post stem of the main frame and pull the knob back. Adjust the vertical seat post to the desired height, ensuring the holes are aligned. Once aligned, release the knob and tighten it securely.

To Adjust the Seat Position (Forward or Backward):

Loosen the adjusting knob and washer, then pull the knob back. Slide the horizontal seat post to the desired position, ensuring the holes are aligned. Once positioned, tighten the adjusting knob securely.

DISPLAY FUNCTIONS

RPM:

Displays the rotation per minute with a range from 0 to 199.

SPEED:

Displays the current training speed. Maximum speed is 99.9 KM/H or ML/H.

TIME:

- Count Up: If no target is set, time will count up from 00:00 to a maximum of 1:59:59, with each increment being 1 minute.

- Count Down: If a preset time is set, the console will count down from the target time to 00:00:00, with each increment or decrement being 1 minute (e.g., 00:01:00 to 1:59:00).

DISTANCE:

Accumulates the total distance from 0.0 up to 999.9 KM or ML or counts down from a preset value. Use the "UP" or "DOWN" buttons to set the target distance, with each increment being 1.0 KM or ML.

CALORIES:

Displays calorie consumption during training, from 0 to a maximum of 999 calories. You can set a target calorie value using the "UP" and "DOWN" keys.

WATT:

Displays power consumption during training, with a range from 0 to 1999.

PULSE:

Allows you to set a target heart rate value between 30 and 230. The console will beep when your actual heart rate exceeds the target value during training.

BUTTON FUNCTIONS

START:

Starts a workout quickly or resumes a workout in Stop mode.

STOP:

- Stops or pauses the workout.

- Clears all settings.

- Hold the button for 2 seconds to reboot the console.

DOWN:

Adjusts Distance, Calories, Heart Rate, Time, or Age values downward.

UP:

Adjusts Distance, Calories, Heart Rate, Time, or Age values upward.

Target Distance:

Provides quick access to Target Distance training mode.

Target Calories:

Provides quick access to Target Calories training mode.

Target Heart Rate:

Provides quick access to Target Heart Rate training mode.

Target Time:

Provides quick access to Target Time training mode.

Interval:

Offers access to three programs: INTERVAL 10/20, INTERVAL 20/10, and Custom.

ENTER:

Confirms settings or starts a program.

OPERATION INSTRUCTIONS

1. When powered on, the LCD will fully display for 2 seconds (see Figure 1) and emit a long beep.

2. The display will show "Diameter 1" in the DISTANCE area (see Figure 2).

3. Enter your age by selecting AGE mode. The AGE value will flash (see Figure 3).

4. Use the "UP" and "DOWN" buttons to adjust the value and press "ENTER" to confirm.

5. The system will then switch to Standby Mode.
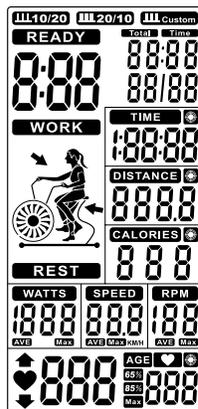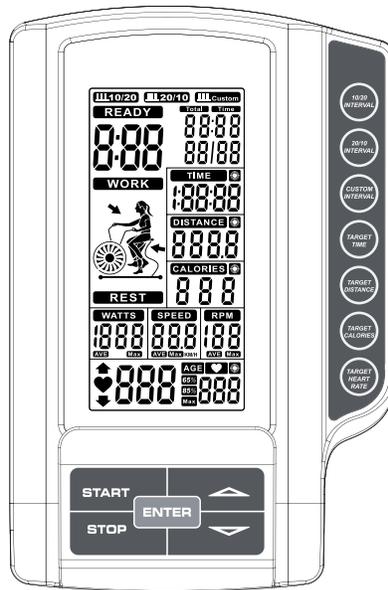
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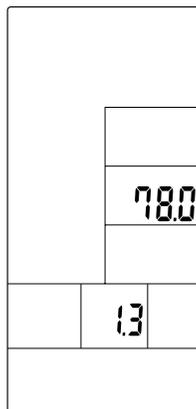
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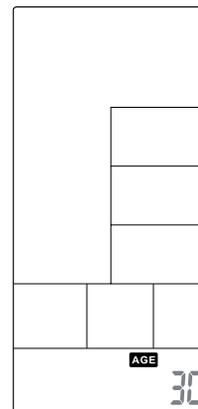
Figure 3

6. The windows for **INTERVAL 10/20, INTERVAL 20/10, INTERVAL CUSTOM, READY, WORK, REST, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM,** and the heart rate icon (♥) will flash sequentially every 1 second (see Figures 4–16).

If there is no input from key operations, RPM signals, or pulse signals for 60 seconds, the system will enter Sleep Mode.
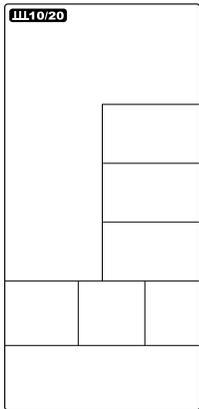
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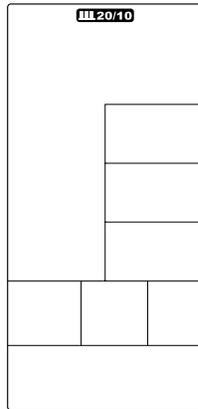
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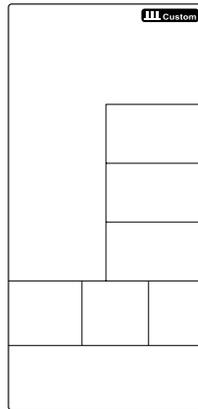
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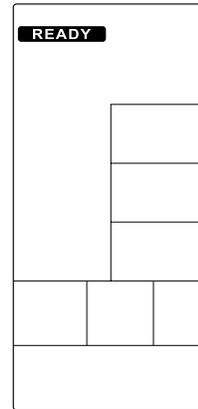
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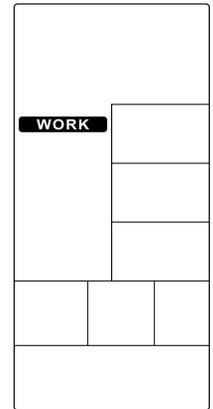
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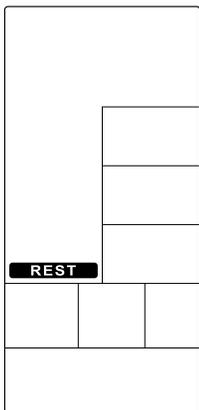
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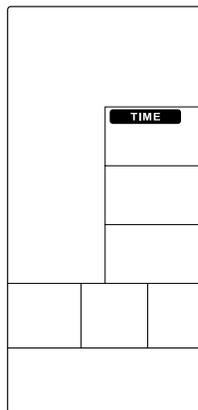
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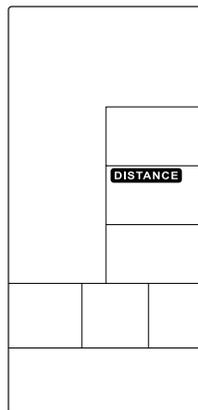
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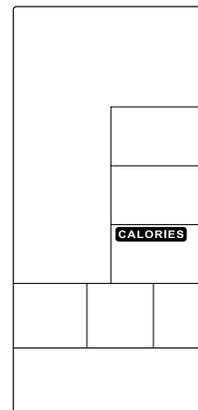
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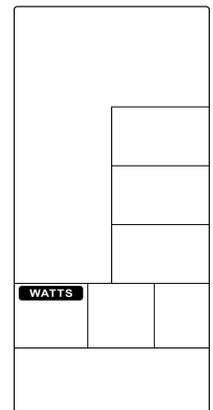
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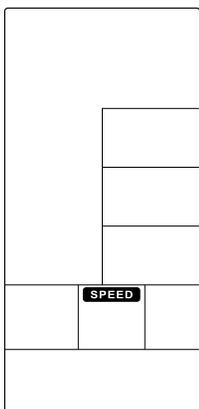
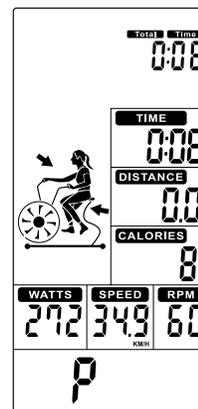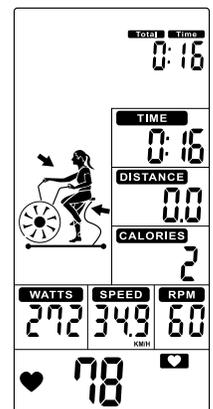

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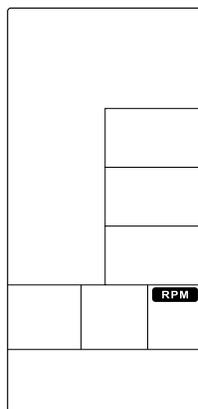
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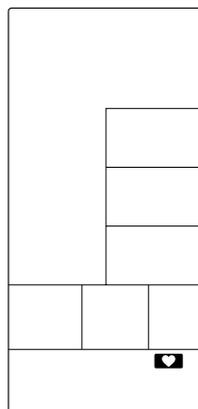
Figure 16

Figure 17

Figure 18

SELECT PROGRAM MODES

MANUAL, INTERVAL, TARGET DISTANCE, TARGET CALORIES, TARGET HR, TARGET TIME

Manual Mode:

1. In Standby Mode, press "START" to begin the workout. The buzzer will sound for 1 second. The **TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 17).

2. If a pulse signal is detected, the heart icon (♥) will light up, and the symbol will flash, displaying the pulse value (see Figure 18). If no pulse is detected, the display will show "P."

3. If there is no input for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode. Press any key to wake up the console.

4. Press "START" to pause the workout. The buzzer will sound for 0.5 seconds every 30 seconds while paused. All values will remain on the LCD, flashing every 4 seconds. If the workout is paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume.

5. Press "STOP" to end the workout.

   • The **TIME** window will display the total workout time.

   • The **DISTANCE** window will display the total workout distance.

   • The **CALORIES** window will display the total calories burned.

   • The **WATTS, SPEED, and RPM** windows will switch to show average (AVG) and maximum (MAX) values.

   • The **PULSE** window will display 65% and 85% of the maximum pulse value every 5 seconds (see Figures 21–23).

6. If pulse data is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

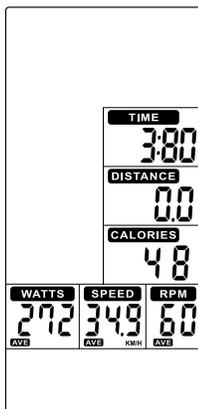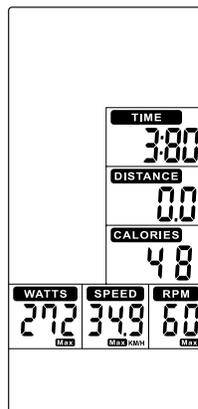7. Press any program key to select and start a new program.
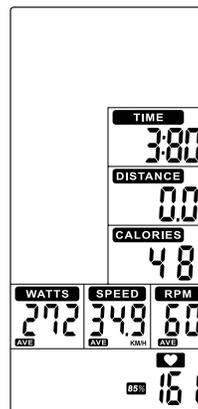
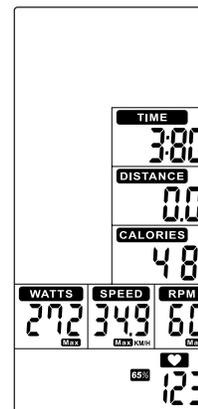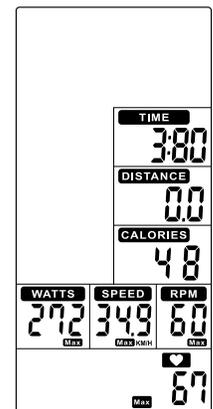| Figure 19	Figure 20	Figure 21	Figure 22	Figure 23

Interval 20/10 Mode:

1. Press the "INTERVAL 20/10" key to select this program. Press "ENTER," and the **INTERVAL 20/10** icon will light up. A long buzzer will sound for 1 second.

2. The cycle timer will count down from 3 to 0, and the console will start. The buzzer will beep once per second, and the **READY** icon will flash during the countdown (see Figure 24).

3. The cycle timer will count down from 20 to 0, and the **WORK** icon will flash once per second. During this phase, the windows will display rotation animations, and the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The counter will display "01/08" (see Figure 25).

4. The cycle timer will count down from 10 to 0 during the **REST** phase. The **REST** icon will flash, and the buzzer will sound 10 beeps (see Figure 26). The **READY** icon will flash in the last 3 seconds of the countdown.

5. Steps 3 and 4 will repeat, increasing the cycle count by 1 each time until the display shows "08/08" **WORK**. The program will then go to the End page.

6. During Pause Mode (accessed by pressing "START"), the buzzer will sound for 0.5 seconds every 30 seconds. All values will remain displayed on the LCD, flashing every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

7. Press "STOP" to end the workout.

    • The **TOTAL TIME, DISTANCE, and CALORIES** windows will display their respective values for 30 seconds.

    • The **WATTS, SPEED, and RPM** windows will switch to show average (AVG) and maximum (MAX) values.

    • The **PULSE** window will display the actual pulse and pulse values at 65% and 85% of the maximum heart rate (see Figures 21–23). If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

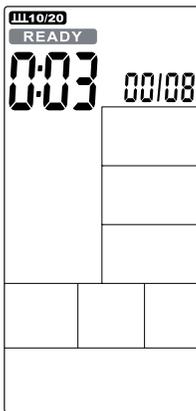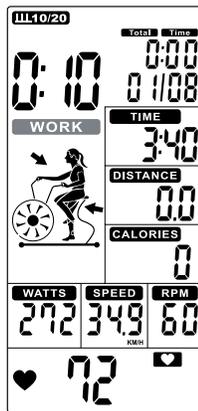8. Press any program key to start a new program.
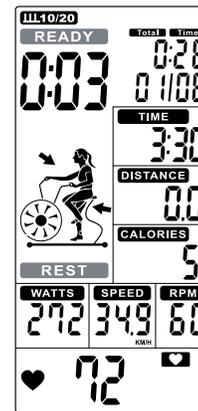

| Figure 24 | Figure 25 | Figure 26 | Figure 27 |

Interval 10/20 Mode:

1. Press the "INTERVAL" button to select **INTERVAL 10/20** mode. Press "ENTER," and the **INTERVAL 10/20** icon will light up. The buzzer will sound for 1 second.

2. The cycle timer will count down from 3 to 0, and the console will start. During this time, the buzzer will beep once per second, and the **READY** icon will flash once per second. The display will show "00/08" (see Figure 28).

3. During the **WORK** phase, the cycle timer will count down from 10 to 0, and the **WORK** icon will flash once per second. The REMAINING window will light up and count down from 4 minutes. During this phase, the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The counter will display "01/08" (see Figure 29).

4. During the **REST** phase, the cycle timer will count down from 20 to 0, and the **REST** icon will flash once per second. The buzzer will sound once per second. In the final 3 seconds of the countdown, the **READY** icon will flash (see Figure 30).

5. Steps 3 and 4 will repeat, with the cycle count increasing by 1 each time, until the counter reaches "08/08 WORK." The program will then proceed to the End Page (see Figure 31).

6. To pause the workout, press the "START" button. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

7. To stop or end the workout, press the "STOP" button. The buzzer will beep for 1 second, and the system will display:

   • **TOTAL TIME, DISTANCE, and CALORIES** for 30 seconds.

   • **WATTS, SPEED, and RPM** will switch to show average (AVG) and maximum (MAX) values.

   • The **PULSE** window will display 65% and 85% MAX values every 5 seconds (see Figures 21–23).

8. If pulse data is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

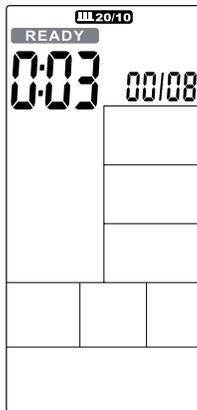9. To select and start a new program, press any program key.
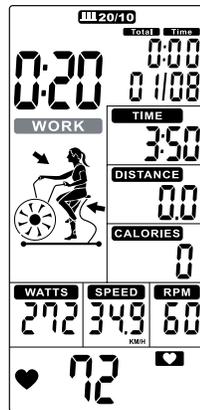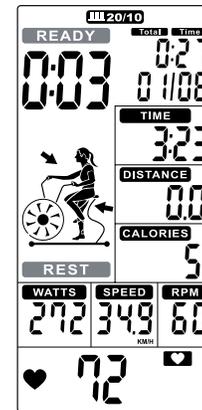

| Figure 28 | Figure 29 | Figure 30 | Figure 31 |

Interval CUSTOM:

1. Press the "INTERVAL" button to select **INTERVAL CUSTOM** mode. Press "ENTER" to begin. The **INTERVAL CUSTOM** icon will flash, displaying 00/XX. Use the "UP" and "DOWN" buttons to set the cycle count (range: 1–99). Press "ENTER" to confirm, and the buzzer will sound for 1 second (see Figure 32).

2. The **WORK** icon and 0:01 will flash. Use the "UP" and "DOWN" buttons to set the training time (range: 0:01–9:59). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **INTERVAL CUSTOM** icon will remain lit (see Figure 33).

3. The **REST** icon will flash. Use the "UP" and "DOWN" buttons to set the rest time (range: 0:01–9:59). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **INTERVAL CUSTOM** icon will remain lit (see Figure 34).

4. The cycle timer will count down from 3 to 0, and the console will start. The buzzer will beep once per second, and the **READY** icon will flash. The display will show 00/XX (see Figure 35).

5. The timer will count down from the preset total time, and the **WORK** icon will flash once per second. During this phase, the **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start calculating. The display will show 01/XX (see Figure 36).

6. The timer will count down from the preset rest time, and the **REST** icon will flash once per second. The buzzer will sound once per second. During the last 3 seconds of the countdown, the **READY** icon will flash (see Figure 37).

7. Steps 5 and 6 will repeat, with the cycle count increasing by 1 each time, until the total preset cycles are completed. The program will then proceed to the End Page (see Figure 38).

8. During the **WORK** phase, if no signal inputs are received within 30 seconds, the buzzer will beep for 1 second, and the system will enter Wake-Up Mode.

9. To pause the workout, press the "START" button. The buzzer will sound for 0.5 seconds every 30 seconds, and all values on the LCD will flash every 4 seconds. If the pause lasts for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume.

10. To stop or end the workout, press the "STOP" button. The buzzer will beep for 1 second, and the system will display:

    • **TOTAL TIME, DISTANCE, and CALORIES** for 30 seconds.

    • **WATTS, SPEED, and RPM** will switch to show average (AVG) and maximum (MAX) values.

    • The **PULSE** window will display 65% and 85% MAX values every 5 seconds (see Figures 21–23).

11. If pulse data is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

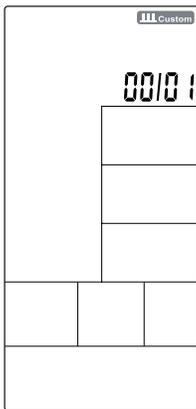12. Press any program key to start a new program.
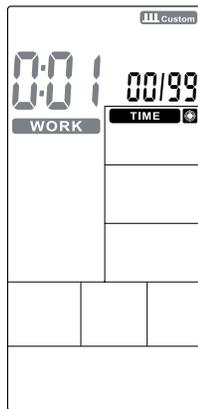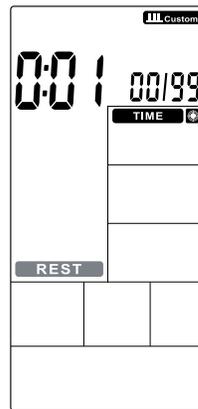

Figure 32   Figure 33   Figure 34   Figure 35
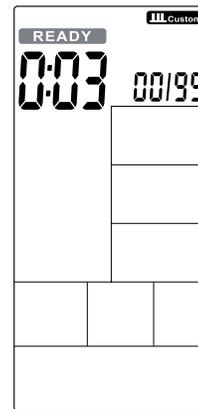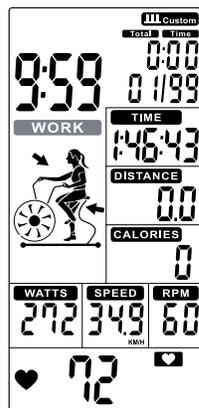

Figure 36   Figure 37   Figure 38

Target TIME Mode:

1. In Standby Mode, press the "Target Time" button. The **TIME** icon will light up, accompanied by a long beep for 1 second.

2. The **TIME** value will flash. Use the "UP" and "DOWN" buttons to adjust the value (see Figure 39). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **TIME** icon will remain lit.

3. The preset **TIME** value will begin counting down. During this time, **DISTANCE, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 40).

4. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

5. If no input is received for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode.

6. To stop or end the workout, press the "STOP" button. The buzzer will beep for 1 second, and the system will display:

    - The **TIME** window will show the total workout time.

    - The **DISTANCE** window will show the total distance.

    - The **CALORIES** window will show the total calories burned.

    - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.

    - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).

7. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

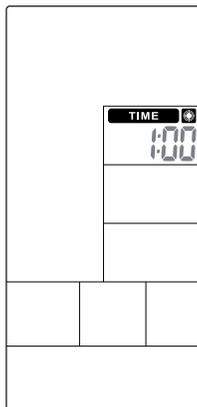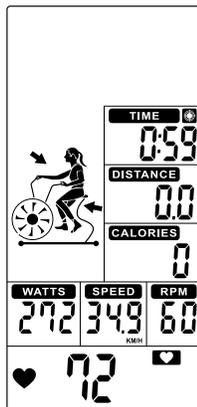8. Press any program key to start a new program.
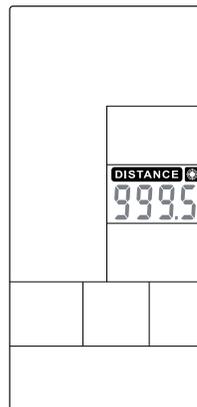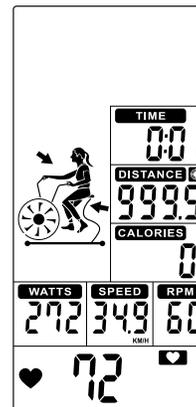
| Figure 39 | Figure 40 | Figure 41 | Figure 42 |

Target Distance Mode:

1. In Standby Mode, press the "Target Distance" button. The **DISTANCE** icon will light up, accompanied by a long beep for 1 second.

2. The **DISTANCE** value will flash. Use the "UP" and "DOWN" buttons to adjust the value (see Figure 41). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the **DISTANCE** icon will remain lit.

3. The preset **DISTANCE** value will begin counting down. During this time, **TIME, CALORIES, WATTS, SPEED, and RPM** will start counting up (see Figure 42).

4. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

5. If no input is received for 30 seconds, the buzzer will sound for 1 second, and the system will enter Wake-Up Mode.

6. Press "STOP" or end the workout to display results:

   • The **TIME** window will show the total workout time.

   • The **DISTANCE** window will show the total distance.

   • The **CALORIES** window will show the total calories burned.

   • The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.

   • The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).

7. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

8. Press any program key to start a new program.

Target Calories Mode:

1. In Standby Mode, press the "Target Calories" button. The CALORIES icon will light up, accompanied by a long beep for 1 second.

2. The CALORIES value will flash. Use the "UP" and "DOWN" buttons to adjust the value (see Figure 43). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the CALORIES icon will remain lit.

3. The preset CALORIES value will begin counting down. During this time, TIME, DISTANCE, WATTS, SPEED, and RPM will start counting up (see Figure 44).

4. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

5. If no input is received for 30 seconds, the buzzer will sound for 1 second, and the system will enter Wake-Up Mode.

6. Press "STOP" or end the workout to display results:

   • The **TIME** window will show the total workout time.

   • The **DISTANCE** window will show the total distance.

   • The **CALORIES** window will show the total calories burned.

   • The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.

   • The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).

7. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).
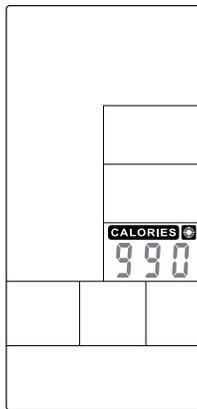
8. Press any program key to start a new program.
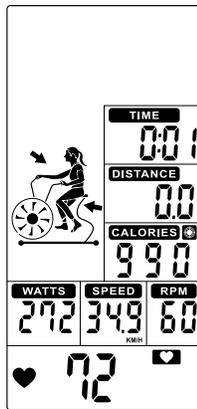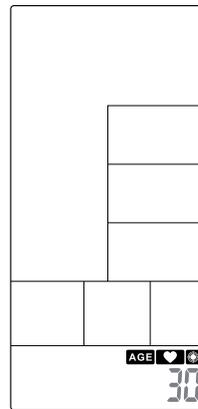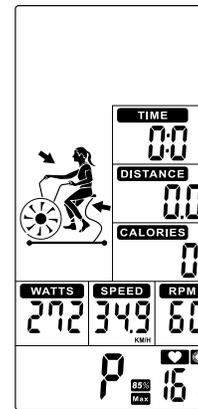

| Figure 43 | Figure 44 | Figure 45 | Figure 46 |

Target Heart Rate (HR) Mode:

1. In Standby Mode, press the "Target Heart Rate" button. The AGE and heart rate icons will light up, accompanied by a long beep for 1 second.

2. The AGE value will flash. Use the "UP" and "DOWN" buttons to set your age (see Figure 45). Press "ENTER" to confirm. The buzzer will sound for 1 second, and the HEART RATE icon will remain lit.

3. When the workout starts, the MAX HR icon will light up. The system will display 65% and 85% of your target heart rate. The TIME, DISTANCE, CALORIES, WATTS, SPEED, and RPM will calculate workout values (see Figure 46).

4. If your heart rate drops below 65%, the upward arrow and "65%" icon will flash. A buzzer will sound every 10 seconds until your heart rate exceeds 65% (see Figure 47).

5. If your heart rate exceeds 85%, the downward arrow and "85%" icon will flash. A buzzer will sound every 10 seconds until your heart rate drops below 85% (see Figure 48).

6. When your heart rate is between 65% and 85%, the heart icon will flash (see Figure 49).

7. If there is no input for 30 seconds, the buzzer will sound a short beep, and the system will enter Wake-Up Mode.

8. Press the "START" button to enter Pause Mode. The buzzer will sound for 0.5 seconds every 30 seconds while paused, and all values on the LCD will flash every 2 seconds. If the workout remains paused for 5 minutes, the buzzer will sound for 2 seconds, and the system will enter Wake-Up Mode. Press "START" to resume the workout.

9. Press "STOP" or end the workout to display results:

   - The **TIME** window will show the total workout time.

   - The **DISTANCE** window will show the total distance.

   - The **CALORIES** window will show the total calories burned.

   - The **WATTS, SPEED, and RPM** windows will switch to display average (AVG) and maximum (MAX) values.

   - The **PULSE** window will display values at 65% and 85% of the maximum pulse rate every 5 seconds (see Figures 21–23).

10. If a pulse signal is detected, the **PULSE** window will display the user's actual pulse. If no pulse signal is detected, the **PULSE** window will remain blank (see Figures 19–20).

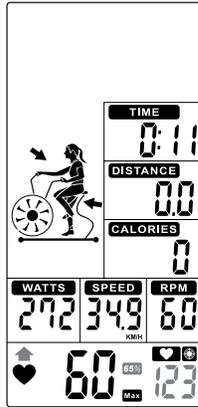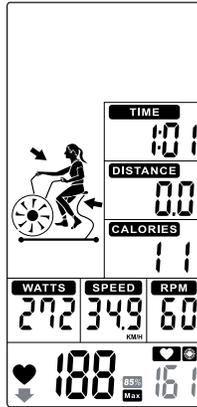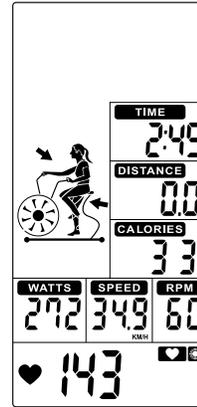11. Press any program key to start a new program.

| Figure 43 | Figure 44 | Figure 45 |

OPTION SETTING

Setting Mode:

1. Hold down the "START" and "ENTER" keys for 2 seconds. The buzzer will emit a long beep, and the **SPEED** indicator will remain lit. The **KM/H** or **M/H** units will flash once per second (see Figures 50–51).

2. Use the "UP" or "DOWN" buttons to select between **KM/H** and **M/H** units. Press "ENTER" to confirm your selection. The system will then return to Standby Mode.

3. If no action is taken within 30 seconds, the system will automatically enter Standby Mode.
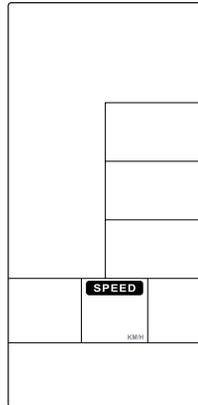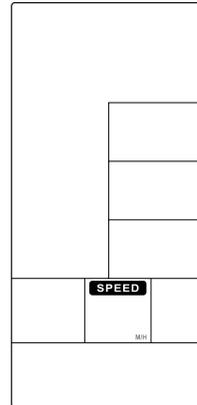

Figure 50	Figure 51

RESET Mode:

1. In any mode, press the "STOP" button for 2 seconds to perform a **TOTAL RESET** of the system.

2. The LCD will flash every 2 seconds, and the buzzer will sound for 2 seconds.

3. The system will revert to the Standby page, and all settings will return to their default preset values.

SLEEPING Mode:

- In Standby Mode, if no key is pressed and no RPM or pulse input is detected for 30 seconds, the console will enter SLEEPING Mode.

Quality Assurance Statement:

This equipment has been manufactured at a facility certified for quality management under the ISO 9001:2015 standard. The certification ensures that the processes used in the design and production of this equipment meet international standards for quality and reliability.

The scope of the certification includes the designing and production of fitness equipment and accessories, ensuring a commitment to quality throughout the production process. This certification was valid at the time your equipment was produced.

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