

UINPG AIR BIKE

OWNER'S MANUAL

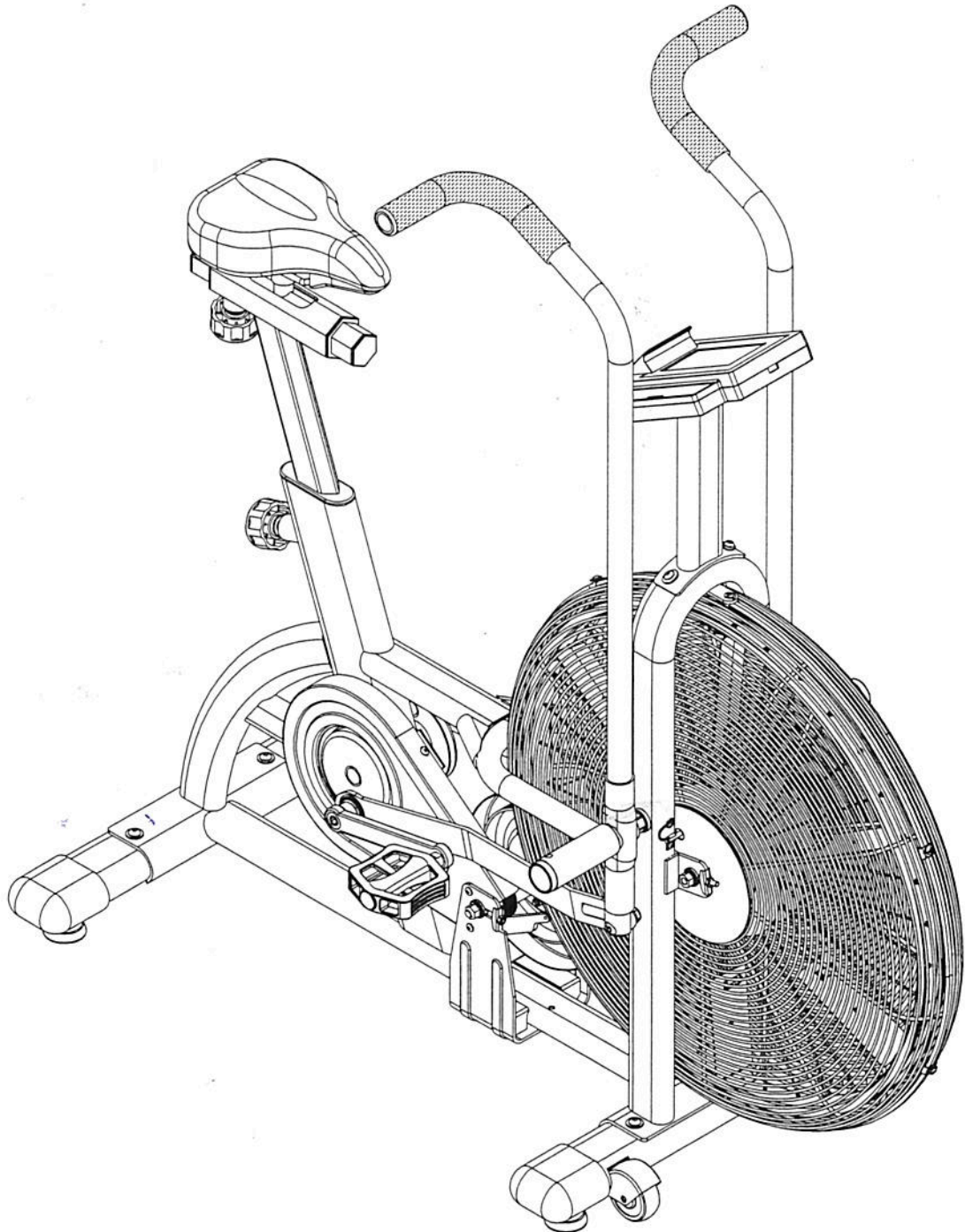


Table of Contents

Important Safety Information	3-4
Before You Start	5
Assembly Instruction	6-10
Console Instruction	11-13
Part List	14-16
Exploded View	17

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300 pounds.(136 Kilograms)**
- 3. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur.**
- 5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.**
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
7. Do not attempt to perform dip movements on handlebars.
8. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
9. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
10. Always examine your unit before using to ensure all parts are in working order.
11. Allow the unit to fully stop before dismounting.
12. Pets should never be allowed near the unit.
13. Do not leave children unsupervised near or on the unit.

14. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
15. Never insert any object or body parts into any opening.
16. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
17. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
18. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing this new **AIR BIKE !!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.

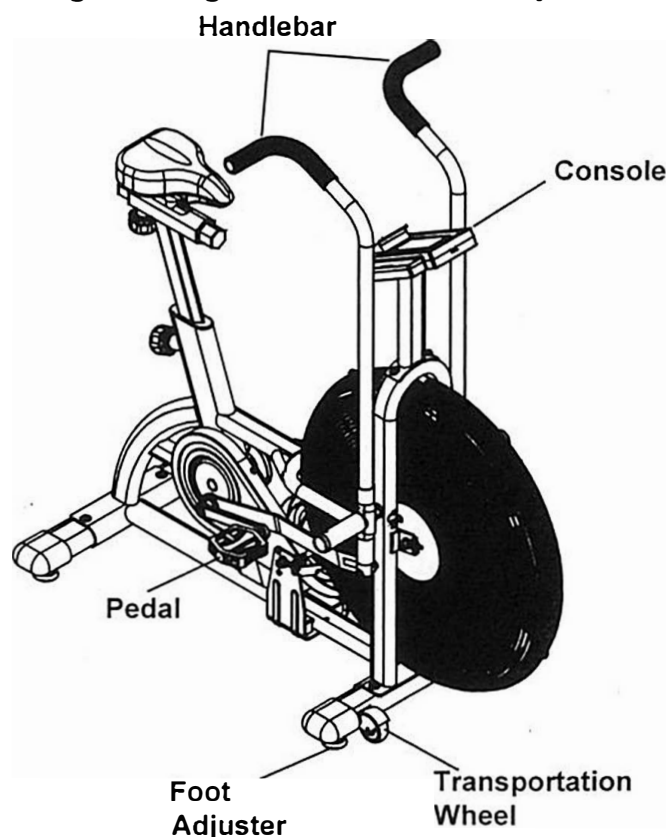
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly Instruction

REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING

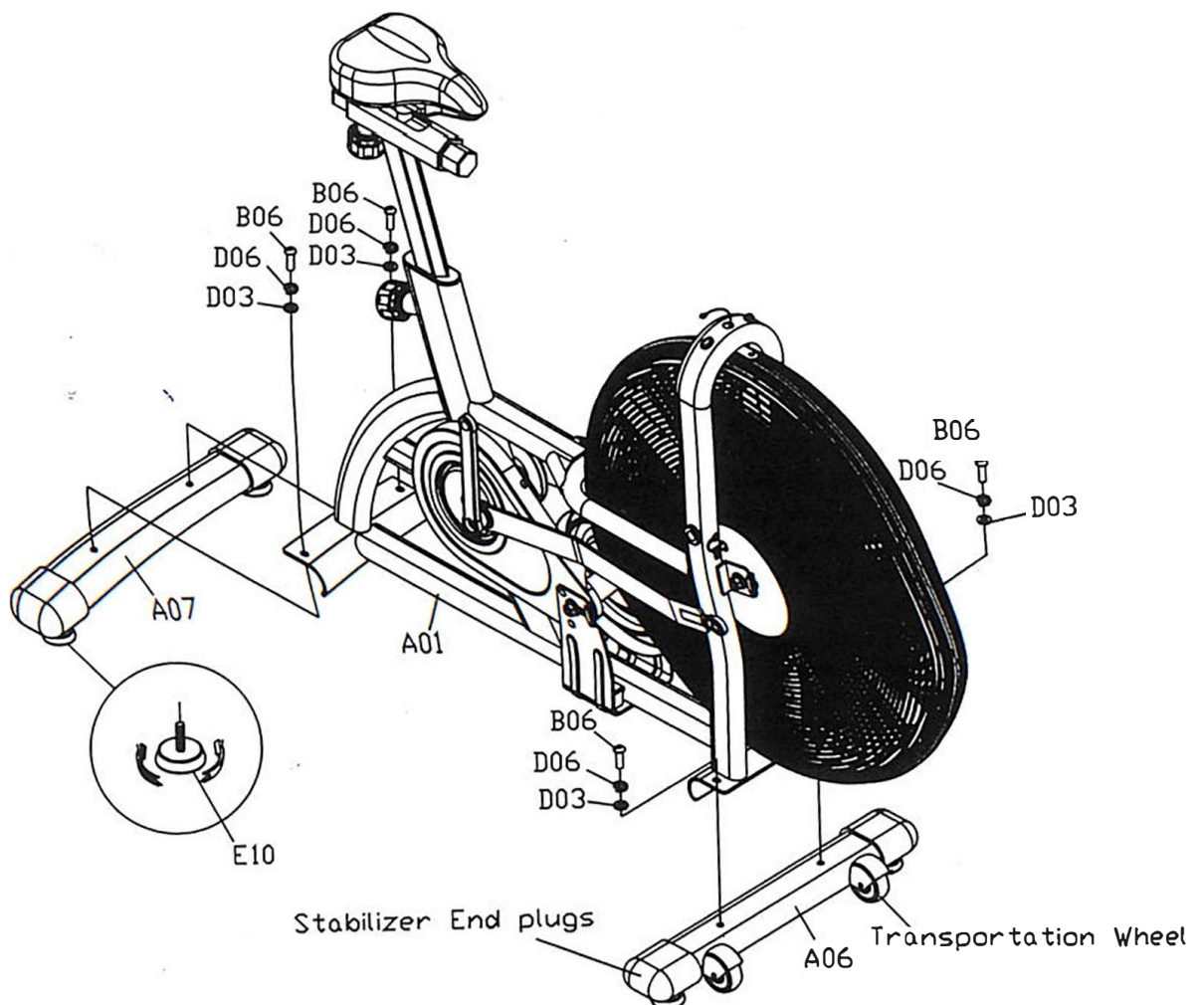
FIGURE 1 Stabilizers Assembly

STEP 1

Assemble the Front and Rear Stabilizers (A06)&(A07) to the Main Frame (A01) with four Flat Washers (D03) , four Spring Washer (D06) and four Screws (B06) as show on the following picture

NOTE :

- 1.) Each Stabilizer (A06 , A07) have two Foot Adjusters (E10) , you can turn foot adjusters to adjust each side banlance for the bike when the ground is uneven.
- 2.) Please be sure that the Stabilizers(A06. A07) already screwed firmly with Main Frame (A01) before riding onto the bike



Assembly Instruction

FIGURE 2 Right & Left Handlebars Assembly

Step 1

Install the Right Handlebar Assembly (A02) onto U shape tube of the main frame (A01) by threading the backside part of the Foot Peg into the position A ,then holding Foot Peg and turn clockwise till tight

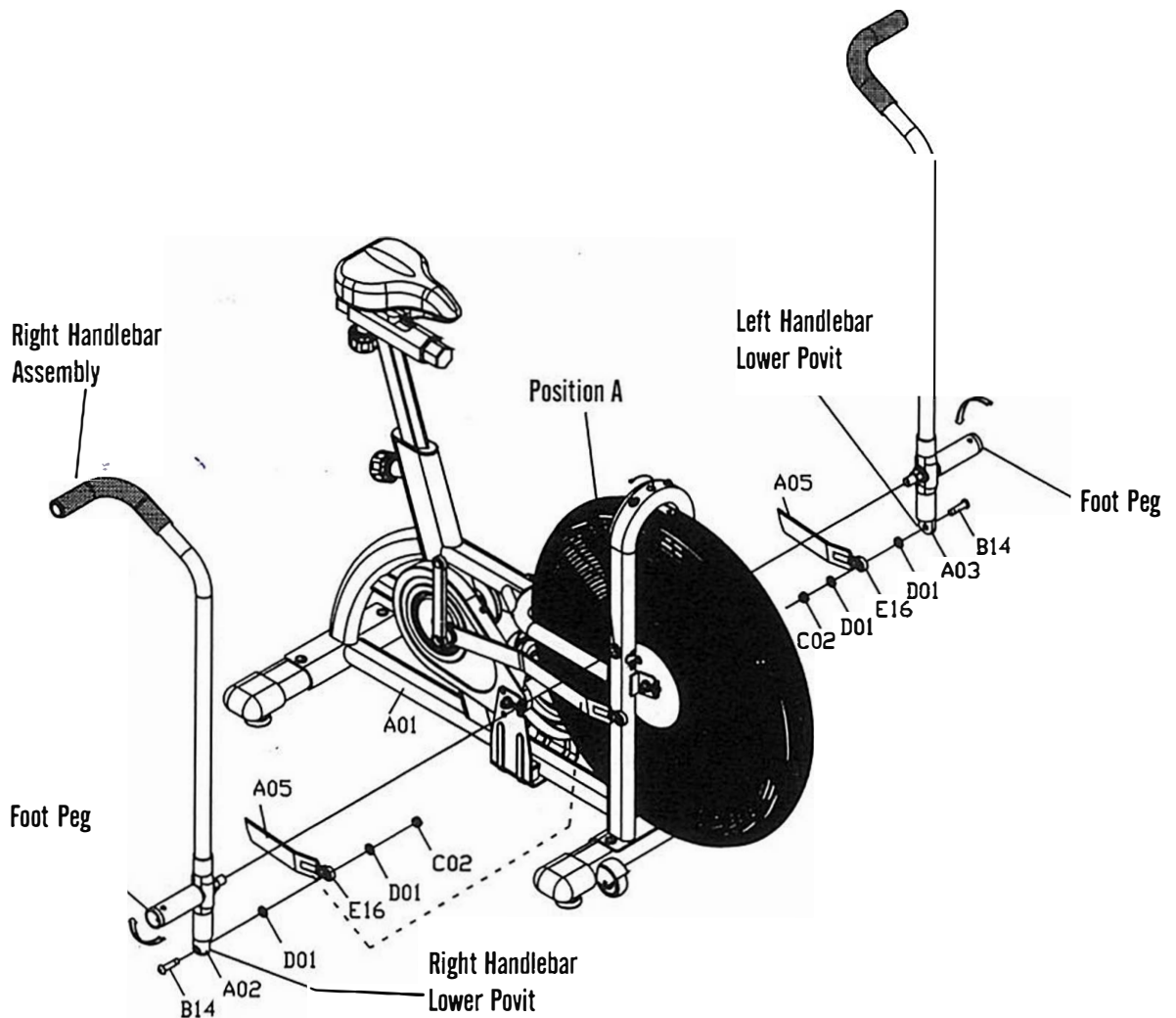
Step 2

Assemble Right Handlebar Assembly (A02) with Right Linkage Arm (A05) per one Screw (B14) ,two Washers (D01) , the bearing (E16) of Linkage Arm and one Nylon Nut (C02) as shown as below drawing.

Step 3

Repeat Step1 through Step 2 for the Left Side Assembly.

FIGURE 2



Assembly Instruction

FIGURE 3 Right & Left Pedals Assembly

.Step 1:

Thread the Right Pedal (G11) into the hole of Right Crank (E05). Secure in place by turning it **clockwise** to tighten.

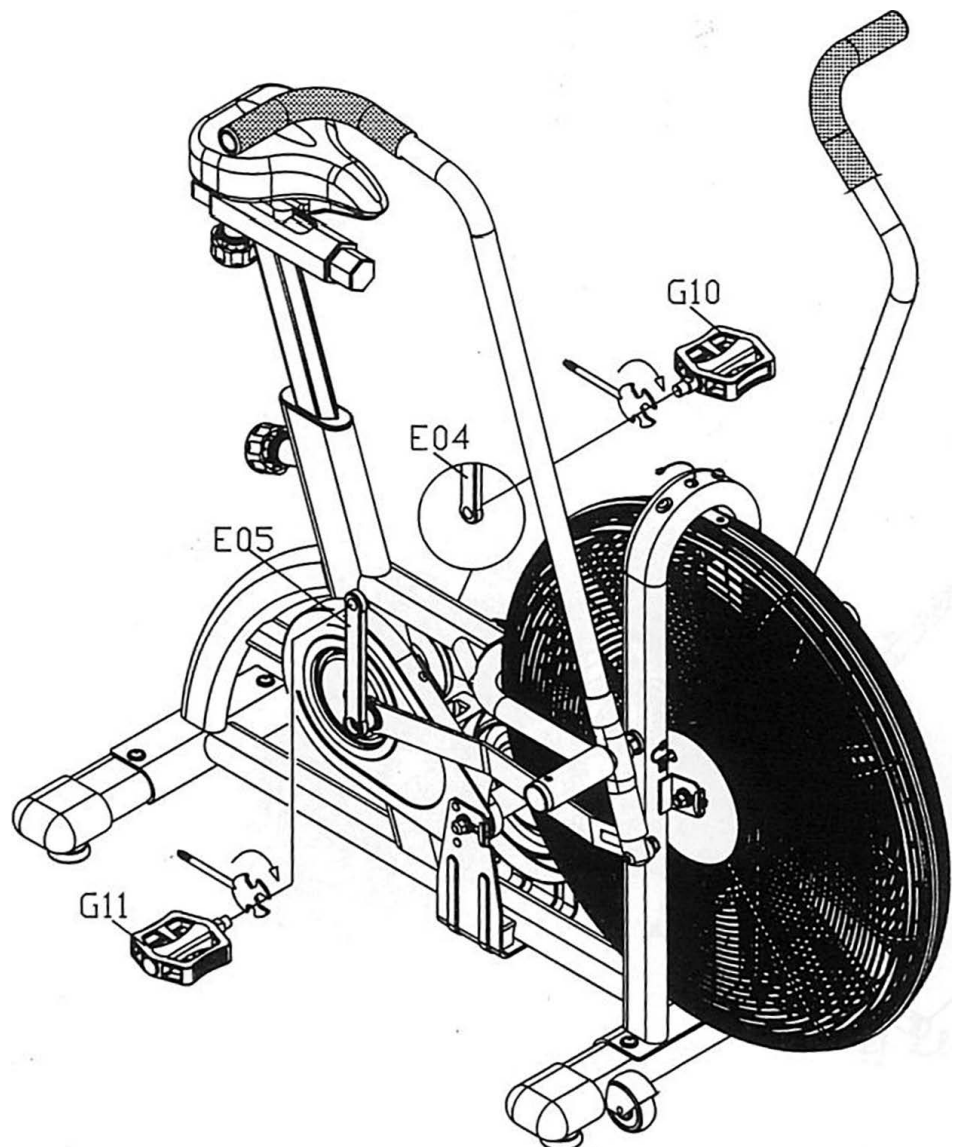
Note: Right Pedal (G11) is marked with an “R”.

Step 2:

Thread the Left Pedal (G10) into the hole of Left Crank(E04). Secure in place by turning it **clockwise** to tighten.

Note: Left Pedal (G10) is marked with an “L”

FIGURE 3



Assembly Instruction

FIGURE 4 Monitor Assembly

Step 1

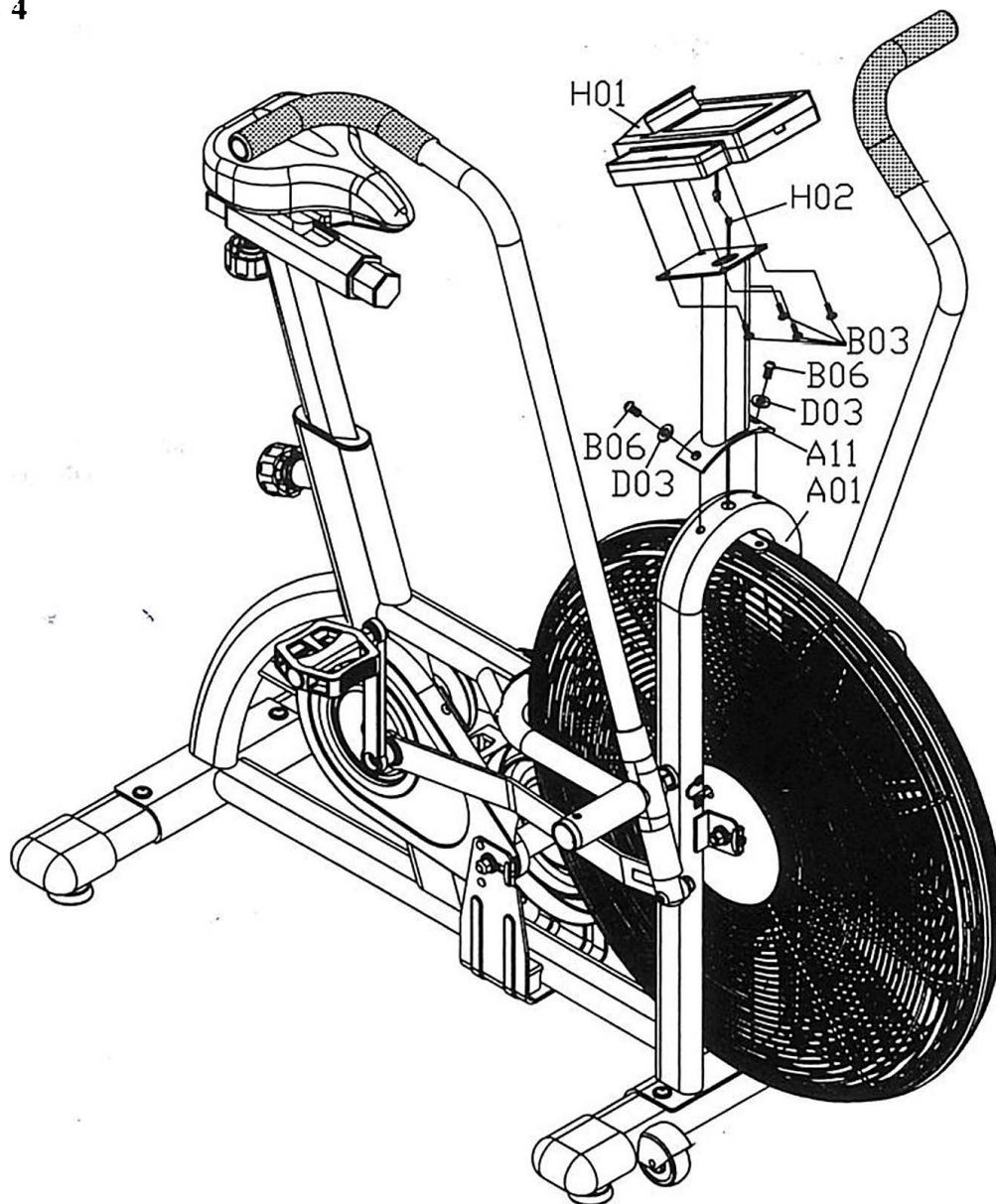
Lead the Sensor Wire (H02) which is out from the Main Frame (A01) to get through the Console Mast (A11) till the top opening of Console Mast (A11)

Assemble Console Mast (A11) onto the Main Frame (A01) with two Screws (B06) and two Washers (D03) as show as below picture .

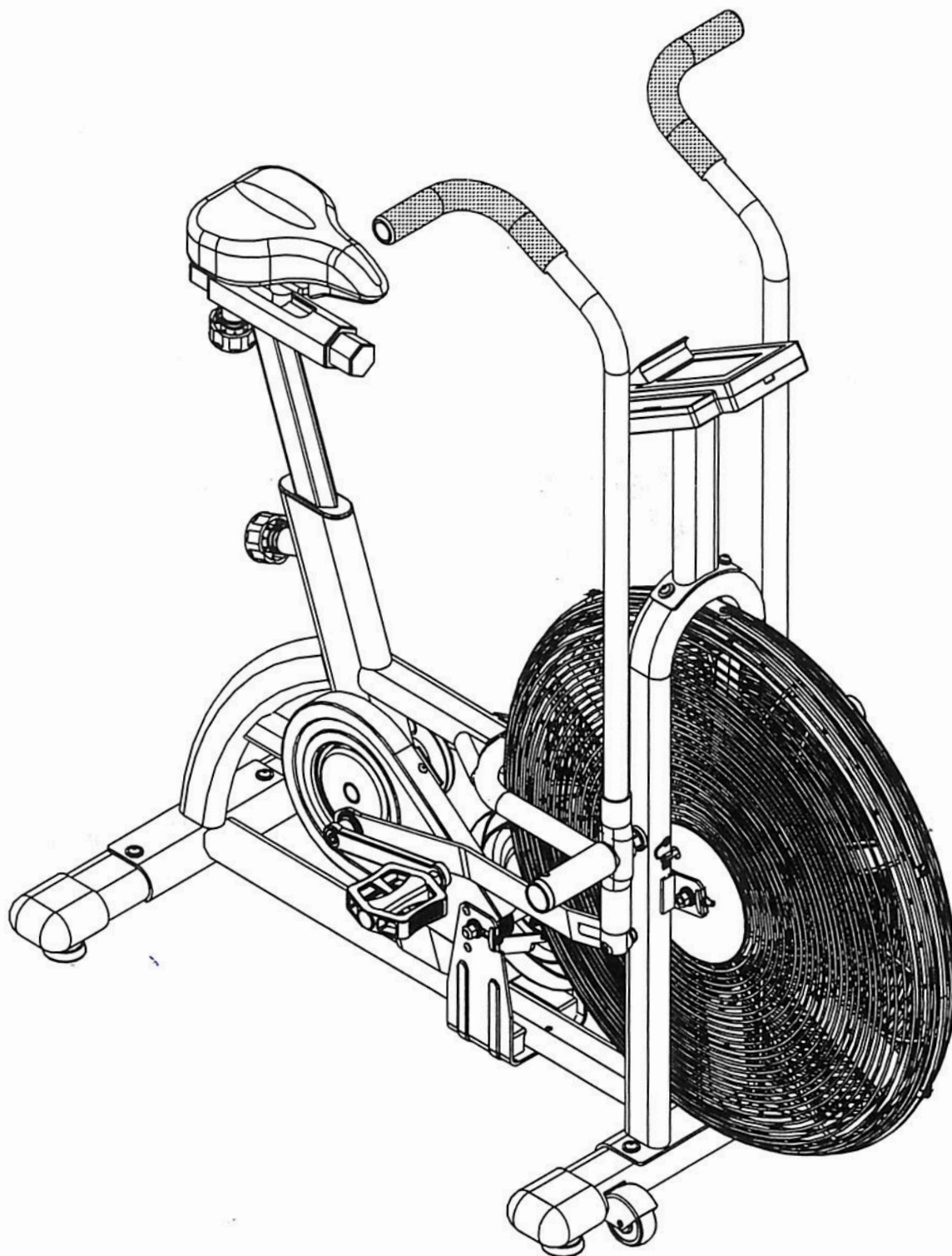
Step 2

Connect the Sensor Wire (H02) to the cable of Console (H01) , then fix the Console (H01) onto the Console Mast (A11) per four Screws (B03).

FIGURE 4



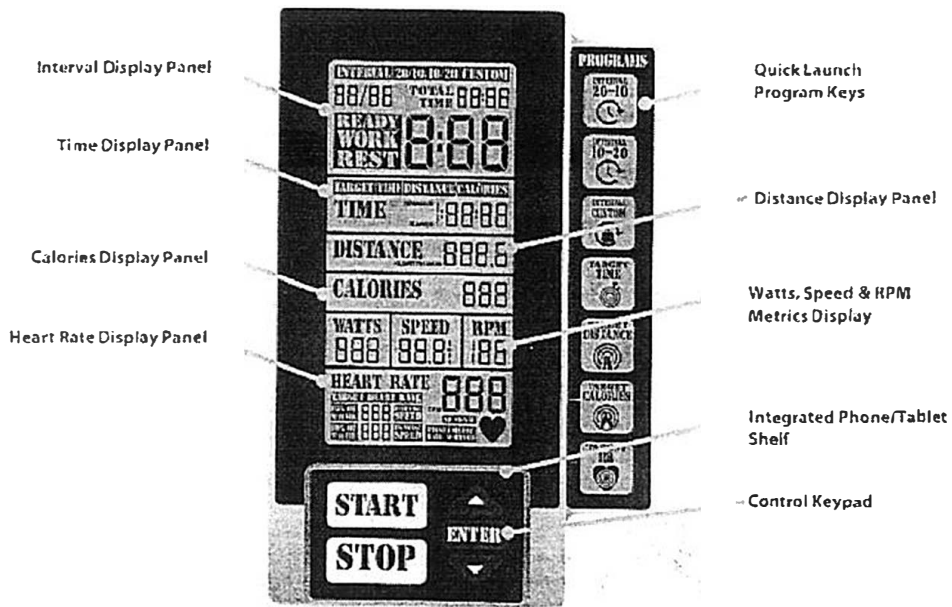
Assembly Instruction



Congratulations!

You have completed the assembly of your new Air Bike !

Console Instruction



1. KEY FUNCTION :

- **START :** Press " Start " to enter Ready Mode , then choose the desired program. And also push this key to end the pause situation.
- **STOP :** Press " Stop" for 1~2 secs will make working programs to temperately pause , but over 2 seconds press will clear all your setting data and get back to Ready Mode.
- **ENTER :** Press " Enter key " to confirm all your desired values .
- **UP & DOWN :** Set your desired value by pressing UP or Down key.

Note : the ready mode is showing and skipping off the value on the screen.
The sleep mode is showing

2. THE INTERVAL DISPLAY PANEL

Interval Display Panel



Program :

- (1) Interval 20/10(Work:20 Seconds,Rest:10 Seconds)
- (2) Inverval 10/ 20 (Work:10 Seconds,Rest:20 Seconds)
- (3) Inverval User

The above three programs all displayed on this Interval Display Panel.

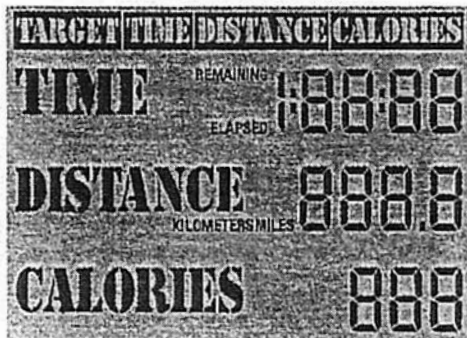
(A) The upper banner -- will signal which interval program is running and tell you the currently running interval is a Work or Rest period.(Program (1) and (2) -Work and Rest interval are 8 circles setted , while the program (3) is 1circle preset)

(B)The Total Time display --- will count up the total program run time while the large numeric

display will count up the Work or Rest segment time.

(C)The 88/88 Display -- will show the current interval and the total number of intervals in the program.

3. THE TARGET TIME , DISTANCE & CALORIES DISPLAY PANEL



Program: (4) Target Time (5) Target Distance (6) Target Calories , three programs all displayed on this Target Display Panel.

(A) A top banner shown as right diagram-- will signify which target program is running .

(B) The time display-- will alternate between the remaining and elapsed values throughout the program.

(C)Total distance --will be displayed in miles or kilometers

depending upon how the console was programed during the initial setup.

(D)The Calories display --will track the number of calories burned during the workout .

4. WATTS/ SPEED / RPM DISPLAY



Regular display : Watt , Speed , RPM

--The above will be displayed during all programs.

Watt:are a measurement of energy generation and will track the amount of work generated at any given time during a workout .

Speed display :will post a value which simulate that of riding a standard bicycle and is derivative of the current RPM or pedal speed.

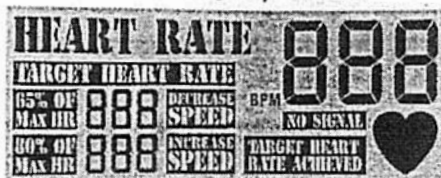
RPM: relates to the speed at which the cranks are spinning

(A) Under active situation :Watts , Speed and RPM will offer currently active value.

(B) Under pause mode or stop situation : Watt , Speed and RPM display will show the max value , summarized value , average value

5. HEART RATE DISPLAY PANEL

Heart Rate Display Panel



Program : Target Heart Rate

This console is implanted wireless receiver , so pulse can be read per wearing wireless pulse belt (optional accessory)

When user's pulse is detected by console , it will displayed current heart rate value in the large , three-digiit BPM (

beats-per-minute) filed and Heart icon will flash . There is BPM range control , from 65% of Max HR to 80% of Max HR . your target heart rate vaule will bring out the BPM range , and SPEED BANNER (increase or decrease) will signal you to speed up or slow down when you are not in the BPM range . When the user's heart rate is within the target range , the Target Heart Rate Achieved banner will post .

To calculate your maximum heart rate and find the appropriate target training zone, use the following formulas. The following estimation would be relevant for a 35 year-old user:

$$\begin{aligned} 220 - 35 &= 185 \text{ BPM} && (220 - \text{Age} = \text{Calculated Maximum Heart Rate in BPM}) \\ 0.65 \times 185 &= 120 \text{ BPM} && (65\% \text{ of } 185 \text{ BPM} \text{ [Calculated Maximum Heart Rate]} = 120 \text{ BPM}) \\ 0.80 \times 185 &= 148 \text{ BPM} && (80\% \text{ of } 185 \text{ BPM [Calculated Maximum Heart Rate]} = 148 \text{ BPM}) \end{aligned}$$

5. ADDITION INFORMATION:

- (A) In any condition, press the " stop " key for over 2 seconds will reset this console.
- (B) In ready mode, with a over 30 seconds no key press it will enter into sleep mode
- (C) The console will be active if any key is pressed during the sleep mode.
- (D) The preset pause situation is only 1 min long, after 1 min the console will enter sleep mode, user can press " start " mode to start the training again.
- (E) Once stop running the console sense no RPM for over 1 min, the console will enter sleep mode automatically.
- (F) The switch for KM and ML is available per pressing " Start key " and Enter key" simultaneously, then press " UP " or " Down " to chose the KM or ML, last press " Enter " to confirm measurement.

PART LIST

ITEM	PART NAME	QTY
		1
A01	Main Frame	1
A02	Right Handle Bar	1
A03	Left Handle Bar	1
A04	Chain Transmission Axle	1
A05	Linkage Arm	2
A06	Front Stabilizer	1
A07	Rear Stabilizer	1
A08	Seat Post	1
A09	Seat Post Slider	1
A10	Fan Steel Bracket Set	1
A11	Console Mast	7
A12	Fan Netting fixed plate	*
A13	*None*	
		7
B01	10x16x17mm Screw	1
B02	TP4x16L Screw (black)	4
B03	M5x10L Phillips Screw	7
B04	M5xP0.8x8L Phillips Screw (black)	1
B05	M5xP0.8x8L Phillips Screw (stainless)	6
B06	M8x20L Hex Round Head Screw (DIA 6mm)	2
B07	M8x45L Hex Round Head Screw (carbon)	2
B08	M22 x17x91.4 Hex Head Screw	4
B09	M6x12L Hex Head Screw (Loctite, silver)	4
B10	M6x16L Hex Head Screw (carbon , silver)	2
B11	M6x6L Hex Round Head Screw (black)	3
B12	Crank Fixing Bolt	4
B13	M6xP1.0x15L Socket Head Screw	2
B14	M10x40 Hex Flat Head Screw	*
B15	*None*	*
B16	*None*	
		4
C01	3/8x26" Acorn Nut Cap	4
C02	M10 Nylon Nut (thin) (black)	2
C03	M14xP1.5 , R Locknut (Loctite)	4
C04	M6 Hex Nut (Black)	4
C05	M6 Nylon Nut (silver)	2
C06	M8 Nylon Nut (thick)	*
C07	* None*	
		4
D01	10x19x2.0t Washer (black)	4
D02	16x21.8x2.0t Washer (black)	

D05	6x1t Spring Washer (black)	4
D06	8x2t Spring Washer (black)	4
E01	Foot Peg (38.4x32x110.6mm)	2
E02	Crank Fixed Round Plate (L)	1
E03	Crank Fixed Round Plate(R)	1
E04	Left Crank	1
E05	Right Crank	1
E06	Seat Fixing Rod	1
E07	C Retainer (S-20)	1
E08	Adjustment Channel	4
E09	Pop Pin Knob	2
E10	Foot Adjuster	4
E11	Chain Tensioner	4
E12	#6004 Precise Bearing	2
E13	#6803 Precise Bearing	8
E14	#99502ZZ Ball Bearing	2
E15	Cir -Clip	4
E16	POS10 Bearing (M10x1.5)	2
E17	Inner Lock Tablet (ϕ 23* ψ 9*23L)	1
E18	Inner Lock Tablet (ϕ ϕ 23* ψ 9*37.5L)	1
E19	Front Chain Wheel	1
E20	*None*	*
E21	*None*	*
E22	Rear Chain Wheel	1
F01	Chain Guard (Left)	1
F02	Chain Guard (Right)	1
F03	Fan Cage (Left)	1
F04	Fan Cage (Right)	1
G01	Transportation Wheel	2
G02	Seat Post Support Bushing	1
G03	DIA 50 Hex End Plug	2
G04	Seat Fixed Hex Spacer	1
G05	DIA38 Hex End Plug	2
G06	Handlebar Sleeve	2
G07	V-Belt	1
G08	Fan Cage Cover (Left)	1
G09	Fan Cage Cover (Right)	1
G10	Left Pedal	1
G11	Right Pedal	1
G12	Seat Pad	1

G13	Stabilizer End Cap	4
G14	*None*	*
G15	*None*	*
G16	Steel Chain	1
G17	*None*	*
G18	*None*	*
H01	Console	1
H02	Sensor Wire	1
H03	Magnet	1

