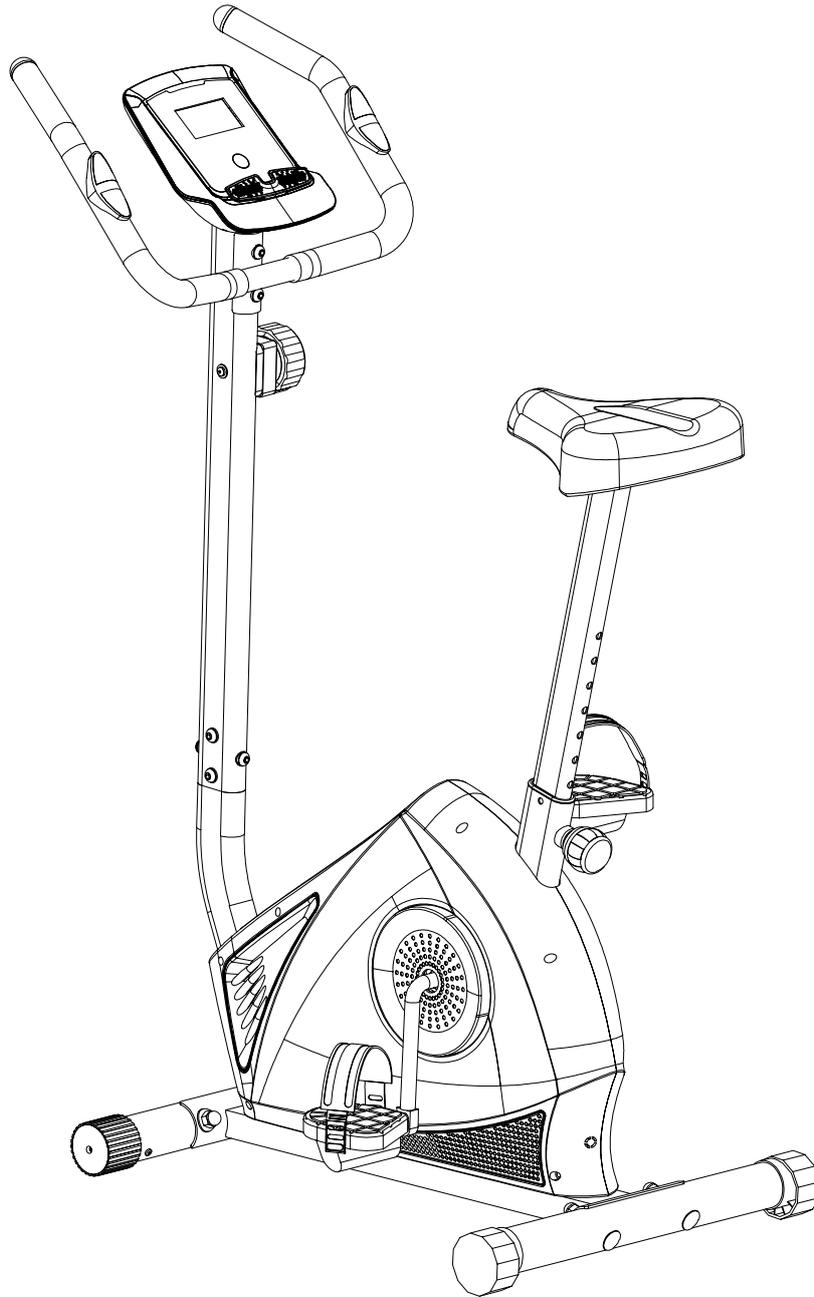


GYMSTICK™

GB1.0 EXERCISE BIKE USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick GB1.0 Exercise Bike. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

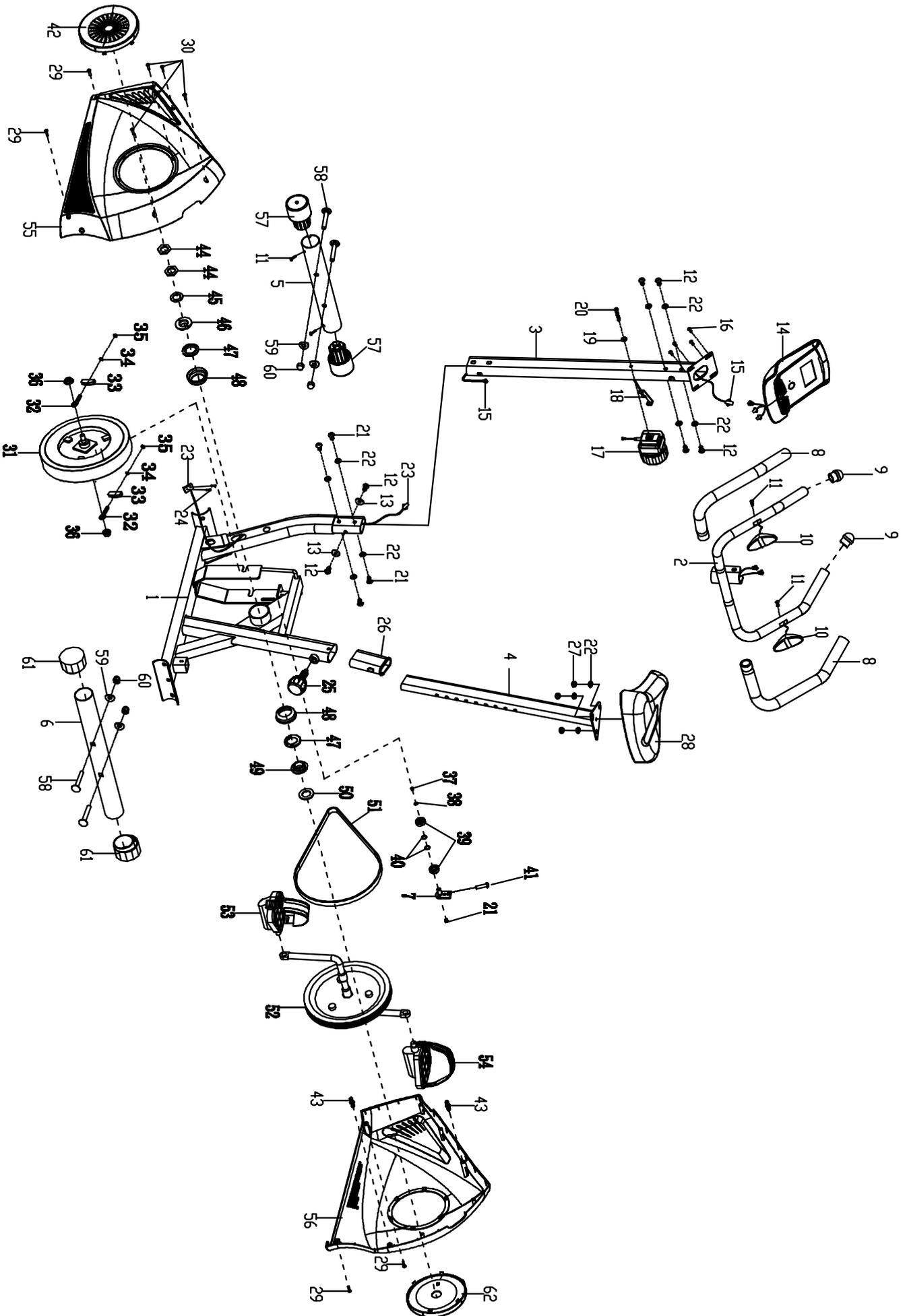
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do warm-up and stretching first.
15. The maximum weight capacity for this product is 100kgs.

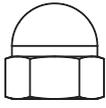


WARNING!

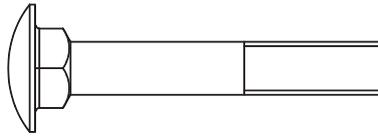
BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.



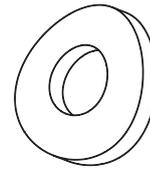
No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	031	Flywheel	1
002	Handlebar	1	032	Bolt M6x36	2
003	Handlebar Post	1	033	U bracket	2
004	Seat Post	1	034	Spring washer Ø6	2
005	Front Stabilizer	1	035	Nut M6	2
006	Rear Stabilizer	1	036	Nut M10	2
007	Idle Wheel Bracket	1	037	Sercw M6x10	1
008	Handlebar Foam Grip Ø30xØ24x455	2	038	Washer Ø12xØ6x1.5	1
009	Handlebar End Cap Ø25	2	039	Beariing 6000 ZZ	2
010	Hand Pulse Sensor with Wire L=750mm	2	040	Washer Ø10.2XØ14x1.0	2
011	Screw ST4.2x20	4	041	Bolt M8x30	1
012	Bolt M8x15	6	042	Left Cover Cap	1
013	Curve Washer Ø16x Ø 8x1.5	2	043	Plastic Bolt	2
014	Computer	1	044	Hexagon Nut 7/8"	2
015	Extension Sensor Wire L=1000mm	1	045	Washer Ø23x34.5x2.5	1
016	Screw M5x10	4	046	Washer Ø34.5x23x2.5	1
017	Tension Control Knob	1	047	Bearing	2
018	Tension Cable L=850mm	1	048	Bearing Cup	2
019	Big Washer Ø18x Ø5x1.5	1	049	Bearing Nut I 15/16"	1
020	Screw M5x25	1	050	Washer I Ø24x40x3.0	1
021	Bolt M8x10	5	051	Belt	1
022	Washer Ø16x Ø8x1.5	11	052	Belt Pulley with Crank	1
023	Sensor with Wire L=750mm	1	053	Left Pedal	1
024	Screw ST2.9x10	2	054	Right Pedal	1
025	Seat Post Knob M16	1	055	Left Chain Cover	1
026	Bushing	1	056	Right Chain Cover	1
027	Nut M8	3	057	End cap for front stabilizer	2
028	Seat Cushion	1	058	Bolt M10x57	4
029	Pan Head Phillips Self Drilling Screw ST4.2x20	4	059	Big Curve Washer Ø25x Ø10x2.0	4
030	Pan Head Phillips Screw ST4.2x25	4	060	Cap Nut M10	4
			061	End cap for rear stabilizer	2
			062	Right Cover Cap	1



(60) Cap Nut M10
4 PCS



(58) Bolt M10x57
4 PCS

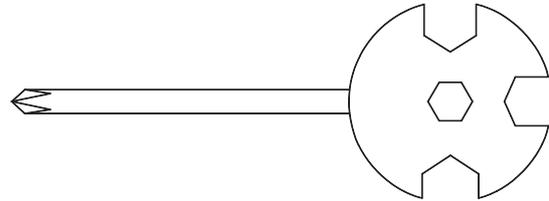


(59) Big Curve Washer
Ø10xØ25x2
4 PCS

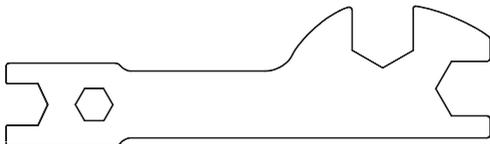
TOOLS



Allen Wrench S6
1 PC



Multi Hex Tool with Phillips Screwdriver
S10, S13, S14, S15
1 PC



Multi Hex Tool
S10, S13, S17, S19
1 PC

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

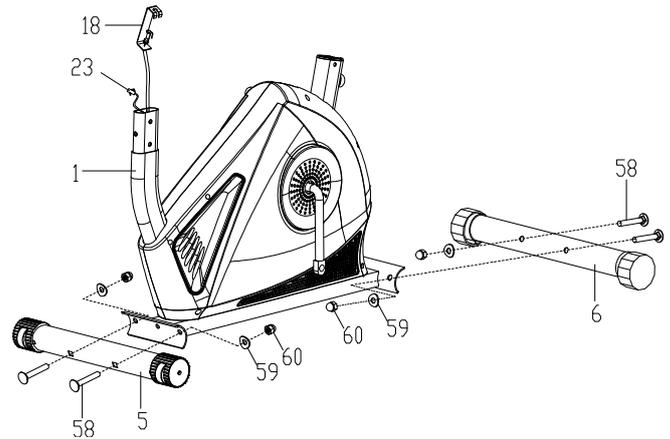
It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1

Front/Rear Stabilizers Installation

Position the Rear Stabilizer (6) into the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (6) onto the rear curve of the Main Frame (1) with two M10x57 Bolts (58), two Ø10xØ25x2.0 Big Curve Washers (59) and two M10 Cap Nut (60).

Position the Front Stabilizer (5) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (5) onto the front curve of the Main Frame (1) with two M10 Cap Nuts (60), two M10x57 Bolts (58), and two Ø10xØ25x2 Big Curve Washers (59).



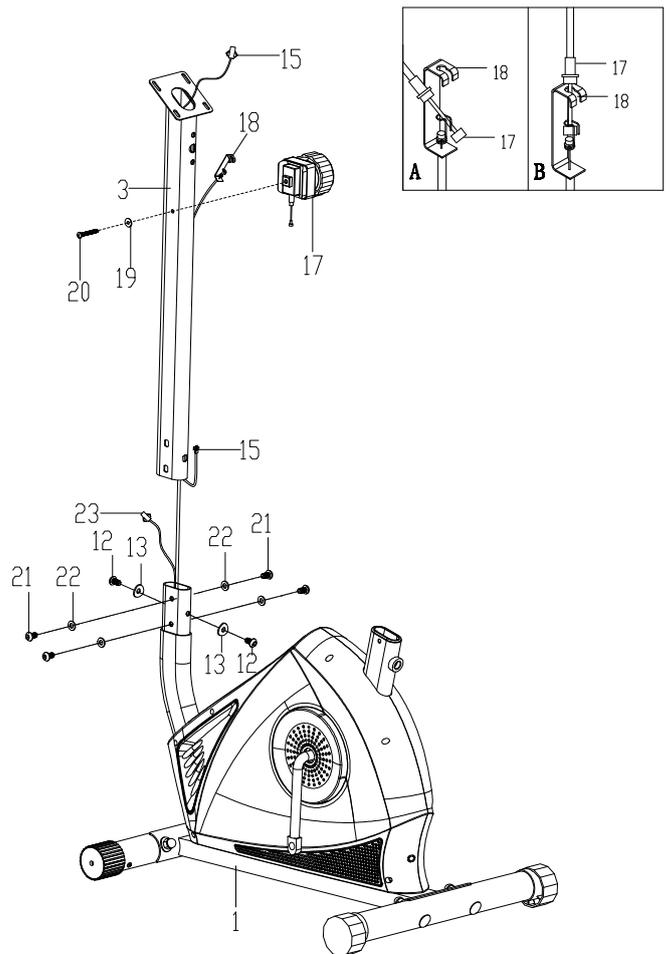
STEP 2

Remove four M8x10 Bolt (21) and four Ø8xØ16x1.5 Washers (22) from the Main Frame (1). Remove two M8x15 Bolt (12) and two Ø8xØ16x1.5 Curve Washers (13) from the Main Frame (1). Remove bolts with the S6 Allen Wrench provided. Insert the Tension Cable (18) through into the bottom hole of Handlebar Post (3) and pull it out from the square hole of Handlebar Post (3). Connect the Sensor Wire (23) from the Main Frame (1) to the Extension Sensor Wire (15) from the Handlebar Post (3).

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with four M8x10 Bolt (21) and four Ø8xØ16x1.5 Washers (22), two M8x15 Bolt (12) and two Ø8xØ16x1.5 Curve Washers (13) that were removed. Tighten bolts with the S6 Allen Wrench provided.

Remove the M5x25 Bolt (20) and Ø5xØ18x1 Big Washer (19) from the Tension Control Knob (17). Remove bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Put the cable end of resistance cable of Tension Control Knob (17) into the spring hook of Tension Cable (18) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (17) up and force it into the gap of metal bracket of Tension Cable (18) as shown in drawing B of figure 3. Attach the Tension Control Knob (17) onto the Handlebar Post (3) with the M5x25 Bolt (20) and Ø5xØ18x1 Big Washer (19) that were removed. Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

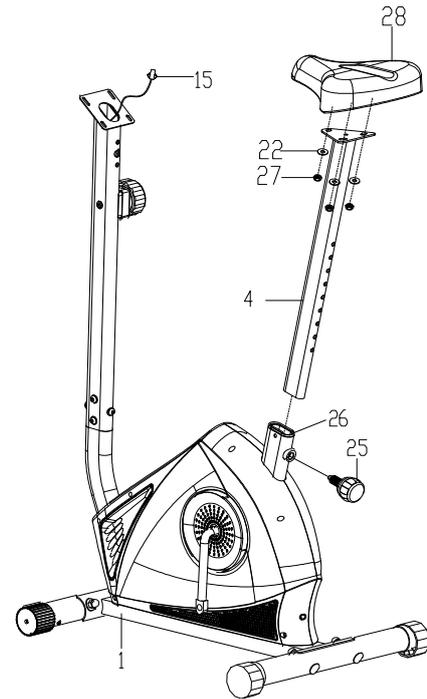


STEP 3

Remove three M8 Nylon Nuts (27) and three Ø8xØ16x1.5 Washers (22) and from underside of the Seat Cushion (28). Remove nylon nuts with the Multi Hex Tool with Phillips Screwdriver provided.

Guide bolts on underside of the Seat Cushion (28) through holes on top of the Seat Post (4), attach with three removed M8 Nylon Nuts (27) and three Ø8xØ16x1.5 Washers (22). Tighten nylon with the Multi Hex Tool with Phillips Screwdriver provided.

Insert the Seat Post (4) into the Seat Post Bushing (26). Adjust the seat position and insert the M16 Seat Post Knob (25). Turn the M16 Seat Post Knob (25) in the clockwise direction to tighten.

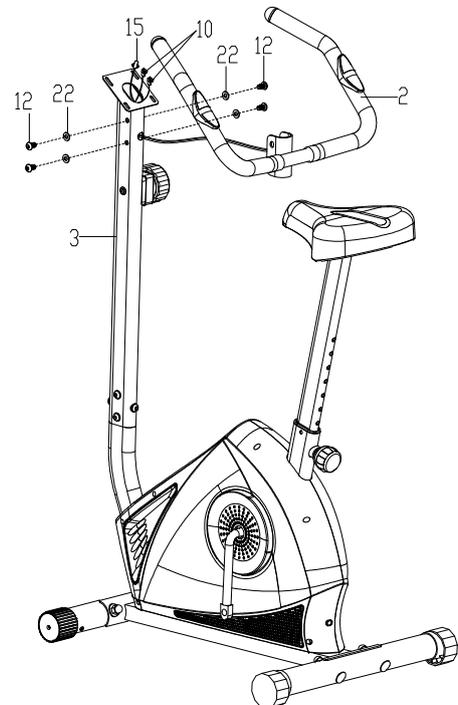


STEP 4

Remove four M8x15 Bolts (12) and four Ø8xØ16x1.5 Curve Washers (22) from the Handlebar Post (3). Remove bolts with the S6 Allen Wrench provided.

Insert the Hand Pulse Sensor Wires (10) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3).

Attach the Handlebar (2) onto the Handlebar Post (3) with four M8x15 Bolts (12) and four Ø8xØ16x1.5 Curve Washers (22) that were removed. Tighten bolts with the S6 Allen Wrench provided.



STEP 5

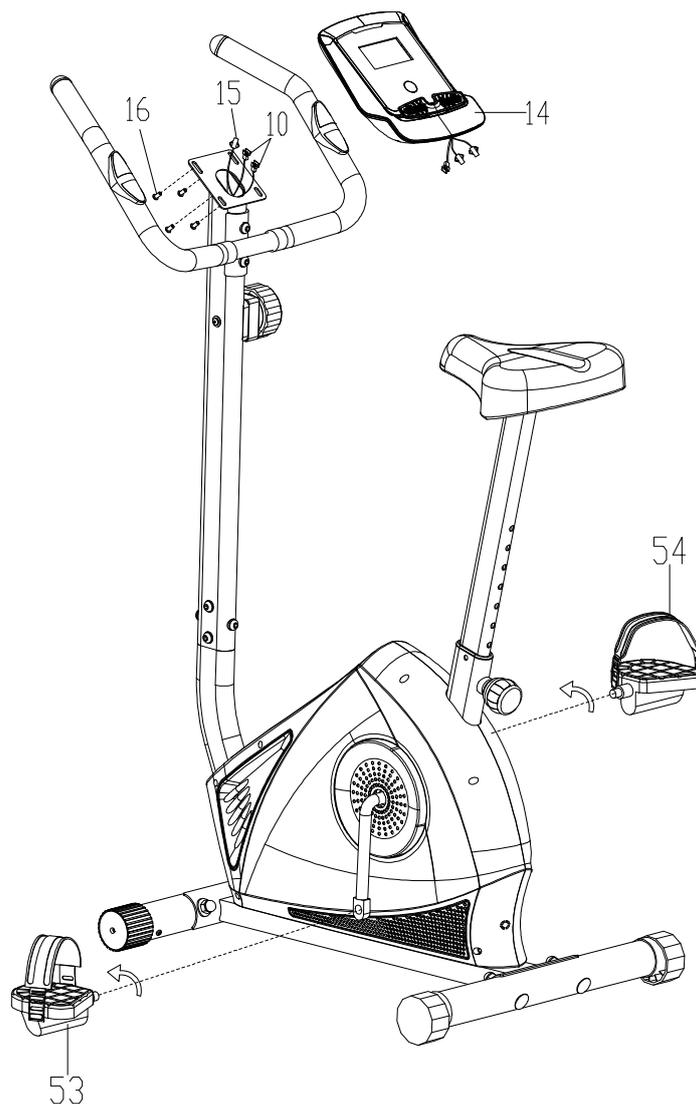
Remove four M5x10 Bolts (16) from the Computer (14). Remove bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Connect the Hand Pulse Sensor Wires (10) and Extension Sensor Wire (15) to the wires that come from the Computer (14). Tuck wires into the Handlebar Post (3). Attach the Computer (14) onto the top end of the Handlebar Post (3) with four M5x10 Bolts (16) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Insert the pedal shaft of Left Foot Pedal (53) into threaded hole in the left Crank (52). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

NOTE: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (53) with the Multi Hex Tool with Phillips Screwdriver provided. Insert pedal shaft of Right Foot Pedal (54) into threaded hole in right Crank (52). Turn the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (54) with the Multi Hex Tool with Phillips Screwdriver provided.





SPECIFICATIONS:

TIME	00:00 - 99:59 MIN:SEC
SPEED	0.0 – 999.9 KM/H
DISTANCE	0.00 – 99.99 KM/H
CALORIES	0.0 – 999.9 KCAL
ODOMETER	0.00 – 99.99 KM OR ML
PULSE	40 - 200 BEATS/MIN

KEY FUNCTION:

- MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset, except the ODOMETER (TOTAL).
- SET: To input the target value by key, except the ODOMETER (TOTAL).
- RESET: To let the value reset, except the ODOMETER (TOTAL).

OPERATION PROCEDURES:

AUTO ON/OFF. The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION:

- 1. TIME (TMR) Auto-memorize the workout time while exercising
- 2. SPEED (SPD) Display the current speed
- 3. DISTANCE (DST) Accumulate the distances while exercising
- 4. CALORIES (CAL) Auto-memorize calories amount consumed while exercising
- 5. ODO Display the total distances while exercising. When the signal input, it start the value up on the original data. The ODOMETER can't be reset (by any key). Reset by replacing the battery.
- 6. PULSE (PUL) Display the user's heart rate per minute while exercising (You have to hold on reaction planks with both hands)
- 7. SCAN Automatically scan through each function between:

TIME > SPEED > DISTANCE > CALORIES > PULSE > ODOMETER

BATTERY:

If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AA" or one "AAA" battery or one "1.5V" button battery. You can replace the batteries at the same time.

CLEANING

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE

Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike, please inspect the bolts and tighten the loose bolts.

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

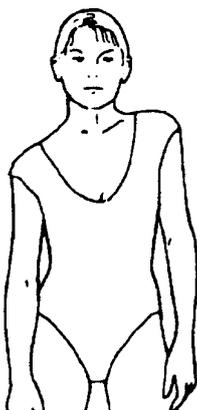
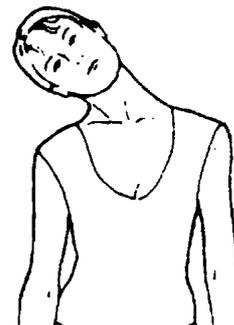
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

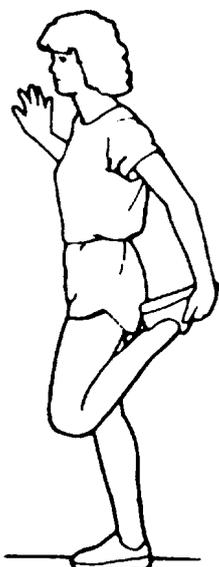
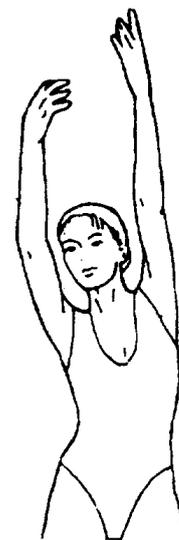


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



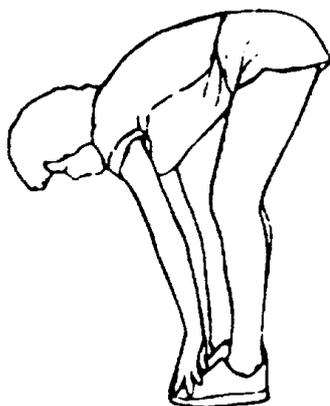
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



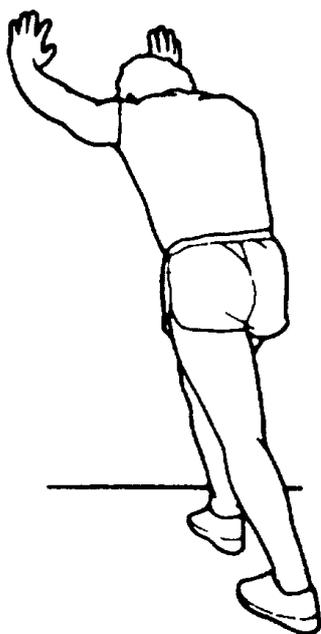
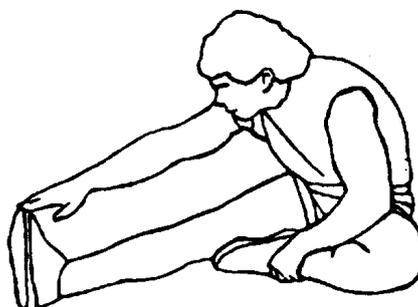


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use only.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

