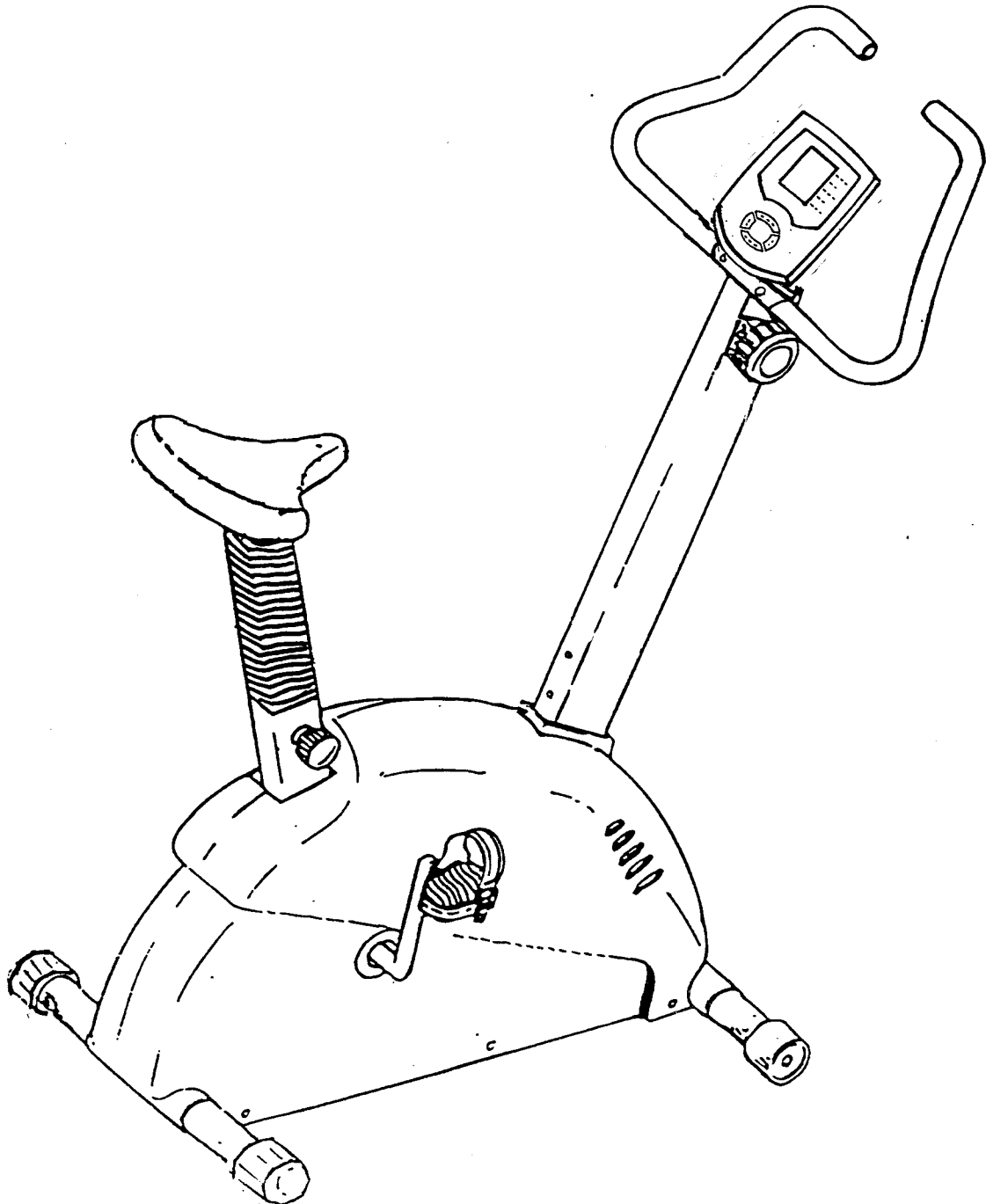
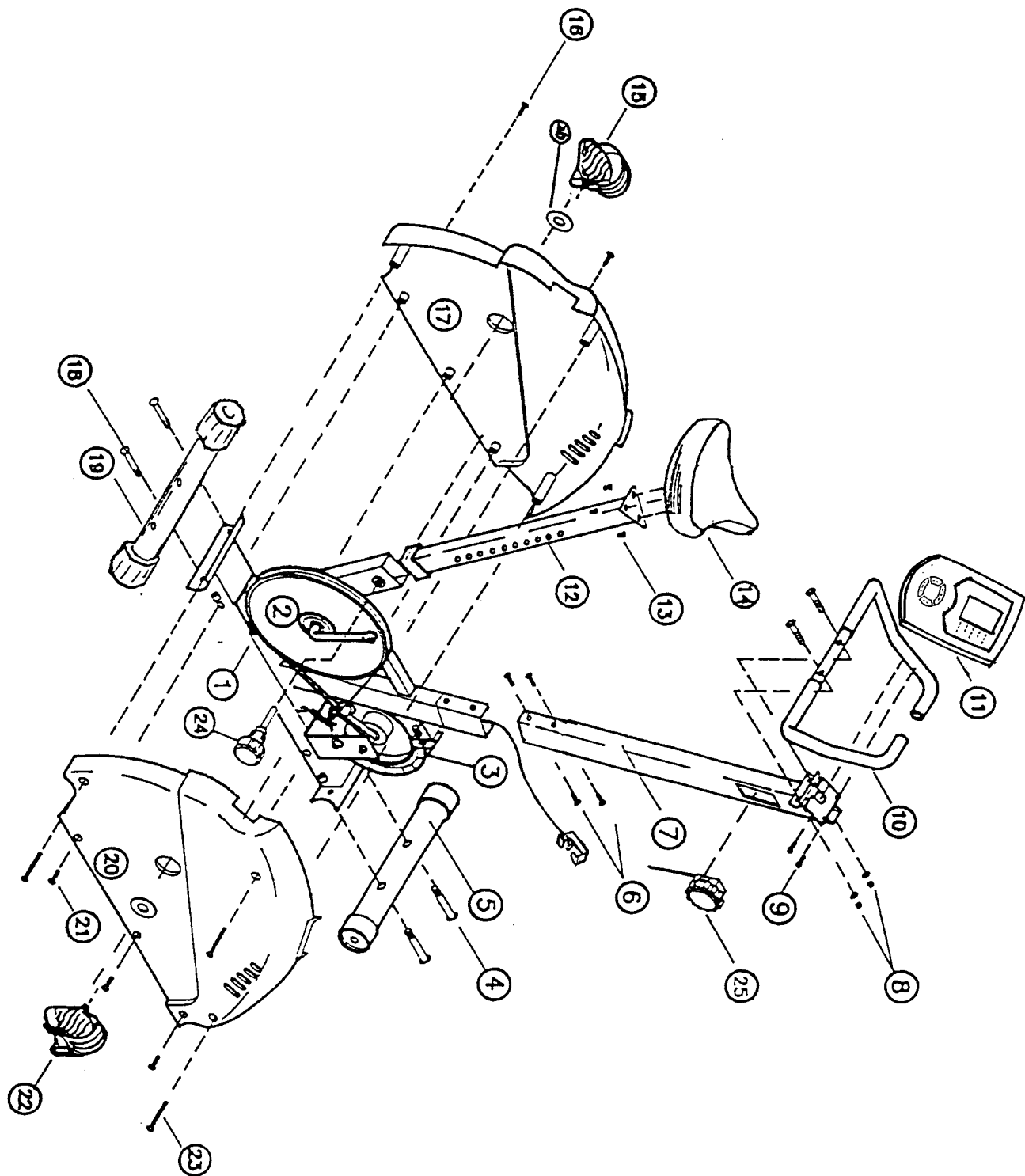


MAGNETIC BIKE

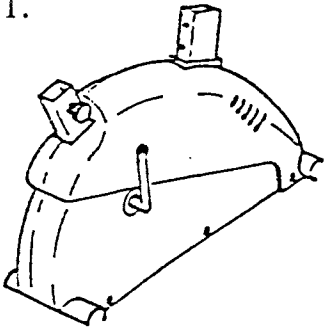
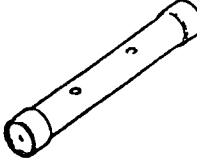
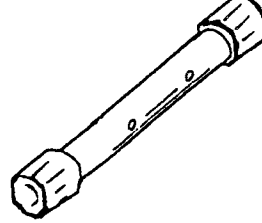
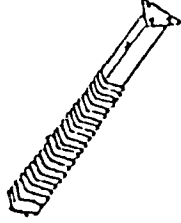
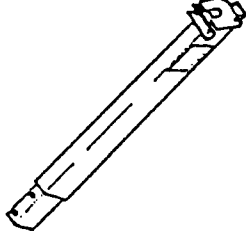
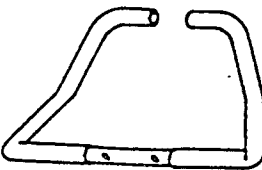
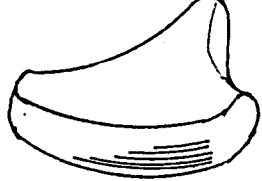
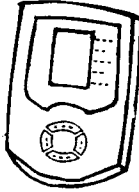
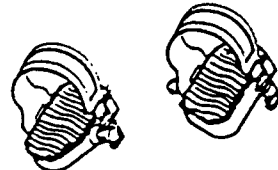
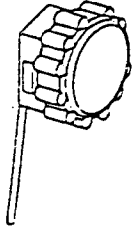
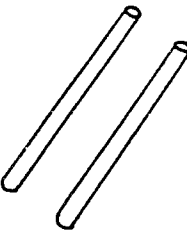
RSI *MOON*





1. MAIN FRAME
2. PULLEY
3. NON-FRICTION MAGNETIC RESISTANCE SYSTEM
4. BOLTS AND NUTS
5. FRONT STABILIZER
6. SCREWS
7. HANDLEBAR POST
8. SCREWS AND WASHERS FOR HANDLEBAR
9. SCREWS
10. HANDLEBAR
11. ELECTRONIC DISPLAY
12. SEAT POST
13. NUTS
14. SEAT
15. LEFT PEDAL
16. COVER SCREWS
17. LEFT COVER
18. BOLTS AND NUTS
19. REAR STABILIZER
20. RIGHT COVER
21. SCREWS
22. RIGHT PEDAL
23. SCREWS
24. SEAT POST ADJUSTER
25. TENSION ADJUSTER
26. ROUND CAP

ASSEMBLY PARTS LIST

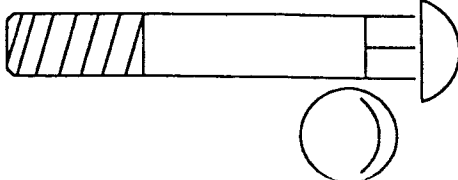
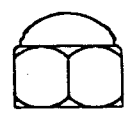
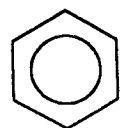
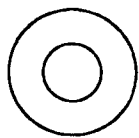


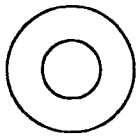


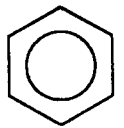
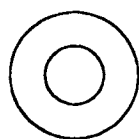

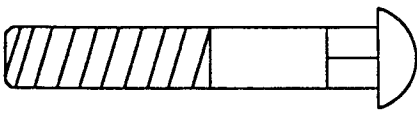
1.  MAIN FRAME	2.  FRONT STABILIZER	3.  REAR STABILIZER
4.  SEAT POST	5.  HANDLEBAR POST	6.  HANDLEBAR
7.  SEAT	8.  COMPUTER	9.  PEDALS
10.  TENSION CONTROLLER	11.  FOAM	

ASSEMBLY ACCESSORY

FRONT & REAR STABILIZER----A,B,C

HANDLEBAR POST----D, E

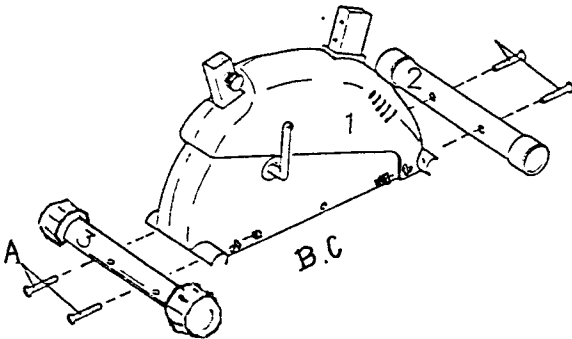
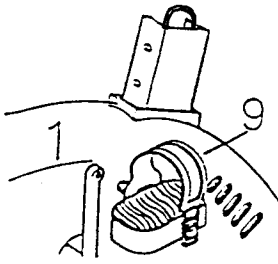
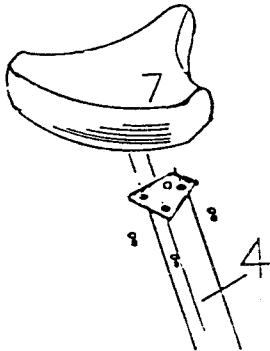
HANDLEBAR---- F, G, H

<p>A.</p>  <p>M8x65mm Carriage Bolts(4,18)-4</p>		
<p>B.</p>   <p>M8 Cap Nut(4,18)-4</p>	<p>C.</p>   <p>M8 Flat Washer(4,18)-4</p>	
<p>D.</p>  <p>M8 x 15 mm Screws(6,8)-6</p>	<p>E.</p>   <p>M8 Flat Washer(6,8)-6</p>	
<p>F.</p>   <p>M8 Nylon Locknut(8)-2</p>	<p>G.</p>   <p>M8 Arc Washer(8)-2</p>	
<p>H.</p>  <p>M8 x 30mm Carriage Bolts</p>		

INSTRUCTIONS FOR ASSEMBLY

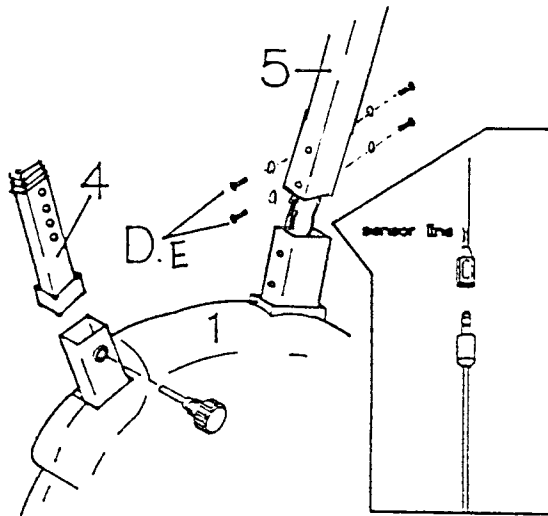
UNPACK THE CARTON AND CHECK THAT ALL COMPONENTS ARE PRESENT. DO NOT DISPOSE OF THE PACKING MATERIAL UNTIL ASSEMBLY HAS BEEN COMPLETED.

(PLEASE ASSEMBLE BY USING THE TOOLS INCLUDED)

<p>1. Attach Main Frame(1) and Front Stabilizer(2), Rear Stabilizer(3) by fixing Carriage Bolts(A), Washers(B) and Cap Nuts(C).</p>	 A technical line drawing showing the assembly of a bicycle's main frame (1), front stabilizer (2), and rear stabilizer (3). The main frame is a curved metal piece. The front stabilizer is a long horizontal bar with a threaded end. The rear stabilizer is a shorter horizontal bar. Carriage bolts (A) are shown passing through the main frame and stabilizers. Washers (B) and cap nuts (C) are used to secure the bolts.
<p>2. Insert the pedals (9) into the properly marked crank. The pedals are marked "L" for left side and "R" for right side. Rotate both pedals toward the front of bike to screw in.</p>	 A technical line drawing showing a crank arm (1) with a pedal (9) being inserted into it. The pedal has a threaded end and a rubber foot. The crank arm has a hole for the pedal. The pedal is shown being rotated into the crank.
<p>3. Assemble Seat(7) to Seat Post(4) with included nuts & washers.</p>	 A technical line drawing showing a bicycle seat (7) being attached to a seat post (4). The seat is a curved, padded piece. The seat post is a long, thin metal tube. A seat clamp (5) is shown being used to secure the seat to the seat post. Nuts (6) and washers are used to tighten the clamp.

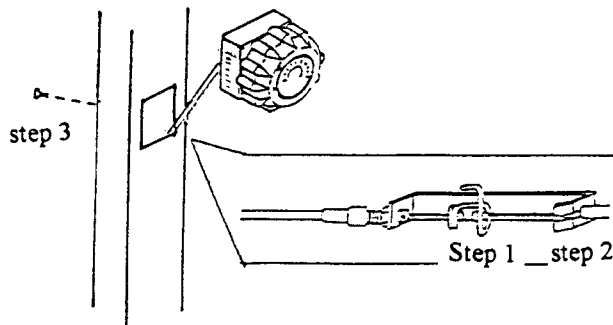
4. Run sensor wire through Handlebar Post (5) and connect to sensor wire in Main Frame (1). Insert Handlebar Post into Main Frame and tighten Screws and Washers(D.E).

Put the Seat Knob, insert Seat Post (4) into Main Frame and fix at desired height.



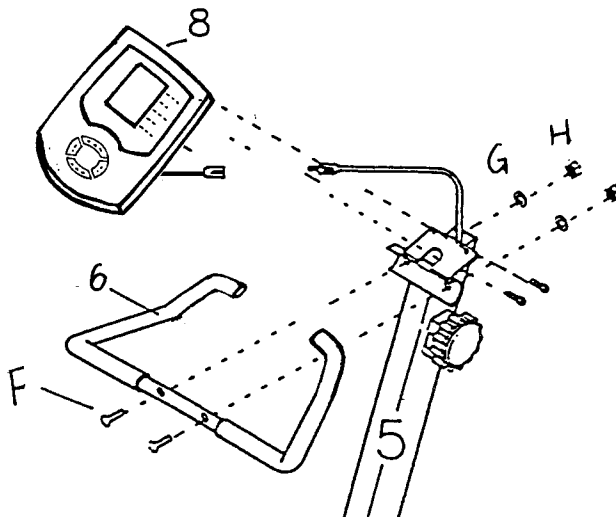
5. Connect the tension controller:
Step 1: Put cable end into the spring hook.
Step 2: Pull on tension controller until brass insert seats into spring hook assembly.
Step 3: Fix the controller on the handlebar post by the attached screw.

Increase the tension by turning the knob clockwise, and vice versa.



6. Install the foam on Handlebar. Water or detergent cleanser is suggested for to lubricate.

7. Attach Handlebar (6) onto the Handlebar Post by Bolts, Washers and Nuts(F.G.H)
 Connect the sensor wire to Computer(8) and fit it onto top of Handlebar Post(5).



IMPORTANT SAFETY INSTRUCTION

WHEN USING AN EXERCISE MACHINE, BASIC PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

1. BEFORE STARTING ANY EXERCISE PROGRAM, IT IS RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN. NO SPECIFIC HEALTH CLAIMS ARE MADE OR IMPLIED AS THEY RELATE TO THE EQUIPMENT.
2. STOP USING THIS BIKE WHEN FEEL UNCOMFORTABLE.
3. DO NOT ALLOW CHILDREN ON OR AROUND BIKE.
4. MEDICAL APPROVAL AND CLOSE SUPERVISION IS NECESSARY WHEN THIS BIKE IS USED BY, OR NEAR HANDICAPPED INDIVIDUALS.
5. DO NOT PLACE HANDS OR FEET UNDER THE BIKE.
6. ALWAYS KEEP HANDS OFF THE BIKE WHILE OTHERS ARE USING IT.
7. USE THE BIKE ONLY FOR ITS INTENDED USE AS DESCRIBED IN THIS MANUAL.
8. DO NOT USE ATTACHMENTS NOT RECOMMENDED IN THIS MANUAL.
9. NEVER OPERATE THE BIKE IF IT HAS BEEN DROPPED OR DAMAGED, OR EXPOSED TO WATER, CONTACT OUR CUSTOMER SERVICE DEPARTMENT FOR SERVICE RECOMMENDATION.S
10. NEVER OPERATE THE BIKE WITH BAREFOOT OR IN STOCKING SLIPPERS.
11. DO NOT USE THE BIKE WITH LOOSE FITTING SHOES OR SLIPPERS.
12. NEVER USE THE BIKE WHILE WEARING LOOSE FITTING, LONG GARMENT SUCH AS SLACKS, PAJAMAS, DRESSED OR FLOPPY BELL BOTTOMS.
13. NEVER USE FASTER THAN YOU FEEL COMFORTABLE FOR YOU.
14. USER'S WEIGHT CAN NOT EXCEED 275 LBS.

TROUBLE SHOOTING GUIDE

1. INCORRECT READING ON R.P.M., SPEED, DISTANCE, CALORIES.

Check the connections of sensor wire. Check the batteries to make sure they are placed properly and in good condition.

Press reset to start over.

2. FUNCTIONS ARE NOT WORKING PROPERLY, OR DISPLAY INCORRECT. Check the connector and press reset to start over.

3. NO PULSE READING OR UNSTABLE DISPLAY.

Check that the ear clip plug is properly connected.

Check that the ear clip rubber pad has been properly connected and wire is not broken.

Make sure to follow the instructions for display. Please be aware this is not an ECG accurate heart monitor. This pulse monitor is intended to provide a close general idea of current pulse rate. For medical conditions requiring more accurate readings, please consult your local dealer for options.

4. MAINTENANCE AND CLEANING.

Use clean damp soft rag to clean the surface, use mild detergent to clean the dirty spots.

Do not use steel brush or emery cloth to clean surface.

After exercise, immediately wipe off the sweat from the surface of the equipment. Because perspiration contains salt, it could ruin the appearance.

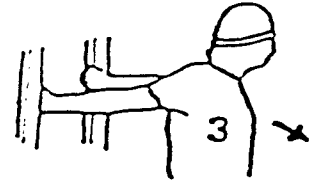
WARM-UP EXERCISE



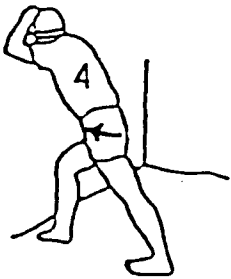
15 seconds for each



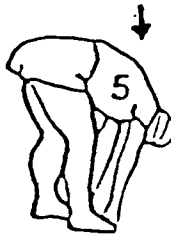
20 seconds



20 seconds



25 seconds



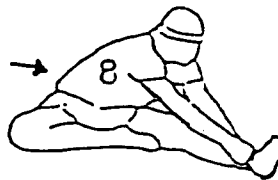
20 seconds



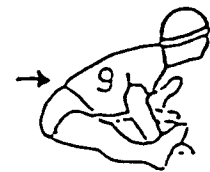
20 seconds



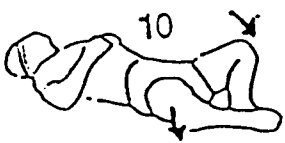
30 seconds



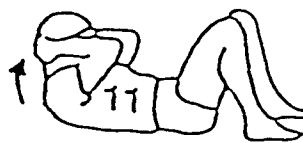
25 seconds for each leg



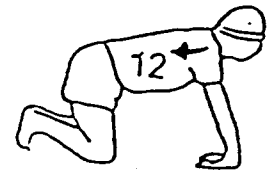
30 seconds



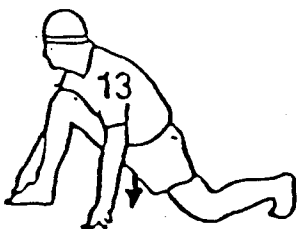
20 seconds



5 seconds x 3 times



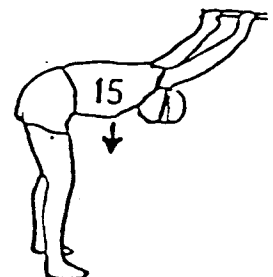
20 seconds



20 seconds for each leg



5 times



15 seconds