MAGNETIC BIKE

RSI 3000C
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
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<thead>
<tr>
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<tbody>
<tr>
<td>1.</td>
<td>MAIN FRAME</td>
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<td>2.</td>
<td>FRONT STABILIZER</td>
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<td>3.</td>
<td>REAR STABILIZER</td>
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<td>4.</td>
<td>SEAT POST</td>
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<td>5.</td>
<td>HANDLEBAR POST</td>
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<td>6.</td>
<td>HANDLEBAR</td>
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<td>7.</td>
<td>SEAT</td>
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<td>8.</td>
<td>COMPUTER</td>
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<td>9.</td>
<td>PEDALS</td>
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<td>10.</td>
<td>TENSION CONTROLLER</td>
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<td>11.</td>
<td>FOAM</td>
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## ASSEMBLY ACCESSORY

**FRONT & REAR STABILIZER** — A, B, C
**HANDLEBAR POST** — D, E
**HANDLEBAR** — F, G, H

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<table>
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<tbody>
<tr>
<td>A.</td>
<td><img src="image" alt="Carriage Bolt" /></td>
<td><strong>M8x65mm Carriage Bolts (4,18)-4</strong></td>
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<tr>
<td>B.</td>
<td><img src="image" alt="Cap Nut" /></td>
<td><img src="image" alt="Flat Washer" /></td>
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<tr>
<td>C.</td>
<td><img src="image" alt="Screw" /></td>
<td><img src="image" alt="Flat Washer" /></td>
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<tr>
<td>D.</td>
<td><img src="image" alt="Nylock Nut" /></td>
<td><img src="image" alt="Arc Washer" /></td>
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<tr>
<td>E.</td>
<td><img src="image" alt="Carriage Bolt" /></td>
<td><strong>M8 x 30mm Carriage Bolts</strong></td>
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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)

1. Attach Main Frame(1) and Front Stabilizer(2), Rear Stabilizer(3) by fixing Carriage Bolts(A), Washers(B) and Cap Nuts(C).

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.

3. Assemble Seat(7) to Seat Post(4) with included nuts & washers.
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.

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

1. 15 seconds for each
2. 20 seconds
3. 20 seconds

4. 25 seconds
5. 20 seconds
6. 20 seconds

7. 30 seconds
8. 25 seconds for each leg
9. 30 seconds

10. 20 seconds
11. 5 seconds x 3 times
12. 20 seconds

13. 20 seconds for each leg
14. 5 times
15. 15 seconds