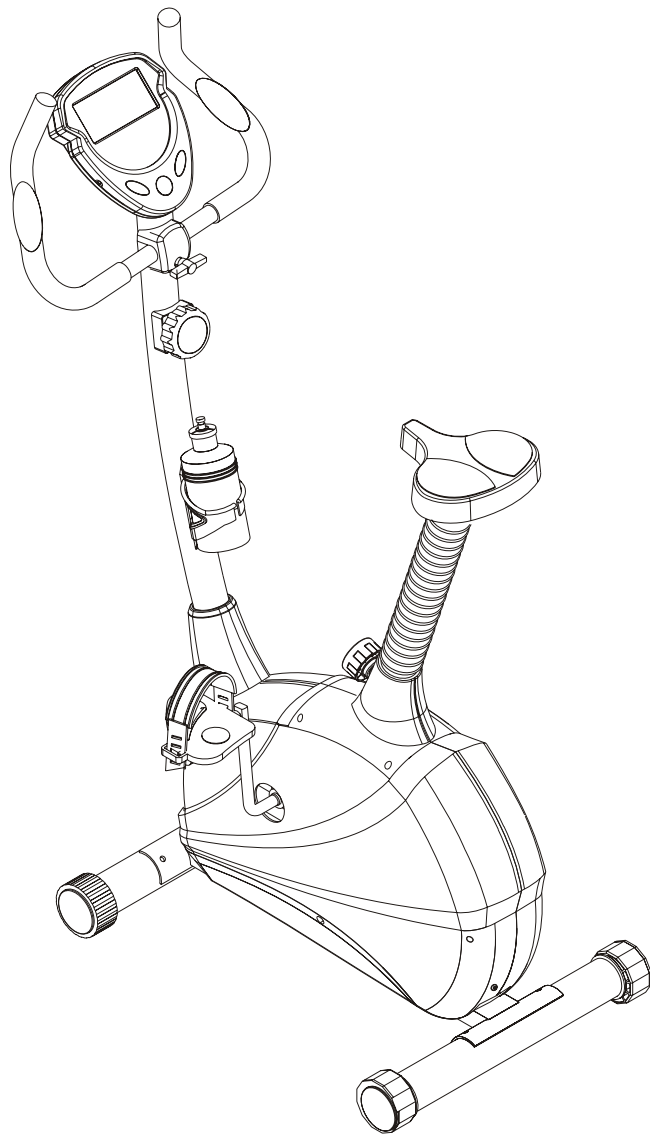


**BODYWORX**



# Magnetic Bike Owner's Manual

**Model No: A260M**



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

Version A

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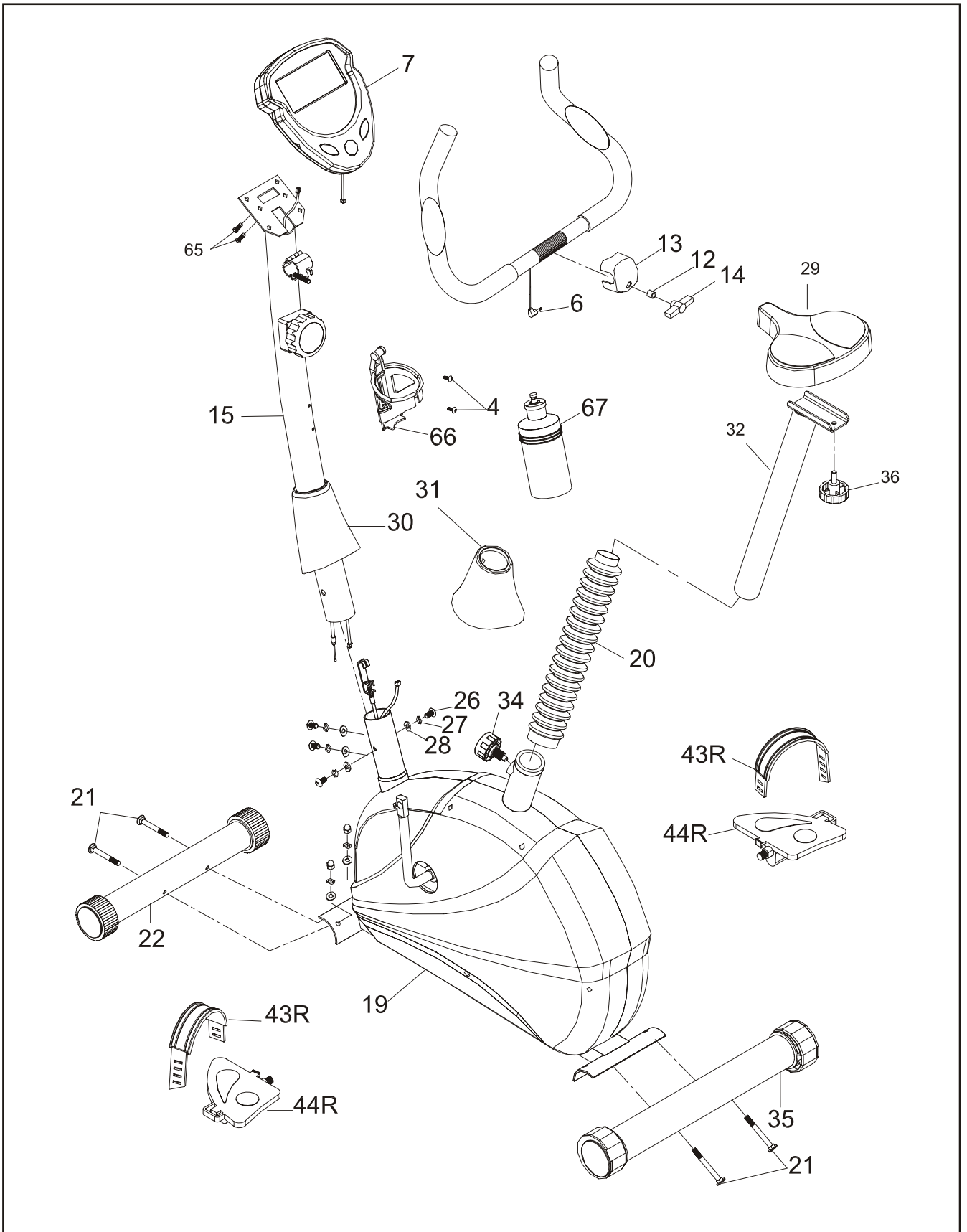
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



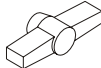







# Check-list



## PRE-ASSEMBLY CHECK LIST

PART	DESCRIPTION	Q'TY	PART	DESCRIPTION	Q'TY
19	Main frame	1	32	Seat post	1
22/24/4	Front stabilizer w/2 Transportation wheel caps, 2 screws	1set	35/23/4	Rear stabilizer w/2 caps, 2 screws	1set
2/5/3/1	Handlebar w/2 hand pulse, 2 foam grip, 2 plug	1set	66/67	Bottle w/bottle bracket	1 set
15/9/11	Front post w/middle section sensor wire, tension control	1set	7/65	Monitor w/extension sensor wire, extension hand pulse wire, extension power supply cable 2 screws	1set
29/39/38/3 7/40/41	Seat w/ seat slide tube, 2 square plugs ,3 washers, 3 nuts	1set	30/31	Front post decoration cover/seat post decoration cover	1set
20	Seat extension sleeve	1		Inner box	1

## HARDWARE PACKING LIST

PART	DESCRIPTION	Q'TY	SKETCH	
42	Cap nut M8	4		
27	Spring washer	4		
28	Curve washer	4		
21	Carriage bolt M8*75mm	4		
44R	Pedal (right)	1		
44L	Pedal (left)	1		
43R/43L	Pedal strap (R/L)	1p		
14	Wing nut	1		
12	Sleeve 13*8.4*12.5mm	1		
13	Clamp decoration cover	1		
4	Machine screw M4*15L	2		
34	Quick release	1		
36	Knob	1		
68	Allen wrench	1		
69	Universal wrench	1		

### NOTE:

1. Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.
2. All the other parts described on page 11-12 (parts list) are pre-assembled at the factory.

## ASSEMBLY INSTRUCTION

### GENERAL

REMOVE ALL THE PART OF YOUR CYCLE FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY.  
ASSEMBLING YOUR CYCLE IS SIMPLE.  
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT SHOULD TAKE YOU AROUND 15-20 MINUTES.

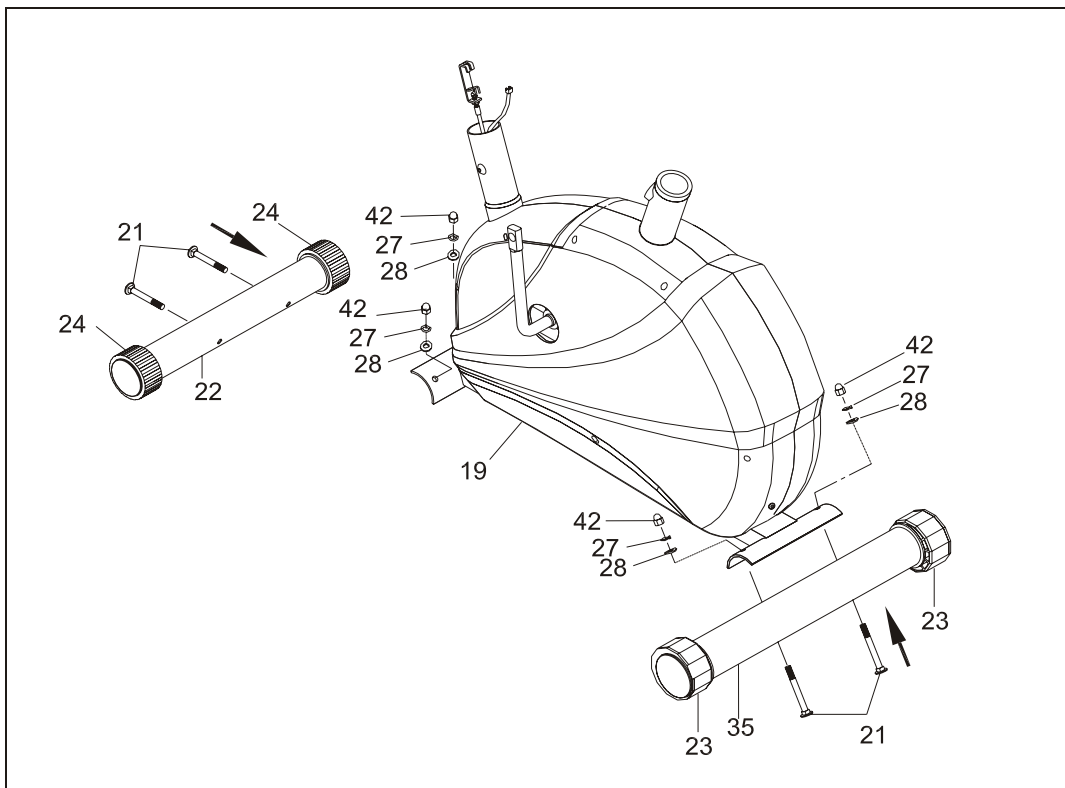
### STEP 1. ATTACH REAR STABILIZER

- Attach the rear stabilizer (35) with 2 end caps (23) to rear curve bracket of main frame (19), using 2 carriage bolts (21), 2 curve washers (28), 2 spring washers (27) and 2 cap nuts (42). Note: you can use the caps (23) to level the bike.

### ATTACH FRONT STABILIZER

- Attach the front stabilizer (22) with 2 transportation wheel caps (24) to front curve bracket of main frame (19), using 2 carriage bolts (21), 2 curve washers (28), 2 spring washers (27) and 2 cap nuts (42).

**NOTE:** Make sure you fasten the bolts securely to avoid shaking and discomfort when cycling.



## STEP 2. ATTACH THE SEAT AND SEAT POST

- Attach seat (29) with seat slide bracket (39), 4 washers (40) and 4 nylon locknuts (41) to seat post (32) with knob (36).

**NOTE:** The seat slide tube (39) and seat (29) are pre-assembled by manufacturer.

- Attach seat post decoration cover (31) to seat post mounting tube of main frame (19).
- Pull seat extend sleeve (20) to seat post (32). Note the bigger section of seat extension sleeve (20) orient bottom.
- Insert seat post (32) to seat post mounting tube of main frame (19) and secure in position with the seat post quick release (34).
- After assembling seat post, please move the hole of seat post to adjust the desired position.

## HOW TO ADJUST SEAT POST QUICK RELEASE

### A) TIGHTEN QUICK RELEASE

(1) Insert quick release (34) through the hole of seat post mounting tube (19) and seat post (32).

(2) Tighten quick release (34) with clockwise direction.

Please note quick release is with +/- mark on surface.

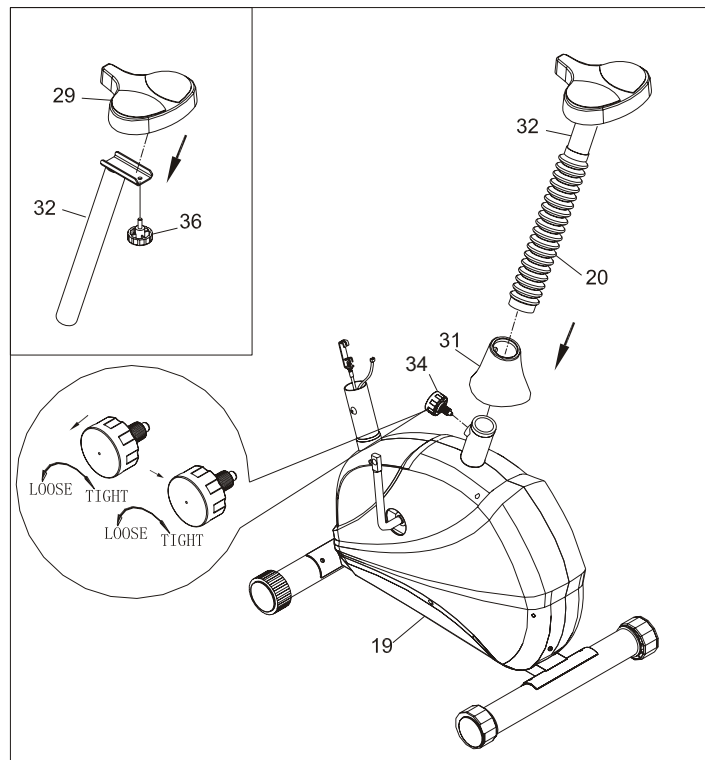
### B) LOOSEN QUICK RELEASE

(1) Loosen quick release (34) with counterclockwise direction.

(2) Pull pin of quick release (34) and move hole of seat post (32).

(3) After that, put pin of quick release back and tighten with clockwise direction.

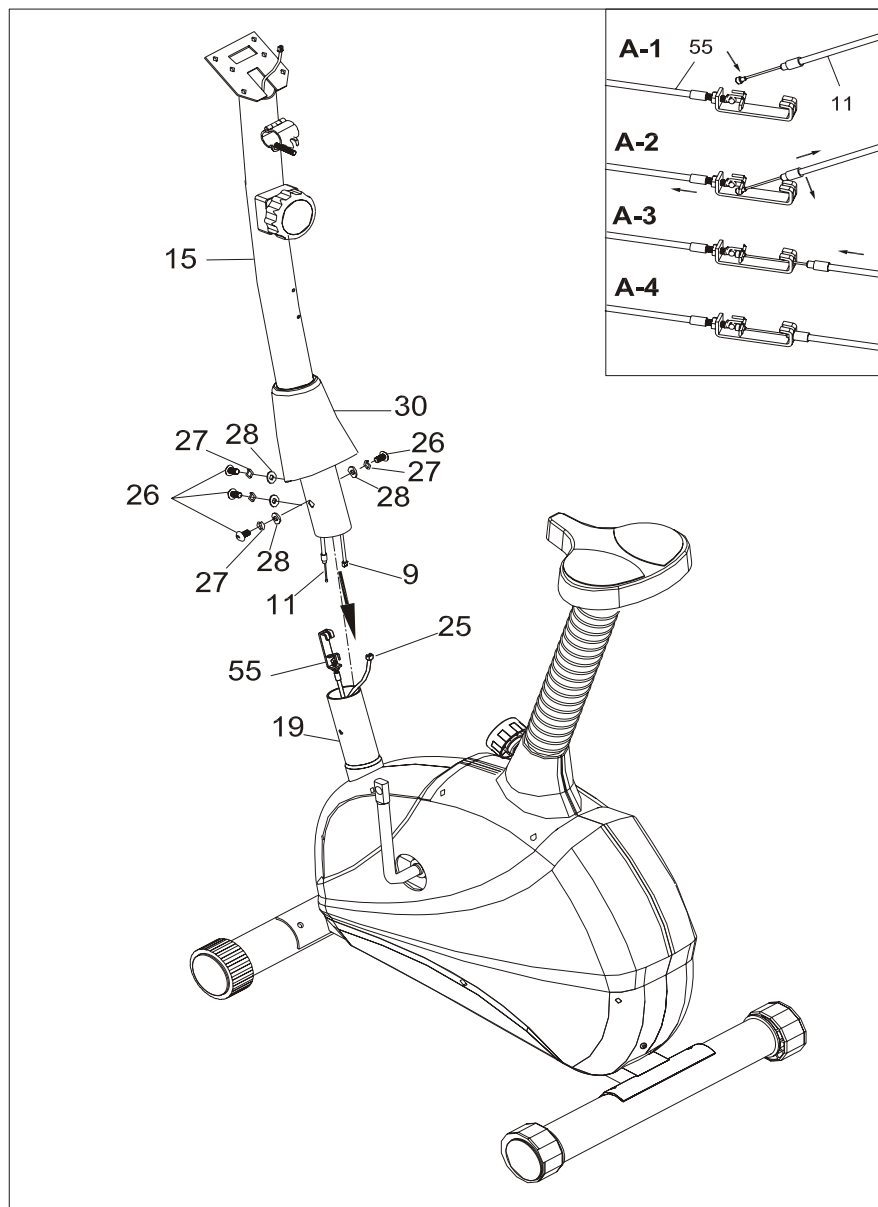
**NOTE:** Make sure you fasten the bolts securely to avoid shaking and discomfort when cycling.



### STEP 3. ATTACH THE FRONT POST

- Remove the pre-assembled 4 allen head bolts (26), 4 spring washers (27) and 4 curve washers (28) from front post mounting tube of main frame (19).
- Slide front post decoration cover (30) to front post (15). Note the slide direction is from end of front post.
- Connect the plug of sensor wire (25) to the socket of middle section sensor wire (9).
- Connect the lead head of middle section tension cable (11) to the C bracket of lower section tension cable (55). (See figure A1-A4)
- Put front post (15) to front post mounting tube of main frame (19) and secure, using 4 allen head bolts (26), 4 spring washers (27) and 4 curve washers (28).
- Slide front post decoration cover (30) onto end of front post (15).

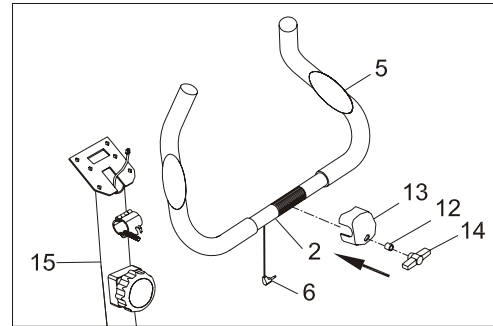
NOTE: Be careful to avoid pinching the wires and cables.



## STEP 4. ATTACH THE HANDLEBAR

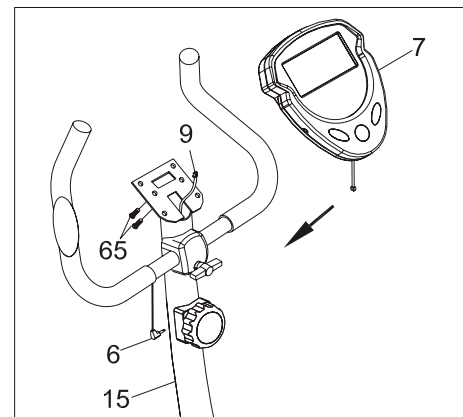
- Attach the middle thread of handlebar (2) with 2 hand pulses (5) to welded metal clamp of upper front post (15) and secure with welded metal clamp, spacer (12), clamp decoration cover (13) and wing knob (14).

NOTE: Be careful to avoid pinching the wires and cables.



## STEP 5. ATTACH THE MONITOR

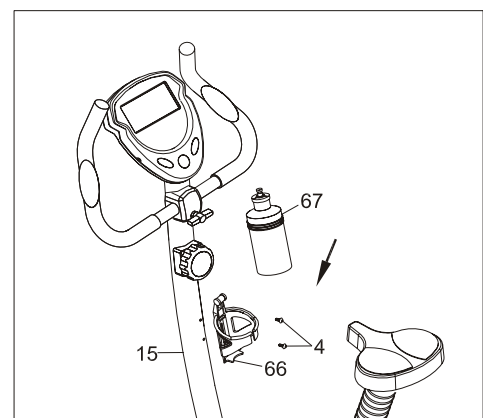
- Remove the pre-assembled 2 screws (65) from the monitor (7).
- Connect the plug of middle section sensor wire (9) to the socket of top section sensor wire which comes from monitor (7).
- Attach the monitor (7) to top monitor bracket of front post (15) with 2 screws (65).
- Insert the plug of hand pulse wire (6) to the jack of the monitor (7).



## STEP 5. ATTACH THE BOTTLE BRACKET

### AND BOTTLE

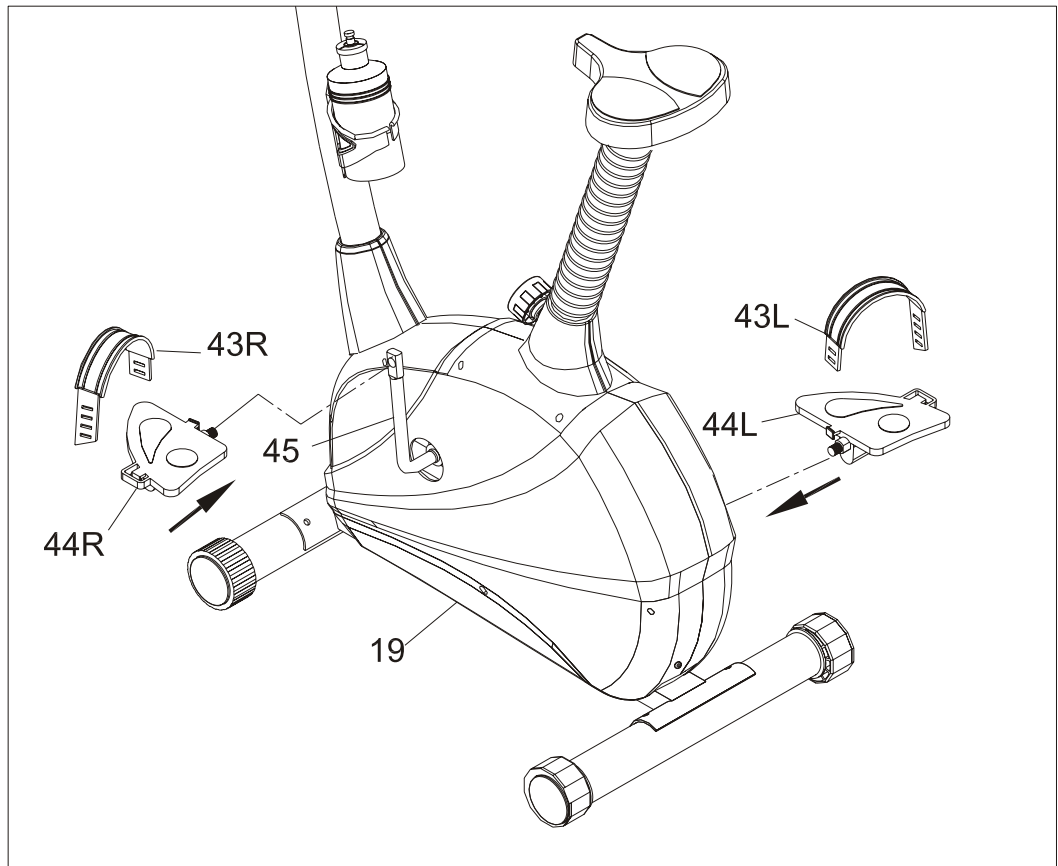
- Attach the bottle bracket (66) to front post (15) with 2 screws (4).
- Insert bottle (67) into the bottle bracket (66).



## STEP 6. ATTACH THE PEDAL

- Attach the pedal straps (**43R/43L**) to the pedals (**44R/44L**).  
NOTE: The end with 4 adjustable holes must be set outwards.
- The pedals (**44R/44L**) and crank arms (**45**) are marked with “R” & “L”(right and left). Connect each pedal (**44R / 44L**) to the matching crank arm (**45**).

**NOTE:** The right pedal “R” should be threaded on clockwise. The left pedal “L” should be threaded on counter-clockwise.



# DIAGRAM

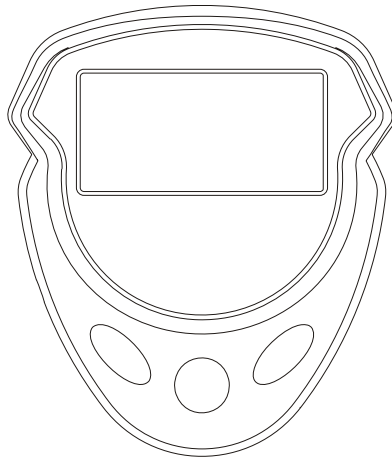


## PARTS LIST:

PART NO.	DESCRIPTION	Q'TY
1	Plug	2
2	Handlebar	1
3	Foam grip	2
4	Screw M4*15mm	8
5	Hand Pulse	2
6	Hand pulse wire	1
7	Monitor w/sensor wire	1
8	Cable protector	1
9	Middle section sensor wire	1
10	Round head screw M5*50mm	1
11	Tension control	1
12	Space13*8.4*12.5mm	1
13	Clamp decoration cover	1
14	Wing nut	1
15	Front post	1
16	Machine screw M5*25mm	4
17R/L	Chain cover (Right / Left)	1P
18	Machine screw M5*15mm	5
19	Main frame	1
20	Seat extension sleeve	1
21	Carriage bolt M8*75mm	4
22	Front stabilizer	1
23	Rear stabilizer cap	2
24	Transportation wheel cap	2
25	Sensor w/wire	1
26	Allen head bolt M8*20mm	4
27	Spring washer M8	8
28	Curve washer M8	8
29	Seat	1
30	Front post decoration cover	1
31	Seat post decoration cover	1
32	Seat post	1
33	Seat post sleeve	1
34	Seat post quick release	1
35	Rear stabilizer	1
36	Knob	1
37	Square plug	2
38	Foam	1
39	Seat slide tube	1
40	Flat washer 16*8.5*1.5mm	4
41	Nylon nut	4
42	Cap nut	4
43R/L	Pedal strap (Right / Left)	1P
44R/L	Pedal (Right / Left)	1P
45	Crank	1
46	Pulley	1

<b>PART NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
47	Magnet	1
48	Belt	1
49	Crank bearing set	1set
50	Magnetic flywheel	1
51	Eyebolt set	2set
52	Nut 3/8"*26w*7mm	2
53	Nut 3/8"*26w*9mm	1
54	Nut3/8"*26w*4mm	1
55	Bottom section tension cable	1
56	Spring	1
57	Press wheel bracket	1
58	Allen head bolt M10*20mm	1
59	Allen head bolt M10*40mm	1
60	Sleeve 15*10*18mm	1
61	Idler wheel	1
62	Nylon locknut M8*7mm	2
63	Flat washer 21*10.4*1mm	1
64	Crank cover	2
65	Screw M5*15mm	4
66	Bottle bracket	1
67	Bottle	1
68	Allen wrench	1
69	Universal wrench	1

# MONITOR INSTRUCTION



## A. GENERAL DESCRIPTION

- 1. **Power:** DC 3V (2 pieces alkaline batteries)
- 2. **Function:** Speed, Time, Distance, Calorie, Pulse, Temperature, Scan
- 3. **Key:** Set, Mode, Reset
- 4. **Auto Start / Stop:** As long as you are exercising, it will be in action.

## B. POWER ON

- 1. To connect the middle section sensor wire with the monitor.
- 2. To load 2 pieces of UM-3 or 1.5C batteries into the battery house on the back of monitor.
- 3. If the battery symbol “LO” appears on the screen, you should replace the batteries with new ones.
- 4. After being powered on, all LCD segments will be showed for 2 seconds with a sound of the buzzer. Then the system goes into the initial state.

## C. KEY AND FUNCTION

### 1. MODE

To press this key, you select a new function. If you press it for more than 3 seconds, the CPU will erase all data values and it will go back to the initial state.

### 2. SET

When you select one function (Time, distance, Calories and so on), you can press SET key to set your desired value. Had you set your pulse target value, the monitor will give alarm when your pulse rate reaches to it.

If you want to change the target value quickly, do not release the key before you are satisfied.

### 3. RESET

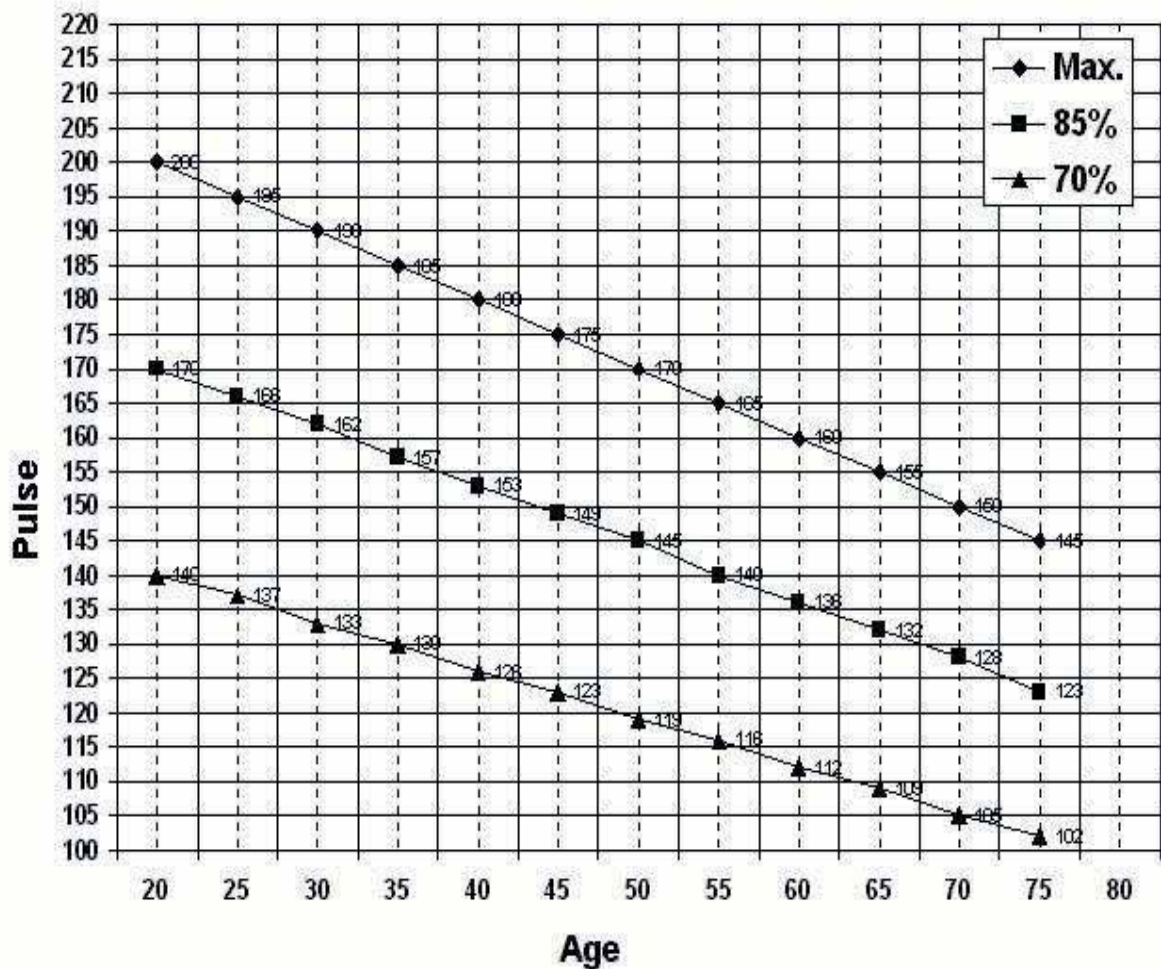
To press it, you can erase the data values to 0.

This key can make you get a lower exercise resistance level.

### D. The Statement of Function

- 1. **SPEED:** Displaying the current speed values that you are exercising.
- 2. **TIME:** Displaying the time you are exercising.
- 3. **CALORIE:** Displaying the current calorie values that you are exercising.
- 4. **PULSE:** Displaying the current pulse value that is exercising.
- 5. **TEMP:** Displaying the temperature of the environment where you are exercising.
- 6. **DISTANCE:** Displaying the distance values, which it has added during you are exercising.
- 7. **SCAN:** Automatically scan through, the function of DISTANCE, CALORIE and so on.

## Training Pulse Rate



The owner's manual is only for the customer reference.

We can't guarantee for mistakes occurring due to translation or change in technical specification of the product.

## Training instruction

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:

If you have not been physically active for a longer period of time and also to avoid health risks you should consult your general physician before starting to exercise.

### Intensity

To achieve maximum results the right intensity has to be chosen.

The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate.

For your personal training rates please see the attached pulse rate chart on page 10.

When starting to exercise you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

### Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate =  $220 - 52(\text{age}) = 168$  pulse/min

Minimum pulse rate =  $168 \times 0.6 = 101$  pulse/min

Highest pulse rate =  $168 \times 0.7 = 117$  pulse/min

During the first weeks it is advisable to start with a pulse rate of 101, afterwards increase it to 117. With increasing improvement of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the resistance, a higher frequency or longer training periods.

### Training Organization

#### Warm-up:

Before every training you should warm-up for 5-10 minutes.

Here you can do some stretching and training with low resistance.

#### Training session:

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your training session can be calculated with the following rule of thumb:

daily training session:	approx. 10 min. per unit
2-3 x per week:	approx. 30 min. per unit
1-2 x per week:	approx. 60 min. per unit

#### Cool down:

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle aches.

#### Success

Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly.

Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

## **SAFETY PRECAUTIONS**

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to has either a defective or missing part please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Keep children and pets away from this equipment at all times.
2. Only one person at a time should use this equipment.
3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
5. Keep hands and feet away from any moving parts.
6. Do not insert any object into any openings
7. Read all instruction before assembly and operation.
8. Before using this equipment to exercise, always do stretching exercises to properly warm up.
9. Use this equipment only for its intended use as described in this manual.
10. Always wear appropriate workout clothing and shoes when exercising, do not wear robes or other clothing that could become caught in the equipment.

**WARNING:** BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSON WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PEROSNAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.



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