

## SPORTSART C55R RECUMBENT BIKE

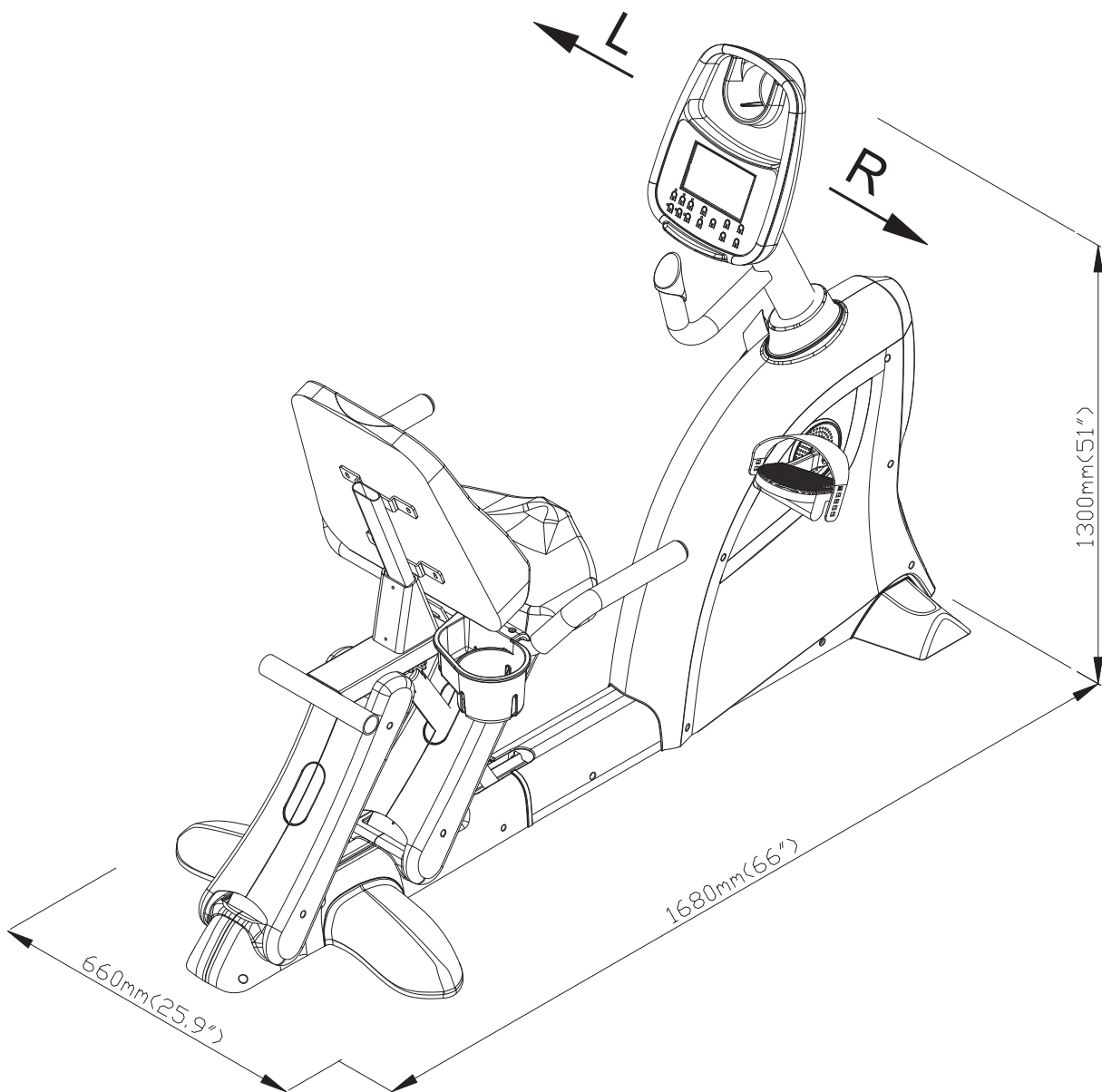
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## 1. INTRODUCTION

Congratulations on your purchase one of the finest pieces of exercise equipment on the market today, the SportsArt C55R Upright Bike. Constructed of high quality materials and designed for years of trouble-free usage, the C55R exercise bike will become an integral part of your fitness regimen.

Before using your C55R exercise bike, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first-time user of an upright bike or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



## 2. IMPORTANT SAFETY PRECAUTIONS

Your SportsArt bike was designed and built for optimum safety. However, certain precautions apply whenever you use your bike.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Please read the instructions carefully and install the bike as instructed.
- Assemble and operate the bike on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children 12 or younger on or near the equipment.
- Check the bike before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the bike if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Be careful when mounting and dismounting the unit.
- The bike may or may not stop immediately if any object becomes caught or impedes normal motion.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unplug from outlet before servicing or removing parts.
- Close supervision is necessary when this bike is used by, on, or near children 12 or younger, invalids, or disabled persons.
- Use this bike only for its intended use as described in this manual.
- Never operate this bike if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- DO NOT carry this bike by the power cord or use the cord as a handle.
- Keep the power cord away from heated surfaces.
- "WARNING — This stationary training equipment is not suitable for high accuracy purposes."

- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.
- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- The user weight limit for this bike is 150 kg (330 lb.).
- This bike is not intended for use by persons (including children 12 or younger) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this bike by a person responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- We reserve the right to revise this manual at any time without notice.

### CAUTION

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.



In this manual, the words “left” and “right” are used in reference to parts and the product. As such, the words “left” and “right” equate to the exerciser's left and right sides respectively. Also, for brevity, the word “screws” is used in some cases where washers, screws, and other hardware are involved.

### **WARNING!**

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately and consult a medical physician.

### **WARNINGS AND CAUTIONS (FRENCH)**

Votre vélo SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant, certaines précautions s'appliquent chaque fois que vous utilisez votre vélo de course.

Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:

- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane. **NE PAS** l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et tous les éléments de fixation sont bien serrés. **NE PAS** utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement approprié. **NE PORTEZ PAS** de vêtements amples. **NE PORTEZ PAS** de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- **NE PAS** utiliser d'accessoires non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.

- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais ce vélo de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- NE PAS transporter le vélo de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet vélo est de 150 kg (330 lb.).
- Ce vélo n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce vélo par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

### ATTENTION

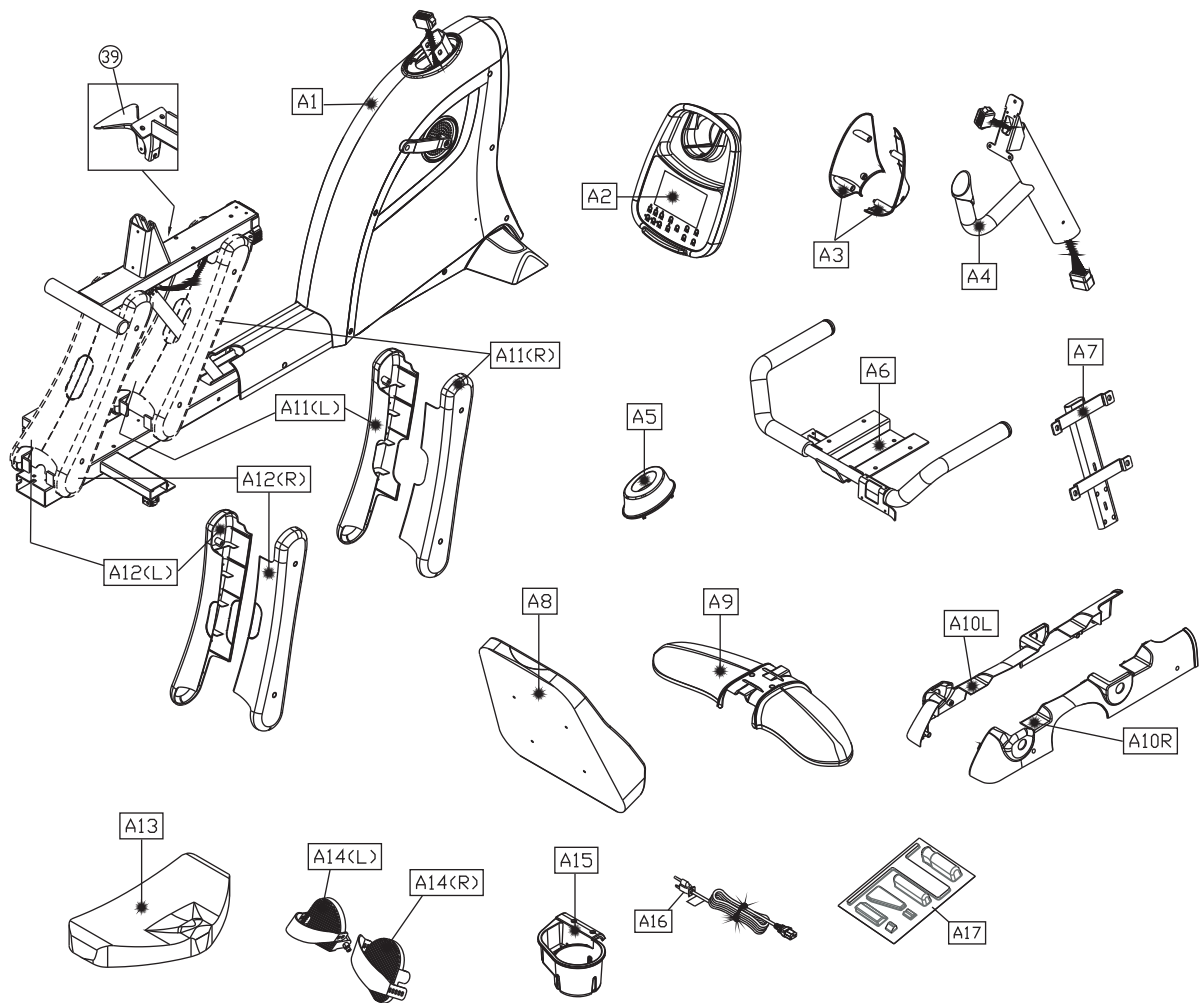
Si vous ressentez une douleur ou si vous avez une sensation anormale **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé; **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercices, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

Improper connection of the equipment grounding connector can result in a risk of electric shock. Check with a qualified electrical or service person if you are in doubt as to whether the bike is properly grounded. **DO NOT** modify the plug provided with the product; if it does not fit the outlet, have the proper outlet installed by a qualified technician.

### 3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty	No.	Description	Qty
A1	Body	1	A10	Left/right horizontal cover	1
A2	Display	1	A11	Left/right seat support cover (front)	1
A3	Left/right covers for display	1	A12	Left/right seat support cover (rear)	1
A4	Pedestal	1	A13	Seat bottom	1
A5	Pedestal collar	1	A14	Pedal set	1
A6	Handlebars	1	A15	Cup holder	1
A7	Seat back support	1	A16	Power cord	1
A8	Seat back	1	A17	Hardware kit	1
A9	Back leg cover	1			

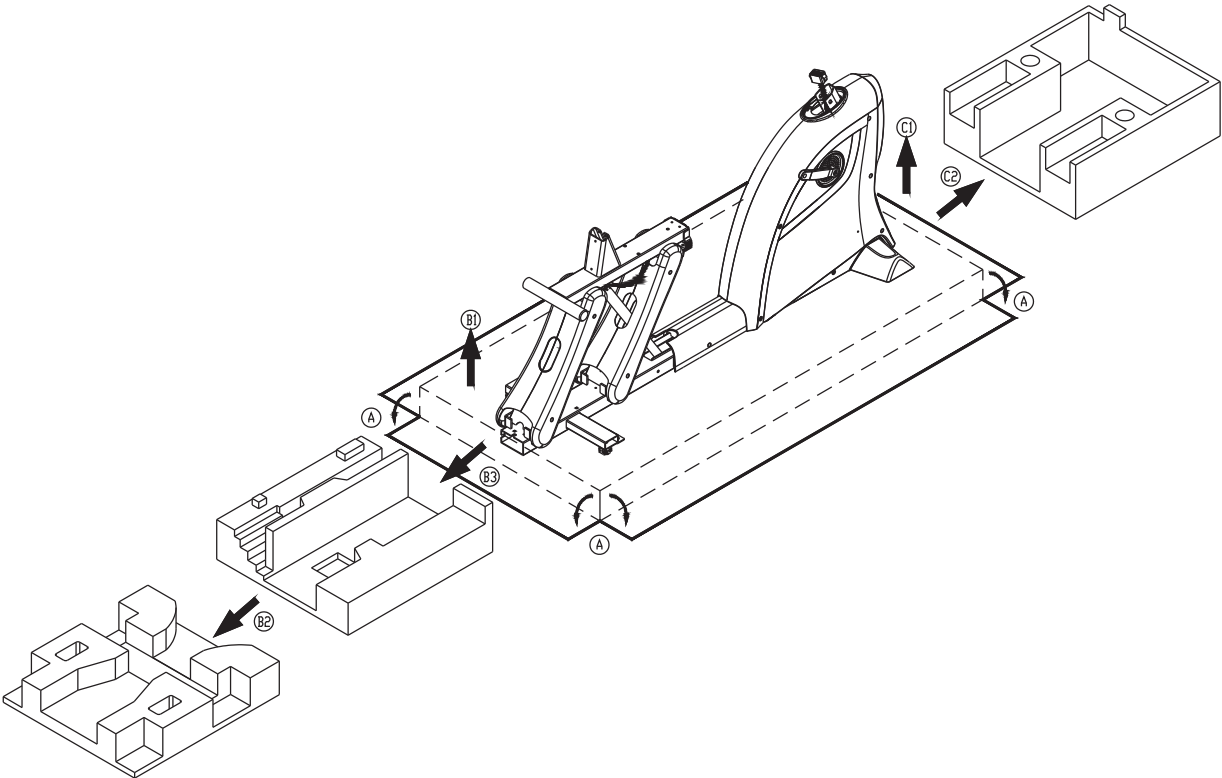
Hardware Kit				
No.	Name	Qty	Specification	Notes
21	Screw socket	16		
22	Mushroom top Phillips screw	9	M4*L16	
23	Mushroom top Phillips screw	2	M5*L12	
	Serrated washer		BW5 3/16	
24	Mushroom top inner hex screw	3	M8*L20	
	Flat washer	3	M8*D17*t1.5	
	Spring washer	3	M8*t2.0	
	Open-end wrench	1	M13*15mm	
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	Fuse	1		
	Hardware kit	1		

Components on the Product			
No.	Part Name	Specification	
31	Mushroom top Phillips screw	M4*L16	
32	Phillips screw	M5*P0.8*L15	
33	Phillips screw	M5*P0.8*L15	
34	Inner hex screw	M8*L20	
	Serrated washer	D18*d8.5*t2.0*19T	
	Washer		
35	Mushroom top Phillips screw	M5*0.8*L12	
36	Mushroom top inner hex screw	M6*P1.0*L20	
	Spring washer	M6*t1.5	
	Flat washer	D16*d6*t1.0	
37	Mushroom top inner hex screw	M8*L20	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	
38	Inner hex screw	M5* L10	
	Spring washer	M5*t1.0	
39	Handle		
40	Pin		
41	Bushing		
42	Mushroom top Phillips screw	M5*0.8*L12	

Note: For brevity, throughout this manual, the word " screws " is used where screws, washers, and other hardware may be involved. Note that some parts are marked " L " for left and " R " for right. Product side determinations correspond to the left/right sides of a person exercising on the product. For example, the exerciser's left side would be the product's left side. The exerciser's right side would be the product's right side.

Follow steps A, B, and C to place the product on a flat sheet of cardboard for assembly.

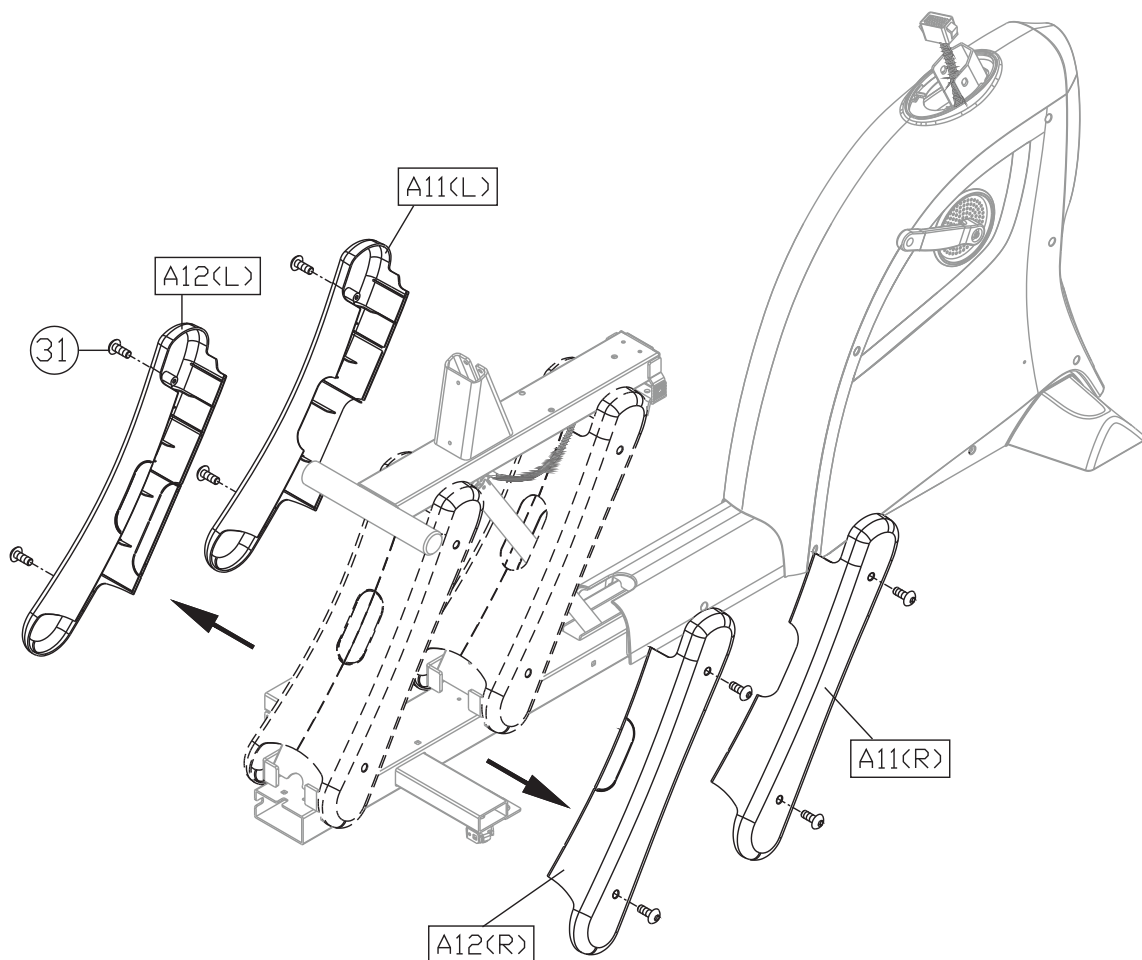
- A. Remove the packaging material. Then cut the box flaps to lay them flat on the ground.
- B. Lift the lift handle at the rear of the bike to remove packaging material in the rear and center of the box.
- C. Lift the front of the bike to remove packaging material at the front of the bike.



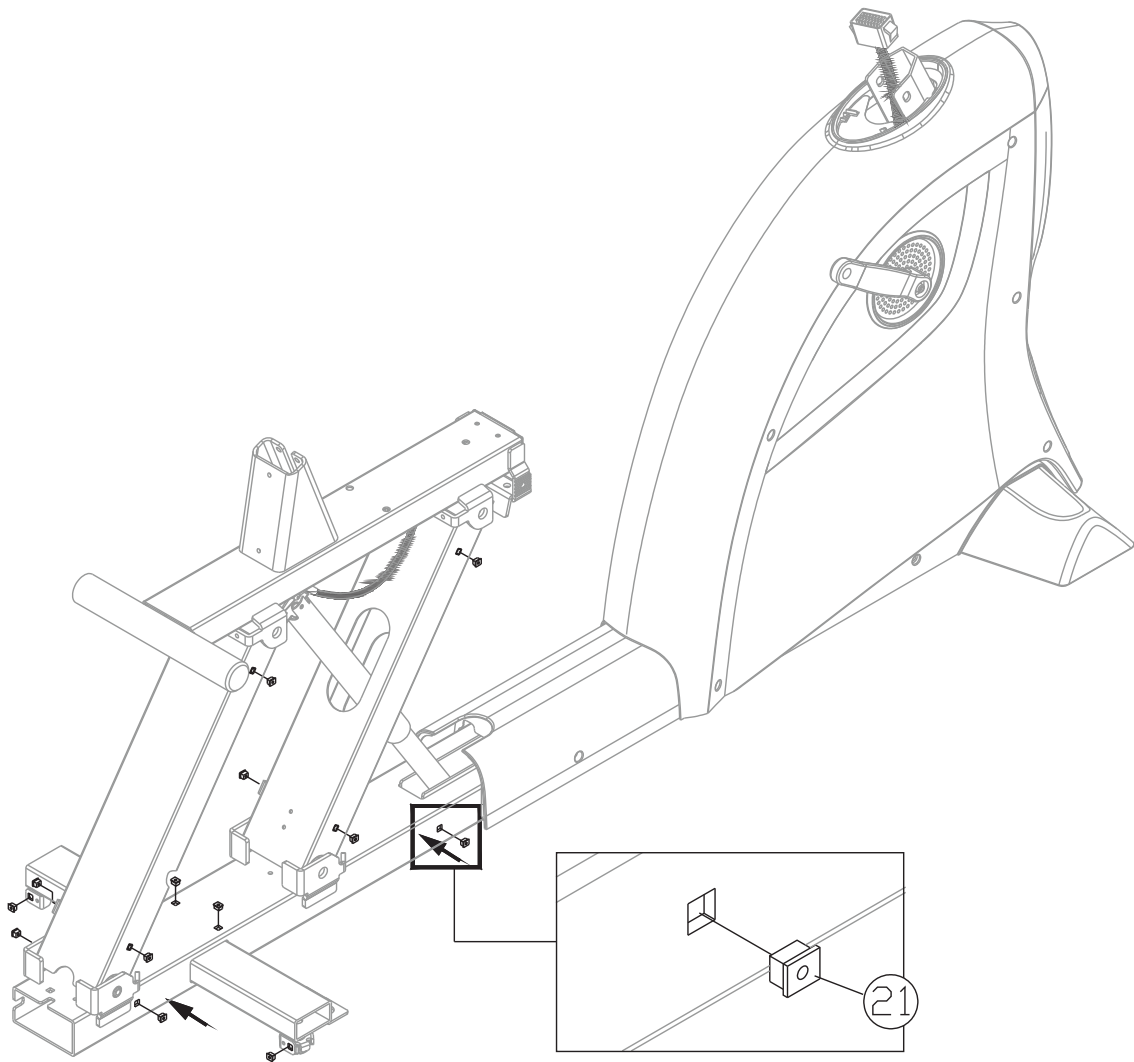
## 4. ASSEMBLING YOUR EXERCISE BIKE

### STEP 1 Support Cover Removal

1-1. Loosen left/right seat support cover screws (31). Then remove left/right seat support covers (A11)(A12).



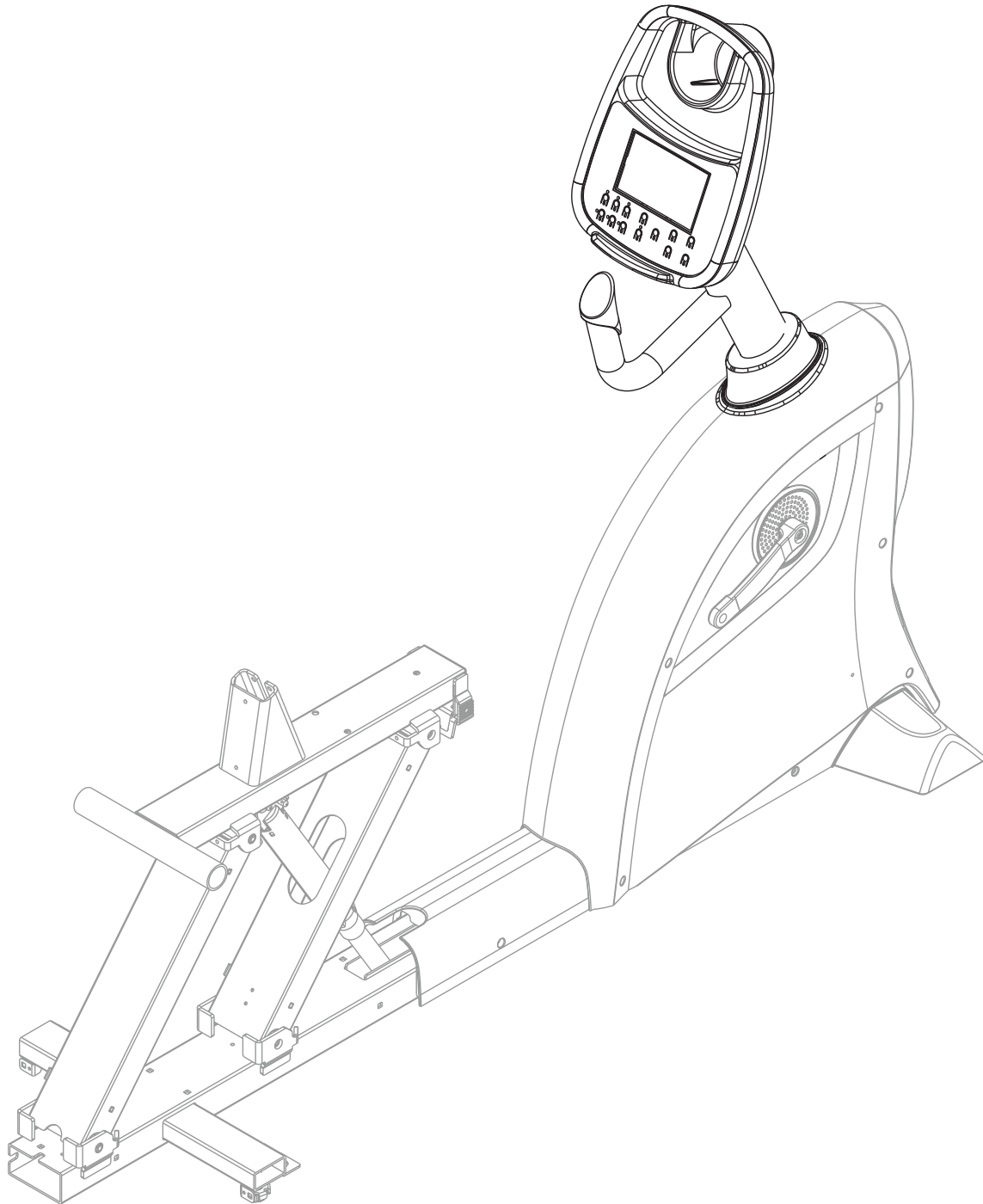
1-2. Insert screw sockets (21) into the bike frame as shown. Total: 16, eight on each side.





## STEP 2 Pedestal and Display Installation

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Follow steps a - i to install the pedestal and display.

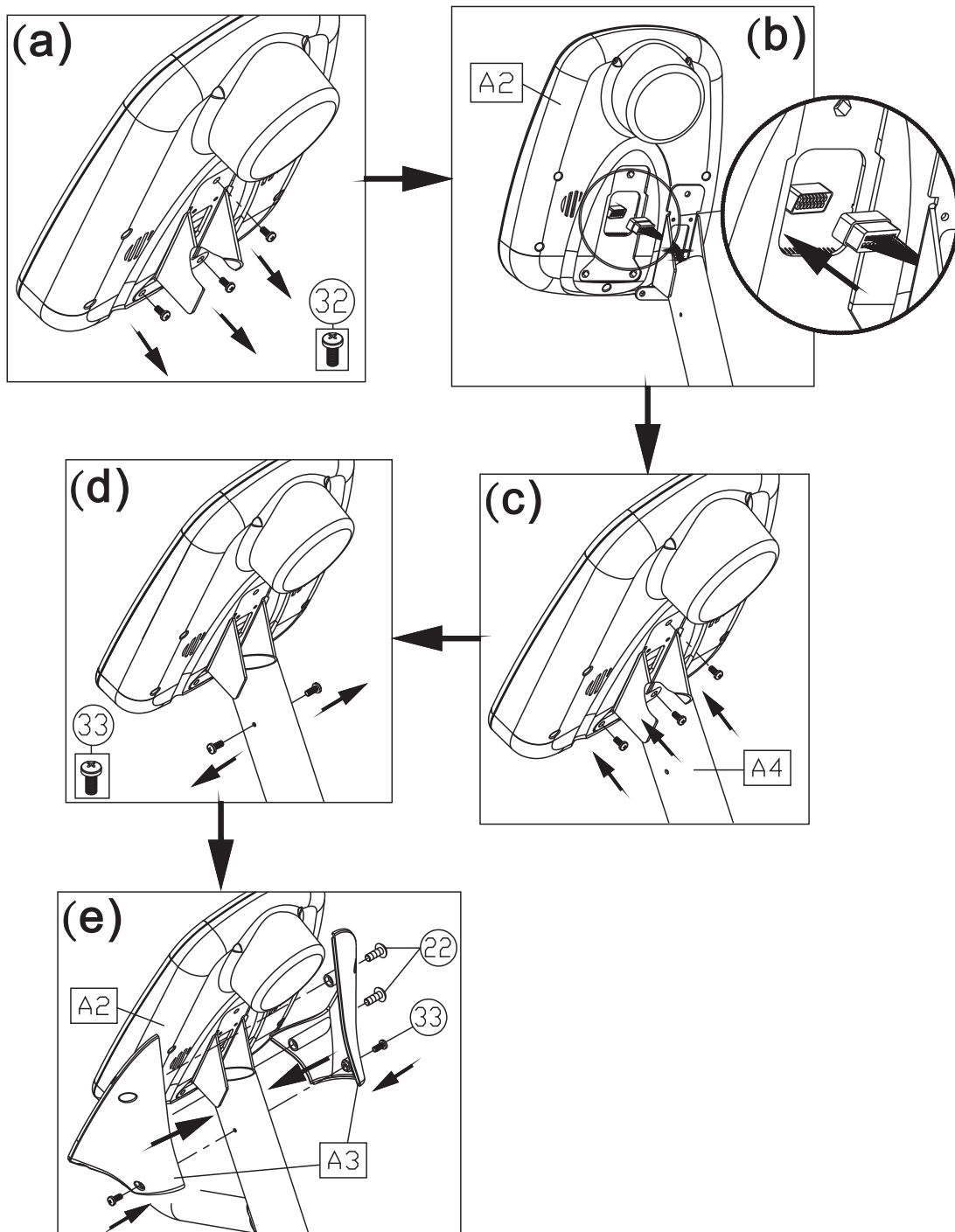
(a) First, remove screws (32) from the back of the display (A2).

(b) Connect the data cable to the display (A2) as shown. Then tuck excess cable into the pedestal to protect it.

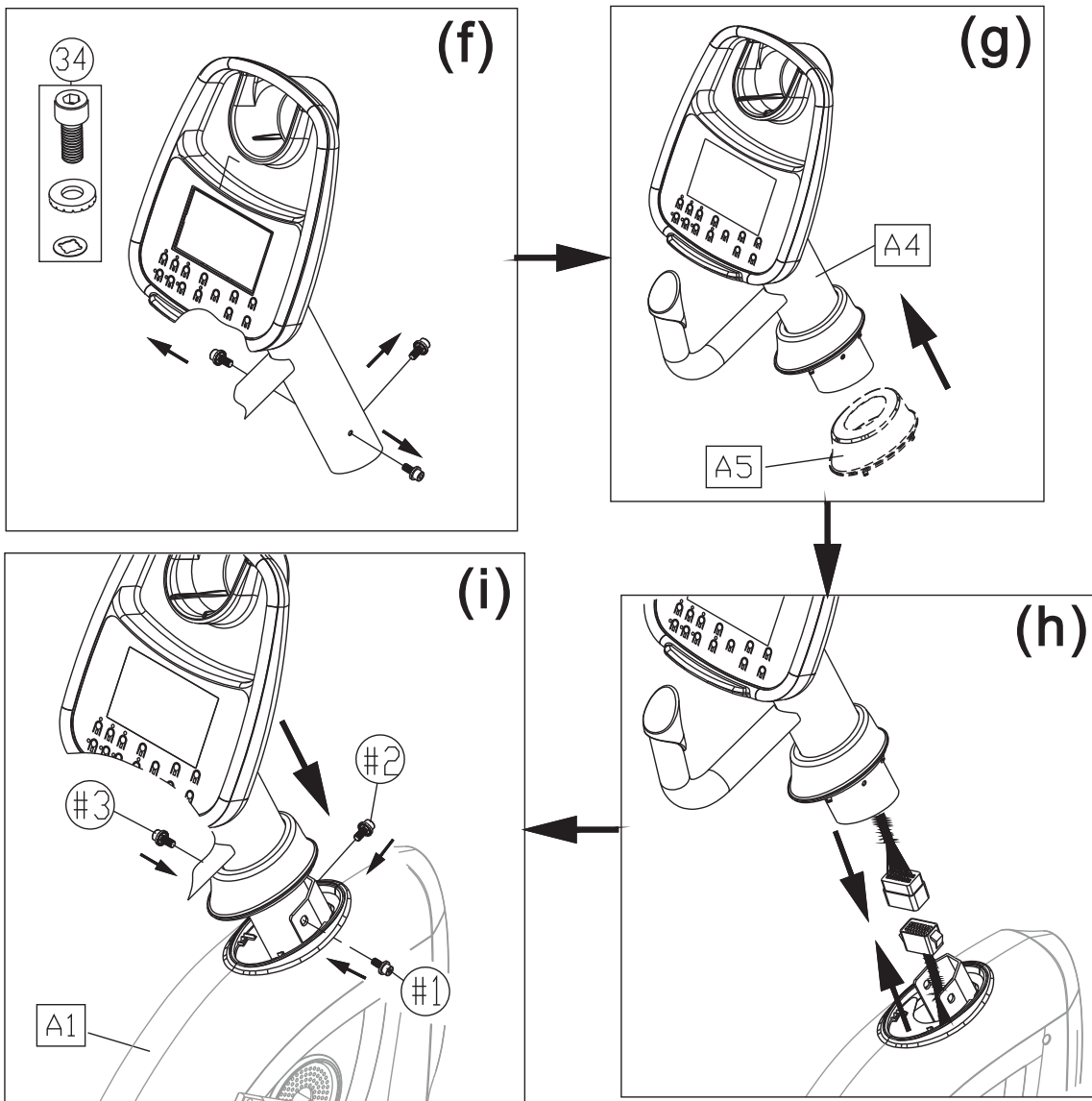
(c) Use screws (32) to secure the display (A2) to the pedestal (A4).

(d) Remove screws (33) from the pedestal.

(e) Snap left/right pedestal covers (A3) together. Then secure them with screws (22)(33).

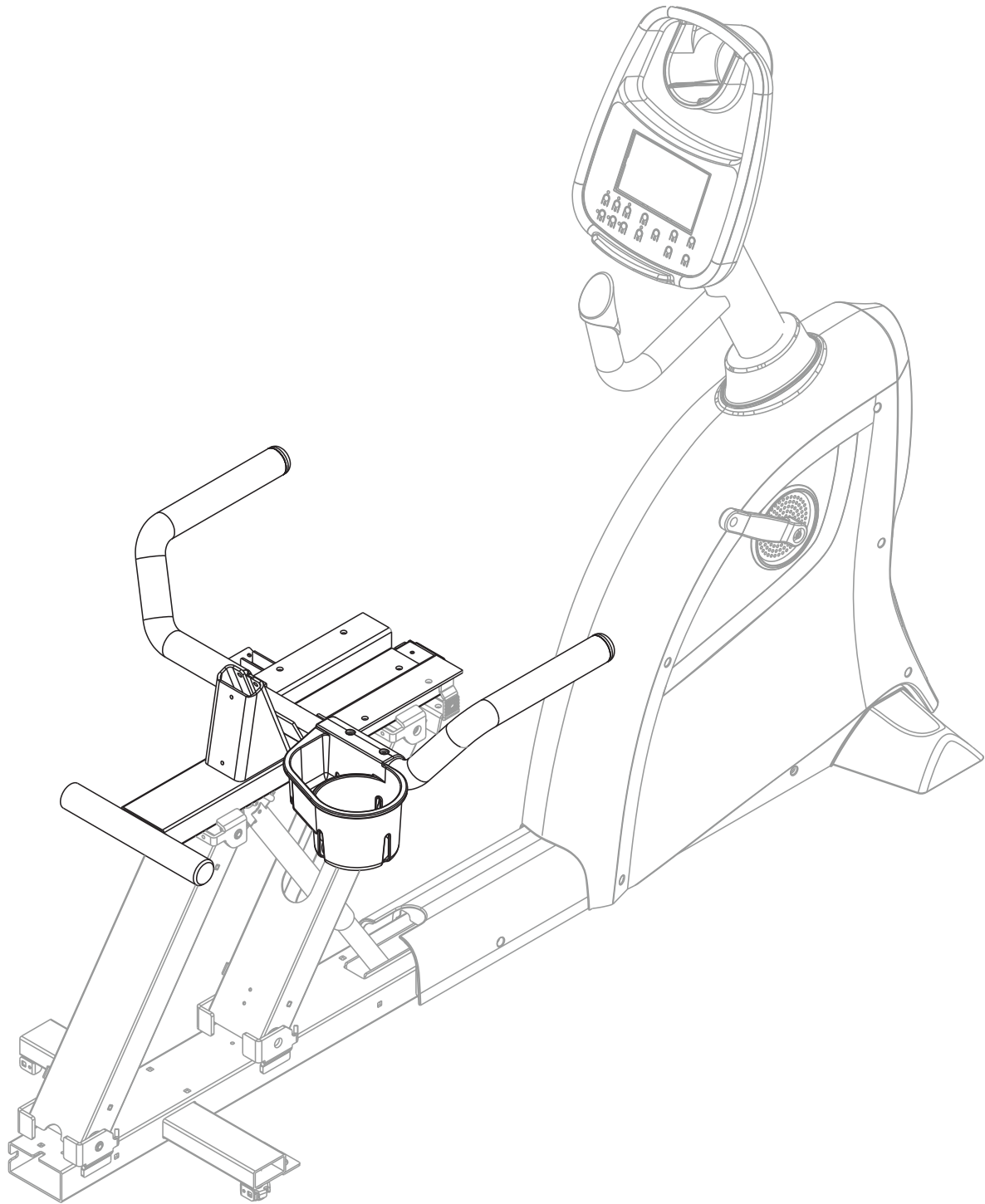


- (f) First, remove screws (34) from the pedestal base.
- (g) Insert the pedestal collar (A5) onto the pedestal (A4) as shown.
- (h) Connect the data cable in the pedestal to that in the pedestal base as shown.
- (i) Insert the pedestal into the pedestal base in the body (A1) as shown. Then secure screws (#1, #2, #3). Finally, push the pedestal collar (A5) into place.



## STEP 3 Handlebar Installation

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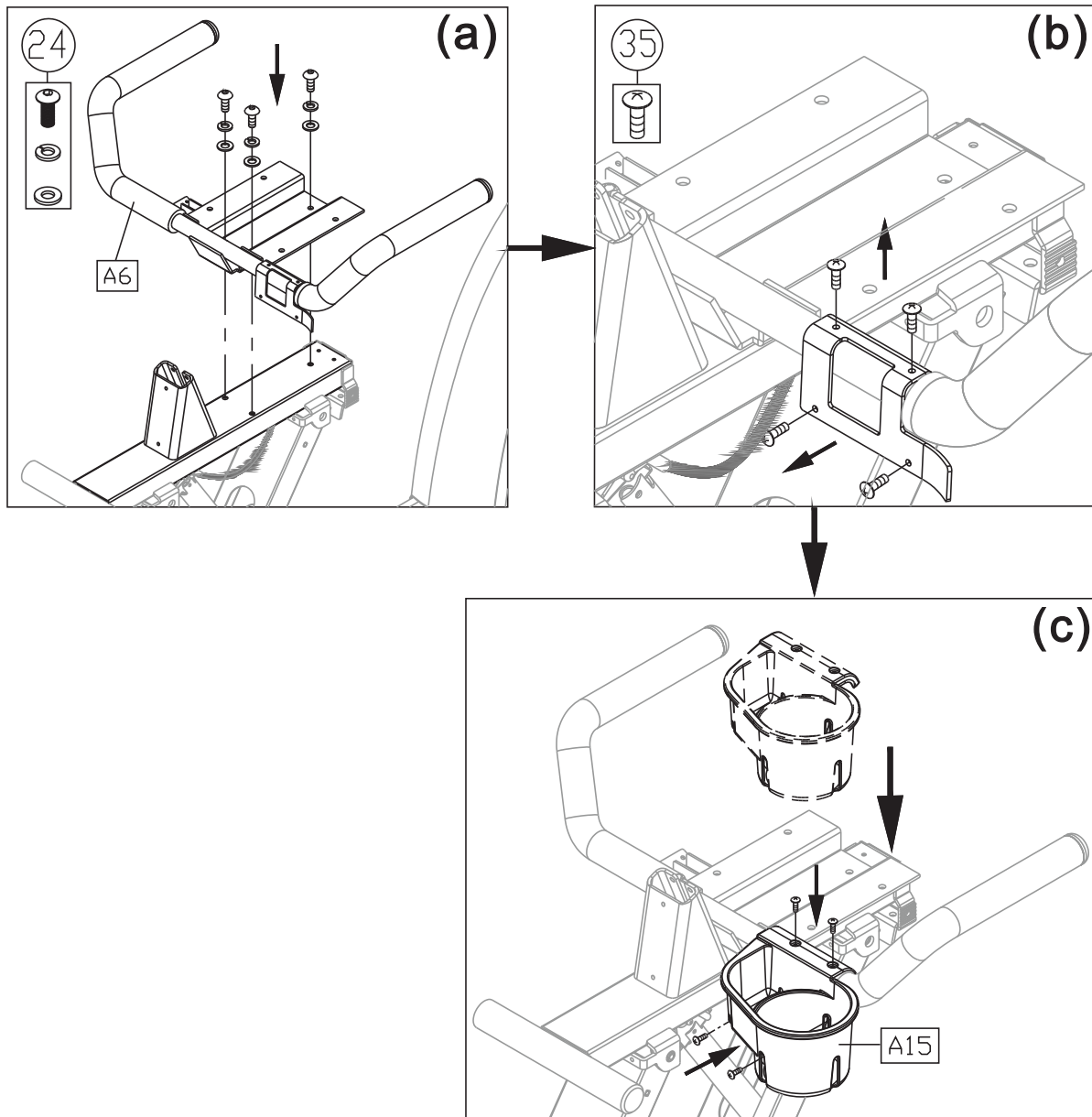


Follow steps (a - c) to install handlebars.

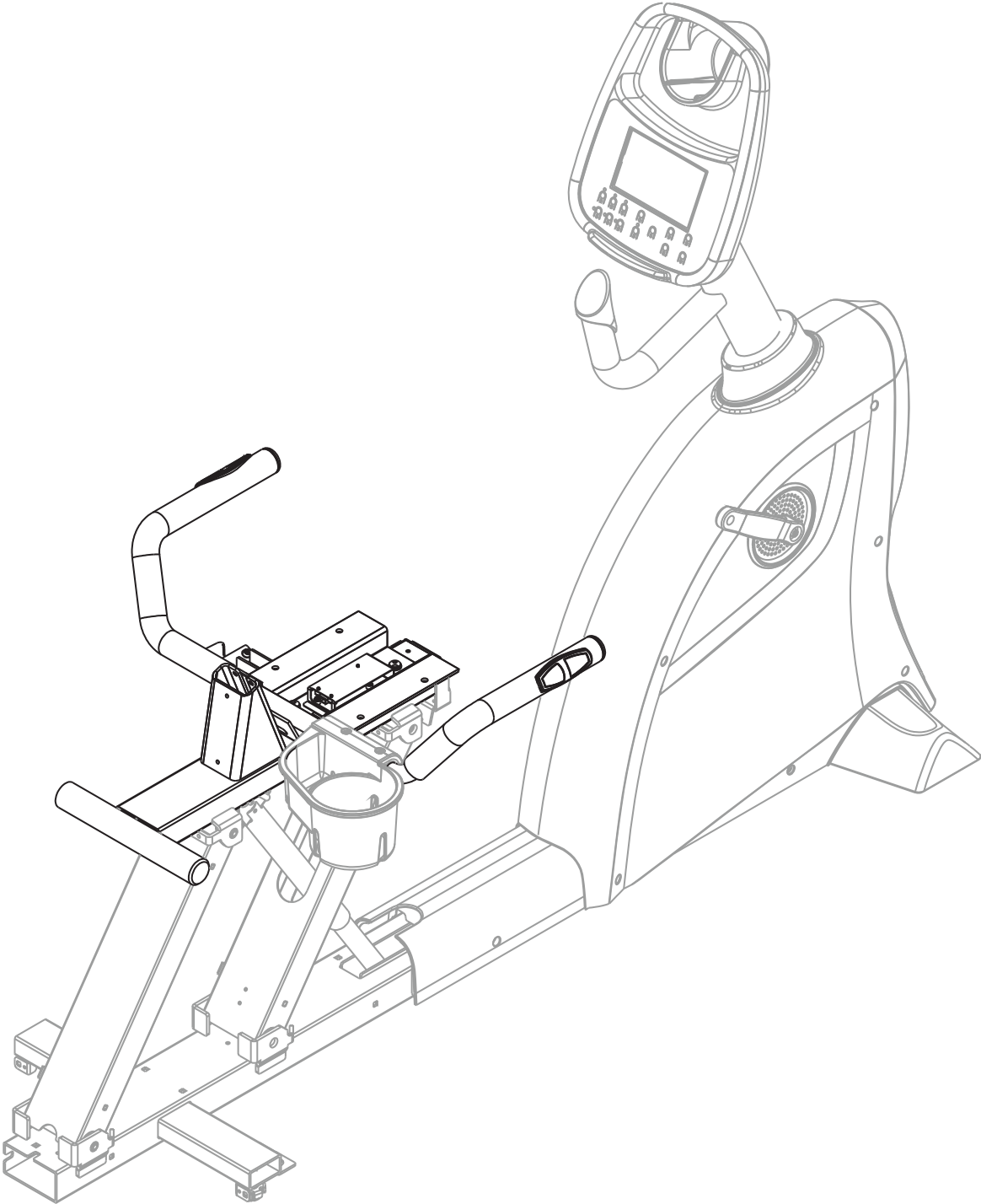
(a) Hold the handlebars (A6) onto the frame (A1). Use screws (24) to secure the handlebars onto the frame.

(b) Remove the water bottle holder screws(35) from the handlebars.

(c) Hold the water bottle holder (A15) onto the handlebars and secure its screws (35).

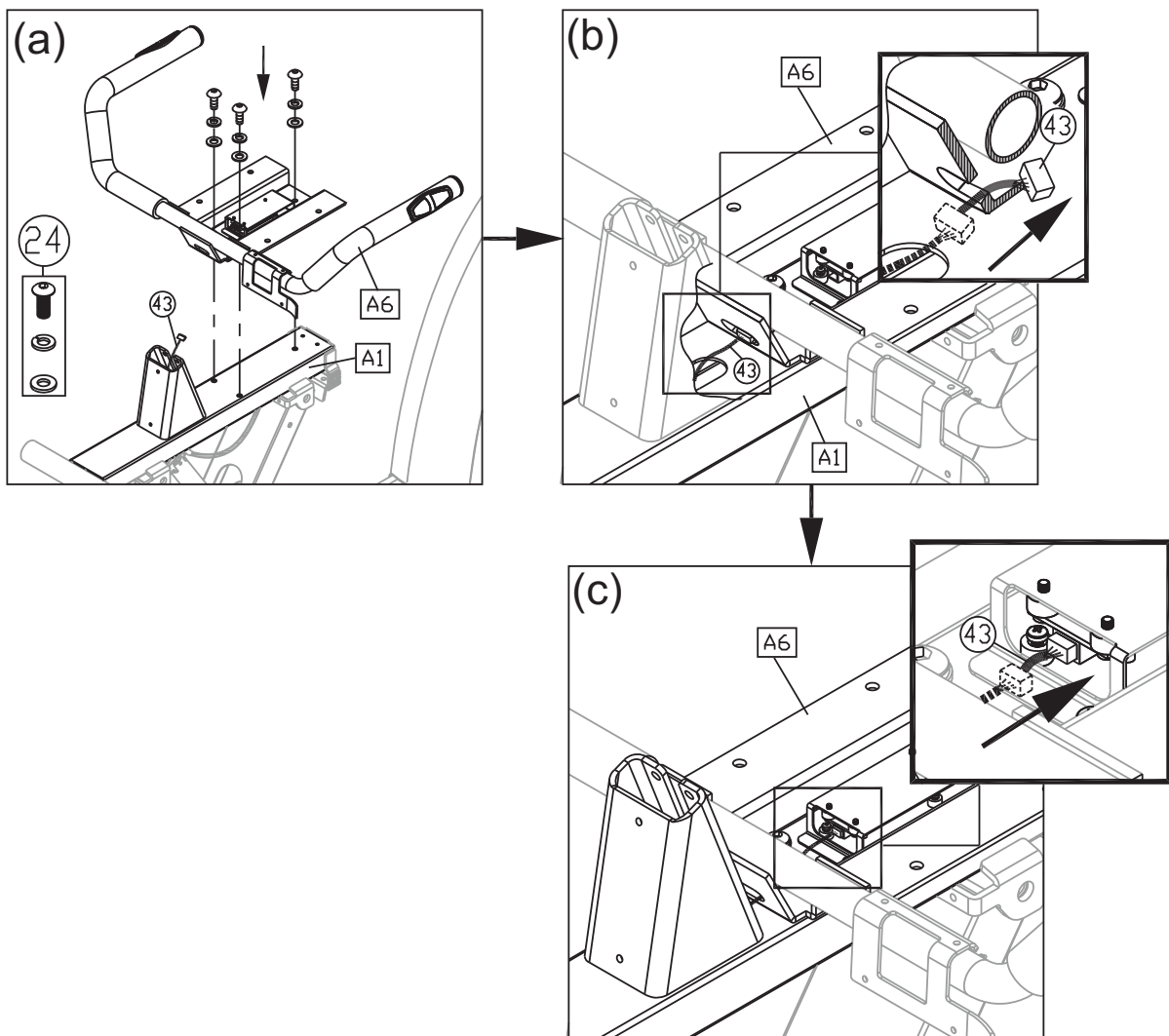


**Option: Contact Heart Rate Handlebars**



Please assemble handlebars as shown in steps (a - c) below.

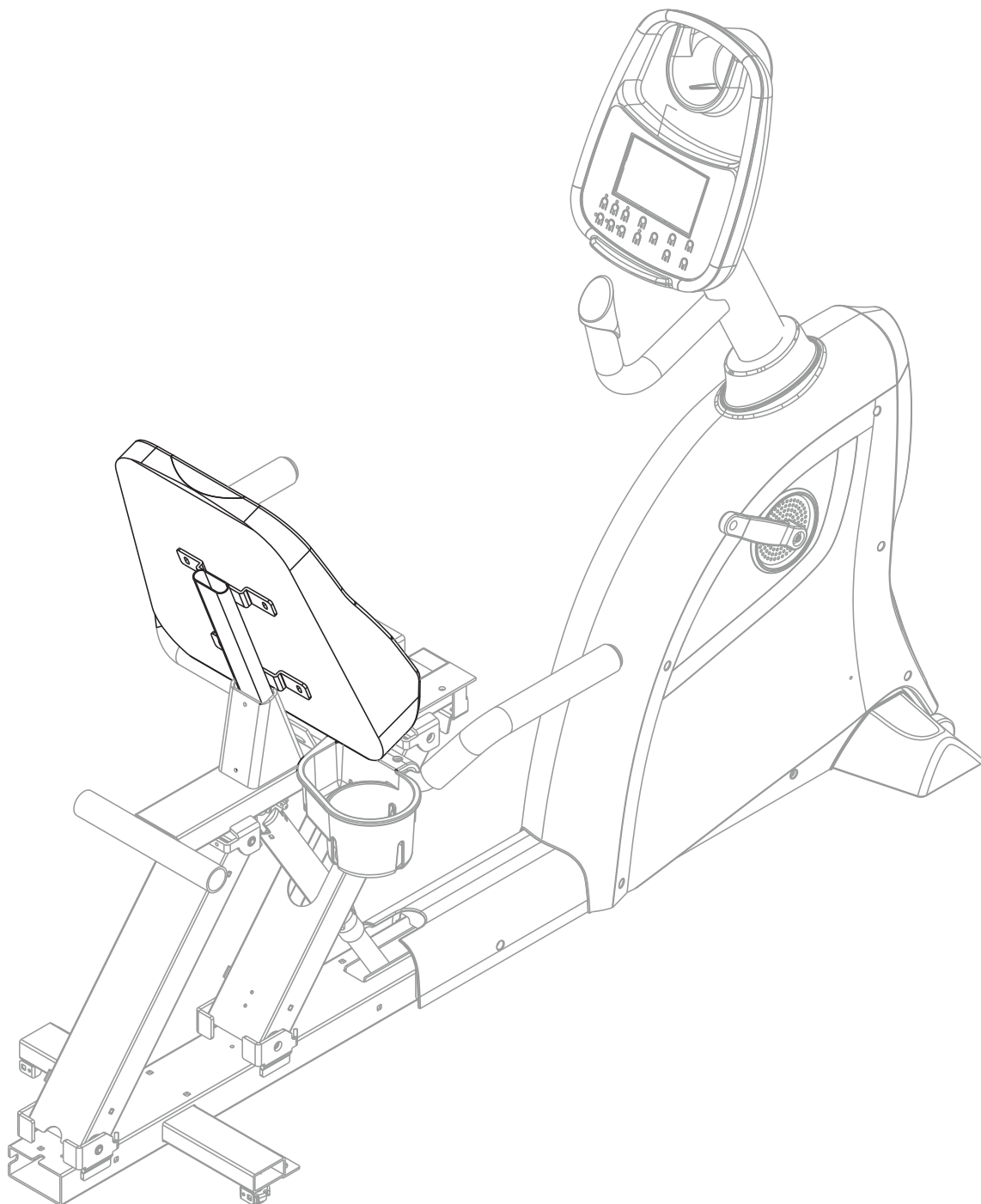
- (a) Place the handlebars (A6) on the unit as shown. Secure the handlebars in place with screws (24). (Please note that for brevity the words "screws" is used when washers and other hardware may be involved.)
- (b) Pull cable (43) from the frame (A1). Thread the cable through the hole in the handlebars (A6) toward the handlebar cable (A6).
- (c) Connect cable (43) to cable (A6) in the handlebars.





## STEP 4 Seat Back Installation

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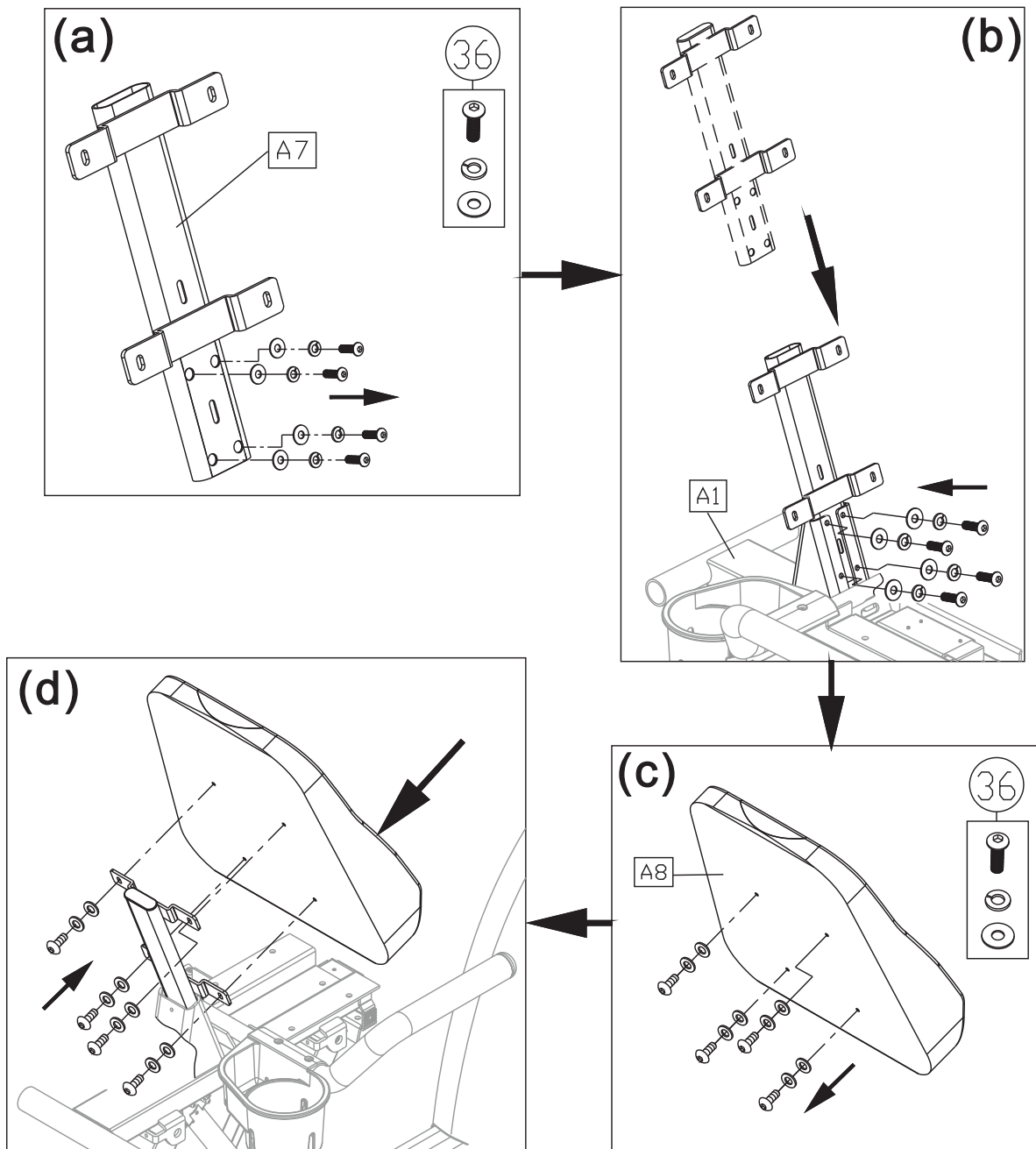
Follow steps (a - d) to install the seat back.

(a) First, remove screws (36) from the seat back support (A7).

(b) Insert the seat back support into its base on the frame (A1). Secure it with screws (36).

(c) Remove screws (36) from the seat back (A8).

(d) Hold the seat back (A8) onto the seat back support (A7) and secure it with screws (36).



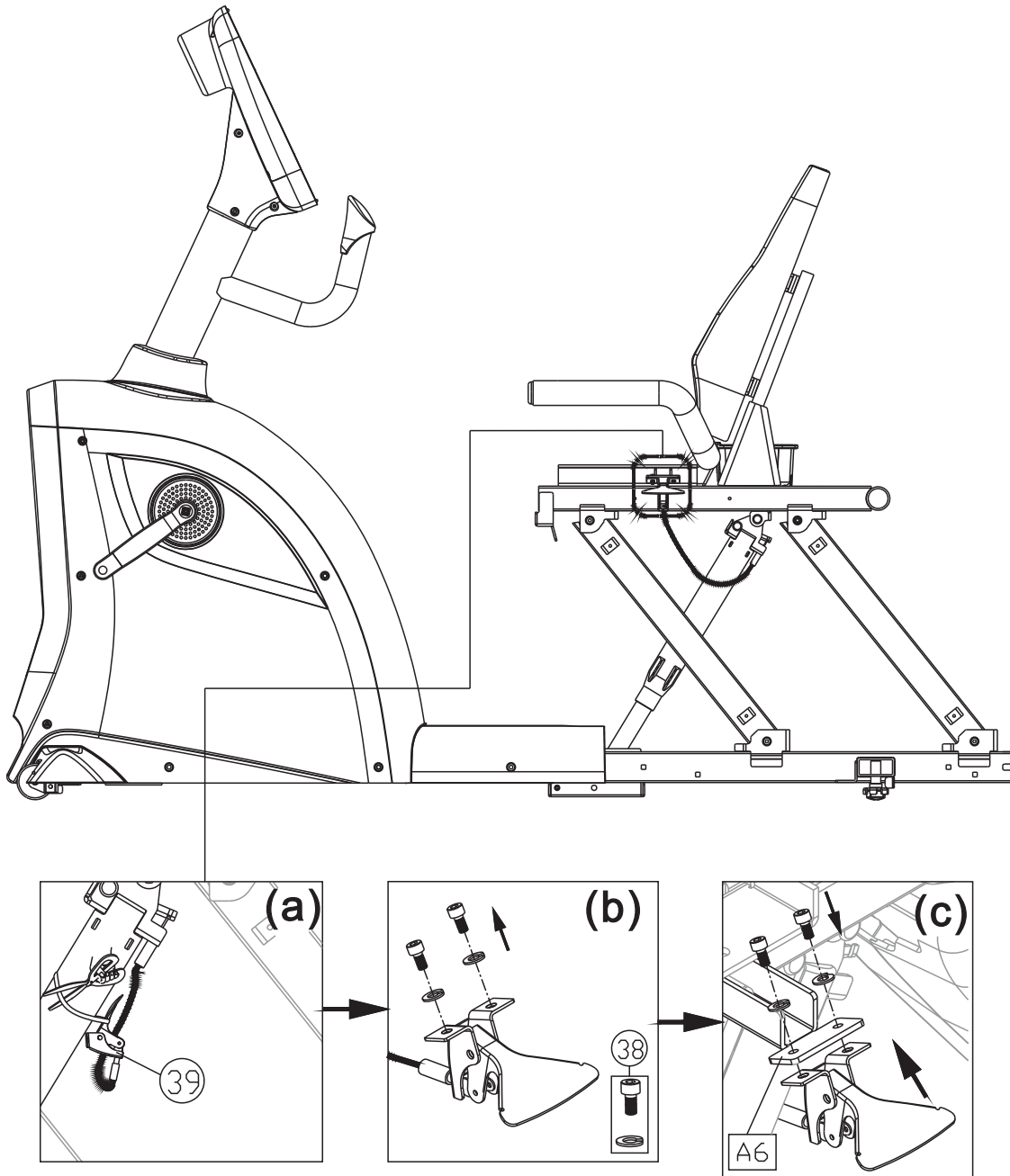
## STEP 5 Seat Adjustment Handle Installation

5-1. Follow steps (a - c) to install the seat adjustment handle.

(a) First, remove the handle (39) from the gas spring.

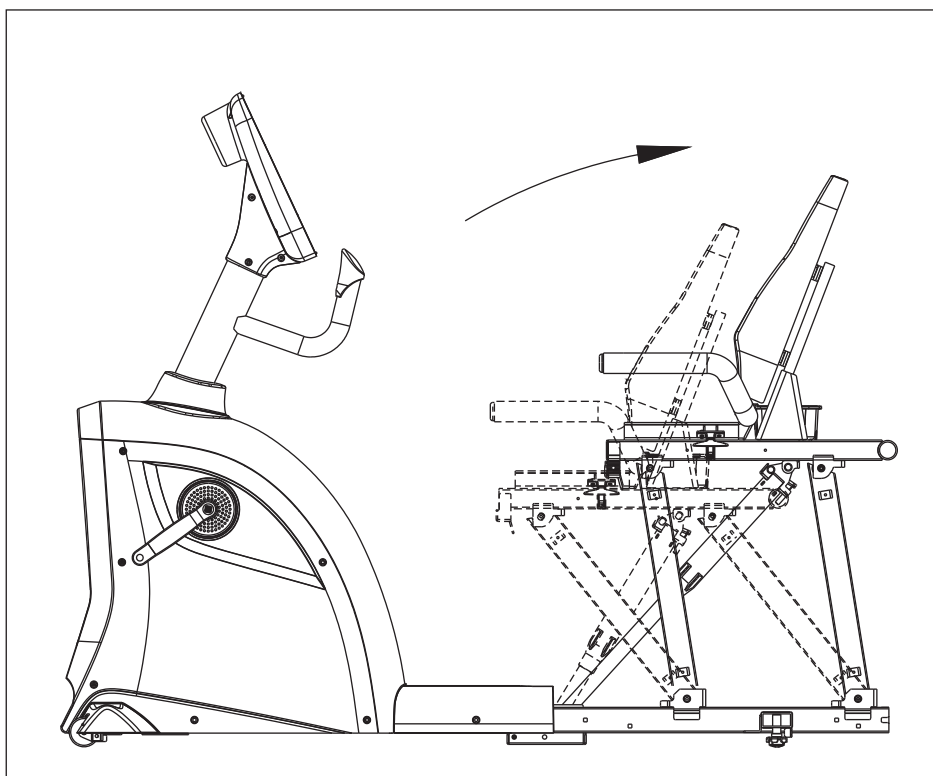
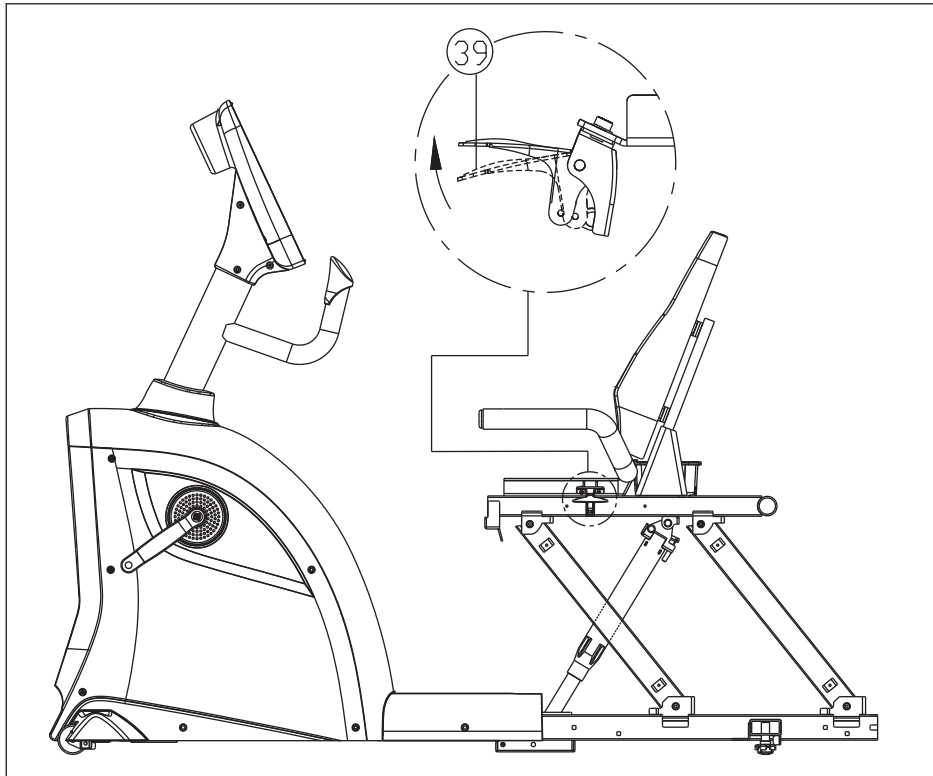
(b) Next, remove the screws (38) from the handle.

(c) Then, use screws (38) to secure the seat adjustment handle (39) onto the handlebars (A6).



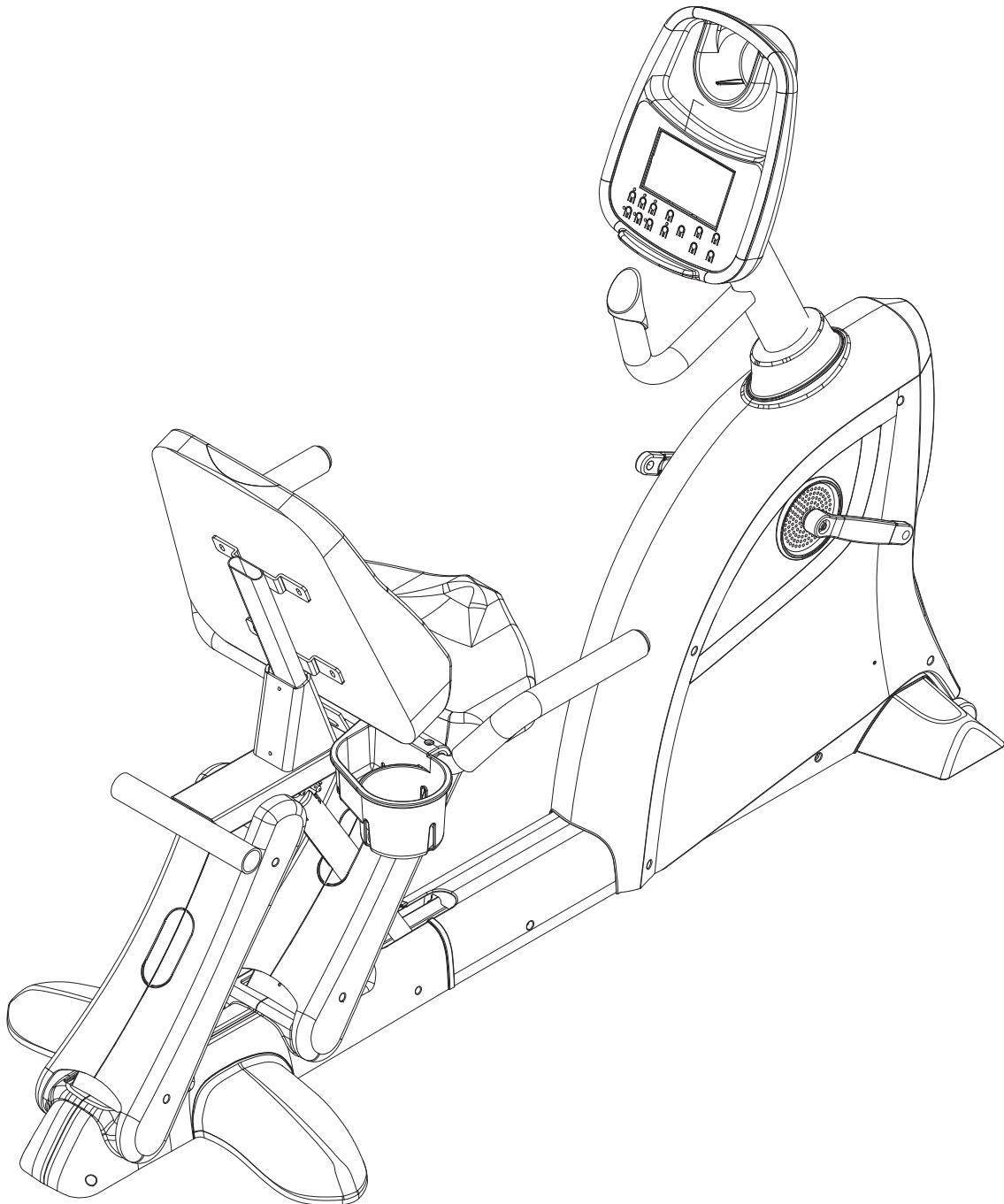
5-2. As shown in the exploded view diagram, hold up the handle (39) to adjust the seat position.

5-3. For convenience, the gas spring automatically moves the seat upward when there is no weight on the seat. Release the handle when the seat is up all the way.

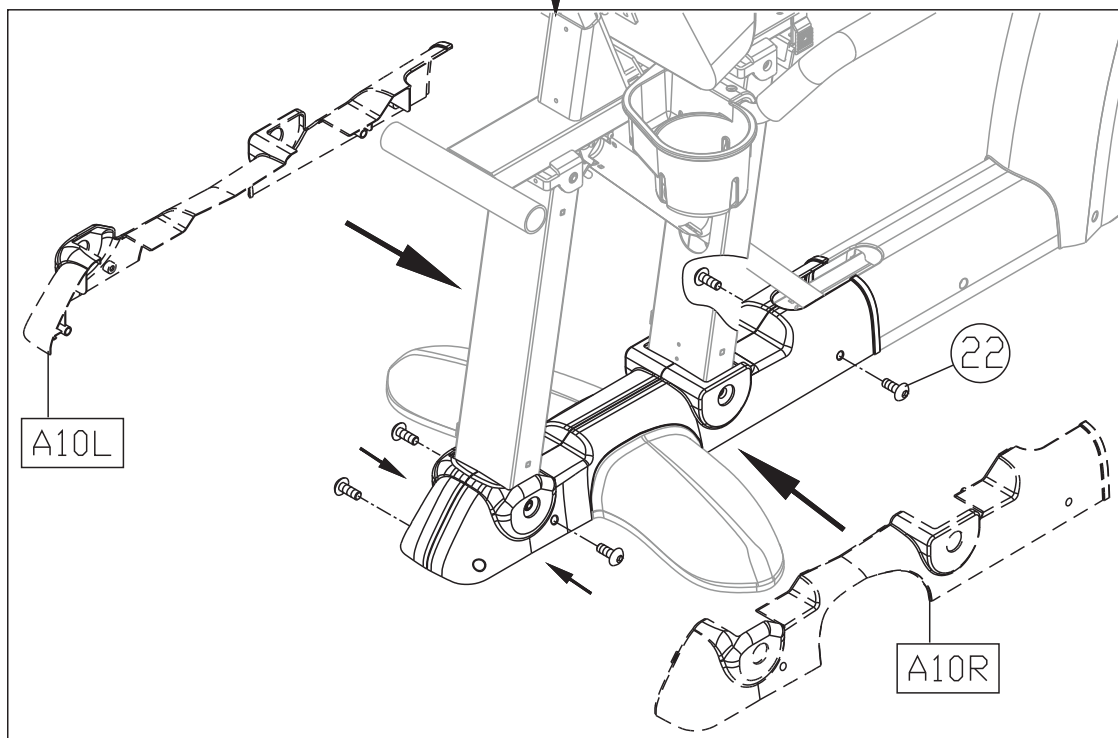
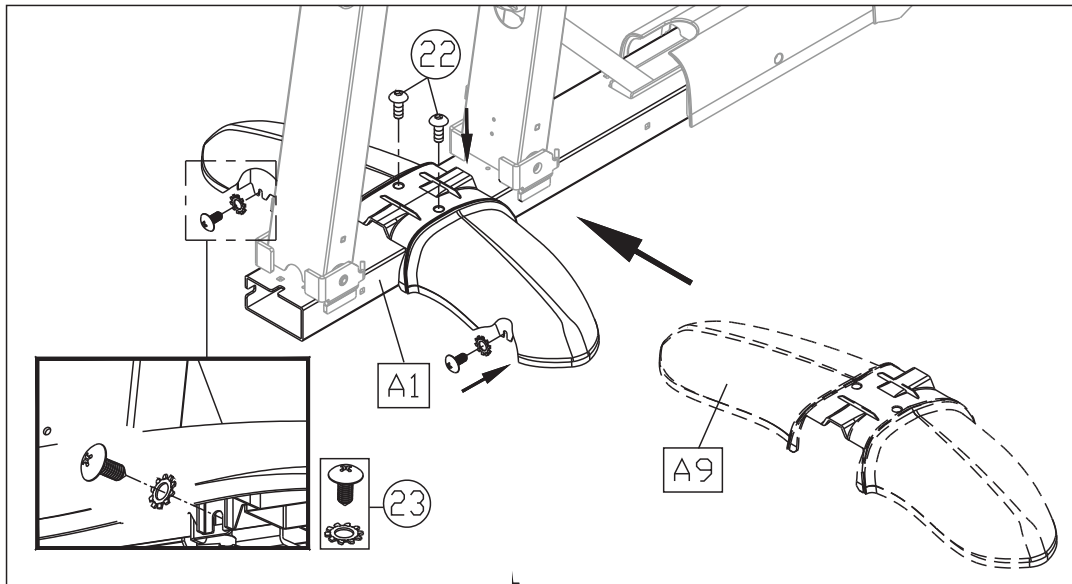


**STEP 6** Cover and Seat Bottom Installation

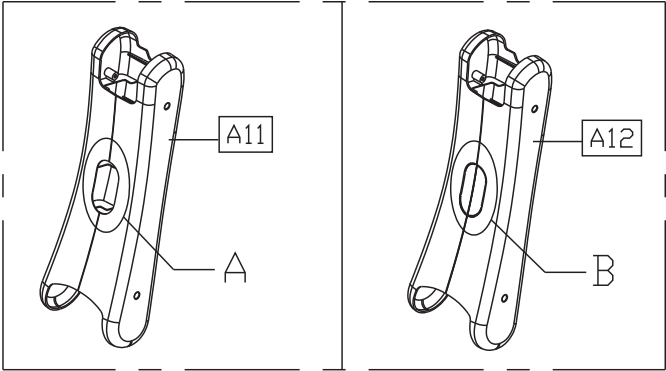
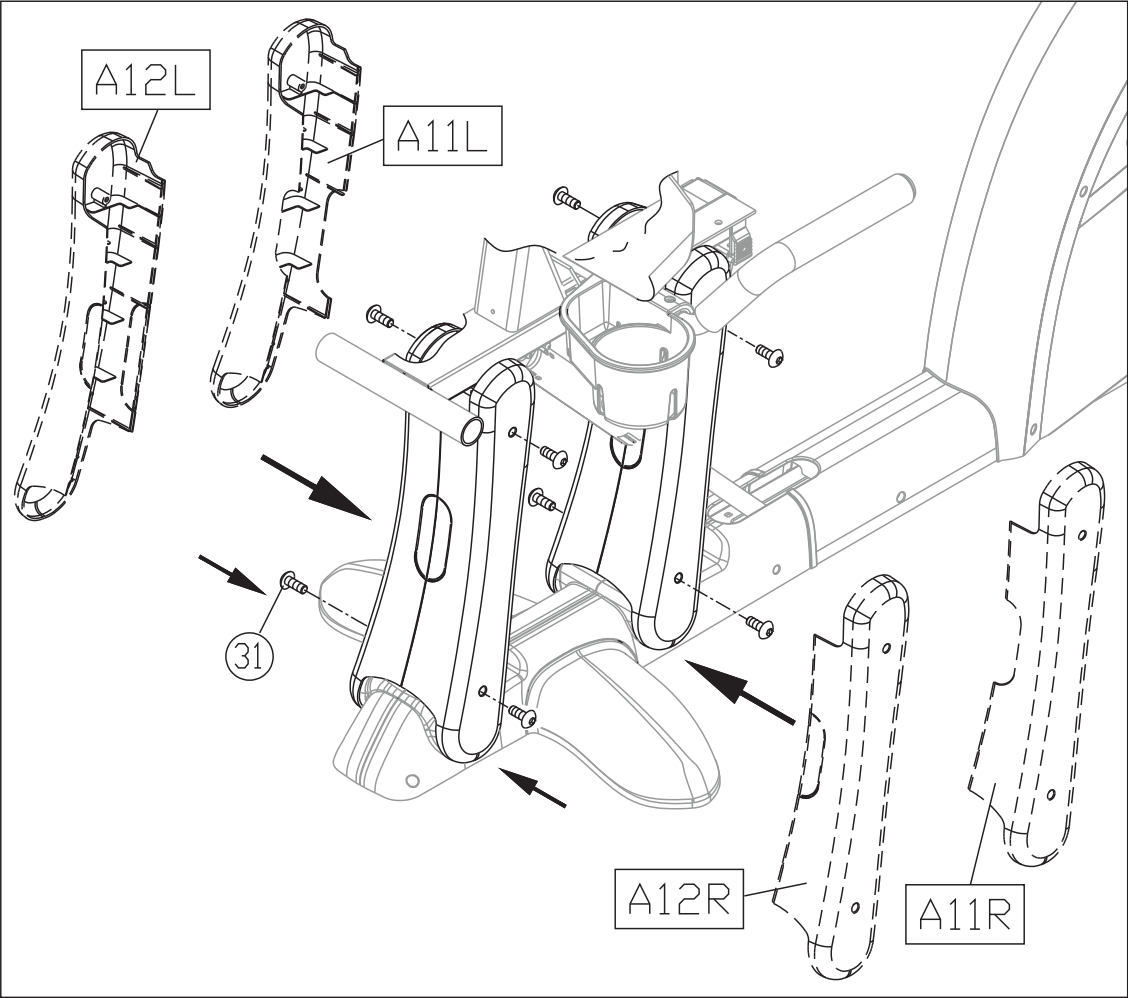
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Adjust the seat upward to make room for cover installation. Set the back leg cover (A9) in place on the frame. Loosely secure screws (22) (23). After all screws are in place, tighten them. Then put left/right horizontal covers (A10) in place. Thread all the screws (22) into place loosely. After all screws are in place, tighten them.

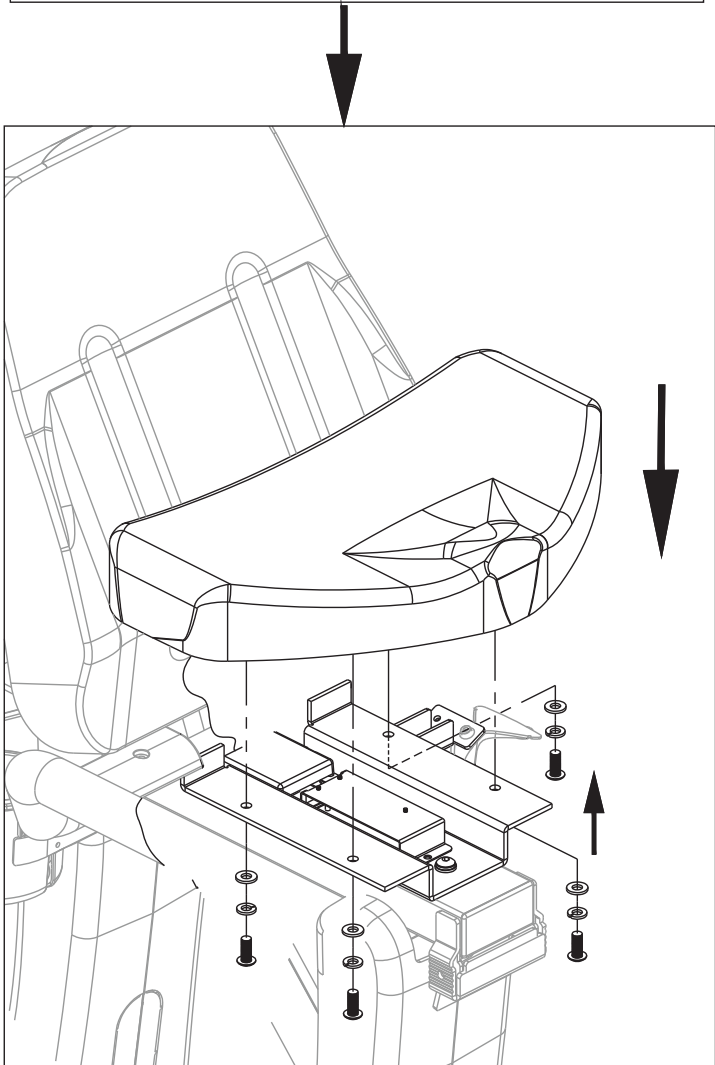
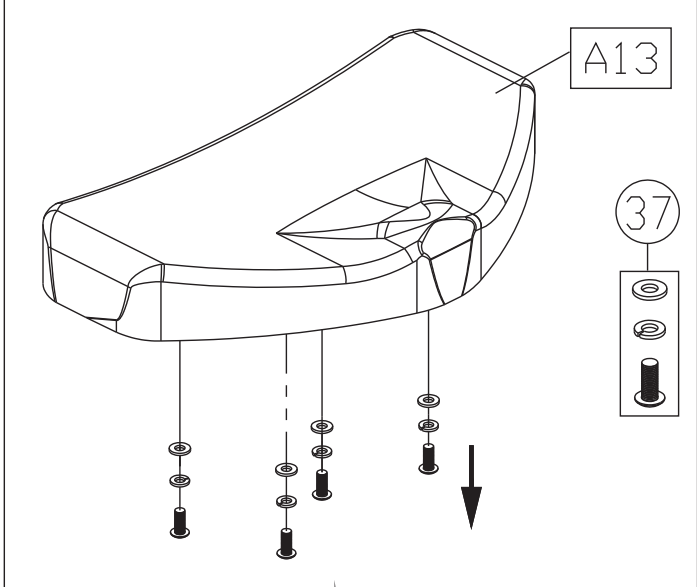


Note that seat support covers have front (11) and back (12) and left (L) and right (R) designations. In the diagram below, A11L and A11R represent left and right front covers respectively; A12L and A12R represent left and right back covers respectively. Also, note that the front covers have a cut-out (Compare A and B below) for the gas spring. Hold covers into place. Loosely secure their screws (31). After all screws (31) are in place, fully secure the screws.



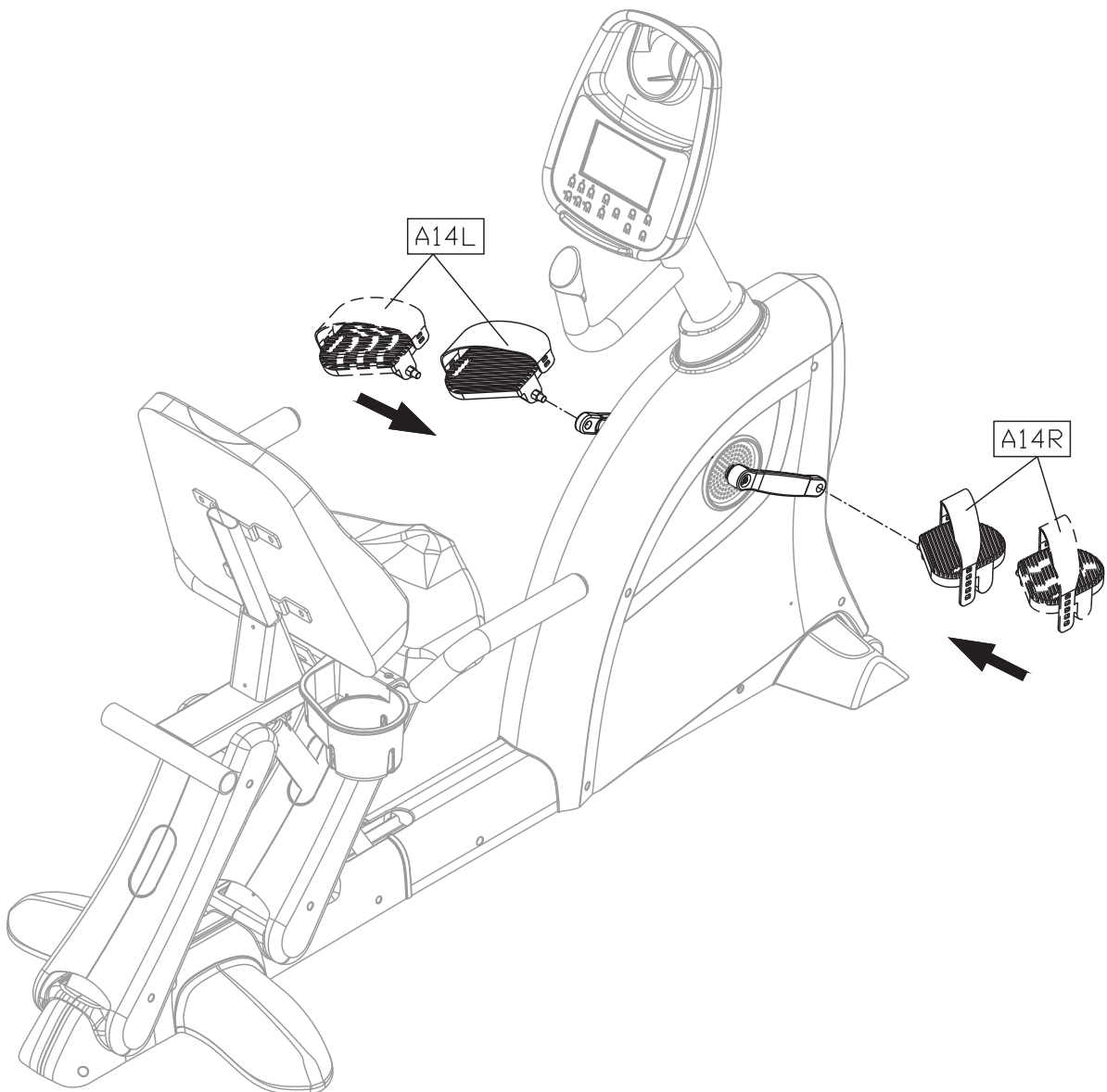


First, remove screws (37) from the seat bottom (A13). Set the seat bottom onto the handlebar assembly. Then secure screws (37) into the seat bottom.



## STEP 7 Pedal Installation

Each pedal is marked left or right. Left/right designations correspond to the exercisers' left/right sides in the position at which they workout on the product. Install pedals (A14) on the appropriate sides of the bike. Note: the left pedal screws in counterclockwise; the right pedal screws in clockwise. Screw pedals onto the cranks by hand to make sure they thread properly. Then use the wrench to fully secure them into place.



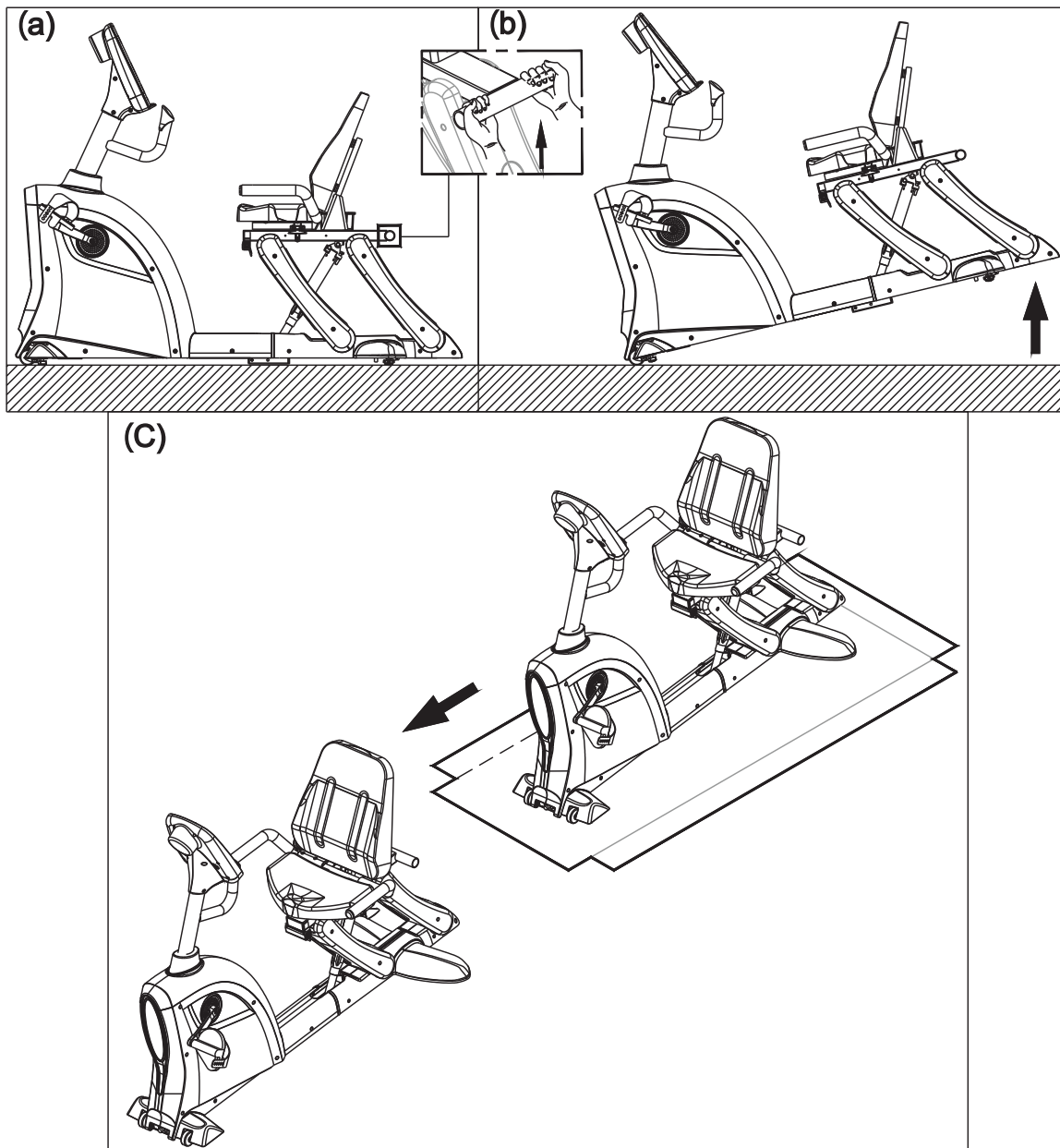
## STEP 8 Bike Placement

Follow steps (a,b,c) to roll the bike into place.

(a) Stand behind the bike. Grasp the moving handle with both hands and lift.

(b) With the bike at a slant, push the bike.

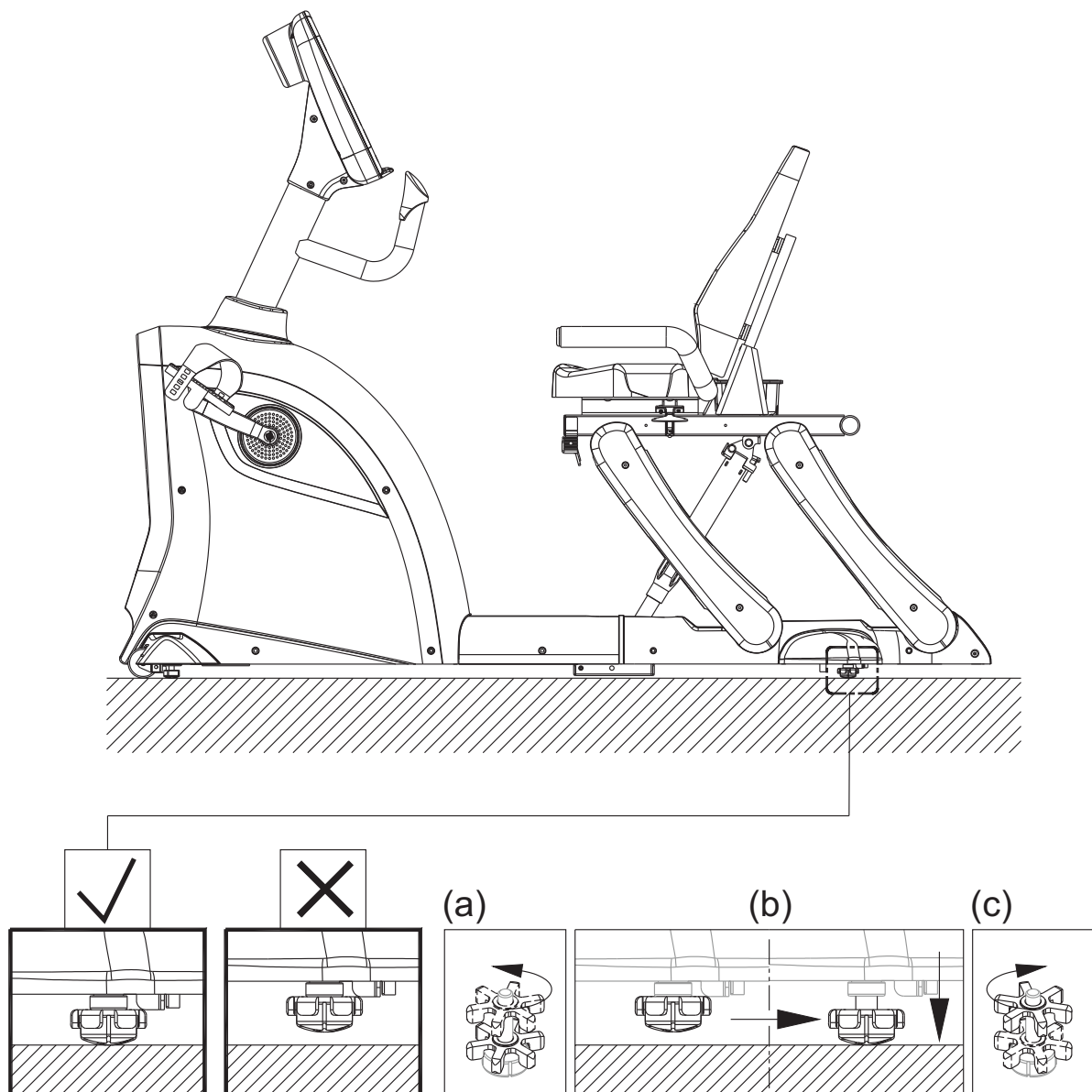
(c) Front rollers allow the bike to be rolled into place.



## STEP 9 Leveler Adjustment

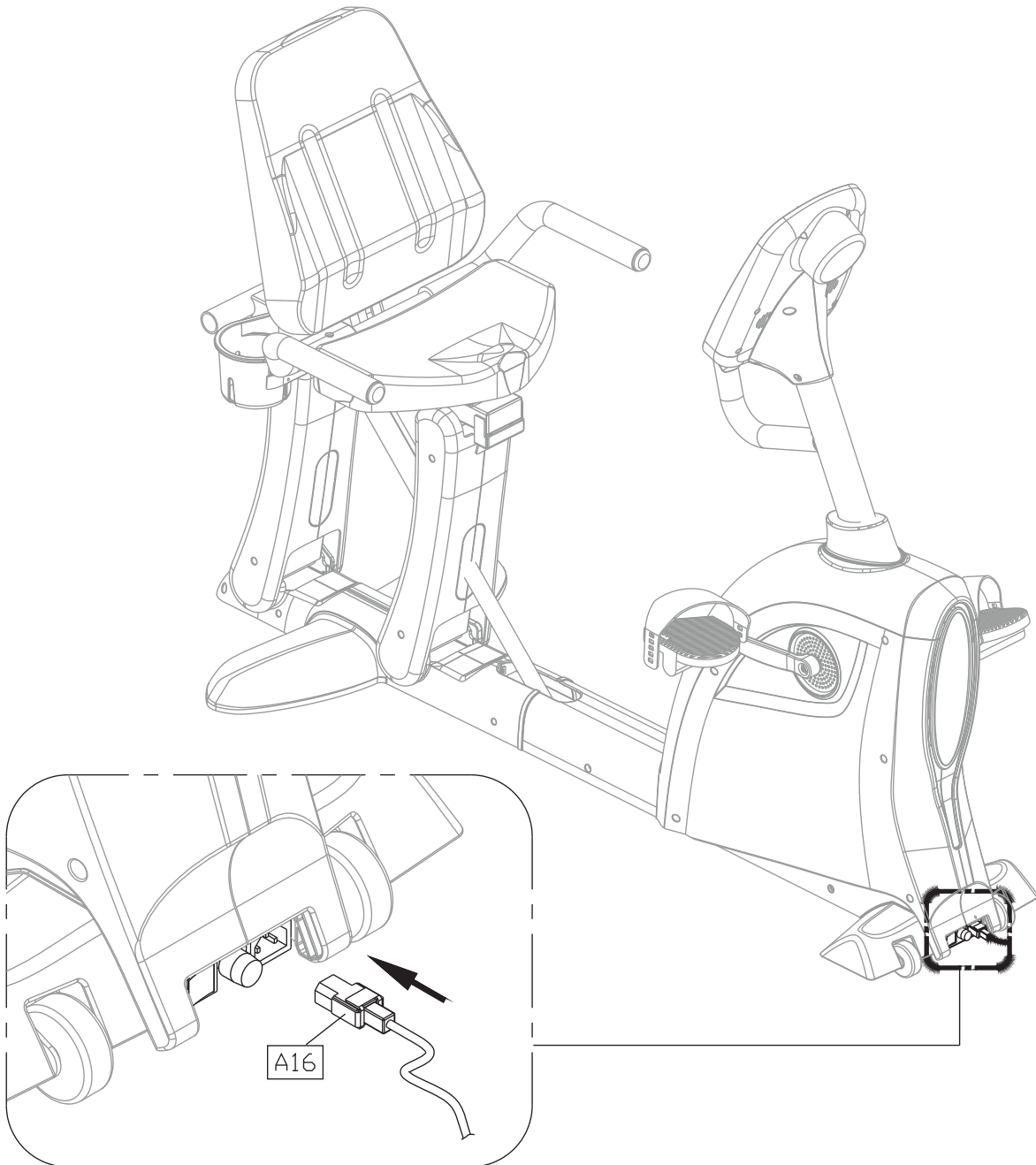
Put the bike where it will be ridden. Sit on the bike. Inspect it by shifting your weight from side to side. Does the bike rock from side to side? If so, level it.

- (a) Loosen the leveler nut.
- (b) Rotate rubber feet downward until they touch the floor.
- (c) Rotate the leveler nut against the frame of the bike to secure this position.



## STEP 10 Power Cord Installation

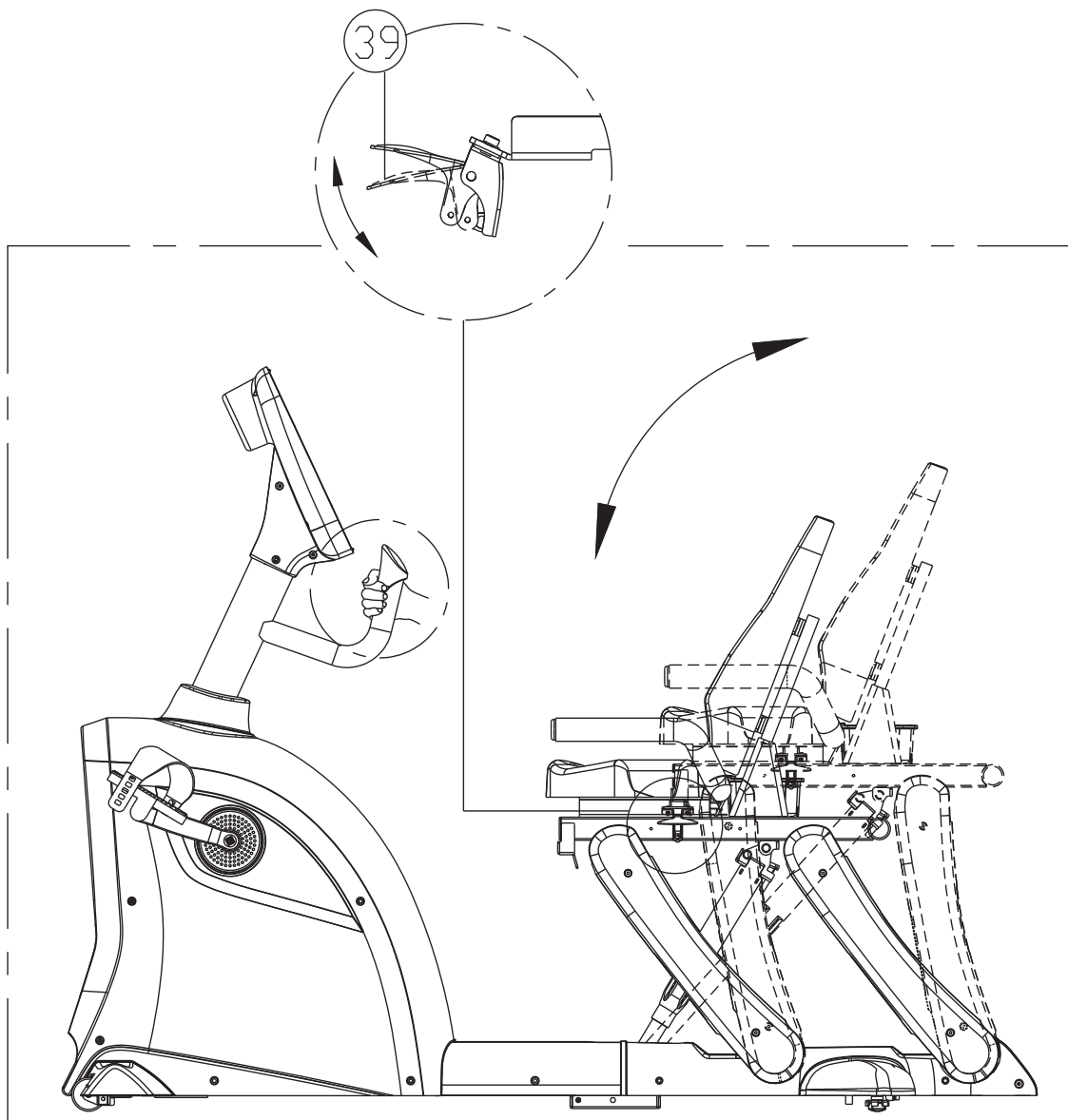
Insert the power cord into the socket on the product. Insert the other end of the cord into the power socket in the wall. To turn on the machine, press the side of the power switch with a line mark. The switch will light up. To turn off the machine, press the side of the power switch with an " O " mark. The switch light will extinguish.



## STEP 11 Seat Position Adjustment

The seat position on C55R can be adjusted to suit people of different heights. The position can be altered in two ways: an automatic gas spring moves the seat within a set range; and the placement of the gas spring's connection to the frame changes the range of movement. Below are instructions for adjusting the seat position via the gas spring.

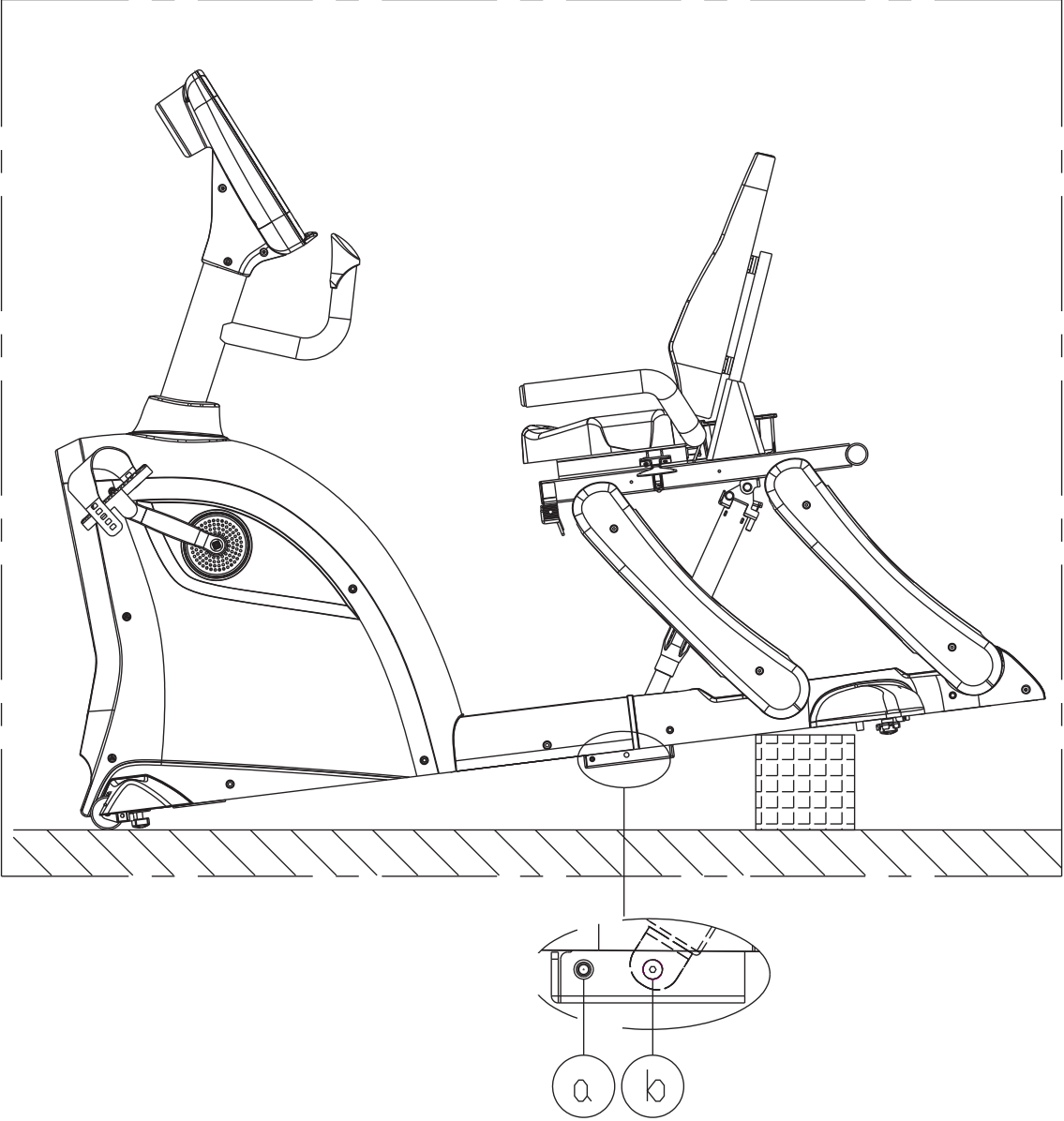
To adjust the seat position, pull up the adjustment handle (39). For convenience, the gas spring automatically moves the seat upward when there is no weight on the seat. From the seated position, you can push back on pedals or pull on the handle under the display to take weight off the seat. Release the handle when the seat is in your preferred position. To move downward, pull up the handle. Your weight on the seat allows the spring to gently move the seat downward. Release the handle when the seat is in your preferred position.



To adjust the seat position via holes in the frame, follow the instructions below. The frame has two sets of holes, one in front (a) and one more toward the back (b), for the gas spring connection. Connecting the gas spring at the front hole makes the seat closer and lower in relation to the display. Connecting the gas spring at the back hole makes the seat further and higher from the display. Tall people would probably prefer a set up with the gas spring connected at the back hole. This is the position set at the factory.

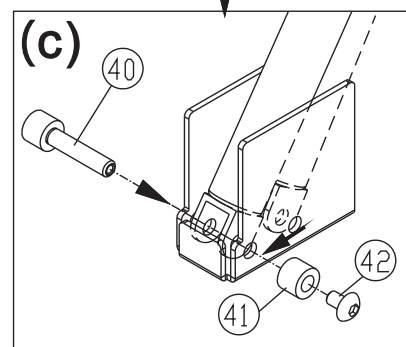
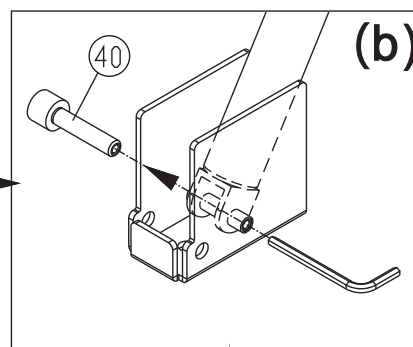
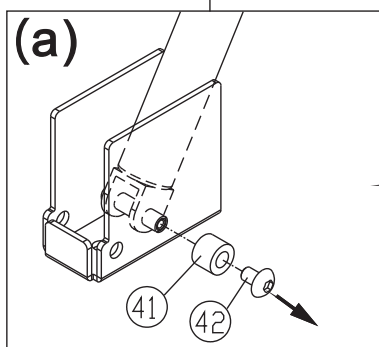
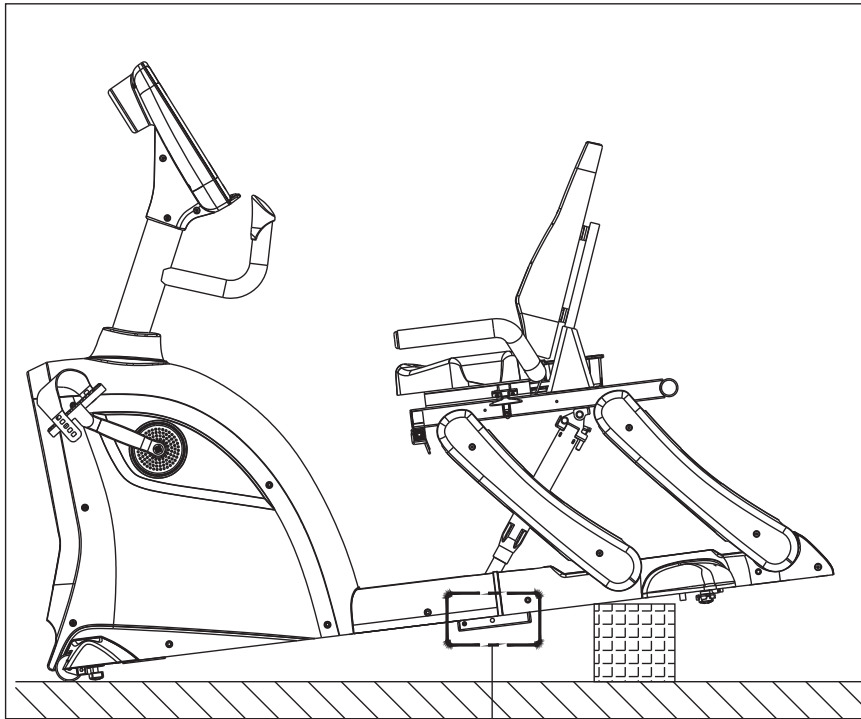
Follow steps below to change the gas spring connection from one set of holes to the other.

- 1. Use the gas spring to adjust the seat to the lowest position.
- 2. Place an 8-inch to 12-inch (20-cm to 30-cm) object under the back part of the frame as shown



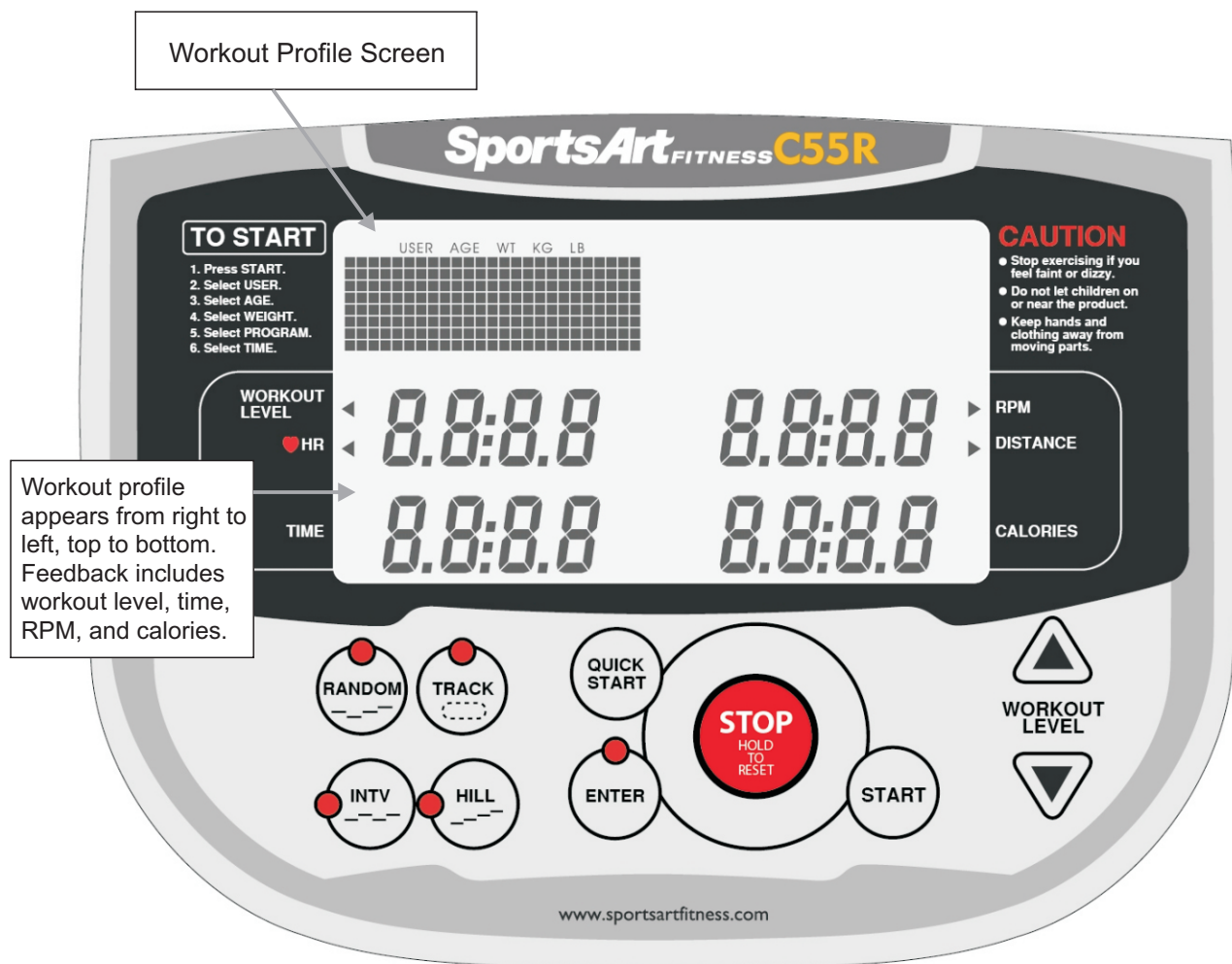


3. Disconnect and reconnect the gas spring as follows.
- a. Remove the screw(42) and bushing (41).
  - b. Tap out the axle pin (40).
  - c. Align the end of the gas spring with the desired hole in the frame. Insert the axle pin(40) into the hole in the frame and that in the gas spring. Secure the bushing (41)and screw (42). Remove the object under the frame to prepare for normal operation.



## 5. UNDERSTANDING THE C55R DISPLAY CONSOLE

### DISPLAY Overview



### DISPLAY Windows

- **WORKOUT PROFILE SCREEN**— Shows user settings or prompts, including USER, AGE, WT, KG, LB indicators.
- **FEEDBACK SCREEN**— Shows exercise feedback, including RESISTANCE LEVEL, TIME, RPM, CALORIES.
- **PROGRAM INDICATORS**— TRACK, RANDOM, INTERVAL, HILL.
- **KEYS**— TRACK, RANDOM, INTERVAL, HILL, WORKOUT LEVEL ▲, WORKOUT LEVEL ▼, QUICK START, START, ENTER, STOP/HOLD TO RESET.

## DISPLAY Keys

---

### WORKOUT LEVEL ▲/▼

1. In a workout program, press **WORKOUT LEVEL ▲/▼** to adjust the resistance level.
2. In the user set up mode, press **WORKOUT LEVEL ▲/▼** to adjust USER/Age/Weight/Time.

### STOP/HOLD TO RESET

STOP— In an exercise program, press the STOP key to exit the program.

RESET— Under any circumstance at any time, press the RESET key for two seconds to return to the start up screen.

ENTER— Press the ENTER key to confirm your selection.

## DISPLAY Specifications

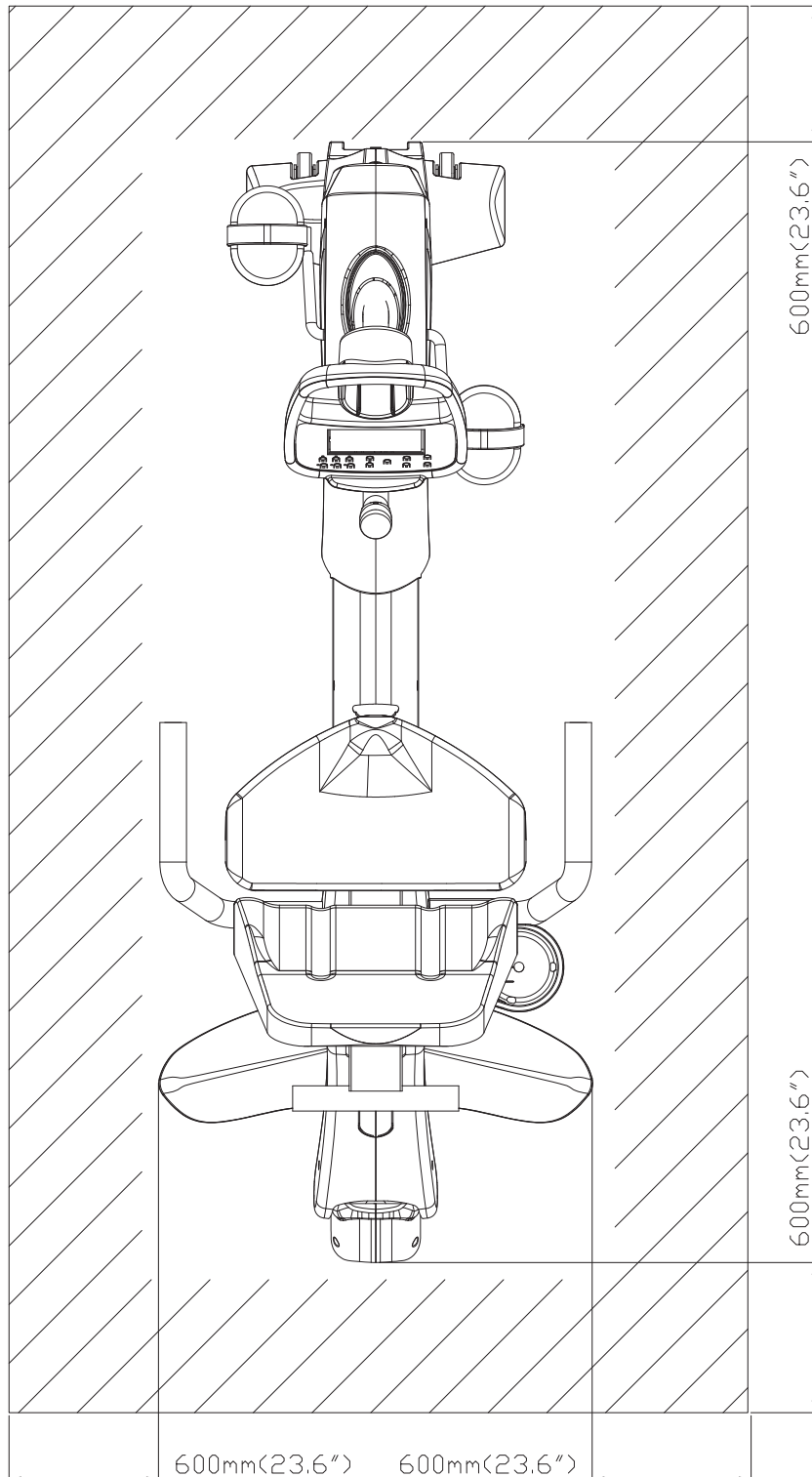
---

- **WORKOUT LEVEL**— Resistance range: 1 - 14.
- **TIME**— Time range: 0 : 00 - 99 : 59. Time setting range: 5 : 00 - 99 : 00.
- **RPM (Rotations Per Minute)** - 5 - 120
- **CALORIES**— 0.0 - 9999 (K - CAL)
- **USER**— You can set up to four user profiles.
- **AGE**— Setting range: 10 - 99.
- **WEIGHT**— 30 - 150 kg or 66 - 330 lb.  
(Note: If the dot matrix screen shows KG, the unit's internal setting is metric. If LB appears, the internal setting is US.)
- **PROGRAM**— Exercise programs include TRACK, RANDOM, INTERVAL, HILL.

## 6. OPERATING THE C55R EXERCISE BIKE

### OPERATION Safety Operating Area

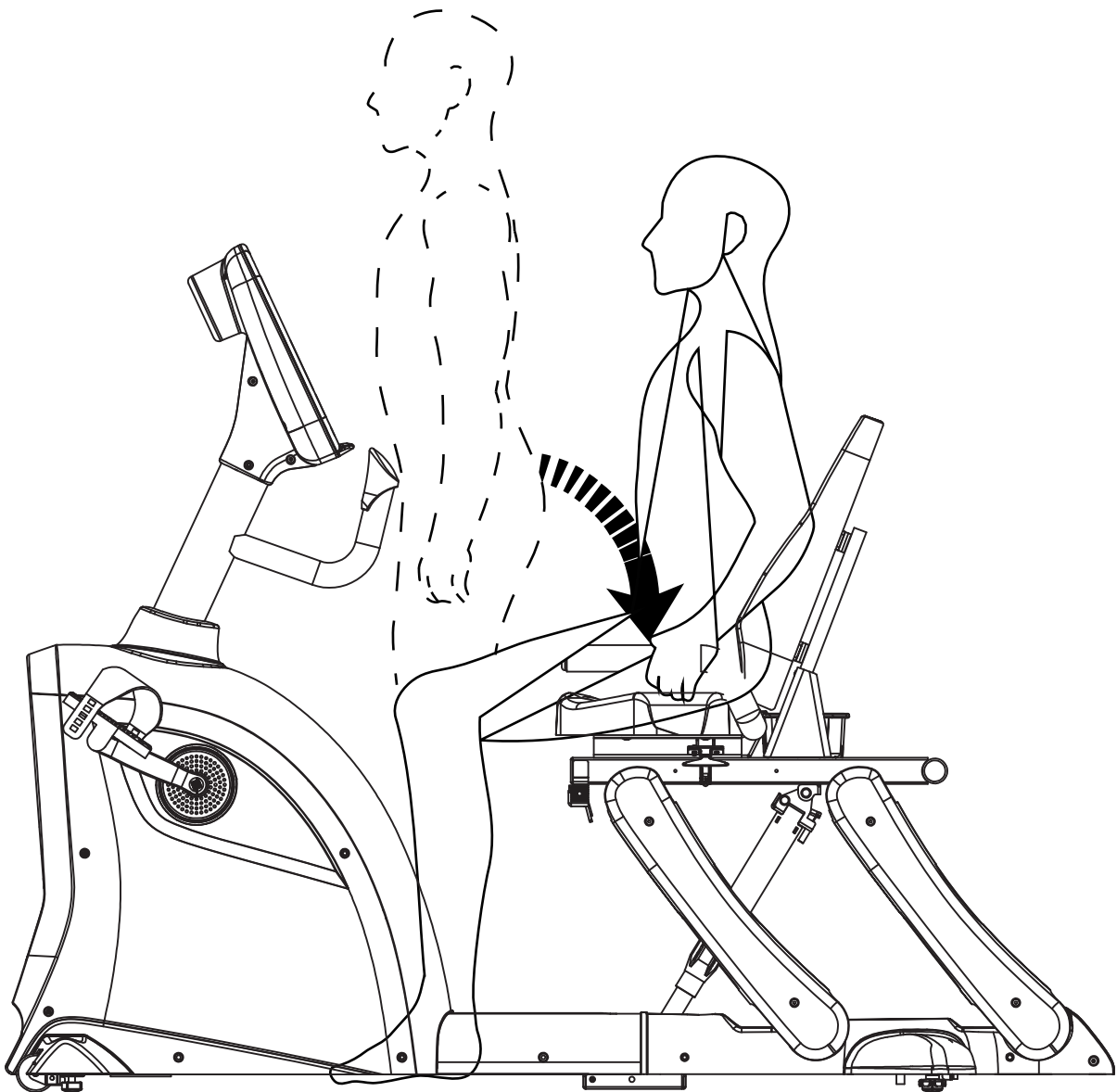
- (a) Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.



## **OPERATION** Safety Get On/Off

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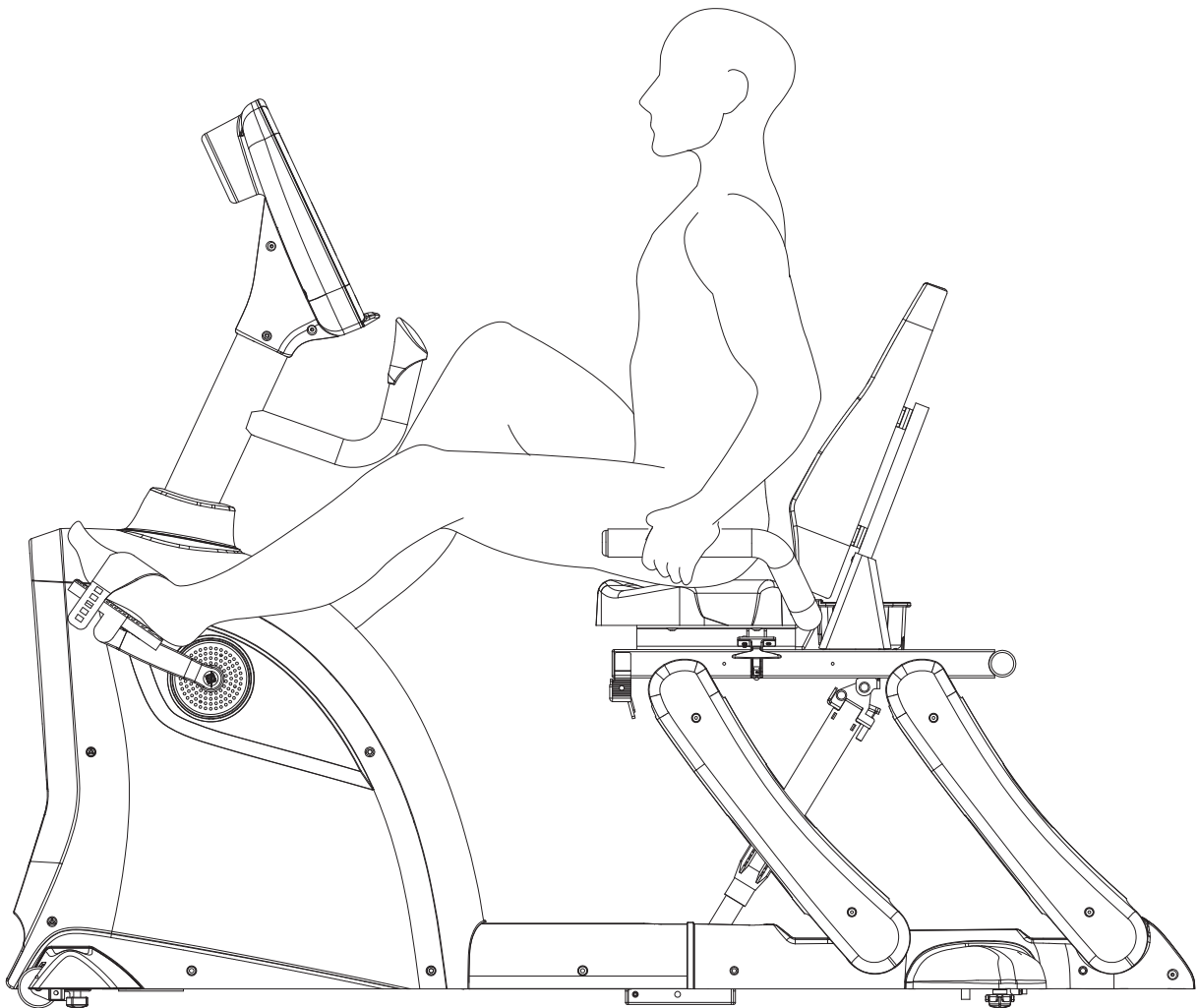
- (a) Sit on the cycle and then hold the handles to steady self while stepping into the pedals as shown below.
- (b) Wait until pedals come to a complete stop and then carefully stepping off the cycle.



## **OPERATION** Proper Workout Position

---

- (a) User proper workout position as shown below.
- (b) Over exercising or improper workout form may result in serious injury.



## **OPERATION** Quick Start

---

There are two ways to start operating the C55R bike. Either press the QUICK START key or press the START key. QUICK START mode allows you to start exercising immediately, without the benefit of a user ID. START mode allows you to use a user ID. User IDs provide workout tracking for up to four people.

When the product begins to operate, the start up banner screen "C55" appears.

When the start up screen appears, press the <QUICK START> key to start exercising without first inputting user information. In Quick Start mode, time counts up from 0:00, the track indicator lights up, and the track illustration begins to operate.

### Quick Start Operation from USER Mode

When USER mode appears (see the following section on setting user ID), press the **ENTER** key to select a user, then press the QUICK START key to see the previous workout time and profile.

During a workout, press the **STOP** key to exit the QUICK START mode. The user's workout duration and calorie expenditure will appear. After "ACCU DATA" scrolls across the display, the start up screen appears.

## **OPERATION** Start

---

### USER ID NUMBER SETTING

While the start up screen appears, press the < START > key. The **USER** indicator flashes. The dot matrix window shows "1", for USER 1. Press the ▲ key to toggle as follows: USER 1 → USER 2 → USER 3 → USER 4 → USER 1 → USER 2 → USER 3……. Press the ▼ key to toggle as follows: USER 4 → USER 3 → USER 2 → USER 1 → USER 4 → USER 3 → USER 2……. Press the ENTER key to confirm your choice and proceed to set the user age.

- ※ When you select the USER ID number, the user's accumulated time, distance, and calorie values appear.
- ※ The user's accumulated time appears as hh:mm (hours: minutes). When the accumulated time exceeds 99:59, minutes disappear; 100 hours appears. Maximum time is 9999 hours.

## CLEARING OUT USER SETTINGS

While a user ID number appears on the screen, press and hold **STOP + ENTER** keys simultaneously for three seconds to clear out user time, distance, and calories. The unit clears accumulated values while beeping three times. Then the USER selection screen appears.

## USER AGE SETTING

The AGE indicator flashes. The dot matrix screen shows the preset value of **35**. Press ▲ and ▼ keys until your age appears. Then press the ENTER key to confirm your choice and proceed to set the user weight.

## USER WEIGHT SETTING

The WT indicator flashes. KG or LB lights up. KG indicates metric mode, which has a preset value of 75 kg. LB indicates US mode, which has a preset value of 165 lb. Press ▲ and ▼ keys until your weight appears. Then press the ENTER key to confirm your choice and proceed to select an exercise program.

## EXERCISE PROGRAM SETTING

1. The exercise program indicator flashes. "SELECT PROGRAM" appears on the workout profile screen. Press a workout selection key to enter the related program.
2. In this program, press the ENTER key to confirm your choice and to proceed to set the exercise time.

## TIME SETTING

The time window shows the user's previous exercise time setting. Press ▲ and ▼ keys to change the time setting. Time range is from **5:00 to 99:00**. Press the ENTER key to confirm your choice.



## **OPERATION** Workout Programs

---

When the exercise program indicator flashes, press INTERVAL, RANDOM, TRACK, or HILL keys to immediately start working out.

### **TRACK**

1. One lap is 400 meters (0.25 mile).
2. Resistance is preset to level one. Press **WORKOUT LEVEL ▲/▼** to adjust workout level. Resistance range: 1 - 14. After leaving track mode, resistance returns to level one.

### **RANDOM**

1. A different random exercise program appears each time the RANDOM key is pressed. Press the key until you see a program you like. Then start exercising. Time counts down.
2. Press **WORKOUT LEVEL ▲/▼** keys to set the resistance level.

### **INTERVAL**

Select INTERVAL. Then enter the exercise time.

1. "ENTER REST TIME" scrolls across the screen. Time value flashes. Press **WORKOUT LEVEL ▲/▼** keys to set your rest time. Then press ENTER to confirm your choice.
2. "ENTER REST LEVEL" scrolls across the screen. Resistance value flashes. Press **WORKOUT LEVEL ▲/▼** keys to set the resistance level. Then press ENTER to confirm your choice.
3. "ENTER WORK TIME" scrolls across the screen. Time value flashes. Press **WORKOUT LEVEL ▲/▼** keys to set your work time. Then press ENTER to confirm your choice.
4. "ENTER WORK LEVEL" scrolls across the screen. Resistance value flashes. Press **WORKOUT LEVEL ▲/▼** keys to set the resistance level. Then press ENTER to confirm your choice and proceed to the INTERVAL workout.

### **HILL**

1. HILL program contains three workout profiles. Press once to see the first program, twice to see the second, and three times to see the third. Press more times to keep toggling through the workout profiles.
2. Press **WORKOUT LEVEL ▲/▼** keys to set the resistance level.

## **PRESSING PAUSE FROM A PROGRAM**

1. In any exercise program, if you stop pedaling, "PAUSE" scrolls across the screen. Continue to pedal or press START to return to your exercise program.
2. If you don't pedal for two minutes after PAUSE is pressed, the start up screen appears.

## **EXERCISE PROGRAM COMPLETION**

1. When an exercise program counts down to zero, the display beeps three times (once every 0.5 seconds). Accumulated time, calories, and average heart rate appears, along with "ACCU DATA".
2. At the end of one workout cycle, the following occurs:
  - The start up screen appears if you started the workout via QUICK START.
  - If you started working out via an exercise program, the PROGRAM selection screen appears, and the PROGRAM indicator flashes. "SELECT PROGRAM OR PRESS START" scrolls across the screen. (You can also press QUICK START to start quickly or press START to start exercising after entering user information). Once the exercise begins, time counts down.

## 7. INTERNAL SETTINGS

### SHOW UNIT TOTAL DISTANCE

In the USER selection setting, simultaneously press and hold WORKOUT LEVEL ▼ + WORKOUT LEVEL ▲ for three seconds. Time and distance windows show total distance as eight digits. Units appear as MILE or KM. Press the ENTER key to see total time.

### SHOW UNIT TOTAL TIME

Time and distance windows show total time as four digits. The dot matrix window shows HOUR. Press the ENTER key to establish the display unit mode.

### SET METRIC/US MODE

Once in this setting, press ▲▼ keys to toggle between "LB" (representing US units) and "KG" (metric units). Press the ENTER key to return to the start up screen. In this setting, press the **STOP** key to return to the start up screen.

## **8. ABOUT HEART RATE DETECTION AND PRESENTATION**

Heart rate detection functions are optional and may not be included in your particular model. If your bike is equipped with these functions, please note the following information.

### **HEART RATE Telemetry**

---

The word "telemetry heart rate" refers to the detection of the heart rate, usually via a strap worn on the exerciser's chest and transmitted over the air for reception by a receiver built into the product. The following explains conditions that influence the performance of the telemetry heart rate function in all products.

1. The telemetry heart rate transmitter emits a wireless 5kHz signal that is harmless to the human body. Inside the transmitter is a 3V battery (CR2032). If the battery charge is too low, either the reception distance shortens or there will be no reception whatsoever.
2. Secure the telemetry heart rate transmitter on your chest so it is neither too tight nor too loose. Moisten the skin for better contact.
3. The telemetry heart rate receiver accepts a 5kHz wireless signal, but because the signal varies from 20Hz to 20KHz, it is susceptible to environmental interference. Stereos, TVs, other electronic products, the vibration between the unit and the floor, and other factors may interfere with telemetry heart rate signal reception. For best results, install the product in a location free from interfering items.
4. Place fitness products apart by at least 100 cm to avoid having the heart rate value from an exerciser on one product appear on another product.
5. Heart rate values are for comparison only. Do not use them for medical treatment or other purposes.

### **HEART RATE Contact**

---

It is easy to use the contact heart rate mechanism. Simply put both hands on the silver contact plates (one per side) and hold them there continuously. As soon as your pulse is received and calculated, the heart rate will automatically appear on the display.

Please note that some people have very weak heart beats. This makes heart rate detection difficult. Under such circumstances, the contact heart rate mechanism may not detect heart rate.

Please note the following:

1. For best results, continuously hold the contact heart rate plates.
2. It is difficult to detect the heart rate of people with low systolic blood pressure.
3. It is difficult to detect the heart rate of people with dry, course palms. Keeping palms smooth and damp improves heart rate detection.

4. The vibration of treadmills at speeds over 4 mph / 6.4 kph makes heart rate detection difficult. Also, if your hands move, heart rate detection becomes difficult.

### SUGGESTIONS

For better heart rate detection, keep hands in one place on the contact plates.  
Or wear a telemetry heart rate strap on your chest.

### NOTE TO PREVENT STATIC ELECTRICAL SHOCKS

In dry areas in particular, static electricity can interfere with unit operation and shock people. Suggestion: Before touching metal parts of the product, first touch a material with electrically isolative properties, such as the plastic on the handlebars.

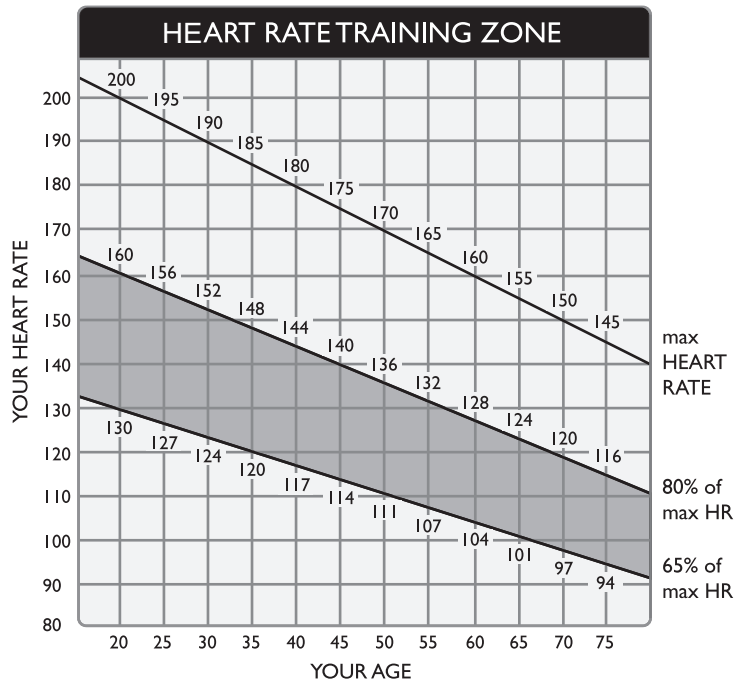
**CAUTION:** Heart rate detection and signal transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, the use of such devices must be undertaken at your own risk. We recommend that you conduct an exercise test under your doctor's supervision. The purpose of the test would be to ensure the safety and reliability of the simultaneous use of the pacemaker and such devices.

## 9. GUIDELINES FOR EXERCISE

### HOW HARD SHOULD I EXERCISE?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work within your training zone. Your training zone depends on your age and level of fitness.

The above chart indicates the recommended Heart Rate training zones (darkened area of the chart). These figures are calculated by taking 220 minus your age, and calculating 80% for your maximum and 65% for the minimum heart rate for aerobic exercise.



#### CAUTION:

Heart Rate training zones are approximations. Always check with your physicians to learn what appropriate heart rate level is best for your fitness level.

### HOW LONG SHOULD I EXERCISE?

The duration of your exercise session depends on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 15 to 20 minutes to realize an aerobic benefit. Beginners should always start slowly and bring their workout sessions up to 20 minutes or more. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: Usually between 20 and 30 minutes.

When first starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

### HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefits, exercise should be performed three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

## 10. USER PARAMETER SETTING

To check system default settings, at the start up screen (when the message appears: "Select PROGRAM or QUICK START"), hold the ENTER key for three seconds. The following appears:

1. MPH or KPH (speed units). Press up or down keys to toggle between the two unit selections. When your preferred unit appears, press the ENTER key.
2. DIST, followed by a number. This parameter shows the total accumulated distance.  
Press the ENTER key to proceed to see the next view, or press the STOP key to exit this setting.
3. TIME, followed by a number. The time parameter represents total hours of use.  
Press the ENTER key to see the next setting, or press the STOP key to exit this setting. This setting cannot be changed.
4. A sequence of letters and numbers. This represents the display board version.  
Press the STOP key to exit this parameter and return to the start up screen.

## 11. MAINTENANCE

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

### MAINTENANCE Safety Precautions

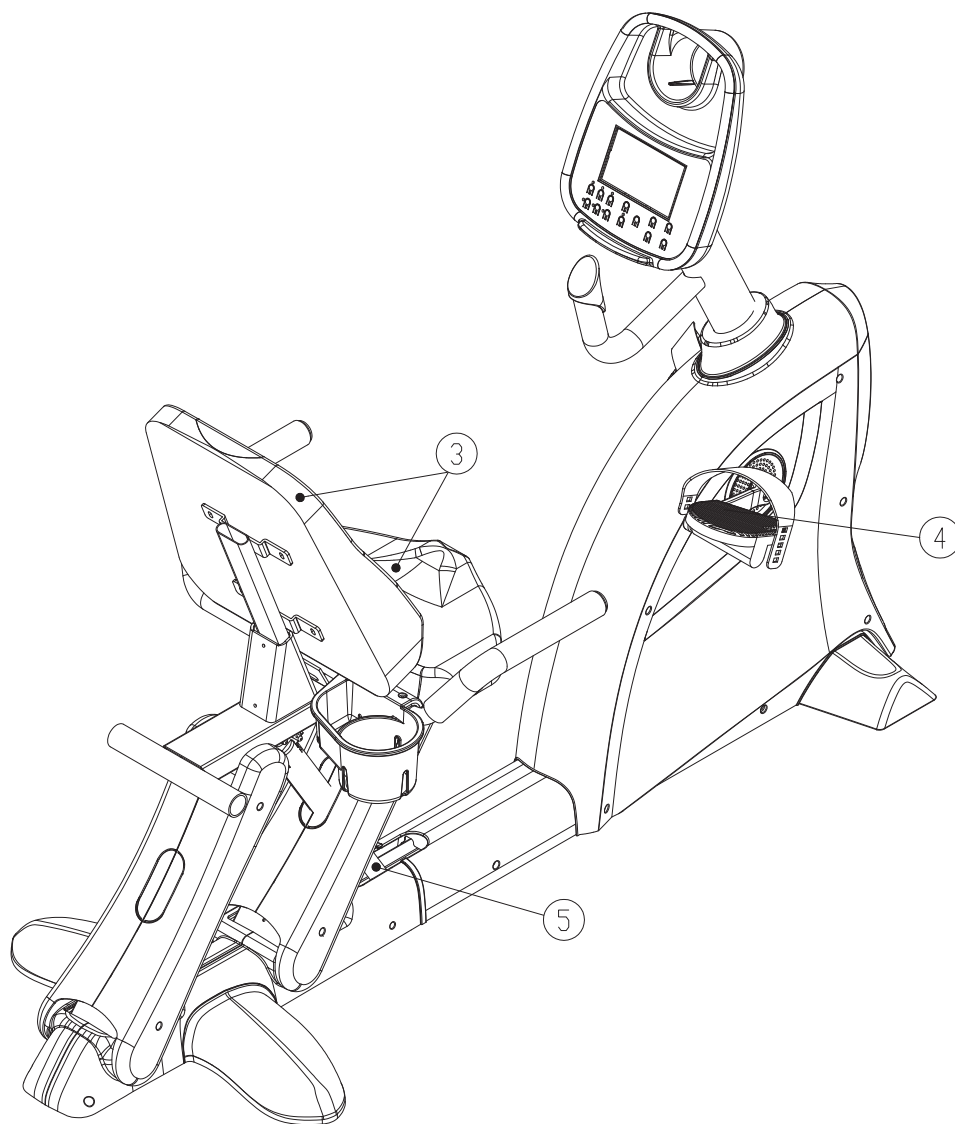
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- Please follow standard safety precautions when servicing on this product.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- Inspect the gas spring for normal operation once per 1-2 weeks.



## MAINTENANCE Schedule

	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness.
3	Seat back and bottom	•					Wipe Clean with a damp cloth.
4	Pedals	•					Inspect for looseness. Tighten if needed.
5	Gas spring		•				Inspect for normal operation.



## **MAINTENANCE** Task List

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Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Wipe dirt and debris off the glide rails. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water.
4. Inspect pedals and secure them if necessary.

### Weekly tasks

On recumbent bikes, inspect the gas spring for normal operation.

### Caution

- Please follow standard safety precautions when servicing on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

# **MAINTENANCE** One-Year Maintenance Log

Facility : \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product Model Number : \_\_\_\_\_ Serial Number: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28									
Completed																															

Daily Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52									
Completed																															

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28									
Completed																															

Weekly Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: \_\_\_\_\_

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## 12. TROUBLE SHOOTING

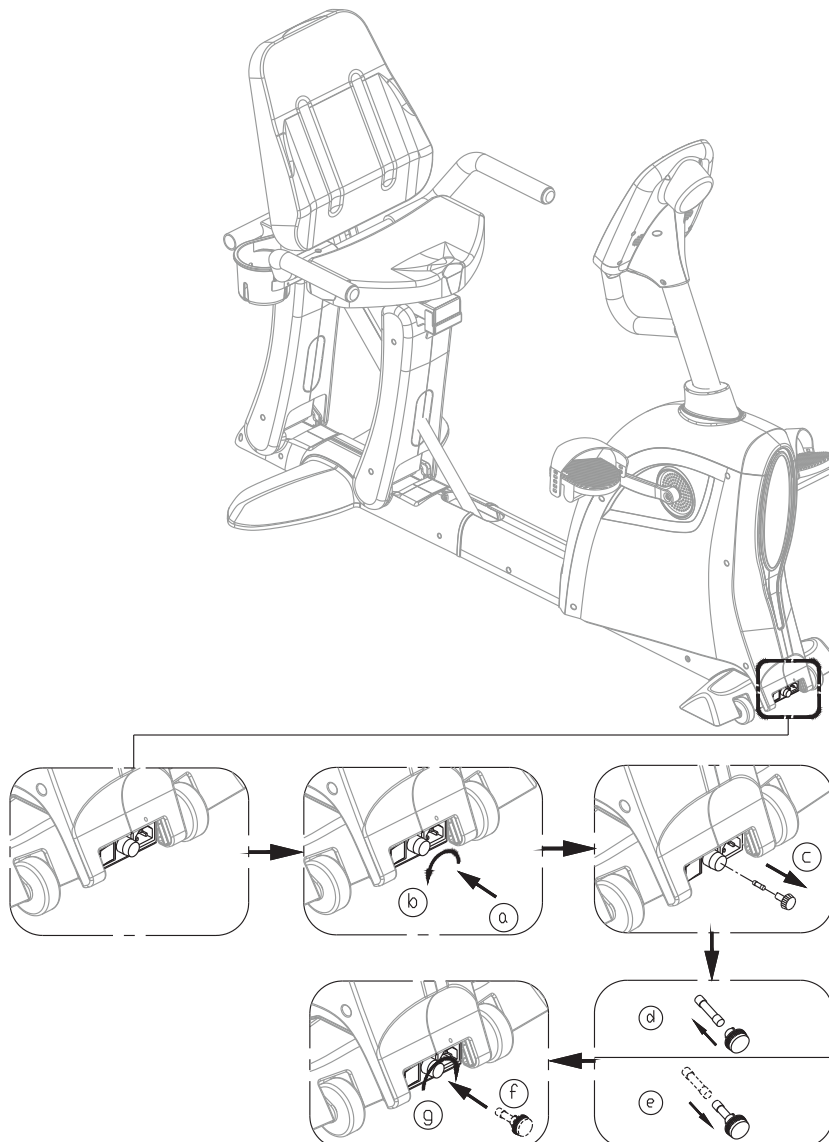
### ERROR Message

ERR 7: This means the VR voltage exceeds the specified range of 0.4 VDC to 4.7 VDC. Please consult a qualified repair technician.

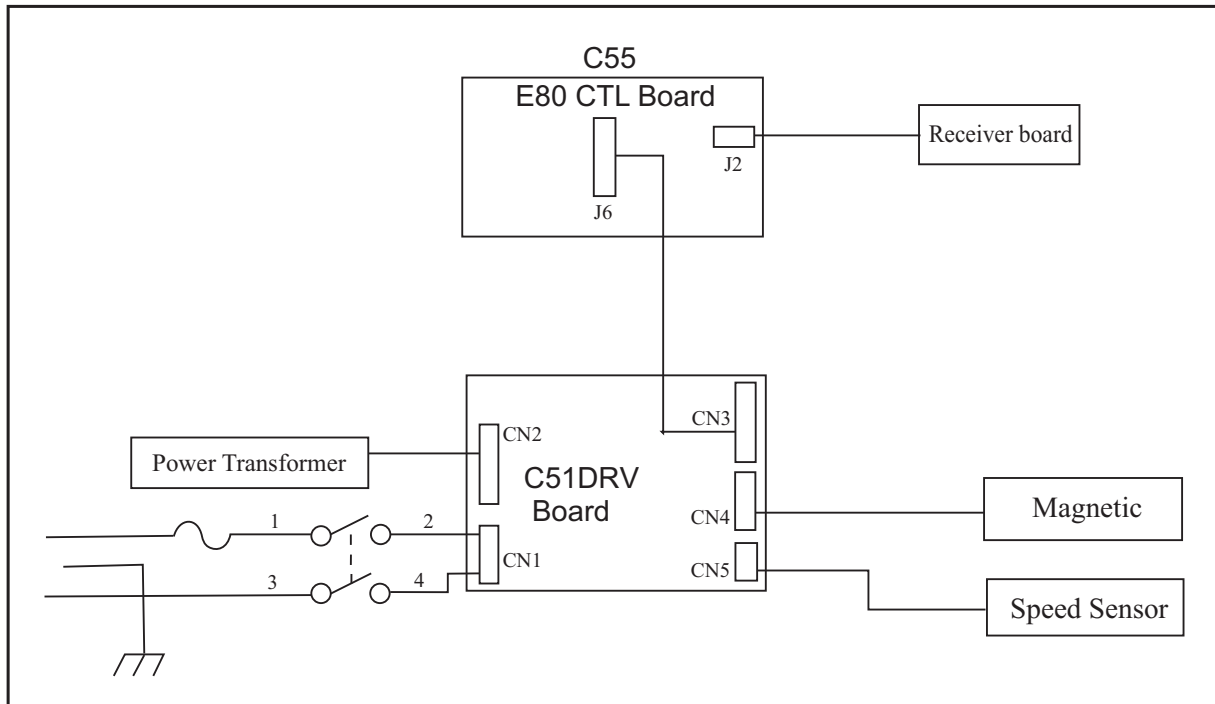
### FUSE Replacement Instructions

If the display does not light when you turn on unit power, please inspect the fuse. Fuses protect drive board components in the event of high amp draw. Please follow steps (a - g) to replace a fuse.

- (a) Press the fuse cap in.
- (b) Turn it counterclockwise.
- (c) The fuse and cap will spring out.
- (d) Remove the burnt fuse from the fuse cap.
- (e) Insert a fuse of the same type into the fuse cap.
- (f) Insert the fuse cap/fuse into the fuse holder in the product.
- (g) Turn the cap clockwise to secure the fuse into place.



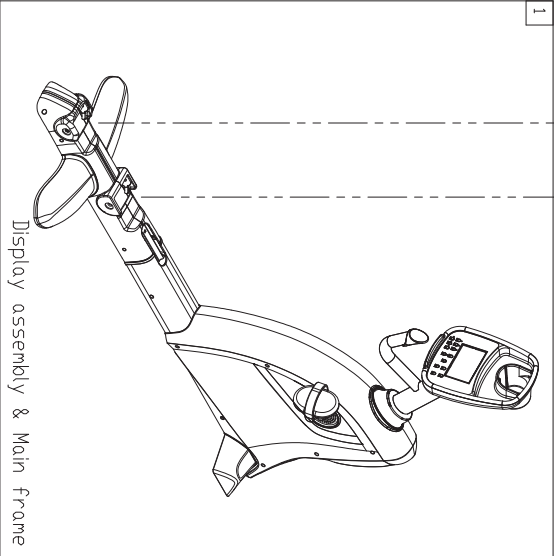
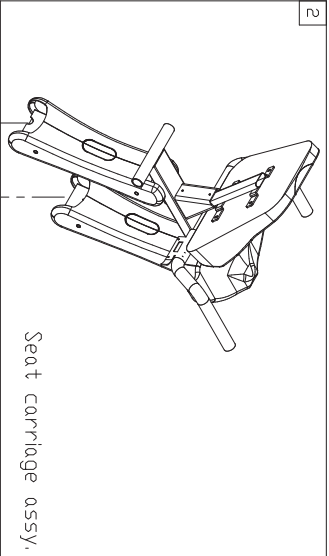
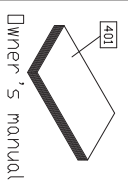
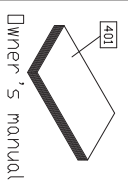
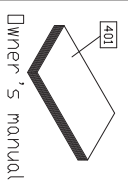
## 13. BLOCK DIAGRAM



# 14. APPENDIXES

## APPENDIXES Exploded Diagram

*Note: We reserve the right to revise the following diagrams at any time without notice or obligation to notify any person of such revisions or changes. Please visit our official website [www.gosportsart.com](http://www.gosportsart.com) for the latest version.*

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">CHANGE DATE</td> <td style="width: 50%;">CHANGE DESCRIPTION</td> <td style="width: 10%;">CHANGE NO.</td> <td style="width: 20%;">NAME</td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </table>	CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME													<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="text-align: center;">1</p>  <p style="text-align: center;">Display assembly &amp; Main frame</p> </div> <div style="width: 48%;"> <p style="text-align: center;">2</p>  <p style="text-align: center;">Seat carriage assy.</p> </div> </div>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>No.</th> <th>Diagram</th> <th>Tool Needed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>CAK-F102B</td> <td> </td> </tr> <tr> <td>2</td> <td>CAK-F102C</td> <td> </td> </tr> </tbody> </table>	No.	Diagram	Tool Needed	1	CAK-F102B		2	CAK-F102C						
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<p style="text-align: center;"><b>SportsArt</b> FITNESS</p> <p style="text-align: center; font-size: small;">RESTRICTED USAGE, PLEASE POINT FORWARD TO ANIME AND NOT APPROVED</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;">DRAWN BY</td> <td style="width: 10%;">UNITS</td> <td style="width: 10%;">MM</td> <td style="width: 10%;">SALES BLDW UP DIAGRAM NO.</td> <td style="width: 10%;">DIAGRAM NO.</td> <td style="width: 10%;">MODEL</td> <td style="width: 10%;">CAK-F102A-A</td> </tr> <tr> <td> </td> <td>QTY</td> <td>1</td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td>VERSION</td> <td>A2</td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td>RATIO</td> <td>1:12</td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </table>	DRAWN BY	UNITS	MM	SALES BLDW UP DIAGRAM NO.	DIAGRAM NO.	MODEL	CAK-F102A-A		QTY	1						VERSION	A2						RATIO	1:12					<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">401</td> <td style="width: 80%;"></td> <td style="width: 10%; text-align: center;">Owner's manual</td> </tr> </table>	401		Owner's manual
DRAWN BY	UNITS	MM	SALES BLDW UP DIAGRAM NO.	DIAGRAM NO.	MODEL	CAK-F102A-A																										
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# APPENDIXES Exploded Diagram (Continued)

CHANGE DATE CHANGE DESCRIPTION CHANGE NO. NAME	DRAWN BY VERIFIED BY UNITS QTY MM 1 SALES BELOW UP DIAGRAM NO. CAK-F102B-A C55R	RESTRICTED USAGE, PLEASE PRINT FORWARD TO AVIATION AND NOT AUTHORIZED	VERSION A3 XX MODEL	PART NO. 142	
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# APPENDIXES Exploded Diagram (Continued)

CHANGE DATE CHANGE DESCRIPTION CHANGE NO. NAME	DRAWN BY VERIFIED BY UNITS: MM SALES BLDG UP DIAGRAM NO.	DTW: 01V VERSION: A3 RATIO: 1:1.0	MODEL: CAK-F102C-A C55R	SportsAIR FITNESS RESTRICTED USAGE PLEASE POINT FORWARD TO ANONY AND NOT AUTHORIZED	Seat carriage assy. Diagram NO.
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Hardware kit



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