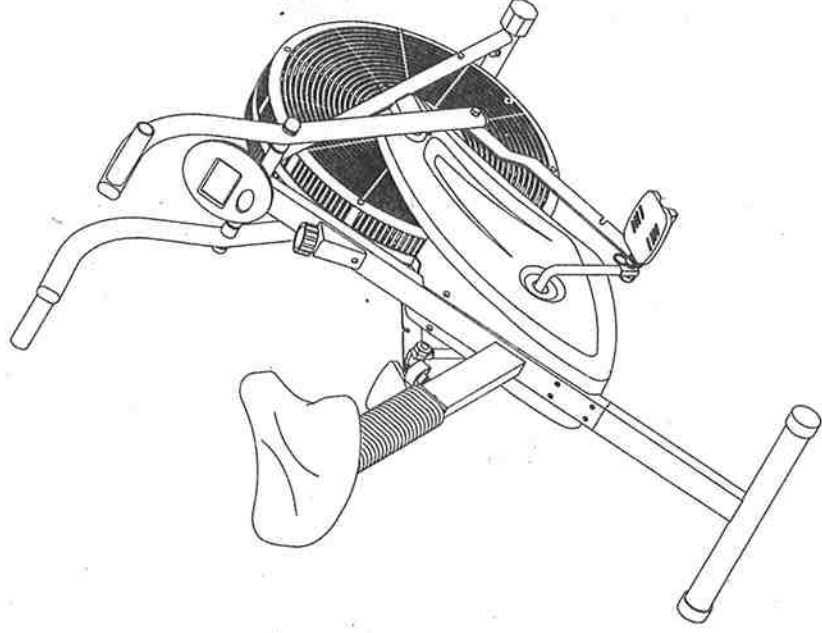


AIR EXERCISE CYCLE

MODEL NO. A906

- ASSEMBLY
- OPERATING INSTRUCTIONS
- REPLACEMENT PARTS



PRIOR TO UNDERTAKING ANY EXERCISE OR PROGRAM OF EXERCISE THAT REQUIRES A MAJOR INCREASE IN PHYSICAL ACTIVITY, CONSULTATION WITH A DOCTOR IS STRONGLY RECOMMENDED. IN ADDITION, ANYONE WHO HAS A PHYSICAL HANDICAP, WHO HAS SUFFERED FROM PROLONGED ILLNESS OR WHO HAS INCREASED RISK FACTORS SUCH AS OBESITY, HYPERTENSIO, CARDIOCIRCULATORY PROBLEMS, ETC. SHOULD CONSULT A COMPETENT MEDICAL AUTHORITY BEFORE UNDERTAKING ANY EXERCISE OR ENGAGING IN A CONTINUING PROGRAM OF EXERCISING.

GENERAL

REMOVE ALL THE PARTS OF YOUR CYCLE FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY.

ASSEMBLING YOUR CYCLE IS SIMPLE.

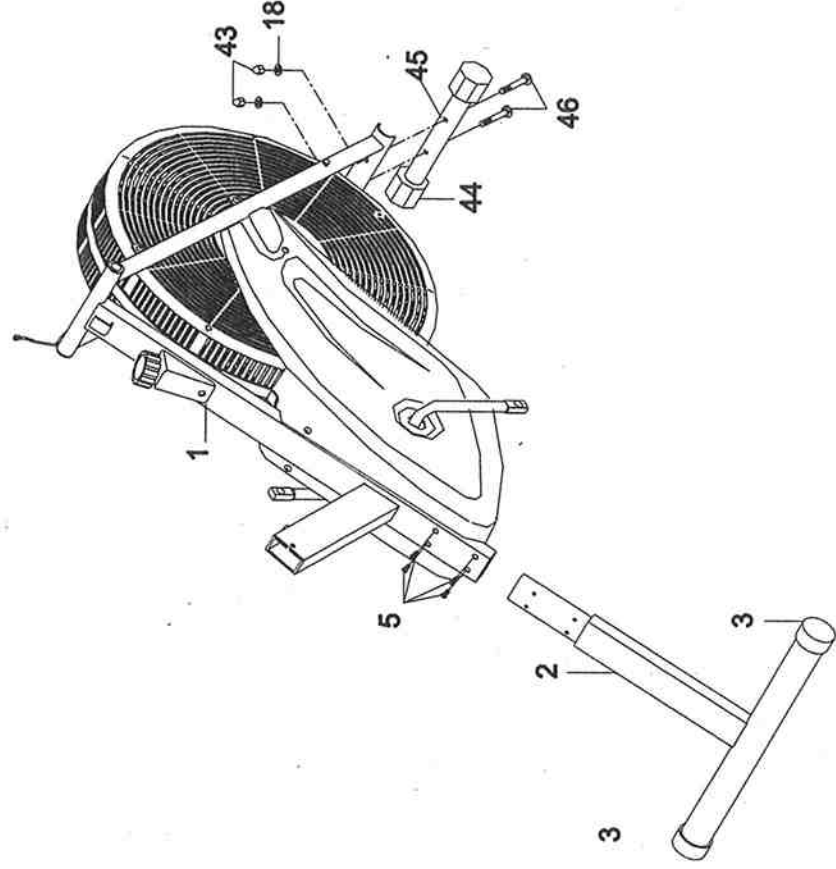
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT SHOULD TAKE YOU AROUND 15-20 MINUTES.

ASSEMBLY INSTRUCTION

1. ATTACH THE STABILIZERS

- Attach the front stabilizer (45) with 2 leveling cap (44) to the front curve bracket of main frame (1) and secure, using 2 carriage bolts (46), 2 washers (18) and 2 cap nuts (43).
- Attach the rear stabilizer (2) with 2 round end cap (3) to the mounting tube of main frame (1) and secure, using 4 Machine screws (5).

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

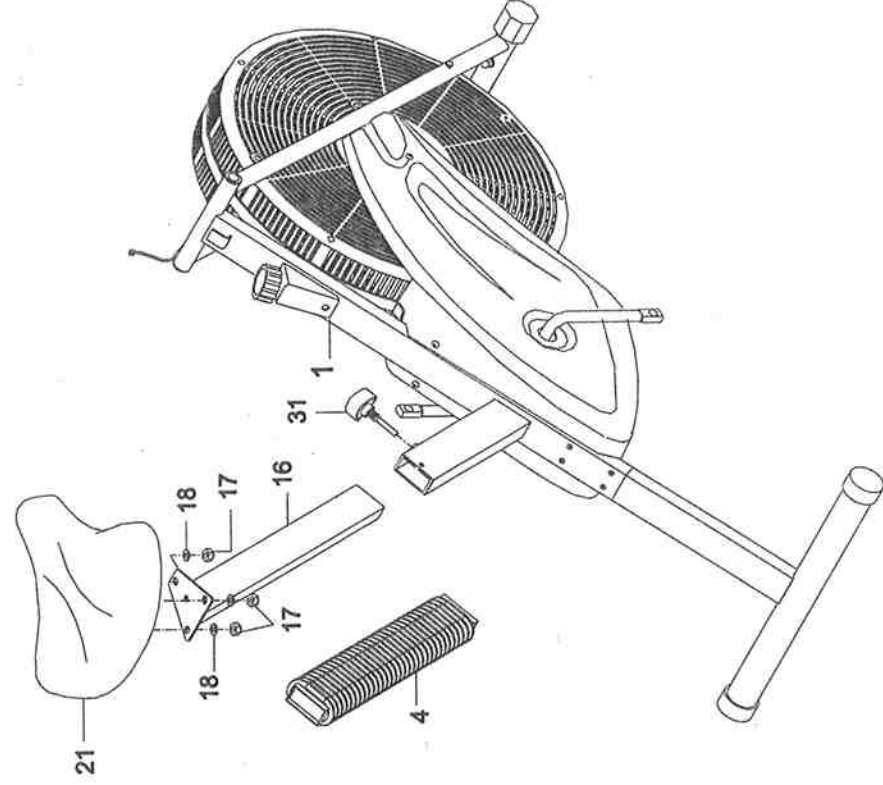


2. ATTACH THE SEAT AND SEAT POST

- Remove the 3xM8 nylon locknuts (17), 3XM8 flat washers (18) from the under side of the seat (21).
- Attach seat (21) to top triangle bracket of seat post (16) and align the 3 holes of triangle bracket, secure with 3 washers (18), 3 locknuts (17).
- Slide the seat post cover (4) to the seat post (16) from end of seat post.
- Attach the seat post (16) to the seat post mounting tube of seat post (1) and secure in position with the seat height adjust knob (31).

HOW TO ADJUST SEAT POST:

- Loosen seat post knob (31) with anti-clockwise direction and pull out the adjust knob (31).
- Move seat post (16) to suitable height and align the hole of seat post mounting tube (1) and seat post (16).
- Insert the knob (31) to seat post and tighten it with clockwise direction.

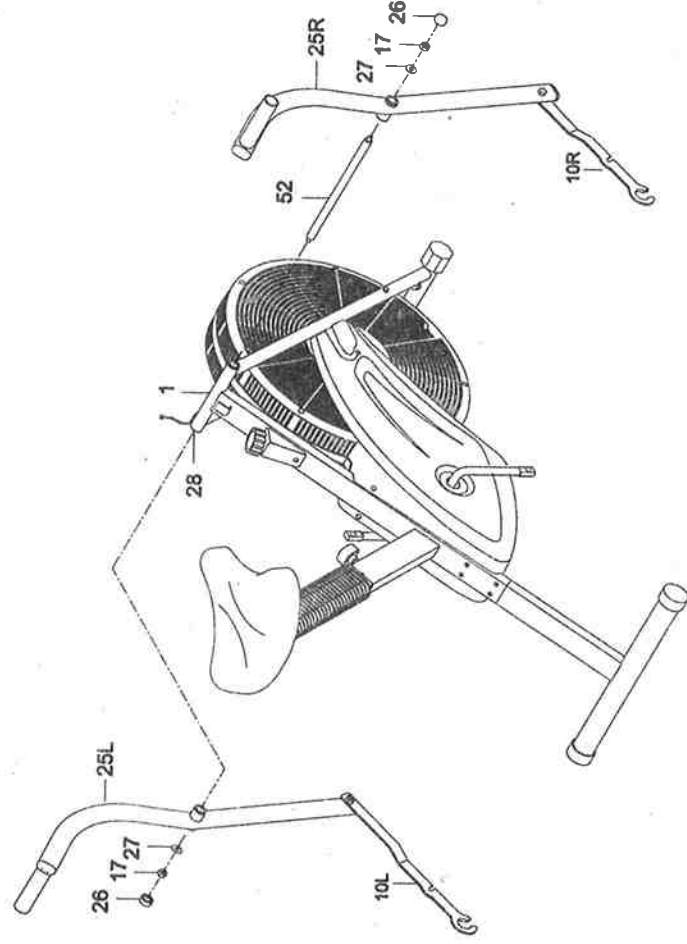


3. ATTACH THE HANDLEBARS

- Push the handlebar pivot rod (52) through the support tube of the main frame (1).
- Attach the left handlebar (25L) assembly to the left side of exposed ends of the handlebar pivot rod (52).
- Do the same procedure for right side handlebar (25R) assembly.
- Fix in position with one washer (27), one lock nut (17) for left side handlebar.
- Note: Tighten the washer (27), lock nut (17) a little bit. Don't tighten it too much.
- Do the same procedure for right side handlebar (25R) assembly.
- After both side handlebar are fixed in position, please tighten the washers (17) and lock nut (17) well. Note: These should be tightened fully to ensure that the ends of the pivot rod (52) pass through the nylon insert in the locknut (17).
- Fit the 2 plastic caps (26) over the locknuts when they are fully tightened well.

IMPORTANT NOTICE:

When you are ready to pedal the bike, please turn tension control knob (54) several circle with counter-clockwise to decrease pedaling resistance. While pedaling, turn tension control knob several circle with clockwise per your request to increase pedaling resistance.



4. ATTACH THE PEDALS (HANDLEBAR DUAL ACTION MOVEMENT)

- Thread male bushing (9) and bearing (11) onto the spindles of pedal (12).
- Screw the pedal (12) into the right side pedal crank (50), then fix with nylon nut (8). Note: This should be done by turning the Locknut counter-clockwise until the ends of the pedal spindles pass through the nylon insert in the locknut. This locknut (17) must be tightened securely; otherwise, damage may occur to the crank (50).
- Clip the linkage bar (10R) between the male bushing (9) and bearing (11).
- Clip the captive ring (32) between male bushing (9) and linkage bar (10R).
- Do the same procedure for left side pedal assembly.

NOTE: The spindles of R/L pedal are both supplied with a right thread and can be fitted to either side of the crank (50). Both pedals should be fitted by turning clockwise.

5. ATTACH THE MONITOR

- Connect the plug of sensor wire to socket of monitor wire which comes form monitor (33).
- Slide the monitor (33) to the monitor bracket of the main frame (1).

RECHECK THAT ALL THE BOLTS AND NUTS ARE TIGHTENED SECURELY FOR YOUR SAFETY AND COMFORT.

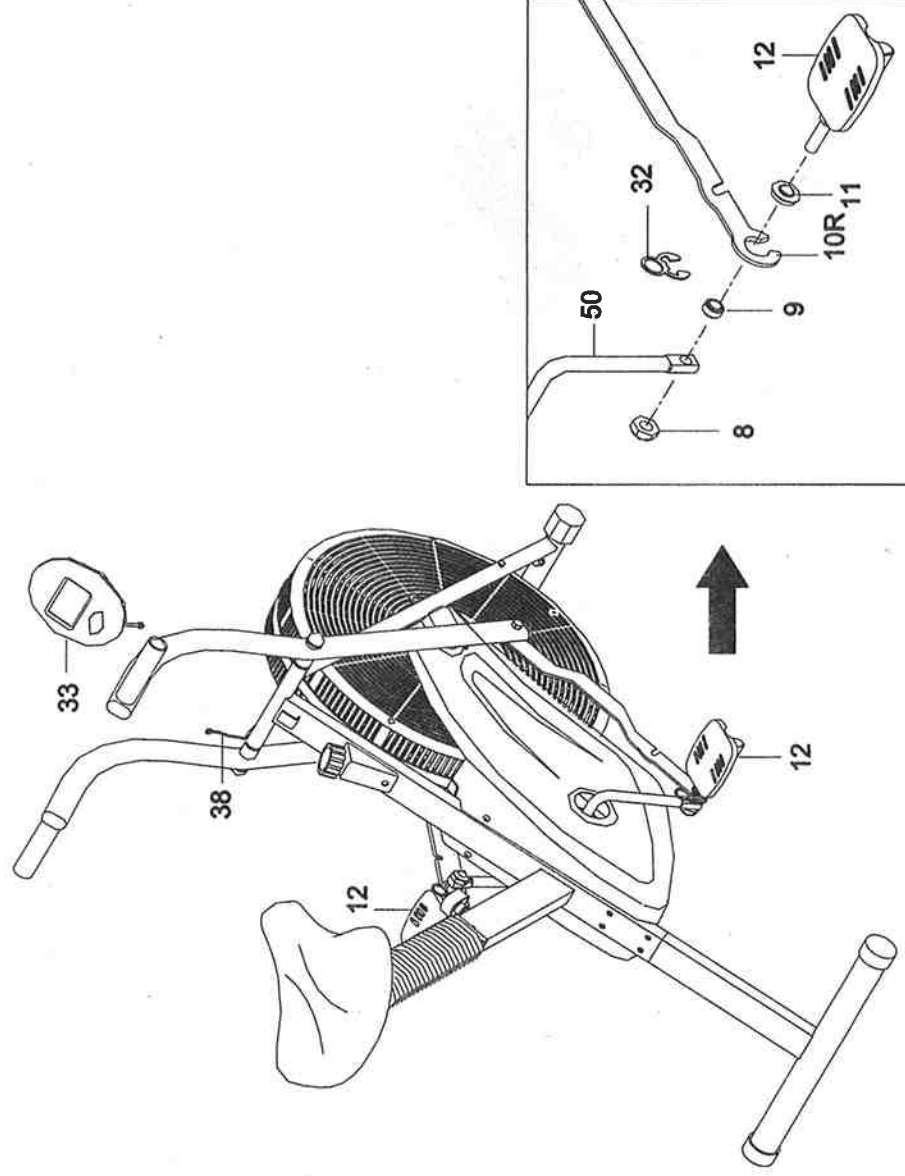
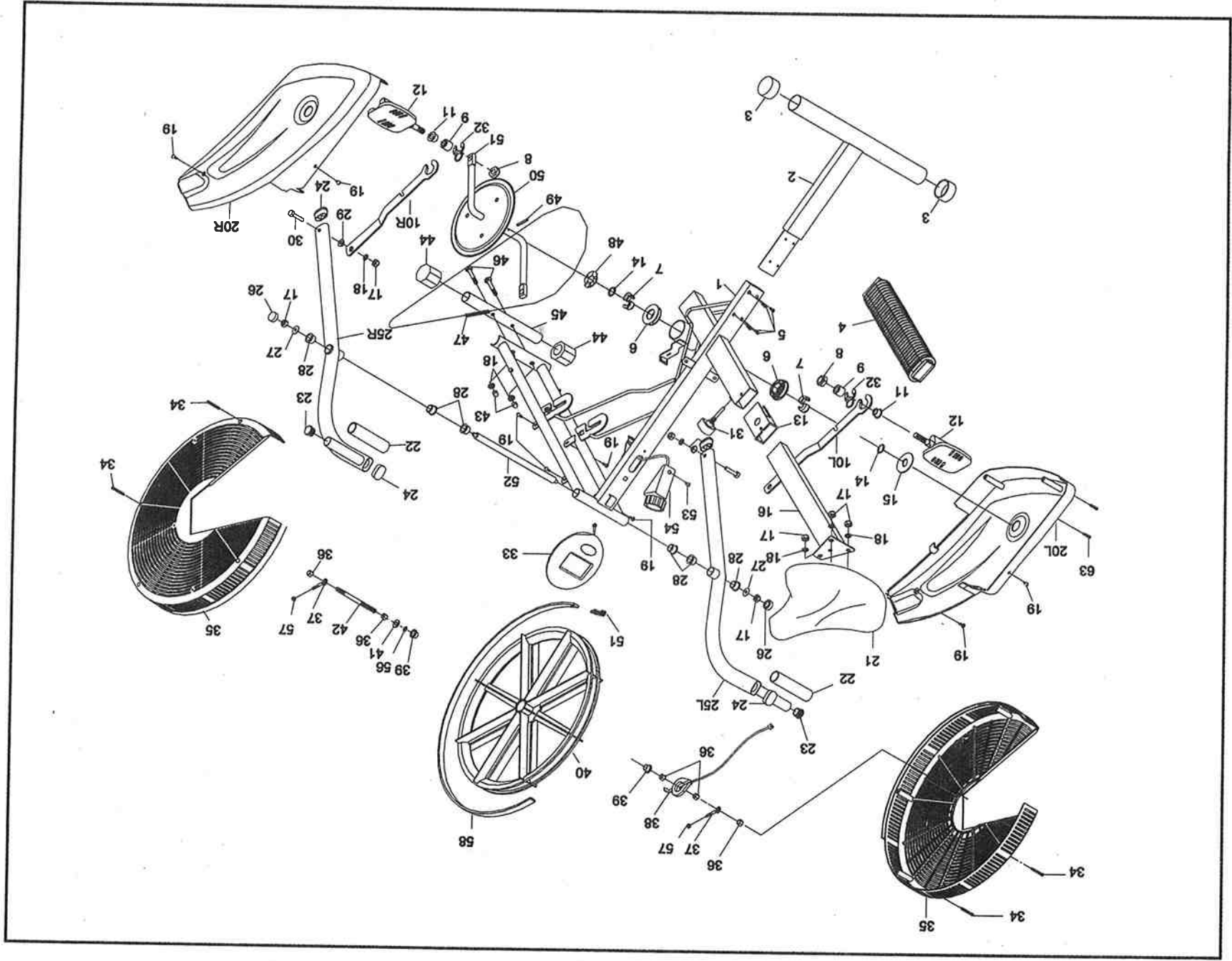


DIAGRAM OF PARTS



PARTS LIST

PARTS NO.	Q'TY (PCS)	DESCRIPTION
1	1	Main Frame
2	1	Rear Stabilizer
3	2	Rear Stabilizer Round End Cap
4	1	Seat Post Cover
5	4	M5x12mm Machine Screw
6	2	Crank Bearing Retainer
7	4	Split Bearing
8	2	Locknut 1/2'
9	2	Male Spacer
10L		Linkage Bar (L)
10R	1	Linkage Bar (R)
11	2	Female Spacer
12	2	Pedal (with right thread)
13	1	Seat Post Insert
14	1	Small Keyed Washer
15		Large Keyed Washer
16	1	Seat Post
17	7	M8 Locknut
18	7	8mmx12mm Washer
19		Round Head Screw (M5x15)
20L	1PAIR	Chain Guard (R/L)
21	1	Seat
22	2	Foam Hand Grip
23	2	Handlebar End Cap
24	4	Oval Plug
25L	1	Left Hand Handlebar
25R	1	Right Hand Handlebar
26	2	Pivot Rod Cap
27	2	8mmx23mm Washer
28	6	Plastic bushing
29	2	Linkage Bushing
30	2	Bolt ,Hex Head (M8x1.25x35mm)
31	1	Seat Height Adjusting Knob
32	2	Captive Ring
33	1	Monitor w/sensor wire
34	4	Round Head Screw (M4x63)