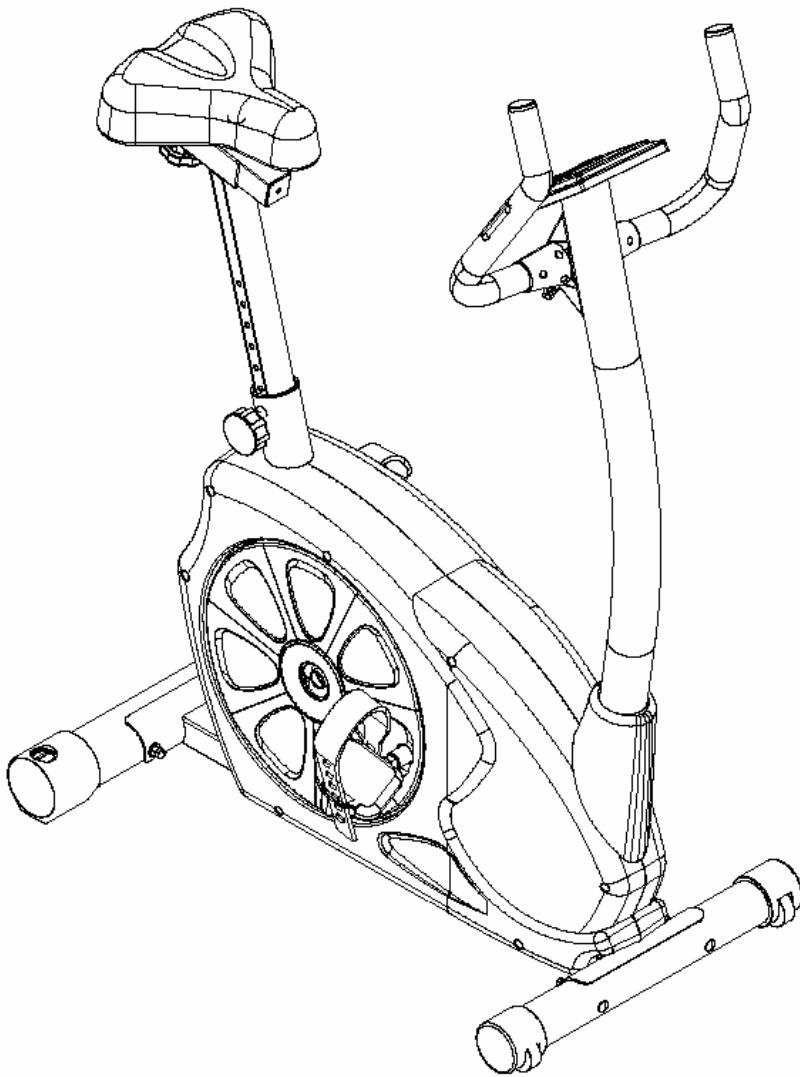


# PG4700

ASSEMBLY AND OPERATING INSTRUCTIONS



CONCEPT CYCLE

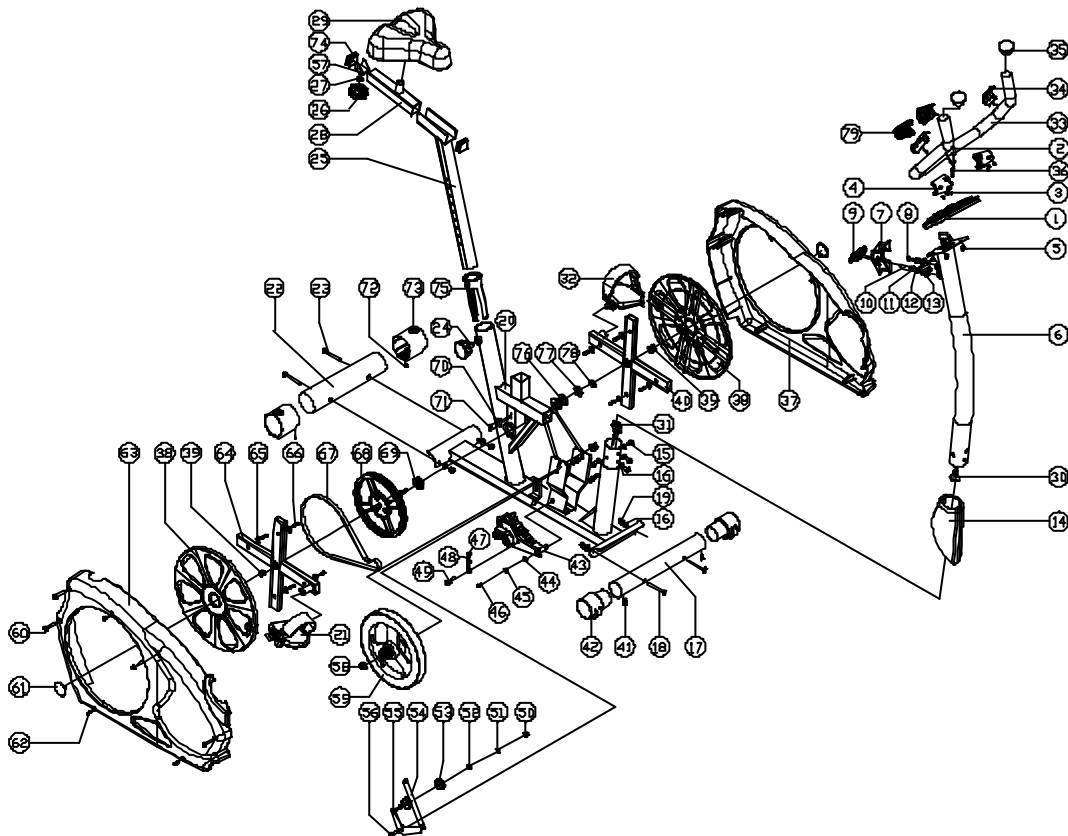
**infiniti**  
FITNESS SYSTEMS

## PARTS LIST

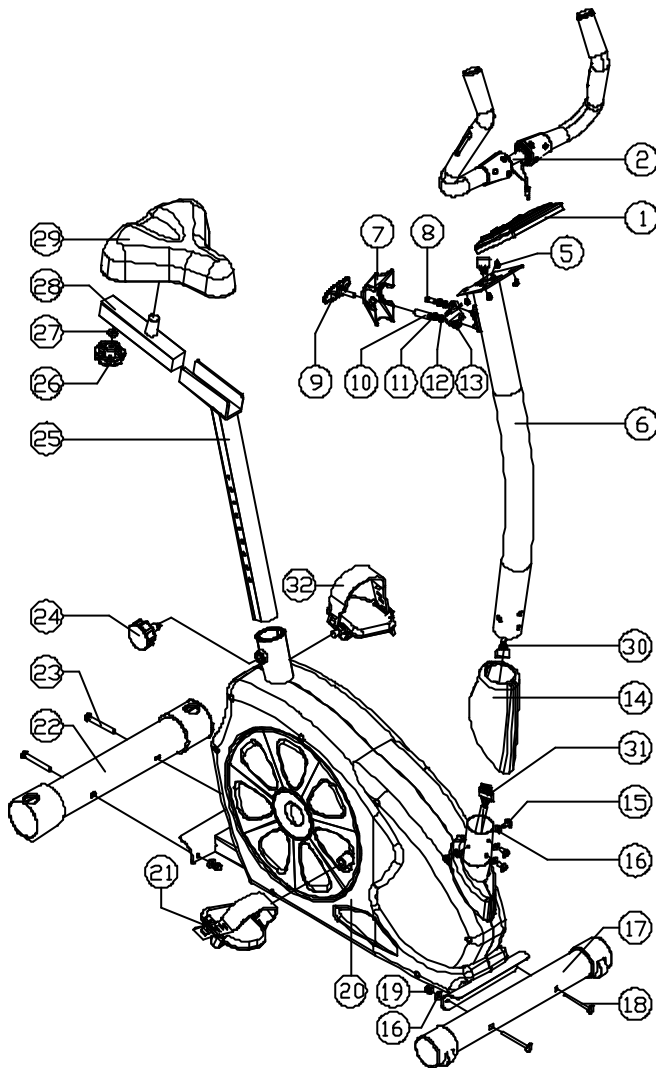
NO	Description	Specification	Q'ty
1	Computer		1pcs
2	Handlebar		1pcs
3	Screw for fixing handlebar cover	M3x14L	6 pcst
4	Rear handlebar cover		1 pcs
5	Screw for fixing screw	M5xP0.8x12L	4 pcs
6	Handlebar post		1pcs
7	Handlebar cover	Black	1pcs
8	Screw	M7xP1.0x30L	1pcs
9	T-knob		1pcs
10	bushing	f 7xf12x40mmL	1pcs
11	Flat washer	f 7xf12x1t	2pcs
12	Spring washer	f 7x2t	2pcs
13	Iron cover for handlebar		1pcs
14	Handlebar post cover	ABS	1pcs
15	Screw	M8xP1.25x16L	4pcs
16	washer	f 8xf19x2t	8pcs
17	Front stabilizer		1pcs
18	Carriage bolt	M8xP1.25x75L	2pcs
19	Nut	M8	4pcs
20	mainframe		1set
21	Pedal ( right )	P.P.	1pcs
22	Rear stabilizer		1pc
23	Carriage bolt	M8xP1.25x90L	2pcs
24	Seat post knob		1pcs
25	Seat post		1pcs
26	Knob forseat slider		1pcs
27	Flat washer	f 10xf25x2t	1pcs
28	Seat slider		1pcs
29	Saddle		1pcs
30	Cable upper		1pcs
31	Cable lower		1pcs
32	Pedal ( left )		1pcs
33	Foam grip		2pcs
34	Hand pulse set		1set
35	Cap for foam grip		2 pcs
36	Pulse cable	3/8"*4.5T	1 pcs
37	Left cover		1 pcs
38	Disc		1pcs
39	Nut	M10xP1.25x10T	2pcs
40	Disc bar		1pcs
41	Screw	M3x8	2pcs
42	Transportation wheel		2pcs
43	Gear box		1pcs
44	Spring washer	f 6	2pcs
45	Flast washer	f 6xf13x1t	2 pcs
46	Hexagonal screw	M6xP1.0*16L	2pcs
47	Hexagonal nut	M6	2pcs
48	Adjustor for flywheel		1pcs
49	Screw for fixing gear box	M8	1pcs
50	Nylon nut	M8	2pcs
51	Flat washer	f 8xf16x1t	2pcs
52	Bushing		1pcs
53	Bearing		2pcs
54	Spring		1pcs

55	Axle		1pcs
56	Hexagonal screw	M8xP1.25x20L	1pcs
57	Screw		1pcs
58	Nut		2pcs
59	Flywheel		1pcs
60	Screw	M4x50L	5pcs
61	Cap for disc		2pcs
62	Screw		8pcs
63	Right cover		1pcs
64	Disc bar		1pcs
65	Flat washer	f 5xf 16x1t	8pcs
66	Screw	M3*8L	8pcs
67	Driving belt		1pcs
68	Driving pulley		1pcs
69	Bearing		2pcs
70	Sensor box		1pcs
71	Screw	M3x8L	2pcs
72	Screw		2pcs
73	Rear stabilizer		2pcs
74	Cap		1pcs
75	Seat sleeve		1pcs
76	Washer	f 17.5xf25x0.3t	1pcs
77	Flat washer	f 17.5xf25x0.3t	1pcs
78	C-type ring		1pcs
79	Front handlebar cover		1pcs

## EXPLODED DRAWING

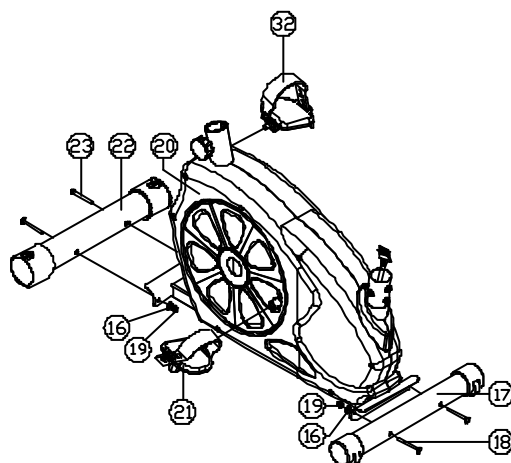


# DRAWING FOR ASSEMBLY



## **Step 1**

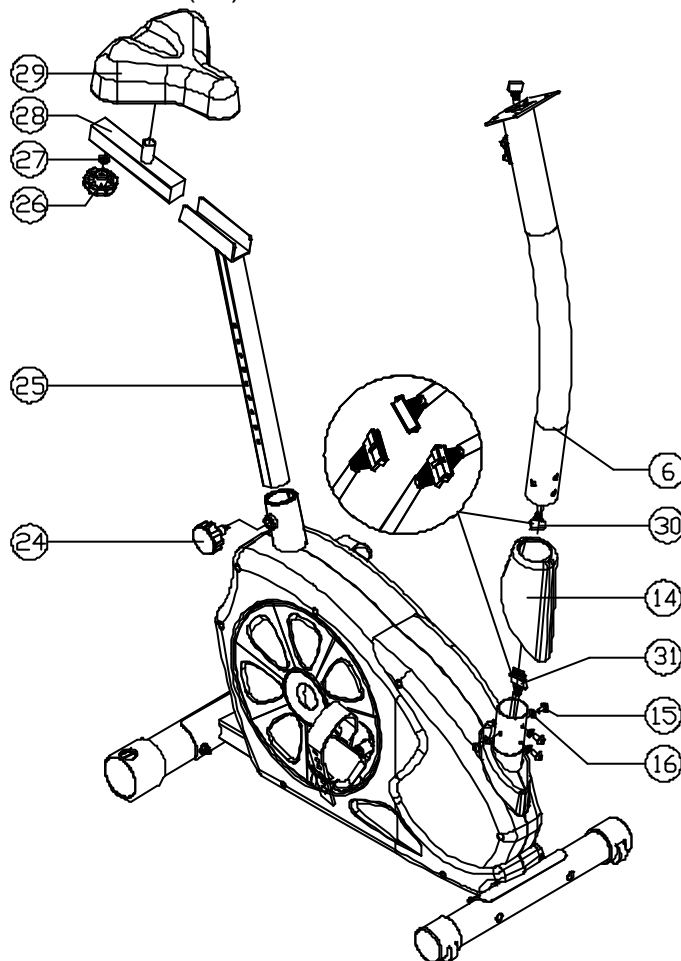
Install the front stabilizer (17) to the front bracket of the main frame, using 2 bolts (18), 2 washers (16) and 2 nuts (19). Fix the rear stabilizer (22) to the back bracket of the main frame using 2 bolts (23), 2 washers (16) and 2 nuts (19). Then fix the pedal right and left ( 21 & 22 ) to the connection of disc



## Step 2

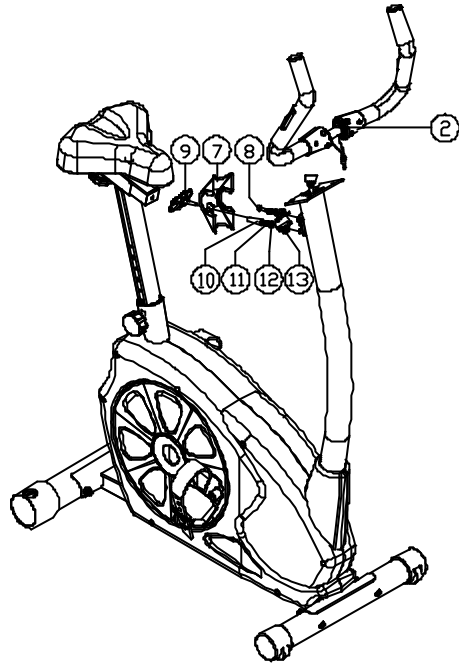
Install the saddle (29) to the panel of the seat slider (28) And fix the slider to the seat post (25) by knob (26) & washer (27). Then insert the seat post (25) into the seat post sustain tube while pulling out the spring lock (24). Select the right height of the seat by pushing or pulling the seat post. When the lock pin lock into the hole, screw the spring lock completely into the seat post sustain tube.

Put the handlebar post (6) through the handlebar post cover (14). Assembly the cable upper & lower (30 & 31). Then the handlebar post to the mainframe by 4 screw (15) & 4 washer (16)



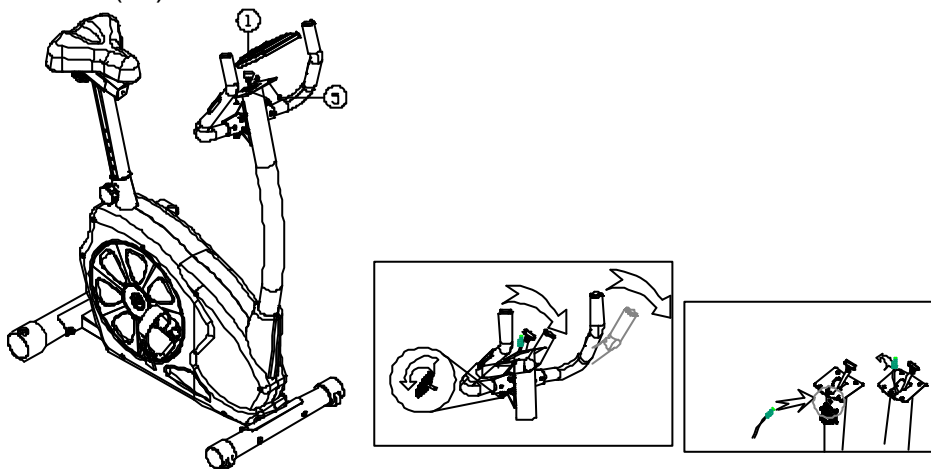
## Step 3

Attach the handlebar (2) to the bracket which is welded on the handlebar post; use the arrester (13) to cover the central position of the handlebar. Fix the two bracket using one flat washer (11), one spring washer (12) and one Allen bolt (8). Do not tighten completely. Put the plastic cover (7) onto the bracket, Then use one flat washer (8), spring washer (12), flat washer (11) and one T shape knob (9) to fix the lower side of the two brackets and the plastic cover. Adjust the right angle of the handlebar; tighten fully the Allen bolt and the T shape knob.

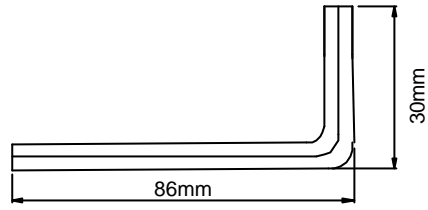


## Step 4

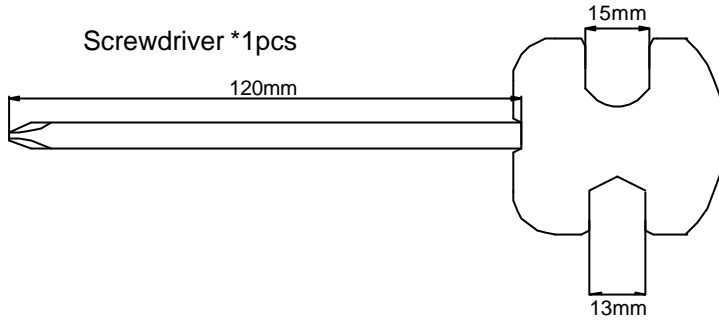
Put the cable connector with the socket of back side of computer.  
Then assembly the computer ( 1 ) on the handlebar post by 4 screw  
( 5 )



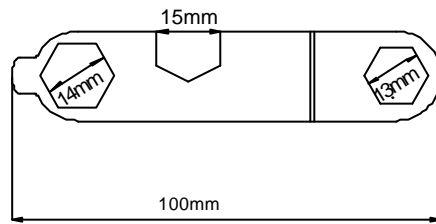
Allen key\*1pcs



Screwdriver \*1pcs



N-Wrench \*1pc



# Programable Training Computer - SM3156-7

## **Initial operating process:** (After the computer is power on with batteries installed)

- Step One      You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.
- Step Two      You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode .(Exclude TARGET HEART RATE CONTROL mode)
- Step Three     You may use UP or DOWN to preset training function datas, when each function data has been preset, press MODE/ENTER.

### **Available preset training functions:**

TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).

DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.

CALORIE: Preset area is from 0 to 990, each increment is 10 cal.

WATT: Preset area is from 10 to 350, each increment is 10 watt.

(WATT can be preset under MANUAL mode only)

PULSE: Preset area is form 30 to 240, each increment is 1 BPM.

(Exclude in TARGET H.R control mode)

- Step Four      Press START/STOP button to start training.

### **Training Mode Instruction:**

To start your training :

As soon as you press START/STOP button without any presetting (functions and programs), the computer starts working under Manual mode.

### **Training without preset Time:**

If you do not preset TIME, each unit of the profile switches forth to another per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

### **Training with preset Time:**

If you have preset TIME, each unit of the profiles switches forth to another per preset TIME divided by 16.

### **Tension difficulty adjustment:**

You may adjust the tension load from 1 to 16 during training under Manual mode if you did not preset Watt function.

If you have preset WATT, tension load will be auto-adjusted depends on the current speed and watt values you are working out.

There will be four different symbols shows up to help your training:



You need to slow down the training speed.



You need to speed up the training.

This is to remind the current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

\*\* When the WATT is over spec, computer has Bi-Bi-Bi/second to remind you. If you keep training under this mode for over 3 minutes, the computer has an ALARM with 6 beeps sounds for 30 seconds and the computer system STOP automatically, at this moment, LOAD is down to 1, and preset WATT data is zero. During the ALARM period, you can stop ALARM by pressing any function buttons.

Training with 12 profiles - You can select from P1 to P12 profiles for training, also you can adjust training levels any time during training.

Training with USER - You can preset your personal training profiles under this mode. During training, you can also adjust training levels any time.

Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level 16. As soon as your heart rate figure is achieved at the target pulse, tension difficult will be down adjusted one level immediately, and keep down-adjusted one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to remind you as the training protection.

You may select fixed preset target heart rate percentage or input your personal training target heart rate figures.

Target Pulse with different percentage selected -

You may use UP or DOWN to have the TARGET HEART RATE figure be zero, and press MODE/ENTER button. At this moment, you may select the percentage of the heart rate that you will achieve in the training. The computer provides 3 different percentage of the maximum heart rate which is calculated by the CPU according to the AGE data you inputted.

Remark: 55%MAXH.R. - If you input age in 30, the figure will be 104, this figure is 55% of the max. heart rate figure which is 190, the proper figure calculated by the CPU compared the age of 30. The same formula can be used to have the result for 75%, and 90%.

Target Pulse figure input by yourself -

You may preset your target pulse figure by pressing UP and DOWN buttons. As soon as you have preset the target pulse figure, the level will be fixed on level 1, and you may only start training from level 1. When your actual heart rate has reached over the target, the computer starts to alarm to remind you, and it stops when your heart rate comes under the target.

To stop your training:

Training with PRESET function data:

As soon as the preset function data counting down to zero, (pulse figures excluded)

the computer has 8 beep sounds and remind you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous data.

**Interrupt training:**

You may press START/STOP button to stop computer working during training any time.

**To reset program:**

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all data(including personal data) will be total reset.

**Buttons:**

- |         |   |
|---------|---|
| ST/STOP | To start or stop training.  |
| MODE    | To select each function of Time, Distance, Pulse, Watt for presetting.  |
| UP      | To up adjust data.  |
| DOWN    | To down adjust data.  |
| RESET   | 1. To reset each function of Time, Distance, Pulse, Watt function figures.<br>2. To reset program setting and back to initial selection mode with Manual, Program, user, or Target Heart Rate all blinking display. |

RECOVERY To have pulse recovery function work.

**Functions:**

- |          |   |
|----------|---|
| TIME     | Count Up - The computer starts counting up from 00:00 up to 99:59 during training.<br>Count Down - The computer will count down from the preset Time to 00:00.  |
| SPEED    | Displays the current SPEED from 0.0 to maximum 99.9 km or ml.   |
| DISTANCE | Count Up - The computer accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training.<br>Count Down - The computer will count down from the preset Distance to 0.00.   |
| CALORIES | Count Up- The computer accumulates the calories consumption from 0 to the max. 990 cal during training.<br>Count Down - The computer will count down from the preset Calories to 0.<br>This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment.   |
| PULSE    | The monitor can detect your handpulse. You may preset target pulse between 30 to 240 bpm to assist the training. The options you may have are as the following:<br>Alarm - If you preset the target pulse under training with Manual or other target the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.<br>Load tension adjustment - If you preset the target heart rate ( or select different target heart rate percentage), the load resistance will be auto-adjusted according to your actual heart rate figure compared with the preset heart rate which is heart rate control program. |
| RECOVERY | After exercising for a period of time, keep holding on grips and press "RECOVERY" button, all function display will stop except "Time".   |

Time starts counting down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of LCD will show your heart rate recovery status with the grade F1, F2... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1. \*\* Press the RECOVERY button again to return the main display.

**WATT** After training for a while, the monitor will display current workout watt.

**Note:**

1. When there is no signal been transferred into the computer for 4 minutes, the LCD display will shot off automatically, and all previous training data will be stored. You may press any button to have the computer restart working.
2. The monitor has the same result as abovementioned point 2 if you press and hold on RESET button for 4 seconds.
3. If the LCD display is improper, please remove the power connection and connect it again.
4. The monitor can be power on with an AC adaptor input (500mA, 6V)