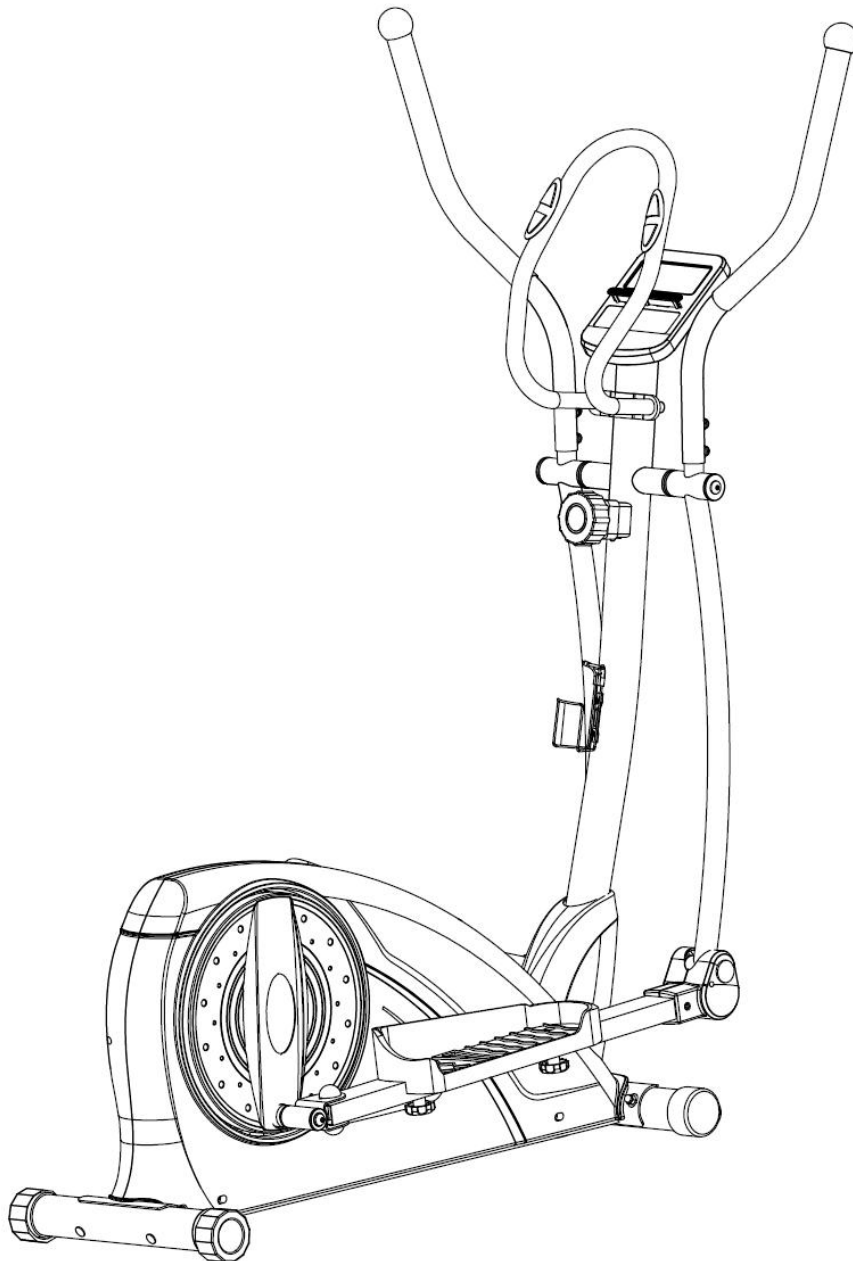




154037 BODYGO FITNESS DELUXE 6KG FLYWHEEL CROSSTRAINER USER MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Before You Start

Thank you for purchasing this Elliptical Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

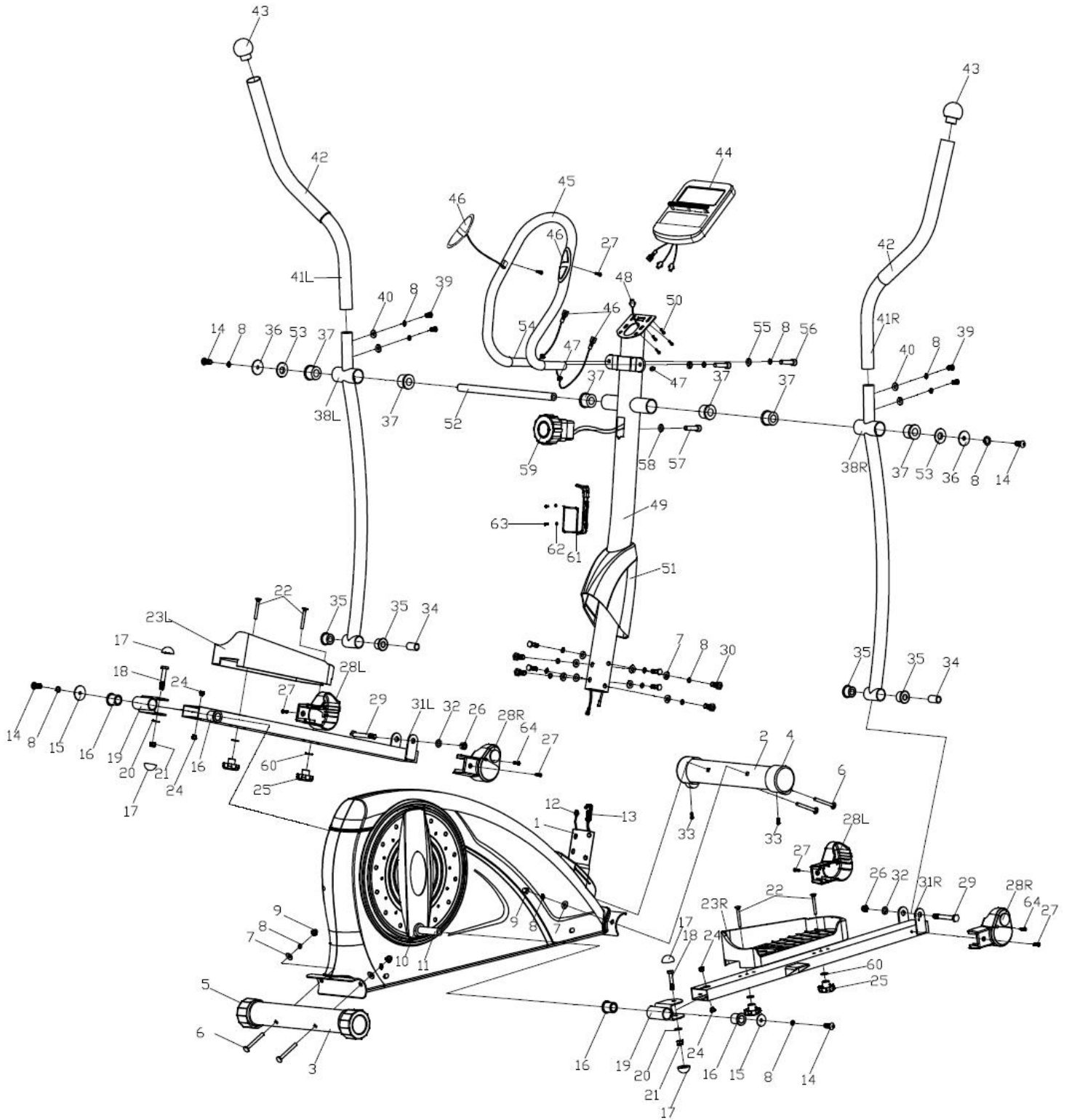
BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

- 01- Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 02- Set up the machine in a dry level place and leave it away from moisture and water.
- 03- Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 04- Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 05- DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 06- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 07- Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 08- This machine can be used for only one person's training at a time.
- 09- Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10- If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor as soon as possible.
- 11- People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12- The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 120KG

EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
1	Main frame	1	33	Cross tapping Screw ST3.5×10	2
2	Front bottom tube	1	34	Spacer tube	2
3	Rear bottom tube	1	35	Bushing Φ32×Φ26.8×Φ14×20	4
4	Front end cap	2	36	Flat washer Φ8×Φ38×2	2
5	Rear end cap	2	37	Shaft bushing φ38×φ34×φ19.2×4	6
6	Carriage bolt M8×76	4	38L/R	Swing tube	1pr.
7	Arc washer D8×Φ20×1.5×R30	12	39	Allen Bolt M8×20	4
8	Spring washer D8	22	40	Arc washer d8×2×Φ20×R16	4
9	Acorn nut M8	4	41L/R	Moving Handlebar	1pr.
10	Bushing Φ32×Φ19.2×26	2	42	Foam grip	2
11	Disk Crank	2	43	Handlebar End cap	2
12	Sensor wire	1	44	Computer	1
13	Tension cable	1	45	Fixed handlebar foam grip	1
14	Allen Bolt M8×20	4	46	Pulse sensor wire	2
15	Flat washer Φ8×Φ32×2	2	47	Plug	3
16	Bushing Φ32×Φ26.8×Φ19×28	4	48	Connection sensor wire	1
17	Bolt Cap S17	4	49	Vertical post	1
18	Hex bolt M10×55	2	50	Phillips screw M5×10	4
19	Pedal support tube joint	2	51	Mast cover	1
20	Flat washer D10×Φ20×2	2	52	Long shaft	1
21	Nylon nut M10	2	53	Wave washer Φ19.5×Φ37×0.3	2
22	Pan head Carriage bolt M6×50	4	54	Fixed handlebar	1
23L/R	Pedal	1pr.	55	Flat washer D8×Φ16×1.5	2
24	Alloy Bushing Φ14×12.5×Φ10.1	4	56	Allen Bolt M8×25	2
25	Knob nut M6	4	57	Phillips Screw M5×55	1
26	Nylon nut M8	2	58	Arc washer d5	1
27	Cross tapping Screw ST4.2×18	4	59	Tension controller	1
28L/R	Protective guard	2pr.	60	Flat washer D6	4
29	Bolt M8×75	2	61	Bottle holder	1
30	Hex bolt M8X20	8	62	Flat washer	2
31L/R	Pedal support tube	1pr.	63	Phillips screw	2
32	Flat washer D8×1.2	2	64	Cross tapping Screw ST3.5×16	2

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

◆ Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

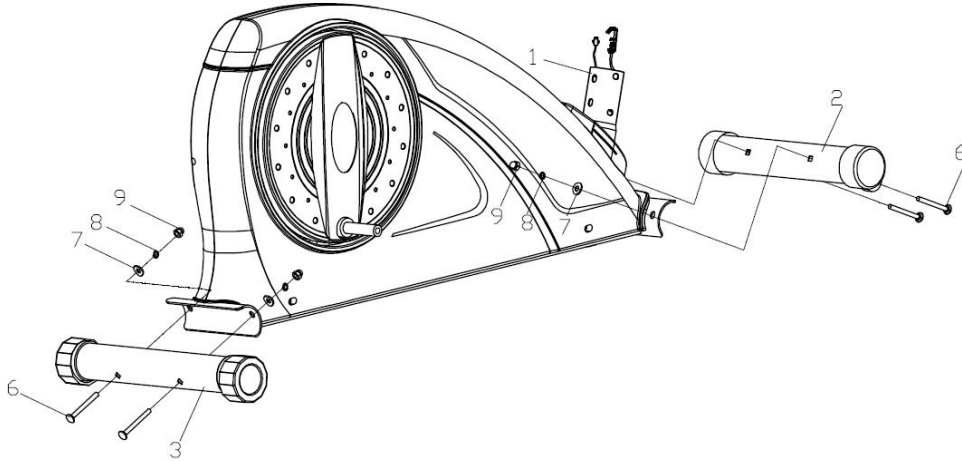
◆ Although this product can be assembled by one person, we recommend having the assistance of another individual. This is especially convenient when assembling multiple parts or moving the equipment.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

ASSEMBLY INSTRUCTIONS

Step 1:

Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with the Carriage bolts (6), Arc washers (7), Spring washers (8) and Acorn nuts (9) as shown.



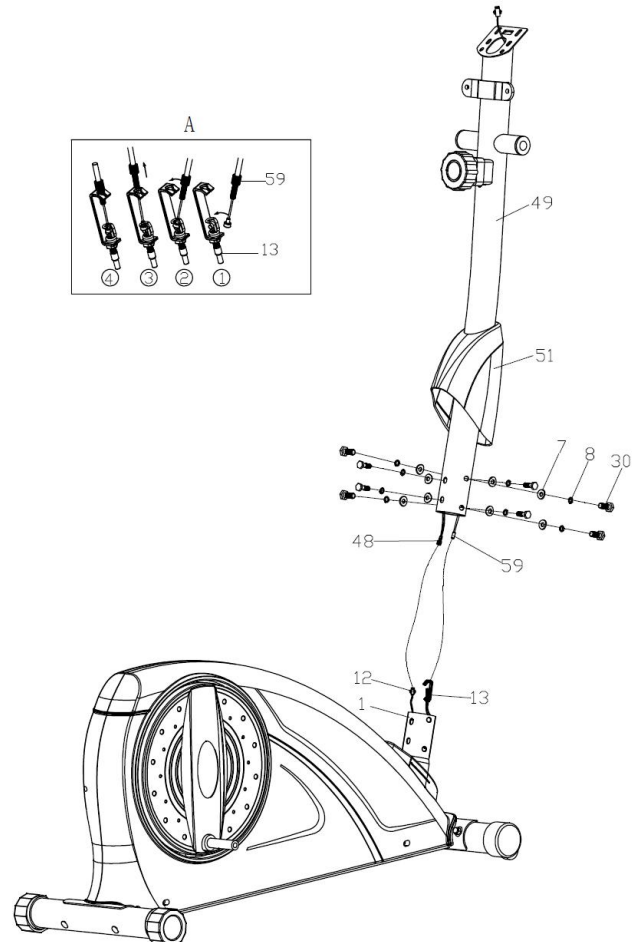
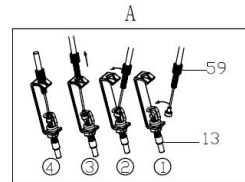
Step 2:

A: Sleeve the Mast cover (51) onto the Vertical post (49).

B: Connect the Extension wire (48) to the lower Sensor wire (12) properly.

C: Put the cable end of Tension controller (59) into the spring hook of Lower Tension cable (13). Pull the Upper Tension cable (59) up and force it into the gap of metal bracket of Lower Tension cable (13) as shown.

D: Secure the Vertical post (49) onto the Main frame (1) with the hex bolts (30), Spring washers (8) and Arc washers (7).



Step 3:

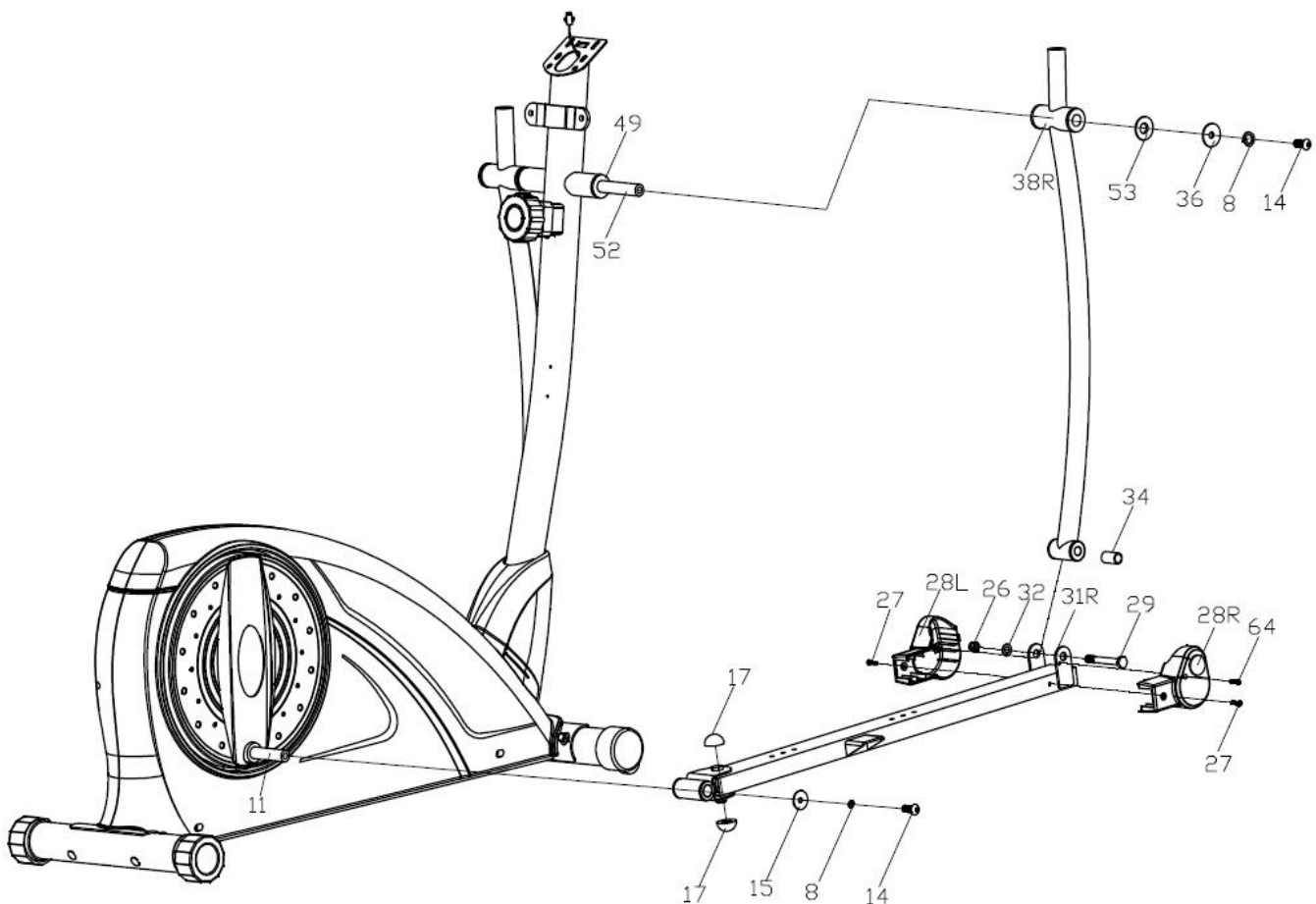
A. Take the Long shaft (52) insert into the turn tube of the Vertical post (49), then attach the Swing tube (38R) onto the Long shaft (52) with the Allen Bolt (14), Spring washer (8), Flat washer (36) and Wave washer (53) as shown. Not to tighten till now.

B. Attach the Pedal support tube (31R) to the Disk Crank (11) with the Allen Bolt (14), Spring washer (8), and Flat washer (15). Not to tighten till now.

C. Connect the Swing tube (38R) and Pedal support tube (31R) with the Bolt (29), Spacer tube (34), Flat washer (32) and Nylon nut (26). Then tighten the above mentioned Allen Bolts (14), Bolts (29), Nylon nuts (26). Finally cover the Caps (17) as shown.

D. Attach the Protective guards (28L/R) to the Swing tube (31R) with the Cross tapping Screws (27) and Cross tapping Screw (64).

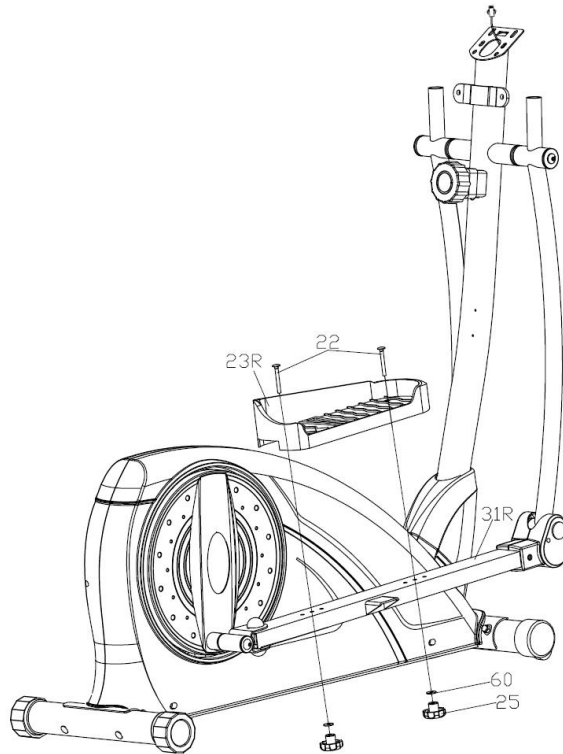
E. Using the same way to install the Pedal support tube (31L) and the Swing tube (38L) to the Disk Crank (11) and Arc washer (58). And lock the Protective guards (28L/R) to the Swing tube (31L) with the Cross tapping Screws (27) and Cross tapping Screw (64).



Step 4:

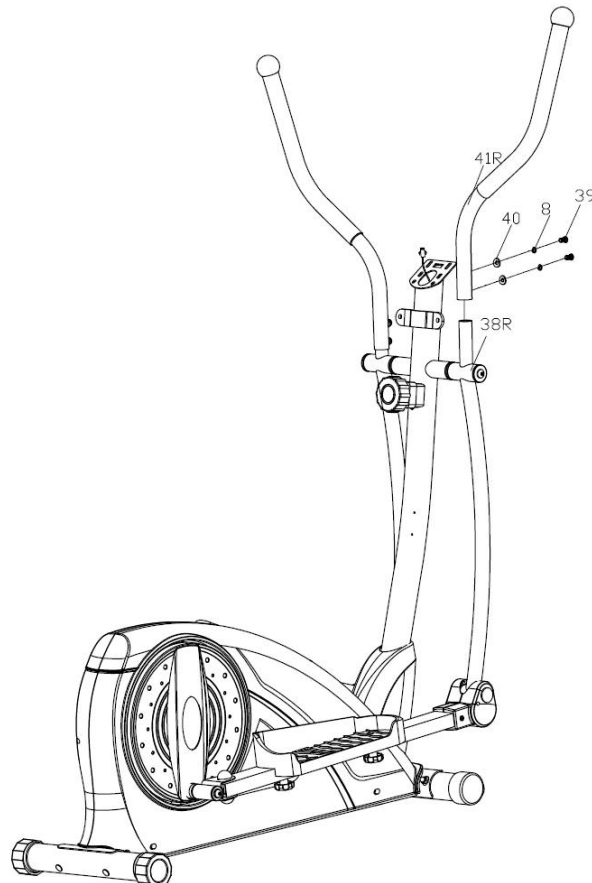
Attach the Pedal (23L/R) onto the Pedal support tube (31L/R) respectively with the Pan head Carriage bolts (22), Flat washers (60) and Knob nuts (25).

Note: You can adjust the Pedal (23L/R) position by choosing different designed holes to fit your better workouts.



Step 5:

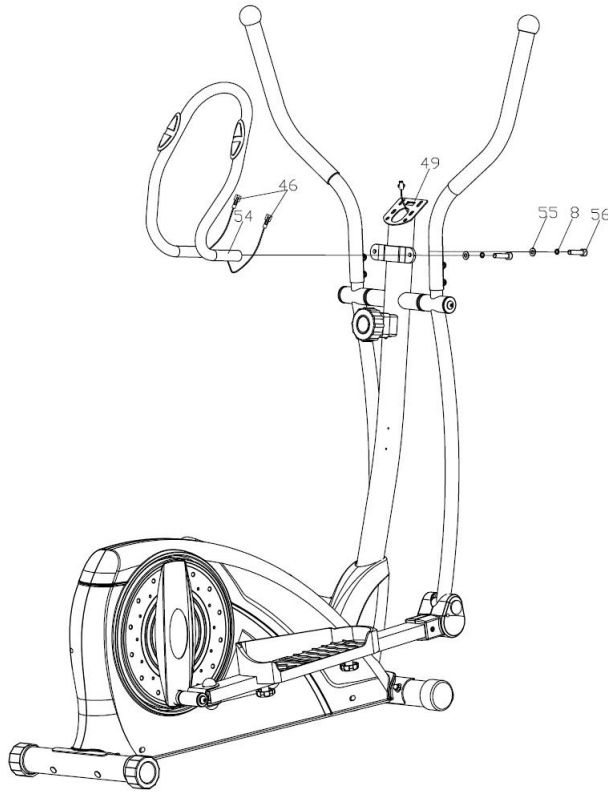
Attach the Moving Handlebar (41L/R) on the Swing tube (38L/R) with the Allen Bolts (39), Spring washers (8) and Arc washers (40) as shown.



Step 6:

Attach the Fixed handlebar (54) to the Vertical post (49) with the Allen Bolts (56), Spring washers (8) and Flat washers (55).

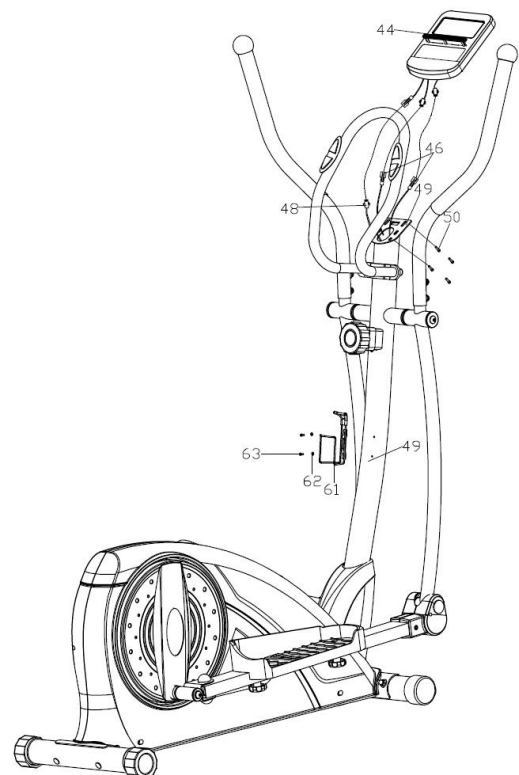
Then feed the Pulse sensor wires (46) into the hole at back of the Vertical post (49), and pull out off the Computer bracket on top of the Post.



Step 7:

A: Connect the Sensor connection wire (48) and Pulse sensor wires (46) to the wires from the Computer (44) respectively. Then fix the Computer (44) on the computer bracket on top of the Vertical post (49) with the Phillips screws (50) as shown.

B: Lock the Bottle holder (61) to the Vertical post (49) tightly with Phillips screw (63) and Flat washer (62).



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

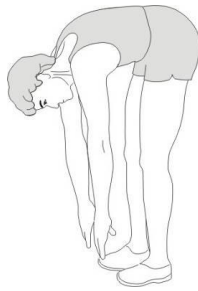
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



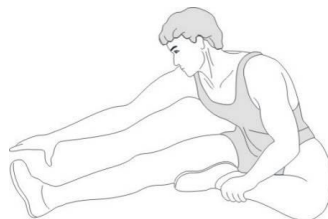
Side Stretch



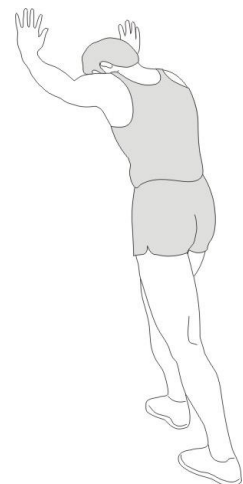
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

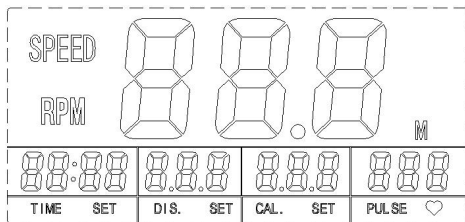
Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

YK-YB1904 EXERCISE MONITOR INSTRUCTION

DISPLAY INFORMATION



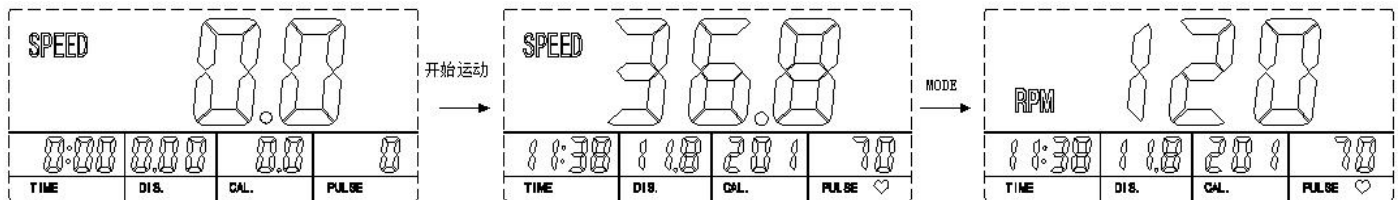
- 1) Main display area: SPEED/RPM;
- 2) TIME, DISTANCE, CALORIE, PULSE display area;

KEY FUNCTION

MODE	. START Status: Changeover display SPEED or RPM; . STOP Status: Enter the setting mode, and choose set items needs to be set
SET	. In setting mode, adjusted the value of TIME、DISTANCE、CALORIE;
RESET	. In setting mode, the value clear;

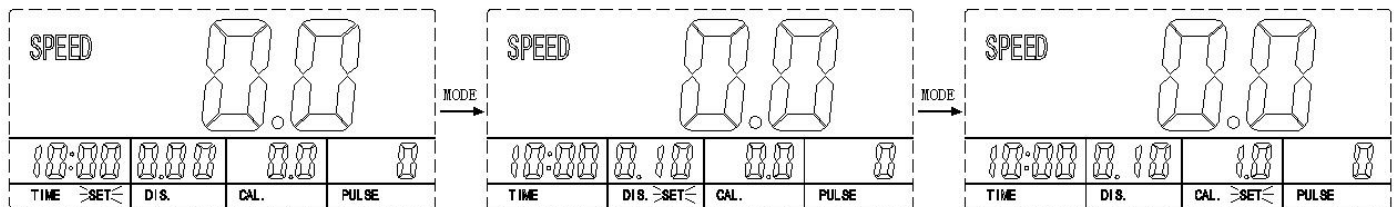
INSTRUCTION:

1. START Status:



2. Motion Status:

- 1) Press MODE key to choose setting items with relevant flashing for TIME, DISANCE, CALORIE;
- 2) Press SET key to adjusted;
- 3) If any of these are setting, The corresponding value will be inverted in motion status. When any of setting value count to 0, the motion will be "DI DI" Voice Prompt;



WIRELESS PLUSE (Optional)

Supports the standard 5.3Khz wearing heart rate detector;

SPECIFICATION

TIME.	. 0M:00S ~ 99M:00S
SPEED	. 0.00 ~ 99.9KM/H
DISTANCE	. 0.0 ~ 999KM
CALORIES	. 0.0~ 999KCAL
PULSE	. 40-240BPM
RPM	. 0 ~ 999RPM
Battery Type	Size-AAA or UM-4
Operating Temperature	0°C ~ +40°C
Storage Temperature	-10°C ~ +60°C

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