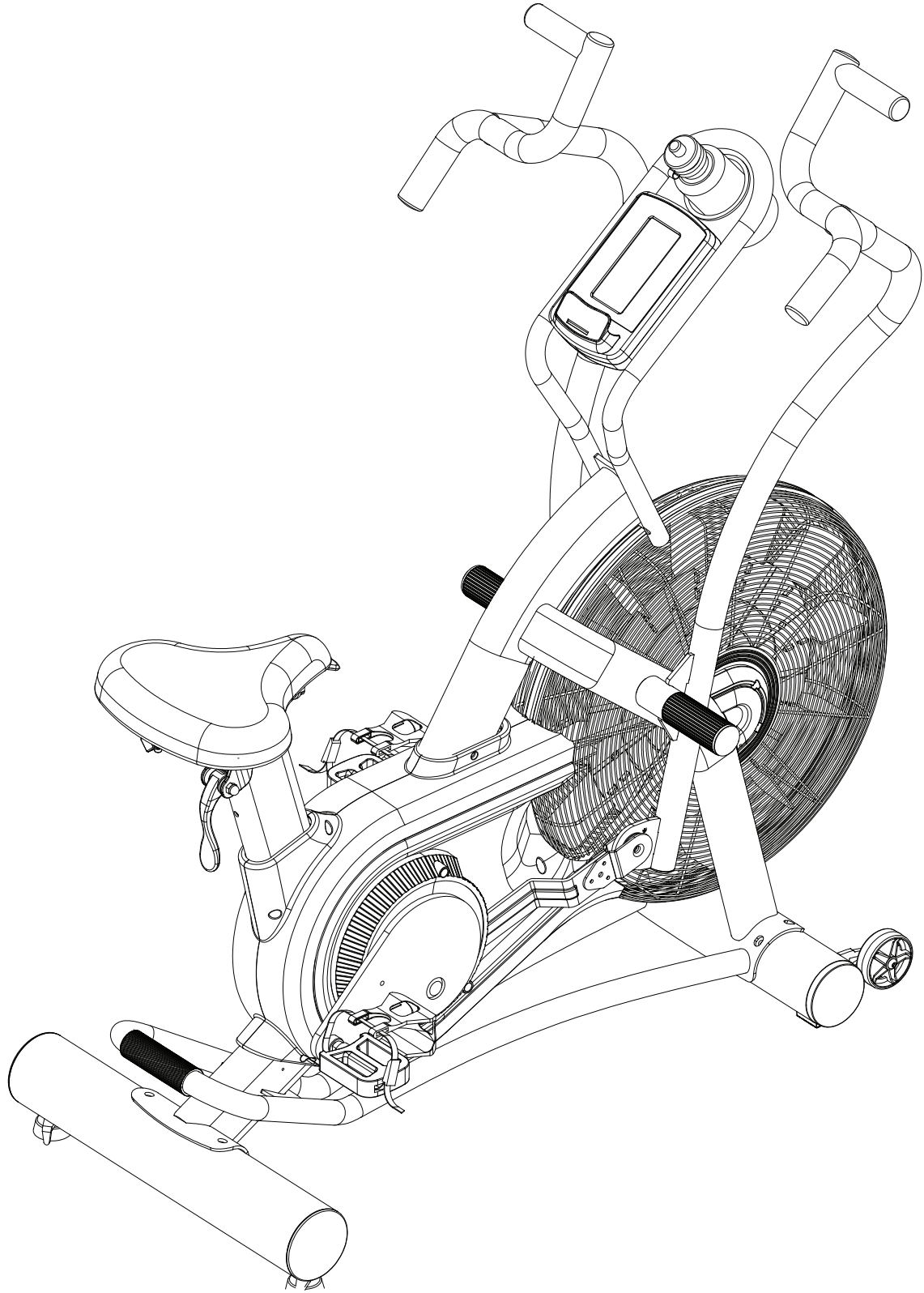




DUAL ACTION AIR BIKE

Model No: ABX800



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Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money. We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty on-line.



Step 1 Visit our Website

Go to the GPI Sports website:

<https://service.gpi.com.au/registerwarranty.php>



Step 2 Enter Purchase Information

Enter all purchase information including the model number, serial number and proof of purchase which can be uploaded from this page



Step 3 Contact Our Service Department

If a warranty service request is required on your product please email service@gpigroup.com.au or call the toll free number - **1800 005 770**



gpiports.com.au

IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.

WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS INCLUDING THE FOLLOWING:

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear appropriate exercise clothing and shoes for your workout, no loose clothing. Do not wear shoes with heels or leather soles. Ensure shoes are clean of dirt and embedded stones.
- Use care when getting on or off the unit.
- Do not over exert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.
- Only one person may use the machine at a time.

CHILDREN AND PETS

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under strict adult supervision. To ensure safety, keep young children off the machine at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

PERSONAL SAFETY DURING ASSEMBLY

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the machine on a solid, level surface. Locate the unit at least 1 meter from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

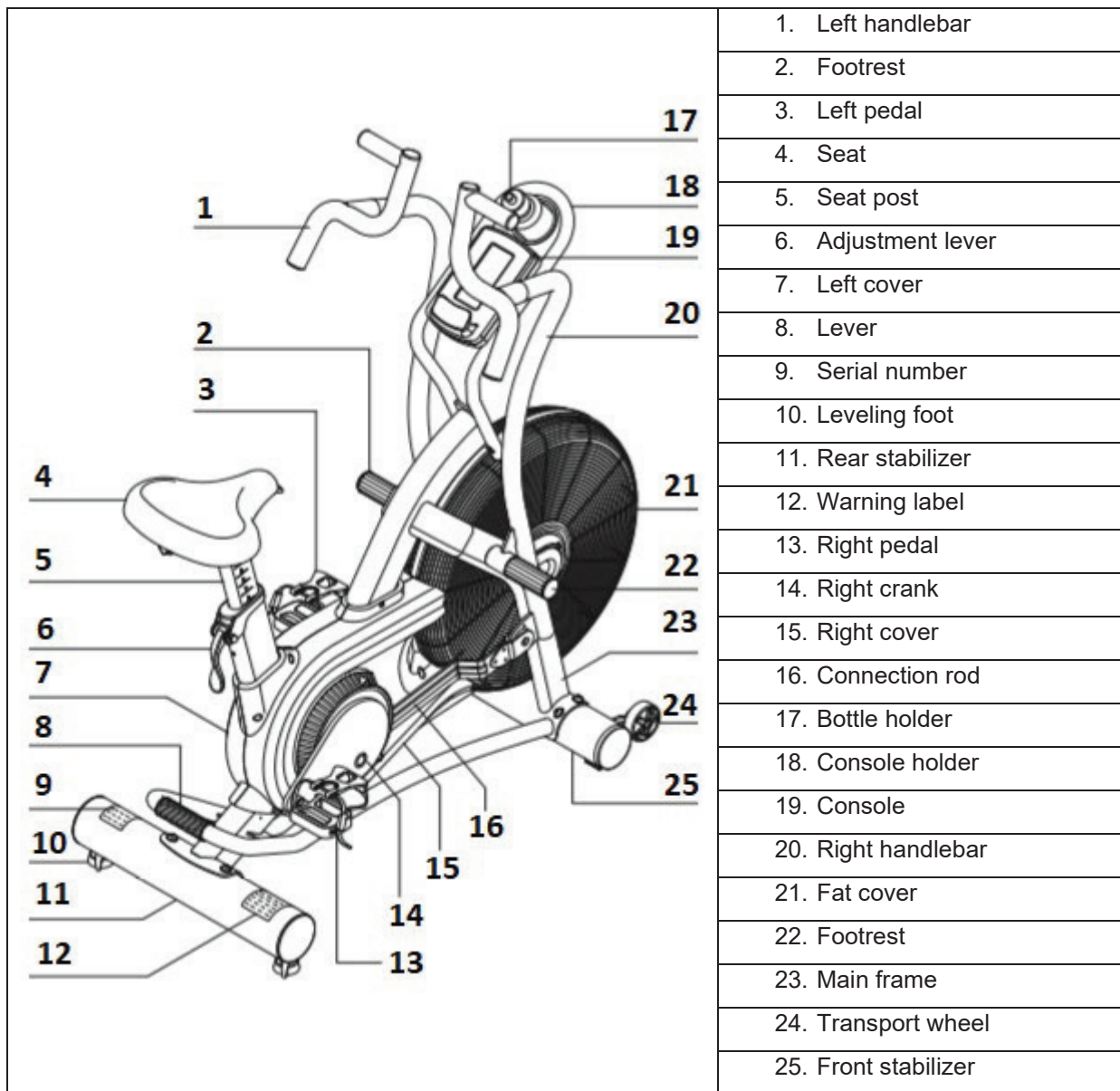
Maximum User Weight: 150KG

SAFETY GUIDELINES

Successful fitness training programs have one prominent feature in common...safety. Fitness training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start.
- Maintaining equipment in proper operating condition is of utmost importance for a safe training program.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Inspect the machine before each use for loose or worn parts. Ensure all nuts and bolts are fully tightened. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

PRODUCT DESCRIPTION



- | |
|----------------------|
| 1. Left handlebar |
| 2. Footrest |
| 3. Left pedal |
| 4. Seat |
| 5. Seat post |
| 6. Adjustment lever |
| 7. Left cover |
| 8. Lever |
| 9. Serial number |
| 10. Leveling foot |
| 11. Rear stabilizer |
| 12. Warning label |
| 13. Right pedal |
| 14. Right crank |
| 15. Right cover |
| 16. Connection rod |
| 17. Bottle holder |
| 18. Console holder |
| 19. Console |
| 20. Right handlebar |
| 21. Fat cover |
| 22. Footrest |
| 23. Main frame |
| 24. Transport wheel |
| 25. Front stabilizer |



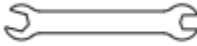



PART LIST

No.	Name	Qty.	No.	Name	Qty.
1	Main Frame	1	36	Seat Post Hollow Cap	1
2	Fan Hub	1	37	V-Ribbed Belt (690-J6)	1
3	Fan	1	38	Left Pedal	1
4	Fan Hub Spacer	1	39	Right Pedal	1
5	Fan Hub Sleeve	1	40	Front Stabilizer	1
6	Fan Shaft	1	41	Endcap (Ø90 mm)	2
7	Bearing (6301Z)	1	42	Square Foot Pad	2
8	Bearing (6901Z)	3	43	Moving Wheel	2
9	Left Fan Cage	1	44	Rear Stabilizer	1
10	Right Fan Cage	1	45	Adjustment Lock	2
11	Plastic Strip	1	46	Stand	2
12	Strip Holder	2	47	Endcap (Ø101.6 mm)	2
13	Tension Bracket	2	48	Computer Support	1
14	Eyelet Bolt (M8 x 1.25 x 45mm)	2	49	Round Plug (Ø25 mm)	2
15	Nut (M8 x 1.25)	2	50	Grommet Plug	2
16	Crank Shaft	1	51	Left Handlebar	1
17	Pulley	1	52	Sensor Clip	1
18	Right Crank	1	53	Bearing (6003Z)	2
19	C Ring (S25)	1	54	Bearing (6202Z)	2
20	Spring Pin	1	55	Bearing (6203Z)	2
21	Bearing (6005)	2	56	C Ring (S40 mm)	2
22	Bearing Nut	1	57	Round Plug (Ø38 mm)	2
23	Left Crank	1	58	Right Handlebar	1
24	Left Disc Crank	1	59	Sensor Wire	1
25	Bearing (2205ZZ)	2	60	Seat Post	1
26	Left Linkage	1	61	Sliding Post	1
27	C Ring (S52)	4	62	Adjustment Lever	1
28	Right Disc Crank	1	63	Connection Wire	1
29	Right Linkage	1	64	Pivot Axis	1
30	Left Cover	1	65	Long Spring	1
31	Right Cover	1	66	Set Block	1
32	Crank Cover	2	67	Short Spring	1
33	Small Crank Cover	2	68	Bushing (Ø8 x Ø12 x 7mm)	1
34	Left Fan Cage Cover	1	69	Linkage Rod	1
35	Right Fan Cage Cover	1	70	Ball (Ø10 mm)	1


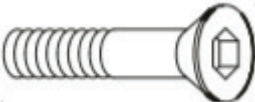





71	Square Plug	1	98	Nut M6 x 1	1
72	Seat Holder	1	99	Bolt M6 x 1 x 35 mm	1
73	Seat	1	100	Bolt ST4 x 15 mm	5
74	Fixing Plate	2	100A	Bolt ST4 x 45 mm	6
75	Disc Spacer	2	101	Bolt M4 x 0.7 x 10 mm	4
76	Cam Handle	1	102	Bolt M8 x 1.25 x 40 mm	2
77	Handle Spacer	2	103	Nut M8 x 1.25	3
78	Pressure Plate	1	104	Bolt M5 x 0.8 x 8 mm	4
79	Pressure spring	2	105	Bolt M8 x 1.25 x 30 mm	4
80	Pressure bushing	1	106	Bolt M5 x 0.8 x 12 mm	4
81	Compression Block	1	107	Bolt M6 x 1 x 15 mm	6
82	Left hollow plug	1	108	Bolt M10 x 1.5 x 20 mm	8
82A	Right hollow plug	1	109	Bolt M6 x 1 x 10 mm	2
82B	End cap	6	110	Bolt M8 x 1.25 x 50 mm	1
83	Footrest	2	111	Washer M8	1
84	Decorative Plug	2	112	Washer M10	8
85	Computer	1	113	Water bottle holder	1
86	Magnet	1	114	Water bottle	1
87	Bolt M8 x 1.25 x 20 mm	1	115	Caution label	1
88	Bolt M5 x 0.8 x 12 mm	8	116	Serial number	1
89	Nut M12 x 1.25	4	117	Allen key 4 mm	1
90	Bolt M6 x 1 x 12 mm	6	118	Allen key 5 mm	1
91	Bolt M10 x 1.5 x 40 mm	4	119	Allen key 6 mm	1
92	Bolt M6 x 1 x 20 mm	1	120	Allen key 14/17 mm	1
93	Nut M8 x 1.25	5	121	Wrench	1
94	Washer M8	3	122	Screwdriver	1
95	Bolt M6 x 1 x 16 mm	1	123	Manual	1
96	Bolt ST4 x 10 mm	7			
97	Bolt M6 x 1 x 15 mm	2			

ASSEMBLY INSTRUCTIONS

The packed includes:

	Custom wrench		Allen key 4 mm
	Wrench 14/17 mm		Allen key 5 mm
	Screwdriver		Allen key 6 mm

Assembly material:

Picture	No.	Name	Qty.
	93	Nylon nut M8 x 1,25	2
	105	Bolt M8 x 1,25 x 30 mm	4
	106	Bolt M5 x 0,8 x 12 mm	4
	107	Bolt M6 x 1 x 15 mm	6
	108	Bolt M10 x 1,5 x 20 mm	8
	109	Bolt M6 x 1 x 10 mm	2
	112	Arc washer M10	8

Place all parts out of the box on a clean surface. Remove all packing material and place it in the box. Do not remove the packing material until the exercise bike is assembled. Carefully follow each step.

Some parts are tested and can carry test marks. Marks on color may be noticeable, but it is not an indicator of damage.

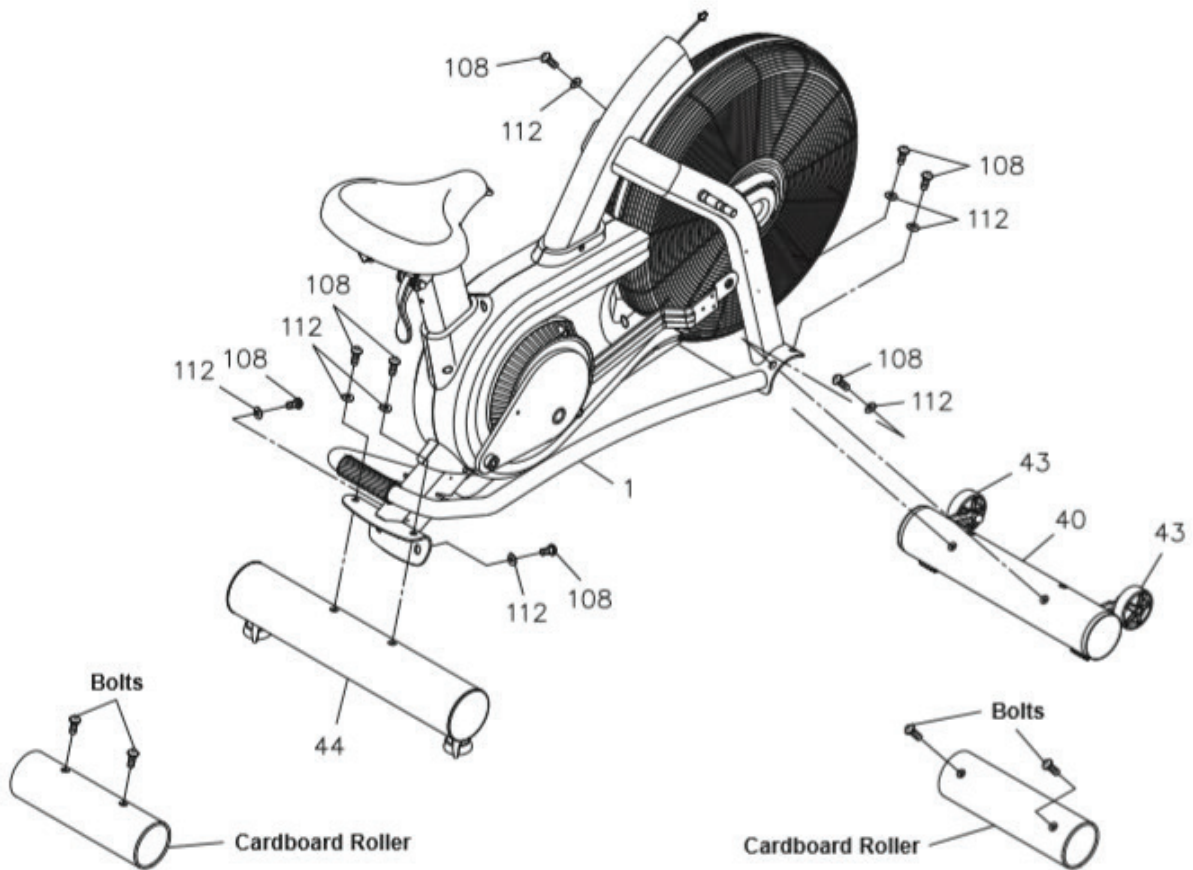
Some parts may be connected for transport purposes, follow the instructions and if necessary, disconnect them and then reconnect.

STEP 1

Remove the screws from the cardboard rollers from the front of the main frame (1). Make sure that the transport wheels (43) on the front stabilizer (40) face forward. Attach the front stabilizer (40) to the main frame (1) with screws (108) and washer (112).

STEP 2

Remove the screws from the cardboard rollers from the back of the main frame (1). Attach the rear stabilizer (44) to the main frame (1) with screws (108) and washer (112).



STEP 3

Attach the right handlebar (58) to the main frame holder (1) and attach the footrest (83) to the main frame holder. Refer to the picture below. Attach the footrest using the modified spanner (83). Attach the cap (84) to the footrest (83).

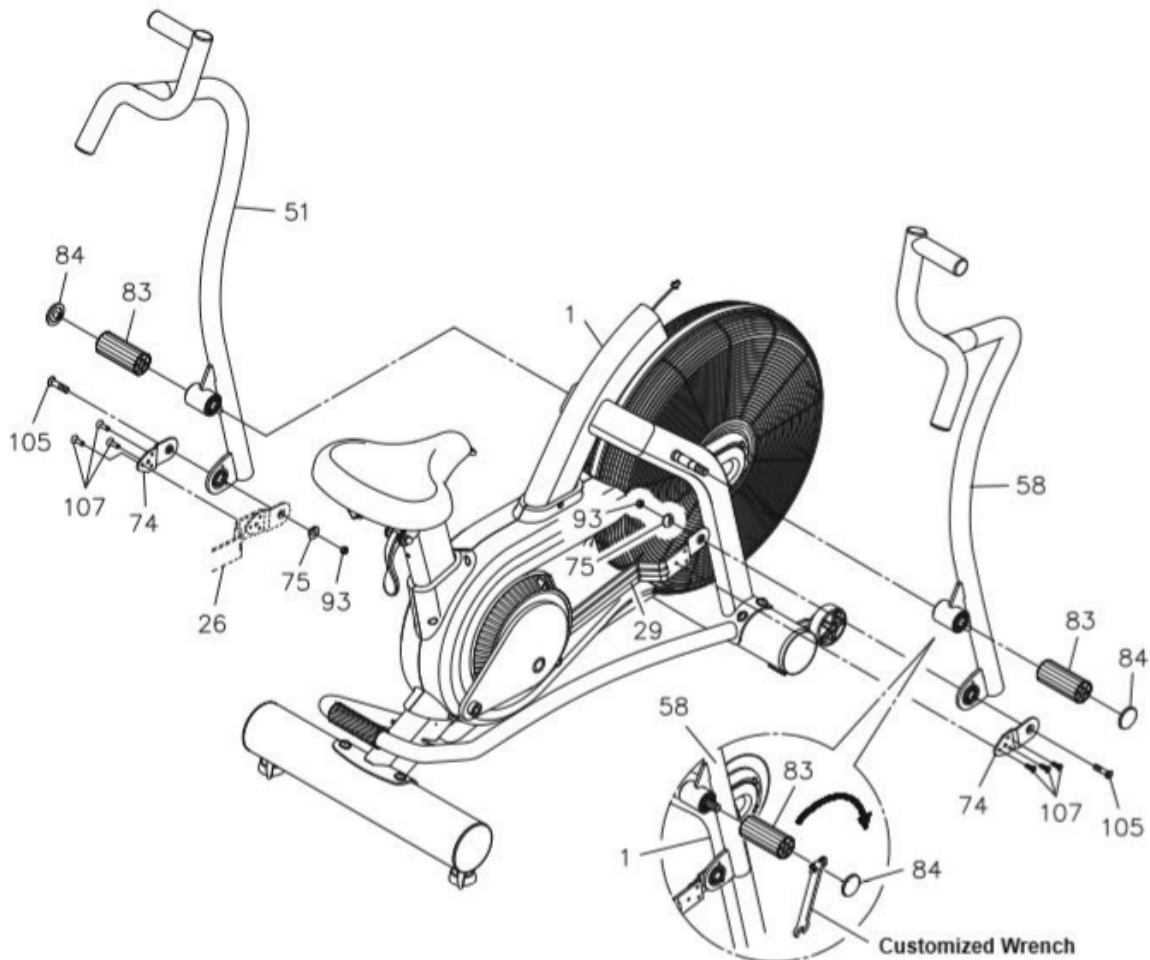
STEP 4

Attach the right connection rod (29) to the bottom of the right handle (58) using the mounting plate (74), spacer (75), bolt (105) and nut (93). Do not tighten the screw until step 5.

STEP 5

Attach the mounting plate (74) to the right connecting rod (29) with the screws (107). Now tighten all screws.

Repeat steps 3 to 5 for the left handlebar (51) and the left connecting rod (26).



STEP 6

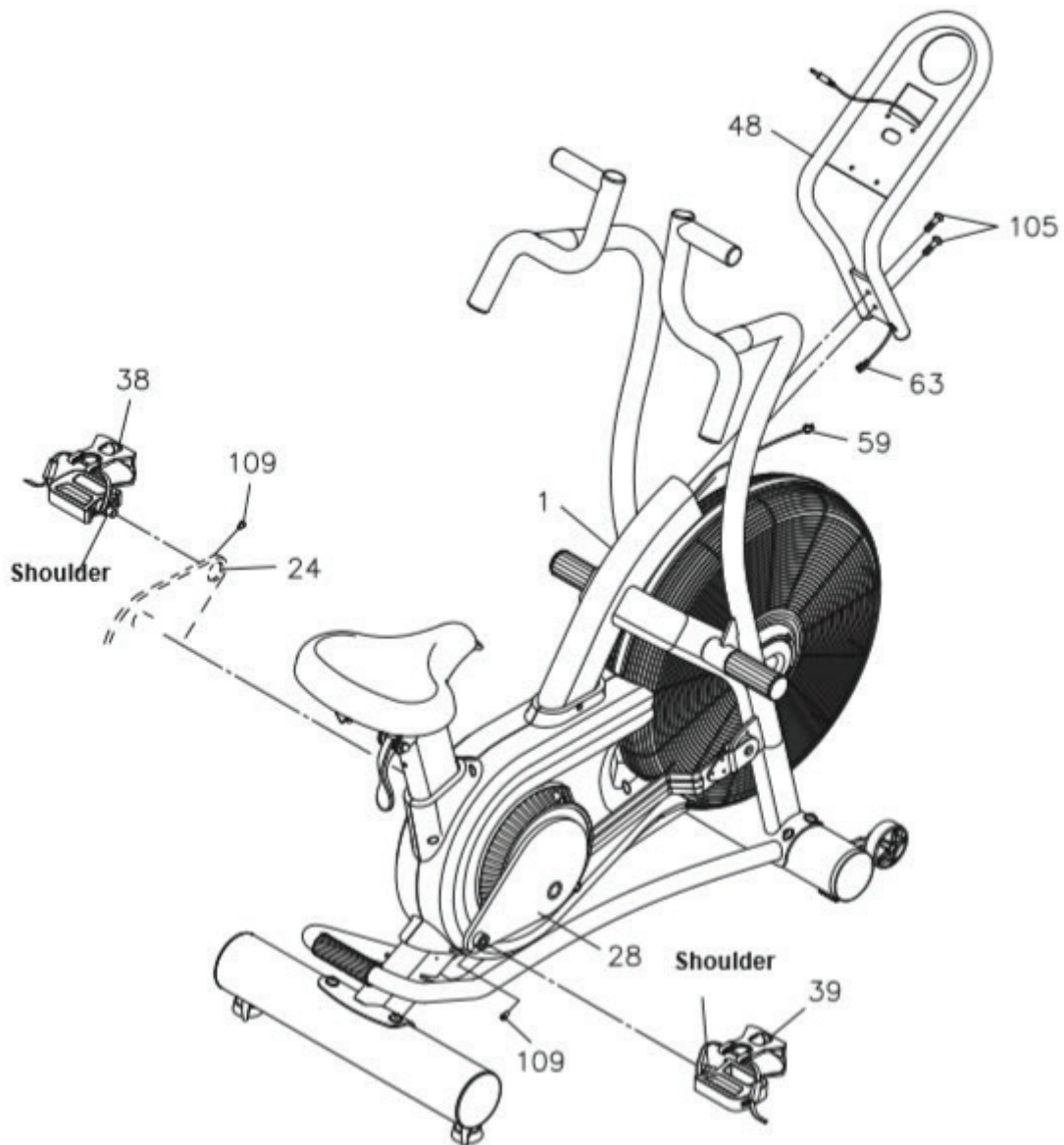
NOTE: The right pedal is marked R. The left pedal is marked L. The right pedal is screwed clockwise. The left pedal is screwed counterclockwise.

Loosen the screw (109) on the right crank (28). Screw the right pedal (39) onto the right crank (28) as shown. Tighten the pedal. The pedal shoulder (38, 39) should touch the crank. To secure, screw the screw (109) onto the right (28) and left (38) crank.

STEP 7

Attach the sensor cable (59) to the connecting cable (63) and attach the console bracket (48) to the main frame (1) with the screw (105).

Do not damage the cables while attaching the console bracket (48).



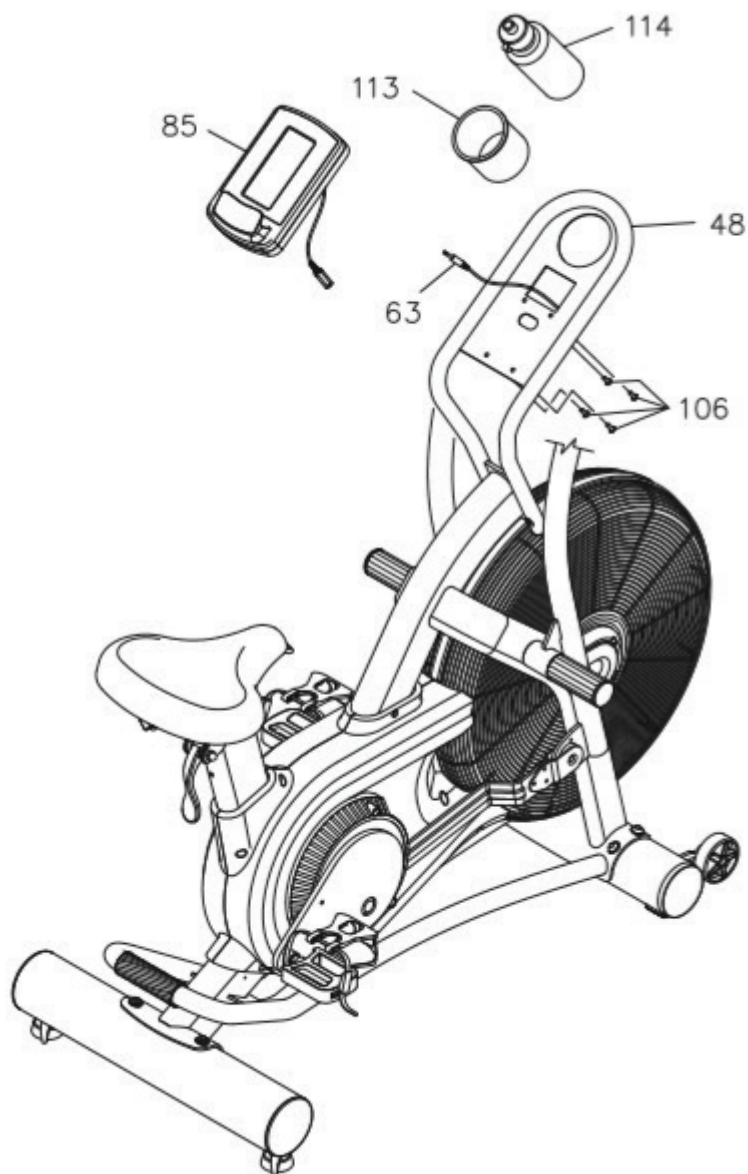
STEP 8

Insert two AA batteries into the console (85). Batteries are not included. Connect the connecting cable (63) to the console (85). Secure the console (85) in the console bracket (48) with the screw (106).

Do not damage the cables while attaching the bracket (85).

STEP 9

Attach the bottle holder (113) to the console bracket (48). Place the bottle (114) in the bottle holder (113). Attach the bottle holder (113) to the console bracket (48). Place the bottle (114) in the bottle holder (113).

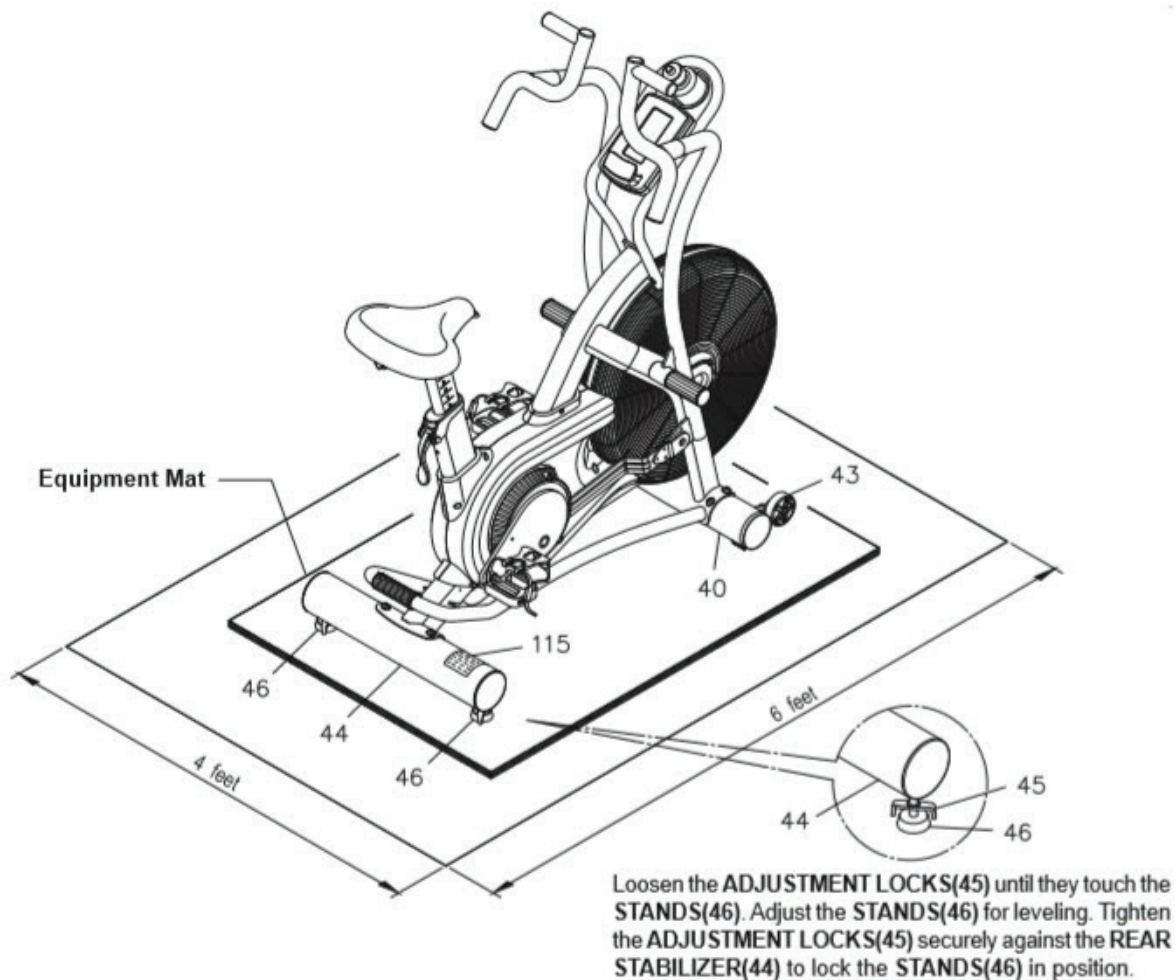


SET UP

Place the exercise bike in place of use. We recommend placing the exercise bike on a protection mat. We recommend a free space of at least 122 cm wide and 183 cm long.

Leveling: Align the exercise bike with the leveling feet (46) located on the rear stabilizer (44).

Transportation: There are transport wheels (43) on the front stabilizer (40). Place the exercise bike on the front wheels (43) using the handrails.



Visually inspect the bicycle. Slowly turn the pedal cranks to check the functionality.

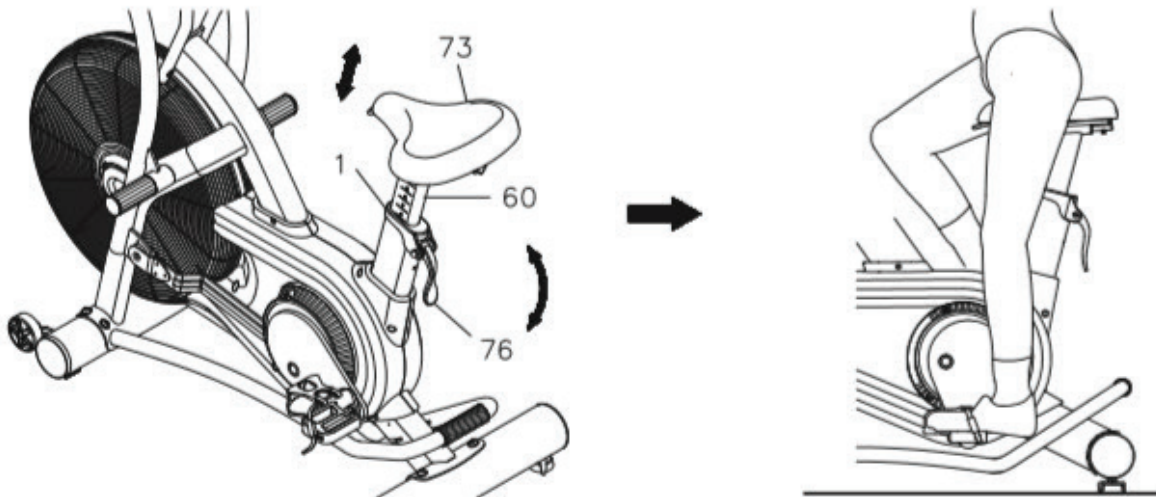
WARNING: Make yourself and other users familiar with the safety labels placed on the exercise bike.

SEAT HEIGHT ADJUSTMENT

For effective exercise it is important to set the correct saddle height. Your foot should be slightly bent and relaxed when you step down.

If the foot is too stretched or user can't reach the pedal, the seat must be lowered. If the legs are too bent, the seat must be raised. Loosen the hand screw (76) and move the seat post (60). Adjust the seat height (73) and secure with the hand screw (76).

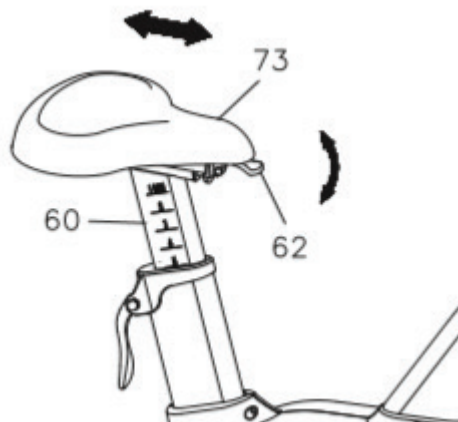
Tighten the hand screw (76) properly before use.



SEAT POSITION

You can move the seat (73) forward or backward. By adjusting the seat, you exercise the different muscles.

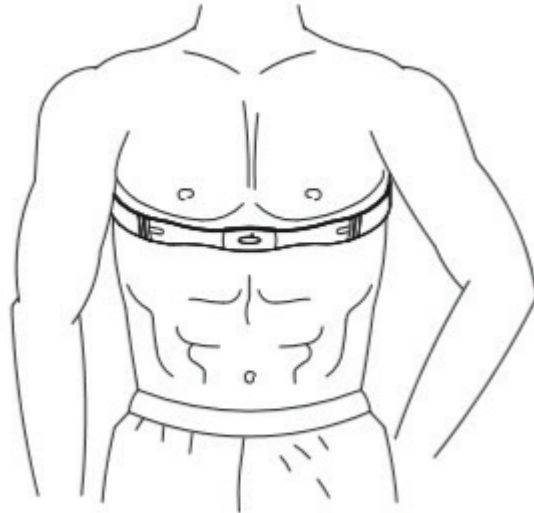
Lift the lever (62) and adjust the seat (73) to the desired position. Then release the lever (62) and lock the seat (73) in the desired position.



HEART RATE

The exercise bike does not include a chest belt or other forms of heart rate transmission. However, it is compatible with chest belts operating at 5 kHz.

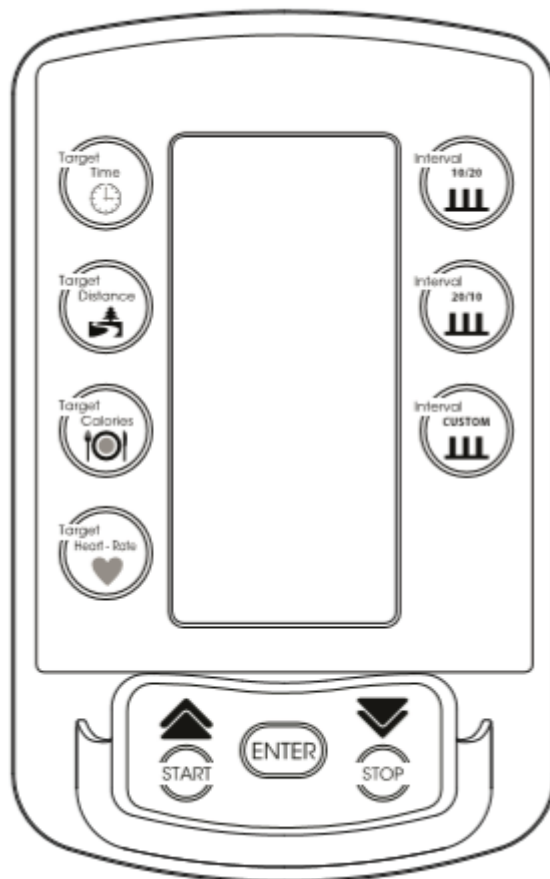
The chest belt sends information to the console (85). In this way, you practice most effectively because you have the required heart rate information for maximum training efficiency.



Follow the instructions attached to the purchased chest strap for pairing.

CONSOLE INSTRUCTIONS

The exercise bike uses a fan system to create resistance. The console helps you create goals and track progress.




TURN ON: Press the pedal or press any button.

TURN OFF: In standby mode, the console will turn off after 60 seconds of inactivity. During training, except for **Interval Program**, the console will turn off automatically after 90 seconds of inactivity. During the **Interval Program**, the program is stopped with the STOP button, otherwise the program will run to completion. It then turns off automatically after 90 seconds.

BUTTONS

ENTER	Confirm the entered value or program selection
START	Starting the program or turning on the STOP program
STOP	Press to stop / pause the program Press and hold for 2 seconds to restart console and setting up age
▲ UP	Increase value
▼ DOWN	Decrease of value
TARGET TIME	Set the desired training time
TARGET DISTANCE	Set the desired training distance
TARGET CALORIES	Set the desired calories burned
TARGET HEART-RATE	Target heart rate You must have a chest strap attached for use
INTERVAL 10/20	Enter Interval 10/20 program
INTERVAL 20/10	Enter Interval 20/10 program
INTERVAL CUSTOM	Enter the Interval custom program and set your own training interval

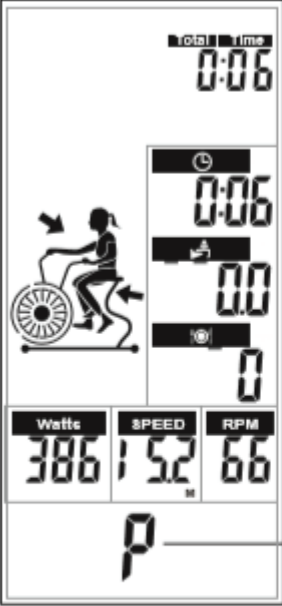
DISPLAY

	TIME	<p>Shows training time from 1 sec to 1:59:59.</p> <p>0:00 flashes to set the target time from 1 sec to 1:59:00 and counts down from that value.</p>
	DISTANCE	<p>Displays a distance of 0.1 miles to 999.9 miles.</p> <p>0: 0 flashes to set the target distance from 0.5 to 999.5 miles and starts counting down from that value.</p>
	CALORIES	<p>Displays calories burning to 999 Kcal.</p> <p>Calories are for reference only and are not intended for medical purposes.</p> <p>0 flashes to set target calories from 10 to 990 Kcal and starts counting down from that value.</p>
	RPM	<p>Displays revolutions per minute from 0 to 199.</p>
	SPEED	<p>Displays the current speed from 0 to 99.9 mph.</p>
	WATTS	<p>Displays power from 0 to 1999 watts.</p>
	HEART RATE	<p>Shows heart rate from 40 to 220 beats per minute. You must have a chest strap attached to see the value.</p> <p>The heart rate monitoring system is for guidance only and does not serve medical purposes.</p>


PROGRAMS

The console includes programs: **Normal Program, Time, Distance, Calories, Heart-Rate, 10/20 Interval, 20/10 Interval, Custom Setting program.**


NORMAL PROGRAM

			<p>Step on to turn on the console. The display will show a flashing 30 for age settings from 1 to 99. With ▲/▼ adjust the value and confirm with ENTER. Console will enter standby mode Press START, or start pedalling to start the program. All values will start to count up. Press STOP to turn off the program. Console will enter standby mode after 30 seconds of inactivity. Console will turn off after 60 seconds of inactivity.</p> <p>In standby mode the LCD display shows: Interval 10/20, Interval 20/10, Interval custom, Ready, Work, Rest, Time, Distance, Calories, Watts, Speed, RPM and Heart rate in a sequence every second</p>
Watts	SPEED	RPM	
386	15.2	66	
P			
<p><i>You must wear the HEART RATE TRANSMITTER around your chest to measure your heart rate. Otherwise, it will show a "P" in the heart rate window for no signal.</i></p>			


TIME PROGRAM

<p>This program is running.</p>  <p>Counts down from the preset value.</p>	<p>Press Target Time display shows flashing 0:00 for adjusting the time value from 1:00 minute to 1:59:00 hours. With ▲/▼ adjust the value and confirm with ENTER. Program will start. During exercise, the set value will count down, the other values will be counted up. When the set value is met, the console will stop for 30 seconds and then automatically shut down after 60 seconds of inactivity.</p>
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DISTANCE PROGRAM

<p>This program is running.</p>  <p>Counts down from the preset value.</p>	<p>Press Target Distance display shows flashing 0:0 for adjusting the distance value from 0,5 mile to 999,5 miles. With ▲/▼ adjust the value and confirm with ENTER. Program will start. During exercise, the set value will count down, the other values will be counted up. When the set value is met, the console will stop for 30 seconds and then automatically shut down after 60 seconds of inactivity.</p>
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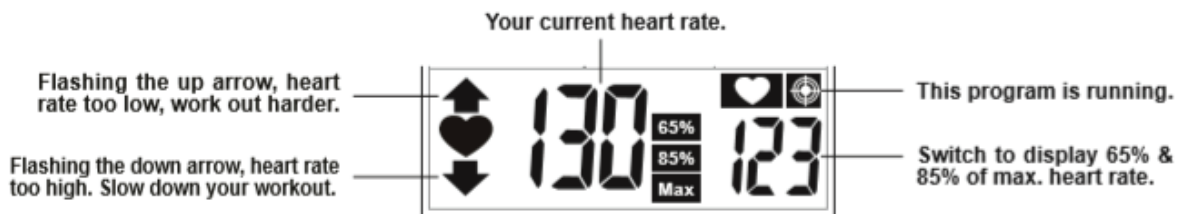
KALORIES PROGRAM

<p>This program is running.</p>  <p>Counts down from the preset value.</p>	<p>Press Target Calories display shows flashing 0 pro for adjusting the distance value from 10 to 990 Kcal. With ▲/▼ adjust the value and confirm with ENTER. Program will start. During exercise, the set value will count down, the other values will be counted up. When the set value is met, the console will stop for 30 seconds and then automatically shut down after 60 seconds of inactivity.</p>
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HEART RATE PROGRAM

The heart rate program is a preset program. The program monitors your pulse, using the sound signal and arrows to indicate if the pulse is outside the set threshold (65% or 85% of the maximum heart rate). You must enter your age and have a chest strap with signal transmission.

Press the Target heart-rate button, the LCD display will flash 30, then set the age from 1 to 99. Use to set the value and confirm with ENTER. The program starts. The console starts to calculate values for 65% and 85% of the maximum heart rate value based on the specified age. The heart rate value will be displayed during exercise and all other data will be added. Press STOP to stop the program.



If the value falls below 65%, the up arrow and the preset value begin to flash. A sound signal will sound every 10 seconds until the user reaches 65% and higher.

If the value exceeds 85%, the down arrow and the preset value begin to flash. sound signal will sound every 10 seconds until the user reaches 85% and below.


If the value remains between 65% and 85%, only the current heart rate will flash.

Calculation for heart rate for 30 years old:


- Maximum heart rate: $220 - 30 \text{ (age)} = 190$
- 65 %: $190 \text{ (Maximum heart rate)} \times 0,65 = 123$
- 85 %: $190 \text{ (Maximum heart rate)} \times 0,85 = 161$

The program will check that you to stay between 65% and 85%.


INTERVAL 10/20

<p>This program is running.</p> <p>Cycles you have done.</p> <p>Switch to display the work time and rest time.</p>  <p>Program preset 8 cycles</p> <p>Counts down from 3:40.</p>	<p>A program where the user exercises for 10 seconds and then rest for 20 seconds.</p> <p>Press the 10/20 Interval button to start the program. Time starts to count down from 3:40 minutes (10 sec x 8 reps, 20 sec x 7 reps). Other functions are added.</p> <p>You can only stop the program by pressing the STOP button. When the program is complete, the program stops for 30 seconds and then turns off after 60 seconds of inactivity.</p>
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INTERVAL 20/10

<p>Cycles you have done.</p> <p>This program is running.</p> <p>Switch to display the work time and rest time.</p>  <p>Program preset 8 cycles</p> <p>Counts down from 3:50.</p>	<p>A program where the user exercises for 20 seconds and then rest for 10 seconds.</p> <p>Press the 20/10 Interval button to start the program. Time starts to count down from 3:50 minutes (20 sec x 8 reps training, 10 sec x 7 reps rest). Other functions are added.</p> <p>You can only stop the program by pressing the STOP button. When the program is complete, the program stops for 30 seconds and then turns off after 60 seconds of inactivity.</p>
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CUSTOM INTERVAL PROGRAM

<p style="text-align: center;">This program is running.</p>  <p>② Enter the work time. ③ Enter the rest time.</p> <p>① Enter the desired cycles.</p>	<p>The user can set their own training interval from 1 second to 9:59 minutes and the number of cycles from 1 to 99.</p> <p>Press Custom interval, 00/01 starts flashing, for setting up the number of repetitions 1 - 99. Use the arrows to set the value and confirm with ENTER. Then set the training and rest time from 1 second to 9:59 minutes. Confirm with ENTER. The time will count down from the set value, the other values will be counted up. The program is only turned off by pressing the STOP button or when the set time has finished. The program then stops for 30 seconds and then turns off automatically after 60 seconds of inactivity.</p>
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FUNCTION DESCRIPTION

- Press STOP to turn off the program.
- When the program is running, the console will enter standby mode after 30 seconds of inactivity. The console will shut down after another 60 seconds of inactivity.
- To pause a running program, press START. A beep sounds every 30 seconds and all values are shown on the display every 2 seconds. Press START again to start the program. The console enters standby mode after 5 minutes of inactivity. The console will shut down after an additional 30 seconds of inactivity.
- Press and hold the STOP button for 2 seconds to restart the console and start a new program.
- Distance can be displayed in kilometers or miles. Press START and ENTER simultaneously. KM or M is displayed. Use the arrows to select KM or Mile and press ENTER to confirm.

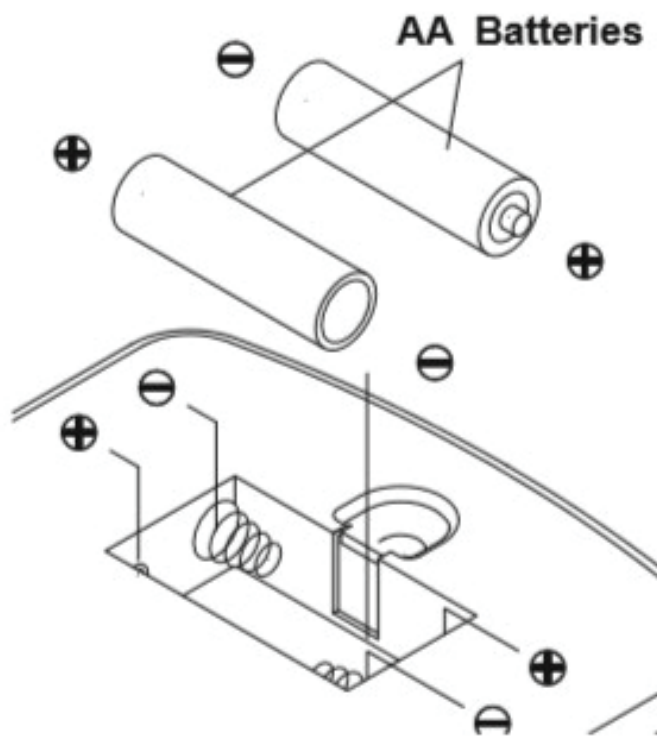
BATTERY REPLACEMENT

Open the rear cover on the console (85)

The console is powered by 2 AA batteries (1.5V). Batteries are not included.

Note:

- Do not mix old and new batteries.
- Use the same type of battery.



Exercise on the exercise bike is based on very simple movements, but you will surely fall in love with them. Thanks to simplicity of the exercise on the exercise bike it can be done by elderly people. Prior to exercise, it is necessary to adjust the height of the saddle. It is important that you sit comfortably. The bicycle saddle must be set so that you can hold the ergonomically shaped handles when sitting. You should not have fully extended hands. You can damage your muscles.

To ensure a comfortable and comfortable exercise, put your feet on the pedal. Nowadays, all modern pedals are equipped with straps for fastening and stabilizing of the foot. It is important for your foot to be firmly and safely positioned during exercise.

The basis of exercising on a bicycle is that the legs are moving on a specific elliptical path. This movement is very similar to cycling. When doing exercise on a bicycle, you just sit on the saddle with the right height, keep your feet firmly in the pedals, hold the ergonomically shaped handles and exercise.

It is advisable at the beginning to choose a lower load. If you exercise at regular intervals on an exercise bike, you can gradually increase the load. You can increase the load gradually over a week or two weeks. Selecting a high load during the start of training can lead to rapid fatigue and muscle damage.

When exercising, it's important to choose the right load and the right tempo. Try to keep it throughout the exercise. It is not recommended to choose a high pace right from the start. Increase tempo after about a week of regular exercise. The high pace is not equal to the faster burning of calories. Correct calorie burning is reflected in an appropriate and regular exercise. At the beginning of the exercise, the number of burned calories may seem low, but regular and appropriate exercise is the key to achieving the best results.

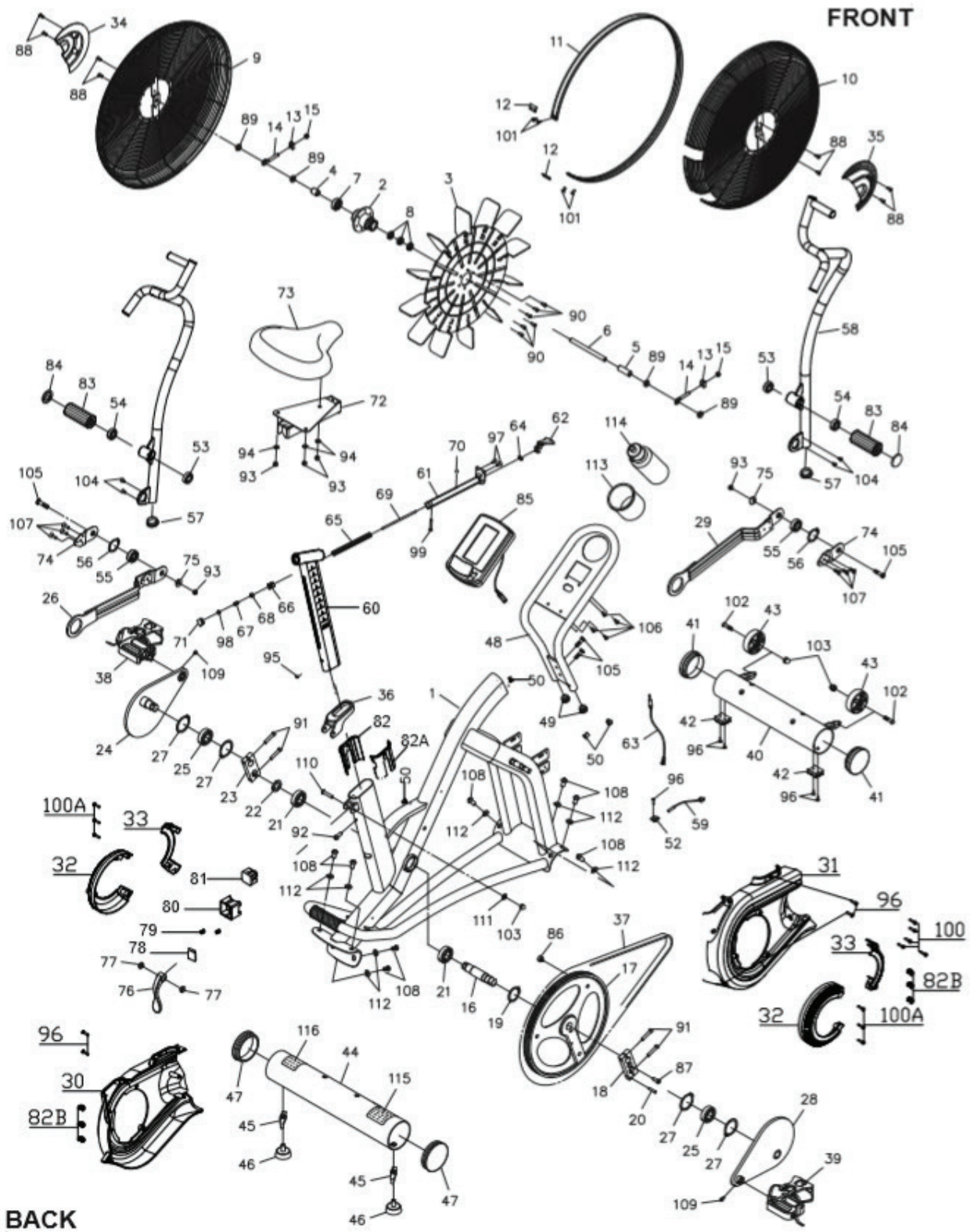
Exercise on the exercise bike also leads to the formation of muscles. It is mainly used to strengthen the thigh and calf muscles. While exercising on a bicycle, you also move your buttocks.

If you want to exercise right, you should not forget to breathe properly. Proper and regular breathing is recommended in any exercise. It is important to keep regular deep inhales and exhales. Regular and proper breathing during exercises on the exercise bike involves intense exercise of the abdominal muscles. It is advisable to practice 30-35 after consuming food. Failure to do so may result in less calories burned, and in older age even lead to digestive problems.

For best results, you should also consider your diet. It is recommended to start a day of eating sweet food and pastries or muesli with milk. For lunch is recommended to eat a caloric richer meal. Do not forget about the soup. In the evening, light meals are recommended. If you want to improve your health, it's not just a regular exercise but a whole diet.

Bicycle exercise is an effective exercise for all busy people. Exercise on the exercise bike is effective in strengthening muscles, especially thighs, calves and buttocks. Regular exercise can lead to a slimmer figure. Exercise is recommended not only as a winter training for cyclists but also for people who want to burn excess calories. Regular breathing, regular exercise, reasonable tempo, and balanced diet can lead to your desired results.

EXPLODED DIAGRAM

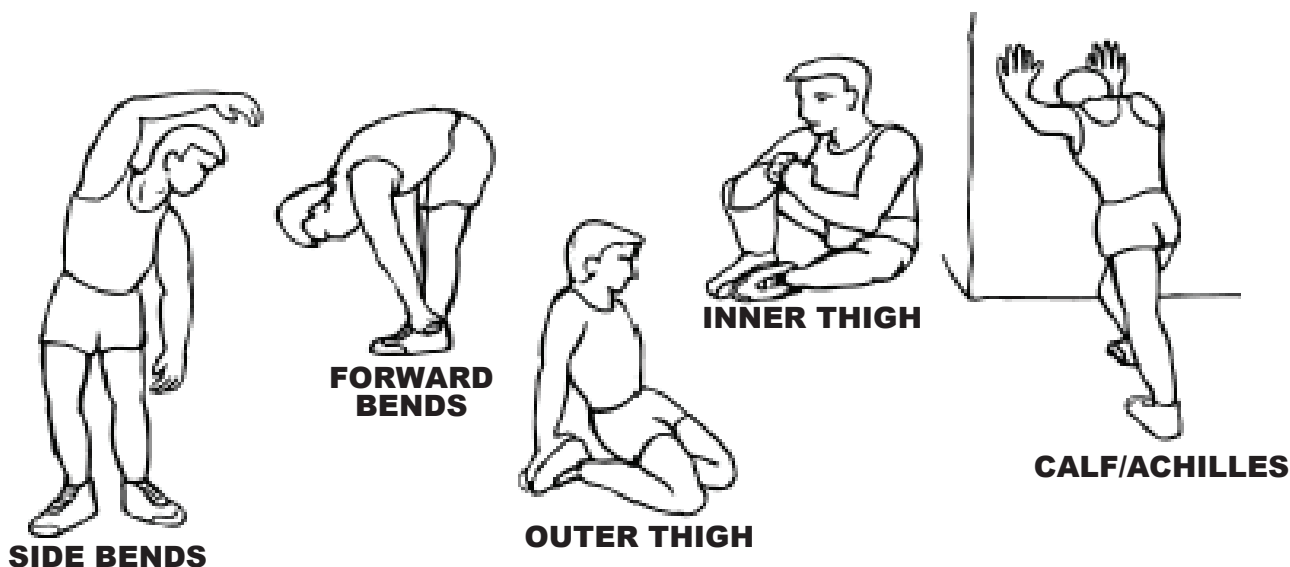


EXERCISE INSTRUCTIONS

Using your exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

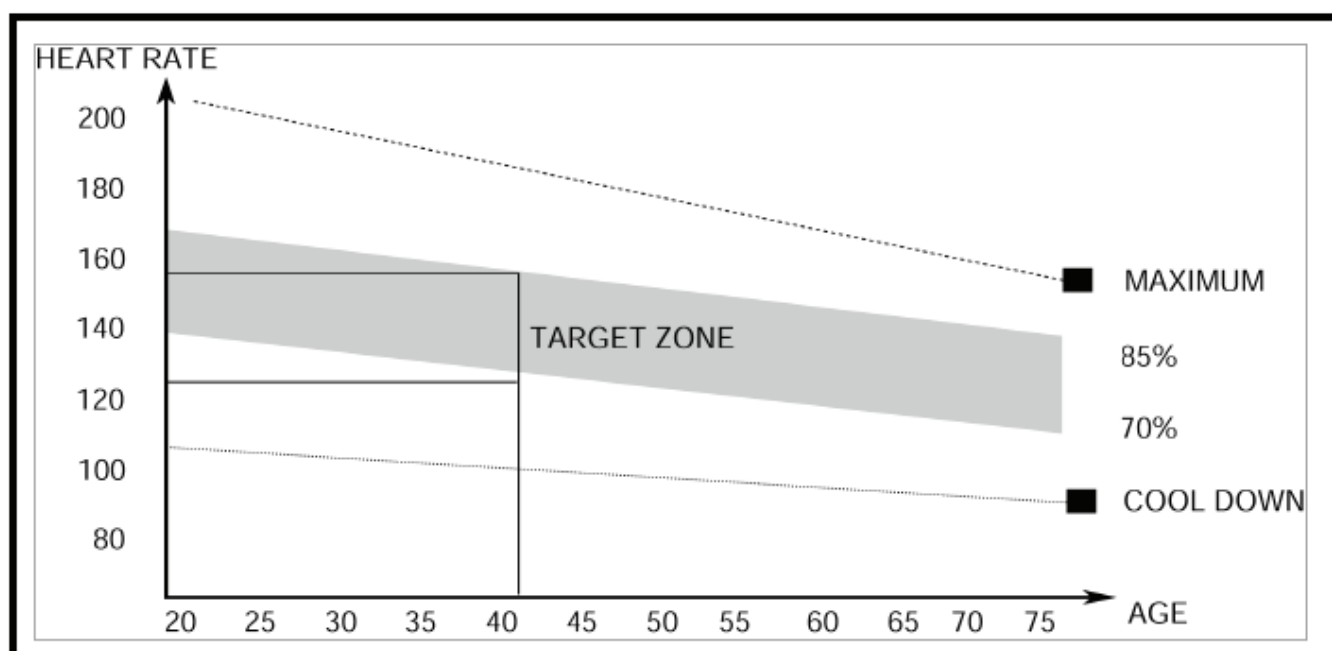
1. THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, your muscles will become more flexible. Work to your own level but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

EXERCISE INSTRUCTIONS

3. THE COOL DOWN PHASE

This stage is to let your Cardio Vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your exerciser you will need to have the resistance set quite high. This will put more strain on your muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making you work harder. You may have to reduce your tempo to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal. The calorie function, where applicable, is an estimate only and to be used for comparison between workouts.

CARE AND MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and void the WARRANTY coverage

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console, where applicable, and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts were replaced by new ones. When you feel the exerciser is not smooth, please check the status of the parts and if need be call the service hot line.

BODYWORX

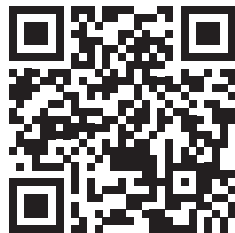


DUAL ACTION AIR BIKE

Model No: ABX800

To register your warranty, please go to

www.gpisports.com.au



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