



COMFORT 3



COMFORT 5



COMFORT 7



COMFORT 8i



COMFORT R

EXERCISE BIKE OWNER'S MANUAL



Read the BIKE GUIDE before using this OWNER'S MANUAL.



IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

When using an exercise product, basic precautions should always be followed, including the following: Read all instructions before using this exercise bike. It is the responsibility of the owner to ensure that all users of this exercise bike are adequately informed of all warnings and precautions. If you have any questions after reading this owner's manual, contact your local dealer.



WARNING

READ AND SAVE ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING THIS EXERCISE BIKE. IT IS STRONGLY RECOMMENDED TO TAKE THE FOLLOWING SAFETY INSTRUCTIONS.

- CAUTION: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Use this exercise bike for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the exercise bike if it is not working properly, or if it has been damaged. Contact the authorized dealers for examination and repair.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise bike.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise bike.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children, invalids or disabled people.
- When the exercise bike is in use, young children and pets should be kept at least 3 meters / 10 feet away.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.

ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the exercise bike could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the exercise bike, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your exercise bike's serial number located on the front stabilizer tube and enter it in the space provided below.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOX BELOW:

SERIAL NUMBER:

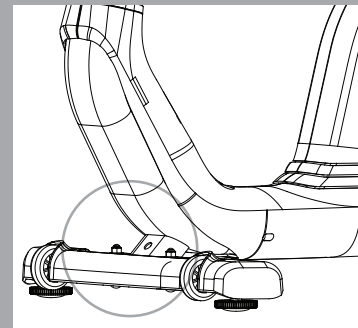
--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

MODEL NAME: **HORIZON**

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

SERIAL NUMBER LOCATION





Comfort R

HANDLEBARS

CONSOLE

⚠ WARNING

Consult a physician prior to using any exercise equipment. Possibility of serious injury if equipment is used improperly. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. Stop exercising if you feel pain, faint, dizzy or short of breath. Read Owner's Manual before using. Keep children off and away from this equipment. This machine is designed for home use only, do not use for club or therapeutic purposes.

Konsultieren Sie einen Arzt, bevor Sie mit dem Training beginnen. Ein unsachgemäßer Gebrauch kann es zu ernsthaften Verletzungen kommen. Herzfrequenzüberwachungssysteme können ungenau sein. Übermäßiges Training kann zu ernsthaften Verletzungen oder zum Tod führen. Beenden Sie Ihr Training, wenn Sie Schmerzen, Übelkeit, Schwindel oder Atemnot verspüren. Lesen Sie vor der Ersteinrichtung die Bedienungsanleitung. Halten Sie Kinder vom Trainingsgerät fern. Nur für den Heimgebrauch.

SEAT BACK

CONSOLE MAST

PULSE GRIP HANDLEBARS

WATER BOTTLE HOLDER

SEAT POSITION
ADJUSTMENT LEVER

SEAT BASE

CONSOLE MAST GROMMET

⚠ CAUTION **⚠ ACHTUNG**

KEEP HANDS AND FEET AWAY FROM THE MOVING PARTS.

HALTEN SIE HÄNDE UND FÜSSE VON BEWEGLICHEN TEILEN FERN.

MAIN FRAME

CRANK

POWER CORD SOCKET

REAR STABILIZER

PEDALS

TRANSPORT WHEELS

FRONT STABILIZER TUBE

TOOLS REQUIRED:

- 13/15mm Flat Wrench/Screwdriver
- 5mm L-Wrench
- 6mm L-Wrench

PARTS INCLUDED:

- 1 Main Frame
- 1 Console
- 1 Console Mast
- 1 Console Mast Grommet
- 1 Water Bottle Holder
- 1 Front Stabilizer Tube
- 1 Rear Stabilizer Tube
- 1 Seat Base
- 1 Seat Back
- 1 Seat Frame
- 1 Seat Frame Cover
- 1 Pulse Grip Handlebars
- 2 Pedals with Straps
- 1 Audio Adapter Cable
- 1 Power Cord
- 1 Hardware Kit

RECUMBENT BIKE PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the bike carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.

NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer. Contact information may be located on the back panel of your manual or on the warranty card.

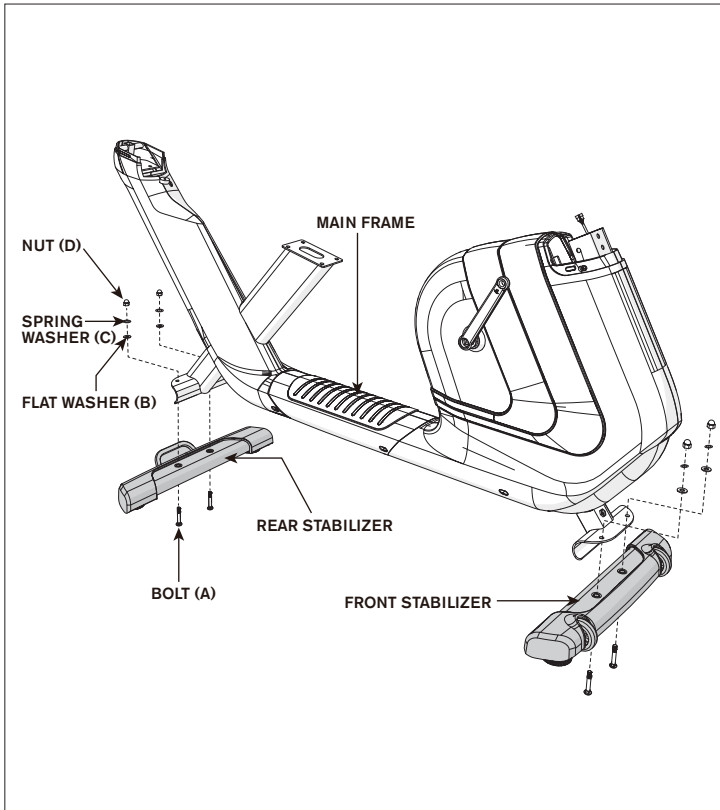


Comfort
Recumbent
Bike

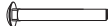



RECUMBENT BIKE ASSEMBLY STEP 1



Comfort
Recumbent
Bike



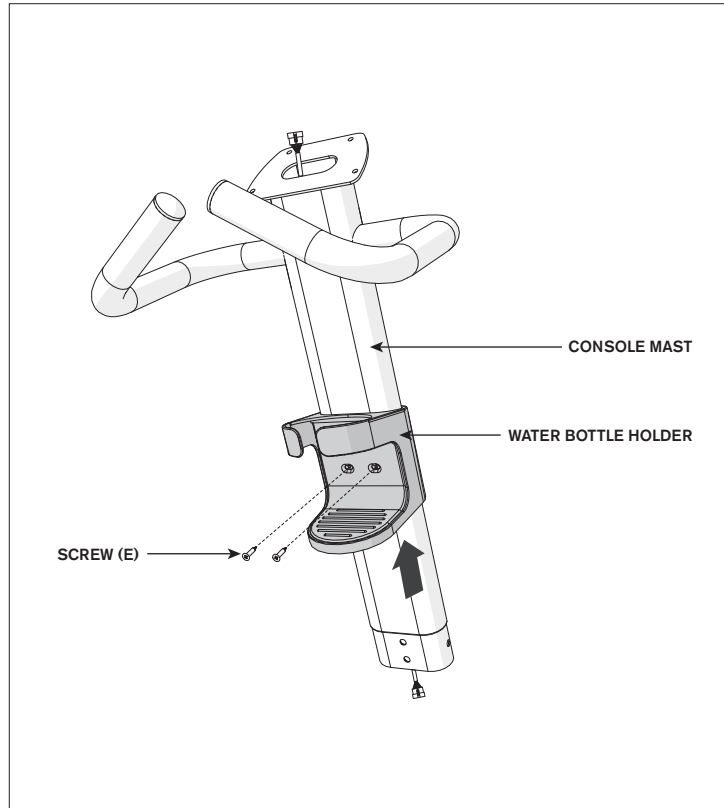
HARDWARE FOR STEP 1 :

	BOLT (A) M8x56 mm Qty: 4		FLAT WASHER (B) Ø9xØ18x2.0T mm Qty: 4
	SPRING WASHER (C) M8x2.0T mm Qty: 4		NUT (D) M8 Qty: 4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the **REAR STABILIZER** to the **MAIN FRAME** using **2 BOLTS (A)**, **2 FLAT WASHERS (B)**, **2 SPRING WASHERS (C)** and **2 NUTS (D)**.
- C Attach the **FRONT STABILIZER** to the **MAIN FRAME** using **2 BOLTS (A)**, **2 FLAT WASHERS (B)**, **2 SPRING WASHERS (C)** and **2 NUTS (D)**.

Note: Lifting up the machine will help your assembly. First put in place the stabilizer and then insert the bolts will also make your assembly easier.

RECUMBENT BIKE ASSEMBLY **STEP 2**



HARDWARE FOR STEP 2 :



- A Open **HARDWARE FOR STEP 2**.
- B Slide **WATER BOTTLE HOLDER** up **CONSOLE MAST** and align screw holes in **WATER BOTTLE HOLDER** with holes in **CONSOLE MAST**.
- C Attach the **WATER BOTTLE HOLDER** using 2 **SCREWS (E)**.

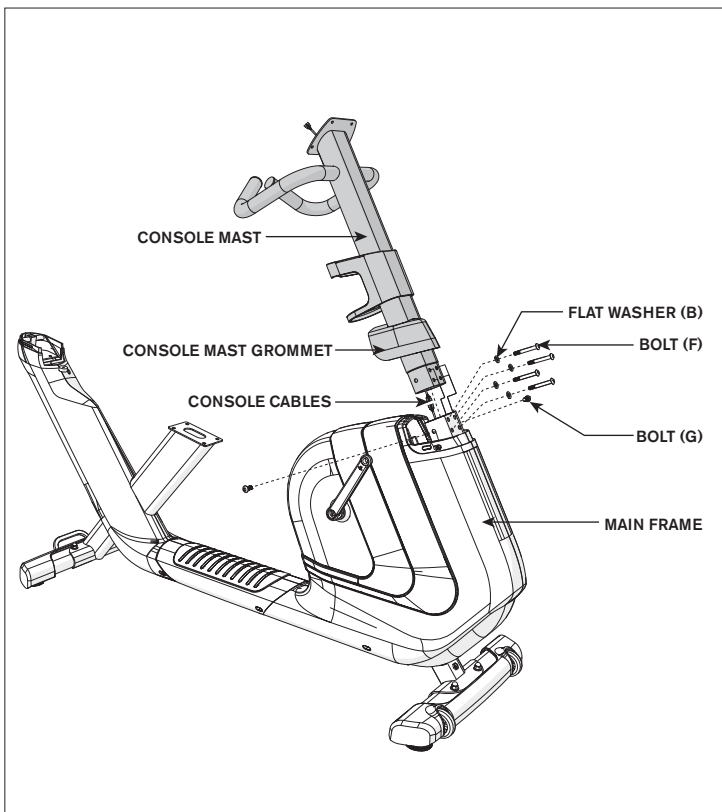


Comfort
Recumbent
Bike

RECUMBENT BIKE ASSEMBLY **STEP 3**



Comfort
Recumbent
Bike

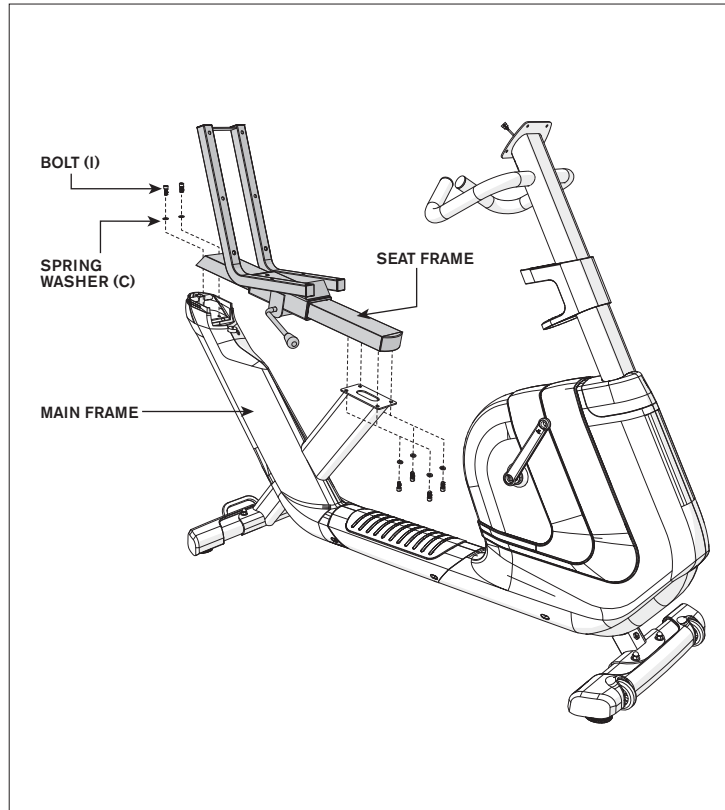


HARDWARE FOR STEP 3 :




- A Open **HARDWARE FOR STEP 3**.
- B Slide **CONSOLE MAST GROMMET** from the bottom up the **CONSOLE MAST**.
- C Attach **CONSOLE CABLES** and carefully tuck all cables into **MAIN FRAME**. Slide **CONSOLE MAST** into **MAIN FRAME**.
- D Attach the **CONSOLE MAST** using 2 **BOLTS (G)** from the sides and 4 **BOLTS (F)** and 4 **FLAT WASHERS (B)** from the front.
- E Slide **CONSOLE MAST GROMMET** down over **MAIN FRAME**.

RECUMBENT BIKE ASSEMBLY **STEP 4**



HARDWARE FOR STEP 4 :

 **BOLT (I)**
M8X18 mm
Qty: 6

 **SPRING WASHERS (C)**
M8x2.0T mm
Qty: 6

- A Open **HARDWARE FOR STEP 4**.
- B Attach **SEAT FRAME** to the **MAIN FRAME** using 6 **SOCKET HEAD CAP SCREWS (I)** and 6 **SPRING WASHERS (C)** as shown.

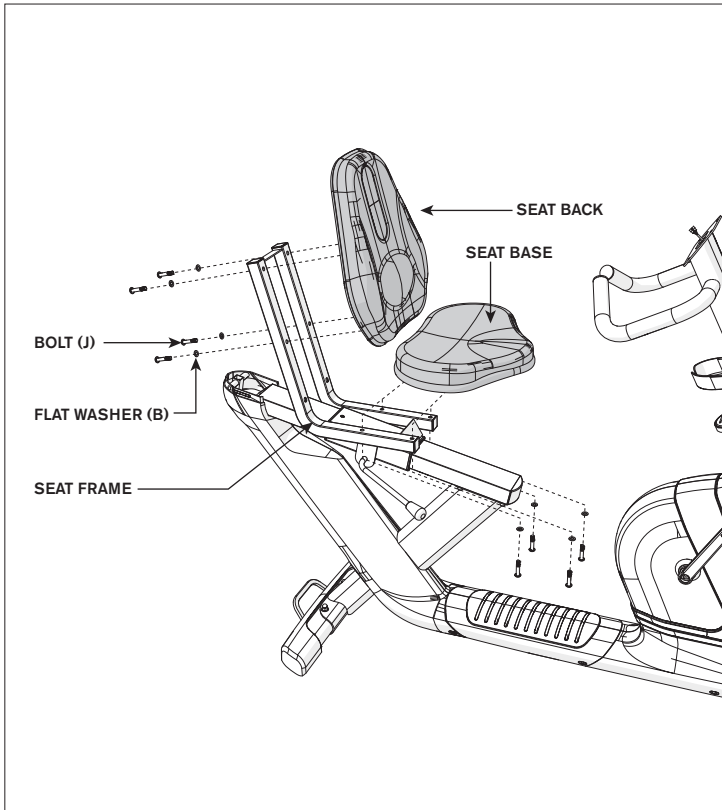


Comfort
Recumbent
Bike



Comfort
Recumbent
Bike

RECUMBENT BIKE ASSEMBLY **STEP 5**



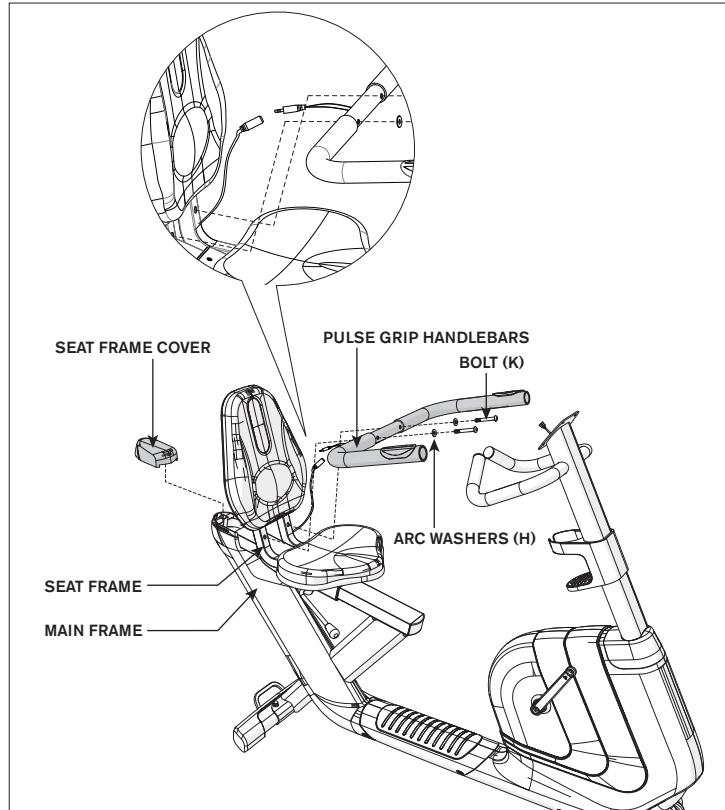
HARDWARE FOR STEP 5 :

 **BOLT (J)**
M8x45 mm
Qty: 8

 **FLAT WASHER (B)**
Ø9xØ18x2.0T mm
Qty: 8

- A Open **HARDWARE FOR STEP 5**.
- B Attach **SEAT BASE** to **SEAT FRAME** using 4 **BOLTS (J)** and 4 **FLAT WASHERS (B)**.
- C Attach **SEAT BACK** to **SEAT FRAME** using 4 **BOLTS (J)** and 4 **FLAT WASHERS (B)**.

RECUMBENT BIKE ASSEMBLY **STEP 6**



HARDWARE FOR STEP 6 :



- A Open **HARDWARE FOR STEP 6**.
- B Attach **PULSE GRIP HANDLEBARS** to the **SEAT FRAME** using 2 **BOLTS (K)** and 2 **ARC WASHERS (H)**.
- C Attach **SEAT FRAME COVER** to **MAIN FRAME** as shown.
- D Attach the heart rate wires from the **PULSE GRIP HANDLEBARS** to the heart rate wires on the **MAIN FRAME**.

Note: Before assembly the handle make sure the handle is in right position with heart rate grip facing up and cable down.

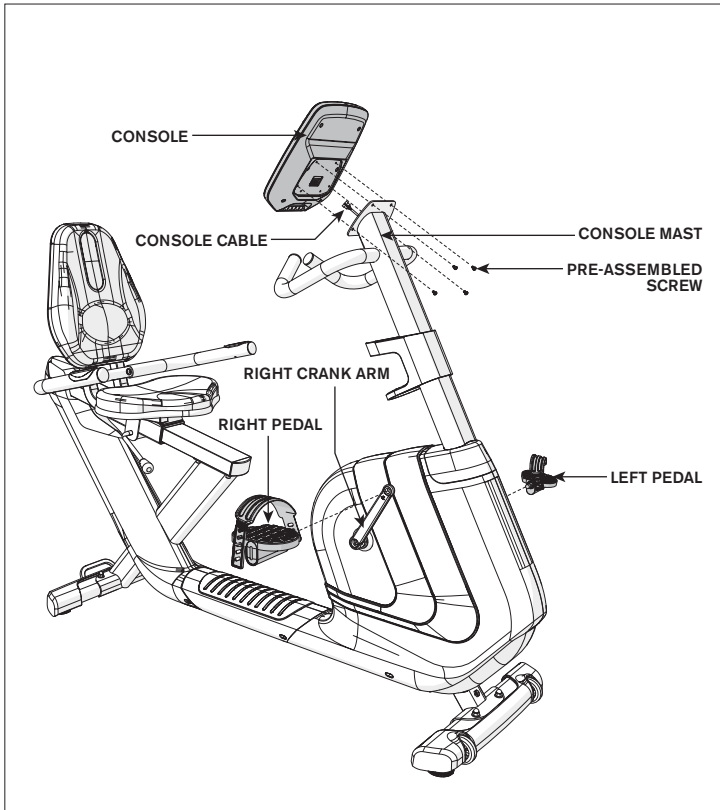


Comfort
Recumbent
Bike



Comfort
Recumbent
Bike

RECUMBENT BIKE ASSEMBLY **STEP 7**



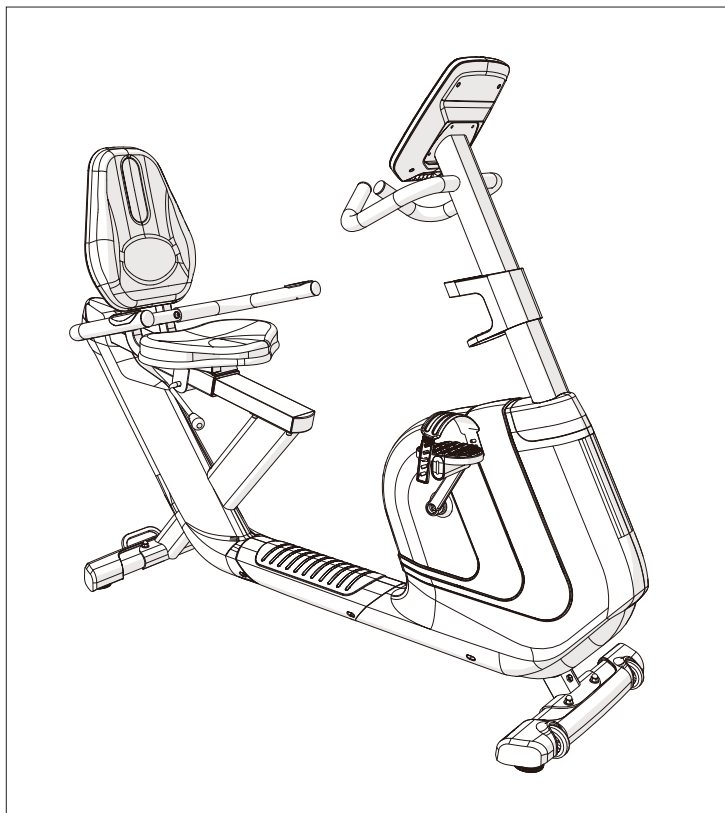
HARDWARE FOR STEP 7 :



- A **HARDWARE FOR STEP 7** is pre-installed.
- B Attach the **RIGHT PEDAL** to the **RIGHT CRANK ARM**, tightening it clockwise with the provided 13mm/15mm flat wrench.
- C Attach the **LEFT PEDAL** onto the left crank arm, tightening it counter-clockwise with the provided 13mm/15mm flat wrench. (NOTE: The left crank arm is reversed threaded so it is very important that it is tightened counter-clockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)
- D Connect the **CONSOLE CABLE** and carefully tuck into the **CONSOLE MAST**.
- E Attach the **CONSOLE** to the **CONSOLE MAST** using 4 **PRE-ASSEMBLED SCREWS**.

Note: You may need a 15mm wrench to assemble the pedal. Please be care not to pinch yourself when assembling.

RECUMBENT BIKE ASSEMBLY



ASSEMBLY COMPLETE!

Comfort R
Overall Dimension: 165 x 64 x 135 cm
Net Weight: 47 kg / 103 lbs
Gross Weight: 54 kg / 119 lbs
Max. User Weight: 136 kg / 300 lbs



Comfort
Recumbent
Bike



Comfort Upright Bike

SMART DEVICE AND READING RACK

⚠ WARNING

Consult a physician prior to using any exercise equipment. Possibility of serious injury if equipment is used improperly. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. Stop exercising if you feel pain, faint, dizzy or short of breath. Read Owner's Manual before using. Keep children off and away from this equipment. This machine is designed for Home-use only, do not use for club or therapeutic purposes.
 Konsultieren Sie einen Arzt, bevor Sie mit dem Training beginnen. Bei unangemessenem Gebrauch kann es zu ernsthaften Verletzungen kommen. Herzfrequenzüberwachungssysteme können ungenau sein. Übermäßiges Training kann zu ernsthaften Verletzungen oder zum Tod führen. Beenden Sie Ihr Training, wenn Sie Schmerzen, Übelkeit, Schwindel oder Atemnot verspüren. Lesen Sie vor der Ersteinsetzung die Bedienungsanleitung. Halten Sie Kinder vom Training fern. Nur für den Heimgebrauch.

HANDLEBARS

TOWEL HOOK

SEAT

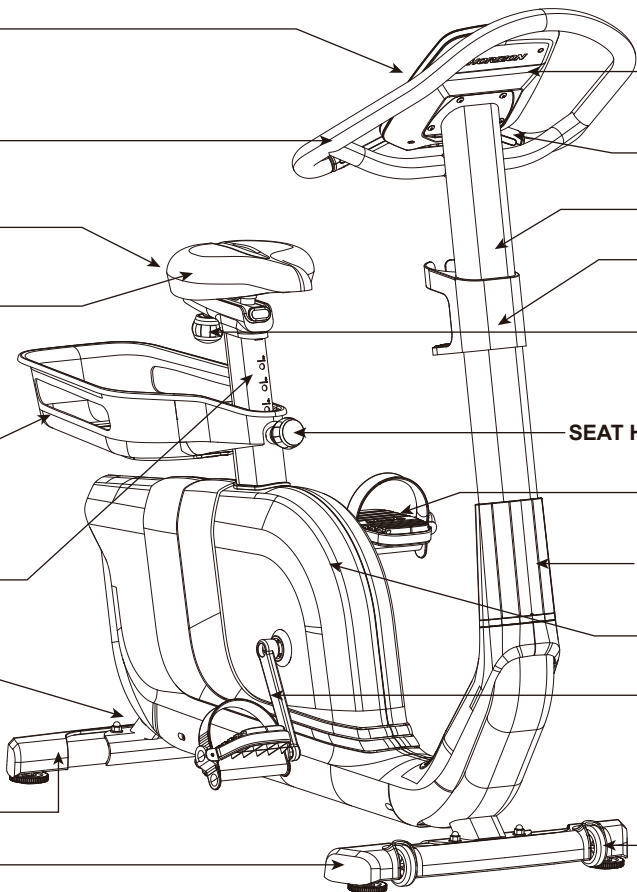
ACCESSORY TRAY (COMFORT 8i ONLY)

SEAT POST TUBE

POWER CORD SOCKET

REAR STABILIZER

FRONT STABILIZER TUBE



CONSOLE

HEART RATE GRIP

CONSOLE MAST

WATER BOTTLE HOLDER

SEAT POSITION ADJUSTMENT KNOB

SEAT HEIGHT ADJUSTMENT KNOB

PEDALS

CONSOLE MAST GROMMET

MAIN FRAME

CRANK

TRANSPORT WHEELS

(COMFORT 8i SHOWN)

TOOLS REQUIRED:

- 13/15mm Flat Wrench/Screwdriver
- 5mm L-Wrench

PARTS INCLUDED:

- 1 Main Frame
- 1 Console
- 1 Console Mast
- 1 Console Mast Grommet
- 1 Water Bottle Holder
- 1 Front Stabilizer
- 1 Rear Stabilizer
- 1 Seat
- 1 Seat Post Tube
- 2 Pedals with Straps
- 1 Audio Adapter Cable
- 1 Power Cord
- 1 Hardware Kit
- 1 Accessory Tray (Comfort 8i Only)

UPRIGHT BIKE PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the bike carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

IMPORTANT NOTES

During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded. It is recommended you complete the full assembly of your unit before completely tightening any ONE bolt.

Several parts have been pre-lubricated to aid in assembly and usage. Please do not wipe this off. If you have difficulty, a light application of lithium bike grease is recommended.

NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer. Contact information may be located on the back panel of your manual or on the warranty card.

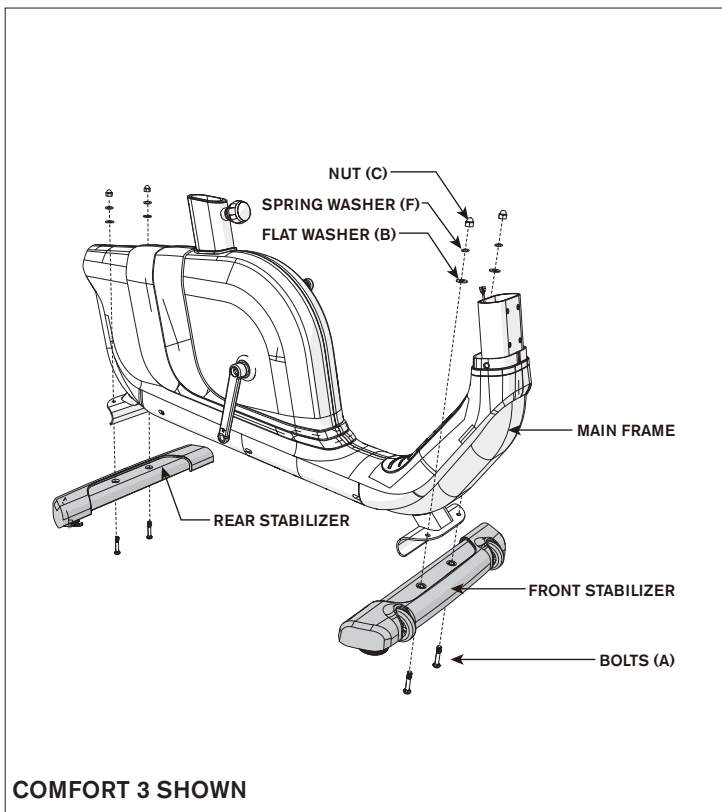


Comfort
Upright
Bike

UPRIGHT BIKE ASSEMBLY **STEP 1**



Comfort
Upright
Bike




HARDWARE FOR STEP 1 :

 **BOLT (A)**
M8x56 mm
Qty: 4

 **FLAT WASHER (B)**
Ø9xØ20x2.0T mm
Qty: 4

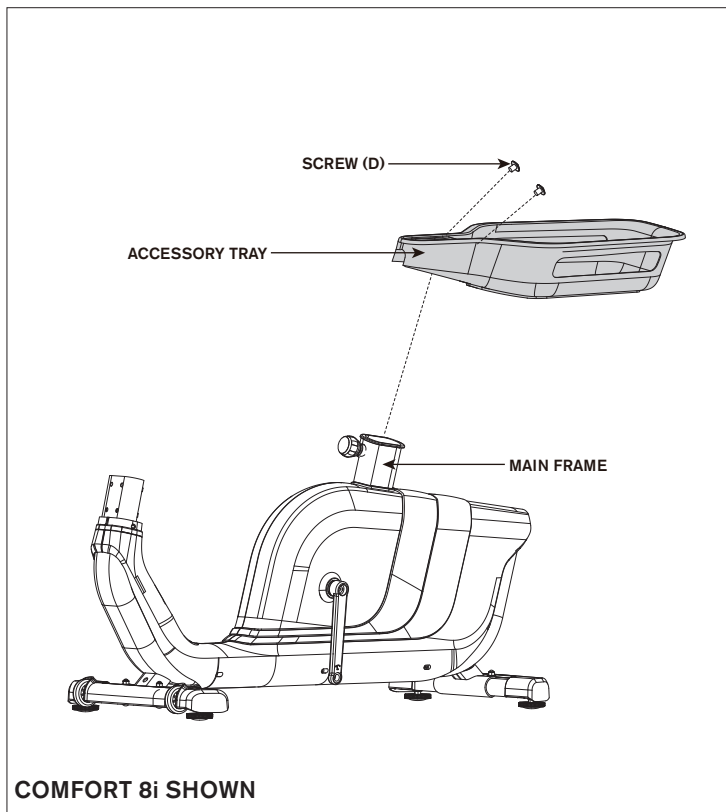
 **NUT (C)**
M8
Qty: 4

 **SPRING WASHER (F)**
M8x2.0T mm
Qty: 4

- A Open **HARDWARE FOR STEP 1**.
- B Attach the **REAR STABILIZER** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **FLAT WASHERS (B)**, 2 **SPRING WASHERS (F)** and 2 **NUTS (C)**.
- C Attach the **FRONT STABILIZER** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **FLAT WASHERS (B)**, 2 **SPRING WASHERS (F)** and 2 **NUTS (C)**.

Note: Lifting up the machine will help your assembly. First put in place the stabilizer and then insert the bolts will also make your assembly easier.

UPRIGHT BIKE ASSEMBLY **STEP 1-2** (COMFORT 8i ONLY)



HARDWARE FOR STEP 1-2 :



- A Open **HARDWARE FOR STEP 1-2**.
- B Carefully slide the **ACCESSORY TRAY** to the **MAIN FRAME**.
- C Attach and tighten the **ACCESSORY TRAY** to the **MAIN FRAME** using 2 **SCREWS (D)**.

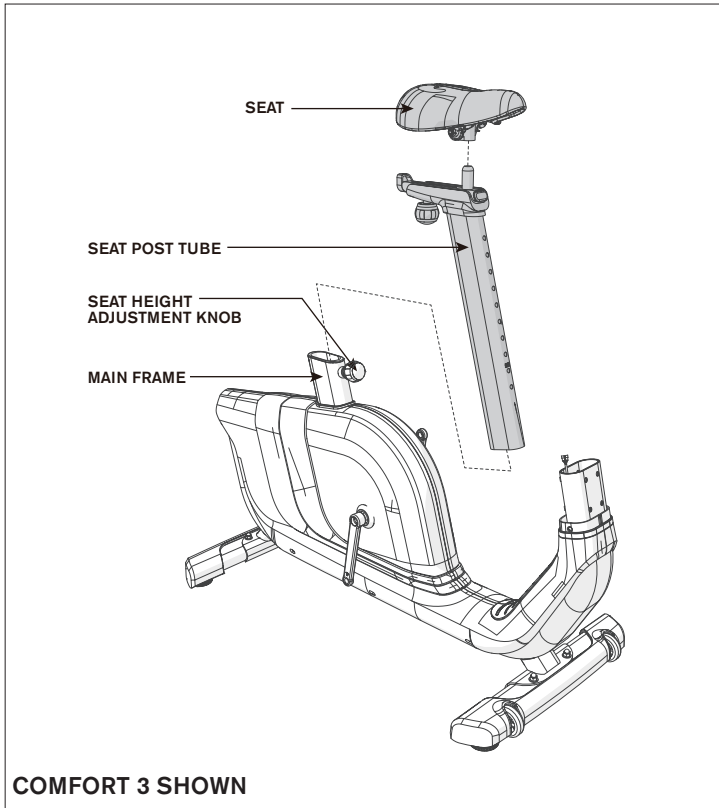


Comfort
Upright
Bike



Comfort
Upright
Bike

UPRIGHT BIKE ASSEMBLY **STEP 2**

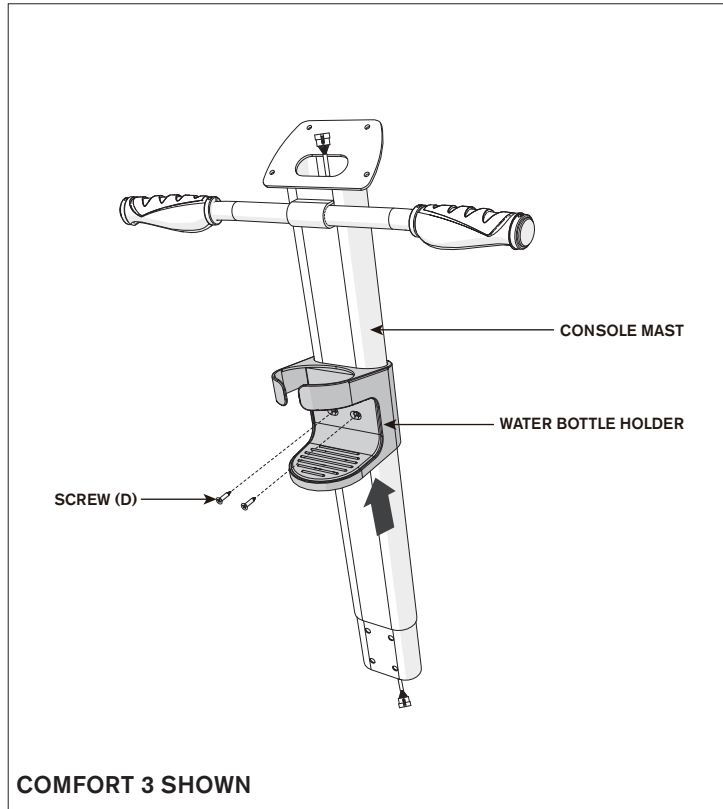


Note: There is no hardware needed at this step.

- A Attach the **SEAT** to the **SEAT POST TUBE** and tighten the **SEAT NUTS** by using 13mm wrench. (You may need additional 13mm wrench to make the seat assembly more easier.)
- B Loosen the **SEAT HEIGHT ADJUSTMENT KNOB** by turning it two half turns counter-clockwise.
- C Then pull the **SEAT HEIGHT ADJUSTMENT KNOB** outward while sliding the **SEAT POST TUBE** into the **MAIN FRAME**.

Note: While assembling the **SEAT** please make sure the seat is in right position. Tilt up the front of the **SEAT** might help you gain a more stable riding experience.

UPRIGHT BIKE ASSEMBLY **STEP 3**



HARDWARE FOR STEP 3 :



- A Open **HARDWARE FOR STEP 3**.
- B Slide **WATER BOTTLE HOLDER** up **CONSOLE MAST** and align screw holes in **WATER BOTTLE HOLDER** with holes in **CONSOLE MAST**.
- C Attach the **WATER BOTTLE HOLDER** using 2 **SCREWS (D)**.

Note: Be careful not to pinch any cable while assembling.

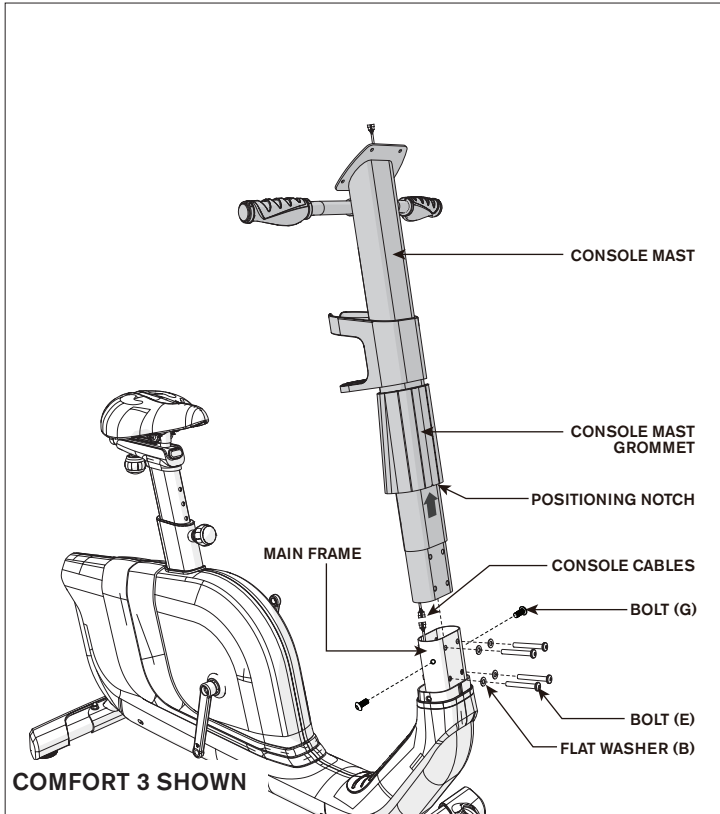


Comfort
Upright
Bike



Comfort
Upright
Bike

UPRIGHT BIKE ASSEMBLY **STEP 4**



HARDWARE FOR STEP 4 :

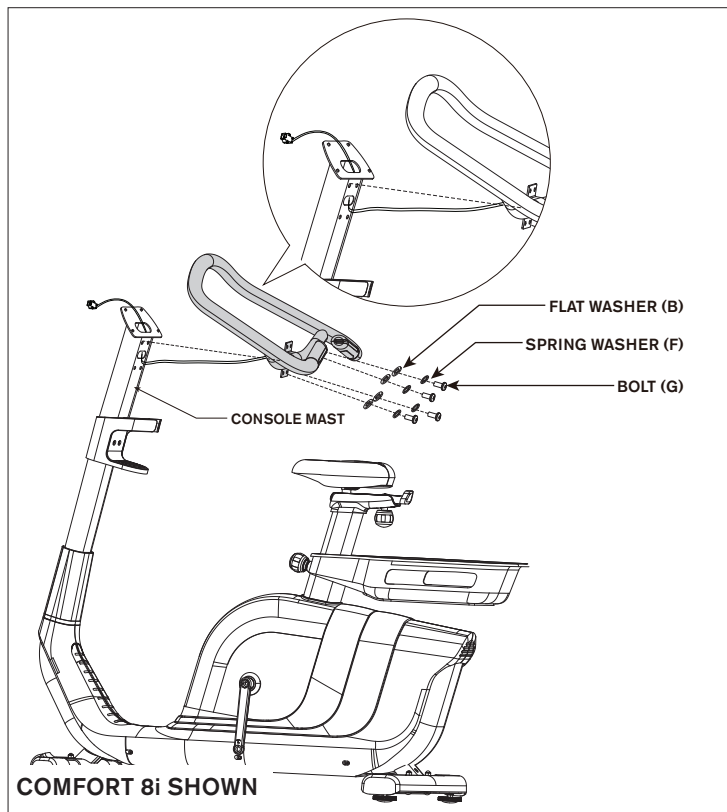
 **BOLT (E)**
M8x60 mm
Qty: 4

 **FLAT WASHER (B)**
Ø9xØ20x2.0T mm
Qty: 4

 **BOLT (G)**
M8x15 mm
Qty: 2

- A Open **HARDWARE FOR STEP 4**.
- B Slide **CONSOLE MAST GROMMET** from the bottom up the **CONSOLE MAST** with the small **POSITIONING NOTCH** facing forward.
- C Attach **CONSOLE CABLES** and carefully tuck all cables into **MAIN FRAME**. Slide **CONSOLE MAST** into **MAIN FRAME**.
- D Attach the **CONSOLE MAST** using 2 **BOLTS (G)** from the sides and 4 **BOLTS (E)**, 4 **FLAT WASHERS (B)**.
- E Slide **CONSOLE MAST GROMMET** down over **MAIN FRAME**.

UPRIGHT BIKE ASSEMBLY **STEP 4-2** (FOR COMFORT 7, 8i ONLY)



HARDWARE FOR STEP 4-2 :



BOLT (G)
M8x15 mm
Qty: 4



FLAT WASHER (B)
Ø9xØ20x2.0T mm
Qty: 4



SPRING WASHER (F)
M8x2.0T mm
Qty: 4

- A Open **HARDWARE FOR STEP 4-2**.
- B Holding **HANDLEBAR** close to **CONSOLE MAST** and feed the **HANDLEBAR WIRES** through the hole in the **CONSOLE MAST** and out the top of the **CONSOLE MAST**.
- C Attach handlebar to **CONSOLE MAST** using 4 **BOLTS(G)**, 4 **SPRING WASHERS (F)** and 4 **FLAT WASHERS (B)**.

Note: You may need extra help to route the heart rate cable and tighten the handlebar.

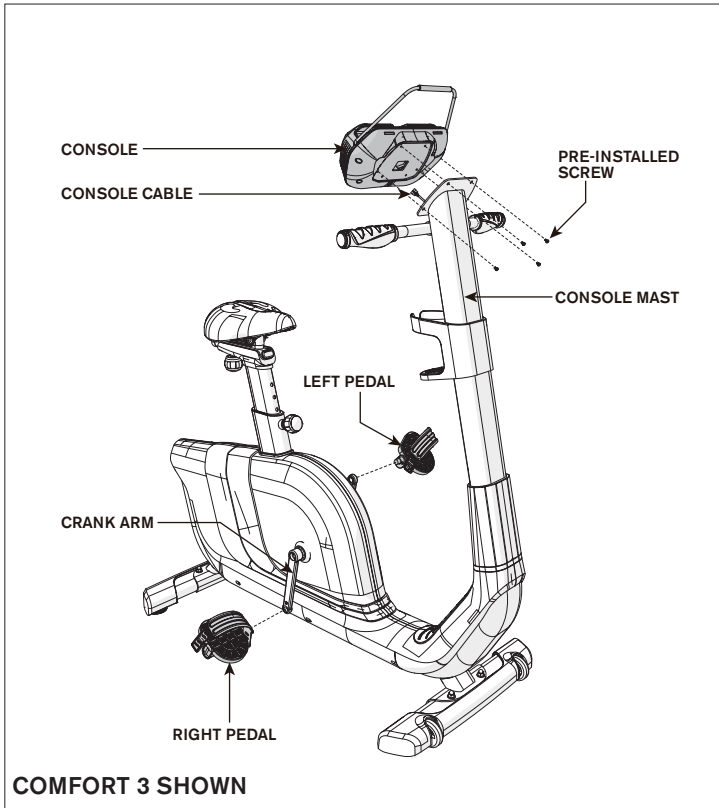


Comfort
Upright
Bike



Comfort
Upright
Bike

UPRIGHT BIKE ASSEMBLY **STEP 5**



HARDWARE FOR STEP 5 :



- A** **HARDWARE FOR STEP 5** is pre-installed.
- B** Attach the **RIGHT PEDAL** to the **RIGHT CRANK ARM**, tightening it clockwise with the provided 13mm/15mm flat wrench.
- C** Attach the **LEFT PEDAL** onto the left crank arm, tightening it counter-clockwise with the provided 13mm/15mm flat wrench. (NOTE: The left crank arm is reversed threaded so it is very important that it is tightened counter-clockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)
- D** Connect the **CONSOLE CABLE** and carefully tuck into the **CONSOLE MAST**.
- E** Attach the **CONSOLE** to the **CONSOLE MAST** using 4 **PRE-INSTALLED SCREWS**.

Note: You may need a 15mm wrench to assemble the pedal. Please be care not to pinch yourself when assembling.

UPRIGHT BIKE ASSEMBLY



ASSEMBLY COMPLETE!



Comfort
Upright
Bike

Comfort 3
Overall Dimension: 120 x 55 x 134 cm
Net Weight: 35.5 kg / 78 lbs
Gross Weight: 41 kg / 90 lbs
Max. User Weight: 136 kg / 300 lbs

Comfort 5
Overall Dimension: 120 x 55 x 134 cm
Net Weight: 37 kg / 81.5 lbs
Gross Weight: 42.5 kg / 93.5 lbs
Max. User Weight: 136 kg / 300 lbs

Comfort 7
Overall Dimension: 120 x 55 x 136 cm
Net Weight: 39 kg / 86 lbs
Gross Weight: 44.5 kg / 98 lbs
Max. User Weight: 136 kg / 300 lbs

Comfort 8i
Overall Dimension: 132 x 55 x 140 cm
Net Weight: 42 kg / 92.5 lbs
Gross Weight: 47.5 kg / 104.5 lbs
Max. User Weight: 136 kg / 300 lbs

BIKE OPERATION

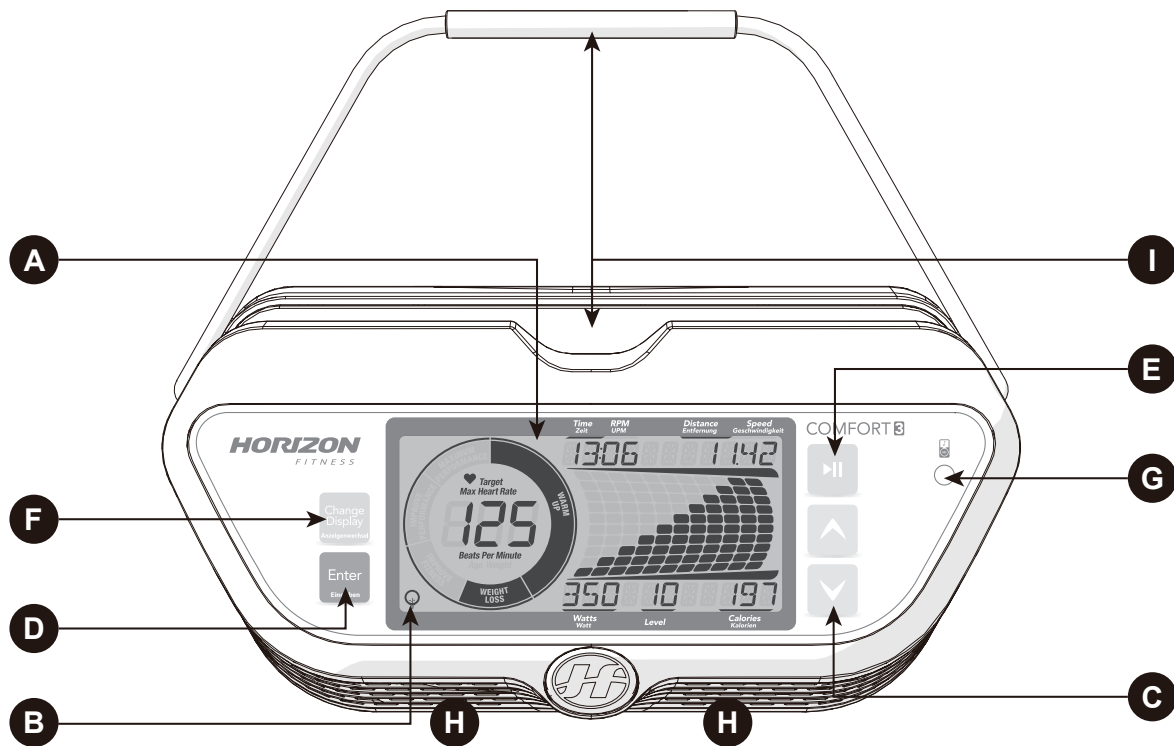


This section explains how to use your bike's console and programming.
The BASIC OPERATION section in the BIKE GUIDE has instructions for the following:

- **LOCATION OF THE BIKE**
- **POWER/GROUNDING INSTRUCTIONS**
- **SEAT POSITIONING**
- **MOVING THE BIKE**
- **LEVELING THE BIKE**
- **USING THE HEART RATE FUNCTION**



Comfort 3
Shown



COMFORT 3 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

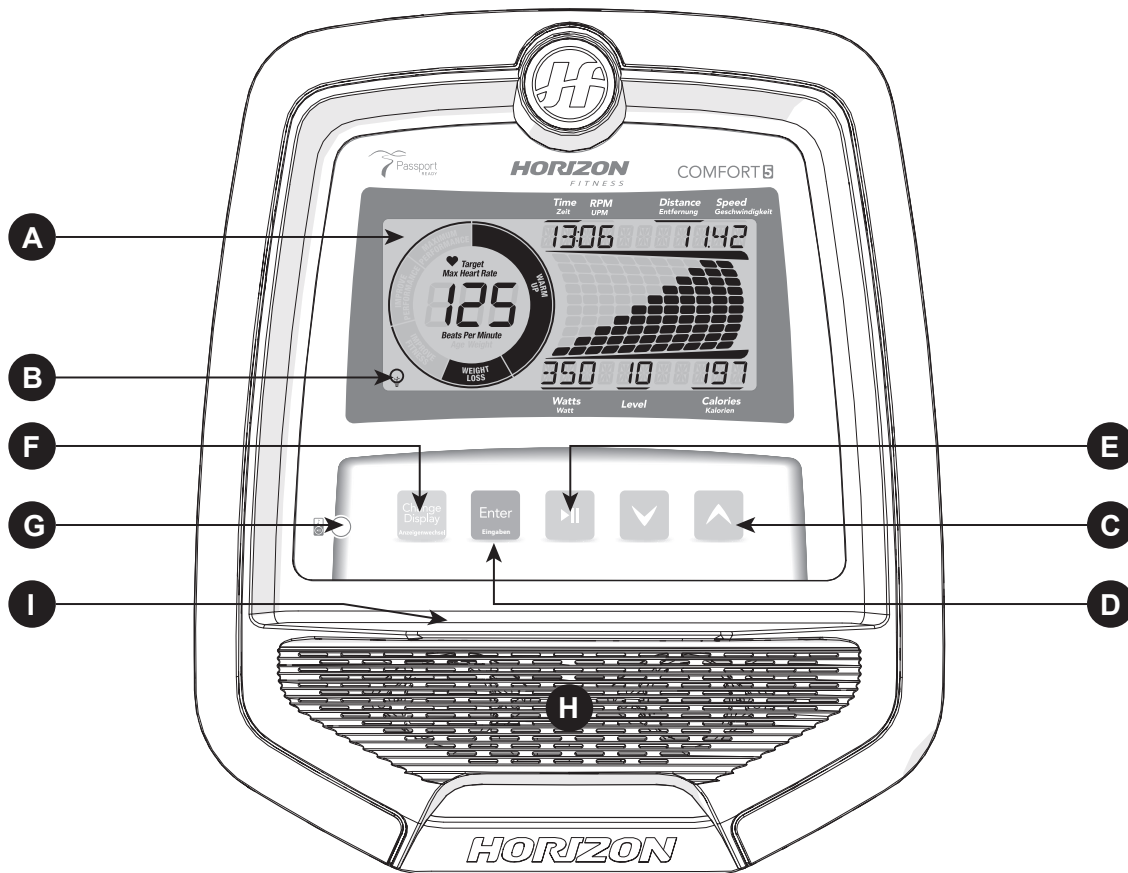
- A) **LCD DISPLAY WINDOWS:** Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Workout Profile.
- B) **ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) **▼ ▲ ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) **ENTER BUTTON:** used to confirm setting of workout program or user profile.
- E) **▶|| START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) **CHANGE DISPLAY BUTTON:** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt.(lower bar displayed)
- G) **AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) **SPEAKER:** play music through speakers when connected to your media player.
- I) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.



Comfort 3
Shown



Comfort 5
Shown



COMFORT 5/R CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

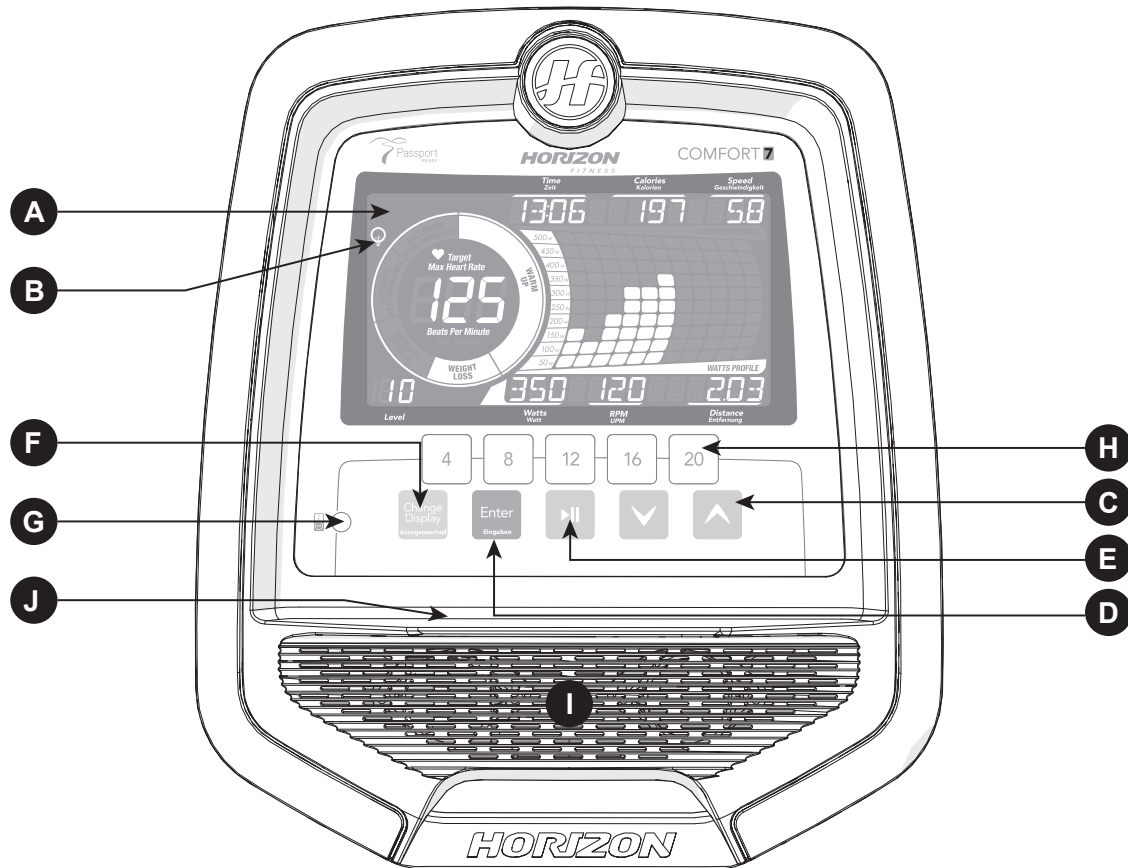
- A) **LCD DISPLAY WINDOWS:** Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Profile.
- B) **ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) **▼ ▲ ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) **ENTER BUTTON:** used to confirm setting of workout program or user profile.
- E) **▶|| START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) **CHANGE DISPLAY BUTTON:** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance (upper bar displayed) or watt profile for your current workout watt (lower bar displayed).
(Note: use with arrow button up to activate Passport sync process, see page 51 for more details).
- G) **AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) **SPEAKER:** play music through speakers when connected to your media player.
- I) **SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reading materials.



Comfort 5
Shown



Comfort 7
Shown



COMFORT 7 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY WINDOWS:** Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Profile.
- B) ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) ▼ ▲ ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) ENTER BUTTON:** used to confirm setting of workout program or user profile.
- E) ▶|| START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) CHANGE DISPLAY BUTTON:** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).
(Note: use with arrow button up to activate Passport sync process, see page 51 for more details).
- G) AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.
- I) SPEAKER:** play music through speakers when connected to your media player.
- J) SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reaing materials.

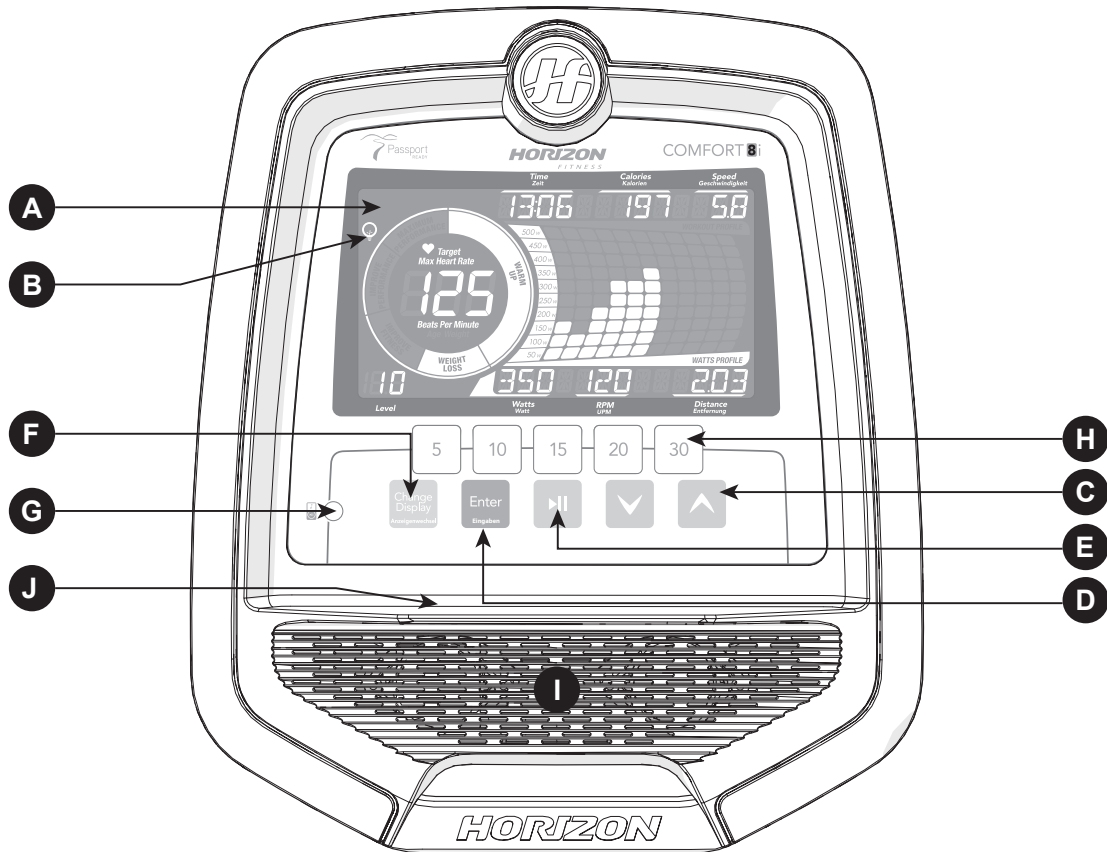
Note: Comfort 7 console comes with touch keys. For better console operation you need to touch these keys softly. If you press too hard it will effect your operation experience.



Comfort 7
Shown



Comfort Bi
Shown



COMFORT 8i CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY WINDOWS:** Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Profile.
- B) ENERGY SAVER:** to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) ▼ ▲ ARROW BUTTONS:** used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) ENTER BUTTON:** used to confirm setting of workout program or user profile.
- E) ▶|| START AND STOP BUTTON:** press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) CHANGE DISPLAY BUTTON:** used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).
(Note: use with arrow button up to activate Passport sync process, see page 51 for more details).
- G) AUDIO IN JACK:** use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) RESISTANCE DIRECT BUTTON:** use the direct button to chose your desired workout resistance.
- I) SPEAKER:** play music through speakers when connected to your media player.
- J) SMART DEVICE AND READING RACK:** holds your smart phone, tablet or reaing materials.

Note: Comfort 8i console comes with touch keys. For better console operation you need to touch these keys softly. If you press too hard it will effect your operation experience.

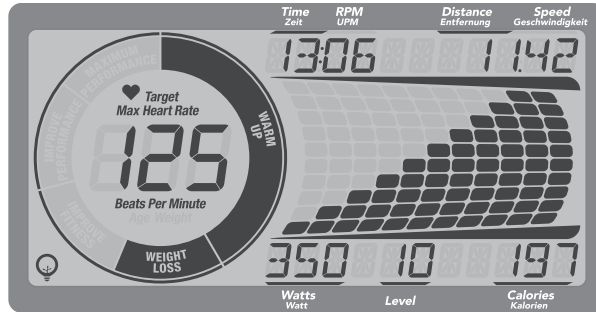


Comfort 8i
Shown

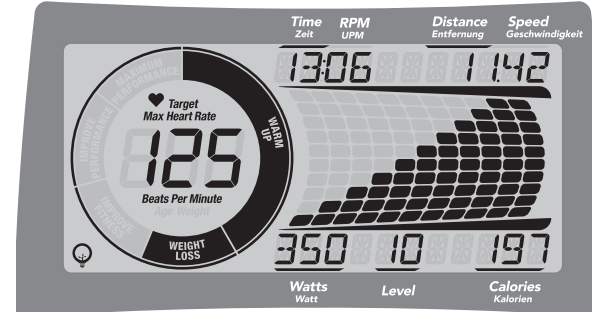


Comfort 3
Comfort 5
Comfort R

COMFORT 3 DISPLAYS



COMFORT 5 DISPLAYS



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **RPM:** Revolutions Per Minute.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH. Indicates how fast the wheels are moving.
- **WATTS:** Displays current user power output. Your workout watt performance will also be calculated and shown as dot-matrix profile at right hand side.
- **LEVEL:** Shows the current level of resistance.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate.
- **MAXIMUM HEART RATE:** Shows your maximum heart rate. The Change Display button switches between your MAXIMUM HEART RATE and your current HEART RATE. The MAXIMUM HEART RATE is calculated as $(220 - \text{age}) \times 0.85$.
- **HEART RATE WHEEL:** Displays your current activity zone during your workout. With this Heart rate wheel you can be certain if your exercise level fits your workout goal.
 - WARM UP: 0-60% of maximum heart rate.
 - WEIGHT LOSS: 60-70% of maximum heart rate.
 - IMPROVE FITNESS: 70-80% of maximum heart rate.
 - IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
 - MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.
- **ENERGY SAVER:** Indicates when the machine is in Energy Saver mode to conserve power consumption (see page 51 for more detail information).

COMFORT 7 DISPLAYS



COMFORT 8i DISPLAYS



Comfort 7
Comfort 8i

DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **RPM:** Revolutions Per Minute.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH. Indicates how fast the wheels are moving.
- **WATTS:** Displays current user power output.
- **LEVEL:** Shows the current level of resistance.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate.
- **MAXIMUM HEART RATE:** Shows your maximum heart rate. The Change Display button switches between your MAXIMUM HEART RATE and your current HEART RATE. The MAXIMUM HEART RATE is calculated as $(220 - \text{age}) \times 0.85$.

- **HEART RATE WHEEL:** Displays your current activity zone during your workout. With this Heart rate wheel you can be certain if your exercise level fits your workout goal.
 - WARM UP: 0-60% of maximum heart rate.
 - WEIGHT LOSS: 60-70% of maximum heart rate.
 - IMPROVE FITNESS: 70-80% of maximum heart rate.
 - IMPROVE PERFORMANCE: 80-90% of maximum heart rate.
 - MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.
- **WATT SCALE AND PROFILE DISPLAY:** shows your current workout watt. ex. 50W dot will light up to show when reaching or selecting 25-50 watt. You may use change display key to switch back to workout profile display. Note: Scale will only show up to 400w in Watts programs to reflect your target watt range of 25-400 watt.
- **ENERGY SAVER:** Indicates when the machine is in Energy Saver mode to conserve power consumption (see page 51 for more detail information).



GETTING STARTED

QUICK START

- 1) Make sure the power is on.
- 2) Press START / STOP ►|| to start exercise in MANUAL mode.
- 3) Press ▲ ▼ to adjust resistance level during the workout.

START YOUR WORKOUT

- 1) Select guest / user1 / user2.
- 2) Select your weight.
- 3) Select your age.
- 4) Select your desired program.
- 5) Select your gender (required only under Fit-Test program).
- 6) Select the program settings, time, level, etc.
- 7) Press Start/Stop ►|| to start your workout.

Note: Console will save your setting for user 1 & 2 ready for next workout.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold START/STOP ►|| for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the bike will stop and beep. You can unplug the machine or it will enter Energy Saver Mode in 15 mins.

PROGRAM INFORMATION

Comfort 3: 10 Programs (Manual / Intervals / Game / Weight Loss / Rolling / Cadence / Random / Constant Watts / THR Zone / Custom)

Comfort 5: 12 Programs (Manual / Intervals / Game / Weight Loss / Rolling / Cadence / Random / Constant Watts / THR Zone / % THR / Custom 1 / Custom 2)

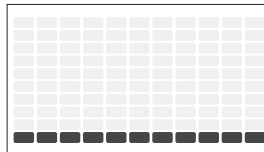
Comfort 7: 14 Programs (Manual / Intervals / Game / FitTest / Weight Loss / Weight Loss Plus / Rolling / Cadence / Random / Constant Watts / THR Zone / %THR / Custom 1 / Custom 2)

Comfort 8i: 16 Programs (Manual / Intervals / Game / FitTest / Weight Loss / Weight Loss Plus / Rolling / Cadence / Random / Constant Watts / Interval Watts / THR Zone / %THR / Strength Builder / Custom 1 / Custom 2)

Comfort R: 12 Programs (Manual / Intervals / Game / Weight Loss / Rolling / Cadence / Random / Constant Watts / THR Zone / % THR / Custom 1 / Custom 2)

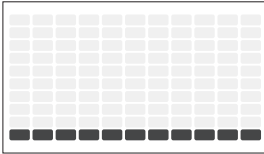


- 1) MANUAL:** Allows you to adjust the resistance level to your preference, without a preset program. Adjust your resistance manually during your workout. User sets time and resistance using (up/down arrow) and ENTER.





2) **INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER.



(Comfort 3, 5, R)

INTERVALS																				
	Warm Up					Program Segments - Repeat										Cool down				
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
Level 2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
Level 3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
Level 4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
Level 5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
Level 6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
Level 7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
Level 8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
Level 9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
Level 10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
Level 11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
Level 12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3

(Comfort 7)

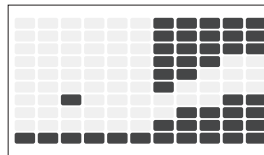
INTERVALS																				
	Warm Up					Program Segments - Repeat										Cool down				
Seconds	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60		
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
Level 2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
Level 3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
Level 4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
Level 5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
Level 6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
Level 7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
Level 8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
Level 9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
Level 10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
Level 11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
Level 12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3
Level 13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	17	13	14	13	9	5
Level 14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	18	14	15	13	9	5
Level 15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	19	15	16	13	9	5
Level 16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	20	16	17	13	9	5

INTERVALS																							
	Warm Up					Program Segments - Repeat														Cool down			
Seconds	60	60	60	60	30	60	60	30	30	60	30	60	60	30	30	60	60	60	60	60	60	60	60
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Level 1	1	3	3	4	7	1	1	7	7	1	7	1	1	7	7	1	4	3	3	1			
Level 2	1	3	3	4	9	3	3	9	9	3	9	3	3	9	9	3	4	3	3	1			
Level 3	1	3	3	6	10	4	4	10	10	4	10	4	4	10	10	4	6	3	3	1			
Level 4	1	3	3	7	12	6	6	12	12	6	12	6	6	12	12	6	7	3	3	1			
Level 5	3	4	7	9	13	7	7	13	13	7	13	7	7	13	13	7	9	7	4	3			
Level 6	3	4	7	10	15	9	9	15	15	9	15	9	9	15	15	9	10	7	4	3			
Level 7	3	4	7	12	16	10	10	16	16	10	16	10	10	16	16	10	12	7	4	3			
Level 8	3	4	7	13	18	12	12	18	18	12	18	12	12	18	18	12	13	7	4	3			
Level 9	4	6	7	15	19	13	13	19	19	13	19	13	13	19	19	13	15	7	6	4			
Level 10	4	6	12	16	21	15	15	21	21	15	21	15	15	21	21	15	16	12	6	4			
Level 11	4	9	15	18	22	16	16	22	22	16	22	16	16	22	22	16	18	15	9	4			
Level 12	4	9	15	19	24	18	18	24	24	18	24	18	18	24	24	18	19	15	9	4			
Level 13	7	13	19	21	25	19	19	25	25	19	25	19	19	25	25	19	21	19	13	7			
Level 14	7	13	19	22	27	21	21	27	27	21	27	21	21	27	27	21	22	19	13	7			
Level 15	7	13	19	24	28	22	22	28	28	22	28	22	22	28	28	22	24	19	13	7			
Level 16	7	13	19	25	30	24	24	30	30	24	30	24	24	30	30	24	25	19	13	7			

(Comfort 8i)

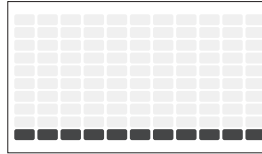


- 3) **GAME:** This warm up game simulates a Car Racing Game. To control the car up and down, you pedal faster or slower. Try to avoid those barriers and keep on track. Your remaining chances will be shown on upper LCD with 10 dots and each time you fit a barrier one dot will be removed. You only have 11 chances to complete the circuit, so be careful.

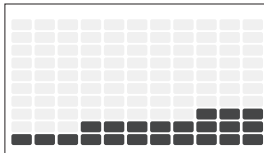




- 4) **FIT-TEST:** test your current level of physical condition. Keep RPM between 60 and 80 during test, program will change resistance automatically during test per an embedded chart. Try to keep your RPM until you can not go any further. Console will look up the table and give you your current physical condition estimation.



- 5) **WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone. Time based program with 16 levels to choose from. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.



(Comfort 3, 5, R)

		WEIGHT LOSS																							
		Warm Up				Program Segments - Repeat																Cool down			
Seconds	Segment	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60
	Level 1	1	2	2	3	3	3	4	4	4	5	5	5	5	4	4	3	3	3	2	2	1			
	Level 2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1				
	Level 3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1				
	Level 4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1				
	Level 5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2				
	Level 6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2				
	Level 7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2				
	Level 8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2				
	Level 9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3				
	Level 10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3				
	Level 11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3				
	Level 12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3				



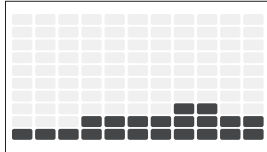
WEIGHT LOSS																						
	Warm Up						Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60		
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Level 1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1		
Level 2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1		
Level 3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1		
Level 4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1		
Level 5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2		
Level 6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2		
Level 7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2		
Level 8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2		
Level 9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3		
Level 10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3		
Level 11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3		
Level 12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3		
Level 13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5		
Level 14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5		
Level 15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5		
Level 16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5		

(Comfort 7)

WEIGHT LOSS																						
	Warm Up						Program Segments - Repeat												Cool down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60		
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Level 1	1	3	3	4	4	4	6	6	7	7	7	7	6	6	4	4	4	3	3	1		
Level 2	1	3	3	4	6	6	7	7	9	9	9	9	7	7	6	6	4	3	3	1		
Level 3	1	3	3	6	7	7	9	9	10	10	10	10	9	9	7	7	6	3	3	1		
Level 4	1	3	3	7	9	9	10	10	12	12	12	12	10	10	9	9	7	3	3	1		
Level 5	3	4	7	9	10	10	12	12	13	13	13	13	12	12	10	10	9	7	4	3		
Level 6	3	4	7	10	12	12	13	13	15	15	15	15	13	13	12	12	10	7	4	3		
Level 7	3	4	7	12	13	13	15	15	16	16	16	16	15	15	13	13	12	7	4	3		
Level 8	3	4	7	13	15	15	16	16	18	18	18	18	16	16	15	15	13	7	4	3		
Level 9	4	6	7	15	16	16	18	18	19	19	19	19	18	18	16	16	15	7	6	4		
Level 10	4	6	12	16	18	18	19	19	21	21	21	21	19	19	18	18	16	12	6	4		
Level 11	4	9	15	18	19	19	21	21	22	22	22	22	21	21	19	19	18	15	9	4		
Level 12	4	9	15	19	21	21	22	22	24	24	24	24	22	22	21	21	19	15	9	4		
Level 13	7	13	19	21	22	22	24	24	25	25	25	25	24	24	22	22	21	19	13	7		
Level 14	7	13	19	22	24	24	25	25	27	27	27	27	25	25	24	24	22	19	13	7		
Level 15	7	13	19	24	25	25	27	27	28	28	28	28	27	27	25	25	24	19	13	7		
Level 16	7	13	19	25	27	27	28	28	30	30	30	30	28	28	27	27	25	19	13	7		

(Comfort 8)

6) WEIGHT LOSS PLUS(COMFORT 7 & 8i ONLY): Promotes weight loss by increasing and decreasing the resistance, while keeping you in your fat burning zone. Time based program with 15 levels to choose from and greater intensity than the weight loss program. User sets time and level using (up/down arrows) and ENTER. Please drink enough water while and after doing exercise to enhance the weight loss results.



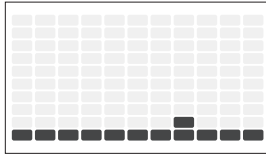
(Comfort 7)

WEIGHT LOSS PLUS																				
	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	2	2	3	4	3	4	5	5	3	4	6	6	5	4	3	3	2	2	1
Level 2	2	3	3	3	5	4	5	6	6	4	5	7	7	6	5	4	3	3	3	2
Level 3	2	3	4	4	6	5	6	7	7	5	6	8	8	7	6	5	4	4	3	2
Level 4	2	4	4	5	7	6	7	8	8	6	7	9	9	8	7	6	5	4	4	2
Level 5	3	4	5	6	8	7	8	9	9	7	8	10	10	9	8	7	6	5	4	3
Level 6	3	5	6	6	9	8	9	10	10	8	9	11	11	10	9	8	6	6	5	3
Level 7	4	6	7	7	10	9	10	11	11	9	10	12	12	11	10	9	7	7	6	4
Level 8	4	6	7	8	11	10	11	12	12	10	11	13	13	12	11	10	8	7	6	4
Level 9	4	7	8	9	12	11	12	13	13	11	12	14	14	13	12	11	9	8	7	4
Level 10	5	7	9	9	13	12	13	14	14	12	13	15	15	14	13	12	9	9	7	5
Level 11	5	8	9	10	14	13	14	15	15	13	14	16	16	15	14	13	10	9	8	5
Level 12	6	9	10	11	15	14	15	16	16	14	15	17	17	16	15	14	11	10	9	6
Level 13	6	9	11	12	16	15	16	17	17	15	16	18	18	17	16	15	12	11	9	6
Level 14	6	10	11	12	17	16	17	18	18	16	17	19	19	18	17	16	12	11	10	6
Level 15	7	10	12	13	18	17	18	19	19	17	18	20	20	19	18	17	13	12	10	7

(Comfort 8i)

WEIGHT LOSS PLUS																				
	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	3	3	4	6	4	6	7	7	4	6	9	9	7	6	4	4	3	3	1
Level 2	3	4	4	4	7	6	7	9	9	6	7	10	10	9	7	6	4	4	4	3
Level 3	3	4	6	6	9	7	9	10	10	7	9	12	12	10	9	7	6	6	4	3
Level 4	3	6	6	7	10	9	10	12	12	9	10	13	13	12	10	9	7	6	6	3
Level 5	4	6	7	9	12	10	12	13	13	10	12	15	15	13	12	10	9	7	6	4
Level 6	4	7	9	9	13	12	13	15	15	12	13	16	16	15	13	12	9	9	7	4
Level 7	6	9	10	10	15	13	15	16	16	13	15	18	18	16	15	13	10	10	9	6
Level 8	6	9	10	12	16	15	16	18	18	15	16	19	19	18	16	15	12	10	9	6
Level 9	6	10	12	13	18	16	18	19	19	16	18	21	21	19	18	16	13	12	10	6
Level 10	7	10	13	13	19	18	19	21	21	18	19	22	22	21	19	18	13	13	10	7
Level 11	7	12	13	15	21	19	21	22	22	19	21	24	24	22	21	19	15	13	12	7
Level 12	9	13	15	16	22	21	22	24	24	21	22	25	25	24	22	21	16	15	13	9
Level 13	9	13	16	18	24	22	24	25	25	22	24	27	27	25	24	22	18	16	13	9
Level 14	9	15	16	18	25	24	25	27	27	24	25	28	28	27	25	24	18	16	15	9
Level 15	10	15	18	19	27	25	27	28	28	25	27	30	30	28	27	25	19	18	15	10

7) **ROLLING:** Maintains weight by gradually raising and lowering the resistance level to gradually raise and lower your heart rate.



(Comfort 3, 5, R)

		ROLLING																				
		Warm Up				Program segments												Cool Down				
Seconds	Segment	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
Level 1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1				
Level 2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1				
Level 3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1				
Level 4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1				
Level 5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1				
Level 6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1				
Level 7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1				
Level 8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1				
Level 9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1				
Level 10	4	5	6	6	10	10	11	11	12	12	13	13	12	11	6	5	4	1				
Level 11	4	5	7	7	11	11	12	12	13	13	14	14	13	12	6	5	4	1				
Level 12	4	5	8	8	12	12	13	13	14	14	15	15	14	13	7	6	5	1				
Level 13	4	5	9	9	13	13	14	14	15	15	16	16	15	14	7	6	5	1				
Level 14	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1				

(Comfort 7)

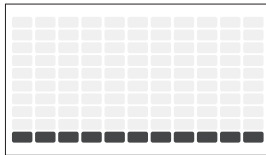
		ROLLING																				
		Warm Up				Program segments												Cool Down				
Seconds	Segment	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
Level 1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1				
Level 2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1				
Level 3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1				
Level 4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1				
Level 5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1				
Level 6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1				
Level 7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1				
Level 8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1				
Level 9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1				
Level 10	4	5	6	6	10	10	11	11	12	12	13	13	12	11	6	5	4	1				
Level 11	4	5	7	7	11	11	12	12	13	13	14	14	13	12	6	5	4	1				
Level 12	4	5	8	8	12	12	13	13	14	14	15	15	14	13	7	6	5	1				
Level 13	4	5	9	9	13	13	14	14	15	15	16	16	15	14	7	6	5	1				
Level 14	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1				



ROLLING																							
Seconds	Warm Up				Program segments											Cool Down							
	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	30	60	60	60	60	
Segment	1	3	4	6	7	9	10	12	13	15	16	18	19	21	22	24	25	27	22	24	25	27	
Level 1	1	1	3	3	1	3	4	6	4	3	1	3	4	3	1	1	1	1	1	1	1	1	1
Level 2	1	3	3	4	3	4	6	7	6	4	3	1	3	4	3	1	1	1	1	1	1	1	1
Level 3	3	3	4	4	4	6	7	9	10	12	10	9	7	6	3	1	1	1	1	1	1	1	1
Level 4	3	4	4	6	6	7	9	10	12	13	12	10	9	7	4	1	1	1	1	1	1	1	1
Level 5	4	6	6	6	7	9	10	12	13	15	13	12	10	9	4	4	3	1	1	1	1	1	
Level 6	4	7	6	7	9	10	12	13	15	15	15	13	12	10	6	4	3	1	1	1	1	1	
Level 7	6	7	7	7	10	10	12	12	13	13	15	15	13	12	6	4	3	1	1	1	1	1	
Level 8	6	7	7	7	12	12	13	13	15	15	16	16	15	13	6	4	3	1	1	1	1	1	
Level 9	6	7	7	7	13	13	15	15	16	16	18	18	16	15	7	6	4	1	1	1	1	1	
Level 10	6	7	9	9	15	15	16	16	18	18	19	19	18	16	9	7	6	1	1	1	1	1	
Level 11	6	7	10	10	16	16	18	18	19	19	21	21	19	18	9	7	6	1	1	1	1	1	
Level 12	6	7	12	12	18	18	19	19	21	21	22	22	21	19	10	9	7	1	1	1	1	1	
Level 13	6	7	13	13	19	19	21	21	22	22	24	24	22	21	10	9	7	1	1	1	1	1	
Level 14	6	7	13	13	21	21	22	22	24	24	25	25	24	22	12	10	9	1	1	1	1	1	

(Comfort 8i)

- 8) **CANDENCE:** Special bike training program to build your stamina and increase endurance. This program will gradually increases resistance level and prompt you to pedal at a low speed (L), medium speed (M), or high speed (H) to help you reach your fitness goal.



CADENCE																				
Seconds	Warm up														Cool down					
	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	60
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	2	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
Level 2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
Level 3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
Level 4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
Level 5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
Level 6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
Level 7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
Level 8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
Level 9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
Level 10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
Level 11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
Level 12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
Level 13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
Level 14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1

(Comfort 3, 5, R)



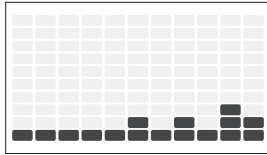
(Comfort 7)

CADENCE																				
	Warm up				L	M	L	H	M	L	H	M	L	H	M	L	Cool down			
Seconds	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	2	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
Level 2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
Level 3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
Level 4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
Level 5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
Level 6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
Level 7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
Level 8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
Level 9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
Level 10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
Level 11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
Level 12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
Level 13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
Level 14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1
Level 15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1
Level 16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1

(Comfort 8i)

CADENCE																				
	Warm up				L	M	L	H	M	L	H	M	L	H	M	L	Cool down			
Seconds	60	60	60	60	90	45	90	30	45	90	30	45	90	30	45	90	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	3	1	1	3	4	3	4	1	3	4	1	3	4	1	3	4	3	1	1	1
Level 2	1	1	1	3	6	4	6	3	4	6	3	4	6	3	4	6	3	1	1	1
Level 3	1	1	1	3	7	6	7	4	6	7	4	6	7	4	6	7	3	1	1	1
Level 4	1	1	1	4	9	7	9	6	7	9	6	7	9	6	7	9	4	1	1	1
Level 5	1	3	4	4	10	9	10	7	9	10	7	9	10	7	9	10	4	4	3	1
Level 6	1	3	4	6	12	10	12	9	10	12	9	10	12	9	10	12	6	4	3	1
Level 7	1	3	4	6	13	12	13	10	12	13	10	12	13	10	12	13	6	4	3	1
Level 8	1	3	4	7	15	13	15	12	13	15	12	13	15	12	13	15	7	4	3	1
Level 9	1	1	1	3	16	15	16	13	15	16	13	15	16	13	15	16	3	1	1	1
Level 10	1	1	1	3	18	16	18	15	16	18	15	16	18	15	16	18	3	1	1	1
Level 11	3	3	3	4	19	18	19	16	18	19	16	18	19	16	18	19	3	1	1	1
Level 12	4	4	4	6	21	19	21	18	19	21	18	19	21	18	19	21	4	1	1	1
Level 13	4	6	6	7	22	21	22	19	21	22	19	21	22	19	21	22	4	4	3	1
Level 14	4	6	7	9	24	22	24	21	22	24	21	22	24	21	22	24	6	4	3	1
Level 15	4	7	9	10	25	24	25	22	24	25	22	24	25	22	24	25	6	4	3	1
Level 16	6	9	10	12	27	25	27	24	25	27	24	25	27	24	25	27	7	4	3	1

9) **RANDOM:** Special designed chart based program that will simulate resistance being changed randomly.



(Comfort 3, 5, R)

	RANDOM																			
	Warm Up				Program segments												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
Level 1	1	1	2	2	1	3	5	2	4	7	2	3	6	1	1	1	1	1		
Level 2	1	2	2	3	2	4	6	3	5	8	3	4	7	2	2	1	1	1		
Level 3	2	2	3	3	3	5	7	4	6	9	4	5	8	3	2	1	1	1		
Level 4	2	3	3	4	4	6	8	5	7	10	5	6	9	4	3	1	1	1		
Level 5	3	4	4	4	5	7	9	6	8	11	6	7	10	5	3	3	2	1		
Level 6	3	5	4	5	6	8	10	7	9	12	7	8	11	6	4	3	2	1		
Level 7	4	5	5	5	7	9	11	8	10	13	8	9	12	7	4	3	2	1		
Level 8	4	5	5	5	8	10	12	9	11	14	9	10	13	8	4	3	2	1		
Level 9	4	5	5	5	9	11	13	10	12	15	10	11	14	9	5	4	3	1		
Level 10	4	5	6	6	10	12	14	11	13	16	11	12	15	10	5	4	3	1		

	RANDOM																			
	Warm Up				Program segments												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60		
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
Level 1	1	1	2	2	1	3	5	2	4	7	2	3	6	1	1	1	1	1		
Level 2	1	2	2	3	2	4	6	3	5	8	3	4	7	2	2	1	1	1		
Level 3	2	2	3	3	3	5	7	4	6	9	4	5	8	3	2	1	1	1		
Level 4	2	3	3	4	4	6	8	5	7	10	5	6	9	4	3	1	1	1		
Level 5	3	4	4	4	5	7	9	6	8	11	6	7	10	5	3	3	2	1		
Level 6	3	5	4	5	6	8	10	7	9	12	7	8	11	6	4	3	2	1		
Level 7	4	5	5	5	7	9	11	8	10	13	8	9	12	7	4	3	2	1		
Level 8	4	5	5	5	8	10	12	9	11	14	9	10	13	8	4	3	2	1		
Level 9	4	5	5	5	9	11	13	10	12	15	10	11	14	9	5	4	3	1		
Level 10	4	5	6	6	10	12	14	11	13	16	11	12	15	10	5	4	3	1		
Level 11	4	5	7	7	11	13	15	12	14	17	12	13	16	11	6	5	4	1		
Level 12	4	5	8	8	12	14	16	13	15	18	13	14	17	12	6	5	4	1		
Level 13	4	5	9	9	13	15	17	14	16	19	14	15	18	13	7	6	5	1		
Level 14	4	5	9	9	14	16	18	15	17	20	15	16	19	14	7	6	5	1		

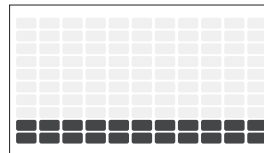
(Comfort 7)

RANDOM																		
	Warm Up					Program segments										Cool Down		
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Level 1	1	1	3	3	1	4	7	3	6	10	3	4	9	1	1	1	1	1
Level 2	1	3	3	4	3	6	9	4	7	12	4	6	10	3	3	1	1	1
Level 3	3	3	4	4	4	7	10	6	9	13	6	7	12	4	3	1	1	1
Level 4	3	4	4	6	6	9	12	7	10	15	7	9	13	6	4	1	1	1
Level 5	4	6	6	6	7	10	13	9	12	16	9	10	15	7	4	4	3	1
Level 6	4	7	6	7	9	12	15	10	13	18	10	12	16	9	6	4	3	1
Level 7	6	7	7	7	10	13	16	12	15	19	12	13	18	10	6	4	3	1
Level 8	6	7	7	7	12	15	18	13	16	21	13	15	19	12	6	4	3	1
Level 9	6	7	7	7	13	16	19	15	18	22	15	16	21	13	7	6	4	1
Level 10	6	7	9	9	15	18	21	16	19	24	16	18	22	15	7	6	4	1
Level 11	6	7	10	10	16	19	22	18	21	25	18	19	24	16	9	7	6	1
Level 12	6	7	12	12	18	21	24	19	22	27	19	21	25	18	9	7	6	1
Level 13	6	7	13	13	19	22	25	21	24	28	21	22	27	19	10	9	7	1
Level 14	6	7	13	13	21	24	27	22	25	30	22	24	28	21	10	9	7	1

(Comfort 8i)

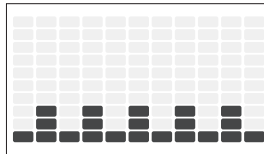
10) CONSTANT WATTS: This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.

- 1) Select Constant Watts program using ▲▼ and press ENTER.
- 2) Set time using ▲▼ and press ENTER.
- 3) Select desired watts using ▲▼ and press ENTER.
- 4) Press START ►|| to being the program.



11) INTERVAL WATT PROGRAM (COMFORT 8i ONLY): Allows you to choose a high WATTS value and a low WATTS value. The interval program will switch between High and Low WATTS values, making for a very intense and effective workout.

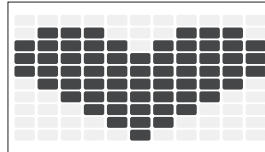
- 1) Select Constant Watts program using and press enter.
- 2) Set time using and press enter .
- 3) Select your desired low watts target and press enter .
- 4) Select your desired high watts target and press enter .
- 5) Press START ►|| to being the program.



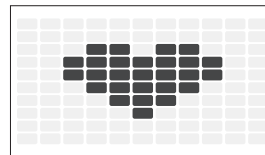
Note: The watts programs is RPM related. Resistance will change automatically according to your pedaling speed and make sure you keep your workout in your target watt. Please do not pedal too slow or too fast. If you are out of the target zone LCD will show arrow sign beside RPM column to tell you to adjust your speed. Upper arrow for speed up your RPM and arrow down for slowing down your workout.

12)THR ZONE: Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)

- 1) Select THR Zone program using ▲ ▼ and press ENTER.
- 2) Select TIME using ▲ ▼ and press ENTER.
- 3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart) using ▲ ▼ and press ENTER.
- 4) Press START ▶|| to begin.



13)% THR: Benefits weight loss by maintaining an optimum exercise level to burn fat, while adjusting the resistance to keep you in your target heart rate zone. First set up your personal data (your machine will automatically calculate your maximum workout heart rate) and select the percentage you wish to workout base on your maximum heart rate. (Suggest to use chest belt with this program. You may purchase chest belt separately from your dealer)

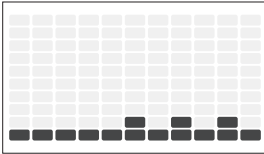


Note: The heart rate program is base on your heart rate target. Resistance will change automatically according to your pedaling speed and make sure you keep your workout in your target heart rate. Please do not pedal too slow or too fast. If you are out of the target zone LCD will show arrow sign beside RPM column to tell you to adjust your speed. Upper arrow for speed up your RPM and arrow down for slowing down your workout.






14)STRENGTH BUILDER (COMFORT 8i ONLY): Help you gradually increase your muscle strength with a preset workout program. Time based program with 20 levels to choose from. User sets time and level using (up/down arrows) and ENTER.

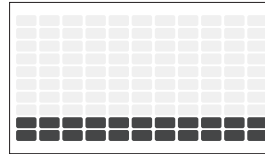


(Comfort 8i)

STRENGTH BUILDER																				
	Warm Up				Program Segments - Repeat												Cool Down			
Seconds	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	60	
Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Level 1	1	1	3	3	1	4	1	4	1	4	1	4	1	4	1	4	3	3	1	1
Level 2	1	1	3	3	3	4	3	6	3	4	3	6	3	4	3	6	3	3	1	1
Level 3	1	1	3	3	4	4	3	4	4	3	4	4	3	4	4	3	3	3	1	1
Level 4	1	3	3	4	6	6	3	6	6	3	6	6	3	6	6	3	4	3	3	1
Level 5	3	4	4	4	4	7	4	7	4	7	4	7	4	7	4	7	4	4	4	3
Level 6	3	4	6	6	6	9	6	9	6	9	6	9	6	9	6	9	6	6	4	3
Level 7	4	6	7	9	9	12	7	12	9	10	7	12	9	10	7	12	9	7	6	4
Level 8	4	6	7	9	12	12	9	12	12	9	12	12	9	12	12	9	9	7	6	4
Level 9	6	9	10	10	12	15	12	15	12	15	12	15	12	15	12	15	12	10	9	6
Level 10	6	9	10	10	15	15	12	15	15	12	15	15	12	15	15	12	10	10	9	6
Level 11	6	10	12	13	15	18	15	18	15	18	15	18	15	18	15	18	15	13	12	6
Level 12	6	10	12	13	18	18	15	18	18	15	18	18	15	18	18	15	13	12	10	6
Level 13	7	12	13	15	18	21	18	21	18	21	18	21	18	21	18	21	15	13	12	7
Level 14	7	12	13	15	21	21	18	21	21	18	21	21	18	21	21	18	15	13	12	7
Level 15	9	13	16	18	21	24	21	24	21	24	21	24	21	24	21	24	18	16	13	9
Level 16	9	13	16	18	24	24	21	24	24	21	24	24	21	24	24	21	18	16	13	9
Level 17	9	15	16	18	25	25	22	25	25	22	25	25	22	25	25	22	18	16	15	9
Level 18	10	15	18	19	27	27	24	27	27	24	27	27	24	27	27	24	19	18	15	10
Level 19	10	16	19	21	28	28	25	28	28	25	28	28	25	28	28	25	21	19	16	10
Level 20	12	18	21	22	30	30	25	30	30	25	30	30	25	30	30	25	22	21	18	12

15)CUSTOM 1 & 2: Customized workout, time defaults to 15 minutes. (Comfort 3 does not have Custom 2)

- 1) First enter the program setting and profile display will guide you through all the workout column.
- 2) Use upper and lower arrow to change the resistance and press enter to confirm. Console will display your current segment number and guide you through segment 1 to segment 15.
- 3) After finish all setting press **START**  to begin.



HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220 - 30 = 190$ bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

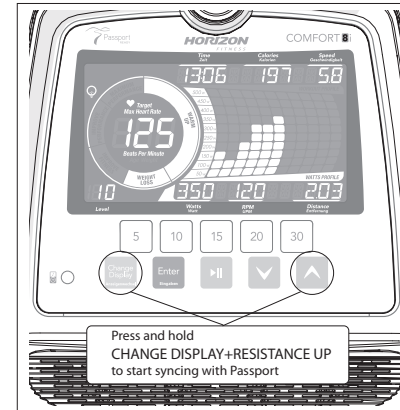
USING YOUR MEDIA PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the console and the headphone jack on your media player.
- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.

SYNCING BIKE WITH PASSPORT (COMFORT 3 IS NOT INCLUDED)

- 1) Using the arrow key on the passport remote control to scroll to the setup icon and press the Select.
- 2) Follow the on-screen prompt to press and hold the RESISTANCE UP and CHANGE DISPLAY buttons on the equipment's console for 3-5 seconds.
- 3) Once your sync is successful, your bike message bar will change from RF Sync to Passport Ready.
- 4) The message displayed on-screen will notify you if the sync was successful or failed.



ENERGY SAVER MODE

This machine is equipped with Energy Saver mode. When Energy Saver mode is activated, the display will automatically enter standby mode (Energy Saver mode) after 15 minutes of inactivity. This feature saves energy by disabling most power to the machine until a key is pressed on the console. You may switch this function on and off using engineering menu.

ENGINEERING MODE:

To enter the engineering menu, press and hold the ▲ and ▼ for 3-5 seconds.

SWITCHING BETWEEN BRITISH AND METRIC MODE

Use the ▲ and ▼ arrow keys to navigate to Eng2 and press Enter. Use the Enter key to navigate to P1. Use the ▲ and ▼ arrow keys to switch between STANDARD (BRITISH) and METRIC.

SWITCHING DISPLAY LANGUAGE

Use the ▲ and ▼ arrow keys to navigate to Eng2 and press Enter. Use the Enter key to navigate to P2 Press ENTER to select language mode, use arrow keys to select the language you desire.

Press and hold STOP ►|| for 3-5 seconds to exit ENG2. Press and hold STOP ►|| again for 3-5 seconds to exit the engineering menu.

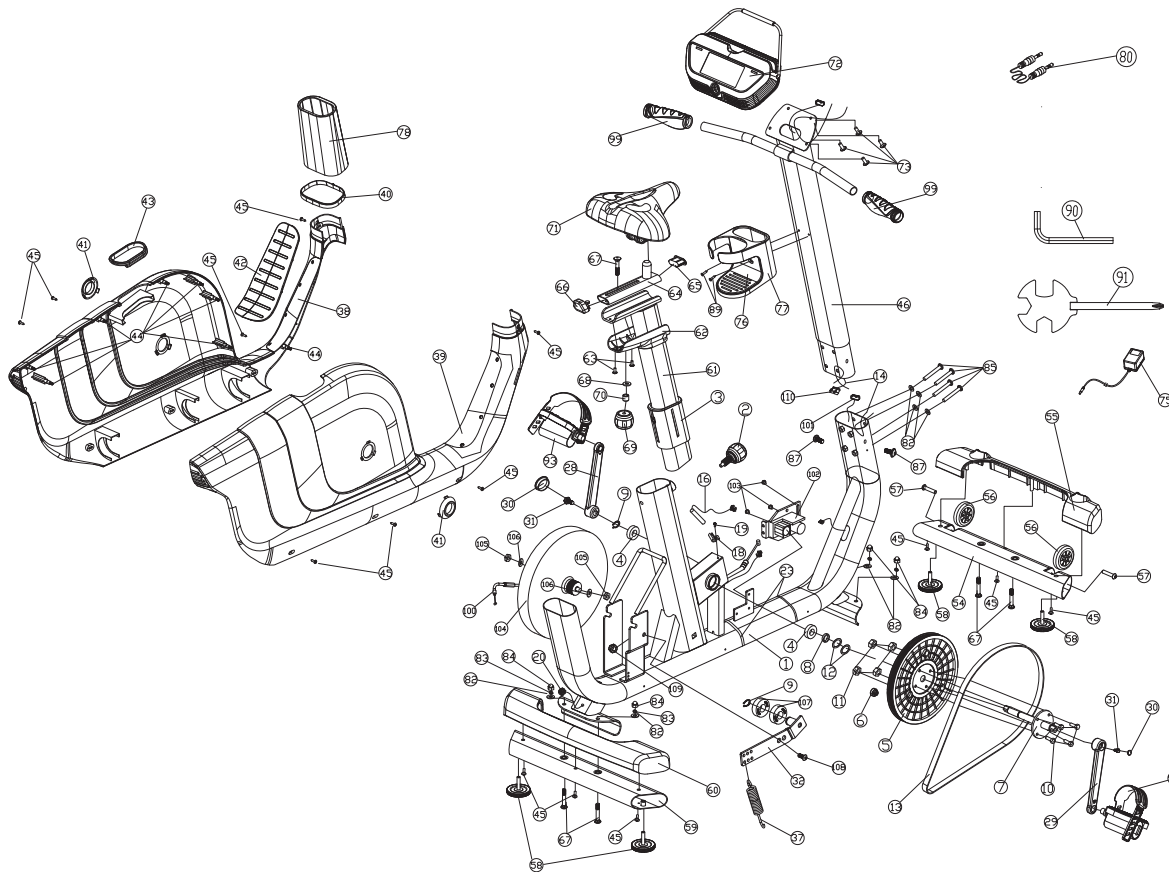
SWITCHING ON/OFF THE ENGERGY SAVER FUNCTION

Use the ▲ and ▼ arrow keys to navigate to Eng2 and press Enter. Use the Enter key to navigate to P5.

Press ENTER to select Energy Saver mode, use the ▲ and ▼ arrow keys to select ENRGY SAVE ON or OFF. Press and hold STOP ►|| for 3-5 seconds to exit ENG2. Press and hold STOP ►|| again for 3-5 seconds to exit the engineering menu.



COMFORT 3 EXPLODED VIEW



COMFORT 3 PARTS LIST

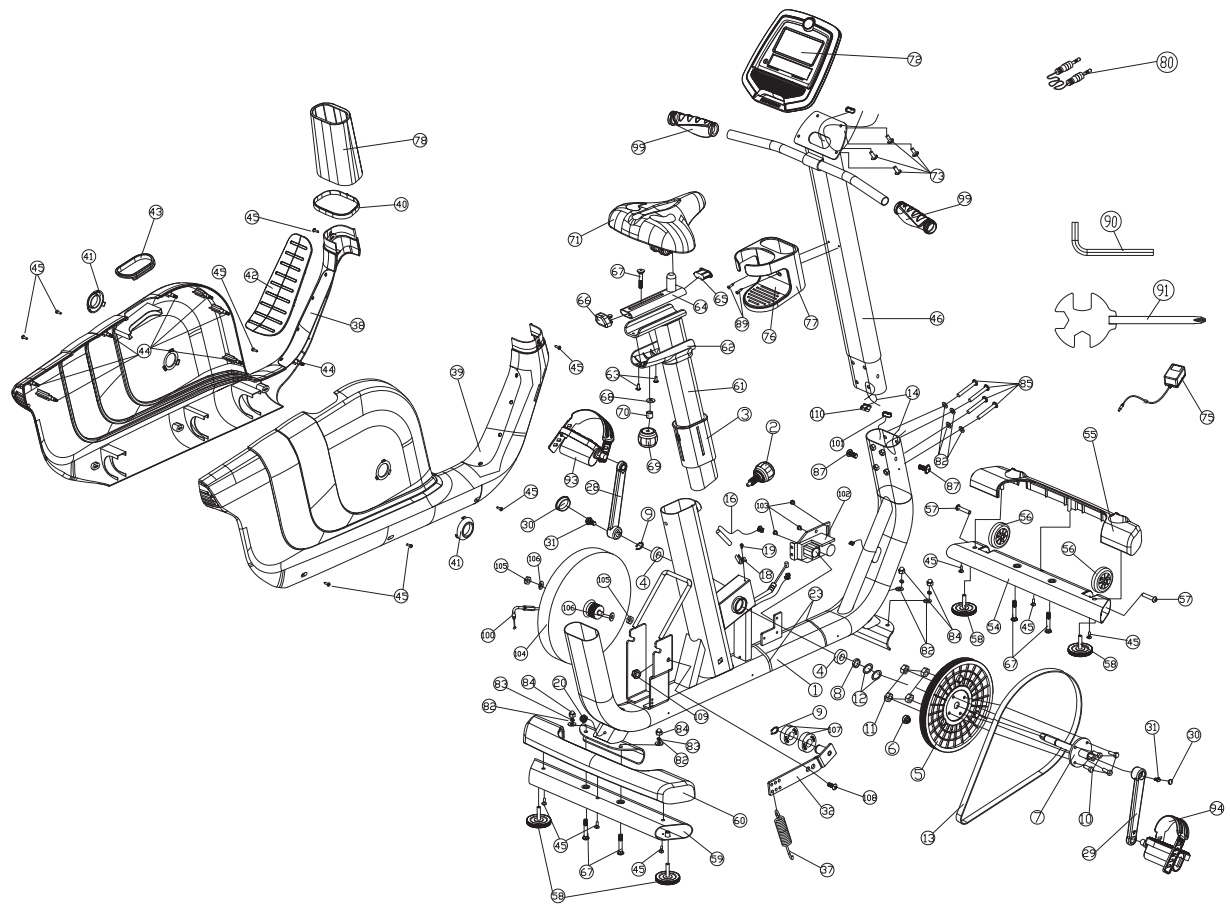
NO.	DESCRIPTION	SPECIFICATIONS	QTY
1	MAIN FRAME		1
2	SEAT HEIGHT ADJUSTMENT KNOB	PAZ161525A	1
3	INNER BUSHING	PDZ153100	1
4	BEARING	6003ZZ	2
5	DRIVE PULLEY	NEA24020A	1
6	MAGNET	Ø15X7T,1400GS	1
7	TRANSMISSION SHAFT	NBZ18065A	1
8	SPACER	NBO175226	1
9	C-CLIP	FOR Ø 17	2
10	ALLEN HEX SCREW	M6XP1.0X15	4
11	NYLON NUT	M6	4
12	WAVE WASHER	Ø22XØ17.5X0.3T	2
13	BELT	430J6	1
14	TWIST TIE	100MM	3
16	SENSOR CABLE	FBG300SM2P	1
18	ROUND SENSOR FIXING PLASTIC	PAMP1152	1
19	ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW	ST4.0X16	1
20	POWER CORD	DFD6002P	1
23	ZIP TIE	4.8X300	3
28	LEFT CRANK	NBZ124170L,L170MM	1
29	RIGHT CRANK	NBZ124170R,L170MM	1
30	CRANK COVER		2
31	HEX FLANGE SCREW	M8X1.25X20MM,12.9,13	2
32	IDLE WHEEL FIXING PLATE		1
37	IDLE WHEEL FLEXING SPRING	NCD2378	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
38	LEFT SHROUD	PDC11985464L	1
39	RIGHT SHROUD	PDC11985464R	1
40	CONSOLE MAST DECORATIVE RING	PEZ12280	1
41	CRANK DECORATIVE RING	PEZ582315	2
42	RUBBER STEP-THROUGH PAD	PDC2131056	1
43	SEAT POST SUPPORT TUBE PAD	PDA1147626	1
44	CLIP	PCA7258A	8
45	TRUSS PHILIPS SELF TAPPING SCREW	ST4X16	14
46	CONSOLE MAST		1
54	FRONT STABILIZER		1
55	FRONT STABILIZER COVER	PDC55398A	1
56	TRANSPORTATION WHEEL	PBKXD-083	2
57	TRUSS HEX SCREW	M8X40	2
58	LEVELER	PCG60508A	4
59	REAR STABILIZER		1
60	REAR STABILIZER COVER	PDC55398	1
61	SEAT POST		1
62	SEAT POST COVER	PEZ184854	1
63	ROUND HEAD PHILIPS SCREW	M5X5	2
64	SEAT SUPPORTING SHAFT		1
65	END CAP	PDC4020	1
66	TOWEL HOOK	PAZ425375	1
67	CARRIAGE SCREW	M8X56	5
68	FLAT WASHER	Ø25XØ9X2.0T	1
69	KNOB	PCZ43650	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
70	SPACER	NBO1031514	1
71	SEAT PAD		1
72	CONSOLE		1
73	TRUSS PHILIPS SCREW	M5X12	4
75	POWER ADAPTOR		1
76	BOTTLE HOLDER A	PDA1447112	1
77	BOTTLE HOLDER B	PDA109119	1
78	CONSOLE MAST GROMMET	PDC17971214	1
80	AUDIO CABLE		1
82	FLAT WASHER	20X9X2.0T	8
83	SPRING WASHER	M8X2.0T	4
84	NUT	M8	4
85	TRUSS HEX SCREW	M8X60	4
89	COUNTER SINK PHILIPS SCREW	M4X12	2
90	HEX WRENCH	5MM,L,65MMX25MM	1
91	"PLUS" WRENCH	SEA131415	1
93	LEFT PEDAL	PCZ15863L	1
94	RIGHT PEDAL	PCZ15863R	1
99	HAND GRIP	PCJ135222	2
100	ADJUSTMENT CABLE	FBZ535	1
101	LOWER CONSOLE CABLE	FBG7009P	1
102	MOTOR	FBC4-2 150MM	1
103	ROUND HEAD PHILIPS SCREW	M6X10	3
104	FLY WHEEL		1
105	ALLEN FLANGE SCREW NUT	3/8"X26 (15)	2

NO.	DESCRIPTION	SPECIFICATIONS	QTY
106	WASHER	18X10X2.0T	2
107	BEARING	6203ZZ	2
108	FLAT HEAD HEX SCREW	M10X20MM	1
109	NYLON NUT	M10	1
110	MIDDLE CONSOLE CABLE	FBG9009P	1
87	TRUSS HEX SCREW	M8X15	2

COMFORT 5 EXPLODED VIEW



COMFORT 5 PARTS LIST

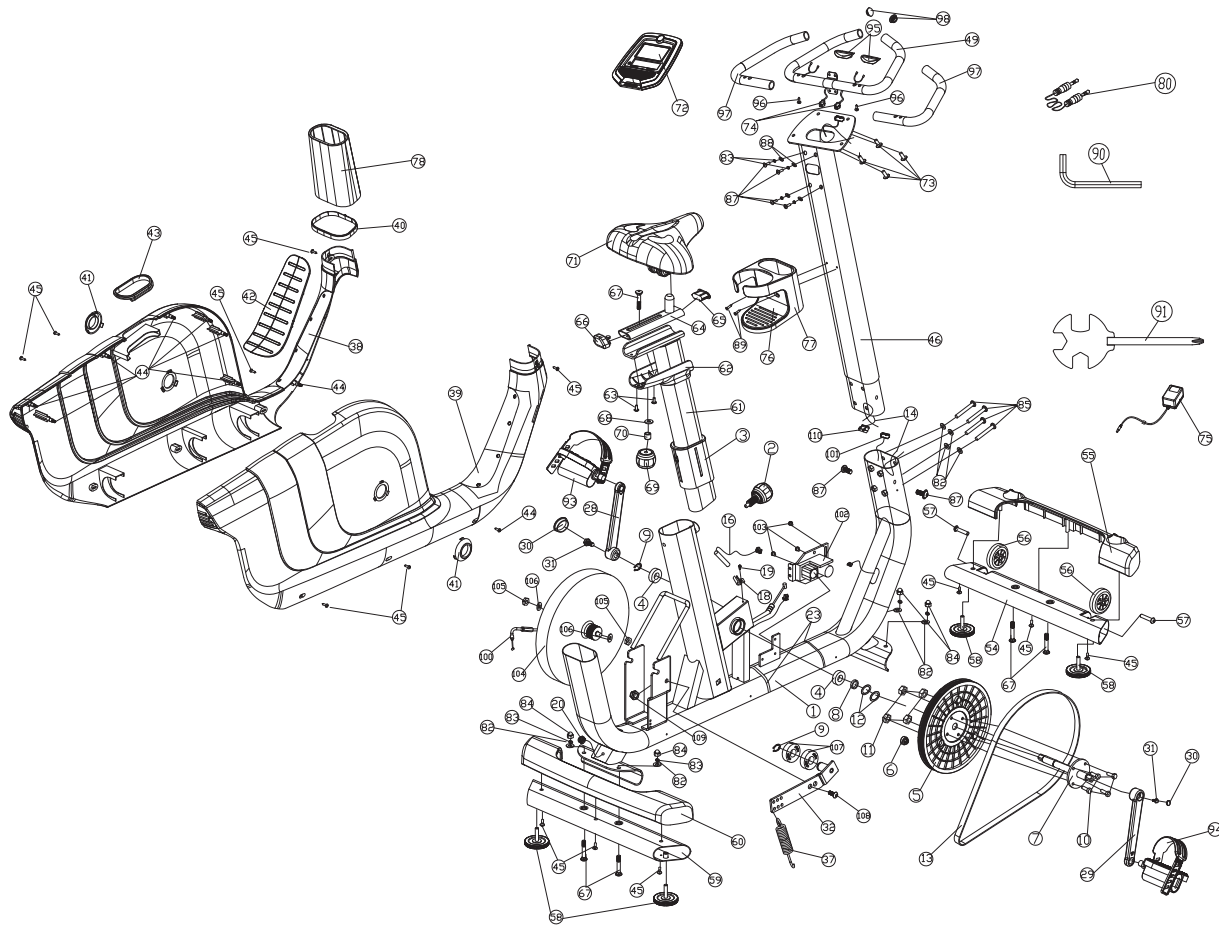
NO.	DESCRIPTION	SPECIFICATIONS	QTY
1	MAIN FRAME		1
2	SEAT HEIGHT ADJUSTMENT KNOB	PAZ161525A	1
3	INNER BUSHING	PDZ153100	1
4	BEARING	6003ZZ	2
5	DRIVE PULLEY	NEA24020A	1
6	MAGNET	Ø15X7T,1400GS	1
7	TRANSMISSION SHAFT	NBZ18065A	1
8	SPACER	NBO175226	1
9	C-CLIP	FOR Ø 17	2
10	ALLEN HEX SCREW	M6XP1.0X15	4
11	NYLON NUT	M6	4
12	WAVE WASHER	Ø22XØ17.5X0.3T	2
13	BELT	430J6	1
14	TWIST TIE	100MM	3
16	SENSOR CABLE	FBG300SM2P	1
18	ROUND SENSOR FIXING PLASTIC	PAMP1152	1
19	ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW	ST4.0X16	1
20	POWER CORD	FD6002P	1
23	ZIP TIE	4.8X300	3
28	LEFT CRANK	NBZ124170L,L170MM	1
29	RIGHT CRANK	NBZ124170R,L170MM	1
30	CRANK COVER		2
31	HEX FLANGE SCREW	M8X1.25X20MM,12.9,13	2
32	IDLE WHEEL FIXING PLATE		1
37	IDLE WHEEL FLEXING SPRING	NCD2378	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
38	LEFT SHROUD	PDC11985464L	1
39	RIGHT SHROUD	PDC11985464R	1
40	CONSOLE MAST DECORATIVE RING	PEZ12280	1
41	CRANK DECORATIVE RING	PEZ582315	2
42	RUBBER STEP-THROUGH PAD	PDC2131056	1
43	SEAT POST SUPPORT TUBE PAD	PDA1147626	1
44	CLIP	PCA7258A	8
45	TRUSS PHILIPS SELF TAPPING SCREW	ST4X16	14
46	CONSOLE MAST		1
54	FRONT STABILIZER		1
55	FRONT STABILIZER COVER	PDC55398A	1
56	TRANSPORTATION WHEEL	PBKXD-083	2
57	TRUSS HEX SCREW	M8X40	2
58	LEVELER	PCG60508A	4
59	REAR STABILIZER		1
60	REAR STABILIZER COVER	PDC55398	1
61	SEAT POST		1
62	SEAT POST COVER	PEZ184854	1
63	ROUND HEAD PHILIPS SCREW	M5X5	2
64	SEAT SUPPORTING SHAFT		1
65	END CAP	PDC4020	1
66	TOWEL HOOK	PAZ425375	1
67	CARRIAGE SCREW	M8X56	5
68	FLAT WASHER	Ø25XØ9X2.0T	1
69	KNOB	PCZ43650	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
70	SPACER	NBO1031514	1
71	SEAT PAD		1
72	CONSOLE		1
73	TRUSS PHILIPS SCREW	M5X12	4
75	POWER ADAPTOR		1
76	BOTTLE HOLDER A	PDA1447112	1
77	BOTTLE HOLDER B	PDA109119	1
78	CONSOLE MAST GROMMET	PDC17971214	1
80	AUDIO CABLE		1
82	FLAT WASHER	20X9X2.0T	8
83	SPRING WASHER	M8X2.0T	4
84	NUT	M8	4
85	TRUSS HEX SCREW	M8X60	4
89	COUNTER SINK PHILIPS SCREW	M4X12	2
90	HEX WRENCH	5MM,L,65MMX25MM	1
91	"PLUS" WRENCH	SEA131415	1
93	LEFT PEDAL	PCZ15863L	1
94	RIGHT PEDAL	PCZ15863R	1
99	HAND GRIP	PCJ135222	2
100	ADJUSTMENT CABLE	FBZ535	1
101	LOWER CONSOLE CABLE	FBG7009P	1
102	MOTOR	FBC4-2,150MM	1
103	ROUND HEAD PHILIPS SCREW	M6X10	3
104	FLY WHEEL	NCZ111274	1
105	ALLEN FLANGE SCREW NUT	3/8"X26(15)	2

NO.	DESCRIPTION	SPECIFICATIONS	QTY
106	WASHER	18X10X2.0T	2
107	BEARING	6203ZZ	2
108	FLAT HEAD HEX SCREW	M10X20MM	1
109	NYLON NUT	M10	1
110	MIDDLE CONSOLE CABLE	FBG9009P	1
87	TRUSS HEX SCREW	M8X15	2

COMFORT 7 EXPLODED VIEW



COMFORT 7 PARTS LIST

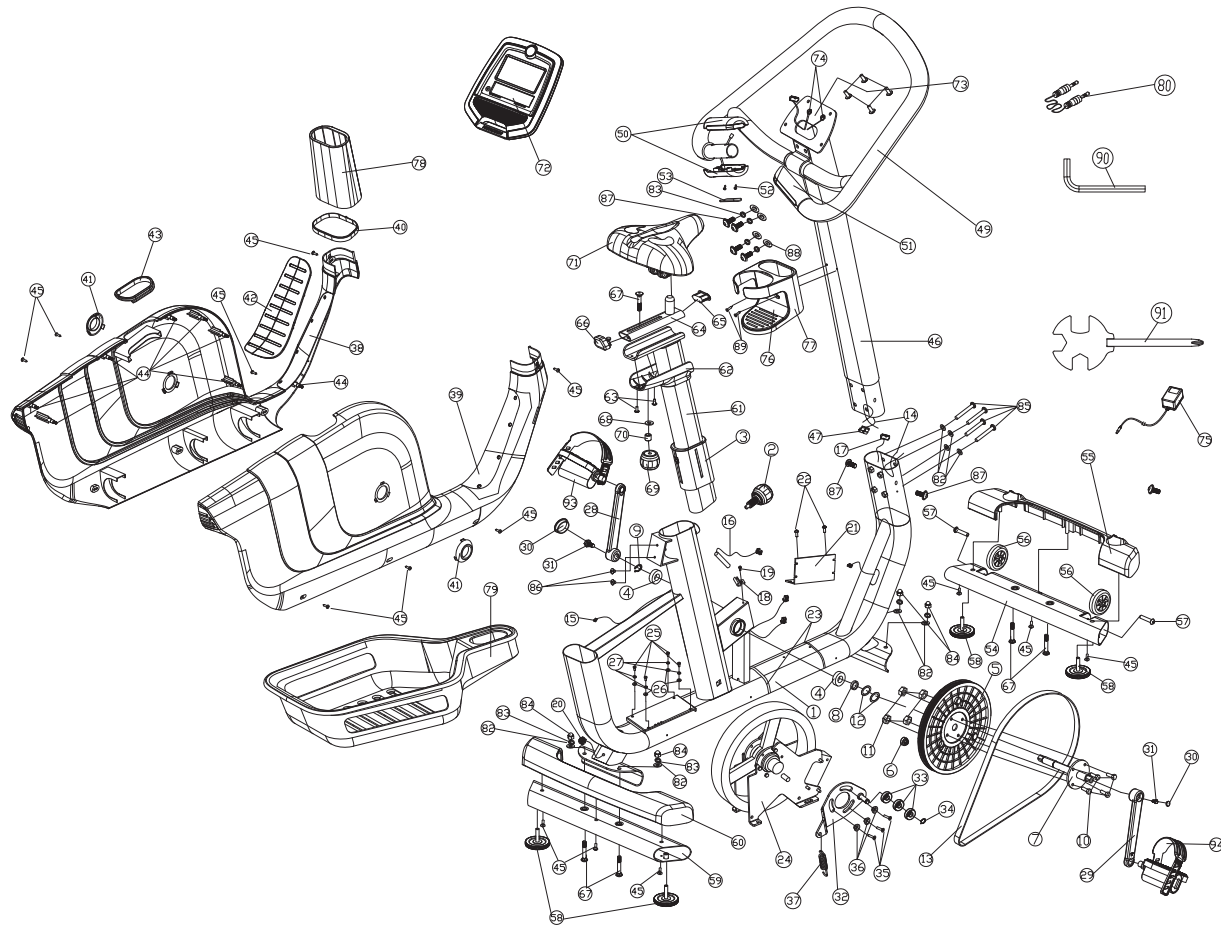
NO.	DESCRIPTION	SPECIFICATIONS	QTY
1	MAIN FRAME		1
2	SEAT HEIGHT ADJUSTMENT KNOB	PAZ161525A	1
3	INNER BUSHING	PDZ153100	1
4	BEARING	6003ZZ	2
5	DRIVE PULLEY	NEA24020A	1
6	MAGNET	Ø15X7T,1400GS	1
7	TRANSMISSION SHAFT	NBZ18065A	1
8	SPACER	NBO175226	1
9	C-CLIP	FOR Ø 17	2
10	ALLEN HEX SCREW	M6XP1.0X15	4
11	NYLON NUT	M6	4
12	WAVE WASHER	Ø22XØ17.5X0.3T	2
13	BELT	430J6	1
14	TWIST TIE	100MM	3
16	SENSOR CABLE	FBG300SM2P	1
18	ROUND SENSOR FIXING PLASTIC	PAMP1152	1
19	ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW	ST4.0X16	1
20	POWER CORD	DF6002P	1
23	ZIP TIE	4.8X300	3
28	LEFT CRANK	NBZ124170L,L170MM	1
29	RIGHT CRANK	NBZ124170R,L170MM	1
30	CRANK COVER		2
31	HEX FLANGE SCREW	M8X1.25X20MM,12.9,13	2
32	IDLE WHEEL FIXING PLATE		1
37	IDLE WHEEL FLEXING SPRING	NCD2378	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
38	LEFT SHROUD	PDC11985464L	1
39	RIGHT SHROUD	PDC11985464R	1
40	CONSOLE MAST DECORATIVE RING	PEZ12280	1
41	CRANK DECORATIVE RING	PEZ582315	2
42	RUBBER STEP-THROUGH PAD	PDC2131056	1
43	SEAT POST SUPPORT TUBE PAD	PDA1147626	1
44	CLIP	PCA7258A	8
45	TRUSS PHILIPS SELF TAPPING SCREW	ST4X16	14
46	CONSOLE MAST		1
49	HAND GRIP		1
54	FRONT STABILIZER		1
55	FRONT STABILIZER COVER	PDC55398A	1
56	TRANSPORTATION WHEEL	PBKXD-083	2
57	TRUSS HEX SCREW	M8X40	2
58	LEVELER	PCG60508A	4
59	REAR STABILIZER		1
60	REAR STABILIZER COVER	PDC55398	1
61	SEAT POST		1
62	SEAT POST COVER	PEZ184854	1
63	ROUND HEAD PHILIPS SCREW	M5X5	2
64	SEAT SUPPORTING SHAFT		1
65	END CAP	PDC4020	1
66	TOWEL HOOK	PAZ425375	1
67	CARRIAGE SCREW	M8X56 20	5
68	FLAT WASHER	Ø25XØ9X2.0T	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
69	KNOB	PCZ43650	1
70	SPACER	NBO1031514	1
71	SEAT PAD		1
72	CONSOLE		1
73	TRUSS PHILIPS SCREW	M5X12	4
74	HAND GRIP HR SENSOR CABLE	FBG6002PA	2
75	POWER ADAPTOR		1
76	BOTTLE HOLDER A	PDA1447112	1
77	BOTTLE HOLDER B	PDA109119	1
78	CONSOLE MAST GROMMET	PDC17971214	1
80	AUDIO CABLE		1
82	FLAT WASHER	20X9X2.0T	8
83	SPRING WASHER	M8X2.0T	8
84	NUT	M8	4
85	TRUSS HEX SCREW	M8X60	4
87	TRUSS HEX SCREW	M8X15	6
88	FLAT WASHER	Ø18XØ9X2.0T	4
89	COUNTER SINK PHILIPS SCREW	M4*12	2
90	HEX WRENCH	5MM,L,65MMX25MM	1
91	"PLUS" WRENCH	SEA131415	1
93	LEFT PEDAL	PCZ15863L	1
94	RIGHT PEDAL	PCZ15863R	1
95	HAND GRIP HR SENSOR	FBO9838	2
96	TRUSS PHILIPS SELF TAPPING SCREW ST4X25	ST4X25	2
97	FOAM GRIP	FAE31825605	2

NO.	DESCRIPTION	SPECIFICATIONS	QTY
98	TRUSS END CAP	Ø31.8X1.5	2
100	ADJUSTMENT CABLE	FBZ535	1
101	LOWER CONSOLE CABLE	FBG7009P	1
102	MOTOR	FBC4-2,150MM	1
103	ROUND HEAD PHILIPS SCREW	M6X10	3
104	FLY WHEEL		1
105	ALLEN FLANGE SCREW NUT	3/8"X26(15)	2
106	WASHER	18X10X2.0T	2
107	BEARING	6203ZZ	2
108	FLAT HEAD HEX SCREW	M10X20MM	1
109	NYLON NUT	M10	1
110	MIDDLE CONSOLE CABLE	FBG9009P	1

COMFORT 8i EXPLODED VIEW



COMFORT 8i PARTS LIST

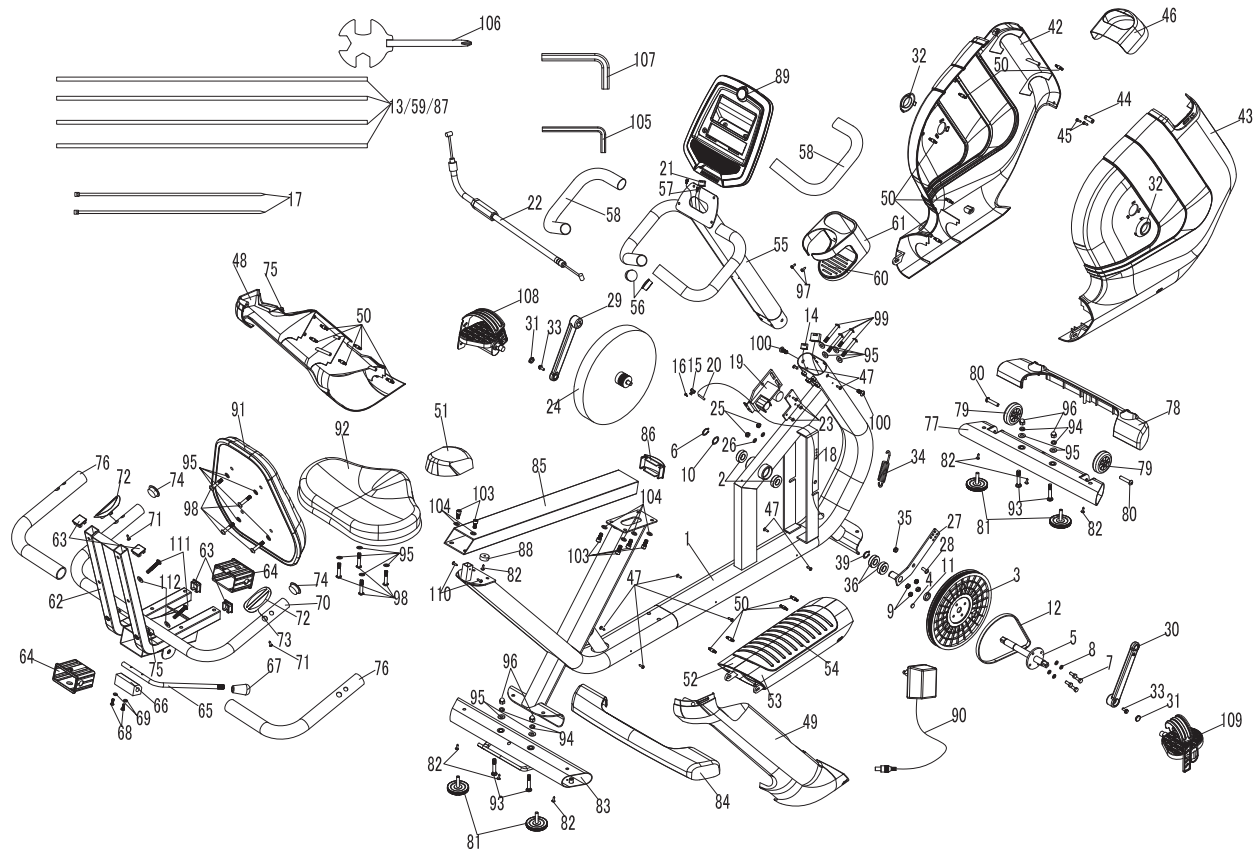
NO.	DESCRIPTION	SPECIFICATIONS	QTY
1	MAIN FRAME		1
2	SEAT HEIGHT ADJUSTMENT KNOB	PAZ161525A	1
3	INNER BUSHING	PDZ153100	1
4	BEARING	6003ZZ	2
5	DRIVE PULLEY	NEA24020A	1
6	MAGNET	Ø15X7T,1400GS	1
7	TRANSMISSION SHAFT	NBZ18065A	1
8	SPACER	NBO175226	1
9	C-CLIP	FOR Ø 17	1
10	ALLEN HEX SCREW	M6XP1.0X15	4
11	NYLON NUT	M6	4
12	WAVE WASHER	Ø22XØ17.5X0.3T	2
13	BELT	430J6	1
14	TWIST TIE	100MM	3
15	INDUCTION LOWER CONTROLLER CONNECTING WIRE	FBG1502P	1
16	SENSOR CABLE	FBG300SM2P	1
17	LOWER CONSOLE CABLE	FBG7005P	1
18	ROUND SENSOR FIXING PLASTIC	PAMP1152	1
19	ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW	ST4.0X16	1
20	POWER CORD	FD66002P	1
21	LOWER CONTROL BOARD	FBZAC-11	1
22	TRUSS PHILIPS SELF TAPPING SCREW	Ø4X12	2
23	ZIP TIE	4.8X300	3
24	INDUCTION FLY WHEEL	NCZ26540E(8.5KG)	1
25	ROUND HEAD HEX SCREW	M6XP1.0X15	4

NO.	DESCRIPTION	SPECIFICATIONS	QTY
26	WASHER	Ø15XØ7X2.0T	4
27	SPRING WASHER	M6X1.5T	4
28	LEFT CRANK	NBZ124170LL170MM	1
29	RIGHT CRANK	NBZ124170RL170MM	1
30	CRANK COVER		2
31	HEX FLANGE SCREW	M8X1.25X20MM,12.9,13	2
32	IDLE WHEEL FIXING PLATE		1
33	BEARING	6000ZZ	3
34	C-CLIP	Ø10	1
35	COUNTER SINK PHILIPS SCREW	M5X25	3
36	SLEEVE	NBO9715	3
37	IDLE WHEEL FLEXING SPRING	NCD2378	1
38	LEFT SHROUD	PDC11985464L	1
39	RIGHT SHROUD	PDC11985464R	1
40	CONSOLE MAST DECORATIVE RING	PEZ12280	1
41	CRANK DECORATIVE RING	PEZ582315	2
42	RUBBER STEP-THROUGH PAD	PDC2131056	1
43	SEAT POST SUPPORT TUBE PAD	PDA1147626	1
44	CLIP	PCA7258A	8
45	TRUSS PHILIPS SELF TAPPING SCREW ST4X16	ST4X16	14
46	CONSLOE MAST		1
47	MIDDLE CONSOLE CABLE	FBG9005P	1
49	HAND GRIP		1
50	LEFT HAND GRIP HR SENSOR SET	FBO51237L	1
51	RIGHTT HAND GRIP HR SENSOR SET	FBO51237R	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
52	ROUND HEAD PHILIPS SELF TAPPING SCREW	ST3X12	4
53	FOAM STICKER	FAF6941851	2
54	FRONT STABILIZER		1
55	FRONT STABILIZER COVER	PDC55398A	1
56	TRANSPORTATION WHEEL	PBKXD-083	2
57	TRUSS HEX SCREW	M8X40	2
58	LEVELER	PCG60508A	4
59	REAR STABILIZER		1
60	REAR STABILIZER COVER	PDC55398	1
61	SEAT POST		1
62	SEAT POST COVER	PEZ184854	1
63	ROUND HEAD PHILIPS SCREW	M5X5	2
64	SEAT SUPPORTING SHAFT		1
65	END CAP	PDC4020	1
66	TOWEL HOOK	PAZ425375	1
67	CARRIAGE SCREW	M8X56	5
68	FLAT WASHER	Ø25XØ9X2.0T	1
69	KNOB	PCZ43650	1
70	SPACER	NBO1031514	1
71	SEAT PAD		1
72	CONSOLE		1
73	TRUSS PHILIPS SCREW	M5X12	4
74	HAND GRIP HR SENSOR CABLE	FBG6002PA	2
75	POWER ADAPTOR		1
76	BOTTLE HOLDER A	PDA1447112	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
77	BOTTLE HOLDER B	PDA109119	1
78	CONSOLE MAST GROMMET	PDC17971214	1
79	ACCESSORY	PAZ577298	1
80	AUDIO CABLE		1
82	FLAT WASHER	20X9X2.0T	8
83	SPRING WASHER	M8X2.0T	8
84	NUT	M8 HEIGHT 15MM	4
85	TRUSS HEX SCREW	M8X60	4
86	TRUSS PHILIPS SELF TAPPING SCREW	M4X12	2
87	TRUSS HEX SCREW	M8X15	6
88	FLAT WASHER	Ø18XØ9X2.0T	4
89	COUNTER SINK PHILIPS SCREW	M4X12	2
90	HEX WRENCH	5MML,65MMX25MM	1
91	"PLUS" WRENCH	SEA131415	1
93	LEFT PEDAL	PCZ15863L	1
94	RIGHT PEDAL	PCZ15863R	1

COMFORT R EXPLODED VIEW



COMFORT R PARTS LIST

NO.	DESCRIPTION	SPECIFICATIONS	QTY
1	MAIN FRAME		1
2	BEARING	6003ZZ	2
3	DRIVE PULLEY	Ø240X19T,6,NEA24020A	1
4	MAGNET	Ø15X7T,1400GS	1
5	TRANSMISSION SHAFT	NBZ18065A (180MM)	1
6	C-CLIP	FOR Ø 17	1
7	ALLEN HEX SCREW	M6XP1.0X15, 8.8	4
8	SPRING WASHER	M6X1.5T	4
9	NYLON NUT	M6	4
10	WAVE WASHER	Ø22XØ17.5X0.3T	1
11	BUSHING	NBO175226	1
12	BELT	380J6	1
13	TWIST TIE	1000MM	2
14	HAND GRIP HR MAIN CABLE	FBG24003P CORD:2400MM	1
15	ROUND SENSOR FIXING PLASTIC	PAMP1152	1
16	ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW	ST4.0X16	1
17	ZIP TIE	3.2X300	2
18	POWER CORD	FDF7003P 700MM	1
19	MOTOR	FBC4-2 INCLUDE LOWER CONTROL WIRE 250MM	1
20	SPEED SENSOR CABLE	FDZ2502P CORD: 250MM	1
21	MIDDLE CONSOLE CABLE	FBG7009P CORD:700MM	1
22	ADJUSTMENT CABLE	FBZ450A	1
23	TRUSS PHILIPS SCREW	M6X10	3
24	FLY WHEEL	NCZ111 SIGLE INNER FLY WHEEL 7KG (111MM)	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
25	ALLEN HEX FLANGE SLIP SCREW NUT	3/8"X26,7.0T(15)	2
26	FLAT WASHER	Ø18XØ10X2.0T	2
27	IDLE WHEEL FLEXING PLATE	NAZ19348	1
28	TRUSS HEX SCREW	M10X20MM,10.9	1
29	LEFT CRANK	NBZ124170LL170MM-9/16"	1
30	RIGHT CRANK	NBZ124170RL170MM-9/16"	1
31	CRANK COVER		2
32	CRANK DECORATIVE RING	PEZ582315	2
33	ALLEN HEX FLANGE SLIP SCREW	M8X1.25X18MM,12.9,13	2
34	IDLE WHEEL FLEXING SPRING	NCD2578	1
35	NYLON NUT	M10(14)	1
36	BEARING	6203ZZ	2
39	C-RING CLIP	FOR Ø 17	1
42	LEFT SHROUD	PCD683607L	1
43	RIGHT SHROUD	PCD683607R	1
44	CONNECTING PLATE	NAB32102	1
45	TRUSS PHILIPS SCREW	Ø4X20	2
46	CONSOLE MAST GROMMET	PDB154130	1
47	TRUSS PHILIPS SELF TAPPING SCREW	Ø4X20	8
48	REAR SUPPORT TUBE LEFT COVER	PDC908172L	1
49	REAR SUPPORT TUBE RIGHT COVER	PDC908172R	1
50	CLIP-SHORT	PCA7258A (Ø8X28.5)	14
51	REAR SUPPORT TUBE TOP COVER	PCZ141111	1
52	BASE TUBE LEFT COVER	PAZ450103L	1
53	BASE TUBE RIGHT COVER	PAZ450103R	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
54	RUBBER STEP-THROUGH PAD	PDC340150	1
55	CONSOLE MAST		1
56	TRUSS END CAP	Ø31.8X1.5 ROUND TUBE	2
57	UPPER HAND GRIP HR CABLE	FBC7003P	1
58	FOAM GRIP	31.8X2.5TX420MM	2
59	TWIST TIE	1000MM	1
60	BOTTLE HOLDER A	PDA1447112	1
61	BOTTLE HOLDER B	PDA109119	1
62	SEAT FRAME BASE ASSEMBLY		1
63	END CAP	PAB303015	4
64	BUSHING	PCZ865170	2
65	SEAT ADJUSTMENT HANDLE	NBZ236190 (Ø12X500)	1
66	BRAKE PLASTIC BLOCK	PAZ8031	1
67	HANDLE PLASTIC CAP	PCZ6028	1
68	TRUSS HEX SCREW	M6X20	2
69	WASHER	SCA166515-BK	2
70	REAR HANDLEBAR WELDING SET		1
71	COUNTER SINK PHILIPS SELF TAPPING SCREW	ST4.0X25	2
72	HAND GRIP HR SENSOR	FBO9838	2
73	HAND GRIP HR SENSOR CABLE FOR THE HANDLEBAR	FBG6703P	1
74	TRUSS END CAP	Ø31.8,1.5T TUBE	2
75	CORD CAP	PAR139115	2
76	FOAM GRIP	Ø31.8X2.5TX490MM	2
77	FRONT STABILIZER ASSEMBLY		1
78	FRONT STABILIZER COVER	PDC55398A	1

NO.	DESCRIPTION	SPECIFICATIONS	QTY
79	TRANSPORTATION WHEEL	PBKXD-083	2
80	TRUSS HEX SCREW	M8X40 10	2
81	LEVELER	PCG60508A (38MM)	4
82	TRUSS PHILIPS SCREW	M4X16	7
83	REAR STABILIZER ASSEMBLY		1
84	REAR STABILIZER COVER	PDC55398	1
85	SEAT RAIL	40X80X2.0TX700	1
86	ARC END CAP	PAZ8040	1
87	TWIST TIE	1000MM	1
88	SEAT STOP	PCFP1155	1
89	CONSOLE		1
90	POWER ADAPTOR	9V,1A	1
91	BACKREST PAD	SB-R2-2	1
92	SEAT PAD	SB-R2-1	1
93	CARRIAGE SCREW	M8X56 20MM	4
94	SPRING WASHER	M8X2.0T	4
95	FLAT WASHER	Ø18XØ9X2.0T	16
96	NUT	M8 HIGHT:15MM	4
97	COUNTER SINK PHILIPS SCREW	M4X12	2
98	COUNTER SINK HEX SCREW	M8X45	8
99	TRUSS HEX SCREW	M8X60	4
100	TRUSS HEX SCREW	M8X18	2
101	ARC WASHER	Ø18XØ9X2.0T	2
103	CKS HEX SCREW	M8X18	6
104	SPRING WASHER	M8X2.0T	6

NO.	DESCRIPTION	SPECIFICATIONS	QTY
105	HEX WRENCH	5MM	1
106	"PLUS" WRENCH	SEA131415	1
107	HEX WRENCH	6MM (65X25)	1
108	LEFT PEDAL	JD-3A	1
109	RIGHT PEDAL	JD-3A	1
110	TRUSS SELF TAPPING SCREW	Ø4X12	2
111	COUNTER SINK HEX SCREW	M10X65 (ALL THREAD)	2
112	ARC WASHER	Ø20XØ10.5X2.0T	2

D: Entsorgungshinweis

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

Les produits Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

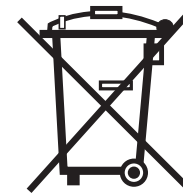
Los productos de Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).







HORIZON
FITNESS

EXERCISE BIKE OWNER'S MANUAL

Comfort Upright bike and Recumbent Bike Owner's Manual 0712'13 Rev. 2.4 © 2013 Horizon Fitness