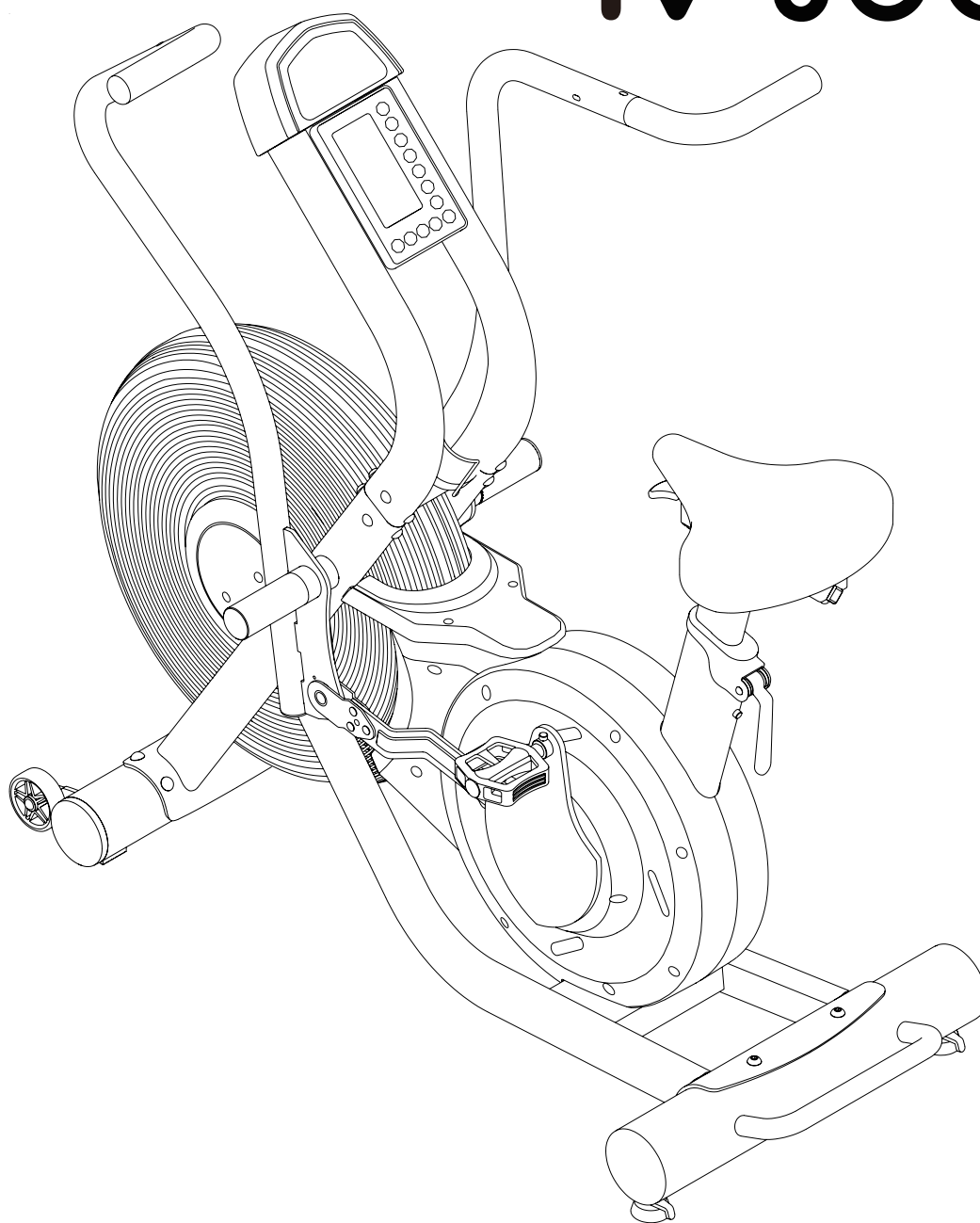


Impetus

IV 8000_A



USER MANUAL

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INTRODUCTION / IMPORTANT INFORMATION

A. Introduction

This user manual contains assembly, operation, maintenance and safety information.

Please read and retain this manual for future reference.

B. Safety guidelines

- a. Read the user manual and all accompanying literature. Follow it carefully before using your machine.
- b. This machine is intended for indoor home or commercial location use only.
- c. Inspect your exercise machine prior to exercising to ensure that all parts are tightened.
- d. Make sure the trainer is stable on the floor. Avoid uneven surfaces.
- e. Keep children under age of 14 and pets away from the exercise trainer at all times.
- f. Exercise equipment has moving parts. Keep others, especially children, at a safe distance while exercise.
- g. Make sure all devices are fully adjusted before use to avoid injury.
- h. Remove all jewelry, including rings, chains and pins before exercising.
- i. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become caught in the moving parts of your exercise machine.
- j. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- k. Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- l. Rest adequately between workouts. Muscles tone and develop during these rest periods.

IMPORTANT:

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR EQUIPMENT IS 150 KGS.

WARNING:

Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician.

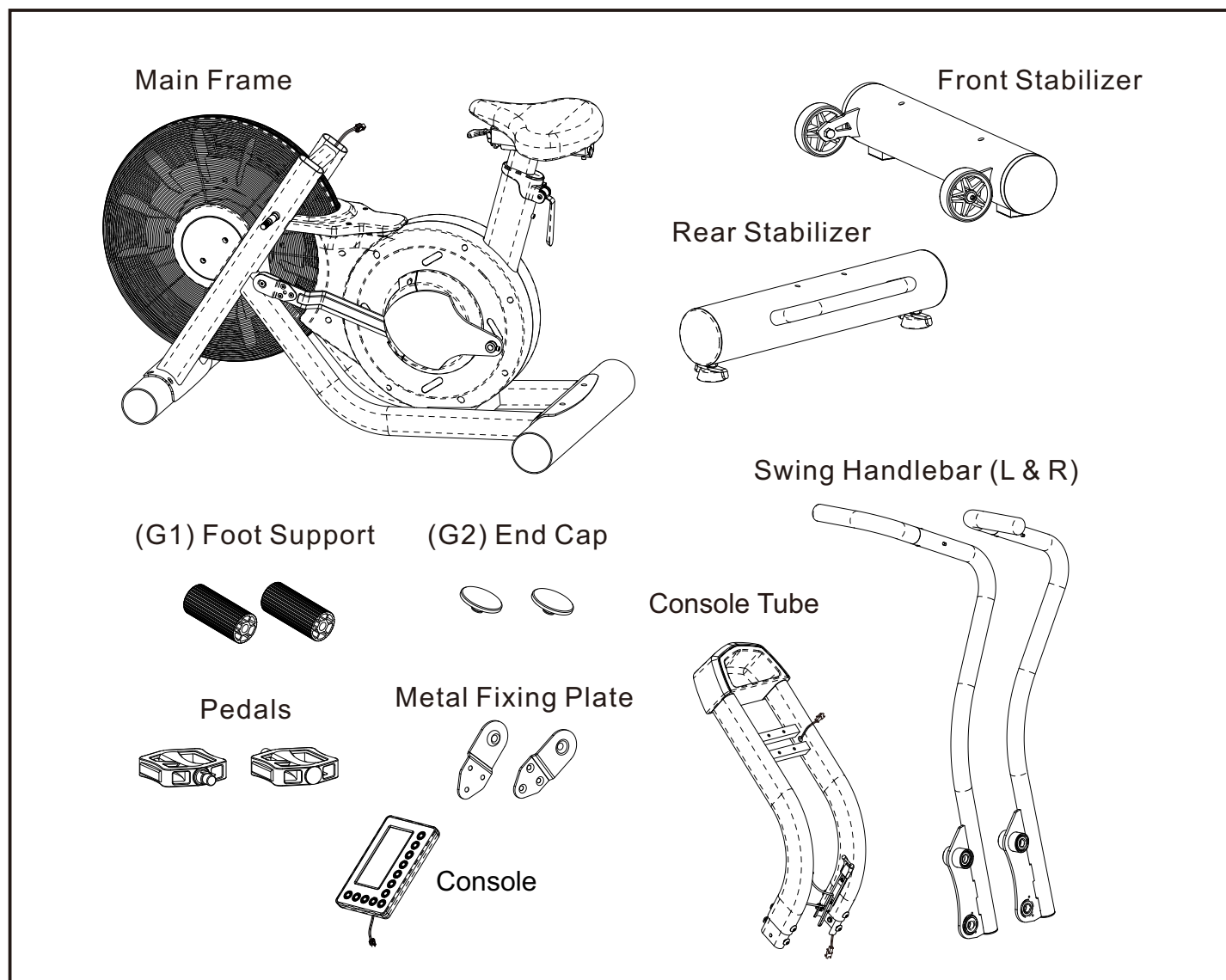
The safety level of the equipment can be maintained only if it is examined regularly for damaged and wear.

The appliances are not for children under age of 14.

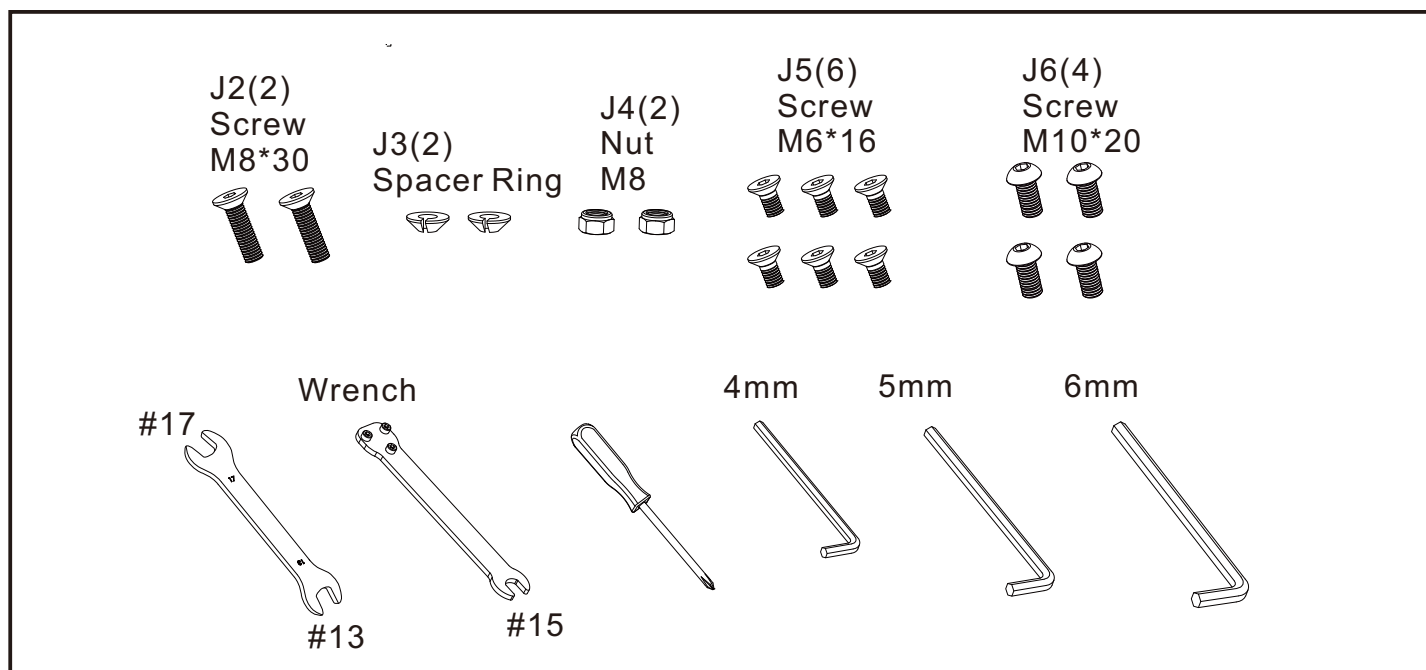
IMPORTANT:

Read all instructions carefully. Assemble the unit in accordance with the steps in the manual. Lay out all parts on the floor and check if you have all the parts included completely before beginning assembly. In case of a discrepancy, please contact the customer service department

PACKING LIST



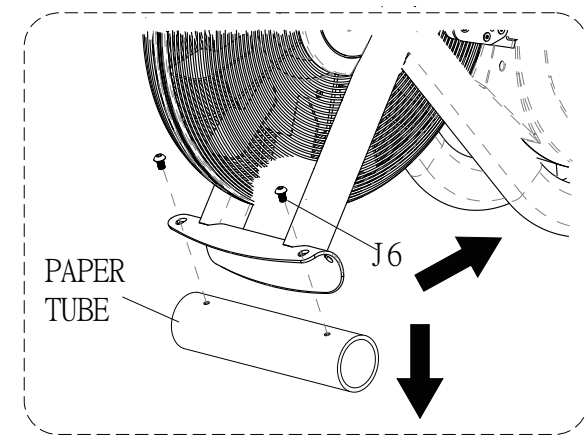
HARDWARE PACK PACKING LIST



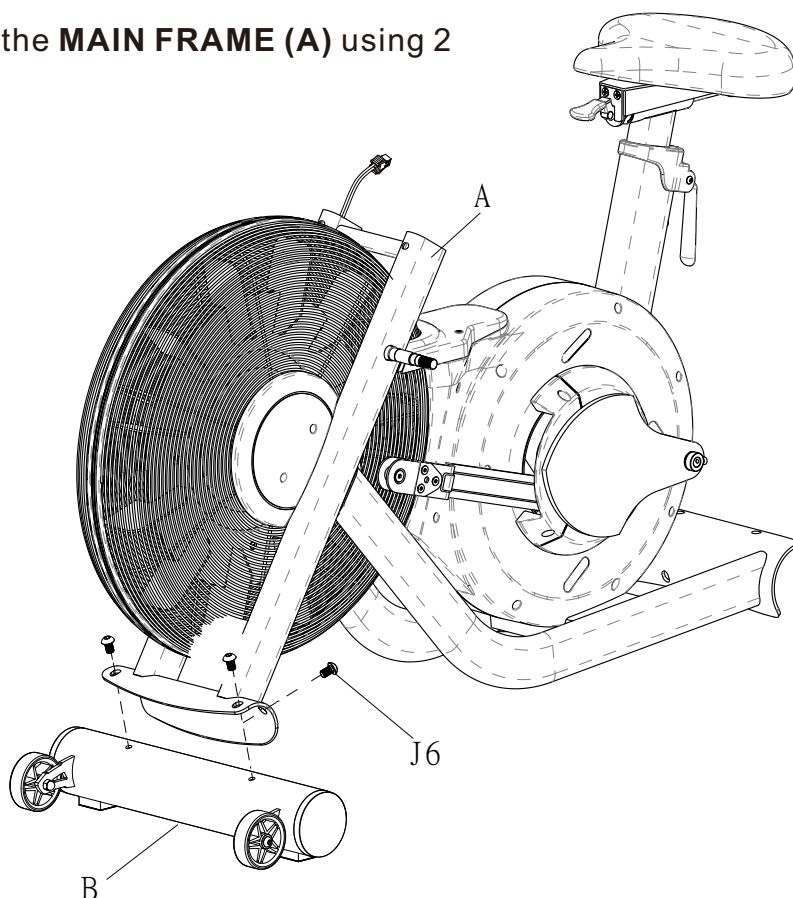
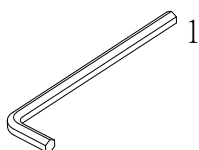
ASSEMBLY INSTRUCTIONS

STEP 1

1. Remove the 2 **SCREWS (J6)** from the paper strap. The paper strap is used for package protection that won't be used again after/during the assembly.
2. Attach the **FRONT STABILIZER (B)** to the **MAIN FRAME (A)** using 2 **SCREWS (J6)**.

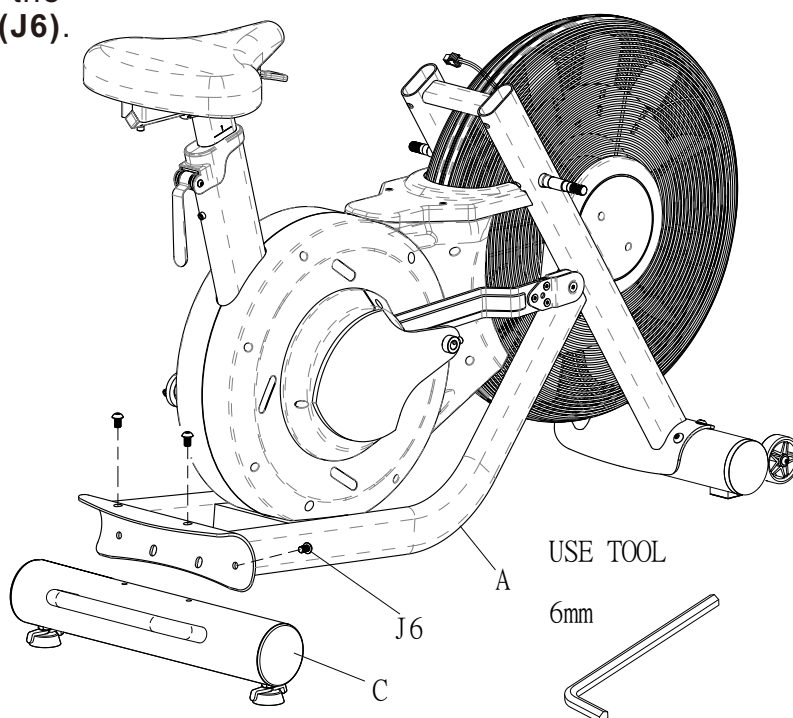
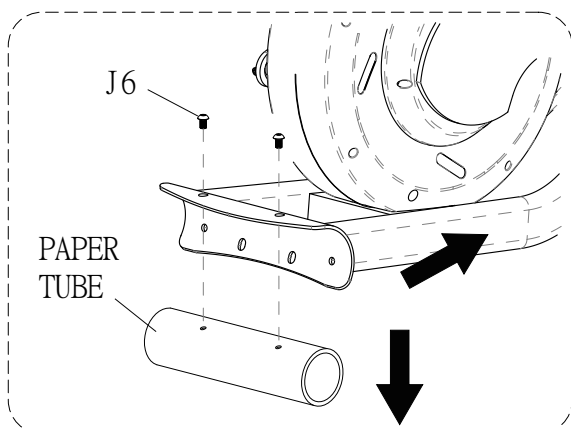


USE TOOL



STEP 2

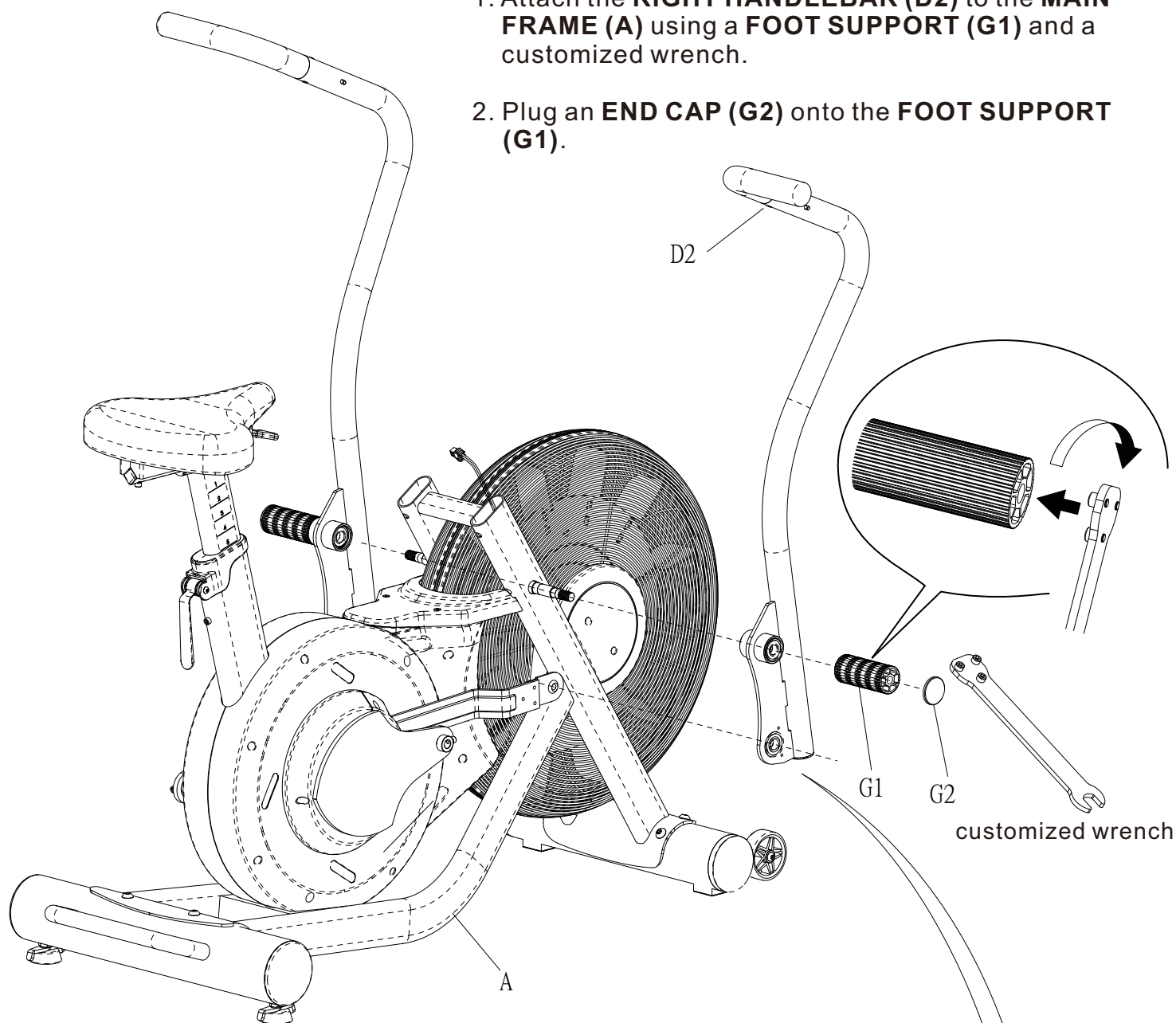
1. Remove the 2 **SCREWS (J6)** from the paper strap. The paper strap is used for package protection that won't be used again after/during the assembly.
2. Attach the **REAR STABILIZER (C)** to the **MAIN FRAME (A)** using 2 **SCREWS (J6)**.



STEP 3

1. Attach the **RIGHT HANDLEBAR (D2)** to the **MAIN FRAME (A)** using a **FOOT SUPPORT (G1)** and a customized wrench.

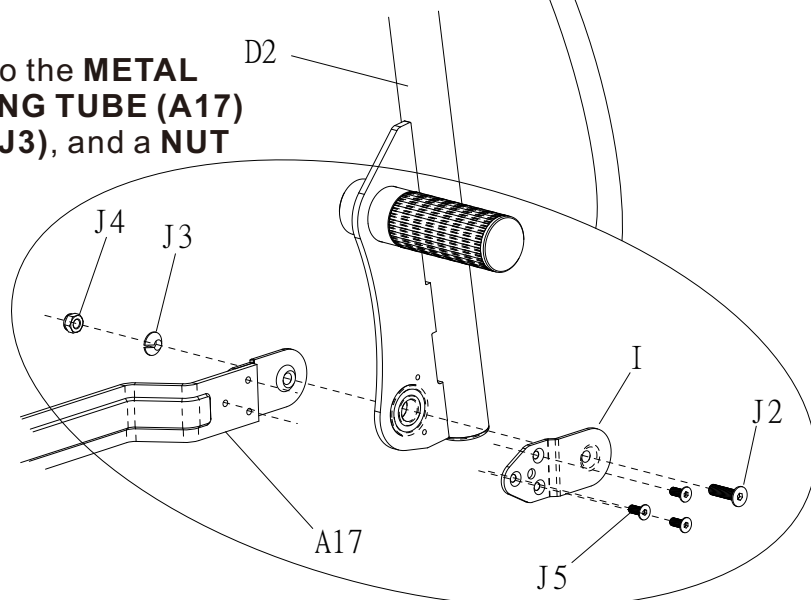
2. Plug an **END CAP (G2)** onto the **FOOT SUPPORT (G1)**.



3. Attach the **RIGHT HANDLEBAR (D2)** to the **METAL FIXING PLATE (I)** and the **CONNECTING TUBE (A17)** using a **SCREW (J2)**, **SPACER RING (J3)**, and a **NUT (J4)**.

4. Then, use 3 **SCREWS (J5)** to secure the assembly.

5. Repeat the above steps on the other side.

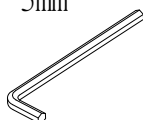


USE TOOL

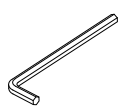
#13 #17



5mm

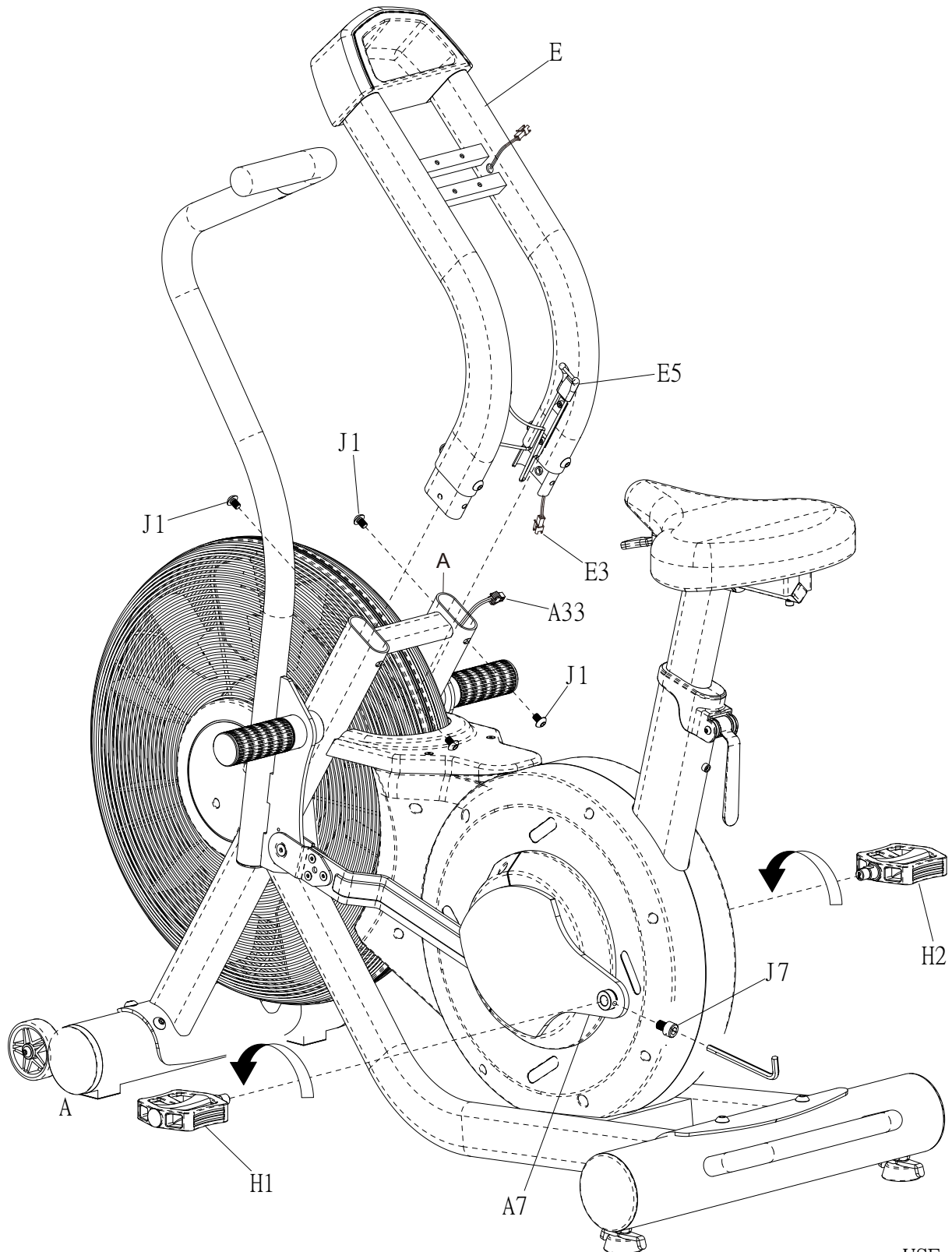


4mm



STEP 4

1. Remove 4 **PRE-INSTALLED SCREWS (J1)** from the **CONSOLE TUBE (E)**.
2. Connect the **WIRES (E3 & A33)**.
3. Attach the **CONSOLE TUBE (E)** to the **MAIN FRAME (A)** using 4 **SCREWS (J1)** removed earlier. **TIP: Avoid pinching the wires.**

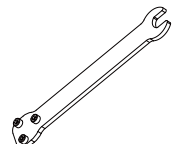
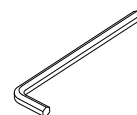


STEP 5

1. Remove the **PRE-INSTALLED SCREW (J7)** from the **LEFT CRANK (A7)**.
2. Attach the **LEFT PEDAL (H1)** to the **LEFT CRANK (A7)** using the **SCREW (J7)** removed earlier.
3. Repeat the above step on the other side.

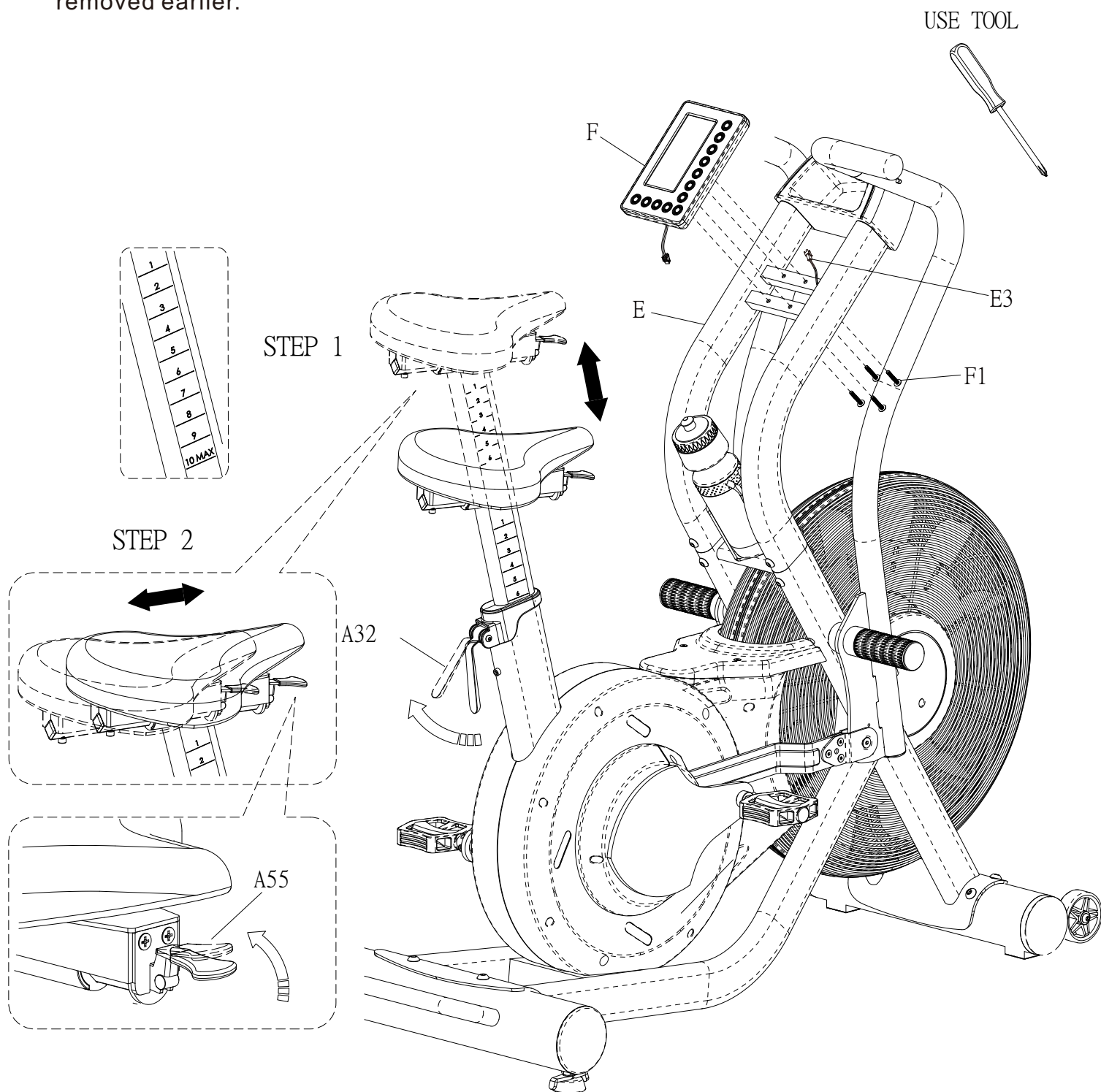
5mm

USE TOOL
#15



STEP 6

1. Remove the **PRE-INSTALLED SCREWS (F1)** from the back of the **CONSOLE (F)**.
2. Connect the **WIRE (E3)** to the **CONSOLE (F)**.
3. Attach the **CONSOLE (F)** to the **CONSOLE TUBE (E)** using the 4 **SCREWS (F1)** removed earlier.



SEAT ADJUSTMENT

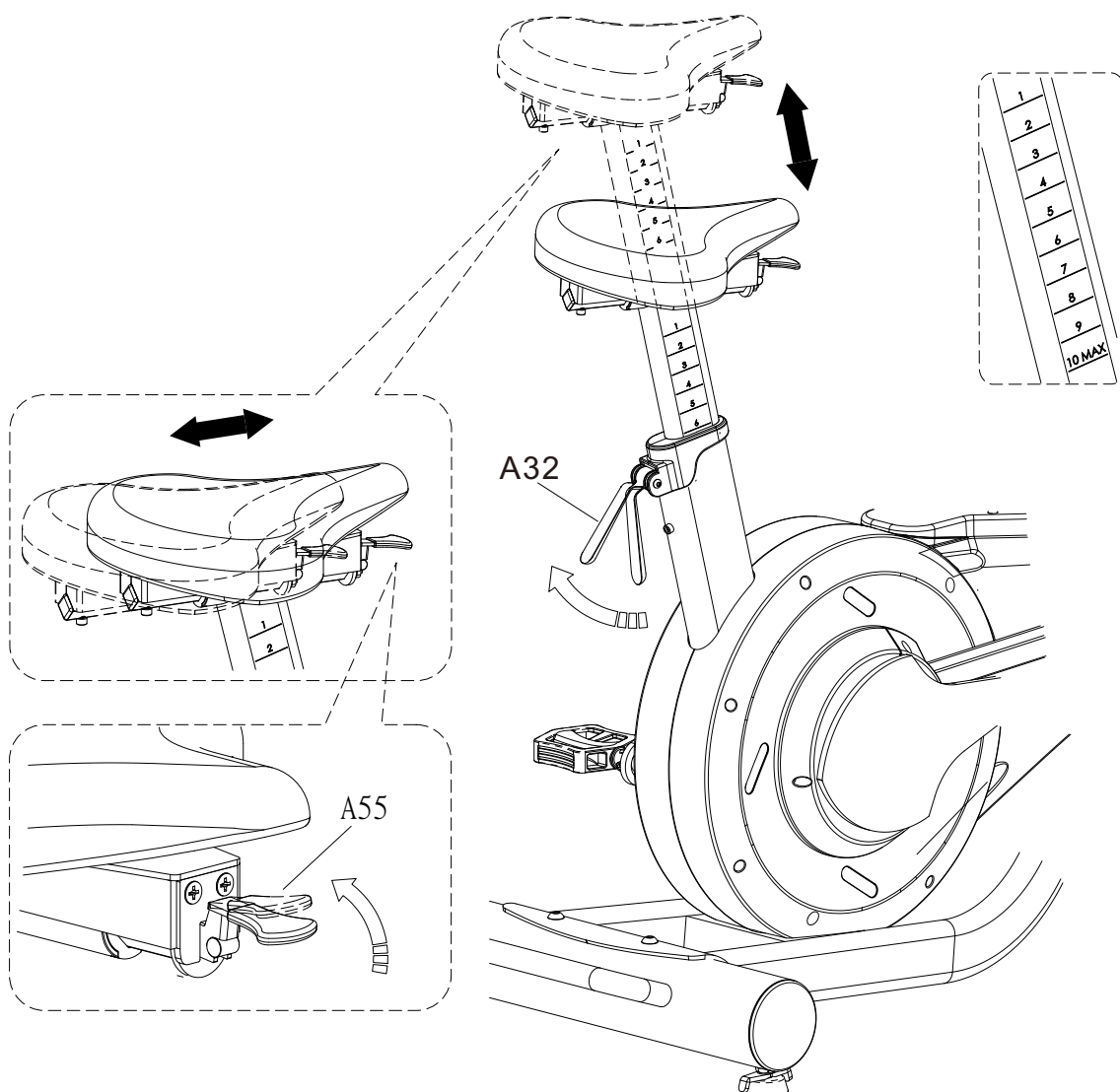
SEAT LATERAL POSITION ADJUSTMENT

To adjust the lateral position of the seat, pull and hold the adjustment handle (A55). Then, move the seat forward or backward to a comfortable position, and let go of the adjustment handle (A55) to lock the seat.

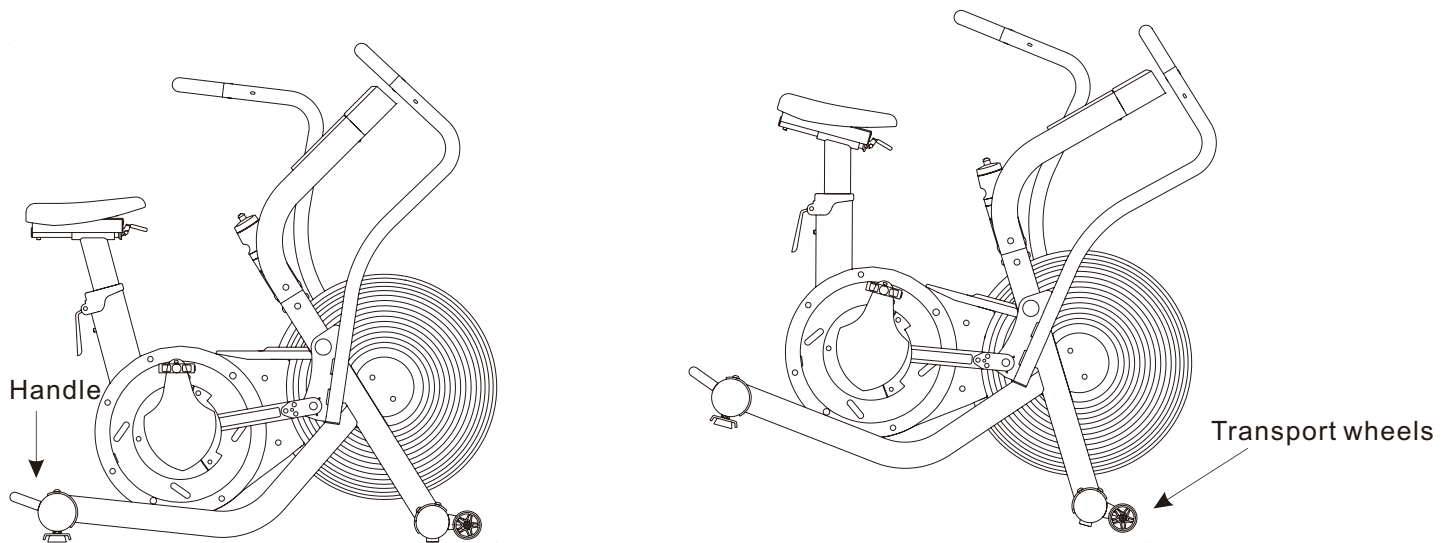
SEAT HEIGHT ADJUSTMENT

For a proper exercise, there should be a slight bend in your knees when one of the pedal is in the lowest position.

To adjust the seat height, pull the handle upward to loosen the seat post. Then, slide the seat post upward or downward to a comfortable position. Lastly, push the handle downward to tighten the seat post.

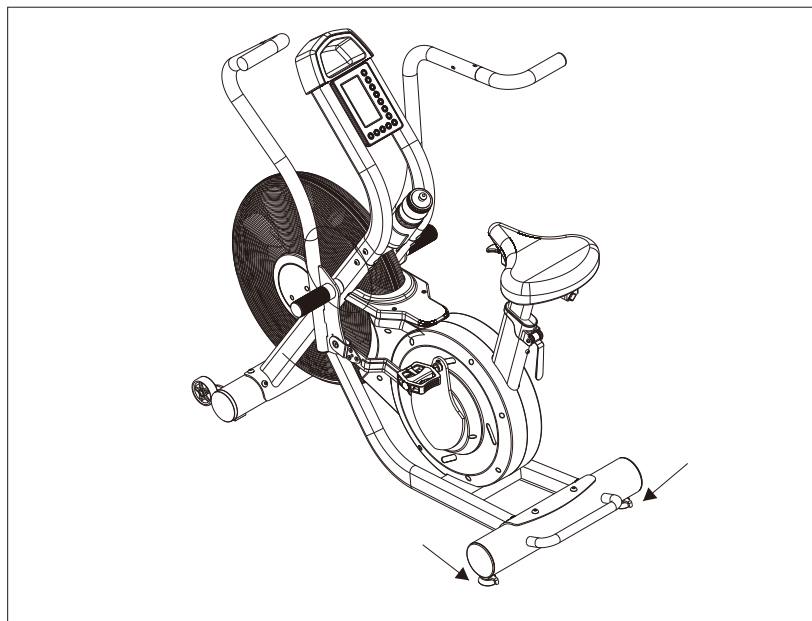


HOW TO MOVE THE TRAINER



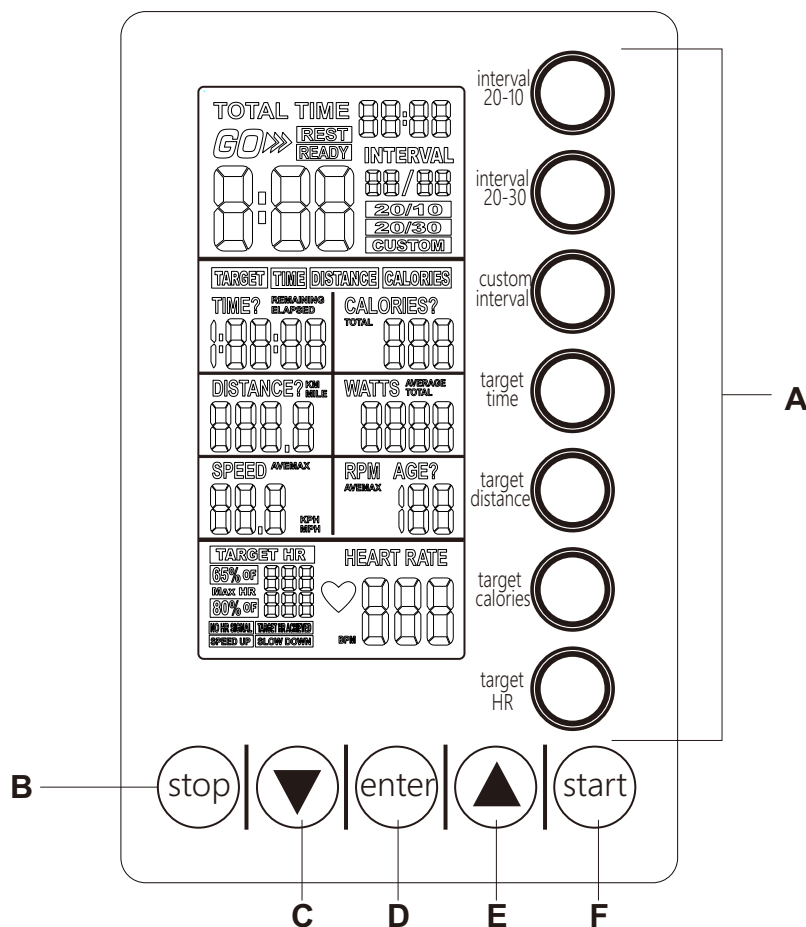
1. Hold the handle and lift the trainer up, so the transport wheels touch the floor.
2. Move the trainer to your designated position while lifting the trainer.
3. Carefully let down the trainer.

HOW TO ADJUST THE BALANCE OF THE TRAINER



Make sure the trainer is placed on the flat floor, and rotate the leveling foot clockwise or counter-clock wise, so the leveling foot touches the floor.

CONSOLE DESCRIPTION



A. “INTERVAL” and “TARGET” PROGRAM KEY

Immediately take you to the corresponding program.

B. STOP KEY

1. Press the STOP key to stop your workout in any programs.
2. Press and hold the STOP key to reset the console.

C. DOWN KEY

Press the DOWN key to decrease values; press and hold for rapid value change.

D. ENTER KEY

Press the ENTER key to confirm settings.

E. UP KEY

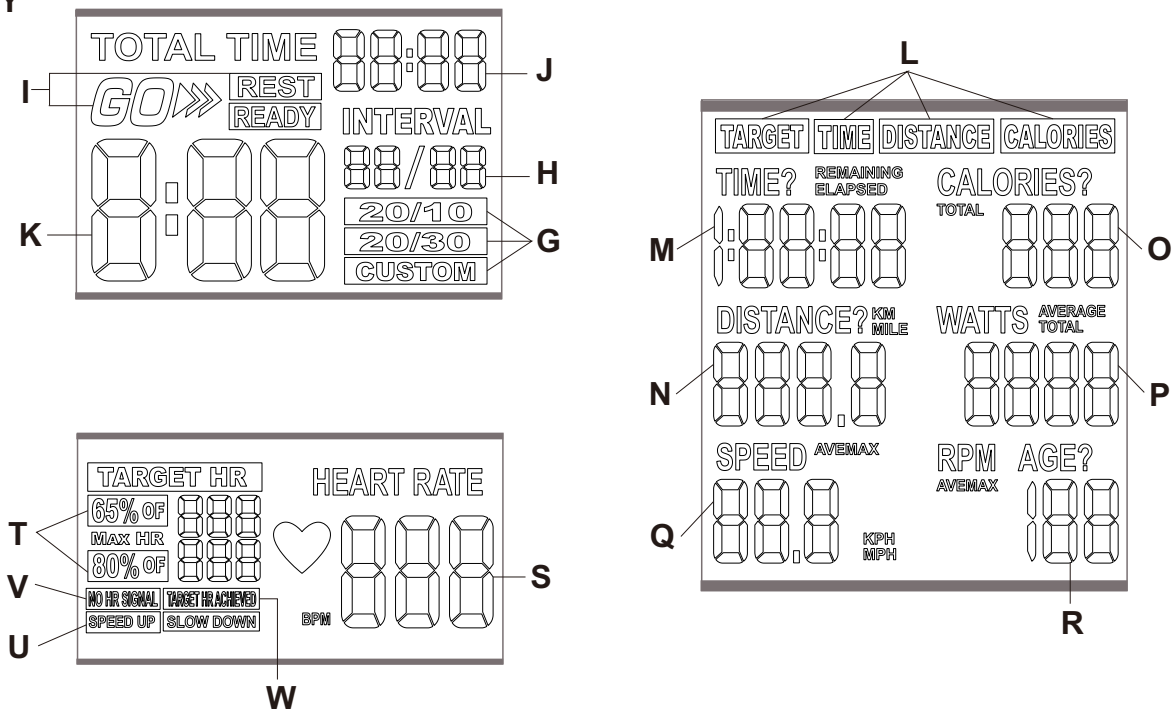
Press the UP key to increase values; press and hold for rapid value change.

F. START KEY

Press the START key to begin a workout or restart a paused workout.

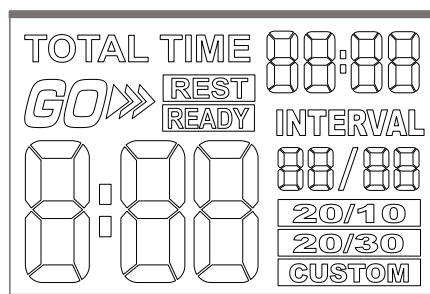
CONSOLE DESCRIPTION (continued)

DISPLAY



- G. Display the type of interval programs that is being selected and used.
- H. 88/88 shows the current interval and the total sections of intervals in the program.
- I. Shows the current workout period in an interval program.
- J. The time elapsed in an interval program.
- K. The time remaining in the current work or rest periods in an interval program.
- L. Display the type of target programs that is being selected and used.
- M. The time elapsed or the time remaining in your workout.
- N. The total distance traveled or the distance remaining since the start of the workout.
- O. The approximate calories burned or the calories remaining since the start of the workout (WARNING!! DO NOT USE FOR MEDICAL PURPOSE).
- P. An estimation of the average and the total power generated since the start of the workout.
- Q. An estimation of average and maximum speed since the start of the workout.
- R. Display the average and the maximum revolutions per minute.
- S. A feedback of your current heart rate during the workout.
- T. Display the type of targeted heart rate programs that is being selected and used.
- U. The need for your pedaling speed to reach the target heart rate.
- V. No heart rate signal is being detected.
- W. Target heart rate is achieved.

USING THE INTERVAL PROGRAMS

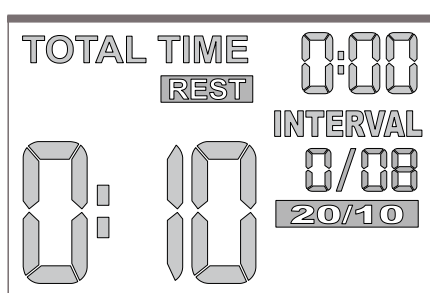


INTERVAL PROGRAM OVERVIEW

This console features 3 interval programs : **interval 20/10**, **interval 20/30** & **interval custom**.

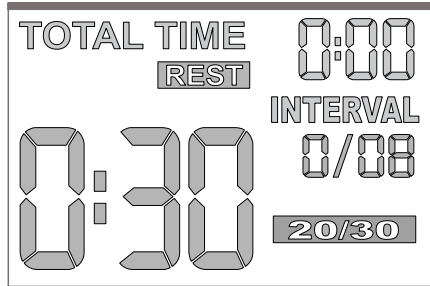
Interval 20/10 and **interval 20/30** programs offer users a series of eight high-intensity workout intervals with preset time segments. These High Intensity Interval Training (H.I.I.T.) programs provide sound and visual signals at the start of each **WORK & REST** interval.

When you reach the last “**REST**” segment the console makes an alarm and end the workout by coming to a stop.



INTERVAL 20/10 & 20/30 PROGRAMS

1. Press the “**interval 20/10**” or “**interval 20/30**” key to select the program.
2. The default interval number of “**0/08**” is displayed in the “**INTERVAL**” window.
3. The default time segment of “**REST 0: 10**” or “**REST 0: 30**” is displayed in the “**INTERVAL**” window.

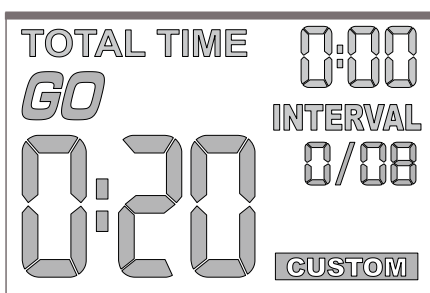


4. Press “**ENTER**” to confirm your setting.

5. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.
NOTE: You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

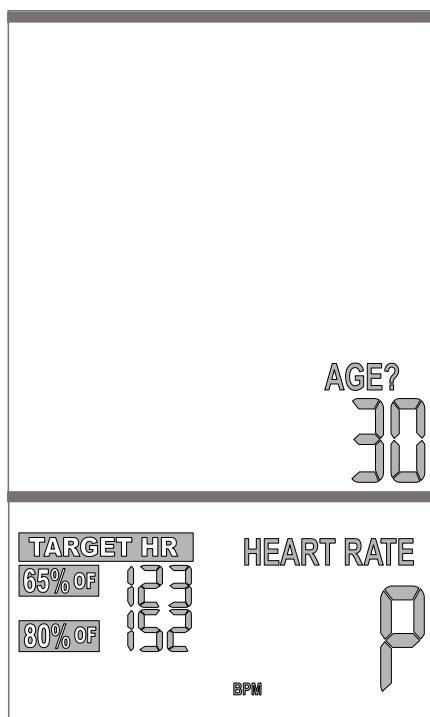
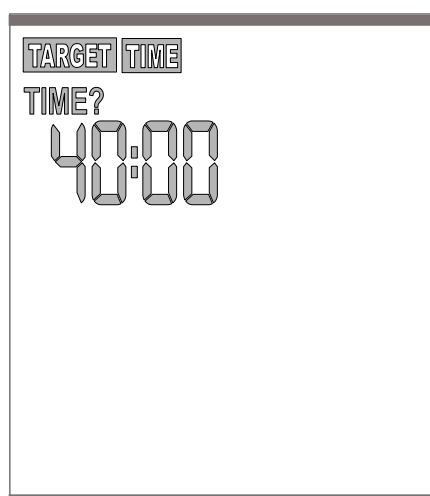
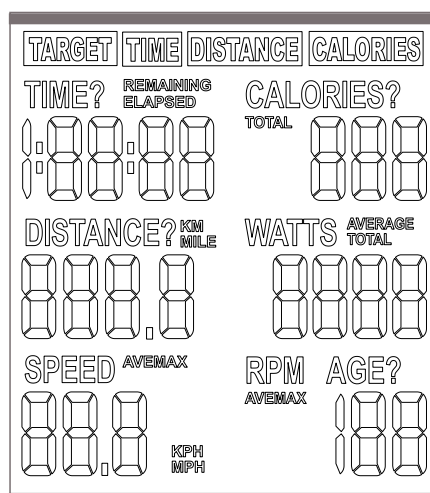
INTERVAL CUSTOM PROGRAM

1. Press the “**interval custom**” to select the program.
2. Use the “**▲/▼**” keys to set up your **WORK** period time (0:01~9:59 minutes).
3. Press “**ENTER**” to confirm your setting.
4. Use the “**▲/▼**” keys to set your **REST** period time (0:01~9:59 minutes).
5. Press “**ENTER**” to confirm your setting.
6. Use the “**▲/▼**” keys to set your total interval numbers (1~99).
7. Press “**ENTER**” to confirm your setting.



8. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.
NOTE: You can press the “**ENTER**” key twice to save the setting of this program after you complete the workout.
NOTE: You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

USING THE TARGET GOAL PROGRAMS



TARGET GOAL PROGRAM OVERVIEW

This console features 4 target programs: **Target Time**, **Target Distance**, **Target Calories** & **Target Heart Rate**.

When you reach your target goal the console will make an alarm and end the workout by coming to a stop.

TARGET TIME, DISTANCE, CALORIES PROGRAMS

1. Press “**target time**”, “**target distance**”, or “**target calories**” to select the program.

2. Use the “▲/▼” keys to set your target goal.

3. Press “**ENTER**” to confirm your setting.

4. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.

NOTE: You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

TARGET HEART RATE PROGRAM

A compatible wireless heart rate chest strap is required to use this program.

Once you enter your age the console calculates and display your 65% and 80% maximum heart rate. Then, the console prompt you to speed up or slow down to get within the 65% to 80% zone based on your current heart rate.

1. Press “**target HR**” to select the program.

2. The default value of “**30**” flashes in the “**AGE**” window.

4. Use the “▲/▼” keys to input your age (10 ~99).

5. Press “**ENTER**” to confirm your setting.

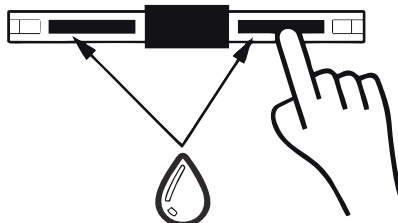
6. The default value of 65% and 80% Target HR is displayed in HR window.

7. Press “**START**” to begin the workout and then start pedaling. The program will not start until you begin pedaling.

NOTE: You can press the “**STOP**” key to end the program at any time. The workout summary will display on the screen.

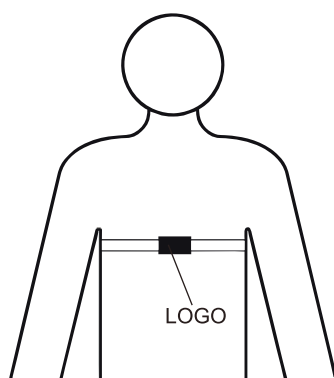
TELEMETRIC HEART RATE CHEST STRAP

The wireless telemetric chest strap uses two plates to detect your heart rate and send your heart rate signal to the console. Slightly apply a few drops of water on both plates before you wear the chest strap. This improves heart rate signal accuracy. The chest strap is recommended to be used against your skin, but it also works with thin clothing.

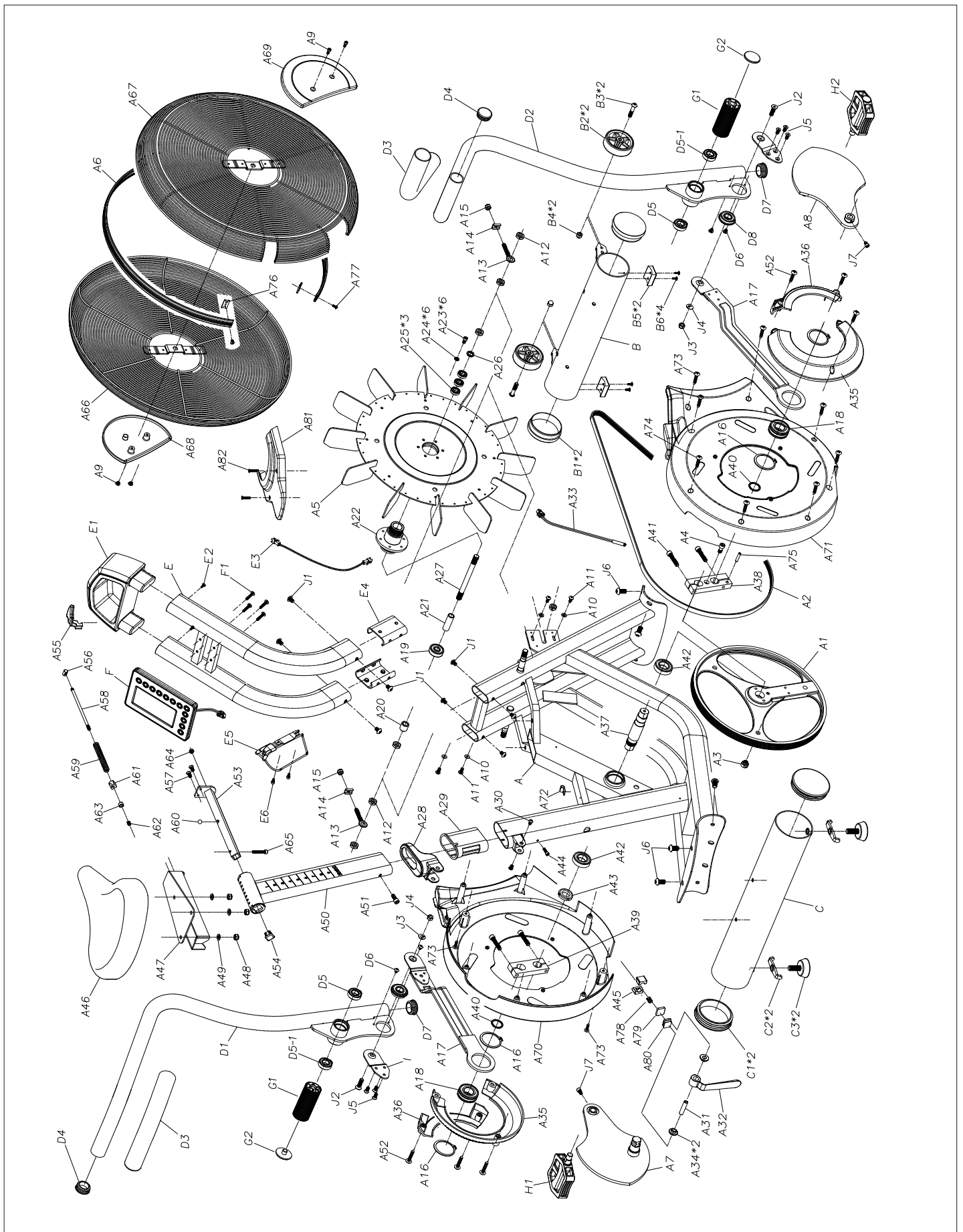


CHEST STRAP PLACEMENT

Chest strap should be worn right below your breast as the picture shown with the IMPETUS logo facing out. Carefully adjust the elastic strap but comfortable enough for exercising and breathing.



EXPLODED VIEW



PART LIST

| No. | Description | Q'ty | No. | Description | Q'ty |
|-----|---------------------------------------|------|-----|-------------------------------------|------|
| A | Main frame | 1 | A41 | Cheese Head Hex Socket Bolt M8*40mm | 4 |
| A1 | Belt Wheel Ø360mm | 1 | A42 | Bearing 6005ZZ | 2 |
| A2 | Belt 690J7 | 1 | A43 | Axle Nut | 1 |
| A3 | Magnetic (Ø15*7mm) | 1 | A44 | Cheese Head Hex Socket Bolt M6*20mm | 1 |
| A4 | Cheese Head Hex Socket Bolt M8x20mm | 1 | A45 | Block | 2 |
| A5 | Steel Fan Piece | 1 | A46 | Saddle(LS-A22) | 1 |
| A6 | Plastic Strip | 1 | A47 | Saddle Base | 1 |
| A7 | Shaped Crank-L | 1 | A48 | Nylon Nut M8 | 3 |
| A8 | Shaped Crank-R | 1 | A49 | Spring Washer M8 | 3 |
| A9 | Cheese Head Hex Socket Bolt M5x12mm | 4 | A50 | Saddle Post | 1 |
| A10 | Washer M5*Ø13*1T | 4 | A51 | Cheese Head Hex Socket Bolt M6*12mm | 1 |
| A11 | Cheese Head Hex Socket Bolt M5x12mm | 4 | A52 | Phillips Self-Tapping Srew M6*12mm | 6 |
| A12 | Nut M12 | 4 | A53 | Sliding Sleeve | 1 |
| A13 | Adjusting Screw M8 | 2 | A54 | Square End Cap | 1 |
| A14 | Fixing Holder | 2 | A55 | Adjustment Bar | 1 |
| A15 | Nylon Nut M8 | 2 | A56 | Quick-Released Axis | 1 |
| A16 | C Clip S52 | 4 | A57 | Phillips Taper Srew M6*15mm | 2 |
| A17 | Connecting Tube | 2 | A58 | Threaded Rod | 1 |
| A18 | Bearing 2005ZZ | 2 | A59 | Spring | 1 |
| A19 | Bearing 6301ZZ | 1 | A60 | Ball Ø10mm | 1 |
| A20 | Spacer Ring Ø19*Ø12.5*Ø18.7mm | 1 | A61 | Spacer Block | 1 |
| A21 | Spacer Ring 5/8*Ø12.5*Ø51.3mm | 1 | A62 | Spring | 1 |
| A22 | Pulley Ø45x83mm J8 | 1 | A63 | Bushing(Ø25*12.7 mm) | 1 |
| A23 | Cheese Head Hex Socket Bolt M6x12mm | 6 | A64 | Nylon Nut M6 | 1 |
| A24 | Spring Washer M6 | 6 | A65 | Cheese Head Hex Socket Bolt M6*35mm | 1 |
| A25 | Bearing 6901 | 3 | A66 | Steel-Fan Cover-L | 1 |
| A26 | Spacer Ring | 1 | A67 | Steel-Fan Cover-R | 1 |
| A27 | Axle(Ø12*155) | 1 | A68 | Decoration Cover-L | 1 |
| A28 | Seat Post Cover | 1 | A69 | Decoration Cover-R | 1 |
| A29 | Sear Post Sleeve | 1 | A70 | Chain Cover (L) | 1 |
| A30 | Mushroom Head Hex Socket Bolt M6*12mm | 2 | A71 | Chain Cover (R) | 1 |
| A31 | Bushing(Ø10*43.2mm) | 1 | A72 | Sensor Housing | 1 |
| A32 | Fix Grip | 1 | A73 | Phillips Self-Tapping Srew M4*12mm | 4 |
| A33 | Sensor | 1 | A74 | Phillips Self-Tapping Srew M4*15mm | 4 |
| A34 | Bushing | 2 | A75 | Spring Pin 6x32mm | 1 |
| A35 | Outer Ring (R+L) | 2 | A76 | Holder | 2 |
| A36 | Small Outer Ring (R+L) | 2 | A77 | Phillip Taper Screw M4*10mm | 2 |
| A37 | Axle M25*P1.5 | 1 | A78 | Spring | 1 |
| A38 | Crank (R) | 1 | A79 | Gasket | 1 |
| A39 | Crank (L) | 1 | A80 | Plate | 2 |
| A40 | Bushing(Ø25*Ø31*2 mm) | 2 | A81 | Cover | 1 |
| | | | A82 | M5x25mm | 2 |

PART LIST

| No. | Description | Q'ty | No. | Description | Q'ty |
|------|--------------------------------------|------|-----|--------------------------------|------|
| B | Front Stabilizer | 1 | E | Console Tube | 1 |
| B1 | End Cap | 2 | E1 | End Cap | 1 |
| B2 | Transport Wheel | 2 | E2 | Taper Hex Socket Screw M4x12mm | 2 |
| B3 | Mushroom Head Hex Scket Bolt M8x40mm | 2 | E3 | Sensor | 1 |
| B4 | Dome Nut M8 | 2 | E4 | Connection Piece | 2 |
| B5 | Stopper | 2 | E5 | Bottle Housing | 1 |
| B6 | Phillips Self-Tapping Screw M4x12mm | 2 | E6 | Screw M5x10mm | 2 |
| C | Rear Stabilizer | 1 | F | Console | 1 |
| C1 | End Cap Ø101.6 | 2 | F1 | Screw M5x30mm | 4 |
| C2 | Wing Nut M12 | 2 | G1 | Foot Support | 2 |
| C3 | Knob Ø50 | 2 | G2 | End Cap | 2 |
| D1 | Swing Handlebar(L) | 1 | H1 | Pedal (L) | 1 |
| D2 | Swing Handlebar(R) | 1 | H2 | Pedal (R) | 1 |
| D3 | PVC-Dipping Handlebar | 2 | I | Metal Fixing Plate | 2 |
| D4 | End Cap | 2 | J1 | Bolt M8x12mm | 8 |
| D5 | Bearing 6003ZZ | 2 | J2 | Screw M8x30mm | 2 |
| D5-1 | Bearing 6202 | 2 | J3 | Spacer Ring | 2 |
| D6 | Flat Head Phillips Screw M5x8mm | 4 | J4 | Nut M8 | 2 |
| D7 | End Cap | 2 | J5 | Screw M6x16mm | 6 |
| D8 | Bearing 6203ZZ | 2 | J6 | Screw M10x20mm | 8 |
| | | | J7 | Bolt M6x8mm | 2 |

WARM UP / COOL DOWN

Suggested Stretches

The following stretches provide a good warm-up and cool-down. Move slowly as you stretch.

Ham String Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs. .

Stretches: Hamstring, Lower Back and Groin



Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps and Hip Muscles



Toe Touches

Stand with your knees bend slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretch: Hamstring, Back of Knees, Back



Quadriceps Stretch

Stand on one foot with one hand hold onto the wall to balance, raise the other foot behind you, and pull up your foot as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat three times.

Stretch: Quadriceps muscles, Hip muscle



Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching the Achilles tendons, slightly bend back leg as well.

Stretch: Lower legs, Achilles tendons, and Ankles



CLEANING & MAINTENANCE

Inspect and tighten all parts of the exercise trainer regularly. Replace any worn parts immediately.

To clean the exercise trainer, use damp cloth and a small amount of mild soap.

IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To pre-serve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

