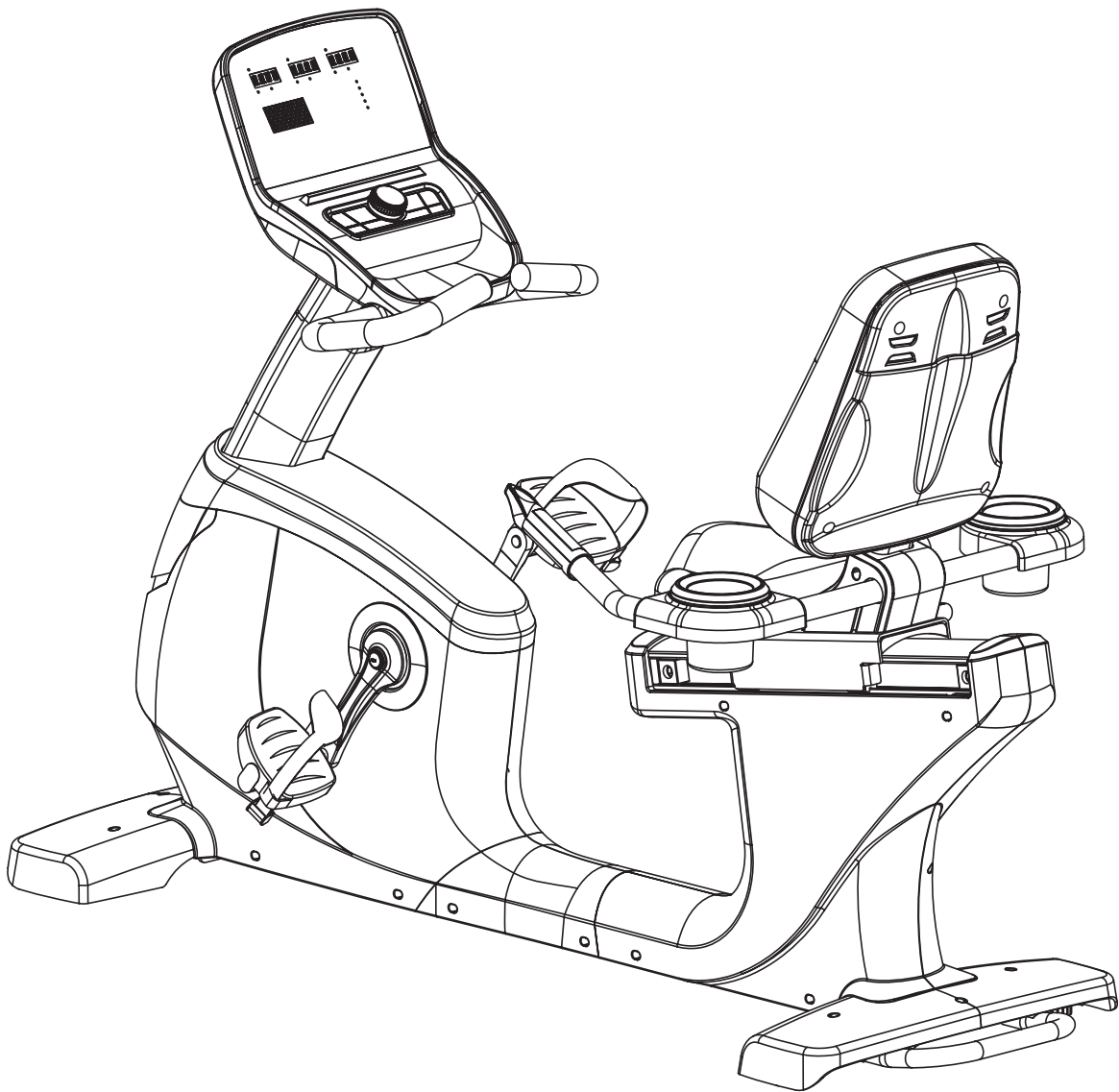


# GYMSTICK™

## PRO20.0 RECUMBENT BIKE USER MANUAL



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



Thank you for choosing the Gymstick PRO20.0 Recumbent Bike. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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**NOTIFICATION!**

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

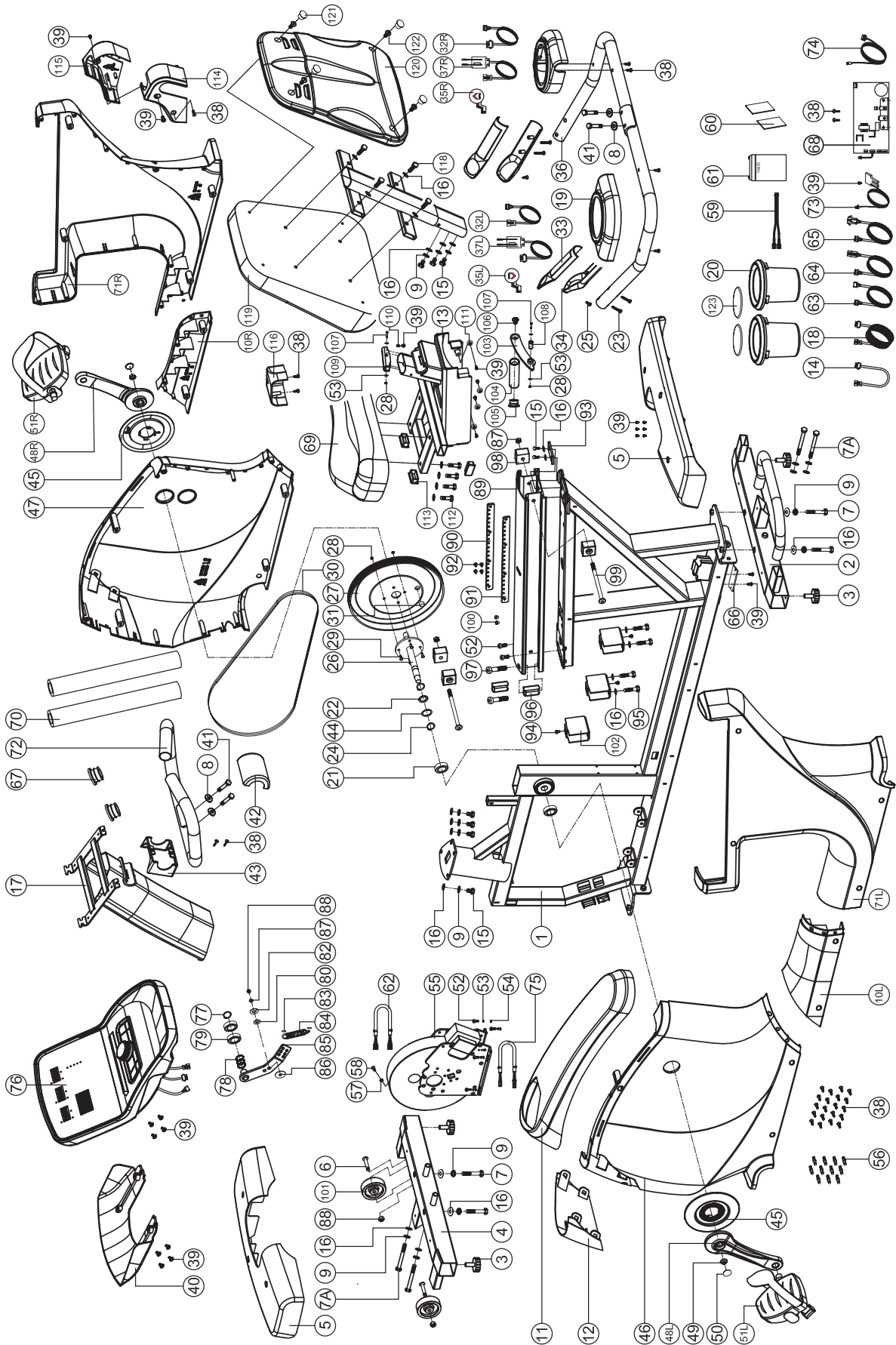
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

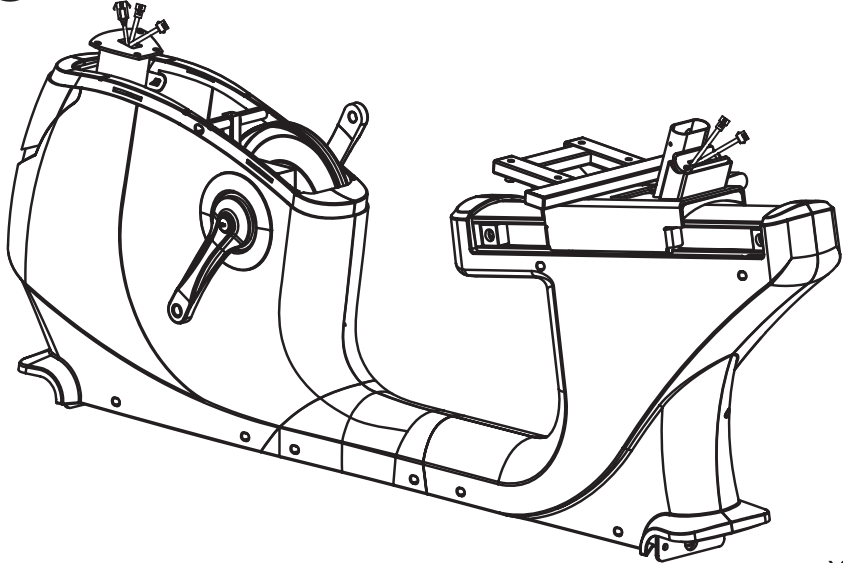
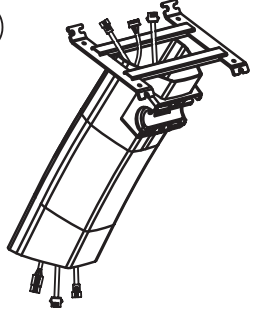
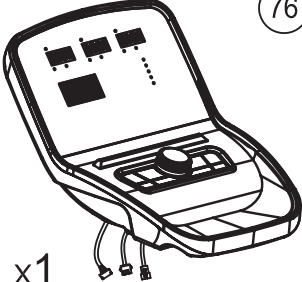
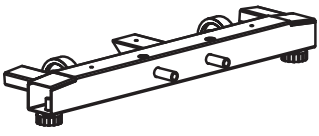
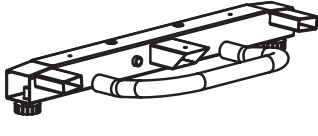


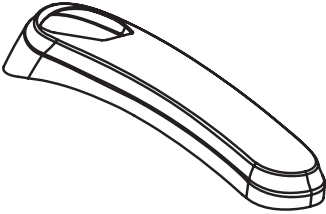
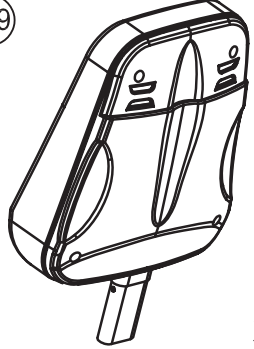
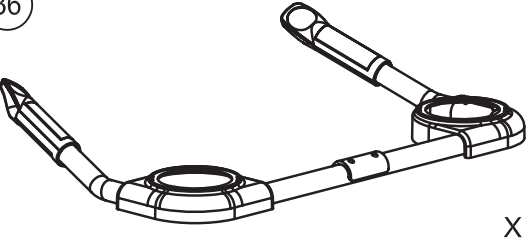
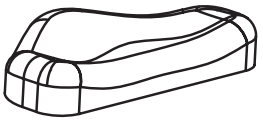



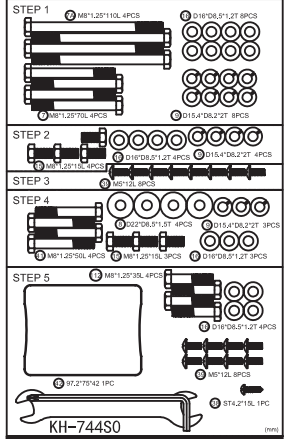

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do warm-up and stretching first.
15. Maximum user weight: 180 kg.



## **WARNING!**

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.



<p>1</p>  <p>x1</p>	<p>17</p> 	<p>76</p>  <p>x1</p>
<p>4</p>  <p>x1</p>	<p>2</p>  <p>x1</p>	<p>72</p>  <p>x1</p>
<p>5</p>  <p>x2</p>	<p>75</p>  <p>x1</p>	<p>119</p>  <p>x1</p>
<p>36</p>  <p>x1</p>	<p>69</p>  <p>x1</p>	<p>40</p>  <p>x1</p>
<p>51L &amp; 51R</p>  <p>x1</p>	<p>114 &amp; 115</p>  <p>x1</p>	 <p>KH-744S0</p>
	<p>20</p>  <p>x2</p>	

## PARTS LIST

GYMSTICK™

No.	Description	Qty.
1	Main frame	1
2	Rear stabilier	1
3	Adjustable wheel	4
4	Front stabilizer	1
5	Front stabilizer cover	2
6	Allen bolt M8*1.25*40L	2
7	Hex bolt M8*1.25*70L	4
7A	Hex bolt M8*1.25*110L	4
8	Curved washer D22xD8.5x1.5T	4
9	Spring washer D15.4xD8.2x2T	12
10L	Middle supporting cover(left)	1
10R	Middle supporting cover(right)	1
11	Upper decorative cover	1
12	Rear cover	1
13	Seat post	1
14	Quick key cable(middle)	2
15	Hex bolt M8*1.25*15L	9
16	Flat washer D16*D8.5*1.2T	29
17	Handlebar psot	1
18	Handle pulse cable	2
19	Bracket for water bottle holder	2
20	Water bottle holder	2
21	Bearing #6004-2RS(C0)	2
22	Waved washer D27*D20.3*0.5T	1
23	Screw M3*0.5*30L	4
24	C-clip D22.5*D18.5*1.2T	2
25	Screw M3*0.5*12L	2
26	Crank axle	1
27	Belt wheel	1
28	Nylon nut M6*1.0*6T	6
29	Hex bolt M6x1.0x15L	4
30	Belt	1
31	Round magnet	1
32L	Quick key cable (upper)(2)	1
32R	Quick key cable(upper)(1)	1

No.	Description	Qty.
33	Upper cover for handle pulse	2
34	Lower cover for handle pulse	2
35L	Membrane keys (+)	1
35R	Membrane keys(-)	1
36	Handlebar	1
37L	Quick key cable(lower)(2)	1
37R	Quick key cable(lower)(1)	1
38	Screw ST4.2*15L	45
39	Bolt M5*0.8*12L	29
40	Back cover for the computer	1
41	Hex bolt M8*1.25*50L	4
42	Rear cover for handlebar	1
43	Front cover for handlebar	1
44	Flat washerD26*D21*1.5T	1
45	Crank cover	2
46	Left chain cover	1
47	Right chain cover	1
48L	Left crank	1
48R	Right crank	1
49	Anti-loose nut M10*1.25*9T	2
50	Screw cover D29*11.5L	2
51L&R	Pedal set	1
52	Allen screw M6*1.0*15L	6
53	Flat washer D13*D6.5*1.0T	8
54	Flat washer D13*D6.5*1.0T	4
55	Self-generator system	1
56	Pin	12
57	Nut M5*0.8*5T	1
58	Screw M5*0.8*20L	1
59	Battery connecting cable	1
60	Buffer bar	2
61	Chargeable battery	1
62	Connecting cable(2)	1
63	Upper computer cable	1
64	Upper computer cable	1

## PARTS LIST

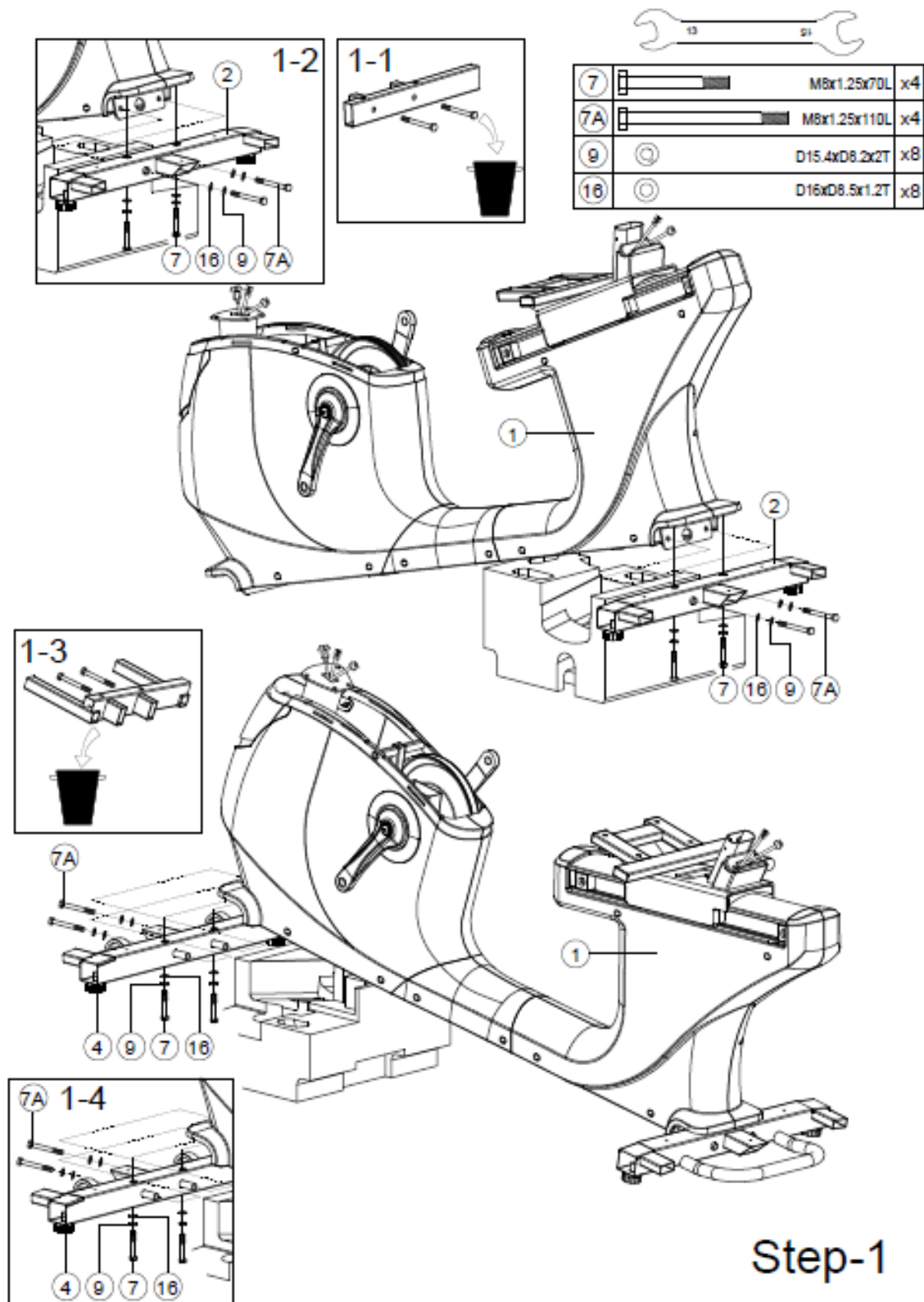
No.	Description	Qty.
65	Lower computer cable	1
66	Fixing plate(1)	1
67	End cap(round)	2
68	Controller	1
69	Seat	1
70	Dip foam	2
71L	Left rear chain cover	1
71R	Right rear chain cover	1
72	Handleabar	1
73	Sensor cable	1
74	Electric cable	1
75	Connecting cable	1
76	Computer	1
77	C-clip S-17(1T)	1
78	Waved washer D17*D22*0.3T	3
79	Bearing 6203-2RS	2
80	Plastic washer D10*D24*0.4T	1
82	Flat washer D28*D8.5*3T	1
83	Plastic cover D3*30L	2
84	Spring D2.2*D14*55L	1
85	Fixing plate for idle wheel	1
86	Plastic washer D50*D10*1.0T	1
87	Nut M8*1.25*6T	1
88	Nylon nut M8*1.25*8T	3
89	Sliding rail	1
90	Limiting plate for seat post	1
91	Fixing plate 2	1
92	Screw M5*0.8*15L	4
93	Enforcing plate for sliding rail	1
94	Bolt M6*1*15L	3
95	Hex bolt M8*1.25*45L	4
96	Enforcing tube for sliding rail 2	2
97	Allen screw M8*1.25*55L	2
98	Buffer	4
99	Allen bolt M8*1.25*100L	2

No.	Description	Qty.
100	Cable plug	2
101	Wheel	2
102	Connecting tube for sliding rail	3
103	Adjustable pole	1
104	Trigger	1
105	Round cap	1
106	Allen bolt M8*1.25*25L	1
107	Allen screw M6*1.0*35L	2
108	Sleeve	1
109	Fixing plate	1
110	Spring D1.5*D10*35L	1
111	Wheel	8
112	Hex bolt M8*1.25*35L	4
113	End cap	4
114	Left cover for handlebar	1
115	Right cover for handlebar	1
116	Adjustable protective cover	1
117	Backrest adjusting tube	1
118	Hex bolt M8*1.25*25L	4
119	Backrest	1
120	Backrest decorative cover	1
121	Round cap	4
122	Bolt	4
123	Water pad	2
	Allen spanner	1
	Spanner	1



## STEP 1.

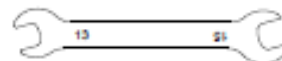
1. Throw away the fixing tube including two bolts into trash. They are not the machine parts. Please refer to 1-1.
2. Take the styrofoam used in the packaging and put it under the rear frame to assemble the rear stabilizer (2) with main frame (1) by using flat washer (16), spring washer (9) and hex bolt (7 & 7A). Please refer to 1-2.
3. Throw away the fixing tube including two bolts into trash. They are not the machine parts. Please refer to 1-3.
4. Raise up the front frame with styrofoam. Assemble the front stabilizer (4) with main frame (1) by using flat washer (16), spring washer(9) and hex bolts (7 & 7A). Please refer to 1-4.



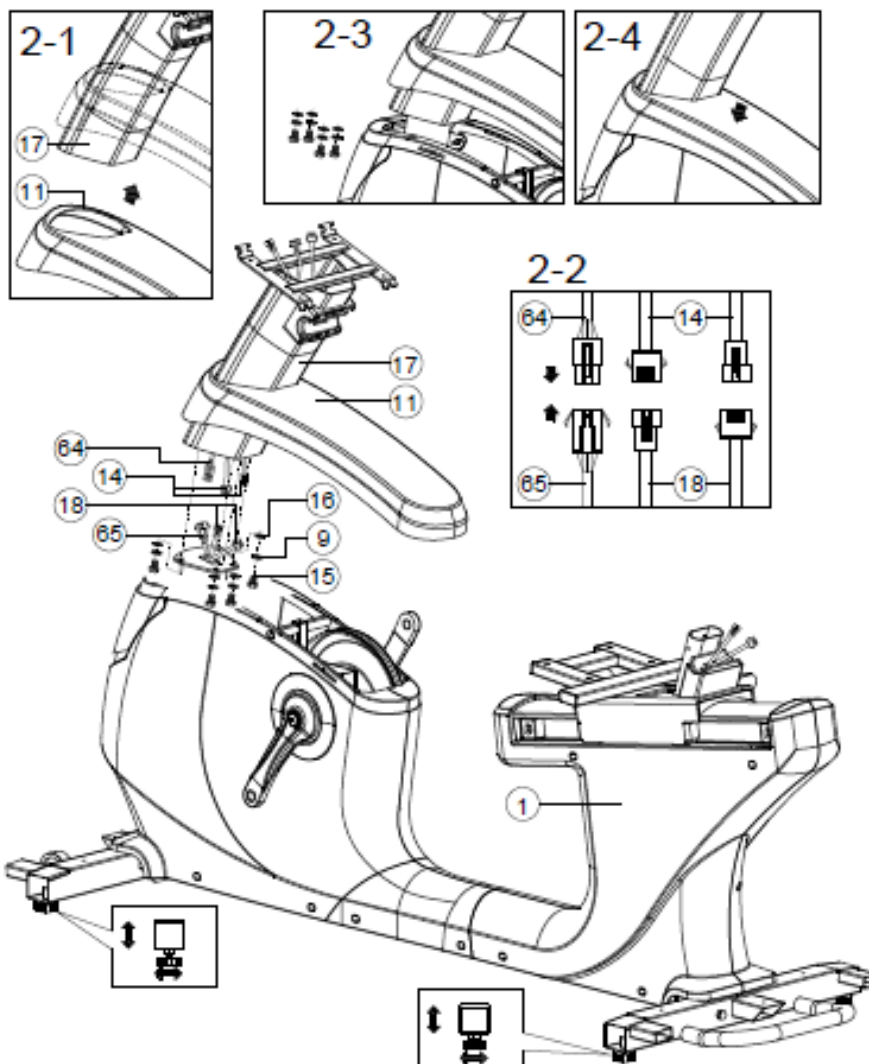


## STEP 2.

1. We suggest two persons to assemble this step.
2. Assemble the front post (17) through the upper cover (11) and move it up. Please refer to 2-1
3. Connect the middle cable for console (64) with lower cable for console (65), and middle cable for quick button (14) with hand pulse cable (18). Please refer to 2-2.
4. Throw away the fixing plate, it is not a machine part. Please refer to 2-3.
5. Place down the upper cover (11) and match it well with the front post. Please refer to 2-4.
6. Adjust the knobs under stabilizers to make the machine as steady as possible.



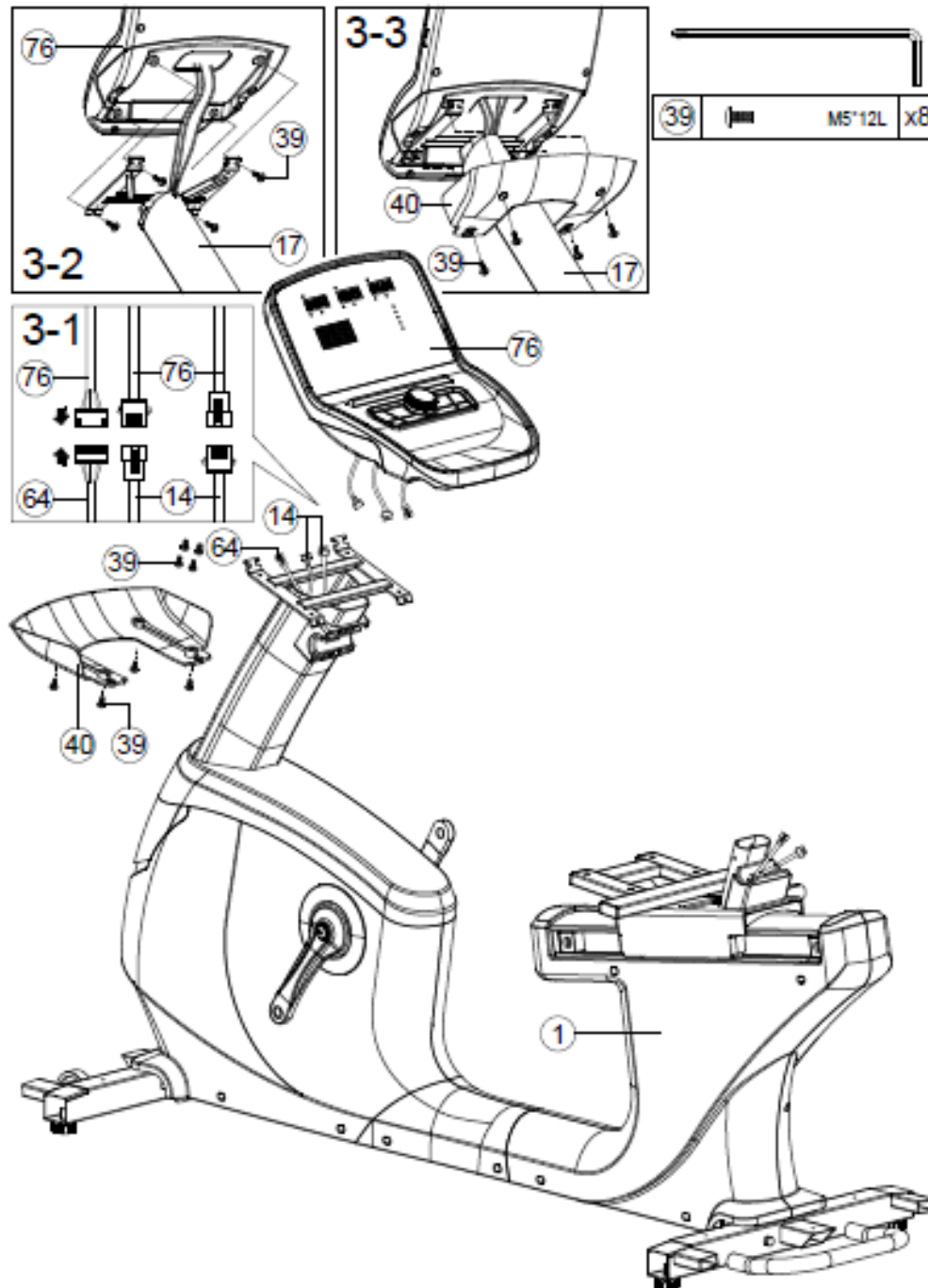
15		M8x1.25x15L	x4
9		D15.4xD8.2x2T	x4
18		D16xD8.5x1.2T	x4



## Step-2

**STEP 3.**

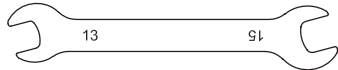
1. Connect the console (76) with middle cable for console (64) and middle cable for quick button (14). Refer to 3-1.
2. Fix the console (76) onto the front post by using cross bolts (39). Please refer to 3-2.
3. Fix the back cover for console (40) onto the console by using bolts (39). Please refer to 3-3.



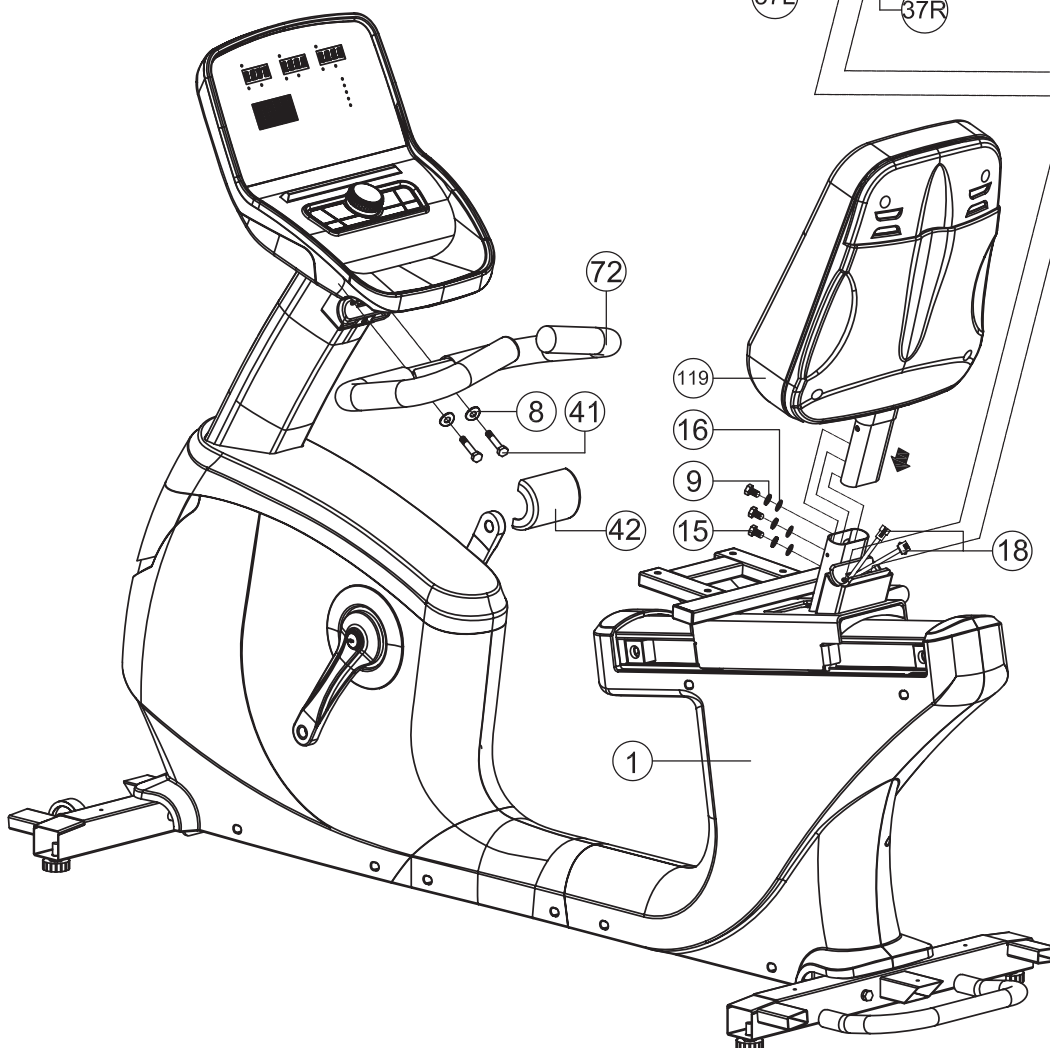
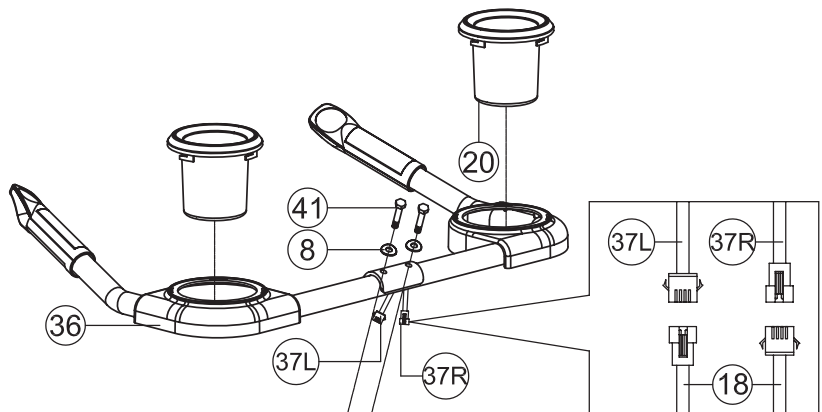
**Step-3**

## STEP 4.

1. Assemble the back pad (119) with main frame by using flat washer (16), the spring washer (9) and hex bolt (15).
2. Connect lower cable for quick button (2) & lower cable for quick button (1) with hand pulse cable (18). Fix the handlebar (36) onto the frame by using curve washer (8) and bolt (41). Put the bottle holder (20) into the bracket.
3. Fix the front handlebar (72) by using curve washer (8) and bolt (41). Cover the rear protective cover for handlebar (42).

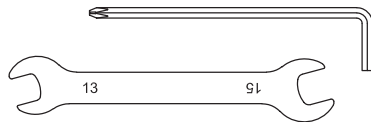






41		M8x1.25x50L	x4
8		D22*D8.5*1.5T	x4
15		M8x1.25x15L	x3
9		D15.4xD8.2x2T	x3
16		D16xD8.5x1.2T	x3

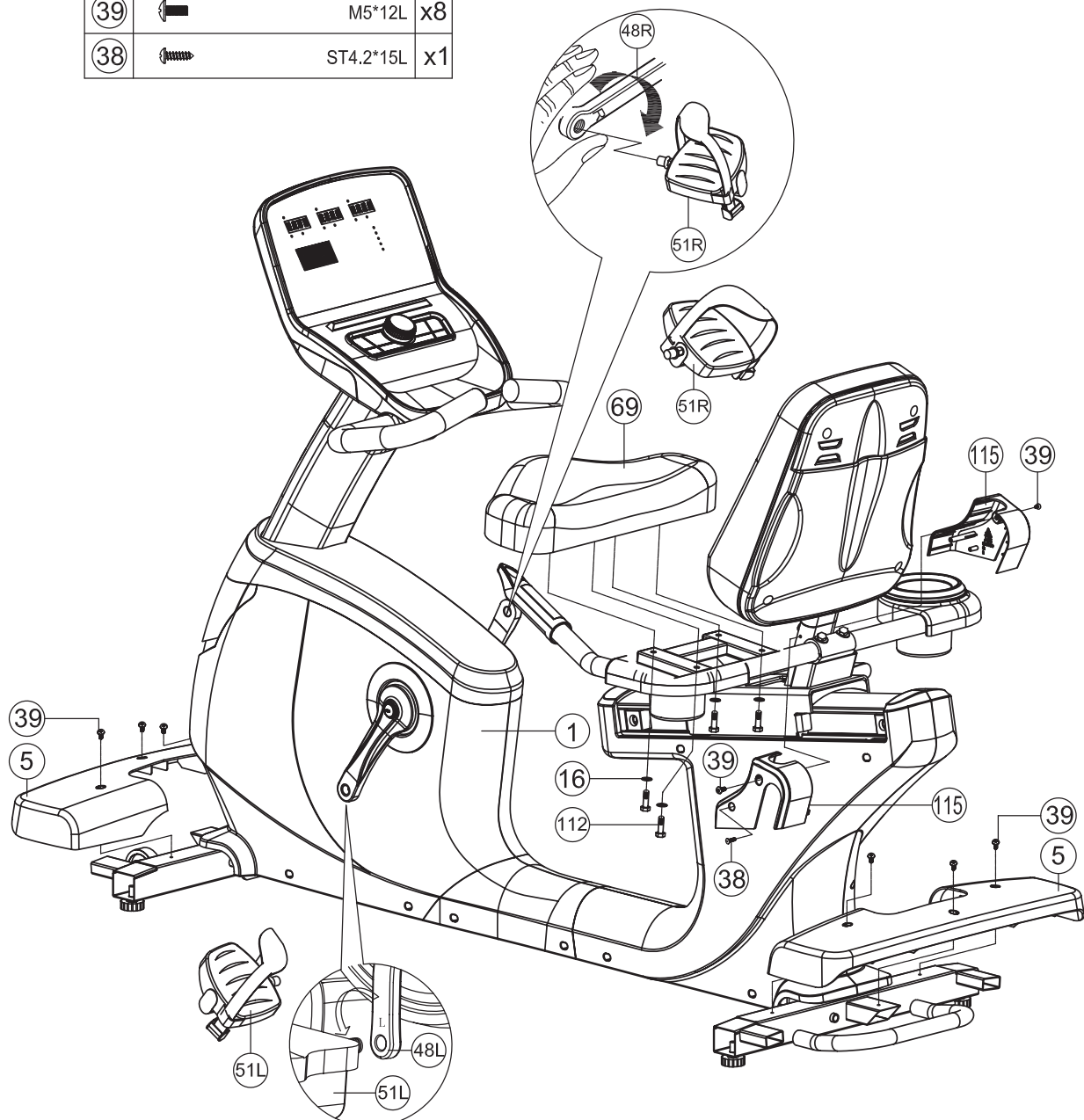


## STEP 5.

1. Assemble the seat (69) onto the main frame by using flat washer (16) and bolt (112).
2. Assemble pedals (51L & 51R) with cranks (48L & 48R). by twisting left pedal by counter-clockwise, right pedal clockwise.
3. Cover the cover of front & rear stabilizer (5) and left & right handrail cover (114&115), fasten them by using the cross bolt (39) and the cross screw (38).



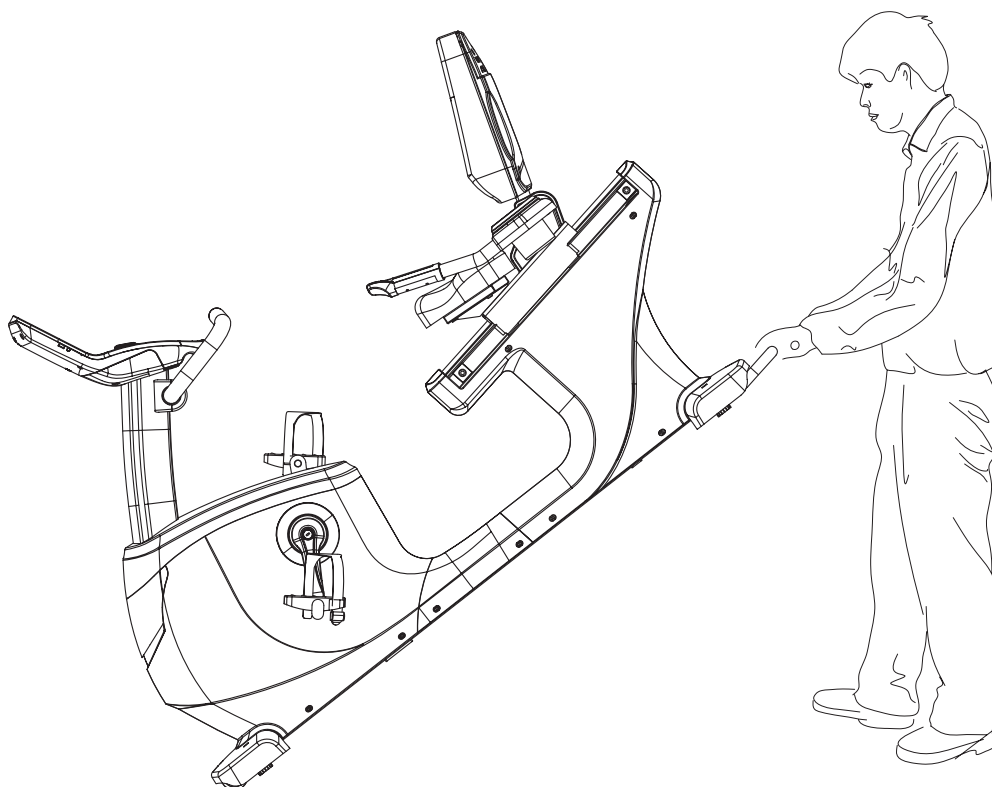
112		M8x1.25x35L	x4
16		D16xD8.5x1.2T	x4
39		M5*12L	x8
38		ST4.2*15L	x1



## MOVING THE MACHINE

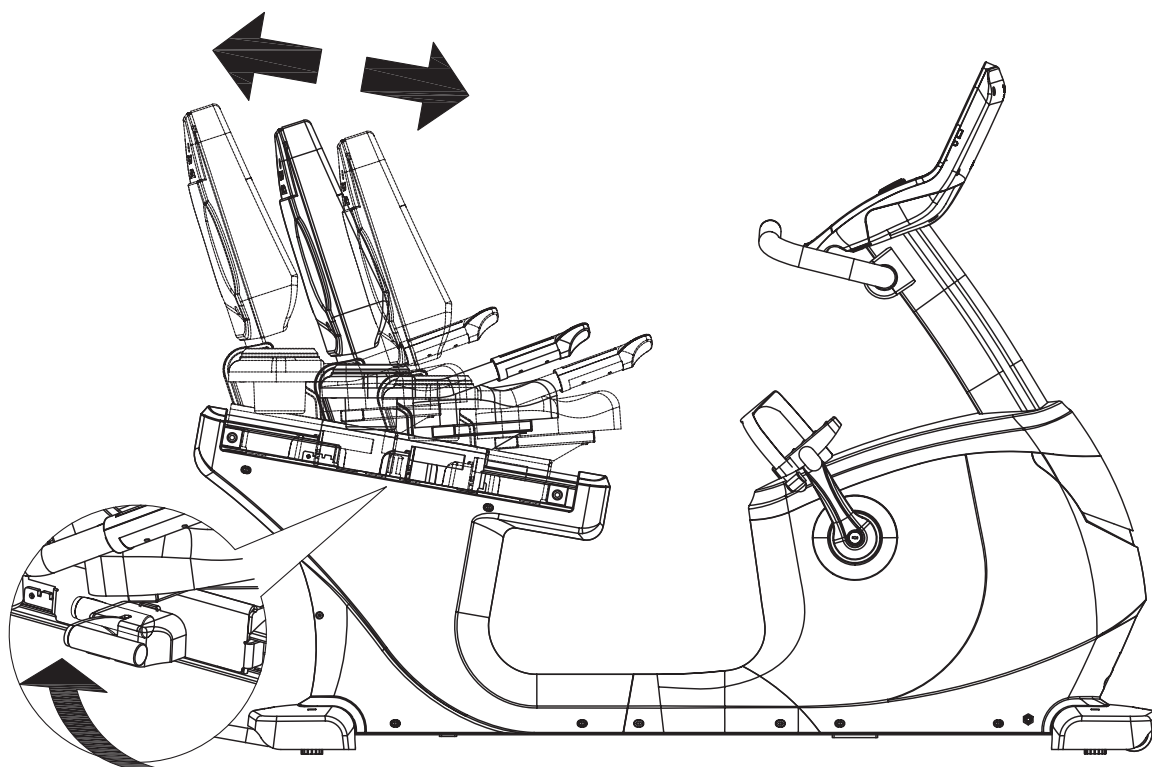
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The machine can be easily moved from one place to another by using the transportation wheels at the front. Grab the machine from the handle at the back, and tilt the machine until the wheels touch ground.



## SEAT ADJUSTMENT

You can adjust the seat distance by turning the seat adjustment handle counter-clockwise, and then moving the seat to desired position and releasing the handle.



## DISPLAY FUNCTIONS

ITEMS	DESCRIPTION
TIME	Setting range: 0:00~99:00 (±1 minute) Display range: 0:00~99:59
DISTANCE	Setting range: 0.00~99.0 (±1) Display range: 0.00~99.99
CALORIES	Setting range: 0~9990 (±10) Display range: 0~9999
PULSE	Setting range: 0~30~230 (±1) Display range: 0~230
WATTS	Display range: 0~999
SPEED	Display current working speed, max 99.9
RPM	Display current RPM Display range : 0~999

## BUTTON FUNCTIONS

ITEMS	DESCRIPTION
+	Setting or increase the training resistance.
-	Setting or decrease training resistance.
ROTARY BUTTON	To confirm all setting.
STAR/STOP	To start or stop workout.
RESET	In setting mode or in selection mode, press to go back to initial training mode. If keep pressing this button 2s, computer will restart.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat % when press the BODY FAT button in standby mode.



## OPERATING MANUAL

### Power on

1. When powering on the device, the LED-display will display all segments, such as wheel diameter, KM or ML, Eurasian gauge. (Image 1 & 2)



Image 1. Image 2.

2. Enter into user selection mode, setting user's private file U1-U4 (image 3), GENDER (image 4), AGE (image 5), HEIGHT (image 6), WEIGHT (image 7). After setting the information, device will enter into function selection mode: MANUAL, PROGRAM, USER PROGRAM, H.R.C, WATT.

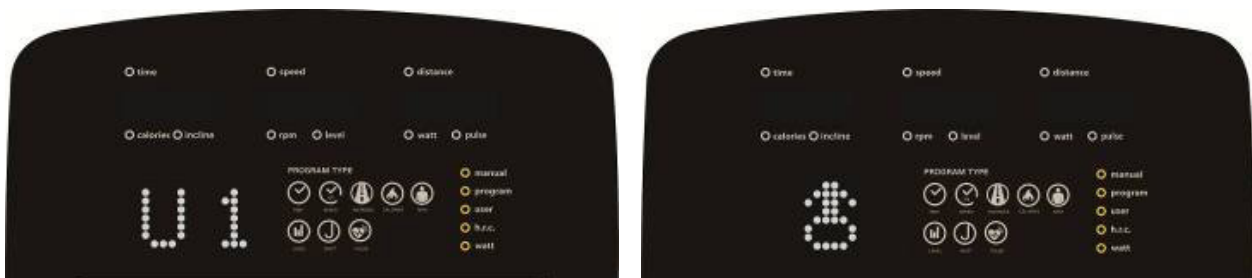


Image 3. Image 4.

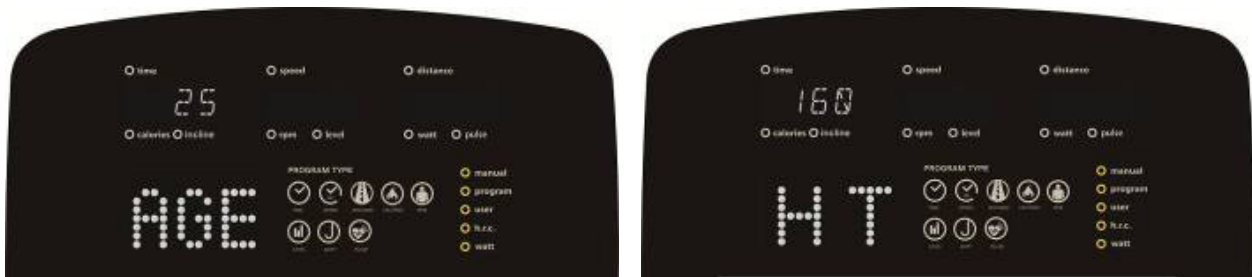


Image 5. Image 6.



Image 7.

### Power off

If without RPM input for 4 minutes, LED-display will be closed and the computer will be in power off -mode. If RPM is detected again, the computer will wake up.

## MANUAL FUNCTION

By turning buttons “+” or “-”, user may set up TIME > DISTANCE > CALORIES > PULSE (image 8 - 10). Press START/STOP without settings to start a workout, and in working period the user can adjust the RESISTANCE LEVEL. Press START/STOP again and the computer will enter into break mode, press button “RESET” to leave this mode.



Image 8.



Image 9.



Image 10.

## PROGRAM FUNCTION

In this mode, there are 12 programs (P1~P12) for the user to select (image 11). When the user chooses a PROGRAM, by turning buttons “+” or “-”, can be set the TIME (image 12). When finished setting press “START/STOP” to start workout (in break mode the user can choose to adjust the “TIME” value). In START status, user can adjust RESISTANCE level. During workout, press “START/STOP” and the computer will enter into break mode, press “RESET” leave this mode.



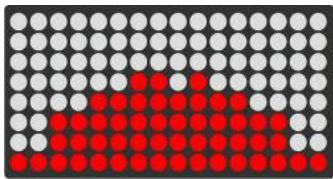
Image 11.



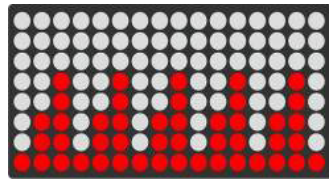
Image 12.

## PROGRAM FUNCTION

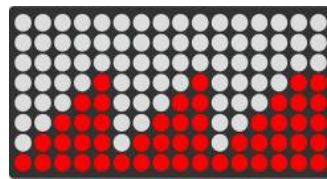
All the different programs are shown below (P1-P12).



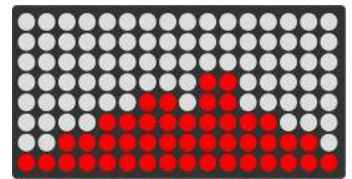
P1



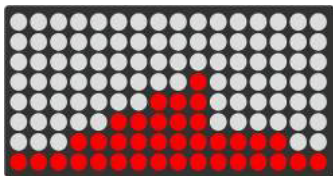
P2



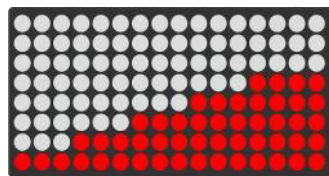
P3



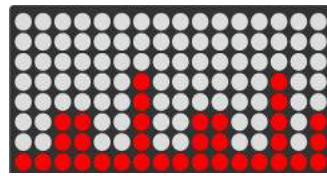
P4



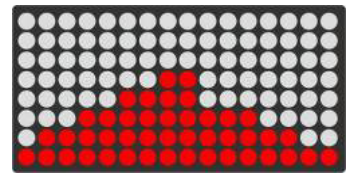
P5



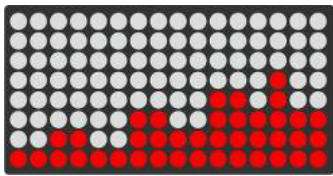
P6



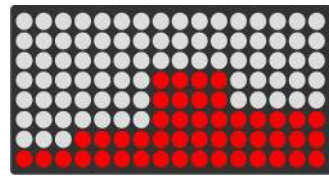
P7



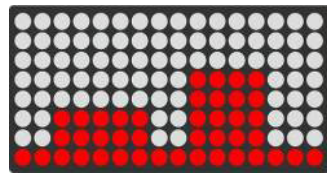
P8



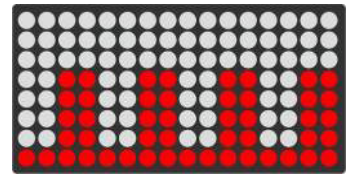
P9



P10



P11



P12

## USER PROGRAM FUNCTION

By turning buttons “+” or “-”, the user can set PROGRAM, then press MODE/ENTER to confirm the setting value of RESISTANCE (image 13). If the user wants to stop the setting, keep pressing MODE/ENTER button for 2 seconds, LED-display will show last value set. While pressing MODE/ENTER button for 2 seconds, the user can set “TIME” (image 14), if no value is set, press “START” to enter into working mode. In START mode user can adjust the resistance. During the workout press “START” to enter into break mode, then press button “RESET” leave this mode.



Image 13.



Image 14.

**H.R.C FUNCTION**

In H.R.C mode, the LED screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select one of the heart rate percentages by turning “+” or “-” button (image 15). TARGET preset value is 100, user can also set the pulse value by themselves. By pressing the rotary button TIME can be set (image 16). If there is no need to set TIME, press “START/ STOP “, device will start the workout according to the H.R.C function and show the current pulse value. If pulse is not detected, the LED-display will show as seen in image 17. During the workout press “START” enter into break mode, then press “RESET” to leave this mode.



Image 15.



Image 16.



Image 17.

**WATT FUNCTION**

The preset watt value is 120 (image 18). By turning “+” or “-” button, the WATT value can be set (setting range is 10-350). When done setting, press the rotary button to set TIME (image 19), if there is no need to set the TIME value, press “START/STOP”, resistance value will adjust automatically according to the set target WATT value. During the workout press “START/STOP” to enter into break mode, then press button “RESET” to leave this mode.



Image 18.



Image 19.



RECOVERY FUNCTION

1. If there is no detected pulse input press “RECOVERY” button.
2. If there is a detected pulse input, press button to enter “RECOVERY” mode; time countdown from 00:60 to 00:00 (image 20). Screen will display your heart rate recovery status F1-F6 (image 21). F1 is the best and F6 is the worst. User may keep exercising to improve their heart rate recovery status.
3. Press the RECOVERY button to leave this test mode.



Image 20.



Image 21.

BODY FAT FUNCTION

1. Press “BODY FAT” button to start testing your body fat (image 22 - image 24). At this time the user should grab the hand grips correctly, computer will display the test value.
2. If any of the following situations occur, there will be an indication showing on display.
  - “E-1” (image 25) - User did not put their thumb properly on the conductor. Please try again.
  - “E-4” - BODY FAT advice has exceeded the setting range (5%~50%).
3. After the testing has finished, display will show both BODY FAT % and BMI (image 26, image 27). During BODY FAT testing mode, press BODY FAT button to cancel the test and go back to continue the previous exercise.



Image 22.



Image 23.



Image 24.



Image 25.



Image 26.



Image 27.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 5 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

**The guarantee does not cover:**

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for professional use.

Manufactured for:  
Gymstick International Oy  
Ratavartijankatu 11  
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

