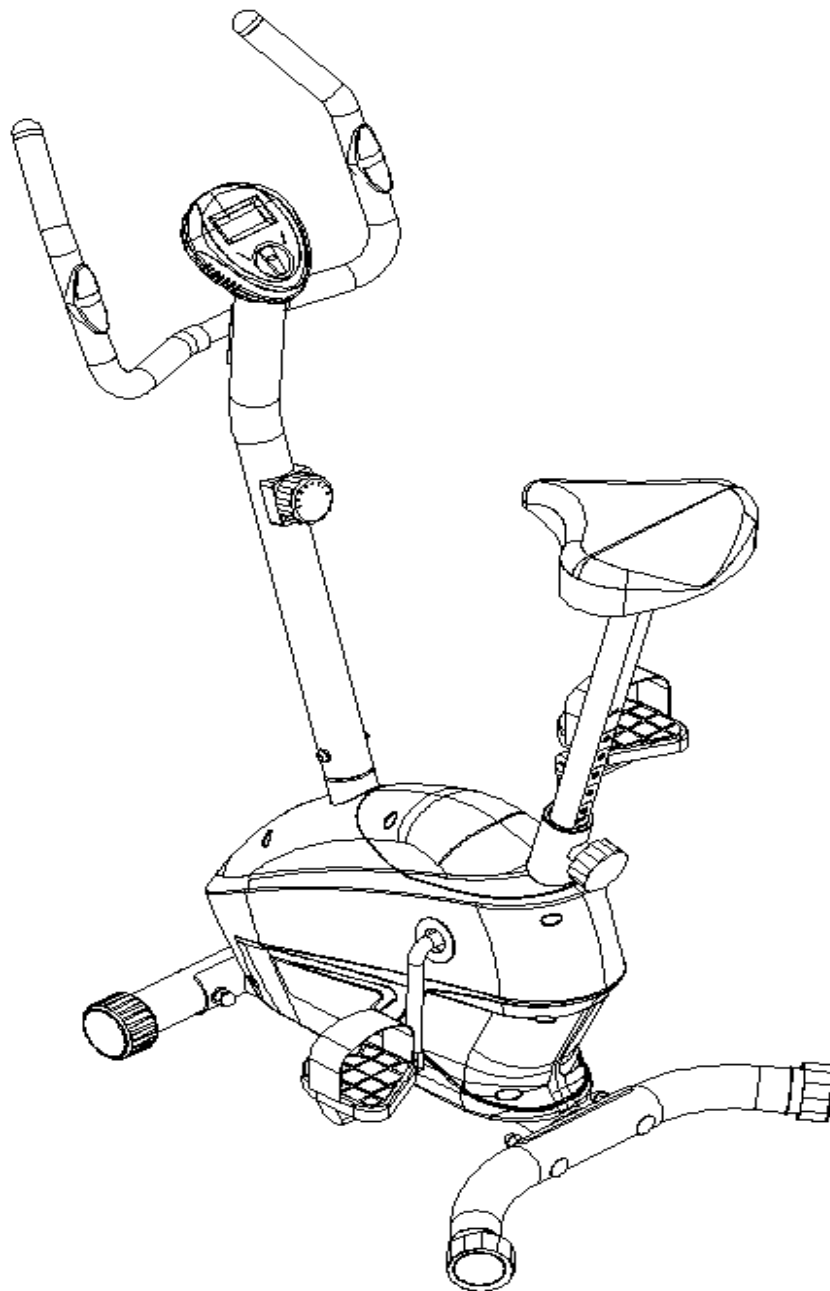


GYMSTICK™

6100 Exercise bike Owner's Manual



5/2012

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SAFETY INSTRUCTIONS

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

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warming-up is recommended.
3. Please make sure all parts are well fixed before use. This equipment should be placed on a stable surface. Using a mat or other covering material under the machine recommended.
4. Please wear proper clothes and shoes when training; do not wear clothes that might be caught into any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Be careful when step on or off the pedal - always take support on the handlebar first.
7. Do not use the equipment outdoors.
8. This equipment is for home use only.
9. Only one person should train on the equipment at one time.
10. Keep children and pets away from the equipment. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum user weight for this product is 110kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before using this product. Retain this Owner's Manual for future reference.

COMPUTER OPERATION

FUNCTION MARK

1. SCAN 2.SPEED 2.DIST 4.TIME 5.ODO 6.CAL 7.PULSE



FUNCTIONS AND OPERATIONS:

MODE : Press Mode to choose functions

AUTO ON /OFF:

The monitor will start automatically when the machine is in motion. A stop over 4 minutes will turn off the monitor automatically.

SCAN: Press the button until the monitor displays SCAN. Monitor will automatically rotate display SPEED, DIST, TIME, ODO & CAL in intervals of 30 seconds. Each value will show for 6 seconds.

SPEED: Press the button until the arrow points to SPEED. Monitor will show the current speed.

DISTANCE: Press the button until the arrow points to DIST. Monitor will show the current distance.

TIME: Press the button until the arrow points to TIME. Monitor will count up your exercising time.

ODOMETER: Press the button until the arrow points to ODO. Monitor will display the total accumulated distance.

CALORIE: Press the button until the arrow points to CAL. Monitor will accumulate the calorie consumption (estimation).

PULSE: Press the button until the heartbeat symbol shows. The monitor will display your current pulse.

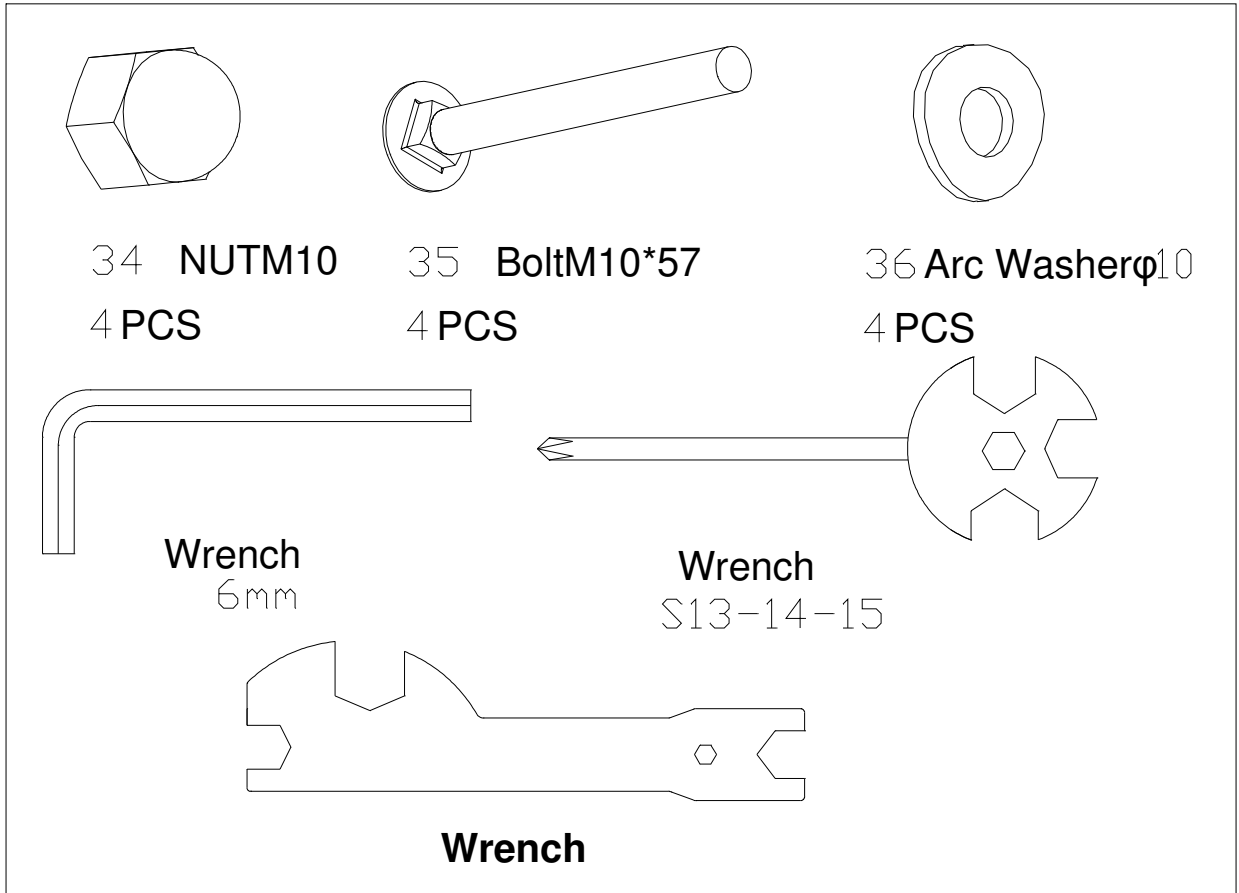
SPECIFICATION:

FUNCTION	Auto Scan	Every 6 seconds
	Speed	Unit: KPH (km per hour)
	Distance	0.0-999.9 Km
	Time	0:00-99:59 (Minute: Second)
	Odometer	0.0-999.9 Km
	Calorie	0.0-999.9 Kcal
	Pulse	40-240 BPM
Sensor	No-contact magnetic type	
Battery type	Two pieces of SIZE-AA A or UM-4	
Operation temperature	0°C - +40°C (32°F - 104°F)	

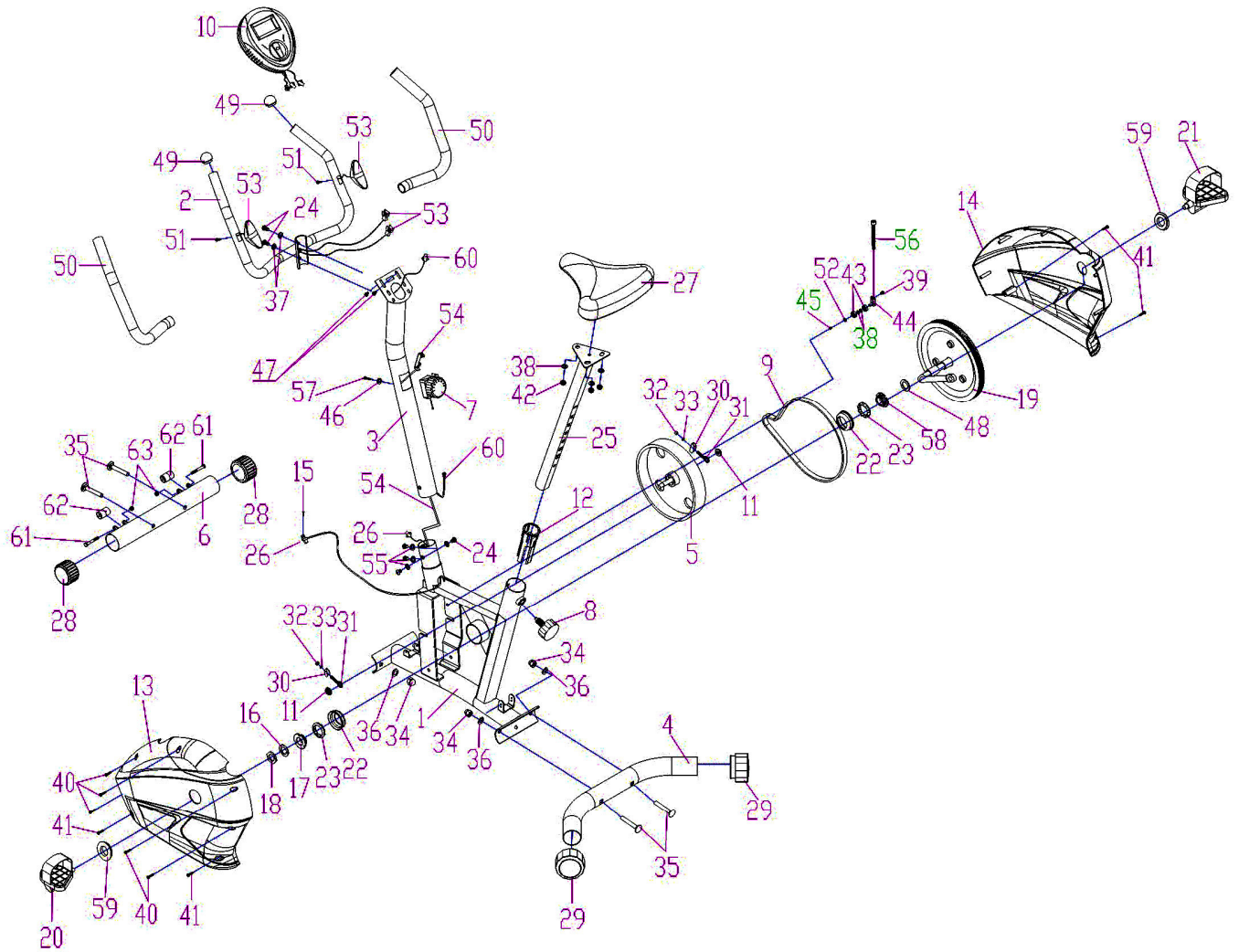
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame	1	031	Adjustable Bolt M6x36	2
002	Handlebar Ø25x1.5	1	032	Hex Nut M6	2
003	Handlebar Post Ø50x1.5	1	033	Spring Washer Ø6	2
004	Rear Stabilizer Ø50x1.5	1	034	Cap Nut M10	4
005	Flywheel Ø230,4kg	1	035	Bolt M10x57	4
006	Front Stabilizer Ø50x1.5	1	036	Big Curve Washer Ø10	4
007	Tension Control Knob	1	037	Curve Washer Ø16 x Ø8	2
008	Round Knob M16	1	038	Washer Ø8	5
009	Belt 330/J6	1	039	Bolt M8x10	1
010	Computer	1	040	Pan Head Phillips Self Tapping Screw ST4.2x25	5
011	Nut M10x1	2	041	Pan Head Phillips Self Drilling Screw ST4.2x20	4
012	Bushing Ø50x1.5	1	042	Locknut M8	3
013	Left Cover	1	043	Bearing 6000zz	2
014	Right Cover	1	044	Pressing Belt Wheel	1
015	Screw ST4.2x15	2	045	Bolt M6x10	1
016	Ring	1	046	Big Curve Washer Ø50x1.5	1
017	Axle Sleeve 7/8"	1	047	Bolt M5x10	2
018	Nut 7/8"	1	048	Washer Ø25	1
019	Belt Pulley with Crank 240J6	1	049	Handlebar End Cap Ø25	2
020	Left Foot Pedal YH-30X	1	050	Handlebar Foam Grip Ø30xØ24x455	2
021	Right Foot Pedal YH-30X	1	051	Screw ST4.2x20	2
022	Axle Bush	2	052	Washer Ø6	1
023	Ball Bearing	2	053	Hand Pulse Sensor with Wire L=750mm	2
024	Bolt M8x15 S6	6	054	Tension Cable L=600mm	1
025	Seat Post	1	055	Curve Washer Ø20 x Ø8	4
026	Sensor with Wire L=450mm	1	056	Bolt M8x70	1
027	Seat Cushion	1	057	Bolt M5x45	1
028	Front Stabilizer End Cap Ø50	2	058	Axle Sleeve 15/16"	1
029	Rear Stabilizer End Cap Ø50	2	059	Decoration Cover	2
030	U Bracket	2	060	Middle Section Sensor Wire L=800mm	1

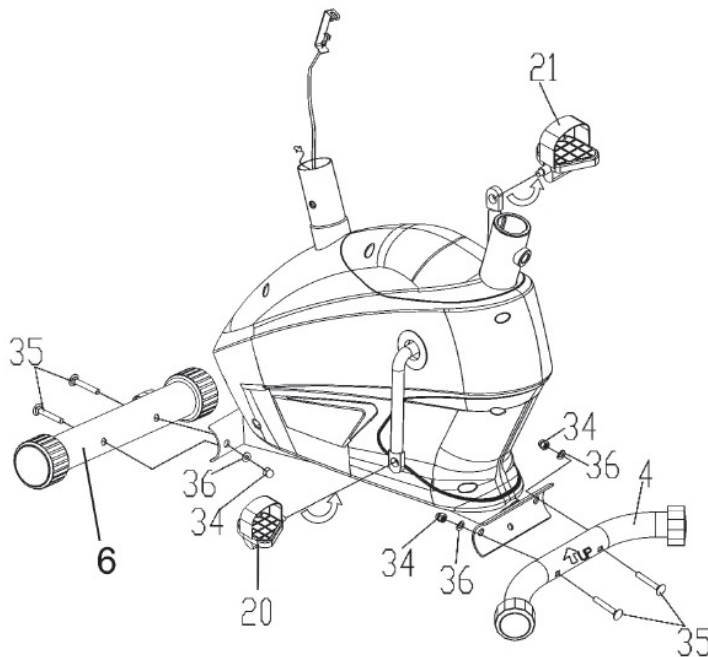
HARDWARE PACKING LIST



OVERVIEW DRAWING



ASSEMBLY INSTRUCTIONS



1. Install the Front/Rear Stabilizers and Foot Pedals.

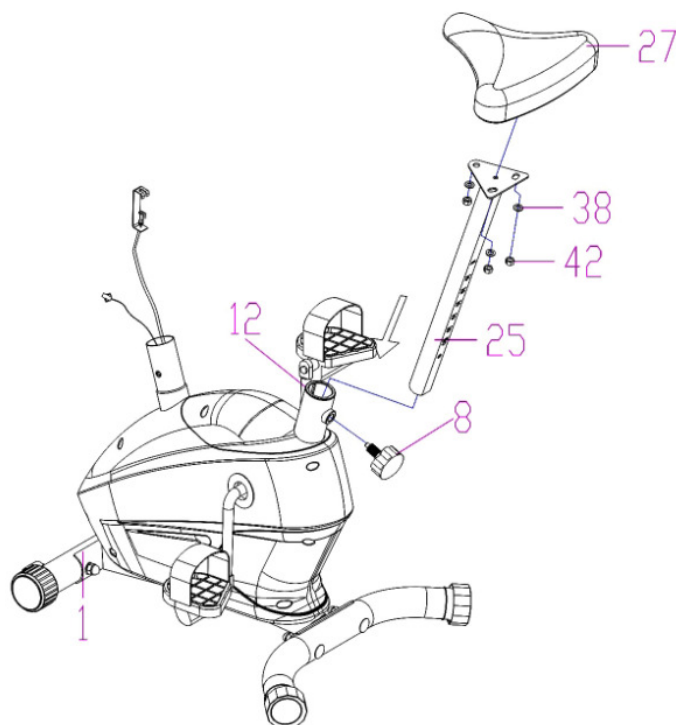
Attach the Front Stabilizer (6) onto the front curve plate of the Main Frame (1) with two M10 Cap Nuts (34), M10x57 Bolts (35), and Ø10 Big Curve Washers (36).

And mount the Rear Stabilizer (4) same as the Front Stabilizer (6)

Connect the Left Foot Pedal (20) to the left Crank (19). Thread it into the crank assembly in the counterclockwise direction by the tool provided.

Connect the Right Foot Pedal (21) to the right Crank (19) by threading it in the clockwise direction.

NOTE: The Left and Right Foot Pedals (20, 21) and Crank (19) are marked with "L" & "R" (left and right).



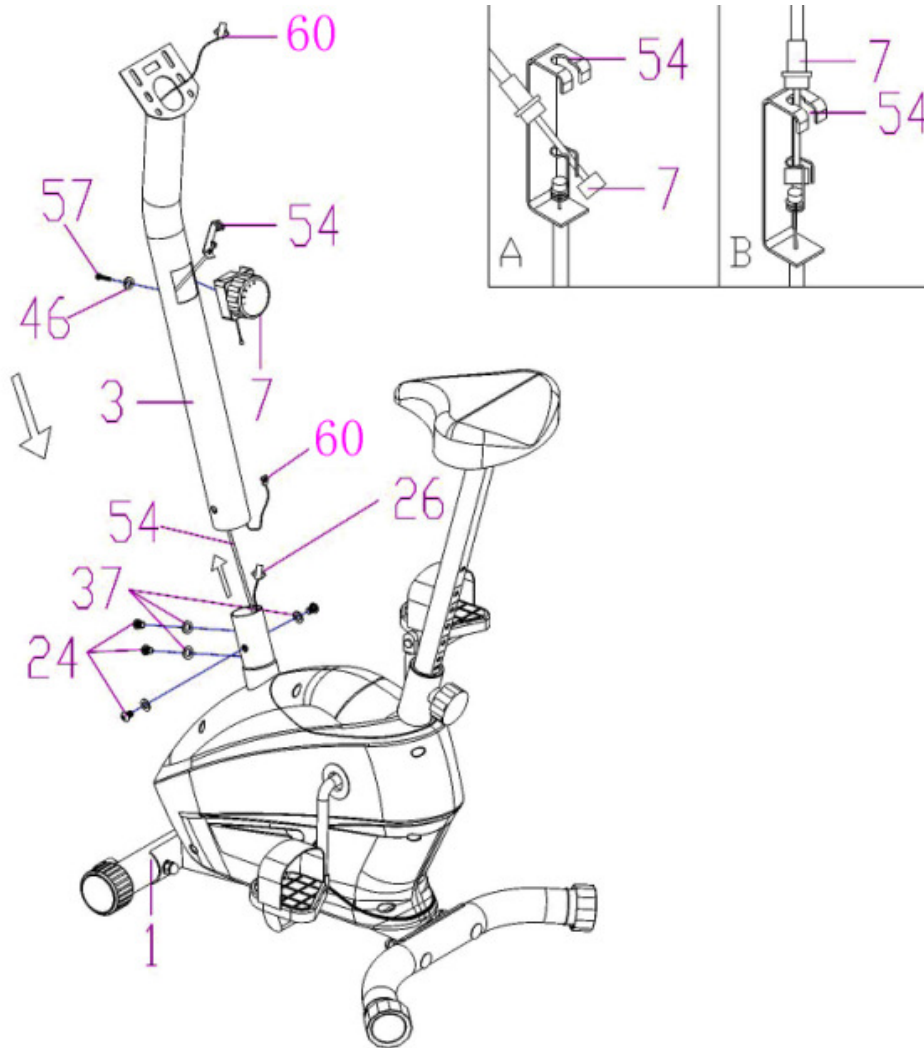
2. Install the Seat Cushion and Seat Post.

Remove three M8 Locknuts (42) and Ø8 Washers (38) from underneath of the Seat Cushion (27). Then attach the Seat Cushion (27) onto the triangle plate of Seat Post (25) with three M8 Locknuts (42) and Ø8 Washers (38) that were removed.

Insert the Seat Post (25) into the bushing on the tube of the Main Frame (1) and then attach the Round Knob (8) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Seat Post (25) in the suitable position.

Adjusting the seat post:

Turn the Round Knob (8) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (8) and then slide the Seat Post (25) up or down direction to the suitable position. Lock the Seat Post (25) in place by releasing the Round Knob (8) and sliding the Seat Post (25) up or down slightly until the Round Knob (8) "pops" down into the locked position. For added safety, tighten the Round Knob (8) in a clockwise direction.



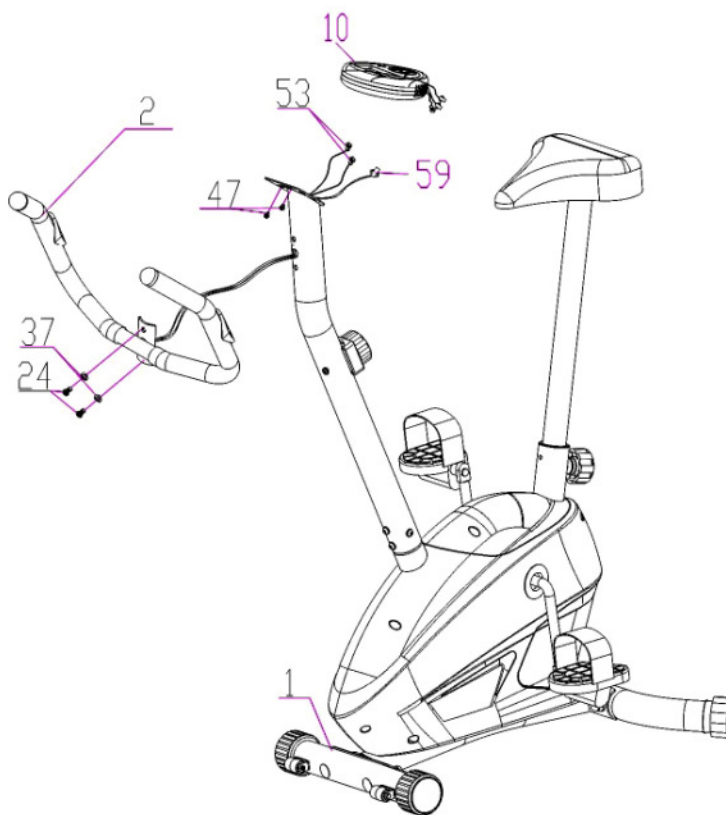
3. Install the Handlebar Post and Tension Control Knob.

Remove three M8x15 Bolt (24), Ø8 Curve Washer (55), from the tube of the Main Frame (1). Insert the Tension Cable (54) through into the bottom hole of Handlebar Post (3) and pull it out from the square hole of Handlebar Post (3). Connect the Sensor Wire (26) from the Main Frame (1) to the Middle Section Sensor Wire (60) from the Handlebar Post (3).

Insert the Handlebar Post (3) onto the tube of the Main Frame (1) and secure with three M8x15 Bolt (24), Ø8 Curve Washer (55) that were removed. Be careful not to pinch the cables inside the Handlebar Post (3) when turning the Bolts.

Put the cable end of resistance cable of Tension Control Knob (7) into the spring hook of Tension Cable (54) as shown in drawing A of figure 3.

Pull the resistance cable of Tension Control Knob (7) up and force it into the gap of metal bracket of Tension Cable (54) as shown in drawing B of figure 3. Attach the Tension Control Knob (7) onto the Handlebar Post (3).



4. Install the Handlebar and Computer.

Remove two M8x15 Bolts (24) and Ø8 Curve Washers (37) from the Handlebar Post (3). Insert the Hand Pulse Sensor Wires (53) into the hole on the Handlebar Post (3) and then pull them out from the top end of the Handlebar Post (3).

Attach the Handlebar (2) onto the Handlebar Post (3) with two M8x15 Bolts (24) and Ø8 Curve Washers (37) that were removed.

Remove **Two** M5x10 Bolts (47) from the Computer (10). Connect the Hand Pulse Sensor Wires (53) and Middle Section Sensor Wire (60) to the wires that come from the Computer (10). Then attach the Computer (10) onto the top end of the Handlebar Post (3) with **Two** M5x10 Bolts (47) that were removed.

Implied warranty

The importer of this machine 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 is valid for 1 year, 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, cable, electronic devices, wheels, 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

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

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