

Fitnex



UPRIGHT BIKE / RECUMBENT BIKE / ELLIPTICAL

User Manual B/E/R:10



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IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Upright Bike / Recumbent Bike / Elliptical side covers. Only an authorized FITNEX retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined on required by an authorized Fitn*x* service provider.
- Do not use outdoors.
- Keep children off your Fitn*x* 55SG series & 65 series products.

SAFETY INSTRUCTIONS:

CAUTION!

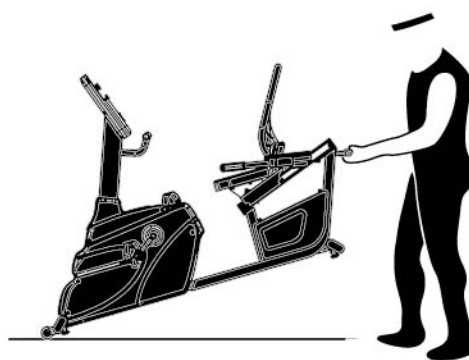
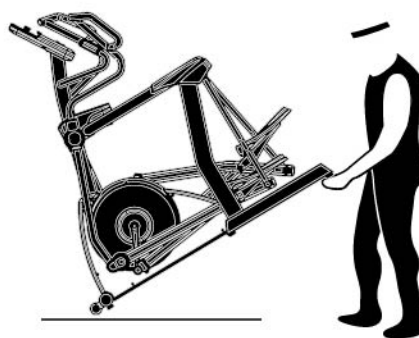
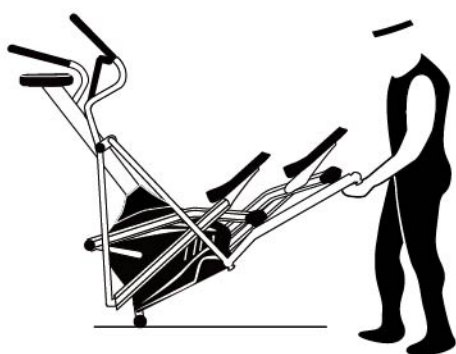
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the Fitnex product.
- Read this User Manual before operating this product.

MOVING

Your FITNEX product has a pair of transport wheels built into the front legs.

To move the FITNEX upright cycle, firmly grasp the handlebars, carefully tip toward you and roll on the transport wheels.

To move the FITNEX recumbent bike and elliptical, firmly grasp the rear foot assembly, carefully lift and roll on the transport wheels.

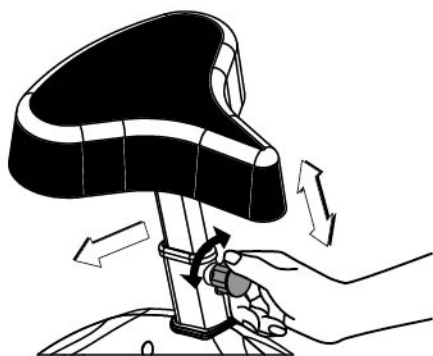


Caution: Our product is wellbuilt and heavy.
Take caution and use additional help if necessary.

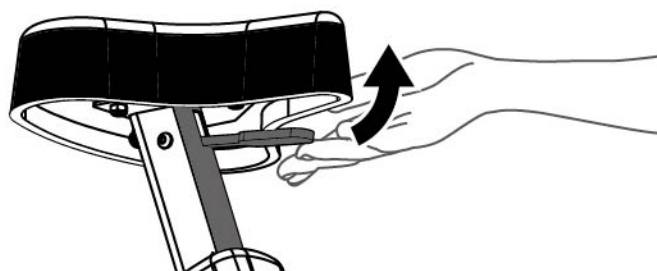
FitneX SEAT ADJUSTMENTS

SEAT POSITIONING

The seat of upright and recumbent bike is at the proper position when your knee is slightly bent when the pedal is in the furthest position.



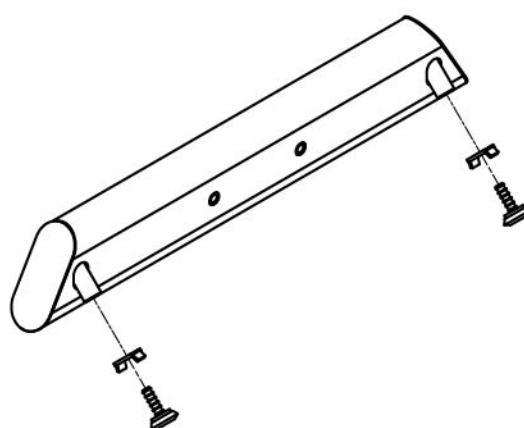
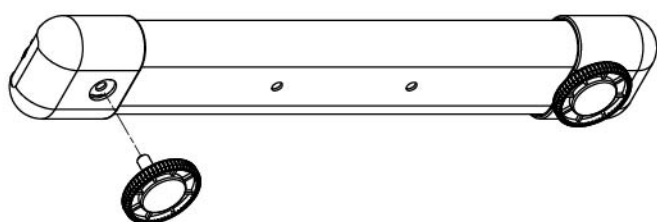
Grasp the Seat Adjustment Knob, located at the base of the seat post. Turn knob to loosen then pull out and raise or lower the seat post to the desired height. Release the knob and turn knob to tighten to allow the seat post to lock into position.



To adjust B65 seat position, press the adjusted handle up and move the seat to the position you feel comfortable. When the seat position is set, let your hand off the adjusted handle.








LEVELING

The product should be leveled for optimum use. If your product wobbles when you have placed it where you intend to use it, raise or lower one or both of the adjustable levelers located on the bottom of foot support. Once you have leveled, lock the levelers in place by tightening the screw against foot support as well as the one located in the middle frame .





















Note : adjust for leveling screws as necessary prior to use.






	Start, stop and reset the program.
	Enter selects.
	Shift display.
	Increase values.
	Decrease values.
	Starts pulse recovery.
	Wheel knob to adjust setting values or choose selects.



















TIME	Indicates workout time.
RPM/SPEED	Indicates workout speed/RPM.
DISTANCE	Indicates workout distance.
CALORIES	Indicates workout calories.
WATT	Indicates workout watts.
PULSE	Indicates user's pulse during workout.
RESISTANCE PROFILE	Indicates resistance level by profile.

MANUAL





Step 1	Choose MANUAL in the beginning or press “  ”, then choose MANUAL. Press “  ”.
Step 2	Press “  ”, “  ” or “  ” to set distance, then press “  ”.
Step 3	Press “  ”, “  ” or “  ” to set calories, then press “  ”.
Step 4	Press “  ”, “  ” or “  ” to set time, then press “  ”.
Step 5	Press “  ”, “  ” or “  ” to set resistance level.
Step 6	Press “  ” to start workout.



1. Users might change resistance level by pressing “  ” and “  ” during the workout.
2. Press “  ” during workout to pause. If user doesn't re-start in 30 seconds, it will enter sleep mode. If user recalls when the console is in sleep mode, it will enter mode screen.


PRESET PROGRAM

<p>Step 1</p>	<p>Choose PROGRAM in the beginning or press “  ”, then choose PROGRAM. After choosing PROGRAM, press “  ”.</p>
<p>Step 2</p>	<p>Under PROGRAM, there are 12 different workout programs which are P1 to P12. Press “  ”, “  ” or “  ” to choose program, then press “  ”.</p>
<p>Step 3</p>	<p>Press “  ”, “  ” or “  ” to set distance, then press “  ”.</p>
<p>Step 4</p>	<p>Press “  ”, “  ” or “  ” to set calories, then press “  ”.</p>
<p>Step 5</p>	<p>Press “  ”, “  ” or “  ” to set time, then press “  ”.</p>



















PRESET PROGRAM

<p>Step 6</p>	<p>Press “  ”, “  ” or “  ” to set workout level.</p> <p>There are 8 workout levels which are L1 to L8.</p>
<p>Step 7</p>	<p>Press “  ” to start workout.</p>









1. Users might change resistance level by pressing “  ” and “  ” during the workout.


2. Press “  ” during workout to pause. If user doesn't re-start in 30 seconds, it will enter sleep mode. If user recalls when the console is in sleep mode, it will enter mode screen.

H.R.C PROGRAM



















<p>Step 1</p>	<p>Choose HRC in the beginning or press “  ”, then choose HRC. Press “  ”.</p>
<p>Step 2</p>	<p>Press “  ”, “  ” or “  ” to choose gender, then press “  ”.</p>
<p>Step 3</p>	<p>Press “  ”, “  ” or “  ” to set target heart rate, then press “  ”.</p> <p>The way to calculate target heart rate: Target heart rate 55%: $(220 - \text{age}) * 55\%$ Target heart rate 75%: $(220 - \text{age}) * 75\%$ Target heart rate 95%: $(220 - \text{age}) * 95\%$</p>
<p>Step 4</p>	<p>Press “  ”, “  ” or “  ” to set age, then press “  ”.</p>
<p>Step 5</p>	<p>Press “  ”, “  ” or “  ” to choose weight, then press “  ”.</p>

H.R.C PROGRAM






<p>Step 6</p>	<p>Press “  ”, “  ” or “  ” to choose distance, then press “  ”.</p>
<p>Step 7</p>	<p>Press “  ”, “  ” or “  ” to choose calories, then press “  ”.</p>
<p>Step 8</p>	<p>Press “  ”, “  ” or “  ” to choose time.</p>
<p>Step 9</p>	<p>Press “  ” to start workout.</p>



1. a. No change if 5 difference between heart rate value and target heart rate.
 b. If real HR is different from target HR over 5 but under 10, it will increase or decrease 1 resistance level every 15 seconds.
 c. If real HR is different from target HR over 10 but under 20, it will increase or decrease 2 resistance levels every 15 seconds.
 d. If real HR is different from target HR over 20, it will increase or decrease 3 resistance levels every 15 seconds.
2. Press “  ” during workout to pause. If user doesn't re-start in 30 seconds, it will enter sleep mode. If user recalls when the console is in sleep mode, it will enter mode screen.


USER SETTING PROGRAM

<p>Step 1</p>	<p>Choose USER in the beginning or press “  ”, then choose USER. Press “  ”.</p>
<p>Step 2</p>	<p>Press “  ”, “  ” or “  ” to choose U1, U2, U3 or U4, then press “  ”.</p>
<p>Step 3</p>	<p>Press “  ”, “  ” or “  ” to set distance, then press “  ”.</p>
<p>Step 4</p>	<p>Press “  ”, “  ” or “  ” to set calories, then press “  ”.</p>
<p>Step 5</p>	<p>Press “  ”, “  ” or “  ” to set time, then press “  ”.</p>



















USER SETTING PROGRAM


<p>Step 6</p>	<p>Press “  ”, “  ” or “  ” to set resistance level for each segment, then press “  ”.</p> <p>User can set up resistance levels for all 20 segments.</p>
<p>Step 7</p>	<p>Press “  ” to start workout.</p>

1. Users might change resistance level by pressing “  ” and “  ” during the workout. Once users change present resistance level, all other segments are also changed together.


2. Press “  ” during workout to pause. If user doesn't re-start in 30 seconds, it will enter sleep mode. If user recalls when the console is in sleep mode, it will enter mode screen.

WATT CONTROL PROGRAM

Step 1	Choose WATT in the beginning or press “  ”, then choose WATT. Press “  ”.
Step 2	Press “  ”, “  ” or “  ” to set distance, then press “  ”.
Step 3	Press “  ”, “  ” or “  ” to set calories, then press “  ”.
Step 4	Press “  ”, “  ” or “  ” to set time, then press “  ”.
Step 5	Press “  ”, “  ” or “  ” to set watt.
Step 6	Press “  ” to start workout.

I. Press “  ” during workout to pause. If user doesn't re-start in 30 seconds, it will enter sleep mode. If user recalls when the console is in sleep mode, it will enter mode screen.




Pulse Recovery

Step 1	Press “  ” after workout ends.
Step 2	Stop exercising.
Step 3	Ensure current heart rate is displayed.
Step 4	Sample test will take 1 minute, then result will display.

1. There are 6 "Fit" levels for heart rate recovery. The Numbers are for reference only, in order to indicate recovery rate / fitness condition. 6 / Slowest recover rate indicates improvement needed. This is a general sampling. True Fitness Condition Needs to be checked by your Doctor on a regular basis.

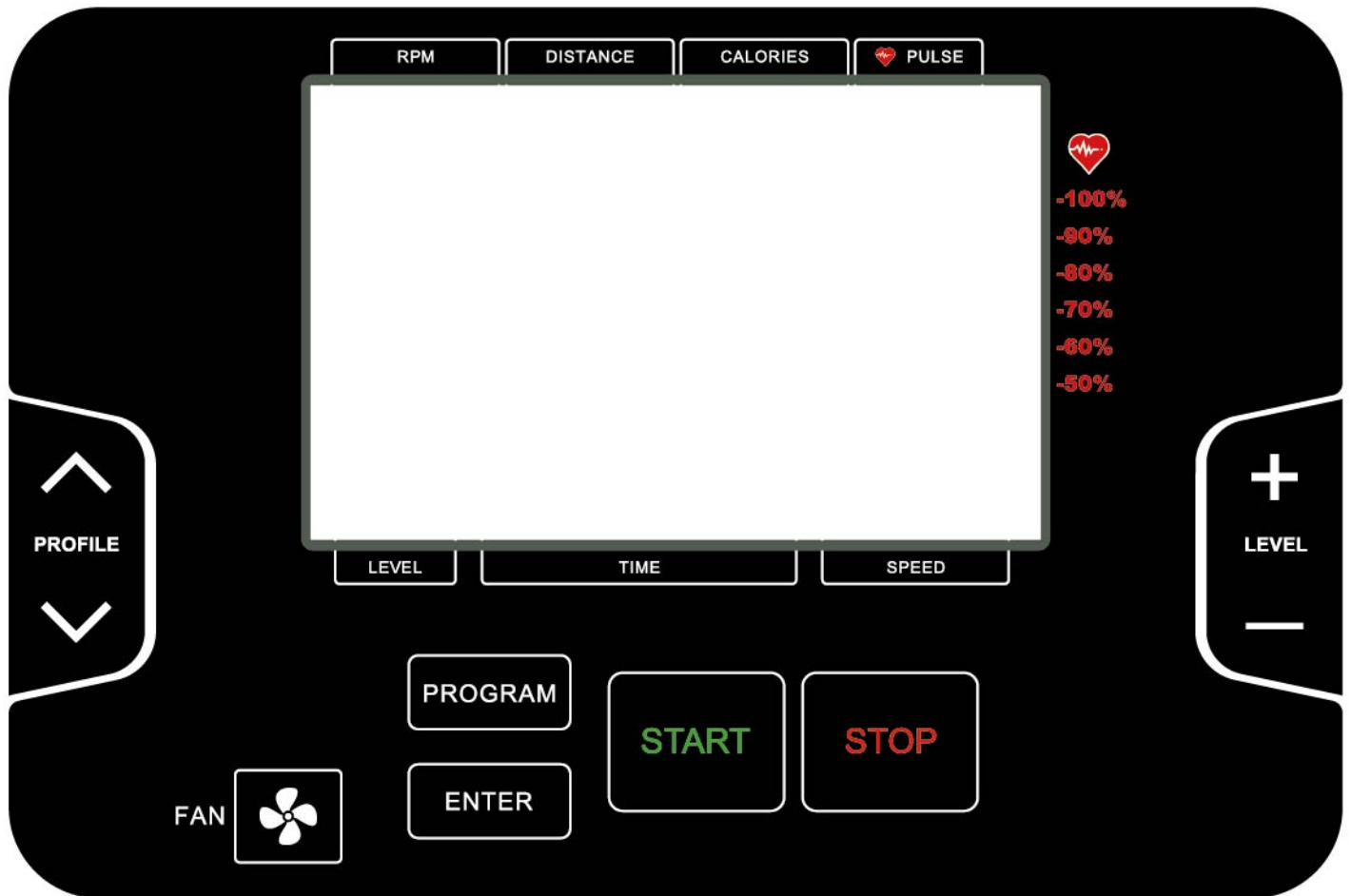
2. Regular exercise can help improve your cardiovascular condition.








ENGINEER MODE

Press “  ” to reset. Before beep voice stops, press “  ” and “  ” at the same time and hold until it enters engineer mode.

Users can press “  ” to choose KM or MILE. After setting,

press “  ” to leave engineer mode.



	<p>Choose workout program.</p>
	<p>Enter data.</p>
	<p>Start workout.</p>
	<p>Stop workout. Press and hold for a while to reset data.</p>
	<p>On/off fan.</p>
	<p>Increase or decrease workout resistance.</p>
	<p>Program profile changes during workout. (Only works for CARDIO/FAT BURN/ INTERVAL/TRAINING programs.)</p>








INFORMATION WINDOW

TIME	Indicates time in minutes and seconds (mm:ss).
PULSE	Indicates heart rate beats per minute during workout. (Only displayed if user is using contact heart rate bar or chest belt.)
DISTANCE	Indicates exercising distance of user's workout.
CALORIES	Indicates accumulated calories burned during user's workout
SPEED	Indicates speed of user's workout.
LEVEL	Indicates exercise level of user's workout.
RPM	Indicates revolutions per minute.

OPERATION INSTRUCTIONS

There are several programs which include MANUAL, CARDIO, FAT BURN, INTERVAL, TRAINING, H. R. C., CUSTOM 1 and CUSTOM 2. Operations are explained as following.

MANUAL









<p>Step 1</p>	<p>Set weight by pressing , then press .</p>
<p>Step 2</p>	<p>Choose MANUAL by pressing , then press .</p>
<p>Step 3</p>	<p>Set TIME \ DISTANCE or CALORIES by pressing , then press . To adjust setting value by pressing .</p>
<p>Step 4</p>	<p>Press  to start workout.</p>

During workout, resistance level can be adjusted by pressing .

When adjusting resistance level, from the segment user exercises to the end, resistance level changes together.

Press  to pause workout. Press  to back to the workout.

CARDIO/FAT BURN/INTERVAL/TRAINING











<p>Step 1</p>	<p>Set weight by pressing , then press .</p>
<p>Step 2</p>	<p>Choose CARDIO/FAT BURN/INTERVAL/TRAINING by pressing , then press .</p>
<p>Step 3</p>	<p>Set TIME \ DISTANCE or CALORIES by pressing , then press . To adjust setting value by pressing .</p>
<p>Step 4</p>	<p>Press  to start workout.</p>




During workout, resistance level can be adjusted by pressing .

During workout, profile can be adjusted by pressing .












Press  to pause workout. Press  to back to the workout.

H. R. C.

Step 1	Set weight by pressing  , then press  .
Step 2	Press  to choose H. R. C, then press  .
Step 3	Set TIME、DISTANCE or CALORIES by pressing  , then press  . To adjust setting value by pressing  .
Step 4	Set target HR by pressing  then press  Default value is 133. If heart rate is more than 11-20 bpm below target, level will increase 1 every 30 seconds. If heart rate is more than 21 bpm below target, level will increase 2 every 30 seconds. If heart rate is more than 11-20 bpm above target, level will decrease 1 every 30 seconds. If heart rate is more than 21 bpm above target, level will decrease 2 every 30 seconds. If no signal is detected in 30 seconds, program ends.
Step 5	Press  to start workout.

During workout, resistance level can be adjusted by pressing . When adjusting resistance level, from the segment user exercises to the end, resistance level changes together. Press  to pause workout. Press  to back to the workout.











CUSTOM

Step 1	Set weight by pressing  , then press  .
Step 2	Press  to CUSTOM 1 or CUSTOM 2, then press  .
Step 3	Set TIME \ DISTANCE or CALORIES by pressing  , then press  . To adjust setting value by pressing  .
Step 4	Press  to set each segment's resistance level. Press  to set next/last segment. Then press  to save all settings.
Step 5	Press  to start workout.

During workout, resistance level can be adjusted by pressing  .

Press  to pause workout. Press  to back to the workout.

ENGINEER MODE

<p>Step 1</p>	<p>Under standby mode, press and hold  and  together for a while until software version is showed, then press  .</p>
<p>Step 2</p>	<p>Set METRIC/ENGLISH by pressing  , then press  .</p>
<p>Step 3</p>	<p>Set BIKE/ELLIPTICAL by pressing  , then press  .</p>
<p>Step 4</p>	<p>Accumulated workout hour is showed. Press and hold  and  for a while to clear accumulated workout hour, then press  to leave engineer mode.</p>

Adequate flexibility is the ability to move your limbs and joints easily (through a complete range of motion) the way you need to in order to meet the challenges of daily life. Fortunately there's a positive reinforcing cycle between flexibility and activity. Adequate flexibility enables you to maintain an active lifestyle, and an active lifestyle makes an important contribution to maintaining adequate flexibility. These relationships grow stronger the older we become.

When should I stretch?

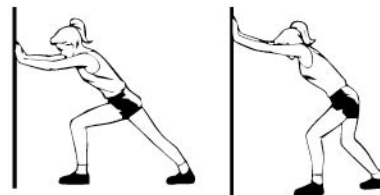
Any time is a good time to Stretch. In the morning it can work out the kinks in your back, at work, you can relax your neck and shoulders, and after work stretch out your lower back. However, your should never do your stretches before you have had a chance to warm your body up.

How should I stretch?

Perform the following stretches slowly and smoothly until you feel a slight "tugging" sensation on the muscles involved. Don't stretch to the point that you feel pain, don't bounce or you could pull a muscle. Hold each stretch for 10 to 20 seconds. Exhale through the stretch, and breathe slowly. This will keep you from bouncing.

Calf (back of lower leg)

1. Straight knee start with the leg to be stretched approximately three feet from the wall and the opposite leg on step forward. Lean toward the wall, keeping your heels down and feet turned in slightly.
2. Bent knee start same as above, but move approximately one foot closer to the wall and bend the knee of the back leg to be stretched.
3. Repeat using the other leg.

**Iliotibial Band (outside of hip)**

1. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.
2. Repeat using the other leg.



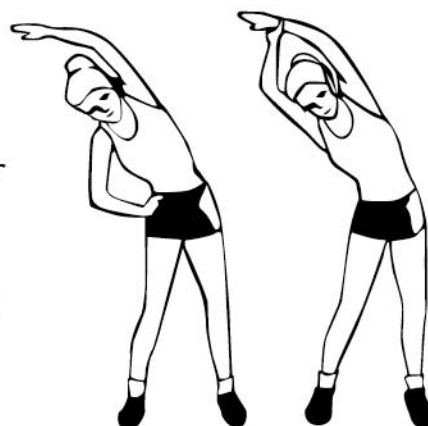
Lower Back, Hips, Groin, and Hamstrings

1. Stand with the feet about shoulder-width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
2. Slowly bend forward from the hips, always keeping your knees slightly bent.
3. Stretch only to the point where you feel a tugging in the back of your legs.



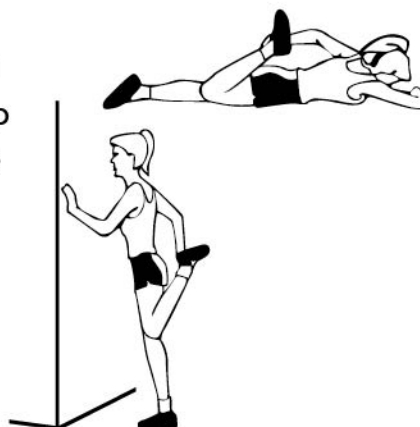
Side Bends

1. Stand with your feet about shoulder-width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip.
2. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.
3. Repeat with other side.



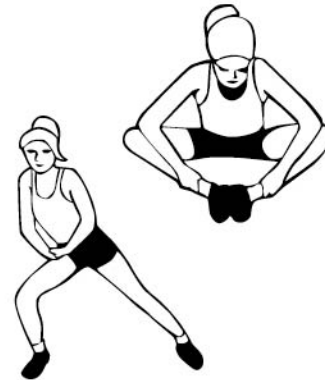
Quadriceps (front of thigh)

1. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
2. The same stretch can be done standing. Do not allow the thigh to come in front of you and so not bend forward at the waist.
3. Do this exercise twice – once on each leg.



Groin (inside of thigh)

1. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
2. Stand with your feet three to four feet apart and turned out slightly.
3. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
4. Repeat using the other leg



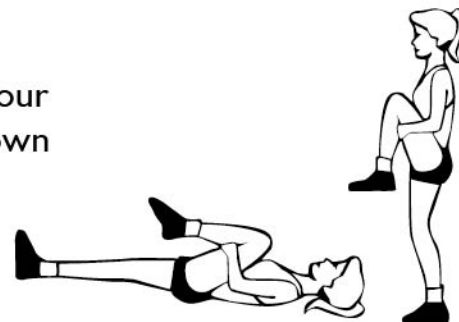
Hamstrings (back side of upper leg)

1. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
2. Repeat with the other leg.



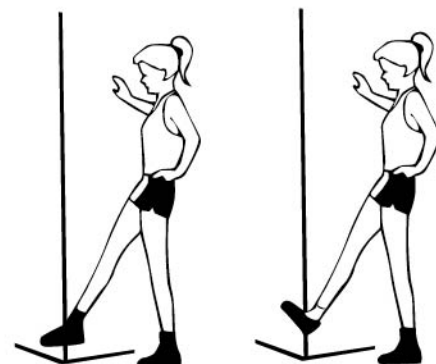
Gluteus (back of hip)

1. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
2. The same may be done standing.
3. Repeat with the other leg.



Anterior Tibialis (front of shin)

1. Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
2. Repeat with the other leg.



For B55SG/B65 & R55SG/R65

Item	Prior to Use	Weekly	Monthly	Quarterly	Bi-annual
Console		Clean			
Handlebar connection				Inspect Tighten as required	
Outer covers		Clean			
Foot Straps	Inspect				
Seat Fasteners			Inspect Tighten as required		
Seat Post					Apply light coat of lubricant
Crank arms			Inspect Tighten as required		

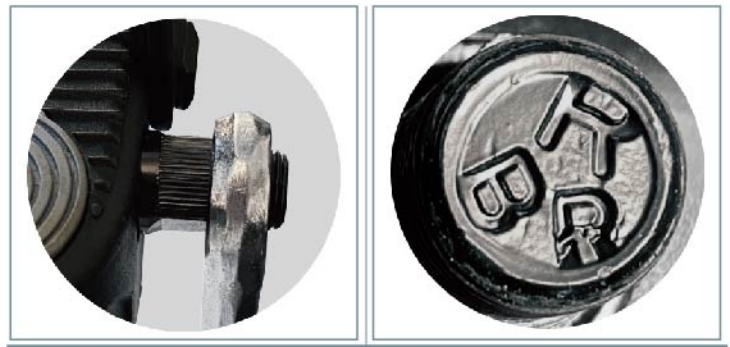
For E55SG/E65

Item	After Use	Weekly	Monthly	Quarterly	Bi-annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Outer Covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and Lubricate	
Footpads			Inspect and tighten		

PEDAL TIGHTENING ATTENTION

Users must take care when assembling their bike to ensure that the pedals are securely tightened. Failure to properly tighten the pedals may lead to loosening of the pedal during use, damage to the pedal crank arm, and possible injury. Damage to crank arms from improperly fastened pedals is not a warrantable item.

There is a left and right pedal. The right pedal is usually marked with an “R” on the pedal shaft. The right pedal will thread clockwise and the left pedal will thread counterclockwise (towards the front the bike each side) into the crank arm.



Take care to ensure the pedal is threaded properly and not cross-threaded. Cross-threading will damage the crank arm.

Ensure the pedal is as tight as possible to the crank. A 15mm wrench is included with each bike that fits over the flat part of the pedal shaft. If you need more leverage source a larger 15mm wrench. Regularly check the fastness of your pedals.



Crank arm damage due to pedals loosening and stripping the threads is not a warrantable item.

WARRANTY CONDITIONS

1. Ask your dealer about your warranty condition.
2. The Warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
3. Warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must be completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.
4. This warranty becomes **VALID ONLY** if the Warranty Registration form included in the box is completely filled in , signed by the original purchaser and mailed to Fitnex **WITHIN 30 DAYS** of the purchaser's receipt of the products.
5. Labor coverage is provided only if an authorized Fitnex dealer or the Fitnex factory does the work.
6. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
7. Warranty does not cover failure due to improper assembly, installation or use.
8. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for reasonable and necessary maintenance.

WARRANTY CONDITIONS

9. This warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
10. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the User manual.

