

OWNER'S MANUAL

Model No.
16205173200

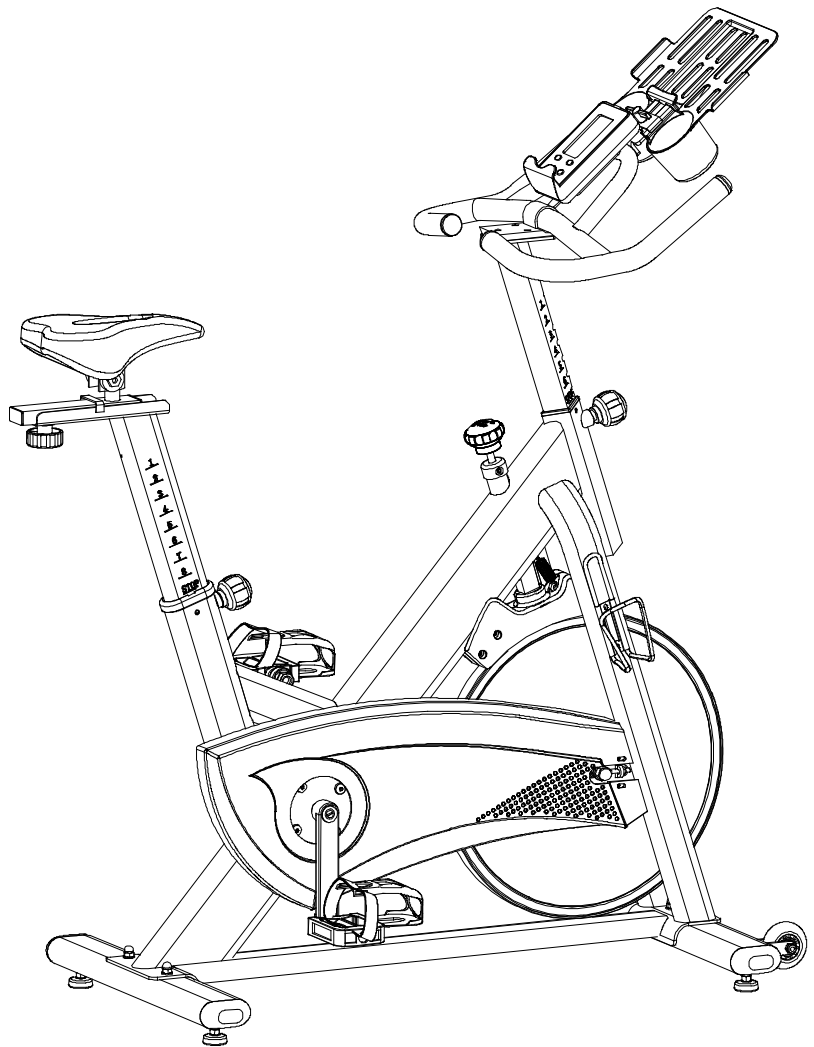
- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*

CAUTION:

You must read and understand this owner's manual before operating unit.



EV320 Indoor Cycle



***PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING
YOUR NEW INDOOR CYCLE!***

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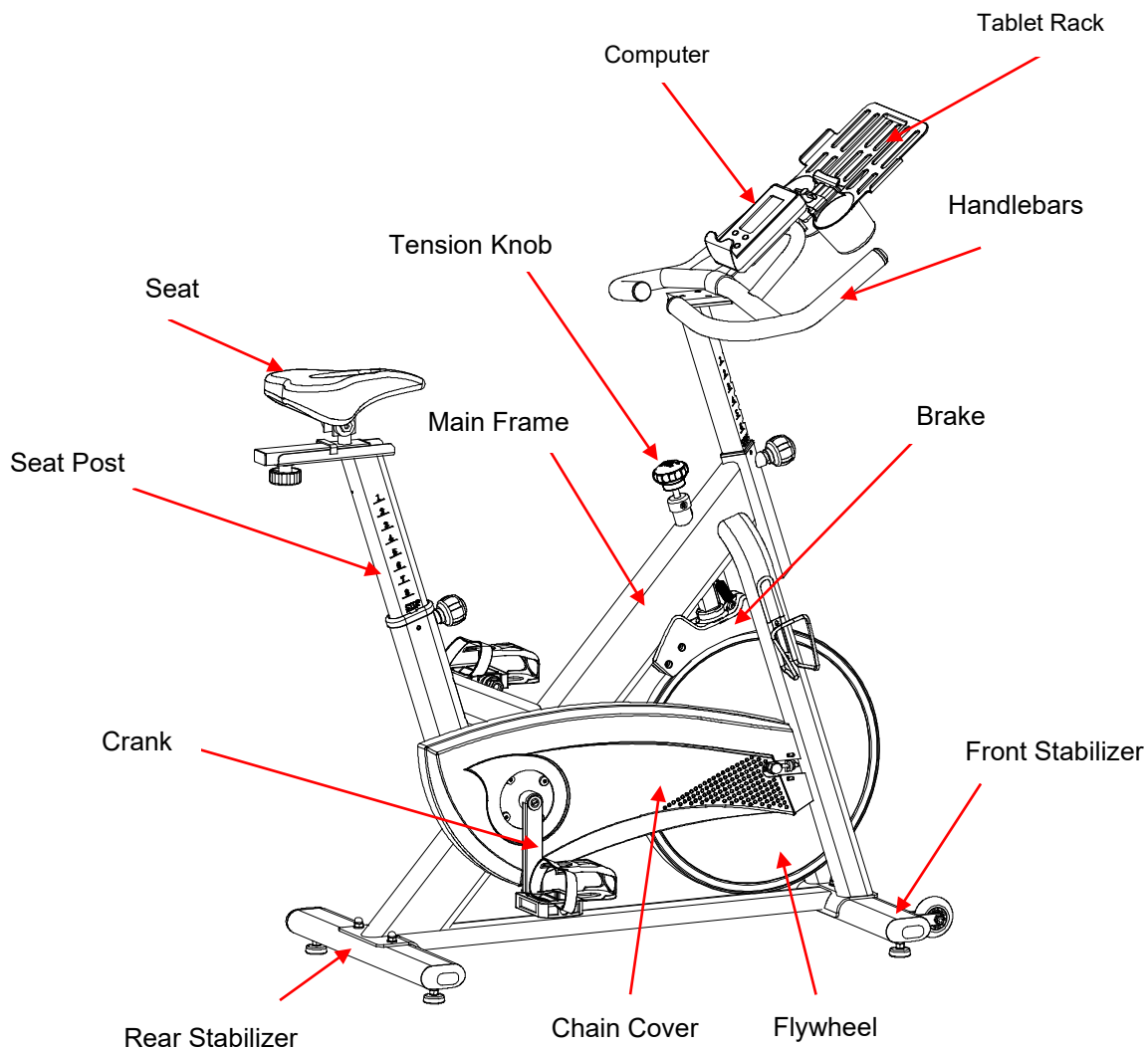
ATTENTION

THIS INDOOR CYCLE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Everlast EV320 Indoor Cycle. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Everlast EV320 Indoor Cycle provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Everlast EV320 Indoor Cycle. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Everlast EV320 Indoor Cycle, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your Indoor Cycle Trainer.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The Cycle Trainer must be regularly checked for signs of wear and damage. Any part found defective; the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Keep hands away from all moving parts.
10. Never drop or insert any object into any openings.
11. Do not use outdoors.
12. 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 you from straining muscles.
13. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
14. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your Indoor Cycle Trainer.
15. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
16. User weight should not exceed 300 lbs. (136 kgs)

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the indoor cycle trainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

WARNING / AVERTISSEMENT

Model/Modèle# : [REDACTED]
Serial/Numéro de série : [REDACTED]

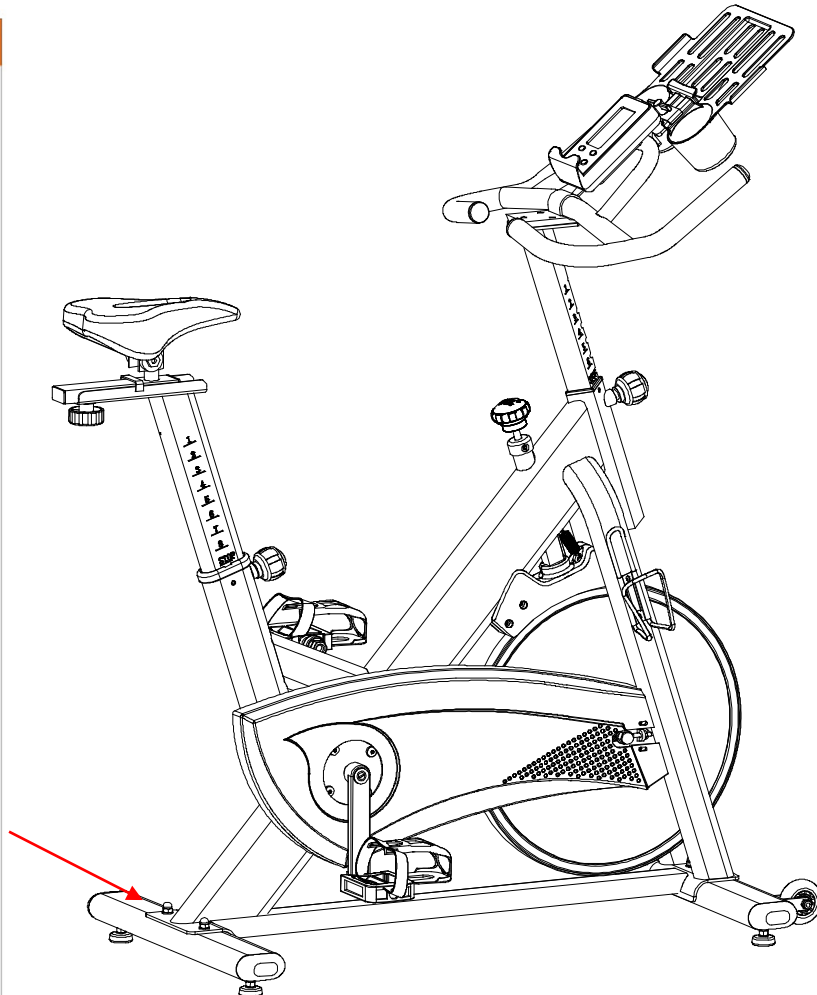
**For consumer use only.
Max user weight limit**
[REDACTED] lbs. / [REDACTED] kg.

CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.
WARNING: KEEP CHILDREN AWAY FROM THE [REDACTED].
KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THE POSSIBILITY OF SERIOUS INJURIES OR DEATH IF CAUTION IS NOT USED. READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

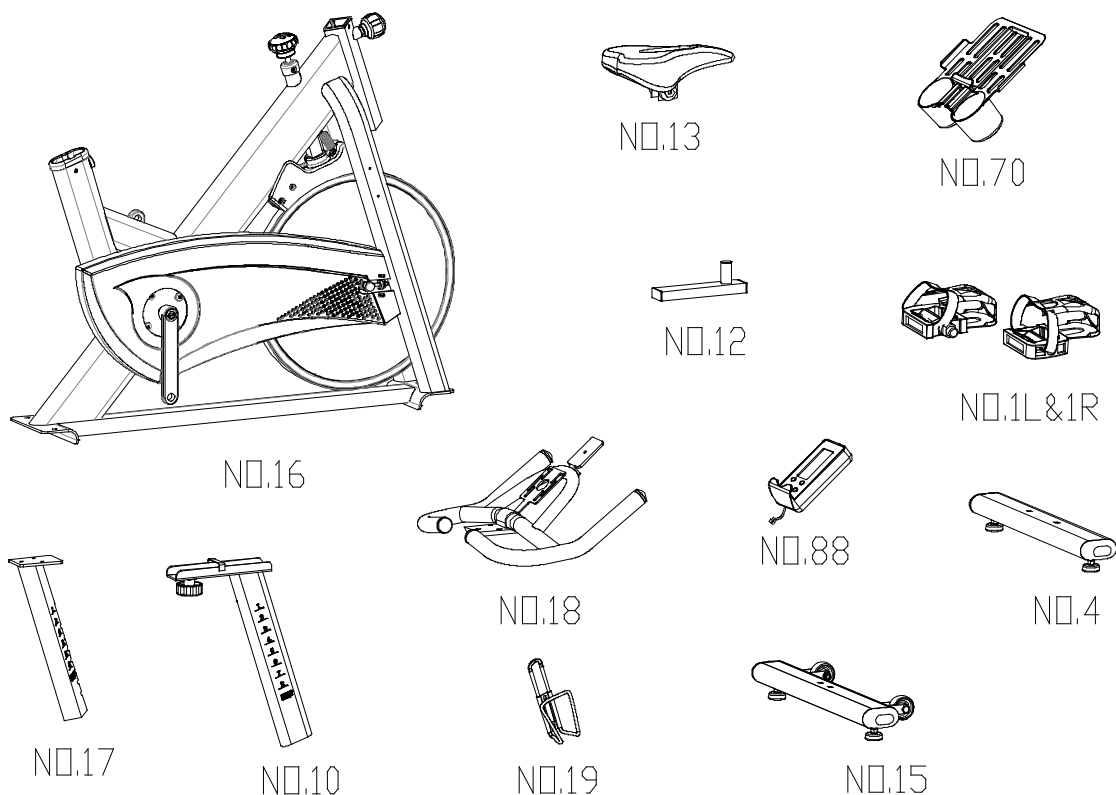
**Usage à des fins personnelles seulement
poids maximum de l'utilisateur**
[REDACTED] lbs. / [REDACTED] kg.

ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT UTILISER AUCUN APPAREIL D'EXERCICE SANS LA SURVEILLANCE D'UNE PERSONNE QUALIFIÉE.
AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU [REDACTED]. GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAREIL POURRAIT ENTRAINER DE GRAVES BLESSURES ET MÊME LA MORT. LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT UTILISATION. REMPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE.

Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, Ontario
L2G 0A9
Customer Service
Service à la clientèle
1-888-707-1880



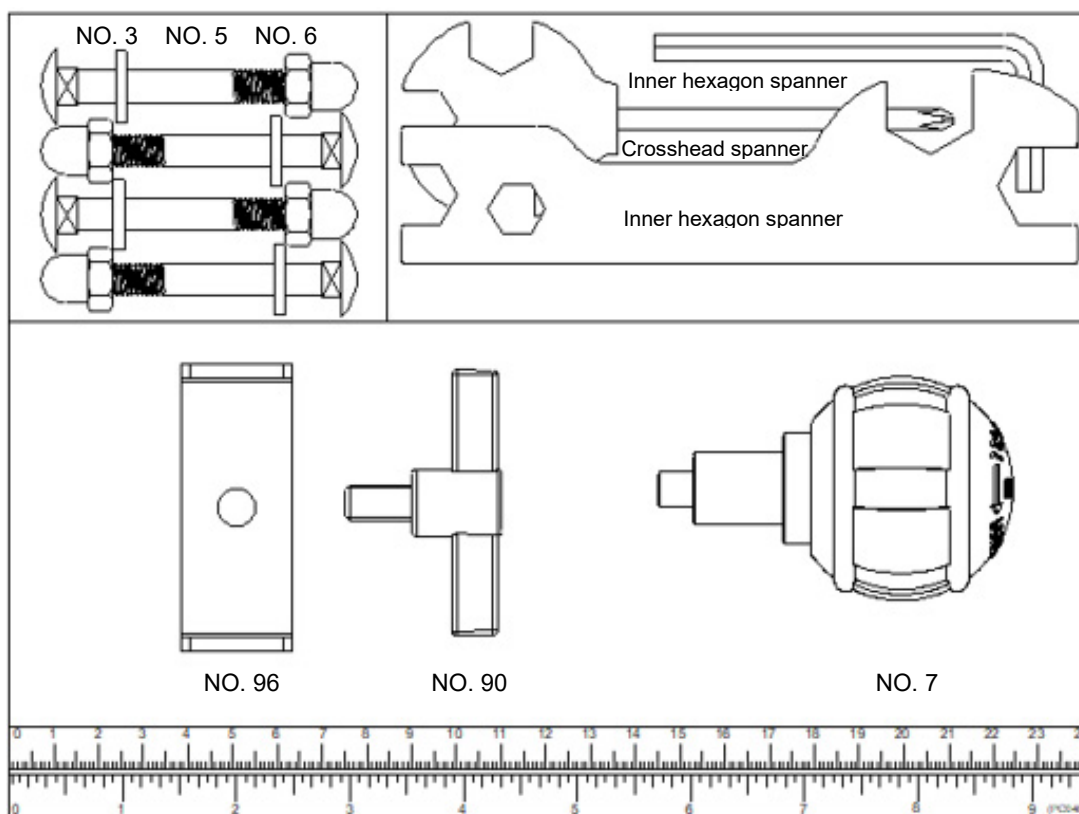
EV320 PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1L	Left pedal	1
1R	Right pedal	1
4	Rear stabilizer	1
10	Seat post	1
12	Sliding tube	1
13	Seat	1
15	Front stabilizer	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
19	Bottle holder	1
70	Tablet rack	1
88	Console	1
	Manual	1
	Hardware pack	1

HARDWARE PACKING LIST

HARDWARE PACK



Part No	Description	Qty
3	Carriage bolt M8*52	4
5	Flat Washer $\phi 8$	4
6	Domed nut M8	4
7	Quick release knob	1
90	Fixed knob	1
96	Fixed baffle	1
	Crosshead spanner	1
	Inner hexagon spanner	1
	Inner hexagon spanner	1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

EV320 ASSEMBLY INSTRUCTIONS

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

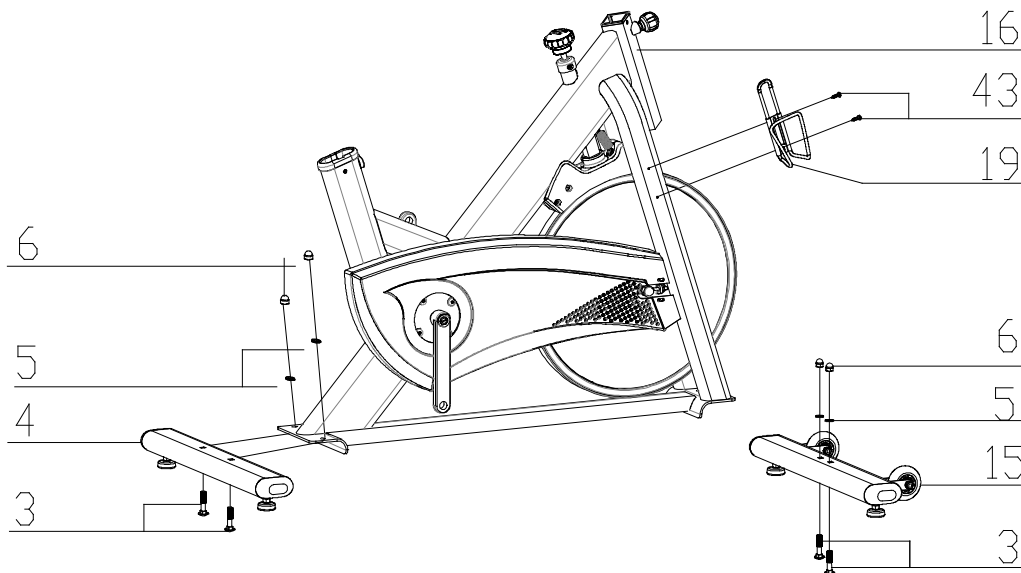
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

ENSURE THAT ALL NUTS AND BOLTS ARE FIRMLY TIGHTENED AFTER EACH STEP

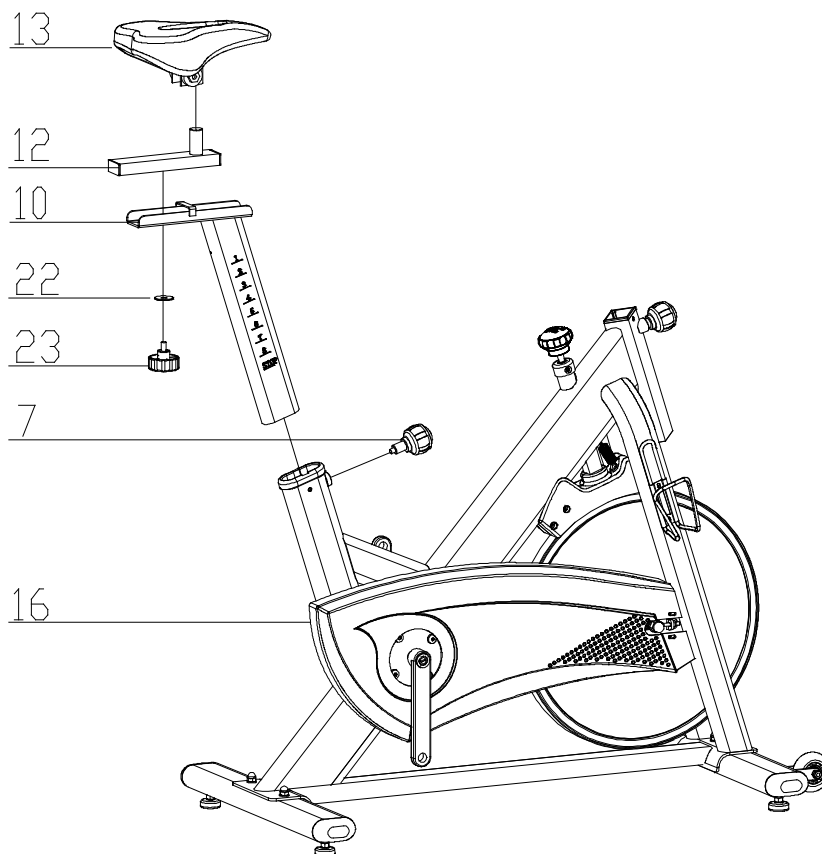
STEP 1

1. Attach the front stabilizer (15) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).
2. Attach the rear stabilizer (4) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).
3. Attach the water bottle holder (19) to the main frame (16) using 2 screws (43) which are pre-assembled on the main frame (16).



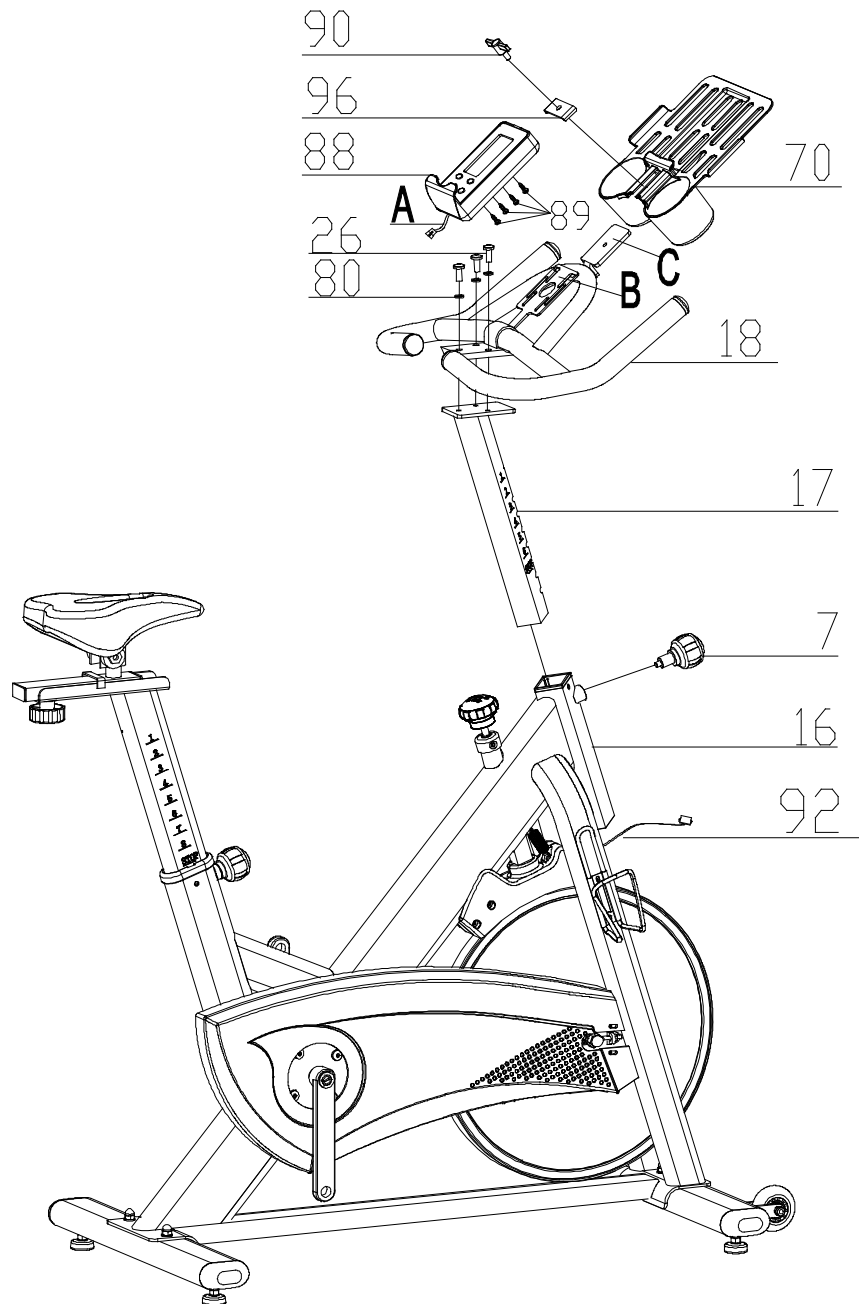
STEP 2

1. Release the nuts on the backside of seat (13), attach the seat (13) to sliding tube (12), and then re-tighten the nuts.
 2. Insert the sliding tube (12) into the seat post (10). Secure using a club knob (23) and a flat washer (22) which are pre-assembled on the seat post (10).
 3. Insert the seat post (10) into the main frame (16). Secure using a quick release knob (7).
- Note: The seat can be horizontally and vertically adjustable after your cycle is fully assembled.



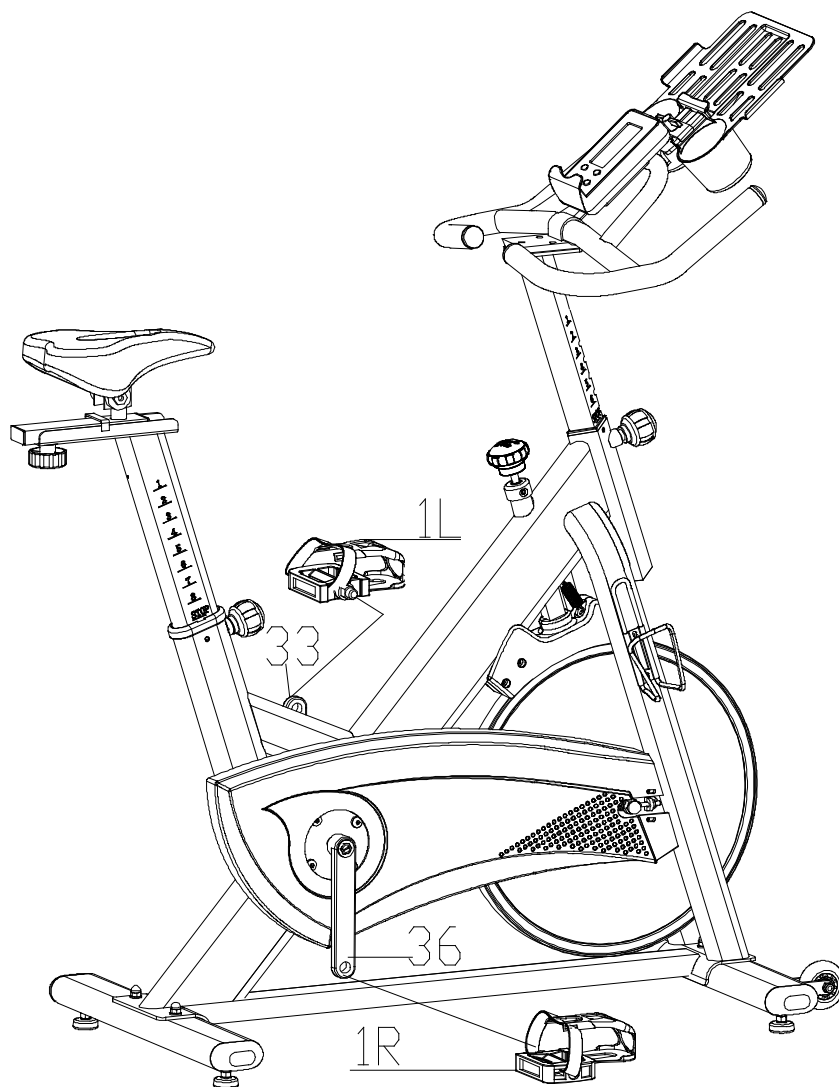
STEP 3

1. Insert the handlebar post (17) to the main frame (16). Secure using a quick release knob (7) which is pre-assembled on the main frame (16).
 2. Attach the handlebar (18) to the handlebar post (17). Secure using 3 spring washers (80) and 3 Allen screws (26) which are pre-assembled on the handlebar post (17).
 3. Attach console (88) onto the bracket (B). Secure using 4 screws (89) which are pre-assembled on the backside of console (88). Attach sensor wire (92) to console (88).
 4. Attach tablet rack (70) onto the bracket (C). Secure using a fixed knob (90) and fixed baffle (96).
- Note: The handlebar can be vertically adjustable after your cycle is fully assembled.



STEP 4

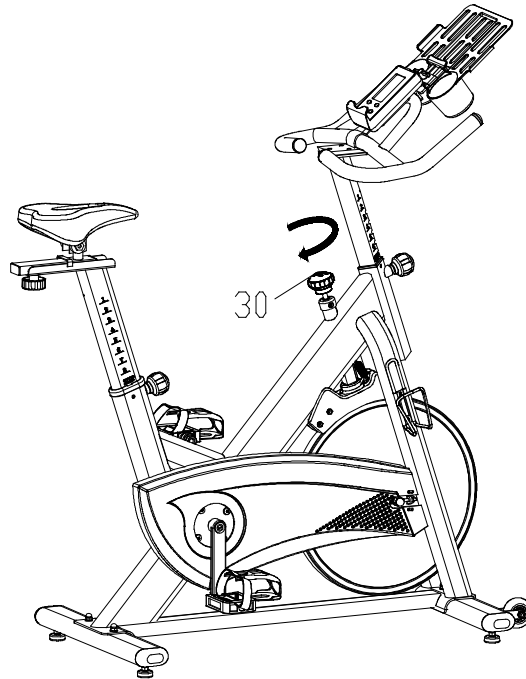
1. Attach the left pedal (1L) to the left crank (33).
 2. Attach the right pedal (1R) to the right crank (36).
- Note: The right pedal should be threaded on clockwise and the left pedal on counterclockwise.



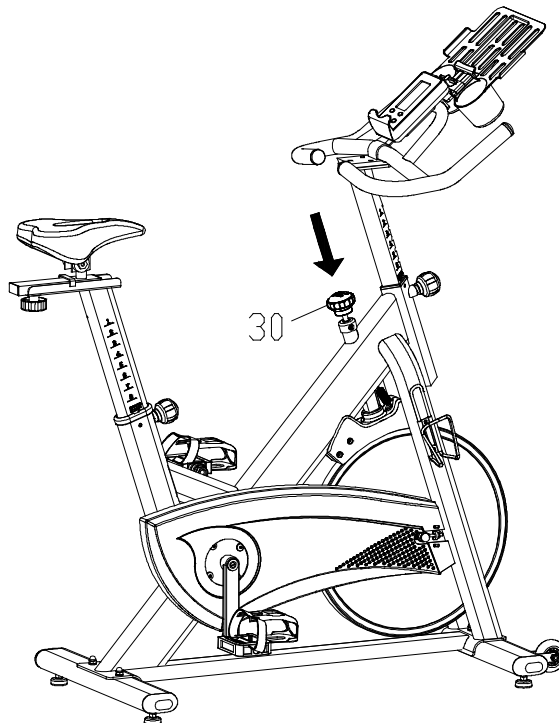
YOUR UNIT IS NOW FULLY ASSEMBLED

ADJUSTING THE TENSION

1. Turn the tension knob (30) clockwise to increase the tension.
2. Turn the tension knob (30) counterclockwise to decrease the tension.



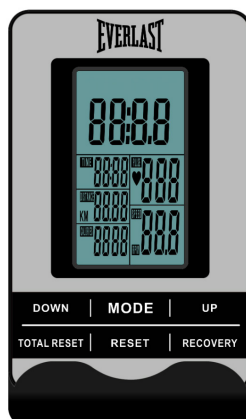
IMPORTANT: Press the tension knob (30) to stop the flywheel.



OPERATION OF YOUR INDOOR CYCLE

GETTING FAMILIAR WITH THE CONTROL PANEL

EV320 CONSOLE



DISPLAY FUNCTION:

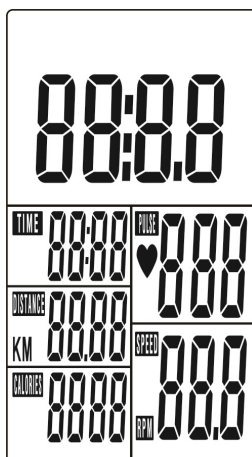
ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> . In SCAN mode, press MODE key to choose functions. . Automatically scan through each mode in sequence every 6 seconds. . The sequence of display when press MODE key : TIME→DIST→CAL→PULSE→RPM/SPEED
SPEED	<ul style="list-style-type: none"> . Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"
RPM	<ul style="list-style-type: none"> . Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"
TIME	<ul style="list-style-type: none"> . Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0 and alarm will sound or flash. . Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP . Range 0:00 ~ 99:59
DISTANCE	<ul style="list-style-type: none"> . Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash. . Range 0.00~99.99
CALORIES	<ul style="list-style-type: none"> . Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash. . Range 0~9999
PULSE	<ul style="list-style-type: none"> . Current pulse will display after 6 seconds when detected by the console. . Without any pulse signal for 6 seconds, console will display "P". . Pulse alarm will sound when current pulse is over the target pulse. . Range 0-30~230 BPM

KEY FUNCTION:

ITEM	DESCRIPTION
UP	<ul style="list-style-type: none"> Press UP key to increase value. Press and hold the key to increase value faster. TIME setting range: 00:00~99:00 (Each increment is 1:00) CAL setting range: 0~9990 (Each increment is 10) DIST setting range: 0.00~99.50 (Each increment is 0.5) PULSE setting range: 0-30~230 (Each increment is 1)
MODE	<ul style="list-style-type: none"> Choose each function by pressing MODE key. Press and hold MODE key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).
DOWN	<ul style="list-style-type: none"> Press DOWN Key to decrease value. Press and hold the key to decrease the value faster. TIME setting range: 00:00~99:00 (Each decrement is 1:00) CAL setting range: 0~9990 (Each decrement is 10) DIST setting range: 0.00~99.50 (Each decrement is 0.5) PULSE setting range: 0-30~230 (Each decrement is 1)
RECOVERY	<ul style="list-style-type: none"> After the console detects pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.
RESET	<ul style="list-style-type: none"> In setting mode, press RESET key once to reset the current function figures. Press RESET key and hold for 2 seconds to reset all function figures.
TOTAL RESET	<ul style="list-style-type: none"> Console will restart over.

OPERATION PROCEDURE**POWER ON**

After loading into the battery, LCD will display all segments for 2 seconds, as below drawing.

**Power off**

Without any signal or pedal being transmitted into the monitor for 4 minutes the console will enter SLEEP MODE, press any key or pedal then the console will wake up.

Workout setting

1. Press MODE key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use UP Key for setting and press MODE key for confirmation.
2. For instance the time set-up, when the time value is blinking, you can use UP Key to adjust the number. Press MODE key for confirmation and skip to next set-up. The set-up of DISTANCE, CALORIES and PULSE is the same as TIME set-up.
3. Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST and CAL will count up on the display.

Recovery

1. The RECOVERY key will only be valid if pulse is detected.
2. TIME will show "0:60" (seconds) and counts down to 0.
Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.
3. Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

Trouble shooting:

- When the display of LCD is dim, it means the batteries need to be changed.
- If there is no signal when you pedal, please check if the cable is well connected.

NOTE:

1. When stop training for 4 minutes, the main screen will be off.
2. If the computer displays abnormally, please re-install the batteries and try again.

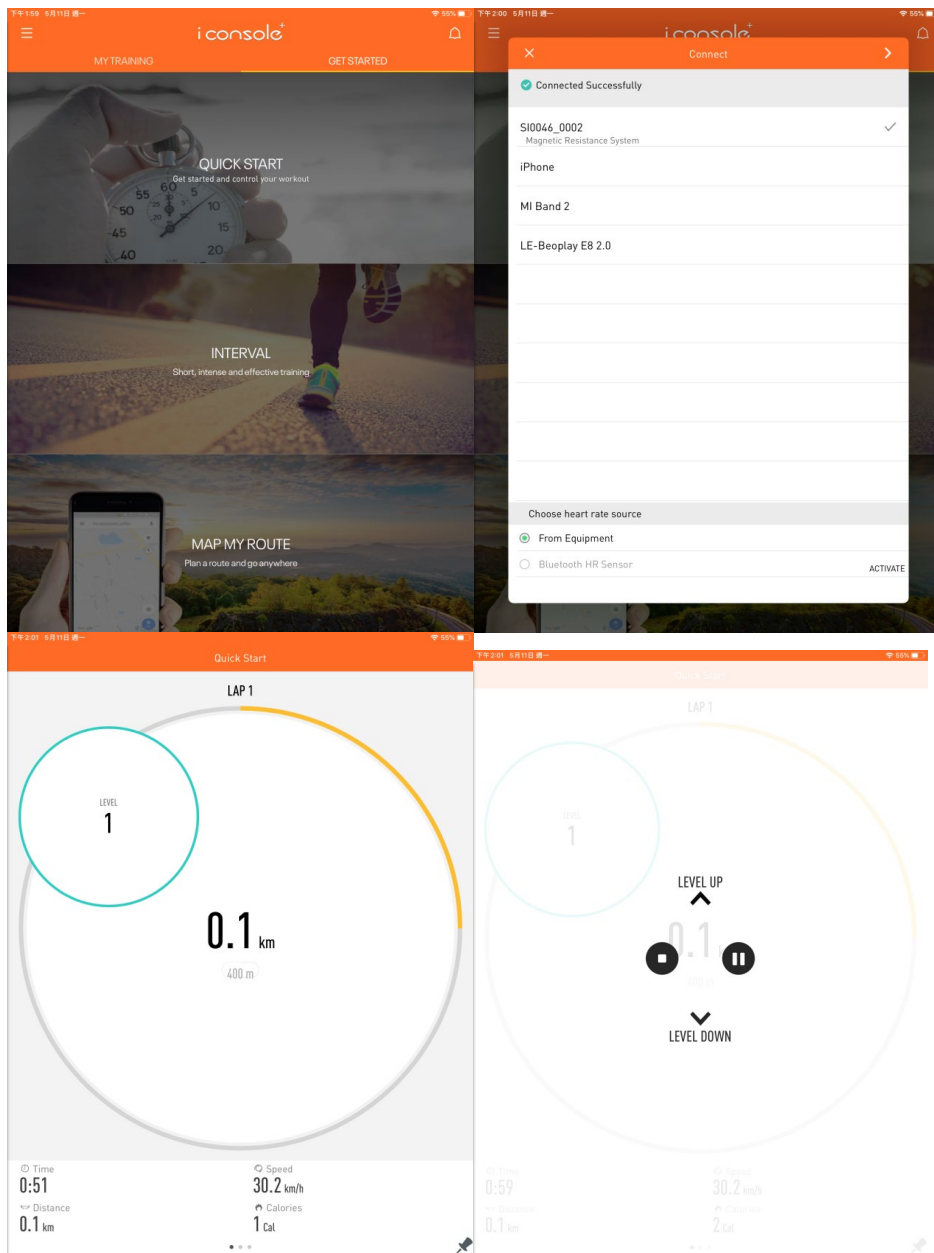
APP CONNECTIONS

Supports iConsole, Kinomap and Zwift, downloaded on Google Play or APP Store

1. This console can connect to certain APPs on smart devices via Bluetooth.
2. Once the console is connected via Bluetooth, the console will not display feedback, the console will restart after Bluetooth is disconnected from an affiliated APP.

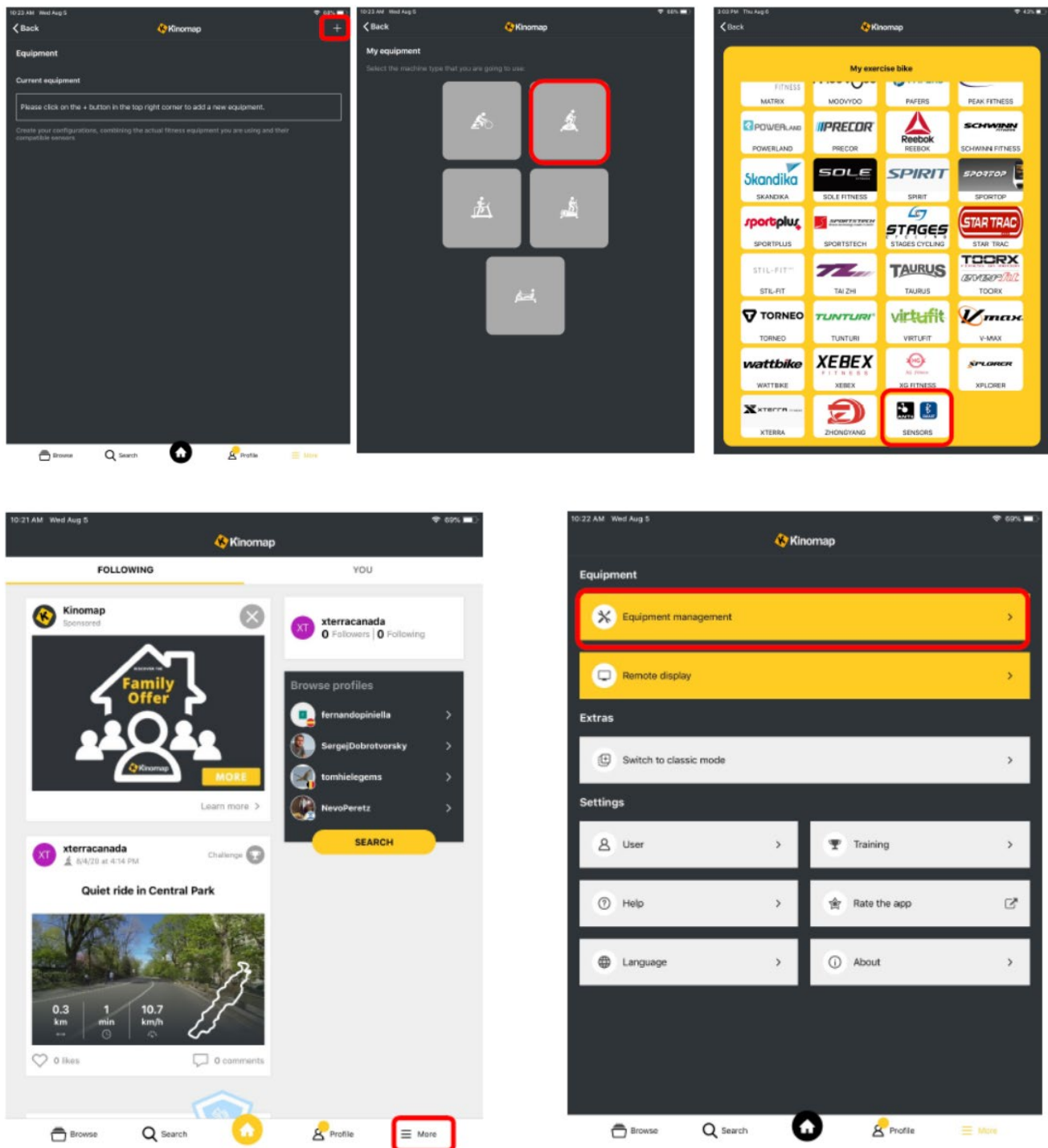
1. iConsole APP Connection Steps

- 1-1. Open the iConsole App and navigate to the home page. From the Get Started tab, press Quick Start or any other Training Mode.
- 1-2. Select i-Console to connect console. Press the top right arrow key to enter the workout screen.
- 1-3. Begin workout. To pause or stop workout, press the screen to display options.

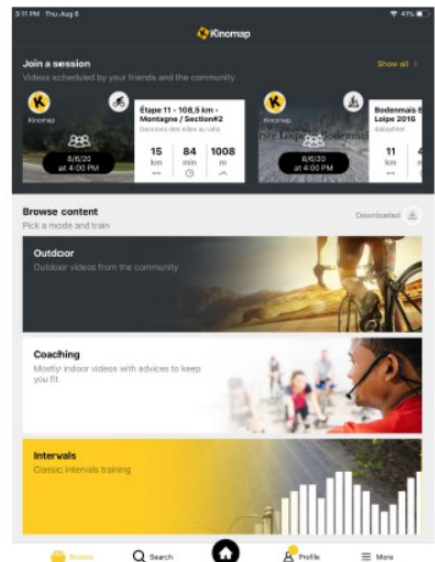
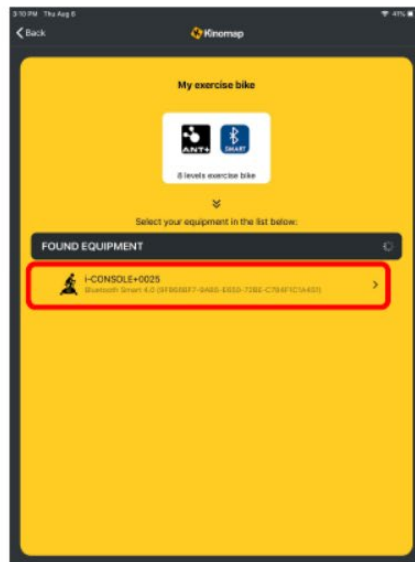
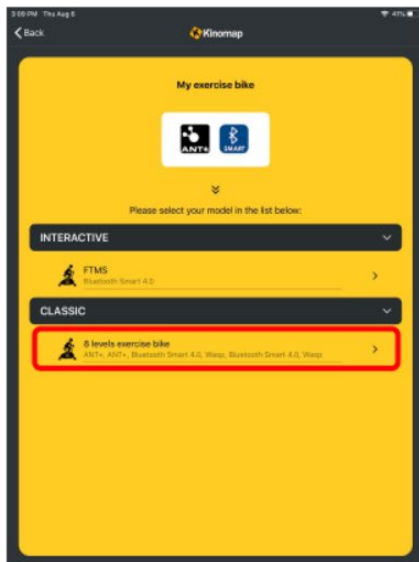


2. Kinomap APP Connection Steps

- 2-1. Open Kinomap App and navigate to the home page. Press the More key on the bottom right of the screen to add new equipment.
- 2.2. Press Equipment Management, then press the "+" symbol in the upper right corner to start adding new equipment.
- 2.3. Choose the Bike graphic, then select 'SENSORS' from the list of affiliated brands.



- 2.4. Select '8 levels exercise bike' under Classic Tab
- 2.5. Select iConsole+ under Found Equipment tab.
- 2.6. After connection is complete browse content and select a cycling video of your choice.
- 2.7. Note: users can join Kinomap for free but with limited accessibility.

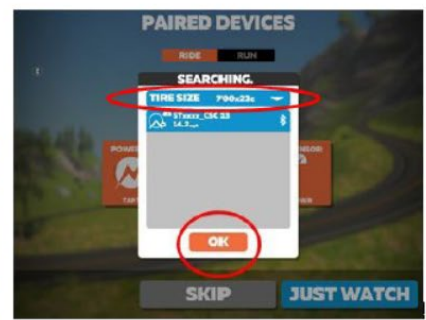
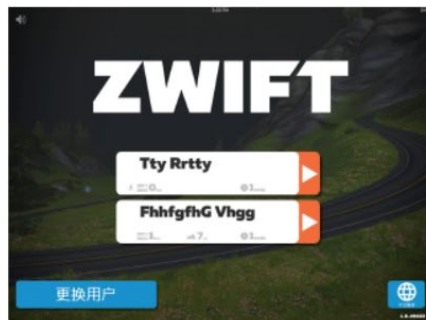


3. Zwift APP Connection Steps

3.1. Open Zwift App and select user.

3.2. Zwift will ask you to pair your equipment. Select SPEED SENSOR.

3.3. Zwift will ask you to select a wheel size. Select 700X23c. Then press "OK". Zwift will use cadence with wheel size to calculate workout metrics.



3.4. Zwift will ask to select a trainer. Scroll down to the bottom and select 'Other – Not Listed'.

3.5. Make sure SPEED SENSOR and CADENCE are both connected with green check marks.

3.6. Start Zwift

3.7. Note: users can join Zwift for free but with limited accessibility.



Disclaimer: iConsole+, Kinomap and Zwift are not owned or operated by Dyaco Canada Inc. and as such, Dyaco is not responsible for application maintenance. Please contact these companies with any questions. Setup instructions as of July 2021 and subject to change.

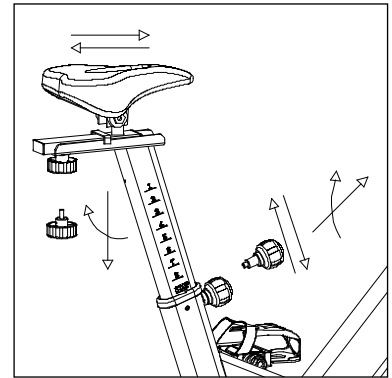
Customer Service 1-888-707-1880
or email customerservice@dyaco.ca

USER DIRECTION

HOW TO USE THE EXERCISE BIKE

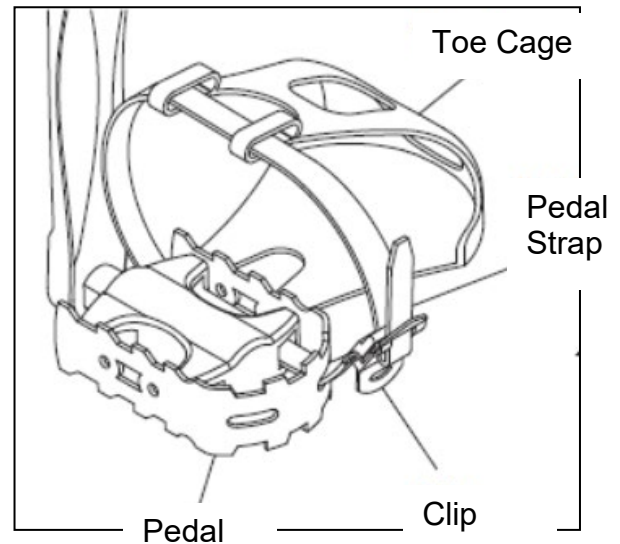
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, unlock the seat adjustment knob, slide the seat to the desired position, and lock the seat carriage to main Frame with seat adjustment knob. For seat height adjustment, unlock adjustment knob, adjust to desired height and then lock back into place and tighten.



HOW TO ADJUST THE PEDAL STRAPS

1. Place the ball of each foot on the pedal and in the Toe Cage such that the ball of the foot is centered over the pedal spindle and under the Pedal Strap.
2. Rotate the cranks until one foot is in a position closest to you.
3. To tighten the Pedal Strap, pull up on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
4. Repeat for the other foot.
5. To loosen the Pedal Strap, press down on the Clip that holds the strap secure, and pull slightly outward. Release the Clip to lock the strap into place.

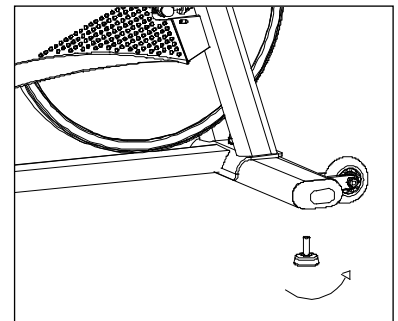


If the Pedal Strap break away from the Clip, follow the process below to thread it back to the Clip:

1. Run the Pedal Strap through the slot holes in the Clip Inner Piece and Clip Outer Piece.
2. Press the Clip down and run the Pedal Strap through the slot hole in the Clip Outer Piece on the top.

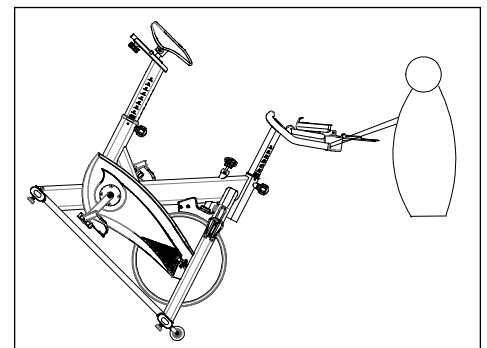
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the front and rear stabilizers to adjust the leveling feet until the rocking motion is eliminated.



HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, grasp the handlebar and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



Using A Heart Rate Transmitter (optional)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

Erratic Operation

Caution! Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems, try wearing the transmitter upside down.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems, contact your dealer.

GENERAL MAINTENANCE

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

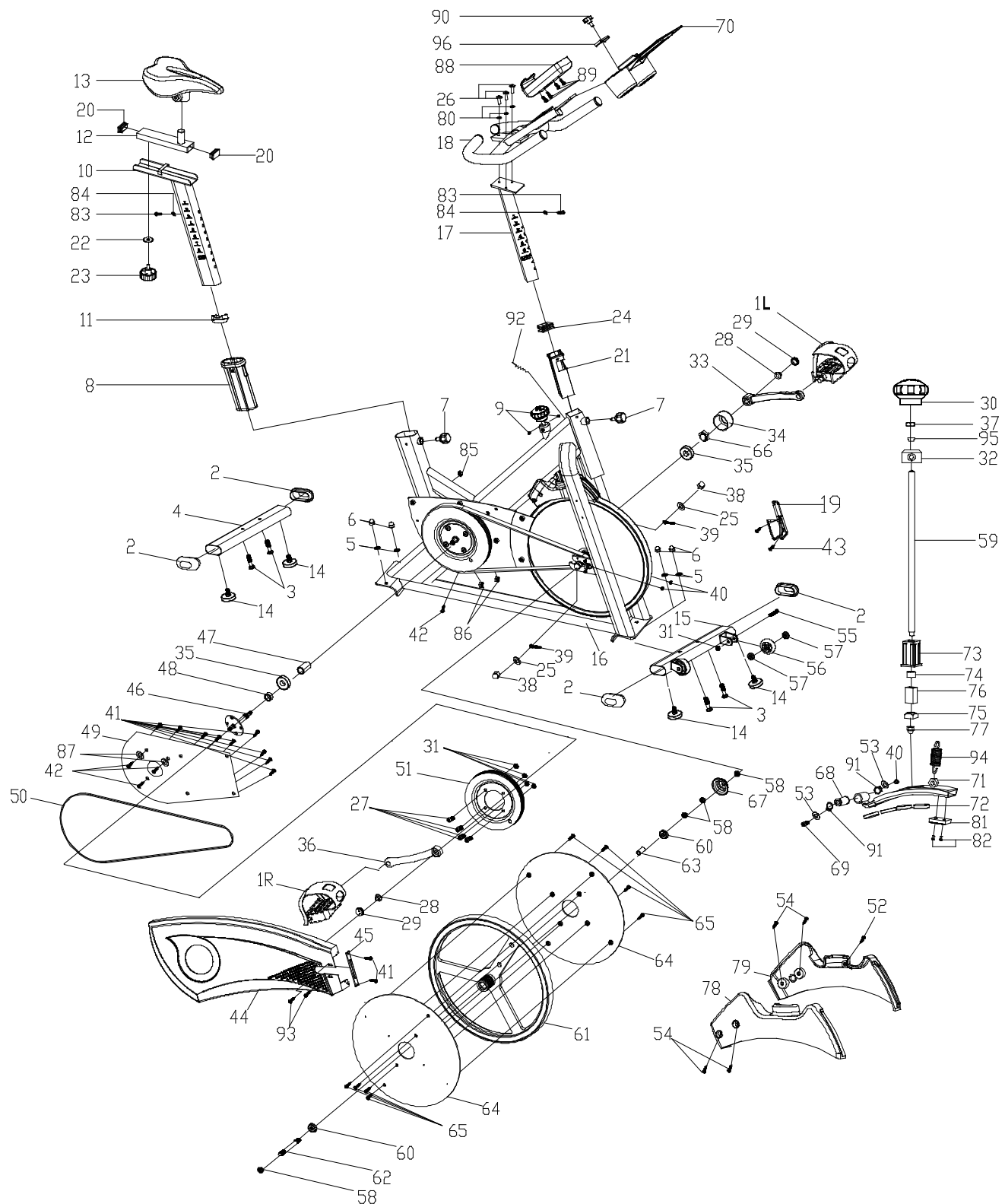
- Be sure batteries are new and electronic connection are clean and tight.
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight; pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

Almost all surfaces are washable. A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

Always ensure batteries are fresh and in correctly.

EXPLODED VIEW DIAGRAM



PARTS LIST

No.	Part No.	Description	Qty
1L	1732001L	Left pedal	1
1R	1732001R	Right pedal	1
2	1732002	End cap for stabilizer	4
3	1732003	Carriage bolt M8*52	4
4	1732004	Rear stabilizer	1
5	1732005	Flat Washer $\phi 8$	4
6	1732006	Domed nut M8	4
7	1732007	Quick release knob	2
8	1732008	Plastic sleeve for seat post	1
9	1732009	Bolt M6*8	2
10	1732010	Seat Post	1
11	1732011	End cap 70*30	1
12	1732012	Sliding tube	1
13	1732013	Seat	1
14	1732014	Leveling pad	4
15	1732015	Front stabilizer	1
16	1732016	Main frame	1
17	1732017	Handlebar post	1
18	1732018	Handlebar	1
19	1732019	Bottle holder	1
20	1732020	Inner end cap 40*20	2
21	1732021	Plastic sleeve for handlebar post	1
22	1732022	Flat washer	1
23	1732023	Club knob	1
24	1732024	Inner end cap 38*38	1
25	1732025	Flat Washer $\phi 12$	2
26	1732026	Allen screw M8*20	3
27	1732027	Allen screw M8*16	4
28	1732028	France nut M10	2
29	1732029	Crank end cap	2
30	1732030	Tension knob	1
31	1732031	Nut M8	6
32	1732032	Cover for brake	1
33	1732033	Left crank	1
34	1732034	Crank cover	1
35	1732035	Bearing 6004ZZ	2
36	1732036	Right crank	1
37	1732037	Nut M10	1
38	1732038	Domed nut M12	2
39	1732039	Flywheel adjust bolt	2
40	1732040	Nut M6	3
41	1732041	Self-tapping screw 1	11

No.	Part No.	Description	Qty
42	1732042	Self-tapping screw 2	4
43	1732043	Self-tapping screw 3	2
44	1732044	Chain cover	1
45	1732045	Little chain cover	1
46	1732046	Axle for crank	1
47	1732047	Long bushing for crank	1
48	1732048	Short bushing for crank	1
49	1732049	Inner chain cover	1
50	1732050	Belt	1
51	1732051	Belt pulley	1
52	1732052	Self-tapping screw ST2.9*9.5	1
53	1732053	Flat washer $\phi 6$	2
54	1732054	Screw M5*10	4
55	1732055	Hex head bolt M8*40	2
56	1732056	Transportation wheel	2
57	1732057	Bearing 608ZZ	4
58	1732058	Hex head nut M12	4
59	1732059	Screw rod	1
60	1732060	Bearing 6001ZZ	2
61	1732061	Flywheel	1
62	1732062	Axle for flywheel	1
63	1732063	Fixing tube for flywheel	1
64	1732064	Trident flywheel panel	2
65	1732065	Self-tapping screw ST4.2*16	8
66	1732066	Hex head nut M20	1
67	1732067	Small cover for flywheel	1
68	1732068	Brake fixed shaft	1
69	1732069	Bolt M6*45	1
70	1732070	Tablet rack	1
71	1732071	Magnetic holder	1
72	1732072	Magnet	4
73	1732073	Sleeve for brake	1
74	1732074	Short sleeve	1
75	1732075	Brake nut M10	1
76	1732076	Square tube for brake connection	1
77	1732077	Domed nut M6	1
78	1732078	The cover for the magnetic holder R	1
79	1732079	The cover for the magnetic holder L	1
80	1732080	Spring washer $\phi 8$	3
81	1732081	Rubber brake block	1
82	1732082	Bolt M5*8	2
83	1732083	Self-tapping screw ST4.8*13	2

No.	Part No.	Description	Qty
84	1732084	Spring washer $\phi 5$	2
85	1732085	Inner plug	1
86	1732086	Grommet	2
87	1732087	Plastic ring	2
88	1732088	Console	1
89	1732089	Screw M5*10	4
90	1732090	Fixed knob	1
91	1732091	C-clip	2
92	1732092	Sensor wire	1
93	1732093	Self-tapping screw 4	2
94	1732094	Spring	1
95	1732095	Bushing	1
96	1732096	Fixed baffle	1

TROUBLESHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries weak or dead	Replace batteries
No speed or distance displays on the monitor	Sensor wire not connected	Securely connect the sensor wire at the back of the monitor
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
Squealing	Brake pads are worn	Replace the brake pads

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warmup where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warmup and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

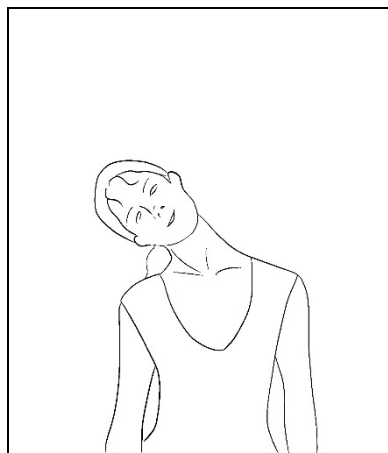
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

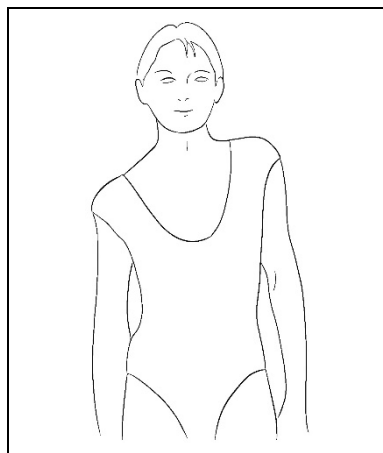
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



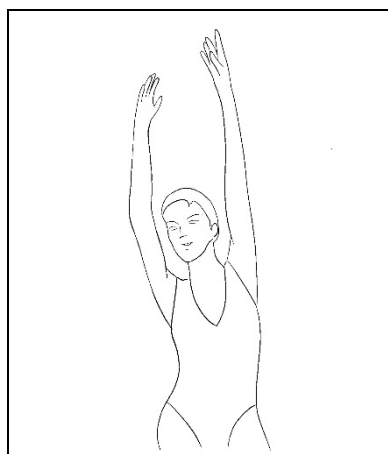
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



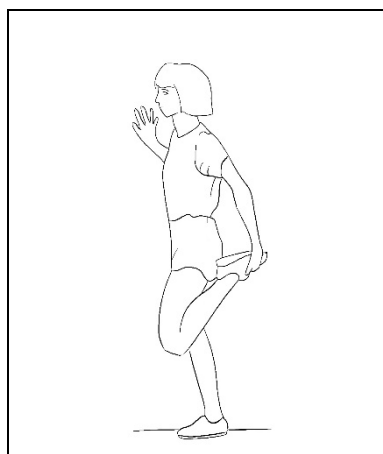
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left foot left arm.



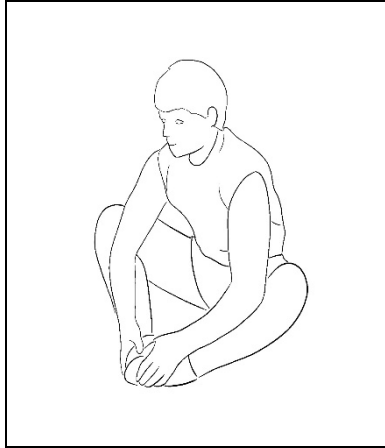
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



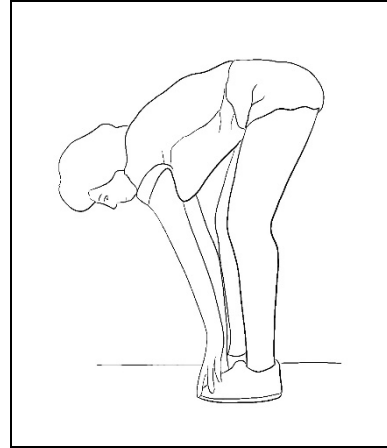
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



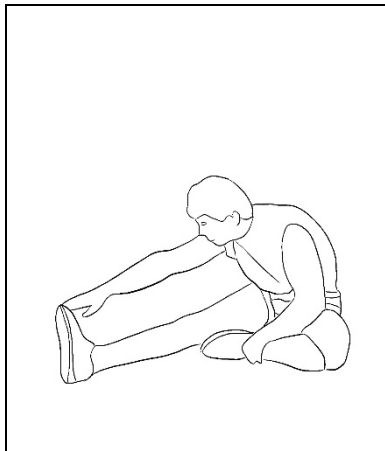
TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



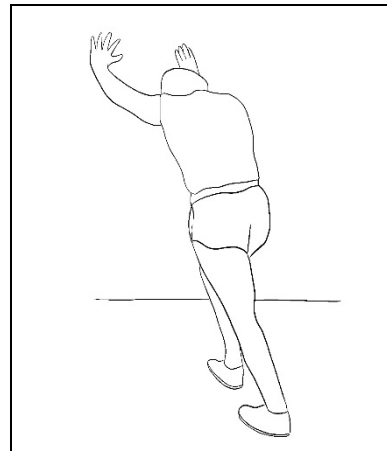
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its indoor cycle parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty	
Frame	1 Year
Parts	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the indoor cycle in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the indoor cycle.
4. Damages to the indoor cycle finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for indoor cycle not requiring component replacement, or indoor cycle not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

dyaco

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