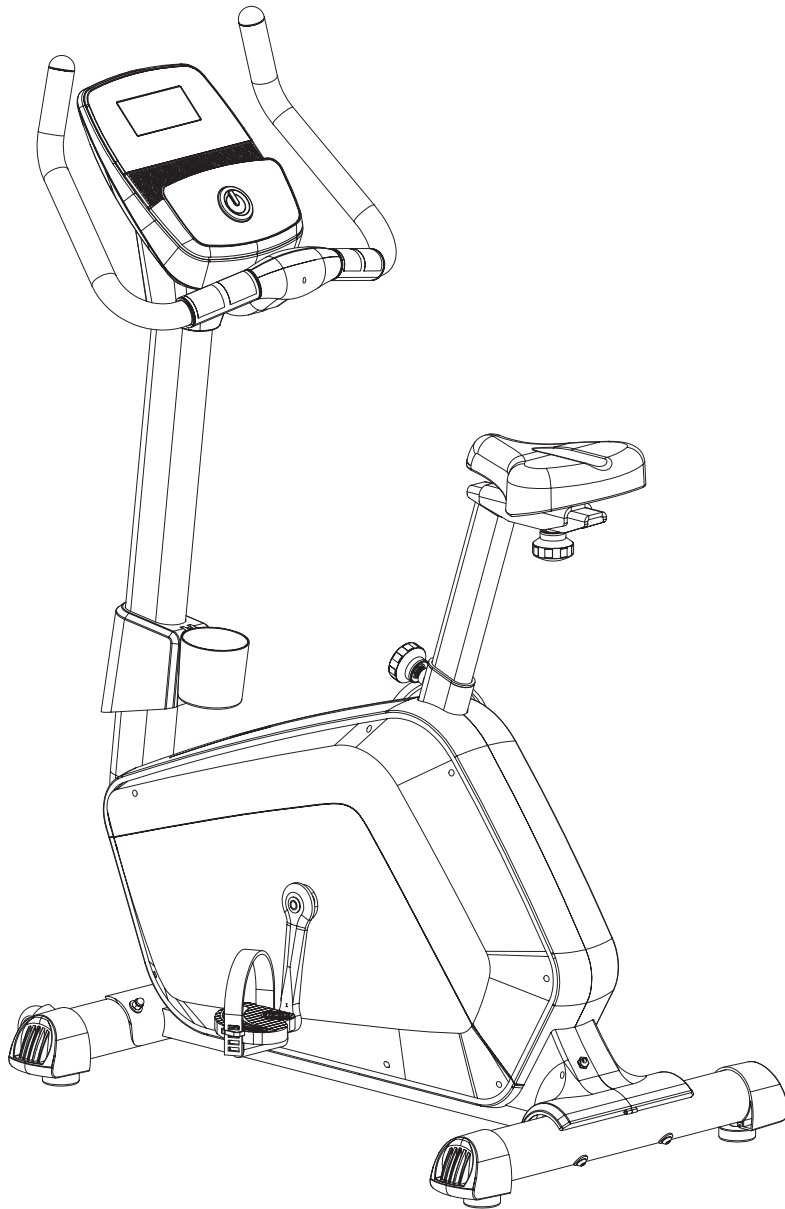


GYMSTICK™

GB8.0 EXERCISE 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 GB8.0 Exercise 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.

TABLE OF CONTENT

1.	SAFETY INSTRUCTIONS	3
2.	PARTS LIST	4
3.	HARDWARE PACKING LIST	5
4.	EXPLODED DRAWING	6
5.	ASSEMBLY INSTRUCTION	7
6.	COMPUTER OPERATION INSTRUCTIONS	12
7.	MAINTENANCE	18
8.	TROUBLESHOOTING	18
9.	WARM UP AND COOL DOWN ROUTINE	19
10.	IMPLIED WARRANTY	22



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. The maximum weight capacity for this product is 135 kg.



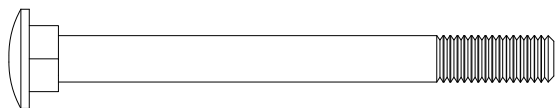
WARNING!

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.

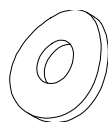
PARTS LIST

ITEM	DESCRIPTION	QTY	ITEM	DESCRIPTION	QTY
1	Main Frame	1	43	Bottle	1
2	Front Post	1	44	Console cover	1
3	Handlebar	1	45	Screw ST4.2x20	2
4	Seat Post	1	46	Connect the Sensor Wire	1
5	Seat Sliding Tube	1	47	Power Supply Wire L=500mm	1
6	Front Stabilizer	1	48	Adapter	1
7	Rear Stabilizer	1	49	Seat Post Bushing	1
8	Stabilizer End Cap	4	50	Sensor L=400mm	1
9	Adjust the foot Pad	4	51	Press Bracket	1
10	Nut M10*30	6	52	Bolt M8*18	1
11	Bolt M8*90	2	53	Press Wheel	1
12	Big Arc Washer $\Phi 8 \times \Phi 20 \times 2.0$	6	54	Spring Hook $\Phi 17 \times 62 \times \Phi 2.0$	1
13	Bolt M8*90	2	55	Flywheel	1
14	Cap Nut M8	2	56	Nut M10*1.0*6	2
15	Bolt M8*32	2	57	Adjust Bolt M6*36	2
16	Bearing 608	4	58	U-Bracket 31*30* $\Phi 1.0$	2
17	Transportation wheel	2	59	Spring Washer $\Phi 6$	6
18	Bolt M6*12	2	60	Nut M6	2
19	Left Pedal	1	61	C-Clip $\Phi 20 \times 1.0$	2
20	Right Pedal	1	62	Wave Washer $\Phi 20 \times \Phi 24 \times 0.3$	1
21	Round Knob M16*1.5*27	1	63	Bearing 6004-2Z	2
22	Round Knob $\Phi 19 \times 56 \times M10$	1	64	Belt Pulley	1
23	Seat Cushion	1	65	Belt Pulley Shaft	1
24	Washer $\Phi 16 \times \Phi 8 \times 1.5$	8	66	Bolt M6x15	4
25	Nut M8	5	67	Nut M6	4
26	Bolt M8*15	6	68	Belt	1
27	Big Flat Washer $\Phi 8 \times \Phi 20 \times 2.0$	4	69	Plastic Bolt $\Phi 8 \times 32$	1
28	Hand Pulse Sensor with Wire A L=200mm	2	70	Left Chain cover	1
29	Hand Pulse Sensor with Wire B	2	71	Left Chain cover B	1
30	Self-tapping Screw ST4.2*10	4	72	Right Chain cover	1
31	Handlebar Foam Grip $\Phi 38$	2	73	Right Chain cover B	1
32	Handlebar End Cap $\Phi 32 \times 1.5$	2	74	Crank cover cap	1
33	Handlebar cover A	1	75	Nut M10*1.25	1
34	Handlebar cover B	1	76	Left Crank	1
35	Self-tapping Screw ST2.9*16	4	77	Right Crank	1
36	Extension Pulse Wire L=300MM	2	78	Self-tapping Screw ST4.2x25	
37	Extension Sensor Wire	1	79	Self-tapping Screw ST4.2x20	
38	Oval End Cap	1	80	Washer $\Phi 5 \times \Phi 12 \times 1.0$	
39	Bolt M8*15	4	81	Motor Tension Knob (L=500MM)	
40	Computer	1	82	Nut M12	
41	Bolt M5*10	4	83	Motor	
42	Bottle Holder	1			

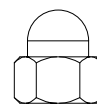
HARDWARE PACKING LIST



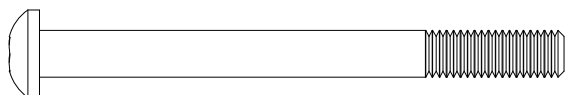
(13) Pan Head Square Bolt M8x90
2PCS



(12) Big Curve Washer
Φ8xΦ20x2.0
4PCS



(14) Cap Nut M8
2PCS



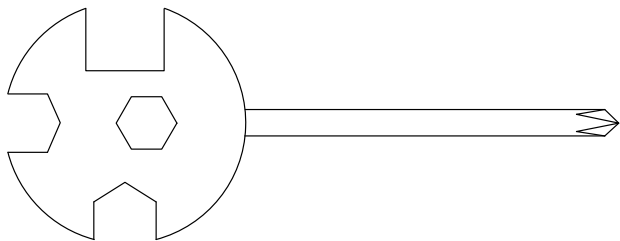
(14) Cap Nut M8
2PCS



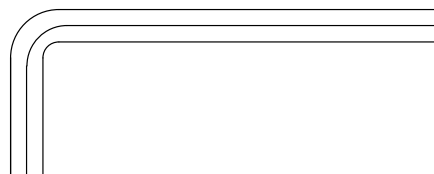
(35) Screw ST2.9x16
3PCS



(45) Screw ST4.2x20
2PCS



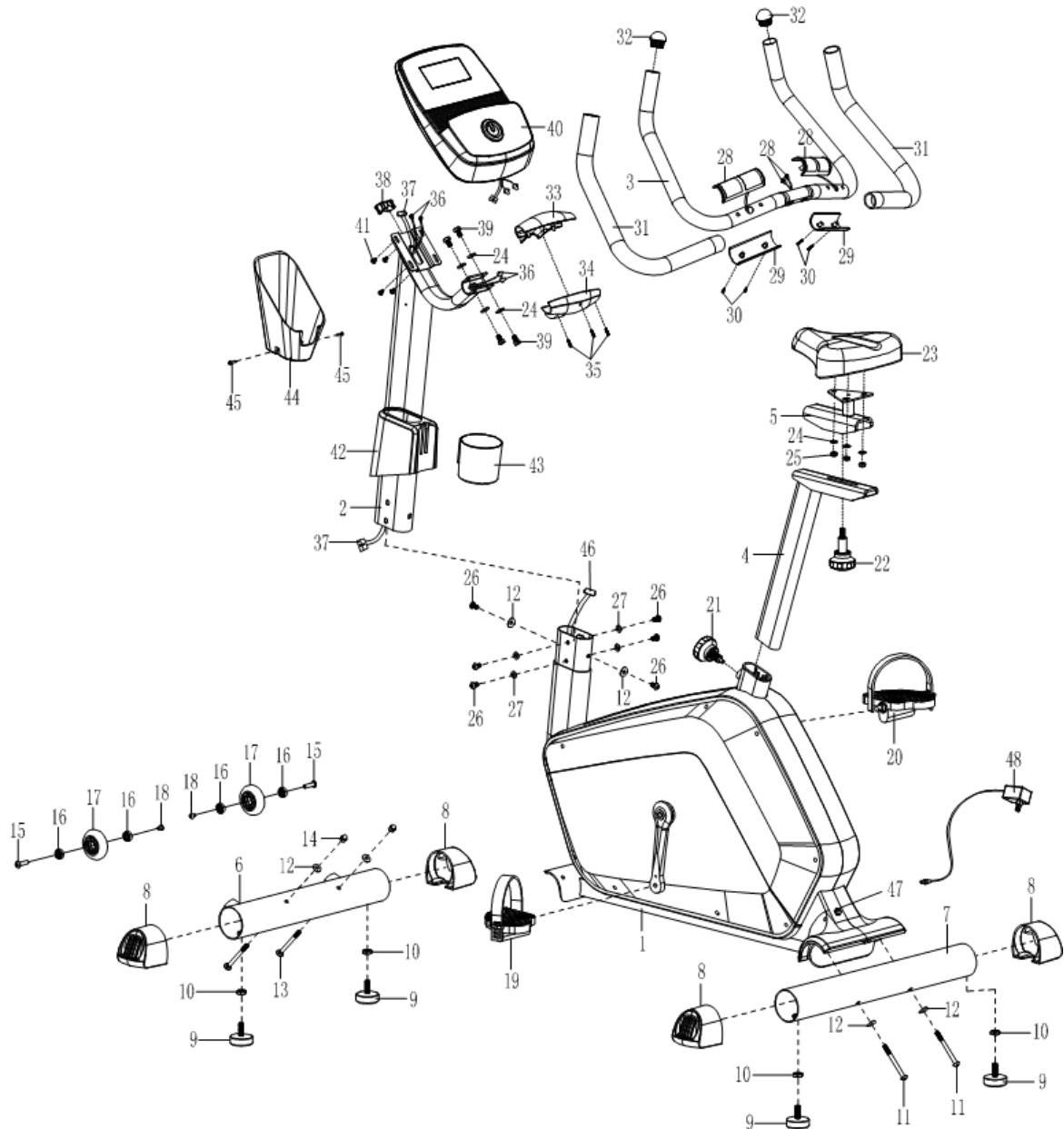
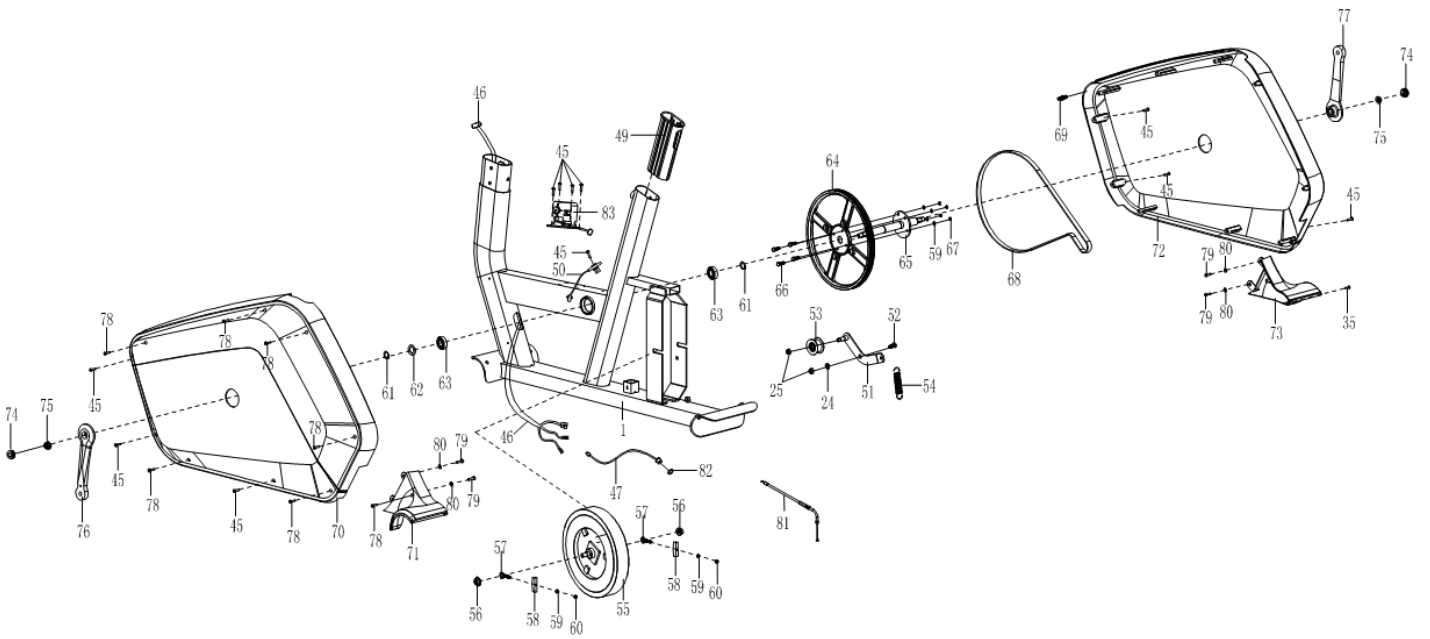
Multi Hex Tool wit Phillips Screwdriver
S10 S13 S14 S15
1 PC



Allen Wrench S6
1PC

EXPLODED DRAWING

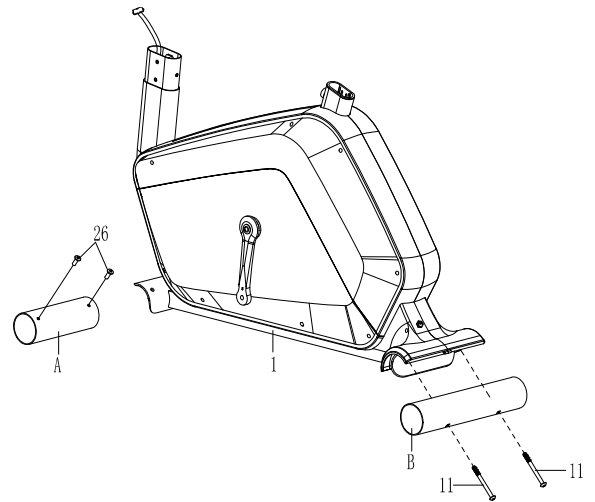
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STEP 1

Remove two M8x90 Bolt (11) and two M8x15 Bolt (26) from the front and rear curve of the Main frame, remove two Fixed Tube(A/B) from the Main Frame(1).

Please note these two Fixed Tube(A/B) are use for fixed the Frame to prevent break. The fixed tube(A/B), M8x90 Bolt (11) and M8x15 Bolt (26) can be discard.



STEP 2

Installing the stabilizers

Position four Foot Pad (9) onto the Front Stabilizer (6) and the Rear Stabilizer (7). Attach the Front Stabilizer (6) onto the front curve of the Main Frame (1) with two M8x90 Bolts (13), two Big Curve Washer Ø8x Ø20 x2.0 (12) and two Cap Nut M8(14).

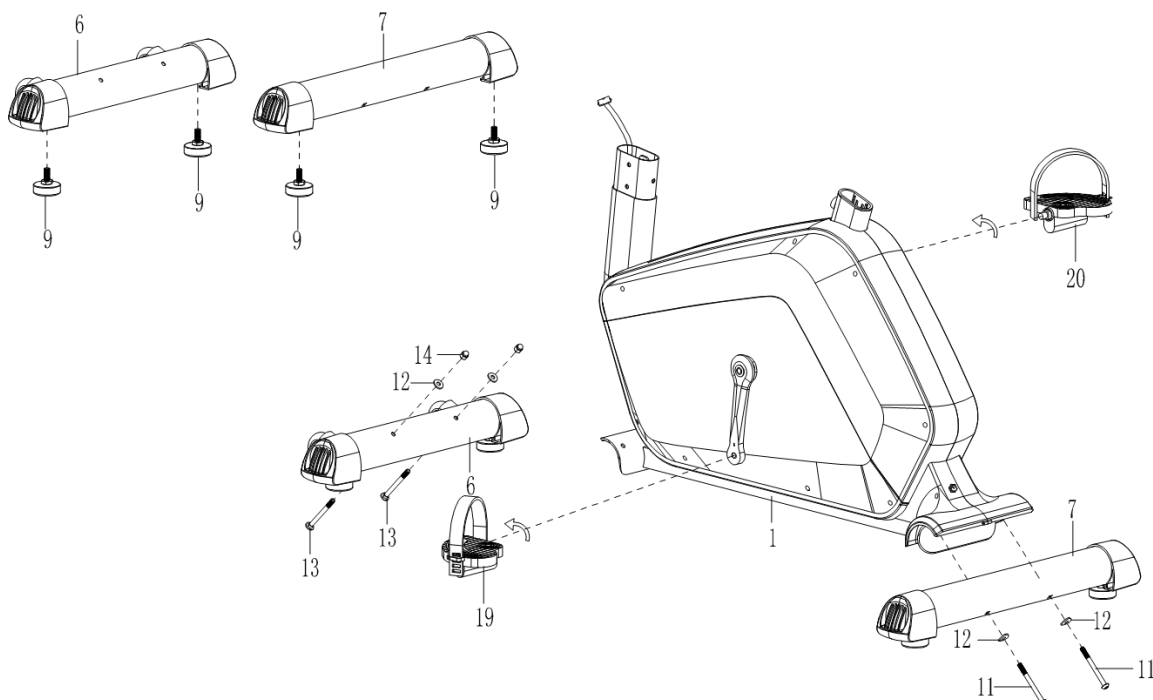
Position the Rear Stabilizer (7) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (7) onto the rear curve of the Main Frame (1) with two M8x90 Bolts (11) and two Big Curve Washer Ø8x Ø20 x2.0 (12).

Foot Pedals Installation

Insert the pedal shaft of Left Foot Pedal (19) into threaded hole in the left Crank (76). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

Insert the pedal shaft of Right Foot Pedal (20) into threaded hole in right Crank (77). Turn the pedal shaft by hand in the clockwise direction until snug.

NOTE: The Cranks, Pedal Shafts and Pedal Straps are marked "R" for Right and "L" for Left.



Seat Post, Seat Cushion and Seat Sliding Tube Installation

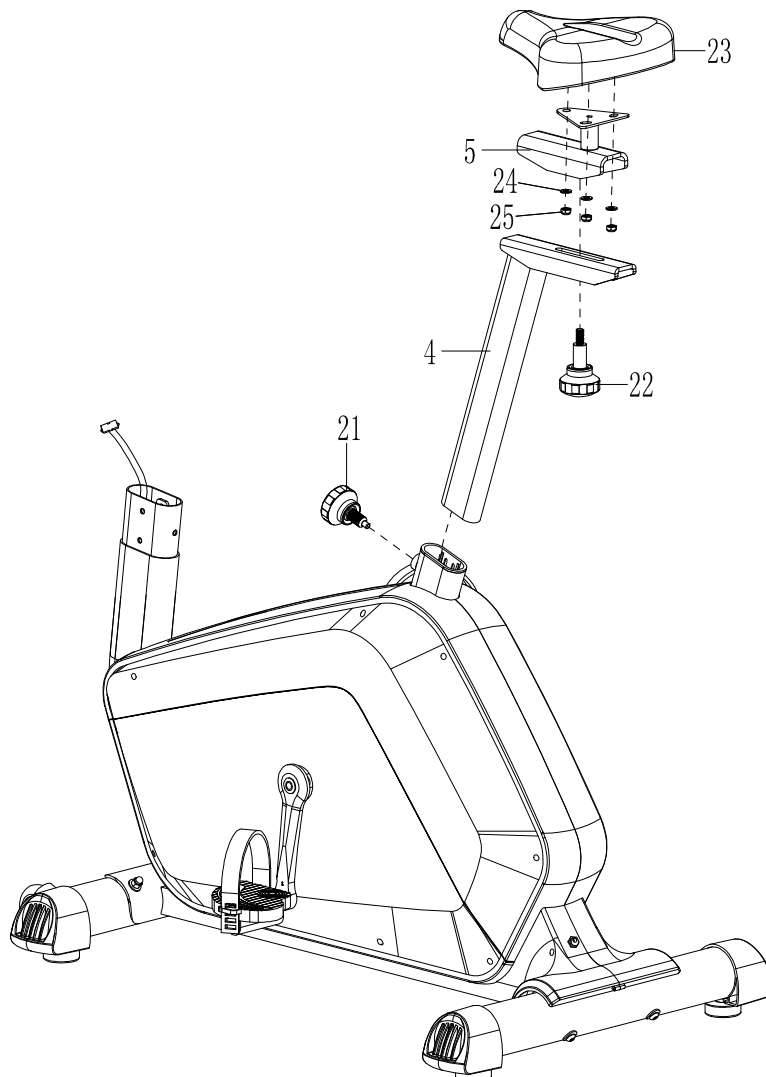
Remove three M8 Nylon Nuts (25) and three Flat Washer Ø8 (24) from underside of the Seat Cushion (23). Then attach the Seat Cushion (23) onto the triangle plate of Seat Sliding Tube (5) with three M8 Nylon Nuts (25) and Flat Washer Ø8 (24) that were removed.

Attach the Seat Sliding Tube (5) onto the Seat Post (4) with Seat Adjustment Knob (22). Insert the Seat Post (4) into the Seat Post Bushing (49) on the tube of the Main Frame (1) and then attach the Locking Knob (21) onto the tube of the Main Frame (1) by turning it in a clockwise direction, lock the Seat Post (4) in the suitable position.

Adjusting the seat post:

Turn the Locking Knob (21) in a counterclockwise direction until it can be pulled out. Pull out the Locking Knob (21) and Lock the Seat Post (4) in place by releasing the Locking Knob (21) and sliding the Seat Post (4) up or down slightly until the Locking Knob (21) down into the locked position. For added safety, tighten the Locking Knob (21) in a clockwise direction.

NOTE: When adjusting the height of seat post, the maximum insert depth mark line cannot higher than the edge of the seat post cover.

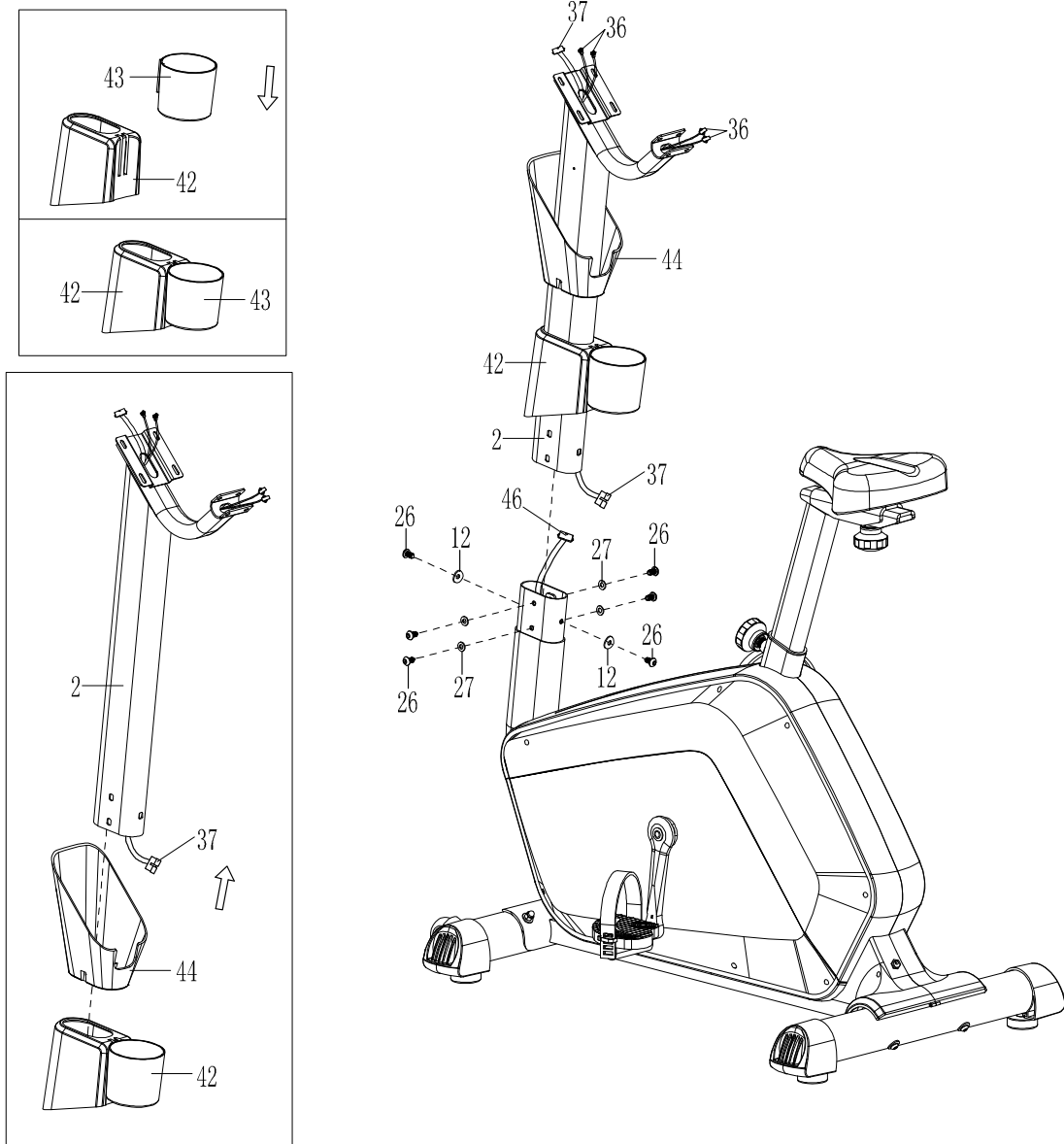


Handlebar Post, Handlebar Post Cover and tension knob Installation.

Remove Six M8x15 Bolts (26), Four Ø8xØ20x2.0 Big Washers (27) and two Ø8x Ø20x2.0 Big curve Washer(12) from the Main Frame (1).

Slide the bottle (43) down to the bottle holder (42). Slide the Console cover (44) up to the handlebar Post (2) according to the direction of the diagram. Slide the bottle holder (42) up to Handlebar Post (2) according to the direction of the diagram.

Connect the Sensor Wire (46) from the Main Frame (1) to the Computer Extension Wire (37) from the Handlebar Post (2). Insert the Handlebar Post (2) onto the tube of the Main Frame (1) and secure with Six M8x15 Bolts (26), Four Ø8xØ20x2.0 Big Washers (27) and two Ø8x Ø20x2.0 Big curve Washer(12) that were removed.

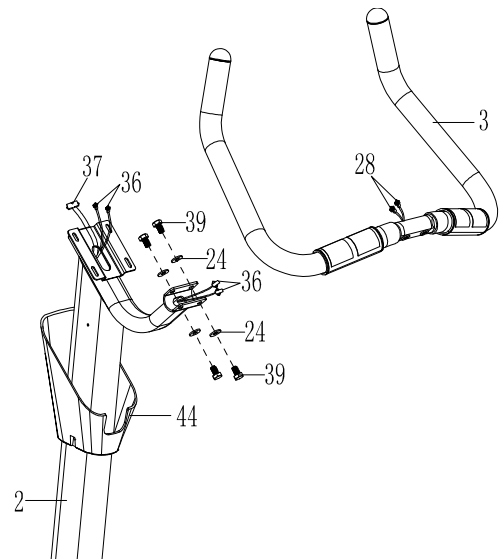


STEP 5

Handlebar Installation

Remove four M8x15 Bolt (39) and four Flat washer Ø8x Ø16x1.5 (24) from the handlebar (3).

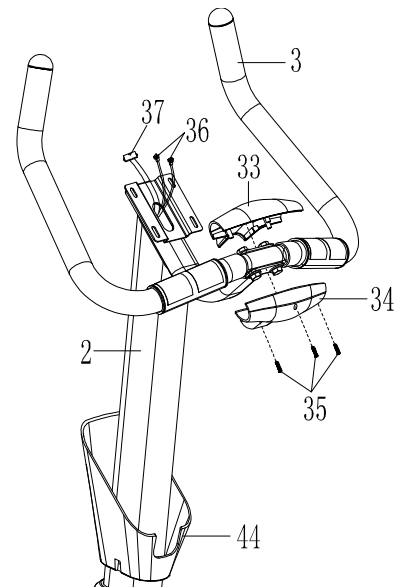
Attached the handlebar (3) onto the Front Post (2) with four M8x15 Bolt (39) and four Flat Washer Ø8x Ø16x1.5 (24) that were removed.



STEP 6

Handlebar cover Installation.

Attached Handlebar cover A(33) and handlebar cover B(34) onto the handlebar (3) with three screw ST2.9x16 (35).



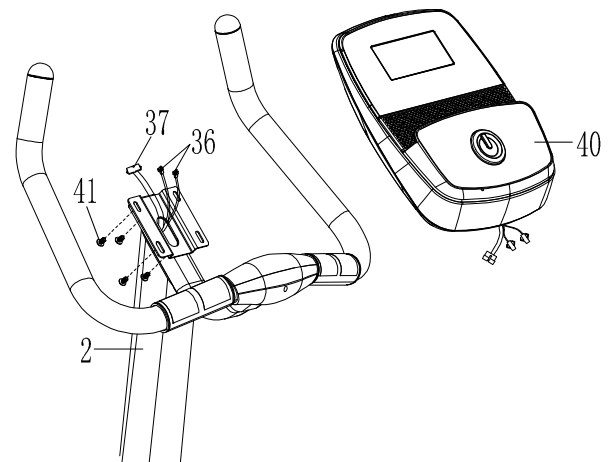
STEP 7

Computer Installation.

Remove four M5x10 Bolts(41) from the Computer (40). Attach the Computer (40) onto the top end of the Front Post (2) with four M5x10 Bolts (41) that were removed.

Connect the Hand Pulse Sensor Wires (36) and Computer Extension Wire (37) to the wires that come from the Computer (40). Tuck wires into the Handlebar Post (2).

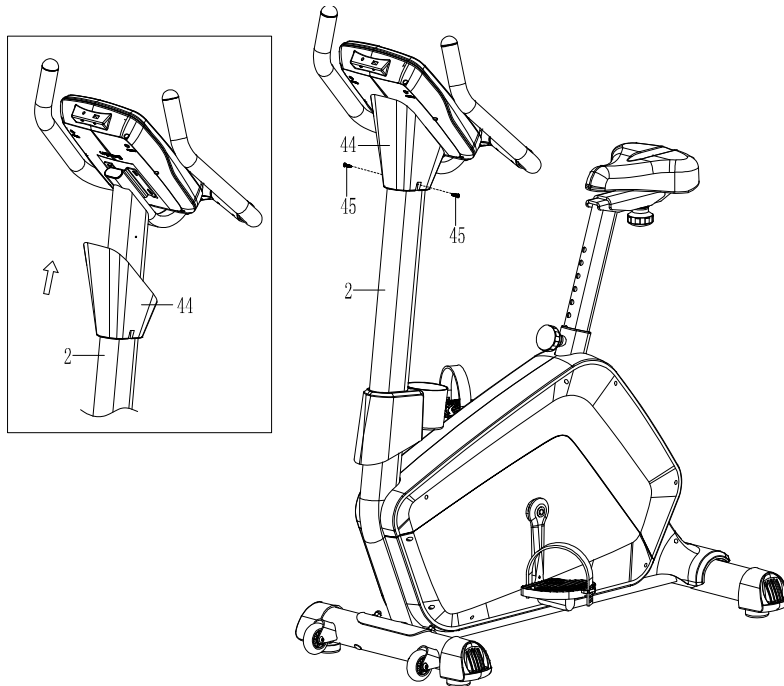
Attach the Computer (40) onto the top end of the Handlebar Post (2) with two M5x10 Bolts (41) that were removed.



STEP 8

Computer Cover Installation

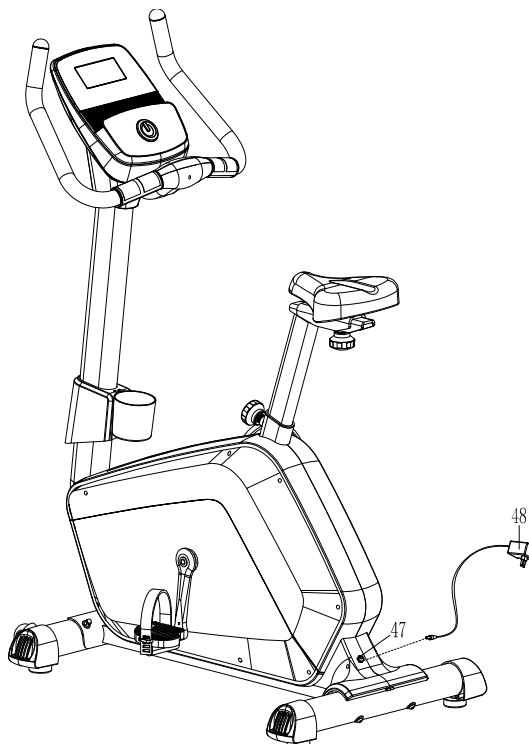
Slide the console cover (44) up to the top of front post (2) and fix it with two Self tapping Self drilling Screw ST4.2x20(45).



STEP 9

AC Adapter Installation

Plug one end of the AC Adapter (48) into the power jack of the Power Supply Wire (47) on the back of the Left Shroud. Before plugging in, make sure to check carefully the specifications on the Adapter. Plug the other end of the AC Adapter (48) into the electrical wall outlet.





DISPLAY FUNCTIONS

TIME	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.
MANUAL	Manual mode workout
BEGINNER	4 PROGRAM selection
ADVANCE	4 PROGRAM selection
SPORTY	4 PROGRAM selection
CARDIO	Target HR training mode
WATT PROGRAM	WATT constant training mode

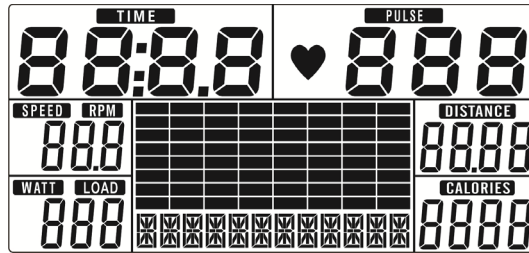
KEY FUNCTIONS

UP	Increase resistance level / Setting selection
DOWN	Decrease resistance level / Setting selection
MODE/ENTER	Confirm setting or selection
RESET	Press and hold for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during preset workout value or stop mode.
START/STOP	Start or Stop workout
RECOVERY	Test heart rate recovery status
BODY FAT	In stop mode, press it for body fat measurement

OPERATION

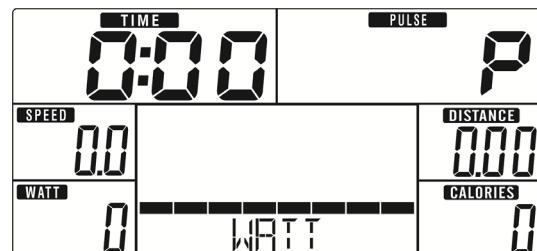
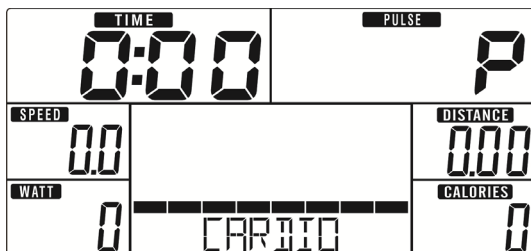
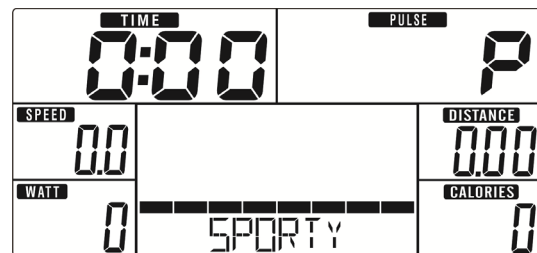
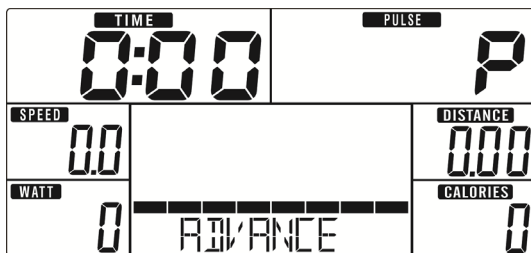
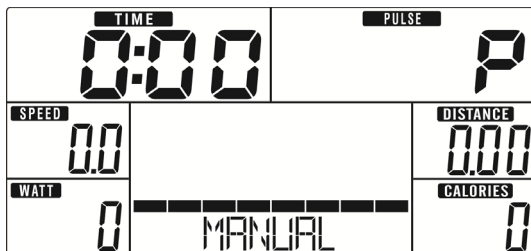
POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.



WORKOUT SELECTION

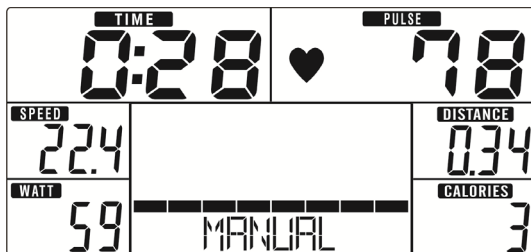
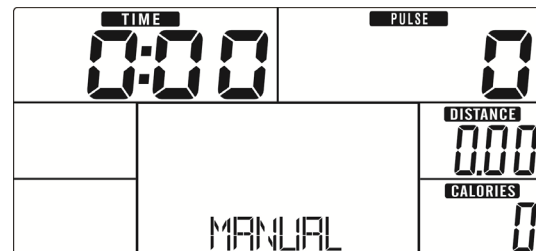
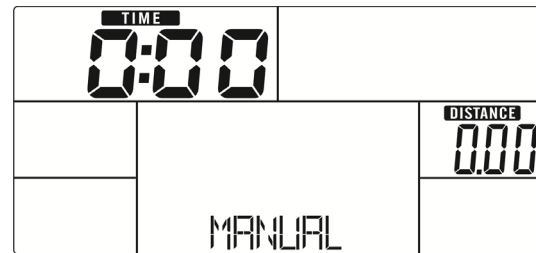
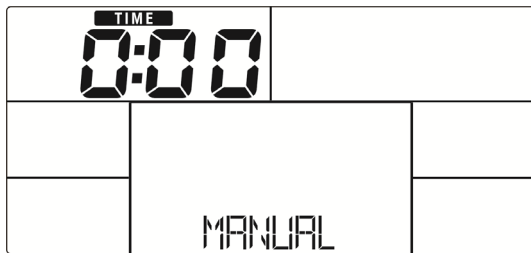
Use UP or DOWN to select workout: Manual, Beginner, Advance, Sporty, Cardio or Watt.



MANUAL MODE

Press START in main menu may start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME, DISTANCE, CALORIES or PULSE and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN (Encoder) to adjust load level. Load level display in WATT window, no adjusting for 3s, it will switch to display WATT.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



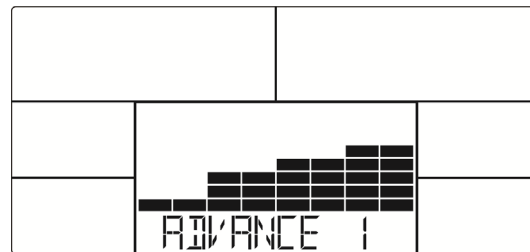
BEGINNER MODE

1. Use UP or DOWN (Encoder) to select workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



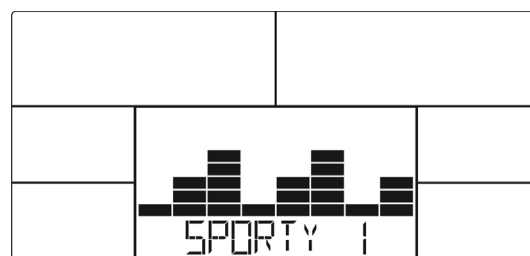
ADVANCE MODE

1. Use UP or DOWN (Encoder) to select workout program, choose Advance mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



SPORTY MODE

1. Use UP or DOWN (Encoder) to select workout program, choose Sporty mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



CARDIO MODE

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set Age.
3. Use UP or DOWN (Encoder) to select 55%, 75%, 90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN (Encoder) to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to reverse to main menu.



1. Use UP or DOWN (Encoder) to select workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Use RESET to reverse to main menu.



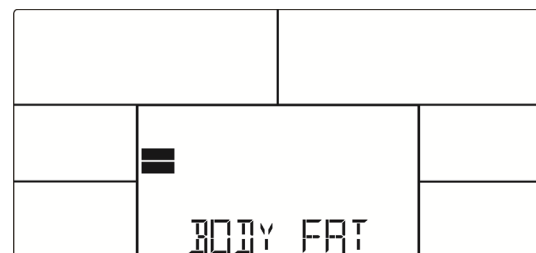
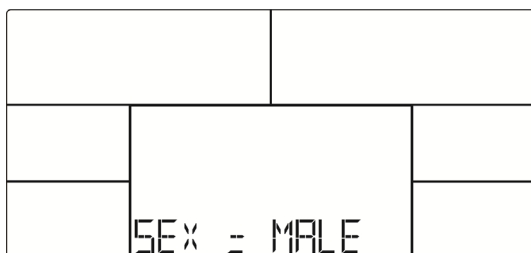
RECOVERY

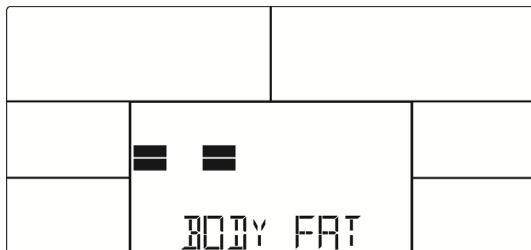
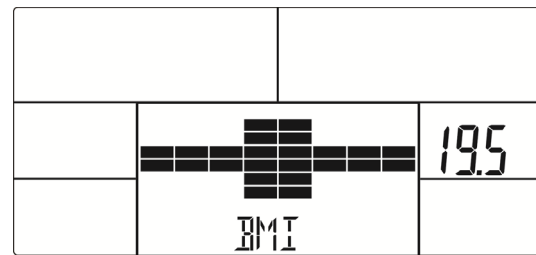
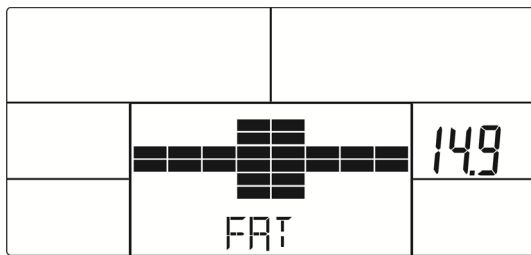
After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



BODY FAT

1. In STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will remind to input user GENDER, AGE, HEIGHT, WEIGHT, then begin to measure.
3. During measuring, users have to hold both hands on the hand grips. And the LCD will display "= " "= " " for 8 seconds until computer finish measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.
5. Error message:
 - The LCD displays "= = " " = =" means not hand the grip or wear chest strap correctly.
 - E-1 - There is no heart rate signal input detected.
 - E-4 - Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.



**NOTE**

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

CLEANING

The upright bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the upright bike, specially, the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE

Store the upright bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
The upright bike wobbles when in use.	Turn the adjustable leveler on the rear stabilizer as needed to level the upright bike.
There is no display on the computer console.	<ol style="list-style-type: none"> 1. Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the handlebar post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer console may be dead. Change to new batteries.
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> 1. Make sure that the wire connections for the hand pulse sensors are secure. 2. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. 3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.
The upright bike makes a squeaking noise when in use.	The bolts may be loose on the upright bike. Please inspect the bolts and tighten the loose bolts.

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

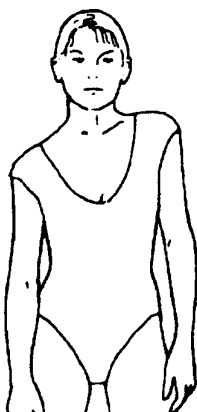
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.

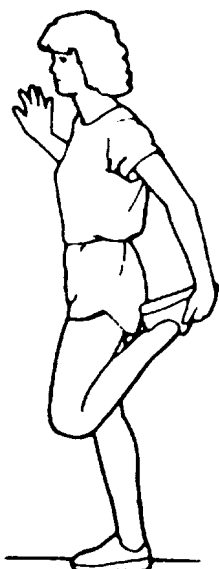
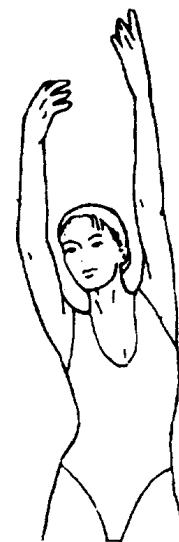


SHOULDER LIFTS

Lift your right shoulder 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 lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



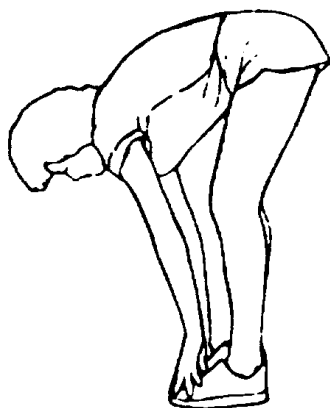
QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

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



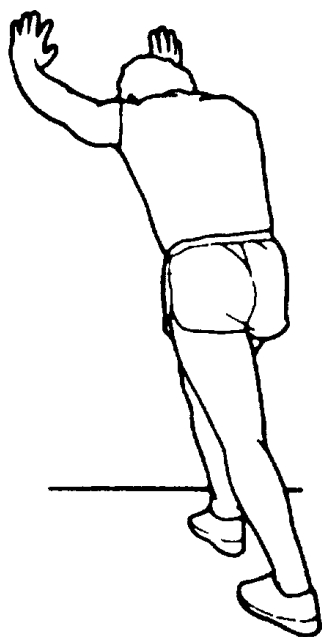
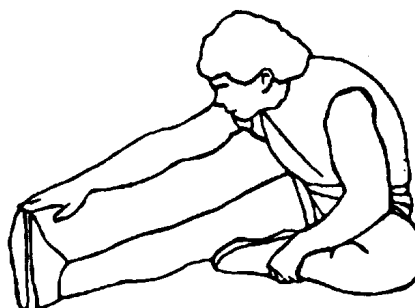


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep 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.

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 3 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 home 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.

