

# GYMSTICK™

## PRO20.0 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.



GYMSTICK.COM

Thank you for choosing the Gymstick PRO20.0 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.	EXPLODED DRAWING.....	4
3.	PARTS LIST.....	6
4.	ASSEMBLY INSTRUCTIONS.....	9
5.	COMPUTER OPERATION INSTRUCTIONS.....	14
6.	MAINTENANCE.....	20
7.	TROUBLESHOOTING.....	20
8.	IMPLIED WARRANTY.....	21



**NOTIFICATION!**

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

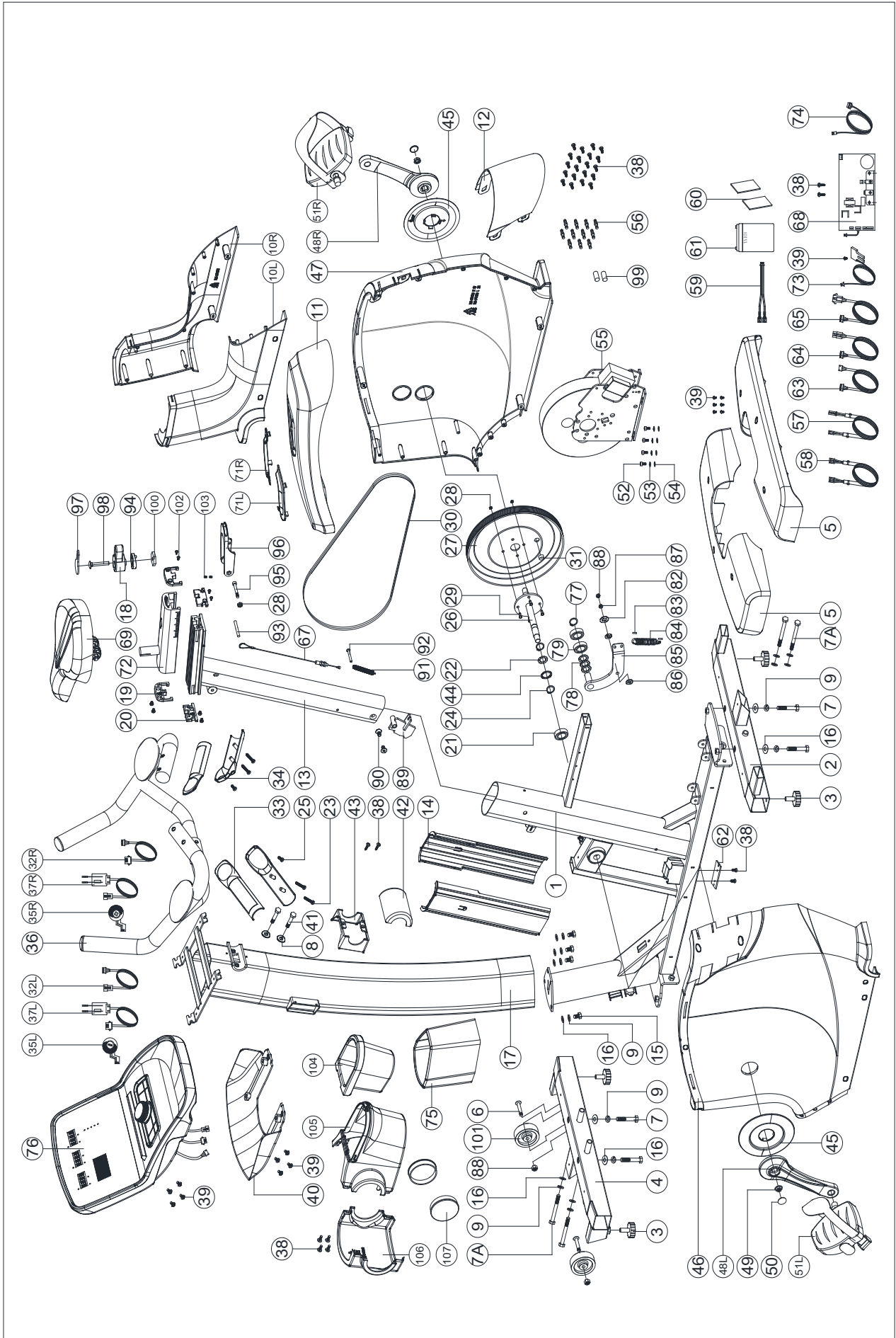
**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

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



## **WARNING!**

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





Part no.	Description	Specification	Qty
1	Main frame		1
2	Rear stabilizer		1
3	Adjustable wheel		4
4	Front stabilizer		1
5	Front stabilizer cover		2
6	Allen bolt	M8*1.25*40L	2
7	Hex bolt	M8*1.25*70L	4
7A	Hex bolt	M8*1.25*110L	4
8	Curved washer	D22xD8.5x1.5T	2
9	Spring washer	D15.4xD8.2x2T	12
10L	Front decorative cover(left)		1
10R	Front decorative cover(right)		1
11	Upper decorative cover		1
12	Rear cover		1
13	Seat post		1
14	Inner tube	50*100*340L	2
15	Allen bolt	M8*1.25*15L	4
16	Flat washer	D16*D8.5*1.2T	12
17	Handlebar post		1
18	Adjustable handle		1
19	End cap (1)		2
20	End cap (2)		2
21	bearing	#6004-2RS (C0), SKF	2
22	waved washer	D27*D20.3*0.5T	1
23	Screw	M3*0.5*30L	4
24	C ring	D22.5*D18.5*1.2T	2
25	cross screw	M3*0.5*12L	2
26	crank axle		1
27	pulley wheel		1
28	anti-loose nut	M6*1.0*6T	5
29	Hex bolt	M6x1.0x15L	4
30	Multi-groove belt		1
31	Round Magnet		1
32L	Upper cable for quick button (2)	400L	1
32R	Upper cable for quick button (1)	400L	1
33	Upper cover for handpulse		2
34	Lower cover for handpulse		2
35L	Membrane button (-)		1
35R	Membrane button (+)		1
36	Handlebar		1
37L	Lower cable for quick button (2)	850L	1
37R	Lower cable for quick button (1)	850L	1
38	Screw	ST4.2*15L	38
39	cross bolt	M5*0.8*12L	16
40	Back cover for console	337.6*225.5*58.4	1

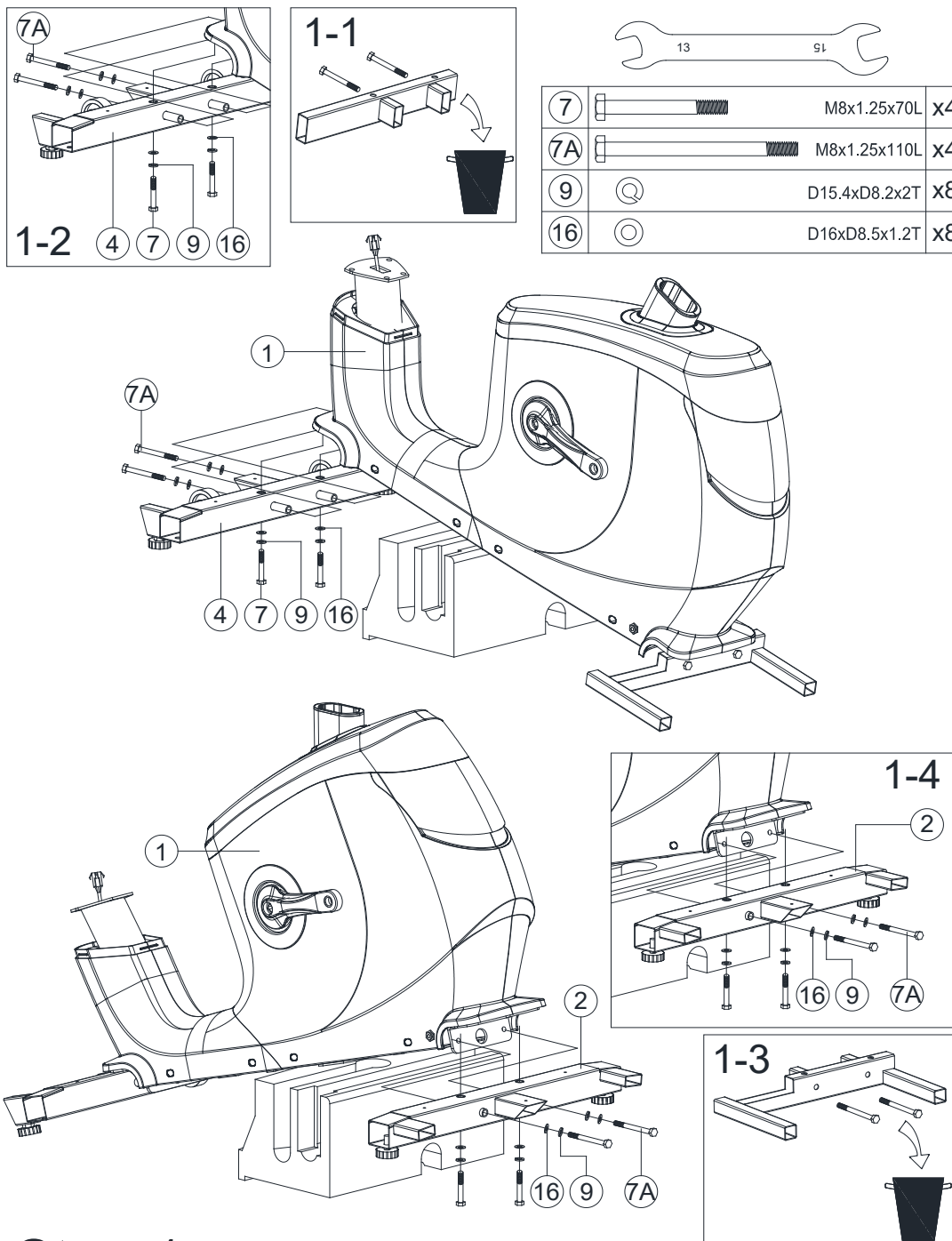
Part no.	Description	Specification	Qty
41	Bolt	M8*1.25*50L	2
42	rear protective cover for handlebar		1
43	front protective cover for handlebar		1
44	Flat Washer	D26*D21*1.5T	1
45	crank cover		2
46	left chain cover		1
47	right chain cover		1
48L	left crank		1
48R	right crank		1
49	anti-loosing nut	M10*1.25*9T	2
50	Bolt cover		2
51L&51R	Pedal		1
52	Screw	M6*1.0*15L	4
53	spring washer	D10.5*D6.1*1.3T	4
54	Flat Washer	D13*D6.5*1.0T	4
55	Self-generator		1
56	Pin	D6*26.5*7.7	12
57	Connecting cable	500L	1
58	Connecting cable(2)	1000L	1
59	Battery connecting cable	750L	1
60	Buffer	25*2T*80	2
61	Chargeable battery		1
62	Fixing plate(1)		1
63	Upper computer cable	300L	1
64	Middle computer cable	1000L	1
65	Lower computer cable	1350L	1
67	Tension cable	D1.5*507.5L	1
68	control board		1
69	Saddle		1
71L	left gasket for chaincover		1
71R	Right gasket for chaincover		1
72	Adjustable tube for saddle		1
73	sensor cable	500L	1
74	Electric cable	700L	1
75	Upper protective cover		1
76	computer		1
77	C ring	S-17(1T)	1
78	waved washer	D17*D22*0.3T	3
79	bearing	6203-2RS , SKF	2
82	Flat washer	D28*D8.5*3T	1
83	Plastic cover		2
84	Spring	D2.2*D14*55L	1
85	Fixing plate for idle wheel		1
86	Plastic washer	D10*D24*0.4T	2

Part no.	Description	Specification	Qty
87	Nut	M8*1.25*6T	1
88	Nylon nut	M8*1.25*8T	3
89	Adjustable pole		1
90	Allen bolt	M8*1.25*16L	2
91	spring	D1.5*D14*50L	1
92	Bolt	M5*0.8*40L	1
93	Fixing bar		1
94	Tighten gasket		1
95	screw	M6*1.0*45L	1
96	Pull handle		1
97	End cap for adjustable handle		1
98	bolt	M8x1.25x50L	1
99	buffer	D10.5*20L	2
100	block plate		1
101	moving wheel		2
102	Round head cross screw	M5x0.8x10L	4
103	Inner hex fastening screw	M5*0.8*12L	2
104	water bottle holder		1
105	water bottle holder(front)(black)		1
106	water bottle holder(rear)(black)		1
107	cap		2
	Allen spanner		1
	open spanner		1



## STEP 1.

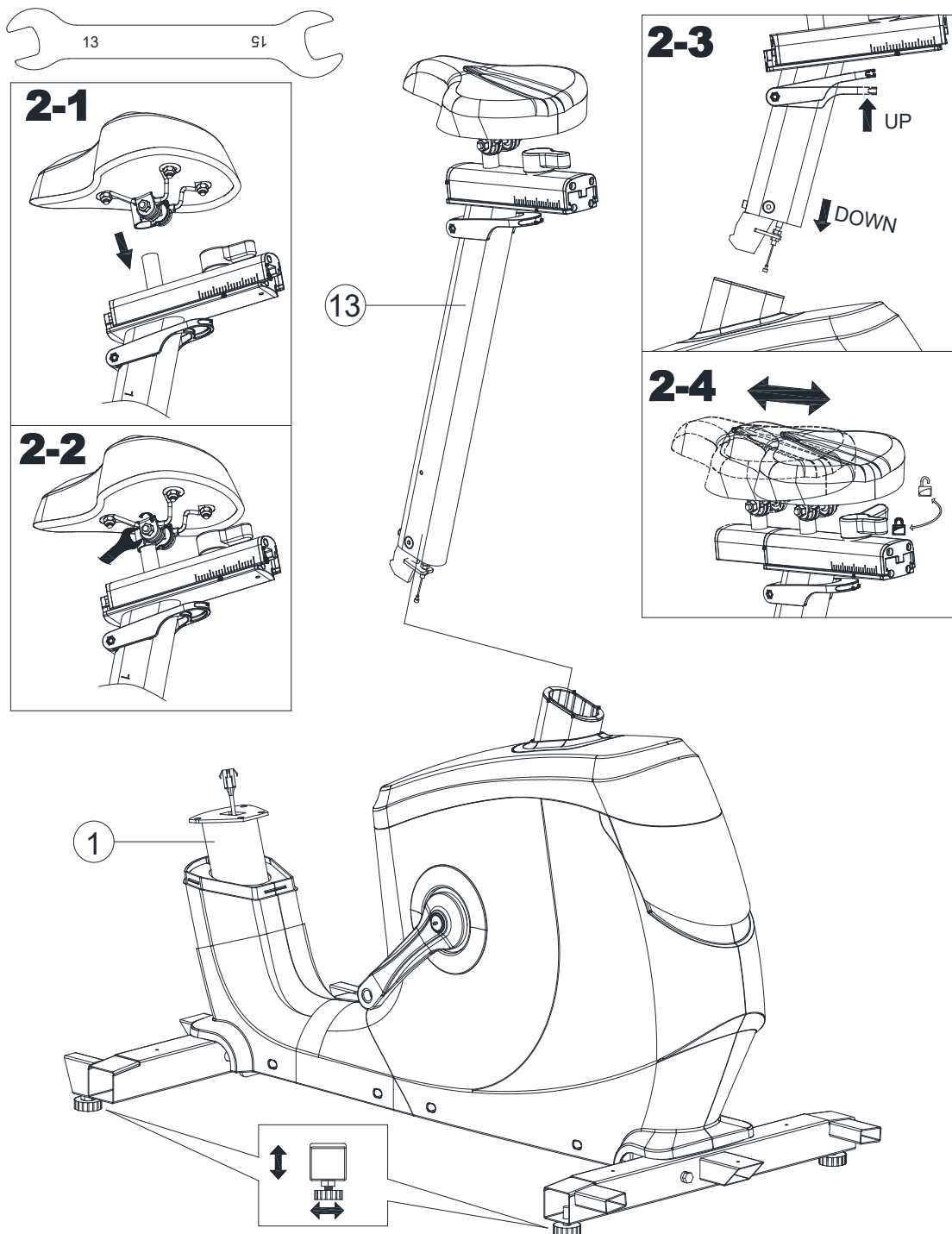
1. Throw away the tube and bolts under the front side of the main frame into trash can as per fig 1-1. Please note they are just the parts to support the main frame to simplify your assembly.
2. Raise up the frame, assemble the front stabilizer (4) onto the main frame (1) by using the cross bolt (7&7A), the spring washer (9) and the flat washer (16). Please refer to 1-2.
3. Throw away the tube and bolts under the rear side of the main frame into trash can as per fig 1-3. Please note they are just the parts to support the main frame to simplify your assembly.
4. Raise up the frame, assemble the rear stabilizer (2) onto the main frame (1) by using the cross bolt (7&7A), the spring washer (9) and the flat washer (16). Please refer to 1-4.



Step-1

## STEP 2.

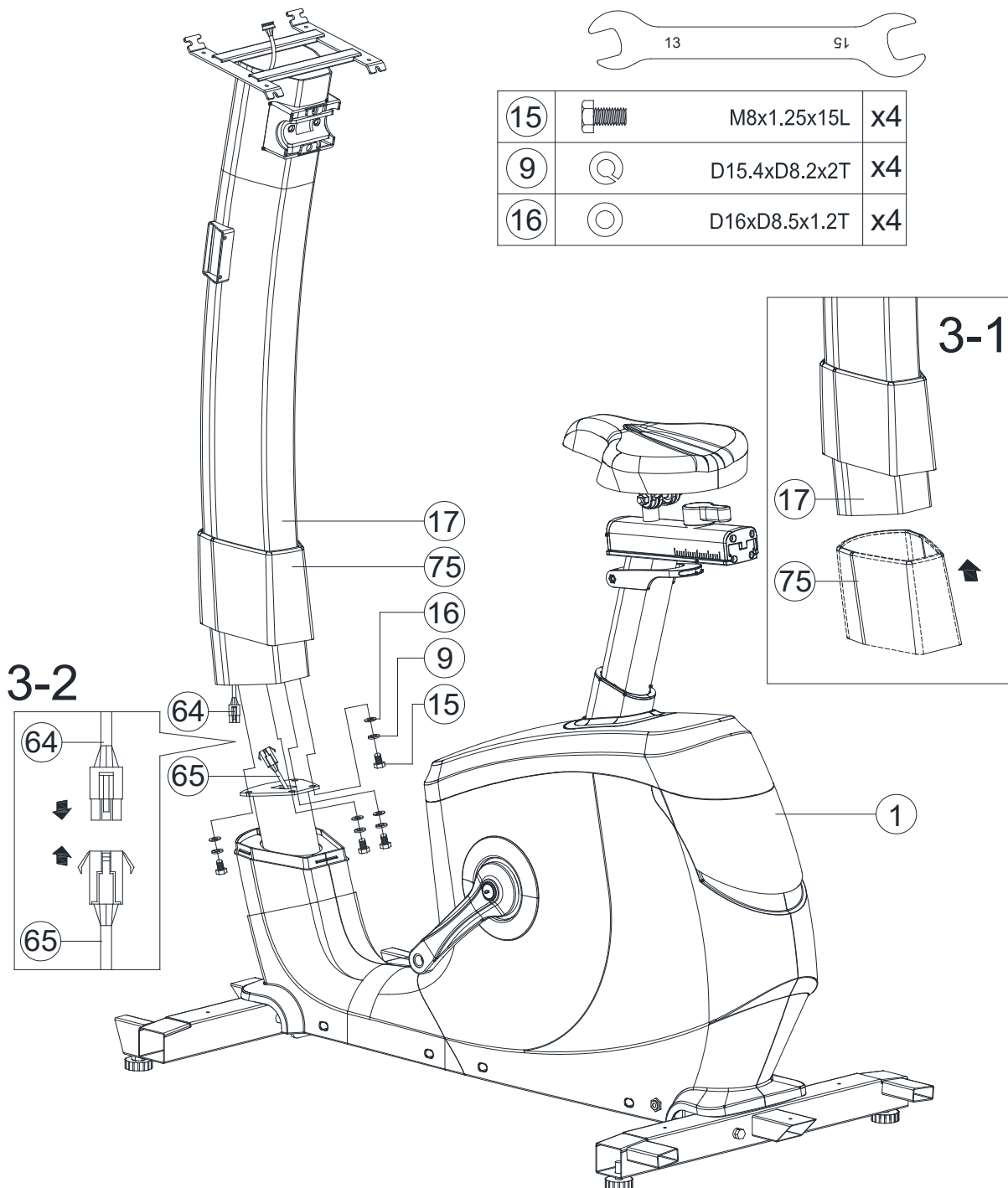
1. Assemble the saddle onto the saddle post by spanner. Please refer to 2-1 & 2-2
2. Adjust the saddle position vertically. Please refer to 2-3
3. Adjust the saddle position horizontally. Please refer to 2-4



# Step-2

STEP 3.

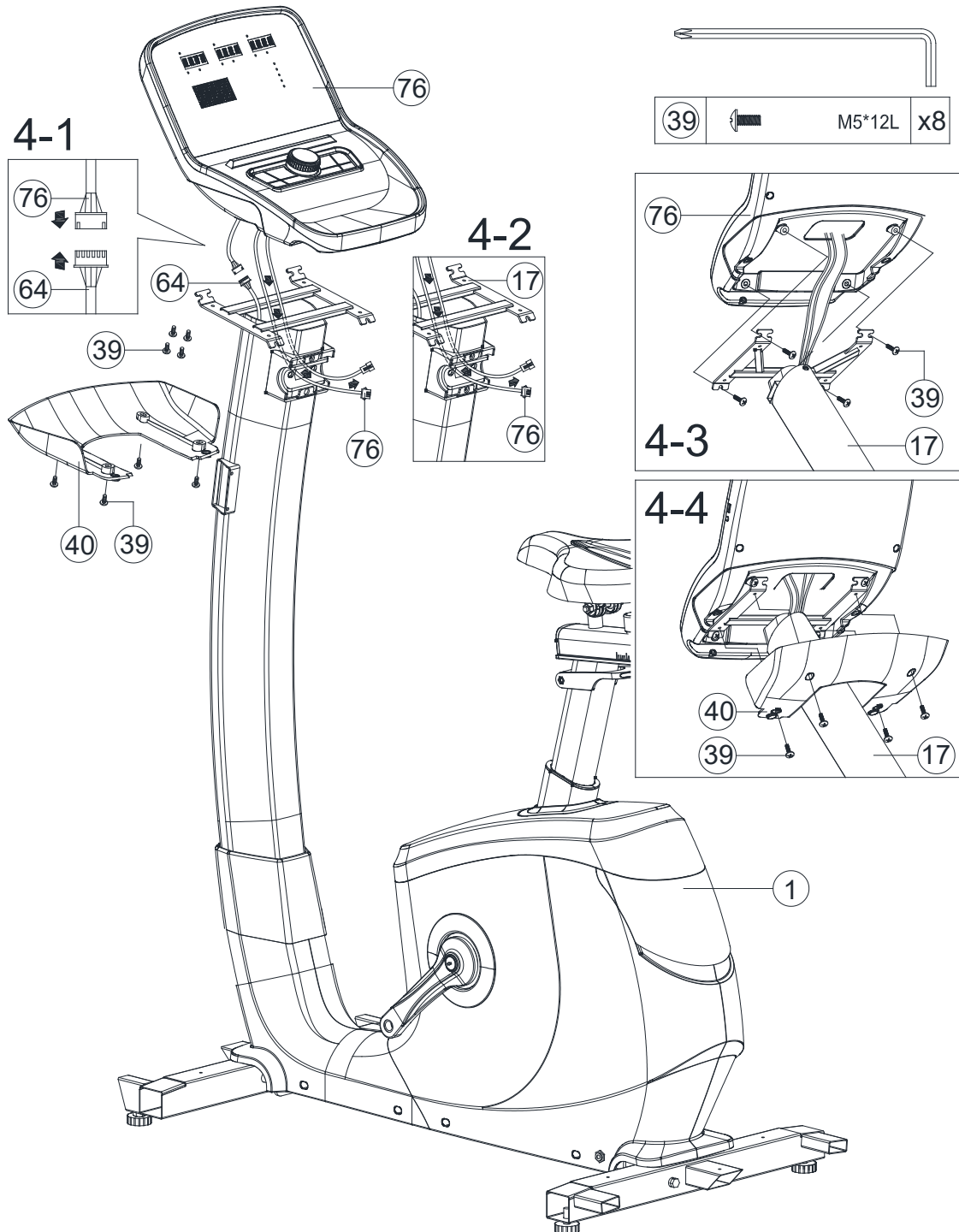
1. Suggest assembling this step by two persons.
2. First, lift up the upper protective cover (75) like fig. (3-1), then connect the console cable (64 & 65) like fig.(3-2)
3. Insert the front post (17) on the main frame and tighten it by the flat washer (16), the spring washer (9),and bolt (15).Place down the upper protective cover and make it tight on the main frame.



# Step-3

STEP 4.

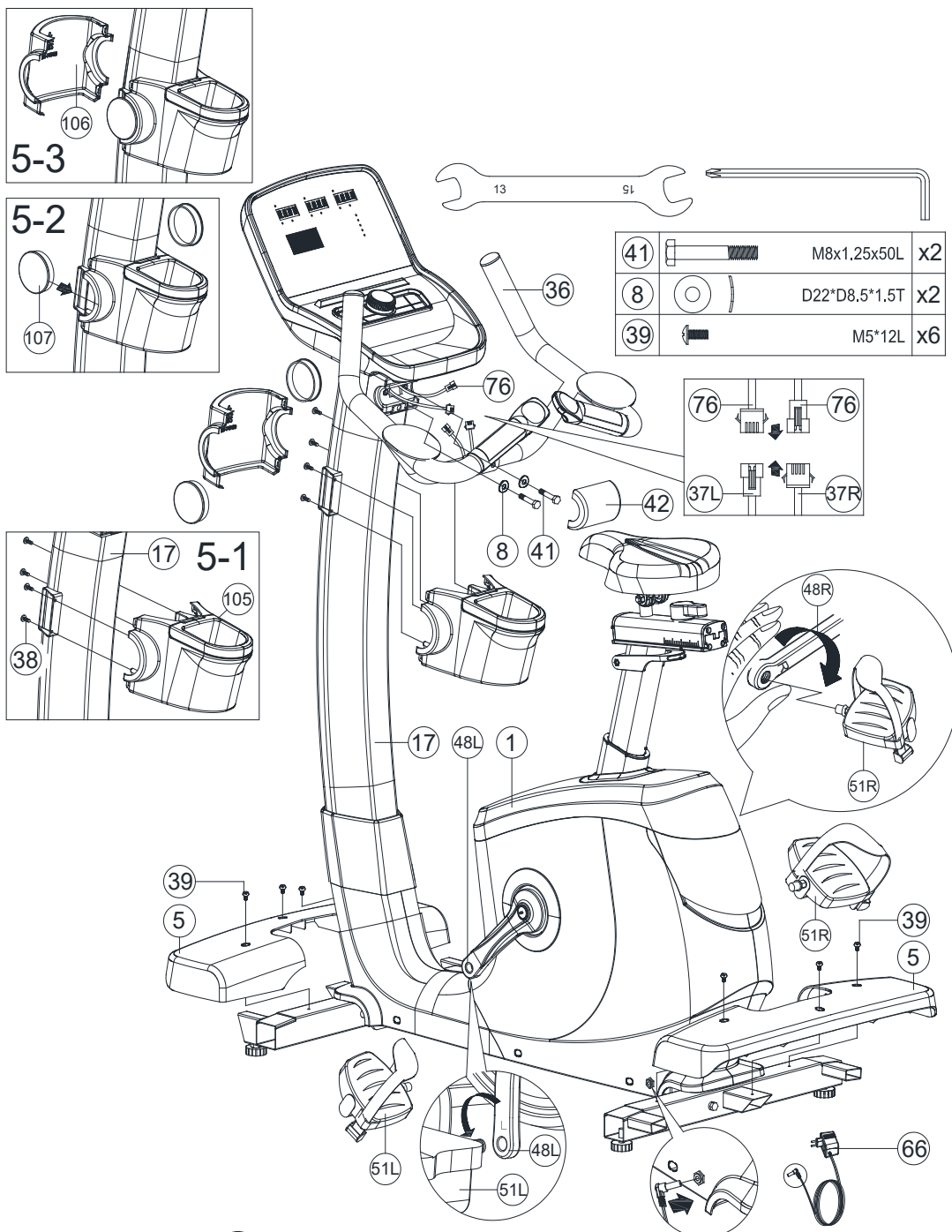
1. Connect the console (76) with middle cable for console (64). See fig 4-1.
2. Through the console cable into the front post (17) out. See fig 4-2.
3. Tighten the console onto front post by bolt (39). See fig 4-3
4. Fix the back cover for console (40) with console by cross bolt (39). See fig 4-4.



Step-4

## STEP 5.

1. Connect the console (76) with Lower cable for quick button (2) (37L) and Lower cable for quick button (1) (37R).
2. Assemble the handlebar (36) onto front post (17) by the curved washer (8) and hex bolt (41). Cover the rear protective cover for handlebar (42) .
3. Assemble the pedal (51L & 51R) with left crank (48L & 48R). Left pedal by counter-clockwise, right pedal by clockwise.
4. Cover the cover of front & rear stabilizer (5) and left & right handrail cover (114&115),fasten them by using the cross bolt (39).
5. Assemble the water bottle holder(front)(black) (105) & cap (107) & the water bottle holder(rear)(black) (106) onto the front post .See above pictures.Please refer to fig (5-1)(5-2)(5-3)



## Step-5

**DISPLAY FUNCTIONS**

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

**BUTTON FUNCTIONS**

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

OPERATING MANUAL

Power on

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

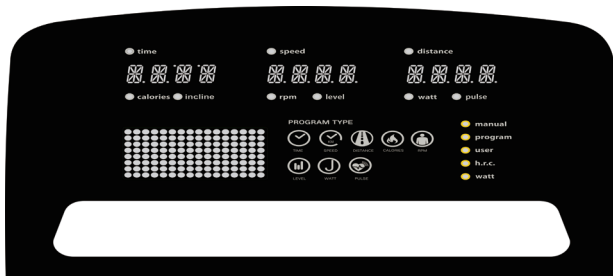


Image 1. Image 2.

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



Image 3. Image 4.



Image 5. Image 6.



Image 7.

Power off

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

**MANUAL FUNCTION**

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



Image 8.



Image 9.



Image 10.

**PROGRAM FUNCTION**

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



Image 11.

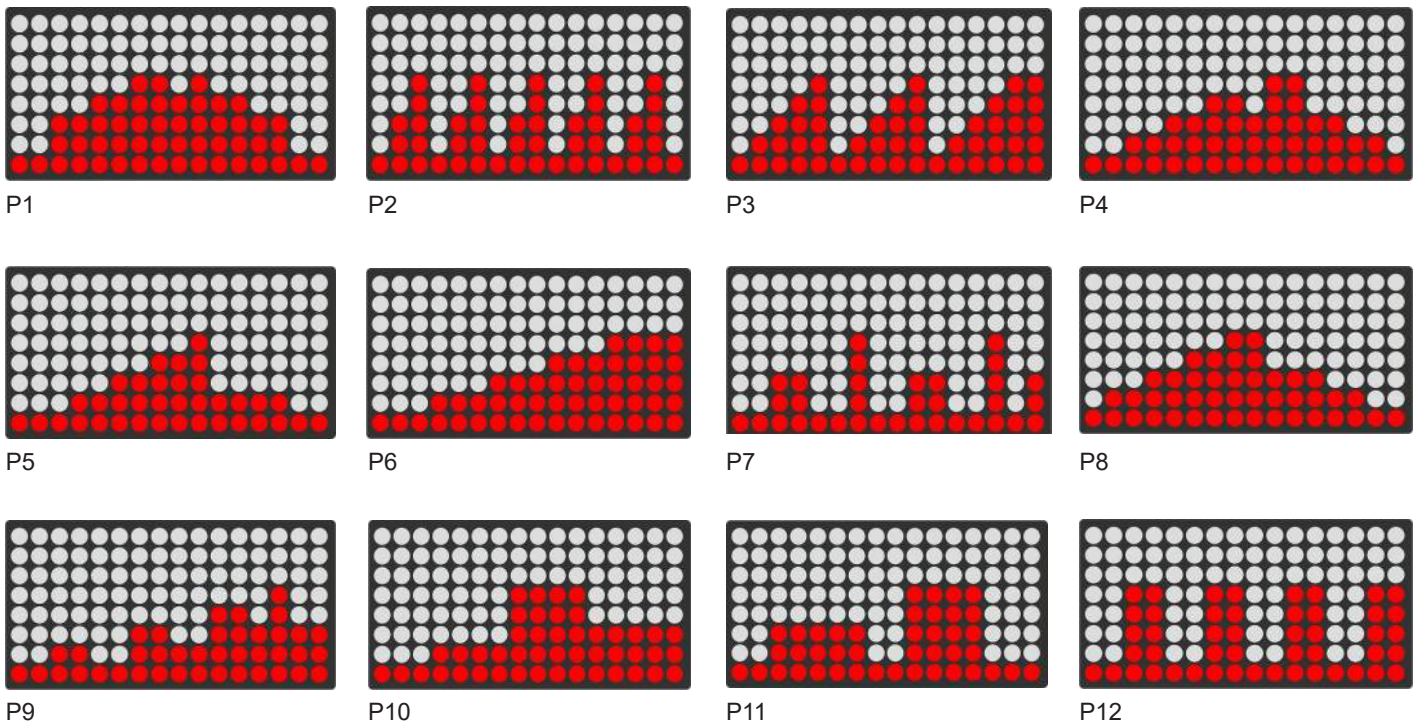


Image 12.



PROGRAM FUNCTION

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



USER PROGRAM FUNCTION

By turning buttons “+” or “-”, the user can set PROGRAM, then press MODE/ENTER to confirm the setting value of RESISTANCE (image 13). If the user wants to stop the setting, keep pressing MODE/ENTER button for 2 seconds, LED-display will show last value set. While pressing MODE/ENTER button for 2 seconds, the user can set “TIME” (image14), if no value is set, press “START” to enter into working mode. In START mode user can adjust the resistance. During the workout press “START” to enter into break mode, then press button “RESET” leave this mode.



Image 13.



Image 14.

**H.R.C FUNCTION**

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



Image 15.



Image 16.



Image 17.

**WATT FUNCTION**

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



Image 18.



Image 19.

RECOVERY FUNCTION

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



Image 20.



Image 21.

BODY FAT FUNCTION

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



Image 22.



Image 23.



Image 24.



Image 25.



Image 26.



Image 27.

## CLEANING

The machine can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off 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 machine, especially the computer console, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and moving parts on the machine for proper tightness every week.

## STORAGE

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

## TROUBLESHOOTING

PROBLEM	SOLUTION
The machine wobbles when in use.	Turn the stabilizers to level the exercise bike.
There is no display on the computer console.	<ol style="list-style-type: none"> <li>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 front post.</li> <li>2. Check if the battery is correctly positioned and that the wires are in proper contact with the battery.</li> </ol>
There is no heart rate reading or heart rate reading or is erratic / inconsistent.	<ol style="list-style-type: none"> <li>1. Make sure that the wire connections for the hand pulse sensors are secure.</li> <li>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.</li> <li>3. Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.</li> </ol>
The exercise bike makes a squeaking noise when in use.	The bolts may be loose on the exercise bike, please inspect the bolts and tighten the loose bolts.

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

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

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

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

**The guarantee does not cover:**

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

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

The device is intended for professional use.

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



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

