



PTS68 Master Bike

OWNER'S MANUAL

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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IMPORTANT SAFETY ADVICE

PRECAUTIONS

This bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bike. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bike is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a mat placed level, solid surface. Adjust the stabilizer for assure stability.
5. Keep your hands well away from any of the moving parts.
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the bike. Always wear running shoes or trainers when using the machine.
7. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
8. Do not place sharp objects near the machine.
9. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
10. Do warm up stretching exercises before using the equipment.
11. Do not use the bike if it is not working correctly.
12. Review all warnings affixed to the machine and replace all labels if damaged, illegible, or removed.
13. Functional and visual inspections of the equipment shall be made after assembly is complete.
14. Do not exceed the MAX mark when you are adjusting the handlebar post or seat post.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

IMPORTANT SAFETY ADVICE

15. Pedals can cause injury.
16. Before using the bike, thoroughly inspect the bike for proper assembly.
17. A perimeter distance of 3 feet / 1meter is required before operating the unit.
18. User must adjust the seat and handlebars to the user's height requirements.
Please be sure the adjustment knob is locked tight and seat and handlebars are secure.
19. Do not ride the bike in a standing position.
20. The bike should only be used for the home. Not meant for commercial use.
21. Before every use please examine brake pads for signs of wear.
Brake pads are susceptible to damage and should be replaced over time.
22. This bike is not suitable for therapeutic use.

**Caution: Consult your doctor before beginning to use the bike. This advice is especially important for those over 35 years of age or suffering from health problems.
Read all of the instructions before using any exercise equipment.**

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

**FOR WARRANTY REPAIR
PLEASE DO NOT TAKE YOUR BIKE
BACK TO THE RETAIL STORE!
CONTACT BLADEZ FITNESS FIRST**

BH North America Corporation

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TRAINING GUIDELINES

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, 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 **warm up** 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 **warm up** 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, the rate at which your heart beat 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, 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										
10Second 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.

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

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

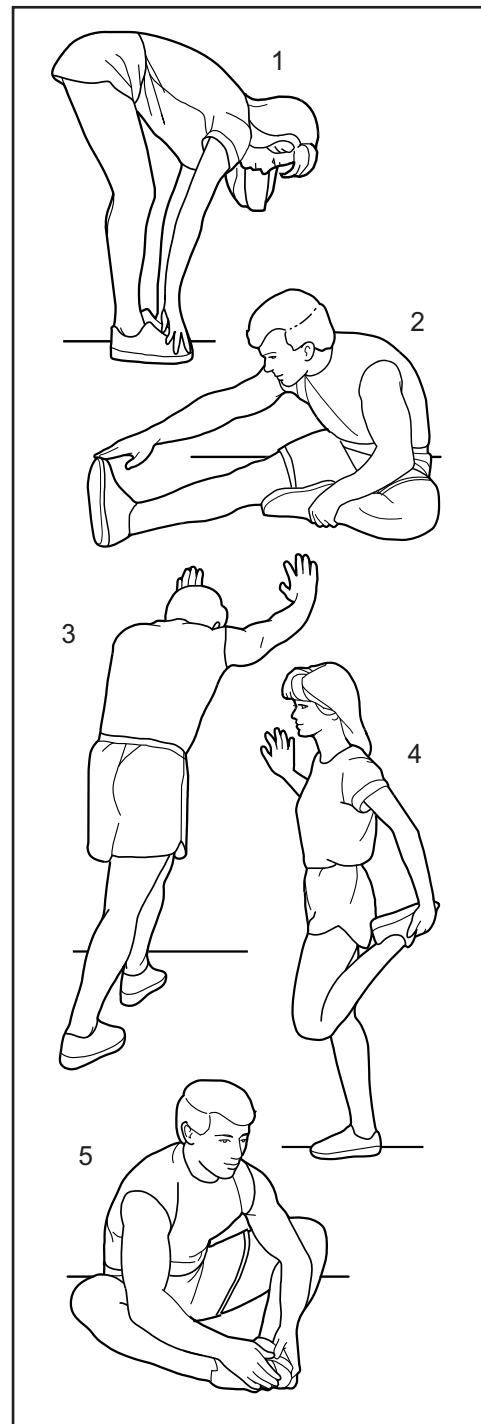
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PRE-ASSEMBLY INSTRUCTIONS

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for home use. The weight of the user must not exceed 265 lbs. (120 kg.)
2. Keep your hands well away from any of the moving parts.
3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
5. Your unit can only be used by one person at a time.
6. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

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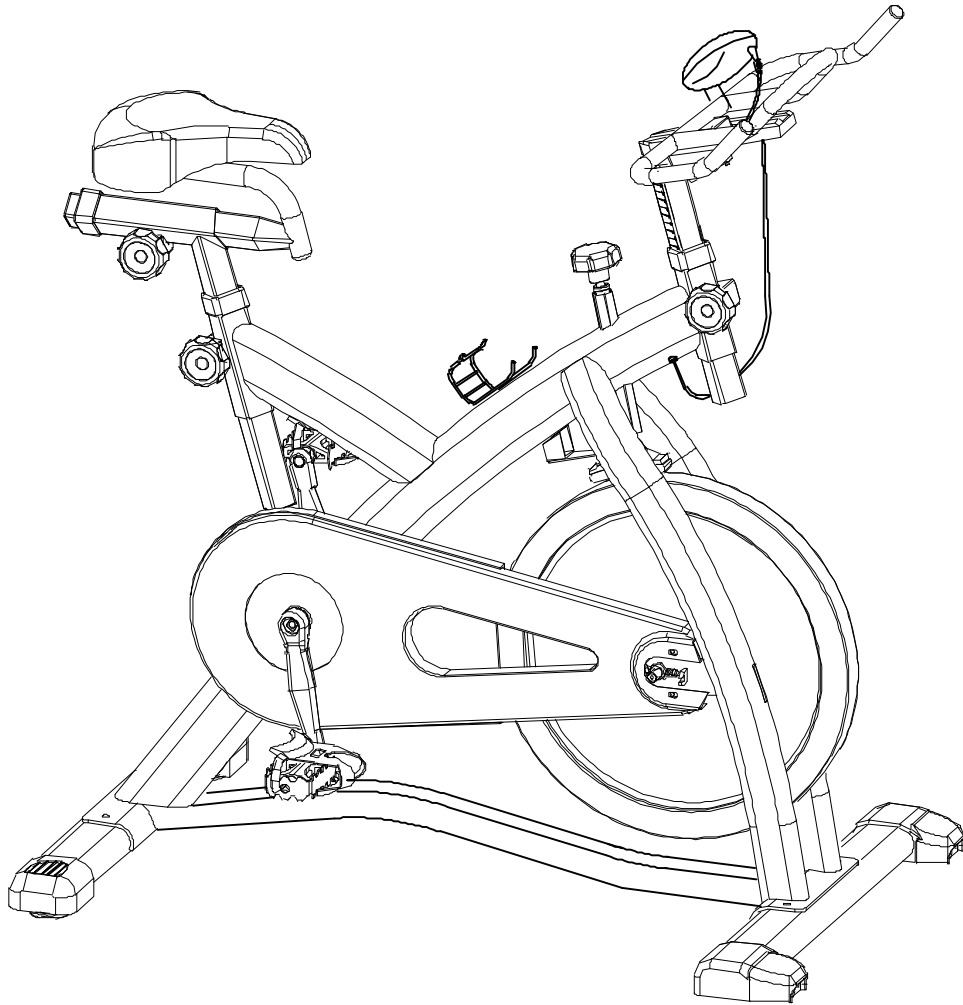
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ASSEMBLY



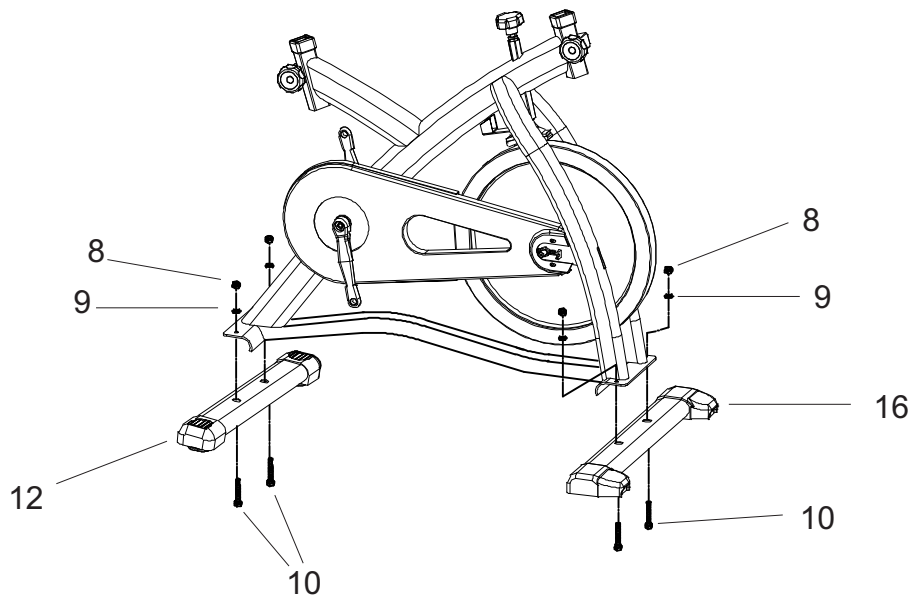
**If you are missing parts or require information on how to
operate this product please call 1-949-206-0330**

ASSEMBLY INSTRUCTIONS

Note: *Assembly of this unit should take one person about 30 minutes to properly assemble.*

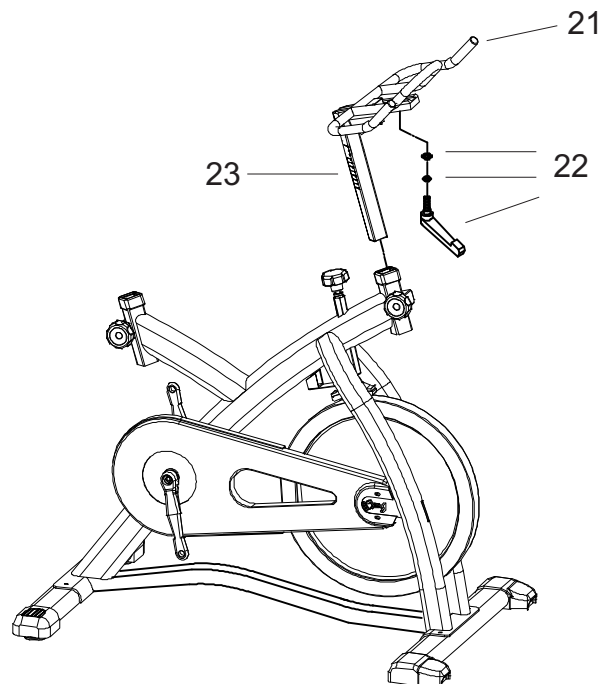
Step one

Attach the front (16) and rear feet (12) to the frame using the nuts (8), washer (9) and bolts (10).



Step two

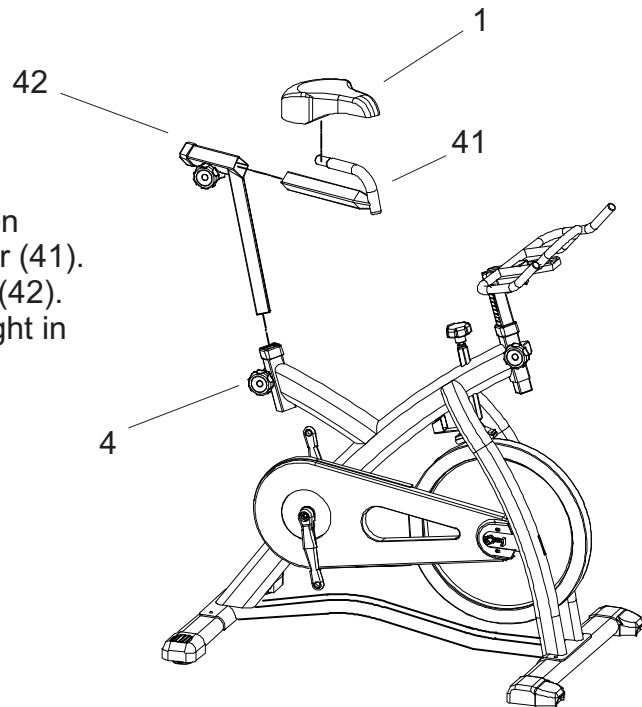
Attach the handlebar post (23) by inserting it into the head tube on the frame. Use the knob to adjust and tighten the height to the desired position. Attach the handlebar slider (21) on the handlebar post (23), use release lever (22) to adjust and tighten the handlebar into position.



ASSEMBLY INSTRUCTIONS

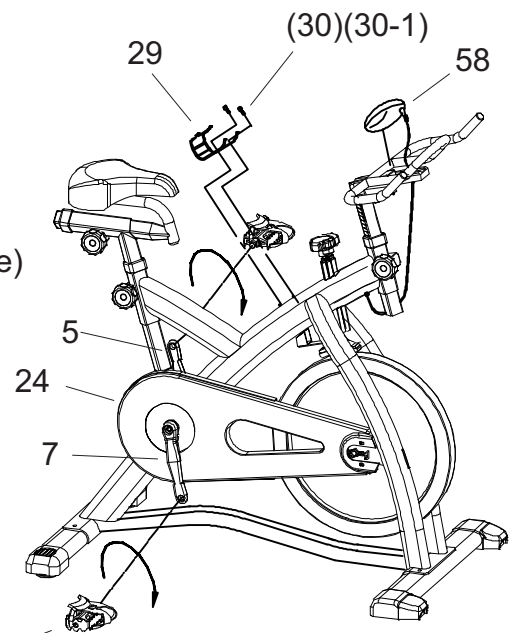
Step three

Insert the seat post (42) into the seat tube on the frame. Attach the seat (1) into seat slider (41). Insert the seat slider (41) into the seat post (42). Using knob (4) adjusts and tightens the height in the desired position.

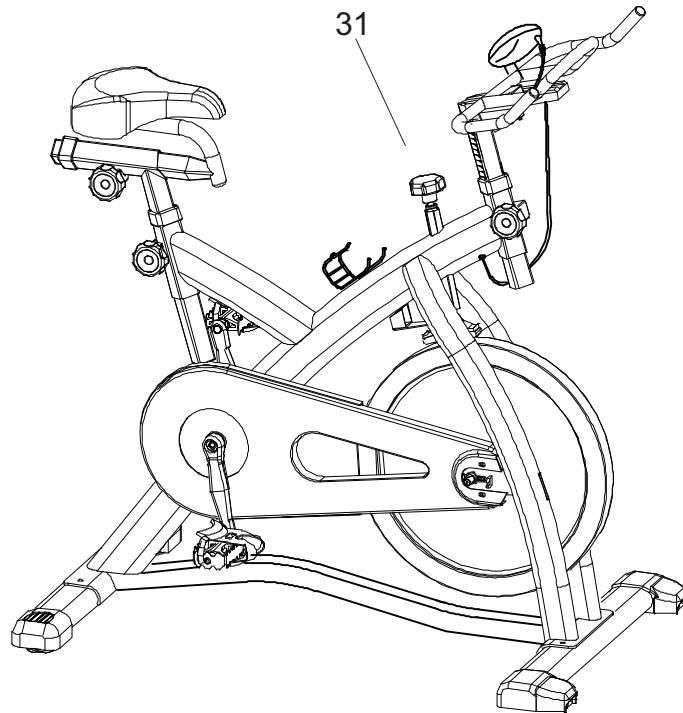


Step four

Attach the pedals (11) into the crank arms (5)(7), each pedal is marked with L (left) (turn counter-clockwise) or R (right) (turn clockwise) to the side of the stationary bike they are on. Note - the right hand crank is on the same side as the belt guard (24). Be careful to align the threads correctly to avoid damaging them. Applying a little grease on the threads will help the pedals to screw in easily and correctly, tighten using a 15mm wrench; both pedals should tighten towards the front of the stationary bike. Mount the water bottle holder (29) using the screws (30) and washers (30-1) provided. Now fasten the console (58) to the enter left side of the handlebars and connecting the upper control cable to the lower control cable.



ASSEMBLY INSTRUCTIONS



Adjusting the resistance

Adjust the exercise resistance on the stationary bike using the brake knob (31) to loosen (-) or tighten (+). The flywheel should rotate freely without resistance when you loosen (-) the brake system fully. More experienced riders may wish to increase the overall resistance by tightening (+).

OPERATIONS

ELECTRONIC MONITOR



OPERATIONS

Figure 11

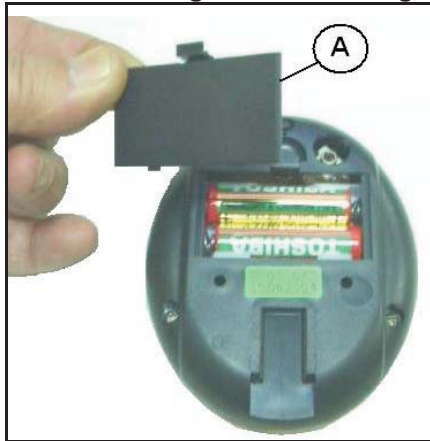


Figure 12

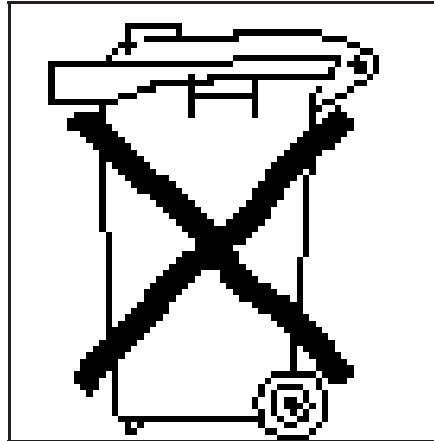


Figure 13

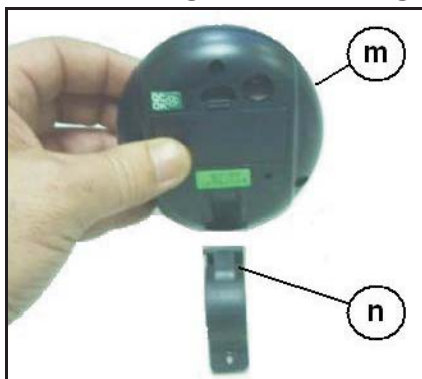


Figure 14

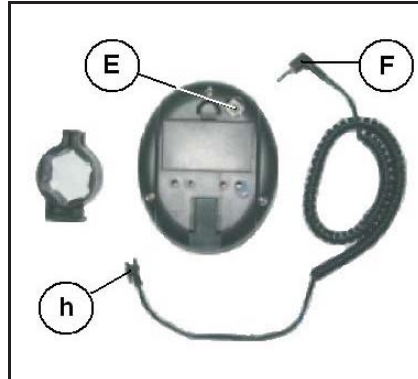
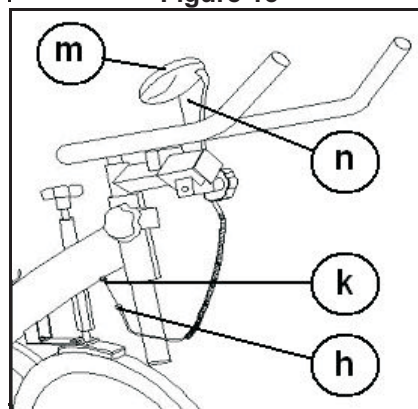


Figure 15



OPERATIONS

INSTALLING THE BATTERIES

This monitor uses two (2) 1.5 volt ALKALINE batteries. To fit the batteries, remove the rear cover on the monitor, Figure 11, and carefully insert the two "AAA" type batteries into the battery compartment making sure that the battery's polarity is correct (matching the battery's + terminal with the + sign inside the battery compartment, and the - terminal with the - sign). Close the cover.

If, after having switched the monitor on, it displays errors or merely partial segments then remove the batteries and wait for about 15 seconds before reinstalling them.

Weak batteries (run down) produce a weak digital display (poor contrast) and erroneous readings. Change them immediately.

Important. Discarded batteries must be deposited in special containers, Figure 12.

FITTING THE ELECTRONIC MONITOR

Fit the monitor (m) into the boss on the bracket (n), as shown in Figure 13, connect terminal (F) on the middle cable to terminal (E) for the monitor, Figure 14, then connect terminal (h) on the middle cable to terminal (k), as shown in Figure 15 for the feedback cable.

ELECTRONIC MONITOR

To give you greater control over the exercise, this electronic unit provides simultaneous read-outs of speed, distance, exercise time, calories burnt.

The screen will switch itself on automatically as soon as you start exercising or by pressing any key.

The monitor will switch itself off automatically if the unit stands idle for more than 4 minutes, with the screen displaying the temperature.

A: TIME SETTING

After installing the batteries, the time window will blink in the display.

Press the key to set the hours, wait 5 seconds and the minute window will start to blink; press the key to set the minutes.

B: TIME FUNCTION

This function counts up in steps of one second, up to a maximum of 99:00 minutes.

Pressing the key for more than two seconds will reset all of the values except time.

1. Press any key to switch the monitor on.

C: DISTANCE FUNCTION

This function counts up in equal distance steps of a fraction of a mile.

Pressing the key for more than two seconds will reset all of the values except time.

1. Press any key to switch the monitor on.

D: CALORIE FUNCTION

This function counts up in steps of one calorie, up to a maximum of 999.9 calories.

Pressing the key for more than two seconds will reset all of the values, except time.

1. Press any key to switch the monitor on.

OPERATIONS

TROUBLESHOOTING GUIDE

Problem: The display comes on but only the Time function works.

Solution:

- a. Make sure that the connection cable is connected.

Problem: The display does not come on or the displayed segments are very weak.

Solution:

- a. Check that the batteries are fitted correctly.
- b. Check the battery charge
- c. If they are run down change them immediately.

Problem: Display segments of a function read-out are not visible or error messages for a particular function appear.

Solution:

- a. Remove the batteries for 15 seconds and then refit them correctly.
- b. Check the battery charge. If they are run down change the batteries.
- c. If the above steps do not help then replace the electronic monitor.

Avoid leaving the electronic monitor in direct sunlight as this might damage the liquid crystal display. Similarly, do not expose it to water or hard impact

MAINTENANCE INSTRUCTIONS

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1.	Wipe machine down	X				
2.	Spray with anti-rust oil or similar on frame to clean	X				
3.	Visual check	X				
4.	Check security of handle bar post & seat post	X				
5.	Check security of saddle	X				
6.	Remove handlebar post and clean tube		X			
7.	Remove seat post and clean tube		X			
8.	Check brake pads for wear-align		X			
9.	Check brake adjustment		X			
10.	Check security of all knobs & release lever		X			
11.	Check toe straps for signs of wear		X			
12.	Check crank bolts and re-tighten			X		
13.	Make sure pedals are screwed in			X		
14.	Check belt tension			X		
15.	Wipe an anti-rust oil on the flywheel Surface, to keep it from rusting due to sweat.		X			
16.	Check bottom bracket			X		
17.	Check flywheel bearings			X		
18.	Full service-frame inspection				X	

TROUBLE SHOOTING

HANDLEBAR ADJUSTMENT:

THERE ARE DIFFERENT HANDLEBAR HEIGHTS THAT CAN BE ADJUSTED. PLEASE ADJUST THE SEAT HEIGHT FIRST THEN ADJUST THE PROPER HEIGHT OF HANDLE BAR TO MATCH THE SEAT.

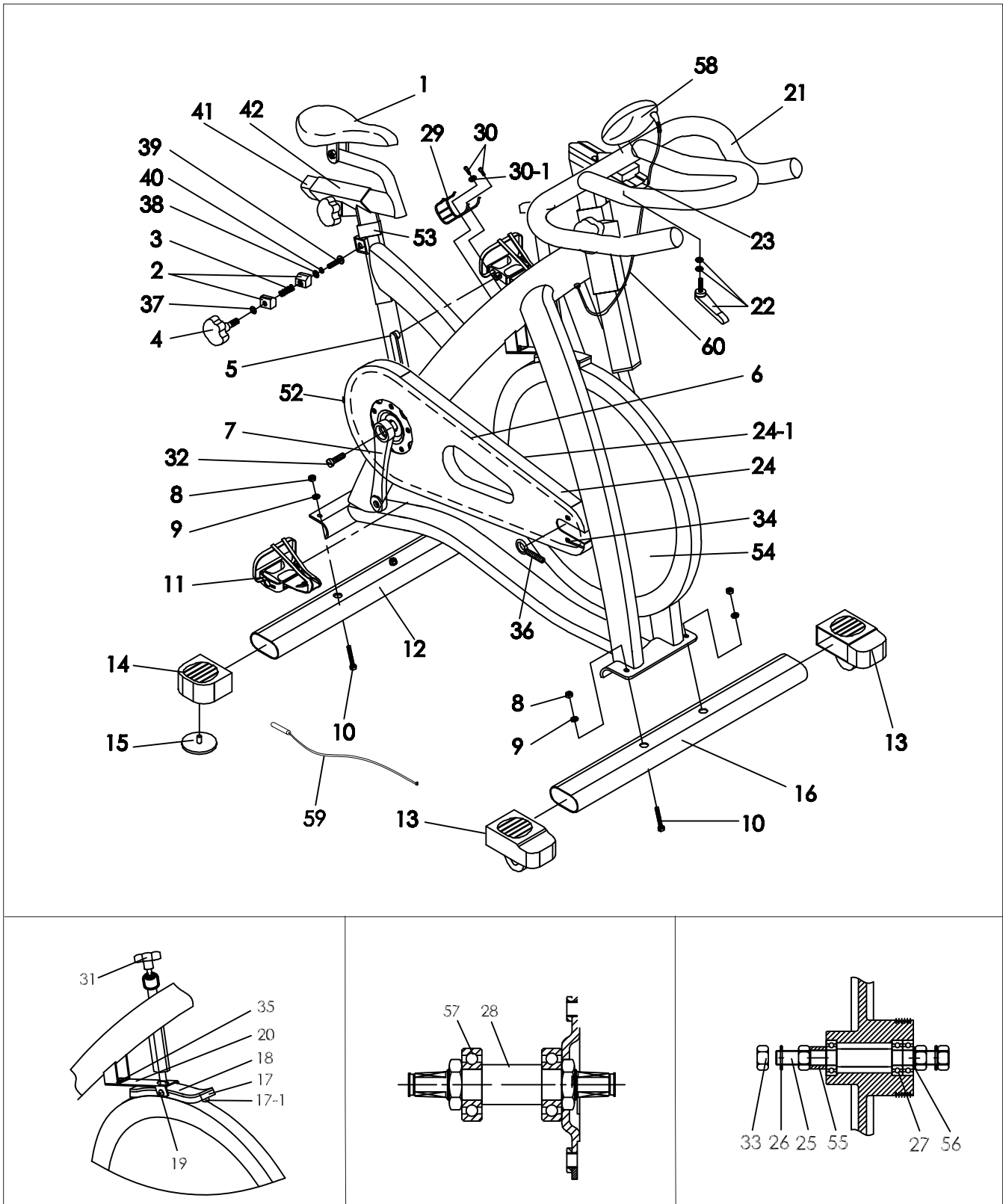
HOW TO LEVEL THE BIKE:

THERE ARE 2 ADJUSTABLE FEET UNDER THE REAR STABILIZERS. ADJUST THE FEET WHEN THE BIKE IS NOT LEVEL TO THE FLOOR.

MAINTENANCE INSTRUCTION

1. THE SAFELY LEVEL OF THE EQUIPMENT CAN ONLY BE MAINTAINED IF IT IS REGULARLY EXAMINED FOR DAMAGE AND/OR WEAR AND TEAR.
2. CARE MUST BE TAKEN WHEN LIFTING OR MOVING THE EQUIPMENT SO AS NOT TO CAUSE INJURY.
3. THE BRAKE PAD IS MOST SUSCEPTIBLE TO WEAR. BEFORE EXERCISING INSPECT BRAKING SYSTEM FOR FUNCTIONALITY.

EXPLODED VIEW



PARTS LIST

No.	Name	Unit	No.	Name	Unit
1	Seat	PC	25	Flywheel axle	
2	Alloy bind clamp (R/L)	PC	26	Flywheel security washer	SET
3	Knob spring	PC	27	Flywheel bearing	
4	Knob only	PC	33	Flywheel security nut	
5	Crank arm	SET	28	BB axle set	SET
7	Crank arm	SET	29	Bottle cage	PC
6	Belt	PC	30	Screw for bottle cage	PC
8	Foot tube nut	PC	30-1	Washer for bottle cage	PC
9	Foot tube washer	PC	31	Brake system	SET
10	Foot fixing bolt	PC	32	Crank bolt	PC
11	Pedal	PR	33	Flywheel security nut	PC
12	Rear foot stabilizer	SET	34	Outer belt guard bolt (M6)	PC
13	Front foot end cap	PR	35	Bolt and washer for spring bracket	PC
14	Rear foot end cap	PR	36	Flywheel adjuster bolt	PC
15	Adjustable foot		37	Knob washer	PC
16	Front foot stabilizer	SET	38	Knob plastic washer	PC
17	Brake Pad Assembly		39	Knob fixed bolt	PC
17-1	Brake Pad Assembly	SET	40	Washer	PC
18	Brake Pad Assembly		41	Seat slider	PC
19	Screw & nut for brake pad	PC	42	Seat post	PC
20	Spring bracket	PC	52	Outer belt guard bolt(M5)	PC
21	Handlebar w/slider	PC	53	Rubber sleeves	PC
22	Release lever w/washer & O clip	PC	54	Flywheel	SET
23	Handle bar post	PC	55	Flywheel axle busing (L)	PC
24	Outer belt guard	PC	56	Flywheel axle busing (R)	PC
24-1	Inner belt guard	PC	57	BB bearing	PC
			58	Console	PC
			59,60	Down cable w/sensor & upper cable	

NOTE: Please see back cover of this manual for information about ordering replacement part.
If you are missing parts call 1-949-206-0330 for assistance.



LIMITED ONE (1) YEAR PARTS AND LABOR

For ONE (1) year from date of purchase, by original consumer purchaser, BH North America will repair or replace at BH North America option free of charge parts and /or labor which are defective as a result of material or workmanship with the exception of any cosmetic component which will be covered for NINETY (90) days from date of purchase. Any component that is a customer point of assembly at the time of purchase, labor is not covered and only the replacement component will be supplied.

COMMERCIAL OR RENTAL USE

If a Bladez product is used for commercial or rental purposes the warranty is void.

THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use, arms, batteries, foam or rubber grips and storage wheels, foot straps and seats.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

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Fax: 949 206-0013
Email: fitness@bhnorthamerica.com
Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST

This warranty applies only while this product is in use in USA.