

# Easy Cycle

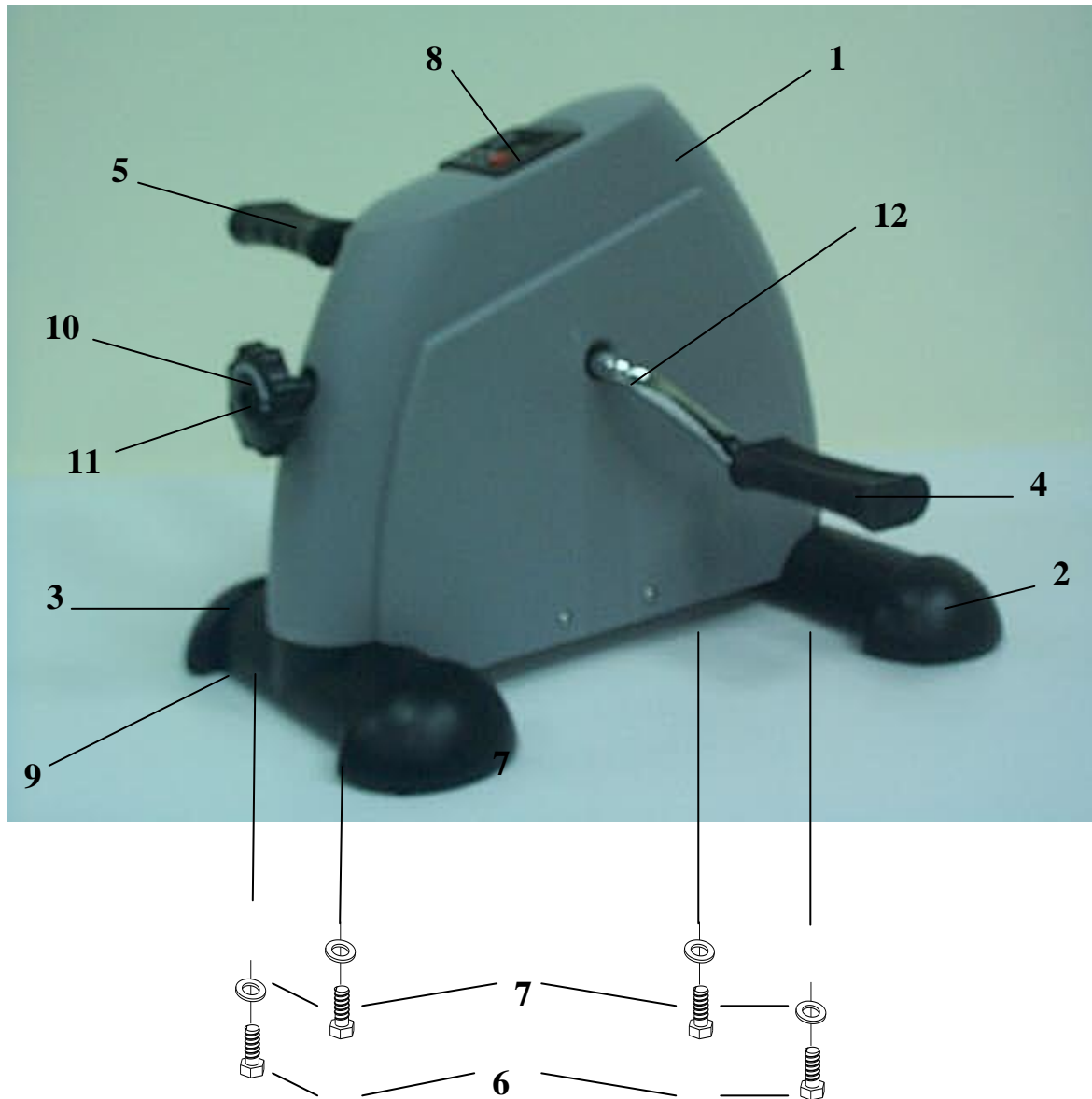
INSTRUCTION MANUAL



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**Mini Exercise Bike**

## EXPLODED DIAGRAM



### PARTS LIST

NO	DESCRIPTION	Q'TY
1	Main Body	1 PC
2	Front Stabilizer	1 PC
3	Rear Stabilizer	1 PC
4	Right Pedal	1 PC
5	Left Pedal	1 PC
6	Hex Bolt	4 PCS
7	Washer not included	
8	Computer	1 PC
9	Base Reinforcement	2 PCS
10	Knob	1 PC
11	Knob Screw	1 PC
12	Crank Arm	1 PC

## **ASSEMBLY STEPS**

1. Attach the Front Stabilizer (2) to the Main Body (1) with 2 pcs of Hex Bolts.



2. Attach the Rear Stabilizer (3) to the Main Body (1) with 2 pcs of Hex Bolts.



3. The **Right** Pedal (4) is marked "L" on the end of the pedal axle. Connect to the appropriate Crank Arm "L" (12). Note that the **Right** pedal should be threaded on **counter clockwise**.



4. The **Left** Pedal (5) is marked "R" on the end of the pedal axle. Connect to the appropriate Crank Arm "R" (12). Note that the **Left** pedal should be threaded on **clockwise**.



**Recheck all bolts and nuts are tightened securely**

**before using the Easy Cycle**



### **FOOT STRAP**

1. Foot Strap is made to adjust to desired length. For most users we recommend that you center your foot on the Pedal, and adjust strap to a secure fit around the arch of your foot.
2. User may remove strap if more convenient.

### **COMPUTER**

1. Remove the computer by pulling it straight out of the unit and install the battery.

## **EXERCISE COMPUTER**

### **FUNCTION BUTTON**

MODE PRESS TO SELECT EACH FUNCTION.

### **FUNCTIONS**

SCAN AUTOMATICALLY SCANS THROUGH EACH MODE IN SEQUENCE.

TIME COUNTS UPWARDS TO 99:59 FROM ZERO IN ONE SECOND INCREMENT.

COUNT ACCUMULATES THE NUMBERS OF REPETITIONS DURING THE  
WORKOUT SESSION.

TOTAL ACCUMULATES THE TOTAL NUMBERS OF REPETITIONS DURING  
COUNT DIFFERENT SESSIONS OF WORKOUT. IT CAN NOT BE RESET  
UNLESS YOU REPLACE BATTERIES.

CALORIE ACCUMULATES THE TOTAL CALORIES CONSUMPTION DURING EXERCISE.  
THIS IS A ROUGH GUIDE ONLY AND SHOULD BE USED AS A COMPARISON  
OVER SEVERAL EXERCISE SESSIONS.

### **NOTE**

1. PRESS "MODE" BUTTON OR START EXERCISE WILL TURN THE POWER ON.
2. WITHOUT ANY SIGNAL TRANSMITTED TO THE COMPUTER FOR 5 MINUTES, THE LCD WILL SHUT OFF AUTOMATICALLY.
3. PRESS "MODE" AND HOLD FOR 4 SECONDS, ALL VALUES WILL BE RESET.
4. THE COMPUTER OPERATES WITH 1 PC 1.5V AAA BATTERY.

**Recheck all bolts and nuts are tightened securely**

**before using the Easy Cycle**

## How to use your Easy Cycle



### Resistance Control

To increase resistance: turn control knob to the right (clockwise) several turns, until desired result.



To decrease resistance: turn control knob to the left (counter-clockwise) several turns, to desired result.



### Leg use

Place unit on the floor, and sit in a chair.

Best body position is to sit comfortably in an upright position, similar to riding a bike.

If you extend your legs too far forward, you may push the unit away from you.

For best results use on carpeted surface, or on non-sliding surface

Place Pedal on the middle of your foot, and the Safety Strap around the arch of your foot.

### Arm Use

Place unit on table top, so it is chest high. Sit or stand in comfortable position

## **THANK YOU for buying a Yukon Fitness product!**

Yukon Fitness products are designed and manufactured to the highest standards in order to provide you with years of use and great results. If you have any questions or need assistance please contact us. In order to obtain replacement **parts or service** as provided by this warranty, you may call the following number:

Toll-free: 1-800-799-8566 Outside the USA call: 1(440)439-0000 or contact your dealer.

### **WARNING**

Before starting any exercise program, it is recommended that you consult a physician. Should you experience any irregular physical condition such as dizziness, severe muscle or joint pain, pain in the chest, lower back pain, neck pain, or should any other symptom appear, immediately stop exercising and consult you physician!

### **IMPORTANT SAFETY INFORMATION**

(To Avoid Injury and/or Accidents Read and Follow These Simple Rules)

- Please read through this manual thoroughly prior to assembly and use of your EASY CYCLE. Retain your owner's manual for future reference.
- Assemble your EASY CYCLE as described in this manual.
- Inspect the unit regularly to make sure that all pieces are secure and not worn.
- Use your EASY CYCLE on a level surface.
- Do not allow children to play on or around the EASY CYCLE.
- It is recommended that you keep hair and loose clothing clear of moving parts.

### **LIMITED WARRANTY**

The EASY CYCLE is warranted to be free of defects in original parts and workmanship at the time of purchase to the original owner. Yukon Fitness guarantees that this product will remain free of defects for a period of **one** year from the date of purchase. During this period Yukon Fitness will repair or replace any defective **parts** without charge. This limited warranty excludes commercial or institutional usage and does not cover any defect caused by misuse, improper set up, or alteration. All shipping costs are the responsibility of the customer.

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