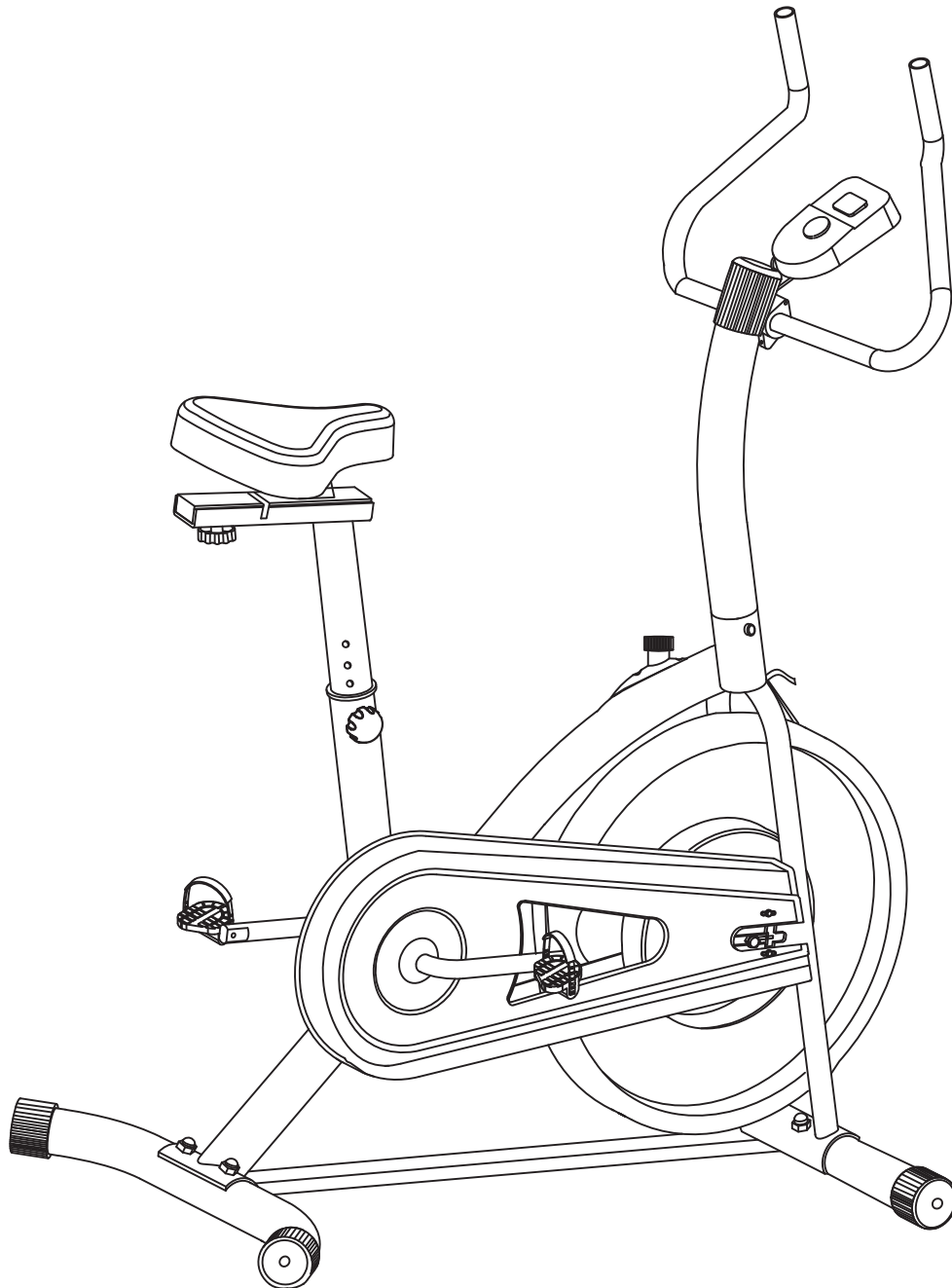


BF 620

BODY CHAMP®

Easy Body Rider



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

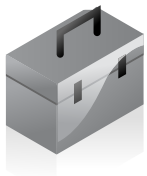
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

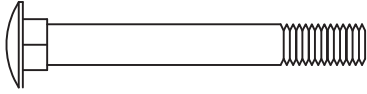
Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



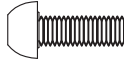
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

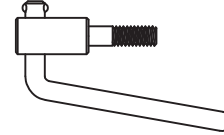
Bolt



#13. Carriage Bolt (M8x60 mm)
[4 Pieces]

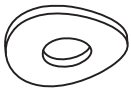


#16. Bolt (M8x15 mm)
[4 Pieces]

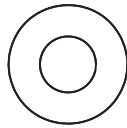


#34. L Shape Bolt
[1 Piece]

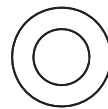
Washer



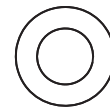
#14. Arc Washer
(M8)
[8 Pieces]



#19. Washer
(M8, OD19 mm)
[1 Piece]



#21. Washer (M8)
[3 Pieces]
Pre-assembled



#35. Washer
(M8, OD16, T1.5)
[1 Piece]

Nut

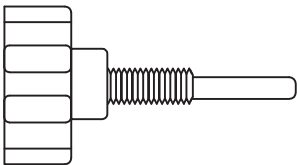


#15. Nut (M8)
[4 Pieces]

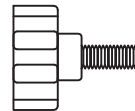


#22. Nylon Nut (M8)
[3 Pieces]
Pre-assembled

Knob



#17. Knob Bolt (M12x65 mm)
[1 Piece]

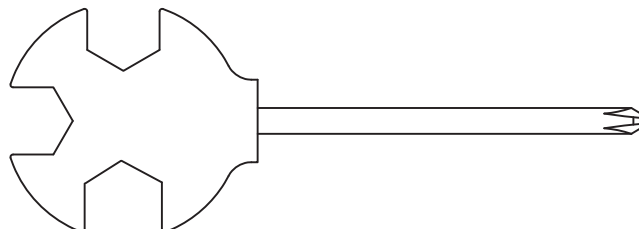


#18. Knob Bolt (M8x15 mm)
[1 Piece]

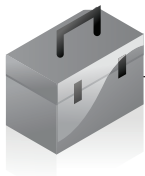
Tool



#38. Tool 1 (S6)
[1 Piece]



#39. Tool 2 (S13-14-15)
[1 Piece]



Parts Listing

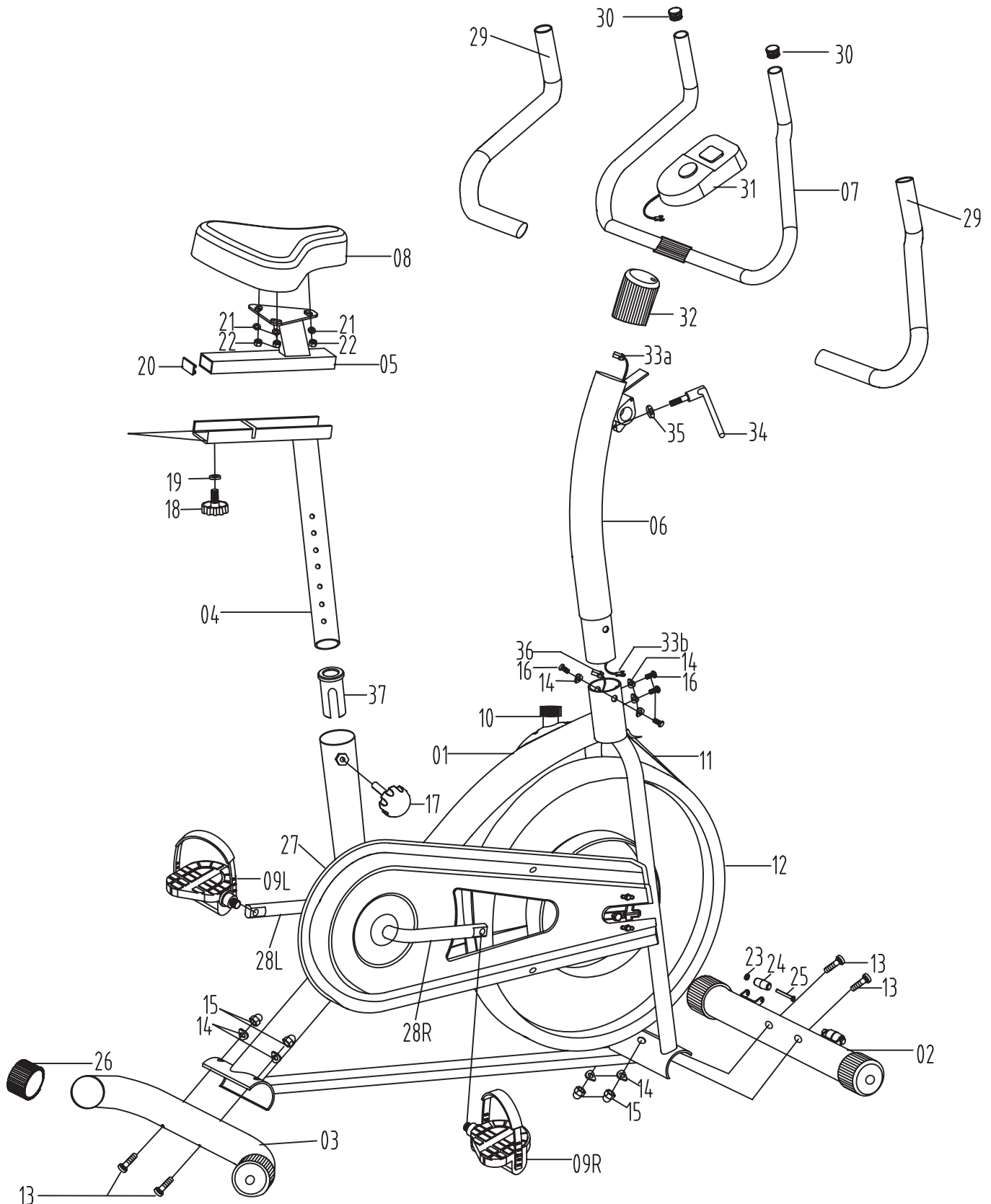
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	21	Washer (M8)
02	Front Stabilizer	22	Nylon Nut (M8)
03	Rear Stabilizer	23	Nylon Nut (M6)
04	Seat Post	24	Front Rollers
05	Horizontal Seat Bar	25	Hex Bolt (M6x48 mm)
06	Center Post	26	End Cap for Stabilizer
07	Handle Bar	27	Shroud
08	Seat	28L	Crank (Left)
09L	Pedal (Left)	28R	Crank (Right)
09R	Pedal (Right)	29	Foam Grip
10	Tension Adjustment Knob	30	Round Inner Cap (19 mm)
11	Friction Belt	31	Monitor
12	Wheel	32	Handle Bar Cover
13	Carriage Bolt (M8x60 mm)	33a/b	Main Sensor Wire (Middle)
14	Arc Washer (M8)	34	L Shape Bolt
15	Nut (M8)	35	Washer (M8, OD16, T1.5)
16	Bolt (M8x15 mm)	36	Main Sensor Wire (Lower)
17	Knob Bolt (M12x65 mm)	37	Bushing (38x90 mm)
18	Knob Bolt (M8x15 mm)	38	Tool 1 (S6)
19	Washer (M8,OD19 mm)	39	Tool 2 (S13-14-15)
20	Rectangular End Cap (36x16 mm)		



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

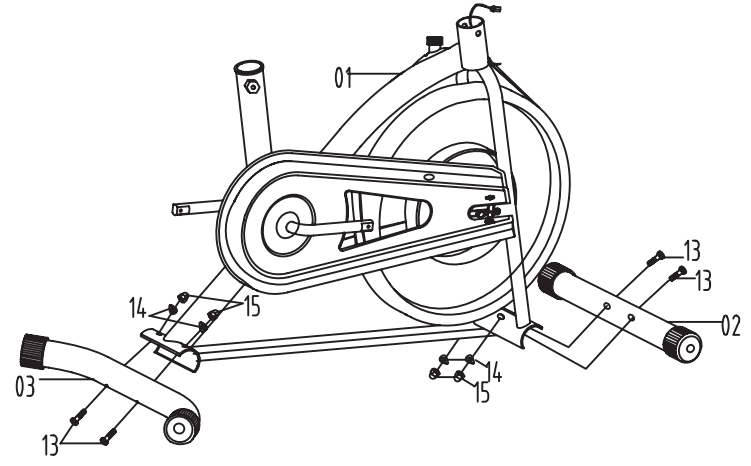
Assembly Step 1

Front & Rear Stabilizer Assembly

With the help of an assistant, attach the **Front Stabilizer (#02)** to bracket at the front of **Main Frame (#01)**. Insert two **Carriage Bolts (#13)** through the **Front Stabilizer (#02)** followed by the front **Main Frame (#01)**. Secure them together using two **Arc Washers (#14)** and two **Nuts (#15)**. Now attach the **Rear Stabilizer (#03)** to the bracket at rear of **Main Frame (#01)**. Insert two **Carriage Bolts (#13)** through the **Rear Stabilizer (#03)** followed by the rear **Main Frame (#01)**. Secure them together using two **Arc Washers (#14)** and two **Nuts (#15)**.

NOTE:

Make sure the wire is hanging out before proceeding to the next step. If it has fallen inside the tube, use a bent wire to "fish" it out.



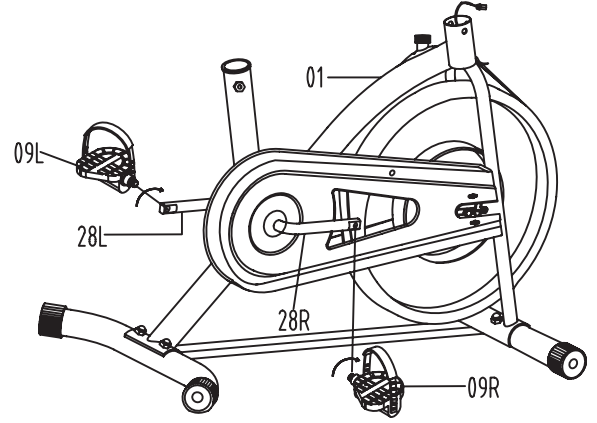
Assembly Step 2

Pedal Assembly

Screw the **Pedal [Left](#09L)** to the **Crank [Left] (#28L)** by turning the bolt head on the **Pedal [Left](#09)** COUNTER-CLOCKWISE. Screw the **Pedal [Right](#09R)** to the **Crank [Right] (#28R)** by turning the bolt head on the **Pedal [Right](#09R)** CLOCKWISE.

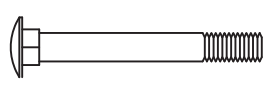
NOTE:

If labels designating the Left/Right Pedal are not present, please check pedals closely for embossed "L" / "R" letter marks. These will be "L" / "R" letters that are raised on the pedal material.



Hardware & Tool Required

Bolt



#13. Carriage Bolt (M8x60 mm)
[4 Pieces]

Washer



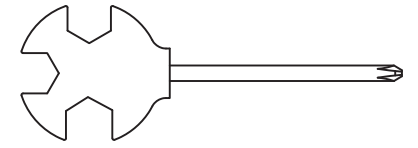
#14. Arc Washer (M8)
[4 Pieces]

Nut



#15. Nut (M8)
[4 Pieces]

Tool



#39. Tool 2 (S13-14-15)
[1 Piece]



Assembly Instructions

Assembly Step 3

A.) Center Post Assembly

Remove the **Center Post (#06)** from the packaging. Then, connect the **Main Sensor Wire [Middle] (#33b)** to the **Main Sensor Wire [Lower] (#36)**.

Slide the **Center Post (#06)** onto the **Main Frame (#01)** and secure it using a total of four **Arc Washers (#14)** and four **Bolts (#16)**.

B.) Handle Bar Assembly

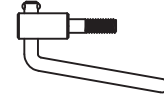
Align and attach the **Handle Bar (#07)** to the bracket on the **Center Post (#06)**. Secure the **L Shape Bolt (#34)** through a **Washer (#35)** and directly into the bracket on the **Center Post (#06)**.

Hardware & Tool Required

Bolt



#16. Bolt (M8x15 mm)
[4 Pieces]



#34. L Shape Bolt
[1 Piece]

Washer

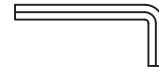


#14. Arc Washer (M8)
[4 Pieces]

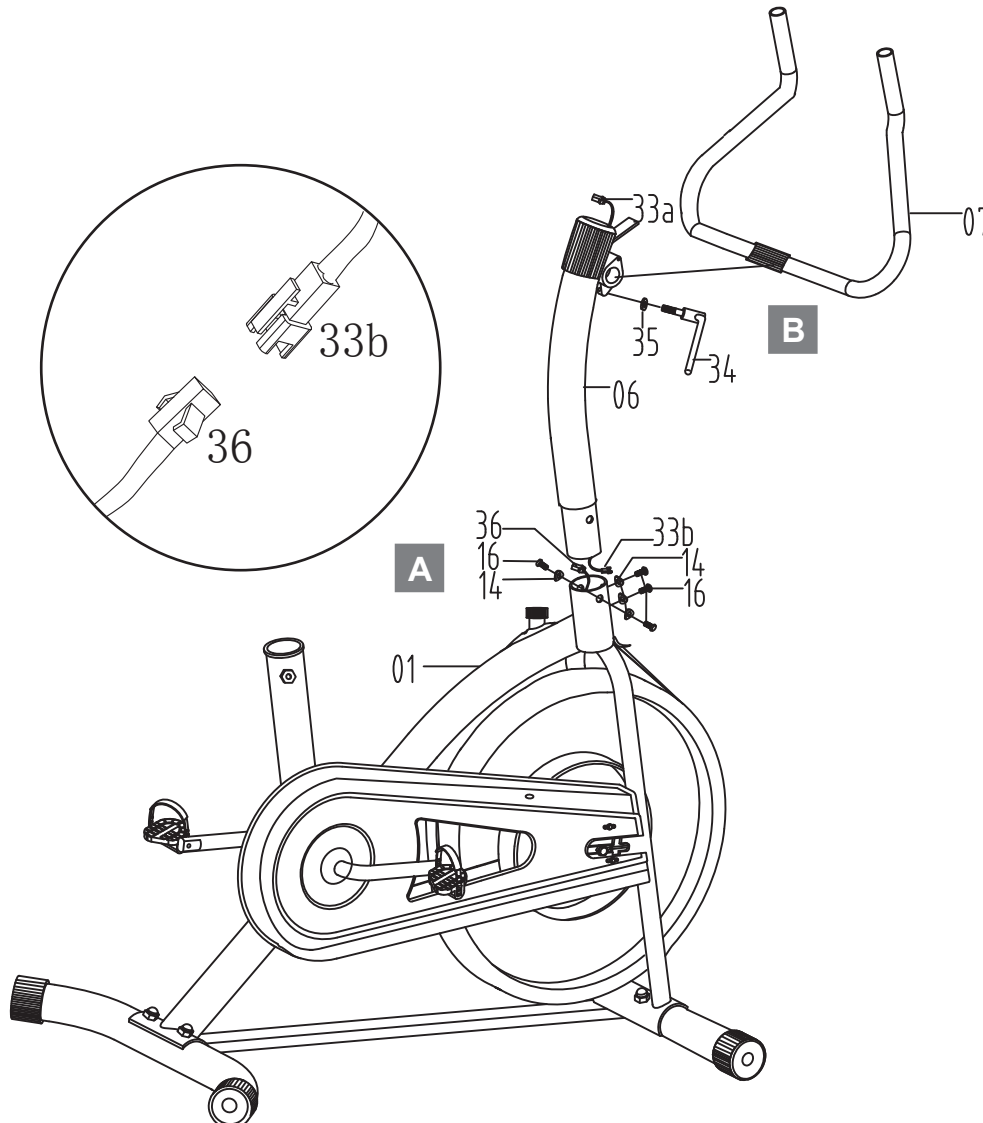


#35. Washer (M8, OD16, T1.5)
[1 Piece]

Tool



#38. Tool 1 (S6) [1 Piece]





Assembly Instructions

Assembly Step 4

A.) Seat Assembly

Remove the three **Washers (#21)** and three **Nylon Nuts (#22)** that are pre-installed on the **Seat (#08)** as illustrated and set them aside. Align the holes of the **Seat (#08)** to the **Horizontal Seat Bar (#05)** as shown in the diagram. Next, secure them together using three **Washers (#21)** and three **Nylon Nuts (#22)** that were previously removed.

B.) Seat Post Assembly

Slide the **Horizontal Seat Bar (#05)** onto the **Seat Post (#04)** with the single point of the **Seat (#08)** pointing toward the front of the unit as shown in the diagram. Secure by screwing the **Knob Bolt (#18)** through one **Washer (#19)**, the **Seat Post (#04)**, then the **Horizontal Seat Bar (#05)**. This knob can be loosened to adjust the distance of the seat from the handle bars. Please tighten the knob after making an adjustment, but do not over tighten the knob. If the **Seat Post (#04)** is not already pre-assembled, please insert the **Seat Post (#04)** into the mouth of the post that is protruding from the top of the **Main Frame (#01)**. Please ensure that the hole on the **Seat Post (#04)** is facing the same side as the **Knob Bolt (#17)** so it can be aligned with the corresponding hole on the **Main Frame (#01)**. Screw in the **Knob Bolt (#17)** through the **Main Frame (#01)** post and through any hole located on the **Seat Post (#04)**. Please refer to illustration.

To use the safety-featured **Knob Bolt (#17)**, use one hand to hold the **Seat (#08)** to prevent sudden slipping and the other hand to loosen the knob by turning it counter-clockwise. Adjust the seat height to your liking and then tighten the knob by turning it clockwise. Please do not over-tighten.

Hardware & Tool Required

Washer



#19. Washer (M8, OD19 mm)
[1 Piece]



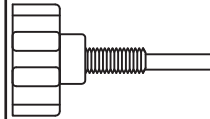
#21. Washer (M8)
[3 Pieces]

Nut



#22. Nylon Nut (M8) [3 Pieces]

Knob

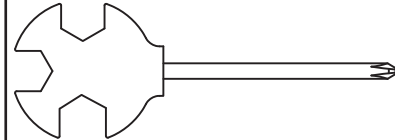


#17. Knob Bolt
(M12x65 mm)
[1 Piece]



#18. Knob Bolt
(M8x15 mm)
[1 Piece]

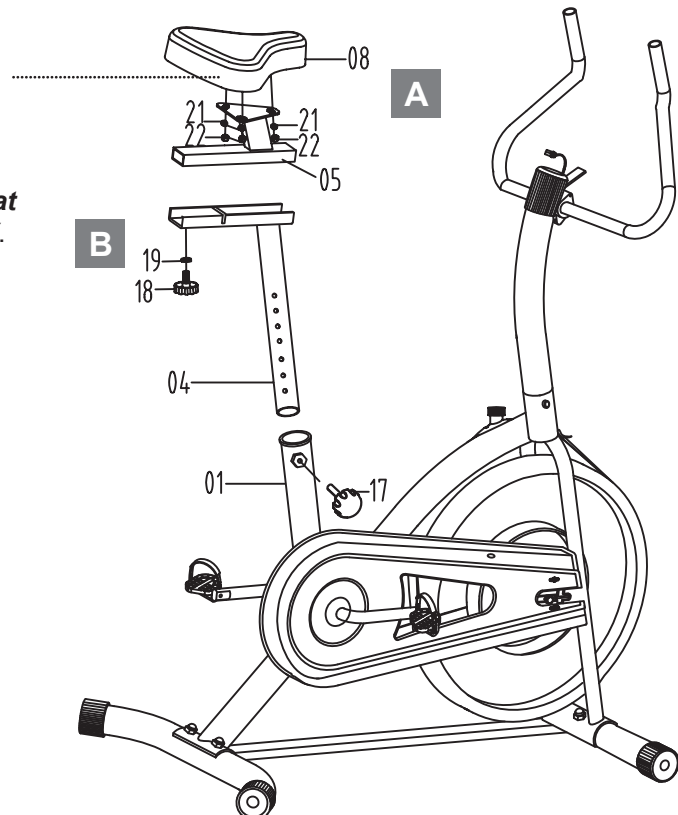
Tool



#39. Tool 2 (S13-14-15) [1 Piece]

WARNING

Do not remove the **Seat (#08)** for any reason after you have installed it. Exercising on this unit without the **Seat (#08)** can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior to use.



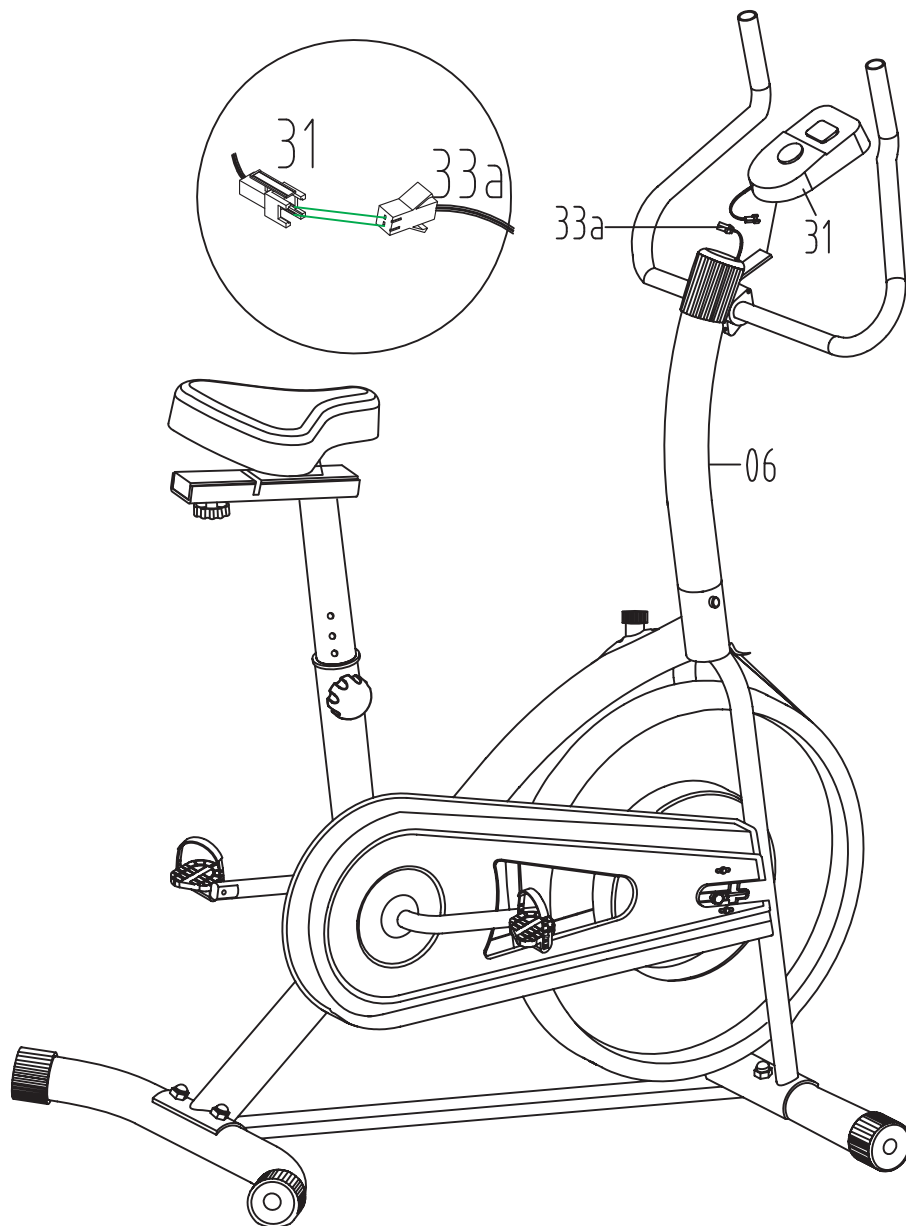


Assembly Instructions

Assembly Step 5

Monitor Assembly

Connect the **Main Sensor Wire (Middle) (33a)** to the Wire on the **Monitor (31)** and then slide the **Monitor (31)** onto the computer bracket located on the **Center Post (#06)** until it clicks into place.





Assembly Instructions

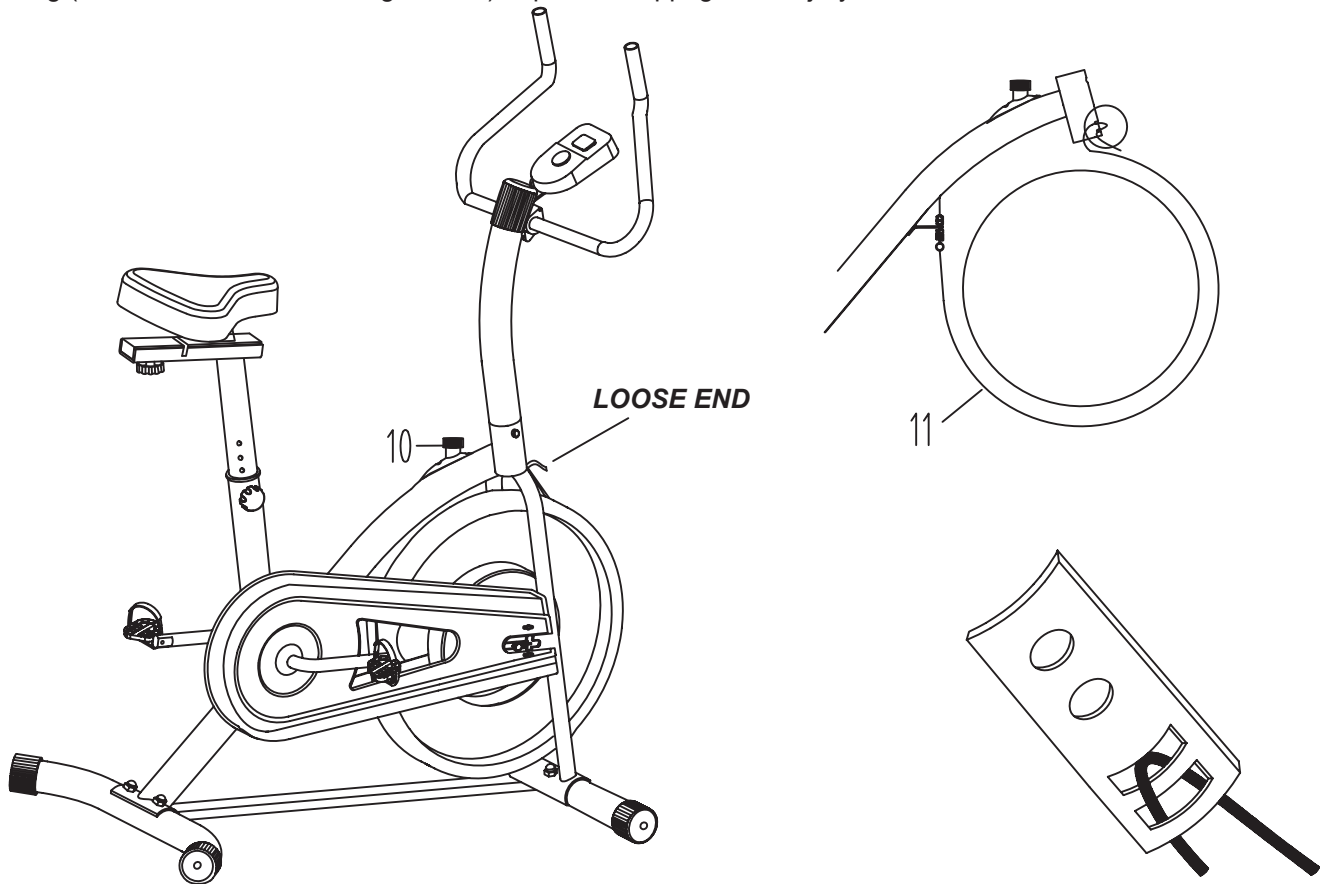
Tension Adjustment

The assembly of your Easy Body Rider is now complete. As you try it for the first time, you should adjust the tension to a desirable level before you begin a full workout.

For slight tension adjustment, simply turn the **Tension Adjustment Knob (#10)** found at the top center. Tension level can be manipulated this way to vary intensity and add diversity to your workout as you exercise.

For greater tension adjustment, you may loosen or tighten the **Friction Belt (#11)** by re-strapping it. To do so, first turn the **Tension Adjustment Knob (#10)** all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the **Friction Belt (#11)** to wrap around the wheel, the less friction it will cause. Re-adjust the **Tension Adjustment Knob (#10)** after you finish re-strapping.

Always make sure the **Friction Belt (#11)** is on track, fully wrapped around the wheel and that the loose end is at least three inches long (see "LOOSE END" in image below) to prevent slippage and injury.



Pedal & Speed Safety

The Easy Body Rider features an incredibly smooth flywheel for seamless workout movement. However, please note that the flywheel and pedals can become safety hazards when extreme speed and momentum are used. We do not advise that you stand and pedal on the bike simultaneously. If you prefer a workout session with greater speed and momentum, please remove the straps of the **Pedals (09L/R)** to avoid your ankles and/or feet from getting caught by the momentum. If straps are removed, please remember to place them back onto the **Pedals (09L/R)** after your workout session to avoid injury to yourself and those around you. Always wait for the flywheel, crank, and pedals to come to a complete stop before you dismount the bike to avoid serious injury.

Reversible Movement

Forward pedaling emphasizes your quadricep muscles (front thighs), while backward pedaling emphasizes your hamstrings (back thighs). The Easy Body Rider allows you to make your workout less fatiguing, more fun, and more effective with forward and backward movement functionality.



Safety & Maintenance

Additional Safety

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the flywheel is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the flywheel, pedals, and cranks (which can gain great momentum during riding) to come to a complete stop before dismounting the bike to avoid serious injury.

Maintenance & Care

- To avoid rust or corrosion to the flywheel caused by moisture and sweat, we advise wiping and drying the flywheel and surrounding parts with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- When bike is not in use, the resistance should be left loose, NOT tightened down against the flywheel. You can do this with the easy-to-adjust tension knob. This will ensure longer life of the Friction Belt.
- You can maintain your bike by using certain products. However, be careful not to allow lubricants to get onto the circumference of the flywheel where the Friction Belt rubs against. This will prevent the friction mechanism from working properly. Please contact our CUSTOMER SUPPORT if you have questions regarding the cleaning of your bike.



Computer Operation

SPECIFICATIONS:

TIME.....0:00-99:59
SPEED.....0.0-99ML/H
DISTANCE0.0-999.9ML
CALORIES.....0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is pressed or when it receives an input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing batteries or pressing the MODE key for 3 seconds.

3. FUNCTION:

- ◆ Top portion of LCD Display
 - **Speed:** Displays the current speed
- ◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
 - **Time:** Displays the total amount of time using the machine.
 - **Distance:** Displays the distance travelled.
 - **Calories:** Displays the amount of calories burned.
 - **Scan:** Automatically alternates between the different functions. (Time, Distance, Calories)

4.BATTERY:

This monitor requires one (or two) "AA" Battery(ies).
You can replace the battery(ies) from the back of the monitor unit..

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Warm-Up Instructions



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



Calf Stretch

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.





Proof of purchase

Thanks for choosing



Model Number BF 620

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com