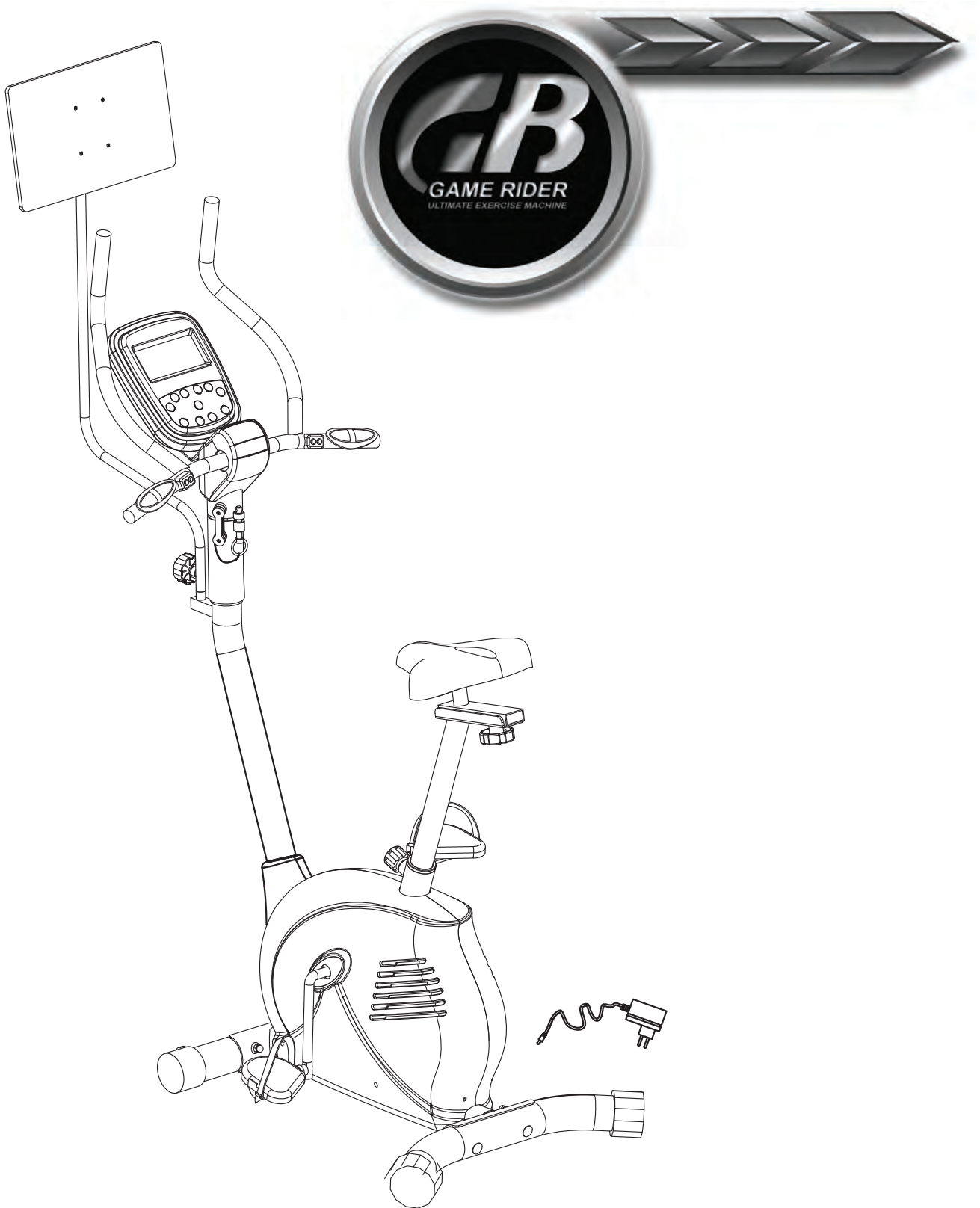


BGB 290 *GAME RIDER*



* 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

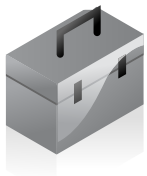
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you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





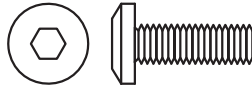
Hardware List

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



#14 Carriage Bolt (M8x73 mm)
[4 Pieces]



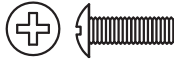
#22 Screw (M8x25 mm)
[2 Pieces]



#23 Screw (M8x16 mm)
[4 Pieces]



#25 Screw (M5x10 mm)
[4 Pieces]



#26 Screw (M5x16 mm)
[3 Pieces]

Washer



#27 Spring Washer (M8)
[2 Pieces]



#28 Arc Washer (M8)
[8 Pieces]



#29 Washer (M8, OD20)
[1 Piece]



#30 Washer (M5)
[4 Pieces]



#32 Washer (M8, OD16)
[3 Pieces] Pre-assembled

Nut

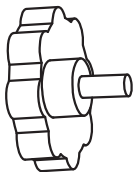


#15 Lock Nut (M8)
[4 Pieces]

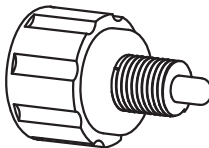


#33 Nut (M8)
[3 Pieces] Pre-assembled

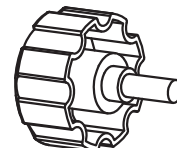
Knob



#16 Knob (M8x20 mm)
[1 Piece]

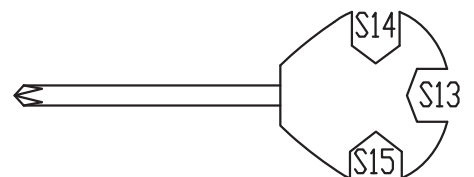
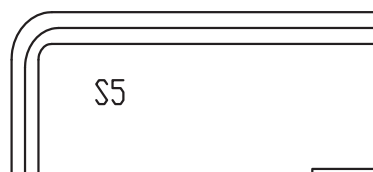


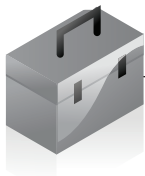
#17 Spring Knob
(M16x22 mm) [1 Piece]



#18 Knob (M8x15 mm)
[1 Piece]

Tool





Parts Listing

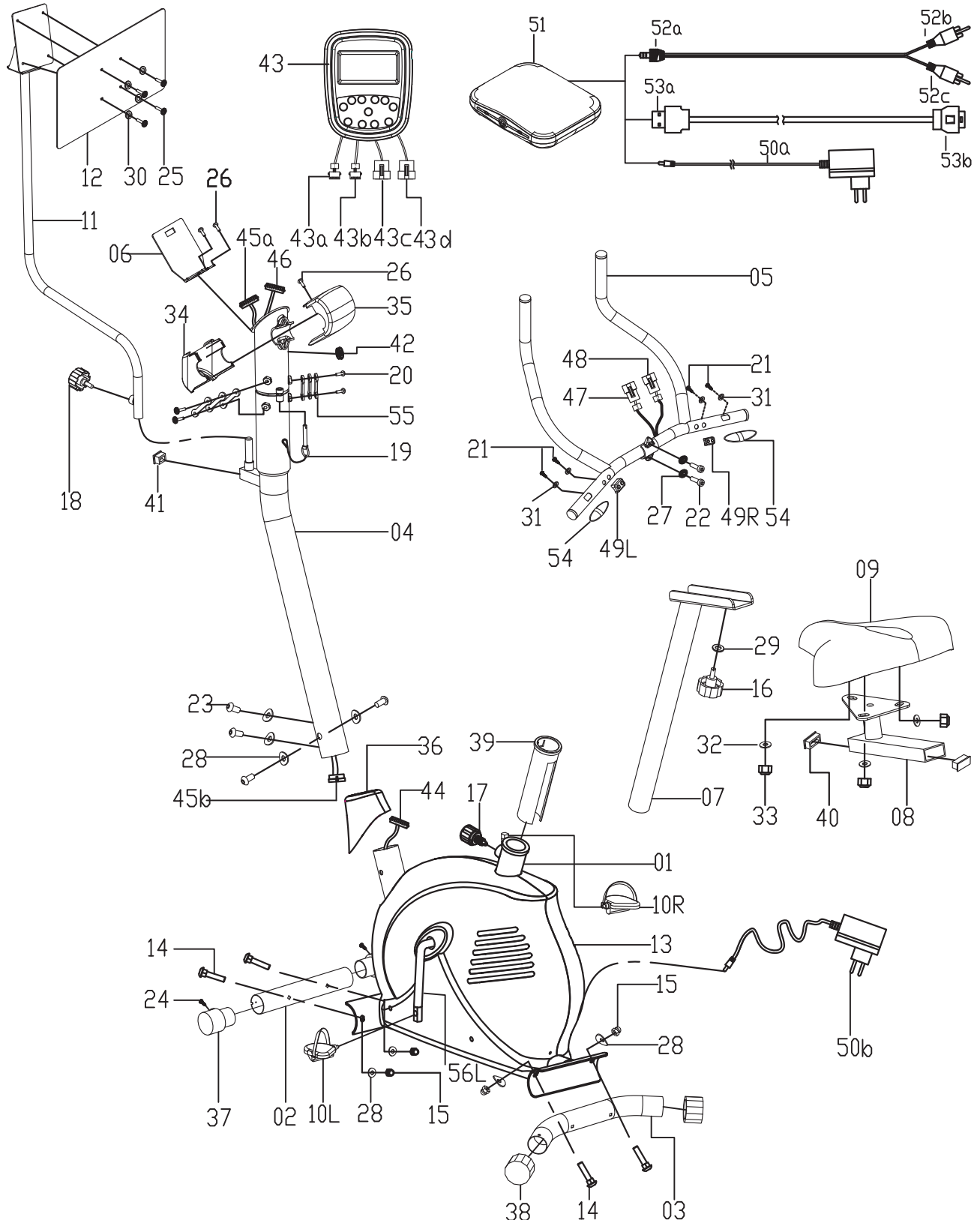
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	33	Nut (M8)
02	Front Stabilizer	34	Handle Bar Cover (Lower)
03	Rear Stabilizer	35	Handle Bar Cover (Upper)
04	Center Post	36	Center Post Cover
05	Handle Bar	37	End Cap for Front Stabilizer
06	Monitor Support Bracket	38	End Cap for Rear Stabilizer
07	Seat Post	39	Bushing
08	Horizontal Seat Bar	40	Rectangular End Cap (40x20 mm)
09	Seat	41	Square End Cap (20 mm)
10L	Pedal (Left)	42	Round End Cap
10R	Pedal (Right)	43	Monitor
11	Poster Support	43a	Left Handle Pulse Wire (Upper)
12	Poster Board	43b	Right Handle Pulse Wire (Upper)
13	Shroud	43c	Main Sensor Wire (Upper)
14	Carriage Bolt (M8x73 mm)	43d	Handle Sensor Wire (Upper)
15	Lock Nut (M8)	44	Main Sensor Wire (Lower)
16	Knob (M8x20 mm)	45a/b	Main Sensor Wire (Middle)
17	Spring Knob (M16x22 mm)	46	Handle Sensor Wire (Lower)
18	Knob (M8x15 mm)	47	Left Handle Pulse Wire (Lower)
19	Lock Pin	48	Right Handle Pulse Wire (Lower)
20	Screw (M5)	49L	Left Handle Bar Button
21	Screw (ST4)	49R	Right Handle Bar Button
22	Screw (M8x25 mm)	50a	AC Adapter for Wireless Box (DC 6V, 1000mA)
23	Screw (M8x16 mm)	50b	AC Adapter for Bike (DC 8V, 1000mA)
24	Screw (ST3)	51	Wireless Box
25	Screw (M5x10 mm)	52a	AV Cable (Upper)
26	Screw (M5x16 mm)	52b	Audio Cable (Lower)-White
27	Spring Washer (M8)	52c	Video Cable (Lower)-Yellow
28	Arc Washer (M8)	53a	USB Cable (Upper)
29	Washer (M8,OD20)	53b	USB Cable (Lower)
30	Washer (M5)	54	Pulse Sensor
31	Washer (M6)	55	Resistance Band
32	Washer (M8,OD16)	56L	Crank (Left)
		56R	Crank (Right)



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

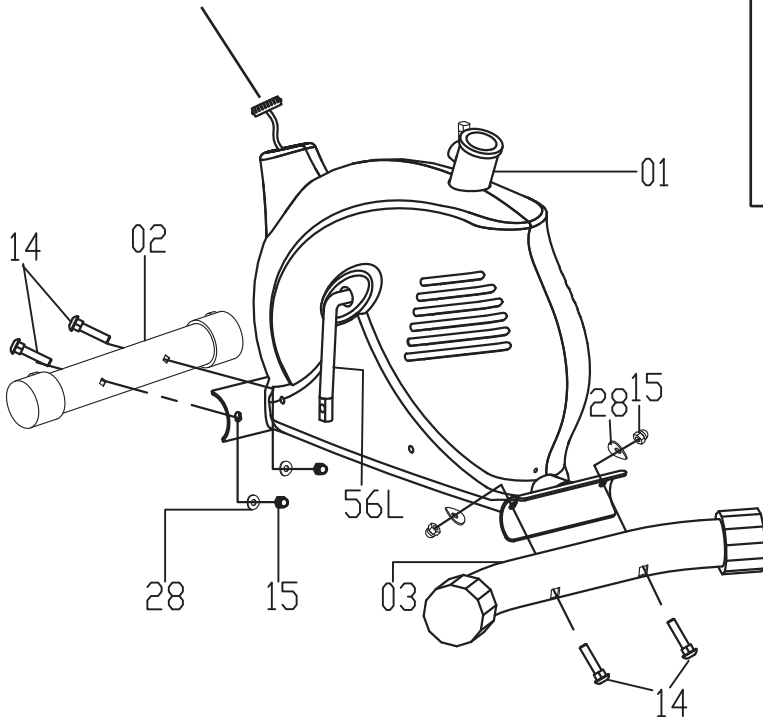
Assembly Step 1

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 (#14)** through the **Front Stabilizer (#02)** followed by the front **Main Frame (#01)**. Secure them together using two **Arc Washers (#28)** and two **Lock Nuts (#15)**. Now attach the **Rear Stabilizer (#03)** to the bracket at rear of **Main Frame (#01)**. Insert two **Carriage Bolts (#14)** through the **Rear Stabilizer (#03)** followed by the rear **Main Frame (#01)**. Secure them together using two **Arc Washers (#28)** and two **Lock Nuts (#15)**.

NOTE: The **Front Stabilizer (#02)** has wheels on the end caps that spin for ease of relocating and transporting the unit. The **Rear Stabilizer (#03)** has height adjustable end caps for leveling of the unit .

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" them out.



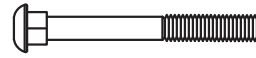
Assembly Step 2

Seat Assembly

Remove the three **Washers (#32)** and three **Nuts (#33)** that are pre-installed on the **Seat (#09)** as illustrated and set them aside. Align the holes of the **Seat (#09)** to the **Horizontal Seat Bar (#08)** as shown in the diagram. Next, secure them together using three **Washers (#32)** and three **Nuts (#33)** that were previously removed.

Hardware & Tool Required

Bolt



#14 Carriage Bolt (M8x73 mm) [4 Pieces]

Washer



#28 Arc Washer (M8)
[4 Pieces]



#32 Washer (M8, OD16)
[3 Pieces]

Nut

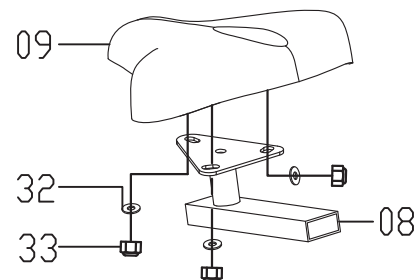
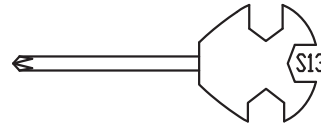


#15 Lock Nut (M8) [4 Pieces]



#33 Nut (M8)
[3 Pieces]

Tool





Assembly Instructions

Assembly Step 3

Seat Post Assembly

A.) Slide the **Horizontal Seat Bar (#08)** onto the **Seat Post (#07)** with the single point of the **Seat (#09)** pointing toward the front of the unit as shown in the diagram. Secure by screwing the **Knob (#16)** through one **Washer (#29)**, the **Seat Post (#07)**, then the **Horizontal Seat Bar (#08)**. 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.

B.) If the **Seat Post (#07)** is not already pre-assembled, please insert the **Seat Post (#07)** 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 (#07)** is facing the same side as the **Knob (#17)** so it can be aligned with the corresponding hole on the **Main Frame (#01)**. Screw in the **Spring Knob (#17)** through the **Main Frame (#01)** post and through any hole located on the **Seat Post (#07)**. Please refer to illustration.

To use the safety-featured **Spring Knob (#17)**, use one hand to hold the **Seat (#09)** to prevent sudden slipping and the other hand to loosen the knob by turning it counter-clockwise three times as you pull it outward. Adjust the seat height to your liking and then pop the knob back in. Then, tighten the knob by turning it clockwise. Please do not over-tighten.

Pedal Assembly

Screw the **Pedal [Left](#10L)** to the **Crank [Left] (#56L)** by turning the bolt head on the **Pedal [Left](#10L)** COUNTER-CLOCKWISE.
Screw the **Pedal [Right](#10R)** to the **Crank [Right] (#56R)** by turning the bolt head on the **Pedal [Right](#10R)** CLOCKWISE.

Hardware & Tool Required

Washer

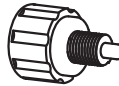


#29 Washer (M8, OD20) [1 Piece]

Knob

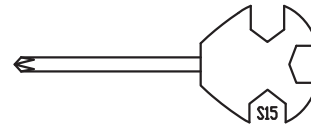


#16 Knob (M8x20 mm) [1 Piece]



#17 Spring Knob (M16x22 mm) [1 Piece]

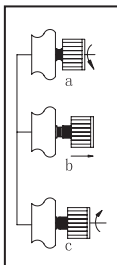
Tool



WARNING

Do not remove the **Seat (#09)** for any reason after you have installed it. Exercising on this unit without the **Seat (#09)** can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior to use.

Spring Knob Operation



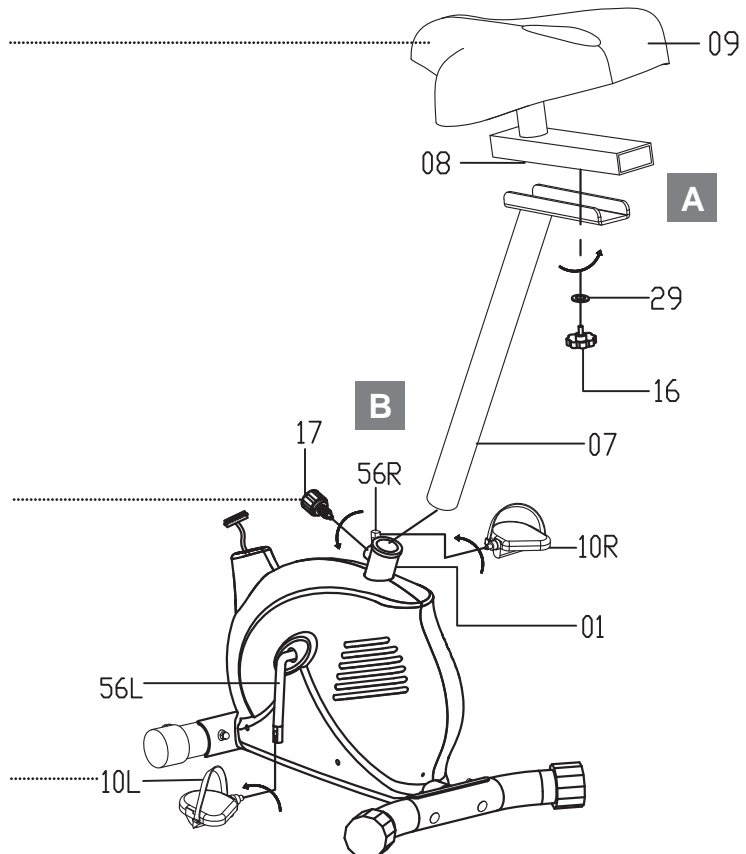
Turn knob counter-clockwise three times.

Pull knob outward and adjust seat simultaneously

Push knob back inward until it clicks and then tighten it by turning 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.





Assembly Instructions

Assembly Step 4

Wire Connection

Remove the **Center Post Cover (#36)** from packaging and slide the **Center Post Cover (#36)** onto and up the **Center Post (#04)** for now. Then, connect the **Main Sensor Wire [Middle] (#45b)** to the **Main Sensor Wire [Lower] (#44)**.

Center Post Assembly

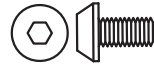
Slide the **Center Post (#04)** onto the **Main Frame (#01)** and secure it using a total of four **Arc Washers (#28)** and four **Screws (#23)**.

Center Post Cover

Then, slide down the **Center Post Cover (#36)**. You may need to rotate it so it fits properly and snugly over the **Main Frame (#01)**. Please refer to positioning of the **Center Post Cover (#36)** in the diagram below.

Hardware & Tool Required

Bolt



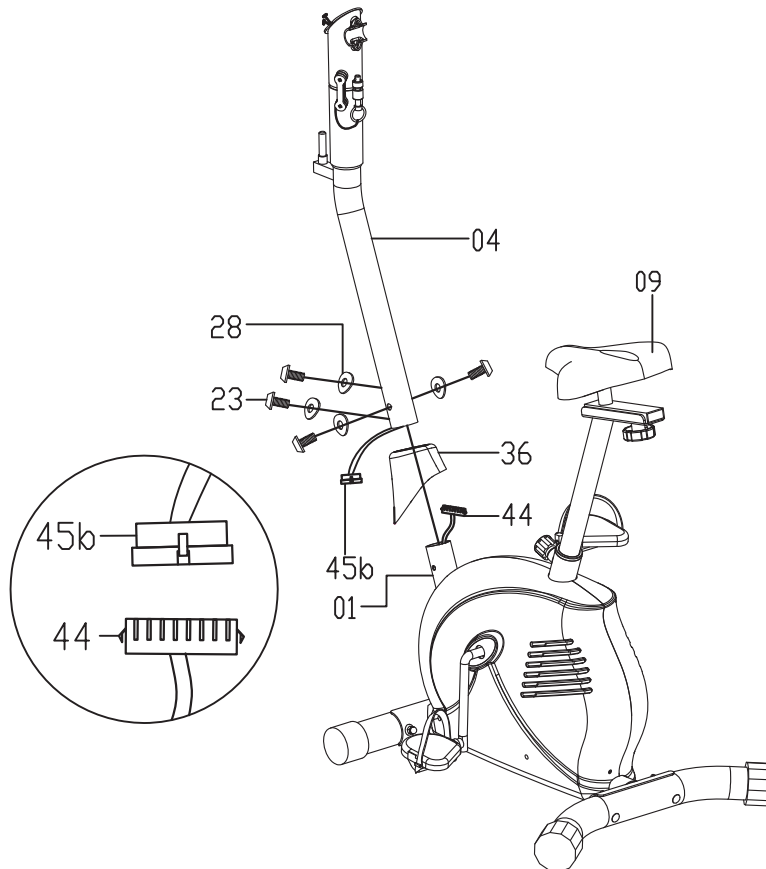
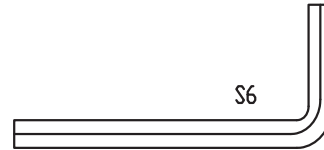
#23 Screw (M8x16 mm)
[4 Pieces]

Washer



#28 Arc Washer (M8)
[4 Pieces]

Tool





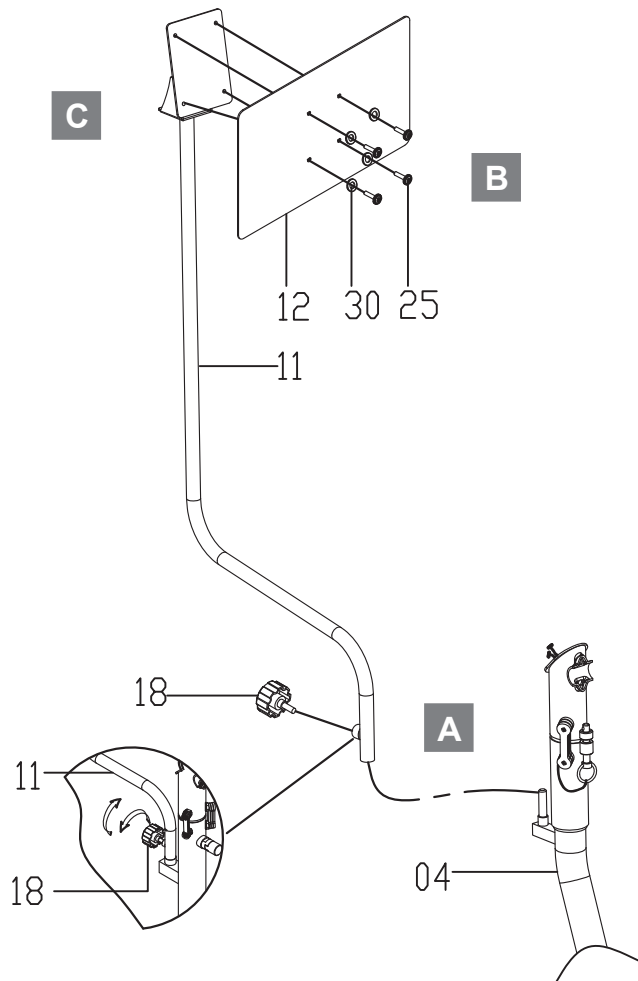
Assembly Instructions

Assembly Step 5

A. Place the **Poster Support (#11)** onto the corresponding stem protruding from the **Center Post (#04)**. Secure in place using the **Knob (#18)** and tighten in place. You can adjust the **Poster Support (#11)** location to your preference by securing at the preferred angle.

B. Affix the **Poster Board (#12)** onto the plate of the **Poster Support (#11)** using four **Washers (#30)** and four **Screws (#25)**.

C. The **Poster Board (#12)** and **Poster Support (#11)** are intended to provide an easy-to-access guide to highlight the key features and functions of the Game Rider. We suggest placing the **Poster Board (#12)** at a 45 degree angle to the user on either the right or left side.



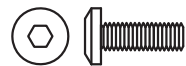
Assembly Step 6

Pulse Handle Bar Assembly

Install the **Handle Bar (#05)** onto the inner side of the **Center Post (#04)** using two **Screws (#22)** and two **Spring Washers (#27)** as seen in diagram.

Hardware & Tool Required

Bolt



#22 Screw (M8x25 mm)
[2 Pieces]



#25 Screw (M5x10 mm)
[4 Pieces]

Washer

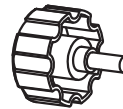


#27 Spring Washer (M8)
[2 Pieces]



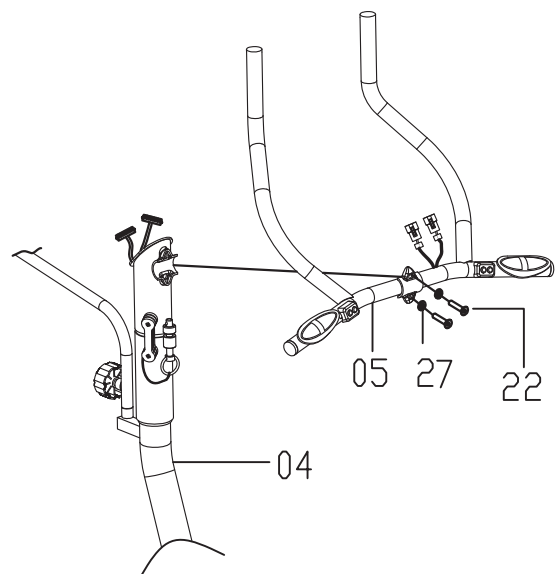
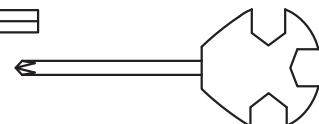
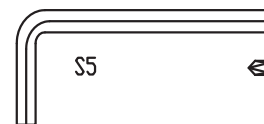
#30 Washer (M5)
[4 Pieces]

Knob



#18 Knob (M8x15 mm) [1 Piece]

Tool



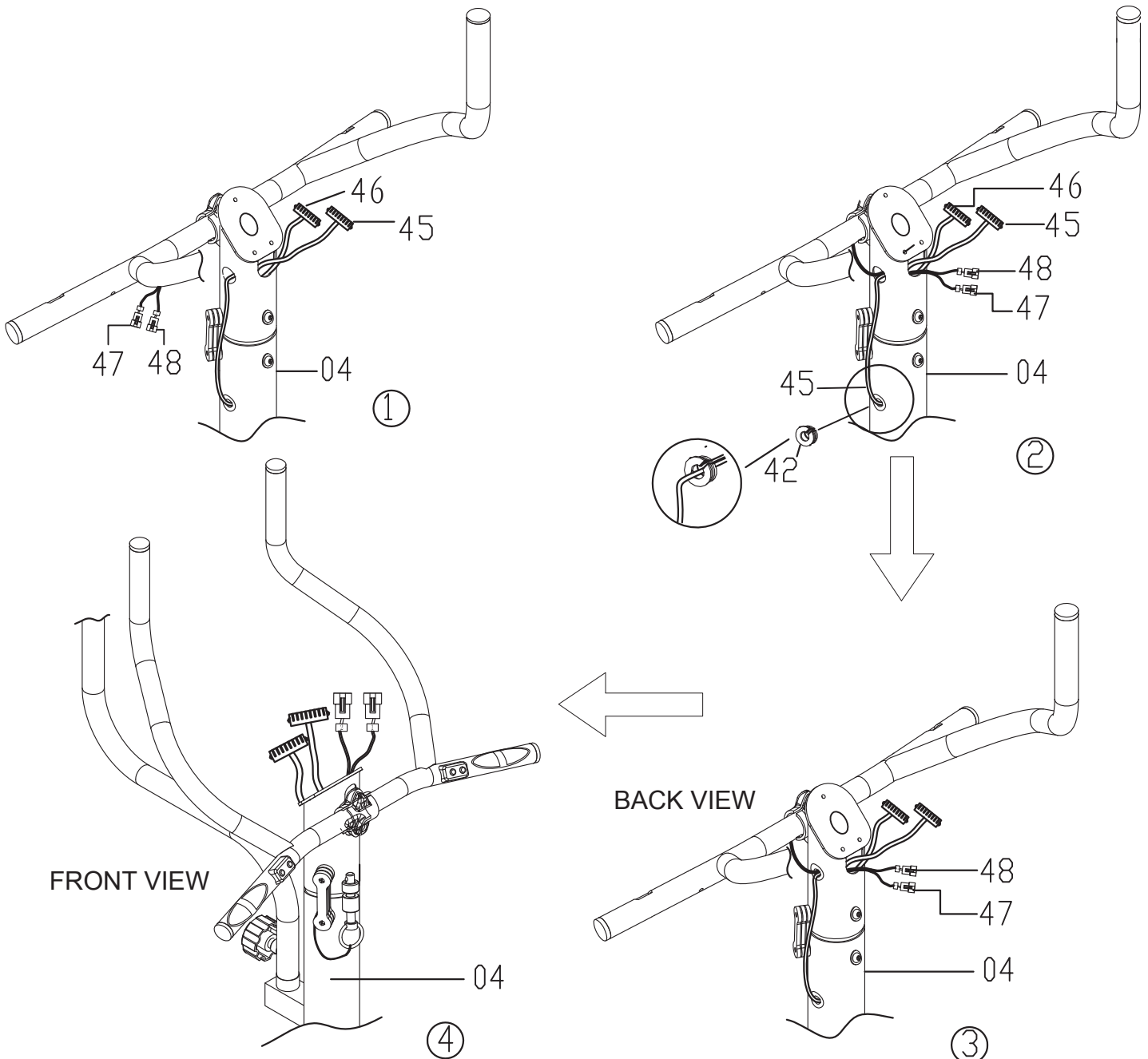


Assembly Instructions

Assembly Step 7

Feed the **Left Handle Pulse Wire (#47)** and the **Right Handle Pulse Wire (#48)** through the side hole in the neck of the **Center Post (#04)** and through the front hole of the **Center Post (#04)** as directed by the arrow in diagram No. 1. You will need to connect these wires to the **Monitor (#43)** in later assembly step. Please also ensure that **Handle Sensor Wire [Lower] (#46)** and **Main Sensor Wire [Middle] (#45)** are fed through the same hole as shown in diagram No. 2. Please refer to diagram No. 3 and No. 4 to confirm proper assembly.

The **Round End Cap (#42)** is installed to hold the **Left & Right Handle Pulse Wires (#47 & #48)** as seen in diagram No. 2. However, you may remove the **Round End Cap (#42)** so you can tuck in the wires more if there is too much give, or you do not want the wire to hang out so much. If you remove the **Round End Cap (#42)**, please remember to snap it back in place to hold all the wires in place.





Assembly Instructions

Assembly Step 8

Align the holes of the **Monitor Support Bracket (#06)** with the holes on the **Center Post (#04)** as shown in the diagram. Please ensure that the wires are free and clear from the bracket. Then, secure the **Monitor Support Bracket (#06)** using two **Screws (#26)**. Wires will fall freely in this step. You do not and should not need to feed wires through the **Monitor Support Bracket (#26)**.

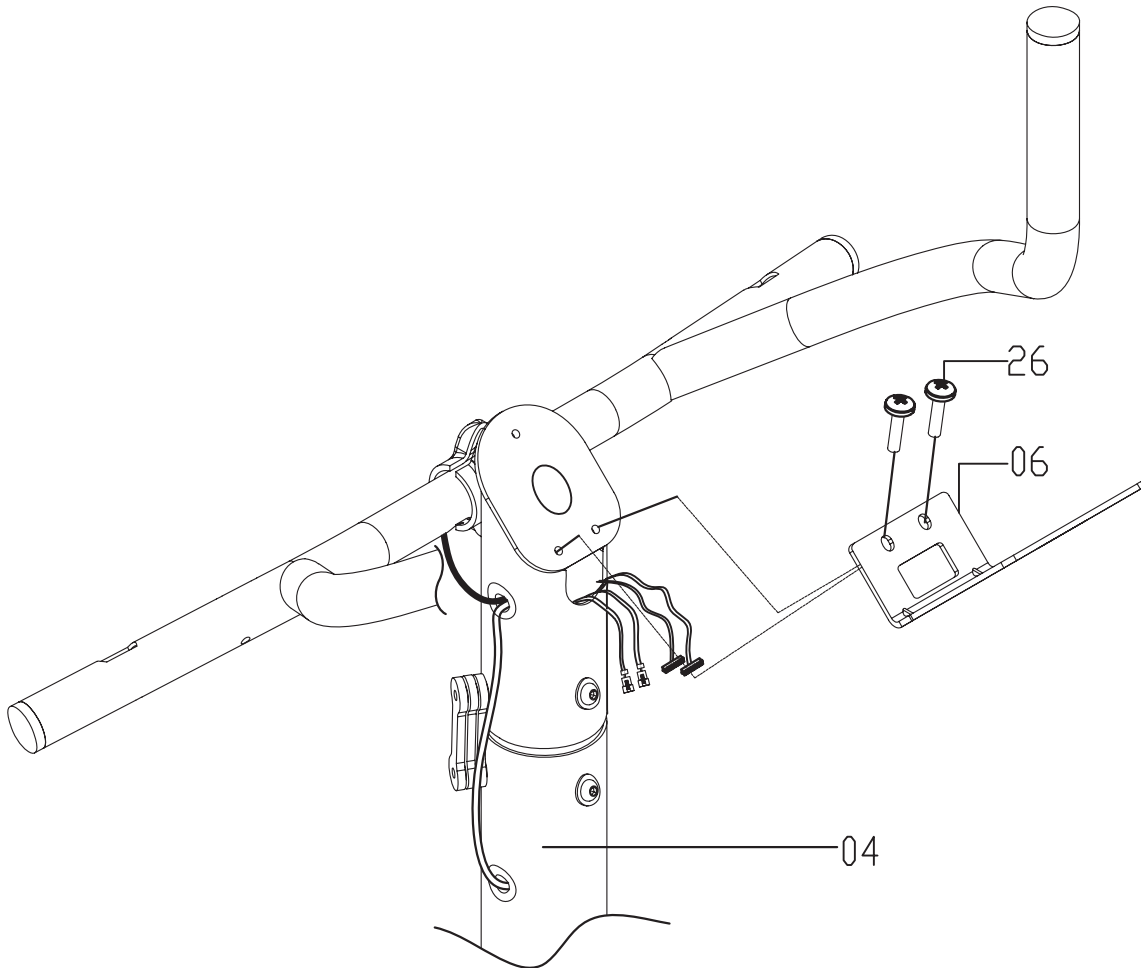
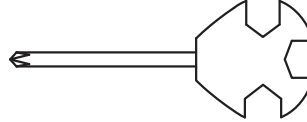
Hardware & Tool Required

Bolt



#26 Screw (M5x16 mm) [2 Pieces]

Tool





Assembly Instructions

Assembly Step 9

A. Please ensure that the cables connected to the **Monitor (#43)** are within the track of the backside so they do not get pinched or damaged during this next process (please see diagram). Slide the track of the **Monitor (#43)** halfway onto the **Monitor Support Bracket (#06)**, tuck the **Wires (#43a/b/c/d)** on the **Monitor (#43)** through Hole A (diagram No. 6), then slide the **Monitor (#43)** onto the rest of the track until the monitor locks in place.

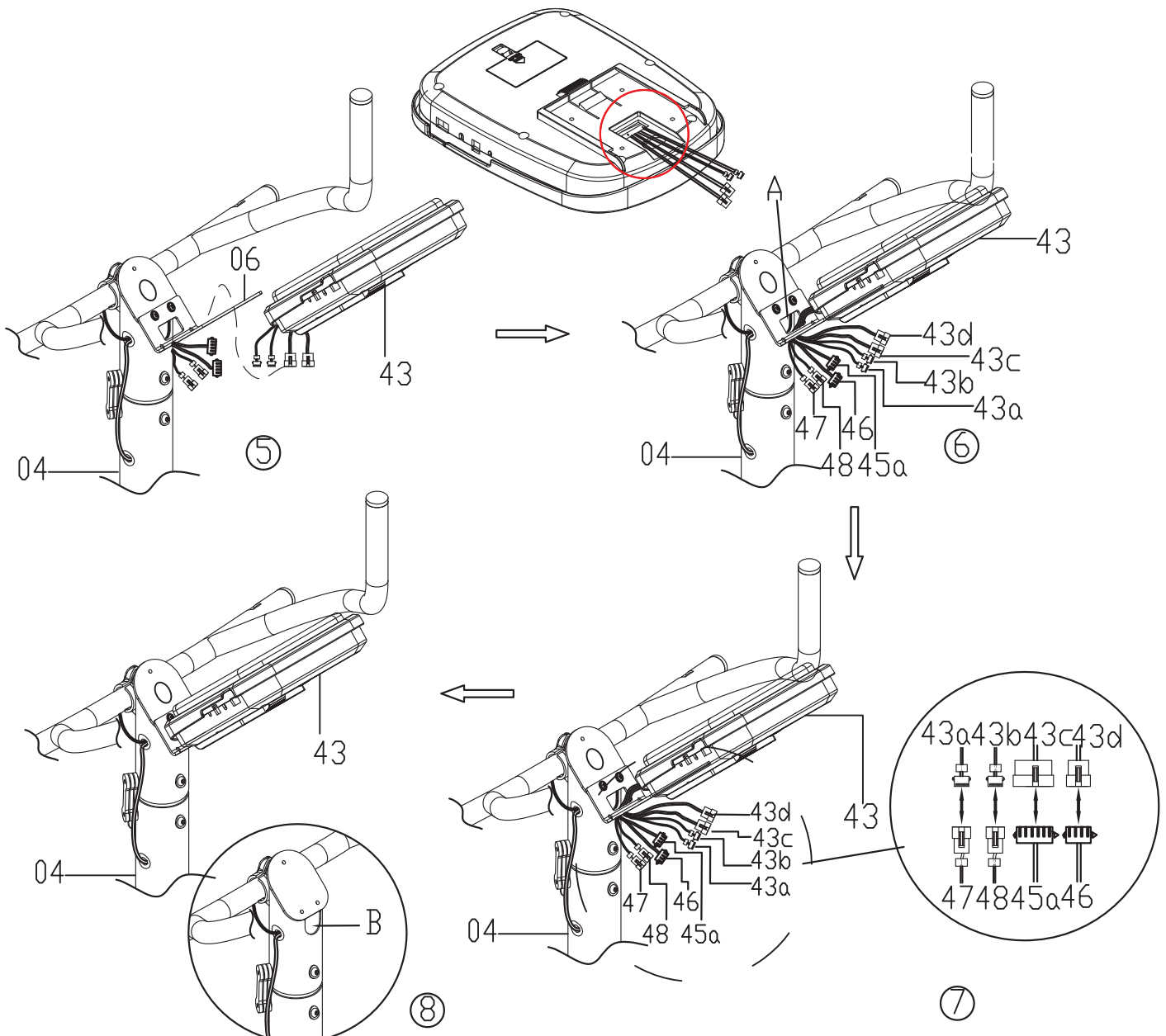
Please note: if you need to remove the **Monitor (#43)**, press and hold down the tab on the back of the **Monitor (#43)** to unlock, slide, then release the tab.

B. Now, connect the corresponding cables as shown in diagram No. 7:

- 43a to 47
 - 43b to 48
 - 43c to 45a
 - 43d to 46
- } -Please connect designated wires to matching numbers (i.e. "1" to "1"; "2" to "2").
- NOTE:** Wires do not require excessive force to connect; please use care when connecting.

C. Then, carefully place and tuck all the connected cables into Hole B as shown in diagram No. 8.

- Please note: 1.) there is room for you to tuck the cables upward and downward in the hollow area of the **Center Post (#04)**
 2.) use care when tucking in cables to avoid injury to your fingers and hands





Assembly Instructions

Assembly Step 10

Place the **Handle Bar Cover [Upper] (#35)** over the inner side of the **Center Post (#04)**. Please ensure proper alignment as shown in the diagram. Next, connect the **Handle Bar Cover [Lower] (#34)** to the **Handle Bar Cover [Upper] (#35)**. The two covers should fit snugly in place. Secure with one **Screw (#26)** through the top of the **Handle Bar Cover [Upper] (#35)**.

The **Handle Bar Cover [Lower] (#34)** has a small indent for the **Main Sensor Wire [Middle] (#45)** to tuck into so that it does not get pinched or damaged when connecting the covers. Please see "VIEW FROM BOTTOM" diagram below for your reference.

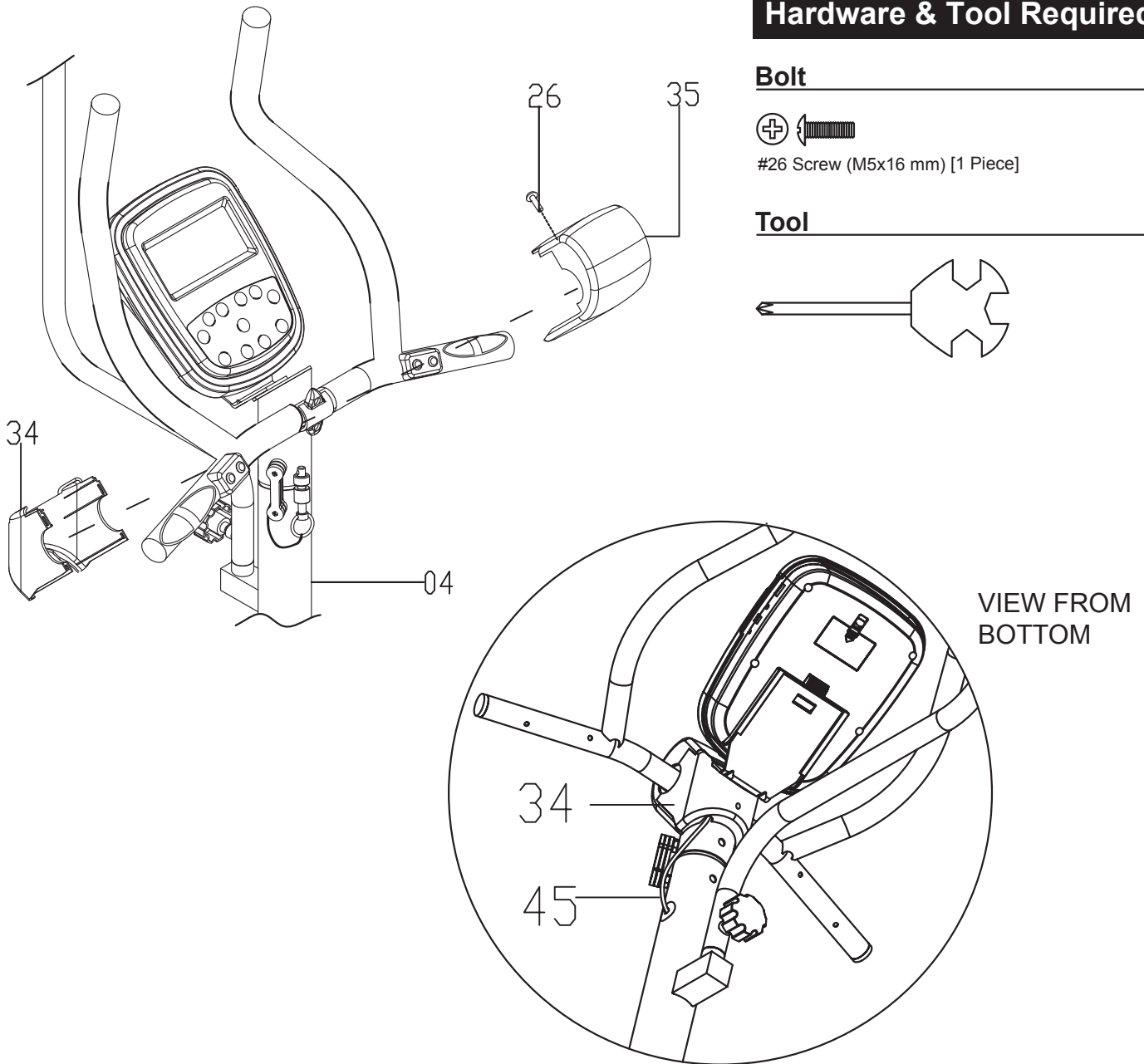
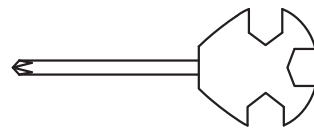
Hardware & Tool Required

Bolt



#26 Screw (M5x16 mm) [1 Piece]

Tool





Assembly Instructions

Assembly Step 11

Resistance Bands Installation

The **Resistance Bands (#55)** add a realistic feel to the interactive game mode and an extra boost of fitness workout to your arms and upper body. Increasing the number of bands increases the handlebar resistance for a more engaging workout, while decreasing the number of bands decreases the handlebar resistance and requires less strength to maneuver.

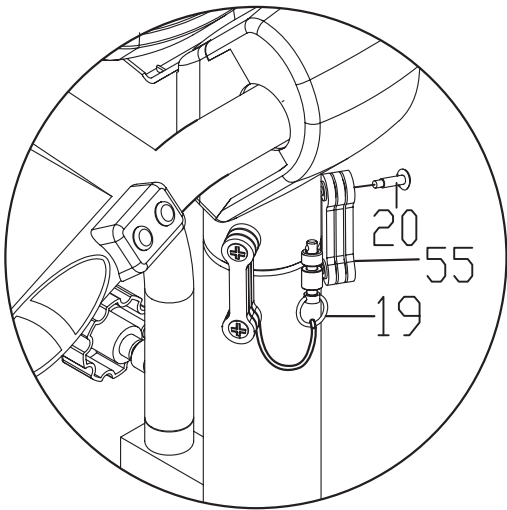
There are (3) three **Resistance Bands (#55)** on each side pre-installed on the unit (along with the **Lock Pin (#19)**). This is the maximum handlebar resistance you can use on your Game Rider.

To Reduce Resistance:

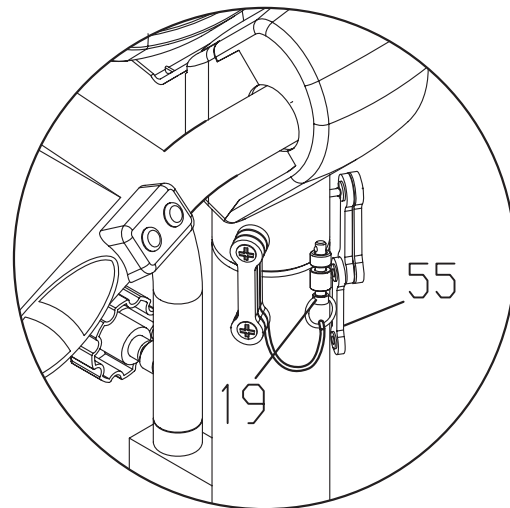
- 1.Reducing the number of bands reduces the handlebar resistance.
- 2.You need only remove the top of the **Resistance Band (#55)**. It is not necessary for you to remove the bottom portion of the band in order to lessen the tension, and will also prevent the **Resistance Band (#55)** from getting lost if not in use.
- 3.Please ensure both the left and right sides have the same number of **Resistance Bands (#55)** for balanced handlebar resistance.
- 4.How To Remove The (Top of the) Resistance Band:

Method A

Unscrew the upper Screw (#20) only, slip off the upper hole of the **Resistance Band (#55)**, then screw back the upper Screw (#20) to its corresponding hole. Please do not adjust the lower screw or lower portion of the band (see above "2."). Please ensure the **Screw (#20)** is secure, but do not over-tighten.



Method A



Method B

Remove the band from the upper Screw (#20) by pulling downward and stretching the upper hole of the **Resistance Band (#55)** to create an initial opening. Use this opening to stretch the hole of the band to fit around, over, and off the **Screw (#20)**. The **Resistance Band (#55)** should now 'pivot' from the lower **Screw (#20)**. Please do not adjust the lower screw or lower portion of the band (see above "2.").

Method B

Add the band to the upper Screw (#20) by placing the upper hole of the **Resistance Band (#55)** onto the upper **Screw (#20)** and stretch it downward to create an initial opening. Use this opening to stretch the hole of the band to fit around, over, and onto the **Screw (#20)**. Please do not adjust the lower screw or lower portion of the band (see above "2.").

NOTE: If using Method B, you will be adding/reducing **Resistance Bands (#55)** from the outermost edges first.



Assembly Instructions

Assembly Step 12

Lock Pin

The **Lock Pin (#19)** allows you to switch the handlebar between fitness bike mode (stationary handlebar) and interactive game mode (range of motion handlebar).

A. To keep the handle bar stationary:

Align the locking holes and insert the **Lock Pin (#19)** through the lower hole first followed by the upper hole as shown in the diagram.

B. To allow range of motion in the handle bar:

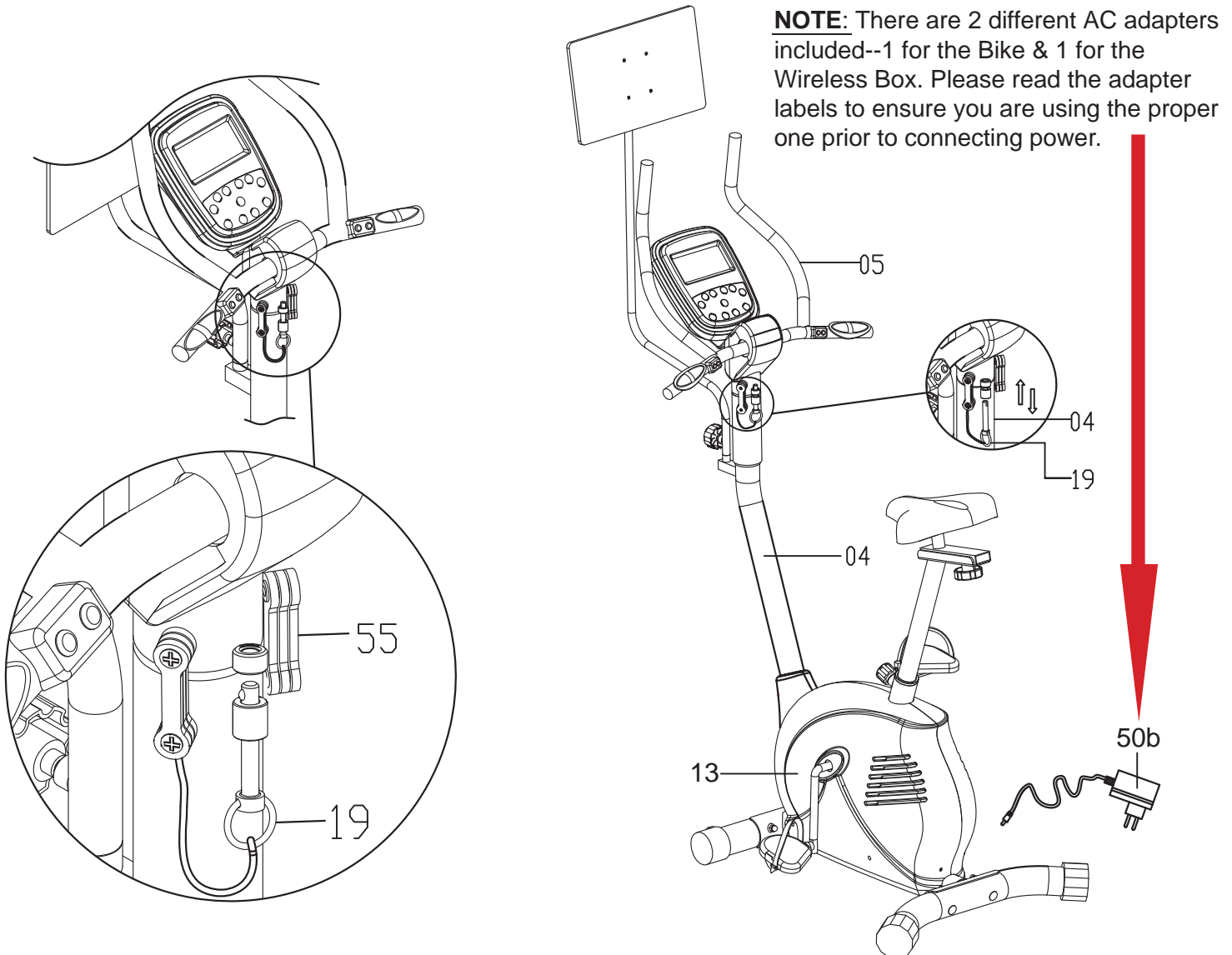
Slowly pull the **Lock Pin (#19)** downward, removing it from the two locking holes.

You may store the **Lock Pin (#19)** by leaving it the lower Lock Pin hole, or, leave the cord to hang.

AC Adapter

Plug in the **AC Adapter for Bike (DC 8V, 1000mA)(#50b)** male plug into the rear female socket located on the back of the unit **Shroud (#13)**.

NOTE: Your assembly and installation of the bike itself is now complete. However, please continue reading the remaining sections of this manual in the pages following before you begin using the bike.





Operation Guide

This patented Game Rider is not only a **Game Bike** but also a full-function **Programmable Exercise Bike**.

- The **Game Bike** functions are controlled by four major components:
 - 1) the bike; 2) the monitor buttons; 3) the Wireless Box; and 4) the buttons on the bike handlebar.
- The **Programmable Exercise Bike** functions are controlled by:
 - 1) the bike; 2) the monitor LCD display & buttons.

There is a “**GAME/FIT**” button located at the center of the monitor to control the switching between **Game Bike** and **Programmable Exercise Bike** functions.

This Operations Guide will describe the set-up and operation instructions of the **Game Bike** and **Programmable Exercise Bike** functions in separate sections.

NOTE: The Game Rider is a fitness equipment unit that enhances your workouts with the option of compatibility to your home television set or PC computer. Please consult the proper product manuals for your home television set or PC computer and confirm that it can safely connect to the features of the Game Rider.

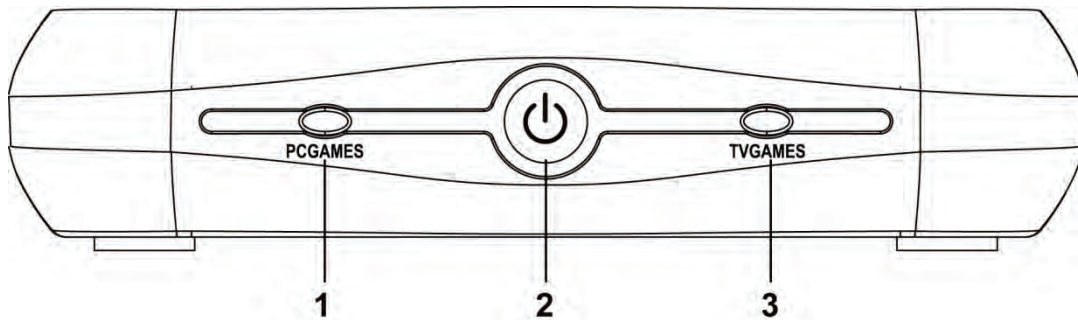
[GAME] Mode Operation

I. SET UP & CONNECTIONS

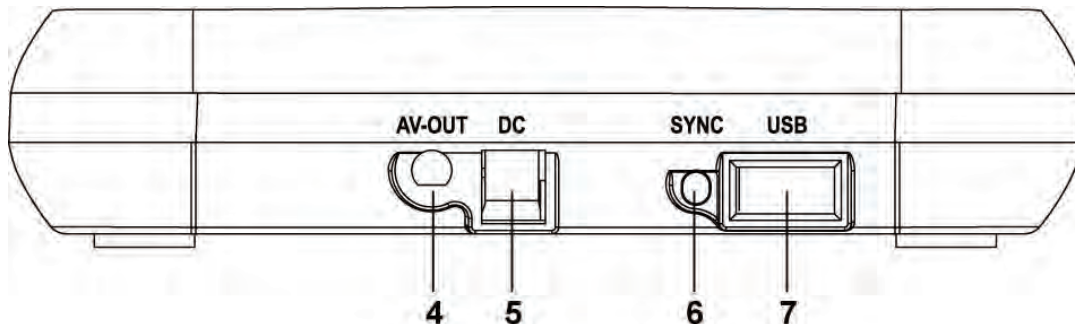
A. **Bike & Monitor:** Please follow the Assembly Steps described earlier in this manual to assemble the bike and to attach the television **Monitor (#43)** to the bike.

B. **Wireless Box:**

NOTE: the maximum distance between the Game Bike and the **Wireless Box (#51)** is **25 feet**. Please ensure there is a clear path from the Game Rider to the **Wireless Box** without any obstacles or obtrusions in the way to ensure that the wireless signal properly communicates.



Wireless Box – Front View

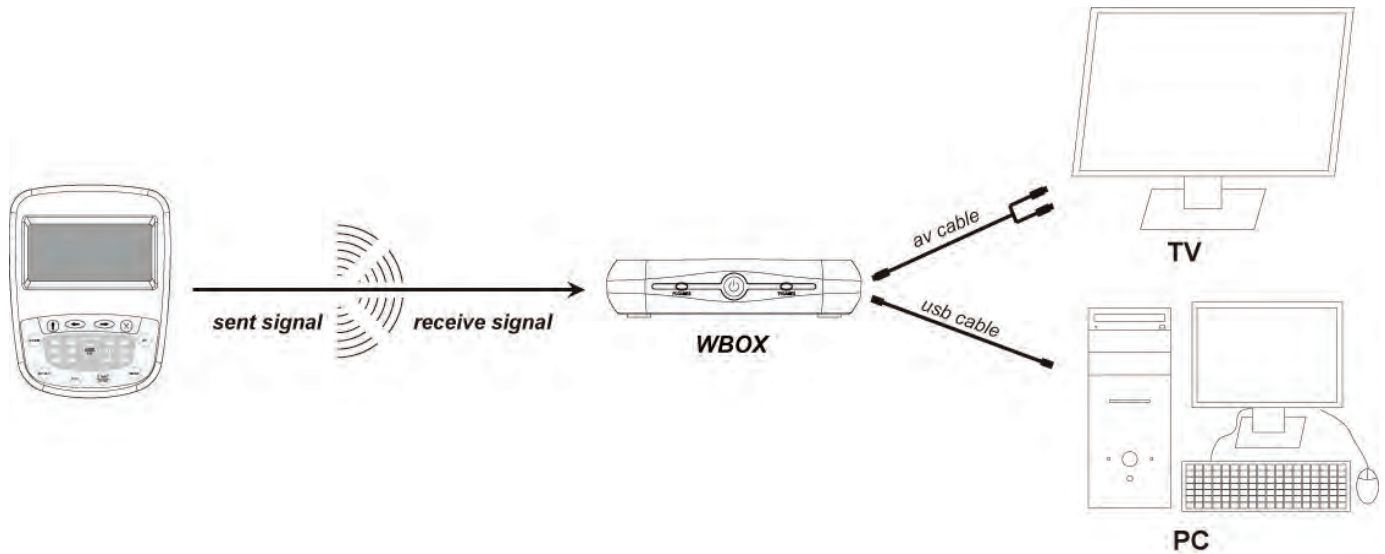


Wireless Box – Rear View

**SYNC (#6) has no function or use on this Game Rider model



[GAME] Mode Operation



Wireless Box – Connect to TV or PC

B-1. Connect to TV Set:

- i. This connection enables user to play the games that are preloaded inside the **Wireless Box (#51)**, and, display the games on the TV set.
- ii. First, connect the single-headed end of the **AV Cable** to the **AV-OUT (#4)** port in the rear of the **Wireless Box**. Connect the other double-headed end of the **AV Cable** to the corresponding **AV Input ports** on your TV Set. Please connect the cables to the corresponding colors (i.e. yellow to yellow; white to white) while plugging the cables to the ports on your TV Set.
- iii. Then, connect the **AC Adapter for Wireless Box (DC 6V, 1000mA) (#50a)** to **DC (#5)** port at the rear of the **Wireless Box** and plug into a power source.

NOTE: There are 2 different AC adapters included--1 for the Bike & 1 for the Wireless Box. Please read the adapter labels to ensure you are using the proper one prior to connecting power.

B-2. Connect to PC:

- i. Alternatively, you may use the bike to play games that are playing on your PC, which include games that are running directly on your PC, or, games running on Internet web sites.
- ii. This connection enables user to play the games that are playing on his/her PC.
- iii. First, connect one end of the **USB Cable** to the **USB (#7)** port at the rear of the **Wireless Box**. Then, connect the other end of the **USB Cable** to a **USB port** on your PC.
- iv. Since the **USB Cable** will also transmit the electrical power from the PC, you DO NOT have to connect the **AC Adapter for Wireless Box (DC 6V, 1000mA) (#50a)** to **DC (#5)** port at the rear of the **Wireless Box**.



[GAME] Mode Operation

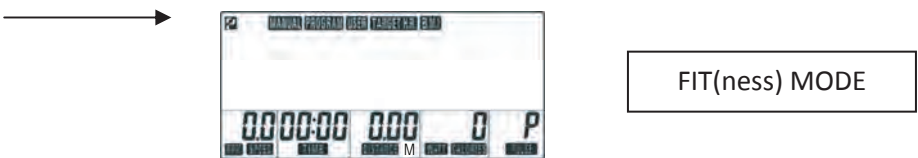
II. Playing Games PRELOADED inside the Wireless Box:

A. Start-Up Procedure:

- A-1. Connect the Wireless Box to the TV set: please follow the instructions described in the "Connect to TV Set" section above.
- A-2. Power ON the Wireless Box by pressing the Power Button (#2) at the front of the Wireless Box.
- A-3. Power ON the TV set, and, use the TV remote controller to select INPUT (usually an "Input" or "AV" button) to the corresponding AV Input ports (i.e. AV1, AV2, etc.) which you connected the AV Cable from the Wireless Box.
- A-4. At this point, you should see the Game Menu display on your TV set.
- A-5. Plug in the proper end of the AC Adapter for Bike (DC 8V, 1000mA)(#50b) into the socket located at the rear end of the bike. Plug in the other end of the AC Adapter to a power source.
- A-6. Press the "GAME/FIT" button on the bike monitor to activate the "GAME" mode.
 - a. If you see the below display on monitor (with only the MANUAL option on the top line) after pressing the "GAME/FIT" button, then, you are in "GAME" mode.



- b. However, if you see the below display on monitor after pressing the "GAME/FIT" button, then, you are in "FITness" mode. Press the "GAME/FIT" button again to switch to the "GAME" mode.





You are now ready to play the games while exercising on the bike. Your Game Rider will communicate to the Wireless Receiver Box, and the gaming visual will be displayed on your TV screen. You should see the "TVGAMES" (#3) LED in the front of the Wireless Box light up. Please follow the instructions in the next section to control or manipulate the games.

B. Game Control & Manipulation:

- B-1. Buttons on Monitor:
 - a. There are four buttons (with red icons) on the Monitor in the zone marked "GAME SELECT". These four buttons are used in selecting different games or options in games.

NOTE: these four buttons will function ONLY in "GAME" mode. If you find that these four buttons do not respond when pressed, please press the "GAME/FIT" button to switch to the "GAME" mode.

b. Button Functions:

- ↑ : UP UP key in menu selection.
- ← : LEFT LEFT key in menu selection.
- : RIGHT RIGHT key in menu selection.
- ↵ : EXIT EXIT current selection menu and go to the top menu. Pressing this button in the middle of game playing will EXIT the current game and go to the top menu for other game selection.
-  :DOWN DECREASE the resistance level of the bike during game playing
-  :UP INCREASE the resistance level of the bike during game playing



[GAME] Mode Operation

B-2. Buttons on Bike Handlebar:

- a. There are four colored buttons on the Bike Handlebar.

NOTE: these four colored buttons function differently while playing the preload games on **Wireless Box (GR mode)** versus while playing the PC games (**PC mode**). The corresponding button functions in **GR mode** and **PC mode** are marked on top of the buttons and are also color coordinated.

- b. Color Button Functions – while playing preloaded games on **Wireless Box (GR Mode)**:

GREEN button : **SELECT** To confirm menu selection, or, to START the game. Pressing this button during the game playing will PAUSE the game.

RED button : **BRAKE** Press this button during game playing to apply the BRAKE for slowing down. **PLEASE NOTE:** this BRAKE function **ONLY** works in the “**Over Speed**” game.

BLUE button : **UP** UP key in menu selection.

YELLOW button : **DOWN** DOWN key in menu selection.

B-3. Bike Handlebar:

- a. During menu selection, making a LEFT turn using the handlebar is equivalent to pressing the ← : **LEFT** button on the monitor, while making a RIGHT turn using the handlebar is equivalent to pressing the → : **RIGHT** button.

NOTE: If the handlebar LEFT/RIGHT turn function and colored handlebar buttons are not responding, please peddle on the Game Rider to engage these functions, then proceed again. These functions stop working when the Game Rider is not actively engaged with the **Wireless Box**.

- b. During **game playing**, making a LEFT turn or RIGHT turn using the handlebar will change the traveling direction of the vehicle in the game.

B-4. Playing the Game:

- a. Use the buttons on the monitor and the buttons on the handlebar to select the desired game and the options in selected game.

NOTE: Certain options or levels in the preloaded game CANNOT be selected until user has passed the previous game level.

- b. Once the selected game is started, use the handlebar to control the traveling direction of the vehicle in the selected game.

NOTE: The vehicle in the game moves forward by pedaling the bike. The faster you pedal the bike, the faster the vehicle in the game travels. If you stop pedaling the bike during the game, the vehicle in the game will stop and some buttons may not function properly.

- c. Press the **GREEN/SELECT** button on the handlebar to PAUSE the game. To exit the game, press the ↵ : **EXIT** button on the monitor, which will return to the game selection menu.



[GAME] Mode Operation

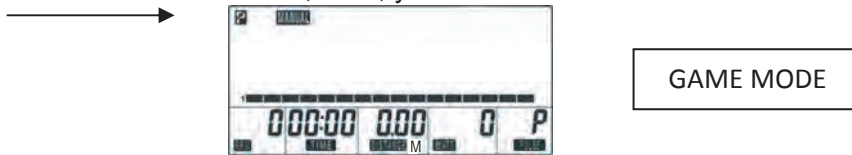
III. Playing Games Running on PC:

A. Start-Up Procedure:

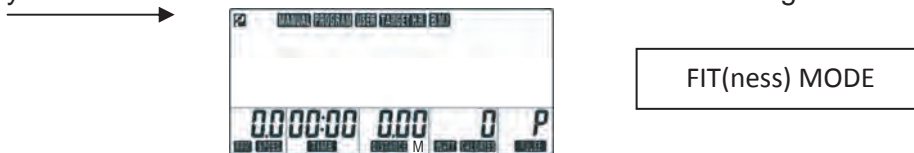
- A-1. Connect the Wireless Box to your PC: please follow the instructions described in the above “Connect to PC” section.
- A-2. Since the USB Cable will also transmit the electrical power from the PC, you DO NOT have to connect the **AC Adapter** for Wireless Box (DC 6V, 1000mA) (#50a) to DC (#5) port at the rear of the Wireless Box. Power ON the PC, and, start the game on your PC.

NOTE: this Game Bike supports games that are running directly on your PC or games running on Internet web sites. It is recommended to initialize the desired game and select all options and settings, if any, using your PC until ready to START the game.

- A-3. Plug in one end of the AC Adapter for Bike (DC 8V, 1000mA) (#50b) into the socket located at the rear of the bike. Plug in the other end of the AC Adapter to a power source.
- A-4. Press the “GAME/FIT” button on the bike monitor to activate the “GAME” mode.
 - a. If you see the following display on monitor (with only MANUAL option on the top line) after pressing the “GAME/FIT” button, then, you are in “GAME” mode.



- b. However, if you see the following display on monitor after pressing the “GAME/FIT” button, then, you are in “FITness” mode. Press the “GAME/FIT” button again to switch to the “GAME” mode.




You are now ready to play the games while exercising on the bike. Your game will communicate to the Wireless Box, and, the gaming visual will be displayed on your PC screen. You shall see the “PCGAMES” (#1) LED at the front of the Wireless Box light up. Please follow the instructions in the next section to control or manipulate the games.


B. Game Control & Manipulation:

B-1. Buttons on Monitor:

- i. There are four buttons (with red icons) on the Monitor in the zone marked “GAME SELECT”. These four buttons are used in selecting different games or options in games.
- ii. **NOTE:** these four buttons will function ONLY in “GAME” mode. If you find all these four buttons do not respond when pressed, please press the “GAME/FIT” button to switch to the “**GAME**” mode.
- iii. Button Functions:

- ↑ : **UP** Equivalent to the UP key on PC.
- ← : **LEFT** Equivalent to the LEFT key on PC.
- : **RIGHT** Equivalent to the RIGHT key on PC.
- ↵ : **EXIT** Equivalent to the ESC key on PC

 :DOWN DECREASE the resistance level of the bike during game playing

 :UP INCREASE the resistance level of the bike during game playing



[GAME] Mode Operation

B-2. Buttons on Bike Handlebar:



- a. There are four colored buttons on the Bike Handlebar.

NOTE: These four color buttons function differently while playing the preloaded games on Wireless Receiver Box (**GR mode**) versus while playing PC games (**PC mode**). The corresponding button functions in **GR mode** and **PC mode** are marked on top of the buttons and are color-coded.

- b. Color Button Functions – while playing games on the PC (**PC Mode**):

GREEN button : ENTER	Equivalent to the ENTER key on PC.
RED button : “R” Key	Equivalent to the R key on PC.
BLUE button : SPACE	Equivalent to the SPACE key on PC.
YELLOW button : DOWN	Equivalent to the DOWN key on PC.

B-3. Bike Handlebar:

- a. During **menu selection**, making a LEFT turn using the handlebar is equivalent to pressing the  : **LEFT** button on the monitor, while making a RIGHT turn using the handlebar is equivalent to pressing the  : **RIGHT** button.

NOTE: If the handlebar LEFT/RIGHT turn function and colored handlebar buttons are not responding, please peddle on the Game Rider to engage these functions, then proceed again. These functions stop working when the Game Rider is not actively engaged with the Wireless Receiver Box.

- b. During **game playing**, making a LEFT turn or RIGHT turn using the handlebar will change the traveling direction of the vehicle in the game.

B-4. Playing the Game:

- a. **NOTE:** since PC games may require different PC keys as “control keys” in different games, the Game Rider may not support ALL keys required. The supported keys are those that are documented above. Therefore, certain PC game functions may not be supported if the required keys are not supported by the Game Rider.
- b. Start the game on your PC. **NOTE:** This Game Bike supports games that are running directly on your PC or games running on Internet web sites. It is recommended to initialize the desired game and select all options and settings, if any, **using your PC** until ready to START the game.
- c. Once the PC game is started, use the handlebar to control the traveling direction of the vehicle in the selected game.
- d. Use the colored buttons on the handlebar to trigger the corresponding game functions as if you were pressing the PC keys. The corresponding PC key mappings are marked “PC” on top of the handlebar buttons.
- e. **NOTE:** The vehicle in the game moves forward by pedaling the bike forward. The faster you pedal the bike, the faster the vehicle in the game travels. If you stop pedaling the bike during the game, the vehicle in the game will stop and some buttons may not function properly.



FIT(ness) Mode-Computer Operation

There is a **"GAME/FIT"** button in the center of the monitor to control the switching between **Game Bike** [Game Mode] and **Programmable Exercise Bike** [FIT(ness) Mode] functions.

Please press the **"GAME/FIT"** button to activate the **"FIT(ness)"** mode.

1.If you see the following display on monitor (with Manual, Program, User, Target HR, BMI options on the top line of screen) after pressing the **"GAME/FIT"** button, then you are in the **"FIT"** mode.



2.However, if you see the following display on the monitor after pressing the **"GAME/FIT"** button, then you are in the **"GAME"** mode. Press the **"GAME/FIT"** button again to switch to the **"FIT"** mode.



I. BUTTONS:

UP	To make upward adjustment to each function data; or, increase training resistance; or, select personal data setting.
DOWN	To make backward adjustment to each function data; or, decrease training resistance; or, select personal data setting.
MODE	To confirm function selection or data input.
REC.(RECOVERY)	To activate/deactivate the Heart Rate Recovery function.
RESET	Press the RESET button for 2 seconds to reset current settings and switch the monitor to initial training mode.
START/STOP(ST/STOP)	To start or stop training.

II. FUNCTIONS:

SCAN	When training starts, RPM and SPEED data will alternate on display. Same for the Watt and Calories data.
SPEED	Displays current training SPEED from 0.0 to maximum 99.9 Miles.
RPM	Displays current training rotations per minute.
TIME	Count up - If NO preset target, Time will count up from 00:00 to maximum 99:59 with each increment of 1 second. Count down - If training with preset Time, Time will count down from preset value to 00:00.Each preset increment or decrement of 1 minute between 1:00 to 99:00.
DISTANCE	Count up - If NO preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 Mile. Count down - If training with preset target, Distance will count down from preset value to 0.00. Each preset increment or decrement is 0.1 Mile between 0.00 to 99.90.
CALORIES	Count up - If NO preset target, Calories will count up from 0 to maximum 999 with each increment of 1 cal. Count down - If training with preset target, Calories will count down from preset value to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.
PULSE	To display your current heart beat figures as soon as the pulse sensors are touched. The monitor will detect your heart beat through handgrip sensors once you hold on the sensors with both hands. If you have preset pulse target when training in Manual, Program, or User mode, the monitor will beep when your current heart rate reaches the preset target. To select Target Heart Rate training



FIT(ness) Mode-Computer Operation

mode for training, please refer to the above "Training in Target Heart Rate mode". To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training.

RECOVERY(REC.)

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "Time" will start counting down from 00:60 - 00:59 - 00:58 - to 00:00. Please keep on holding the handgrips until "Time" reaches 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep on exercising to improve the heart rate recovery status day by day from F6 to F1.
 ** Press the RECOVERY button again to return back to the main display.

WATT

Display current training watt figures.

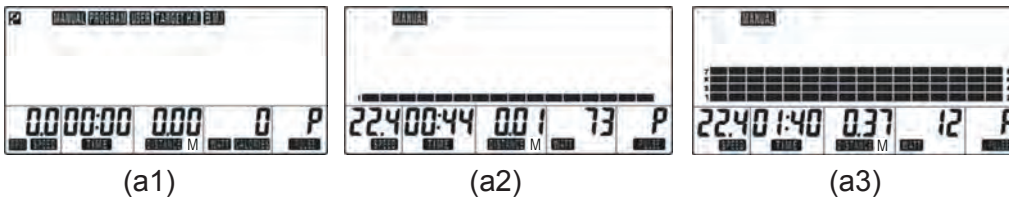
III. OPERATION:

A. To Operate the Monitor

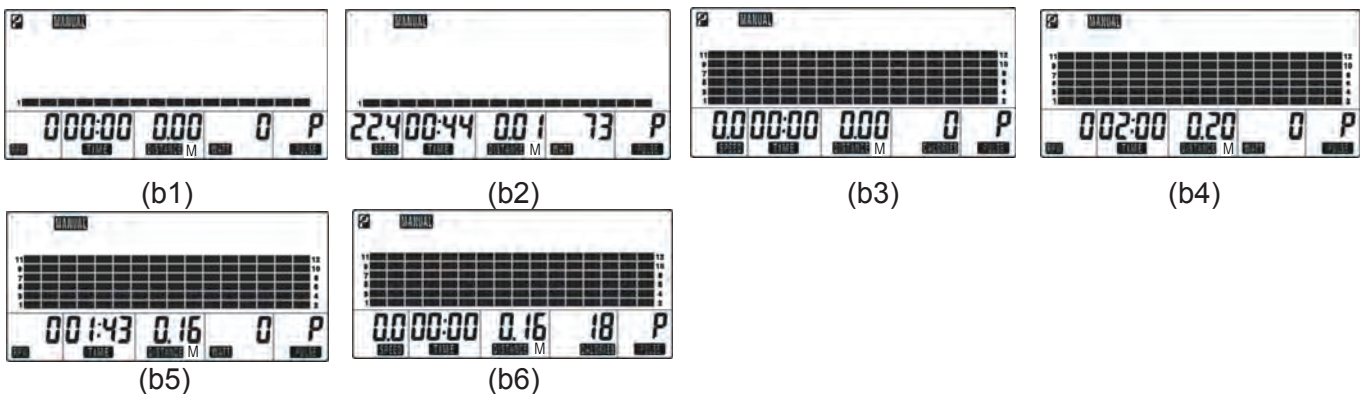
A-0. Plug in the AC Adapter to power supply. You will see this first screen followed by the second and third screen.



- A-1. You may select one of the following training modes: MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons (a1). Press MODE button to confirm. Or, you may press ST/STOP button to start training directly in MANUAL mode.
- A-2. When you begin any selected mode, all function data will start counting up from zero once the training starts (a2) by default. If you choose to preset any function target data (optional), then, the function display will count down from your preset target value once the training starts.
- A-3. During training, you may adjust resistance by pressing UP/DOWN buttons twice(a3). Please note each bar represents TWO resistance levels. The bar will change up or down every two levels. During adjustment, you will see the display changes when you press UP or DOWN button twice. There is a number (1 to 16) on the screen to display the exact resistance level.
- A-4. To reset during training, first press ST/STOP button (P will appear on the left-top corner indicating 'pause'), then press RESET button for 2 seconds. This will clear all data from your session. To switch to a different mode, use the UP button to select desired mode.



B. Training in MANUAL mode - press UP button until MANUAL appears on the upper line, press MODE to confirm(b1).

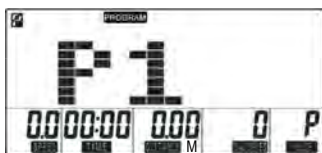




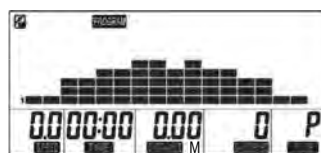
FIT(ness) Mode-Computer Operation

- B-1 You may press ST/STOP button to start training directly (b2), or you may press UP/DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.
- B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function data target by pressing MODE button to select the desired function you want to set target data for. Then, use the UP/DOWN buttons to set the value. Press MODE button to advanced to the next desired function area. The functions available for preset are: Time, Distance, Calories, and Pulse in MANUAL mode.(b4)
- B-3 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)
- B-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (b6)
- B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from the previously set data and count down again, and all other set function data will continue counting up or down from previous records.
- B-6 During any training period, you may press ST/STOP to stop monitor counting at anytime.

C. Training in PROGRAM mode - press UP button until PROGRAM shows up on the upper line, press MODE to confirm.



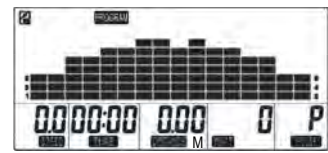
(c1)



(c2)

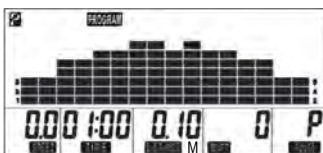


(c3)



(c4)

- C-1 The initial set program profile is P1 (c1 & c2). There are 12 training program profiles (P1-P12) available. You may press UP/DOWN button to select the desired training profile. Press MODE button to confirm.
- C-2 You may press ST/STOP button to start training directly (c3), or you may press UP, DOWN buttons to adjust resistance level (c4). During adjustment, you will see the display changes when you press UP or DOWN button twice.
- C-3 After adjustment of the training resistance, you may press ST/STOP to start training or, Optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in PROGRAM mode.(c5)



(c5)



(c6)



(c7)

- C-4 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.(c6)
- C-5 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (c7)
- C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.
- C-7 During any training period, you may press ST/STOP to stop monitor counting at anytime.

D. Training in USER mode - press UP button until USER shows up on the upper line, press MODE to confirm(d1).

In USER mode, you can set your own desired training program.



FIT(ness) Mode-Computer Operation



(d1)



(d2)



(d3)



(d4)



(d5)



(d6)

- D-1 There are 16 profile units that you can set the desired resistance level for each unit to create your own training program. Press UP, DOWN buttons to adjust resistance level of the first profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice (d3). Press MODE button to move to the next profile unit. Then use UP, DOWN buttons again to set the desired resistance level until you've completed all 16 profile units. You may also adjust resistance during training.
- D-2 After completing your own training program setting, you may press ST/STOP to start training or, optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in USER mode. (d4)
- D-3 After all settings are made, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (d5)
- D-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep 8 times to remind you.(d6)
- D-5 You may press ST/STOP button to start training again. The function which has achieved zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.
- D-6 During any training period, you may press ST/STOP to stop monitor counting at anytime.

E. Training in TARGET H.R. mode - press UP button until TARGET H.R. shows up on the upper line, press MODE to confirm.

(The monitor will first display initial set AGE 20 (e1)). Please input your age by pressing UP, DOWN, and MODE button to confirm. The monitor will then display initial target heart rate percentage 55% (e2). You may press UP button to select 75%, 90% or THR for further selection. The right-lower field of the display will show a target heart rate figure which is calculated according to your age and selected heart rate percentage. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right-lower field of the display. You may press MODE button and use UP, DOWN buttons to set your desired target heart rate to any value between the range 30 bpm to 240 bpm.



(e1)



(e2)



(e3)



(e4)

- E-1 You may press ST/STOP button to start training directly (e3). Or, optionally, you may set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, And Calories in TARGET H.R. mode.(e4)



FIT(ness) Mode-Computer Operation

E-2 After all settings are selected, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts(e5). Once you are training in TARGET H.R. mode, the training resistance will be adjusted automatically depending on your current heart rate. If your heart rate is very high compared to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your heart rate change. If the training resistance has dropped to level one but your heart rate is still high, the monitor will stop all functions automatically as a protective action. If your heart rate is very low compared to the preset target, the training resistance will increase one level every 30 seconds till level 16. You will NOT be able to adjust training resistance by yourself when you are training in Target H.R. mode.



(e5)



(e6)

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beeps 8 times to remind you.(e6)

E-4 You may press ST/STOP button to start training again. The function which has achieved zero will start from previous set data and count down again, and other set function data will keep counting up or down from previous records.

E-5 During any training period, you may press ST/STOP to stop monitor counting at anytime.

NOTES:

1. The monitor will shut off automatically if you stop the training or button operation for 4 - 5 minutes. All training data will be kept and reappeared again when you press any button.
2. The monitor is powered through an AC adaptor (DC 8V, 1000mA). Please plug in power supply before using the monitor.

FCC Rules, Part 15

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

This device complies with Part 15 of the FCC rules.

Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 BGB 290

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

