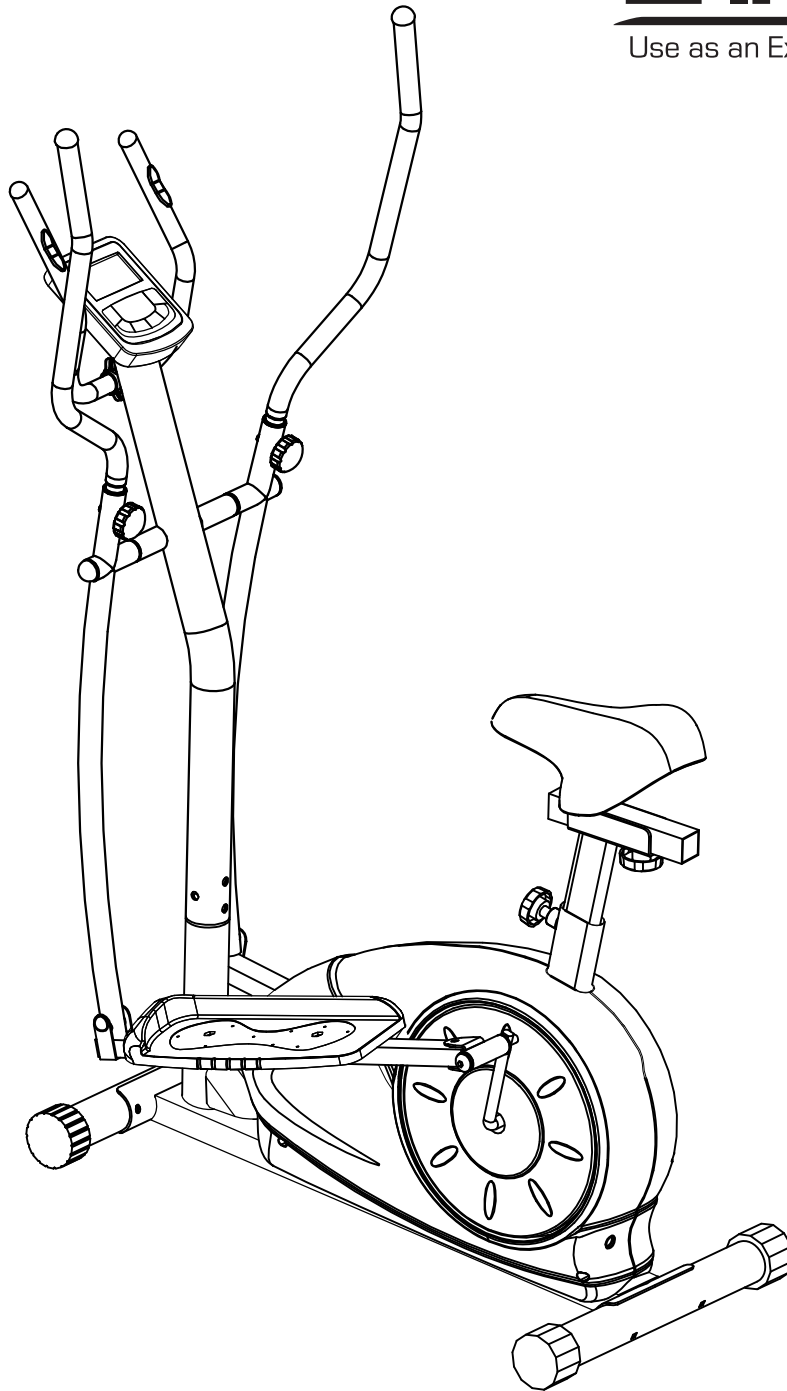# BODY CHAMP®

Cardio Dual Trainer

BRM 3671/3681/3690

For use under U.S. Patent numbers 6159132, D459773, D438264

2 IN ONE
Use as an Exercise Bike or Elliptical

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

OWNER'S MANUAL

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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. Excessive or incorrect training may result to health injuries. 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.

• Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.

• 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. This unit is for home use only.

• 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:

a). provide replacement parts to the purchaser in an effort to repair the item.

b). repair the product returned to our warehouse (at the purchaser's cost).

c). 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
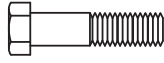Email: info@bodyflexsports.com
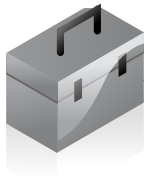
Hardware & Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.
PLEASE NOTE: some of these parts may have already been pre-assembled on your unit.
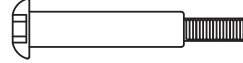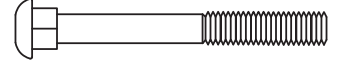
Bolts

#2. Bolt (M8 x 15 mm)
[2 pieces]

#12. Bolt (M8x45 mm)
[4 pieces]

#18. Left / Right Pedal Bolt
[2 pieces]

#27. Carriage Bolt (M8x73 mm)
[4 pieces]

#38. Bolt (M8x20 mm)
[4 pieces]

#63. Screw (M4 x 10 mm)
[4 pieces]
Pre-assemble

#65. Bolt (M8x30 mm)
[2 pieces]

Washers

#4. Spring Washer *(for M8 bolt)*
[4 pieces]

#5. Washer *(for M8 bolt)*
[2 pieces]

#73. Washer *(for M8 bolt, T1.5 mm)*
[7 pieces]
Pre-assemble [3 pieces]

#37. Arc-Washer *(for M8 bolt)*
[8 pieces]

#42. Washer *(for M10 bolt, T2.0 mm)*
[1 piece]

#47. Spring Washer *(for bolt #18)*
[2 pieces]

Nuts

#72 Nylon Nut *(for M 8 bolt)*
[7 pieces]
Pre-assemble [3 pieces]

#46. Nylon Nut *(for bolt #18)*
[2 pieces]

#49. Cap Nut *(for M8 carriage bolt)*
[4 pieces]

Knobs

#7. Knob Bolt *(M8x36 mm)*
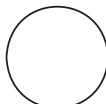[2 pieces]

#43. Knob (M10)
[1 piece]

#39. Spring Loaded Knob
[1 piece]

Caps
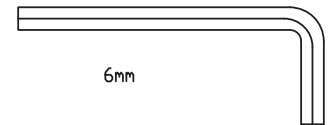
#3. Bolt Cap *(for M8 bolt)*
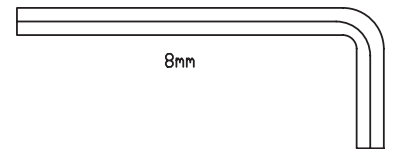[4 pieces]

#45. Bolt Cap *(for bolt #18)*
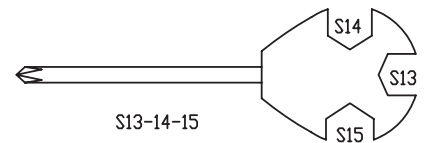[2 pieces]

Misc.

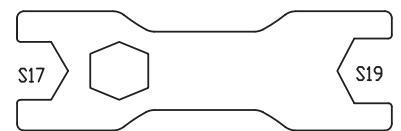#66. Clamp Cover [1 piece]
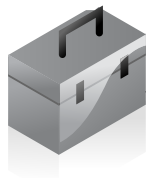
Tools

6mm

8mm

S13-14-15

S14

S13

S15

S17

S19

S17-19

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.

Part #	Description
1	Handle Bar Foam Grip
2	Bolt (M8 x 15 mm)
3	Bolt Cap (for M8 bolt)
4	Spring Washer (for M8 bolt)
5	Washer (for M8 bolt)
6	Bushing for Coupler Bar
7	Knob Bolt (M8x36 mm)
8	L/R Coupler Bar
9	Nylon Nut (for M10 bolt)
10	Bolt Cap (for M10 bolt)
11	Bushing
12	Bolt (M8x45 mm)
13	Pedal
14	Pedal Tube
15	Washer (for M10 bolt)
17	Bolt (M10x50 mm)
18L	Left Pedal Bolt
18R	Right Pedal Bolt
19	Bushing for Pedal Connection Joint
20	Pedal Connection Joint
22	End Cap (rectangular 25x40 mm)
25	Adjustable End Cap for Rear Stabilizer
26	Rear Stabilizer
27	Carriage Bolt (M8x73 mm)
28	End Cap (round 28mm)
29L/29R	Handle Bar
30	Handle Bar Sleeve
31	Spacer
32	Bolt (M10x55 mm)
33	Seat
34	End Plug (square 38mm)
35	Horizontal Seat Bar
36	Seat Post

Part #	Description
37	Arc-Washer (for M8 bolt)
38	Bolt (M8x20 mm)
39	Spring Loaded Knob
41	U Bracket
42	Washer (for M10 bolt, 2.0 mm Thick)
43	Knob (M10)
44	Seat Post Sleeve
45	Bolt Cap (for bolt #18)
46	Nylon Nut (for bolt #18)
47	Spring Washer (for bolt #18)
48	Main Frame
49	Cap Nut (for M8 carriage bolt)
51	Computer
52	Main Sensor Wire (Upper)
53	Pulse Sensor Wire (Upper)
54	Main Sensor Wire (middle)
58	Center Post
59	End Cap (round 25 mm)
60	Pulse Handle Bar Foam Grip
61	Pulse Sensor
62	Screw
63	Screw (M4 x 10mm)
64	Pulse Sensor Wire (Lower)
65	Bolt (M8x30 mm)
66	Clamp Cover
67	Main Sensor Wire (lower)
68	End Cap for Front Stabilizer
69	Front Stabilizer
70	Pulse Handle Bar
71	AC Adapter
72	Nylon Nut (for M8 bolt)
73	Washer (for M8 bolt)

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.
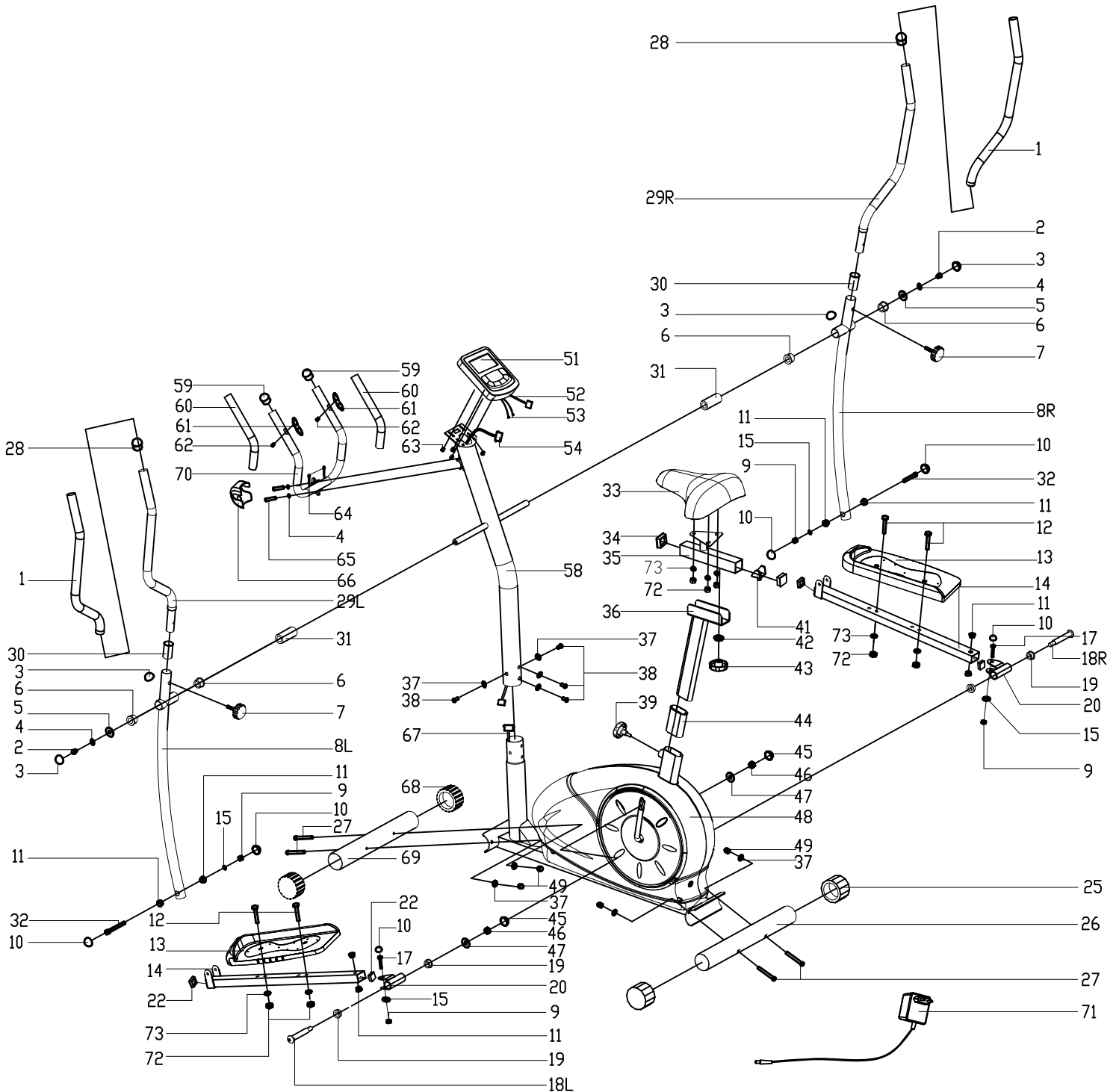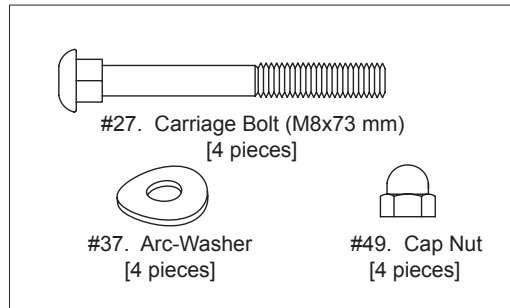
Assembly Instructions

FRONT STABILIZER ASSEMBLY
Secure the *Front Stabilizer (#69)* to the *Main Frame (#48)* using a total of two *Carriage Bolts (#27)* two *Arc-Washers (#37)* and two *Cap Nuts (#49).*
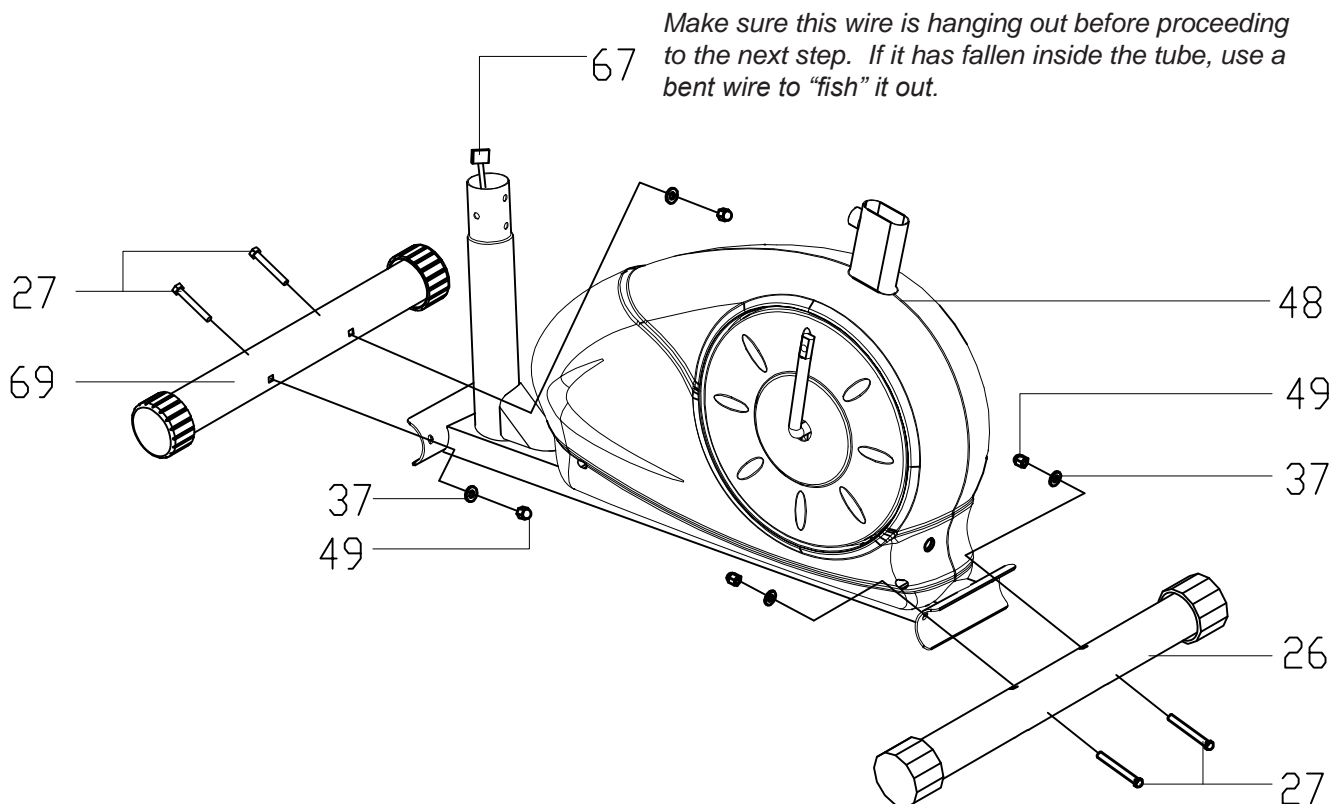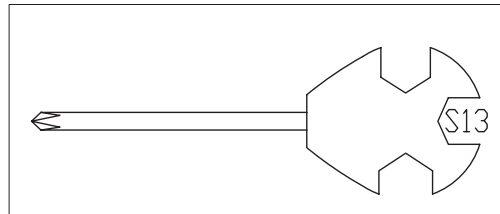
REAR STABILIZER ASSEMBLY
Secure the *Rear Stabilizer (#26)* to the *Main Frame (#48)* using a total of two *Carriage Bolts (#27)* two *Arc-Washers (#37)* and two *Cap Nuts (#49).*

Hardware Required

#27. Carriage Bolt (M8x73 mm)
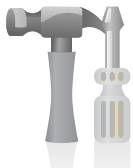[4 pieces]

#37. Arc-Washer
[4 pieces]

#49. Cap Nut
[4 pieces]

Tool Required

S13

67

Make sure this 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.

27

69

37

49

48

49

37

26

27

Assembly Instructions

Assembly Step 2

WIRE CONNECTIONS
Connect the *Main Sensor Wire [middle] (#54)* to the *Main Sensor Wire [lower] (#67)*.

CENTER POST ASSEMBLY
Slide the *Center Post (#58)* onto the *Main Frame (#48)* and secure it using a total of four *Arc-Washers (#37)* and four *Bolts (#38)*.
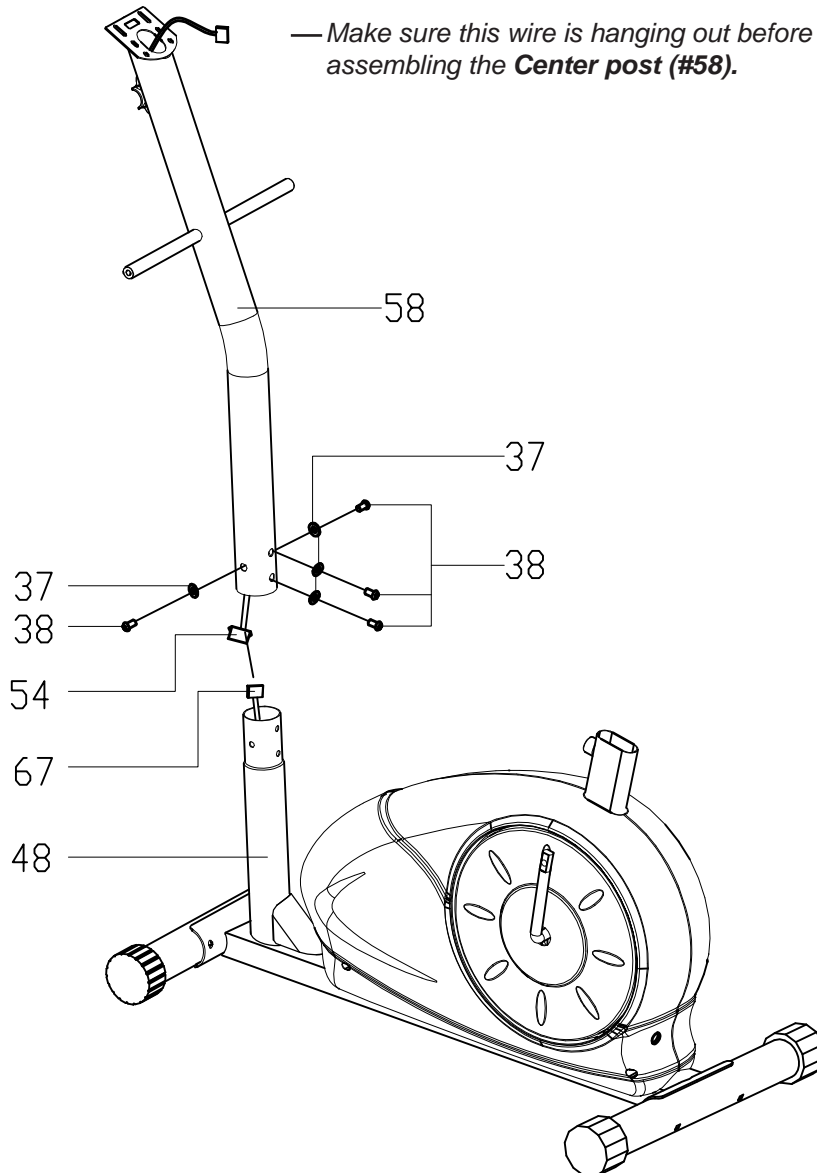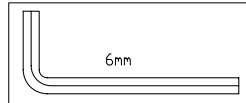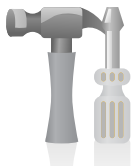
Hardware Required

#38. Bolt (M8x20 mm) [4 pieces]

#37. Arc-Washer [4 pieces]

Tools Required

6mm

— *Make sure this wire is hanging out before assembling the **Center post (#58)**.*

58

37

38

37

38

54
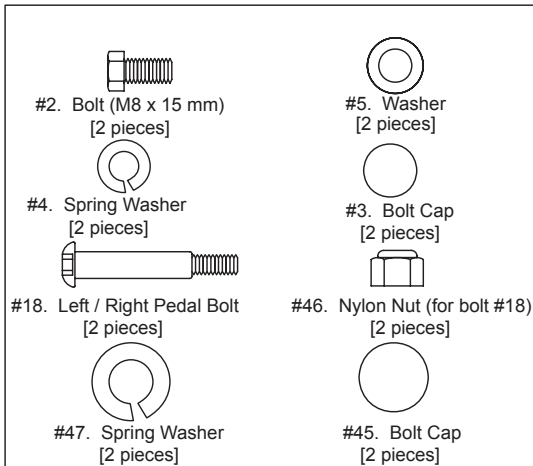
67

48

Assembly Instructions

Coupler Bar Assembly

Slide two **Spacers (#31)** onto the two bars that are protruding from the **Center Post (#58)**. Then slide one **Left Pedal Bolt (#18L)** into the **Pedal Connection Joint (#20)**. Assemble the **Coupler Bar (#8L)** to the left side of the unit by sliding the upper part onto the left bar that is protruding from the **Center Post (#58)**. Secure it using one **Washer (#5)**, one **Spring Washer (#4)**, one **Bolt (#2)** and then place a **Bolt Cap (#3)** on top of the **Bolt (#2)**. Lift the lower segment of the **Coupler Bar (#8L)** and align the **Pedal Connection Joint (#20)** to the hole on the pedal crank. Push the **Left Pedal Bolt (#18L)** through the hole on the pedal crank and secure it using one **Spring Washer (#47)**, the **Nylon Nut (#46)** with black inner ring, and then place a **Bolt Cap (#45)** on top of the **Nylon Nut (#46)**. Repeat this process on the opposite side.
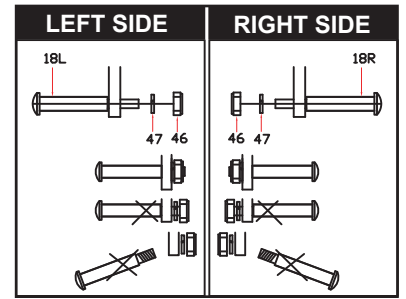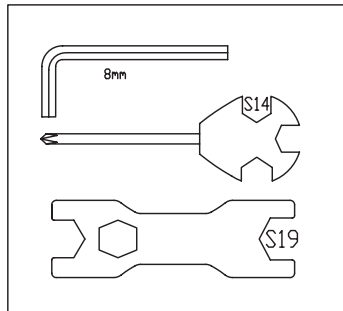
PLEASE NOTE:

a):Turn COUNTERCLOCKWISE to tighten the **Left Pedal Bolt (#18L)** and CLOCKWISE to tighten **Nylon Nut (#46)** with BLACK inner nylon ring.

b):Turn CLOCKWISE to tighten the **Right Pedal Bolt (#18R)** and COUNTERCLOCKWISE to tighten **Nylon Nut (#46)** with WHITE inner nylon ring.

Hardware Required

#2. Bolt (M8 x 15 mm)
[2 pieces]

#5. Washer
[2 pieces]

#4. Spring Washer
[2 pieces]

#3. Bolt Cap
[2 pieces]

#18. Left / Right Pedal Bolt
[2 pieces]

#46. Nylon Nut (for bolt #18)
[2 pieces]

#47. Spring Washer
[2 pieces]

#45. Bolt Cap
[2 pieces]

Tools Required

8mm

S14

S19

LEFT SIDE | RIGHT SIDE

18L   18R

47 46   46 47

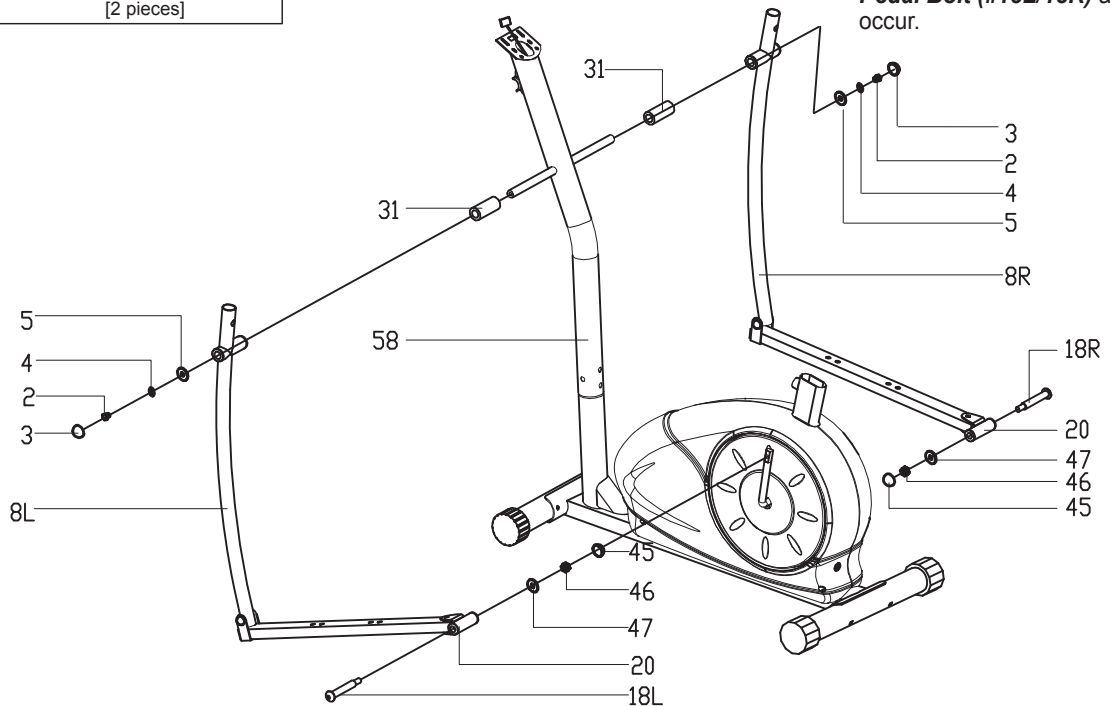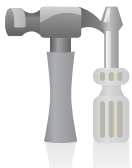**Note:** Keep the **Left/Right Pedal Bolt (#18L/18R)** perfectly straight as they go through the **Left/Right Pedal Connection Joint (#20)** and the **Crank .** If the **Left/Right Pedal Bolt (#18L/18R)** are connected to the **Crank** incorrectly, damage to the **Left/Right Pedal Bolt (#18L/18R)** and **Crank** will occur.
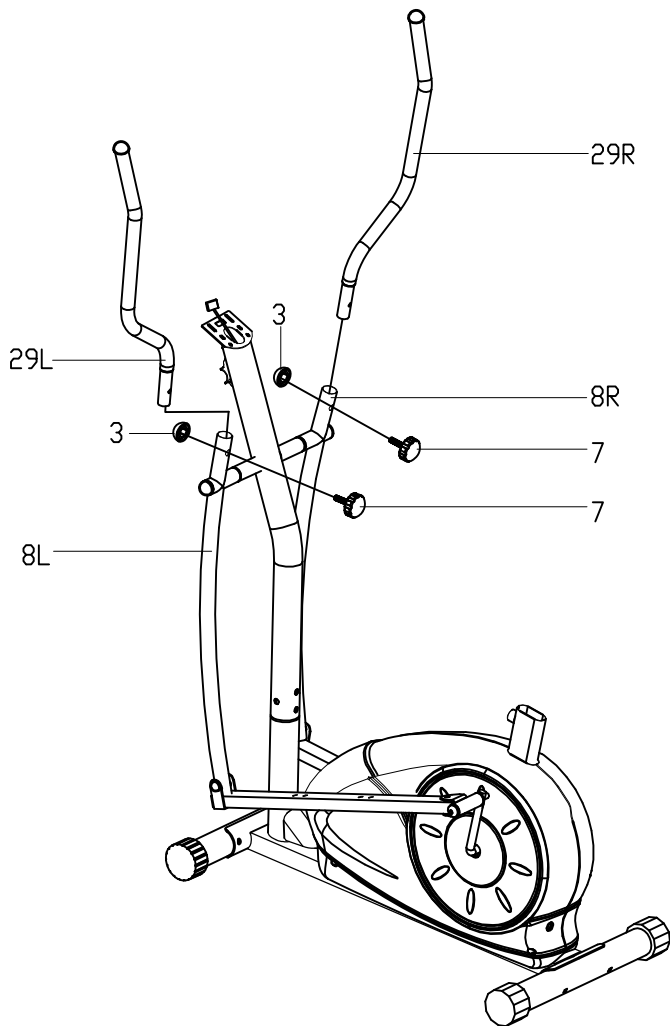
Assembly Instructions

Assembly Step 4

<u>HANDLE BAR ASSEMBLY</u>

Insert the two **Handle Bars (#29L & 29R)** into the openings at the end of the two **Coupler Bars (#8L & #8R)**. Secure the **Handle Bars (#29)** using two **Knob Bolts (#7)**. Place two **Bolt Caps (#3)** on the welded nuts located on the opposite side of the **Knob Bolts (#7).**

Hardware Required

#7. Knob Bolt *(M8x36 mm)*
[2 pieces]

#3. Bolt Cap
[2 pieces]

Assembly Step 5

<u>PULSE HANDLE BAR ASSEMBLY</u>

Install the **Pulse Handle Bar (#70)** onto the front side of the **Center Post (#58)** using two **Bolts (#65)** and two **Spring Washers (#4)**. Feed the **Pulse Sensor Wire (#64)** through the neck of the **Center Post (#58)** until is sticking out of the opening. You will need to connect this wire to the **Computer (#51)** later. Slide the **Clamp Cover (#66)** over the **Pulse Handle Bar (#70)**.

Hardware Required

#65. Bolt
(M8x30 mm)
[2 pieces]

#66. Clamp Cover
[1 piece]

#4. Spring Washer
[2 pieces]

Tool Required

6mm

*Feed the **Pulse sensor wires (#64)** through the neck of the **Center post (#58)** until they are sticking out of the opening.*
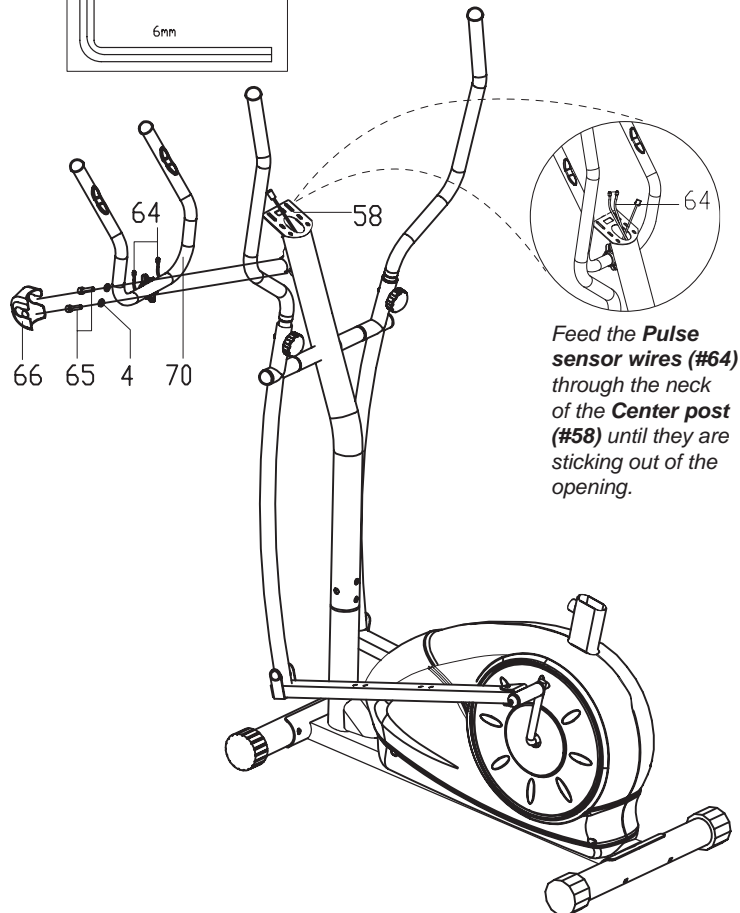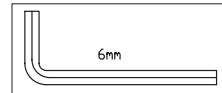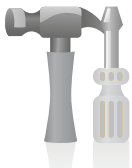
Assembly Instructions

Seat Assembly

Remove the Washers and Nuts that are pre-assembled on the back of the *Seat (#33)* and set them aside as they will be used in later in this process. Attach the *Seat (#33)* onto the *Horizontal Seat Bar (#35),* ensuring that it is pointing directly toward the short end of it and then tighten with three *Washers (#73)* and thr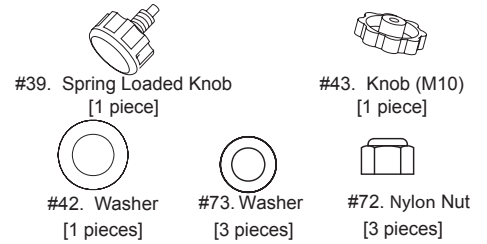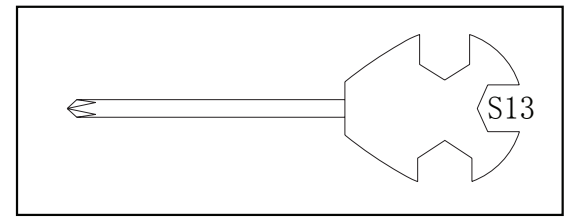ee *Nylon Nuts (#72)* that were previously removed. Attach the *Horizontal Seat Bar (#35)* onto the *Seat Post (#36)* by inserting the bolt (on the bottom of the *Horizontal Seat Bar (#35*) through the *Seat Post (#36)*, secure them using a *Washer (#42)* and a *Knob (#43)*. This knob can be loosened to adjust the distance of the seat from the handle bars. Make sure to tighten the knob after making any adjustment.

Insert the *Seat Post (#36)* into the mouth of the post that is protruding from the *Main Frame (#48)* down a <u>minimum of 4 inches to engage the lowest hole</u>. Please ensure that the hole on the *Seat Post (#36)* facing the same side as the *Spring Loaded Knob (#39)* so it can be aligned and fully engage through the lowest corresponding hold on the **Main Frame (#48)**. Screw in the *Spring Loaded Knob (#39)* through the *Main Frame (#48)* post and fully through (at minimum) the lowest hole located on the *Seat Post (#36)*. Please refer to illustration. You may adjust the *Seat Post (#36)* to the height most comfortable for you after complete assembly. Please always check to ensure a hole has been fully engaged when you secure and tighten the *Spring Loaded Knob (#39)*.

Hardware Required

#39. Spring Loaded Knob [1 piece]

#43. Knob (M10) [1 piece]

#42. Washer [1 pieces]

#73. Washer [3 pieces]

#72. Nylon Nut [3 pieces]

Tool Required

S13

The *Spring Loaded Knob (#39)* has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull outward. Adjust the seat height and then pop the knob back in. Tighten the knob by turning clockwise. Please refer to illustration below.
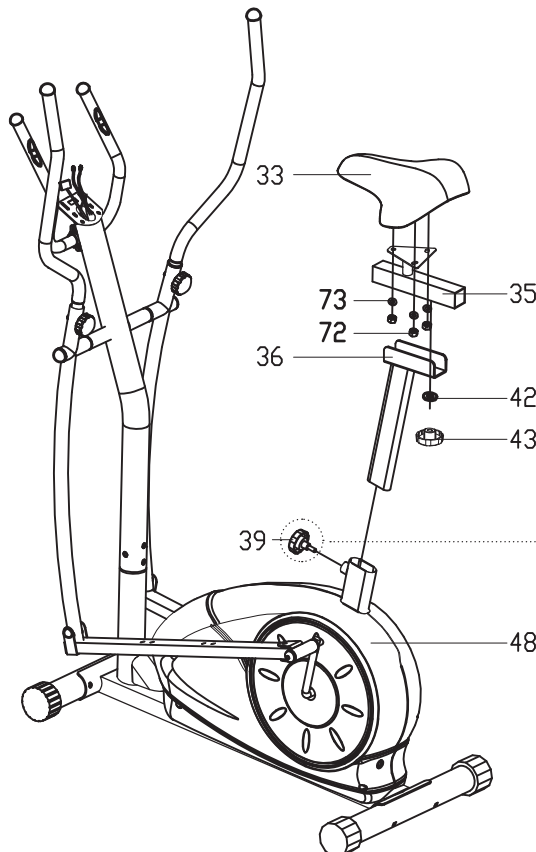
Spring Loaded Knob Operation

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.
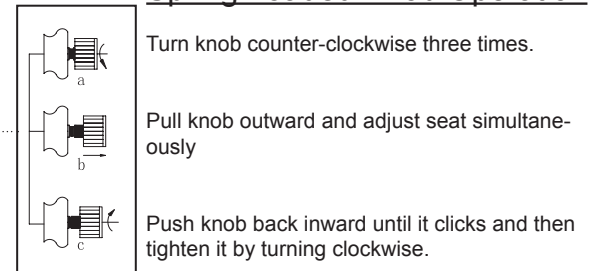
WARNING

Do not remove the *Seat (#33)* for any reason after you have installed it. Exercising on this unit without the *Seat (#33)* can result in SERIOUS INJURY. Ensure the seat is locked in place by tightening the two knobs prior to use.

Assembly Instructions

Assembly Step 7

PEDAL ASSEMBLY

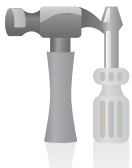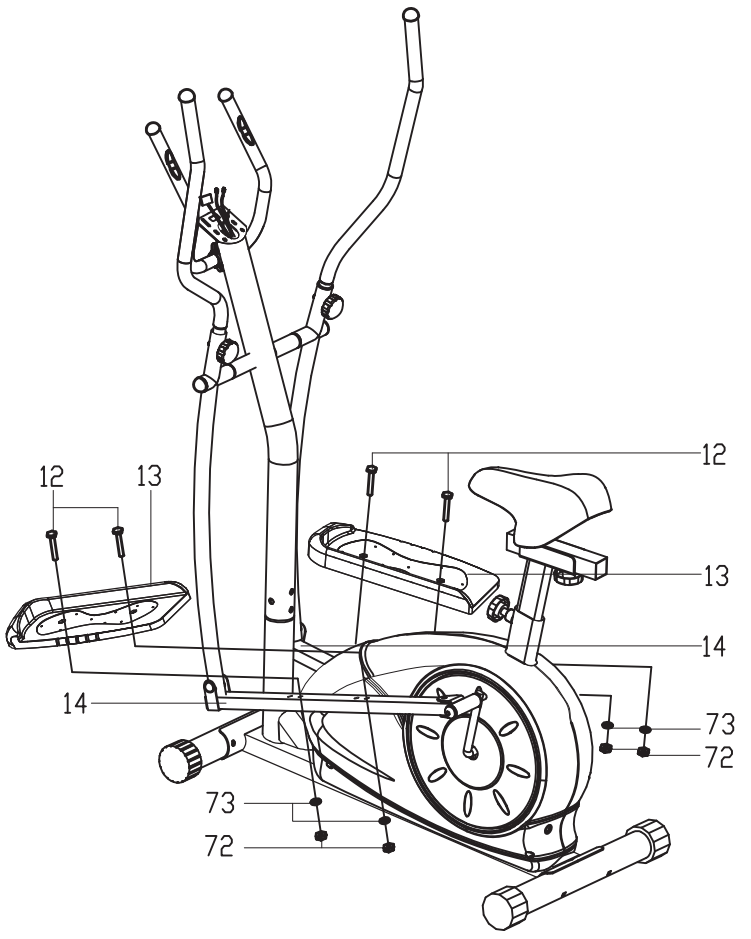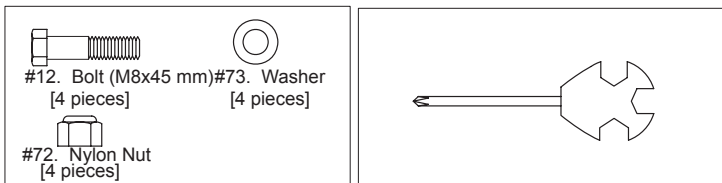Attach the two *Pedals (#13)* as shown using a total of four *Bolts (#12)*, four *Washers (#73)* and four *Nylon Nuts (#72)*. The pedals are marked with "L" or "R". Make sure the pedals are positioned as shown otherwise they will not fit properly. If the pedals do not fit, make sure that you installed the *Spacer (#31)* correctly during step number 3.

Hardware / Tool Required

#12. Bolt (M8x45 mm)
[4 pieces]

#73. Washer
[4 pieces]

#72. Nylon Nut
[4 pieces]

12   13

12

13

14

14

73
72

73
72

Assembly Step 8

COMPUTER ASSEMBLY
Remove the *Screws (#63)* that are pre-assembled on the *Computer (#51)* and set them aside for now. Connect the *Main Sensor Wire (Middle) (#54)* to the *Main Sensor Wire (Upper) (#52)*. Then, connect the *Pulse Sensor Wire (Lower) (#64)* to the *Pulse Sensor Wire (Upper) (#53)*. Attach the *Computer (#51)* to the bracket on the *Center Post (#58)* by using the four *Screws (#63)* that were previously removed. Plug in the *AC Adapter (#71)* male plug into the female socket located at the rear of the unit.

The assembly process is now complete. **However**, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use.
For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Hardware / Tool Required

#63. Screw (M4 x 10mm)
[4 pieces]

51

52
53

64
54

63

58

71
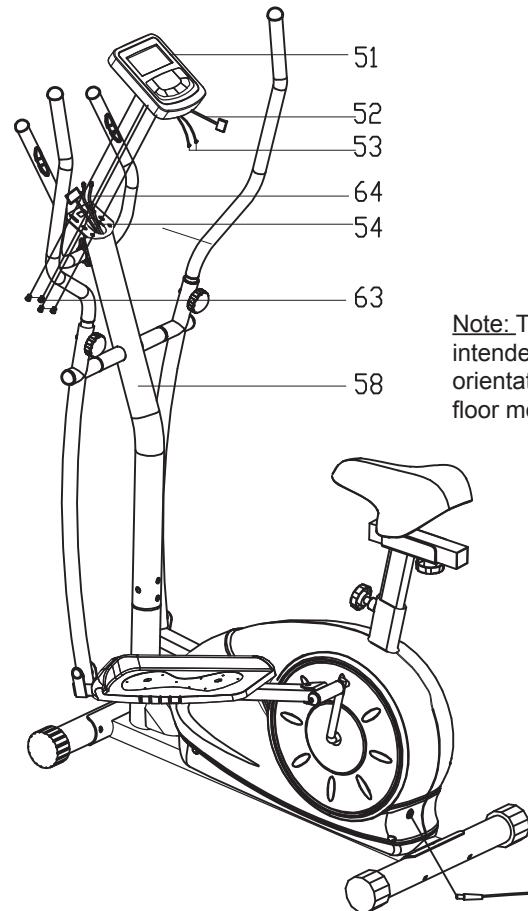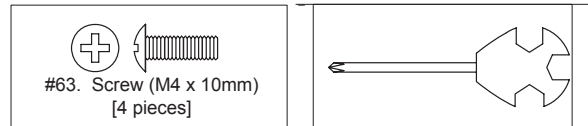
Note: This power unit is intended to be correctly orientated in a vertical or floor mount position.

Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), Please refer to our "Troubleshooting" section on **Page 15** for other troubleshoot issues.

Safety & Maintenance

SAFETY & WARNINGS

• 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 and make proper adjustments prior to use.
• Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
• 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 unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
• Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

• Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
• Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
• The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
  Seat (#33); Pedals (#13); Handle Bars (#29L/#29R)
• For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Body Flex Sports, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

Computer Operation

I. To operate the monitor

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

A-1. You may select different training mode of 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. In a fresh monitor, if you start the selected mode, all function data start counting up from zero once the training starts (a2). 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 (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 show the exact resistance level.

A-4. To reset,if during training,press ST/STOP button firstly(P will appear on the left-top corner),and then press reset button for 2 seconds.

(a1)   (a2)   (a3)
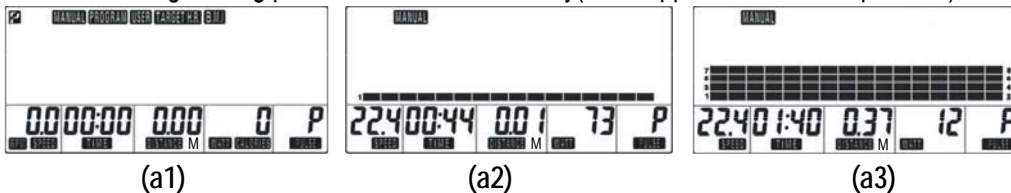
B. Training in MANUAL mode - press UP button until MANUAL shows up on the upper line, press MODE to confirm(b1).

(b1)   (b2)   (b3)   (b4)
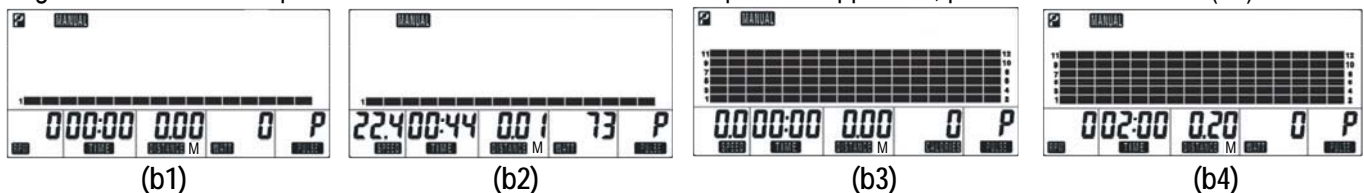
B-1 You may press ST/STOP button to start training directly(b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.

B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function

(b5)   (b6)

data target by pressing MODE button to select the desired function you want to set target data. 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)
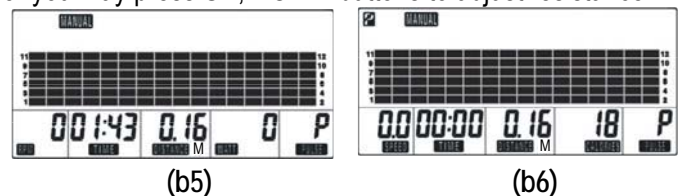
B-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)

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)
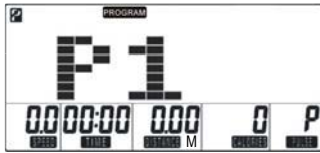
B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

B-6 During all 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.
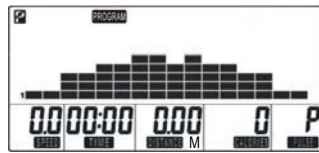
(c1)   (c2)   (c3)   (c4)

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)
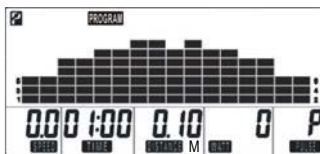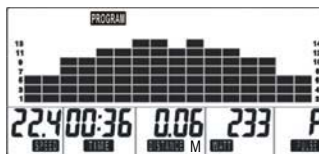
(c5)   (c6)   (c7)

C-4 After all settings are done, 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.
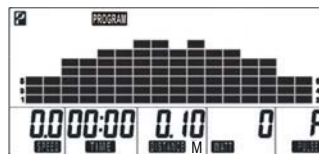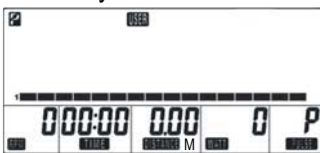
C-7 During all training period, you may press ST/STOP to stop monitor counting at anytime.

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.
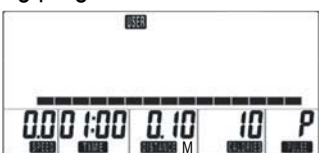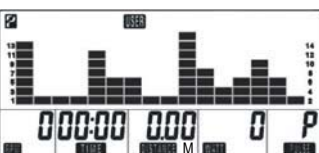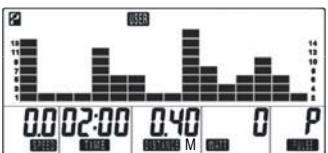
(d1)   (d2)   (d3)   (d4)

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.
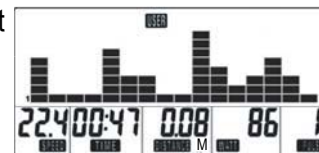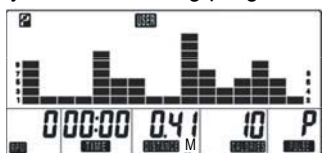
(d5)   (d6)

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 done, 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 for 8 times to remind you.(d6)

D-5 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.

D-6 During all 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 value, the setting range could be from 30 to 240 bpm.
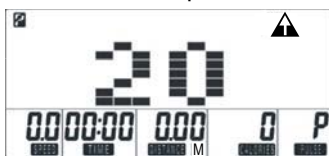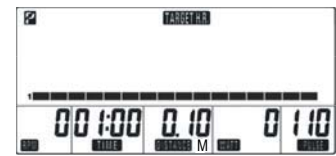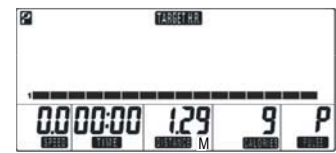

(e1) (e2) (e3) (e4)

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)

(e5) (e6)

E-2 After all settings are done, 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 depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your current heart beat change. If the training resistance has dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protective action. If your heart beat is very low compare 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.

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 beep for 8 times to remind you.(e6)

E-4 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.

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

II. Button Functions

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.
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	To start or stop training.

III. Functions

SCAN	When training starts, RPM and SPEED data will alternate on display. Same thing with the Watt and Calories data.
SPEED	Displays current training SPEED from 0.0 to maximum 99.9 Miles.

Computer Operation

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 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	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.

IV. Note

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 9V, 800mA). Please plug in power supply before using the monitor.

3. *Please be aware that the pulse sensors are not medical devices; the pulse sensors should not be used or applied for medical reasons.

Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
HAND PULSE SIGNAL	If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following: 1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal. 2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse. 3. Remove any rings or jewelry to prevent interference. 4. Check to ensure all pulse sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.
CALORIES/DISTANCE/ TIME/(ETC.)	If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions** (or you are getting inaccurate readings), please adjust the following: 1. Check to ensure all computer sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the sensor wires in this manual.
COMPUTER Display	If the computer **display is blank & not displaying any data** (or does not appear to power on), please adjust the following: 1. Check to ensure all sensor wires are all properly connected and are not damaged. 2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged. *Please check your product manual to determine if your model uses either 1. an AC Adapter, or 2. Batteries to power your unit.

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time.
If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.
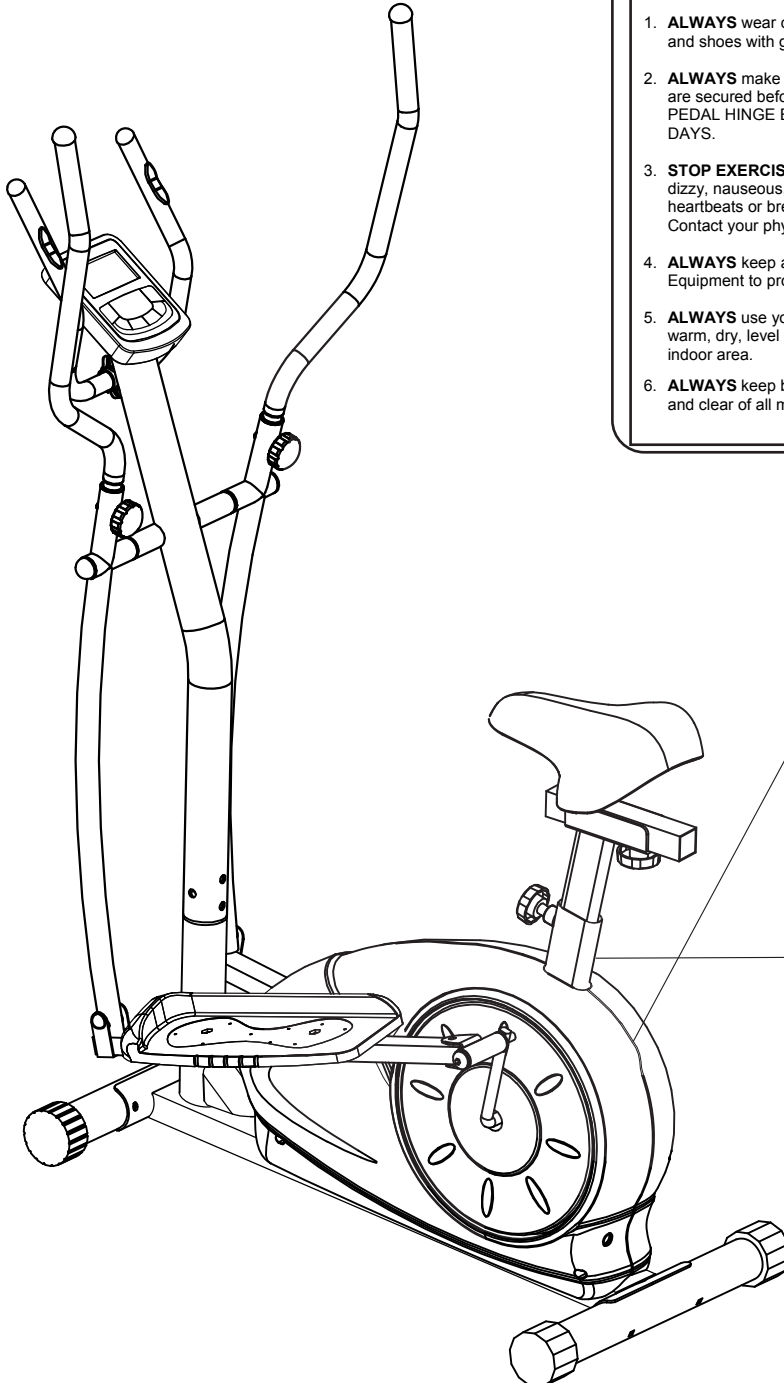
⚠ W A R N I N G !

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.

2. **ALWAYS** make sure all nuts and bolts are secured before use. TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.

3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.

4. **ALWAYS** keep a large mat under the Equipment to protect the floor or carpet.

5. **ALWAYS** use your Equipment in a warm, dry, level well-lit and ventilated indoor area.

6. **ALWAYS** keep body and clothing free and clear of all moving parts.

7. **ALWAYS** keep your Equipment clean and free of dust, moisture, debris and loose objects.

8. **NEVER** use the Equipment if you are injured or have a physical condition that impairs your balance. DO NOT exercise under the influence of medication or alcohol.

9. **NEVER** allow small children or pets to approach the Equipment. It is not a toy.

10. **NEVER** use the Equipment if you exceed its weight limit of 250 lbs.

11. **NEVER** use the Equipment if it does not function properly.

⚠ WARNING

DO NOT REMOVE THE SEAT FOR ANY REASON.

Exercising on this unit without the seat installed can result in SERIOUS INJURY.
Ensure the seat is fully locked in place by tightening the knobs prior to use.

Thanks for choosing

BODY FLEX SPORTS

Model Number BRM 3671/3681/3690

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.
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Walnut, CA 91789

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