

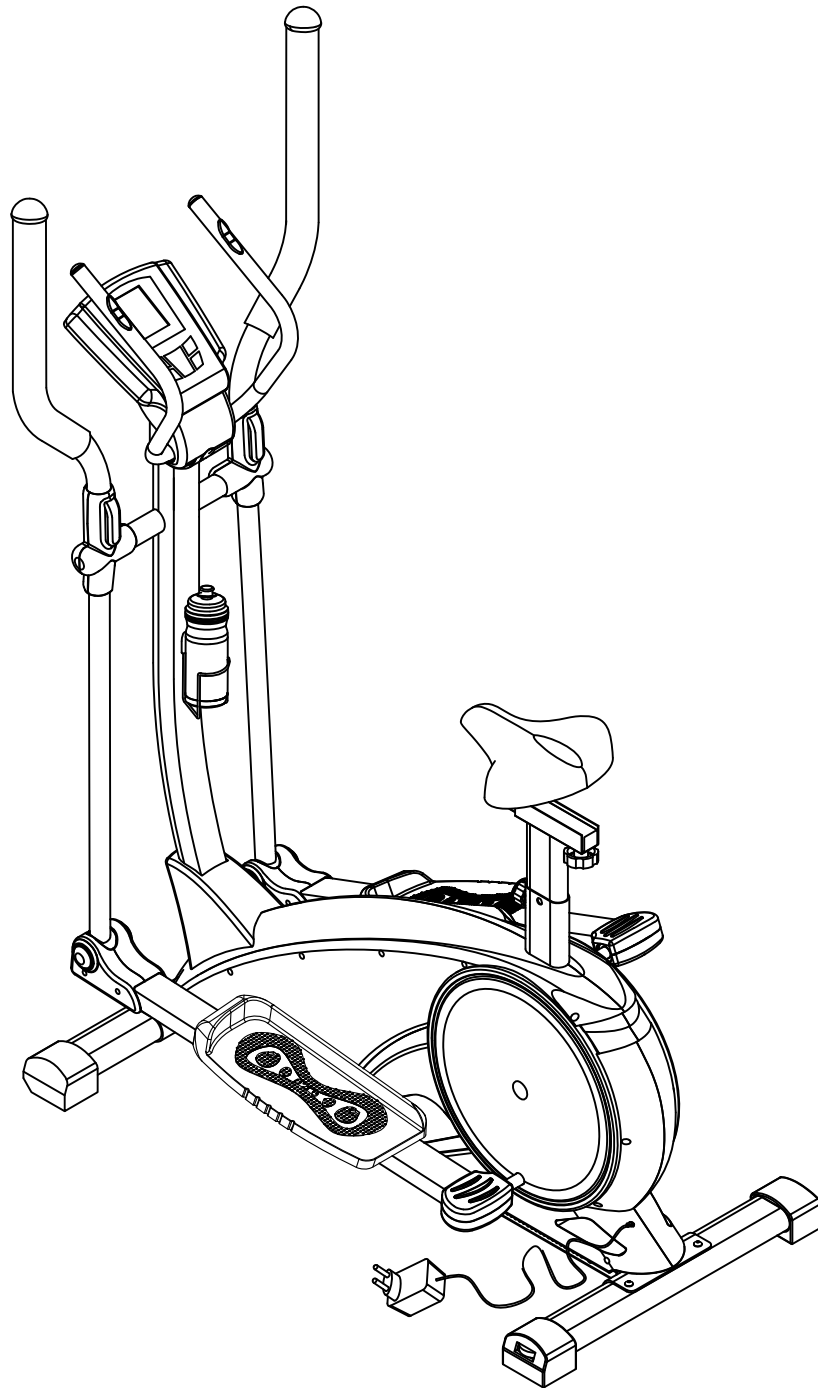
**BODY
CHAMP®**

Cardio
Dual Trainer

BRM 6110

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



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.

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.

Weight Limit

Your product is suitable for users weighing: 300 pounds or less.



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

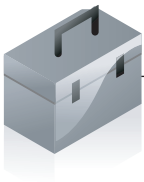
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you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

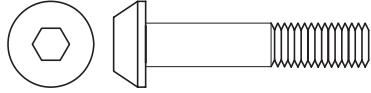
Body Flex Sports, Inc.
21717 Ferrero Parkway
Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



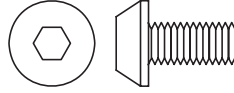
Hardware & Tool List

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.

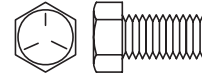
BOLT



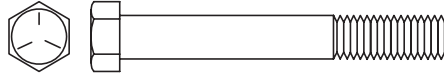
#35. Bolt (M8x45 mm) [4 Pieces]



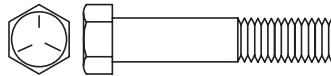
#39. Bolt (M8x16 mm) [4 Pieces]



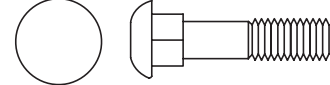
#41. Hex Bolts (M8x15 mm) [2 Pieces]



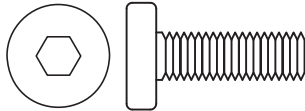
#46. Hex Bolt (M8x75 mm) [2 Pieces]



#49. Hex Bolt (M8x45 mm) [4 Pieces]



#50. Carriage Bolt (M8x40 mm) [4 Pieces]



#53. Bolt (M8x25 mm) [2 Pieces]



#36. Screw (M4x20 mm) [6 Pieces]



#47. Screw (M3x15 mm) [6 Pieces]



#55. Screw (M4x25 mm) [1 Piece]



#54. Screw (M5x10 mm) [2 Pieces]



#58. Screw (M4x15 mm) [2 Pieces]

Pre-assemble

Pre-assemble

NUT



#52. Cap Nut (M8) [4 Pieces]



#38. Nylon Nut (M8) [5 Pieces]
Pre-assemble [3 pieces]



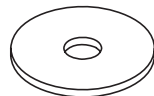
#45. Nylon Nut (M10) [2 Pieces]

WASHER



#37. Washer (M8)

[13 Pieces]
Pre-assemble [3 pieces]



#40. Washer (M8)

[2 Pieces]



#42. Spring Washer (M8)

[4 Pieces]



#43. Washer (M10)

[2 Pieces]



#44. Special Washer

[4 Pieces]
Pre-assemble



#51. Arc Washer (M8)

[4 Pieces]



#59. Washer (M4)

[2 Pieces]
Pre-assemble



#61. Washer (M5)

[2 Pieces]
Pre-assemble

KNOB



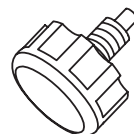
#48. Knob (M8)

[4 Pieces]



#66. Knob (M10)

[1 piece]



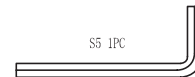
#63. Spring Loaded Knob

[1 piece]

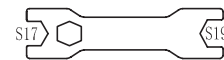
TOOL



S6 1PC



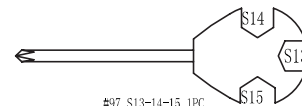
S5 1PC



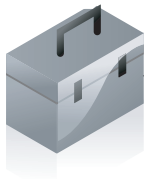
#96 S17-19 1PC



#98 S13-14 1PC



#97 S13-14-15 1PC



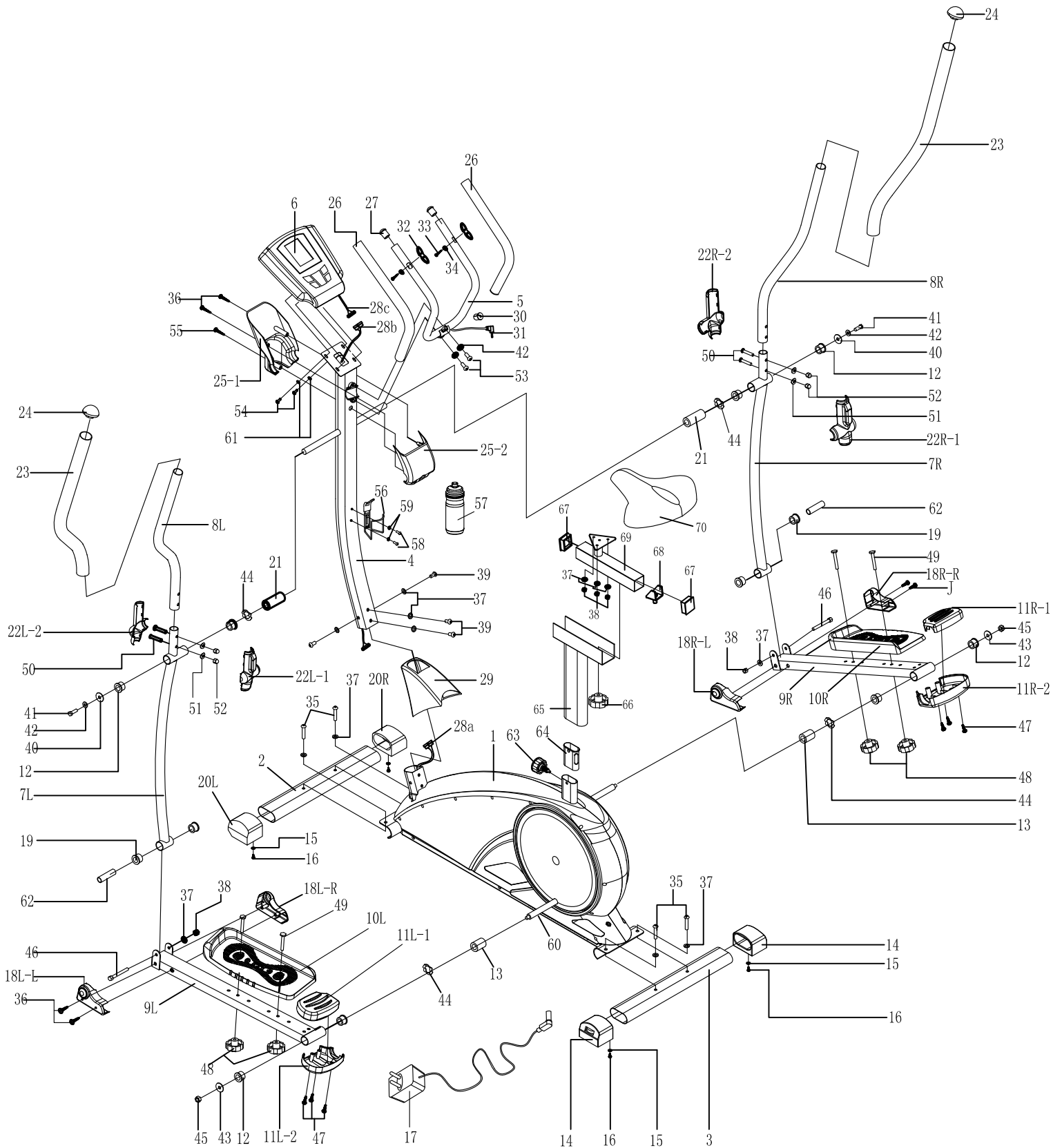
Parts Listing

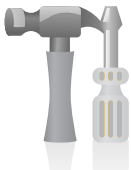
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

| # | Description | # | Description |
|-------------|-----------------------------|----|------------------------------|
| 1 | Main Frame | 33 | Screw (M4x19 mm) |
| 2 | Front Stabilizer | 34 | Washer (M4) |
| 3 | Rear Stabilizer | 35 | Bolt (M8x45 mm) |
| 4 | Front Post | 36 | Screw (M4x20 mm) |
| 5 | Middle Handlebar | 37 | Washer (M8) |
| 6 | Computer | 38 | Nylon Nut (M8) |
| 7L/7R | Right/Left Lower Handlebar | 39 | Bolt (M8x16 mm) |
| 8R/8L | Right/Left Upper Handlebar | 40 | Washer (M8) |
| 9R/9L | Right/Left Pedal Arm | 41 | Hex Bolts (M8x15 mm) |
| 10R/10L | R/L Pedal | 42 | Spring Washer (M8) |
| 11R-1/11R-2 | End Cap (112×75×28) | 43 | Washer (M10) |
| 11L-1/11L-2 | End Cap (112×75×25) | 44 | Special Washer (ID19.4xOD24) |
| 12 | Steel Bushing | 45 | Nylon Nut (M10) |
| 13 | Plastic Spacer | 46 | Hex Bolt (M8x75 mm) |
| 14 | End Cap (90×72×65) | 47 | Screw (M3x15 mm) |
| 15 | Washer (M4) | 48 | Knob (M8) |
| 16 | Screw (M4x16mm) | 49 | Hex Bolt (M8x45 mm) |
| 17 | AC Adapter | 50 | Carriage Bolt (M8x38 mm) |
| 18R-R/18R-L | End Cap (148×81×48) | 51 | Arc Washer (M8) |
| 18L-R/18L-L | End Cap (148×81×54) | 52 | Cap Nut (M8) |
| 19 | Bushing | 53 | Bolt (M8x25 mm) |
| 20R-1/20L-1 | End Cap (185×105×43) | 54 | Screw (M5x10 mm) |
| 20L-2/20L-2 | End Cap (185×105×25) | 55 | Screw (M4x25 mm) |
| 21 | Plastic Spacer | 56 | Water Bottle Holder |
| 22R-1/22R-2 | Cover of Right Handlebar | 57 | Water Bottle |
| 22L-1/22L-2 | Cover of Left Handlebar | 58 | Screw (M4x15 mm) |
| 23 | Foam of Upper Handlebar | 59 | Washer (M4) |
| 24 | End Cap (Φ50) | 60 | Crank Stud |
| 25-1/25-2 | Cover of Handlebar | 61 | Washer (M5) |
| 26 | Foam of Middle Handlebar | 62 | Bearing |
| 27 | End Cap (Φ22) | 63 | Spring Loaded Knob |
| 28a | Sensor Wire (lower) | 64 | Seat Post Sleeve |
| 28b | Sensor Wire (middle) | 65 | Seat Post |
| 28c | Sensor Wire (upper) | 66 | Knob (M10) |
| 29 | Cover of Post | 67 | Square End Plug |
| 30 | Wire Cap | 68 | U Bracket Seat |
| 31 | Sensor Wire of Handle Pulse | 69 | Horizontal Seat Bar |
| 32 | Steel Plate of Handle Pulse | 70 | Seat |



Exploded Diagram





Assembly Instructions

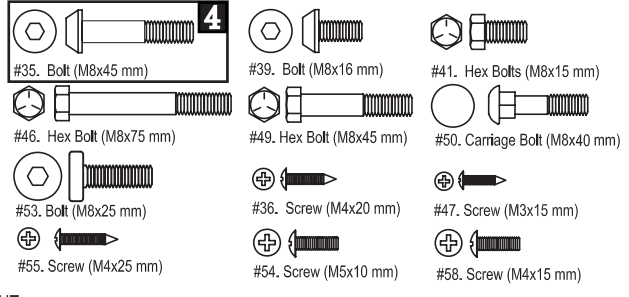
Assembly Step 1

Stabilizer Assembly

Secure the **Front Stabilizer (#2)** and **Rear Stabilizer (#3)** to the **Main Frame (#1)** by using four **Bolts (#35)** and four **Washers (#37)**.

Hardware Required

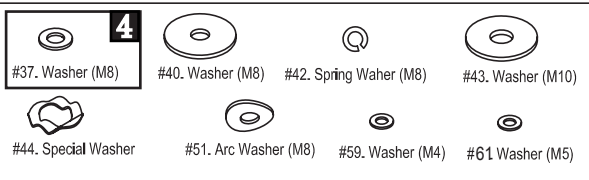
BOLT



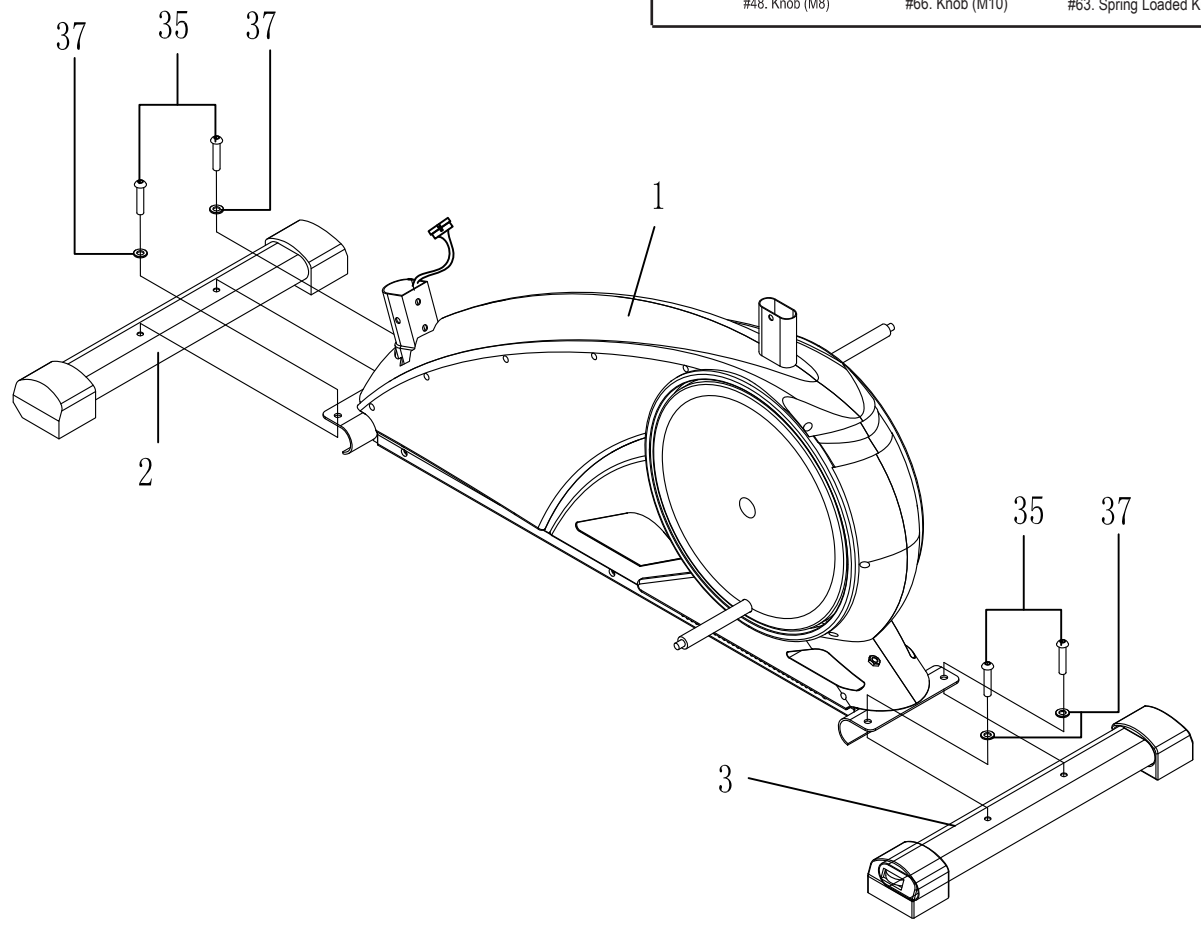
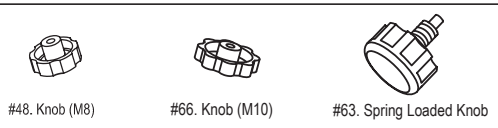
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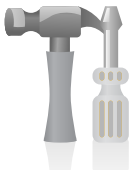


WASHER



KNOB



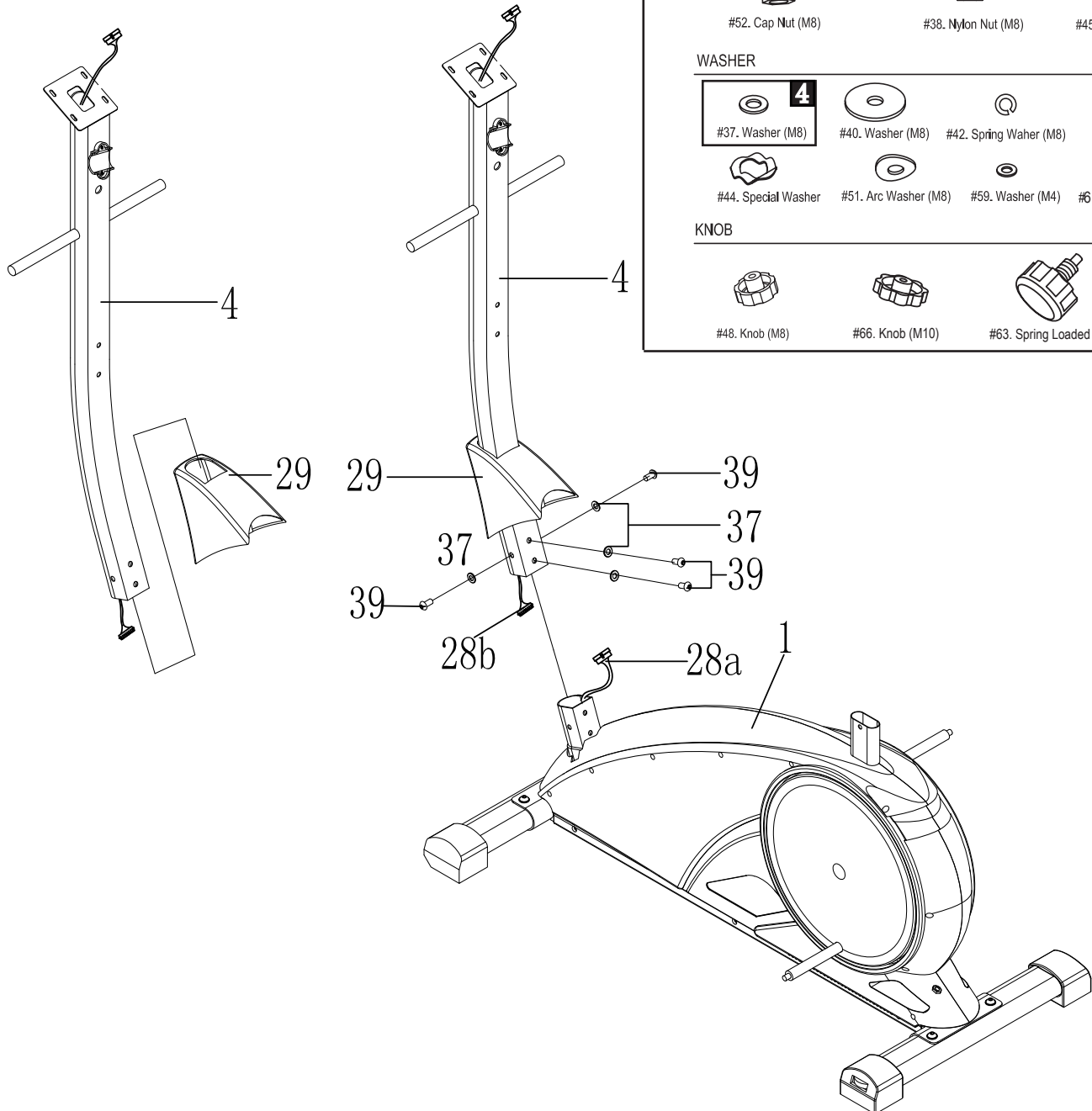


Assembly Instructions

Assembly Step 2

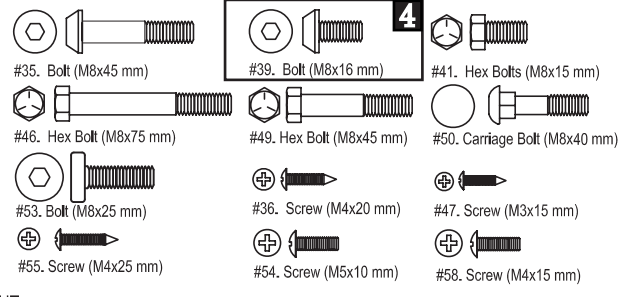
Front Post Assembly:

- A. Slide the **Cover of Post (#29)** off the **Main Frame (#1)** and onto the **Front Post (#4)**.
- B. With the help of an assistant, connect the **Sensor Wire (lower) (#28a)** to the **Sensor Wire (middle) (#28b)**.
- C. Secure the **Front Post (#4)** to the **Main Frame (#1)** by using four **Bolts (#39)** and four **Washers (#37)**.



Hardware Required

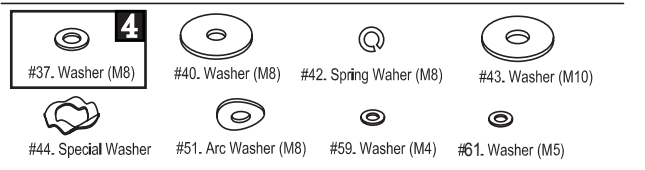
BOLT



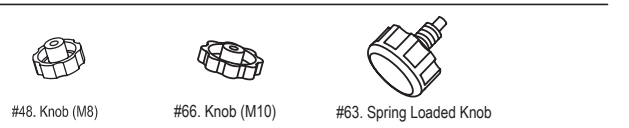
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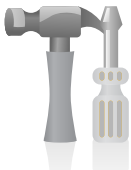


WASHER



KNOB





Assembly Instructions

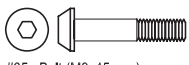

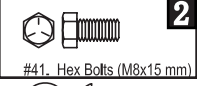
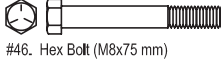
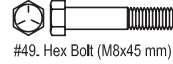
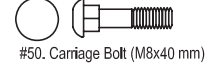
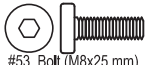





Assembly Step 3

Lower Handlebar Assembly:




The two **Plastic Spacers (#21)** and **Special Washers (#44)** are already pre-assembled on the two bars that are protruding from the **Front Post (#4)**. Ensure that they are properly in place as indicated in the assembly below. Then slide the **Lower Handlebars (#7R & #7L)** to the **Front Post (#4)**. Take note to slide the longer end of the shaft into the **Front Post (#4)** on both ends. Before securing both the **Lower Handlebars (#7R & #7L)**, make sure the **Plastic Spacers (#21)** are aligned flushed against the **Front Post (#4)** with no gap. Once you have confirmed that it is aligned properly, secure it with two **Washers (#40)**, two **Spring Washers (#42)** and two **Hex Bolts (#41)**.

Hardware Required









BOLT

| | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|  #35. Bolt (M8x45 mm) |  #39. Bolt (M8x16 mm) |  #41. Hex Bolts (M8x15 mm) |
|  #46. Hex Bolt (M8x75 mm) |  #49. Hex Bolt (M8x45 mm) |  #50. Carriage Bolt (M8x40 mm) |
|  #53. Bolt (M8x25 mm) |  #36. Screw (M4x20 mm) |  #47. Screw (M3x15 mm) |
|  #55. Screw (M4x25 mm) |  #54. Screw (M5x10 mm) |  #58. Screw (M4x15 mm) |




NUT

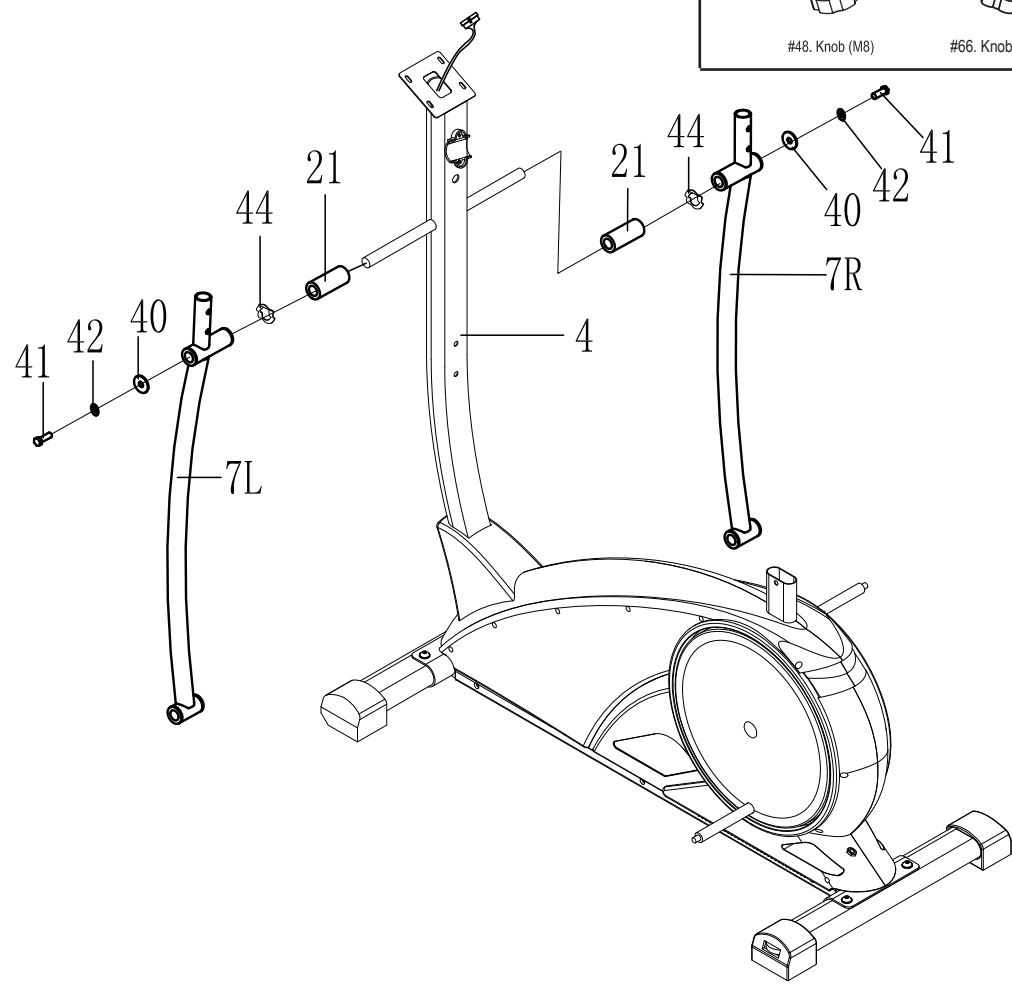
| | | |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  #52. Cap Nut (M8) |  #38. Nylon Nut (M8) |  #45. Nylon Nut (M10) |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

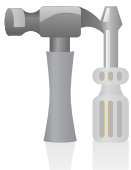
WASHER

| | | | |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  #37. Washer (M8) |  #40. Washer (M8) |  #42. Spring Washer (M8) |  #43. Washer (M10) |
|  #44. Special Washer |  #51. Arc Washer (M8) |  #59. Washer (M4) |  #61. Washer (M5) |

KNOB

| | | |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  #48. Knob (M8) |  #66. Knob (M10) |  #63. Spring Loaded Knob |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|



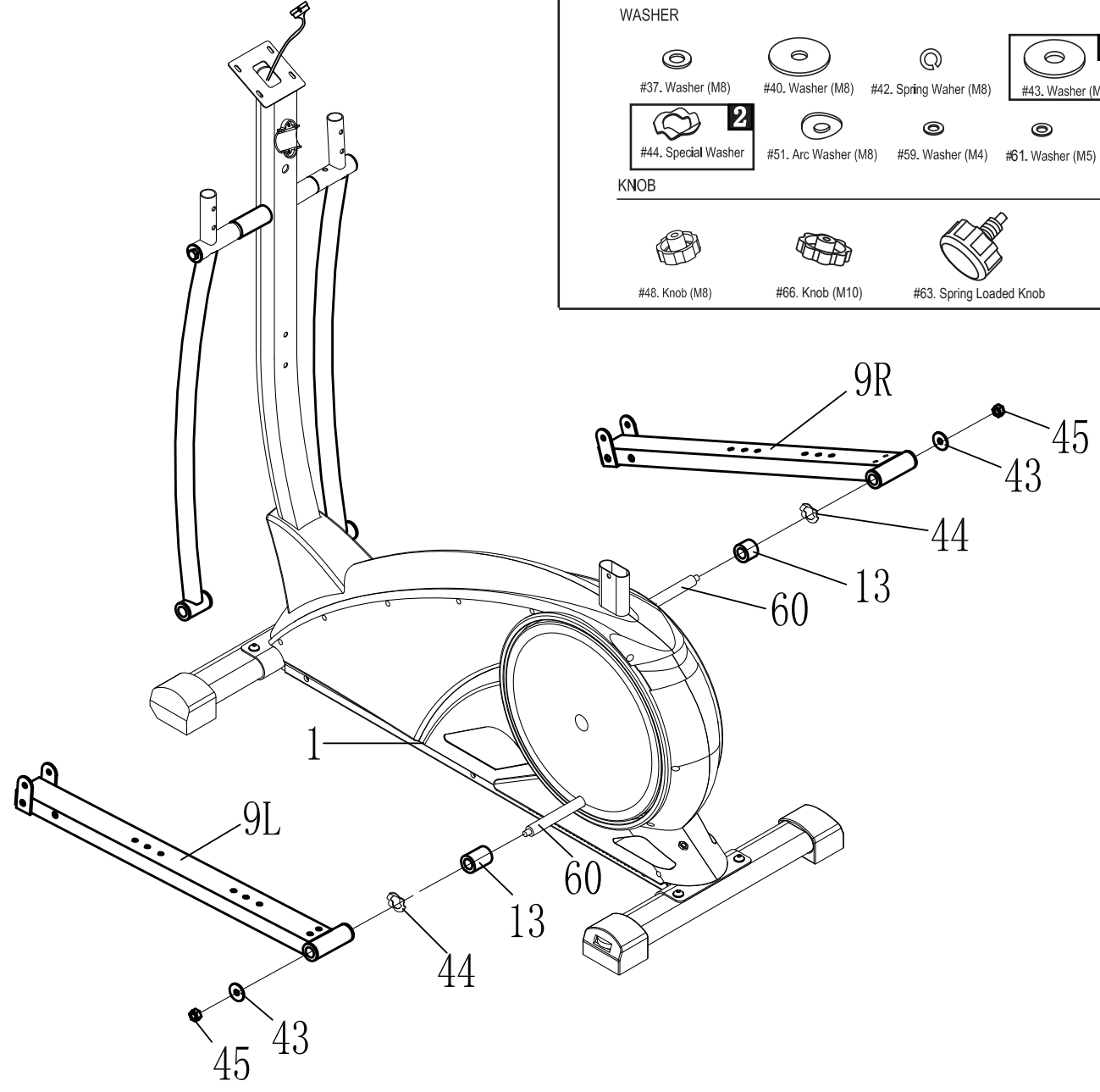


Assembly Instructions

Assembly Step 4-A




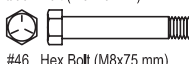
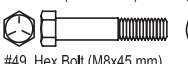
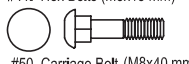



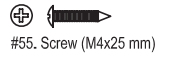


Pedal Arm Assembly:

A. The **Plastic Spacer (#13)** and the **Special Washer (#44)** are already pre-assembled. Ensure that they are properly in place as indicated in the assembly below. Then slide the **Left Pedal Arm (#9L)** into the **Crank Stud (#60)** and secure it with one **Washer (#43)** and one **Nylon Nut (#45)** as shown in the assembly below. Repeat this process on the opposite side.






Hardware Required







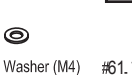

BOLT

| | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|  #35. Bolt (M8x45 mm) |  #39. Bolt (M8x16 mm) |  #41. Hex Bolts (M8x15 mm) |
|  #46. Hex Bolt (M8x75 mm) |  #49. Hex Bolt (M8x45 mm) |  #50. Carriage Bolt (M8x40 mm) |
|  #53. Bolt (M8x25 mm) |  #36. Screw (M4x20 mm) |  #47. Screw (M3x15 mm) |
|  #55. Screw (M4x25 mm) |  #54. Screw (M5x10 mm) |  #58. Screw (M4x15 mm) |




NUT

| | | |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  #52. Cap Nut (M8) |  #38. Nylon Nut (M8) |  #45. Nylon Nut (M10) |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

WASHER

| | | | |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  #37. Washer (M8) |  #40. Washer (M8) |  #42. Spring Washer (M8) |  #43. Washer (M10) |
|  #44. Special Washer |  #51. Arc Washer (M8) |  #59. Washer (M4) |  #61. Washer (M5) |

KNOB

| | | |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  #48. Knob (M8) |  #66. Knob (M10) |  #63. Spring Loaded Knob |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|



Assembly Instructions

Assembly Step 4-B

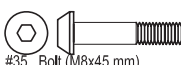
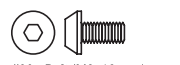

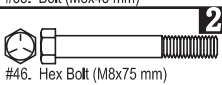
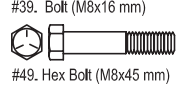
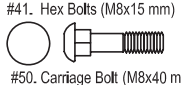


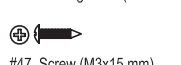



Pedal Arm Assembly:

B. Before attaching the **Left Lower Handlebar (#7L)** to the **Left Pedal Arm (#9L)**, remove the zip tie at the bottom of the **Left Lower Handlebar (#7L)**. Then attach the **Left Lower Handlebar (#7L)** to the **Left Pedal Arm (#9L)** and secure it with one **Hex Bolt (#46)** one **Washer (#37)** and one **Nylon Nut (#38)**. Repeat this process on the opposite side.




NOTE: During installation you may noticed that the Lower Handlebar (#7R & #7L) and the Pedal Arm (#9R & #9L) will be slightly off and does not line up in order for the Hex Bolt (#46) to go through. For an easier installation, turn the wheel until the Left Pedal Arm (#9L) and the Left Lower Handlebar (#7L) can be properly aligned. Then slide the Left Lower Handlebar (#7L) into Left Pedal Arm (#9L).

Hardware Required


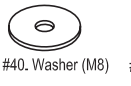
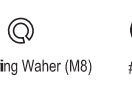





BOLT

| | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|  #35. Bolt (M8x45 mm) |  #39. Bolt (M8x16 mm) |  #41. Hex Bolts (M8x15 mm) |
|  #46. Hex Bolt (M8x75 mm) |  #49. Hex Bolt (M8x45 mm) |  #50. Carriage Bolt (M8x40 mm) |
|  #53. Bolt (M8x25 mm) |  #36. Screw (M4x20 mm) |  #47. Screw (M3x15 mm) |
|  #55. Screw (M4x25 mm) |  #54. Screw (M5x10 mm) |  #58. Screw (M4x15 mm) |




NUT

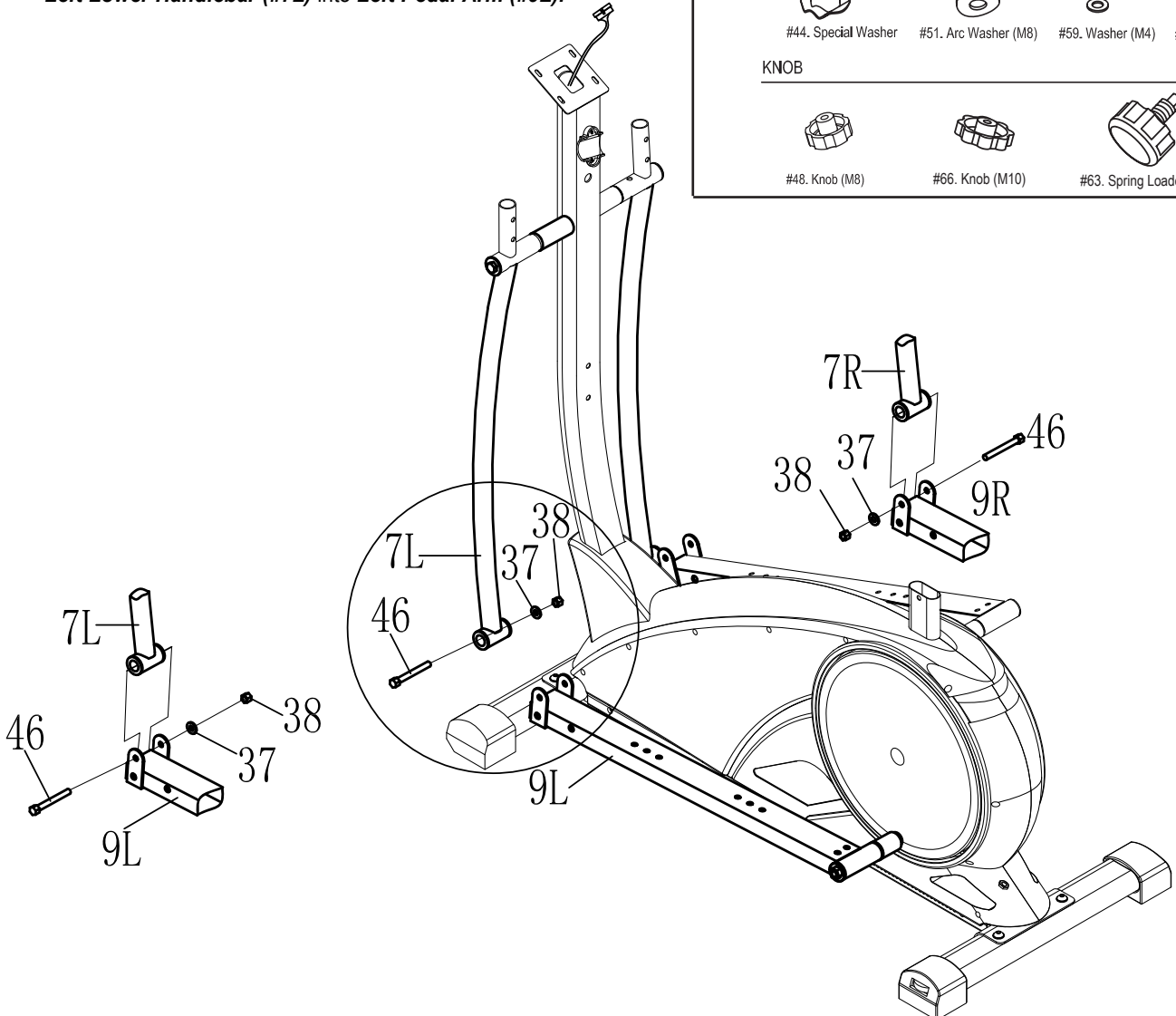
| | | |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  #52. Cap Nut (M8) |  #38. Nylon Nut (M8) |  #45. Nylon Nut (M10) |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

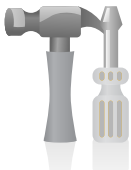
WASHER

| | | | |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  #37. Washer (M8) |  #40. Washer (M8) |  #42. Spring Washer (M8) |  #43. Washer (M10) |
|  #44. Special Washer |  #51. Arc Washer (M8) |  #59. Washer (M4) |  #61. Washer (M5) |

KNOB

| | | |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  #48. Knob (M8) |  #66. Knob (M10) |  #63. Spring Loaded Knob |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|



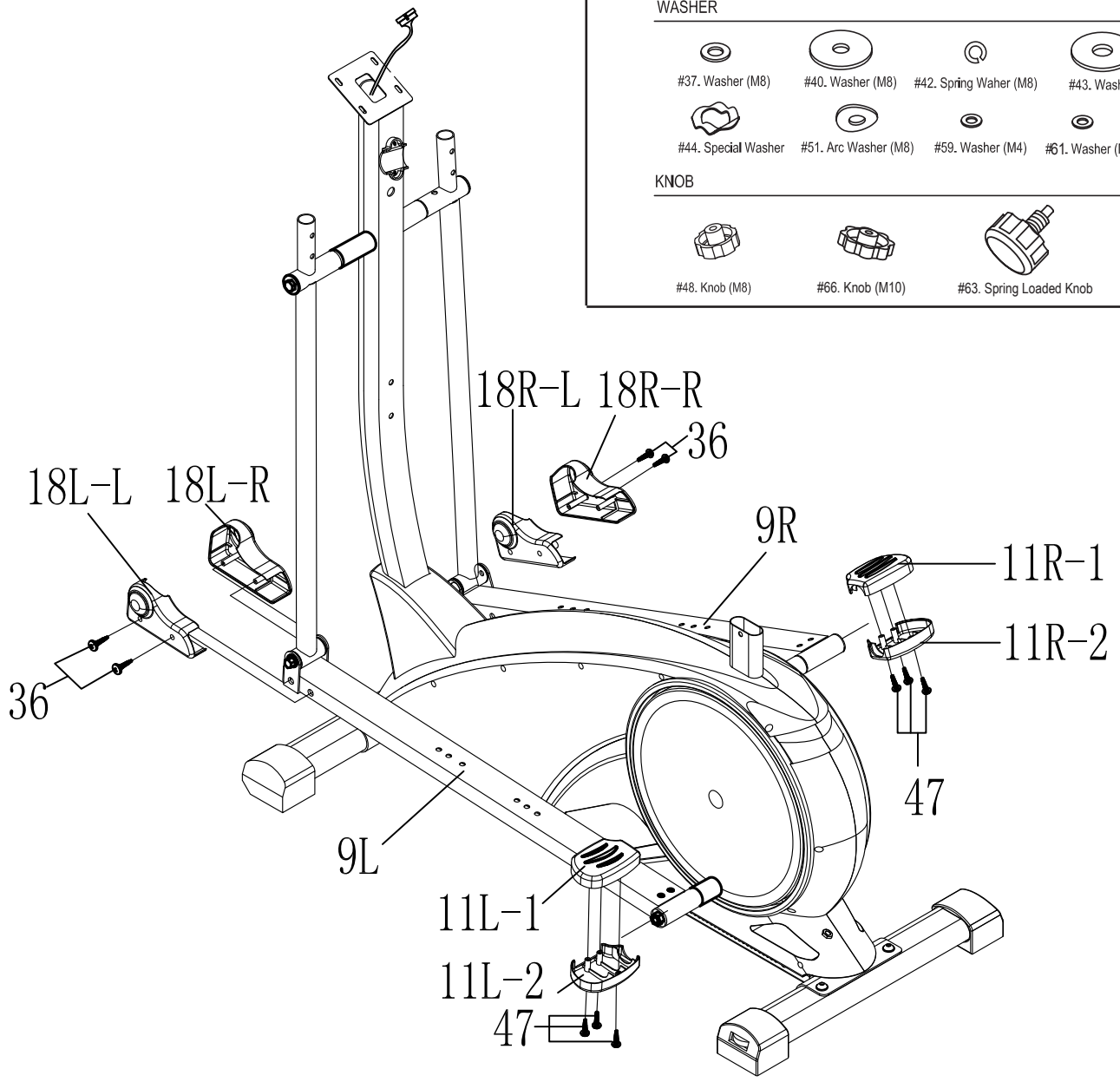


Assembly Instructions

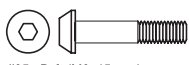


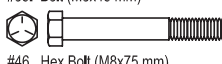
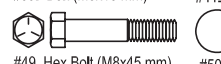
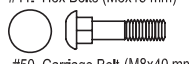

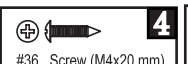
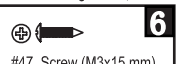
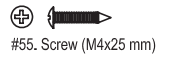
















Assembly Step 4-C

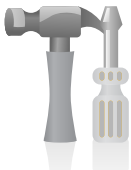
Pedal Arm Assembly:

C. Assemble the **End Caps (#11L-1 & #11L-2)** to the rear of the **Left Pedal Arm (#9L)** with three **Screws (#47)**. Repeat this process on the opposite side.
 Assemble the **End Caps (#18L-R & #18L-L)** to the front of the **Left Pedal Arm (#9L)** with two **Screws (#36)**. Repeat this process on the opposite side.



Hardware Required

| BOLT | | | |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  | |
| #35. Bolt (M8x45 mm) | #39. Bolt (M8x16 mm) | #41. Hex Bolts (M8x15 mm) | |
|  |  |  | |
| #46. Hex Bolt (M8x75 mm) | #49. Hex Bolt (M8x45 mm) | #50. Carriage Bolt (M8x40 mm) | |
|  |  |  | |
| #53. Bolt (M8x25 mm) | #36. Screw (M4x20 mm) | #47. Screw (M3x15 mm) | |
|  |  |  | |
| #55. Screw (M4x25 mm) | #54. Screw (M5x10 mm) | #58. Screw (M4x15 mm) | |
| NUT | | | |
|  |  |  | |
| #52. Cap Nut (M8) | #38. Nylon Nut (M8) | #45. Nylon Nut (M10) | |
| WASHER | | | |
|  |  |  |  |
| #37. Washer (M8) | #40. Washer (M8) | #42. Spring Washer (M8) | #43. Washer (M10) |
|  |  |  |  |
| #44. Special Washer | #51. Arc Washer (M8) | #59. Washer (M4) | #61. Washer (M5) |
| KNOB | | | |
|  |  |  | |
| #48. Knob (M8) | #66. Knob (M10) | #63. Spring Loaded Knob | |





























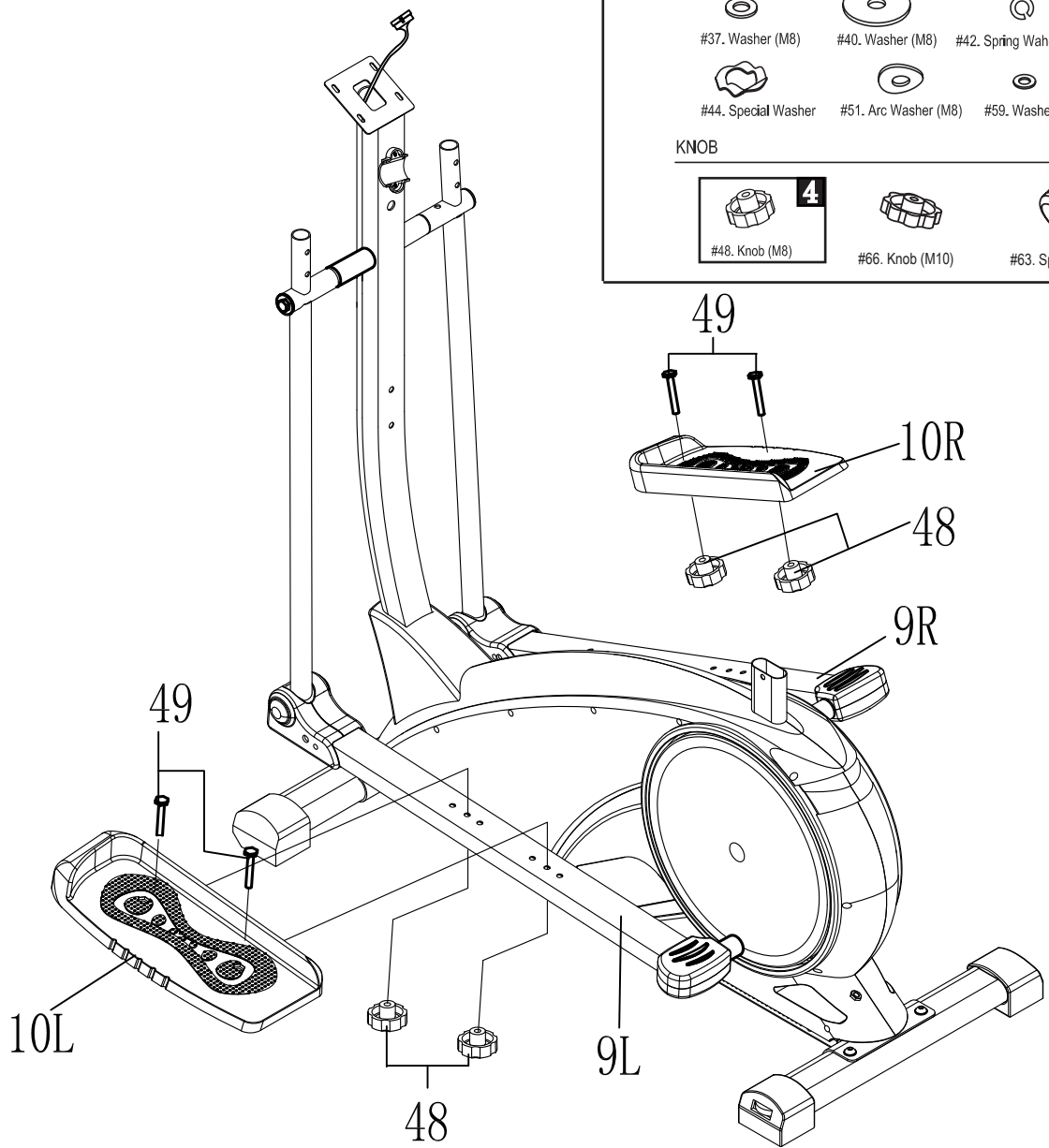
Assembly Instructions

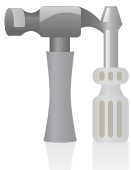
Assembly Step 5

Attach the **Pedals (#10R & #10L)** to **Pedal Arm (#9R & #9L)** then secure with four **Hex Bolts (#49)** and four **Knobs (#48)**. Align the pedals to the standard position as shown. To better fit the way you exercise you can customize the pedal to any of the 3 available positions that gives you most comfortable distance to grip the handlebars.

Hardware Required

- BOLT**
-  #35. Bolt (M8x45 mm)
 -  #39. Bolt (M8x16 mm)
 -  #41. Hex Bolts (M8x15 mm)
 -  #46. Hex Bolt (M8x75 mm)
 -  #49. Hex Bolt (M8x45 mm)
 -  #50. Carriage Bolt (M8x40 mm)
 -  #53. Bolt (M8x25 mm)
 -  #36. Screw (M4x20 mm)
 -  #47. Screw (M3x15 mm)
 -  #55. Screw (M4x25 mm)
 -  #54. Screw (M5x10 mm)
 -  #58. Screw (M4x15 mm)
- NUT**
-  #52. Cap Nut (M8)
 -  #38. Nylon Nut (M8)
 -  #45. Nylon Nut (M10)
- WASHER**
-  #37. Washer (M8)
 -  #40. Washer (M8)
 -  #42. Spring Washer (M8)
 -  #43. Washer (M10)
 -  #44. Special Washer
 -  #51. Arc Washer (M8)
 -  #59. Washer (M4)
 -  #61. Washer (M5)
- KNOB**
-  #48. Knob (M8)
 -  #66. Knob (M10)
 -  #63. Spring Loaded Knob



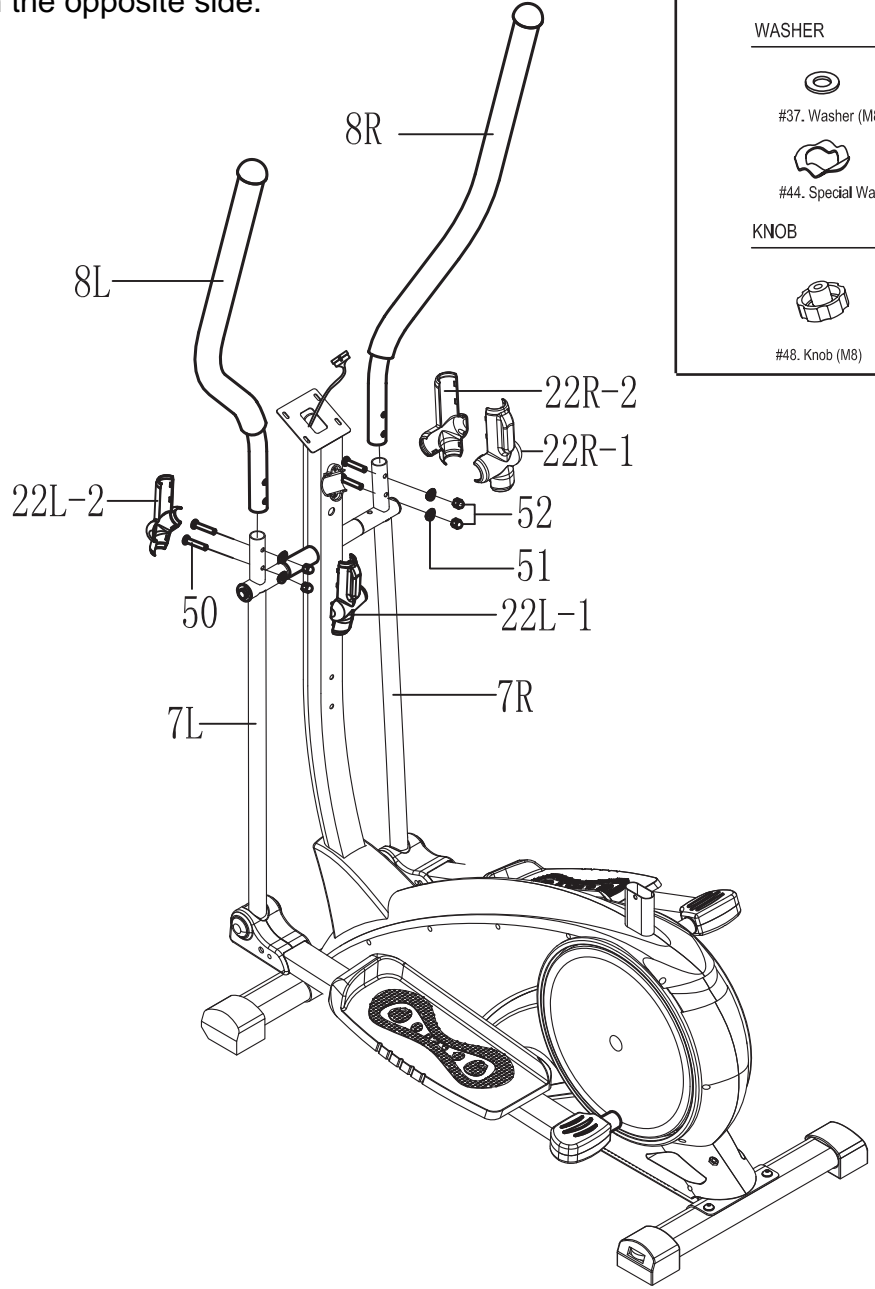


Assembly Instructions

Assembly Step 6

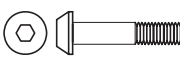
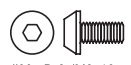
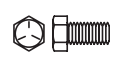
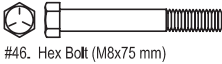
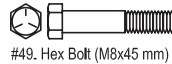
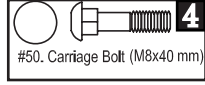


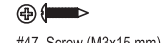



Upper Handlebar Assembly :

- A. Attach the **Upper Handlebars (#8R & #8L)** to the **Lower Handlebars (#7R & #7L)** and secure them with four **Carriage Bolts (#50)**, four **Arc Washers (#51)** and four **Cap Nuts (#52)**.
- B. Attach the snap-on **Cover of Left Handlebar (#22L-1 & 22L-2)** to the left **Lower Handlebar (#7L)**. Align the two together and press firmly until it snaps into place. Repeat this process on the opposite side.






Hardware Required









BOLT

| | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
|  #35. Bolt (M8x45 mm) |  #39. Bolt (M8x16 mm) |  #41. Hex Bolts (M8x15 mm) |
|  #46. Hex Bolt (M8x75 mm) |  #49. Hex Bolt (M8x45 mm) |  #50. Carriage Bolt (M8x40 mm) 4 |
|  #53. Bolt (M8x25 mm) |  #36. Screw (M4x20 mm) |  #47. Screw (M3x15 mm) |
|  #55. Screw (M4x25 mm) |  #54. Screw (M5x10 mm) |  #58. Screw (M4x15 mm) |




NUT

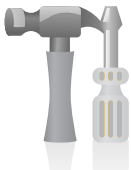
| | | |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  #52. Cap Nut (M8) 4 |  #38. Nylon Nut (M8) |  #45. Nylon Nut (M10) |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

WASHER

| | | | |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  #37. Washer (M8) |  #40. Washer (M8) |  #42. Spring Washer (M8) |  #43. Washer (M10) |
|  #44. Special Washer |  #51. Arc Washer (M8) 4 |  #59. Washer (M4) |  #61. Washer (M5) |

KNOB

| | | |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  #48. Knob (M8) |  #66. Knob (M10) |  #63. Spring Loaded Knob |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|

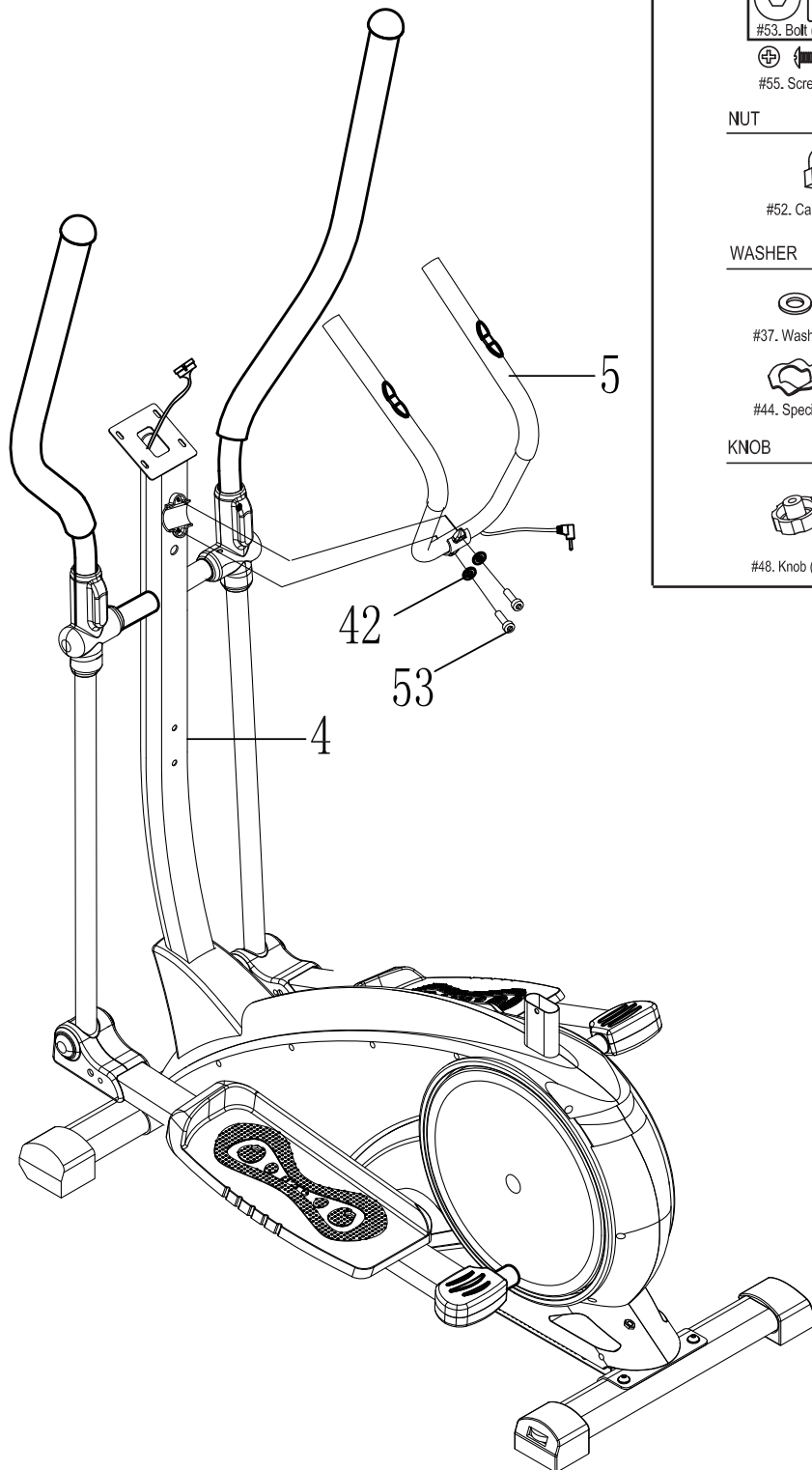


Assembly Instructions

Assembly Step 7

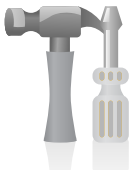
Middle Handlebar Assembly :

Secure the **Middle Handlebar (#5)** to the **Front Post (#4)** by using two **Spring Washers (#42)** and two **Bolts (#53)**.



Hardware Required

- BOLT**
- #35. Bolt (M8x45 mm)
 - #39. Bolt (M8x16 mm)
 - #41. Hex Bolts (M8x15 mm)
 - #46. Hex Bolt (M8x75 mm)
 - #49. Hex Bolt (M8x45 mm)
 - #50. Carriage Bolt (M8x40 mm)
 - #53. Bolt (M8x25 mm) **2**
 - #36. Screw (M4x20 mm)
 - #47. Screw (M3x15 mm)
 - #55. Screw (M4x25 mm)
 - #54. Screw (M5x10 mm)
 - #58. Screw (M4x15 mm)
- NUT**
- #52. Cap Nut (M8)
 - #38. Nylon Nut (M8)
 - #45. Nylon Nut (M10)
- WASHER**
- #37. Washer (M8)
 - #40. Washer (M8)
 - #42. Spring Washer (M8) **2**
 - #43. Washer (M10)
 - #44. Special Washer
 - #51. Arc Washer (M8)
 - #59. Washer (M4)
 - #61. Washer (M5)
- KNOB**
- #48. Knob (M8)
 - #66. Knob (M10)
 - #63. Spring Loaded Knob



Assembly Instructions

Assembly Step 8

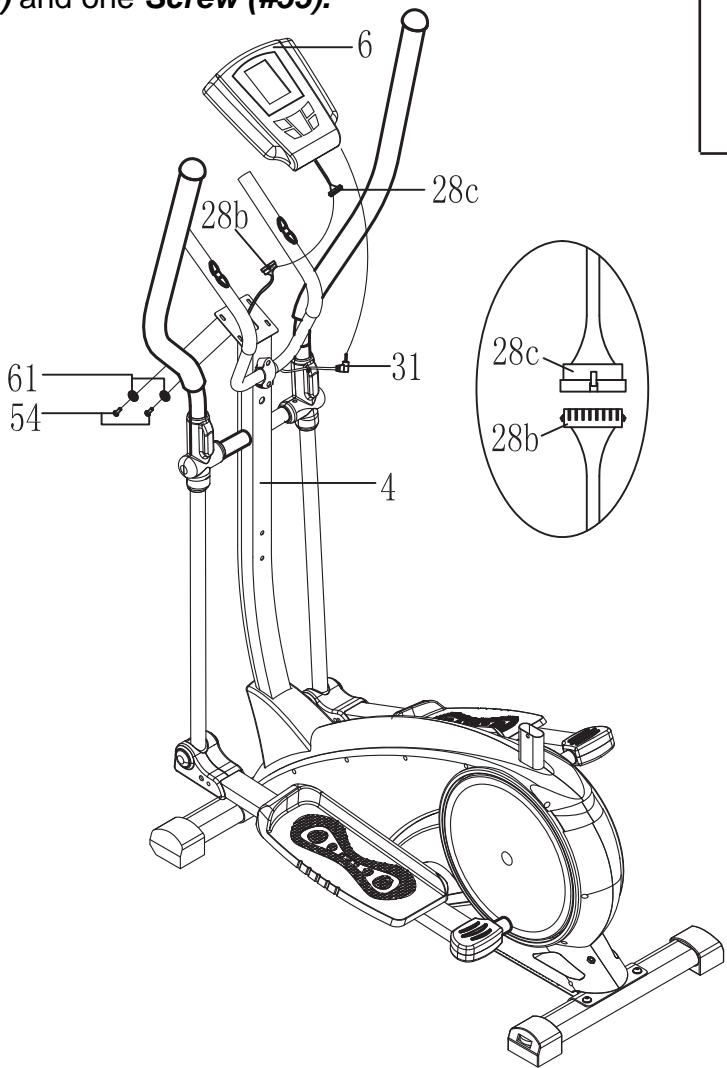
Computer Assembly:

Remove the two **Screws (#54)** and two **Washers (#61)** from the **Computer (#6)** and set them aside as we will use them in a later process. Then connect the **Sensor Wire (middle) (#28b)** to the **Sensor wire (upper) (#28c)**.

Once the sensor wires are connected, carefully tuck the wire in the front post while sliding the computer into the slot. Once the computer is in place secure it with two **Screws (#54)** two **Washers (#61)** that were set aside from the previous process.

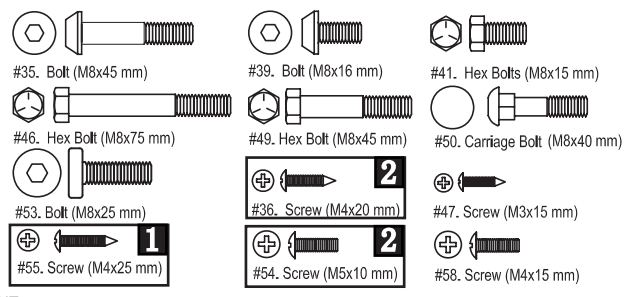
Connect the **Sensor Wire of Handle Pulse (#31)** to the socket on the back side of the **Computer (#6)**.

Attach the **Cover of Handlebar (#25-1 & #25-2)** to the **Front Post (#4)**, and secure them with two **Screws (#36)** and one **Screw (#55)**.

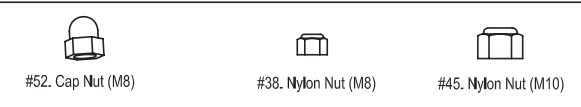


Hardware Required

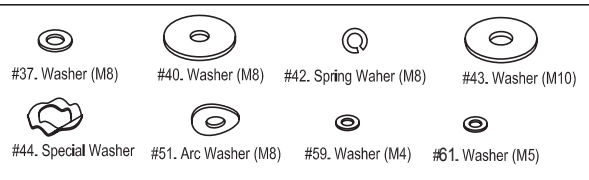
BOLT



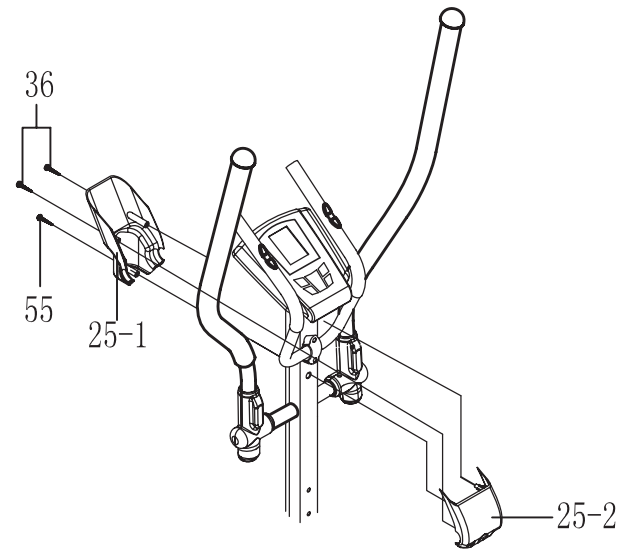
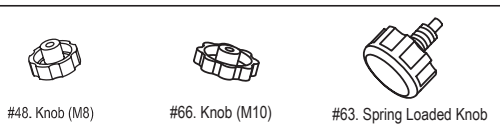
NUT

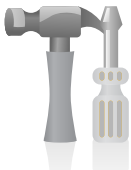


WASHER



KNOB



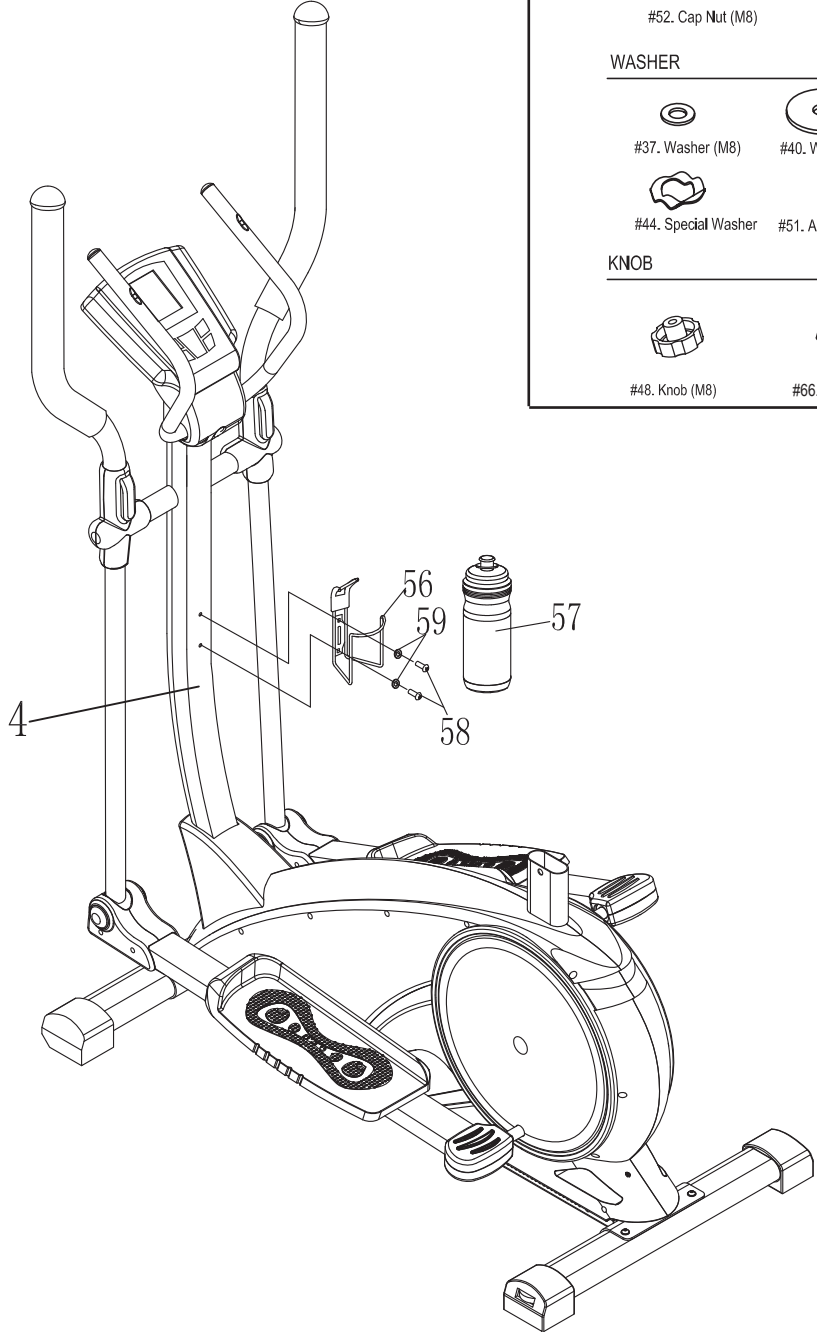


Assembly Instructions

Assembly Step 9

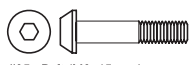


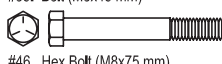
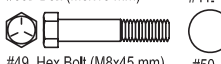
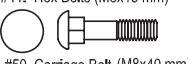


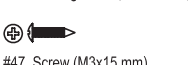


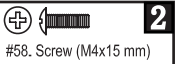
Bottle Assembly:

The two **Screws (#58)** and two **Washers (#59)** for the **Water Bottle Holder (#56)** has already been pre-installed on to the **Front Post (#4)**. Remove the two **Screws (#58)** and two **Washers (#59)** located on the **Front Post (#4)** as illustrated. Then secure the **Water Bottle Holder (#56)** to the **Front Post (#4)** using the two **Screws (#58)** and two **Washers (#59)** that has just been removed. Slide the **Water Bottle (#57)** into place.






Hardware Required









BOLT

| | | |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|  #35. Bolt (M8x45 mm) |  #39. Bolt (M8x16 mm) |  #41. Hex Bolts (M8x15 mm) |
|  #46. Hex Bolt (M8x75 mm) |  #49. Hex Bolt (M8x45 mm) |  #50. Carriage Bolt (M8x40 mm) |
|  #53. Bolt (M8x25 mm) |  #36. Screw (M4x20 mm) |  #47. Screw (M3x15 mm) |
|  #55. Screw (M4x25 mm) |  #54. Screw (M5x10 mm) |  #58. Screw (M4x15 mm) |




NUT

| | | |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  #52. Cap Nut (M8) |  #38. Nylon Nut (M8) |  #45. Nylon Nut (M10) |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|

WASHER

| | | | |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  #37. Washer (M8) |  #40. Washer (M8) |  #42. Spring Washer (M8) |  #43. Washer (M10) |
|  #44. Special Washer |  #51. Arc Washer (M8) |  #59. Washer (M4) |  #61. Washer (M5) |

KNOB

| | | |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  #48. Knob (M8) |  #66. Knob (M10) |  #63. Spring Loaded Knob |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|

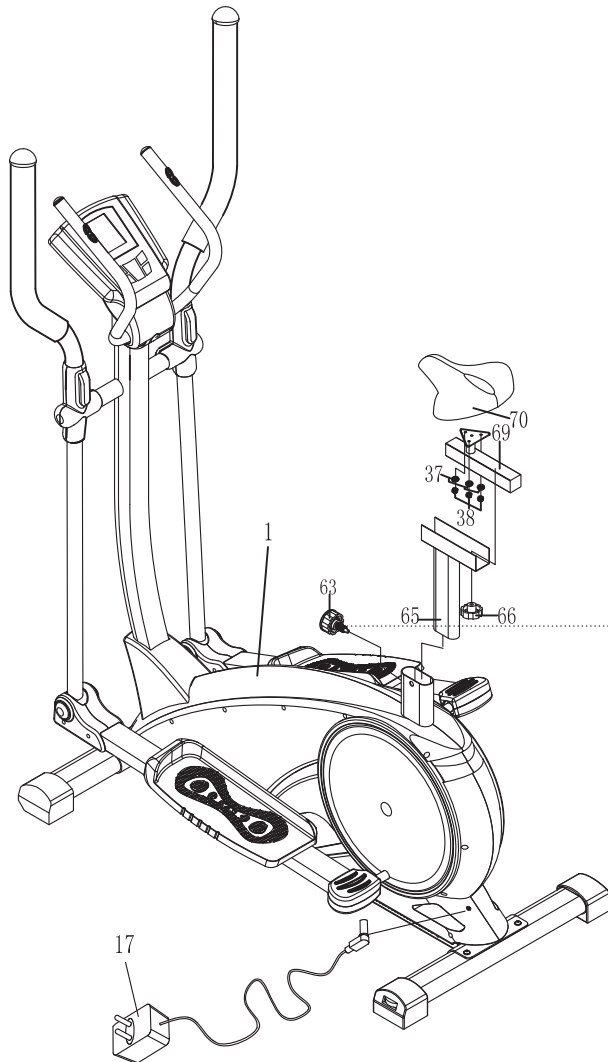


Assembly Instructions

Assembly Step 10

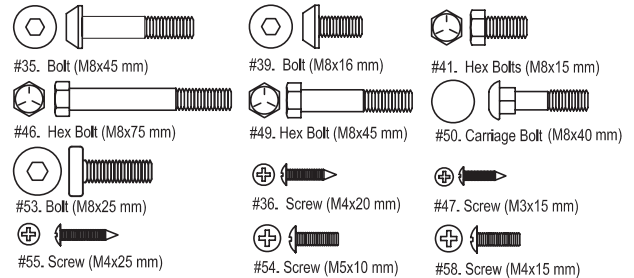
Seat Assembly

Remove the Washer and Nuts that are pre-assembled on the back of the **Seat (#70)** and set them aside as they will be used in a later process. Attach the **Seat (#70)** onto the **Horizontal Seat Bar (#69)**, ensuring that it is pointing directly toward the short end of it and then tighten with three **Washers (#37)** and three **Nylon Nuts (#38)** that were previously removed. Attach the **Horizontal Seat Bar (#69)** onto the **Seat Post (#65)** by inserting the bolt (on the bottom of the **Horizontal Seat Bar (#69)**) through the **Seat Post (#65)** and use a **Knob (#66)** to secure it. 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 (#65)** into the mouth of the post that is protruding from the **Main Frame (#1)**. Make sure the holes on the **Seat Post (#65)** are facing the front before insert. Screw in the **Spring Loaded Knob (#63)** through the **Main Frame (#1)** post and then through any one of the holes located on the **Seat Post (#65)**. The **Spring Loaded Knob (#63)** has a safety feature that allows you to loosen it by turning it counter clockwise three times as you pull it outward. Adjust the seat height and then pop the knob back in. Tighten the knob by turning clockwise. See the illustration below.

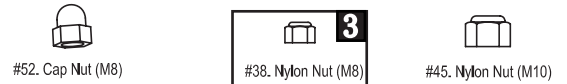


Hardware Required

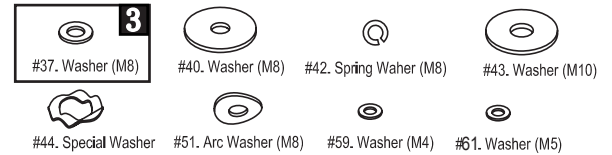
BOLT



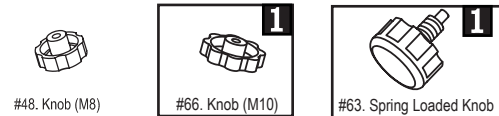
NUT



WASHER



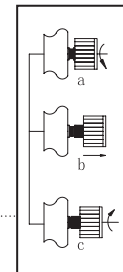
KNOB



AC Adapter Assembly

Plug in the **AC Adapter (#17)** male plug into the female socket located at the rear end of the unit.

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 (#70)** for any reason after you have installed it. Exercising on this unit without the **Seat (#70)** can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior to use.



Computer Operation

Exercise Program Video

A workout DVD is included in the product carton. The DVD contains the step-by-step exercise training program. The same video program is also available in the MP4 player of the exercise computer on this product. Please follow the steps in below to view the exercise program video:



Fig. 1



Fig. 2



Fig. 3

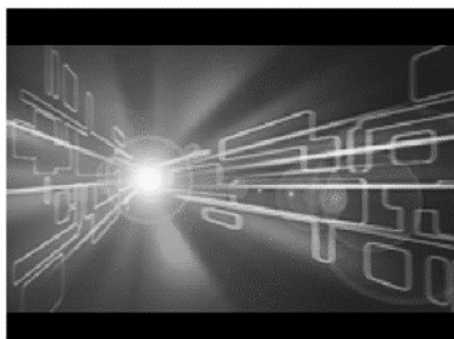


Fig. 4

1. Press and Hold the **ON/OFF** button until the Mp4 boots up. Once in the Main Menu (Fig.1) select the **Video Player Mode** (Fig. 2) using the **<** or **>** keys. Then press **OK** to enter into the video interface (Fig. 3).
2. In the **Video Player** interface (Fig. 3), you will notice a preloaded workout video file name Exercise Program Video.3gp. Using the **^** or **v** keys select the file and press **OK** to play the video.
3. In the movie-playing mode (Fig. 4) the following keys are used:
 - OK** : Play / Pause
 - ^** : Previous Video
 - v** : Next Video
 - <** : Fast Backward (Press twice to go 2x Faster)
 - >** : Fast Forward (Press twice to go 2x Faster)
 - VOLUME** : Press the **VOLUME** button then press **<** or **>** to adjust the volume. Then press volume again to regain access to the **<** Fast Backwards and **>** Fast Forward controls.
 - ON/OFF** : Exit

Note: The volume indicating slider will turn blue when the volume function is active.

To access more functions please refer to the Mp4 Manual.



Proof of purchase

Thanks for choosing



Model Number BRM 6110

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

