BRM 3680/3689

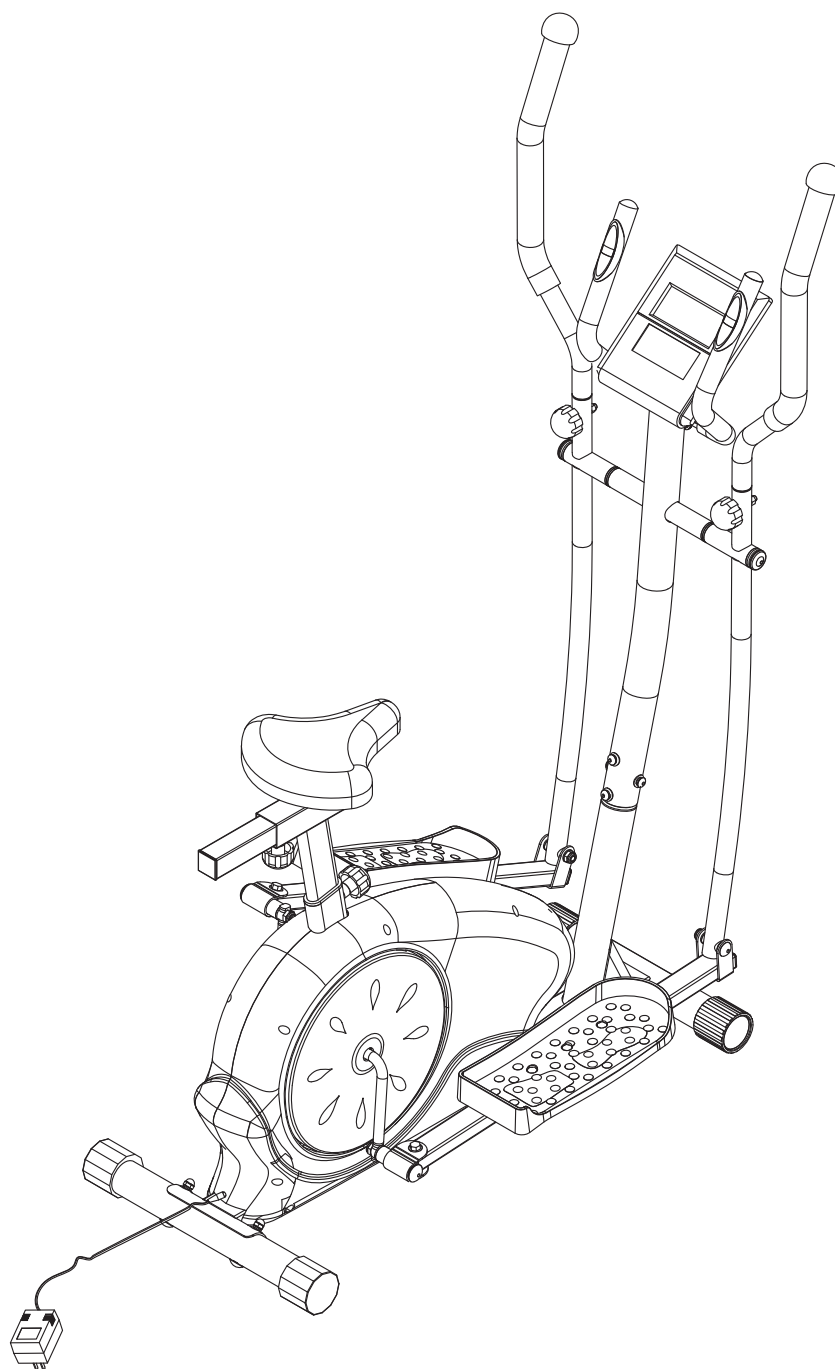**BODY CHAMP**®

Cardio Dual Trainer

2-IN-ONE
Use as an Exercise Bike or Elliptical

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

*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
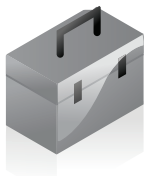
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet
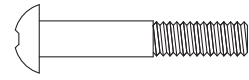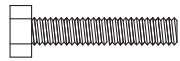
Bolt
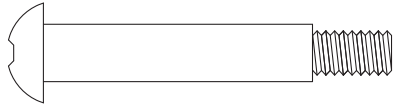
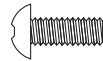(#19) Bolt (1/2"X97mm)
[2 Pieces]
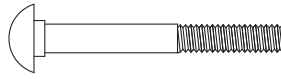
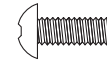(#30) Carriage Bolt (M8X65mm)
[4 Pieces]

(#29) Bolt (M10X58mm)
[2 Pieces]

(#32) Hex Bolt (M8x40mm)
[6 Pieces]

(#33) Bolt (M8X20mm)
[2 Pieces]

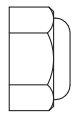(#34) Bolt (M8X15mm)
[6 Pieces]
Pre-assembled

(#35) Bolt (M8x30mm)
[2 Pieces]

(#37) Screw (M5X12mm)
[4 Pieces]
Pre-assembled

Nut

(#18) Nylon Nut(1/2")
[2 Pieces]

(#39)Nylon Nut (M10)
[2 Pieces]

(#41) Nylon Nut (M8)
[9 Pieces]
Pre-assembled [3 Pieces]

(#40) Cap Nut(M8)
[4 Pieces]

Washer
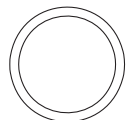
(#20) Special Washer (16mm)
[2 Pieces]
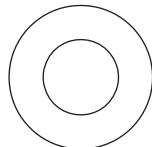
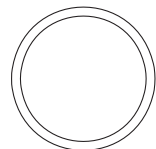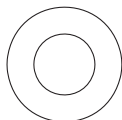(#42) Washer (M10)
[2 Pieces]

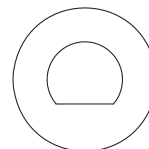(#45) Spring Washer(M8)
[10 Pieces]
Pre-assembled [6 Pieces]

(#43) Arc Washer(M8)
[10 Pieces]
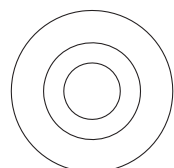Pre-assembled [6 Pieces]

(#24) Special Washer(19mm)
[2 Pieces]

(#44) Washer(M8) [11 Pieces]
Pre-assembled [3 Pieces]

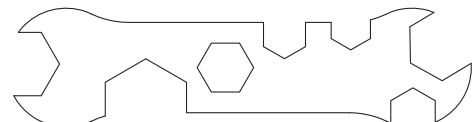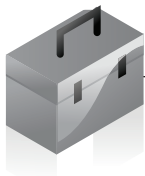(#25) D Shape Washer(19mm)
[2 Pieces]

Others

(#26) Round Cap
[2 Pieces]

(#63) Tool (5mm)
[2 Pieces]

(#64) Tool
[1 Piece]

Parts Listing

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

Part#	Description	Part#	Description
01	Main Frame	35	Bolt (M8*30mm)
02	Center Post	36	Seat
03	Left Pedal Tube	37	Screw (M5*12mm)
04	Right Pedal Tube	38	Screw (M4*25mm)
05	Left Coupler Bar	39	Nylon Nut (M10)
06	Right coupler bar	40	Cap Nut (M8)
07	Left Handle Bar	41	Nylon Nut (M8)
08	Right Handle bar	42	Washer (M10)
09	Pulse handle bar	43	Arc Washer (M8)
10	Seat Post	44	Washer (M8)
11	Horizontal Seat Bar	45	Spring Washer (M8)
12	Front Stabilizer	46	AC-DC Adaptor
13	Rear Stabilizer	47	Left Pedal
14	Pedal Connection Joint	48	Right Pedal
15	Coupler Bar Axle	49	End Cap For Rear Stabilizer
16	Crank	50	End Cap For Front Stabilizer
17	Monitor	51	Square End Cap
18	Nylon Nut (1/2")	52	Square End Cap
19	Bolt (1/2"*97mm)	53	Square End Cap
20	Special Washer (16mm)	54	Round Cap
21	Plastic Bushing	55	Round Cap
22	Metal Bushing	56	Seat Post Sleeve
23	Plastic Bushing	57	Main Frame Sleeve
24	Special Washer (19mm)	58	Handle Bar Foam Grip
25	D Shape Washer (19mm)	59	Pulse Handle Bar Foam Grip
26	Round Cap	60	Pulse sensor Wire
27	Knob Bolt	61	Monitor Wire (Upper)
28	Knob Bolt	62	Monitor Wire (Lower)
29	Bolt (M10*58mm)	63	Tool (5mm)
30	Carriage Bolt (8*65mm)	64	Tool
31	Hex Bolt (M8*45mm)		
32	Hex Bolt (M8*40mm)		
33	Bolt (M8*20 mm)		
34	Bolt (M8*15mm)		

Exploded Diagram

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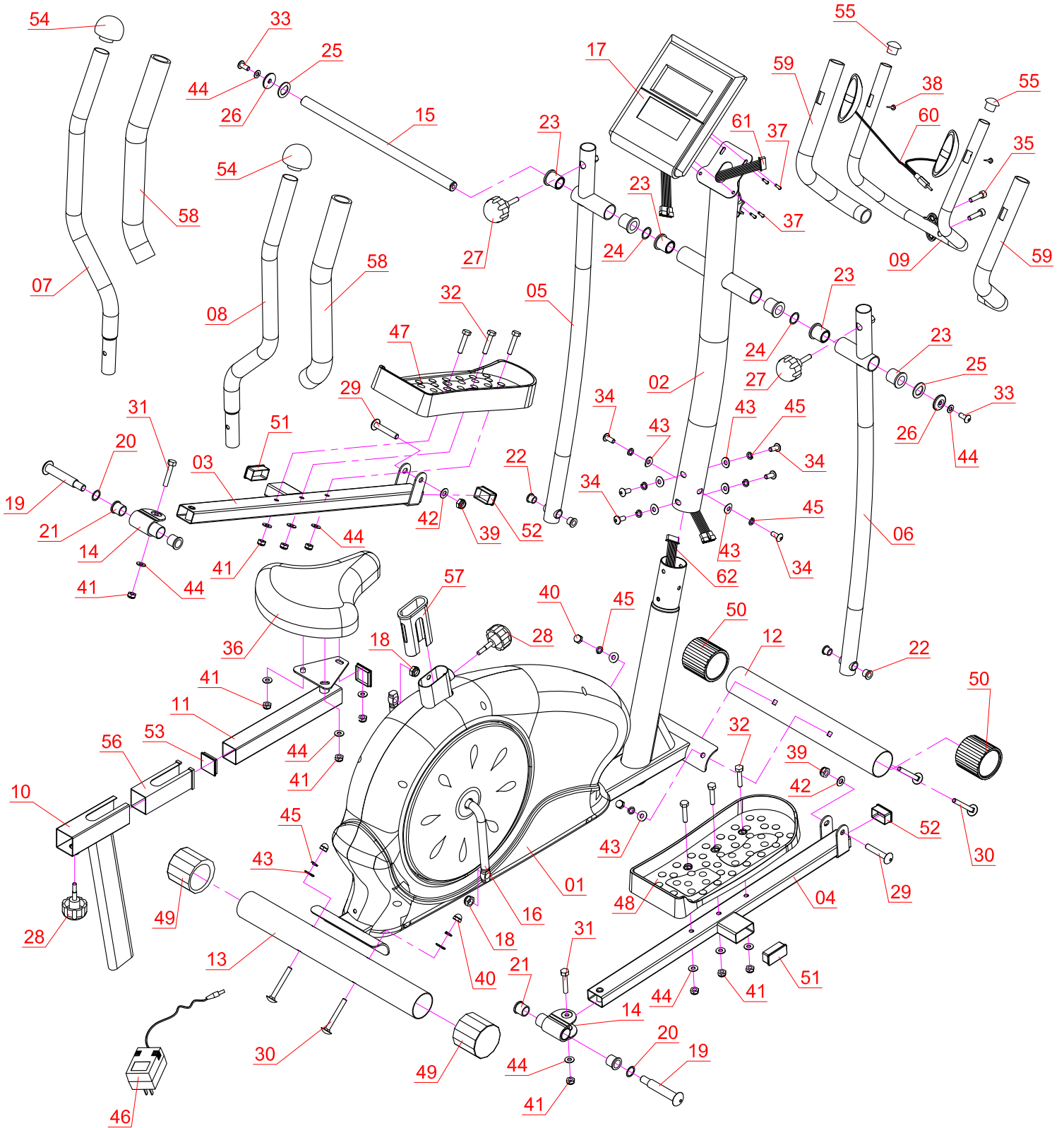
Assembly Instructions

Assembly Step 1

With the help of an assistant, attach the *Front Stabilizer (#12)* to the front of the *Main Frame (#01)*. Insert two *Carriage Bolts (#30)* through the *Front Stabilizer (#12)* followed by the front of the *Main Frame (#01)*. Secure them together using two *Arc Washers (#43)*, two *Spring Washers (#45)* and two *Cap Nuts (#40)*. Now attach the *Rear Stabilizer (#13)* to the rear of the *Main Frame (#01)*. Insert two *Carriage Bolts (#30)* through the *Rear Stabilizer (#13)* followed by the rear of the *Main Frame (#01)*. Secure them together using two *Arc Washers (#43)*, two *Spring Washers (#45)* and two *Cap Nuts (#40)*.

Please Note: The *Front Stabilizer (#12)* has end caps that spin for ease of relocating the unit and the *Rear Stabilizer (#13)* has height adjustable end caps for leveling of the unit.

Hardware Required

Bolt

#30. Carriage Bolt (M8x65 mm)   *[4 Pieces]*

Washer

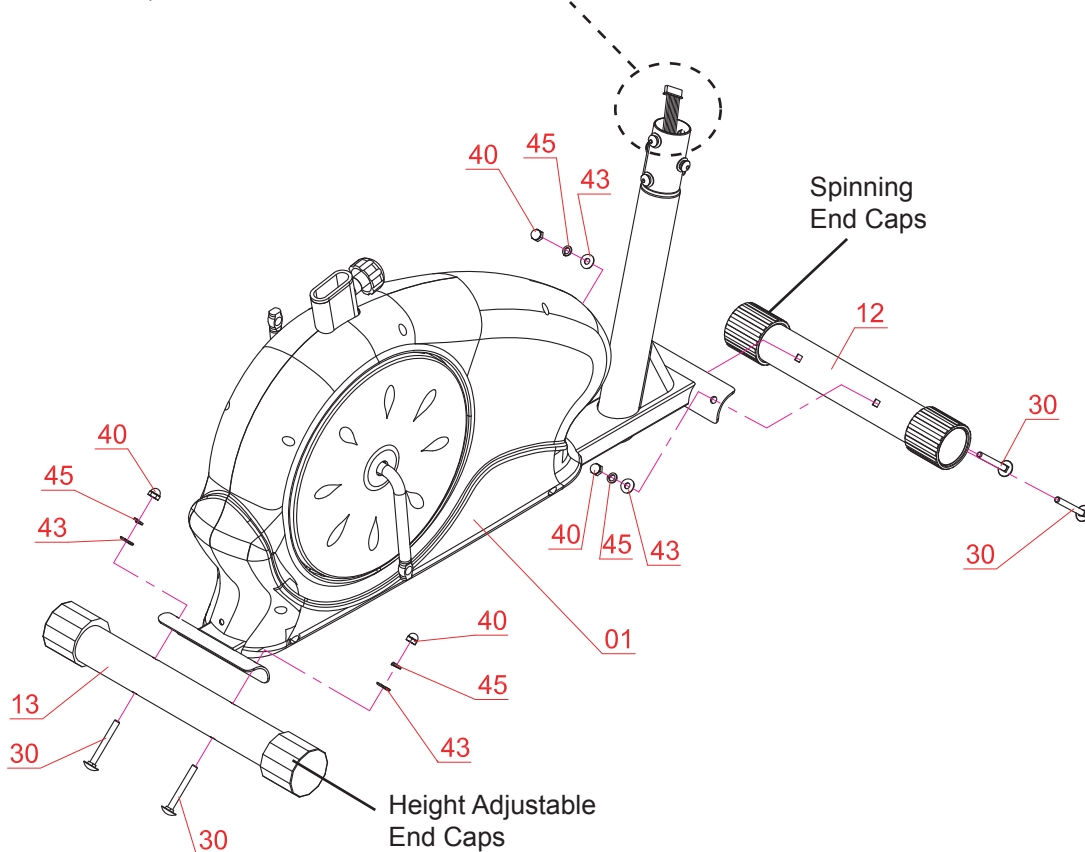#45. Spring Washer (M8)   *[4 Pieces]*

#43. Arc Washer (M8)   *[4 Pieces]*

Nut

#40. Cap Nut (M8) *[4 Pieces]*

Make sure these two wires are accessible and exposed (as shown) before proceeding to the next step. If they have fallen inside the tube, use a bent wire to "fish" them out.

Spinning End Caps

Height Adjustable End Caps

Assembly Instructions

Assembly Step 2

Remove the **Bolts (#34), Spring Washers (#45)**, and **Arc Washers (#43)** that are pre-assembled on the **Main Frame (#01)** and set them aside as they will be used later in this step.

Connect the **Monitor Wire (Upper) (#61)** to the **Monitor Wire (Lower) (#62).** Then slide the **Center Post (#02)** onto the **Main Frame (#01)** being careful not to pinch any wires and secure it using the **Bolts (#34), Spring Washers (#45),** and **Arc Washers (#43)** that were previously removed.

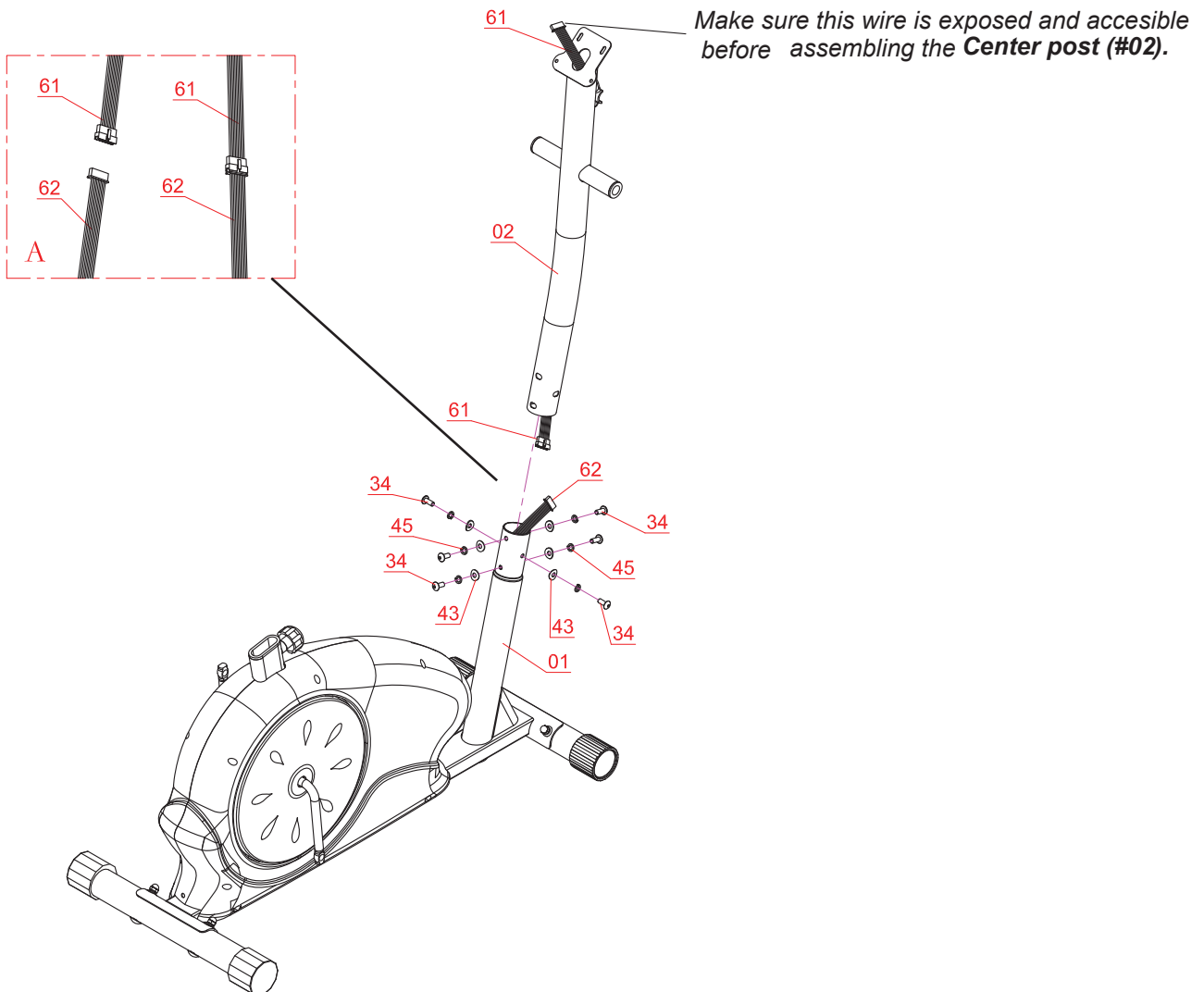## Hardware Required

Bolt

#34. Bolt (M8x15 mm) *[6 Pieces]*

Washer

#45. Spring Washer (M8) *[6 Pieces]*

#43. Arc Washer (M8) *[6 Pieces]*

Make sure this wire is exposed and accesible before assembling the **Center post (#02).**

Assembly Instructions

Assembly Step 3

Please refer to the diagram below and pay special attention to corresponding left & right side parts. Misplacing parts during assembly will lead to incorrect assembly and may result in serious injury.

Slide the *Coupler Bar Axle (#15)* through the horizontal center slots as shown below on the *Center Post (#02)* and center it so it is evenly distributed on the left/right sides. Next, slide one *Special Washer (#24)* on each side, then followed by corresponding *Left/Right Coupler Bar (#05/#06)*. Secure each side with a *D Shape Washer (#25)*, *Round Cap (#26)*, *Washer (#44)*, and a *Bolt (#33)*.

Align and attach the *Pedal Connection Joint (#14)* on the *Left Pedal Tube (#03)* to the left *Crank (#16)*. Insert a *Bolt (#19)* through a *Special Washer (#20)* followed by *Pedal Connection Joint (#14)* and *Crank (#16)*. Screw the *Bolt (#19)* tightly into the *Crank (#16)* by turning <u>CLOCKWISE</u> and then secure it with the *Nylon Nut (#18)* by turning it <u>COUNTERCLOCKWISE</u>. Align and attach the *Left Coupler Bar (#05)* to the *Left Pedal Tube (#03)*. Secure them together using a *Bolt (#29), Washer (#42)* and *Nylon Nut (#39)*. Attach the *Left Pedal (#47)* to the *Left Pedal Tube (#03)* and secure them together using three *Hex Bolts (#32),* three *Washers (#44)* and three *Nylon Nuts (#41)*. Repeat this process on the other side with the *Right Pedal Tube (#04)* and *Right Coupler Bar (#06)*.
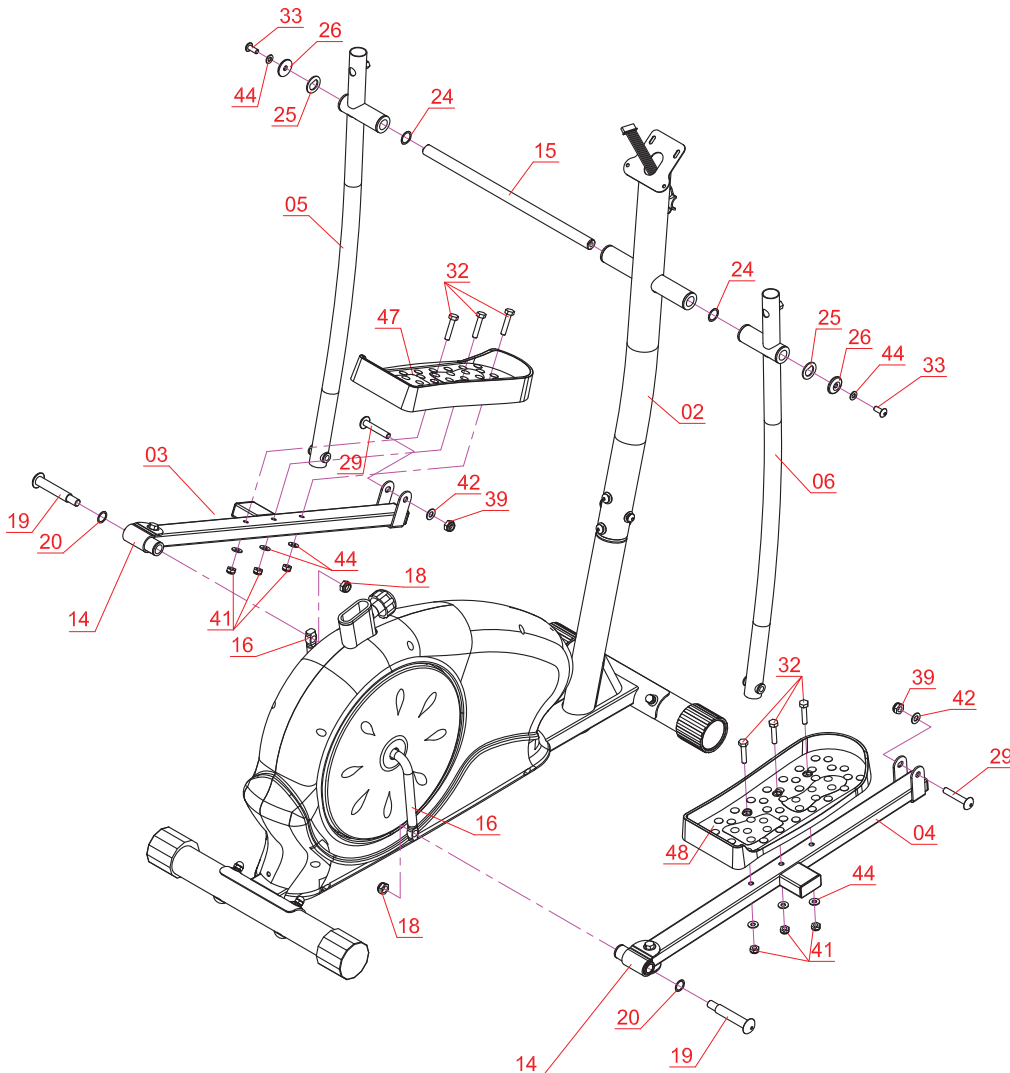
Hardware Required
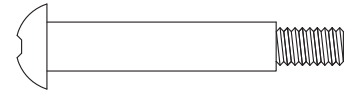
Bolt

#19. Bolt (1/2"x97 mm) *[2 Pieces]*
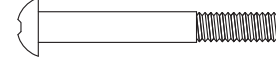
#29. Bolt (M10x58 mm) *[2 Pieces]*

#33. Bolt (M8x20 mm) *[2 Pieces]*

#32. Hex Bolt (M8x40 mm) *[6 Pieces]*

Washer

#20. Special Washer (16 *mm*) *[2 Pieces]*

#24. Special Washer (19 *mm*) *[2 Pieces]*

#42. Washer (M10) *[2 Pieces]*

#44. Washer (M8) *[8 Pieces]*

#25. D Shape Washer (19 mm) *[2 Pieces]*

Nut

#18. Nylon Nut (1/2") *[2 Pieces]*

#39. Nylon Nut (M10) *[2 Pieces]*

#41. Nylon Nut (M8) *[6 Pieces]*

Others

#26. Round Cap *[2 Pieces]*

Assembly Instructions

Assembly Step 4

Please remove both **Knob Bolts (#27)** that are pre-assembled on the **Left/Right Coupler Bar (#05/#06)** and set them aside for now, as they will be used shortly.

Insert the **Left Handle Bar (#07)** into the opening at the top of the **Left Coupler Bar (#05)** and secure it using one **Knob Bolt (#27)**. Repeat this process on the other side with the **Right Handle Bar (#08)** and **Right Coupler Bar (#06)**.

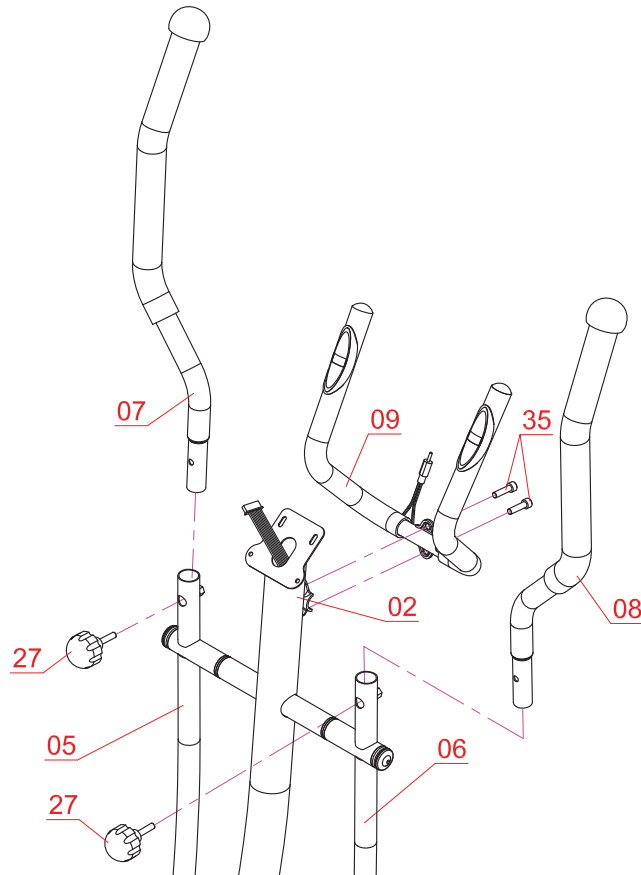Align and attach the **Pulse Handle Bar (#09)** to the bracket on the **Center Post (#02)** as shown by securing with two **Bolts (#35)**.

Hardware Required

Bolts

#35. Bolt (M8x30 mm)
[2 Pieces]

Assembly Instructions

Assembly Step 5

Remove the *Screws (#37)* that are pre-assembled on back of the *Monitor (#17)* and set them them aside as they will be used shortly in this step.

Connect the *Wire (Upper) (#61)* to the *Monitor (#17)* and connect the *Pulse Sensor Wire (#60)* to the back of the *Monitor (#17).*

Secure the *Monitor (#17)* to the bracket of the *Center Post (#02)* using four *Screws (#37)* that were previously removed.

Hardware Required

Screws

#37. Screw (M5x12 mm)
    [4 Pieces]
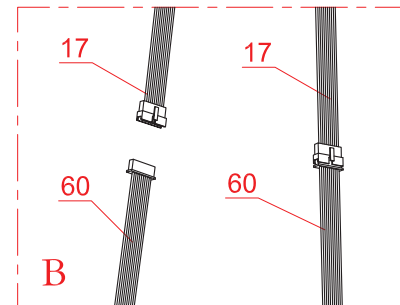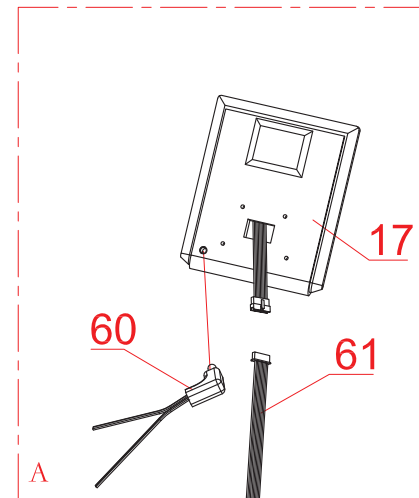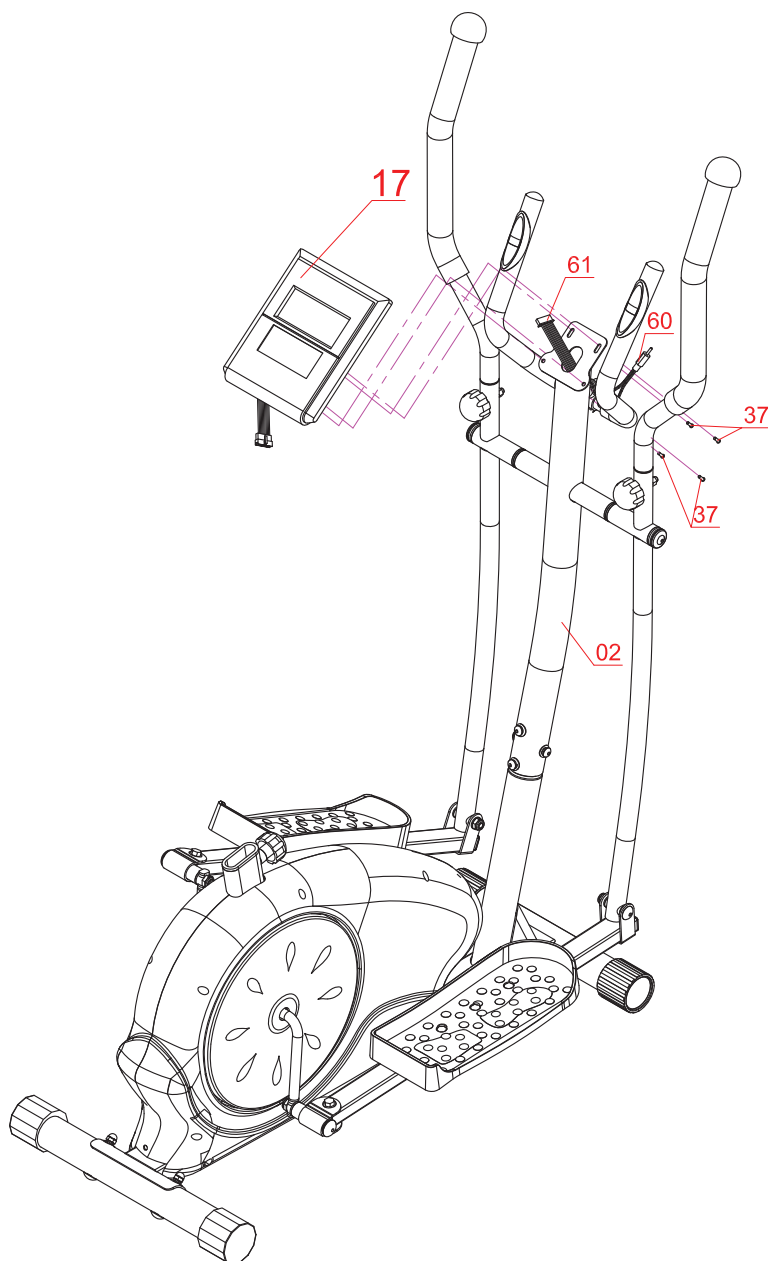
Troubleshooting

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 17** for other troubleshoot issues.

Assembly Instructions

Assembly Step 6

Remove the three *Washers (#44)* and three *Nylon Nuts (#41)* that are pre-assembled on the bottom of the *Seat (#36)* and set them aside as they will be used later in this step.

Attach the *Seat (#36)* onto the *Horizontal Seat Bar (#11)* and make sure that the *Seat (#36)* is pointing directly toward the short end of it and then tighten with three *Washers (#44)* and three *Nylon Nuts (#41)* that were previously removed.

Referring to Diagram A below, please unscrew and remove *Knob Bolt (#28)* from *Seat Post (#10)* . Then, insert and slide *Horizontal Seat Bar (#11)* in through *Seat Post (#11)* as llustrated in the diagram. Align the corresponding holes on *Seat Post (#10)* and *Horizontal Seat Bar (#11)* to your desired setting and secure the parts by inserting *Knob Bolt (#28)* through both parts and tighten. For safety purposes, please ensure all parts are secure.

Now, please unscrew and remove *Knob Bolt (#28)* from metal post on the *Main Frame (#01).*

Insert the *Seat Post (#10)* into the mouth of the post that is protruding from the *Main Frame (#01)* down a minimum of 4 inches to engage the lowest hole. Make sure the holes on the *Seat Post (#10)* are facing the **front** before inserting. You can adjust to your desired height setting after complete assembly.

Secure the *Seat Post (#10)* (now with *Seat (#36)* attached) using the (previously removed) *Knob Bolt (#28).*

Plug in the *AC Adapter (#46)* male plug into the female socket located at the rear of the unit as shown below.

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 Required

Washer

#44. Washer (M8) *[3 Pieces]*

Nut

#41. Nylon Nut (M8) *[3 Pieces]*
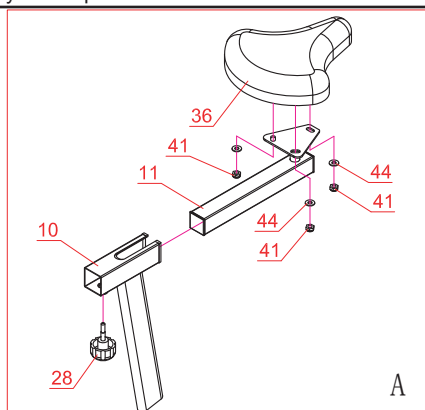
WARNING

Do not remove the *Seat (#36)* for any reason after you have installed it. Exercising on this unit without the *Seat (#36)* can result in SERIOUS INJURY. Ensure the seat is locked in place by tightening the two knobs prior to use.
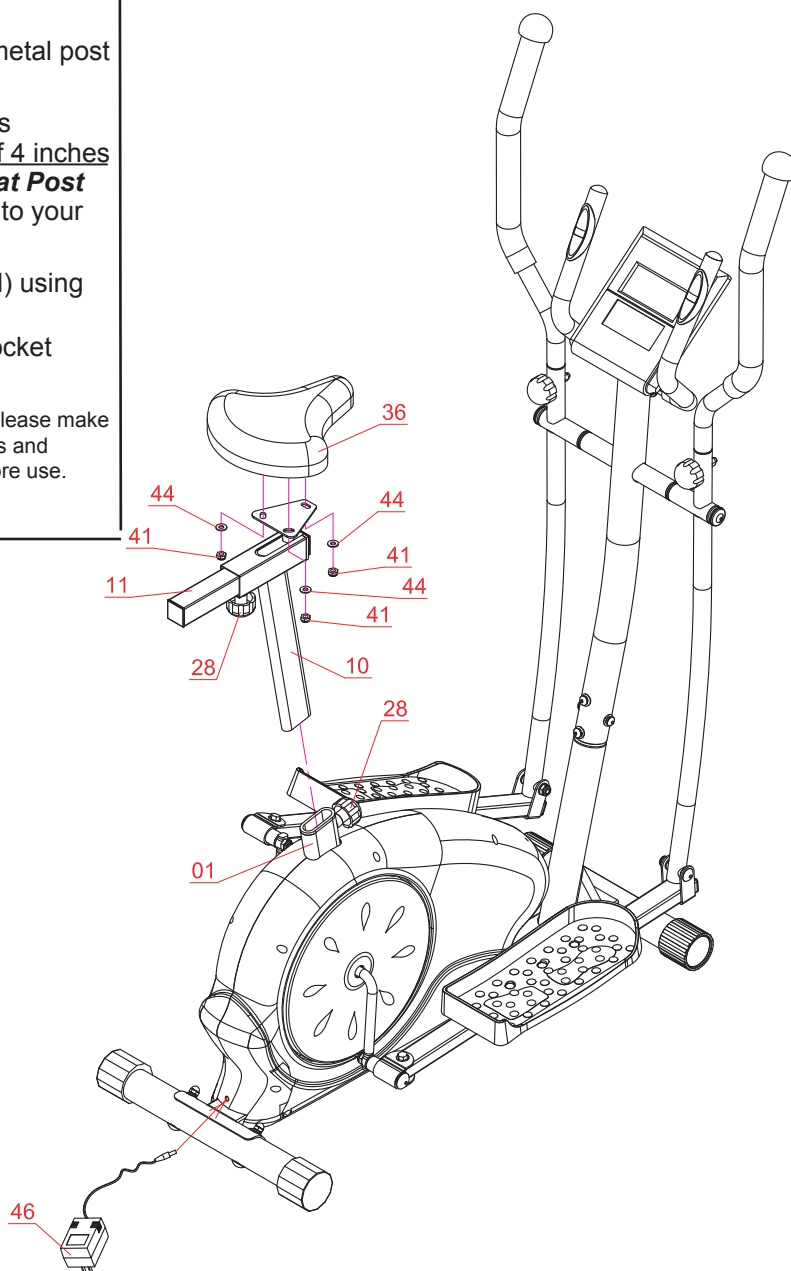
Safety & Maintenance

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.
• Please be aware that the pulse sensors and body fat measurement tool are not medical devices; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.

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 (# 36); Pedals (#47/#48); Handle Bars (#07/#08)
• 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
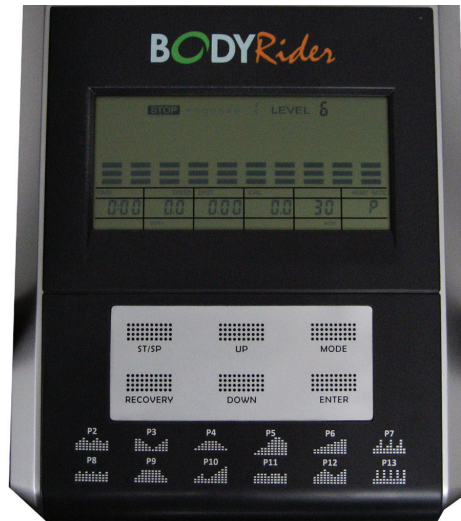
BUTTON FUNCTIONS:

START/STOP:	1. Start & Pause workouts. 2. Start body fat measurement*. 3. Holding key for 3 seconds will reset all function values to be zero.
DOWN:	Decreases value of selected workout function*. During the workout, it will decrease the resistance level.
UP :	Increases value of selected workout function*. During the workout, it will increase the resistance level.
ENTER:	To input/confirm desired value or workout mode.
RECOVERY:	Press to enter into Recovery function when computer picks up and displays the heart rate value. Recovery fitness level (F1 - F6) will display after 1 minute. "F1" = excellent; "F6" = poor.
MODE:	Press to switch the display data from: RPM to SPEED, ODO to DIST, WATT to CALORIES during workout session.

* = TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

COMPUTER FUNCTIONS:

SPEED (MPH):	Shows your current speed.
RPM:	Shows your current rotations per minute.
TIME:	Shows accumulated exercise time. User may also preset this function.
DIST:	Shows exercise accumulated distance.
ODO:	Shows the total accumulated distance.
CAL:	Shows accumulated calories burnt. User may also preset this function.
WATT:	Shows current wattage output of user during exercise. User may also preset this function.
HEART RATE*:	Shows the user's heart rate value in BPM (beats per minute)*.
TARGET H.R.:	User can preset a target heart rate.
PROGRAM:	There are a total of 24 programs to select from for training.
LEVEL:	The computer display shows 16 columns of loading bars with 8 rectangular increments per bar. Each column (normally) represents 1 minute in time and each rectangular increment represents 2 levels of resistance.

* Please be aware that **the pulse sensors and body fat measurement tool are not medical devices**; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.

Computer Operation

COMPUTER OPERATION: ("HOW-TO")

1. Ensure that your unit is plugged-in to an electrical source. Press a key and/or pedal to power on the computer.
2. Use UP and DOWN to select your desired workout mode. Then press ENTER.
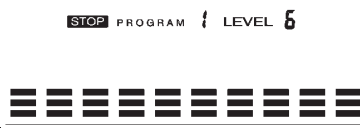3. **Setting Workout Functions**
   The computer allows you to preset certain functions. In other words, you can set your own workout target goals for functions TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE.
Note: Some functions are not adjustable in certain programs. TIME and DISTANCE cannot both be preset during the same workout session.
   Once a program has been selected, press ENTER so that TIME function flashes. Use UP or DOWN to set desired time value. Press ENTER to confirm the value. The flashing prompt will move to the next function. Continue use of UP or DOWN to preset functions as desired. Press START/STOP to begin workout.
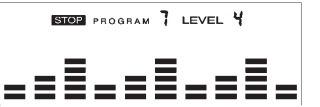
4. There are 7 basic workout "modes" which will be detailed below:
(*Manual* Program, *Preset Workout* Programs, *Watt Control* Program, *Body Fat* Program, *Target Heart Rate* Program, *Heart Rate Control* Program, and *User Profiles* Program.)

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i. Manual (P1)

STOP PROGRAM 1 LEVEL 6

Setting Functions for Manual
Select MANUAL using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted.
Continue through all desired functions, then press START/STOP whenever you are ready to start your workout.

Note:
-If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
-Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

---

ii. Pre-set Workout (P2 - P13)

STOP PROGRAM 2 LEVEL 6   STOP PROGRAM 3 LEVEL 10   STOP PROGRAM 4 LEVEL 2

STOP PROGRAM 5 LEVEL 2   STOP PROGRAM 6 LEVEL 4   STOP PROGRAM 7 LEVEL 4

STOP PROGRAM 8 LEVEL 6   STOP PROGRAM 9 LEVEL 4   STOP PROGRAM 10 LEVEL 4

STOP PROGRAM 11 LEVEL 6   STOP PROGRAM 12 LEVEL 6   STOP PROGRAM 13 LEVEL 4

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ii. Preset Workout (P2 - P13) .... continued.

There are 12 preset programs ready for use. Each program has different patterns of resistance to add variety to workout sessions.

Setting Functions for Preset Workout
Select one of the Preset Workouts as displayed on the screen using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Adjusting during any Preset Workout
Users can exercise at different resistance levels in different intervals as the profiles flash. Users may exercise at any desired resistance level by using UP/DOWN keys to adjust during the workout.

Note:
-If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
-Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

iii. Watt Control (P14)

Setting Functions for Watt Control
Select " **Watt Control**" using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
- The computer will adjust the resistance load automatically depending on the user's detected speed to maintain a constant watt value. User can use UP or DOWN to adjust the watt value during workout.

iv. Body Fat (P15)

Setting Data for Body Fat
Select " **BODY FAT**" using UP or DOWN then press ENTER. "MALE " icon (default) will flash so gender (male/female) can be selected using UP or DOWN; then, press ENTER to save gender and move to next data function.

iv. Body Fat (P15).................... continued.

"5' 8" " (default value) of HEIGHT will flash so height can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function.

"165" lbs. (default value) of WEIGHT will flash so weight can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function

"30"(default value) of AGE will flash so age can be adjusted using UP or DOWN KEY; then, press ENTER to save value.

Press START/STOP to start measurement, and place hands firmly (but not too tightly) over hand pulse sensor grips.

After 15 seconds, the display will show the detected Body Fat %, BMR, BMI & BODY TYPE.

NOTE: There are 9 body types categorized according to the FAT% calculated.

Type 1 is from 5% to 9% (body fat). Type 2 is from 10% to 14%. Type 3 is from 15% to 19%. Type 4 is from 20% to 24%. Type 5 is from 25% to 29%.	Type 6 is from 30% to 34%. Type 7 is from 35% to 39%. Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

- BMR = Basal Metabolism Ratio
- BMI = Body Mass Index

Press START/STOP to return to the Main Display.

Error Code Meanings:
"E1": Motor malfunction
"E2": Procedural Error
"E3": (Not Applicable for this model)
"E4": Heart Rate sensors are not receiving signal.

Resolution:
1. Reset the computer by holding START/STOP for 3 seconds until all data resets.
If error still shows, please proceed to:
2. Unplug the AC adaptor from the unit and leave for one minute. Then, plug the AC adaptor back in.
If error still shows, please:
3. Contact our Customer Service Team for assistance.
4. For "E4", please note, you do not need to grip the sensors too tightly. A firm hold is enough for the pulse signals to pick up.

v. Target Heart Rate (P16)

Setting Functions for TARGET H.R
Select " *TARGET H.R.*" using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

Computer Operation

vi. Heart Rate Control (P17-20)

There are 4 selections for target pulse:
HRC- 55%   TARGET H.R= 55% of (AGE)
HRC - 65%   TARGET H.R= 60% of (AGE)
HRC - 75%   TARGET H.R= 75% of (AGE)
HRC - 85%   TARGET H.R= 85% of (AGE)

Setting Functions for HEART RATE CONTROL
Select 1 of the 4 "*Heart Rate Control*" programs (55%, 65%, 75%, or 85%) using the UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.
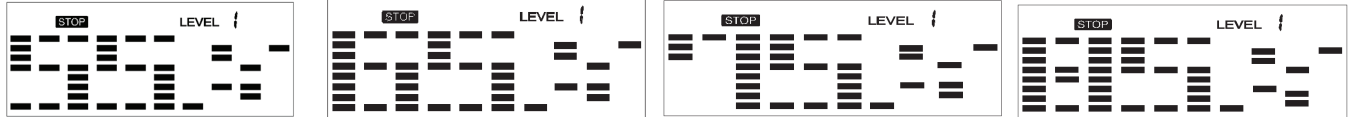
Note:
- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

vii. User Profiles (P21-P24)

There are 4 User Profiles available for multiple users to set their own personalized programs for immediate access and use.

Setting Functions for User Program
Select 1 of 4 "USER" profiles using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN . Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

After finished set up desired function, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. Press START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

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.
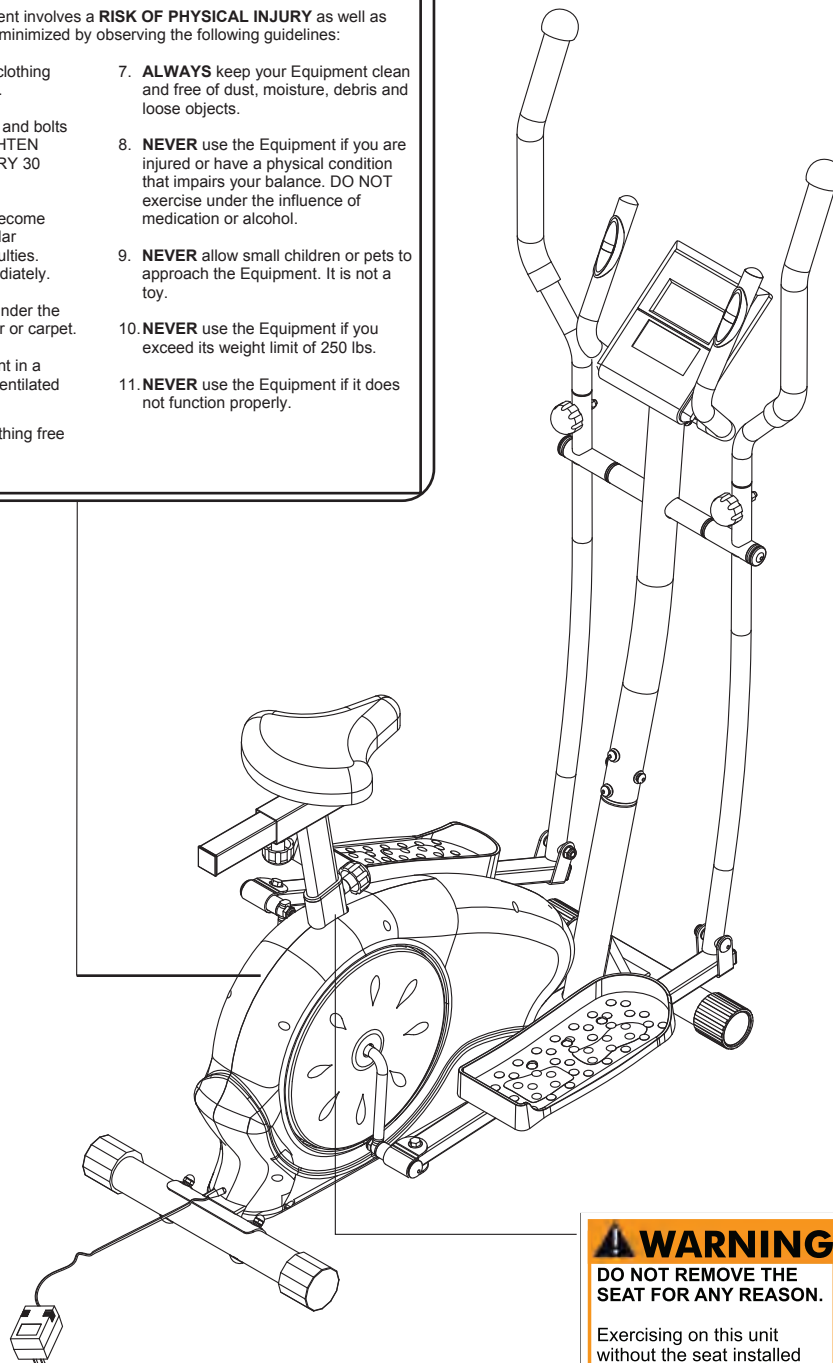
⚠ WARNING
DO NOT REMOVE THE SEAT FOR ANY REASON.

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.

Warm-Up Instructions

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

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

Groin Stretch

1. Sit with your knees flexed and soles of feet together.

2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.

2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.

3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.

Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.

2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.

Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.

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

Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.

2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

Trunk Flexion, Prone

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

2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.

2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.

Calf Stretch

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).

2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.

Thanks for choosing

BODY FLEX SPORTS

Model Number BRM 3680/3689

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

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BODY CHAMP®