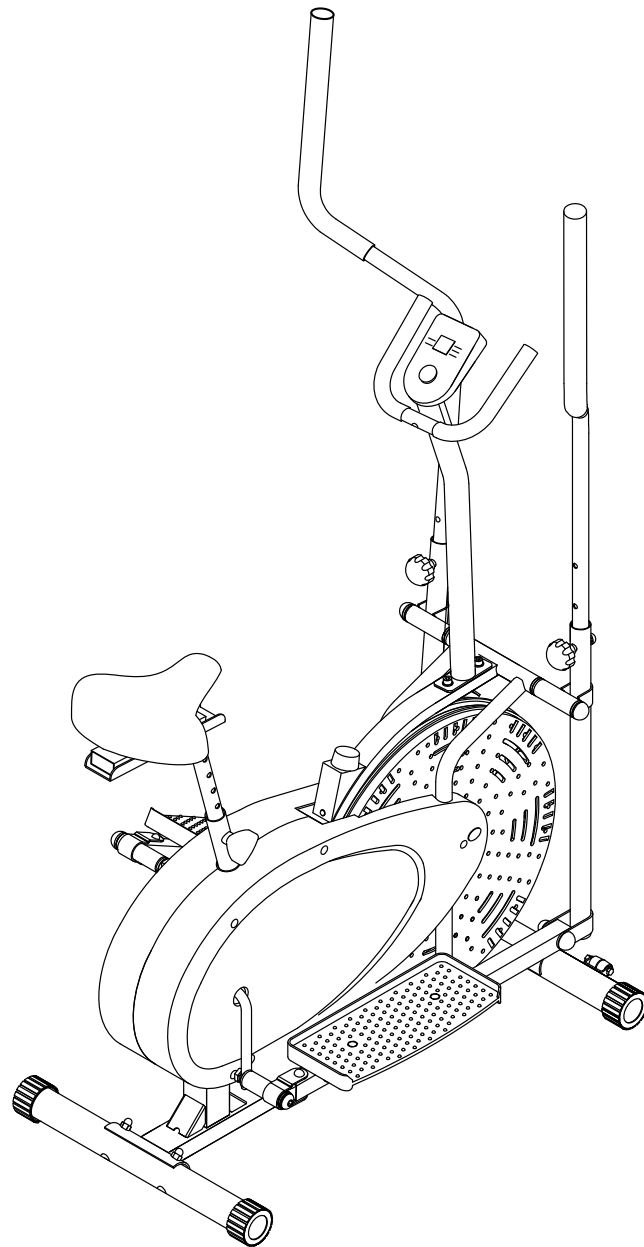


BRD 2000/2080

BODYRider Dual Trainer

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



General Information



Safety

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

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

Assembling Tools

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

Weight Limit

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

Storage and Use

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

Warranty

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

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

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

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

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

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



Questions

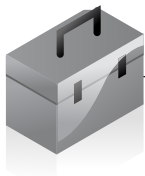
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you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

Customer Support

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

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

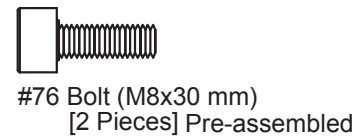
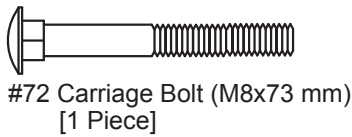
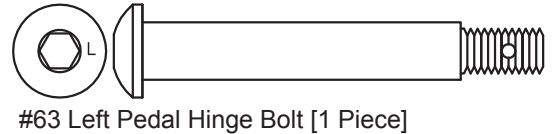
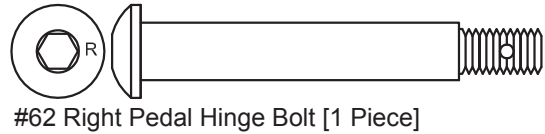
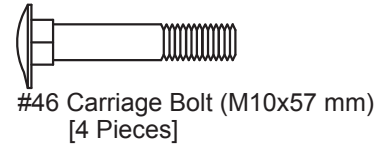
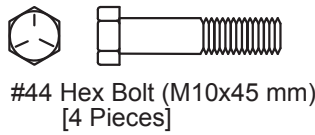
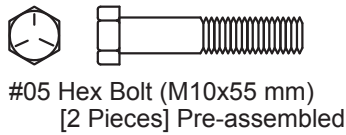




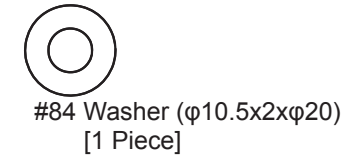
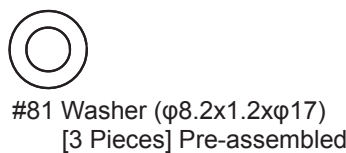
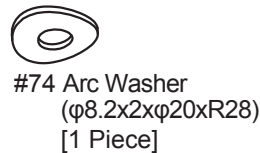
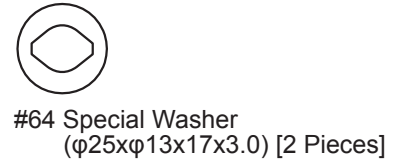
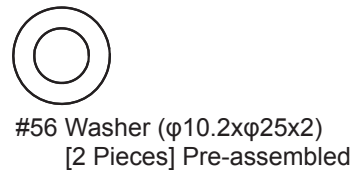
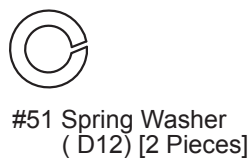
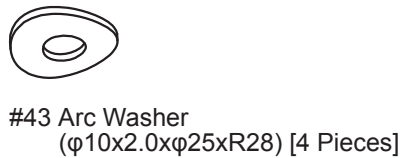
Hardware & Tool List

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.

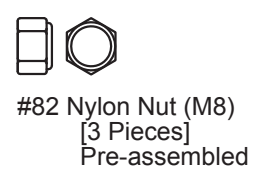
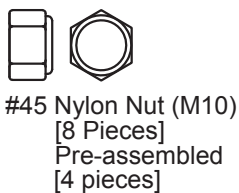
Bolt



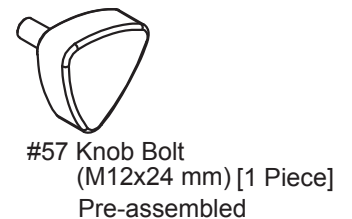
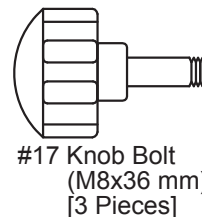
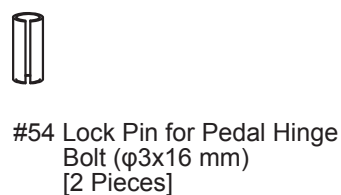
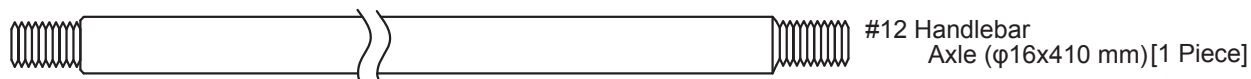
Washer



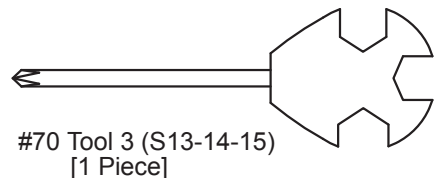
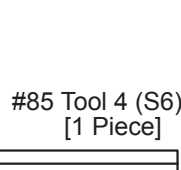
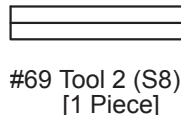
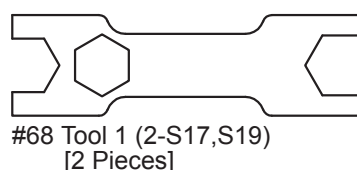
Nut

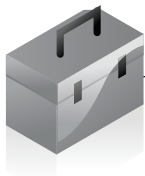


Others



Tools





Parts Listing

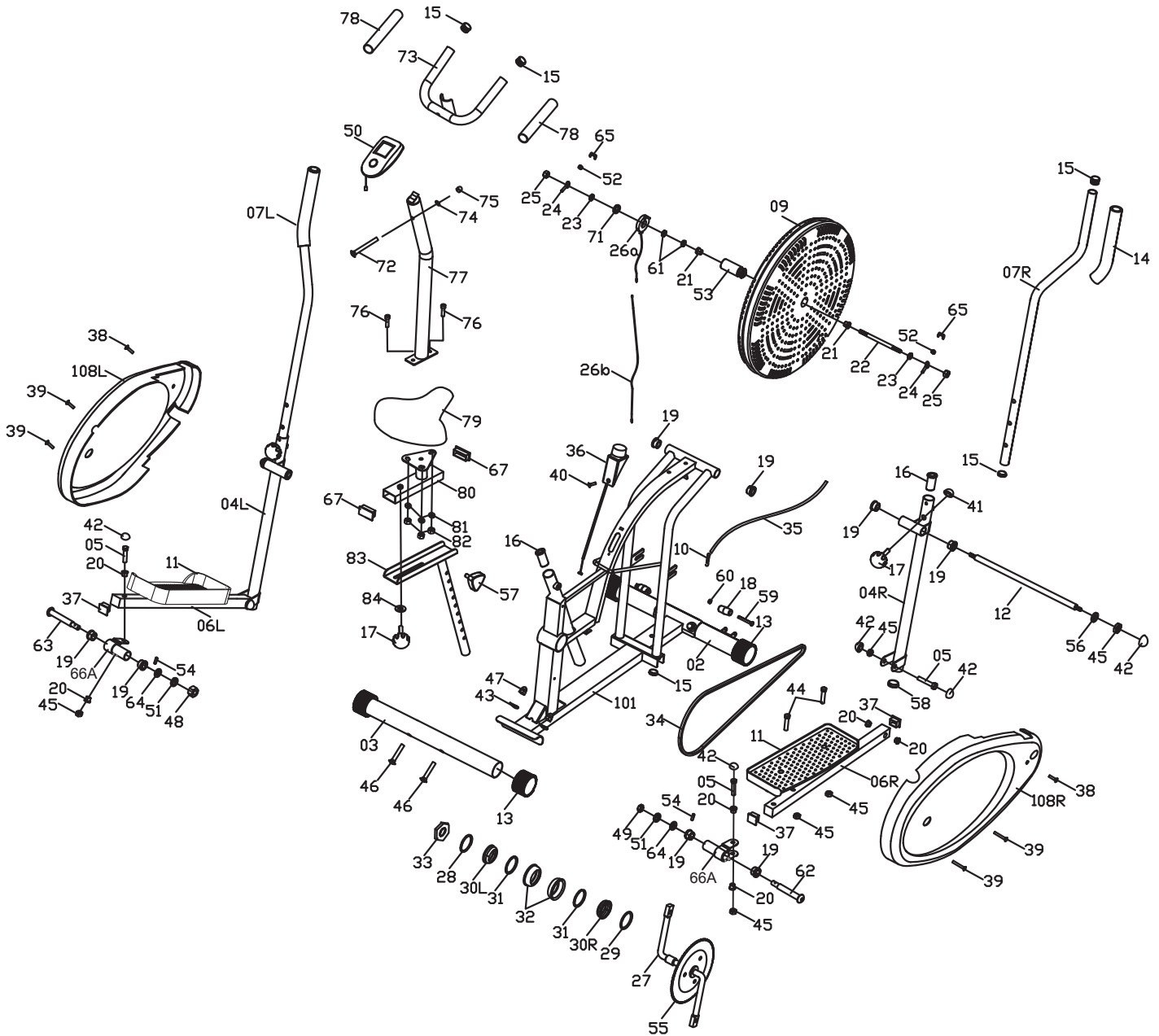
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Descriptoin	#	Descriptoin
101	Main Frame	41	Cap (S13)
02	Front Stabilizer	42	Cap (S16)
03	Rear Stabilizer	43	Arc Washer ($\phi 10 \times 2.0 \times \phi 25 \times R28$ mm)
04L	Left Coupler Bar	44	Hex Bolt (M10x45 mm)
04R	Right Coupler Bar	45	Nylon Nut (M10)
05	Hex Bolt (M10x55 mm)	46	Carriage Bolt (M10x57 mm)
06L	Left Pedal Tube	47	Nut (M10)
06R	Right Pedal Tube	48	Left Nylon Nut (B0.5x20 S19)
07L	Left Handle Bar	49	Right Nylon Nut (B0.5x20 S19)
07R	Right Handle Bar	50	Electronic Monitor
108L	Left Chain Cover	51	Spring Washer (D12)
108R	Right Chain Cover	52	Nut (M6)
09	Fan Wheel ($\phi 503 \times 55$ mm)	53	Gear Shaft ($\phi 30.5 \times 77$ mm)
10	Spring ($\phi 1.8 \times 32 \times \phi 10$ mm)	54	Lock Pin for Pedal Hinge Bolt ($\phi 3 \times 16$ mm)
11	Pedal	55	Chain Wheel ($1/4" \times \phi 165 \times 2.6$)
12	Handlebar Axle ($\phi 16 \times 410$ mm)	56	Washer ($\phi 10.2 \times \phi 25 \times 2$ mm)
13	Round End Cap ($\phi 50$ mm)	57	Knob Bolt (M12x24 mm)
14	Foam Grip ($\phi 23 \times 5 \times 300$ mm)	58	Round Inner Plug ($\phi 32 \times 1.5$ mm)
15	Round Inner Plug ($\phi 25 \times 2$ mm)	59	Hex Bolt (M6x48 mm)
16	Handlebar Sleeve ($\phi 28.5 \times \phi 25.4 \times 84$ mm)	60	Nylon Nut (M6)
17	Knob Bolt (M8x36 mm)	61	Nut (M10x1.0)
18	Front Rollers ($\phi 23 \times 6.5 \times 32$ mm)	62	Right Pedal Hinge Bolt
19	Bushing ($\phi 24 \times 12 \times \phi 16.1$ mm)	63	Left Pedal Hinge Bolt
20	Bushing ($\phi 14 \times 10 \times \phi 10.1$ mm)	64	Special Washer ($\phi 25 \times \phi 13 \times 17 \times 3.0$ mm)
21	Bushing ($\phi 18 \times 14 \times \phi 10.1$ mm)	65	U Bracket
22	Fan Wheel Axle (M10x150 mm)	66A	Pedal Connection Joint
23	Nut (M10x1xB5)	67	Rectangular Inner Plug (25x50 mm)
24	Adjuster Bolt (M6x36 mm)	68	Tool 1 (2-S17,S19)
25	Nut (M10x1xB10x $\phi 20$ S15)	69	Tool 2 (S8)
26	Sensor	70	Tool 3 (S13-14-15)
27	Crankshaft	71	Washer ($\phi 10.2 \times \phi 20 \times 2$ mm)
28	Washer for Crankshaft	72	Carriage Bolt (M8x73 mm)
29	Washer for Crankshaft	73	Center Handle Bar
30L	Left Crankshaft Bearing Collar	74	Arc Washer ($\phi 8.2 \times 2 \times \phi 20 \times R28$ mm)
30R	Right Crankshaft Bearing Collar	75	Nut (M8)
31	Crankshaft Bearing Set	76	Bolt (M8x30 mm)
32	Bearing Brace	77	Center Post
33	Left Nut for Crankshaft	78	Foam Grip ($\phi 23 \times 5 \times 125$ mm)
34	Chain (1/4"x204 Links)	79	Seat
35	Friction Belt (1150L mm)	80	Horizontal Seat Bar
36	Tension Adjustment Knob	81	Washer ($\phi 8.2 \times 1.2 \times \phi 17$ mm)
37	Square Inner Plug ($\square 30$ mm)	82	Nylon Nut (M8)
38	Screw (ST4.8x20 mm)	83	Seat Post
39	Screw (ST4.8x45 mm)	84	Washer ($\phi 10.5 \times 2 \times \phi 20$ mm)
40	Screw (ST4.8x16 mm)	85	Tool 4 (S6)



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 **Rear Stabilizer (#03)** to the rear of the **Main Frame (#01)**. Insert two **Carriage Bolts (#46)** through the **Rear Stabilizer (#03)** followed by the rear of the **Main Frame (#01)**. Secure them together using two **Arc Washers (#43)** and **two Nuts (#47)**. Now, attach the **Front Stabilizer (#02)** to the front of the **Main Frame (#01)**. Insert two **Carriage Bolts (#46)** through the **Front Stabilizer (#02)** followed by the front of the **Main Frame (#01)**. Secure them together using two **Arc Washers (#43)** and two **Nuts (#47)**.

Note:

Pls note that the **Front Stabilizer (#02)** has **Front Rollers (#18)** that spin for ease of relocating the unit.

Hardware & Tool Required

Bolt



#46 Carriage Bolt (M10x57 mm) [4 Pieces]

Washer



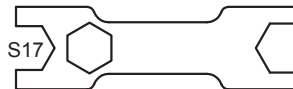
#43 Arc Washer (φ10x2.0xφ25xR28) [4 Pieces]

Nut

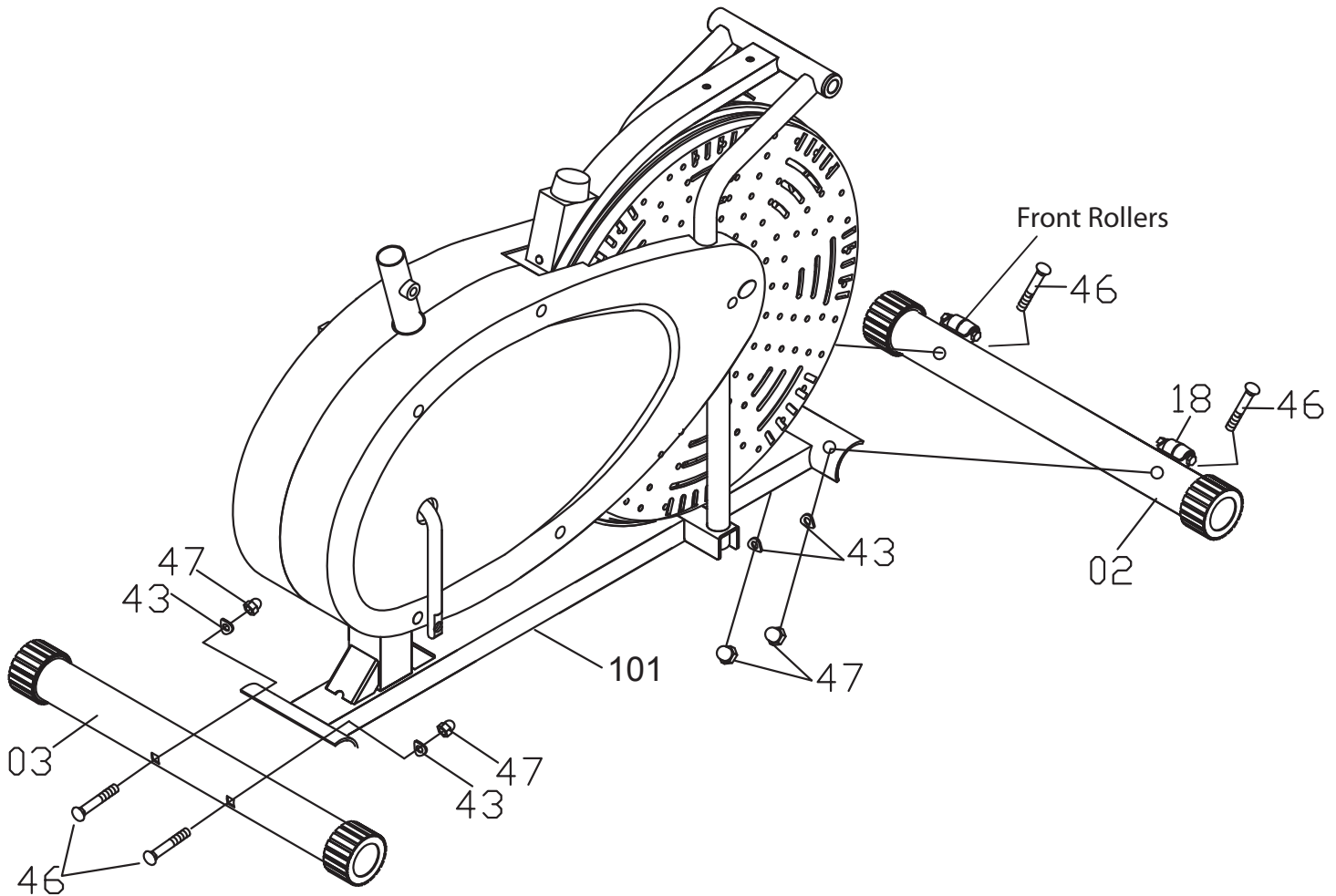


#47 Nut (M10) [4 Pieces]

Tools



#68 Tool 1 (2-S17,S19) [1 Piece]





Assembly Instructions

Assembly Step 2

Remove the **Nylon Nuts (#45)** and **Washers (#56)** that are pre-assembled on the **Handlebar Axle (#12)** and set them aside as they will be used in a later process.

Insert the **Handlebar Axle (#12)** through the main frame. Make sure the **Handlebar Axle (#12)** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Please refer to the "Note:" and image below and properly attach **Left Coupler Bar (#04L)** and **Right Coupler Bar (#04R)** to the main frame via the **Handlebar Axle (#12)**. Again, use WD40 or Vaseline to reduce friction if needed. Once the **Left Coupler Bar (#04L)** and **Right Coupler Bar (#04R)** are correctly situated, fasten the end of the **Handlebar Axle (#12)** with a **Washer (#56)** and a **Nylon Nut (#45)** on each side. Then cap each end with a **Cap (#42)**.

Hardware & Tool Required

Washer

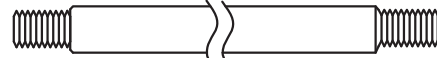


#56 Washer (φ10.2xφ25x2) [2 Pieces]



#45 Nylon Nut (M10) [2 Pieces]

Others

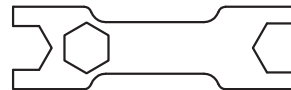


#12 Handlebar Axle (φ16x410 mm) [1 Piece]



#42 Cap (S16) [2 Pieces]

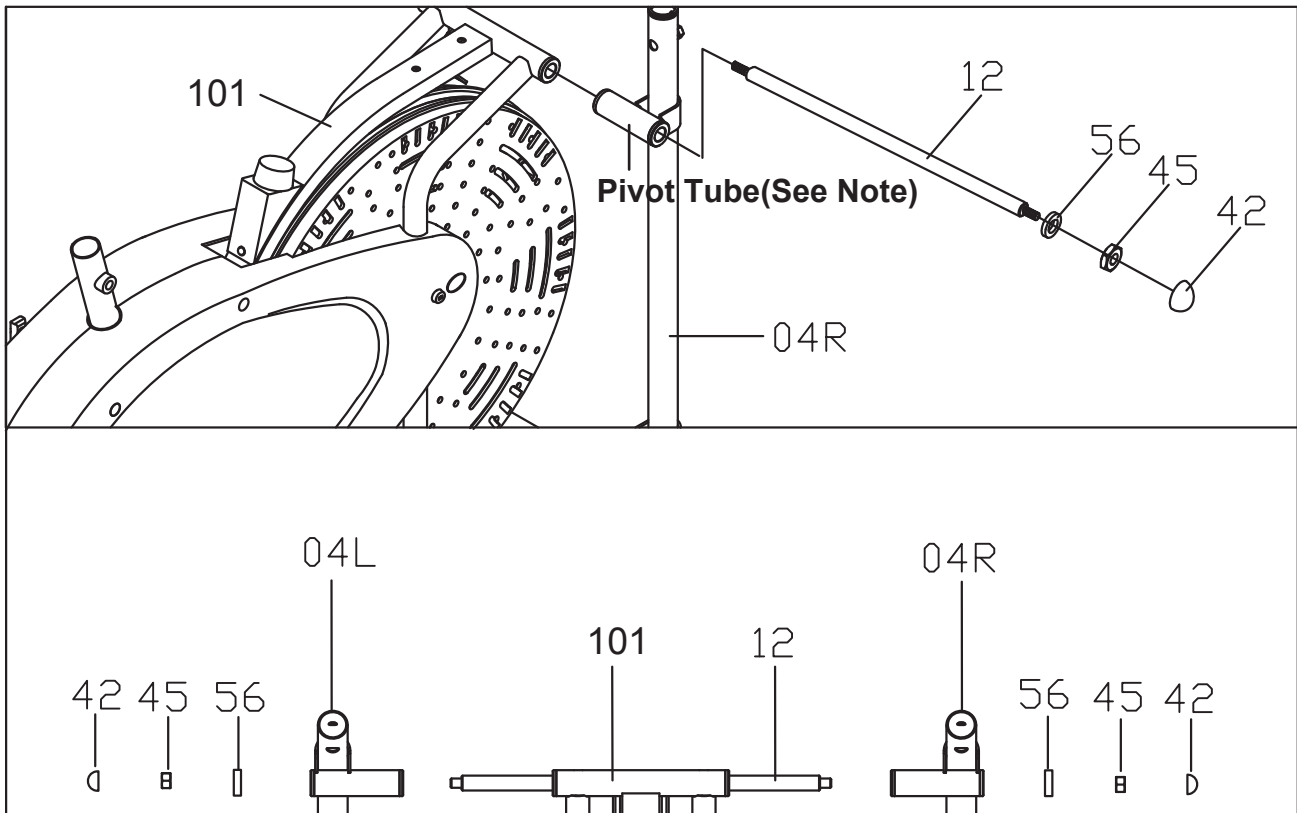
Tools



#68 Tool 1 (2-S17,S19) [2 Pieces]

Note:

Make sure **Left /Right Coupler Bar (04L/04R)** are placed on the correct side when its horizontal **Pivot Tube** (which is welded at the top) faces the **REAR** of the machine as seen from the user





Assembly Instructions

Assembly Step 3

Remove **Hex Bolts (#05)** and **Nylon Nuts (#45)** that are pre-assembled on the **Pedal Connection Joint (#665)** and set them aside as they will be used in a later process.

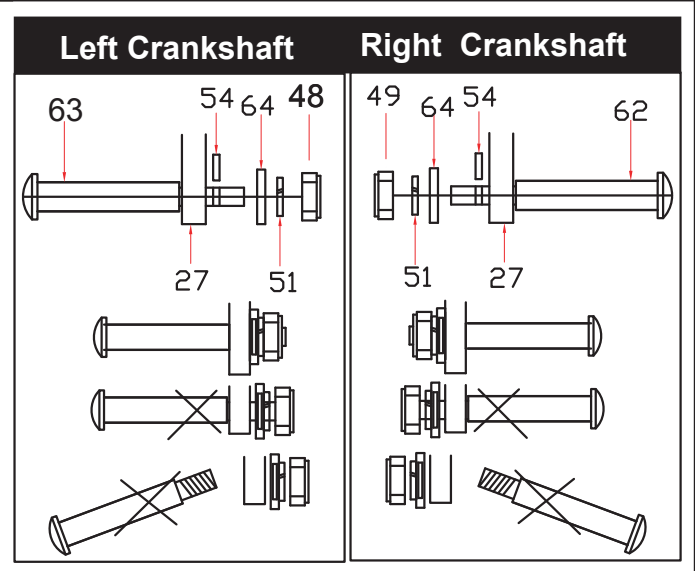
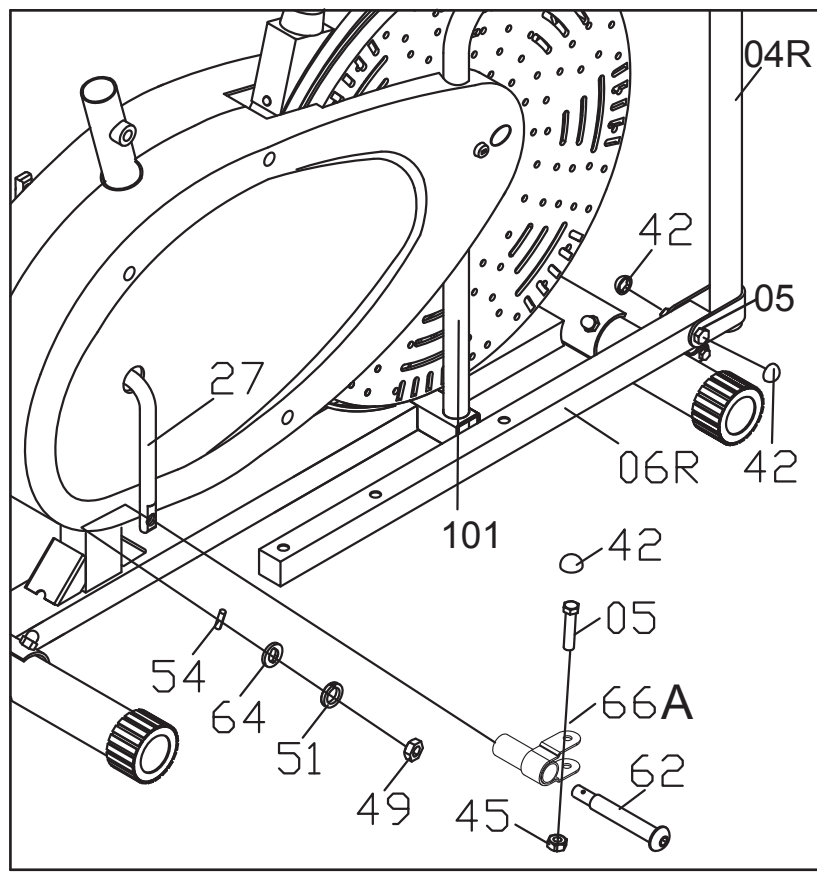
Attach the **Pedal Connection Joint (#665)** to the **Right Pedal Tube (#06R)**. Insert a **Hex Bolt (#05)** through the upper bracket of the **Pedal Connection Joint (#66A)**, followed by **Right Pedal Tube (#06R)** then the lower bracket of the **Pedal Connection Joint (#665)**. Secure them with a **Nylon Nut (#45)**.

Attach three **Caps (#42)** on three **Hex Bolts (#05)** as illustrated in the drawing below.

Align and attach the **Pedal Connection Joint (#66A)** on the **Right Pedal Tube (#06R)** to the right **Crankshaft (#27)**. Insert the **Right Pedal Hinge Bolt (#62)** through **Pedal Connection Joint (#66A)** and **Crankshaft (#27)**. Secure the **Right Pedal Hinge Bolt (#62)** tightly into the **Crankshaft (#27)** by turning CLOCKWISE.

After that, insert a **Lock Pin for Pedal Hinge Bolt (#54)** to the small hole located at the end of the **Right Pedal Hinge Bolt (#62)**. Fit the **Special Washer (#64)** over the **Lock Pin for Pedal Hinge Bolt (#54)** and the **Right Pedal Hinge Bolt (#62)** then, secure with a **Spring Washer (#51)** and a **Right Nylon Nut (#49)**.

Repeat the above process on the left side of the machine but turn the **Left Pedal Hinge Bolt (#63)** COUNTER-CLOCKWISE.



Note:
 Keep the **Right/Left Pedal Hinge Bolt (#62/63)** perfectly straight as they go through the **Pedal Connection Joint (#665)** and the **Crankshaft (#27)**. If the **Right/ Left Pedal Hinge Bolt (#62/63)** are connected to the **Crankshaft (#27)** incorrectly, or, the **Special Washer (#64)** does not fit the **Lock Pin for Pedal Hinge Bolt (#54)** tightly, damage to the **Right/ Left Pedal Hinge Bolt (#62/63)** and **Crankshaft (#27)** will occur.



Assembly Instructions

IMPORTANT:

Secure both pedal hinge bolts every 30 days. Through regular use, the pedal hinge bolts may still come loose even when the initial assembly was secure. DO NOT operate the Body Rider when these parts are loose!

WARNING:

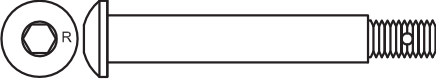
Failure to keep these parts securely fastened will severely damage your Body Rider and may cause injury to the user. This damage is not a sign of defect and is NOT covered by your limited warranty. The manufacturer is NOT liable for any damage or injury resulted in this manner.

Hardware & Tool Required

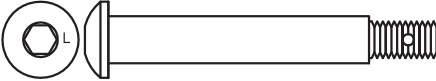
Bolt



#05 Hex Bolt (M10x55 mm) [2 Pieces]



#62 Right Pedal Hinge Bolt [1 Piece]



#63 Left Pedal Hinge Bolt [1 Piece]

Washer



#51 Spring Washer (D12) [2 Pieces]



#64 Special Washer ($\phi 25 \times \phi 13 \times 17 \times 3.0$) [2 Pieces]

Nut



#45 Nylon Nut (M10) [2 Pieces]



#48 Left Nylon Nut (B0.5x20 S19) [1 Piece]



#49 Right Nylon Nut (B0.5x20 S19) [1 Piece]

Others



#54 Lock Pin for Pedal Hinge Bolt ($\phi 3 \times 16$ mm) [2 Pieces]

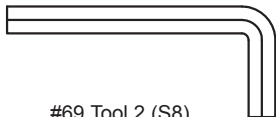


#42 Cap (S16) [6 Pieces]

Tools



#68 Tool 1 (2-S17,S19) [1 Piece]



#69 Tool 2 (S8) [1 Piece]



Assembly Instructions

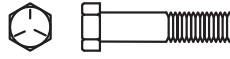
Assembly Step 4

Attach the **Right Pedal (#11)** to the **Right Pedal Tube (#06R)** and secure them together using two **Hex Bolts (#44)** and two **Nylon Nuts (#45)**.

Repeat this process on the other side.

Hardware & Tool Required

Bolt



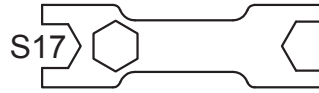
#44 Hex Bolt (M10x45 mm) [4 Pieces]

Nut

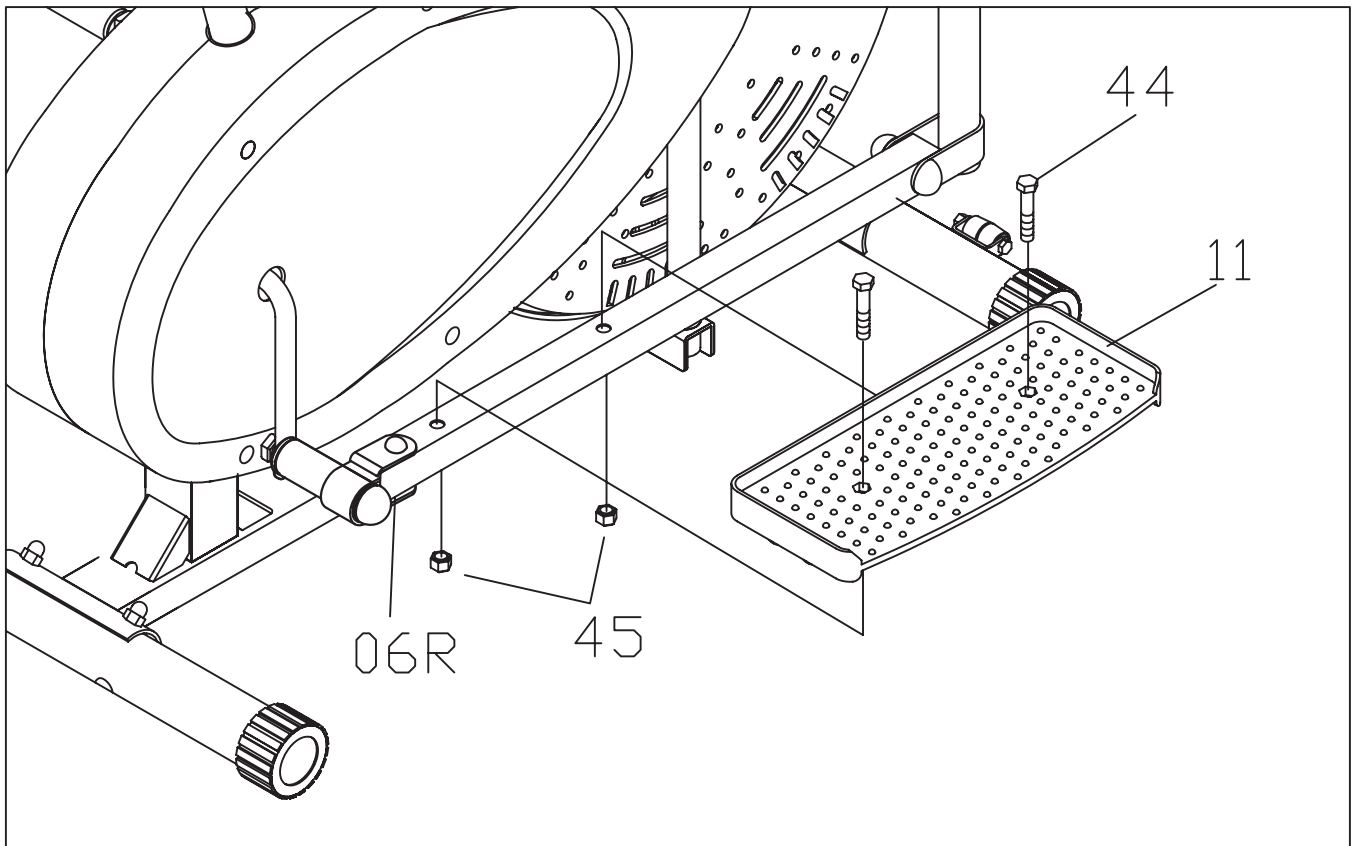


#45 Nylon Nut (M10) [4 Pieces]

Tools



#68 Tool 1 (2-S17,S19) [1 Piece]





Assembly Instructions

Assembly Step 5

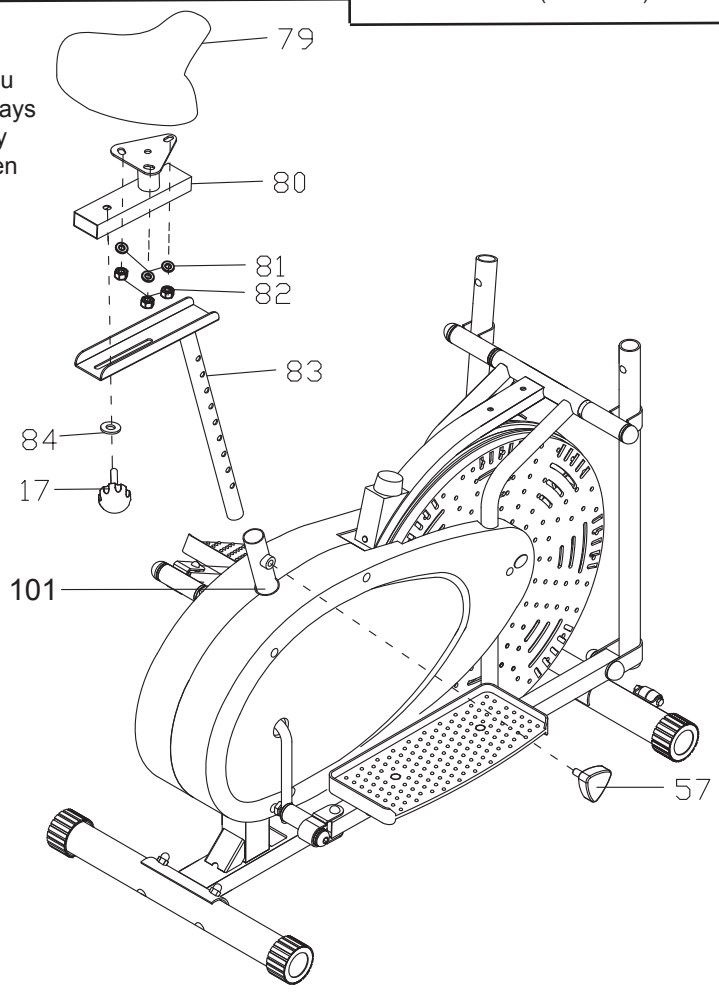
Remove **Washers (#81)** and **Nylon Nuts (#82)** that are pre-assembled on the back of the **Seat (#79)** and set them aside as they will be used in a later process.
 Attach the **Seat (#79)** to the **Horizontal Seat Bar (#80)** using a total of three **Washers (#81)** and three **Nylon Nuts (#82)**.

Remove **Knob Bolt (#57)** that are pre-assembled on the **Main Frame (#101)** and set them aside as they will be used in a later process.

Attach the **Horizontal Seat Bar (#80)** to the **Seat Post (#83)**. Insert a **Knob Bolt (#17)** through a **Washer (#84)**, followed by the **Seat Post (#83)** and **Horizontal Seat Bar (#80)**, secure them together by tightening the **Knob Bolt (#17)** into the bottom of the **Horizontal Seat Bar (#80)**.

Insert the **Seat Post (#83)** a minimum of 4 inches into the **Main Frame (#101)** to engage the lowest hole and secure by screwing in the **Knob Bolt (#57)**. Please ensure that the hole on the **Seat Post (#83)** is facing the same side as the **Knob Bolt (#57)** so it can be aligned and fully engage through the lowest corresponding hole on the **Main Frame (#101)**.

You may adjust the **Seat Post (#83)** to the height most comfortable for you after complete assembly. Please always check to ensure a hole has been fully engaged when you secure and tighten the **Knob Bolt (#57)**.



Hardware & Tool Required

Washer



#81 Washer (φ8.2x1.2xφ17)
[3 Pieces]



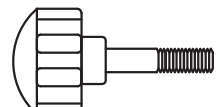
#84 Washer (φ10.5x2xφ20)
[1 Piece]

Nut



#82 Nylon Nut (M8)
[3 Pieces]

Others

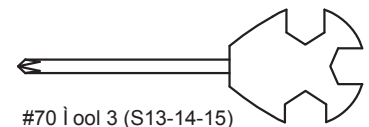


#17 Knob Bolt (M8x36 mm)
[1 Piece]



#57 Knob Bolt (M2 x24 mm)
[1 Piece]

Tools



#70 Tool 3 (S13-14-15)



Assembly Instructions

Assembly Step 6

Insert the **Left Handlebar (#07L)** through the **Left Coupler Bar (#04L)** and **Right Handlebar (#07R)** through the **Right Coupler Bar (#04R)**. Select a height setting that is comfortable to the user, and make sure both handlebars are set at the same height. Lock **Left and Right Handlebar (#07L/07R)** in place with two **Knob Bolts (#17)**. Attach the **Caps (#41)** on the **Knob Bolt (#17)** as illustrated in the drawing below.

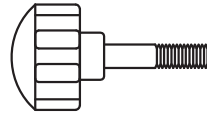
If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

Hardware & Tool Required

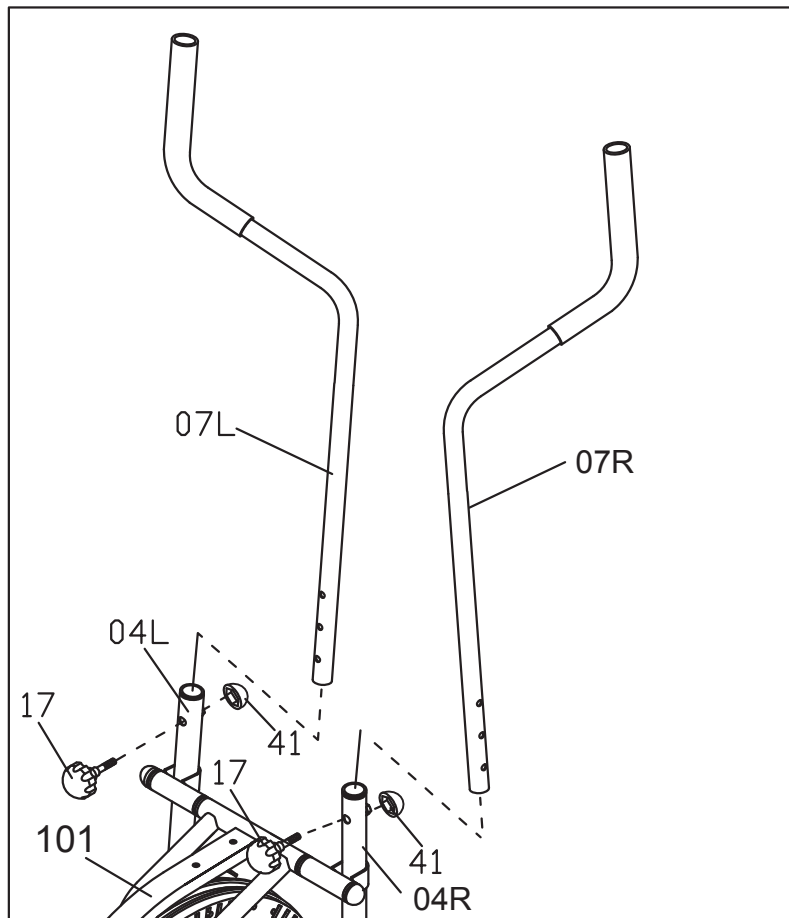
Others



#41 Cap (S13)
[2 Pieces]



#17 Knob Bolt (M8x36 mm)
[2 Pieces]





Assembly Instructions

Assembly Step 7

Remove the **Bolts (#76)** that are pre-assembled on the **Main Frame (#101)** and set them aside as they will be used in a later process.

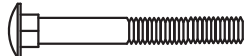
Secure the **Center Post (#77)** to the **Main Frame (#101)**, by using two **Bolts (#76)**.

Connect the **Sensor Wire (#26b)** to the **Sensor Wire (#26a)**.

Attach the **Center Handle Bar (#73)** to the **Center Post (#77)**. Insert a **Carriage Bolt (#72)** through **Center Handle Bar (#73)** followed by the **Center Post (#77)**. Secure them together using an **Arc Washer (#74)** and a **Nut (#75)**.

Hardware & Tool Required

Bolt



#72 Carriage Bolt (M8x73 mm)
[1 Piece]



#76 Bolt (M8x30 mm)
[2 Pieces]

Washer



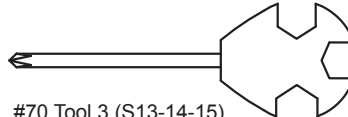
#74 Arc Washer (φ8.2x2xφ20xR28)
[1 Piece]

Nut

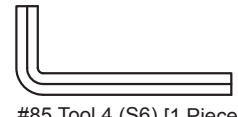


#75 Nut (M8)
[1 Piece]

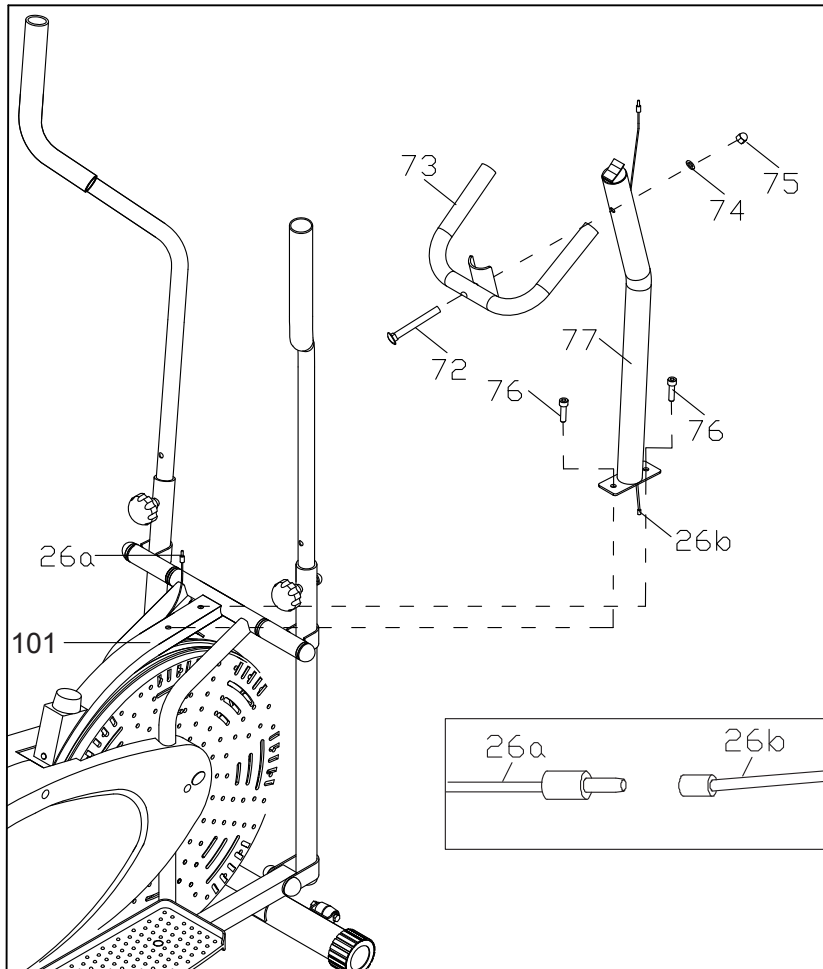
Tools



#70 Tool 3 (S13-14-15)
[1 Piece]



#85 Tool 4 (S6) [1 Piece]



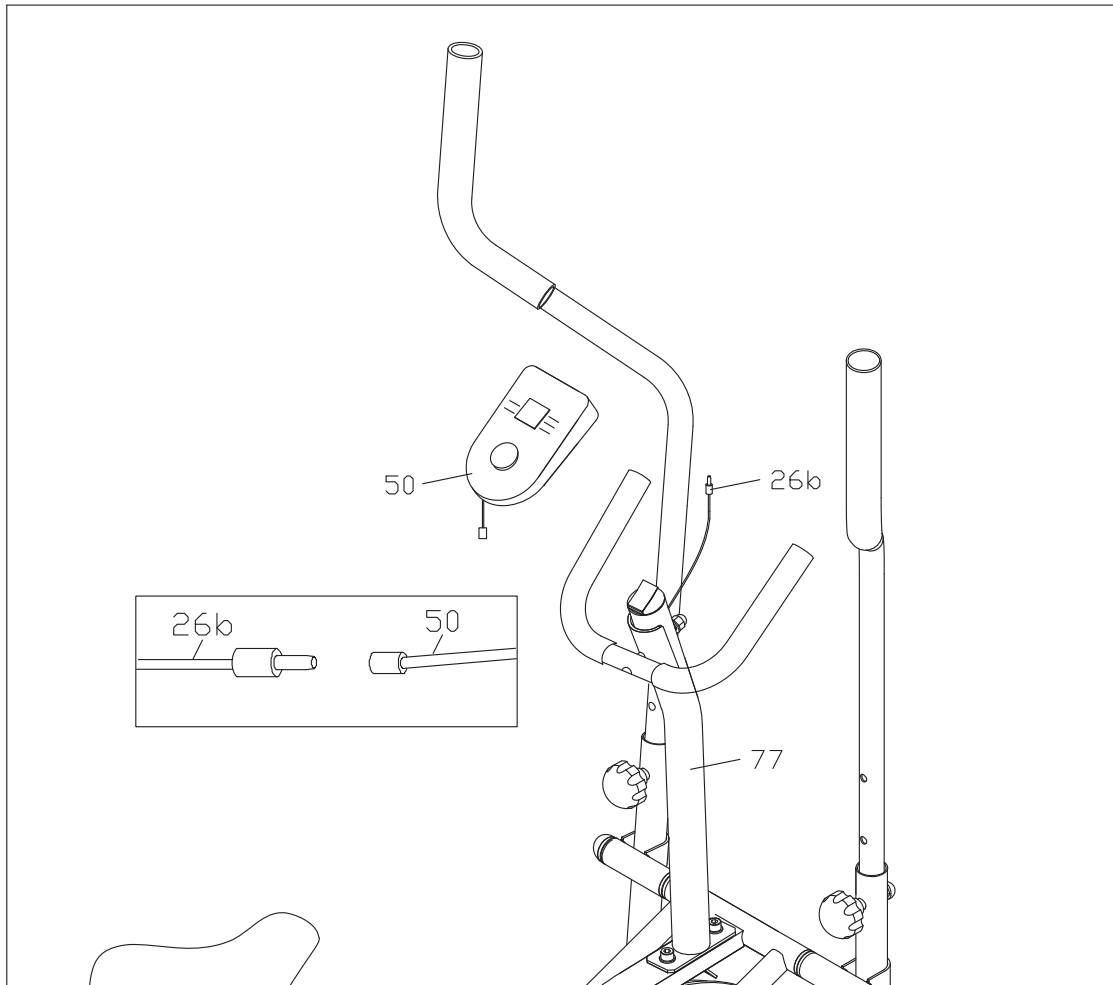


Assembly Instructions

Assembly Step 8

Connect the pin on the tip of the **Sensor Wire (#26b)** to the Slot on the back of the **Electronic Monitor (#50)**. Attach the **Electronic Monitor (#50)** to the **Center Post (#77)**.

ASSEMBLY IS NOW COMPLETE. HOWEVER, PLEASE READ ALL SAFETY GUIDELINES & WARNING LABELS BEFORE USING THE UNIT TO AVOID SERIOUS INJURY.





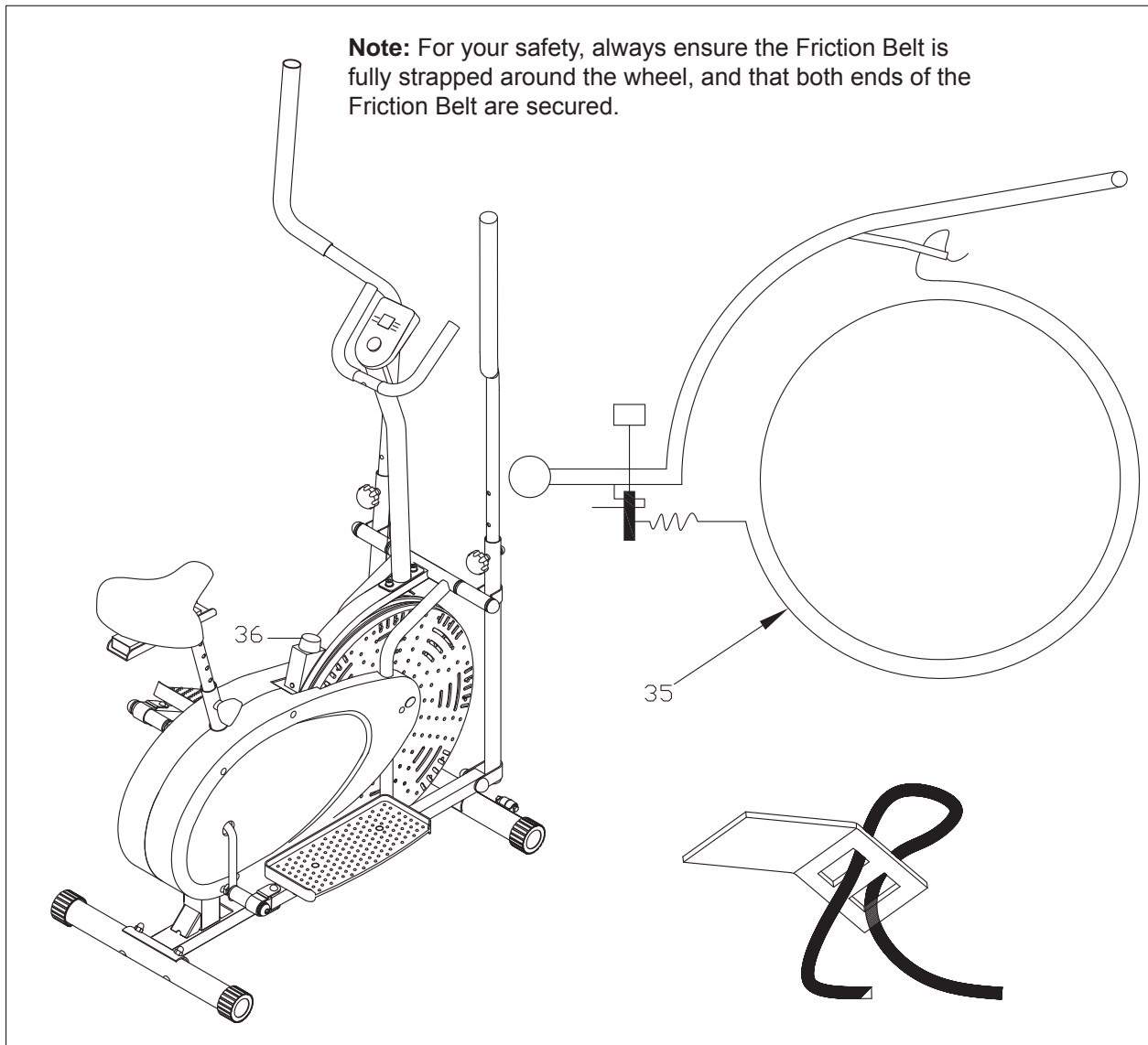
Assembly Instructions

Tension Adjustment

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

For slight tension adjustment, simply turn the **Tension Adjustment Knob (#36)** found at the top center. Tension level can be manipulated this way to vary intensity of workout as you exercise.

For greater tension adjustment, you may loosen or tighten the **Friction Belt (#35)** by re-strapping it. To do so, first turn the **Tension Adjustment Knob (#36)** all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the **Friction Belt (#35)** to wrap around the wheel, the less friction it will cause. Re-adjust the **Tension Adjustment Knob (#36)** after you finished re-strapping.



Reversible Movement

Forward pedaling emphasizes your quadriceps muscles (front thighs), while backward pedaling emphasizes your hamstrings (back thighs). Take advantage of this fact to make your workout less fatiguing, and more fun.



Safety & Maintenance

SAFETY & WARNINGS

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

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
Tension Adjustment Knob (#36); Pedals (#11); Left/Right Handlebars (#07L/#07R)
- 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

SPECIFICATIONS:

TIME.....0:00-99:59
SPEED.....0.0-99 Miles Per Hour
DISTANCE0.0-999.9 MILES
CALORIES.....0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you select or set the display to the function of your choice.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is pressed or when it receives movement input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal input (i.e.if the unit is not in use or no key is pressed for within approximately 4 minutes).

2. RESET:

The unit can be reset by changing the battery or holding the MODE key for 3 seconds.

3. FUNCTION:

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

4.BATTERY:

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

Warm-Up Instructions

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

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



Groin Stretch

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



Hamstring Stretch

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



Trunk Twister

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



Hip Stretch

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



Quadriceps Stretch

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

Warm-Up Instructions



Trunk Flexion, Prone

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

Shoulder Stretch

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



Calf Stretch

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



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.

⚠ WARNING!

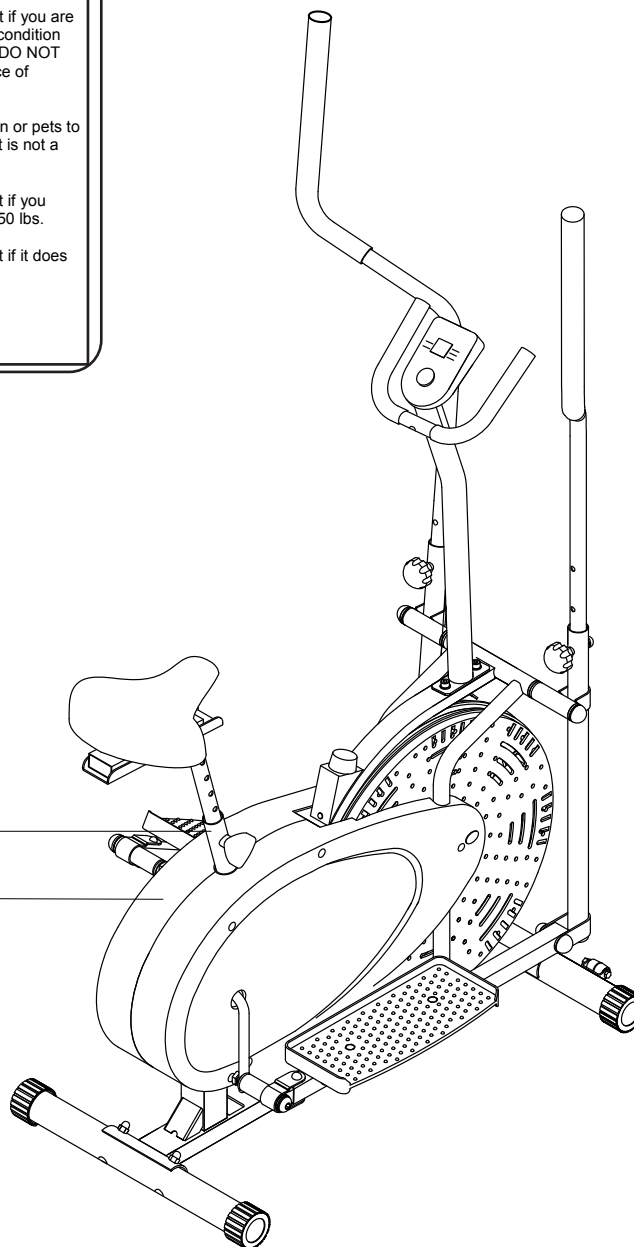
The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

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.





Proof of purchase

Thanks for choosing



Model Number BRD 2000/2080

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

B  **DY** *Rider*