

RECUMBENT BIKE

INSTRUCTION SHEET

WARNING:

Befit recommend placing the bike on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. The recumbent bike is only designed to be pedaled forwards, not backwards. Make sure that the seat is firmly fixed in position as to avoid any accidental injury. Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use. Any children using equipment should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.

ASSEMBLY AND ADJUSTMENTS

The main section of the bike will already be put together when you receive it. There is however 1 small piece of assembly to do to the recumbent bike. The rear stabilizer of the bike needs to be attached to the main frame.

Remove the three screws from the rear stabilizer, Slide the rear stabilizer into the main frame of the recumbent bike. Screw the three screws back in & your assembly part is complete.

Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent.

The seat on your recumbent bike is adjustable to suit different heights of different users. To adjust the seat position simply loosen the seat adjustment knob (a) & push in or pull out the seat tube until it is at a comfortable distance for you. Make sure you tighten the seat adjustment knob to lock the seat tube into position.

COMPUTER OPERATION

The computer will give you quite a few functions : RPM, speed, time, distance, calories, watts & pulse. The computer will operate as soon as the pedals are pushed or any button is pressed.



Manual Operation: As the computer is activated, the operation options will be flashing at the top of the screen. Use the UP and DOWN buttons to scroll through the options until manual is selected, then press the MODE button to select.. Set the desired starting resistance with the UP and DOWN buttons and press the MODE button to enter. Press the START/STOP button to begin, or press the MODE button to cycle between time, distance and calories and set a desired amount with the UP/DOWN arrows before pressing START/STOP. At any time during manual operation the resistance can be adjusted with the UP/DOWN buttons. To end an exercise session, press the START/STOP button and then the RESET button to return to the beginning.

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HIRE INSTRUCTIONS CONTINUED

Preset Programs: Select the program option from the starting screen and select with MODE. Choose the desired program from the 12 different profiles using the UP/DOWN buttons and MODE to select. Press the MODE button again so that time is flashing and use the UP/DOWN buttons to set the program time. Press START/STOP to begin the program. The computer will increase and decrease the resistance according to the program at set time intervals. Press the START/STOP button to end the program, and then the RESET button to return to the beginning.

User Program: To enter in your own program, choose the user option from the starting screen with the MODE button. A program profile will be displayed with the first section flashing. Use the UP/DOWN buttons to set the desired resistance level for that section and press the MODE button to confirm and move to the next section. Repeat the process until the entire program has been set and press START/STOP to begin.

Target Heart Rate: To exercise at a set intensity based on your heart rate, choose the Target H.R. option from the starting screen. Enter your age with the UP/DOWN arrows and MODE and then select either 55%, 75%, 90%, or THR. If a set percentage is chosen, press the START/STOP button to begin and pedal at a constant speed. The computer will then adjust the resistance up or down to keep you at the set heart rate. Choosing THR will allow you to set the heart rate that you wish to maintain.

GENERAL EXERCISE GUIDELINES

Where you begin an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, you must start slowly and progress gradually. Initially, to become accustomed to exercising and using the bike, work at a level that you feel comfortable and can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Where you progress from this stage is up to you, but using your heart rate is the most effective way to monitor exercise and achieve your goals. (see: exercise to your heart rate range on product brochure)

As a general rule of thumb when first starting, exercise at a level where you can still maintain a normal conversation without constantly being out of breath.

If you want to work harder on the bike, but don't feel comfortable pedalling faster, use the tension adjustment to make it more difficult to pedal.

Try watching television or listening to music when exercising to help the time pass quicker.

Wear comfortable clothing with supportive and cushioned footwear.

Drink plenty of fluids before, during and after exercise.

Stop exercising if you feel ill, faint or exhausted and seek medical advice.

Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent.

A balanced diet is also an important part of any exercise program.

HEART RATE

The heart rate hand grips located on the handlebars work by picking up blood flow underneath the skin rather than a direct heart rate. While not always 100% accurate, they are a very good indicator as to your pulse rate. The longer you hold onto the hand grips, the more accurate the reading will be. When using the hand grips, be sure to hold both hands firmly on the sensor pads, especially if using a heart rate based program.

TROUBLESHOOTING

While your recumbent bike has been cleaned and checked prior to being hired, problems can sometimes arise, especially if you have had the bike for a long period of time.

COMPUTER DOESN'T READ CORRECTLY: If the computer is erratic or has stopped reading information, check that the sensor lead at the back of the computer is plugged in properly. If the computer is completely blank make sure the power pack is properly plugged into the bike & the wall power point.

If any other problems arise don't hesitate to contact your hiring agent.