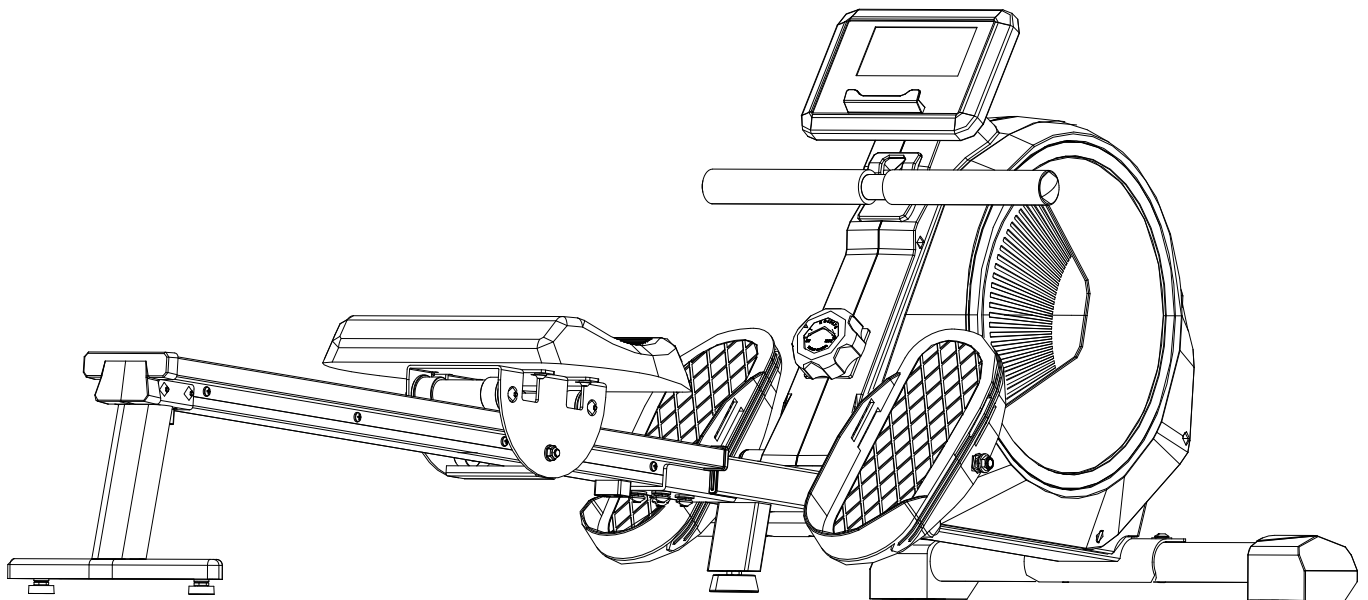


INSTRUCTION MANUAL

RX70 V2



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IMPORTANT INFORMATION

SAFETY

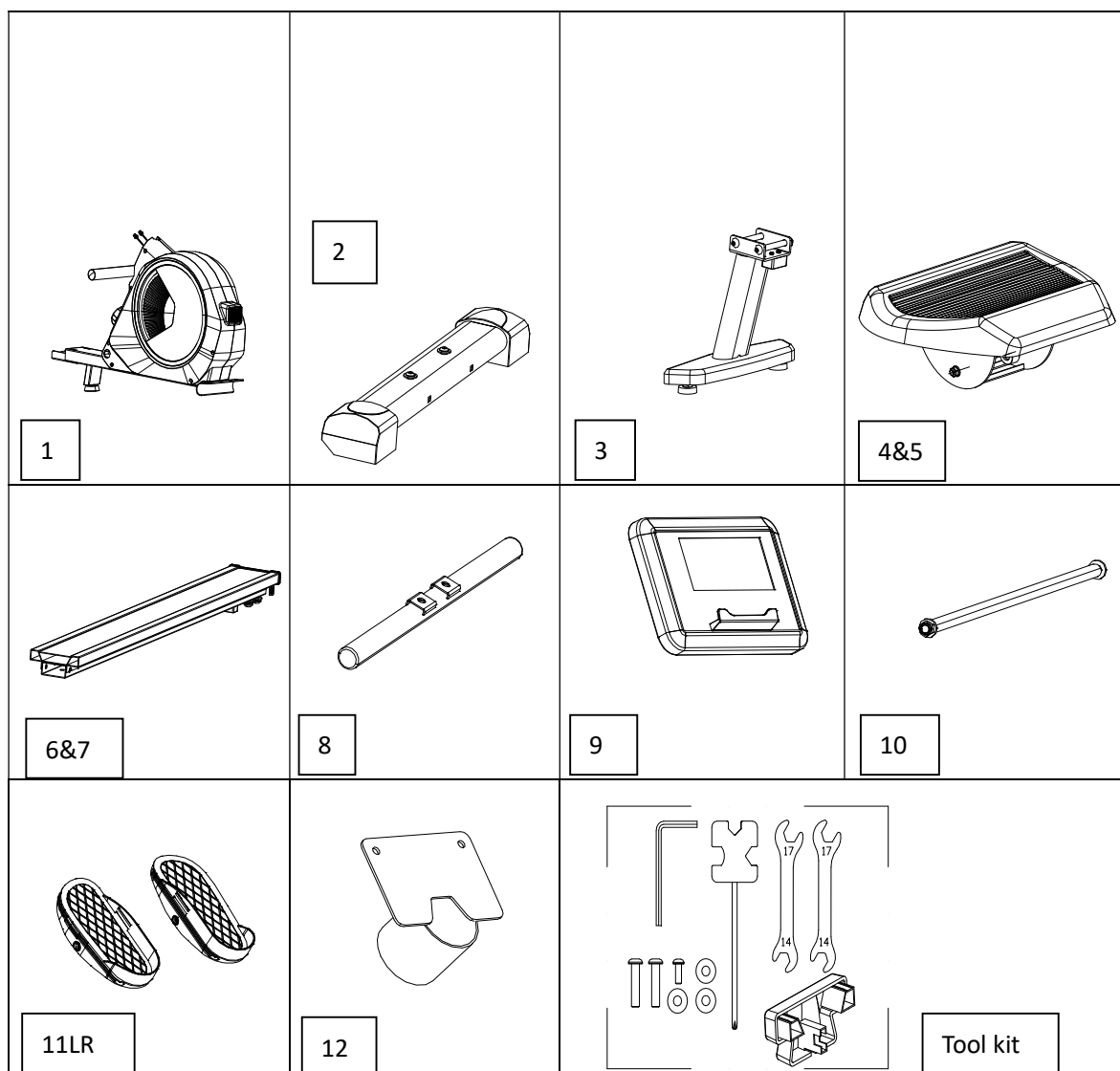
1. Please keep this manual in a safe place for your reference when necessary.
2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully.
The safety and efficiency only can be achieved when the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all the users are informed of all the warnings and precautions.
3. For totally safe use, a stable, leveled surface is required. Protect your floor with a mat. Do not use the equipment in damp areas such as swimming pool sauna, etc. For safety space, the equipment must have at least 0.5meter of free space all around it.
4. Before starting any exercise program you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you must consult your doctor before continuing with your exercise program.
6. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.
7. The equipment is designed for home use only, Maximum weight of the user is: 120kg.
8. The equipment is not suitable for therapeutic use.
9. Wearing proper clothing while using the equipment, Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.
10. Keep your back straight while exercising.
11. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.
12. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and /or seek assistance if necessary.
14. All moveable accessories (e.g. pedal, handlebar, saddle...etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using them only after they return to good conditions.
15. Pay attention to the absence of a free wheel system which will cause serious risk.

16. Adjusting the resistance knob to change the resistance.
17. Lock the equipment when stop using.

MAINTENANCE

1. The safety level of the equipment only can be maintained if it is regularly examined for damage and or /wear and tear. (E.g. handle bar, pedals and seat ...etc.).It is vital that any faulty parts are replaced and it is not used until completed repaired.
2. Regularly check that the elements fastened with nuts and bolts are correctly tightened.
3. Remember regularly to grease moving parts.
4. Special attention to the component, most of them are susceptible to wear like brake system, foot pad etc..
5. As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after using. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products must be avoided.
6. Store the equipment in a clean and dry environment away from children.

ASSEMBLY PARTS

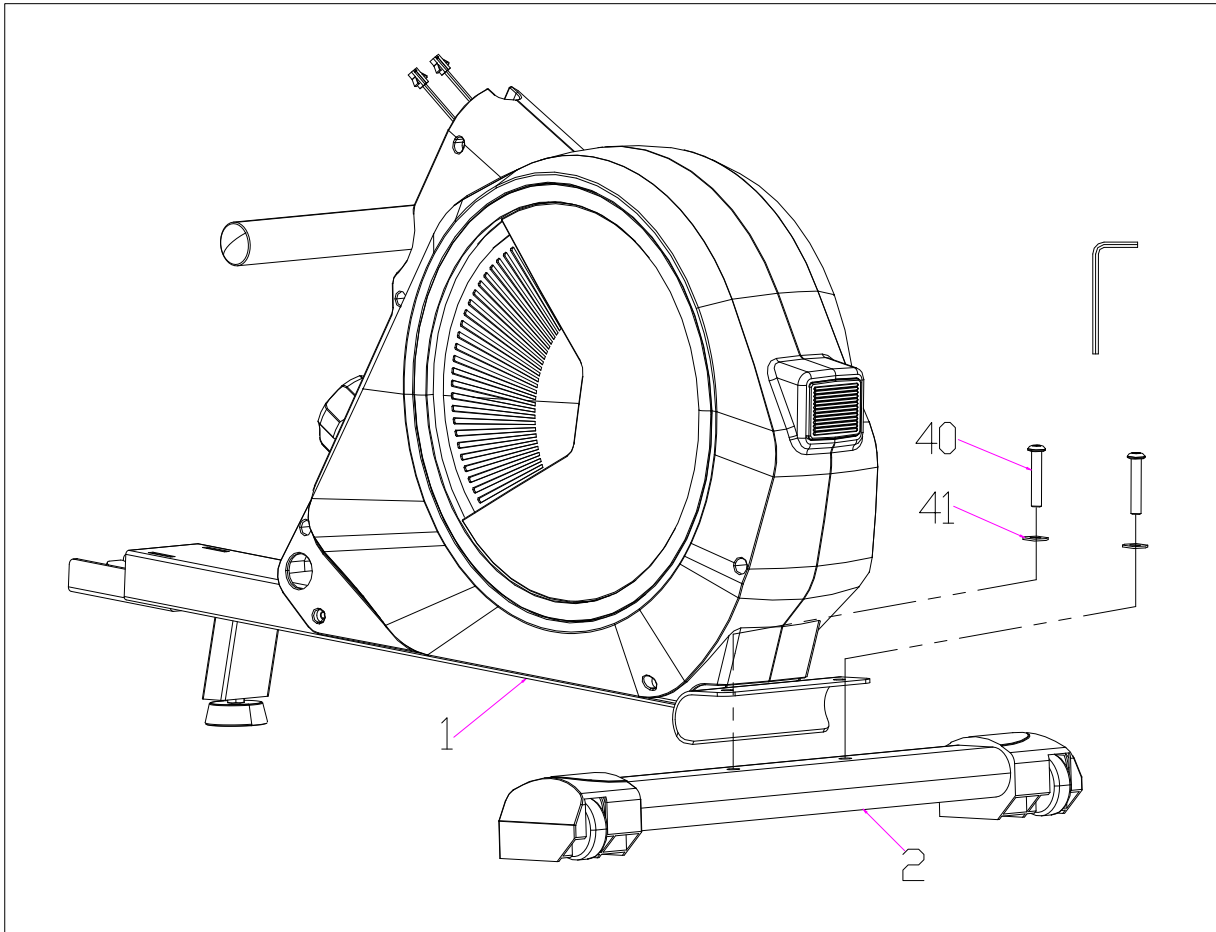


No.	Name	Quantity
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4&5	Saddle	1
6&7	Sliding rail	1
8	Pedal tube	1
9	Console	1
10	Pedal pole	1
11	Pedal L/R	1 (each side)
12	Console plate	1
Tool kit		1
	Multi-function spanner13/14/15	1
	Allen wrenchS5	1
	Spanner 14/17	2
37	Screw M8X35L	2

43	Screw M8X16L	1
36	Curved washer ϕ 8.2X ϕ 20X1.5tXR13	3
67	Sliding rail tube plug	1

ASSEMBLY INSTRUCTIONS

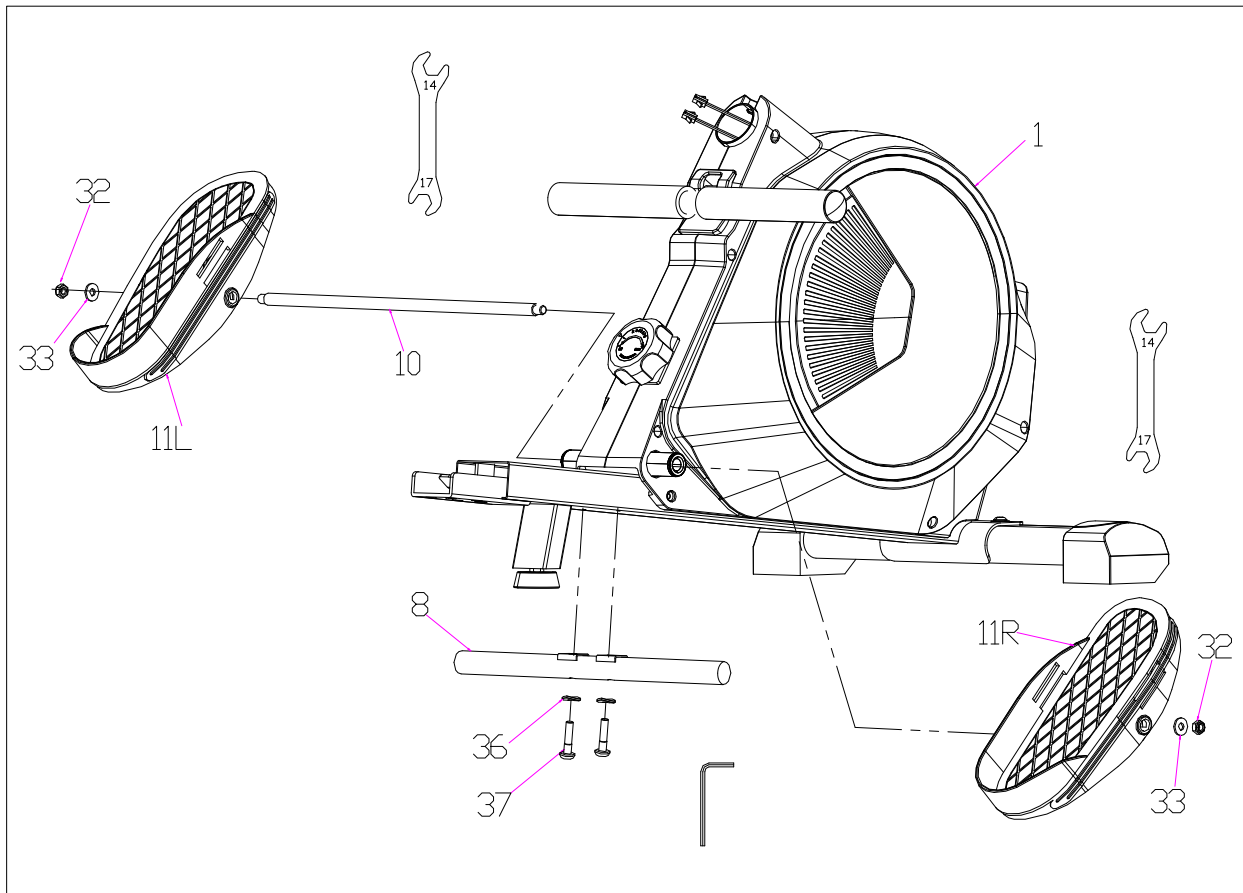
Step1:



--Attach the front stabilizer (2) onto main frame (1) first, then fix it tightly with two flat washers (41), bolts(40) by Allen wrench

Attention: The front stabilizer is with transportation wheels

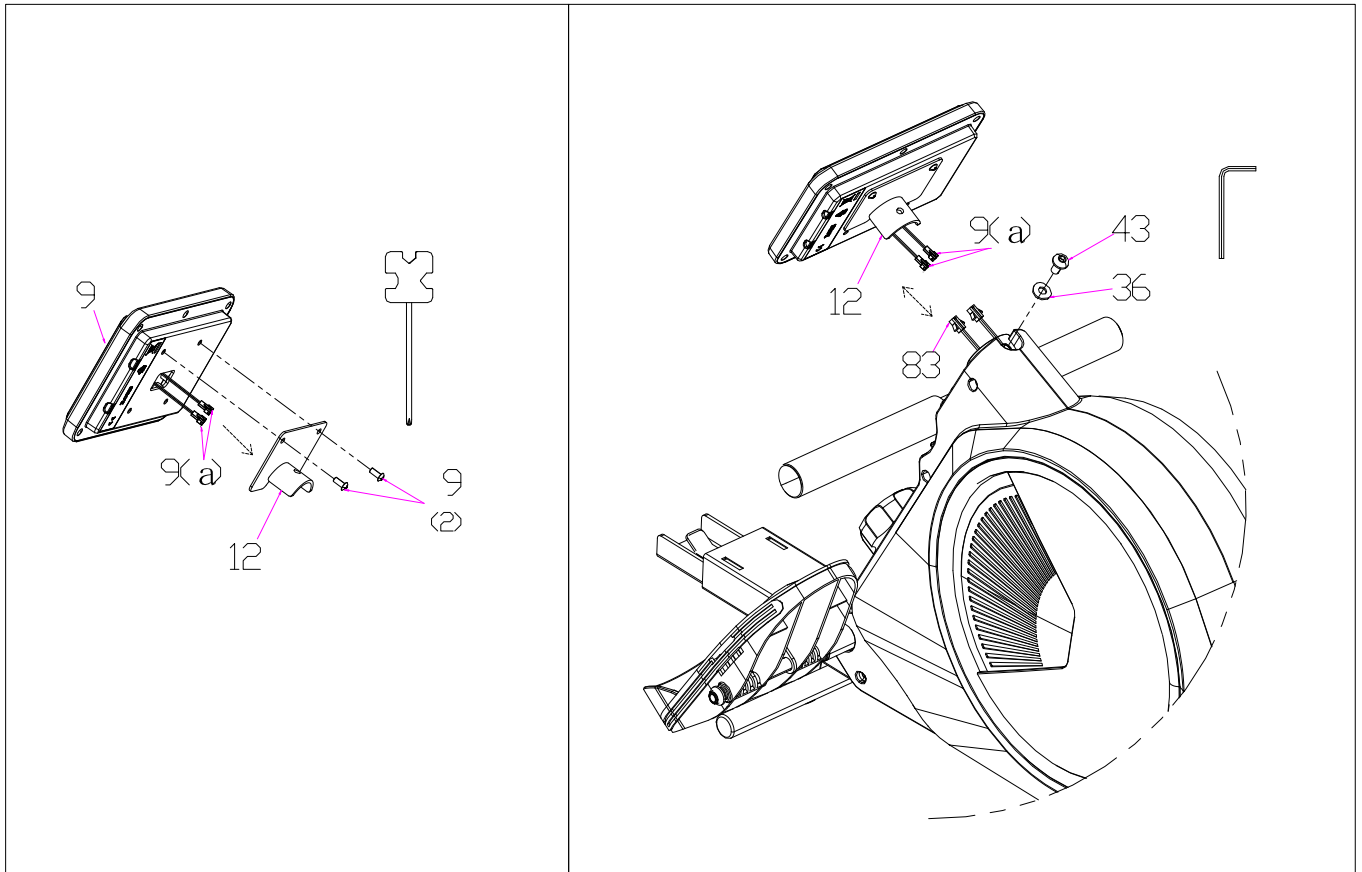
Step2:



--Attach the pedal tube (8) to the main frame (1), and then fix tightly with two curved washers (36) & two screws (37) by Allen wrench.

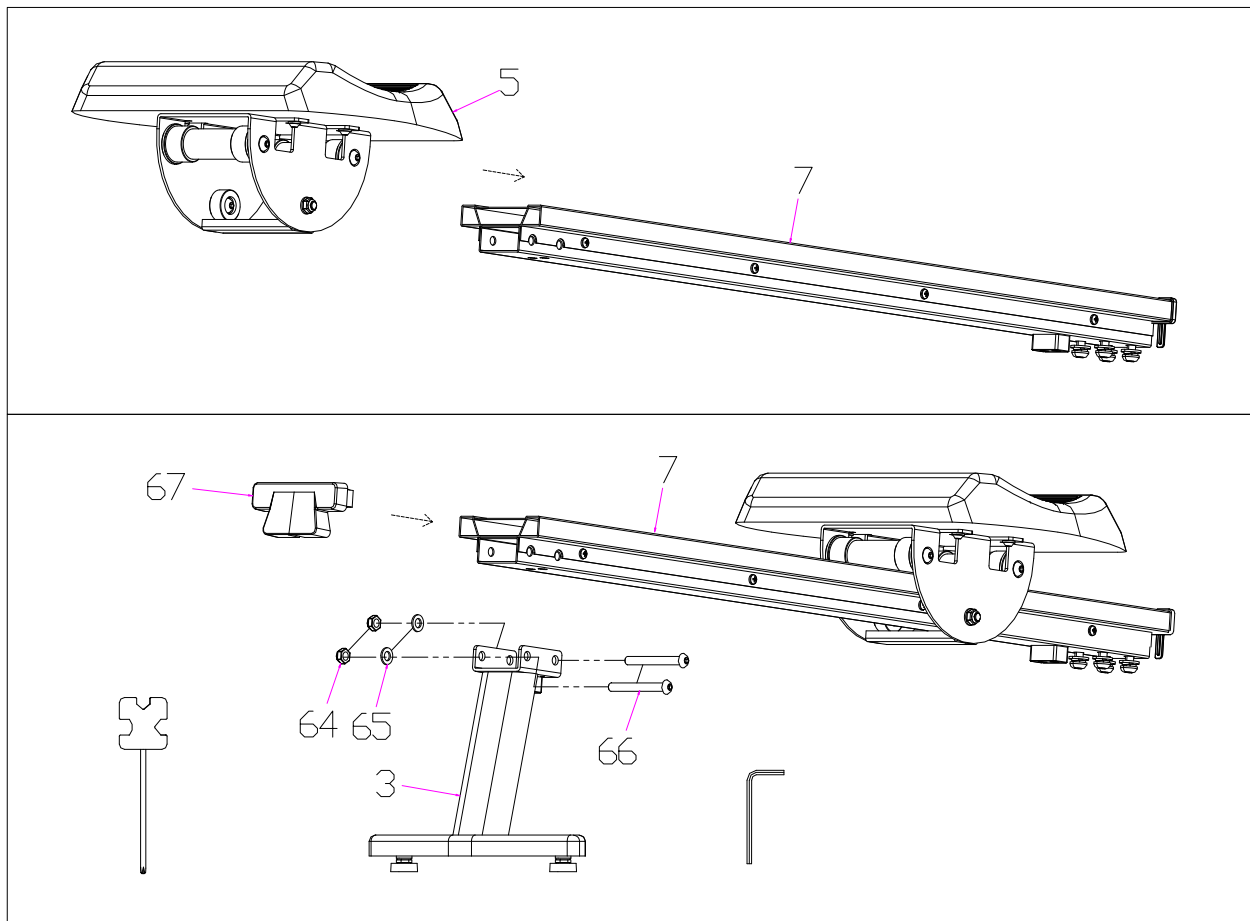
--Insert the pedal pole(10) into the hole as pointed on the main frame(1), then insert the pedal (11L /R) onto the pedal pole (10)separately and correctly , then fix the pedal (11L/R)with two flat washers (33) & two lock nuts(32) tightly by two spanners 14&17 at the same time.

Step 3:



- Screw out the two screws on the console (9) and keep them well first,
- Insert the console wire (83) into the hole on the console plate (12) first, then put the console plate (12) on the main frame (1) without fixing, and then connect the wire 9(a) with the console wire (83) correctly.
- Taking out the console plate (12) from the main frame (1), then fix the console (9) on the console plate (12) with the two kept screws by multi-function spanner tightly.
- Fix the console plate (12) on the main frame (1) with curved washer (36) & screw (43) by Allen wrench tightly.

Step 4:

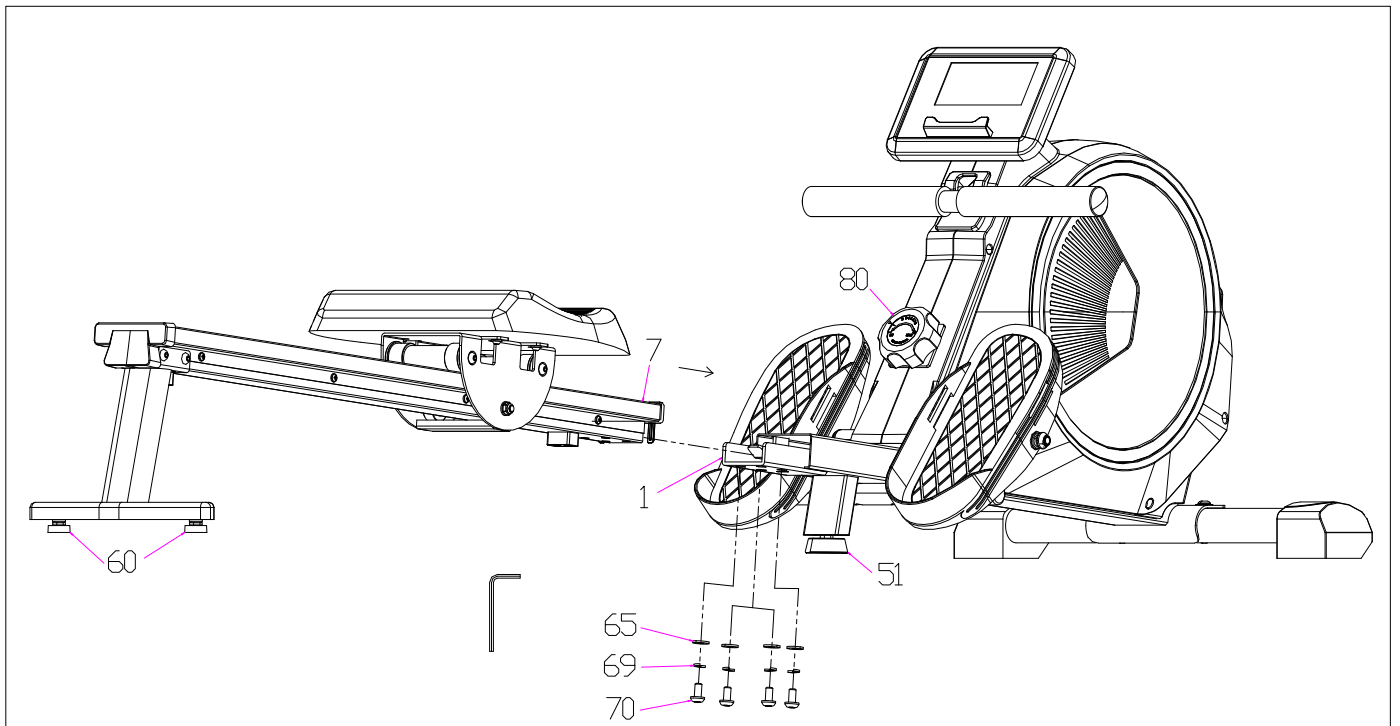


--Insert the saddle (4&5) into the sliding rail (6&7) carefully.

--Attach the rear stabilizer (3) onto the sliding rail (6&7) and align all the holes, then fix it tightly with two sets of bolts (66), flat washers (65) & lock nuts (64) by Allen wrench& multi-function spanner.

--Insert the sliding rail tube plug (67) into the sliding rail (7) properly.

Step 5:



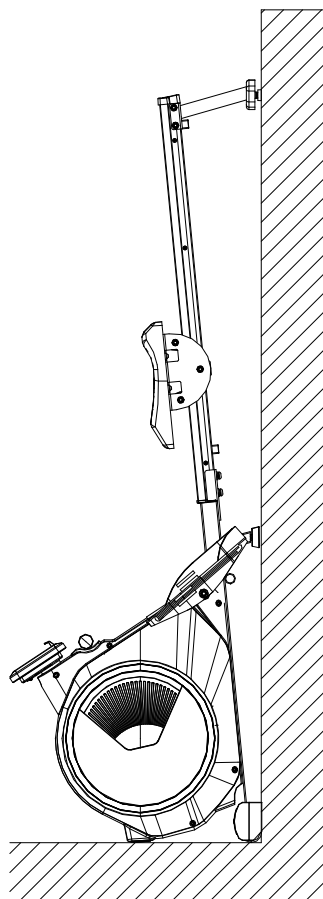
--Put the sliding rail(7) on the main frame (1) as shown, then fix it tightly with 4 sets of flat washers(65), spring washers(69)& screws(70) by Allen wrench.

--Now the equipment has been completely assembled, please make sure to double-check all the screws and bolts are tightly fixed.

--You can adjust it by the adjusting foot pad (51) & (60) if you found the equipment is not stable on the floor.

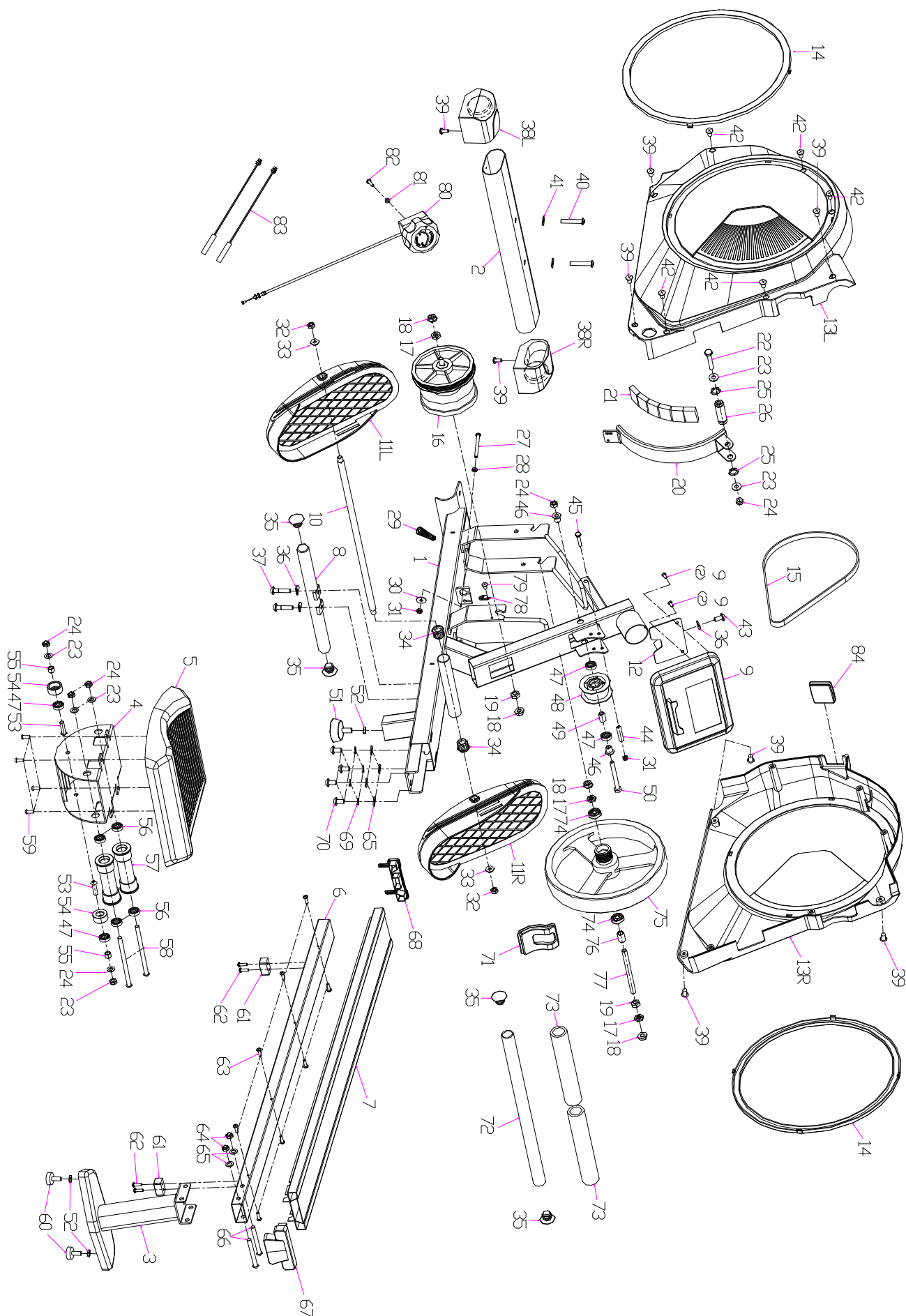
--You can adjust the resistance by turning around the resistance knob (80).

Step 6:



--You can store it like above photo after exercising finished.

COMPLETE EXPLOSION DRAWING



PARTS LIST

No.	Name	QTY	Description
1	Main frame	1	
2	Front stabilizer	1	
3	Rear stabilizer	1	
4	Saddle sliding set	1	
5	Saddle	1	
6	Reinforcement tube	1	25×50×1.5t×950L
7	Sliding rail	1	950L 6063
8	Pedal tube	1	Φ25×350L
9	Console	1	HT-6500
10	Pedal pole	1	Φ13×444L×M10×1.5
11	Pedal L/R	1	TB-1
12	Console plate	1	
13	Cover L/R	1	ABS
14	Decoration circle	2	ABS
15	Belt	1	PJ6-280
16	Spring case	1	Φ104
17	Hex nut	3	M10×1×4t
18	Flange Hex nut	4	M10×1
19	Hex nut	2	M10×1×8t
20	Magnet plate	1	
21	Magnet	6	40×24×9t
22	Hex bolt	1	M8×1.25×60L
23	Flat washer	6	Φ8.5×Φ16×1.5t
24	Lock nut	6	M8×1.25
25	Circlip	2	Φ12
26	Shaft	1	Φ12×Φ8.2×46
27	Hex bolt	1	M6×60L
28	Hex nut	1	M6
29	Compression spring	1	Φ1.2×Φ16×50L
30	Flat washer	1	Φ6×Φ20×1.5t
31	Lock nut	2	M6
32	Lock nut	2	M10×1.5
33	Flat washer	2	Φ10.2×Φ25×1.5t
34	Pedal axle sleeve	2	PA

35	Tube plug	4	PP
36	Curved washer	3	$\Phi 8.2 \times \Phi 20 \times 1.5t \times R13$
37	Screw	2	M8×35L
38	Tube plug L/R	1	PP
39	Screw	12	ST4.2×16H
40	Bolt	2	M8×50L
41	Flat washer	2	$\Phi 8.5 \times \Phi 20 \times 1.5t$
42	Screw	5	ST4.2×19H
43	Screw	1	M8×16L
44	Belt sleeve tube	1	$\Phi 10 \times \Phi 6.2 \times 40$
45	Hex bolt	1	M6×55L
46	Belt wheel axle sleeve	2	$\Phi 19 \times 15.3L$
47	Bearing	4	608
48	Belt pulley	1	PA+boiling craft+black
49	Bearing bushing	1	$\Phi 12 \times \Phi 8.2 \times 19$
50	Hex bolt	1	M8×1.25×75L
51	Adjusting foot pad	1	PVC $\Phi 48 \times 16L \times M8 \times 25L$
52	Hex nut	3	M8×1.25×6t
53	Bolt	2	M8×30L
54	Small Pulley	2	$\Phi 30 \times 14$
55	Pulley sleeve tube	2	$\Phi 12 \times \Phi 8.1 \times 10L$
56	Bearing	4	608Z
57	Big Pulley	2	$\Phi 38.5 \times 108.5$
58	Bolt	2	M8×1.25×130L
59	Screw	4	M6×14H
60	Adjusting foot pad	2	BLC-116 M8×20L
61	Crash pad	2	50×25×13
62	Screw	4	M5×16H
63	Screw	8	ST4.2×10H
64	Lock nut	2	M8×1.25
65	Flat washer	6	$\Phi 8.5 \times \Phi 16 \times 1.5t$
66	Bolt	2	M8×70H
67	Sliding rail tube plug	1	ABS
68	Sliding rail tune plug	1	ABS
69	Spring washer	4	$\Phi 8.2 \times \Phi 13 \times 2t$
70	Screw	4	M8×16H

71	Handle bar holder	1	PVC
72	Handle bar	1	Φ25×1.5t×420L
73	Handle bar foam	2	Φ25×5.0t×195L
74	Bearing	2	6000-2RS
75	Flywheel	1	Φ250×40W
76	Spacer bush	1	Φ14×Φ10.2×10t
77	Flywheel axle	1	Φ10×120L
78	Sensor clamp	1	
79	Screw	1	M5×10H
80	Resistance knob	1	340L
81	Flat washer	1	Φ6×Φ13×1.5t
82	Screw	2	M5×20H
83	Console wire	1	450L
84	Cover pad	1	PVC

CONSOLE INSTRUCTION

1. CD full screen, as shown in the follow picture:



2. Display Function:

No.	Item	Display range	Setting range	Memory	RZ	Description
1	TIME	0:00~99:99	±1 minute	Yes	Yes	1.If without setting ,time will be accumulated in cycle. 2.If user has preset the value, it will count down from the preset value to zero. 3. If there is no signal input for 4 minutes, the console will enter into the standby mode.
2	TIME/500M	0:00~99:99	NO	Yes	Yes	In START status: If there is sensor signal input for 3s,it will display the value. And counts the time to run 500m with current speed.
3	DISTANCE	0~99.99	0.5~99.50 ±0.5KM	Yes	Yes	1.If without setting , the value will be accumulated in cycle. 2.If user has preset the value, it will count down from the preset value to zero. 3. If there is no signal input for 4 minutes, the console will enter into the standby mode.
4	CALORIE S	0~9999 cal	0~9990 (±10)	Yes	Yes	1.If without setting , the value will be accumulated in cycle. 2.If user has preset the value, it will count down from the preset value to zero. 3. If there is no signal input for 4 minutes, the console will enter into the standby mode
5	SPM	0~999	NO	NO	Yes	In START status: a. If there is sensor signal input for 3s, it will display the value. b. If there is no sensor signal input for 4s, after 6s, the value will return to zero. c. Display the value and represent the average

						strokes in every minute.
6	STROKES	0~9999	0~9990 (± 10)	Yes	Yes	1.If there is sensor input, it will count the current the number of strokes 2. SOROKES and TOTAL STROKES share the same display window. So they switch display in every 5 seconds.
7	TOTAL STROKES	0~9999	NO	Yes	NO	Count the total strokes.SOROKES and TOTAL STROKES share the same display window. So they switch display in every 5 seconds.
9	PULSE	P-30~240 BPM	0-30~240 (± 1)BPM	Yes	Yes	a. If there is pulse signal input , it will displays the initial value after 7.4s (count from the first PULSE value.) b. If there is no pulse for 6s, the value will return to zero. c. The calculate method ,pls refer to appendix 1. d. If the pulse is above the preset value, the value in the PULSE windows will flash in every second or the PULSE OVER ALARM
10	SCAN	NO	NO	NO	NO	In SCAN mode, the functions :STROKES-TIME-DIST- CAL- PULSE will display in sequence and switch display in every 5s in the same windows.
11	STOP	NO	NO	NO	NO	If there is sensor signal input, the console can quick start. If there is no sensor input in 6s, the console will enter into the standby mode.

1. Power on and power off:

(1) . Power on:

Install 2 pcs 5 # batteries, then the console will power on , LCD will full display 2s (picture 1). After that, it will enter into standby mode.(picture 2)



Picture 1



Picture 2

(2). Power off:

A.Without any signal being transmitted into the monitor for 4 minutes , it will enter into Sleeping mode.

B. As signal input or press any key, the console would wake up.

3. Operation procedure (picture 3 - picture9)

3.1 Power on:

When power on (or press TOTAL RESET), LCD will full display 2s (picture 1), then the console will enter into standby mode (picture 2).

3.2 Standby mode:

- A. After power on, the console enter into SCAN- standby mode: STROKES-TIME-DIST- CAL- PULSE will display circularly 5 seconds in turn. (picture 2~picture3)
- B. In standby mode, no input of key operation or RPM signal or pulse input for 4Min, LCD will go to Sleeping mode.



Picture 3

- 2. In standby mode, press MODE KEY, user can select STROKES-TIME-DIST-CAL-PULSE to set training mode. Press UP/DOWN to set target exercise value. If there is sensor signal input, set the target value, the console will count down from the target value to zero. (if there is no signal input, the value will cycle count.)
 - A. STROKES setting range: 0~9990 (press UP/DOWN to increase/decrease, press RESET, all value will return to zero.)
 - B. TIME setting range : 0:00~99:00 (press UP/DOWN to adjust, each increment/ decrease value is 1. Press RESET, all value will return to zero.)
 - C. DIST setting range : 0~99.50 (press UP/DOWN to adjust, each increment/decrease value is 0.5. Press RESET, all value will return to zero.)
 - D. CAL setting range: 0~9990 (press UP/DOWN to adjust, each increment/ decrease value is 10. Press RESET, all value will return to zero.)
 - E. PULSE setting range: 30~240 (the preset value is 30, press UP/DOWN, each increment/decrease value is 1. Press RESET, all value will return to zero.)
 - F. In standby mode, press MODE+UP for 3 seconds which can pow off quickly.
- 4. If there is RPM signal input in any mode, the console will QUICK START immediately. If there is no RPM signal input more than 5 seconds, the system will STOP automatically. The value of STROKES, TIME, DIST, CAL and PULSE remain unchanged.
- 5. If there is PULSE signal input and appear heart rate value in any mode, press RECOVERY KEY (picture 4~picture5)
 - 1. After the console displayed PULSE value, press this key, all display functions will stop display immediately, except TIME and PULSE.
 - 2. TIME display "1:00" and begin to count down (If there is no PULSE input in count down period, it doesn't affect the automatic time to power off) When it counts down to zero, LCD will only display "FX" (X value is 1~6) in the windows, if user press any key, it will skip to the normal display system. STOP, TIME, DISTANCE, CALORIES, PULSE, TOTAL STROKES and STROKES will display the current training value.
 - 3. After "FX" was displayed, press each key to recover to the general display. If user press the

RECOVERY key again, it will carry out again.

4. In RECOVERY period, press this key can recover.

Button Function:

1. UP KEY

- A. STROKES setting range: 0~9990 (press UP/DOWN to adjust, each increment is 1. Press RESET, all value will return to zero.)
- B. TIME setting range: 0:00~99:00 (press UP/DOWN to adjust, each increment is 1:00. Press RESET, all value will return to zero.)
- C. DIST setting range: 0~99.50 (press UP/DOWN to adjust, each increment is 0.5. Press RESET, all value will return to zero.)
- D. CAL setting range: 0~9990 (press UP/DOWN to adjust, each increment is 10. Press RESET, all value will return to zero.)
- E. PULSE setting range: 30~240 (the preset value is 30, press UP/DOWN to adjust, each increment is 1. Press RESET, all value will return to zero.)
- F. In standby mode, press MODE+UP for 3 seconds which can power off quickly.

2. DOWN KEY

- G. STROKES setting range: 0~9990 (press UP/DOWN to adjust, each decrease value is 1. Press RESET, all value will return to zero.)
- H. TIME setting range: 0:00~99:00 (press UP/DOWN to adjust, each decrease value is 1:00. Press RESET, all value will return to zero.)
- I. DIST setting range: 0~99.50 (press UP/DOWN to adjust, each decrease value is 0.5. Press RESET, all value will return to zero.)
- J. CAL setting range: 0~9990 (press UP/DOWN to adjust, each decrease value is 10. Press RESET, all value will return to zero.)
- K. PULSE setting range: 30~240 (the preset value is 30. Press UP/DOWN to adjust, each decrease value is 1. Press RESET, all value will return to zero.)

3. MODE KEY

- A. In function select mode, press MODE key to confirm function.
- B. In setting mode, press MODE key to confirm the setting.
- C. In training mode, press MODE key to stop/start.
- D. Every time user press MODE key, it will have a Bibi sound.
- E. In standby mode, press MODE+ SET key together for 3 seconds can power off quickly.

4. RESET KEY

- A. In function select mode, press RESET key will return to the previous function.
- B. In setting mode, press RESET key will clear the present setting value.
- C. In STOP mode, press RESET key will return to standby mode.
- D. Every time, user press RESET key, it will have a Bibi sound.
- E. Press RESET key for 3 seconds to enter into standby mode. STROKES-TIME-DIST- CAL- PULSE will display circularly 1 second in turn.

5. RECOVERY KEY:

After training, if there is heart rate input, then press RECOVERY key, all display functions will stop display

immediately ,except TIME starts counting down from 00:60 to 00:00.

TIME display "1:00" and begin to count down.(If there is no PULSE input in count down period,it doesn't affect the automatic time to power off.) When it counts down to zero, LCD will only display "FX"(X value is 1~6) in the windows.After that, if user press any key, it will skip to the normal display system.STOP, TIME,DISTANCE,CALORIES,PULSE,TOTAL STROKES and STROKES will display the current training value. After "FX"was displayed, press any key, After"FX"was displayed, press each key to recover to the general display. If user press the RECOVERY button again, it will carry out again.In RECOVERY period, press RECOVERY key can recover.

- 6. TOTAL RESET KEY:** press this key, the console will enter into reboot mode directly. All data will be cleared.(The same as to re-stall batteries.)

Remark:

- * When the display of LCD is dim, it means the batteries need to be changed.
- * If there is no signal when you pedal, please check if the cable is well connected.