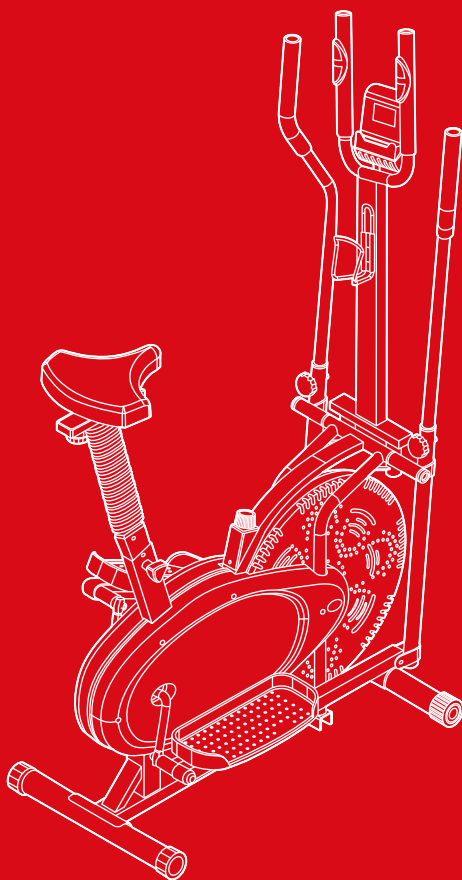




bestchoiceproducts



INSTRUCTION MANUAL

Elliptical Bike

NOTICE

Please retain these instructions for future reference.

- Keep children and pets away from this machine at all times.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days. May vary depending on how often you use this item.
- Position this machine on a clear, level surface.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- Use the provided tools or suitable tools of your own to assemble the machine or repair any parts of the machine.
- Use only original spare parts for any necessary repairs.
- Read all instructions before use.
- This machine is intended for home use only, not suitable for therapeutic purposes.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way that is inconsistent with the manufacturer's instructions as this could void the product warranty.
- This product contains small parts for assembly. Keep small children and pets away during assembly.

WARNING

- Do not leave unattended children in the same room with the machine.
- Do not use near water or outdoors.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout, and consult a physician immediately.
- Do not place any sharp objects around this machine.
- This product contains moving parts, avoid obstructing. Do not touch parts while they are in motion as this may result in personal injury.
- To avoid physical injury, it is highly recommended that you stretch before and after every exercise session.
- Handicapped or disabled persons should not use this machine without the presence of a qualified health professional or physician.

NOTE: This product contains parts and equipment pre-attached to their essential hardware. Please follow the instructions and remove the hardware as indicated for a safe assembly.

TOOLS REQUIRED (PROVIDED)



SCREWDRIVER
MULTITOOL



S8 ALLEN WRENCH



2 AAA BATTERIES



SPANNER
MULTITOOL



S6 ALLEN WRENCH
(2)



220 LBS
CAPACITY



1 PERSON
ASSEMBLY



UP TO 60 MIN.
ASSEMBLY

HARDWARE

1 M10 X 57mm
BOLT SET



4 PCS

2 PEDAL HING
BOLT SET (L/R)



1 SET

3 S13 NUT CAP



2 PCS

4 S18 NUT CAP



2 PCS

5 HANDLEBAR
SHAFT



1 PC

6 TRI-KNOB



1 PC

7 S16 NUT CAP



6 PCS

8 M10 X 45mm
HEX BOLT &
NUT SET



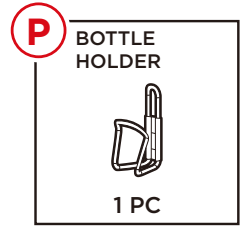
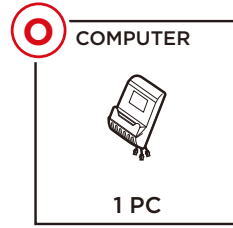
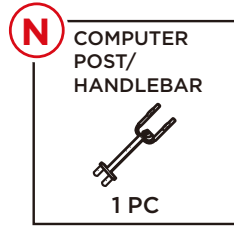
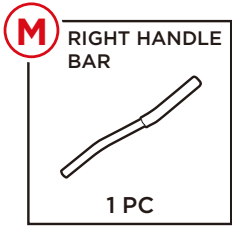
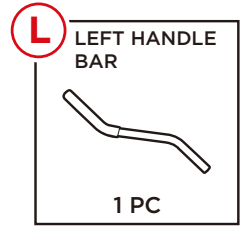
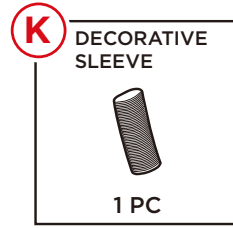
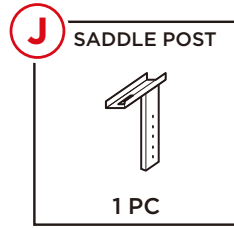
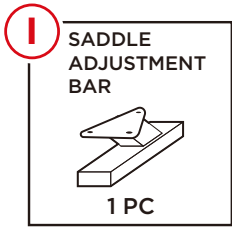
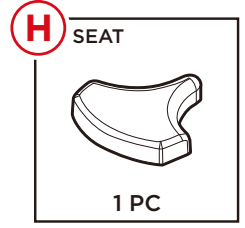
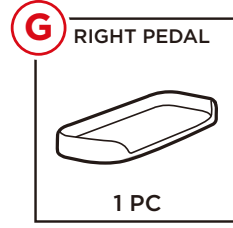
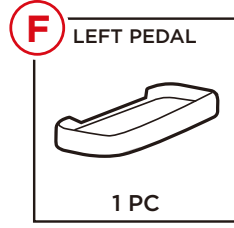
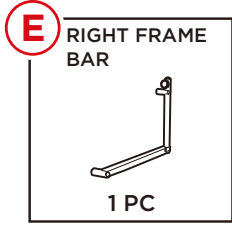
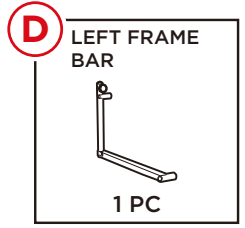
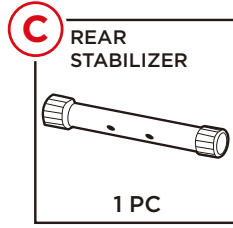
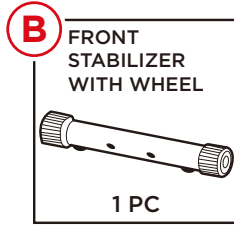
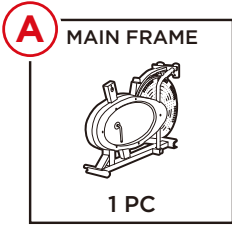
4 PCS

9 HEIGHT
ADJUSTMENT
KNOB



2 PCS

PARTS

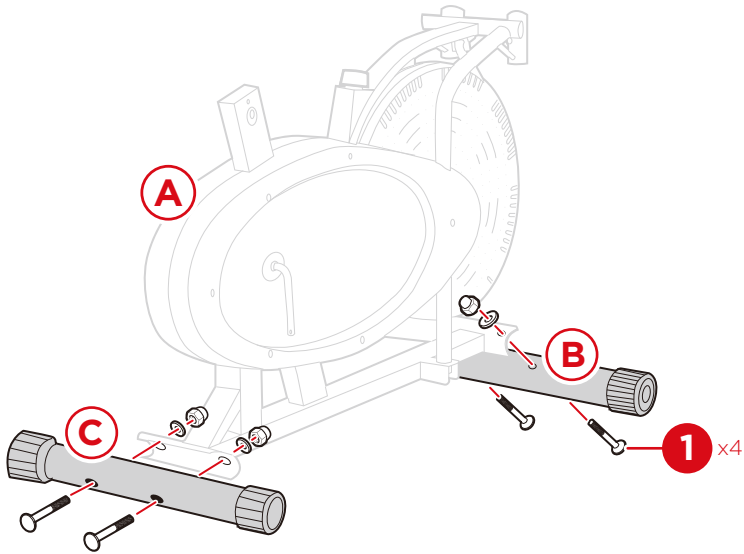


PRODUCT ASSEMBLY

1

Locate the part B front stabilizer and attach it to the front of the part A main frame with two part 1 bolt sets. Repeat to attach the part C rear stabilizer.

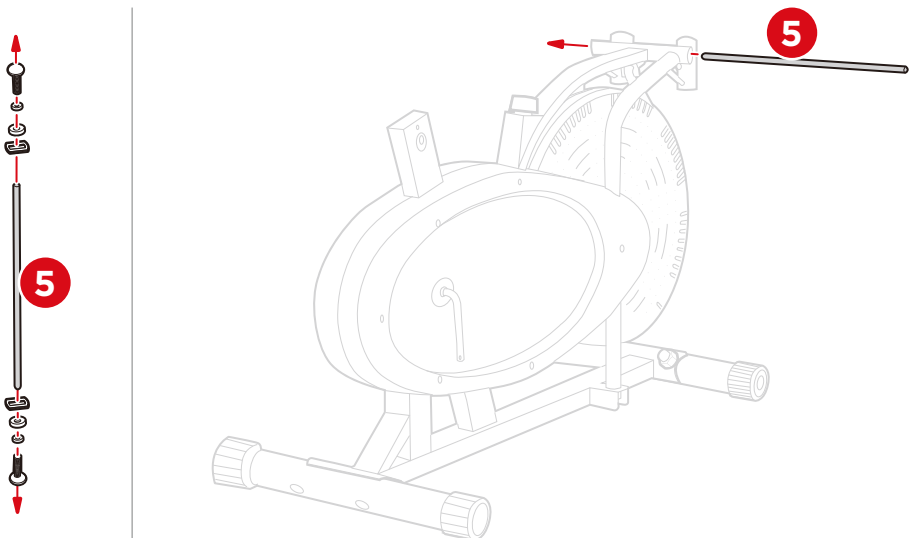
NOTE: The front stabilizer has a set of wheels for moving your elliptical bike.



2

Locate the part 5 handlebar shaft, remove the hardware and set aside.

Slide the handlebar shaft into the part A main frame above the wheel. Place two washers from the removed hardware set onto the handlebar shaft, one washer per side.



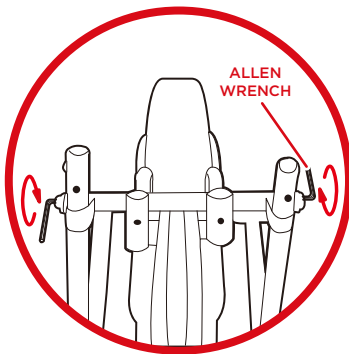
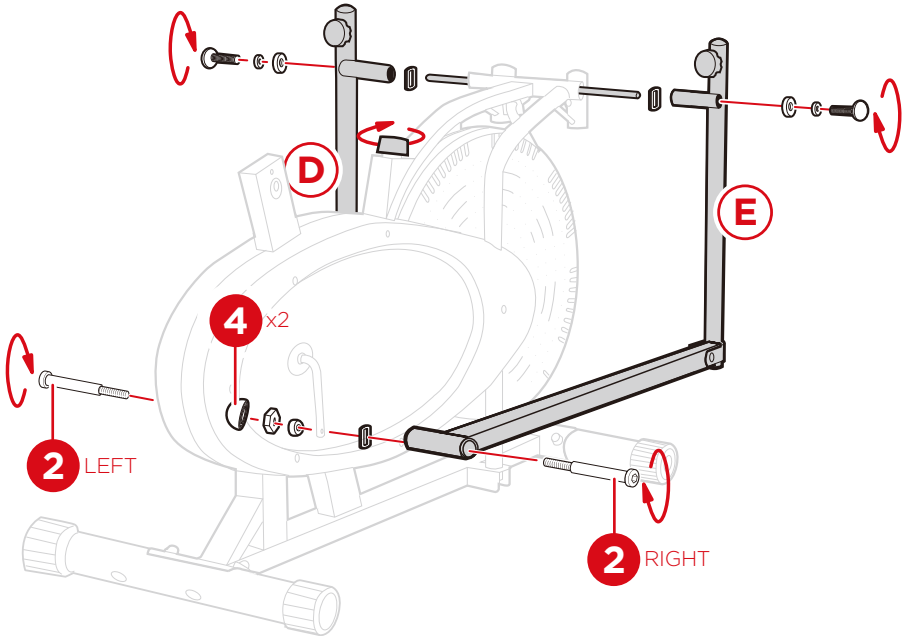
PRODUCT ASSEMBLY

3

Slide the part D and E frame bars onto the handlebar shaft and secure with the remaining bolt and washer sets removed in the previous step.

NOTE: Use two allen wrenches to tighten both ends of the handlebar shaft at the same time. Tighten one side clockwise and the other counterclockwise.

Attach the frame bars to the crank on the part A main frame with two part 2 pedal bolt sets. Attach two part 4 end caps.



FRONT VIEW

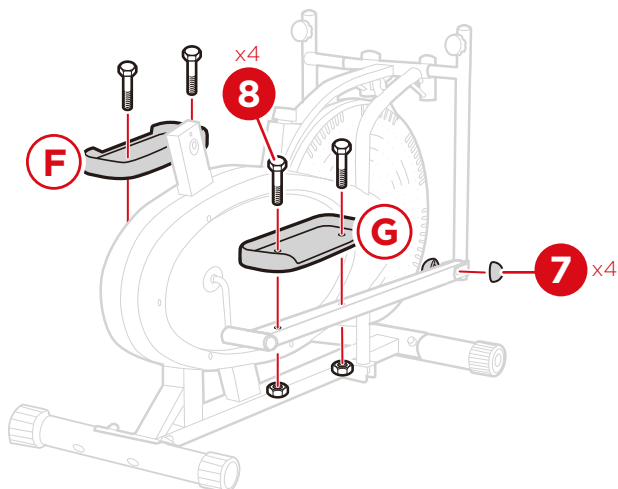


The pedal bolts are labeled L/R for Left & Right. To tighten turn the left bolt counterclockwise and the right bolt clockwise

PRODUCT ASSEMBLY

4

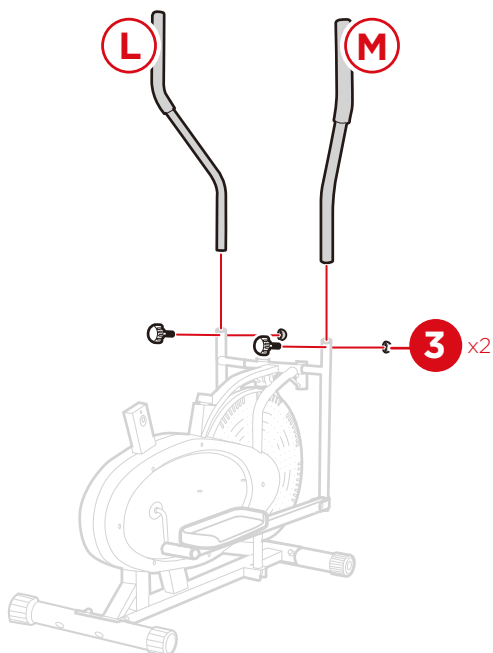
Attach the part F and G pedals with four part 8 bolts and nut sets.
Attach the four part 7 end caps as indicated.



5

Insert the part L left handlebar into the part D left frame bar. Select a comfortable height and secure with the adjustment knob.

Repeat to attach the part M right handlebar, then cover each knob with one part 3 nut cap.

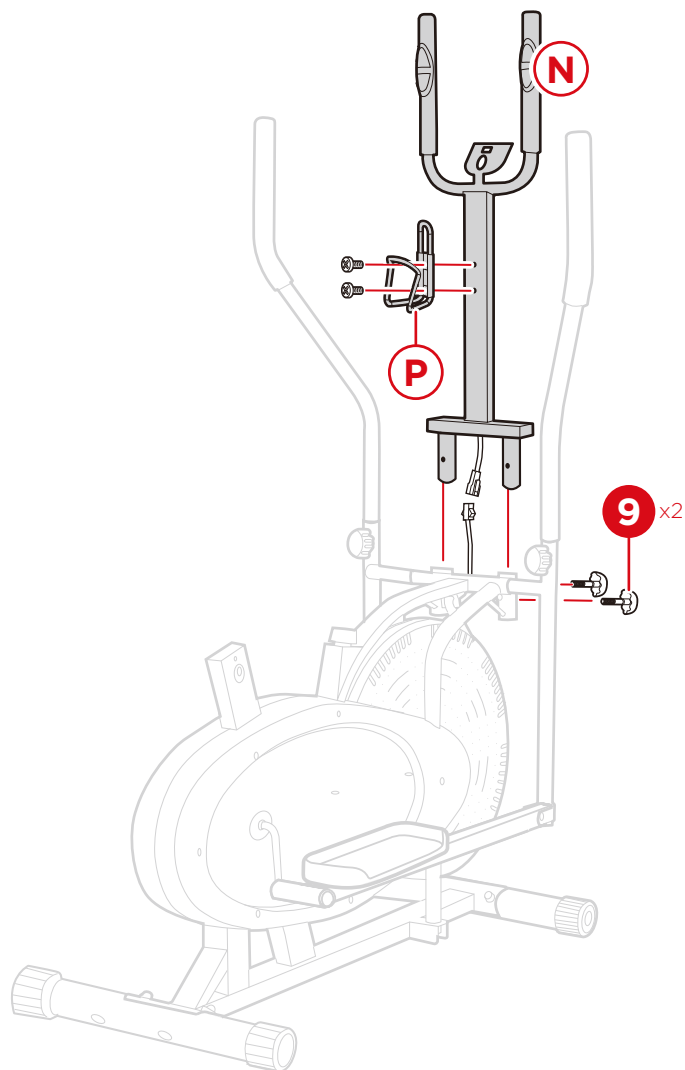


PRODUCT ASSEMBLY

6

Connect the wires on the main frame and the part N computer post, then insert the computer post into the main frame and secure with two part 9 adjustment knobs.

Remove the two screws from the part N computer post, then use the screws to attach the part P bottle holder to the part N computer post.



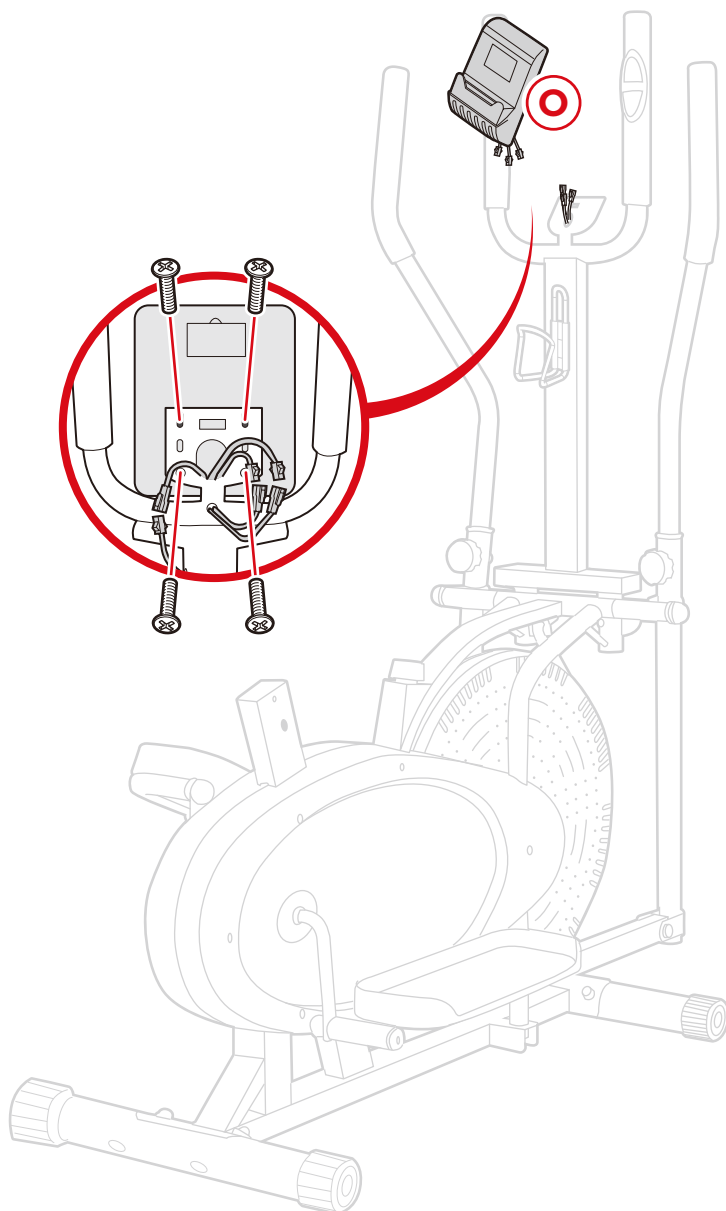
PRODUCT ASSEMBLY

7

Locate the part O computer and connect the corresponding wires.

Remove four screws from the back of the computer, then use the screws to secure the computer to the bracket.

Insert (2) AAA batteries into the computer.



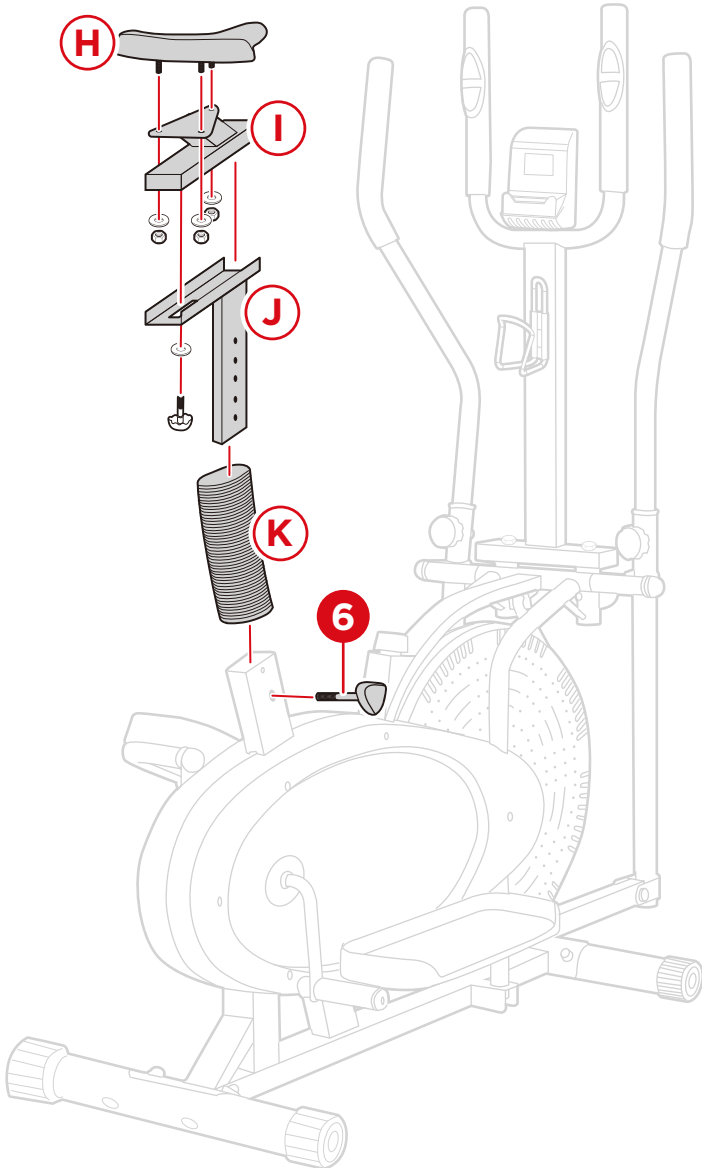
PRODUCT ASSEMBLY

8

Remove the adjustment bolt and washer from the part I adjustment bar. Place the washer on the part J saddle post, then slide the adjustment bar into the saddle post and secure with the previously removed adjustment bolt.

Locate the part H seat and remove the three nylon nuts and washers on the bottom. Place the seat onto the adjustment bar and reattach the three nuts and washers.

Slide the part K decorative sleeve over the saddle post and insert the saddle post into the part A main frame. Set the seat to a comfortable height, then secure with the part 6 tri-knob.



TENSION ADJUSTMENT

- Before beginning your first workout, adjust the tension to a manageable level.
- When starting your exercise, simply use the tension adjustment knob (found at the top center) to manipulate the resistance you feel.
- Turn the knob clockwise to increase the tension, turn the knob counter-clockwise to lower the tension.

DISPLAY RANGES

Time	00:00-99:59
Speed (SPD)	0.0-99.9KM/H (ML/H)
Distance	0.00-9999KM (ML)
Calories	0.0-9999KCAL
Odometer (ODO)	0.0-9999KM (ML)
Pulse (PUL)	O_40-240BPM

KEY FUNCTIONS

- **MODE:** Press this button to select a function to display. Press and hold to reset.
- **SET:** Press and hold this button to set a distance, pulse, calorie, or workout time goal.
NOTE: You cannot set a goal if you are in scan mode.
- **CLEAR (RESET):** Press to reset the time, distance, calories, or pulse to a zero value.
- **ON/OFF:** Turns the display off and on and resets the unit.

FUNCTION & OPERATIONS

- **TIME:** Press the MODE key until the selector reaches TIME to display the total time of your workout from start to finish.
- **SPEED:** Press the mode key until the selector reaches SPEED to display your current speed.
- **DISTANCE:** Press the mode key until the selector reaches DISTANCE to Display the total distance achieved in each workout.
- **CALORIE:** Press the mode key until the selector reaches CALORIE to displays the number of calories burned during a workout.



HELP CENTER



Question about your product? We're here to help. Visit us at:

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Chat Support



Product Inquiry



Orders FAQ



Product Assembly



Returns & Refunds

PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.



WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, unapproved modification, or neglect of this product.