

# Programmable Bike

### WARNING:

Home Fitness Hire recommends placing the bike on a level surface and mat to avoid damaging the floor. The exercise bike is only designed to be pedalled forwards, not backwards. Ensure the seat and handlebars are fixed tightly in place to avoid any accidental injury

### ASSEMBLY AND ADJUSTMENTS

The bike comes fully assembled with the option of removing the seat to assist with transportation. The handlebars are adjustable using the screw knob. The seat is height adjustable by unscrewing and popping out the pin. For safety, ensure the pin is screwed back tightly to prevent the seat dropping. Plug power pack into bike base on left hand side. 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 being used still represents a danger to unsupervised children. In this instance the unit should be positioned so as to prevent access.

### HEART RATE

The heart rate hand grips are located on the handlebars and work by picking up blood flow underneath the skin rather than directly from the heart. They are not 100% accurate but give a very good indication of your pulse rate. When using the hand grips, hold both hands firmly on the sensor pads, especially if using a heart rate based program.



### COMPUTER OPERATION

The computer will monitor Speed, Time, Distance, Watts, Calories, Pulse. Manual Operation: When the computer is activated, the user option will flash.

To enter user information, use the UP and DOWN keys to scroll through the choices. Use the MODE key to confirm your selection. Use the UP and DOWN and MODE keys to set an exercise target of time, distance, calories or pulse. To begin exercise, press the START/STOP key. For quick start, press START/STOP key at the first screen and use the UP and DOWN keys to increase and decrease resistance. All information will count upwards from '0'. At any time during operation the resistance can be adjusted with the UP and DOWN keys. To end an exercise session, press the START/STOP key and then RESET key to return to main screen. Preset Programs: Enter user information. Choose a selected program by using the UP and DOWN and MODE keys. Select target time with the UP and DOWN and MODE keys. Press START/STOP key to begin the program.

The computer will automatically increase and decrease the resistance according to the program. Press the START/STOP key to end the program, then the RESET key to return to the main screen. Drink plenty of fluids before, during and after exercise. A balanced diet is also an important part of any exercise program.

### **User Program:**

Enter user information. Choose selected user program by using the UP/DOWN and MODE keys. A program profile will be displayed with the first column section flashing. Use the UP and DOWN and MODE keys to set the desired resistance level for that section and press the MODE key to confirm your selection and move to the next section. Repeat the process till the entire program has been set and press START/STOP key to begin.

### **Target Heart Rate Programs:**

Enter user information. Choose selected HRC program by using the UP/DOWN and MODE keys. Select either 55%, 75%, 90% or THR. Press the START/STOP key 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 choose a specific heart rate that you wish to maintain.

### **Watt Program:**

Enter user information. Choose selected user program by using the UP/DOWN and MODE keys.

The preset watt value is 120. Use the UP and DOWN and MODE keys to select target watts. In this program, resistance alters according to pedalling speed in order to cause constant user effort.

Resistance is easy when pedalling fast and harder when pedalling slowly. Recovery Feature: After exercise, press the recovery key and hold onto the pulse handgrips for 60seconds.

The screen will then display your heart rate recovery status between F1-F6. F1 means good recovery, F6 means there is room for improvement. Press the recovery button to return to main screen. Body Fat Feature: In stop mode, press body fat key for 8 seconds. The display will flash until measurement is made. Body Fat and Body Mass Index will be displayed.

### **GENERAL EXERCISE GUIDELINES**

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to exercising and using the bike, work at a level that you can maintain for at least 5-10mins.

From there, try to increase duration to 20-30mins. Your progress from here is up to you. 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) Exercise at a level where you can 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 a higher resistance level to make it more difficult to pedal or use a harder program. Try watching television or listening to music when exercising to help the time pass. 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. Be sure to warm up for 5 min before exercise and cool down by stretching after exercise.

### **TROUBLESHOOTING**

All exercise bikes have been cleaned and checked prior to hire. Problems can sometimes arise, especially if you have had the bike for a long period of time. If the computer is erratic or has stopped reading, check that the sensor leads are firmly connected. If the computer is completely blank, check the power adaptor is fitted correctly.

**If any other problems arise please contact your hiring agent.**