

# Manual Exercise Bike

## WARNING:

Home Fitness Hire recommend placing the bike on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. The exercise bike is only designed to be pedalled forwards, not backwards. Make sure that the seat and handlebars are fixed tightly in place 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.

Adjust the seat height by unscrewing the adjustment knob enough that it can be pulled out to release the spring, place at an appropriate height and retighten the knob. (The ideal seat height for pedalling is where your knees maintain a slight bend at the lowest point of the action). Adjust the seat vertically by unscrewing and releasing the adjustment knob. Move the seat backward or forward and retighten the knob. Adjust the angle of the handle bars by loosening the clamp, rotating the bars to the desired position and retightening the clamp.

## TENSION ADJUSTMENT

To adjust the tension, simply turn the dial (d) located on the upright post clockwise to increase the tension and make pedalling harder, or anticlockwise to release the tension and make pedalling easier. The tension is numbered, 1 (easier) to 8 (harder).

## COMPUTER OPERATION

The computer will monitor Speed, Time, Distance, Calories, RPM, Pulse, Body Fat. Hold down ENTER key for 2 seconds to clear any existing information. The computer will then count up all from zero. Enter your personal data before workout. Use the BODY FAT, UP/ DOWN, and ENTER keys to enter gender, age, height and weight.

The computer will save this information until the batteries are removed. To access pulse, place hands on the metal pulse grips (e) on the handlebars.

To access body fat information, press MEASURE key. Place hands on the pulse grips until a reading appears To access pulse recovery, press the PULSE RECOVERY KEY and place hands on the pulse grips until 0 shows and a reading with recovery grade F1 (excellent) – F6 (poor) appears.



## 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. Drink plenty of fluids before, during and after exercise. A balanced diet is also an important part of any exercise program.

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. 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.

### **TROUBLESHOOTING**

While your exercise 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 top of the upright support is plugged in at the back of the computer. If the computer is completely blank, the batteries may be flat and will need to be replaced at the back of the computer.

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