



OWNER'S MANUAL  
Model: 16208597000  
EB700 Air Indoor Cycle

Please carefully read this entire manual  
before operating your new bike.

**ATTENTION:** Before returning your SOLE product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your SOLE purchase.

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## ATTENTION

THIS FITNESS BIKE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.



# SOLE

## FITNESS

CONGRATULATIONS ON YOUR NEW AIR INDOOR CYCLE AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality SOLE air indoor cycle from Dyaco Canada Inc. Your new fitness bike has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new SOLE product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE and we will always remember that you are the reason that we are in business. Please go to [www.dyaco.ca/warranty.html](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.

Yours in Health,

Dyaco Canada Inc.

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

Purchase Date \_\_\_\_\_

## PRODUCT REGISTRATION

### RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

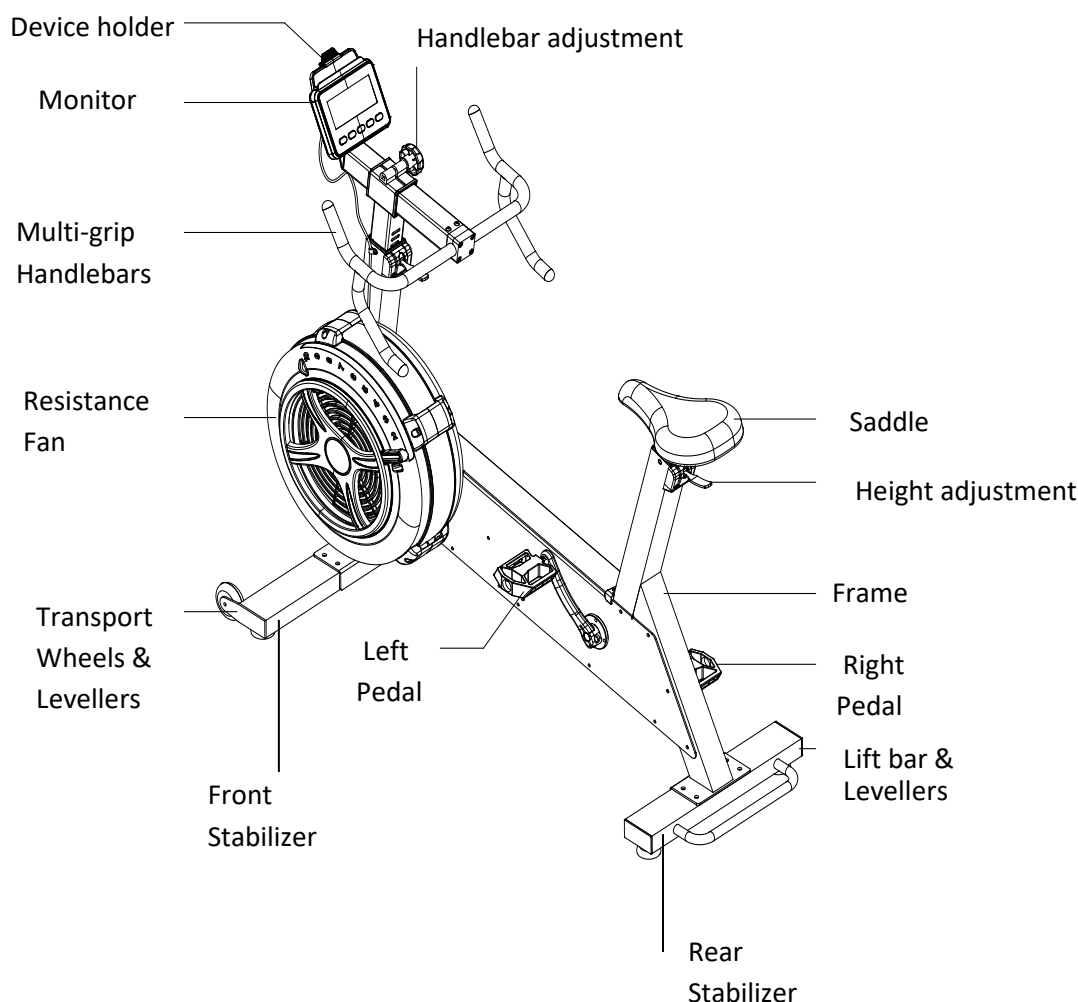
Serial Number \_\_\_\_\_

# BEFORE YOU BEGIN

Thank you for choosing the SOLE EB700 Air Indoor Cycle. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SOLE EB700 Air Indoor Cycle provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SOLE EB700 Air Indoor Cycle. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SOLE EB700 Air Indoor Cycle, please do not return the product. Contact us FIRST! If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

MAX. USER WEIGHT LIMIT 160 KG (350 LB)



# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this equipment.

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.


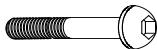






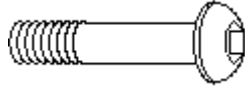




This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your fitness bike.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.  
Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
3. The fitness bike must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
4. Fitness equipment must always be installed on a flat surface, It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
5. No changes must be made which might compromise the safety of the equipment.
6. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
7. Do not allow children to use or play on the fitness bike. Keep children and pets away from this equipment at all times while exercising.
8. The fitness bike should only be used by one person at a time.
9. Maximum user weight 350lb (160 KG).
10. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed .
12. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your fitness bike.
13. Do not exercise in bare feet or socks. Proper footwear such as running, walking or cross training shoes should be worn.
14. Tie all long hair back. Remove all personal jewelry before exercising.
15. Be careful to maintain your balance while using, mounting, dismounting the fitness bike, loss of balance may result in a fall and bodily injuries.
16. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
17. Injuries may result from incorrect or excessive training and using the equipment other than as directed or recommended by your doctor.
18. Care must be taken when lifting or moving equipment, so as not to injure your back. Always use proper lifting techniques.
19. A decal like the example shown has been placed on the fitness bike. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-707-1880 to order a replacement decal. Apply the decal in the location shown.

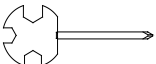




# EB700 ASSEMBLY PACK CHECKLIST

Open the packaging and remove the hardware kit, ensuring all listed components are present. Some parts are pre-fitted to the product.

Diagram	Part No.	Description	Qty
	84	Round-head hexagon socket screw (M6 x 12mm)	9
	102	Round-head hexagon socket screw (M6 x 70mm)	3
	114	Hexagon socket head cap screw (M8 x 15mm)	8
	115	Spring Washer M8	8
	82	Flat Washer M8	9
	92	Cross-recess pan-head self-tapping screw ST4.2X6	1
	93	Cable clamp	2
	96	Cross-recess pan-head self-tapping screw ST4.2X16	4
	81	Round-head hexagon socket bolt (M8 x 75mm)	1
	83	Nylon nut M8	1
	162	Hexagon socket head cap screw (M8 x 12mm)	1
	163	Spring washer M8	1
	164	Hexagon socket head cap screw (M5 x 8mm)	1

## ASSEMBLY TOOLS

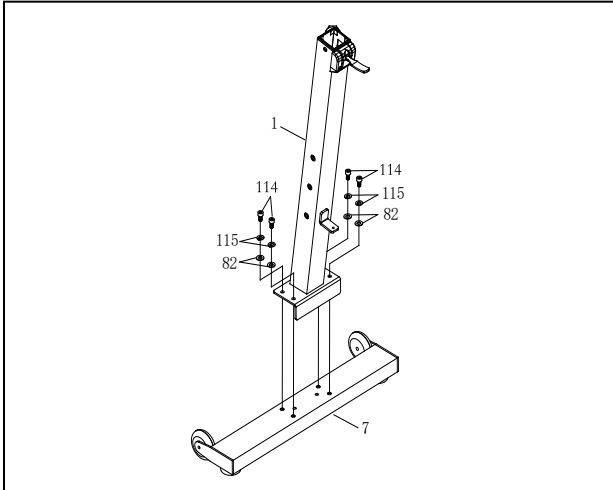
<b>Cross-head spanner</b>		<b>1PC</b>
<b>L-shaped hex wrench (4mm)</b>		<b>1PC</b>
<b>L-shaped hex key (6mm)</b>		<b>1PC</b>

# EB700 ASSEMBLY INSTRUCTIONS

## PRE-ASSEMBLY

1. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found or parts are missing, contact your dealer immediately.
2. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

## 1 STABILIZER TUBES

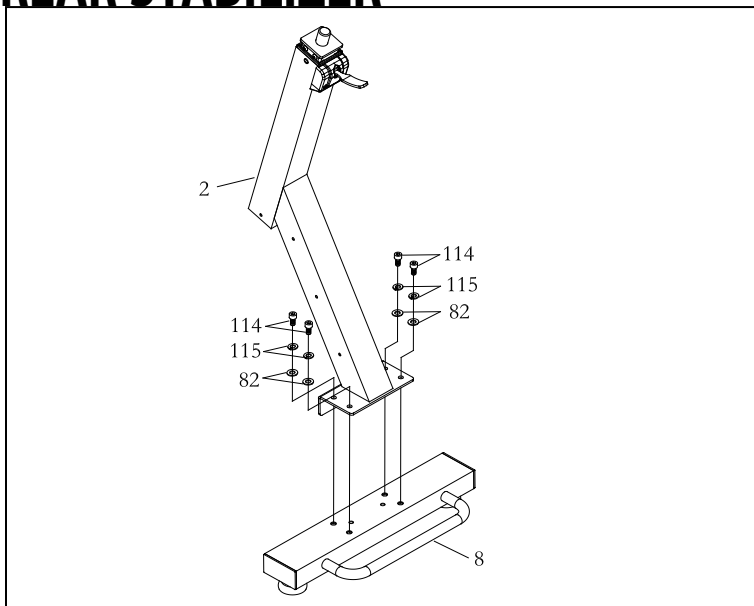


1. Secure the front ground tube (7) to the front main frame (1) using an M8 x 15 hexagon socket head cap screw (114), an M8 spring washer (115), and an M8 flat washer (82).

### HARDWARE STEP 1

- #82. Flat Washer M8
- #114. Hexagon socket head cap screw (M8 x 15mm)
- #115. Spring Washer M8

## 2 REAR STABILIZER



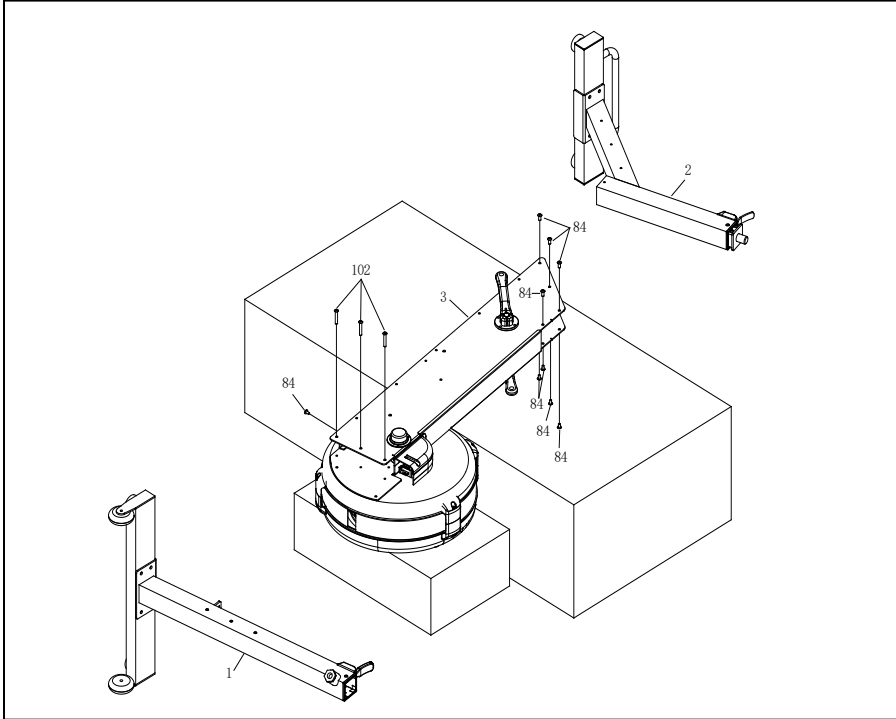
1. Secure the rear ground tube (8) to the rear support (2) using an M8x15 hexagon socket head cap screw (114), an M8 spring washer (115), and an M8 flat washer (82).

### HARDWARE STEP 2

- #82. Flat Washer M8
- #114. Hexagon socket head cap screw (M8 x 15mm)
- #115. Spring Washer M8



# 3 FRAME



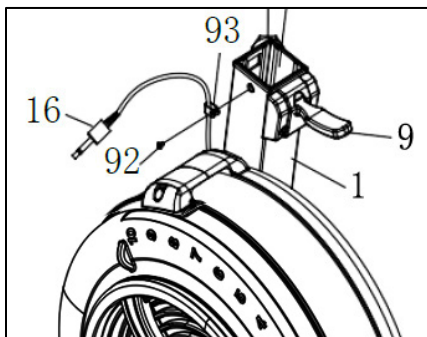
## HARDWARE STEP 3

**#84.** Round-head hexagon socket screw (M6 x 12mm)

**#102.** Round-head hexagon socket screw (M6 x 70mm)

1. Secure the carton lid. Place the entire main frame plate (3) atop the carton, padding it with packaging material. then slot the front main frame assembly (1) into the main frame plate (3). Secure using M6x70 hexagon socket head cap screws (102) and M6x12 hexagon socket head cap screws (84).
2. Subsequently, slot the rear support assembly (2) into the main frame plate (3) and secure using M6x12 hexagon socket head cap screws (84).

# 4 CABLES



## HARDWARE STEP 4

**#92.** Cross-recess pan-head self-tapping screw ST4.2X6

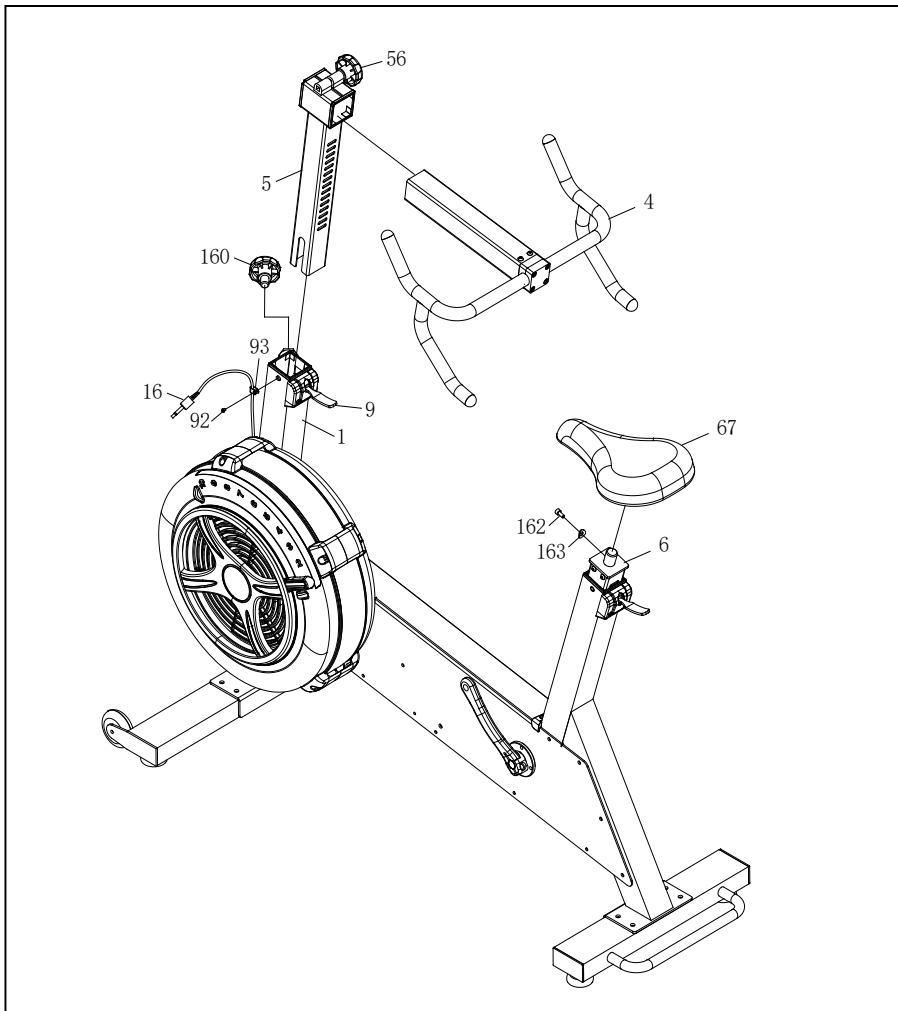
**#93.** Cable clamp

1. Insert the electronic display connection cable (16) into the cable clamp (93). Secure the electronic display connection cable (16) to the front main frame (1) using a Phillips-head pan-head self-tapping screw ST4.2X6 (92).

# 5 HANDLEBARS

## HARDWARE STEP 5

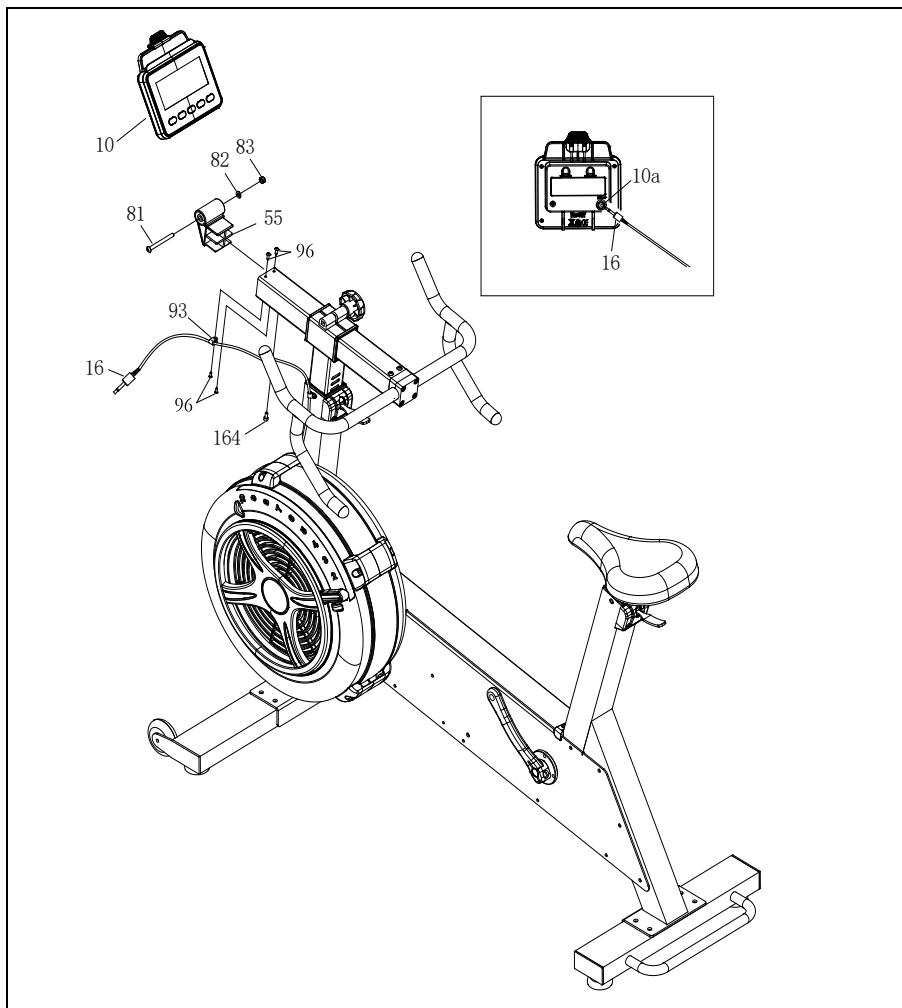
- #162.** Hexagon socket head cap screw (M8 x 12mm)  
**#163.** Spring washer M8



1. Press the spanner (9) downwards to insert the armrest height adjuster (5) into the front main frame (1). Simultaneously tighten the armrest height adjuster (5) using the hexagonal knob (160) to prevent wobbling.
2. Then loosen the locking nut (56) slightly, insert the armrest bracket (4) into the armrest height adjuster (5), and tighten the locking nut (56).
3. Finally, secure the seat cushion (67) onto the seat cushion upright (6) using the M8x12 hexagon socket head cap screw (162) and M8 curved washer (163), tightening with a tool.

# 6 MONITOR DISPLAY

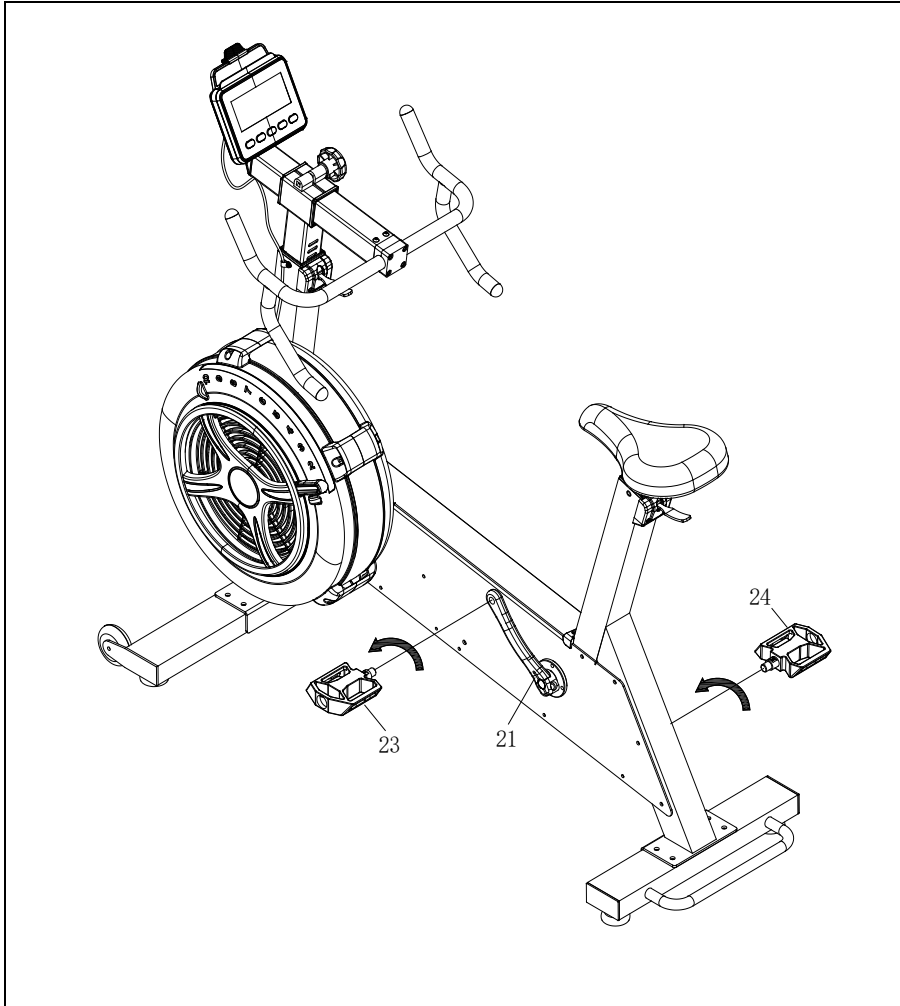
## HARDWARE STEP 6



- #81. Round-head hexagon socket bolt (M8 x 75mm)
- #82. Flat Washer M8
- #83. Nylon nut M8
- #93. Cable clamp
- #96. Cross-recess pan-head self-tapping screw ST4.2X16
- #164. Hexagon socket head cap screw (M5 x 8mm)

1. First, position the electronic display bracket (55) within the armrest frame (4). Secure both the electronic display cable (16) and the electronic display bracket (55) to the armrest frame (4) simultaneously using the cable clamp (93) and the cross-recess pan-head self-tapping screw ST 4.2X16 (96).
2. Subsequently, fasten the electronic display (10) to the electronic display mounting bracket (55) using the hexagon socket head cap screw M8X75 (81), a flat washer M8 (82), and a nylon lock nut M8 (83) to secure the electronic clock (10) to the electronic clock mounting bracket (55).
3. Next, tighten the positioning hexagon socket head cap screw M5X8 (164) onto the armrest bracket (4).
4. Finally, insert the electronic clock connection cable (16) into the electronic clock port (10a).

# 7 PEDALS



1. Secure the left pedal (23) onto the left crank (21), and in the same manner, secure the right pedal (24) onto the right crank (22).



## FINAL CHECKS

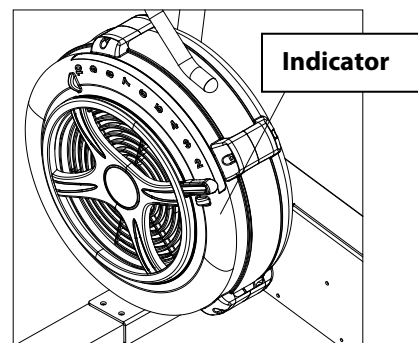
Your fitness bike is now fully assembled! Please make the following final checks before using it for the first time. Ensure all screws, bolts and nuts are tightened securely. Be sure to position the fitness bike on a flat, level surface.

NOTE: Be sure to fit the parts in the same order as the diagrams shown. Make sure the cables are fully connected. Make sure the screw is fully tightened with the allen key.

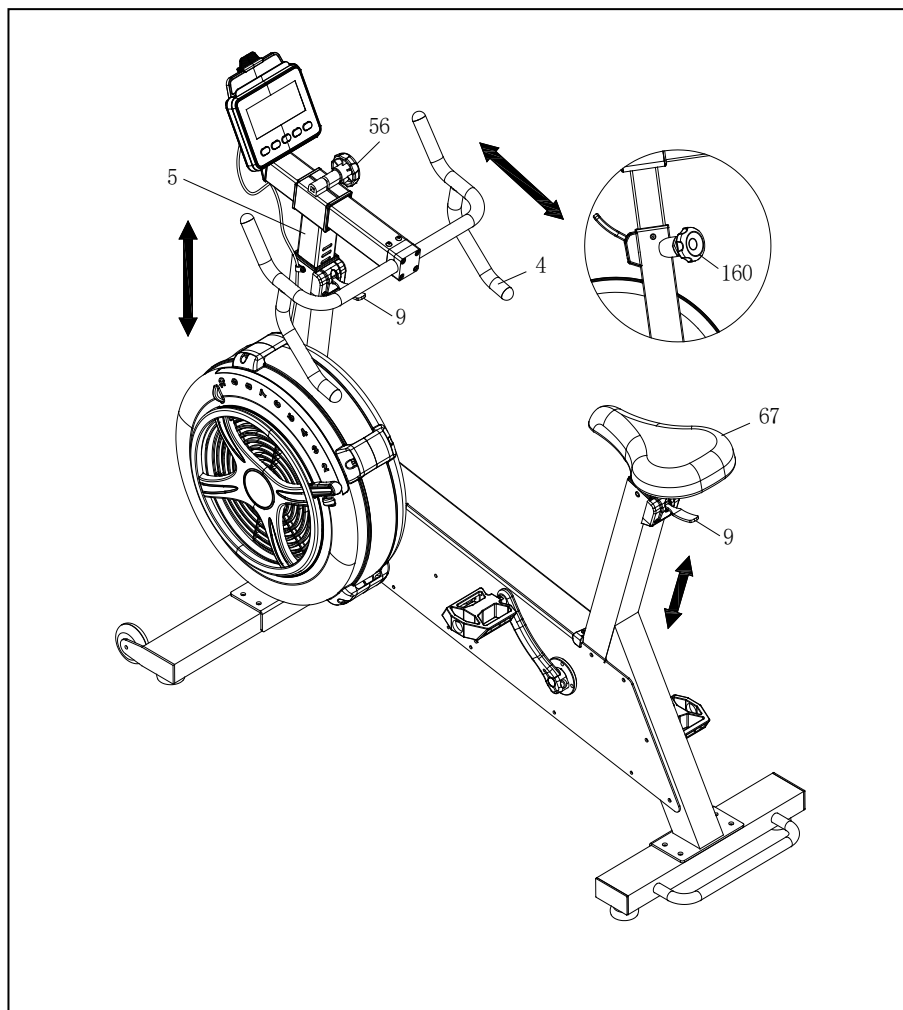


## RESISTANCE ADJUSTMENT

Rotate the adjustment key to select resistance levels from #1 to #10, where #1 represents the lowest resistance and #10 the highest. Through experimentation, you will discover the optimal resistance setting for your workout. We recommend setting the adjustment key to levels #3 to #5 for the most effective aerobic exercise.



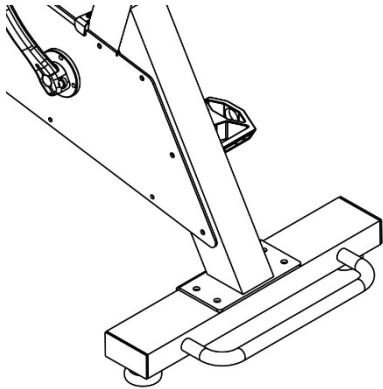
## HEIGHT ADJUSTMENT



1. To adjust the seat height if it feels too close or too far from the pedals: Press down on the lever (9) to slide the seat up or down to the desired height. Release the lever (9) to lock it securely into the slot.
2. If the armrest (4) feels too low or too high, adjust its height: First loosen the hex knob (160) (as per Figure 1). Then press down the lever (9) to pull the armrest (5) up or down to the desired height. Release the lever (9) to lock it into the groove. Finally, tighten the hex knob (160).
3. If the armrest (4) feels too far or too close to the body: Slightly loosen the locking nut (56), then pull the armrest (4) forwards or backwards to the desired position. Finally, tighten the locking nut (56) securely.

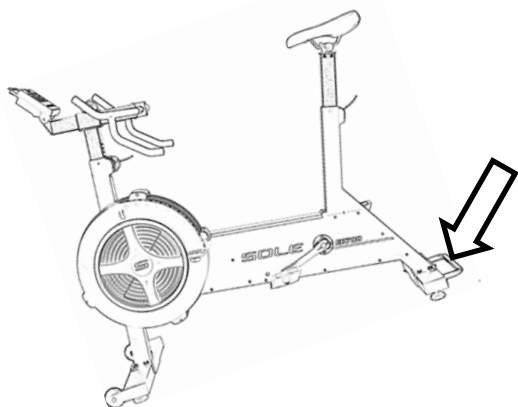
NOTE: Do not pull the seat post out too far. The maximum is indicated on the seat post.

## LEVELLING THE FITNESS BIKE



1. To help you level the cycle on uneven surface, 2 height adjusters are included on the front and rear stabilizers. Simply turn it to adjust the height of the fitness bike.

## TRANSPORTING THE FITNESS BIKE

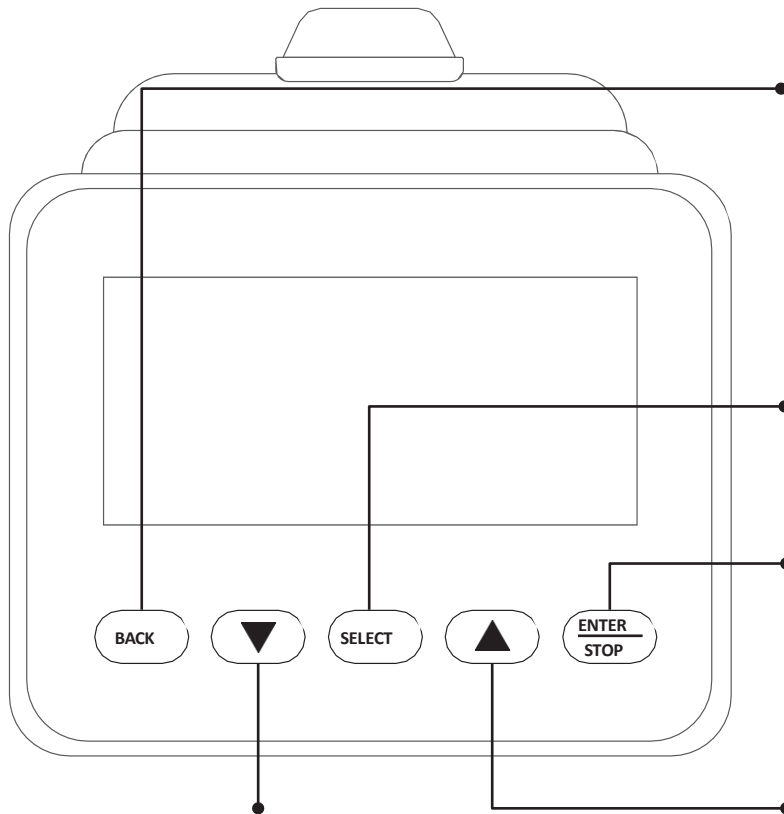


1. The fitness bike has 2 transport wheels on the front stabilizer.
2. Lift the fitness bike with the rear lift bar and then pull or push to move it to the desired position.

# OPERATION OF YOUR AIR INDOOR CYCLE

## GETTING FAMILIAR WITH THE CONTROL PANEL

### EB700 CONSOLE



#### BACK BUTTON:

- When selecting the programs, press the button to return to the previous program.
- When you finish a running program, press the button to jump into the IDLE mode.

#### SELECT BUTTON:

- In IDLE mode, press and release SELECT to cycle through each program option. Stop on the program of your choosing.

**NOTE: Default exercising mode is Quick start program.**

#### ENTER/STOP BUTTON:

- When selecting the programs and presetting target values, press the button to confirm.
- Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.

#### ▼ DOWN BUTTON :

- Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

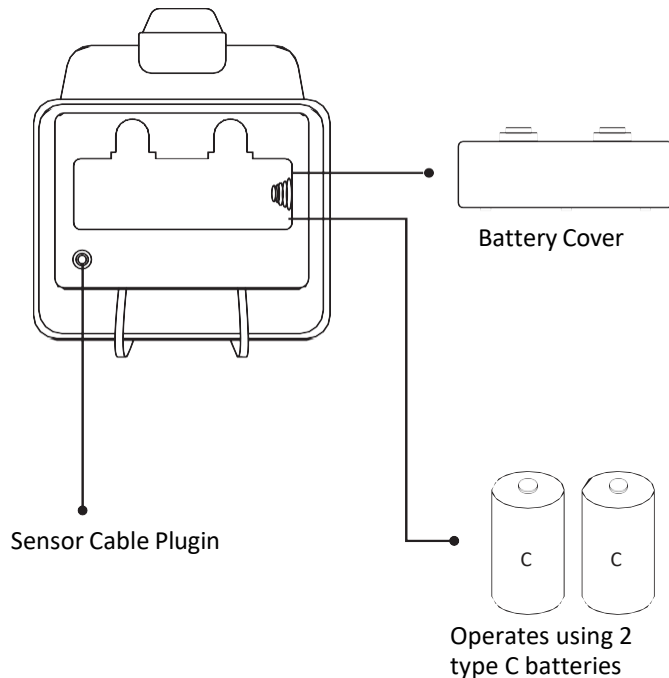
#### ▲ UP BUTTON :

- Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

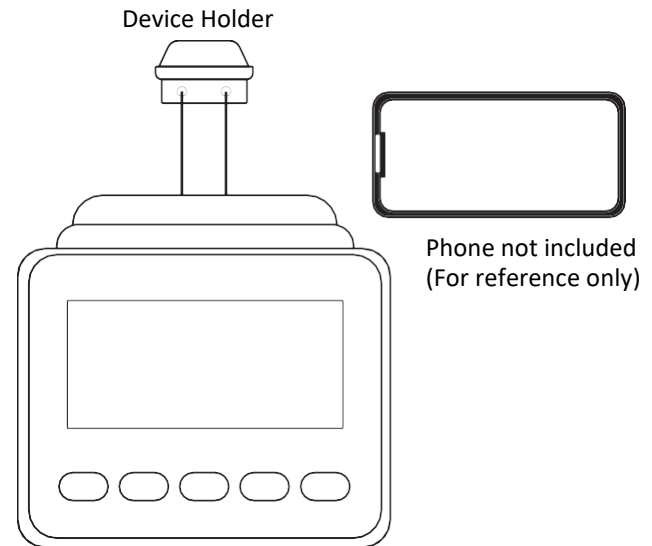
**When the back light is lit, press STOP button the first time to pause the counting of all function values. Press STOP button the second time to view the workout summary. Press STOP button the third time to go back to IDLE mode.**

**\* When back light is turned off, press any button or keep pedaling to turn on the back light.**

## Back View



## Front View



**Your air bike utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.**

## Intial Setup

### POWER ON

- Press any button wakes up the console. The LCD display lights up, and a "beep" sound is emitted for 2 seconds, entering the IDLE MODE.
- If a speed signal is detected by the speed sensor, it directly enters the NORMAL exercise mode for workout.

### IDLE MODE

- The window displays a static ripple screen. Press the SELECT button to switch between various exercise modes (NORMAL, DISTANCE, TIME, CALORIES, GAME, 20/10 (interval mode), 10/20 (interval mode), 10/10 (USER)). The default exercise mode upon power on is NORMAL.
- In the IDLE MODE state, if there is no button or RPM input detected continuously for 1 minute, the console automatically shuts down.

### POWER OFF

- In the power-on state, if there is no button or RPM input detected continuously for 1 minute in the IDLE MODE state, the console automatically shuts down. Press any button to wake it up.
- If In the power-off mode, pressing any button restarts the console.

### EXERCISE PROGRESS

- In the standby state, directly input RPM to enter the NORMAL mode for exercise.
- In any exercise mode, when the set exercise goal parameters are reached, the exercise is finished. After the exercise ends, continuing to input RPM allows for repeated counting of the exercise.





# Console Display

## TIME

- Total workout time
- In TIME mode, it functions as a countdown timer, displaying the remaining exercise time.
- For user-defined interval exercise modes, the time is not saved.

## RPM

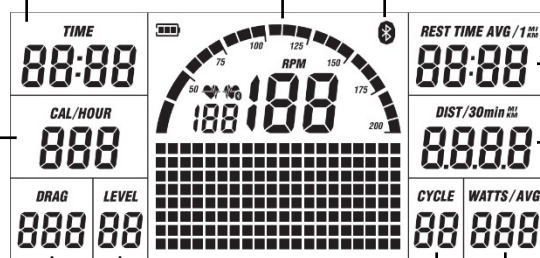
- Displays the revolutions per minute.
-  represents the RF input for heart rate
-  represents the Bluetooth input for heart rate

## BLUETOOTH

- Displays Bluetooth icon at the upper side of monitor screen when monitor is connected to an app.

## CAL/HOUR

- CAL displays the calorie conversion for each RPM input during exercise.
- CAL/HOUR displays the average calories burned per hour.



## REST TIME, /1 MI KM & AVG /1 MI KM

- REST TIME display as the count down of the remaining resting time during the interval programs.
- /1 MI KM display as the amount of time it takes to complete 1 mile or 1 km.
- AVG /1 MI KM display as the average amount of time it takes to complete 1 mile or 1 km.

## DRAG

- Displays the drag coefficient, which can be adjusted by moving the resistance adjustment lever located on the flywheel.

## LEVEL

- Displays the resistance level during exercise. For user-defined interval exercise modes, the time is not saved.

## WATTS & WATTS / AVG

- WATTS displays the current wattage for each rpm during the exercise.
- WATTS / AVG displays the average wattage throughout the exercise.

## CYCLE

- Displays the current interval exercise segment value during interval exercise mode

## DIST / 30MIN

- The unit is displayed in km or mile.
- DIST is the distance accumulated in the exercise.
- DIST/30MIN displays the distance that can be achieved by maintaining the current speed for 30 minutes.

## PULSE/Bluetooth PULSE

Displays the heart rate range from 40 to 220 BPM.

If no heartbeat signal is detected, the PULSE window will not display anything.

If both wireless and Bluetooth heartbeats are detected, the Bluetooth heartbeat will take priority.

## LOW BATTERY

Displays battery symbol only when the battery is low.

## SUMMARY

Press ENTER/STOP button 3 times to enter summary mode. The SUMMARY interface shows RPM, TIME, TIME AVG/1 MI KM, CAL/HOUR, DIST/30MIN, DRAG, LEVEL, CYCLE, WATTS/AVG.

# PROGRAMS

The console monitor has 8 programs. Press **SELECT** to change workout programs according to the following sequence.

**Quick Start Program > Distance Countdown > Time Countdown > Calories Countdown > Game > 20/10 Interval > 10/20 Interval > 10/10 Customize Interval**

## 1. QUICK START PROGRAM

To Quick Start the program, you can step on the pedals to start. All function values for the console will count up.

- Press "STOP" button once to temporarily stop counting all values (Pause function). Step the pedals again to continue the counting. Long press "STOP" button to delete all counting data.
- For Quick Start and all three countdown programs, press "SELECT" button to choose the data displayed in the same display window, including REST TIME, /1 MI KM & AVG /1 MI KM.
- For the other seven programs, press "BACK" button to enter IDLE mode. Or press and hold "ENTER/STOP" button for over 3 seconds to re-start the console. Use "SELECT" button to toggle between programs. Use "UP" and "DOWN" buttons to adjust the value and press "ENTER/STOP" to confirm.

## 2. DISTANCE COUNTDOWN PROGRAM

During the workout, the "DISTANCE" program will count down from preset value.

- The program will start once the user begins pedaling. When the program is finished, the monitor will show "WINNER" with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The target distance value can be set from 100 to 9999 meters.

## 3. TIME COUNTDOWN PROGRAM

During the workout, the "TIME" program will count down from preset value.

- The program will start once the user begins pedaling. When the program is finished, the monitor show "END" with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The target time value can be set from 1:00 to 99:00 minutes.

## 4. CALORIES COUNTDOWN PROGRAM

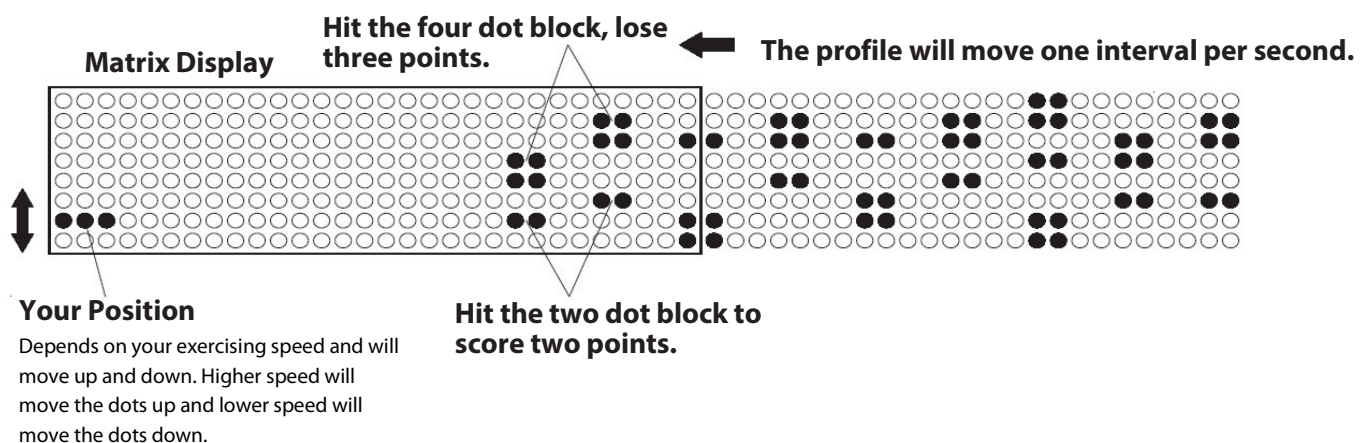
During the workout, the "CALORIES" program will count down from preset value.

- The program will start once the user begins pedaling. When the program is finished, the monitor will show "END" with an audible alarm. Press "BACK" button to go to the IDLE mode.
- The target calories value can be set from 10 to 999 cal.

## 5. GAME PROGRAM

When the "GAME" program is selected, the program will start once the user begins pedaling.

- There is no presetting value to be entered. When the program is finished, the monitor will show your score with an audible alarm. Press the "BACK" button to go to the IDLE mode.



## 6. 20/10 INTERVAL PROGRAM

When it is in the "20/10 INTERVAL" program, the console monitor will display flashing "8" for the preset value of cycle.

- "20" is 20 seconds for exercising, and "10" is 10 seconds for resting. The user can use "UP" and "DOWN" buttons to input the value from 1 - 99 rounds for cycles. The program will start once the user begins pedaling the bike. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The user will workout for 20 seconds and then rest for 10 seconds.

## 7. 10/20 INTERVAL PROGRAM

When it is in the "10/20 INTERVAL" program, the console monitor will display flashing "8" for the preset value of cycle.

- "10" is 10 seconds for exercising, and "20" is 20 seconds for resting. The user can use "UP" and "DOWN" buttons to input the value from 1 to 99 rounds for cycles. The program will start once the user begins pedaling the bike. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.
- The user will workout for 10 seconds and then rest for 20 seconds.

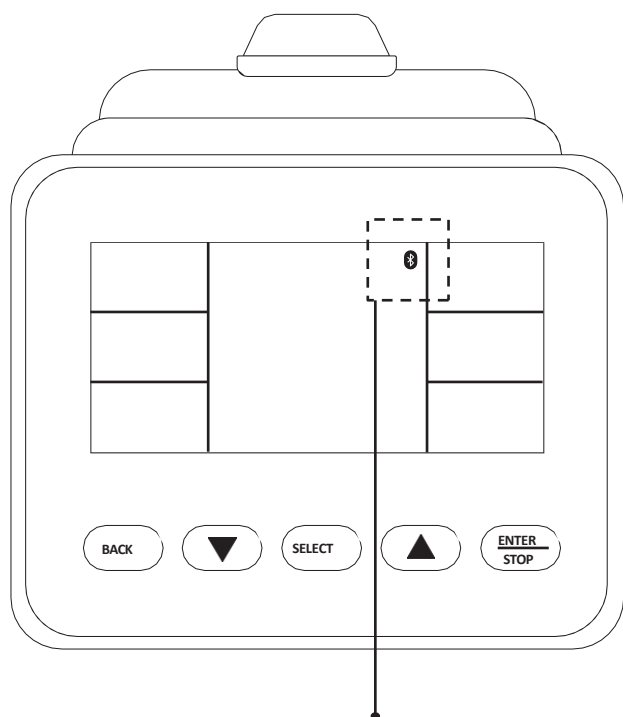
## 8. 10/10 CUSTOM INTERVAL PROGRAM

When it is in the "10/10 INTERVAL" program, the console monitor will display flashing "8" for the preset value of cycle.

- The user can use "UP" and "DOWN" buttons to input the value from 1 to 99 for a custom workout time and rest time. The program will start once the user begins pedaling the bike. When the program is finished, the monitor will end with an audible alarm. Press the "BACK" button to go to the IDLE mode.

# BLUETOOTH CONNECTION

Please make sure the console is activated in order to proceed Bluetooth connection with your smart-phone or tablet devices.



The icon will be displayed at the top right of console screen when it's connected to an app.

Explore the SOLE+ App



## AVAILABLE APPS



SOLE +



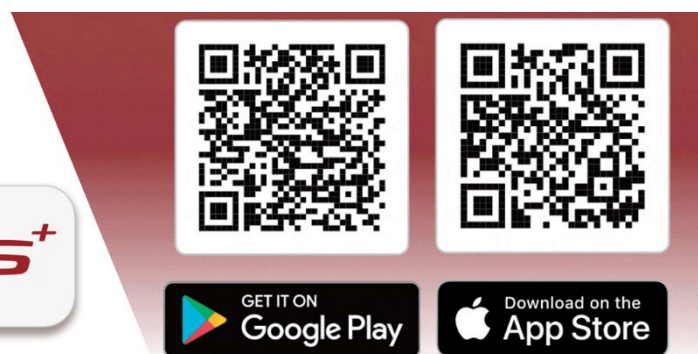
Kinomap



Zwift

... and more!

## FTMS PROTOCOL



\* Go to the Settings menu on your device to allow the apps to access the Bluetooth connection.

## INDOOR FITNESS BIKE TROUBLESHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries not installed	Insert batteries
No speed or distance displays on the monitor	Connected wire doesn't connect with extension wire of computer	Securely plug connected wire into extension wire of computer
	Connected wire is damaged	Replace connected wire
	Computer not working properly	Replace computer
Grinding	Idler pulley defective	Replace idler pulley
	Fan wheel defective	Replace fan wheel
Squealing	Belt slipping	Adjust belt
	Crank bearing defective	Replace crank bearing
	Idler wheel bearing defective	Replace idler wheel bearing
	Fan wheel bearing defective	Replace fan wheel bearing

## STORAGE

1. To store the **fitness bike**, simply keep it in a clean dry place.
2. To move the **fitness bike**, lift the handle at the back of the **fitness bike** and use the **transport wheels (65)** on the **front stabilizer (7)**.
3. To avoid damage to the electronics, remove the batteries from the **monitor (10)** before storing the **fitness bike** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **fitness bike** can only be maintained when the **fitness bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pedal on **Left & Right Pedals (23 & 24)** and verify that the Magnetic System provide tension.
2. Clean the gaps in the **Handlebar Adjustment Post (5)** and **Seat Adjustment Post (6)** with an absorbent cloth.
3. Verify that all nuts and screws are present and properly tightened. Replace missing nuts and screws. Tighten loose nuts and screws.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components must be replaced immediately or the **fitness bike** should be removed from service until repair is made.
6. Only supplied components should be used to maintain/repair the **fitness bike**.
7. Keep your **fitness bike** clean by wiping it off with an absorbent cloth after training.



# TRAINING GUIDELINES

## EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

## BASIC COMPONENTS OF PHYSICAL FITNESS

**There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.**

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion of a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-respiratory endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

## AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo<sub>2</sub>). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

## Anaerobic Training

This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

## The Training Threshold

**This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.**

**Progression**

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

**Overload**

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

**Specificity**

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

**Reversibility**

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

**WARM-UP**

Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm-up and cool-down, and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise.

**Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

**Heart Rate**

As you exercise, the rate at which your heart beats also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

### **Pulse Count**

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, and (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you have above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of the maximum.

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

### **ENDURANCE CIRCUIT TRAINING**

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

### **Body Building**

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

### **Patronization**

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

## **Muscle Soreness**

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

## **WHAT TO WEAR**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

## **Breathing During Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

## **Rest Periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods.



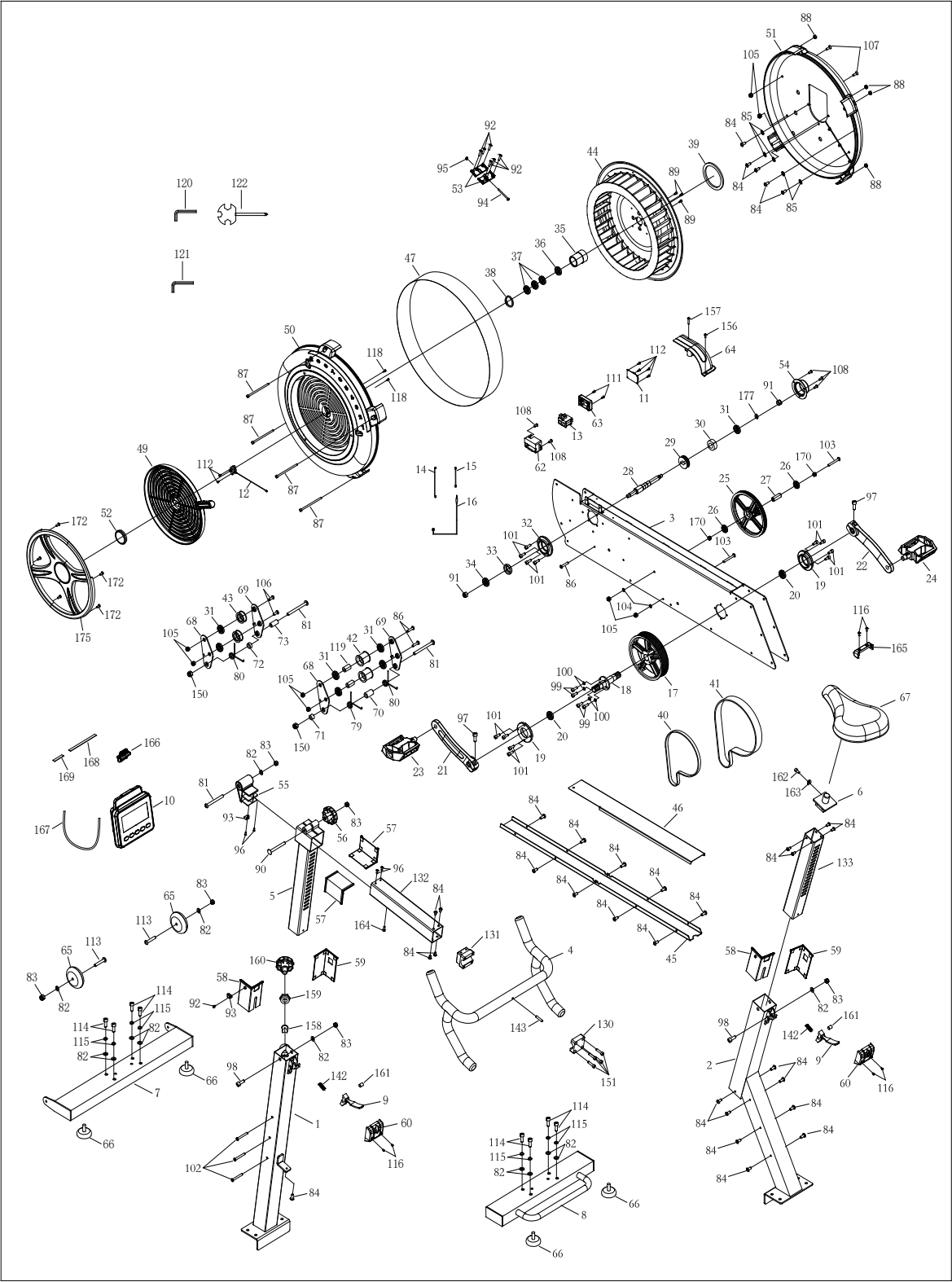
### **Important Reminder**

Make sure that there is minimum of 2 feet of clearance all around the fitness bike.

1. While operating, make sure the unit is properly in position on a structurally sound, even surface.
2. Stand beside the seat, and step over the fitness bike frame before seating yourself and placing your feet on the pedals.
3. Once properly seated on the fitness bike, grasp the handles and start pedalling.



# EXPLODED VIEW DIAGRAM



# PARTS LIST

Key	Part Description	Q'ty
1	Front Post Frame	1
2	Rear Post Frame	1
3	Main Frame	1
4	Handlebar	1
5	Handlebar Adjustment Post	1
6	Seat Adjustment Post	1
7	Front Stabilizer Tube	1
8	Rear Stabilizer Tube	1
9	Adjustment Lever	2
10	Monitor	1
11	Adaptor Board	1
12	VR	1
13	Generator	1
14	VR Wire	1
15	Generator Wire	1
16	Monitor Wire	1
17	Large Single Belt Pulley	1
18	Pulley Bearing	1
19	Bearing Holder 6004	2
20	Ball Bearing 6004ZZ	2
21	Left Crank	1
22	Right Crank	1
23	Left Pedal	1
24	Right Pedal	1
25	Double Belt Pulley	1
26	Ball Bearing 6000ZZ	2
27	Pulley Spacer $\Phi 14 \times \Phi 10 \times 39.5 \text{mm}$	1
28	Fan Axle	1
29	Single Belt Pulley	1
30	Rubber Bushing 6001	1
31	Ball Bearing 6001ZZ	7
32	Bearing 6003	1
33	Bearing Holder 6003	1
34	Ball Bearing 6003ZZ	1
35	Bearing Spacer $\Phi 40.2 \times \Phi 38 \times 54.2$	1
36	One Way Bearing	1
37	Ball Bearing 6201RS	3
38	C Ring $\Phi 32$	1
39	Magnet	1
40	Drive Belt 380J4	1
41	Drive Belt 400J11	1
42	Long Pinch Roller $\Phi 38 \times \Phi 24 \times 34.5$	2
43	Short Pinch Roller $\Phi 38 \times \Phi 26.4 \times 14$	2
44	Flywheel	1
45	Bottom Cover	1

<b>Key</b>	<b>Part Description</b>	<b>Q'ty</b>
<b>46</b>	Stainless Steel Upper Cover	1
<b>47</b>	Stainless Steel Mesh	1
<b>49</b>	Damper	1
<b>50</b>	Left Fan Shroud	1
<b>51</b>	Right Fan Shroud	1
<b>52</b>	Damper Cap	1
<b>53</b>	Steel Plate	2
<b>54</b>	Axle Cover	1
<b>55</b>	Monitor Holder	1
<b>56</b>	Star Nut	1
<b>57</b>	Handlebar Post Bushing	2
<b>58</b>	Post Bushing A	2
<b>59</b>	Post Bushing B	2
<b>60</b>	Protection Cover for Seat Post Lever	2
<b>62</b>	Generator Base	1
<b>63</b>	Generator Cover	1
<b>64</b>	Protection Cover	1
<b>65</b>	Transport Wheel	2
<b>66</b>	Stabilizer Foot Pad	4
<b>67</b>	Seat Cushion	1
<b>68</b>	Left Pinch Roller Bracket	2
<b>69</b>	Right Pinch Roller Bracket	2
<b>70</b>	Large Spacer for Long Pinch Roller $\Phi 18 \times \Phi 12 \times 29.5$	1
<b>71</b>	Small Spacer for Long Pinch Roller $\Phi 10 \times \Phi 6 \times 9.5$	1
<b>72</b>	Large Spacer for Short Pinch Roller $\Phi 18 \times \Phi 12 \times 8$	1
<b>73</b>	Small Spacer for Short Pinch Roller $\Phi 10 \times \Phi 6 \times 31$	1
<b>79</b>	Left Torsion Spring	1
<b>80</b>	Right Torsion Spring	2
<b>81</b>	Button Head Cap Screw M8X75	3
<b>82</b>	Flat Washer M8	13
<b>83</b>	Nylon Nut M8	6
<b>84</b>	Button Head Cap Screw M6X12	31
<b>85</b>	Inner Star Washer, M6	5
<b>86</b>	Button Head Cap Screw M6X43	3
<b>87</b>	Socket Head Cap Screw M5X92	4
<b>88</b>	Hex Nut M5	4
<b>89</b>	Socket Head Cap Screw M4X12	3
<b>90</b>	Carriage Bolt, M8x85mm	1
<b>91</b>	Nylon Nut M10	2
<b>92</b>	Phillips Pan Head Self-Tapping Screw ST4.2X6	7
<b>93</b>	Wire Pin	2
<b>94</b>	Phillips Pan Head Screw M4X45	1
<b>95</b>	Hex Nut M4	1
<b>96</b>	Phillips Pan Head Self-Tapping Screw ST4.2X16	4
<b>97</b>	Socket Head Cap Screw M8X25	2
<b>98</b>	Socket Head Cap Screw M8X35	2
<b>99</b>	Socket Head Cap Screw M6X20	4

<b>Key</b>	<b>Part Description</b>	<b>Q'ty</b>
<b>100</b>	Spring Washer M6	4
<b>101</b>	Socket Head Cap Screw M6X12	12
<b>102</b>	Button Head Cap Screw M6X70	3
<b>103</b>	Button Head Cap Screw M6X75	2
<b>104</b>	Flat Washer M6	2
<b>105</b>	Nylon Nut M6	8
<b>106</b>	Button Head Cap Screw M6X22	2
<b>107</b>	Hex Head Cap Screw M6X12	2
<b>108</b>	Phillips Rounded Washer Head Screw M4X10	7
<b>111</b>	Phillips Pan Head Self-Tapping Screw ST3.0X20	2
<b>112</b>	Phillips Pan Head Self-Tapping Screw ST3.0X8	6
<b>113</b>	Button Head Cap Screw M8X40	2
<b>114</b>	Socket Head Cap Screw M8X15	8
<b>115</b>	Spring Washer M8	8
<b>116</b>	Phillips Pan Head Screw M5X12	4
<b>118</b>	Phillips Pan Head Self-Tapping Screw ST4.2X25	2
<b>119</b>	Bearing Spacer $\Phi 16 \times \Phi 8.1 \times 20.5$	2
<b>120</b>	Allen Wrench 4mm	1
<b>121</b>	Allen Wrench 6mm	1
<b>122</b>	Wrench 13-15-17	1
<b>130</b>	Back Handlebar Holder	1
<b>131</b>	Front Handlebar Holder	1
<b>132</b>	Horizontal Handlebar Adjustment Post	1
<b>133</b>	Seat Adjustment Post	1
<b>142</b>	Spring	2
<b>143</b>	Handlebar Pin	1
<b>150</b>	Nylon Nut M8 (thin)	2
<b>151</b>	Socket Head Cap Screw M6X25	4
<b>156</b>	Phillips Pan Head Screw M5X10	1
<b>157</b>	Phillips Pan Head Screw M5X30	1
<b>158</b>	V shaped stopper	1
<b>159</b>	Spacer Nut	1
<b>160</b>	Front Post Knob	1
<b>161</b>	Sleeve	2
<b>162</b>	Socket Head Cap Screw M8X12	1
<b>163</b>	Arc Washer M8	1
<b>164</b>	Socket Head Cap Screw M5X8	1
<b>165</b>	Sweat Stopper	1
<b>166</b>	Cell Phone Bracket	1
<b>167</b>	Bungee Cord for Cell phone bracket	1
<b>168</b>	Long EVA Glue (for Console Monitor)	1
<b>169</b>	Short EVA Glue (for Cell phone bracket)	1
<b>170</b>	Aluminium Bushing	2

# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	10 years
Parts	2 years
Labour	1 year

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below: The warranty registration must be completed. Visit us at [www.dyaco.ca](http://www.dyaco.ca) and complete the registration within 10 days of the original purchase.

1. Proper use of the fitness bike in accordance with the instructions provided in this manual.
2. Proper installation in accordance with instructions provided with the fitness bike.
3. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
4. Damages to the fitness bike finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness bike not requiring component replacement, or fitness bike not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer or Dyaco Canada Inc. for details.

## SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights.

Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer or Dyaco Canada Inc.
2. If you have any questions about your new product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.  
5955 Don Murie Street  
Niagara Falls, ON  
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.  
All warranties are made by Dyaco Canada Inc.



Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

**SPIRIT**

[spiritfitness.ca](http://spiritfitness.ca)

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[xterrafitness.ca](http://xterrafitness.ca)

**EVERLAST**

[dyaco.ca/everlast.html](http://dyaco.ca/everlast.html)

**Cikada**

[cikada.ca](http://cikada.ca)

**TRAINOR**  
**SPORTS**

[trainorsports.ca](http://trainorsports.ca)

For more information, please contact Dyaco Canada Inc.

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