



OWNER'S MANUAL  
Model: 16208597500  
SB750 Air Bike

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 BIKE AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality SOLE air bike from Dyaco Canada Inc. Your new air 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.

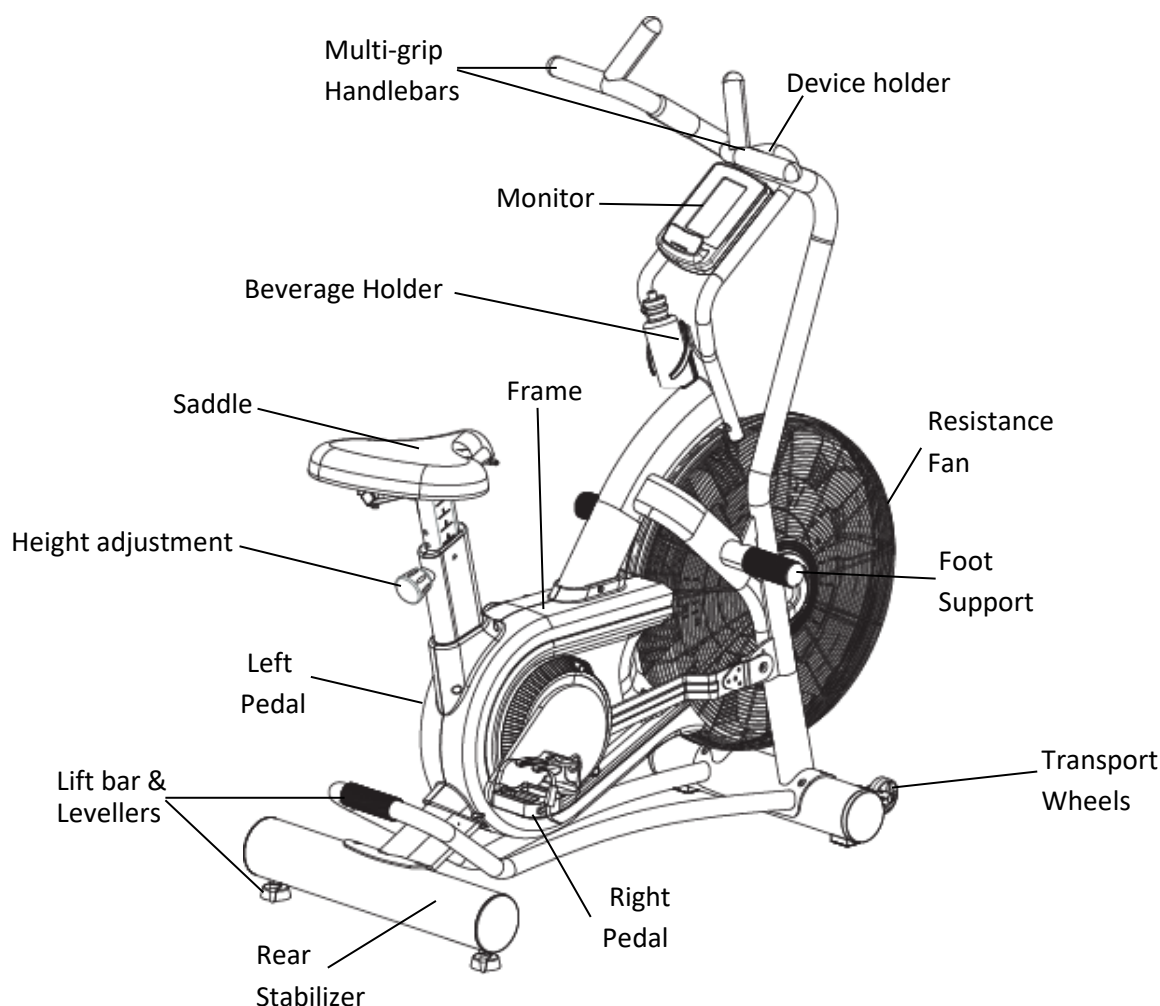
Serial Number \_\_\_\_\_

# BEFORE YOU BEGIN

Thank you for choosing the SOLE SB750 Air Bike. 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 SB750 Air Bike 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 SB750 Air Bike. 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 SB750 Air Bike, 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)



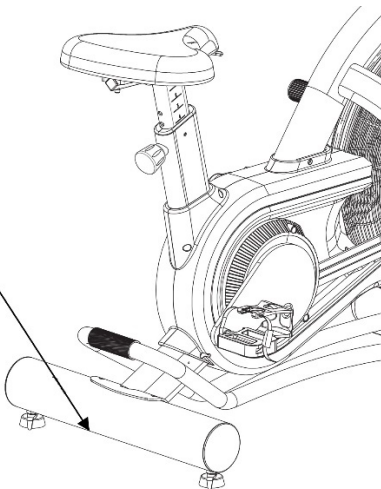
# IMPORTANT SAFETY INSTRUCTIONS

**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 air 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 air 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 air bike. Keep children and pets away from this equipment at all times while exercising.
8. The air 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 air 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 air 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 air 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.



Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately, or the equipment should not be used until it is repaired.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.



**WARNING : BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PEROSNAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

**CAUTION! Please be careful when unpacking the carton.**

# IMPORTANT OPERATION INSTRUCTIONS

**WARNING** - AS THE OWNER OF THIS EXERCISE EQUIPMENT, YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES: YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

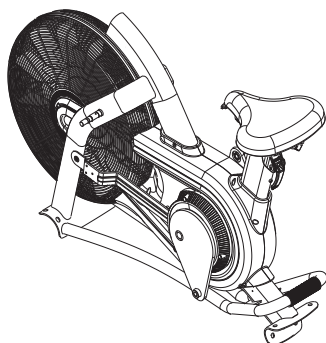
1. Obtain a complete physical examination from your medical doctor and enlist a health/ fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedalling speed and/or resistance.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely de-conditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.

# SB750 ASSEMBLY PACK CHECKLIST

## BEFORE YOU START

1. Open the carton and check any warnings on the carton and make sure you have it the right way up.
2. Unpack the carton make sure you have the following parts:

**01** Main Frame



**51** Left dual action handlebar x 1



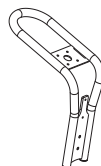
**85** Console x 1



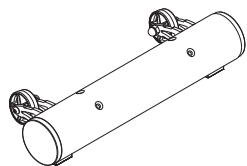
**58** Right dual action handlebar x 1



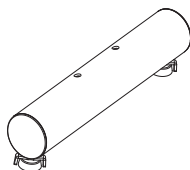
**48** Console Support x 1



**40** Front stabilizer x 1



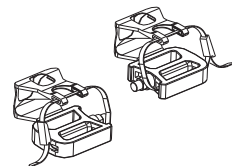
**44** Rear stabilizer x 1



**78** Water bottle support x 1



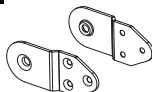
**38/39** Pedal set x 1 pair



**83** Foot peg x 1



**74** Fix plate x 1



**47** End cap x 2



## HARDWARE

**108** M10x 20mm Allen Head Bolt x 4



**117** Arc washer x 8

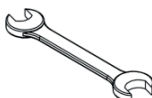


## ASSEMBLY TOOLS

Allen Key (4, 5, 6 mm)



Wrench (13/17)



Wrench



Phillips Screwdriver

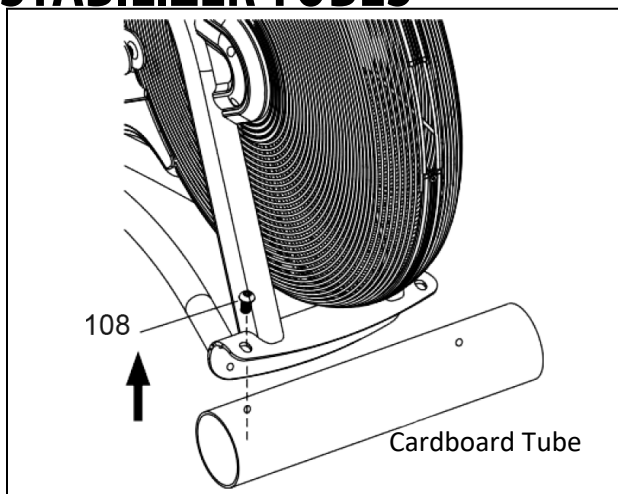


# SB750 ASSEMBLY INSTRUCTIONS

## PRE-ASSEMBLY

1. Prepare your work area. It is important you assemble the product in a clean and uncluttered space.
2. Work with a friend. We recommend you have someone assist you with the assembly as some of the components are quite heavy.

## 1 STABILIZER TUBES



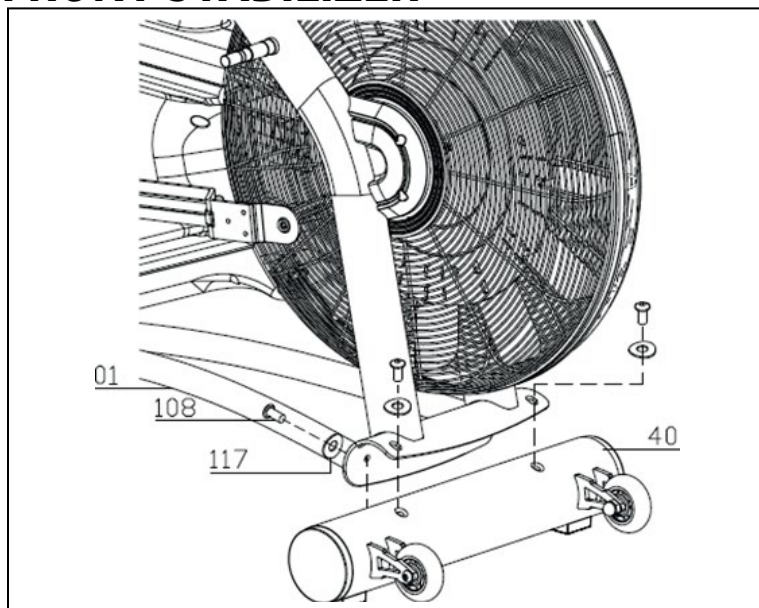
### HARDWARE STEP 1

#108. M10x 20mm  
Allen Head Bolt x 2

**Tools:**  
Allen Key 6mm

To attach the **Front Stabilizer** remove the cardboard tube from the front end stabilizer bracket. Loosen the two **M10 x 20mm Allen Head Bolt (108)** from the cardboard tube and remove the cardboard tube. The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.

## 2 FRONT STABILIZER



### HARDWARE STEP 2

#108. M10x 20mm  
Allen Head Bolt x 4  
#117. Arc washer x 4

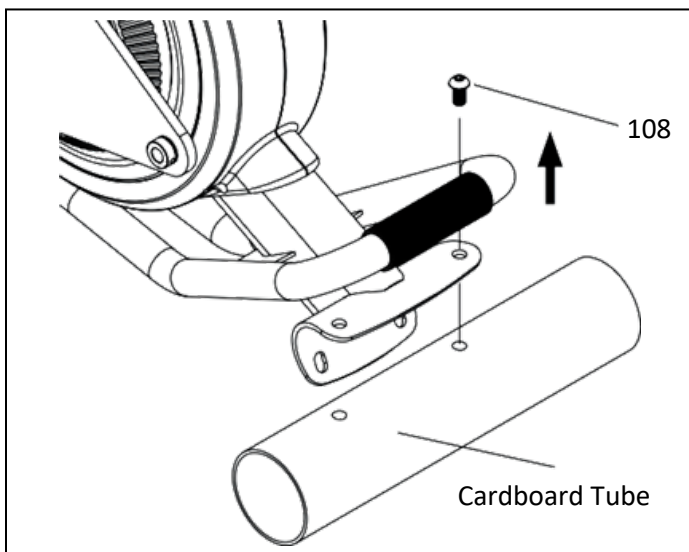
**Tools:**  
Allen Key 6mm

Attach the **Front Stabilizer (40)** to the **Main Frame (01)** with four **M10 x 20mm Allen Head Bolt (108)** and **Arc washer (117)**, then tighten these bolts and washers with the **6 mm Allen Key**.



NOTE: Be sure to fit the parts in the same order as the diagrams shown. Make sure the bolts are fully tightened with the allen key and that moving wheels on the front stabiliser are facing outward after assembly.

## 3 REAR STABILIZER



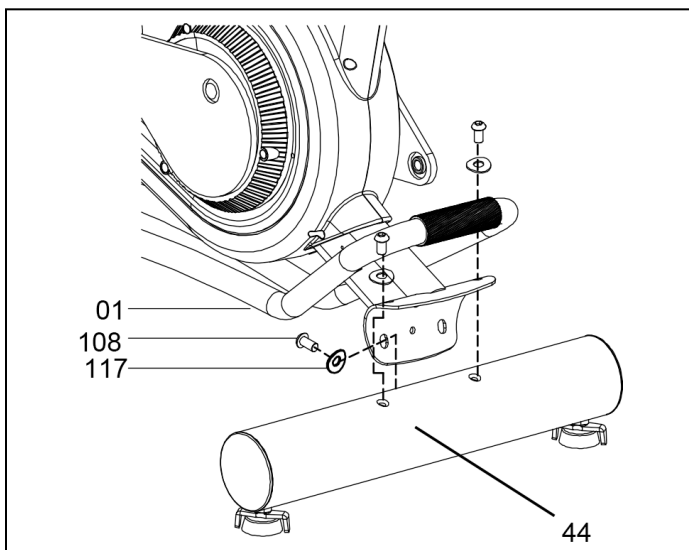
### HARDWARE STEP 3

**#108.** M10x 20mm  
Allen Head Bolt x 2

**Tools:**  
Allen Key 6mm

To attach the **Rear Stabilizer** remove the cardboard tube from the rear end stabilizer bracket. Loosen the two **M10 x 20mm Allen Head Bolt (108)** from the cardboard tube and remove the cardboard tube. The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.

## 4 REAR STABILIZER



### HARDWARE STEP 4

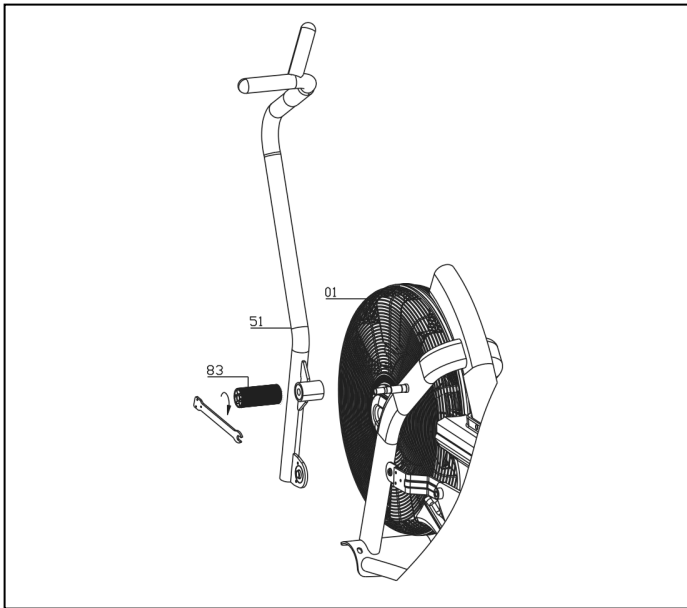
**#108.** M10x 20mm  
Allen Head Bolt x 4  
**#117.** Arc washer x 4

**Tools:**  
Allen Key 6mm

Attach the **Rear Stabilizer (44)** to the **Main Frame (01)** with four **M10 x 20 mm Allen Head Bolt (108)** and **Arc washer (117)**, then tighten these bolts and washers with the **6 mm Allen Key**.

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

# 5 HANDLEBARS

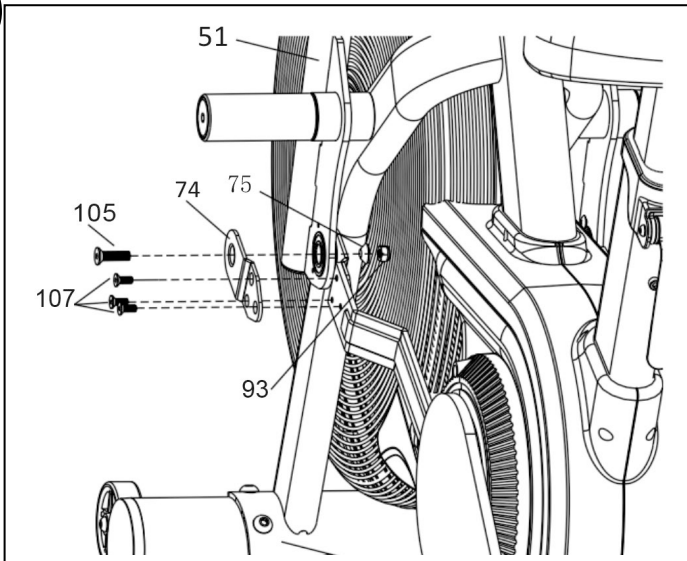


## HARDWARE STEP 5

**Tools:**  
Wrench

To attach the Left Dual Action Handlebar slide the **Left Dual Action Handlebar (51)** onto the pivot axle carefully. Install the **Foot Peg (83)** by screwing it on, and tighten it with the wrench as shown.

# 6 LEFT HANDLEBAR



## HARDWARE STEP 6

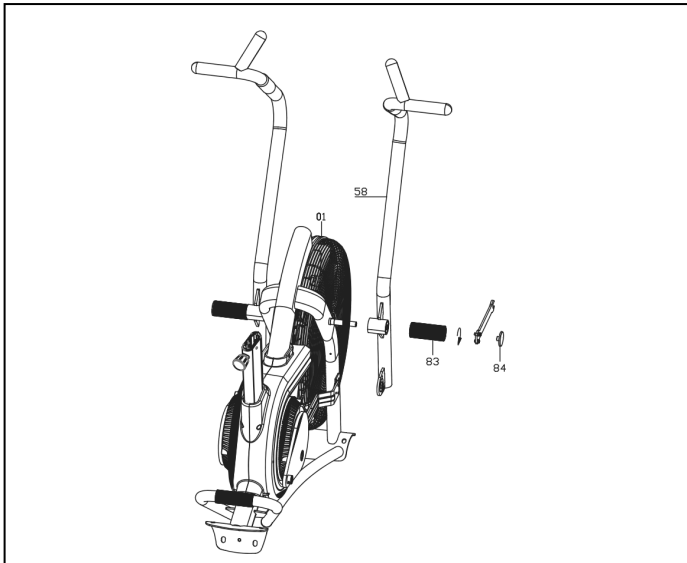
**#105.** M8x30mm  
Screw x 1  
**#93.** MS Nylon Locknut  
x 1  
**#75.** Conical sleeve x 1  
**#107.** M6x15mm  
Screw x3

**Tools:**  
Allen Key 4mm  
Allen Key 5mm  
Wrench 13/17

Connect the **Left Dual Action Handlebar (51)** and Linkage Bar with **Fix Plate (74)**, **Conical sleeve(75)**, **M8x30mm Screw(105)** and **MS Nylon Locknut (93)** and tighten with 5mm Allen Key & 13/17 Wrench. Doubly secure the **Fix Plate (74)** to the Linkage Bar with three **M6x15mm Screw (107)** and secure with 4mm Allen Key.

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

# 7 RIGHT HANDLEBAR



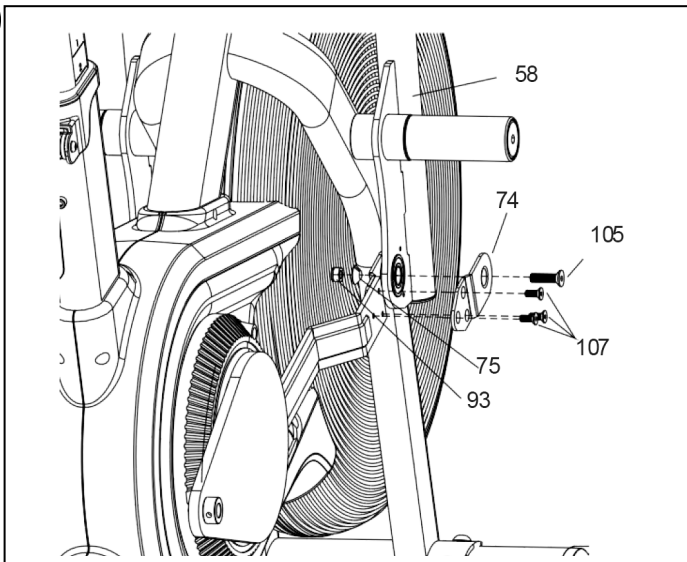
## HARDWARE STEP 7

### Tools:

Wrench

Attach the Right Dual Action Handlebar. Slide the **Right Dual Action Handlebar (58)** onto the pivot axle carefully. Install the **Foot Peg (83)** by screwing it on, and tighten it with the wrench as shown.

# 8 RIGHT HANDLEBAR



## HARDWARE STEP 8

#105. M8x30mm

Screw x 1

#93. M5 Nylon Locknut

x 1

#75. Conical sleeve x 1

#107. M6x15mm

Screw x3

### Tools:

Allen Key 4mm

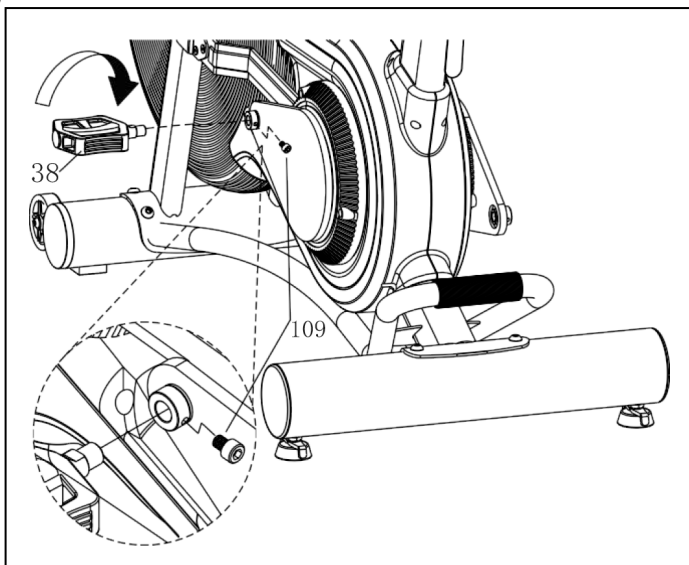
Allen Key 5mm

Wrench 13/17

Connect the **Right Dual Action Handlebar (58)** and Linkage Bar with **Fix Plate (74)**, **Conical sleeve(75)**, **M8x30mm Screw(105)** and **M5 Nylon Locknut (93)** and tighten with 5mm Allen Key & 13/17 Wrench. Doubly secure the **Fix Plate (74)** to the Linkage Bar with three **M6x15mm Screw (107)** and secure with 4mm Allen Key.

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

# 9 LEFT PEDAL

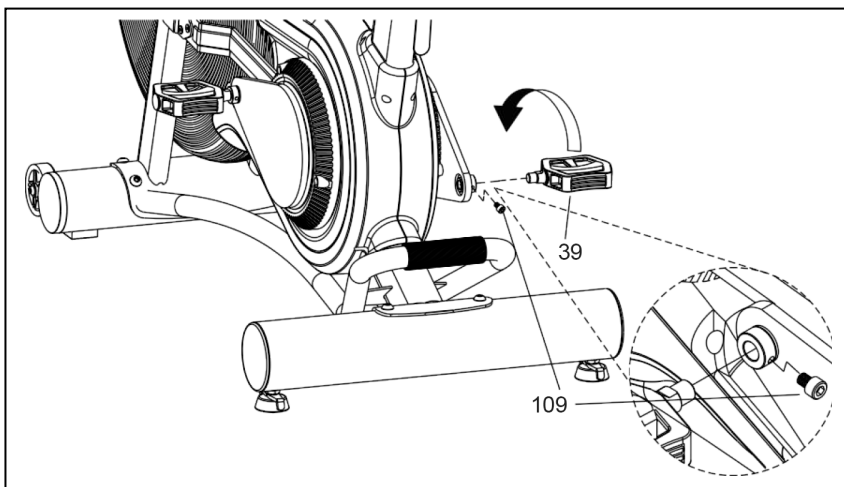


## HARDWARE STEP 9

**Tools:**  
Allen Key 5mm  
Wrench

Attach the Left Pedal. Loosen the **Allen Head Socket Screw (109)** fitted on the Left Crank Arm. Attach the **Left Pedal (38)** to the Left Crank Arm and fasten with the Wrench. Fasten the **Allen Head Socket Screw (109)** to the Crank Arm with the 5mm Allen Key.

# 10 RIGHT PEDAL



## HARDWARE STEP 10

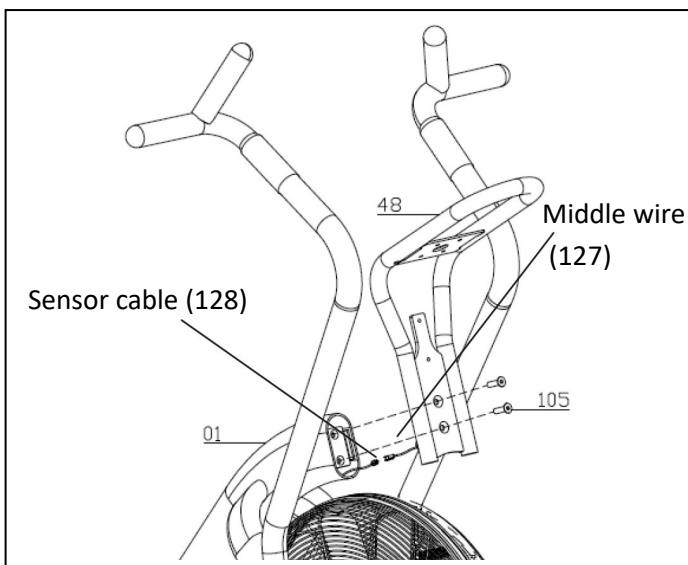
**Tools:**  
Allen Key 5mm  
Wrench

Connect the **Right Dual Action Handlebar (58)** and Linkage Bar with **Fix Plate (74)**, **Conical sleeve(75)**, **M8x30mm Screw(105)** and **M5 Nylon Locknut (93)** and tighten with 5mm Allen Key & 13/17 Wrench. Doubly secure the **Fix Plate (74)** to the Linkage Bar with three **M6x15mm Screw (107)** and secure with 4mm Allen Key.

NOTE: Be sure to fit the parts in the same order as the diagrams shown. Pedal will be threaded on clockwise. Make sure the screw is fully tightened with the allen key.



# 11 CONSOLE SUPPORT



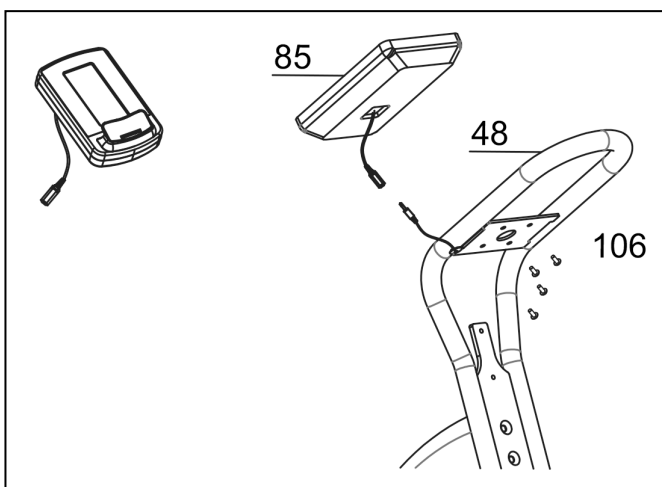
## HARDWARE STEP 11

#105. M8x30mm  
Screw x 2

**Tools:**  
Allen Key 5mm

To attach the Console Support connect the **Sensor Cable (128)** and **Middle Wire (127)** together and then attach the **Console Support (48)** to the front end of the **Main Frame (01)** with two **M8x 30mm Screws (105)** and secure with the **5mm Allen Key**.

# 12 CONSOLE



## HARDWARE STEP 12

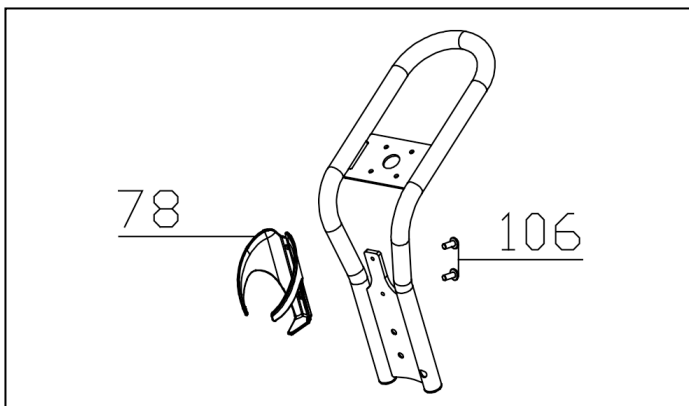
#106. M5 x 12mm  
Screw x 4

**Tools:**  
Philips Screwdriver

To attach the Console remove the four fixing screws which are located in the back of the **Console (85)**. Connect the **Console Cable** and **Middle Wire (127)** together and then attach the **Console (85)** to the **Console Support (48)** with four **M5 x 12mm fixing screws (106)** and secure with the Screwdriver.

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.

# 13 WATER BOTTLE SUPPORT



## HARDWARE **STEP 13**

#106. M5x12 Screw x 2

**Tools:**  
Allen Key 5mm

Attach the **Water Bottle Support (78)** to the **Console Support** and fasten with **M5x12 Screw (106)**.

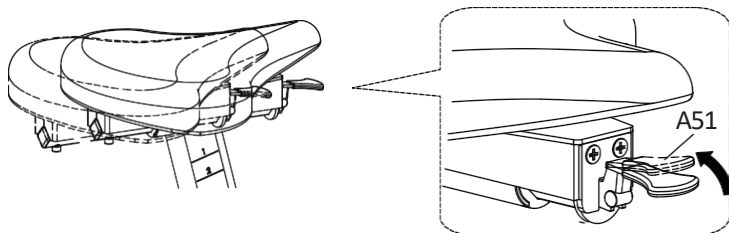


## FINAL CHECKS

Your air 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 air 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.

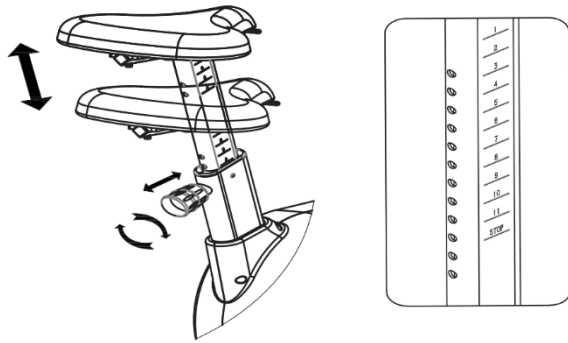
## SEAT ADJUSTMENT



1. Pull up the Adjustment Grip (62) and adjust the reach of the Saddle.
2. Release the Adjustment Grip (62) after the proper saddle position had found.

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

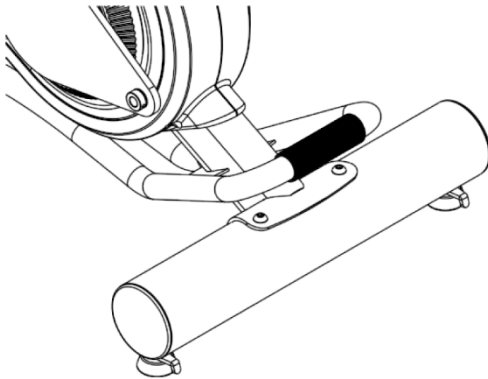
## HEIGHT ADJUSTMENT



1. Pull up the Cam Handle (76) and adjust the height of the Saddle Post.
2. Press down the Cam Handle (76) after the proper saddle position had found.

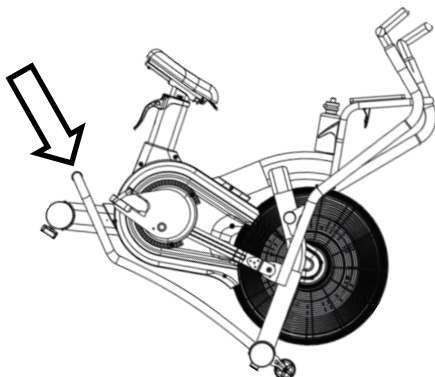
NOTE: Do not pull the seat post out too far. The maximum is indicated on the seat post.

## LEVELLING THE AIR BIKE



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

## TRANSPORTING THE AIR BIKE



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

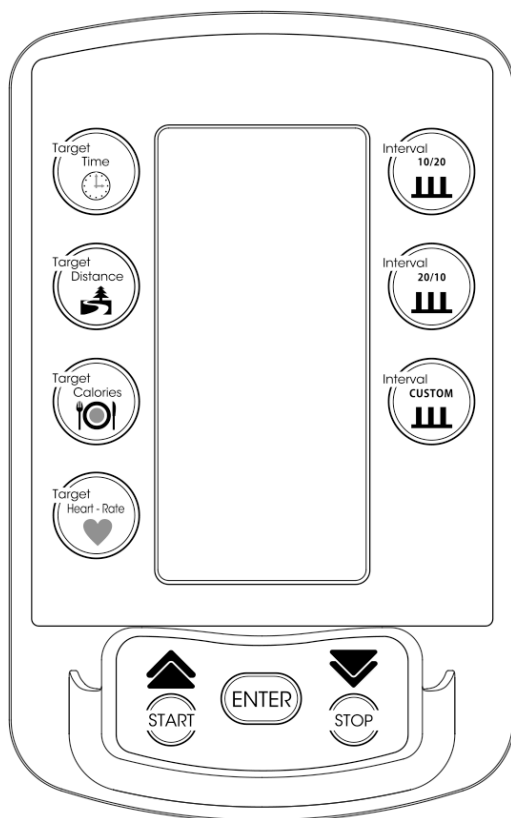
# OPERATION OF YOUR AIR BIKE

## GETTING FAMILIAR WITH THE CONTROL PANEL

### SB750 CONSOLE

The SOLE SB750 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.

### FUNCTION BUTTONS



**ENTER:** Press to confirm the preset values, or enter the selected program.

**START:** Press to start the selected program, or resume the program in Stop mode.

**STOP:** Press to stop/pause the program. Press and hold the button down for two seconds to reboot the computer, and go to the enter age mode.

**▲ (UP):** Press to increase the preset values.

**▼ (DOWN):** Press to decrease the preset values.

**TARGET TIME:** Press to select the Time Program.

**TARGET DISTANCE:** Press to select the Distance Program.

**TARGET CALORIES:** Press to select the Calories Program.

**TARGET HEART-RATE:** Press to select the Heart-Rate Program.

**NOTE:** To use this function, you must wear a HEART RATE TRANSMITTER device to measure your heart rate.

**INTERVAL 10/20:** Press to enter and start the Interval 10/20 Program.

**INTERVAL 20/10:** Press to enter and start the Interval 20/10 Program.

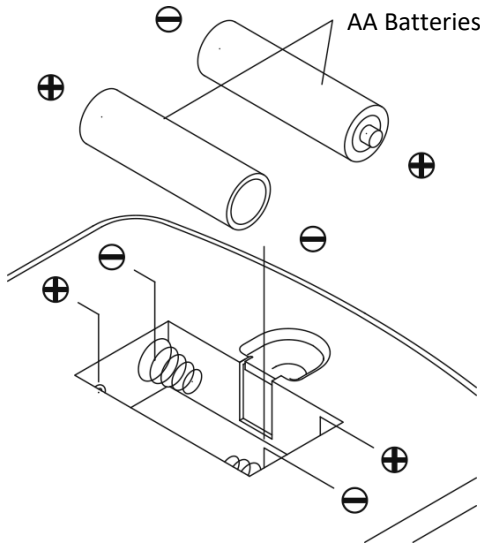
**INTERVAL CUSTOM:** Press to enter and start the Interval Custom Program.

**POWER ON:** Move the pedals or press any button.

**POWER OFF:** In standby mode, automatically shuts off after 60 seconds of inactivity. During workout, except running an Interval Program, automatically shuts off after 90 seconds of inactivity.



# HOW TO INSTALL AND REPLACE BATTERIES



1. Open the Battery Door on the back of the COMPUTER (85).
2. The COMPUTER (85) operates with two AA batteries (1.5V each), the batteries are not included.
3. Follow the illustration for correct battery installation or replacement.

## **NOTE:**

1. **Do not mix a new battery with an old battery.**
2. **Use only one type of battery. Do not mix alkaline with other battery types.**
3. **Rechargeable batteries are not recommended.**
4. **Dispose of batteries in accordance with all applicable local laws.**
5. **Do not dispose of batteries in fire.**

# Console Display

**TIME:** Displays the time during exercise, from 1 second up to 1:59:59 hours. Display flashing "0:00" for presetting the time for Target Time Program, from 1 second to 1:59:00 hours, and counts down from the preset value.

**DISTANCE:** Displays the distance you are traveling during exercise, from 0.1 up to 999.9 km. Display flashing "0.0" for presetting the distance for Target Distance Program, from 0.5 to 999.5 km, and counts down from the preset value.

**CALORIES:** Displays the calories burned from zero up to 999 Kcals.

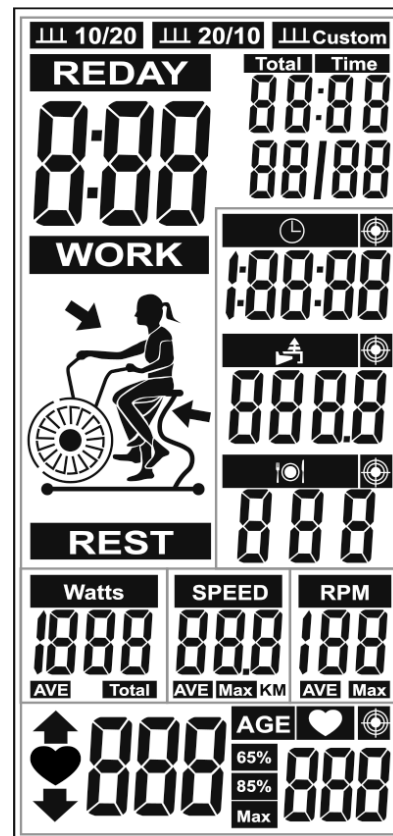
NOTE: The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit. Display flashing "0" for presetting the calories for Target Calories Program, from 10 to 990 Kcals, and counts down from the preset value.

**RPM:** Displays the rotation per minute from zero to 199.

**SPEED:** Displays the current speed from zero to 99.9 miles per hour.

**WATTS:** Displays the amount of power being exerted from zero to 1999 watts.

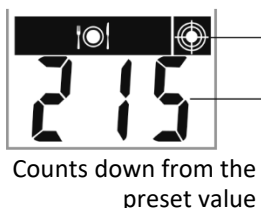
**HEART RATE:** Displays the heart rate, from 40 to 220 beats per minute during exercise. To use this function, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver, which is built into the computer, registers your heart rate from the **HEART RATE TRANSMITTER** for display. If you do not wear the **HEART RATE TRANSMITTER** around your chest correctly the display window will be empty. NOTE: The **HEART RATE TRANSMITTER** is not a medical device. Maintaining a consistent signal can be difficult due to the varying distances experienced during. The heart rate function is a great tool to optimize your workout, but should be used as a reference only.



# PROGRAMS

## 1. CALORIES PROGRAM

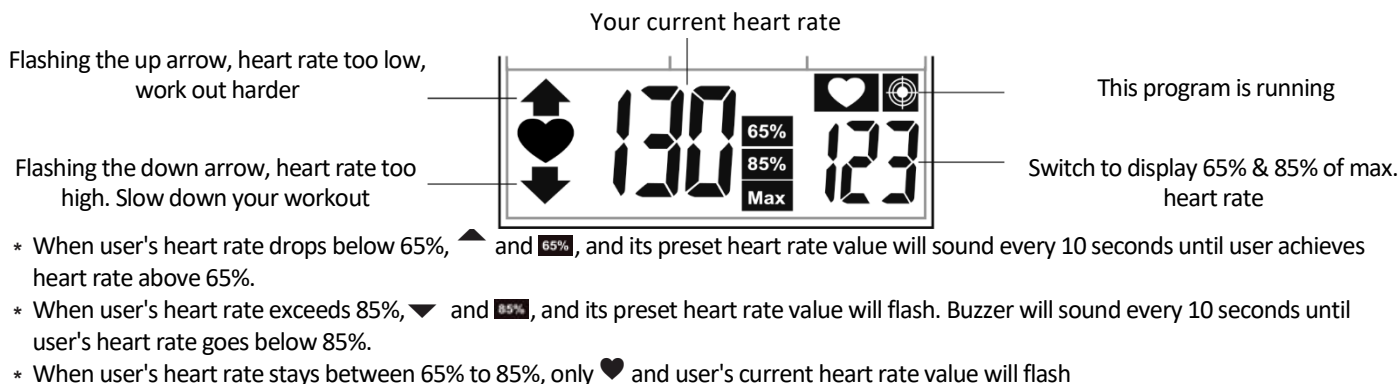
This program is running



Press the **Target Calories** button, the LCD display will display flashing "0" for presetting the target calorie value, from 10 to 990 Kcals. Use " $\blacktriangle$  /  $\blacktriangledown$ " buttons to input the value, and press **ENTER** button to confirm. Then the program has started. During exercise, the CALORIES readout will count down from the preset value, all other function values will count up. When you complete the Calories Program, the computer will go to Stop mode for 30 seconds, then automatically shuts off after 60 seconds of inactivity.

## 2. HEART RATE PROGRAM

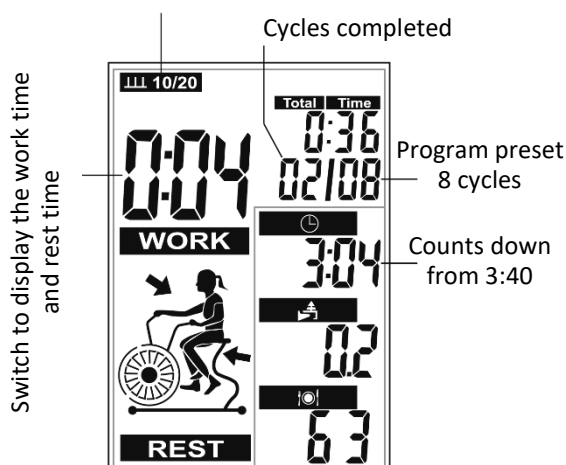
Heart Rate Program is a preset automatic program. The program will monitor your pulse, and will remind you with a audible alarm, and  $\blacktriangle$  or  $\blacktriangledown$  if your pulse is out of the range (65% to 85% of your maximum heart rate) to prompt you to workout in the zone. You must input your age and wear the **HEART RATE TRANSMITTER** device to measure your heart rate when using the heart rate program. Press the **TARGET HEART-RATE** button, the LCD display will display flashing "30" to enter your age, from 1 to 99. Use " $\blacktriangle$  /  $\blacktriangledown$ " buttons to input the value, and press **ENTER** button to confirm. Then the program has started. The computer will calculate and display the corresponding values for 65% and 85% of your maximum heart rate based on your age for the workout. During exercise, the heart rate window will display as shown below, all other function values will count up. Press the **STOP** button to end the program.



**For example:** If your age is 30 : The maximum heart rate is  $220 - 30 = 190$ . 65% of maximum heart rate:  $190 \times .65 = 123$   
 85% of maximum heart rate:  $190 \times .85 = 161$  The program will monitor your pulse and prompt you to keep your pulse within the heart rate zone (123 to 161) during your workout.

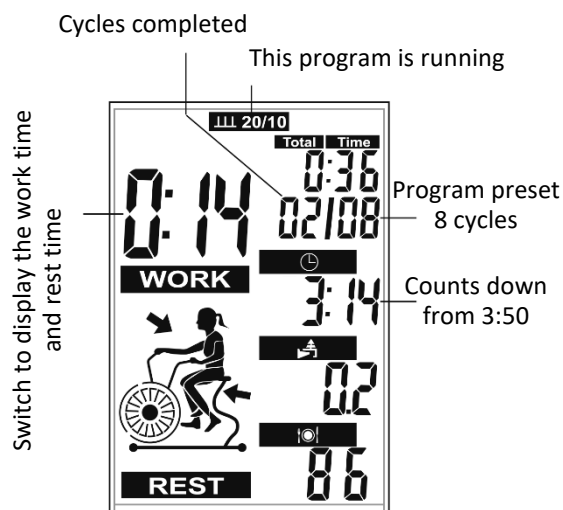
## 3. 10/20 INTERVAL PROGRAM

This program is running



This program will allow the user to workout for 10 seconds, then rest for 20 seconds, and will cycle through the preset cycles. Press **10/20 Interval** button, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from 3:40 minutes, (10 second work x 8) + (20 second rest x 7) = 220 seconds = 3:40 minutes. All other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keep going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.

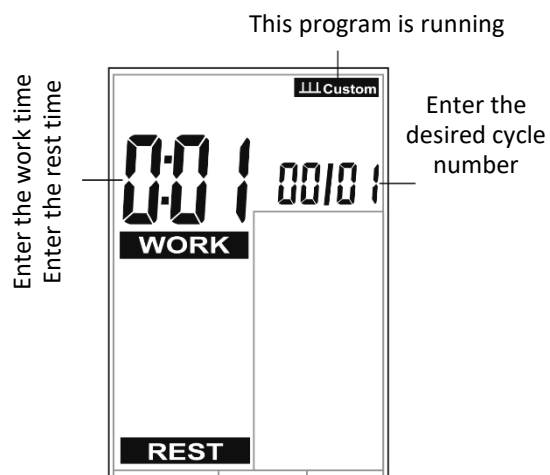
## 4. 20/10 INTERVAL PROGRAM



This program will allow the user to workout for 20 seconds, then rest for 10 seconds, and will cycle through the preset cycles.

Press **20/10 Interval** button, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from 3:50 minutes, (20 second work x 8) + (10 second rest x 7) = 230 seconds = 3:50 Minutes. All other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keeps going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.

## 5. CUSTOM INTERVAL PROGRAM



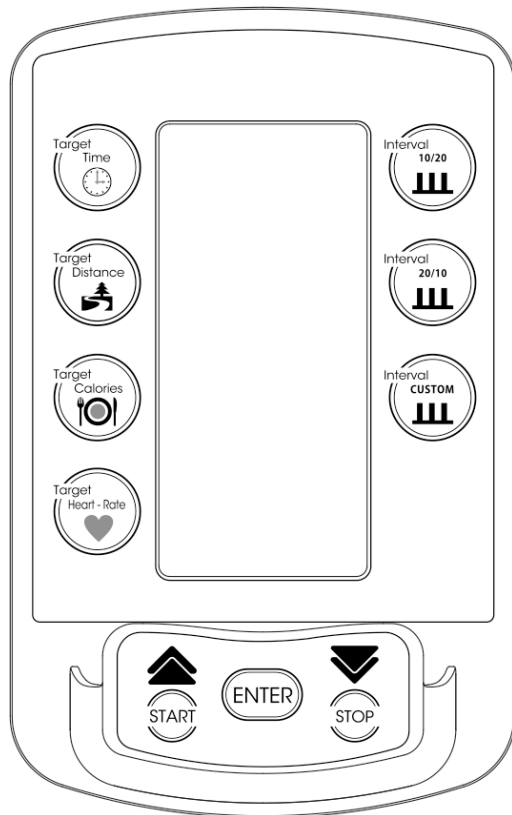
This program will allow the user to manually preset the workout time and rest time from 1 second to 9:59 minutes, and preset the cycle from 1 to 99 cycles. The user will exercise for the preset workout time, then rest for the preset rest time, and will cycle this way for the preset cycles. Press **Custom Interval** button, the LCD will display flashing "00/01" for presetting the

cycle value, from 1 to 99 cycles. Use " $\blacktriangle$  /  $\blacktriangledown$ " buttons and **ENTER** buttons to input the values of how many cycles you want to exercise. Then enter workout time and rest time, for 1 second to 9:59 minutes. After you press the **ENTER** to confirm the preset value of the rest time, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from the preset values, all other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keeps going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.



# BLUETOOTH CONNECTION

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



## AVAILABLE APPS



SOLE +



Kinomap

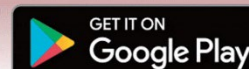


Zwift

... and more!

 FTMS PROTOCOL

Explore the SOLE+ App



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

\*\* Once the console is connected to a smart device via Bluetooth, the console will not display the results.

## AIR 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

# OPERATIONAL INSTRUCTIONS

1. To end a running program, press the **STOP** button.
2. When running a program, the computer will go to Standby mode after 30 seconds of inactivity. The computer will shut off after another 60 seconds of inactivity, total is 90 seconds of inactivity.
3. When running a program, press **START** button will pause the program. Buzzer will sound every 30 seconds, all values are displayed on LCD and flash every 2 seconds. Press **START** button to resume the program. Or the computer will go to Standby mode after 5 minutes of inactivity. The computer will shut off after another 60 seconds of inactivity.
4. If you want to restart with a new program, press and hold the **STOP** button down for two seconds to reset all of the function values to zero and restart the computer.

## STORAGE

1. To store the **Air Bike**, simply keep it in a clean dry place.
2. To move the **Air Bike**, lift the handle at the back of the **Air Bike** and use the **MOVING WHEELS (43)** on the **FRONT STABILIZER (40)**.
3. To avoid damage to the electronics, remove the batteries from the **COMPUTER (85)** before storing the **Air Bike** for one year or more.

## MAINTENANCE

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

1. Loosen the Socket Head Bolts (M6x1x10 mm) (109) fitted on the Disc Cranks (24, 28). Use a wrench to verify that the PEDALS (38, 39) are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. Tighten the Socket Head Bolts (M6x1x10 mm) (109).
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that all **CAUTION LABEL** is in place and easy to read for a replacement CAUTION LABEL. If it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Do not step on any portion of the plastic cover when getting on or off the Bike. This can cause the Plastic cover to crack.
6. Worn or damaged components must be replaced immediately or the **Air Bike** removed from service until repair is made.
7. Only supplied components should be used to maintain/repair the **Air Bike**.
8. Keep your **Air Bike** clean by wiping it off with an absorbent cloth after use.

# 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.

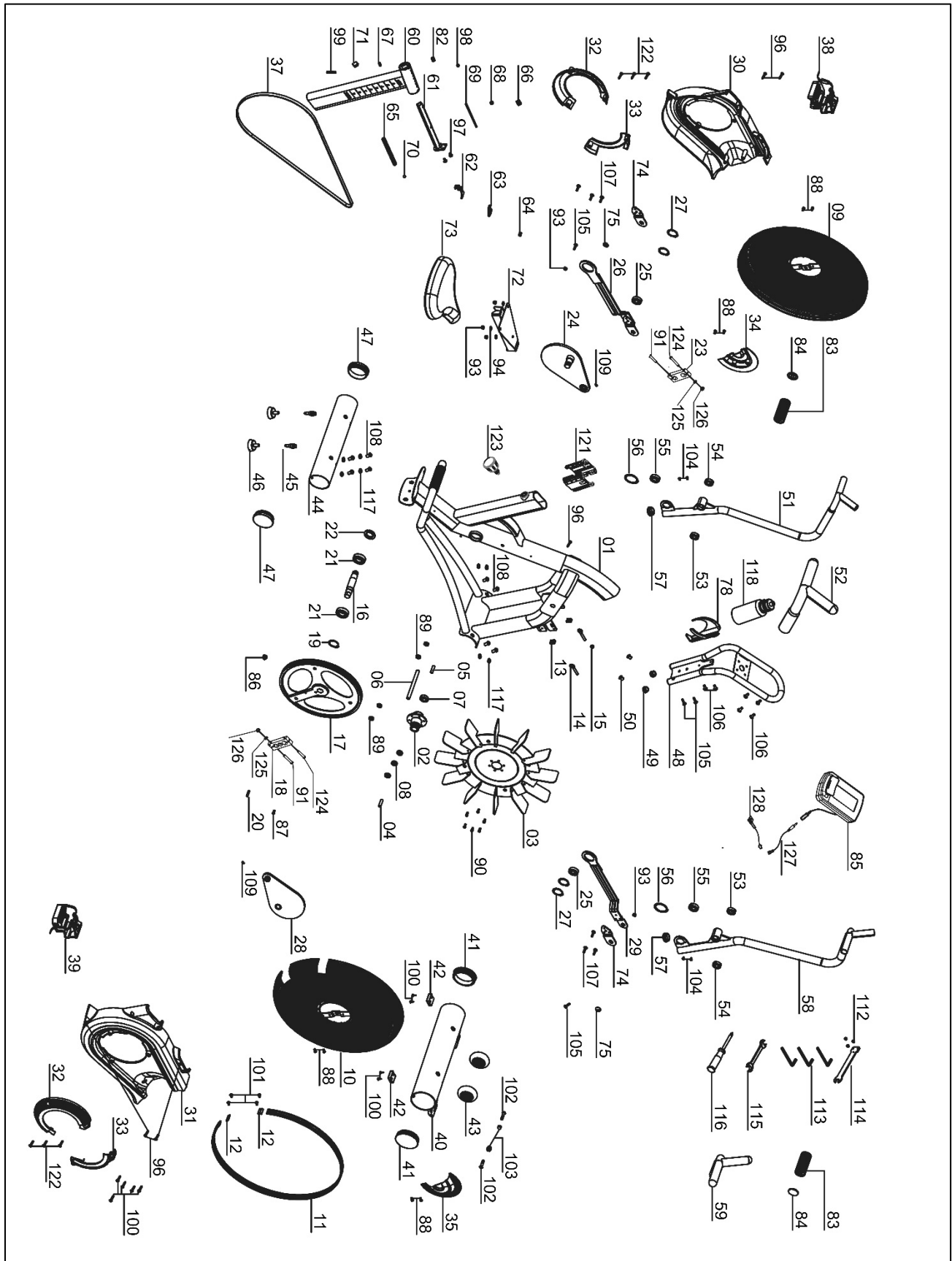


### **Important Reminder**

Make sure that there is minimum of 2 feet of clearance all around the air 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 air bike frame before seating yourself and placing your feet on the pedals.
3. Once properly seated on the air bike, grasp the handles and start pedalling.

# EXPLODED VIEW DIAGRAM



# PARTS LIST

Key	Part Description	Q'ty
01	Main Frame	1
02	Fan wheel hub set	1
03	Fan wheel	1
04	Fan wheel hub sleeve	1
05	Fan wheel hub sleeve	1
06	Fan hub	1
07	Bearing 6301Z	1
08	Bearing 6901Z	3
09	Left protection network group	1
10	Right protection network group	1
11	Protection network hoops	1
12	Protective net compression sheet	2
13	Baffle	2
14	Cat eye screw M8*45	2
15	Cap M8	2
16	Crankshaft center	1
17	Pulley	1
18	Right-square crank	1
19	C-type buckle	1
20	Elastic cylindrical pin	1
21	Bearing 6005	2
22	Crankshaft center lock nut	1
23	Left - square crank	1
24	Left – disc crank group	1
25	Bearing 22052RS/NR	2
26	Left - swing arm link	1
27	C-type buckle	4
28	Right-disc crank group	1
29	Right-swing arm link	1
30	Left protection cover	1
31	Right protection cover	1
32	Crank guard-down	1
33	Crank guard-on	1
34	Left-front decorative cover	1
35	Right-front decorative cover	1
37	Belt	1
38	Left pedal	1
39	Right pedal	1
40	Front stabilizer	1
41	End cap (for #40)	2
42	Square foot pad	2
43	Moving wheels	2
44	Rear stabilizer	1
45	Adjustment board	1
46	Foot Pad	2

<b>Key</b>	<b>Part Description</b>	<b>Q'ty</b>
<b>47</b>	End cap (for #44)	1
<b>48</b>	Console support	1
<b>49</b>	Circular tube plug	2
<b>50</b>	Wire plug	2
<b>51</b>	Left dual action handlebar	1
<b>52</b>	Dipping plastic	1
<b>53</b>	Bearing 6003Z	2
<b>54</b>	Bearing 6202Z	2
<b>55</b>	Bearing 6203Z	2
<b>56</b>	C-type buckle	2
<b>57</b>	Pipe inside plug	2
<b>58</b>	Right dual action handlebar	1
<b>59</b>	Dipping plastic	1
<b>60</b>	Seat cushion up and down adjustment group	1
<b>61</b>	Seat cushion front and rear adjustment group	1
<b>62</b>	Adjustment grip	1
<b>63</b>	Adjustable wrench with plastic sheath	1
<b>64</b>	Seat cushion adjustable short shaft	1
<b>65</b>	Seat cushion adjustable long pressure spring	1
<b>66</b>	Set piece	1
<b>67</b>	Seat cushion adjustable short pressure spring	1
<b>68</b>	Seat cushion adjustable small sleeve	1
<b>69</b>	Seat cushion adjustable long shaft	1
<b>70</b>	Seat adjustable positioning steel ball	1
<b>71</b>	Pipe plug	1
<b>72</b>	Seat cushion holder	1
<b>73</b>	Seat cushion	1
<b>74</b>	Fix plate	1
<b>75</b>	Conical sleeve	2
<b>76</b>	Cam handle	1
<b>77</b>	Powder metallurgy	2
<b>78</b>	Water bottle support	1
<b>79</b>	Adjustable pressure quick thin liner	1
<b>82</b>	Reset spring	1
<b>83</b>	Foot peg	2
<b>84</b>	End cap (for #83)	
<b>85</b>	Console	1
<b>86</b>	Induced magnet	1
<b>87</b>	Allen head socket screw M8*20	1
<b>88</b>	Allen head socket screw M5*12	8
<b>89</b>	Hex nut M12*1.25	4
<b>90</b>	Allen head socket screw M6*12	6
<b>91</b>	Allen head socket screw M10*40	2
<b>93</b>	Nylon lock nut M8	5
<b>94</b>	Flat washer	3
<b>96</b>	Pan head cross self tapping screw ST4*10	7
<b>97</b>	Countersunk head cross screw M6*15	2



<b>Key</b>	<b>Part Description</b>	<b>Q'ty</b>
<b>98</b>	Cap M6	1
<b>99</b>	Allen head socket screw M6*35	1
<b>100</b>	Pan head cross self tapping screw ST4*15	12
<b>101</b>	Countersunk head cross screw M4*10	4
<b>102</b>	Umbrella head socket screw M8	2
<b>104</b>	Pan head cross screw M5*8	4
<b>105</b>	Countersunk head socket screw M8*30	4
<b>106</b>	Adjustment board	4
<b>107</b>	M6 x 15mm screw	6
<b>108</b>	Allen head socket screw M10*20	8
<b>109</b>	Allen head socket screw M6*10	2
<b>112</b>	Allen head socket screw M5*6	3
<b>113</b>	Allen key 4MM/5MM/6MM	1+1+1
<b>114</b>	Wrench(14/17)	1
<b>115</b>	Wrench	1
<b>116</b>	Phillips screwdriver	1
<b>117</b>	Arc washer	8
<b>118</b>	Water bottle	1
<b>121</b>	Left hollow plug	2
<b>122</b>	Phillips Pan Head Self-Tapping Screw ST4*45	6
<b>123</b>	Knob	1
<b>126</b>	Elastic Washer M10	2
<b>124</b>	Hex Screw M10*50	2
<b>125</b>	Hex Screw M10	2
<b>126</b>	Elastic Washer M10	2
<b>127</b>	Middle extension sensor wire	1
<b>128</b>	Lower speed sensor wire	1

# 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 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.
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)

**SOLE**  
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**X** **XTERRA**  
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**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.

T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | [sales@dyaco.ca](mailto:sales@dyaco.ca)



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