

# Hire instructions

## Heavy Duty

## Programmable Bike



**HOME FITNESS HIRE**

### **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.**

- Keep children and pets away from the machine at all times
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors
- Keep hands and clothes away from all moving parts
- **The max. user capacity is 150 KG**

### **POWER ADAPTOR**

Plug in the power adaptor into the socket at the rear of the bike. Ensure that the cord does not present a tripping hazard.

### **MOUNTING**

Do not stand on pedals. Hold handlebars with both hands, and step through to straddle the bike. Slide backwards onto the seat, then place your feet onto the pedals.

### **PULSE**

Hand grip pulse indicators can be found on the silver panels on the hand rails. Both hands must be on the grips at the same time. The readings may not appear right away and will not be 100% accurate. The readings however, can be used as a guide.

### **OPERATION**

**QUICK START:** User may press the START/ STOP button to start training in MANUAL, all exercise values will start counting up from zero.



**PROGRAM:** Press RESET to go back to main menu. Use UP or DOWN to toggle between the preset programmes, User Programme, and Heart Rate Control.

The computer will enter "sleep mode" if no input is received for more than 4 minutes. To reactivate, press any button on the console.

### **GENERAL EXERCISE GUIDELINES**

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to exercising and using the bike, work at a level that you can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Your progress from here is up to you. Using your heart rate is an effective way to monitor exercise and achieve your goals. Exercise at a level where you can maintain a normal conversation without constantly being out of breath. If you want to work harder on the bike, but don't feel comfortable pedaling faster, use a higher resistance level to make it more difficult to pedal or use a harder program.

Try watching television or listening to music when exercising to help the time pass.

Wear comfortable clothing with supportive and cushioned footwear.

Drink plenty of fluids before, during and after exercise.

Stop exercising if you feel ill, faint, or exhausted and seek medical advice.

Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent.

A healthy diet is an important part of any exercise program.

Be sure to warm up for 5 min before exercise and cool down by stretching after exercise.

### **ADJUSTMENTS**

The seat height and horizontal position can be adjusted. For safety, ensure the pin is screwed back tightly to prevent the seat dropping.

### **TROUBLESHOOTING**

While your equipment has been checked and cleaned prior to being hired, problems can sometimes arise, especially if you have had the unit for a long period of time.

**Call your hire agent if you have any difficulty using the equipment.**