# KP-1200 UPRIGHT BIKE USER MANUAL
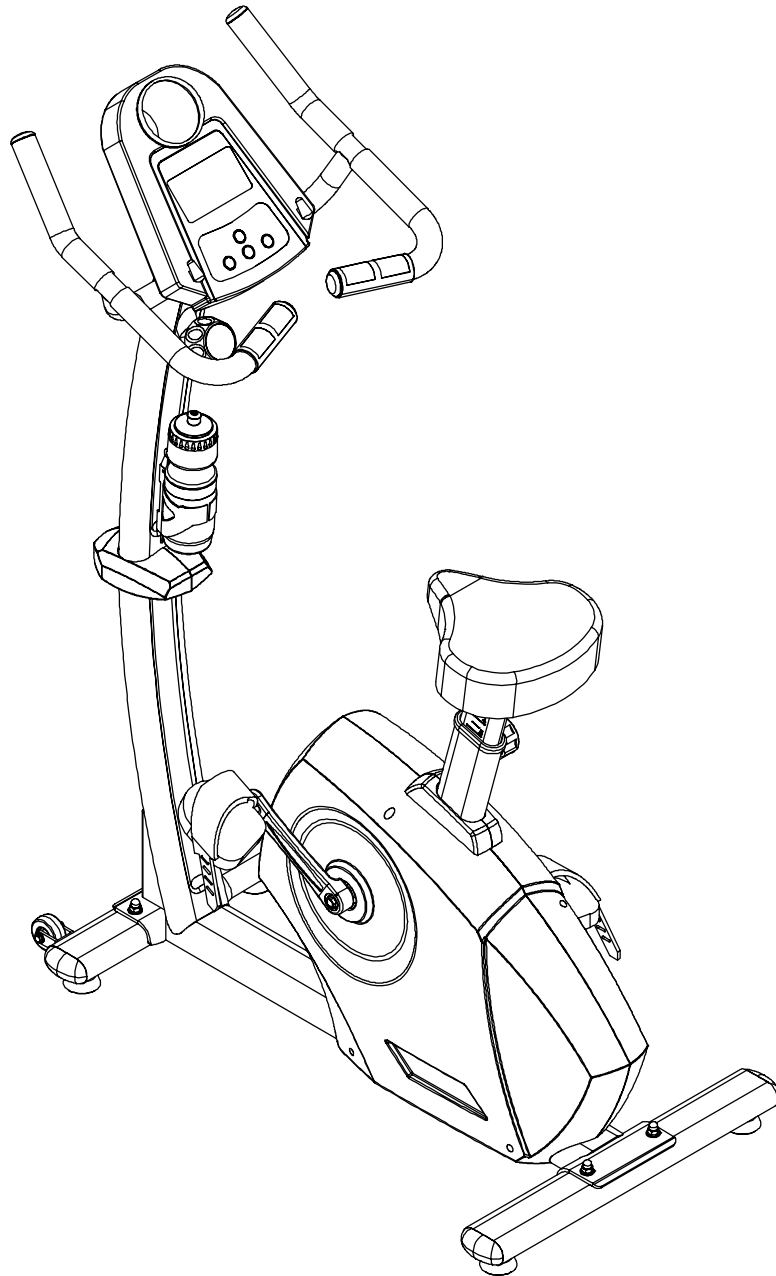
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Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.

2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended.   Please refer to the Warm Up pages for pre and post workout.

3. Please make sure all components are not damaged and in working order before use.   This equipment should be placed on a flat surface while in use.   Using a mat or other material on the ground is recommended.

4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch in any part of the equipment.

5. Do not attempt any maintenance or adjustments other than those described in this manual.   Should any problems arise, discontinue use and consult an *Authorized Service Representative.*

6. Do not use the equipment outdoors.

7. This equipment is for household use only.

8. Only one person should be on the equipment while in use.

9. Keep children and pets away from the product while in use.   This machine is designed for adults only.   If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.

WARNING: Before beginning any exercise program consult your physician.   This is especially important for the persons who are over 35 years old or who have pre-existing health problems.   Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.   Retain this Owner's Manual for future reference.

Parts Drawing

|				
①	②	③	④	⑤
⑥	⑦	⑧	⑨	⑩
⑪	⑫	⑬	⑭	⑮
⑯	⑰	⑱	⑲	⑳
㉑	㉒	㉓	㉔	
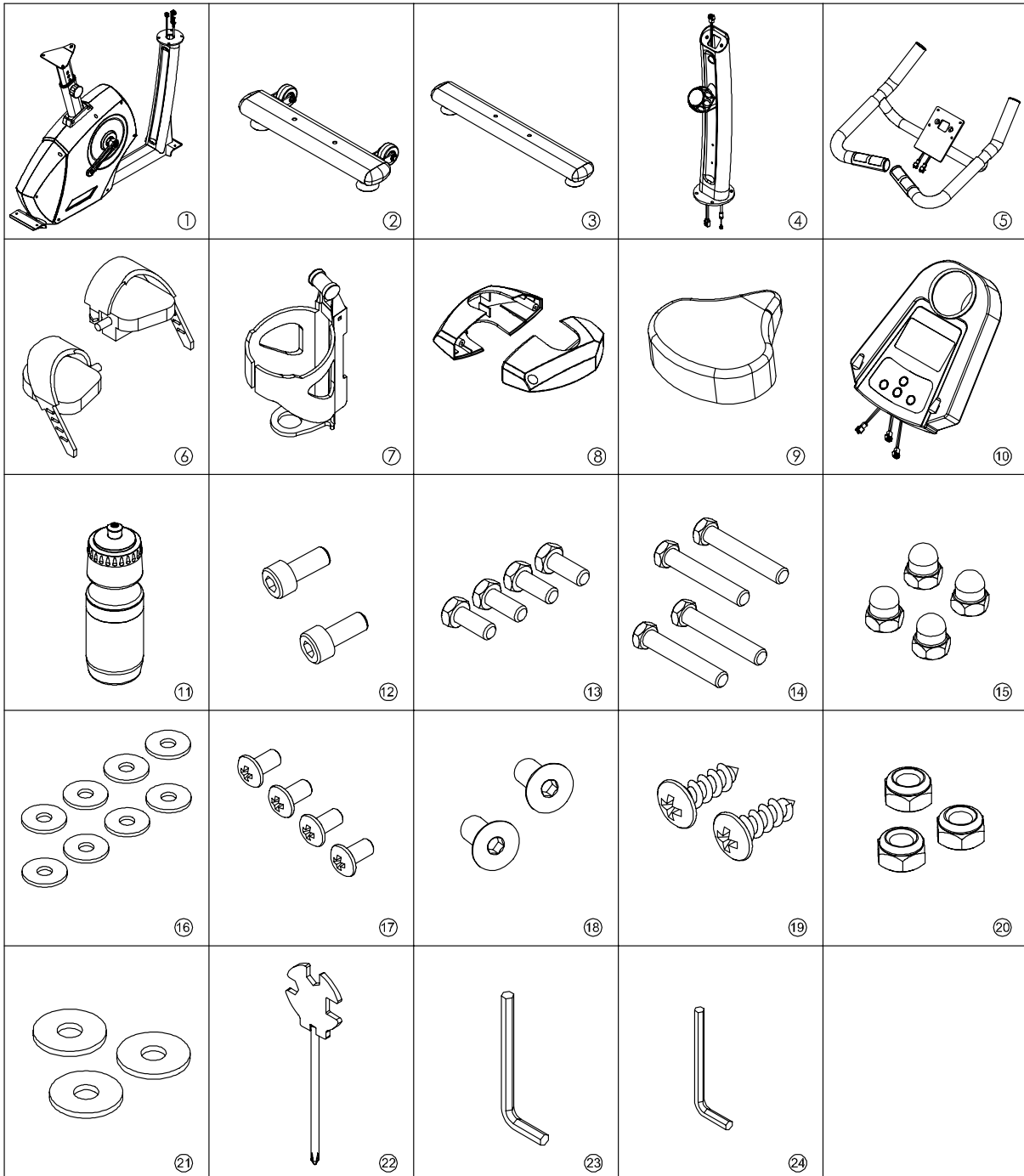
Parts List

Item No	Description	Qty
1	MainFrame	1 Set
2	Welded,Stabilizer-Front	1 Set
3	Stabilizer-Rare	1 Pc
4	Welded,Upright Tube	1 Set
5	Welded,Hand Bar	1 Set
6	Pedal	1 Set
7	Water Bottle Holder	1 Pc
8	Upright Joint Cover	1 Set
9	Upholstered,Seat	1 Pc
10	Computer	1 Set
11	Water Bottle	1 Pc
12	M5 Screw	2 Pcs
13	M8 Bolt	4 Pcs
14	3/8" Bolt	4 Pcs
15	3/8" Dome Nut	4 Pcs
16	3/8" Washer	8 Pcs
17	Screw For Computer	4 Pcs
18	M8 Bolt	2 Pcs
19	M5 Self Tapping Screw	2 Pcs
20	M8 Locknut	3 Pcs
21	8.5 Washer	3 Pcs
22	Tool	1 Pc
23	M5 Wrench	1 Pc
24	M4 Wrench	1 Pc

ASSEMBLYING

Step 1. Rare Stabilizer Installation

Position the Rare Stabilizer (3) in front of Main Frame and align bolt holes.
Attach the Rare Stabilizer (3) onto the front curve of the Main Frame with two
3/8" Bolts (14), four 3/8" Washers (16), and two 3/8"Dome Nuts (15).   Tighten bolts
with tool provided.
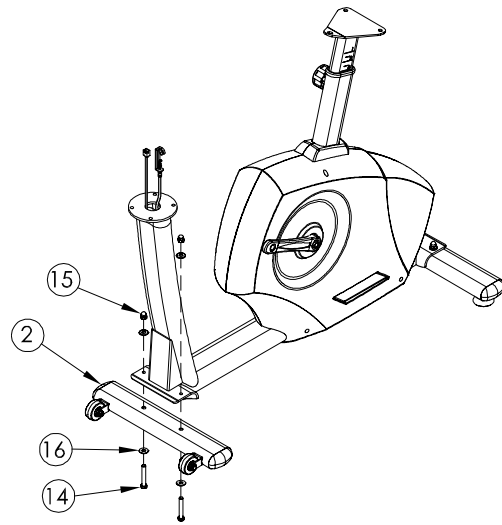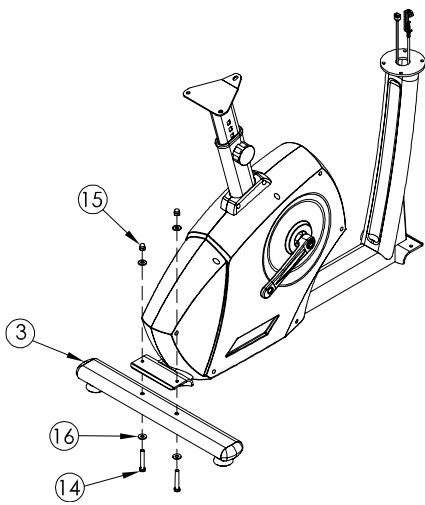
Step 2. Front Stabilizer Installation

Position the Front Stabilizer (2) in front of Main Frame and align bolt holes.
Attach the Front Stabilizer (2) onto the front curve of the Main Frame with two
3/8" Bolts (14), four 3/8" Washers (16), and two 3/8"Dome Nuts (15).   Tighten bolts
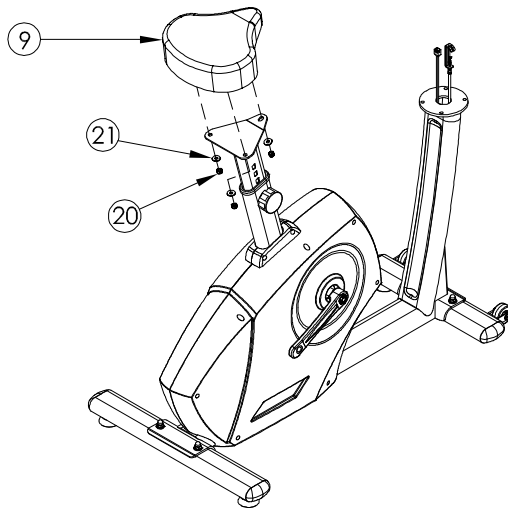with tool provided.

Step3 . Seat Rest Assembly

Slide the Seat Tube(A03) upward then attach the seat rest to the bracket of the Seat Tube aligning three screw holes.   Use three Washers(21) and Locknut(20) tighten the Screws on the Seat Rest(9) to the Seat Tube.   Tighten all Lock Nuts with the tool provided.
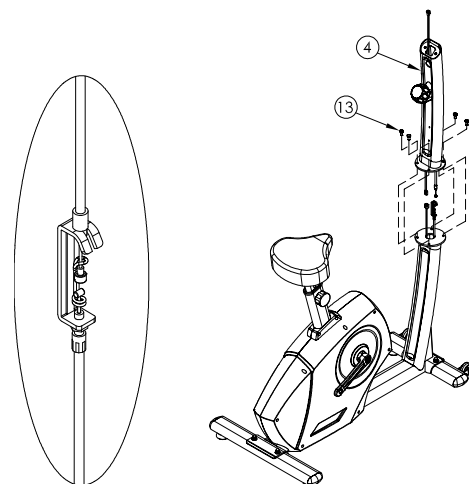
Step 4 Upright Tube Assembly

Lift the Upright Tube(4) to the top of the Main Frame, connect the Computer Cable and the Tension Cable carefully. Slide the Tension Cable and Computer Cable into the hole of the Main Frame.

Make sure that all cables are not pressed by the Upright Tube while assembling.

Align four screw holes with the bracket of the Main Frame. Use four M8 Bolts(13) securing the Upright Tube to the Main Frame.

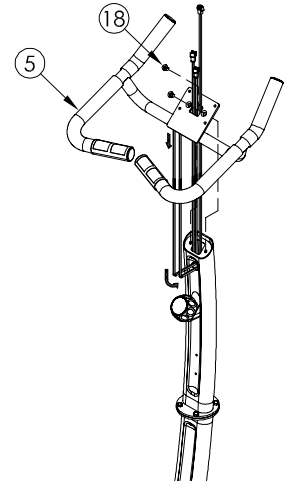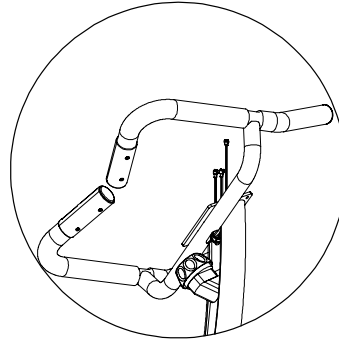Tighten all bolts with the Wrench included.

Step 5 Handle Bar Post Assembly

Route the Computer and the Hand Pulse Cable from the Handle Bar Post to the Hole at the Bracket of Computer Bracket.
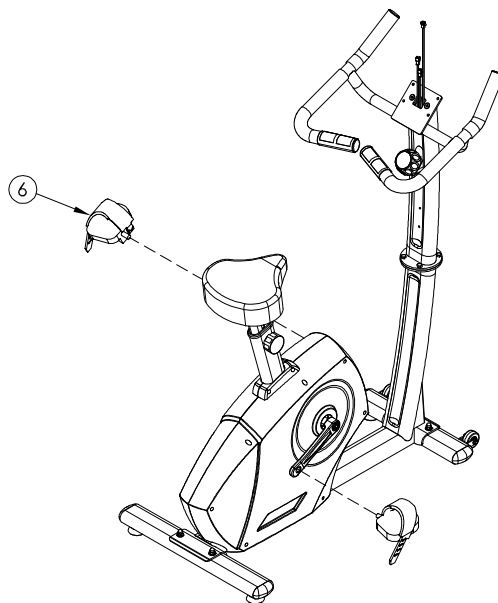Use two M8 Bolts(18) to attach the Handle Bar Post to the Upright Tube.

Tighten all bolts with the wrench included.


Step6   Foot Pedal Assembly

Screw the screw of the Right Foot Pedal(1 of 6)   to the thread of the Right Crank.   Repeat the same procedure to the Left Foot Pedal(2 of 6) to the Left Crank.   Tighten Foot Pedal with the wrench included.

Step 7 Upright Joint Cover Assembly

Joining the Left and Right Upright Joint Cover(8)
onto the brackets of the Upright Bar and the Main
Frame.   Use two M5 Self Tapping Screw(19)
tightening all four screws.
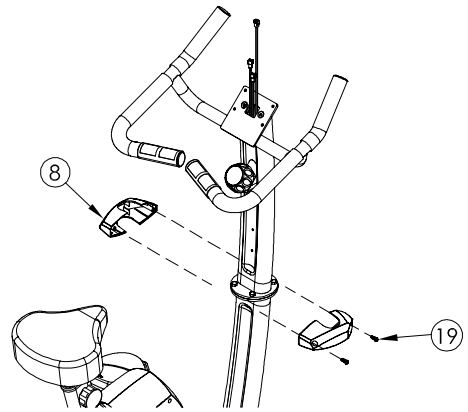
Step 8 Computer Assembly

Connect the Computer Cable and the Hand Pulse Cables
with the plugs at the Computer(10).   Slide all
Cables into the hole of the Upright Tube.   Use four
Computer Screws(17) holding the Computer(10) on
the bracket of the Upright Bar.
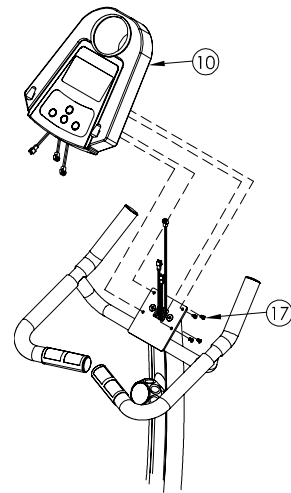
Step 9 Water Bottle Assembly

Attach the Water Bottle Holder(7) with two M5
Screws(12).   Slide the Water Bottle(11) into the
Water Bottle Holder(7).

Trouble Shooting

Adjusting the Adjustable Leveler

Turn the Adjustable Levelers (C05) on the Front Stabilizer (2) and Rare Stabilizer(3) as needed to level the upright bike.   The bike has to be leveled to prevent from wobble or shaking during the exercise.

Adjusting the Tension Control Knob
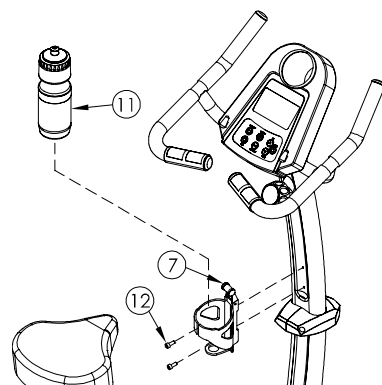
To increase the load, turn the tension control knob in a clockwise direction. To decrease the load, turn the tension control knob in a counterclockwise direction.

MAINTENANCE

Cleaning

The Upright Bike can be cleaned with a soft cloth and mild detergent.   Do not use abrasives or solvents on plastic parts.   Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail. Please keep the Upright Bike, specially, the computer console, out of direct sunlight to prevent screen damage.   Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

EXERCISE COMPUTER ST7605-67 / ST7655-67

FUNCTION BUTTON

MODE   Press "Mode" button for selection, or enter after setting up.

SET   To set up the value of TIME, DISTANCE, CALORIES and PULSE.   You can hold the button to increase the value fast.   (The computer has to be in stop condition.)

RESET   The user may press "RESET" button to reset each function: Time, Distance, Calorie, Pulse or hold on for 2 seconds for total reset.

(When the user replace batteries, all the values will reset to ZERO autometically.)

RECOVERY To act the heart rate recovery function after training.

FUNCTIONS

SCAN   Display all function from RPM - SPEED - DISTANCE - CALORIES - PULSE.

RPM   Displays the Rotation Per Minute.   The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED   Displays current training speed.   Maximum speed is 99.9 KM/H or ML/H.

TIME   Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will cound down from preset to 00:00.

Each preset increment or decrement is 1 minute between 01:00 to 99:00.

DISTANCE   Accumulates total distance from 00:00 up to 99.99 KM or ML.   The user may preset target distance data by pressing UP/DOWN button.   Each increasement is 0.1KM or ML.

CALORIE   Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE   automatically.   And when you exercise for a while, the screen will show the pulse percentage 55%, 75% and 95% by a blinking signal if you reach that percentage of pulse value.   This is to remind you how many pulses you have when you are exercising.

TEMPERATURE   Displays current room temperature from 0℃ to 60℃.

 CALENDAR You can set up current calendar including year, month, date, and it will show up after the monitor stops working for around 4 minutes.

CLOCK   Displays hour and minute from 00:00 to 23:59 (24 hours mode).

OPERATION ORDER

> **1.**   Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.

Drawing A

2. The calendar display will be in blinking mode shown as "Drawing B", then you can press SET button to set up the value.   You can also press RESET button to come back the preset value. Press "MODE" button will skip to Month, Date, Hour, and Minute.   Set-up method is the same with year.   Press "MODE" button to confirm set-up shown as following "Drawing C".
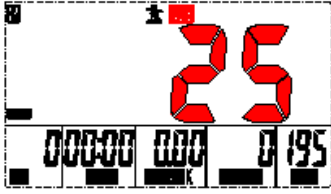

Drawing B

Drawing C

3. Get access to the set-up mode of TIME/DISTANCE/CALORIES/TARGET PULSE. When you are in
each set-up mode.   For instance the time set-up, when the time value is blinking, you can press
"SET" button to adjust the number.   Press "Mode" button for confirmation and skip to next
set-up.   The set-up of DISTANCE & CALORIES is the same as TIME set-up.

4. When you are in Target PULSE mode, the main screen will show "AGE", PULSE screen
show "TARGET value (220-AGE)".   At the time you can press "SET" button to change the value of AGE
and TARGET shown as "Drawing D".   When the set-up is completed, press "MODE" button to confirm
and skip tp TIME screen.   Continuously press "MODE" button will act this circle.   If you do not enter
the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP
mode shown as "Drawing E".

Drawing D   Drawing E

5. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES.   In SCAN mode shown as "Drawing F".   RPM/SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as follows.


Drawing F

6. You can also press "Mode" button to select single function display except RPM & SPEED function.   The RPM & SPEED function will switch display.

7. Except the SPEED / RPM cannot set up other function mode.   For example when set-up is completed of TIME, DISTANCE, CALORIES, TARGET H.R., enter and set up the RPM value will count down to 00:00 and produce 4 times "Bi" sound for 8 seconds, then the value will be count from 00:00 to up.

8.   RECOVERY

(1)   When press "RECOVERY" button, the RECOVERY function will work.   At the moment only PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not available.   TIME start to count down from "00:60".   Pulse signal

will be blinking according to user's pulse.   When count down to "0", it will show F1~F6.

(2)   LCD display as follows: (RECOVERY start condition & end condition)
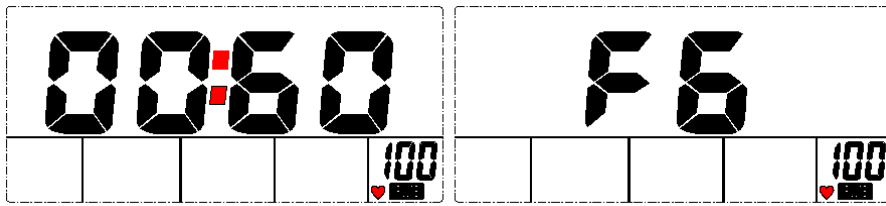
(3) If the count down action to 00:00 is not completed and there is no pulse signal. The count down action have to be done and shown F6.

(4) If you press the RECOVERY button prior to count down to 00:00, it will be end the function and there will be no display at all.

Note:

1. Stop training for 4 minutes, the main screen will be off and display the room temperature autometically. Other relative display of function, please refer to above ZOOM function.

2. If the computer displays abnormally, please re-install the battery and try again.

3. Battery Spec: 1.5V UM-3 or AA (2PCS).

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up.   Bring your heel as close to your buttocks as possible.   Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward.   Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.

Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes.   Reach down as far as you can and hold for 15 counts.
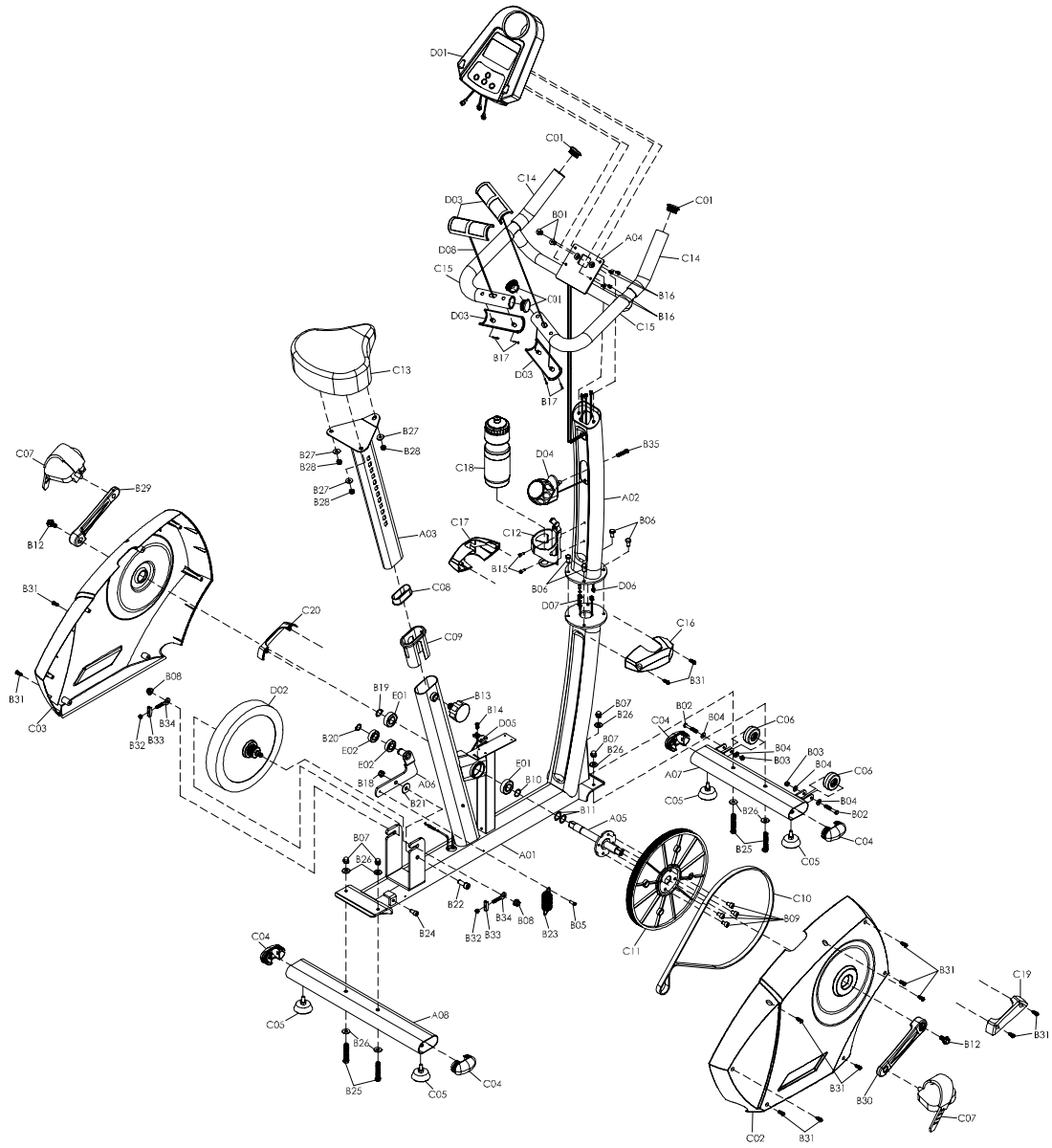
Hamstring Stretches

Sit with your right leg extended.   Rest the sole of your left foot against your right inner thigh.   Stretch toward your toe as far as possible.   Hold for 15 counts Relax and then repeat with left leg extended.

Part No	Description	Q'ty	Part No	Description	Q'ty
A01	Welded,Main Frame	1	B30	crank	1
A02	Welded,Upright Tube	1	B31	M5 Philips Self Drive Screw	13
A03	Welded,Seat Tube	1	B32	M6 Lock Nut	2
A04	Welded,Hand Bar	1	B33	Tension Adjustment Screw	2
A05	Welded,Shaft Pulley	1	B34	M6 Screw	2
A06	Welded,Pressure Assembly	1	B35	philips screw M5x0.8px40L	1
A07	Welded,Stabilizer-Front	1	C01	1-1/4" Plug	4
A08	Stabilizer-Behind	1	C02	Main Cover-Right	1
B01	M8 Hex Screw	2	C03	Main Cover-Left	1
B02	1/4" Hex Serew	2	C04	50x100 Plug	4
B03	1/4" Locknut	2	C05	M8 Height Adjuster Foot	4
B04	1/4 asher	4	C06	Wheel-Stabilizer Front	2
B05	M6 Socket Screw	1	C07	Pedal	1
B06	M8 Hex Screw	4	C08	35x75x30 Plug	1
B07	3/8"Dome Nut	4	C09	40x80 Plug	1
B08	3/8 UNC-26 Nut	2	C10	Belt	1
B09	M8 Hex Screw	4	C11	Drive Pulley	1
B10	20 Washer	1	C12	Water Bottle Holder	1
B11	20 WaveWwasher	2	C13	Upholstered,Seatrest	1
B12	M8 Hex Screw	2	C14	rubber grip	2
B13	M16 Knob	1	C15	rubber grip	2
B14	M5 Philips Self Drive Screw	1	C16	Upright Cover-Right	1
B15	M5 Socket Screw	2	C17	Upright Cover-Left	1
B16	Screws for Computer	4	C18	Water Bottle	1
B17	M3 Philips Screw	4	C19	Seat Cover-Right	1
B18	M10 Locknut	1	C20	Seat Cover-Left	1
B19	C clip	1	D01	Computer ST-7655	1
B20	C clip	1	D02	Magnetic Flywheel	1
B21	10 Washer	1	D03	Hand Pulse Sensor	2
B22	M10 Socket Screw	1	D04	Tension Adjuster	1
B23	Extension Spring	1	D05	Sensor Cable	1
B24	M8 Socket Screw	1	D06	Computer Cable	1
B25	3/8" Hex Screw	4	D07	Tension Cable	1
B26	3/8" Washer	8	D08	Hand Pulse Cable	1
B27	8.5 Washer	3	E01	Bearing 6004	2
B28	M8 Locknut	3	E02	Bearing 6003	2
B29	crank	1			