3. METAL BASEPLATE ASSEMBLY
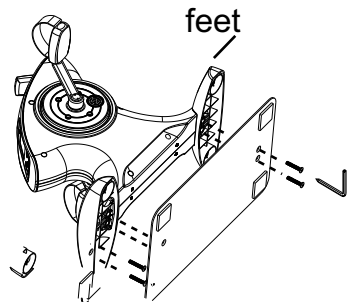
a. Secure two feet and metal baseplate
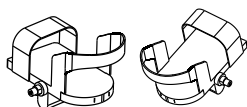   with 4pcs of M6 bolts by using allen wrench

feet

FOAM GRIPS/BIG PEDALS/EZ ADAPTORS

1. EZ ADAPTORS are pre-assembled on the Cranks.
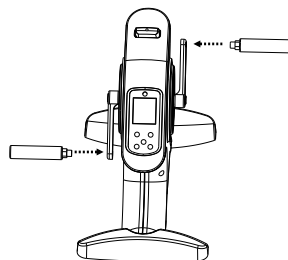2. Exchange Handgrips and BIG PEDALS by moving the slider on
   the ADAPTORS.

Handgrips
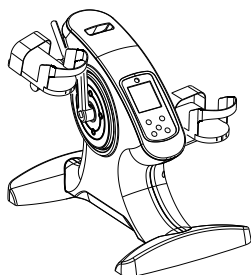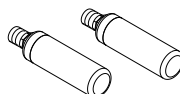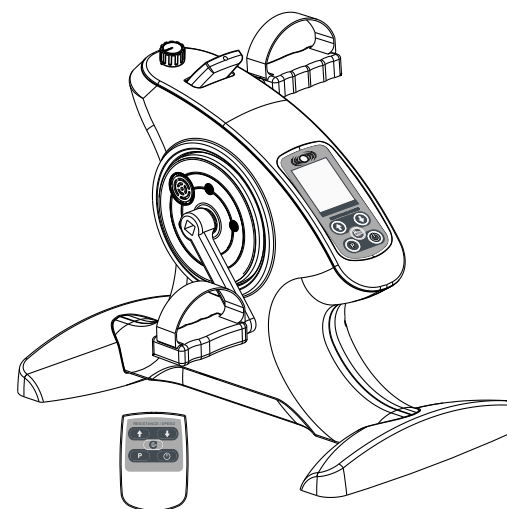
Big Pedals

EZ Adaptors

PT33000V

Spirit®

A. N. P. Trainer

Active and Passive Trainer

OWNER'S MANUAL

The specification of this product may vary from this photo,
subject to change without notice.

PT33000/PT33000V/**PT33000VC**

TABLE Of CONTENTS

OPTIONAL ACCESSORIES

EYE-HAND COORDINATION HANDLES SETS ASSEMBLY

1. REMOVE STANDARD PEDALS and Cranks

a. Take off 2pcs of Crank Caps.

b. Take off M8 bolts X2pcs by using allen wrench.

c. Remove standard pedal and Cranks.

Pedals and Cranks

a   b   c

Assembly Kits
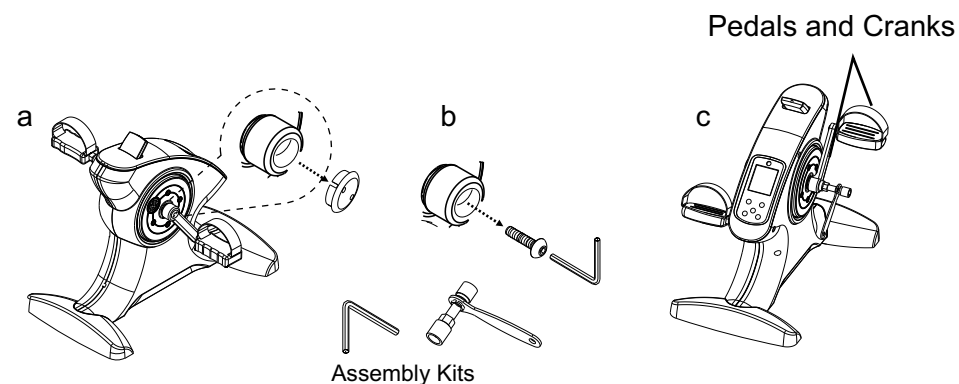
2. EYE-HAND COORDINATION HANDLES ASSEMBLY

a. Put 2 handlebars on the Cranks (1-Vertical and 1-Horizatal)

b. Secure two handlebars with M8 bolt X2pcs using allen wrench

c. Put 2 pcs Cranks Caps on

a & b   c

1. EYE-HAND COORDINATION HANDLE SET

2. METAL BASEPLATE

3. HANDGRIPS/BIG PEDALS/EZ ADAPTORS(PT33000V)

1. EYE-HAND COORDINATION SET

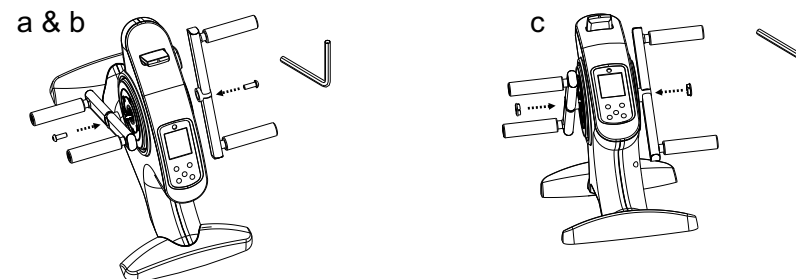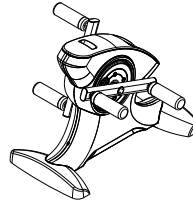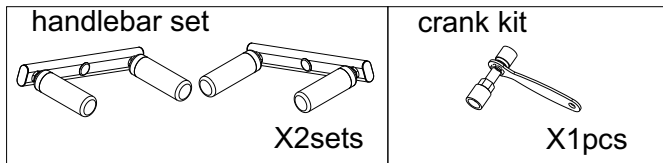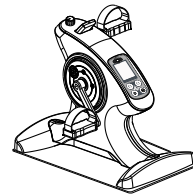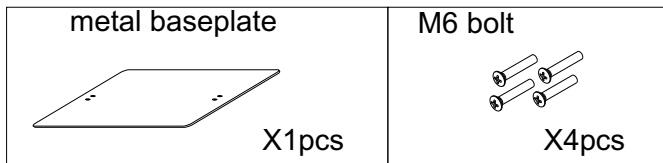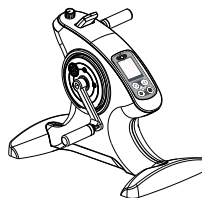| handlebar set	crank kit
X2sets	X1pcs

2. METAL BASEPLATE

metal baseplate	M6 bolt
X1pcs	X4pcs

3. HANDGRIPS/BIG PEDALS/EZ ADAPTORS

Handgrips

Big Pedals

EZ Adaptors
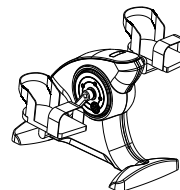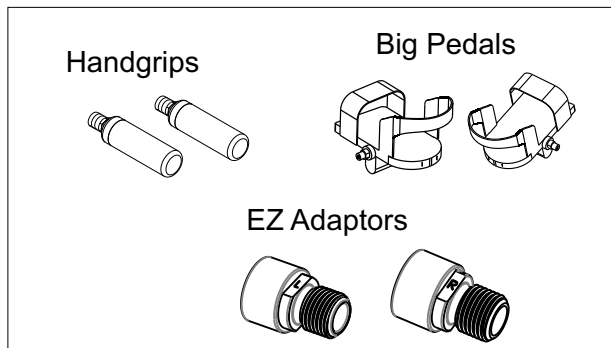
PT33000VC

IMPORTANT: Read all instructions and warnings before using

IMPORTANT SAFETY INSTRUCTIONS
– Stop exercising when you feel faint, dizzy, or any pain at any time.
– Disconnect all power before servicing the bike.
– Connect the machine to a properly grounded outlet only.
– Do not operate powered bike in damp or wet locations.
– Inspect the bike for worn or loose components before using.
– Do not use the bike:
    1. The power cord is damaged.
    2. the bike is not working properly.
    3. The bike has been dropped or damaged.
– Set up and operate the bike on a solid, level surface.
– Do not modify the bike in any way.
– **Maximum user's weight : 100kgs.**
– **Machine weight: 8kgs.**

IMPORTANT VOLTAGE INFORMATION !

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the bike that you have received.

Check with your dealer for the exact voltage requirements. Use of wrong voltage will damage the bike.

GROUNDING INSTRUCTIONS
This bike must be grounded. When it malfunctions or breaks down, the grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord which as an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
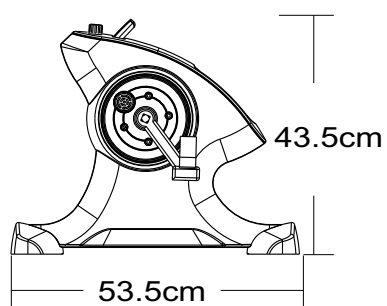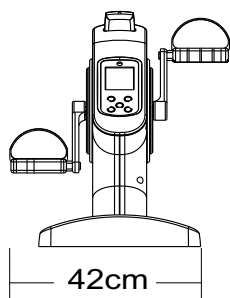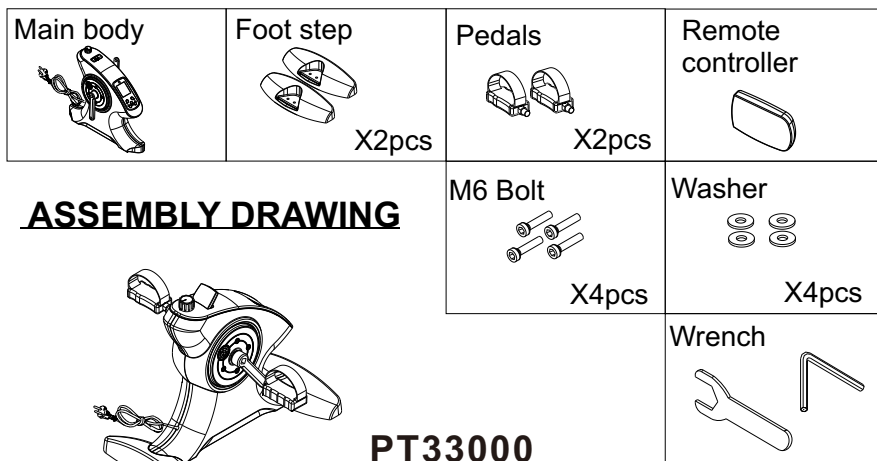
UNPACKING

⚠ WARNING :Use caution when assembling the bike. Failure to do so could result in injury.

NOTE: Read and understand all instructions thoroughly before assembling the bike.

1. Unpack the carton and take out all of parts from the carton.
2. Keep all of the packing materials for the future when needed.

Main body	Foot step	Pedals	Remote controller
	X2pcs	X2pcs	
M6 Bolt		Washer	
X4pcs		X4pcs	
		Wrench	

ASSEMBLY DRAWING

PT33000

42cm

53.5cm

43.5cm

Preset Program Charts:

d2 Preset Program Charts

P01 (manual) F 1 1 1 1 1 1 1 1 1 1

P02 F 1 1 1 2 3 2 2 1 1 1

P03 F 1 1 3 3 4 4 3 3 1 1

P04 F 1 3 5 6 8 8 6 5 3 1

P05 F 1 2 5 5 2 2 5 5 2 1

P06 F 1 3 8 8 8 8 8 8 3 1

P07 F 1 1 1 1 1 1 / R 1 1 1 1 1 1

P08 F 1 2 1 2 1 / R 1 2 1 2 1

P09 F 1 3 6 2 1 / R 1 3 6 2 1

P010 F 1 6 1 6 / R 1 6 1 6 3 1

d3 Preset Program Charts

P01(manual) R 1 1 1 1 1 1 1 1 1 1

P02 R 1 1 1 2 3 2 2 1 1 1

P03 R 1 1 3 3 4 4 3 3 1 1

P04 R 1 3 5 6 8 8 6 5 31

P05 R 1 2 5 5 2 2 5 5 2 1

P06 R 1 3 8 8 8 8 8 8 3 1

P07 F 1 1 1 1 1 1 / R 1 1 1 1 1 1

P08 F 1 2 1 2 1 / R 1 2 1 2 1

P09 F 1 3 6 2 1 / R 1 3 6 2 1

P10 F 1 6 1 6 / R 1 6 1 6 3 1
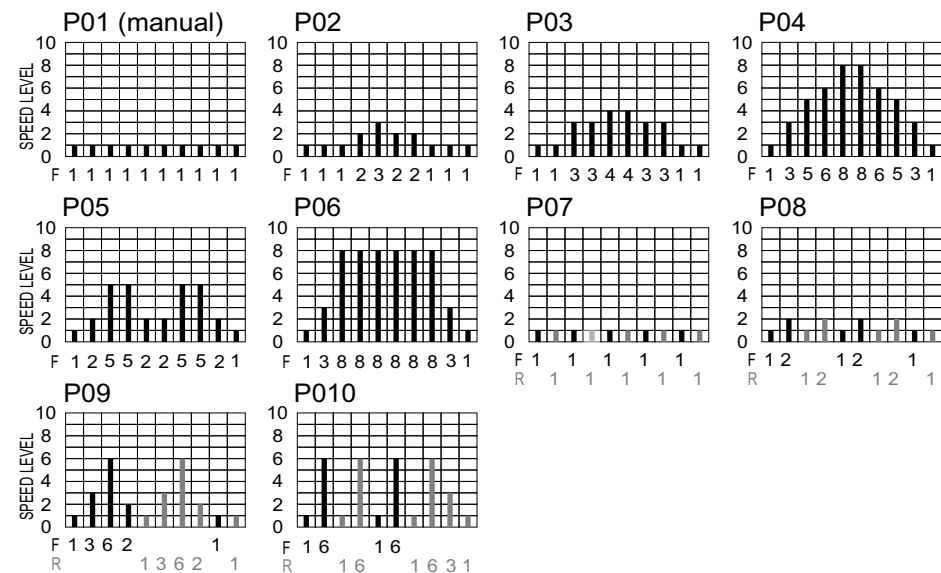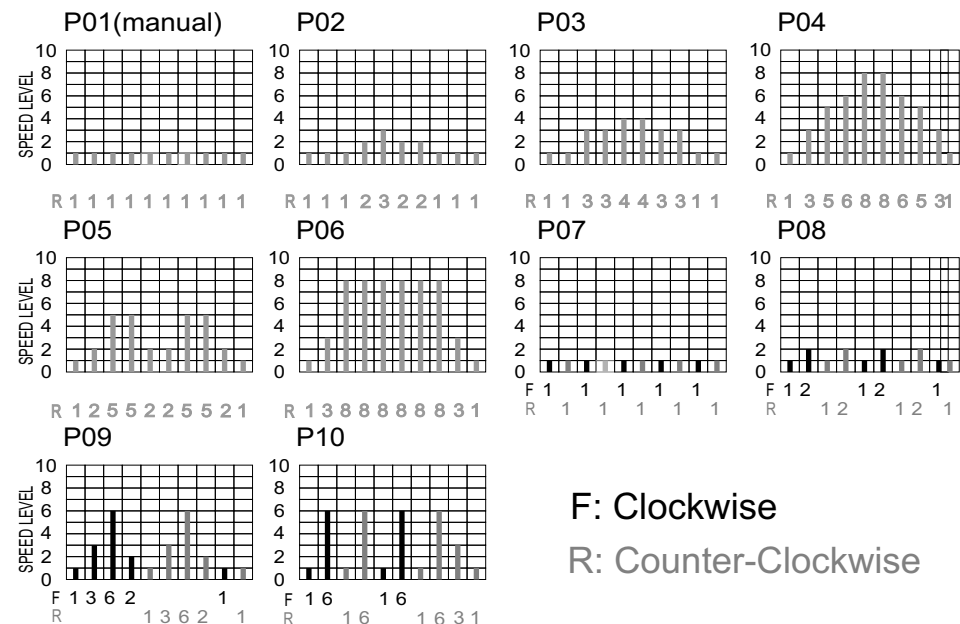
F: Clockwise

R: Counter-Clockwise

PASSIVE Mode (Motor driven -- d2 and d3)

d2 :clockwise   d3 :counterclockwise

1). After Plug in.
2). Press "MODE" to select d2 or d3
3). Press " ↑/↓ " to set up workout time (5~30minutes)
4). Press " ⏻ " to start (from P1- manual), once starting, you
    could only adjust the speed, pls refer to point 5). For new setting,
    pls press "⏻ ", then press "P" button till all digits shown, go back
    from point 2).
4 -1). Before press "⏻", If you want to use Preset Programs
     (pls refer to page 7- Preset Program diagrams to get preference),
    and then press "P"button to select P01~P10, then press "⏻ " to start.

       ** (P1: manual, P2-10: preset)**

5). Once starting, for speed changing, press ↑/↓ to get level 1~10 .
6). Any time, Press "⏻" to stop workout and press "⏻" again to
    resume the workout, press " P" to re-set (for new setting).

TORQUE KNOB

This machine is with advanced design on the output of the motor power. The user can
rotate the Torque Knob to control the intensity of motor power, which can meet the user's
need in changing the motor power. When the machine has suitable motor power, it can stop
easily without injury when the Spasm happens.

less power   more power

ANTI-SPASM FUNCTION ⚠CAUTION

This machine is with the design of Anti-Spasm. Under the Mode d2 or d3:
the machine will stop automatically after it gets the signal from the operation
such as the speed becomes slower and the instant heavy Current arouse.
You can re-start the machine according to COMPUTER OPERATION when
you are sure there is no risk.

HOW DOES IT HAPPEN?

If the machine stopped by outside force while in use, it beeps 2times. The screen shows
E1(error 1), then it stops temporarily and return around 1/4 circle and stops.

HOW TO SOLVE E1(error 1)?

There are 3 methods to do the re-set.
1. Press "P" button to re-set from panel of the machine.
2. Press "P" button to re-set from the Remote Control
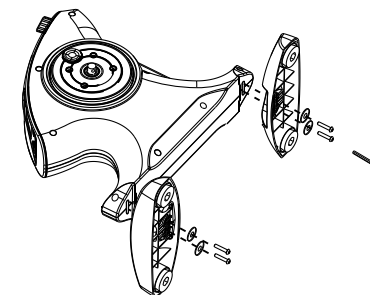3. Unplug, then plug in to get re-set.

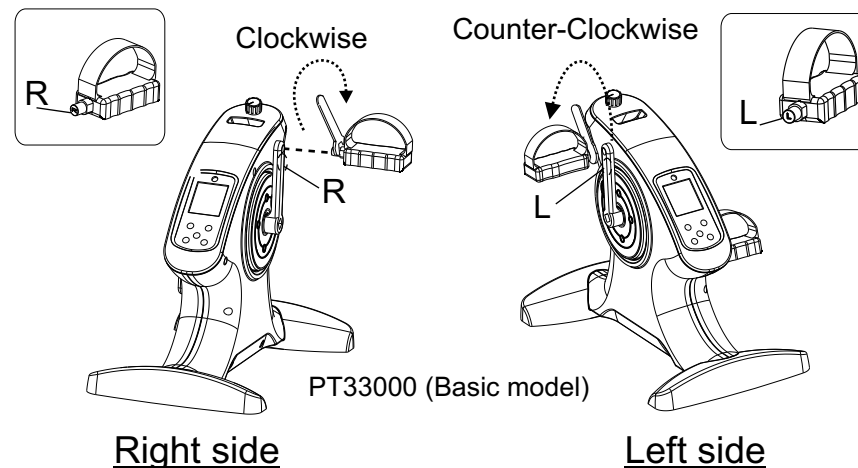(P)   P button
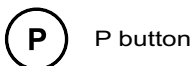
ASSEMBLY

ASSEMBLE TWO FOOT STEPS

1. Secure two foot steps to the main body
   with four M6 bolts and four washers
   by using the wrench.

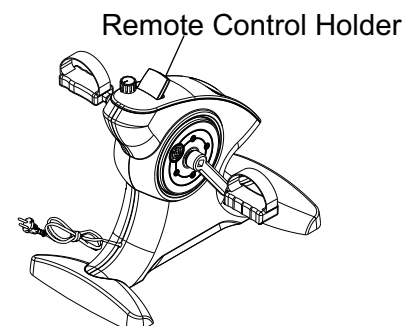### ASSEMBLE TWO PEDALS

Assemble "R" pedal at right side by using the wrench
Assemble "L" pedal at left side by using the wrench

R   Clockwise   Counter-Clockwise   L

R   L

PT33000 (Basic model)

Right side   Left side

REMOTE CONTROL

Remote Control Holder

Put AAA battery X 2PCS into remote control
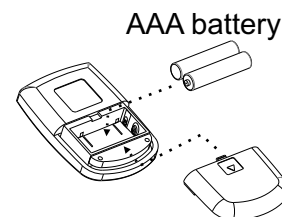
AAA battery

* AAA battery X2pcs are not installed in.
* Take off batteries from remote controller when not in use
   for a long time.

CONTROL PANEL

A) **INFRARED RECEIVER:** connection to the Remote Control.

B) **COUNT:** Exercise circles.
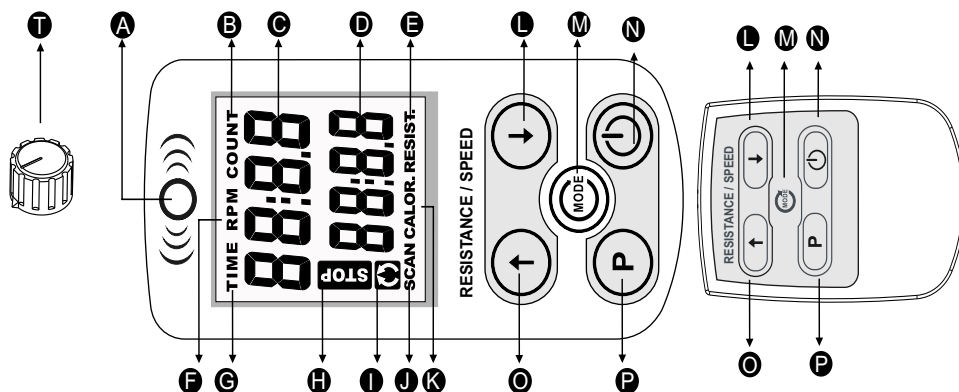
C) **Displays :** Time. RPM. Count.

D) **Displays :** Calories/Resistance/Speed - Level 1~10.

E) **RESIST.** **:** On d1 (Active Mode) shows resistance from level 1~10

F) **RPM :** revolutions per minute.

G) **TIME:** exercised time.

H) **STOP :** temporary stop.

I) **Clockwise/Counter-Clockwise** on Mode d2 and d3.

J) **SCAN:** scan each display data per 5 seconds.

K) **CALORIES:** Calories burnt.

L) **Down:** On d1 Mode for Resistance down adjustment.

On d2 & d3 Mode for Speed down adjustment.

Time adjustment.

M) **MODE :** Selection for Mode d1,d2,d3, and press to scan the displays.

N) **Power button :** Start and Stop exercise, screen wake-up.

O) **UP :** On d1 Mode for Resistance-up adjustment.

On d2 & d3 Mode for Speed-up adjustment.

Time adjustment.

P) **P:** Press it for pre-set programs.

Press it to re-set while in temporary stop .

Press it to re-set when the E1 (error 1) shows, or press it on Remote Control.

T) **TORQUE KNOB:** On d2 or d3 Model, adjust it for the intensity of motor power

SCREEN WAKE UP: Screen will be automatically shut down after the machine
stops for 5 minutes. Press any key to wake up the screen.

ACTIVE Mode (d1- with no motor power)

1). After plug in.

2). Press "MODE" to select d1

3). Press " ↑/↓" to set up exercise time (5~30minutes).

4). Press "P" to select P01 or P02(preset programs for d1 mode)

If choose P01

5). Press " ⏻" to start workout

6). Press "↑ / ↓ " to adjust Resistance from 1 to 10.

7). When you want to stop temporarily， Press "⏻" to stop. Press
 "⏻" again to continue. Press " P" to re-set.

If choose P02

5). Press "↑ / ↓" for time setting (5~30minutes), then press "⏻ " to start.

6). Press "↑ / ↓" to set the target speed level(1~10)

7). During exercising:

Pre-set Speed (1~10)

S:speed

Resistance (1~10)
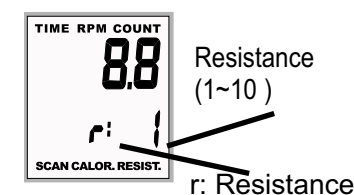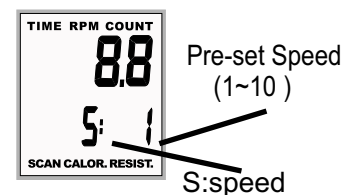
r: Resistance

When your speed is over the Pre-set speed, the Resistance will
will increase up one level after 5 seconds, which means you could have
higher Resistance.

When your speed is less than your Pre-set Speed , the Resistance
will decrease one level after 5 seconds, which means you better have
lower resistance.

Notes:

**The machine will Stop automatically after beeping 2 times when the
Speed is Over 90RPM. At the same time E1(error 1) is shown on the Screen.**

How to shoot this E1 problem? 3 methods here:

1. From the machine, Pls press "P" button to get the re-set.

2. From the Remote Control, pls press "P" button to get the re-set.

3. Pls Unplug, then plug in again to get the re-set.