

Spirit

Dual Bike OWNER'S MANUAL



T70110

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

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SAFETY INSTRUCTIONS

Safety always comes first. Please keep the following points in mind at all times. Read and follow this instruction guide completely before using your Dual Bike. Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.

CAUTION

- Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any Dual Bike device. Observe the precautionary and operational decals placed on the unit.
- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use of determine all controls function normally.
- Handle unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- DO Not permit any foreign materials or liquids to enter the unit. Take care to prevent any foreign materials including, but not limited to, inflammables, water, and metallic objects from entering the unit. These may cause unit damage, malfunction, or personal injury.
- DO NOT modify or remodel the unit. This may cause unit damage, malfunction, or personal injury.
- If you have difficulty operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the Dual Bike in accordance with the instructions outlined in this manual will invalidate your warranty.
- Know your heart rate and pulse, as well as your physician recommended target heart rate training zone. Monitor these during exercise.

CAUTION

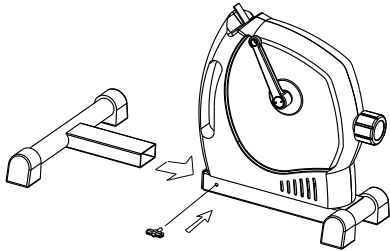
- Warm up before any exercise programs with 8 minutes of aerobic activity.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training.
- After an exercise session, cool down with slow stretching, cycling, or walking.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using unit, and should be under close supervision when using any exercise equipment.
- Use this unit only for its intended purpose as described in this manual.
- This unit should only be used by one person at a time.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Always operate this unit on a level surface.
- Never operate this unit if it is not functioning properly.
- Start exercise slowly and gradually increase the amount of resistance.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Use caution to prevent fingers or hands from being pinched in moving parts when operating the unit.

WARNING

- Use of controls or adjustments or performance of procedures other than those specified herein may result in a hazardous exercise related injury.
- Dispose of all products in accordance with local and national regulations and codes.

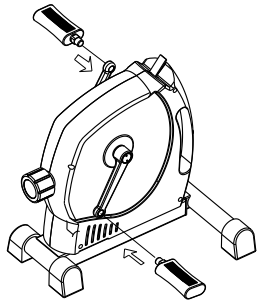
ASSEMBLY


ASSEMBLY



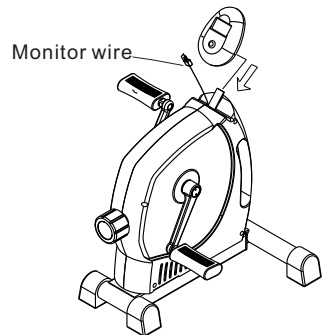
Step 1.

Insert the Front support tube into the Body Assembly and adjust it to the desired position. Then attach the Locking knob and tighten it.



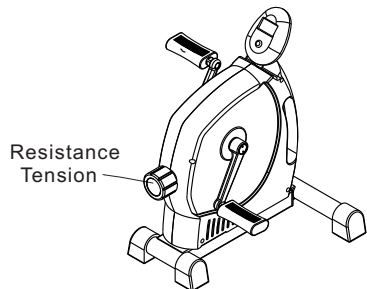
Step 2.

Attached the Left Pedal to Pedal crank and tighten it by using the wrench. Repeat the same step on Right



Step 3.

Plug the monitor wire to the Monitor and slide Monitor completely onto Mounting Tab.



Step 4.

The Resistance Tension controls the amount of resistance applied during exercise. Turn the Resistance Tension clockwise for a more difficult workout, and counter clockwise for a less difficult workout.

OPERATING INSTRUCTION

Upper body exercise:

Put this product on a level table. Put your hands on the pedals to start your exercise.

Note: The Front support tube is adjustable. Before your exercise, you can adjust the length of Front support tube to proper position.



Lower body exercise:

Put this product on a level floor. Put your feet on the pedals to start your exercise.



ELECTRONIC MONITOR

FUNCTION BUTTON

MODE: To select functions of time, speed and distance. Hold the Mode button for 2 seconds to reset all functions values.

FUNCTIONS

SCAN: Press "MODE" button to select "SCAN" mode with a "SCAN" sign on the upper left corner of the monitor. This function will automatically scan through all the functions displayed on the bottom line of the monitor.

TIME: Automatically accumulates workout time when starting exercise.

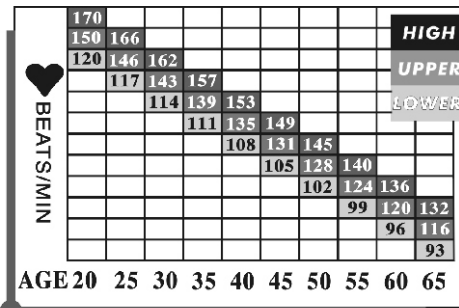
SPEED: Displays current speed during workout time.

DISTANCE: Automatically accumulates workout distance when starting exercise.

NOTE:

1. If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result.
2. Please use two 1.5v "AA" batteries for power supply.
3. The monitor will automatically shut off if no input signal is received for a 4 to 5 minute period.
4. Then monitor will be automatically start when you start exercising or press the button.
5. "CE" approved by applying P 2066357 E 01 (circuit board)

TARGET HEART RATE ZONE



Target Heart Rate Zone
 $220 - \text{your age} = \text{maximum heart zone}$

You do not want to workout at your maximum heart rate. The recommended Heart Rate Zone is a percentage of your maximum heart rate. Between 60% and 75% of your maximum heart rate.

Lower limit of Target Heart Rate Zone
 $= \text{maximum heart rate} \times 0.6$

Upper limit of Target Heart Rate Zone
 $= \text{Maximum heart rate} \times 0.75$

(This is recommended by American Heart Association. Before starting exercise program, please consult your physician to understand your physical situation)

HOW OFTEN SHOULD YOU EXERCISE:

You should exercise three to four times a week to improve your cardiovascular and muscle fitness.

HOW HARD SHOULD YOU EXERCISE:

Intensity of exercise is reflected in your heart rate. Exercise must be sufficiently rigorous to strengthen your heart muscle and condition your cardiovascular system. Only your doctor can prescribe the target training heart range for you. Before starting any exercise program consult your physician.

HOW LONG SHOULD YOU EXERCISE:

Sustained exercise conditions your heart, lungs and muscles. The longer you are able to sustain exercise within your target heart range, the greater the aerobic benefits. To begin maintain 2~3 minutes of steady, rhythmic exercise, then check your heart rate.

WARM- UP& COOL-DOWN

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1



Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

5



Toe touches

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

2



Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

6



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.

3



Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

7



Hamstring stretches

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

4



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 toward the floor. Hold for 15 counts.

8



Calf/achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.