

SPORTS ART COMMERCIAL GRADE 5100R
GENERATOR SEMI-RECUMBENT CYCLE

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SAFETY GUIDELINES:

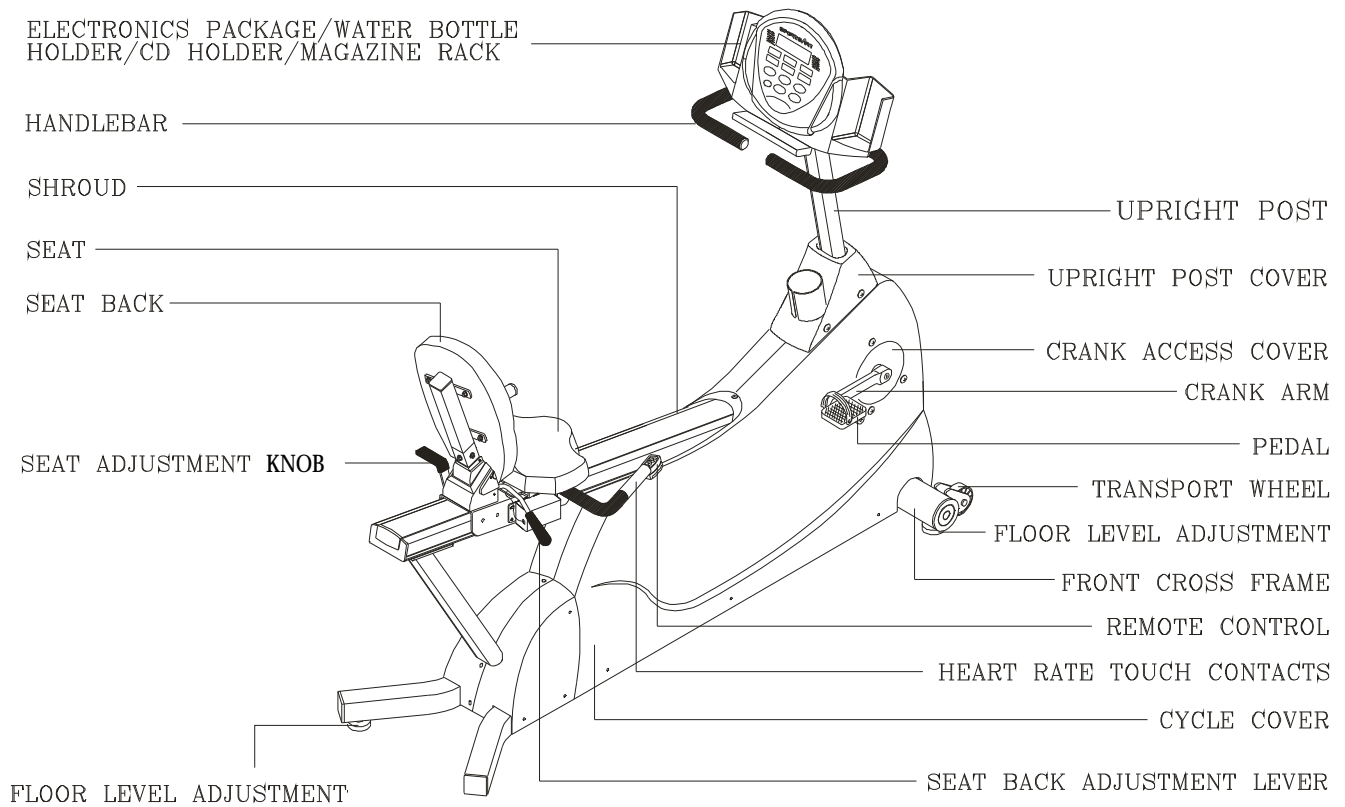
Please read and follow the following safety guidelines:

- Keep this owner's manual for future use and reference.
- Read this owner's manual and follow the instructions.
- Assemble and operate the Sports Art 5100R cycle on a solid, level surface.
- Never allow children on or near the machine.
- Check the machine before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the machine if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing: Do NOT wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- Do not use any accessories that aren't specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level. Do NOT work to exhaustion.
- If you feel any pain or abnormal sensations, STOP YOUR WORKOUT. Consult your physician immediately.
- Allow sufficient space on both sides of the cycle for users to mount and dismount the machine.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized dealer for repairs.
- If the power cord is damaged, it may only be replaced by a qualified technician.

INTRODUCTION

Congratulations on purchasing one of the finest pieces of commercial grade exercise equipment on the market today, the Sports Art 5100R. Constructed of high quality materials and designed for years of trouble free usage, the 5100R will be an integral part of your fitness regimen.

Before using your cycle, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of a bicycle or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



ASSEMBLING YOUR CYCLE

List Of Parts:

- . Six 5/16"x 3/4" bolts - Upright post
- . Four 5/16" wave washers - Upright post
- . Two 5/16" flat washers - Upright post
- . Four philip screws - Upright post cover
- . Four 1/4" x 1/2" bolts - Handlebar
- . Four 5/16"x 3/4" bolts - Handlebar mounting plate
- . Four 5/16" x 3/4" flat washers - Handlebar mounting plate
- . Four 5/16" spring washers - Handlebar mounting plate
- . Three 5/16" x 3/4" bolts - seat post
- . Three 5/16" flat washers - seat post
- . Four 5/16" x 3/4" bolts - seat
- . Four 5/16" flat washers - seat
- . One pair of foot pedals
- . Two - Way screw driver
- . One hex allen wrench
- . One open - ended wrench
- . Socket

Step By Step Instructions:

Before assembling your cycle, make sure that you have all the parts listed on the previous page.

The following steps explain how to assemble your Sports Art 5100R. Please read every step thoroughly, and follow the directions completely to ensure correct assembly.

1. Take out the cycle frame first and make sure all packing materials are removed from the unit.
2. Place the cycle on a level, flat surface.
3. Place the upright post cover into the upright post. Locate the 16 pin cable connector inside the upright post and insert it securely into the socket.

Tighten the connector by turning both screw pins clockwise to secure. Insert the upright post to the cycle frame (see Fig.1)

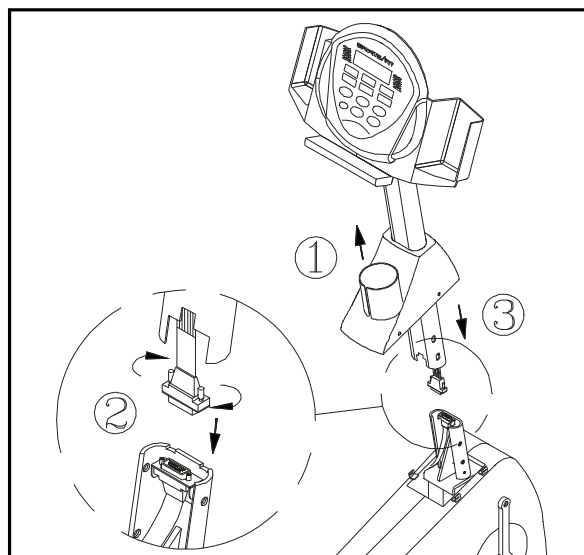


Fig.1

4. Use 6 pcs 5/16" bolts, and washers to secure the upright post (see Fig. 2).

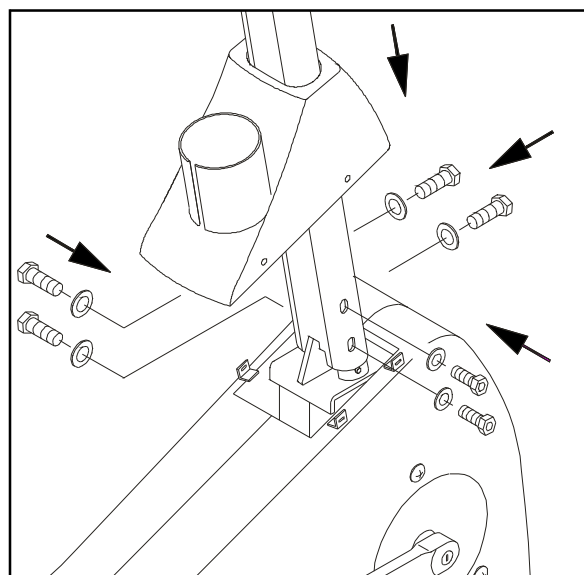


Fig.2

5. Use 4 pcs screws provided to secure the upright post cover (see Fig.3).

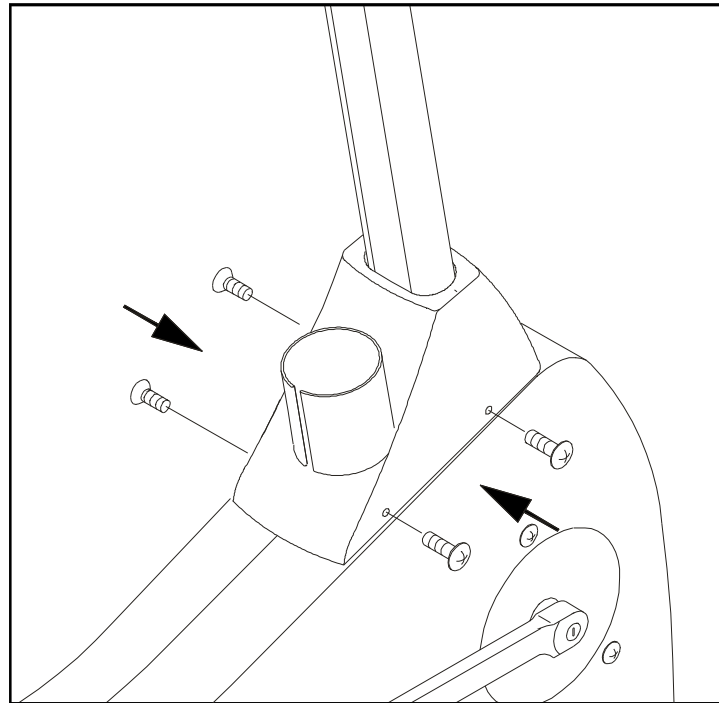


Fig.3

6. Attach the foot pedals to the crank arms on the cycle using the wrench provided. Be careful to install the pedals on the correct crank arm. A " R " or " L " on the foot pedal indicates the correct side.

Install the pedal marked " R " on the right hand crank arm (as you stand at the rear of the cycle facing front). When you install the pedal on the left hand crank arm, rotate the pedal counterclockwise to tighten since the pedal has left-handed screw threads (see Fig.4). Tighten the pedals securely.

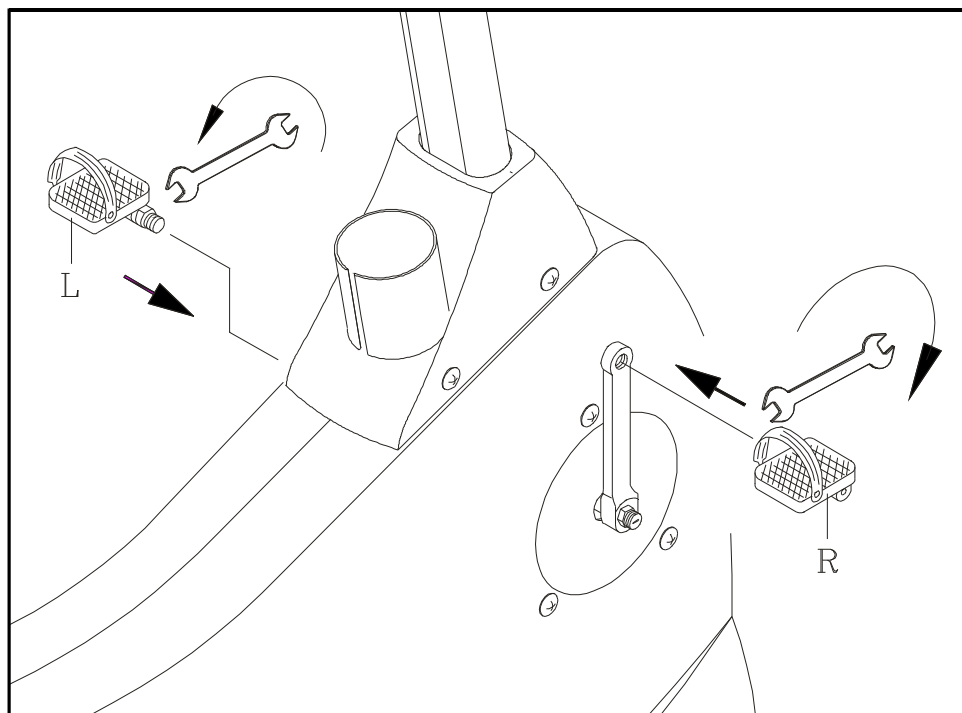


Fig.4

7. Use the 1/4" bolts to fix the handlebar to the upright post. Make sure the angle between the handlebar and the upright post is more than 90° (see Fig.5).

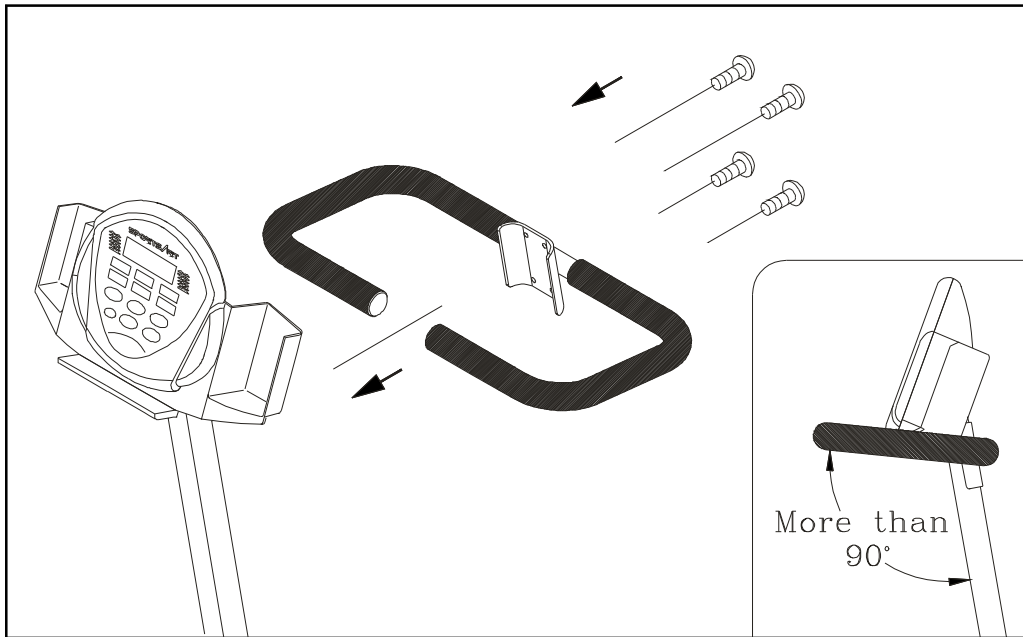


Fig.5

8. Attach the handlebar mounting plate to the cycle frame, using the bolts and washers provided. If your unit is equipped with Hand Touch Readout, connect the two wires in the right place " R " to " R " and " L " to " L " (see Fig. 6).

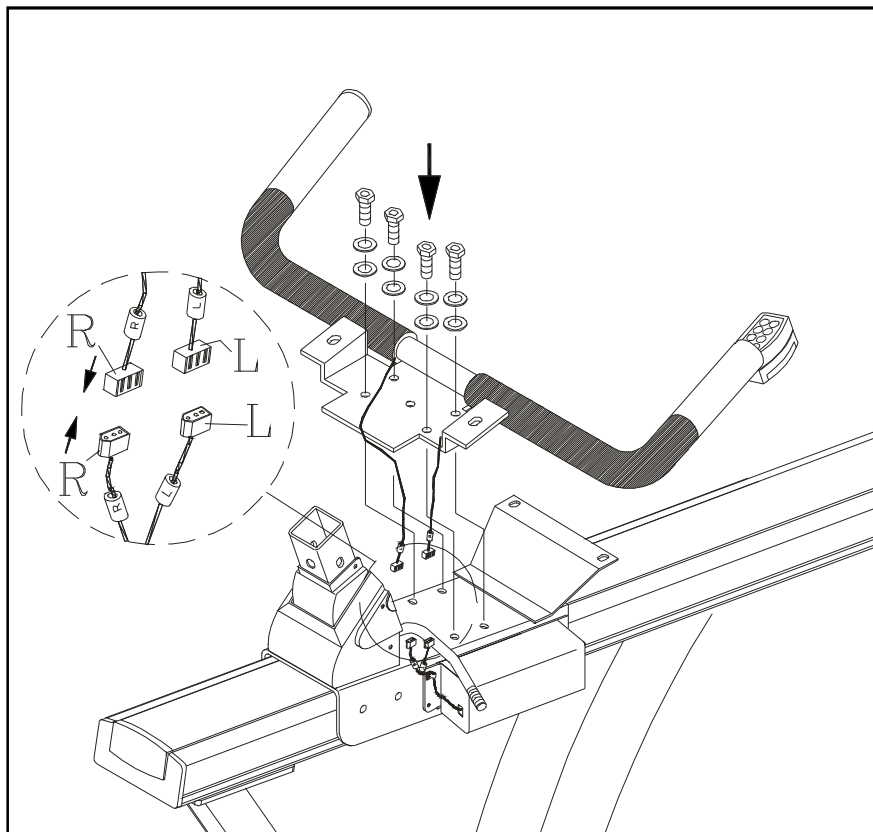


Fig.6

9. Insert the seat back into the seat post, using the 5/16" bolts and washers to secure it (see Fig.7).

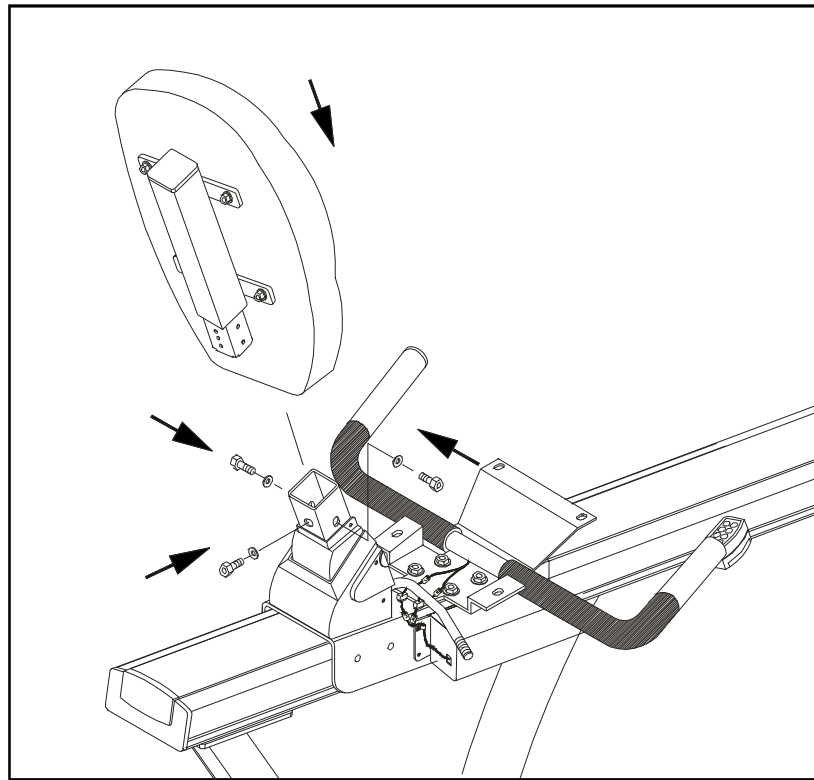


Fig.7

10. Attach the seat base to the handlebar mounting plate, using the bolts and washers provided. Insert the bolts from underneath the seat, two in back and two in front, through the handlebar mounting plate. Tighten the bolts securely (see Fig.8).

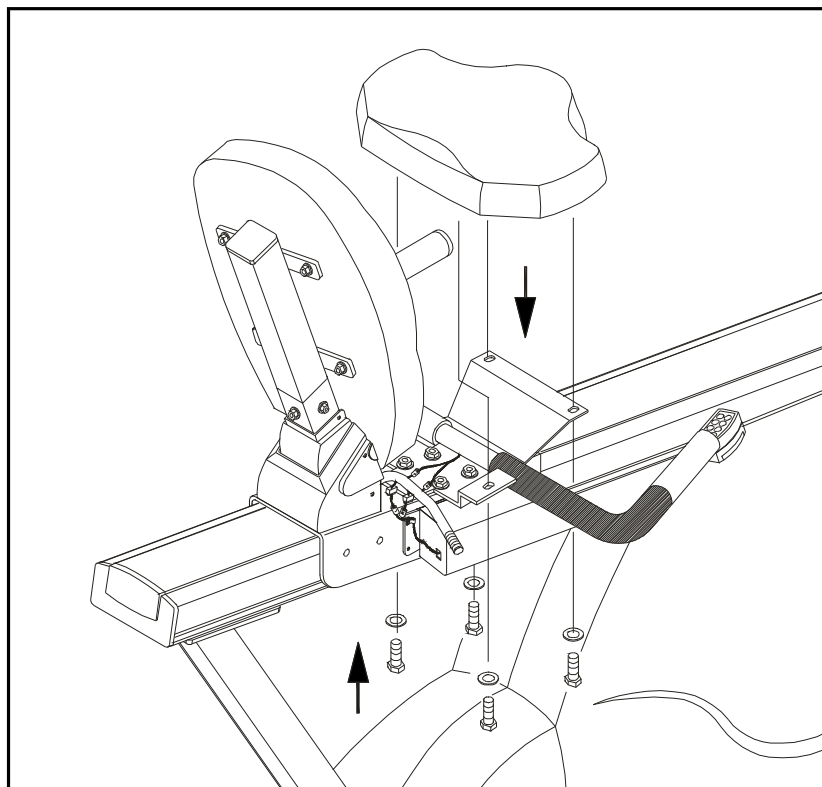


Fig.8

11. Attach the seat back adjustment handgrip to the seat back adjustment lever, using the wrench provided. (see Fig.9)

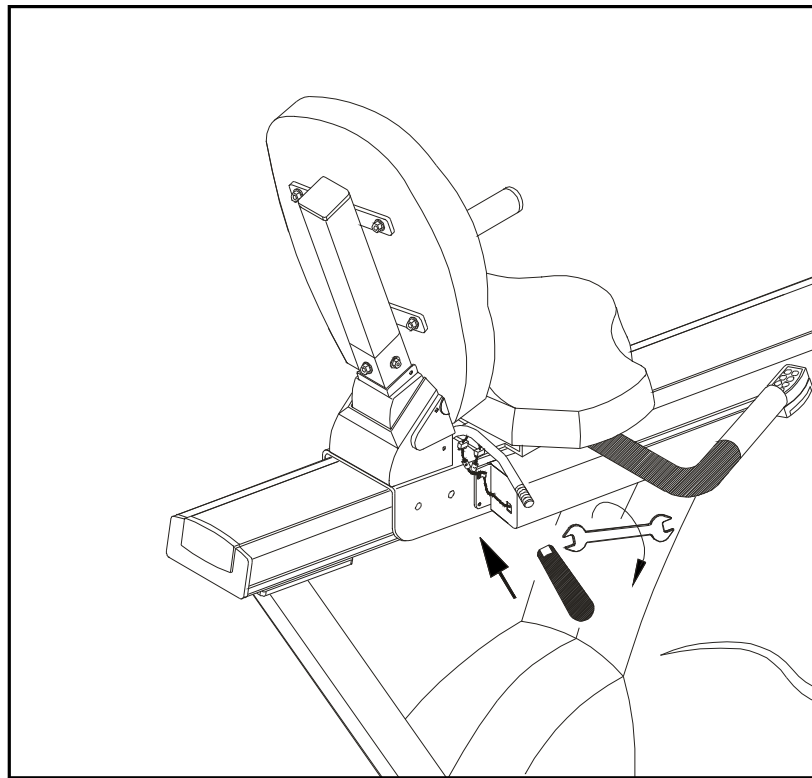


Fig.9

Floor Level Adjustment

If the cycle is unsteady on your floor, turn the floor level adjustment either on the front or rear feet of cycle. Raise or lower the floor level adjustment to steady your cycle. Tighten the floor level adjustment by the wrench provided. (see Fig. 10)

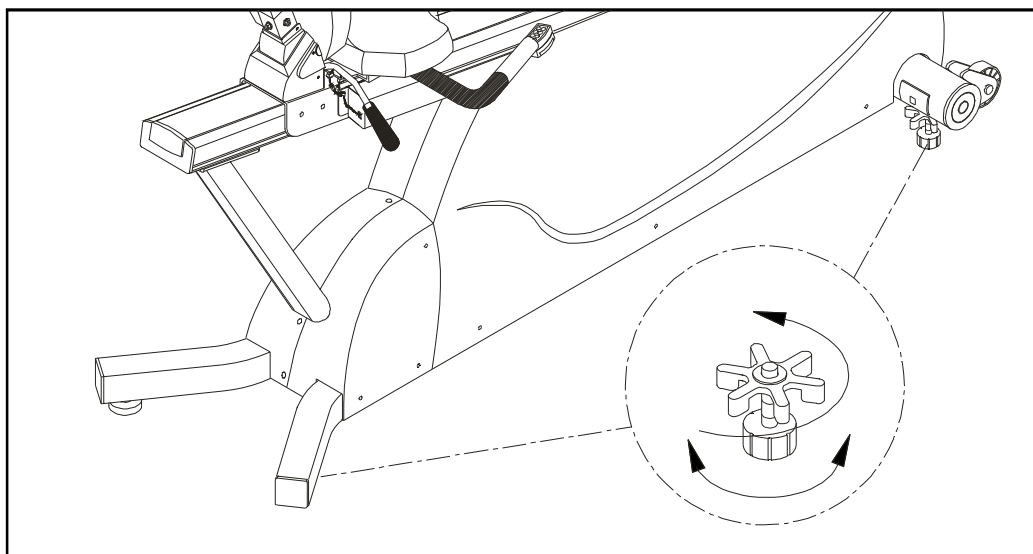


Fig.10

Seat Adjustment

The 5100R is equipped with a two piece seat, allowing you to adjust the seat back's angle of incline. Pull on the seat back adjustment lever and move the seat up and back to find the most comfortable position for you, then release the lever (see Fig.11).

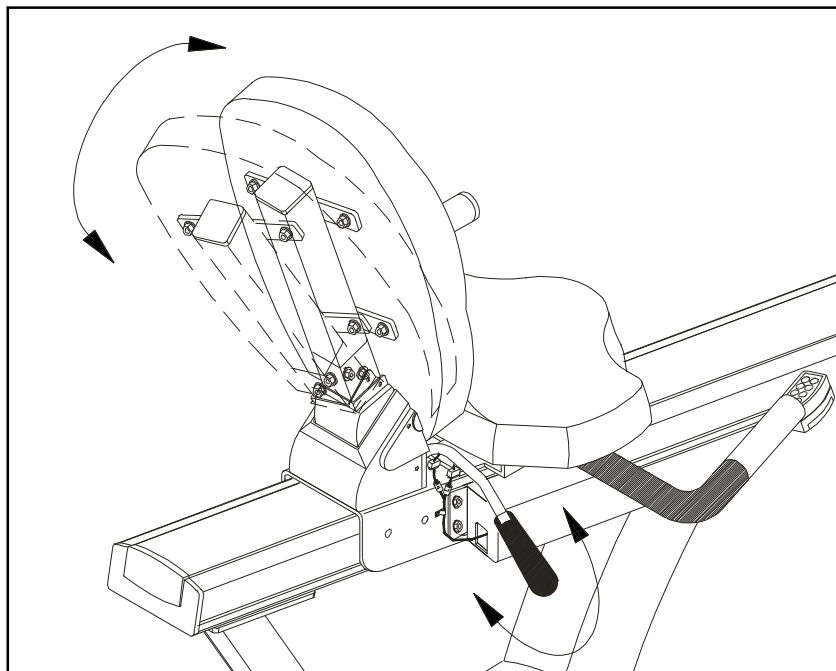


Fig.11

Before your workout, you might need to adjust the seat to the appropriate position for you. Sit on the cycle with both feet in the pedals and one leg extended as far as possible, pull up on the seat adjustment lever, and move the seat forward and backward until the pedal distance is comfortable. Release the seat adjustment lever (see Fig.12, 13).

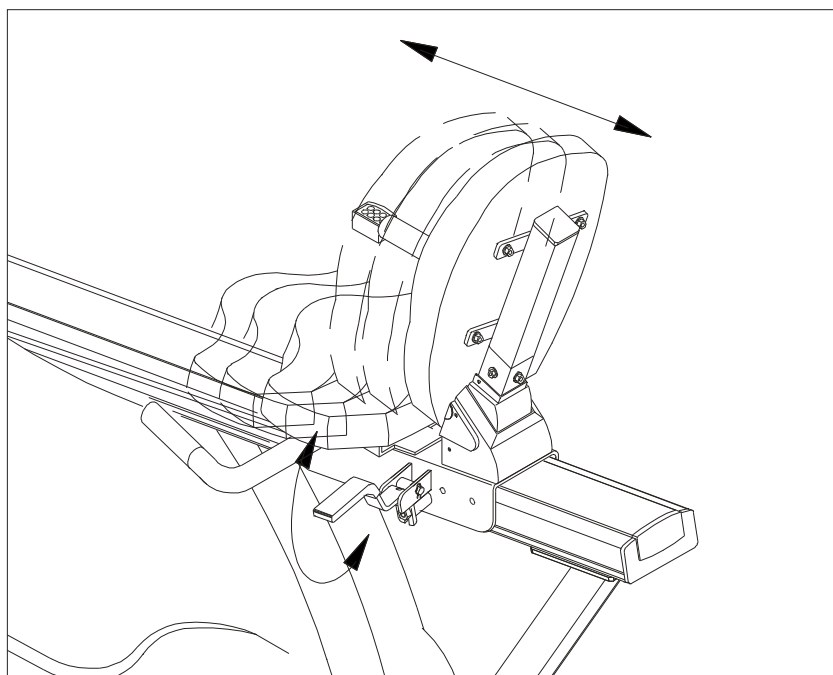


Fig.12

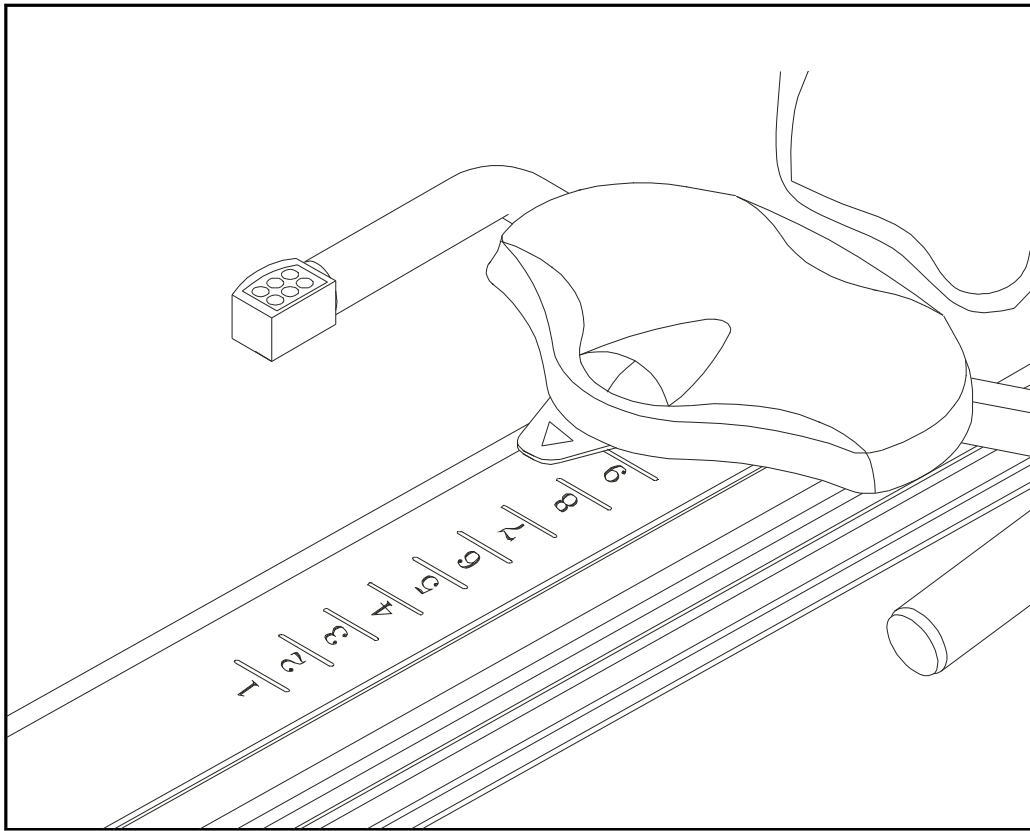


Fig.13

Your 5100R Semi-recumbent Cycle is assembled and ready to use.

EXERCISING ON YOUR CYCLE 5100R

ELECTRONICS PACKAGE

You may press the "ON" button in the electronic package or pedal the unit to start. The unit will shut off the power automatically when you stop pedaling for more than two minutes.

When the power is on, you will automatically enter the MANUAL MODE, starting at "LEVEL 1", while the others show 0.

If this is the Mode you wish to use, you may begin. If you do not pedal within 3 seconds, the window will display the message " PEDAL TO START WITH LOAD IN LEVEL".

MANUAL:

1. When "MAN'L" appears in the display window, you can adjust the LEVEL to your desired level.
2. Press the LEVEL ▲▼ buttons to choose your desired workout LEVEL.
Press the TIME ▲▼ buttons to set your desired workout time.
Press the DISTANCE ▲▼ buttons to set your desired workout distance.
3. If you would like to stop in the middle of your workout or do not pedal for 3 seconds, the window will display the message " PEDAL TO START WITH LOAD IN LEVEL". All input data (TIME, CAL., etc.) will be retained.
4. When your desired TIME or DISTANCE is reached, a beep tone will sound for 10 seconds to alert the user.

SET:

Press the MANUAL/SET key, and "MAN'L" will show in the display. Press the key once again, and "SET" will appear in the display. Then press ENTER.

1. You can choose between MILE/KILO, WEIGHT and MALE/FEMALE while in the SET mode.
2. The read out will display "PRESS ▲▼ TO SELECT MILE/KILO". Press ▲▼ keys to select either MILE or KILO, then press ENTER to save your selection. (Note: choosing MILE will automatically select pounds in the weight calculation, and choosing KILO will automatically select kilograms in the weight calculation.)
3. You will be prompted to choose between "MALE / FEMALE". Use the ▲▼ to select your choice, then press ENTER to record that choice.
4. Next, " ENTER WEIGHT" will scroll across the screen. Then the last weight setting will show on the display. Use the ▲▼ keys to change your desired weight.

Once you have set your desired weight, press "ENTER" to record them. This will allow the unit to calculate caloric expenditure.

What each of these categories means:

TIME: Use the TIME ▲▼ buttons to set the desired time of your workout. Each press of the button changes the time in increments of 1 minute. Pressing and holding the button will change the display by 5 minutes every 0.5 seconds.

During your workout, the electronics package will count down, and then beep for 10 seconds when your desired time is reached. If your workout continues, the unit will start to count up.

LOAD (LEVEL): There are 14 levels, with Level 1 being the lightest, and Level 14 being the heaviest. Use the LOAD ▲▼ buttons to set the desired load of your workout. Each press of the button changes the load one Level. Pressing and holding the button will change one Level every 0.5 seconds.

DISTANCE: Use the DISTANCE ▲▼ buttons to set your desired distance. Each press changes 0.1 miles (0.1 km). Pressing and holding the button will change the display by 1 miles (1 km) every 0.5 second.

During your workout, the electronics package will count down, and then beep for 10 seconds when your desired distances have been reached. If your workout continues, the unit will start to count up.

CALORIE: This readout gives you the amount of calories burned, based on the weight entered and load during your workout.

PULSE: This readout displays the heart rate per minute during your workout.

RPM: A sensor counts the number of revolutions the flywheel makes in one minute, and this is displayed on the screen.

USING THE INTERVAL MODE

A. INTERVAL 1:

The interval 1 Mode alternates between REST and WORK loads.

1. Setting the REST workload:

Press the INTERVAL button and you will be in "INTV. 1". Press ENTER. The LED will display the message: "INPUT REST LOAD & TIME, then press ENTER". Follow the below steps.

- a. When REST appears in the main display,
- b. Adjust the desired level by using the LOAD ▲▼ buttons.
- c. Select the desired REST time (in seconds) by using the TIME ▲▼ buttons.
- d. Then press ENTER to confirm your input data.

2. Setting the WORK workload:

After the REST level and time have been set, the LED will display the message: "INPUT WORK LEVEL & TIME, THEN PRESS ENTER".

When WORK appears in the main display, adjust the desired level by using the LOAD ▲▼ buttons. Select the desired WORK time (in seconds) by using the TIME ▲▼ buttons, then press ENTER to confirm your input data. Then the LED will display the message: " PEDAL TO START WITH LOAD IN LEVEL".

3. When you start pedaling, the LED will display the profile. The electronics package will count down during your workout.
4. You can change the level in REST or WORK by using the ▲▼ LEVEL buttons any time during your workout.

PLEASE KEEP IN MIND BELOW SETTING RANGE

REST / WORK / TIME setting: 30~990 seconds.

B. INTERVAL 2 :

Interval 2 allows you to design your own workout program. There are eight segments in Interval 2. Press the INTV button until you see INTV. 2 in the window, then press ENTER.

Press ENTER and then "SEG:1" will appear in the display. Now design your SEGMENT 1:

a) Use the LOAD ▲▼ button to select the desired LEVEL.

b) Then, use the TIME ▲▼ buttons to select the desired TIME (in seconds).

Press "ENTER" to confirm your desired SEG. 1 setting, then " SEG 2 " will appear in the window. For Segments 2-8 setting, please refer to the instructions as above. Once all segments are set, all the segments you have set will appear in the window, and your own program, under INTV. 2, will be recorded. If you only want to set four segments, for example, leave the TIME of segment 5 with a value of zero, and the 5100R will perform your desired four segments only.

When you start pedaling, the LED will display the profile, and SEG1 will begin flashing.

PROGRAM

The 5100R features a total of twelve professionally designed workout programs. These programs control the level of your workout.

1. Press the PROGRAM button to scroll between the 12 Programs. When you have selected the program you want, press "ENTER". You will be prompted to "PRESS ▲▼ TO SET TIME/DIST", use the TIME ▲▼ buttons to set TIME or DISTANCE ▲▼ buttons to set DISTANCE, then press ENTER to choose TIME or DISTANCE. If you don't press ENTER, the display will prompt you to "PRESS ENTER."

DISTANCE: Use the ▲▼ buttons to set your desired distance. Each press changes the distance 0.1 miles (0.1 km). Pressing and holding the button will change the display by 1 mile (1 km) every 0.5 seconds. When you have reached your desired distances, press ENTER to confirm your distance.

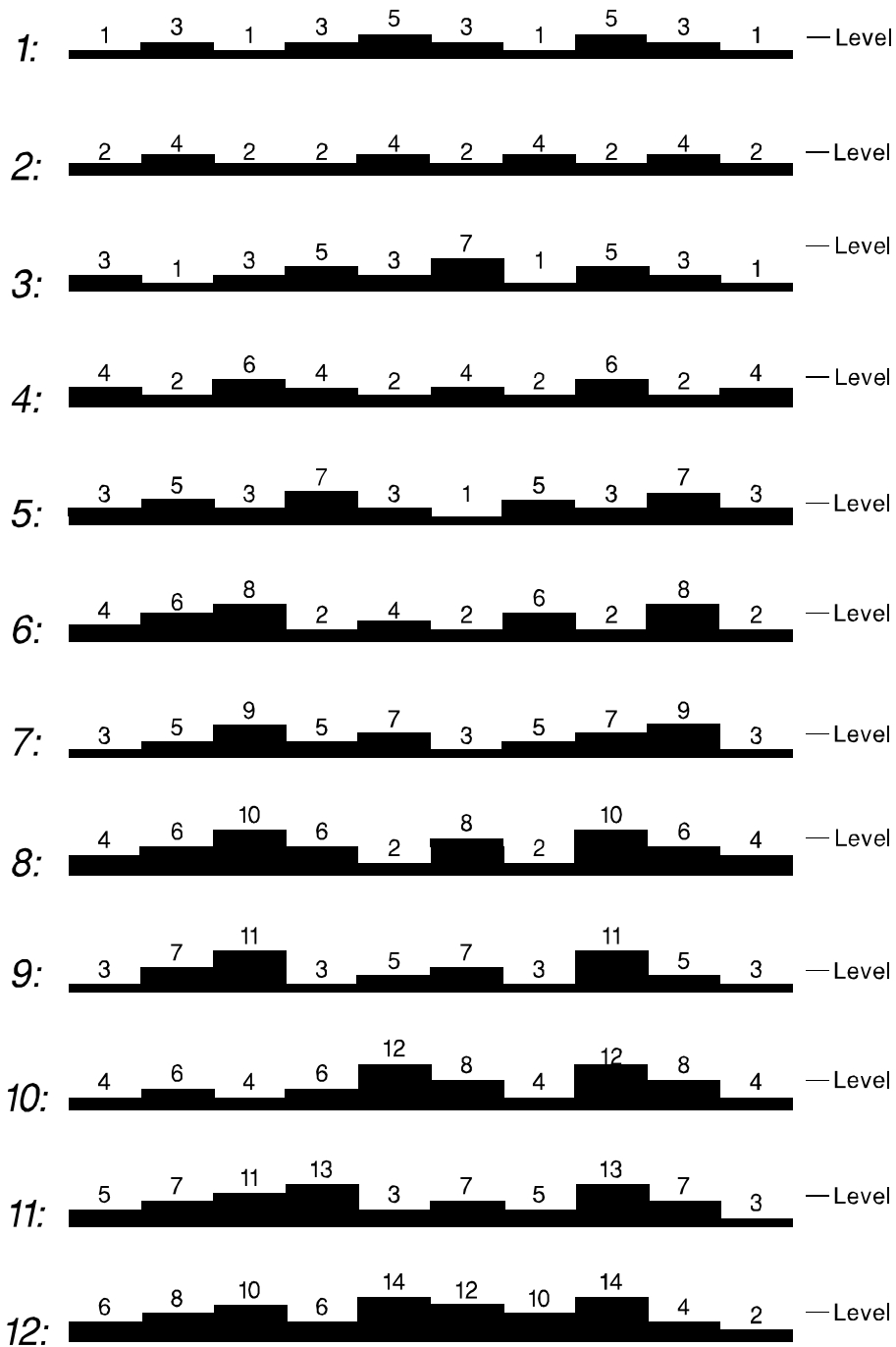
TIME: Use the ▲▼ buttons to set the desired time of your workout. Each press of the button changes the time by 1 minute. Pressing and holding the button will change the display by 5 minutes every 0.5 seconds. When you have reached the desired time, press ENTER.

2. The program profile will be displayed in the LED window, and the program will begin when you start pedaling. If you do not begin pedaling, you will be prompted to "PEDAL TO START WITH LOAD IN LEVEL."
3. During these programs, the unit will automatically switch between levels, which lets you enjoy a varied workout.
4. The electronics package will count down during your workout and a beep will sound for 10 seconds when your desired DISTANCE or TIME is reached, after which the machine will begin to count up.

Even though the programs feature preprogrammed levels, you can change the level anytime during your workout.

If you stop in the middle of your workout, you will be prompted to "PEDAL TO START WITH LOAD IN LEVEL." All input data will be retained.

The course profiles for each program are as follows:



MAINTAINING THE CYCLE 5100R

The Sports Art 5100R requires little maintenance. The 5100R's smooth operation is dependent on keeping the unit as clean as possible.

Regular cleaning is recommended to keep your cycle 5100R at peak performance. Before your workout, use a dry cloth to clean the surface of the electronics package.

NOTE: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

GUIDELINES FOR EXERCISE

How long should I exercise?

The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

TROUBLE SHOOTING:

If the REMOTE CONTROL UNIT doesn't function properly:

- 1 . Replace the two AAA 1.5V (4M-4) batteries (see Fig. 16-17).

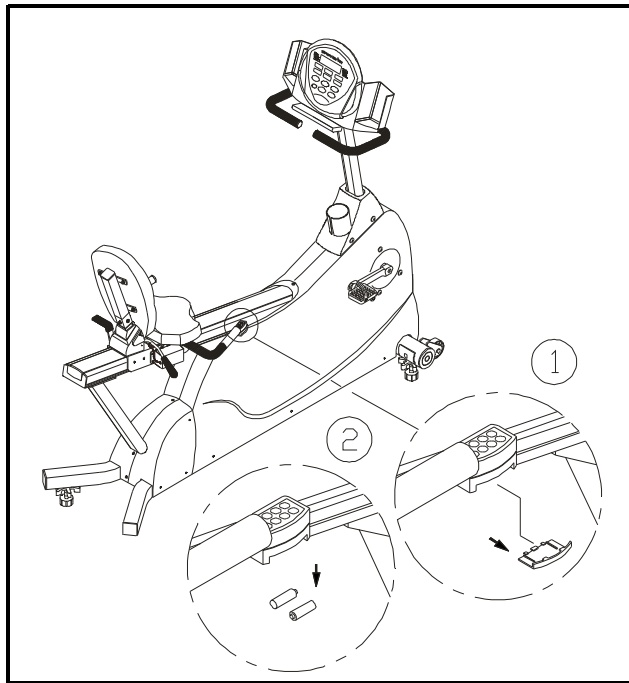


Fig.16

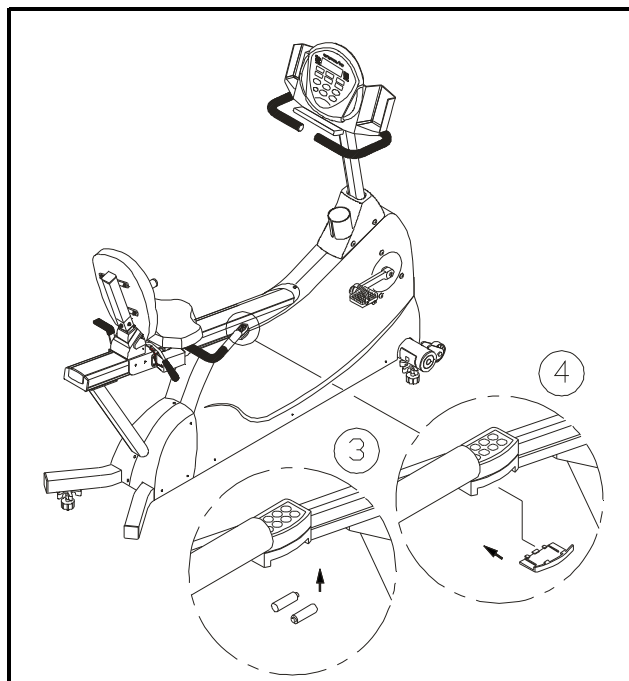


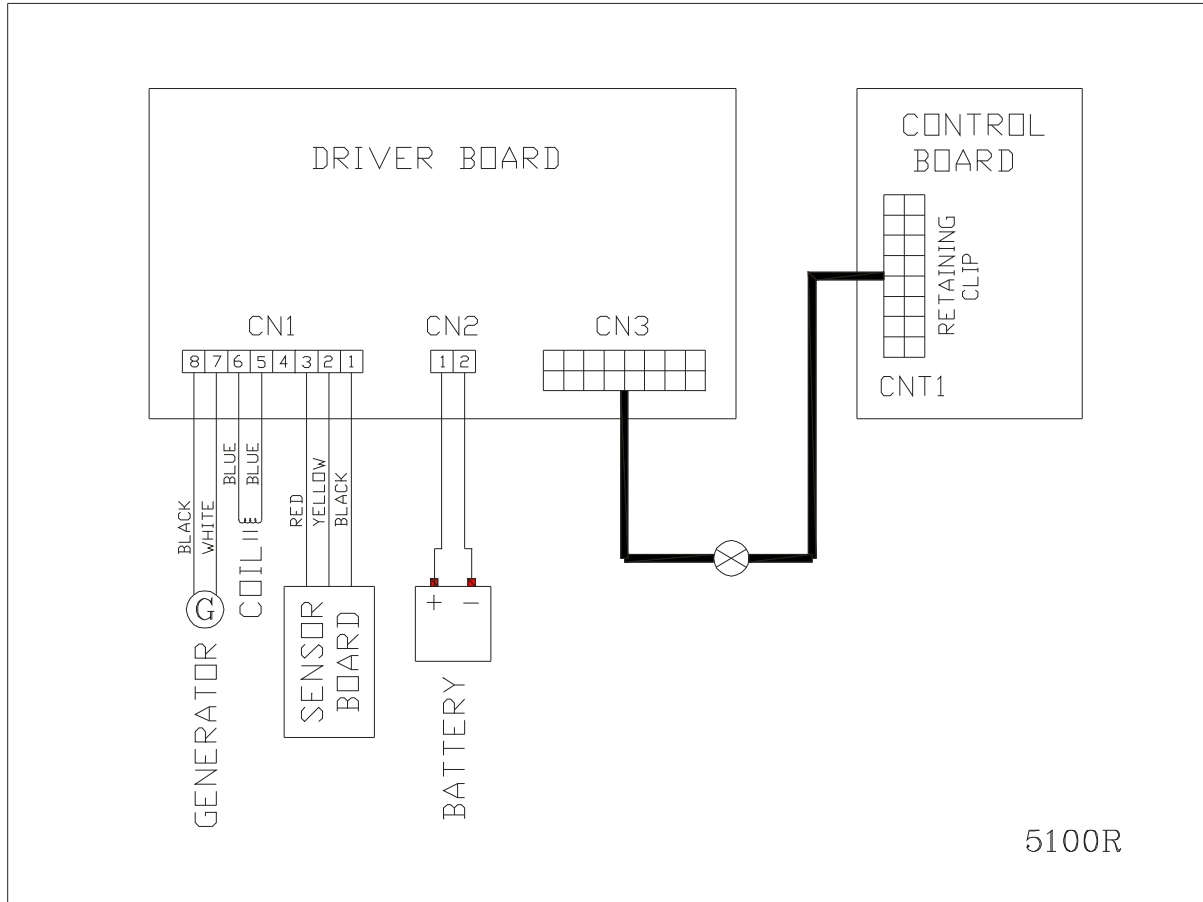
Fig.17

2. If the unit still doesn't function properly after replacing the batteries, please contact your authorized Sports Art dealer.

IF THE LOAD DOES NOT RESPOND PROPERLY :

If there is no load or the load does not respond properly when you set the LEVEL, please contact your authorized Sports Art dealer for further details.

Wiring Schematic:



Your Authorized Sports Art Distributor