

SPORTSART *C51r*

OWNER'S MANUAL

ASSEMBLY INSTRUCTIONS



SPORTSART C51R RECUMBENT BIKE

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A. SAFETY GUIDELINES

Please read and observe 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 bike on a solid, level surface.
- Never allow children on or near the bike.
- 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 overly loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side, and use care when mounting and dismounting the unit.
- Do not stand on the unit.
- Do not use any accessories that are not specifically recommended by the manufacturer as these might cause injuries or cause the unit to fail.
- Allow sufficient space on both side 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.
- Work within your recommended exercise level, do NOT work to exhaustion.

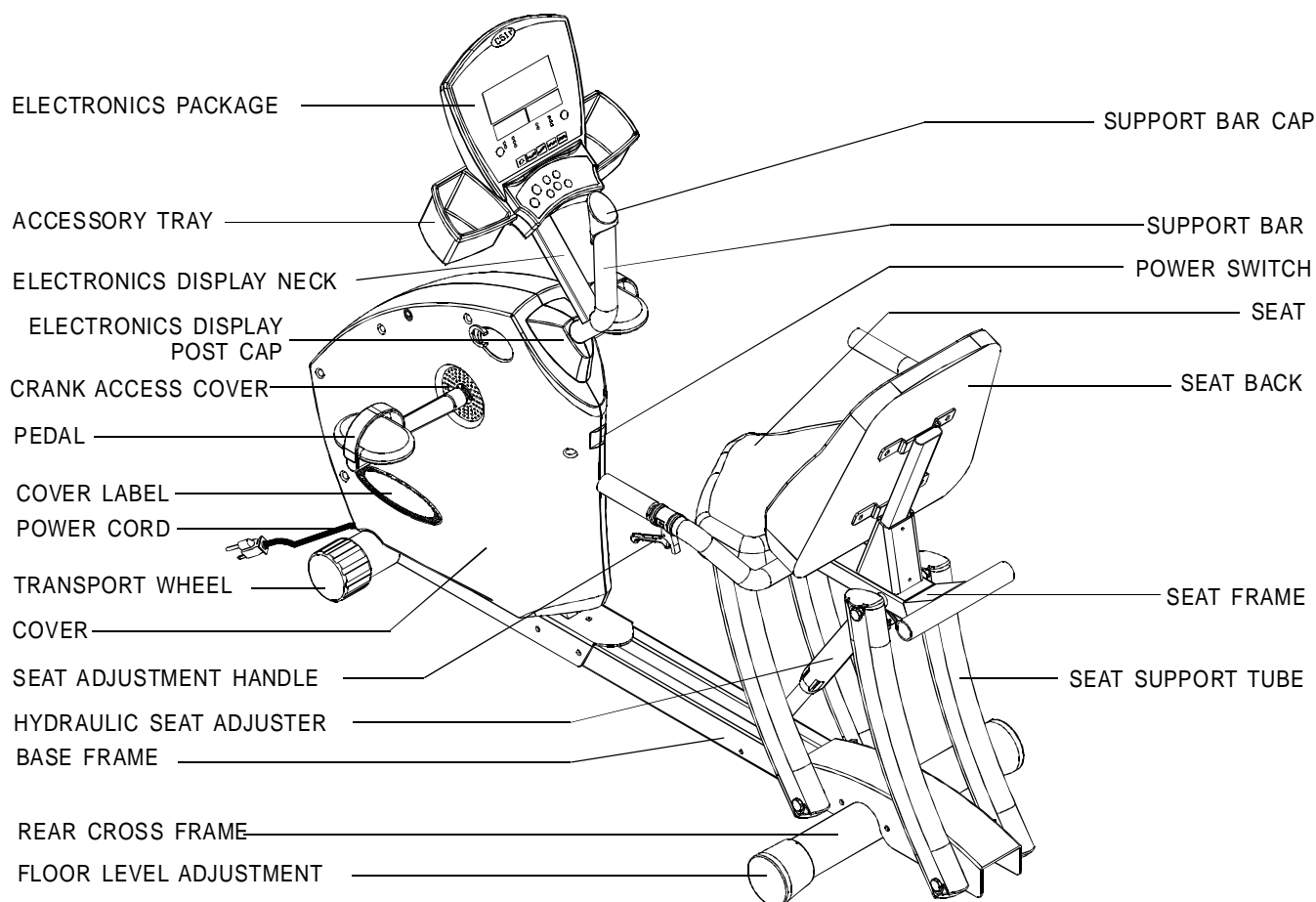
CAUTION:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

B. INTRODUCTION

Congratulations on purchasing one of the finest pieces of exercise equipment on the market, the SportsArt C51R. Constructed of high quality materials and designed for years of trouble free usage, the C51R will be an integral part of your fitness regimen.

Before using your C51R cycle, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an exercise cycle or a seasoned "pro", understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



C. ASSEMBLING YOUR CYCLE

INSTALLATION REQUIREMENTS:

Read this owner's manual and follow the instructions contained herein.

Important: The packaging for this unit was designed to protect it during shipment. Please store the original packaging in a safe place in case you need to ship the unit in the future.

LIST OF PARTS:

1. Four 5/16" x L19 bolts and four 5/16" flat washer – rear cross frame
2. One pair of pedals
3. Three 5/16" x L19 bolts and three 5/16" washers - Electronic display post assembly
4. Four 1/4" x L3/4" bolts, four 1/4" spring washers and four 1/4" flat washers - Seat back support tube
5. Four 1/4" x L3/4" bolts, four 1/4" spring washers and four 1/4" flat washers - Seat back assembly
6. Three 5/16" x L19 bolts, three 5/16" spring washers and three 5/16" flat washers - seat base support frame
7. Four 5/16" x L19 bolts, four 5/16" spring washers and four 5/16" flat washers - seat assembly
8. Two M5 x L10 bolts - Handlebar assembly
9. One M5 hex Allen wrench
10. One 2-way screwdriver - blade
11. One 2-way screwdriver - handle
12. One 14 x 15mm open end wrench
13. One fuse - 0.5Amp
14. One power cord

STEP-BY-STEP INSTRUCTIONS:

When you remove the bike from its box, first check to make sure all of the parts are present. Then, read the assembly instructions thoroughly before you begin.

1. Take out the cycle frame and make sure all packing materials are removed from the unit.
2. Place this recumbent bike on a level, flat surface.
3. Assemble the rear cross frame onto the cycle. Then tighten four washers and screws. (See Fig. 1)

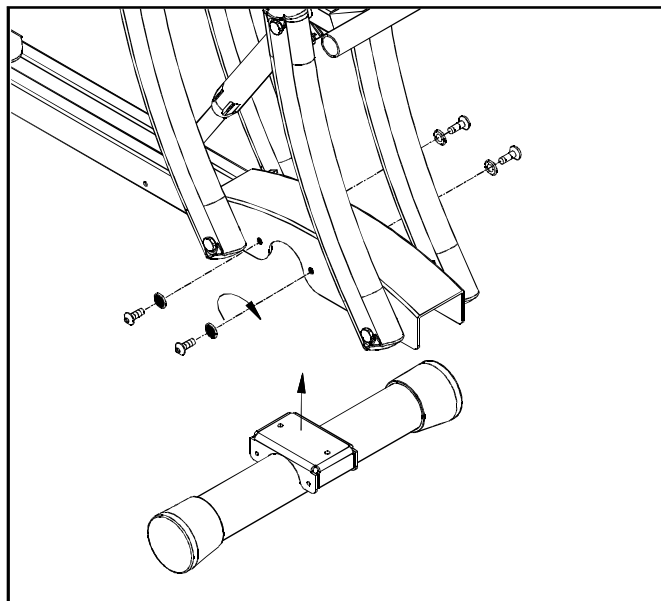


FIG.1

4. 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. "R" indicates the right side. "L" indicates the left side.

Install the pedal marked "R" on the right side crank arm (as you stand at the rear of the cycle facing to the front). When you install the pedal on the left side crank arm, rotate the pedal counterclockwise to tighten. (See Fig. 2)

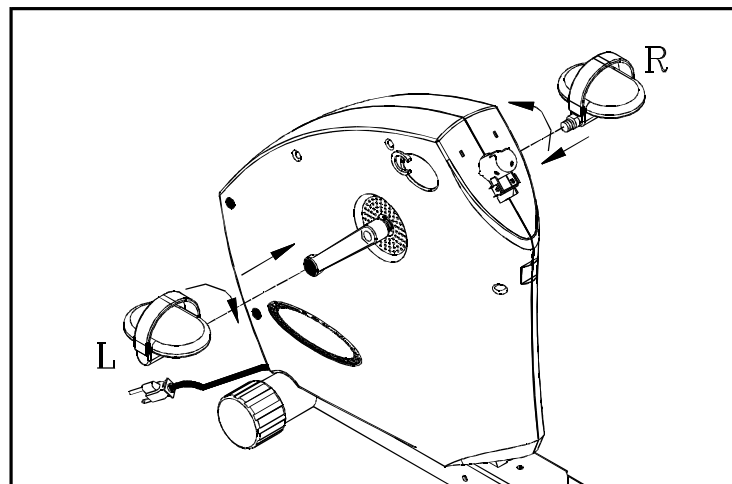


FIG.2

5. Connect the ribbon cables. (See Fig.3)

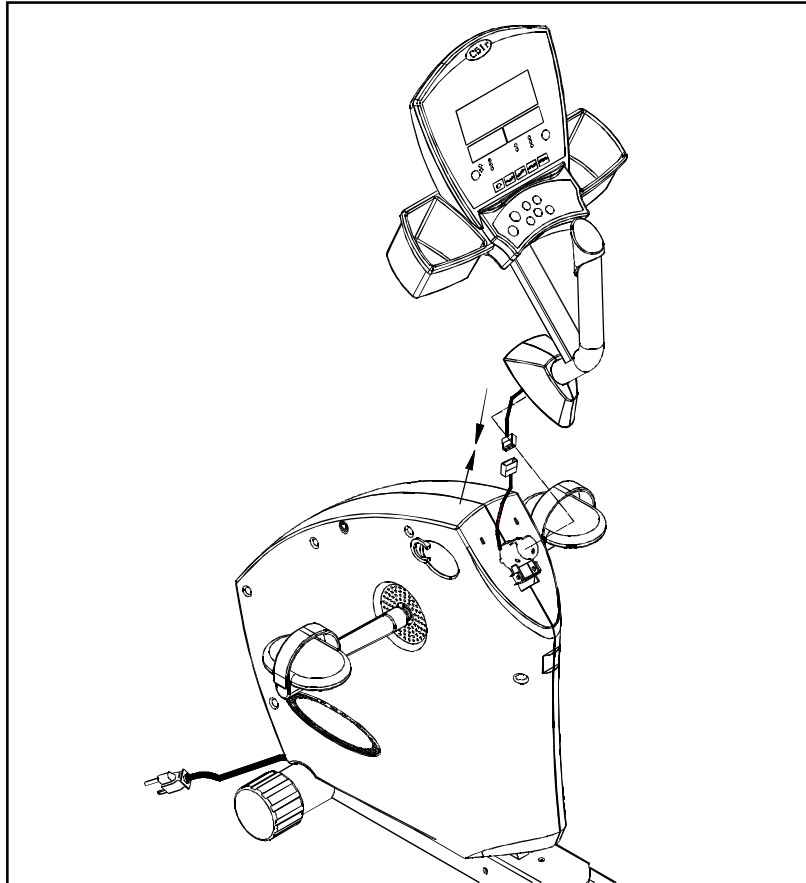


FIG.3

There are three screws to fix the electronic display post. Please secure the middle screw first that is on the top of the electronic display post. Please align the upright post before you tighten this middle screw. Then secure other two side screws. This step will help center the upright post. (See Fig.4)

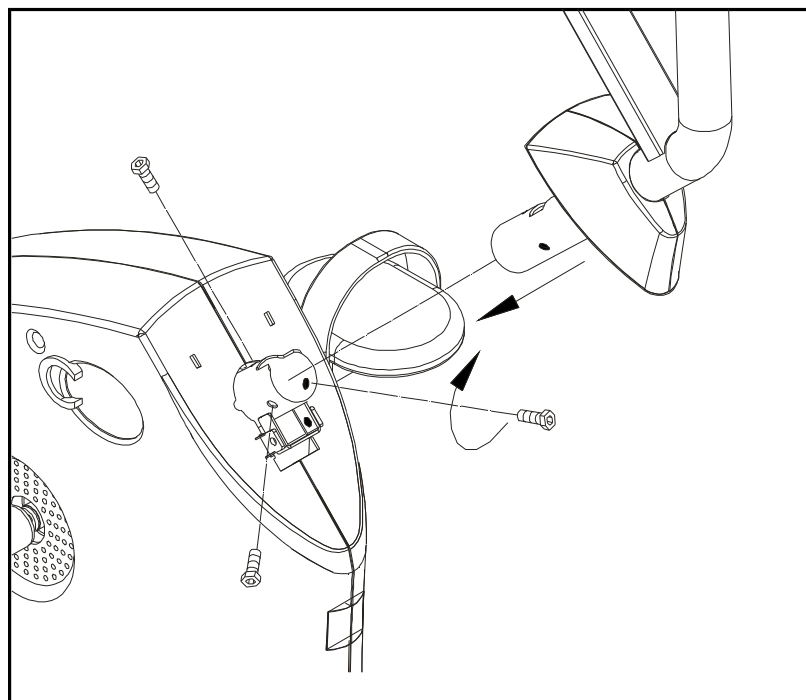


FIG.4

There is a small hole on the top of the big cover. Click the electronics display post cap onto the big cover. (See Fig.5)

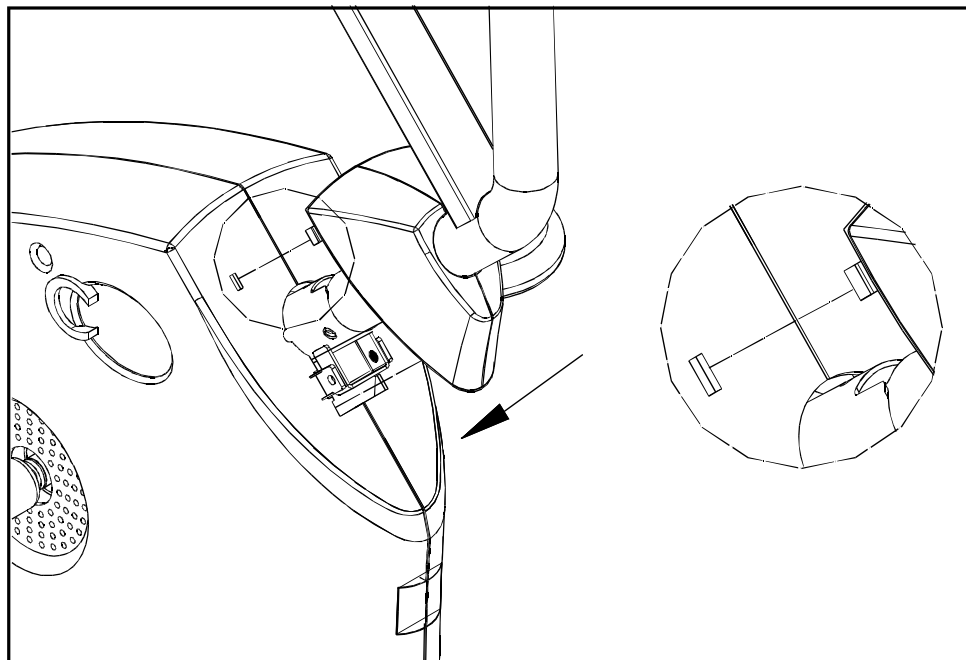


FIG.5

6. Insert seat back support tube into seat bracket, then fasten with 4 sets of washers and screws. (See Fig. 6)

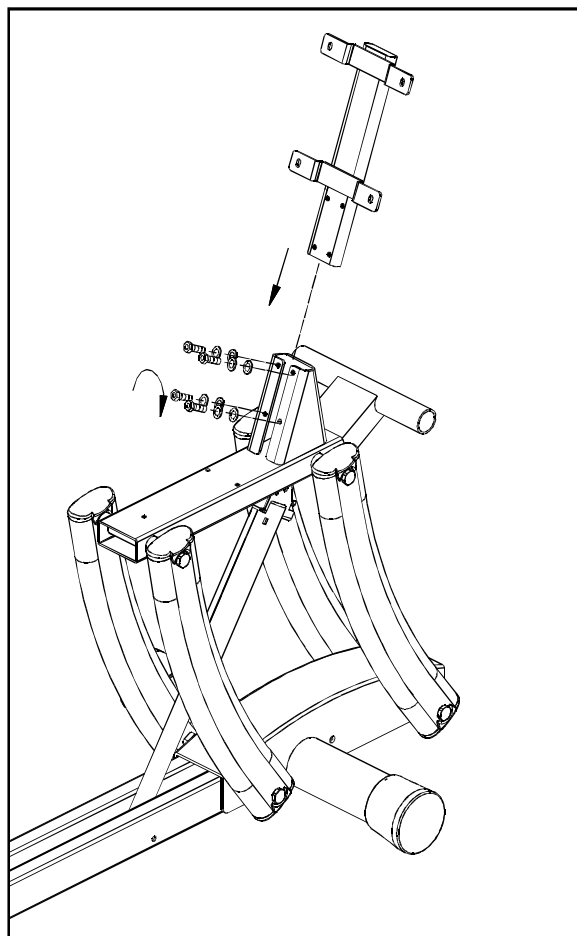


FIG.6

Place seat back onto support tube and use 4 sets of washers and screws to secure the seat back. (See Fig.7)

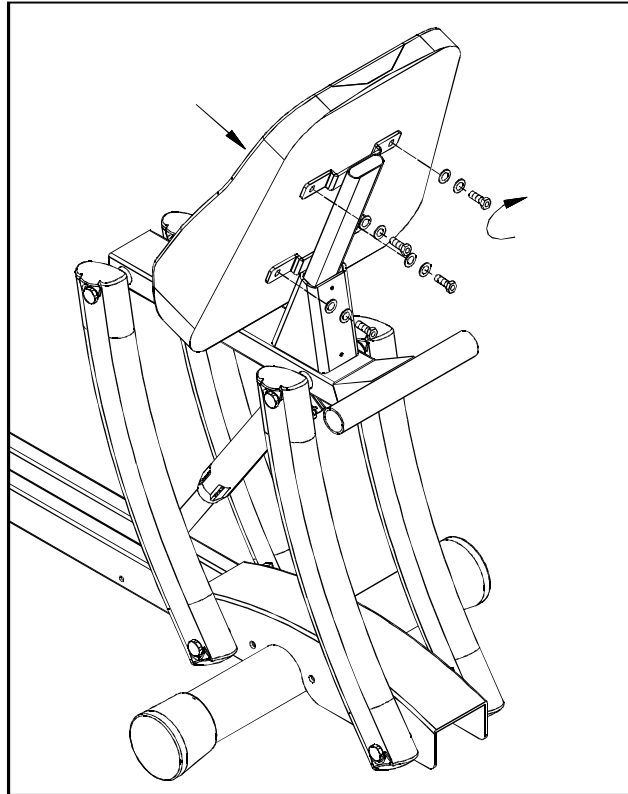


FIG.7

7. Place handlebars onto seat base support frame. Use 3 sets of washers and screws to tighten handlebars. (See Fig. 8)

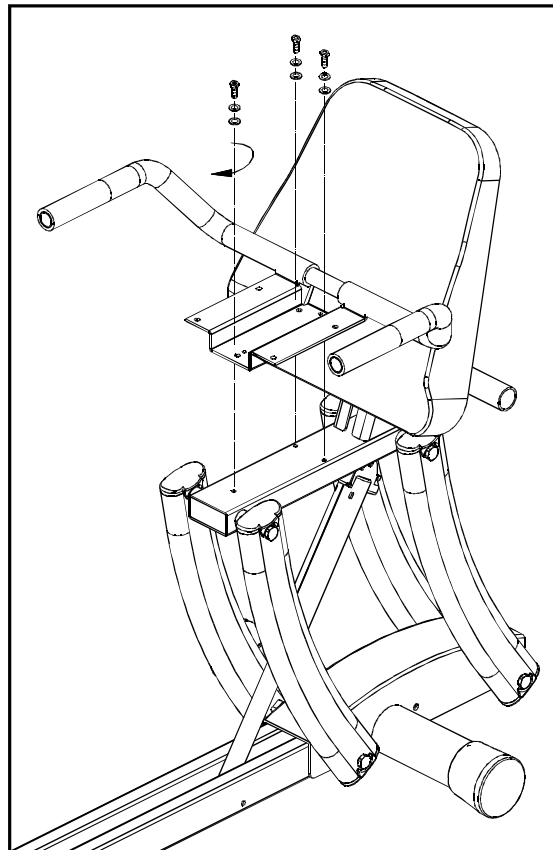


FIG.8

Attach seat base in the position shown below, then tighten the seat with the 4 sets of washers and screws. (See Fig.9)

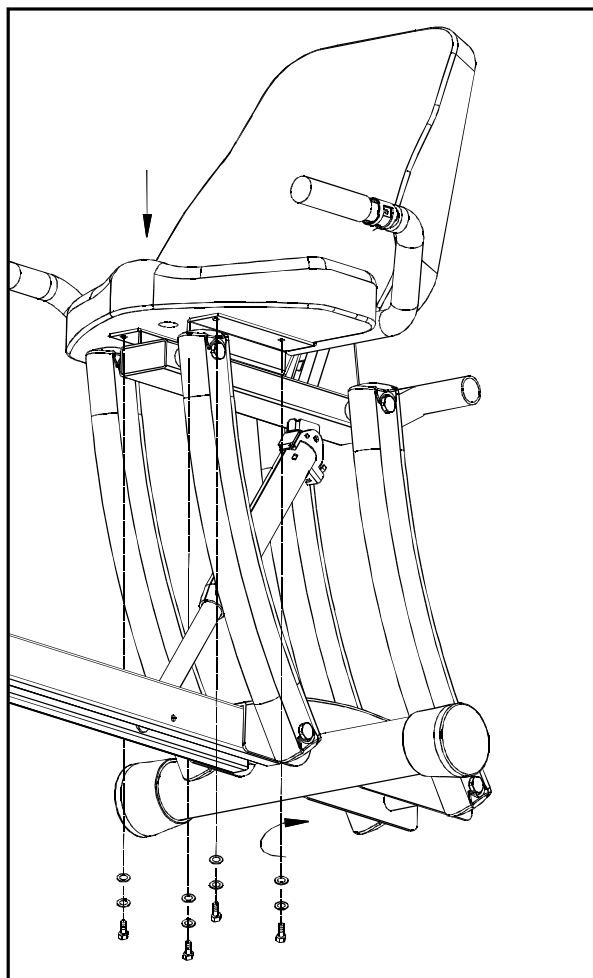


FIG.9

8. Attach the seat adjustment handle to the left side of handlebars, then tighten it down using by 2 screws turned clockwise direction. (See Fig. 10)

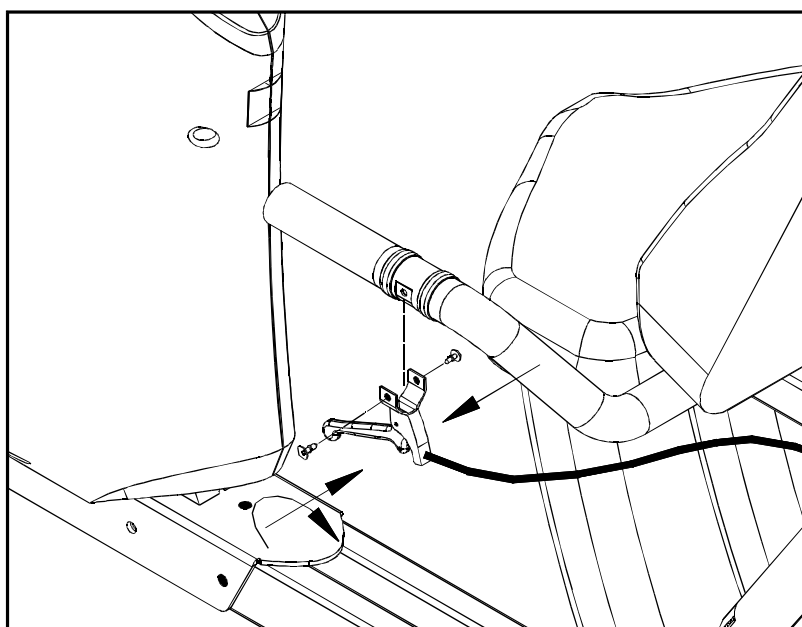


FIG.10

PRODUCT LENGTH ADJUSTMENT:

1. Please rotate the floor lever adjustment to the most lowest position as ①. Put a wood ② underneath the base tube to balance correctly when you loosen screws. The placement for this wood should be close to the screw position as the oblique indicated. (If you miss the wood in the future, the replacement part proposed is about 4 in length and 7/8" in height, something like, magazine, book - - - is also accepted. (See Fig.11)

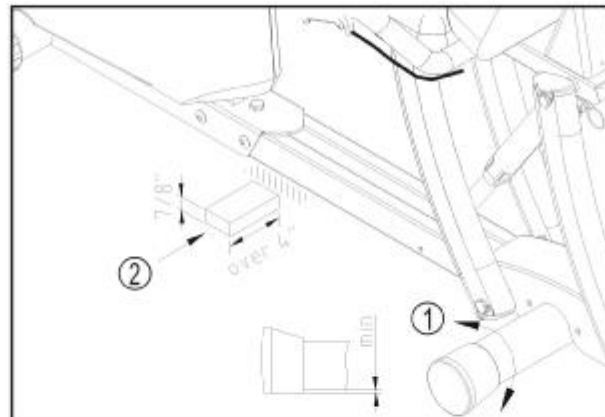


FIG.11

2. Please loosen and move out 4 screws. (See Fig.12)

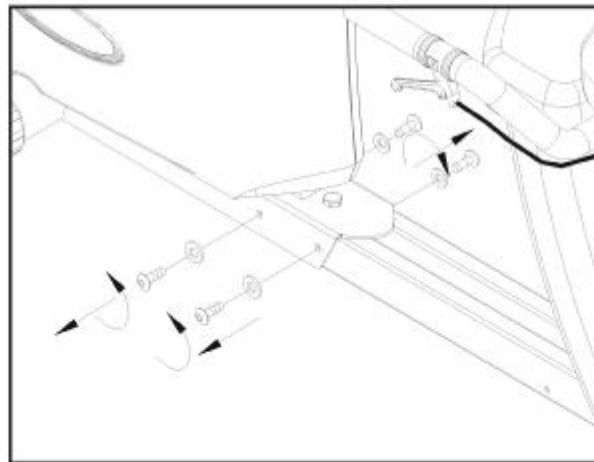


FIG.12

3. Loosen this screw show as the picture for moving the front unit, but don't remove this screw. (See Fig. 13)

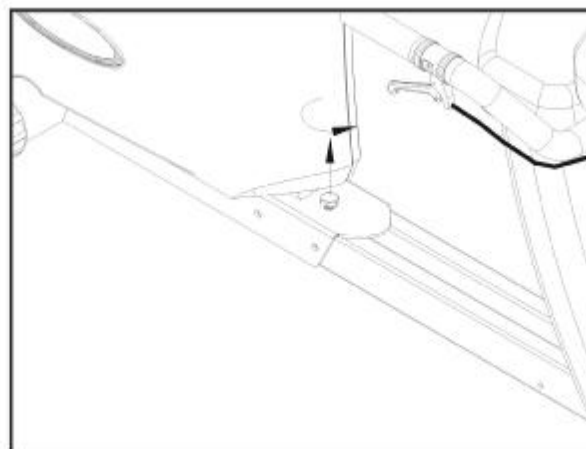


FIG.13

- Adjust the front unit forward or backward to the appropriate screw hole to meet your body size. Move in direction A for a longer stride length. Move in direction B for a shorter length.

Note: This product is shipped at the shortest stride length location. (See Fig.14)

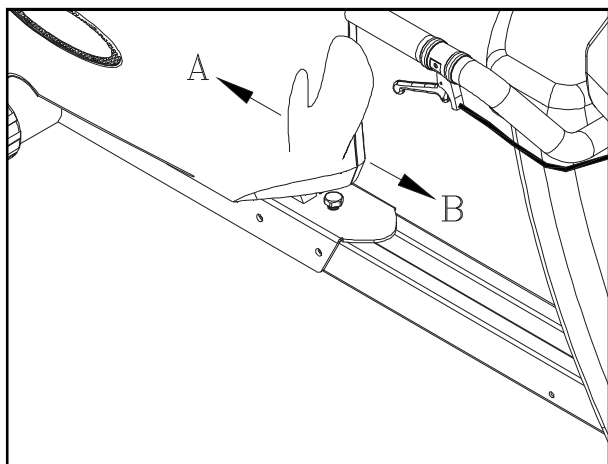


FIG.14

- Please attach 4 screws, but don't tighten yet after you adjust the appropriate stride length. (See Fig.15)

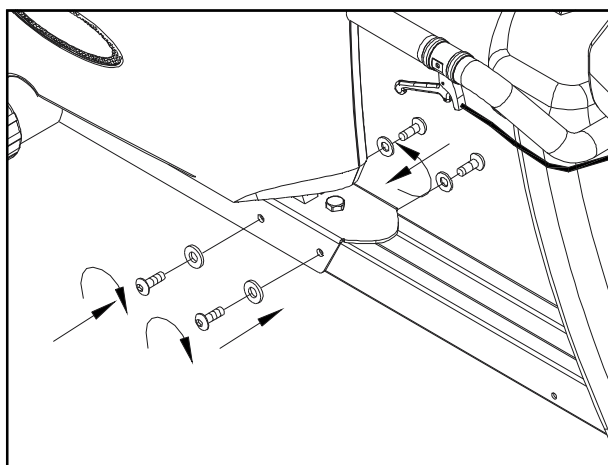


FIG.15

- Please tighten this screw on the top of the tube. Then fasten 4 side screws again. (See Fig.16)

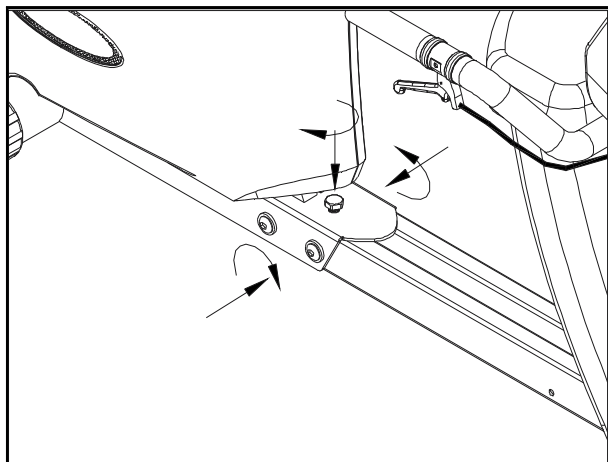


FIG.16

FLOOR LEVEL ADJUSTMENT:

Rotate floor level adjustment to steady the bike. (See Fig. 17)

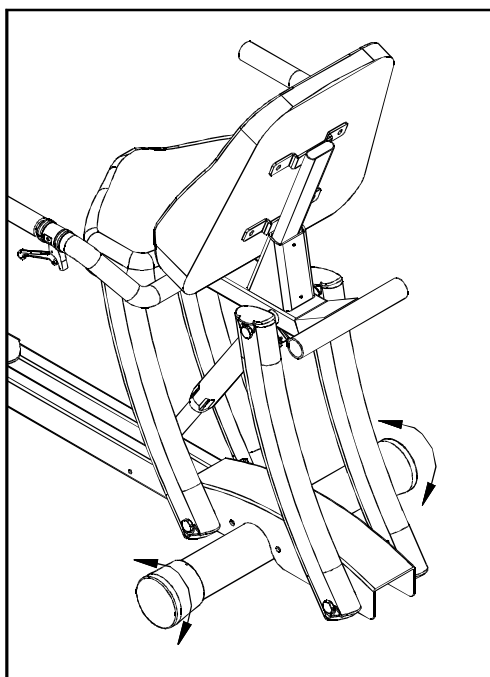


FIG.17

SEAT MOVEMENT:

Move to the front: One hand presses on the seat adjustment handle and push the seat slide forward. To make you easier to move forward, we propose the right hand holds the support bar.

Move to the back: One hand presses on the seat adjustment handle and push the seat slides back. (See Fig.18)

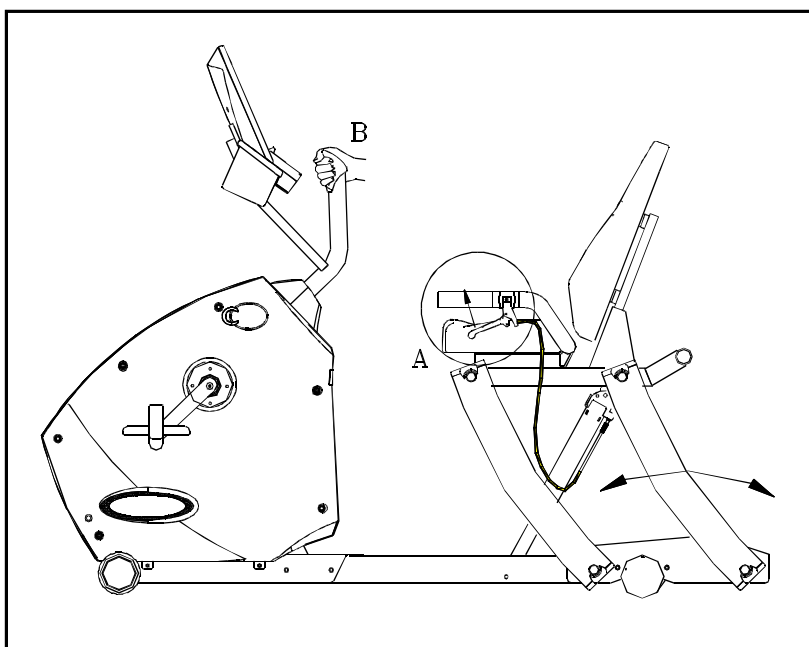


FIG.18

Your C51R cycle is assembled and ready to use.

D. EXERCISING ON YOUR CYCLE:

Understanding the Electronics Package

Electronic Display (See Fig. 19)

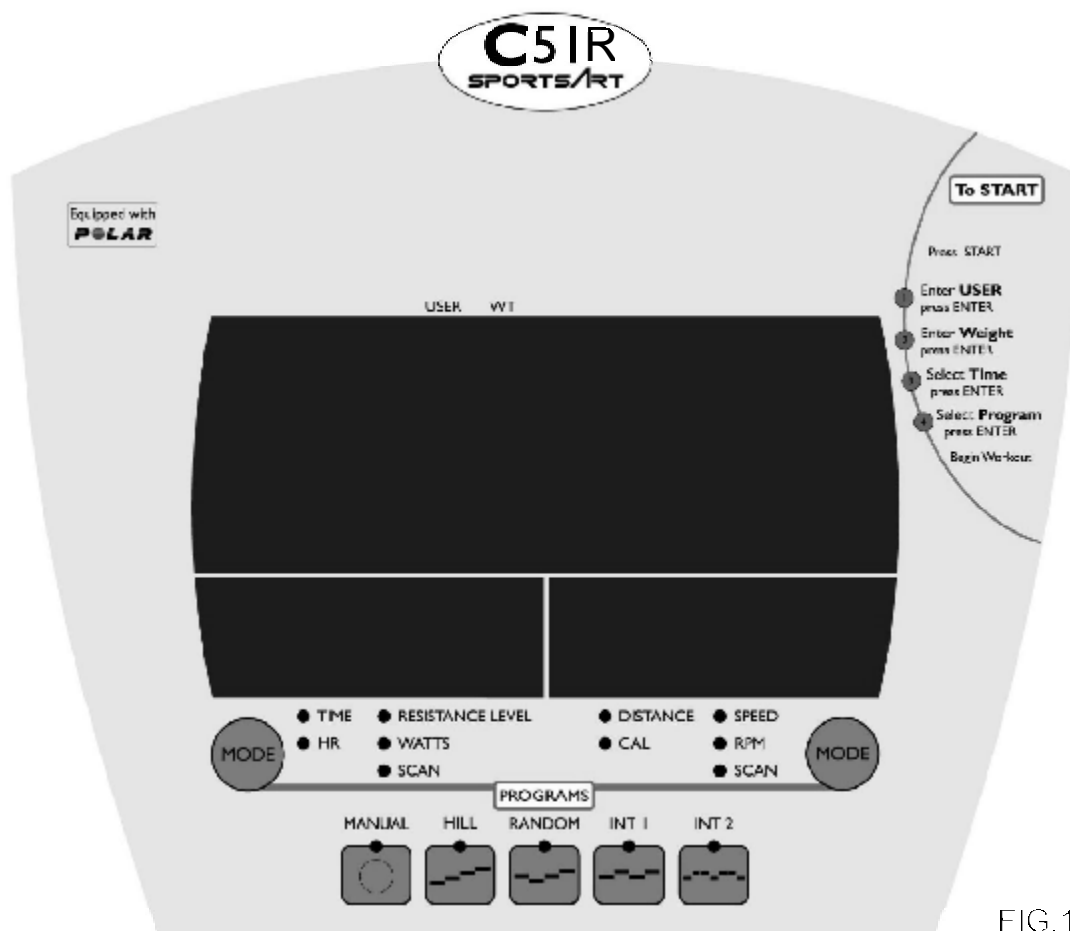


FIG.19

1. Dot matrix display: Provides information & program status.
2. Display information windows: Left window - TIME, RESISTANCE LEVEL, WATTS, HR (optional). Right window - DISTANCE, CAL, SPEED, RPM.
3. MODE – left: To switch between TIME, RESISTANCE LEVEL, WATTS, SCAN.
4. Programs: MANUAL, HILL, RANDOM, INT1, INT2
5. USER, WEIGHT: Input data for identifying specific user data recording and calculating accurate caloric burn.
6. MODE – right: To switch between DISTANCE, CAL, SPEED, RPM, SCAN.

Terminology

- A. TIME: Displays total time accumulated or time remaining in a preprogrammed workout.
- B. HR: Displays heart rate (Optional).
- C. WATTS: Measures exertion level in WATTS.
- D. DISTANCE: Displays total miles or kilometers.
- E. CAL: Displays overall Calories burnt during workout.
- F. SPEED: Displays the current speed in MPH/KPH (depends on national standard).
- G. RPM: Revolution per minute.
- H. SCAN – left: Displays TIME, HR, SPEED, RESISTANCE LEVEL, WATTS in a 4 seconds interval (HR is optional).
- I. SCAN – right: Displays DISTANCE, CAL, SPEED, RPM in a 4 seconds interval.

Display function

- A. MODE – left side button: To choose between information (TIME, HR optional, RESISTANCE LEVEL, WATTS, SCAN).
- B. MODE – right side button: To choose between information (DISTANCE, CAL, SPEED, RPM, SCAN).
- C. QUICK START: At any time to skip USER and WEIGHT setting and get directly to your workout Press Quick Start. The TIME directly counts up from 00:00.
- D. START: (1) Press START to begin programming process.
(2) If you are in PAUSE mode, press START or pedal to resume your workout.
- E. STOP: Press to end your workout program. Your relevant data will be displayed.

F. PAUSE/RESET: (1) Pause: Press the button and stop pedaling to hold any program and information. The dot matrix display will stop flashing and all accumulative data will remain displayed.

(2) Reset: Press and hold the button for 6 seconds. All data will reset and the display will return to Banner mode.

G. ENTER: To enter your input data.

H. RESISTANCE LEVEL ▲ ▼:

(1) Press ▲ or ▼ to select USER ID, WEIGHT, and PROGRAMS.

(2) During your workout, press ▲ or ▼ to adjust resistance levels.

I. MANUAL, HILL, RANDOM, INT1, INT2: Press to select your desired program.

Basic Operation

1. Turn on the power. You will see "C51" banner message.

2. Press "START" button to begin.

3. Select USER by pressing ▲ or ▼ to select USER1 to USER4.

3-1: The total accumulative workout TIME and DISTANCE will be displayed in their corresponding windows and by pushing the MODE button, the accumulative information for other functions, WATTS and CALORIES, will be displayed. The total workout time is accumulated from the date that you start using this cycle.

Note 1: How to clear all data accumulated TIME and DISTANCE.

Step1: Hold START and STOP both buttons together for 3 seconds at the screen of USER.

Step2: The "CLER" is shown up on the left seven-segment display. "0" is flashing on the right side of the LED display.

Step3: Push ▲▼ button to swap between 0 and 1. "0" means "don't clear", "1" means "clear up". Then press ENTER to confirm.

Step4: It comes back to the screen of USER setting after clearing. All data on the left and right seven segment display come to zero.

If you don't need to clear up, it will retain the last record.

Note 2: Electronic display will provide the last record of same user's weight, workout time and workout mode once user number is selected.

3-2: Press ENTER to select desired USER ID.

4. Select WEIGHT

Use ▲▼ button to select your weight and press ENTER to input your data.

5. Select TIME

Use ▲▼ button to select the desired time and press the ENTER button to input your data.

6. Select PROGRAM

There are five PROGRAMS available, MANUAL, HILL, RANDOM, INT1, INT2. Press the desired program to begin your workout.

E. PROGRAMS

Accumulated Workout Data

After selecting and completing your desired program, all programs will display accumulated data "T" per that workout. The accumulated data displayed is TIME, WATTS, DISTANCE and CALORIES. Average HR is also displayed (HR is optional). Once displayed, the electronics will proceed to COOL DOWN mode.

COOL DOWN Mode

Following the displayed accumulative data, the cycle will enter COOL DOWN mode. This program will count down time. Upon completion the message "SELECT PROGRAM" will scroll on the display and the programs and corresponding LED will flash to prompt a selection to continue your workout if desired.

MANUAL Program

- Press MANUAL to enter into mode, an indicated LED will light up. User can then pedal to begin its workout.
- Press RESISTANCE LEVEL ▲▼ to adjust the desired level.

HILL Program

There are three built-in programs in HILL.

Press HILL button to select this program.

- Press the HILL button to choose between the three built-in programs.
- Press RESISTANCE LEVEL ▲▼ to adjust the desired resistance level.
- The resistance level profile of the three built-in programs are as follows:
 - PROGRAM 1: 2_2_5_2_10_2_2_5_2_10
 - PROGRAM 2: 2_2_5_10_5_2_10_2_5_10
 - PROGRAM 3: 2_5_10_5_10_2_5_10_5_10

RANDOM Program

There is a combination of random choices within this program.

Press the RANDOM button to select this program.

- Press the RANDOM program button to choose between the infinite number of programs.
- Press RESISTANCE LEVEL ▲▼ to adjust the desired resistance level.

INT 1 Program

This program consists of repeating segments. Each segment represents 1 minute. Each of these segments is preset at a particular resistance level. However you retain the ability to adjust the resistance at anytime.

Press the INT 1 button to select this program.

- You can adjust the resistance level for the first section, and it will continue for one minute. You can set the resistance level for second section after completing the first one. These settings will remain until changed.
- Upon completion of the second section, the resistance level will come back to the first section.

INT 2 Program

There are two sections within this program, one minute for first section and two minutes for second section. Each of these segments is preset at a particular resistance level. However you retain the ability to adjust the resistance at anytime.

Press the INT 2 button to select this program.

- You can adjust the resistance level for the first section, and it will continue for one minute. You then can set the resistance level for second section after completing the first one. These settings will remain until changed.
- Upon completion of the second section, the resistance level will come back to the first section.

NOTES:

- Your cycle will automatically come back to its "C51" banner mode after the cycle has been left unused for 2 minutes.
- Error message "E-7" will appear for 3 times when detecting there is a variation in RESISTANCE LEVEL, and motor will lock up simultaneously.

F. MAINTAINING C51R CYCLE

The SportsArt C51R cycle requires little maintenance, but smooth operation requires that the unit be kept as clean as possible.

Regular cleaning is recommended to keep your C51R 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 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.

G. 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 improves, you will be able to maintain your heart rate in the training zone for longer periods.

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

How often should I exercise?

Aerobic exercise, 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.