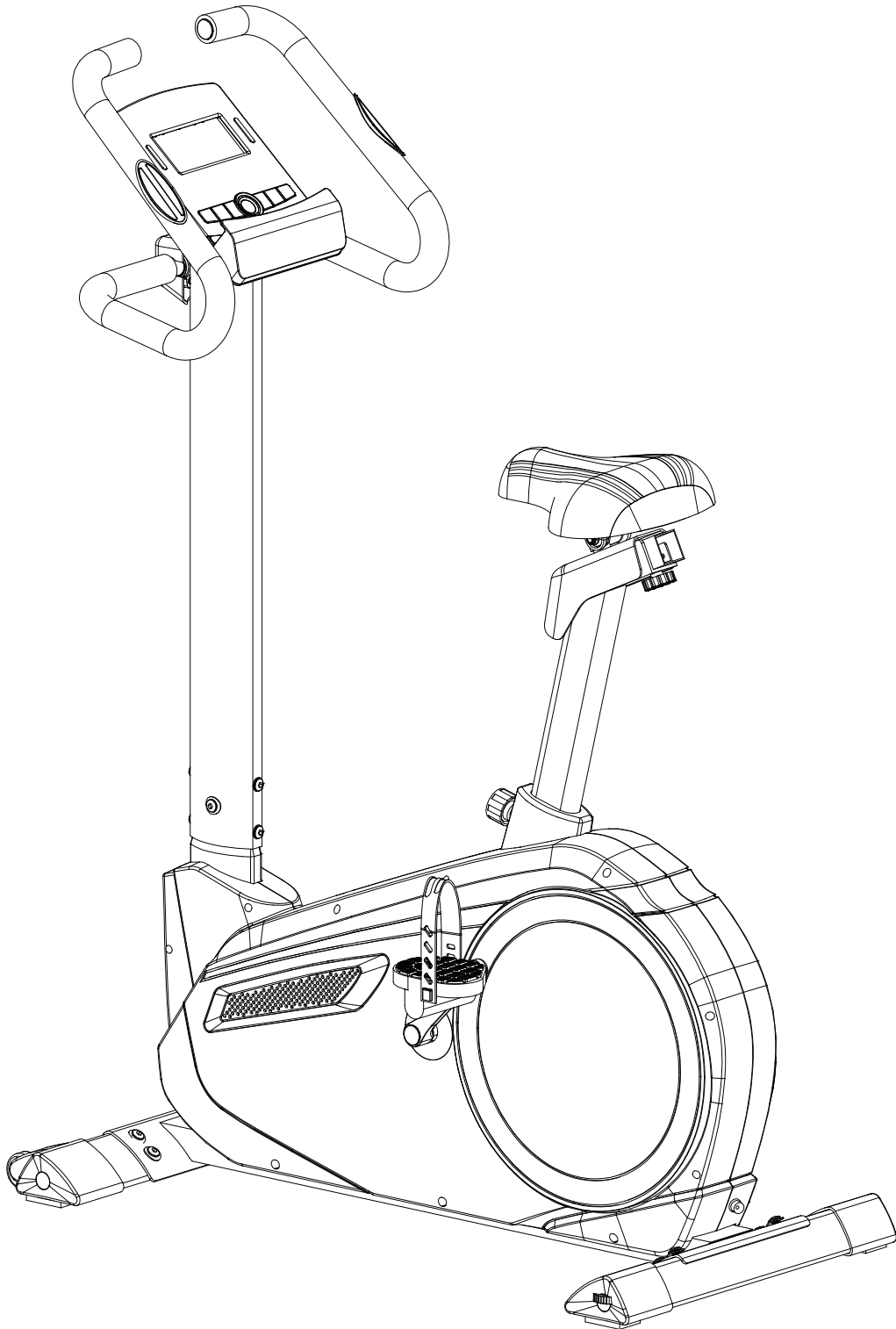


BODYWORX



# PROGRAMMABLE MAG BIKE

Model No: ABX450AT



Retain this owner's manual for future reference. Read and follow all instructions in this owner's manual.



## Warranty Registration Form

Congratulations on purchasing your product, we at GPI believe that our product range is of the highest quality and represents great value for money.

We back our product range up with our industry leading warranty.

Please see below for the step by step instructions on how to register your product warranty online.



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### Step 1 Visit our Website

Go to the GPI Sports website: [www.gpisports.com.au/warranty](http://www.gpisports.com.au/warranty)



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### Step 2 Enter Purchase Information

Enter all purchase information including the serial number and proof of purchase which can be uploaded from this page



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### Step 3 Call Our Toll Free Number

If a warranty service request is required on your product please call the toll free number - **1800 005 770**

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# IMPORTANT SAFETY INSTRUCTIONS

**Before beginning any fitness program, you should obtain a complete physical examination from your physician.**

**This exercise equipment is designed and built for optimum safety for home use. However, certain precautions always apply whenever you operate any exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions.**

## **WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS INCLUDING THE FOLLOWING:**

- Read all instructions before using the machine. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide.
- Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear appropriate exercise clothing and shoes for your workout, no loose clothing. Do not wear shoes with heels or leather soles. Ensure shoes are clean of dirt and embedded stones.
- Use care when getting on or off the unit.
- Do not over exert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit after it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.
- Only one person may use the machine at a time.

## **CHILDREN AND PETS**

- Most exercise equipment is not recommended for small children. Children should not use the equipment unless they are under strict adult supervision. To ensure safety, keep young children off the machine at all times.
- Exercise equipment has many moving parts. In the interest of safety, keep others (especially children and pets) at a safe distance while you exercise.

## **PERSONAL SAFETY DURING ASSEMBLY**

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the machine on a solid, level surface. Locate the unit at least 1 meter from the walls or furniture to provide easy access.

The machine is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthy exercise.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

**Maximum User Weight: 150 KG**

# SAFETY GUIDELINES

**Successful fitness training programs have one prominent feature in common...safety. Fitness training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.**

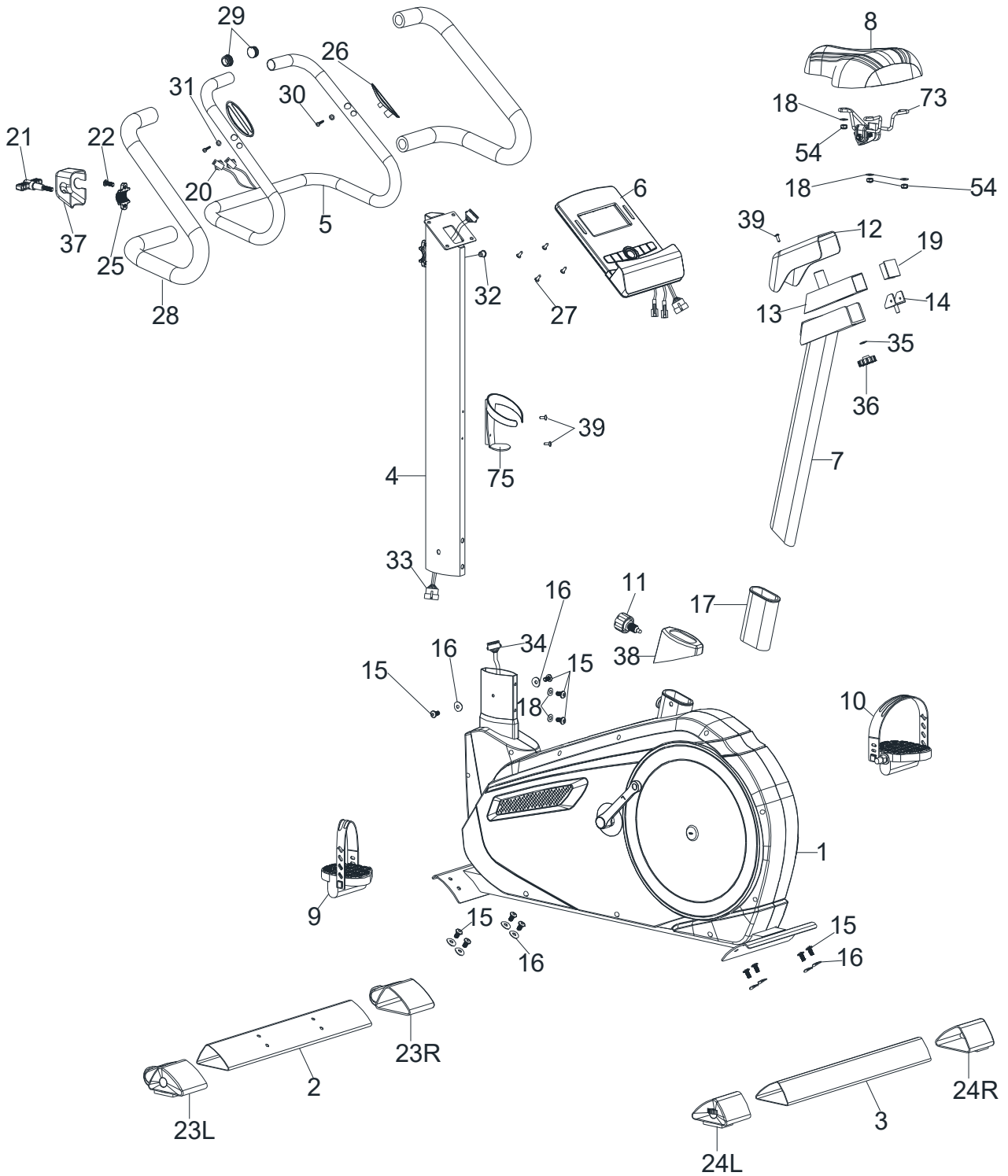
- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start.
- Maintaining equipment in proper operating condition is of utmost importance for a safe training program.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Inspect the machine before each use for loose or worn parts. Ensure all nuts and bolts are fully tightened. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

# PARTS LIST

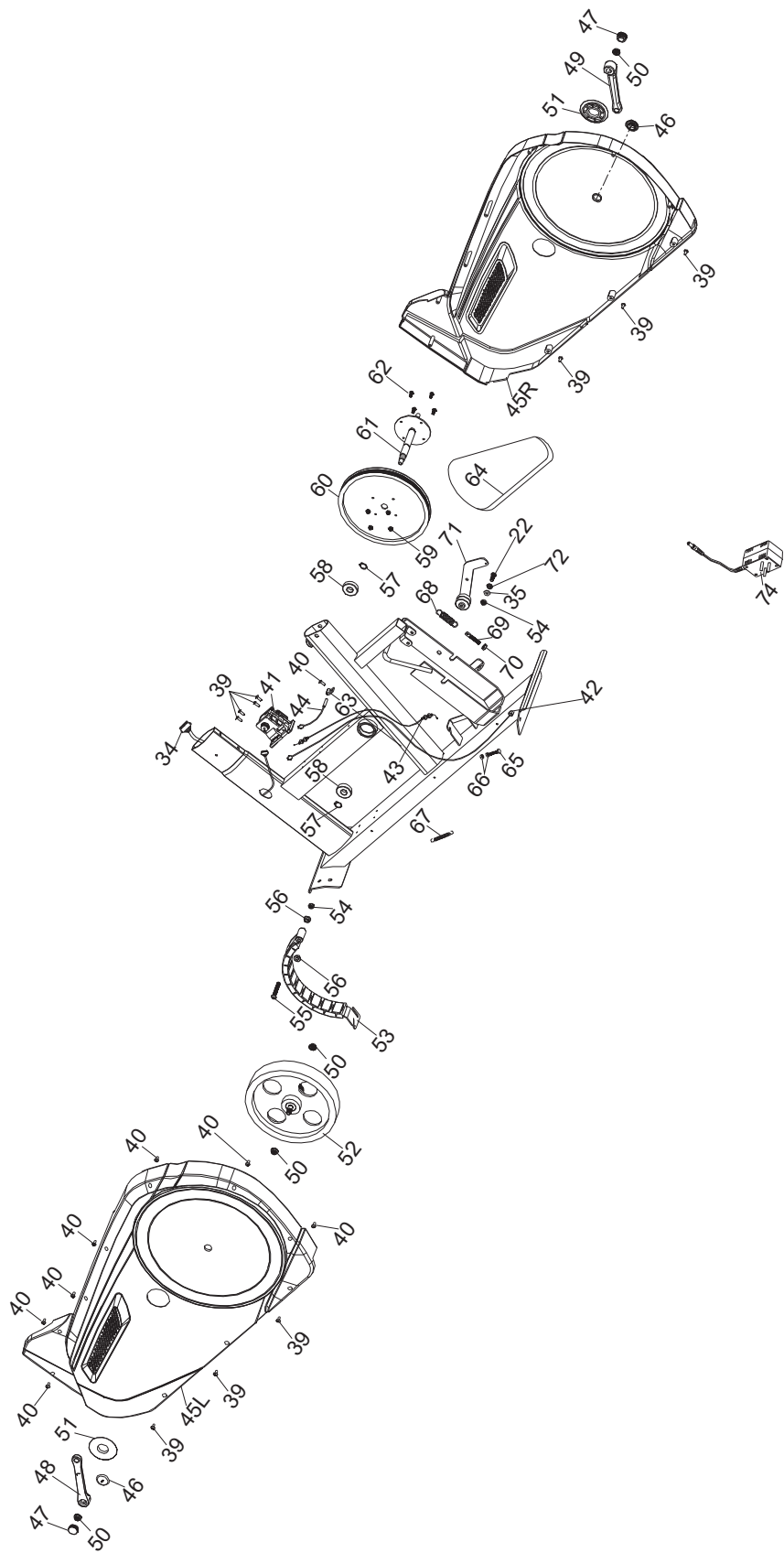
Part No.	Description	Qty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Front post	1
5	Handlebar	1
6	Computer	1
7	Seat post	1
8	Seat	1
9	Pedal (L)	1
10	Pedal (R)	1
11	Quick release knob	1
12	Cover for sliding tube	1
13	Sliding tube	1
14	Sliding tube adjustor	1
15	Allen bolt M8*16	12
16	Curved washer $\Phi 8 \times \Phi 22$	10
17	Bushing for seat post	1
18	Flat washer $\Phi 8 \times \Phi 17$	5
19	Square end cap 38*38	1
20	Hand pulse wire	2
21	T-type knob	1
22	Allen bolt M8*20	2
23L	End cap for front stabilize(L)	1
23R	End cap for front stabilize(R)	1
24L	End cap for rear stabilizer (L)	1
24R	End cap for rear stabilizer (R)	1
25	Clamp	1
26	Hand pulse sensor	2
27	Screw for computer M5*10	4
28	Foam grip	2
29	End cap for handlebar	2
30	Self tapping screw ST4*20	2
31	Flat washer $\Phi 4.2 \times \Phi 12$	2
32	Grommet	1
33	Upper computer wire	1
34	Lower computer wire	1
35	Flat washer $\Phi 8 \times \Phi 17$	2
36	Club knob	1
37	Cover for clamp	1

<b>Part No.</b>	<b>Description</b>	<b>Qty</b>
38	Cover for seat post	1
39	Self tapping screw	13
40	Self tapping screw ST5*15	8
41	Motor	1
42	Power wire	1
43	Motor wire	1
44	Sensor wire	1
45	Chain cover L	1
45	Chain cover R	1
46	Cover for chain cover	2
47	Cover for crank	2
48	Crank (L)	1
49	Crank (R)	1
50	Flange nut	4
51	PVC end cap for chain cover	2
52	Flywheel	1
53	Magnet assembly	1
54	Nylon nut M8	5
55	Hex head bolt M8*55	1
56	Spacer for magnet assembly	2
57	C-clip $\Phi$ 17	2
58	Bearing 6203	2
59	Nylon nut M6	4
60	Belt pulley	1
61	Axle for belt pulley	1
62	Allen bolt M6*15	4
63	Sensor bracket	1
64	Belt	1
65	Hex head bolt M6*25	1
66	Hex head nut M6	2
67	Spring for magnet assembly	1
68	Spring for idler wheel	1
69	Adjusting bolt	1
70	Nut M8	1
71	Idler wheel assembly	1
72	Powder spacer	1
73	Seat holder	1
74	Adaptor	1
75	Water bottle holder	1

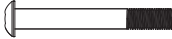
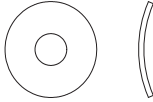



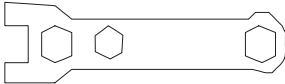
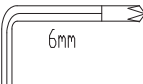
# EXPLODED DIAGRAM



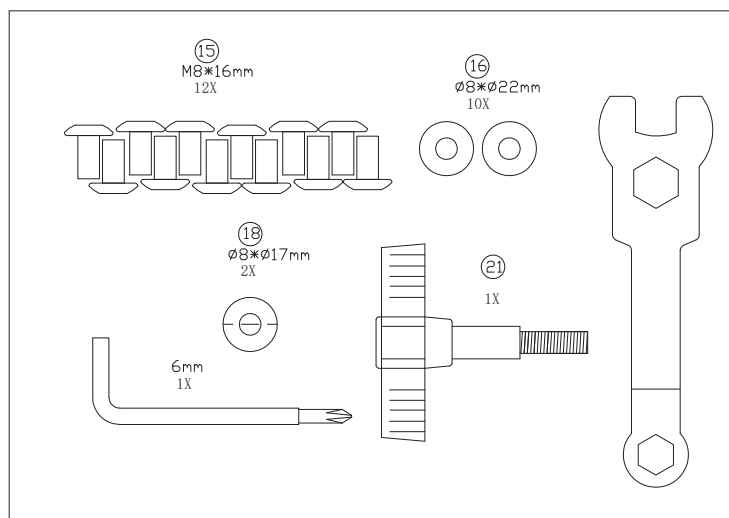




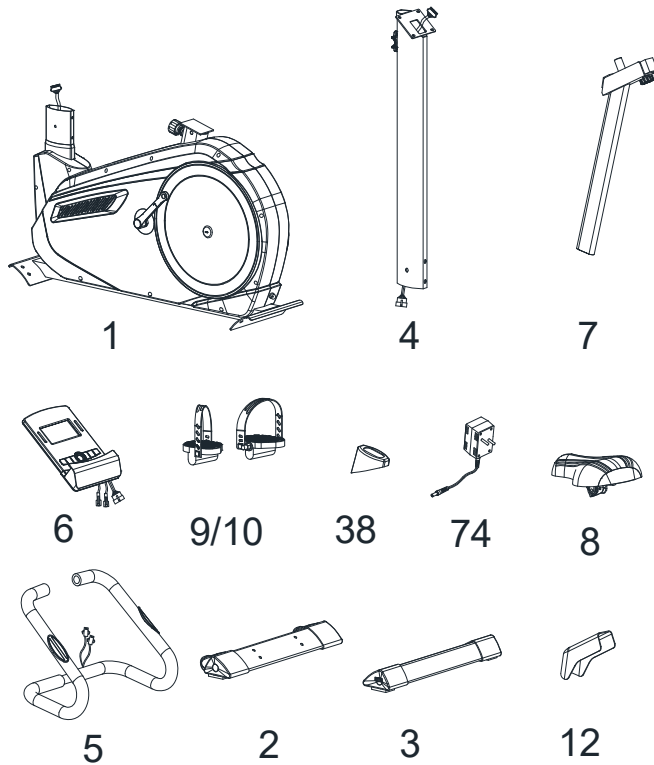
# HARDWARE PARTS LIST

No.	Description	Drawing	Q'ty
15	Allen bolt M8*16		12
16	Curved washer $\Phi 8*\Phi 22$		10
18	Flat washer $\Phi 8*\Phi 17$		2
21	T-type knob		1
37	Cover for clamp		1
	Box Wrench		1
	Allen key 6mm		1

The above described parts are all the parts you need to assemble this machine. Before you start assembly, please check the hardware pack to make sure they are included. Please note NO.37 is packed into a small bag which is attached behind the hardware pack.



# PRE-ASSEMBLY CHECK LIST

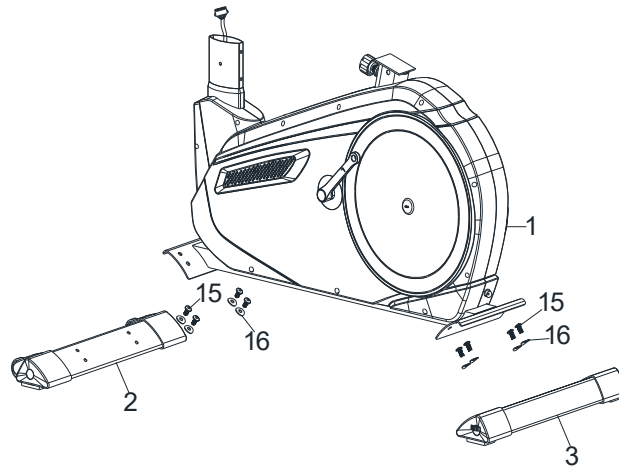


PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Front post	1
5	Handlebar	1
6	Computer	1
7	Seat post	1
8	Seat	1
9	Left pedal	1
10	Right pedal	1
12	Cover for sliding tube	1
38	Cover for seat post	1
74	Adaptor	1
	User manual	1
	Hardware pack	1

# ASSEMBLY INSTRUCTION

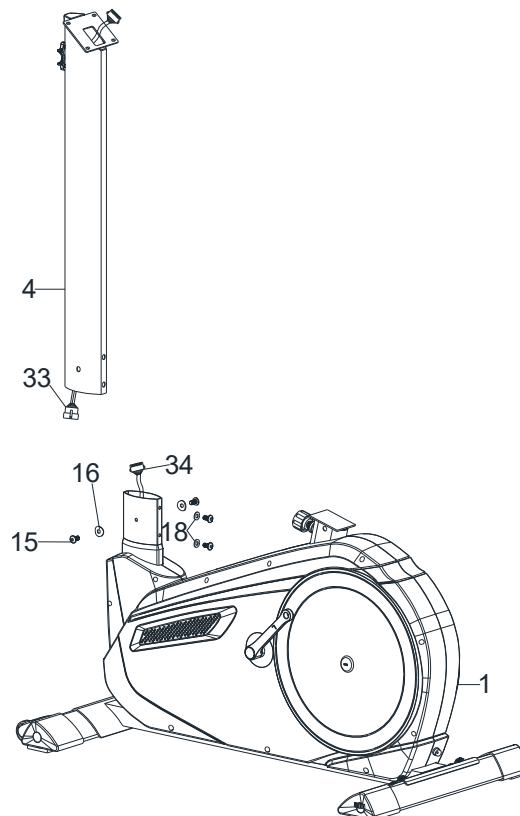
## STEP 1

- Attach front stabilizer (2) to main frame (1), tighten with 4 sets of allen bolt (15), curved washer (16) .
- Attach rear stabilizer (3) to main frame (1), tighten with 4 sets of allen bolt (15), curved washer (16).



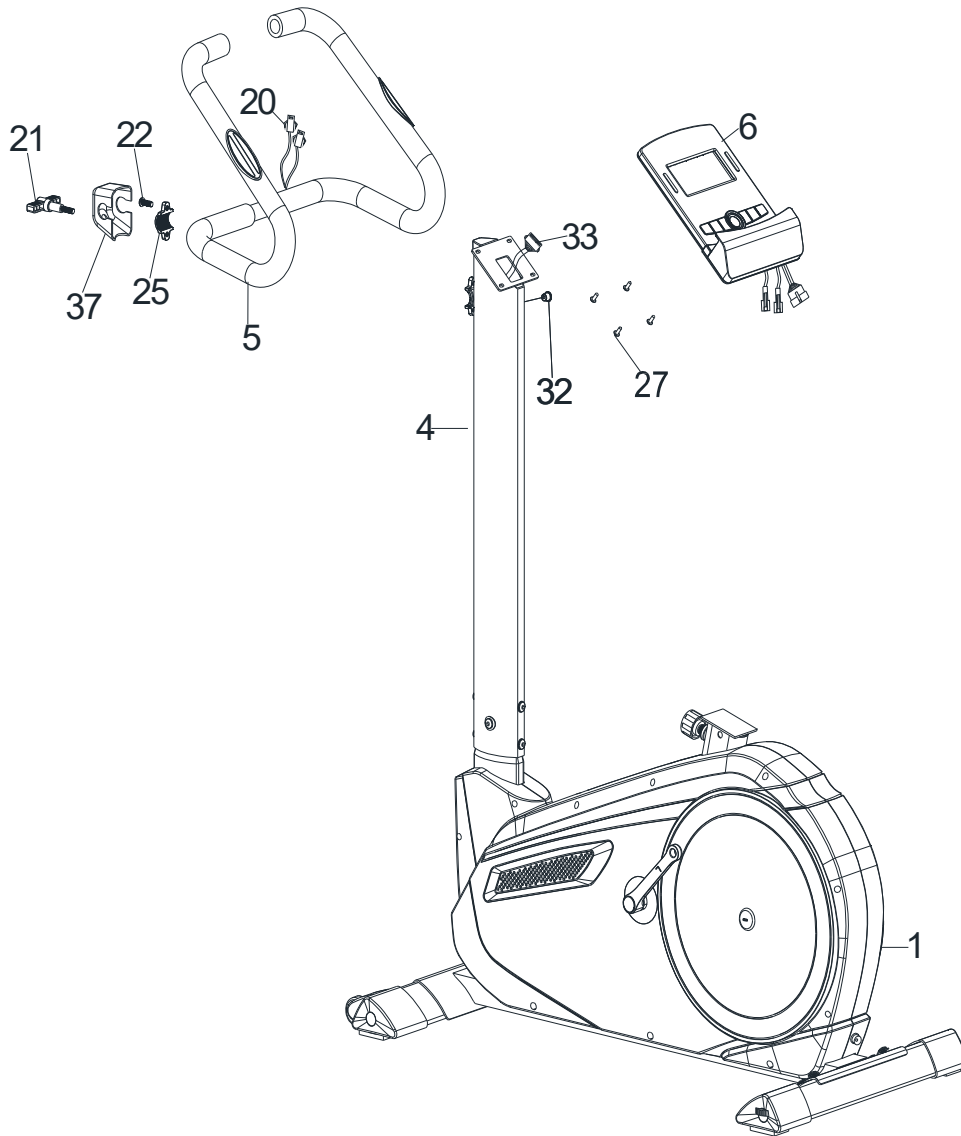
## STEP 2

- Connect middle computer wire (33) with lower computer wire (34). Insert front post (4) into main frame (1) and tighten with 2 sets of allen screw (15), flat washer (18) from front side. Tighten 2 sets of allen screw (15), curved washer (16) from lateral side.



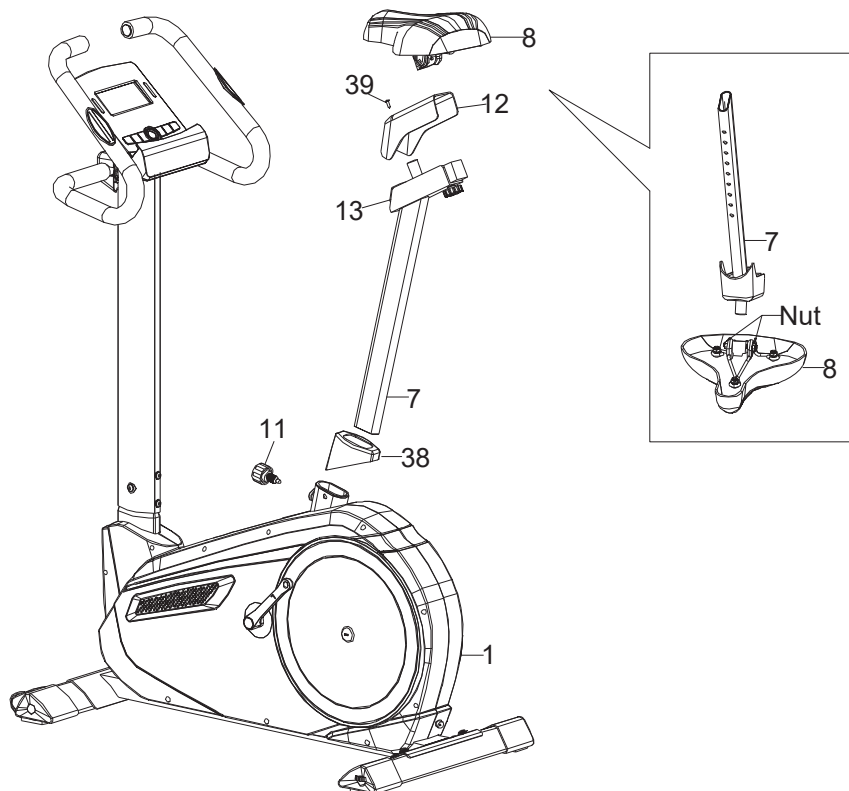
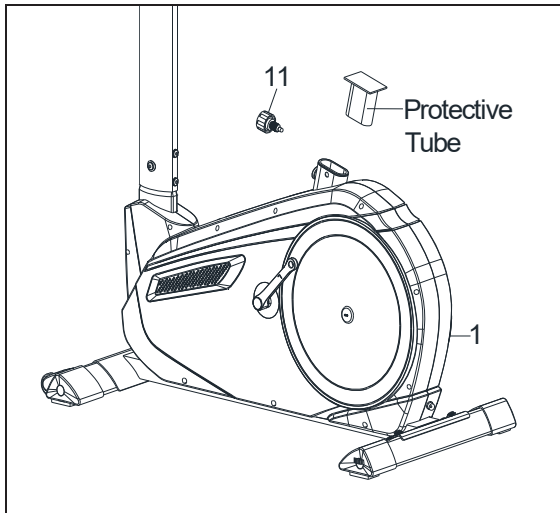
### STEP 3

- Remove the clamp (25) and allen bolt (22) from front post (4). Attach handlebar (5) to front post (4) and tighten with clamp (25), allen bolt (22), cover for clamp (37) and T-type knob (21).
- Insert hand pulse wires (20) into the grommet (32) and pull out from top bracket. Attach hand pulse wires (20) and middle computer wire (33) to the computer (6) accordingly. Tighten with 4 screws (27) which are pre-assembled on the back of computer (6).



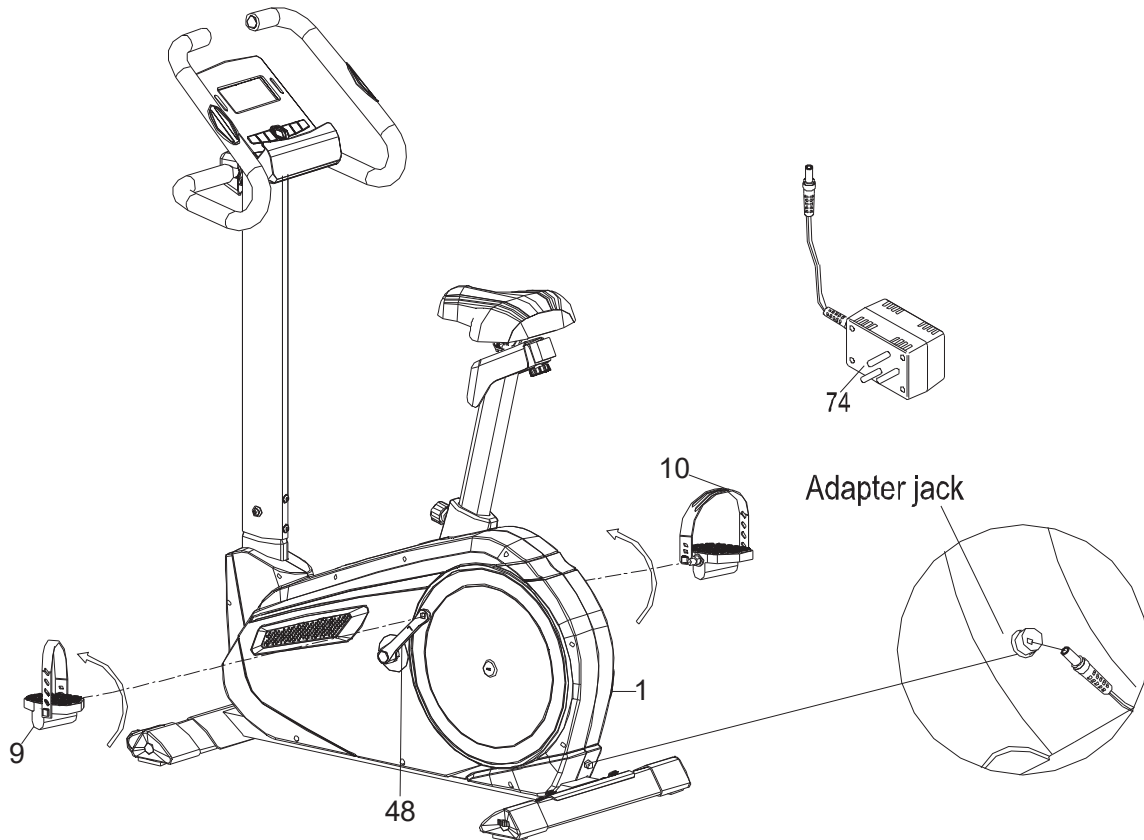
## STEP 4

- Release the quick release knob (11) and protective tube from main frame before assemble seat post(7). The protective tube is not needed in further assembly and can be recycled.
- Attach the cover (12) to sliding tube (13) and tighten with the screw (39) which is pre-assembled on the sliding tube. Release the nuts under the seat (8), attach the seat to sliding tube (13) and tighten the nuts.
- Insert seat post (7) into main frame (1) through cover for seat post (38). Line up the holes and secure seat in position with quick release knob (11). The correct height for seat can be adjusted after the bike is fully assembled.



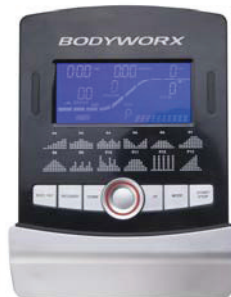
## STEP 5

- The left and right pedals (9 & 10) are marked “L” & “R”. Attach straps to the pedals. Connect left pedal (9) to the crank (48). The left pedal is on the left hand side of the cycle as you sit on it. Repeat for the right pedal (10). Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.
- Plug the adaptor (74) into the adaptor jack.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED  
BEFORE USING THE MACHINE**

# CONSOLE INSTRUCTIONS



The things you should know before exercise

## A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

## B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press MODE to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

## C. Wake-Up Function

The computer will enter SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the any key to start the computer.

## Functions and Features:

### TIME:

Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

### DISTANCE:

Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM.

### RPM:

Your pedal cadence.

### WATT:

The amount of mechanical power the computer is receiving from your exercise.



**SPEED:**

Displays your workout speed value in KM per hour.

**CALORIES:**

Your computer will estimate the cumulative calories burned at any given time during your workout.

**PULSE:**

Your computer displays your pulse rate in beats per minute during your workout.

**AGE:**

Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.

**TARGET HEART RATE (TARGET PULSE):**

The heart rate you should maintain is called your Target Heart Rate in beats per minute.

**PULSE RECOVERY:**

During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

**1.0      means OUTSTANDING**  
**1.0 < F < 2.0 means EXCELLENT**  
**2.0 ≦ F ≦ 2.9 means GOOD**  
**3.0 ≦ F ≦ 3.9 means FAIR**  
**4.0 ≦ F ≦ 5.9 means BELOW AVERAGE**  
**6.0      means POOR**

**Note:** If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

**DISTANCE BAR:** Every bar indicates 100 meter.

## Key Function

There are 6 button keys and the function description as follows:

**START/STOP KEY:**

- a. Quick Start function: Allows you to start the computer without selecting a program.  
Manual workout only. Time automatically begins to count up from zero
- b. During the exercise mode, press the key to STOP exercise.
- c. During the stop mode, press the key to START exercise.

**UP KEY:**

- a. Press the key to increase the resistance during exercise mode.
- b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

**DOWN KEY:**

- a. Press the key to decrease the resistance during exercise mode.
- b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

**MODE KEY:**

- a. During the setting mode, press the key to accept the current data entry.
- b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
- c. During setting the Clock, press this key can accept the setting hour and setting minute.

**BODY FAT KEY:**

Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio,

**RECOVERY KEY:**

Press the key to activate heart rate recovery function.

**Program Introduction & Operation:****Manual Program: Manual**

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

**Operations:**

1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the MODE key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME.  
Press MODE key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press MODE key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press MODE key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press MODE key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

**Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program**

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

**Operations:**

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the MODE key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME.  
Press MODE key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press MODE key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press MODE key to confirm your desired CALORIES.

6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press MODE key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

### **User Setting Program: User 1, User 2, User 3, User 4**

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

#### **Operations:**

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the MODE key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press MODE to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press MODE to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press MODE to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press MODE key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press MODE key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press MODE key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press MODE key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

### **Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.**

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to their desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

### **Operations:**

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the MODE key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press MODE key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press MODE key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

### **Watt Control Program: Watt Control**

Program 23 is a Speed Independent Program. Press MODE key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

### **Operations:**

1. Use UP or DOWN key to select the WATT CONTROL (P23) program.
2. Press MODE key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press MODE key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press MODE key to confirm your desired DISTANCE.
5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press MODE key to confirm your target WATT. The default WATT value is 100.
6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press MODE key to confirm your desired CALORIES.
7. The PULSE will flash and then you can press UP or DOWN keys to set our exercise PULSE. Press MODE key to confirm your desired Pulse.
8. Press the START/STOP key to begin exercise.

**NOTE:** 1.  $WATT = TORQUE (KGM) * RPM * 1.03$   
2. In this program, the WATT value will keep constant value. It means that if you pedal quickly, the resistance level will decrease and if you pedal slowly, the resistance level will increase.

### **Body Fat Program: Body Fat**

Program 24 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2:  $27 \geq \text{BODY FAT\%} \geq 20$

Type3:  $\text{BODY FAT \%} < 20$

The computer will show the test results of FAT PERCENT, BMI and BMR.

### **Operations:**

1. Use UP/DOWN keys to select the BODY FAT (P24) program.
2. Press the MODE key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press MODE key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press MODE key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press MODE key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press MODE key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finishing your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

### **Operation guide:**

1. Sleep Mode: The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.

### **Error Message:**

E1 (ERROR 1):

**Normal state:** During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

**Power on state:** The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor reads the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

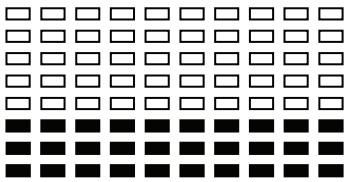
**Error message: When you press "Recovery" Key but don't hold on hand grips , the computer will show "Err".**

# LCD Workout Graphics

## PRESET PROGRAM PROFILES:

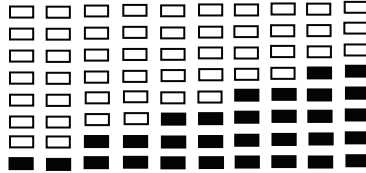
PROGRAM 1

### MANUAL



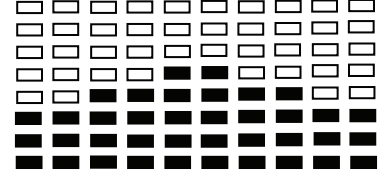
PROGRAM 2

### STEPS



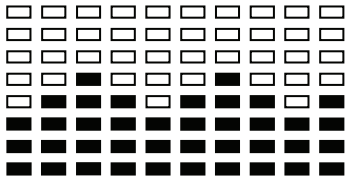
PROGRAM 3

### HILL



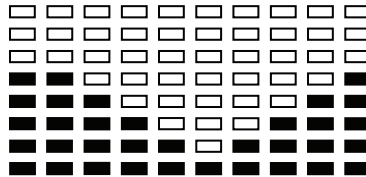
PROGRAM 4

### ROLLING



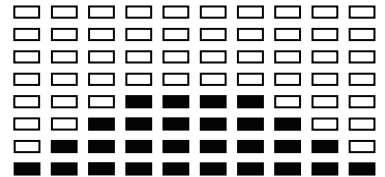
PROGRAM 5

### VALLEY



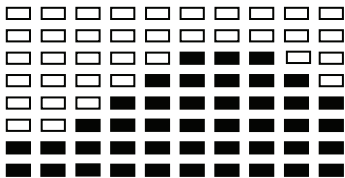
PROGRAM 6

### FAT BURN



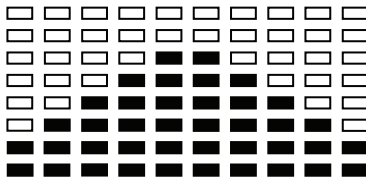
PROGRAM 7

### RAMP



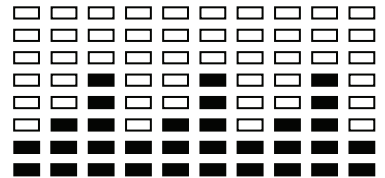
PROGRAM 8

### MOUNTAIN



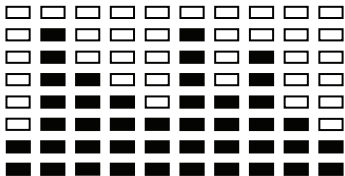
PROGRAM 9

### INTERVALS



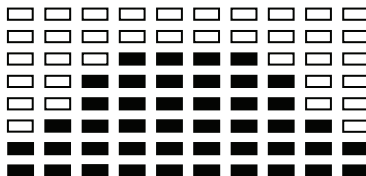
PROGRAM 10

### RANDOM



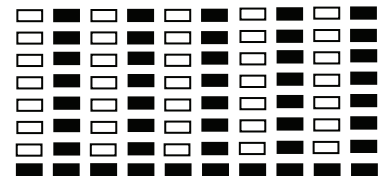
PROGRAM 11

### PLATEAU



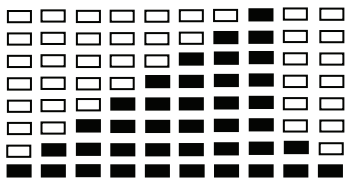
PROGRAM 12

### FARTLEK



PROGRAM 13

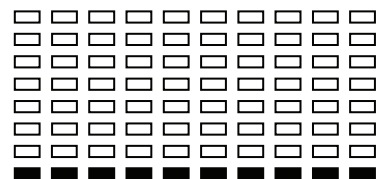
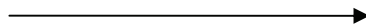
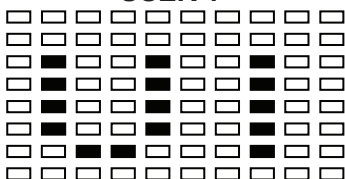
### PRECIPICE



## USER SETTING PROGRAM:

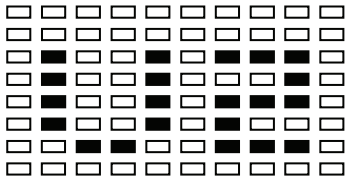
PROGRAM 14

### USER 1

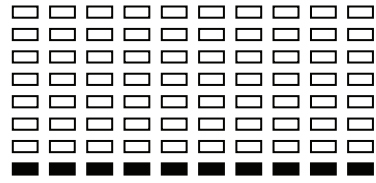


PROGRAM 15

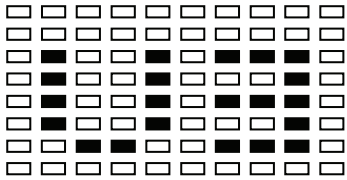
**USER 2**



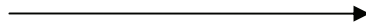
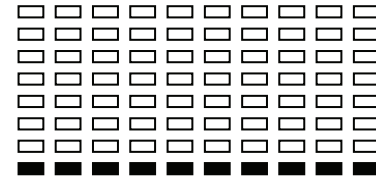
PROGRAM 16



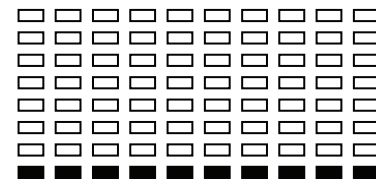
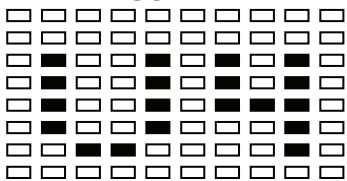
**USER 3**



PROGRAM 17



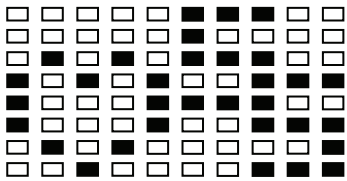
**USER 4**



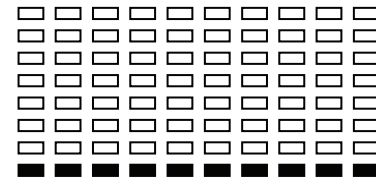
**HEART RATE PROGRAM PROFILES:**

PROGRAM 18

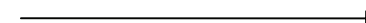
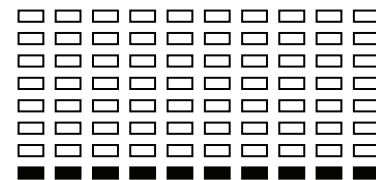
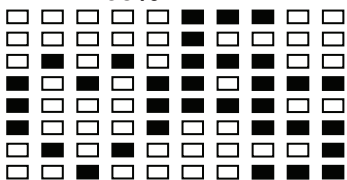
**55% H.R.C.**



PROGRAM 19

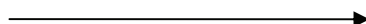
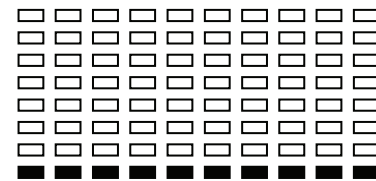
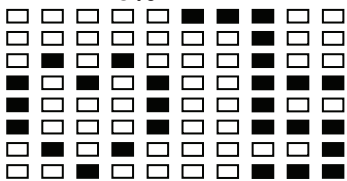


**65% H.R.C.**



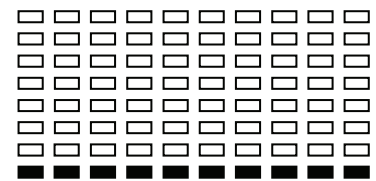
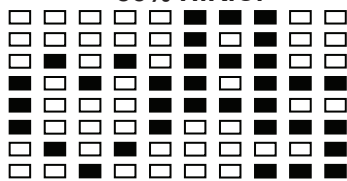
PROGRAM 20

**5% H.R.C.**



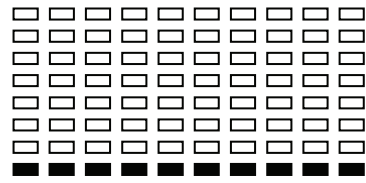
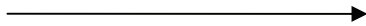
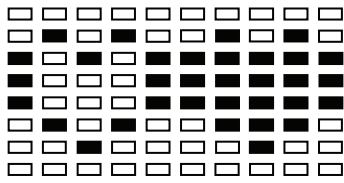
PROGRAM 21

**85% H.R.C.**



PROGRAM 22

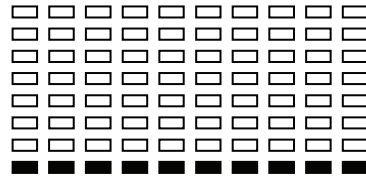
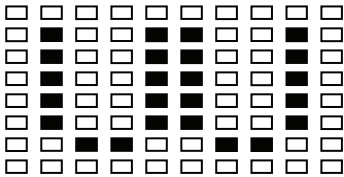
**TARGET H.R.C.**



WATT CONTROL PROGRAM

PROGRAM 23

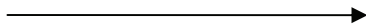
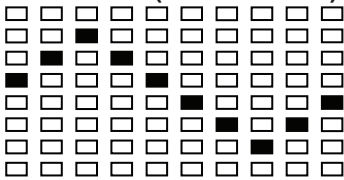
**WATT CONTROL**



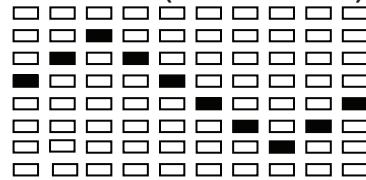
BODY FAT TEST PROGRAMS:

PROGRAM 24

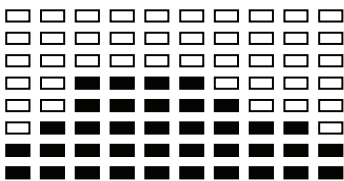
**BODY FAT (STOP MODE)**



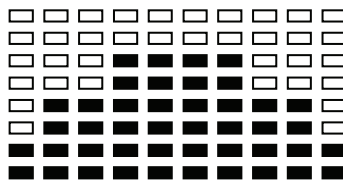
**BODY FAT (START MODE)**



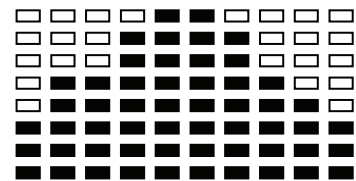
One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:



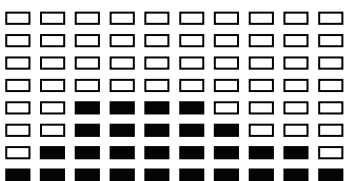
Workout Time: 40 minutes



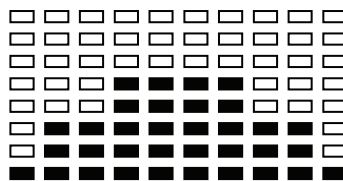
Workout Time: 40 minutes



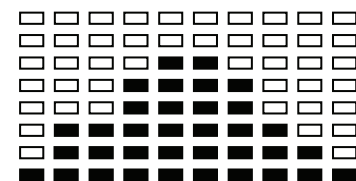
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

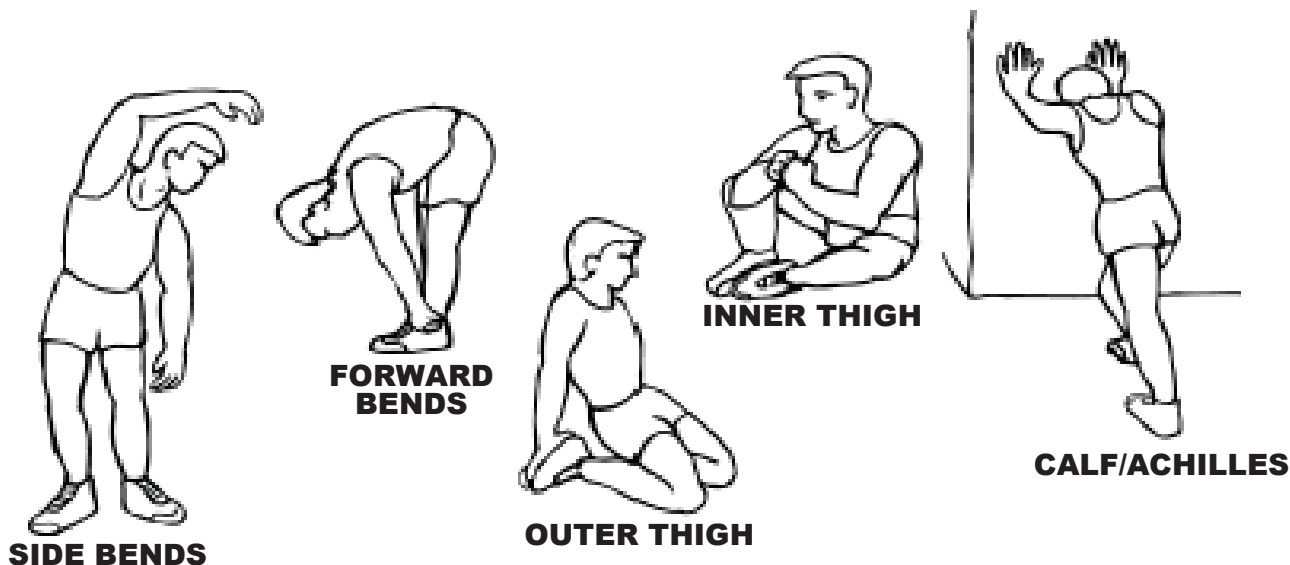


# EXERCISE INSTRUCTIONS

Using your exerciser will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

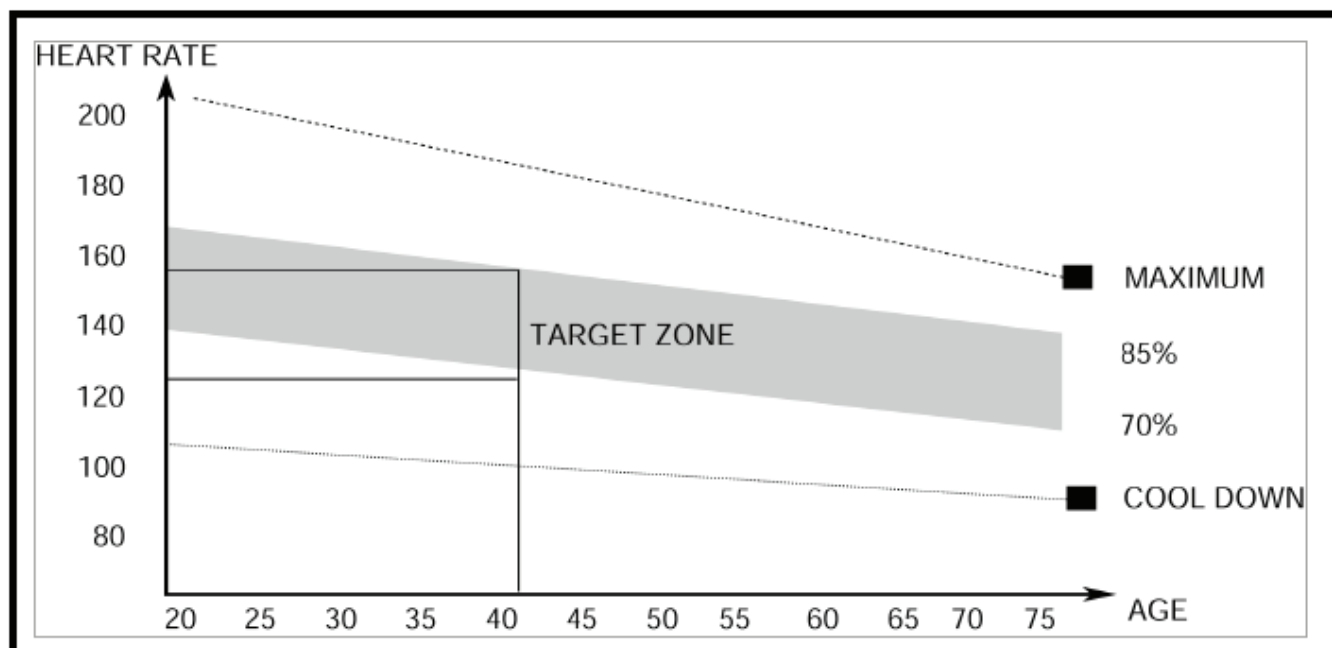
## 1. THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



## 2. THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, your muscles will become more flexible. Work to your own level but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

# EXERCISE INSTRUCTIONS

## 3. THE COOL DOWN PHASE

This stage is to let your Cardio Vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your exerciser you will need to have the resistance set quite high. This will put more strain on your muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making you work harder. You may have to reduce your tempo to keep your heart rate in the target zone.

## WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal. The calorie function, where applicable, is an estimate only and to be used for comparison between workouts.

## CARE AND MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and void the WARRANTY coverage

**Important:** Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

**After each workout:** Wipe off the console, where applicable, and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don't use the equipment before the worn parts were replaced by new ones. When you feel the exerciser is not smooth, please check the status of the parts and if need be call the service hot line.

**BODYWORX**



# PROGRAMMABLE MAG BIKE

*Model No: ABX450AT*

To register your warranty, please go to

[www.gpisports.com.au](http://www.gpisports.com.au)

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