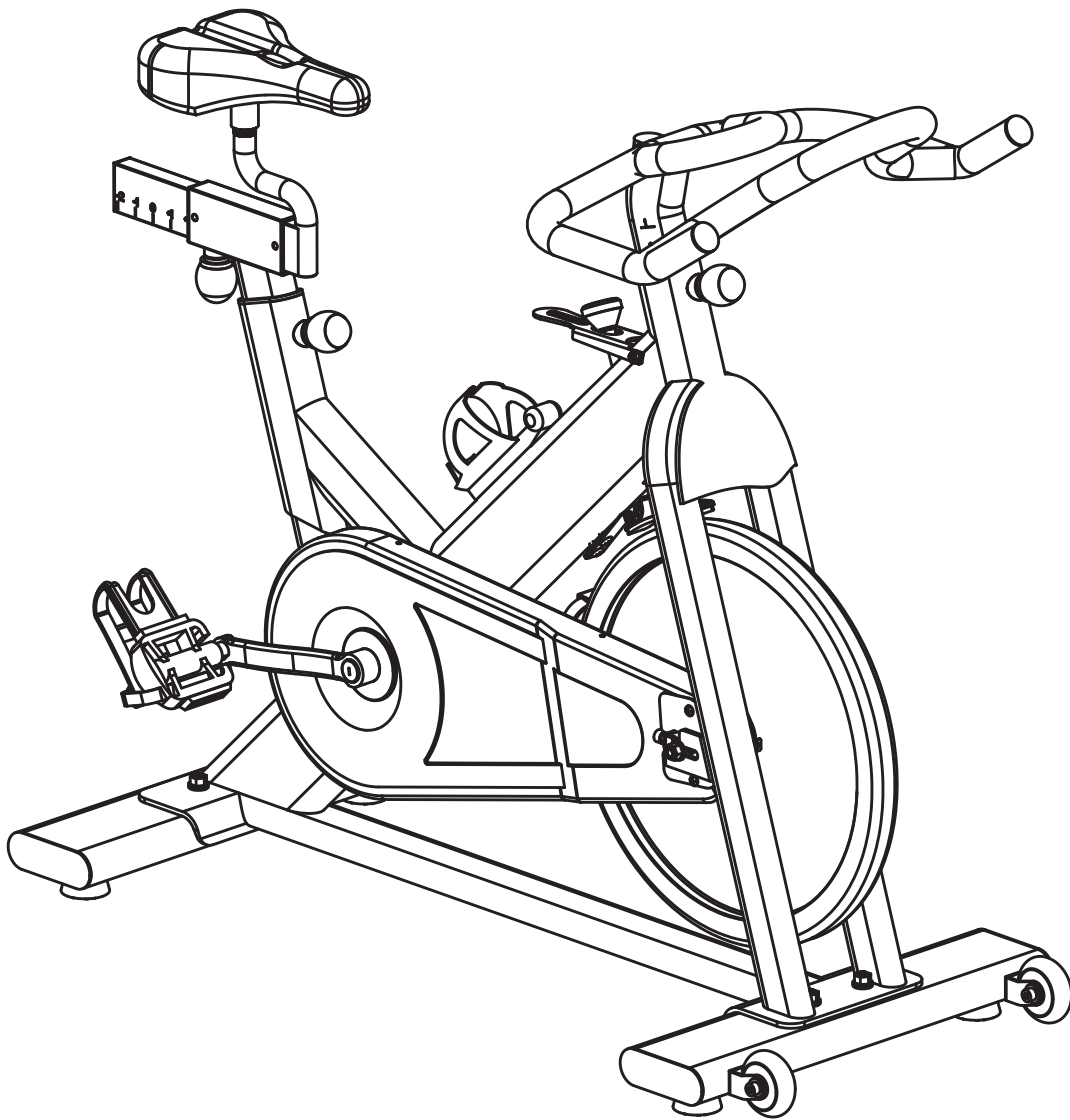


BODYWORX



INDOOR CYCLE

Model No: A117BB



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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 on-line.



Step 1 Visit our Website

Go to the GPI Sports website:

<https://service.gpi.com.au/registerwarranty.php>



Step 2 Enter Purchase Information

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



Step 3 Contact Our Service Department

If a warranty service request is required on your product please email service@gpigroup.com.au or call the toll free number - **1800 005 770**



gpiports.com.au

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: 150KG

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.

PRODUCT DESCRIPTION

Adjustable Knob

Easy to adjust the height of both seat post & handlebar

Heavy Flywheel

High-inertia flywheel creates the high momentum

Transportation Wheel

Anyone can move this machine using the 2 wheels

Durable Crank

Ensure the best durability when in big force

Belt Driven

Most comfortable and less noisy

Seat Post

Up/down adjustment for any shapes of users

Seat Slider

Forward/backwards adjustment for any shapes of users

Saddle

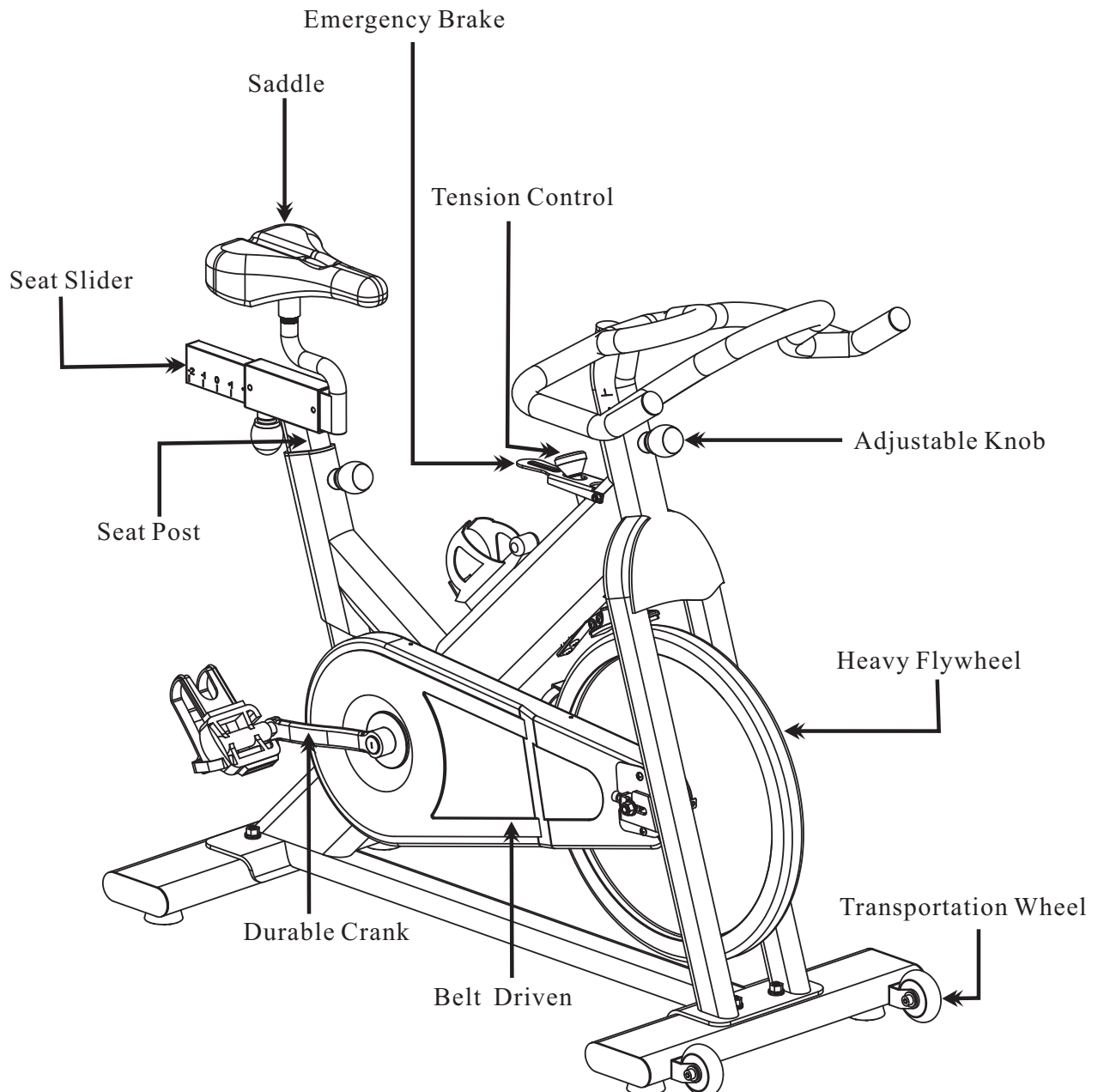
Extra padding to provide comfortable sitting

Emergency Brake


Pushing down the lever, user can stop the transmission immediately without danger.

Tension Control

Micro torque adjustment with push-down emergency brake



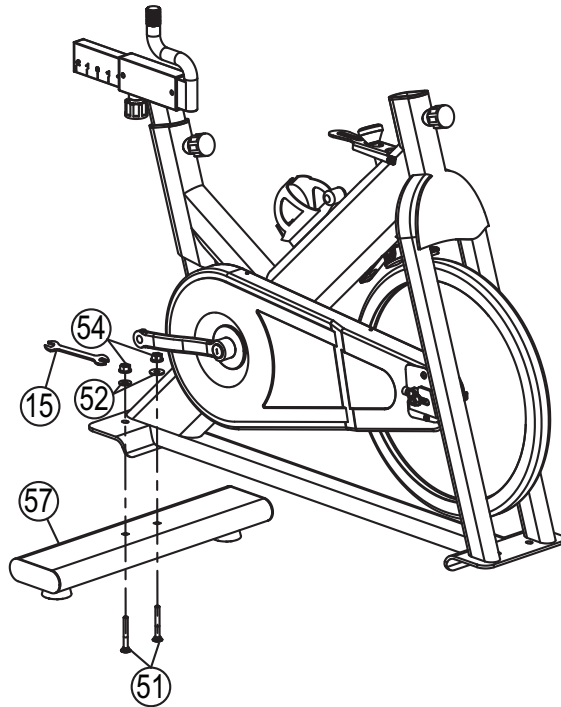
PARTS LIST

#	DESCRIPTION	Q'TY	SPECIFICATION
15	Multi-Wrench	1	
25	Handlebar	1	Chrome & dipping
28	Saddle	1	With 2 hex nuts
42R	Pedal (R)	1	Right Threaded
42L	Pedal (L)	1	Left Threaded
51	Carriage Bolt	4	M8*50
52	Washer	4	$\phi 16 * \phi 8.5 * 1.6$
54	Flange Nut	4	M8
56	Front Stabilizer	1	with 2 wheels
57	Rear Stabilizer	1	without wheels

ASSEMBLY INSTRUCTIONS

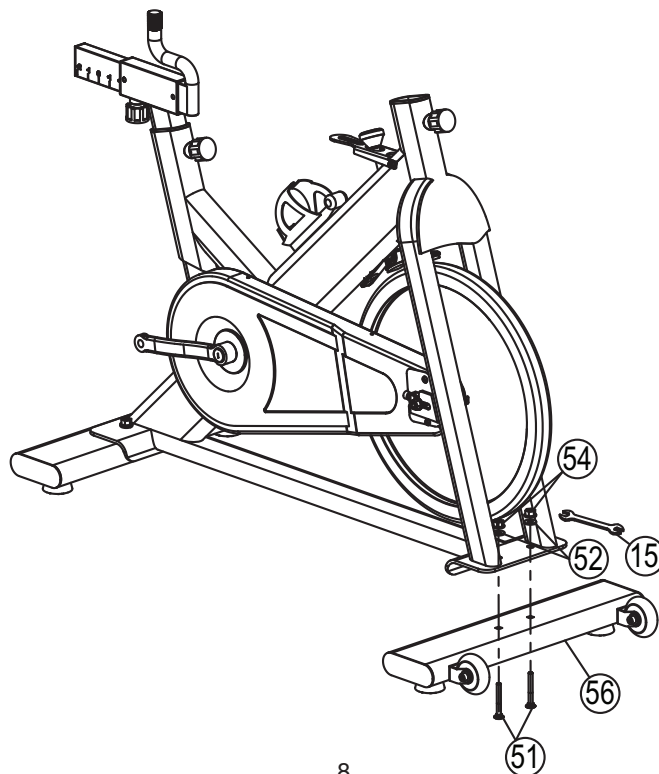
Assembly Step A

Attach the Rear stabilizer (#57) to the frame using two Carriage Bolts (#51) and two Flange Nuts (#54) and two Washers (#52), and secure firmly using the Multi-Wrench (#15).



Assembly Step B

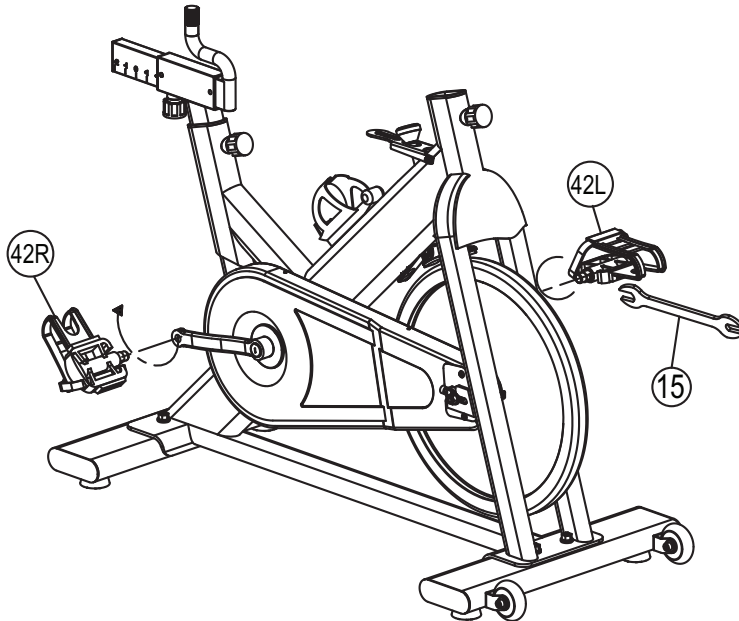
Attach the Front stabilizer (#56) to the frame using two Carriage Bolts (#51) and two Flange Nuts (#54) and two Washers (#52), and secure firmly using the Multi-Wrench (#15).



Assembly Step C

Thread the right pedal (#42R) that has "R" on spindle to the right side arm of the bike using the Multi-Wrench (#15) . Please note that the R pedal is right-hand threaded which must be turned clockwise to tight.

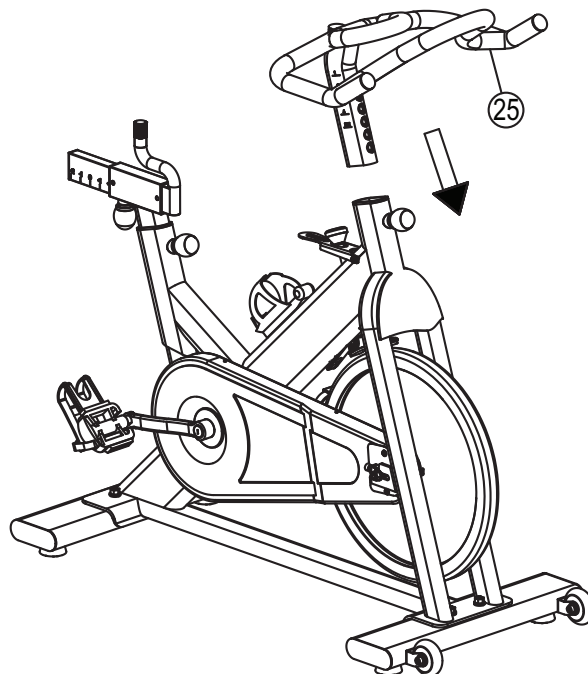
Thread the left pedal (#42L) that has "L" on spindle of the left side arm of the bike using the Multi-Wrench (1#5). Please note that the L pedal is left-hand threaded which must be turned counterclockwise to tight.



Assembly Step D

Orient the Handlebar (#25) as shown.

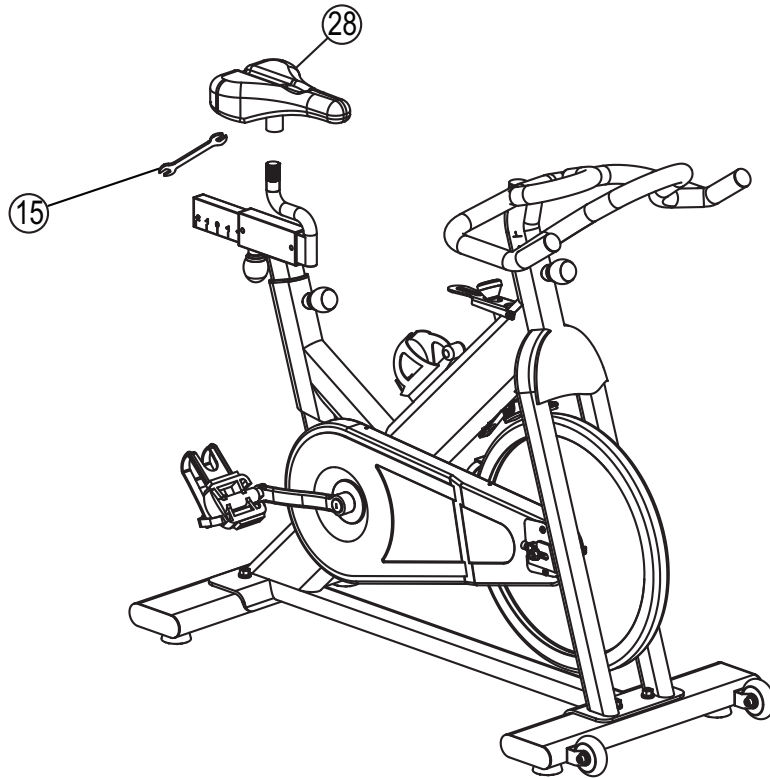
Locate the Adjustable Knob on the front of the Frame. Loosen the knob and pull it outward. Then, insert the Handlebar (#25) into the frame. Move the Handlebar (#25) upward or downward to the desired position, and then tighten the knob.



Assembly Step E

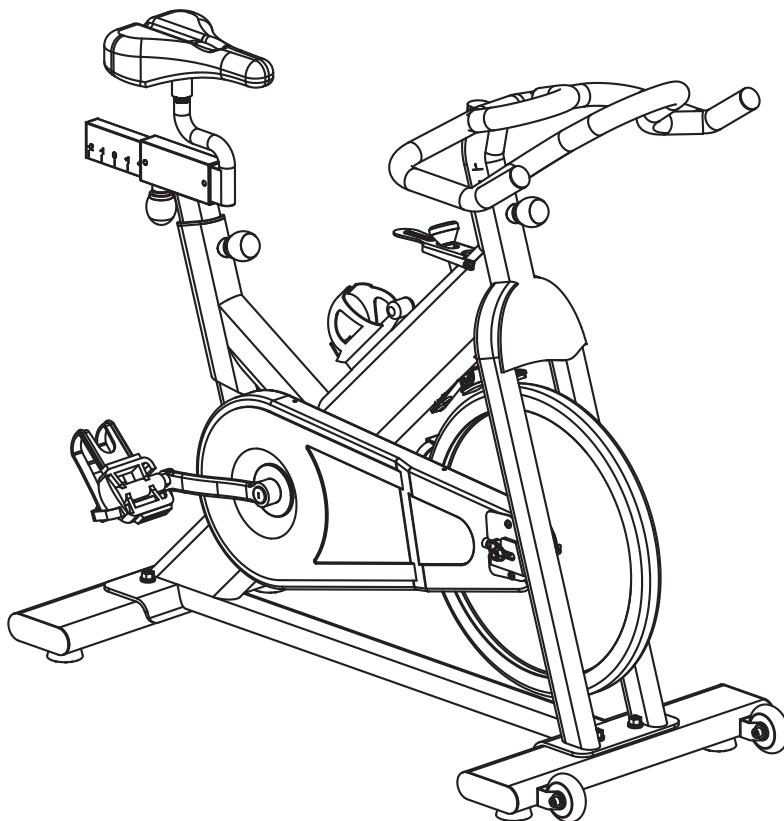
Attach the Seat (#28) to the Seat slider with two M8 Hex Nuts, and secure firmly using the Multi-Wrench (#15). Make sure that the nose of the Seat is pointing straight ahead before you tighten the Hex Nuts.

Note: The M8 Hex Nuts may be pre-attached to the seat clamp.

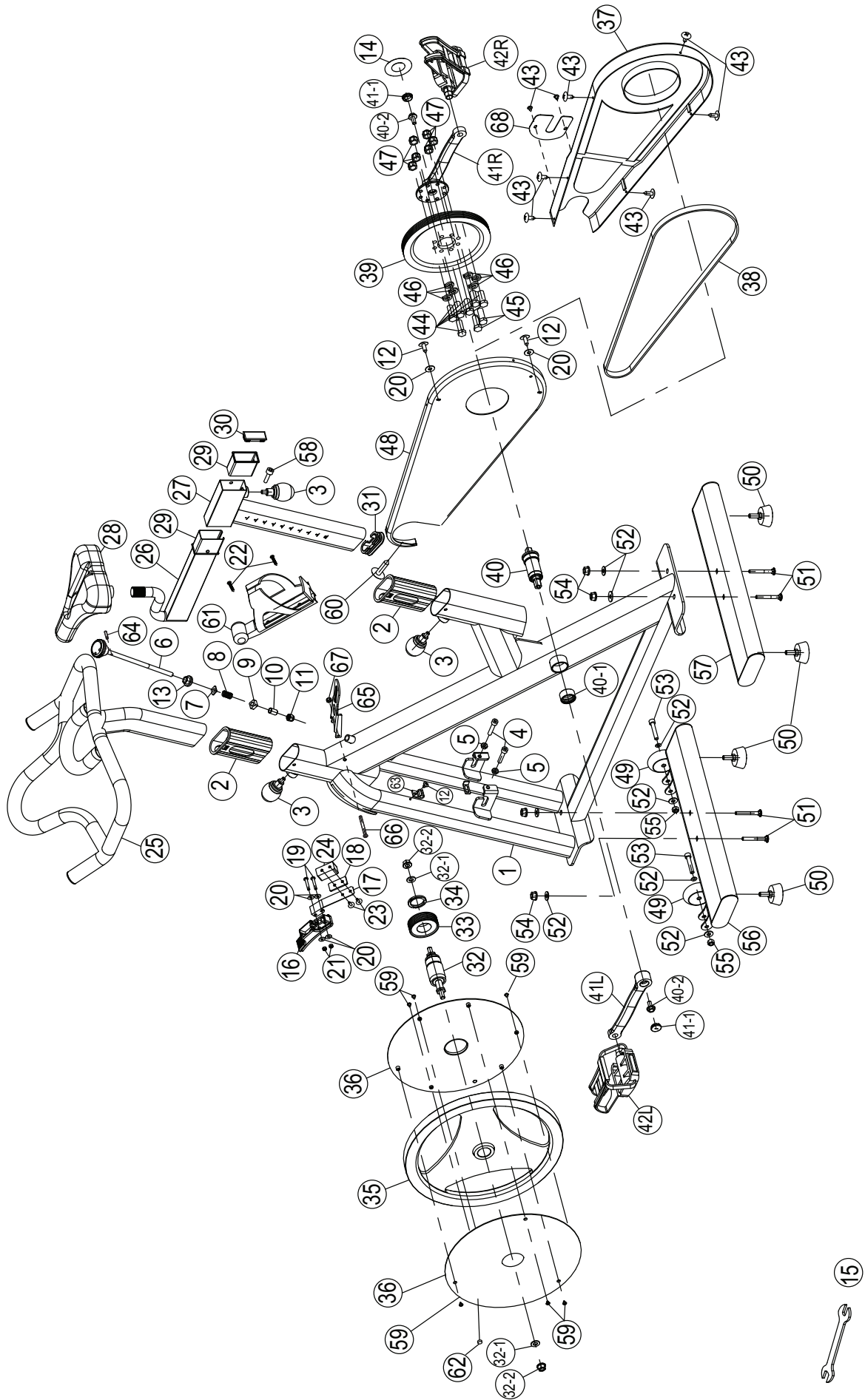


Assembly Step F

Congratulations that you have assembled the bike successfully !



EXPLODED DIAGRAM



BILL OF MATERIALS

#	DESCRIPTION	Q'TY/BIKE	#	DESCRIPTION	Q'TY/BIKE
1	Frame	1	37	Outer Chain Guard	1
2	Long Sleeve	2	38	Belt	1
3	Adjustable Knob	3	39	Big Pulley	1
4	Allen Bolt	2	40	Bottom Bracket	1
5	Allen Nut	2	40-1		
6	Tension Control	1	40-2	Crank Bolt	2
7	Square Washer	1	41R	Crank (R)	1
8	Helical Compression Spring	1	41L	Crank (L)	1
9	Square Nut	1	41-1	Crank Cap	2
10	Spacer	1	42L	Left Pedal	1
11	Cap Nut	1	42R	Right Pedal	1
12	Self-tapping Screw	3	43	Self-tapping Screw	8
13	Spacer	1	44	Allen Bolt	6
14	Flange Bolt Cap	1	45	Allen Bolt	2
15	Multi-Wrench	1	46	Spring Washer	6
16	Brake Pad Assembly	1	47	Locked Nut	6
17	Beam	1	48	Inner Chain Guard	1
18	Rubber Absorber	1	49	Transportation Wheel	1
19	Allen Bolt	2	50	Leveling Feet	4
20	Washer	6	51	Carriage Bolt	4
21	Locked Nut	2	52	Washer	8
22	Self-tapping Screw	2	53	Allen Bolt	2
23	Self-tapping Screw	2	54	Flange Nut	4
24	Brake Absorber	1	55	Locked Nut	2
25	Handlebar	1	56	Front Stabilizer	1
26	Seat Slider	1	57	Rear Stabilizer	1
27	Seat Post	1	58	Allen Bolt	1
28	Saddle	1	59	Self-tapping Screw	6
29	Short Sleeve	2	60	Self-tapping Screw	1
30	End Cap (for Seat Slider)	1	61	Water Bottle Cage	1
31	End Cap (for Seat Post)	1	62	Magnet	1
32	Hub	1	63	Sensor Clamp	1
32-1	Washer	2	64	Allen Bolt	1
32-2	Flange Nut	2	65	Emergency Leveler	1
33	Small Pulley	1	66	Self-tapping Screw	1
34	Locked Ring	1	67	Locked Nut	1
35	Flywheel	1	68	Front Chain Guard	1
36	Flywheel Cover	2			

WARNING

PEDALS & CRANKS (A117BB, ASB500, ASB700 & ASB800)

Given the design and usage of Indoor Cycles it is very important to ensure correct assembly and ongoing maintenance for optimum performance and your safety.

Supplied with the bike is a pedal wrench for your initial assembly. (PIC A). Please always keep this wrench on hand nearby the bike as regular tightening of the pedal is required to keep your bike in optimum working condition.

Pedals are marked as “L” and “R” for left and right side. (PIC B). The left and right sides are determined as if you are sitting on the bike. Please ensure you take care and do not thread the pedals into the incorrect side. (PIC C). This will cause damage to the thread of the pedal and the crank. This will require replacement of parts and is not covered under warranty.

Pedals must also be firmly seated into the crank upon initial assembly and then as part of on-going regular maintenance before usage. There should be no gap visible between the crank and the pedal spindle. (PIC D). If there is, you have still not tightened up the pedal enough. Both pedals must always be firmly seated right up against the crank.

You must always maintain the bike; pedals must be checked on a regular basis and re-tightened before usage to ensure the pedal spindle is right up against the crank.

Lack of maintenance in this regard can cause the pedal to slightly unwind which will in turn damage the thread to the pedal and crank upon further usage. Lack of maintenance and care in this regard is not covered under warranty as it is not a manufacturing fault.

Please read the owner’s Manual carefully and if you have any concerns, please contact our service department on service@gpigroup.com.au

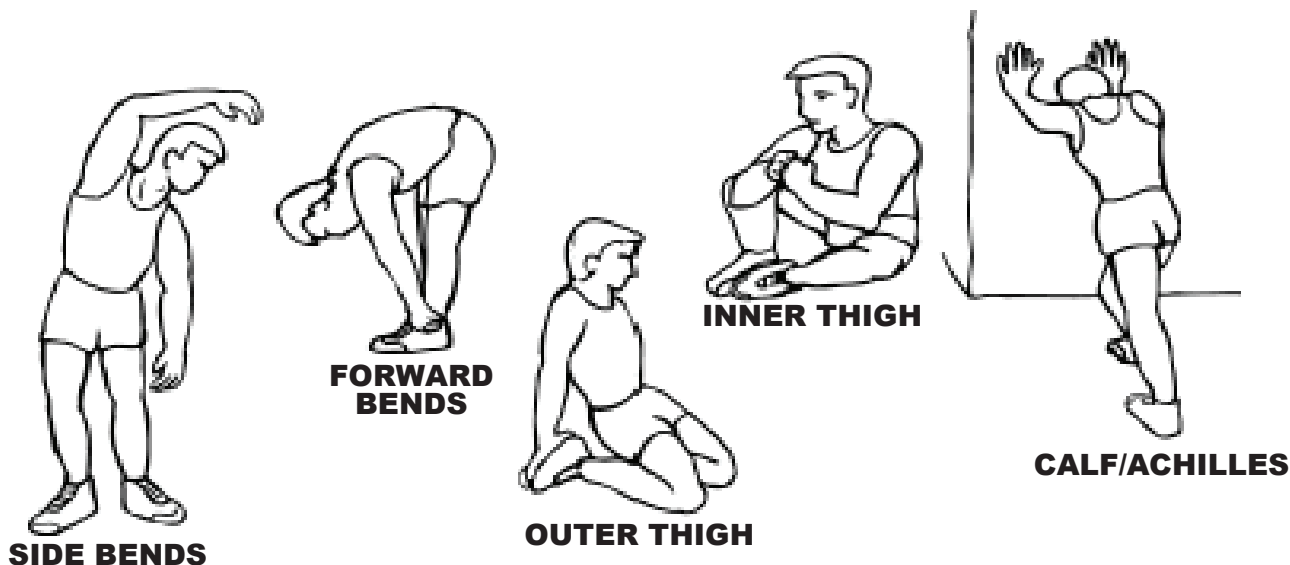


EXERCISE INSTRUCTIONS

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.

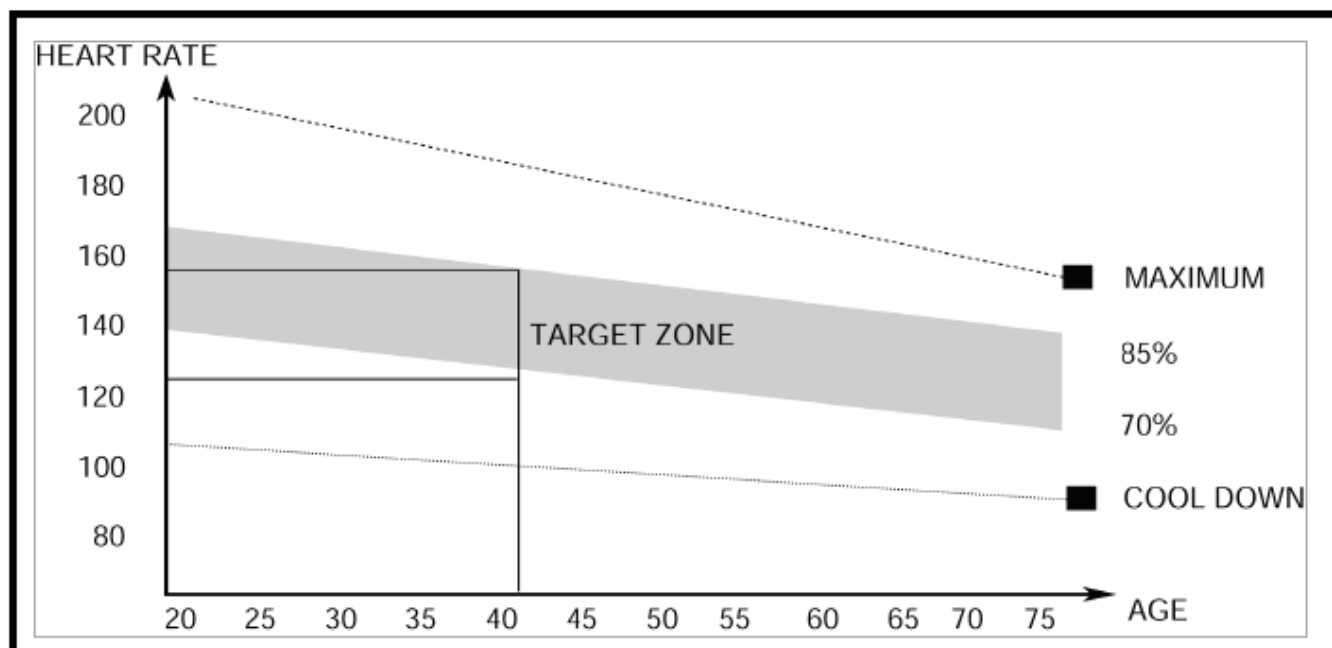
1. THE WARM UP PHASE

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

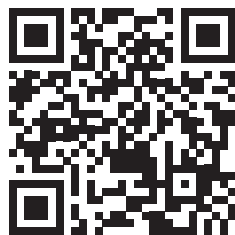


INDOOR CYCLE

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