

DUAL ACTION AIR BIKE

Wind master

OWNER'S MANUAL

Safety

Parts

Installation

Maintenance

Operation



CAUTION: Before using this Bicycle Exerciser read this manual and follow all its safety Rules and Operating Instructions.

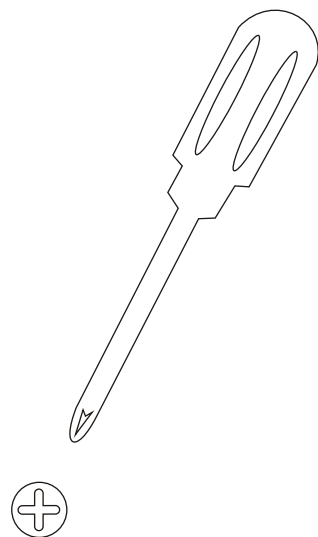
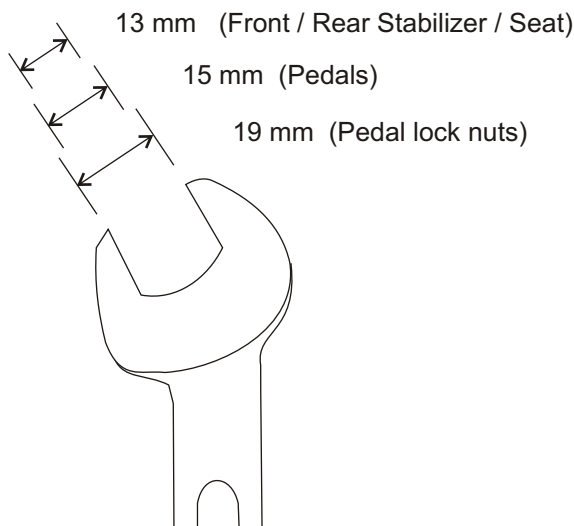
IMPORTANT SAFETY PRECAUTIONS

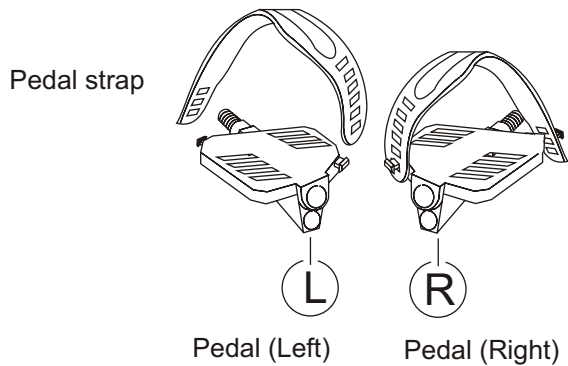
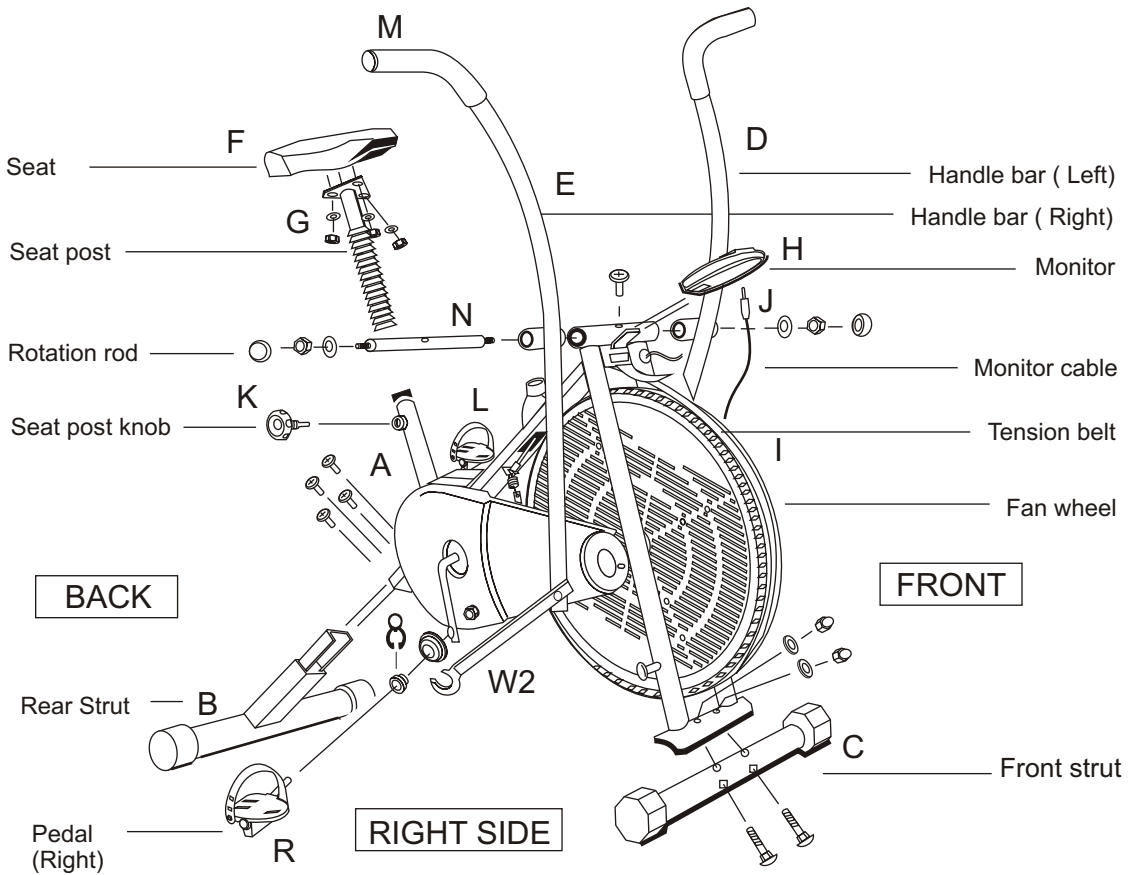
WARNING: To reduce the risk of serious injury, read the following important precautions before using this Bicycle Exerciser.

1. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all warnings and precautions.
2. Read all instructions in this manual before using the exerciser. Use the exerciser only as described.
3. Place the exerciser on a level surface. Cover the floor beneath the exerciser to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Make sure that the chain is properly adjusted. Replace any worn parts immediately.
5. Keep children under age 12 and pets away from the exerciser at all times.
6. The exerciser should not be used by persons weighing more than 100 kgs or 220 pounds.
7. Keep hands and feet away from the chain wheel, link chain and other moving parts.
8. Do not wear loose clothing that could become caught on the exerciser. Always wear athletic shoes for foot protection. Adjust the pedal straps to keep your shoes from slipping away. Rubber soled shoes and athletic socks are recommended. NEVER operate without wearing the shoes.
9. When adjusting the seat, insert the seat knob through one of the holes in the seat post. Do not Insert the seat knob under the seat post.
10. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
11. The exerciser is intended for home use only. Do not use the exerciser in any commercial, rental or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by through the use of this product.

TOOLS REQUIRED FOR ASSEMBLY



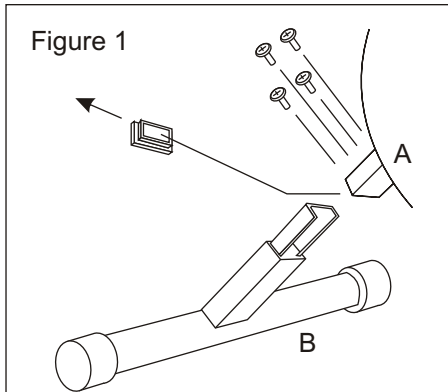


ASSEMBLY INSTRUCTIONS

Remove the parts and bike from the carton and identify them using the expanded illustration.

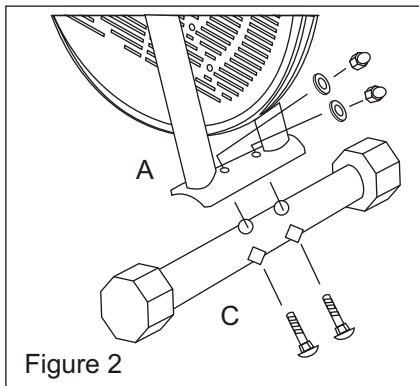
Step 1. Attach the rear strut .

Remove the indicated end cap from the rear of the main frame(part **A**). Discard it. Slide rear strut (part **B**) into the rear of the main frame (part **A**) , screw in 4 Phillips screws, securing rear strut to main frame.



Step 2. Mount the front strut.

Place front strut (part **C**) into saddle bracket at the front of the frame. The **square** holes must be placed in down position. Align the holes in the front strut with the holes in the bracket and put 2 carriage bolts through the holes. Place 2 washers on bolts and screw on 2 dome nuts and tighten.



Step 3. Attach the handlebars.

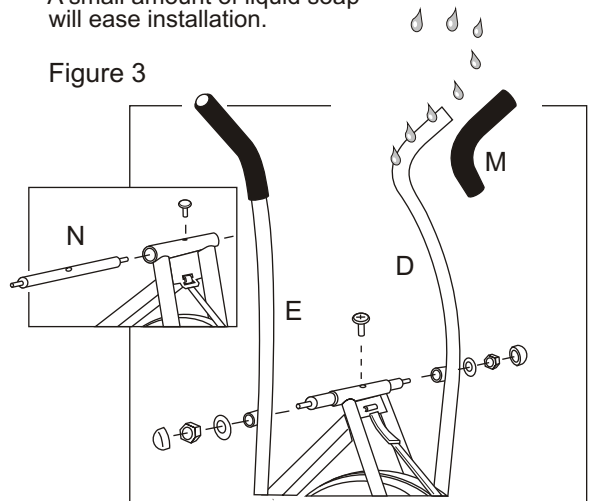
Remove the screw, nuts and washers from the rotation rod (part **N**). Slide handlebar rotation rod through the linkage tube at the top of main frame. The rod may need a little lubricant to easily slide through the bushings at either end of the linkage tube. Center the rod and rotate it until the set hole in the rod aligns with the hole in the center of the linkage tube. Screw the fixing screw into the aligned hole and secure it.

Attach the left handle (D), the left handle is marked with an "L". Put the handlebar pivot housing on the left side of the rotation rod. Slide the rotation rod's thread stem through pivot housing bushings. Place a washer on stem and screw on nut. Place the plastic end cap you can find it in the screw pack onto nut after final tightening.

Attach the right handle (E) in the same manner.

Slide the foam grips (M) on to the handlebars. A small amount of liquid soap will ease installation.

Figure 3



Step 4. Install the pedals. The right pedal (part **R**) is marked with an "R". The left pedal (part **L**) is marked with an "L". It is important that each pedal goes on the proper side.

Select the right pedal. Slide a two step pedal bushing on to pedal first then slide a ball bearing next to the bushing. Now screw the pedal stem into the right pedal arm. Right pedal tightens clockwise. You must secure it tightly. Screw on to the pedal's stem the lock nut (SILVER) until tight.

Rotate the handlebar's link arm to meet the pedal. Bring the "C" slot on the link arm up from the bottom to hook on the bearing on the pedal stem. Now place the "C" clip locking the link arm on the bearing.

Install left pedal in the same manner except **left pedal tightens counter - clockwise.** The left pedal lock nut is GOLD.

VERY IMPORTANT : Please follow the **Figure 4** step by step. The pedal stem must be secured tightly, the lock nut got to be secured tightly too. Check them from time to time to insure a longer life time for using this equipment.

PEDAL - R

Tighten clockwise

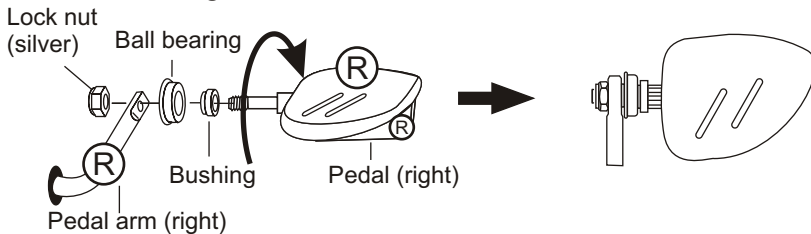
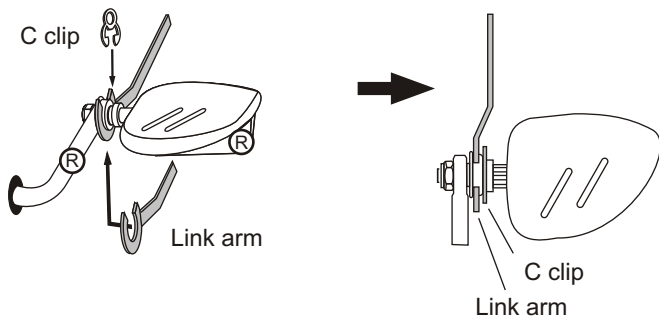
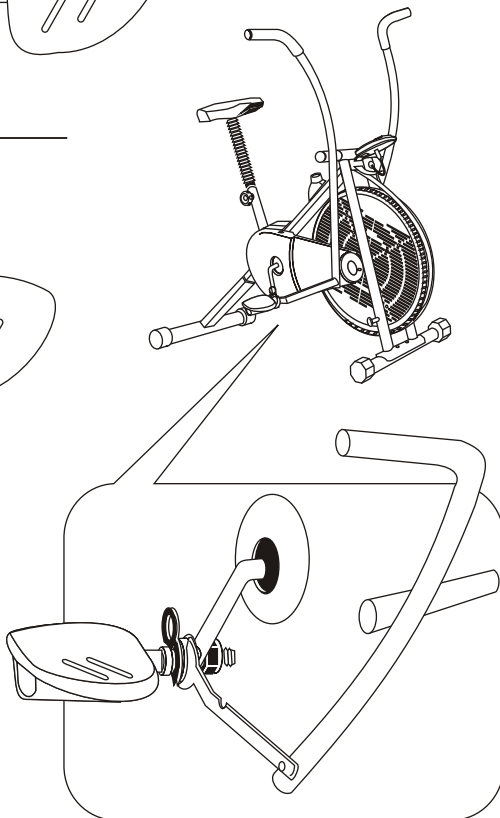
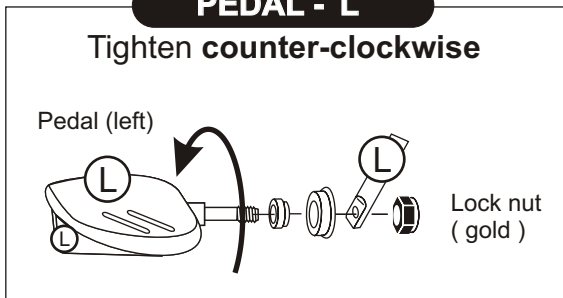


Figure 4



PEDAL - L

Tighten counter-clockwise



Step 5. Mount seat (part F).
 Remove nuts and washers from studs on bottom of seat (F). Place seat onto seat post (G) and replace washers and nuts. Secure tightly.
 Select seat height adjust knob (K), slide the seat post below onto the seat post first then slide the seat post into main frame aligning a set of holes in the seat post with the seat height screw hole. Screw in seat post knob. Secure tightly.

Step 6. Mount monitor (part H). Insert batteries into battery holder being sure to follow battery diagram. Check to be sure monitor shows a display. If it does not, check batteries and battery installation. Plug monitor cable (part J) coming from main frame into back of monitor. Slide monitor on to the main frame.

Figure 5

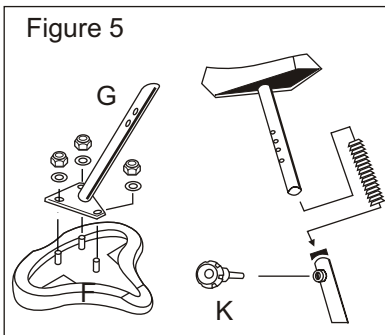
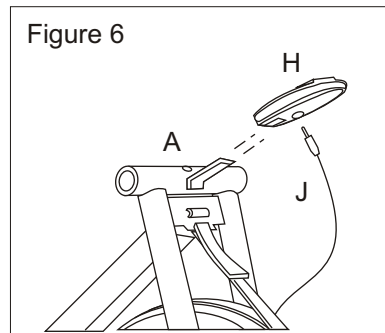


Figure 6



OPERATION

1. LEVELING THE BICYCLE EXERCISER.

Place the BICYCLE EXERCISER in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor. If the bike is not stable, turn the end caps on the front strut (part C) until the bike is stable. Turn one end cap at a time as it may only be necessary to adjust one.

2. ADJUSTING THE TENSION

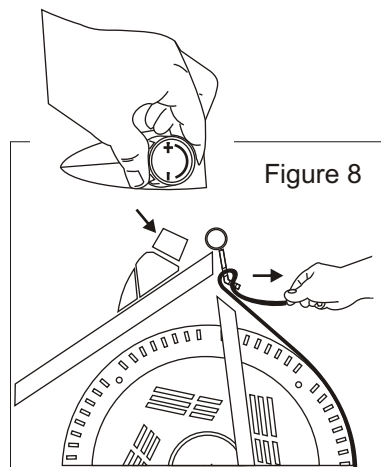
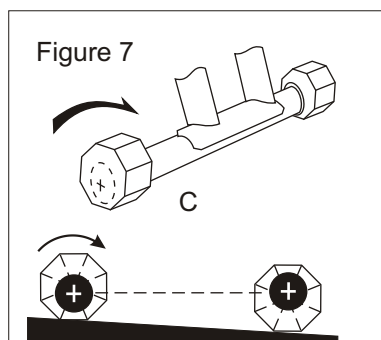
The BICYCLE EXERCISER has a tension control knob on the main frame that can be turned to increase or decrease the tension. Turn clockwise to increase, counter-clockwise to decrease. The tension range can be increased or decreased by adjusting the tension strap (part I). Turn the tension knob counter-clockwise until it stops. Pull the tension strap through the strap's buckle at the top of the main frame to make the strap tighter around the fan disk increasing the strength of the tension range. Loosen the strap to decrease it. Use the tension knob to further adjust the tension.

3. Wear the proper clothing. Clothes that are not restrictive and are comfortable. NOTE: When wearing long pants, be sure the legs are not too floppy so that they will not get caught in the chain sprocket.

4. Wear suitable footwear, adjust the pedal strap to keep your shoes from slipping away. Rubber soled shoes and athletic socks are recommended. NEVER operate without wearing the shoes.

5. Place the exercise bike on a hard flat surface in a convenient area. Be sure there is good air circulation at its location. It is recommended that the surface be easy to clean so that any residual from using, such as perspiration, may be cleaned without a problem.

6. The bike should not be used by children or handicapped persons without a qualified person in attendance.

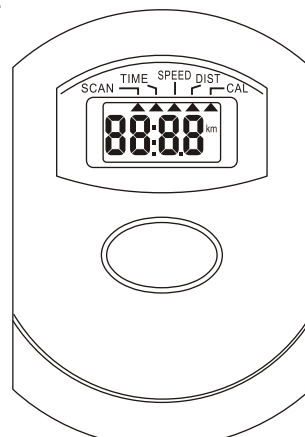


7. Diet is as important as exercising for good physical conditioning. The practice of good nutrition is essential to your fitness program.
8. DO NOT OVER DO IT. Set goals you can achieve without overexertion.
9. Always do a warm-up and cool-down period when exercising. Start slow and finish slow.
10. Consult with a physician before starting any exercise program or diet.

THE EXERCISE MONITOR

This monitor is equipped with an auto on/ auto off function. The monitor will come on automatically if the exercise bike is in motion. If stop exercising for over 4 minutes, monitor will turn itself off.

You can view the progress of any function when using the bike by simply pressing the model button until the function you want to observe is displayed.



MONITOR USES 2 "LR44" BATTERIES.

FUNCTIONS AND OPERATIONS:

1. SCAN

Press the button until the ARROW points to SCAN, (or press the button until SCAN appears) monitor will automatically cycles between SPEED, DISTANCE, TIME & CALORIES every 6 seconds.

2. SPEED

Press the button until the ARROW points to SPEED, the monitor will display the current speed.

3. DISTANCE

Press the button until the ARROW points to DISTANCE and it will display the trip distance you are traveling.

4. TIMER

Press the button until the ARROW points to TIME to count up your exercise time.

5. CALORIES

Press the button until the ARROW points to CALORIES to accumulate the calorie consumption. An average calorie burn will be accumulated when pedalling the bike and it will be displayed when this function is selected. The calculation is based on length of pedalling time and speed. There is no accumulation when there is no pedalling action. The calorie count will be cleared each time the unit shuts off. Calories burned are for reference only. User's age, weight and other factors help to determine actual calories burned.

6. RESET

By pressing the button for 2 seconds, all the functional values will be reset to zero.

EXERCISING YOUR CYCLE

It is possible to use your cycle in three different ways, made possible by its ability to be converted quickly from its special DUAL ACTION mode with linked handlebars to normal SINGLE ACTION, cycle only mode with static Handlebars.

TOTAL BODY WORKOUT

With your cycle set up with the handlebars to linked the pedals in synchronized mode, sit on the cycle and start pedalling, initially with the cycle tension set to a low setting while holding the handlebars. Increase the cycle tension as desired while exercising or when your fitness level increases. Muscles in the legs and thighs are exercised by the rotational effort generated by the handlebars. See **Figure A**.

LOWER BODY WORKOUT

To convert your cycle for CYCLE ONLY mode, simply remove the pedal-link arm lock ring, the **C Clip**, from each pedal and disconnect the left and right hand **Link Arm** from each pedal. At this point rotate each **Link Arm** 180 degree and locate the small cut-out which is positioned approximately in front of the **Link Arm** onto the **Lock Peg** which is welded to the lower part of the main frame's front upright.

The handlebars will then be locked in position.

See **Figure B**.

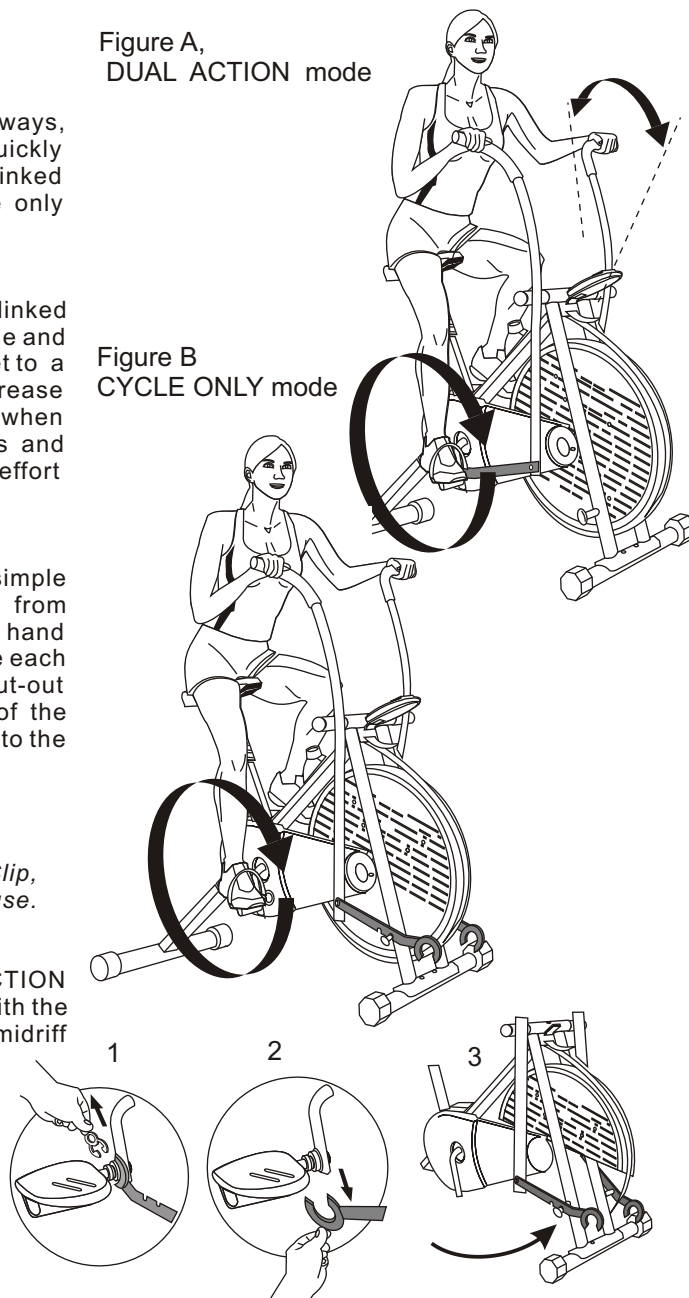
Note : Refit the pedal-link arm lock ring, the C Clip, to each pedal assembly again before use.

UPPER BODY WORKOUT

With the handlebars linked to the DUAL ACTION synchronized mode, stand on the Rear Strut with the back of the seat positioned comfortably in the midriff area for forward to grasp both handlebars. Using a push-pull motion, move the handlebars towards your body and maintain a good momentum. This will provide rotational exercise to aid mobility to the lower back, as well as helping increase arm muscle tone and strength. See **Figure A**.

Figure A,
DUAL ACTION mode

Figure B
CYCLE ONLY mode



PARTS LIST

WB 500

| Key No. | Description | Key No. | Description | | |
|---------|-------------|----------------------|-------------|---------------------|----------------------------|
| 1 | C | Front strut | 21 | Front strut end cap | |
| 2 | B | Rear strut | 22 | Rear strut end cap | |
| 3 | W1 | Link arm (left) | 23 | M | Foam grip |
| 4 | W2 | Link arm (right) | 24 | N | Handlebar rotation rod set |
| 5 | D | Handlebar (left) | 25 | | C clip |
| 6 | E | Handlebar (right) | 26 | | Pedal bushing |
| 7 | G | Seat post | 27 | | Pedal bearing |
| 8 | | Chain Wheel set | 28 | K | Seat post knob |
| 9 | | Pedal arm | 29 | | Screw pack |
| 10 | | Chain | 30 | L | Pedal (left) |
| 11 | | Fan wheel | 31 | R | Pedal (right) |
| 12 | | Tension adjuster set | 32 | H | Monitor |
| 13 | I | Tension belt | 33 | J | Monitor cable |
| 14 | | Chain guard | 34 | F | Seat |
| 15 | | Seat post sleeve | 35 | | Pedal lock nut (L) |
| 16 | | Rotation rod bushing | 36 | | Pedal lock nut (R) |
| 17 | | Cable clip | 37 | | Operator's manual |
| 18 | | Rotation rod end cap | 38 | A | Main frame |
| 19 | | Seat post bellows | | | |
| 20 | | Handlebar end cap | | | |

* We are constantly striving to improve the quality of our products. Therefore, this instructions are subject to change without prior notice. Please retain this instructions for future reference.

