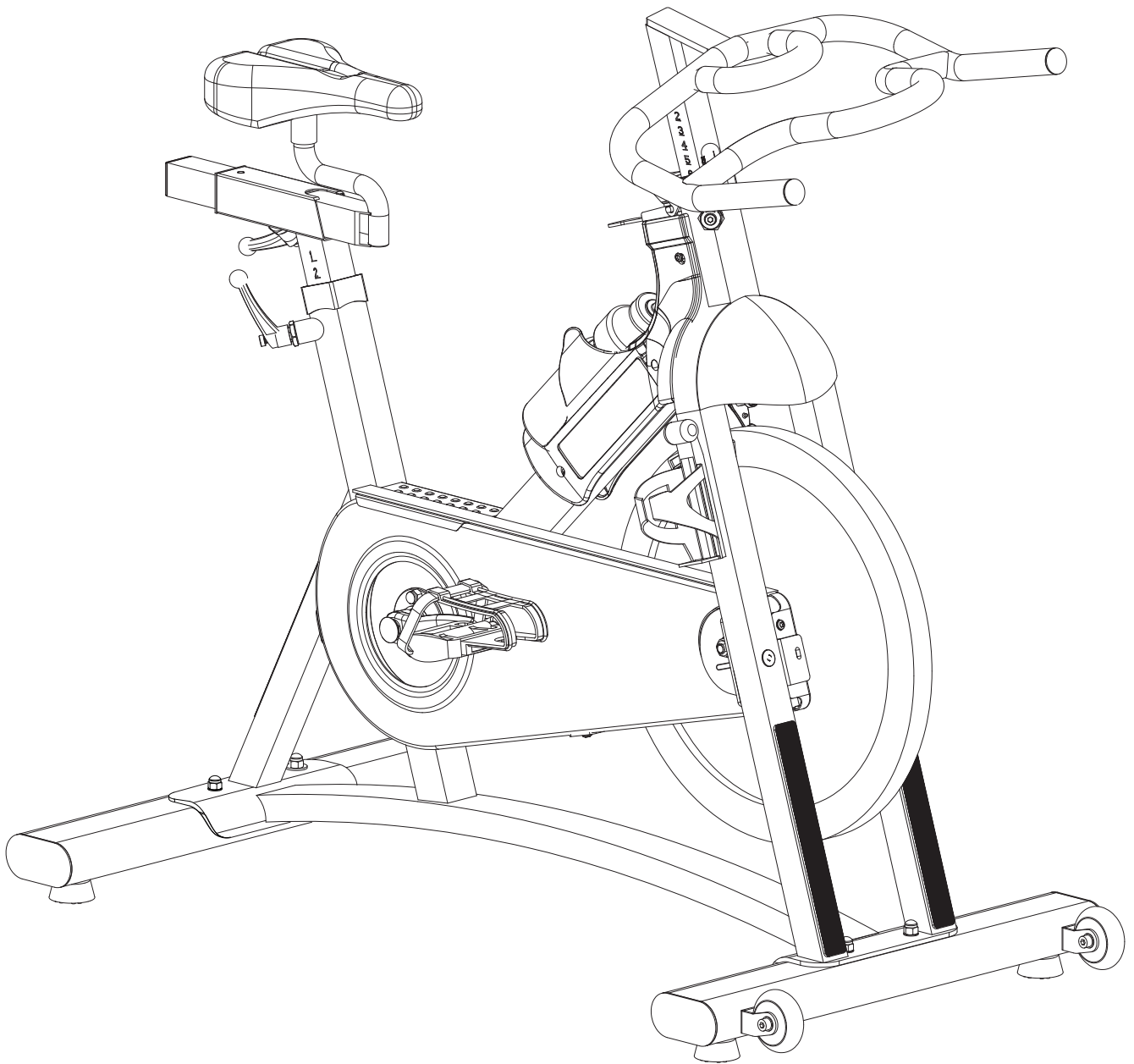


BODYWORX



LIGHT COMMERCIAL INDOOR CYCLE

Model No: ASB800





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.



Step 1 Visit our Website

Go to the GPI Sports website: www.gpisports.com.au/warranty



Step 2 Enter Purchase Information

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



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.

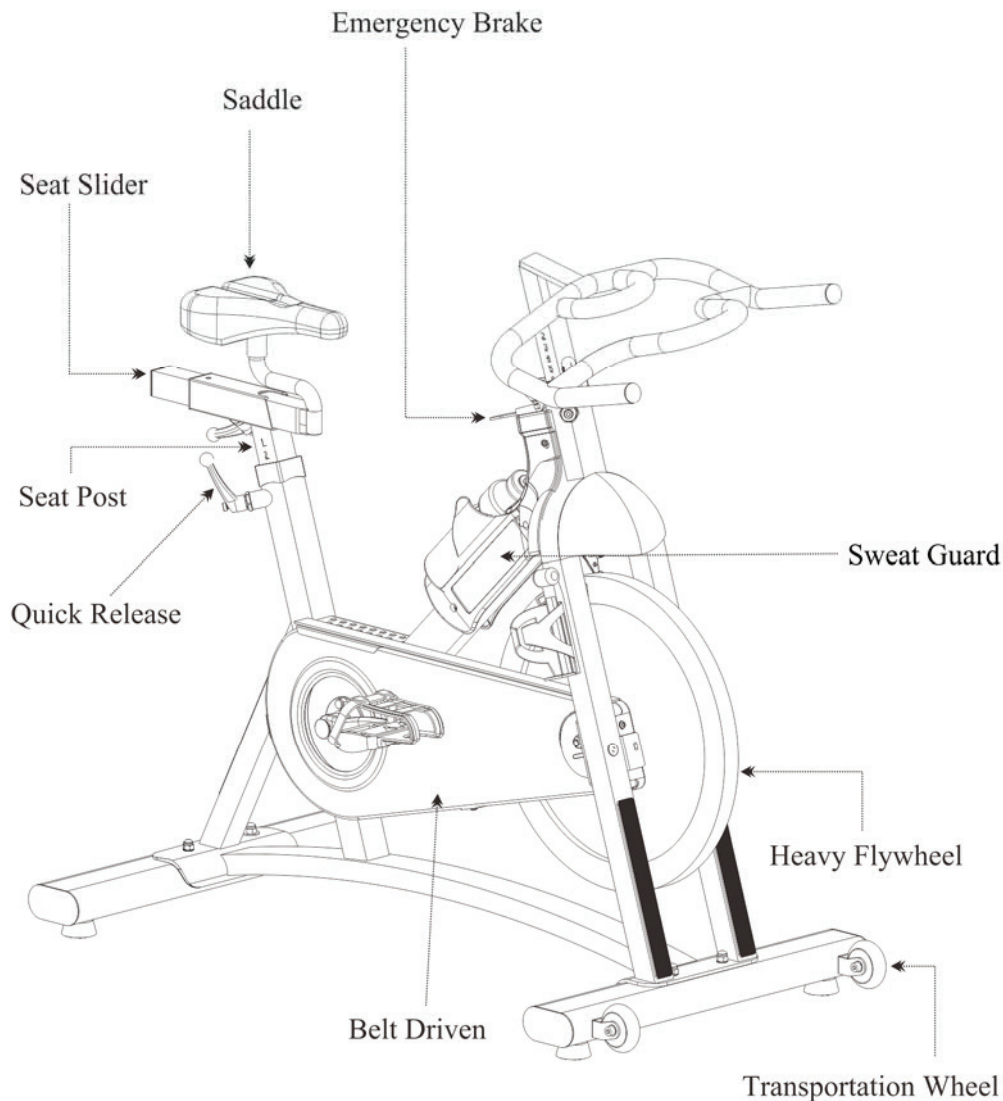
Maximum User Weight: 136 KG

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.

FEATURES



Sweat Guard with Bottle

The integrated design of sweat guard and water bottle cage protects the frame & brake from rusting and holds 1 Litre of bottle of any shape

Heavy Flywheel:

High-inertia flywheel creates the high momentum

Transportation Wheel:

Anyone can move this machine using the two 2 attached wheels

Belt Driven:

Most comfortable and less noisy

Quick Release:

Easy to adjust the height of seat post

Seat Post:

Up / Down Adjustment for any shape of user

Seat Slider:

Forward / Backwards Adjustment for any shape of user

Saddle:

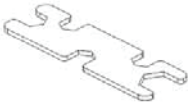
Extra padding to provide comfortable sitting

Emergency Brake:

Merely pulling up the lever, user can stop the transmission immediately without danger

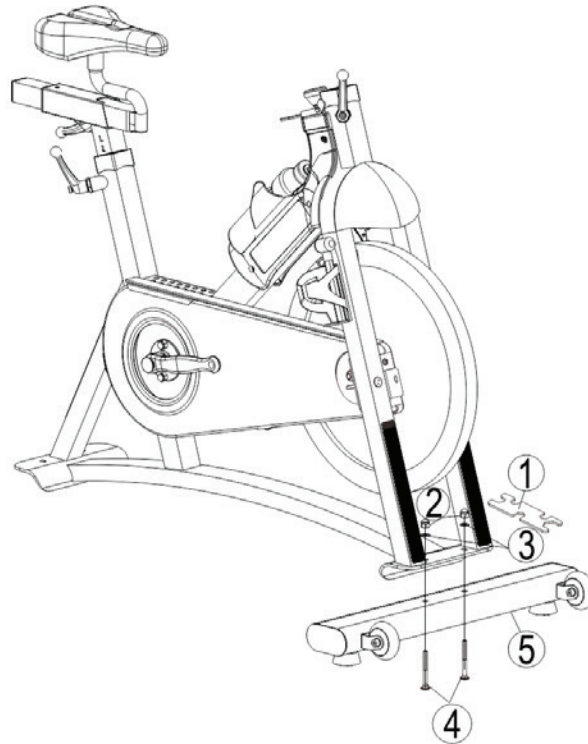
ASSEMBLY INSTRUCTION

PARTS LIST

#	DESCRIPTION	Q'TY	SPECIFICATION
1	Multi-Wrench	1	
2	Cap Nut	4	M8
3	Washer	4	ϕ 16* ϕ 8.5*1.6
4	Carriage Bolt	4	M8*60
5	Front Stabilizer	1	With 2 transportation wheels
6	Rear Stabilizer	1	Without weels
7	Pedal(L)	1	Left threaded
8	Pedal(R)	1	Right threaded
9	Handlebar	1	Chrome & PVC dipping

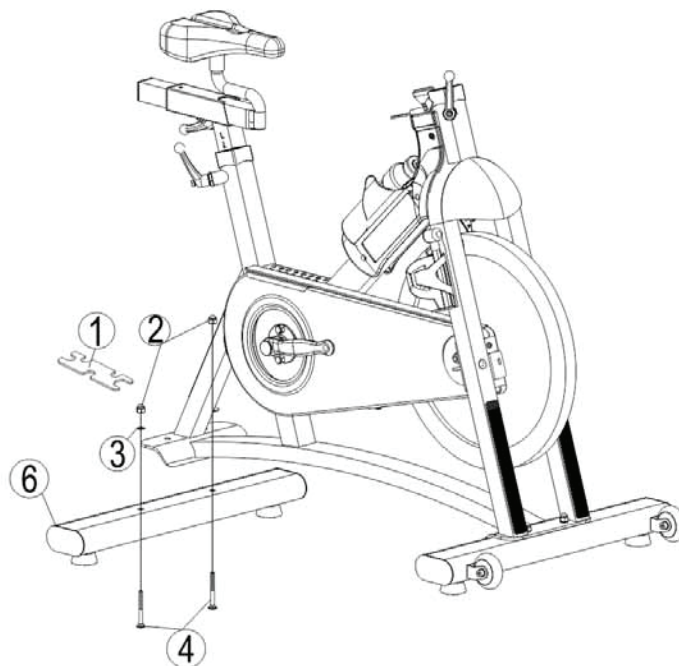
ASSEMBLY STEP A

Attach the Front Stabilizer (5) to the frame using two Cap Nuts (2) and two Washers (3) and two Carriage Bolts (4), and secure firmly using the Multi-Wrench (1).



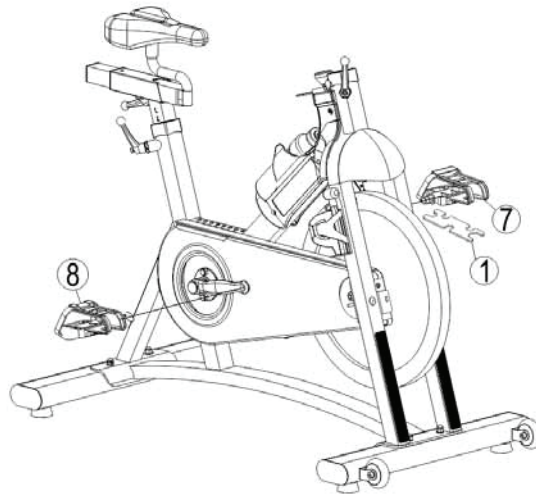
ASSEMBLY STEP B

Attach the Rear Stabilizer (6) to the frame using two Cap Nuts (2) and two Washers (3) and two Carriage Bolts (4), and secure firmly using the Multi-Wrench (1).



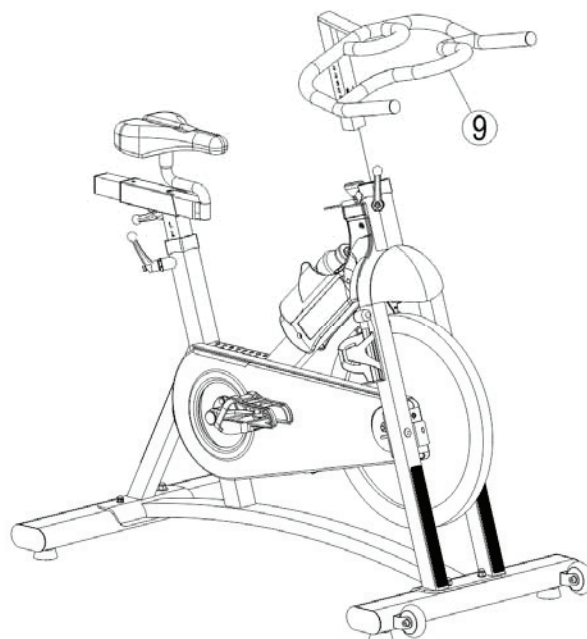
ASSEMBLY STEP C

- C1: Thread the left pedal (7) that has "L" on spindle of the left side arm of the bike using the Multi-Wrench (1). Please note that the "L" pedal is left-hand threaded which must be turned counter-clockwise to tighten.
- C2: Thread the right pedal (8) that has "R" on spindle to the right side arm of the bike using the Multi-Wrench (1). Please note that the "R" pedal is right-hand threaded which must be turned clockwise to tighten.

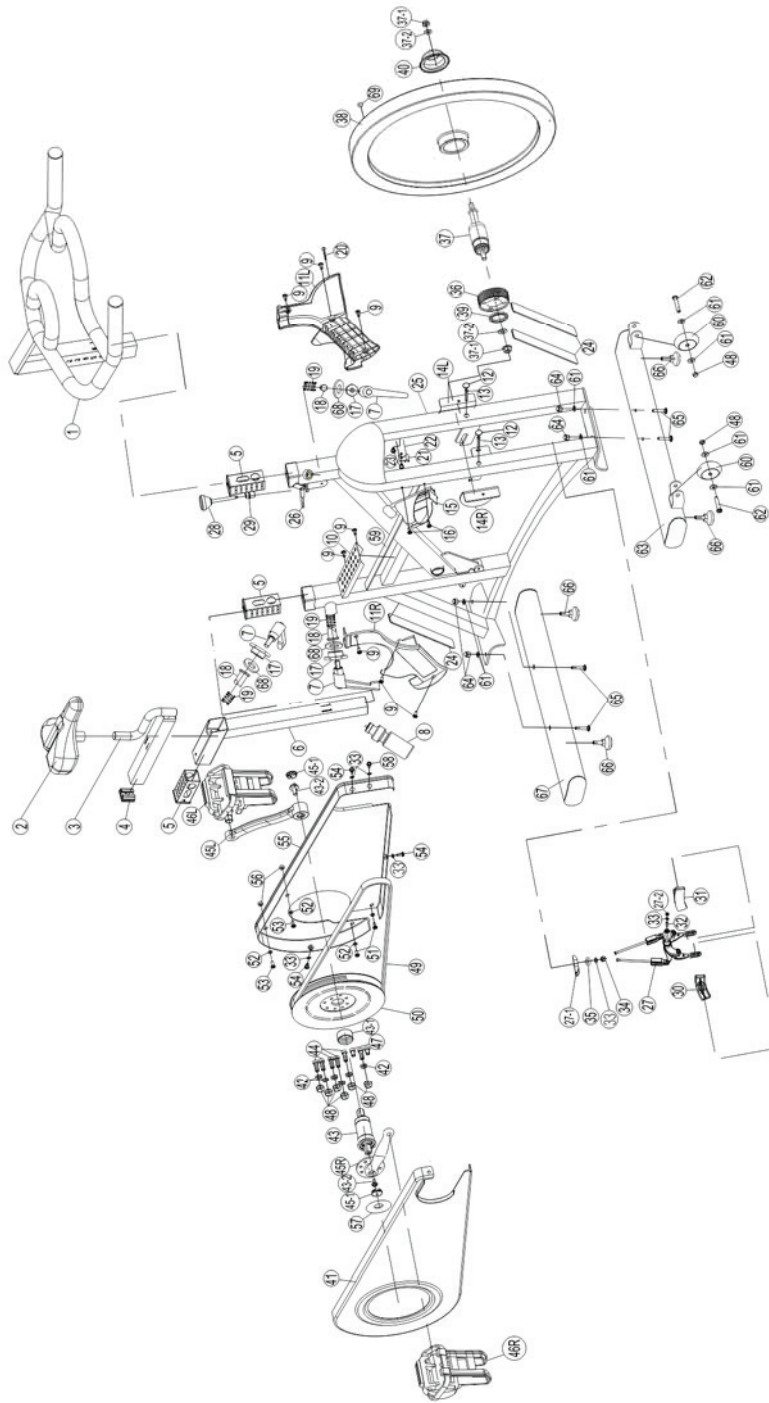


ASSEMBLY STEP D

Install the Handlebar (9) into the frame receptor and secure with the Quick Release.



EXPLODED DRAWING



BILL OF MATERIALS

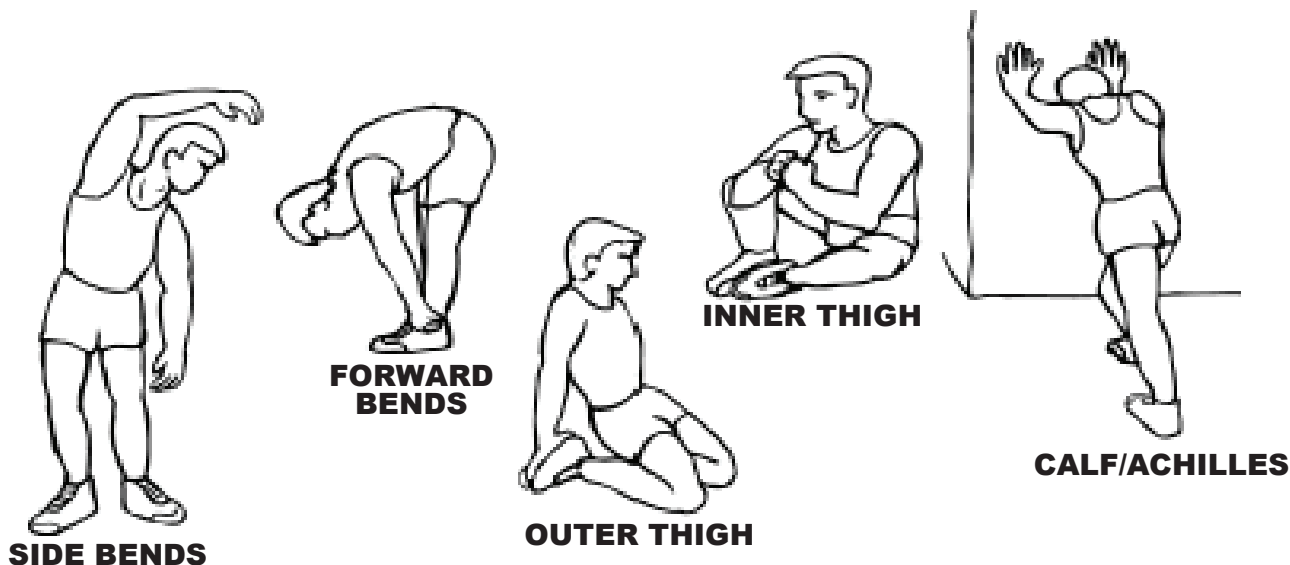
#	Description	Q'TY/BIKE	#	Description	Q'TY/BIKE
1	Handlebar	1	37	Hub Set	1
2	Saddle	1	37-1	Flange Nut	2
3	Seat Slider	1	37-2	Washer	2
4	End Cap	1	38	Flywheel	1
5	Sleeve	3	39	Locked Ring	1
6	Seat Post	1	40	Hub Cover	1
7	Quick Release	4	41	Outer Chain Guard	1
8	Water Bottle	1	42	Spring Washer	6
9	Phillip screw	8	43	Bottom Bracket	1
10	Stainless Steel Plate	1	43-1		1
11L	Sweat Guard (L)	1	43-2	Crank Bolt	2
11R	Sweat Guard (R)	1	44	Allen Bolt	6
12	End Cap	2	45R	Crank (R)	1
13	Allen Bolt	2	45L	Crank (L)	1
14L	Flywheel Dropout L	1	45-1	Crank Cap	2
14R	Flywheel Dropout R	1	46L	Pedal (L)	1
15	Water Bottle Cage	1	46R	Pedal (R)	1
16	Allen Bolt	2	47	Allen Bolt	2
17	Quick-Release Nut	3	48	Locked Ring	8
18	Quick-Release Receptor	3	49	Belt	1
19	Spring	3	50	Big Pulley	1
20	Phillip screw	1	51	Phillip screw	2
21	RPM Bracket	1	52	Washer	4
22	Sensor Clamp	1	53	Phillip screw	2
23	Allen Bolt	2	54	Phillip screw	3
24	Anti-slippery Rubber Pad	3	55	Inner Chain Guard	1
25	Frame	1	56	Chain Guard Spacer	2
26	Emergency Leveler	1	57	Flange bolt cap	1
27	Caliper	1	58	Phillip screw	1
27-1	Stopper	1	59	Rubber Stripping	1
27-2	Locked Nut	1	60	Transport Wheel	2
28	Tension Control	1	61	Washer	8
29	Spacer	1	62	Allen Bolt	2
30	Brake Pad (L)	1	63	Front Stabilizer	1
31	Brake Pad (R)	1	64	Cap Nut	4
32	Acoustic Grommet	1	65	Carriage Bolt	4
33	Washer	6	66	Adjustable Leveler	4
34	Locked Nut	1	67	Rear Stabilizer	1
35	Square Nut	1	68	Washer	4
36	Small Pulley	1	69	Magnet	1

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.

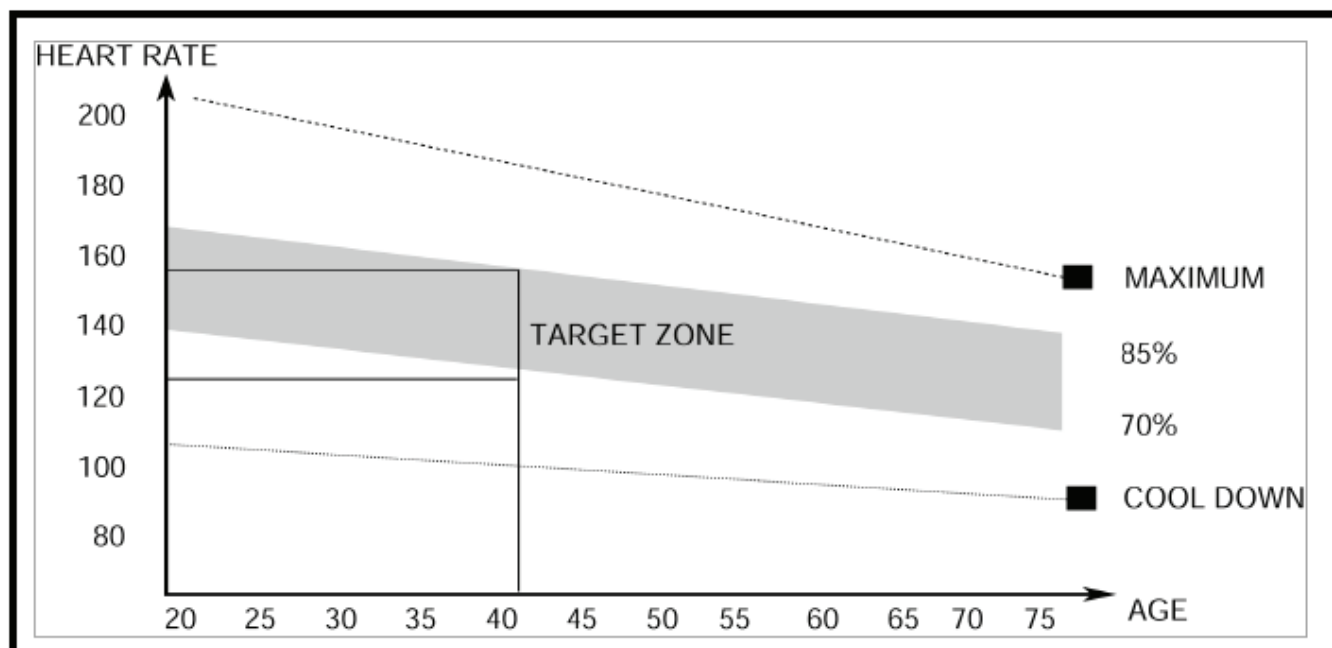
1. THE WARM UP PHASE

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



LIGHT COMMERCIAL INDOOR CYCLE

Model No: ASB800

To register your warranty, please go to

www.gpisports.com.au

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