

H610U

RECOMBENT BIKE

V1.00

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment . Measurements made by the equipment are believed to be accurate , but only the measurement of your physician should be relied upon.

IMPORTANT : Read all instructions carefully before using this product . Keep this owner's manual for future reference. Product may vary slightly from picture.

CAUTION: Weight on this product should not exceed **115KGS**.

IMPORTANT SAFETY NOTICE

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

1. Read all instruction in this manual before using this equipment.
2. Use the machine only for its intended use as described in this Manual.
3. Inspect and tighten all the loose parts before this equipment is used .
4. Keeps hands away from moving parts .
5. Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
6. Before using the machine to exercise, always do stretching exercise to properly warm up.
7. Inspect the machine before each use; make sure all of the connections are tightly secured.
8. Only one person at a time should use the machine.
9. If the user experiences dizziness, nausea, chest pain , or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
10. Position the machine on a clear , levelled surface. DO NOT use the machine near water or outdoor.
11. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine . Sporting shoes are recommended when using the machine.
12. Do not place any sharp object around the machine.
13. Disabled persons should not use the machine without a qualified person or physician in attendance.
14. Never operate the machine if the machine is not functioning properly.
15. Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
16. Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.
17. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
18. DO NOT pull out the seat tube over the warning line "max" which showing on the tube, when you adjust the height of the seat.
19. Not for therapeutic use.

WARNING: Before beginning any exercise program , consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

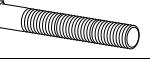
SERVICE HINTS: The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

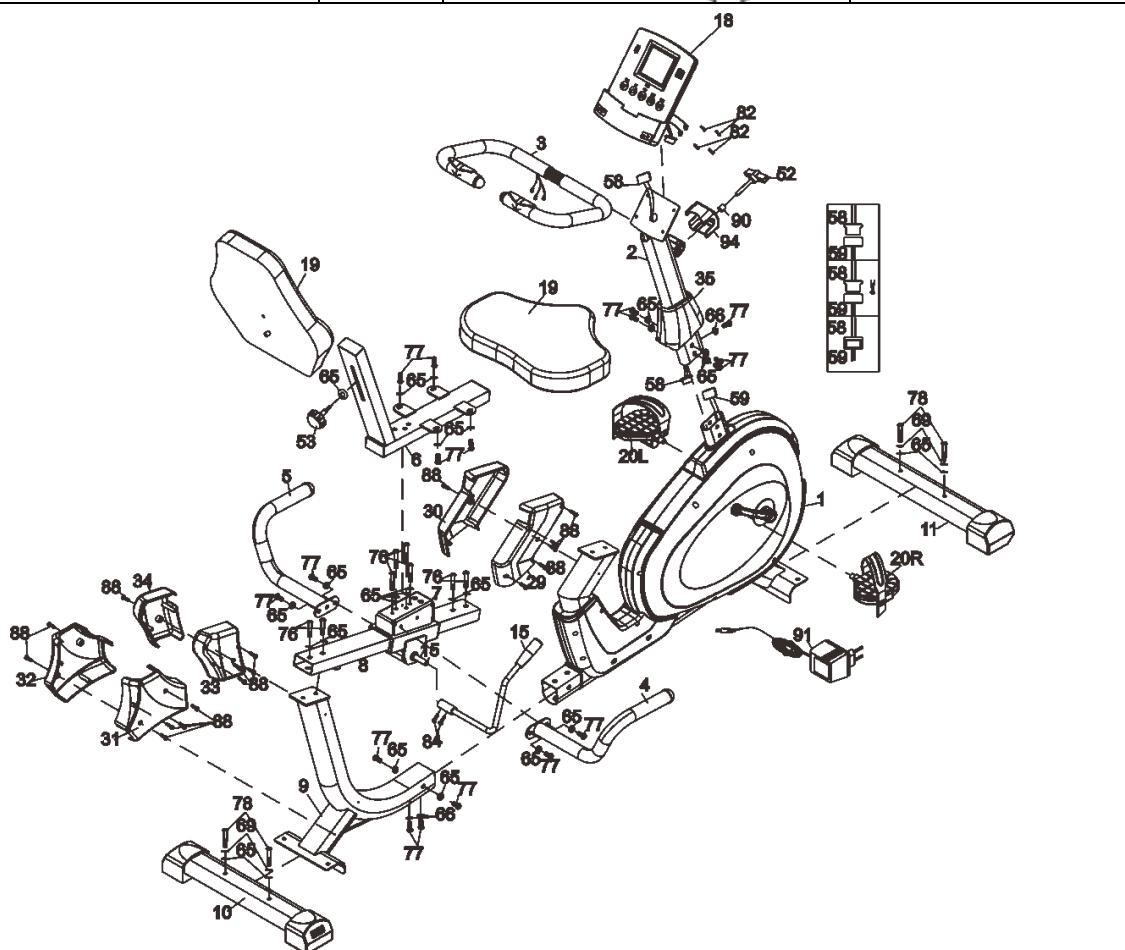
IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5 , standard , Class HC (HOME USE). The maximum load is limited to 115KGS.
- B) Parents should be aware of their responsibility with respect to their children natural play instinct. This can cause situations in which the product can be used for other purpose than intended.
- C) If children are allowed to use the product, the mental and physical condition and the temper of the children should be taken in consideration. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Point out especially that the product is not any kind of toy.

| PART | DESCRIPTION | Q'TY | SKETCH | |
|----------|---------------------------------------|-------|--------|--|
| 1/24/25 | Main frame/chain cover | 1 | | |
| 2/58 | Front port/middle sensor wire | 1 | | |
| 9 | Rear main frame | 1 | | |
| 6 | Back seat tube | 1 | | |
| 4/5/23 | Side handlebar/foam grip | 1 | | |
| 3/22/56 | Front handlebar/foam grip/hand pulse | 1 | | |
| 8/7/54 | Slide tube/slide bracket/stop | 1 | | |
| 11/47 | Front stabilizer w/ transport wheel | 1 | | |
| 10/45 | Rear stabilizer w/ adjustable end cap | 1 | | |
| 19/66/77 | Seat/flat washer/bolt | 1 | | |
| 18/82 | Meter /screw | 1 | | |
| 21 | bolt | 1 | | |
| 29/30 | Rear cover | 1set | | |
| 15/51 | Adjustable bar/foam grip | 1 | | |
| 33/34 | Upper rear cover | 1set | | |
| 31/32 | Lower rear cover | 1set | | |
| 35 | Front cover | 1 | | |
| 20 | Right & left pedal | 1sets | | |

HARDWEAR PACKING LIST

| PART | DESCRIPTION | Q'TY | SKETCH | |
|------|------------------------|------|--|---|
| 78 | Allen head bolt M10X70 | 4 |  |  |
| 69 | Spring washer | 4 | | |
| 65 | Flat washer φ10.5mm | 4 |  |  |
| 53 | knob | 1 |  | |
| 65 | Flat washerψ8 | 9 | |  |
| 76 | CARRIAGE BOLT | 8 | | |
| 88 | Screw | 16 | |  |
| 52 | 'T' knob | 1 | |  |
| 91 | Clamp cover | 1 |  | |
| 90 | Bushing | 1 | |  |
| 92 | Flat washer | 1 |  | |
| 88 | Screw | 16 | |  |
| | TOOL 2 | 1 |  | |
| | TOOL 3 | 1 | |  |

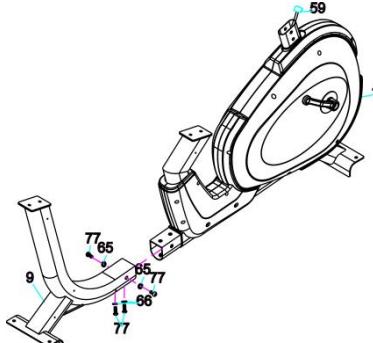


GENERAL:

Remove all the part of your cycle from the carton and place them to the floor carefully. Assembling your cycle is simple. Follow these instructions carefully and it should take you around 15-20 minutes.

ATTACH THE Main frame

- Remove the pre-assembled 4 Allen head bolts (77) ,2 curl washers(66) and 2 flat washers (65) from the rear main frame (1).
- Attach rear main frame (9) to the hole of main frame (1) and fasten with 2 flat washers (65),2 curl washers(66) **and 4 Allen head bolts(77)**



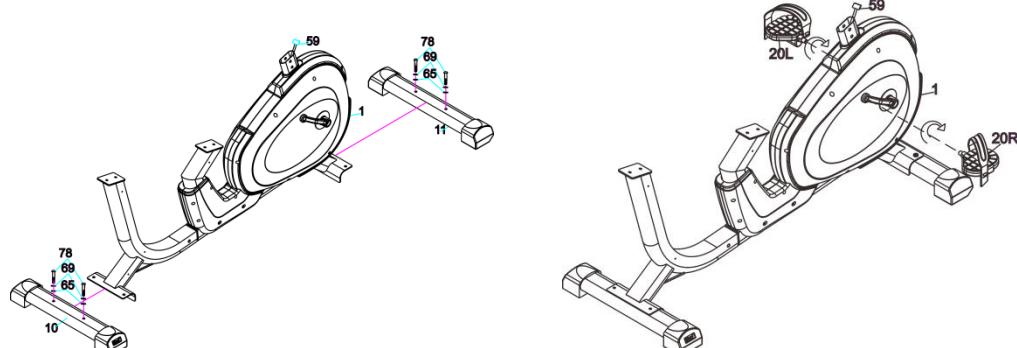
.Attach rear stabilizer (10)with 2 adjustment end caps to the welded cross bar bracket of Rear main frame (9) and fasten with 2 flat washers(65) , 2 spring washer(69) and carriages bolts(78).

- Attach front stabilizer (11) with 2 transportation wheels to the welded cross bar bracket of main frame (1) and fasten with 2 flat washers(65) ,2 spring washer(69) and 2 carriage bolts(1) .
- Assemble each pedal (20R&20L) to the crank . Pedal "R" assemble with crank right side , Pedal "L" assemble with crank left side : See the mark "R" & "L"(right and left) on the pedals (20R&20L) and crank .

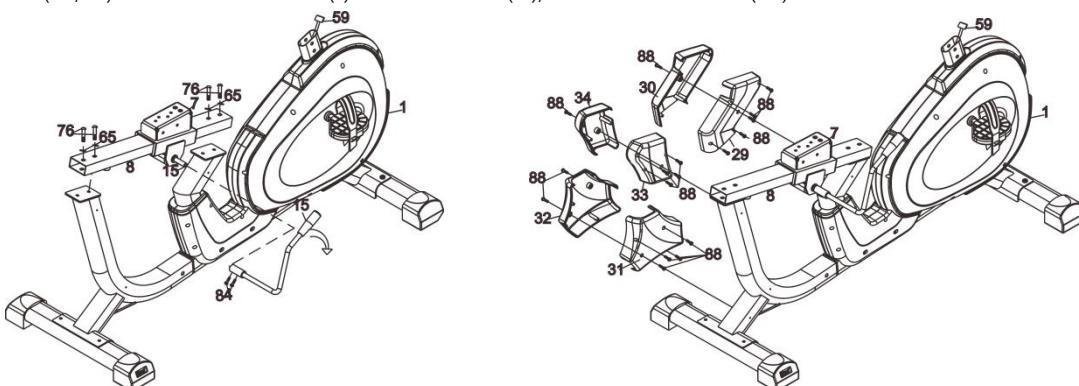
NOTE: The right pedal "R" should be threaded on clockwise. The left pedal "L" should be threaded on counter-clockwise.

- Attach the pedal straps to the pedals (20R&20L).

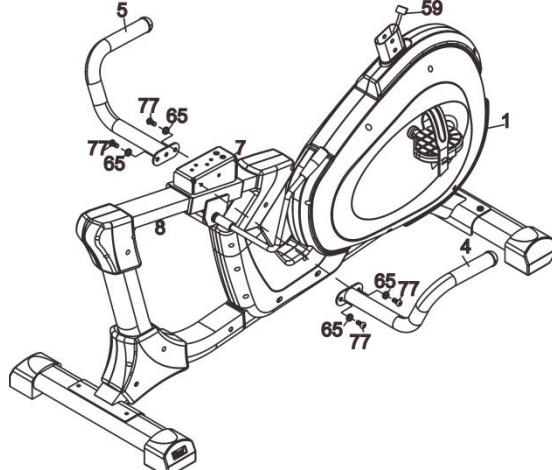
NOTE: Adjust the pedal straps to meet your foot/shoes size by 4 adjustable holes.



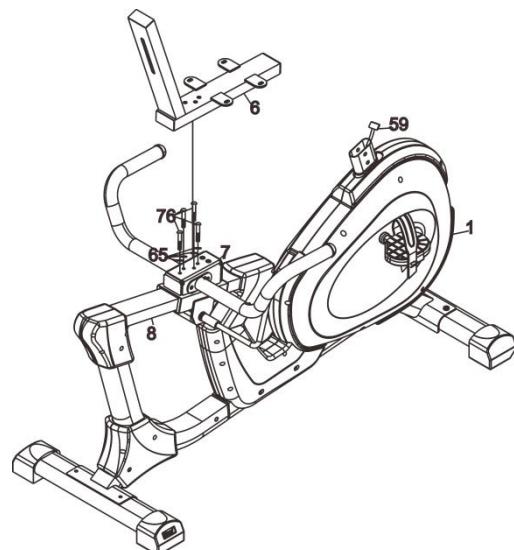
- Put the slide tube with slide bracket(7) into the main frame (1) and rear main frame(9), fasten with 4 flat washers(65) and 4 carriage bolt(76).
- Remove the pre-assembled 2 Allen head bolts (76) from slide bracket(7). Put the adjustable bar(15) to the side of the slide bracket(7) and fasten with head bolt(76)
- Put the upper rear cover (33,34) into the rear main frame(9) and slide tube(11), fasten with 5 screw (88)
- Put the lower rear cover(31,32) into the rear main frame(9) and fasten with 5 screw(88).
- Put the rear cover(29,30) into the main frame(1) and slide tube(11), fasten with 6 screw(88)



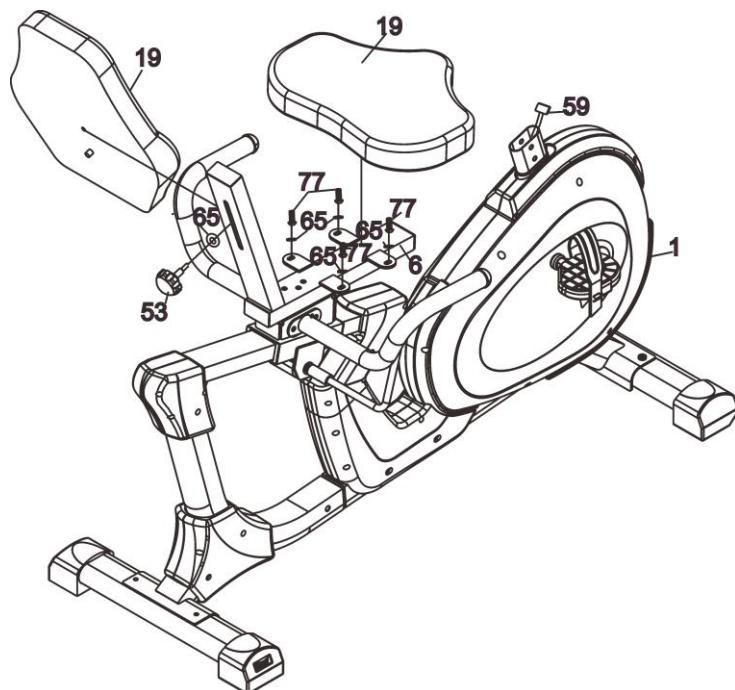
- Remove the pre-assembled 4 carriage bolts (77) and 4 flat washers (65) from slide bracket(7).
- Put the right handlebar (4) with grip (23) to the side of the slide bracket(7) and fasten with carriage bolt(77), flat washer(65).
- Put the left handlebar (5) with grip (23) to the side of the slide bracket(7) and fasten with carriage bolt(77), flat washer(65)..



- Attach the seat post(6) into the slide bracket(7) and secure with 4 carriage bolt(76).

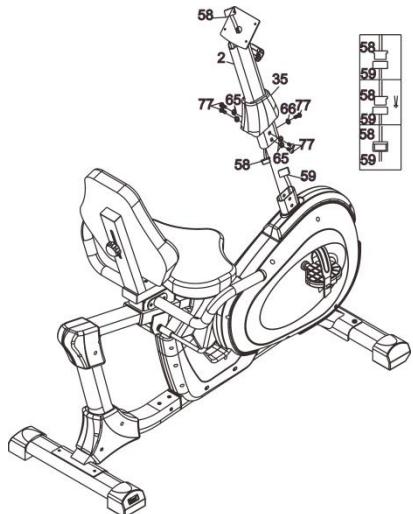


- Remove the pre-assembled 4 Allen head bolts (77) and 4 flat washers (65) from seat(19).
- Fix the seat (19) with the back seat tube(6) and fasten with 4 bolt(77) and 4 flat washer(65)
- Fix the backrest(19) with the back seat tube(6) and fasten with flat washer(65) and knob(53)

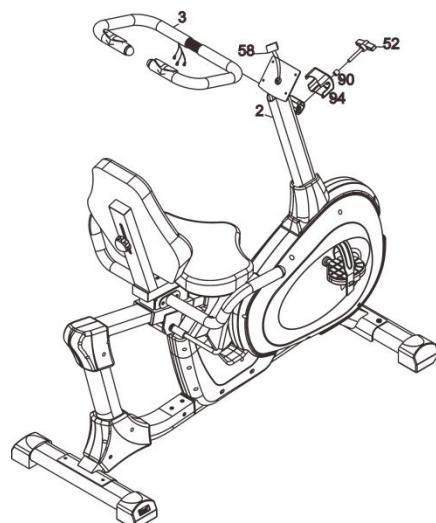


ATTACH THE FRONT POST

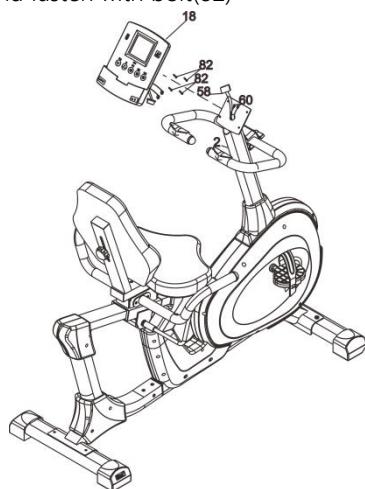
- Remove the pre-assembled 6 Allen head bolts (77) , 2 curve washers (66) and flat washers(65) from the main frame (1)
- Connect the middle section sensor wire (58) of the front post with the lower section sensor wire (59) securely.
- Put the front post (2) and front cover(35) into the bottom post of main frame (1) and fasten with 6 Allen head bolts (77) , 4 flat washers (65) and 2 curved washer(66).Please note don't tighten Allen head bolts (77) too much at the beginning. When all parts are fixed already, and then fasten each one piece tightly.
- Connect the sensor wire(59) and tension(58). (see A1 to A4)



- Put the hand pulse wire with handlebar(3) through the hole of the front post(2) to top of front post.
- Put the handlebar(3)with the foam grip(22)and hand pulse(56)to the front post bracket and fasten with "t" knob(52), champ cover(91) and bushing(90)



- Remove the pre-assembled 4 Allen head bolts (82) from the meter(18).
- Connect the middle section sensor wire (58) of the front post with meter(18)securely. Connect the pulse wire (60)with meter(18).
- Fix the meter (18)with the top of front post(2) and fasten with bolt(82)





ELECTRONIC MONITOR

STARTING.

- To switch the monitor on first plug the adapter, supplied with the machine, into the mains socket and the jack on the adapter into the socket at the bottom of the machine.
- If at any time during exercise you press the START/STOP button then all of the unit's functions will stop.
- Pressing the START/STOP button again will restart the machine.
- The monitor will switch itself off automatically if the unit stands idle for more than 4 minutes.

MONITOR FUNCTIONS.

- This electronic unit has 5 function keys: START/STOP; RESET, ENTER; UP; DOWN. The center of the screen will simultaneously display the selected program level.
- There are five windows that indicate the SPEED/RPM; TIME; DISTANCE; WATTS/CALORIES and PULSE RATE.
- This monitor also has 1 manual program, 9 pre-set exertion level programs; 4 user defined program and 4 Heart Rate Control programs; 1 watt program and 1 random program.

CHANGING FROM ONE WORK MODE TO ANOTHER.

- After selecting the user various programs will start flashing. This monitor allows you to work in 6 different modes: Manual, Program, Personal, Watt, Pulse (HRC) and Random.
- In order to pass from one mode to another, press the START/STOP button to stop the monitor, then press RESET and, with the help of the UP / DOWN buttons, select the desired mode.

MANUAL FUNCTION.

- Use the UP / DOWN keys to select the manual function and press ENTER. Press the START/STOP key to start exercising and use the UP / DOWN keys to increase or decrease the exertion level. There are 24 exertion levels. If you press the START/STOP key while at the start screen, exercise will begin directly in manual mode.

Programming a time limit.

- If, after selecting manual mode, you press the ENTER key the time window will start flashing. By pressing the UP / DOWN keys you can program a time limit for the exercise (between 5-99 minutes). Select the time and press START/STOP to begin the exercise. The time will begin to count down until it reaches zero and the monitor will beep several times to advise you that you have reached the programmed value.

Programming a distance limit.

- If, after selecting manual mode, you press the ENTER key twice the distance window will start flashing. By pressing the UP / DOWN keys you can program a distance for your exercise (between 1–99 km).
- Select the distance and press START/STOP to begin the exercise. The distance will begin to count down until it reaches zero and the monitor will beep several times to advise you that you have reached the programmed value.

Programming a calorie limit.

- If, after selecting manual mode, you press the ENTER key three times the calorie window will start flashing. By pressing the UP /DOWN_ keys you can program the calories for the exercise (between 10-990 Cal.).
- Select the calories and press START/STOP to begin the exercise. The calories will begin to count down until they reach zero and the monitor will beep several times to advise you that you have reached the programmed value.

PROGRAM FUNCTION.

- Use the UP / DOWN keys to select the PROGRAM function and press ENTER. Press the UP /DOWN_ keys to select the program graph (2-10) that you wish to use and then press the ENTER key. Press START/STOP to start the exercise. The duration of the program graph is 10 minutes, divided into 10 minutes stages.
- To program time, distance and/or calories, go through the following procedure: Once the program has been selected and before pressing the START/STOP key, press the ENTER key to program the time using the UP / DOWN keys. In this case the time will be divided into 10 stages.
- Press the ENTER key to program the distance. Press ENTER again to program the calories. Press START/STOP to start the exercise. You can vary the exertion level during the exercise by pressing the UP / DOWN keys.

STEADY WATT RATE PROGRAM.

- Press the UP / DOWN keys to select the WATT function and press ENTER. By pressing the UP / DOWN keys you can program the watts to produce for the exercise (between 70-310 Watt.). Select the watts and press ENTER to program the time. Press ENTER again to program the distance. Press the ENTER key one last time to program the calories. Press START/STOP to start the exercise.
- The exertion level for the exercise is self adjusting based on the speed and number of watts selected.

USER PROGRAM.

- Use the UP / DOWN keys to select the USER function and press ENTER. Select the user, between U1-U4, using the UP / DOWN keys and then press ENTER.
- Press and hold the ENTER key for 4 seconds.
- The first column of the exercise level will start flashing to the left of the central area of the display. Select the desired level for this first stage using the UP/DOWN keys and then press ENTER. Repeat this procedure to program all 10 stages of the user program.
- Once the user program has been defined and before pressing the START/STOP key, press and hold the ENTER key for 4 seconds until the time function starts to flash. Press the UP/DOWN keys to select the time.
- Press the ENTER key to program the distance. Press ENTER again to program the calories. Press START/STOP to start the exercise.

HEART RATE CONTROL PROGRAMS.

- Use the UP/DOWN keys to select the H.R.C function and press ENTER. Use the UP/DOWN keys to select the desired option (60%, 70% 85% or Tag) and press the ENTER key. The first three represent the percentage with respect to maximum heart rate (220-age) and the fourth is used to specify the target heart rate manually. If you choose Tag then you should use the UP/DOWN keys to select the desired heart rate and then press ENTER. Press START/STOP to start the exercise. The exertion level will adjust automatically in accordance with the selected heart rate value. If the pulse rate is below the target value then the exertion setting will increase by one level every 30 seconds until it reaches the maximum 24. If the pulse rate is above the target value the monitor will give out warning beeps and reduce the exertion settings by one level every 15 seconds until it reaches the minimum 1.
- If the pulse rate still stays above the target value for more than 30 seconds the monitor will beep and stop in order to protect the user.
- To program time, distance or calories, go through the following procedure: Once the heart rate program has been selected and before pressing the START/STOP key, press the ENTER key to program the time limit using the UP/DOWN keys. Press ENTER again to program the distance. Press the ENTER key one last time to program the calories.
- Press START/STOP to start the exercise. Your hands must be placed on the pulse sensors (R) when using these programs.

RANDOM FUNCTION.

- Use the UP/DOWN keys to select the RANDOM function and press ENTER. You will see a random program profile. Press START/STOP to start the exercise. The duration of the program graph is 10 minutes, divided into 10 minutes stages.
- To program time, distance and/or calories, go through the following procedure: Once the program has been selected and before pressing the START/STOP key, press the ENTER key to program the time using the UP/DOWN keys. In this case the time will be divided into 10 stages.
- Press the ENTER key to program the distance. Press ENTER again to program the calories. Press START/STOP to start the exercise. You can vary the exertion level during the exercise by pressing the UP/DOWN keys.

HAND-GRIP PULSE MEASUREMENT INSTRUCTIONS-USE PULSE Hand-grip.

- On this model the pulse rate is measured by placing both hands on the sensors (R), located on the handlebar.
- When both hands are placed on the sensors the heart symbol on the right hand side of the screen, marked PULSE, will begin to flash and after a few seconds a heart rate reading will be displayed.
- If both hands are not placed correctly, the pulse function will not work. If a «P» appears on the screen or the heart symbol does not flash, make sure that both hands are placed correctly on the sensors.

BODY FAT PROGRAM.-

- This program is designed to calculate the user's body fat percentage. Press the UP/DOWN keys to select the BODYFAT function and press ENTER. Use the UP/DOWN keys to select your HEIGHT (90-210cm), press ENTER to confirm. Use the UP/DOWN keys to select your WEIGHT (10-150cm), press ENTER to confirm. Use the UP/DOWN keys to select your AGE (10-100 years). Press ENTER and then use the UP/DOWN keys to select your sex (Male–Female). Press ENTER to confirm.
- Press the START/STOP key and place your hands on the pulse sensors (R) (Hand-grips), and after a few seconds the lower screens on the display will show your FAT%.
- If the error code “ERROR” appears, position your hands correctly on the pulse sensors (R).

REFERENCE TABLE: BODY FAT PERCENTAGE %

| SEX / FAT% | LOW | LOW AVGRAGE | AVGRAGE | HIGH |
|---------------|------|----------------|---------|------|
| MALE | <13% | 13%~25.8% | 26%~30% | >30% |
| FEMALE | <23% | 23%~35.8% | 36%~40% | >40% |

iOS OPERATION (compatible iPhone, iPad and iPod Touch)

- Download a Pafers App from the App Store.
- Then connect the USB Bluetooth module (purchased separately) into the USB port on the back of the monitor. Turn Bluetooth to “ON” in settings on the iOS device and the device will begin to search for active Bluetooth equipment in range.
- Select the appropriate BH Module from the list displayed on the Ios device to pair. Open the Pafers app to run it.

ANDROID OPERATION (compatible Android devices)

- Download a Pafers App from Google Play.
- Then connect the USB Bluetooth module (purchased separately) into the USB port on the back of the monitor (Fig. 16.) Turn Bluetooth to “ON” in settings on the Android device.
- Open the Pafers app to run it. When prompted by the app, select the appropriate BH Module from the list displayed on the Android device to pair.

TROUBLESHOOTING GUIDE.

Problem: The display comes on but only the Time function works.

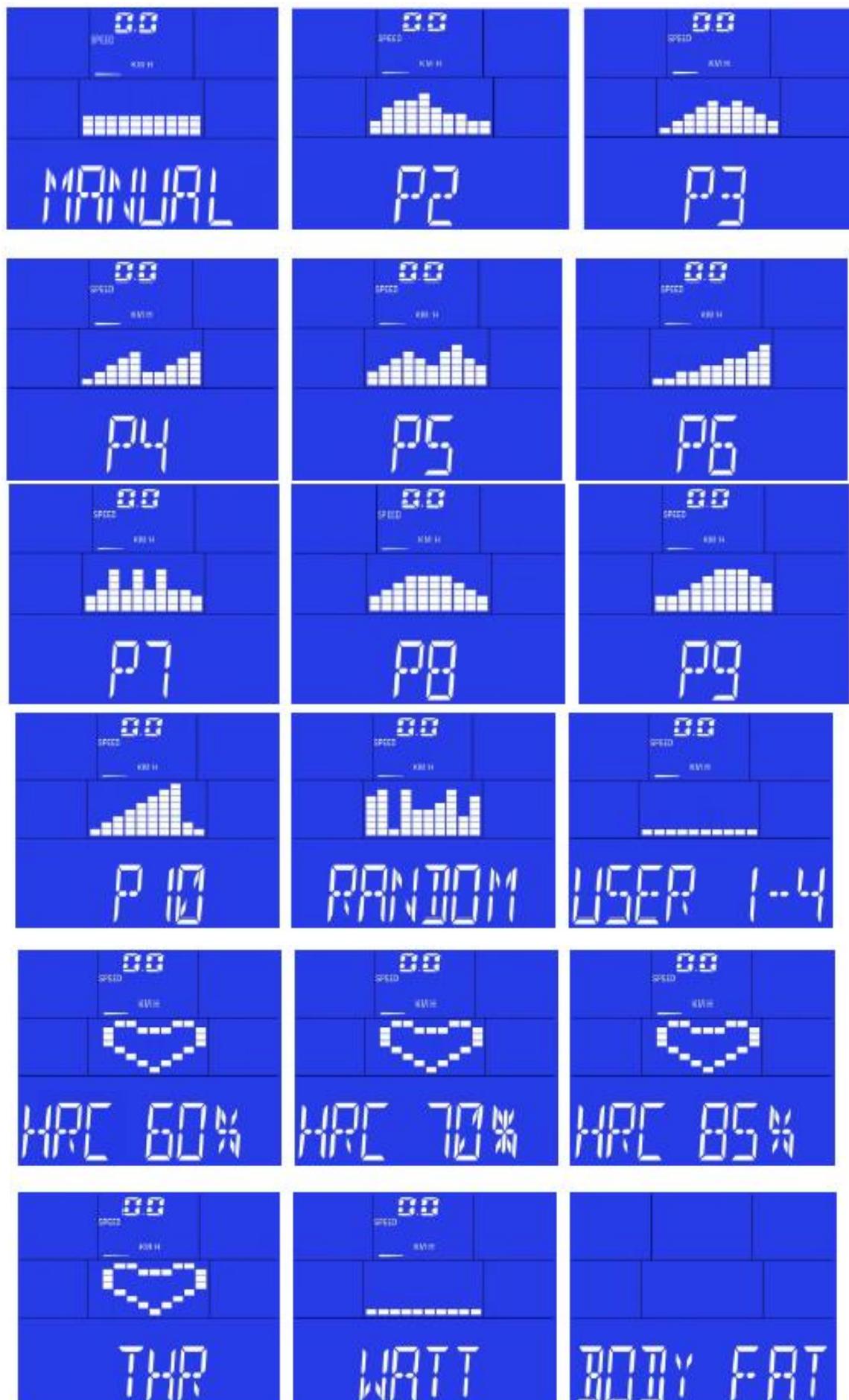
Solution: a.- Make sure that the connection cable is connected.

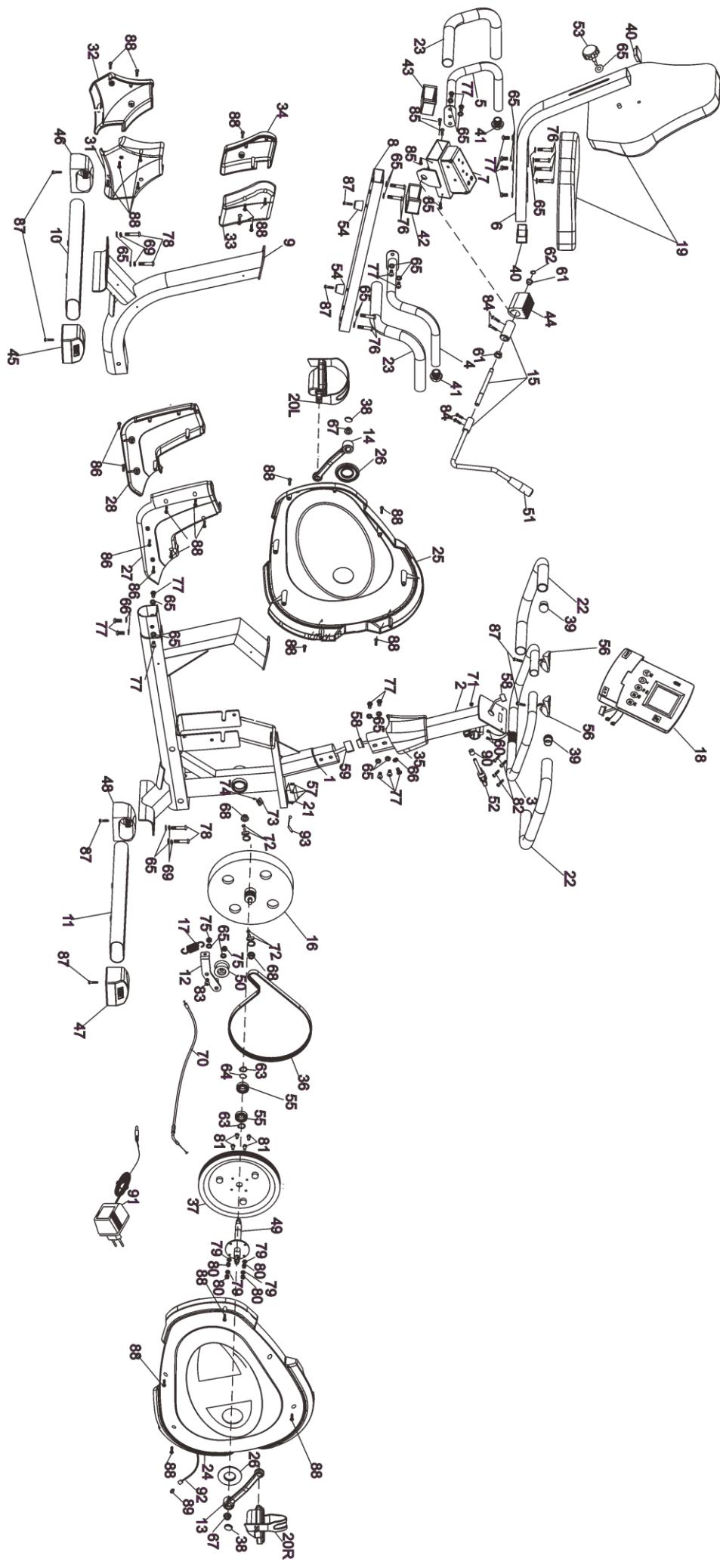
Problem: Display segments of a function read-out are not visible or error messages for a particular function appear.

Solution: a.- Unplug it from the 120 V mains socket for 15 seconds and then plug it back in.

b.- If the above steps do not help then replace the electronic monitor.

PROGRAM PROFILES





WARM UP EXERCISE

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your work out, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Calf-Achilles Stewtch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

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