210*297mm

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

Manufacturer: Shenzhen Taiban Technology Co., Ltd.
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Made in China

Recumbent Exercise Bike

User Manual

Model: RB-YZF102

Please read all the instructions carefully before using this product!

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SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

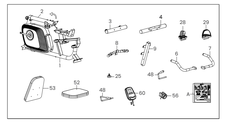
1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
6. Be careful when step on or leave the pedal always hold the handlebars first.
7. Do not use the equipment outdoors.
8. This equipment is for household use only.
9. Only one person should be on the equipment while in use.
10. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
11. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
12. The maximum weight capacity for this product is 300 LBS.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

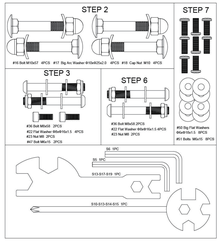
PRE-ASSEMBLY CHECK LIST

Before you start to assemble it, please make sure all parts are included.



NO.	Description	Qty	NO.	Description	Qty
1	Main Frame	1	29	Right Pedal	1
2	Front Post	1	48	Brake Handle	1
3	Front Stabilizer	1	52	Seat Cushion	1
4	Rear Stabilizer	1	53	Back Cushion	1
6	Rear Left Handlebar	1	56	Tension Control Knob	1
7	Rear Right Handlebar	1	60	Console	1
8	Front Handlebar	1	A	Hardware Package	1
9	Back Support Bracket	1		Manual	1
25	Adjustment Foot Pad	5		Battery	1
28	Left Pedal	1			

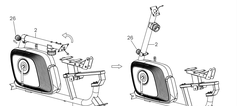
HARDWARE PACKAGE



ASSEMBLY INSTRUCTIONS

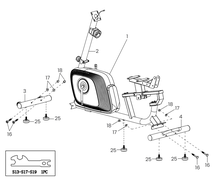
STEP 1: Installation of Upright

1. Release the **Round Knob (No. 26)** a little.
2. Follow the direction of the arrow shown in the picture, Lift the **Front Post (No. 2)** and fix with **Round Knob (No. 26)** that were removed.



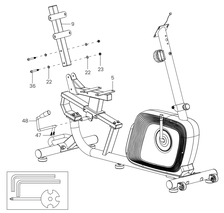
STEP 2: Installation of Bottom Frame

1. Position 2 **Foot Pad (No.25)** onto the **Front Stabilizer (No. 3)**.
   Position 2 **Foot Pad (No.25)** onto the **Rear Stabilizer (No.4)**.
   Position 1 **Foot Pad (No.25)** under the bottom tube.
2. Position the **Front Stabilizer (No. 3)** in front of **Main Frame (No. 1)** and align bolt holes. Attach the **Front Stabilizer (No.3)** onto the front curve of the **Main Frame (No.1)** with 2 **Bolts (No.16)**, 2 **Big Curve Washers (No.17)**, 2 **Cap Nut (No.18)** from the hardware packaging. Tighten and secure with **Multi-functional Spanner.**
3. Position the **Rear Stabilizer (No.4)** in rear of **Main Frame (No.1)** and align bolt holes. Attach the **Rear Stabilizer (No.4)** onto the rear curve of the **Main Frame (No.1)** with 2 **Bolts (No.16)**, 2 **Big Curve Washers (No.17)**, 2 **Cap Nut (18)** from the hardware packaging. Tighten and secure with **Multi-functional Spanner.**



STEP 3: Installation of Back Support Bracket and Brake Handle

1. Attach the **Back Support Bracket (No.9) to the Seat Support Bracket (No.5)** with 2 **Bolts (No.16)**, 4 **Flat Washers (No.22)**, 2 **Nuts (No.23)** from the hardware packaging. Tighten and secure with Spanner and **Allen Wrench S5.**
2. Attach the **Brake Handle (No.48) to the** the **Seat Support Bracket (No.5)** with 2 **Bolts (No.47)** from the hardware packaging .Tighten and secure with **Allen Wrench S5.**



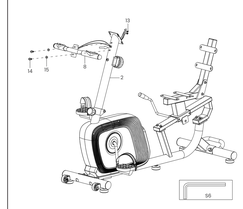
STEP 4: Installation of Pedal

NOTE: Left Pedal (No. 28), Right Pedal (No. 29) and **Crank (No. 71)** are marked "L" for Left and "R" for Right.

1. Align **Left Pedal (No. 28)** with **Crank (No. 71)** at 90° and gently insert the **Left Pedal (No. 28)** into the **Crank (No. 71)**. Turn the **Left Pedal (No. 28)** counter-clockwise as tightly as you can with your hands, then use **Spanner** to tighten securely.
2. Align **Right Pedal (No. 29)** with **Crank (No. 71)** at 90° and gently insert the **Right Pedal (No. 29)** into the **Crank (No. 71)**. Turn the **Right Pedal (No. 29)** clockwise as tightly as you can with your hands, then use **Spanner** to tighten securely.

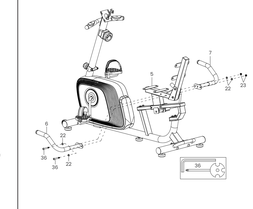
STEP 5: Installation of Front Handlebar

1. Remove 2 **Bolts (No.14)** and 2 **Arc Washers (No.15)** from the **Front Post (No. 2)** with **Allen Wrench S6.**
2. Insert the **Hand Pulse Wires (No. 13)** from the **Front Handlebar (No. 8)** into the hole on the **Front Post (No.2)** and then pull them out from the top end of the **Front Post (No. 2).**
3. Attach the **Front Handlebar (No. 8)** to the **Front Post (No. 2)** with 2 **Bolts (No. 14)** and 2 **Arc Washers (No. 15)** that were removed. Tighten and secure with **Allen Wrench S6.**



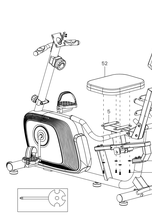
STEP 6: Installation of Rear Handlebar

Attach the Rear Left Handlebar (No. 6) and Rear Right Handlebar (No. 7) to the Seat Support Bracket (No.5) with 2 Bolts (No. 36), 4 Flat Washers (No. 22) and 2 Nut (No. 23) from the hardware packaging. Tighten and secure with Allen Wrench S6 and Spanner.



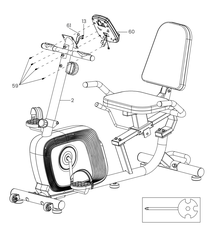
STEP 7: Installation of Cushion

1. Attach the **Seat Cushion (No. 52)** to the **Seat Support Bracket (No. 5)** with 4 **Bolts (No. 51)** and 4 **Big Flat Washers (No. 50)** from the hardware packaging. Tighten and secure with **Spanner.**
2. Attach the **Back Cushion (No. 53)** to the **Back Support Bracket (No. 9)** with 4 **Bolts (No. 51)** and **Big Flat Washers (No. 50)** from the hardware packaging. Tighten and secure with **Spanner.**



STEP 8: Installation of Console

1. Remove 4 **Bolts (No. 55)** from the back of the **Console (No. 60)** with the **Spanner.**
2. Connect the **Extension Sensor Wire (No. 61)** and **Hand Pulse Wire (No. 13)** to the **Wires** that come from the **Console (No. 60).** Then insert them into the **Front Post (No. 2).**
3. Attach **Console (No. 60)** to the top end of the **Front Post (No. 2)** with 4 **Bolts (No. 55)** that were removed. Tighten and secure with **Spanner.**



EXERCISE METER

FUNCTION BUTTONS

MODE

1. Press the button to select TIME, DISTANCE and CAL to preset.
2. Press the button for selection function display value on LCD, or enter after setting.
3. Press the button and hold for 2 seconds to reset all value except Odometer to be zero. (When the user replace batteries, all the values will reset to ZERO automatically.)

SET

To set up the target value of TIME, DISTANCE and CAL.
Press the button and hold for 2 seconds to speed up the increment.

RESET

Press the button to reset function value when setting.
Press the button and hold for 2 seconds to reset all value except Odometer to be zero.
(When the user replace batteries, all the values will reset to ZERO automatically.)

FUNCTIONS & OPERATIONS

1. Batteries Installation

Please install 2 pieces of AAA 1.5V batteries in the battery case on the back of monitor. (Whenever Batteries are removed, all the functions values will be reset to zero.)

2. Auto On/Off

While the user starts to do exercise, the Display will show out the workout value automatically. Once stop exercising over 256 seconds, the Display will turn off. But the workout value of odometer will be hold. While user starts exercise again, workout value of odometer will accumulate continuously.

3. Auto Scan

After the monitor is power on or press Mode key, the LCD will display all functions values from TIME-SPEED-DISTANCE-CALORIES -ODOMETER-PULSE. Each value will be held for 6 seconds.

4. SPD

It displays the current training speed from 0.0 to 99.9 MPH.

5. DIST

Accumulates total time from 0.00 up to 9999. The user can preset the target time by pressing the SET and MODE buttons. Each increment is 0.1 M.

6. TIME

Accumulates total time from 00:00 up to 99:59. The user may preset target time by

pressing SET & MODE button. Each increment is 1 minute. Automatically count down from targeting value during exercise.

7. CAL

Accumulates calories consumption during training from 0.0 to max. 9999 calories. The user may also preset the target calorie before training by press SET & MODE button. Each setting increase is 1 Cal till 1000. Automatically count down from targeting value during exercise.

Note: This data is an approximate estimate and should not be used for medical purposes.

8. ODO

Display the total accumulated distance from 0.0 to 9999. User also can press mode key to display The Odometer value.

9. PUL

The monitor will display the user's heart rate in beats per minute during training.

10. Reset

Press the button and hold for 2 seconds to reset all value except Odometer to be zero.

Note:

1. If the electronic watch displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

ADJUSTMENTS GUIDE

MOVING THE RECUMBENT BIKE

Lift the **Rear Stabilizer (No. 4)** and tilt the recumbent bike until the **Transportation Wheels (No. 21)** touch the ground. Now you can transport the recumbent bike to the desired location with ease.

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stable and secure. If you notice that the recumbent bike is unbalanced during use, you should adjust the Adjustment Foot Pad (No. 25) located on the rear stabilizers until the recumbent bike becomes levelled with the floor surface.

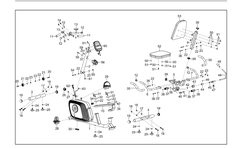
ADJUSTING THE TENSION

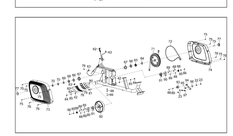
Adjust the tension by rotating the **Tension Control Knob (No. 56)** clockwise to increase the level of resistance. Rotate the **Tension Control Knob (No. 56)** counter-clockwise to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post. 2. Check if the batteries are correctly positioned and whether battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries.
The recumbent bike is unstable during use.	Turn the adjustable end caps on the front and rear stabilizers as needed to level the recumbent bike.
The recumbent bike makes squeaking noise when in use.	Some bolts on the recumbent bike might have become loose. Please inspect all the bolts and tighten any loosened bolts.

EXPLODED DIAGRAM





PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	34	Square End Cap A	1
2	Front Post	1	35	Rear Handlebar Foam Grip	1
3	Front Stabilizer	1	36	Bolt M8*50	1
4	Rear Stabilizer	1	37	Bushing	1
5	Seat Support Bracket	1	38	Screw ST4.2*6	1
6	Rear Left Handlebar	1	39	Square End Cap B	1
7	Rear Right Handlebar	1	40	Casing Fixed Plate	1
8	Front Handlebar	1	41	Pan Head Hexagonal Bolt M6*16	1
9	Back Support Bracket	1	42	Axle Retaining Ring: 6-12*1.0	1
10	Seat Sliding Tube	1	43	Limit Block	1
11	Front Handlebar Foam Grip	2	44	Eccentric Axle: 6-25*38	2
12	End Cap For Handlebar	4	45	Adjustment Block Axis Combination	4
13	Hand Pulse with wire	2	46	Screw M8*12	2
14	Bolt M8*15	2	47	Bolt M5*15	2
15	Arc Washer: 8.5*-8.5*1.5	2	48	Brake Handle	2
16	Bolt M10*57	4	49	Handle Base	4
17	Big Arc Washer: 9.25*-9.50*2.0	4	50	Big Flat Washer: 6.8*-8.38*1.5	4
18	Cap Nut M10	4	51	Cross Head Bolt M6*16	4
19	End Cap For Stabilizer	4	52	Seat Cushion	4
20	Bolt M8*40	2	53	Back Cushion	2
21	Roller	2	54	Bolt M5*10	2
22	Flat Washer: 6.8*-9.5*1.5	16	55	Cap Nut M8	16
23	Nut M8	9	56	Tension Control Knob	9
24	Hex Nut M8	5	57	Big Arc Washer: 6-5	5
25	Adjustment Foot Pad	5	58	Bolt M5*45	5
26	Round Knob M8	1	59	Bolt M5*10	1
27	PVC Pad: 6.10x34.5x1.5	1	60	Console	1
28	Left Pedal	1	61	Extension Sensor Wire L=600	1
29	Right Pedal	1	62	Tension Wire	1
30	Rectangle End Cap	1	63	Cylindrical Sensor	1
31	Bolt M8*38	4	64	Washer: I.D.14x5x3	4
32	Spring Washer: 6-8	4	65	Bearing Nut: I.D.7/8"	4
33	Slider Fixing Plate	1	66	Ball Bearing	1

No.	Description	Qty	No.	Description	Qty
67	Bearing Cup	2	84	Bolt M6*16	2
68	Bearing Nut II 7/8"	1	85	Flat Washer 6*18*1.2	4
69	Washer II 22.5x34.5x2.5	1	86	Bolt M6*12	2
70	Nut II 7/8"	1	87	Bearing 6001	2
71	Belt Pulley With Crank	4	88	Bolt M4*12	7
72	Belt	1	89	Flat Washer M8*8 37*1.0	7
73	Left Chain Cover	1	90	Fixed Disk 55*72*1.5	2
74	Right Chain Cover	1	91	Plastic Bearing Seat 55*72*5	2
75	Screw 4.2*25	8	92	Flywheel	1
76	Screw 4.2*20	5	93	Idler Wheel	1
77	Crank Sleeve Ø40* Ø30*10	2	94	Idle Wheel Bracket	1
78	Magnetic Bracket	1	95	Bolt M5*20	1
79	Magnet Seat	1	96	PC Pad	1
80	Magnet 40*20*10	4	97	Bolt M5*75	1
81	Magnetic Plate Axle	1	98	Bolt M5*45	1
82	Screw ST3.9*9	5	99	Nut M6	2
83	Spring Ø5*50*Ø0.5	1			