

# *Slim* **Cycle**™

## INSTRUCTION MANUAL



# WARNINGS

*BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.*

Before using the Slim Cycle™ answer these questions:

- Have you been sick recently?
  - Have you had prolonged dizziness recently?
  - Have you been out of breath for no reason recently?
  - Have you have had chest pain recently?
  - Do you currently have any injuries preventing you from exercise?
  - Are you pregnant?
  - Do you have any conditions or reasons you shouldn't exercise?
  - Are you over 35 years old and physically inactive?
  - Have you been told by a doctor that you shouldn't exercise?
- **IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO USING THE SLIM CYCLE™.**
- **ALWAYS** read the user's manual fully and follow all instructions, this ensures your safety.
  - **ALWAYS** use the Slim Cycle™ on solid, level ground and in a well lit and ventilated area. Check that the seat and handlebars are securely fastened before use.
  - **NEVER** allow children to play on or around the bike. Injury could result from a child's curiosity about the moving parts of the stationary bike.
  - **ALWAYS** set the bike up properly for your specific body type. The Slim Cycle™ offers up/down and forward/backward adjustments that are clearly marked to ensure a quick and easy customization for each workout.
  - **ALWAYS** check the stationary bike before use.

# WARNINGS

- NEVER use the stationary bike if it is not properly/completely assembled or is damaged in any way.
- NEVER use Slim Cycle™ when sick or fatigued.
- NEVER exceed the weight limit for this bike. The weight limit for this bike is 136KGS. Do not use the Slim Cycle™ if your body weight is in excess of 136KGS.
- ALWAYS wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that any shoelaces are tucked into your shoes.
- ALWAYS warm up/stretch before starting to exercise.
- ALWAYS be cautious when getting on and off the Slim Cycle™.
- ALWAYS wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- ALWAYS keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- NEVER overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, STOP IMMEDIATELY! Consult your physician before using the Slim Cycle™ again.
- ALWAYS ensure that you have a water bottle filled with at least 375ml. of water and a towel close by to absorb sweat from your body and the handlebars.
- NEVER use the Slim Cycle™ in a standing position at high revolutions per minute (RPM).
- ALWAYS keep your pelvis positioned over the center line of the Slim Cycle™ stationary bike.
- NEVER adjust the resistance of the flywheel and the resistance of the Slim Cycle™ Handlebar System while standing.
- NEVER use accessory attachments that have not been

# WARNINGS

recommended by the manufacturer – using these attachments may cause injury or damage to the bike and will affect the warranty of the bike.

- Please ensure that the Slim Cycle™ is wiped down after each use to keep it sanitary.
- If any problems arise affecting the performance of the Slim Cycle™, please contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.
- **THIS SAFETY INFORMATION AND USER'S MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE STATIONARY BIKE!**
- For household, consumer use only.
- It is recommended to have a minimum clearance of 0.6 m (23.7 in) on at least one side and 0.6 m (23.7 in) in front and behind exercise bike for easy access to, passage around, and emergency dismount.
- The product unit weight around 17kg and the dimensions is around 1225 x 535 x 940 mm.
- This stationary training equipment is not suitable for high accuracy purposes.

Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

Please note that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

# Introduction

## SLIM CYCLE™

Congratulations on purchasing the Slim Cycle™, one of the highest performance stationary bikes on the fitness market. The Slim Cycle™ will offer you an excellent whole body workout through the inclusion of upper-body movements on the bike. Accelerating, pushing up from the saddle, and recovering are all natural and dynamic total body movements for outdoor cyclists. Climbing steep hills and sprinting involves significant engagement through the core and upper-body to control the lower-body. The Slim Cycle™ uses a unique and revolutionary handlebar system to mimic and access this level of realistic intensity. Welcome to the Slim Cycle™ revolution!

## BEFORE YOU START

Prior to leaving the factory, your Slim Cycle™ was inspected and thoroughly tested for proper operation. In order to minimize damage through shipping, the bike was examined and carefully packaged.

Your Slim Cycle™ stationary bike will arrive in 1 carton.

When receiving the package check for any damage. Discuss and point out any damage to the delivery person and have them record any damage on the delivery paperwork. Contact Customer Service to report any damage (see details on the back of this manual). If you follow the detailed instructions, then the Slim Cycle™ will be unpacked and assembled with ease.

# PARTS LIST



Also includes 2 AA batteries (not shown)

**1. Main frame**

**2. Seat post**

**3. Rear foot**

**4. Front foot with rollers**

**5. Backrest support**

**6. Seat handles**

**7. Handlebars**

**8. Seat**

**9. Backrest**

**10. Control panel**

**11. Washers and screws**

- 2 washers for seat handles
- 2 screws for seat handles
- 2 screws for backrest

(Other screws, washers, and nuts come installed in parts. See ASSEMBLY INSTRUCTIONS for details.)

**12. Small hex key tool**

**13. Large hex key/  
screwdriver tool**

**14. Wrench**

**15. Pedals**

**16. Pedal straps**

# ASSEMBLY INSTRUCTIONS

1.



Loosen circular knob on main frame and pull outward to adjust recline angle to 1 (tallest setting).

2.



Take both nuts and washers off of rear foot.

3.



Place the nuts and washers to the side for now.

4.



Install rear foot into rear main frame leg. See image to ensure rear foot is installed on correct leg.

5.



Place the washer onto screw.

6.



Screw on the nut.

# ASSEMBLY INSTRUCTIONS

7.



Tighten nut onto screw with included wrench. Repeat on other side.

8.



Take both nuts and washers off of front foot with rollers.

9.



Place the nuts and washers to the side for now.

10.



Install front foot onto front main frame leg.

The rollers help to move the bike when it is tilted forward and should not touch the floor when the bike is in a regular standing position. When properly installed, the rollers will face outward from the front of the bike (see images). If the rollers touch the floor, uninstall the foot, turn around, and reinstall.

11.



Place the washer onto screw.

12.



Screw on the nut.



# ASSEMBLY INSTRUCTIONS

13.



Tighten nut onto screw with included wrench. Repeat on other side.

14.



Take nuts and washers off of the seat cushion.

15.



Place the nuts and washers to the side for now.

16.



Fit seat post onto seat cushion screws.

17.



Place the washers over the screws from seat cushion.

18.



Finger tighten each nut onto the screws from seat cushion. If difficult to tighten, nut may be upside-down.

# ASSEMBLY INSTRUCTIONS

19.



Tighten nut onto screw with included wrench. Repeat on other two nuts.

20.



Loosen triangular knob and remove from the main frame.

21.



Insert seat post into main frame.

22.



Secure knob back into place at desired height.

23.



Remove screw, nut, and washer from the backrest support.

24.



Place the screw, nut, and washer to the side for now.

# ASSEMBLY INSTRUCTIONS

25.



Align backrest support with hole in the seat post.

26.



Insert screw through hole in backrest support.

27.



Place washer onto the screw.

28.



Place nut on screw and finger tighten. If difficult to tighten, nut may be upside-down.

29.



Tighten the nut with the included wrench.

30.



Place washers onto screws for the seat handles (see parts diagram).

# ASSEMBLY INSTRUCTIONS

31.



Align the seat handles with holes on the bottom of the backrest support.

32.



Place screws into holes and finger tighten.

33.



Tighten down screws with included large hex key/screwdriver tool.

34.



Align backrest against backrest support. Insert screws and finger tighten (see parts diagram).

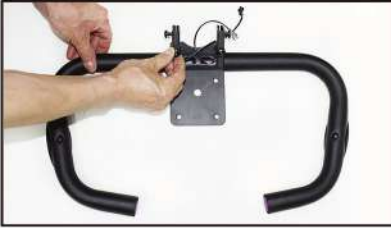
35.



Tighten down screws with included large hex key/screwdriver tool.

# ASSEMBLY INSTRUCTIONS

36.



Remove screws from handle bar.

37.



Place screws to the side for now.

38.



Feed handle bar posts into the slots on the top of the main frame.

39.



Place screws into holes and finger tighten.

40.



Tighten down screws with included small hex key tool.

41.



Remove screws from the back of the control panel.

# ASSEMBLY INSTRUCTIONS

42.



Starting with the largest connector, feed each of the three wires through the hole in the center of handle bar bracket.

43.



Place control panel onto the handle bar bracket.

44.



Insert screws and finger tighten.

45.



Tighten screws with included large hex key/screwdriver tool.

46.



Connect each of the three wires from bike to the control panel. Either of the 2 small female connectors can connect to either of the 2 small male connectors.

# ASSEMBLY INSTRUCTIONS

→ READ THIS SECTION CAREFULLY ←

47.



Connect the right pedal to the right crank arm. Both parts are marked **R**.

48.



Hold the right pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **standard clockwise** motion. Finish tightening with the included wrench.



**RIGHT bolt screws in CLOCKWISE  
(standard direction)**

49.



Connect the left pedal to the left crank arm. Both parts are marked **L**.

50.



Hold the left pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **non-standard counterclockwise** motion. Finish tightening with the included wrench.



**LEFT bolt screws in COUNTERCLOCKWISE  
(NON-standard direction)**

51.



The strap marked **R** goes on the right pedal. The strap marked **L** goes on the left pedal. With the **R** or **L** marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal.

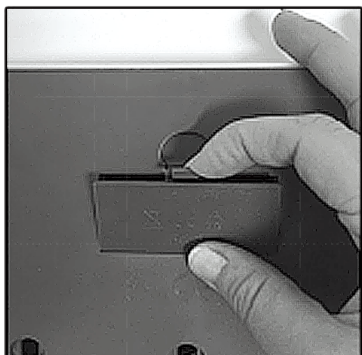
52.



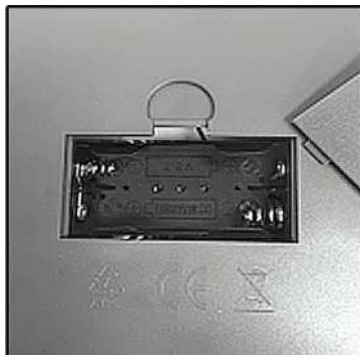
Attach the end of the strap with 4 holes to the outside of the pedal. Adjust to your preference.

# CONTROL PANEL BATTERY INSTALLATION

Requires 2 AA batteries (included).  
Do not mix old and new batteries.  
Do not mix alkaline, standard (carbon-zinc),  
or rechargeable (NiCd, Ni-Mh, etc) batteries.



1. Open battery compartment door on the back of the Slim Cycle™ control panel.



2. Note the diagram inside the compartment that shows the correct battery installation polarity.



3. Install 2 AA batteries (included) according to the correct polarity.



4. Replace the battery compartment door.



# CONTROL PANEL

## BUTTONS:

**[RESET]** clears data from selected mode.

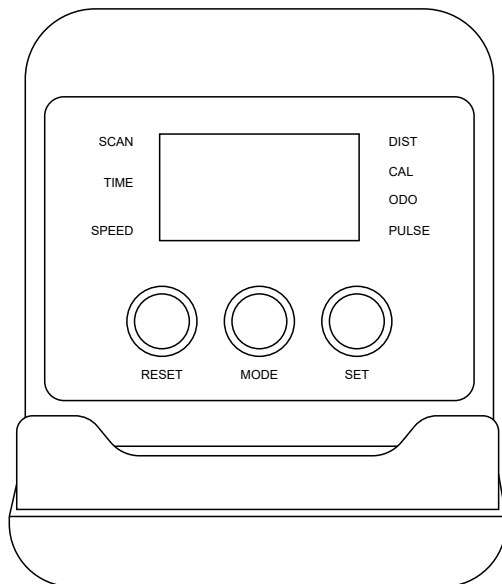
- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise kilometers (**ODO**).

**[MODE]** selects mode.

- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise kilometers (**ODO**).

**[SET]** programs new setting for selected mode.

- To increase setting more quickly, press for 3 seconds. Release and press again to program.



## DISPLAY:

Display turns off after 4 minutes when not in use.

**TIME, DIST, CAL, and PULSE:** Default to previous setting until reset (**[RESET]**) or programmed with new setting (**[SET]**).

**SCAN:** Cycles through all functions below. Press **[MODE]** to make selection.

**TIME:** Press **[RESET]** to time workout or **[SET]** to program a countdown timer. When countdown reaches 0, alarm will sound. Press any button to silence.

**SPEED:** Displays estimated KPH.

**DIST:** Press **[RESET]** to display distance in kilometers for current workout or **[SET]** to program a countdown from distance goal. When countdown reaches 0, alarm will sound. Press any button to silence.

**CAL:** Press **[RESET]** to display estimated calories expended or **[SET]** to program a countdown from calorie goal. When countdown reaches 0, alarm will sound. Press any button to silence.

**ODO:** Displays total exercise miles of all workouts.

**PULSE:** Press **[RESET]** to display heart rate or **[SET]** to program a target heart rate. User must hold the heart rate monitor grips on the handle bars for heart rate to display. Whenever target heart rate is surpassed, alarm will sound. To silence, remove hands from heart rate monitor grips or press **[RESET]**.

# ADJUSTING RECLINE ANGLE



Twist circular knob on main frame to the left to loosen the bolt (do not fully remove). While stepping on the rear foot, lift up on the bike while pulling the knob to adjust angle.



Level 1

Level 2

Level 3

# ADJUSTING SEAT HEIGHT



Level 1: Seat is lowered as far as the seat post will go. Unscrew and remove triangular knob. Pull up on seat to move levels. Screw knob back into place at desired level.



Level 1



Level 2



Level 3



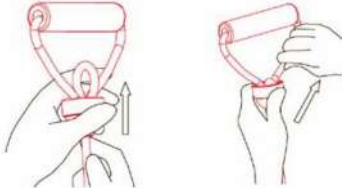
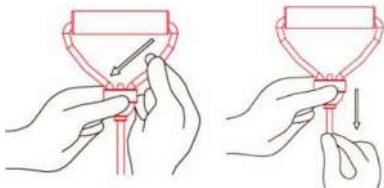
Level 4

# ADJUSTING PEDAL TENSION

Turn the tension control knob to adjust pedal tension from 1 to 8.



# ADJUSTING RESISTANCE BANDS

<b>SHORTEN BANDS</b> INCREASES RESISTANCE	<b>LENGTHEN BANDS</b> DECREASES RESISTANCE
	
<p>Push the band up into the band locking compartment. Hold the band underneath the handle and pull out. Only one side adjusts, so if the band cannot be pulled from one side of the handle, pull from the other side.</p>	<p>Push the band on one side of handle down into the band locking compartment. Only one side adjusts, so if the band cannot be pushed from one side of the handle, push from the other side. Pull the band out of the other side of the locking compartment.</p>
<p>When desired length and resistance is reached, grab band on either side of locking compartment and pull tight to lock band into place. If band slips during workout, it may need to be pulled more tightly.</p>	

# USING SLIM CYCLE™



Lean back against backrest and grab handles attached under seat. Keeping your back straight, pedal at desired pace.



Lean forward and grab onto handlebars where the heart rate monitor grips are located. Keeping your back straight, pedal at desired pace.

## USING SLIM CYCLE™



Lean back against backrest and grab both resistance band handles. Keeping your back straight and elbows close to torso, pull the right handle towards right shoulder. Repeat with left arm.



Lean back against backrest and grab both resistance band handles. Keeping your back straight and elbows close to torso, pull both resistance band handles toward body. Lower slowly and repeat.

## USING SLIM CYCLE™



Keeping your back straight and arms locked out straight, grab the resistance band handles and pull to shoulder height. Lower slowly and repeat.



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