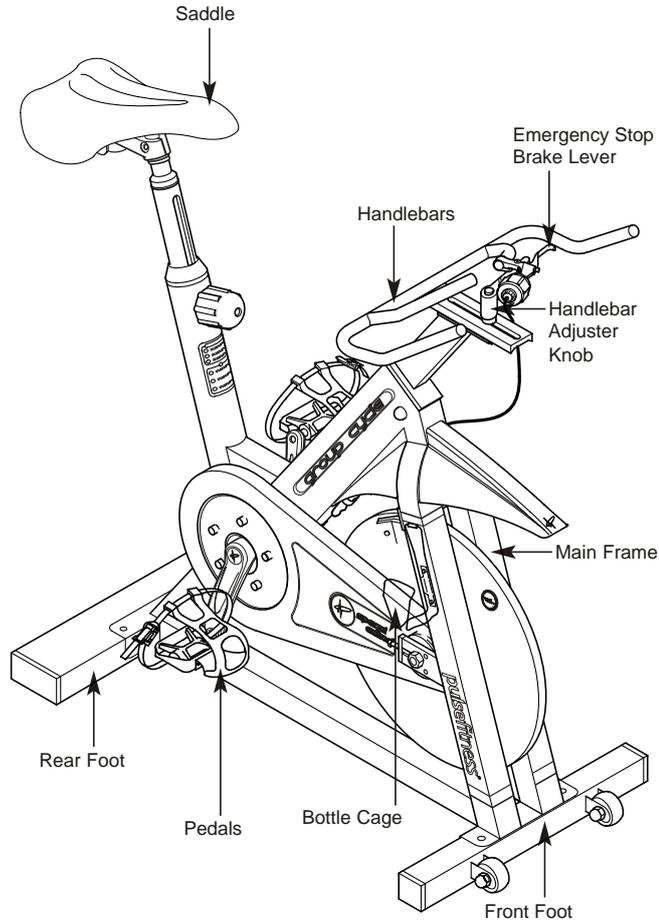


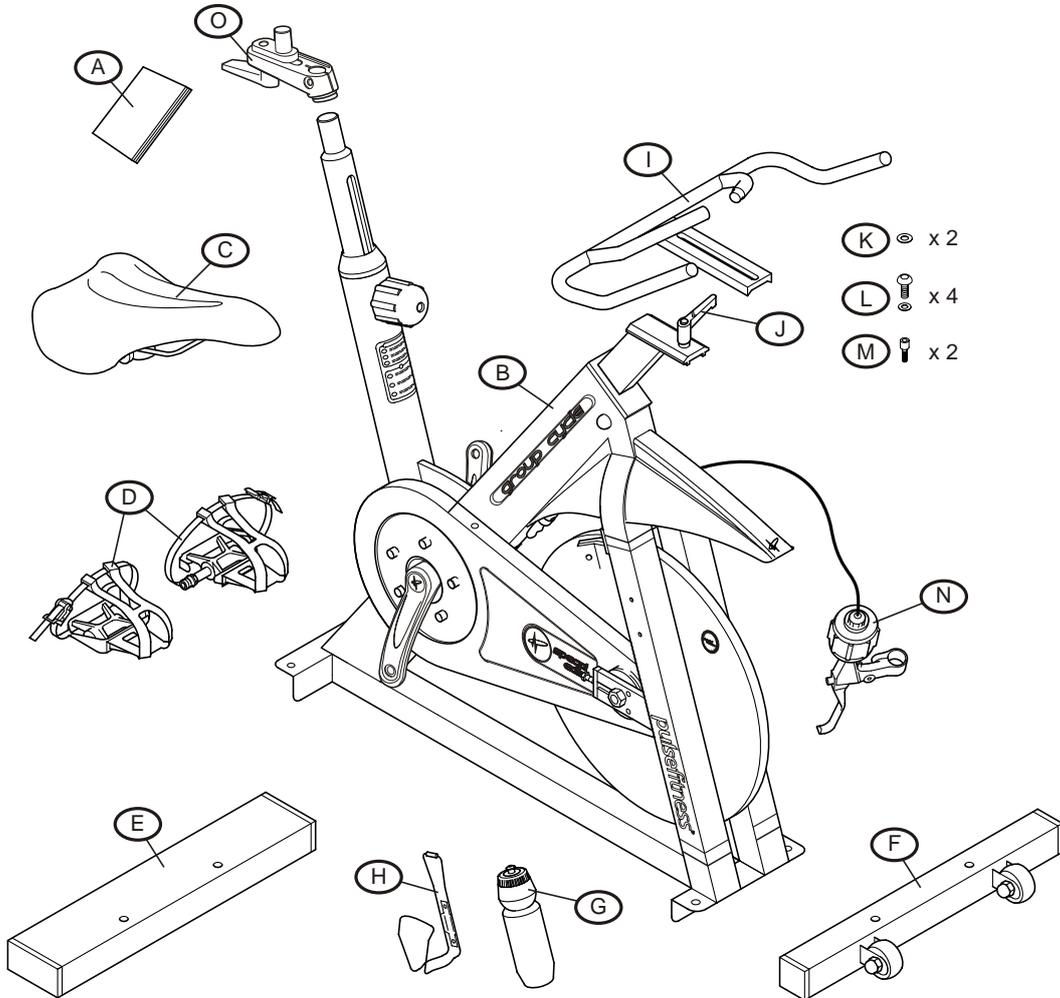
GROUP CYCLE MAINTENANCE

Contents



1. Contents of 225F Exercise Cycle Pack and Assembly	4
2. Introduction	8
2.1 Features	8
2.2 Technical Data	9
3. Installation	10
3.1 Location	10
3.2 Installation Procedure	10
3.3 Correct Fitment of the Saddle	11
3.4 Check the Brake Cable	11
3.5 Free Wheel Test (12-Revolutions)	11
4. Operational Information	12
4.1 Operational Information	12
4.2 Correct Height/Positioning of Saddle	12
4.3 Correct Height/Positioning of the Handlebars	12
5. Maintenance	13
5.1 Servicing and Lubrication	13
5.2 Maintenance - Daily	14
5.3 Maintenance - Monthly	16
5.4 Brake Pad Adjustment	17
5.5 Maintenance - Tension Stem Locknut	18
5.6 Maintenance - Replacement of Brake Cable	18
5.7 Maintenance - Drive Belt	19
6. Emergency Stop Brake Lever / Tension Barrel	20
6.1 Emergency Stop Brake Lever	20
6.2 Tension Barrel	20
7. Troubleshooting	21
8. Spare Parts List	22
9. Spare Parts Illustration	24
10. Declaration of Conformity	25
11. Engineers Service History	26
12. User's Notes	27

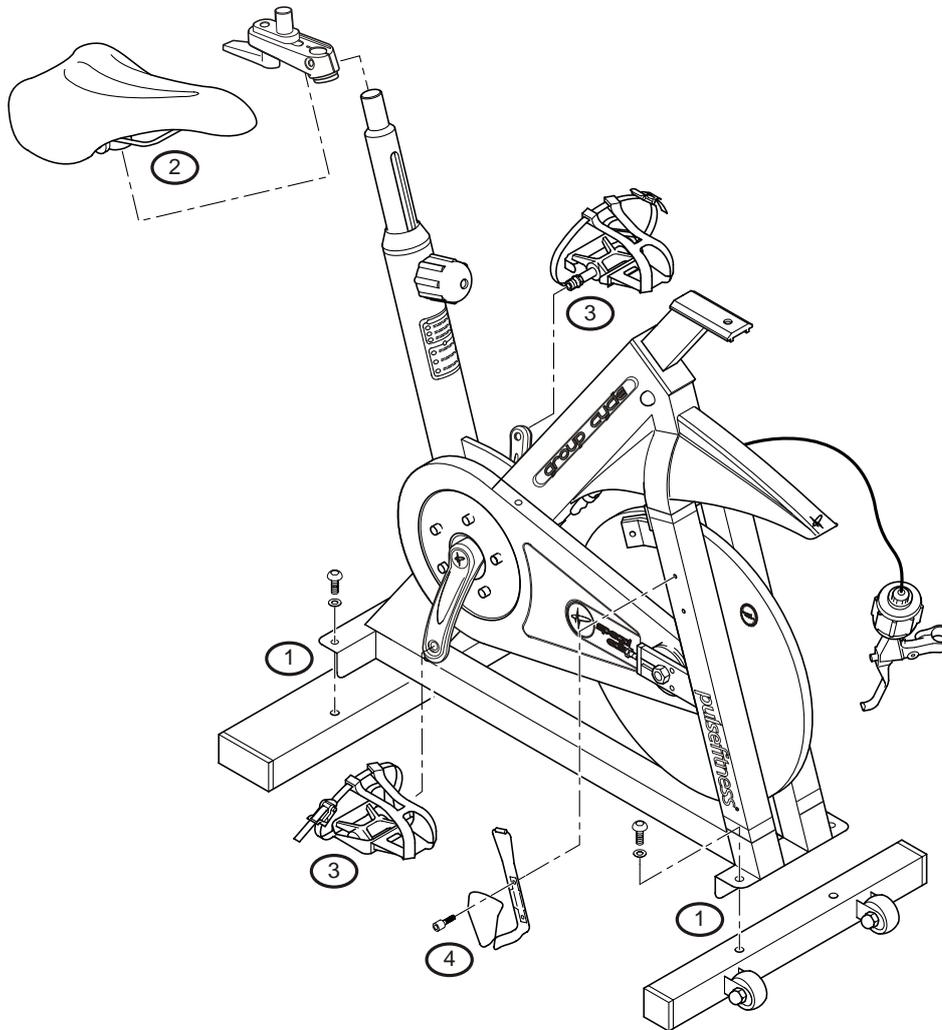
1 225F Cycle Flat Pack



The Pulse 225F Exercise Cycle will have to be assembled from the flat pack. The contents of the pack are as follows:

- A This Manual
- B Main Body
- C Saddle
- D Pedals and Foot Straps
- E Rear Foot Strut
- F Front Foot Strut
- G Bottle
- H Bottle Cage
- I Handlebars
- J Handlebar Adjuster Knob
- K Adjuster Knob Washer
- L Feet Strut Bolts & Washers
- M Water Bottle Cage Screws
- N Emergency Stop Brake Lever
- O Lateral Seat Adjuster

If any parts are missing then please contact Service Dept.
+44(0)1260 294600.

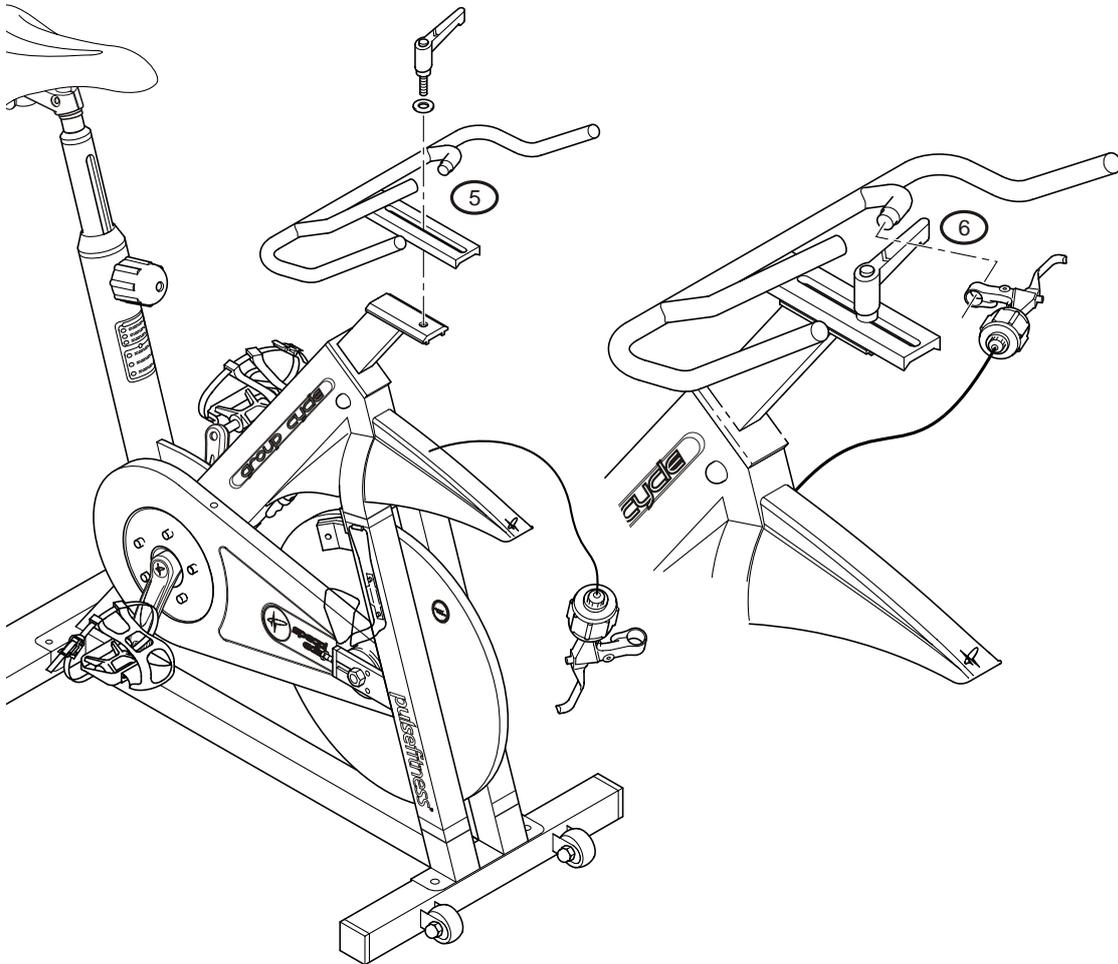


1 Assembly of the 225F

1. Place the main body onto the feet struts, making sure the front and rear feet struts are the correct way around (this is a two person procedure). Then secure tightly with feet strut bolts and washers.
2. Attach the saddle and secure tightly, (see Section 3.3 on Page 11).
3. Check the crank bolts are securely fastened.
NOTE: Use a torque setting of 70 Nm.
4. Attach the pedals onto the crank arms (the pedals are handed and therefore should be attached as indicated by the letter L or R on the underside of the pedal).
NOTE: Ensure the pedals are securely fastened before using the cycle.
5. Mount the bottle cage onto the main frame.
NOTE: Do not over tighten.

Tools Required:

- 1 x 15/13mm Combination Spanner.
- 1 x 6mm Allen Key.



5. Attach the handlebars to the main frame using the handlebar adjuster knob and adjuster knob washer, (ensure the knob is tight and secure).

6. Attach the emergency stop brake lever/tension barrel using an allen key and secure tightly.

NOTE: Ensure that all bolts are securely tightened.

Tools Required:
1 x 6mm Allen Key.



GENERAL SAFETY PRECAUTIONS



The successful and safe operation of the Group Exercise Cycle is dependent upon its proper handling, installation operation and maintenance. The following safety precautions are for your safety and guidance. Please read them carefully before proceeding to install and/or operate the Group Exercise Cycle. Specific safety notices are included in the text where appropriate.

Read through this operating handbook to familiarise yourself with the equipment.

Trained personnel should supervise all training and rehabilitation sessions.

Check the crank arms daily for any signs of stress fatigue and check the pedals for spindle wear as shown in Section 5.

The correct use of Pulse Fitness machines is of paramount importance. The machines should be adjusted to suit each individual and care should be taken when starting and completing an exercise session.

Ensure that all users of the equipment are familiar with these safety precautions and operating procedures.

Persons who are generally unfit (i.e. have not taken regular exercise for some time) should seek expert advice before using this equipment. Similarly, persons with known medical conditions (e.g. angina, asthma, high blood pressure, etc.) should seek medical advice.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce your level of activity gradually towards the end of your exercise programme.

NOT suitable for medical/therapeutic purposes.

If you feel light-headed, dizzy or suffering from any kind of pain whilst exercising, STOP IMMEDIATELY.

Seek medical attention immediately if injury is incurred.

Do not drink from bottles or cups without a lid. Do not place cups/bottles anywhere on the machine except from in the supplied bottle holder.

Keep limbs clear of moving parts. Do not wear loose clothing or jewellery that may become entangled with moving parts.

Keep an area of 1 metre clear around the Group Exercise Cycle when operational; a crowded room is a hazard.

WARNING, excessive or incorrect training can be detrimental to your health.

Do not allow children to train unsupervised on the Group Exercise Cycle.

Exchange faulty parts IMMEDIATELY with ONLY genuine Pulse Fitness parts. Do not use equipment until repaired.

The flywheel momentum of the bike will keep the pedals turning even after the user stops pedalling or in the event the user's feet slip off the pedals. Do not dismount the bike or attempt to remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious personal injury.

2 Introduction

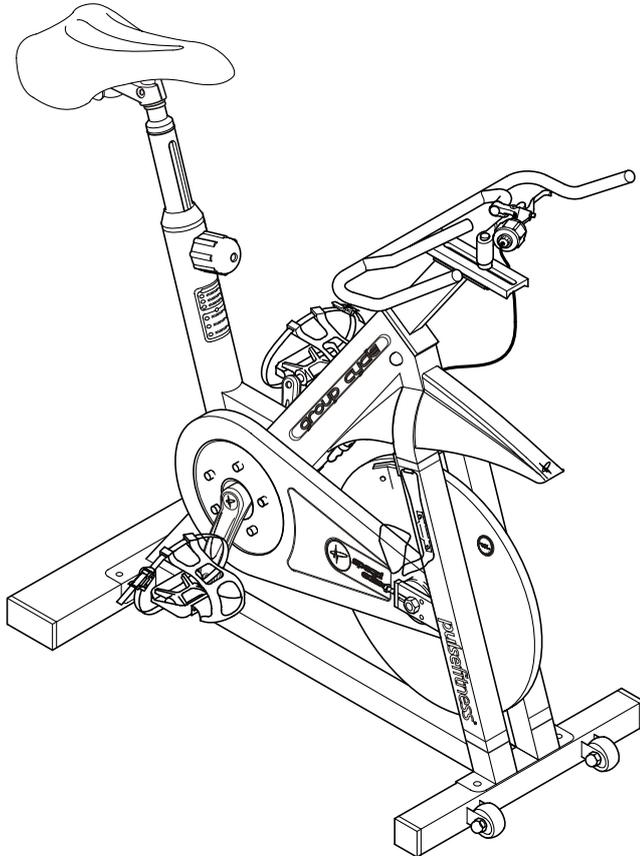


Figure A Pulse 225F Group Exercise Cycle

The Pulse Group Exercise Cycle is a sophisticated heavy duty exercise bike, designed specifically for use in a Health & Fitness type environment. It is suitable for both aerobic and anaerobic exercise and general athletic fitness training or weight-loss programmes.

The main reason for this publication is to enable the owner to maintain, service and purchase replacement parts. The company retains the right to make alterations to the design and specification of the machine at any time and accepts no responsibility for any discrepancies between machine specification and descriptions contained within this publication. It is the owners responsibility to comply with the following manufacturers instructions on machine maintenance and servicing. These instructions do not affect your statutory rights.

Important notes:

Confirm that the machine has not been damaged in transit.

Maintenance, servicing and replacement parts must be carried out by a competent person.

All safety guards must be properly secured before using this machine.

Use only genuine Pulse Fitness spare parts, to order quote the part number and quantity required, order from,
Pulse Fitness, Tel: +44 (0)1260 294600 Fax: + 44 (0)1260 299282

2.1 Features

- Ergonomically-designed workout position.
- Emergency Stop Brake Lever.
- Tension Barrel.

2.2 Technical Data

Dimensions: 225F Group Exercise Cycle

Length: 1.05 m

Width: 0.505 m

Height: 1.03 m

Weight: 70 kg

Note: The Pulse 225F Group Exercise Cycle uses a patented speed independent braking system.



WARNING



When installing or adjusting any piece of Pulse Fitness equipment, **DO NOT** leave any adjustment devices projecting which could cause injury to any third party.

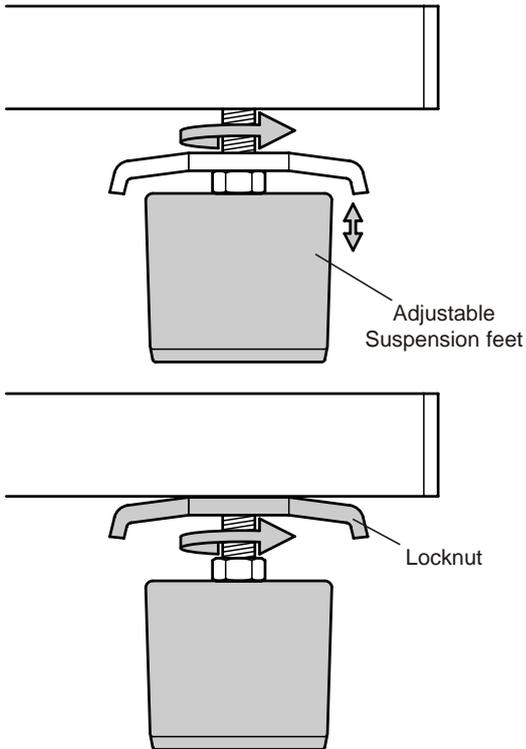


Figure B Feet Adjustment

3 Installation

3.1 Location

Select a suitable location for the Exercise Cycle before moving it. The site you choose should meet the following requirements:

- A flat, level and clean surface.
- Well away from sources of water (or other liquids) or in an area that is subject to condensation.

NOTE: The 225F Group Exercise Cycle is not suitable for outdoor use.



CAUTION



This equipment is heavy! We do not recommend attempting to lift it without assistance; at least 2 people should lift the Exercise Cycle when necessary.

To move the Exercise Cycle, hold the handlebars and push down to get the bike balanced on the front feet caster rollers, then push or pull to its desired position.

3.2 Installation Procedure

Once the Exercise Cycle has been sited you must ensure that it is stable. If necessary, adjust the height of the front adjustable suspension feet to compensate for any unevenness in the floor. Turn the front feet to the left or right to increase or decrease the height as appropriate, (see Figure B). When satisfied, securely fasten the locknut up against the Feet Strut. The rear adjustable suspension feet should be inserted fully into the Feet Strut and not used for unevenness correction.

To protect the paintwork from sweat, wipe down the metal frame with a wax/silicone-based polish.

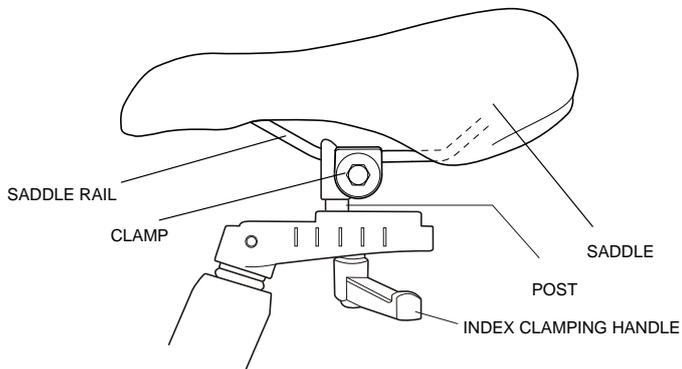


Figure C Correct Fitment of the Saddle

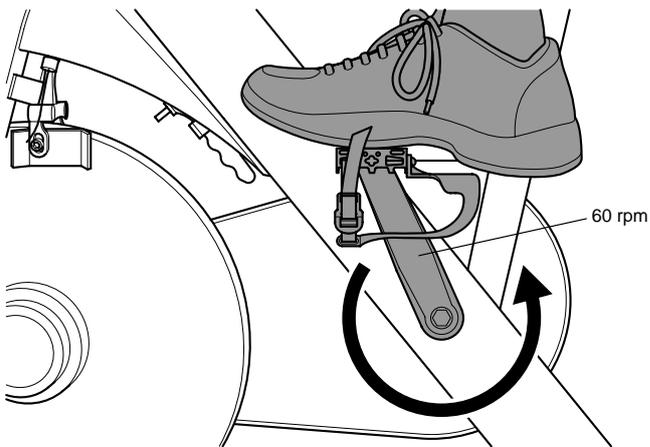


Figure D Free Wheel Test (12-Revolutions)

3.3 Correct Fitment of the Saddle

The clamps are positioned along the saddle rails, (see Figure C). When in position ensure the clamp is fully seated onto the post and the saddle is level, then tighten the clamp nuts equally on both sides to secure the saddle to the seat post.

NOTE: Double-check the clamp nuts are tightly fastened and the saddle is securely attached onto the seat post before commencing exercise.

3.4 Check the Brake Cable - is adjusted by turning the cable barrel clockwise (opposite direction to the arrows) until it has no more adjustment, then see if there is any play or movement when the cable enters the tension barrel, (see Figure N on Page 16). If adjustment is required, (see Section 5.4 on Page 17).

3.5 Free Wheel Test (12-Revolutions) - The purpose of this test is to ensure that the brakes are correctly adjusted.

Make sure all tension is released from the brake pads and that the brake is fully off. Place your foot on the pedal and spin them to a speed or approximately 60rpm, (see Figure D), quickly take your foot off and count the amount of revolutions it takes until the pedals stop moving. If the amount of revolutions are above 12 the Exercise Cycle is set up correctly and needs no alteration. However, if the revolutions are set below 12. See Section 5.4 for brake pad adjustment.

NOTE: By performing the free wheel test, this will ensure there is no resistance on the Exercise Cycle when on the minimum setting. Failure to calibrate the Exercise Cycle in this way, may cause discomfort to the user.



WARNING



Take extreme care when removing your foot off the pedal, to avoid crank arm hitting into your leg or foot and causing serious injury.

4 Operational Information

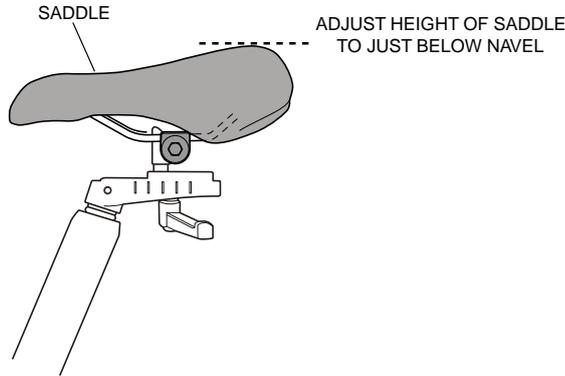


Figure E Correct Height / Positioning of the Saddle

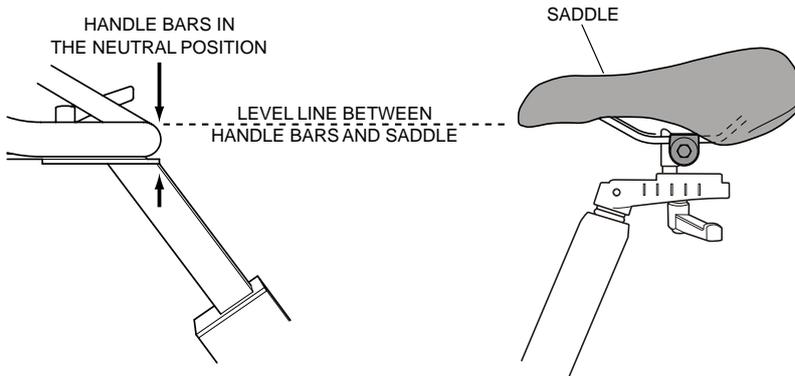


Figure F Correct Positioning of the Handlebars

4.1 Operational Information

- Before using the Pulse 225F Exercise Cycle, familiarise yourself with the bike to ensure that you understand the basic principles of the cycle.
- Inspect the cycle for any damaged or worn parts and for general smooth / safe operation. Do not use the cycle if any part appears worn, damaged or faulty.

4.2 Correct Height / Positioning of the Saddle

- Adjust the saddle so that when the user stands directly behind the cycle the saddle is just below the users navel. Hold the seat in one hand and unscrew the seat post clamping knob by turning it anti-clockwise, (see Figure E). This position should suit most users, however, adjustment should be made if the user feels uncomfortable. Adjustment can also be made by releasing the Saddle Adjustment Knob and sliding the saddle forwards or backwards to customise riding position.

NOTE: Only tighten the Seat Post Clamping Knob to finger tight, this is all that is required to hold the seat post firm due to its design. If the Knob is over tightened threads can be stripped.

4.3 Correct Height / Positioning of the Handlebars

- Adjust the handlebars so that they are level with the height of the saddle, (Figure F).
- The handlebars should always be left in the "Neutral Position", (see Figure F), where by laterally the bottom handgrip should be in line with the top edge of the handlebar post. This position should suit most users, however, adjustment can be made by releasing the Handlebar Adjustment Knob and sliding the handlebars forwards or backwards to suit a longer shorter reach respectively.
- Place balls of feet onto the pedals and adjust toeclips so that the feet are held onto the pedals.
- Ensure that the riding position is comfortable before commencing strenuous exercise.
Alter the brake resistance by turning the tension barrel in the direction as indicated by the arrows.

5 Maintenance

5.1 Servicing and Lubrication **WARNING!**

Make sure you know the different parts of the Exercise Cycle before you attempt to carry out any maintenance as shown in this section, (see Figures G and H).

Use extreme care when servicing the bike with the guards removed. If fingers or other parts of the body come into contact with moving parts inside of the cycle, amputation or other serious injury may occur. Prior to commencing any maintenance on the belt drive, familiarise yourself with all moving parts. Never leave the Exercise Cycle unattended.

- Servicing must be carried out by a competent person.
- It is recommended that the machine is checked and serviced at regular intervals depending on the usage.
- Be sure to replace all guards after servicing.
- Prior to use, apply a coat of silicone sealant to all painted areas of the Pulse 225F Group Exercise Cycle, excluding the flywheel.
- Make sure all tension is released from the brake pads after each use, for the comfort of the next user.

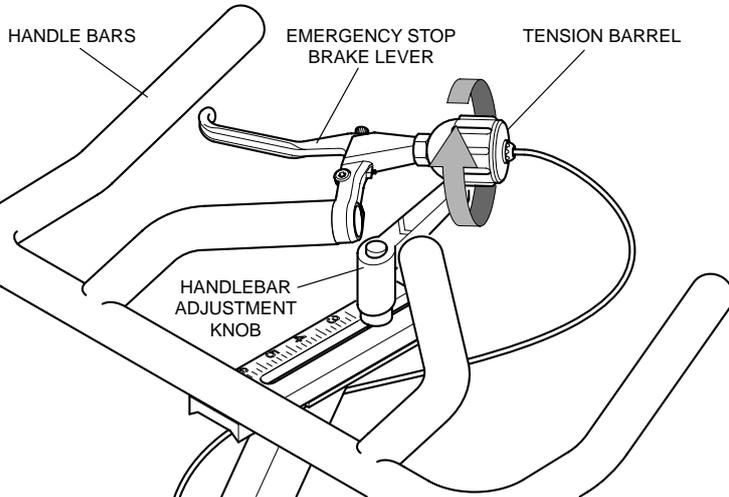


Figure G Handlebar Arrangement

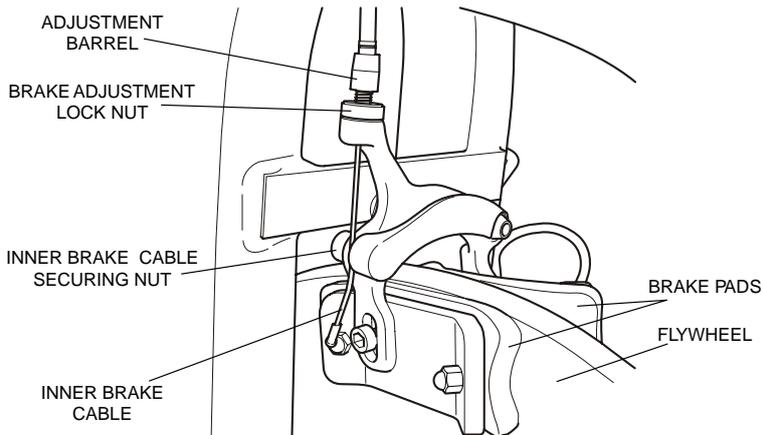


Figure H Flywheel and Brake Assembly

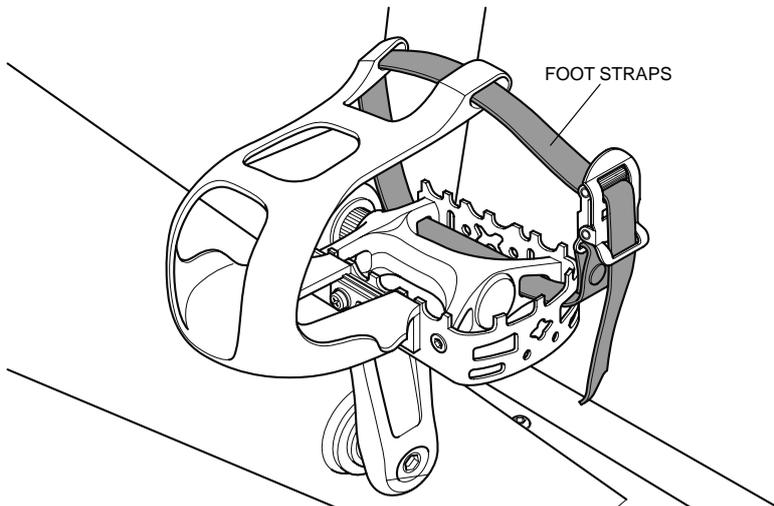


Figure I Footstraps

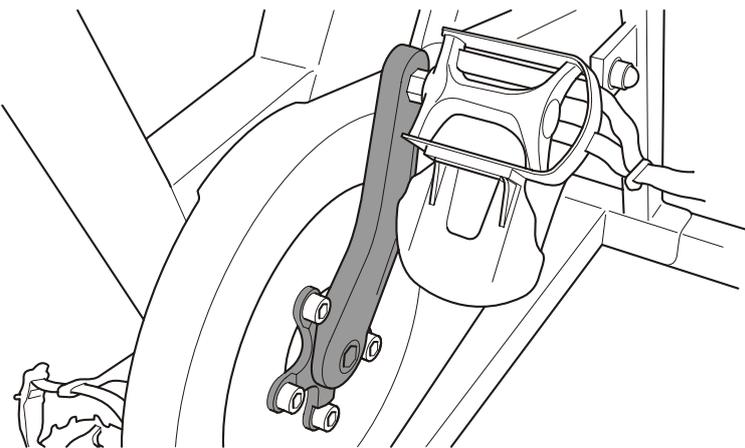


Figure J Crank Arms

5.2 Maintenance - Daily



WARNING



Failure to follow the Daily and Monthly inspections detailed in this manual, could result in serious injury.

General - Inspect for any loose parts, nuts, bolts, etc.

Check Footstraps - for any signs of wear or damage, replace footstraps if required, (see Figure I).

Check Crank Arms - for any signs of damage or fatigue on both crank arms, especially where the pedals locate or around the attachment points to the bike, see (Figure J).

NOTE: If any sign of damage or fatigue is evident, the crank arms must be replaced immediately.

Clean the Frame - Using a clean, dry cloth wipe down the cycle to remove any perspiration after each workout. For hygiene purposes wipe down the rubber coated handlebars and exercise saddle with a mild soapy solution and, for extra protection, clean the frame at least once a day with a silicone based polish.

NOTE: For best results use a good quality automotive polish.

Re-seal and lubricate if and where necessary.

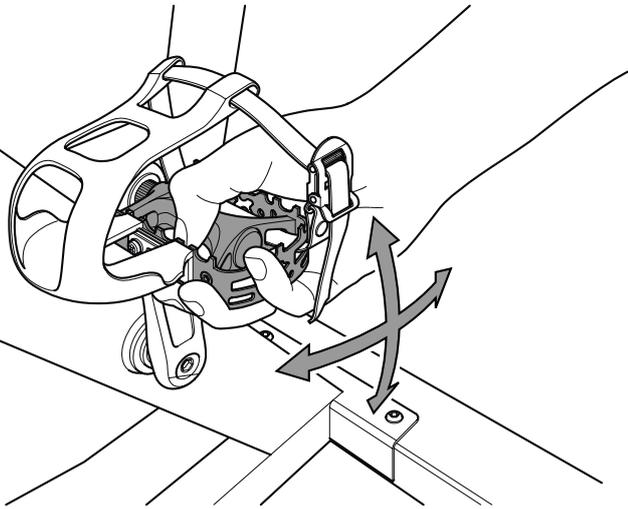


Figure K Pedals

Check Pedals - for any damage and especially wear in the spindle. To check the spindle hold the pedal firmly and try to move the pedal up and down and back and forwards for any signs of movement or clicking, (see Figure K). If there is any movement replace immediately.

Check Seat Clamps - Ensure the seat clamp is securely fastened onto the post in order to prevent movement that could result in injury.

General Function Test - check for stability, braking and general smooth operation, this is best achieved by getting on the Group Exercise Cycle and pedalling for a minute or two, making sure that everything feels correct and secure.

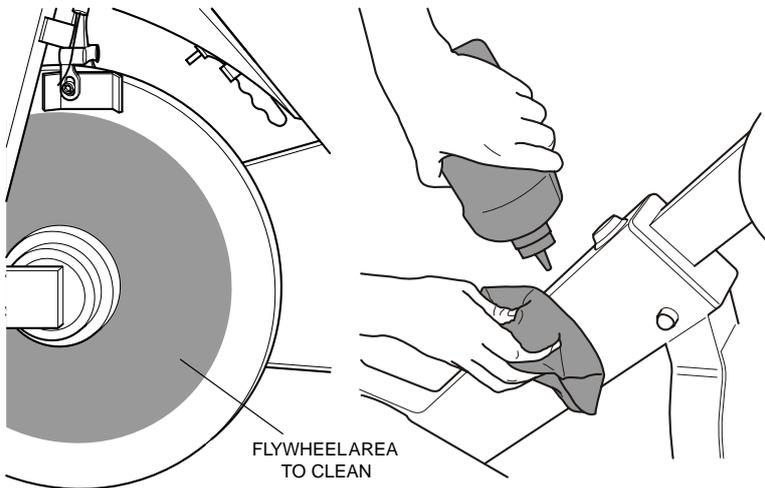


Figure L Cleaning the Frame & Flywheel

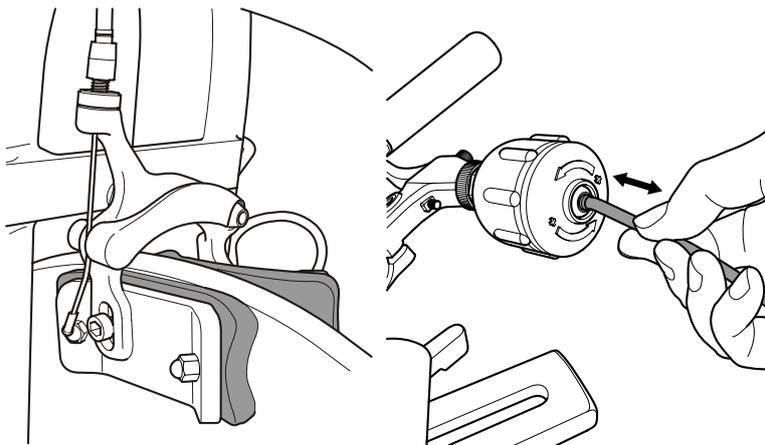


Figure M Checking the Brake Pads

Figure N Checking the Brake Cable

5.3 Maintenance - Monthly

Clean the Frame and Flywheel - Re-apply a coat of silicone polish to all the painted frame areas of the Exercise Cycle including the flywheel, except where the brake pads come into contact with it, (see Figure L).

NOTE: For best results use a good quality automotive polish.

Check the Brake Pads - Visually check and renew if necessary, (see Figure M). When fitting new brake pads please ensure you perform the Free Wheel Test as detailed in Section 3.5 on Page 11.

NOTE: The life expectancy of the brake pads is between 1-3 years, depending on the number of classes.

Check the Brake Cable: is adjusted correctly by turning the tension barrel clockwise (opposite direction to the arrows) until it has no more adjustment, then see if there is any play or movement where the cable enters the tension barrel, (see Figure N). If adjustment is required, (see Section 5.4 on Page 17).

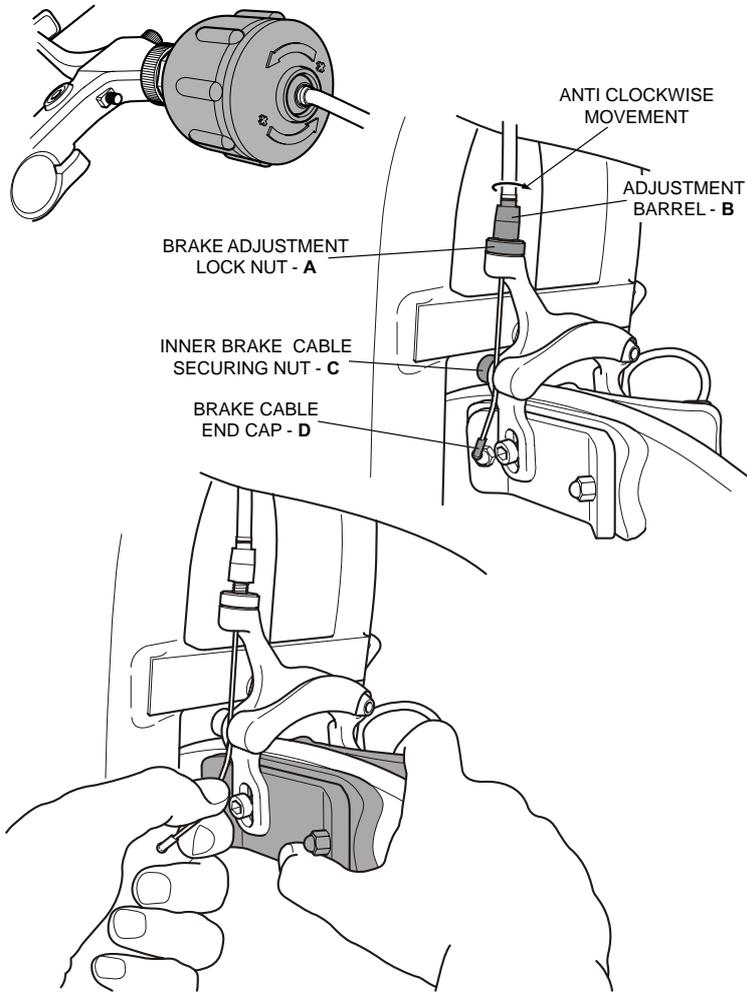


Figure O **Brake Pads Adjustment**

5.4 Brake Pad Adjustment

- For minor adjustment of the brake pads, use the Adjustment Barrel (B). Firstly slacken the Brake Adjustment Lock Nut (A), and rotate the Adjustment Barrel (B) in the direction of the arrow (anti-clockwise). If satisfied with the adjustment re-tighten the Brake Adjustment Lock Nut (A).
- However if there is still play in the brake cable, (see Figure N on page 16), it will be necessary to adjust the cable.
- Firstly slacken the Brake Adjustment Lock Nut (A), then adjust the Adjustment Barrel (B), by rotating clockwise fully into the calliper.
- Slacken off the Inner Brake Cable Securing Nut (C).
- Squeeze the brake pads tightly against the flywheel, and pull the inner brake cable with thumb and forefinger to remove any slack, (be careful not to pull the Brake Cable End Cap off (D)), (see Figure O), re-tighten the Inner Brake Cable Securing Nut (C).
- Then check the Free Wheel Test (12-Revolutions) (see Section 3.5 on Page 11) and if required, fine adjust the brake pads as described from the beginning of Section 5.4.

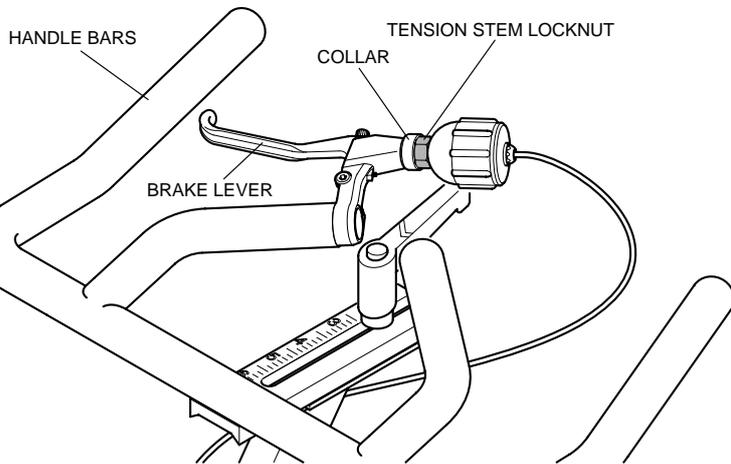


Figure P Tension Stem Locknut

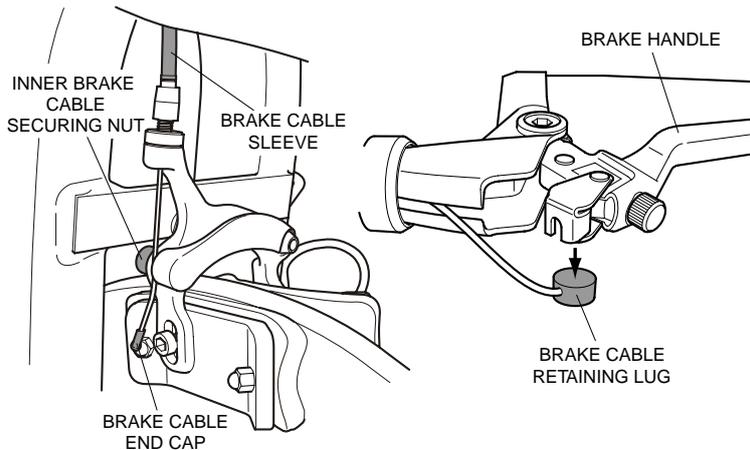


Figure Q Replacement of Brake Cable

5.5 Maintenance - Tension Stem Locknut

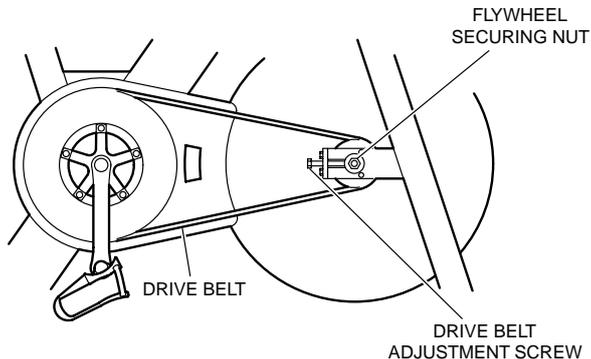
The Tension Stem Locknut should always be tight up against the collar and brake lever. If it is found loose then tighten up immediately to allow the Exercise Cycle to function properly (see Figure P).

5.6 Maintenance - Replacement of Brake Cable

To replace the brake cable, first slacken the inner brake cable securing nut. Pull the brake lever on and carefully push the brake cable through the brake lever to create some slack, then release the brake cable retaining lug by pushing the lug down through the hole in the housing. Hold the lug and pull the remaining cable out through the handle and clear of the Exercise Cycle. Thread the new cable back through the brake handle and tension barrel, insert the retaining lug up into its housing and push the brake lever off whilst pulling on the cable. Thread the cable through the brake cable sleeve and route down to the brake pads. Route the cable firstly through the adjustment barrel then the brake calliper, insert the cable behind the cable securing nut and tighten. The brake pads will need re-setting and the Free Wheel Test will have to be checked, (see Section 5.4 on Page 17).

NOTE: The brake cable and brake cable sleeve is replaced as a complete assembly, therefore if one is renewed so is the other.

Tools Required -
1 x 21mm A.F.Spanner



NOTE: CYCLE SHOWN WITH BELT COVER REMOVED

Figure R **Drive Belt Adjustment & Tension**

5.7 Maintenance - Drive Belt

Check for belt slip: this is done by firmly applying the brake lever, stand on the pedals and apply a heavy load. If the belt slips adjustment is required, (you may have to remove the belt guard to adjust the belt tension).

Adjustment is achieved by slackening the flywheel securing nuts on both sides of the flywheel. Using the drive belt adjusting the screws adjust by half a turn equally on both sides to tension the belt, re-tighten the flywheel securing nuts and check for belt slip. Repeat the process until belt slip is non-existent, (see Figure R).

NOTE: Be careful of the direct drive flywheel when the guard is removed.

Check the belt guard, clean and re-seal with silicone.

Touch up any chipped paint, as any exposed metal is susceptible to rust.

Check the lock nuts, bolts and grub screws for the seat and handlebar position, tighten if necessary.

Check that the crank bolts are tight.

NOTE: If you allow clients to use their own clipless pedals, you will be held responsible for them replacing the pedals correctly. If the threads become stripped the warranty will not cover this.



WARNING



The safety level of this Exercise Cycle can only be maintained if the bike is regularly examined for damage and wear, **DO NOT** use the machine if any part appears worn, damaged or faulty.

6 Emergency Stop Brake Lever / Tension Barrel

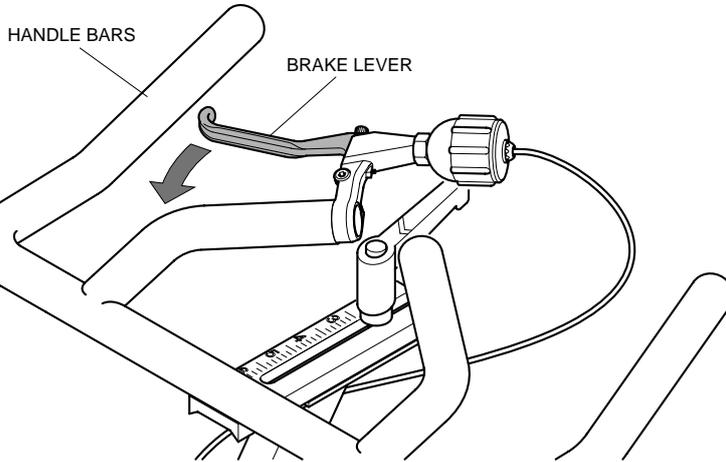


Figure S Emergency Stop Brake Lever

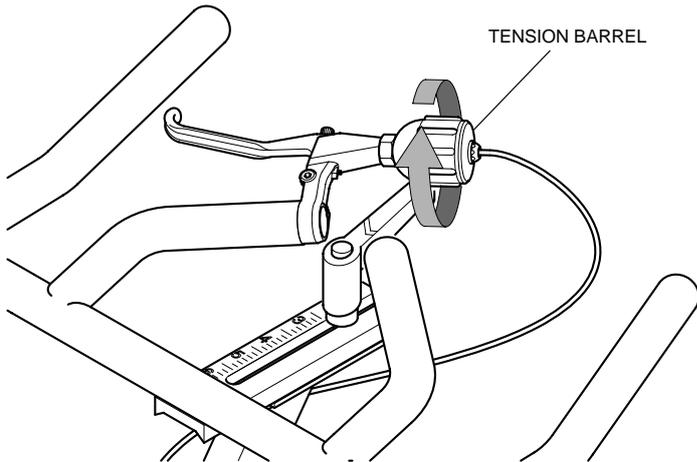


Figure T Tension Barrel

6.1 Emergency Stop Brake Lever

Whilst operating the 225F Group Exercise Cycle the brake can be used at any time to produce an emergency stop. Simply pull back the brake lever, (see Figure S) to apply the brake, once applied the lever must be returned back to its original position to free the flywheel.

NOTE: The emergency brake should only be used for emergency braking and not as a constant braking system.

6.2 Tension Barrel

Whilst operating the 225F Group Exercise Cycle the amount of effort you need to turn the pedals can be increased/decreased manually. To increase the effort turn the tension barrel, (see Figure T) in the direction of the arrows marked on the barrel. To decrease the effort turn the barrel in the opposite direction of the arrows.

7 Troubleshooting

Fault	Probable Cause	Cure
Loud squeaking when tension is applied.	Dirty flywheel. Worn brake pads.	Clean the flywheel with a silicon sealant ensuring NOT to get any silicone of the hub assembly, leave a thin coat on the flywheel. Renew the brake pads if necessary.
Heavy vibration/rumbling noise from the front flywheel.	Drive belt too tight. Incorrect flywheel alignment. Bearing failure in the drive hub.	Loosen the fly wheel nuts and adjust the flywheel. Usually the belt is too tight which causes the flywheel to rotate unevenly. Check that the flywheel alignment is correct so that the belt line is straight. Replace the bearings.
Uneven or loose pedal rotation.	Crank arm.	Make sure the crank arm is fully in place and that the bolt is tight, (see Section 5.2).
Bike uneven or wobbling.	Feet not correctly set.	Check and adjust the feet if required, (see Section 3.2).
Squeaking from the bottom bracket.	Bottom bracket.	Replace bottom bracket.
No brake adjustment.	Tension stem locknut loose. Brake cable loose/broken.	Tighten tension stem locknut, (see Section 5.5). Adjust brake cable/replace brake cable, (see section 5.6).

Recommended tools

Bottom bracket tool

Crank remover

8, 10, 13, 17, 21 A.F.Spanners

3mm, 5mm Allen Keys

Recommended lubricants and sealers

Silicone spray

Silicone grease

Wax / Silicone based polish.

If the remedial action described in the table does not cure the fault, contact your service representative.

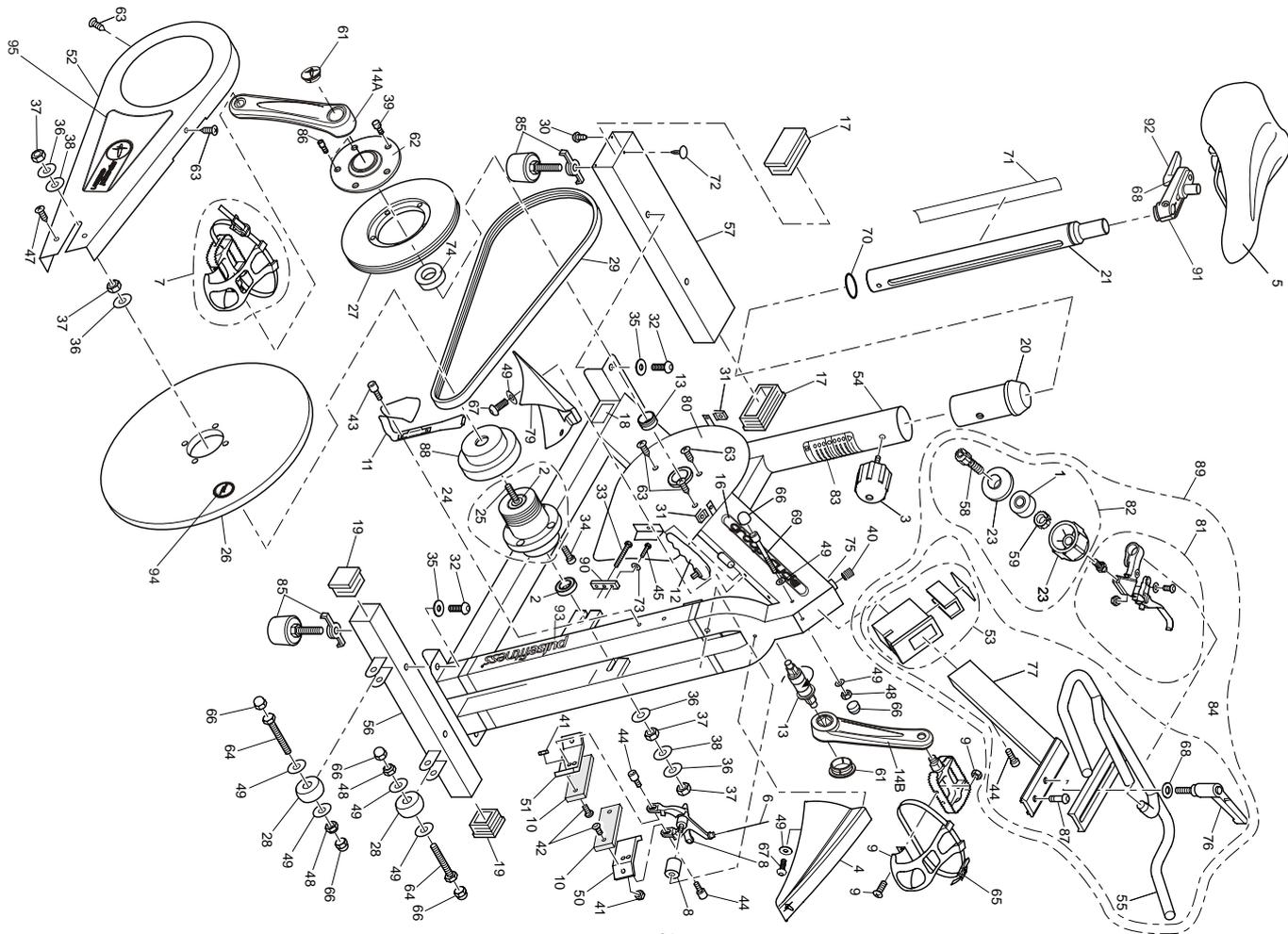
8 Spare Parts List

Ref.	Description	Part No.	Ref.	Description	Part No.
1	Radial Bearing	26/083	36	Washer (M10)	35/261
2	Rotary Bearing	26/085	37	Full Nut (M10)	35/262
3	Seat Clamp Knob	26/611-2	38	Nylon Washer (M10)	35/263
4	225F Front Sweat Guard	70-468	39	Hex Socket Cap Head Screw (M10)	25/264
5	Saddle	26/514	40	Grub Screw (M16)	26/309
6	Brake Cable	26/605	41	Full Nut (M5)	35/266
7	Pedals LH & RH including Toeclip & Strap	26/1070	42	Hex Socket Button Head Screw (M5)	35/267
8	Brakeset	26/517	43	Socket Head Cap Screw (M6 x 10)	35/272
9	Toeclip & Strap	26/518	44	Cap Head (M6)	35/296
10	Friction Pads	26/522	45	Hex Head Set Screw (M6 x 20)	35/274
11	Bottle Cage	26/524	46	Hex Socket Cap Head Screw (M6 x 60)	35/279
12	Allen Key (8mm)	26/923-2	47	Self Tapping Screw No.8 x 3/1	35/281
13	Spindle	31-622-2	48	Nylock Nut (M8)	35/286
14A	Plastic Coated Steel Crank Arm (R)	225-F07	49	Flat Washer (M8)	35/300
14B	Plastic Coated Steel Crank Arm (L)	225-F08	50	Brake Block LH	40-215
16	225F Decal	115-181	51	Brake Block RH	40-231
17	Ribbed Insert (100 x 50)	30/002	52	Belt Guard	26/617
18	225F Rating Plate	115-121	53	Handlebar Insert Assembly	30/010
19	Endcap (50 x 50)	30/222	54	Main Frame Assembly (Welded)	225-E1
20	Seat Post Collar	26/623	55	Handlebar Assembly (Welded) Rubber Dipped	26/932
21	Seat Stem	31-1522	56	Leg Assembly (Welded)	225-E3
23	Brake Adjuster Knob	26/939-2	57	Leg Assembly Rear	225-E3
24	Drive Hub (Complete Assembly)	30-349	58	Cable Adjuster Bolt	26/933
25	Bearing Housing Shaft	30-647	59	Cable Adjuster Nut	26/934
26	Flywheel	30-838	60	225 Cleaning Sticker	70-341
27	Maxima Crank Arm Drive Ring	26/925	61	Crank Arm Hole Cover Moulding	40-462
28	Roller Blade Wheels	26/005	62	Drive Ring Hub	40-438
29	Polyvee Belt	33/051	63	No.8 x 5/8 Pozi Flange Screw	35/152
30	Self-tapping Screw (No 6)	35/067	64	M8 x 40 Set Screw	35/301
31	U.nuts UP8104G100	35/135	65	Footstrap	28/009-2
32	Hex Socket Button Head Screw (M10x25)	35/162	66	M8 Black Protection Cap	35/122
33	Socket Head Cap Screw (M8x40)	35/163	67	Button Head (M8 x 16) Stainless Steel	35/311
34	Socket Head Cap Screw (M8x125)	35-164	68	24 OD x 131 D Chrome Washer	26/926
35	Flat Washer (M10)	35/260	69	M8 x 60 Set Screw	35/312

Spare Parts List Cont.

Ref.	Description	Part No.
70	Seat Post Rubber 'O'Ring	26/927
71	Seat Post Height Decal	26/928
72	Black Plastic Press Clip (6mm)	26/929
73	Washer (M6)	35/295
74	Rotary Ball Bearing	26-096
75	Grub Screw Lubrication Decal	115-490
76	Handle Bar Clamping Handle	26/510-2
77	Handle Bar Adjuster Stem	26/936
79	225F Middle Sweat Guard	70-467
80	Steel Belt Guard	26/938
81	Left Hand Brake Lever Assembly	26/930
82	Injection Moulded Tension Knob Assembly	26/931
83	225 Cleaning & Caution Sticker	115-132
84	Complete Handle Bar Assembly	26/1042
85	Adjustable Suspension Foot	26/1057
86	M10 x 16 Machined Down Cap Screw	35/387
87	Handlebar Clamp Screw s/s M12 x 27	26/1041
88	225 Drive Hub Cover Moulding	70-434-1
89	225 Complete Handlebar Upgrade Kit	225-E13
90	Belt Tensioning Bracket	60-586
91	Lateral Seat Adjuster	225-F22
92	Saddle Clamping Handle	26/510-2
93	Fork Decal	115-525
94	Spin Wheel Decal	115-524
95	Crank Cover Decal	115-527

9 Spare Parts Illustration



10 Declaration of Conformity

EC Declaration of Conformity Standards Route to Compliance

225F PULSE GROUP EXERCISE CYCLE

Designed to conform with
BS EN 957 Part 1 : 2005
BS EN 957 Part 5 : 1997

12 User's Notes

A large rectangular area with rounded corners, containing 12 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the page.

User's Notes

A large rectangular area with rounded corners, containing 20 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the page.

User's Notes

A large rectangular area with rounded corners, containing 20 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the page.

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GB
Pulse Fitness
The Bromley Centre, Bromley Road,
Congleton, Cheshire, CW12 1PT,
Tel: +44 (0)1260 294600
Fax: +44 (0)1260 299282
Email: service@pulsefitness.com

D
Pulse Fitness GmbH
Rombacher Hütte 10
D - 44795 Bochum, Germany
Phone: +49 (0) 234-43623
Fax: + 49 (0) 234-9431330
Email: info@pulsefitness.de

S
Pulse Fitness Scandinavia AB
Box 70, 25054 Helsingborg, Sweden
Tel: +46 (0) 164075
Fax: +46 (0) 164076