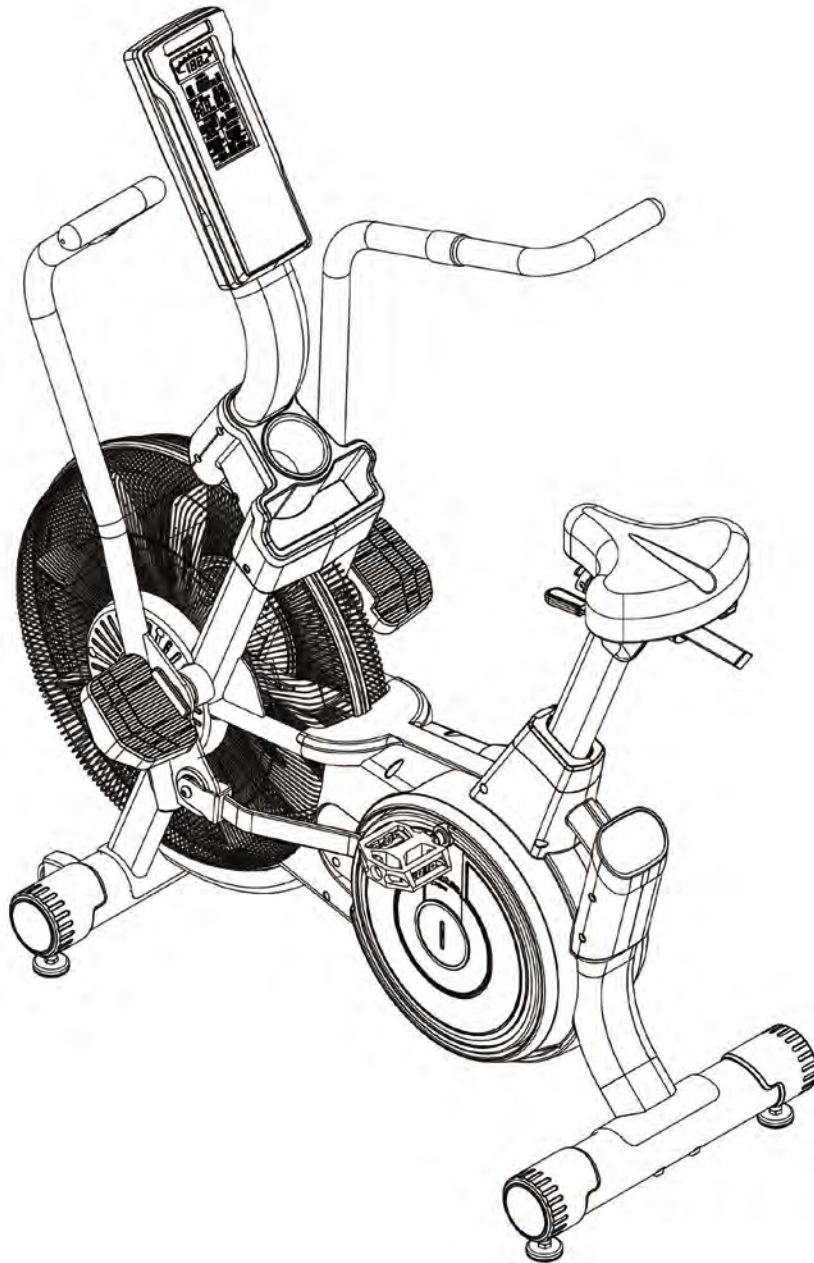


A800 AIR BIKE USER MANUAL



Version: 20170629

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SAFETY FIRST

1. Read all instructions in this manual before use and keep this user's manual for further reference.
2. It is owner's responsibility to ensure that all users of the machine are adequately informed about all safety precautions before use. Use the machine only as described in this manual.
3. During assembly, for safety please keep children and other person away from the machine.
4. Put the machine on flat ground indoor and avoid the humidity and dust. Put a pad under machine to prevent scratching the floor.
5. Check parts regularly and change the damage part immediately.
6. This machine is suitable for user from fifteen-year-old and above. Please keep pets away from the machine.
7. Wear suitable outfit and to prevent hooking on the machine.
8. If you feel pain or dizziness while exercising, stop immediately and cool down.
9. The function pulse measuring is not categorized as a medical device. Various factors like user's movement, will affect the reading's accuracy of the heart rate. The pulse measuring is intended only as an exercise aid in determining heart rate trends in general.
10. The maximum user weight for this machine is **150kgs**.

WARM UP & COOL DOWN

The warming up is an important part of your workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching out your muscles. Cool down at the end of your workout, repeat these exercises to reduce soreness in tired muscles. We suggest the following warm-up and cool-down exercises:

HEAD ROLLS



Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.

SHOULDER LIFTS



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

SIDE STRETCHES



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

QUADRICEPS STRETCH



With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH



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

TOE TOUCHES



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

HAMSTRING STRETCHES



Extend your right leg. 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.

CALF/ACHILLES STRETCH

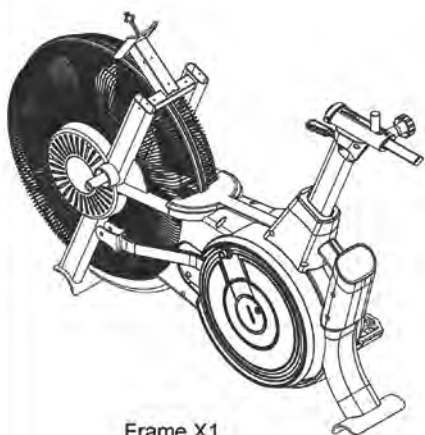


Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

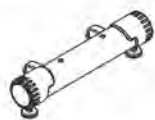
● **Before begin to use your air bike:**

1. **Check all the parts included** with shown in the manual. If parts are missed or damaged, do not use it and please return to your local distributor.
2. **Ready all your tools & parts.** Use originals only, safety cannot be ensured if any unapproved components were used.
3. **Make sure the space is free** from anything that may cause injury and keep unsupervised children, pets, disable persons & senior citizens during assembly.
4. If you have any question or doubts during assembling, please contact with customer service center for helps.

PART



Frame X1



Front stabilizer X1



Rear stabilizer X1



Personal storage holder X1



Left pedal X1



Right pedal X1



Seat X1



Anti-slippery rubber X1



Left pedal bracket X1



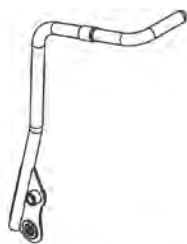
Right pedal bracket X1



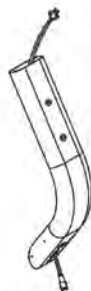
Anti-slippery rubber X1



Left handlebar X1



Right handlebar X1



Console post X1



LEFT & RIGHT BIKE PEDALS 9/16" X1



Console post left cover X1



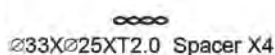
Console X1



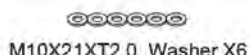
Console post right cover X1



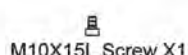
Ø33.7XØ25.6XT0.3 Washer X4



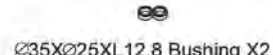
Ø33XØ25XT2.0 Spacer X4



M10X21XT2.0 Washer X6



M10X15L Screw X1



Ø35XØ25XL12.8 Bushing X2



M10X105L Screw X4



M4X12L Screw X10



M6X12L Screw X8



M6X50L Screw X2



M10 Nylon Locknut X2



M10X110L Screw X2



M10X55L Screw X2



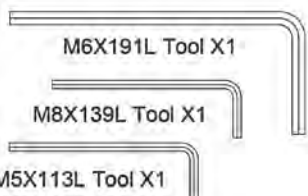
M10X50L Screw X1



Tool X1



Tool X1



M6X191L Tool X1

M8X139L Tool X1

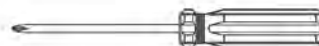
M5X113L Tool X1



M10 SPRING WASHER X2

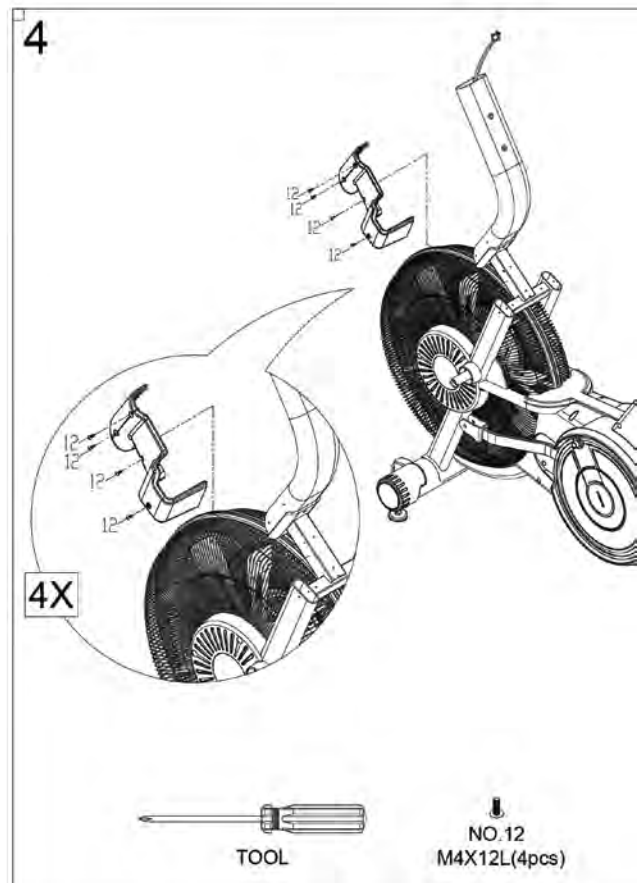
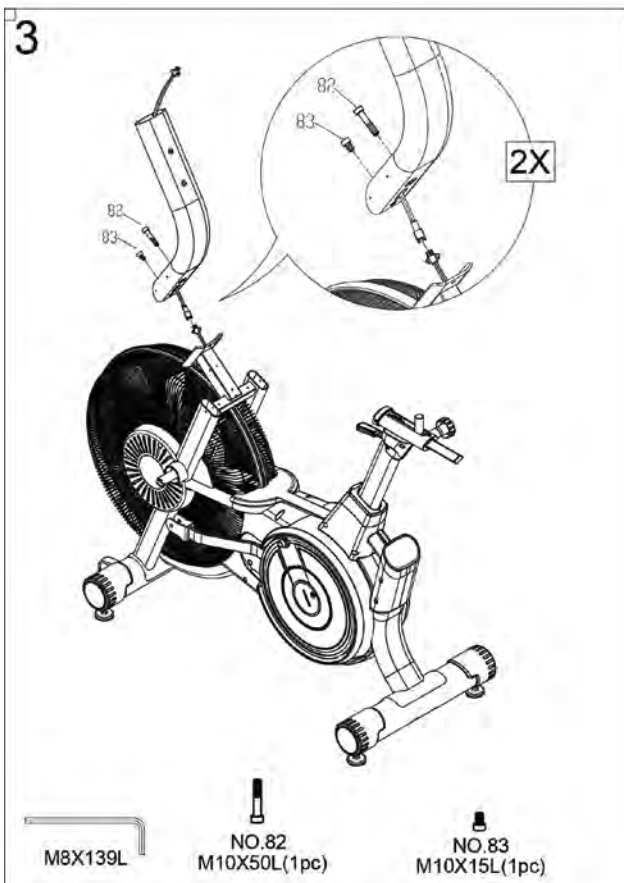
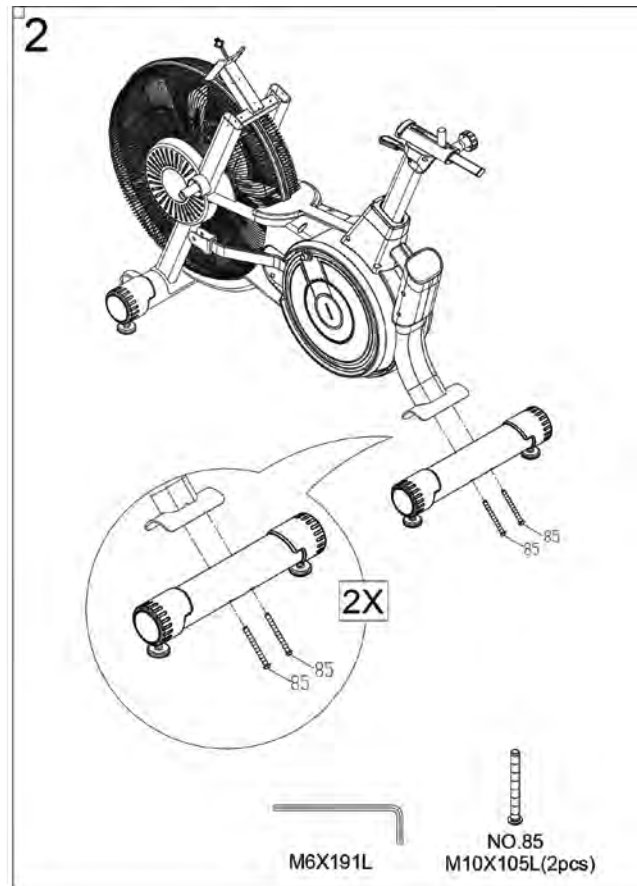
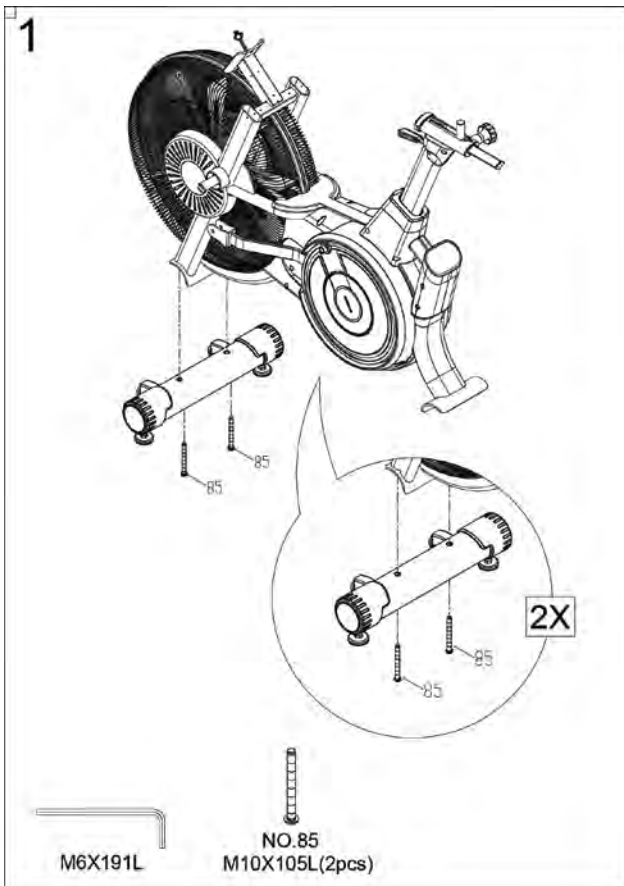


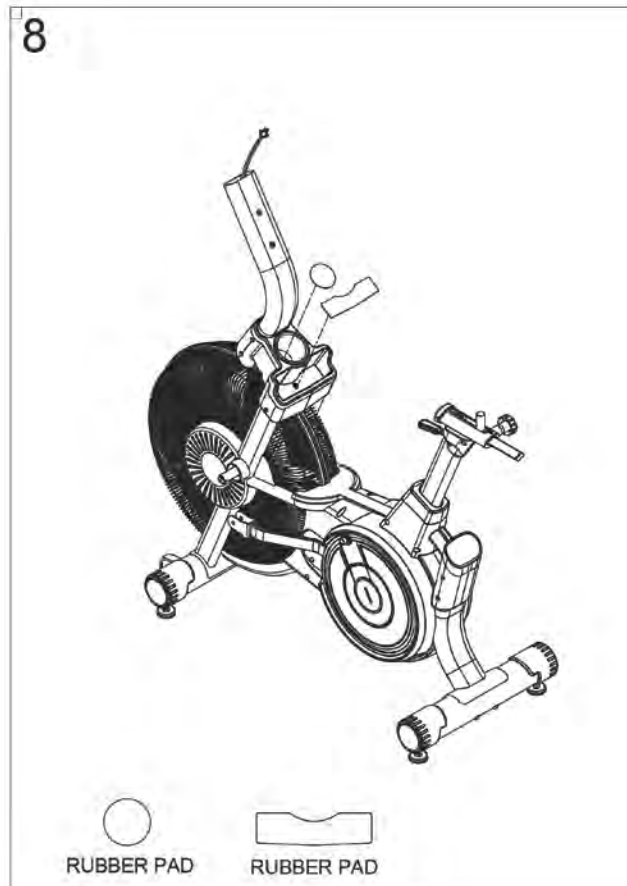
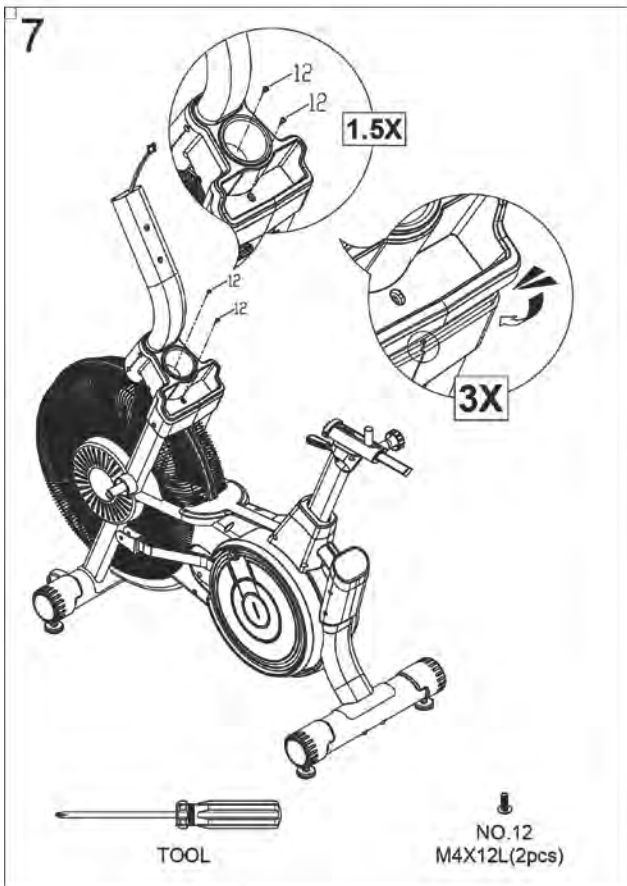
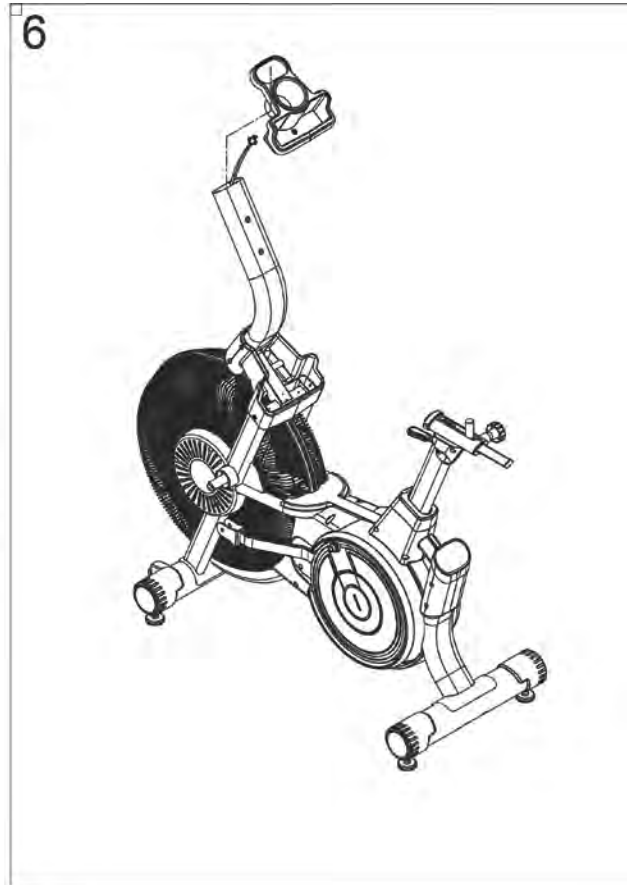
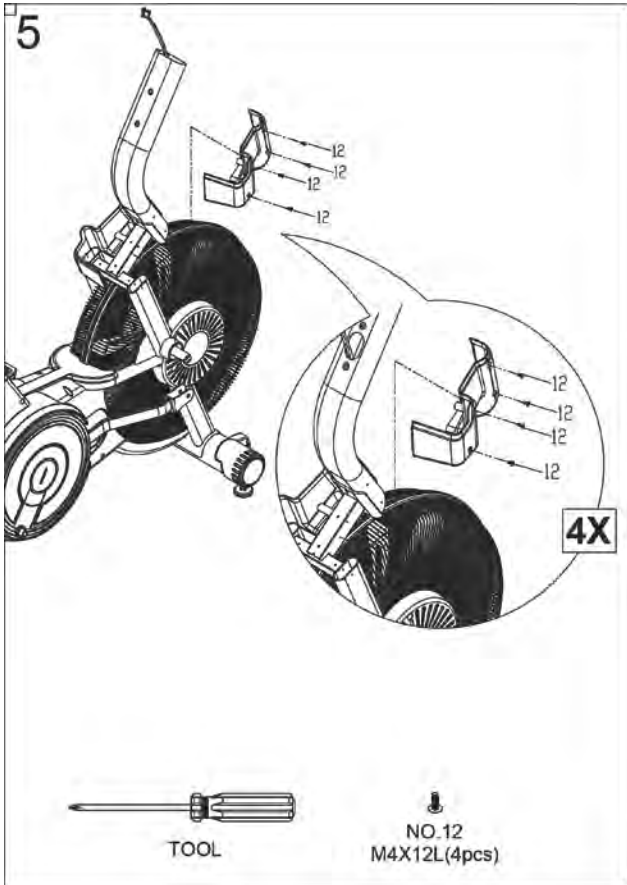
M6 SPRING WASHER X8

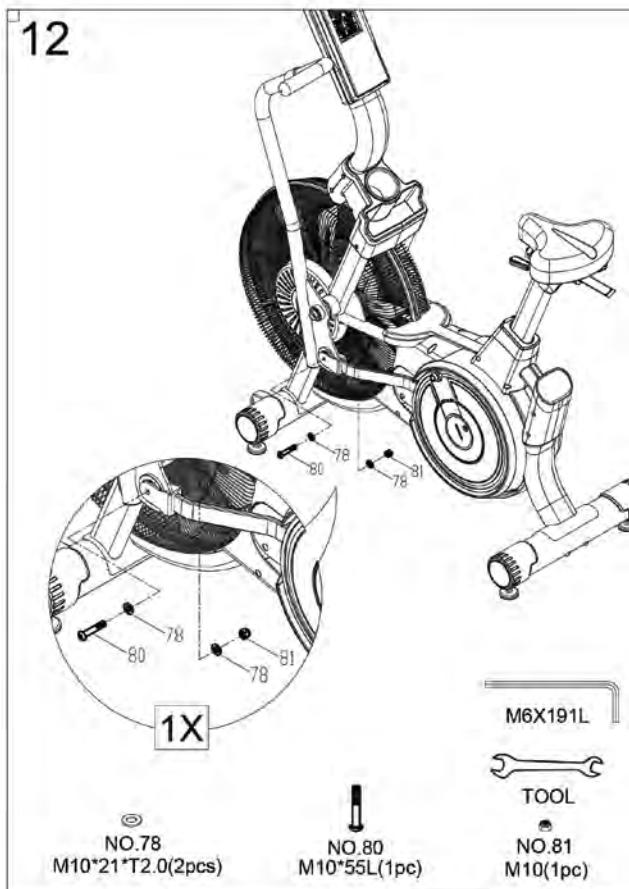
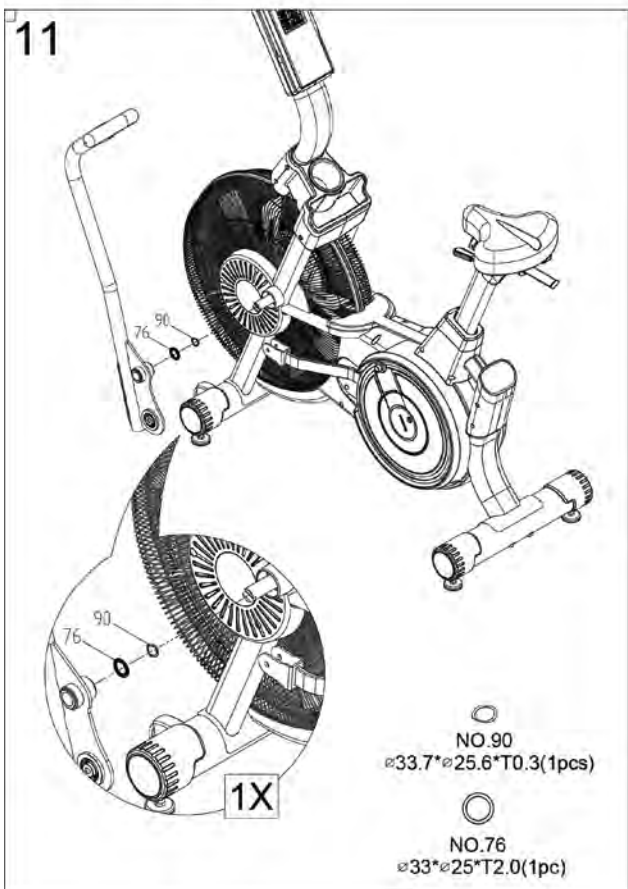
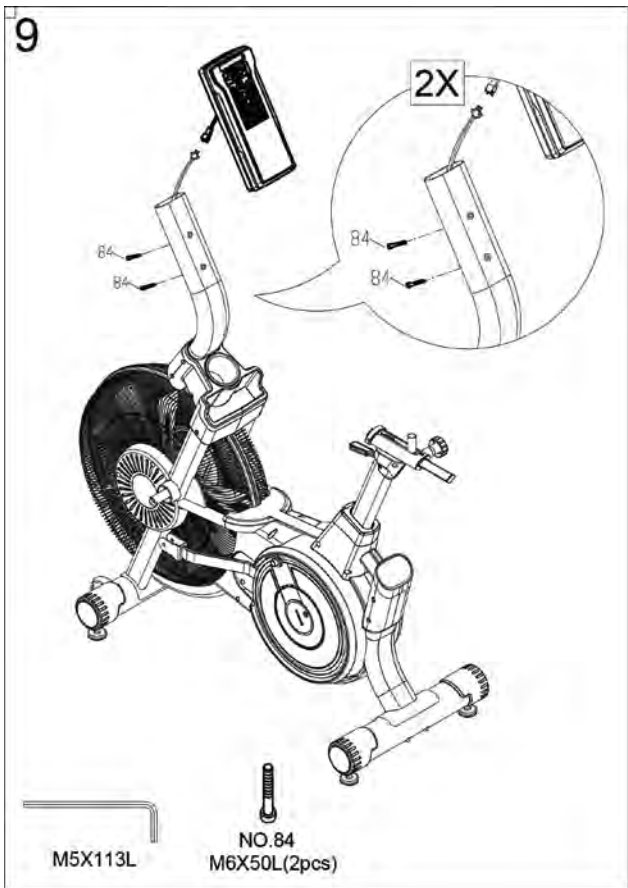


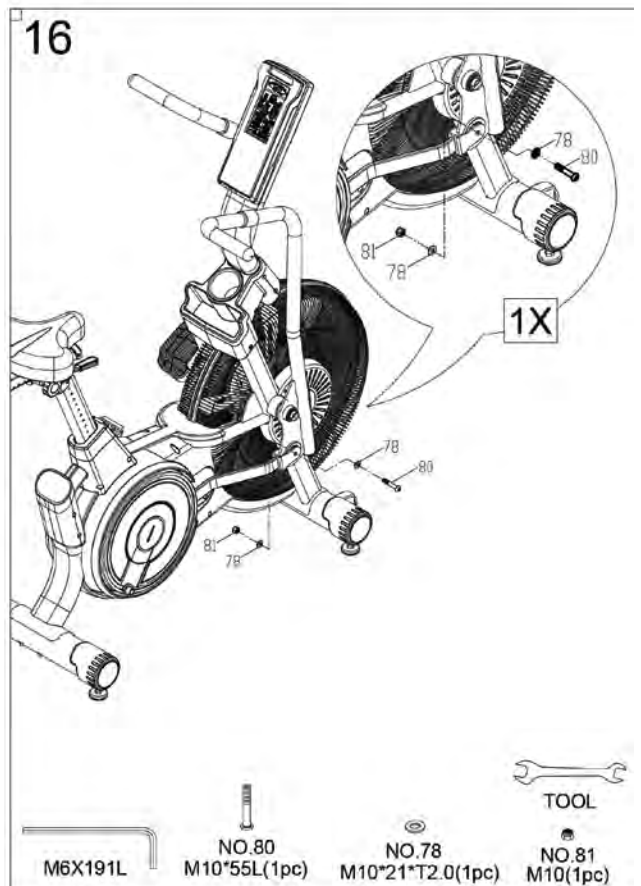
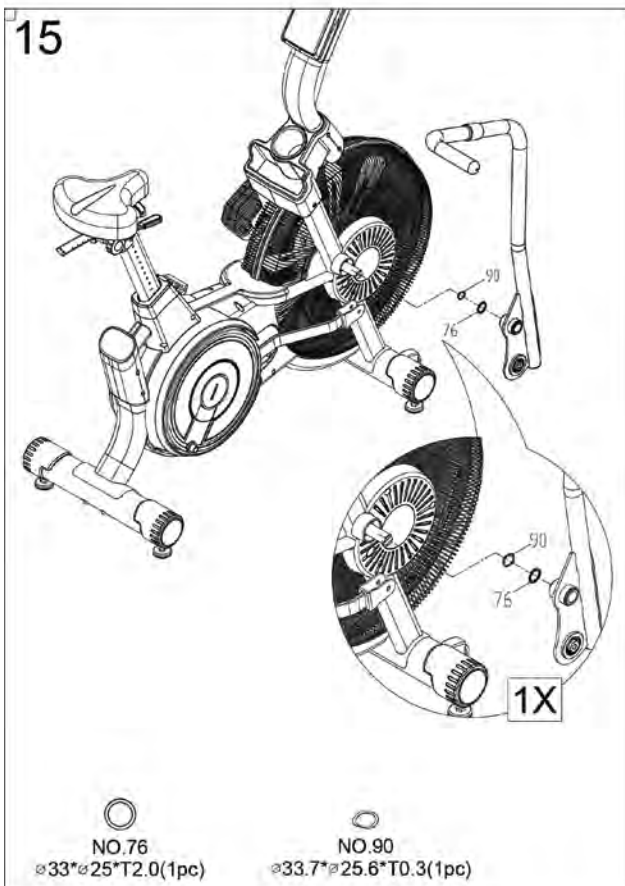
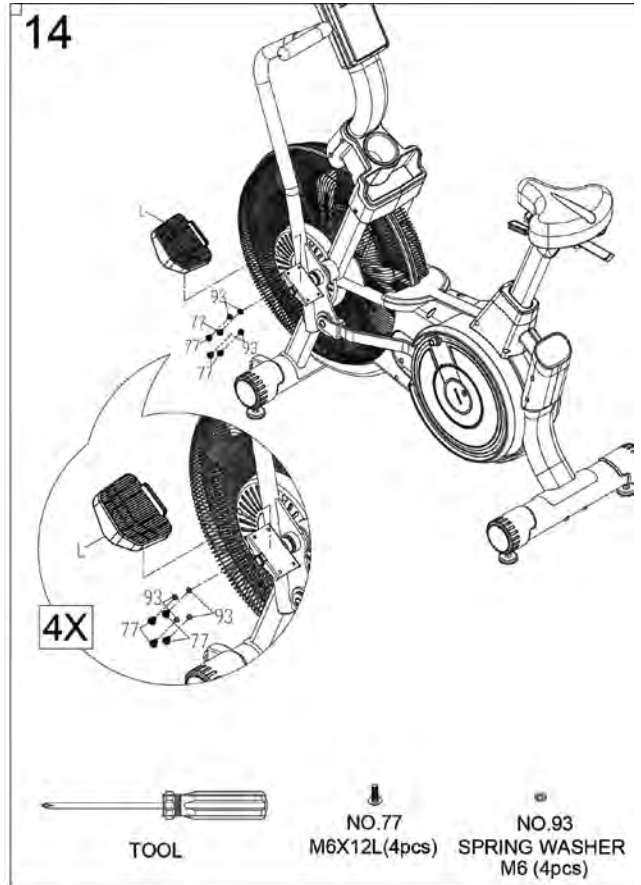
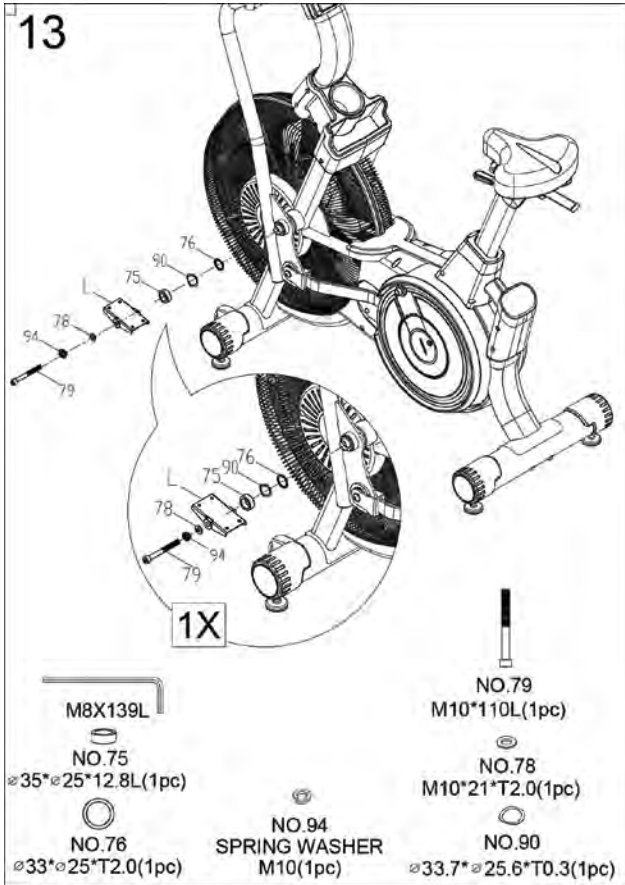
Tool X1

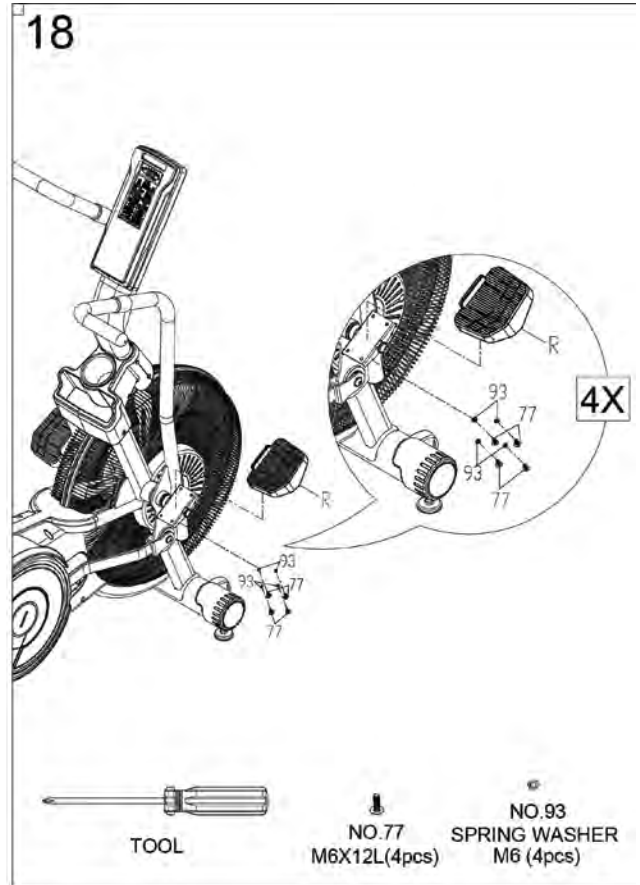
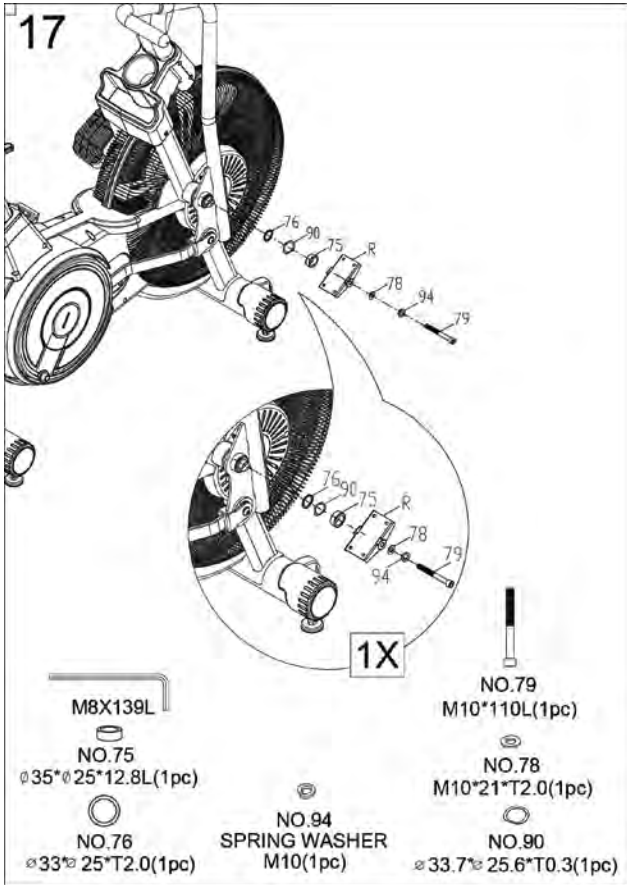
PARTS AND ASSEMBLY INSTRUCTIONS



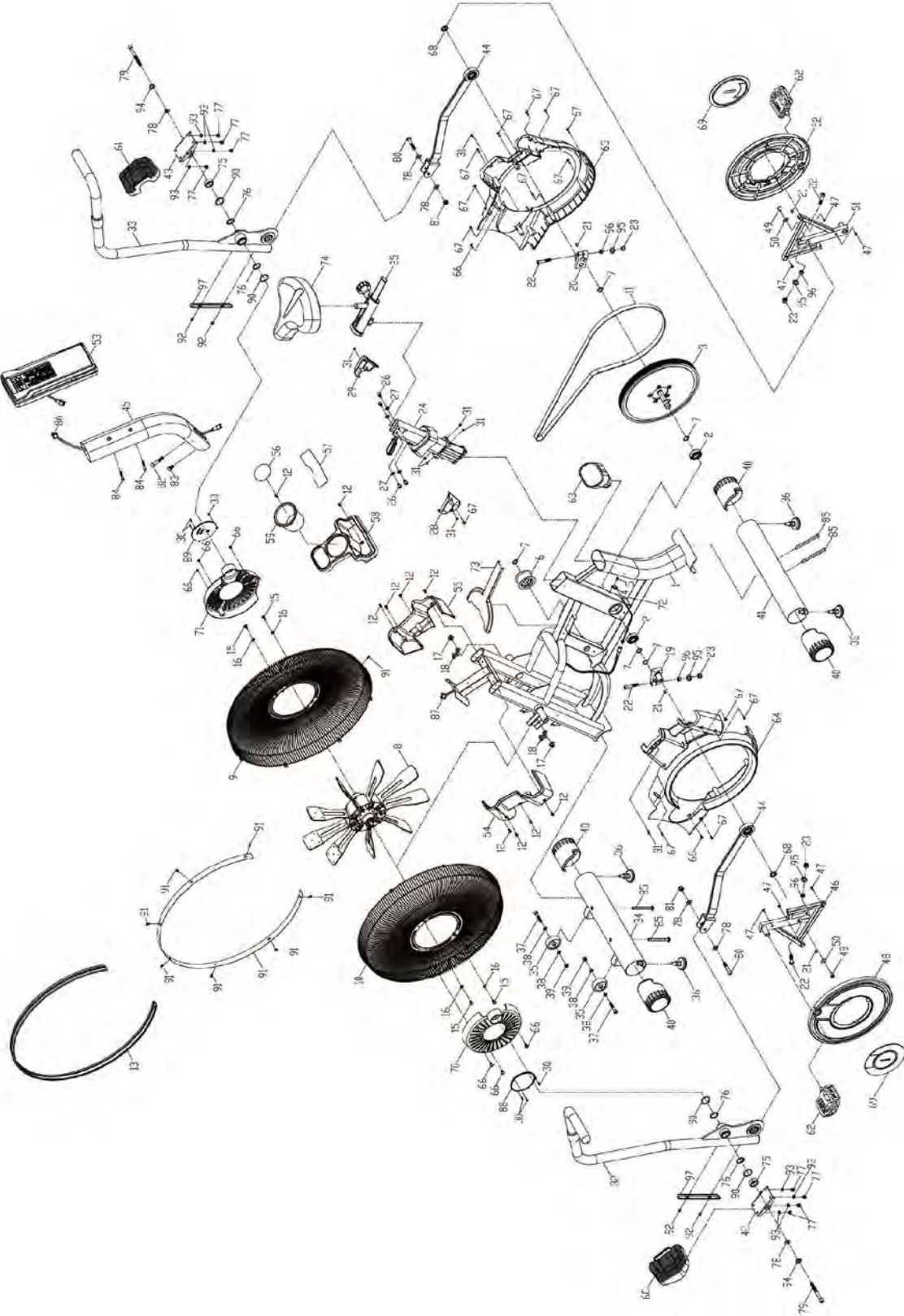








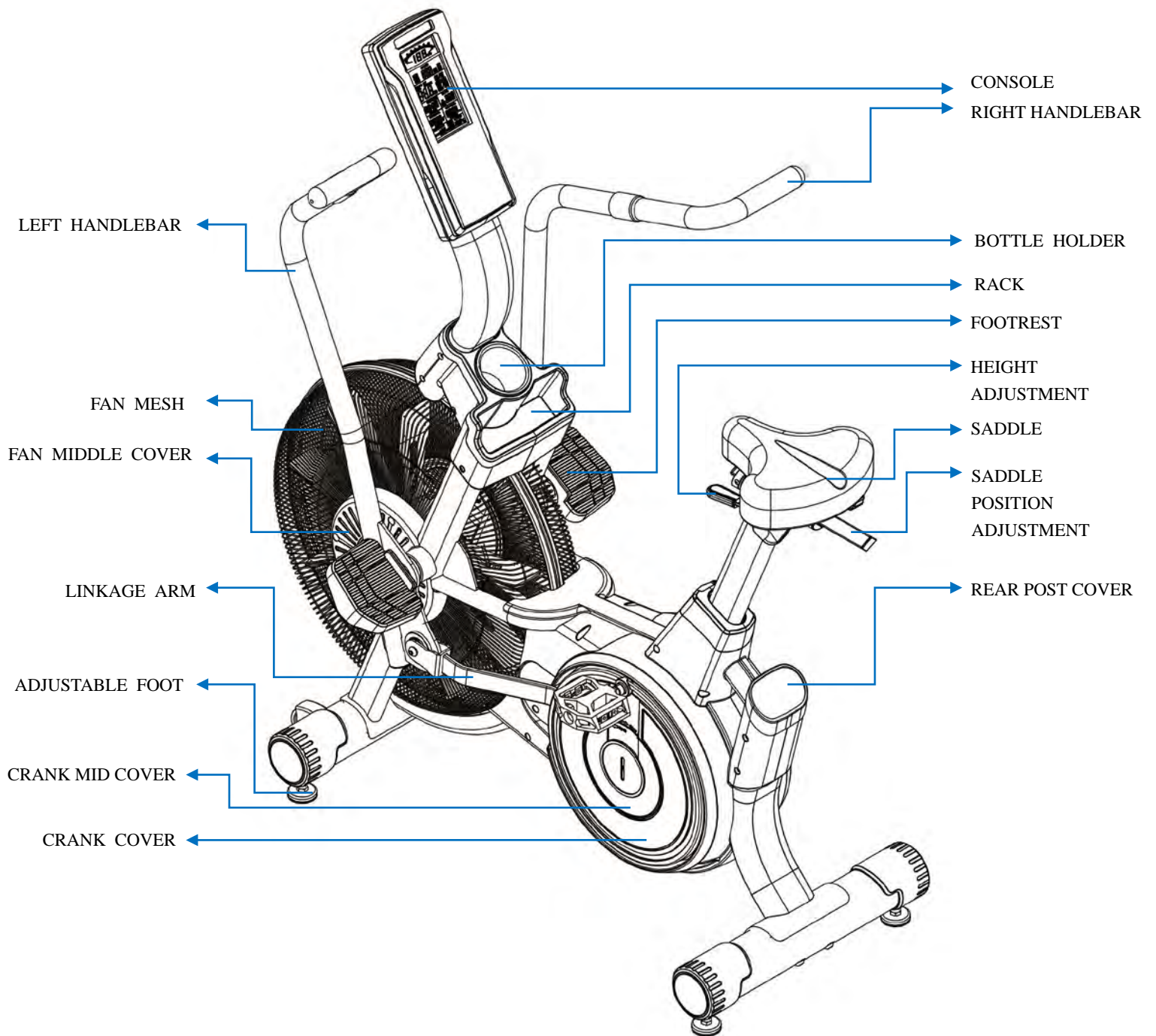
EXPLODED VIEW



PARTS LIST

NO.	Item	Q'ty	NO.	Item	Q'ty
1	FRAME	1	50	WASHER M8*Ø23*T1.5	2
2	BEARING TPI 6204	2	51	RIGHT CRANK	1
3	CHAIN WHEEL	1	52	RIGHT CRANK COVER	1
4	SPEED SENSOR BRACKET	1	53	CONSOLE	1
5	SCREW M4*8L	1	54	CONSOLE POST LEFT COVER	1
6	REVERSE WHEEL	1	55	CONSOLE POST RIGHT COVER	1
7	C20 CLIP	5	56	RUBBER PAD (BOTTLE)	1
8	FAN BLADES SEAT(ABS)	1	57	RUBBER PAD	1
9	FAN LEFT COVER	1	58	RACK	1
10	FAN RIGHT COVER	1	59	BOTTLE HOLDER	1
11	CHAIN 9PJ1854	1	60	LEFT PEDAL	1
12	SCREW M4*12L	10	61	RIGHT PEDAL	1
13	FAN COVER TRIM	1	62	LEFT & RIGHT BIKE PEDALS 9/16"	1
14	POSITIONING PIECE	1	63	REAR POST COVER	1
15	SCREW M6*15L	4	64	LEFT MAIN CASE	1
16	WASHER M6*Ø13*T1.5	4	65	RIGHT MAIN CASE	1
17	WH NUT M10	2	66	SCREW M4*16	8
18	CHAIN TENSIONER	2	67	SCREW M4*20	14
19	LEFT SHORT CRANK	1	68	RIGN Ø26*Ø20*T5.0	2
20	RIGHT SHORT CRANK	1	69	CRANK MIDDLE COVER	2
21	KEY 6*6*10L	4	70	FAN MIDDLE COVER - LEFT	1
22	SCREW M10*60L	4	71	FAN MIDDLE COVER - RIGHT	1
23	NYLOCK NUT M10	4	72	SENSOR	1
24	SEAT POST	1	73	UPPER TRIM PANEL	1
25	SEAT ADJUSTABLE RAIL	1	74	SEAT	1
26	SCREW M8*10L	4	75	LOCATING RING Ø35*Ø25*15.5L	2
27	WASHER M8*Ø16* T1.5	4	76	HANDLEBAR SPACER RING Ø33*Ø25*T2.0	4
28	LEFT SEAT COVER	1	77	SCREW M6*12L	8
29	RIGHT SEAT COVER	1	78	WASHER M10*21* T2.0	6
30	SCREW M3* 10L	6	79	SCREW M10*110L	2
31	SCREW M4*6L	8	80	ALLEN HEAD SCREW M10*55L	2
32	LEFT HANDLEBAR	1	81	NYLOCK NUT M10	2
33	RIGHT HANDLEBER	1	82	SCREW M10*50L	1
34	FRONT STABILIZER	1	83	SCREW M10*15L	1
35	MOVING WHEEL Ø62*24	2	84	SCREW M6*50L	2
36	ADJUSTABLE FOOT	4	85	ALLEN HEAD SCREW M10*105L	4
37	SCREW M8*45L	2	86	UPPER CABLE	1
38	WASHER M8*Ø16* T1.5	4	87	DOWN CABLE	1
39	NYLOCK NUT M8*1.25	2	88	FAN MIDDLE TRIM PANEL - LEFT	1
40	STABILIZER COVER	4	89	FAN MIDDLE TRIM PANEL - RIGHT	1
41	REAR STABILIZER	1	90	CURVE WASHER	4
42	LEFT PEDAL BRACKET	1	91	SCREW M4*15L	8
43	RIGHT PEDAL BRACKET	1	92	SCREW M5*10L	4
44	LINKAGE ARM	2	93	WASHER M6	8
45	CONSOLE POST	1	94	WASHER M10	2
46	LEFT CRANK	1	95	WASHER M10	4
47	SCREW M4*10L	6	96	CRANK SLEEVE	4
48	LEFT CRANK COVER	1	97	Swivel Handlebar Cap	2
49	SCREW M8*15L	2			

OVERVIEW OF YOUR AIR BIKE





- □ **CONSOLE SPECIFICATION**

- 1 MANUAL (Manual Setting Program)

- 12 PROGRAM (Built-in program)

- 1 TARGET HR

- 1 LCD DISPLAY SCREEN (including RPM, SPED, TIME, DISTANCE, CALORIES, WATTS, HEART RATE, TARGET HR data display screen)

BUILT-IN HEART-RATE SENSOR

- **POWER**

Use 2 batteries AA-size (UM-3) for console power supply.

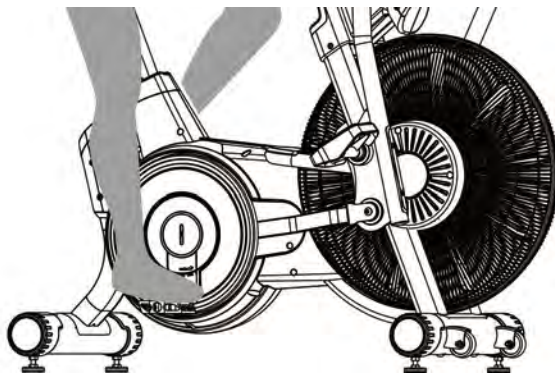
● **TURN ON CONSOLE**

OPTION 1



Please press any console button to turn on console. Then, please follow OPTION 3.

OPTION 2



Please step bike pedal one circle to turn on console. Then, please follow OPTION 3.



OPTION 3



After turning on console, LCD screen will show 「AGE 30」 (flicker). Then use **UP** or **DOWN** to select your age, and press **ENTER/MODE** to confirm. Then, you may :

1. Press **START** to start.
2. Use **UP** or **DOWN** to select programs (12 built-in programs) and setting, then press **START** to start.
3. Select one of the 10 quick buttons, and press **START** to start.

● **SLEEP STATE**

It will be into SLEEP MODE (power-saving) automatically if no input or exercise sensed within 4 minutes.

● CONSOLE DISPLAY



RPM DISPLAY



SPEED & AVG DISPLAY



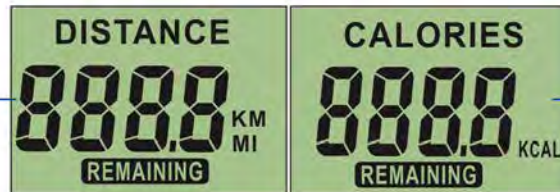
PROGRAM & SETTING DISPLAY

TIME DISPLAY



WATTS & AVG DISPLAY

DISTANCE DISPLAY



CALORIES DISPLAY

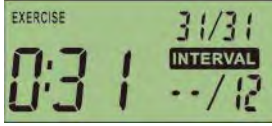


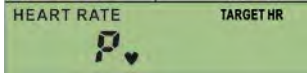
AGE SETTING



TARGET HR DISPLAY

● **12 BUILT-IN PROGRAMS**

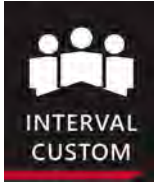





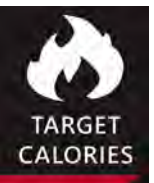
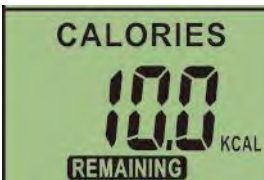






AIR BIKE has 12 built-in programs (including 1 manual program). You may press **UP** or **DOWN** to select programs or settings, then press **START** to start.




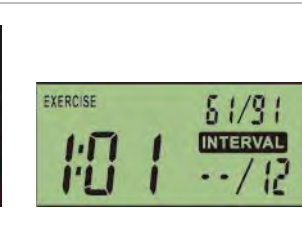
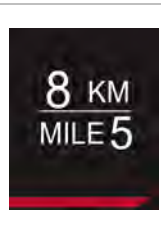
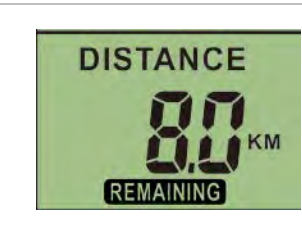
<p>Program 1</p> <p>Interval Training (quick button)</p> 	<p>Program 2</p> <p>Interval Training (quick button)</p> 	<p>Program 3</p> <p>Interval Training (quick button)</p> 	<p>Program 4</p> <p>Interval Training (quick button)</p> 
<p>Program 5</p> <p>Distance Intensive Training (quick button)</p> 	<p>Program 6</p> <p>Target Custom: Interval Training (quick button)</p> 	<p>Program 7</p> <p>Target Time (quick button)</p> 	<p>Program 8</p> <p>Target Distance (quick button)</p> 
<p>Program 9</p> <p>Target Calories (quick button)</p> 	<p>Program 10</p> <p>Target Heart Rate (quick button)</p> 	<p>Program 11</p> <p>Interval Training</p> 	<p>Program 12</p> <p>Target Calories</p> 

You may adjust the setting at programs except Target Heart Rate program. Target Heart Rate program setting data is decided by AGE which you set up when turning-on console. You can create your own training program as well.

● **10 QUICK BUTTON PROGRAMS**

	<p>Target Custom: Interval Training</p>	<p>Target Time</p>	<p>Target Distance</p>	<p>Target Calories</p>	<p>Target Heart Rate</p>
<p>Interval Training</p>	<p>Interval Training</p>	<p>Interval Training</p>	<p>Interval Training</p>	<p>Interval Training</p>	<p>Distance Intensive Training</p>

PROGRAM	BUTTON	SCREEN DISPLAY	PRESET	ADJUSTABLE SETTING
Target Custom Interval Training			Exercise 31 sec. Rest 31 sec. Repeat 12 cycle	Exercise sec. Rest sec. Repeat cycle
Target Time			Target: 30 minutes	Target time
Target Distance			Target: 16 KM	Target distance
Target Calories			Target: 10 calories	Target calories
Target Heart Rate			MHR 60% ~ 80% (nonadjustable)	
Interval Training			Exercise 21 sec. Rest 11 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle
Interval Training			Exercise 11 sec. Rest 21 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle

Interval Training			Exercise 11 sec. Rest 51 sec. Repeat 8 cycle	Exercise sec. Rest sec. Repeat cycle
Interval Training			Exercise 61 sec. Rest 91 sec. Repeat 12 cycle	Exercise sec. Rest sec. Repeat cycle
Distance Intensive Training			Target: 8 KM / 5MILE	Target distance

- **BUILT-IN HEART-RATE RECEIVER**

Support built-in 5KHZ wireless heart-rate receiver with your chest belt.

HOW TO OPERATE YOUR AIR BIKE

● SELECT TRAINING PROGRAM

1. Quick button : Select one of the 10 preset programs.
2. Use **UP** or **DOWN** to select built-in programs
3. Press **START** into manual mode, after turn-on console and setup 「AGE」.
4. Hold **STOP** for 3 seconds, then console will be forced back to power turn-on state.

● TRAINING TARGET SETTING (IF NEED)

1. After selecting the program, please press **ENTER/MODE** to adjust setting item. The item will flicker when you select to adjust.
2. Use **UP** or **DOWN** to select your setting, then press **ENTER/MODE** to next.

Remind:

All of your setting is for one time only. When console reboots, all setting will be back to preset data.

● START, PAUSE, CONTINUE, STOP TRAINING PROGRAM

After selecting the program and setting, please press **START** to start. You may:

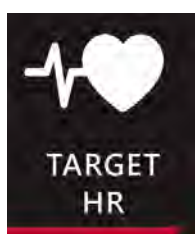
1. During the program, press **STOP** to pause the program. The console will show 「PAUSE」.
2. During the pause, press **STOP** to stop the program. Hold this button for 3 seconds, then console will be back to reset.
3. During the pause, press **START** to continue. (console 「PAUSE」 will be off.)
4. After finishing the program, console will stop counting and with a beep sound.
5. Console screen will show your exercise data until console into sleep mode.

● METRIC (KM) / IMPERIAL (MILE) SETTING

1. You may hold **ENTER/MODE** for 10sec, and console can select metric (km) / imperial (mile). After setting, please restart the machine. It will be back to AGE setting page.
2. After setting metric / imperial, console will keep your setting at SLEEP MODE.
3. If you remove or replace the batteries, the setting will be back to preset (metric)

● TARGRT HR PROGRAM

You may select target HR program for a maximum cardiovascular training. Select your age, then console will count your maximum heart rate (MHR) and best training zone (60% ~ 80%).



Press **Target HR** in to program

Console will count your target heart rate by 「AGE」. You may press **START** to start program, or press **ENTER/MODE** to enrich your training (select one of time, distance or calorie setting.)

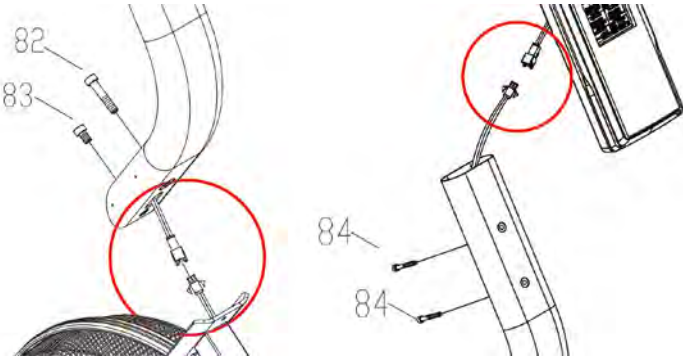
1. Start program: press **START** to start your program. If your heart rate (HR) is lower than MHR 60%, 「 INCREASE SPEED 」 will flicker. Then, you will need more exercise to reach your target. If your HR is higher than MHR 80%, 「 DECREASE SPEED 」 will flicker. You will need to lower your exercise.
2. End program: press **STOP** to end your program, and training data will show on screen.

- **HEART RATE TRAINING**

Heart rate is an important key point during your exercise.

Exercise and fitness is good for our health, and also to prevent disease. Pulse would be an important factor for your training intensity. It can detect the heartbeat/min from your chest, wrist, and carotid artery. However, it might be hard to measure your pulse exactly, during exercise. Therefore, this air bike is with built-in wireless heart-rate receiver to help your training. The wireless chest strap (option) can detect your heart-rate during your exercise.

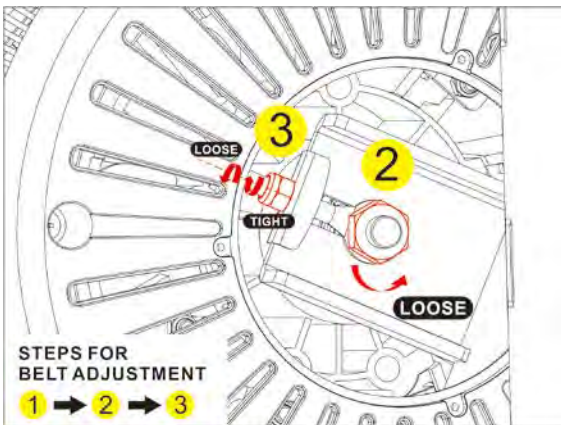
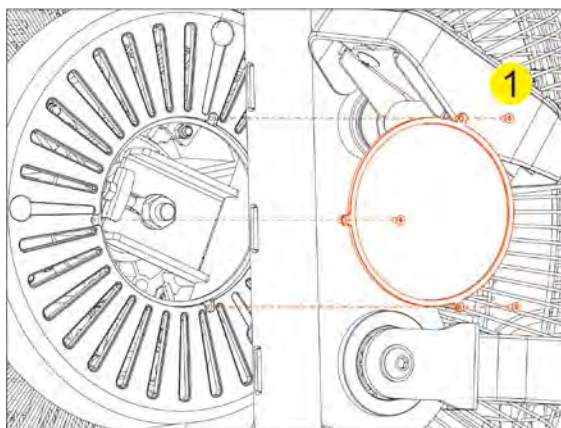
TROUBLE SHOOTING

ISSUE	CAUSE	INSPECTION & ELIMINATING
No Power On (can't turn on)	Battery Power NOT enough	Replace two new batteries AA-size (UM-3), and make sure positive (+) & negative (-) pole at the right position.
Display Off	Battery Power NOT enough	Replace two new batteries AA-size (UM-3), and make sure positive (+) & negative (-) pole at the right position.
Data does not change (during the riding)	Console is showing 「PAUSE」 or 「STOP」	When the screen is showing 「PAUSE」 or 「STOP」, console is at pause or stop state. You may press START to start, and TIME display screen will continue counting. Console will continue to work.
	Speed sensor NOT connected completely	<p>When the screen is showing 「START」, console is at start state. And, SPEED & RPM display data will show "0." This means console detect no exercise. Please check and connect the console wire (speed sensor) completely.</p>  <p>**Please check Installation Instructions STEP 3 & STEP 9.</p>
Sudden no picture	Console NO input for long time (into SLEEP MODE)	Console is with power-saving function. It will be into SLEEP MODE automatically, if 4 minute no input or exercise. You may press any button or step bike pedal one circle to wake up console.

Slipping /
No resistance
(during riding)

belt tension

Remove the cover and screws. Then adjust belt tension. After adjusting, mount back cover and screw.



Noise
(during riding)

Part damaged

Please remove crank mid cover, then crank cover. You may replace the damaged part. After replacing, mount back the crank mid & crank covers.

