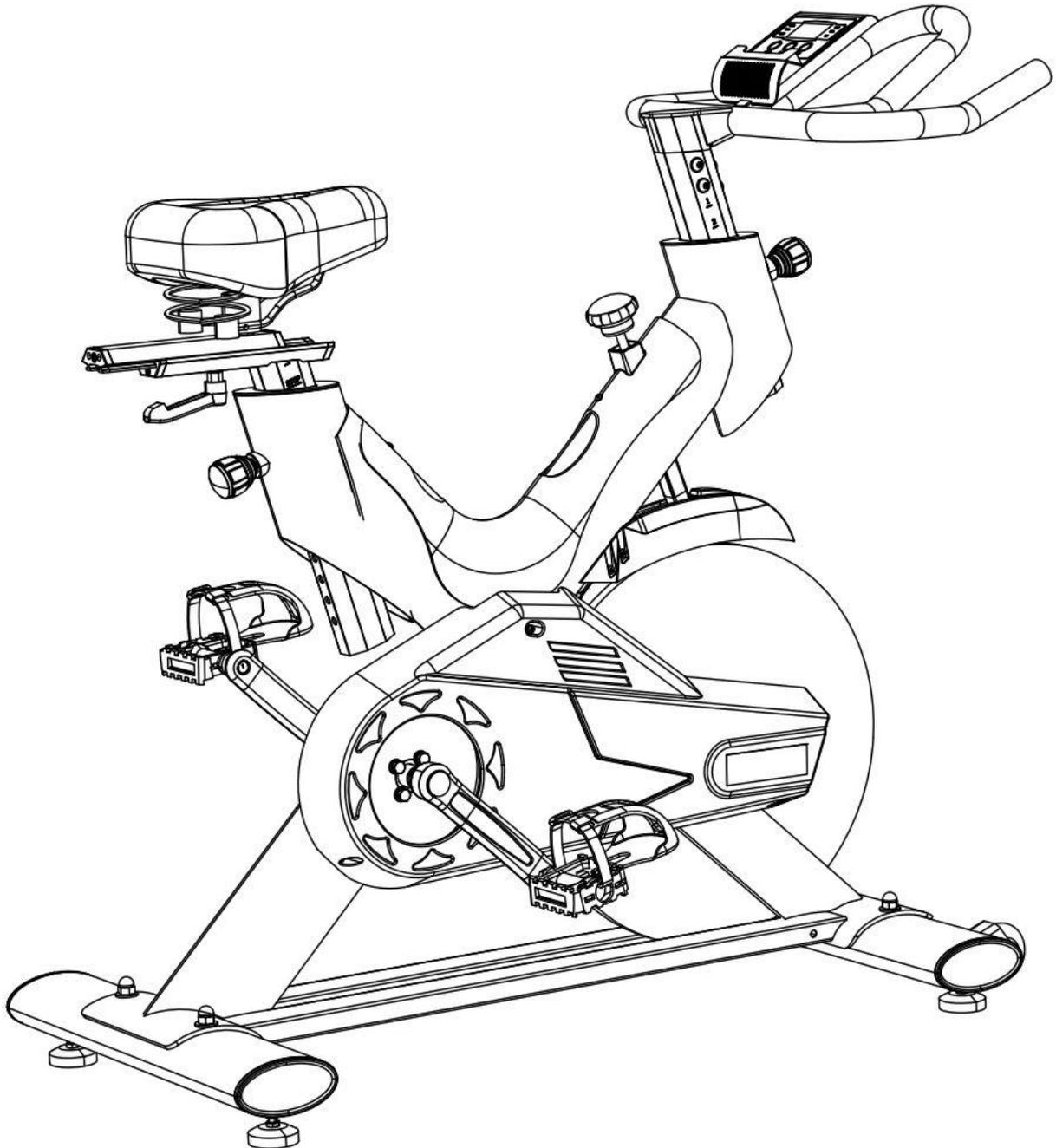


TP4000
USER MANUAL



Product may vary slightly from the item pictured due to model upgrades

TABLE OF CONTENTS

1. IMPORTANT SAFETY INSTRUCTIONS	<u>3</u>
2. EXPLODED DIAGRAM	<u>4</u>
3. PARTS LIST	<u>5</u>
4. ASSEMBLY INSTRUCTION	<u>6</u>
5. ADJUSTMENT INSTRUCTIONS	<u>10</u>
6. COMPUTER OPERATION	<u>11</u>
7. EXERCISE GUIDE	<u>12</u>
8. TROUBLE SHOOTING	<u>15</u>

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING -Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according to the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

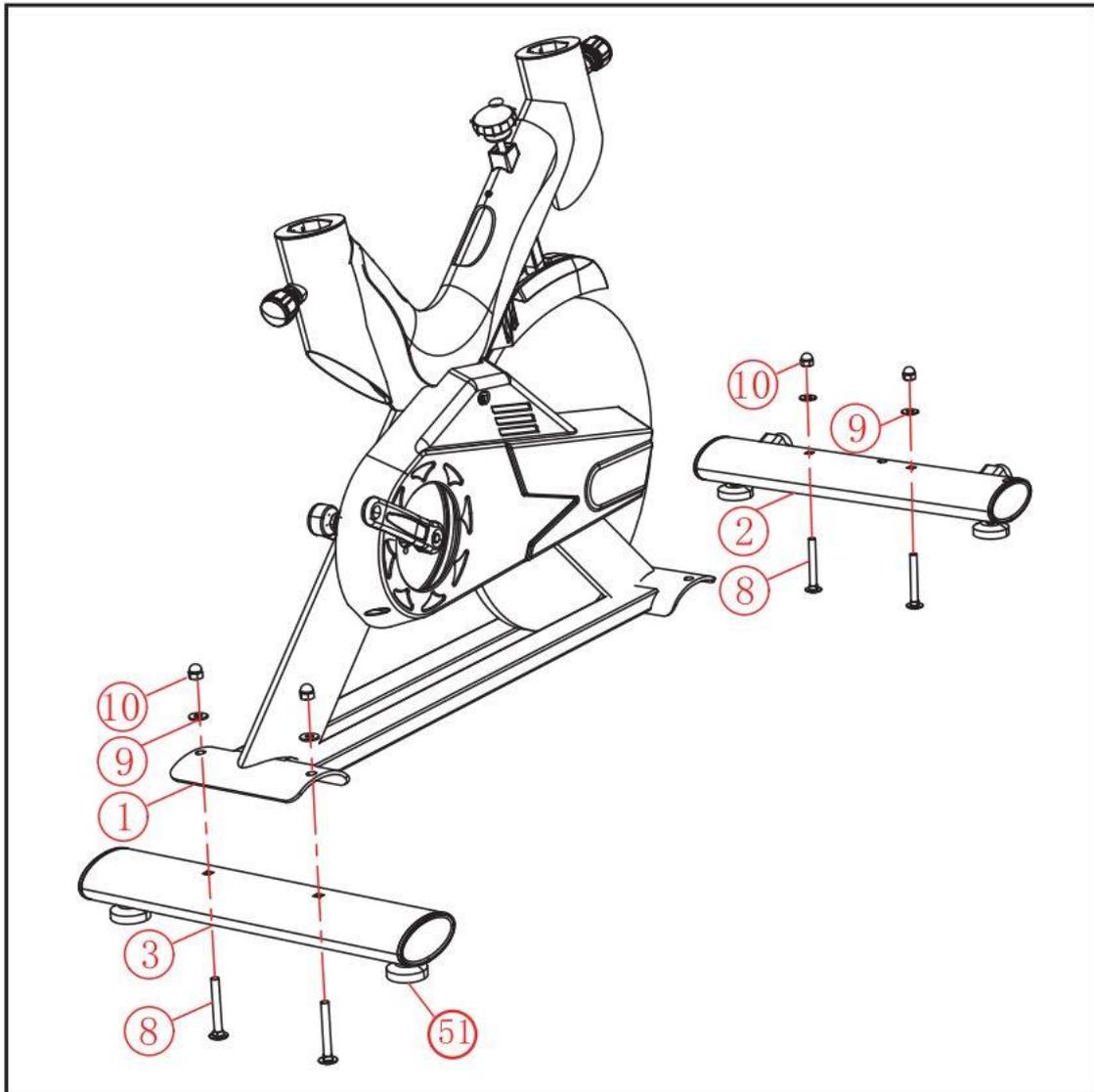
3. PARTS LIST

No.	Description	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Post	1
5	Seat Slider	1
6	Handlebar	1
7	Handlebar Post	1
8	Carriage Bolt M8*80	4
9	Flat Washer Φ8	16
10	Domed Nut M8	4
11	Tube Plug	4
12	Belt 5PK1270	1
13	Bearing 6005	4
14	Belt wheel with Axle	1
15	Outer Belt Cover ABS	1
16	Inner Belt Cover ABS	1
17	Right Crank 9/16"170	1
18	Right Pedal 9/16"	1
19	Hex Flange Nut M12*1.25	2
20	Crank Plug φ22*28	2
21	Screw ST4.2*18	5
22	Screw ST4.2*16	5
23	Fixing Nut M25*1.0P*10T	1
24	Left Crank 9/16"170	1
25	Left Pedal 9/16"	1
26	Adjustment Knob M16	2

No.	Description	QTY
27	Flat Washer Φ6	4
28	Round Head Allen Bolt M6*30	4
29	Pressure Roller Set	1
30	Flywheel	1
31	Flywheel Cover ABS	1
32	Flywheel Bearing 6004	4
33	Allen Bolt M8*40	2
34	Lock Nut M8	2
35	Transport Wheel	2
36	Brake Cover ABS	1
37	Elliptical Sleeve	2
38	Brake Knob Set	1
39	Lock Knob 98.5*22*71*M10	1
40	Seat Slider Plug	2
41	Seat Post Plug	2
42	Seat	1
43	Round Head Allen Bolt M4*8	4
44	Allen Bolt M8*16	6
45	Monitor	1
46	Brake System	1
47	Hexagon Head Bolt M6*14	1
48	Dome Head Philips M5*10	4
49	Flywheel Bearing Holder	2
50	Bolt M6*25	4
51	Base Leveler M8*φ25	4
52	Sensor Wire	1

4. ASSEMBLY INSTRUCTIONS

STEP 1:



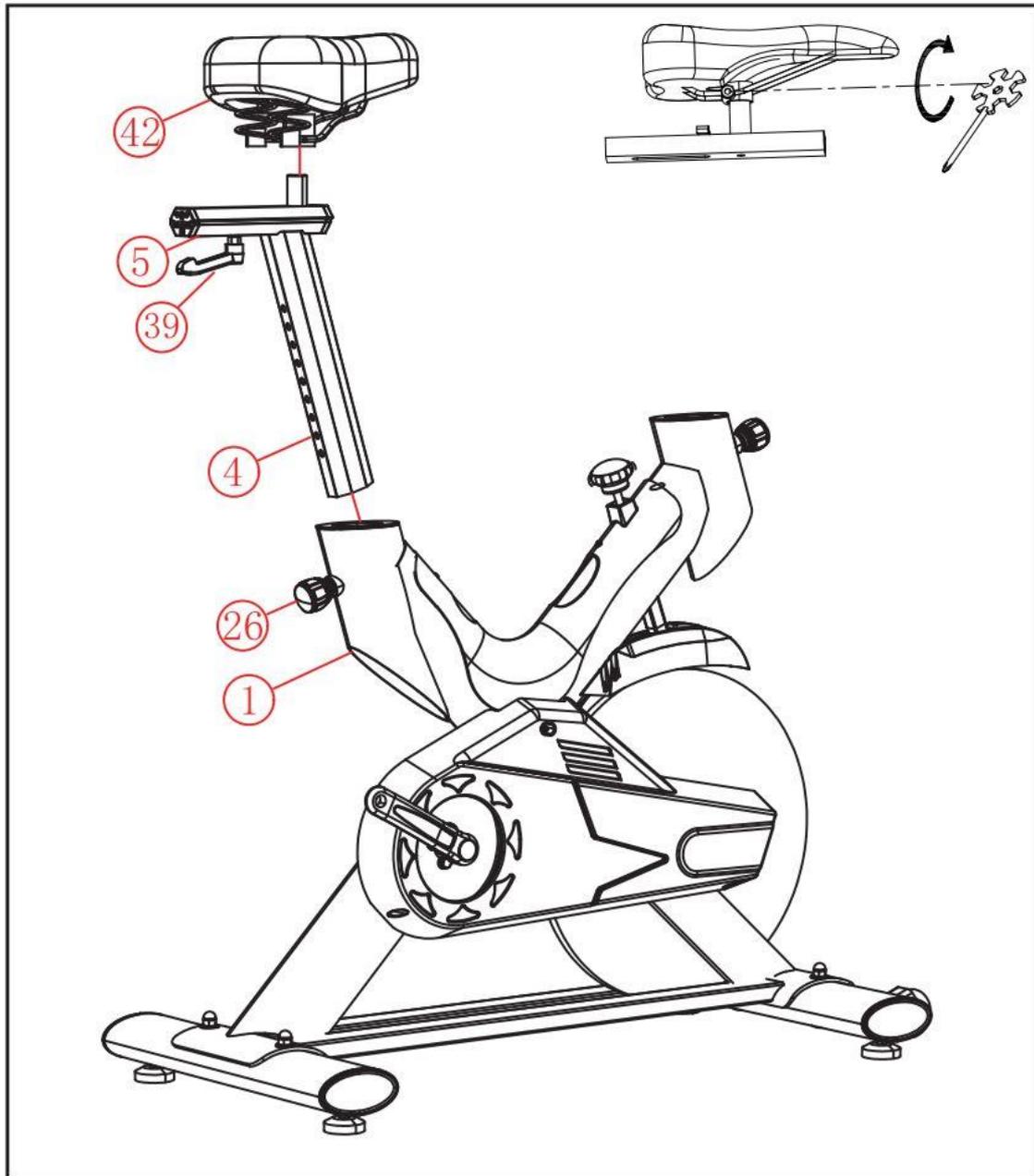
Attach Front Stabilizer (2) to Main Frame (1) using 2pcs of Carriage Bolt (8), 2pcs of Flat Washer (9) and 2pcs of Domed Nut (10).

Repeat last step to install Rear Stabilizer (3) to Main Frame (1).

NOTE:

The Base Leveler (51) can be adjusted to level the bike. Rotate the Base Leveler clockwise or counter-clockwise to adjust the level of the bike.

·STEP 2:

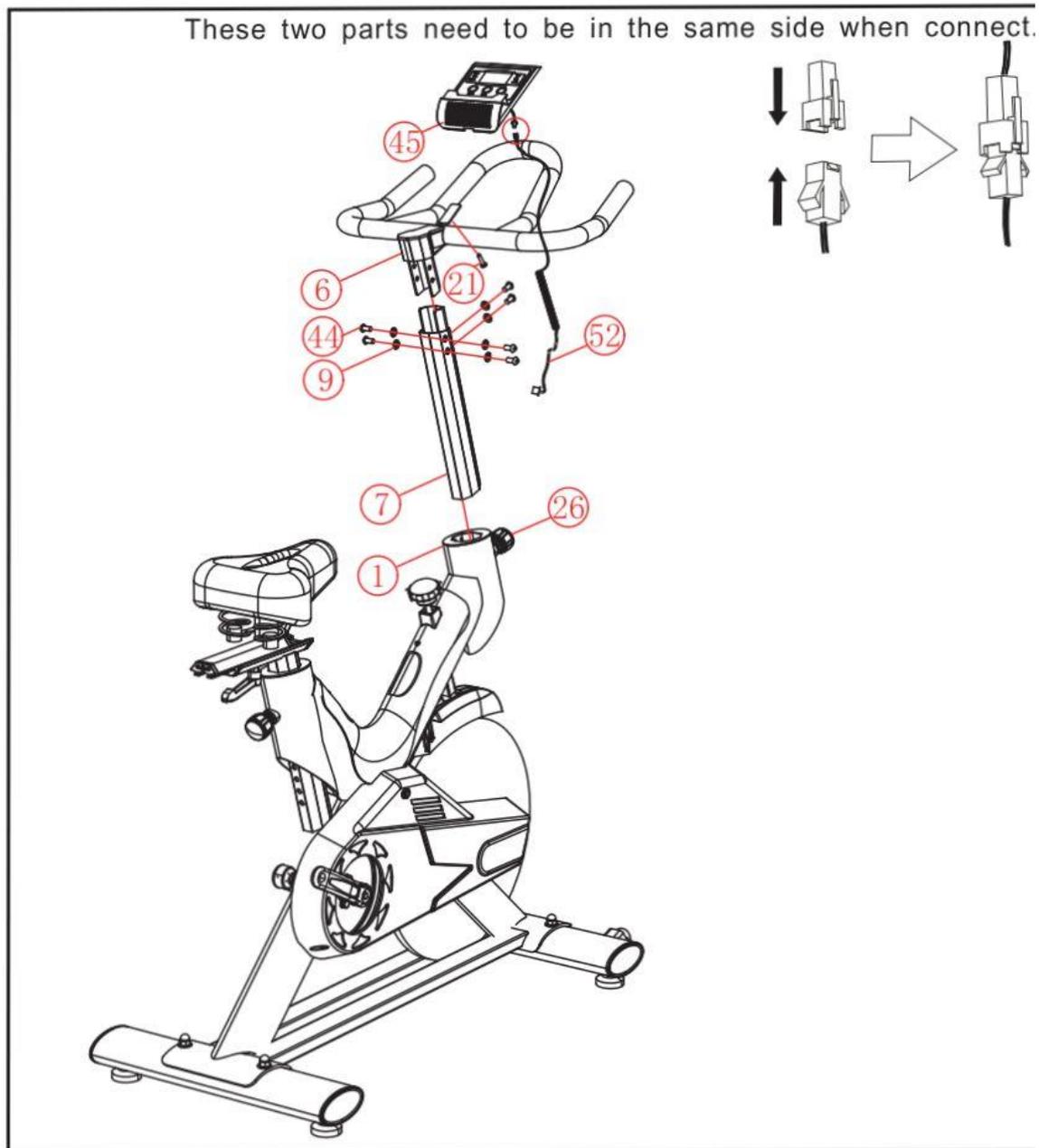


Loosening Adjustment Knob (26) and pull out, insert Seat Post (4) into the rear opening tube of the Main Frame (1). Adjust the Seat Post (4) to your desired height, then tighten the Adjustment Knob (26).

Place Seat Slider (5) onto Seat Post (4), then fix them with Lock Knob (39).

Place Seat (42) onto Seat Slider (5), secure seat by tightening the seat locking nuts (Pre-fitting on the Seat).

·STEP 3:



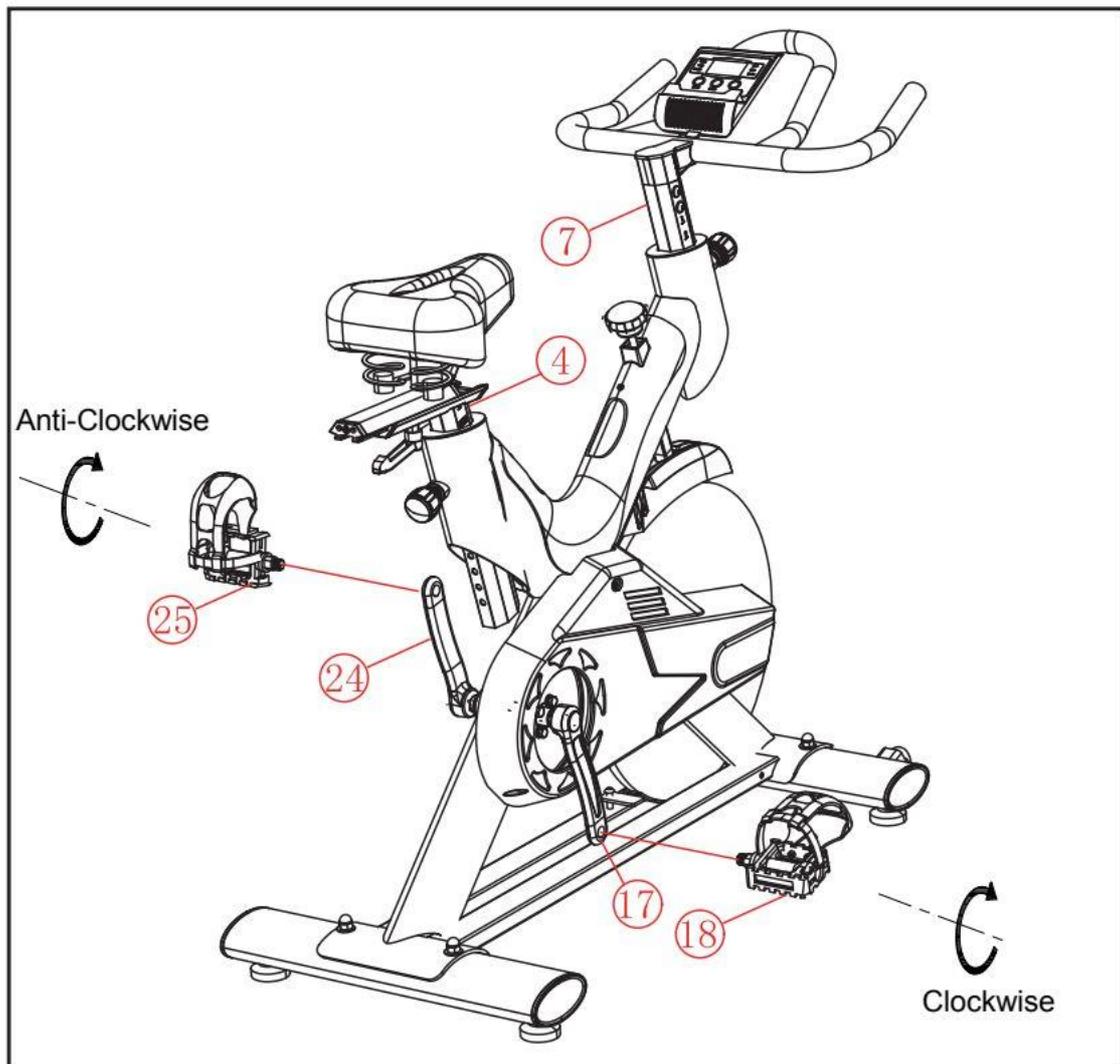
Loosing Adjustment Knob (26) and insert Handlebar Post (7) into the front opening tube of the Main Frame (1), then tighten Adjustment Knob (26)

Attach Handlebar (6) onto Handlebar Post (7) with 6pcs of Allen Bolt (44) and 6pcs of Flat Washer (9).

Attach Monitor (45) to the Monitor Bracket on Handlebar (6), then fixing them with Screw ST4.2*18 (21).

Connect the Sensor Wire (52) from Monitor (45) and Main Frame (1).

· STEP 4:



Screw Pedals (18&25) to Cranks (17&24) as shown in above diagram.

NOTE:

The Pedals (18&25) are marked "L" and "R" for Left and Right. Right foot installation is clockwise, Left foot installation is counterclockwise.

Please make sure you attach the correct pedal to the corresponding crank. Attaching the pedal to the wrong crank can cause irreversible damage both the pedal and the crank.

Please make sure that the nut of Pedals could be threaded through the hole on Crank well enough, or the thread on Pedals and Cranks will be smoothed by incorrect operation.

It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Tighten both Pedals as firmly as possible. After using the Exercise Bike for one week, retighten the Pedals. For best performance, keep the Pedals tightened.

5. ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

Horizontal Seat Adjustment

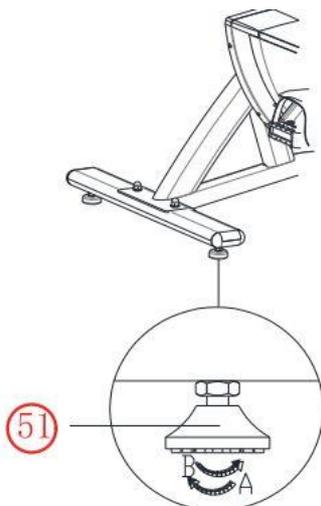
To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

LEVEL ADJUSTMENT

To adjust Base Leveler (51), so the stabilizers are level to the floor. Rotate the Base Leveler (51) clockwise or counter-clockwise to adjust the level of the bike.



6. COMPUTER OPERATION

KEY GUIDE

MODE Select function you want

Pressing and hold 3 seconds to reset the value to zero

(without ODO).

SET Set value of the selected functions

TIME-SPEED-DISTANCE-ODO-CALORIE

RESET Press this button to clear current function value.



SPECIFICATIONS

TIME-----0:00~99:59MIN
0.0~999.9

SPEED-----

DISTRANCE-----0.00~9999ML (KM)

CALORIE-----0.0~9999KCAL

TOTAL DIST(ODO)---0.00~9999ML (KM)

FUNCTIONS

- 1.TIME: Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.
- 2.SPEED: Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.
- 3.DISTANCE : Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when startig exercise.
- 4.CALORIE:Press the MODE key until pointer lock on to CALORIE. The calorie displayed when starting exercise.
5. ODO: The total distance which this function is refers to from battery capacity period runs.
6. PULSE:Press the MODE key until the pointer advance to PULSE function and put ear-ear or the hand take hole of the sensor about 3 seconds show out. (if have)
7. SCAN : Display changes according to the next diagram every 6 seconds.
Automatically display of the following functions in the order displayed:
TIME---SPEED---DISTANCE---CALORIE---ODO---PULSE(if have)---SCAN

NOTE

- 1.Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
- 2.When there is signal input ,the monitor automatically turns on..
- 3.If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the same batteries at the same time.
- 4.The monitor use 2pcs of 1.5v"AAA"batteries.

7.EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



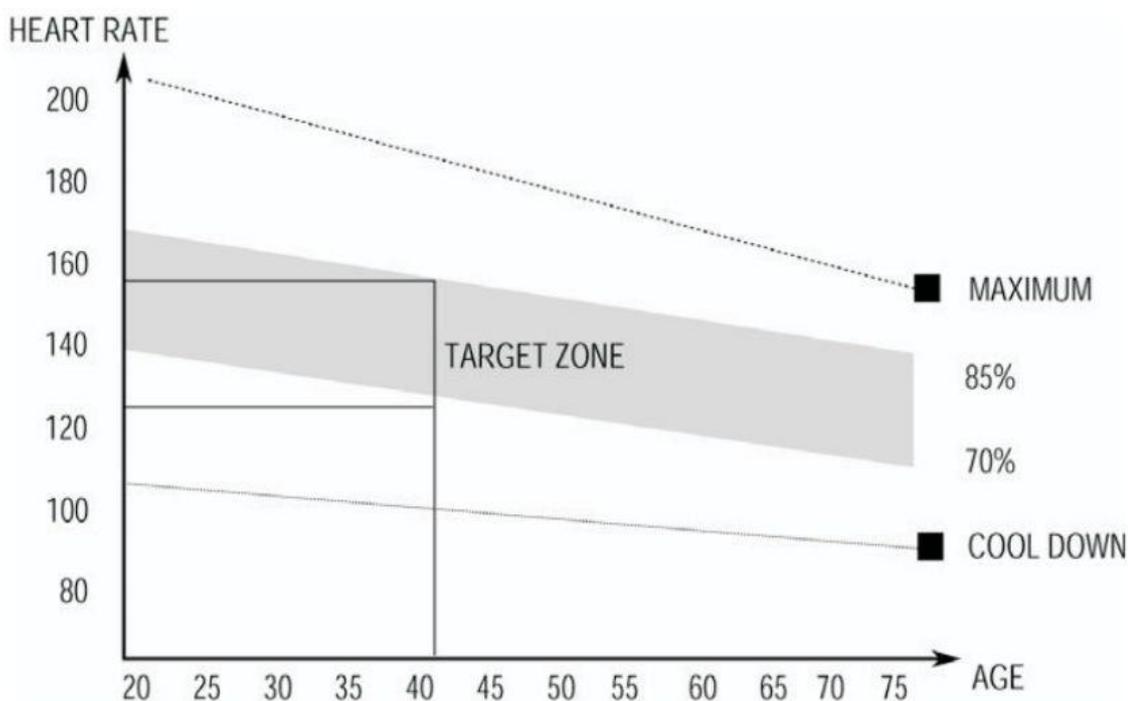
Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath. Cool Down Finish each workout with a light jog or walk for at least 1 minute.

Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE

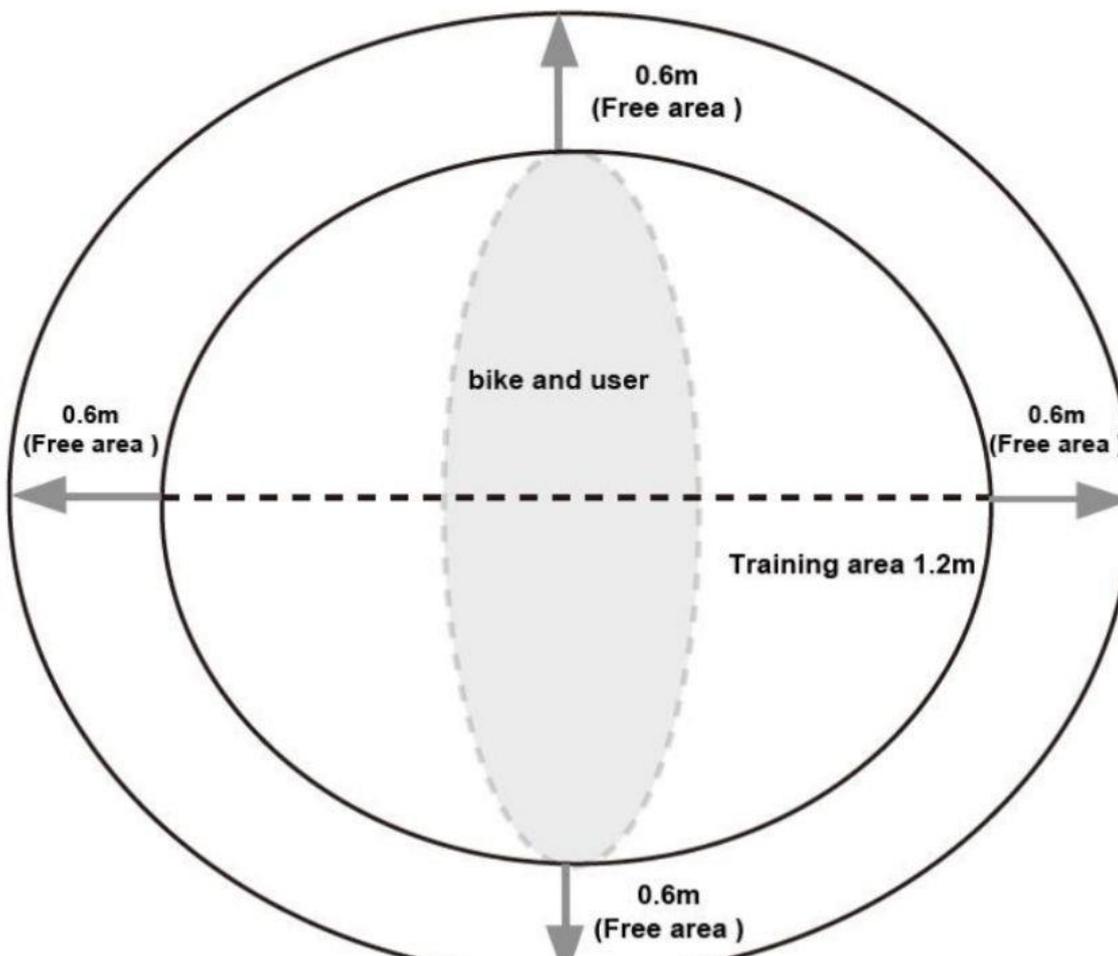


THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points

2. Lubricate moving parts with light oil periodically to prevent premature wear. Special attention to components most susceptible to wear.

3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent.

8.TROUBLE SHOOTING

NOTE: Questions and Solutions

Questions: Why does the computer's screen show nothing?

not read numbers? (the screen is black).

Solutions(1): Pls check whether the sensor wire is rightly connected with the computer.

Solutions(2): Pls replace the battery and try again. If it still does not work, pls replace it by a new computer from your seller.

Questions: Why does the computer read only 0 not other numbers during pedaling excising?

Solutions(1): If your computer has the hand pulse funtion, pls put your hands on the pulse place on the handbar for some seconds to check whether the computer's hand pulse function reads your pulse number, it means the computer is fine, no problem. Pls move the sensor bar to be closed the hole on the plastic cover. Pedaling/exercising again to check whether the computer reads the numbers. If it still reads only 0, it means the problem is the sensor wire, and we have to replace it by a new sensor wire.

Solutions(2): If your computer does not have the hand pulse funtion, pls move the sensor bar to be closed the hole on the plastic cover. Pedaling/exercising again to check whether the computer reads the numbers. If it still reads only 0, it means the problem is the sensor wire or computer, and we have to replace it by a new one.

Questions: Unit is unstable or rocks while in use.

Solutions: Make sure the unit is on a solid and level surface.
 Adjust the Base Leveler(51) to level the unit.

Questions: The Exercise Bike squeaks or makes a chirping sound

Solutions: Make sure the unit is on a solid and level surface.
 Loosen all assembly hardware, grease the bolt threads then tighten hardware.