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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Upright Bike / Recumbent Bike side covers.
 Only an authorized STEELFLEX retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined as required by an authorized Fitnex service provider.
- Do not use outdoors.
- When the STEELFLEX product is in use, young children and pets should be kept at least 10 feet away.
- Keep children off your STEELFLEX product at all times.

SAFETY INSTRUCTIONS

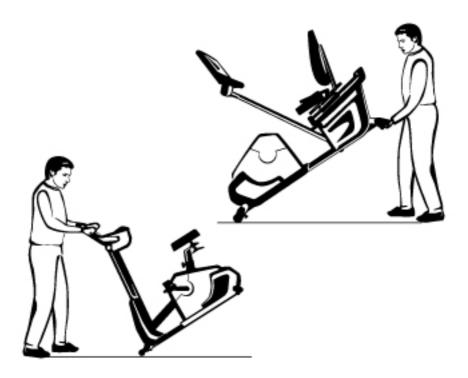
SAFETY INSTRUCTIONS:

CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the STEELFLEX product.
- Read this User Manual before operating this product.

MOVING

Your STEELFLEX product has a pair of transport wheels built into the front legs. To move the STEELFLEX upright cycle, firmally grasp the handlebars, carefully tip toward you and roll on the transport wheels. To move the STEELFLEX recumbent bike, firmly grasp the rear foot assembly, carefully lift and roll on the transport wheels.



Caution: Our product is wellbuilt and heavy.

Take caution and use additional help if necessary.

SEAT ADJUSTMENTS

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position.

Item: All CR series



To adjust CR seat position, all you need to do is pull the adjusted bar and move forward or back to the position you feel comfortable. Then press the adjusted bar down to lock.

Item: All CB series

To adjust CB seat position, two different places you can adjust.

- If the seat is too short or too high, you can use round adjust pin. Loosen the adjust pin and then pull it to adjust the height of seat to a comfortable position, then tighten it.
- If the seat is too far or too close, you can use the bar pin.
 Loosen the pin and adjust to a comfortable position.



CONSOLE ADJUSTMENT

You can adjust the console angle for best position. More descriptions are listed below.

Item: for all CB/CR series



Adjust for best view.

Item: All CR series

Swing handle bar design offers easy access and numerous viewing options.



BALANCE ADJUSTMENT

Before exercising, ensure machine is level. If not level, adjust levelers.

Item: for all CB and CR series



Two are in the front and two are in the rear.



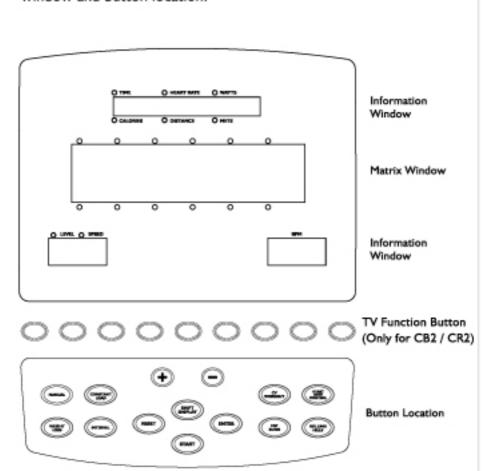
Adjust to level and stabilize unit.



Tighten upper disk to lock position.

Display Introduction

The display of your CB-SG/CR-SG, CB1/CR1 or CB2/CR2 is used to operate the unit. It includes information windows, matrix window and button location.



The display of your CB3/CR3 is used to operate the unit. It includes touch panel screen and TV function button.



Information window

The information windows provide two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information Data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate, beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
WATTS	Indicates accumulated power consumption of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
DISTANCE	Indicates exercising distance of your workout.
METS	Indicates metabolic equivalents during your workout.
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)
RPM	Indicates pedal rotations : per minute.

Matrix window

The Matrix Window displays the workout program you select. Each program displays different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Button Location

There are 14 buttons for programing, adjusting resistance and operating the machine. A description of each button is listed below.

+	Adjust resistance. Every press will increase 1 resistance level. Press and hold this button to increase quickly.
	Adjust resistance. Every press will decrease 1 resistance level. Press and hold this button to decrease quickly.
START	Start your workout.
RESET	Reset Data
SHIFT	Change(TIME • HEART RATE • WATTS • LEVEL) and (CALORIES • DISTANCE • METS • SPEED) value.
ENTER	Enter Data

MANUAL	Program button.	CV WORKOUT	Program button.
WEIGHT LOSS	Program button.	FAT	Program button.
CONSTANT	Program button.	HEART RATE CONTROL	Program button.
INTERVAL	Program button.	ROLLING HILLS	Program button.

TV Function Button

VOL	Volume up.
DOWN	Volume down.
MENU	Select TV / AV / S-VIDEO / MP3 mode.
MODE	Change Sport TV / AV / S-VIDEO / MP3 mode.
SPORT	Exercise information display.
PLAY	Play or pause songs.
TITLE	Songs' list.
NEXT	Next song.
PRECIOUS	Previous song.

Engineering Mode

Aristo series recumbent and upright bikes are designed for different users. Base on your location and user characteristics, please follow the instructions to set up the machines before starting using.

For CB-SG/CR-SG, CBI/CRI and CB2/CR2

step l	Press " and " ENTER ", and hold for 3 seconds until you see software version.
step 2	Set "UPRIGHT" and "RECUMBENT". Press " " " " or " ", to choose upright or recumbent, then press " ENTER ".
step 3	Set "CLUB" and "REHAB". Press " " or " or " to format club and rehab, then press " (Format CLUB+ is designed for CBI and CB2 users who need heavier resistance.)
step 4	Press " " or " " to set "KM" or "MPH", then press " ". After this step, it will go back to exercise window.

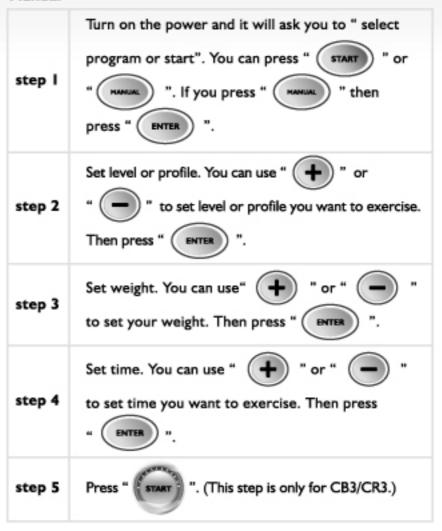
For CB3/CR3

step I	Press " and " ROLLING ", and hold for 3 seconds until you see software version.
step 2	Set "UPRIGHT" and "RECUMBENT". Press " " or " to choose upright or recumbent, then press " ENTER ".
step 3	Set "CLUB" and "REHAB". Press " " or " to format club and rehab, then press " (Format CLUB+ is designed for CB3 users who need heavier resistance.)
step 4	Press " or " or " to set "KM" or "MPH", then press " ENTER ". After this step, it will go back to exercise window.

Programs

There are 8 different exercising programs, includes manual, weight loss, constant load, interval, CV workout, fat burn, heart rate control and rolling hills. Operations are explained as following.

Manual



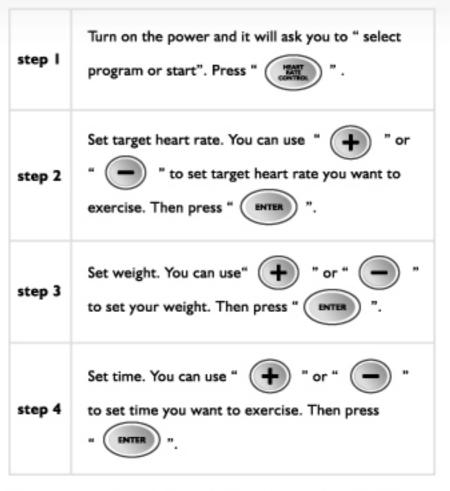
After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

Weight loss/Constant load/Interval/CV workout/Fat burn/ Rolling hills

step I	Turn on the power and it will ask you to " select program or start". Choose the program you want to use then " ENTER ".
step 2	Set level or profile. You can use "
step 3	Set weight. You can use" " " or " " " " to set your weight. Then press " ENTER ".
step 4	Set time. You can use "
step 5	Press " ". (This step is only for CB3/CR3.)

After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

Heart rate control



After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

TEST MODE

Several simple test processes offer simple and easy inspection. This is only for CB-SG/CR-SG and CBI/ CRI. Turn on the machine and press " and " together for 3 seconds.

You will see test mode.

- Press " , the lamps of the matrix window light from left to right.
- Press " ", the lamps of matrix window light from up to down.
- Press " , the lamps of upper information window light from left to right.
- Press " , each segment of upper information window can be inspected.
- Press " with ", the lamps of lower information window light from left to right.

TEST MODE

- Press " ", each segment of lower information window can be inspected.
- Press " ", all LED lamps light one by one.
- Press " ", all lamps light. Press the button again, all lamps are off.
- Press "RESET", you will leave test mode and return to power on mode.

MAINTENANCE

All Arito series products are designed for heavy usage environment. To keep your Arito product in good condition, FMI strongly recommends the following maintenance routines below.

Item	Prior to use	Weekly	Monthly	Quarterly	Bi-Annual
Console		Clean			
Handlebar connection				Inspect Tighten as required	
Outer covers		Clean			
Foot straps	Inspect				
Seat Fasteners			Inspect Tighten as required		
Seat Post					Apply light coat of lubricant
Crank arms			Inspect Tighten as required		

WARRANTY CONDITIONS

WARRANTY CONDITIONS

Parts	3 years
Labor	I year

- The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
- The warranty applies only to the original owner and is non transferable. The warranty card must be completed and sent back to FMI to complete registration.
- 3. Labor is covered for the period of one year from date of sale.
- Labor coverage is provided only by authorized FMI dealer or if the FMI factory does the work.
- Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
- Warranty does not cover failure due to improper assembly, installation or use.

WARRANTY CONDITIONS

- This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for reasonable and necessary maintenance.
- The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
- This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

This warranty becomes <u>VALID ONLY</u> if the warranty Registration form included in the box is completely filled in, signed by the original purchaser and mailed to FMI WITHIN 30 DAYS of the purchaser's receipt of the product.

