



• INNOVATION

• QUALITY

• DURABILITY

• VALUE

A large, slightly blurred photograph of a woman with dark hair, smiling and looking down. She is wearing a white long-sleeved shirt. The photo is framed by a white border and is set against a background of horizontal grey and white stripes.

BIKE / ELLIPTICAL / STEPPER
USER MANUAL V.4

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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 Bike / Elliptical / Stepper 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 **STEELFLEX** 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!

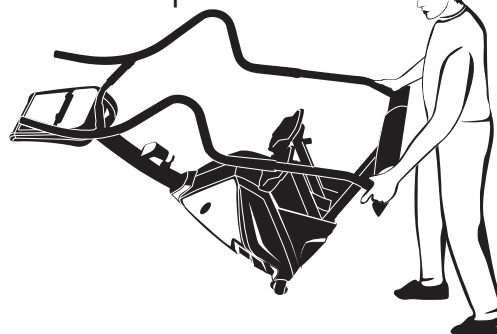
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the **STEELFLEX** product.
- Read this User Manual before operating this product.

MOVING

Each STEELFLEX product equips with a pair of transport wheels built into the front leg. Follow instructions below to move your STEELFLEX product.



To move CB and PB, firmly grasp the handlebars, carefully tip toward you and roll on the transport wheels.



To move PST, firmly grasp bottom areas of handlebars, carefully lift and roll on the transport wheels.



To move CE, CF and CR, firmly grasp assembled rear foot, carefully lift and roll on transport wheels.



To move PR, firmly grasp rear handlebar, carefully lift and roll on transport wheels.



Caution:

The product is heavy. Take caution and use additional help if necessary.

SEAT ADJUSTMENT

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

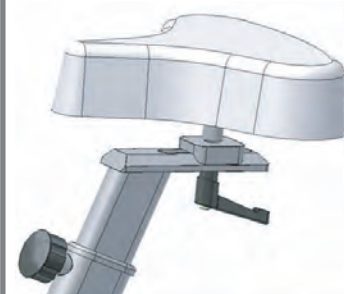


To adjust CR seat position, all you need to do is pull the adjusted bar and move forward or back to the position you feel comfortable. Then press the adjusted bar down to lock.

Item : All CB series

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

1. 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.
2. If the seat is too far or too close, you can use the bar pin. Loosen the pin and adjust to a comfortable position.



Item: PB and PR

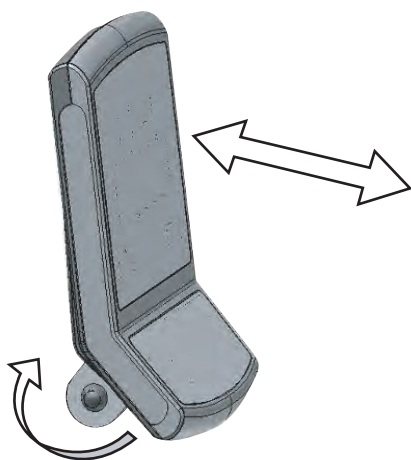
To adjust PB and PR seat position, all you need to do is pull the adjusted handle up and move forward or backward to the position you feel comfortable. When the seat position is set, let your hand off the adjusted handle.



CONSOLE ADJUSTMENT

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

Item: for all CB/CR/CE/CF series



Adjust for best view.

Item: All CR series

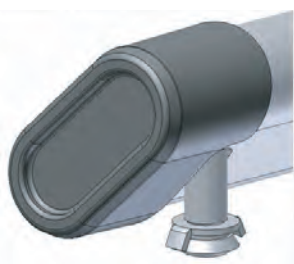
Swing handle bar design
offers easy access and
numerous viewing options.



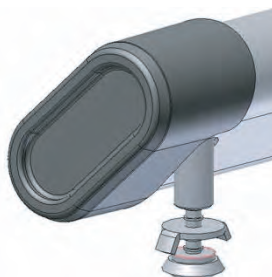
LEVELER ADJUSTMENT

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

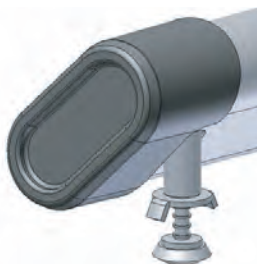
Item : for all CB/CR , PST , PB and PR



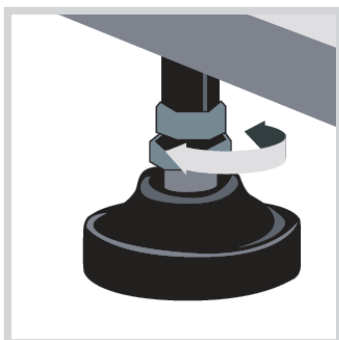
Two are in the front and two are in the rear.



Adjust to level and stabilize unit.



Tighten upper disk to lock position.



Item : for all CE and CF series

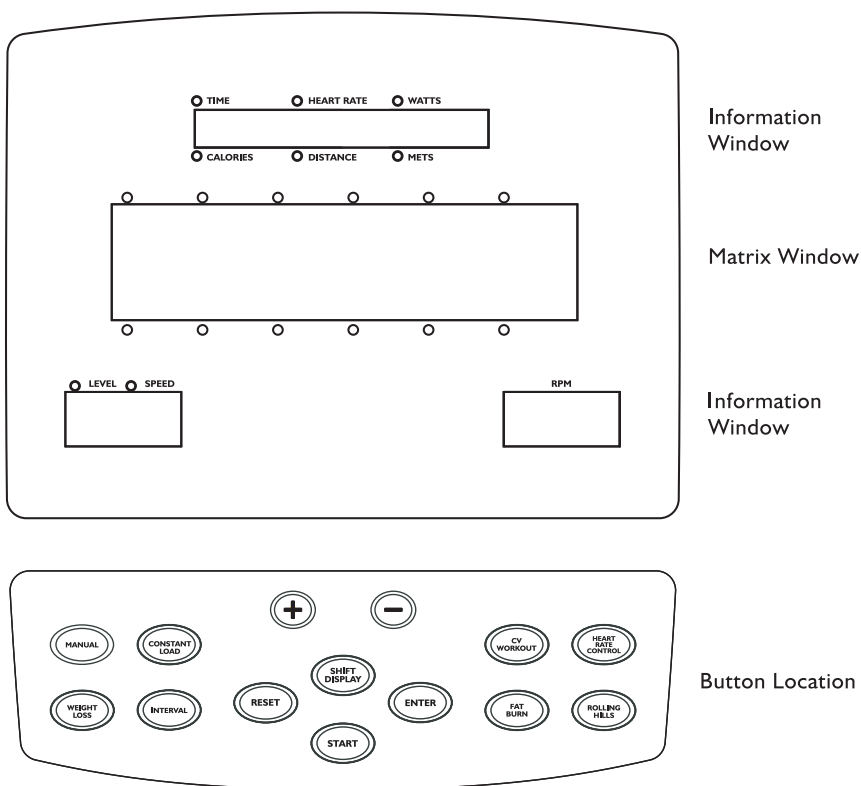
After finding a location that is suitable for the elliptical, you can adjust four levelers which allow you to adjust until it is properly seated on the floor.

DO NOT adjust levelers while the elliptical is used.

OPERATING INSTRUCTIONS

Display Introduction

The display of your CBSG/CRSG/CESG/CFSG or CBI/CR1/CE1/CF1 is used to operate the unit. It includes information windows, matrix window and button location.



OPERATING INSTRUCTIONS

For CBSG/CRSG/CESG/CFSG & CBI/CRI/CEI/CFI 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 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.







OPERATING INSTRUCTIONS

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 your workout.
	Reset Data
	Change(TIME 、 HEART RATE 、 WATTS 、 LEVEL) and (CALORIES 、 DISTANCE 、 METS 、 SPEED) value.
	Enter Data

OPERATING INSTRUCTIONS












	Program button.		Program button.
	Program button.		Program button.
	Program button.		Program button.
	Program button.		Program button.

OPERATING INSTRUCTIONS

Engineering Mode














Steelflex series 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 CBSG/CRSG/CESG/CFSG & CBI/CRI/CEI/CFI

step 1	Press “  ” and “  ”, 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 “  ”. (Only for CB /CR).
step 3	Set “CLUB” and “REHAB”. Press “  ” or “  ” to format club and rehab, then press “  ”. (Format CLUB+ is designed for CB 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.

OPERATING INSTRUCTIONS











Manual

step 1	Turn on the power and it will ask you to “ select program or start”. You can press “  ” or “  ”. If you press “  ” then press “  ”.
step 2	Set level or profile. You can use “  ” or “  ” to set level or profile you want to exercise. Then press “  ”.
step 3	Set weight. You can use “  ” or “  ” to set your weight. Then press “  ”.
step 4	Set time. You can use “  ” or “  ” to set time you want to exercise. Then press “  ”.

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

OPERATING INSTRUCTIONS












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

step 1	<p>Turn on the power and it will ask you to “ select program or start”. Choose the program you want to use then press “  ”.</p>
step 2	<p>Set level or profile. You can use “  ” or “  ” to set level or profile you want to exercise. Then press “  ”.</p>
step 3	<p>Set weight. You can use “  ” or “  ” to set your weight. Then press “  ”.</p>
step 4	<p>Set time. You can use “  ” or “  ” to set time you want to exercise. Then press “  ”.</p>

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

OPERATING INSTRUCTIONS

Heart rate control

step 1	Turn on the power and it will ask you to “ select program or start”. Press “  ”, then press “  ”.
step 2	Set target heart rate. You can use “  ” or “  ” to set target heart rate you want to exercise. Then press “  ”.
step 3	Set weight. You can use “  ” or “  ” to set your weight. Then press “  ”.
step 4	Set time. You can use “  ” or “  ” to set time you want to exercise. Then press “  ”.

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

OPERATING INSTRUCTIONS

Display Introduction

The display of your CB2/CR2/CE2/CF2 is used to operate the unit. It includes touch panel screen and button location.



Touch panel screen

Button location








OPERATING INSTRUCTIONS

User information

User information	Description
TIME	Indicates time in minutes and seconds(mm:ss).
DISTANCE	Indicates exercising distance of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout.(Either miles or kilometers.)
WATT	Indicates power consumption of your workout.
RPM	Indicates pedal rotations : per minute.
WEIGHT	Set user weight. Default value is 180Lbs(80kg).
AGE	Set user weight. Default value is 30.

Button location

User information	Description
	Start your workout.
	Pause or reset data.
	Adjust resistance level. Every press will increase 1 level. Press and hold this button to increase quickly.
	Adjust profile level. (No function when you are under MANUAL, HRC and CUSTOM program.)
	Choose workout program.





Note: When workout, both touch panel screen and buttons can be used to operate.

OPERATING INSTRUCTIONS

Manual

step 1	Choose program MANUAL by touch panel.
step 2	Set workout goal(time, calories or distance) and weight. (When setting, please use touch panel only.)
step 3	Press START to start your workout.

Note





1. You can also press start to start your workout directly.
2. When operating, you can use either buttons or touch panel.
3. While workout, you can adjust resistance level either through   or touch panel.
4. During exercise, after 5 minutes or press  , program stops. Workout summary will be displayed on the console.
5. When workout summary is displayed on the console, press  or wait for 5 minutes, it will back to standby mode.

OPERATING INSTRUCTIONS

Interval / Cardio / Fat Burn / Endurance

step 1	Turn on power and choose one program of Interval / Cardio / Fat burn / Endurance from touch panel.
step 2	Set workout goal(time, calories or distance) and weight.(When setting, please use touch panel only.)
step 3	Press START to start your workout.

Note

- 1.When operating, you can use either buttons or touch panel.
- 2.While workout, you can adjust resistance level either through   or touch panel.
- 3.During exercise, after 5 minutes or press  , program stops. Workout summary will be displayed on the console.
- 4.When workout summary is displayed on the console, press  or wait for 5 minutes, it will back to standby mode.

OPERATING INSTRUCTIONS

Heart rate control

step 1	Turn on power and choose Heart rate control program from touch panel.
step 2	Set workout goal(time, calories or distance), target HR, age and weight. (When setting, please use touch panel only.)
step 3	Press START to start your workout.

Note

1. Heart rate checks are made every 30 seconds.

If detected HR is more than 20 beats below target HR, resistance will increase 2 levels.


If detected HR is more than 10 beats below target HR, resistance will increase 1 level.


If detected HR is more than 10 beats above target HR, resistance will decrease 1 level.

If detected HR is more than 20 beats above target HR, resistance will decrease 2 levels.

If HR can not be detected, "No Heartbeat Signal" is showed on the screen. Resistance level keeps the same.

If HR can not be detected over 60 seconds, resistance decreases 4 levels every 30 seconds.

2. During exercise, after 5 minutes or press  , program stops. Workout summary will be displayed on the console.





3. When workout summary is displayed on the console, press  or wait for 5 minutes, it will back to standby mode.

OPERATING INSTRUCTIONS

USER1/USER2



step 1	Turn on power and choose USER1/USER2 program from touch panel.
step 2	Set workout goal(time, calories or distance) and weight. (When setting, please use touch panel only.)
step 3	Set each segment's resistance level. (When setting, please use touch panel only.)
step 4	Press START to start your workout.

Note



- 1.While workout, you can adjust resistance level either through   or touch panel.
- 2.During exercise, after 5 minutes or press  , program stops. Workout summary will be displayed on the console.
- 3.When workout summary is displayed on the console, press  or wait for 5 minutes, it will back to standby mode.

OPERATING INSTRUCTIONS

TEST MODE

This is for CB2/CR2/CE2/CF2. When under standby mode, press  and  together and hold for 3 seconds to enter into test mode to test each button. When pressing the button, button name will be displayed.

ENGINEER MODE

This is for CB2/CR2/CE2/CF2. When under standby mode, press  and  together and hold for 3 seconds to enter into engineer mode. Below information will be displayed at the same time.

A. Software version of console.

B. Accumulated hours of the machine.

C. Set KM or MPH from touch panel.

D. Set CB2, CR2, CE2 or CF2 from touch panel.

E. Set REHAB, CLUB or CLUB+ from touch panel.

(For CB2/CR2, REHAB, CLUB or CLUB+ modes can be set.



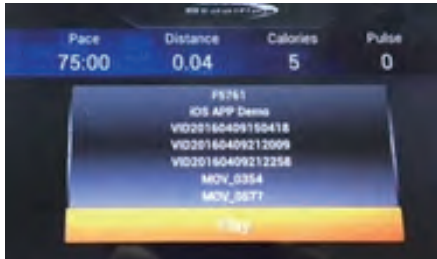

For CE2/CF2, only CLUB mode.)

OPERATING INSTRUCTIONS OF ENTERTAINMENT








OPERATION INSTRUCTIONS OF ENTERTAINMENT FOR CB2/CR2/CE2/CF2




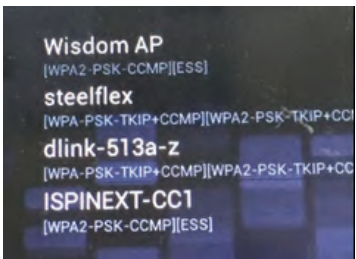
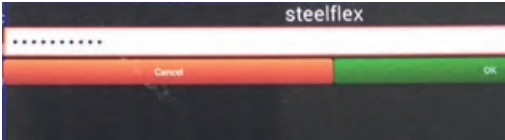
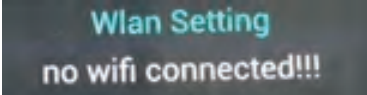

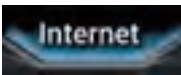
VIDEO

step 1	 <p>Plug USB storage with films on. The type of the films must be MP4. (“video not found” will be shown when film can not be detected.)</p>
step 2	<p>Choose  by pressing touch panel during workout.</p>
step 3	 <p>Scroll film list from touch panel to choose the video you want to watch.</p>
step 4	 <p>Press “Play” to start the video.</p>






Note:

- 1.Voice increase by pressing  . Voice decrease by pressing  . Mute by pressing  .
- 2.Press  to back to sport window.
- 3.Play video by pressing  . Pause video by pressing  . Stop video by pressing  .
- 4.Press center screen and hold for a while to have full screen. Under full screen, press center screen and hold for a while to back to the window with exercise information.




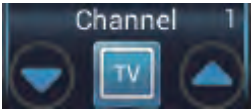
INTERNET

step 1	Under standby mode, press  by touch panel.
step 2	 Detected WIFI list will be shown on the screen. Choose the one you will use.
step 3	 Enter WIFI password, then press “OK” by touch panel.  “No WIFI connected” will be shown if WIFI connection doesn’t work.
step 4	Press  to back to sport window.
step 5	Start workout, then press  .
step 6	Google, Google+ , Youtube, Facebook, Twitter, Weibo, Yahoo, CNN, or Steelflex can be connected.





Note:

- 1.Voice increase by pressing  . Voice decrease by pressing  . Mute by pressing  .
- 2.Press  to back to sport window.
- 3.If you want to back to previous internet page, press  .
- 4.Press center screen and hold for a while to have full screen. Under full screen, press center screen and hold for a while to back to the window with exercise information.


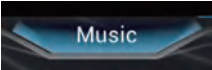
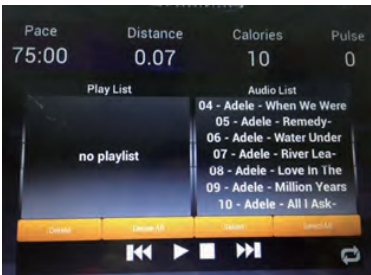


TV

step 1	Choose  by pressing touch panel during workout.
step 2	<p>Choose TV or AV by pressing  /  of touch panel.(DTV is digital TV which is not equipped on this display.)</p> <p>Notice:</p> <p>When choosing TV, coaxial cable must be connected with the machine.</p> <p>When choosing AV, AV signal cables must be connected with the machine.</p>
step 3	Choose channel by pressing up and down of  .









Note:

- 1.Voice increase by pressing  . Voice decrease by pressing  . Mute by pressing  .
- 2.Press  to back to sport window.
- 3.Press center screen and hold for a while to have full screen. Under full screen, press center screen and hold for a while to back to the window with exercise information.

MUSIC

step 1		Plug USB storage with songs on. The type of the songs must be MP3.
step 2	Choose 	by pressing touch panel during workout.
step 3		Scroll audio list from touch panel to choose the music you want to play.
step 4		When you choose a song, press "select". The song will be listed in play list. You can also press "select all", and all songs of audio list will be listed under play list.
step 5	Press 	to play music.

Note:

- 1.Voice increase by pressing  . Voice decrease by pressing  . Mute by pressing  .
- 2.Press  to back to sport window.
- 3.Press center screen and hold for a while to have full screen. Under full screen, press center screen and hold for a while to back to the window with exercise information.
- 4.Stop playing music by pressing  . Last song or next song by pressing  or  . Songs play continuous by pressing  .

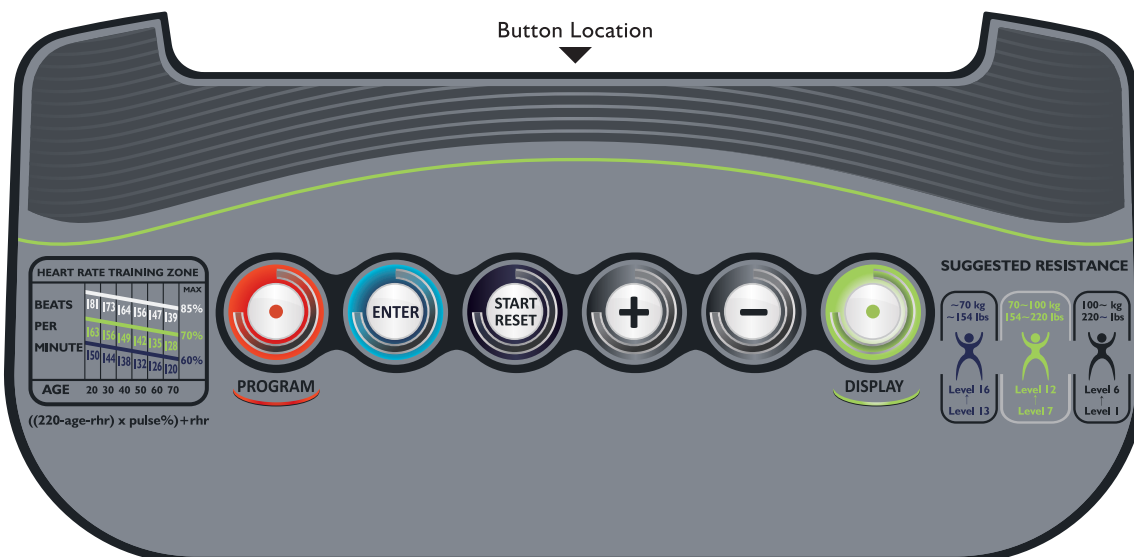
OPERATING INSTRUCTIONS

Display Introduction

The display of your PST10 is used to operate the unit. It includes information window and button location.



Information Window













Button Location

OPERATING INSTRUCTIONS

Information window







The information window provides two different types of information: programs directions and user workout data. Program direction will be explained with programs later. User workout data includes:

User workout data	Description
	Indicates time in minutes and seconds (mm:ss).
	Indicates step counts during workout.
	Indicates current resistance of user's workout.
	Indicates workout program user chooses.
	Indicates user's heart rate during workout.
	Indicates accumulated calories burned during workout.
	Indicates power consumption of workout.
	Indicates exercising distance of your workout.
	Indicates user's workout steps per minute.
	Indicates speed of workout.

OPERATING INSTRUCTIONS

Button location







Description of each button is listed below.

	Choose workout program.
	Enter data.
	Under START condition, press another time will be RESET. Under RESET condition, press another time will be START.
	Increasing setting values.
	Decreasing setting values.
	Workout data display changes.

OPERATING INSTRUCTIONS

Engineer Mode

Steelflex stepper is designed for different users. Base on your location and user characteristics; please follow the instructions to set up the machines before starting using.






step 1	Press and hold  and  together for 3 seconds. Software version will be shown for 3 seconds, then enter metric/imperial setting.
step 2	Press  or  to set metric/imperial, then press  .
step 3	“TOTAL TIME” which means accumulated total workout time of the machine will be shown. Press  to leave engineer mode.

OPERATING INSTRUCTIONS

Programs

There are 9 different exercising programs which includes manual, cardio, fat burn, interval, goal-time, goal-distance, goal-calories, goal-step and HRC. Operations are explained as following.









Manual(PI)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose PI by pressing  , then press  to start your workout.

1. Time, distance, calories and step will be counted up from 0.

OPERATING INSTRUCTIONS





Cardio(P2)/Fat Burn(P3)/Interval(P4)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P2/P3/P4 by pressing  , then press  .
step 3	Press  and  to set workout time.
step 4	Press  to start your workout.

1. Time will be count down from default value or setting value.
Distance, calories and step will be counted from 0.

OPERATING INSTRUCTIONS










Goal-time(P5)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P5 by pressing  , then press  .
step 3	Press  or  to set workout time. Default value is 30 minutes. Then press  .
step 4	Press  to start your workout.

1. Time will be count down from default value or setting value.
Distance, calories and step will be counted up from 0.

OPERATING INSTRUCTIONS


Goal-distance(P6)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P6 by pressing  , then press  .
step 3	Press  or  to set distance. Default value is 0.5. Then press  .
step 4	Press  to start your workout.

- I.Distance will be count down from default value or setting value.
Time, calories and step will be counted up from 0.

OPERATING INSTRUCTIONS

Goal-calories(P7)










step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P7 by pressing  , then press  .
step 3	Press  or  to set calories. Default value is 200. Then press  .
step 4	Press  to start your workout.

1.Calories will be count down from default value or setting value.

Time, distance and step will be counted up from 0.

OPERATING INSTRUCTIONS

Goal-step(P8)












step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P8 by pressing  , then press  .
step 3	Press  or  to set distance. Default value is 1000. Then press  .
step 4	Press  to start your workout.

1. Step will be count down from default value or setting value.

Time, distance and calories will be counted up from 0.

OPERATING INSTRUCTIONS

HRC(P9)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P9 by pressing  , then press  .
step 3	Set age by pressing  and  . Default value is 30. Then press  .
step 4	<p>Set max. pulse % by pressing  and  . Default value is 70%. Then press  .</p> <p>If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds.</p> <p>If heart rate is more than 10 bpm below target, level will increase 1 every 30 seconds.</p> <p>If heart rate is more than 20 bpm above target, level will decrease 2 every 30 seconds.</p> <p>If heart rate is more than 10 bpm above target, level will decrease 1 every 30 seconds.</p> <p>If heart rate can not be detected, PULSE will be shown on the display every 0.5 second, and level doesn't change.</p>

OPERATING INSTRUCTIONS

step 5

Press



to start your workout.

1. Time, distance, calories and step will be counted up from 0.

Note


1. During workout, if user wants to reset, please press and hold



for 3 seconds.

2. If no signal is detected in 30 seconds, it will enter sleep mode.

Once it wakes up, it will back to weight setting.

3. When END is shown on the display, user can press  to back to start condition or it will go back to program setting condition after 3 minutes.

DISPLAY INSTRUCTION

The display of your PB10 and PR10 is used to operate the unit. It includes information window and button location.

INFORMATION WINDOW



BUTTON LOCATION

INFORMATION WINDOW

Information window










The information window provides 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	Description
TIME	Indicates time in minutes and seconds(mm:ss).
DISTANCE	Indicates exercising distance during your workout.
CALORIES	Indicated accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers)
WATT	Indicates power consumption of your workout.
RPM	Indicates pedal rotations : per minute.

BUTTON LOCATION

BUTTON LOCATION


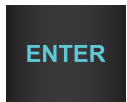




Description of each button is listed below.

PROGRAM 	Choose workout program.
GOAL 	Set workout goal which can be time, distance or calories.
DISPLAY 	Workout data display changes.
START 	Start your workout.
RESET 	Reset data.
	Setting number increases. Press and hold this button to increase quickly.
	Setting number decreases. Press and hold this button to decrease quickly.
ENTER 	Enter data.
CLEAR 	Clear numerical settings when setting time, distance or calories.

OPERATION INSTRUCTION

Engineer Mode

Steelflex bikes are designed for different users. Base on your location and user characteristic; please follow the instructions to set up the machines before starting using.




step 1	Press and hold  and  together for a while. Software version will be shown on WATT/RPM window.
step 2	KG/LBS will be shown on the Matrix window. It can be adjusted by  or  , then press  .
step 3	TOTAL TIME(accumulated workout hours) is shown on PULSE window, then press  to leave engineer mode.

OPERATION INSTRUCTION



Programs

There are 8 different exercise programs which include manual, cardio, fat burn, interval, training, H.R.C., custom 1 and custom 2. Operations are explained as following.

Manual

step 1	Press  or  to set weight, then press  .
step 2	Press PROGRAM  to choose MANUAL.
step 3	Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust value.
step 4	Press START  to start your workout.

Note:

1. During workout, you can adjust resistance by pressing  or . When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

OPERATION INSTRUCTION

CARDIO/FAT BURN/INTERVAL/TRAINING












step 1	Press  or  to set weight, then press  .
step 2	Press PROGRAM  to choose CARDIO/ FAT BURN/ INTERVAL.
step 3	Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust setting value. Default value of time is 30:00. Default value of distance is 5.0. Default value of calories is 150.
step 4	Press START  to start your workout.

Note:




1. During workout, you can press  or  to change profile.

OPERATION INSTRUCTION



H.R.C.

step 1	Press  or  to set weight, then press  .
step 2	Press PROGRAM  to choose H.R.C..
step 3	<p>Press GOAL  to set workout goal (time, distance or calories). Press  or  to adjust setting value, then press  .</p> <p>Default value of time is 30:00.</p> <p>Default value of distance is 5.0.</p> <p>Default value of calories is 150.</p>
step 4	<p>Press  or  to set age, then press  .</p> <p>Default value is 30.</p>

OPERATION INSTRUCTION











<p>step 5</p>	<p>Press  or  to set pulse %. Default value is 70%.</p> <p>If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds.</p> <p>If heart rate is more than 10 bpm below target, level will increase 1 every 30 seconds.</p> <p>If heart rate is more than 20 bpm above target, level will decrease 2 every 30 seconds.</p> <p>If heart rate is more than 10 bpm above target, level will decrease 1 every 30 seconds.</p> <p>If heart rate can not be detected, PULSE will be showed on the display every 0.5 second, and level doesn't change.</p> <p>If no signal is detected in 60 seconds, level decreases 4 every 30 seconds.</p>
<p>step 6</p>	<p>Press  to start your workout.</p>

Note:



- I. During workout, you can adjust resistance by pressing  or  .
When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

OPERATION INSTRUCTION

CUSTOM 1/CUSTOM 2

step 1	Press  or  to set weight, then press  .
step 2	Press PROGRAM  to choose CUSTOM 1 or CUSTOM 2, then press  .
step 3	Press GOAL  to set workout goal (time, distance or calories) , then press  .
step 4	Press numeric buttons to set each segment's resistance level. Press  or  to set last or next segment resistance level.
step 5	Press START  to save your settings and start your workout.

Note:

1. During workout, you can adjust resistance level by pressing  or  . Only the segment you workout can be adjusted.

MAINTENANCE

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

FOR ALL UPRIGHT AND RECUMBENT BIKES

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		

FOR ALL ELLIPTICAL AND STEPPER

Item	After Use	Weekly	Monthly	Quarterly	Bi-Annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Outer covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and tighten	
Footpads			Inspect and tighten		

WARRANTY CONDITIONS

WARRANTY CONDITIONS

1. Ask your dealer about product warranty conditions.
2. 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.
3. The warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must be completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.
4. Labor coverage is provided only by authorized STEELFLEX dealer or if the STEELFLEX factory does the work.
5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
6. Warranty does not cover failure due to improper assembly, installation or use.
7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for necessary maintenance.
8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
9. 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.

