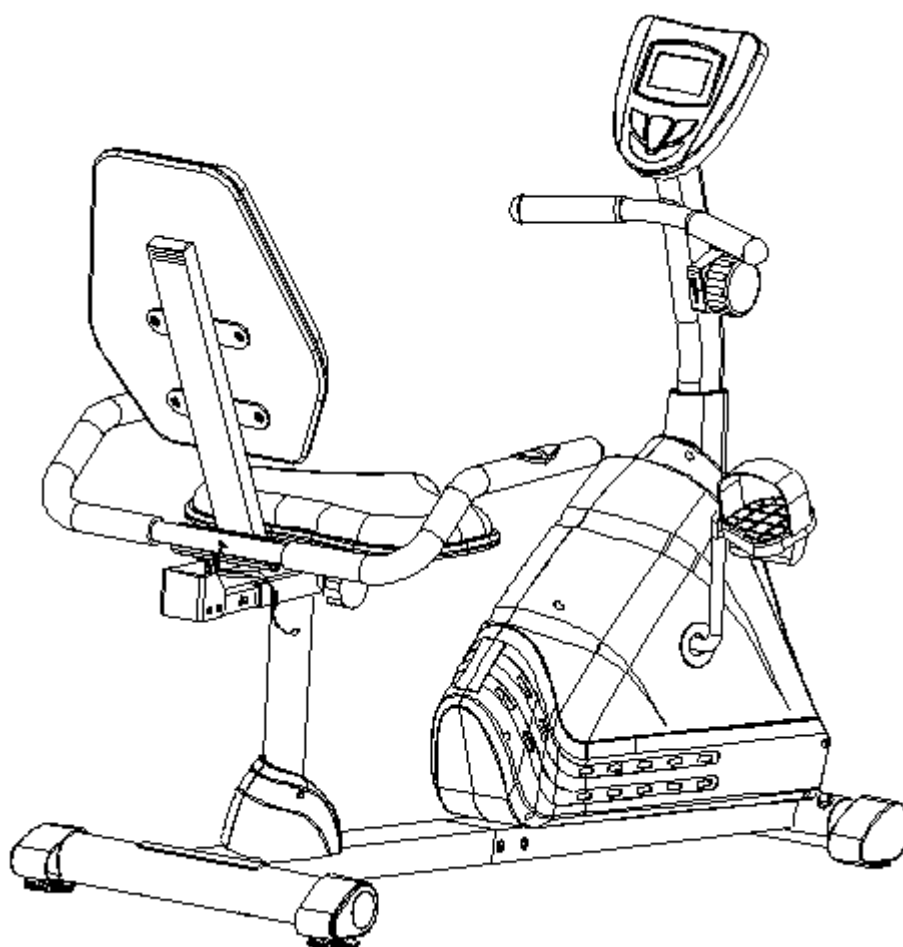




USER MANUAL – EN

IN 5561 Recumbent inSPORTline Rapid





IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up and Cool Down Routine page. After exercise, relaxation of the body is suggested for cool-down.
3. Please make sure all parts are not damaged and fixed well before use. This equipment should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative*.
6. Do not use the equipment outdoors.
7. This equipment is for household use only.
8. Only one person should be on the equipment while in use.
9. Keep children and pets away from the equipment while in use. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The maximum weight capacity for this product is 130 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

To decrease the load, turn the tension control knob in a counterclockwise direction.

Adjusting the Adjustable Leveler

Turn the adjustable leveler on the rear stabilizer as needed to level the recumbent bike.

Adjusting the Seat Forward or Back

Release the triangle knob from the rear main frame. Turn the round knob in a counterclockwise direction until it can be pulled out. Pull out the round knob and then slide the back and seat support bracket back or forth direction to the suitable position. Lock the back and seat support bracket in place by releasing the round knob and sliding the back and seat support bracket back or forth slightly until the round knob "pops" down into the hole of the seat sliding tube. For added safety, tighten the round knob and triangle knob in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, the maximum insert depth mark line cannot over than the edge of bushing.

OPERATING THE COMPUTER



FUNCTION	RANGE
TIME	0:00-99:59 MIN:SEC
SPEED	0.0-999.9 KM/H
DIST (DISTANCE)	0.0-999.9 KM
CAL (CALORIES)	0.0-999.9 KCAL
ODO (ODOMETER)	0.0-999.9 KM
PULSE	40-240 BEATS/MIN

BUTTON FUNCTIONS:

MODE: Press MODE button to select each function of computer.

Press and hold MODE button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

SET: Press SET button to set data values of TIME, DISTANCE, CALORIES, or Pulse for target presetting.

RESET: Press RESET button to clear data values of TIME, DISTANCE, or CALORIES to zero.

Press RESET button to clear data values of TIME, DISTANCE, CALORIES, or Pulse to zero

for target presetting.

Press and hold RESET button for 3 seconds, all data values will clear to zero except the ODO (ODOMETER) data values.

COMPUTER FUNCTIONS:

AUTO ON/OFF: When you start to exercise or press any key on the computer, the computer will turn on. If you leave the equipment for 4 minutes, the power will turn off automatically.

SCAN: Press MODE button until the screen displays a flash SCAN; the computer will automatically scan the function of TIME, SPEED, DIST (DISTANCE), CAL (CALORIES),

ODO (ODOMETER), and  (PULSE) every 6 seconds.

TIME: Press MODE button until the screen displays TIME; the computer will display your elapsed workout time in minutes and seconds. When you start to exercise, time starts counting up from 0:00 to 99:59 minutes per 1 second increment. You may also preset target time before training. Press MODE button to select TIME function and then press SET button to preset target time. Press RESET button to clear the target values of TIME to zero. The preset target time range is from 0:00 to 99:00 minutes. Once you preset target time and then start to exercise, time starts counting down from preset target time to 0:00 per 1 second backward. When the preset target time counts down to 0:00, time will start to count up immediately and the computer will begin beeping to remind you.

SPEED: Press MODE button until the screen displays SPEED; the computer will display the current training speed.

DIST (DISTANCE): Press MODE button until the screen displays DIST; the computer will display the accumulative distance traveled during workout. When you start to exercise, distance starts counting up from 0.0 to 999.9km per 0.1km increment. You may also preset target distance before training. Press MODE button to select DIST function and then press SET button to preset target distance. Press RESET button to clear the target values of DISTANCE to zero. The preset target distance range is from 0.0 to 999.0km. Once you preset target distance and then start to exercise, distance starts counting down from preset target distance to 0.0 per 0.1km backward. When the preset target distance counts down to 0.0, distance will start to count up immediately and the computer will begin beeping to remind you.

CAL (CALORIES): Press MODE button until the screen displays CAL; the computer will display the total accumulated calories burned during workout. When you start to exercise, calories start counting up from 0.0 to 999.9 calories. You may also preset target calories before training. Press MODE button to select CAL function and then press SET button to preset target calories. Press RESET button to clear the target values of CALORIES to zero. The preset target calories range is from 0.0 to 999.0 calories. Once you preset target calories and then start to exercise, calories start counting down from preset target calories to 0.0. When the preset target calories count down to 0.0, calories will start to count up immediately and the computer will begin beeping to remind you. (This data is a rough guide for comparison of different exercise sessions and should not be used in medical

treatment).

ODO (ODOMETER): Press MODE button the screen displays ODO; the computer will display the total accumulative distance traveled. The data values of ODO can not be clear to zero by pressing and holding MODE or RESET button for 3 seconds. If you take out the batteries from the computer, the ODO data values will clear to zero.

♥ (**PULSE**): Press MODE button until the screen displays a ♥ symbol; the computer will display your current heart rate figures after you hold both two hands on handlebar grip sensors during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures. You may also preset target heart rate before training. Press MODE button to select ♥ PULSE function and then press SET button to preset target heart rate. Press RESET button to clear the target heart rate to zero. The preset heart rate range is from 40 to 240 beats/minute. Once you preset target heart rate and then start to exercise, please hold both two hands on handlebar grip sensors during exercise. If the heart rate detected greater than the target heart rate, the computer will begin beeping to remind you.

HOW TO INSTALL THE BATTERIES:

1. Remove the battery cover at the rear of computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Right Front Stabilizer End Cap Ø60x1.5	1	027	Extension Wire L=350mm	2
002	Front Stabilizer Ø60x1.5x330	1	028	Computer (JVT29121)	1
003	Cap Nut M8	6	029	Bolt M5x12	4
004	Curve Washer Ø8	3	030	Tension Control Knob	1
005	Screw ST4.2x25	11	031	Tension Cable L=1150mm	1
006	Bolt M8x70	4	032	Washer Ø5	1
007	Left Front Stabilizer End Cap Ø60x1.5	1	033	Bolt M5x20	1
008	Cover Cap Ø50xØ25x10	2	034	Front Handlebar Post 70x30x1.5	1
009	Pan Head Phillips Self Drilling Screw ST4.2x25	4	035	Bolt M8x10	4
010	Right Cover	1	036	Washer Ø8	22
011	Belt 360J6	1	037	Bolt M8x20	1
012	Right Foot Pedal YH-30X	1	038	Left Rear Stabilizer End Cap	1
013	Crank Ø240	1	039	Idle Wheel Bracket	1
014	Washer Ø34.5xØ23x25	1	040	Nylon Nut M8	2
015	Axle Sleeve II 15/16"	1	041	Front Handlebar Post Cover	1
016	Bearing	2	042	Spring	1
017	Axle Bush	2	043	Idle Wheel	1
018	Axle Sleeve I 7/8"	1	044	Middle Section Hand Pulse Sensor Wire L=1000mm	2
019	Nut 7/8"	2	045	Bolt M8x30	2
020	Flywheel Ø230	1	046	Rear Main Frame	1
021	Front Main Frame 80x40x2	1	047	Seat Cushion	1
022	Left Cover	1	048	Back Cushion	1
023	Triangle Knob M12x58	1	049	Bolt M6x15	8
024	Round End Cap for Handlebar Ø25x1.5	4	050	Washer Ø6	8

025	Front Handlebar Foam Grip Ø24xØ30x160	2	051	Backrest and Seat Support Bracket End Cap 23x53x1.5	1
026	Extension Sensor Wire L=500mm	1	052	Seat Sliding Tube 53x23x2.0	1

No.	Description	Qty	No.	Description	Qty
053	Back and Seat Support Bracket 53x23x2.0	1	067	Adjustable Leveler M10	2
054	Handlebar Foam Grip Ø24xØ30x550	2	068	Handlebar Ø25x1.5	1
055	Screw ST4.2x20	2	069	Left Foot Pedal YH-30X	1
056	Hand Pulse Sensor with Wire L=750mm	2	070	Extension Hand Pulse Sensor Wire L=1000mm	2
057	Bolt M8x45	2	071	Sensor with Wire L=750mm	1
058	Wire Plug Ø12.1	2	072	Bolt M8x15	13
059	Nut M6	2	073	Washer Ø40xØ24x3	1
060	Round Knob M16x1.5	1	074	Nut M10x1	2
061	Bushing	2	075	Adjustable Bolt M6x36	2
062	Right Rear Main Frame Cover	1	076	Screw ST2.9x12	2
063	Left Rear Main Frame Cover	1	077	Big Curve Washer Ø8	4
064	Rear Stabilizer	1	078	Spring Washer Ø6	2
065	Right Rear Stabilizer End Cap	1	079	U Bracket	2
066	Nut M10	2			

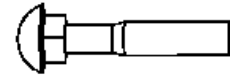
HARDWARE PACKING LIST



(3) Cap Nut M8
6 PCS



(4) Curve Washer Ø8
2 PCS



(6) Bolt M8x70
4 PCS



(36) Washer Ø8
2 PCS

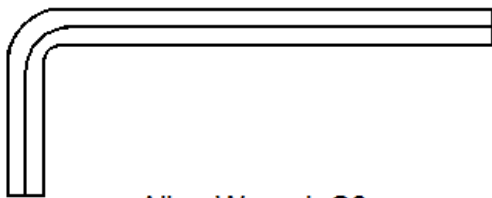


(57) Bolt M8x45
2 PCS

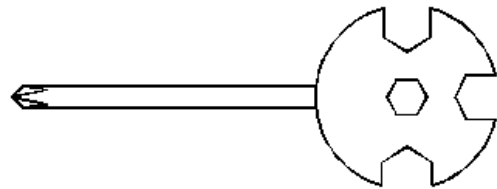


(77) Big Curve Washer Ø8
4 PCS

TOOLS

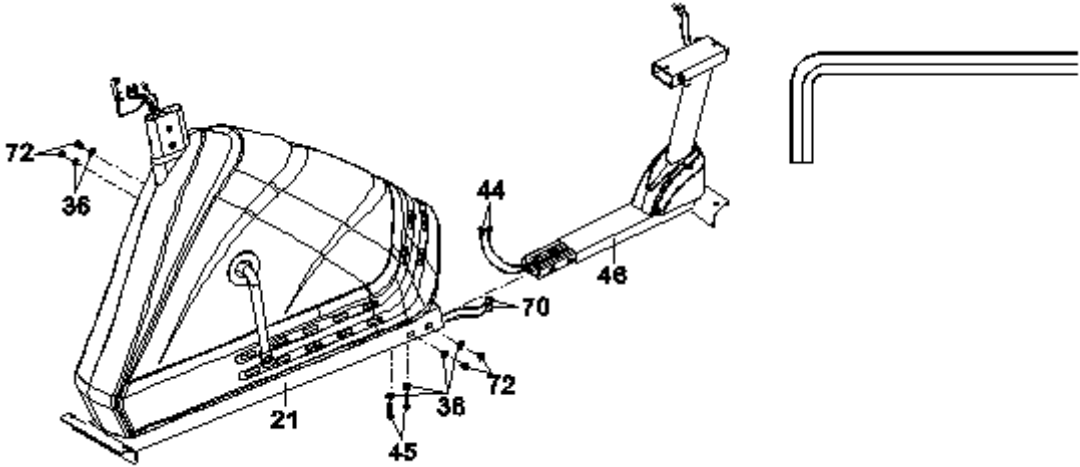


Allen Wrench S6
1 PC



Multi Hex Tool with Phillips Screwdriver
1 PC

ASSEMBLY INSTRUCTIONS

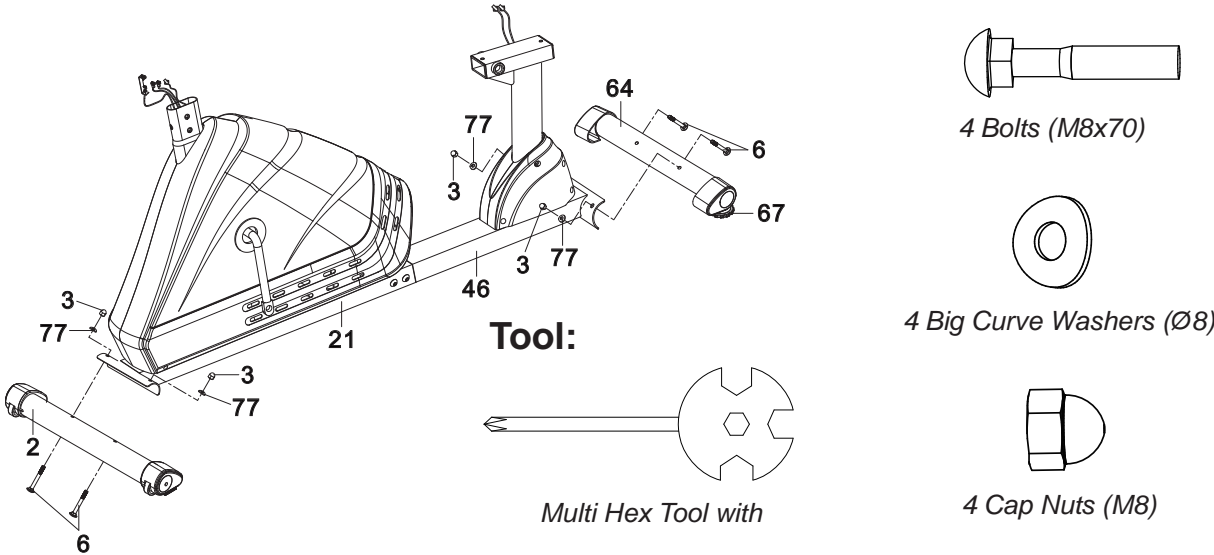


1. Rear Main Frame Installation

Remove two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) from the Rear Main Frame (46).

Connect the Middle Section Hand Pulse Sensor Wires (44) from the Rear Main Frame (46) to the Extension Hand Pulse Sensor Wires (70) from the Front Main Frame (21).

Attach the Rear Main Frame (46) into the Front Main Frame (21) with two M8x30 Bolts (45), four M8x15 Bolts (72), and six Ø8 Washers (36) that were removed. Tighten bolts with the Allen Wrench provided.



2. Front and Rear Stabilizers Installation

Position the Front Stabilizer (2) in front of the Front Main Frame (21) and align bolt holes.

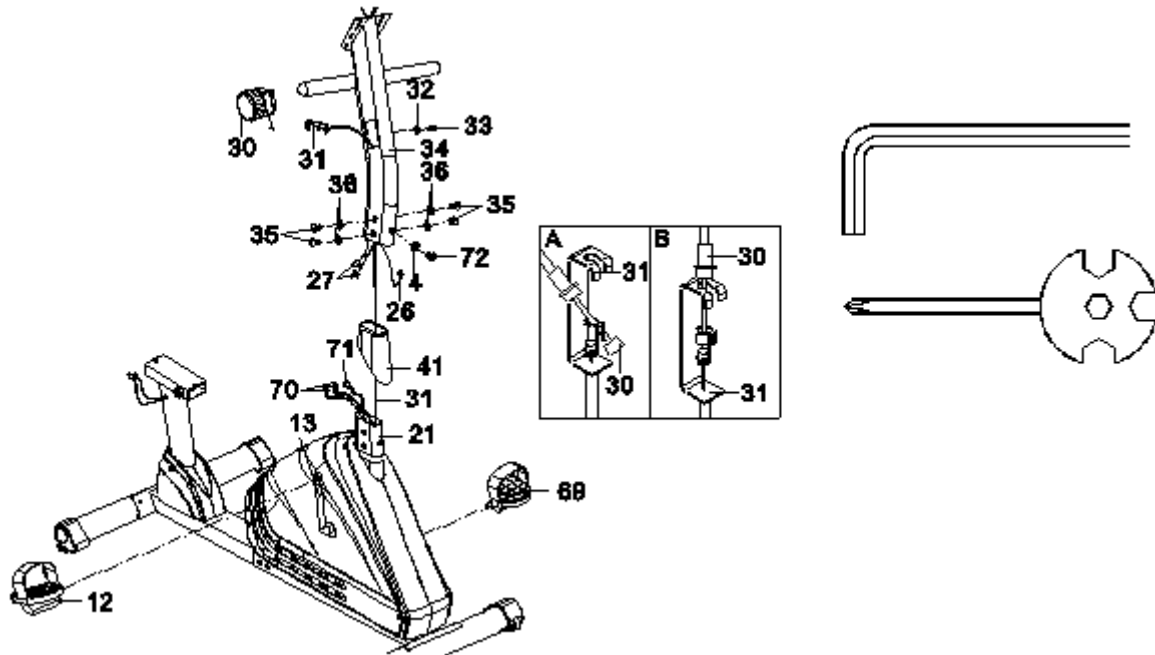
Attach the Front Stabilizer (2) onto the front curve of the Front Main Frame (21) with two

M8x70 Bolts (6), Ø8 Big Curve Washers (77), and M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Position the Rear Stabilizer (64) behind the Rear Main Frame (46) and align bolt holes.

Attach the Rear Stabilizer (64) onto the rear curve of the Rear Main Frame (46) with two

M8x70 Bolts (6), Ø8 Big Curve Washers (77), and M8 Cap Nuts (3). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.



3. Front Handlebar Post and Foot Pedal Installation

Remove one Ø8 Curve Washer (4), one M8x15 Bolt (72), four M8x10 Bolts (35) and four Ø8 Washers (36) from the Front Main Frame (21).

Slide the Front Handlebar Post Cover (41) up to the Front Handlebar Post (34).

Insert the Tension Cable (31) through into the bottom hole of Front Handlebar Post (34) and pull it out from the square hole of Front Handlebar Post (34).

Connect the Sensor Wire (71) and Extension Hand Pulse Sensor Wires (70) from the Front Main Frame (21) to the Extension Sensor Wire (26) and Extension Wires (27) from the Front Handlebar Post (34).

Insert the Front Handlebar Post (34) onto the tube of the Front Main Frame (21) and secure with one Ø8 Curve Washer (4), one M8x15 Bolt (72), four M8x10 Bolts (35) and four Ø8 Washers (36) that were removed. Slide the Front Handlebar Post Cover (41) down to the Front Main Frame (21).

Remove the Ø5 Washer (32) and M5x20 Bolt (33) from the Tension Control Knob (30). Put the cable end of resistance cable of Tension Control Knob (30) into the spring hook of Tension Cable (31) as shown in drawing A of figure 3. Pull the resistance cable of Tension Control Knob (30) up and force it into the gap of metal bracket of Tension Cable (31) as shown in drawing B of figure 3. Attach the Tension Control Knob (30) onto the Front Handlebar Post (34) with the Ø5 Washer (32) and M5x20 Bolt (33) that were removed.

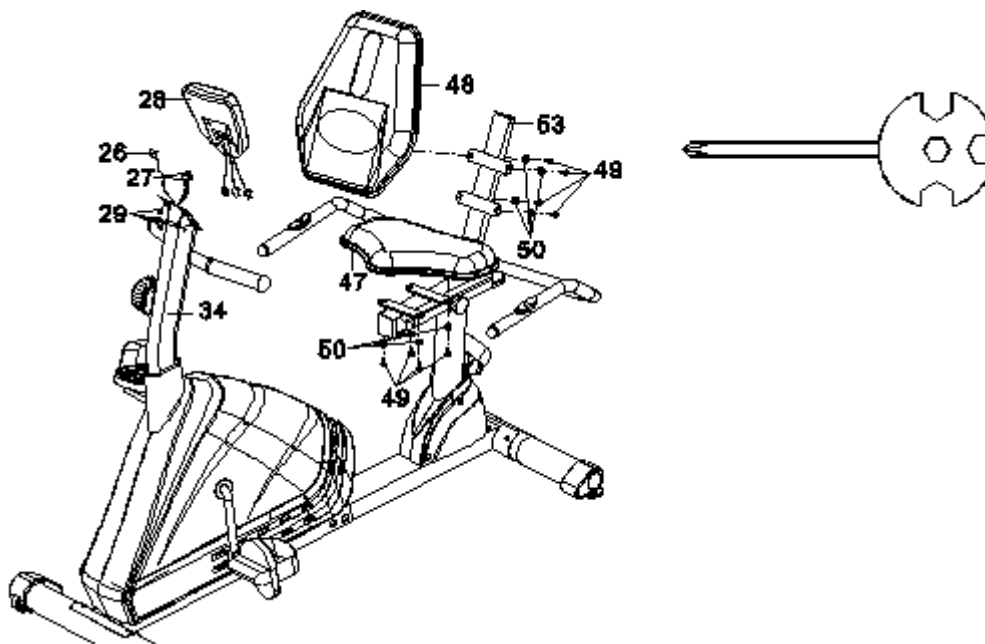
The Cranks, Foot Pedals, Pedal Shafts and Pedal Straps are marked “R” for Right and “L” for Left.

Insert the pedal shaft of Left Foot Pedal (69) into threaded hole in the left Crank (13).

in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (60) and

then slide the Back and Seat Support Bracket (53) back or forth direction to the suitable position. Lock the Back and Seat Support Bracket (53) in place by releasing the Round Knob (60) and sliding the Back and Seat Support Bracket (53) back or forth slightly until the Round Knob (60) "pops" down into the hole of the Seat Sliding Tube (52). For added safety, tighten the Round Knob (60) and Triangle Knob (23) in a clockwise direction.

NOTE: When adjusting the seat back or forth direction, the maximum insert depth mark line cannot over than the edge of Bushing (61).



5. Computer and Seat/Back Cushions Installation

Remove four M5x12 Bolts (29) from the Computer (28). Connect the Extension Wires (27) and Extension Sensor Wire (26) to the wires that come from the Computer (28). Tuck wires into the Front Handlebar Post (34).

Attach the Computer (28) onto the top end of the Front Handlebar Post (34) with four M5x12 Bolts (29) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Remove eight M6x15 Bolts (49) and Ø6 Washers (50) from the back of the Seat and Back Cushions (47, 48). Then attach the Seat and Back Cushions (47, 48) onto the Back and Seat Support Bracket (53) with eight M6x15 Bolts (49) and Ø6 Washers (50) that were removed. Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

MAINTENANCE

Cleaning

The recumbent bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.

Please keep the recumbent bike, specially, the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the recumbent bike in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM: The recumbent bike wobbles when in use.

SOLUTION: Turn the adjustable leveler on the rear stabilizer as needed to level the recumbent bike.

PROBLEM: There is no display on the computer console.

SOLUTION: Remove the computer console and verify the wires that come from the computer console are properly connected to the wires that come from the front handlebar post.

SOLUTION: Check the batteries are correctly positioned and battery springs are proper contact with batteries.

SOLUTION: The batteries in the computer console may be dead. Change the new batteries.

PROBLEM: There is no heart rate reading or heart rate reading is erratic or inconsistent.

SOLUTION: Make sure that the wire connections for the hand pulse sensors are secure.

SOLUTION: To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The recumbent bike makes a squeaking noise when in use.

SOLUTION: The bolts may be loose on the recumbent bike, please inspect the bolts and tighten the loose bolts.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

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.

