INSTRUCTION MANUAL

Folding Upright Exercise Bicycle
As shoppers, we’re always trying to find the perfect balance between quality & value. At BCP, we believe we’ve achieved that. Our diverse catalog of everyday essentials is tailored especially to our customers & guaranteed to hit that sweet spot of high quality & low price. Always.
NOTICE

Please retain these instructions for future reference.

• Please read instructions carefully before installing or operating machine.
• Please do not exceed the weight limitations of this item.
• Firmly secure all bolts, screws, and knobs before use.
• Do not use any exercise equipment if it is not assembled properly.
• Make sure to inspect the machine periodically to ensure all hardware is securely tightened and the machine is in good condition.
• Be aware that some parts are heavy and have sharp edges.
• This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
• If any parts are missing, broken, damaged, or worn, stop using this item until repairs are made and/or factory replacement parts are installed.
• Do not use this item in a way inconsistent with the manufacturer’s instructions as this could void the product warranty.

CAUTION DURING USE

• This machine is not a toy.
• This machine is intended for adult use only. Keep children and pets away from machine.
• Do not allow more than one person to operate this machine at a time.
• Before beginning any exercise, consult with your doctor to ensure you do not have any medical or physical conditions that could put your health and safety at risk. This consultation is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
• Beware of your body’s signals, as incorrect or excessive exercise can damage your health. Stop your workout and consult with your doctor immediately if you experience any of the following:
  - Dizziness
  - Nausea
  - Chest pain
  - Back pain
  - Any other health-related symptoms
• This machine is not designed to be used for medical or therapeutic purposes.
• Do not exercise immediately after eating.
• When exercising, start slow and ease into the workout. Hold the handlebar firmly and do not leave the seat during exercise.
• When exercising, wear appropriate clothing for working out. Do not wear a robe or any loose clothing that could become caught in the machine.
• When exercising, wear running or aerobic shoes with anti-slip soles.
• Keep hands and body parts away from moving parts.
SETTING UP MACHINE

- Product is intended for indoor use only.
- Operate machine on dry, flat ground. Do not use it in the following places:
  - Outdoors
  - Near water
  - Slanted ground
  - Near heat sources like a heater/fireplace
  - Places with excessive noise
  - Enclosed spaces or areas without proper air circulation
- It is recommended that the machine is placed on a cushion or mat.
- Do not place any objects within 2 feet of the machine.
- Be careful when lifting or moving equipment; always use proper lifting technique and/or assistance.

TOOLS REQUIRED

- Allen Wrench w/ Screwdriver (Provided)
- Wrench (Provided)
- 2 AA Batteries (Provided)
- 220 LBS Capacity
- 1 Person Assembly
- Approximately 45 Min. Assembly

HARDWARE

1. M8 x 45MM Screw
   - 4 PCS
2. M8 Spring Washer
   - 4 PCS
3. Adjustment Knob
   - 2 PCS
4. Handlebar Knob
   - 1 PC
5. Pin
   - 1 PC
- **HEART RATE GRIPS**: Place hands here to monitor your pulse in BPM (beats per minute).
- **RESISTANCE KNOB**: Adjust knob to desired resistance level.
- **HEIGHT ADJUSTMENT KNOB**: Loosen and pull out knob to adjust.
- **LENGTH ADJUSTMENT KNOB**: Loosen and pull out knob to adjust.
- **RUBBER FEET**: Position feet so flat side faces down.
1 Unfold the frame.
Spread the frame apart to your desired length, then screw in a part 3 adjustment knob.
Insert the part 5 pin.
Remove four bolt sets from two part A front/rear legs. Attach the two legs by replacing the four bolt sets.
3 Install two AA batteries in the part B monitor.
   Remove two screws from the back of the monitor, then attach it by replacing the screws.
   Plug the wire from the frame into the corresponding input wire.
4 Remove two bolt sets from the part E seat frame. Attach part C side handlebars by replacing the two bolt sets.

5 Attach part D backrest with four part 1 screws and four part 2 spring washers.
6. Remove three nuts/washers from under the part G seat.
   Attach the seat to the part F seat post by replacing the nuts/washers.

7. Remove two bolt sets from the part F seat post.
   Attach the seat frame to the seat post by replacing the two bolt sets.
Place the part H front handlebars in the securing plate, then secure with the part 4 handlebar knob. Join the connectors from the monitor to the corresponding connectors on the handlebars.
Insert the seat post and lock it at your desired height with a part 3 adjustment knob. Use the wrench to attach the part 1 left pedal and part J right pedal to the corresponding crank arms (labeled L and R).

**NOTE:** The left pedal is screwed counterclockwise and the right pedal is screwed clockwise.
ADJUSTING RESISTANCE

• Before beginning your workout, adjust resistance knob to your desired level.
• During exercise, use the resistance knob (found at the front center) to adjust the resistance you feel. Turn the knob clockwise for a stronger resistance and turn it counterclockwise to ease resistance.

DISPLAY MONITOR

• Monitor turns on when any button is pressed or it receives input from the speed sensor.
• Power turns off automatically after 4 minutes of non-use.
DISPLAY MONITOR

BUTTONS:

MODE: Press to select a function to display. Press and hold to reset.

SET: Press to set a distance, pulse, calorie, or workout duration goal.
   - You cannot set a goal in scan mode.

RESET: Press to reset the time, distance, and calories. Press and hold to reset all functions except the odometer.

FUNCTIONS:

SCAN: Press “MODE” button until “SCAN” is selected. The monitor will rotate through and display all 6 functions – Time, Speed, Distance, Calories, Odometer, and Pulse.

TIME: Press “MODE” button until “TIME” is selected. This displays the total time of your workout from start to finish.

SPEED: Press “MODE” button until “SPEED” is selected. This displays your current speed.

DISTANCE: Press “MODE” button until “DIST” is selected. This displays the total distance of your workout from start to finish.

CALORIES: Press “MODE” button until “CAL” is selected. This displays the total calories burned during your workout from start to finish.

ODOMETER: Press “MODE” button until “ODO” is selected. This displays the total distance traveled during the lifetime of this exercise bike.

PULSE RATE: Press the “MODE” button until “PULSE” is selected. Place your hands on the heart rate grips to monitor your pulse in BPM (beats per minute).

CLEANING AND MAINTENANCE

- After a workout, immediately wipe down machine with a soft cloth.
- Clean the display monitor with compressed air and a soft cloth to remove dust.
- Do not clean with abrasive materials, harsh detergents, or corrosive liquids like gasoline or acetone.

WARNINGS REGARDING BATTERIES

- Do not mix alkaline, standard (carbon zinc) and rechargeable (nickel hydride) batteries.
- Do not mix old and new batteries.
- Non-rechargeable batteries should not be charged.
- Rechargeable batteries should be charged under adult supervision only.
- Exhausted batteries should be removed.
- The supply terminals should not be short-circuited.
- Do not put batteries next to or in a heat source (fire, electronic heating device, etc.).
- Do not hit batteries against hard objects.
- Do not submerge batteries in water.
- Batteries should be inserted with the correct polarity.
Question about your product? We’re here to help. Visit us at: help.bestchoiceproducts.com

**PRODUCT WARRANTY INFORMATION**

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer’s expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer’s responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer’s responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

**WARNING**

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.