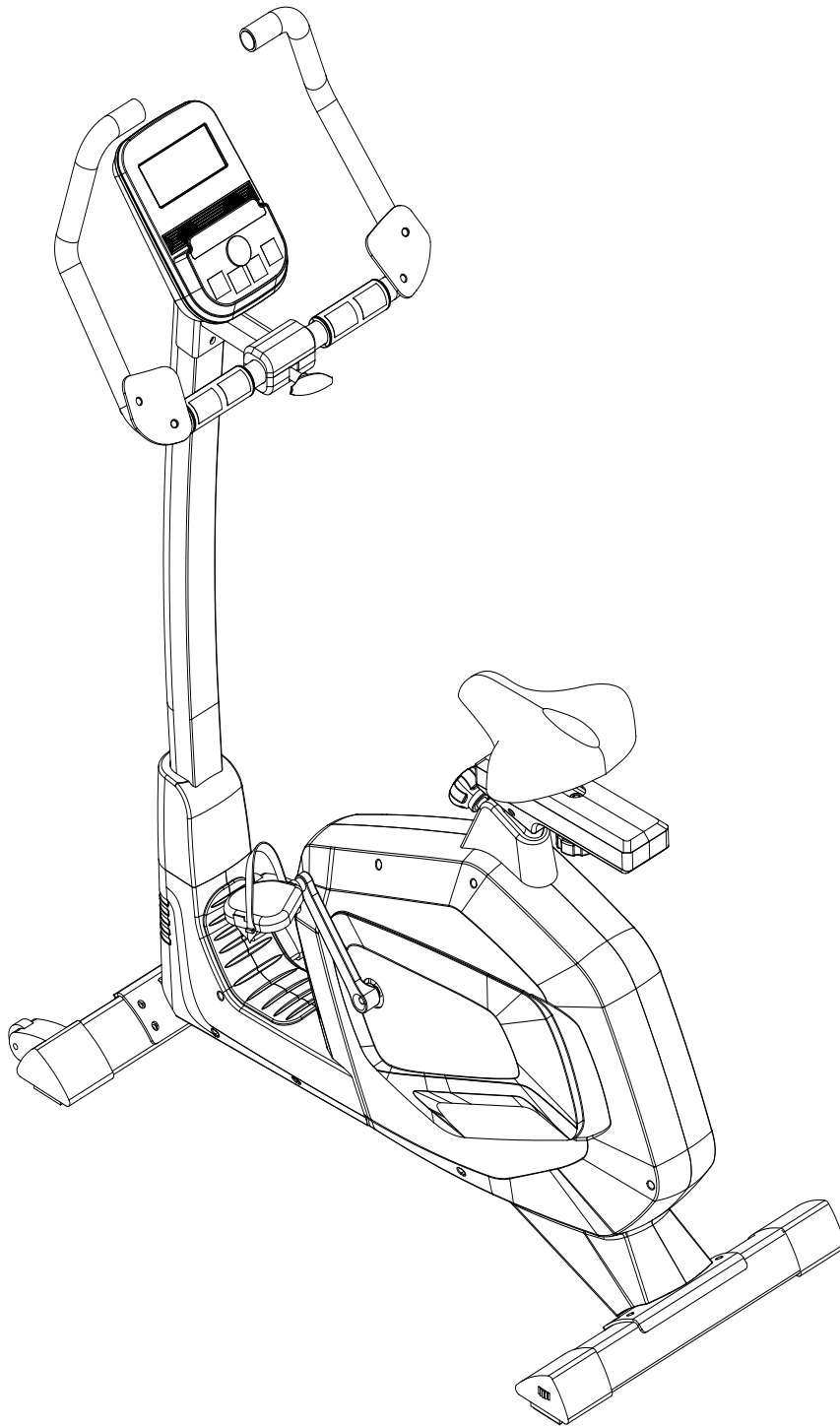


GYMSTICK™

GB6.0 EXERCISE BIKE USER MANUAL



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.



Thank you for choosing the Gymstick GB6.0 Exercise Bike. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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NOTIFICATION!

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

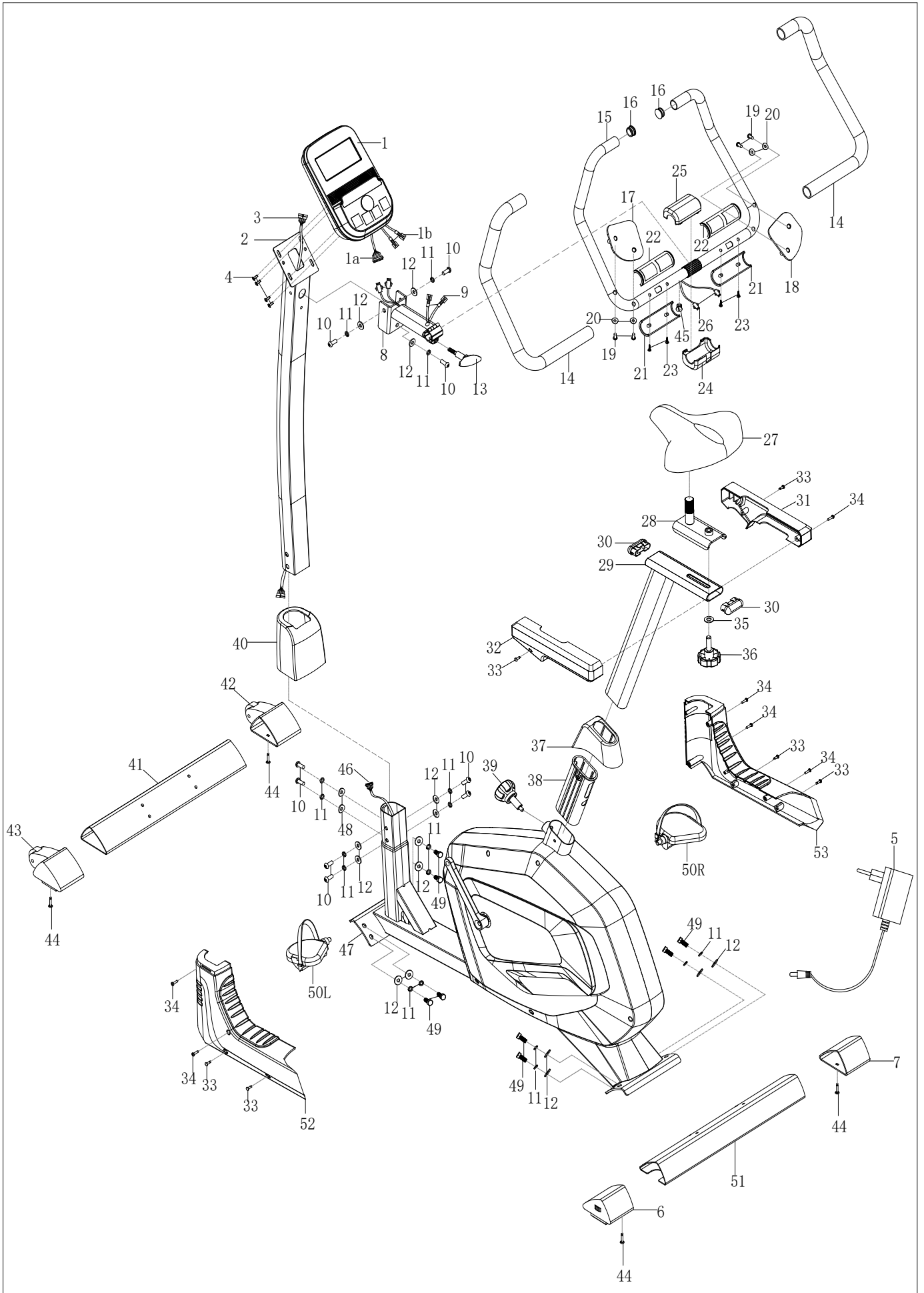
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

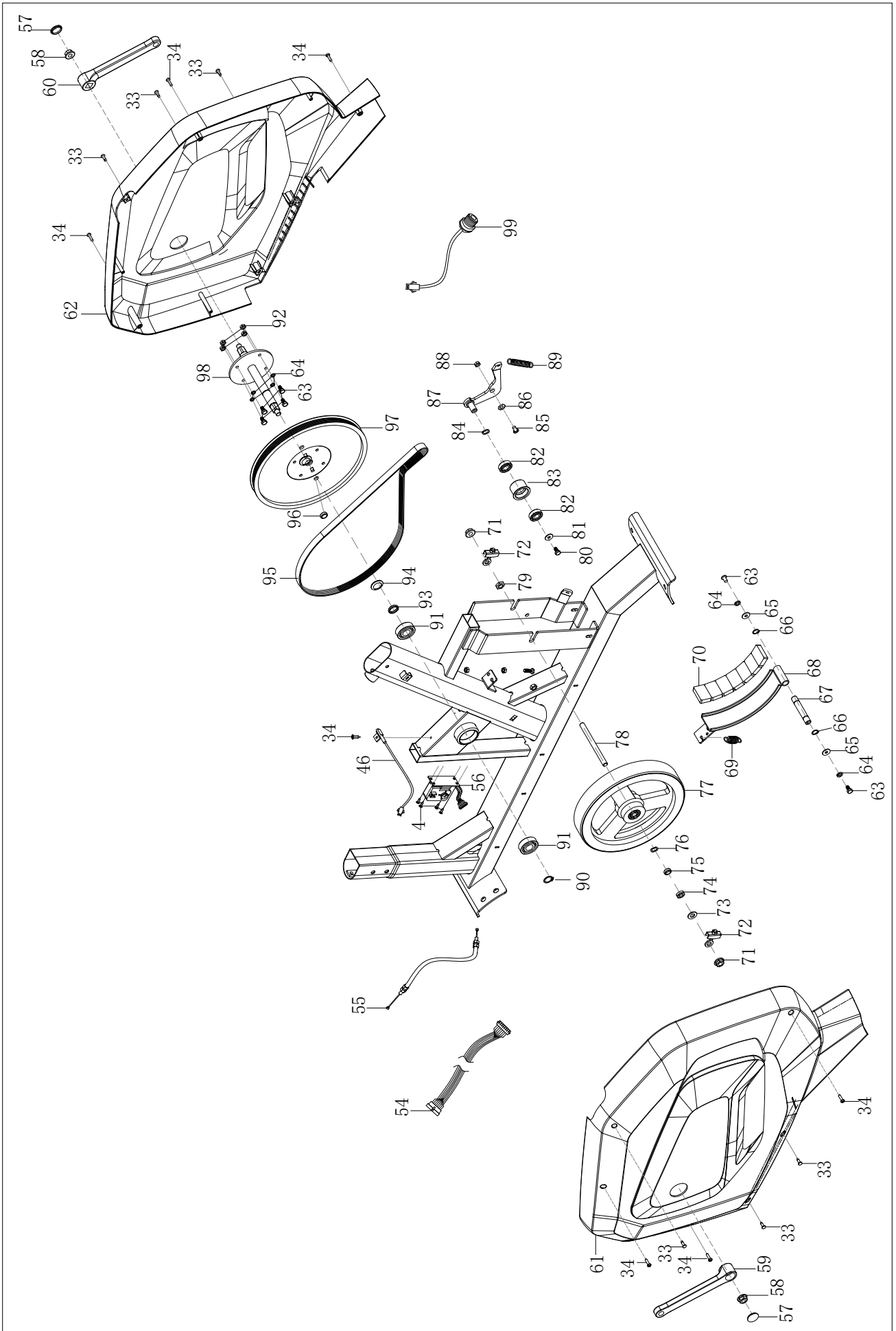
1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the device.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do warm-up and stretching first.
15. Maximum user weight 120 kgs.



WARNING!

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.





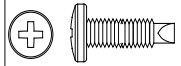
No.	Description	Qty.	No.	Description	Qty.
1	Computer	1	32	Cover of Saddle plate L	1
2	Handlebar post	1	33	Bolt ST4.2*14*φ8	16
3	Trunk wire 1	1	34	Bolt ST4.2*19*φ8	13
4	Bolt M5*12	4	35	Spring Washer d12*φ24*2	1
5	Adapter	1	36	Knob	1
6	End cap L	1	37	Saddle tube cover	1
7	End cap R	1	38	Bushing	1
8	Handlebar connecting join	1	39	Knob	1
9	Pulse trunk wire	2	40	Handlebar post cover	1
10	Bolt M8*20*S5	9	41	Front Stabilizer	1
11	Spring washer D8	17	42	End cap with transportation wheel R	1
12	Washer d8*φ20*2	15	43	End cap with transportation wheel L	1
13	Knob M8*60*20	1	44	Bolt ST4.2*25*φ10.5	4
14	Grip foam	2	45	End cap	1
15	Handlebar	1	46	Sensor	1
16	Round end cap	2	47	Main Frame	1
17	Elbow Pad L	1	48	Arc washer d8*φ20*2.0*R30	2
18	Elbow Pad R	1	49	Bolt M8*20*S13	8
19	Bolt M6*16*S5	4	50L/R	Pedal L/R	1
20	Arc Washer d6*φ16*1.5*R16	4	51	Rear Stabilizer	1
21	Lower pulse plate	2	52	Front cover L	1
22	Upper pulse plate	2	53	Front cover R	1
23	Bolt ST3*25*φ5	4	54	Trunk wire 2	1
24	Lower pulse cover	1	55	Resistance control cable	1
25	Upper pulse cover	1	56	Motor	1
26	Handle pulse wire	2	57	End cap	2
27	Saddle	1	58	Nut M10*1.25	2
28	Saddle plate	1	59	Crank L	1
29	Saddle tube	1	60	Crank R	1
30	Elliptical end cap	2	61	Chain cover L	1
31	Cover of Saddle plate R	1	62	Chain cover R	1

No.	Description	Qty.
63	Bolt M6*16*S10	6
64	Spring Washer d6	6
65	Washer d6*φ12*1	2
66	Washer d12	2
67	Axle of Magnetic plate	1
68	Magnetic plate	1
69	Tension spring φ1.5*φ15*47*12	1
70	Square magnet	1
71	Nut M10*1*H8*S15	2
72	Screws	2
73	Washer d10*φ20*2	1
74	Nut M10*1*H5*S17	1
75	End cap	1
76	Wave washer d10*φ15*0.3	1
77	Flywheel	1
78	Axle	1
79	Nut M10*1.0*H5*S17	1
80	Bolt M6*10*S10	1
81	Washer d6*φ16*1.5	1
82	Bearing 6001	2

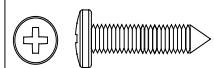
No.	Description	Qty.
83	Idler	1
84	Wave Washer d12*φ15.5	1
85	Bolt M8*12	1
86	Washer d12*φ17	1
87	Idler rod	1
88	Nylon Nut M8*H7.5*S13	1
89	Tension spring φ2.0*φ12.2*62*20	1
90	Washer d17	1
91	Bearing 6203	2
92	Nylon nut M6*H6*S10	4
93	Bushing	1
94	Wave Washer d17*φ22	1
95	Belt	1
96	Round magnet	1
97	Belt plate	1
98	Middle axle	1
99	Adapter Trunk wire	1
A	Wrench S5	1
B	Spanner S13-14-15	1



#13 M8*60*20 1PC



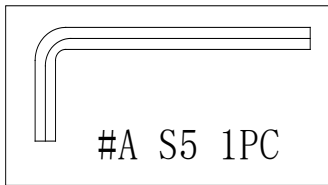
#33 ST4.2×14×Φ8 2PCS



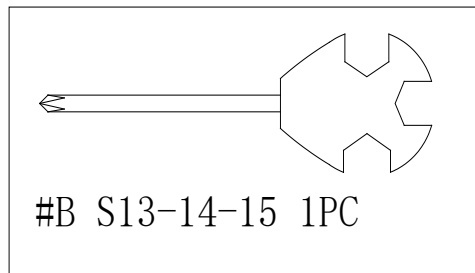
#34 ST4.2x19xΦ8 1PC



#39 M16*1.5*24*φ56 1PC



#A S5 1PC



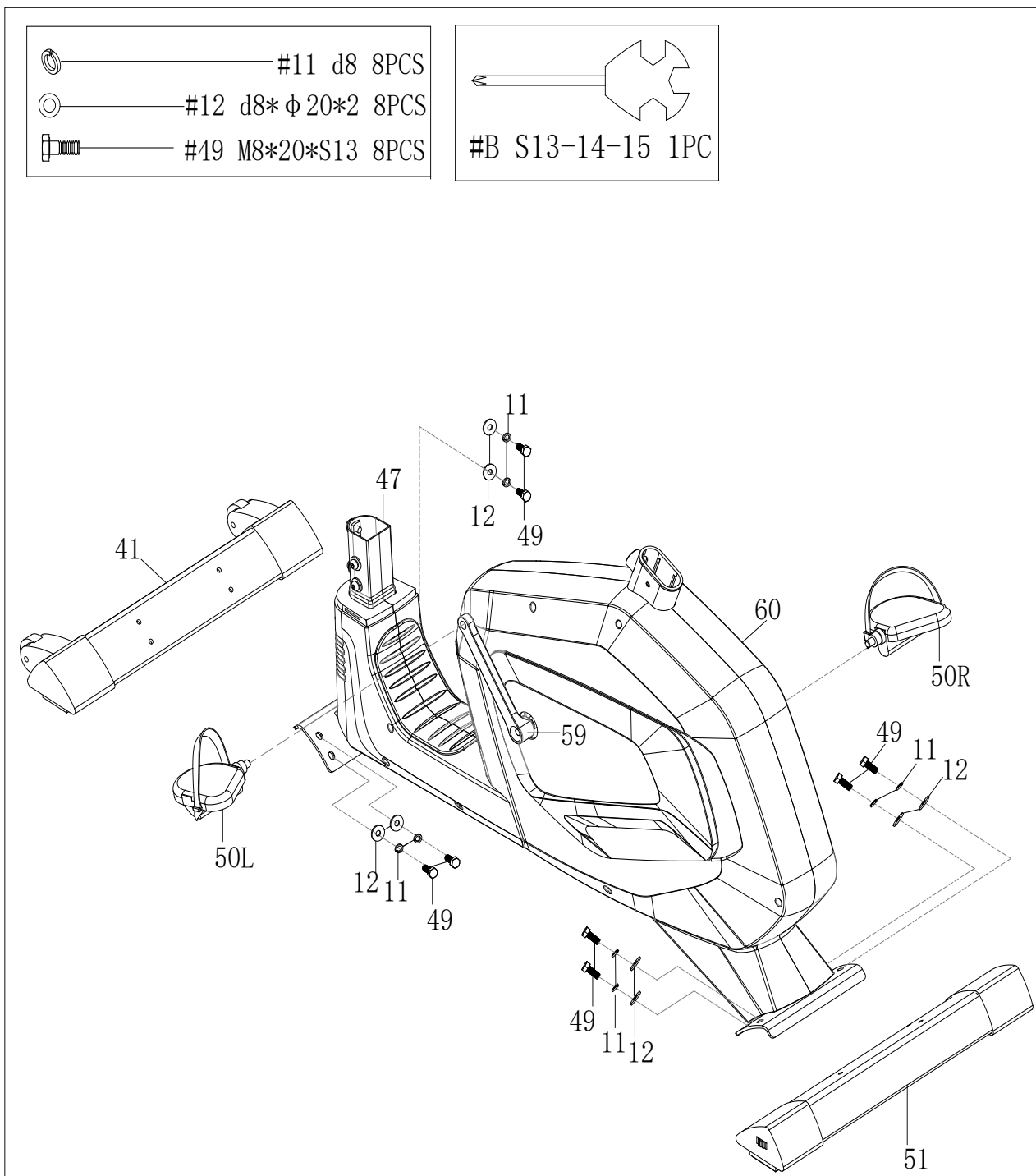
#B S13-14-15 1PC

STEP 1.

Remove Bolts (49), Spring Washers (11), and Washers (12) from Front Stabilizer (41) and Rear Stabilizer (51) using Spanner (B).

Attach Front Stabilizer (41) and Rear Stabilizer (51) to Main Frame (47) using Bolts (49), Spring Washers (11), and Washers (12) that were removed. Tighten and secure with Spanner (B).

Tighten and secure the Left & Right Pedals (50L/R) on the Crank (59&60) with Spanner (B).



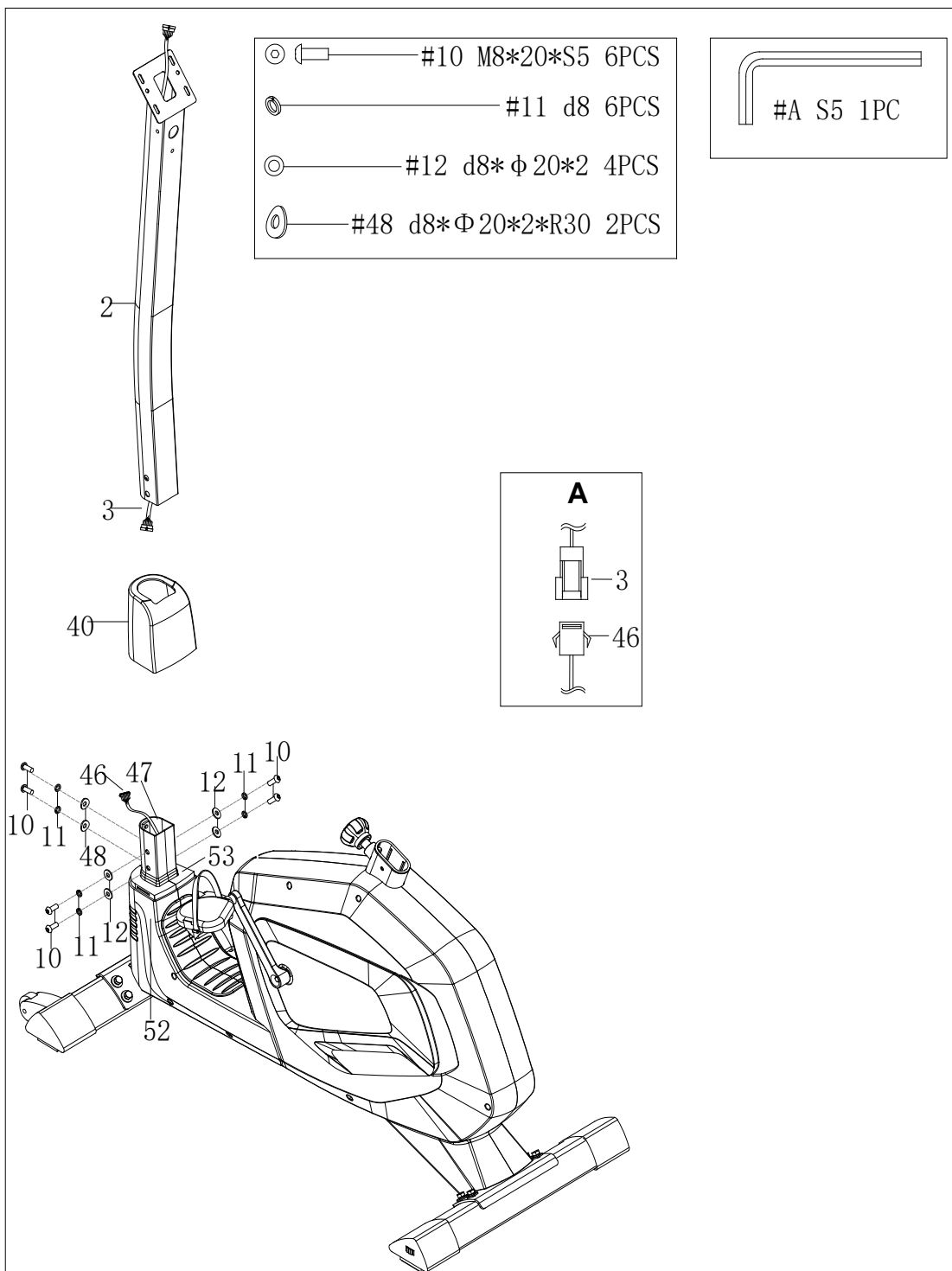
STEP 2.

Insert Handlebar post cover(40) to Handlebar post (2).

Connect Trunk Wire 1 (3) with Trunk wire 2 (46) as shown in picture A.

Remove Bolts (10), Spring Washers (11), Washers (12) and Arc Washers (48) from Main Frame (47). Then attach Handlebar Post (2) to Main Frame (47) with Bolts (10), Spring Washers (11), Washers (12) and Arc Washers (48) that were removed by Wrench (A).

Fix Handlebar Post Cover (40) to Front Cover (52&53).



STEP 3.

Pull out Pulse Trunk Wire (9) from Handlebar Post (2).

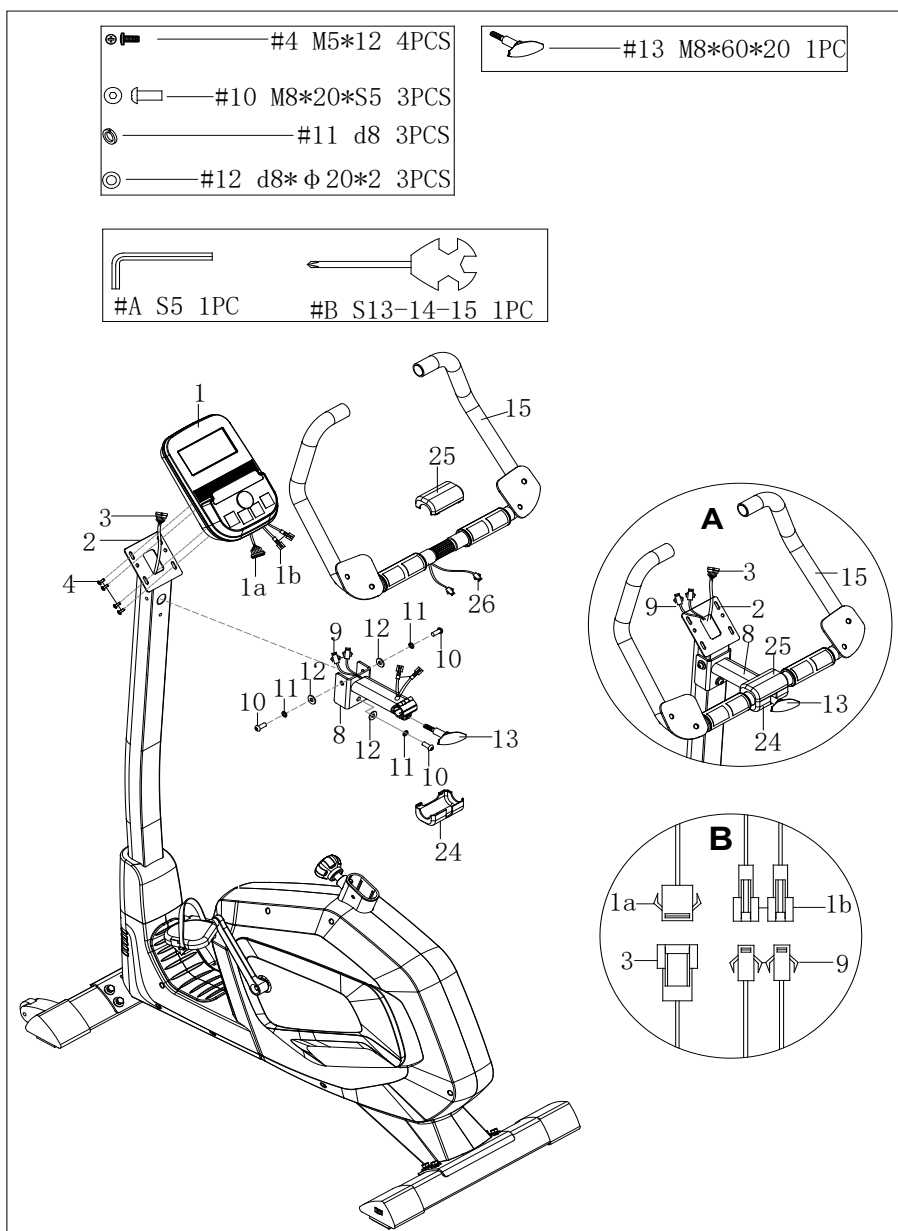
Remove Bolts (10), Spring Washers (11) and Washers (12) from Handlebar Post (2) with Wrench (A), then attach Handlebar Connecting Join (8) to Handlebar Post (2) with Bolts (10), Spring Washers (11) and Washers (12) that were removed.

Fix Handlebar (15) to Handlebar Connecting Join (8) with Knob (13).

Connect Handle Pulse Wire (26) with Pulse Trunk Wire (9). Fix Upper Pulse Cover and Lower Pulse Cover (24&25) to Handlebar (15).

Connect Pulse Trunk Wire (9) with Computer Wire (1b) and Connect Trunk Wire 1 (3) with Computer Wire (1a).

Fix Computer (1) to Handlebar Post (2) with Bolts (4) using Spanner (B).



STEP 4.

Insert Saddle Tube Cover (37) to Main Frame (47). Attach Saddle Tube (29) to Main Frame (47) with Knob (39).

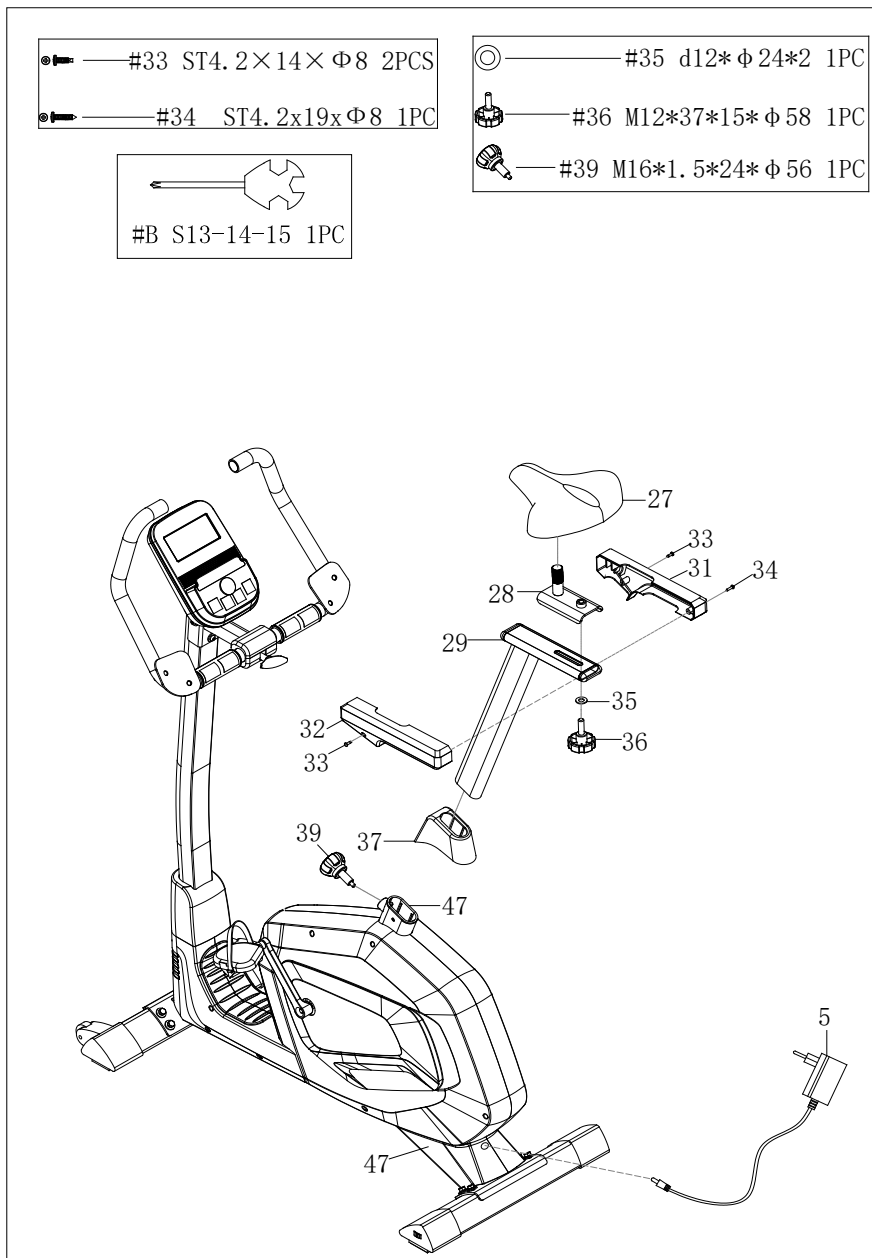
Remove Knob (36) and Washer (35) from Saddle Plate (28). Fix Saddle Plate (28) to Saddle Tube (29) with Knob (36) and Washer (35) that were removed.

Attach Saddle (27) to Saddle Plate (28) using Spanner (A).

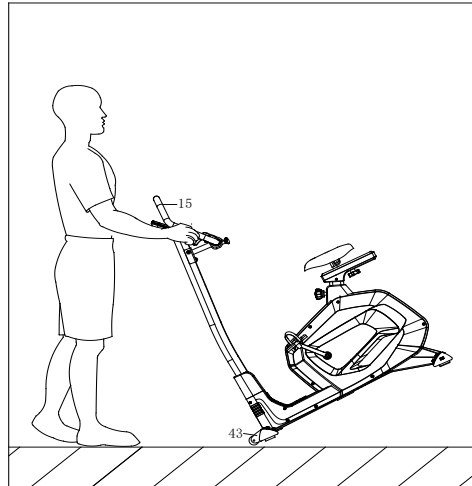
Fix Cover of Saddle Plate (31&32) to Saddle Tube (29) with Bolts (33+34) using Spanner (A).

Insert Adapter Line (5) to power hole on the back of Main Frame (47), then plug the adapter into an outlet.

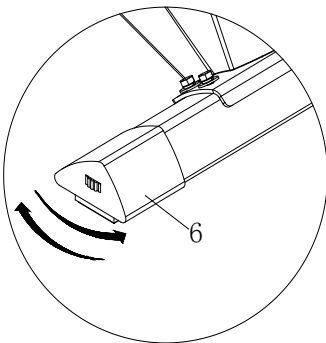
The assembly is complete.



To move the machine, push the Handlebar Join (15) until the Transportation Wheels (42&43) on the Front Stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

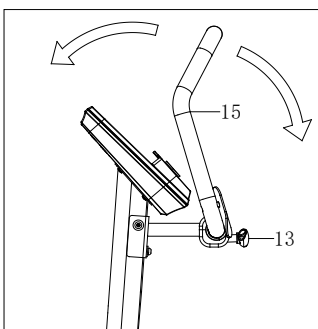


ADJUSTMENTS GUIDE



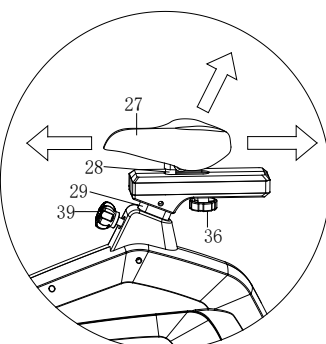
ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both foot pads on End Cap (6&7) according to the instruction picture.



ADJUSTING THE HANDLEBAR

Unlock the Knob (13), then adjust the angle of Handlebar (15) to an available position according to the instruction picture.



ADJUSTING THE SADDLE

Rotate Knob (39) counter-clockwise to adjust the height according to holes on Saddle Tube (29). Rotate Knob (36) counter-clockwise to adjust the horizontal distance according to the arrows on Saddle Plate (28).



I. Button Functions

START/STOP	Start or stop workout.
RESET	In stop mode, press this button to go back to main menu. Hold this button for 2 seconds, the console will reboot.
UP (+)	1. Select workout. 2. Increase function setting value.
MODE	In stop mode, press this button to confirm setting and enter program. In running mode, it is invalid to press this button.
DOWN (-)	1. Select workout. 2. Decrease function setting value.
RECOVERY	Test heart rate recovery status.
BODY FAT	Test body fat.

II. Display Functions

TIME	Display range 0:00 ~ 99:99; Setting range 5:00 ~ 99:00 minutes
DISTANCE	Display range 0 ~ 99.99; Setting range 1.00 ~ 99.90 KM
CALORIES	Display range 0 ~ 9999; Setting range 100 ~ 9900 Calorie
PULSE	Display range P-30 ~ 230; Setting range 0-50 ~ 220
WATT	Display range 0 ~ 999 watt; Setting range 10 ~ 350watt
SPEED	0.0 ~ 99.9 KM/H
RPM	0 ~ 999
BODY FAT	BODY FAT

III. Operation

1. Install batteries (or press RESET KEY for 2 seconds), the BUZZER beep sound, and LCD full display 2 seconds (Figure 1). Then display wheel diameter, KM or ML, and Fat symbol “E” for 1 second (Figure 2). The console will go to Standby mode (Figure 3). At this point, the motor reverses to Load 1.

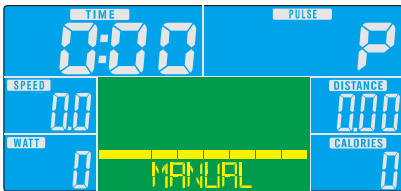


Figure 1.



Figure 2.

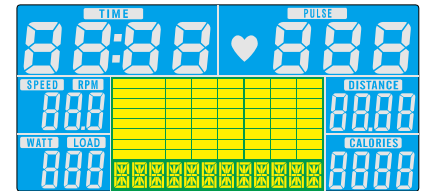


Figure 3.

2. In standby mode (Figure 3), press MODE/ENTER button to select mode:

MANUAL→P01→P02→P03→P04→P05→P06→P07→P08→P09→P10→
P11→P12→P13→P14→P15→P16→P17 (recyclable).

3. If user chooses “MANUAL” mode, press “MODE” button directly and go to “TIME” setting. Rotate knob UP(+) /DOWN (-) to adjust value, then press “MODE”. Go to next setting: set “Distance/ Calorie” (Figure 5). After setting, press “START/STOP” button, console start to exercise and calculate. Rotate knob UP (+) /DOWN (-)to adjust LOAD level.

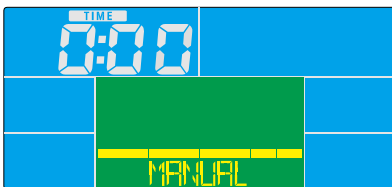


Figure 4.



Figure 5.

4. P01 mode (Figure 6)- In any mode, user can press “START/STOP”button and then“RESET”button to go back to main menu. “MANUAL” is flashing, rotate knob UP (+) once, go to “P01”mode, set target “TIME”, rotate knob UP (+) /DOWN (-) to adjust the value or directly press START to start exercise. When the TIME counts down to 0:00, system stop exercising automatically. User can also press “START/STOP” to stop during workout.



Figure 6.

5. The operation procedure of P02~P12 is same as P01.

6. P13 -P16 mode (H.R.C function) (Figure 7)- In any mode, user can press “START/STOP”button and then“RESET”button to go back to main menu. “MANUAL” is flashing, rotate knob UP (+) to select P13“H.R.C” mode. Press MODE to confirm and go to next step, rotate knob UP (+) /DOWN (-) to set target “TIME”, press “MODE” to confirm and then set “AGE” (“HRC AGE SET”, setting range 10-99), press MODE again to confirm and go to next step. Come to H.R.C TAG SET, rotate knob UP (+) /DOWN (-) , setting range:0-50~220. After setting, press “START/STOP” Button, console start to exercise and calculate. User also can press START to do exercise directly when entering this mode initially HRC (P13-P16). When the TIME counts down to 0:00, system will remind with beep sound.

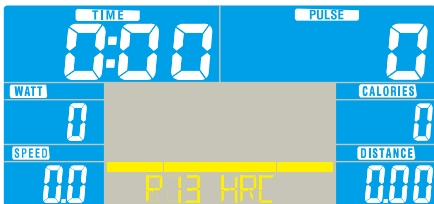


Figure 7.

7. P17 mode (WATT function) (Figure 8) - In any mode, user can press “START/STOP” button and then“RESET”button to go back to main menu. “MANUAL” is flashing, rotate knob UP (+) to select and enter P17“WATT” mode. Press MODE to confirm and go to WATT setting. Rotate knob UP (+) /DOWN (-) to set target TIME(1~99 minutes) and confirm by MODE button. Then set target WATT (range 10~350, default=120), press MODE to confirm. Press START to start exercise; System will auto-adjust load level based on target WATT value user input (Figure 9). Rotate knob UP(+)/DOWN(-) to adjust WATT value.



Figure 8.

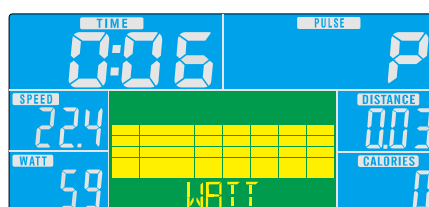
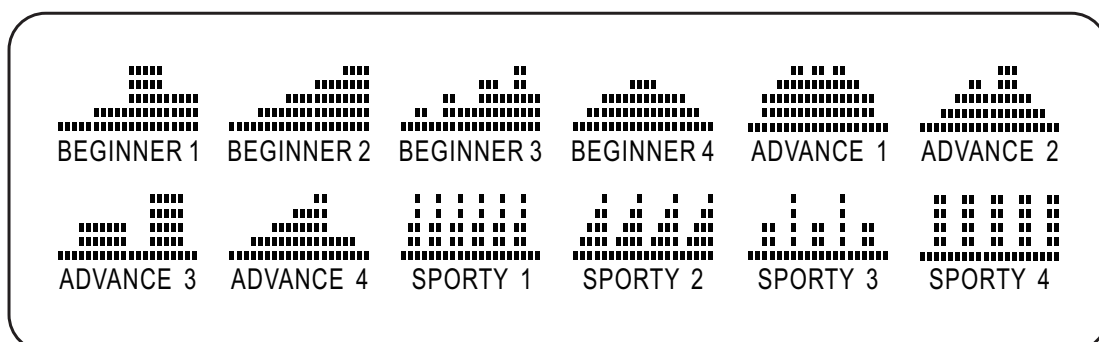


Figure 9.

PROGRAM DIAGRAM



8. RECOVERY function:

- (1) Without PULSE input, it is invalid to press this button.
- (2) With PULSE value displayed, press this key.
 - i. Only "TIME" and "PULSE" display, all other functions are disable (Figure 10).
 - ii. TIME window display "0:60" and start counting down (no matter pulse input or disappear prior to TIME counting down to 0), PULSE will show actual heart rate. After counting down to 0:00, it shows "FX"(X=1...6), and sound "bibi". Press RECOVERY to reverse back to main menu.
- (3) During RECOVERY function, user can press RECOVERY button to stop measure and go back to previous page.



Figure 10.

9. BLUETOOTH FUNCTION

This device is equipped with an integrated Bluetooth® connectivity which allows it to work with Bluetooth® heart rate chest belts and interactive applications such as KinoMap and Swift.

Heart Rate chest belt (not included)

- a) Put on your Bluetooth heart rate chest belt.
- b) If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- c) Your heart rate will be seen on the pulse window. You are ready to workout.

Kinomap

- a) Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- b) Enable bluetooth from your phone or tablet settings.
- c) Run the Kinomap APP.
- d) Go to the "More" menu and tap on "Equipment management". Tap on the "+" button.
- e) Follow the instructions on the APP to complete the connection.



USB Charging

This console has a built-in USB Port which enables charging many USB Devices.

Please note! charging increases the power consumption and the power supplied from the USB port may not be enough to operate the device and charge it at the same time. Use supplied adapter (9V 1.3A).

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.

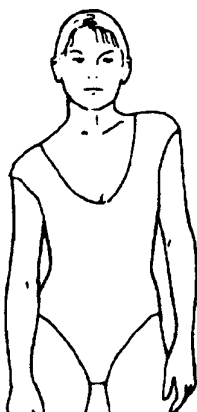
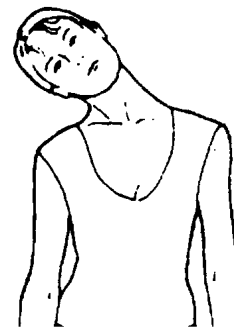
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you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

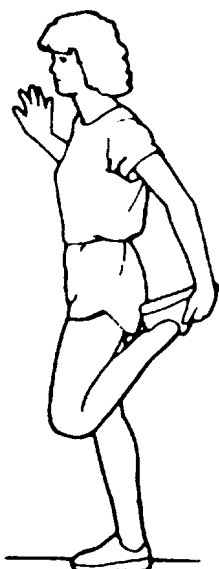
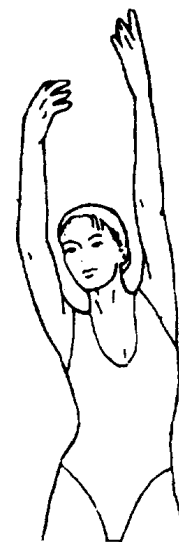


SHOULDER LIFTS

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.



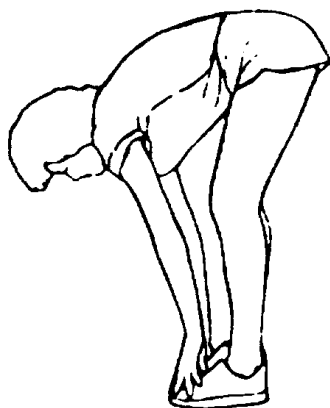
QUADRICEPS STRETCH

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.



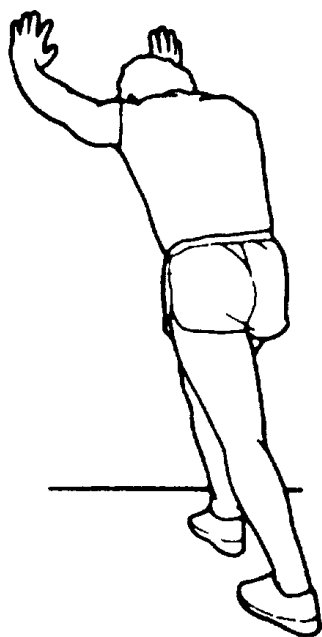
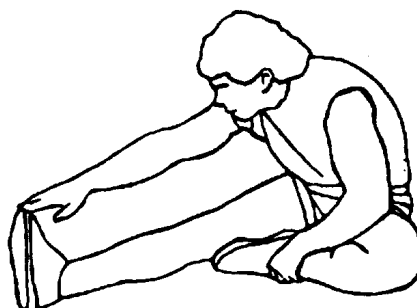


TOE TOUCHES

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.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:
Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.

