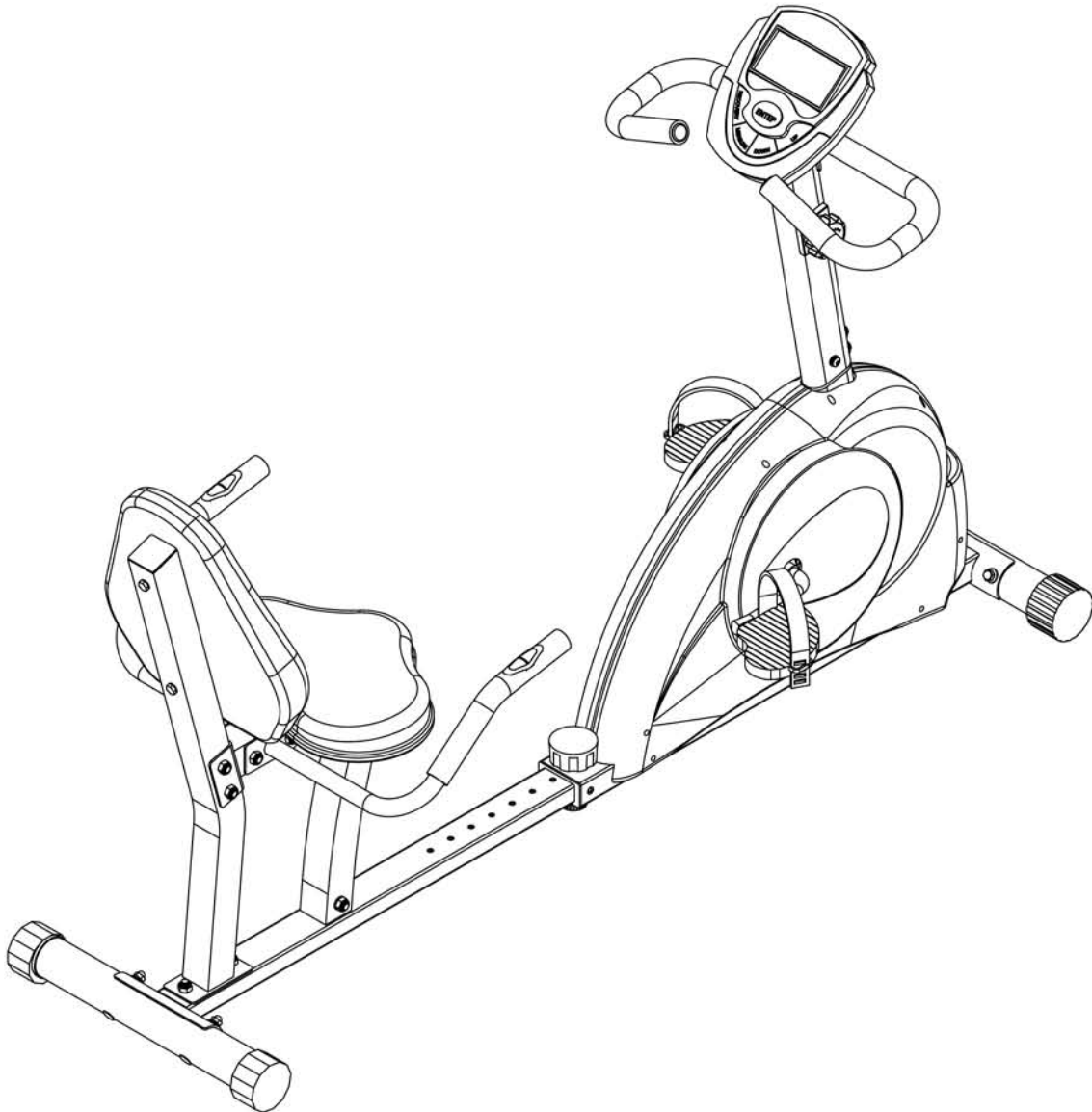




BRB 3800 MAGNETIC RECUMBENT BIKE



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL

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General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.



Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

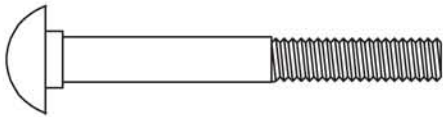
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.



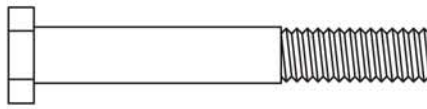
Hardware & Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

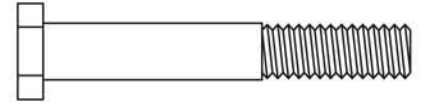
Bolt



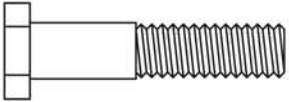
#12. Carriage Bolt (M8x70 mm)
[4 Pieces]



#13. Hex Bolt (M10x70 mm)
[6 Pieces]



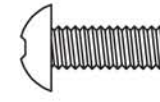
#14. Hex Bolt (M10x65 mm)
[1 Piece]



#15. Hex Bolt (M10x45 mm)
[2 Pieces]



#16. Hex Bolt (M8x65 mm)
[2 Pieces]



#17. Screw (M8x20 mm)
[10 Pieces]
Pre-assemble [4 Pieces]



#18. Screw (M5x12 mm)
[4 Pieces]
Pre-assemble

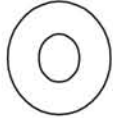


#20. Screw (M5x8 mm)
[2 Pieces]

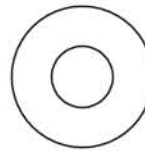
Washer



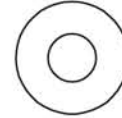
#21. Spring Washer (M8)
[10 Pieces]
Pre-assemble [4 Pieces]



#22. Arc Washer (M8)
[8 Pieces]
Pre-assemble [2 Pieces]

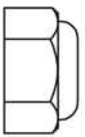


#23. Washer (M10)
[4 Pieces]



#24. Washer (M8)
[8 Pieces]
Pre-assemble [2 Pieces]

Nut

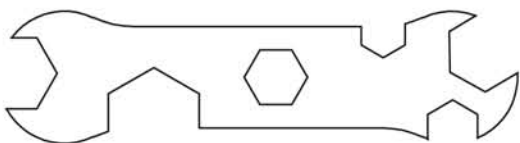


#25. Nylon Nut (M10)
[9 Pieces]



#26. Nut (M8)
[4 Pieces]

Tool



#53. Tool 1
[2 Pieces]



#54. Tool 2 (5 mm)
[1 Pieces]



Parts Listing

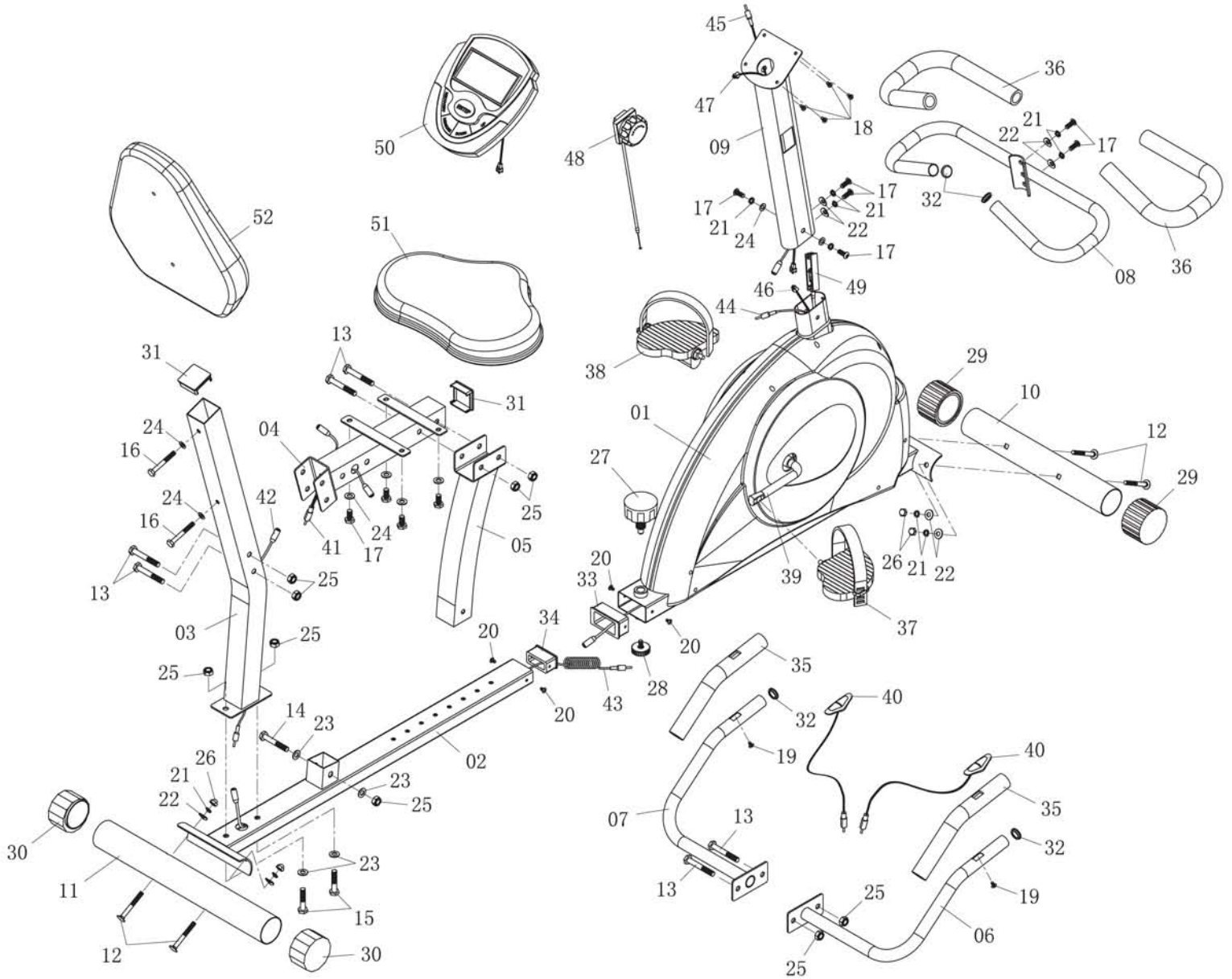
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

Part#	Description	Part#	Description
01	Main Frame	28	Knob Bolt (M8x25 mm)
02	Bottom Frame	29	End Cap for Rear Stabilizer
03	Backrest Cushion Frame	30	Adjustable End Cap for Front Stabilizer
04	Seat Cushion Frame	31	Square Inner Cap (50x50x1.5t)
05	Seat Cushion Support Frame	32	Round Inner Cap (25x1.5t)
06	Right Rear Handle Bar	33	Main Frame Sleeve
07	Left Rear Handle Bar	34	Bottom Frame Sleeve
08	Front Handle Bar	35	Foam Grip
09	Front Post	36	Foam Grip
10	Front Stabilizer	37	Right Pedal
11	Rear Stabilizer	38	Left Pedal
12	Carriage Bolt (M8x70 mm)	39	Crank
13	Hex Bolt (M10x70 mm)	40	Handle Pulse
14	Hex Bolt (M10x65 mm)	41	Sensor Wire 1
15	Hex Bolt (M10x45 mm)	42	Sensor Wire 2
16	Hex Bolt (M8x65 mm)	43	Sensor Wire 3
17	Screw (M8x20 mm)	44	Sensor Wire 4
18	Screw (M5x12 mm)	45	Sensor Wire 5
19	Screw (M4x20 mm)	46	Sensor Wire 6
20	Screw (M5x8 mm)	47	Sensor Wire 7
21	Spring Washer (M8)	48	Tension Control
22	Arc Washer (M8)	49	Tension Control Cable
23	Washer (M10)	50	Monitor
24	Washer (M8)	51	Seat Cushion
25	Nylon Nut (M10)	52	Backrest Cushion
26	Nut (M8)	53	Tool 1
27	Spring Loaded Knob (M16x30 mm)	54	Tool 2



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

A.) Stabilizer Assembly

Align the **Front Stabilizer (#10)** to the **Main Frame (#01)**. Attach them together by inserting two **Carriage Bolts (#12)** through the **Front Stabilizer (#10)** followed by the **Main Frame (#01)**. Secure them together using two **Arc Washers (#22)**, two **Spring Washers (#21)** and two **Nuts (#26)**.

Please Note that the **Front Stabilizer (#10)** is the one with end caps that spin.

B.) Stabilizer Assembly

Align the **Rear Stabilizer (#11)** to the **Bottom Frame (#02)**. Attach them together by inserting two **Carriage Bolts (#12)** through the **Rear Stabilizer (#11)** followed by the **Bottom Frame (#02)**. Secure them together using two **Arc Washers (#22)**, two **Spring Washers (#21)** and two **Nuts (#26)**.

C.) Frame Assembly

Connect **Sensor Wire 3 (#43)** to **Sensor Wire 4 (#44)**. Pull up the **Spring Loaded Knob (#27)** and slide the **Bottom Frame (#02)** into the **Main Frame (#01)**. Slide the **Bottom Frame (#02)** further into the **Main Frame (#01)** for shorter users and further out for taller users. Once you select the desired setting, screw the **Spring Loaded Knob (#27)** into the **Main Frame (#01)** and through the **Bottom Frame (#02)** to secure it in place. Tighten them using two **Screws (#20)**.

Hardware Required

Bolt



#12. Carriage Bolt (M8x70 mm)
[4 Pieces]



#20. Screw (M5x8 mm)
[2 Pieces]

Washer



#21. Spring Washer (M8)
[4 Pieces]

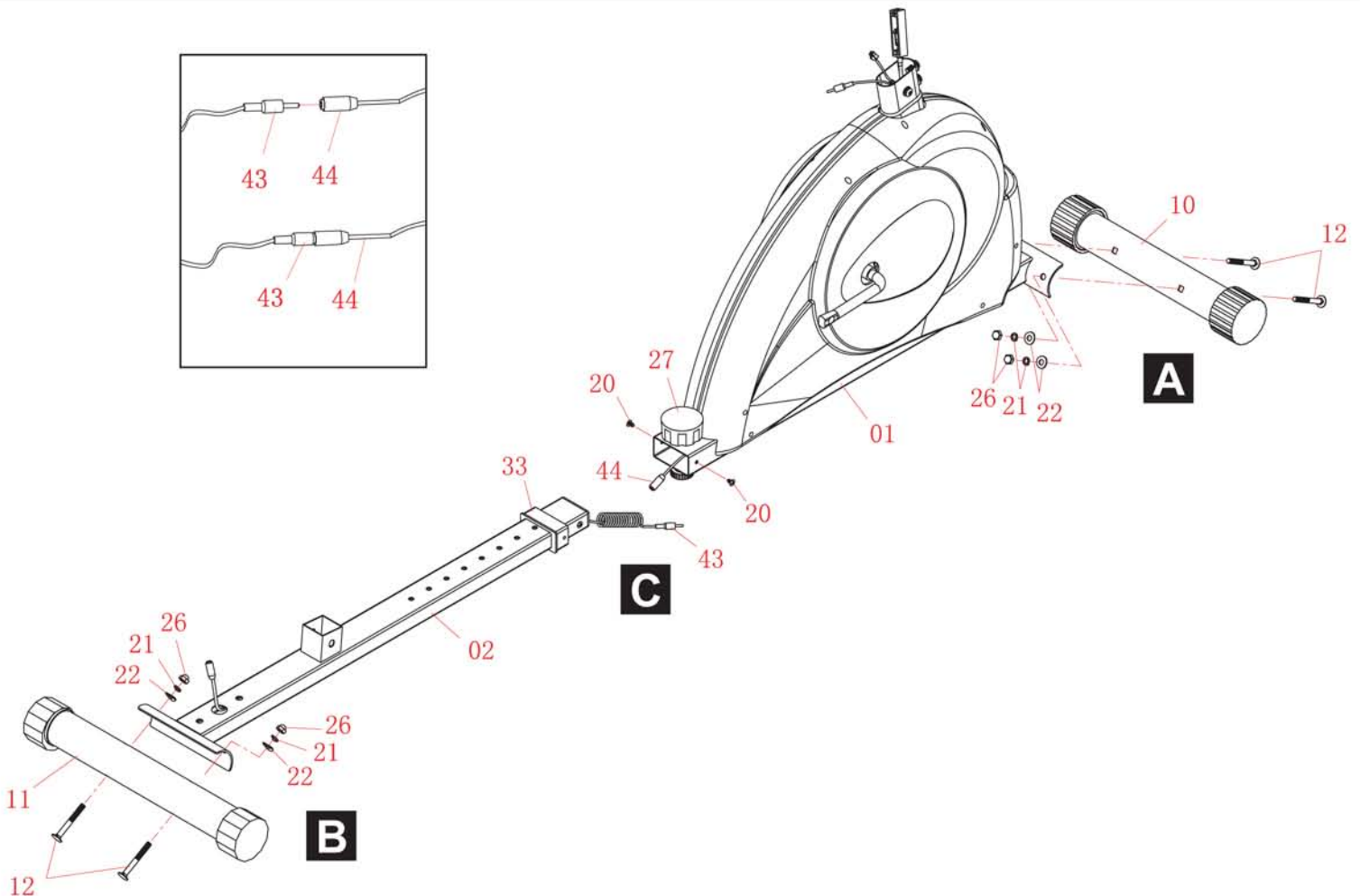


#22. Arc Washer (M8)
[4 Pieces]

Nut



#26. Nut (M8)
[4 Pieces]





Assembly Instructions

Assembly Step 2

A.) Pre-Assembled Hardware Removal

Remove the four **Screws (#17)**, four **Spring Washers (#21)**, two **Arc Washers (#22)**, two **Washers (#24)** that are pre-assembled on the top of the **Main Frame (#01)** and set them aside.

B.) Tension Controller Installation

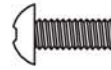
With the help of an assistant, connect the **Sensor Wire 4 (#44)** to **Sensor Wire 5 (#45)** and **Sensor Wire 6 (#46)** to **Sensor Wire 7 (#47)**. Please refer to the illustrated diagram on the bottom and assemble the **Tension Control (#48)**.

C.) Center Post Assembly

Once the **Tension Control (#48)** is properly installed, carefully slide the **Front Post (#09)** in to the **Main Frame (#01)** with the tension knob control on the right hand side. Secure both sides of the **Front Post (#09)** using a two **Washers (#24)**, two **Spring Washers (#21)** and two **Screws (#17)** that were previously removed. Please refer to the illustrated diagram below. Secure the front of the **Front Post (#09)** to the **Main Frame (#01)** using two **Arc Washers (#22)**, two **Spring Washers (#21)** and two **Screws (#17)** that were previously removed.

Hardware Required

Bolt



#17. Screw (M8x20 mm)
[4 Pieces]

Washer



#21. Spring Washer (M8)
[4 Pieces]

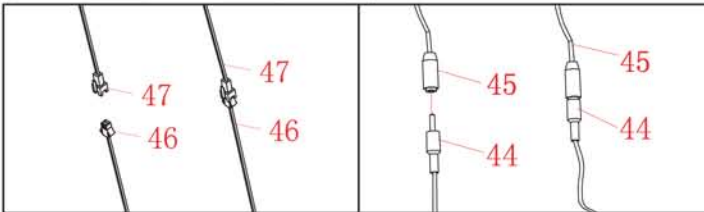


#22. Arc Washer (M8)
[2 Pieces]



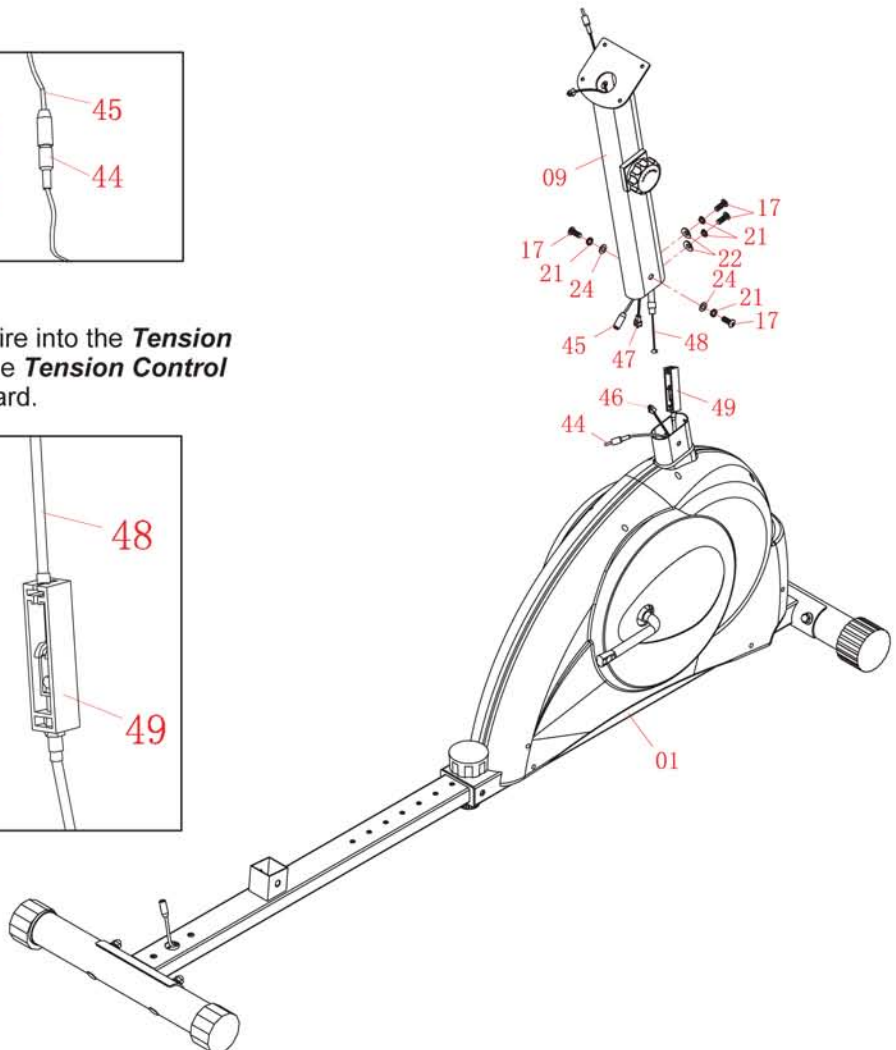
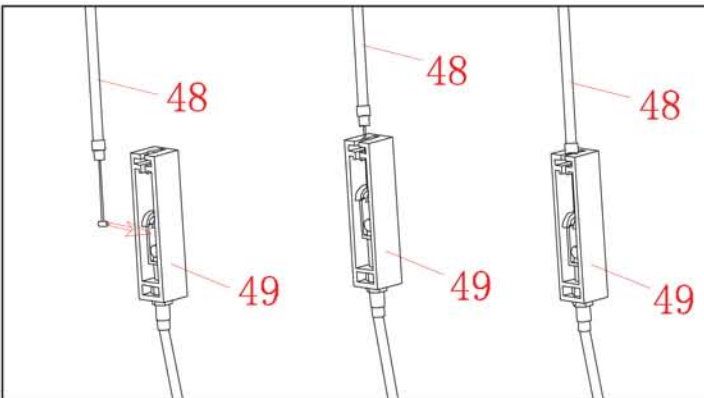
#24. Washer (M8)
[2 Pieces]

SENSOR WIRE ASSEMBLY



TENSION WIRE ASSEMBLY

Insert the tip of the **Tension Control (#48)** wire into the **Tension Control Cable (#49)** head at an angle. Tilt the **Tension Control (#48)** wire into the crevice and then pull upward.





Assembly Instructions

Assembly Step 3

A.) Backrest Cushion Frame Assembly

Connect **Sensor Wire 2 (#42)** to **Sensor Wire 3 (#43)**. Insert two **Hex Bolts (#15)** through two **Washers (#23)** followed by the **Bottom Frame (#02)** and **Backrest Cushion Frame (#03)**. Secure them together using two **Nylon Nuts (#25)**.

B.) Seat Cushion Frame Assembly

1. Align and attach the **Seat Cushion Support Frame (#05)** to the **Bottom Frame (#02)**. Insert a **Hex Bolt (#14)** through a **Washer (#23)** followed by the **Bottom Frame (#02)**, the **Seat Cushion Support Frame (#05)**. Secure them together using a **Washer (#23)** and a **Nylon Nut (#25)**.

2. Connect **Sensor Wire 1 (#41)** to **Sensor Wire 2 (#42)**. Insert two **Hex Bolts (#13)** through the **Seat Cushion Frame (#04)** and the **Backrest Cushion Frame (#03)**, then secure them together using two **Nylon Nuts (#25)**.

3. Insert two **Hex Bolts (#13)** through the **Seat Cushion Support Frame (#05)** and the **Seat Cushion Frame (#04)**, then secure them together using two **Nylon Nuts (#25)**.

Hardware Required

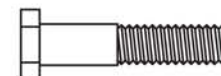
Bolt



#13. Hex Bolt (M10x70 mm)
[4 Pieces]

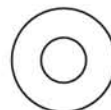


#14. Hex Bolt (M10x65 mm)
[1 Piece]



#15. Hex Bolt (M10x45 mm)
[2 Pieces]

Washer

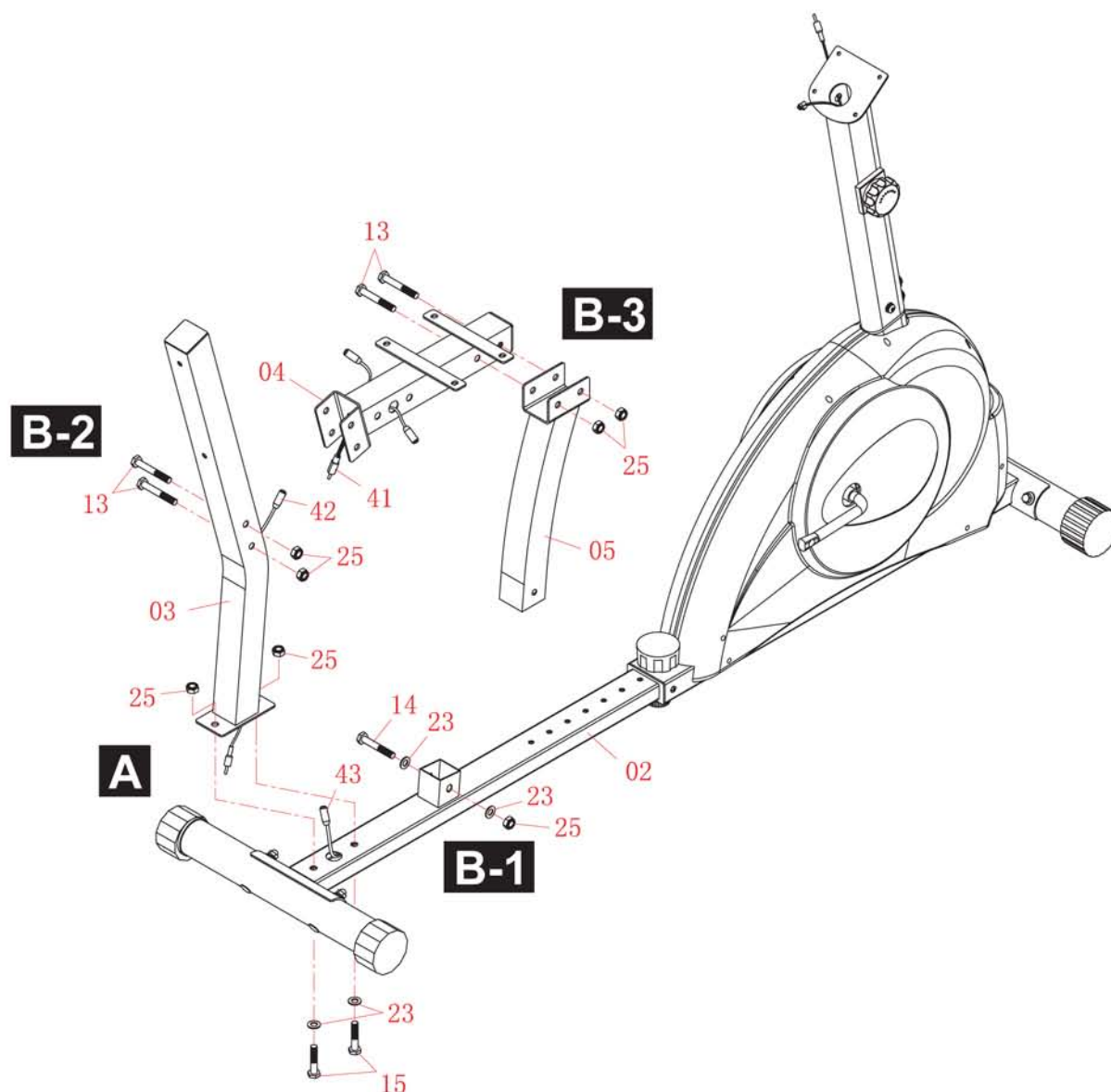


#23. Washer (M10)
[4 Pieces]

Nut



#25. Nylon Nut (M10)
[7 Pieces]





Assembly Instructions

Assembly Step 4

A.) Front Handle Bar Assembly

Attach the **Front Handle Bar (#08)** to the **Front Post (#09)**. Secure it directly in to the **Front Post (#09)** using two **Arc Washers (#22)**, two **Spring Washers (#21)** and two **Screws (#17)**.

B.) Rear Handle Bar Assembly

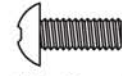
Connect the **Left Hand Pulse (#40)** to **Left Sensor Wire 1 (#41)** and connect the **Right Hand Pulse (#40)** to **Right Sensor Wire 1 (#41)**. Align the **Left Rear Handle Bar (#07)** and the **Right Rear Handle Bar (#06)** to the **Seat Cushion Frame (#04)**. Insert two **Hex Bolts (#13)** through the **Left Rear Handle Bar (#07)** followed by the **Seat Cushion Frame (#04)** and the **Right Rear Handle Bar (#06)**. Secure them together using two **Nylon Nuts (#25)**.

Hardware Required

Bolt



#13. Hex Bolt (M10x70 mm)
[2 Pieces]



#17. Screw (M8x20 mm)
[2 Pieces]

Washer



#21. Spring Washer (M8)
[2 Pieces]

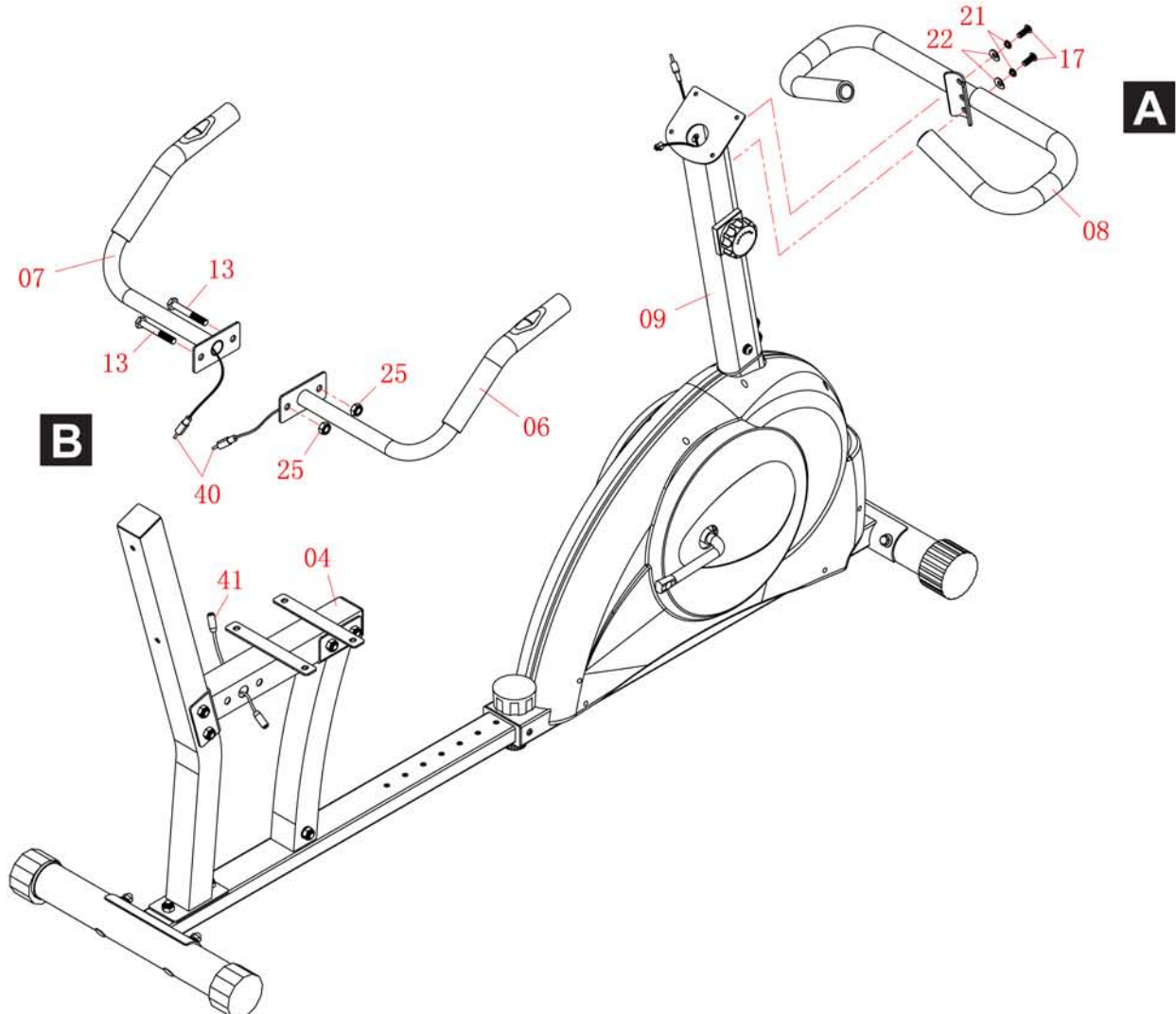


#22. Arc Washer (M8)
[2 Pieces]

Nut



#25. Nylon Nut (M10)
[2 Pieces]





Assembly Instructions

Assembly Step 5

CAUTION: DO NOT OVERTIGHTEN BOLTS!

A.) Cushion Assembly

Bolt the **Backrest Cushion (#52)** to the **Backrest Cushion Frame (#03)** using a total of two **Hex Bolts (#16)** and two **Washers (#24)**. Bolt the **Seat Cushion (#51)** to the **Seat Cushion Frame (#04)** using a total of four **Washers (#24)** and four **Screws (#17)**.

B.) Pedal Assembly

Screw **Right Pedal (#37)** into the right crankshaft by turning the **Right Pedal (#37)** clockwise.

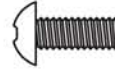
Screw **Left Pedal (#38)** into the left crankshaft by turning the **Left Pedal (#38)** counterclockwise.

Hardware Required

Bolt



#16. Hex Bolt (M8x65 mm)
[2 Pieces]

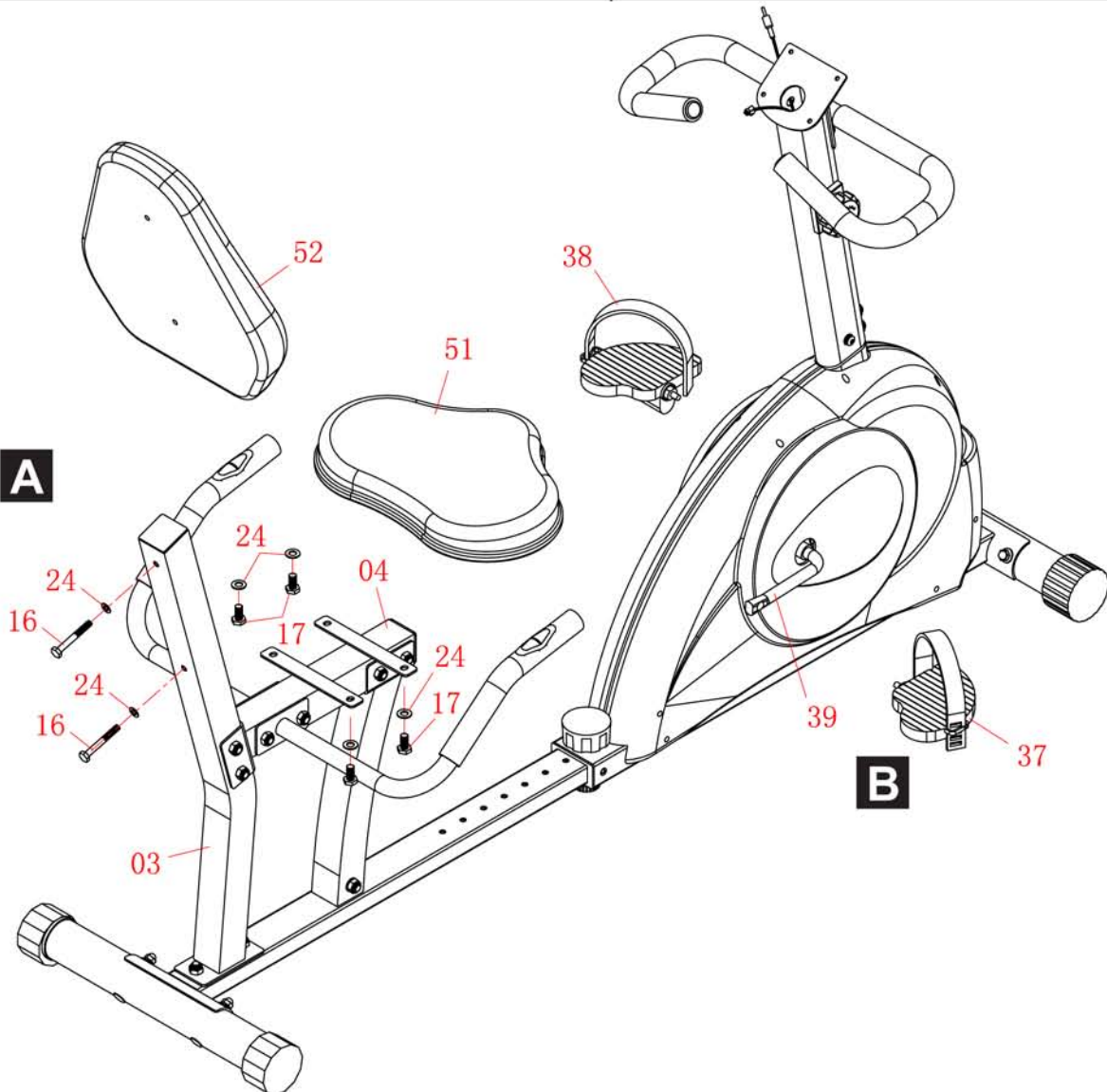


#17. Screw (M8x20 mm)
[4 Pieces]

Washer



#24. Washer (M8)
[6 Pieces]





Assembly Instructions

Assembly Step 6

Monitor Assembly

Remove the four **Screws (#18)** that are pre-assembled on the back of the **Monitor (#50)** and set them aside. Connect the **Sensor Wire 7 (#47)** to the **Monitor (#50)** and also connect the **Sensor Wire 5 (#45)** to the **Monitor (#50)**. Carefully tuck in the excess wiring from the **Monitor (#50)** in to the **Front Post (#09)** and align the holes on the **Monitor (#50)** and **Front Post (#09)**. Secure them together using four **Screws (#18)** that were previously removed.

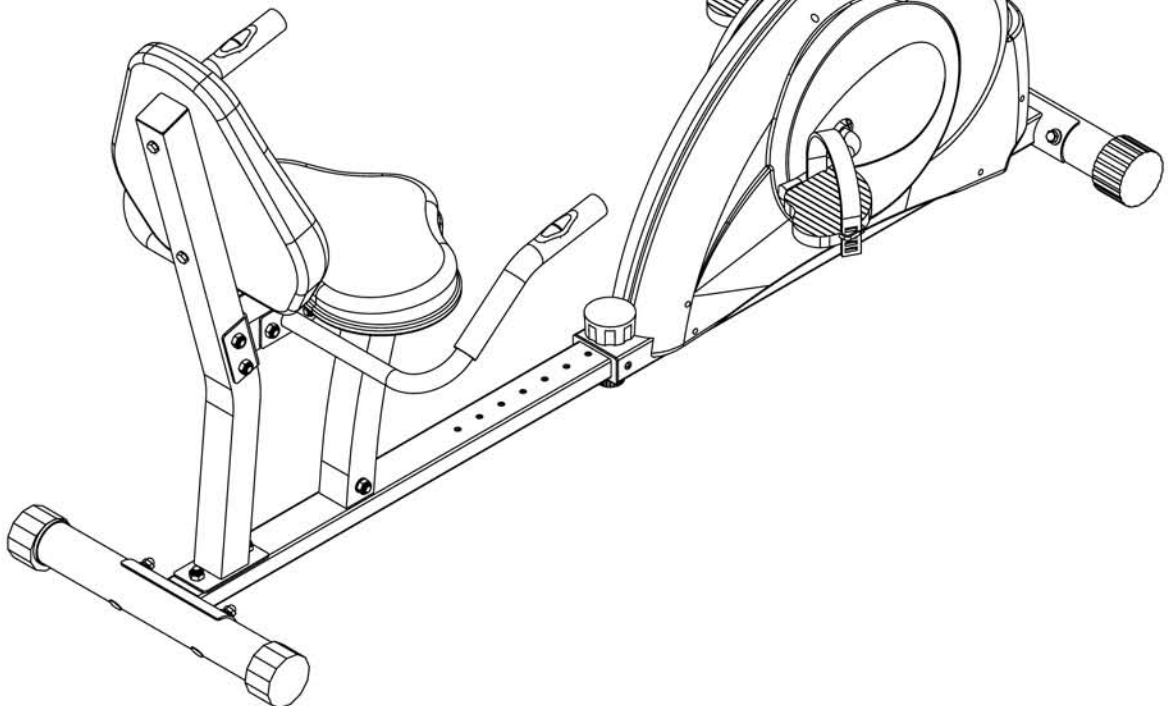
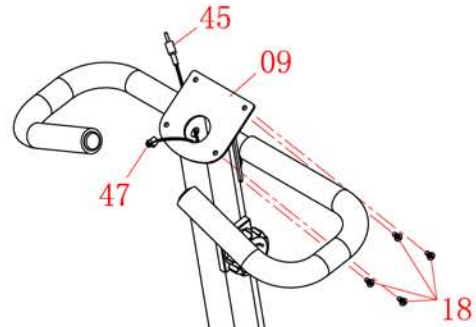
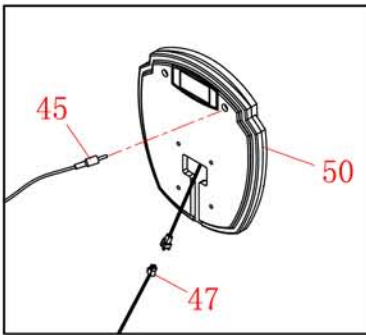
The assembly process is complete. Please ensure all nuts, bolts and knobs are securely tightened before using the cycle.

Hardware Required

Bolt



#18. Screw (M5x12 mm)
[4 Pieces]





Computer Operation



● Key Functions:

ENTER:

1. Press this button to confirm the setting value of Year- Month- Date- Hour-Minute and alarm.
2. Press this button to select functions of Distance- Time- Calorie- T.H.R to be preset.
3. Hold this button down two seconds to reset all the value of Distance/ Time/ Calorie/ T.H.R to be zero.

UP:

1. Increase the setting value during setting mode. (The monitor has to be in stop condition.)
Hold this button down for 2 seconds or longer to quickly to reach the desire setting value.
2. Select the function and display on the main screen during exercise.
(Speed- RPM- Distance-Time- Calorie- Pulse)

DOWN:

1. Decrease the setting value during setting mode. (the monitor has to be in stop condition.)
Hold this button down for 2 seconds or longer to quickly to reach the desire setting value.
2. Select the function and display on the main screen during exercise.
(Pulse- Calorie- Time- Distance- RPM- Speed)

MEASURE:

Press this button to enter the setting mode of your personal data of Gender, Age, Height and Weight. After finished setting, press it again to measure your Body fat ration, Body type & BMI. (The monitor has to be in stop condition.)

RECOVERY:

Press this button to measure your pulse recovery condition during stop condition.

● Functions

1. **Calendar:** Display the month, date and week.
2. **Temperature:** Display current room temperature from 10°C to 60°C.



Computer Operation

3. **CLOCK:** Display the current time.
4. **ALARM:** The monitor has the alarm function.
5. **SCAN:** Display all function value from SPEED-RPM- DISTANCE-TIME-CALORIE-PULSE.
6. **SPEED:** Display current training speed. Maximum speed is 99.9 MILE/H.
7. **RPM:** Display current rotation per minute.
8. **DIST:** Accumulate the total distance form 0.00 up to 999.9 Mile. Or users can preset the target distance they want to reach.
9. **TIME:** Accumulate the workout time from 00:00 to 99:59. Or users can preset the target time they want.
10. **CAL:** Accumulate the calories consumption from 0 to 9999. Or users can preset the target Calories they want to consume.
11. **PULSE:** Display the current heart rate in beats per minute.
12. **T.H.R.:** Users can preset their Target Heart Rate for training.
13. **Body Fat Measurement:** Display body fat ratio, body type and BMI.
14. **Pulse recovery:** Check the condition of pulse recovery when stop exercising.

● Operation Instructions:

1. Batteries Installation

Please install 2 pieces of AA 1.5V batteries in the battery case on the back of monitor.
(Whenever Batteries are removed, all the functions values will be reset to zero.)

2. The full LCD display will be shown with Bi sound at the same time after batteries installation, then the wheel size will be shown 2 seconds. After that the LCD will display calendar, time and room temperature.

3. Calendar/ Clock

Use UP or DOWN key to set the value while the number of year, month, date and time is blinking then press ENTER key to confirm the setting value.

Press RECOVERY and MEASURE keys together can enter setting mode of Calendar during stop mode.

Calendar, room temperature and time will show out while stop exercising and without pressing key over 256 seconds, and reset all the function value to be zero.

Alarm

Use UP or DOWN key to set the value while the number of hour and minute for alarm is blinking, press ENTER key to confirm each setting value. After that press UP or DOWN key to have the alarm signal on the display then press ENTER key to confirm it. Once the alarm is ringing, press any key to stop it.

4. Preset Dist/ Time/Cal/T.H.R.

Press ENTER key to enter setting mode.

Use UP or DOWN key to set the target value while the number is blinking then press ENTER key to confirm each value.

a. Dist:

The monitor will count up the distance from 0.0 ~ 999.9 Mile without setting the value.

Users can set the target value from 0.5 to 999.5 Mile then the monitor will count down from the setting value.

Once reach the setting value, the monitor will alarm then the value will count up from 0.0.

b. Time:

The monitor will count up the time from 00:00 to 99:59 without setting the value.

Users can set the target value from 1:00 to 99:00 then the monitor will count down from the setting value.

Once reach the setting value, the monitor will alarm then the value will count up from 00:00.



Computer Operation

c. **CAL:**

The monitor will count up the calories from 0.0 to 9999 without setting the value.

User can set the target value from 10 to 9990 then the monitor will count down from the setting value.

Once reach the setting value, the monitor will alarm then the value will count up from 0.0.

d. **T.H.R. (Target Heart Rate)**

Users can preset the target heart rate from 60 to 220.

Place your palms on the both of the contact pads and the monitor will show up your heart rate in beat per minute on the LCD display.

Once your heart rate reach your setting value (T. H.R.), the pulse rate will be blinking until your heart rare under your T.H.R.

5. **Body Fat Measurement**

Press MEASURE key to enter setting your personal date of Gender, age, height and weight.

Use UP or DOWN key to select and set up your data and press ENTER key to confirm each data.

(The default values for each data are Gender- Male, Age- 30, Height- 175 cm and weight-150 lbs.)

After that press MEASURE button and place your palms on the both of contact pads.

The display will show out Body type, Body Fat ratio and BMI.

Body Types:

There are 5 body types divided according to the Fat% calculated.

Type 1 is Ultra Slim type (body fat 5% ~ 9%).

Type 2 is Slim type (body fat 10% ~ 19%).

Type 3 is Ideal-healthy type (body fat 20% ~ 29%).

Type 4 is Fat type (body fat 30% ~ 39%).

Type 5 is Ultra body fat type (40% ~50%)

BMI: Body Mass Index

Calculate from your personal data to show the value from 1.0 ~ 99.99.

Body Fat%

Calculate from your personal data to show the value from 5 ~ 50%.

Press any key to return to the main display.

6. **Pulse Recovery:**

Check the condition of pulse recovery after exercising for a period of time.

Press RECOVERY key and also apply the heart rate detector appropriately while stop exercising. The test will last 1 minute and Time will count down from 1:00 to 0:00 also shown on the LCD display. After that the result will show out on the LCD from F1.0 to F6.0, the increment is 0.1. F1.0 means the best, and F6.0 means the worst.

Press any key except RECOVERY key to return to the main display.



Proof of purchase

Thanks for choosing



Model Number BRB 3800

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:
