ITSU

御手の物®

IS0149 User Manual

CONTENTS

Thank you for purchasing the IS0149.
Before operating this unit, please read this manual carefully to
ensure optimum performance and safety.
This manual should be kept available for future reference.

REMARK:

For product improvement, the company reserves the right to change
the design and specification at any time without prior notice.
Pictures are for reference use only and may differ from the actual
product.

IMPORTANT INFORMATION

SAFETY

1. Please keep this manual in a safe place for your reference when necessary.

2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully. The safety and efficiency only can be achieved when the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all the users are informed of all the warnings and precautions.

3. For totally safe use, a stable, leveled surface is required. Protect your floor with a mat. Do not use the equipment in a damp area such as swimming pool sauna, etc. For safety space, the equipment must have at least 0.5meter of free space all around it.

4. Before starting any exercise program you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headaches, dizzy or nauseous. If you do experience any of these conditions you must consult your doctor before continuing with your exercise program.

6. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.

7. The equipment is designed for home use only, Maximum weight of the user is :100kg.

8. The equipment is not suitable for therapeutic use.

9. Wearing proper clothing while using the equipment, avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.

10. Keep your back straight while exercising.

11. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.

12.For adjustable parts, bear the maximum position in your mind, do not exceed the

mark "stop", otherwise will cause risk.

13. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment ,or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.

14. Care must be taken when lifting or moving the equipment so as not to injure your back. always use proper lifting techniques and /or seek assistance if necessary.

15.All moveable accessories (e.g. pedal, handlebar, saddle...etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using them only after they return to good conditions.

16. Pay attention to the absence of a free wheel system which will cause serious risk.

17. Adjusting the knob for emergency.

18. Lock the equipment when stop using.

MAINTENANCE

1. The safety level of the equipment only can be maintained if it is regularly examined for damage and or /wear and tear.(e.g. handle bar, pedals and seat ...etc.).It is vital that any faulty parts are replaced and the it is not used until completed repaired.

2. Regularly check that the elements fastened with nuts and bolts are correctly tightened.

3. Remember regularly to grease moving parts.

4. Special attention to the component, most of them   are susceptible to wear like brake system, foot pad etc..

5. As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after using. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products must be avoided.

6. Store the equipment in a clean and dry environment away from children.
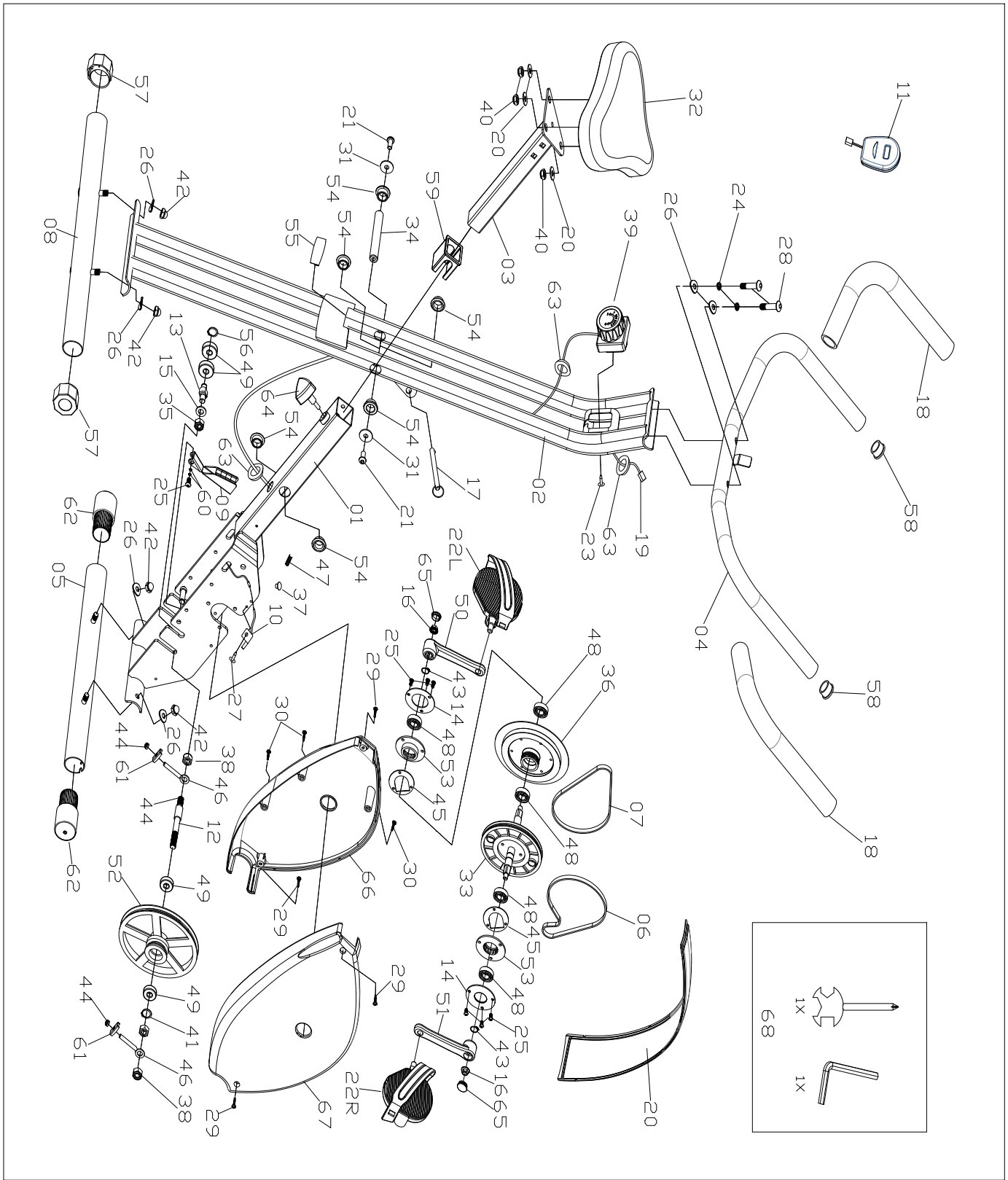
PARTS LIST

| No.	Name	QTY	No.	Name	QTY	No.	Name	QTY
1	Main frame	1	32	Seat	1	63	Convenient cover	3
2	Support rack	1	33	Main belt wheel	1	64	Knob	1
3	Seat post	1	34	Axis of rotation	1	65	Crank cover	2
4	Handle bar	1	35	Nylon nut	1	66	Left cover	1
5	Front stabilizer	1	36	Flywheel	1	67	Right cover	1
6	PJ belt 240	1	37	Protect plug	1	68	Tools	1
7	PJ belt 230	1	38	Hex nut	2			
8	Rear stabilizer	1	39	8 period adjusting knob	1			
9	Magnetic board	1	40	Nylon nut	3			
10	Sensor wire	1	41	Snap spring	1			
11	Console	1	42	Cap nut	4			
12	Alum idle wheel	1	43	Axis with the spring	7			
13	Idle bearing	1	44	Nylon nut	2			
14	Bearing cover	2	45	Fixed plate	2			
15	Flat washer	1	46	Bolt	2			
16	Nut	2	47	Pressure spring	1			
17	Pin plug	1	48	Bearing 6003	4			
18	Foam	2	49	Bearing 6000	4			
19	Console wire	1	50	Crank (L)	1			
20	Front cover	1	51	Crank (R)	1			
21	Screw	2	52	Guide pulley	1			
22	Pedal L/R	1	53	Bearing seat	2			
23	Screw	1	54	Axis bushing	6			
24	Spring washer	2	55	Cushion	1			
25	Screw	7	56	Axis with the spring	1			
26	Curved washer	6	57	Tube plug for rear stabilizer	2			
27	Screw	1	58	End cap	2			
28	Screw	4	59	bushing	1			
29	Screw	4	60	Waved washer	2			
30	Screw	4	61	Board	2			
31	Washer	10	62	Front wheel cover	2			

ASSEMBLY TOOLS
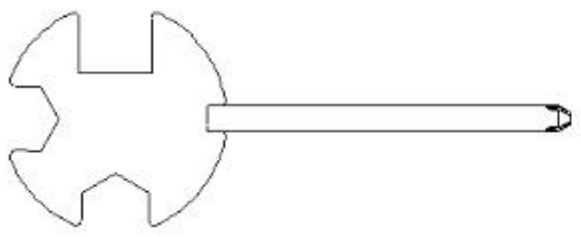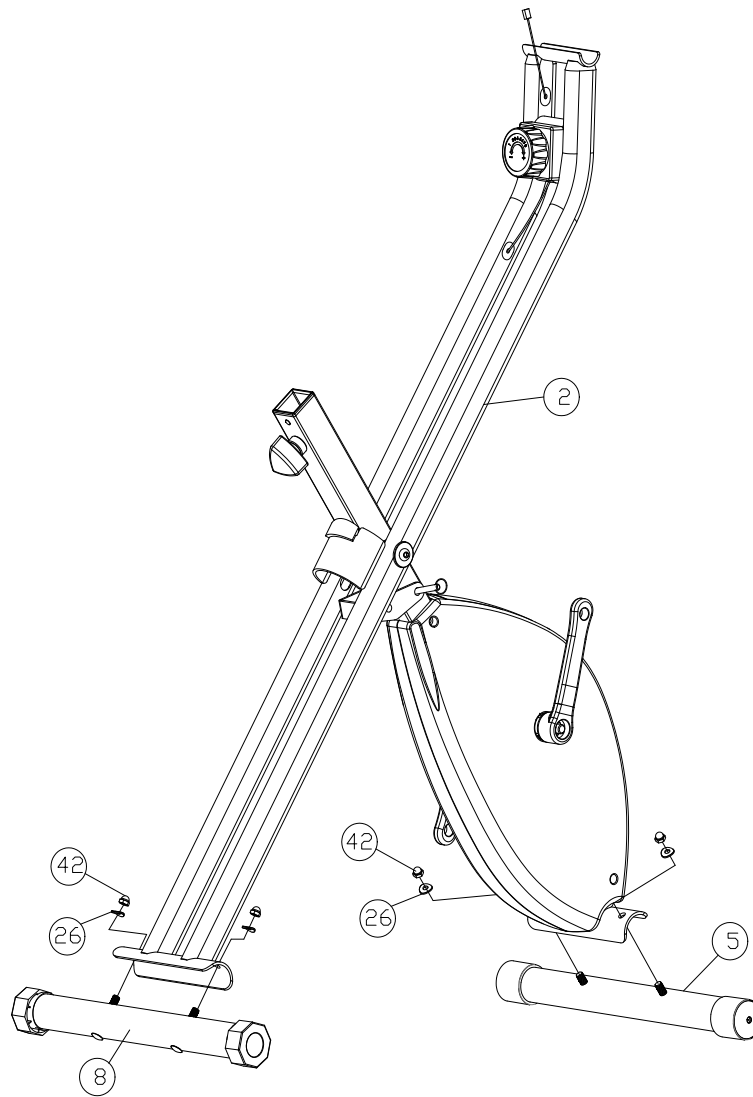
Spanner

Hex wrench

ASSEMBLY INSTRUCTIONS

Step1: Install the lock pin
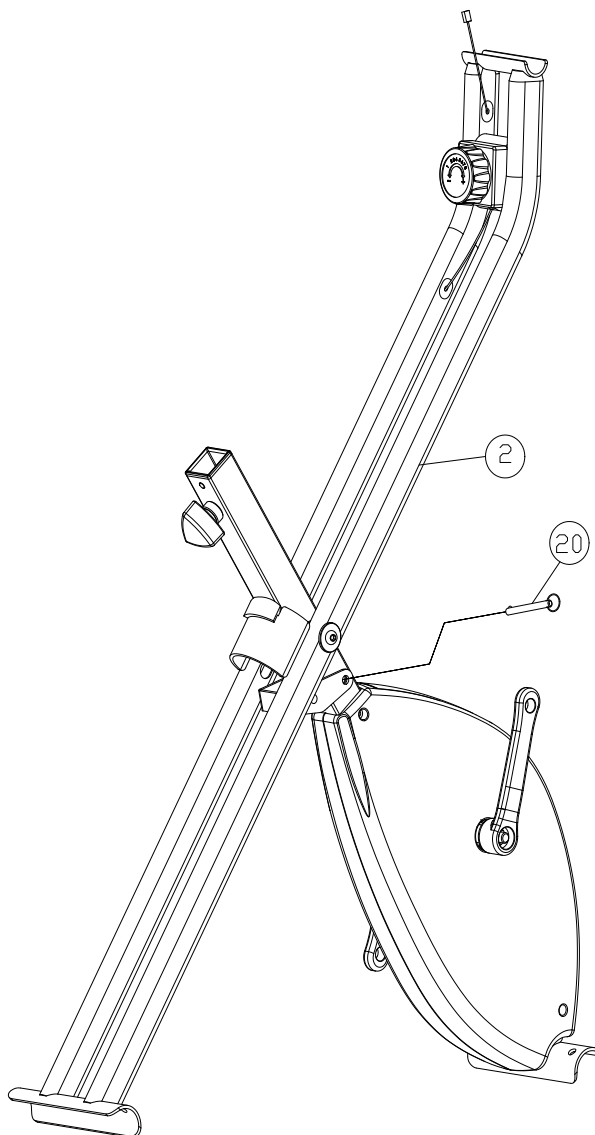
Pull out the lock pin(20) from the folding bike, extend the bike and fix the lock
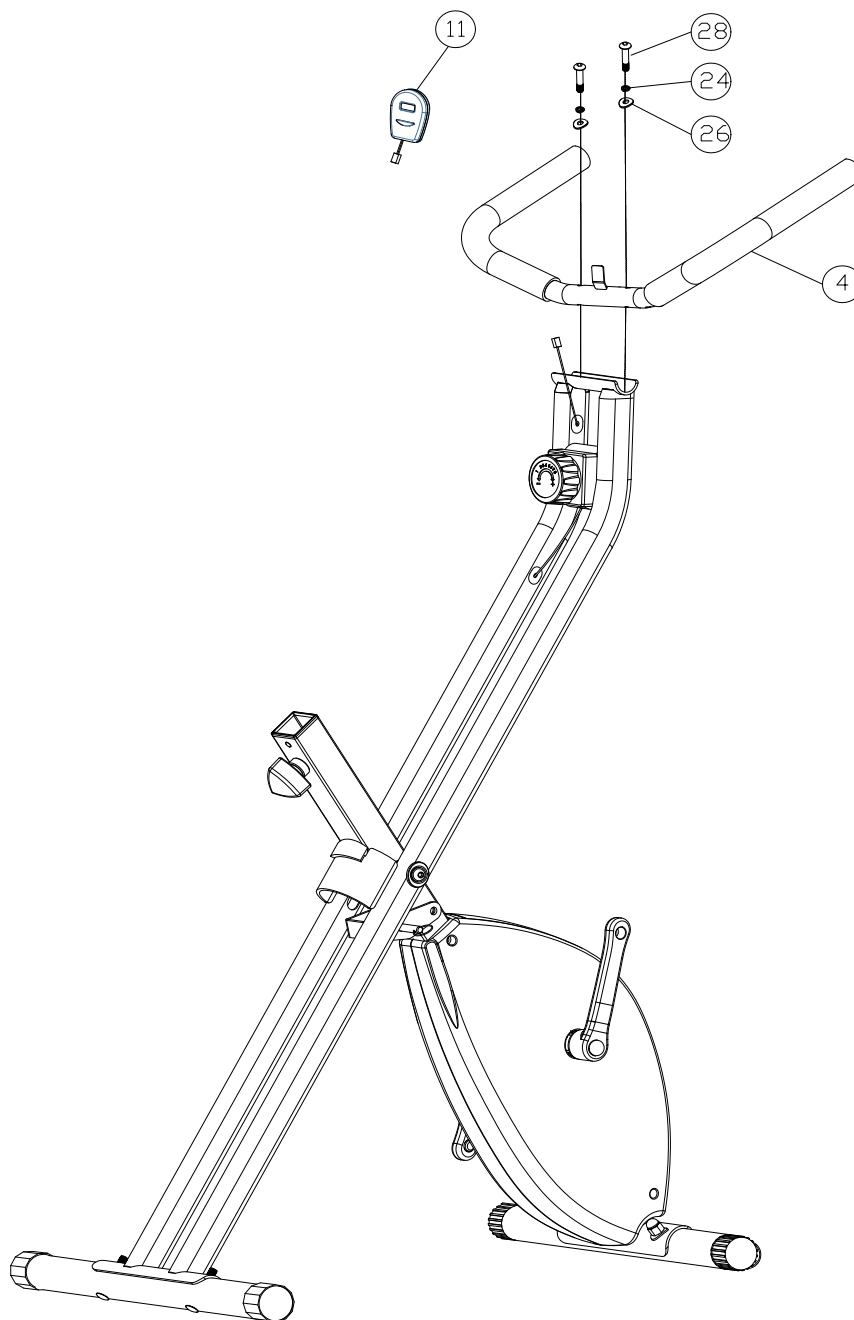
pin(20)

Step2: Install the front and rear stabilizer

1) Install front and rear stabilizer(5)&(8) with the curved washer(26) and cap

nut(42).

2) Tighten the nuts securely. Front stabilizer(5) has transport wheels.

# Step3: Install the handlebar and console.

1) Attach the handle bar(4) to main frame with the curved washer(26), spring washer(24) and screw(28) and tighten.

2) Insert the console (11) onto to plate welded on the main frame and then connect the wires correctly.

Step4: Install the pedal
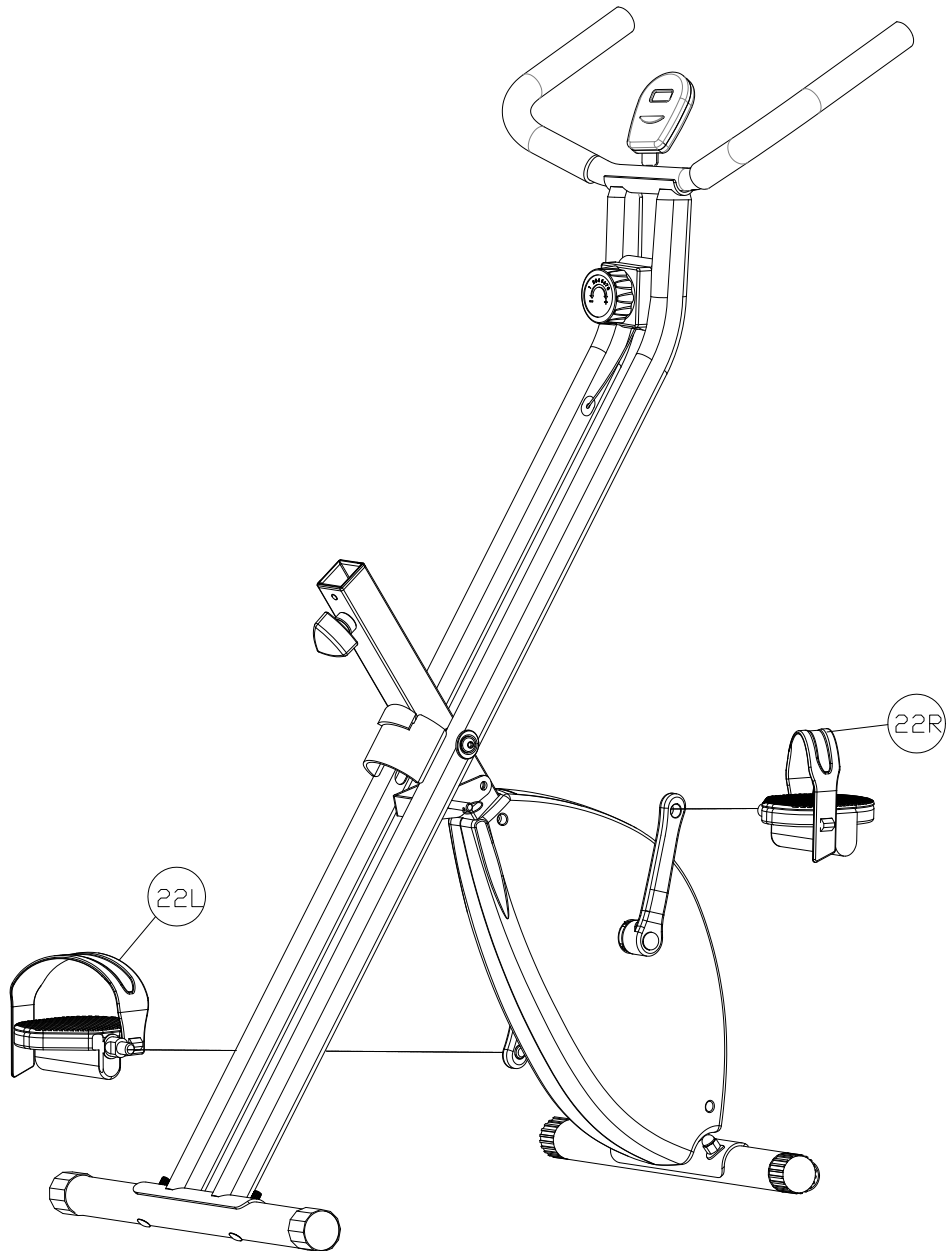
1) Screw the pedal (22L) which is marked "LEFT" into the crank tightly by anticlockwise. 2) Then screw pedal (22R) which is marked "RIGHT" into the crank tightly by clockwise.

Step5: Install the seat and seat post
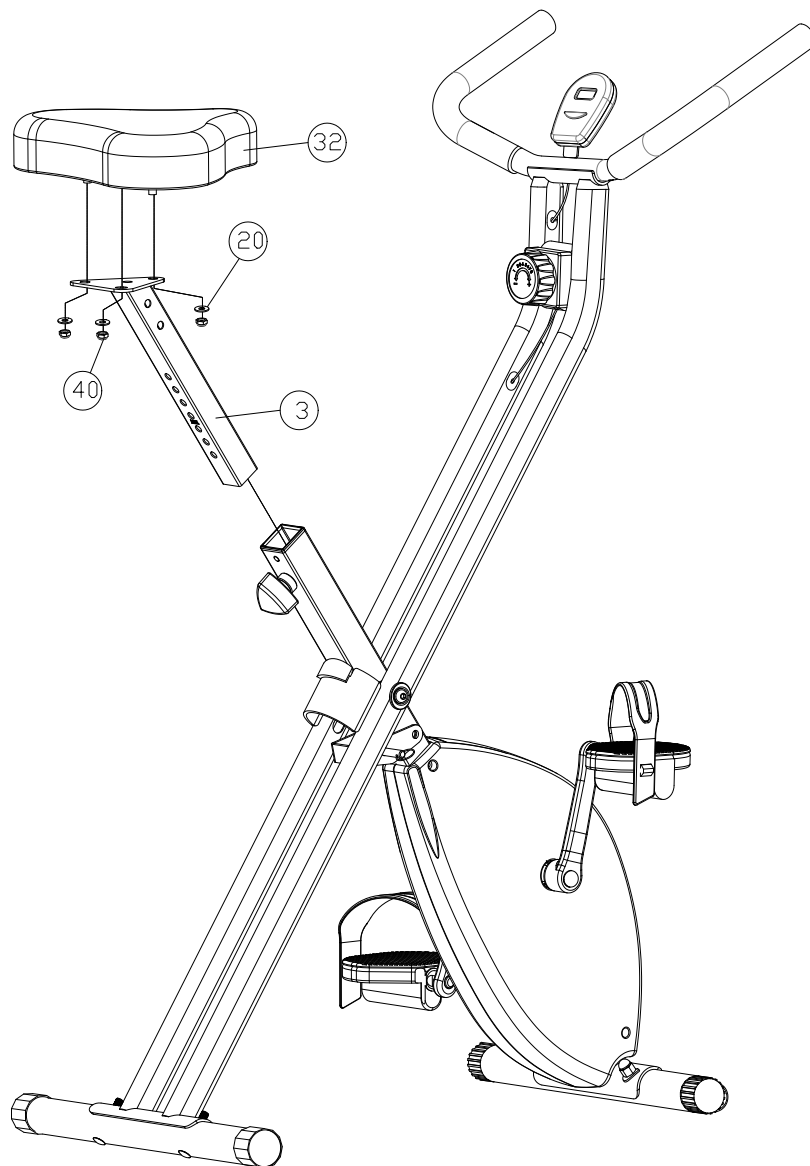
1) Attach the seat(32) to the seat post(3) with the flat washer(20) and nylon nut(40)

tightenly.

2) Attach the seat post(3) to the main frame, choose a suitable height, then fasten

the knob(64).

EXERCISE COMPUTER WITH PULSE INSTRUCTION MANUAL

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions. If the long time holds down MODE button
down for resetting time、distance and calories.

RESET - Push down for resetting time、distance、calories

FUNCTION AND OPERATIONS:

1. SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 4 functions
:Time、speed、distance、calorie ,Each display will be hold 6 seconds.

2. TIME: Count the total time from exercise start to end.

3. SPEED: Display current speed.

4. DIST: Count the distance from exercise start to end.

5.CAL:Count the total calories from exercise start to end.

NOTE：

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will be auto powered on when starting to exercise push button signal in.
4. The monitor will automatically start calculating when you start to exercise and
will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
FUNCTION	SPEED	The maximum signal can be pickup is 999.9(ML)KM/H
	DISTANCE	0.00~9999(ML)KM
	CALORIES	0.0~9999kCAL
BATTERY TYPE		2 pcs of size - AA or UM - 3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

TROUBLE SHOOTING

| Trouble	Reasons	Solution	Remark
Without sensor	Sensor wire didn't connected well or broken	re-connected the sensor wire or replace with new sensor wire	
Computer without display	Computer battery runs out or battery negative and positive in reverse	Replace new battery or check the battery negative and positive side correct or not	
Noisy	Moving parts is loose or lack of lubricating oil	Tighten the loose parts or wipe lubricating oil	

PRODUCT MAINTENANCE

1.When you don't use the exercise bike for a long time, please take out the computer battery to avoid running out of battery.

2.Often clean the exercise bike with clean cloth to keep the clean appearance.

3.Please pay attention to the connection parts, screws, nuts loose or not, frayed or not, broken or not. And often wipe the oil to improve the flexibility of bike.

4.Please set up bike in a dry level place and keep it away from moisture and water. When you   finished exercise ,please don't forget to wipe the sweat from bike to avoid the appearance rusting.

Product Specification

Model	IS0149
Packing dimension (cm)	116L x 38W x22H
Product dimension (cm)	100L x 48W x 113H
Net weight	15.8kg
Gross weight	18kg
Max load	100kg
Colour	Black
Material	Steel, ABS, PP

1130mm

1000mm

480mm

1345mm

480mm

428mm
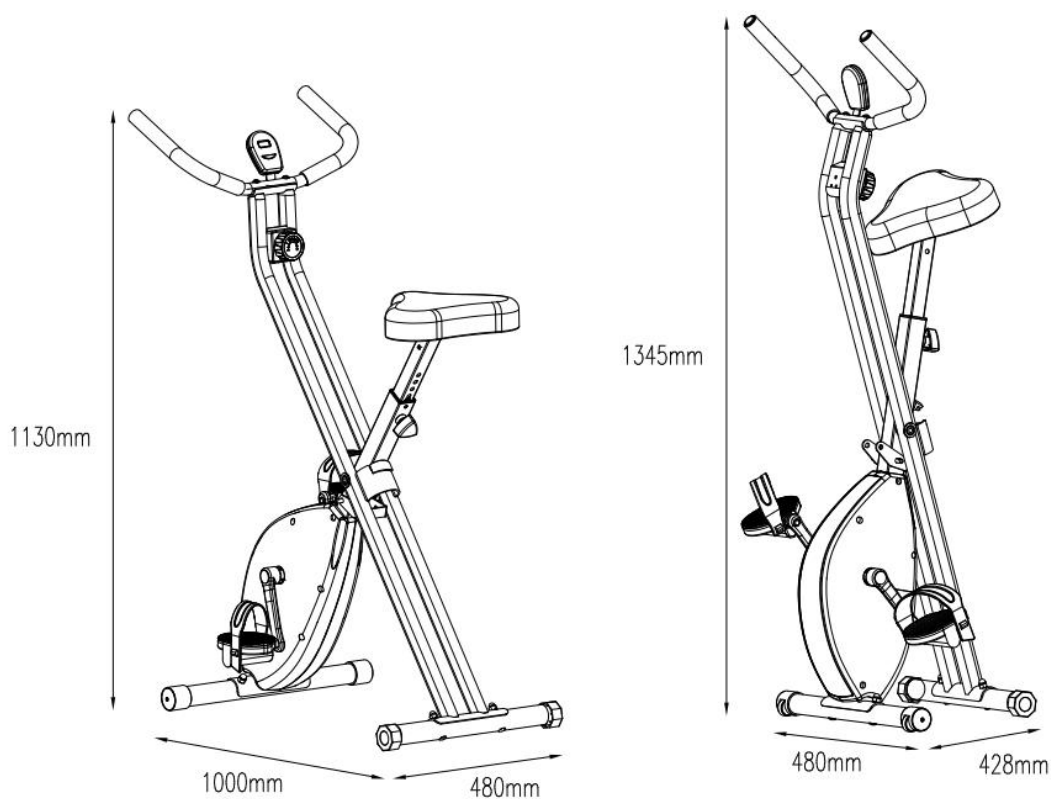
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All information is correct at the time of print