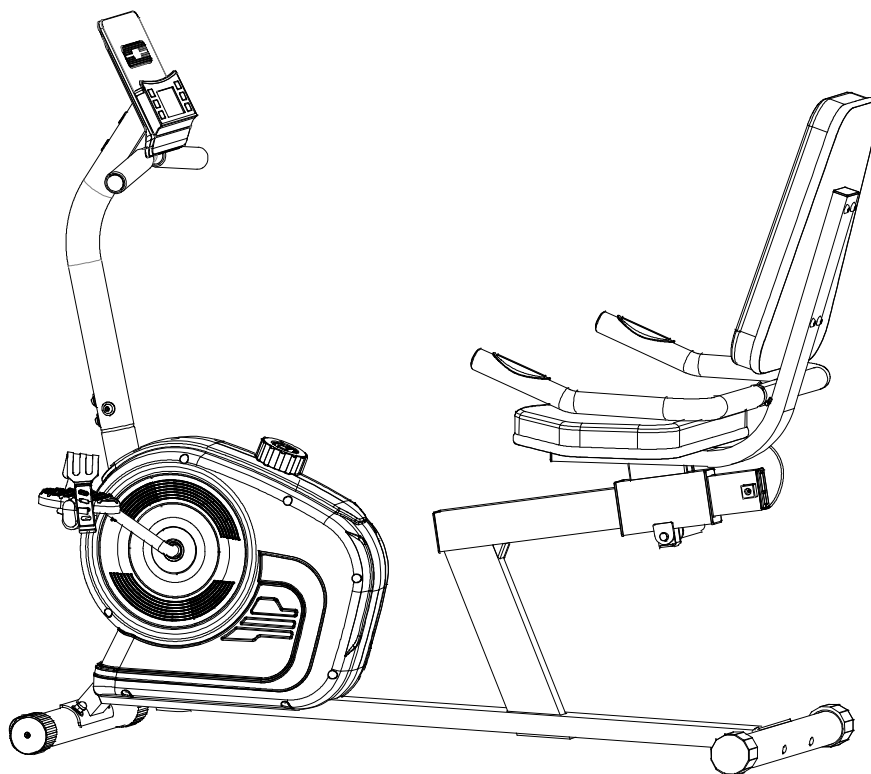




Model: 16204481300



SB130 RECUMBENT BIKE OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW BIKE

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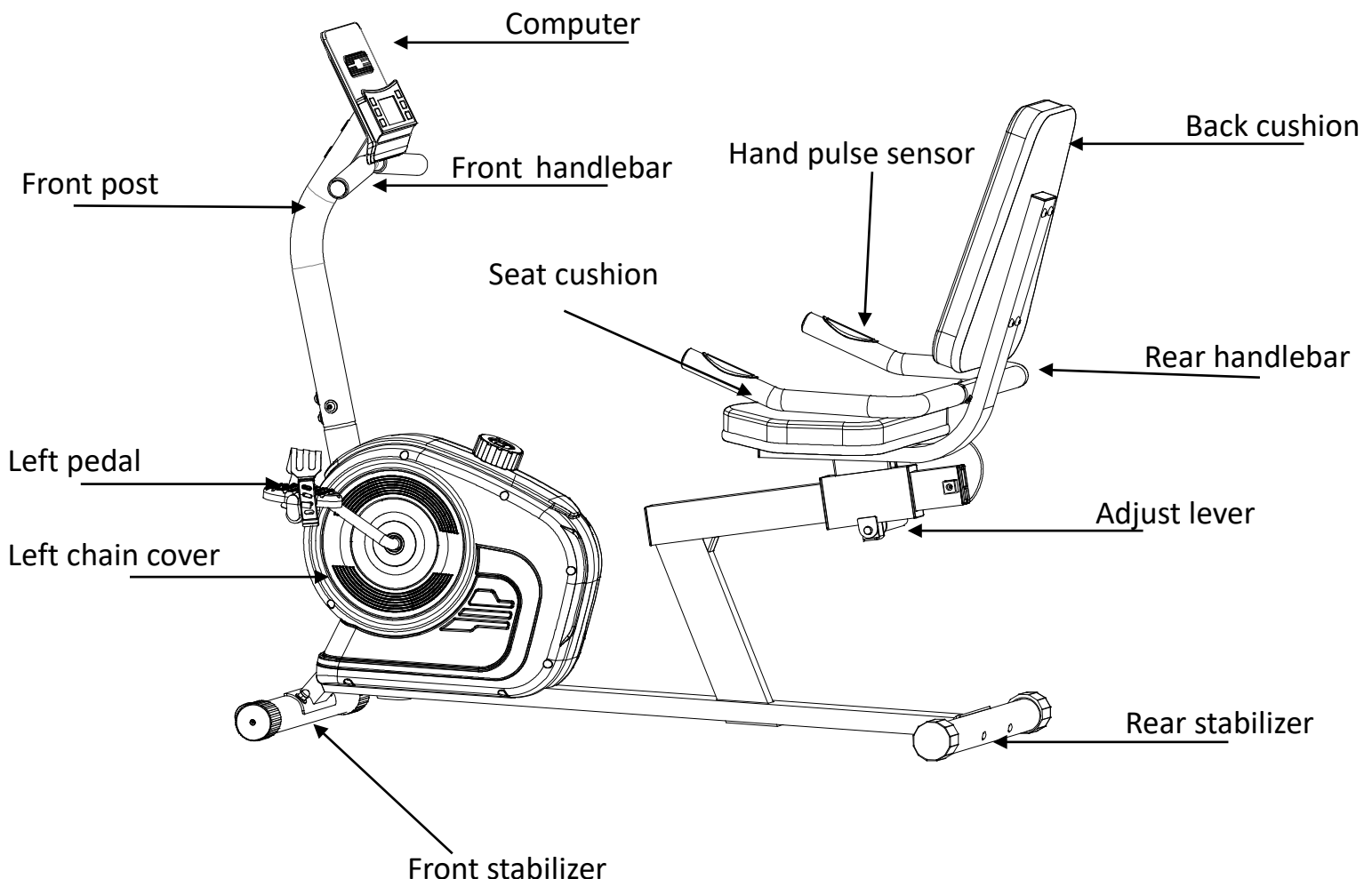
ATTENTION

THIS RECUMBENT BIKE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Xterra SB130 Recumbent Bike. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It is a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Xterra SB130 Recumbent Bike provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the Xterra SB130 Recumbent Bike. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Xterra SB130 Recumbent Bike, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

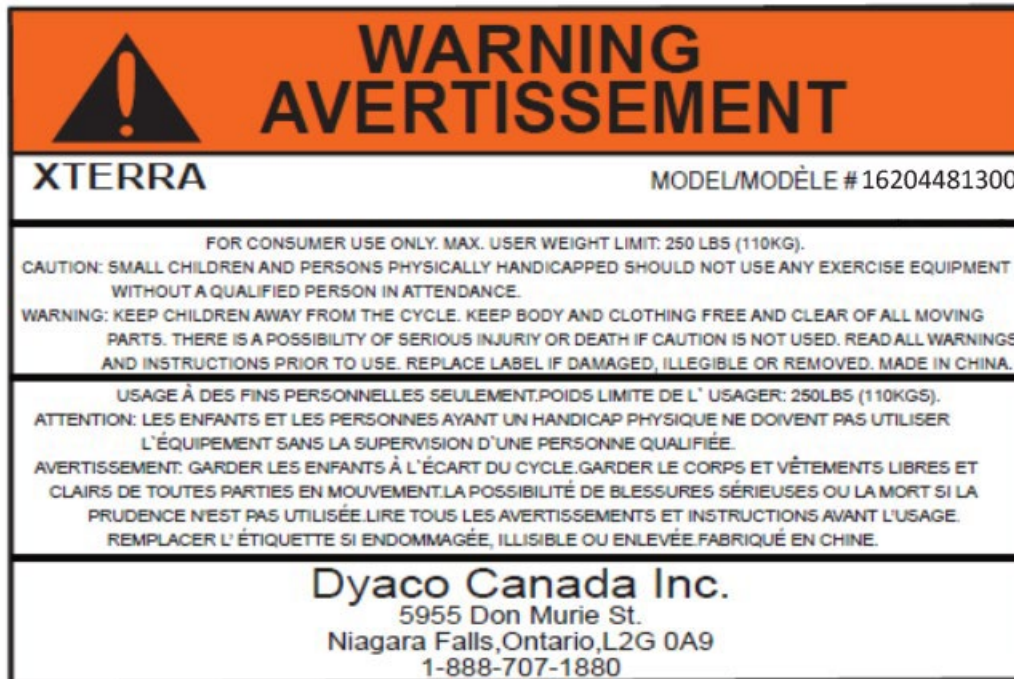
- Do not operate the bike on deeply padded, plush or shag carpet. Damage to both carpet and bike may result.
- Before beginning this, consult a physician. This is especially important for people over the age of 35 or persons with pre-existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the equipment by a person responsible for their safety.
- User weight should not exceed: 250 lbs (110 kgs)

SAVE THESE INSTRUCTIONS - THINK SAFETY!

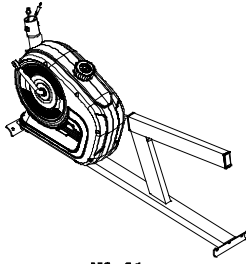
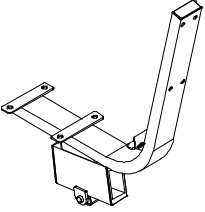
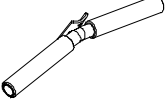
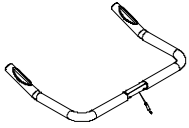
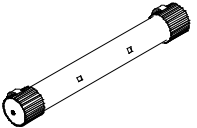
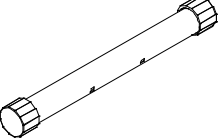
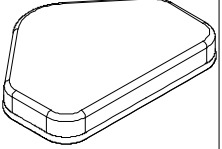
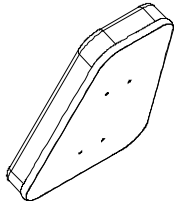
CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the bike. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal. Apply the decal in the location shown.

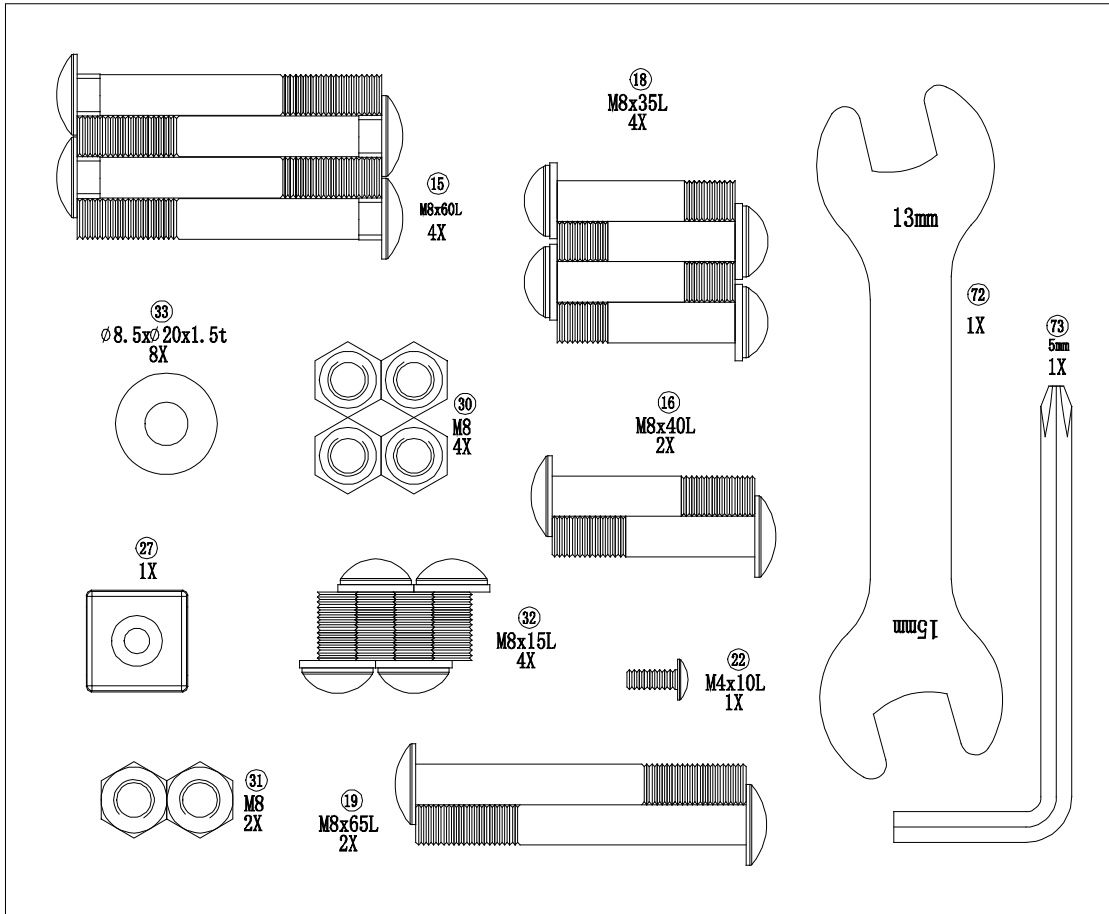


SB130 PRE-ASSEMBLY CHECK LIST

 NO. 01	 NO. 02	 NO. 03	 NO. 04
 NO. 05	 NO. 06	 NO. 07	 NO. 08
 NO. 24	 NO. 25	 NO. 26	 NO. 28
 NO. 29			

Part No.	Description	Q'ty
1	Main frame	1
2	Front post	1
3	Seat support tube	1
4	Front handlebar	1
5	Rear handlebar	1
6	Front stabilizer	1
7	Rear stabilizer	1
8	Adjust lever	1
24	Computer	1
25	Seat cushion	1
26	Back cushion	1
28	Left pedal	1
29	Right pedal	1
	Hardware Pack	1
	Manual	1

SB130 ASSEMBLY PACK CHECKLIST

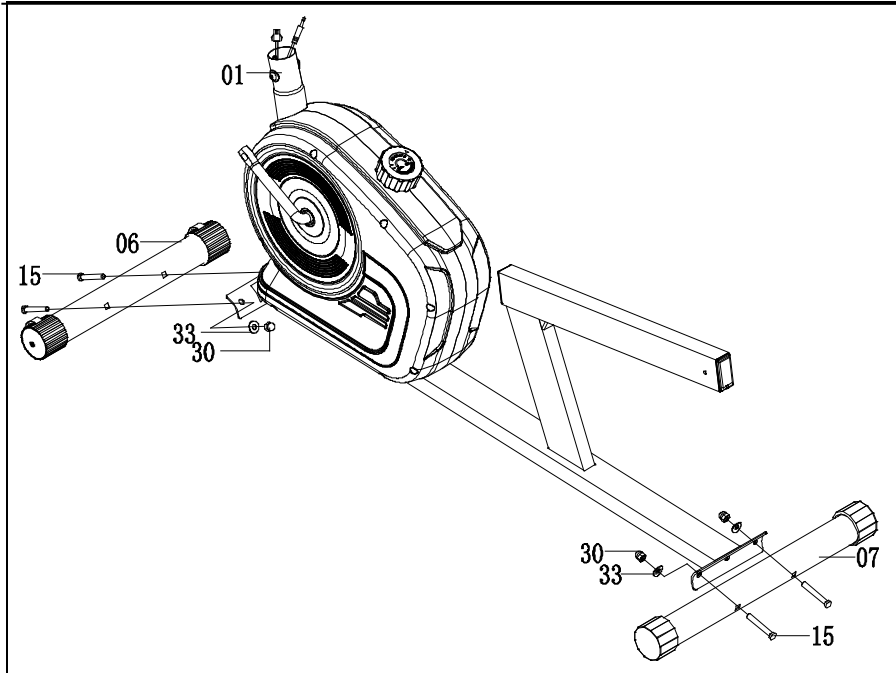


Part No.	Description	Q'ty
15	Carriage bolt M8x60L	4
16	Allen screw M8x40L	2
18	Combined screw 1	4
19	Allen screw M8x65L	2
22	Screw M4x10L	1
27	Limiting device	1
30	Domed nut M8	4
31	Nylon nut M8	2
32	Combined screw 2	4
33	Curved washer φ8.5xφ20	8
72	Box wrench	1
73	Allen key	1

Note: The above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

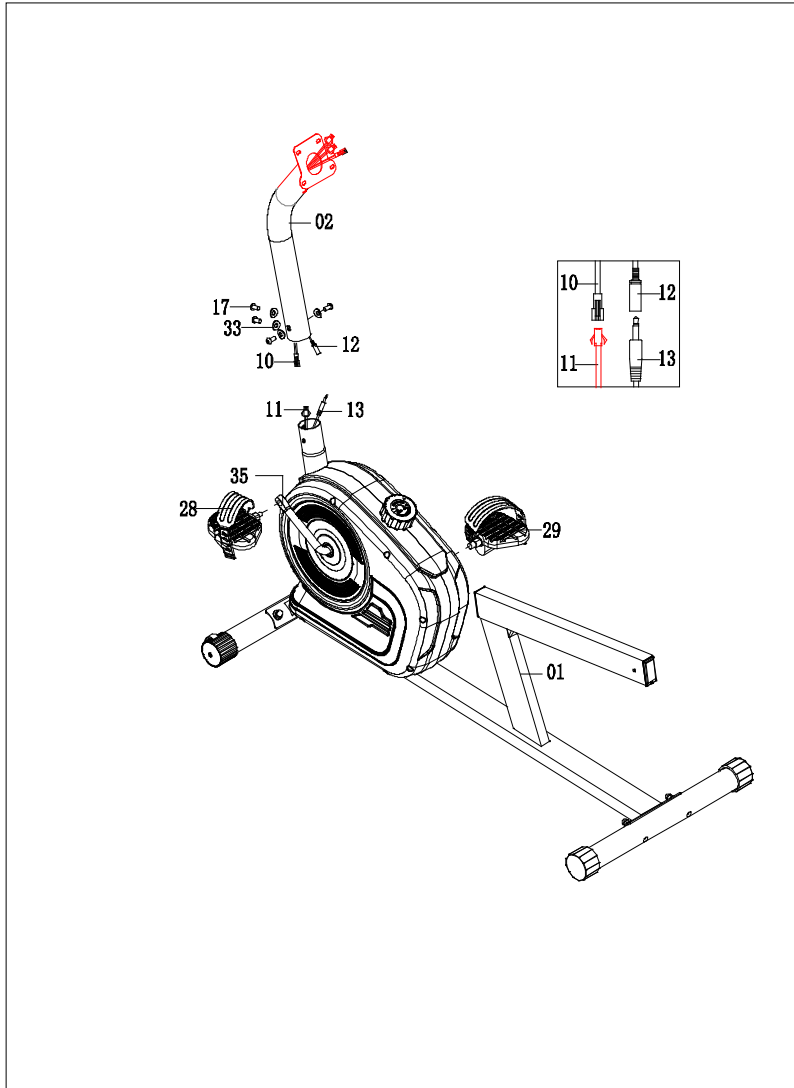
SB130 ASSEMBLY INSTRUCTIONS

1 FRONT STABILIZER AND REAR STABILIZER



1. Attach the front stabilizer (6) to the main frame (1). Secure using two carriage bolts (15), curved washers (33) and domed nuts (30).
2. Attach the rear stabilizer (7) to the main frame (1). Secure using two carriage bolts (15), curved washers (33) and domed nuts (30).

2 PEDALS AND CONSOLE SUPPORT

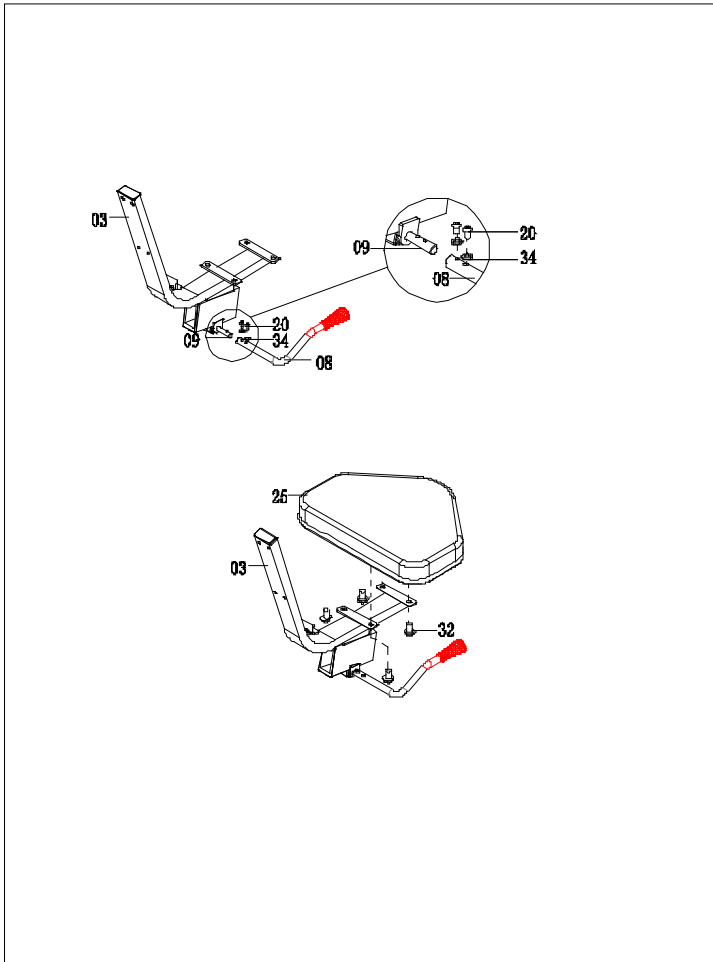


1. Connect the left and right pedal (28) & (29) to their appropriate crank arm (35). The right pedal is on the right-hand side of the cycle as you sit on it.

Note that the right pedal (29) should be threaded clockwise, and the left pedal (28) should be threaded counterclockwise.

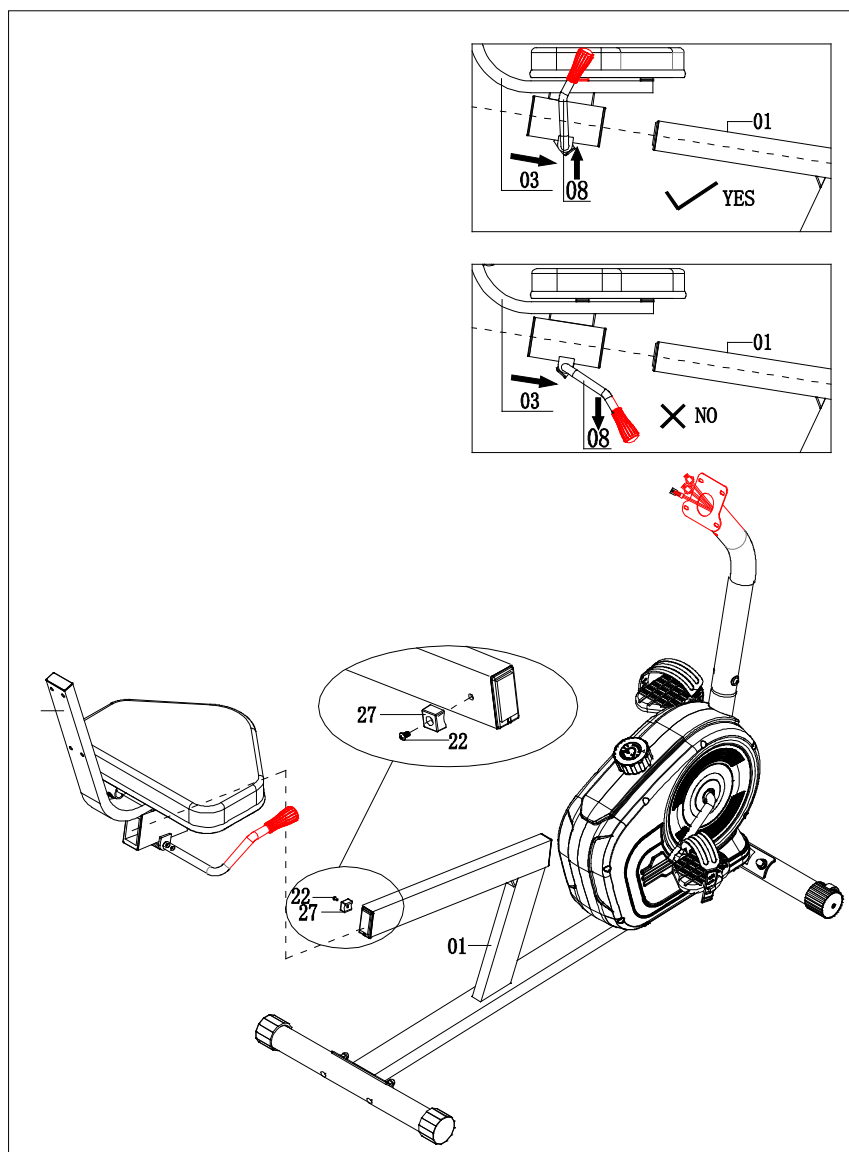
2. Connect the middle extension hand pulse wire (13) with the front extension hand pulse wire (12).
3. Connect the extension sensor wire (10) with the sensor wire (11).
4. Insert front post (2) into the main frame (1) making sure not to pinch the wires and tighten with four Allen screws (17) and curved washers (33) which are pre-assembled on the main frame (1).

3 SEAT



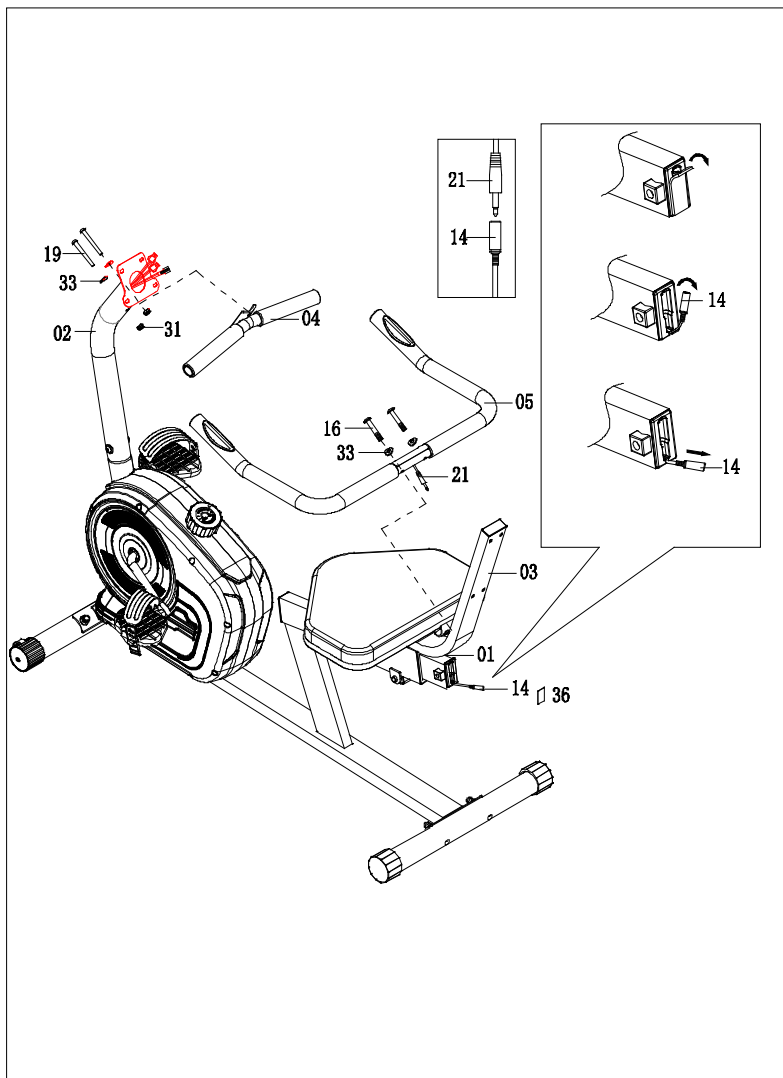
1. Connect the adjust lever (8) to the connecting shaft (9). Tighten with two Allen screws (20) and flat washers (34) which are preassembled on the connecting shaft (9).
2. Attach seat cushion (25) to seat support tube (3), securing with four combined screws (32).

4 SEAT SUPPORT TUBE



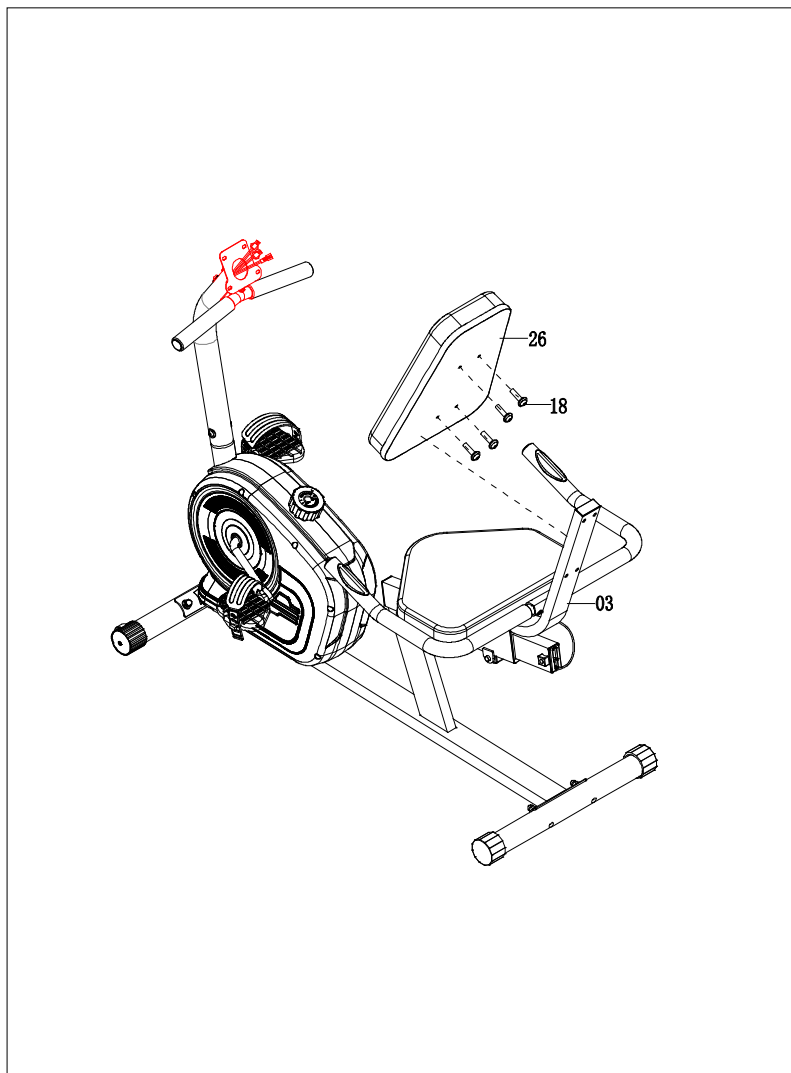
1. Lift the adjust lever (8) up and insert the seat support tube (3) into the main frame (1)
2. Attach the limiting device (27) onto the main frame (1), securing it with one screw (22) using the Allen key.

5 HANDLEBAR



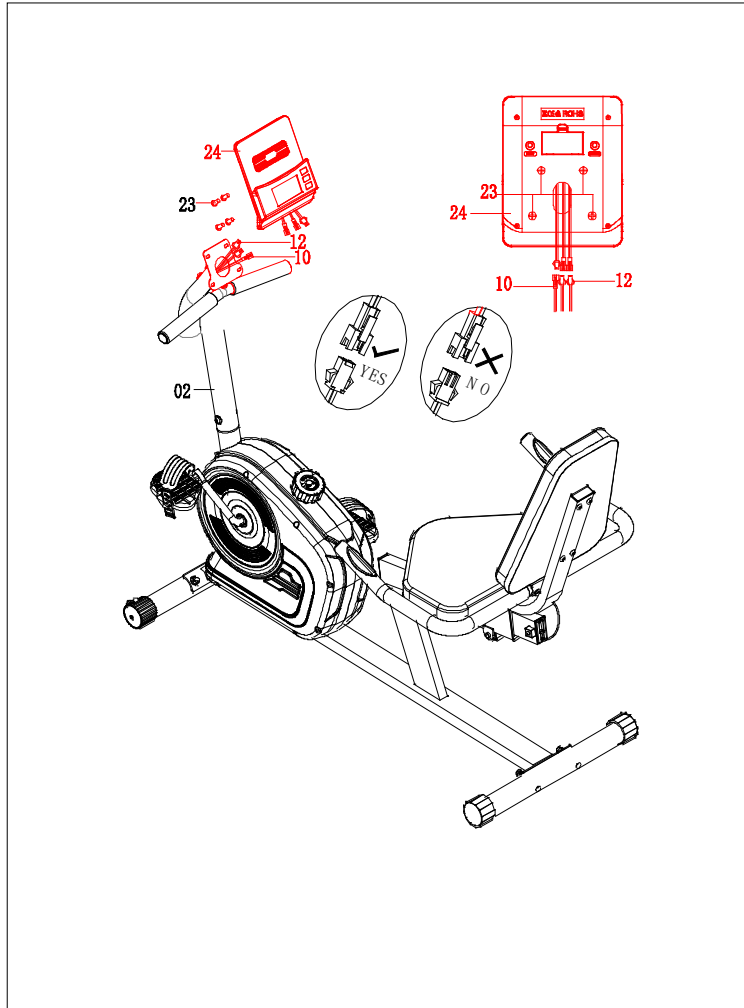
1. Attach the front handlebar (4) to the front post (2), securing with two Allen screws (19), curved washers (33) and nylon nuts (31).
2. Attach the rear handlebar (5) to the seat support tube (3), securing with two Allen screws (16) and curved washers (33).
3. Remove the sticker (36) from the main frame (1), gently pull the rear extension hand pulse wire (14) out of the main frame and connect it to the hand pulse wire (21).

6 BACK CUSHION



1. Attach the back cushion (26) to the seat support tube (3), securing it with four combined screws (18).

7 CONSOLE



1. Connect front extension hand pulse wires (12) and extension sensor wire (10) to the wires at the back of the computer (24).
2. Attach computer (24) to the top bracket of front post (2). Tighten with four screws (23) which are preassembled on the computer (24).

OPERATION OF YOUR RECUMBENT BIKE

GETTING FAMILIAR WITH THE CONTROL PANEL

SB130 CONSOLE



FUNCTION BUTTONS:

MODE – Push down to select functions.

– Push down to reset time, distance and calories for 2 seconds.

SET – To set the values of time, distance and calories when not in scan mode.

RESET – Push down to reset time, distance and calories.

FUNCTION AND OPERATIONS:

1. **SCAN:** Press the "MODE" button to select the function "TIME", at which time the "SCAN" words appear on the left of the monitor and the monitor will rotate through all 6 functions: time, speed, distance, calorie, odometer and pulse. Each display will be held for 6 seconds. In the process of cyclic display of each function, press the "MODE" button once to make the "SCAN" disappear in any function mode to display this function. If you want to return to "SCAN" again, press the "MODE" button to select the function "TIME". In "SCAN" mode, the "SCAN" word on the left of the monitor flashes continuously.
2. **TIME:** Display the time from exercise start to end.
3. **SPEED:** Display current speed.
4. **DISTANCE:** Display the distances from exercise start to end.
5. **ODOMETER:** The monitor will display the total accumulated distance, after the battery is reinstalled, the value will return to zero.
6. **CALORIES:** Display the calories burned from exercise from start to end.
7. **PULSE:** Measure the user's heart rate. Press the button to switch to the pulse function and hold the two heartbeat sensors in both hands to measure the heart rate (The computer also has Bluetooth heartbeat function. Please wear a Bluetooth heartbeat chest strap before measurement.).

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can't be regarded as the basis of medical treatment.

TARGET TRAINING SETTINGS:

This computer has three target training modes: time, distance and calories (when switching to the target function, if there is "SCAN" font flashing on the display, you need to press the "MODE" button again to make the "SCAN" font disappear before setting)

1. **TIME target training mode:** first press the "MODE" button to switch to the "TIME" function, and then press the "SET" button to set the target time (Press and hold the set button to speed up the setting). when it reaches the required time, stop the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the time function flashes to indicate the completion of the training target. At this time, if you continue to train, the computer will automatically start to count up from zero.

2. **DISTANCE target training mode:** first press the "MODE" button to switch to the "DIST" function, and then press the "SET" button to set the target distance (Press and hold the set button to speed up the setting). When it reaches the required distance, stop the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the distance function flashes to indicate the completion of the training target. At this time, if you continue to train, the computer will automatically start to count up from zero.

3. **CALORIE target training mode:** first press the "MODE" button to switch to the "CAL" function, and then press the "SET" button to set the target calorie (Press and hold the set button to speed up the setting). When it reaches the required calories, stop the button. Then start to use the machine, and the display will start to count down. When the countdown reaches zero, the calorie function flashes to indicate the completion of the training target. At this time, if you continue to train, the computer will automatically start to count up from zero.

If you want to modify the target data after the setting process or completion, press the "RESET" button directly to clear all settings, and then reset according to the previous description.

NOTE:

1. If the battery symbol on the display lights up, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 2 minutes.
3. The monitor will be auto-powered when starting to exercise the push button signal.
4. When you stop exercising for 4 seconds, the display will stop calculating and a "STOP" will be displayed on the screen. When you start exercising, the display will automatically start calculating and the "STOP" will disappear.

SPECIFICATIONS:

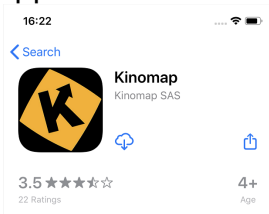
FUNCTION	SCAN	Every 6 seconds
	TIME	0:00~99:59
	SPEED	0.0~99.9 KM/H (MILE/H)
	DISTANCE	0.00~99.99 KM (MILE)
	ODOMETER	0 ~ 9999 KM (MILE)
	CALORIES	0.0~999.9 CAL
	PULSE	60~240 BPM
BATTERY TYPE		2pcs of SIZE –AA
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

1. FUNCTIONS OF THE BLUETOOTH:

- 1.1 Working frequency: this wireless transmitter is a Bluetooth 5.0 device. Its working frequency is 2.4GHz.
 - 1.2 To ensure the data record is real and effective at the cell phone end, the wireless transmitter records and sends the data of the user to the cell phone APP only when the Bluetooth computer and the cell phone are connected. First, connect the APP to the Bluetooth computer before starting the sports equipment to ensure the trueness and effectiveness of the data recorded in the cell phone APP.
 - 1.3 The computer will go into Sleep mode if it receives no signal input in 2 minutes. In Sleep mode, the computer is unavailable for cell phones. At this time, consumers need to use sports equipment or press a button to wake up the computer.
 - 1.4 When the computer is successfully connected to the app, the computer will turn off the display and all data will be displayed on the app.
 - 1.5 After connecting the app, if you need to reuse the computer, you need to exit the app and turn off the Bluetooth of the mobile phone.
2. APP OPERATING INSTRUCTIONS :(NOTE: The "KINOMAP" and "ZWIFT" software will be updated in real-time, and this operation process is only for reference.)

2.1 Description of KINOMAP connection:

2.1.1 Search "KINOMAP" in the mobile app store to download the app.



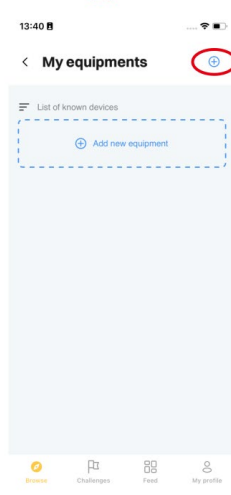
2.1.2 After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.

2.1.3 Add sports equipment as follows:

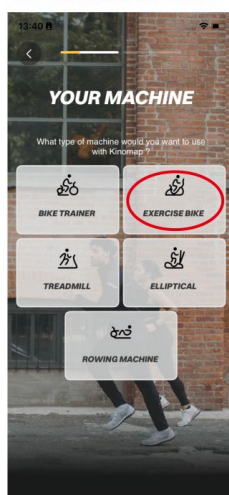
1. "ADD NEW EQUIPMENT"

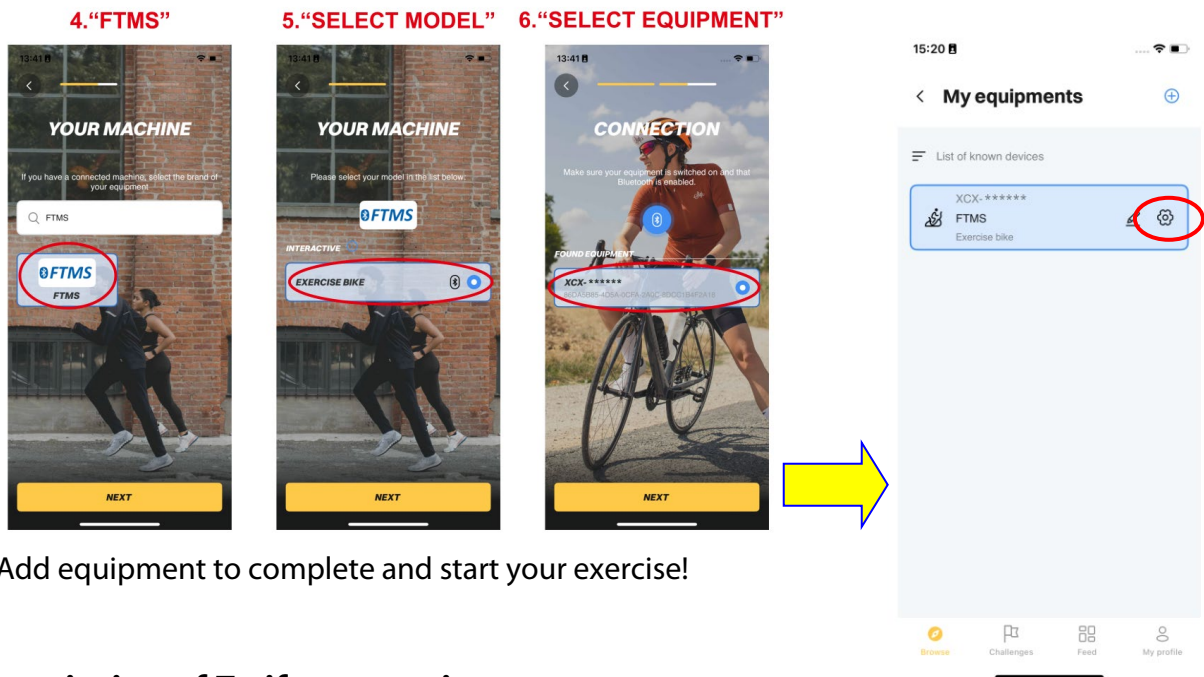


2. "+"



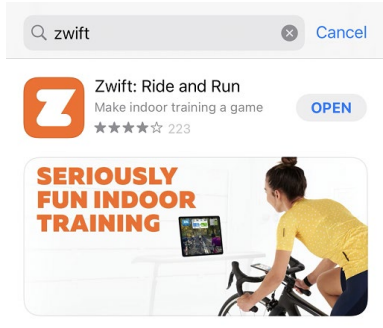
3. "EXERCISE BIKE"



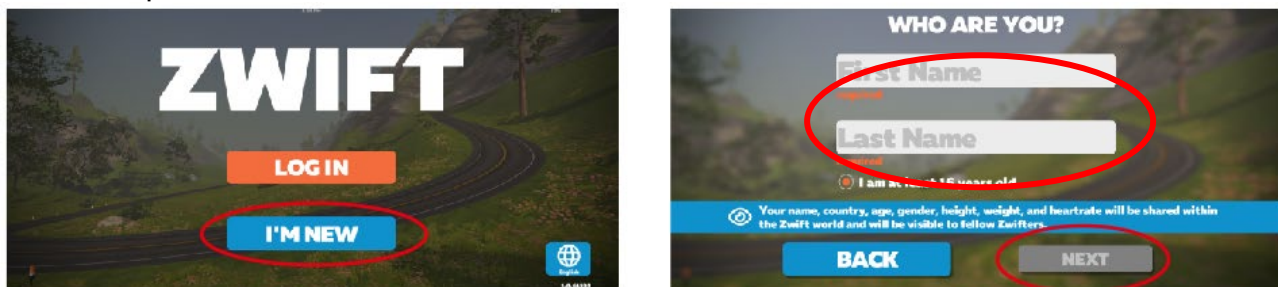


2.2 Description of Zwift connection:

2.2.1 Search "Zwift" in the mobile app store to download the app:

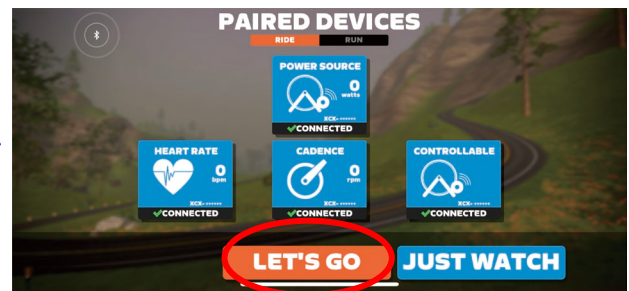
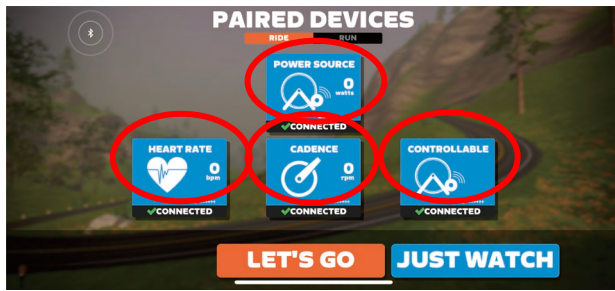


2.2.2 After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.

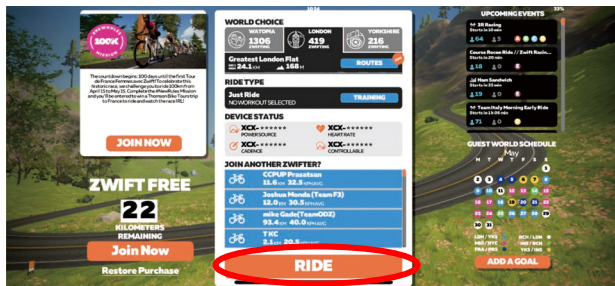


2.2.3 Connect the sports equipment as follows:





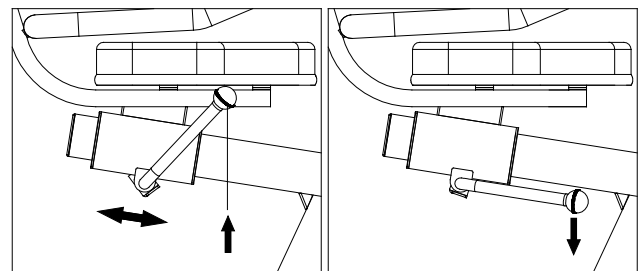
2.2.4 The connection to the device has been completed. Select your favorite scene to start the exercise!



USER DIRECTION

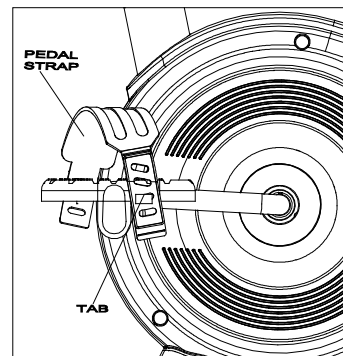
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, pull up the adjust lever, slide the seat to the desired position and press down on the adjust lever.



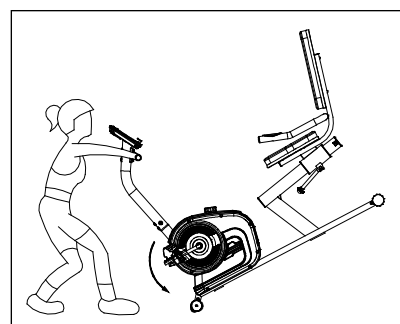
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, grasp the front handlebar and carefully tilt the exercise bike until it can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.



GENERAL MAINTENANCE

The safety of this product can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight; pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that the handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

Cleaning

A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the chain cover (42&43) must first be removed.

Remove the left pedal (28) from the crank (35).

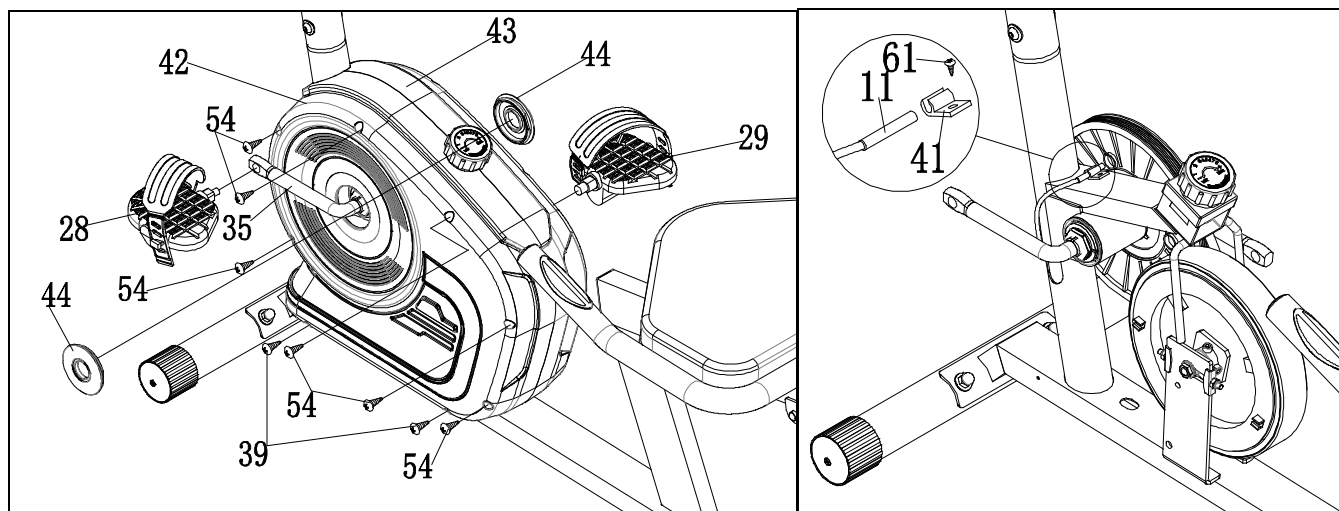
Remove the crank cover (44) from the chain cover (42&43).

Remove the two self-tapping screws¹ (39) from each side of the chain cover (42&43). Remove six ST4.2x20L self-tapping screws² (54) from the chain cover.

Hold the chain cover (42&43) near the back and pull it apart slightly until the chain cover can be lifted off the ends of the crank (35). **Do not pull the chain cover apart at the top or the seam may be broken.**

Next, locate the sensor wire (11). Turn the pulley until the magnet is aligned with the reed switch. Slide the reed switch slightly toward or away from the magnet.

Make sure that the magnet will not hit the reed switch. Retighten the screw (61). Turn the pulley for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Chain Cover and the Crank Covers.



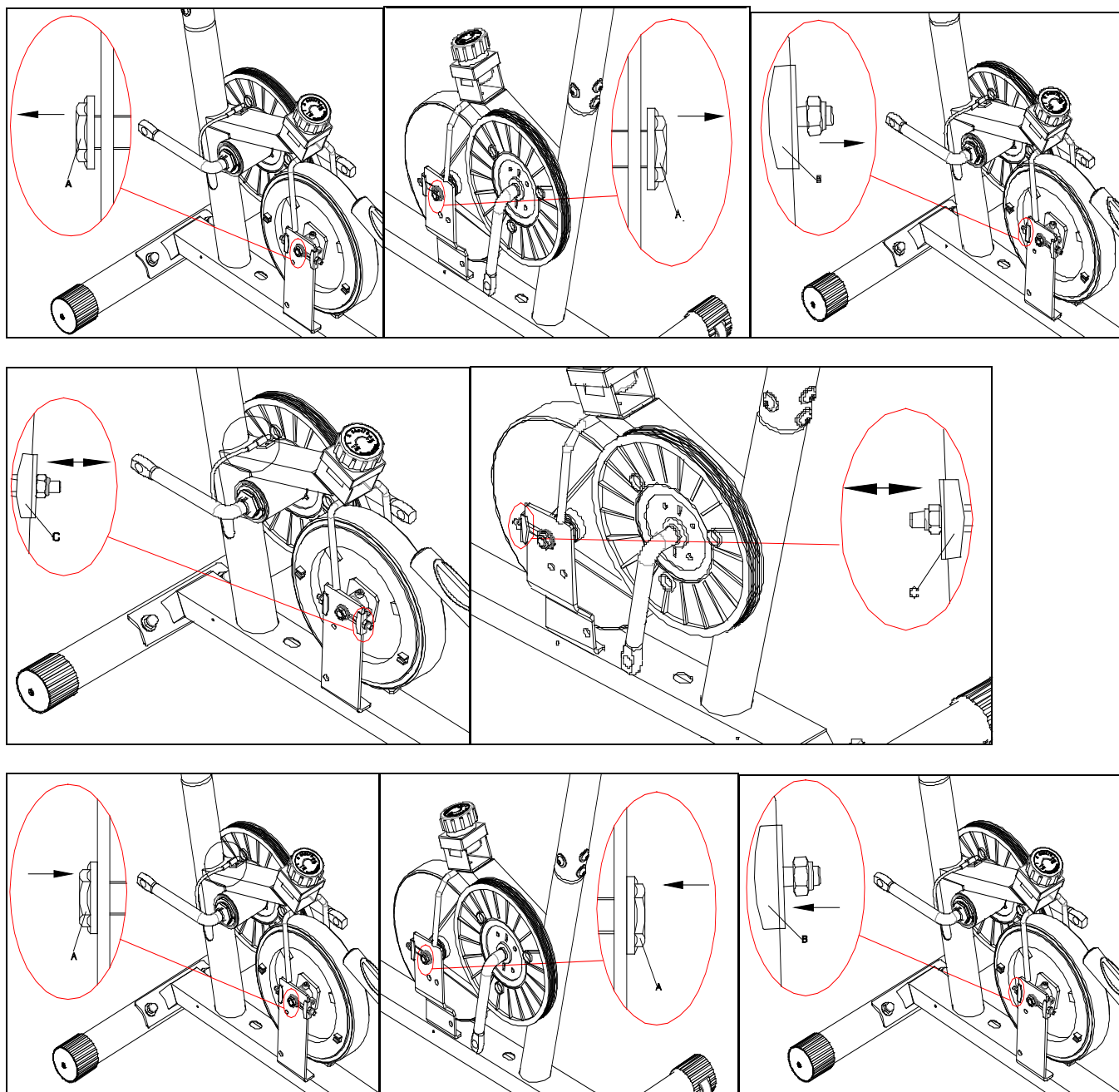
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedalling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, the Chain Cover (42&43) must first be removed.

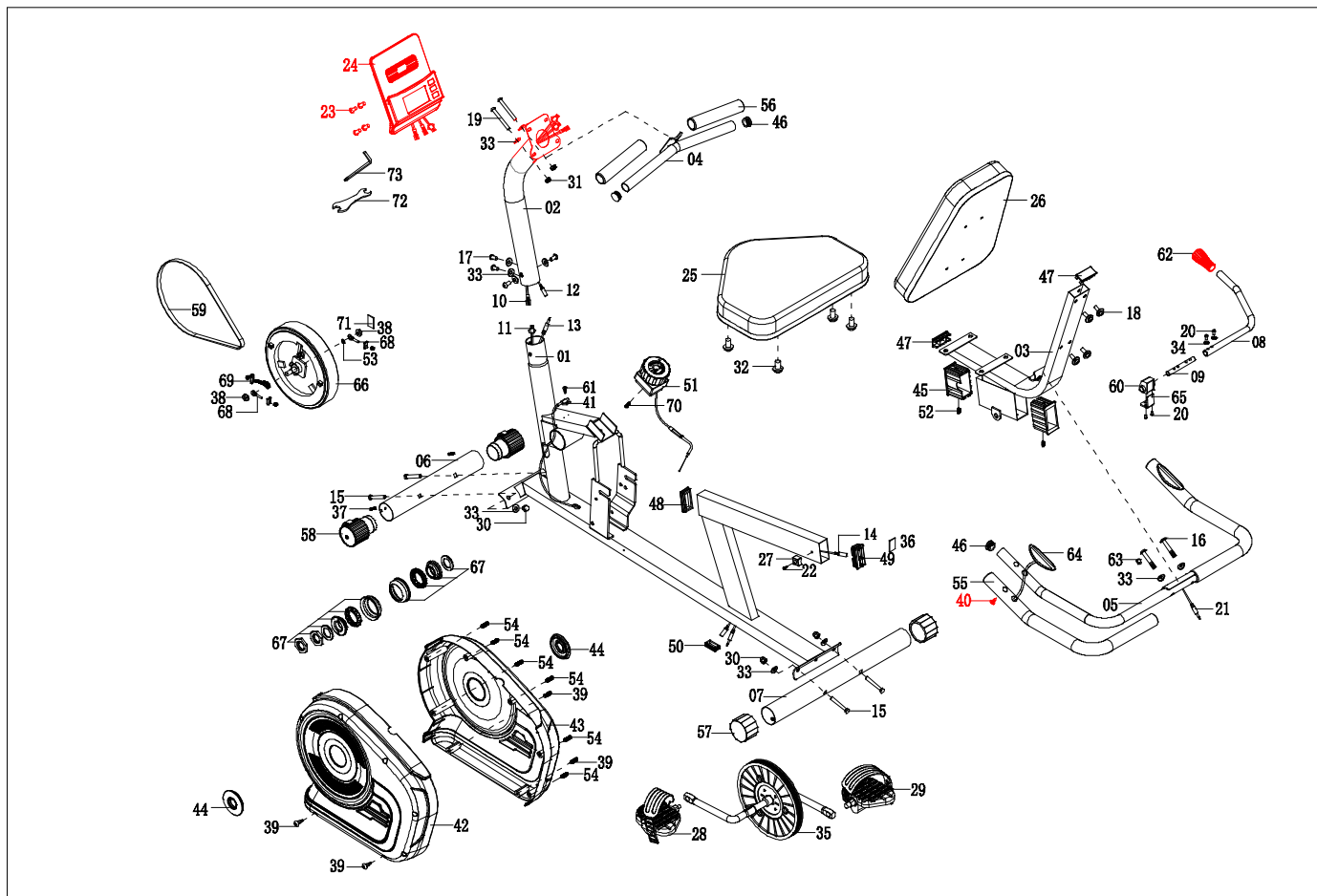
Loosen both flange nuts (A) and adjusters (B).

You must loosen both flange nuts (A). The nut on the left has to be turned counterclockwise and the nut on the right clockwise. Then going to the front of the flywheel turn both eyebolt adjusters (C) clockwise or counterclockwise the same amount of turns until the belt has the suitable tension.

Tighten both flange nuts (A) and adjusters (B) after the adjustment is completed.



EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part No.	DESCRIPTION	QTY
01	4813001	Main frame	1
02	4813002	Front post	1
03	4813003	Seat support tube	1
04	4813004	Front handlebar	1
05	4813005	Rear handlebar	1
06	4813006	Front stabilizer	1
07	4813007	Rear stabilizer	1
08	4813008	Adjust lever	1
09	4813009	Connecting shaft	1
10	4813010	Extension sensor wire	1
11	4813011	Sensor wire	1
12	4813012	Front extension hand pulse wire	1
13	4813013	Middle extension hand pulse wire	1
14	4813014	Rear extension hand pulse wire	1
15	4813015	Carriage bolt M8x60L	4
16	4813016	Allen screw M8x40L	2
17	4813017	Allen screw M8x15L	4
18	4813018	Combined screw 1	4
19	4813019	Allen screw M8x65L	2
20	4813020	Allen screw M6x20L	4
21	4813021	Hand pulse wire	1
22	4813022	Screw M4x10L	1
23	4813023	Screw M5x10L	4
24	4813024	Computer	1
25	4813025	Seat cushion	1
26	4813026	Back cushion	1
27	4813027	Limiting device	1
28	4813028	Left pedal	1
29	4813029	Right pedal	1
30	4813030	Domed nut M8	4
31	4813031	Nylon nut M8	2
32	4813032	Combined screw 2	4
33	4813033	Curved washer $\phi 8.5 \times \phi 20$	12
34	4813034	Flat washer $\phi 6.5 \times \phi 13$	2
35	4813035	Crank w/belt pulley	1
36	4813036	Sticker	1
37	4813037	Self-tapping screw ST4.2x12L	2

Key	Part No.	DESCRIPTION	QTY
38	4813038	Flange nut M10	2
39	4813039	Self-tapping screw1 ST4.2x20L	4
40	4813040	Combined screw 3	2
41	4813041	Sensor bracket	1
42	4813042	Left chain cover	1
43	4813043	Right chain cover	1
44	4813044	Crank cover	2
45	4813045	End cap $\square 40 \times 80$	2
46	4813046	End cap for handlebar	4
47	4813047	End cap $\square 23.5 \times 53.5$	2
48	4813048	End cap 1 $\square 30 \times 60$	1
49	4813049	End cap 2 $\square 30 \times 60$	1
50	4813050	End cap $\square 25 \times 50$	1
51	4813051	Tension knob w/ upper tension cable	1
52	4813052	Self-tapping screw ST4.2x8L	2
53	4813053	Flat washer $\phi 10.2 \times \phi 20$	1
54	4813054	Self-tapping screw2 ST4.2x20L	6
55	4813055	Foam grip for rear handlebar	2
56	4813056	Foam grip for front handlebar	2
57	4813057	End cap for rear stabilizer	2
58	4813058	End cap for front stabilizer	2
59	4813059	Belt	1
60	4813060	Brake slip	1
61	4813061	Self-tapping screw ST3.2x12L	1
62	4813062	End cap for adjust lever	1
63	4813063	Grommet	1
64	4813064	Hand pulse sensor	2
65	4813065	Adjust bracket	1
66	4813066	Flywheel w/ magnet assembly	1
67	4813067	BB assembly	1
68	4813068	Eyebolt Adjuster	2
69	4813069	Eyebolt Adjuster	1
70	4813070	Screw M5x12L	1
71	4813071	EVA pad	1
72	4813072	Box wrench	1
73	4813073	Allen key	1

TROUBLESHOOTING

Problem	Cause	Solution
Monitor does not display	Batteries not installed	Install batteries properly in monitor
	Monitor is defective	Replace the monitor
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the sensor wires are connected properly also with a connection at the back of the monitor
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic wheel not working properly	Replace magnetic wheel
	Tension knob defective	Replace tension knob
Heart rate not displaying	Pulse wire not connected	Secure plug wires together
	Hand pulse defective	Replace hand pulse grip
	Monitor not working	Replace monitor
Grinding Noise	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period, e.g., it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion of a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-respiratory endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100-meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP

Every exercise program should start with a warmup where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so does the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, and (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count is not as accurate.

The target is not a magic number, but a general guide. If you are above-average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of the maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Do not push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) do not be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, do not become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility, and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits.

In your overall program, you should vary the workload, frequency, and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later without going through the warm-up stage again.

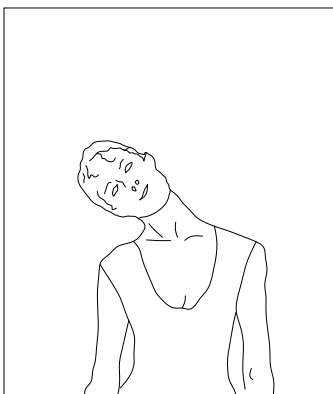
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods.

STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

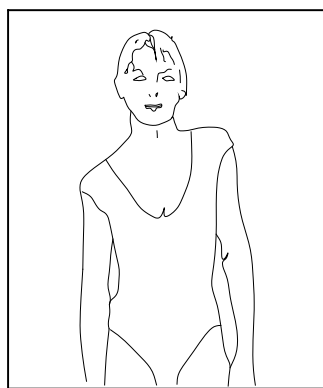
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next 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, and finally, drop your head to your chest for one count.



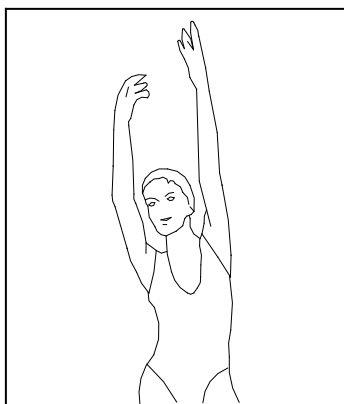
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



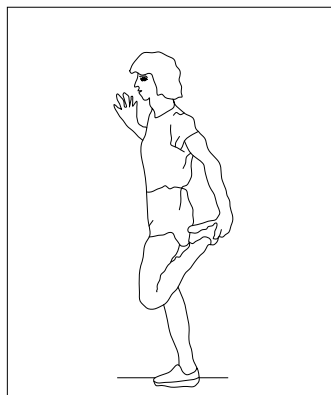
IDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



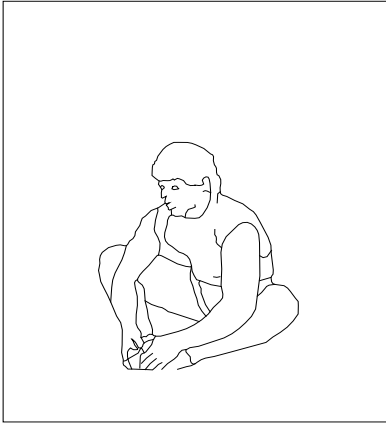
QUADRICEPS STRETCH

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 up.



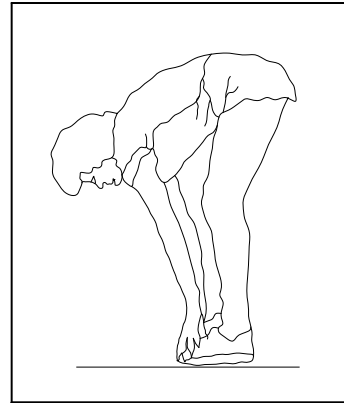
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



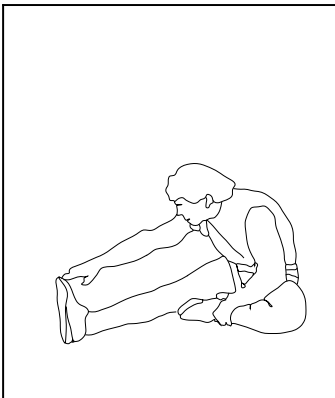
TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



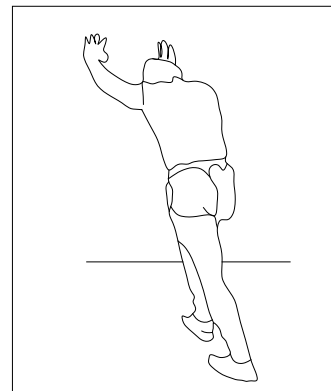
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with the left leg extended.



CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe 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.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its bike parts for a period listed below from the date of retail sale, as determined by the sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty	
Frame	1 Year
Parts	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the bike by the instructions provided in this manual.
3. Proper installation by instructions provided with the bike.
4. Damages to the bike finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

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This warranty does not cover the following:

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2. For any further information, or to contact our service department by mail, send your correspondence to:

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