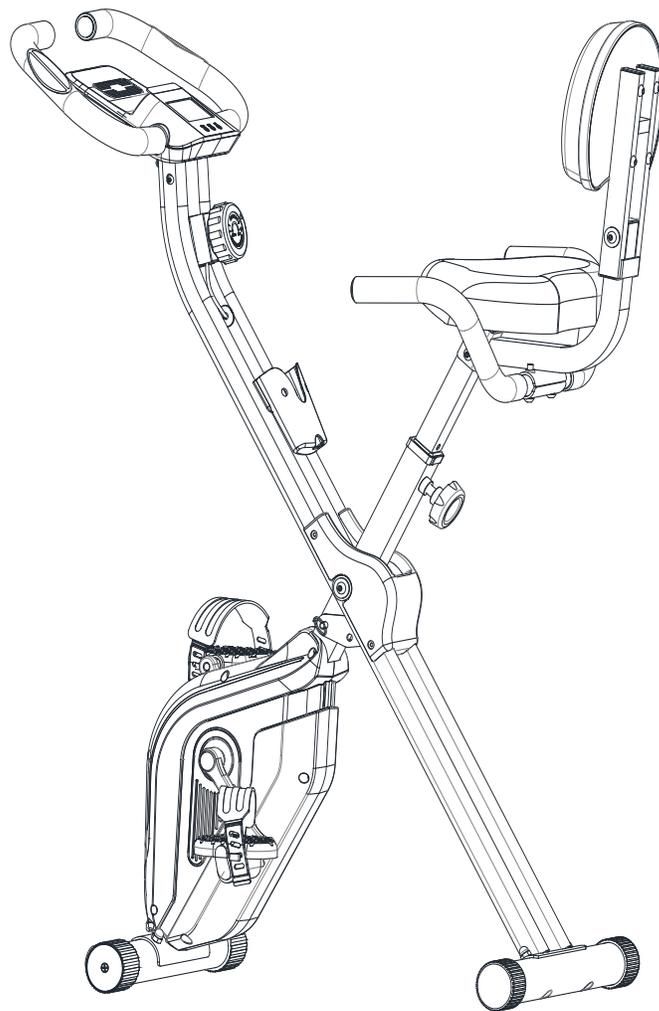




**Model: 16204993600**



**FB360 FOLDING BIKE  
OWNER'S MANUAL**

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW FOLDING BIKE

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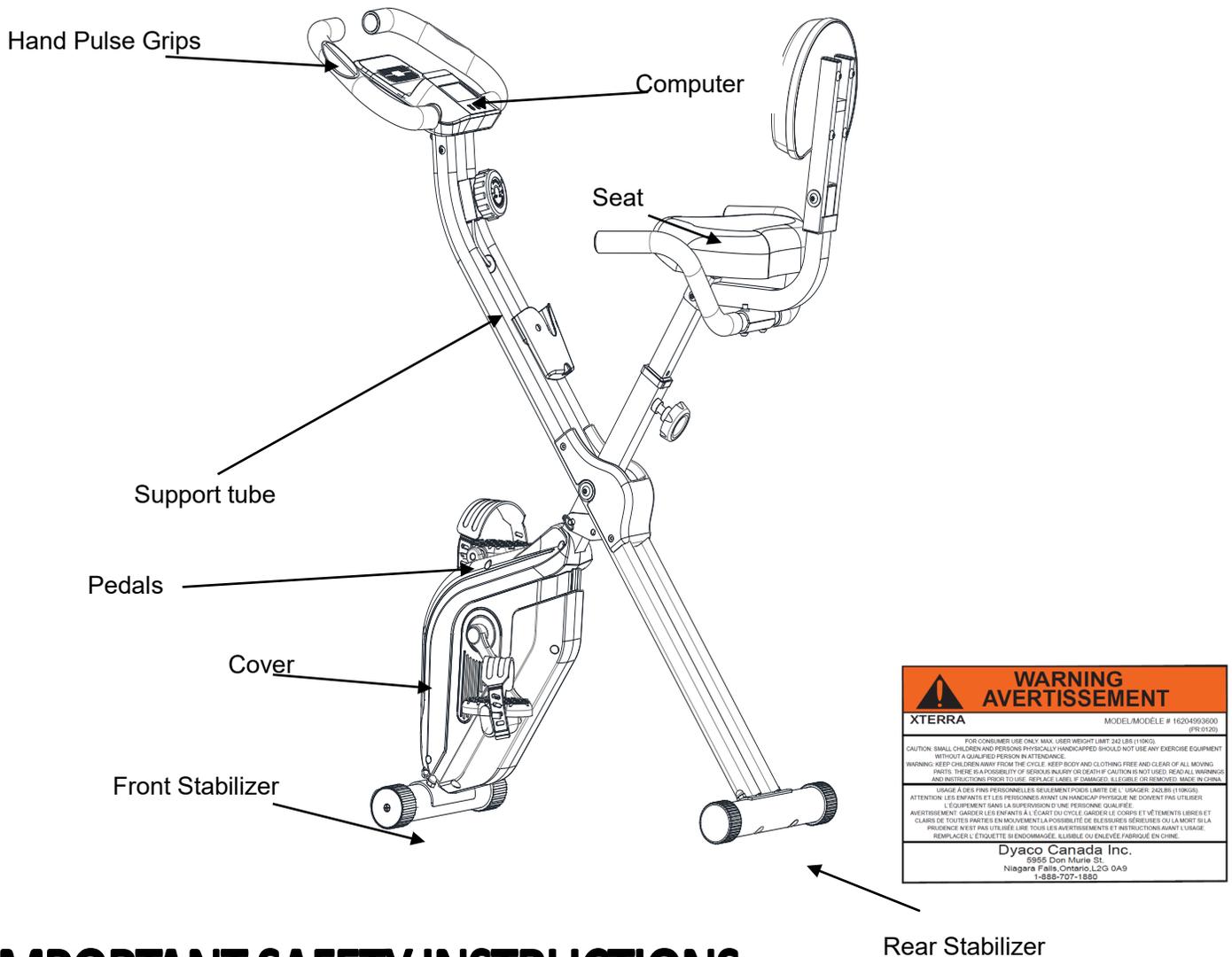
**ATTENTION**

THIS FOLDING 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 FB360 Folding 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's 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 FB360 Folding 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 labeled.

Read this manual carefully before using the Xterra FB360 Folding 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 FB360 Folding 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

1. Read the OWNER'S OPERATING MANUAL and all warnings posted on the exercise cycle and follow it carefully before using

your cycle.

2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Review all warnings labels that affixed to the cycle. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use. Functional and visual inspection of the equipment shall be made after assembling your cycle
4. The cycle must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Set up and operate the exercise bicycle on a solid level surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. The pulse sensor is not a medical device. Various factors, including the user's movement may affect the accuracy of the heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Keep children and pets away from this equipment at all times while exercising.
10. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
12. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your cycle.
13. Always hold the handlebars when mounting, dismounting or using the cycle. When you stop exercising, allow pedals to slowly come to a complete stop before dismounting.
14. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
15. User weight should not exceed 250lbs (113kgs).
16. Tie all long hair back.
17. Remove all personal jewellery before exercising.
18. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
19. Injuries may result from incorrect or excessive training and using the equipment otherwise than as directed or recommended by your doctor
20. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.
21. The exercise cycle does not free-wheel. Spinning pedals can cause injury. Pedal speed should be reduced in a controller manner.

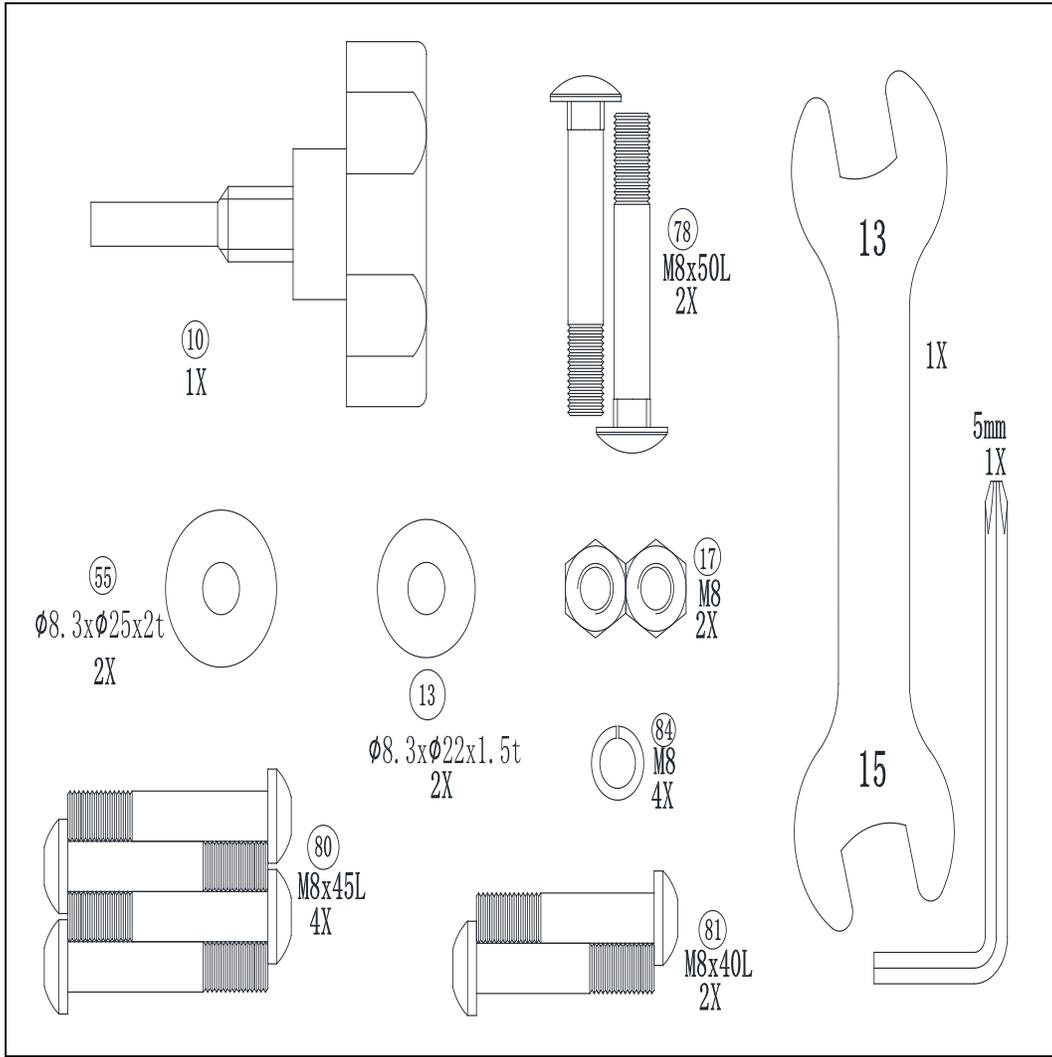
**WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from persona**

## **FB360 PRE-ASSEMBLY CHECK LIST**



Part No.	Description	Q'ty
1/2	Support Tube front and back	1
3	Seat Support Tube	1
4/8	Handlebar / Computer	1
5	Front Stabilizer	1
6	Rear Stabilizer	1
7	Seat	1
9	Pedal ( L/R )	1
74/75	Upper back support tube/ lower back support tube	1
76	Rear Handlebar	1
77	Back Cushion	1
89	Remote-control Holder	1
	Hardware Bag	1
	Manual	1

## FB360 ASSEMBLY PACK CHECKLIST

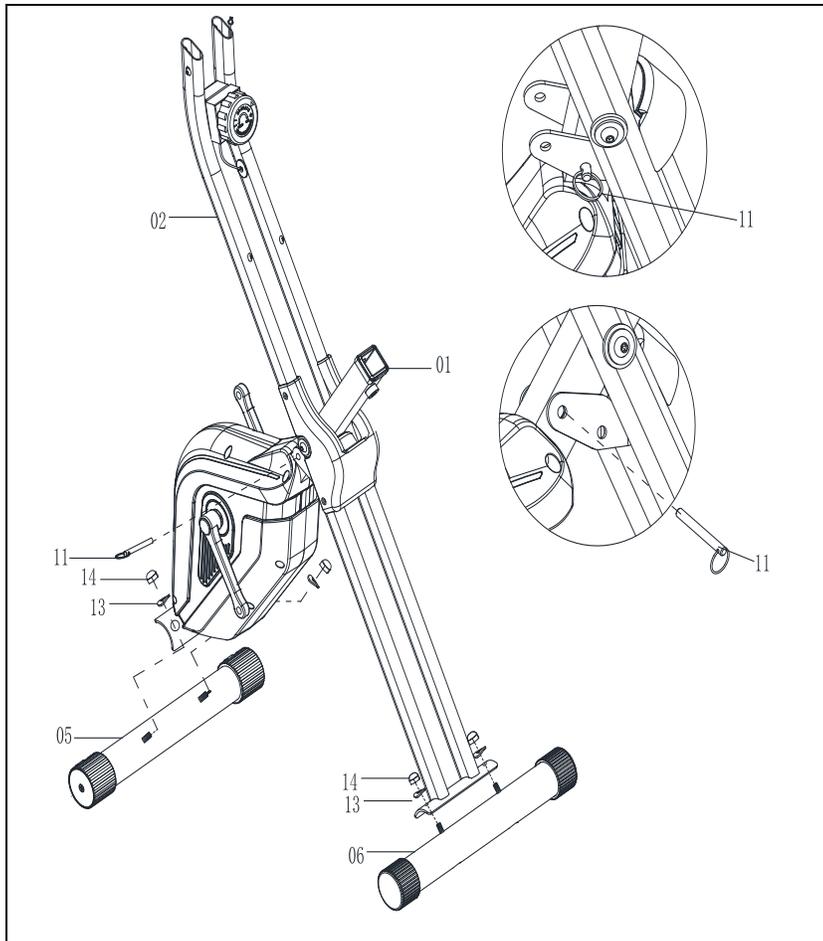


Part No.	Description	Q'ty
10	Adjustment Knob	1
17	Nylon Nut M8	2
13	Curved Washer φ8.3xφ22	2
78	Carriage Bolt M8x50L	2
81	Allen Screw M8x40L	2
55	Flat Washer φ8.3xφ25	2
84	Spring Washer	4
80	Allen Screw M8x45L	4
72	Allen Key	1
73	Hex head wrench	1

Note: 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.

## FB360 ASSEMBLY INSTRUCTIONS

## STEP 1 FRONT STABILIZER AND REAR STABILIZER



### Pre-assembled on Main Frame:

1 Lock pin (#11)

### Pre-assembled on Front & Rear

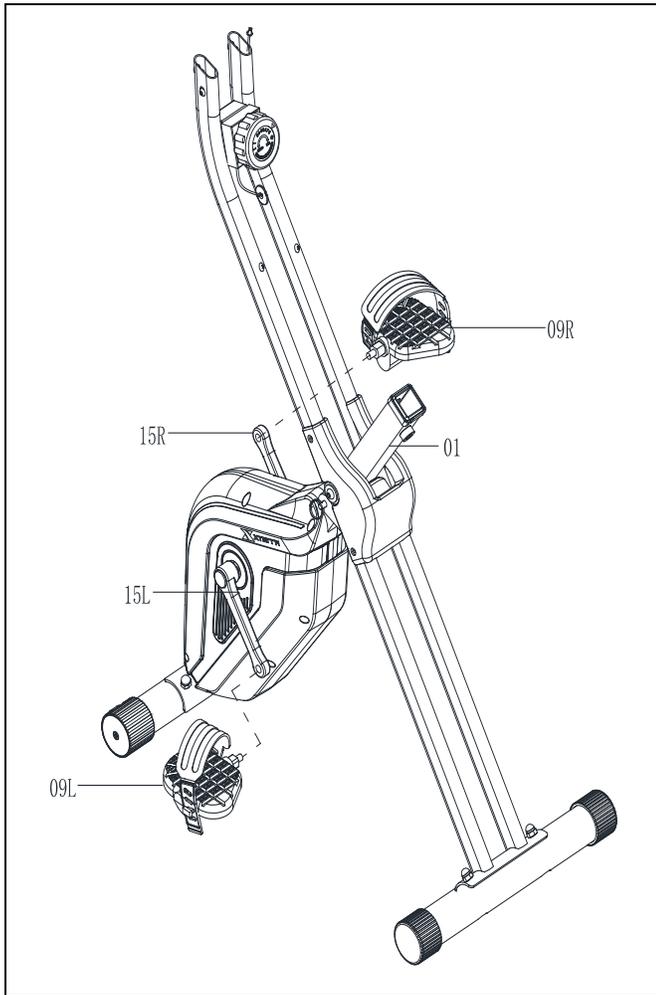
#### Stabilizer:

4 Curved washers (#13)

4 Domed nuts (#14)

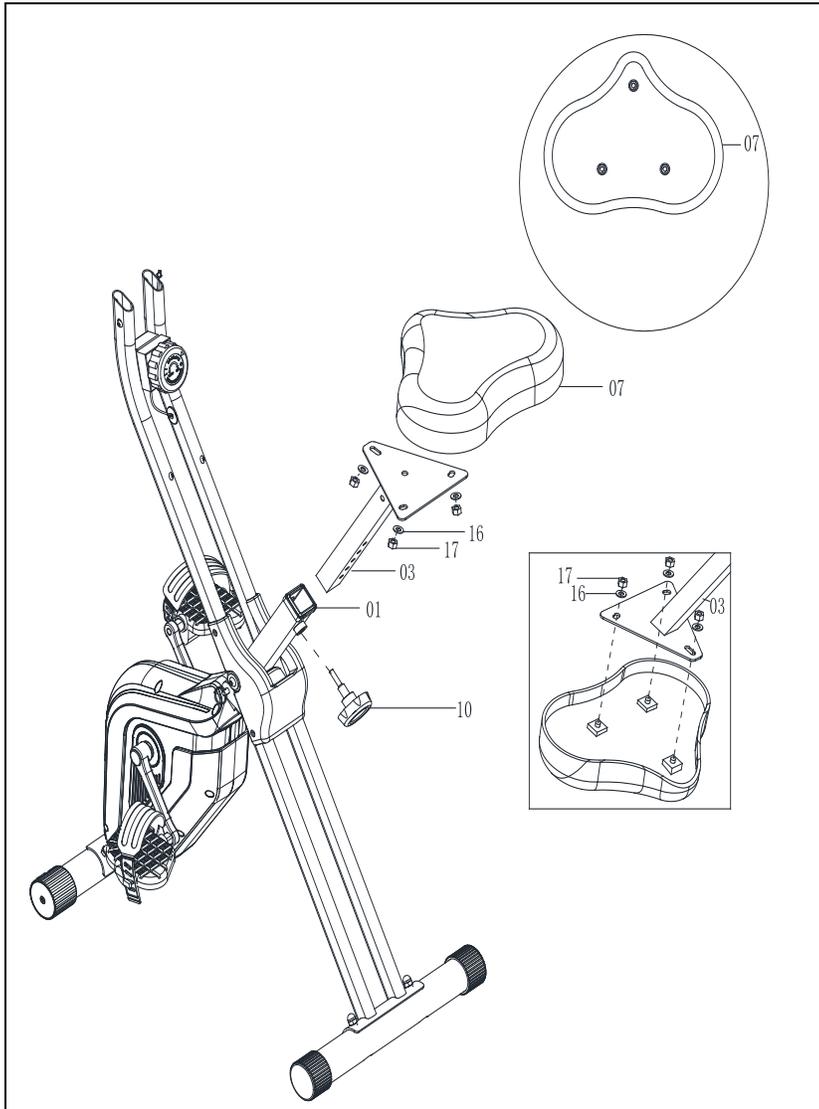
1. Pull out the lock pin (11) from the front support tube (01) and adjust the front support tube (01) to the correct position then insert lock pin (11) to secure the front support tube (01).
2. Attach the front stabilizer (05) to the front support tube (01), tighten with 2 curved washers (13) and 2 domed nuts (14).
3. Attach the rear stabilizer (06) to the rear support tube (02), tighten with 2 curved washers (13) and 2 domed nuts (14).

## STEP 2 PEDALS



1. Connect the left and right pedals (09L) & (09R) to their appropriate crank arm (15L&15R). The right pedal is on the right-hand side of the cycle as you sit on it.
2. Note that the right pedal (09R) should be threaded on clockwise and the left pedal (09L) on counter-clockwise.

## STEP 3 SEAT



1 Adjustment Knob (#10)

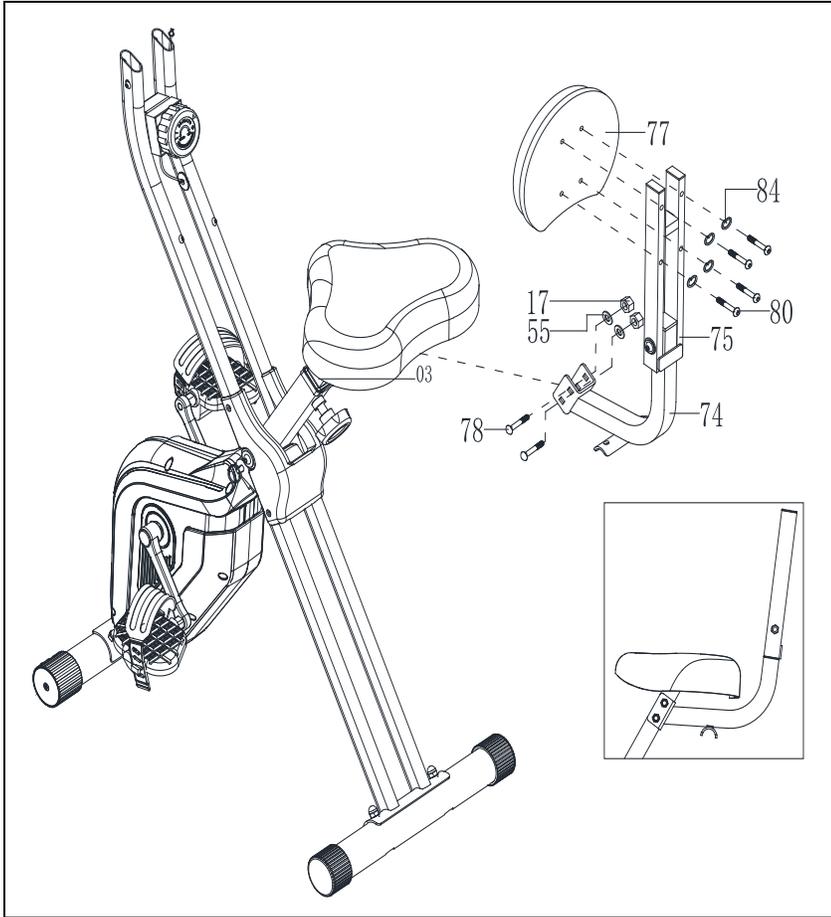
**Pre-assembled on seat:**

3 Flat Washers (#16)

3 Nylon Nuts (#17)

1. Remove 3 flat washers (16) and 3 nylon nuts (17) underneath the seat (07). Attach the seat (07) to the seat support tube (03), tighten with 3 flat washers (16) and 3 nylon nuts (17).
2. Insert the seat support tube (03) to the front support tube (01), fasten with the adjustment knob (10).

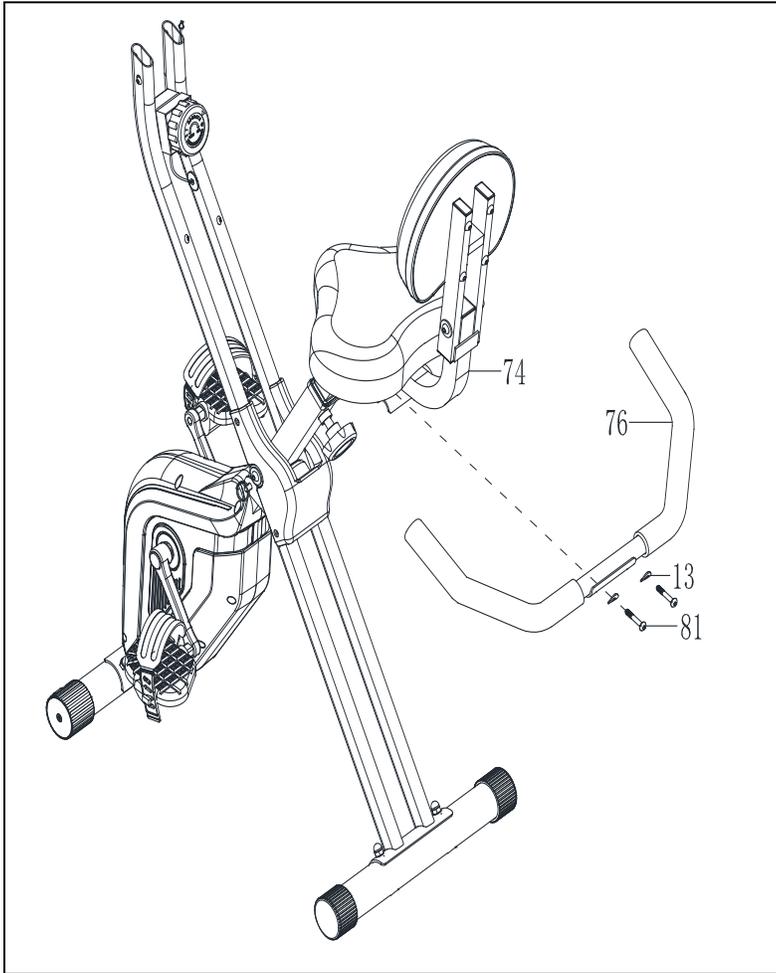
## STEP 4 Back Cushion



2 Nylon Nuts (#17)  
2 Flat Washers (#55)  
2 Carriage Bolts (#78)  
4 Allen Screws (#80)  
4 Spring Washers (#84)

1. Attach the lower back support tube (74) to the upper back support tube (03), tighten using 2 nylon nuts (17), 2 flat washers (55) and 2 carriage bolts (78).
2. Attach the back cushion (77) onto the upper back support tube (75), tighten using 4 spring washers (84) and 4 Allen screws (80).

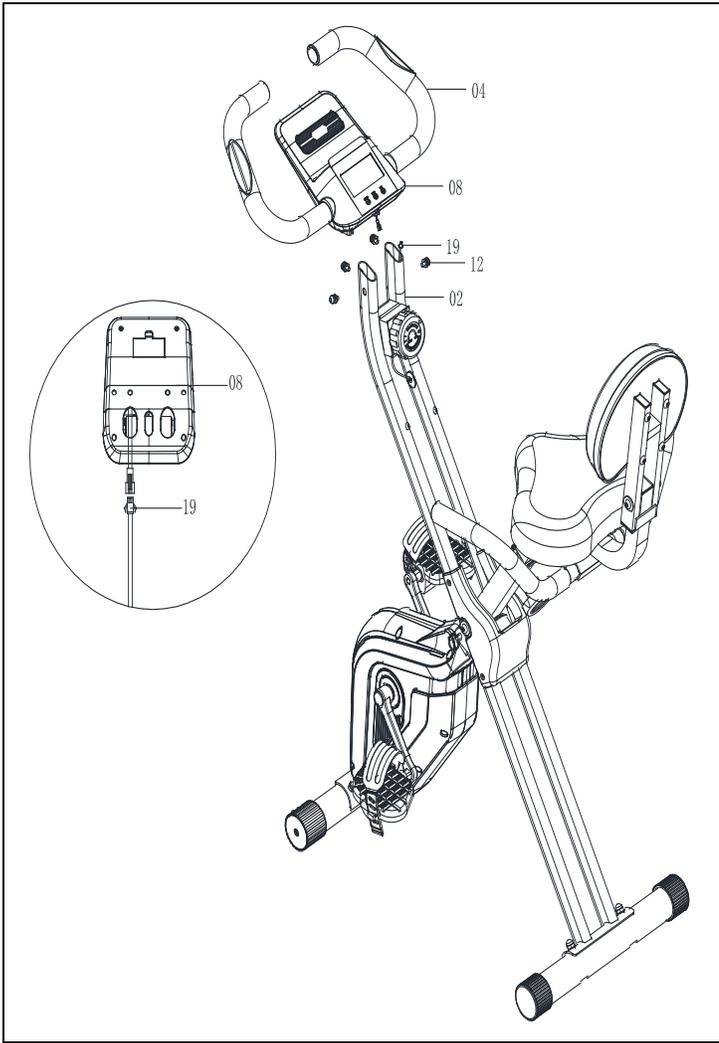
## STEP 5 REAR HANDLEBAR



2 Allen Screws (#81)  
2 Curved washers (#13)

1. Attach the rear handlebar (76) to the lower back support tube (74), tighten using 2 curved washers (13) and 2 Allen screws (81).

## STEP 6 CONSOLE

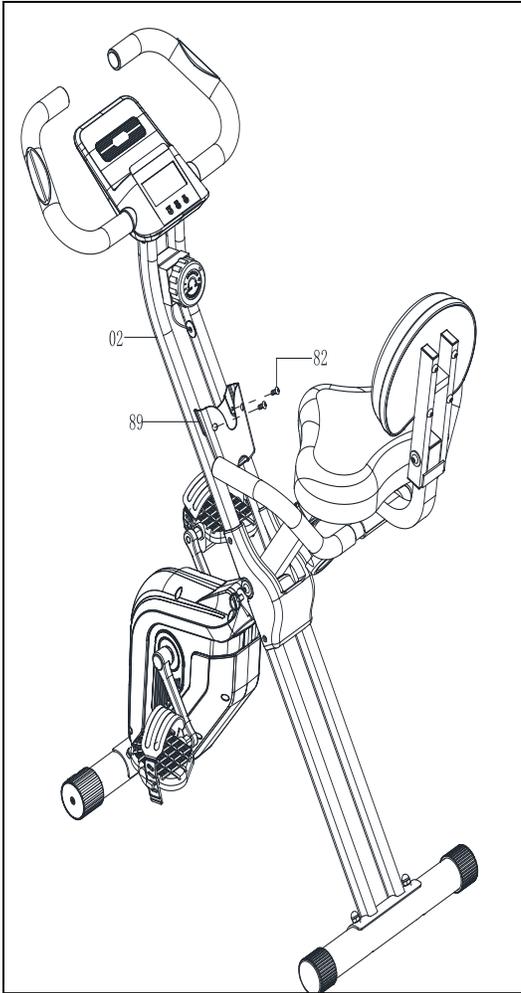


**Pre-assembled on rear support tube:  
4 screw set (#12)**

1. Remove the pre-installed 4 Screw Sets (12) from the Handlebar Tube (04).
2. Connect the middle sensor wire (19) to the wire on the back of the console (08).
3. Insert the Handlebar Tube (04) to the Rear Support Tube (02), secure with the 4 Screw Sets (12).

**Please insert two "AAA" batteries (not included) at the back of the console.**

## STEP 7 REMOTE-CONTROL HOLDER



**Pre-assembled on Main Frame:**  
2 Allen Screws (#82)

1. Remove 2 screws (82) from the support tube, attach the remote-control holder (89) onto the main frame, and tighten using 2 screws (82).

# MONITOR OPERATION

## GETTING FAMILIAR WITH THE CONTROL PANEL



## Key Functions

### FUNCTIONAL BUTTON:

MODE – Push down to select functions.

SET - To Set the consumer movement of time, distance, calories and hand pulse.

RESET -For resetting consumer movement of time, distance, calories and hand pulse.

### FUNCTIONS AND OPERATIONS

1. SCAN: Press the MODE button until SCAN appears, the monitor will rotate through the 6 functions: time, speed, distance, calorie, odometer, and pulse. Each display will be held 6 seconds.
2. TIME: Shows your elapsed workout time. Press the MODE button until “TIME” appears, press SET button to set target time. If you continue to exercise once your target time is reached the computer will reset itself and start counting up from 0.
3. SPEED: Display current speed.
4. DISTANCE: Count the distance from exercise start to end. The maximum value is 999.99miles. Press the MODE button until “DISTANCE” appears, press SET button to set target distance. If you continue to exercise once your target distance is reached the computer will reset itself and start counting up from 0.
5. CALORIE: Count the total calories from exercise start to end. Press the MODE button until “CALORIE” appears, press SET button to set target calories. If you continue to exercise once your target calorie is reached the computer will reset itself and start counting up from 0.
6. ODOMETER: Monitor will display the total accumulated distance.
7. PULSE RATE: Press the MODE button until “PULSE” appears. Press SET button to set target heart rate. The heart rate range can be set anywhere from 40 - 240 BPM. If you continue to exercise once your target heart rate is reached the computer will reset itself and start counting up from 0.

Before measuring your pulse rate, please place your palms of the hands on both of the contact pads. The monitor will show your current heart rate in beats per minute(BPM) on the LCD after 6~7 seconds.

During the process of pulse measurement, the measurement value may be higher than the actual pulse rate during the first 2~3 seconds of reading, after which it will stabilize and display a more accurate reading. The heart rate measurement value is not intended to be and should not be used as the basis for medical treatment.

### 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.

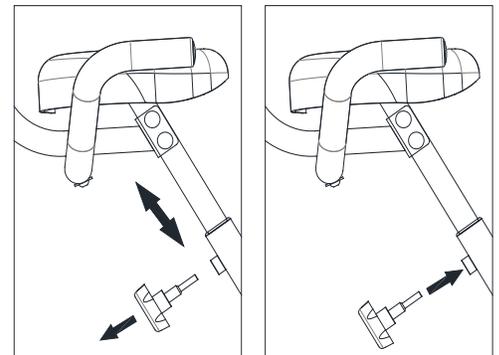
### SPECIFICATIONS:

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

## USER DIRECTION

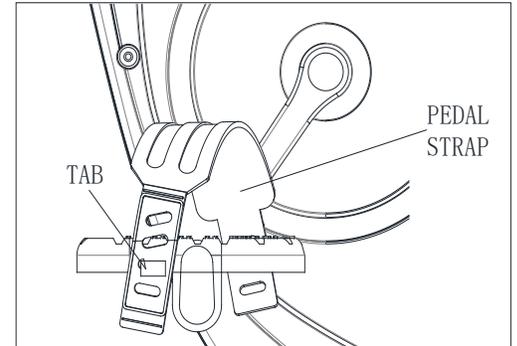
### HOW TO ADJUST THE SEAT

The correct height for the seat can be adjusted by the adjustment knob. You need to screw off the adjustment knob and lift or lower the seat height at your desired position, and then tighten the club knob.



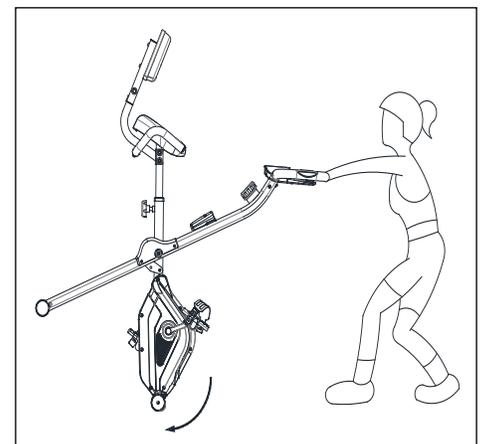
### HOW TO ADJUST THE PEDAL STRAPS

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 FOLDING BIKE

The Folding bike has a pair of Transportation wheels on Front Stabilizer. To move, carefully hold and tilt the handle toward to front and then roll.



## 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 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

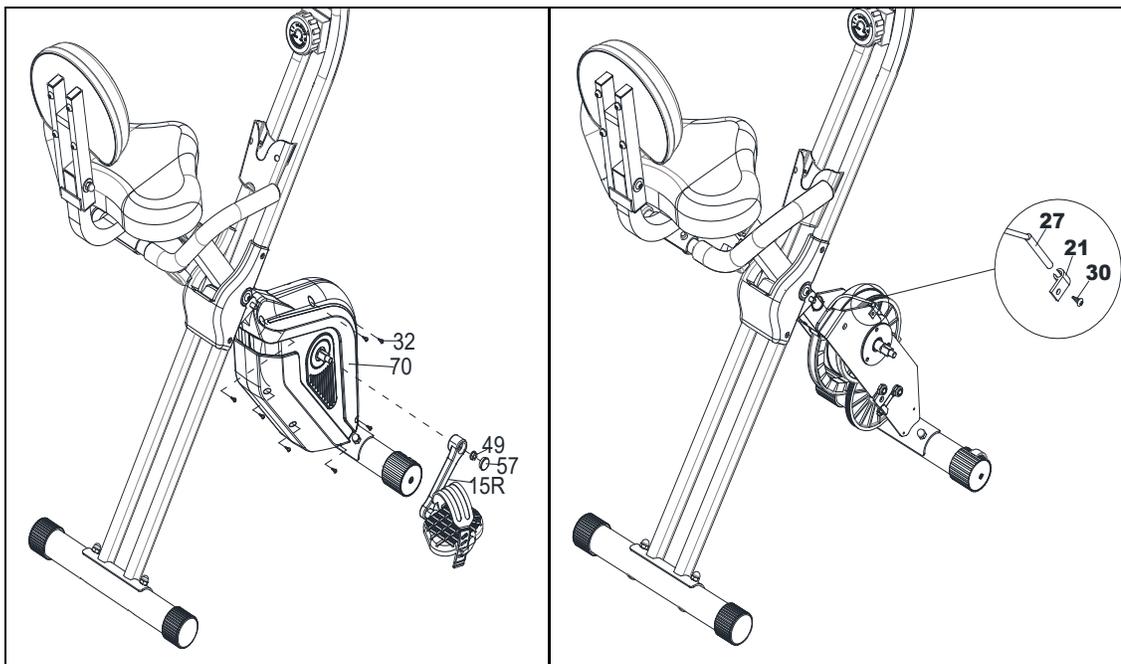
The reed switch should be adjusted if the console does not display correct feedback.

The first step to remove the end cap ( 57 ) and flange nut ( 49 ), then use the special tools remove the right / left crank.

The second step to remove all self-tapping screws ( 32 ) on the left and right chain cover and then take off the left and right chain cover ( 69&70 ) from main frame .

The third step is to loosen the screw ( 30 ), rotate the sensor bracket ( 21 ) aligned with the magnet on the pulley until the computer receive signals and tighten the screw ( 30 ).

The last step is attach the left and right chain cover ( 69 & 70 ) & crank ( 15 ) on main frame.



## HOW TO ADJUST THE DRIVE BELT

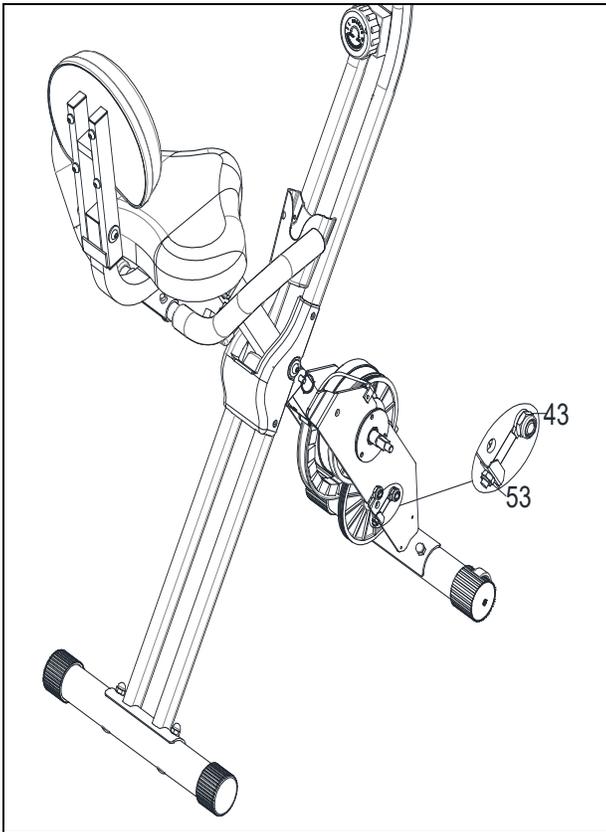
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

The first step to remove the end cap ( 57 ) and flange nut ( 49 ), then use the special tools remove the right / left crank.

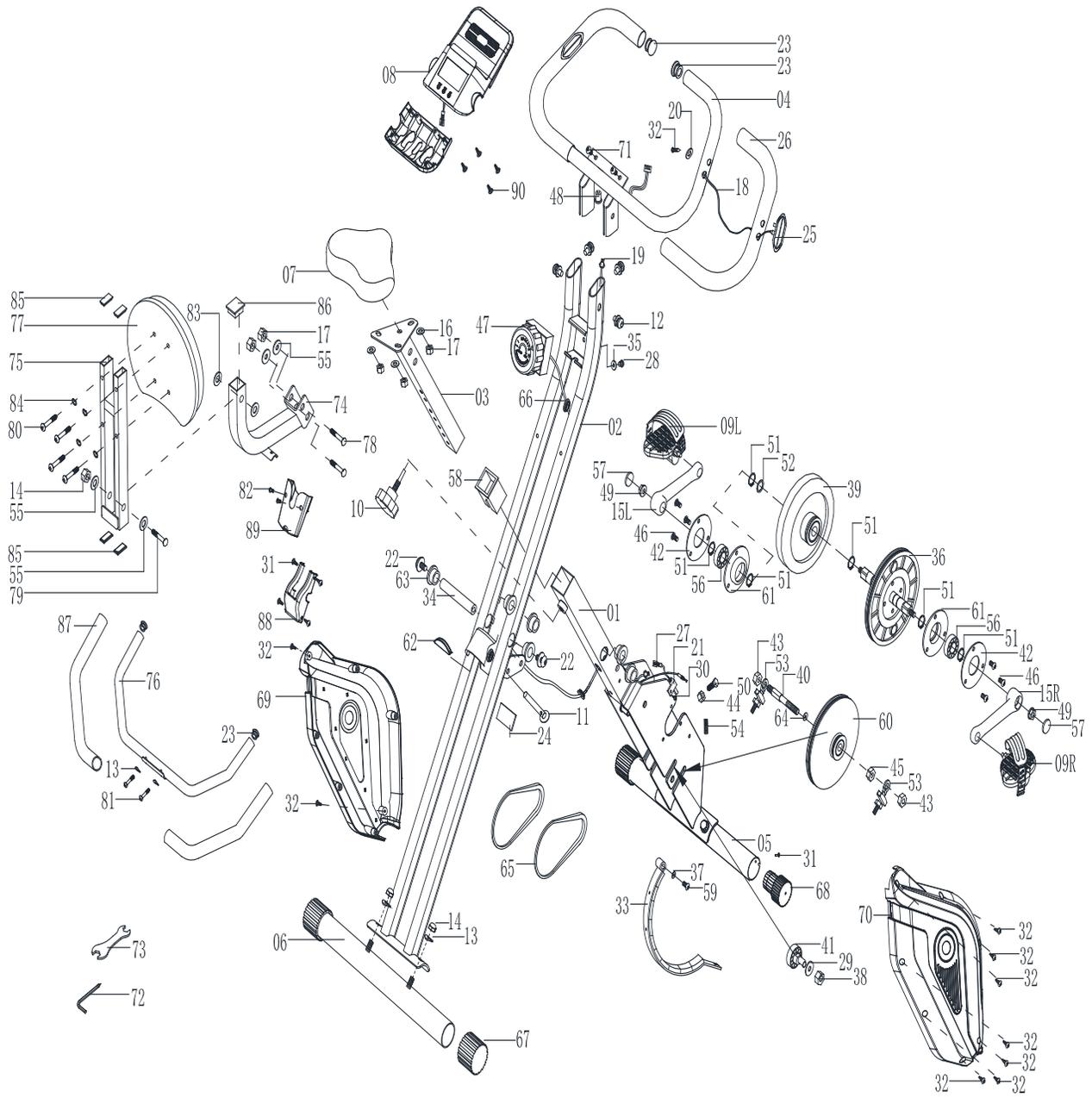
The second step to remove all self-tapping screws ( 32 ) on the left and right chain cover and then take off the left and right chain cover ( 69&70 ) from main frame ( 1 ).

The third step is to loose or tighten the screw ( 53 ) to adjust the belt tension.

The last step is attach the left and right chain cover ( 69&70 ) & crank ( 15 ) on main frame.



# EXPLODED VIEW DIAGRAM



## PARTS LIST

NO.	PART NUMBER	DESCRIPTION	QTY
01	9936001	Front support tube	1
02	9936002	Rear support tube	1
03	9936003	Seat support tube	1
04	9936004	Handlebar tube	1
05	9936005	Front stabilizer	1
06	9936006	Rear stabilizer	1
07	9936007	Seat	1
08	9936008	Computer	1
09L	9936009L	Pedal L	1
09R	9936009R	Pedal R	1
10	9936010	Adjustment knob M12	1
11	9936011	Lock pin $\phi 8 \times 70L$	1
12	9936012	Screw Set	4
13	9936013	Curved washer $\phi 8.3 \times \phi 22$	6
14	9936014	Domed nut M8	5
15L	9936015L	Crank L	1
15R	9936015R	Crank R	1
16	9936016	Flat washer $\phi 8.3 \times \phi 17.5$	3
17	9936017	Nylon nut M8	5
18	9936018	Hand pulse wire	1
19	9936019	Middle sensor wire	1
20	9936020	Flat washer $\phi 4.3 \times \phi 12$	2
21	9936021	Sensor bracket	1
22	9936022	Allen bolt M8x15L & Flat washer $\phi 25$	2
23	9936023	End cap for handlebar	4
24	9936024	EVA pad	1
25	9936025	Hand pulse sensor	2
26	9936026	Foam grip for handlebar	2
27	9936027	Lower sensor wire	1
28	9936028	Screw M5x20L	1
29	9936029	Flat washer $\phi 10.3 \times \phi 25$	1
30	9936030	Self-tapping screw M4x10L	1
31	9936031	Self-tapping screw ST4.2x12L	6
32	9936032	Self-tapping screw ST4.2x20L	11
33	9936033	Magnet assembly	1
34	9936034	Axle for Main frame	1
35	9936035	Flat washer $\phi 5.2 \times \phi 18$	1
36	9936036	Pulley	1
37	9936037	Plastic washer $\phi 6.5 \times \phi 13$	1

NO.	PART NUMBER	DESCRIPTION	QTY
38	9936038	Nylon nut M10	1
39	9936039	Flywheel	1
40	9936040	Axle for pulley	1
41	9936041	Idler wheel	1
42	9936042	Fixed plate	2
43	9936043	Hex head nut M10	2
44	9936044	Hex head nut M6	1
45	9936045	Nut M10	1
46	9936046	Screw M6x10L	6
47	9936047	Tension knob	1
48	9936048	Grommet	1
49	9936049	Flange nut M10	2
50	9936050	Hex head blot M6x30L	1
51	9936051	C-Clip	6
52	9936052	Wave washer	1
53	9936053	Flywheel adjustor	2
54	9936054	Spring	1
55	9936055	Flat washer $\phi 8.3 \times \phi 25$	4
56	9936056	Bearing	2
57	9936057	End cap for crank	2
58	9936058	Bushing for seat post	1
59	9936059	Screw M5x10L	1
60	9936060	Pulley	1
61	9936061	Bearing bracket	2
62	9936062	Cushion rubber	1
63	9936063	Bushing	6
64	9936064	Plastic washer $\phi 14 \times \phi 10.3$	1
65	9936065	Belt	2
66	9936066	Grommet	3
67	9936067	End cap for rear stabilizer	2
68	9936068	End cap for front stabilizer	2
69	9936069	Chain cover ( L )	1
70	9936070	Chain cover ( R )	1
71	9936071	Screw M5x8L	2
72	9936072	Allen key	1
73	9936073	Hex head wrench	1
74	9936074	Lower Back Support Tube	1
75	9936075	Upper Back Support Tube	1
76	9936076	Rear Handlebar	1
77	9936077	Back Cushion	1

<b>NO.</b>	<b>PART NUMBER</b>	<b>DESCRIPTION</b>	<b>QTY</b>
78	9936078	Carriage Bolt M8x50L	2
79	9936079	Allen Screw M8x80L	1
80	9936080	Allen Screw M8x45L	4
81	9936081	Allen Screw M8x40L	2
82	9936082	Screw M4x10L	2
83	9936083	Plastic Washer $\phi$ 20x $\phi$ 8.5	2
84	9936084	Spring Washer	4
85	9936085	End cap $\square$ 15x30	4
86	9936086	End cap $\square$ 30	1
87	9936087	Foam Grip for Rear Handlebar	2
88	9936088	Protective Cover	1
89	9936089	Remote-control Holder	1
90	9936090	Self-tapping screw ST2.9x8L	4

# 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 together 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	Flywheel or magnet assembly not working properly	Replace flywheel or magnet assembly
	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 of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion about 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 (MVo<sub>2</sub>). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time 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 MVO<sub>2</sub> 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 warm up 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 the rate at which your heart beat 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, so 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, (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 isn’t as accurate.

The target is not a magic number, but a general guide. If you’re 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 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

Don’t 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) don’t 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, don’t 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 principal 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 for 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 on without going through the warm-up stage again.

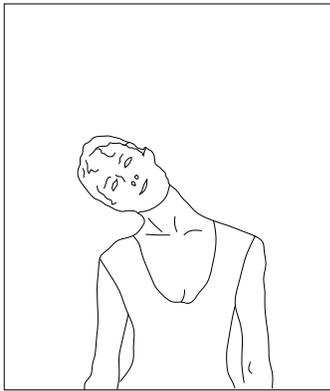
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute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

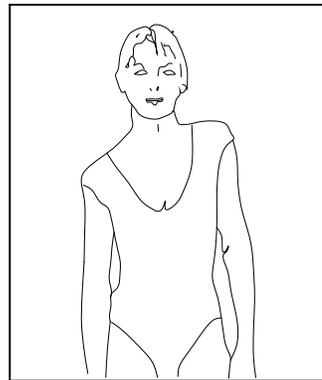
## HEAD ROLLS

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.



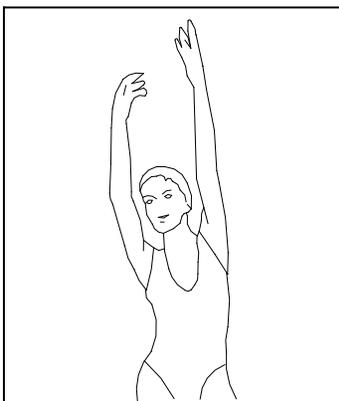
## SHOULDER LIFTS

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.



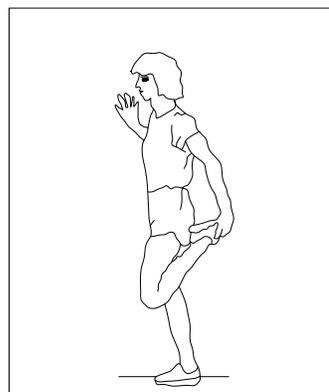
## IDE STRETCHES

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.



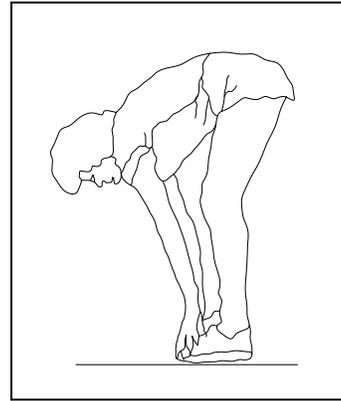
### **INNER THIGH STRETCH**

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.



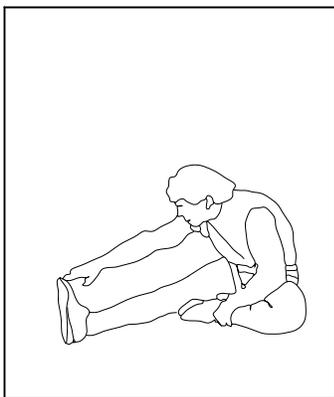
### **TOUCHES**

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.



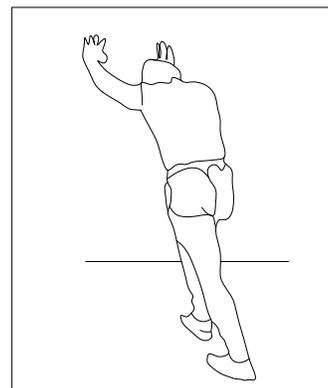
### **HAMSTRING STRETCHES**

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 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 folding bike parts for a period of time listed below from the date of retail sale, as determined by 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](http://www.dyaco.ca/warranty.html) and complete the online warranty registration.
2. Proper use of the folding bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the folding bike.
4. Damages to the folding bike finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

### EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Damages caused by users; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance. or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been: sold, transferred, bartered, or given to a third party.
5. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
6. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
7. Warranties outside of Canada may vary. Please contact Dyaco Canada for details.

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

1. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
2. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.  
5955 Don Murie Street, Niagara Falls, ON L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc