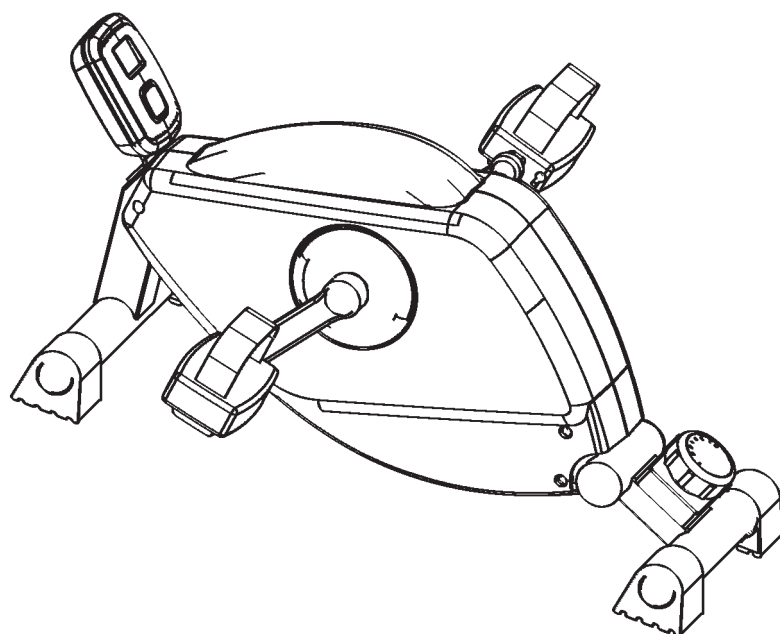




OBK6000

OBK6000



-  **Warranty**
-  **Assembly**
-  **Parts**

Owner's manual OBK6000

CAUTION: 1. *Weight on this product should not exceed 100 kgs.*

2. *Exercise of a strenuous nature, as is customarily done on this equipment, Should not be undertaken without first consulting a physician. No specific health claims are Made or implied as they relate to the equipment. Measurements made by the equipment are Believed to be accurate, but only The measurements of your physician should be relied upon.*

IMPORTANT: *Read all instruction carefully before using this product. Retain this product. Owner's manual for future reference.*

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SAFETY INSTRUCTIONS

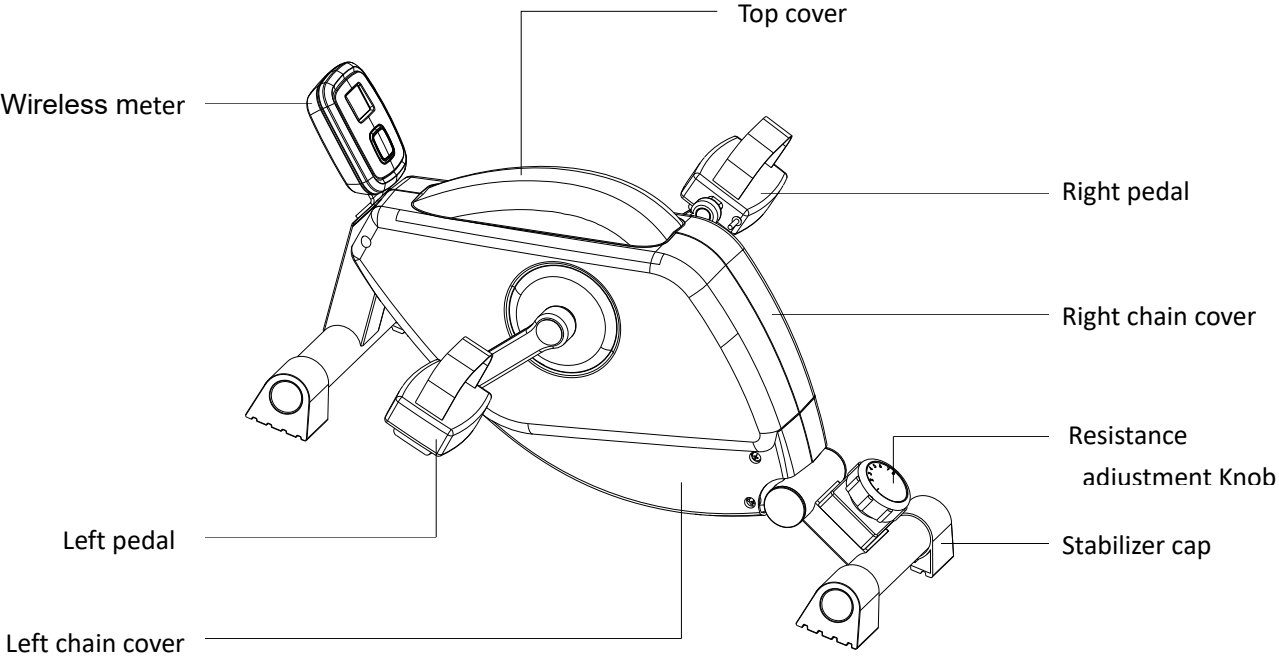
1. Save these instructions and ensure that user read this manual prior to using the Bike for the first time, read all warnings and cautions posted on the Bike
2. The Bike should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the Bike. Do not allow children to use or play on the Bike. Keep children and pets away from the Bike when it is in use.
4. The Bike is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the Bike on a solid level surface. Do not position the Bike on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the Bike.
8. Keep fingers clear of all pinch points when folding and unfolding the Bike.
9. Before using, inspect the Bike for worn or loose components, and securely tighten or replace any worn or loose components prior to use. Do not attempt to adjust the seat while you are on the Bike
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Do not wear loose or dangling clothing while using the Bike
13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Bike, loss of balance may result in a fall and serious bodily injury.

15. The Bike should not be used by persons weighing over 100 kg.

16. The Bike should be used by only one person at a time

17. The Bike is for in-door use only. It is not for use in public or semipublic facilities

PRODUCT OVERVIEW

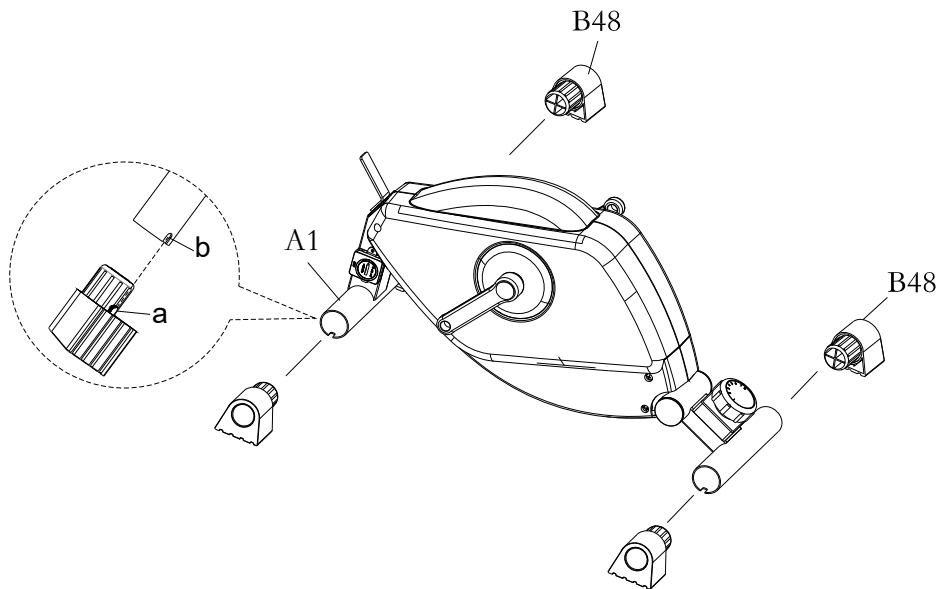


ASSEMBLY INSTRUCTION

Step 1

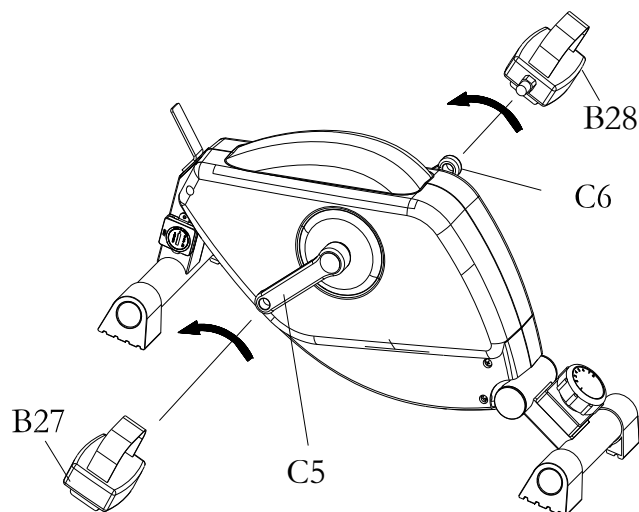
Attach Stabilizer Cap (B48) to the indicated position on each stabilizer.

Noted: The bump (a) of the stabilizer cap (B48) must align with the hole of the tube (b)



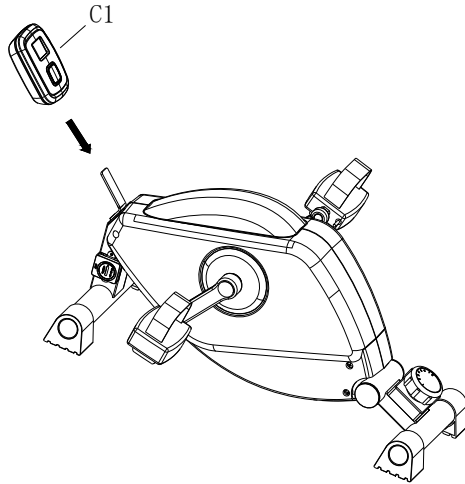
Step 2

Lock the left pedal (B27) onto the left crank (C5), and tighten with the wrench. Lock the right pedal (B28) onto the right crank (C6), and tighten with the wrench.



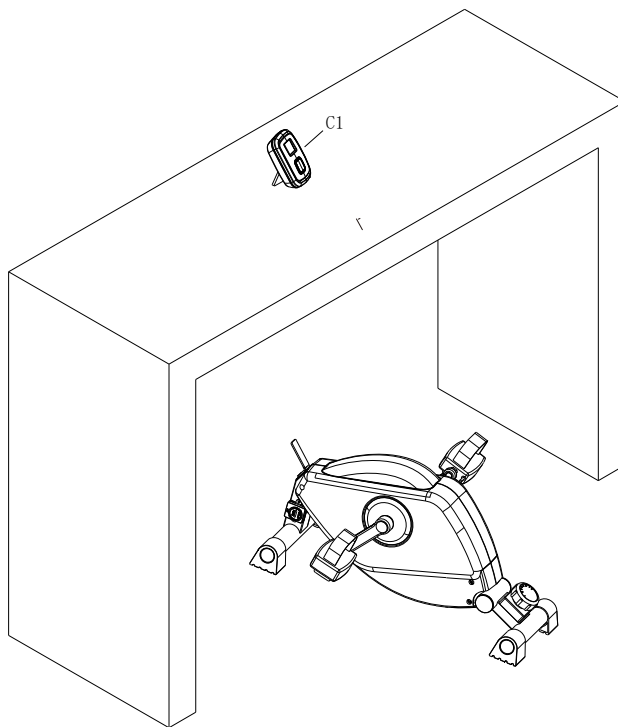
Step 3

1. Meter can be fixed on bike: Insert the console (C1) to the supporting bracket, following the arrow direction shown below.



2. Meter can be placed on table: Unplug the meter(C1) from the supporting bracket, and use back stand to place it on the table.

NOTE: Don't place meter on steel-made stable or platform.



METER FUNCTION INSTRUCTION

BUTTON FUNCTION:

MODE: This key allows you to select and set a particular function while exercising.

FUNCTION

SCAN: Automatically scan each function, including **SPEED, DISTANCE, TIME, and CALORIES**, in sequence. Display function change every six seconds. Press the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes

SPEED: Displays the current speed from zero to 999.9 KM per hour

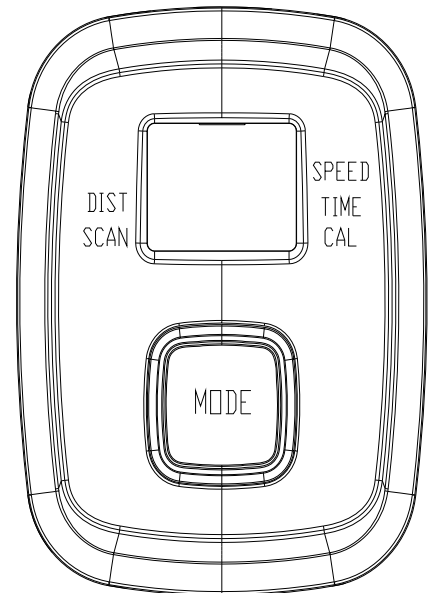
DISTANCE: Displays the distance from zero to 999.9 KM.

CALORIES: Displays the calories burned from zero to 999.9 Kcal

The calorie readout is an estimate as an average number from users. It should be used only as a reference.

NOTE:

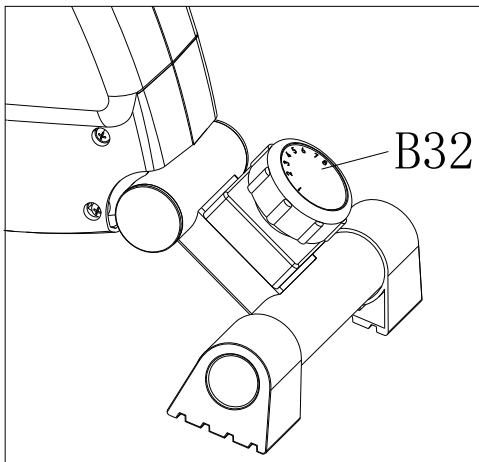
- NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero, **except ODOMETER**
- Remove or replace the battery, Odometer will be reset to zero.



RESISTANCE ADJUSTMENT

To increase resistance, turn the adjustment knob (B32) clockwise

To decrease resistance, turn the adjustment knob (B32) counter-clockwise



Transmitter Function

1. Battery Replacement

- Use a coin to rotate the battery cover counter-clockwise by 90 degree, following the arrow direction shown in PICTURE 1 below. Take the old battery off.
- Replace with new battery and put the battery cover back. Rotate the battery cover clockwise by 90 degree, shown in PICTURE 2.

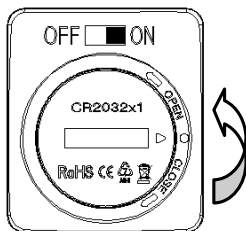
NOTE: Make sure the positive and negative poles are in correct position, shown in PICTURE 3.

- Use CR2032 battery.

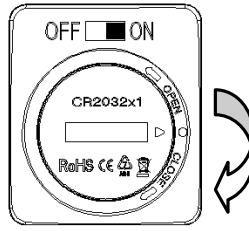
NOTE: Battery should be re-newed every 3 months, no matter item is frequently in use or not.

- Make sure the transmitter sensor is turned "ON" while using, and turned "OFF" after exercise is done.

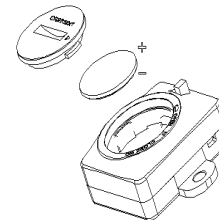
2. Once the replacement is completed, "STOP" on meter will be disappeared.



PICTURE 1



PICTURE 2



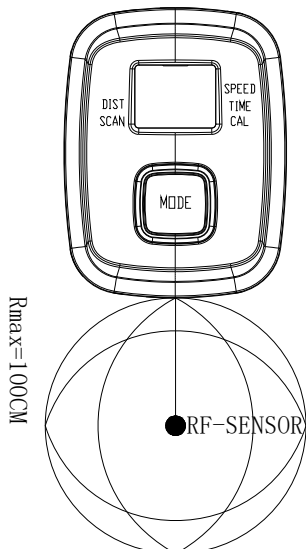
PICTURE 3

3. Meter placement

- Distance between meter and transmitter sensor must be within ONE METER, shown in PICTURE 5. Otherwise, wireless function cannot work successfully.

NOTE:

- Conductor or conductor material must be removed between meter and transmitter sensor.**
- Meter cannot be placed on steel-made table or platform, including iron, aluminum, and stainless steel, otherwise the transmitter signal will be blocked.**
- Meter will be placed far away from smart phone, laptop, tablet, or router. Suggested distance is over 30 cm.**



PICTURE 5

EXERCISE GUIDANCE

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely over weight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

Have your doctor review your training and diet programs.

Begin your training program slowly with realistic goals that have been set by you and your physician. Warm up before you exercise and cool down after you work out.

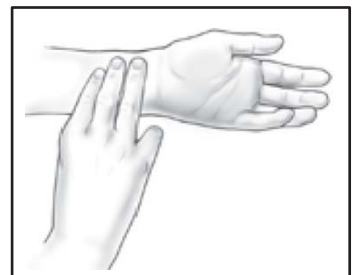
Take your pulse periodically during your work out and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.

If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your work out by increasing your heart rate

Measure your heart rate periodically during your work out by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heart beat count. Multiply the results by ten to find your heart rate. For example, if your six second heart beat count is your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising.



Adjust the intensity of your exercise until your heart rate is at the proper Level.

Target Heart Rate Zone Estimated by Age *

Age	Target Heart Rate Zone (55%-90%of Maximum Heart Rate)	Average Maximum Heart Rate100%
20 years	110-180 beats per minute	200 beats per minute

25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

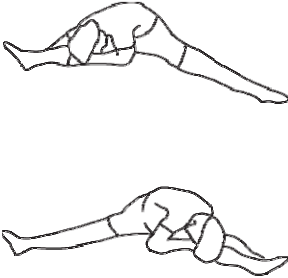
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce

SUGGESTED STRETCHING EXERCISES

Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keeps this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

DO NOT BOUNCE!
When the pull on the back of try a lower position the

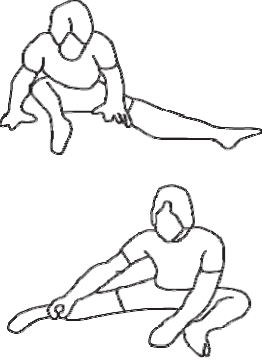


Stretching on the floor

Sitting on the ground and spreading Legs, the upper body rightist, grasp the right knee and pressed down for 10 seconds to 30 seconds, foot cannot bend, do 10 times, change legs to do the same action, repeat 10 times

Curved trunk stretched

Squat and right foot bent, left leg straight, right-wing, left hand grasp the left knee and pressed down more than 10 seconds, repeat 10 times, change legs to do the same action, repeat 10 times



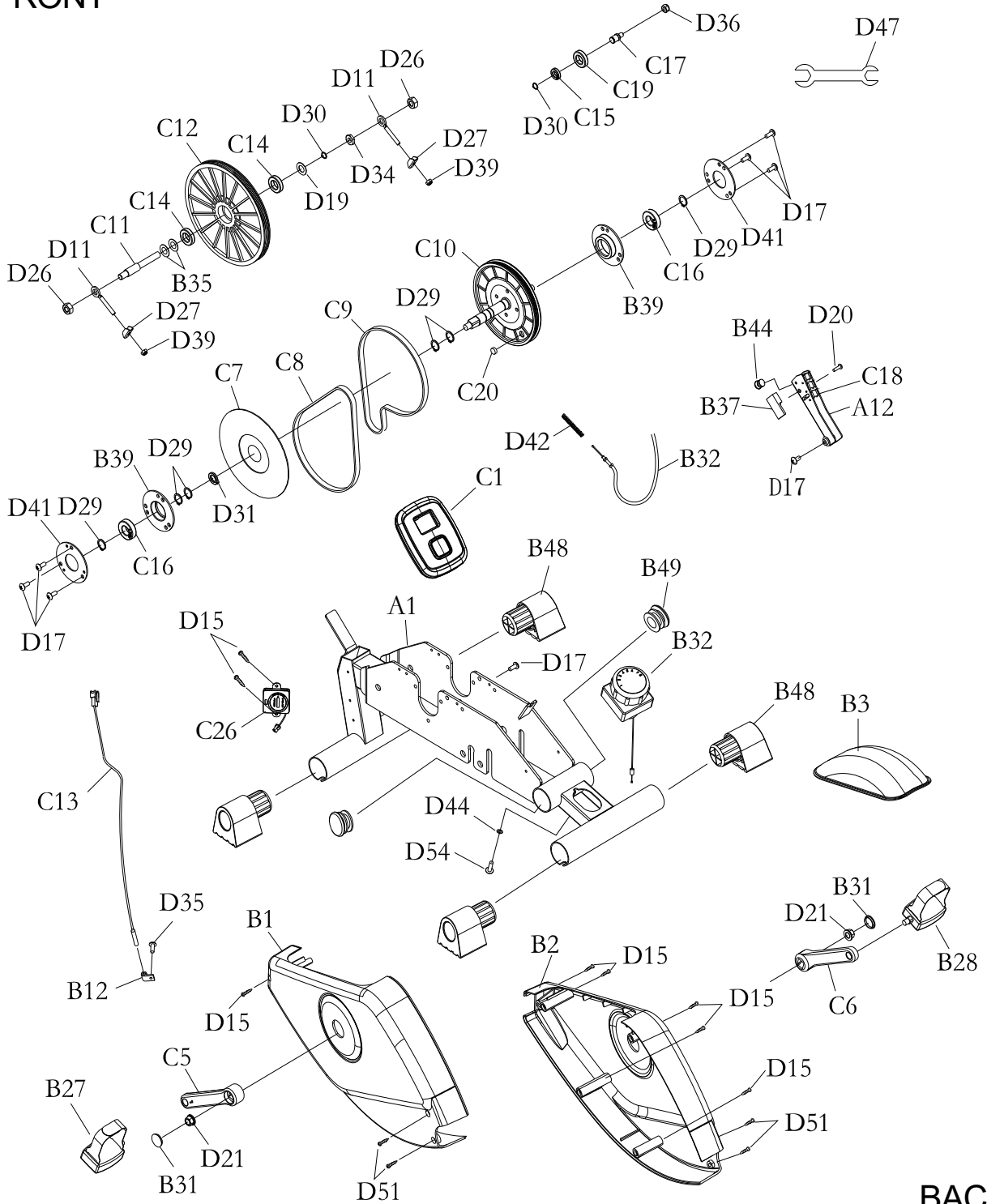
Bend leg stretch

Place feet shoulder width apart, lean forward. Hands clinging to right foot, head close to the foot, pressing down more than 10 seconds, change legs to do the same action ,repeat 10 times

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session

EXPLOSION DRAWING

FRONT



BACK

PARTS LIST

A. Welding Parts

No.	Description	QTY
A1	Main frame	1
A12	Magnet Bracket	1

B. Plastic parts

No.	Description	QTY
B1	Left Chain Cover	1
B2	Right Chain Cover	1
B3	Top Cover	1
B12	Sensor	1
B27	Left Pedal	1
B28	Right Pedal	1
B31	Crank Cap	2
B32	Adjustment Knob	1
B35	Plastic Washer $\Phi 10.2 * \Phi 14$	2
B37	Stopper	1
B39	Bearing Housing	2
B44	Plug	1
B48	Stabilizer Cap	4
B49	Ball Plug	2

C. Electronic parts

No.	Description	QTY
C1	Meter	1
C5	Left Crank	1
C6	Right Crank	1
C7	Flywheel	1
C8	V-ribbed Belt (230J)	1
C9	V-ribbed Belt(240J)	1
C10	Pulley W/Shaft	1
C11	Pulley Shaft	1
C12	Pulley	1
C13	Sensor wire	1

C14	Ball Bearing (6000ZZ)	2
C15	Ball Bearing (6200ZZ)	1
C16	Ball Bearing (6003ZZ)	2
C17	Idler Shaft	1
C18	Magnet	6
C19	Idler Shaft	1
C20	Round Magnet	1
C27	Wireless transmitter	1

D. Hardware

NO.	Description	QTY
D11	Eye Bolt M6	2
D15	Screw, Round Head Self-Tapping ST4.2X16	8
D17	Bolt, Round Head M6X12	8
D19	Wave Washer S10	1
D20	Screw, Round Head Self-Tapping ST4.2X25	1
D21	Flange Nut M10 x 1.25	2
D26	Hex Shape Nut M10	2
D27	U-Shape Bracket	2
D29	C Ring Φ 17.0	6
D30	C Ring Φ 10	2
D31	Wave Spring Washer S17	1
D34	Hex Shape Nut M10 (Thin)	1
D35	Carriage Bolt M4X10	1
D36	Nylon Nut M10	1
D39	Hex Shape Nut M6	2
D41	Bearing Housing Cover	2
D42	Spring	1
D44	Flat Washer M5	1
D47	Wrench	1
D51	Cross Head Self-Tapping Bolt ST4.2X16	4
D54	Bolt, Round Head M5X20	1