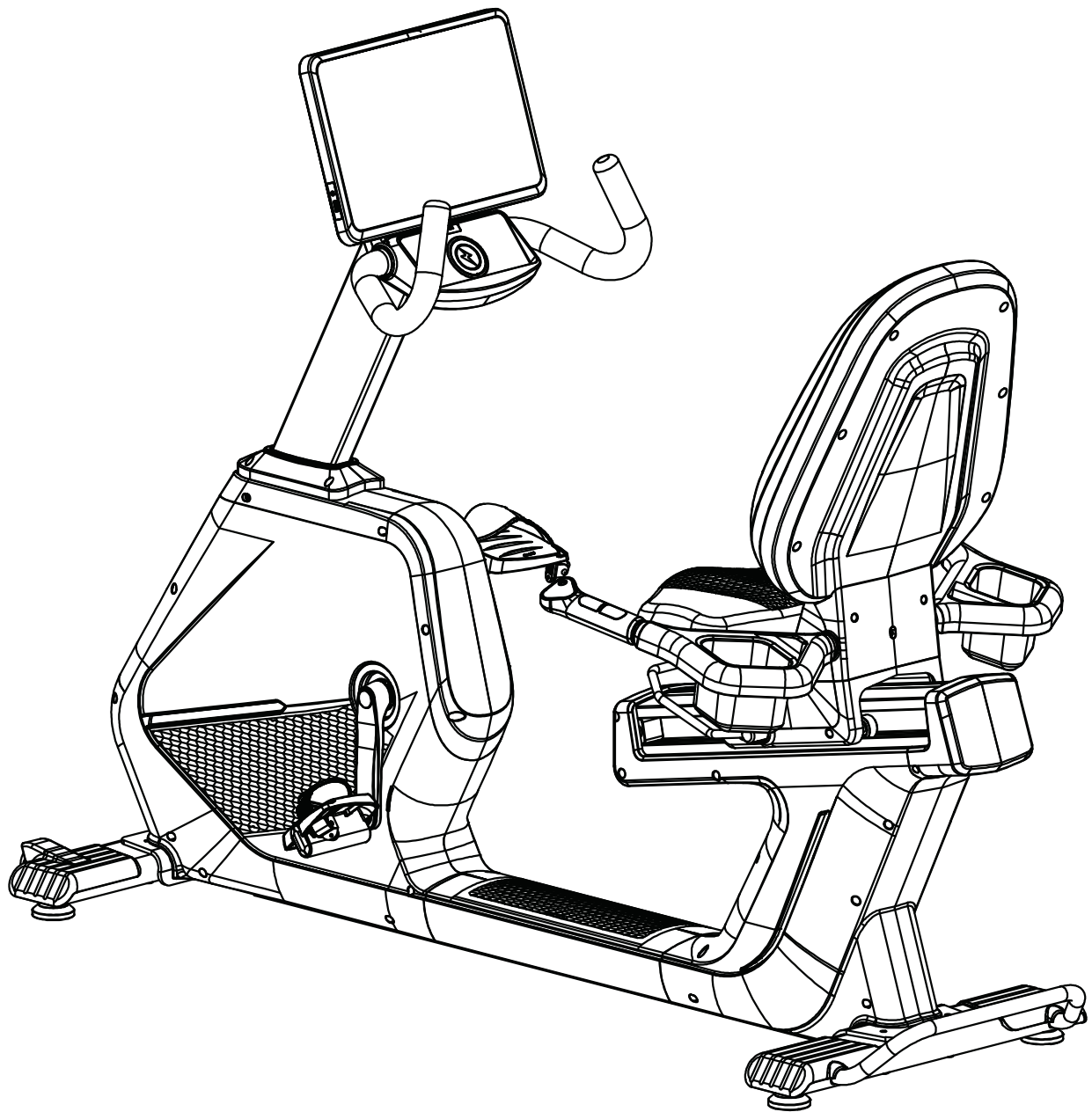


Recumbent Bike

Assembly & User Manual

Model: BR201E



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FCC AND IC COMPLIANCE STATEMENTS

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC Radiation Exposure Statement:

This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

Cet équipement doit être installé et utilisé à une distance minimum de 20 cm entre l'antenne et votre corps.

IMPORTANT SAFETY INSTRUCTIONS

Important Safety Instructions

- Please read and follow all instructions carefully before using your bike to reduce the risk of injury, damage, or malfunction.

General Warnings

- Always consult your physician before beginning any exercise program, especially if you have any medical condition, are pregnant, or are over 35 and physically inactive.
- Do not use the bike if you are feeling unwell, dizzy, or fatigued.
- Never allow children under 14 years old to operate, mount, or play near the bike.
- This equipment is classified as SB class and is intended for indoor home or supervised commercial use only.
- This equipment is intended for use at altitudes up to 2000 meters above sea level.
- Set up the machine in a dry level place and keep it away from moisture and water.
- The equipment shall be installed on a stable base and properly leveled.
- This equipment is not suitable for high accuracy purposes.

Mounting & Dismounting

- Use caution when mounting or dismounting the bike.
- Always bring the flywheel to a complete stop before stepping on or off.
- Move the pedal on the side you're mounting/dismounting to its lowest position before stepping on or off.
- Never stand or climb on the handlebars.

Bike Setup & Environment

- Always place the bike on a solid, level surface in a well-lit and ventilated area.
- Maintain a minimum of 0.5 m (19.7 in.) clearance on at least one side and front/back of the bike for safe access.
- Before each use, check that the seat, handlebars, and pedals are securely fastened.
- Adjust the bike properly to fit your body: seat height, fore/aft position, and handlebar height.
- Do not exceed the maximum user weight limit of 180 kg (400 lb)
- if applicable, that if any of the adjustment devices are left projecting, they can interfere with the user's movement.

Attire & Personal Safety

- Wear proper athletic shoes that fully cover the feet — no sandals or open-toed shoes.
- Tuck in shoelaces securely to avoid entanglement.
- Tie back long hair to avoid contact with moving parts.
- Do not wear loose clothing that may get caught in the pedals.
- Always warm up and stretch before your workout.
- This appliance can be used by children aged 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Usage Safety

- Never use the recumbent bike if it is damaged, malfunctioning, or not fully assembled.
- Never adjust the seat position while the bike is in use.
- Resistance may be adjusted during exercise, provided the user remains seated and maintains proper control.
- Always remain seated while exercising. Do not attempt to stand on the pedals at any time.

- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, experience chest pain, or shortness of breath.
- Always keep your hands on the handlebars or side grips during use. Keep hands, feet, and clothing away from moving parts.
- Always stop pedaling and wait until all moving parts have come to a complete stop before dismounting or making mechanical adjustments.
- Keep drinking water (minimum 12 oz / 350 ml) and a towel nearby to maintain proper hydration and comfort during exercise.
- When the appliance is not in use, it will enter low-power mode after 10 minutes. Power consumption is 0.3 W.

Cleaning & Maintenance

- After each use, wipe down the bike with a soft cloth and mild detergent or water.
- Do not use corrosive cleaning agents that may damage the surface or frame.
- Ensure no sweat residue remains on the handlebar, seat, or frame.
- Periodically inspect the bike for loose bolts or worn parts.
- Cleaning and maintenance should not be performed by children without adult supervision.
- special attention to components most susceptible to wear.

Electrical Safety (if applicable)

- If your bike includes any electrical components (console, display, etc.), always unplug the unit before cleaning or maintenance.
- Never operate the bike near water or in damp environments.
- Do not operate where aerosol spray products or oxygen are being used.
- Do Not Use the Bike If:
- You feel physically unwell or are recovering from injury without medical clearance.
- The flywheel or crank is loose, damaged, or making unusual noises.
- The safety fasteners (seat, pedals, handlebars) are not locked securely.
- You are unable to maintain full control of the bike at all times.

Additional instructions for use

- Ensure the seat adjustment mechanism is securely locked before use.
- This equipment is equipped with a speed-independent braking system.

Correct Riding Position

- For proper positioning when using the bike, begin by adjusting the seat to approximately hip height while standing next to the bike.
- This should position the seat so that when the ball of your foot is placed on the pedal at the lowest point of the pedal stroke, your knee remains slightly bent (approximately 5 degrees).
- Make sure your knees are not fully extended and that your body remains stable on the seat while pedaling.
- Hold the multi-position handlebars to maintain upper body stability and a comfortable riding position.

Final Reminder:

Read this manual completely before using your bike. Proper setup, adjustment, and safe operation are essential to prevent injury and ensure a smooth riding experience.

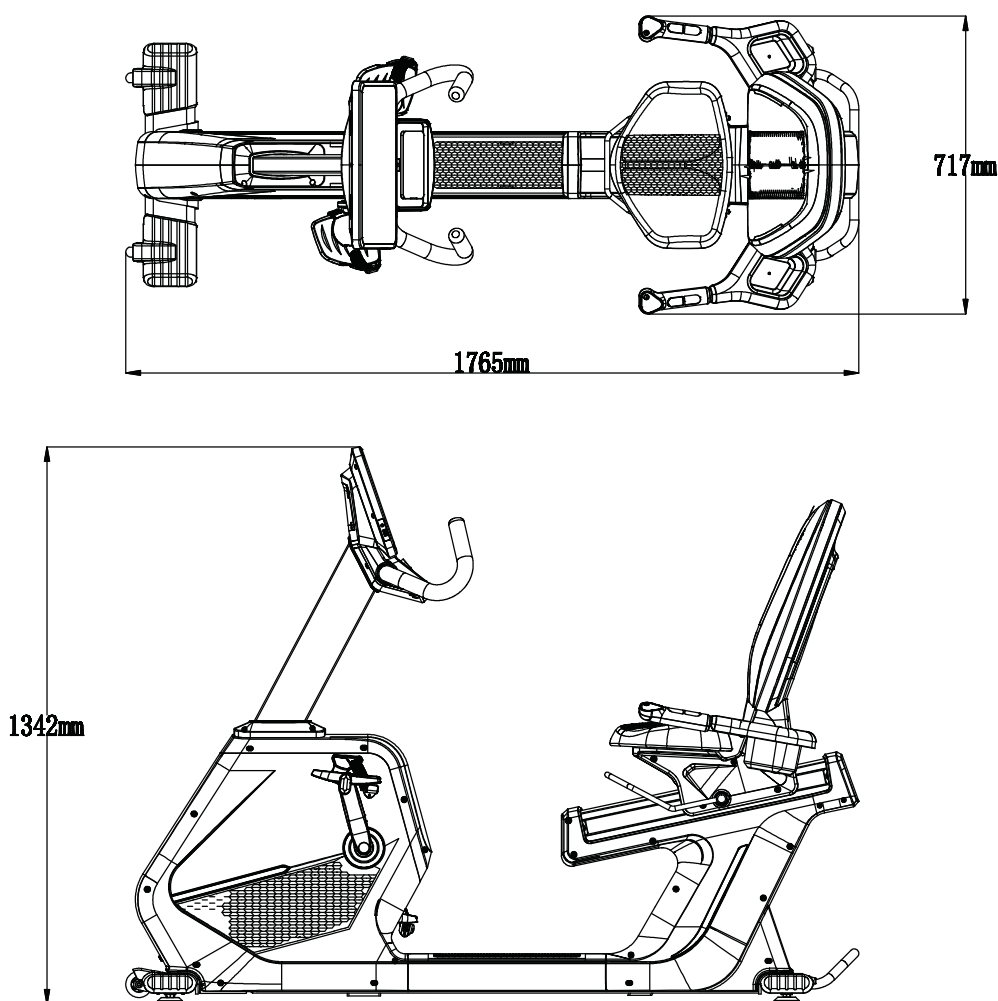
READ AND SAVE THESE INSTRUCTIONS

Specifications	
Product Size	1765 x 717 x 1342 mm
Product Weight	84 kg
Power	12V 3A
Water Bottle Holder	Yes
Table Holder	Yes
Maximum User Weight	180 kg

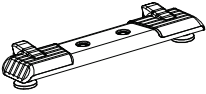
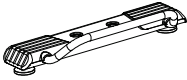
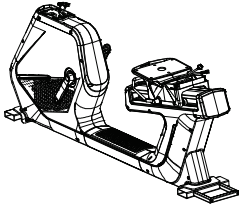
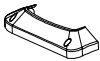
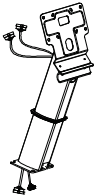
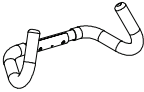
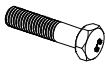
WARNING:

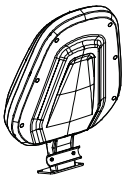
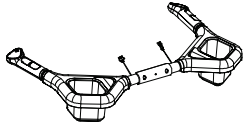
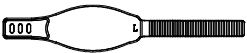
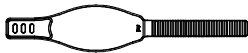
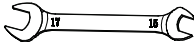
Ensure that sufficient free space is provided around the equipment during use.

- The free area must extend at least 0.6 m (24 in) beyond the training area in all directions from which the equipment is accessed.
- The free area must include sufficient space for emergency dismount.
- When multiple pieces of equipment are positioned next to each other, the free area may be shared, provided that the minimum clearance requirements are maintained.

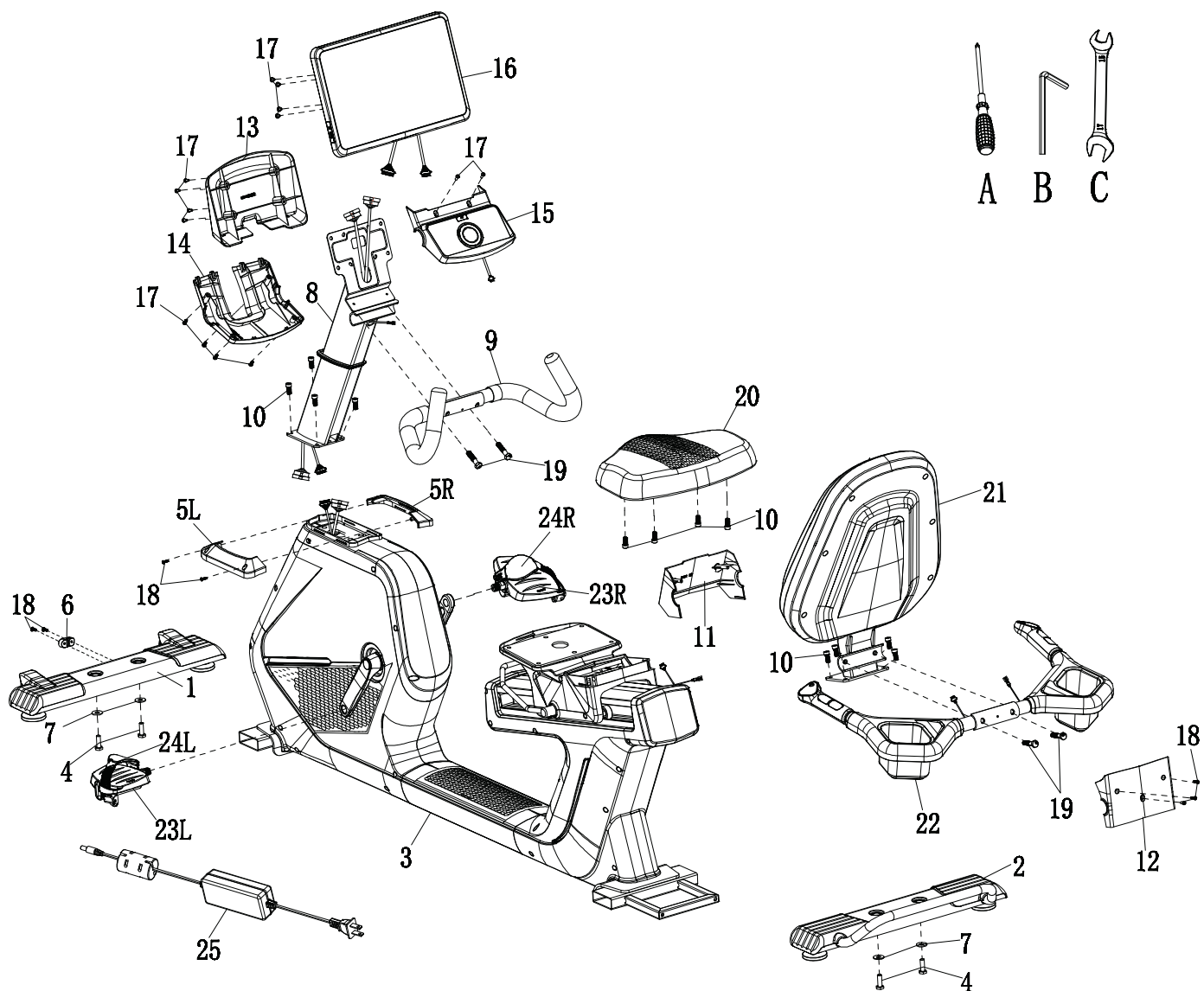


PARTS LIST

			 No. 4 M10×32 Bolts × 10 pcs
			 No. 7 Ø26 Washer × 4 pcs
			 No. 11 Front Cover for Backrest Post
			 No. 15 Wireless Phone Charging Holder
	 No. 17 M4×16 Screws (with spring washer & flat washer) × 14 pcs	 No. 18 M5×15 Screws × 7 pcs	 No. 19 M10×50 Bolts × 4 pcs

 No. 20 Seat	 No. 21 Backrest Assembly	 No. 22 Rear Handlebar	 No. 23L Left Pedal
 No. 23R Right Pedal	 No. 24L Left Pedal Strap	 No. 24R Right Pedal Strap	 No. 25 Power Adapter
 No. A Phillips Screwdriver	 No. B L-Wrench (6 mm)	 No. C Open-End Wrench (15–17 mm)	

ASSEMBLY EXPLOSION DETAILS



ASSEMBLY INSTRUCTIONS

WARNING

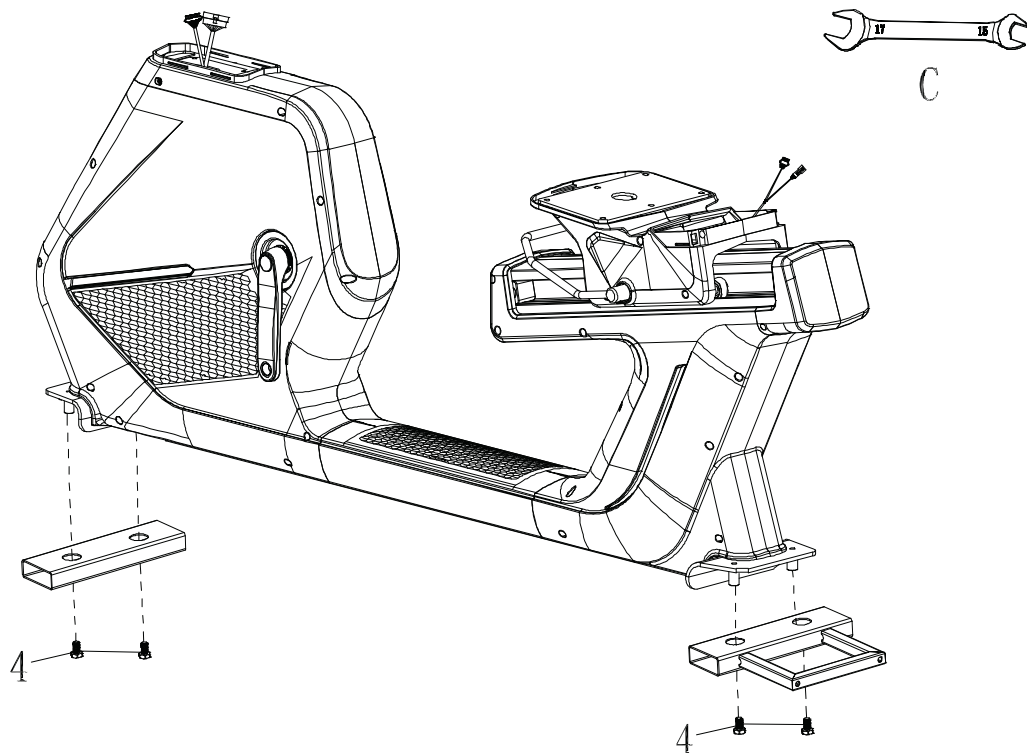
Assembly must be completed by at least one adult.

Do not connect the power adapter until assembly is fully completed.

Step 1: Remove Transportation Brackets

Using the open-end wrench (NO. C), remove the transportation brackets attached to the front and rear underside of the main frame.

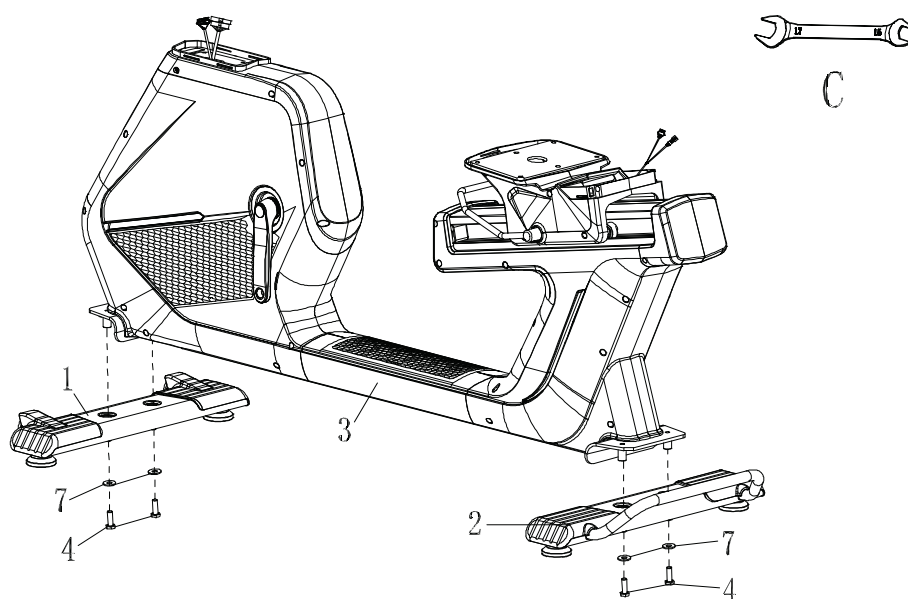
 Keep the brackets and screws for future transportation if required.



Step 2: Install Front and Rear Stabilizers

1. Attach the Front Stabilizer (No. 1) to the front mounting plate of the main frame. Insert the washers (No. 7) into the bolts (No. 4), hand-tighten first, then tighten securely using the open-end wrench (No. C).
2. Repeat the same procedure to install the Rear Stabilizer (No. 2).

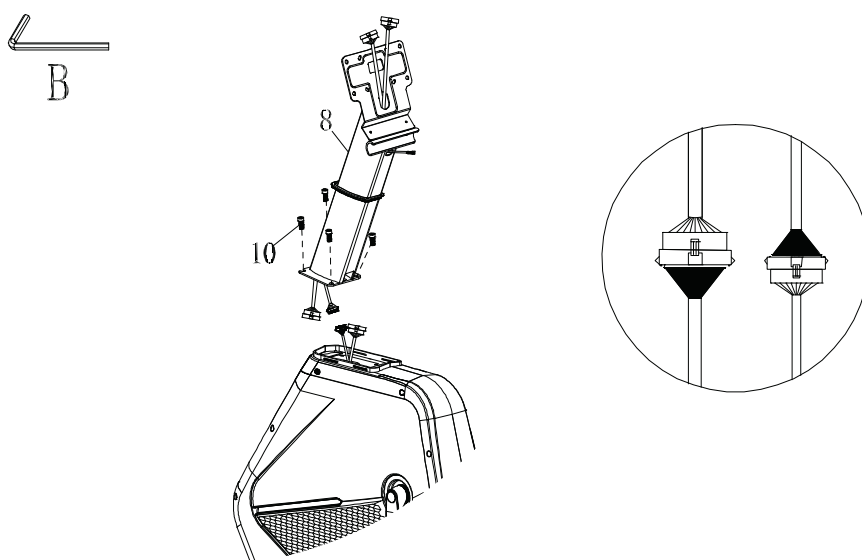
⚠ Ensure both stabilizers are firmly secured and the unit is stable.



Step 3: Install Upright Post

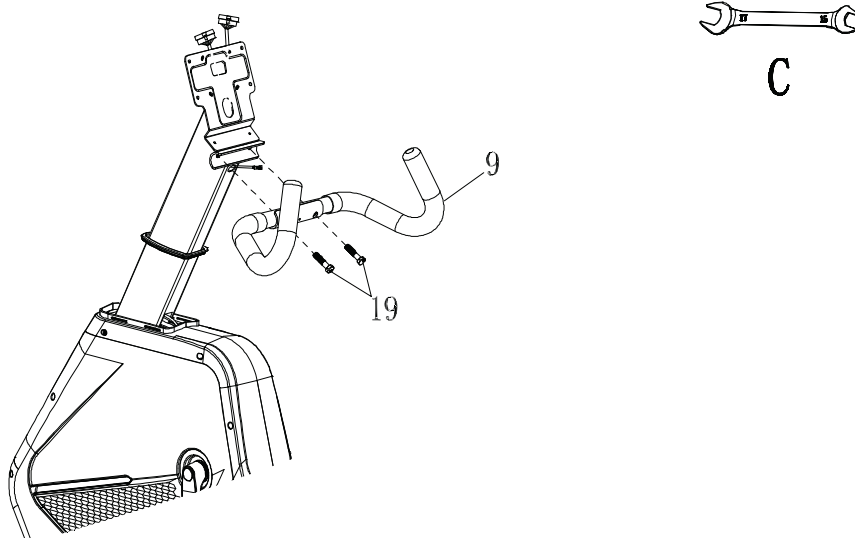
1. Connect the cables from the Upright Post Assembly (No. 8) to the cables from the main frame.
2. Attach the Upright Post Assembly (No. 8) to the front mounting plate of the main frame. Secure it with bolts (No. 10) and tighten evenly using the L-wrench (No. B).

⚠ Ensure both stabilizers are firmly secured and the unit is stable.



Step 4: Install Front Handlebar

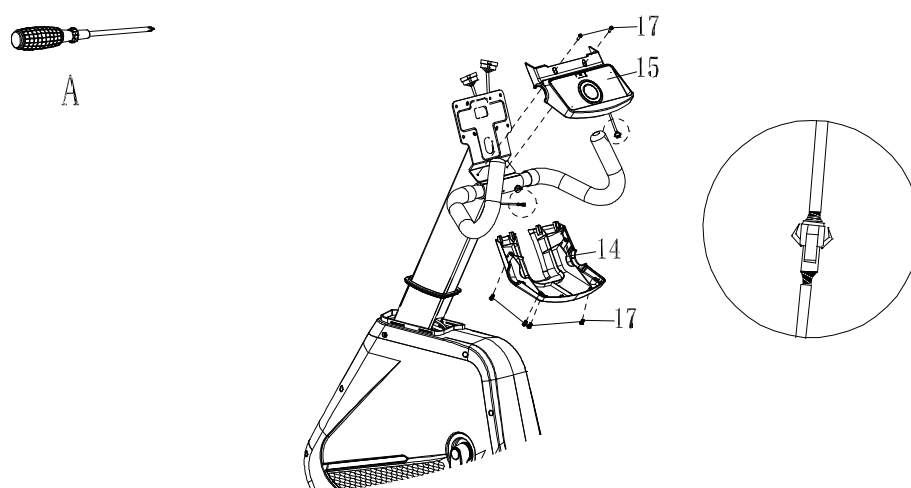
1. Attach the Front Handlebar (No. 9) to the mounting bracket on the upright post.
2. Insert the bolts (No. 19), hand-tighten first, then tighten securely using the open-end wrench (No. C).



Step 5: Install Wireless Phone Charging Holder

1. Attach the Wireless Charging Holder (No. 15) to the upright post. Secure it with screws (No. 17) using the Phillips screwdriver (No. A).
2. Connect the charging holder power cable to the internal power cable from the upright post, then carefully tuck the cable inside the upright post.
3. Install the Rear Cover for Wireless Charging Holder (No. 14) and secure it with screws (No. 17) using the Phillips screwdriver (No. A).

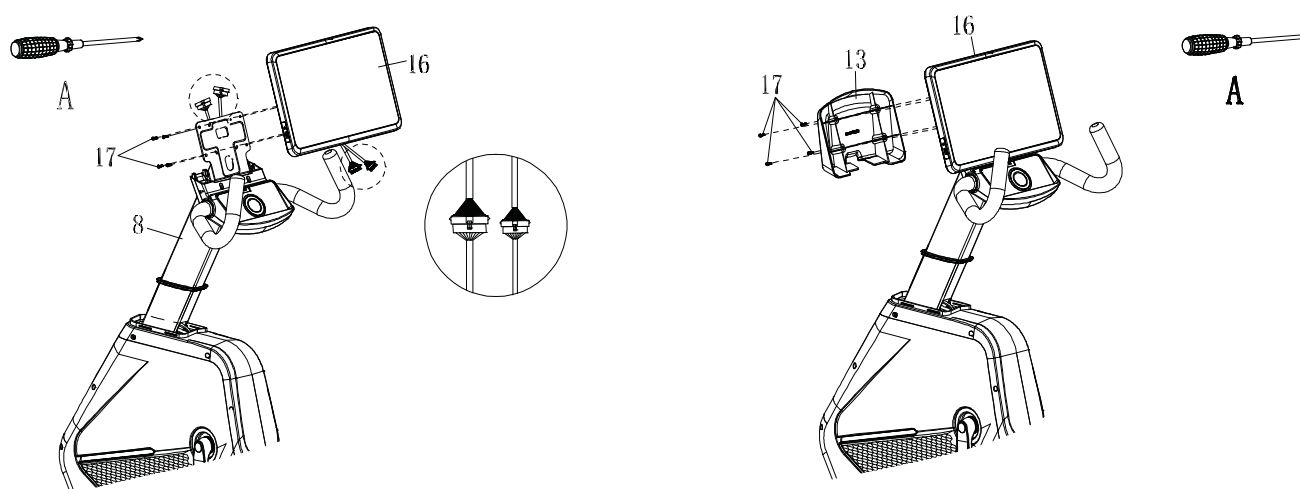
⚠ Ensure the cables are not pinched during installation.



Step 6: Install Console

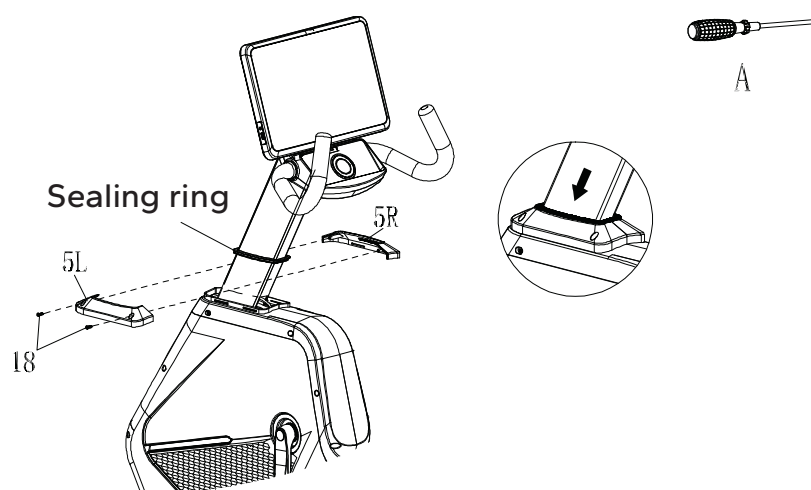
(Before installation, remove the pre-installed 8 screws from the console.)

1. Route the console power cable through the opening in the upright post mounting plate.
2. Connect the console power cable to the internal power cable.
3. Attach the Console (No. 16) to the upright post. Secure it with screws (No. 17) using the Phillips screwdriver (No. A).
4. Install the Console Rear Cover (No. 13) and tighten the screws using the Phillips screwdriver (No. A).



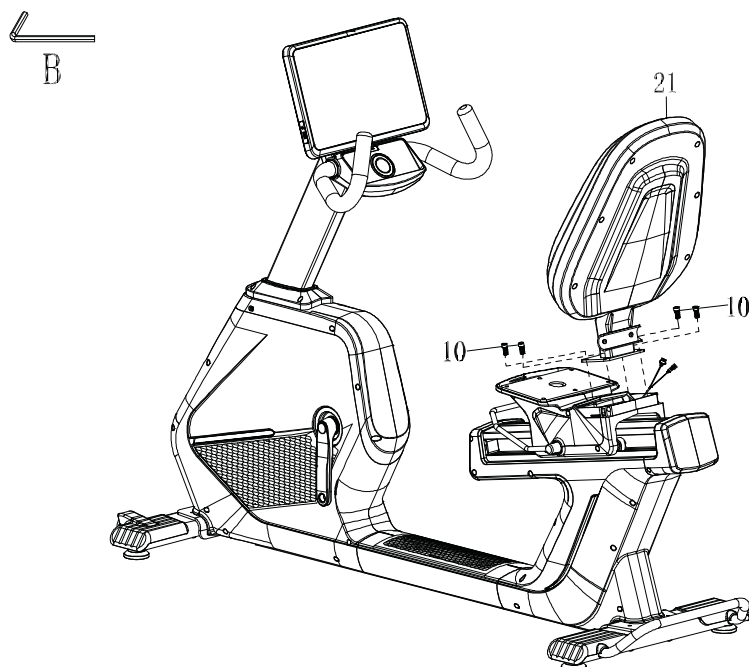
Step 7: Install Upright Decorative Covers

1. Attach the Left and Right Upright Decorative Covers (No. 5L / No. 5R) to the upright post.
2. Snap them together until they lock into place, then secure them with screws (No. 18) using the Phillips screwdriver (No. A).
3. Install the sealing ring as shown.



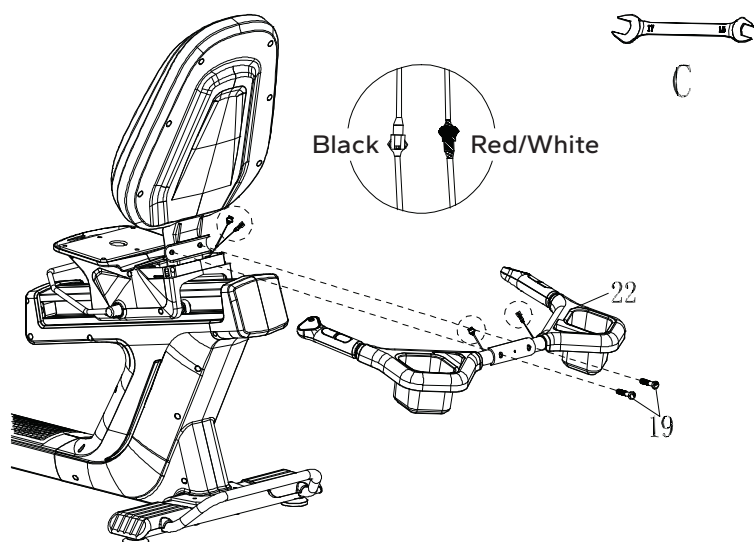
Step 8: Install Backrest Assembly

1. Attach the Backrest Assembly (No. 21) to the rear mounting plate of the main frame.
2. Insert the bolts (No. 10), hand-tighten first, then tighten securely using the L-wrench (No. B).



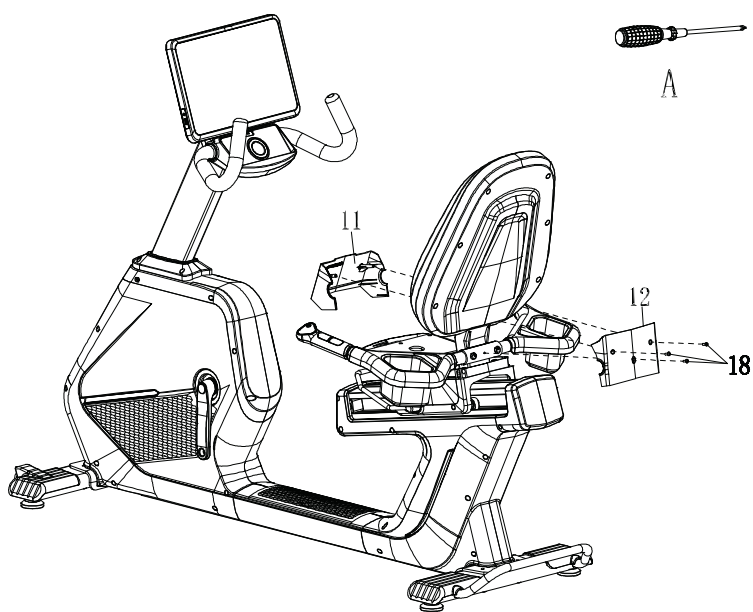
Step 9: Install Rear Handlebar

1. Attach the Rear Handlebar (No. 22) to the backrest assembly.
2. Insert the bolts (No. 19), hand-tighten first, then tighten securely using the open-end wrench (No. C).
3. Connect the power cables:
 - Red connector → red/white connector
 - Black connector → black connector



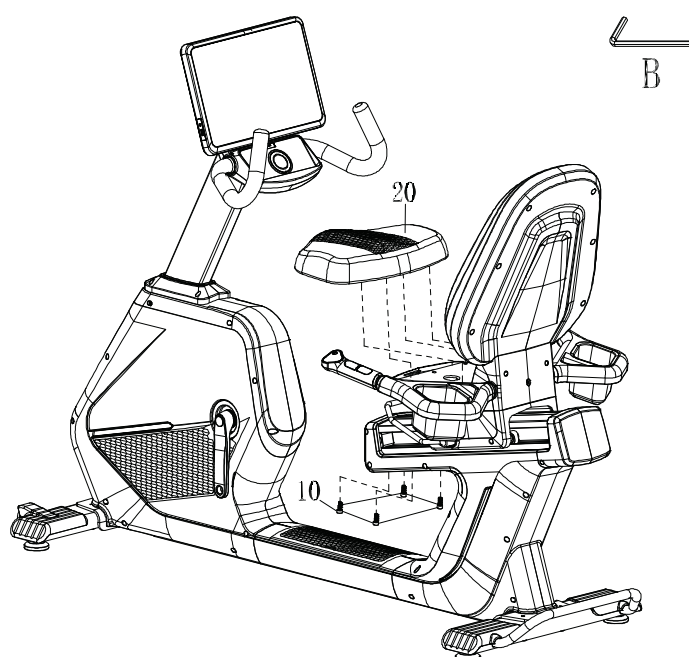
Step 10: Install Backrest Post Covers

1. Attach the Front Cover for Backrest Post (No. 11) to the backrest post and snap it into place.
2. Attach the Rear Cover for Backrest Post (No. 12) and ensure both covers are fully engaged.
3. Secure the covers with screws (No. 18) using the Phillips screwdriver (No. A).



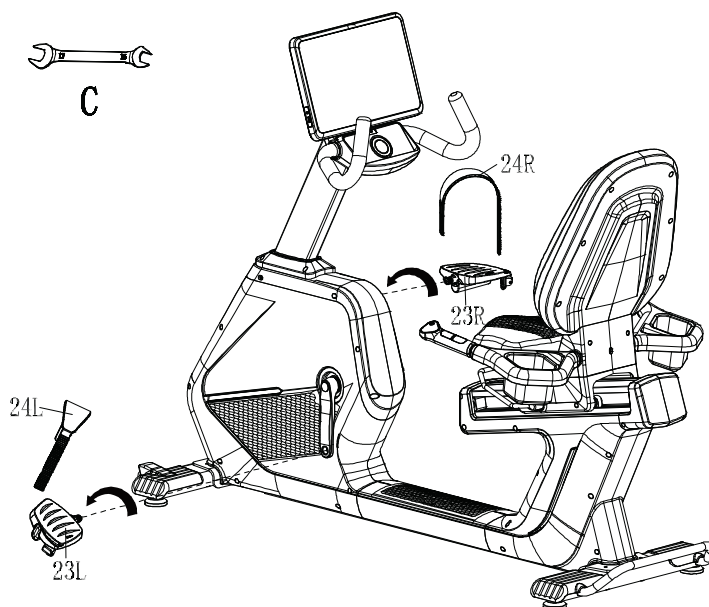
Step 11: Install Seat

1. Attach the Seat (No. 20) to the seat mounting plate on the main frame.
2. Insert the bolts (No. 10), hand-tighten first, then tighten securely using the L-wrench (No. B).



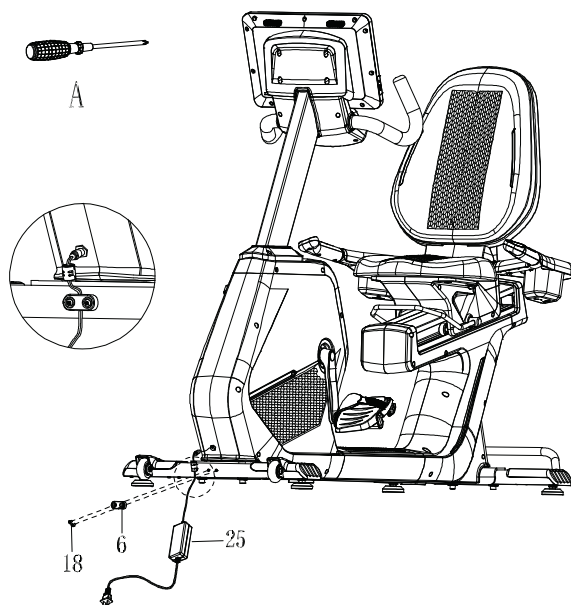
Step 12: Install Pedals

1. Attach the pedal straps (No. 24L / No. 24R) to the corresponding pedals (No. 23L / No. 23R).
2. Install the pedals onto the crank arms:
 - Left pedal: tighten counter-clockwise
 - Right pedal: tighten clockwise
3. Tighten both pedals securely using the open-end wrench (No. C).



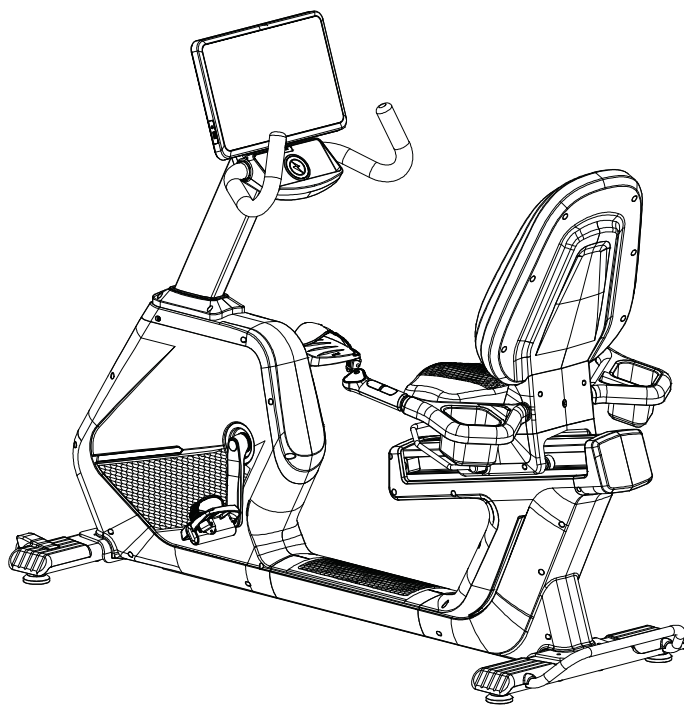
Step 13: Install Power Adapter

1. Insert the DC plug of the Power Adapter (No. 25) into the DC port at the rear of the unit.
2. Route the power cable through the Power Cable Holder (No. 6) to the limit position.
3. Attach the holder to the Front Stabilizer (No. 1) and secure it with screws (No. 18) using the Phillips screwdriver (No. A).



Assembly Completion Check

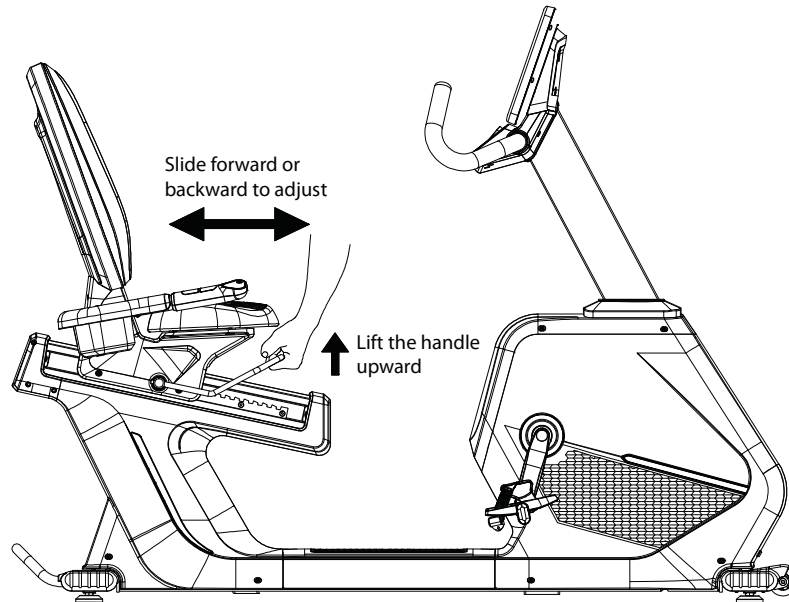
1. Before use, make sure that:
 - All bolts and screws are fully tightened
 - All cables are properly connected and secured
 - The equipment is stable and level
2. The equipment is now ready for use!



PRODUCT ADJUSTMENT AND MOVEMENT DIAGRAM

Machine Adjustment Instructions:

To adjust the seat position, lift the handle located beneath the seat cushion upward, as shown in the illustration. This allows the seat to slide forward or backward to the desired position.

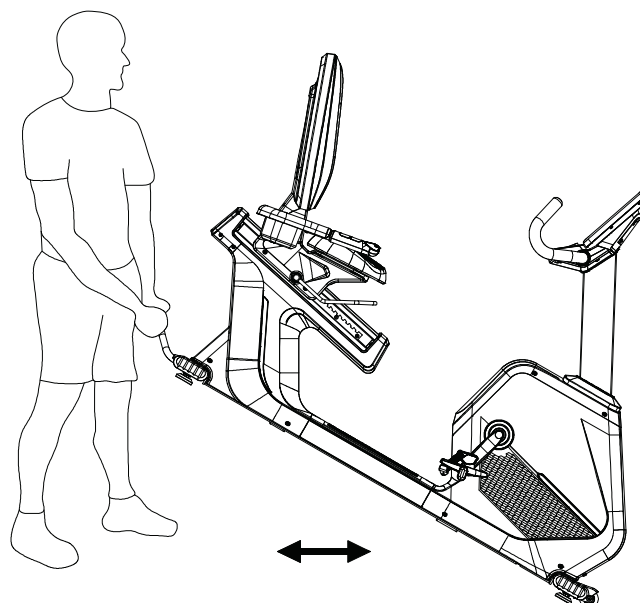


Machine Handling Instructions

The machine may be moved by one person or with assistance, depending on individual strength and physical ability. Please ensure that all persons involved are in proper condition to move the machine safely.

⚠ WARNING: Always unplug the adapter from the power outlet before moving the machine.

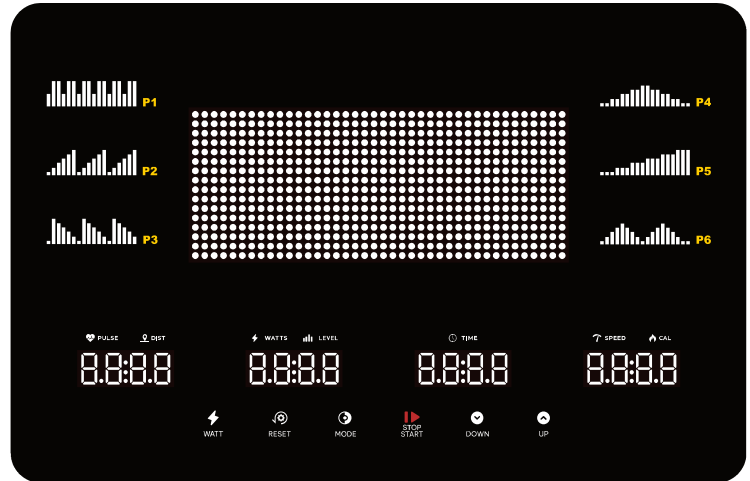
1. Carefully lift the rear tube (moving handle) and roll the unit using the transport wheels.
2. Lower the machine gently and ensure that it is stable before use.



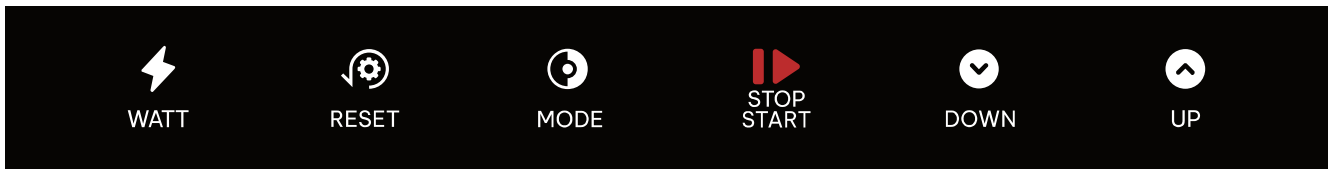
INSTRUCTION ON PRODUCT USAGE

DISPLAY WINDOWS

1. PULSE / DISTANCE
2. WATTS / LEVEL
3. TIME
4. SPEED / CALORIES
5. Icons for PULSE, DISTANCE, WATTS, LEVEL, TIME, SPEED, and CALORIES.



Keypad Layout



Wireless Charging Instructions

⚠ CAUTION: Do not place any metal objects on the wireless charging pad. Metal interference may cause charging to fail and could lead to overheating or damage.

1. After powering on the machine, place a device that supports wireless charging onto the wireless charging pad to begin charging. Charging will stop automatically when the device is removed.
2. A 15W wireless charging indicator light is located above the charging area.
3. The indicator light displays:
 - o **Red:** Not charging
 - o **Green:** Charging
 - o **Yellow (rapid flashing):** Metal detected; charging disabled



Hand Pulse Sensors

During both exercise and pause modes, the system can automatically detect the user's heart rate when both hands are placed on the hand pulse sensors.

⚠ CAUTION: Heart rate readings obtained from the hand pulse sensors are for reference only and are not intended for medical use.



LED Lighting Description

During exercise, the lighting color changes according to the workout segment:

1. Resistance 1–8: Blue
2. Resistance 9–16: Yellow
3. Resistance 17–24: Red

INITIAL SPECIFICATION

1. IDLE MODE

- When the console is powered on, all segments briefly illuminate before the unit enters IDLE MODE. The DM display will scroll “WELCOME TO USE,” and the PULSE, WATT, TIME, and SPEED indicators will light up.
- In IDLE MODE, press the MODE key to enter the workout mode selection screen. The DM display will show “P00” to indicate that mode selection is active.
- If no key is pressed and no speed signal is detected for 5 minutes, the console will automatically enter SLEEP MODE.

2. PAUSE MODE

- During exercise, press the STOP/START key once to enter PAUSE MODE. All workout values will stop counting.
- While paused, press the STOP/START key again to resume the workout. All displays will continue counting from where they stopped.
- In PAUSE MODE, pressing the RESET key will end the session and return the console to IDLE MODE.
- If no operation is performed for 5 minutes while paused, a beep will sound and the console will automatically return to IDLE MODE.

3. END MODE

- When the program countdown finishes, the console will emit three beeps and enter END MODE.
- Press the RESET key to exit END MODE. A beep will sound and the console will return to IDLE MODE.
- If no key operation occurs for 5 minutes in END MODE, the console will automatically return to IDLE MODE.

4. SLEEP MODE

- When the console remains in IDLE MODE with no key input and no speed signal for 5 minutes, the unit enters SLEEP MODE, and all backlighting turns off.
- To wake the console, press any key or begin pedaling to generate a speed signal.

Function Description

1. PULSE

- When a heart-rate signal is detected, the display shows the current heart-rate value (range: 40–220 bpm).
- When no heart-rate signal is detected, the window shows the DISTANCE value instead.
- The PULSE icon illuminates whenever heart-rate data is displayed.

2. DISTANCE

- Shows the total distance accumulated during the current workout.
- Display range: 0.0–999.9 (KM / MILE). When the value exceeds the range, it resets and continues counting.
- The DISTANCE icon illuminates when distance is displayed.

3. WATTS

- The window alternates between WATT and LEVEL every 5 seconds.
- Display range: 0–9999.
- Watt values are calculated based on RPM and resistance level according to the preset watt table.
- The WATTS icon illuminates when watt data is displayed.

4. LEVEL

- The bike offers 24 resistance levels, with Level 1 being the lightest and Level 24 the heaviest.
- Display range: 1–24.
- The LEVEL icon illuminates when the resistance level is shown.

5. TIME

- Display range: 00:00–99:59 (min:sec).
- When exceeding 99:59, time converts to 1:40 (hr:min) automatically.
- If exceeding 99:59 (hr:min), the value resets to zero and continues counting.
- In QUICK START, time counts up from 0:00.

- In other programs, time counts down from the preset value if the time setting is not zero; when set to zero, it counts up from 0:00.
- There are 18 segments in total.
- For count-up timing, each segment changes every 1 minute.
- For count-down timing, each segment changes based on preset time $\div$ 18.
- The TIME icon illuminates when time is displayed.

6. SPEED

- Alternates between SPEED and CALORIES every 5 seconds.
- Displays the user's current speed.
- Display range: 0.0–999.9 (KPH / MPH).
- The SPEED icon illuminates whenever speed is shown.

7. CALORIES

- Displays the estimated calories burned.
- Display range: 0.0–999.9. Values exceeding the limit reset to zero and continue counting.
- The CALORIES icon illuminates when calorie data is displayed.

8. WEIGHT

- Metric default: 70 kg, adjustable from 30–150 kg.
- Imperial default: 155 lb, adjustable from 66–330 lb.

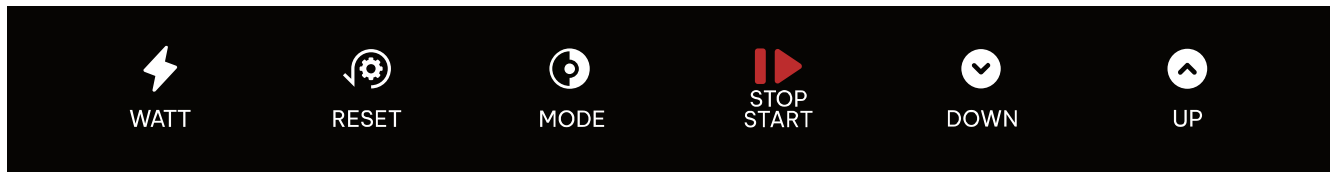
9. AGE

- Default value: 30.
- Adjustable range: 10–99 years.

10. SOUND INDICATIONS

- A short beep (0.1 sec) confirms any valid key operation.
- When the unit powers on, a long beep (0.5 sec) is emitted.
- When attempting to increase or decrease resistance beyond the maximum or minimum limit, a long beep will sound to indicate the boundary.

Console Key Functions Description



1. WATT Key

- In IDLE MODE or on the mode selection screen, pressing the WATT key will take you directly to the watt program's parameter setting page.

2. RESET Key

- 2.1. Press the RESET key to return to the previous screen.
- 2.2. On any parameter setting page, press and hold the RESET key for 2 seconds to return to IDLE MODE.
- 2.3. While the workout is paused, pressing the RESET key ends the session. A beep will sound and the console will return to IDLE MODE.
- 2.4. In the END screen, press the RESET key once to confirm. A beep will sound and the console will return to IDLE MODE.

3. MODE Key

- 3.1. In IDLE MODE, press the MODE key to enter the workout mode selection menu.
- 3.2. During mode selection or parameter setting, the MODE key functions as the confirmation key.

4. STOP/START Key

- 4.1. In IDLE MODE, press the STOP/START key to activate QUICK START. The display will count down "3, 2, 1, GO," accompanied by one short beep per second. After "GO," the workout begins and all displays start counting.
- 4.2. During exercise, press the STOP/START key to pause the workout. The display will show "PAUSE," and all data will stop updating.
- 4.3. While paused, press the STOP/START key again to resume the workout.
- 4.4. If no operation is performed for 5 minutes while paused, a beep will sound and the console will automatically return to IDLE MODE.

5. UP & DOWN Keys

- 5.1. When the display shows "P00," the DOWN key cycles forward through all workout modes in this order:
 - P00 → P01 → ... → P30 → USER1 → USER2 → HRC1 → HRC2 → HRC3 → WATT.
- The UP key scrolls backward to the previous option.
- 5.2. When adjusting TIME, WEIGHT, AGE, LEVEL, or TARGET HEART RATE, the UP/DOWN keys change values in increments of 1.
- When adjusting CALORIES, each press changes the value by 10.
- 5.3. Press and hold either key for 2 seconds to enable continuous adjustment.

6. Resistance + / – Keys

- 6.1. The left key decreases resistance (–) and the right key increases resistance (+). In USER mode or during exercise, these keys adjust the resistance level directly.
- 6.2. Resistance levels range from 1 to 24.
- Level 1 = lowest resistance; Level 24 = highest resistance.
- 6.3. Each press increases or decreases the resistance by one level.
- 6.4. If resistance is already at the minimum or maximum level, pressing the – or + key again will trigger a long beep.
- 6.5. Press and hold either key for 2 seconds to enable continuous adjustment.

Additional Notes:

1. In Quick Start and Manual modes, resistance changes apply only to the current and upcoming (not yet executed) segments of the program. Completed segments remain unchanged.
2. In Program (P) and USER modes, resistance adjustments apply only to the current segment. Both completed and upcoming segments remain unchanged.

PLEASE RETAIN THIS INSTRUCTION MANUAL FOR FUTURE REFERENCE.

This manual contains important safety, assembly, and operating information. An electronic version of this manual is also available on the official product sales webpage.

Users may access and download the manual via the link provided on the webpage.

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Specifications and information are subject to change without notice.

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