

GYMSTICK™

PRO FTR INDOOR RACER USER MANUAL



Read all instructions carefully before using this product. Retain this owner's manual for future reference.

SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

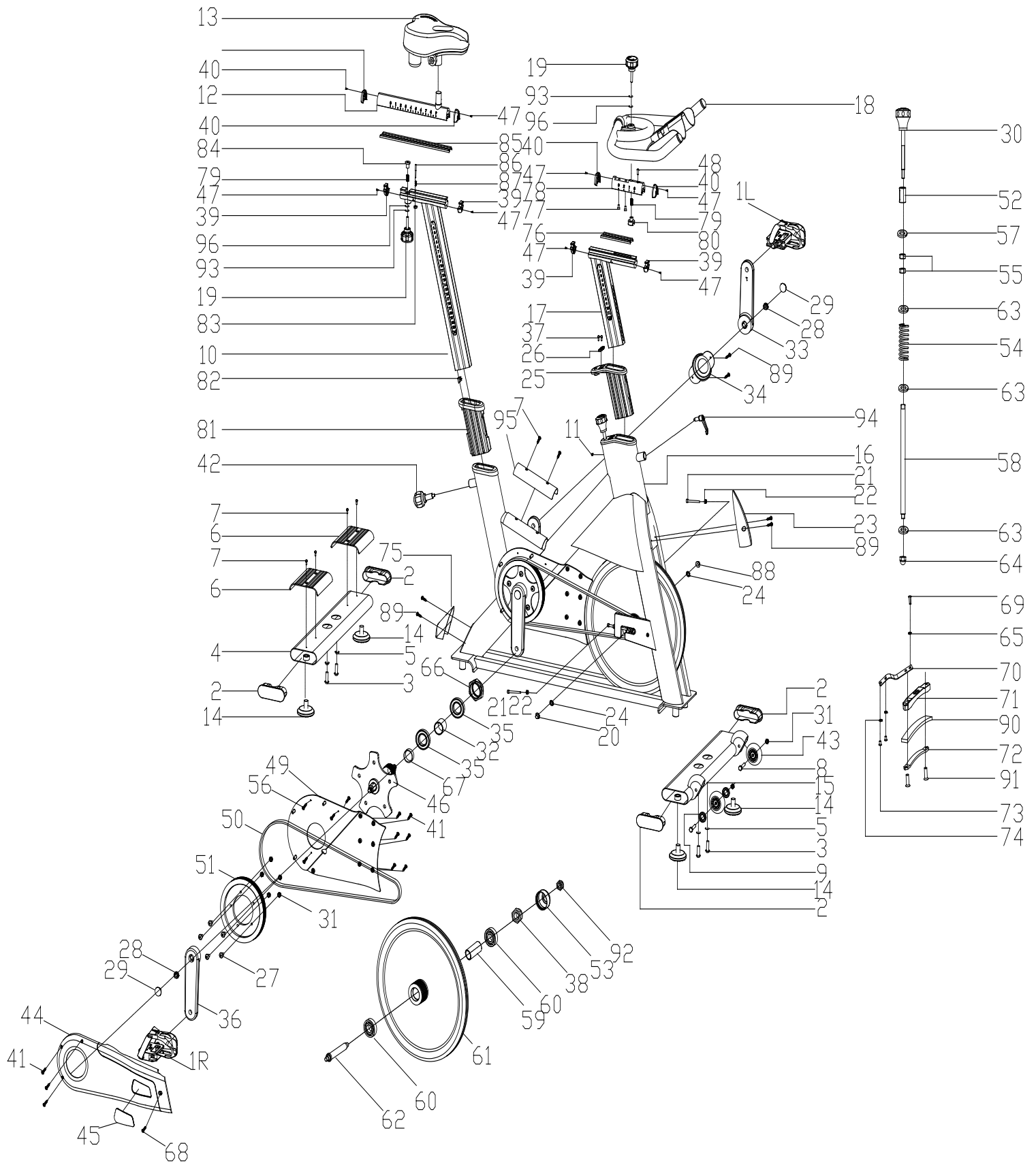
1. Keep children and pets away from the Spinning Bike at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the spinning Bike without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
5. Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the Spinning Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
10. NEVER operate the Spinning Bike if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
16. **The maximum weight capacity for this product is 150 kgs.**

WARNING:

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.

The manufacturer Gymstick International Oy have no responsibility to any persons or entity for any loss, damage sequence alleges to have happened directly or indirectly as a consequent of this product.

EXPLODED DIAGRAM



PARTS LIST

NO	NAME	QTY
1	PEDAL	1
2	END CAP3	4
3	BOLT 1	4
4	REAR STABILIZER	1
5	FLAT WASHER	4
6	FRONT COVER	2
7	BOLT 17	6
8	BOLT 2	2
9	BEARING	4
10	VERTICAL SEAT POST	1
11	BOLT 8	1
12	SEAT POST	1
13	SEAT	1
14	STOPPER	4
15	FRONT STABILIZER	1
16	MAIN FRAME	1
17	HANDLEBAR POST	1
18	HANDLE BAR	1
19	SHAPE KNOB	2
20	NUT	1
21	BOLT 1	2
22	NUT	2
23	FRONT COVER	1
24	FLAT WASHER	2
25	PLASTIC SLEEVE	1
26	PLASTIC SLEEVE	1
27	BOLT 1	5
28	NUT	2
29	CRANK END CAP	2
30	KNOB	1
31	NUT	7
32	PLASTIC RING	1
33	LEFT CRANK	1
34	CRANK COVER	1
35	BEARING	2
36	RIGHT CRANK	1
37	BOLT 2	2
38	NUT	1
39	COVER	4
40	COVER	4
41	BOLT 6	10
42	SHAPE KNOB	2
43	PU WHEEL	2
44	OUTER CHAIN COVER	1
45	LITTLE CHAIN COVER	1
46	AXIS	1
47	BOLT 7	8
48	BOLT 8	1

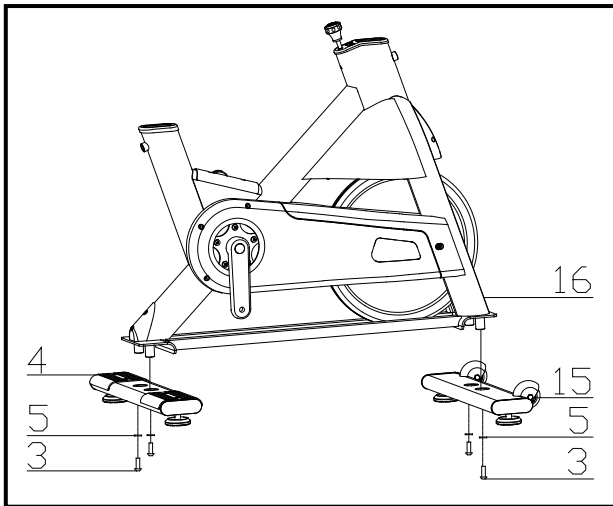
NO	NAME	QTY
49	INNER CHAIN COVER	1
50	BELT	1
51	BELT WHEEL	1
52	TWIST THE FIXINGS	1
53	FLYWHEEL COVER	1
54	SPRING 1	1
55	NUT	2
56	BOLT 6	3
57	WASHER 2	1
58	SCREW ROD	1
59	FIXING TUBE	1
60	BEARING	2
61	FLYWHEEL	1
62	FLYWHEEL SHAFT	1
63	WASHER 2	3
64	DOMED NUT	1
65	FLAT WASHER 1	1
66	FIXING NUT 1	1
67	SHORT FIXING TUBE	1
68	BOLT 10	1
69	BOLT 8	2
70	ADJUSTING METAL	1
71	BLOCK	1
72	WOOLLY BLOCK	1
73	BOLT 14	2
74	SPRING WASHER 1	2
75	FRONT COVER	1
76	SHORT SLIDING SLEEVE	2
77	BOLT 15	2
78	HANDLEBAR UP POST	1
79	SPRING	2
80	FIXING NUT 2	1
81	PLASTIC SLEEVE	1
82	LITTLE RUBBER	1
83	ROUND NUT	1
84	FIXING NUT 3	1
85	LONS SLIDING SLEEVE	2
86	LITTLE AXIS	1
87	LONS SPRING	1
88	NUT	1
89	BOLT 16	6
90	EVA PADDLE	1
91	BOLT 2	2
92	NUT 1	1
93	SPRING WASHER 3	1
94	L SHAPE KNOB	1
95	MAIN FRAME CROSS COVER	1
96	FLAT WASHER 2	2

ASSEMBLY INSTRUCTION

1. PREPARATION:

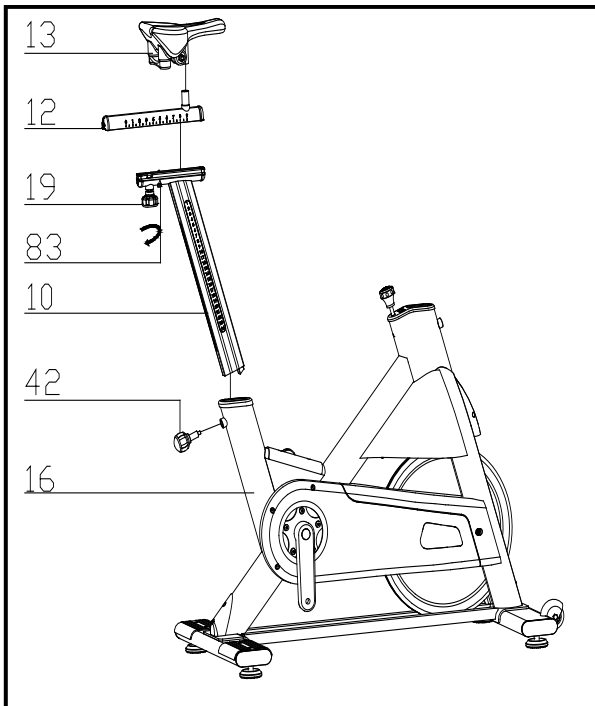
- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2. ASSEMBLY INSTRUCTION:



Attach the Front Stabilizer (15) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt (3).

Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt (3).

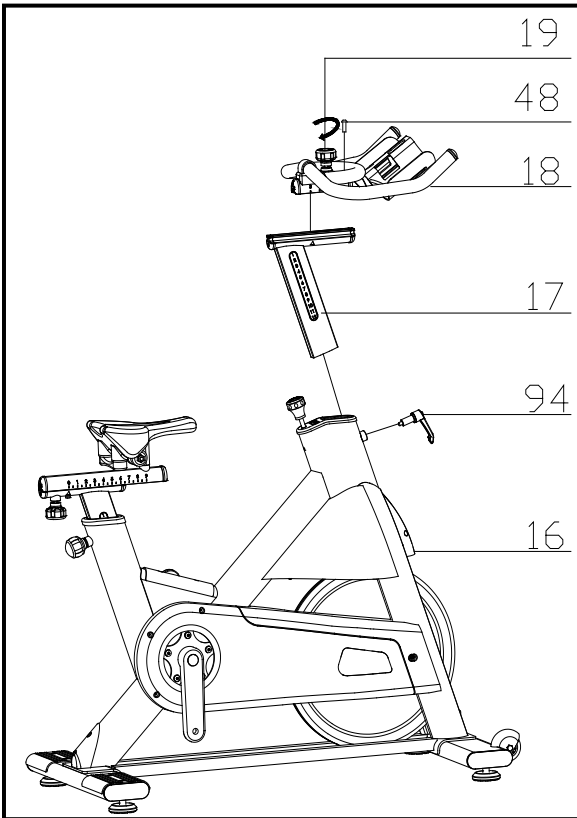


Pull out the Nut (83) and then Slide the Vertical Seat Post (10) into the seat post housing on the main frame (16) with the adjustment knob (42).

Then release the round nut (19) and slide the Seat Post (12) into the Vertical Seat Post (10).

Then Secure using fixing knob (19). You will have to slacken the knurled section of the Adjustment Knob (42) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (13) to the Seat Post (12) as shown, and tighten the bolts.

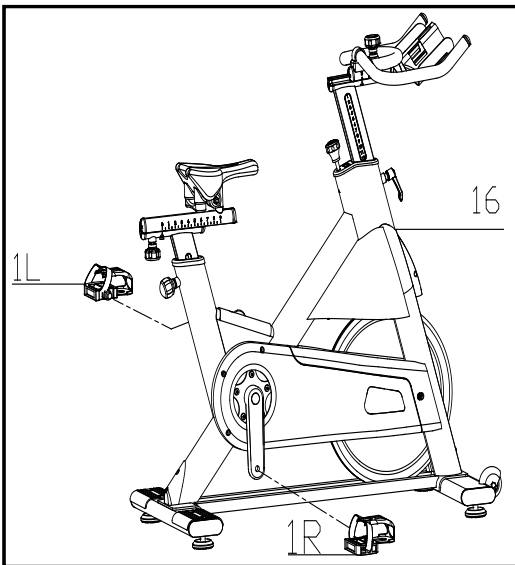


Slide the Handlebar Post (17) into the handlebar post housing on the main frame (16).

You will have to slacken the knurled section of the Adjustment Knob (94) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Then Sliding the Handlebar (18) to the the Handlebar Post (17), and then fix the Handlebar (18) with Fixing knob (19), then fixing the bolt 8 (48)

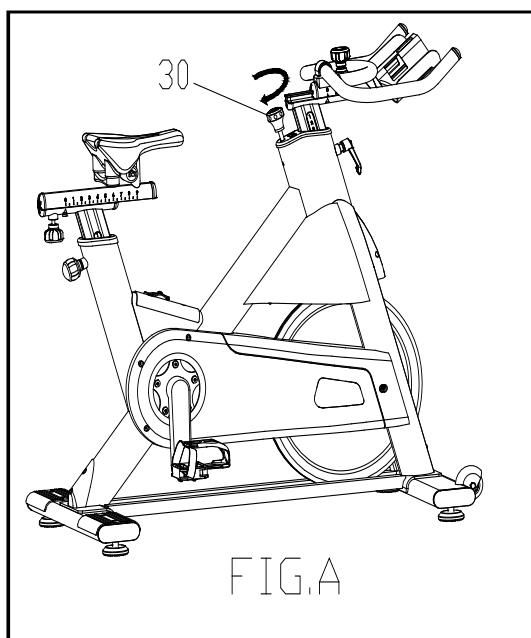
ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY



The Pedals (1 L & 1 R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

NOTE: the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

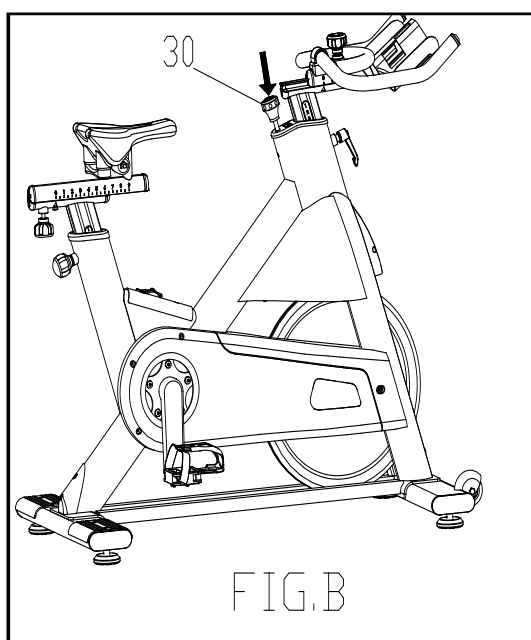


A. Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the right.

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the left.



B. Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake.

Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Tension Control Knob (#30).

ADJUSTMENT

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

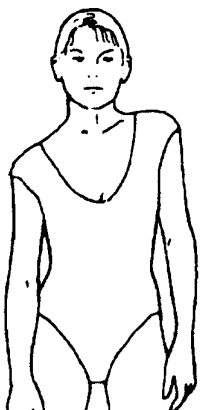
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

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

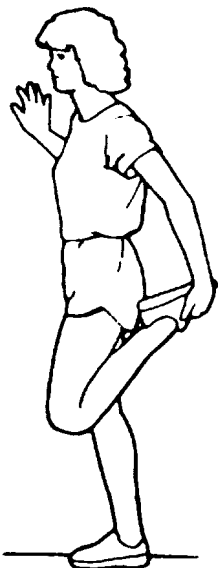
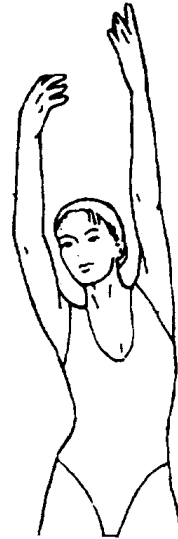


SHOULDER LIFTS

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

SIDE STRETCHES

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

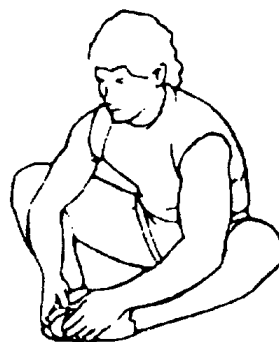


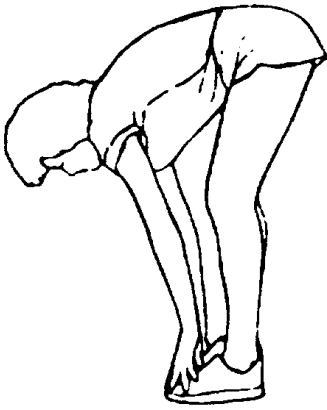
QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

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



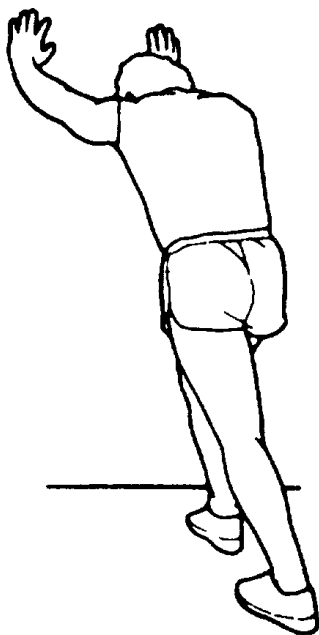
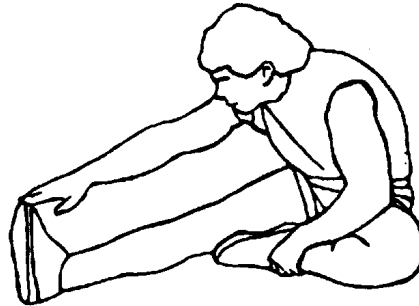


TOE TOUCHES

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

HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

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

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, wheels and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is intended for home and professional use.

Manufactured by:
Gymstick International Oy
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15170 Lahti, FINLAND