

GYMSTICK™

CRANK BIKE X4 USER MANUAL



Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

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IMPORTANT SAFETY PRECAUTIONS

Please read the entire manual before you assembling or using this exercise bike. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time can use the exercise bike.
3. If you feel dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN BEFORE CONTINUING EXERCISING.
4. Position the machine on a stable surface. DO NOT use the machine nearby water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear clothing that could be caught in the machine. Using sports shoes is also recommended.
7. Use the exercise bike only for its intended use as described in this manual.
8. DO NOT use spare parts not recommended by the manufacturer.
9. Disabled persons should not use the machine without help of a qualified person.
10. Warm up well before exercising.
11. DO NOT USE the machine if it does not function properly.
12. The maximum user weight is 110 kg.

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.

SAVE THESE INSTRUCTIONS.

Gymstick Crankbike x4 is the first home exercise bike with pedals also for hands. The bike can be used just for pedalling with legs but the aerobic training will be even 40 % more efficient if the pedalling is performed both with legs and hands.

Exercising with Cranbike x4 develops the overall aerobic condition. Pedalling with legs and hands simultaneously improves the muscle endurance, strengthens the core musculature and burns calories more effectively and comprehensively than pedalling a normal exercise bike.

Pedalling with the hands only will strengthen the muscles of the upper body and improve the metabolism of the neck and shoulder area.

Crankbike x4 is designed for all fitness enthusiasts from beginners to persons in top condition.

NB! It is not recommended to use the upper body pedal unit continuously for over 30 minutes with the maximum resistance level.

The cranks of the hand pedal unit and the resistance adjustment knob may get overheated if used with max resistance for over 30 minutes.

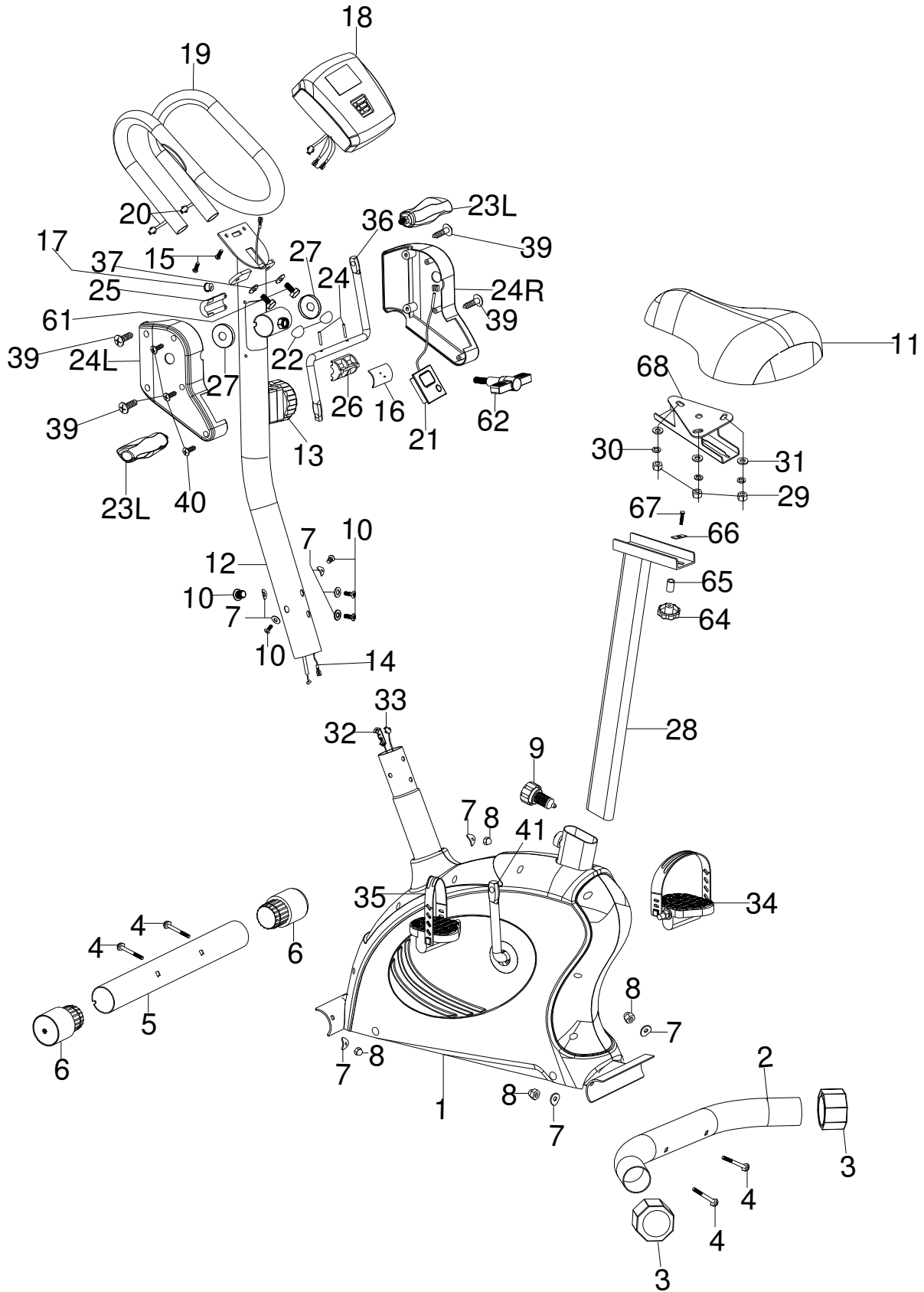
The manufacturer disclaims any damages/injuries caused by knob's metal parts of the hand pedal unit if they are overheated due to too long pedalling time with max load.

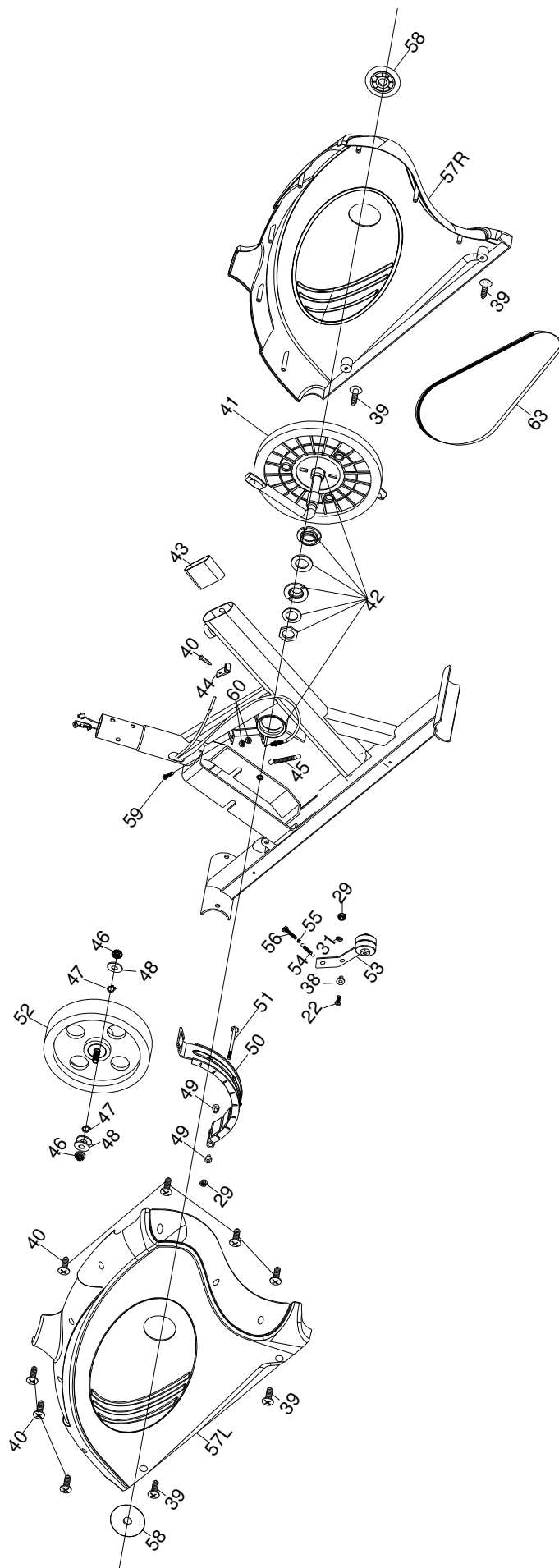
Pauses of at least 5 minutes after 30 minutes continuous pedalling with hands are necessary.

PARTS LIST

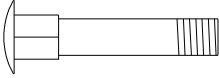
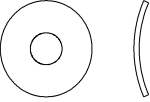
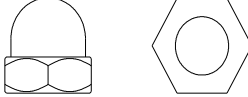
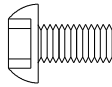

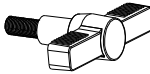
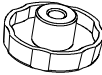

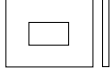

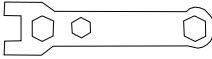
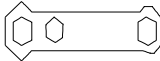
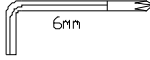
PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1	Main frame	1	35	Left Pedal	1
2	Rear stabilizer	1	36	Crank for mini bike	1
3	End cap for rear stabilizer	2	37	Flat washer $\Phi 10 \times \Phi 20$	2
4	Carriage bolt M8 x 60	4	38	Powder spacer	1
5	Front stabilizer	1	39	Self-tapping screw ST5*15	8
6	End cap for front stabilizer	2	40	Screw ST5*15	11
7	Curve washer $\Phi 8 \times \Phi 20$	9	41	Crank w/pulley	1
8	Domed nut M8	4	42	Bearing assembly	1
9	Quick release knob	1	43	Inner cap for seat post	1
10	Allen screw M8*16	5	44	Sensor bracket	1
11	Saddle	1	45	Spring	1
12	Front post	1	46	France nut	2
13	Tension control knob	1	47	C clip	2
14	Extension sensor wire	1	48	Flat washer $\Phi 10 \times \Phi 20$	3
15	Screw M5*10	2	49	Plastic spacer	2
16	Semi bracket	1	50	Magnetic assembly	1
17	Grommet	1	51	Hex head bolt	1
18	Computer	1	52	Flywheel	1
19	Handlebar	1	53	Idler pulley w/bracket	1
20	Pulse wire	2	54	Spring	1
21	Mini bike Computer	1	55	Hex head nut M8	1
22	PVC Cap	2	56	Hex head bolt	1
23L/R	Handlebar for mini bike L/R	2	57L/R	Chain cover L/R	2
24L/R	Crank cover for mini bike	2	58	Crank cover	2
25	Front plastic clamp	1	59	Hex head bolt M6*25	1
26	Rear plastic clamp	1	60	Hex head nut M6	2
27	Cover for crank tube	2	61	Allen screw M10*20	2
28	Seat post	1	62	T type knob	1
29	Nylon locknut M8	5	63	Belt	1
30	Spring washer $\Phi 8$	3	64	Lock knob	1
31	Flat washer $\Phi 8 \times \Phi 17$	4	65	Spacer	1
32	Lower tension cable	1	66	Square plate	1
33	Sensor wire	1	67	Carriage bolt M8*40	1
34	Right pedal	1	68	Sliding tube	1

EXPLODED DIAGRAM



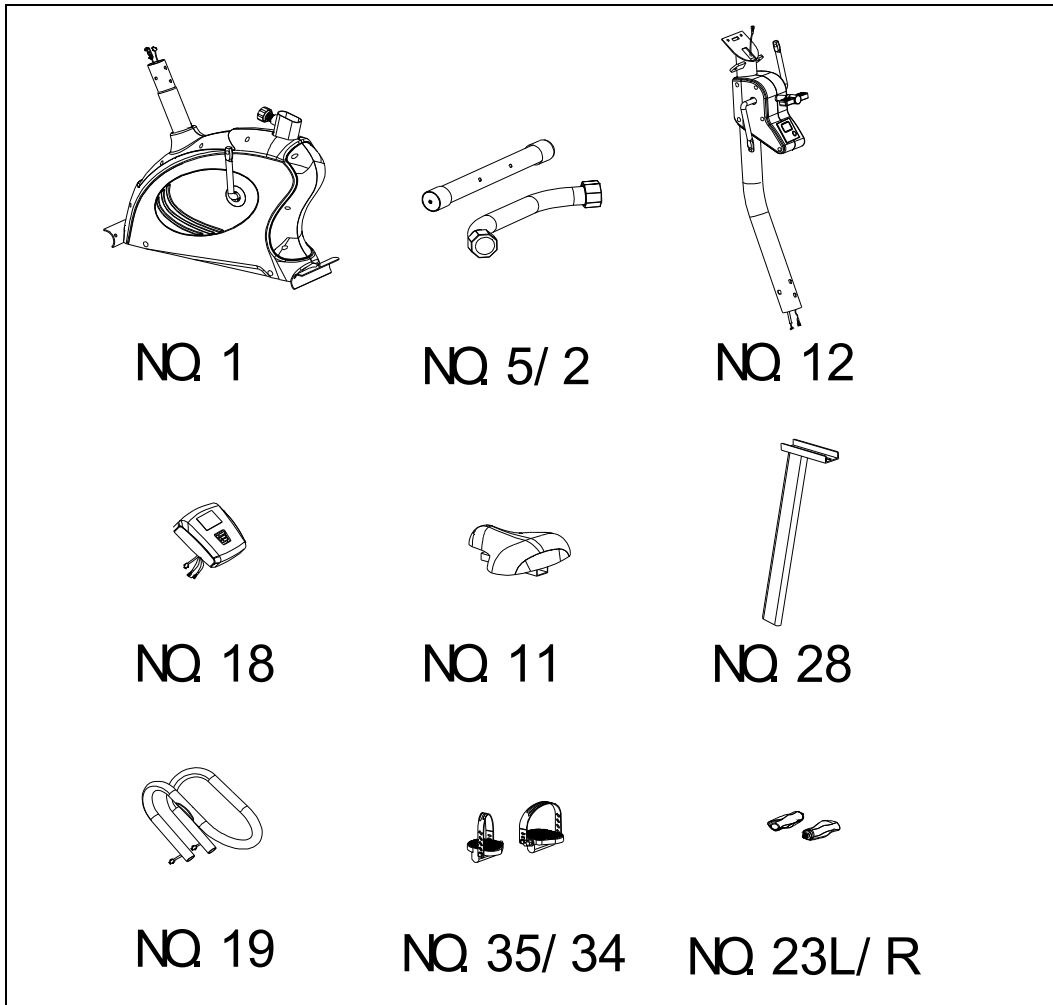


HARDWARE PARTS LIST

No.	Description	Drawing	Q'ty
4	Carriage Bolt M8*60		4
7	Curve Washer $\Phi 8 * \Phi 20$		9
8	Domed Nut M8		4
10	Allen Bolt M8*16		5
22	PVC Cap M10		2
62	T Type Knob		1
64	Lock knob		
65	Spacer		
66	Square plate		
67	Carriage bolt M8*40		
	Allen Wrench		1
	Allen Wrench		1
	Allen Key 6mm		1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

PRE-ASSEMBLY CHECK LIST

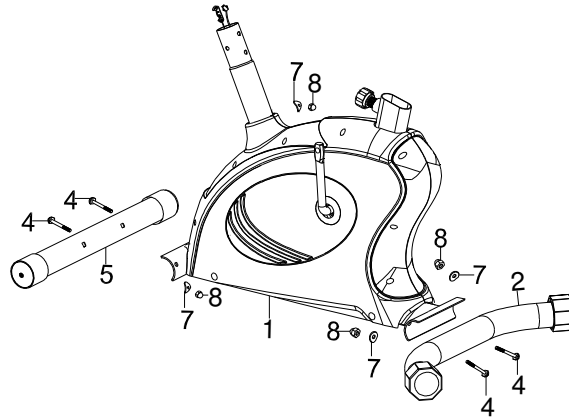


PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2 / 5	Front / Rear Stabilizer	1 / 1
12	Front Post	1
18	Computer	1
11	Saddle	1
28	Seat Post	1
19	Handlebar	1
34 & 35	Left & Right Pedal	2
23 L/R	Handlebar for mini bike Left/Right	2
	User Manual	1
	Hardware Pack	1

ASSEMBLY INSTRUCTIONS

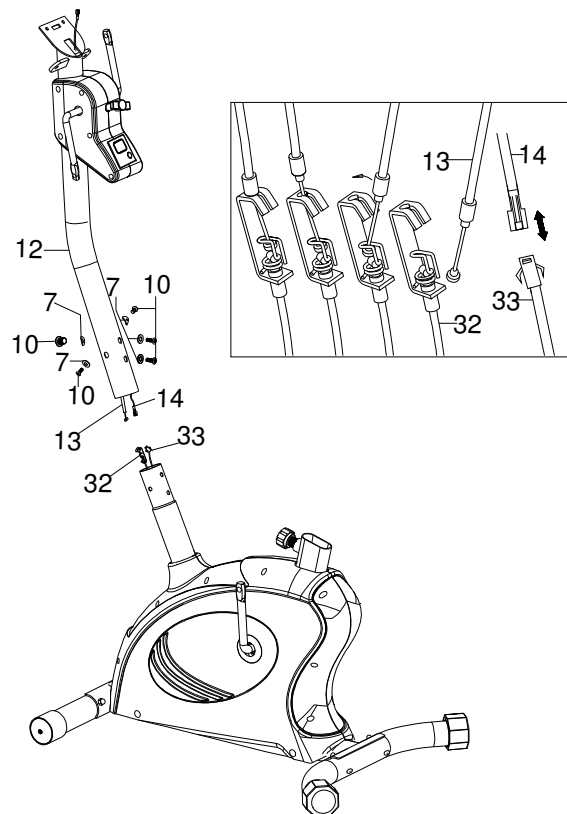
STEP 1

- (a) Attach front stabilizer (5) to main frame (1), tighten with 2 sets of carriage bolt (4), curve washer (7) and domed nut (8).
- (b) Then, attach rear stabilizer (2) to main frame (1), tighten with 2 sets of Allen bolt (4), curve washer (7) and domed nut (8).



STEP 2

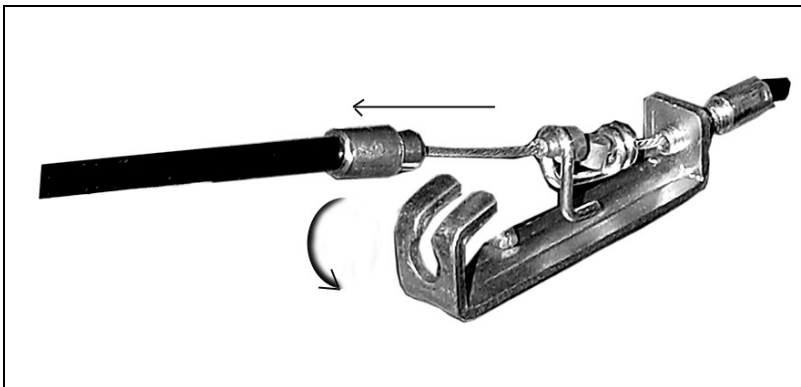
- (a) Take front post (12) and connect extension sensor wire (14) with sensor wire (33).
- (b) Adjust the tension control knob (13) to level 8 and then connect it with the lower tension cable (32). Insert front post (12) into main frame (1) and tighten with 5 sets of Allen screw (10) and curve washer (7).



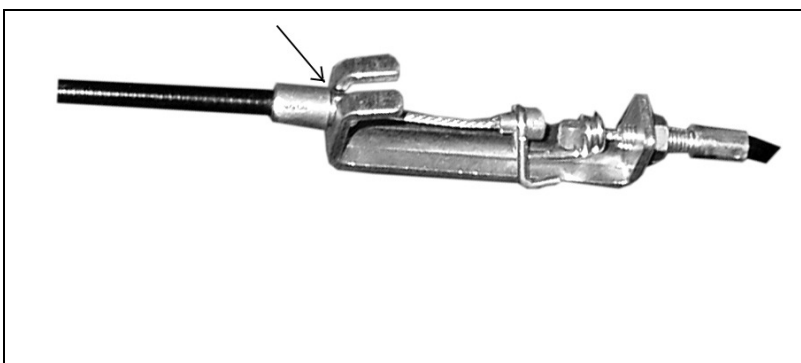
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

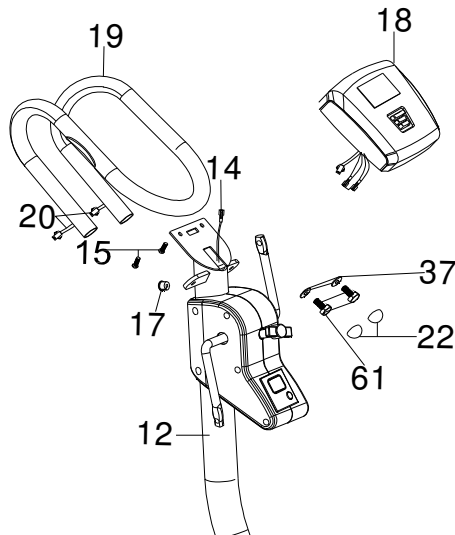


Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: In order to hold the Front Post while connecting the cables and wires, extra help may be needed.

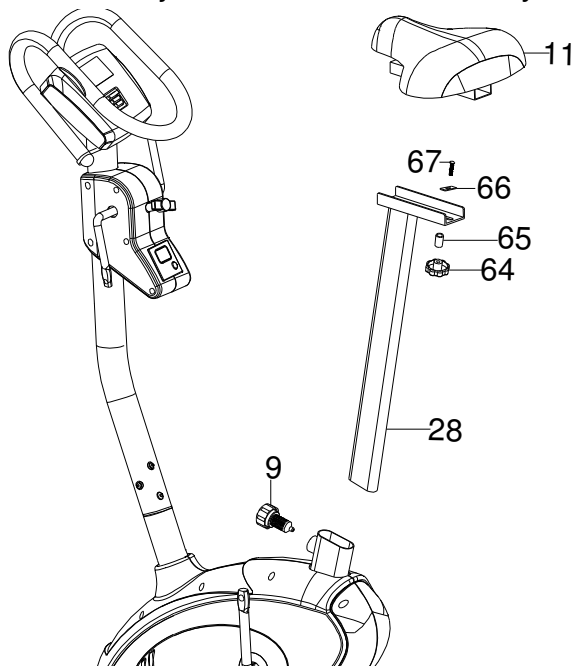
STEP 3

- (a) Attach handlebar (19) to front post. Fasten with 2 sets of flat washer (37), Allen screw (22) and PVC cap (23).
- (b) Insert hand pulse wires (20) through grommet (17) and insert through the hole in the front post (12), pull the hand pulse wires through the hole at the top of the front post and insert grommet (17) into the front post. Connect the hand pulse wires (20) to the computer (18).
- (c) Connect the extension sensor wire (14) to the computer (18). Then attach the computer (18) to the front post. Fasten with 2 screws (15).



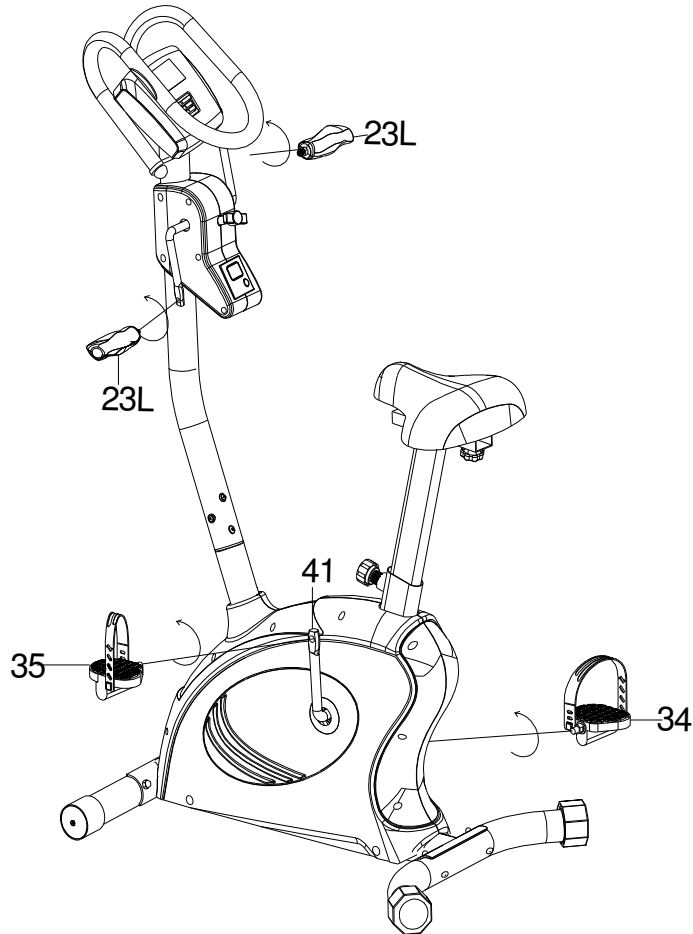
STEP 4

- (a) Attach saddle (11) to seat post (28), tighten with a carriage bolt (67), square plate (66), spacer (65) and lock knob (64).
- (b) Remove the quick release knob (9) from the main frame and then insert seat post (28) into main frame (1). Line up the holes and secure seat in position with knob (9). The correct height for seat can be adjusted after the bike is fully assembled.



STEP 5

The left pedal (35) and right pedal (34) are marked "L" and "R". Connect them to the appropriate crank arm (41) and connect the handlebar (23) to the mini bike crank. The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be screwed clockwise and the left pedal counter-clockwise.



**CHECK THAT ALL BOLTS AND NUTS ARE TIGHTENED
BEFORE USING THE MACHINE**

COMPUTER INSTRUCTIONS



FUNCTIONAL BUTTONS:

- MODE** Push down for selecting 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.

FUNCTION AND OPERATIONS:

- 1.SCAN:** Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions: Time, speed, distance, calorie, odometer and pulse. Each display will be hold 6 seconds.
- 2.TIME:** (1) Count the total time from exercise start to end.
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will alarm 10 seconds.
- 3.SPEED:** Display current speed.
- 4.DISTANCE:** (1) Count the distance from exercise start to end.
(2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. When the "set" is zero, the computer will alarm 10 seconds.
- 5.CALORIES:** (1) Count the total calories from exercise start to end.
(2) Press "MODE" button unit "CAL" appears. Press "SET" button to set exercise calories. When the "set" is zero, the computer will alarm 10 seconds.

6. ODOMETER: Monitor will display the total accumulated distance.

7. PULSE: Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

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

Press "MODE" button until "PULSE" appears. Press "SET" button to set exercise pulse. The setting values of 40-240 RPM, the consumer computer alarm when heart rate is above the SET value.

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:

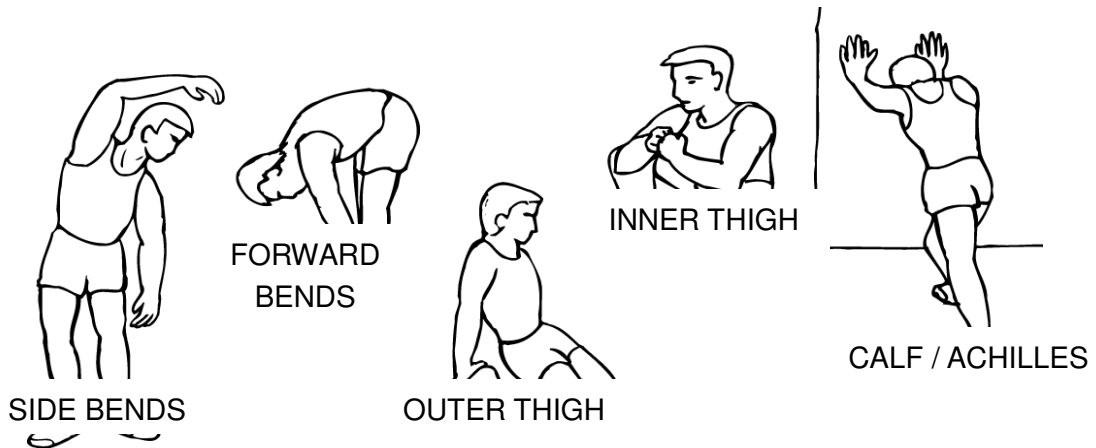
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	CURRENT SPEED	0.0~999.9 KM/H (MILE/H)
	TRIP DISTANCE	0.00~999.9 KM (MILE)
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0 ~ 9999 KM (MILE)
	PULSE RATE	40~240 BPM
BATTERY TYPE	2pcs of SIZE –AA or UM –3	
OPERATING TEMPERATURE	0°C ~ +40°C	
STORAGE TEMPERATURE	-10°C ~ +60°C	

EXERCISE INSTRUCTIONS

Using your **X4 Crank Bike** will provide you with several benefits, it will improve your physical fitness, tone muscles and in conjunction with a calorie controlled diet help you lose weight.

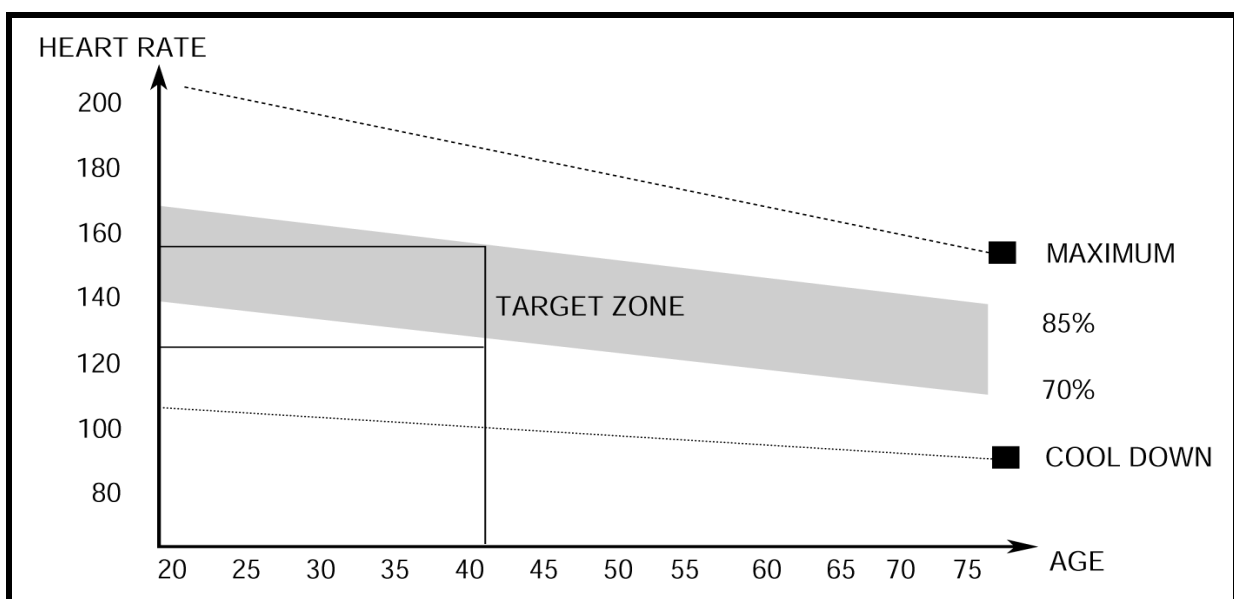
1. Warming Up

Warming up is advisable as it will reduce the risk of cramp and muscle injury and it prepares the body for the workout. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

Listen to your body and stop if you feel dizziness or pain in chest. It is important to maintain a steady tempo throughout the workout. The output should be sufficient to raise your heart beat into the target zone shown on the diagram below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. Cooling Down

This stage is to let your Cardio-vascular System and muscles recover. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

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 is valid for 1 year, 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, cable, electronic devices, wheels, 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 only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

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15170 Lahti, FINLAND