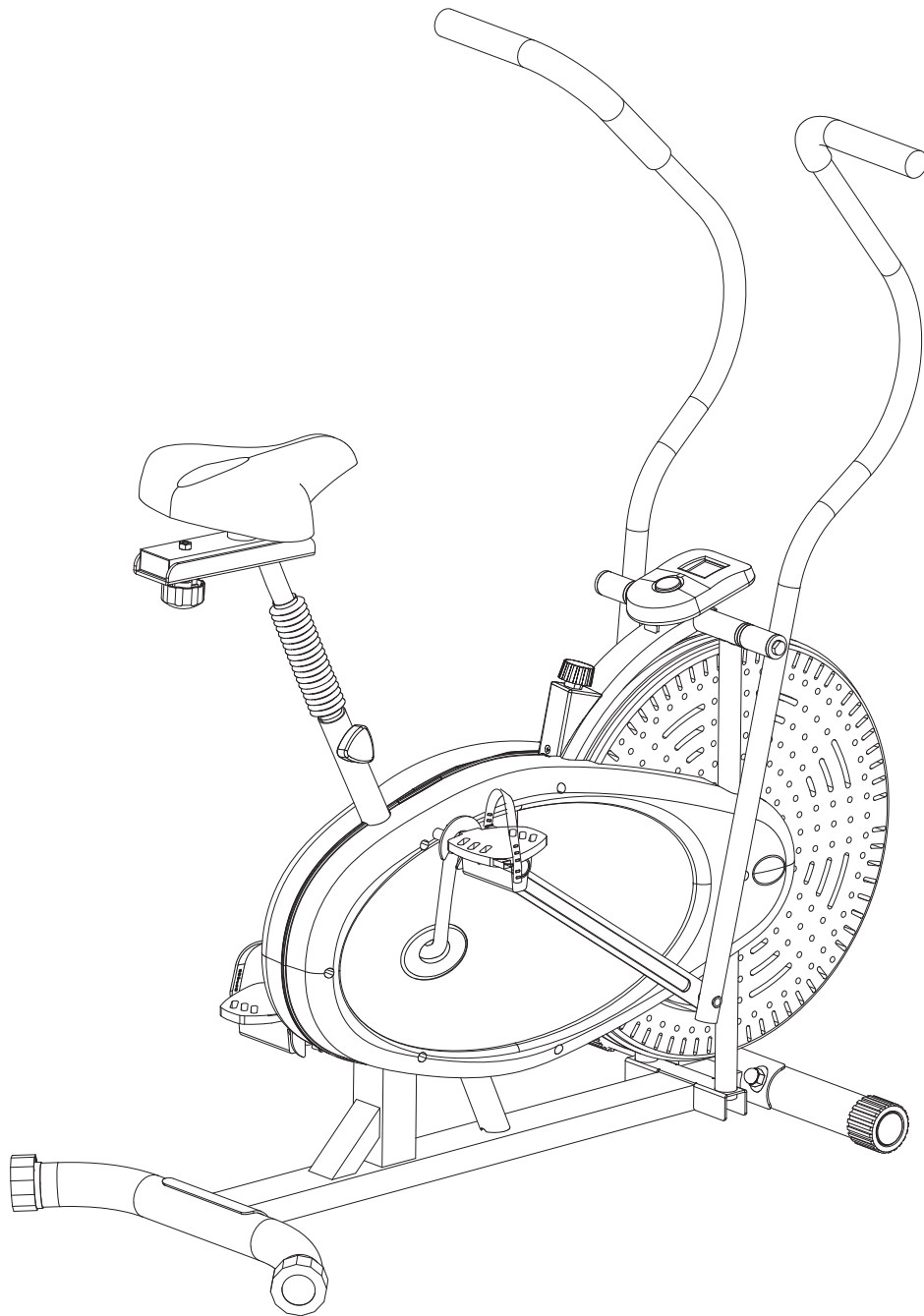


BODY*Rider* Upright Fan Bike

BRF 650
BRF 750



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



WARNING!

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

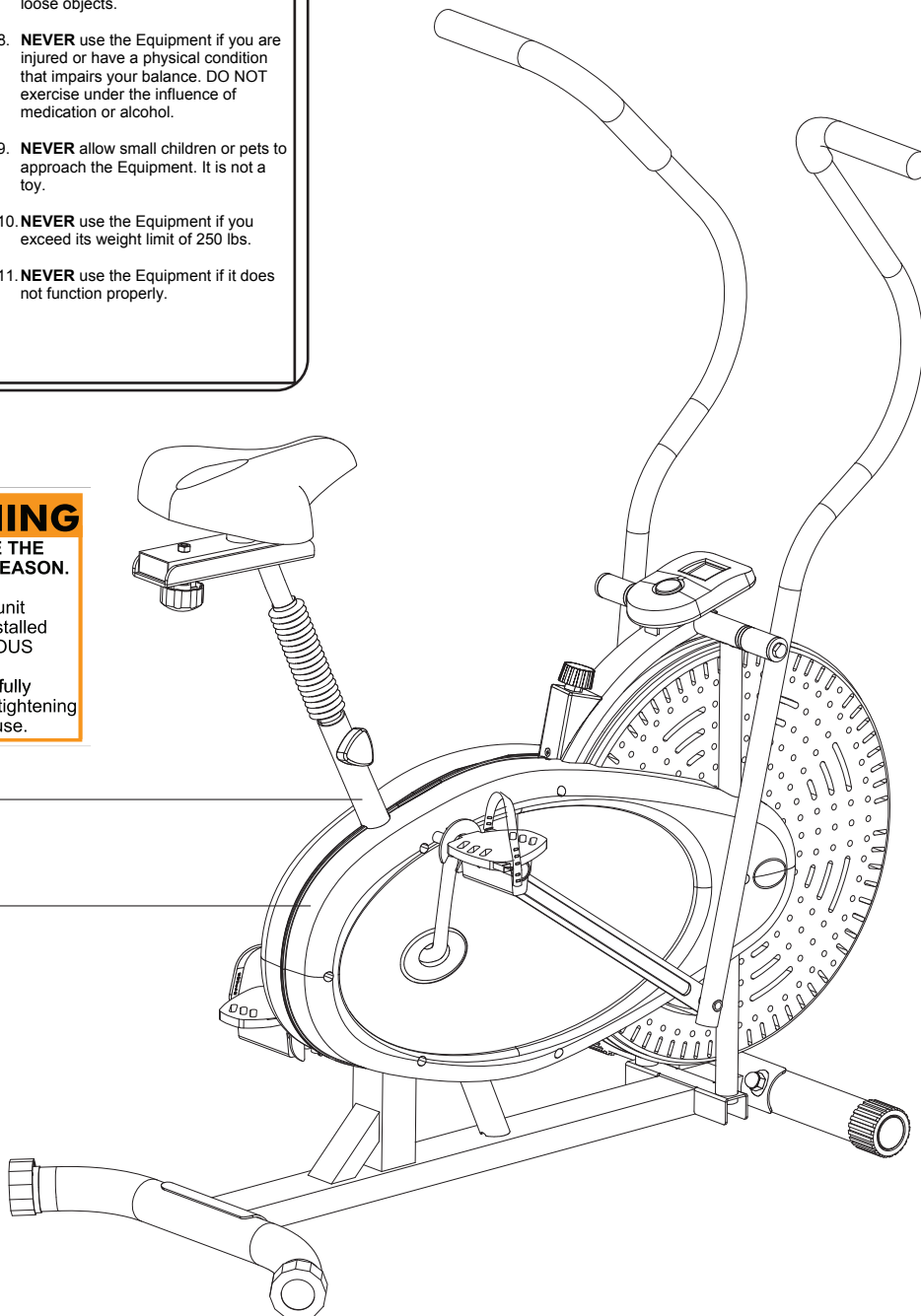
1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the Equipment to protect the floor or carpet.
5. **ALWAYS** use your Equipment in a warm, dry, level well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of all moving parts.
7. **ALWAYS** keep your Equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the Equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. **NEVER** allow small children or pets to approach the Equipment. It is not a toy.
10. **NEVER** use the Equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the Equipment if it does not function properly.



WARNING

DO NOT REMOVE THE SEAT FOR ANY REASON.

Exercising on this unit without the seat installed can result in **SERIOUS INJURY**. Ensure the seat is fully locked in place by tightening the knobs prior to use.





General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

In addition to any tools listed in the "Hardware List" section of this manual, you may need the extra tools listed below to help complete the assembly process.

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.



Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



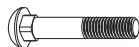
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

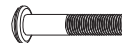
BOLTS



#24. Bolt (M10x18 mm)
[2 Pieces]
pre-assembled



#39. Carriage Bolt (M10x57 mm)
[4 Pieces]



#45. Bolt (M8x42 mm)
[2 Pieces]

NUTS



#32. Nylon Nut (M8)
[3 Pieces]
pre-assembled



#41. Cap Nut (M10)
[4 Pieces]



#48. Nylon Nut (M8)
[2 Pieces]



#49L. Left Nylon Nut (1/2")
with black inner nylon ring
[1 Piece]



#49R. Right Nylon Nut (1/2")
with white inner nylon ring
[1 Piece]

WASHERS



#18. Wavy Washer (M16)
[2 Pieces]
pre-assembled



#22. D Shape Washer
[2 Pieces]
pre-assembled



#23. Spring Washer (3/8")
[2 Pieces]
pre-assembled



#31. Washer (M10,φ20)
[1 Piece]
pre-assembled



#33. Washer (M8)
[3 Pieces]
pre-assembled



#40. Arc Washer (M10)
[4 Pieces]

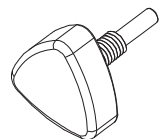


#47. Washer (M8)
[4 Pieces]

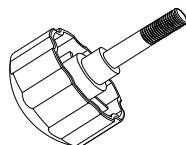


#51. Big Washer
[2 Pieces]

OTHERS



#27. Knob Bolt (M12x17 mm)
[1 Piece]
pre-assembled



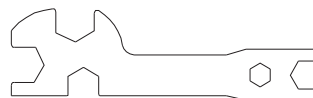
#54. Knob Bolt (M8x36 mm)
[1 Piece]
pre-assembled



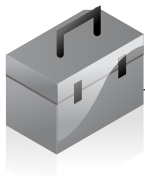
#52. Bushing
[2 Pieces]



#70. Tool 1
[2 Pieces]



#71. Tool 2
[1 Piece]



Parts Listing

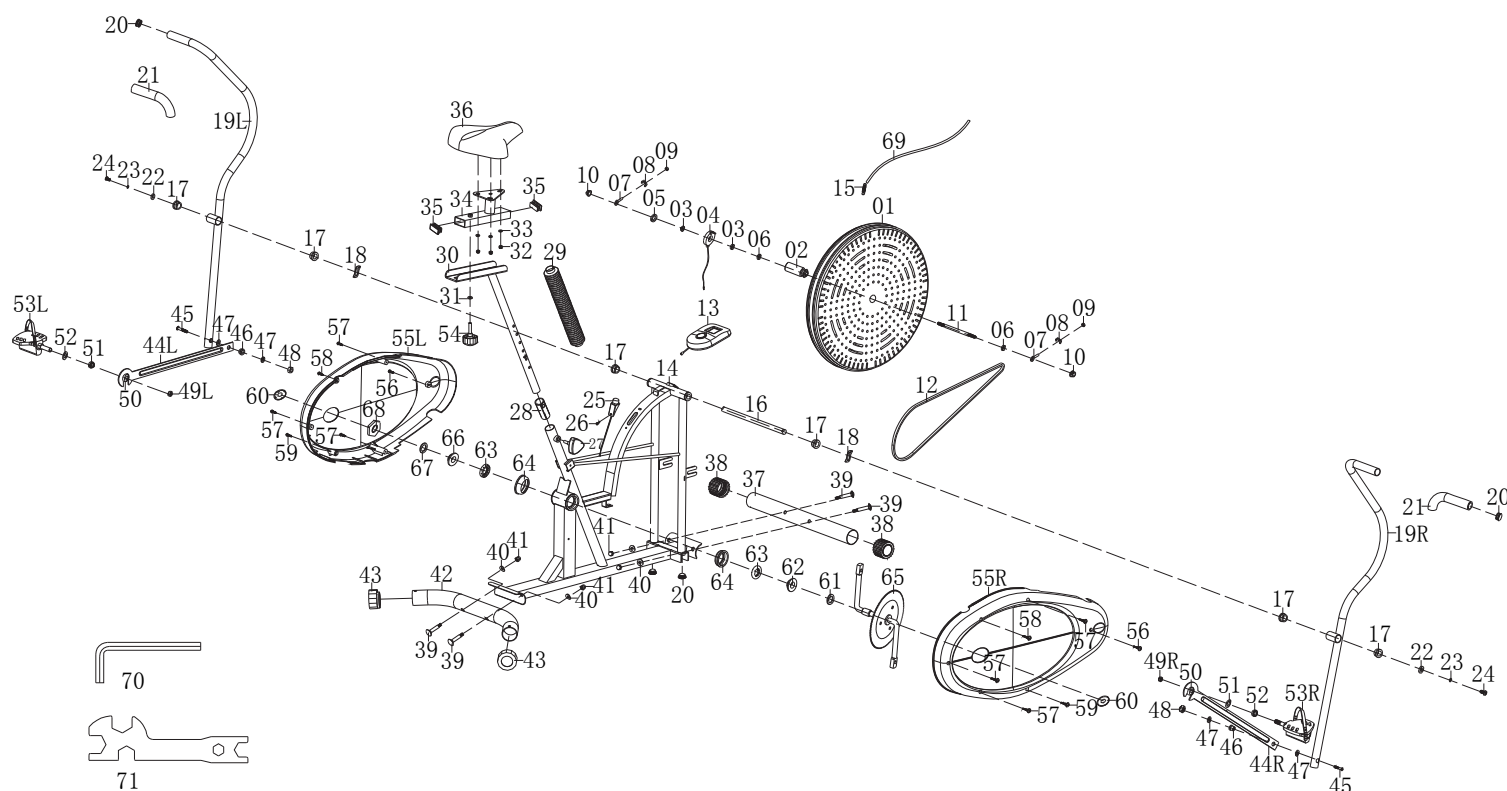
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description		
01	Fan Wheel	39	Carriage Bolt (M10x57 mm)
02	Gear Shaft	40	Arc Washer (M10)
03	Nut (M10)	41	Cap Nut (M10)
04	Monitor Wire	42	Rear Stabilizer
05	Washer (M10)	43	End Cap for Rear Stabilizer
06	Nut (M10)	44L	Left Linkage
07	Adjustable Bolt (M6x36 mm)	44R	Right Linkage
08	U Bracket	45	Bolt (M8x42 mm)
09	Nut (M6)	46	Bushing
10	Flange Nut (M10)	47	Washer (M8)
11	Fan Wheel Axle	48	Nylon Nut (M8)
12	Chain	49L	Left Nylon Nut (1/2") with black inner nylon ring
13	Monitor	49R	Right Nylon Nut (1/2") with white inner nylon ring
14	Main Frame	50	Bearing (TY-6201)
15	Spring	51	Big Washer
16	Handlebar Axle	52	Bushing
17	Bushing	53L	Left Pedal
18	Wavy Washer (M16)	53R	Right Pedal
19L	Left Handlebar	54	Knob Bolt (M8x36 mm)
19R	Right Handlebar	55L	Left Shroud
20	Round End Cap	55R	Right Shroud
21	Foam Grip for Handle Bar	56	Screw (ST4.8x19 mm)
22	D Shape Washer	57	Screw (ST4.8x45 mm)
23	Spring Washer (3/8")	58	Screw (ST4.8x16 mm)
24	Bolt (M10x18 mm)	59	Screw (ST4.8x30 mm)
25	Tension Control	60	Crank Cover
26	Screw (ST4.8x20 mm)	61	Washer (D24 mm)
27	Knob Bolt (M12x17 mm)	62	Crankshaft Nut 1
28	Sleeve	63	Crankshaft Bearing Collar
29	Bellows	64	Bearing Base
30	Seat Tube	65L	Left Crank
31	Washer (M10,φ20)	65R	Right Crank
32	Nylon Nut (M8)	66	Crankshaft Nut 2
33	Washer (M8)	67	Washer for Crankshaft
34	Horizontal Seat Bar	68	Nut
35	Rectangular End Cap (25x50 mm)	69	Friction Belt
36	Seat	70	Tool 1
37	Front Stabilizer	71	Tool 2
38	End Cap for Front Stabilizer		



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

FRONT STABILIZER ASSEMBLY

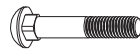
Secure the **Front Stabilizer (#37)** to the **Main Frame (#14)** with two **Carriage Bolts (#39)**, two **Arc Washers (#40)** and two **Cap Nuts (#41)**.

REAR STABILIZER ASSEMBLY

Secure the **Rear Stabilizer (#42)** to the **Main Frame (#14)** with two **Carriage Bolts (#39)**, two **Arc Washers (#40)** and two **Cap Nuts (#41)**.

Hardware Required

BOLTS



#39. Carriage Bolt (M10x57 mm)
[4 Pieces]

NUTS

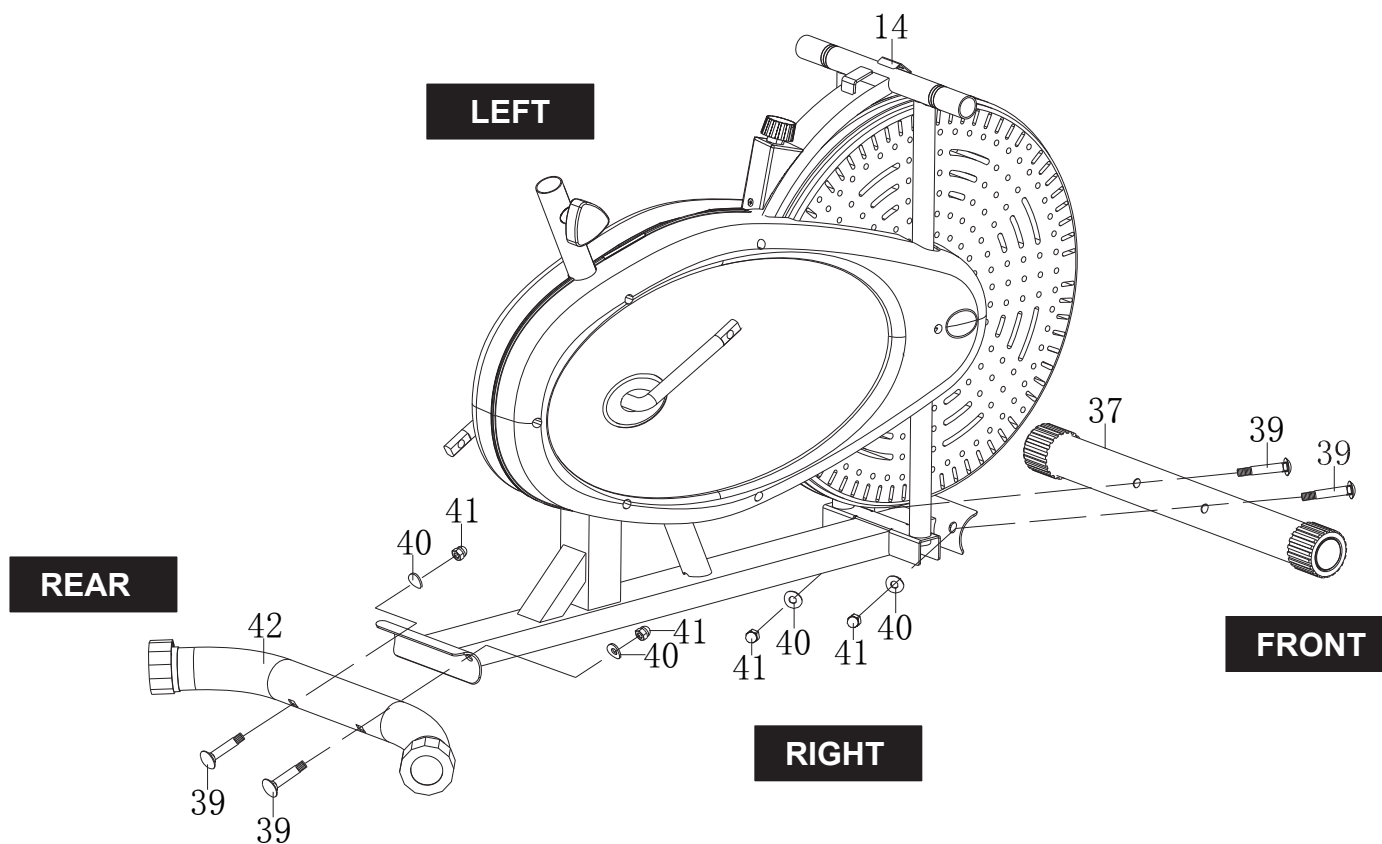


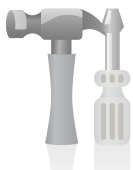
#41. Cap Nut (M10)
[4 Pieces]

WASHERS



#40. Arc Washer (M10)
[4 Pieces]





Assembly Instructions

Assembly Step 2-A

PEDAL ASSEMBLY

Attach the **Right Pedal (#53R)** to the **Right Linkage (#44R)** (with **Bearing (#50)** that is pre-assembled) using a **Bushing (#52)** and a **Big Washer (#51)** in between. Then screw the tightly into the right crank and then secure it with the **Right Nylon Nut (#49R)***.

Repeat this process on the left side**.

Please Note:

- Left Hand Side: Turn **COUNTERCLOCKWISE** to tighten the **Left Pedal (#53L)** on the left crank. Then turn **CLOCKWISE** to tighten the **Left Nylon Nut (#49L)** [BLACK inner nylon ring] to secure the left pedal assembly.
- Right Hand Side: Turn **CLOCKWISE** to tighten the **Right Pedal (#53R)** on the right crank. Then turn **COUNTERCLOCKWISE** to tighten the **Right Nylon Nut (#49R)** [WHITE inner nylon ring] to secure the right pedal assembly.

Hardware Required

NUTS



#49L. Left Nylon Nut (1/2")
with black inner nylon ring
[1 Piece]



#49R. Right Nylon Nut (1/2")
with white inner nylon ring
[1 Piece]

WASHERS

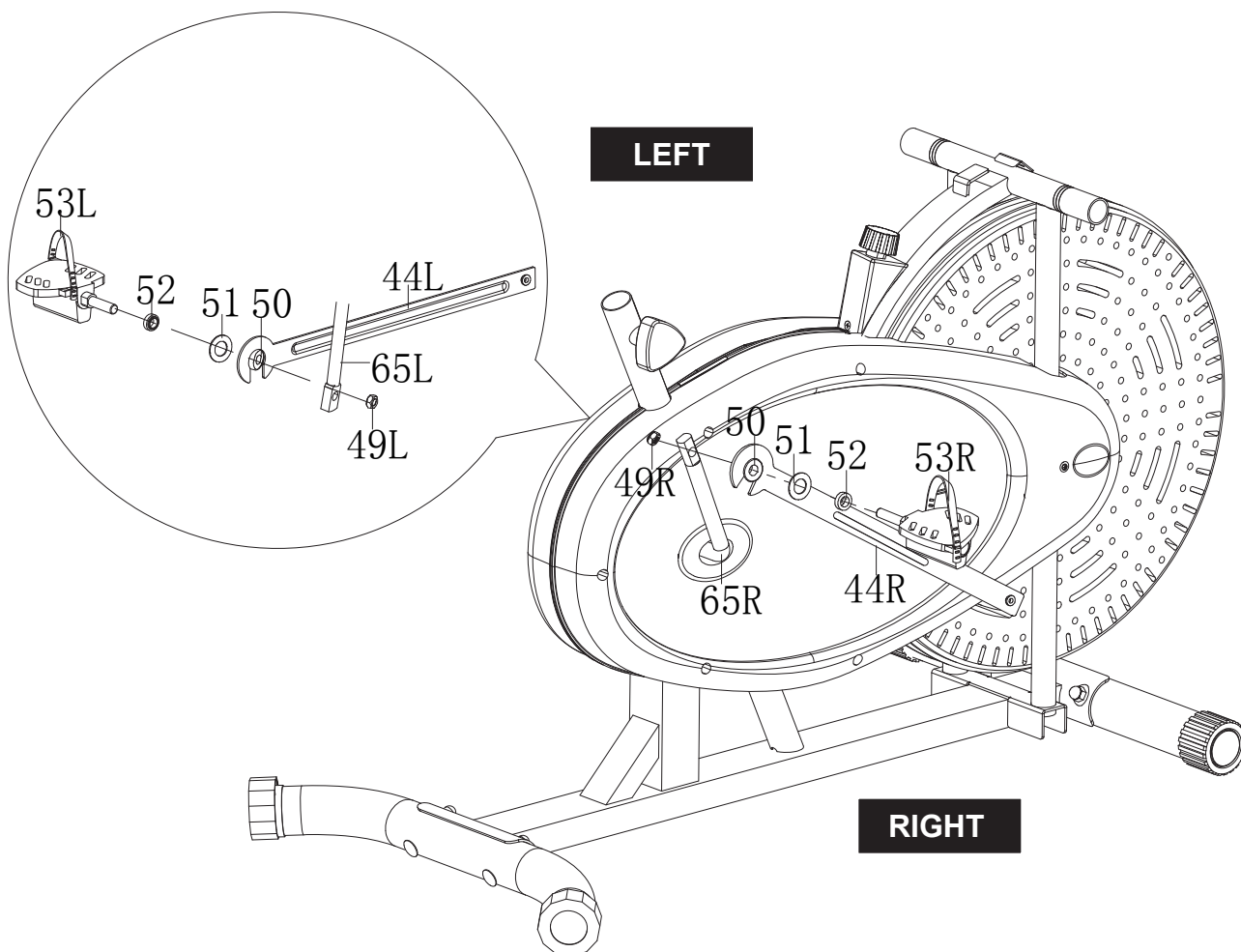


#51. Big Washer
[2 Pieces]

OTHERS



#52. Bushing
[2 Pieces]



LEFT

RIGHT



Assembly Instructions

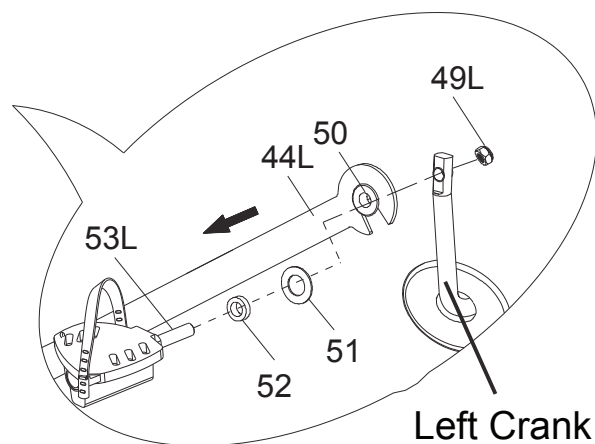
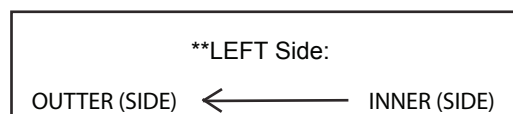
Assembly Step 2-B

**LEFT Side:

FOR PROPER ASSEMBLY, please ensure that the **Left Linkage (#44L)** is assembled to the outer edge (away from shroud) of the **Left Crank**.

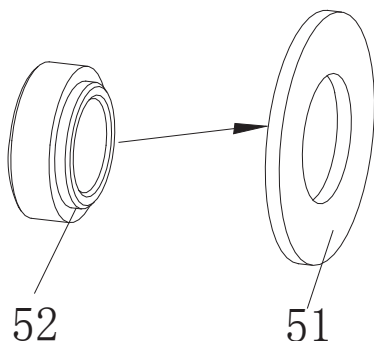
The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Left Nylon Nut (#49L) > Left Crank > Left Linkage (#44L)
(with **Bearing (#50)** that is pre-assembled) > **Big Washer(#51)** > **Bushing (#52) > Left Pedal (#53L)**.



PLEASE NOTE:

LEFT SIDE: Please ensure that the notched side of Bushing (#52) is facing Big Washer (#51) from the left side so that Bushing (#52) can be inserted into Big Washer (#51) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.

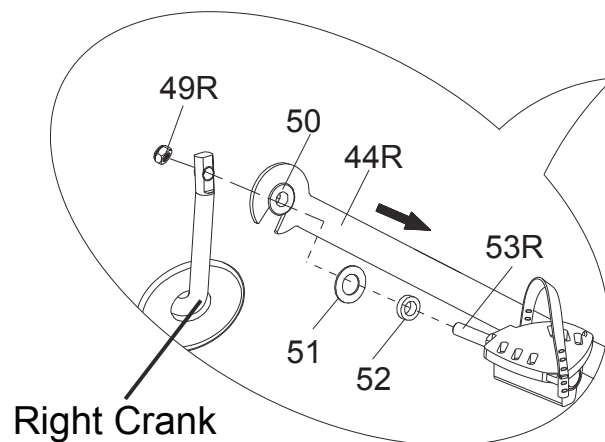
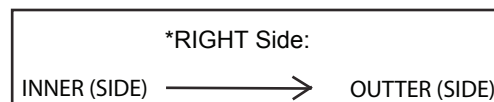


*RIGHT Side:

FOR PROPER ASSEMBLY, please ensure that the **Right Linkage (#44R)** is assembled to the outer edge (away from shroud) of the **Right Crank**.

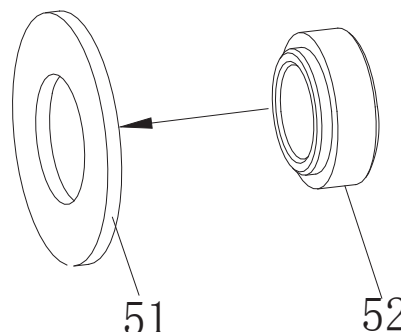
The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Right Nylon Nut (#49R) > Right Crank > Right Linkage (#44R)
(with **Bearing (#50)** that is pre-assembled) > **Big Washer(#51)** > **Bushing (#52) > Right Pedal (#53R)**.



PLEASE NOTE:

RIGHT SIDE: Please ensure that the notched side of Bushing (#52) is facing Big Washer (#51) from the right side so that Bushing (#52) can be inserted into Big Washer (#51) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.





Assembly Instructions

Assembly Step 3-A

HANDLE BAR ASSEMBLY

Remove the two **Wavy Washers (#18)**, two **D Shape Washers (#22)**, two **Spring Washers (#23)**, and two **Bolts (#24)** that are pre-assembled on the **Handlebar Axle (#16)**. Set them aside close by as they will be used in this step.


Insert the **Handlebar Axle (#16)** through the **Main Frame (#14)**, making sure the **Handlebar Axle (#16)** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant.

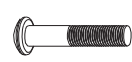
Next, on the right side, slide one **Wavy Washer (#18)** on **Handlebar Axle (#16)** followed by **Right Handlebar (#19R)** and secure with one **D Shape Washer (#22)***** [please see close-up diagram/note below], one **Spring Washer (#23)**, and one **Bolt (#24)**. Repeat this process on the left side using **Left Handlebar (#19L)**.

Carefully cut off the zip tie on the **Bushing (#46)** of the **Right Linkage (#44R)**. With the help of an assistant, on the right side as shown in drawing below, insert one **Bolt (#45)** through the **Right Handlebar (#19R)** followed by one **Washer (#47)** and then the **Bushing (#46)** of **Right Linkage (#44R)**. Secure these together from the other "inner" side of **Right Linkage (#44R)** using one other **Washer (#47)** and one **Nylon Nut (#48)**. Repeat this process on the left side with the **Left Handlebar (#19L)**.


Hardware Required

BOLTS


 #24. Bolt (M10x18 mm)
[2 Pieces]


 #45. Bolt (M8x42 mm)
[2 Pieces]


NUTS

 #48. Nylon Nut (M8)
[2 Pieces]

WASHERS

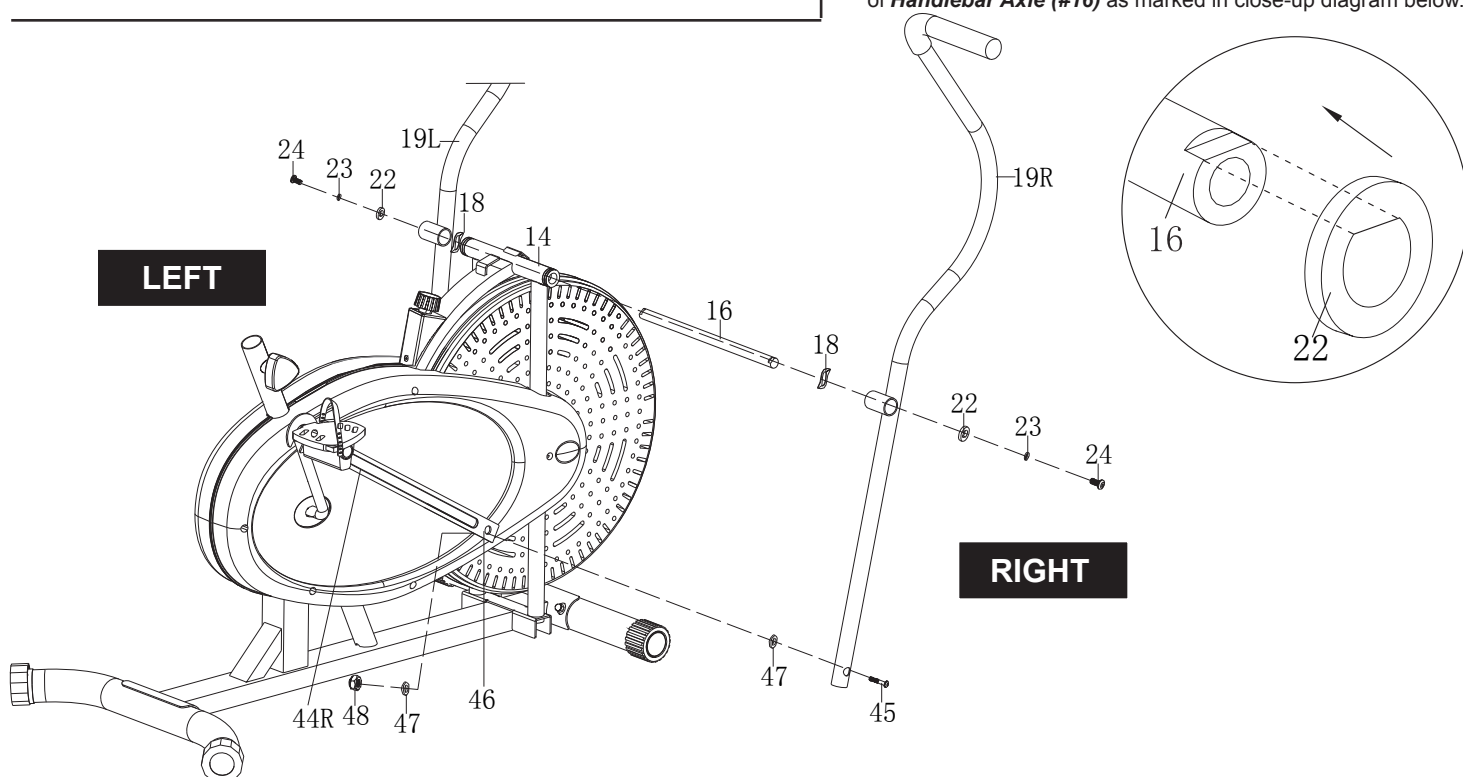
 #18. Wavy Washer (M16)
[2 Pieces]

 #22. D Shape Washer
[2 Pieces]

 #23. Spring Washer (3/8")
[2 Pieces]

 #47. Washer (M8)
[4 Pieces]

[***When assembling **D Shape Washer (#22)**, please ensure the flat edge matches and is flush with the corresponding flat edge of **Handlebar Axle (#16)** as marked in close-up diagram below.]





Assembly Instructions

Assembly Step 3-B

**LEFT Side:

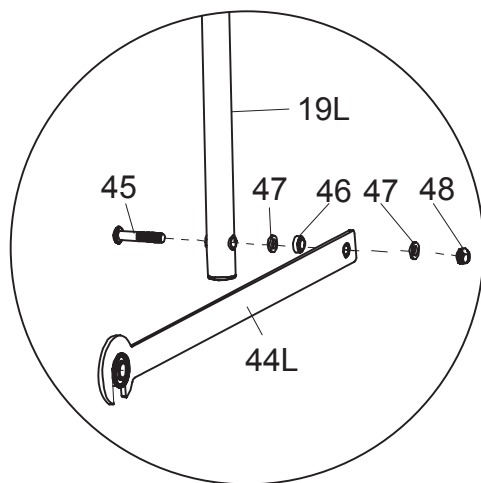
Please ensure that the **Left Handlebar (#19L)** is assembled to the outer edge (away from shroud) of the **Left Linkage (#44L)**.

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Nylon Nut (#48) > Washer (#47) > Bushing (#46) of Left Linkage (#44L) > Washer (#47) > Left Handlebar (#19L) > Bolt (#45)

**LEFT Side:

OUTTER (SIDE) ← INNER (SIDE)



*RIGHT Side:

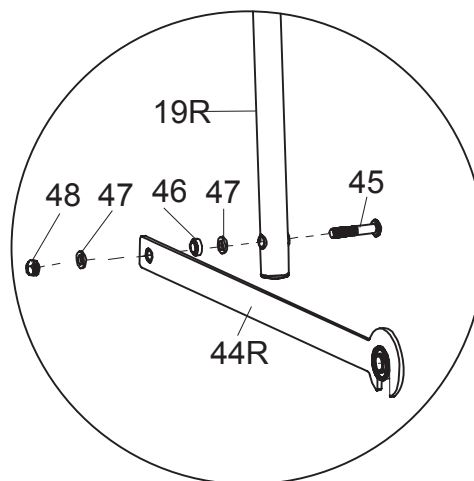
Please ensure that the **Right Handlebar (#19R)** is assembled to the outer edge (away from shroud) of the **Right Linkage (#44R)**.

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Nylon Nut (#48) > Washer (#47) > Bushing (#46) of Right Linkage (#44R) > Washer (#47) > Right Handlebar (#19R) > Bolt (#45)

*RIGHT Side:

INNER (SIDE) → OUTER (SIDE)





Assembly Instructions

Assembly Step 4

SEAT ASSEMBLY

Remove the three **Washers (#33)** and three **Nylon Nuts (#32)** that are pre-assembled on the **Seat (#36)**. Remove the **Knob Bolt (#54)** and one **Washer (#31)** that are pre-assembled on the **Horizontal Seat Bar (#34)**. Then, attach the **Seat (#36)** to the **Horizontal Seat Bar (#34)** and secure it with three **Washers (#33)** and three **Nylon Nuts (#32)** that were previously removed. Attach the **Horizontal Seat Bar (#34)** to the **Seat Tube (#30)**, secure by using one **Knob Bolt (#54)** and one **Washer (#31)** that were previously removed.

Please refer to the illustration below. Always ensure that the **Knob Bolt (#54)** is securely tightened and engaged through the hole on the **Horizontal Seat Bar (#34)** and the distance setting most comfortable to you on the **Seat (#36)** for your safety.

SEAT TUBE ASSEMBLY

Remove the **Knob Bolt (#27)** that are pre-assembled on the **Main Frame (#14)**. Set it aside close by as they will be used in this step. Attach **Bellows (#29)** to the **Seat Tube (#30)** as shown in illustration below.

Insert the **Seat Tube (#30)** into the opening of the post that is protruding from the **Main Frame (#14)** a minimum of 4 inches to engage the lowest hole. Please ensure that the hole on the **Seat Tube (#30)** is facing the same side as the hole located on the **Main Frame (#14)** and insert the **Knob Bolt (#27)** through the **Main Frame (#14)** post and through the hole on the **Seat Tube (#30)**. Please refer to the illustration below. Always ensure that the **Knob Bolt (#27)** is securely tightened and engaged through the hole on the **Main Frame (#14)** and the hole setting most comfortable to you on the **Seat Tube (#30)** for your safety.

Hardware Required

NUTS



#32. Nylon Nut (M8)
[3 Pieces]

WASHERS

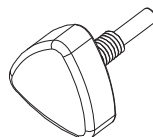


#31. Washer (M10,φ20)
[1 Piece]

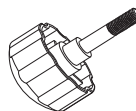


#33. Washer (M8)
[3 Pieces]

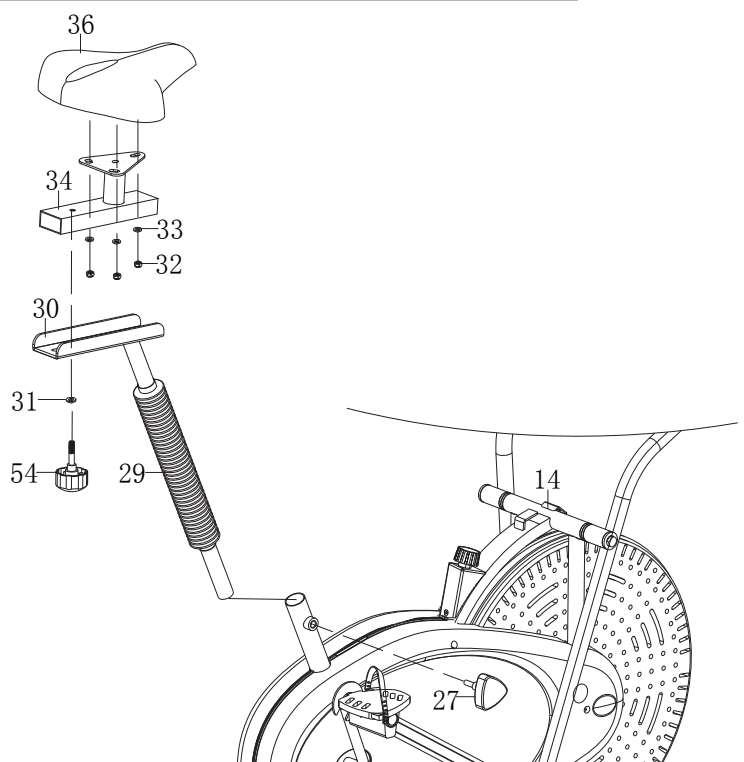
OTHERS



#27. Knob Bolt (M12x17 mm)
[1 Piece]



#54. Knob Bolt (M8x36 mm)
[1 Piece]



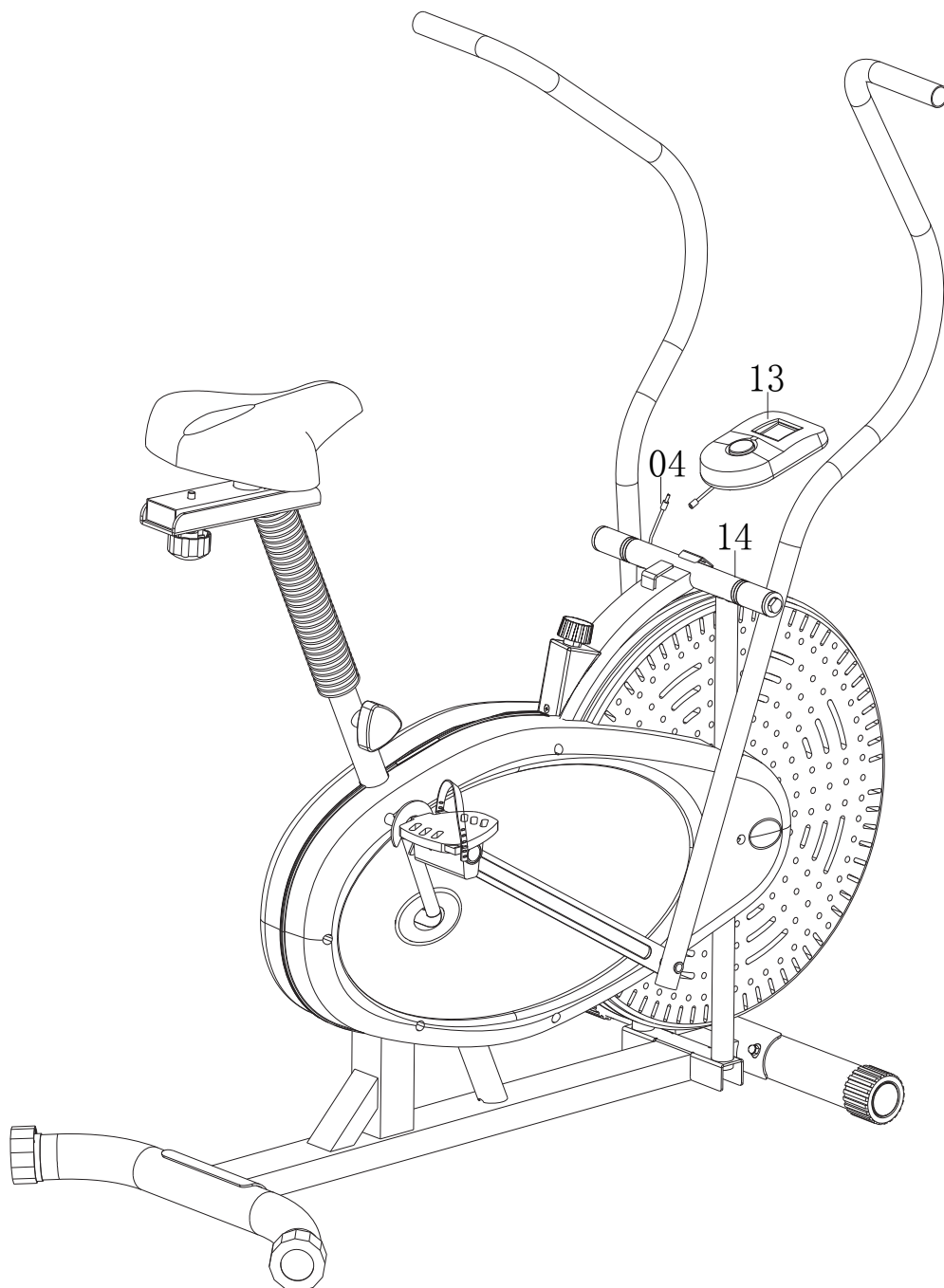


Assembly Instructions

Assembly Step 5

Attach the **Monitor (#13)** to the **bracket on the Main Frame (#14)** and then connect the **Monitor Wire (#04)** to the **Wire on the Monitor (#13)**.

The assembly process is now complete. **However**, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.





Assembly Instructions

Tension Adjustment

WARNING: If the **Friction Belt (#69)** is tightened to an extremely tight/taut setting against the flywheel, you may risk damaging, over-wearing, over-stressing and/or breaking the Friction Belt (#69). Please see below for more details to prevent damage and breakage.

FOR TENSION ADJUSTMENT, simply turn the **Tension Control (#25)** found at the front of the unit near the **Monitor (#13)**.

- To increase tension (+ higher resistance and more difficult), turn clockwise.
- To decrease tension (- lower resistance and less difficult), turn counter-clockwise.

*****WARNING:** Please turn the **Tension Control (#25)** gently. **DO NOT** use excess force to avoid damaging any parts of your unit.

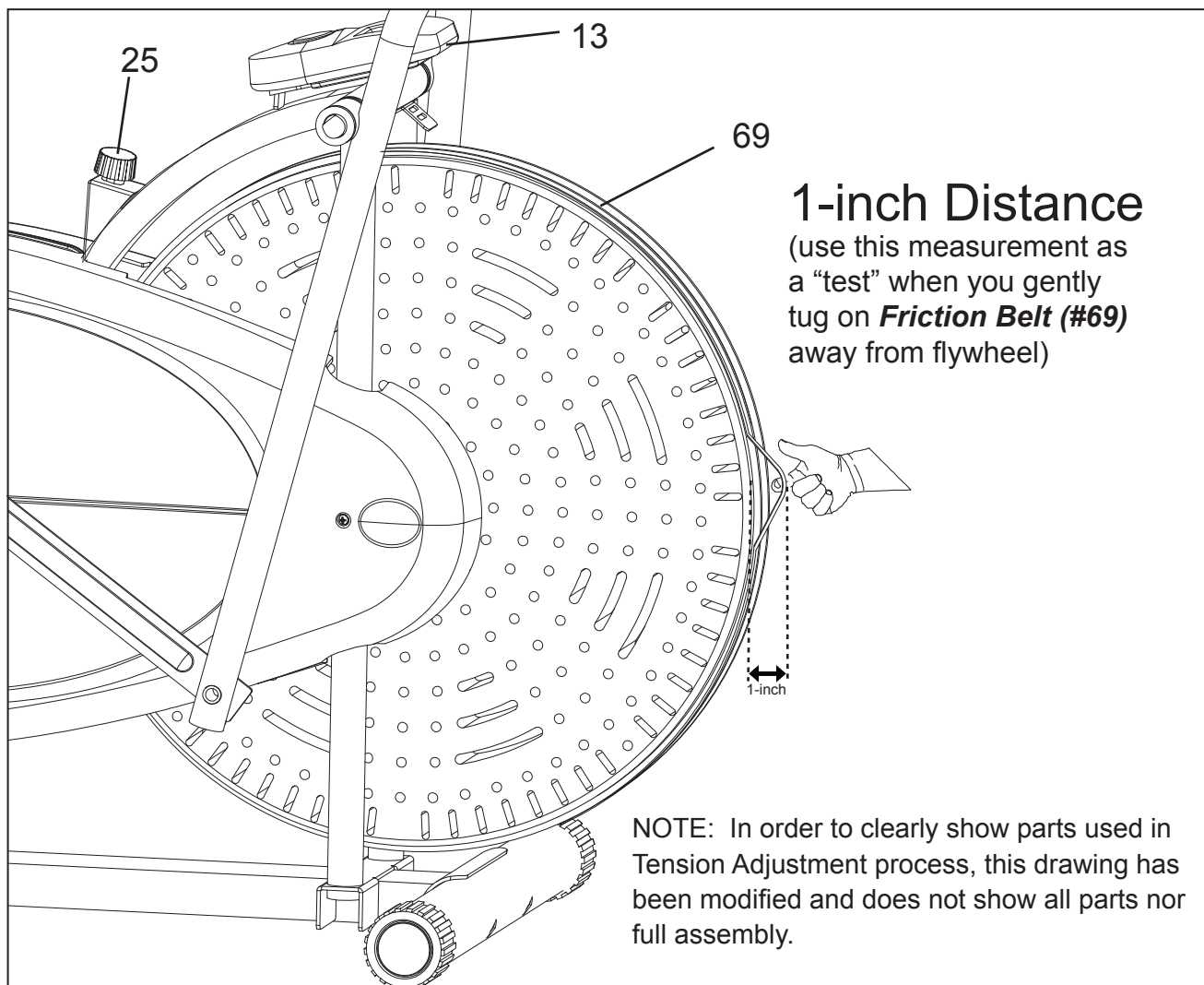
FOR CALIBRATING TENSION ADJUSTMENT SYSTEM:

NOTE: It is normal for the **Friction Belt (#69)** to periodically loosen due to regular use. Repeat the below process anytime you feel it may be necessary to recalibrate the tension adjustment system.

STEP 1: Gently turn **Tension Control (#25)** counter-clockwise and keep turning until the knob can no longer turn (i.e. decrease the tension fully).

STEP 2: Adjust the **Friction Belt (#69)** so that when you gently tug it out away from flywheel, there is a 1" distance of slack between the **Friction Belt (#69)** and the flywheel as shown in diagram.

*****WARNING:** It is important you check for this minimum of 1-inch distance to avoid damaging, over-wearing, over-stressing and/or breaking the **Friction Belt (#69)**.





Safety & Maintenance

SAFETY & WARNINGS

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

HOW TO ADJUST THE SEAT

1. Using one hand to hold **Seat Tube (#30)**, unscrew **Knob Bolt (#27)** using the other hand.
2. Slide and adjust **Seat Tube (#30)** to the desired hole setting to your preferred height.
3. Holding **Seat Tube (#30)** at this setting, re-insert/re-screw **Knob Bolt (#27)**, ensuring it engages and fully inserts through the holes of **Main Frame (#14)** and **Seat Tube (#30)**. Please make sure to securely tighten **Seat Tube (#30)** but not over-tighten.
4. Before sitting on the cycle, press down firmly and pull up slightly on the seat to make sure it is engaged and secure.

HOW TO (EMERGENCY) STOP

NOTE: Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

1. To reduce speed on the bike, you may use the combinations of your feet on the **Left/Right Pedals (#53L/53R)** and your hands on the **Left/Right Handlebars (#19L/19R)** to gently and safely apply counter-momentum.
2. Wait for the flywheel, handlebars, and pedals to come to a complete stop.
3. Now you may safely dismount the unit.

HOW TO MOVE/TRANSPORT THE BIKE FOR STORAGE

NOTE: To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum 2 people total).

1. Position one person on each side of the bike (one on the left, and one on the right).
2. Have each person use the hand closest to the **Seat (#36)** to grip it. Then, grip the other hand from underneath the respective **Handlebar (#19L or #19R)**. (These are the safest areas to avoid injury during this process.)
3. Have both people simultaneously lift the unit to move/transport the unit to the desired area.

MAINTENANCE & CARE

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use): **Tension Control (#25)**; **Left/Right Pedals (#53L/#53R)**; **Left/Right Handlebars (#19L/#19R)**.
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Body Flex Sports, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.



Computer Operation

SPECIFICATIONS:

TIME.....0:00-99:59
SPEED.....0.0-99ML/H
DISTANCE0.0-999.9ML
CALORIES.....0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is depressed or when it receives an input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing battery or pressing the MODE key for 3 seconds.

3. FUNCTION:

- ◆ Top portion of LCD Display
 - Speed: Display the current speed
- ◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
 - **Time:** Display the total amount of time using the machine.
 - Distance : Display the distance travelled.
 - Calories : Display the amount of calories burned.
 - Scan: Automatically alternate between the different functions. (Time, Distance, Calories)

4.BATTERY:

This monitor requires one (or two) "AA" Battery(ies).
You can replace the battery from the back of the unit.

Please note: The computer is not intended for use as a medical device. Various factors may affect the accuracy of the function/mode readings, and may vary from other measurement calculations from other devices. The computer is intended only as an exercise aid to track relative progress when using the corresponding exercise unit.



Proof of purchase

Thanks for choosing



Model Number BRF650/750

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

BODY *Rider*