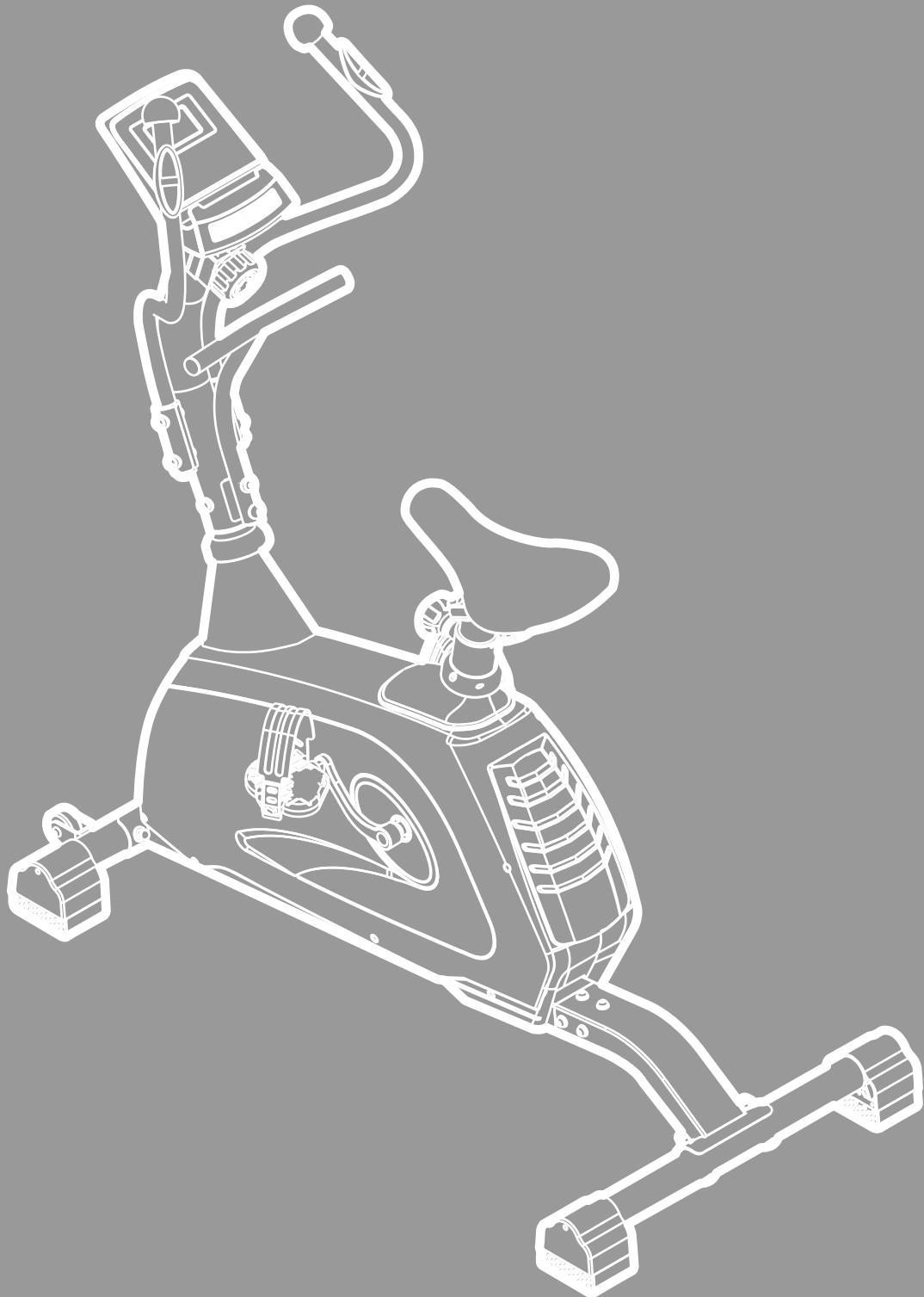


BODYRider® 35

OWNER'S MANUAL

For use under U.S. Patent number 7,867,146 B2



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

HBR35

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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. Excessive or incorrect training may result to health injuries. 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.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- 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, hard-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. This unit is for home use only.
- 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

- 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:
300 pounds or less.



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
Website: www.thebodyrider.com



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:

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

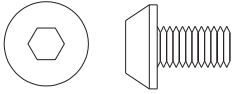
This warranty does not cover normal wear and tear on upholstery.

HARDWARE LIST

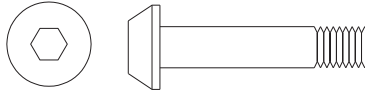


The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

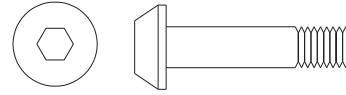
Bolts



#9. Bolt (M8x20 mm)
[8 Pieces]



#29. Bolt (M8x55 mm)
[2 Pieces]



#40. Bolt (M8x50 mm)
[6 Pieces]



#51. Carriage Bolt (M8x60 mm)
[4 Pieces]



#55. Screw (M5x10 mm)
[4 Pieces]
Pre-assembled

Washers



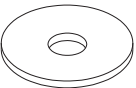
#10. Spring Washer (M8)
[16 Pieces]



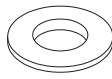
#11. Arc Washer (M8,R30)
[8 Pieces]



#20. Arc Washer (M8,R16)
[6 Pieces]



#36. Washer (M8,φ32 mm)
[1 Piece]



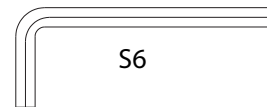
#44. Washer (M8,φ16 mm)
[6 Pieces]

Nuts



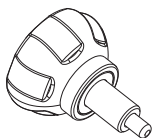
#19. Nut (M8) [4 Pieces]

Tools

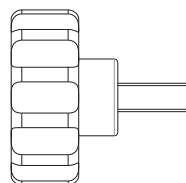


#56. Tool 1 (S6)
[1 Piece]

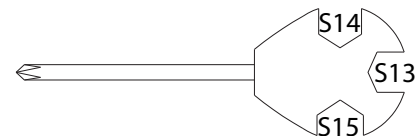
Knobs



#24. Spring Loaded Knob (M16)
[1 Piece]



#37. Knob Bolt (M8x20 mm)
[1 Piece]



#57. Tool 2 (S13-14-15)
[1 Piece]



PARTS LIST

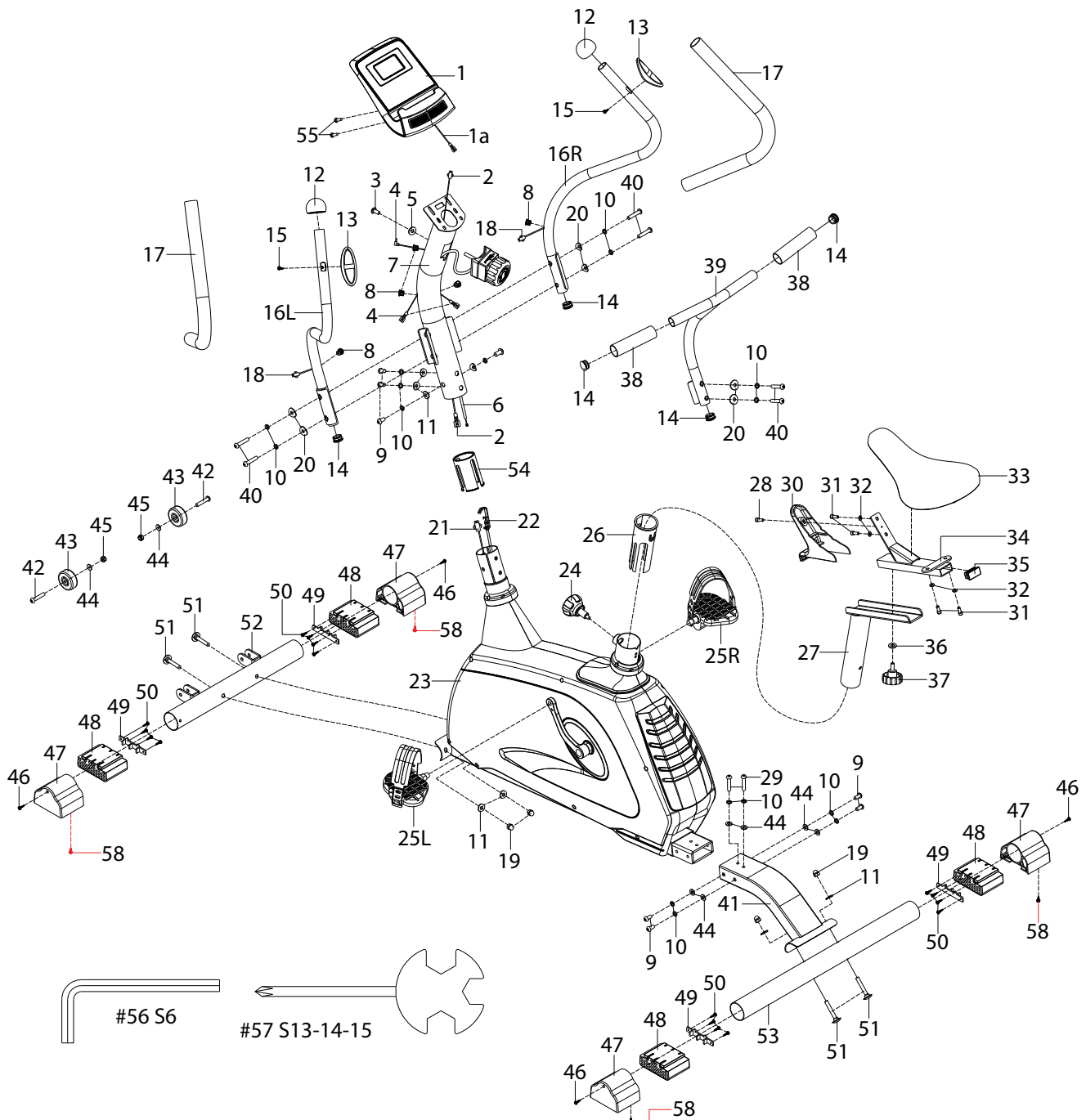
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

PART #	DESCRIPTION	PART #	DESCRIPTION
1	Monitor	30	Horizontal Seat Bar Cover
2	Main Sensor Wire (Middle)	31	Hex Bolt (M6x16 mm)
3	Screw (M5x16 mm)	32	Washer (M6)
4	Hand Pulse Sensor Wire (Upper)	33	Seat
5	Arc Washer (M5)	34	Horizontal Seat Bar
6	Tension Controller	35	Rectangular End Cap (40x20 mm)
7	Center Post	36	Washer (M8,φ32 mm)
8	Wire Plug (φ12x11xφ3 mm)	37	Knob Bolt (M8x20 mm)
9	Bolt (M8x20 mm)	38	Center Handle Bar Foam Grip (φ23x3x125 mm)
10	Spring Washer (M8)	39	Center Handle Bar
11	Arc Washer (M8,R30)	40	Bolt (M8x50 mm)
12	Round End Cap (φ25x19xφ51 mm)	41	Bottom Connection Joint
13	Hand Pulse Sensor	42	Bolt (M8x40 mm)
14	Round End Cap (φ25 mm)	43	Front Roller (φ48x19 mm)
15	Screw (ST4.0x19 mm)	44	Washer (M8,φ16 mm)
16L	Left Handle Bar	45	Nylon Nut (M8)
16R	Right Handle Bar	46	Screw (ST4.2x16 mm)
17	Handle Bar Foam Grip (φ23x3x500 mm)	47	End Cap for Stabilizer
18	Hand Pulse Sensor Wire (Lower)	48	Rubber Pad
19	Nut (M8)	49	Rubber Cap
20	Arc Washer (M8,R16)	50	Screw (ST3.5x10 mm)
21	Main Sensor Wire (Lower)	51	Carriage Bolt (M8x60 mm)
22	Tension Controller Wire	52	Front Stabilizer
23	Main Frame	53	Rear Stabilizer
24	Spring Loaded Knob (M16)	54	Main Frame Sleeve
25L	Left Pedal	55	Screw (M5x10 mm)
25R	Right Pedal	56	Tool 1 (S6)
26	Main Frame Sleeve (φ60xD50xL148x32 mm)	57	Tool 2 (S13-14-15)
27	Seat Post	58	Screw (M4x16 mm)
28	Screw (M5x6 mm)		
29	Bolt (M8x55 mm)		

EXPLODED VIEW



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

STEP 1

With the help of an assistant, attach the **Rear Stabilizer (#53)** to the **Bottom Connection Joint (#41)**. Insert two **Carriage Bolts (#51)** through the **Rear Stabilizer (#53)** followed by the **Bottom Connection Joint (#41)**. Secure them together using two **Arc Washers (#11)** and two **Nuts (#19)**.

Attach the **Bottom Connection Joint (#41)** to the rear of the **Main Frame (#23)**. Insert four **Bolts (#9)** through four **Spring Washers (#10)**, four **Washers (#44)** followed by the Bottom Connection Joint (#41) and Main Frame (#23) from the side. Then insert two **Bolts (#29)** through two **Spring Washers (#10)**, two **Washers (#44)** followed by the **Bottom Connection Joint (#41)** and **Main Frame (#23)** from the top as illustrated.

IMPORTANT NOTE: Please do not be alarmed by the two (2) Parallel Curve-Cranks™ that are already pre-installed and correctly oriented as shown in exploded diagram below. This may look different from traditional exercise bike configurations and is one of the many unique features of your Body Rider 35 unit.

PARTS

#44



x6

#11



x2

#10



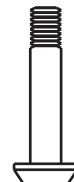
x6

#51



x2

#29

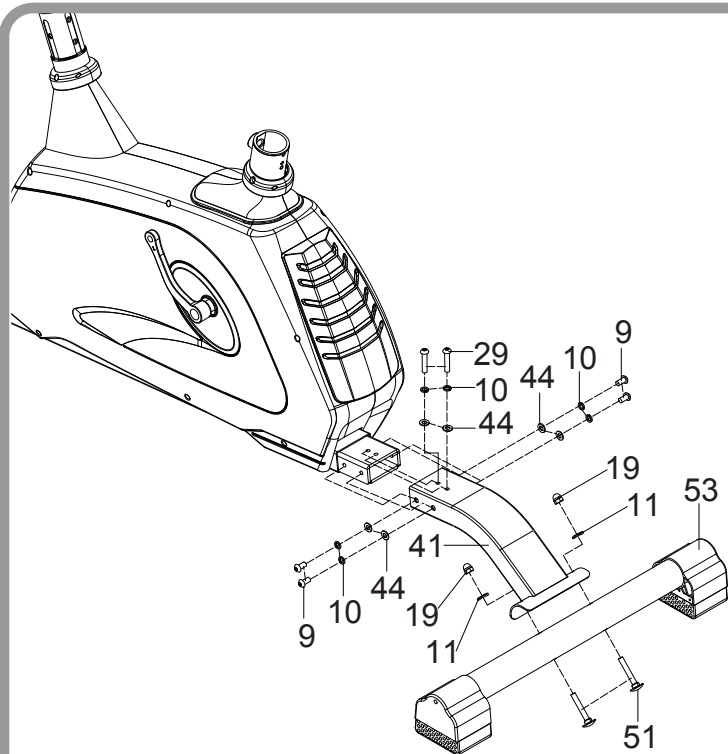


x2

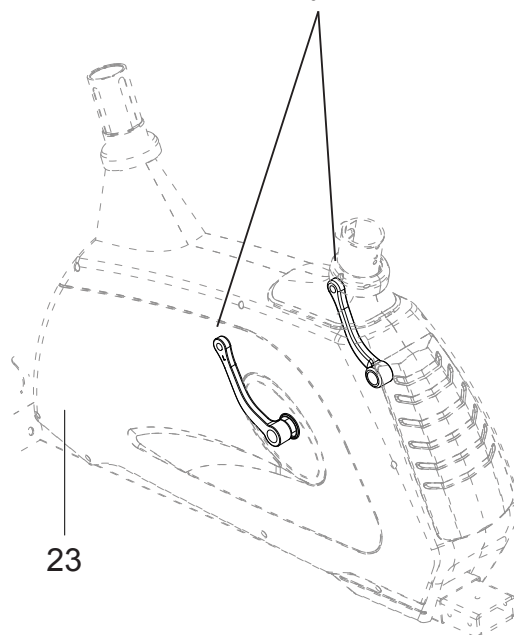
#9



x4



Parallel Curve-Cranks™
correctly pre-installed



ASSEMBLY INSTRUCTIONS



STEP 2

With the help of an assistant, attach the **Front Stabilizer (#52)** to the front of the **Main Frame (#23)**. Insert two **Carriage Bolts (#51)** through the **Front Stabilizer (#52)** followed by the front of the **Main Frame (#23)**. Secure them together using two **Arc Washers (#11)** and two **Nuts (#19)**. Please Note that the **Front Stabilizer (#52)** has **Front Rollers (#43)** that spin for ease of relocating the unit.

Attach the **Left Pedal (#25L)** to the Left Crank secure by turing **Left Pedal (#25L)** COUNTER-CLOCKWISE.

Attach the **Right Pedal (#25R)** to the Right Crank secure by turing **Right Pedal (#25R)** CLOCKWISE.

PARTS



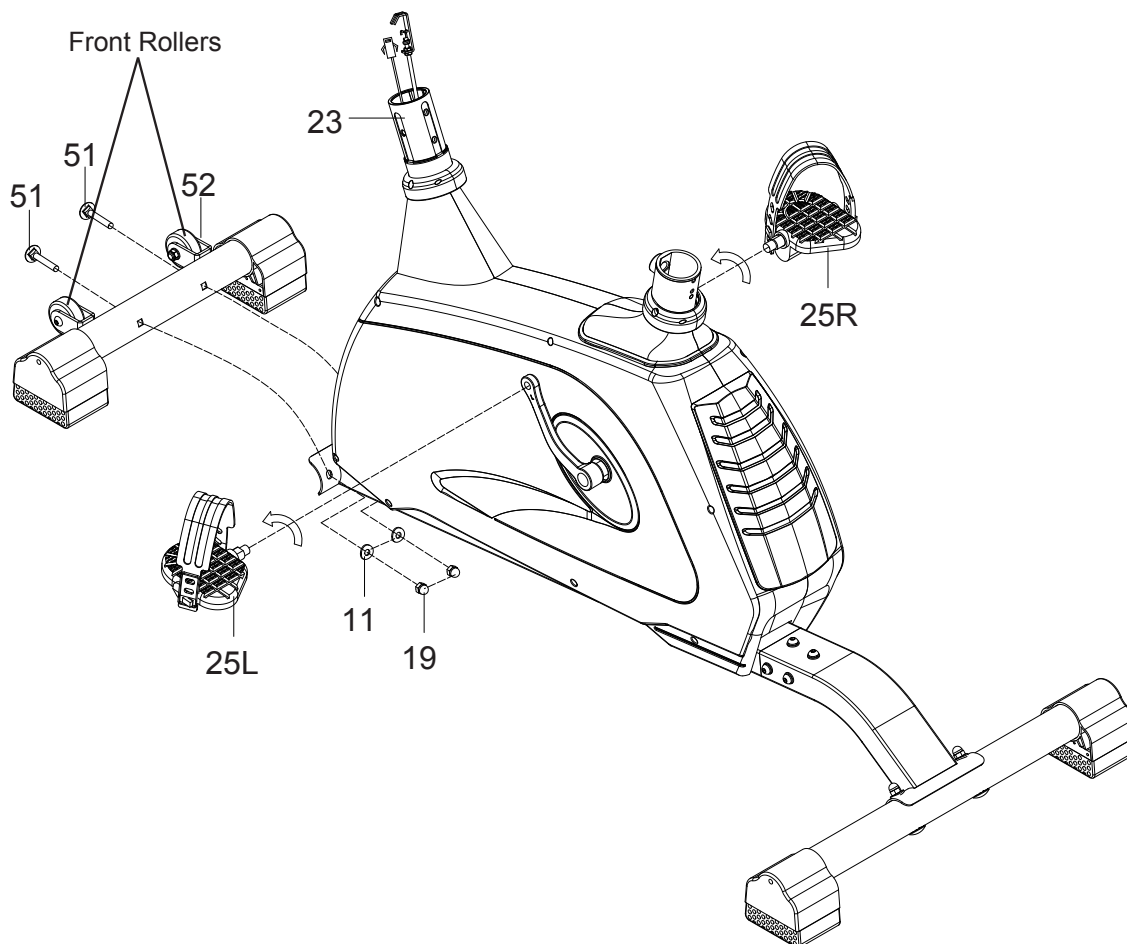
x2



x2



x2





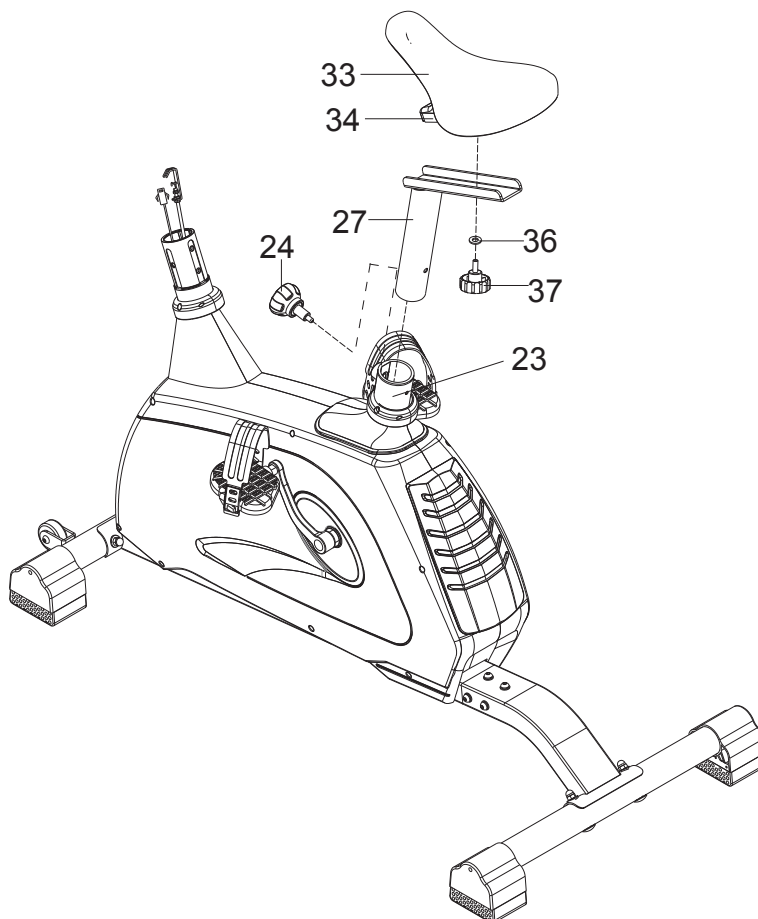
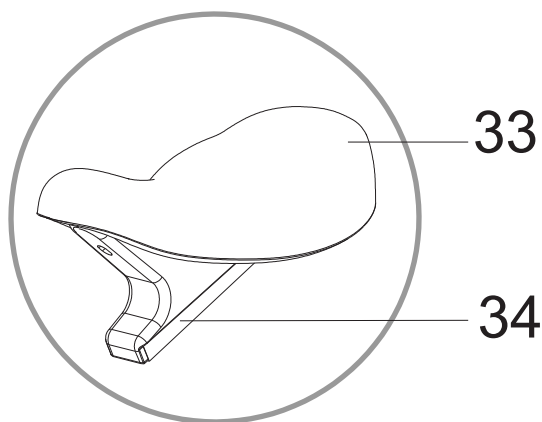
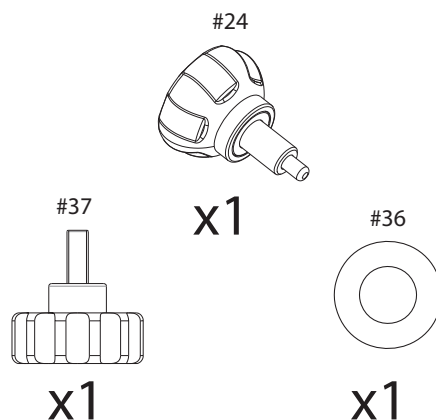
ASSEMBLY INSTRUCTIONS

STEP 3

Attach the **Horizontal Seat Bar (#34)** onto the **Seat Post (#27)** and make sure that the **Seat (#33)** is oriented as illustrated below and secure together using one **Knob Bolt (#37)** and one **Washer (#36)**. The **Knob Bolt (#37)** can be loosened to adjust the distance of the seat from the handle bars. Make sure to tighten the **Knob Bolt (#37)** after making any adjustments.

Insert the **Seat Post (#27)** into the mouth of the post that is protruding from the **Main Frame (#23)** down a minimum of 4 inches to engage the lowest hole. Make sure the holes on the **Seat Post (#27)** are facing the front before inserting. Secure the **Seat Post (#27)** (now with **Seat (#33)** attached) using the **Spring Loaded Knob (#24)**.

PARTS



⚠ 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.

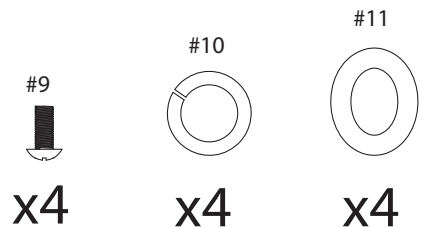
ASSEMBLY INSTRUCTIONS



STEP 4

Connect the **Main Sensor Wire (middle) (#2)** to the **Main Sensor Wire (Lower) (#21)** and then follow the instructions in the diagram below to connect the **Tension Controller Wire (#22)**. After connecting the **Tension Controller Wire (#22)** to the **Tension Controller (#6)** slide the **Center Post (#7)** onto the **Main Frame (#23)** and secure them together using the four **Bolts (#9)**, four **Spring Washers (#10)** and four **Arc Washers (#11)**.

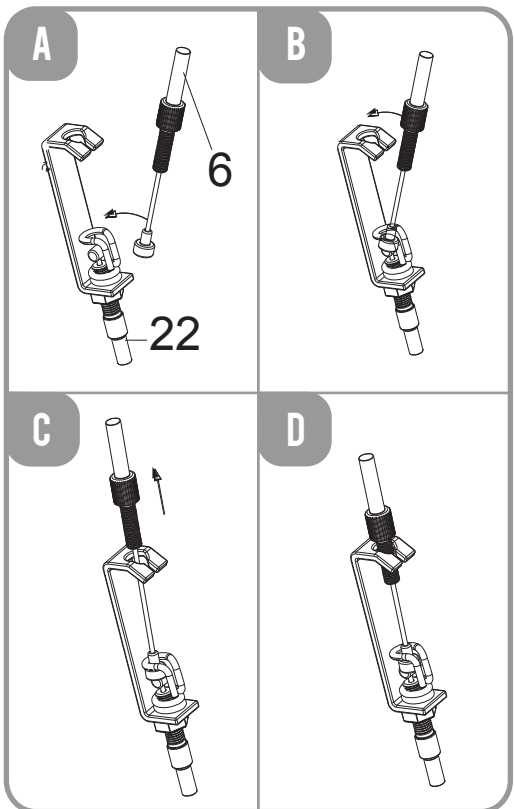
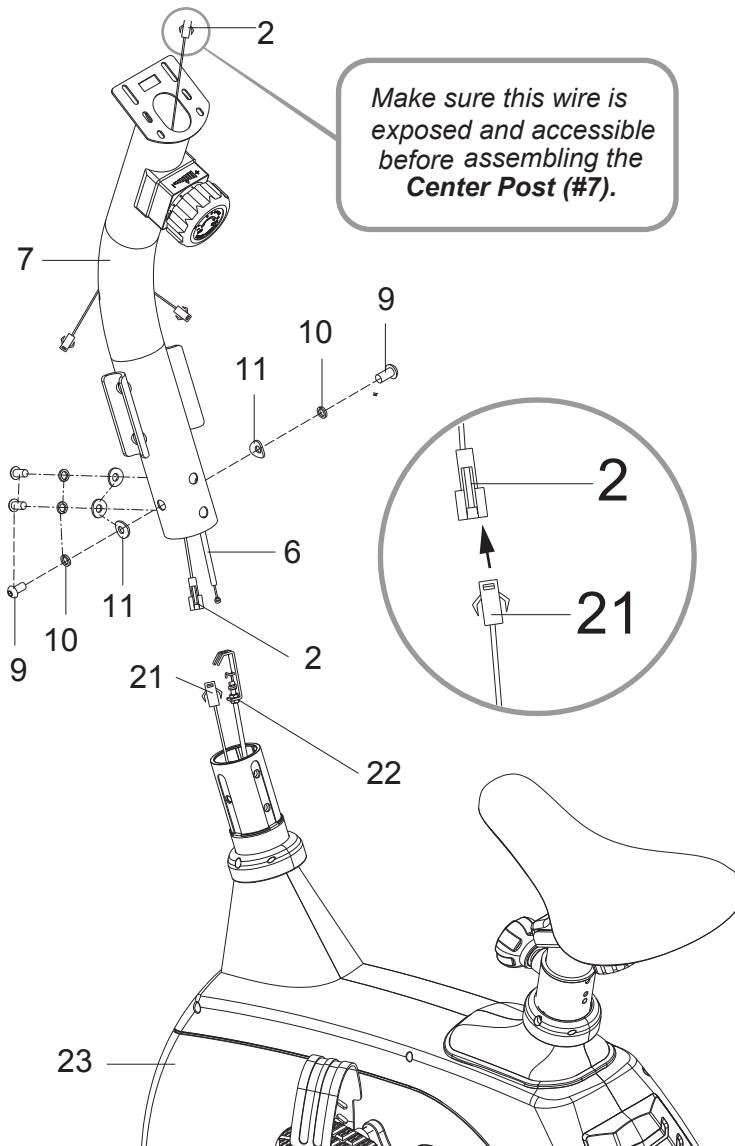
PARTS



TENSION WIRE ASSEMBLY

Insert the tip of the **Tension Controller (#6)** wire into the **Tension Controller Wire (#22)** head at an angle.

Tilt the **Tension Controller (#6)** wire into the crevice and then pull upward.





ASSEMBLY INSTRUCTIONS

STEP 5

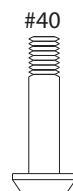
With the help of an assistant, attach the **Left Handle Bar (#16L)** to the **Center Post (#7)**. Insert two **Bolts (#40)** through two **Spring Washers (#10)**, two **Arc Washers (#20)** then **Left Handle Bar (#16L)** and **Center Post (#7)**. Screw the **Bolt (#40)** securely into the **Center Post (#7)**.

WIRE CONNECTION:

- Remove **Wire Plug (#8)** from the **Center Post (#7)** being careful not to pull on the wires (you do not need to remove the wires).
- Carefully connect the heads of **Hand Pulse Sensor Wire (Upper) (#4)** to the heads of **Hand Pulse Sensor Wire (Lower) (#18)**.
1. **Remove the Wire Plug (#8)** from its current position on the **Hand Pulse Sensor Wire (Upper) (#4)** and then,
 2. Transfer the **Wire Plug (#8)** back onto the **Hand Pulse Sensor Wire (Upper) (#4)** on the new location -- the outer side of the connected heads (this will allow you to tuck in the connected heads and wires in next step).
- Tuck the connected heads and wires into the hole on the **Center Post (#7)** and carefully insert the **Wire Plug (#8)** back into the **Center Post (#7)**.

Repeat this process on the other side using **Right Handle Bar (#16R)**.

PARTS



x4

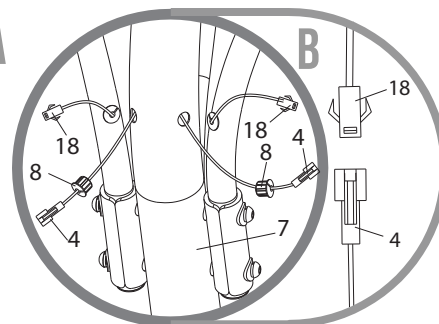


x4

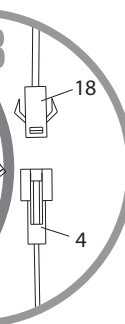


x4

A

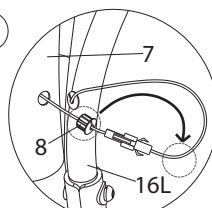


B



C

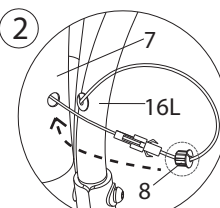
1



LEFT SIDE

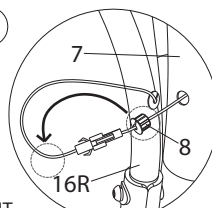
Remove #8 to transfer

2



Tuck in wire, then insert in #8

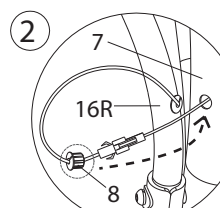
1



RIGHT SIDE

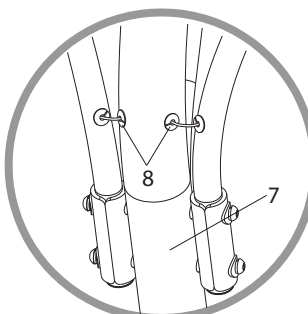
Remove #8 to transfer

2



Tuck in wire, then insert in #8

D

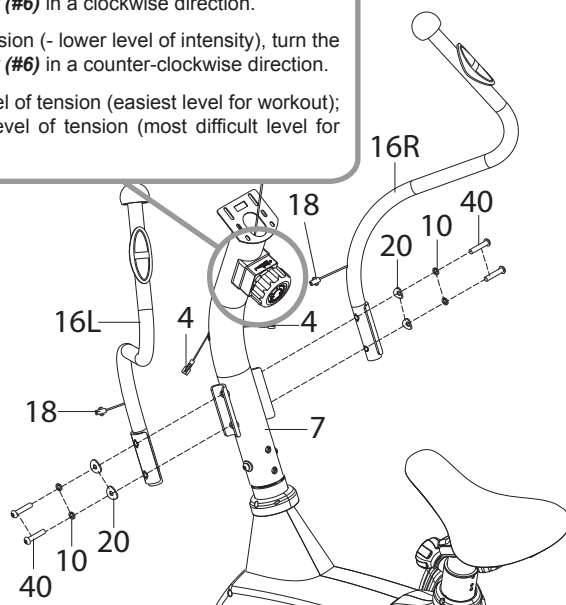


TENSION ADJUSTMENT

To increase the tension (+ higher level of intensity), turn the **Tension Controller (#6)** in a clockwise direction.

To decrease the tension (- lower level of intensity), turn the **Tension Controller (#6)** in a counter-clockwise direction.

"1" is the lowest level of tension (easiest level for workout);
"8" is the highest level of tension (most difficult level for workout).



ASSEMBLY INSTRUCTIONS



STEP 6

Remove the four **Screws (#55)** that are pre-assembled on the back of the **Monitor (#1)** and set them aside as they will be used later in this step.

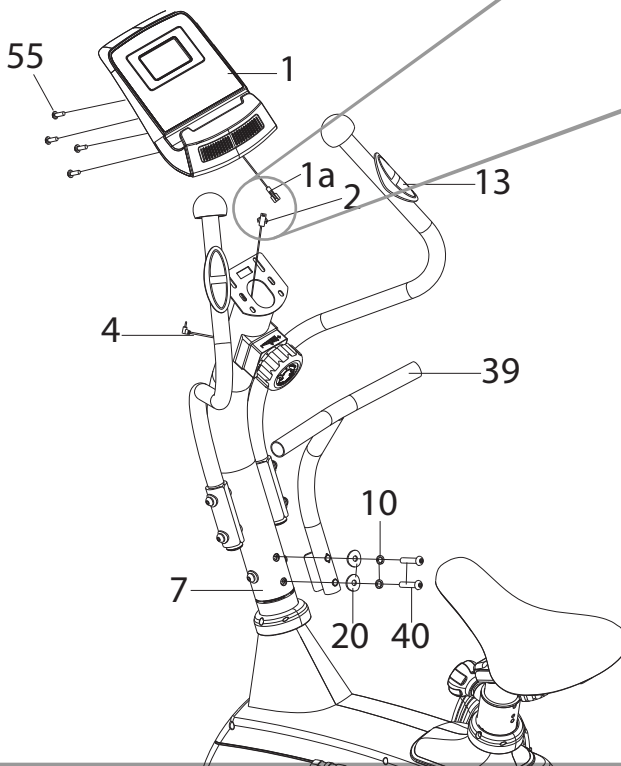
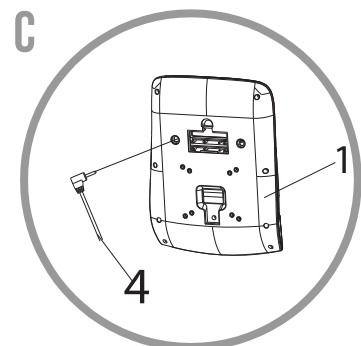
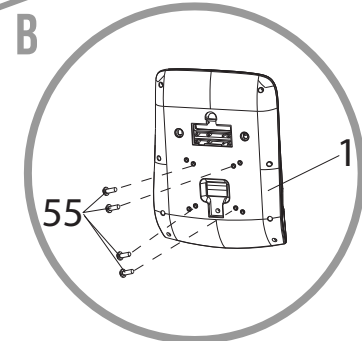
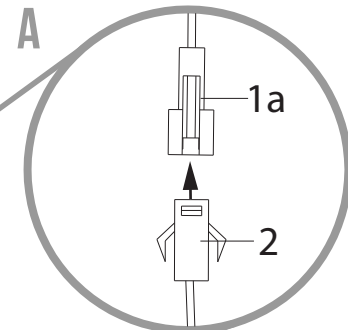
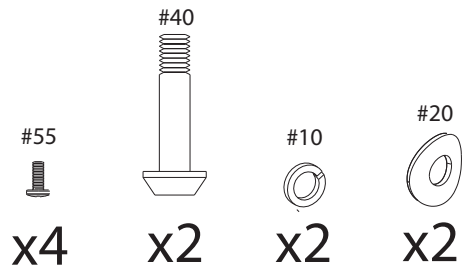
- Connect **Monitor Wire (#1a)** to the **Main Sensor Wire (Middle) (#2)** as illustration below.
- Secure the **Monitor (#1)** to the bracket of the Center Post (#7) using four **Screws (#55)**.
- Insert **Hand Pulse Sensor Wire (Upper) (#4)** to the hole on the back of the **Monitor (#1)** as illustration below.
- Correctly insert and install 2 AAA batteries to power **Monitor (#1)**.

Attach the **Center Handle Bar (#39)** to the **Center Post (#7)** secure them together by using two **Bolts (#40)**, two **Spring Washers (#10)** and two **Arc Washers (#20)**.

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.

PARTS





SAFETY & WARNINGS (USAGE GUIDELINES)

- 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.
- Please be aware that the pulse sensors and body fat measurement tool are not medical devices; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.



HOW TO ADJUST THE SEAT

1. Using one hand to hold **Seat Post (#27)**, unscrew **Spring Loaded Knob (#24)** using the other hand.
2. Slide and adjust **Spring Loaded Knob (#24)** to the desired hole setting to your preferred height.
3. Holding **Spring Loaded Knob (#24)** at this setting, re-insert/re-screw **Spring Loaded Knob (#24)**, ensuring it engages and fully inserts through the holes of **Main Frame (#23)** and **Seat Post (#27)**. Please make sure to securely tighten **Seat Post (#27)** 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 (#25L/25R)** and your hands on the **Left/Right Handle Bars (#16L/16R)** 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 SAFELY MOVE/TRANSPORT 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 (#33)** to grip it. Then, grip the other hand from underneath the respective **Left/Right Handle Bars (#16L/16R)**. (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

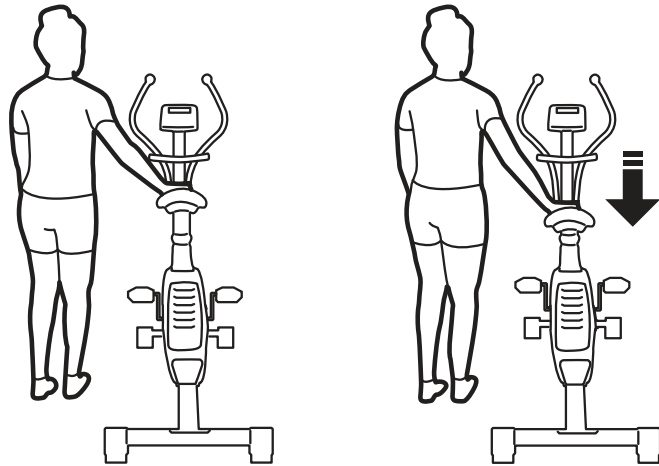
- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
 - Do not use solvent cleaners. If in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
 - For any replacement warning labels, 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.
- 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): **Seat (#33)**; **Pedals (#25L/25R)**; **Handle Bars (#16L/16R)**.

HOW TO SAFELY MOUNT YOUR BODY RIDER 35

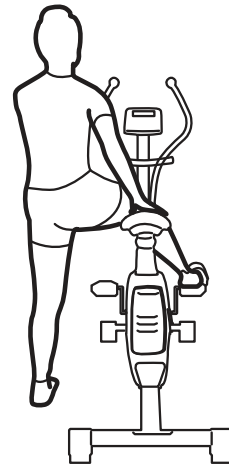


1. Stand to one side of the unit and press the seat down so it reaches the lowest height possible.

(In these diagrams, user is standing on the left side of unit.)

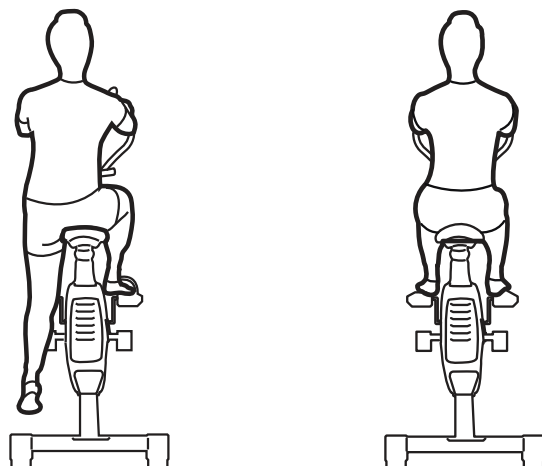


2. Keep your outer foot connected to the ground for safety and stability with your corresponding hand on the handlebar; lift your other leg (the one closer to the unit) over the unit and insert your foot into the foot pedal strap.



3. Still with one foot connected to the ground, use both hands on the handlebars to find stability and security on the unit.
4. Once you find stability, you can now insert your other foot into the foot pedal strap.

You have now safely mounted your Body Rider® 35 and are ready to begin your workout.



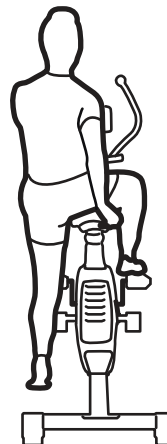


HOW TO SAFELY DISMOUNT YOUR BODY RIDER 35

1. Slowly remove one foot out of the foot pedal & strap on the same side and find stability on the ground. Keep the hand on the same side connected on the handlebar.

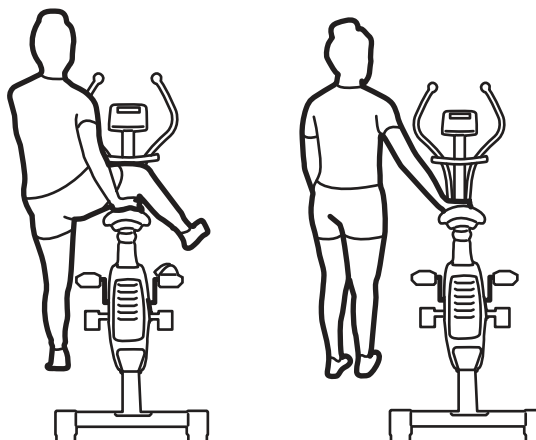


2. When you feel stable, take the opposite hand off of the corresponding handlebar. You may use the seat for stability during this transition.



3. With one foot connected to the ground and both your hands for stability, remove your other foot from the foot pedal & strap.

You have now safely dismounted your Body Rider® 35.





HBR35 USAGE GUIDELINES

STEP 1 : SELECT YOUR SEAT POSITION (2 ADJUSTABLE OPTIONS)



A.Up/Down



B.Forward/Backward

For your comfort and customizability, your seat is adjustable in dual directions. Take your time finding the optimum seat position to ensure comfortable riding tailored to your body.

STEP 2 : SAFELY MOUNT THE UNIT FOLLOWING "HOW TO SAFETY MOUNT" (ON PAGE 13)



For your safety and comfort, please follow the detailed directions on Page 13 to safely mount the unit.

STEP 3 : SELECT YOUR RESISTANCE LEVEL (8 LEVEL OPTIONS)



Easily set the resistance level of your unit using the Tension Controller Knob by turning either clockwise or counter-clockwise. "1" is the lowest level of resistance (easiest level for workout); "8" is the highest level of resistance (most difficult level for workout).

You may change the resistance throughout your workout.



HBR35 USAGE GUIDELINES

STEP 4 : SELECT YOUR HANDLEBAR (2 OPTIONS)



A.Upper



B.Lower

Your Body Rider® 35 unit comes with versatile ergonomic handlebars. There are two sets:

1. Upper Handlebars provide upper body engagement and support similar to standard exercise bikes, and
2. Lower Handlebars provide body mechanic positioning inspired by horseback riding.

You may change your handlebar selection throughout your workout.

STEP 5 : SELECT YOUR PEDALING DIRECTION (2 OPTIONS)



A.Forward



B.Reverse

Your Body Rider® 35 provides both forward and reverse riding. To switch between directions, make a smooth transition by simply coming to a pause and engaging your body-mind coordination to start riding in the direction you wish. This versatile function allows you to change up your workout routines on the Body Rider® 35 and incorporate dynamic muscle engagement (i.e. "muscle confusion").



HBR35 USAGE GUIDELINES

STEP 6 : BEGIN EXERCISING (WITH PARALLEL CURVE-CRANKS™)



IMPORTANT NOTE: The two (2) Parallel Curve-Cranks™ that are already pre-installed and correctly oriented are unique features of your Body Rider® 35 unit that allow you to experience exercise motion similar to horseback riding. The parallel configuration may look and feel different from traditional exercise bike pedals, which is exactly what makes riding fun and effective.

HOW TO START YOUR WORKOUT (2 OPTIONS)



- A. "QUICKSTART" OPTION: To begin workout out without having to go through any computer set-up.
1. Begin exercising. The computer will automatically start "Count-Up" measuring and display your workout metrics.
 2. Use the Tension Adjustment Knob (Levels 1 - 8) to increase or decrease the intensity during workout.
- B. "PRESET TARGET VALUE" OPTION: To preset target values for a goal-setting workout.
1. Follow the instructions in the following pages in this Computer Operation section.
 2. Begin exercising. The computer will automatically start measuring and display your workout metrics by counting down (if you preset any target values).

KEYPAD FUNCTIONS:



Press to +increase target value for specific data window during preset process.

Press to reset the specific data value in flashing window: TIME, DIST, CAL, and PULSE

- SCAN mode
- Specific data window to display
- Specific data window user wishes to preset target value for (Data available: Time, Speed, Distance, Calories, and Pulse)



COMPUTER FUNCTIONS

SCAN

Will flash on the bottom banner of screen and computer will auto-scroll to display each of the 5 functions for 6 seconds each: TIME, SPEED, DISTANCE, CALORIES, and PULSE.

SPEED

Displays current exercise speed in MPH (Miles Per Hour).

TIME

Tracks the total time from start to end of exercise session in minutes;

Time value can be preset; computer will start at the preset value and countdown to zero; computer will beep once user approaches zero to signify user has reached his/her target value.

DISTANCE

Tracks the total distance from start to end of exercise session in miles;

Distance value can be preset; computer will start at the preset value and countdown to zero; computer will beep as user approaches zero.

CALORIES

Tracks the total distance from start to end of exercise session in KCAL;

Calories value can be preset; computer will start at the preset value and countdown to zero; computer will beep once user approaches zero to signify user has reached his/her target value.

PULSE*

Calculates user's heart rate in BPM (Beats Per Minute) while user's hands are gently and firmly on the silver pulse sensors on handlebars;

"P" will display if no pulse signal input is received to pause any reading

BEEP KEYPAD & NOTIFICATION

Computer will "beep" upon pressing the keypad buttons of MODE, SET, and RESET;

Computer will "beep" if user presets available values and reaches zero (i.e. reaches preset target value)

AUTO ON/OFF

Computer will automatically power off when no exercise or input is detected after 4 minutes;

Computer will automatically power on when exercise or input is detected.

Note: Please be aware that the pulse sensors are not medical devices; the pulse sensors should not be used or applied for medical reasons.

IMPORTANT: Please remember that the functions in this computer are only meant to be tools to monitor your workout progress; they are not meant to provide medical information or be used for medical purposes. Please consult a physician before beginning any workout program.



COMPUTER OPERATIONS ("HOW-TO")

1. Preset a Target Value for TIME, DIST, CAL, or PULSE:

Press MODE to select desired window for preset target value and the value in window will flash.

Then, press SET to increase the desired target value. (You may hold down SET to more rapidly increase the value.)

The preset value will flash four times to confirm the preset value.

Begin your workout and the computer will automatically start to count down to zero.

If you need to reset the value in the flashing window, press RESET.

2. PULSE (heart rate) Reading Using Pulse Sensors:

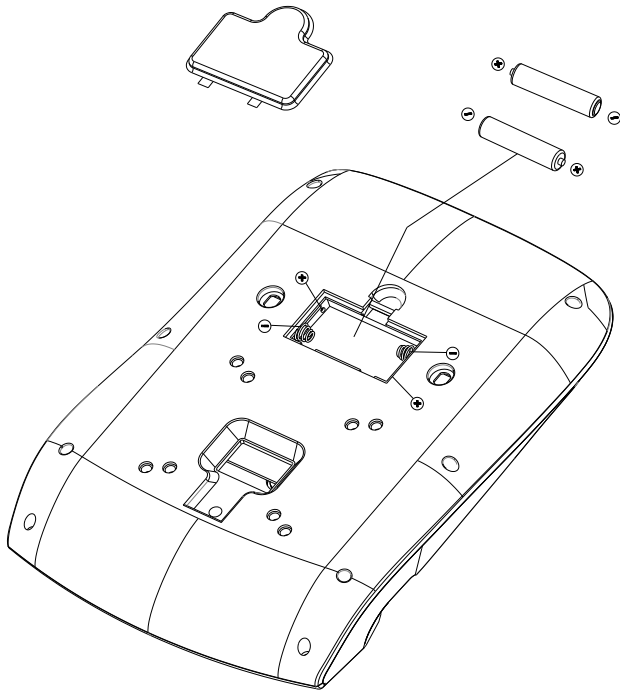
Place both hands gently but firmly on the silver pulse sensors located on the handlebars.

Keep your hands on the sensors until you see a steady reading. Please refer to our "TROUBLESHOOT SUPPORT" on next page if you experience any issues with your PULSE readings.



COMPUTER FUNCTIONS

HOW TO INSTALL AND REPLACE BATTERIES



1. Open the battery door on the back of the computer.
2. The computer operates on two AAA batteries (included).
Refer to the illustration to install or replace the batteries.

NOTE :

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. Battery disposal should be handled according to all state and federal laws and regulations.
5. Do not dispose of batteries in fire.



HAND PULSE SIGNAL

If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following:

1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.
2. Do not grip the sensors too tightly. Only moderate pressure need be applied.
Gripping the sensors too tightly restricts and seizes detection of your pulse.
3. Remove any rings or jewelry to prevent interference.
4. Check to ensure all pulse sensor wires are properly connected and are not damaged.

You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.

CALORIES/DISTANCE/TIME/ETC,

If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions** (or you are getting inaccurate readings), please adjust the following:

1. Check to ensure all computer sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the sensor wires in this manual.

COMPUTER DISPLAY

If the computer **display is blank & not displaying any data** (or does not appear to power on), please adjust the following:

1. Check to ensure all sensor wires are all properly connected and are not damaged.
2. Check to ensure the EITHER the AC Adapter* is properly plugged in, OR the Batteries* are fully charged.

If you are still having any troubleshooting issues, please contact our Customer Care Team for assistance.

*Please check your product manual to determine if your model uses EITHER 1. an AC Adapter, OR 2. Batteries to power your unit.

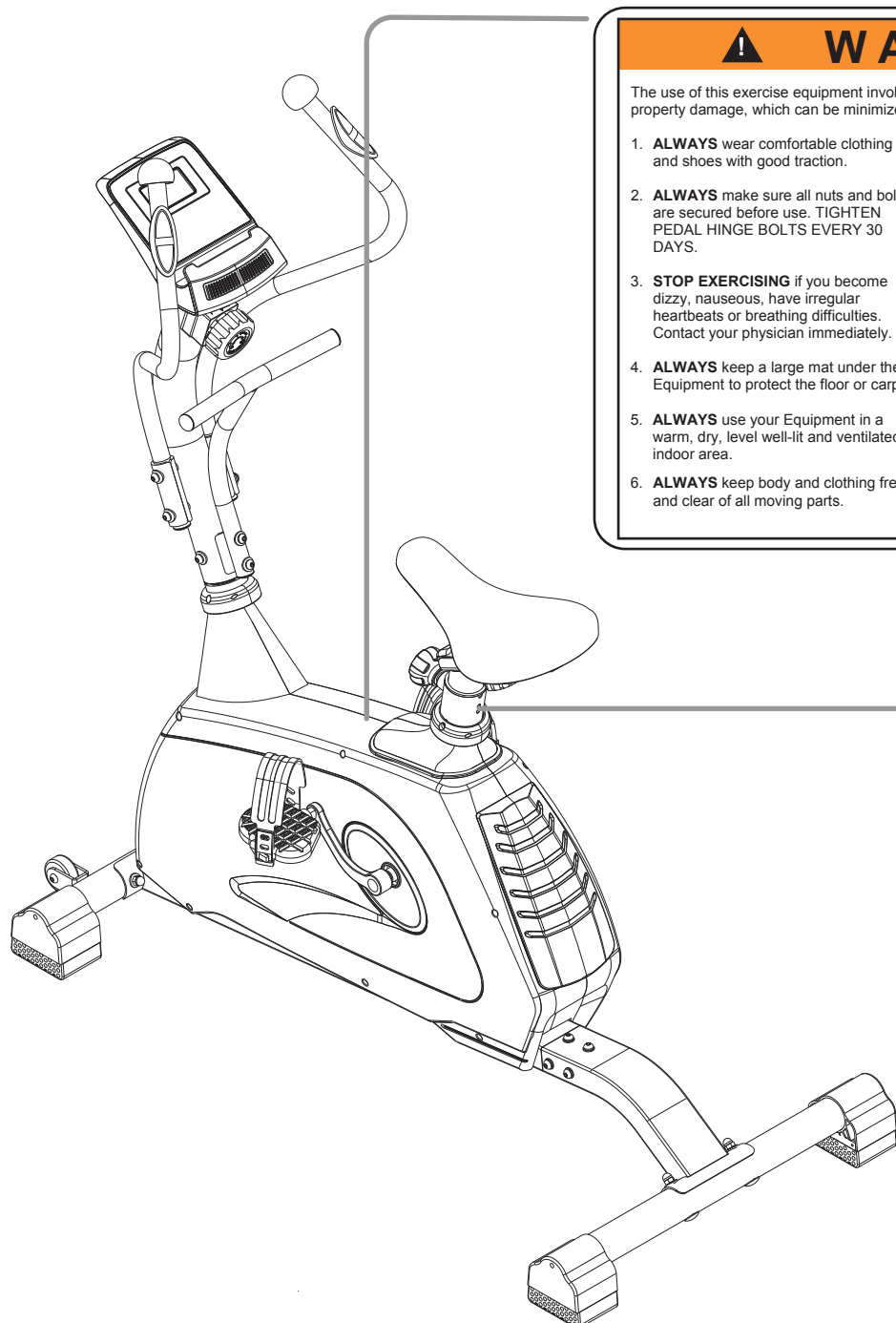
For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time.

If you are still having any troubleshooting issues, please contact our Customer Care Team for assistance.

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.

WARM-UP INSTRUCTIONS



Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

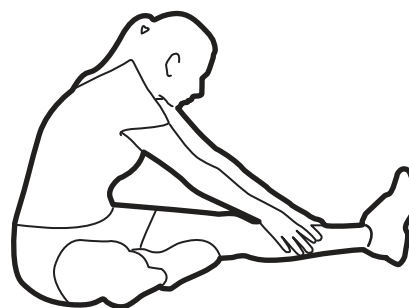
The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.

GROIN STRETCH



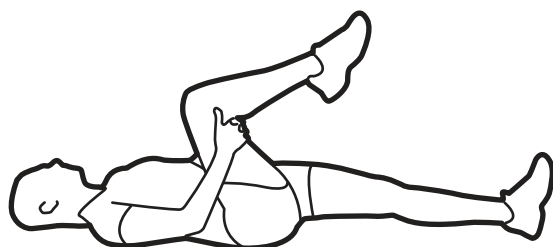
1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

HAMSTRING STRETCH



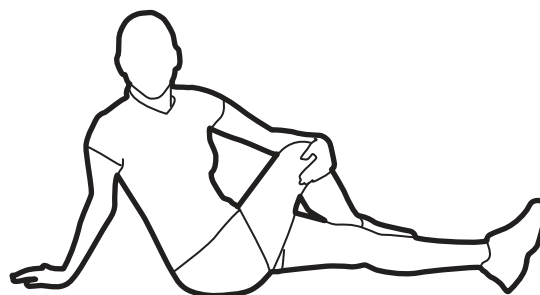
1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.

HIP STRETCH



1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

TRUNK TWISTER



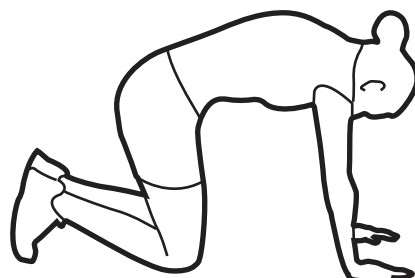
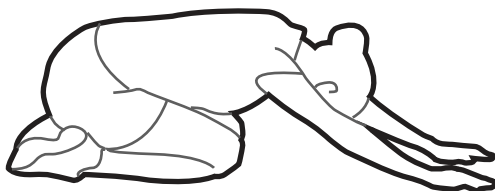
1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



WARM-UP INSTRUCTIONS

TRUNK FLEXION, PRONE

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.



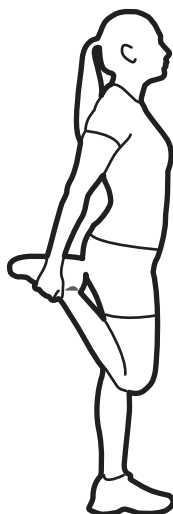
SHOULDER STRETCH

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



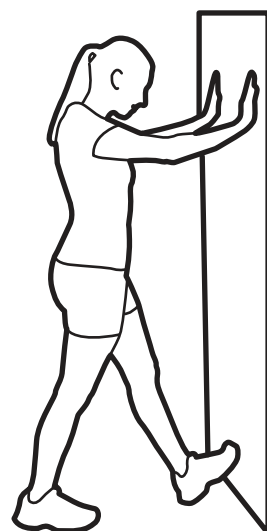
QUADRICEPS STRETCH

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.



CALF STRETCH

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.



PROOF OF PURCHASE

Thanks for choosing



Model Number HBR 35

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

Version: 08-22-2016

BODY*Rider*®