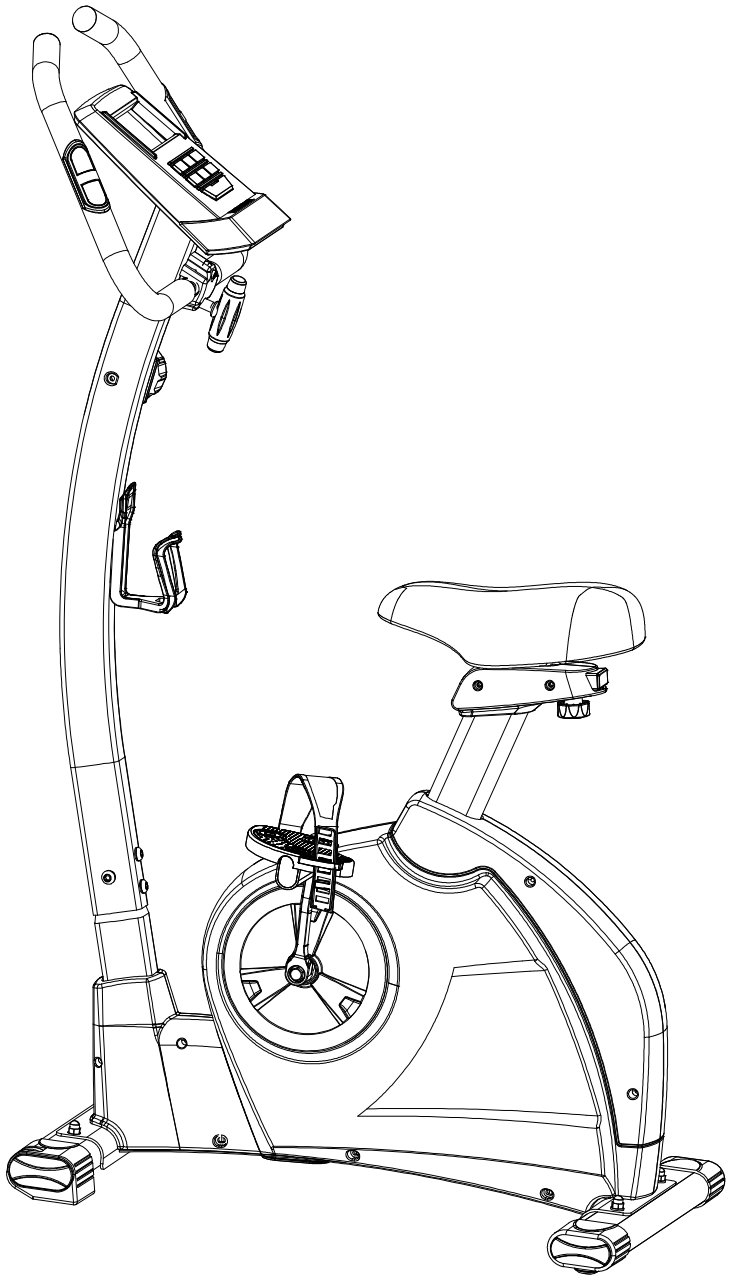
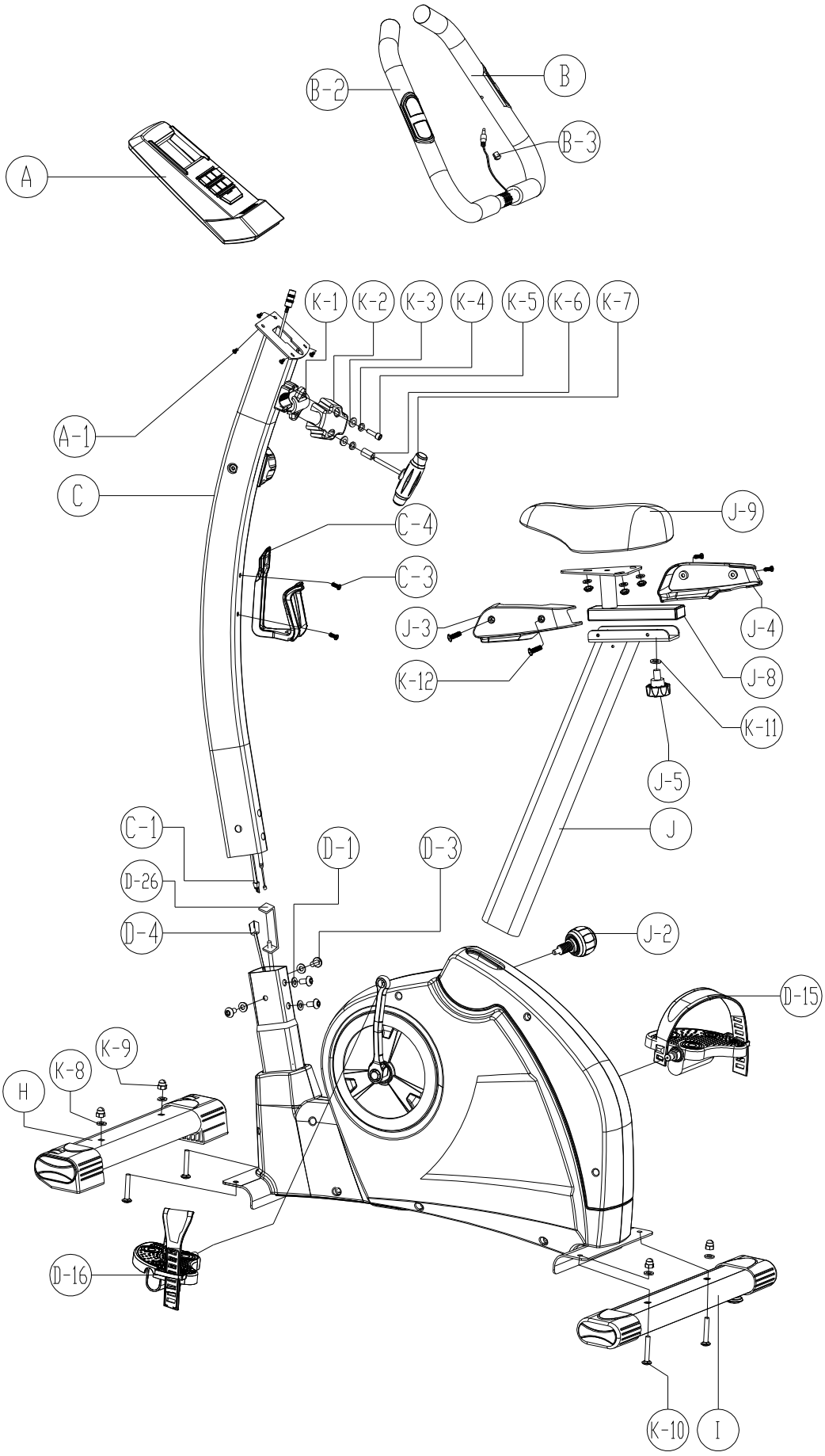
FITNESS SYSTEMS

Assembly & Operating Instructions for

PG675 Magnetic Bike

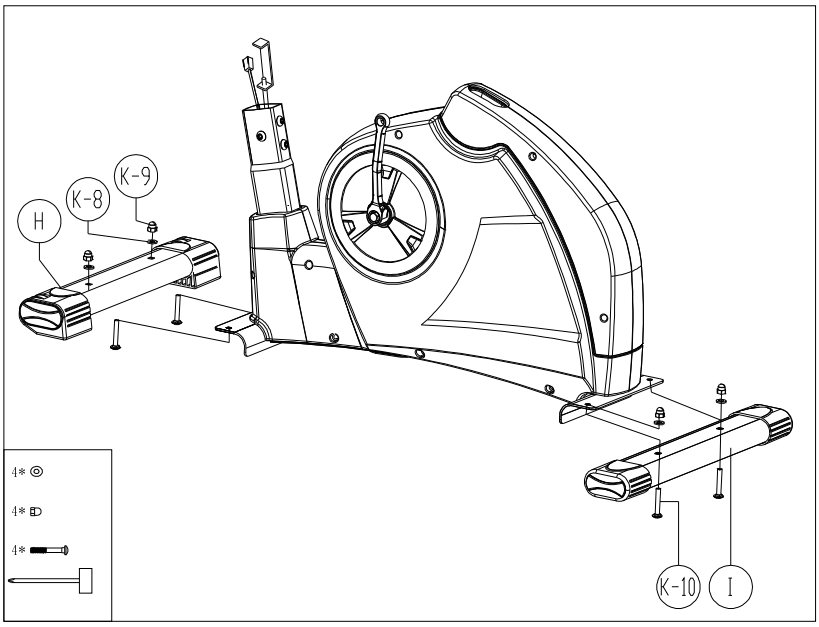


Exploded view

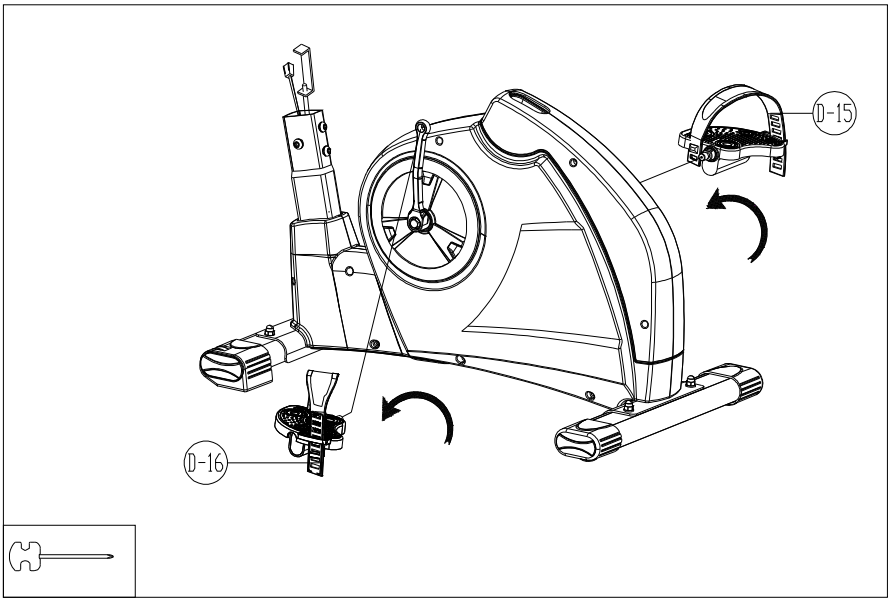


ASSEMBLY INSTRUCTIONS

Stage#1

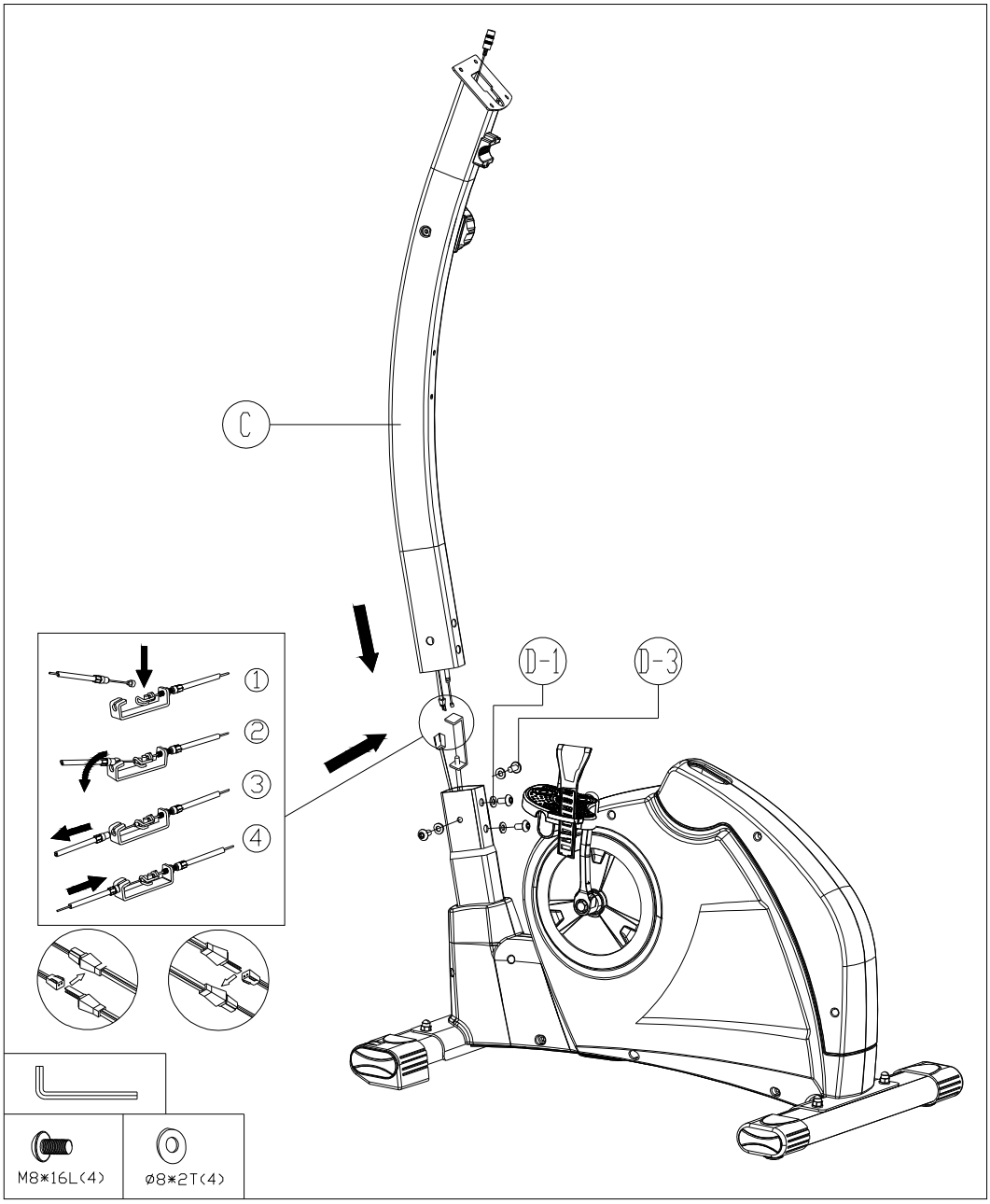


1. Put on front stabilizer (H) and rear stabilizer (I) to the mainframe assembly.
   Be noted: the front stabilizer has transportation wheel. Use carriage bolts(K-10), curve washer (K-8) and crown nut (K-9) to fix the stabilizers tightly.



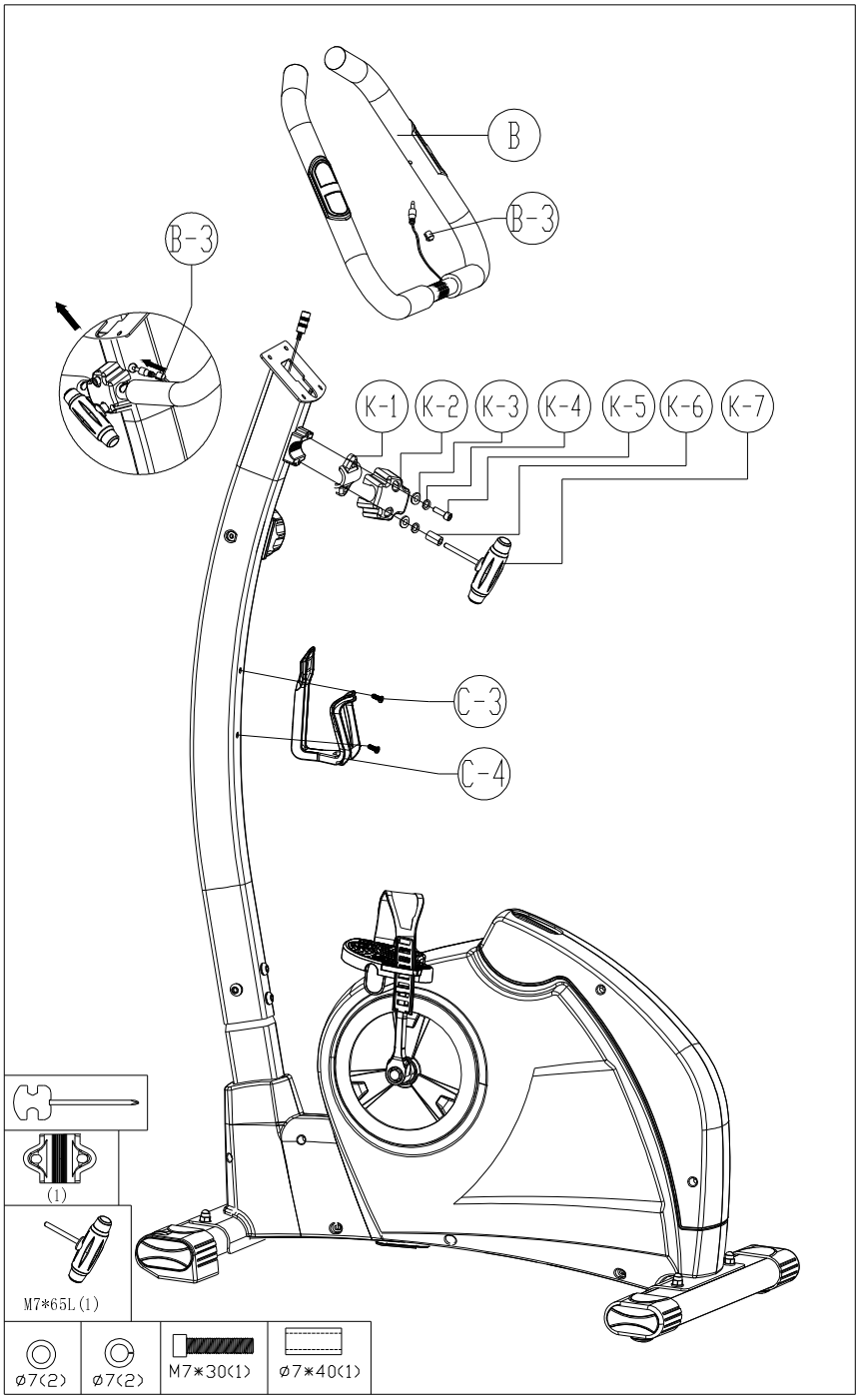
2. Fix the right pedal (D-15) and left pedal (D-16) tightly to the right/left crank.

Stage#2



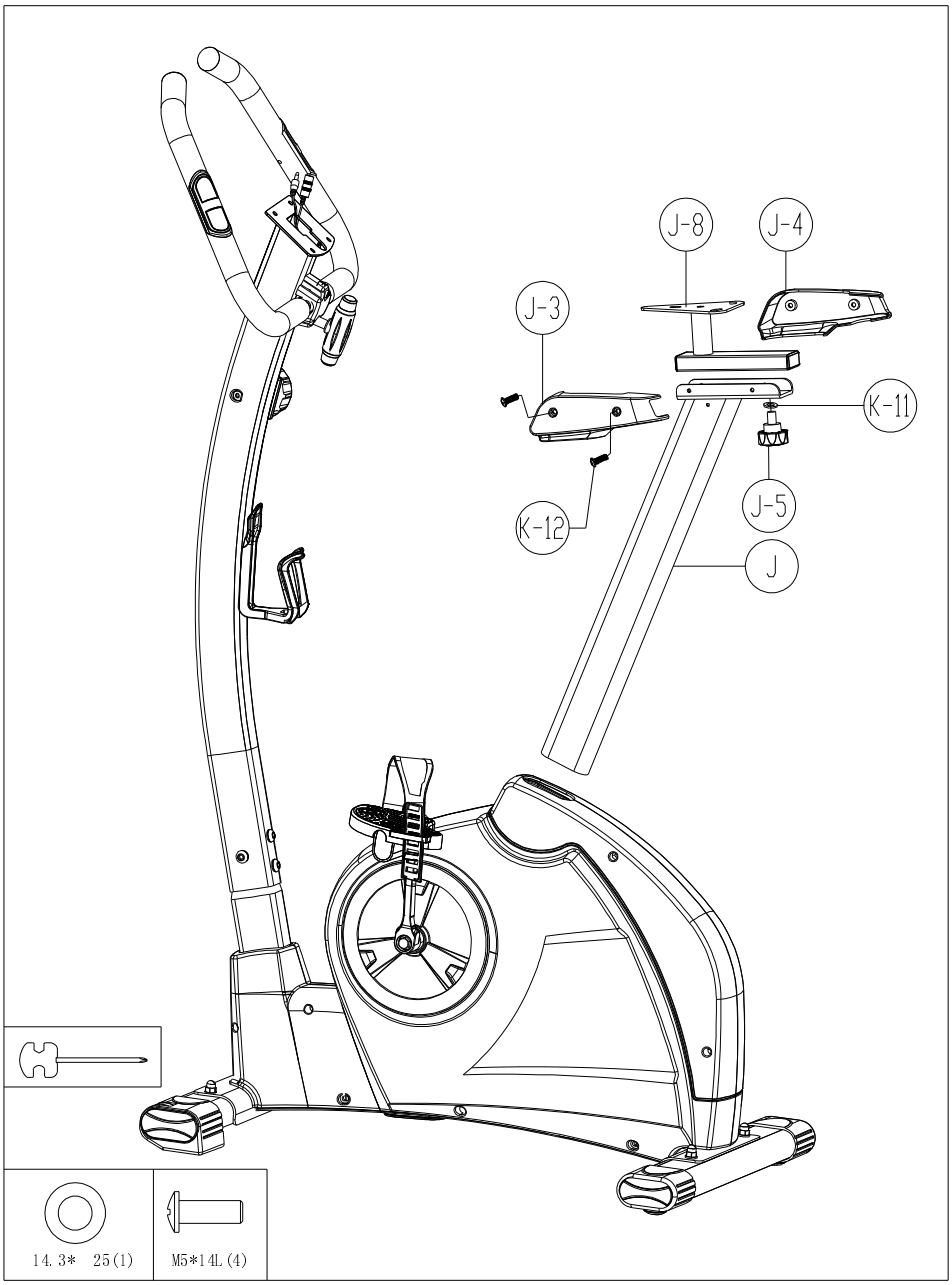
1. Connect the tension control upper and lower cable together.
2. Fix the handlebar post (C) to the main frame with Screws (D-3) and washer (D-1).

Stage#3



1. Assemble the handlebar (B) to the bracket on the handlebar post with handlebar clamp (K-1), spring washer (K-3), washer (K-4) and screw (K-5).
2. Put out the hand pulse wire (B-3)from the hole on the handlebar post.
3. Fix the spring washer (K-3), washer (K-4) and metal bush (K-6) into the handlebar clamp. Insert the plastic cover (K-2) to the handlebar clamp.
4. Fix the T-knob (K-7) to the plastic cover. Adjust the handlebar with your desired angle. Fasten the T-knob.
5. Fix the water bottle holder(C-4) to the handlebar post with screws (C-3).

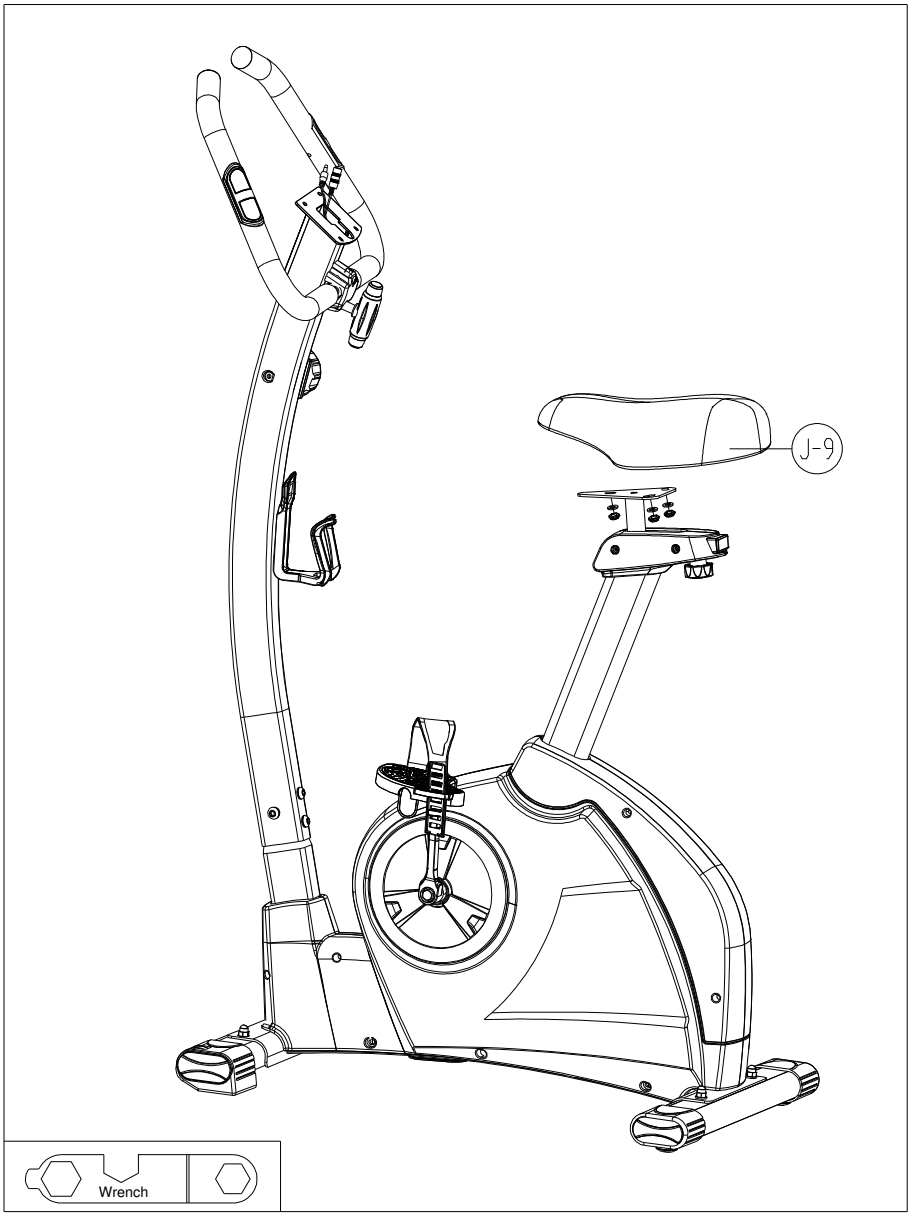
Stage#4



1. Settle the Seat Slider Seat(J-8) on the Seat Post (J) and tighten with the Flat washer(K-11) & Seat Knob(J-5).

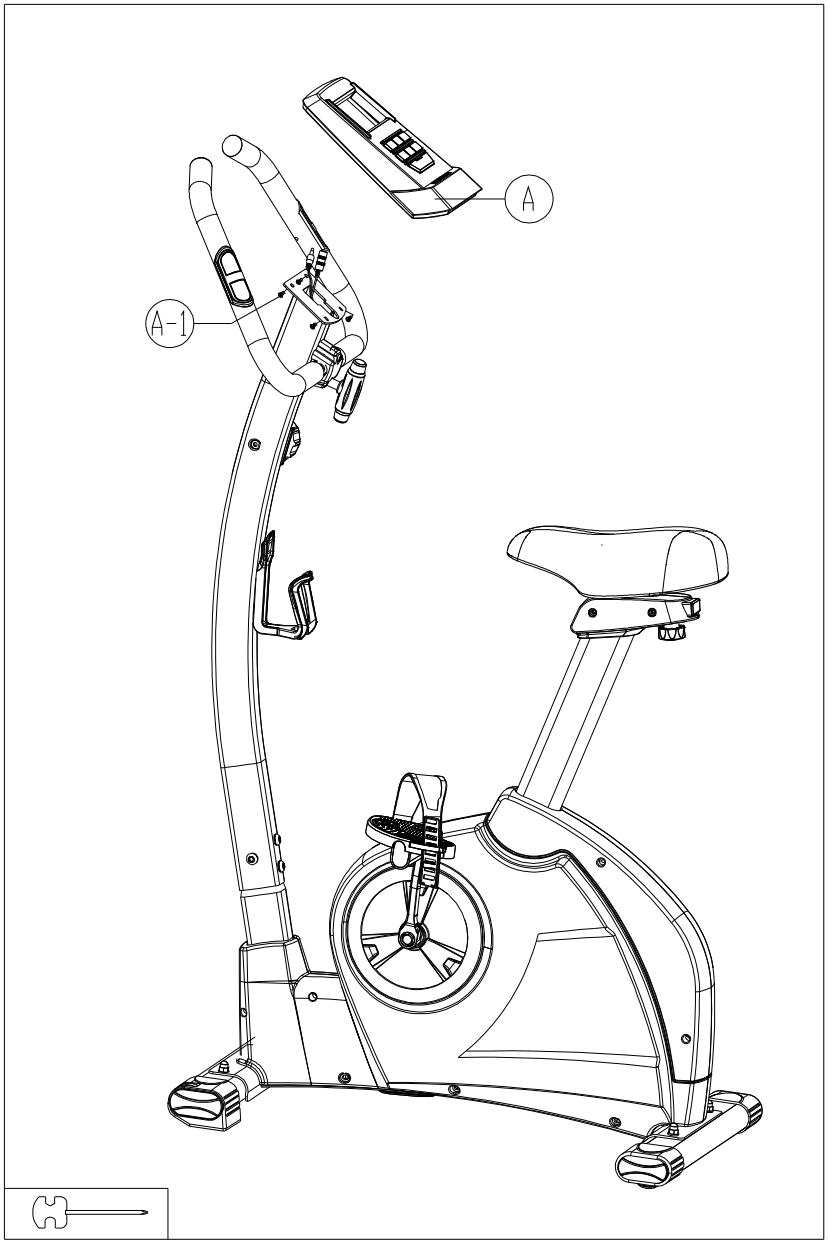
2. Assemble the Left & Right cover for slider (J-3 & J-4) and fix them with Screws (K-12).

Stage#5



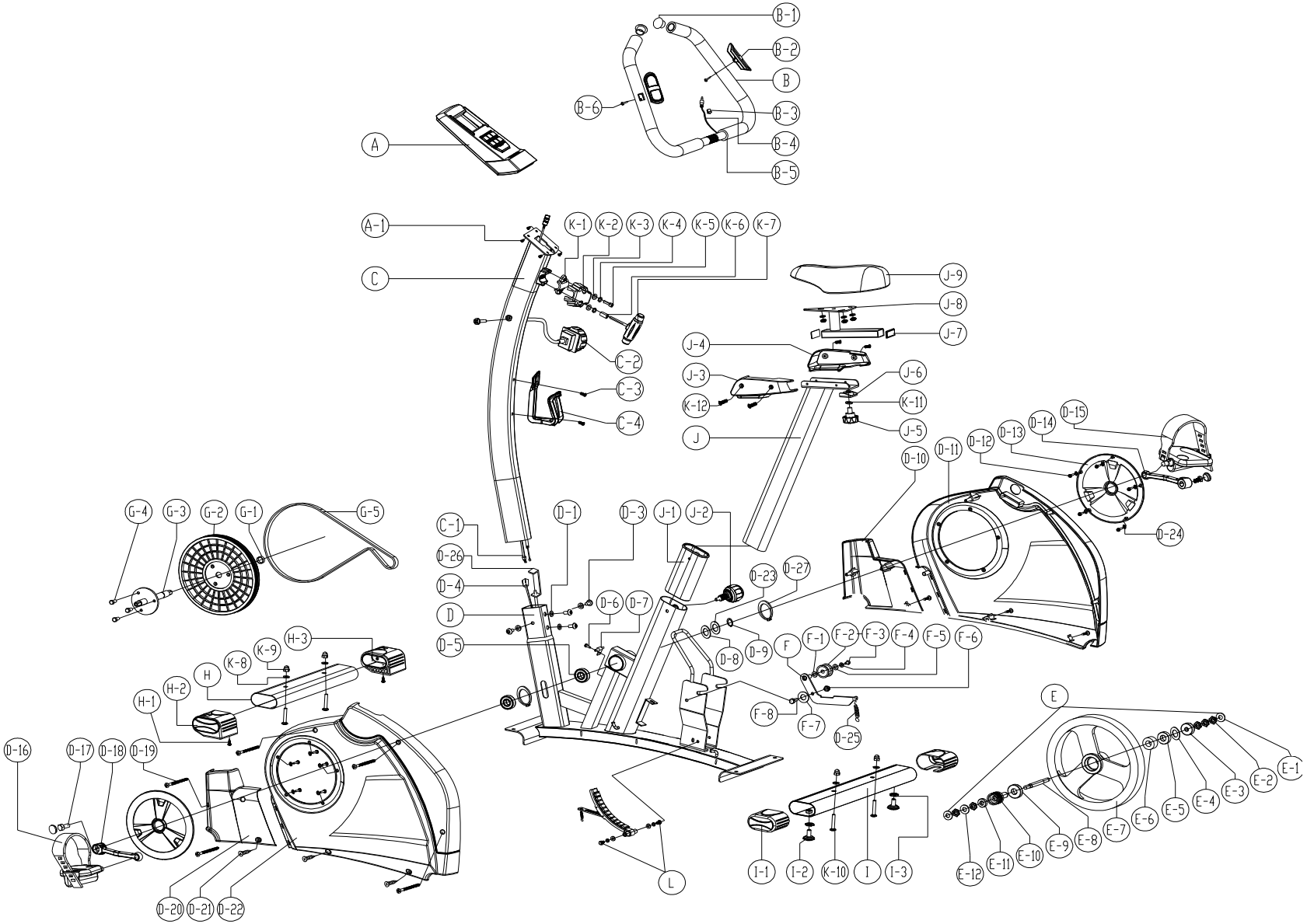
1. Fasten the saddle (J-9) to the seat post with screws.

Stage#6



1. Connect the pulse cable coming out of the handlebar and the RPM sensor cable to the computer (A). Place the computer to the computer mast and fasten with Screws (A-1). Then the assembly is done.

Exploded view



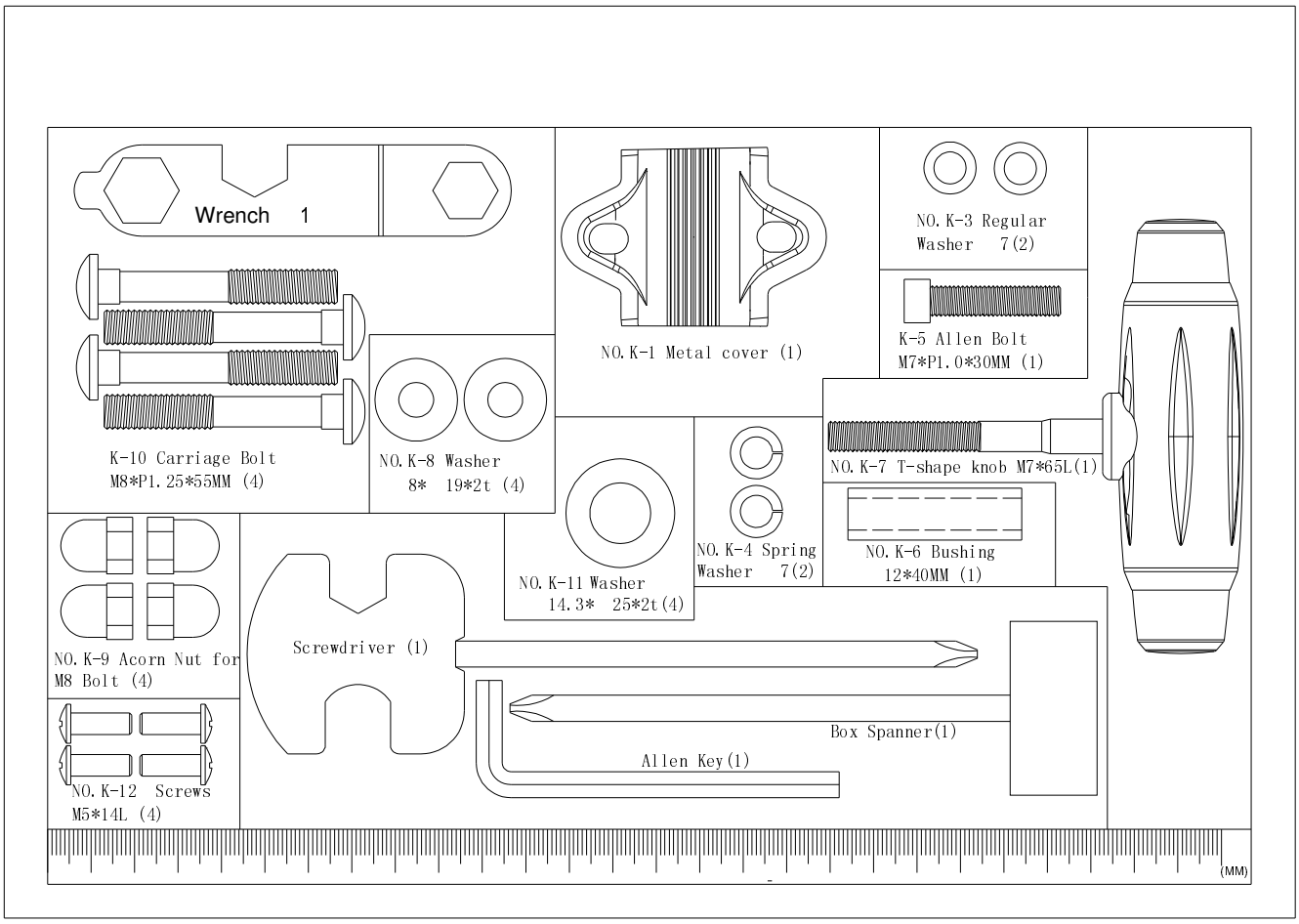
PARTS LIST

No.	Description	Q'ty
A	Computer	1PCS
A-1	Screw	4PCS
B	Handlebar Set	1SET
B-1	Cap	2PCS
B-2	Hand Pulse	2PCS
B-3	Cap	1PCS
B-4	Hand pulse wire	1PCS
B-5	Foam grip	2PCS
B-6	Screw	2PCS
C	Handlebar post set	1SET
C-1	Sensor Upper	1PCS
C-2	Tension Upper	1PCS
C-3	Screw	2PCS
C-4	Bottle Holder	1PCS
D	Main Frame Set	1SET
D-1	Flat washer	4PCS
D-3	Screw	4PCS
D-4	Sensor Box	1PCS
D-5	Bearing	2PCS
D-6	Screw	1PCS
D-7	Sensor Bracket	1PCS
D-8	Flat washer	1PCS
D-9	C type ring	1PCS
D-10	Right front cover	1PCS
D-11	Right cover (Lower)	1PCS
D-12	Screw	10PCS
D-13	Cover for crank	2PCS
D-14	Right crank	1PCS
D-15	Pedal Right	1PCS
D-16	Pedal Left	1PCS
D-17	Nylok	2PCS
D-18	Left crank	1PCS
D-19	Screw	5PCS
D-20	Left front cover	1PCS
D-21	Screw	6PCS
D-22	Left upper cover	1PCS
D-23	Wave washer	1PCS

No.	Description	Q'ty
D-24	Flat washer	10PCS
D-25	Spring for idler	1PCS
D-26	Tension Lower	1PCS
D-27	Ring	2PCS
E	Flywheel Set	1SET
E-1	Washer	2PCS
E-2	Nut	5PCS
E-3	Bearing	1PCS
E-4	Flat washer	1PCS
E-5	Bearing	1PCS
E-6	One-way Bearing set	1PCS
E-7	Flywheel	1PCS
E-8	Axel for Flywheel	1PCS
E-9	Bearing	1PCS
E-10	Pulley	1PCS
E-11	Bearing	1PCS
E-12	Flat washer	1PCS
F	Idler set	1SET
F-1	Wave washer	2PCS
F-2	Idler wheel	1PCS
F-3	Hex screw	1PCS
F-4	Flat washer	1PCS
F-5	Flat washer	1PCS
F-6	Nylon Nut	1PCS
F-7	Flat washer	1PCS
F-8	Hex screw	1PCS
G	Axle Set	
G-1	Bushing	1PCS
G-2	Pulley	1PCS
G-3	Axle	1PCS
G-4	Hex screw	3PCS
G-5	Belt	1PCS
H	Front Stabilzer Set	
H-1	Screw	2PCS
H-2	End cap for front Stabilzer	1PCS
H-3	End cap for front Stabilzer	1PCS
I	Rear Stabilzer Set	
I-1	End cap for front Stabilzer	2PCS
I-2	Adjustor	2PCS

No.	Description	Q'ty
I-3	Hex screw	2PCS
J	Seat post	1SET
J-1	Sleeve	1PCS
J-2	Seat knob	1PCS
J-3	Left cover for slider	1PCS
J-4	Right cover for slider	1PCS
J-5	Seat knob	1PCS
J-6	Screw set for seat slider	1PCS
J-7	Cap	2PCS
J-8	Seat Slider Set	1PCS
J-9	Saddle	1PCS
K	Hardware Kit	1SET
K-1	Metal cover	1PCS
K-2	Plastic cover	1PCS
K-3	Flat washer	2PCS
K-4	Spring washer	2PCS
K-5	Screw	1PCS
K-6	Bushing	1PCS
K-7	Screw for T-Knob	1PCS
K-8	Flat washer	4PCS
K-9	Nut	4PCS
K-10	Carriage Screw	4PCS
K-11	Flat washer	1PCS
K-12	Screw	4PCS
L	Magnetic Set	1SET

TOOLS


Wrench 1
NO.K-1 Metal cover (1)
NO.K-3 Regular Washer 7(2)
K-5 Allen Bolt M7*P1.0*30MM (1)
K-10 Carriage Bolt M8*P1.25*55MM (4)
NO.K-8 Washer 8* 19*2t (4)
NO.K-7 T-shape knob M7*65L(1)
NO.K-4 Spring Washer 7(2)
NO.K-6 Bushing 12*40MM (1)
NO.K-11 Washer 14.3* 25*2t(4)
NO.K-9 Acorn Nut for M8 Bolt (4)
Screwdriver (1)
Box Spanner(1)
Allen Key(1)
NO.K-12 Screws M5*14L (4)
(MM)

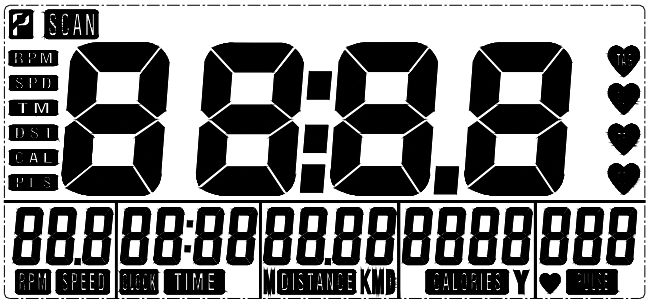
Instruction Manual of ST7603

Function Button

MODE	To confirm all settings.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
RESET	To clear the set-up value.
RECOVERY	To test heart rate recovery status
TOTAL RESET	To power on the computer again.
BODY FAT :	To start or stop body fat testing.

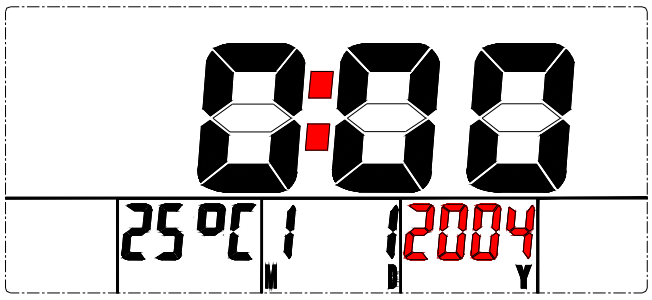
Operation Procedure

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following “Drawing A” and have “Bi” sound at the same time.

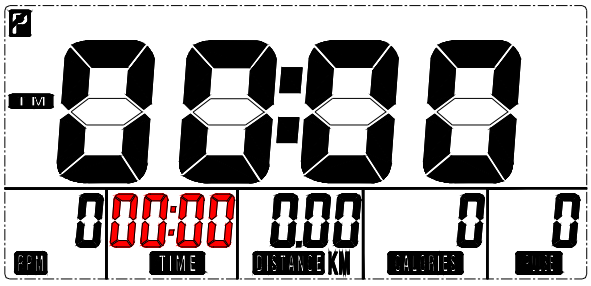


Drawing A

2. The calendar display will be in blinking mode shown as “Drawing B”, then you can press UP and DOWN button to set up the value. You can also press RESET button to come back the preset value. Press MODE button will skip to Month, Date, Hour, and Minute. Set-up method is the same with year. Press “MODE” button to confirm set-up shown as “Drawing C”.



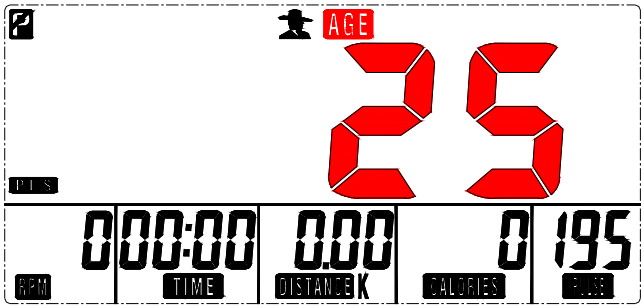
Drawing B



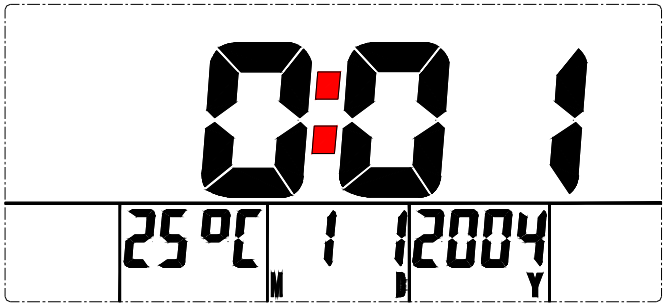
Drawing C

3. Get access to the set-up mode of TIME/DISTANCE/CALORIES/Target PULSE. When you are in each set- up mode. For instance the time set-up, when the time value is blinking, you can press “UP and DOWN” button to adjust the number. Press “Mode” button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.
4. When you are in Target PULSE mode, the main screen will show ”AGE”, PULSE screen

show ”TARGET value (220-AGE)”. At the time you can press “SET” button to change the value of AGE and TARGET shown as “Drawing D”. When the set-up is completed, press “MODE” button to confirm and skip to TIME screen. Continuously press “MODE” button will act this circle. If you do not enter the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP mode shown as “Drawing E”.

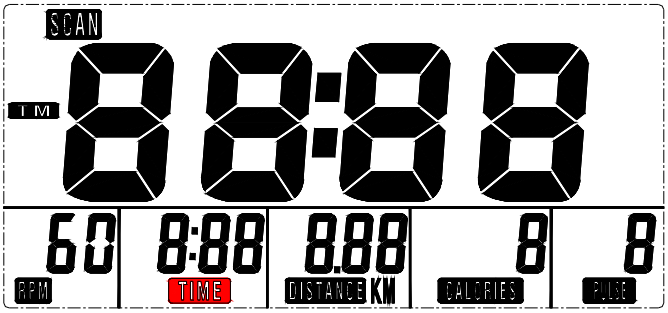


Drawing D



Drawing E

5. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as “Drawing F”. RPM/SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.



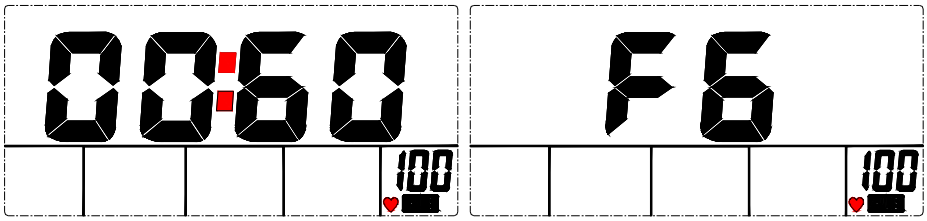
Drawing F

6. You can also press “Mode” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
7. All function modes can set up, except the SPEED and RPM. When set-up is completed for TIME, DISTANCE, CALORIES, TARGET, H.R., enter RPM, the monitor will count down till 00:00 is achieved, and come out 4 times “Bi” sound for 8 seconds, then the value will be count up from 00:00 right away if you continue to exercise.

8. RECOVERY：

(1)When the user presses “RECOVERY” button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from ”**00：60**”, Pulse signal will be blinking according user’s heart rate BPM. When Time counts down to “0”, it will show F1~F6.

(2)LCD display as follows: (RECOVERY start condition & end condition)。



(3)If the count down action to **00:00** is not completed and there is no pulse signal, the count down action has to be done and shown F6.

(4)If you press the RECOVERY button prior to count down to **00:00**, it will be end the function and there will be no display at all.

FUNCTIONS：

SCAN: Displays all function from RPM→SPEED→DISTANCE→CALORIES→PULSE in sequence.

RPM: Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED: Displays the user's exercise speed.

TIME: 1.You can press Up / Down button to set target time between 00:00 to 99:00 for count down function.

2.It can be set up by the user or accumulated automatically for count up function.

DISTANCE: 1.Your can press UP/Down button to set target distance between 00:00 to 99:00 for count down function.

2. It can be set up by the user or accumulated automatically for count up function.

CALORIES: 1.You can press Up / Down button to set target calories between 00:00 to 99:00 for count down function.

2. It can be set up by the user or accumulated automatically for count up function.

TARGET PULSE：1. Presses Up / Down button to input your AGE, then the computer will set up a pulse value automatically. And when you exercise for a while, the screen will show the pulse percentage 55%, 75% and 90% be blinking signal if you reach that percentage of pulse value. This is to remind you the target percentage you have achieved when you are exercising.

TEMPERATURE: Displays current room temperature .

CALENDAR: You can set current calendar including year, month, date, and it will show up after the monitor stops working for around 4 minutes.

CLOCK: Displays time from 00:00 to 23:59 (24 hours mode) together with Calendar data after the monitor stops training for 4 minutes.

BODY FAT In STOP mode, press the BODY FAT button to start body fat measurement.

The selected user (U1~U9) will blinking for 2 seconds. Then start measuring.

During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

LCD will display BODY FAT advice symbol, BODY FAT percentage, BMR, BMI for 30 seconds.

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%